

## **A M SHAIKH HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL BELGAUM**

### **DEPARTMENT OF PAEDIATRICS**

An awareness lecture on healthy diet & nutrition was organised at Zain English Medium school, Auto nagar Belagavi under the guidance of Dr Nahida M Mulla; Professor & HOD Paediatrics.

All the Students were explained about the importance of healthy diet & nutrition.

A healthy diet and proper nutrition ensures that school-going children grow and develop to their full potential. It supports not only their physical health but also their academic performance, emotional well-being, and social interactions. Here are the primary reasons why it is required:

1. Supports Optimal Physical Growth
2. Boosts Brain Development and Academic Performance
3. Provides Energy for an Active Lifestyle
4. Strengthens Immunity
5. Prevents Malnutrition and Obesity
6. Enhances Emotional Well-Being
7. Improves Sleep Quality
8. Builds Long-Term Healthy Habits
9. Prevents Nutritional Deficiencies
10. Encourages Social and Mental Confidence

All the students were examined by the team of doctors Dr Nahida, Dr Arnold Dr. Suman, Dr. Spoorthi, Dr Simran & Dr Arshiya.

