



# **MAR GREGORIOS COLLEGE OF LAW**

**MAR IVANIOS VIDYANAGAR, THIRUVANANTHAPURAM**

**Affiliated to the University of Kerala & Approved by the Bar Council of India**



**United Nations**   
**Academic Impact**

## **Nourish Life Talk Report**

**Date: February 8, 2024**

**Location: Mar Gregorios College of Law, Nalanchira**

**Time: 10:30 AM**

**Venue: Seminar Hall**

**Organizers: Centre for Environmental Studies and Eco Club in association with IQAC**

**Speaker: Dr. Suma Divakar, Professor, Department of Community Science, College of Agriculture, Vellayani**

## **Introduction:**

The Nourish Life Talk, organized by the Centre for Environmental Studies and Eco Club, took place on February 8, 2024, at the Seminar Hall of Mar Gregorios College of Law, Nalanchira. The talk aimed to shed light on fostering sustainable lifestyles and healthy food habits, with Dr. Suma Divakar, a distinguished professor from the College of Agriculture, Vellayani,

serving as the esteemed speaker.

**Speaker's Profile:**

Dr. Suma Divakar brings over 26 years of expertise in academia and research to the forefront. She is currently a faculty member at Kerala Agricultural University, specializing in Foods and Nutrition for BSc Agriculture students, as well as advanced subjects in Food Science for PG and PhD students. Dr. Divakar's extensive research experience includes supervising numerous projects funded by various agencies and publishing over 65 articles in peer-reviewed journals. Her dedication to community engagement is evident through her involvement in sponsored training programs for Self-Help Groups (SHGs) and rural agricultural work experience programs.

**Talk Overview:**

Dr. Divakar's talk delved into the importance of sustainable living and healthy food habits in today's society. She emphasized the need for transitioning towards sustainable food systems to ensure long-term food security and mitigate environmental degradation. Dr. Divakar highlighted the critical role of nutrition in maintaining overall health and well-being, advocating for improved dietary diversity and access to nutritious foods, particularly among vulnerable populations.



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# Nourish life symposium

A talk on nutritional wisdom



**DR SUMA DIVAKAR**

**Professor**  
Department of Community Science  
College of Agriculture  
Vellayani

**8th**

**FEBRUARY 2024**

**10: 30 am to 12:00 pm**

**@ Seminarhall**

*"Embrace Wellness: Cultivating Sustainable Living Through Nourishing Choices"*

The Nourish Life Talk attracted a diverse audience of approximately 100 participants, including students, faculty members, and members of the local community. The talk sparked engaging discussions and provided valuable insights into the importance of adopting sustainable lifestyles and making informed food choices.



## Conclusion:

In conclusion, the Nourish Life Talk, featuring Dr. Suma Divakar as the keynote speaker, was a resounding success, offering attendees a deeper understanding of the significance of sustainable living and healthy food habits. The event catalyzed



further exploration and action towards building a more sustainable and healthier future

