

EVENT REPORT ON VISIT TO MUNIRABAD GOVT SCHOOL

Date of the Event : 05-01-2024

Venue : MUNIRABAD

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 10

Description of the Event : On 05-01-2024, the NSS volunteers from the IT Department visited Munirabad Government School and conducted an awareness session on health and nutrition. The volunteers educated students about common vitamin deficiencies and their effects on overall health. They explained the importance of a balanced diet and the role of essential nutrients in maintaining physical and mental well-being. The session highlighted sources of key vitamins such as Vitamins A, B, C, and D, along with simple and affordable food items that help prevent deficiencies. Through interactive questions and real-life examples, the volunteers made the session engaging and easy to understand. Students actively participated, asked questions, and clarified their doubts about healthy eating habits. The programme concluded with practical guidance on personal hygiene and adopting nutritious food practices in daily life.



Signature of Program Officer



Signature of Head