

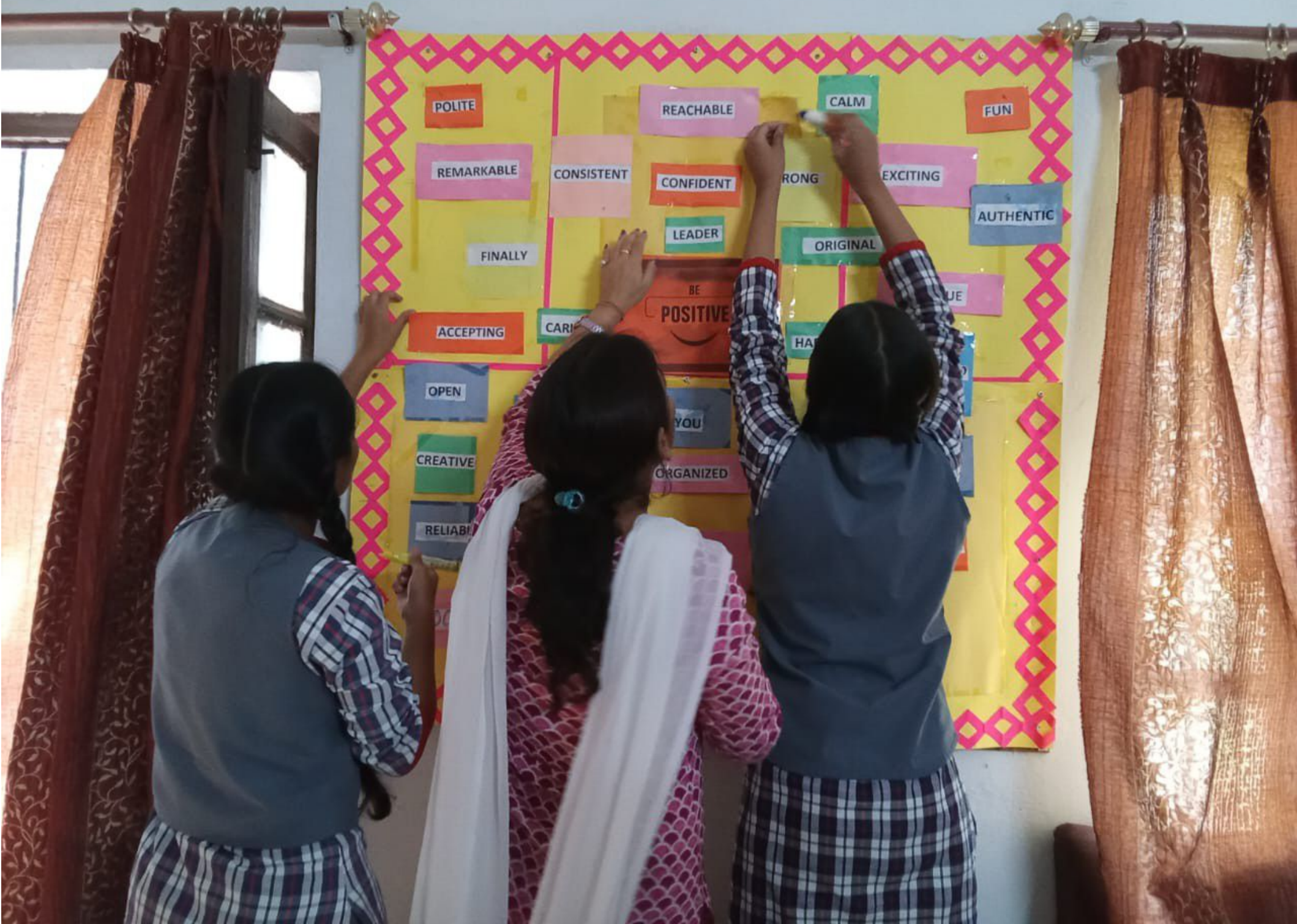
INDEX

S.No.	Month of Activities	Topic
01.	April	→ Nutrition week celebration
02.	May	→ Educating the children about good and bad touch.
03.	June	→ The nutritional use of millets grain for food.
04.	July	→ The importance of puberty education for students
05.	August	→ Menstrual hygiene management of Adolescent School girls.
06.	September	→ Importance of school-based program for drug abuse prevention.
07.	October	→ Cyberbullying sensitivity and awareness among school students.
08.	November	→ Introduction of inter-personal skills for students in school
09.	December	→ The necessity of personality development in students.
10.	January	→ How to overcome exam stress: The common phenomenon affecting students.

