



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- Seniors:

Month	Activity
April	Balanced Diet Basics Reading food labels FIRST GENERAL CHECKUP
May	Digital Wellbeing (Managing screen time, Effects of excessive social media)
June	(H. W.) Poster Making on Digital Wellbeing or Make Weekly Healthy Habit Tracker
July	Sun Safety (Effects of UV Rays, Sunscreen and Protective habits) DENTAL CHECKUP
August	Healthy Habits for Immunity (Importance of hydration) Vitamins, Exercise and Sleep SKIN CHECKUP
September	Sleep Hygiene (Why sleep matters, Tips for better sleep habits) SECOND GENERAL CHECKUP
October	Puberty and Adolescent (Girls and Boys)
November	Peer Pressure Resistance
December	Safety and First Aid (BLs Trainings) VISION/ EYE CHECKUP
January 2027	Verbal Abuse and its Long Term Effects on Mental Wellbeing ENT CHECKUP
February, 2027	Common Eye Problems in Children and Teens
March, 2027	Bran Food for Better Exam Performance

P. John
2/4/26

Dr. Parveena John Singh
Principal