

Workshop on “Practical Approach to Combat Childhood Obesity” by Ms. Dhara Jain for the students of Class VI



A workshop on “Childhood Obesity” was organized by Ms. Dhara Jain, a Registered Dietician working at Punjab Agricultural University. She has specialized in Clinical Nutrition. She is a certified Infant and Young Child Feeding Practitioner by Ministry of Women and Child Development. The workshop was for the students of Class VI on September 25, 2023. The awareness about significance of healthy food and good health was the objective of the workshop.

Ms. Dhara Jain presented the idea to adapt a healthier lifestyle for a better future in an exquisitely manner, through various activities. The resource person initiated the conversation with an activity in which students inflated the balloons to relate it to our body cells. The other activities laid stress upon a balanced diet and its productive outcome. The students were apprised with the sugar content of various carbonated beverages. It was suggested that flavoured milk is a better substitute to soft drinks. The resource person enlightened the Satyans with the nutritional content of different food delicacies like pizza, burger, chips and so on.

The resource person concluded that the 3 C's – Chances, Changes and Choices are the pathway to a wholesome living. She highlighted that a lifestyle change begins with a vision and a single footstep. The workshop was extremely value adding for all the students as it is the need of hour.