

## Webinar Report: Holistic Wellness – Observing Poshan Maah

**Date:** September 30, 2024

**Host:** Ms. Asha Prabhakar, Principal, BBPS Noida

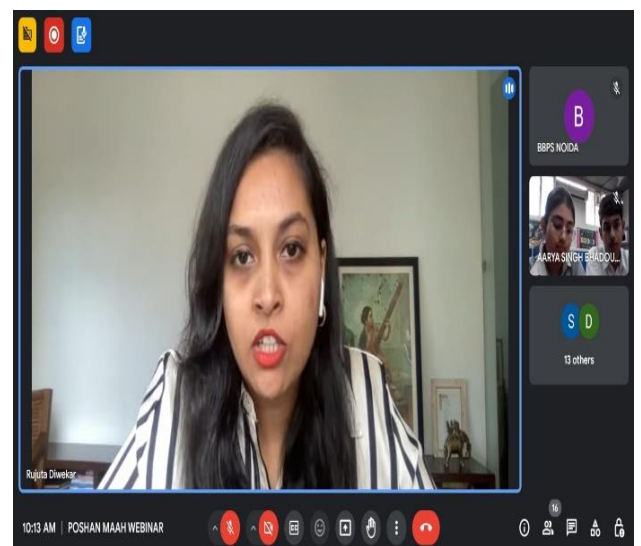
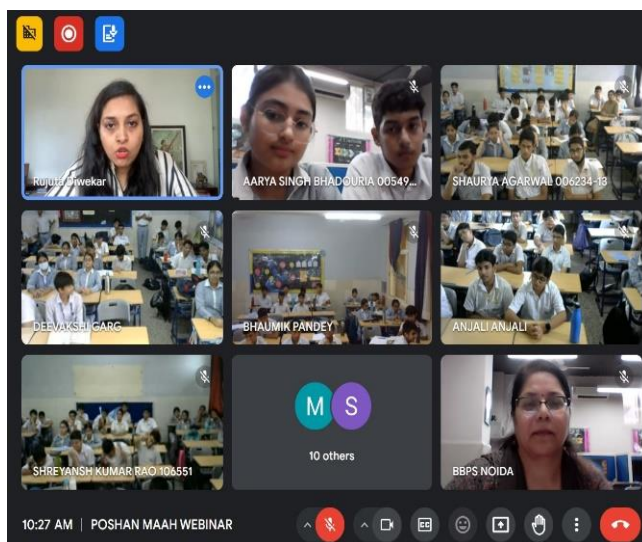
**Guest Speaker:** Ms. Nagma Nurani, Senior Nutritionist, Team Rujuta Diwekar

