



Jaypee Public School, Grater Noida
Health & Wellness Club
Session -2026-2027

CLUB PLANNER

Annual Programme Planner

Grades 9-12 | One Session Per Month | 45-60 Minutes Each

Month	Theme	Topic
April	Sexual & Reproductive Health	Sexual Health, Consent & Safe Choices
May	Social & Emotional	Peer Pressure, Substance Use & Decision Making
July	Mental Health	Understanding Mental Health & Reducing Stigma
August	Physical Health	Sleep Science & Healthy Habits
September	Nutrition	Fuelling Your Body - Nutrition Basics
October	Mental Health	Stress Management & Coping Strategies
November	Social & Emotional	Healthy Relationships & Communication
December	Mental Health	Gratitude, Joy & Preventing Holiday Burnout
January	Life Skills	Goal Setting & Time Management for Wellbeing
February	Physical Health	Movement, Exercise & Body Image
March	Digital Wellness	Digital Wellness & Screen-Life Balance

Month-by-Month Session Plans

Month 10	
TOPIC	
Sexual Health, Consent & Safe Choices	
Anatomy basics, puberty recap, STIs, contraception overview, enthusiastic consent, and where to access confidential services.	
ACTIVITIES	
<ul style="list-style-type: none"> Anonymous Q&A box: students submit questions and facilitator answers all Consent scenarios: thumbs up/sideways/down card activity Map of local and online confidential health services (school nurse,) 	
Learning outcomes: Consent Safety Accessing help	

Month 11

TOPIC

Peer Pressure, Substance Use & Decision Making

Pressure tactics, the science of the adolescent brain, alcohol/drug risks, refusal skills, and when to seek help for a friend.

ACTIVITIES

- Pressure scenario role-plays with scripted refusal lines
- Brain development visual: why teens are more risk-prone
- Decision-making flowchart: 'Should I do this?' tool
- Bystander intervention practice: how to help a friend safely

Learning outcomes: Refusal skills | Bystander action

Month 1

TOPIC

Understanding Mental Health & Reducing Stigma

Define mental health, common disorders (anxiety, depression), and how stigma affects help-seeking behaviour.

ACTIVITIES

- Ice-breaker: 'Myth vs. Fact' card sort on mental health misconceptions
- Anonymous mood check-in using sticky notes (colour-coded emotions)
- Group discussion: 'When is it OK to ask for help?'
- Create a personal 'mental health resource card' listing school counsellor and helplines

Learning outcomes: Awareness | Help-seeking | Empathy

Month 2

TOPIC

Sleep Science & Healthy Habits

Teen sleep needs, circadian rhythm, effects of sleep deprivation on mood, memory, and physical health.

ACTIVITIES

- Sleep diary: students track sleep for one week prior and share observations
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- 'What steals your sleep?' brainstorm (phones, stress, caffeine) with solutions
- Design a personal 'wind-down routine' poster
- Guided 4-7-8 breathing exercise for sleep preparation

Learning outcomes: Self-regulation | Habit-building

Month 3

TOPIC

Fuelling Your Body - Nutrition Basics

Macronutrients, micronutrients, reading food labels, debunking diet culture and fad diets.

ACTIVITIES

- Food label decoding activity: compare two similar snack products
- 'Build a balanced plate' using cut-out food cards
- Myth-busting gallery walk: intermittent fasting, detox teas, superfoods
- Healthy snack sampling + students share a cultural food they love

Learning outcomes: Food literacy | Critical thinking

Month 4

TOPIC

Stress Management & Coping Strategies

Identifying stressors, short- vs. long-term coping, healthy vs. unhealthy responses. Tied to World Mental Health Day (Oct 10).

ACTIVITIES

- Stress thermometer: identify personal stressors and rate intensity
- Coping toolkit stations: journalling, progressive muscle relaxation, mindful colouring
- Group creation of a class 'stress-buster menu' (peer strategies)
- Guided body-scan meditation (10 minutes)

Learning outcomes: Resilience | Mindfulness | Self-care

November
Month 5

Social & Emotional

TOPIC**Healthy Relationships & Communication**

Boundaries, consent, recognising healthy vs. unhealthy relationship patterns, active listening skills.

ACTIVITIES

- Scenario cards: 'Is this relationship healthy?' small-group analysis
- Role-play: practising assertive communication vs. passive/aggressive
- Boundary-setting worksheet: personal, digital, physical
- Active listening pair exercise with reflection

Learning outcomes: Boundaries | Assertiveness | Consent

Month 6

TOPIC**Gratitude, Joy & Preventing Holiday Burnout**

Positive psychology, gratitude science, managing academic pressure and holiday stress simultaneously.

