



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 3. Report on Practicing Healthy Food Habits and Life Style

Programme Details in a nutshell	
<b>Name of the Event</b>	Practicing Healthy Food Habits and Life Style
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To develop a greater awareness of the importance of healthy eating habits and their impact on overall well-being.</li><li>• To empower participants to make informed choices about their food and lifestyle habits, leading to improved health and quality of life.</li></ul>
<b>Resource Person</b>	Ms. Sumi baby, Physical Education Teacher
<b>Date and Time</b>	04-12-2019 to 05-12-2019 9.30 AM to 4.30.P M
<b>Duration</b>	12 Hrs
<b>Beneficiaries</b>	25 Students
<b>Venue or Platform</b>	Auditorium, RVCAS
<b>Organizing Dept./ Cell</b>	Department Of Commerce in association with IQAC
<b>Coordinator</b>	Ms. Akhil Raju, Department of Commerce
<b>Outcome/ Benefit of the program</b>	<ul style="list-style-type: none"><li>• Participants will demonstrate increased knowledge of healthy eating habits, nutritional guidelines, and the benefits of a balanced diet.</li><li>• Participants will report improved dietary choices, increased physical activity levels, and positive lifestyle changes.</li></ul>



## Detailed Report

The Practicing Healthy Food Habits and Lifestyle Workshop was a comprehensive program designed to equip participants with the knowledge and skills to make informed choices about their food and lifestyle habits. It held on December 4 to 5, 2019, the workshop featured a variety of presentations, discussions, and activities led by Ms. Sumi Baby, a qualified physical education teacher.

The workshop began with an introduction to the importance of healthy eating and its impact on overall health. Participants learned about the benefits of a balanced diet, the different food groups, and the recommended daily intake for each. Ms. Sumi also discussed the importance of portion control, mindful eating, and avoiding processed foods.

In addition to healthy eating, the workshop also covered the importance of physical activity and a healthy lifestyle. Participants learned about the benefits of regular exercise, including improved cardiovascular health, weight management, and mental well-being. Ms. Sumi also discussed the importance of getting enough sleep, managing stress, and avoiding unhealthy habits such as smoking and excessive alcohol consumption.

Throughout the workshop, participants engaged in a variety of activities, including cooking demonstrations, nutrition label analysis, and physical activity challenges. These activities helped participants to apply the knowledge they learned in a practical and engaging way.

The Practicing Healthy Food Habits and Lifestyle Workshop was a valuable learning experience for all participants. The workshop provided them with the knowledge and tools they need to make informed choices about their food and lifestyle habits. The interactive and engaging format of the workshop made the learning experience enjoyable and memorable.





## Feedback Report

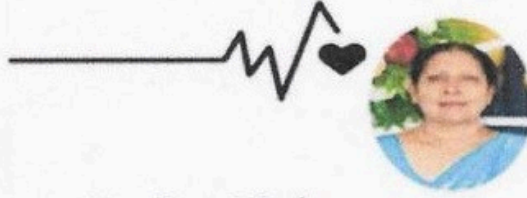
The workshop on healthy food habits and lifestyle was successful. Participants learned about healthy eating, physical activity, and lifestyle changes. They reported increased motivation to improve their health. Additionally, participants expressed satisfaction with the workshop's interactive format and the facilitator's expertise. The workshop provided a valuable opportunity for participants to learn and apply practical strategies for healthier living.





**RAJAGIRI VISWAJYOTHI**  
COLLEGE OF ARTS AND APPLIED SCIENCE

**Practicing Healthy Food Habits and  
Life Style**



**Ms. Sumi Baby**

04-12-2019 to 05-12-2019,  
9.30AM to 4.30 PM

Auditorium,  
RVCAS

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**Poster of the Workshop on Practicing Healthy Food Habits and Life  
Style**

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**Expert Insights: Guiding the Session on Healthy Food Habits and  
Lifestyle**

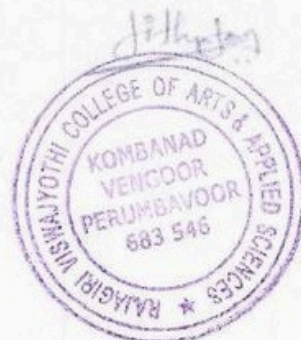
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## Participant's list

1. Practising healthy food habits and  
Life style

Date 04-12-2019 to 05-12-2019

- |                    |              |                        |
|--------------------|--------------|------------------------|
| 1. Aleena Varghese | Beom model 1 | <u>Aleena</u>          |
| 2. JOWAN FRANCIS   | Beom model 1 | <u>JWAN</u>            |
| 3. Angel Jimmy     | Beom model 1 | <u>Angel</u>           |
| 4. Angel Joy       | Beom model 1 | <u>Angel</u>           |
| 5. Kaishmatrignaps | Beom model 1 | <u>Kaishmatrignaps</u> |
| 6. ARVIN RAJEEVE   | Beom MODEL 1 | <u>Arvin</u>           |
| 7. Mathan B eralil | Beom model 1 | <u>Mathan</u>          |
| 8. Christy George  | Beom model 1 | <u>Christy</u>         |
| 9. Mathu Jose      | Beom Model 1 | <u>Mathu</u>           |
| 10. Don Paul       | Beom model 1 | <u>Don Paul</u>        |
| 11. Nikhil Paulose | Beom model 1 | <u>Nikhil</u>          |
| 12. Jithud Joy     | Beom model 1 | <u>Jithud Joy</u>      |





14. Ashley Varghese Bcom Model 2 ~~Ashley Varghese~~
15. Jithomon Thankachan Bcom Model 4 ~~Jithomon Thankachan~~
16. Sabin Jose Bcom Model 1 ~~Sabin Jose~~
17. Melvin P Thomas Bcom Model 1 ~~Melvin P Thomas~~
18. KURIAN VINCENT ALAPATT BCOM MODEL 1 ~~KURIAN VINCENT ALAPATT~~
19. Adhil Salah Bcom Logistics ~~Adhil Salah~~
20. Ajith Soju Bcom Logistics ~~Ajith Soju~~
21. Al Ameen T Basheer Bcom Logistics ~~Al Ameen T Basheer~~
22. Alan Binoy Bcom Logistics ~~Alan Binoy~~
23. Ebin Binu B.com Logistics ~~Ebin Binu~~  
Kottungal
24. Akash KM B.com Logistics ~~Akash KM~~
25. Faiz KT B.com Logistics ~~Faiz KT~~



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