

St. Xavier's Institute of Education

2020-2021

Report of Session on :Eating Right A 10 Point Plan – 11th May, 2021

Health Cell of the St. Xavier's Institute of Education, Healthy Hearts organised a talk on Eating Right A 10 Point Plan.

Resource person : Ms. Vibha Hasijia, a Registered Dietitian and Assistant Professor in Department of Food, Nutrition and Dietetics in Nirmala Niketan College of Home Science. Her Area of Interest was Clinical Nutrition and Dietetics, Preventive and Holistic Management of Health and Nutrition Communication and Creation of the Healthy Mindset.



Objectives of the Session

- ✓ Create an Awareness among the Students About the Impact of Food and Nutrition on Health
- ✓ Develop healthy eating practices and habits
- ✓ Do's and don't's to follow a healthy eating pattern
- ✓ Mindful eating practices during Pandemic.

No of Participants/ Students

Manager Fr. Blaise D'Souza s.j, Principal, 3 Staff Members(Ms.Priti, Dr. Shadab, Ms.Nishi) and 50 first year students attended the session through the virtual Mode.

Mode/Conduct of the Session

Virtual Mode Health Cell google classroom
<https://meet.google.com/lookup/a46lie2gvr?authuser=1&hs=179> was used for the session.

The session began by Prof. Ms. Priti Sivaramakrishnan the In Charge of Health Cell welcoming the Resource Person, Manager Rev. Fr. Blaise, Our Principal Dr Sosamma Samuel, Teachers and the Students. The Theme of the talk was "Eating Healthy: A 10-point Plan". This was followed by our Health cell member Malvika Introducing the Resource Person in brief. Ms. Vibha began the input by encouraging the participants to pose their queries related to health.

Prof. Ms. Priti, the in-charge of the Health Cell welcomed each and everyone for the interaction and talk. Malvika, member of the Health cell briefly introduced the speaker.

The session was conducted in an interactive way of question and answering. Several important questions related to health were put forward such as the right time to eat, when is food required by the body the most, how does food influence mood, and many more. The students and teachers received wonderful responses to the questions in an effective way. The resource person guided the students on the different metabolism levels during the day and night. She also shared tips on how eating good breakfast can help everyone and eating 3 major meals during the day and at night before 7 pm can improve our health cycle. The students were also made aware of the various processed food products, how we can be good consumers and avoid adulterated food products.

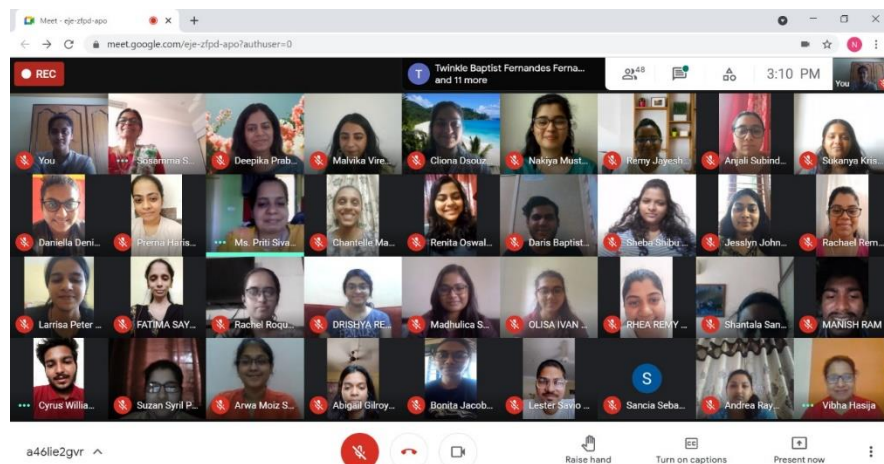
The speaker also raised important awareness points regarding why are we seeing menopause in women in their 30's and why are youngsters having diabetic and reproductive disorders. The speaker also emphasized on revering our own body because no one else will and how utmost care must be taken to prevent health related problems.

The students were also made aware of the present educational system where children are taught about nutrition and health from classes 4 to 10, but there is hardly any impact or changes in their eating patterns and health improvements. A lot of guidance on improving the eating habits was given.

The speaker also mentioned a fitness motivator Chloe Ting's channel that could be referred to for low intensity exercises and also a Get Fit mobile app for fitness training.

There was also a discussion on a question regarding skipping meals and replacing it with milk, the speaker shared about the ways this could have an impact on the health as nothing can replace a full meal, but also shared the various milk products that could prove beneficial for all.

The session concluded with a vote of thanks by Nakiya on behalf of the Health cell and SXIE Teachers and students and word of appreciation by Principal Dr Sosamma Samuel.



Feedback of the Session

Students appreciated the session and decided to be more mindful while eating. They also felt the need to incorporate more nuts, sprouts and fruits to their diet. Liked the way the session was a question and answer session then just a session being taught by the ppt. Students also planned to control their cravings, incorporate habits of sitting straight and including red rice, keep a track of eating, eating a balanced meal, avoid binge eating, to include more micro nutrients, proteins and carbohydrates in daily diet.

- ✓ Students had a lot of take away from the session in terms of to have four meals in a day, avoid sugar and oil, avoid market food. Students also planned to follow new diet plans consisting of sprouts, nuts, vegetables and fruits. A balanced meal is important for one's health and focus on being more healthy as one's health is one's own responsibility.

Outcome of the Session

1. Student teachers to practice healthy eating patterns
2. Student teachers to be mindful of what they consume daily
3. Follow a more vegan and fruit diet.
4. Realisation that health leads to one's well-being.

Report Compiled by : Health Cell Team Members (Daniella, Ronicam Cyrus, Manish, Malvika, Daris & Nakiya) &

Staff in-charge : Priti Sivaramakrishnan