



### Sustainable Development Goal

We can adapt various measures to create a healthy environment for the human race in the universe to lead a healthy life. "Health is Wealth". This saying is very powerful and anyone who understands and follows is always happy and safe in life. World is facing problem because of the dangerous virus, everyone is locked inside. We as students can take initiative to make the third and sixth goal of the SDG goals successful. We can look after ourselves and our family members especially our grandparents. We should do physical exercises, eat healthy food and not waste water. We can help the poor by giving them food. We can set an example for others by wearing masks, washing our hands and keeping our environment clean, little thing we do for good can bring a change in our life and also to the lives of others.



Michelle Rosina Solomon, Class IV



Ishika Bhaduri, Class IX



Krittika Paul, Class IX

### Health is Wealth

Health and hygiene are very important in a person's life. It stands for basic cleanliness and good habits in someone's daily life. Hygiene is very important if we wish to stay free from illness caused by germs. Basic cleanliness must be followed by everyone and must be developed through practice. Taking baths and brushing our teeth is an example of everyday hygiene. Taking care of our body is necessary. If we ignore it, our body will not be strong enough to fight the diseases. Keeping the present situation in mind we must wash our hands regularly to keep ourselves away from the deadly Corona Virus.



Arijta Sarkar, Class III

### Food's Health

Healthy body keeps us away from diseases.

To have a healthy body we have to eat a balanced diet. Food acts as a medicine to maintain, prevent and treat disease. A diet consisting of a variety of different types of food and providing adequate amount of nutrients is necessary for good health.

It is very important for us to eat healthy food which contains a balanced amount of nutrients. Fast food like 'Kurkure Chips' is very tempting but harmful. They consist of too much of salt and are deep fried. Excessive salt leads to high blood pressure, too much of oil and fatty food also leads to obesity which is harmful for us so we should eat all kinds of fresh vegetables and fruits which help us to fight against diseases.

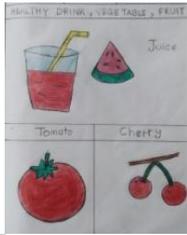
We must consume vegetables according to season and avoid frozen food. We should also have food that is rich in proteins as we are at a growing stage. Thus, having a balanced diet of fresh food which is rich with all the nutrients will help us to grow and be healthy.



Vandita Gupta, Class VI

### SDG 3 - GOOD HEALTH AND WELL BEING

Being healthy and feeling well is one of the most important aspects of our life; and this is normally a synonym to happiness. These are some of the ways children have expressed themselves on staying fit and healthy.



Sahika Pal KG A  
Abhinandini Pal 3A



Eesha Shah 3A



Advika Singh 1A



Sreeja Thakur 3B



After I wake up at six o'clock in the morning I do some free hand exercises and meditate for at least 15 minutes. I sit down in the Padmasana, close my eyes, take a deep breath and chant "om", focusing on it. It helps to keep my mind fresh and improve my concentration. It also gives me extra energy to do my co-curricular activities. This daily exercise keeps me fit and happy.



Meditation  
Sneha Deb 5A



Gomukh Asana

Bonhishikha Dhar 5B

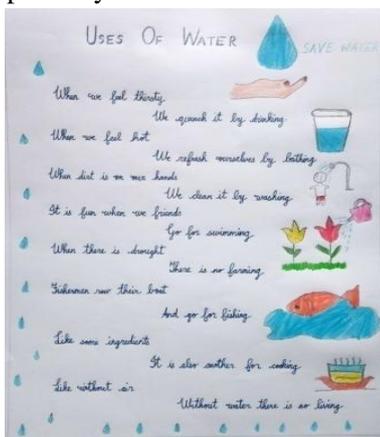


Skipping

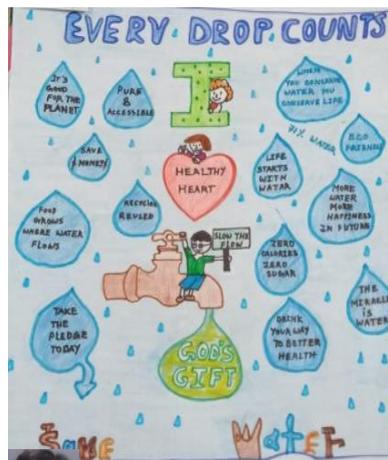
Teesta Chatterjee 5A

### SDG - 6 CLEAN WATER AND SANITATION

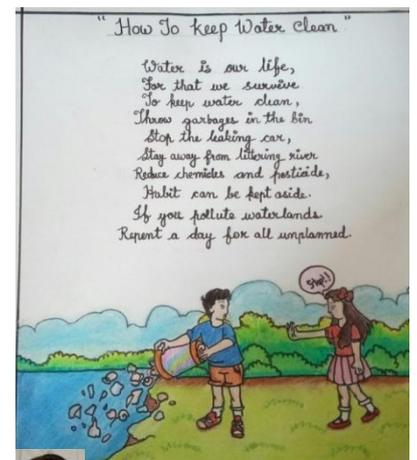
Clean water is the need of the hour for Human health and all communities. Safe and clean water help maintain disease free ecosystems and well being of mankind. Saving our water resources ensures that they are not abused and managed responsibly.



Rhine Banerjee 4B



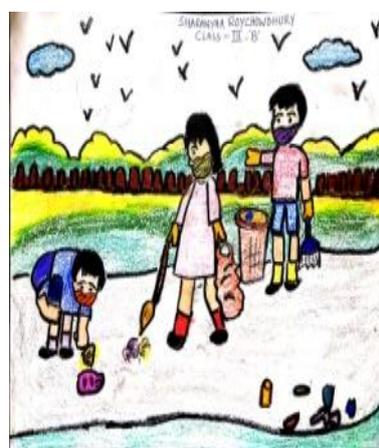
Kamalini Ghosh 2B



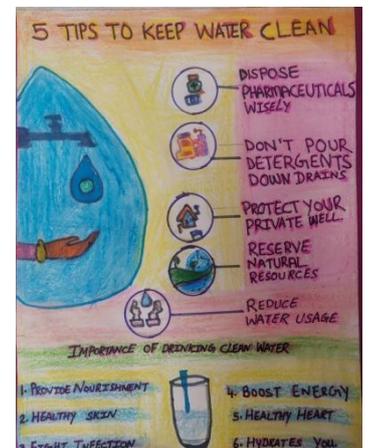
Samriddhi Kharwal



Ritisha Dhar 2A



Sharanya RoyChowdhury 3B



Hasti Mehta 2B

### CLEAN WATER AND SANITATION

Water plays a major role in our day to day life. Our earth contains 70% of water which should be sufficient for all of us. But sadly millions of people die annually, most commonly children, because of the disease caused by insufficient water supply, bad sanitation and hygiene.

Clean water is a basic human need, it should be easily accessible to all. There is enough water on the Earth to achieve this but all the water sources are not clean and fit for drinking. Water must be clean so that we can drink it. In poor areas there is no clean and safe drinking water. Many people die from water borne diseases like Cholera, diarrhoea, malaria etc. These diseases are very dangerous and have taken many lives. But as we say "Prevention is better than cure". If we keep our surroundings clean and sanitized there will be no such diseases. We can make our drinking water clean by boiling, which kills the germs. We can also clean our water resources by picking up the plastic wrappers and also other plastic objects from the streams, lakes, ponds.

