



Goa University

D.D. Kosambi School of Social Sciences and Behavioral Studies

Social Work Programme

Report on Cooking Competition Event “The Brain and Gut Health Cook-off”

1. Title of the Event	Panel Discussion on “Brain & Gut Connection”
2. Date and Time	10th October 2024, 10:30 AM – 12:30 PM
3. Mode of Conduct	Physical
4. School/ Directorate/ Section	D.D. Kosambi School of Social Sciences and Behavioural Studies, Social Work Programme
5. Collaborating Agency	Directorate of Internal Quality Assurance & UGC Centre for the Study of Social Inclusion
6. Detail of the Resource Person (Brief biodata)	Moderator and Panelist Bios: 1. Moderator: Ms. Sheryl Afonso e D’Souza Ms. Sheryl Afonso e D’Souza is an accomplished nutritionist with over two decades of experience in both academia and the health and wellness industry. She holds a Master’s degree in Food Nutrition and Dietetics from the University of Mumbai, and she

cleared the National Eligibility Test (NET) for Lectureship on her first attempt. Ms. D'Souza has had an illustrious career, having served as a lecturer at the Goa College of Home Science and as the former Head of the Post-Graduate Department of Food Technology at Carmel College. Her practical experience includes serving as the Centre Head and Chief Nutritionist at VLCC, where she gained hands-on industry experience in dietetics and wellness. In addition to her academic pursuits, Ms. D'Souza is a certified Health Coach from the American College of Exercise. She is also an athlete, having completed the Ironman 70.3 Goa in 2022 and other endurance events, which reflect her personal commitment to health and fitness. As a prolific writer, Ms. D'Souza contributes weekly columns on health and wellness to local newspapers, advocating for better nutrition and lifestyle practices.

2. Panelist 1: Dr. Belinda Viegas Mueller

Dr. Belinda Viegas Mueller is a distinguished psychiatrist with a specialization in psychotherapy and counseling, particularly in treating psychosis and offering support to children and parents. She holds an M.B.B.S. from St. John's Medical College, Bangalore, and an M.D. in Psychiatry from NIMHANS, one of the most prestigious medical institutions in India. Dr. Viegas Mueller has received numerous accolades, including the Sri Gundu

Rao Gold Medal in Preventive and Social Medicine and the Major Dr. K. Padmanabha Menon Prize in Community Medicine. Her deep commitment to mental health extends beyond clinical practice, as she has authored various articles and books, including *The Golden Gate and Other Stories* and *The Cry of the Kingfisher*, exploring themes of mental health, psychology, and human resilience. Known for her adventurous spirit, Dr. Viegas Mueller made history as the first Indian woman to complete a 1200 km Brevet RandonneurMondiaux (BRM) cycling event in 90 hours and earned a Limca Book of Records entry for completing three 1200 km BRMs in a single year. Her unique blend of professional expertise and personal accomplishments make her a valuable contributor to discussions on mental health.

3. Panelist 2: Dr. Jose Filip Alvares

Dr. Jose Filip Alvares is a leading Gastroenterologist and Hepatologist with over 20 years of experience in the field of digestive health. He holds an MBBS, MD in General Medicine, and DM in Gastroenterology, having completed his studies at esteemed institutions such as Seth G.S. Medical College and KEM Hospital in Mumbai. Dr. Alvares specializes in advanced therapeutic endoscopic procedures, particularly ERCP (Endoscopic Retrograde Cholangiopancreatography), a technique he was the first to introduce in Goa. His clinical expertise covers a

wide range of conditions, including gall bladder diseases, colonic disorders, pancreatitis, cirrhosis, and gastrointestinal cancers. Dr. Alvares has worked with top healthcare institutions, including Victor Hospital and Apollo Clinic, and has taught at renowned medical colleges such as St. John's Medical College, Bangalore, and Kasturba Medical College, Manipal. In addition to his clinical practice, Dr. Alvares is a prolific contributor to medical literature and frequently participates in national and international workshops. His vast knowledge of digestive health, combined with his practical experience, provides valuable insights into how gut health influences overall well-being.