**Student Moderators:** Arya Singh Bhadouria (Class XII) and Shaurya (Class XI)

**Attended By:** Students of classes IX – XII & Parents of PS - XII

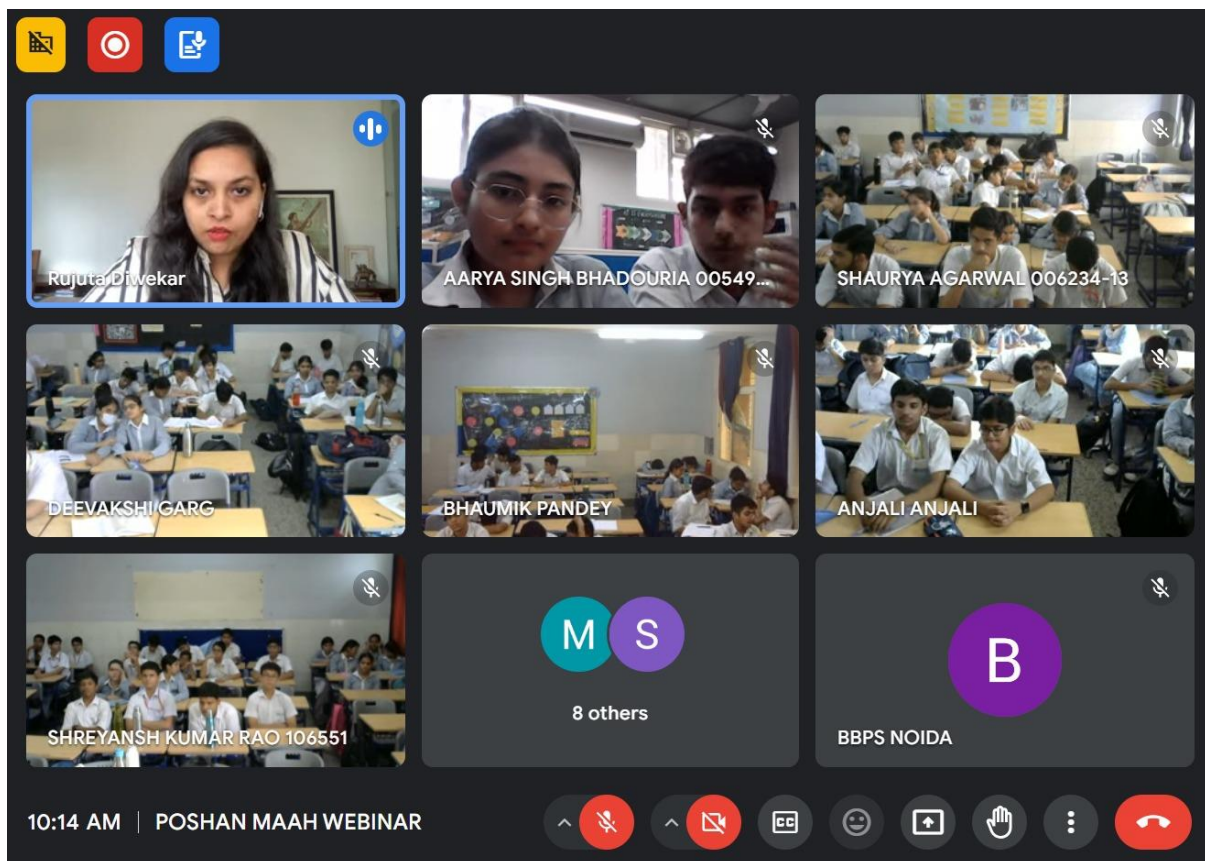
**Theme:** "Nurturing Health with Traditional Wisdom"

In celebration of Poshan Maah (Nutrition Month), Bal Bharati Public School (BBPS) Noida hosted an enlightening webinar on September 30, 2024, featuring Ms. Nagma Nurani, Senior Nutritionist from Team Rujuta Diwekar. The event was moderated by student leaders Arya Singh Bhadouria (Class XII) and Shaurya (Class XI), with Principal Ms. Asha Prabhakar as the host. The webinar, under the aegis of Health and wellness club, addressed pressing issues related to modern dietary habits, such as the rise in gym culture, junk food consumption, and the importance of balanced nutrition for students.



Ms. Nurani provided valuable insights into eating healthy breakfasts, choosing nutritious snacks while studying, and dealing with common misconceptions around protein intake, anorexia, and energy drinks. She also tackled the emerging gym culture and its impact on student health.

### Key Highlights of the Webinar -



#### 1. The Importance of a Healthy Breakfast -

Ms. Nagma Nurani emphasized that breakfast is critical for students' academic performance and overall well-being. She pointed out that skipping breakfast can lead to fatigue and a lack of concentration. Key points included:

- Metabolism Booster: A healthy breakfast helps activate the body's metabolism, ensuring students have enough energy to focus during school hours.
- Nutrient-Rich Choices: Ms. Nurani recommended options like whole grains (oats, multigrain bread), proteins (eggs, paneer), and fruits to provide sustained energy and improve cognitive function.

