

Text: Aryaveer Singh & Bahaar Chandra, IX A | Graphic: Aryaveer Singh, X B; AIS VKC Lko



Fitz Smart Plate

NUTRITION IN EVERY BITE

PERSONALISED FOR YOU

Adapts to your age, health status, and preferences for an effortless wellness journey.

INSTANT NUTRIENT ANALYSIS

Embedded nano-sensors scan your whole meal and display real-time nutritional insights.

LOW MAINTENANCE
Just refill the microcapsules every few days and let the plate do the rest.

PORTION PERFECTION

Uses electrostatic field technology to subtly shift food portions, altering them as per your dietary needs.

SMART SUPPLEMENTATION

Microcapsules release essential nutrients directly into your food, blending seamlessly without altering taste, texture, or aroma.



Revolutionising nutrition with Nano Nutrient Delivery System (NDS), the Fitz Smart Plate is a game-changer in healthy eating. This AI-powered plate not only analyses your meal but optimises it, ensuring every bite fuels your body perfectly.

One plate. Total nutrition. Infinite possibilities.

DISCLAIMER: Real scientific principles. Fictional ideas with a potential future.

Wassup

School Lounge

Higher education @ Amity

ACCGC

Amity Career Counselling and Guidance Cell (ACCGC) organised a series of awareness sessions about various career options available at Amity University for Class XI & XII students across Amity Group of Schools in Delhi/NCR from July to October 2024. These informative sessions conducted by Amity University Noida, were led by Director Admissions, AUUP, who apprised the students about research excellence, faculty expertise, and student services at Amity University in detail. Students were informed about over 400 programs from undergraduate to post-doctoral levels spanning diverse fields like AI, biotechnology, forensic science, agriculture, law, healthcare, and management. They were also told



Director Admissions, AUUP, addresses the students

about university's strategic collaborations with industry leaders like Tata Technologies, DRDO, and CII, campus facilities, scholarships, integration of foreign language training and communication skills, personality de-

velopment in curriculum and Corporate Resource Centre (CRC) ensuring mandatory internships and placements. The event concluded with an engaging Q & A session, where students' queries were addressed.

Holy guacamole

...Continued from page 1

“Did you know India’s own superfoods like amla and turmeric are getting a global spotlight now?”

“Yes! It is more like a fusion of ancient wisdom and modern wellness!”

While global superfoods have stormed the Indian market, there’s been a rising movement toward celebrating indigenous superfoods like amla, moringa etc. Exports grew by 42% from 2020–22, driven by demand for curcumin supplements. E-commerce has played a key role in making superfoods more accessible, with influencers showcasing ev-

erything from amla juice to turmeric lattes. This has led to a dynamic fusion of global wellness trends with India’s ancient, time-tested ingredients creating a wellness culture that’s both modern and rooted in tradition. It’s not about chasing trends but embracing a global story of nutrition and history. Whether you’re adding spirulina to your smoothie or sprinkling chia seeds on toast, you’re part of a revolution - one that connects local traditions with global trends. So the next time you sip on moringa tea, remember: it’s not just tea - it’s a celebration of wellness.