Water crisis has become a world issue, so we should use water carefully, keep our water resources clean and not leave the tap water running. We should be responsible citizens and tell others to do the same. Soon we will overcome this crisis, everyone will get clean and safe drinking water and sanitation problems will also be solved.



Pema Choden Sherpa  
Class V

### GOOD HEALTH AND WELL BEING

Good health is a state of complete physical, social and mental well being. There is an old saying "Health is Wealth". Staying healthy is important for children for proper growth and development of mind and body. Many of us take our health for granted. We are all so busy with our work and family that we neglect our health. Eventually our immune system becomes weak and we become prone to diseases and illness.

We must take good care of our health to become immune and fight against diseases. At present the world is suffering from the outbreak of the deadly COVID-19 virus. It has supposedly originated from Wuhan, China from a local sea food market. It is caused by a newly discovered virus commonly referred to as the corona virus and can transmit between humans very quickly. It can spread easily if people comes in close contact through droplets of saliva or body fluids. The symptoms are fever, dry cough and breathlessness.

There is no treatment for this disease therefore we need to take necessary precautions such as washing hands regularly, adopt social distancing, avoid travelling and eat healthy. Countries today are under lockdown and educational institutions, businesses, offices and factories are closed. Our Prime Minister Narendra Modi has requested the citizens of India to maintain this lockdown till we contain the virus.

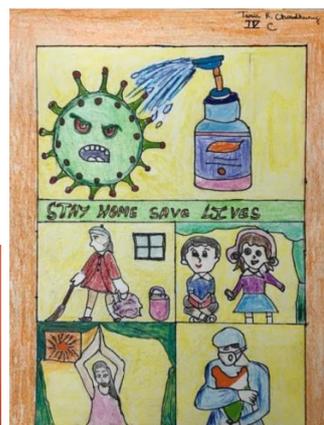
Healthy living and a disciplined lifestyle is a must to overcome such diseases. Good habits and cleanliness plays a pivotal role in maintaining good health and well being.



Aslesha Rai  
Class IV



Divyanshi Rai  
Class I



Tanvi Choudhary  
Class IV



Avani Pradhan  
Class IV



**GOOD HEALTH AND WELL BEING**

Health is a state of complete mental, physical, and social well being. Good health and well being is interlinked or can say two faces of same coin.

Under all above said categories for good health i.e. mental, social and physical well beings we have to perform certain minimal action such as for mental wellbeing we need to keep positive thoughts and do meditation, for social well being keep our surroundings clean, donate blood and motivate own near and dear one to give attention on aspects of good health, and last but not least for physical well being do regular yoga, exercise and take balanced diet.

In today's world due to erratic lifestyles and shortage of time, we need to be self motivated and encourage other also to focus on keeping their health in good condition so that we can achieve our goal of a healthy society because a good and healthy society can only contribute for his or her country in any field.



DEEPANGI MAITREY V-B

**SALIENT WATER**

Clean water for all should be our mission  
 Free from all contamination  
 Drinking, cleaning, sanitation,  
 Or agriculture, industries, productions  
 It is not a luxury but a basic necessity  
 Else humanity will shrink due to dehydration  
 Can what be more important than water,  
 It's a need for generations.  
 Not only save water but avoid wasting,  
 Water is needed for our sustaining.  
 Bad water endangers life on the earth,  
 For all, clean water is worth,  
 Water is everywhere but not a drop to drink  
 It is time for all of us to rethink,  
 It is God's worthy creation.  
 Can what be more important than water,  
 It's a need for generations.



MYRA ANTHONY III-B

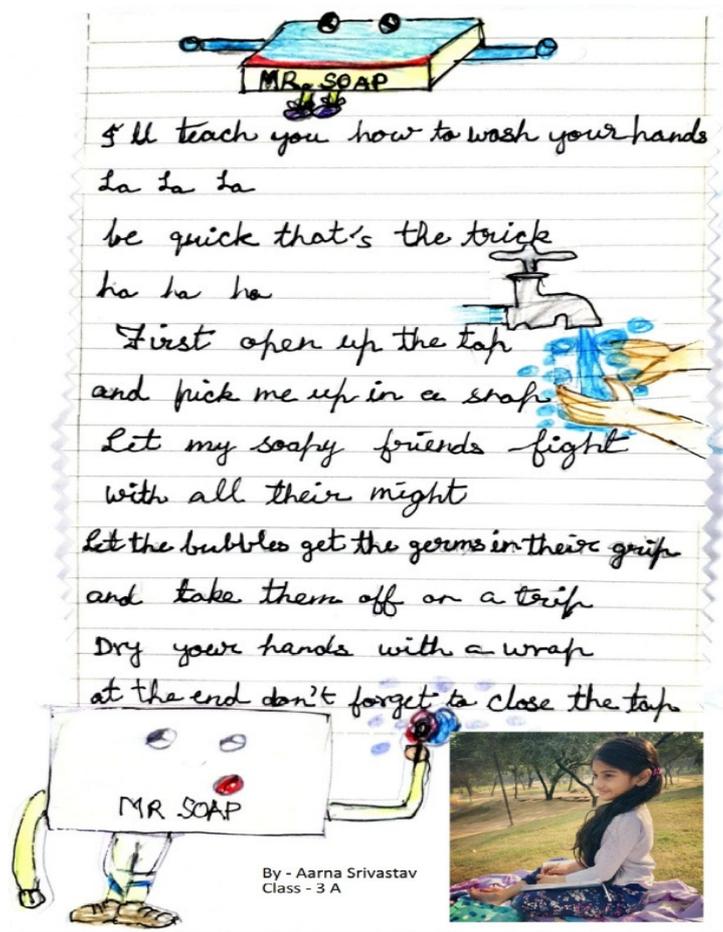
**NUKKAD NATAK**



<https://youtu.be/V6PyZNI5zE>

To raise the awareness of health care, personal cleanliness and a clean surrounding a short skit in form of a nukkad natak was performed by students of classes Prep and One.

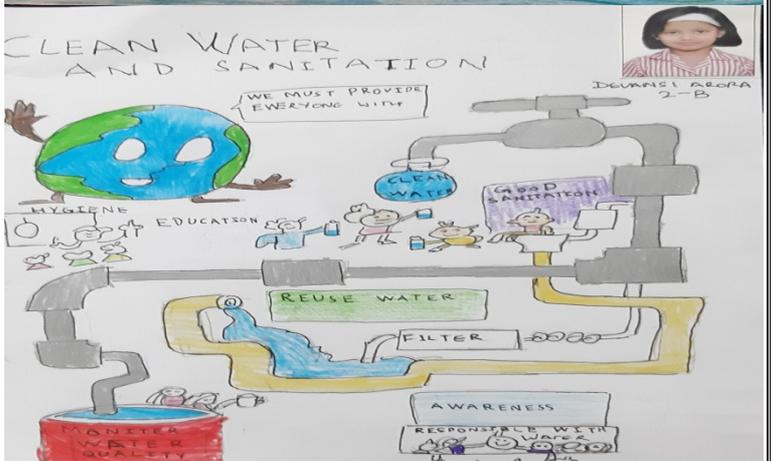
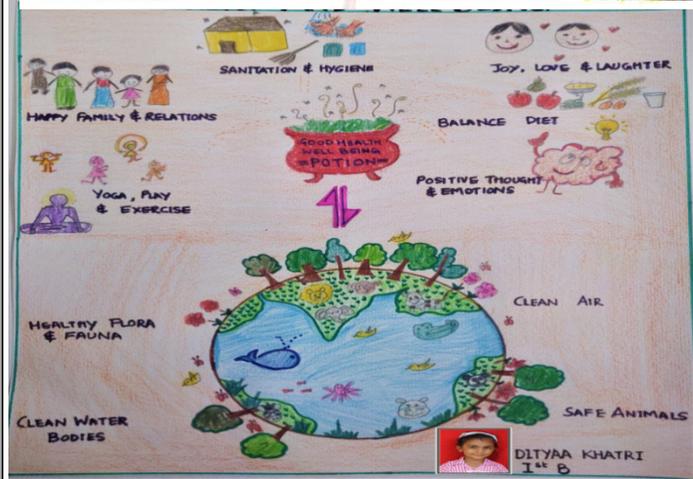
**MR. SOAP**



**WATCH BHAVYA**



<https://youtu.be/QAzMenuXzm8>



## Our Earth is unwell

Today we will talk about Clean Water and Sanitation

For this, we need each other's cooperation!

