



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	One-day workshop themed "Eat Right for a Better Life"
Date/ Duration	3 rd September 2026
Venue	Seminar Hall
Name of organizing Department/Cell	Department of Biotechnology, St Xavier's College, Mapusa, Goa, in collaboration with the Food and Drugs Administration (FDA)
In collaboration with	
Name/s of Faculty Co ordinator	Ms. Jenica Rangel
Stratum of Event	State level (Inter college)
Name & details of Resource Person/s if any	• Miss Dorothy Pereira, Food Safety and Hygiene Manager - Taj Hotels (IHCL). • Nutrition expert Miss Ishana Hameed from Start Healthy pvt Ltd. • FDA officials Mr Darlane, Mr Amit and Miss Mayuri
Report	In commemoration of the National Nutrition Week, the Department of Biotechnology, St Xavier's College, Mapusa, Goa, in collaboration with the Food and Drugs Administration (FDA), Government of Goa, organized a comprehensive one-day workshop themed "Eat Right for a Better Life" on 3rd September 2026 from 9 am to 4 pm. The event aimed to raise awareness about informed food choices and empower students to become ambassadors of healthy living. The workshop commenced with an inaugural ceremony where the officiating Principal, Miss Ursula Baretto, addressed the participants comprising of students and faculty from five colleges and six higher secondary schools. This was followed by the keynote address delivered by the Chief Guest, Miss Dorothy Pereira, Food Safety and Hygiene Manager - Taj Hotels (IHCL). Other dignitaries included miss Ishana Hameed, Mr. Darlane Diukar, Mr Amit Mandrekar and Miss Mayuri Shetgaoar. The itinerary featured technical sessions focusing on the scientific and practical aspects of nutrition, highlighted by interactive Q&A segments. The first session was delivered by Miss Dorothy Pereira in a very engaging manner where she enlightened the participants on FoSCoS website and other handy methods to detect and report non- compliances in food safety regulation. Her session was very effective and simplified, thoughtfully punctuated with witty

	insights. The second session was delivered by Nutrition expert Miss Ishana Hameed from Start Healthy pvt Ltd. She explained the meaning of living well and within our ability, and the importance of moving everyday for at least 15 minutes to have a healthy mind and body. The afternoon schedule provided hands-on learning through demonstrations conducted by FDA officials Mr Darlane, Mr Amit and Miss Mayuri, wherein participants were asked to carry kitchen ingredients to test for presence of adulterants. Here the FDA utilised a mobile van where the testing was done. The workshop comprised of 55 participants, included a poster competition on various topics and saw enthusiastic participation from multiple institutions, including St. Joseph Vaz College-Cortalim, SSA Government College-Pernem, Government College -Khandola, PES Ravi Naik College- Farmagudi, as well as the Microbiology and Biotechnology departments of St. Xavier's College, Mapusa. The event concluded with a valedictory function graced by Designated Officer, FDA, Goa and alumnus of the department of Biotechnology, Mr. Richard Noronha, as the Chief Guest. Following feedback from the participants and an inspiring address by Mr. Noronha, certificates and hampers were distributed to the poster competition winners. Third place for poster competition was won by Mr. Harsh Sadashiv Parab and Ms. Siddhi Santosh Sawant from Government College Khandola who made posters on the topic - Power of seasonal and local superfoods. Second place was won by Miss Leah Fernandes from department of Biotechnology, St. Xavier's College Mapusa, whose poster was on the topic -Unmasking processed foods. And first place for best poster was given to Miss Dimple Purohit, St. Xavier's College Mapusa, whose poster was made on the topic - Ditching the junk, embracing the crunch: smart snacking for kids. The workshop wrapped up with a vote of thanks proposed by the event coordinator, Ms. Jenica Rangel, followed by a group photograph. The workshop was able to reach out and create awareness on the theme aptly chosen for the National Nutrition Week.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/poster-of-One-day-workshop-themed-Eat-Right-for-a-Better-Life.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Images-of-One-day-workshop-themed-Eat-Right-for-a-Better-Life.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Attendace-of-One-day-workshop-themed-Eat-Right-for-a-Better-Life-.pdf
Certificate	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Certificate-of-One-day-workshop-themed-Eat-Right-for-a-Better-Life.pdf