



A healthy mind resides in a healthy body. Growing children require good nutrition to build healthy bodies and fight diseases. The MBS International School conducted a workshop on Mindful Eating Habits on 2<sup>nd</sup> September 2019 for the students of VI and VII. Through an interactive session, the students understood the role of self-control for better health. They were also explained some guidelines related to healthy eating like- not to eat snacks in between meals, not to skip breakfast, avoid junk food, avoid TVs and phones while eating, eat more vegetables and fruits. They were also taught the importance of listening to their bodies and do the best to stay happy and fit. The workshop was culminated with a befitting activity song on happiness.