

'Fueling Mental Wellness Through Sustainable Food Choices'

The Department of Nutrition and Dietetics, JSS AHER conducted a national webinar titled **'Fueling Mental Wellness Through Sustainable Food Choices'** on **26th March 2025** in celebration of World Obesity Day 2025 - **'Changing Systems, Healthier Lives'**. The session aimed to create awareness about how food choices impact emotional well-being, stress management, and overall health. Dr Pooja Anudhar G Organizing secretary & Assistant Professor, Department of Nutrition & Dietetics, JSS AHER, moderated the webinar. The webinar started with a welcome address by the organizing chairperson Dr Vanitha Reddy, Coordinator and Associate Professor, Department of Nutrition & Dietetics, JSS AHER, Mysuru. Following, the scientific sessions were begun. In this regard, two acclaimed speakers from the field of nutrition and mental health were invited as resource persons. Ms Sudha Ananth, Psychotherapist and Mental Health Counsellor - was the 1st speaker of the scientific session. Ms Sudha Ananth emphasized the connection between dopamine, mindful eating, and emotional well-being, giving us a deeper understanding of how our food choices impact both our mood and mental health along with Stress Regulation Techniques. The second speaker was Ms. Deepika Chalasani, Clinical Nutritionist, Mind-Body Transformation Coach, Deepika V is an aspiring Nutripreneur in the field of sports nutrition. Connection between nutrition, mental health, and emotional well-being have given us a deeper understanding of how food choices impact our mood, stress levels, and overall well-being. The webinar was concluded by delivering a vote of thanks by Dr Veena BM, Organising secretary & Assistant Professor, Department of Nutrition & Dietetics, JSS AHER. Overall, it was an insightful webinar.

Activity

1. **Title: National Webinar** titled 'Fueling Mental Wellness Through Sustainable Food Choices'
2. **Description:** organized by the department of nutrition and dietetics, on 26th March 2024 in celebration of World Obesity Day 2025 - 'Changing Systems, Healthier Lives'
3. **Event date: 26.03.2025 (2:00 – 5:00 PM)**
4. **Conducted for whom (Target Audience): Mention all applicable as Yes or No**

Admin/General staff: No Teaching staff: Yes Non-Teaching Staff: No

Students: Yes Parents: No

5. Category – webinar
6. Place – Department of Nutrition & Dietetics, online mode
7. Participants no - 272
8. **SDG Direct Alignment: SDG 2, SDG 3 SDG 12, SDG 13**
9. **SDG Indirect Alignment 1: SDG 4**
10. **SDG Indirect Alignment 2: SDG 8**
11. **Image**



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Department of Nutrition & Dietetics

National Webinar on the Occasion of World Obesity Day 2025



**"Fueling Mental Wellness
Through Sustainable Food
Choices"**

Date: March 26, 2025 Time: 2:00 PM - 5:00 PM

Mode: Online (Platform: Zoom)

E-Certificates will be provided

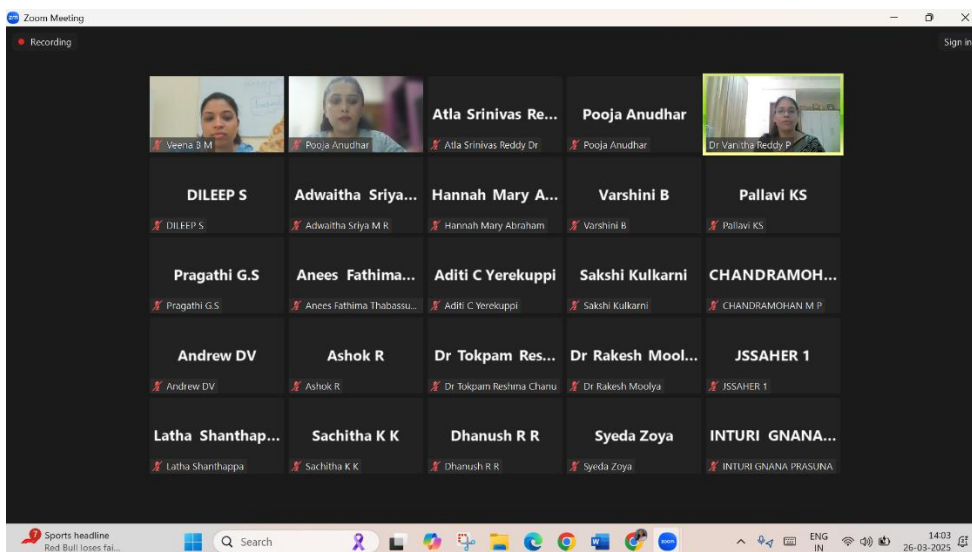
Resource Persons



Ms. Deepika Chalasani
Clinical Nutritionist and Mind-Body
Transformation Coach



Ms. Sudha Ananth
Psychotherapist
Your Dost



Zoom Meeting You are viewing Veena B M's screen View Options

Pooja Anudhar Madhura B P Veena B M Atla Srinivas Re... Saliya Jamindar

Recording

fit4life

Epigenetics, Nutrition, and the Brain: Improving Mental Health through Diet

Rola A Bekdash

- Complex relationship between **brain health & nutrition**.
- Research indicates **early-life nutrition** has effect on human physiology & mental health.
- Environmental factors like **diet, lifestyle, stress, & physical activity** influence our genes through epigenetics, shaping mental health outcomes.

Shvasa

Unmute Start Video Security Participants (247) Share Screen Start Summary AI Companion Reactions Apps Whiteboards Notes More Leave

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