

# St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

- Title of the Program:** Healthy Eating Habits
- Place:** ICT Room
- Organizing Department / Cell:** Department of Economics
- Date/Duration:** May 14<sup>th</sup>, 2024
- Resource Person:** Asst. Prof. Anshu Ankita Bara
- Number of Participants:** 25
- Objective:** To educate participants about the importance of nutrition and balanced diets, empowering them to make informed food choices that promote overall health and well being.
- Detail Description of the Event:** On May 14, 2024, the Department of Economics organised a workshop on Healthy Eating Habits. The event aimed to educate students about the principles of nutrition and the benefits of a balanced diet. Participants learned how to make healthier food choices read nutrition labels and plan meals effectively. Interactive discussions and cooking demonstrations were included. Attendees left with practical Knowledge to improve their eating habits and promote better overall health.
- Outcome:** Participants reported increased awareness of nutritional choices, leading to improved eating habits and commitment to incorporating healthier foods into their daily diets.
- Feedback:**



# St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

## 11. Brochure:



St. Xavier's College, Mahuadanr Latehar

Organized by Department of Economics

### Healthy Eating Habits



Patron

Dr.Fr. M.K Jose S.J

Principal

St. Xavier's College Mahuadanr

### Resource Person:-

Asst. prof. Anshu Ankita

Department of Botany

SXCM

Date: 14<sup>th</sup> May 2024

## 12. Photos:



# St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

## 13. List of participants:



### ST. XAVIER'S COLLEGE MAHUADANR

Estd: 2011. Affiliated to Nilamber-Pitamber University, Medininagar NPU/R/953/11

P.O- Mahuadanr, Dist. Latehar, Jharkhand 822119

Accredited with 'B' Grade by NAAC, Recognized by UGC

AISHE-C-42763

ISO-9001:2015

Phone: 09508440233 Email: sxcmdanr@gmail.com website: www.sxcm.co.in

Name of Program : Healthy eating Habits  
Department of Economics  
(List of participants)

SL. No	Student Name	Signature
1.	AFRIN NISHA	Afrin Nisha
2.	ANISH EKKA	Anish Ekka
3.	ANURI TIGGA	Anuri Tigga
4.	ARMAN HUSSAIN	Arman Hussain
5.	ELIN TOPPO	Elin Toppo
6.	JEEWAN EKKA	Jeevan Ekka
7.	MARKUS BAGE	Markus Bage
8.	NEMHA KUJUR	Nemha Kujur
9.	NIKITA KUMARI	Nikita Kumari
10.	PAULUS BAGE	Paulus Bage
11.	PRITI KUMARI	Priti Kumari
12.	SAJIYA PRAWEEEN	Sajiya Praween
13.	SHIKHA GUPTA	Shikha Gupta
14.	SUMIT TOPPO	Sumit Toppo
15.	UMAR ABDULLAH	Umar Abdulllah
16.	ANJLI KUMARI SONI	Anjali Soni
17.	ARPITA JAISWAL	Arpita jaiswal
18.	JAYDEEP PRASAD	Jaydeep Prasad
19.	KHUSHI KUMARI	Khushi Kumari
20.	MUSKAN KUMARI	Muskan Kumari
21.	SIMRAN MINJ	Simran minj
22.	AKSHAY ORAON	Akshay Oraon
23.	ANOS KUJUR	Anos Kujur
24.	KOMAL KUMARI	Komal Kumari
25.	SARIYA ARA	Sariya Ara

Principal

Principal  
St. Xavier's College  
Mahuadanr