

## The Satyan Science club @ Sat Paul Mittal School by Ms. Pooja Munjal and Dr. Vinu Kumar



If we go about asking a very simple question like what did you have for breakfast? Sadly, most teenagers would probably say something like nothing or just cereal. Teenagers today certainly don't have fixed eating patterns, they consume sugary drinks, skip meals and avoid vegetables at all costs. Inappropriate

eating habits at this age can have serious complications throughout the later years- it can impair the work capacity, the productivity and many other serious issues.

The Science Club, at Sat Paul Mittal School, invited Ms. Pooja Munjal, a renowned nutritionist of the city to deliver a webinar on "The Importance of Food and Nutrition in Adolescents today." She emphasized on nutrition being an important determinant of physical growth of adolescents and how it requires our attention. It was indeed an informative and interactive session.

In the latter part of the session, the attendees were privileged to have amongst them, Ms. Vinu Kumar, the first concept developer of superfood vegan cuisine in India. According to her, to eat is a necessity but to eat intelligently is an art. She owns a restaurant The HolyTree, where only



vegan food is offered in the menu. There was a tête-à-tête session with her on "Veganism and Revolution." Indeed it was an enlightening and engaging webinar. It was something new for the students and had opened a door to a new lifestyle.

Their words of wisdom truly ignited the spark within the Satyans to pay more attention to the food they had been consuming. A change in lifestyle can change the holistic approach of an individual. The sessions came to a conclusion on very positive note, fostering students to reconsider their food choices and lay stress on their dietary habits.