



BUDHA DAL PUBLIC SCHOOL, PATIALA

**HEALTH
AND
WELLNESS
CALENDAR
SESSION (2023-24)**



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

APRIL 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	 7	8
9	10	11	12	13	14	15
16	17	 18 World Heritage Day	19	20	21	 22 WORLD EARTH DAY
 23 SHAKESPEARE BIRTH DAY	24	25	26	27	28	 29 WORLD BOOK DAY
						Sun 30

THOUGHT

"When there is favor on your life, God will always place people on your path to help you along the way."



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

MAY 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
	1  LABOUR DAY	2	3	4	5	6
7	8  WORLD RED CROSS DAY	9	10	11 WORLD TECHNOLOGY DAY	12	13
14	15	16	17	18	19	20
21	22 EVACUATION DRILL	23	24	25	26 ORIENTATION PROGRAMME ON GOOD TOUCH & BAD TOUCH	27
28	29  SELF DEFENCE SESSION	30	31			

THOUGHT

“ Education breeds confidence,
confidence breeds hope,
Hope breeds peace “



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

JUNE 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	 ENVIRONMENT DAY	6	7	 WORLD OCEAN DAY	9	10
11	12	13	14	15	16	17
18	19	20	 INTERNATIONAL YOGA DAY	22	23	24
25	26	27	28	29	30	

THOUGHT

YOGA IS THAT LIGHT,
WHICH,
IF YOU CAN LIT ONCE;
WILL
NEVER GET DIMMED,
THE MORE YOU PRACTICE,
THE BRIGHTER
THE FLAME WILL BE.



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

JULY 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31					1  DOCTOR'S DAY
2	3	4	5	6	7	8
9	10	11	12	13  TREE PLANTATION DAY	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28  WORLD NATURE CONSERVATION DAY	29

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"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."



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AUGUST 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 	3 AWARENESS SESSION ON DENGUE & FEVER	4	5
6	7	8	9	10	11  FREEDOM WEEK	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29  NATIONAL SPORTS DAY	30	31		

THOUGHT

*"Develop success
from failures.
Discouragement
and
failure are two of
the surest stepping
stones to success."*



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SEPTEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					 1 NUTRITION WEEK	2
3	4	5	 6 SMACHHATA PAKHWADA CELEBRATION	7	 8 INTERNATIONAL LITERACY DAY	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

THOUGHT

THE BEAUTIFUL THING
OF
LEARNING IS THAT,
NO ONE CAN TAKE
IT AWAY FROM YOU



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

October 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 	3	4	5	6	7
8  AIR FORCE DAY	9	10	11	12	13	13
14	15	16  WORLD FOOD DAY	17	18	20	21
22	23	24  UN DAY	25	26	27	28
29	30	31  RASHTRIYA EKTA DIWAS				

THOUGHT

" Happiness can be found,
even in the darkest
of times, if one only
remembers to turn
on the light "



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

NOVEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
			 1 NATIONAL VIGILANCE WEEK	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
 26 CONSTITUTION DAY	27	28	29	30		

THOUGHT

"
*The most famous
teachings
attributed to
Guru Nanak are
that there is only one God,
and
that all human beings
can have direct access to God
with
no need of rituals or priests.*"

NOTE:
**NATIONAL
VIGILANCE WEEK
(First Week of November)**



BUDHA DAL PUBLIC SCHOOL, PATIALA

SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

DECEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					 1 WORLD'S AIDS DAY	 2 WORLD COMPUTER DAY
3	4	5	6	7	8	9
10	11	12	13	 14 NATIONAL ENERGY CONSERVATION DAY	15	 16 VIJAY DIWAS
17	18	19	20	21	 22 NATIONAL MATHEMATICS DAY	23
24	25	26	27	28	29	30
						31

THOUGHT

"Setting goals is the first step in turning the invisible into the visible."

**NOTE:
WINTER BREAK
25 DEC-4JAN**



BUDHA DAL PUBLIC SCHOOL, PATIALA

ACTIVITY/HEALTH AND WELLNESS CALENDER (VI to XII)

JANUARY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 CONSTITUTION DAY	28	29	30 VIGILANCE AWARENESS WEEK 		

THOUGHT

" The most famous teachings attributed to Guru Nanak are that there is only one God, and that all human beings can have direct access to God with no need of rituals or priests."

NOTE:
NATIONAL VIGILANCE WEEK
(First Week of November)



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SPECIAL DAYS/HEALTH AND WELLNESS CALENDAR (VI to XII)

February 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
 4 World Cancer Day	5	6	7	8	9	10
11	12	13	 14 Basant Panchami Day	15	16	17
18	19	20	21	22	23	24
25	26	27	 28 National Science Day	29		

THOUGHT

"The power of knowledge is in all of us. May Goddess Saraswati illuminate the glow and strive for more knowledge in us forever."



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March 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

THOUGHT

*"When there is favor
on your life,
God will always
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