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Today, awareness-cum-sensitization workshop on Diet and Nutrition was organized in Recruit Training Centre, Sector-26, Chandigarh under the guidance of Shri R.P. Upadhyaya, I.P.S., I.G.P., U.T., Chandigarh and supervision of Shri A.S. Cheema, I.P.S., D.I.G., U.T., Chandigarh, in association with the representatives of Abbott Health Care. 190 Police officers/officials of Chandigarh Police attended this workshop. Dr. Sujata Sharma, Senior Medical Officer, Police Hospital Sector-26, Chandigarh was present in the workshop and sensitize the police officers/ officials about the diet and nutrition



Ms. Surya Parsad, M.Sc. (Food& Nutrition) has delivered the lecture on food habits and causes of diseases like Diabetes, Obesity, Hypertension and Cardio Vascular diseases. During the lecture Ms. Surya Parsad given special emphasis that we can prevent ourselves from diseases by changing our food habits and behaviour life styles. Health awareness is the most important in the daily sphere of life which protects us from diseases like Diabetes, Hypertension, Obesity, Cardio Vascular

diseases etc. We should have good healthy food habits and try to change the life style. We would persuade friends, family and other people to do so.

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