

# EAT HEALTHY

# STAY HEALTHY

~ Prabhnoor Kaur (XI-A), Amneet Kaur (XI-A) & Gurleen Kaur (XI-A) ~

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To promote a healthy lifestyle and empower students with the knowledge to make nutritious choices, the esteemed Dietitian **Dr. Rupali Dutta** paid a visit to **Modern Senior Secondary School, Patiala** on 25th of May to enlighten students about the benefits of a balanced diet and how it positively

With the rise in childhood obesity and related health issues, the importance of instilling healthy eating habits from an early age cannot be ignored. Understanding the significance of this matter, She encouraged everyone to curtail sugary foods and chips, etc. rather take more and more

impacts their overall well-being.

The engaging sessions with grade I to XII took place at the School Auditorium where Dr. Rupali Dutta, a leading nutritionist with 30 years of experience in Nutrition, Dietetics and Health Care Management captivated the students and faculty alike with valuable insight into the world of nutrition. She has also worked with Fortis Hospital, HCL, NDTV, etc. She is instrumental in founding Hospital Departments, Corporate Wellness Programs, upgrading clinical tools and increasing positive health outcomes.

nuts, vegetables and seasonal fruits.

**Principal Mrs. Manpreet Sharma** expressed her gratitude for the visit and highlighted the impact it would have on the students. She said, "We believe that education extends beyond the classroom and health is an integral part of a student's overall development."

Dr. Rupali Dutta's visit has not only raised awareness about nutrition but has also inspired the students to adopt healthier eating habits.

On the whole, sessions with Dr. Rupali Dutta were quite interactive, enlightening and meaningful.









