

# हंसराज महाविद्यालय

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**NAAC ACCREDITED 'A++' GRADE COLLEGE**

**2022-2023**

## Enactus Hansraj

### NUTRITIONAL WELLNESS AND HEALTHY LIFESTYLE DRIVE

**Date:** 15th April,  
2023 **Community:**

**Children**

**Participants:**

Shatakshi Singh, Prayag Sao, Purvi Handa, Aarjav Jain, Shivani Kundu, Hemkesh Sharma,  
Sandeep, Vidhi Dhar, Vikas Pandey



**Introduction:**

Enactus embarked on a meaningful outreach drive targeting underprivileged children to educate them about the importance of nutrition and overall wellness. The following report summarizes the activities and outcomes of this enriching initiative.

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### Session Highlights:

**Interactive Nutrition Session:** The drive began with an engaging session to educate the children about the significance of nutrition in their lives. Through interactive discussions and visual aids, we conveyed the importance of healthy eating habits. The children actively participated and showed a keen interest in learning.

**Fun and Educative Yoga Session:** Following the nutrition session, we organized a fun and educational yoga session. Our volunteers led the yoga exercises, and the enthusiastic kids eagerly followed suit. This activity aimed to promote physical fitness and mindfulness among the children.

**Distribution of Nutritious Peanut Packs:** After the yoga session, we distributed healthy and nutritious peanut packs to each child. Witnessing the joy and happiness on their faces as they received these nutritious snacks was heartwarming and motivated us to continue our efforts for the community.

**Educational Game on Healthy Foods:** To reinforce the concept of healthy eating, we organized a game that taught the children the difference between healthy and unhealthy foods. This interactive activity made learning about nutrition enjoyable and memorable.

**Sprout-Making Demonstration:** As the saying goes, "If you teach a person how to fish, you feed them for life." Following this principle, we demonstrated how to make sprouts, a nutritious snack that the children could prepare themselves. This hands-on experience empowered them to make healthier food choices.

**Yoga Competition and Healthy Treats:** The drive concluded with a yoga competition, where participants showcased their newfound yoga skills. The winners were rewarded with healthy popcorns, reinforcing the idea that wellness can be both fun and rewarding.