

SCHOOL HEALTH & WELLNESS PROGRAMME

DIETICIAN CLUB



Club Project Spotlights:

Our young Dietician Club researchers mapped food habits and common-cold trends across the school, turning data into discovery. They then brought learning to life by crafting and testing their own herbal remedies—where science met tradition in the most hands-on way.



Student Voices :

Students shared that they truly enjoyed every part of this project—surveying classmates, identifying real trends, and understanding how food habits and common cold patterns connect. They felt excited to prepare and taste the herbal remedies themselves, experiencing their effects firsthand. This hands-on journey helped them learn, explore, and appreciate natural wellness in a meaningful way and spread awareness among school students.

Club Name:
Dietician Club

Motto
Fuel your body, Heal your mind

Manager
Ms. Ruminder Kaur

Project Report and Skill Development

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Ruminder Kaur- 15/11/2025



Project Goals:

1. To survey what students eat every day and bring to school.
2. To observe how often students experience common cold and cough.
3. To explore simple herbal remedies that support quick recovery.
4. To encourage healthier habits and stronger immunity in school.
5. To build a team of young wellness ambassadors.

Process/ Steps:

1. Students created short, clear surveys for all classes.
2. They collected responses on food choices and the frequency of common cold and cough.
3. The team analysed the data to identify important patterns.
4. They researched easy and effective home remedies using common herbs.
5. Awareness is being spread among the school students.

Skills Learned :

1. Researching information with clarity and accuracy.
2. Preparing and testing herbal remedies through hands-on practical work.
3. Understanding nutrition, immunity, and natural healing more deeply.

Challenges and solutions:

Students initially found it difficult to survey every class and noticed that long questionnaires reduced interest. They solved this by limiting responses to 20 students per class and shortening the questions. Going forward, the team will create one clear, concise survey together to ensure better participation and smoother data collection.



Meet the Team :



Jagot Kaur
11 B



Jasmine Arora
11 B



Bavleen Kaur
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Anshika
11 B



Harmanjot Kaur
11 B



Palak Sethi
11 B

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