

INTRODUCTION

CONCEPT

A health programme is an integral part and integrated set of planned segment of education. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health also means the capacities and abilities to play useful roles in society.

Health programme involves and highlights the importance to support families and is determined by the local community based on community rules. Schools and colleges create a unique opportunity to improve both the education and health status of learners throughout the nation.

OBJECTIVES

1. To promote healthy behaviour among the children that they will inculcate for life.




Principal
Ardhant College of Education
Pune

2. To detect and treat diseases early in children, adolescents including identifying of malnourished and anaemic children.
3. Prevention and control of communicable and non-communicable diseases.
3. To awaken health consciousness among the children.
4. To provide a healthy environment
5. To help students understand the importance of physical, training, games, yoga, exercises, meditation etc.
6. To acquaint students with the functions of various organisations working for the maintenance of health.

MEDITATION

DATE: 28th February '22 DAY: Monday

TIME: 9:30 - 11:00 am VENUE: Dhikant College of Education

OBJECTIVE: To encourage meditation among students and to have a calm mind.

Dhikant College of Education organised 8 days of meditation and yoga sessions for the F.Y.B.ed students. Meditation is a technique to develop awareness of the self and has been practised for thousands of years. It helps sharpen our minds, attention, concentration and connects one's body, soul, breath and mind.

Miss Tabara, the instructor asked the students to note down their feelings of anger, joy, fear, sadness, confusion and asked them to also think about what causes their emotions to emerge aggressively.

The instructor asked them to close their eyes and focus on their



YOGA

DATE: 1st Feb - 9th Feb DAY: Tuesday - Wednesday

TIME: 9:30 - 10:30 am VENUE: Dhruv College
of Education

OBJECTIVE: To practice yoga everyday to
develop this habit among
students.

1st MAR 2021:

The second session started
with the instruction to meditate in
the same manner like everyone did in
the last session. Relaxing music
was once again being played in the
background.

The entire class was silent as
the students focused on controlling
their breaths and following Miss Talwar's
instructions. Everyone was lost to
peace and tranquillity as they tried
to connect with their inner self.

The instructor focused on
allowing the students to find the



motivation or erasing of all negative emotions such as anger, sadness, jealousy etc. She also instructed everyone to think of activities and hobbies that learners do to calm down or distract.

2nd MARCH, 2022

The third session by Miss Tahira focused on the learners understanding anxiety and learning different techniques to control anxiety. Improving self control, self-care etc.

After grasping these techniques the students took their comfortable posture to meditate. Techniques to prolong the process of inhalation and exhalation were given by Miss Tahira along with its benefit to make human lungs, respiratory system stronger and healthy.

After the meditation session, all the students hand joined hands together and prayed. Together they prayed for their loved one, family, friends, teachers and themselves. The session ended with a smile and warmth on everyone's face.

4th MARCH, 2022

The next session by Miss Tahira was conducted online due to certain reasons. The instructor taught the learners about the seven chakras of the human body, importance of adorning bindi, chanting of TATTVAM and om to generate light, warmth within themselves.

Relaxing music was played in the background while everyone meditated. The instructor told the importance of yoga and why everyone should make it a part of their lifestyle. Even though it was online, it was still a very peaceful, calm and fulfilling session.



Principal

Arhant College of Education

5th MARCH, 2022

This evening was a very fun and enjoyable session. It started with usual health meditation and followed by the ashtanga then told something in some power with some yoga and white standing then taking some asana and stretching exercises.

Then taking some stretch some fun around breathing (asana) like kriya of the A. Krishna's book. Some things are discussed and to show their eyes and find their posture. Hands to show how to use a yoga mat and lifting exercises. Everyone enjoyed it a lot.



8th & 9th MARCH, 2022

On 8th March, 2022 all the students of Ashwini College of Education followed asana as 105 students for a yoga and exercise session. It was led by faculty Anuradha who teaches football and some warm up exercises of little kids. She taught everyone some breathing exercises and their last exercise was some just paid exercise.

On 9th March, before noon a lady yoga practitioner and a student of FY B Ed did the yoga session. It started with Suryanamaskar and a few more yoga poses like yoga asana and some fun in meditation. Students and faculty were present in the hall.

After meditation, everyone was asked to close their eyes and getting massage from teacher and getting breathing. It was a very relaxing and peaceful session.

All the students of yoga and meditation were present and all the students greatly enjoyed from all their practice and relaxing session and by 1:30 taking and students of FY B Ed.



