



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Talk on "Smart Nutrition for High-Stress Student Life"
Date/Duration	8 th September, 2026 1 hours: 9.45 am to 10.45 am
Venue	Room 212, St. Xavier's College, Mapusa - Goa
Name of organizing Department/Cell	St. Xavier's Wellness Centre
In collaboration with	
Name/s of Faculty Co-ordinator	Ms. Linette de Souza Noronha and Ms. Gema Ataide
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Andrea Fernandes, Founder of Simplify with Andy.
Report	The session began with an introduction and warm welcome to the Resource Person by a T.Y.B.Sc student, Ms. Cenobia Fernandes. The primary objective of the talk was to equip students with practical, time-efficient dietary strategies to improve their mental focus, emotional resilience, and physical energy. Ms. Andrea Fernandes explained how specific nutrients improve memory, focus, and processing speed during exams. She taught students how to avoid energy crashes by balancing blood sugar. She explained how certain foods lower cortisol levels and combat anxiety. She provided practical hacks, sharing quick, budget-friendly meal preparation methods for busy schedules. She corrected dietary misconceptions like debunking the myth that caffeine and sugar aid long-term study endurance. A total of 57 students attended the talk. The talk concluded with a heartfelt vote of thanks delivered by Dr. Valerie Gonsalves, acknowledging the valuable inputs and advice provided by the speaker.
Brochure/Poster	-
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Smart-Nutrition-for-High-Stress-Student-Life-Image-1.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Attendance-sheets-for-talk-on-Smart-Nutrition-for-High-Stress-Student-Life.pdf

Certificate	-
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