

**RMSE/ACAD/18/26-27**

**08.05.26**

**Grade VI to XII**

Dear Parents,

We are pleased to inform you that, as per the guidelines of the Central Board of Secondary Education (CBSE), our school will be participating in the Y-SMILES (Young - Stronger India through a Million Health-Educated Students) programme. This initiative is conducted in collaboration with the Institute of Liver and Biliary Sciences (ILBS), New Delhi.

The programme is designed for students aged 11-17 years and focuses on promoting overall health and preventing Non-Alcoholic Fatty Liver Disease (NAFLD) through awareness, screening, and education.

**Programme Highlights:**

- No financial cost to students or parents
- Minimal disruption to regular academic schedule (3-4 hours over 3-4 weeks)
- Comprehensive health profiling
- Structured health education aligned with NEP 2020
- Voluntary participation with parental consent
- Certificates of appreciation for participants

**Activities Included:**

- Health screening (height, weight, blood pressure, etc.)
- Basic liver health assessment (non-invasive)
- Awareness sessions on nutrition, fitness, and lifestyle
- Blood tests for selected students (with parental consent)
- Personalized health reports shared with parents

**Programme Schedule:**

The programme will be conducted in phases over a period of 3 months, with specific activities carried out during school hours.

**Important Note:**

Participation in the programme is voluntary, and a consent form will be shared with you prior to the commencement of activities.

We encourage all parents to support this valuable health initiative aimed at improving student well-being.

For any queries, please feel free to contact the school office.

Thank you for your continued support.

**PRINCIPAL**