

2nd event..7th Apr.2017

Prithvi's team conducted Special morning assembly on 'World Health Day ',at R.K.Sr.Secondary School, Aliganj and sensitized the students about the need for having good emotional and mental health...besides physical health.

Mrs.Anuradha Gupta emphasised the importance of Healthy thoughts and healthy attitude, Healthy Lifestyle,Healthy Food, and Healthy surroundings.

Through very simple yet motivational words she demonstrated the concept of 'Holistic Health' and helped the students understand the strong inter linkage between emotional health ,intellectual ,spiritual and physical health.

She shared valuable tips on the theme..'Depression...Let's talk.' and encouraged the students to understand and accept their various emotions and learn to share and express them with the right people.

She strongly opposed the social norms and concepts that 'Boys should not cry' or Crying is a sign of weakness... rather she encouraged the boys to be more expressive and to find positive ways of releasing their negative emotions of anger,sadness,jealousy,etc..by building a strong connection with their parents ,close friends and above all God or nature.

She told them the healing power of 'OM' and the science behind it and ended on a very happy,positive and hopeful note by requesting all to recite OM and feel the inner peace.

Later during the day,

2 workshops were also organized for students of class 5 to 12 of R.K.Sr.Secondary School,Aliganj.

Through audio visual presentation and interactive session the students were sensitized and motivated to Eat Healthy and to reduce food wastage.

All the interesting and creative activities and contests of Prithvi's 'Be Foodwise and Leave no Foodprints' program were discussed.

The students participated with great enthusiasm and felt energized to become 'Annapoorna Ambassadors'. They especially expressed their desire to be a part of Prithvi's Annapoorna Yagya.

Our sincere thanks to Principal maam Mrs.Lakhveer Chawla and team for inviting us to their school to educate and engage the students.