It shows on the television screen,

Maximum water bodies are now unclean.

Our surroundings are rapidly becoming impure

We now need to make Mother Earth secure.

People are becoming sick globally-

Our environment is getting spoiled rapidly!

Some days back Kerala had a flood,

Nature is collapsing around us with a thud.

We need to reduce pollution,

Human beings should together find a solution.

Only then Earth will again be full of love

All of us can then remove our masks and gloves.



ADRIJA AICH  
CLASS – IV



AHELI DEY  
CLASS IV

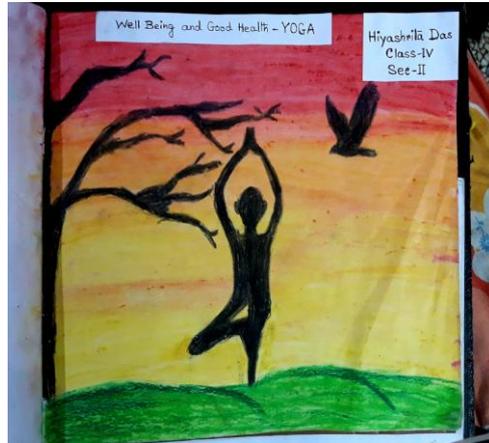
**GOOD HEALTH AND WELL-BEING**

We all know the proverb that health is wealth. A healthy life and good health is like a blessing. If you have good health, you can labour hard, put in a lot of physical and mental effort and most importantly fight diseases. If we exercise everyday we'll have a healthy body and good health. Nutritious food allows us to be healthy and strong. A sound mind and a sound body contribute a lot to our general well being. A healthy body and physical fitness can help you to work towards your goals and dreams.

Aaratrika Paul Class 5

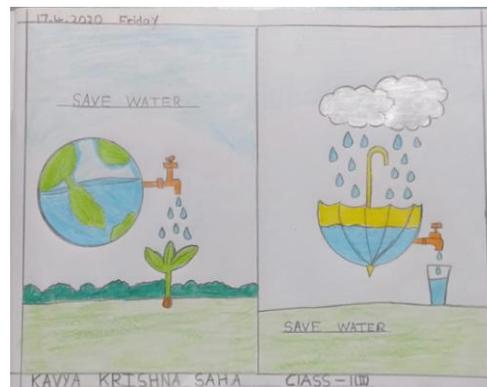


Hiyashrita Das Class 4



**CLEAN WATER AND SANITATION**

Clean, accessible water for all is an essential part of the world. However, due to bad economics or poor infrastructure millions of people including children die every year from diseases associated with inadequate water supply and sanitation. There needs to be an increased investment in management of fresh water ecosystem and sanitation facilities on a local level. Their support and participation can strengthen and improve water and sanitation management. Unimproved sanitation and lack of effective waste disposal can contaminate ecosystem and contribute to pandemics. WORLD HEALTH ORGANISATIONS like UNICEF is playing a crucial role in attaining Millennium Development Goal for sanitation and water.



Kavya Krishna Saha Class 1



Atiya Rizwan Class 5



Vedica Tandon Class 5



Madhura Biswas Class 3

Suchismita Mukherjee Class 4



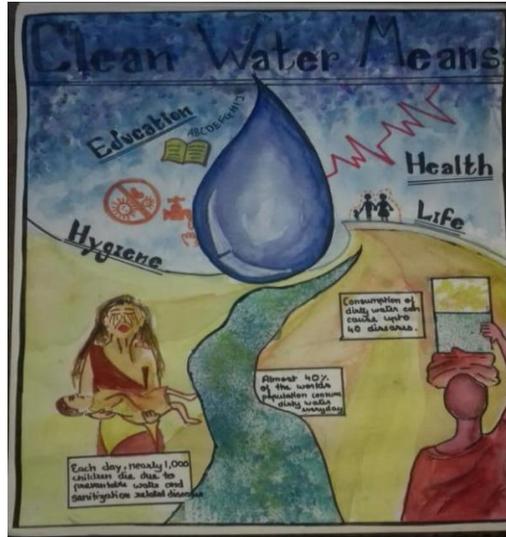
Angira Dasgupta Arinda Class 3



**“It is health that is real wealth, not pieces of gold and silver”**

**- Mahatama Gandhi**

Good health and well being is a key to a happy life. For our well being we must be both, physically and mentally fit, healthy and happy. Our day should begin with a morning prayer. It is a good practice to workout to ensure a flexible physique and a peaceful mind. A balanced diet with appropriate amount of cereals, pulses, vegetables, fruits, milk, egg, flesh and meat taken at proper time helps too prepare our body to fight against diseases and germs that surround us. A healthy body is incomplete without a peaceful mind and a happy heart. We should take out some time from our daily routine and admire mother nature’s beauty like witnessing the sunrise and watching the glittering stars at night. Engaging in something creative like music, dance, reading and writing refreshes the mind. We must also spend some more quality time with our family regularly. I believe this is a golden path to a good life.



Mayuri Sah  
V-II



**“Mother Earth is speaking aloud**



Sreshtha  
Das  
V-I



Paavika Pandit  
Nursery – 1



Krittika Sarkar  
IV-1



Saina Banerjee  
I-1



Aahel Kundu  
V-II



Nazar Zainab Hossain  
V-II

**Education's Right**

I see little girls,  
Getting married in little villages,  
You know,  
They never get to educate themselves,  
But do the household chores.

I see little boys,  
Working in factories,  
They do not get to study at all,  
But get their hands dirty,  
And hear the owner's roar.

Is it right?  
Or is it wrong?  
Just see their faces and let me know,  
Of course it's wrong !  
It's never right !  
To stop a child,  
From getting an education's right !

Mamoni Mitra  
K.G. -1



SIDIKSHA BHATTACHARYYA

IV-I

<https://youtu.be/wUSHyAZyAc8>



**WHAT IS SDG GOALS?**

The sustainable development goals are a global agenda, adopted by countries in 2015 with a vision of ending poverty, protecting the planet and ensuring that all people enjoy peace and prosperity.

**SDG GOAL:-3 (GOOD HEALTH AND WELLBEING)**

SDG 3 aspires to ensure health and wellbeing for all, including a bold commitment to end the epidemics of AIDS, tuberculosis, malaria, and other communicable diseases by 2030. The Goal addresses all major health priorities including reproductive, maternal and child health; communicable, non-communicable and environmental diseases.



