

REPORT ON CAPACITY BUILDING AND SKILL ENHANCEMENT SERIES 'LEARN MORE AND BEYOND'

Financial Services Discipline of Goa Business School, Goa University, launched '**Learn More and Beyond**' an annual capacity building and skill enhancement series on 19th November 2021. This series 'Learn more and beyond' is launched with a motive of aligning the curriculum with the individual capacity development and that would facilitate the students in successfully accomplishing their individual goals. The above series plan to highlight on the following dimensions:

- i) Life Skills (Yoga, Health and Hygiene, Physical Fitness)
- ii) Language and Communication Skills
- iii) Soft Skills
- iv) Awareness of trends in technology
- v) Sensitizing on social issues

The first webinar series of 'Learn more and beyond' was organized on 19th November 2021 for the students of Goa Business School on the topic '**Eating Right**'. The resource person for the session was Mrs. Priya Pai Raiturcar, Dietician, Sports Authority of Goa (SAG), Goa having 10 years of work experience in the field. The session was held in online mode via Google meet platform from 10.30am to 11.30am.

Total number of participants for the webinar were 35 including 5 faculty members and 30 students. The session focused on eating the balanced diet and developing good food habits essential for the growth and development of every individual. The session was coordinated by Dr. Pournima Dhume, faculty of Goa Business School.




11/11/2022
Dr. Pinky Pawaskar R

DIQA
NO:-
DATE:-



**Financial Services Discipline
Goa Business School
Goa University**

launching

'LEARN MORE AND BEYOND'

[Capacity Building and Skill Enhancement Series]

Ms Priya Pai Raiturcar

Dietician

Sports Authority of Goa (SAG), Goa

talks on

'Eating Right'

November 19, 2021, 10.30am

Google meet code : ibg-hdrh-dxr



Session Coordinator - Dr. Pournima Dhume

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mba_financialservices

Programme Director, Financial Services



You're presenting to everyone

Stop presenting

EAT RIGHT....

- ✖ INCLUDE SMALL & FREQUENT MEALS
- ✖ HAVE BREAKFAST
- ✖ DON'T FALL ASLEEP SOON AFTER DINNER...Have a light and early dinner & give yourself a 2-3 hour gap before going to bed.



Slide 39 of 56

11:28 AM | [Learn More and Beyond - Eating Rig...](#)

27

 31°C Haze

11:28
9-11-2021









You're presenting to everyone

Stop presenting

PowerPoint Slide Show - [EATING RIGHT] - PowerPoint

HEALTHY COOKING

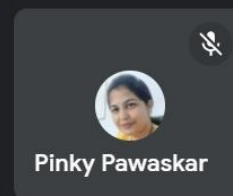
- ✖ Avoid frying foods, instead grill, steam, or boil food to minimise fat content
- ✖ Wash vegetables before chopping them to prevent loss of water soluble vitamins- vitamin c, Riboflavin, Thiamin & Niacin
- ✖ Avoid use of Baking soda while cooking pulses & vegetables ...soda inhibits absorption of calcium



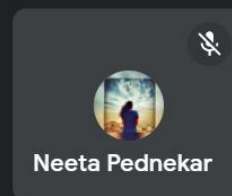
Slide 41 of 56



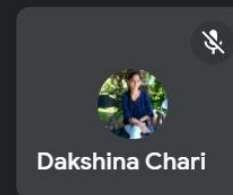
Priya Raiturcar



Pinky Pawaskar



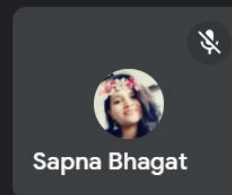
Neeta Pednekar



Dakshina Chari



Rashi Kaushal



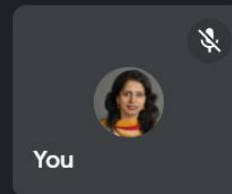
Sapna Bhagat



Snehal Potekar



16 others



You

11:31 AM | Learn More and Beyond - Eating Rig...



31°C Haze



11:31
19-11-2021



You're presenting to everyone

Stop presenting

BRAIN FOODS..... FOR GOOD MEMORY,ATTENTION AND LEARNING




So Eat Right to keep your Brain Healthy ! ! !!

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
11:32 AM | Learn More and Beyond - Eating Rig...




Priya Raiturcar




Pinky Pawaskar




Neeta Pednekar






Dakshina Chari

 Jitesh Vengurle...




Sapna Bhagat

  S
Snehal P



17 others



Jitesh Vengurlekar (outside
Goa University.) joined



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31°C Haze

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1

1:32
1:30

21

11:32
9-11-2021



Participant grid:

- Priya Raiturcar
- Pinky Pawaskar
- Neeta Pednekar
- Dakshina Chari
- Rashi Kaushal
- Jick Castanha
- Snehal Potekar
- 14 others
- You

Balanced diet is one which contains different types of foods in such quantities and proportions so that the need for calories, proteins, minerals, vitamins and other nutrients is adequately met and a small provision is made for extra nutrients to withstand short duration of leanness

In addition it should provide bioactive phytochemicals e.g. dietary fibre, antioxidants etc. which have positive health benefits.



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10:47 AM | [Learn More and Beyond - Eating Ri...](#)

Priya Raiturcar

prachi Preman...

Neeta Pednekar

Siddhid Hede

Dakshina Chari

Abhishek Khan...

Pinky Pawaskar

19 others

You

GOOD NUTRITION IS NECESSARY FOR

Goals:

Promotes a healthier mind and body

Provides energy

Promotes growth

Repair tissues

Regulate body processes

Aids in resistance to illnesses

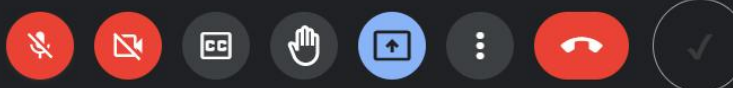
Maintains good health





Slide 5 of 56




10:48 AM | [Learn More and Beyond - Eating Ri...](#)




Priya Raiturcar

  prachi Preman...




Neeta Pednekar

  **Snehal Potekar**




Dakshina Chari



K


Kajal Palyekar



Pinky Pawaskar



19 others





You're presenting to everyone

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PowerPoint Slide Show - [EATING RIGHT] - PowerPoint

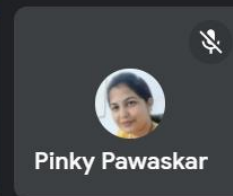
OIL FOR COOKING

- ✖ High MUFA OILS- Olive, RBO, Til, GNO
- ✖ High Omega- 3- SB and Mustard oil
- ✖ High Omega-6- Safflower, Sunflower, corn
- ✖ Moderate Omega-6 and more omega-3 ratio (5-10) is RECOMMENDED OR mix One oil from each group.

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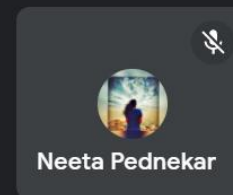
Priya Raiturcar



Pinky Pawaskar



Deliza Pereira



Neeta Pednekar



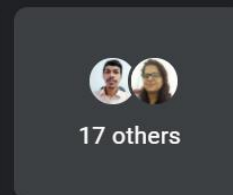
Dakshina Chari



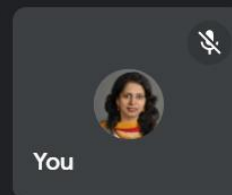
Snehal Potekar



Rashi Kaushal



17 others



You

11:08 AM | Learn More and Beyond - Eating Rig...



30°C Haze



11:08
19-11-2021

