

Minutes of the Webinar

Sankalp Sahoday South West Chapter organized a Webinar on the topic, “Mindful Eating” on June 9, 2021. The Speaker of the webinar was Dr. Shikha Nehru Sharma, Founder & Managing Director, Nutriwel Health India Pvt. Ltd. The webinar was attended by school leaders, teachers and students.

Dr. Shikha enlighten the audience and shared so many facts and myths associated with food.

1. She shared step by step process how the food is digested in the body.
2. She further shared that the Calorie concept is wrongly used by the food industry that is why people do not get the desired results in spite of following the correct diet plan.
3. All the refined products have less nutritious value.
4. All breads have a large amount of sugar and tea in the tea bags is of a very low quality tea she apprised.
5. Low cholesterol and low sugar labels are all myths.
6. Most of instant food items, biscuits, cakes etc. are prepared by using excessive amount of dalda which contain trans fat. It is easily available on a very cheaper price and is very harmful for the health.

7. She summed up why people are falling sick with diseases at certain age because they are consuming chemicals in their food for a longer time. This is also one of the reasons of Heart Attacks.
8. Whatever we put in our mouth or eat, has the power to either nourish or destroy our body.
9. Nutrition and body type are interconnected. Each person has a different metabolic type.
10. She also advised to eat alkaline diet if one has inflammation, in blood pressure low salt intake as night was advised and once a week salt free diet was also recommended.
11. Post Corona she advised to have low glycemic diet, breathing exercises were recommended, vitamin D is also important to have.
12. She also shared that multi vitamins are healthy but instead of taking pills try to consume it by eating healthy diet.
13. Eat right and exercise she gave this mantra to live a healthy and happy life.

With the request to conduct Part II of the session as it was very informative, insightful and engaging session and everyone gained immensely from her expertise and knowledge, Ms. Archana Narain, Secretary proposed a Vote of Thanks.

