

SCOPE/VCS27/20-21
10th December 2021

Dear Chief Executive,

Sub: 27th SCOPE Webinar on HEAL Healthy Eating & Active Living – Let's unleash the power of food– 18th December 2021, 3:30 PM

The importance of health and well-being has drawn renewed impetus especially in light of the global developments in the past few years. The constructive role of food has also been brought to light with the need of eating and living healthy becoming important more than ever.

With the proactive role of SCOPE in bridging the gap of information and in continuation of its endeavour to provide platform for learning, development and well-being, the apex body of Public Sector Enterprises brings to you yet another informative Webinar on maintaining good health with food and nutrition. The 27th Webinar of SCOPE on “HEAL – Healthy Eating & Active Living– Let's unleash the power of food” is being organized on 18th December 2021 at 3:30 PM in association with renowned clinical nutritionist Dr. Nupur Krishnan.

Dr. Nupur Krishnan is one of India's top Clinical Nutrition Experts with over two decades of rich experience in preventive and clinical nutrition therapies. She is also **Fit India Ambassador Under Ministry of Youth Affairs & Sports** and panel nutritionist for Indian Railways Hospitals. Her advice on healthy eating has benefited many and rendered outstanding results to many eminent personalities of the country.

The interactive webinar seeks to address many concerns about food and how it can play a medication role in preventing, controlling and curing many lifestyle diseases while increasing immunity.

It is an open interaction accessible to all with no participation fee and hence it is requested to widely circulate the information to your employees so as to maximise the reach of the guidance and discussions in the interaction. The interaction can be participated through the ZOOM platform, which can be downloaded and participants may register in advance on the link: <https://bit.ly/3pIOLje>. Simultaneously, **the interaction shall be available Live on SCOPE YouTube Channel (PrSCOPE) and other social media handles of SCOPE (Instagram: pr.scope, Facebook: OrgSCOPE and Twitter: PSUSCOPE).**

A line in confirmation of the nominated person from your organisation may be emailed to Mr. S. A. Khan, Lead Associate, SCOPE (+919899402245) or Ms. Hema Koul, Prog. Coordinator (+91 9899362335) ca@scopeonline.in by Thursday, 17th December 2021.

Looking forward to an enthusiastic participation.

With regards,

Yours sincerely,


(Atul Sobti)

To: Chief Executives of all PSEs
Copy to: 1. Director (HR) of all PSEs
2. SCOPE Nodal Officers

STANDING CONFERENCE OF PUBLIC ENTERPRISES

(An apex body of Public Enterprises)

present

Webinar on

HEAL

Healthy Eating & Active Living

- Let's unleash the power of food

To register please click on the link:

<https://bit.ly/3pl0Lje>

Date: Saturday, 18th Dec, 2021

Time: 3:30 pm onwards



Topics to be discussed

- Identify & Understand the root cause of health problems
- Differentiation between the need to eat and urge to eat
- Secrets of right cooking technique and right food combinations
- Are you scared of Fats/Cholesterol / Cooking Oil / Nuts
- Fuzz about diet- why it fails?
- Lifestyle disorders, Diabetes, Bone health, Digestion, Thyroid, Obesity
- Myths & Facts about food
- Nutritional deficiencies - Calcium, Vitamin D

Dr. Nupur Krishnan

Director-Bio-Logics
Healthcare &
Fit India

Ambassador- Ministry of
Youth Affairs & Sports Authority
of India

Setting the Context

With the changing paradigms of our daily lives and new health challenges, the importance of healthy eating has also been redefined. While it has become imperative to understand what not to eat, its become even more vital to know what and how to eat. In continuation of its impetus on health, SCOPE brings to you the connection of food and healthy living with one of the country's finest Nutritionist providing novel approach towards eating right and lifestyle management.



Atul Sobti
DG, SCOPE

Contact: Mr. S. A. Khan, Lead Associate, SCOPE (Mob: 9899402245) at ca@scopeonline.in
or Ms. Hema Koul, Prog. Coordinator, SCOPE (Mob: 9899362335)