



**kamp**  
KNOWLEDGE & AWARENESS  
MAPPING PLATFORM

PRESENTS  
**50th Fortnightly Workshop on**

# THE ABC'S OF HEALTH

NUTRITION, EXERCISE AND SLEEP

**By. Mr. Vipul Arora**  
(Health and Wellness Coach)

**For Students from Classes 3rd to 12th**  
(Parents/Teachers can also Participate)

**JOIN US**

 **APRIL 25TH,**  
**04:00 PM IST**

 **zoom**  **LIVE**  **STREAM**

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## KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 50

Organised By: Knowledge & Awareness Mapping Platform (KAMP)  
In Knowledge Alliance with CSIR - NIScPR and M/s NCPL

**Topic:** The ABC's of Health: Nutrition, Exercise and Sleep

**Category:** Scientific and Life Skills

**Speakers/Presenters:** Mr. Vipul Arora

**Organized for:** Students from classes 5 - 12

**Date:** April, 25th, 2024

**No. of Participants:** 250+ students from different schools across India

**Overview:**

On April 25th, 2024, KAMP organized its 50th exclusive knowledge-sharing session, focusing on the theme "The ABC's of Health: Nutrition, Exercise and Sleep". This event attracted over 250 students from diverse schools across India, united by the common goal of enhancing their health and lifestyle for better focus in life.

**GLOBAL NUTRITION PHILOSOPHY**

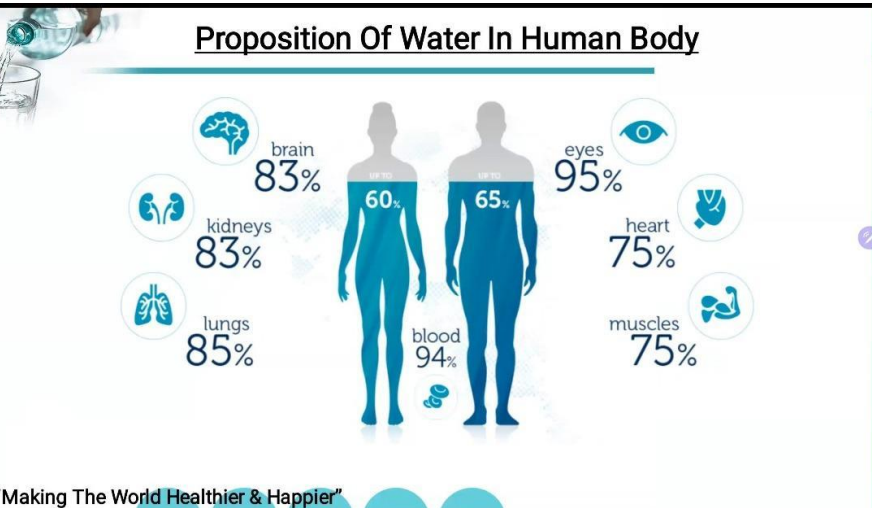


Mr. Aniket Arora convened the session, with Mr. Vipul Arora, an esteemed Health and Wellness Coach dedicated to facilitating transformative journeys for individuals by guiding them through dietary adjustments and adopting simple lifestyle changes. The session delved into the significance of hydration, physical activity, and adequate rest, while also shedding light on lesser-known facets of health. According to Mr. Vipul, as our population increases and the demand for food rises, our

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reliance on chemicals and fertilizers has escalated, subsequently diminishing the nutritional content of our soil and, consequently, our food.

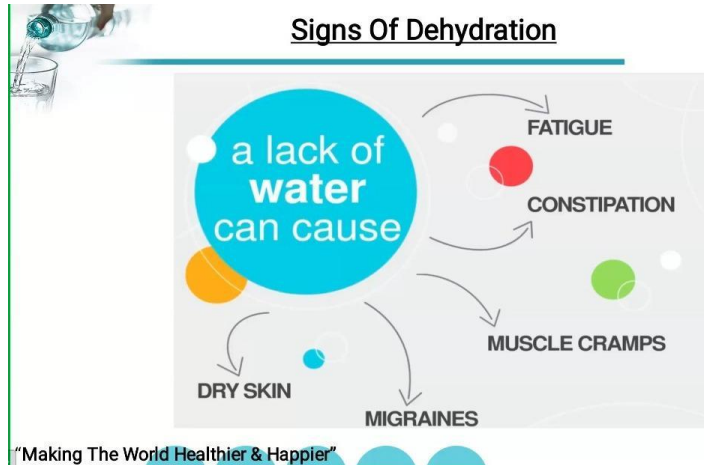
The primary objective of the workshop was to empower attendees with a comprehensive understanding of global nutrition philosophies and lifestyle practices conducive to optimal health. The session commenced with an insightful exploration of the importance of water consumption



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and the detrimental effects of dehydration on overall well-being. Participants gained valuable insights into crafting a balanced diet and mitigating the impact of modern agricultural practices on food nutrition.

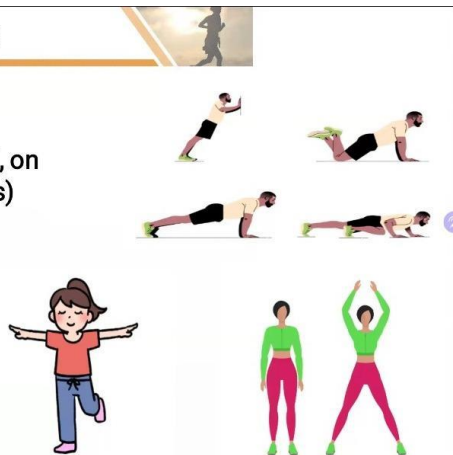
Moving forward, the discussion transitioned to the pivotal role of exercise in maintaining physical fitness and mental agility. Mr. Vipul Arora elaborated on various types of exercises suitable for different age groups and lifestyles, emphasizing the importance of incorporating movement into daily routines. Additionally, alternatives to traditional exercise routines were explored to accommodate diverse preferences and accessibility challenges.



Furthermore, the workshop underscored the critical significance of quality sleep in promoting optimal health outcomes. Attendees were enlightened on the physiological and psychological benefits of sufficient rest, as well as practical strategies for improving sleep hygiene. Mr. Vipul Arora shared actionable tips on creating conducive sleep environments and cultivating healthy bedtime habits, ensuring attendees left equipped with the tools to prioritize restful sleep.

### Types Of Exercises for Kids

- Running
- Pushups (against the wall, on their knees or full pushups)
- Situps
- Skipping rope
- Jumping jacks
- Balance on one leg



In conclusion, the 50th knowledge-sharing session organized by KAMP served as a platform for holistic education on nutrition, exercise, and sleep—a testament to the

organization's commitment to fostering healthier communities. Through engaging discussions and expert insights, attendees were empowered to make informed lifestyle choices conducive to their overall well-being and long-term vitality.

KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to

### Alternatives Of Exercise

- Jumping
- Swimming
- Dance
- Martial Arts
- Gymnastics
- Cricket
- Basketball
- Football



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making India a Global Leader in the fields of science, technology, and the humanities.

These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature, understand their core values and personal interests evaluate their skills within the given area, and achieve their best in their most desirable way.

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**Organized By:**  
**Knowledge and Awareness Mapping Platform**  
(KAMP Operations and Coordination Office)

**Moderated By:**  
**Mr. Aniket Arora**  
(Outreach Coordinator, KAMP)

**Team Credits:**  
**Ms. Arika Mathur**  
(Member, KPMC)