



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES
(A unit of Maharaja Agrasen Technical Education Society)

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Session on “Why eating Raw Wholesome Diet is Important”

March 19, 2018

Department of Business Administration, organized a “Session on Why eating Raw Wholesome Diet is Important” in Maharaja Agrasen Institute of Management Studies, New Delhi on March 19, 2018. The session focused on the importance of Raw Wholesome diet and health benefits attached to it. There was a turnout of 43 participants for the session. The speaker for the session was Dr. Usha Nair, Faculty MAIMS

Dr. Usha Nair interacted with the participants and elaborated that raw food diet consists mainly of unprocessed whole foods, plant-based, and organic foods that are a source of high nutritional value. She emphasized on the idea that heating food destroys its nutrients and natural enzymes, which is bad because enzymes boost digestion and fight chronic disease. In short: When you cook it, you kill it.

She further mentioned that as known, processed foods contain high unhealthy unsaturated fats, which do more harm than good. They can cause high inflammatory responses in the body and also lead to heart problems. They are either high in added sugar or have high salt content, excess of which can cause severe health issues. That said, a raw food diet is unprocessed and healthy, which makes it beneficial for the body. The students were keen on trying Raw Wholesome diet to test the benefits themselves.

On the behalf of Maharaja Agrasen Institute of Management Studies, Dr. Vijay Kumar Khurana, thanked her for delivering such an informative session.

