



3S
AND OUR HEALTH

3 S AND OUR HEALTH



AIM OF THE SESSION

OUR OBJECTIVE FOR THE SESSION INCLUDES:

- 1 TO FEEL MORE ENERGETIC THROUGHOUT THE DAY
- 2 BETTER WEIGHT MANAGEMENT
- 3 BETTER SLEEP
- 4 TO ADOPT A BALANCED DIET

**3 S TO
ADOPT**



Sports



Sleep



Sangeet

**3 S TO
AVOID**



Sugar



Sngeks



Supper



TO AVOID





**AVOID
SUGAR**



AVOID SNACKS





AVOID SUPPER

TO ADOPT





ADOPT SPORTS



ADOPT SLEEP



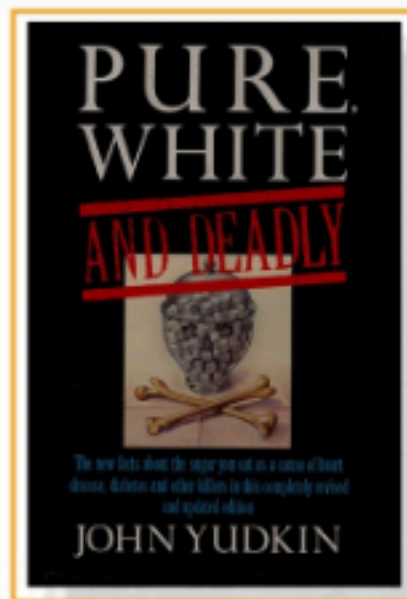
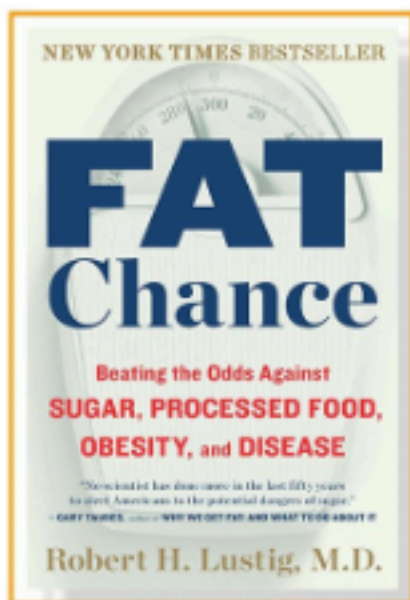
**ADOPT
SANGEET**



1. Water
2. Vegetables
3. Fruits
4. Protein
5. Carbohydrates

*** TWO
SQUARE
MEALS
A DAY**

* REFERENCES

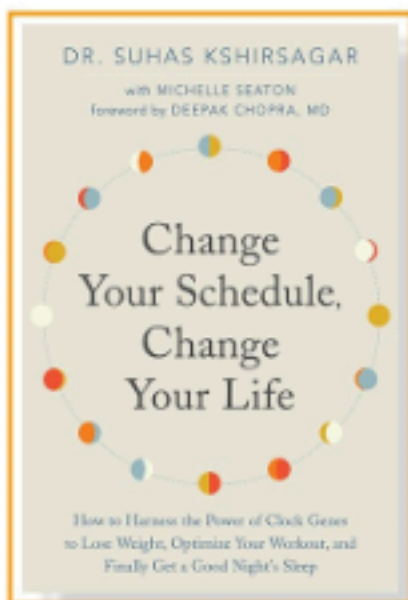


* REFERENCES



Dr. Jagannath Dixit

+91 98200 58517
+91 98340 10012



Dr. Suhas Kshirsagar



Dr. Yoshinori Ohsumi

EFFORTS MADE

3S AND OUR HEALTH BOOK/WEBSITE/SOCIETY /SESSIONS

FRONT OF PACKAGE LABELLING ADVOCACY

SOCIAL HEALTH CLUBS IN EDUCATIONAL INSTITUTIONS

PROMOTION OF BREASTFEEDING





BEST WISHES

INITIATIVES BY 3S AND OUR HEALTH



SOCIAL HEALTH CLUBS

In Educational Institutions

Non Commercial Platform

Activities - Competition, workshops

Eg: World Chocolate Day Vs Healthy Food Day

www.socialhealthclub.org



AROH

Action for Results in Overall Health

Monthly meeting of Committee of Employees

Identify nudges : Separate sugar in tea, fat man photo in lift

Follow up on implementation

Share experiences : Sun Break

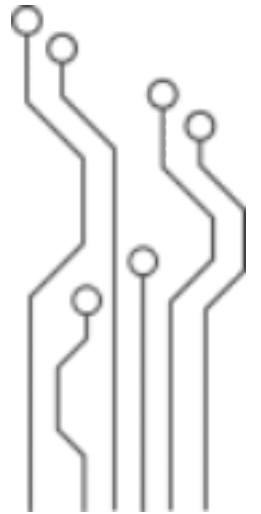


UTTARA

Universal Transparent Tracking of Applications
and Responses to Applications

Right to Response

Symmetry of Access



3S AGAINST INTOXICANTS

Surrogate Advertisements

Cigarettes and Other Tobacco Products Act, 2003

Etitioning Celebrities

Inoculating youngsters



BHAVANI

Bharat Volunteering Against Nutritional Insufficiency

Pilot in Rajgarh Madhya Pradesh - 60 odd cases

Model of volunteering to mentor



PROMOTION OF BREASTFEEDING

Non Commercial

EIBF, Exclusive, Complementary

Poshan Tracker enabling

Auditing RCH Anmol data



FOPL

Front of Package Labelling

Ultra-processed packaged Food

Notice by Hon. SC against FSSAI

Warning Label Vs Star rating



FOOD LENS APP

Scan barcode

Warning Label

Dangerous contents



UNIVERSAL SOCIAL ENGAGEMENT

Respectable Skilled wage rate

For every individual Yuva Mission and Union Budget

Holistic Assessment of Requirement of Support and Handholding



YES

Yoga Essentials and SuryaNamaskar

Non Commercial

Within walking distance

Nuances of Yoga - mentoring

Decentralised



SAMVAD

Systematic And Active Meetings in Villages/Wards to Aid Development

Components

Individual Beneficiaries

Project Review

Personnel Review

Voluntary Action

Power of Routine and Direct Democracy



3S Research

Non Commercial Research

How traditional life affects lifestyle diseases

Ethical clearance and medical fraternity

Is diabetes management protocol being followed ?



LINKS TO VISIT

Effortless Weightloss
English Lecture

<https://youtu.be/w1ORgWrkjqs>

That Sugar Film

<https://youtu.be/jVQrMgG7T2c>

Sugar : The bitter truth

<https://youtu.be/dBnniua6-oM>



[/3SandourHealth](https://www.facebook.com/3SandourHealth)

CONNECT US THROUGH



+919993946993



83058 40890



3sandourhealth



www.3sandourhealth.org

Now Available on
amazon

and

 **notionpress**
.com

