

HASSAN PUBLIC SCHOOL
SCHOOL ACTIVITIES 2022-23

ECO Club

An Eco-Club is a group of school students interested in environmental issues and willing to make significant contributions to society.

Objectives of Eco-club

- Create awareness and sensitivity about various environmental issues.
- Demonstrate initiative to analyse environmental problems suggest and implement suitable solutions.
- Develop skills, positive attitudes and ethics towards environment.

Inauguration of Eco-club was on 05-06-2022, saplings were planted and students of Hassan Public School took an oath that they celebrate their birthday by planting a tree at home or in the neighbourhood locality.

Activities :

- 1) The first activity was planned on 6th August, 2022. The aim of the activity was to create awareness about soil pollution and air pollution.

Students distributed pamphlet to the localities and interested with them and discussed about the environmental issues.

- 2) The second activity was on 29th October, 2022. The aim of the activity was to create awareness on conservation of water.

Eco-club students took a oath that they will save a litre of water everyday. Students performed a street play in school to make aware of ways, in which water can be saved.

- 3) The third activity was on 4th February, 2023. The aim of this activity was to adopt the practice of sustainable consumption.

- Students of Eco-club cleaned the school premises and segregated waste into biodegradable and non-biodegradable waste, with the help of Picture cards tried to show the time requirement for decomposition of different types of non-degradable waste, and explained about how biodegradable waste can be composted.

Health and Wellness Club

Health and Wellness club is concerned with total health of the learner and the community. Besides physical health, it includes mental and emotional health of the learners.

Objectives of Health and Wellness club :

- To develop awareness regarding the importance of physical fitness in individual and social life including life skills.
- To promote
 - i) own health
 - ii) health of family members
- To enable an individual to enhance inner qualities, self-mastery, discipline, courage, confidence and efficiency.

Activities :

1) Students of Health and Wellness club performed Aerobics which helps to a connection of physical body with mind and with the inner working of the body, and also leads to improvement of overall health and fitness.

2) Students of Health and Wellness club prepared charts for different classes.

The aim was to create awareness in students that how childhood nutrition helps in building immunity against various infectious diseases, ensuring the proper development of brain and other vital organs and cognitive function.

3) The diet charts were distributed to every classes and the class students were guided about the vital need of healthy diet.