



Keeping your body healthy is an expression of gratitude to the whole cosmos

Dear Parent

Greeting from OPBMS!

In the fast paced life and routines, at times we make big compromise with our health and nutrition. In order to ensure optimum health and enjoy the blissful life, a few professional tips are always useful. It is in this direction an expert session with Dr. Aayushi Kaushal MBBS, MD, DNB, MNAMS, Consultant Obstetrician & Gynecologist) from RIMT Multispecialty Hospital and Dr. Neha, MD Community Medicine, Professor of RIMT Medical College has been organized on February 07, 2023, from 10:00 am to 11:00 am at Titan's Hall.

The key focus would be ensuring bone health for women and preventing cervical cancer. Also basic metabolism rate (BMR) facility will be provided to all the participants.

Parents who are interested to attend the expert medical session should kindly give their consent on the school mobile app by February 05, 2023.

Remember that health is not everything but without health everything is nothing.

Warm regards

Sd/-

Sangeeta Sharma

Principal