

CENBOSEC

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From the Chairman

Children epitomize boundless energy, unbridled enthusiasm and immense excitement. This tremendous potential needs to be tapped in positive ways by schools and at home. I am often amazed at the tireless curiosity which an eight year old can grapple with in a series of never ending questions and attention seeking demands for physical play. In fact play is an important component in the physical growth of young children and is often the most neglected aspect of schooling today. I begin by drawing your attention to play as I see it as the single most exciting happening for young school goers. Sports and Physical Education remains at a minimalist level in schools. I often look back at my own years of schooling and professional studies and I can still remember with fondness the activities related to the playground and subsequently in competitive sports. The physical dimension of health promotion needs constant boosting and support in the school today.

There are times when perfectly normal children can refuse to go to school and look for the slightest excuse to skip school. A parent needs to get to the bottom of this behavior. It could be due to myriad reasons ranging from suffering some form of verbal or physical abuse harassment by a senior or a teacher or the fear of performance in an upcoming test. All these are indicators of an emotional turmoil. The young mind is intensely sensitive to emotional pressures and can often undergo traumatic experiences within the mind resulting in low self esteem or other forms of deviant behavior. Thus the emotional aspect of health cannot be ignored and must be taken care of right from early stages of schooling.

The Central Board of Secondary Education in a step forward towards holistic health has launched a Comprehensive School Health Programme with the release of four volumes of School Health Manuals. The four volumes address six different dimensions of holistic health such as *Knowing Your Body, Food and Nutrition, Personal and Environmental Hygiene, Physical Fitness, Behavior and Life Skills and Being Responsible and Safe.*

The Central Board of Secondary Education has also advocated the setting up of *Health and Wellness Clubs* in schools which would focus on the overall well being comprising emotional, social and mental health of the child. It would act as an enabling and organizational point for conducting activities related to various dimensions of health and wellness. A Health Card needs to be created for students which would record the health history and form a continuous part of their growth and development. This could lead to an effective monitoring and feedback system for the overall health of a child during his schooling.

The School *Health Policy* and the Manuals propose to view health holistically, utilize all educational opportunities for health promotion including formal and informal approaches in

curriculum and pedagogy. Providing a safe school environment, an activity oriented health education curriculum to avoid health-related risk behavior, ensuring physical fitness activities and sports, providing nutritious snacks in the school canteen, ensuring access to primary health care services, providing emergency care for illness or injury, providing counseling services and integrated family and community activities and a staff health promotion policy are some of the expectations that a school should fulfill as was advised earlier in the circular issued to all schools regarding setting up of Health Clubs.

It is hoped that all schools affiliated to CBSE will become *Health Promoting Schools* (HPS) and develop their own Health Education Curriculum by building on and adapting the basic path shown by the Board. The CBSE has circulated a set of the Four Manuals to all schools along with a Circular No. 27/08 dated 24th June, 2008. The Board is also in the process of revising the Manuals and bringing it out along with a CD-Rom as a priced document. It is finally hoped that each teacher will have a copy of the Graded Activity Manual as a personal copy and integrate it with the subject s/he is teaching. The revised Manuals will be available in the next session.

It is our moral duty to provide opportunity within the school system and help in creating a safe and healthy environment so that the future of our children is secure, safe healthy and happy.

VINEET JOSHI
Chairman and Secretary
CBSE

अध्यक्ष की कलम से

छात्र असीमित ऊर्जा, अदम्य उत्साह और अत्यधिक उत्तेजना के प्रतिरूप हैं। इस प्रचुर क्षमता का विद्यालयों द्वारा तथा घर में सकारात्मक ढंग से उपयोग करने की आवश्यकता है। आठ वर्ष के बच्चे की कभी न खत्म होने वाली प्रश्नों की श्रृंखला से जूझने की असीमित जिज्ञासा और खेल-कूद की मांग करने के मनोयोग को देखकर मैं प्रायः चकित रह जाता हूँ। वास्तव में, छोटे बच्चों के शारीरिक विकास में खेल-कूद एक महत्वपूर्ण घटक है जो आजकल की स्कूली शिक्षा का सबसे उपेक्षित पहलू है। मैं खेल-कूद की तरफ आपका ध्यान आकर्षित करते हुए अपनी बात आरंभ करता हूँ, क्योंकि मैं इसे स्कूल जाने वाले छोटे बच्चों के लिए एक मात्र उत्तेजक घटना के रूप में देखता हूँ। खेल-कूद व शारीरिक शिक्षा स्कूलों में निम्नतम स्तर पर रहते हैं। प्रायः मैं अपने स्कूली शिक्षा तथा व्यावसायिक शिक्षा के दिनों को स्मरण करता हूँ तो मुझे खेल के मैदान के क्रिया-कलाप तथा खेल प्रतियोगिताएं आज भी याद आती हैं। आज के विद्यालयों में स्वास्थ्य प्रोत्साहन के शारीरिक आयाम को सतत बढ़ावा तथा समर्थन देने की आवश्यकता है।

कई बार पूर्णतया सामान्य बच्चे स्कूल जाने से मना कर देते हैं तथा स्कूल से बचने के लिए मामूली बहाना खोजते हैं। अभिभावकों को इस व्यवहार के मूल कारण को समझने की आवश्यकता है। इसके अनेक कारण हो सकते हैं, जैसे – किसी सीनियर सहपाठी अथवा किसी अध्यापक द्वारा मौखिक अथवा शारीरिक शोषण, उत्पीड़न या आगे आने वाली परीक्षा में खराब प्रदर्शन का भय। ये सभी भावनात्मक अस्थिरता के द्योतक हैं। युवा मन भावनात्मक दबाव के प्रति अत्यधिक संवेदनशील होता है जो किसी भी तरीके से अपने सम्मान में कमी होने या असामान्य व्यवहार किये जाने पर प्रायः सदमे में जा सकता है। अतः स्वास्थ्य के सांवेगिक पक्ष को नजरअंदाज नहीं किया जा सकता तथा स्कूली शिक्षा के प्रारंभिक स्तर से ही इसकी देख-रेख करनी चाहिये।

समग्र स्वास्थ्य की तरफ कदम बढ़ाते हुए केन्द्रीय माध्यमिक शिक्षा बोर्ड ने 'विद्यालय स्वास्थ्य प्रोग्राम' के अनुरूप चार खण्डों का प्रकाशन करने के साथ ही व्यापक विद्यालय स्वास्थ्य कार्यक्रम की शुरुआत की है। ये चारों खण्ड समग्र स्वास्थ्य के 6 विभिन्न विषयों से संबंधित हैं जैसे – **अपने शरीर को जानना, खाद्य एवं पोषण, व्यक्तिगत तथा पर्यावरणीय स्वच्छता, शारीरिक स्वास्थ्य, व्यवहार एवं जीवन कौशल तथा उत्तरदायित्व और सुरक्षित रहना।**

केन्द्रीय माध्यमिक शिक्षा बोर्ड ने विद्यालयों में 'हेल्थ तथा वेलनेस क्लब' स्थापित करने का भी समर्थन किया है, जो बच्चे के भावनात्मक, सामाजिक तथा मानसिक स्वास्थ्य जैसे सम्पूर्ण कल्याण पर ध्यान केन्द्रित करेगा। यह स्वास्थ्य एवं कल्याण के विभिन्न आयामों से संबंधित क्रिया-कलापों के संचालन के लिए एक संगठन के रूप में कार्य करेगा। छात्रों के लिए एक हेल्थ कार्ड बनाने की आवश्यकता है जिस पर उनका स्वास्थ्य इतिवृत्त अंकित होगा और उनकी वृद्धि तथा विकास का सतत घटक तैयार करेगा। यह बच्चे की

स्कूली शिक्षा के दौरान उसके सम्पूर्ण स्वास्थ्य के प्रभावी मानिटरन तथा फीडबैक प्रणाली के बारे में मार्गदर्शन कर सकेगा।

विद्यालय स्वास्थ्य नीति तथा नियम पुस्तक स्वास्थ्य पर समग्र रूप से ध्यान देने, पाठ्यक्रम और शिक्षा शास्त्र में औपचारिक तथा अनौपचारिक दृष्टीकोणों सहित स्वास्थ्य सुधार के लिए सभी शैक्षिक अवसरों का उपयोग करने का सुझाव देती है। एक सुरक्षित विद्यालय वातावरण एवं स्वास्थ्य संबंधी खतरों से बचने के लिए क्रिया-कलाप अभिमुखी स्वास्थ्य शिक्षा पाठ्यक्रम उपलब्ध कराना, शारीरिक स्वास्थ्यता क्रिया-कलाप तथा खेल-कूद सुनिश्चित कराना, विद्यालय की कैंटीन में पोषक नाश्ते की व्यवस्था कराना, प्राथमिक स्वास्थ्य देख-रेख सेवाएं सुगम्य बनाना, बीमारी अथवा चोट लगने की स्थिति में आपातकालीन सहायता उपलब्ध कराना, परामर्श सेवाएं प्रदान करने और एकीकृत परिवार एवं सामुदायिक क्रियाकलाप तथा कर्मचारी स्वास्थ्य सुधार नीति आदि कुछ ऐसी अपेक्षाएं हैं जिन्हें एक विद्यालय को पूरा करना चाहिये जैसा कि हेल्थ क्लब स्थापित करने के संबंध में सभी विद्यालयों को पूर्व में जारी परिपत्र में भी सलाह दी गयी थी।

