



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-2027

Name of Activity	"Alumni Connect: Bridging Generations", an alumni lecture series, as part of the Late Rev. Dr. Nicolau Pereira Birth Centenary Celebrations
Date/ Duration	26 th September 2026, 10:00 am to 11:00 am
Venue	Seminar Hall and PG Block Conference Hall
Name of organizing Department/Cell	NA
In collaboration with	
Name/s of Faculty Co ordinator	Dr Marielou Ferrao, Dr. Larissa Menezes
Stratum of Event	College level
Name & details of Resource Person/s if any	Ms Dorothy Pereira, Food safety and hygiene manager, IHCL (Taj), Goa.
Report	St. Xavier's College, Mapusa-Goa, organised "Alumni Connect: Bridging Generations", an alumni lecture series, as part of the Late Rev. Dr. Nicolau Pereira Birth Centenary Celebrations, on 26th September 2026, at the College Seminar Hall. The event involved invited sessions by five Alumni, who were present during the tenure of the birth centenarian. Simultaneous sessions took place at two venues ie. College Seminar Hall and PG Block Conference Hall. The second session at the second venue i.e. PG Block Conference Hall began at 10:00 am on the topic "Food Safety and Healthy Choices for Youth", by alumnus of the Department of Microbiology, Ms Dorothy Pereira, Food safety and hygiene manager, IHCL(Taj), Goa. The session began with a tribute to the birth centenarian, late Rev. Dr. Nicolau Pereira. The speaker, Ms. Dorothy Pereira, was then introduced to the audience by Dr Larissa Menezes. Ms. Kimberly Barros presented a potted plant to Ms. Dorothy Pereira welcoming her. Ms. Dorothy Pereira spoke about the importance of food in our daily lives and explained that food is not only meant to satisfy hunger but also helps maintain our health and well-being. She encouraged students to be more mindful while eating, choosing from different food groups, adding colour to their plates and developing responsible eating habits. She demonstrated mindful eating, by handing out raisins and grams to students, explaining that they should smell, look and be aware of what they eat, before they consume their food. She emphasized on reading ingredients of packaged foods and choosing wisely. The session was especially useful for youth, who often have busy schedules and may neglect their eating habits. It reminded the 40 students that good health begins with everyday choices.

	As the session concluded, Mr Aaron Paul presented a memento to Ms. Dorothy Pereira as a token of gratitude. A vote of thanks was delivered by Dr Larissa Menezes, co-convenor of the programme.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Poster-of-Alumni-Connect-Bridging-Generations.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Images-of-Ms-Dorothy-Pereira-Report-4-Alumni-Connect-Bridging-Generations.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Attendance-of-Alumni-Connect-Bridging-Generations.pdf
Certificate	NA