



"Educating hearts and minds"

# HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

## DEPARTMENT OF HUMAN PHYSIOLOGY

No. F.6/HCC/HP/2023/04

To

The Principal  
Holy Cross College  
Jubatara, Lembuchera, Agartala

**Subject: Permission for conducting Diet Survey and Educational Tour.**


Rev. Father,

With due respect I would like to inform you that, Human Physiology Department is going to organize a **Diet Survey and Educational Tour on 9<sup>th</sup> December, 2023** (Saturday) with our B.Sc. 3<sup>rd</sup>, 5<sup>th</sup> Semester Hons. and General students. We are proposing to visit the household of the **Tepania Village under Matabari Block, Udaipur, Gomati District**, if approved. May I also request to provide the transport facility for a total of 120 students and 5 faculties. For the proper collection of Diet survey data on time and to visit the Tepania Eco Park as a part of field trip, if the buses start at 7.30am from the college it will be easier for us to complete the task on time. After completion of the survey, we will come back to Agartala approximately within 6.00 pm.


So, I pray and hope that you will be kind enough to grant the permission.

Thanking you,

Date: 9<sup>th</sup> December, 2023

Approved  
  
13/11/2023  
PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA

Yours faithfully-

  
14/11/2023  
HoD, Human Physiology

**HEAD**  
Department of Human Physiology,  
HOLY CROSS COLLEGE, AGARTALA



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## DEPARTMENT OF HUMAN PHYSIOLOGY

### Diet Survey Cum Educational Tour

Date: 9<sup>th</sup> December, 2023

**Total number of students attended: 102 Nos.**

A wide variety of methods are available for use at the individual level, and their selection depends on the questions to be addressed balanced with cost considerations. As noted above, major uses of individual intake data from dietary surveys include the description of mean intakes by subgroup, description of the proportions of the population with inadequate intake of specific foods or nutrients, and comparison of dietary intake with individual characteristics, including health status. The procedure for conducting the survey is 24-hour recall method for assessment of nutritional status of a family.

On 9<sup>th</sup> of December 2023, a diet survey programme and educational tour was organized by the Department of Human Physiology of Holy Cross College for the 3<sup>rd</sup> semester Honours students and 5<sup>th</sup> semester Honours along with General students. The students conducted their survey at Madhya Para Village of Tepania in Gomati district of Tripura. The students proceeded with the survey by dividing themselves into some small groups. All the groups visited the families and collecting information regarding their daily intake of food required for normal growth, metabolism, proper functioning of body and maintaining good health. One group of students visited the house of Mr. Swapan Bhoumik whose family consisted of 2 members while another group visited the house of Mr. Nitai Chandra Pal who is living with 8 of his family members. One group of students visited the house of Mr. Raju Sarkar whose family consisted of 5 members and another group visited the family of Mr. Bikash Das whose family consist of 4 family members. Fifth group of students visited the family of Tapan Chandra Paul having family members of 5 and sixth group of students visited Biswajit Debnath's family whose family consists of 5 members. With this we got to know about their different types of food consumption that are of proteins, carbohydrates, cereals, fats oils along with their physical activity level, present/past illness and many more. After the household survey is over, we all visited the Tepania Eco Park as a part of our refreshment for us

and then inside the park we had our lunch together. The total number of students participated in this diet survey and educational tour is 102.