यह आशा की जाती है कि सीबीएसई से संबद्ध सभी विद्यालय **“स्वास्थ्य प्रवर्तक विद्यालय”** बनेंगे तथा बोर्ड के द्वारा दिखाए गए मूलभूत पथ को अपनाते हुए अपने स्वास्थ्य शिक्षा पाठ्यक्रम का विकास करेंगे। सीबीएसई ने सभी विद्यालयों को दिनांक 24 जून, 2008 के परिपत्र संख्या 27/08 के साथ चार नियम पुस्तकों का एक सेट भी वितरित किया था। बोर्ड इन नियम पुस्तकों को संशोधित करके और उन्हें सीडी रोम के साथ समूल्य दस्तावेज के रूप में प्रकाशित करने जा रहा है। अंततः यह आशा की जाती है कि प्रत्येक अध्यापक के पास श्रेणीकृत क्रियाकलाप नियम पुस्तक (ग्रेडेड एक्टिविटी मैनुअल) की प्रति व्यक्तिगत प्रति के रूप में रहेगी और जिस विषय को वह पढ़ाता है उसके साथ इसे समाकलित किया जायेगा। संशोधित नियम पुस्तक अगले सत्र में उपलब्ध करा दी जायेगी।

विद्यालय प्रणाली में अवसर उपलब्ध कराना और सुरक्षित तथा स्वास्थ्यकर वातावरण पैदा करने में सहायता करना हमारा नैतिक कर्तव्य है ताकि हमारे छात्रों का भविष्य संरक्षित, सुरक्षित, लाभप्रद तथा खुशहाल हो।

विनीत जोशी,
अध्यक्ष एवं सचिव
सीबीएसई

Reader's Forum

Greetings from Palakkad District Sahodaya School Complex

As Principal of a reputed CBSE Senior Secondary School at Palakkad, Kerala and President of Palakkad District Sahodaya School Complex, Kerala, I would like to express my appreciation for the informative and enlightening issues of CENBOSEC that you are bringing out. We feel proud to be a part of the prestigious Central Board of Secondary Education, with its right perspective about education which is not only academic but also about the absolute holistic development of a child.

*P. Uma Devi
Principal, Palghat Lions School, Palakkad, Kerala*

CBSE School Health Manuals-A Guiding Beacon for School Health Programmes

I have no words to appreciate the CBSE for releasing School Health Manuals. Timely action makes Board to stand ahead of other examination boards. I have introduced it to the teachers by explaining the activity 'Open your mouth - Ha, Ha' in Vol 2. Besides, titles of all the activities have been displayed in Library notice board for the teachers. Thus teachers get a channel to integrate it with the class room pedagogy. Above all I was thrilled by the queue of students in front of notice board to refer the height, weight chart of Vol.2 Page no. 5,6,7. The website www.healthy.india.org was helpful to measure the BMI of students. I extend my sincere thanks and congratulate the Board's initiative to develop a healthy India through class rooms as Secretary rightly mentioned through his circular. The future of India is being shaped in the Schools and it is imperative that all of us take a proactive role. I suggested other Principals to implement the same as early as possible and strongly

recommended to read the inspiring letters of Chairman and Secretary while you read each volume of health manual.

*Mr. Reghunath Pillai
Principal, Warwin School, Kottayam*

Cenbosec-An Informative and thoughtful Journal

The quarterly bulletin, CENBOSEC published by CBSE is found to be quite informative and thought provoking. It really helps to update the developments undertaken in CBSE and thereby helps every teacher and student. I am therefore, requesting your kind authority to kindly send us the quarterly bulletin of your publication for the upliftment of each and everyone. Also, kindly acknowledge us if any terms and conditions exist for subscription of this bulletin.

I will be extremely grateful for your kind consideration and co-operation. Further in the days to come, hoping to have better and better qualitative improvement in the education system under CBSE.

*Mr. J.C. Lalsangzuala
Principal, JNV, Serchip, Mizoram*

Greeting from DPS Gandhi Dham

In response to your letter I would like to congratulate you for being the new Chairman of CBSE. I admire your keen interest in making learning a pleasurable and less burdensome experience for the students.

As per the advice of the Board, schools are required to lay emphasis on activity based teaching, reduce the bag load of the children, provide alternatives to

homework for supplementing class room teaching and adopting continuous and comprehensive evaluation to effectively reduce the burden on learning. Step by step, we at DPS Gandhidham are trying to follow these guidelines, but there are some general misconceptions which are creating obstacles in our path. Here are some of them: -

- (a) Mindset of parents who keep asking for homework, more of written work and more books.
- (b) The general belief of the locals that rote learning gives better results.
- (c) Tuition fashion – kids right from KG onwards are being sent for tuitions.
- (d) Some teachers who do not want to adopt the changes.
- (e) If CBSE can take steps to enlighten the parents too!

So I, as the Principal of DPS Gandhidham, passionately feel that if you could somehow provide us the guidelines to help overcome these obstacles or conduct seminars for teachers, workshops for parents etc., then we might be successful in setting an example for others.

Mr. Harsh Wal

Principal, DPS Gandhi Dham, Gujarat

Principal Sant Isher Singh Academy, Kurukshetra writes about Principal's Training at IIM...

I am highly obliged to your goodself and would like to convey my hearty thanks for being provided with the golden opportunity to attend the training programme at the Indian Institute of Management, Ahmedabad from Oct. 13-18, 2008.

The training programme was quite informative that led to a tremendous change in the attitude of the trainees and filled our minds and

souls with a great new vision towards life as well as towards our profession. We learnt a lot about the innovations to be incorporated to better our methods of imparting education to the students.

The material and the case studies, gone through during the training, were of great worth that enabled us to look at a new horizon with a broader perspective in the changing environment of school education in India. Moreover, hospitality and all other facilities provided to the trainees during the course were beyond expectation and simply incomparable as I am unable to find words to elaborate the most humble and caring behaviour of the personnel assigned with the duty to look after the trainees, during the course.

In addition to the above, I would also like to grab the opportunity to suggest that it would be a great boon for the education system of our nation, if such training programmes are initiated for the teachers as well. If possible, the CBSE may also plan a permanent academic course, other than the B.Ed., essential for all teachers recruited in the schools affiliated to the board.

Manager, St. Thomas School, New Delhi wrote to Chairman CBSE

Please accept my congratulations for becoming the chairman of CBSE. We are all thrilled to have a young I.A.S. officer from I.I.T. as CBSE Chairman. Under your dynamic and able guidance CBSE will win many more glories with lots of good ideas and innovation.

It was a real honour for me to attend yesterday's Curriculum Committee meeting presided by you. Your Power Point Presentation was excellent as were your explanations. I admire your patience, as you gave chance to every one to share their ideas.

Interact with Chairman - Feedback

The Central Board of Secondary Education launched an 'Interact with Chairman' on the CBSE website www.cbse.nic.in, recently. The Board has since then been inundated with queries, comments and feedback from students, teachers, parents and educators on various aspects of the functioning of CBSE such as academics, examination, affiliation and administration. We will be reproducing some comments and observations for the Cenbosec.

A parent writes in

We appreciate your new initiative which enables parents and for that matter any stakeholder to contact you directly. Being a parent we did need this kind of approach from the CBSE Chairman where we can put forward our views and sufferings caused by mismanagement and administration of school. In future we would love to contact your office for any irregularity and inform you about the non compliance of CBSE rules by the school in this part of the world where our children are taught under CBSE format. Hearty Congratulations and keep up the good work.

Mohammed Azamathullah Shareef
Parent from Riyadh

A parent writes in

Thank you for your reply. As you would agree, it is very difficult for parents to unite and convince school management for changing the teaching pedagogy/evaluation method. Whenever, parents try to do so, they are asked to change the school of their ward if they are not happy with the school. I still feel it is only the strict instructions from the Board which may bring the difference. I am sending this message for re-thinking on the part of the Board as I am not able to mobilise the support of all parents.

A teacher writes in

It was an impressive move putting up the answer sheets of high achievers in the subjects of Maths, Science and Social Sciences. However if this is done for English and some prominent languages too, it would help a lot for students to improve in board exams. So kindly provide us with this. I particularly request Telugu answer scripts of high scoring student.

Thanks for your help in advance.

A reader writes in

It is nice to see interactive board. It is a very good initiative. Congratulations. I hope lot of new things will happen under your leadership.

An educator writes in

Thank you for the reply

I also like the introduction of online admit cards and correction facility. This has not only relieved parents of great burden but the precious man hours and expenses they incurred in pursuit of correcting information that may have been inadvertently ignored.

Regards
Onkar Singh

Mr C.J. Johnson, a concerned citizen sent 38 suggestions for the Road Safety and requested the same to be circulated to CBSE Schools. Chairman CBSE replied by stating that though the CBSE has already been involved in Road Safety Projects, however the suggestions received are valuable and CBSE would circulate some of these to schools in the next session. Here is the final reply from Mr. Johnson

Dear Mr. Vineet Joshi,

Thanks for the prompt reply.

May I request your personal attention to see that the suggestions are circulated in all Schools as soon as possible. I will be delighted if you could update me on the progress later. I would like to draw your kind attention to the fact that more than 12,000,000 people are killed in Road Accidents every year, worldwide. Of these, more than 1,000,000 people are from INDIA !!!!

If we can avoid 10% of accidents, 10,000 people can be saved !!! Let us come together and help to save many lives. Hope to hear from you about the actions taken. Thanks for your valuable time.

