

Series 1

Presenting

SPORMAN

India Ka Gut Superhero!

From the house of

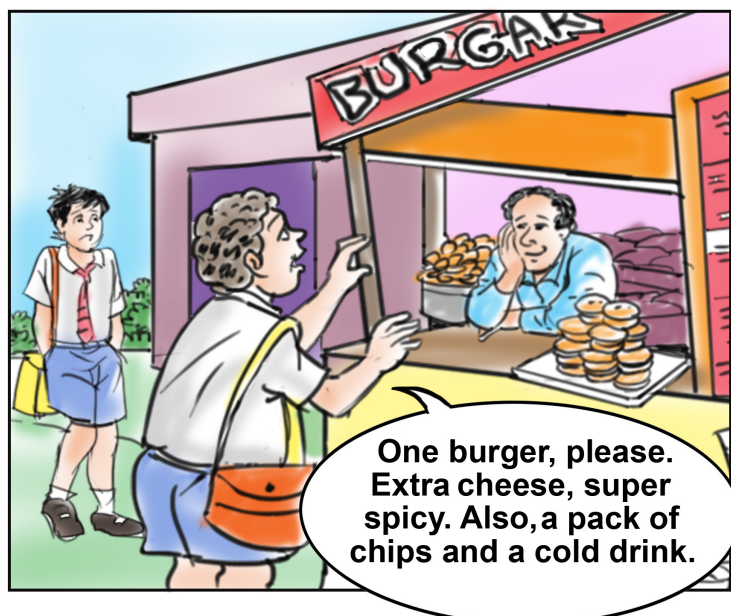