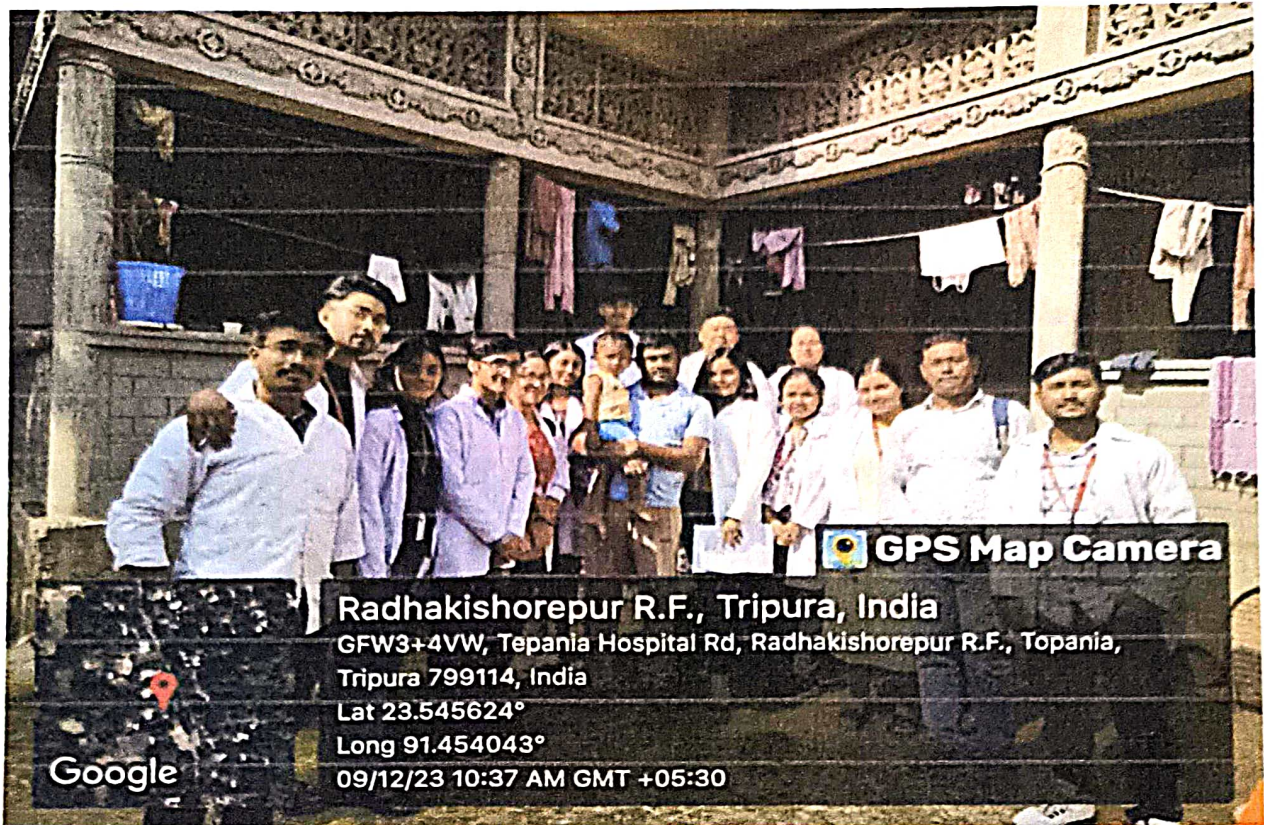
This Survey and Educational tour would not have been possible without the presence of Dr. Sushmita Saha, Assistant Professor and HoD, Department of Human Physiology, Dr. Sandeep Roy Sarkar, Assistant Professor, Dr. Ashish Kumar Singha, Assistant HoD and Assistant Professor and Mr. Kanak Chakraborty Assistant Professor and Lab Assistant Ujjal Malakar who has organized this meaningful event where we could learn new things and enjoy at the same type. We were also accompanied by Dr. Debasree Lodh, Assistant Professor and HoD, and Dr. Somnath Kar, Assistant Professor and Assistant HoD, Department of Botany. I would also like to extend my gratitude to my fellow batchmates who contributed to making this event successful.