ACTIVITIES

- Gratitude jar: each student writes 3 gratitudes and shares anonymously
- 'Joy menu': list activities that genuinely recharge you
- Vision board for the new year (wellness goals, not just achievements)
- Warm closing circle: one thing you're proud of this semester

Learning outcomes: Gratitude | Reflection | Goal-setting

Month 7

TOPIC**Goal Setting & Time Management for Wellbeing**

SMART goals, time-blocking, balancing academics, social life, hobbies, and rest without burning out.

ACTIVITIES

- Audit your week: time-tracking wheel (how do you actually spend 168 hours?)
- Write 3 SMART wellness goals for the semester
- Prioritisation matrix activity (urgent vs. important)
- Accountability partner pledge: monthly check-in buddy system

Learning outcomes: Planning | Balance | Accountability

February
Month 8

TOPIC

Movement, Exercise & Body Image

Benefits of physical activity for mental health, types of movement, body neutrality vs. body positivity, avoiding over-exercise.

ACTIVITIES

- 5-minute movement snack (yoga stretches, dance break, resistance band) to start
- Discussion: what does exercise feel like fun vs. punishment?
- Media literacy: analysing fitness ads for unrealistic body standards
- Create a 'joyful movement menu': 10 activities they would actually enjoy

Learning outcomes: Body image | Joyful movement

Month 9

TOPIC

Digital Wellness & Screen-Life Balance

Social media's impact on self-esteem, FOMO, cyberbullying, healthy tech habits, and digital detox strategies.

ACTIVITIES

- Screen time audit: check phone reports and discuss what surprised you
- 'Real vs. curated' photo analysis: social media vs. reality
- Design personal 'digital ground rules' (phone-free zones, notification habits)
- 24-hour offline challenge planning + group debrief next session

Learning outcomes: Media literacy | Digital hygiene

INTACH Heritage Skill Club

Annual Planner for Classes IX–XII

Duration: April – January | Meetings: 4 Slots per Month

1. Introduction

The INTACH Heritage Club aims to create awareness among students about India's cultural, natural, and historical heritage. The club encourages students to appreciate and actively participate in heritage conservation activities within their school and community.

2. Objectives

- To develop awareness about India's cultural and historical heritage.
- To encourage appreciation of local heritage sites, traditions, and monuments.
- To involve students in heritage conservation and environmental protection activities.
- To enhance research, creativity, and presentation skills among students.
- To promote responsible citizenship through heritage education.

3. Expected Learning Outcomes

- Students will understand the importance of India's cultural and natural heritage.
- Students will identify local heritage sites and traditions.
- Students will develop awareness about heritage conservation.
- Students will improve research, teamwork, and presentation skills.

4. Major Club Activities

- Heritage quizzes and debates
- Poster making and essay writing competitions
- Research on monuments and cultural traditions
- Heritage walks and local site studies
- Photography and documentation projects
- Exhibitions and presentations

5. Annual Activity Planner (4 Slots per Month)

Month	Slot 1	Slot 2	Slot 3	Slot 4
April	Introduction to INTACH Club	Presentation on Indian Heritage	Identify Local Heritage Sites	Poster: My Heritage
May	Group Discussion on Heritage	Traditional Arts Discussion	Monument Photo Collection	Essay on Heritage
July	Presentation on Historical Monuments	Local Folk Art Study	Traditional Handicrafts	Folk Song & Dance
August	Poster making Competition	Presentation on Freedom Fighters	Patriotic Heritage Poster	Independence Day Activity-

				Documentary making
September	Research on Indian Crafts	Short Movie Making	Heritage Quiz	Mid Term Exam
October	Mid Term Exam	Mid Term Exam	Debate on Heritage Protection	Heritage Awareness Campaign
November	Traditional Food Heritage	Food Heritage Project	Cultural Games	Heritage Quiz
December	Constitution and Heritage	Post Mid Term	Heritage Photography	Nature Walk Trip
January	-----	Heritage Exhibition	Republic Day Heritage Activity	Report Writing

6. Assessment Criteria

- Participation in club activities
- Creativity and originality
- Research and project work
- Presentation and teamwork

MUN Club Annual Planner (2025–26)

Classes IX–XII

Meeting Day: Wednesday (One Slot per Week)

June: Vacation | December onwards: Club Closed

Objectives

- Develop public speaking and debating skills.
- Enhance research and critical thinking abilities.
- Promote awareness of global issues and diplomacy.
- Prepare students for intra-school and inter-school MUN conferences.