Regards
C.J. Johnson

A Student Writes

Dear Sir, I am a student of class 12 of a Kendriya Vidyalaya, Hyderabad. Very recently I learnt a poem in our English textbook. The poem's name is "Aunt Jennifers Tiger". The poem is about how a lady was constrained in a marriage and how she suffered domestic violence. It certainly made a huge impact on me. It made me seriously think about domestic violence and how women are suffering. I thought, when it made such a deep impact on me, it surely must have left some impression even on my other class mates. But, only to realise that the boys hardly showed any interest and the other girls were sleeping. This (domestic violence) is such a burning issue in our country that students of my age should think and try to make a difference. Surprisingly, even after getting a deep insight of what women are suffering nobody (especially boys, as they are mostly the ones who cause domestic violence) even gave a thought about it! In my opinion, there has always been a gap in books and students. Even after having such practical poems and lessons I don't feel that there is any impact on most of the students. We hardly have a period for a poem like this. In only a period, it is difficult to understand the poem, think about it and discuss our thoughts with other classmates and teachers. So is the case with economics, 'The textbook is very difficult to understand'. We completely rely on the notes given by our teacher, which is entirely given with a view of examination. This is hampering our thought process in solving economic issues. It is binding us in the system of examinations. There is not a room for our thoughts and ideas. Practically thinking about such economic problems is not at all going in our present classes. Theory is certainly important, but this way we are only turning in " cynics who would know the price of everything, but value of nothing". I strongly feel that there is a missing link between syllabus, teachers, students and the outside real world! Tomorrow even after getting a 90% in our examinations and happily walking out of school with a great deal of respect and pride what is the use of not being able to understand the economic's problems and humans as such? This is not only my opinion. There are other students too who might feel the same but who are always being suppressed by their authorities.

A satisfied students replies

Dear Sir, Thanks for your early reply

Opazad

Health Promoting Schools

Dr Jitendra Nagpal★

A dream realized.....

“We achieve our greatest happiness when we realize ourselves through others. Equally, we need to reaffirm our commitment of cultural and social-economic diversity from which children enter into the portals of the school.”

Rabindranath Tagore

“Health Promoting Schools are schools which display and support the commitment to enhancing the emotional, social, physical and moral wellbeing of their school community” (WHO).

Schools play a vital role in the overall development of a child into a competent adult who contributes usefully to society. Health is an important aspect of development of children and education is an important determinant of health. Almost all children attend school at some time during their lives and spend 6 – 7 hours of their time everyday in that learning environment. Apart from this, the school curriculum can have substantial influence on health promoting behaviours. Schools are often the strongest social and educational institutions available for execution of intervention programmes as they have the required structure and governance. They have profound influence on thinking patterns and behaviours of children, their families and the community in general. When teachers are actively involved in school health programmes, the interventions can reach generations of children. Parents are added resources for health promotion in schools.

- **The vision of a Health Promoting school:**

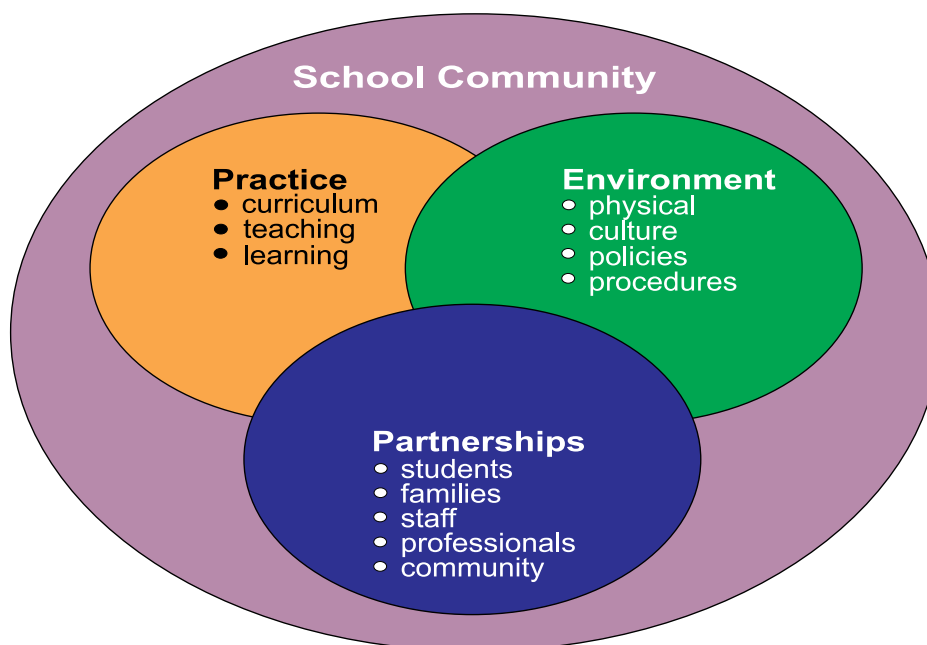
- One that is constantly strengthening its capacity as a healthy setting for living, learning and working.
- It focuses on creating health and preventing important causes of death, disease and disability by helping school children, staff, family and community to care for themselves.
- It equips school children to take informed decisions over circumstances that affect their health and create conditions that are conducive to health. (WHO – 2008)

Creating a health promoting school means applying new ways of positive thinking. It strives to incorporate health into all aspects of life at the school and in the neighbourhood community.

★ Programme Director-Expressions India (The Life Skill Education and School Wellness Programme) and Senior Consultant Psychiatrist-Vimhans and Moolchand Medcity, New Delhi

• **Key steps in developing a Health Promoting School:**

- Engaging health and educational officials, teachers, students, parents and community leaders in efforts to promote health in schools
- Providing a safe, healthy environment, both physical and psycho-social
- Providing effective skill based Health Education and Life Skills training
- Providing access to health services (child and adolescent)
- Implementing school policies and good practices that support health



School Health – An integrated model

Health Promoting Schools shall envisage the following AIMS:

- Remove barriers to learning and raise achievement as a holistic concept.
- Foster healthy development of children and young people in their settings of school, home, community and peer group so that they can learn, grow and make a positive contribution now and in the future.
- Offer schools a framework for developing health promotion initiatives in a way that supports and enhances their existing structures, programmes and practices.
- Help schools in evaluating the range of related activities they are currently involved in, identifying areas of need and setting goals for further promotion wellbeing.
- Enhance the links between schools and their communities in promoting positive learning and health outcomes for young people.
- Raise awareness of the importance of promoting health for all of us.

Such a programme can be fruitful and successful only if it is owned and initiated by the education sector in close association with health and other related sectors like sports, youth affairs, mass media etc.

The Benefits and Visible Outcomes of being a Health Promoting School:

- Supports schools in meeting National Education Goals (NEG's) and National Administration Guidelines (NAG's)
- Schools and communities build effective relationships and work collaboratively
- Families are involved and engaged with the school
- Community and health services are linked to schools.

Examples of good practices in School Health Promotion

- a. Hansraj Model School, Punjabi Bagh, New Delhi
- b. delhi public school, Ghaziabad, Vasundhara

HANSRAJ MODEL SCHOOL

HOLISTIC HEALTH CARE ENDEAVOUR

“There no prescription more valuable than knowledge”

It has been the endeavour of Hans Raj Model school to integrate health awareness initiatives in the lives of its students and staff as per CBSE Mandate of promoting Comprehensive Health Programme in schools. Learner friendly programmes are a step in this direction. The endeavours have been as detailed below :

- Theme assemblies organized to celebrate the important days such as **World Health Day** (April 7) **World No tobacco day** (may 31), **World Ozone Day** (sep 16), **World Aids Day** (dec 1) and so on. Handouts, discussions and poster making are held as relevant activities.
- Health and Life Skills professionals as parents are invited at regular intervals for beneficial interactions with students and teachers.
- Meditation timeslots every day enable students to de-stress and feel rejuvenated.
- Home science laboratories facilitate integration of nutritious snacks into the menu of the canteen.
- Specified food days ear-marked for different classes to promote healthy eating habits among students.
- Physical Education classes planned for active participation of students. Qualities of self defence, flexibility, spiritual and mental health and above all the spirit of sportsmanship developed through taekwondo, aerobics, basket ball, cricket etc.

- Birthday havens and chanting of Vedic mantras organized on a month wise basis for student birthdays.
- Bi-annual Mandatory health checkups conducted and subsequent health reports sent to parents.
- Wide number of programmes to sensitise students towards social problems and issues.
- Participation of students in street plays, health walks and activities to promote greener and cleaner environment.
- Awareness workshops for class X organized to highlight the ill effects of various drugs and awareness towards drug abuse created.
- Life Skills programme designed to develop awareness, responsibility, critical-thinking, decision making and self care in students.
- Other programmes planned for the new academic year include Health Mela, Food Club, Community Health Survey and Sun Worshipper Club.

The goal is to promote guided self care management through inter disciplinary education programmes so as to arm students with up to date information to enable leading of healthy lives.

A HEALTH PROMOTING SCHOOL

delhi public school, ghaziabad, vasundhara

Activities conducted in the school to sensitize and promote wellness (physical, mental, social and emotional)

Physical Wellness

- Annual health checkup
- Early morning Academy (lawn tennis, cricket, football, hockey, basket ball, table tennis, teakwondo)
- Hiking, rappelling, camp in Nainital
- Hygiene Issues
- Safety- Being Responsible
- Assembly meditation and pranayams
- Cricket match between teachers and students.

Mental Wellness

- Advertisement analysis
- Making video on stress /Life Skill modules

- Newspaper concentration activity
- In house teachers training workshop on self growth and analysis.
- Career counseling by experts
- Case study-problem solving
- Positive strokes and goal setting
- Study habits
- Relaxation techniques (guided imagery, progressive relaxation)
- Effective parenting sessions by Dr. Ravindran
- Puzzle/attention Games

Socio-Emotional wellness

- Community outreach programs-Help age, Aradhana-vocational training for special children, SOS village
- Celebrating human rights day- inter school theatre play
- In- house peer educators workshop
- PEP in June and then follow up
- Friendly match with children in SOS,
- Lunch sharing, birthday celebration and role plays at SOS and help age.

