

Sessions conducted for students on 1st May 2024

Kindergarten Session on “**Good habits for good health**”

Instilling good habits in children is crucial for their immediate well-being and plays a pivotal role in determining their long-term health and lifestyle choices. Developing these habits early sets a foundation for a healthier life, making it easier for children to maintain these habits as they grow up. Keeping in mind the importance of maintaining good health, the students of the Kindergarten had a session on “**Good habits for good health**” by **Dr. Suja Pradeep**. The session was interactive, creative and thought provoking. The session served as catalyst for our little tiny tots to maintain good habits that would lead to a life time of good health and well-being.



Classes I - III Session on “**Good Eating Habits**”

Early childhood is a prime time for habit formation. Establishing good eating habits in students is essential as it impacts their physical health, cognitive development, academic performance, and emotional well-being. The students of classes I to III were enlightened on the importance of good eating habits through a informative, simple and interactive session.



Classes IV & V "Session on Importance of Balanced diet"

Eating well isn't just about not feeling hungry; it's about giving the body all the different types of food it needs to build energy, help one to grow strong and smart! A session on the " Importance of balanced diet" was organized for the students of classes 4 and 5 . The students were made aware of how balanced diet is essential for proper growth and development, disease prevention, weight management , mental health and over all well being .

