

Report on

Learn More and Beyond Session on "Foods for Healthy Blood"

Financial Services discipline of Goa Business School organized a session under Learn More and Beyond, an annual capacity building and skill enhancement series 17th February 2023, from 10.30am to 11.30am at Auditorium, Goa Business School, Faculty Block F, Goa University.

Session Coordinator: Dr. Pournima Dhume, Assistant Professor, Goa Business School

Organizing Committee: Dr. Pinky Pawaskar, Dr. Pournima Dhume and Dr. Prachi Kolamker

Objective:

The key objectives of the session were

1. To create awareness among the students of eating healthy foods.
2. To impart knowledge about the iron-deficiency, right hemoglobin levels, causes and symptoms of Anemia.
3. To inform the students on overcoming the problems of anemia and iron deficiency in blood by consuming iron-rich foods.

Event Details:

The event was held in offline mode at the Auditorium, Goa Business School, Faculty Block F. The session was attended by 26 participants which included students (17), faculties (03) and non-teaching staff (06). Student coordinator of the session My Jayesh welcomed the gathering and introduced the resource person Mrs. Priya Pai Raiturcar.

Mrs. Priya Pai Raiturcar is a Dietician at Sports Authority of Goa (SAG), Fatorda, Margao since 2011. She plans diets for athletes in different sports. The session was very interactive wherein students were asking their queries about healthy lifestyle.

Benefit/Outcome of the workshop:

The session benefitted the participants (students, faculty and non-teaching staff) in understanding the importance of healthy and balanced diet. The participants acquired knowledge on various iron-rich foods that helps prevent anemia, also the session helped in understanding the causes and symptoms of anemia and how to prevent it by consuming iron-rich foods.

Enclosed:

- 1) Event Flyer
- 2) Pictures of the event
- 3) Attendance Sheet

Reported by:

Dr. Pournima Dhume, Session Coordinator

Dean, Goa Business School





Goa Business School
Goa University
presents


LEARN MORE AND BEYOND


[Capacity building and Skill Enhancement Series]

