

REPORT ON WEBINAR CONDUCTED BY SWASHRIT SOCIETY

A webinar was conducted on the topic 'My Breakfast' for classes VI to VIII by Dr. Asha Chhabra from Swashrit Society.

A pre and post survey was taken to assess the knowledge of students about healthy eating and the impact of discussions undertaken during the course of the webinar.

The students were told about the importance of breakfast in determining good health as well as good academic score. They were informed about the various nutrients and the proportion in which they should be consumed. The speaker also talked about immunity and how healthy eating can help us deal with Covid 19.

The hour long webinar was informative, encouraging and it engaged the students effectively.



FEEDBACK BY STUDENTS

Brief of on the Webinar
Name: Sneha Nair

Topic: My Breakfast
Class: VII-C

The webinar was stupendous and informative, because it gave us a lot of information on how important is our very first meal of the day, Breakfast! The webinar also taught us like, what all should be included in our diet and what all should not be. Our breakfast should always carry a nutritious diet like, a glass of milk, a banana, badam etc... What we should not have for our breakfast is junk food like, Maggie or pasta etc... But as we are in this particular scenario, our daily routine has drastically changed. Even at times we tend to skip our important meal, Breakfast and rather jump to lunch. Not all but some people have a habit of having amla, as it builds our immunity. More or less, making amla a part of our breakfast is not bad.

Since, breakfast is the first meal of the day it should be a balanced diet and enriched with proteins to have a good health and sound mind.

My Breakfast

It was a really interesting & informative webinar the topic was about the effect of Covid-19 in our lives & daily breakfast routine which is our first meal of the day. We learnt that what is a balanced breakfast & five components important in our meal like vegetables & fruits, dairy products, wheat & bajra, dal & mung dal, meat & eggs & our meal should contain any ~~the~~ three of these components & the teacher who was conducting the webinar was really friendly & was explaining the topic really well. I really enjoyed the webinar & there were more than 100+ students & it was about a 1 hour webinar. At last ma'am cleared everyone doubt & we left the webinar.