

## A workshop on a Healthy Life Style



Times of India organized a workshop at IIS Sitapura. It aimed at making the students aware about the facts of packaged food industry which targets their customers through appealing advertisements of the product which does not contain the basic nutrients and how does it affect our health as it contains chemicals & preservatives.

The main motive of the workshop was to maximize the use of fresh & nutritional food items so that they can adopt a healthy life style.