Principal
Ashwini College of Education
Pune

BIL SE DATT

DATE: 14th and 15th April 2022 DAY: Tuesday to Sunday

TIME: 8:30 am VENUE: School

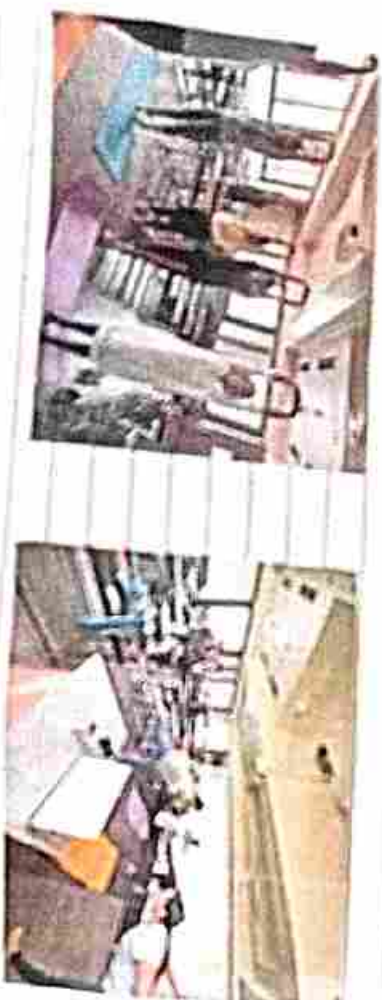
OBJECTIVE: To encourage students to meditate and bring them meditation session

On 14th with Dr. Jaggi, learned the first with Dr. Jaggi was a special session for students. These sessions are available for successful professionals who have started in last 3 years organized the programme starting from April 1st to April 30th 2022 at 8:30 pm on

Remarks: Dr. Jaggi also known as Jaggi was born in 1936. He is a follower of spiritual leader, guru and yogi. In the last 3 years Jaggi has been in the field of yoga, tantra and spiritual practice.

15th APRIL, 2022

Programme was for the students across the nation. Day sessions were spiritual, physical and mental. The students have been successful in the school.



Principal
Aramb College of Education
Pune

as a co-curricular activities. During the session, Pragna informed us that more than 2000 teachers were registered. Daji shared that the teachers should be passionate and enthusiastic; so that the teacher can help the student along enthusiastically.



The Principal of Bharatiya Vidya Bhawan, Mr. Vaibhav Agarwal shared his experience with everyone. Teachers asked their doubts about online studies and mental health. Daji guided everyone. It was a relaxing and a fruitful first session.

3rd APRIL, 2022



Session was online through Zoom. It started by watching a video. It was a story. They and his daughter. The moral was that in our life experience is a great teacher. Practical knowledge and experience is more important than bookish knowledge.

Daji gave example of brilliant player (badminton player) who always loses more than wins, but everyone remembers only his victory.

He said that we should do meditation without expectation and one day we will be able to handle any situation with ease and then the session was concluded.

All three sessions were very inspiring, motivational and helped to everyone as future teachers and to become a better person.



2nd APRIL, 2022

Session started with the meditation. Daaji instructed about how to do the meditation. All the teachers and students performed the meditation wisely in their own homes.

Daaji said, for meditation there is age limit to start the activity.



Mr. Ashish Melate asked doubts about small children. They are having short attention span, they can't sit for long time so how we can engage them in meditation? Daaji replied that it is normal in children but they can do the meditation as per their capacity.

Change in attitude is very important in life. We should accept the change and positively and move ahead in life. The second day was fulfilling too.

WALK ON VETAL TEKDI

DATE: 5th May, 2022 TIME: 6:00 am

DAY: Thursday VENUE: Vetal Tekdi

OBJECTIVE: To take a healthy walk up the hill to enrich our health.

On 5th May, 2022 the students of Ashant College of Education met at 6:00 am to take a healthy walk up the Vetal Tekdi.

All the students, teachers and the principal were present for the walk. On the way, the plants were also watered. Walking is a very healthy exercise for everyone and it makes our body strong and keeps everything in check.

Walking maintains a healthy weight and improves cardiovascular fitness. It strengthens our bones and muscles and also increases energy levels. It also prevents various conditions including heart disease, stroke, high pressure of blood and type 2 diabetes.



Principal
Ashant College of Education
Pune

The students had a great time. It was also a chance for students to bond with teachers and each other. All bodies got the much needed vitamin D. It was a beautiful experience for all the students to experience nature with each other and to have such a healthy walk through and up the hill.



DISCUSSION ON

DOCUMENTARY STRESS

DATE: 12th May, 2022 TIME: 10:30 - 11:30 am

DAY: Thursday

VENUE: Ardhant College of Education

OBJECTIVE: To understand the importance of management of 'Stress'.

On 12th May, 2022 students of Ardhant College of Education conducted a discussion on the documentary 'Stress'. After watching a video / documentary, the events and points mentioned in the documentary were discussed in class.

The various problems arising because of stress and the different remedies and tips to cope and battle stress were also discussed.

