

SIDDHARTHA PUBLIC SCHOOL



REPORT- REFUELING YOUR KNOWLEDGE BY SPEAKERS

“Nutrition Counselling Session” and “Cultivating Healthy Habits

Nutrition Month is a global celebration to highlight the vital role of proper nutrition and healthy eating habits in promoting overall well-being. This observance seeks to address regional nutritional challenges while uniting people worldwide in recognizing the power of nutrition in preventing diseases and enhancing health.

The event featured the following highlights:

- To exchange knowledge among Nutrition experts, Food Technologists, professionals, and students through guest lectures and interactive sessions.
- To provide a platform for students and professionals to express their ideas on nutrition through various PPT activities.

The program commenced on 14/06/2025. The program was attended by more than 120 students. We were honoured by the presence of our Guests of Honour, Dr. Nirmala.N(Msc, RD, PGDE, APCCN(UK) and Dr. Shazia Anjum (MBBS,DNB,MPH). It featured dynamic interactive sessions between speakers and Students, facilitating engaging discussions and meaningful exchanges of ideas on “Nutrition Counselling Session” by Dr. Nirmala.N(Msc, RD, PGDE, APCCN(UK) and “Cultivating Healthy Habits” by Dr. Shazia Anjum (MBBS,DNB,MPH)

Nutrition education: any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food- and nutrition-related behaviours conducive to health and well-being.

Nutrition counselling: The process of guiding a client towards a healthy nutritional lifestyle by meeting normal nutritional needs and solving problems that are a barrier to change.

Goal of Nutrition Counselling

The ultimate goal of nutrition counselling is to enable the client to take suitable action for a healthier lifestyle and promote self-reliance. Importance of nutrition counselling Nutritional counselling helps people to;

- Set achievable health goals
- Maintaining the goals throughout their lifetime.
- It reduces susceptibility to illness and disease

Regards,

Siddhartha Public School, RT Nagar