



SESSION BY A NUTRITIONIST

-REPORT

A talk by a nutritionist was organized on **Thursday, 4th May 2023** at Suncity school-45. The talk session aimed at reminding all the importance of taking care of ourselves.



The session also highlighted the United Nation's Sustainable Development Goal 3: 'Good Health and Well Being' and the children shared the thought and the 'Word of the Day' related to good health before inviting the special guest, Dr. Khurana to conduct the Nutrition workshop.

Dr. Perna Khurana, who is presently working as a Consultant at 'Medanta -the Medicity', a leading hospital in Gurugram, and holds an experience of over 10 years as a Clinical Microbiologist and Infection Preventionist, was invited to enlighten the children about the habits that one should inculcate in day to day life to lead a healthy life. Dr. Khurana emphasized that it is health which is the real wealth and not pieces of gold and silver. She further interacted with the children to inspire them to make better, more educated, healthy food choices and motivated them to eat nourishing, healthy foods. Specific foods and nutrients, along with their benefits, were discussed extensively. She also shared how foods have a powerful impact on our mental health, ability to concentrate, gut health and also our sense of wellbeing. It was a session enjoyed by all students.

The assembly concluded with the Head of School, Ms. Nandita Mathur's speech in which she thanked the special guest and further emphasized on the ways to ensure good health: to eat lightly, breathe deeply, cultivate cheerfulness, and maintain a positive outlook on life.



