



Goa University
Women's Cell of Directorate of Equal Opportunities and
Women's Studies Programme, DDKSSBS
Report on Nutrition Talk
Swasth Nari Sashakt Parivar Abhiyaan

1. Title of the Event/Activity/program	Importance of Nutrition for Women's Health
2. Date and Time	1 st October 2025 from 3.30 p.m. 5.00 pm
3. Mode of conduct (Physical/Online)	Physical Mode
4. School/ Directorate/ Section	Women's Cell of Directorate of Equal Opportunities and Women's Studies Programme, DDKSSBS ,Goa University
5. Collaborating Agency/School/Directorate	NIL
6. Detail of the Resource Person (Brief biodata)	Nina Figueiredo is a Freelancing Clinical Dietician with an overall experience of 16 years. She completed her post graduation from Mumbai University. She also has an additional qualification in Nutrition and Exercise for Fitness from Nirmala Niketan, Mumbai & completed her PG Internship from Nanavati Hospital, Vile Parle. She worked as a Clinical Dietician at Manipal Hospital, Dona Paula for 7 years and is presently working as an Independent Consultant Dietician & conducts nutrition programs for various companies and organizations & is also associated as a Consultant Dietician with Loop Health, Pune.Ms. Nina Figuerido is a Freelancing Clinical Dietician with an overall experience of 16 years . She completed her post graduation from Mumai University.
7. Number of Faculty attended/participated	07

8. Number of Student attended / participated	81(Attendance attached)
9. No. of external students/faculty/other participants	NIL
10. The objectives of the Program/activity/event	Health talk on Nutrition for Women focused on the "Swasth Nari Sashakt Parivar Abhiyaan" (Healthy Woman, Empowered Family Campaign). This national campaign emphasizes women's health, nutrition, and early disease detection to strengthen the family unit. The activities to be organized from 17 September to 2 nd October 2025. This talk was organized as a part of Swasth Nari Sashakt Parivar Abhiyaan to create awareness among women about healthy and nutrition rich food eating habits and also sensitization towards recognising signs and symptoms of certain deficiencies and to take preventive measures for a healthy living.
11. Description of the Program/activity/event	Dr. Sulochana Pednekar , Nodal officer of Women Cell , introduced the objective of the event and welcomed the Chief Guest , Prof. Purva Hegde, Dean, Goa Business School ,Goa University, Dr. Norma Rebello , Director DEO , and the Resource Persons– Ms. Nina Figueiredo for accepting the invitation for delivering the lecture. Prof. Purva Hegde, presented the flower plant and welcomed the resource person. Chief Guest , Prof. Purva Hegde, addressed the gathering and stressed on the importance of eating healthy and informed the gathering to learn from the lecture on what foods to eat and not to eat from the resource persons lecture. Dr. Sulochana Pednekar , thanked Prof. Purva Hegde and requested Director, DEO to present a token of appreciation to her for accepting invitation to be present for the event. Dr. Sulochana Pednekar invited Ms. Nina Figueiredo to deliver the lecture. The lecture was very insightful and provided tips on how to increase the nutrient value of food items while eating . Resource person also provided valuable knowledge to participants by providing nutrition value available in local vegetables and eating healthy to keep themselves healthy as well as their children .

	Also provided insights on avoiding certain foods which are harmful . Director, DEO Dr. Norma presented token of appreciation to Ms. Nina Figueiredo and spoke few words on this occasion. Dr. Sulochana Pednekar delivered Vote of thanks , by thanking Hon. VC, Prof. H.B. Menon and Registrar , Prof. Sunder Dhuri , Director ,DEO for providing approvals and administrative support in conducting the event. Thanked Women's Studies team Ms. Rakhee Prabhukhanolkar for logistics support and also thanked the members of Sanitation and Hygiene committee for their support and assistance – especially Ms. Rajavi Naik and Shri Rohan Parab for their support in this event. Dr. Sulochana Pednekar , Thanked all the participants for their presence and for showing their attendance for the event.
12. Benefit/Key outcomes of the Program/activity/event	Awareness and sensitization on healthy and nutrition rich food was created among participants. Participants were taught how to increase nutrition value of certain foods to get maximum benefits and avoid harmful foods. Also provided insights on recognising certain signs and symptoms of certain nutrition deficiencies and work them by following the routine time-table suggested to them.
13. Enclosures with report	Poster, Photographs and Attendance of students/faculty/external participants

Signature: 

Dr. Sulochana Pednekar

Nodal Officer ,Women Cell

Programme Director, Women's Studies Programme

Signature : 

Dr. Maria Norma Menezes e Rebello

Director of Equal Opportunities

Director
Directorate of Equal Opportunities

Date: 06/10/2025



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Goa University

Women Cell
Directorate of Equal Opportunities
and

Women's Studies Programme

D.D. Kosambi School of Social Sciences and Behavioural Studies

Ministry of Health and Family Welfare, Government of India
Initiative

'Swasth Nari, Sashakt Parivar Abhiyaan'

17th September – 2nd October 2025

Presents

Importance of Nutrition for Women

- To create awareness about nutrition and healthy eating habits.
- To educate women about recognising common signs and symptoms of nutritional deficiencies.
- To sensitize women for taking preventive measures for healthy living

Our Speaker:

Ms. Nina Figueiredo
Dietician



Wednesday,
1st Oct 2025
3.30 PM – 5.00 PM

Chemistry
Auditorium E Block,
Goa University



Coordinator

Dr. Sulochana Pednekar
Nodal Officer, Women Cell
and
Programme Director,
Women's Studies Programme