4. Panelist 3: Mrs. Varsha S. Naik

Mrs. Varsha S. Naik is an experienced Assistant Professor in the Department of Food Nutrition and Dietetics at the Goa College of Home Science, where she has been a faculty member for over 24 years. She holds a Master's degree in Food Nutrition and Dietetics from the University of Mumbai and is currently pursuing her PhD in Biotechnology at Goa University. Additionally, she is qualified under UGC-NET and holds a Bachelor's degree in Electrohomeopathy, practicing naturopathy as part of her holistic approach to health. Mrs. Naik has also served in administrative roles, including Child Development Project Officer and Social Welfare Officer at the Directorate of Women and Child Development. Her research focuses on

	<p>public nutrition, food anthropology, and the intersection of traditional diets with modern health challenges. She has authored several publications aimed at raising awareness about nutrition, and she regularly contributes to newspapers and magazines, advocating for improved public health through better dietary choices. Her commitment to both education and community outreach has made her a respected voice in the field of nutrition and dietetics.</p>
7. Number of Faculty attended/participated	18
8. Number of Student Attended / Participated	34
9. No. of external students/faculty/other participants	1
10. Objectives of the Event	<ol style="list-style-type: none"> 1. To promote the connection between nutrition, mental health, and overall well-being, reflecting the integration of physical health in mental health interventions. 2. To raise awareness about the brain-gut connection and the role of nutrition in mental health, particularly within the field of social work and community health. 3. To foster creativity and healthy habits among participants, demonstrating that social workers can employ innovative methods, such as food and nutrition, to improve mental health in their communities.
11. Description of the Event	On October 10, 2024, the Social Work Programme at the D.D. Kosambi School of Social Sciences and Behavioural Studies

organized a highly informative panel discussion titled “Brain & Gut Connection.”

The event brought together leading experts in psychiatry, nutrition, and gastroenterology to shed light on the relationship between gut health and mental well-being, an area of increasing relevance to social work practitioners.

Dr. Belinda Viegas Mueller began by discussing the historical evolution of human lifestyles, emphasizing the rising rates of depression linked to modern-day habits, such as increased screen time and reduced physical activity. She explained how recent research has revealed the connection between gut bacteria and mental health, including how disruptions in gut microbiota can contribute to mood disorders like depression.

Dr. Jose Filip Alvares delved into the medical aspects, explaining how imbalances in gut bacteria are associated with neurological disorders such as Parkinson’s disease. He emphasized the role of a nutritious diet in maintaining brain health and the negative consequences of consuming processed foods, which can impair cognitive function and exacerbate mental health conditions.

Mrs. Varsha S. Naik focused on the nutritional strategies needed to maintain gut health. She provided practical tips on incorporating prebiotics and probiotics into daily meals to promote a healthy gut microbiome, highlighting traditional Indian foods like curd and whole grains. Mrs. Naik also addressed the dangers of ultra-processed foods and the importance of educating communities about making healthier food

choices.

The panel discussion underscored the crucial role nutrition plays in mental health—a connection that social workers can leverage when working in community settings. The session concluded with an engaging Q&A, where participants sought advice on incorporating these insights into their personal and professional lives. The event also featured an announcement of the winners of a cooking competition that promoted healthy, gut-friendly meals, further reinforcing the importance of nutrition in mental wellness.

Connection to Social Work and Mental Health

This panel discussion was of particular relevance to social work students and professionals, as it provided an in-depth understanding of how mental health can be influenced by factors beyond traditional psychological frameworks. Social workers, especially those engaged in mental health interventions, are increasingly called upon to adopt holistic approaches that encompass physical health, lifestyle, and nutrition.

The event showcased the importance of understanding the brain-gut connection as part of a broader strategy for improving mental health outcomes in communities. By raising awareness of how diet influences brain function, social workers can offer more comprehensive care plans, encouraging individuals to adopt healthier eating habits as part of their mental health management. Furthermore, the practical strategies shared by the panelists offered valuable tools for social workers to integrate into their practice when addressing issues related to both

	physical and mental well-being.
12. Benefit/Key Outcomes of the Event	<ul style="list-style-type: none"> • Enhanced understanding among participants of the role gut health plays in influencing mental health and behavior. • Increased awareness of the negative impact of processed foods on both brain and gut health. • Practical takeaways on incorporating prebiotics and probiotics into diets to maintain good gut health, with the added benefit of promoting mental wellness. • Reinforced the importance of holistic health interventions in social work practice, where addressing both physical and mental health together can lead to better community outcomes.
13. Enclosures with report	<ul style="list-style-type: none"> • Event Flyer • Photos • Attendance Sheet

