



## 2019-2020

**Name of the Department/Society:** National Service Scheme

**Name of the Event 15:** Awareness Session at school

**Date of the Event:** 6<sup>th</sup> September, 2019

Entrapped in our hectic lives and busy schedules, we often fail to notice that health and well-being are our greatest assets. Hence, we at N.S.S. Hansraj try to generate public awareness about the importance of a healthy lifestyle. And what better place to spread this message than a school full of young minds! Hence, to create awareness about inculcating healthy eating habits among the students, N.S.S. Hansraj organised an interactive session for the students of Government Boys Senior Secondary School, Roop Nagar on September 06, 2019 in the light of the "Nutrition Week" observed by N.S.S. Hansraj. The students firstly took an oath to take up healthy food choices. This was followed by a thought provoking lecture by the NSS volunteers on "Importance of Nutrition" highlighting the various benefits of consuming nutrition rich food. The School Canteen was also requested to introduce balanced, nutritious food options as well as discourage students from buying products with high fat and sugar contents. The event was overall an enlightening and inspirational one.

