

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN, NUVEM-GOA

AFFILIATED TO GOA UNIVERSITY
Accredited by NAAC with 'A' Grade
(4th Cycle), CGPA 3.25



UNDERGRADUATE DEPARTMENT OF PSYCHOLOGY AND POSTGRADUATE DEPARTMENT OF FOOD TECHNOLOGY

in collaboration with

DIRECTORATE OF HIGHER EDUCATION (DHE)

Presents

MULTIDISCIPLINARY NATIONAL CONFERENCE

ON

PSYCHONUTRITION: Decoding the Diet-Mental Health Connection



11TH DECEMBER 2026



9:00 AM - 5:00 PM



**Carmel College of Arts, Science and
Commerce for Women, Nuvem-Goa
Auditorium**

A GLIMPSE OF OUR COLLEGE



Carmel College of Arts, Science and Commerce for Women was founded in 1964 at Nuvem, Goa, by the Sisters of the Apostolic Carmel. It was a response to the growing demand for higher education among the young women of Goa. The initiative was pioneered by Sr. Amabel A.C. and supported by Dona Thelma da Costa Lourenço, who generously donated land for a degree college for women. Over the decades, Carmel has become an important institution of learning for women in the state. It remains Goa's first and only women's college at the undergraduate level.

In keeping with the spirit of the Apostolic Carmel, the college provides an atmosphere that encourages academic excellence and the all-round development of its students. As an inclusive institution, it welcomes students from every social, cultural, religious and economic background. It promotes equality, human dignity, respect and responsible citizenship. Inspired by the pioneering spirit of Mother Veronica of the Passion, the college fosters academic excellence, value-based learning, creativity, research and continuous quality improvement, while staying true to the charism on which it was founded. Its aim is to nurture knowledge, capability, character and compassion in young women, so that they may make their mark in an ever-changing society.

Department of Psychology

The Department of Psychology at Carmel College of Arts, Science and Commerce for Women stands as a premier center for psychological and behavioral studies in Goa. The department offers a contemporary, experiential learning environment that balances rigorous theory with hands-on practice. Dedicated to instilling a strong scientific temper, the faculty actively engages students in research, psychometric testing, experimental methodologies, and community outreach. Through regular workshops, guest lectures, and field visits to rehabilitation centers and NGOs, the department empowers young women with critical thinking, practical life skills, and counseling expertise, laying a firm foundation for future careers in mental health, education, counseling, social work, and organizational psychology.

Department of Food Technology

The Postgraduate Department of Food Technology at Carmel College of Arts, Science and Commerce offers a specialized, co-educational Master of Science (M.Sc.) program designed to develop skilled professionals at the forefront of food science. Operating under the philosophy of learning "Beyond Textbooks & Test Tubes", the department provides an interdisciplinary platform focused on food production, preservation, safety, and innovative packaging. Equipped with state-of-the-art laboratory facilities and dynamic institutional linkages with leading industry giants like Nestle and Coca-Cola, the department actively nurtures advanced research, entrepreneurial value-addition, and collaborative industrial expertise laying a firm foundation for future careers in research and development, quality control, food safety auditing, and production management.



PSYCHONUTRITION

CONFERENCE OVERVIEW

What we eat shapes how we feel, think and cope. Research in nutritional psychiatry, the gut-brain axis and the study of eating behaviour now suggests that diet and mental health influence each other. Nutrient-rich eating patterns have been linked to better mood and resilience. Highly processed, nutrient-poor diets have been linked to a higher risk of depression and anxiety. Stress, low mood and emotional strain can in turn change appetite, food choices and the way we relate to food.

PSYCHONUTRITION brings together two disciplines that rarely share a platform: psychology and food science. The conference explores how food, the brain and behaviour are connected, and how that knowledge can be used to support well-being. It is an interdisciplinary field that recognises the profound influence of psychological factors on the dietary choices and eating habits that affect mental and emotional well-being. The conference offers a space for dialogue between researchers, academicians, practitioners and students.

