

7.1.11

UNIVERSITY OF MYSORE
Department of Studies in Food Science and Nutrition,
Manasagangotri, Mysuru-06
“Human Development & Welfare Association”
and
“Nutrition Society”
jointly organizes

Special lecture to commemorate “World Mental Health Day” on the theme
“It is time to prioritize the Mental Health in Workplace”
on 10th October, 2024, at 10.30 AM.

Report

World Mental Health Day, commemorated annually on October 10th, began in 1992 as an initiative of the World Federation for Mental Health to promote awareness of mental health concerns and urge efforts to help individuals suffering from them.

In 2024, the theme reminds the importance of ‘Mental Health at Work’ highlighting that ‘safe, healthy working environments can act as a protective factor for mental health’.


To commemorate “World Mental Health Day,” the Human Development & Welfare Association and the Nutrition Society jointly organised a special lecture on the topic of “It is time to prioritise Mental Health in the Workplace” on October 10, 2024, at 10.30 am in the Department of Science in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysuru

Prof Komala M, Chairperson of the Department, as well as 6 teaching faculty, 8 research scholars, and 56 postgraduate students, attended this special lecture. Ms. Sameeksha and Ms. Dyuthi, M.Sc. students sang an invocation song to start the special lecture. Prof. Komala M gave a quick overview of the day's theme while welcoming the speakers and the audience. In her speech, she emphasized the crucial role of addressing mental health and well-being in the workplace, benefiting not only individuals but also organisations and communities. Followed by this Prof. Komala M, Dr Jamuna Prakash and Dr. G. Venkatesh Kumar inaugurated the special lecture by watering the plant.

The speakers' introductions marked the beginning of the special lecture. The guest faculty in Food Science and Nutrition, Dr. Prabhavathi S. N., gave a succinct introduction of the first speaker Dr Jamuna Prakash, Former Professor, DoS in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysuru. Dr. Jamuna Prakash delivered the first special lecture on the topic - “Mental Health: Role of Nutrition and Gut Microbiome.” She emphasized the importance of discussing mental health, the connection between gut microbiota and brain health, and the role that nutrition and food play in cognitive development. She discussed the effects and functioning of macronutrients, micronutrients, hormones and additives on the neurobiology, neurochemistry, behaviour and cognition of the nervous system, drawing on her knowledge in nutritional neuroscience. She also shared her insights on how a good diet and lifestyle help to preserve a balanced gut flora and how it could influence memory, emotions, and behaviour.

The second invited speaker, Dr G. Venkatesh Kumar, a former professor of Psychology at the University of Mysore in Manasagangotri, Mysuru, was briefly introduced by Ms Iqra Mubeen Bala, a UGC-Senior Research Fellow in Human Development and Family Studies. Dr. G. Venkatesh Kumar addressed the question, “Is life worth living with stress?” There was greater interaction throughout this session. Using several video clips and activities for the audience, he highlighted how different people experience stress in different ways. He offered his personal stress-management experiences as well as examples of different professionals during the training session in which he served as a resource person. He even shared his thoughts on various stresses across age groups and emphasised the importance of family.

Following the special lectures, memento was given to the speakers as a token of respect and the day was concluded with a vote of thanks by Dr. Divyashree H. R., Guest faculty in Human Development and Family Studies.


Chairperson
Department of Studies in
Food Science and Nutrition
University of Mysore
Manasagangotri
MYSORE-570 006



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Manasagangotri, Mysuru

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and
Nutrition Society**

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Special lecture to commemorate "World Mental Health Day"

on the theme

"It is time to prioritize mental health in workplace"

10th October, 2024, at 10:30 AM

Resource Persons

Dr. Jamuna Prakash
Former Professor
DOS in Food Science and Nutrition
University of Mysore, Mysuru

Dr. G. Venkatesh Kumar
Former Professor
DOS in Psychology
University of Mysore, Mysuru

