

## *WORKSHOP FOR SATYANS ON 'IMPORTANCE OF GOOD EATING HABITS'*



Many people rely on quick, processed foods for meals and snacks even for their kids. Since these products often contain a lot of added sugar, it makes up a large proportion of their daily calorie intake which has an adverse effect on a child's diet.

In order to apprise the Satyan's on the importance of good dietary habits, a workshop on "Good eating habits" was organized at Sat Paul Mittal School. The fun filled yet educational workshop was conducted by renowned Nutrition Enthusiast and entrepreneur, Ms Pooja Munjal, who runs the Diet Dr Clinic in Ludhiana.

Ms Pooja, through various captivating activities, enlightened the students on the ill effects of excessive sugar intake on their development. She taught the children to comprehend food labels and to be self-aware of harmful food available in the market. She also suggested the healthy and nutritious foods which can be consumed by the children to keep themselves healthy. The students left the workshops with a self-conscious and cognizant attitude.