ANSWER DUTY'S CALL

World Health Day

Apex Public School celebrated 'World Health Day' on 7th April, 2023. Capturing the theme of 2023 given by the World Health Organization, "Health For All", the students of classes I to V enthusiastically participated in the 'Salad and Sandwich Making Activity'. They made healthy salads and sandwiches using fruits, sprouts, nuts and vegetables. Students also brought healthy tiffin.

Teachers sensitised the students to remain healthy by eating a balanced diet and avoid consuming unhealthy food items. They were also made aware about the importance of physical exercises like Yoga, Zumba Dancing and Aerobics to remain fit and active.