

Shivalik Public School, Mohali (Phase 6) Organizes Healthy Tiffin Activity to Support Student Wellness

Date: July 26, 2025 | Location: Mohali

On 26th July 2025, Shivalik Public School, Mohali (Phase 6) conducted a Healthy Tiffin Activity aimed at promoting better food choices among students. This initiative was designed to encourage the inclusion of complex carbohydrates and low glycemic index foods in students' meals, while discouraging the consumption of junk food and added sugars.



The objective of the activity was to raise awareness about the role of nutrition in preventing early lifestyle diseases such as obesity and diabetes, which are increasingly affecting school-going children. The initiative encouraged students to adopt balanced eating habits that contribute to steady energy levels and long-term health.

This effort is in line with recent steps taken by India's two major education boards—the Central Board of Secondary Education (CBSE) and the Council for the Indian School Certificate Examinations (CISCE)—which have launched programs promoting physical activity and nutrition as essential components of school education. These measures address the growing concern over children's health and emphasize the need for regular wellness practices from an early age.

By organizing such health-oriented activities, Shivalik Public School reaffirms its commitment to fostering a healthy lifestyle and nutritional awareness among its students, supporting national efforts to combat diet-related health issues in youth.