



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Session on the topic “Demystifying Nutrition for Sports and Fitness Enthusiasts – Protein and Dietary supplements.”
<b>Date/ Duration</b>	4 <sup>th</sup> September 2024, 9:30am-10:30am
<b>Venue</b>	College Seminar hall
<b>Name of organizing Department/Cell</b>	Department of Biotechnology, in collaboration with The Department of Physical Education and Sports and Internal Quality Assurance Cell, under the DBT Star College Scheme.
<b>In collaboration with</b>	
<b>Name/s of Faculty Co Ordinator</b>	Ms. Jocelyn Fernandes, Ms. Joslyn D’souza
<b>Stratum of Event</b>	College
<b>Name &amp; details of Resource Person/s if any</b>	Ms. Andrea Fernandes, Head dietitian, EndoHeal
<b>Report</b>	The Department of Biotechnology of St. Xavier’s College, Mapusa-Goa celebrated In celebration of the National Nutrition Week, Ms. Andrea Fernandes, Head dietitian, EndoHeal, guest speaker, emphasized the importance of protein in the diet. She highlighted that individuals involved in sports or regular exercise require more protein and described how to accurately determine individual protein needs. Ms. Andrea shared detailed insights on supplements and stressed the significance of maintaining a balanced, wholesome diet to improve overall health.
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-Demystifying-Nutrition-for-Sports-and-Fitness-Enthusiasts.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-Demystifying-Nutrition-for-Sports-and-Fitness-Enthusiasts.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG_1339-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG_1339-2.pdf</a>
<b>List of participants with signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attendance-Demystifying-Nutrition-for-Sports-and-Fitness-Enthusiasts.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attendance-Demystifying-Nutrition-for-Sports-and-Fitness-Enthusiasts.pdf</a>

<b>Certificate</b>	N/A