July 2025 – Introduction to Model United Nations

Week 1: What is MUN? Structure and Objectives

Week 2: Understanding the United Nations and its Organs

Week 3: Roles of Delegates, Chairs and Secretariat

Week 4: Country Allocation and Basic Research Skills

August 2025 – Research and Documentation

Week 1: Understanding Foreign Policy

Week 2: Position Papers and Background Guides

Week 3: Resolution Writing Basics

Week 4: Research Workshop and Practice Assignment

September 2025 – Public Speaking and Parliamentary Procedure

Week 1: Rules of Procedure and Committee Conduct

Week 2: Opening Speeches and Formal Debate

Week 3: Points, Motions and Caucuses

Week 4: Public Speaking Practice Session

October 2025 – Committee Simulation

Week 1: Mock Committee Session I

Week 2: Draft Resolution Workshop

Week 3: Mock Committee Session II

Week 4: Negotiation and Bloc Formation Activities

November 2025 – Conference Preparation and School MUN

Week 1: Advanced Debate Techniques

Week 2: Full-Length Mock MUN Session

Week 3: School-Level MUN Conference

Week 4: Evaluation, Reflection and Certificate Distribution

December 2025 Onwards

Club Activities Closed

Expected Outcomes

- Improved communication and leadership skills.
- Better understanding of international relations.
- Confidence in public speaking and negotiation.
- Readiness for external MUN conferences.

AI AND IT CLUB SYLLABUS

Theme	Activity	Skills Developed	Output
Club Introduction	Orientation, club goals, AI & IT overview, team formation	Communication, collaboration	Club teams formed
Digital Citizenship	Discussion on cyber safety, digital footprint, responsible AI use	Digital literacy, ethics	Safety pledge poster
AI Basics	Introduction to AI, Machine Learning, Generative AI through videos and demos	AI awareness	AI concept map
Prompt Engineering	Learn how to write effective prompts for AI tools	Critical thinking	Best prompt challenge
Coding Fundamentals	Introduction to Python/Scratch basics	Computational thinking	Simple program
Web Development	Create a basic webpage using HTML	Web design	Personal webpage
Cybersecurity Day	Password security, phishing quiz, cyber awareness games	Security awareness	Cybersecurity quiz results
AI Art & Creativity	Generate AI-based artwork and discuss ethics	Creativity, AI literacy	Digital art gallery

Theme	Activity	Skills Developed	Output
Data & Visualization	Collect simple data and create charts using spreadsheets	Data analysis	Infographic/chart
Robotics & Automation	Explore sensors, automation concepts, or virtual robotics	Engineering thinking	Mini automation model
Mobile App Design	Design a simple app interface using paper or digital tools	UI/UX design	App prototype
AI in Daily Life	Research AI applications in healthcare, education, transport, etc.	Research skills	Group presentation
Coding Challenge	Solve beginner/intermediate coding problems	Logical reasoning	Coding solutions
Game Development	Create a simple game using Scratch or similar platform	Programming, creativity	Playable game
IT Quiz Competition	Quiz on computers, internet, AI, and technology trends	Knowledge enhancement	Quiz leaderboard
AI Ethics Debate	Debate: "Should AI replace human jobs?"	Critical thinking, communication	Debate report
Innovation Workshop	Identify a school/community problem and brainstorm AI/IT solutions	Design thinking	Solution proposal
Project Development	Teams work on AI/IT projects	Teamwork, project management	Project prototype
Project Finalization	Testing, refining, preparing presentations	Problem-solving	Final project
AI & IT Expo	Showcase projects, demonstrations, certificates, reflections	Presentation skills	Club exhibition

Suggested Projects for Days 18–20

Grade	Project Ideas
9	Cyber safety poster, Scratch game, AI art gallery
10	Personal website, chatbot prototype, data dashboard
11	Python calculator, attendance system, app prototype
12	AI-based research project, smart school solution, portfolio website

Weekly Structure

- **Day 1–5:** Foundations of AI and IT
- **Day 6–10:** Hands-on Technology Skills
- **Day 11–15:** Application & Innovation
- **Day 16–20:** Projects, Leadership & Showcase

