

Nourish & Connect: Entrepreneurship and Social Skills in Nutrition

The Department of Nutrition and Dietetics, JSS AHER conducted a national webinar titled **“Nourish & Connect: Entrepreneurship and Social Skills in Nutrition” on 24th September 2024** in Commemoration of 109th Jayanthi celebration of Srimanmaharaja Rajaguruthilaka H.H. Jagaduguru Dr. Sri Shivarathri Rajendra Mahaswamiji and celebration of National Nutrition Month 2024 - 'Rashtriya Poshan Maah.' The webinar was designed to connect aspiring nutrition professionals to encourage students with insights into entrepreneurship and social skills within the nutrition field, providing both foundational knowledge and promoting career growth. Ms.Ragavi M, 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. Dr Raveesha KA, Dean, SLS – Mysuru, also the convenor of the webinar delivered his opening remarks and set the right stage for the webinar. Following the opening remarks the organising secretary Dr. Pooja Anudhar, Assistant Professor, Dept. of Nutrition & Dietetics, JSS AHER enlightened the participants about the significant work of reverent His Holiness Swamiji. Following, the scientific sessions were begun. In this regard, three acclaimed speakers from the field of nutrition and entrepreneurship were invited as resource persons. Mr Vignesh Prabakaran, founder of V Max Wellness - the best holistic healthcare platform was the 1st speaker of the scientific session. Mr. Vignesh Prabhakaran emphasized the prospects in the nutrition market and the basic skills required to start an entrepreneurial journey in nutrition. He also mentioned the interpersonal traits that help an individual be a successful entrepreneur. The second speaker was Ms. Deepika V, Registered Dietician, Performance Nutritionist and Founder - Nutri Fuel. Ms Deepika V is an aspiring Nutripreneur in the field of sports nutrition. She delivered a talk titled **“Personalized Nutrition Counselling for Athletes – a Future Perspective”**. She shared her valuable insights on nutrigenomics and sports performance, macro and micronutrient optimization for athletes using genetic testing. Personalized recovery nutrition and injury prevention and management. It was a pleasure having Ms. Deepika as a speaker with her profound knowledge in the field of sports nutrition. Lastly, the session by Ms. Aswini S, Senior Nutritionist and Founder of Elevate Nutrition with Aswini. Ms Aswini delivered a presentation on entrepreneurship and social skills in nutrition. She shared her inspirational journey from scratch to being the founder of Elevate Nutrition by Aswini. She covered topics such as the scope of a nutritionist, and skills required for an entrepreneur in nutrition. The webinar was concluded by delivering a vote of thanks by Dr Pooja Anudhar. Overall, it was an insightful webinar. Most of the participants provided positive feedback on the webinar with minor suggestions to improve the webinar.

Activity

1. **Title: National Webinar** titled “Nourish & Connect: Entrepreneurship and Social Skills in Nutrition”
2. **Description:** organized by the department of nutrition and dietetics, on 24th September 2024 in Commemoration of 109th Jayanthi celebration Srimanmaharaja Rajaguruthilaka H.H. Jagaduguru Dr. Sri Shivarathri Rajendra Mahaswamiji’s and celebration of National Nutrition Month 2024 - 'Rashtriya Poshan Maah.
3. **Event date: 24.09.2024 (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. **SDG Direct Alignment:** **SDG 4, SDG 8**
8. **SDG Indirect Alignment 1:** **SDG 3**
9. **SDG Indirect Alignment 2:** **SDG 17**
10. Image

Department of Nutrition & Dietetics

National Webinar On
Nourish & Connect: Entrepreneurship and Social Skills in Nutrition

Commemoration of
109th Jayanthi Celebration of
Srimanmaharaja 'Rajaguruthilaka'
H.H. Jagaduguru Dr. Sri Shivarathri Rajendra
Mahaswamiji

&
Celebration of National Nutrition Month 2024
"Rashtriya Poshan Maah"
24.09.2024, 2 PM to 5 PM

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[https://us02web.zoom.us/webinar/register/WN_yDtwEtDQQYIBKjBSLQy6rg](https://us02web.zoom.us/join/https://us02web.zoom.us/webinar/register/WN_yDtwEtDQQYIBKjBSLQy6rg)

