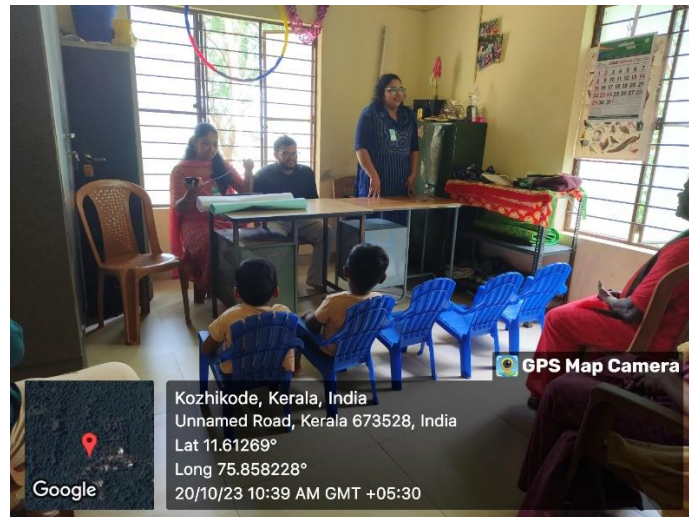


REPORT ON HEALTH EDUCATION CLASS

On October 20, 2023, a health education class focusing on the importance of a balanced diet took place at Mudukkad Seethappara Anganwadi, Chakkittappara 6th ward



Dr. Amal delivered a health education class covering crucial aspects such as essential nutrients, food groups, portion control, and the broader impact of dietary habits on overall health.



The class was enriched by the active participation of Dr. Swati, Dr. Rohith, Dr. Amal, and Mrs. Anushree.



To enhance the learning experience, charts were incorporated into the presentation, offering a representation of diverse food groups, portion sizes, and their nutritional significance.

The event was not only educational but also visually engaging, fostering a deeper understanding of the crucial role a balanced diet plays in promoting well-being.

