

'Al Aibtikar Tahadiy'

School Name - Mayoor Private School

Student Names -

- **Rehatbir Singh(Grade 11)**
- **Muhammad Jaasim(Grade 11)**

Category - Senior

SDG : Goal 2 and Goal 3
(Zero hunger and Good health and wellbeing)

Project Summary:

HeLP@MPS

“Healthy Eating Lifestyle Program “HeLP@MPS”

Objectives :

- Create a positive lifestyle of healthy eating.
- Achieve progress towards SDGs 2 and 3.
- To hold up zero wastage.
- Develop effective communication and collaborative work skills.
- Opportunity to practice creativity and innovation.

Skills Addressed :

- Learning and problem solving.
- Collaboration and Communication
- Independent Learning
- Creativity
- Leadership
- Digital competency
- Global awareness

Opportunity :

- To create a healthy lifestyle among students, promote healthy eating habits and improve the overall lifestyle of the school.

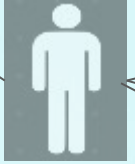
Competitive Edge :

“**HeLP@MPS**” is students led online Application to promote Healthy eating lifestyle conscious projects at school thereby creating a community of like-minded people inspired by ‘SDG’ towards humanity and environment. It has been developed as a part of **Student Social Responsibility (SSR)** Project at Mayoor Private School.