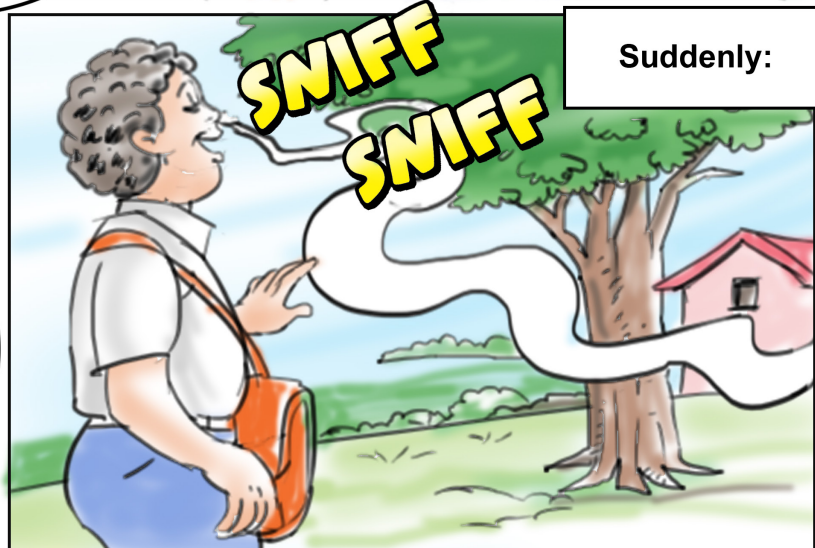
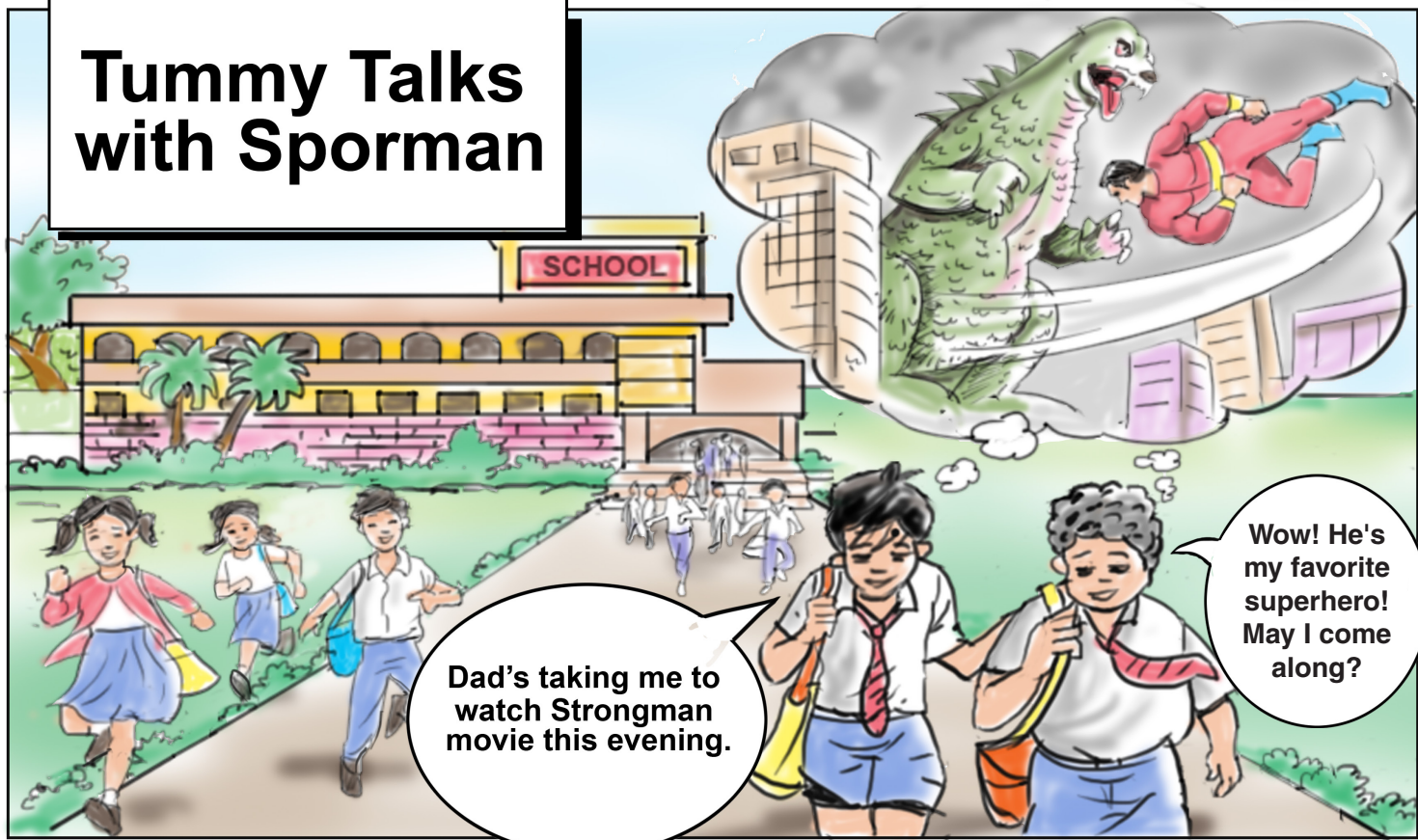