*Venue: Seminar Hall, DOS in Food Science and Nutrition,
Manasagangotri Mysuru*

All are cordially invited

Chairperson, Staff and Students





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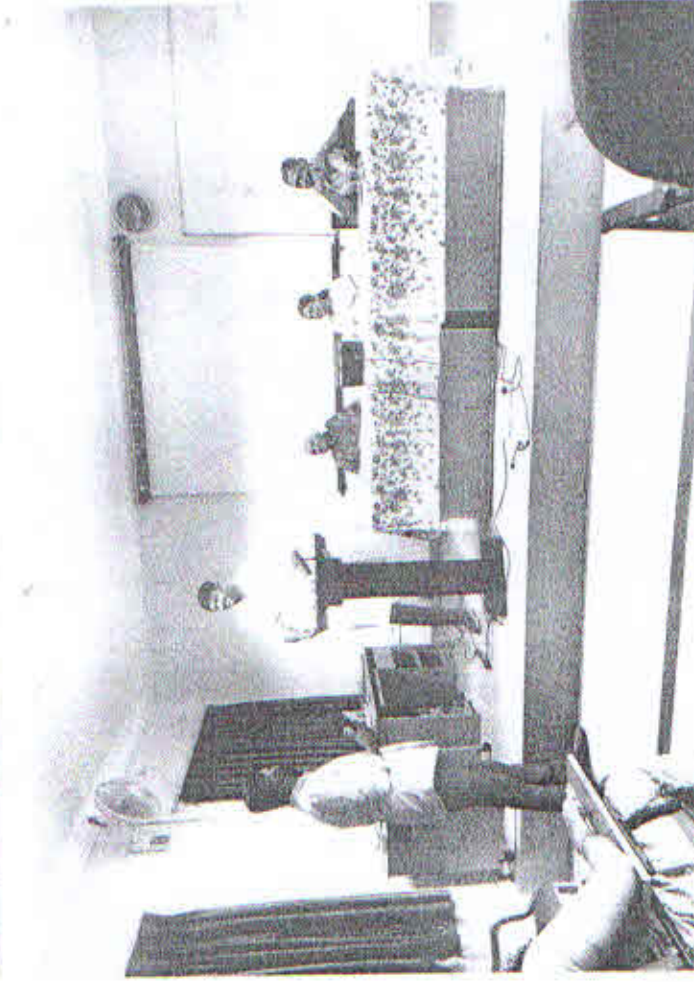
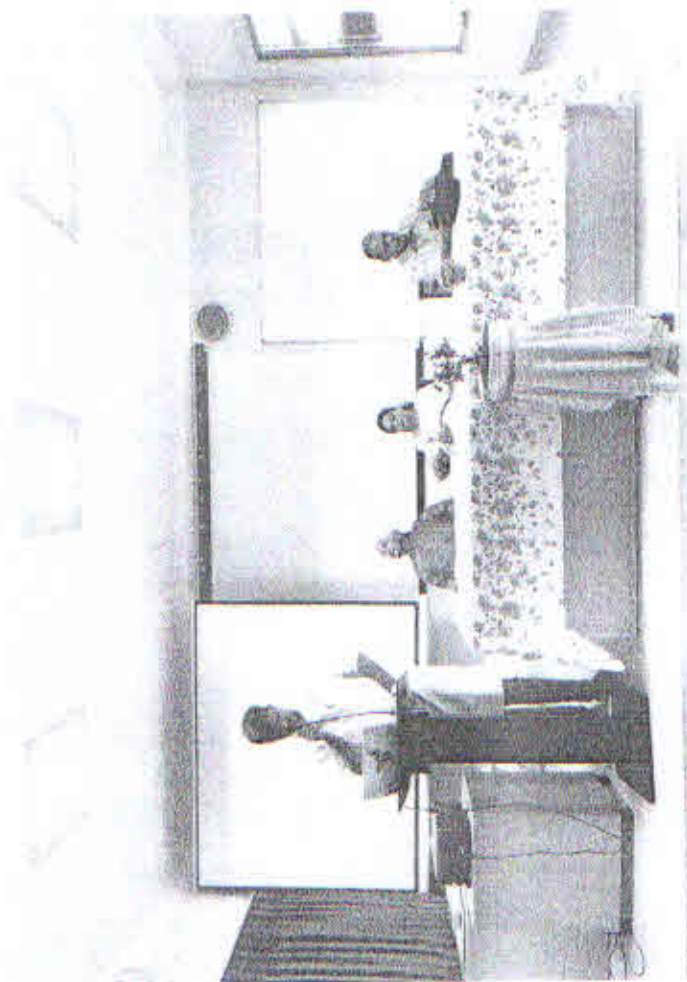
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“It is time to prioritize the Mental Health in Workplace”

on 10th October, 2024, at 10.30 AM,
in Seminar Hall

Programme	
	Master of Ceremony Mr. Pavan Kumar S. K. Guest Faculty
Inauguration 10.30 AM – 10.45 AM	Invocation M.Sc. Students
	Welcome & Introduction to the theme Prof Komala M. Chairperson
	Speaker Introduction Dr. Prabhavathi N Guest Faculty
Special Lecture 10.45 AM – 11.30 AM	Dr. Jamuna Prakash Former Professor DOS in Food Science and Nutrition University of Mysore, Mysuru
	Speaker-1
	Speaker Introduction Ms. Iqra Mubeen Bala UGC-Senior Research Fellow
Special Lecture 11.30 AM – 12.30 PM	Dr. G. Venkatesh Kumar Former Professor DOS in Psychology University of Mysore, Mysuru
	Speaker-2
Vote of Thanks	Dr. Divyashree H. R. Guest Faculty



