



## NEW INDIAN SCHOOL, MANGAF - KUWAIT

**Circular: PC/133/23**

**Date: 16.02.2023**

Dear Parents,

Greetings from NIS!!!

Being healthy and fit is not a fad or a trend. Instead, it's lifestyle. Mere physical exercise is not enough for healthy growth of our children. They need to develop healthy food habits.

It should be noted that UNGA (The United Nations General Assembly) has declared 2023 as the **International Year of Millets (IYM 2023)**. Millets are whole grains grown in Asian & African countries. We need to create awareness among the children about the health benefits of consuming millets. A special assembly will be organized on 21<sup>st</sup> February 23(Tuesday) in the school with regard to the same. In addition to this assembly, on 21<sup>st</sup> Feb, "**Millets in My Tiffin**" campaign will be held in the school and also "**millet poster making competition**" will be held to educate the children about the significance of millets.

The parents are requested **to send some snacks made out of millets** in the tiffin box of their children on 21-2-23. Those parents who are unaware of "Millets" are requested to search in the net meaning of millets, its significance, health benefits and various millet recipes. Spending some time together in the kitchen with your kids for this particular activity will undoubtedly cheer up the mood of your children and reduce their examination stress, if any.

Hope the parents will cooperate with the school and make this campaign "Millets in My Tiffin" a great success. The class teachers will help you if any clarification is needed regarding the same. Please be informed that this is the initiative taken by the Indian Embassy in Kuwait.

Thanks and regards

*ABS*  
*16/2/23*

Anita Sadanand

Principal