- *The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.*
- *All students will have opportunities, support, and encouragement to be physically active on a regular basis.*
- *Foods and beverages sold or served at school will meet the nutrition recommendations of the Dietary Guidelines .*
- *Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.*
- *Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and with related community services.*

—A MODEL SCHOOL WELLNESS POLICY

Convergence of Health and Education Sector

Dr Indu Khetrpal★

In keeping with the Constructive Approach in education, a Comprehensive, child centered activity and a positive health related curriculum is required in the integrated school curriculum. Keeping this requirement in mind, the policy of Salwan Public School has been planned and designed to empower children with the knowledge, attitudes and skills of healthy living. It aims at imparting holistic quality education enriched with universal values in a healthy learning environment.

The environment of the school is a web of interacting components including the physical, emotional, social environment, cultural values, procedures, policies and positive outreach to home and community. Our school plans a Comprehensive Health Programme round the year which focuses on six basic modules, namely -

- Know your body
- Food and nutrition
- Personal and environmental hygiene
- Physical fitness
- Being responsible and safe
- Behaviour and Life Skills

Each and every module includes a gamut of age-appropriate activities that are conducted and monitored in the school. The activities are planned and designed by the teachers and care is taken to assess and evaluate them at every stage.

Some of the activities designed, organized, implemented and evaluated in our school are:

S. No.	Modules	I-V	VI-VIII	IX-XII
1.	Know Your Body	-Role Play - Parts of the Body - Comprehensive Health Report - Regular OPD By the School Doctor	- Health Card	-Comprehensive Health Mela - Interface with Hospitals Box 1
2.	Food and Nutrition	- Presentation on Food Groups - Health Week Celebrated every year in the month of April - No junk food served in the school canteen.	- Wellness Programme (3 months Project) Box 2 - Diet Charts and Exercise schedule	-Adulteration Test - Preparation of Organic Products

★Principal Salwan Public School, Gurgaon.

3.	Personal and Environmental Hygiene	<ul style="list-style-type: none"> - Hygiene and Environment (Role Play) - Report Card of the School Environment - Green School Project 	<ul style="list-style-type: none"> - Preparing Recycling Paper - Vermi Compost - Recycling Garbage 	<ul style="list-style-type: none"> - Herbal and Fruit Garden Box 3
4.	Physical Fitness	<ul style="list-style-type: none"> - Yoga and Aerobics part of the daily schedule 	<ul style="list-style-type: none"> - Leadership Camp - Swimming (compulsory for Primary and Middle Classes) - Comprehensive Health Cards (Physical Test recommended by CBSE) 	<ul style="list-style-type: none"> - Yoga - Leadership Camp - Competitive Sports Box 4
5.	Being Safe and Responsible	<ul style="list-style-type: none"> - Safety Rules and Regulations - School and Traffic Rules 	<ul style="list-style-type: none"> - PHC Primary Health Centre Unit set up by Students) Box 5 - Evacuation Drills 	<ul style="list-style-type: none"> - Hand Book on First Aid - How to Cope with Disaster Box 6 - Fire, Bomb, Terrorism and Earthquake - NCC
6.	Behaviour and Life Skills	<ul style="list-style-type: none"> -Dramatization/Puppet shows on Family Values - Children Sharing their experiences 	<ul style="list-style-type: none"> - Role Plays - Painting Competitions - Theme Based (Substance Abuse, Girl Child, Child Abuse, HIV AIDS etc....) Box 7	<ul style="list-style-type: none"> - Panel Discussion with eminent Psychologists - AEP workshops - Parent Advocacy - Career Development Programme Box 8

In the process of attaining our objectives, we encounter a lot of setbacks which we see as challenges. It could be due to the mind set or changing life style but yes, courage is our destiny. We need to remove all the obstacle which come in our way and need to achieve a lot more as sky is not the limit.

BOX 1

Event : Interface with Hospitals.

Objective : To create awareness about the health related issues and the health services available.

Beneficiaries : Students, Parents and Staff.

Salient Features : Participation of Reputed hospitals (almost 20 in number) and Check ups by Specialists in the field of allopathy, homeopathy, Ayurveda and Naturopathy medicine.

Outcome : Awareness regarding health and health related issues

BOX 2

Event : Wellness Programme (Three months project)

Objective : Awareness regarding the fact that physical inactivity, junk food and food with high calories and low nutritive value can lead to obesity.

Beneficiaries : Obese Students with BMI more than 25.

Salient Features : Regular exercise schedule was followed by students in the school under the supervision of sports teachers and Diet charts were given by the doctor in which students received information of nutritive value of different food which was part of their diet.

Outcome : Awareness created regarding obesity management was given.

BOX 3

Event : Herbal and Fruit Garden

Objective : To create awareness among the students about the variety of medicinal plants available.

Beneficiaries : Students, Parents and Staff.

Salient Features : School has displayed approximately 50 medicinal plants like Amla, Bail, Neem, Ashok etc.

Outcome : Students came to know the different trade names and vernacular names of the different medicinal plants.

BOX 4

Event : Comprehensive Health Cards

Objective : To assess the health status and problems of the students and to identify aspects of health that are often neglected.

Beneficiaries : Students/Parents

Salient Features : A comprehensive report consisting of physical, medical and emotional health intelligence, personality and aptitude dimensions is given to the students.

Outcome : Students come to know about themselves and their health status.

BOX 5

Event : Primary Health Centre (PHC).

Objective : To create awareness about the basic functional unit of health service in rural area.

Beneficiaries : Students and parents.

Salient Features : Students demonstrated how to deal with basic health problems and how to handle emergencies.

Outcome : Group dynamics was involved and awareness regarding health services imparted.

BOX 6

Event : How to Cope with Disaster

Objective : Evacuation drill to instill the practice of speedy evacuation of the building.

Beneficiaries : Students and staff

Salient Features : How to cope up with man-made and natural disasters and how to evacuate the building at the time of emergency.

Outcome : Knowledge regarding coping with disaster was instilled.

BOX 7

Event : Desk Calendar

Objective : To create awareness regarding the significance of each day.

Beneficiaries : Students, Staff and Parents.

Salient Features : To share the feeling of togetherness and that every child is important. It also helped the children to be know our national leaders and their contribution in the society.

Outcome : Group dynamics involved and self awareness enhanced.

BOX 8

Event : Career Counseling Programme

Objective : To provide career information to the Class X students who have given their board examination so that they can choose the appropriate subjects in class XI.

Beneficiaries : Students

Salient Features :

- Sessions and personality development programmes by experts
- Field trips to various organizations to give first hand experience to the students
- Altitude testing
- Career exhibition where almost 20 organizations participated.

Outcome

- Awareness regarding the different careers available at National and International level was given
- The students came to know about their aptitude and strengths in various areas.

Understanding HEALTH and WELLNESS

Chitra Nakra★

Mens Sana in corpore Sano (Your prayer must be for sound mind in a sound body)

As is rightly said by Voltmer and Esslinger that health is considered as that condition, mental and physical in which the individual is functionally well adjusted internally as concerns body parts and externally as concerns his environment. The WHO has defined health as a state of complete physical, social and mental well being not merely the absence of disease or infirmity. It can thus be concluded that three factors referred to above contribute to optimum health and are considered as foundations of Health. Our Education aims to make the child, '*Fit to live and fit to live with*'. In a broader perspective education and Health Education are interdependent. A healthy child is prepared to face the challenges posed by the Education process. If we are convinced that health contributes to the wealth of the nation then all necessary steps should be taken to preserve individual health.

Objectives of Health Education

- to increase awareness about the importance of health education in schools
- to enhance nutritional status of children
- to promote good health
- to partner parents in promotion of health education
- to try and assist in controlling the spread of communicable disease.
- to impart knowledge and skills that influence the making of healthy society at large
- to encourage students to apply health principles and attitudes in solving some problems of everyday life.
- to promote basic health education of further education and training

Health needs:- Health needs are those that can benefit from healthcare or from wider social and environmental changes. In other words '*needs*' in health care is commonly defined as capacity to benefit. It can broadly be categorized into

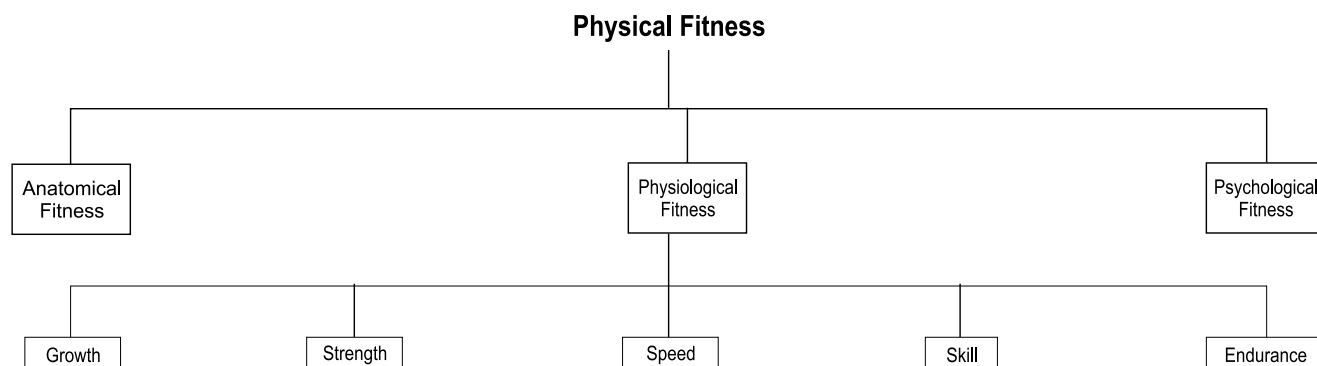
- School health needs
- Home health needs
- Community health needs

Wellness

As quoted by Don Ardelle *wellness is first and foremost a choice to assume responsibility for the quality of your life. It begins with a conscious decision to shape a healthy life style. Wellness is a*

Principal of Ved Vyasa DAV Public School, Vikaspuri

mind set, a predisposition to adopt, a series of key principles in varied life areas that lead to high levels of well-being and life satisfaction'. Alternative medicine aims to define wellness as a healthy balance of the mind-body and spirit. The field of medicine seems to look up the term as meaning a state of complete physical, mental and social well being . It has also been stated that wellness is a direction in progress towards an ever higher potential of functioning. Physical fitness is an important component of wellness.