**SHARANYA DE, CLASS 5**



**ARATRIKA GANGULY, CLASS 5**

<https://youtu.be/DvKvuxGYXG8> (SDG-3)

**SUSTAINABLE DEVELOPMENT GOAL 6-CLEAN WATER AND SANITATION**

The Sustainable Development Goal 6 which is clean water and sanitation ensures the availability and sustainable management of water and sanitation for all. Some of the targets of Goal 6 are to achieve universal access to safe and affordable drinking water supply and achieve access to adequate and equitable sanitation and hygiene for all and end open defecation. Through Goal 6, the countries of the world have resolved to achieve universal access to safe drinking water and adequate sanitation and hygiene all over the world.



**RAISHA MAHMOOD, CLASS 5**



**MEHER KAUR HOONJAN CLASS 5**

**PHOTOGRAPHY ON SDG GOALS**

**SDG- 3**



**SDG-6**



**KRITTIKA MUKHERJEE CLASS 5**

**GOOD HEALTH AND WELL BEING**

Health is a state of complete physical, mental and social well-being. It maintains physical fitness. It helps to develop our various organs. When we exercise regularly our mind remains fresh and active. It helps to function our brain better. Exercises help to reduce diseases like diabetes, high blood pressure, etc. to remain fit and healthy we need to have the nutrients in proper amount in our diet. We must avoid bad habits like smoking, drinking and chewing tobacco which causes cancer and heart problems. To be a healthy person we need to follow some personal and domestic hygiene like bathing, brushing, good cooking habits, etc. We should take vaccinations in times of need to prevent diseases like typhoid, measles, tetanus hepatitis, etc. so, let us keep our body fit and healthy by having a balance diet, good rest and regular exercises.



**Written & Art by; Bindiya Rai. Class- III**

**CLEAN WATER AND SANITATION**

Everyone wants life. People ask, beg, spend wealth, and cry and pray for life. One does not have to take so much of trouble if they take care of sanitation or hygiene on a regular basis. There are many needs in human lives; one of the basic needs is 'water' without which human life is almost impossible. Humans are different from other creatures. We need proper food, shelter and clean water in order to survive. People cannot consume water unless it is purified. 'Slovakian Proverb' has rightly mentioned that-"Pure water is the first and foremost medicine". It has been proven and practiced in the daily lives of people. Every nation wants improvement in their developing field and it is vividly proven that it depends on the well-being of the citizen of it. The well-being of an individual mostly depends on the way of maintaining sanitation in their lifestyle. The way of eating, keeping own self, communicating with nature and other people, taking care of environment, etc.



**Art by; Adit Rai. Class-V.**

**Written by; Chuzong Lepcha. Class-V**



**GOOD HEALTH AND WELL-BEING**

In today's world people work hard to fulfill their dreams. But, in doing so they neglect their health. This leads to various diseases like diabetes, thyroid disorder, high blood pressure, obesity etc.

As humans, we must realise that the most important thing in our life is our health. We must eat healthy food, eat lots of fruits, avoid junk food, drink lots of water, exercise and must sleep for six to eight hours. If we follow this regularly we will be able to live a healthy life. As it is rightly said that Health is not a goal, it is a way of living.



**APRAJITA  
II- A**

**LETS WASH OUR HANDS**

Let's wash our hands  
 Make them nice and clean,  
 Rub them well, scrub them well,  
 Because germs are very mean!  
 Let's wash our hands  
 And play this handy game,  
 Rub them well, scrub them well  
 Let dirt go down the drain.  
 Let's wash our hands  
 Soap and water does the trick,  
 Rub them well, scrub them well  
 Take your time, don't make it quick!  
 Let's wash our hands  
 Around our wrists and fingernails  
 Rub them well, scrub them well

And make the virus fail!!



**RIVANA SINGH  
II-C**



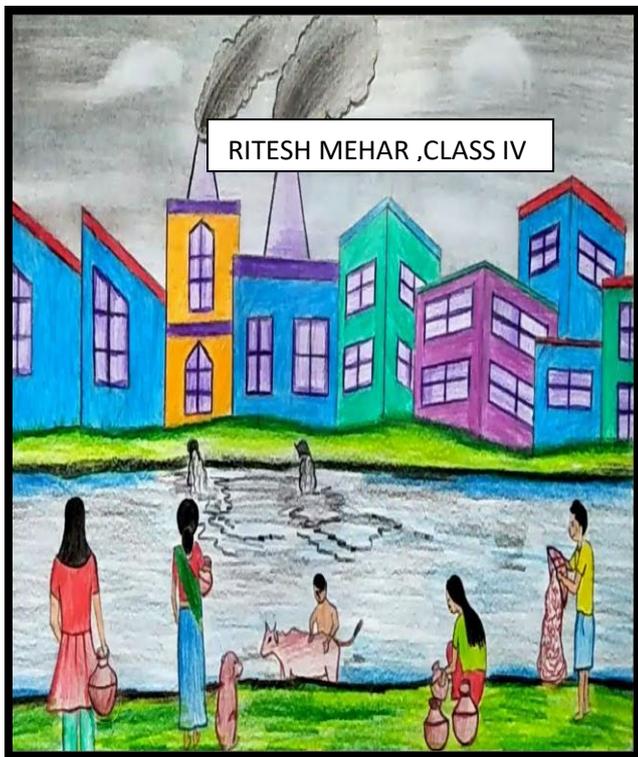
**DRAWINGS COURTESY OF:  
AGRIYA PANDEY  
V -B**

**HEALTH IS WEALTH**

Healthy body makes an active mind,  
 Once sick can't make good things rewind.  
 Beware of taking too much of everything,  
 Good health is wealth and the best thing.  
 Time is precious and health is wealth,  
 But do we choose to spend it well?  
 Eat your meals always on time....  
 And your health will be super fine.  
 Good health is a source of bliss,  
 Make sure drinking water, you do not miss.  
 Good health is the key of wellbeing,  
 Which is to be followed by every human  
 being.  
 Eating healthy homemade food,  
 Leaving your craving for junk food,  
 Body will surely say you are very good.  
 If you maintain good health,  
 You are full of riches and wealth.



**ALYSSA VANIA MASIH  
IV- A**



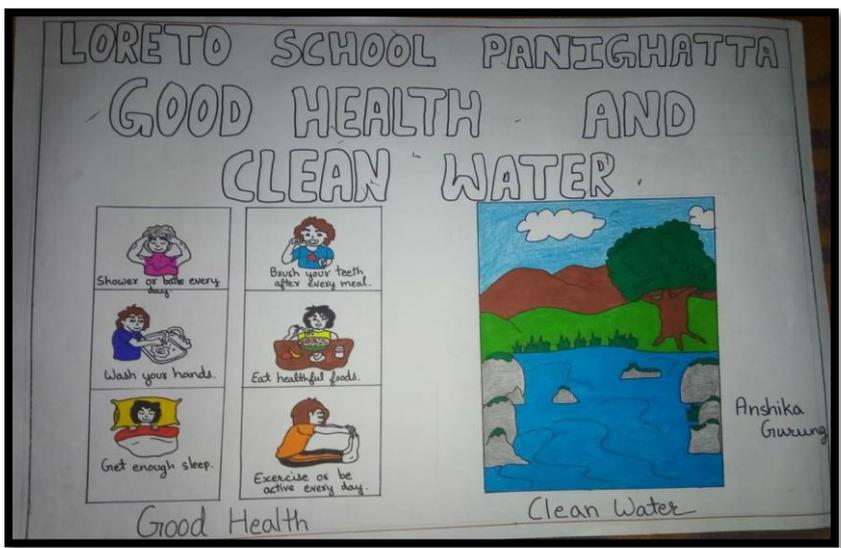
RITESH MEHAR ,CLASS IV



RITESH MEHAR , CLASS -IV



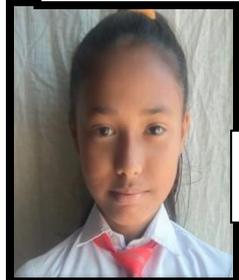
AVRIL MINJ,CLASS – IV



**SAVING EARTH**

The Earth is my home  
 I Promise to keep it  
 Healthy and beautiful.  
 I will save the land, the air, the water  
 And all living creatures.  
 I will be a defender of my planet  
 United with friends  
 I will save the Earth .

