



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)

(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



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DATE:7/8/23

NOTICE

Department of Paediatrics, IMCHRC is Celebrating "Samporna Swastha Suraksha Karyakram" on 9/8/23 at 10 am in Mount Index International School. All Students of class 4th and class 8th are requested to attend the program

Dr. Swati Prashant

HOD

Dept of Paediatrics

Copy to:-

- *The Chairman
- *The Dean
- *The Medical Superintendent
- *The HR Department
- *To all the concerned
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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE DEPARTMENT OF PAEDIATRICS

IMCHRC/Paedia/2023/59

Date:- 9/8/23

Report

Pleased to share that Indore Academy of Paediatrics continued the tradition of holding SSS ToT in Mount Index International School on 9th of August 2023 .Which was attended by

Senior Wing :- 40 Students [Class 8th]and 6 Teachers

Junior Wing :- 40 Students [Class 4th] and 6 Teachers

Dr.Saurabh Piparsaniya, Dr.Shubhangi Mahashabde and Dr.Stuti Gagrani were the trainers.The Module was appreciated by all and students took active participation and were part and parcel of healthy discussions.They all showed their gratitude and pledged to inculcate healthy haluts in there life which made trainees feel more enthusiastic to continue the Module training to other schools.

'Junk foods' are foods that lack nutrients, vitamins and minerals, and are high in kilojoules (energy), salts, sugars, or fats. Junk food is so called because it doesn't play a role in healthy eating, especially if you eat too much of it. Junk food is also known as 'discretionary food' or 'optional food'.

Some examples of junk food include:

- cakes and biscuits
- fast foods (such as hot chips, burgers and pizzas)
- chocolate and sweets
- processed meat (such as bacon)
- snacks (such as chips)
- sugary drinks (such as sports, energy and soft drinks)
- alcoholic drinks

If your diet is high in fats, salt and sugar and you are not receiving essential nutrients, your risk of obesity and other chronic (long-term) diseases may increase.

These diseases include:

- cardiovascular disease
- type 2 diabetes
- non-alcoholic fatty liver disease
- some cancers



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How do I know if a food product is 'junk food'?

While finding healthy alternatives to junk food can sometimes be difficult, the Health Star Rating system is a convenient tool to help you know how healthy a product is. It's a quick and easy way to compare similar packaged foods.

The Health Star Rating system rates packaged foods between half a star and 5 stars, based on how healthy they are. These ratings are found on the front of packaged items. However, it is important to note that this system is very general, and the nutritional value of some products may not be accurately expressed by the rating they receive.

Remember also that the Health Star Rating system is designed only for packaged products sold in shops, so it won't include some healthy foods — including fresh unpackaged food such as fruit and vegetables.

How do I make healthy food choices?

It's important to understand the nutritional value of the food you are buying. You can do this by reading the nutrition panel found on the back of all packaged items in Australia.

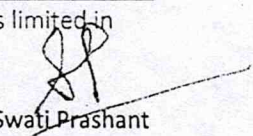
Food labels can tell you things like the amount of energy, protein, fat, carbohydrates, sugars, fibre and sodium (salt) in each product, as well as the recommended serving size.

Understanding health claims

When checking a product for its nutritional value, make sure you look at the health claims such as 'low in fat' or 'sugar free', as these can be misleading. When a product is advertised as 'light' or 'lite', this may refer only to the product's colour or flavour. This means that the product may still be 'full-fat' — be sure to read the nutrition information panel at the back of the package for the actual fat content.

Another common claim is that a product is 'sugar-free' or has 'no added sugar'. In truth, this means that a product has no added sucrose or table sugar, but it may still contain other types of sugar. The product may also contain salt or fat and may be high in kilojoules, so even sugar free products can be junk foods.

Note also that products known as 'health foods' such as some fruit juices and muesli bars can actually be junk food if they contain high levels of sugar, salt or fat. Check a product's Health Star Rating for a better guide to how healthy the product is. Keep in mind that this rating system is limited in accuracy, but may be a better guide than advertised claims.


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