

# FROM NATURE TO NURTURE:

MRS. RIPANJOT KAUR SONI  
BAGGA (EDUCATIONIST AND  
WRITER) ADDRESSES STUDENTS  
ON HERBAL WELLNESS

~ Khushleen Kaur (X-A) & Jasnoor Kaur (X-A) ~

Reporters, Modern School Life Magazine

May 20, 2026

The 19th episode of Alumni Inspirations was organised on May 20, 2026, at Modern Senior Secondary School, Patiala.

The session featured distinguished alumna Mrs. Ripanjot Kaur Soni Bagga, an eminent educationist and writer, who delivered an insightful talk on the thought-provoking topic, "Can Plants Replace Pills? Exploring Herbal Alternatives."

The session proved to be highly engaging, informative, and enriching for the participants. Mrs. Bagga highlighted the growing importance of herbal remedies and natural wellness practices in modern lifestyles. She shared valuable insights into the use of medicinal plants and emphasised the

of living.

An interactive question-and-answer session added further depth to the programme, encouraging students to actively participate and express their curiosity about herbal alternatives and holistic well-being. To reinforce the message of environmental responsibility and sustainability, Mrs. Bagga also planted saplings on the school campus, inspiring everyone present to contribute to building a greener, healthier future.

The programme concluded on a positive, motivating note, leaving the audience inspired by the speaker's knowledge, experience, and commitment to health, nature, and environmental

need to adopt healthier and more sustainable ways awareness.



