

NITHYANANDA BHAVAN ENGLISH MEDIUM SCHOOL
CHIRAKKAL (PO) KANNUR 670011
 Affiliation NO. 930319

WELLNESS ACTIVITIES

DAILY PRACTICES

Types of Activity	Objectives	Target Group
<p>Mindful Breathing Exercise</p> <p>Students of entire school observe breathing exercise for 4 minutes. Students close their eyes and sense their feeling in nostrils, chest and abdomen while breathing. Any thought in their mind and other sensory distractions must be controlled by the students to concentrate fully in the present moment.</p>	<p>To improve the Socio-Emotional Learning (SEL) of the students. It helps to strengthen student skill to concentrate in the class activity, to control emotion of the students, thereby improving their health</p>	<p>The entire students and staff of the school</p>
<p>Sports and Games</p> <p>Athletics, Swimming, Kabadi, Badminton, football, Kho-kho, cricket, running, jogging, yoga,</p>	<p>To improve health, develop national spirit and co-operation.</p>	<p>All students of the school</p>

WEEKLY PROGRAMMES

Types of Activity	Objectives	Target Group
<p>Mass PT during Morning Assembly</p>	<p>To improve Health and Discipline of the</p>	<p>The entire students</p>


 NITHYANANDA BHAVAN ENGLISH MEDIUM SCHOOL
 CHIRAKKAL (PO) KANNUR 670011
 Affiliation NO. 930319

	students	of the school
Practice of Yoga	To improve health, control emotions,	The entire students of the school
Cleaning the school Campus	To give awareness about the importance of maintaining our environment clean, to know the responsibility of each student towards keeping school premises, public place, and home clean and neat.	The entire students of our school

MONTHLY PROGRAMMES (SCHOOL PROGRAMME)

Types of Activity		Objectives	Target Group
June	Celebration of Environmental Day Planting trees in the school campus, preparing posters related environmental protection	Giving awareness to students about the problem of deforestation. Need for awareness and protection of our environment to the future generation	All students of the school
2	International Day of Yoga Practice of yoga	To improve the integration of mind and body. An approach to improve health and well being	All students of the school
3	Literary Competitions Written competitions in English, Hindi, Malayalam, Sanskrit and Arabic. Painting and Drawing completions - Pencil Drawing, Water colour, Oil Painting, Cartooning, Crayon	School wide programmes to select students for the District wise competitions of CBSE students in Kannur Dist.	
4	International Day Drug Abuse and Illicit Drug Trafficking Awareness Programme, Poster Making Competition	To give awareness to make the society free from drug abuse. Cooperate with official of	Secondary and Senior Secondary Students.

		excise department to support their actions.	
July	Cultural Competitions Preparing and selecting students for Dances, Music, recitation, mappilapattu, mimicry and mono act etc. for presenting in the CBSE district level competition.	To inculcate cultural values, personality development, physical and mental health, leadership and moral values.	All students of our school.
	World Population Day Poster making, speech in the school assembly	To give awareness about the growing population related issues. Erosion of natural resources.	All students of the school
August	Independent Day Celebration Conduct of various programmes, dances, recitation of national songs, speeches, remembrance of great leaders, flag hoisting etc.	To develop nationalism among the students, to pay tributes to freedom fighters	All students of the school
	Hiroshsima and Nagasaki Day School Assembly, Peace march in the campus, poster making, essay writing completion.	To give awareness about the nuclear disaster.	All students of the school
September	Teachers Day, Onam Celebration Honouring the teachers, speech, distribution of flowers etc. to teachers. Arrangement of flower carpet and conduct of various traditional programmes related to Onam	To respect t the teachers and elders. To know the tradition and value of history of our state.	All students of the school
October	Organization of CBSE schools, Recitation Competitions in English, Malayalam, Hindi,Arabic and Sanskrit languages	School wide programmes to select students for the District wise competitions of CBSE students in Kannur Dist.	All students of the school


Handwritten signature

November	School Sports, Students will participate various athletics and games to demonstrate their skills. Study Tour Programme	Participation in school sports will helps to improve their physical and academic skills, create cooperation, team spirit, national spirits etc.	All students of the school
December	School Cultural Programme It is platform for the students to demonstrate their skills in cultural activities.	Strengthening students personal skills, creativity, leadership, interpersonal relationship etc.	All students of the school

Beside various club activities will be formed in school to organize various activities related to different subjects such as English Language Club, Science Club, Mathematics club, sports club, Environmental club. Members of each club with the support of entrusted teachers will guide the members of different clubs organize various programmes.

Important national festivals and days will be celebrated and various programmes conducted.

In accordance with Primary Health Centre of Chirakkal, various health improvement programmes, awareness about spread of various diseases will be organized as in the previous years. Students will also participate in various programmes and competitions organized by the Govt. Departments, local bodies, clubs, organization etc.


 NITESH KANDA BHAI
 ENGLISH MATHS
 CHIRAKKAL KANNUR DISTRICT