

On 5th August a guest speaker Dr. Vikas Kohli of Delhi Child Heart Centre, addressed class S1 students.

The programme outlined - a) What is heart disease (b) A detailed analysis of its cause (c) Tips on Dietary habits i.e.

- Which food to eat in moderation
- Which food to eat less
- Read the label, i.e. nutrition content to know what you are eating
- Foods to be avoided

(d) Stress was given to exercise (minimum 30 min daily)

The session included interaction with students who asked questions and Dr. Vikas Kohli clarified their doubts – e.g. what is hole in the heart, what is LDL, HDL, which cooking oils are good for health, etc.

Each question of students was explained in detail and students were guided well