



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Session on the topic “Nutritious Diets and Decoding Food Labels”
Date/ Duration	2 nd September 2024, 10:30 am - 11:30am
Venue	College Seminar hall
Name of organizing Department/Cell	Department of Biotechnology, in collaboration with the Internal Quality Assurance Cell (IQAC), under the DBT Star College Scheme.
In collaboration with	
Name/s of Faculty Co Ordinator	Ms. Swaroopa Naik
Stratum of Event	College
5Name & details of Resource Person/s if any	Ms. Nina Figueiredo, Clinical Dietician.
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 2nd September 2024, the Department of Biotechnology, in collaboration with the Internal Quality Assurance Cell, under the DBT Star College Scheme, organised an interactive session on the topic “Nutritious Diets and Decoding Food Labels” in the college seminar hall at 10:30 a.m. for students as well as faculty members. The significance of this program was to spread awareness and education on dietary changes and promotion of healthy lifestyles. The resource person rendering the talk was Ms Nina Figueiredo, a Clinical Dietician.</p> <p>The session began with a prayer service followed by the introduction of the guest speaker by Rochelle Rocha (T.Y. B. Sc. Biotechnology). As a</p>

	<p>token of appreciation Ms. Nina was presented with a potted plant by the first-year student Priya Malur. Ms. Nina initiated an interactive session with the audience wherein she discussed the different essential nutrients and their sources. She also suggested various diet plans one could follow. Ms. Nina highlighted the minerals, proteins, vitamins which are beneficial for our health; proper consumption of these minerals; the importance of checking the food labels and the health risks associated with packaged foods as they are prepared using palm oil. She also guided the audience to calculate the number of calories we take in while consuming these packaged food items and also to calculate our Body Mass Index (BMI). While decoding the food labels she mentioned that the first three ingredients in any packaged food are present in maximum quantity. Ms. Nina also shared a healthy schedule with us and said that we could lead a healthy lifestyle if we diligently followed it. The schedule mentioned the significance of proper sleep, proper intake of water and exercise. She also shared tasty yet healthy snack recipes.</p> <p>The session concluded with student's feedback and vote of thanks by assistant professor, Ms. Swaroopa Naik. 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/19P86lDBuoUja5i-Uzp2EmdRN0fdrG8CJ/view?usp=sharing
Photographs	https://drive.google.com/drive/folders/1Jnsm1nX7W1HrzfPyMdz3lL2gKx_OLoJv?usp=sharing
List of participants with signatures	https://drive.google.com/file/d/1-AHy9h5VgfCehPz7eeAuR7NmE1Y0tTGx/view?usp=sharing
Certificate	-