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HEALTHY HABITS, HAPPY LIFE

TEEN HIGH-PERFORMANCE MASTERCLASS

HACK YOUR BRAIN & BODY

The Teen Nutrition Cheat Code: Study Smarter, Focus Longer & Feel Unstoppable

Doctor-backed energy hacks, sports power, sleep architecture, and smart mindful eating (Khadya Samyam)!
Specially crafted for Students of Classes 9th, 10th, 11th & 12th at Mahapragya School, Jaipur.

Speaker: Dr. Niru Mathur | **Instagram:** @eatwellthrivebetter | **Website:** eatwellthrivebetter.com

CLINICAL LEADERSHIP

Meet Your Speaker: Dr. Niru Mathur



Dr. Niru Mathur
Founder & Clinical Lead

✓ DOCTOR-LED

Clinical Leadership

- **14+ Years Experience:** Clinical nutrition lead specializing in student focus, sports endurance & vitality.
- **Sustainable Habits:** No boring diet charts—smart daily tweaks that fit school schedules.
- **Core Philosophy:** *"Your body is the machine. Food and daily habits are the settings!"*

Pan-India Reach & Impact

- **2,000+ Lives Transformed:** Empowering families and students across 10 countries.
- **350+ 5-Star Reviews:** Verified on Google with deep trust from youth and parents.
- **2026 Recognitions:** National Prestige Award, Times of India 2026 & CXO Features.

BRAIN POWER & BIOLOGY

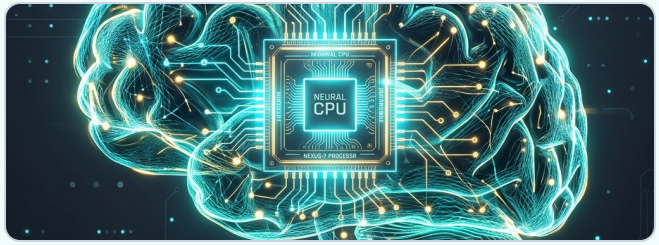
Cheat Code #1: Feed Your Supercomputer Brain

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🧠 LIVE QUIZ: Guess Which!

AUDIENCE SHOW OF HANDS

- **Option A:** Brain uses ~20% resting energy.
- **Option B:** Shuts down when hungry.
- 👉 **Winner:** Option A! 24/7 supercomputer.



High-Performance Biology

WHY STEADY FUEL MATTERS

- **2% Mass → 20% Energy:** Consumes 1/5th of all resting glucose & oxygen.
- **Healthy Fats & Omegas:** Walnut & almond lipids protect neural wiring.
- **Continuous Fuel:** Prevents mental lag during tough problem sets.

🔁 The Gut-Brain Highway

TWO-WAY DIALOGUE

- **The Vagus Nerve:** Direct biochemical wire linking digestion & brain focus.
- **Daily Feeling:** When your stomach feels heavy, concentration dips.
- **Smart Biohack:** Light, balanced meals keep the mind clear & responsive!

AFTERNOON FATIGUE

The 2:00 PM 'Zombie' Mode: Why Studying Makes You Sleepy

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😴 2:00 PM Afternoon Slump

POST-LUNCH DROWSINESS

- **Heavy Eyelids:** 15 mins after lunch, reading is tough.
- **Battery-Saver Mode:** Body is low on clean fuel!



🔄 11:00 PM Formula Loop

READING WITHOUT ABSORBING

- **The 4X Re-read:** Reading the same page 4 times without remembering a word!
- **Screen Strain:** Glare + sugary late-night snacks exhaust focus.
- **Lost Time:** 2 hours at the desk, but only 15 minutes of real learning.

⚡ Exam Hall Blank-Out

MANAGING TEST ANXIETY

- **Sudden Freeze:** Heart races and practiced formulas feel locked away.
- **Trigger Stack:** Skipping breakfast + dehydration + energy drinks.
- **The Fix:** Simple daily fuel habits solve this completely!

SMART GLUCOSE CURVES

Cheat Code #2: Avoid the Energy Rollercoaster

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📈 The Snack Trap (Spike & Crash)

- **Quick Dopamine Rush:** Rapid sugar spike followed by insulin drop.
- **Rebound Craving:** 20 mins later you crave another snack or feel foggy.
- **Study Impact:** Fragmented focus; urge to check phone constantly.



🌱 The Sustained High-Performance Curve

- **Steady Fuel Release:** Fiber & protein slow down glucose entry into cells.
- **Clean Concentration:** Keeps mental alertness locked in for 2–3 hours.
- **Comfortable Satiety:** Feel comfortably energized without post-meal coma.
- **Exam Endurance:** Gives you stamina to power through 3-hour mock tests!
- **Smart Habit:** Pair complex carbs with healthy fats (roasted chana + almonds).

