



SEPTEMBER 1ST – 7TH 2015

The Nutrition Week in the first week of September brought forward the initiation of eating right in most children. Basis on the different sources of food and the amount of nutrition they supply, most children student to the simple diet chart given by the teachers. A motivational speech by the nutritionist Dr. Vanitha about maintaining a healthy diet and avoiding junk food was very informative. The Doctors of Telengana Association of Physiotherapists assessed the Body Mass Index (BMS) of the students in class VII and VIII. The importance of exercise and meditation in one's life was emphasized upon to lead healthy and happy life. Various competitions for different classes were organized and certificates and medals were distributed for the winners of the competition.



Eat Right!