



D.A.V. PUBLIC SCHOOL

19, Sitaram Nagar, Velachery, Chennai – 42

Nutrition isn't just about eating. It's about learning to live.' - Patricia Crompton.

D.A.V Public School, Chennai involved students in a plethora of activities to commemorate ' Poshan Maah ' or Nutrition Month.

All students enthusiastically took the ' Poshan Pledge ', imbibing the need to eat healthy and nutritious food. The school has declared the entire month as ' No Junk Food Month' as an initiative to wean away from unhealthy eating.

Interesting debates and essay writing competitions were conducted to brainstorm about nutritious diet.

The students were highly motivated to keep away from junk food and start healthy eating as a means of fulfilling SDG 3 - Good Health and Well being.

