



# O P Jindal Modern School

6th KM Stone, O P Jindal Marg,  
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## *Holistic Health Club*

"An ounce of prevention is worth a pound of cure."

The holistic health is a concept that relies on the fact that all the aspects of any person's needs, be it physical, psychological or social should be taken account and seen as a whole.

The Holistic Health Club was started in the school in order to inculcate a sense of health consciousness in the budding future generations. We at Holistic Health Club of OPJMS try to put our best efforts to make aware our students as well as the staff the quintessence of good health. We put in the utmost efforts and try to bring to their knowledge the different health related aspects and their importance in day-to-day life.

The students write daily messages and health tips on the Notice board under the caption "Health Capsule" covering various aspects of health. During the current academic session, the club organised the awareness activities about World AIDS Day on 1st December.

Though the club is very active and keeps on contributing to increase the awareness of the students throughout the year but still we aim to achieve better and more. Therefore future plan of the activities of the holistic health club include visits to the nearby hospitals and also organising workshops and seminars and competitions on various aspects of health related issues and important Days like World Health Day, World diabetes day etc.

