



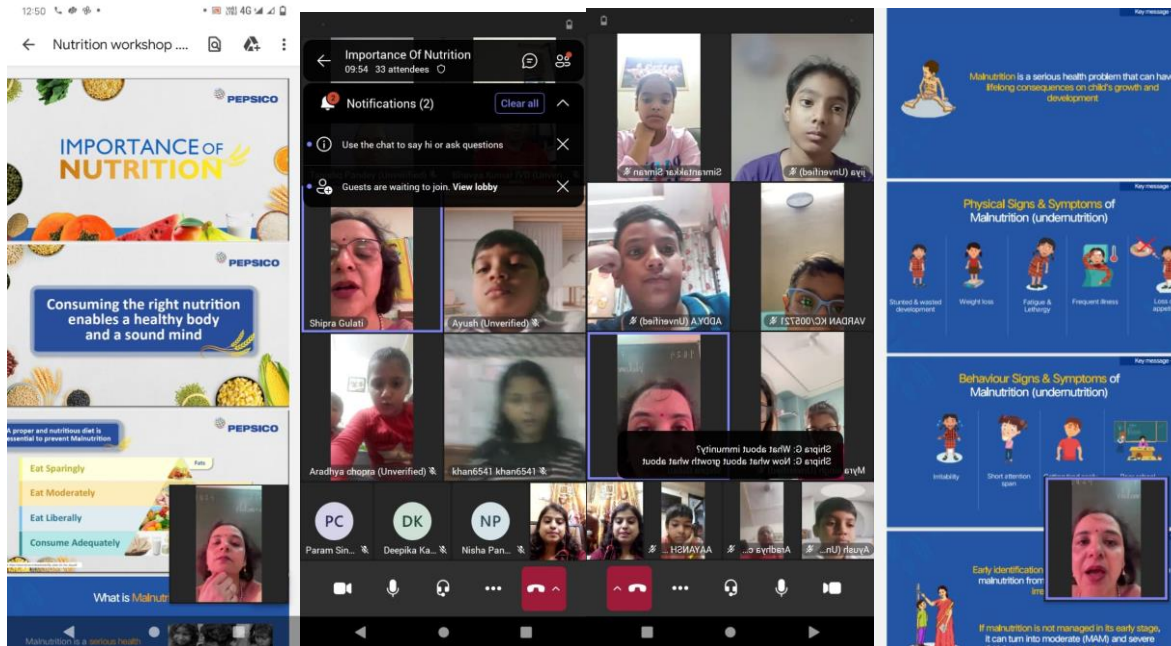
## WORKSHOP REPORT

### IMPORTANCE OF NUTRITION

#### CLASS II TO CLASS VIII

On the 9<sup>th</sup> November, 2024, an online workshop on the topic, “The importance of Nutrition” was conducted by Dr. Asha Chhabra, who is a nutritionist, a diet counsellor and an executor of various health and wellness initiatives, providing support to individuals and communities. The workshop was meant for students and parents from classes II to VIII.

Dr. Chhabra began with a video illustrating the significance of nutrition for children’s proper growth, good health and immunity. She stressed on the fact that our focus should not be on finishing our platter and filling our stomach as this does not ensure proper nutrition. In fact attention needs to be paid on the variety of nutrients included in the diet, i.e. fiber, nuts, dairy, fruits & vegetables, cereals, meat etc. Lack of nutrients like iron, protein, phosphorous, calcium etc. causes deficiency diseases that can hamper our physical as well as mental growth. Thus, being mindful of our diet is of utmost importance. We should take a balanced diet and keep junk food to the minimum.



It was an interesting session that helped to enlighten the children on the importance of healthy eating in order to ensure proper nutrition.

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**Ms. Shalini Agarwal**

**(Principal)**