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Principal



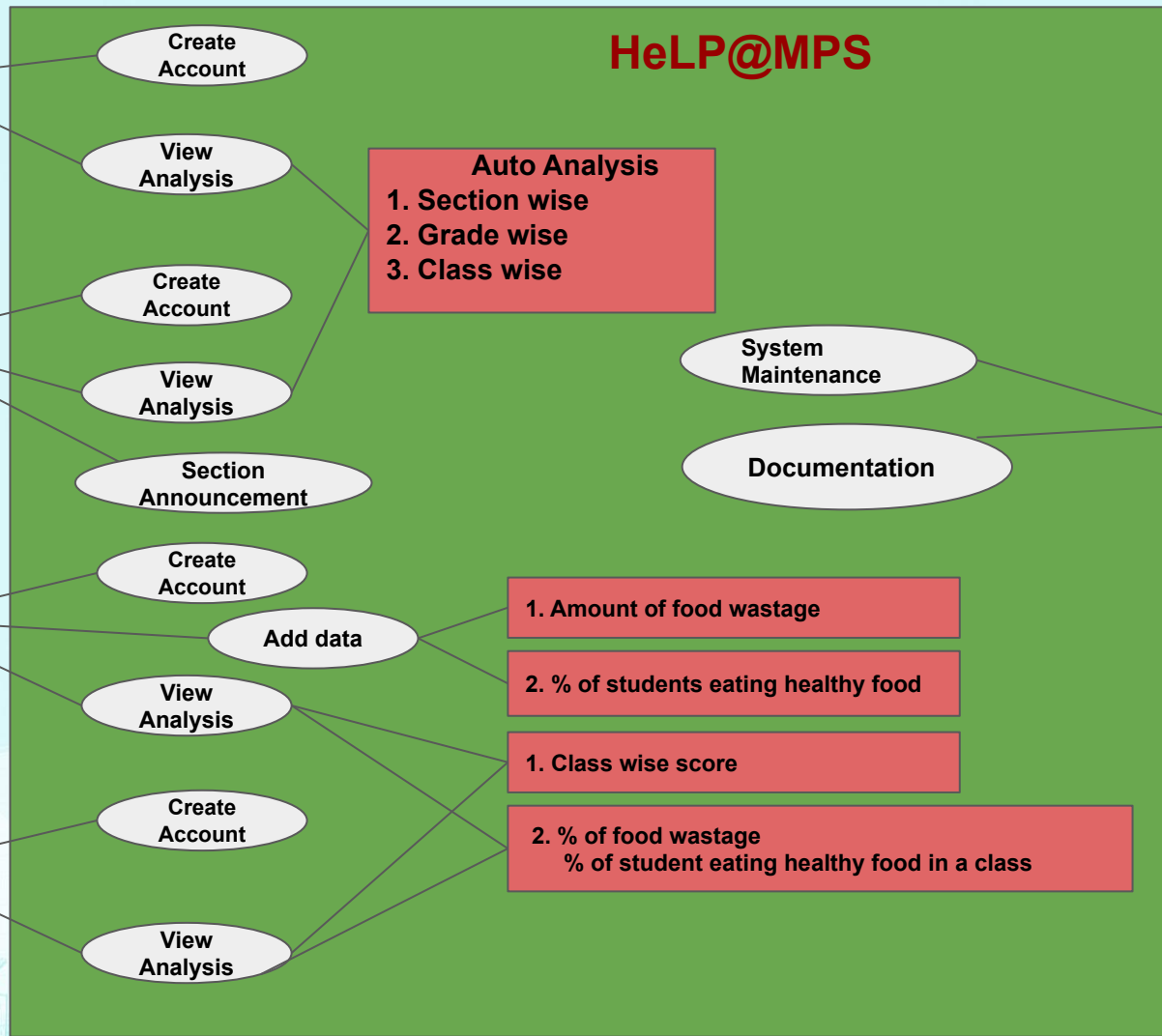
SLT



Teacher



Parent

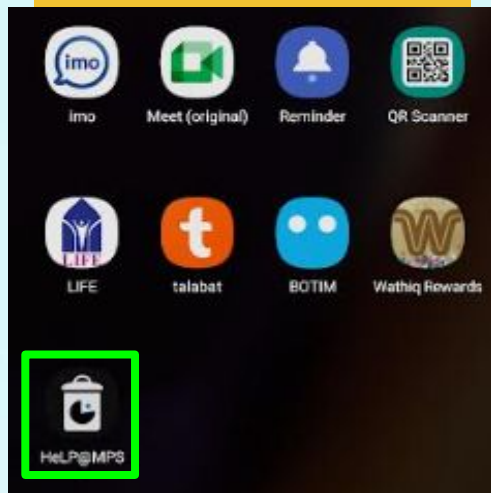


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Mayoor Private School L.L.C.
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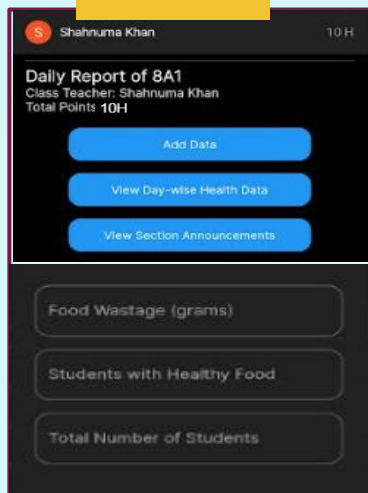


System Admin

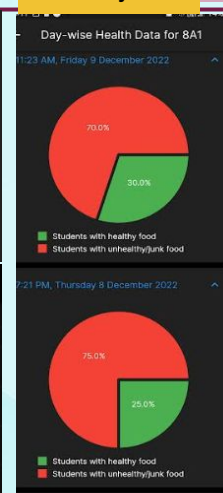
HeLP@MPS Access



Adding data



View - Day wise

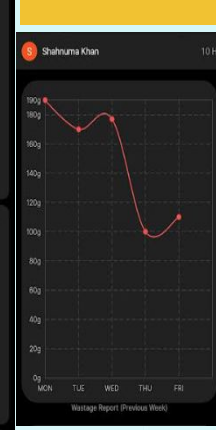


Teacher Portal

View - Month wise



View - Week wise



Secondary Section Announcements

Announcement
by Secondary Supervisor
on 27 January 2023

Congratulations to the class 8A1 on winning the title of the healthiest class for the week. Keep up the great work and let's make sure to maintain a healthy lifestyle next week too.

Supervisor Announcement

Welcome Back to HeLP@MPS!

Email address

Password

Login

Login with Google

Forgot Password?

New Here?

Login Page

Mayoor Pvt School

Past Week:

Total wastage: 5252.4g
Average health: 69.98%

Yearly:

Total wastage: 46812.9g
Average health: 47.56%

Sections

Primary

Secondary

Senior

Principal

Premium Portal

Secondary Section Classes

7A1

7B1

8A1

8B2

SLT - Class wise View

Weekly Secondary Section Report

Total Secondary Section Wastage: 4429.0 grams
Average Secondary Section Health: 75.0 %



Reflection:

HeLP@MPS is an application that supports our school to hold on to the sustainable goal 2 (Zero hunger) and goal 3(Good Health and well being).

After implementing this app as a pilot project in four classes of our senior section, we could see a huge impact on our student in maintaining healthy lifestyle . This pilot study evaluates the experiences of students and effect from using Help@ MPS app designed to reduce food waste on personal healthy eating, and food waste.

- Primary outcomes were changes in food waste volume, and healthy eating habits.
- Secondary outcomes creates a competitive spirit in students to earn healthy class points and verbal rewards from the supervisors.

This Apps will help our school to train students not only with healthy eating habit but also aided in increasing awareness of food waste at consumer levels. This app also encourages the parents in packing nutritious lunch for their children and thereby moulds a positive systematic lifestyle. Large-scale studies with longer duration are needed to see if apps may induce measurable changes in food waste, healthy eating, and financial expenses.

