



**VIHAA**  
INTERNATIONAL SCHOOL

5<sup>th</sup> September 2025

# Healthy Bites, Happy Vibes!



A Celebration of Health, Harmony, and Happiness







**Zumba  
beats and  
nutritious  
treats  
made  
nutrition  
week a  
complete  
feast!**





Flavors,  
fitness, fun  
combined,  
Strength for  
body, peace  
for mind.









**At VIS, we aim to nurture awareness about health and wellness by inspiring students to make nutritious food and fitness a part of their daily lives. Life Skills provided a platform for them to showcase their understanding, making Nutrition Week both insightful and impactful.**