GOOD PEOPLE
for GOOD HEALTH

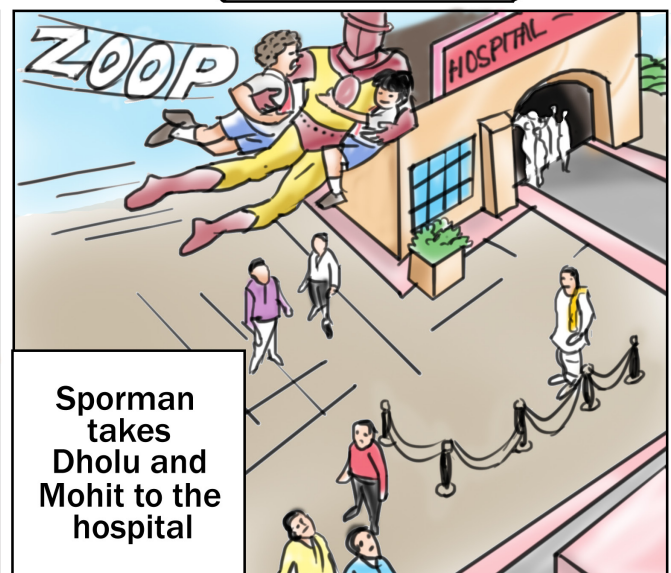