The main objective of this discussion was to understand the stress and acknowledge the presence of stress in our everyday life. The next main goal of this discussion



Principal
Ardhant College of Education
Pune

was to learn to manage stress in a healthy and productive way. Students learnt how to project their stress to become more productive. Students shared their experiences and thoughts and overall it was a healthy discussion which will prove to be helpful to them in the future.



BODY MASS

INDEX [BMT]

DATE: 4th June, 2022 TIME: 1:00 to 2:00 pm

DAY: Saturday VENUE: Arthant College of Education

OBJECTIVE: To check the height and weight and to calculate the Body Mass Index.

On 4th June, 2022 the students of Arthant College of Education were asked to check their height and weight to calculate their Body Mass Index (BMI).

All the students were asked to stand in line. Jennifer Rayappa checked everyone's height in (cms) and Bhavika Dhalagant checked everyone's weight in (kgs). Jessica Patil wrote down everyone's height and weight and checked / calculated their Body Mass Index.

This is an important activity and the students come



Principal
Arthant College of Education
Pune

to know if their weight is appropriate and healthy for their age and height. The students can self-select and make healthy changes to their body accordingly which will improve their overall body weight and health.



BROCHURE ON DIFFERENT DIET

PLAN

DAY : Saturday

TIME : 2:15 to 3:15 pm

DATE : 11 JUNE, 2022

VENUE : Ashant College
of Education

OBJECTIVE : To encourage a healthy
lifestyle among students.

On 11th June, 2022 the students of Ashant College of Education displayed various attractive brochures on different diet plans. The students were asked beforehand to choose a healthy diet as advised by well-known doctors.

The students chose different subjects to make their brochures for eg. Atkins Diet, Vegan Diet, Paleo diet, low fat diet, summer diet, raw food diet, weight watchers diet etc.



Principal
Ashant College
P.O.

Signature

The main objective of making this brochure was to enlighten and make students aware of different healthy diets so that they can live a healthy lifestyle.

The students enthusiastically exhibited many different attractive brochures made by themselves and it was a good exhibition programme.

ATKINS Diet

For Information, Visit: www.ePainAssist.com



THE ATKINS DIET

Everything you need to know



The Atkins diet given by Dr. Robert C. Atkins is a low carb diet, usually recommended for weight loss.

Proponents of this diet claim that you can lose weight while eating as much protein and fat as you want if you avoid foods high in carbs.

THE FOUR PHASE PLAN

1. PHASE 1 (INDUCTION)
2. PHASE 2 (BALANCING)
3. PHASE 3 (FINE-TUNING)
4. PHASE 4 (MAINTENANCE)

Principal

Arvind College of Education
Pune

GUEST LECTURE ON

MENTAL HEALTH

DATE: 11th June, 2022 TIME: 11:00 - 12:00 pm

DAY: Saturday VENUE: Ashant College of Education

OBJECTIVE: To understand the significance of a healthy mental state.

On 11th June 2022, the students of Ashant College of Education conducted a discussion on the documentary watched on Mental Health. The video that was watched featured two girls belonging to poor and backward families.

The challenges these students face, the mental stress they experience and go through had how they cope up with it was discussed. Students shared their own personal experiences, they discussed their thoughts on mental

FOODS TO EAT FOODS TO LIMIT

- meats: beef, pork, lamb, chicken, bacon, and others
- fatty fish and seafood: salmon, trout, sardines, and mackerel
- eggs: omega-3 enriched or pastured — most nutrient-dense (16)
- low-carb vegetables: kale, spinach, broccoli, asparagus, and others
- full-fat dairy: butter, cheese, cream, full fat yogurt
- nuts and seeds: almonds, macadamia nuts, walnuts, sunflower seeds
- healthy fats: extra virgin olive oil, coconut oil, avocados, and avocado oil



- sugar: found in soft drinks, fruit juices, cakes, candy, ice cream, and similar products
- grains: wheat, spelt, rye, barley, rice
- "diet" and "low fat" foods: are sometimes very high in sugar
- high carb vegetables: carrots, turnips, etc. (induction only)
- high carb fruits: bananas, apples, oranges, pears, grapes (induction only)
- starches: potatoes, sweet potatoes (induction only)
- legumes: lentils, beans, chickpeas, etc. (induction only)



Reminder: Friendly

• The Atkins diet is not for everyone and may pose some risks — both short term and long term. The long-term risks include the possibility of changes in your gut microbiome as well as increased LDL "bad" cholesterol. Make sure to consult your doctor before beginning any kind of new diet.



YOU ARE WHAT YOU EAT
PROTEINS
27% ABOUT THE
ATKINS DIET
ATKINS DIET
ATKINS DIET

health and the ways one can improve their individual mental health and how they can be a positive impact on others.

The most important point that was discussed was, how teachers helped students belonging to socio-economic backward classes who are going through a bad mental state.

This is a very sensitive and important topic and it was a very enlightening and insightful for all the students.

