



2021-2022

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

Name of the Event 48: BMI CALCULATION

Date of the Event: 4th April 2022

On 4th April 2022, NSS Hansraj organized a session under 'Poshan Pakhwada' for all the students under our educational wing, Padhaku. This session was organized to get the kids acquainted with what a balanced diet actually is and its essentials.

Furthermore, light was drawn upon the well-known health indicator called BMI (Body Mass Index). The BMI of all the students was also calculated to engage them even more into the learning process.

They were also taught about the relative vitality of effective nutrition habits and the perks of leading a healthy lifestyle. Thereafter, the BMI of all our dedicated NSS volunteers was also calculated. The event concluded with ample participation from the students as well as the volunteers, making it a complete success.





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