



Health And Fitness Coach Visit

Date : 25/ 04/ 2023

“ It is health that is real wealth and not pieces of gold and silver.”

By acquiring health-related knowledge, values, skills and practices, children can be empowered to pursue a healthy life and to get a healthy life they need to have a balanced diet instead of having junk and packaged food.

To inculcate healthy food habits in our **Jr.KG students**, we invited **Ms. Swarnali Manna - Health & Fitness Coach, Arogyam Nutrition Center Mundra as a guest speaker**. She visited the students during their break time and guided them regarding the importance of ‘Balanced Diet’ and its relation with their physical growth. All the students interacted well with her. Our Principal - Dr. Mayur Patadia, felicitated her with a memento.



