



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Session on the topic “Demystifying Nutrition for Sports and Fitness Enthusiasts – Protein and Dietary supplements.”
Date/ Duration	4 th September 2024, 9:30am-10:30am
Venue	College Seminar hall
Name of organizing Department/Cell	Department of Biotechnology, in collaboration with The Department of Physical Education and Sports and Internal Quality Assurance Cell, under the DBT Star College Scheme.
In collaboration with	
Name/s of Faculty Co Ordinator	Ms. Jocelyn Fernandes, Ms. Joslyn D’souza
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Andrea Fernandes, Head dietitian, EndoHeal
Report	<p>The Department of Biotechnology of St. Xavier’s College, Mapusa-Goa celebrated the National Nutrition Week from 1st September to 7th September 2024. On 4th September 2024, the Department of Biotechnology, in collaboration with the Department of Physical Education and Sports and Internal Quality Assurance Cell, under the DBT Star College Scheme, organised a session on the topic “Demystifying nutrition for sports and fitness enthusiasts – protein and dietary supplements.” The guest speaker for the day was Ms. Andrea Fernandes, Head dietitian, EndoHeal.</p> <p>The event began with a prayer by Ruth Aguiar (T.Y. Biotechnology). Ms. Andrea, the guest speaker, was then escorted to the stage by Ms. Jocelyn and Ms. Sonali. and welcomed with a potted plant. Following this, Sakshi Pagi, a student of F.Y. Biotechnology, provided a concise introduction, highlighting Ms. Andrea’s educational background, achievements, passion for nutrition and dietetics, and her research in areas such as endometriosis.</p> <p>Ms. Andrea opened her talk by sharing a bit about her journey to becoming a dietician and provided an overview of what her talk would cover. She began by emphasizing the importance of protein in the diet, explaining how much is needed and the risks associated with steroid use. She also highlighted that</p>

	<p>individuals involved in sports or regular exercise require more protein and described how to accurately determine individual protein needs. In addition, Ms. Andrea shared detailed insights on supplements: the right moment to consume them, various supplements and their suitability in different situations, and their potential side effects. She stressed the significance of maintaining a balanced, wholesome diet to improve overall health. Throughout her talk, she recapped the main points, keeping the audience engaged.</p> <p>The session concluded with Ms. Andrea enthusiastically answering students' questions. Clare Ann from F.Y. Biotechnology delivered the vote of thanks, bringing the event to a close. Overall, the session was informative, proactive, and well-received by the students, keeping them engaged until the end.</p>
Brochure/Poster	https://drive.google.com/file/d/1-0eVskrBALGblbEB_jxs1nx15DnLTMEK/view?usp=sharing
Photographs	https://drive.google.com/drive/folders/172GqEhDKYQwngudc0DIve-FF1tqMcdYJ?usp=sharing
List of participants with signatures	https://drive.google.com/file/d/1-5smskloFekyGg173caIMaTdz6t-0A_h/view?usp=sharing
Certificate	-