



**Goa University**  
**Shenoi Goembab School of Languages and Literature**  
**Discipline of Hindi**  
**Report on Health Talk**

<b>1. Title of the Event/Activity/program</b>	Effortless Weight loss and Diabetes Prevention
<b>2. Date and Time</b>	5 <sup>th</sup> February 2024, 2.15 PM
<b>3. Mode of conduct (Physical/Online)</b>	Physical. At Block E, Chemistry Auditorium
<b>4. School/ Directorate/ Section</b>	Shenoi Goembab School of Languages and Literature Discipline of Hindi
<b>5. Collaborating Agency/School/Directorate</b>	DSW, Goa University
<b>6. Detail of the Resource Person (Brief biodata)</b>	Dr. Jagannath Dixit, a renowned Indian Professor who is known for propounding a diet plan (Dixit Diet) to reverse obesity and type 2 diabetes. He is currently working as a Professor in the Department of Community Medicine at B. J. Government Medical College, Pune. He has teaching experience of more than 32 years in various medical colleges. He has published 63 Research Articles in National and International Medical Journals. He has written two textbooks for medical students, one for nursing students and twenty for health education of common people. He has received three National and five State level Awards for his commendable contribution in the field of Health Education. He

	was invited by Hon. Prime Minister Narendra Modiji to deliver lectures for PM office, special protection group and MPs under Fit India campaign in December 2019.
<b>7. Number of Faculty attended/participated</b>	31
<b>8. Number of Student attended / participated</b>	33
<b>9. No. of external students/faculty/other participants</b>	81
<b>10. The objectives of the Program/activity/event</b>	<p>As there is a change in the lifestyle, many people above the age 40 and even youths are suffering from obesity and diabetes which is very alarming for the small state like Goa. Hence objectives of this talk are:</p> <ul style="list-style-type: none"> <li>• To create awareness about diabetes</li> <li>• To know the importance of being healthy</li> <li>• To imbibe healthy lifestyle</li> </ul>
<b>11. Description of the Program/activity/event</b>	<p>Dr. Jagannath Dixit, a renowned Indian Professor who is known for propounding a diet plan (Dixit Diet) to reverse obesity and type 2 diabetes. He is currently working as a Professor in the Department of Community Medicine at B. J. Government Medical College, Pune. As there is a change in the lifestyle, many people above the age 40 and even many students are suffering from obesity and diabetes which is very risky for their life and future. This program focusses on the healthy lifestyle, healthy eating and managing weight and diabetes to stay fit and enjoy the life. This program is open for all the students, staff of Goa University.</p>
<b>12. Benefit/Key outcomes of the Program/activity/event</b>	<p>It helped to create awareness about diabetes. Since Diabetes is increasing day by day which is creating harmful effects on the health of people. The talk helped in knowing the role of insulin in the</p>

	<p>human body and its function. Audience had many queries which they were able to solve in the end of the session.</p> <p>Being healthy does not mean that an individual is muscular and overweight. A person can be slim and healthy too.</p>
<p><b>13. Enclosures with report</b></p>	<p>Brochure, Notice, Geo-tag photos, Attendance of students/faculty/external participants, Bio Data of resource person (if applicable), Any other information.</p>

Signature: *ABhangui*  
08/02/2024

Name of coordinator: Aditya Sinai Bhangui

Designation: Assistant Professor

Signature:

*Ameagji*

Dean/Director/Head:

Seal of the School/Directorate/University

DEAN  
Shenoi Goembab School of  
Languages & Literatures  
Goa University

## Brochure of the Health Talk



**GOA UNIVERSITY**  
**SHENOI GOEMBAB SCHOOL OF LANGUAGES AND LITERATURE**  
**DISCIPLINE OF HINDI**  
**organises a Health Talk on**

