



Healthy Minds



Hello User!

Daily target:

90%



Meditation



Mood



Exercise



Walking



Cycling



Running



Add

Stress





Healthy Minds

Login

Resources

Healthy Recipes

90%

Feedback

Privacy



Security

Meditation



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Add

Stress





Student Resources



Kids Healthy Eating Plate 

1. How to Promote Physical Activity at
Your School 

Resource 1

Resource 2

Resource 3

Resource 4



Staff Resources



1 . Teachers to learn digital health
mapping of kids



Maintenance of health among staff members

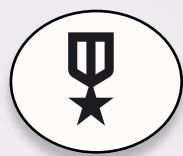


Resource 1

Resource 2

Resource 3

Resource 4



Healthy Recipes

Recipe 1

Recipe 2

Recipe 3

Recipe 4

Recipe 5

Recipe 6

Recipe 7

Recipe 8



Badges



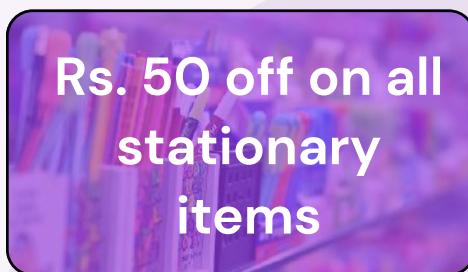
Earn Badges by playing interactive games and completing daily exercise targets . Collect 10 badges in a week to receive coupons for school canteen, stationary, and uniform counter.

You are 4 badges away!

6/10

Coupons:

Rs. 20 off on all canteen products

Rs. 50 off on all stationary items

Rs. 50 off at uniform counter

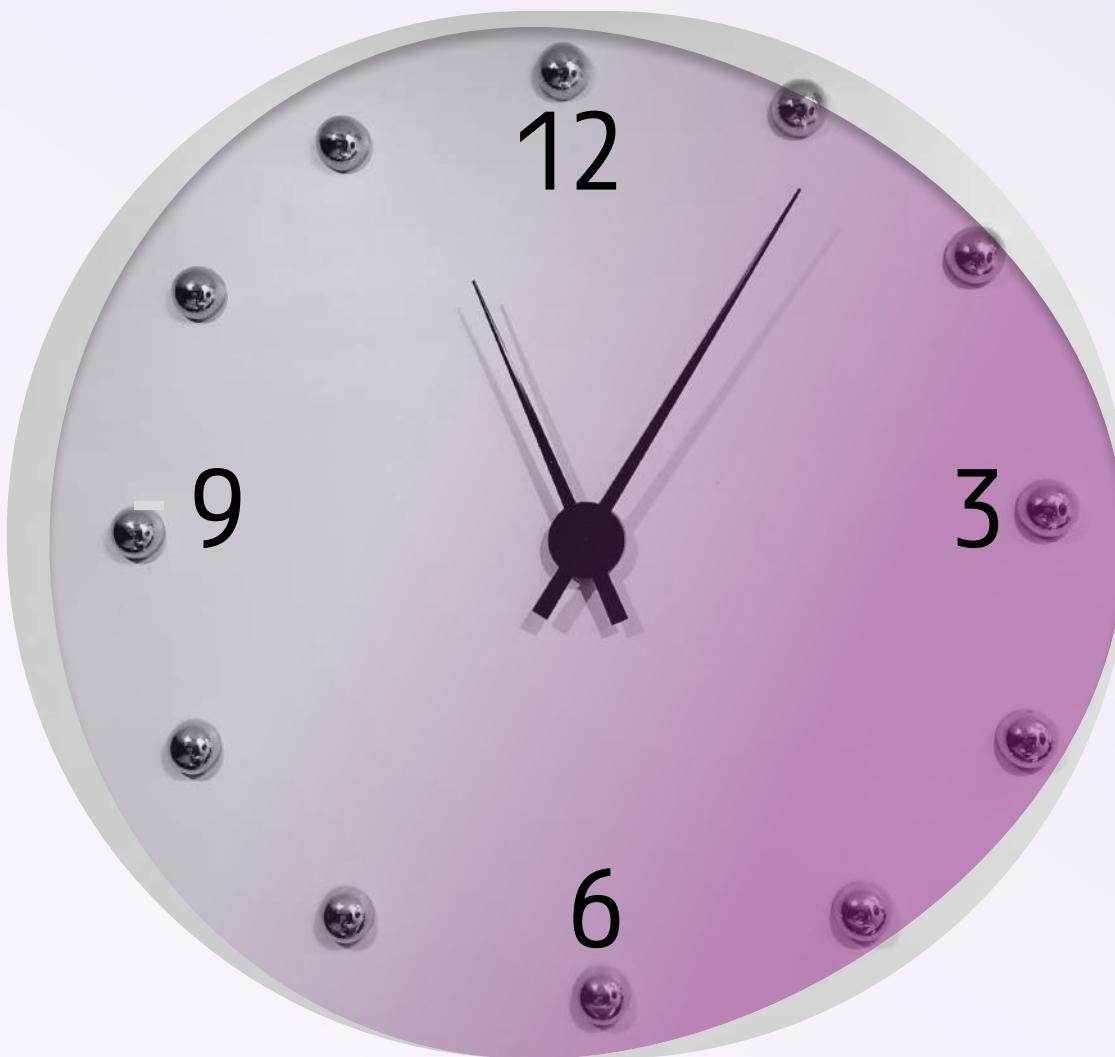
Rs. 30 off on all healthy drinks



Sleep



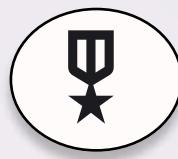
Set your daily sleeping hours:



*Ensure that you try to maintain the mentioned sleeping hours to complete your daily goals



Calorie Intake



Breakfast:

Number of food items:

Total calories:

Lunch:

Number of food items:

Total calories:

Dinner:

Number of food items:

Total calories:

Heart Rate



<



Place your finger on the sensor:



bpm

Save

In case sensor is not provided , you are requested to measure the heart rate using monitors present in fitness smartwatches or oximeter and record the observations.

Game Zone



Quizzes:



Quiz 1



Quiz 2

More..

Games:





Meditation



Add meditation music:



DID YOU KNOW?

For beginners, a common starting point is around 5 to 10 minutes of meditation per session. As people become more experienced and accustomed to meditation, they may extend their sessions to 15, 20, or even 30 minutes or longer.



Mood



DID YOU KNOW?

The act of smiling can trigger the brain to release dopamine and serotonin, chemicals associated with happiness and relaxation. Moreover, when we laugh, our body releases endorphins, which are natural mood-lifters. That's why they say "laughter is the best medicine."





Exercise



< Set target:

Walking: steps

100/2000

Calories burnt:

Cycling: km

1/2

Calories burnt: Duration:

Running: km

1/2

Calories burnt: Duration:

Add :

*Ensure that you try to maintain the mentioned sleeping hours to complete your daily goals



Stress



Low

High

Measure

Breathe

Deep breathing is one of the best ways to lower stress.

Resources



Stress improvement

Posture improvement