

Building the Health & Wellbeing Ambassadors for the Nation

# The National School Health & Wellness Quiz - 2018

QUIZ  
TIME!

Inaugurated by

**SMT. ANITA KARWAL**

Chairperson, Central Board of Secondary Education

on 26<sup>th</sup> April 2018, National Science Centre, New Delhi

Delhi & NCR  
Chapter

Pick your brain on.....

- Nutrition, Sanitation & Hygiene
- Adolescent Charm and Challenges
- Self Awareness, Environment & Life Style Disorders
- Positive Health in a Cyber World
- Nurturing and Fostering Interpersonal Relationships
- Mental Health & Psychosocial Wellbeing
- Role of Media & Public Health Awareness



Organized by

*Expressions India: The National Life Skills, Values Education, School Health and Wellness Program*

**FOR QUERY AND CLARIFICATION**

**Office:** 9818359379, 9871053172

**Mob:** 8527283797, 9999564366

**Email:** [contactexpressions.india@gmail.com](mailto:contactexpressions.india@gmail.com)  
[expressionsindia2005@gmail.com](mailto:expressionsindia2005@gmail.com)

There is no  
registration  
charge

**Follow us & Subscribe**

[@healthyschoolshealthyindia](#)

[@expressionsindia](#)

Expressions India

**Website:** [www.expressionsindia.org](http://www.expressionsindia.org)





## Building the Health & Wellbeing Ambassadors for the Nation **The National School Health & Wellness Quiz - 2018**

Dear Principal Madam/Sir,

Date: 4.08.2018

Greetings from "Expressions India"!

We hereby take the opportunity to inform your good self about an innovative inter school program which comes in tandem with the evolving national program and policy for promotion of health and wellness education in schools. Furthering the cause of enriching knowledge and skills towards this paradigm, the **NATIONAL SCHOOL HEALTH & WELLNESS QUIZ – 2018** is designed as a creative mode for empowerment of students. Since the adolescent phase represents one of the most dynamic and influential periods of human development, creating awareness is crucial for health and well-being concerns at the school itself. As per feedback from various quarters of policy and curriculum development, the upcoming '**National School Health & Wellness Quiz – 2018**' is a landmark for adolescent development towards aware and responsible citizen leaders for tomorrow.

**It is indeed a great honour to announce that the prestigious 'National Wellness Quiz' for school students was launched by SMT. ANITA KARWAL, Hon'ble Chairperson, Central Board of Secondary Education, New Delhi, on the 26<sup>th</sup> of April, 2018 at the National Science Centre, New Delhi. We take immense pride in furthering this unique National Initiative for promoting Health & Wellness Initiative for schools in India.**

This championship series is also aimed at harmonizing existing initiatives in school education which include life skills, values and physical education. In this regard, we request your esteemed school to nominate 1 team of 3 students from **IX to XI Std.** to actively participate in the **1<sup>st</sup> Written Round** of the **National School Health & Wellness Quiz**.

The **Quiz** will consist of **100 MCQs to be marked in 90 minutes**. The subject matter of the MCQs would broadly cover the areas as mentioned in the attached poster along with this invite.

**A list of the venue schools for the zonal written round and the dates for the same is attached herewith for your kind reference.**

- Please email the duly filled registration form at the earliest on - **contactexpressions.india@gmail.com, expressionsindia2005@gmail.com.**
- For any queries and assistance contact- **Ms. Priya Sharma (9999564366), Ms. Tenzin Namdol – 7892854494, Ms. Ankita Sharma- 9711826267 & Ms. Aprajita Dixit- 9999660117. (Event Organizing Team)**

Looking forward to the participation of your school team in this pioneering initiative towards health and wellbeing Awareness for effective & holistic adolescent development.

