



MOUNT CARMEL SCHOOL, CHANDIGARH
Session 2026-27

Comprehensive School Health Programme in collaboration with Simply Health Plus (P) Ltd., SCF 85, Sector 4, Panchkula)

Health Planner- Juniors:

Month	Activity
April	Safety Rules FIRST GENERAL CHECKUP
May	Clean Hands, Healthy Me
July	Eat Colors – Fruits and Vegetables DENTAL CHECKUP
August	Drinking Water – Super Power of Body SKIN CHECKUP
September	Create Your Own Healthy Menu SECOND GENERAL CHECKUP
October	Digital Health – Screen Time Balance
November	Junk Food Detective
December	No Sugar Day Challenge VISION/ EYE CHECKUP
January 2027	Clean Environment, Health Life ENT CHECKUP
February, 2027	Healthy Eyes and Good Poster
March, 2027	Good and Bad Touch

2/2/26

Dr. Parveena John Singh
Principal