Resource Persons


Mr. Vignesh Prabakaran
Founder
V Max Wellness

Ms. Deepika V
Registered Dietician & Sports
Nutritionist
Founder - Nutri Fuel

Ms. Aswini S
Senior Nutritionist
Founder – Elevate Nutrition
With Aswini


NAAC A+ **24th NIF** **101-200** **350** **101-150** **701-720** **801-1000** **501-600** **351-400** **251-300**

nirf **2024** | **JSS College of Pharmacy, Ooty - 4th** | **JSS College of Pharmacy, Mysuru - 6th** | **JSS Dental College & Hospital - 12th** | **JSS Medical College - 39th**

 **School of Life Sciences and Life Sciences Departments**
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Department of Nutrition & Dietetics

National Webinar On
Nourish & Connect: Entrepreneurship and Social Skills in Nutrition


Commemorate
109th Jayanthi Celebration of
Srimanmaharaja 'Rajaguruthilaka'
H.H. Jagaduguru Dr. Sri Shivarathri Rajendra
Mahaswamiji

&

To Celebrate National Nutrition Month 2024
"Rashtriya Poshan Maah"
24.09.2024, 2 PM to 5 PM





Dr. Vignesh Prabakaran
Certified Holistic Life Coach
Founder & Chief Business
Director
V Max Health Tech Pvt Ltd
India & Dubai



Media Player



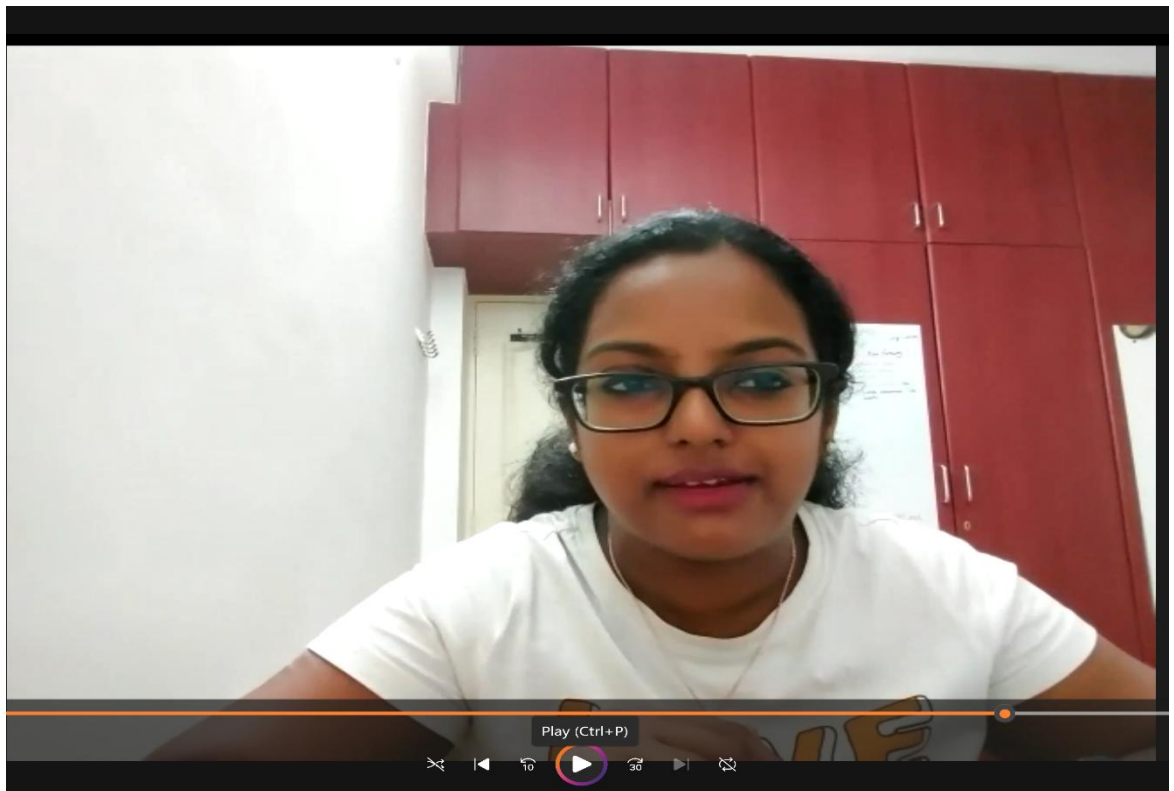
- 1 Introduction to Personalized Nutrition
- 2 Nutrigenomics and Sports Performance
- 3 Macronutrient & Micronutrients Optimization for Athletes based on genetic testing
- 4 Personalized Recovery Nutrition
- 5 Injury Prevention and Management

Ms.Ragavi M

Dr.Pooja Anudhar

Dr.Vanitha Reddy

2:23 01:48:58



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