

: School Development Plan : Implementing effective school development plans : Staff and Student Council Formation : Timetable Structuring for Schools : Total Quality Management (TQM) in Education : Strategies for improving school operations : Organizing Physical and Health Education Activities : Aims and Objectives of Physical Education : Health Education and Health Instruction : Role of physical education in holistic student development • : Importance of Health Education in Teacher Training : Mental, Emotional Health, and Sex Education : Physical Fitness and Wellness : Integrating wellness programs in schools • : Physical Activity, Exercise, and Physical Fitness : Hypokinetic Diseases - Part 1 : Hypokinetic Diseases – Part 2 : Preventing lifestyle diseases in students : Importance of Good Posture - Part 1 : Importance of Good Posture – Part 2

: Food and Nutrition for Students : Creating nutrition and wellness awareness : Basics of First Aid : First Aid and Emergency Care - Part 1 : First Aid and Emergency Care - Part 2 : Implementing emergency response protocols : First Aid for Common Injuries : First Aid and Emergency Care - Part 3 : Yoga Education for Schools : The role of yoga in student wellness : Benefits of Yoga for Students and Teachers : Concept of Asanas and Practical Application : Yoga and Stress Management Techniques : Incorporating yoga for a stress-free school environment



Covers essential aspects of

✓ Includes for student development

✓ Provides through

Explores

✓ Offers for school personnel