



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-25

Name of Activity	"The Science Behind the Preparation of a Probiotic Drink"
Date/ Duration	11.2.26/2 hrs
Venue	Microbiology Laboratory 1
Name of organizing Department/Cell	Microbiology
In collaboration with	
Name/s of Faculty Co ordinator	Dr. Sheryanne Velho-Pereira
Stratum of Event	State
Name & details of Resource Person/s if any	Mr. Donovan Rodrigues, Co-founder My own Brews
Report	<p>A workshop titled "The Science Behind the Preparation of a Probiotic Drink" was successfully conducted on 11th February at 11:00 a.m. in Microbiology Laboratory 1. The workshop was organized for all students of Third Year (TY) B.Sc. Microbiology, along with 20 selected students from Division 1 and Division 2, with the objective of introducing students to the fundamentals of brewing and the scientific principles underlying probiotic drink preparation.</p> <p>The session was conducted by Mr. Donovan Rodrigues, Founder of =. Mr. Rodrigues has a strong undergraduate foundation in Biotechnology and postgraduate training in Psychology (HR & Industrial Psychology) from St. Xavier's College, Goa University. He began the session by introducing students to the concept of brewing, followed by a live in-class demonstration of probiotic drink preparation, allowing students to observe the practical application of microbiological and fermentation principles.</p> <p>During the workshop, the resource person explained what MyOwnBrews represents, highlighting its focus on science-driven, sustainable, and health-oriented fermented beverages. He discussed the idea of "Drink Better is the Future," emphasizing how informed choices in fermentation and probiotics contribute to improved gut health, wellness, and responsible consumption. The session also included a detailed explanation of "what's in a brew bag," covering the role of microbial cultures, substrates, hygiene, and controlled fermentation conditions.</p> <p>A key highlight of the workshop was the discussion on sustainability and innovation, where Mr. Rodrigues elaborated on the concept of a sustainable future leading to a healthier future. He introduced students to the idea of creating value and wealth from fruit waste, explaining</p>

	<p>how fermentation biotechnology can transform agricultural and food waste into functional, probiotic-rich products, thereby promoting circular bioeconomy practices.</p> <p>Mr. Rodrigues also shared his personal journey in biotechnology, narrating his experiences over nearly a decade of involvement in winemaking and yeast experimentation. Through this journey, he illustrated how continuous experimentation, microbial selection, and process refinement play a crucial role in fermentation science. He candidly spoke about how choosing Biotechnology was not initially a widely supported career choice, yet highlighted that the scope of the field is vast and continually expanding, depending largely on individual curiosity, innovation, and application.</p> <p>The workshop was highly interactive, with active student participation and discussions. Students gained valuable insights into the real-world applications of microbiology and biotechnology, particularly in the domains of probiotics, fermentation science, sustainability, and entrepreneurship.</p> <p>The workshop was co-ordinated by Dr. Sheryanne Velho-Pereira, Faculty, Department of Microbiology, whose guidance and coordination ensured the smooth conduct of the session. Overall, the workshop was informative, engaging, and academically enriching, successfully linking theoretical knowledge with practical and sustainable biotechnological applications.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/images-of-The-Science-Behind-the-Preparation-of-a-Probiotic-Drink.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/signature-of-The-Science-Behind-the-Preparation-of-a-Probiotic-Drink.pdf
Certificate	NA