



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	Cooking Competition Event: “The Brain and Gut Health Cook-off”
2. Date and Time	10th October 2024, 10:00 AM – 11:30 AM
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
6. Detail of the Resource Person (Brief biodata)	<ol style="list-style-type: none">Judge 1: Vandana Naik – Chef and Entrepreneur with international experience, founder of Bodega Café and sourdough bread business, with expertise in culinary innovation and management.Judge 2: Franklinton Dias – Application Chef at Nestlé Professional India Ltd., with a background in working at prominent

	<p>hotels such as JW Marriott and The Oberoi.</p> <p>3. Judge 3: Glenda Mascarenhas – Faculty at Don Bosco College Panjim, with a passion for environmental and culinary pursuits, and a founder of the 'Ecotiva' eco club.</p> <p>4. Judge 4: Dr. Poonam J. Sadekar – Assistant Professor at Goa University, with over two decades of experience in Tourism Management and a frequent judge at culinary events.</p>
7. Number of Faculty attended/participated	9
8. Number of Student Attended / Participated	8
9. No. of external students/faculty/other participants	0
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	The cooking competition, held on World Mental Health Day, focused on the link

between nutrition and mental health, promoting healthy eating as a crucial factor in maintaining both physical and mental well-being. The event aligned with the broader goals of social work, highlighting the importance of holistic health approaches in community welfare.

Participants, including students and faculty, were divided into two categories:

1. Healthy Tiffin to Work (for faculty and staff) – promoting vegetarian meals that provide nourishment to support brain function and mental clarity.
2. Healthy Probiotic Beverage (for students) – emphasizing the role of gut health in emotional well-being, encouraging participants to create probiotic-rich beverages that support both gut and mental health.

The competition was judged by a panel of four experts, who evaluated the dishes based on taste, presentation, creativity, and nutritional value. Each participant was encouraged to explain how their dish contributed to both brain and gut health, bringing attention to the link between diet and mental wellness.

Winners of the Cooking Competition:

Healthy Tiffin to Work

1. Manisha Shirvoikar – 1st Place
2. Ruchika K. Naik – 2nd Place
3. Hariday M. Sanyal – 3rd Place

Healthy Probiotic Beverage

1. Ruchira Jan – 1st Place

	<p>2. Danisha Juvenel Fernandes – 2nd Place</p> <p>3. Marsisa D. Ataide – 3rd Place</p> <p>Connection to Social Work and Mental Health</p> <p>This event offered a unique opportunity to explore the intersection of nutrition, mental health, and social work.</p> <p>Social workers play a vital role in promoting mental health through community-based interventions, and events like these can be used as tools for awareness-building and practical engagement. The event underscored how nutrition can serve as an accessible, everyday tool for improving mental health, particularly in marginalized or vulnerable populations.</p> <p>Through hands-on participation, students gained valuable insights into how dietary interventions can support mental wellness—a growing area of focus in social work. The competition also highlighted the importance of incorporating holistic health approaches into mental health practices, as diet has been shown to directly impact emotional stability and cognitive functioning.</p>
<p>12. Benefit/Key Outcomes of the Event</p>	<ul style="list-style-type: none"> • Enhanced awareness among participants of the brain-gut connection and its impact on mental health. • Encouraged social work students to consider the role of nutrition in mental health advocacy and intervention. • Fostered a creative, health-conscious environment, where participants experimented with various ingredients to create dishes that support mental

	<p>wellness.</p> <ul style="list-style-type: none"> • Promoted the idea that simple, everyday actions—such as preparing nutritious meals—can have a profound effect on one's mental health, reinforcing a social work perspective that small interventions can lead to significant community impact.
13. Enclosures with report	<ul style="list-style-type: none"> • Event Flyer • Photos • Attendance Sheet

Alisha
Alisha Dias
Assistant Professor (Social Work)

Q. A. U.
Dean
D.D. Kosambi School of Social Sciences
and Behavioural Studies
D. D. Kosambi School of Social Sciences
& Behavioural Studies
Goa University
Goa - 403206

Seal of the School/Directorate/University

Date: 12th October 2024



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."





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"

COOKING COMPETITIONS

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

on

10th October 2024

Venue: Conference Hall- Administrative Building



Healthy Tiffin to work (For faculty & Staff) (Veg)

- Pair of (2)
- Items: main course (max 2 items) and sweet dish
- Prepare at home and assemble in one plate only at venue.
- Name of dish and List of ingredients to be mentioned

Healthy Pro-biotic Beverage (For Students)


- 1 beverage only by 1 student
- Must contain a Pro biotic
- Use of Alcohol is strictly prohibited
- Prepare at home and assemble at venue
- Name of beverage and List of ingredients to be mentioned by participant

Last day to register: 5th October 2024



WIN
Exciting
PRIZES

Reporting time: 9.45 am
Commencement of Competition: 10 am
to 10:30 am (assembly of dish/drink)
Judging commencement: 10.30 am
Judges decision will be final and binding

To Register dm on whatsapp to 9762338556 

GOA UNIVERSITY

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

In Collaboration with
Centre for Study of Social Exclusion & Inclusive Policy
THE DIRECTORATE OF INTERNAL QUALITY ASSURANCE
ATTENDANCE

Registration Form Health Pro-biotic Beverage			
Sr. No	Name	School	Contact
1.	Divya Kerkar	DDKSSSBS	95521 72605
2.	Ruchira Sandip Jan	SGSLL	91687 05941
3.	Poojangi Parshuram Kharbe	MPS	88058 04636
4.	Sakshi Naik Gaonker	MPS	7498 634 591
5.	Marissa de Ataide	Electronics	95271 10194
6.	Khushi Parab	DDKSSSBS	93259 22868
7.	Danisha Juwenel Fernandes	SIAS	97673 63728
8.	Shambhavi Marathe	MSc Environmental Science	7498 943 893
Sr. No	Name	School/ Dept	Contact
1.	Hari Sanyal	Admin	9423323347
2.	Manisha Shirvoikar	SBSB Zoology	7798015150
3.	Sulochana Pednekar	DDKS	98504 78215
4.	Ruchika K Naik.	MPS	91687 51467
5.	Mrs. Nayan D. Naik	Admin	94213 94157
6.	Pushpa Andrade	DDKS	