#### 2. Healthy Snacking While Studying -

Addressing the concern of unhealthy snacking during study hours, Ms. Nurani stressed the importance of selecting nutrient-dense snacks to maintain energy without feeling sluggish. She offered practical advice:

- Smart Snack Choices: She recommended fruits, nuts, seeds, yogurt, and roasted snacks like makhana (fox nuts) and chickpeas as healthy alternatives to chips, biscuits, or sugary treats.
- Frequent Small Meals: Ms. Nurani suggested eating small, frequent meals to keep energy levels stable and avoid overeating during study sessions.

### **3. The Rise of Gym Culture and Protein Intake -**

As gym culture becomes more popular among teens, Ms. Nurani addressed misconceptions about protein intake and supplements. Shaurya, a student moderator, raised a question about the importance of protein for students engaged in physical activities. Ms. Nurani explained:

- **Balanced Approach to Protein:** While protein is essential for muscle repair and growth, she warned against the overconsumption of protein shakes and supplements. She advocated for getting protein from natural sources like lentils, beans, eggs, and dairy.
- **The Dangers of Excessive Gym workouts:** She cautioned students against excessive gyming without proper guidance, explaining that it could lead to fatigue and injury if not paired with adequate nutrition and rest.

### **4. The Impact of Junk Food on Students' Health -**

Arya Singh Bhadouria raised a concern about the rising consumption of junk food among students. Ms. Nurani emphasized:

- **Harmful Effects of Processed Foods:** Junk foods, such as chips, burgers, and sugary drinks, are loaded with unhealthy fats, sugars, and additives, which can lead to obesity, digestive problems, and poor mental health.
- **Moderation is Key:** While occasional indulgence is fine, Ms. Nurani stressed the importance of making healthier choices most of the time, such as opting for home-cooked meals and snacks made from whole, natural ingredients.

### **5. Addressing Anorexia and Body Image Issues -**

Arya also brought up the topic of anorexia and its rising prevalence among teens due to societal pressure and unrealistic body standards. Ms. Nurani addressed this with sensitivity:

- **Mental and Physical Health:** She emphasized the importance of maintaining a balanced and healthy relationship with food and body image. She advised students to seek help from a nutritionist or counsellor if they struggle with disordered eating or body image concerns.
- **Fostering Positive Eating Habits:** Parents and educators should promote positive body image and healthy eating behaviours at home and in schools, encouraging students to focus on overall wellness rather than appearance.

### **6. The Risks of Energy Drinks -**

Ms. Nurani also warned against the growing trend of consuming energy drinks among students:

- **High Caffeine and Sugar Content:** Energy drinks are filled with caffeine and sugar, which can lead to anxiety, restlessness, and poor sleep quality.
- **Healthier Alternatives:** She encouraged students to stay hydrated with water, coconut water, or fresh fruit juices instead of relying on energy drinks for an energy boost.

The session concluded with a lively Q&A, where Ms. Nurani addressed additional questions from students and parents on topics like:

- **How to Stay Fit Without Gym :** She encouraged regular physical activity such as walking, yoga, or playing sports, along with proper nutrition.
- **Nutrition During Exams:** Ms. Nurani advised students to eat light, balanced meals during exam periods, avoiding heavy or processed foods that could hinder concentration and performance.



The Poshan Maah webinar hosted by BBPS Noida was a resounding success, delivering valuable insights into balanced nutrition and wellness. Ms. Nagma Nurani's practical tips on healthy breakfasts, snacking, gym culture, junk food, and energy drinks resonated deeply with both students and parents. Moderators Arya Singh Bhadouria and Shaurya kept the session engaging, fostering meaningful conversations around holistic health and traditional wisdom.

### **Key Take aways -**

- "Start Strong with Breakfast": A nutritious breakfast is crucial for maintaining energy and focus throughout the day.
- "Healthy Snacking Matters": Opt for nutritious snacks like fruits, nuts, and seeds during study breaks to boost energy levels.
- "Balance in Gym workout and Diet": Avoid over-reliance on protein supplements and focus on natural sources of protein. Balance gym workouts with proper nutrition and rest.
- "Beware of Junk Food": Limit consumption of processed and junk foods, choosing home-cooked meals for better health.
- "Hydrate Wisely": Stay away from energy drinks and stick to healthier beverages like water and fresh juices.

