



REPORT ON WORKSHOP ON "BALANCED DIET AND NUTRITION"

A workshop on "**Balanced Diet and Nutrition**" was conducted on **5th April 2025** in the MP Hall for students of **Classes I to V**, by Resource Person **Ms. Bharati Maran, (Clinical Dietitian)**. She explained the concept of a balanced diet and its importance for the human body. She emphasized the role of healthy eating in staying fit, energetic, and disease-free. Through engaging examples, she highlighted the need to include all food groups—fruits, vegetables, grains, proteins, and dairy—in our daily meals.

The session was interactive, with Ms. Maran asking questions to the students to keep them involved and to check their understanding. The students responded enthusiastically and learned the value of making healthy food choices.

Overall, the workshop was informative and beneficial. The students gained useful knowledge about nutrition and the importance of eating healthy every day.