

REPORT

EAT RIGHT CARNIVAL AT MOUNT ABU PUBLIC SCHOOL, ROHINI, DELHI

The school organized the mega event of Eat Right Carnival on 20th January 2019 with an objective to sensitize all stakeholders and community at large about the significance of right eating habits and healthy lifestyle . The event witnessed the august presence of High Commissioner for Sri Lanka in India His Excellency Mr. Austin Fernando, and ,Madam Madhavi Das, Executive Director, FSSAI, India along with eminent dignitaries and distinguished educationists. The event began with ceremonial lamp lighting followed by invocation to lord Shiva and various cultural performances highlighting the significance of eating nutritious food.

The event also witnessed different exhibits of different themes like HEALTHY MENU FOR KIDS ,EAT THE BEST LEAVE REST ,EAT PULSES FOR HEALTHY PULSE,DENTAL HYGIENE,BE ORGANIC BE HEALTHY,HEALTHY VS UNHEALTHY,TEST YOUR PLATE ,ART AND CREATIVITY, EAT WELL LIVE WELL ,BALANCE YOUR WAY TO KICKSTART YOUR DAY ,SMART CONSUMERS + SELFIE STAND ,SAFE FOOD + HEALTHY EATING ,HEALTHY HABITS/ BE ACTIVE ,REDUCE FAT SUGAR & SALT ,THE RIGHT BITE,REWRAP YOUR SCRAP and HEALTHY- UNHEALTHY and many more all

highlighting the dire need to realize the nutritional value of the diet taken for a healthy body and mind. The students from Class I –VIII also presented Ramp Show and Ballet ,all centered on the idea of having healthy lifestyle through Yoga and other forms of spiritual upliftment. The eminent dignitaries addressed the gathering and appreciated the effort of the students in presenting the grand show that inspired all to think about eating healthy and right food. Honorable guest Madam Madhavi Das emphasized on the importance of eating fortified food and administered the oath declaring the habit of eating food with less sugar and less salt and encouraged all to lead a healthy life through inculcating healthy habits both for mind and body .She also focused upon the need for eating nutritious food for a successful living. The Principal showed her gratitude to the eminent dignitaries for their benign presence and appreciated the students for the spectacular show. The whole idea was to involve students into deep thinking of right kind of food for their physical, mental and spiritual growth which ultimately makes life more meaningful for individual and society.