

**LUNG CARE
FOUNDATION**



**School Clubs Focused Towards
Cleaner Air & Better Lung Health**



Breathe Easy Stay Tough Club

Overview Plan

What are B.E.S.T Clubs?

A student led movement to:

- Create awareness about Air Pollution and its Health Impacts.
- Promote individual actions for Clean Air.
- Make schools Asthma ready and increase awareness among students.
- Promote better lung health for stronger students.

B.E.S.T Club Annual Plan



Orientation and Training Workshop

- 2 Students & 2 teachers (Leadership Team) to attend a 1-day training workshop organized by Lung Care Foundation to gain knowledge from leading experts.



Setting Up Teams in Schools & Annual Action Plan

- Leadership team to form a team of 20 core members to work on various activities.
- Training of new members by leadership team on B.E.S.T agenda items.
- Ideate and make annual activity plan for B.E.S.T Clubs.



Participate and organise various activities

- Organise minimum 2 Intra-School Competitions.
- Participate in 2 Inter-School Competitions organised by LCF.
- Conduct Asthma training session for school teachers.



Culmination and Felicitation Meet

- Win exciting Titles and Trophies based on your activities & competitions.
- Certificates and recognition for all club members.

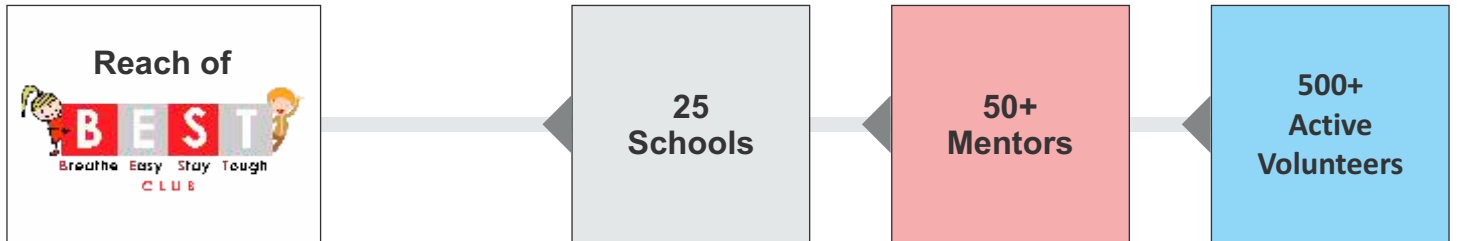
What's in it for Students?

- **Certificates, Letters of Recommendation and Trophies** (for winners).
- **Individual Social Responsibility.**
- Gain **Leadership and Management Skills.**
- Scope for **Creativity and Innovation.**
- Gain expertise in **Communication Skills.**
- Media Exposure.

What's in it for Schools?

- Opportunity to lead by example.
- **National and International Recognition.**
- **Awards and Trophies** for most Impactful and Innovative Clubs.
- Practical **Implementation** of academic learning.

Glimpses of B.E.S.T Club from 2018



Orientation & Training Workshop



Green Drives



Asthma Preparedness in schools



Inter-School Video Competition



No Idling Campaign



Social Innovation Model on Waste Management



Green Diwali



#GlobalClimateStrike for Climate Change



Lung Warriors featured in Media

B.E.S.T Clubs were covered in various national and international media where the students got a chance to raise their voice about issues related to air pollution and health on various platforms.



B.E.S.T Club Partners



Start a **B.E.S.T** Club for *Healthy Happy Lungs*
to
'Breathe Easy, Stay Tough'



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