



Goa University

GOA BUSINESS SCHOOL

Discipline of Financial Services

Report on Learn More and Beyond [Capacity Building and Skill Enhancement Series]

A session on “Healthy Diet for Students – How to eat well on Campus”

1. Title of the Event/Activity/program	Healthy Diet for Students – How to eat well on Campus
2. Date and Time	28 th January 2025 (10.30 am to 11.30 am)
3. Mode of conduct (Physical/Online)	Physical [GBS, Room no. GF-7]
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	Nil
6. Detail of the Resource Person (Brief biodata)	Mrs. Priya Pai Raiturcar Dietician at Sports Authority of Goa (SAG), Bambolim
7. Number of Faculty attended/participated	1 Faculty
8. Number of Student attended / participated	33
9. No. of external students/faculty/other participants	Nil
10. The objectives of the Program/activity/event	The primary objective of the "Healthy Diet for Students – How to Eat Well on Campus" program is to educate students about making nutritious food choices despite busy schedules and limited budgets. It aims to raise awareness about the importance of balanced diets, meal planning, and mindful eating habits. Additionally, it focuses on reducing reliance on fast food and processed snacks while promoting sustainable and locally sourced ingredients. By fostering

	healthier eating habits, the program aspires to improve students' overall well-being and academic performance.
11. Description of the Program/activity/event	This program is designed to help students navigate the challenges of maintaining a healthy diet while living on campus.
12. Benefit/Key outcomes of the Program/activity/event	By participating in the "Healthy Diet for Students – How to Eat Well on Campus" program, students developed a strong understanding of nutrition and healthy eating habits. The program helped to reduce their dependence on unhealthy fast-food options, leading to improved physical and mental well-being. It increased their awareness of food choices leading to better concentration, energy levels, and academic performance.
13. Enclosures with report	Flyer, Geo-tag photos, Attendance of students/faculty

P. D. Dume
28/1/2025

Dr. Pournima Dume
(Session Co-Ordinator)
Assistant Professor

Prachi Kolamker
30/1/2025

Dr. Prachi Kolamker
Programme Director
MBA (Financial
Services)

N. Borde

Prof. Nilesh Borde
Vice-Dean (Academics)

P. Hegde-Desai

Sr. Prof. Purva Hegde-Desai
Dean
Goa Business School





Goa Business School
Goa University
presents

LEARN MORE AND BEYOND

[Capacity Building and Skill Enhancement Series]

> HEALTHY DIET FOR STUDENTS -

How to Eat well on Campus



Mrs. Priya Pai Raiturcar
Dietician
Sports Authority of Goa (SAG)



January 28, 2025
10.30 a.m.



GF - 7
Goa Business School

Session Coordinator - Dr. Pournima Dhume



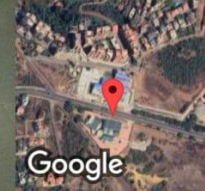
GPS Map Camera

Durgavado, Goa, India
Fr5f+ppp, Durgavado, Goa 403206, India
Lat 15.459377° Long 73.8244°
28/01/2025 10:57 AM GMT +05:30



GPS Map Camera

Durgavado, Goa, India
Fr5f+ppp, Durgavado, Goa 403206, India
Lat 15.459311° Long 73.824208°
28/01/2025 10:56 AM GMT +05:30





Durgavado, Goa, India
Fr5f+ppp, Durgavado, Goa 403206, India
Lat 15.459356° Long 73.824231°
28/01/2025 11:41 AM GMT +05:30

GPS Map Camera



Durgavado, Goa, India
Fr5f+ppp, Durgavado, Goa 403206, India
Lat 15.459312° Long 73.824158°
28/01/2025 11:41 AM GMT +05:30

GPS Map Camera



 GPS Map Camera



Durgavado, Goa, India
Fr5f+ppp, Durgavado, Goa 403206, India
Lat 15.459412° Long 73.824239°
28/01/2025 11:48 AM GMT +05:30

Learn More & Beyond

Goa University

Attendance format for PRG/DRG/RAC Presentation

Name of the Scholar:-

~~Ph.D. in~~

~~Ph.D. Topic~~

Session on Healthy Diet for Students

Date: 28th Jan 25 Time: 10.30 am

Sr. No.	Faculty/Research Guides/Members	Signature	Sr. No.	Faculty/Research Guides/Members	Signature
1	Noushal. N. Nolk	<i>[Signature]</i>			
2	Sohil Madhwani	<i>[Signature]</i>			
3	Glive Travassos	<i>[Signature]</i>			
4	Janet Ede Souza	<i>[Signature]</i>			
5	Chrisval Gonsalves	<i>[Signature]</i>			
6	Alnair Shaikh	<i>[Signature]</i>			
7	Naveen Kumar	<i>[Signature]</i>			
8	Tushar Velip	<i>[Signature]</i>			
9	Reedhi Ranje	<i>[Signature]</i>			
10	Abigail Rathod	<i>[Signature]</i>			
11	Ruij Souza	<i>[Signature]</i>			
12	Mubarkira Mulla	<i>[Signature]</i>			
13	Prema P Egale	<i>[Signature]</i>			
14	Saham Naik Panikar	<i>[Signature]</i>			
15	Esha Godkar	<i>[Signature]</i>			
16	Sejal Kakodkar	<i>[Signature]</i>			
17	Saloni Kakodkar	<i>[Signature]</i>			
18	Gayatri G. Rane	<i>[Signature]</i>			
19	Shreyash S. Panekar	<i>[Signature]</i>			
20	Jitendra Parnik	<i>[Signature]</i>			
21	Ashen Braganca	<i>[Signature]</i>			
22	Yash Lakhani	<i>[Signature]</i>			
23	Parth Lalwadekar	<i>[Signature]</i>			
24	Simsan Jenesia Colao	<i>[Signature]</i>			
25	Daylase Vaz	<i>[Signature]</i>			
26	Supriya Pidugu	<i>[Signature]</i>			
27	Amresh Narkandar	<i>[Signature]</i>			
28	Nitin Parus	<i>[Signature]</i>			
29	Krishnanand Gaudr	<i>[Signature]</i>			
30	Sour Moyshe	<i>[Signature]</i>			
31	Srushti Lodayekar	<i>[Signature]</i>			
32	Pliny Travasso	<i>[Signature]</i>			
33	Aditi Patil Gaonkar	<i>[Signature]</i>			
34	Dr. Pournima Dhume	<i>[Signature]</i>			

P. Raiturca
(Mrs. Priya Dai Raiturca)

[Signature]
28/1/2025
(Dr. Pournima Dhume)