



Health and Wellness Session

Date and Day	22/05/25 (Thursday)
Objectives	<p>To promote awareness about personal safety, boundaries and body autonomy.</p> <p>To prevent abuse and empower students to speak up.</p> <p>To teach students about how to respond in an abusive environment.</p>
Conducted by	Ms.Fathima Rosly (school counselor)
Participants	Grade 1&2 students
Activity	<p>The session consisted of students from grade one and two along with the teachers and the event was held at the school auditorium. The inaugural session was carried out by Ms.Nandita Shenoy and welcomed the counselor. The session began with a warm welcome note and visual aid was used to evoke an interest in students. Appropriate and inappropriate touches were differentiated to students in the session. students were made to identify their safe circle and label the body parts along with the private parts to raise awareness about the private body parts.</p>
Learning outcome	<p>The session raised awareness among the students about appropriate and inappropriate touches and also to recognize their safe circle.</p>