***EFFORTLESS WEIGHT LOSS AND DIABETES PREVENTION***



**BY DR. JAGANNATH V. DIXIT**  
KNOWN FOR HIS 'DIXIT DIET'

**CHIEF GUEST: PROF. HARILAL B. MENON,**  
**HON. VC, GOA UNIVERSITY**

**Monday, 05 February 2024, 2.15 PM**  
**Chemistry Auditorium, Block E, Goa University**

**Prof. Anuradha Wagle**  
Dean, SGSLL

**Prof. Vrushali Mandrekar**  
Vice Dean (Academic), SGSLL

**Aditya Sinai Bhangui**  
Coordinator

## Geotag Photos of the Health Talk





## Attendance Sheets of the Health Talk:

GOA UNIVERSITY  
SHENOI GOEMBAB SCHOOL OF LANGUAGES & LITERATURE  
HINDI DISCIPLINE

Health Talk

Date: 05.02.2024

Time: 2.00 pm to 5.00 pm

MA part II

<u>Roll No</u>	<u>Names of students</u>	<u>Signatures</u>
22P0140001	AKSHA DASHARATH GAWAS	<i>Gawas</i>
22P0140002	AKSHATA GOVIND GAONKAR	
22P0140003	AMISHA GAONKAR	
22P0140004	AMRITA KANTA OSHELKAR	
22P0140005	BABYNANDA BABANI SHETKAR	<i>Pratiksha</i>
22P0140006	BHANDARI POOJA PANDU	
22P0140007	BHARAMANNAVAR AARTI BASAVANTA	
22P0140008	DABHOLKAR SHINTAL SUDHAKAR	
22P0140009	DEVIKA SUDIN SINAI SAMBARI	
22P0140010	GAONKAR DARSHANA MADHU	
22P0140011	GARAD PRATIKSHA PRABHAKAR	
22P0140012	KAMBLI RACHITA LAXMAN	
22P0140013	KHORJUVENKAR TANVI TARKESHWAR	
22P0140014	KORGAONKAR DIPAMA DEVANAND	
22P0140015	MAHIMA UMESH KAMBLI	
22P0140016	MAYEKAR ISHITA PRADEEP	
22P0140017	NAIK GAONKAR AKSHADA ARVIND	
22P0140018	NAIK SUVIDHYA ALIAS LALAN SADANAND NAIK	
22P0140019	NAMIKSHA SATISH NAIK	
22P0140020	NEHA GAONKAR	
22P0140021	PANDIT ROOPAL LADU	
22P0140022	PARAB SHRADDHA RAMESH	
22P0140023	PAVITRA RAMAKANT USGAONKAR	
22P0140024	PRABHU AMBISHA GAJANAN	
22P0140025	RANI SAMSON TOPNO	
22P0140026	RESHMA DNYANESHWAR SAWANT	<i>Sawant</i>
22P0140027	RESHMA KASIM NADAF	
22P0140028	SAIYONI DILIP NAIK	
22P0140029	SATTARKAR PRIYANKA SANDESH	<i>Sattarkar</i>
22P0140030	SHIVANI SOMNATH NAIK	<i>Shivani</i>
22P0140031	SNEHA GAONKAR	
22P0140032	SNEHA SITARAM NAIK	
22P0140033	SUSHMITA SURESH VELIP	
22P0140034	TEJA SANGTO GAONKAR	
22P0140035	THASMIA AZGAR KHAN	
22P0140036	USGAONKAR AVYAKTA ATMARAM	

22P0140037	UTKARSHA ULHAS KORGAOKAR	
22P0140038	VAISHANAVI PRADEEP KHOLKAR	
22P0140039	VELIP SUNITA NARAYAN	
22P0140040	VISHWAJA MAHENDRA KALANGUTKAR	

Handwritten signature or mark in blue ink.

**GOA UNIVERSITY**  
**SHENOI GOEMBAB SCHOOL OF LANGUAGES & LITERATURE**  
**HINDI DISCIPLINE**

**Health Talk**

**Date: 05.02.2024**

**Time: 2.00 pm to 5.00 pm**

Sr. No	Name	Discipline/Section	Signature
1.	Showrya Dawri	French	
2.	Manisha Gaude	Hindi	
3.	Shamiya	M.S.W. I	
4.	Maisa Azavedo	MA ENGLISH	
5.	Dr. Nitesh Joshi	se chemical science	
6.	Mahesh Mayekar	SEDAI	
7.	SEARLOT AVA FERNANDES	SGSLI- Portuguese	
8.	Amisha G. Shirwadkar.	Botany, SBSB	
9.	Tanvi N. Prabhu	Botany, SBSB	
10.	Prof. B.F. Rodrigue	Botany, SBSB	
11.	SN Shrusi	Chemistry	
12.	Leo D'Souza	Chemistry	
13.	Anjane Papp	Commerce GBS	
14.	Yashvati Naik	Marathi	
15.	Santoshi Vinay Naik Desai	Marathi	
16.	Sejal V. Purob	Marathi	
17.	Manvi M. Piwankar	Marathi	
18.	Kavita P. Gaude	Marathi	
19.	Shruti V. Komarpant	Marathi	
20.	Sakshi N. Naik	Marathi	
21.	Vinisha Gaonkar	Marathi	
22.	Mandira P. Gaonkar	Marathi	
23.	Anchana Kundhadkar		
24.	Dr. Gidalia Bealade	MBC Int	
25.	Nalbedha Bonte	GBS MFBS	
26.	Koshey Thasalam	Philosophy, SSPI/S	
27.	Chinmay Ghaisar	Marathi, SGSLI	
28.	Bidhan A. Anke	SCS	
29.	Digambar G. Purob	SCS	
30.	Dr. R.D. Jyam	SPAS	
31.	V.M.S. Vernekar	SCS	
32.	Shanti N. Dessai	SBSB	
33.	Krupali Naik	SGSLI	
34.	Minal Shirwadkar	SBSB	
35.	Dr. Pournima Dhume	GBS	
36.	Dr. Vinod Mandalkar	SCS	
37.	LORENE ALBERTO	SGSLI	

		Disciplin	Signatur
38	Asha Koshy	gen - public	Asha
39	Mayola Fernandes	Konkani	Fernandes
40	Clara Siqueira	Konkani	Siqueira
41	Pearl Anous Fernando	Konkani	Pearl
42	Franz Schubert Otto	Portuguese, SCSU	Frans
45	Nirghnanath Prabhu	SBSB	Prabhu
46	Diptesh G. Naik	SCS	Naik
47	Kanesh Deshpande	SCS	KD
48	Amila Kharangale	SCS	M
49	Snehal Chandekar	SCS	Chandekar
50	Jyesh Ganekar	MARATHI	Jyesh
51	Solkam Naik	SBSB	S. Naik
52	Rajan P. Amencar	SBSB	Rajan
53	Adriella Vaz	Msc I	Adriella
54	Om Joshi	Msc-I	Om
55	Shivani Deshpande	Msc-I	Shivani
56	VEDANT NAYAK	MBA-I	Nayak
57	Rahul Terence Dias	MBA-I	Rahul
58	Wasim Badekkar	MBA-I	Badekkar
59	AKSHAY RAUL	MBA-I	Raul
60	RONSON PAES	MBA-I	Paes
61	ASIF SHAIKH	MBA-I	Shaikh
62	Altamash Parjivany	MBA-I	Parjivany
63	Pandurang P. Mandekar	MBA-I	Mandekar
64	Sahil Pato Gaocek	MBA-I	Sahil
65	Chiranjyoti Chasi	MBA-I	Chiranjyoti
66	Ekta S. Agarwadekar	MBA-I	Agarwadekar
67	Raj N. Kamat	M.A Marathi I	Kamat
68	Gaganan v. Gaware	MA marathi part I	Gaware
69	Azeefa Qadri	MBA-I	Qadri
70	Tara Khan	MBA-I	Khan
71	Jasmine Jena	MBA-I	Jena
72	Akansha Kaloji	MBA-I	Kaloji
73	SIMRAN BARVE	MBA-I	Barve
74	ANJALI YADAV	MBA-I	Yadav
75	ANJALI KUDACHI	MBA-I	Kudachi
76	TAJUN SHEIKH	MBA-I	Sheikh
77	Shamda Vadav	MBA-I	Vadav
78	Ritisha S. Sangaonkar	MBA-I	Sangaonkar
79	Siya S. Gaborkar	MBA-I	Gaborkar
80	Falak. C. Shah	MBA-I	Falak Shah
81	Megha P. Bandodkar	MBA-I	Bandodkar
82	Ritika Naik	MBA-I	Ritika
83	Vijaya V. Parpali	MBA-I	Parpali
84	Prathamesh Mesta	MBA-I	Mesta
85	Vinayesh Naik	MBA-I	Naik

89	Samudhi Korgaonkar	MBA Part 1	Samudhi
90	Gauravi Naik Burye	MBA I	<del>Burye</del>
91	Nikita Indrekar.	MBA I	Nikita
92	Pratibha Parulekar	MBA I	<del>Parulekar</del>
93	Souvan Uskaikar	MBA I	Uskaikar
94	Anushka Shetye	MBA I	AS
95	Rohit Kumbhar	MBA I	RMK...
96	Anamika Vengumkar	MBA I	Anamika
97	Carol Dhoye	MBA I	<del>Dhoye</del>
98	Movika Rebello	MBA I	Mebello
99	Pranav Nagvekar	MBA I	PN
100	Abel Abraham	MBA I	Abel
101	Jishnu Prasad	MBA I	<del>Prasad</del>
102	K. Sanjay	MBA I	<del>Sanjay</del>
103	Ashutosh Khandarkar	MBA I	<del>Khandarkar</del>
104	Johnath Antao	MBA I	JA
105	Siddhorth Moggakar	MBA I	<del>Moggakar</del>
106	Anuj Chavkar	MBA I	<del>Anuj</del>
107	Omkar Bhagat (S)	MBA I	<del>Bhagat</del>
108	Om majrekar	MBA I	<del>Majrekar</del>
109	Dr. Bipin Tiwari	MBA I	<del>Tiwari</del>
110	Aditya Sinai Bhargava	MBA I	Tiwari
111	Poorva Naik	MBA I	Abhangin
112	Dr. Rama Markunde	MBA I	

