



Vivekanand School

D Block, Anand Vihar, Delhi - 110 092

VS/PW/2023-24/Cir-003

5 April, 2023

CIRCULAR OF HEALTH DAY 2023

Dear Parents,

Namaste!!!

We hope this letter finds you in good health and high spirits. As we all know, health is one of the most important aspects of our lives and we must make every effort to ensure that we are taking good care of ourselves and our loved ones.

In line with this, we are pleased to announce that we will be celebrating World Health Day on Saturday, 8th April 2023. This day will be dedicated to raising awareness about the importance of maintaining good health and well-being, and to encourage healthy habits among our students and their families.

We have planned a number of activities and events throughout the day that will help promote healthy lifestyles, including meditation session, fitness challenges, campaign, discussions on healthy habits, healthy lunch box day, and more. We encourage you to participate in these activities alongside your children, as we believe that a healthy family is a happy family. Children are required to carry a healthy snack in their lunch box. Some ideas for the same are:

- Oats Chilla
- Soya chunks
- Vegetable Poha
- Chickpea Tikki
- Besan spinach chilla
- Vegetable Upma
- oats-honey cake
- Paneer tikka

In addition to the Health Day events, we would also like to remind you of the importance of regular check-ups and preventative healthcare measures. This includes ensuring that your children receive all necessary vaccinations and screening-s, as well as encouraging healthy eating habits and physical activity.

We look forward to celebrating World Health Day with you and your children, and hope that this will be a valuable and informative experience for all involved. Thank you for your continued support in helping to promote a healthy and happy community.

Best regards

Health And Safety Club
Vivekanand School