

Extension Activity Organized by FACULTY OF EDUCATION In Collaboration with National Security Scheme (NSS) and Seth M.R. Jaipuria School, Kursi Road, Lucknow Under POSHAN Abhiyaan (National Nutrition Mission) scheme On the theme of आरोग्यं धनं स्वास्थ्येन (Health is Wealth) Dated 11th December, 2023

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To: Head Education <headedu@iul.ac.in>

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**Report
on
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Preparing competent students is the motto of the Faculty of Education given which it organizes extension activities. Integral University in collaboration with National Service Scheme (NSS) & Seth M. R. Jaipuria School organized an extension activity on Health is Wealth under POSHAN Abhiyan (National Nutrition Mission), which included students of B.Ed., M.Ed. and D.El.Ed. students in a total 202 participants who performed different activities in Seth. M.R. Jaipuria School, Kursi Road. The purpose of the extension activity was to sensitise students towards the importance of health in life of students.

The event was anchored by Kashifah Raza Rizvi student of B.Ed. second year who warmly welcomed Prof. (Dr.) Adnan Khan Lodi, Head of the Department of Education, Integral University, Mrs. Sanchita Srivastava, Head Mistress, Seth M. R. Jaipuria, Dr. Divya R. Panjwani, Assistant Professor, Integral University, Dr. Geetika Nidhi, Assistant professor, Integral University, Dr. Vivek Roger, Assistant professor, Integral University on the programme organized Integral University in collaboration with National Service Scheme (NSS) & Seth M. R. Jaipuria School organized an extension activity on the theme Health is Wealth under the scheme of POSHAN Abhiyan (National Nutrition Mission).

The programme began with a skit on the theme of "Health is wealth" which was prepared by students of B.Ed. Second Year. The real performance of the participants was appreciated by the audience. The act showed how important it is to maintain a good diet for good health for a successful life. The participants talked about the five pillars important of making life healthy. They presented all mission statements of POSHAN Abhiyan initiated by National Nutrition Mission. All the students were made aware of the ways by which they can acknowledge the significance of a healthy life.

This was followed by a student discussion session in which the students of Seth M.R. Jaipuria School expressed their perceptions about the importance of healthy lifestyle. They were enthusiastic in expressing their ideas and received accolades from the audience present at the event. Ms. Rehnuma Saeed made the programme interesting with her Urdu poetry which was applauded by everyone.

The head mistress of the school Mrs. Sanchita Srivastava was invited to express her views regarding the importance of health in the life of students. She explicitly expressed the role of the teacher and school in helping the student face all the life challenges effectively. She appreciated the efforts of the students of Integral University regarding taking the initiative to make students aware of the importance of health. She appreciated all the pupil teachers for their cooperation and good work.

The gathering was addressed by the faculty coordinator Dr. Geetika Nidhi and Dr. Divya R. Punjwani who discussed the importance of interaction programmes in motivating the students to develop values essential for life. Prof.(Dr.) Adnan Khan Lodi, enlightened the audience with his words. He explained the significance of a healthy life and immersed the audience in his expressive thoughts.

The event concluded with the facilitation of the Head Mistress, teachers and students of the school. The event was effectively coordinated by student coordinators Ms. Priya Saha and Ms. Umama Khan.



B.Ed. 2nd Year Students, Acted as a five Pillar as per POSHAN Scheme (Ms. Vineeta Srivastava, Ms. Falak Afreen, Ms Amisha Tiwari, Ms. Rushda Saboor and Ms. Hera Anjum)



Students Performed Skit on the Central Theme of the Extension Activity



Students of Seth M. R. Jaipuria performing the activity



Address by Dr. A.K. Lodi, Head and Faculty members



Address by Ms. Sanchita Srivastava



Token of Gratitude from Faculty of Education to Seth M.R. Jaipuria, Kursi Road, Lucknow



Address by Head of the Department, Faculty of Education, Integral University, Lucknow



B.Ed. 2nd Year Students (Ms. Priya Saha, Ms. Saba Naseem, Ms. Umama Khan and Ms. Risha Rai) receiving certificate of appreciation from Prof. (Dr) A.K. Lodi and Ms. Sanchita Srivastava