

## REPORT ON LIFESTYLE DISEASE AND IT'S IMPACT ON MENTAL HEALTH

### SESSION – SHO (OIC)

SHO (OIC) conducted a session for the students of classes VI, VII, VIII, IX, and XI on “Lifestyle disease and it's impact on mental health” starting on 22<sup>nd</sup> November 2023, Wednesday from 0840 hrs to 0940 hrs. The session commenced with a welcome address by Rudraksh of XI A.



Welcome address by Rudraksh of XI A

Surg Lt Cdr Jishnu S Lalu, Oic SHO, is a specialist in preventive medicine. He has been part of various public health activities such as secondhand smoking, uncontrollable hypertension, biological control of mosquito menace. The officer has served in Western Naval Command and Andaman and Nicobar Command prior to taking over as Oic SHO in Southern Naval Command. He was awarded the Flag Officer Commander in Chief Commendation in 2019 and 2020.



Surg Lt Cdr Jishnu S Lalu interacting with the students

Surg Lt Cdr Jishnu S Lalu had taken a very informative session for the students emphasising the relation between nutrition and health. The topics covered include malnutrition, immunity, and the importance of physical activities along with the right diet. Students got a fruitful session as sir made the session interactive through demonstrations and questions.



The session concluded with a Vote of thanks by Joel Antony of XI A, who expressed his gratitude to the school management and SHO for the productive event.