Anshika gurung , Class - V



Prathna yadav - VI B

## Loreto Convent, Ranchi

### GOOD HEALTH AND WELL BEING

Good health is the secret of every happy person. There is an old saying, “**HEALTH IS WEALTH**”. We must laugh because laughter is the best therapy and secret of well-being. Our motto should be to keep our body as well as our mind healthy. Good health is not just about our physical health but mental health as well.

### WATER AND SANITATION

Water plays a major role in our day to day life. Clean water is important to one’s health. We need 2 to 3 liters of water everyday. We cannot live without water. But, we need good and clean water to drink. Dirty water may contain virus, bacteria and dust which could harm our body. Clean water is a basic right of all people. The government must supply healthy drinking water. Pure water makes us healthy and live long.



Manya Taleja II



Aarna Anand III

### GOOD HEALTH AND WELL BEING—CLEAN WATER AND SANITATION

Life is a unique gift given to us and tomorrow is not promised to anyone. We are responsible for our own health and well being. In today’s world we have realised the importance of sanitation. It not only makes us safe but also brings relief and happiness in our neighbourhood. It can help us fight the deadly disease called coronavirus.

S- Sitting

A- And pondering

N- (in)Noetic-(mood)

I – Ideas

T- That

A – Assure

T – Treatment

I – (against this) Illness

O- (for) Our

N – Nation

And the answer that I got is “SANITATION”. One cannot think of being healthy without clean water. We all know the ways to keep water clean. But, I feel, sometimes we become lazy in our efforts to save water.

Through this article, I Ananya Vats, would like to state that good health is directly related to clean water and sanitation which ultimately leads to a happy life.



Ananya Vats III

Our earth is a beautiful gift of God to all the human beings. We live our life on earth to enjoy life. We should keep ourselves healthy. Today our mother earth is suffering from a major problem- CORONAVIRUS (COVID 19). Many people are dying because of this virus on earth. To protect ourselves from this virus we should adopt good and healthy habits. We should wash our hands with soap and water for at least 20 seconds. We should take bath daily. We should eat fruits and

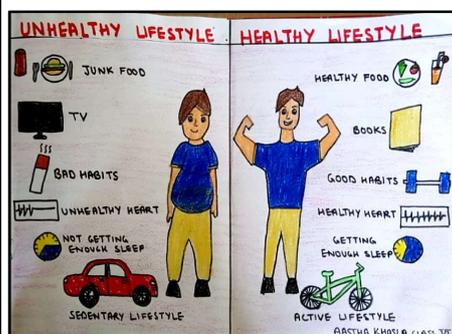
**Loreto Convent, Ranchi**

avoid junk food. We should use mask and hand sanitizer. We should cover our mouth and nose with a tissue while coughing and sneezing. We should clean our house daily. We should change our clothes daily and wash them. We should plant trees for clean air and trees also provide shade to the people during summer days. So, for good health, clean water and fresh air are important. We should plant more trees for clean air.

“ NO WATER- NO TREES- NO LIFE”  
 “SAVE WATER – SAVE TREES – SAVE LIFE”



Aaradhya Bhatia III



Aastha Khosla VI



Divya Khosla IV

**HEALTH AND WELLBEING**

There is a very common and true saying that “Health is Wealth”. Good health is a great treasure. Health is the real wealth of a person. For a healthy body we should take care of ourselves. Good habits help us to be healthy and happy. Eating healthy food, taking enough rest, regular play and exercise, etc. are important for our health and well-being.

**CLEAN WATER AND SANITATION**

Clean water means water that is pure and safe for drinking. We must always use clean water. Drinking dirty water may make us sick and prone to many diseases. We should boil water to make it free from germs. We should take a bath daily, wash our hands before eating, brush our teeth twice a day, use face mask when outdoors or in polluted locations, use proper soap, hand wash and sanitizers, etc. Proper hygiene and sanitation prevent the spread of diseases and infections.



