



AWARENESS ABOUT SUGAR CONSUMPTION

In recent years, there has been a troubling rise in Type 2 diabetes among children, a condition that was previously more common in adults. This trend is closely linked to increased sugar consumption, primarily driven by the easy accessibility of sugary snacks, beverages, and processed foods, particularly within school environments.

Such dietary habits are not only escalating the risk of diabetes but also contributing to obesity, dental issues, and other long-term metabolic disorders, adversely affecting children's health and academic performance.

Studies have shown that sugar intake in children significantly exceeds the recommended daily limit, making it imperative to address this issue through education and awareness.

Responding to this growing concern, Welspun Vidya Mandir has taken proactive steps to create awareness among its students about the harmful effects of excessive sugar intake.

The school has set up Sugar Boards across the campus, displaying vital information regarding recommended sugar consumption limits, sugar content in commonly consumed junk food and drinks, associated health risks, and suggestions for healthier alternatives.

To reinforce this message, the school corridors have also been decorated with informative placards and posters that visually convey key facts and statistics.

These efforts serve as continuous visual reminders, encouraging students to make informed and mindful dietary choices.

In addition to these visual aids, Welspun Vidya Mandir also organized awareness seminars and workshops. These sessions featured expert talks, interactive activities, and student-led discussions that emphasized the importance of healthy eating habits and the dangers of excessive sugar consumption.

Through these initiatives, the school aims to instill long-term health consciousness and promote overall well-being among its students, ensuring a healthier and more focused learning environment.