

## **WELLNESS CLUB**

- School wellness club plays a major role in every part of the school environment from the lunchroom to the classroom, to the play ground, to the office room.
- It promotes healthy eating habits, physical activities, nutrition education, and physical education in order to increase student achievement.
- It not only supports the health of the students, but also helps to boost the academic performance.
- Small activities like brushing teeth, washing hands, eating breakfast every day helps students to remain focused on school and improve their classroom behaviour.

### **ACTIVITIES UNDER WELLNESS CLUB**

#### **Personal Hygiene:**

#### **Poster preparation, Chart presentation, demonstration on the below activities**

- Brushing techniques.
- Bathing techniques.
- Hand Wash techniques.
- Hygiene of girl students during monthly periods (Video class).
- Shaving hair (Private parts).
- Nails cutting and hair cutting.

#### **Know your body:**

- Fascinating human body facts.
- Preparing questionnaire to check the health status of the students.
- Knowing the internal systems of the body and their functions, chart preparation.
- Sense organs and their functions, chart preparation.

#### **Physical Fitness:**

- Performing
- Aerobics
- Yoga
- Meditation, Pranayama.
- Simple exercises
- Dancing, laughing, Pyramids

- Walkathon (5k walk, 2k walk)

#### **Communicable diseases & chronic diseases:**

- Gathering information on different communicable and chronic diseases.
- Chart presentation on AIDS, Swine flu, Dengue, Malaria and other communicable diseases
- Chart presentation on Fits, Asthma, Epilepsy, Anemia and other chronic diseases Organizing Rally's, flash mobs and Awareness campaigns on these activities in the school as well as in nearby villages

#### **Grandma's remedies for various health problems:**

- Visit to the dining hall, kitchen garden, Medicinal garden & flower garden and identifying various plants, herbs, shrubs, roots, spices that have medicinal value to cure these diseases like
  - Stomach ache
  - Cold, Cough
  - Pains
  - Allergies
- Chart preparation on these homemade remedies

#### **First aid to different accidents:**

- Preparing a first aid box.
- Poster and chart preparation on different accidents and the first aid to be given in a systematic process
- Demonstration on different accidents and the first aid to be given

#### **Different phobias:**

- Inviting scientists/Learned people/ Janavignana Vedhika people to the school to speak on different superstitions and other phobias.
- Invite psychiatrist to speak on different phobias and how to overcome these phobia's Conduct different experiments to expose the tricks by Babas and others who are cheating people in the name of god.

#### **Balanced Diet:**

- Organizing Food Mela.
- Preparation of balanced diet meal.
- Importance of "sprouts".
- "Role play" on different Carbohydrates, Vitamins, Minerals, Proteins, roughages in maintaining the health of the students.
- The role of balanced diet in maintaining health of the students.
- Importance of water. Preparing Amrutha Aaharam (raw food).

#### **Wellness Feast (at the end of the year):**

- Celebrations of wellness club
- Organizing a Camp fire, showcasing the different activities of the wellness club through a wall magazine, posters, skits, etc.

S.NO	Name of the Faculty	Designation	Role
1.	SUDHEER	DL IN POLITICAL SCIENCE	CO-ORDINATOR
2.	A.SURESH	DL IN TELUGU	MEMBER
3.	P.RAMADEVI	DL IN TELUGU	MEMBER
4.	B. PRAVALLIKA	DL IN PHYSICS	MEMBER
5.	ANU	ANM	MEMBER
6.	SUNITHA	ANM	MEMBER



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd, S  
Telangana 507117, India  
Lat 17.888776°  
Long 80.829356°  
13/08/24 03:52 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru -  
Telangana 507117, India  
Lat 17.888843°  
Long 80.829363°  
13/08/24 03:48 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd,  
Telangana 507117, India  
Lat 17.888852°  
Long 80.829357°  
13/08/24 03:38 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd, S  
Telangana 507117, India  
Lat 17.888811°  
Long 80.829367°  
13/08/24 03:52 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd, S  
Telangana 507117, India  
Lat 17.888862°  
Long 80.829363°  
13/08/24 03:45 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd,  
Telangana 507117, India  
Lat 17.888847°  
Long 80.829368°  
13/08/24 03:36 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manugu  
Telangana 507117, India  
Lat 17.888843°  
Long 80.829363°  
13/08/24 03:48 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd, S  
Telangana 507117, India  
Lat 17.888843°  
Long 80.829363°  
13/08/24 03:45 PM GMT +05:30



Samathsingaram, Telangana, India  
Mittagudem X Road, VRQH+JV2, Manuguru - Bhadrachalam Rd,  
Telangana 507117, India  
Lat 17.888844°  
Long 80.829365°  
13/08/24 03:38 PM GMT +05:30

**ATCC**  
 Scientific Name: *Setaria italica*  
 Family: Poaceae  
 Substrate: Cereals  
 Carbohydrates = 45g  
 Protein = 11g  
 Fat = 1g  
 Sugar = 1g  
 Uses: Used in food processing as celiac and constipation

**WHEAT**  
 Scientific Name: *Triticum aestivum*  
 Family: Poaceae  
 Substrate: Cereals  
 Carbohydrates = 45g  
 Protein = 11g  
 Fat = 1g  
 Sugar = 1g  
 Uses: Used in food processing as celiac and constipation