Prof. Purva Hegde addressing the audience



Group photo with the participants

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SWASTH NARI, SASHAKT PARIVAR ABHIYAAN, GOVERNMENT OF INDIA

Talk on Importance of Nutrition for Women, 1st October 2025 at Chemistry Auditorium, E Block Goa University

Sr. No	Name	Age	Gender	Designation	Section/ School	Signature
1	Dipantali Koch	25	F	House keep	Goa University	D Koch
2	Prema Grawas	55	F	House keep	— " —	Pl
3	Chandrakala Adkonke	49	F	— " —	— " —	Ch
4	Kamla Katri	49	F	— " —	— " —	कमला
5	Rupkala Rana	27	F	— " —	— " —	Rupkala
6	Vidhya Kundalkar	45	F	— " —	— " —	Vidhya
7	Nisha Vernekar	39	F	— " —	— " —	N Vernekar
8	Diksha Nandekar	39	F	— " —	— " —	Dandekar
9	Laxmi Somnathi	50	F	— " —	— " —	LS
10	Raziya Kholapur	40	F	— " —	— " —	Rk
11	Vijayna Grawas	79	F	— " —	— " —	Vj
12	Ramata Kulkarni	49	F	— " —	— " —	Ramta
13	Sheila Parvatkar	40	F	— " —	— " —	Sheila
14	Mangal	58	F	MTS	History	Mangal

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Sr. No	Name	Age	Gender	Designation	Section/ School	Signature
15	Rebika Kani	21	f	Housekeeping	Goa University	By
16	Roshni Oli	38	f	Housekeeping	Goa University	रोशनी
17	Basanti Thapa	45	f	Housekeeping	Goa University	Basanti Thapa
18	Kamala Matara	42	f	Housekeeping	Goa University	Kamala Matara
19	Axatichetti	28	F	Housekeeping	Goa University	Axatichetti
20	Parvati Kati	38	F	Housekeeping	Goa University	PTKati
21	Anita Khatri	22	F	Housekeeping	Goa University	Anita
22	Uddava	37	f	Housekeeping	Goa University	Uddava
23	Seema	36	f	Housekeeping	Goa University	Seema
24	Bimala Khatri	46	F	Housekeeping	Goa University	Bimala
25	Teta Nalk	56	F	Housekeeping	Goa University	teta
26	Bhavana Mugaokar	50	F	Housekeeping	Goa University	Bhavana
27	Doshita	24	f	Housekeeping	Goa University	D
28	niton. Kumbhar	5-4	f	Housekeeping	Goa University	niton

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Sr. No	Name	Age	Gender	Designation	Section/ School	Signature
29	Tulsi Martinic	46	F	House Keeping	Goa University	T.M
30	Kirti Shirodkar	25	F	—	—	Ks
31	Surat Kulkarni	43	F	—	—	Sk
32	Madhuri Venkar	31	F	—	—	Madhuri
33	Lata Shirodkar	53	F	—	—	Ls
34	Nikita Gawas	37	F	—	—	NB
35	Vandana Desai	46	F	—	—	VS
36	Usha Rosario	51	F	—	—	Usha
37	Pooja Paratkar	50	F	—	—	Paratkar
38	Smita Kankankar	38	F	—	—	S
39	Reva Kankankar	41	F	—	—	Rk
40	Priya Kulkarni	29	F	—	—	Pk
41	Deepika Shirodkar	34	F	—	—	Shirodkar
42	Priscilla Coelho	38	F	—	—	P

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Sr. No	Name	Age	Gender	Designation	Section/ School	Signature
43	Purva Hegde Desai	60	Female	Dean, GBS	Goa Business School	Purva
44	Maria Norma Mendes	58	Female	Asso. Prof	SSPTS	Maria
45	Kanchannado Deshpande	53	Female	Asst. Prof.	SCS	Kanchan
46	Conceicao M. D'Alto	55	Female	H. C.	Legal Section	Conceicao
47	Nirmala Velip	27	female	Student (UM)	MPS LPP	Nirmala
48	Rakhee M. Prabhokram	50	F	Prof. Assistant	women's studies	Rakhee
49	Vanita Kunkalkar	30	F	student	Chemistry	Vanita
50	Dr. Anabel Muly	40	f	Medical officer	Health Centre	Anabel
51	Rajani Nark	32	F	Asst. Prof.	SSPIS	Rajani
52	Nuna Figueiredo	37	F	Clinical Dietician	Freelancing	Nuna
53	Maria Fernandes	57	F	MTS	women's studies	Maria
54	Laxmi Pereira	60	F	MTS	State Division	Laxmi
55	Vinda Pereira	40	F	MTS	CSSIP/Political Science	Vinda
56	Kanchen Poojarfen	30	F	Supervisor	Goa University	Kanchen

1/10/25

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Sr. No	Name	Age	Gender	Designation	Section/ School	Signature
57	Anita	38	F	House Keeping	Goa University	AS
58	Poonm	53	F	— —	— —	Yam
59	Meera	60	F	— —	— —	AS
60	Mohini	50	F	— —	— —	diriga
61	Rohan Patel	33	M.	Asst. Prof.	Goa University	Patel
62	Freda Tavares	37	F	PhD Scholar	Goa University	Patel
63	Prof. Shailor Desoza	60	F	Prof.	Women's Studies	Shailor
64	Deepaksha Velip	24	F	Research Assistant	Women's Studies	Shailor
65	Sulochana Pednekar	48	F	Assistant Prof.	Women's Studies	Sedhke
66	Rajani Naik	55	F	MTS	Administration	RNaik
67	Laxmi	59	F	MTS	G.U	Lax

**Women Cell, Directorate of Equal Opportunities and Women's Studies Programme, DDKSSSBS
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