



A workshop on, I am a Health Champ was held in Sat Paul Mittal School on 23rd October, 2017 for classes II-V. The resource person, Ms. Ritu Jindal(Mother of Manya Jindal of Class VIII-D & Nandisha Jindal Class of IV-D) stressed upon the importance of deep breathing in keeping our mind and body healthy. Children were encouraged to drink at least 8 glasses of water every day for better digestion. They were told to drink water slowly i.e. sip by sip to let saliva get mixed in water. Children were also told about the harmful effects of eating food while watching TV and not having proper posture while eating food.

Children were motivated to do deep breathing/exercise/yoga every day to keep themselves healthy. A good interactive session between children and the resource person was held after the workshop.