Alisha
Alisha Dias
Assistant Professor (Social Work)

Alisha
Dean
D.D. Kosambi School of Social Sciences
and Behavioural Studies
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Goa - 403206

Seal of the School/Directorate/University

Date: 12th October 2024



GOA UNIVERSITY

D.D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES

Social Work Programme

IN COLLABORATION WITH THE DIRECTORATE OF INTERNAL QUALITY ASSURANCE Organizes

WORLD MENTAL HEALTH DAY 2024

"IT IS TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE"

Panel Discussion

on the topic

"BRAIN & GUT CONNECTION"



10th October, 2024



10.30 am



Conference Hall- Administrative Building



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

COMPETITIONS

"Where delicious meets nutritious: The Brain & Gut Health Cook-Off!"

Healthy Tiffin to work (For faculty & Staff)

Healthy Pro biotic Beverage (For Students)

Prize distribution of the cooking competition will be held after the Panel Discussion

Panel Discussion Forum



Mrs Sheryl Afonso e D'souza (Moderator)

Asst Prof. Goa College of Home Science Campal



Dr Belinda Viegas Mueller (Panelist)

Consulting Psychiatrist and Psychotherapist



Dr Jose Filipe Alvares (Panelist)

Gastroenterologist & Endoscopist



Mrs Varsha S Naik (Panelist)

Asst Prof. Goa College of Home Science Campal

For more information visit: www.unigoa.ac.in

Program Coordinator : Alisha Dias 9762338556



GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND
BEHAVIOURAL STUDIES
Social Work Programme
IN COLLABORATION WITH
NATIONAL SERVICE SCHEME (NSS)
& CENTRE FOR THE STUDY OF SOCIAL INCLUSION
Welcome to the Inaugural function of
"MENTAL HEALTH CHAMPIONS"
WORLD MENTAL HEALTH DAY 2024
"IT IS TIME TO PRIORITIZE MENTAL HEALTH IN THE
WORKPLACE"

GPS Map Camera



Taleigao, Goa, India
FR5M+HJ9, Goa University, Taleigao, Santa Cruz, Goa 403206, India
Lat 15.458991°
Long 73.83415°
11/10/24 10:13 AM GMT +05:30

Goa University Celebrates World Mental Health Day 2024 with Focus on Holistic Well-Being

Team Goemkarponn

PANAJI: The Social Work Programme at Goa University's D. D. Kosambi School of Social Sciences and Behavioural Studies, in collaboration with the Directorate of Internal Quality Assurance, the National Service Scheme (NSS), and the UGC Centre for Study of Social Inclusion,

celebrated World Mental Health Day 2024 with a series of activities under the theme "It is Time to Prioritize Mental Health in the Workplace."

Held on 7th, 10th, and 11th October, the program aimed to raise awareness about mental health as a crucial component of professional success, blending interactive sessions, competitions,

and expert talks to encourage mental well-being in the workplace.

Alisha Dias, Program Coordinator, emphasized the purpose of the event, stating, "By observing Mental Health Day at the University, we are fostering a culture of support and recognizing that mental well-being is integral to success in any work environment."