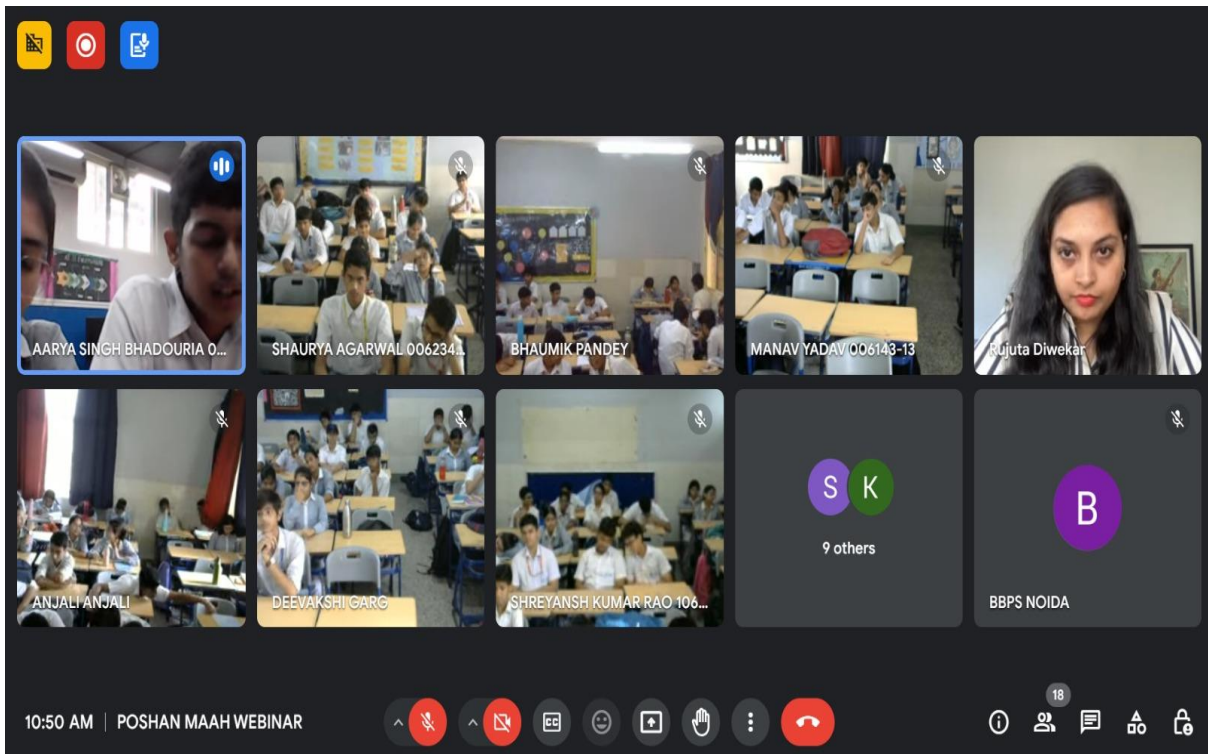
The webinar successfully concluded by encouraging participants to take actionable steps towards a healthier lifestyle, fostering greater awareness around the importance of nutrition and well-being.

This report encapsulates the enriching discussions and key takeaways from the webinar, aligning with the goals of Poshan Maah to improve nutrition and promote healthier dietary habits across India.

### **Link of the webinar –**

[https://drive.google.com/file/d/1hXB7G0ib16RKztROymJYKENUZxAF37cY/view?usp=drive\\_link](https://drive.google.com/file/d/1hXB7G0ib16RKztROymJYKENUZxAF37cY/view?usp=drive_link)





Report Submitted By :  
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