Conference Format

The conference will feature expert-led sessions drawing on extensive research experience, along with panel discussions exploring emerging trends, opportunities and challenges in the field.

Expected Outcomes

The primary outcome of the conference is the transformation of mental health care from a single-focus model to a multi-dimensional, biological approach. Participants of Psychonutrition: Decoding the Diet-Mental Health Connection will gain a cutting-edge clinical advantage by bridging the gap between nutritional science and psychological practice.

Who Should Attend

Psychologists, counsellors, nutritionists, food technologists, educators, researchers, postgraduate and undergraduate students, and anyone curious about the link between the plate and the mind.



PATRON

Dr. Aldina Braganza
Officiating Principal

COORDINATORS

Dr. Michelle Fernandes
Associate Professor
UG Dept. of Psychology

Dr. Maria Carina Cordeiro
Assistant Professor
PG Dept. of Food Technology

ORGANISING COMMITTEE MEMBERS

Dr. Lynette da Silva Fortes
Associate Professor

Ms. Nezlyn D'Souza
Assistant Professor

Ms. Faye Pinto
Assistant Professor

Dr. Komal Salkar
Assistant Professor

Ms. Sibyl Fernandes
Assistant Professor

Ms. Muskan Shaikh
Assistant Professor

Ms. Sakshi Naik
Assistant Professor

Ms. Nupur Nargundkar
Assistant Professor

Ms. Priyanka Rodrigues
Assistant Professor

MEET OUR SPEAKERS



Dr. Sylvia Fernandez Rao
ICMR-NIN, Hyderabad

Dr. Sylvia Fernandez Rao is a Psychologist and Public Health Researcher at the Indian Council of Medical Research – National Institute of Nutrition (ICMR-NIN), Hyderabad, with over 15 years of experience in maternal and child nutrition, early childhood development, behaviour change, micronutrient status, dietary diversity, and mental health.

She has led and contributed to randomized controlled trials and public health interventions focusing on nutrition, cognitive development, and well-being. Her work spans rural, tribal, and urban communities, with a focus on addressing health inequities. She has published in reputed journals and actively mentors Ph.D. and M.Sc. researchers.

Dr. C. Ashwin Chandra is a seasoned Ayurvedic professional with over 22 years of expertise in Ayurveda, encompassing teaching (UG & PG), clinical practice, research, policy development and administration.

His work spans India and South Africa, where he contributed to the establishment of educational frameworks for Ayurveda. He has represented the Ministry of Ayush in global forums, focusing on traditional medicine's role in public health & policy.



Dr. C. Ashwin Chandra
Associate Professor and HOD
Kayachikitsa All India Institute
of Ayurveda, Goa

MEET OUR SPEAKERS



Dr. Madhav Kumar
Senior Scientist
SKAN Research Trust, Bengaluru

Dr. Madhav Kumar is a Senior Scientist at Scientific Knowledge for Ageing and Neurological Ailments (SKAN) Medical Research Trust with extensive expertise in microbiology, gut microbiome research, bacteriophages, and biofilm-forming bacteria. His research focuses on the study of microorganisms from the human gut and marine environments, including research related to Parkinson's disease.

He has experience in microbial culture and characterization, metagenomic analysis, molecular biology, and Next Generation Sequencing (NGS), along with applications of microorganisms in areas such as environmental biotechnology. He also has experience in conducting workshops and technical training in microbiology and related research methods.

Dr. Mahale Seeja Vijay is a Consulting Psychiatrist at the Institute of Psychiatry and Human Behaviour (IPHB), Bambolim, Goa, a Government Institute recognised as a Centre of Excellence. She holds an MD in Psychiatry and has three years of experience as a Senior Resident at IPHB.