Life Skills - Health & Hygiene

Foods for HEALTHY BLOOD



 **17 February 2023**
10.30 am to 11.30 am

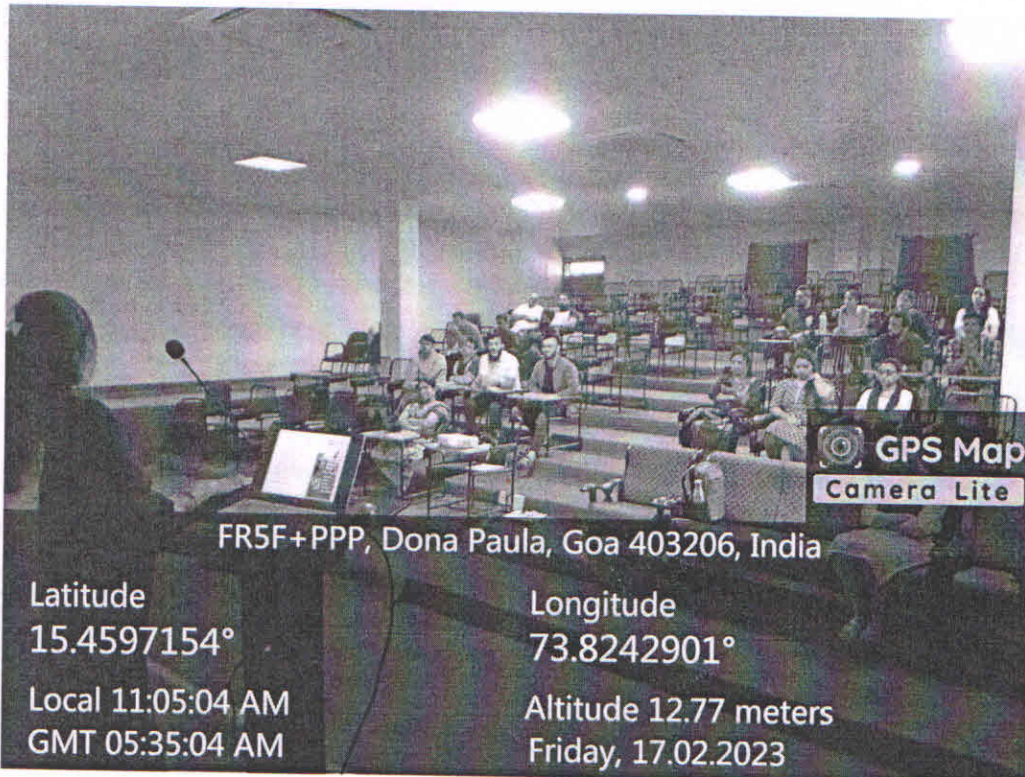
 **Auditorium**
Goa Business School



Priya Pai Raiturcar
Dietician
Sports Authority of Goa
(SAG), Fatorda

Session Coordinator :
Dr. Pournima Dhume
Assistant Professor, MBA (Financial Services)

Mba-Financial_Services



 **GPS Map**
Camera Lite

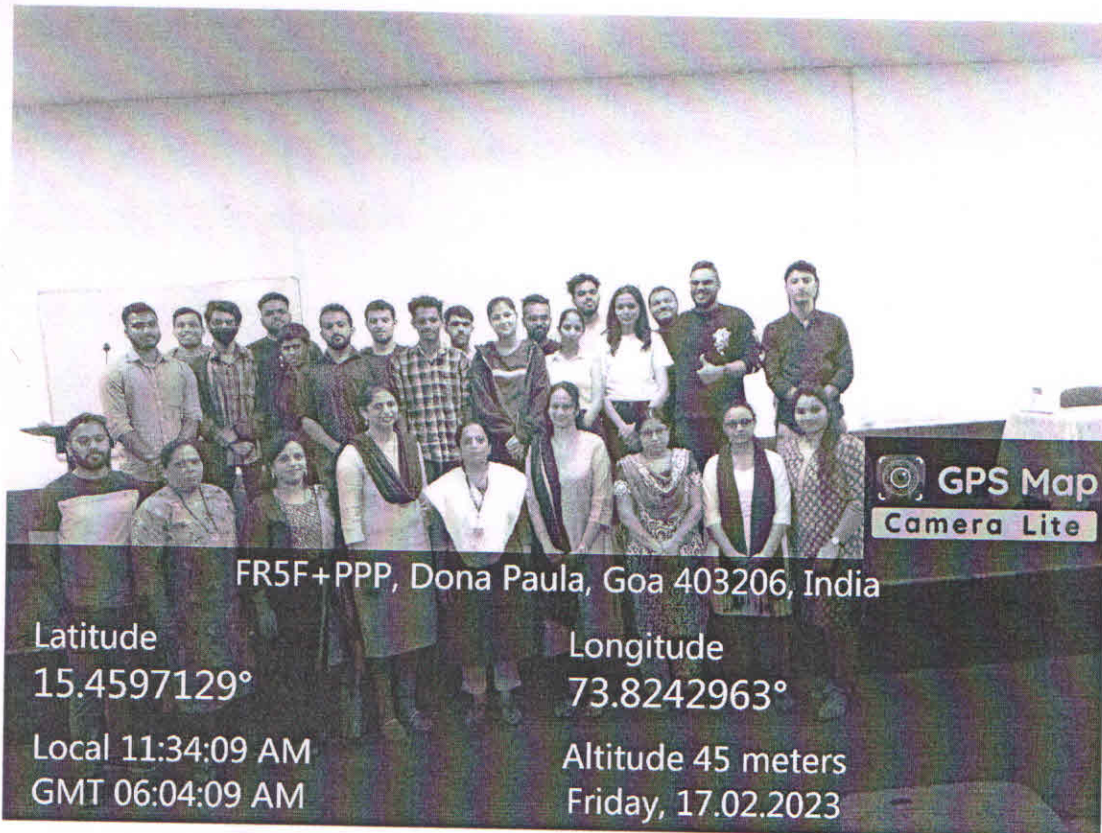
FR5F+PPP, Dona Paula, Goa 403206, India

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Longitude
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GMT 05:35:04 AM