**PEA**  
 Scientific Name: *Pisum sativum*  
 Family: Fabaceae  
 Substrate: Legumes  
 Carbohydrates = 12g  
 Protein = 22g  
 Fat = 1g  
 Sugar = 1g  
 Health Benefits: Used in food processing as celiac and constipation

**APPLE**  
 Scientific Name: *Malus domestica*  
 Family: Rosaceae  
 Substrate: Fruits  
 Carbohydrates = 17g  
 Protein = 0.5g  
 Fat = 0.2g  
 Sugar = 15g  
 Health Benefits: Used in food processing as celiac and constipation

**GRAPE**  
 Scientific Name: *Vitis vinifera*  
 Family: Vitaceae  
 Substrate: Fruits  
 Carbohydrates = 18g  
 Protein = 0.4g  
 Fat = 0.2g  
 Sugar = 15g  
 Health Benefits: Used in food processing as celiac and constipation

**ORANGE**  
 Scientific Name: *Citrus sinensis*  
 Family: Rutaceae  
 Substrate: Fruits  
 Carbohydrates = 12g  
 Protein = 0.9g  
 Fat = 0.2g  
 Sugar = 12g  
 Health Benefits: Used in food processing as celiac and constipation

**BANANA**  
 Scientific Name: *Musa sapientum*  
 Family: Musaceae  
 Substrate: Fruits  
 Carbohydrates = 29g  
 Protein = 1.1g  
 Fat = 0.3g  
 Sugar = 14g  
 Health Benefits: Used in food processing as celiac and constipation

**GPS Map Camera**



**Bhadrachalam, Telangana, India**  
 13-3-30, Ashok Nagar Rd, Ashok Nagar Colony,  
 Bhadrachalam, Telangana 507111, India  
 Lat 17.671969°  
 Long 80.892753°  
 07/09/22 03:00 PM GMT +05:30







**WATERMELON**  
**PROTEIN** - 0.4g  
**CARBON** - 10.3g  
**SUGAR** - 11.9g  
**FAT** - 0.2g  
**DEFINITION: HEALTH BENEFITS**  
 → Antioxidant and helps protect against  
 Free radicals and avoid diseases  
 like Cancer and Heart disease.


**Capsicum**  
**Nutritional**  
**Fat** - 0.4g  
**Carbon** - 7.9g  
**Sugar** - 0.9g  
**Protein** - 1.2g  
**Uses:**  
 Remove harmful bacteria  
 from the stomach.

**Scientific Name:**  
**Phytolacca**  
**Carbon** - 1.7g  
**Protein** - 0.2g  
**Minerals:** Boron  
**Health Benefits:**  
 → Tanning face powder

**TOMATO**  
  
**Scientific Name:**  
 Solanum lycopersicum  
**ALLIUM FAT:**  
**Fat** - 0.1g  
**Carbohydrates** - 2.9g  
**Sugar** - 2.6g  
**Protein** - 0.9g  
**Health Benefits:**  
 → It used to healthy skin

**BITTER MELON**  
  
**Scientific Name:**  
 Momordica charantia  
**Nutritional**  
**Protein** - 2g  
**Carbohydrates** - 2g  
**Sugar** - 0  
**Uses:**  
 Helps to maintain blood  
 sugar level

**ONION**  
  
**Scientific Name:** ALLIUM cepa  
**Nutritional Facts**  
**Carbohydrates** - 9g  
**Sugar** - 4.7g  
**Protein** - 1.1g  
**Vitamin C** - 12%  
**Health benefits** - protect  
 → against blood clots

**LAVENDER**  
  
**Scientific Name:** - ORU  
**Nutritional Facts**  
**Carbohydrates** - 31  
**Sugar** - 15g  
**Protein** - 15g  
**Health benefit** - It may slow  
 → down peptic activity



**Bhadrachalam, Telangana, India**  
 13-3-30, Ashok Nagar Rd, Ashok Nagar Colony,  
 Bhadrachalam, Telangana 507111, India  
 Lat 17.671973°  
 Long 80.892755°  
 07/09/22 03:00 PM GMT +05:30

GPS Map Camera



GPS Map Camera

Samathsingaram, Telangana, India  
 1-1 Mittagudam Bhadradi Kothagudem,  
 Samathsingaram, Telangana 507117, India  
 Lat 17.888879° Long 80.829319°  
 19/11/24 11:09 AM GMT +05:30



GPS Map Camera

Samathsingaram, Telangana, India  
 1-1 Mittagudam Bhadradi Kothagudem,  
 Samathsingaram, Telangana 507117, India  
 Lat 17.888733° Long 80.828903°  
 19/11/24 11:10 AM GMT +05:30



GPS Map Camera

Samathsingaram, Telangana, India  
 1-1 Mittagudam Bhadradi Kothagudem,  
 Samathsingaram, Telangana 507117, India  
 Lat 17.8887° Long 80.828995°  
 19/11/24 11:10 AM GMT +05:30



GPS Map Camera

Samathsingaram, Telangana, India  
 1-1 Mittagudam Bhadradi Kothagudem,  
 Samathsingaram, Telangana 507117, India  
 Lat 17.888682° Long 80.829052°  
 19/11/24 11:11 AM GMT +05:30



GPS Map Camera

Samathsingaram, Telangana, India  
 1-1 Mittagudam Bhadradi Kothagudem,  
 Samathsingaram, Telangana 507117, India  
 Lat 17.888759° Long 80.82942°  
 19/11/24 11:18 AM GMT +05:30