Her work focuses on psychiatric assessment, diagnosis, and evidence-based management across inpatient, outpatient, emergency, community, forensic, geriatric, and child mental health settings. She also has experience in teaching, research, and multidisciplinary patient care, with a focus on patient-centred practice and improving mental health outcomes through evidence-based care.



Dr. Mahale Seeja Vijay
Consulting Psychiatrist,
IPHB, Goa

CONFERENCE SCHEDULE

9:00 AM

Registration

9:30 AM

Inaugural

10:00 AM

Session 1 - Dr. Mahale Seeja Vijay
Topic: Implications of Diet on Behavioural Health

11:00 AM

Tea Break

11:30 AM

Session 2 - Dr. C. Ashwin Chandra
Topic: Psychonutrition in Ayurveda:
The Interplay of Gut, Diet and Mind

12:30 PM

Session 3 - Dr. Sylvia Fernandez Rao
Topic: Geriatric Nutrition and Cognitive Well-being

1:30 PM

Lunch Break

2:30 PM

Session 4 - Dr. Madhav Kumar
Topic: Gut-brain Axis in Parkinson's Disease: The Role of the Gut Microbiome

3:30 PM

Panel Discussion

4:15 PM

Results of the Reel Competition & Valedictory

FOOD FOR THOUGHT

THE PSYCHONUTRITION REEL CHALLENGE

Create an informative reel exploring the connection between diet, nutrition and mental health.

Reel Themes

Participants may choose any one of the following themes:

- Food and Mood – How nutrition influences emotions, mood and overall well-being.
- Gut-brain Axis – The role of gut health in mental health and psychological resilience.
- Nutrients for Mental Wellness – Vitamins, minerals and foods that support mental well-being.

Eligibility

- The competition is open to all registered participants.

Submission Format

- File format: MP4
- Duration: 60–90 seconds
- Video quality: HD (1080p or higher).
- Reel entries must be submitted via WhatsApp to 9764920274 on or before 8th December 2026 by 1:00 PM.
- The WhatsApp submission must clearly mention:
Participant's full name
Name of the institution
Contact number
Selected reel theme



JUDGING CRITERIA

Relevance to the Theme
Scientific Accuracy and Content
Creativity and Originality
Clarity and Engagement



BEST REEL WINS ₹4,000!



Rules and Guidelines:

- The content must be original and created specifically for this competition.
- Participants are encouraged to use storytelling, demonstrations, relatable situations, humour or creative visual approaches to make their reels engaging.
- The content should be appropriate for an academic conference and must not contain offensive, discriminatory, misleading or inappropriate material.
- The organisers reserve the right to reject entries that do not comply with the competition guidelines.
- By submitting the reel, participants grant the organisers permission to use the submitted content for conference-related academic and promotional purposes, with due credit to the participant.
- Information presented should be factually accurate and scientifically appropriate.

REGISTRATION DETAILS

Registration Fee

Students (UG & PG): ₹300/-

Faculty: ₹500/-

Professionals: ₹800/-

(Psychologists, Counsellors, Nutritionists, Food Technologists, Research Scholars)

Eligibility

The conference is open to UG and PG students, faculty, researchers, and professionals from relevant disciplines.

Registration

Kindly register in advance by completing the registration form and making the applicable payment.

Registration will be considered complete only after successful payment.

Mode of Payment

NEFT (Details are provided below)

No TA/DA shall be paid.

Participants seeking accommodation may enquire with the coordinators.

Students must provide a valid institutional ID card or bonafide/status certificate during registration.

Last date for registration: 5th December 2026

**All payments must be made via NEFT
In favour of**

CARMEL COLLEGE OF ARTS SCIENCE AND COMMERCE FOR WOMEN

BANK: STATE BANK OF INDIA

BRANCH: MARGAO

ACCOUNT NO. 11064746678

IFSC CODE: SBIN0000512

MICR CODE: 403002048



Scan to register!



CONTACT US

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Need Help with
Accommodation?

CONTACT

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