



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

3 GOOD HEALTH
AND WELL-BEING



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



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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

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



WIN
Exciting
PRIZES