

Celebrations of the International year of Millets 2023

To create awareness regarding the importance of millets, the school celebrated International Year of Millets 2023 NY under Pradhan Mantri Poshan Shakti Nirman by conducting various activities for the students of Classes VI to XII.

In the month of November the students were involved in activities like slogan writing (for students of classes VI to VIII) and poster making (for students of classes IX to XII) which were digitally organized. The activities were based on a wide variety of health related topics such as balanced diet, dwarfism, malnutrition, anemia, etc. In the month of December poetry composition (for students of classes VI to VIII) and debate competition (for students of classes IX to XII) were also organized. The students expressed their creative ideas on the topic 'Myths related to healthy nutrition'. The students participated with great enthusiasm and zeal. The teachers delivered talks in their respective online sessions and shared the following key points with the students:

- Importance of Millets
- Value of healthy and balanced diet
- Malnutrition and its impact on society
- Healthy food habits
- Harmful effects of junk foods

The event was conducted on the vision of SDGs shared by UNESCO wherein the students gained knowledge regarding healthy eating habits and uncovered various myths related to the same.





