

## NUTRITION DAY

" A healthy mind resides in a healthy body".

'Nutrition Day' was celebrated in Mamta Modern Sr. Sec. School on 1 September 2017. A special assembly was organized by the students of class V. It was an endeavour to make health and well being as an integral part of a student's life. The programme included poem, song, dance and a skit depicting the importance of healthy food. The programme was informative and entertaining. It concluded with a motivational speech by the Principal, Ms. Pallavi Sharma.

