



Open Sky

Circular no-OS/15/25-26

Date: 9 July 2025

Subject: Interactive Workshop on Sugar Consumption and Changing Diet Patterns

Dear Students and Parents,

We are pleased to inform you that an interactive workshop on the topic:

“Sugar Consumption and Changing Diet Patterns Leading to Obesity”

will be conducted on Thursday, 10th July 2025 at 11:00 AM by Dr. Malvika Sharma in the school premises.

The session aims to raise awareness about the increasing intake of sugar in daily diets, its hidden sources, and the long-term health implications including obesity. The workshop will include engaging discussions, practical demonstrations, and expert inputs to encourage mindful eating habits among young learners.

❖ Why is it important to attend?

In today's fast-paced lifestyle, children and adults alike are unknowingly consuming excess sugar through processed foods and beverages. This workshop will help students and parents:

- ✓ Understand the impact of sugar on physical and mental health
- ✓ Learn to read food labels and spot hidden sugars
- ✓ Develop healthier eating habits and make informed food choices

Parents are cordially invited to join the session virtually through a Zoom link which will be shared in the class groups.

Let's take a step together towards better health and nutrition!

Warm regards,

Team Open Sky