



Goa University
Health Centre
Report on Diet Camp

1. Title of the Event/Activity/program	Diet Camp
2. Date and Time	30 th January 2025, 10:00am to 1:00pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Health Centre, Goa University
5. Collaborating Agency/School/Directorate	Mrs . Nina Figueredo
6. Detail of the Resource Person (Brief biodata)	Dr. Amavel Murty.
7. Number of Faculty attended/participated	12
8. Number of Student attended / participated	—
9. No. of external students/faculty/other participants	18
10. The objectives of the Program/activity/event	Imparting Nutritious ,Healthy Diet for various medical conditions
11. Description of the Program/activity/event	Participants were given one to one advice on their diet related to their medical condition like Diabetes , PCOD, Thyroid, infertility , Obesity , certain investigations were advised and lifestyle modification was suggested to some . Appropriate importance to sleep routine and stress management was suggested to all. Custom made Charts with a Diet plan was given individually to all participants .
12. Benefit/Key outcomes of the Program/activity/event	Promoting importance to incorporating nutritious, healthy home cooked ,simple food, over ultra-processed easy and quick take away meals , awareness on causes of Obesity, Lifestyle modification and Stress management .

13. Enclosures with report	

MM

medical

officer

D Amarel
30/1/2025

musty

