



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

**NOURISH THE MIND, FEED THE BODY: UNVEILING THE
BENEFIT OF MINDFUL EATING**

Event Timings: 1:30 PM

Date: 07-05-2024

Venue: C-302, C-block, KRMU

Event Type: Expert Session

Mode of Activity: Offline

Target Audience: Pan-University Students

Resource Person: Mr. Amit Kumar (Assistant Professor, SOHS, KRMU)

Faculty Coordinators: Dr. Deepak Kumar (Assistant Professor, SOAS), Dr. Manju Rani (Assistant Professor, SOHS)

Organized by: Chetna Society

Number of Participants: 41

Introduction:

Chetna Society hosted an Expert Session titled “Nourish the Mind, Feed the Body: Unveiling the Benefits of Mindful Eating” on May 7th, 2024. The session featured Mr. Amit Kumar Yadav, Assistant Professor from the School of Humanities (SOHS) and a member of the Counseling Mental Wellness Centre, as the resource person. Dr. Deepak Kumar, Assistant Professor at SOAS, and Dr. Manju Rani, Assistant Professor at SOHS, coordinated the event.

Objectives:

1. Promote the concept of mindful eating: Introduce participants to mindful eating and its significance in promoting overall health and well-being.
2. Enhance understanding of the link between mental and physical health.

3. Encourage awareness of eating habits, sensations, and emotions.
4. Provide strategies for cultivating a more mindful relationship with food.
5. Empower participants to embrace mindful eating as a transformative practice for enhanced well-being.

Session Highlights:

Mr. Yadav initiated the session by emphasizing the importance of mindful eating in promoting holistic well-being. He highlighted the intrinsic link between mental and physical health, illustrating how mindful food practices contribute to a healthier lifestyle. Throughout the session, Mr. Yadav engaged participants in interactive discussions and practical demonstrations. The concept of mindful eating was thoroughly elucidated, encouraging attendees to develop awareness of their eating habits, sensations, and emotions. He stressed the significance of slowing down and savoring each bite, while being mindful of portion sizes and food choices. Common challenges such as emotional eating were addressed, and strategies to cultivate a more mindful relationship with food were provided. The session concluded with a Q&A segment, allowing participants to seek clarification and share their experiences. Mr. Yadav offered comprehensive responses, enhancing the attendees' understanding of mindful eating.

Conclusion:

In summary, the session “Nourish the Mind, Feed the Body: Unveiling the Benefits of Mindful Eating” proved to be insightful and inspiring, raising awareness of the profound impact mindfulness can have on our relationship with food and overall well-being. Participants left feeling empowered to embrace mindful eating as a transformative practice in their lives.



Mr. Amit Kumar emphasizing the importance of mindful eating



A group photograph with expert and students