



Goa University

GOA BUSINESS SCHOOL

Discipline of Financial Services

Report on **Learn More and Beyond (Capacity Building and Skill Enhancement Series) – A session on “Food, Fitness and Focus”**

1. Title of the Event/Activity/program	Food, Fitness and Focus
2. Date and Time	25 February 2026 (11.30am to 1.30pm)
3. Mode of conduct (Physical/Online)	Physical (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, Sports Authority of Goa (SAG), Fatorda Margao Goa
7. Number of Faculty attended/participated	Nil
8. Number of Student attended / participated	20
9. No. of external students/faculty/other participants	Nil
10. The objectives of the Program/activity/event	The objective of the event “ Food, Fitness and Focus ” was to create awareness among students about the critical role of nutrition and physical fitness in enhancing mental focus, academic performance, and overall well-being.

<p>11. Description of the Program/activity/event</p>	<p>The event “Food, Fitness and Focus” was conducted as an interactive session focusing on the integration of nutrition, physical activity, and mental alertness. The session covered essential topics such as balanced diets, meal timing, hydration, and fitness practices suitable for students. Practical insights were shared on how everyday food choices impact energy, mood, and concentration levels. The programme encouraged active participation through discussions and real-life examples, making the session engaging and relevant.</p>
<p>12. Benefit/Key outcomes of the Program/activity/event</p>	<p>Participants gained practical knowledge about making healthier food choices, structuring meals, and incorporating basic physical activity into their daily schedules. The session motivated students to reflect on their lifestyle habits and recognize the link between physical well-being and academic effectiveness. Overall, the programme contributed to positive attitudinal changes towards health-conscious behaviour, encouraging students to adopt balanced lifestyles that support both personal well-being and academic success in the long run.</p>
<p>13. Enclosures with report</p>	<p>Brochure, Geo-tag photos, Attendance of students/faculty/external participants</p>

P. Dhume
26/2/2026

Dr. Pournima Dhume
Assistant Professor of
Financial Services
GBS

P. Kolamker
26/2/2026

Dr. Prachi Kolamker
Programme Director
MBA-FS
GBS

R. Wagh
26/2/2026

Prof. Ramrao Wagh
Vice-Dean (Academics)
GBS

P. Hegde
26/2/2026

Sr. Prof. Purva Hegde
Desai
Dean, GBS





NAAC GRADE A+

Goa Business School
Goa University
presents

LEARN MORE AND BEYOND

[Capacity building and Skill Enhancement Series]

Food, Fitness and Focus



25 February 2026
11.30 am to 1.30 pm



GF-7
Goa Business School



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

Session Coordinator :
Dr. Pournima Dhume

Convener :
Dr. Prachi Kolamker
Programme Director, MBA [FS]





LEARN MORE & BEYOND SESSION ON FOOD, FITNESS & FOCUS

Students Attendance Sheet		25/2/2026
Sr.No.	Name of the Students	Signature
1	Maria Mascarenhas	<i>Maria</i>
2	Tinku Kumar Pandit	<i>Tinku</i>
3	Fatima Arfa Sayed	<i>Arfa</i>
4	Anjum Banu Shaikh	<i>Anjum</i>
5	Gyatri Deepak Kanesardesai	<i>Gyatri</i>
6	Pravita Nark	<i>Pravita</i>
7	Sailee Chodankar	<i>Chodankar</i>
8	Vrushali Desai	<i>Desai</i>
9	Harishka Goude	<i>Goude</i>
10	Harshada Padalkar	<i>Padalkar</i>
11	Manasvi Kajori	<i>Kajori</i>
12	Saniya Parisekar	<i>Parisekar</i>
13	Navjyot Verlekar	<i>Verlekar</i>
14	Aman Kumar Gupta	<i>Gupta</i>
15	Demraj. Gaonkar	<i>Gaonkar</i>
16	Nelson Dsouza	<i>Dsouza</i>
17	Kruss Fernandes	<i>Fernandes</i>
18	Samruddh Anlekar	<i>Anlekar</i>
19	T S Sumant Bhat	<i>Sumant</i>
20	Vasant Lotlikar	<i>Lotlikar</i>

S. Dhume
25/2/2026

Dr. Pournima S. Dhume
Session co-ordinator.