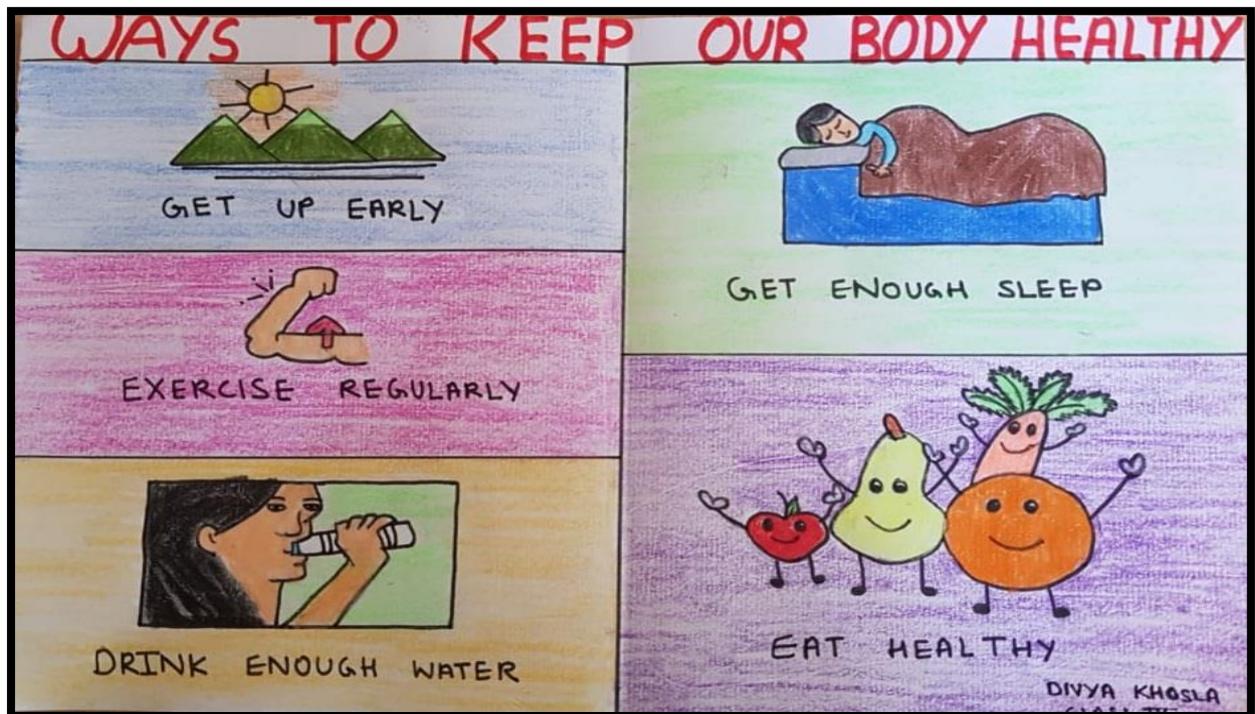
Aadya Bhagat III

**HEALTHY FOOD**

**NO JUNK FOOD!!**



*Fabian Amita, Class VI*



*Divya Khosla, Class IV*

**REPRESENTATION OF SUSTAINABLE DEVELOPMENT GOALS  
IN THE FORM OF CARTOON AND DOODLE ART**



We will have a healthy life if we eat healthy. This healthy life can be maintained in different ways if we eat protein rich fruits or vegetable or if we maintain a balance life practicing yoga or jogging. Clean water and sanitation has been a very big challenge in the globe. Additionally, people have limited access to good sanitation and proper living. Proper access to drinking water and sanitation has attracted more attention because it has become a major threat to the lives of many people globally. This clean drinking water and proper sanitation across the globe caused by unsafe water and sanitation. Insufficient access to safe and clean drinking water, poor hygiene practices and sanitation services has been the major causes of high deaths and sickness among children. Many children lose their lives due to illness contributed by use of unsafe drinking water and poor sanitation every day across the globe. To save our Earth, it is important to move on to a more sustainable way of living. Sustainable means we should keep the resources and use them without jeopardizing it for the future generation



MARY DCOSTA  
CLASS : IV



JANICIA DOSTA  
CLASS: I

### SDG 3: GOOD HEALTH AND WELL - BEING



**Riiariti Sohliya**  
Class X

Oxford defines health as the state of being free from injury or illness and well-being is defined as the state of being comfortable, healthy or happy. It is in desolate times like these that we understand the value of health and well-being. As per the United Nations' SDGs, this specific goal, i.e. goal three; 'good health and well being' ensures humanity of the aspects of health and promotion of well-being for all ages all over the world.

The importance of this goal is that it sheds light on how health can build prosperous societies and with the influence of prosperous societies such that it can be blessed with the joy of the epitome of well-being. Goal three's target here is to bring upon total health coverage across the globe to reduce the numerous cases of death and illness and bring about progression into the field of health.

As we all know the exponential increase of the global pandemic COVID-19 has totally disrupted the work flow and economy of the countries. The COVID-19 has impacted the sustainable development goals project implementation trials because of the dangers that it carries, as each day passes by the more often we hear the new cases, death tolls and recoveries.

The World Health Organisation and the United Nations has taken the initiative to ensure that the stance of goal three, i.e. good health and well-being to remains true to its objective by providing support to the different countries through air and land by offering the essentials to carry out necessary procedures.

Good health is essential for sustainability and with good health comes the prosperity of well-being. Thus, the aspects of good health and well-being must be preserved during such a time and must also put up trials for these goals to be met. As voiced by Dalai Lama, "happiness is the highest form of health". Therefore, the importance of goal three of the SDGS (here, good health and well-being) impacts each and every person's life across the globe and thus, plays a vital role for humanity.



**Janastuti Sarma**  
Class III

## SDG 6: CLEAN WATER AND SANITATION



**Hiyaneijemmy Das**  
Class X

The United Nations set up the Sustainable Development Goals (SDGs) envisioning a better future fuelled by international collaboration. One of these SDGs is Clean Water and Sanitation, which is Goal 6.

The main challenges India faces in achieving these goals are:

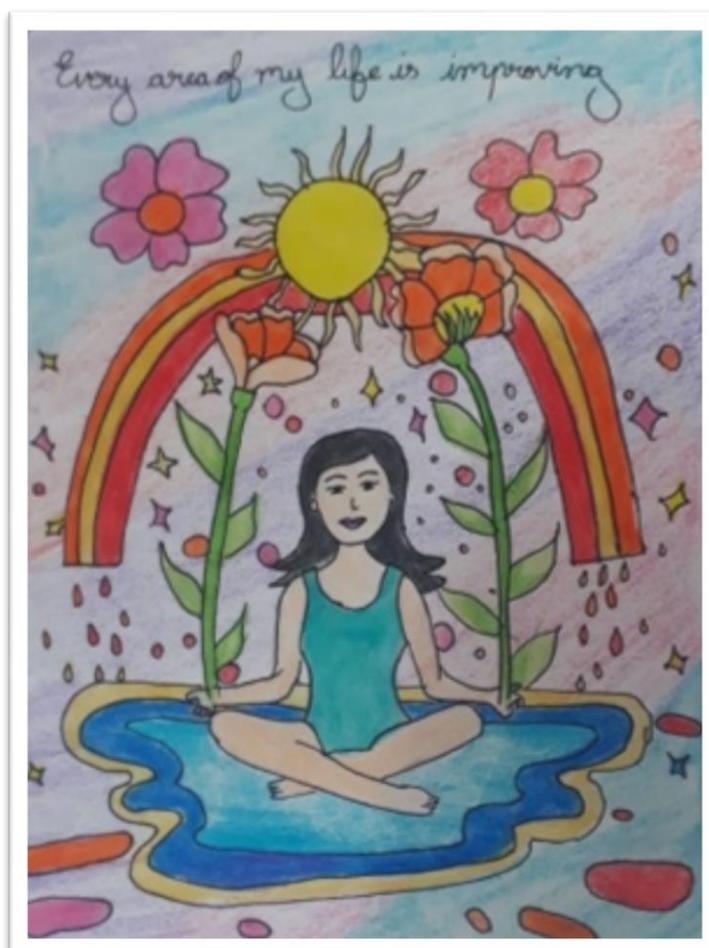
- Significant inequalities in access to quality and affordable clean water and sanitation facilities.
- Rampant exploitation and exhaustion of river and groundwater reserves by an unaware population putting pressure on such resources.
- Open defecation mainly among rural and illiterate populations, due to lack of either awareness or proper sanitation facilities.

While the Indian government has taken up an active role in meeting this goal (it achieved an Index of 60 out of 100, impressive for a large, developing nation), this goal cannot be fulfilled without individual action. Such influential actions that everyone can perform are:

- Educate yourself. Education and awareness is the first step towards making an impact.
- Spread awareness on issues that plague our society, like open defecation, misinformation, irresponsible treatment of public sanitation facilities, etc.
- Speak up. Leaders care deeply about public opinion. Voicing your concerns and solutions on these issues educates and empowers others, and rallies more people to demand change.
- Hold your community and workplace responsible for the influence they hold and encourage them to use this influence to make a positive impact on these issues. See what the local policies are on water management and waste disposal. If detrimental, resolve and advocate for change.
- Sponsor or donate to organisations or facilities that work towards better clean water and sanitation facilities.
- Contribute to collective efforts. Make sure you do not litter, spit, damage and misuse public sanitation facilities or hinder the efforts of those working towards a cleaner India.