Altitude 12.77 meters
Friday, 17.02.2023



FR5F+PPP, Dona Paula, Goa 403206, India

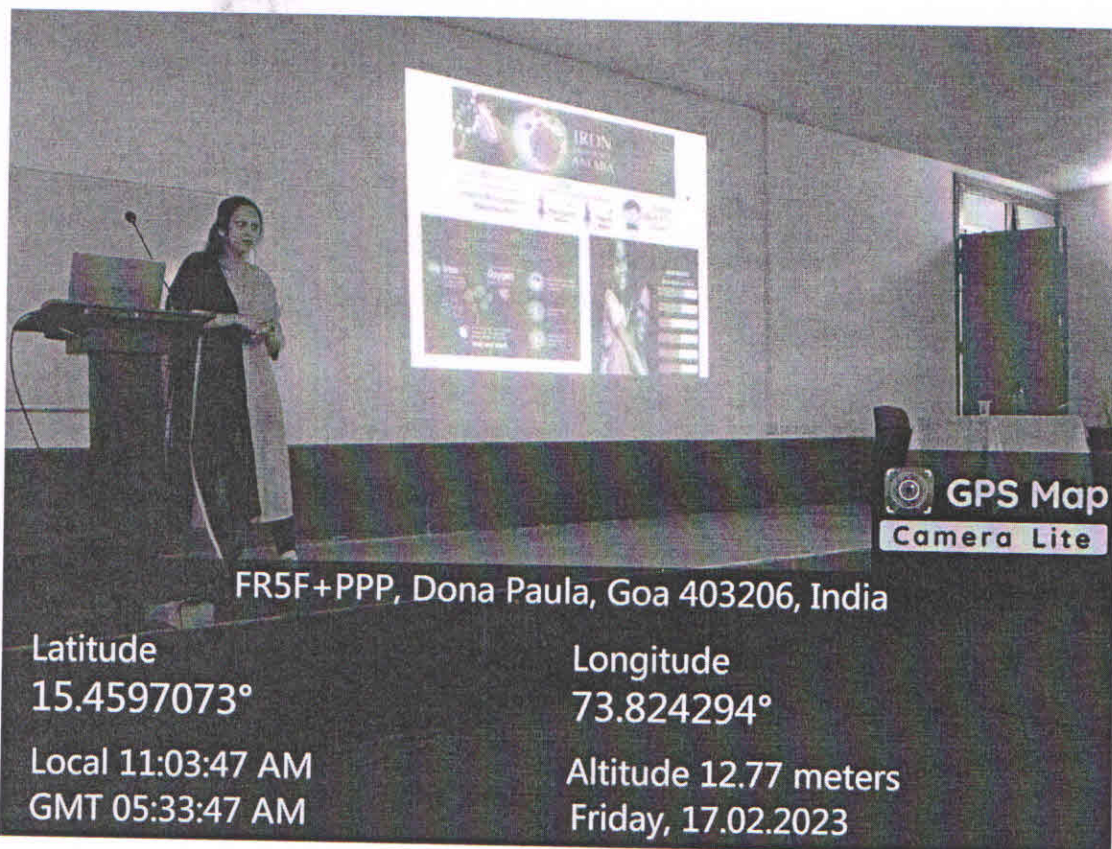
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Friday, 17.02.2023

 GPS Map
Camera Lite



FR5F+PPP, Dona Paula, Goa 403206, India

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Friday, 17.02.2023

 GPS Map
Camera Lite