THE DISCIPLINE SECRET

Cheat Code #3: You Are the Algorithm — Self-Mastery (Khadya Samyam)

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📱 The Instagram Rule

WHO DECIDES? YOU OR THE APP?

- **The 5-Min Trap:** Open Instagram for 5 mins... and 45 mins disappear! 😂
- **You Are the Boss:** Samyam means: *I decide when to start and stop!*
- **Transferable Power:** Controlling snacks builds the exact muscle for exam focus.

🍽️ The 80% Rule (Mitahar)

STOP BEFORE THE FOOD COMA

- **Traditional Science:** Eat until comfortably satisfied (~80% full), not stuffed.
- **Zero Lethargy:** Prevents post-lunch sluggishness and digestive overload.
- **Ready to Learn:** Leave the dining table feeling light, sharp, and alert.

🧘 Screen-Free Meals

15-MINUTE SENSORY RESET

- **Mindless Chewing:** Scrolling while eating causes rushed, poor digestion.
- **Chew Thoroughly:** Digestive enzymes activate and satiety signals reach the brain.
- **Daily Challenge:** Enjoy 15 minutes of device-free eating with family!

DESI KITCHEN UPGRADES

Cheat Code #4: Battle of the Snacks ⚔️

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⚔️ ROUND 1: Crunch

CHIPS VS. ROASTED CHANA

- **Corner 1:** Oily Fried Chips / Bhujia (Crash).
- **Corner 2:** Roasted Chana + Foxnuts (Makhana).
- 🏆 **WINNER:** Plant protein & fiber for steady fuel!



⚔️ ROUND 2: Desk Snack

BISCUITS VS. WALNUTS & ALMONDS

- **Corner 1:** Refined Flour Cookies (Sugar crash).
- **Corner 2:** Walnuts + Soaked Almonds + Seeds.
- 🏆 **WINNER:** Nuts & Seeds! Healthy fats protect brain cells.

⚔️ ROUND 3: Cravings

CANDY VS. DATES & FRESH FRUIT

- **Corner 1:** Processed Candies (Sugar spike & crash).
- **Corner 2:** 1–2 Medjool Dates or an Apple / Banana.
- 🏆 **WINNER:** Dates & Fruit! Natural sweetness with fiber & vitamins.

BEYOND EXAM MARKS

Teen Health: Clear Skin, Bone Strength & Sports Stamina

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✨ Skin & Breakouts Reality

A BALANCED PERSPECTIVE

- **Acne Facts:** Hormones, genetics, stress, and skincare all play big roles.
- **Diet Link:** Cutting excess sugary sodas & oily junk reduces inflammation.
- **Daily Habit:** Drink clean water, eat whole fruits, and wash face after study!

🦴 Healthy Growth & Posture

BUILDING PEAK STRUCTURE

- **Crucial Window:** Ages 14–18 build lifetime bone density & posture.
- **Core Trio:** Protein (dal, paneer, sprouts, curd) + Calcium + Vitamin D3.
- **Growth Fuel:** Never skip regular meals during active growth years!

⚽ Sports Power & Stamina

FUELING YOUR MACHINE

- **Body as Machine:** Cricket, football, badminton—fuel for high performance!
- **Pre-Game Fuel:** Banana with peanut butter or chana for clean energy.
- **Post-Game Reset:** Sprouts chaat or curd with nuts to rebuild muscle tissue.

WATER & FOCUS

Cheat Code #5: The Desk Hydration Challenge

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💧 The Bottle Poll

ARE YOU HYDRATED RIGHT NOW?

- **Live Check:** How many brought a water bottle today? (Hands up!)
- **The Catch:** How many actually finish it every single day? (Fewer hands! 😂)
- **Simple Rule:** Keep bottle visible right on your study desk—sip regularly.

🧠 Dehydration & Processing

THE FOCUS MULTIPLIER

- **Processing Lag:** Mild dehydration slows reading speed & causes headaches.
- **Thirst is Late:** By the time throat feels dry, mental focus has already dipped.
- **Jaipur Climate:** Semi-arid dry air causes fast moisture loss—drink proactively!

🍋 Smart Refreshing Fluids

NATURAL DAILY SIPS

- **Desi Infusion:** Add lemon slices + fresh mint + rock salt to your bottle.
- **Healthy Options:** Fresh coconut water, thin chaas with jeera, or nimbu pani.
- **Steer Clear:** Avoid packaged sugary iced teas and chemical energy drinks!

MEMORY CONSOLIDATION

Cheat Code #6: Press SAVE — Sleep & Power Naps

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💾 The 'SAVE Button'

WHERE MEMORY IS STORED

- **Unsaved File:** Closing project without saving!
- **Memory Lock:** Sleep moves facts into long-term memory.



