

WORKSHOP REPORT ON 'HEALTH AND NUTRITION' *'A healthy mind resides in a healthy body.'*

The students of Class V attended a workshop on 'Health and Nutrition' in collaboration with HT PACE on 31st October 2023 in the school auditorium. The resource person, Ms. Mrinali Kharbanda, a nutrition coach and personal trainer, engaged the students by sharing with them the benefits of keeping oneself healthy and active.

The workshop aimed to empower young minds with the knowledge to make the right eating choices. The students were surprised and fascinated to know some interesting food facts. Ms. Mrinali urged the students to opt for home-cooked food over processed food. She motivated them to have a nutritious meal to keep themselves healthy. The workshop provided the students with in-depth knowledge about some vital nutrients that the body needs for growth and overall well-being.

Ms. Mrinali encouraged the students to adopt healthier habits, setting them on a path to a lifetime of wellness. All in all, it was an informative session and the students enjoyed it thoroughly.

