

## **REPORT ON NUTRITION WEBINAR SERIES**

### **FOOD AND EMOTIONS**

**17<sup>th</sup> OCTOBER, 2020**

The Internal Quality Assurance Cell (IQAC) of Sri Guru Nanak Dev Khalsa College initiated the **Nutrition Webinar Series**. The second lecture of the series was organized on 17<sup>th</sup> October, 2020 on the topic – **Food and Emotions**.

The webinar was conducted by **Dr. Shobha G.**, Associate Professor and Head, Department of Human Development, Smt. VHD College of Home Science, Bengaluru, Karnataka.

The opening remarks were given by Dr. Deepak Sharma, IQAC Coordinator. Dr. Neeta Dhingra, Convenor, MMP introduced the speaker to all the participants for the second lecture of the webinar series.

Dr. Shobha began the session with an interactive quiz on food and nutritional values. Moving ahead with the session, Dr. Shobha focused on the psychological effect of food. She also explained in detail the concept of food pyramid comprising of four food groups- Cereals and grains at the bottom level, vegetables and fruits, Proteins and at the top is Fats. Besides, the session also highlighted the general issues of unhealthy eating habits and mentioned day-to-day issues like skipping meals can alter mood and emotional well-being. Mood swings are caused by fluctuations in blood sugar level and nutritional imbalances.

Dr. Shobha gave the mantra 'Moderation is the key'. Including variety of cereals, vegetables, fruits of different colours improves the diversity of gut microbiome. Low level of zinc, iron, B vitamins magnesium, vitamin D and omega 3 fatty acids are associated with decreased energy and bad mood. Caffeine, Trans fats, MSG, Processed foods and diets rich in refined sugar affect body and mind well-being. She emphasized that foundation pillars of good health are good nutrition, regular exercise, positive mental health and adequate rest. Eating variety of foods, staying hydrated, getting protein rich diet and regular exercise are some positive changes to support mental health.

The program concluded with an interactive session where the queries of the participants were addressed by Dr. Shobha in great detail which was appreciated by everyone in the session. Ms. Sukhvinder Kaur proposed the vote of thanks.

**Food Pyramid**

Fats, Oils and Nuts  
Milk  
Vegetables  
Fruits  
Breads, Grains and Other Starches  
Meat, Meat Substitutes and Other Proteins

Participants: SHIKA VI..., Rishibha Agar..., Rit, Remove from me..., y Patel, Indra Kaul, komal kumari, ey Prasad, ASHIS..., You, mat18, 89 others, iasa r, bcp19 3230

**Eating pattern and mood swings**

- Unhealthy eating patterns, blood sugar fluctuations and nutritional imbalances cause mood swings.
- Without a steady source of fuel from the foods we eat, our mind and bodies don't function well

Participants: shobha g, You, Inderpreet, 65 others