

**Campus**

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PARENTAL CIRCULAR**14th December, 2018****DPS/PAT/PC/35/18-19**

Dear Parents

Bodily health is valued highly by all. That “Health is Wealth” is true in more than one sense. We all understand the importance of a balanced diet to a child’s development and growth. But, we need to create healthy eating habits and instill an early appreciation of different foods at an early age.

Inclusion of suggested weekly menu in our almanacs few years back was a small step in this direction. We know that at study time the brain and energy have to be 100% so that students perform with all their ability; and eating habits are a fundamental pillar.

Food Safety and Standards Authority of India (FSSAI) has come up with a nationwide event to unleash creative talent of young people to engage, excite and enable them to inculcate healthy dietary habits. The event is being held as a part of celebrations of 150th year of Mahatma Gandhi’s birth anniversary.

The events will be based on following themes-

- Gandhiji and his thoughts on Food, nutrition and cleanliness
- No food waste
- Aaj se thoda kam (choose healthy diets by consuming food with less fat, sugar and salt) and choosing diets and trying new foods (food courage)
- Eat safe food with special focus on hygiene, sanitation and safety
- Eat fortified food to address serious micronutrients deficiencies in our citizens

For students (Classes I-IX & XI), school shall be conducting in-house **Poster Making Competition** on **10 January 2019**.

We are glad to inform you, that as an individual (Student/ Parent) you can participate in the event mentioned below.

Digital Creative - The event is meant for individuals who are amateur as well as professional artists, students of fine arts, mass communication, graphic design, nutrition & home science, food science and technology, digital designers, painters, video artists, movie makers or any creatively inclined individual are all eligible for this category of awards.

Creative work in this category may include any of the following - digital posters, illustrated photograph, short video clips, GIFs, jingles, short stories, short cartoon clip or use of any creative medium.

Registration for this event has to be completed by the individual. For further details refer <https://fssai.gov.in/CreativityChallenge/>

With regards

Sd/-

B. Vinod

Principal