SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)
OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST
(Affiliated to the University of Madras and Accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

Sensitization Program on "Healthy Eating Habits & Bully Prevention"

Event Title	Sensitization Program On "Healthy eating habits & Bully prevention"
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social work & Unnat Bharat Abhiyan Cell
Date	31/01/2025
No. of Resource Person	NIL
No. of Participants	15

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REPORT

On 31st January 2025, an awareness program was conducted at Palur Primary School for girls in 1st to 5th grade. The primary goal of the program was to educate the children on the importance of healthy eating habits, the difference between healthy and unhealthy foods, and how to prevent bullying. The session was interactive, engaging, and full of fun learning activities aimed at creating awareness and building positive behaviors among the children. The program began with the volunteers introducing themselves to the students. We started the session by teaching phonetics to help enhance the children's learning and language skills. The children actively participated and showed keen interest in the session. We then shifted the focus to educating the children about healthy and unhealthy foods. We used simple, relatable examples to make the topic easier for the children to understand. The importance of balanced nutrition and making healthy choices was emphasized. To make the session more interactive and fun, we conducted an ice-breaking game titled "Thumbs Up." In this game, we showed images of different foods, and the children were asked to give a thumbs up if the food was healthy and thumbs down if the food was unhealthy. The children enthusiastically participated, and it helped reinforce their understanding of healthy eating habits.

Following the food-related session, we introduced the topic of bully prevention. The children were educated about the importance of kindness, respect, and how to stand up against bullying. The session was designed to empower the children to create a positive and supportive school environment. To keep the children engaged and encourage teamwork, we divided them into five groups. Each group was given a set of numbered papers, and they had to work together to find the correct numbers. The children enjoyed the activity and showed great enthusiasm throughout. This activity not only encouraged teamwork but also helped improve their problem-solving skills. At the end of the program, the children were given pencils as a token of appreciation for their active participation. The gift served as a reminder

of the lessons learned during the session. The session concluded with a group photo to capture the memories of the event.

PHOTOS

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LIST OF VOLUNTEERS

1.Avanthika
2.Brigith Sugirtha
3.Jenushiya Jenifer
4.Nandhini
5.Nila
6.Sabitha
7.Swathi
8.Tamilarasi