

Workshop by Ms. Pooja Munjal on 'Healthy Eating Habits'



A workshop on 'Healthy Eating Habits' was organized by Ms. Pooja Munjal, a certified nutritionist and the owner of Diet Clinic for the students of Classes VI and VII on 7th May, 2022. Covid 19 Pandemic has triggered unhealthy eating habits in the life of the students leading to problem like obesity, stress and change in lifestyle which has severely affected their mental and emotional health too.

Ms. Munjal believes in achieving health goals with positivity and happiness. She has been changing people's attitude towards fitness and nutrition by engaging with communities via Ted Talks, corporate sessions, and school seminars with children and parents.

During the workshop, she stressed on the importance of taking Vitamins daily in the form of Fruits, Fresh Vegetables. She talked about the diet which is rich in Proteins, Iron and Calcium, which is mandatory for every child. She also stressed upon the summer refreshing drinks which students must take to keep themselves hydrated. She also talked about how important the chewing of food is and it is essential to chew a bite- 32 times. A very significant topic was taken up "Growth Spurt" which happens in 8-10 years in girls and 12-14 years in boys and that they must take Calcium, iron and Proteins in right amount. Ms. Munjal also gave a 'Key Mantra' to beat the heat by keeping ourselves hydrated this summer by drinking 10-13 glasses of water daily. She recommended all to stay away from processed foods.

The Satyans were benefitted with her words of wisdom and learnt how important it is to inculcate healthy eating habits. They all pledged to adopt the healthy lifestyle and have a nourished diet this summer.

