



2021-2022

Name of the Department/Society: National Service Scheme

Name of the Event 51: NUTRITION IN ADOLESCENCE

Date of the Event: 9th April 2022

There are approximately one billion adolescents worldwide, and their ability to deal with the hardships of growing up will be an essential factor in determining whether humanity can meet the challenges of the next century.

With this thought in our mind, we at NSS Hansraj successfully organized a session under Poshan Pakhwada on “Nutrition in Adolescence” in which Class 9th students of Govt Sarvodaya Bal Vidyalaya, Roshanara Road participated. Numerous tumultuous questions and a plethora of eye-opening topics were discussed, ranging from body shaming to malnutrition.

From problems of overweight and underweight in adolescence to the relative vitality of exercise and proper unadulterated nutrition, all formed the major component of our discussion. The session was marked by the spirited participation of attendees. It was indeed an insightful and interactive one where volunteers shared their personal experiences and students had their varied doubts and queries resolved by the end.