**Bhavvy Agarwalla**  
Class IV



**"Good Health and Well Being"**

Health is, " being physically strong, mentally calm and emotionally soft inside". The key factors of being happy are meditation, yoga and eating good food. The more we meditate, the more cheerful and happy we become .One should eat fresh fruits, vegetables, juices and less spicy food. Also eat as much as is essential so that food is well digested .Yoga aasanas also makes one healthy. Yoga is a complete science, it unites body, mind, spirit and also the universe .If we practice yoga daily our behavior, thoughts and attitude undergo a positive transformation."The result will be a healthier and happier YOU"



**Digisha Bhargav**  
V-Rose

**Good Health and Well Being**

GOOD HEALTH IS THE KEY TO COLOURFUL WELLNESS

Healthy Weight  
Recovery  
Strength  
Immunity  
Better Sleep  
Wellness  
Happier  
More Energy  
Prevention  
Less Stress  
Longevity  
Healthy Heart

**Aahana Aggarwal**  
IV Tulip

**Water**

Water water everywhere,  
But not a single drop to drink,  
Save water, clean water,  
Is the need of the hour.  
Come Veda, come Sanvi  
Come Neonika and Mahika,  
Lets us join hands,  
To make our surroundings clean,  
Not waste even a single drop.  
No water, no life, no blue and no green,  
Water water everywhere,  
But not a single drop to drink.



**MIHIKA RANA**  
III ROSE

**CLEAN WATER AND SANITATION**

CLEAN WATER IS GOOD WATER

SAVE WATER

SLOW THE FLOW SAVE H<sub>2</sub>O

GERMS ARE NOT FOR SHARING



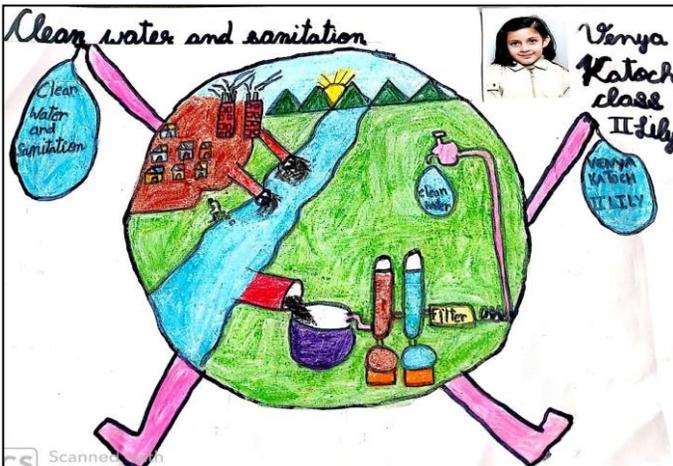
**DHRITI RANA**  
III TULIP

**E AT PEACE WITH LORD**

Hold no grudges.  
 Speak no unkind words.  
 Harbour no unkind thoughts.  
 For it's the little kindness and  
 The little spoken words, that gives,  
 You peace with him.  
 And bring you the blessings you want  
 No within your own heart.  
 What you must purge.  
 To have true fellowship with the  
**LORD**  
 Set your mind, your heart, and  
 Your soul to be at peace with Lord!



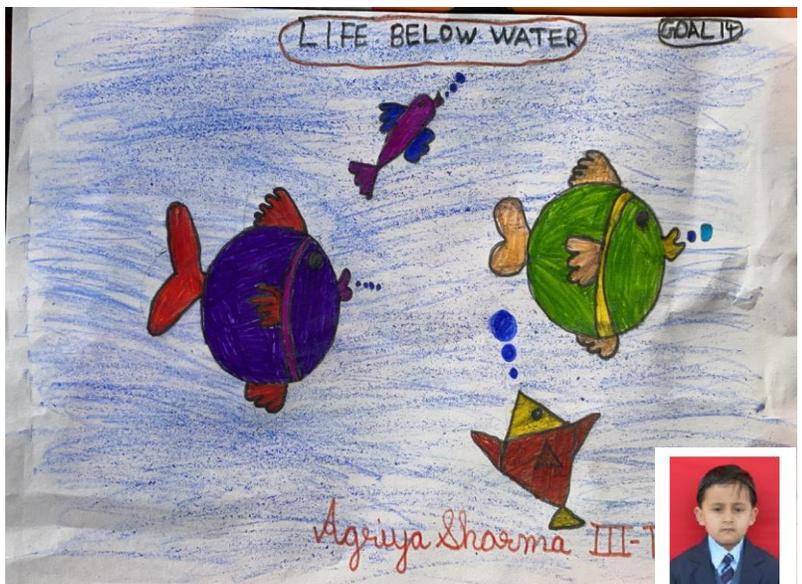
ALICIA RANA  
III-ROSE



NAME-SAMRIDI THAKUR  
 CLASS-3  
 SAMRIDI THAKUR  
 3-TULIP



AKSHITA SHARMA  
V-ROSE



AGRIYA SHARMA  
III-TULIP

SDG- 3 (GOOD HEALTH AND WELL BEING)

SDG 6 (CLEAN WATER AND SANITATION)



LAKHI BERA ,CLASS -4



DEBASISH MONDAL , CLASS-3

SDG 6- <https://youtu.be/-jQRWaVkuE>

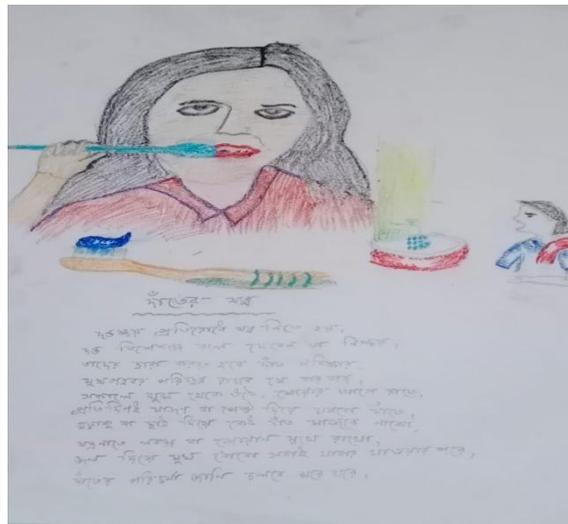
SDG-3 [https://youtu.be/J\\_MXZiBiA4E](https://youtu.be/J_MXZiBiA4E)



BISWAJIT CHAKRABORTY , CLASS 4

SDG -3

[https://drive.google.com/file/d/1uauCPlkv1KhMZ74XyaWU\\_\\_CaUpvyn8GW/view?usp=drivesdk](https://drive.google.com/file/d/1uauCPlkv1KhMZ74XyaWU__CaUpvyn8GW/view?usp=drivesdk)



**GOOD HEALTH AND WELL BEING**

Keeping in view the importance of good health, a workshop was organized for the students on Menstrual Health and Hygiene. The resource team were members of the NGO, DLR PRERNA. The students gained valuable knowledge not only about menstrual health but also about sustainable menstruation.

JPIC ST.TERESA'S



Aastha Thapa, Class 4 B

**WASH, WASH, WASH YOUR HANDS!!**



Just before school closed due to the Lockdown, a practical exercise on the importance of washing hands was conducted by the teachers for the students of the Primary Section.

**SOLVE THE PUZZLE....**

Mental well being is essential for a good physical health. Thus a puzzle was designed by Mrs. Kamlesh Rai for the students to be solved online. This puzzle aimed at not only keeping the students engaged but also to make them aware of the Corona Virus.



