



THE TIMES OF INDIA

School Buzz



Airroads led to the India Habitat Centre on October 8. The occasion was **Times NIE Teachers' Knowledge Meet 2012**. A galaxy of eminent personalities from different fields enlightened the gathering of teachers from schools across Delhi and NCR. The theme of the event was health and nutrition in schools. The title sponsor of the event was Tetra Pak and gift partners were VLCC and Kairali. The guests included Kandarp Singh, MD, Tetra Pak India (South Asia Markets); Padma shree Dr Sanjeev Bagai, senior consultant pediatrician, neonatologist & nephrologist; Ritika Samaddar, chief dietitian, Max Hospital; Dr Surakshit Goswami (yog guru), Shriya Kishore, Femina Miss India Earth 2009; Tannishtha Chatterjee, actor; Sanjeev Vohra, executive president - audiences, The Times Of India; Narayani Ganesh, editor, Speaking Tree and Poonam Singh, national editor, NIE and editor Times Life.



Lamp lighting by Kandarp Singh, MD, Tetra Pak along with other guests

The day began with a refreshing session of yoga in which Dr Goswami gave simple yet effective tips to lead a healthy, stress-free life. This was followed by a speech by Sanjeev Vohra who dwelt at length on the special mission of Times NIE to educate the country's youth and give them a platform to express themselves. "If you have no time for exercise, you will find time for illness," said Kandarp Singh as he stressed on the importance of Right to Health (RTH). Then came a lighter moment as Shriya Kishore, Miss India Earth 2009 shared her mantra of an active lifestyle. "I don't get the concept of blood group dieting or any other dieting for that matter! Why can't one be in sync with nature to live a healthy lifestyle?" she implored.

Adding inputs to the healthy session, Tannishtha Chatterjee spoke about inculcating theatre education in school's curriculum for a healthy emotional and mental development of a child. BMI, waist size and body fat analysis were three things which nutritionist Ritika Samaddar emphasised on. Ranging from proper breakfast to proper boiling of food and milk, she made the audience well informed about what not to do in daily diet practices. Dr Bagai, pediatrician threw special tips for nurturing a healthy child. To keep the audience riveted, a programme to judge teachers' beauty quotient, a surprise round, was organised. It included sections such as Ms Fresh Face, Ms Beautiful Smile and Ms Beautiful Hair. Teachers in large numbers participated and received gifts from Kairali and VLCC.

A Q&A session was organised to satiate the appetite of select audience of their burning questions. "Vajrasan is the best exercise after lunch," enlightened Dr



Femina Miss India Earth 2009 Shriya Kishore conducts a surprise round for teachers

Goswami. "It's not the food that matters but ingestion, digestion, metabolism, enzymes are equally important. No medicine has been manufactured that can make a child eat," said Dr Bagai. "Dinner should always be taken 2-3 hours before we go to bed," he advised. The audience thanked the speakers for their valuable insights.



TIMES NATION

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Actress Tannishtha Chatterjee inaugurated the 'Times NIE Knowledge Meet 2012' on Monday. It was a gathering of teachers from schools from Delhi and NCR. Eminent personalities also participated in the event whose theme was health and nutrition in schools. "I want to stress on the importance of having a healthy breakfast among students and getting them back to school," said a teacher.