In order to ensure a better healthier happier and more productive life each of us should discipline his or her life and have control over one's personal health habits.

Benefits of wellness :

- Helps better management of stress
- Increases longevity
- You are more energized
- Reduces obesity
- Brings about a positive perspective towards life
- Reduces health risk factors
- Helps in creating a balanced diet
- Improves quality of life

Health and wellness encompasses several areas : Physical health, emotional health, spiritual health, psychological health etc. We all need to look at nurturing ourselves in all the areas to achieve a good level of health and wellness.

Health education is an integral part of the school curriculum and should include Food, Nutrition, Environment., Hygiene, Mental Health, Physical Fitness, Personal Hygiene, Growth, Obesity check, health condition etc. We should assess the adequacy of Health services available to the schools and precautionary measures should be taken to ensure the health of the students. *'After all healthy body is the guest chamber of the soul'* (Bacon).

Different Dimension of Health and Wellness

Alok Aggarwal*

The World Health Organization defines health '*as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity*'. Keeping sound health is probably more important than merely amassing great academic knowledge. I will restrict myself to the health related to school going children only which can be divided broadly into Physical, Mental, Emotional, Social and Spiritual Health.

Physical Health:

It is important that the school's location should be in a pollution free environment and not only children but teachers and all other employees should be physically fit.

Communicable Diseases can occur because of poor hygienic conditions in the school or at home due to improper cleanliness of body like long and dirty nails, dirty hair, wearing dirty bands or lockets etc., not taking bath daily, wrong practices like washing hands improperly after using toilets etc. Lack of good sanitary practices at home or at school, unavailability of safe drinking water, improper drainage of waste water which allows breeding of flies, mosquitoes and other insects can be the major cause of dissemination of infectious diseases.

Sexually transmitted diseases including HIV infection in older age group with the advent of electronic media in our bed room and the early exposure of the adolescents to drugs, alcohol and adult sites along with liberal and careless attitude of parents towards freedom of children is becoming responsible for this gradually increasing menace in school going children as well.

Non communicable diseases in school going age can be vast, differing from individual to individual, but epilepsy is one which needs special mention which can be present during school time in form of abnormal movements of upper and lower limbs with jerks, froth coming out of mouth and bitten tongue. Remedy is to make the child lie down on a comfortable couch, put a towel or a handkerchief between teeth so that the child does not injure himself by biting. The fit automatically stops in a minute or two and then the child should be shifted to a doctor's clinic.

Food and nutrition plays a very important role in the proper growth of the body and emergence of many diseases later in life. Low calorie food may result into malnutrition related diseases and low resistance of body, while high calorie food may result into obesity, high cholesterol and heart diseases. Tendency of taking junk food like burgers, pizza, noodles etc. is increasing day by day. The

*Principal, The Renaissance Academy, UP

child should understand the importance of intake of balanced food with proteins, carbohydrates, fats, vitamins and minerals in appropriate quantity both at school and at home.

Improper brushing techniques and residual of food particles between teeth may cause decaying. Improper reading habits and excessive TV watching may be harmful for vision. Regular eye check ups and dental check ups and general health check up by specialist professionals is mandatory in school at least once a year.

Importance of sports and games and most recently inclusion of yoga in daily curriculum of students cannot be undermined to keep them physically healthy.

Social Health:

'Man is a social animal' and health of social environment around the child does play a considerable role in shaping his personality. Broken families or busy parents not finding enough time for child at home or for his school do have a negative effect on child's immature mind, which is in formative stage. His peer group and friend circle should be watched closely by parents and teachers. If a child is interested in children much over or under than of his age, a danger bell should ring in parents' and teachers' minds. Behaviour of adolescents needs to be closely monitored for signs of Tobacco, gutka or drug and alcohol abuse as these can be addictive and dangerous. Regular interaction of parents with the school and a considerate attitude of school towards parents' apprehensions can resolve most of the problems at an early stage.

Mental Health:

No less important in a child's life is his mental health, as day to day increasing cut throat competition and unrealistic expectations of parents have subjected the child to enormous mental stress to show better results. Needless to say, many of them are succumbing to the pressures and becoming victims of mental illnesses like Anxiety Neurosis, Depression and Hysteria etc. Proper psychiatric consultation should be availed for these trivial appearing diseases, as many times they become a part of the personality and recur repeatedly causing considerable loss of study hours. Ideally the school should be equipped with a child counselor.

Emotional Health:

If the child has not been trained effectively to cope the pressures of studies, extracurricular activities and social commitments, he may be subjected to emotional instability resulting into bed wetting and various types of personality disorders later on. In expression of different shades of emotions like anger, happiness, love and affection, jealousy etc, child should show a good balance.

Training regarding Life Skills, disaster management in school at regular intervals through class room teachings and workshops can do a lot better to strengthen the emotional health of the child.

Spiritual Health:

Acquiring good values in school life and incentives, prayers and meditation can uplift spiritual health of children which will remain a long way with them in their future life.

Every attempt therefore should be done by all well-wishers of the child to improve his physical, mental, social, emotional and spiritual health so that he may turn out to be a future citizen productive for mankind.

The Board has taken various steps to empower teachers through its Adolescence Education Programme and Comprehensive School Health Programme.



Wellness from Occupational Perspective

Entails....

- *Recognition of Personal Satisfaction and enrichment in your life through work.*
- *Contribution of your skills and talents to work that is both personally meaningful and rewarding.*
- *Convey your values through involvement in activities.*

Wellness from Intellectual Perspective

Entails....

- *Recognition of your creative, stimulating mental activities.*
- *Expanding your knowledge and skills while discovering your potential.*
- *Exploring issues related to problem solving, creativity and learning. As you develop your intellectual curiosity, you will actively strive to expand and challenge your mind with creative endeavour.*

*Let us enjoy the divinely ordained form of our life
with firm limbs and healthy body and full
satisfaction of mind in the service of the supreme
lord.*

– Rig Veda

Healthy Kids make Better Students and Better Students make Healthy Citizens of our country

M.S. Champaka Malini★

India is facing a national health crisis. Many children suffer from chronic illnesses once found only in adults, and obesity is rampant. One-fourth of all children show signs of high blood pressure or potential cardiac disease. The health of our children is a nation-wide concern requiring the involvement of parents, families, teachers, counselors, school administrators, health care professionals and other related agencies. These problems impact us all. Together we can and must reverse the trend. Schools can't do this alone.

Schools must take up activities that are focused on increasing students' and families' awareness of how to be healthy-i.e. good nutrition, physical activity, behavioural and physical health. The schools must also take up the issues on how the physical and mental health of children impacts their ability to succeed in school.

Nutrition: "*Nutrition is critical to effective learning*". Experts say that children who eat right tend to score better on tests, have better school attendance and have fewer classroom behaviour problems.

Physical Activity: Life is hectic for most families. But it is still important to make time and pay attention to physical activity for children. Experts say physical activity is key to good health for a number of reasons:

- Activity helps reduce the risk of coronary heart disease, stroke, colon cancer, diabetes and high blood pressure
- It helps children and adults control weight
- Activity contributes to healthy bones, muscles and joints
- It makes you flexible
- It improves your mood
- It can provide social interaction
- It can boost energy

Physical Education: Researchers say physical fitness has a direct impact on school performance. It also can improve self-image and promote positive social and emotional growth, all of which make for healthier and better students. In addition, studies have shown that aerobic activity may improve memory. While exercise is good for everybody, it provides a double payoff for children. It helps them to build a healthy base for today thus increasing their capacity for good academic performance and also laying the groundwork for a healthier tomorrow.

General Health: For parents getting ready for school each day means more than making sure kids have their school bags, lunches and homework. It's also important to make sure the kids have their required immunizations, allergy shots, health and dental checkups. Good health is important because it will help children perform at their highest levels.

Principal, Siddha Ganga Public School, Bangalore

Emotional Health: Stress is not just for adults. Nor is sadness, or loneliness, or hurt or anger. Children have these feelings too, and they can get in the way of their happiness and their ability to learn. Experts say that mental health can be just as important as physical health for children and adults.

Parents can do a lot to keep problems to a minimum. These are the basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive care givers
- Safe and secure surroundings
- Appropriate guidance and discipline

Here are some signs to look for while monitoring your child :

- A sudden drop in school grades
- Regular worry or anxiety
- Repeated refusal to go to school or participate in normal activities
- Persistent nightmares
- Persistent disobedience or aggression
- Depression, sadness or irritability

Mental health issues can interfere with a student's readiness to learn. The school in consultation with the parents must refer the child to a mental health counselor.

Emphasis on health is one of the best investments a school can make. Encouraging children to value good health and teaching them how to achieve it are two of the greatest gifts the school can provide. Schools have a key role to play in promoting the health, safety, and well being of their students.

