



DDMS. P OBUL REDDY PUBLIC SCHOOL HEALTH AND WELLNESS CLUB NEWSLETTER

CLASSES IX & X (2016 – 2017) TERM I

“It is health that is real wealth and not pieces of silver and gold.”

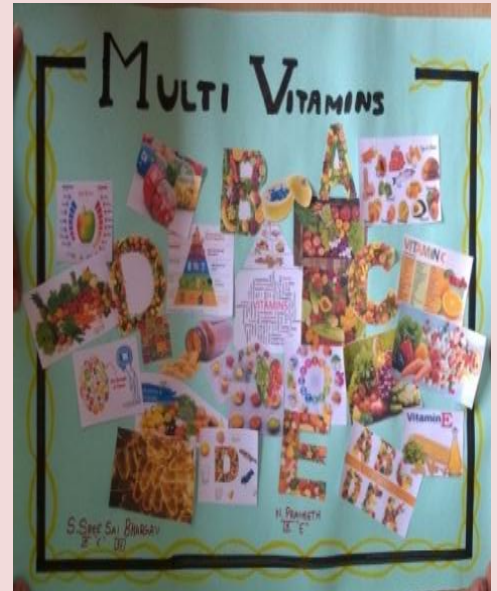
MAHATMA GANDHI

Health education is an integral part of learning. The Health and Wellness Club provides an opportunity to students where they can understand the importance of being healthy. The Health Club also helps students in attaining a fit and healthy body.

In the beginning session, the club members were given a brief description about the club and the activities, which were to be done.

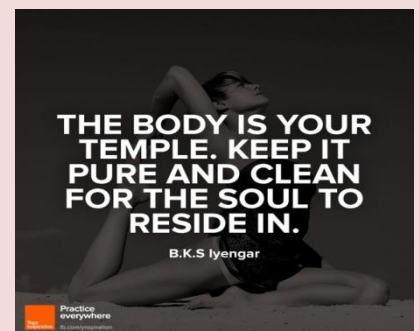
INCHARGE TEACHERS – Ms. Jyothi Lakshmi Ms. Gayathri

MULTI-VITAMINS' COLLAGE -



The students made picture collages of multi-vitamins in a creative and artistic manner and showcased them in the notice boards

throughout the school. This activity brought awareness about health amongst the club members and also amongst the school students.



ZUMBA WORKOUT –



The students of the Health and Wellness Club were taught zumba workouts. The club members also learnt zumba of different forms like zumba for weight loss, zumba for body toning, zumba for body stretching, Etc. Zumba is a form of workout combined with dance. The combination of dance and workout made the club classes fun and energetic!



OLIVE BENEFITS –

Power Point Presentations on the topic 'Benefits of Olive Oil' were made by the club members. The PPTs consisted of write ups about different types of olive oil, their benefits and their uses.

This project, made the students understand the importance of olive oil and the role it plays, in making a person hale and healthy. It also enhanced the PPT making skills in students.



OLIVES

- OLIVE IS A SPECIES OF A SMALL TREE IN THE FAMILY OLEACEAE.
- THESE FRUITS ARE FOUND MOSTLY IN AFRICA, THE MEDITERRANEAN BASIN, ARABIAN PENINSULA AND PARTS OF SOUTHERN ASIA.
- THE OLIVE OIL EXTRACTED FROM THESE FRUITS IS ONE OF THE MOST IMPORTANT INGREDIENTS IN THE MEDITERRANEAN CUISINE WHICH IS WHY IT IS THE MOST POPULAR IN THE MEDITERRANEAN BASIN.

You are what you eat! Keep calm and ignore junk.

INCHARGE TEACHERS –

Ms. Jyothi Lakshmi

Ms. Gayathri