

AROGYA JATARA – MONTHLY SPECIAL EVENTS PLAN

Month	Arogya Jatara Event	Description
July	Arogya Panchayat – Student Health Parliament	Students simulate a gram sabha-style discussion where each group represents a theme. They present current problems, share solutions, and pass student resolutions. Roles: speaker, secretaries, officers.
August	One Day, One Skill – Health Life Skills Day	Each class learns & demonstrates a life skill: e.g., folding clean clothes (hygiene), preparing ORS (nutrition), deep breathing (mental health), saying “No” (anti-drugs), identifying symptoms (diseases), introducing oneself (personality).
September	Arogya Mystery Box	Create 6 “mystery boxes” (one per theme) with clues, riddles, and surprise tasks inside (e.g., demo proper handwash, describe a nutritious snack, show a stress-relief method). Students explore each box in rotating teams.
October	Health Time Machine – Flashback + Future Day	Students reflect: What I did for health last month and What I will do next. They create “Health Timelines” or draw themselves as a healthy adult. Includes journaling, self-commitment, and sharing circles.
November	Arogya Theatre Lab– Script & Act Challenge	Instead of regular skits, students write, direct, and act their own short scripts (2 mins) combining 2 or more health themes. Focus on creativity, teamwork, and originality.
December	A Day in My Shoes – Empathy Walks	Create role swaps: boys take part in a session on menstrual hygiene, seniors act as Anganwadi workers, others pretend to be children with health challenges (e.g., asthma). Follow with discussion on empathy and inclusion.
January	My Arogya Story– Oral Health Storytelling Festival	Students narrate real or imagined stories where health, habits, or transformation is the central plot. No props. Focus on narrative, voice, moral, and message. Can be solo or team.
February	Arogya Escape Room	Set up 6 theme-based stations with a puzzle or challenge to solve. E.g., identify the missing step in handwash, decode a nutrition chart, sort emotions, bust a myth. Teams “escape” by completing all 6. Made using classroom materials.
March	Health Heroes Unplugged – Role Reversal Interviews	Students become journalists and interview their own classmates (student champions) about their habits, struggles, tips, and routines. Interviews are presented to the class. Focus: Peer learning.
April	A Day of Silence and Reflection	No lectures, no loud activities – students spend the day doing guided silent reflection, self-writing, gratitude journaling, mindfulness, and walking silently in the

		school compound. Deeply powerful for emotional health.
May	Health Treasure Hunt	Teachers design a clue-based treasure hunt in school using simple paper hints tied to each theme. Teams move across campus solving theme-linked riddles/tasks to find the final treasure. Promotes teamwork and applied learning.
June	Arogya Sabha – End of Year Reflection Circle	Class sits in circles. Each child shares: