

Food Planet Health

On 30th September 2022, Baba Mastnath University hosted a webinar titled "Food Planet Health", organized by the NSS Unit under the Faculty of Humanities. The event aimed to raise awareness about the critical link between dietary choices, planetary health, and individual well-being. The webinar featured Ms. Pareen Sachdeva, Outreach Coordinator for Vegan Outreach, India, as the guest speaker. Convened by Dr. Manjeet Kumar and co-convened by Dr. Pawan Kumar Arya, the session provided a thought-provoking platform for exploring sustainable food systems and their importance in addressing global challenges. With 40 active participants, the event underscored the university's commitment to fostering a culture of sustainability and social responsibility.

The webinar commenced with an introductory address by Dr. Manjeet Kumar, who highlighted the need for urgent action in transitioning toward sustainable food practices to ensure global health and environmental security. Ms. Pareen Sachdeva delivered an insightful presentation on the impact of food production and consumption patterns on the environment, emphasizing the benefits of plant-based diets. She also discussed actionable steps individuals can take to reduce their ecological footprint while enhancing their health.

The session included an engaging Q&A segment where participants interacted with the speaker, discussing topics such as veganism, climate change, and ethical food practices. The co-convener, Dr. Pawan Kumar Arya, concluded the session by thanking the speaker and participants for their active involvement, reinforcing the importance of adopting sustainable and conscious dietary choices.



The "Food Planet Health" webinar highlighted the pivotal role of sustainable food systems in addressing critical global issues, such as climate change, biodiversity loss, and malnutrition. It emphasized how adopting plant-based diets can significantly reduce greenhouse gas emissions, conserve water, and protect natural ecosystems, contributing to global environmental sustainability.

This initiative directly aligns with the United Nations Sustainable Development Goals (SDGs), particularly SDG 2 (Zero Hunger), SDG 3 (Good Health and Well-being), SDG 12 (Responsible Consumption and Production), and SDG 13 (Climate Action). By fostering awareness about sustainable food practices, the event empowered participants to make informed choices that benefit both society and the planet. Such initiatives also inspire collective action toward achieving a balanced coexistence between human health and ecological well-being.

The webinar witnessed the enthusiastic participation of 40 students and faculty members, fostering a meaningful dialogue on sustainable diets and their role in creating a healthier planet. Participants left the session with a deeper understanding of the environmental and ethical implications of their food choices, motivating them to adopt more sustainable and conscious practices in their daily lives.

The "Food Planet Health" webinar was a transformative initiative that underscored the importance of integrating sustainability into our dietary choices for a better future. By aligning its objectives with global sustainability goals, the event reaffirmed Baba Mastnath University's commitment to promoting social and environmental responsibility. This impactful session encouraged participants to take actionable steps toward building a healthier and more sustainable world, exemplifying the university's dedication to nurturing informed and responsible global citizens.