

SESSION ON MALNUTRITION

At Gems International School, Gurugram

Mode: Offline

Date: July 23

No. Of Participants- 120

Team Enactus hosted a highly impactful awareness session for students focused on the critical issue of malnutrition. Collaborating with Zomato's Feeding India Campaign, our goal was to educate and raise awareness among young minds about the importance of balanced nutrition. The session included a variety of interactive games and engaging educational discussions that emphasized essential nutrients such as fats, carbohydrates, proteins, vitamins, and minerals. These activities helped students understand the role of each nutrient in maintaining a healthy body and mind, as well as the detrimental effects of malnutrition.

The event saw enthusiastic participation from students, who actively engaged in the games and discussions. These activities not only made the learning process enjoyable but also underscored the importance of making informed dietary choices. The collaboration with Zomato's Feeding India Campaign significantly enhanced the session, providing students with real-world insights into the ongoing efforts to combat malnutrition on a larger scale. Overall, the awareness session at Gems International School effectively deepened students' understanding of nutrition, empowering them to make healthier choices for their future.