Warm regards & best wishes,

Dr. Jitendra Nagpal – MD, DNB  
Program Director "Expressions India"-  
The National Life Skills & School Wellness Program  
Sr. Consultant Psychiatrist & Incharge  
Instt. of Child Development & Adolescent Wellbeing  
Moolchand Medcity, New Delhi  
(M) 9810054860 , 9818359379  
[www.expressionsindia.org](http://www.expressionsindia.org)



## *Expressions India Invites*

*Your enrollment to the*

# **The National School Health & Wellness Quiz - 2018**

### REGISTRATION FORM

a) Principal : \_\_\_\_\_

School Name : \_\_\_\_\_

School Address : \_\_\_\_\_

Contact Number(s) : (O) \_\_\_\_\_ (M) \_\_\_\_\_

Email ID : \_\_\_\_\_

b) Name of Accompanying Teacher/ Counselor \_\_\_\_\_

Email ID : \_\_\_\_\_

Mobile No : \_\_\_\_\_

c) Details of the Participants (s) (**Name and Class of the Student**)

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_

d) Zonal Centre selected by you (as per the venue school list attached) \_\_\_\_\_

\_\_\_\_\_

Sd/-  
Principal

School Stamp & Date

# Building the Health & Wellbeing Ambassadors for the Nation

## The National School Health & Wellness Quiz - 2018

### Venue Schools of the 1<sup>st</sup> Zonal Written Round

School Name	Principal Name	Email	Coordinator	Dates
Delhi Public School, Sector - 45, Gurgaon	Ms. Aditi Misra	dpsgurgaon1@gmail.com, anamikasethi08@gmail.com, dhawan.sapna@gmail.com	Ms. Renuka 9868596005	18 <sup>th</sup> Aug 2018
Billabong High International School, Noida	Ms. Sharmila Chatterjee	principal@billabongnoida.com academics@billabonginternationa lschool.com	Ms. Nancy Sharma 9779771819	16 <sup>th</sup> Aug 2018
Delhi Public World School, Greater Noida West (Noida Extension)	Ms. Jyoti Arora	principal@dpwsnoidaex.com	Ms. Krithika Mohan 9717729059	8 <sup>th</sup> Aug 2018
Delhi Public School, Faridabad	Mr. Anil kumar	ruchira@dpsfsis.com principal@dpsfsis.com info@dpsfsis.com	Ms. Seema Yadav 9205145049	10 <sup>th</sup> Aug 2018
Delhi Public School Ghaziabad	Ms. Jyoti Gupta	dpsg.ghaziabad@dpsgs.org , ria.Yadav@dpsgs.org	Ria Yadav 9873158849	14 <sup>th</sup> Aug 2018
Gurukul the School, Ghaziabad	Mr. Gaurav Bedi	<a href="mailto:principal@gurukultheschool.com">principal@gurukultheschool.com</a> , <a href="mailto:gauravbedi81@gmail.com">gauravbedi81@gmail.com</a>	Ms. Anjali Malik 9990918134	21 <sup>st</sup> Aug 2018
Mount Abu Public School, Sector -5, Rohini, New Delhi	Ms. Jyoti Arora	info@mountabuschool.com	Sonia Dutt 9899360867	9 <sup>th</sup> Aug 2018
SD Public School, Pitampura, New Delhi	Ms. Anita Sharma	sdpitampura1@gmail.com anita.sdps@gmail.com	Mr. Anil Kumar 9999669768	18 <sup>th</sup> Aug 2018
Springdales School, Pusa Road, New Delhi	Ms. Ameeta Wattal	ameetam@gmail.com	Mrs. Himani 9013211305	20 <sup>th</sup> Aug 2018
Delhi Public School, Hapur	Ms. Meena Anand	<a href="mailto:dps_hapur@hotmail.com">dps_hapur@hotmail.com</a>	Mr. Praveen Kumar 9358633963	17 <sup>th</sup> Aug 2018
Scindia Kanya Vidyalaya, Gwalior	Mrs. Nishi Misra	<a href="mailto:csw@skvgwalior.org">csw@skvgwalior.org</a>	Mrs. Garima Sandhu 9893087401	16 <sup>th</sup> Aug 2018
Summer Fields School, Kailash Colony, New Delhi	Dr. Neeru Suman	<a href="mailto:info@summerfields.co.in">info@summerfields.co.in</a>	011- 29242946, 29234991	21 <sup>st</sup> Aug 2018
Little Flowers International School Kabir Nagar, Shahdara Delhi-110094	Ms. Anita Mahajan	<a href="mailto:info@lfidelhi.com">info@lfidelhi.com</a>	Ms. Shefali Sharma 9711333383	25 <sup>th</sup> Aug 2018