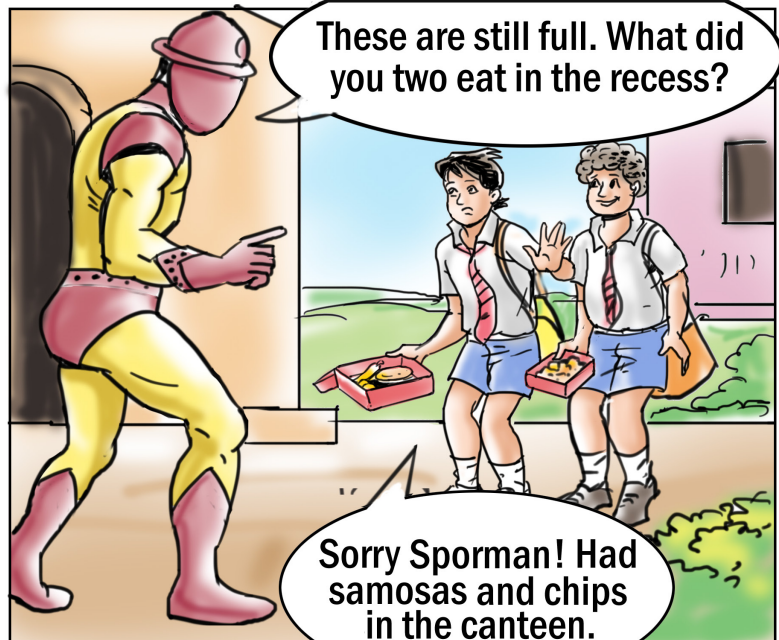
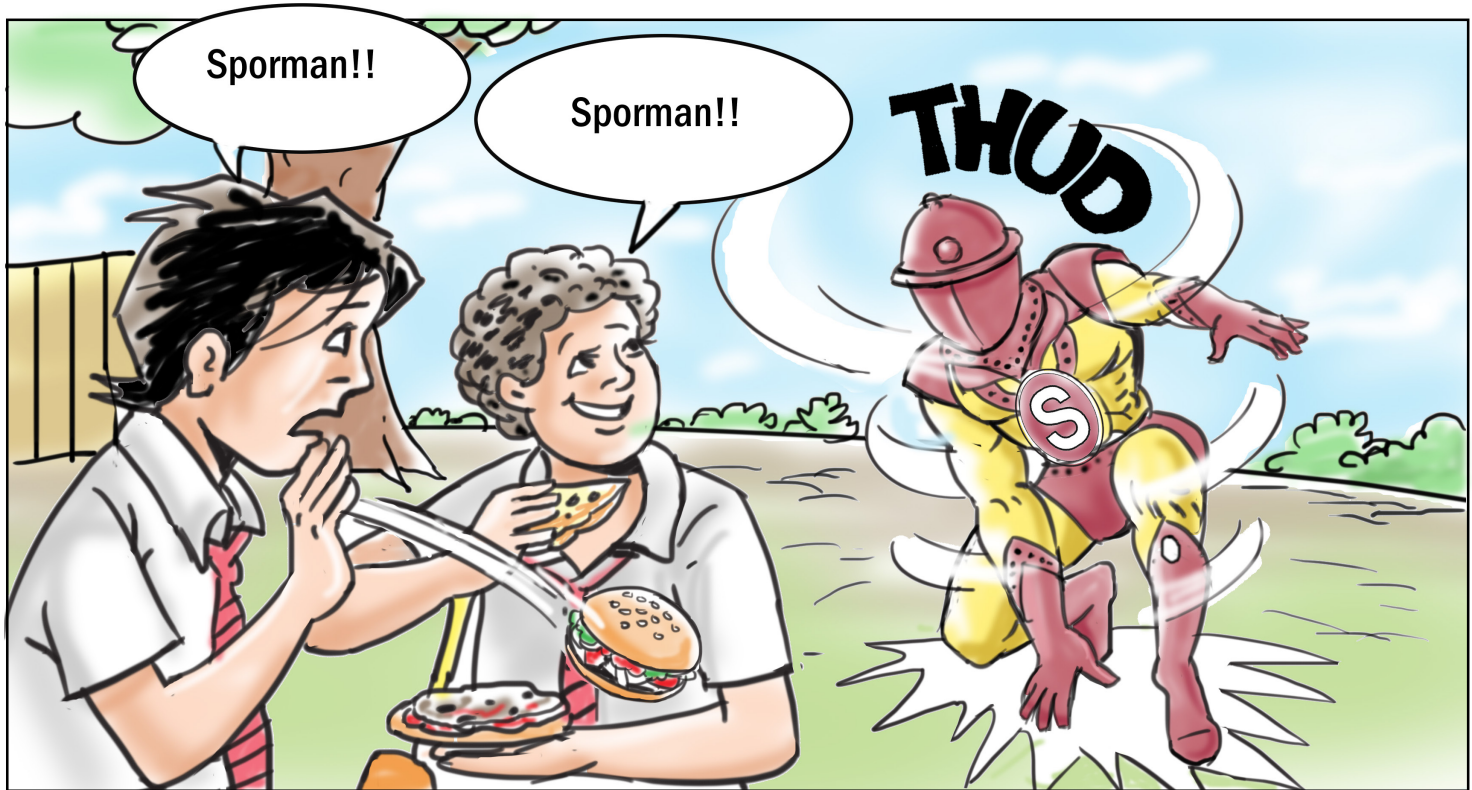


