

International Mud Day

29th June | 2011

The Wonder of Mud (GO MUD)

In Nepalese experience the children have learnt importance of 'Mother Nature' and we've been able to give message to parents and teachers on how important is our nature and help realize them to connect the children with nature-rather than to the screens. We able to raise the awareness about connecting children with nature to local people and it can be extended event in school's children globally. After all we found that the children were very close to nature and started to love the nature.

Following are the Key benefits of Mud:

- Connecting children to the nature and reducing the screen time
- Contains nutrients and various minerals which our body absorbs easily
- The minerals in mud are highly effective for oil absorption and for toning the skin
- Anti-inflammatory agent for skin disorders
- Anti-depressants and a beauty and relaxation tool



After completing all these competition children will be evaluated by health professionals. However, in each evaluation team there will be a participation of children. The results of the completion will be announced during the closing ceremony.



How to Celebrate Mud Day

All the participants, teachers and parents will be gathered in Chitwan district. First of all, a detail instruction will be provided to the children and asked them to participate in the games. A total five Mud Ponds will be available for the children. As we are going the expose the children to the nature we will use the preventive approach rather than more artificial intervention (health testing). However, there will be health clinics and counselors to provide the better services to children's. Following competition will be organized in entire day:

1. Making mud pie
2. Mud art
3. Mud Foot ball
4. Mud Basket Ball
5. Mud race
6. Mud Bath
7. Mud photography
8. Tug-a-war
9. Mud café
10. Mud spa
11. Mud art

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