

## ST. XAVIER'S COLLEGE, MAPUSA GOA

## Report of Activity conducted in the Academic Year 2025-26

Guest lecture on "Mastering smart food choices: Making food your first medicine", as part of Alumni lecture series.    19th September 2025 at 9.30 am		
Date   Duration   Seminar Hall	Name of Activity	
Seminar Hall		19 <sup>th</sup> September 2025 at 9.30 am
Name of organizing   Department of Biotechnology	Date/ Duration	
Department/Cell		Seminar Hall
Department/Cell In collaboration with  Name/s of Faculty Co ordinator  Stratum of Event  Name & details of Resource Person/s if any  The Biotechnology Department of St. Xavier's College, Mapusa, hosted a guest lecture by Ms Sharwani Walke, an alumnus of the department and a Registered Associate Nutritionist by Association for Nutrition, UK. The session provided an inspiring insight into choosing the right types of food to eat, how sleep patterns can affect hunger and how proteins delay digestion of complex carbohydrates and prevents sugar spike.  Sharwani shed light on the proportions of proteins, vegetable, carbohydrate and fats in a healthy plate. She debunked many food myths and stressed on how food can be our first and most important medicine. And how we should inculcate better eating habits without screens, chewing slowly and being mindful of the textures that we eat. She also shed light upon the hormones produced in our body that make us feel hungry or feel full and how their production is hampered with erratic sleep patterns. A total of 68 First, Second, Third -Year Biotechnology students and 6 faculty members benefited from the session, gaining valuable insights into eating healthier and more mindfully.  Brochure/Poster  https://xavierscollegegoa.ac.in/wp- content/uploads/2025/10/poster-2.pdf	Venue	
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List of participants	https://xavierscollegegoa.ac.in/wp-
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Certificate	NA