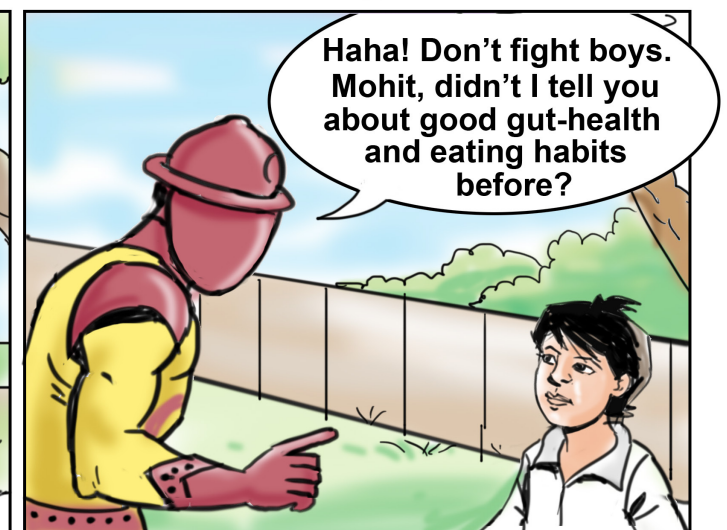
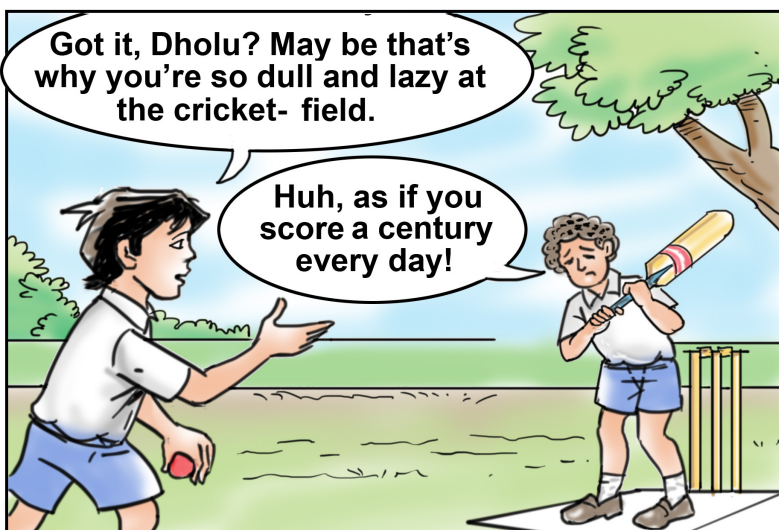
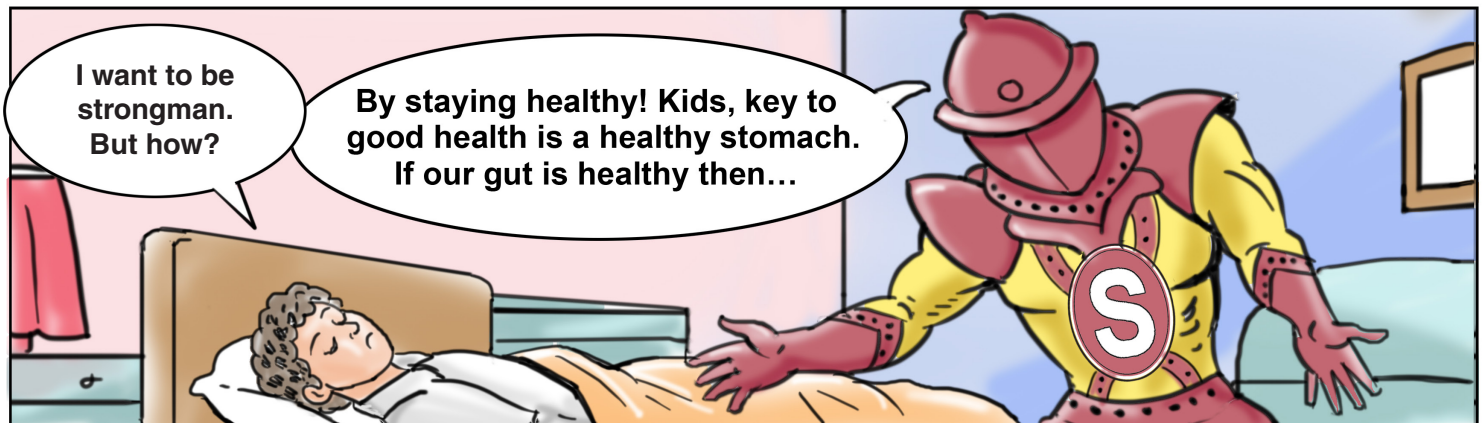
