

# Palghat Lions School Students Health Programme

- The word health refers to a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health.
- We the students and faculty of PLS try to engage this mindset both physical and mental well being of the children as it is important in their lives and beyond.
- **The activities carried out:**
  - **Eye Screening**
  - **BMI (Body mass index) : Height and Weight Measures were taken.**
  - **Aerobics**
  - **Mass Drill**
  - **Flamingo**
  - **Heart Rate Measuring**
  - **600 M Running**
- These activities carried out by the school is really a great change in the overall well being of XI B children. as it helps us to gain confidence in ourselves with our teachers and PT teacher/sir by our side.