Baarkha Debi Jamatia  
3<sup>rd</sup> Semester Honours Student  
Human Physiology Department



22/12/2023

MEAD  
Department of Human Physiology,  
HOLY CROSS COLLEGE, ACARTALA




**GPS Map Camera**  
Radhakishorepur R.F., Tripura, India  
GFW3+4VW, Tepania Hospital Rd, Radhakishorepur R.F., Topania,  
Tripura 799114, India  
Lat 23.545624°  
Long 91.454043°  
09/12/23 10:37 AM GMT +05:30

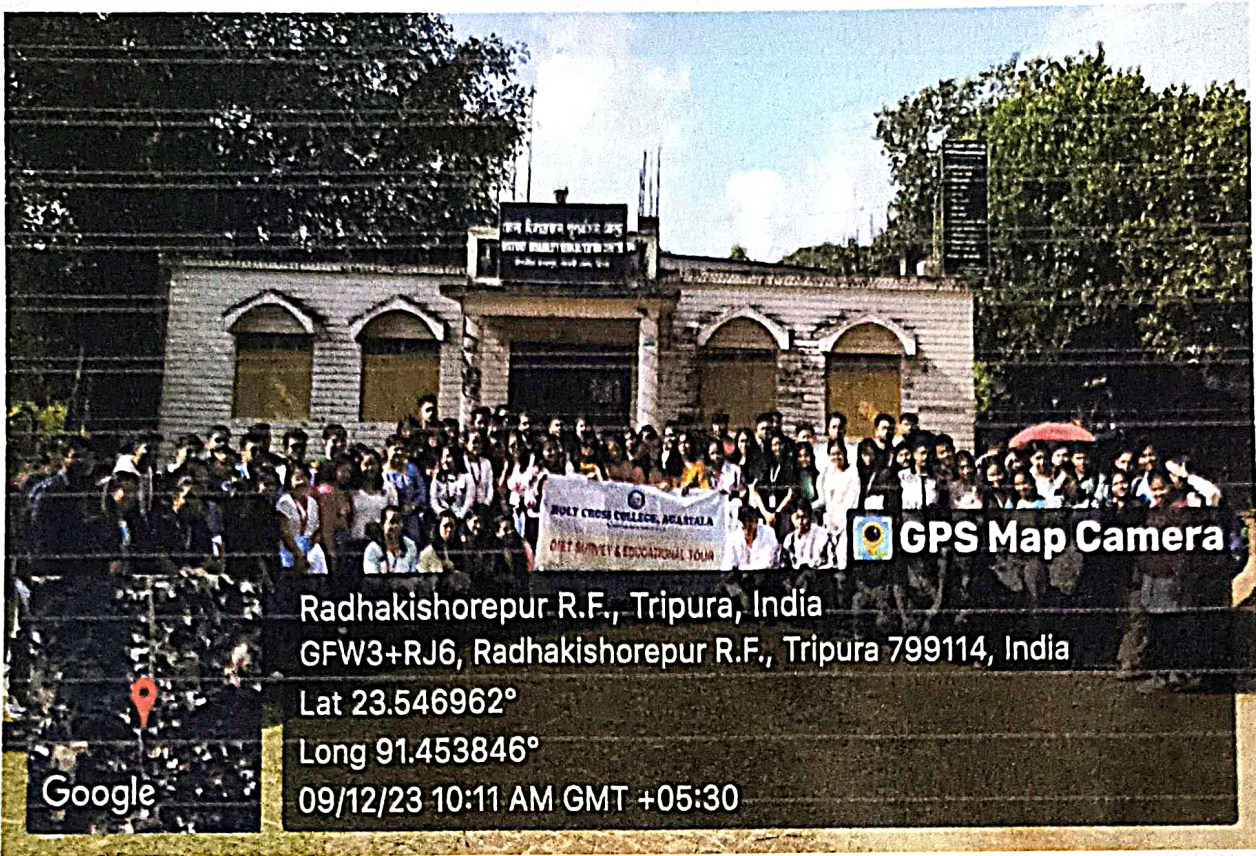
Google



**GPS Map Camera**  
Uttar Brajendranagar, Tripura, India  
GFW3+CJM, Tepania, shalgara road, Uttar Brajendranagar, Topania, Tripura 799114,  
India  
Lat 23.545823°  
Long 91.454337°  
09/12/23 10:42 AM GMT +05:30

