

Title: The Orchid School's Diabetes Awareness Campaign: Educating and Empowering the Younger generation about Lifestyle Disease.

In an effort to promote health and well-being among its students, The Orchid School (TOS) recently organized a comprehensive diabetes awareness campaign. Recognizing the importance of educating the younger generation about lifestyle diseases, TOS designed various engaging activities to provide students with an in-depth understanding of diabetes.

Activities:

1. **Read the Label Activity:** The campaign kicked off with a 'Read the Label' activity, encouraging students to scrutinize food labels and make informed choices. This hands-on approach helped them grasp the significance of dietary decisions in preventing diabetes.
2. **Millet Revolution and Genetically Modified Food Session:** TOS went beyond the basics by organizing sessions on the Millet revolution and genetically modified foods. These sessions aimed to broaden students' knowledge about alternative, healthier food choices and the potential impact of genetic modifications on health.
3. **Guest Lecture by Dr. Malhar:** Adding a professional touch, a guest lecture by Dr. Malhar was organized. Dr. Malhar's expertise provided valuable insights, dispelled myths, and instilled a sense of responsibility among students regarding their lifestyle choices.
4. **Presentations:** The Diabetes Awareness Campaign's student volunteers delivered informative sessions to the entire student body, focusing on educating them about the symptoms and preventive measures for diabetes. Grade 9 and 11 volunteers conducted specialized assembly presentations, utilizing engaging tools such as PowerPoint presentations, skits, quizzes, and sharing facts. They dispelled myths associated with diabetes and covered topics including what diabetes is, its risk factors, and the significance of maintaining a healthy diet and regular exercise.
5. **Exercise Sessions:** Recognizing the pivotal role of physical activity in diabetes prevention, regular exercise sessions were conducted by fitness experts Ms. Sucheta and Mr. Prasad. These sessions not only aimed at building stamina but also instilled a habit of regular physical activity among students.
6. **Rhapsody Session - Integration of Diabetes Awareness:** The creative arts were harnessed through a Rhapsody session, integrating diabetes awareness into the primary domain. A song emphasizing the importance of healthy eating became a catchy and memorable way to reinforce key messages.
7. **Walkathon for Parents and Students:** TOS will conclude the diabetes awareness campaign with a Walkathon on 4th February 2024, inviting both parents and students of The Orchid School to participate. This event not only symbolizes unity in the pursuit of health but also provides an opportunity for the entire school community to actively engage in a healthy lifestyle.

The Orchid School's diabetes awareness campaign stands out as a holistic approach to educating students about the importance of preventing lifestyle diseases. By incorporating various activities and expert sessions, TOS has not only imparted knowledge but has also instilled a sense of responsibility and a commitment to a healthier lifestyle among its students.











