



### **HEALTH & NUTRITION PROJECT**

Swashrit, a non profit organization registered under Society Act is carrying forward its mission since 1999. The aim of this organization is to empower people by providing them education and awareness programmes to create better health.

Swashrit has a team of eminent consultants consisting of Doctors, Psychologists, Nutritionists and Lifestyle Experts. Dr. Bhavna Verma - Senior Clinical Psychologist, Escorts, Dr. Rachna K. Singh - Lifestyles Expert & Homeopathic Consultant, Artemis Hospital, Dr. Piyush Jain - Consultant Cardiologist, Ms. Ishi Khosla - Senior Nutritionist, Director, Whole Foods, and other eminent health professionals bring the essence of their practical experience to the projects.

To further its vision of universalizing basic health and education, Swashrit has also been actively involved in conducting training workshops for prestigious annual projects and CSR initiatives PAN India such as "Save the Young Heart" and "Obesity management", "Get Active", "Intellichild", "Substance Abuse Prevention" and "360 degree Approach to Holistic Child Development" and an UNFPA Project on " Adolescent Education Program" pan India.

A two hours workshop for Classes 4 & 8 was conducted on 4<sup>th</sup> November 2009 by Ms Esther Sailo, Health Counselor, Swashrit Society.