



MBS INTERNATIONAL SCHOOL
WORKSHOP FOR STUDENTS &
PARENTS
SESSION 2021-22

TOPIC: Lifestyle Management

DATE: May 22, 2021

ATTENDED BY: Pre-Primary to XII

VENUE: Zoom

RESOURCE PERSON: Ms. Shammi Proothi & Ms. Davinder Kaur

“He who has health, has hope; and he who has hope, has everything.”

‘Health is Wealth’, an old proverb is true for all of us. If one is healthy then one can contribute their best in achieving their goals which will lead one to prosperity. Healthy lifestyle is one of the factors that contributes towards better health and perpetuates a nice image of an individual in a society. Emphasizing on good personal health and hygiene can reduce a risk of many social, mental and physical health problems. Hence, it is important to understand, especially in this given situation, about health, hygiene and good lifestyle. With the aim to fulfil all these objectives, MBS International School and MBS School of Planning and Architecture, Dwarka in association with ANON Global Foundation, organised a webinar for the parents and students on the topic ‘Lifestyle Management’ on May 22, 2021. The webinar was helmed by Ms. Shammi Proothi, Wellness Education Specialist and Ms. Davinder Kaur, Mind Shift Coach & Motivational Speaker.

The session aimed to highlight the importance of maintaining a healthy lifestyle and to illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in the society. The speakers covered various topics related to lifestyle management including nutrition, exercise, meditation, stress management, good hygiene, time management, along with self-assessment on all these aspects. Our eminent panelists, respected school Principal Mr. Atul Wadhawan, respected Vice Principal, Ms. Rajesh Banopreya, Prof. Bijay Dash, Director of MBS School of Planning and Architecture, gave their significant input on the topic and created a perfect setting for this educative webinar on Lifestyle Management. All the questions raised by the students were wonderfully addressed by the speakers and we thank them for their enriched guidance especially in the present pandemic situation.

The webinar was successful and well participated by the students, parents and teachers.

Lifestyle Management Session by Anon Global Foundation

MBS International School, Dwarka & MBS School of Planning & Architecture in association with Anon Global Foundation presents a Webinar on **LIFESTYLE MANAGEMENT** 22nd May, 2021

Ms. Tanveen Kalsi

Ms. Davinder Kaur, Anon

Shammi Puroothi, Anon

Ms. Rajesh BanoPreeya (V...

Mr. Atul Wadhawan

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Lifestyle Management Session by Anon Global Foundation use the code 1611 1768

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Ms. Davinder ...

What is the first thing you will do for self care?

Activity	Percentage
Drink some water first thing in the a.m.	18%
Write down five good things every day	13%
Make a menu for the week	9%
Try that new yoga class	9%
Move for at least 30 minutes a day	10%
Meditation	18%
Gardening	9%
Volunteer just one hour a month	5%
Other	9%

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