



# World Health Day 2024

## 'My health, my right'.



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# Mitha Aahara

Eat To Live

# World Health Day 2024

## 'My health, my right'.

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This year's theme was chosen by the WHO to champion the right of everyone, everywhere to have access to health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

Our activities for the same are as follows 🖐️



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# ACTIVITIES FOR WORLD HEALTH DAY- APRIL 7TH

**Blood tests / body assessment ( to assess body composition by BCA machine, Good Nutrition for Optimal Health and interaction**

**Blood test- basic**

**Body assessment- Body Composition Analysis**

**Addressing the employees - 45 min +15 min interaction**



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**All the mentioned points in 1 plus millets and nutrition stalls ( total 5) and reading of nutrition labels and how to identify healthy food and harmful food and employees can bring their favorite food packet and we will decode the food as healthy or not. These sessions can be for the employees and family as well.**

**Can be completely customized according to the requirements of the company.**





# CONTACT US



## Email

[contact@mithaahara.co.in](mailto:contact@mithaahara.co.in)



## Call

+91 8618987740

+91 9361490956



## Website

[www.mithaahara.com](http://www.mithaahara.com)



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