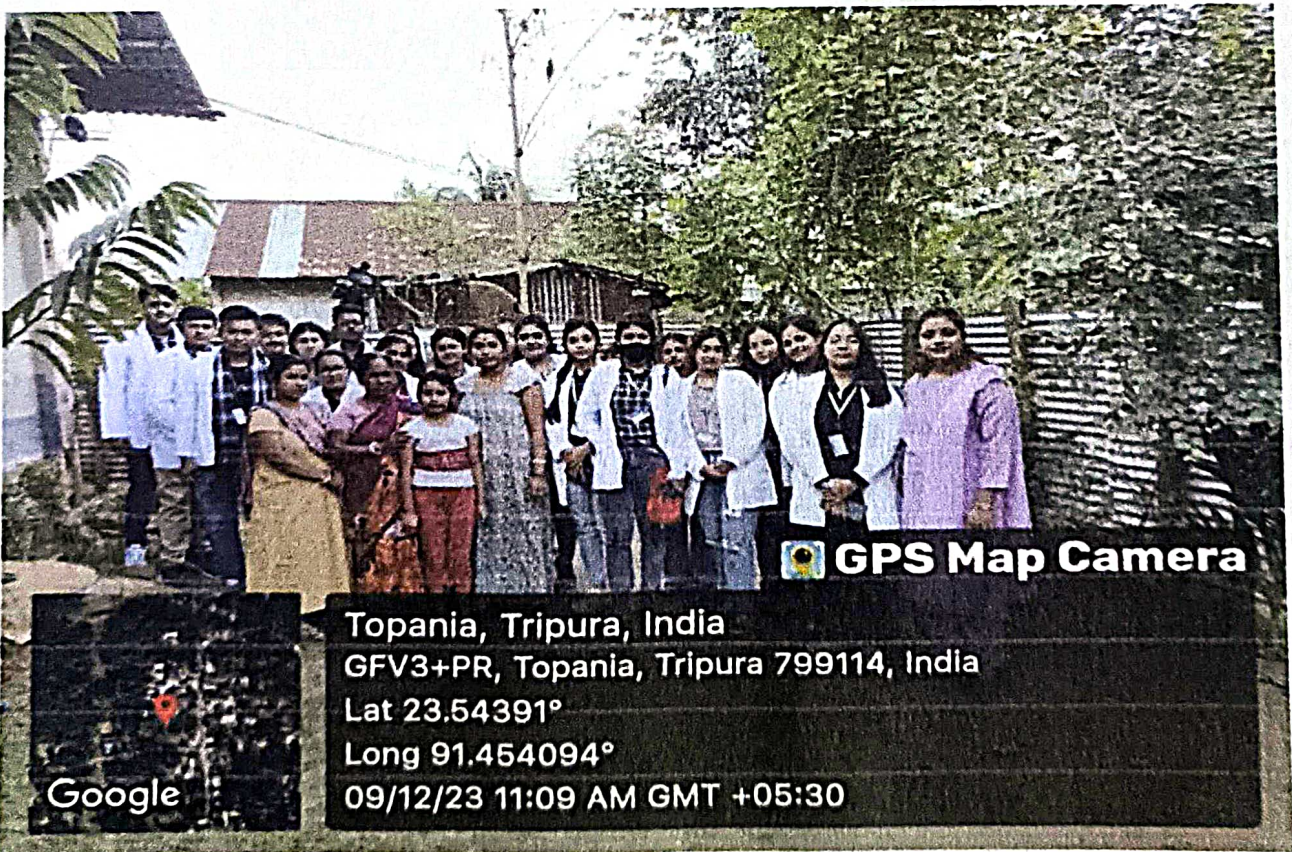
Google

  
22/12/23  
Department of Human Physiology,  
HOLY CROSS COLLEGE, AGARTALA



Radhakishorepur R.F., Tripura, India  
GFW3+RJ6, Radhakishorepur R.F., Tripura 799114, India  
Lat 23.546962°  
Long 91.453846°  
09/12/23 10:11 AM GMT +05:30

Google



Topania, Tripura, India  
GFV3+PR, Topania, Tripura 799114, India  
Lat 23.54391°  
Long 91.454094°  
09/12/23 11:09 AM GMT +05:30

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