

SREE NARAYANA TRAINING COLLEGE

Nedunganda , Varkala

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NATIONAL WEBINAR SERIES

**"INTELLIGENTIA BEYOND DISCIPLINES: CROSS-DISCIPLINARY
COLLABORATION IN EDUCATION 2024-25."**

REPORT

SESSION 4

STRONGER, HEALTHIER, HAPPIER: THE NUTRITION REVOLUTION FOR ALL

Date & Time: 14/05/2025 | 7:00 P.M.

Session: National Webinar Series – Phase IV, Session 4

Resource Person: **Dr. Gayathry C.P.**, Assistant Professor (Food & Nutrition), NSS College for Women, Neeramankara, Trivandrum.

Sree Narayana Training College, Nedunganda, under the aegis of its Internal Quality Assurance Cell (IQAC), successfully conducted the fourth session of its National Webinar Series titled “Stronger, Healthier, Happier: The Nutrition Revolution for All,” as part of the broader theme “Intelligentia Beyond Disciplines: Cross-Disciplinary Collaboration in Education 2024–25.” The webinar took place on 14th May 2025 at 7:00 PM via an online platform and brought together educators, students, and health enthusiasts for a dynamic discussion on nutrition and wellness.

The session commenced with a soulful prayer by Ms. Gopika Nair A.S. from the Department of Social Science. This was followed by a warm and insightful welcome address by Dr. Sangeetha N.R., Associate Professor and IQAC Coordinator, who also served as the programme convener. The Principal of the institution, Prof. (Dr.) Sheeba P., delivered the presidential address, setting the tone for the session by emphasizing the necessity of health education in contemporary curricula. The much-anticipated theme presentation was delivered by Dr. Gayathry C.P., Assistant Professor in the Department of Food & Nutrition, NSS College for Women, Neeramankara, Trivandrum.

Dr. Gayathry C.P. began her presentation in an engaging and thought-provoking manner by posing a series of simple yet powerful questions: “Are we truly eating right?”, “What makes a diet healthy?”, and “How does our everyday food impact our happiness?” This interrogative mode continued throughout her talk, with questions interspersed between facts and explanations, keeping the audience actively engaged and reflective. She structured her presentation around the three key concepts highlighted in the session title—*Stronger, Healthier, Happier*—and elaborated each of them in depth. To be stronger, she noted, is not merely about muscle strength but about cellular and immune strength, which comes from adequate intake of essential micronutrients like iron, vitamin D, and calcium. To be healthier, she emphasized, is about sustaining energy levels, maintaining metabolic balance, and protecting mental and emotional well-being. The idea of happiness, she explained, is deeply linked to the gut-brain connection and how certain foods can influence our mood and psychological health.

One of the key highlights of her presentation was the discussion on common nutritional issues prevalent today. She addressed how modern lifestyle patterns, including frequent consumption of processed foods, late dinners, and irregular eating habits, can disrupt the body's natural rhythm and lead to long-term health problems such as obesity, diabetes, and digestive disorders. In particular, she elaborated on how late-night eating affects metabolism and sleep quality, contributing to fatigue and hormonal imbalances.

Dr. Gayathry also introduced the audience to the concept of "Eating the Rainbow," emphasizing the importance of including a variety of colorful fruits and vegetables in the daily diet. Each color group, she explained, is rich in specific phytonutrients—red for heart health, orange and yellow for vision and immunity, green for detoxification, and purple for cognitive function. The discussion extended to essential nutrients like iron (found in spinach, legumes, and fortified cereals), vitamin D (obtained from sunlight, fish, and fortified milk), and calcium (from dairy, sesame seeds, and leafy greens), underscoring their role in preventing fatigue, bone weakness, and immune deficiency.

Another crucial component of the session was the emphasis on hydration and physical activity. Dr. Gayathry reminded the participants that water is often the most overlooked element of nutrition, yet it is vital for digestion, detoxification, and energy regulation. She advised maintaining a regular water intake and integrating simple physical workouts into daily routines, even if it's just walking or stretching, as these have a significant impact on physical and mental vitality.

The session concluded with a feedback segment in which students enthusiastically expressed their reflections and takeaways. Many appreciated the interactive style of the presentation and the relevance of the content to their daily lives. Ms. Sreelekshmi Pradeep from the Department of Mathematics proposed the vote of thanks, expressing gratitude to the resource person, the organizing team, and all attendees for making the session meaningful and enriching.

In conclusion, the webinar was a resounding success, not just as a standalone session but as part of a sustained intellectual effort to foster cross-disciplinary dialogue in education. By weaving together the sciences of nutrition, health, and education, the session lived up to its promise of being transformative. It empowered participants with practical knowledge and motivated them to take conscious steps toward a stronger, healthier, and happier life. Sree Narayana Training College continues to exemplify leadership in hosting impactful educational events that bridge disciplines and address real-world challenges.



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