MONTH	ACTIVITY	SKILL IMPARTED
April/May	Teental-counting	Counting of teental with proper form in Numbers
	Playing--ti-te, ti-ra-ki-ta, Dha	Set the fingers on instruments as proper way
	Some beats on Drum set	Holding style of drum stick, rock beat and soul beat
July	Teental-counting	Counting of teental with proper form in Numbers and wordings in proper style
	Dha dha ti ta, ghe ghe ti ta, dhin	Set the fingers on instruments as proper way
	Playing--ti-te, ti-ra-ki-ta, Dha	Playing it in slow and double speed forms
	Some beats on Drum n Congo	Holding style of drum stick n set the hand on Congo. Playing 2/4 pattern and soul beat
August	Teental-counting	Counting of teental with proper form in Numbers and wordings in proper style in slow n double speed
	Dha Dha Tu Na	Set the fingers on instruments as proper way
	Kayada no.1 in Teental	Set the fingers on instruments as proper way
	Dha dha ti ta-Dha Dha Tu Na	Playing it in slow and double speed forms
	Ta ta ti ta Dha Dha Tu Na	
	Some beats on Drum n Congo	Holding style of drum stick n set the hand on Congo
September	Kayada no.1 and palta	Set the fingers on instruments as proper way
	Dha dha ti ta-Dha Dha Tu Na	Playing it in slow and double speed forms
	Ta ta ti ta Dha Dha Tu Na	
	Playing Teental on tabla	Set the fingers on instruments as proper way
	Dha dhin dhin dha	Playing it in slow and double speed forms
October	Playing Teental on tabla	Set the fingers on instruments as proper way
	With all four parts	Playing it in slow and double speed forms
	Kayada no.2, palta and tihai	Set the fingers on instruments as proper way
	Dha dha ti ra ki ta-Dha Dha Tu Na	Playing it in slow and double speed forms
	Ta ta ti ra ki ta Dha Dha Tu Na	
November	Playing Teental on tabla	Set the fingers on instruments as proper way
	In dugun and chaugun	Playing it in slow double and 4x speed forms
	Sadharan Tihai	Details about tihai about need of play it

MONTH	ACTIVITY	SKILL IMPARTED
	Taal kahrva	Counting of taal kahrva with proper form in Numbers and wordings in proper style
December	Teental and Kahrva taal	Set the fingers on instruments as proper way
		Playing it in slow and double speed forms
	Tihai, tukda, kayda	Difference of these and play in proper form practice
January	Taal kahrva main and variations	Set the fingers on instruments as proper way / Playing it in slow and double speed forms
	Playing Teental on tabla	Set the fingers on instruments as proper way
	In dugun and chaugun with tihai, tukda, kayda	Playing it in slow double and 4x speed forms
February	Taal Dadra	Counting of taal Dadra with proper form in Numbers and wordings in proper style and play on tabla
	Variation of taal dadra, kahrva	Set the fingers on instruments as proper way
	And teental	Playing it in slow double and 4x speed forms
	Use of kayda tukda tihai	

GUITAR CLUB SYLLABUS — SENIOR'S (CLASS 9TH TO 12TH) | SESSION 2026-27

MONTH	TOPIC TO BE COVERED	LEARNING OUTCOMES
April-May	Introduction to tablature / Basic music Theory about Alphabet notation / Staff Notation	Names of the basic notes which comprises the scale
July-August	Practical practice pull off, bend, slide, bend, legato and hammer / Patriotic Song	Strengthening fingers to hold the note. Spirit of Patriotism
September	Examination	
October-November	Basic Major and Minor Bar Chords Progression	Knowledge of how a harmonic progression work in a song context
December-January	Learning different kind of Rhythm like blues and 3/4 / Motivational songs	Basic understanding of different kinds of rhythms used in popular music

Note: Activities may overlap with each other and could also be revised during other sessions. Schedule of activities might shift due to functions and their Preparation conducted in the School.

INDIAN MUSIC VOCAL CLUB SYLLABUS | CLASS 9TH TO 12TH (2026-27)

MONTH	TOPIC TO BE COVERED	LEARNING OUTCOMES
April-May	An introduction to Indian Music System / modern Raag system	Knowledge about rich Indian music tradition / Theory of Raag gayan
July-August	Patriotic songs medley / Assamese song	Spirit of patriotism / Assamese Dialect
September	Examination	
October-November	Jantia song of Meghalaya / Kashmiri song	Meghalaya Dialect / Kashmiri Dialect
December-January	Discussion about Famous Musicians and Musical Instruments	Children will be familiar to great the artists and Instruments / inspiration

Note: Activities may overlap with each other and could also be revised during other sessions.

