**Poshan Pakhwada Celebration at Don Bosco Senior Secondary School, Nerul**

**By Tr. Debjani Bhattacharya**

Don Bosco Senior Secondary School, Nerul, enthusiastically celebrated **Poshan Pakhwada** with the aim of promoting the theme: **“Fighting Childhood Obesity Through a Healthy Lifestyle.”**

The fortnight-long celebration was marked by a series of interactive, engaging, and educational activities designed to raise awareness about healthy eating habits and overall well-being among students.

Students actively participated in various events such as:

* **Discussions** on the importance of balanced diets and nutritional choices.
* **Debates** on modern lifestyle habits versus traditional practices.
* **Quiz competitions** testing students’ knowledge of food, fitness, and health facts.
* **Audio-Video Presentations** were showcased on topics related to healthy living, balanced nutrition, the impact of junk food, and the importance of physical activity.
* **Case study analysis** on real-life scenarios related to childhood obesity.
* **Creative Activities** like *Poster Making* and designing a *Weekly Health Tracker* to promote healthy routines.

A special highlight of the celebration was the **interactive session** conducted by guest speaker **Ms. Liza Faiyaz Petkar** for students, parents, and teachers of Classes III to V. Her session, titled **“Good Food”**, was well-received for being relatable, engaging, and thought-provoking.

Ms. Petkar emphasized the importance of mindful eating and helped everyone understand that obesity is not just about weight, but also about making better choices—*what you eat, when you eat, and how much you eat.* The session encouraged families to reflect on their daily habits and inspired positive lifestyle changes.

The Poshan Pakhwada celebration at Don Bosco was not only informative but also a meaningful step towards nurturing healthier minds and bodies, starting from a young age.

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