



National Public School, Kengeri, Bengaluru

Report on Orientation programme

“Health and Nutrition for Young Athletes”



Health and nutrition are fundamental aspects of human well-being. Nutrition science is the study of how nourishment affects health. A healthy diet is essential for good health and nutrition

National Public School, Kengeri, hosted an informative orientation session on ‘Health and Nutrition for young athletes’, on 28th February 2025. The session was conducted by renowned sports nutritionist Ms. Advika Manya Mandala from Uthkrushta Sports and Events. The event aimed to educate students, parents, and faculties about the importance of maintaining a balanced diet to support athletic performance and overall health.

Ms. Advika emphasized the significance of a proper diet in sustaining long-term health, repairing muscles, and rebuilding tissues that are stressed by physical activities. She explained how essential nutrients such as proteins, carbohydrates, vitamins, and minerals play a crucial role in enhancing performance and recovery, and stressed the importance of hydration in preventing injuries.

The session was graced by the presence of the Vice Principal, Ms. Suman Singh, along with teachers, students, and parents, who actively participated in the discussion. Ms. Advika addressed several queries posed by parents and students regarding nutrition strategies for young athletes, providing practical advice on meal planning and timing.

The orientation was highly appreciated, and it provided valuable insights to foster a healthy and well-balanced approach to nutrition for young sports enthusiasts.