WESTERN DANCE CLUB SYLLABUS

PHASE 1: FOUNDATION RECONSTRUCTION & ATHLETICISM

Focus: Cleaning up old habits and building the explosive power required for Urban styles.

MONTH	THEME	TECHNICAL FOCUS	LEARNING OUTCOMES
April	The Deep Groove	Advanced "Bounce" and "Rock." Isolating the chest, hips, and head at triple-time speeds	Mastery of core Hip-Hop rhythms and high-speed body control
May	Footwork & Agility	Glides, slides, and complex "House" steps (Heel-toe, Farmer)	Improved lower-body coordination and balance during rapid transitions
June	Power & Freezes	Introduction to basic "Power Moves" (Baby Freeze, Chair, Kick-outs)	Significant increase in upper-body strength and core stability

PHASE 2: URBAN CHOREOGRAPHY & TEXTURES

Focus: Learning to "paint" with movement using speed and intensity.

MONTH	THEME	TECHNICAL FOCUS	LEARNING OUTCOMES
July	Texture & Dynamics	"Staccato" (sharp) vs. "Legato" (fluid) movements within the same 8-count	Ability to switch muscle tension instantly to match music moods
August	Advanced Isolation	"Tutting" (90-degree angles) and "Animation" (robotics/popping)	Precision in micro-movements
September	Urban	Choreographing to lyrics rather	Ability to translate complex

MONTH	THEME	TECHNICAL FOCUS	LEARNING OUTCOMES
	Lyrical	than beats. Focus on emotional storytelling	emotions into movement

PHASE 3: MUSICALITY & FREESTYLE MASTERY

Focus: Breaking away from set choreography to develop individual "DNA."

MONTH	THEME	TECHNICAL FOCUS	LEARNING OUTCOMES
October	Layering the Track	Dancing to the "Ghost notes"—the subtle snares or bass lines usually ignored	Deep auditory analysis and the ability to dance to "silence"
November	Freestyle Concepts	"Threading" (looping limbs) and "Scenery" (using the environment)	Confidence in improvisation without pre-planned steps
December	Battle Etiquette	1v1 and 2v2 mock battles. Learning "Call and Response" techniques	Development of competitive spirit and quick mental processing

PHASE 4: PRODUCTION & PROFESSIONALISM

Focus: Preparing for the stage and the camera.

MONTH	THEME	TECHNICAL FOCUS	LEARNING OUTCOMES
January	Formations & Levels	Using "V-shapes," "Cannons," and switching levels (Floor vs. Air)	Understanding stage geometry and synchronized group dynamics
February	Performance Polish	Focus on eye contact, facial expressions, and "Projecting" energy to the back row	Mastery of stage presence and professional performance ethics
March	Digital Showcase	Recording a "Concept Video." Learning to dance for the camera lens	Understanding "angles" and the technical side of dance production

WESTERN MUSIC CLUB

MONTHLY SYLLABUS (SESSION 2026-2027)

MONTH	TOPICS	LEARNING OBJECTIVES
April	Intro to music and its elements; Rhythm, melody and harmony, form and style, vocal, instrumental	Students will understand Rhythm, melody and harmony, form and style, and vocal, instrumental and ensemble skill development
May	Note value and rest value + God still loves the world	Student will be able to identify note values, rest values and different musical symbols
June	Summer vacation	
July	Notes grouping with rests	The student will be able to hum, and clap on the rhythm of the beat

MONTH	TOPICS	LEARNING OBJECTIVES
August	Notes grouping with syncopation and rest; Intro to staff notation; Harmony; Everybody said (nobody did)	Hum & clap on the beat and feel syncopation groove; Identify notes on the staff; Understand harmony and its 3 types
October	Notes reading + Carols of bell	The student will be able to hum or play simple melody line in the staff and learn a Christmas carol
November	Carols with harmony (altered and parallel) + Carols of bell	The students Learning Christmas carol
December	Caroling in harmony + Carols of bell	The students get to learn and feel the Carol learned in last season in voices
January	Singing in triad + Singing in triad (major and minor)	The students will be able to sing and understand the triad (major and minor)
February	Revision of all songs	Revision
March	Revision of all songs	Revision