


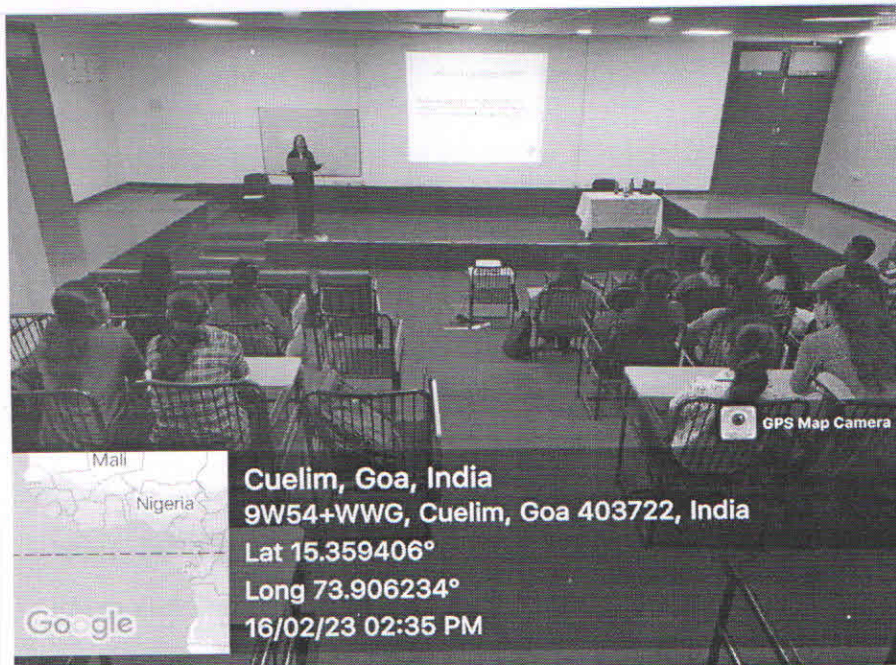


## REPORT ON ACTIVITY

<b>Activity</b>	<b>Avid Learners Club talk on “Balanced Diet-A healthy awareness for students”</b>
<b>Date and time held on</b>	16 <sup>th</sup> February 2023, 2:30 p.m. to 3:30 p.m.
<b>Mode</b>	Offline
<b>Participants</b>	50
<b>Resource Person</b>	Ms. Nina Figueiredo
<b>Faculty attended</b>	10
<b>Students attended</b>	40
<b>The objective of the webinar</b>	To create awareness of importance of balanced diet.
<b>Flyer on the Goa University Website</b>	<a href="https://www.instagram.com/p/Cos8j2SDzyY/?igshid=YmMyMTA2M2Y=">https://www.instagram.com/p/Cos8j2SDzyY/?igshid=YmMyMTA2M2Y=</a>

### Social Media posts and links:

<b>Instagram post</b>	<div style="text-align: center;">  <h2 style="margin: 0;">GOA BUSINESS SCHOOL GOA UNIVERSITY</h2> <p style="font-style: italic; margin: 5px 0;">Presents</p> <h3 style="margin: 0;">AVID LEARNERS CLUB</h3> <p style="margin: 0;">Talk on</p> <h3 style="margin: 0;">Balanced Diet A healthy awareness for students</h3> <p style="margin: 0;">By</p> <p style="margin: 0;">Nina Figueiredo Clinical Dietician and Obesity Consultant</p> <p style="margin: 0;">16th February 2023, Thursday 2:30 pm to 3:30 p.m</p> <p style="margin: 0;"> GBS Auditorium</p> <p style="margin: 0;"><b>Session Coordinators:</b></p> <div style="display: flex; justify-content: space-around; margin: 0;"> <div style="text-align: left;"> <p style="margin: 0;">Ms. Aakruthi Alarnkar Programme Director, M.com</p> </div> <div style="text-align: left;"> <p style="margin: 0;">Mr. Vishal Gaonkar Asst. Professor, M.com</p> </div> </div>  </div>
<b>Instagram link</b>	<a href="https://www.instagram.com/p/CpjiN-Lo0EK/?igshid=YmMyMTA2M2Y=">https://www.instagram.com/p/CpjiN-Lo0EK/?igshid=YmMyMTA2M2Y=</a>
<b>Photos</b>	



**Key outcome of the event**

Ms. Nina started the session by explaining the meaning of balanced diet i.e. getting the right type and amount of foods to supply nutrition and energy for maintaining and supporting normal growth and development. She also explained the types of nutrients i.e. micro and macro. She explained the sources and importance of both the micro and macro nutrients i.e. Carbohydrates, Proteins, fats, vitamins and minerals.

The best way to maintain a balanced diet is to stick to the traditional/local foods. It is important to have a nutrient-dense diet rather than a calorie-dense diet. One way to do this is to limit the intake of processed foods and read the food labels. She also helped the students to

calculate the Body Mass Index (BMI) and check if they are underweight, Normal, Overweight , Obese grade 1 or Obese grade 2.

We all have jam-tight and stressful schedules. It is very important to have a healthy nutrient dense balanced diet nowadays. Ms. Nina provided the guidance and awareness necessary for both the students and the teachers to maintain a healthy and balanced diet. The students had doubt session with Ms. Tumpa. She addressed the concerns of all the students. Ms. Aakruthi Alarnkar handed over the token of appreciation to Ms. Nina and thanked Ms. Nina for enlightening the students.

**Name of the coordinator: Ms. Aakruthi Alarnkar, Mr. Vishal Goankar**

**Date: 16<sup>th</sup> February 2023**

**Sign and Stamp**



*Aakruthi*  
16/02/2023