🌙 Deep Sleep Restoration

CELLULAR CLEANUP & RESET

- **Slow-Wave Rest:** Clears metabolic brain waste & balances hormones.
- **Morning Sharpness:** Wake up feeling crisp and alert instead of groggy.
- **Sweet Spot:** Aim for 7 to 8 hours of consistent rest during exam weeks.

⚡ 20-Minute Power Nap

MIDDAY ENERGY REBOOT

- **School Fatigue:** Drained after class? A 20-min nap reboots clarity.
- **Timer Rule:** Set an exact 20-min timer to avoid deep sleep grogginess.
- **Timing:** Best taken between 1:30 PM – 3:30 PM for fresh evening study!

AUDIENCE SHOUT-OUT

🚨 GAME SHOW: Myth or Fact?

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STATEMENT 1: Energy Drinks

'THEY HELP YOU STUDY ALL NIGHT.'

- **Shout Out:** MYTH OR FACT? (Audience: MYTH!)
- 🔬 **Reality:** High caffeine + sugar spikes heart rate & triggers anxiety.
- 💡 **Fix:** Water + nimbu pani + a 20-min nap give cleaner, lasting focus.

STATEMENT 2: Skipping Meals

'IT SAVES MORNING STUDY TIME.'

- **Shout Out:** MYTH OR FACT? (Audience: MYTH!)
- 🔬 **Reality:** Going into exams hungry leads to mid-morning brain fatigue.
- 💡 **Fix:** Quick bowl of vegetable poha, oats, or a banana with nuts.

STATEMENT 3: Studying in Bed

'IT IS COZY AND EFFECTIVE.'

- **Shout Out:** MYTH OR FACT? (Audience: MYTH!)
- 🔬 **Reality:** Your bed is wired for sleep—studying there invites naps.
- 💡 **Fix:** Sit upright at a desk with your feet flat and bright lighting.

PERFORMANCE PROTOCOL

Cheat Code #7: The 3-Hour Exam Day Master Blueprint

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T-2 Hours: Balanced Meal

FAMILIAR MORNING FUEL

- **Familiar Food:** Choose familiar meals (never try strange food on exam day!).
- **Ideal Options:** Poha + curd, Idli + sambar, Oats with nuts, or Besan chilla.
- **Hydration:** Drink 1 glass of water to start the exam morning hydrated.

T-30 Mins: Light Boost

ONLY IF YOU FEEL HUNGRY

- **Light Snack:** 1 small banana or 2 dates + 4–5 almonds/walnuts.
- **Fast Digestion:** Easily digestible carbs without heavy stomach lag.
- **Calm Reset:** Small sips of water; 3 slow breaths to calm heart rate.

Inside Hall: Execution

STRATEGIC MINDSET

- **Water Sips:** Keep water on your desk; take small sips between sections.
- **Box Breathing:** If stuck: put pen down, breathe 4 in, 4 hold, 4 out, and reset.
- **Confidence:** Unshakeable exam confidence starts with steady biology!

ACTIVE ACCOUNTABILITY

Live 2-Minute Challenge: Pick Your Superpower Swap

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1. Turn to Your Partner

IMMEDIATE CONNECTION

- **Look in the Eye:** Turn to your bench partner right now.
- **30-Sec Timer:** You have 30 seconds to choose your superpower swap!
- **No Excuses:** Make it a real, specific commitment for this week.

2. Choose ONE Superpower

YOUR 7-DAY CHALLENGE

- 🥜 **Option A (Snack Swap):** Roasted chana/makhana over fried chips.
- 💧 **Option B (Hydration):** Keep a water bottle on your study desk.
- 📵 **Option C (Curfew):** Screen-free dinner + 1-hour wind-down.

3. Fist-Bump & Seal It!

REAL ACCOUNTABILITY

- **Solid Fist-Bump:** Tell your partner your choice & give a fist-bump!
- **Accountability:** Partner is authorized to check in on you in 7 days:
- **The Question:** *"Did you actually do your superpower swap?!"*

PRACTICAL TAKEAWAYS

Your Exam Success Toolkit & Special School Privilege

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📚 Complimentary Student Toolkit

- **7-Day Energy Meal Planner:** Step-by-step balanced meal ideas for focus.
- **Snack Swap Chart:** Printable chart to hang right by your study desk.
- **Sleep & Nap Tracker:** Master your recovery rhythm & wake up fresh.
- **Direct Access:** Available on Instagram bio: **@eatwellthrivebetter**

🎁 Mahapragya Exclusive Privilege

- **Privilege Code:** MAHAPRAGYA
- Special privilege on clinical family consultations.
- For parents who want to optimize family meal habits.
- Redeemable online at: **eatwellthrivebetter.com**

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🔥 THE WINNING FORMULA FOR TEENS

Fuel Smart. Think Fast. Conquer Your Goals!

Small daily habits build unstoppable energy, focus, and confidence.

Thank You, Students & Faculty of Mahapragya School, Jaipur! 🎓

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