The necessity of personality development in students

* To simplify the world around us, we set certain moral standards that will help us gauge that will make us achieve a healthy life.

Schools are the spaces that can cultivate these practices prominently because of the amount of time we invest here. These educational institutions can offer us some life lessons through the environment they serve us in our growth stage.



POLITE

REACHABLE

CALM

FUN

REMARKABLE

CONSISTENT

CONFIDENT

STRONG

EXCITING

AUTHENTIC

FINALLY

LEADER

ORIGINAL

BE POSITIVE

ACCEPTING

CAREFUL

HAPPY

OPEN

YOU

CREATIVE

ORGANIZED

RELIABLE

Cyberbullying sensitivity and awareness among school students.

* Introduction

→ Cyberbullying can be described as a form of bullying carried out by an individual or a group through digital media with the intention to harm others. It has been recognized as a public health issue recently; however, of the vast literature published in recent years on the phenomenon, only a small part concerns strategies adopted to prevent and combat cyberbullying, and the effectiveness of these strategies appear to be scarce.

केन्द्रीय विद्यालय एफ. आर. आर्द्ध
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Introduction of Inter-personal skills for students in school.

* From the first day of Kindergarten to the last day of high school, teachers play a critical role in helping students develop interpersonal relationships. Whether it's resolving a conflict or promoting co-operation, there are endless opportunities to teach students how to interact with those around them.



educating the children about good Touch and

- * There is no need for evidence that there is a need and educating the children about good touch and with the children on sensitive topics and there safe and unsafe touch.

Considering the importance and sensitivity of the and Bad Touch'. The workshop was attended

There are following discussions on Sexual Abuse :-

- Child sexual abuse often starts with that 'one bad touch' that goes unrecognized by the child or the parent. Though it is a highly sensitive topic, parents as well as teachers need to equip their students with the right knowledge and awareness.
- There must be a conversation exchange that would educate the children to differentiate between safe and unsafe touch.
- The most important Body Safety rules for children :-
1. My Body My Rules. No one can touch you without your consent.



Nutrition Week Celebration

* Introduction of Balanced Diet :-> A balanced diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, tissues, and organs, and for supporting normal growth and development.



