



**ST. XAVIER'S COLLEGE, MAPUSA GOA**

*Department of Microbiology*  
*Under the DBT Star College Scheme*  
**Organizes**

**Hands-on Activity Commemorating National Nutrition Week**  
**Share your Rainbow Plate- Discover the Power of Colorful Eating**  
**Date: 4<sup>th</sup> September 2024**

**Report of Activity**

<b>Name of Activity</b>	Share your Rainbow Plate - Discover the Power of Colorful Eating: Hands-on Activity commemorating National Nutrition Week
<b>Date/ Duration</b>	4 <sup>th</sup> September 2024
<b>Venue</b>	St. Xavier's College
<b>Name of organizing Department/Cell</b>	Department of Microbiology
<b>In collaboration with</b>	In collaboration with DBT
<b>Name/s of Co ordinator</b>	Ms. Arina Frank
<b>Stratum of Event</b>	College
<b>Name &amp; details of Resource Person/s if any</b>	Ms. Arina Frank Dr. Sheryanne Velho Pereira Mr. Kamlesh Korgaonkar
<b>Report</b>	<p><b>Objectives:</b> To incorporate a spectrum of colors into your meals, and ensure that your body gets a diverse range of essential vitamins, minerals, and other nutrients.</p> <p><b>Brief description:</b> Students had to bring different colored fruits and/or vegetables, peel, chop, or slice as needed ,arrange creatively, share and enjoy.They had to discuss the importance of dietary antioxidants</p> <p><b>Outcomes:</b> By creating their own Rainbow Plates, students demonstrated creativity in food presentation, and appreciated the role of dietary diversity in overall health. The activity fostered a practical understanding of how simple choices in diet can impact well-being, reinforcing that a balanced, colorful diet maintains a healthy lifestyle. The sharing component encouraged camaraderie, and motivated students to spread awareness about healthy eating practices to their peers and families.</p> <p><b>Number of beneficiaries:</b>55 students of the SYBSc (Major) course in Microbiology</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Brochure_Rainbow-plate.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Brochure_Rainbow-plate.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Photos_rainbow_plate_sxc_2024.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Photos_rainbow_plate_sxc_2024.pdf</a>
<b>List of participants with signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Rainbow-plate-attendance-sheets_min.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/09/Rainbow-plate-attendance-sheets_min.pdf</a>
<b>Certificate</b>	Not issued