



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Guest lecture on “Mastering smart food choices: Making food your first medicine”, as part of Alumni lecture series.
Date/ Duration	19 th September 2025 at 9.30 am
Venue	Seminar Hall
Name of organizing Department/Cell	Department of Biotechnology
In collaboration with	
Name/s of Faculty Co ordinator	Dr Larissa Menezes
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Sharwani Walke, AfN registered Associate Nutritionist, UK
Report	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
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/10/photos-15.pdf

List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/10/participant.pdf
Certificate	NA