



## REPORT ON WORKSHOP BY YAKULT DANONE INDIA PVT. LTD.

**DATE** : 30 June 2017  
**VENUE** : School Auditorium  
**ORGANISED BY** : ITL Public School  
**CONDUCTED BY** : Yakult Danone India Pvt. Ltd.  
**ATTENDED BY** : ITL Staff

A workshop on the need for Probiotics was conducted by **Yakult Danone India Pvt. Ltd.** on **30 June 2017** for the staff of the school. The resource person discussed how probiotics like **Yakult** are effective in maintaining and restoring the balance of microbes in our gastrointestinal tract and how they help to suppress the disease causing bacteria and reducing toxins thus boosting the immune system of the body.

The workshop was an eye-opener as people think about their overall well being but the thought of the well being of their digestive system rarely crosses their mind. It's in fact the place where good health and nutrition begins. Hence drinking Yakult daily will help in proper functioning of the digestive system. A bottle of Yakult was distributed to the staff as a sample, so that they could make it a part of their daily diet

