



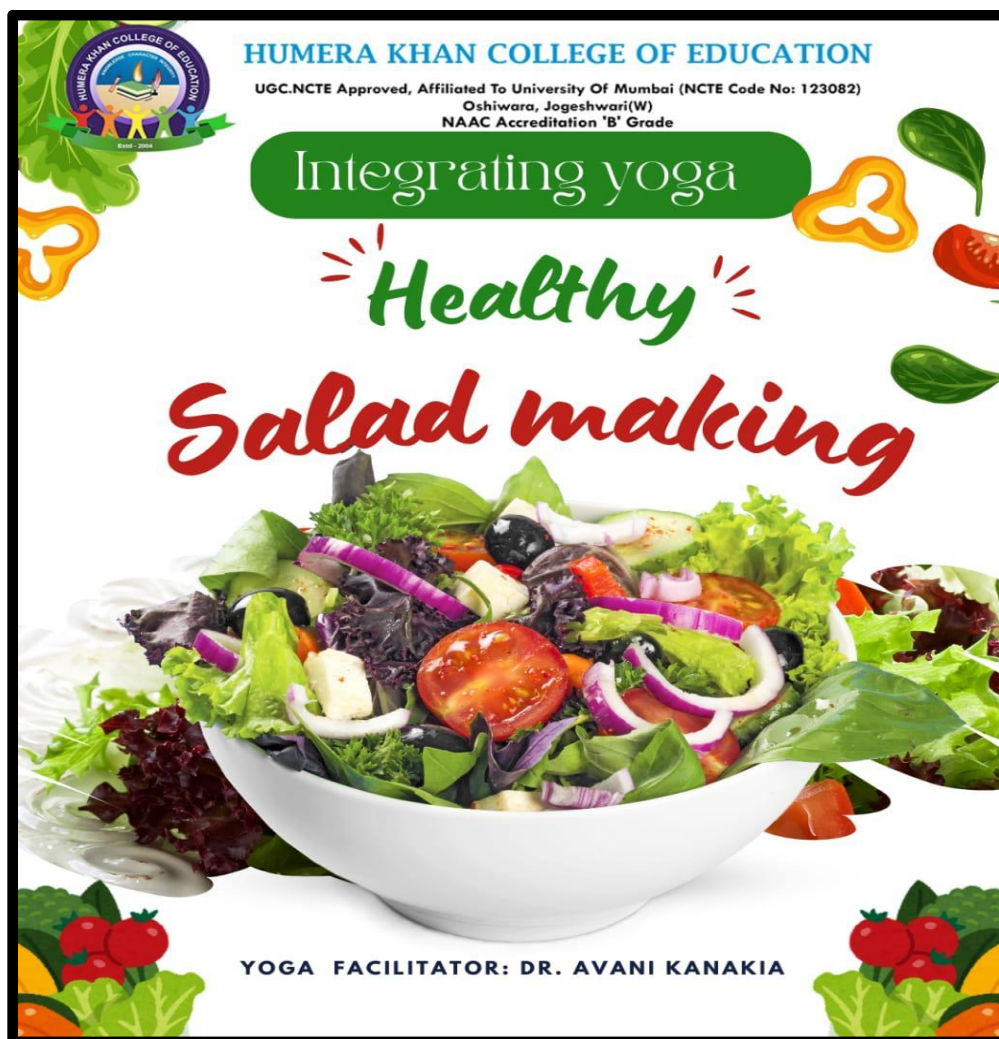
MAHARASHTRA EDUCATIONAL SOCIETY'S  
**HUMERA KHAN COLLEGE OF EDUCATION**

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## Report on Healthy Salad Making Activity



**Venue:**HKCE classroom

**Date:**25/04/2025

**Theme:** Integrating Yoga through Healthy Eating

**Principal:**Dr.Masarrat Saheb Ali Ma'am

**Facilitator:** Dr. Avani Kanakia Ma'am

### **Introduction:**

As part of the initiative to promote health and wellness, Humera Khan College of Education organized a **Healthy Salad Making activity** under the theme “**Integrating Yoga.**” This event aimed to encourage healthy eating habits among students in alignment with the principles of yoga and overall well-being.

### **Objective:**

- To promote the importance of healthy eating.
- To integrate yoga with practical lifestyle choices.
- To enhance students’ awareness about nutrition and wellness.

### **Significance:**

In today's fast-paced life, students often neglect healthy eating. This activity highlighted the importance of nutrition in maintaining physical and mental health. By preparing salads using fresh, home-brought ingredients, students learned to make quick, healthy meals while understanding the direct link between food and overall wellness. It also fostered creativity, self-awareness, and mindfulness—core aspects of yoga.

### **Description of the Activity:**

Participants brought various fresh ingredients from home and assembled at college to prepare nutritious salads. Students worked creatively to prepare their salads and presented them in front of faculty members, explaining the ingredients used, their nutritional value, and health benefits.

The event was interactive and informative. Faculty members appreciated the effort, tasted the salads, and praised the creativity and health-conscious approach of the students. At the end of the session, participation certificates were distributed, adding to the motivation and enthusiasm of the students.

### Learning Outcomes:

- Students understood the importance of balanced, healthy eating.
- They developed presentation and communication skills by explaining the benefits of their salads.
- The event encouraged a hands-on approach to adopting a healthier lifestyle.

The Healthy Salad Making activity was a successful and refreshing event that combined fun, learning, and awareness about nutrition and wellness.







*Thank You*