



St. Lawrence College of Higher Education
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

YAKULT WORKSHOP

The Yakult company held a workshop in our college on 4th November, 2022 on the benefits of probiotics for gut health. The workshop was led by a nutritionist. She explained how probiotics help to maintain a healthy balance of gut bacteria, and how this can improve overall health. They also discussed the different types of probiotics and their benefits. Attendees were given a free sample of Yakult probiotic drink.