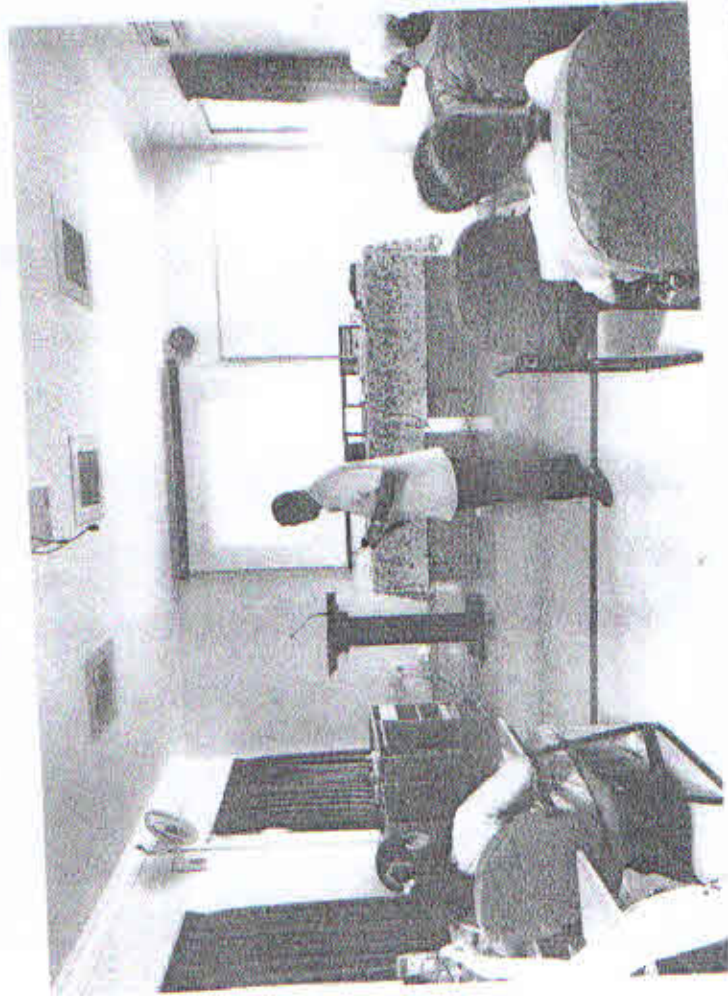




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Long 76.621002°
10/10/24 11:07 AM GMT +05:30



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in Seminar Hall

Sl. No.	Name	Class	Signature
01	Sanjana. M. Gowda	IMSc, FSN	Sanjana
02	Ankitha. N	IMSc, FSN	Ankitha. N
03	Prakrishi A.G	IMSc, FSN	Prakrishi
04	Yasvika. S	IMSc, FSN	Yasvika
05	Tanishka Gowda. B N.	IMSc, FSN	Tanishka
06	Pooja. Ak	IMSc, FSN	Pooja
07	Vaishnavi. R	IMSc, FSN	Vaishnavi
08	Likhitha. BR	IMSc, FSN	Likhitha
09	Sharanya G.S	IMSc, FSN	Sharanya
10	Vismitha Kumbhar. G	IMSc, FSN	Vismitha
11	Nischitha A.S	IMSc, FSN	Nischitha A.S
12	Kavitha Laxmi. N.L	IMSc, FSN	Kavitha
13	H.M. Bhoomika	IMSc, FSN	Bhoomika
14	Adrushita H.K	IMSc, FSN	Adrushita
15.	Nikhilsh. V.E	IMSc, FSN	Nikhilsh
16.	Uday. MK	IMSc, FSN	Uday
(17)	Etuthin Samuel Maben	IMSc, FSN	Etuthin Samuel
18.	Amulya. M	IMSc, FSN	Amulya
19.	Shreyas. R	IMSc, FSN	Shreyas
20	Lalitha. R	IMSc, FSN	Lalitha

21.

