



EVENT REPORT

Nutrition webinar

Topic: Holistic Nutrition for Overall Wellbeing

Date and time of Event	22 th September 2023, 7:00 PM – 8:00 PM (IST)
Event Details	Name of the event- Nutrition Webinar Topic – Holistic Nutrition for Overall Well Being Digital Platform- Zoom Meetings Type of the event- Webinar Speaker- Pooja Murjani, Nutrition Informatics Fellow, FHTS and Sakshi, Nutrition Researcher, FHTS Moderated by- Gunjan Sooden, Public Health Analyst, FHTS
Conducted By	Nutrition Informatics Team

SUMMARY

FHTS organized a webinar celebrating National Nutrition Month 2023. This webinar was designed to enlighten the importance of Holistic Nutrition for overall well-being and introduce our innovative initiative, SHINE (SMAART Hub for Informatics-enabled Nutrition Education).

During this enlightening webinar, our speakers delved into Holistic Nutrition, exploring how it can positively impact your health, energy levels, and overall quality of life. Attendees explored valuable insights into making informed dietary choices and embracing a holistic approach to nutrition.

In addition to our discussion on Holistic Nutrition, we also introduced our SHINE Initiative. This groundbreaking initiative aims to enhance the self-management of chronic non-communicable diseases through a multilingual digital health intervention tailored to enhance knowledge regarding self-management of disease conditions.

FLYER FOR THE WEBINAR



The flyer features the SMAART™ LAB logo (Prioritizing Health For All) and the Nutrition Informatics logo. A central graphic shows a red apple being held by two hands, with the text 'eat healthy' in a circular banner above it. The main title is 'Webinar On HOLISTIC NUTRITION FOR OVER ALL WELLBEING'. Three speakers are listed: Pooja Murjani (Nutrition Informatics Fellow), Sakshi (Nutrition Researcher), and Gunjan Sooden (Public Health Analyst). The event is on 22 Sep, 2023 at 7:00 PM IST. A 'Register Now' button with a QR code and contact information (phone, website, email) are provided at the bottom.

SMAART™ LAB
Prioritizing Health For All

Nutrition Informatics

eat healthy

Webinar On

HOLISTIC NUTRITION FOR OVER ALL WELLBEING

SPEAKER

POOJA MURJANI
NUTRITION INFORMATICS FELLOW

SPEAKER

SAKSHI
NUTRITION RESEARCHER

MODERATOR

GUNJAN SOODEN
PUBLIC HEALTH ANALYST

Foundation of Healthcare Technologies Society
New Blessing Through Technology Empowered Reforms

22 SEP, 2023
7:00 PM IST

Register Now

More Information

(011) 41621004

<https://fhts.ac.in/>

contact@fhts.ac.in

GOALS AND OBJECTIVES

To raise awareness about the interconnectedness of nutrition, mind, and body for overall holistic health.

Objectives:

- To provide a clear understanding of essential nutrition concepts, including whole foods, nutrients, and their impact on health specially in daily real time routine.
- To teach mindful eating techniques, helping participants develop better healthy food choices and to build a positive relationship with food.
- To guide attendees in creating balanced and nourishing meals that can align with holistic nutrition principles.
- To offer practical tips on integrating holistic nutrition principles into daily life, including not just better food choices but with some stress management and self-care practices.

EXECUTION

The Nutrition Webinar was executed by a committed and diligent team.

Speaker- Pooja Murjani, Nutrition Informatics Fellow, FHTS and Sakshi, Nutrition Researcher, FHTS

Moderated by- Gunjan Sooden, Public Health Analyst, FHTS

Conceptualization to implementation was a 2 Weeks process.

Coordinators conceptualized and presented the event framework, implementation plan and social media strategy with the help of interns. We made mail chimp and posters and we reached out to audience with this means of communication. Event was timely updated on the website to attract more organic and genuinely interested audience. The medium for dissemination of the information was through various communication platforms of the organization. The digital form was circulated across all platforms for registration and probing into queries of the aspirants. Our speakers and moderator ensured the lucid flow of questions and discussion, and engaged the attendees in an interactive discussion.

- HIGHLIGHTS
- Over 100 registrations were made for the event and 70 attended.
- Engagement was seen over all the communication platforms of the organization.
- Attendees were professionals, academicians, students, doctors and others from various healthcare and allied sectors.

WEBINAR PROCEEDINGS:

Gunjan Sooden: Started the webinar as a moderator.

Welcomed the attendees and gave them a brief introduction about the topic and the speakers.

Pooja Murjani: Majorly covered the topics under Holistic Nutrition.

Sakshi: Started her part of the presentation as a speaker and covered the major topics under FHTS's SHINE INITIATIVE.

Q&A INTERACTION:

To facilitate a Q&A session, addressing participants' specific questions and concerns regarding holistic nutrition.

The following questions were discussed in depth during the event:

1. Distinction between weight loss and fat loss. The value of BCA and its relevance.
2. What foods should I add and avoid in regards to the IBS issue?
3. What kind of milk is best for your health?
4. The reason why eating pulses at night causes bloating and acid reflux.

FEEDBACK FROM THE AUDIENCE:

During and after the webinar, the audience provided positive feedback about the event. They highly appreciated the information provided by our speakers.

Audience motivated us to for hosting more of such informative webinars in the future to continue spreading awareness about nutrition and its importance.

CONCLUSION:

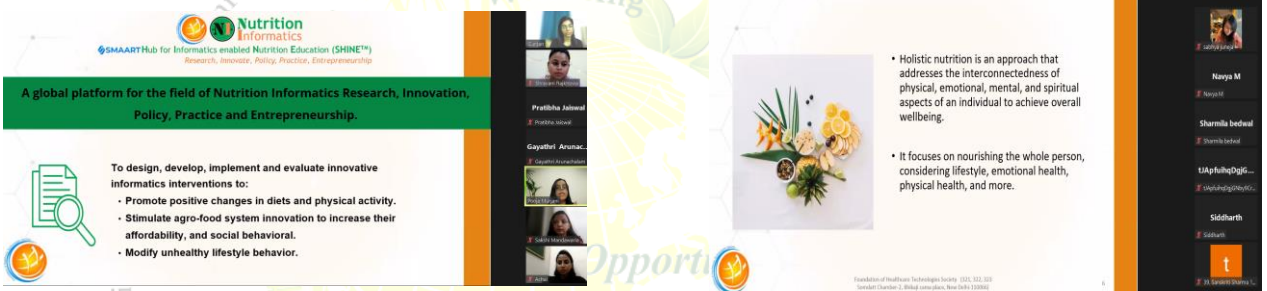
The Nutrition Week webinar organized by our FHTS's NI team was a resounding success, providing a lot of valuable insights into the world of nutrition how can we incorporate and its impact on health. The event successfully accomplished its objective of raising awareness and encouraging the adoption of healthier dietary practices among the attendees, primarily by imparting practical tips, strategies, and some small changes applicable to their daily lives.

SNAPSHOTS OF THE EVENT



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report-20230922-newdelhi-dl-nutrition-2



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