REPORT ON WEBINAR CONDUCTED BY SWASHRIT SOCIETY

A webinar was conducted on the topic 'My Breakfast' for classes VI to VIII by Dr. Asha Chhabra from Swashrit Society.

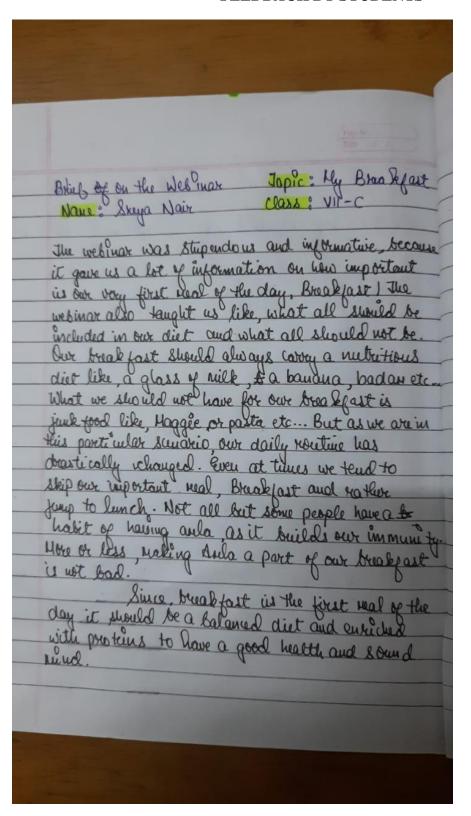
A pre and post survey was taken to assess the knowledge of students about healthy eating and the impact of discussions undertaken during the course of the webinar.

The students were told about the importance of breakfast in determining good health as well as good academic score. They were informed about the various nutrients and the proportion in which they should be consumed the speaker also talked about immunity and how healthy eating can help us deal with Covid 19.

The hour long webinar was informative, encouraging and it engaged the students effectively.



FEEDBACK BY STUDENTS



The was a really interesting & informative actioner the topic was about the effect of Covid-19 in our lives & faily loveakfast noutine which is our first meal of the days we leavent that what is a balanced breakfast & five components important in our meal like vegetables. I fruits, dairy products, wheat, & lagra, dal-& mong dal, fruits, dairy products, wheat, & lagra, dal-& mong dal, wheat & eygs & our meal should contain any the three ment & eygs & our meal should contain any the three of these components & the learner who was conducting the webinar was really freindly & was explaining the the webinar was really conjoyed the webinar & their looks were more than 100+ students & it was about a Thour were more than 100+ students & it was about a Thour