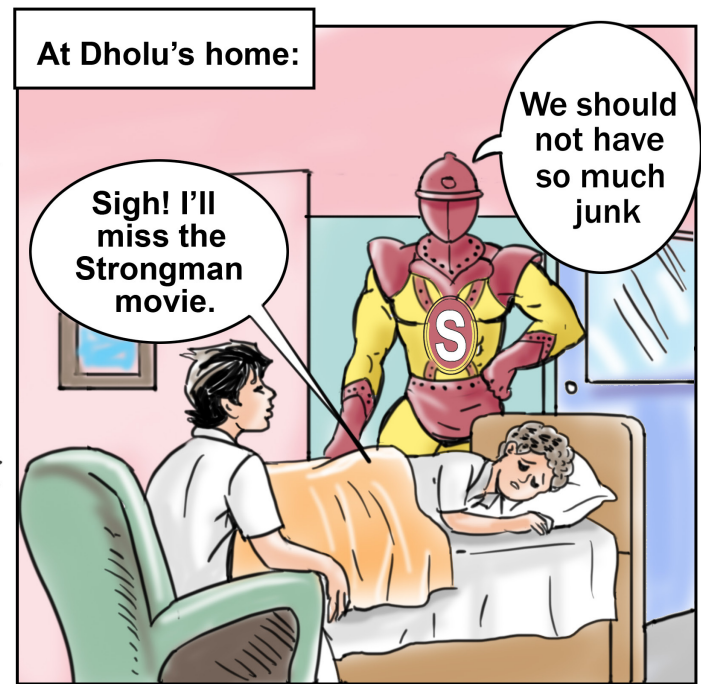
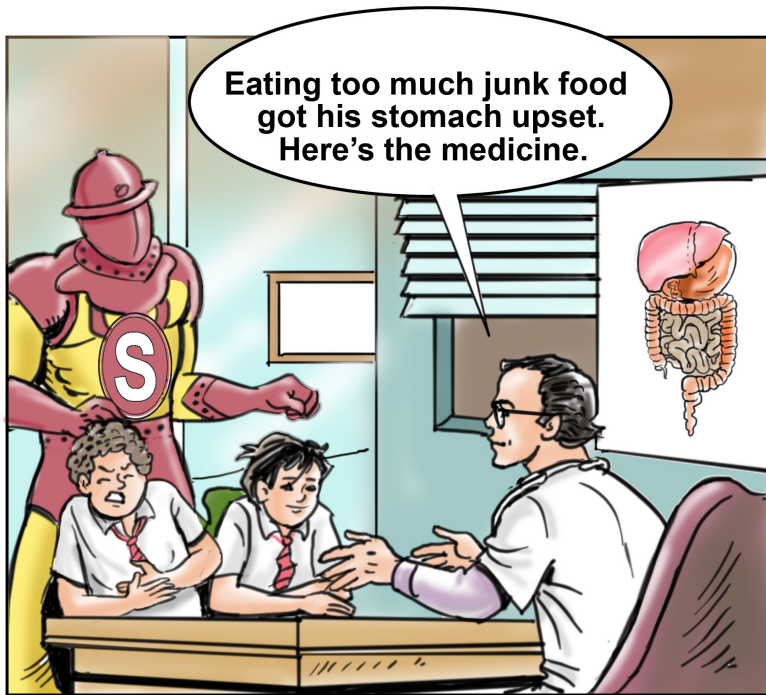
Comic series
to educate children
about good gut-health

