



## (CIRCULAR)

C.NO 25-26/59

Dated: 01/09/2025

**Dear Parents,  
Greetings from PGS!**

As part of our celebration of National Nutrition Week, we kindly request your support in promoting healthy eating habits among our students.

Please ensure that your child brings a nutritious lunch to school throughout the week. Foods such as sprouts, fruits, vegetables, whole grains, and other nutrient-rich items are highly encouraged.

Providing children with a balanced and healthy diet is essential for their growth, development, and overall well-being.

**Thank you for your cooperation in fostering a healthy lifestyle for our students.**

**Regards,  
Tanya Gupta  
Principal**