

Press Release

SastaSundar YANA Diet Clinic Successfully Organised Free Diet Consultation Camp for Journalists

Kolkata, 18th December, 2019: YANA Diet Clinic, powered by Digital Healthcare Platform SastaSundar.com, successfully organised a Free Diet Consultation Camp at Press Club, Kolkata today. Aptly titled "Fit India, Fit Journalist", the camp centred on spreading diet and lifestyle-related awareness among the club's member journalists.

Conducted at the Press Club premises at Maidan, the camp saw an encouraging footfall of 65+ journalists. Amidst holding a mirror to society's health, journalists often forget about their own health. In the 24*7*365 schedule of a fast-paced life, chronic lifestyle diseases like diabetes, hypertension, cardiovascular ailments, obesity, PCOD, etc. are highly incidental. However, all these complex health issues can be combated with the right diet. A unique online diet clinic, YANA Diet Clinic dedicates itself to designing holistic diet plans to help one lose weight and reduce medicine intake.

Using the optimum mix of technology and personal touch, YANA Diet Plans are customised to fit one's dietary needs and schedule. Expert in-house YANA dietitians were physically present at the camp to provide one-to-one consultation. By understanding the participants' basic health profile and food choice, the latter were provided with suitable 7-day Meal Plans.

Mr. B L Mittal, Founder & Executive Chairman of SastaSundar.com and Mr. Snehasis Sur, President of Kolkata Press Club also graced the occasion with their presence. The diet camp was open to all members of the Press Club.

About SastaSundar:

SastaSundar is a digital platform of healthcare supported by a network of physical counselling and service centres called "Healthbuddies". The service verticals of SastaSundar are Pharmacy, Diagnostics and Wellness. The name "SastaSundar" is derived from a popular Indian phrase in terms of consumer experience of Savings and Quality. It is founded by Mr B L Mittal and Mr Ravi Kant Sharma.

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