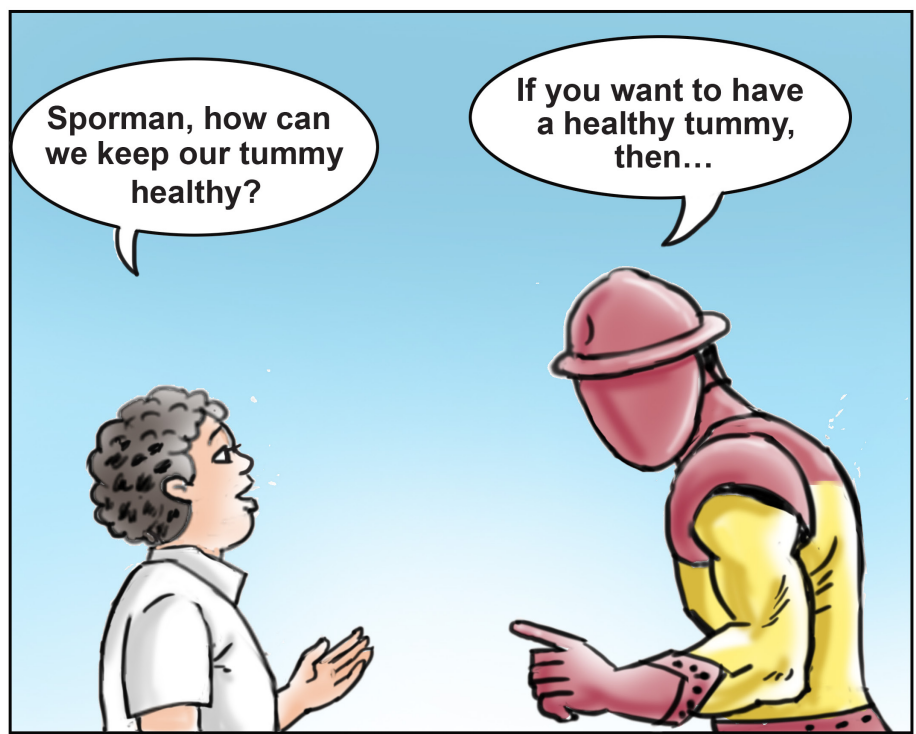
Tummy Talks with Sporman

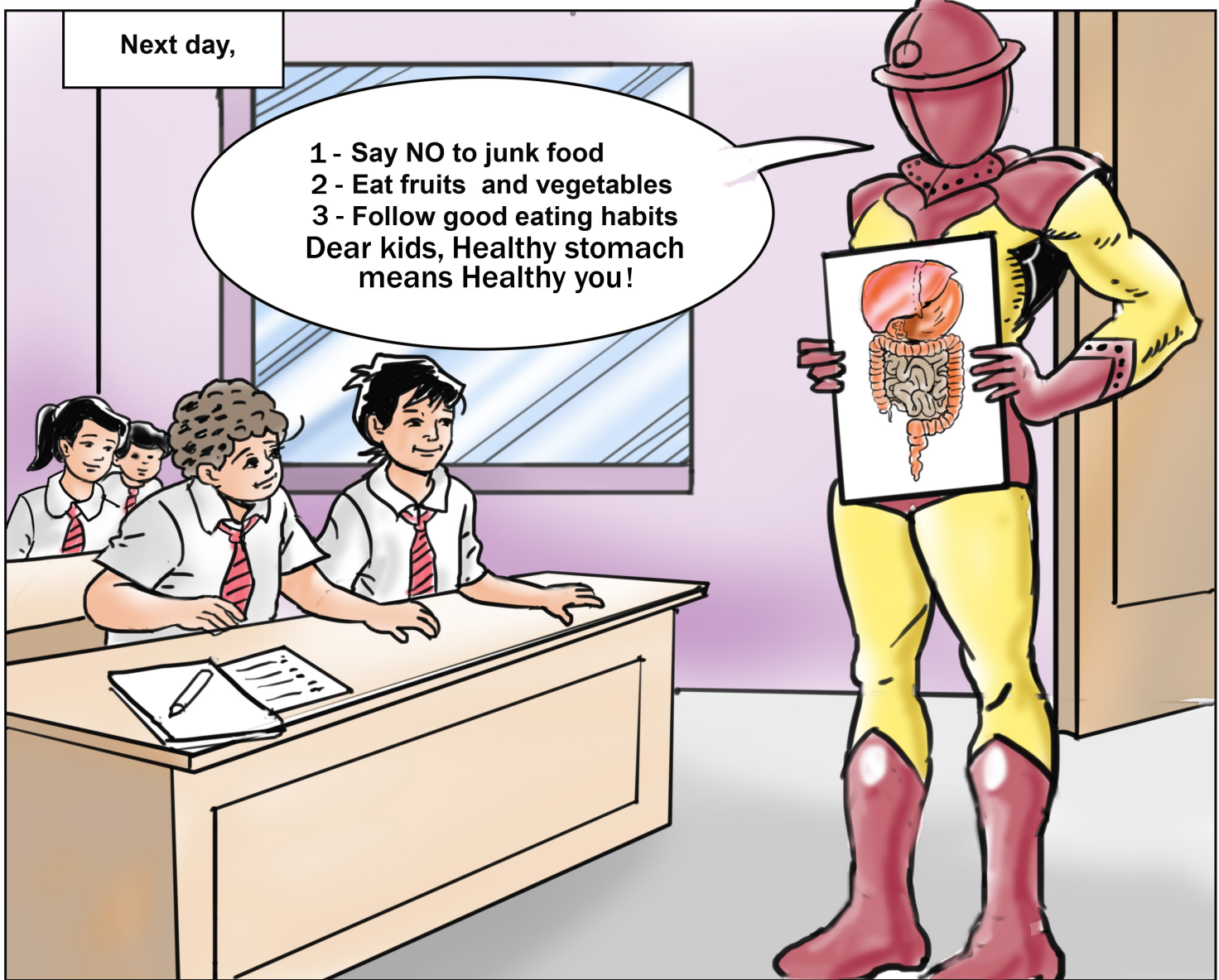
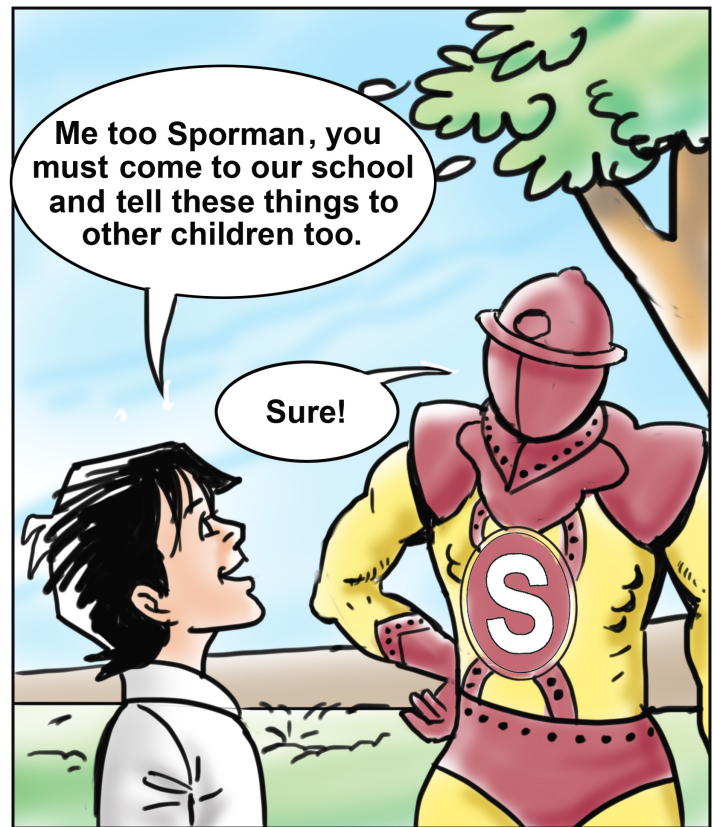












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TIPS FOR HEALTHY GUT



Eat variety of plant –
based foods



Chew the food well before
you swallow.



Drink enough water daily



Sleep well



Exercise daily

Key References:

1. IAP Guidelines for Parents Diarrhea 2021 (Available from: <https://iapindia.org/pdf/IAP-guidelines-for-DIARRHEA.pdf>) Accessed on: 06.07.2023
2. Erica Sonnenburg, Ph.D. 5 Ways to Boost Your Kid's Gut Health [Internet]. Parents. 2022. (Available from: <https://www.parents.com/health/hygiene/5-ways-to-boost-your-kids-gut-health/>) Accessed on: 06.07.2023
3. Manjari Chandra. Eat Right: How to ensure a healthy gut for your children during the monsoons [Internet]. The Indian Express. 2022. (Available from: <https://indianexpress.com/article/parenting/eat-right-how-to-ensure-a-healthy-gut-for-your-children-during-the-monsoons-8047845/>) Accessed on: 06.07.2023

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