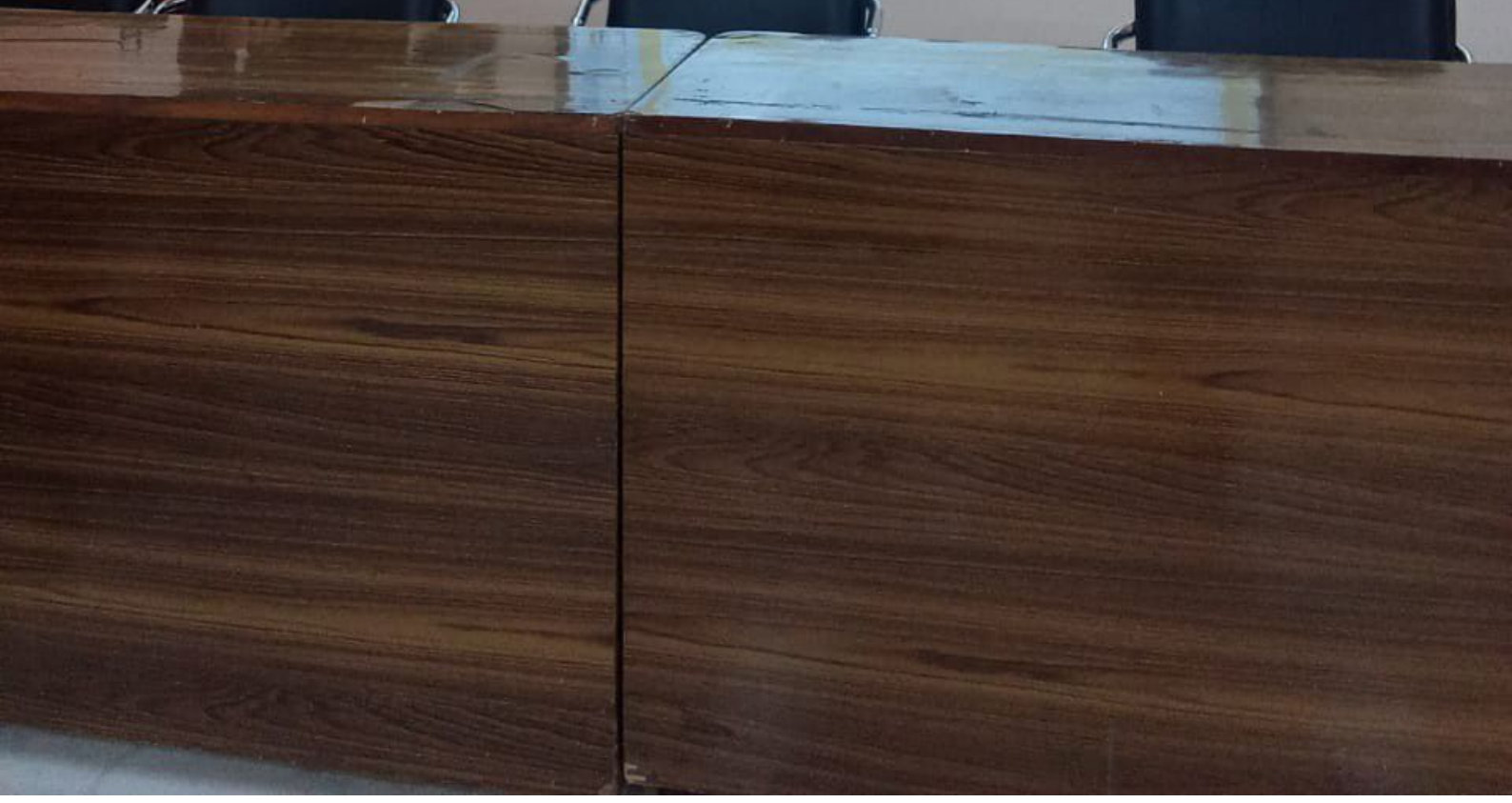
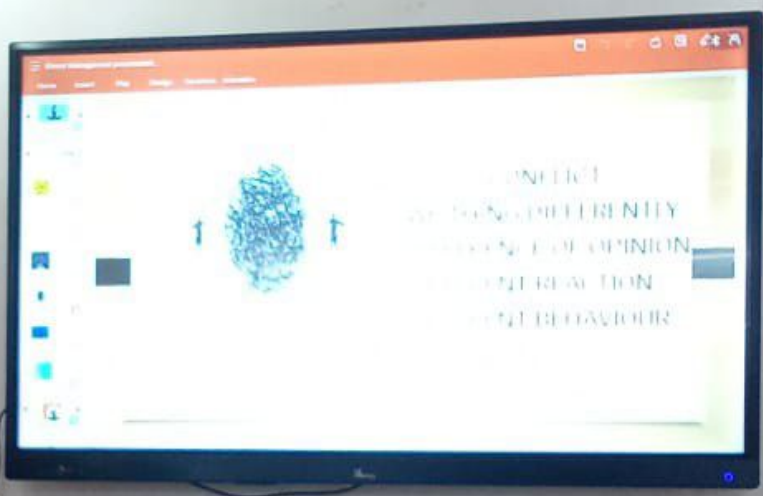
The nutritional use of millet grain for food.

Introduction

Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut.

* Here are some potential benefits...

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The importance of Puberty education for students

Introduction → Puberty is the name for the time when your body begins to develop and change as you move from kid to adult. We are talking about changes like girls developing breasts and boys starting to look more like men.

It helps to know about the changes that puberty causes before they happen. It's also important to remember that everybody goes through these changes.

* List changes in the body that take place at puberty are: →



Menstrual Hygiene Management of Adolescent school girls.

- * To raise awareness about the need for adequate and sufficient menstrual hygiene management for adolescent girls, in school and beyond, and to advocate for breaking taboos and stigma surrounding menstruation.



DIET CHART
CARROT
BEETROOT
TOMATO
PINEAPPLE

BASIC CLEANLINESS

A
X
O
T
V
H
U
A
Z
N
T
O
S

Importance of school-based program for drug abuse prevention

- * Prevention programs often are designed to enhance "protective factors" and to reduce "risk factors". Protective factors are those associated with reduced potential for drug use. Risk factors include: negative peer associations, unrealistic beliefs about the prevalence of illicit drug consumption, inconsistent or abusive parenting, school exclusion, and feelings of low self worth.

Stages of drug use:
'The usual drug-use career'

Depends upon:

- Availability
- Peer pressure
- Socio-cultural norms
- Psychological factors

Experimentation





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