

WORKSHOP FOR STUDENTS

SESSION: 2023-2024

TOPIC: Health & Nutrition

RESOURCE PERSON(S): Ms. Suneyana Grover & Ms. Monika

ORGANISED BY: MBS International School

DAY & DATE: Wednesday, 13 December 2023

DURATION: 1 hour

VENUE: School Auditorium

ATTENDED BY: Class III Students

Objectives –

- To raise awareness about the significance of maintaining a balanced and nutritious diet for overall health and well-being.
- To promote the importance of regular physical activity for physical and mental well-being, emphasizing age-appropriate exercises.
- To raise awareness on the importance of personal hygiene for preventing illnesses.

“Nourish the mind, fuel the body; wellness is the harmony of choices.”

The students of Class III participated in an engaging and educational workshop on Health and Nutrition on Wednesday, 13 December 2023. This workshop served as a wonderful opportunity for young minds to explore and appreciate the importance of maintaining a healthy lifestyle through proper Nutrition and Healthy habits.

Students actively participated in the workshop activities, demonstrating enthusiasm and eagerness to learn about health and nutrition. The interactive nature of the session facilitated a positive learning environment.

Prepared By: Ms. Monika

Submitted By: Ms. Savita Chhillar

Submitted To: Ms. Nandita Sikarwar

Forwarded To HOS