Wellness can be seriously undermined by any of the following :

- *When a child's early experiences fail to provide essential ingredients (e.g. love, adequate care, a secure relationship) to nourish his or her development.*
- *When a child's formal and informal educational experiences fail to root the basic skills, competencies and self worth that mediate wellness.*
- *Where key social settings in people's lives operate in ways that undermine wellness.*
- *For majority segment of the society, macro social factors such as disempowerment and injustice work insidiously against wellness.*

Emory L Cowen

General fitness includes good health and being able to carry out every day activities with ease. You should also be able to take part in different physical activities at a low level of performance. You may be able to compete at a high level due to natural ability or because you have acquired high skills.

Social construction of health refers to the way health varies from one society to another. Social construction refers to the statistics like morbidity and mortality rate of our society. Our gender, class, ethnicity, religion and even education construct society and these determine our experience of reality.

An example of how sociologists have tried to deconstruct health in society is looking at the theories of sociologists like *Leslie* (1980). She developed the '*3 Fold model of Health*'. She researched and developed her concept by looking at health in different countries/cultures. The first model, '*Mechanistic Model*' and is a concept which identifies the body as a machine and was applied to the Western Context.

The '*Bio Medical Model*' is also linked with the mechanistic model, where illness is seen as a nuisance and causes the '*machine*' to break down and even stop working completely. Through *Helman's* study we can see that although we know how we catch a cold i.e. through germs, lay perceptions still exist despite the Bio Medical model. *Helman's* study demonstrates that variations of health still exist within our society.

Two types of illnesses related to this are chronic illness (Lasting/terminal) and acute illness (minor e.g. the flu). Criticism of the mechanistic model is that it is slightly simplistic and may not always apply because the body cannot always be repaired.

The second model is the '*Naturalistic Model*', which refers to the notion of equilibrium. In order for the body to remain healthy, there must be a balance. Chinese medicine relies greatly on this notion i.e. *Yin* (cold) and *Yang* (hot). This notion is often used in alternative medicine.

The third model is the '*Ethical model*' which states that illness is sent by a divine force, like a punishment for the persons wrong doing e.g. AIDS, Epilepsy, Homosexuality and so on.

By looking at *Leslie's 3 Fold Model theory*, it can be said that health is a social construction because not all figures reflect the actual illness in the society. It can be seen, by looking at the *Naturalistic Model*, that not all statistics are accounted for when trying to find the morbidity rate.

★Principal, Lucknow Public School, Lucknow.

Some people may follow the *Naturalistic Model* and therefore may not go to the doctor to find out what is wrong with them.

Key elements from natural sources which are believed to support physiological functions such as cellular communication, healing, proper nourishment, cellular repair, removal of toxins, and defense against germs, viruses and bacteria may be used abundantly by these people.

Let's face it, we don't always eat what we should.

1. Today scientists are aware that plant foods improve the immune response, thus enhancing the immune system's ability to eliminate viruses, bacteria and any other diseases that would plague cells.
2. They are also aware that the endocrine system produces hormones, which help drive cells for recovery and healing, as well as enhance the immune system response.
3. Finally, they understand that cells must recognize and communicate message to make all of the above and other complex functions of the human body possible—thus perform at optimal levels.

In conclusion I would say that is definite that illness is socially constructed. This is because different societies regard health differently, alternative medicines are not accounted for in official figures, and the social and economic state of that particular society may affect the way illness is dealt with. Many sociologists have identified how illness varies within each society, favouring the idea of social construction. There are still faults with the social constructionist theory i.e. social constructionist's make a judgement about health, denying the input of science, whereas figures are factual and have strong evidence in order to support their outcome.

Wellness from Emotional Perspective

Entails....

- *Awareness and acceptance of our feelings*
- *Feeling positive and being enthusiastic about yourself and life*
- *Manage feelings, assessing your limitations realistically, development of autonomy and ability to cope effectively with stress.*
- *Living and working independently while realizing the importance of seeking and appreciating the support and assistance of others.*
- *Taking on challenges, taking calculated risks and recognising conflict as being potentially healthy*

Health and Wellness in view of some Great personalities of the world

Smita Amit★

Juvenal says "Sit mens sana in corpore sano" a famous Latin quotation, often translated as "A sound mind in a sound body" which means that we can do well only when we are healthy. Medical science has defined a "perfectly healthy individual" as one having disease less body, happy and poised mind, steady and calm intellect, capacity to differentiate right from wrong, justice from injustice, and to identify the family and social problems.

Life is not merely to be alive but to be healthy. Health decides the quality of life we lead. Health is more than the absence of disease. It is a state of optimal well-being. Health is one of the fundamental rights we must enjoy. Good health is a state of complete physical fitness, mental development, alertness along with freedom from anxiety.

In Sanskrit the word for health is 'Swasthya'. 'Swa' means the *Self* and 'Sthya' means *established*. So health can be defined as being established in the Self. The Self is holistic in nature. Health, therefore, means possession of the Self. He who possesses the Self is described as one who is healthy.

A healthy body is a guest chamber for the soul : a sick body is its prison. – Francis Bacon

In the present scenario, a human being is so preoccupied with his daily chores that he is hardly left with any time to ponder over the art of living healthily and happily. He does not have any time to spend with the Self and to mull his actions. We are so involved in materialistic pursuits that we neither observe and follow a healthy life style, nor teach the youngsters about living healthily.

"The 'I' in illness is isolation, and the crucial letters in wellness are 'we'. Wellness is subjective. Each one of us perceives wellness differently. For someone it may mean developing better communication skills, for another it is losing those extra kilos that will instill confidence and that sense of well being. Wellness is a philosophy of life encompassing seven dimensions, represented by the word *BELIEFS* - *Body, Emotions, Livelihood, Intellect, Earth, Family/Friends, and Spirit/Soul*. Wellness requires balance. Each dimension is akin to a spoke on a wheel, a wellness mindset seeks to grow in each dimension, not just one, so that the wheel rolls smoothly. To create a balance of health and wellness in life, synchronization between the body, mind, family, society and finances is required.

When we were children, our mothers told us that "eating an apple a day keeps the doctor away", that "carrots contribute to good eyesight". This was reinforced by please "eat your vegetables: they are good for

★Principal Maharaja Agarsen Model School, CD Block, Pitampura.

you". But it is also true that food and vitamins that were good for us often did not taste very good' Regardless, these appeals were effective, they ensured our physical wellness. Health food does not exist only for good-looking purposes; it also allows us to keep ourselves in excellent health conditions thus helping to determine the longevity and quality of life.

Here are some ideas of what we need to eat and do for a healthy way of living.

- Vegetables
- Fruits
- Fish
- Seeds
- Nuts
- Whole grains
- Low fat milk, Yogurt.
- Bread (brown bread is the most recommended)
- Live in rooms full of light
- Avoid heavy food
- Take massage, baths, exercise, and gymnastics
- Fight insomnia with gentle rocking or the sound of running water
- Change surroundings and take long journeys
- Indulge in cheerful conversation and amusements
- Listen to music

Physical wellness requires regular physical activity, eating well, proper work ethos; moral, spiritual and religious values, and proper discipline, making responsible decisions, getting regular medical checkups and taking steps to prevent injuries. A healthy body is a source of pleasure, not only for its owner but also to the one who looks at it. A healthy human being is well built and nourished with a smooth elastic skin, supple and graceful body coupled with luminous and shining eyes. Healthy body cannot be given or distributed or achieved merely by taking pills or observing few restrictions but has to be actively acquired and maintained with the help of balanced diet, personal hygiene and consumption of clean food and water. It must be free from addiction, epidemics. Infections, and pollution. One can promote health only by understanding what it is and on what it is dependant and then applying this knowledge meticulously in everyday life.

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Throughout history. *"tender loving care"* has uniformly been recognized as a valuable element in healing.

Spiritual wellness possesses a set of values or beliefs that give meaning or purpose to life. It helps one get through difficult times and can be practiced in the form of nature, art, meditation, activism or organized religion. Buddha says that the secret of health for both mind and body is not to mourn the past but to live in the present moment wisely and earnestly.

Since health is the functional and/or metabolic efficiency of an organism at any moment in time at both cellular and global levels, a healthy family is important to maintain a stable balance

between mind and body. The key to a healthy family living is to get everyone involved. For a family' to spend a healthy life style, it is important to have a positive attitude towards health. Parents who enjoy a healthy diet with plenty of fresh fruits and vegetable set a good example for their children. It is important for the parents to have a healthy and positive attitude towards eating and exercise, so that children can also carry the same attitude. Commitment to the family – putting the family first – and commitment to each individual in the family in helping him or her become everything he or she can be. Healthy families enjoy being together. They work together, play together, and enjoy leisurely times together. They may be very busy, but they don't let jobs, school, or personal hobbies steal family time. Plan time together. Schedule it. To understand each other, a family has to be willing to invest the time necessary to share their feelings and opinions. Because you are a product of your experiences, each day you are a new person. Without talking and listening to each other, family members can soon become strangers. Appreciation is another feature that holds the family together. Strong families focus on the strengths of each other – not the faults.

'It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start". Mother Teresa



School-based mental health interventions may be environment-centered or child centered and one may lead to the other. The school environment refers to the “living and learning” climate of the school. Environment-centered approaches aim at improving the educational climate and providing opportunities for the child to connect with a healthy school programme where they will find healthy role models. This positive mental health atmosphere includes the structure of the school day, the structuring of playground activities, the physical structure of the school and the classroom decoration. Environment-centred programmes also strive to enhance the ability of administrators, teachers and support staff to deal with the specific areas of emotional or behavioural disturbance they encounter and, when necessary, to understand how to make use of other agencies servicing children. Both these approaches are complimentary and define the scope of mental health inputs into the school curriculum.

