

Health & Wellness

Health, Wellness and Safety- The Comprehensive Need-based Care

“A healthy outside starts from inside...”

Health stands as a prime concern to O.P Jindal School and works relentlessly towards the physical and mental health of students. The school caters all the needs of a child and helps in addressing a range of issues in the community for long-term well-being of students.

Health and wellness club consistently works towards the stress management strategies under the guidance of experts at schools. The school curriculum incorporates a carefully planned Counselling and Guidance Programme that aims to flourish the educational journey, promote skill development, develop resilience against adversities and resolve their concerns before those can snow-ball into serious psychological problems. It observes ‘The World Health Day’ religiously to draw the students’ attention towards Global Health. Conduct of Special Assemblies on ‘Food Safety’ are frequented at school as a prerequisite for food security. Social and emotional learning of students as well as growth of a positive personality is the prime target of the club.

