

## **WORLD HEALTH DAY CELEBRATION AT ARMY PUBLIC SCHOOL JAMMU CANTT**

On April 8, 2024, The World Health Day was celebrated at Army Public School Jammu Cantt in both the secondary and primary wings under the theme "My Health, My Right." The event was a testament to the school's commitment to promoting holistic well-being among its students.

The morning assembly was conducted with great enthusiasm by the Scouts and Guides cadets, with Vanshika of class VIII leading the proceedings. Mr. Rajinder Singh(PRT), the Scouts and Guides master, delivered an insightful speech highlighting the importance of embracing a healthy lifestyle. Scouts and Guides students further engaged the audience with a skit focusing on the significance of good health.

The highlight of the event was the presence of esteemed guest Dr. Saransh Behl, an alumnus of the school who holds an MBBS degree. Dr. Behl delivered an inspiring speech, emphasizing the importance of embracing a healthy lifestyle to attain overall well-being.

Principal Ms. Puneet Kaur underscored the importance of health and emphasized the necessity of starting the day with a nutritious breakfast, recognizing it as a vital component of overall well-being.

In the primary wing, students showcased their creativity and commitment to health through various activities. A role play on the theme of healthy food versus junk food helped in raising awareness about the importance of making nutritious dietary choices.

Furthermore, class V students demonstrated yoga exercises, promoting physical fitness and mental well-being among the students. Ms. Ravinder Kour (PRT), acting as a nutritionist, provided valuable insights into maintaining a balanced diet for optimal health.

The celebration of World Health Day at Army Public School Jammu Cantt served as a reminder for everyone to prioritize their health as an inherent right, encouraging the adoption of healthy habits for a prosperous future.





