



TRUE CARE

HEALTH & SAFETY CLUB

Annual Report

2023-24

About Us



COMMITTED TO HEALTH AND SAFETY

The aim of the True Care Club is to nurture students into conscientious individuals and leaders in matters concerning health and safety. Additionally, it seeks to furnish a platform for students to direct their efforts towards meaningful endeavours. The primary emphasis lies in refining their organizational skills and leadership attributes through the enhancement of creative thinking and problem-solving abilities. Furthermore, it aims to cultivate a sense of camaraderie within the team and instil a collective commitment towards achieving shared objectives.

Objectives:

1. Provide opportunities to be responsible citizens by creating awareness on health and safety.
2. Demonstrate a healthy lifestyle within the school community.
3. Develop leadership skills.
4. Develop an attitude of enthusiasm.
5. Empower students through awareness and skill development activities.
6. Empower students with knowledge and skills needed for personal and community health and safety.

Teachers in-charge

Mrs. Tresa Bini Antony
Mrs. Misha Thomas
Mrs. Cisy Kurian
Mrs. Anusree T A
Mr. Nijay Joseph Parakkal

President – Arshia P
Vice President – Emy Dickson
Secretary – Joswin Jayesh
Joint Secretary – Minov K Jomon
Treasurer – Elvis Rock Sabu

Students in-charge

True Care Club Members



Aadhil Siraj, Aaruni Milan A, Aimee Daiz Abraham, Arshia P, Ashwin Sunil, Christina Susan Abraham, Elana Bia Sabu, Elvis Rock Sabu, Ganesh .C, Joe Jose Arukakkal, Joel Joseph Antony, Joswin Jayesh, Jovakim Jobi, K.A. Naja Fathima, Kaith Varghese Lawrence, Lakshmi.V.S., Lee John Santhosh, Minov K Jomon, Nazrin Nadirsha P. N., Nithya Biju, Shivani Sreenath, Sneha Sijomon Parackal

Aaron V Anil, Aazim Shameer, Abhay K. S., Aidan Antony, Ann Rose Jaison, Anna Shelin Jose, Aryan K. A., Aysha Nibrzun Nisa, Ayshathul Shazia Shahirkhan, Emy Dickson, Fidha Fathima, Joepaul Saji, John Baby, Mareeha Khathoon K. K., Mathius Punnoose Pattacherry, Mohamed Sami.V.S., Naba Shereef, Niya Mary Shibu, Siddharth B. Babu, Varun Jayakumar, Vinaya Sankar, Vishal Raj K.

True Care Snapshots



Date: 15th July 2023
Time: 1.00pm - 2.00 p.m.
Venue: Auditorium

Club Inauguration

Inauguration of Right Turn Club conducted on 17th August, 2023



Awareness programme by Right Turn Club on substance abuse and addiction conducted on 17th August, 2023



Regular Club Meetings



Brain Storming Sessions



Lemonade stalls and photo booth during Onam Celebration (fund raiser) conducted on 23th August 2023



Awareness programme by Fire and Rescue Department, Aluva conducted on 28th October 2023



Orientation programme by Indian Academy of Pediatricians conducted on 2nd November 2023



Awareness programme (skit) on healthy eating habits by club members for grade III and IV students conducted on 27th February 2024



Awareness programme (skit) on healthy eating habits by club members for grade V,VI and VII students, conducted on 26th February 2024





Closing Ceremony conducted on 27th February, 2024

Voices from the True Care Club: Students' Testimonials

The health and safety club was a real eye-opener for me. It contributed significantly to health education. The classes offered by the fire and rescue department, paediatricians, and others were exceptionally informative and motivating. Club members were given opportunities to organize, conduct, and manage various activities like, stalls to raise funds for the club's future endeavours, informative skits for the other students of the school etc. All in all, the club helped us to plan, organize, and execute events.

Kaith Varghese Lawrence XI A

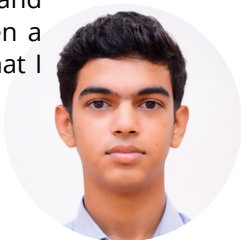


Christina Susan Abraham XI A

The True care club was an amazing experience for me. The club helped me to learn so many different things ranging from, substance abuse, addictions, nutrition and fire and safety to organising fundraisers and conducting skits. These skills will certainly help all club members and I am immensely grateful to our school for giving us this opportunity.

True Care - the health and safety club provided the club members opportunity of growth through various activities. The awareness programme conducted by Dream Kochi Team, educated us on the bad effects of drugs and addictions. The club members took oath against drug abuse. Club members felt empowered with knowledge and skills needed for personal and community health and safety. Other orientation programs were also equally informative and inspiring. The club provided us with a platform for team work and personal growth. Overall the club has been a good experience providing various skills that I can take forward to my future.

MATHIUS PUNNOOSE PATTACHERRY XI B



NABA SHEREEF XI B

As a member of the True Care Club, I deeply appreciate the wonderful chance to enhance my knowledge and skills. The club organized various activities from which we derived numerous benefits. We received instruction from the Fire and Safety Department on fire extinguishing techniques, precautionary measures during fires, and CPR procedures. Additionally, a session was held to raise awareness about drug abuse among teenagers, highlighting the concerning trend of increasing addiction rates. Furthermore, our closing ceremony featured a skit emphasizing the significance of nutrition, fostering effective teamwork among us. Overall, being part of the Health and Safety Club has consistently provided invaluable opportunities for growth and learning.