

NATIONAL NUTRITION WEEK CELEBRATION

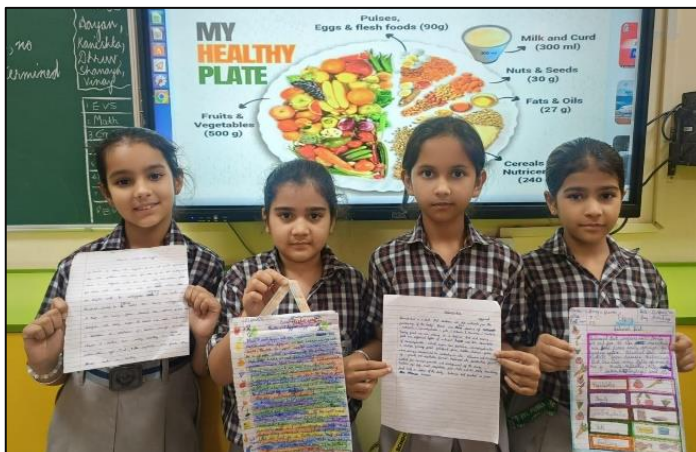
The **National Nutrition Week** was celebrated with great enthusiasm at **ITL Public School** between **1-7 September 2025** to create awareness about healthy eating habits and the importance of a balanced diet. A series of engaging activities were conducted for Classes III to V, ensuring joyful learning and meaningful participation.

To initiate the celebration, the **teachers staged a Nukkad Natak** highlighting the goals of *Nutrition week*, a nationwide campaign under *Poshan Abhiyaan*. The act used humour and emotions to convey strong messages about holistic nutrition, balanced diets, and healthy lifestyle habits. The performance successfully sensitized students about making wise food choices and understanding the value of nutrition.

Class-wise Activities:

- **Class III:**
Students attempted a worksheet-based *Nutrition Quiz*, which helped them recall important facts about nutritious food, healthy habits, and the benefits of eating right.
- **Class IV:**
Students made a *Nutrition Week Themed Poster* in their art files. To make the experience richer, parents were invited to the classroom to narrate stories on the *importance of nutrition*. This collaboration strengthened school-home partnership and made the session lively and memorable.
- **Class V:**
Students expressed their thoughts by writing an *essay on Nutrition, Balanced Diet, or Health & Hygiene*. The activity encouraged them to think independently, reflect on their daily eating habits, and share ways to stay healthy.

The week-long celebration succeeded in creating awareness among students and motivating them to adopt healthy eating practices. Through creative expression, parental involvement, and interactive activities, the message of **“Good Nutrition, Good Life”** was effectively delivered.





Nukkad Natak

