

LIONS' STUDENTS HEALTH PROGRAMME

Healthy body is a prerequisite for a healthy mind. Health is of utmost importance for the happiness of children which in turn culminates in happier families.

In today's busy world people including children have lesser time to take care of their health. There is a remarkable reduction in outdoor activities due to hectic schedules and pressures from competition.

As children spend a considerable portion of their workable time at school, the activities carried out at the school and the health initiatives taken by the schools play a vital role in both physical and mental well being of the children.

The initiative taken by Palghat Lions School in this regard is really applaudable. To ascertain the healthier well being of children, the school carried out the following :-

- Eye screening
- BMI (Body mass index) : Height and weight parameters were taken.
- Fitness tests : Indicators like body flexibility, muscular mass and fitness, lung capacity were measured.
- Performed various types of exercises during health period.
- Performed breathing exercises and yoga to boost the immunity of children.
- Aerobics : Combines rhythmic aerobic exercises with stretching and strengthening activities.
- Mass drill and Zumba dance

These activities carried out at the school is really a game changer in the overall well being of children. At XII-B, we really enjoy doing these group activities which in turn helps in strengthening the bondages among us..