



**Session on “Fit Kids, Bright Future”  
in collaboration with the Indian Medical Association, Dwarka**

1.	Title of the activity	Fit Kids Bright Future – Childhood Obesity, Lifestyle and Balanced Diet
2.	Date of the activity	24 April 2025
3.	Organized by	ITL Public School
4.	Classes	VI - XII
5.	Description of the activity	<p>"Obesity is a story you rewrite with every healthy choice. Start a new chapter today."</p> <p>An enriching and insightful session on “<i>Fit Kids, Bright Future</i>” — focusing on Childhood Obesity, Lifestyle, and Balanced Diet — was organized by ITL Public School in collaboration with the Indian Medical Association, Dwarka, on 24 April 2025, as part of the Poshan Pakhwada celebration.</p> <p>In alignment with this year’s national subtheme — “<i>Healthy Systems, Healthy Bodies, Healthy People</i>” — the session featured an esteemed panel of experts: Dr. Mukesh Verma, Dr. Deepmala Lalchandani, Dr. Amit Tyagi, Dr. Maninder Dhaliwal, and Dr. Vineet Surana. The panel delved into the pressing concern of childhood obesity, emphasizing the crucial role of balanced nutrition and healthy lifestyle habits in shaping a vibrant, resilient, and promising future for our children.</p> <p>The session served as a powerful call to action, inspiring collective responsibility in fostering a healthier and stronger next generation.</p> <p>#FitKidsBrightFuture #PoshanPakhwada2025 #BalancedNutrition</p>

