



## Gyan Bharati School Saket

**Name of the event:** Poshan Saptah

**Dates:** 10th Oct to 14th Oct'22

**Classes:** Nursery & KG

**Reflections:** The Pre -primary Department of Gyan Bharati School celebrated '**Poshan Saptah**' from **10th October to 14th October 2022** to appreciate the varied healthy food items Mother Nature has bestowed on us and to inculcate the habit of eating healthy. Children were exposed to multitudes of activities on personal hygiene, importance of physical exercise and mindful eating habits. **A special Mother/Child program on culinary art** (how to dress a refreshing salad plate) was conducted. Preparing and sharing food is a fun way for children to learn that sharing is caring.

