

HEALTH COMMUNITY PROGRAMME

VENUE: VADAMATHI MANGALAM

GRADE: III SEC: B

STAY STRONG.....

LIVE LONG....

A healthy lifestyle is one which helps to keep and improve your health and well-being. However, a healthy lifestyle isn't just about healthy eating and exercise, it also about taking care of the “**whole you**” – your physical, mental, emotional, and spiritual well-being. And, that means taking care of you from the inside out.



Stay healthy

Fever breaks body
Makes you dislike everybody
It irritates mind
And no easiness of any kind

Body does not respond
No appetite for food
The medicines generate lots of heat in stomach
Body belongs to no one and aches

It is natural
With all individuals
It cripples all parts
And takes you to bed from the start

Enough of milk and fruits may subside
It shall increase little appetite
You may feel alright after two or three days
Fever keeps you tied in many ways

Observe some rules to stay healthy
Give little exercise to body
Diet restrictions shall also apply
Better stay healthy and try

Hasmukh Amathalal



As the poem tells **HEALTH IS THE REAL WEALTH** one should possess in his/her life. The kids from Grade III-B were taken for a rally to VADAMATHIMANGALAM. They held the placards and also campaigned about the HEALTH and importance of leading a healthy life.

Poetry serves as an outlet inside one's thoughts and feelings the true stimulus an individual is subject to daily.

Here is a small poem which was sung by the children while going to the rally.

**Cooked or raw orange and sweet,
Carrots can be really neat,
Packed with goodness,
Vitamin A helps your eyesight**



The students of Grade III-B went on a rally to share the benefits and uses of fruits during summer. The kids also carried some fruits like watermelon, cucumber, tender coconut, pomegranate and some delicious fruit milk shake along with them to explain the importance the fruits.



Thus the rally ended successfully. The children were happy and proud on doing such an activity. Later they shared their experience with all their peers of next class too.

Report Compiled by
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