



Kothari International School

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TRINITY
COLLEGE LONDON



KIS/SEP/21-22/166

16.09.2021

Grades 1-5

Talk Show: Healthy Mind resides in Healthy Body

“Every time you eat or drink, you are either feeding disease or fighting it.”

~ Heather Morgan.

Dear Parent

We are elated to inform you that at **Kothari International School**, we are celebrating **Rashtriya Poshan Maah** during the month of September, 2021. To further accelerate the ethos of POSHAN Abhiyan, we are organizing a **Talk Show** in collaboration with **Ms. Deepti Sehgal**, an internationally certified Macrobiotic Dietitian, internationally certified Alkaline Diet Coach, Detox Specialist & a Natural & Raw Foods Nutritionist.

We would like to invite you and your ward to attend the Talk Show. During the course of the session, **Ms. Deepti Sehgal would highlight the following:**

- Promoting Healthy eating habits
- Preparing Happy- Balanced Meals
- Handling Picky Eaters

The session details are as follows:

Topic: Healthy Mind resides in Healthy Body

Date: Sep 18, 2021

Time: 12:00 PM- 12:40PM India

Join Zoom Meeting

<https://us02web.zoom.us/j/89421767053?pwd=b3FyY0d5R1BkTG56TnVFYVl3UkZ4Zz09>

We look forward to your benign presence and offering some food for thought.

In case of any query, please feel free to connect with the School Counsellors:

Ms. Megha Sharma- 08929902942

Ms. Nakkashi Jain- 08929902952

Warm Regards

Dr. Sangeeta Arora

Principal, KIS