Hindi Discipline  
Hindi  
English  
Konkani

**GOA UNIVERSITY**  
**SHENOI GOEMBAB SCHOOL OF LANGUAGES & LITERATURE**  
**HINDI DISCIPLINE**

**Health Talk**

**Date: 05.02.2024**

**Time: 2.00 pm to 5.00 pm**

**MA part I**

Roll No	Name of the Student	Signatures
23P0140001	AKANKSHA UTTAM RAIKAR	<i>Akanksha Raikar</i>
23P0140002	ANKITA ANAND DALVI	
23P0140003	ARSI KHATOON	
23P0140004	CHITRA CHINNASWAMI DEWAR	<i>Chitra</i>
23P0140005	DIVYA BHANUPRATAP SHARMA	<i>Divya</i>
23P0140006	FATIMA RIYAZ SHEIKH	<i>Fatima Sheikh</i>
23P0140007	GAONKAR SANSKRUTI SHABA	<i>Sanskriti Gaonkar</i>
23P0140008	HARSHAD UMESH PATGAR	<i>Harshad Patgar</i>
23P0140009	JYOTI KRISHNA SENAPATI	<i>Jyoti Senapati</i>
23P0140010	KRUTIKA DEVIDAS NAIK	<i>Krutika Naik</i>
23P0140011	PRACHI KASHINATH PAI ANGLE	<i>Prachi Pai Angle</i>
23P0140012	PRATIMA BISWAS	<i>Pratima Biswas</i>
23P0140013	PRITESH NANDKUMAR SALGAONKAR	
23P0140014	PRIYANKA VISHWAKARMA	<i>Priyanka</i>
23P0140015	PURVA PRASHANT NAIK FATARPEKAR	<i>Purva Fatarpekar</i>
23P0140016	RANJANA RAM VELIP	
23P0140017	RASHMI RAMA KESARKAR	<i>Rashmi Kesarkar</i>
23P0140018	REDKAR RICHARAJESH	<i>Richa Redkar</i>
23P0140019	RIYA GOVIND PAIGINKAR	
23P0140020	RIZA ZAKIR SHAIKH	<i>Riza</i>
23P0140021	SAHISHREE VIRAJ NAIK	<i>Sahishree</i>
23P0140022	SAILI SATISH NAIK	
23P0140023	SAISHA SHIVDAS PALYEKAR	<i>Saisha Palyekar</i>
23P0140024	SALONI S NAIK	<i>Saloni Naik</i>
23P0140025	SANISHCA ULHAS NAIK	
23P0140026	SEJAL DILIP MAYEKAR	
23P0140027	SHANIYA SAPNESH NAIK DESSAI	
23P0140028	SIYA ULHAS SATARKAR	<i>Siya Satarkar</i>
23P0140029	SONIA GHANASHAM MORAJKAR	<i>Sonia Morajkar</i>
23P0140030	SOPHIA BANO JEHANGIR MASUR	<i>Sophia Masur</i>
23P0140031	SUPRAVI SUBHASH DESSAI	<i>Suprasi</i>
23P0140032	SUVIDHA SURESH GAUNKAR	<i>Suvidha</i>
23P0140033	TANVI TUKARAM GAONKAR	<i>Tanvi</i>
23P0140034	TRUPTI RAMAKANT DAMAJI	<i>Trupti Damaji</i>
23P0140035	YOGITA KOPPAD	
23P0140053	Anam Khalifa	<i>Anam</i>
23P0140054	Sakashi Salvi	<i>Sakashi</i>
	Bharat Bhushan	<i>Bharat Bhushan</i>

## **Biodata of the Resource Person**

**Dr. Jagannath Vinayak Dixit**

**MD(PSM), PGDHA, PGDHRM, FISCD, FIAPSM, FIPHA**

- 1) Dr Jagannath Dixit is presently working as a Professor in the Department of Community Medicine at B. J. Government Medical College, Pune.
- 2) He has teaching experience of more than 32 years in various medical colleges.
- 3) He has received 3 national and 5 state-level awards for his commendable contribution to the field of health education.
- 4) He was awarded the Best Teacher award (medical faculty) and Best of the Best Teachers award (all faculties) for the year 2015-2016 by the Maharashtra University of Health Sciences.
- 5) He has written 2 textbooks for medical students, 1 for nursing students and 20 for the health education of laypeople.
- 6) He has published 63 research articles in National and International medical journals.
- 7) He is active in voluntary blood donation campaigns and has donated blood more than 50 times.
- 8) He has worked as a consultant for WHO and UNICEF.
- 9) Inspired by the late Dr Shrikant Jichkar he has initiated the "World free of obesity and diabetes" campaign
- 10) Through social media like WhatsApp, Facebook and Telegram, lakhs of members from 41 countries are directly connected with this campaign.
- 11) Dr Dixit sir and the coordinators of this campaign have delivered more than 500 lectures on this subject.
- 12) English, Hindi, Kannada and Marathi lectures of Dr. Dixit sir are available on YouTube and these are watched by millions of people.
- 13) He is appointed as a Brand Ambassador for its 'Fight Obesity' campaign by the Government of Maharashtra.
- 14) He is chairman of the Association for Diabetes and Obesity Reversal (ADORE) trust which he founded to realize the aim of a world free of obesity and diabetes.

15) He was invited by Hon Prime Minister Narendra Modiji to deliver lectures for the PM office, special protection group and MPs under the Fit India campaign in December 2019.