



Club Project Spotlights:

Our young Dietician Club researchers surveyed adults on digestive issues and scientifically validated traditional Indian condiments as natural prebiotic boosters. Students masterfully created a range of healthy, gut-focused foods—from probiotic salads to detox drinks—by applying practical nutritional science in the kitchen. This project successfully delivered accessible, food-based solutions, powerfully linking culinary skill with community wellness.



AMLA BEETROOT
CARROT JUICE

INDIAN SPICES
CONDIMENTS

VEGGIES
YOGURT SALAD

AMLA KANJI &
PROTEIN RICH SALAD

Student Voices :

Students shared that they were astonished to discover that over 65% of surveyed adults struggle with digestive issues, showing the immediate real-world value of our nutritional work. The project revealed the high prevalence of adult digestive issues, transforming their perspective by validating that accessible, culturally relevant ingredients are scientifically powerful, easy-to-implement solutions for gut health as well as an active metabolism boosters for our body.

Project Report and Skill Development

DEEPER DIVE

RUMINDER KAUR- 10/12/2025



Project Goals:

1. To increase understanding of the prevalence of digestive issues.
2. To identify traditional Indian condiments to promote gut health.
3. To successfully prepare a variety of gut-friendly foods.
4. To use survey data to offer the food-based solutions for wellness.

Process/ Steps:

1. Students conducted a survey among the adults to gather a data.
2. Researched gut healthy foods.(prebiotics, probiotics & fiber food)
3. Prepared the recipes of ABC juice, detox water, chutneys & salads.
4. Recommended food recipes with nutritional guidelines.

Skills Learned :

1. They designed survey, collected data and basic health statistics.
2. Deepened understanding of microbiome and active metabolism.
3. Mastered healthy modifications to the traditional recipes.

Challenges and solutions:

Challenge was to maintain the proper texture and consistency of food beverages, salads and chutneys. They solved it using natural alternatives like hung curd, lime juice and Indian spices for texture and flavor balance.



Meet the Team :



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