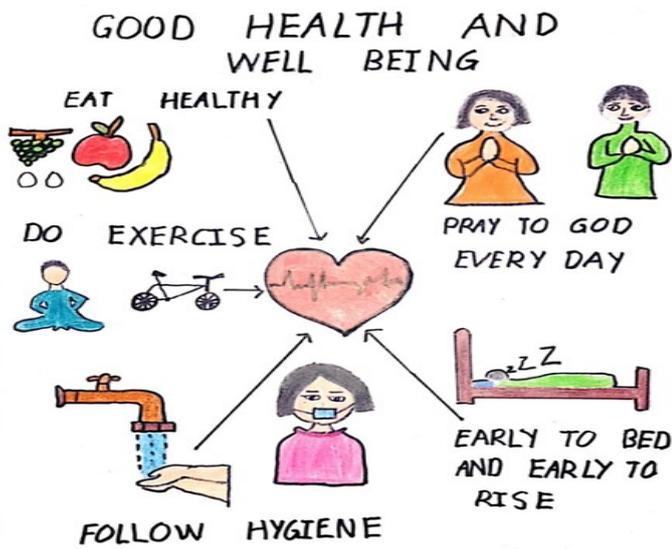
Parikcha Sundas, Class 1B



Yurgen Dichen, Class 4B



Ananya Rai, Class 4B



Adya Malik I



Samridhi Gupta III



Anvesha Srivastava III



Shreeja Jaiswal Prep

HEALTH

Health is wealth. Good health is the greatest gift that God has given us. A poor person with good health is much happier than a rich person with poor health. For a healthy body we must eat nutritious food like vegetables, fruits, boiled eatables, drink lots of water, avoid rich diet and regular exercise. Good health is not easy to maintain and requires determination and discipline. We should have good habits and proper routine. A good sleep is also very essential for keeping good health. A proper balanced diet is also very essential. People also do yoga and meditation to control stress and maintain a healthy mental well-being. We all should maintain good health and also motivate others. In this way we can help our country to be fit and healthy.



Sarah Grace Charles IV

### EARTH DAY VIDEOS

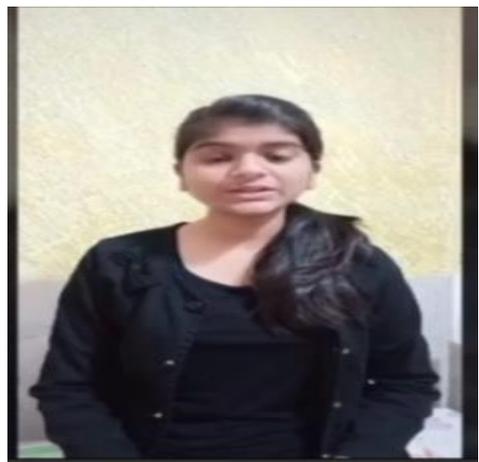
#### CLIMATE CHANGE



Tanisha Panjwani Class- VII

[https://youtu.be/3m\\_ZYg0IOTo](https://youtu.be/3m_ZYg0IOTo)

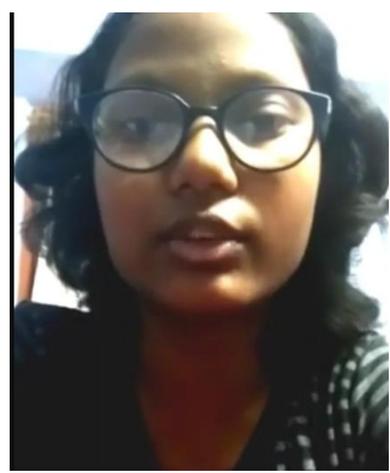
#### CLIMATE CHANGE



Sanya Prasad Class X

<https://youtu.be/-uNgrLhmPI>

#### ENVIRONMENT & HUMAN



Aditi Hemrom Class X

<https://youtu.be/Yq3iTm6Eii0>

#### VIDEO OF EARTH DAY ACTIVITY



<https://youtu.be/jiOaMSZChOs>

## RATION DISTRIBUTION BY LORETO CONVENT, ASANSOL



**"We can do no great things only small things with great love"**

Mrs. George our Principal has proved this true by reaching out to the families of the girls of our outreach programme by providing them with the necessities to sustain themselves during this crisis.

Thanks to our Principal Mrs. George for setting an example for all of us out here.

Thanks to Mr. Gomez and Ms J. Michael for helping out.



# IBVM AND CJ UN EARTH DAY 2020

The global IBVM and CJ network share their perspectives on what issues we should be prioritising this Earth Day

...according to representatives from India, Canada, Australia, Peru, USA, Kenya and the UK

"We cannot continue to exploit the earth and its other life forms as objects instead of living subjects; and see all of us part of the Earth as one living organism." -IBVM, Lima, Peru

## WHAT AREAS OF CLIMATE CHANGE DOES OUR NETWORK THINK WE SHOULD PRIORITISE?

With contributors from every continent, we asked them to share the perspectives of climate change that we need to address most. These include:



### 1. Gender Equality

We recognise the unique position of women, as one of the groups most affected by the climate crisis, but also a group is able to create the most change. The climate crisis is at the intersection of gender and health, employment, education, food security, collaboration and more.

"[Women and girls] are the best custodians of safeguarding our environment against adverse effects of climate change" - Sr Eunive Njeri, Loreto Convent, Msongari, Nairobi Kenya



### 2. Water

We must ensure we have foresight in making clean, safe water accessible to all. This includes removing pollution from waterways, drought management and planning, and working with agriculture and industry.

"Water is very important for our lives. It is said that "water is life". In other word 'Jal hi Jeevan hai'." - Srs. Ranjita CJ, Vandana CJ, Rekha CJ, Goretti CJ, Alaisri CJ and Roshmila CJ; Patna, India



### 3. Economy

We understand the role that a healthy economy plays in reducing poverty and improving livelihoods, and also how the economy is both a threat to and threatened by the climate crisis.

"Choosing to bring forth a cleaner, greener and resilient economy will be a great way in combating the crisis." - Sr Eeshika Dutta Roy, Loreto Convent Asansol, West zone India



### 4. Youth

We acknowledge that the current population of young people is the largest the human population have ever seen. Youth are most likely to experience the effects of the decisions made today about the climate crisis. We must continue to give young people a platform to actively participate in acting for the climate.

"Once its impact intensifies over time, it is the children and young people of today who will face the worst effects." - Mrs Ratna Ranjan, Loreto Convent, Dehli

Other important perspectives include:



Agriculture



Health



Biodiversity



Collaboration



Energy



Food security



Pollution



COVID-19



Education



Indigenous knowledge



Waste



Tourism

"Let's pay homage to our Mother Earth by celebrating World Earth Day with our families across waters, boundaries, nations together." - Devoprya Dutta, Tarumitra India

## WHAT ARE OUR ASKS OF THE UNITED NATIONS, IN COMMEMORATION OF THE 50TH WORLD EARTH DAY?

We call on leaders at the United Nations and our governments to combat climate change, with a focus on **INCLUSIVE PARTICIPATION, MULTILATERALISM AND ACCOUNTABILITY.**

"The United Nations should ensure that member states have strategies in place to make it possible for all members of society to engage in action for climate change."

- Kathryn Keigher, IBVM, UK

"If all the Member States do not take seriously their commitment to the Paris Agreement, if the wealthier nations do not support developing countries in their efforts to work against climate change and if research and data collection is not a priority then we give our children and grandchildren a very grim future."

- Libby Rogerson, IBVM, Australia

"We call on the UN to lead with a united voice and keep before the member states and the human family the serious consequences of lack of effective action, of collaboration and solidarity in the face of the climate crisis."

- Cecilia O'Dwyer, IBVM UN NGO, New York

