



Implementation of School Health and Wellness Program

SESSION:2023-2024

CLASSES: IV-XII

The School Health and Wellness program will focus on the following themes:

- Growing up Healthy
- Emotional Well-being and Mental Health
- Interpersonal Relationships
- Values and Responsible Citizenship
- Gender Equality
- Nutrition, Health and Sanitation
- Prevention and Management of Substance Misuse
- Promotion of Healthy Lifestyle
- Reproductive Health and HIV Prevention
- Safety and Security against Violence and Injuries
- Promotion of Safe Use of Internet, Gadgets and Media.

GUIDELINES FOR IMPLEMENTATION

S.NO	PROCESS	NAMES	Role
1.	Health and Wellness Ambassadors (Teachers)	Ms Shilaj Duggal (IV-V) Mr Ankit Wankhede (VI-VIII) Ms Saenya Kapoor (IX-X) Ms Vinita Dhawan (XI-XII)	Conduct age-appropriate activities for the promotion of Health and Wellness among school students
2.	Health and Wellness Ambassadors (Students)	Head Girl and Head Boy	Assisting the SHWP Ambassadors (Teachers) Conduct activities for the promotion of Health and Wellness
3.	Modules and material for Classrooms	Ms Aishwarya Taneja	Uploading of material in Classroom and Monthly Report
4.	Monthly Report of Implementation	Class Teachers	Providing reports with pics every month in the MS form.

(Suruchi Gandhi)
Principal