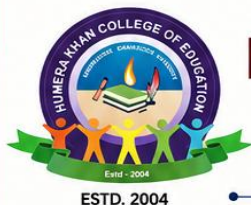




Workshop Report on Yakult and Gut Health

Date: 10/08/2026

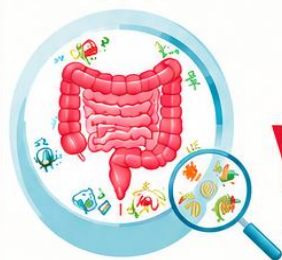
Time: 1:00pm – 1:45 pm



Maharashtra Education Society's **HUMERA KHAN COLLEGE OF EDUCATION**

Jogeshwari (W), Mumbai – 400 102

Affiliated to University of Mumbai | Approved by NCTE, Bhopal
Accredited with 'B' Grade by NAAC (1st Cycle)



WORKSHOP REPORT

on

YAKULT AND GUT HEALTH

Understanding the Science of a Healthy Gut for a Better Life



DATE

10th August 2026
(Monday)



TIME

1:00 pm
to 1:30 pm



VENUE

Lecture hall 501



PARTICIPANTS

B.Ed. Students,
Faculty & Staff

ABOUT THE WORKSHOP

Humera Khan College of Education, in collaboration with Yakult Danone India Pvt. Ltd., organized an informative workshop on "Yakult and Gut Health" to create awareness about the importance of gut health and the role of probiotics in maintaining overall well-being.

OBJECTIVES

- ✓ To understand the science of gut and its connection with overall health.
- ✓ To highlight the benefits of probiotics in daily life.
- ✓ To promote healthy eating habits for a strong immune system.
- ✓ To encourage students to make informed choices for a healthier lifestyle.

GLIMPSES OF THE WORKSHOP

- * The resource team explained the structure and functions of the digestive system in simple and interesting ways.
- * Importance of good gut health and its impact on immunity, mood, energy and overall well-being was discussed.
- * The role of probiotics, especially *Lactobacillus casei* Shirota (LcS) strain found in Yakult, was highlighted.
- * Participants actively engaged in discussions and clarified their doubts.
- * The session concluded with a Q&A round and vote of thanks.

HIGHLIGHTS OF THE SESSION



Interactive and engaging session by the expert team.



Live Q&A and myth-busting session.



Scientific facts about gut microbiota and probiotics.



Yakult product awareness and benefits.



Discussion on lifestyle habits for better gut health.



Refreshments and participation certificates.

KEY TAKEAWAYS

- ✓ The gut is often called the "Second Brain".
- ✓ Good gut health improves immunity, digestion, mood and energy levels.
- ✓ Probiotics like *Lactobacillus casei* Shirota (LcS) help maintain a healthy gut flora.
- ✓ Balanced diet, hydration, and regular lifestyle are essential for a healthy gut.
- ✓ Small daily choices lead to long-term wellness.



"A healthy gut is the foundation of a happy life."

We extend our heartfelt thanks to Yakult Danone India Pvt. Ltd. for this enriching and enlightening session.

***Stay Healthy, Stay Happy!
Nurture Your Gut, Nurture Your Life.***



Introduction

A workshop on Yakult and Gut Health was held at Humera Khan College of Education to raise awareness among students about the importance of a healthy digestive system and the role of probiotics in maintaining it. The workshop provided useful information about the digestive system, gut bacteria, probiotics, prebiotics, and the benefits of consuming probiotic products. The session was interactive and informative, as students were also given a Yakult sample to taste and better understand the product.

Objectives

The main objectives of the workshop were:

1. To understand the importance of a healthy digestive system.
2. To learn about the role of the gut in maintaining overall health.
3. To understand the meaning and importance of probiotics and prebiotics.
4. To learn about the benefits of Yakult as a probiotic drink.
5. To understand the appropriate time and way of consuming probiotic drinks.
6. To create awareness about healthy digestive habits and gut health.
7. To provide students with practical exposure through a Yakult tasting session.

Content Covered

The workshop covered the following topics:

1. Digestive System

The speakers explained the basic functioning of the digestive system and its importance in breaking down food, absorbing nutrients, and maintaining overall health.

2. Gut Health

Information was provided about the importance of maintaining a healthy gut. The role of beneficial bacteria in supporting digestion and maintaining a balanced gut environment was also discussed.

3. Probiotics

Probiotics were explained as beneficial microorganisms that can support a healthy balance of bacteria in the gut. Their role in digestion and gut health was discussed during the session.

4. Prebiotics

The workshop also introduced the concept of prebiotics and explained how they provide nourishment for beneficial bacteria present in the gut.



5. Benefits of Yakult

The speakers explained the benefits of Yakult as a probiotic drink and discussed how its consumption can contribute to maintaining a healthy gut.

6. Time and Method of Consumption

The participants were informed about when and how Yakult can be consumed as part of a regular diet. The speakers also explained the importance of consuming it appropriately and maintaining healthy dietary habits.

7. Practical Activity – Yakult Tasting

Each participant was provided with a Yakult sample to taste. This made the workshop more interactive and gave students an opportunity to experience the product while learning about its contents and benefits.

Learning Outcomes

After attending the workshop, students were able to:

- Explain the basic functions and importance of the digestive system.
- Understand the importance of maintaining good gut health.
- Differentiate between probiotics and prebiotics.
- Understand the role of beneficial bacteria in the gut.
- Identify the benefits of probiotic drinks such as Yakult.
- Understand appropriate consumption practices for probiotic products.
- Develop greater awareness about digestive health and healthy lifestyle habits.
- Gain practical experience through product-tasting activity.

Conclusion

The workshop on Yakult and Gut Health was an informative and engaging learning experience. It helped students understand the importance of the digestive system, gut health, probiotics, and prebiotics. The detailed explanation about Yakult and its benefits, along with the practical tasting activity, made the session more interesting and interactive. Overall, the workshop increased students' awareness about the importance of maintaining a healthy digestive system and making informed choices regarding their dietary habits.



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