

*DELHI PUBLIC SCHOOL HYDERABAD
INTERACT CLUB
WELLNESS DRIVE*

DATE: 30th March, 2019

VENUE: Green area, Admin Block

A Wellness drive was organized by the interact club of Delhi Public School, Hyderabad on 30th March, 2019. As part of the Women Health and Hygiene project, a group of interactors from class XII conducted an interactive session with the female helpers and support staff of Block 'A'.



This session was about women's health and hygiene with special emphasis on menstrual hygiene. Interactors talked about good sanitary habits and steps that can help to lead a clean and healthy life. They explained about the dangers of infections and complications arising because of

unhealthy habits. They spoke about the causes as well as the precautionary measures to be taken to maintain hygienic and thus a healthy life. Sanitary Napkins were distributed to all attending support staff. These napkins have been donated by all the teaching staff of the school. The interactors discussed about some simple, practical and cost effective measures like bathing with neem soaked



water, use of readily available medicinal herbs, Ayurvedic solutions. The students also spoke about the need to keep our body hydrated and advised them to drink lots of water to beat the summer heat and maintain a healthy body.

During the interactive session, in response to different queries, tips were given on ways to manage time and have food, water during busy work schedule.

The support staff thanked the interactors for sharing all these useful information and tips with them. They all promised to follow the guidelines provided and lead a better and healthy life. Overall the drive was a huge success.