



JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY

(Established by H.P. State Legislature vide Act No. 14 of 2002)

Report:

Webinar on Food-Planet-Health: Impact of Diet on the Planet, Animals, and Our Health.

Date: 27th November 2024

Introduction

The National Service Scheme (NSS) unit at Jaypee University of Information Technology (JUIT) organized an impactful webinar titled "Food-Planet-Health: Impact of Diet on the Planet, Animals, and Our Health." The event featured an insightful keynote address by Nija Dhillon, a Coordinator at Vegan Outreach and an esteemed educator from Vadodara.

Key Highlights:

1. Exploration of Vital Issues:

Nija Dhillon addressed critical topics that outlined the interconnectedness of human health, dietary habits, and environmental sustainability. Through her presentation, she delved into the adverse effects of traditional eating patterns, particularly the consumption of meat and dairy, emphasizing their detrimental impact on animal welfare and the environment.

2. Focus on Meat and Dairy Consumption:

Dhillon stressed the environmental repercussions linked to animal agriculture, including greenhouse gas emissions, deforestation, and biodiversity loss. She illustrated how shifting to plant-based diets could mitigate these issues, providing a win-win solution for the planet and public health.

3. Call to Action:

Dr. Nishant Jain, the NSS Program Coordinator at JUIT, reinforced Dhillon's message by advocating for veganism as a necessary step to combat global warming and promote healthier lifestyle choices. His comments resonated with the audience, emphasizing the urgency of adopting sustainable eating practices.

4. Engagement of Participants:

The session attracted more than 100 participants, comprising students, staff, and volunteers, all of whom actively engaged in discussions and Q&A segments. The webinar fostered a vibrant dialogue around the importance of dietary choices and their impact on health and the environment.

Conclusion:

The webinar was a significant initiative by the NSS unit at JUIT, highlighting the pressing need for awareness and action regarding diet-related issues. The expert insights provided by Nija Dhillon, coupled with the passionate advocacy of Dr. Nishant Jain, created a compelling argument for transitioning towards plant-based diets, emphasizing their potential benefits for individual health and the planet.

This session serves as a crucial stepping stone in fostering a more informed and responsible approach to food consumption among the university community, and it aligns with the global movement towards sustainability and animal welfare.



FOOD-PLANET-HEALTH

CERTIFICATION WEBINAR

Organized by: Jaypee University of Information Technology and Vegan Outreach

**27th November 2024
11:00 am - 12:00 pm (IST)**

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Dr. Nishant Jain
Program Coordinator, NSS
Jaypee University of
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Speaker: Nija Dhillon
Outreach Coordinator
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