**-POSITION PAPER NATIONAL FOCUS GROUP ON HEALTH and
PHYSICAL EDUCATION 2005**

Source : NCERT

What Other Principals say about Health and Wellness

"Don't pray for the problems to go away, but rather for the courage and strength to overcome them". When I got the above message from my friend at the very outset, I felt that this is very good to say but difficult to practice.

You should be careful not only towards your behaviour but also towards your health. Daily walking, jogging and yoga keeps you fit. You should smile and laugh loudly irrespective of your age. This can be possible only when you are a loving person.

Material things do not bring permanent happiness. We must understand the management of balance of mind. After sometimes all material things will be sure to create depression, disappointment as well as burden and frustration. It is very clear *"All the money in the world will not buy happiness"* *"wealthy people are lonely and suspicious of people's motives."* Material things include money, fame, and recognition, whose effect is only momentary. Happiness is brought basically by mental attitude. One has to keep balance of his mind or attitude.

Dr. A.K. Pandey
Principal, Gyan Vihar, Jaipur

OBESITY IN ADOLESCENT STUDENTS

Obesity and overweight are fast emerging as the major reasons of preventable deaths in urban India. Stagnant lifestyle and junk food is to be blamed for many thousand deaths per annum. The sad thing is that this problem is on the rise. Obesity is the easiest recognizable medical problem, but is very difficult to deal with.

A person is considered obese when the total body weight is minimum ten percent more than the recommended weight for his/her body structure and height. Obese children between the age of ten and thirteen have eighty percent chances of growing into obese adults, unless they change their ways and adopt a healthier lifestyle. The obesity problem starts from the age of five and continues till adolescence.

Usually a person gets obese when he/she consumes more calories than the body burns. The causes of obesity in adolescence are *overeating, family history, bad eating habits, little or no exercise, medical illness, low self esteem, medication, depression, emotional problems, stressful life, and family problems.*

Teenage students are more prone to get emotional problems. Because of the weight, they develop low self esteem. They get into depression, obsessive compulsive disorder and anxiety.

Self motivation is extremely necessary in losing weight. Because obesity is more a family problem and not just an individual's problem, the whole family can switch to eating healthy food and exercising regularly. The whole family should eat meals together, instead of eating individually while watching a movie. This helps all the members to focus on the food and the quantity being eaten. After the adolescent has lost weight, it is very important that he/she maintain it.

Hemant Kumar Sharma
Principal Incharge, BVM Public School, Vadodara

Best Practices

St. Paul's School Delhi takes a lead as a HPS

In an attempt to form a prevention oriented consciousness, two years ago St. Paul's initiated a project in the school. Various programmes were undertaken under this project.

1. Baseline Health Survey of all the students.
2. Health status assessment of the students.

It was found that 14.1% children were overweight/obese, almost 24.7% children between 14-18 years were overweight.

Following interventions were initiated in the school.

With students :

1. Lectures, PPT given to all the children.
2. Health education material given to all the children.
3. Anthropometric measurements taken of all children.
4. Focused group discussion organized for high risk group.
5. Healthy snack/Food making competition organized.
6. Poster making, slogan writing, paragraph writing activities organized.
7. Participation in the event "Walk to prevent obesity and lifestyle diseases".

With teachers :

1. Lectures for teachers were organized.
2. Anthropometric measurements of teachers.
3. Health education material given to all the teachers.

With parents :

1. A lecture for parents.
2. Focused group discussion of overweight children.
3. Individual counseling

Health and Wellness Clubs

Healthy lifestyle is the project undertaken by the Health and Wellness Club this year. Students of Class XI are members of the club and have undertaken various activities to disseminate the information.

1. Spreading awareness about Healthy Tiffin box. Members of the Club held special assembly where demonstration was done about various healthy alternatives to bring in the tiffin box.
2. Poster making competition was held for Class VIII.
3. Interact Club will be holding a special assembly on 27th November where international media was present. Skits on healthy life style was the theme of the day.

Health Canteen

We are proud in reporting that at St. Paul's we have stopped junk food in the canteen and have introduced healthy food.

Food Safety and Quality Day Observed at Tagore Public School, Jaipur

As one of the major contributors to the health of a child is 'food quality and safety' an awareness programme as per the guidelines of CBSE was organized by the Health and Wellness Club of TPS, Jaipur on 16th Oct. There was an essay contest on the topic "*Junk Food and Health Hazards*", in which growing concern over junk food and product adulteration was highlighted by the children of classes VI to VIII. The Ministry



Children participating in Food Safety and Quality Day
at Tagore Public School, Jaipur

of Food Processing Industries is observing the year 2008-09 as 'Food Safety and Quality Year' and 16th October as 'Food Safety and Quality Day'.

In a skit children appeared as potato, pumpkin, lemon, apple, cauliflower, tomato, onion and bitter gourd etc. Rahul and Akshita explained through dialogues vitamin and mineral contents in vegetables and fruits and the dangers to health due to their deficiency. It was also impressed upon the children to use food products which are free from adulteration.

Comprehensive Health Programme in School at Delhi Public School, Haridwar

In pursuit of the true spirit of school education, health becomes a primary concern for all its stakeholders : the teachers, parents and the students. The school takes the following measures to develop health of the children.

The school children are motivated to keep themselves away from junk food and eat healthy food. A "*Healthy Week*" was observed in our Pre Primary wing. The teachers and students together prepared some healthy and tasty snacks like fruit chaat, chanazore garam, sandwich, sprout salad and lemonade etc. Students were encouraged to bring a small quantity of the required ingredients from their homes so that they feel involved in the activity. Before the commencement of the activity, the children were made aware about the need to maintain cleanliness while working in the kitchen such as clean hands, neat and clean utensils, napkins, washed fruits and vegetables, wearing aprons etc.



Dr. Sondhi (Renowned Child Specialist) addressing students of
DPS Haridwar

The children were told that fresh fruits and vegetables are rich in vitamins and minerals and protect our body from diseases. Eatables like cheese and bread are rich in carbohydrates and give us energy. Likewise pulses are rich in proteins and are essential for the growth of the body.

The health card of every student has been prepared. Regular dental and eye sight checkup camps are organized. Deficiencies are communicated to the parents for necessary action and treatment. Twice in a academic session, height and weight of each child is recorded and reflected in their report cards.

Frequent talks on health concerns like need of proper and balanced nutrition and lack of exercise and its impact are delivered by experts in the morning assemblies. Checking of lunch packets of the children they bring from home and instructing them for change in their food habits are a constant activity in the school. We have also organized health talks on topics related to students like adolescence, hormonal disorders, social disease and ill effects of social or psychotropic drugs and disorders. The local doctors are also invited in the school to deliver the lectures on the topics related to health. The basic concept need and significance for immunization and vaccination were taught to the students.

A very rich Physical health department comprising six faculty members trained in various fields takes care of hundreds of students at various levels. Regular evening games, inter house competitions, summer coaching camps in various streams of health building as well as career building are also organized. Caring for the good health of the students, the school has already banned junk foods like noodles, deep fried items like samosas, burgers and colas etc. Instead sprouted beans, pulses, boiled grams, butter milk and fruit juices are sold in the school canteen.

Rice-gram, rice-curry, rice-rajmah are available on weekdays in the canteen for the children. All this is part of the drive to cultivate good dietary habits amongst the children. A health certificate is sought from each parent at the time of admission and is kept in the school record.

Books and Pamphlets received from M/s Morning Walker, Institute of wellbeing on the topic **"A story about Managing Diabetes"** were distributed to the students of classes V to XII on 14th November, 2008 **"Children's Day"** which also happens to be **"World Diabetes Day"**.

Our future schedule I interaction sessions with Doctors will be as under:

S.		
No.	Topics	Date
1.	First - Aid (for classes V and VI)	17 -11 - 2008
2.	First - Aid (for classes VII and VIII)	18 -11 - 2008
3.	Female Child in fanticide (for girls of classes IX to XII)	19 -11 - 2008
4.	Healthy food and food habits (for classes III and IV)	20 - 11 - 2008
5.	Healthy food and food habits (for classes V and VI)	21 -11 - 2008

Health Awareness Programme - Health Club at St. Mary School, Dwarka

We at St.Mary's firmly believe in the principle of **'Simple Living and High Thinking'**. We also wish to mould our students into adapting a healthier way of life. With this motive in mind, we have become members of the **'Get Active**

Programme'. Simple nutritious food prepared in an atmosphere of fun and enjoyment is the focus. This programme is organized / run by 'Swashrit Society' an NGO team comprising of a team of doctors, psychologists and nutritionists. The NGO aims to change the mindset of children so that even in their individual choices there enters a preference towards healthy diet and activity over unhealthy food inactivity. This objective is achieved via a set of activities such as Active display board, Active Pyramid, Active treasure hunt, Active salad, Active theatre etc. By these activities our aim is to control Obesity, Diabetes and Heart Disease in young children. A clean and healthy body is achievable as well as optimal. Thus we started a Health Club named '*Get Active Club*' with two students from each section of a class as members. Their work is to check the Tiffin's of their classmates and eating habits in an informal way. Our school has won 'The Best School Trophy' of the '*Get Active Programme*'.

Our endeavors through these varied activities are to encourage the younger generation to explore their environment and understand its impact on their lifestyle.

Health Club, Amtul's Public School, Moradabad

Amtul's Public School, Moradabad has started a Health Club in their school in April 2008 with some teachers as members of the club. The club aims to organize health and hygiene related activities for the students. The following measures have been taken up by the members of the Health Club:

1. Volunteers have been made in the school to check the lunch of the students during the recess.
2. Steps have been taken to stop the children from bringing junk food.



