



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

**Report of Activity conducted in the Academic Year 2024-25**

<b>Name of Activity</b>	Awareness Session on 'Importance of Nutrition for Mental Health'
<b>Date/Duration</b>	27 <sup>th</sup> September 2024
<b>Venue</b>	St. Thomas Higher Secondary School, Aldona
<b>Name of organizing Department/Cell</b>	Cell for Community Extension and Outreach, St. Xavier's College & Village Panchayat, Aldona
<b>In collaboration with</b>	& NSS Unit, St. Xavier's College
<b>Name/s of Faculty Coordinator</b>	Dr. Fr. Luis Gomes & Dr. Maria Claudette Gomes
<b>Stratum of Event</b>	State Level/ Community Level
<b>Name &amp; details of Resource Person/s (If any)</b>	Mr. Sigmund Dias, Counsellor, St. Xavier's College, Mapusa, Goa

<p><b>Report</b></p>	<p><b>Talk on Impact of Nutrition on Mental Health</b></p> <p>A talk on <b>Impact of Nutrition on Mental Health</b> &amp; some Mental Health Practices was organized by the Cell for Community Extension and Outreach, of St. Xavier's college unit in collaboration with the NSS Unit of St. Xavier's College as a part of 'Rashtriya Poshan Maah' 2024 on 27<sup>th</sup> September 2024 at St. Thomas HSS, Aldona.</p> <p>Mr. Sigmund Dias, counsellor at St. Xavier's College, Mapusa, informed the students of Std XI of St. Thomas HSS, Aldona, of the importance of nutritious food in an individual's life. He also guided the students regarding the nutritional benefits of different types of food. The talk emphasized the importance of nutritional food in one's daily life for maintenance of mental peace and healthy living.</p> <p>The Sarpanch of Aldona panchayat, Mr. Ashwin De Souza, expressed his gratitude towards the resource person, the faculty and students of St. Xavier's College, for organizing the important talk for the students of St. Thomas HSS, Aldona. The talk was attended by the Std XI students of St. Thomas HSS, Aldona. Dr. Rheane Da Silva (NSS CPO), Dr. Prachi Joshi (NSS PO), Dr. Claudette Gomes (member, Cell for Community Extension and Outreach) and the NSS volunteers of the College were present for the program. This talk was coordinated by Dr. Rheane Da Silva, Dr. Prachi Joshi NSS PO and Dr. Maria Claudette Gomes.</p>
<p><b>Brochure/Poster</b></p>	<p><a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/10/Aldona-Flyer.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/10/Aldona-Flyer.pdf</a></p>

<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/10/Aldona-pic-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/10/Aldona-pic-1.pdf</a>
<b>List of participants With signatures</b>	--
<b>Certificate</b>	--