

## REPORT : YAKULT WORKSHOP

**Name of the Workshop-** YAKULT WORKSHOP

**Resource Person-** Ms. Smriti Jain

**Date-** 15 January 2024

**Duration-** 40 minutes

**Venue-** Auditorium, JM International School, Dwarka



"The gut is a garden, requiring care and nourishment to thrive."

- Giulia Enders

The workshop began with a talk on the human digestive system with the help of a model. The model was colorful and in 3D. When the speaker 'opened' the small and big intestines, it gave the students an immediate perception of the length and shape of each intestine- an interesting experience.

The children were told about the process of digestion and the importance of the digestive organs. They participated freely by answering questions posed. They were motivated for correct answers. A short PowerPoint presentation was also shown on the importance of good and bad bacteria along with the discussion how these bacteria affect our systems and the purpose they serve. Important information on good eating habits and healthy food was also shared with the children.

The children filed out of the auditorium with big smiles as each was handed a bottle of Yakult probiotic drink.

By : Ms. Shweta Khanna