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Devising a healthy lifestyle for children

● **Rajiv Arora**
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IT IS interesting to see that at first, adults spoil the children by not caring about their eating habits, and later, discuss the ways to curb the menace.

Something similar happened on Tuesday, when, the Indian Medical Association, together with Swashrit, an NGO, organised a discussion on the 'Role of Schools in Educating Children About an Active Lifestyle,' in the Capital.

It was a part of the Get Active programme, which was launched in 2006 and is being led by various experts from the field of medicine, psychology, health and lifestyle.

Under this programme, nearly 80 schools in Delhi and Mumbai serve approximately 80,000 chil-



Rishi Ballabh

Anoop Misra speaks at the discussion

dren by organising activities, workshops, seminars and discussions.

As Anoop Misra, Director and HOD of Diabetes at Fortis, one of the speakers in the Tuesday's discussion, rightly pointed out through his case studies and presentation that if the problem of obe-

sity and unhealthy eating is not controlled in the growing years, it is bound to affect the future of the children. These problems later result in hypertension and even heart attacks. The statistics also revealed that girls are more prone to such problems as their physical activity is much less than the boys.

He further added that it is the duty of both teachers and parents to take care of their children's health and set an example by following healthy habits themselves.

On the other hand, Sadhana Parashar, Education Officer, CBSE, emphasised the need to either control or ban the various markets near the schools as all the efforts by schools go down the drain once the bell rings to mark the end of the day.

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