A teacher briefing the students about Health Club activities at Amtul's Public School

3. Various topics regarding health, cleanliness and safety are being taught in the classes on every Saturday by the members of the club to make the students aware about the basic essentials to stay healthy by telling them about personal hygiene and its importance.

School has also organized a Dental checkup in their school premises. Team of doctors from Kothiwal Dental College visited the school for the dental check up of the students. They examined the students and told them about oral health.

School is also keeping a record of height and weight of the students which is taken after every 3 months.

A pediatrician has also visited the school on 15th August, 2008 and examined the children from classes pre-nursery to V.

On the 10th October, 2008 which is celebrated as *World Mental Health Day*; Dr. Neena Mohan has visited the school. She told the students how to look after their mental health. She also sensitized the students of classes VIII to X about adolescence. She briefed them about how individuals undergo a major lifestyle change while moving from childhood to adolescence.

Comprehensive School Health programme at DPS Bareilly

"The Concept of total wellness recognizes that every thought, word, and behaviour affects our greater health and well-being. and we, in turn, are affected not only emotionally but also physically and spiritually."

Greg Anderson

The Delhi Public School, Bareilly Comprehensive School Health Programme is a systemic approach of enhancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviours designed to last their lifetime.

The health programme being followed at Delhi Public School, Bareilly has been clubbed under various heads to give an overview of our commitment to the various components related to health at the school level.

Physical Education

- The student benefits of physical education is that it
 - Improves mental and physical health,
 - Improves classroom behaviour, and
 - Improves brain function

Nutrition Services

- The student benefits of 'quality nutrition services' are
 - ensures that schools offer nutritious, appealing choices whenever and wherever food is available on campus, and

- offers a school healthy diet program that provides a healthy start for the day that may not otherwise be available.

- They can also serve as a learning laboratory that mirrors classroom nutrition education, and a resource for nutrition-related community services.
- The school almanac provides a healthy diet plan and tiffin schedule for each day of the week aimed at balanced diet, with stress on green vegetables and fruits. The diet is checked by teachers during the recess.

Health Education

- The student benefits of health education are:
 - knowledge about good health practices and the ability to make healthy decisions, and
 - forms the cognitive basis for the practical experience learned through other wellness activities in the school.
- The School Health Education Programme includes content areas such as
 - Personal Health and Hygiene, which are stressed upon the Home Room Teachers everyday. They check uniforms and its cleanliness, nails, bathing habits, haircuts, etc.;
 - community health, through special awareness programmes;
 - Family Health, by coordination with parents during Parent- Teacher meetings and through regular counselling sessions;

- Prevention and Control of Disease, by spreading awareness about health issues like HIV/AIDS, Smoking, etc.,
- Substance Abuse Prevention through activities and competitions like debates, quizzes, poster- making and slogan-writing;
- Adolescence Education, by regular workshops for teachers as well as students involving group discussions, role play and poster- making. The school has also hosted the workshop for teachers and principals conducted by CBSE: *"The Adolescence Education Programme"*.
- Mental Health, through workshops on Life Skills for senior students;
- Injury Prevention and safety;
- Environmental Health by way of Eco and Science Clubs aimed at promoting environment- friendly practices. Anti-cracker rallies and tree plantation drives are regularly organized by the students themselves.

Health Services

- The benefits of health services to students include
 - Increased classroom attendance;
 - More awareness about available health services.
- Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health professionals provide services on site that appraise, protect and promote health for students.

- Health Camps and Vaccination Awareness Programmes are conducted every year.

Health Camp in Schools

Leigh Hunt has rightly said, *"The groundwork of all happiness is health."*

Keeping this in mind DPS, Bareilly organized a Health Check-up Camp and Vaccination Awareness Programme in school campus itself starting from 13th October, 2008 to 15th October, 2008. Various activities were organized beginning right from their healthy tiffin schedules to hand on activity besides lecture and an extensive check-up of children.

The team of doctors' comprised of Physician, a Dentist, an ophthalmologist and a Gynaecologist. A lecture session was also conducted for the girls of classes VI-XII by the gynecologist.

A lecture on adolescence problems

Dr. Rashmi Sharma, a gynecologist gave a lecture to the girls of classes VI-XII on adolescence problems that start with puberty.

Intra-class Health Quiz Competition

An **Intra-class Health Quiz Competition** was organized for the children of classes III-V on 13th October, 2008. Questions related to health and hygiene, healthy and nutritious food, the value of keeping the surroundings clean, etc. were asked.

Inter-House Nutritious Recipe Competition

An **Intra-House Nutritious Recipe Competition** was organized on 14th October,

2008 for the students of classes VI-XII. Four students from each house took part in the competition and prepared delicacies. Their recipes were judged on nutritive value, Caption, and presentation etc.

Vegetable Printing

The vegetable printing activity was conducted in class Prep. The children painted the vase using the cuttings of Ladyfinger, Potato, Bitter gourd and Lotus stem etc. The children coloured the vases given to them.

Paper Napkin Holder Activity

The children of class I and Class II made beautiful napkin holders with thermocoal glasses and plates and decorated them with stars, ribbons, mirrors and glazed papers.

Healthy and Safe School Environment

- The physical environment can be either a support or a hurdle to student achievement. Students perform better in facilities that are attractive, functional, safe and secure.
- A healthy school environment includes:
 - A feeling of support by students from administrators, teachers and peers to reach their full potential;
 - A safe environment, free from environmental pollutants and other physical hazards including the presence of a predators, drugs and weapons; and
 - Helps students develop a positive affiliation with the school environment. These students are also likely to remain academically

engaged and less likely to be involved in misconduct at school.

Counselling, Emotional and Mental Health Services

- The school provides services to students to improve mental, emotional and social health and include individual and group assessments, interventions and referrals.
- Value Education is an important part of the curriculum and the teachers aim at sensitizing the learners to several Life Skills and promote better character- building exercises.
- Workshops are regularly conducted for and by the teachers as well as students to develop better personality development and to address various student- related programmes.

Parent and Community Involvement

- An integrated school, parent and community approach for enhancing the health and well-being of students is necessary.
- We actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Staff Wellness Promotion

- This area provides opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.
- Health promotion for staff focuses on developing adult health knowledge, skills and the practice of healthy behaviors.

What Teachers say about Health and Wellness

Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention.

Besides the efforts and independent initiatives taken by different Government education bodies like CBSE and NGOs, till recently adolescent girls' health has not received any attention. Adolescent girls need to be considered as a special target group by schemes and development programmes. They need a package of services/ facilities, which will enhance their capacity for advancement and enable them to become capable citizens.

Tribhuvan Mendiratta
PGT-English (Puranchandra
Vidyaniketan-Kanpur)

Health and Wellness

It is our moral duty as parents and teachers to make children aware of importance of diet, exercise, meditation and discipline in life.

As parents, we need to be not only preachers but followers of all we expect from our children. As parents we must ensure the following :

- Follow a schedule with respect to rest hours and the need to adhere to age old saying "*Early to bed, early to rise makes a man healthy wealthy and wise*".
- Strictly follow and encourage table etiquette.
- Meditate for 5 minutes before breakfast.
- Balanced breakfast is mandatory to manage daily chores effectively.
- Respect time and be punctual.
- Set objectives for each day.
- Gift oneself with an hour of recreational activity to pep up spirits.
- Engage in any physical activity of choice.
- Refrain from all vices such as smoking, alcohol and drugs etc.
- Respect and care for nature by keeping surroundings clean and tidy.
- Must socialize once in a fortnight.
- Introspect before retiring to bed and thank God for everything.

Amita Tripathi
TGT Science, Rukmini Devi
Public School, Pitampura

Health and Fitness

“What a piece of work is man!” – Shakespeare

Great efforts in the matter of health are being made not just through exercise and other activities; but much attention is also being given to the necessity of taking a balanced diet. We often read elaborate articles on food and diet in newspapers and magazines. Years of blissful negligence on the part of individual health, environmental degradation and alluring tentacles of modern-day consumerism have exposed the society to physical and mental disorders including stress, complexes and agitation leading to violence and aggression even amongst young children. In the modern world, we also find people slowly shifting to more comfortable, sedentary life style while increasing the intake of fats and high-caloried food items. This way, they are only increasing the risk factors for heart diseases, diabetes, high blood pressure, cancer etc.

The best way to cope with stress is to give some training to the mind and body. The nerves get agitated because of stress. In order to calm down agitated nerves or to prevent them from getting agitated, one can do several things. One can listen to music of the kind one likes. If one can spare a few moments to have a walk in a park early in the morning or evening, it can be of immense benefit. One should take at least a dozen long deep breaths while in the open. As a matter of fact, a habit should be formed always to take a long deep breath. Light exercise early in the morning helps a lot.

Meditation also provides a great rest to the mind. Thanking God for his endless mercies and gifts help in releasing negative emotions which is a pre-requisite for maintaining sound physical and mental health. We should also have a positive attitude, an attitude of being kind, humble and polite to others creates a cheerful atmosphere around us which is contagious by nature. As it is believed, ‘*Positivity begets Positivity*’, it helps in maintaining good social relations which also ameliorate the self-esteem of an individual. There is a famous Turkish Proverb, ‘*A fool dreams of wealth, a wise man, of health and happiness*’, so collective and concerted efforts must be made in this direction. All concerned should join hands and heads to create a sound and healthy world around us.

Ms. Rakhee Mishra

PGT-English

(Rukmini Devi School Delhi)

Money is the most envied

but the least enjoyed

health is the most enjoyed

but the least envied

– Charles Caleb Colton