



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
Name & details of Resource Person/s if any	Ms. Nina Figueiredo, Clinical Dietician.
Report	The significance of this program, organised in celebration of the National Nutrition Week, was to spread awareness and education on dietary changes and promotion of healthy lifestyles. Ms. Nina initiated an interactive session with the audience wherein she discussed the different essential nutrients and their sources, suggested various diet plans one could follow, the minerals, proteins, vitamins which are beneficial for our health; proper consumption of these minerals; the importance of checking the food labels. The session highlighted the significance of proper sleep, proper intake of water and exercise.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-Nutritious-Diets-and-Decoding-Food-Labels.pdf

Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG_1206.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attendance-Nutritious-Diets-and-Decoding-Food-Labels.pdf
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