PANEL DISCUSSION ON BRAIN
DATE - 10th October 2024

4. GUT CONNECTION : 5M
TIME : 10.30 am to 12.30 pm

Sr.no	NAME	SEX	Student/faculty	Contact	Sign
1.	Shawn Jee Samuel	M	Student	9021143614	<i>[Signature]</i>
2.	Riya Kodkar	F	Student	9558178605	<i>[Signature]</i>
3.	Shravya Shinde	F	Student	7249022922	<i>[Signature]</i>
4.	Yashika Bute	F	Student	9049610668	<i>[Signature]</i>
5.	Krushie Parat	F	Student	9259228628	<i>[Signature]</i>
6.	Sagar Ganekar	M	Student	8530695711	<i>[Signature]</i>
7.	NERV AFONSO	M	Student	9325829468	<i>[Signature]</i>
8.	Shamoni Bhave	F	Student	9619024612	<i>[Signature]</i>
9.	Krupali Ganekar	F	"	9689747598	<i>[Signature]</i>
10.	Sachika k.p	F	"	9253286544	<i>[Signature]</i>
11.	Pornima Pradeep	F	"	7025969058	<i>[Signature]</i>
12.	Ravi Gupta	F	"	8788764682	<i>[Signature]</i>
13.	Pranali Gaudkar	F	"	7588242844	<i>[Signature]</i>
14.	Vida Manda	F	Student	9601221161	<i>[Signature]</i>
15.	Poojam Malik	F	Student	7391835807	<i>[Signature]</i>
16.	Shamirga	F	"	7220212588	<i>[Signature]</i>
17.	Vinayak Nivekar	M	Student	9359468849	<i>[Signature]</i>
18.	Kevin Indre	M	Student	8199858226	<i>[Signature]</i>
19.	Prathna Bhandari	F	Student	9284226724	<i>[Signature]</i>
20.	Suzel Purodas	F	Student	9287292152	<i>[Signature]</i>
21.	Peter F. Borges	M	Faculty	9923700512	<i>[Signature]</i>
22.	Keral Naik	M	Faculty	98342229651	<i>[Signature]</i>
23.	Alzina Daniels	F	Staff	9511822782	<i>[Signature]</i>
24.	Mrs Saranya Gole	F	Staff	9657356969	<i>[Signature]</i>
25.	Mrs Leticia M. Silva	F	Staff	9921207488	<i>[Signature]</i>
26.	Jennifer W. Singh	F	Staff	9822173442	<i>[Signature]</i>
27.	Dr. Shweta Patil	F	Staff	9309531736	<i>[Signature]</i>
28.	Sulolana Pedalor	F	Faculty	9504782215	<i>[Signature]</i>
29.	Kalaita Velis	F	Student	8459265028	<i>[Signature]</i>
30.	Shubhi Velis	F	Student	9480182191	<i>[Signature]</i>
31.	Prasanna Rodrigues	F	"	8407938226	<i>[Signature]</i>
32.	Rashika Kumbhar	F	"	84591149912	<i>[Signature]</i>
33.	Deepali Shegde	F	Student	9588454791	<i>[Signature]</i>
34.	Gauri Kerkar	F	"	9403211414	<i>[Signature]</i>

Sr.no	NAME	SEX	Student/faculty	Contact	Sign
35.	Laxmi Saha	F	Student	8767296612	<i>[Signature]</i>
36.	Jyoti Kumbhar	F	Student	8605368371	<i>[Signature]</i>
37.	Jivinele Dias	F	Student	9588472058	<i>[Signature]</i>
38.	Ranjana Talwar	F	Student	9991804150	<i>[Signature]</i>
39.	Kalpna N. Naik	F	Staff	9222788501	<i>[Signature]</i>
40.	Dr. Anuradha	F	Medical Officer	8266460908	<i>[Signature]</i>
41.	Rupa K. Bhagat	F	Staff	9922231544	<i>[Signature]</i>
42.	Rupa J. Gaonkar	F	Staff	9850832719	<i>[Signature]</i>
43.	Nancy Carvalho	F	Staff	7057119588	<i>[Signature]</i>
44.	Epsy P. Saetpanha	F	Staff	9850184143	<i>[Signature]</i>
45.	Kunda S. Narayan	F	Staff	976131321	<i>[Signature]</i>
46.	Fabrice Norma	F	Staff	703158062	<i>[Signature]</i>
47.	Ashay V. Bhandari	M	Student	9075160947	<i>[Signature]</i>
48.	Vanaja V. Babu	F	Staff	8554966082	<i>[Signature]</i>
49.	Vidyalata V.S. Patkar	F	Staff	9841945398	<i>[Signature]</i>
50.	Karen Fernandes	F	Student	9307132680	<i>[Signature]</i>
51.	Rushika K. Naik	F	Faculty	916878467	<i>[Signature]</i>
52.	Pooja Khobbe	F	Student	8808204656	<i>[Signature]</i>
53.	Jyoti Naik	F	Student	7498134591	<i>[Signature]</i>
54.	Rachha Rakhya	F	Faculty	7744841011	<i>[Signature]</i>
55.	Joyy Mankar	F	"	9920840482	<i>[Signature]</i>
56.	Dr. Kajal Kumbhar	F	"	9420686397	<i>[Signature]</i>
57.	Alisha Dias	F	"		
58.	Peter F. Borges	M	Faculty	9923700342	<i>[Signature]</i>