

**DEPARTMENT OF HUMAN PHYSIOLOGY  
HOLY CROSS COLLEGE, AGARTALA**

HCCAGT/HPHY/F6/Diet Survey/2024/01

Date: 22.11.2024

To

The Principal  
Holy Cross College, Agartala


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

Rev. Father,

With due respect, I would like to inform you that the Dept. of Human Physiology is going to conduct a Diet survey cum educational tour on **7<sup>th</sup> December 2024 (Saturday)** for NEP 3<sup>rd</sup> semester Major and TDP/TDPH 5<sup>th</sup> semester General students. We are proposing to visit the household near **Baramura Eco Park, Hawaibari, Khowai District, Tripura**, if approved. In connection with this, I am also requesting to provide the transport facility for approximately 115 members, including students and teachers. For the proper collection of Diet survey data on time and to visit the Baramura Eco Park as a part of the educational tour, if the buses start at 7 am from the College, it will be easier for us to complete the task early. After completion of the survey, we will come back to Agartala at approximately 5.30 pm.

So, I pray and hope that you will grant us the permission to do the same.

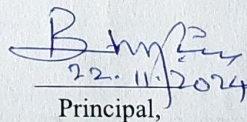
Yours faithfully-

 22/11/2024

HoD, Human Physiology  
Holy Cross College, Agartala

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

Approved by-

 22.11.2024

Principal,  
Holy Cross College, Agartala  
PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA


Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.
4. HoD, Bio-science Departments of HCC.



Diet Survey Programme  
7th Dec, 2024  
Participants List

Department of Human Physiology (3rd Sem Core)		
Sl.No	Name of the Student	Signature
1	Biswashree Sinha	Biswashree Sinha
2	Tanushree sarkar	Tanushree sarkar
3	Priyanka Sen	Priyanka Sen
4	Biplab Tripura	Biplab Tripura
5	Akash Sarkar	Akash Sarkar
6	Ayesha Chakma	Ayesha chakma
7	Moumita Debnath	Moumita Debnath
8	Tushar Sarkar	Tushar Sarkar
9	Rajib Reang	Rajib Reang
10	Manisha Bhattacharjee	Manisha Bhattacharjee
11	Shibangi Das	Shibangi Das.
12	Manolina Debnath	Manolina debnath
13	Ankita Sutradhar	Ankita Sutradhar.
14	Sagar Das	Sagar Das.
15	Sreeja Roy	Sreeja Roy.
16	Supriya Mog	Supriya Mog
17	Subhajit Debnath	Subhajit Debnath.
18	Kausik Das	Kausik Das
19	Ruchira Das	Ruchira Das.
20	Alena Debbarma	Alena Debbarma

  
 7/12/2024



21	Sristy Sardar	Sristy Sardar
22	Papia Biswas	Papia Biswas
23	Suparna Das	Suparna Das
24	Khumpui Debbarma	Khumpui Debbarma
25	Bishal Choudhury	Bishal Choudhury
26	Sitaz Chakraborty	Sitaz Chakraborty
27	Tanisha Debbarma	Tanisha Debbarma
28	Jove Debbarma	Jove Debbarma
29	Parmita Goswami	Parmita Goswami
30	Riya Dey	Riya Dey
31	Simari Debbarma	Simari Debbarma
32	Arpita Sukla Das	Arpita Sukla Das
33	Elna Debbarma	Elna Debbarma
34	Harshadip Debnath	Harshadip Debnath
35	Diksha Debbarma	Diksha Debbarma
36	Hyunmilee Debbarma	Hyunmilee Debbarma
37	Yushi Tripura	Yushi Tripura
38	Dola De	Dola De
39	Chandrani Chaudhuri	Chandrani Chaudhuri
40	Rohan Roy	Rohan Roy
41	Lalvenpuii Chhangte	Lalvenpuii Chhangte

4/12/2024

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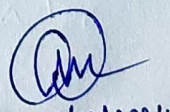
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42	Aparupa Das	Aparupa Das -
43	Suchandrima Datta Bhowmik	Suchandrima Datta Bhowmik
44	Suprajit Chowdhury	Suprajit Chowdhury
45	Sonia Debbarma	Sonia Debbarma.
46	Chayanika Acharjee	Chayanika Acharjee
47	Sudipta Sarkar	Sudipta Sarkar
48	Jabes Augustine Meska	Jabes Augustine Meska
49	Prabin Reang	Prabin Reang
50	Rashmita Reang	Rashmita Reang
51	Ishita Halder	Ishita Halder

5th Semester (Hons.)

- |   |                      |                   |
|---|----------------------|-------------------|
| 1 | Baarkha Devi Jamatia | Baarkha D Jamatia |
| 2 | Jahnabi Jamatia      | Jahnabi Jamatia   |
| 3 | Martina Debbarma     | Martina Debbarma  |

  
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B.Sc General (5th Semester)		
Sl.No	Name of the Student	Signature
1	Regal Shree Debbarma	Regal Shree Debbarma
2	Alay Saha	Alay Saha
3	Dinesh Chakma	Dinesh Chakma
4	Md.Uday Khadim	Md Uday Khadim
Department of Botany (5th Semester)		
Sl.No	Name of the Student	Signature
1	Amrita Debbarma	Amrita Debbarma
2	Arghamita Baidya	Arghamita Baidya
3	Hamari Debbarma	Hamari Debbarma
4	Hamari Jamatia	Hamari Jamatia
5	Hambara Debbbarma	Hambara Debbbarma
6	Himani Chakma	Himani Chakma
7	Jagriti Dhar	Jagriti Dhar
8	Neha Debnath	Neha Debnath
9	Rosemita Reang	Rosemita Reang
10	Selina Singh	Selina Singh
11	Srayesha Reang	Srayesha Reang
12	Susmita Sutradhar	Susmita Sutradhar
13	Susmita Debbarma	Susmita Debbarma
14	August Debbarma	August Debbarma
15	Ayush Debbarma	Ayush Debbarma
16	Biplab Debbarma	Biplab Debbarma



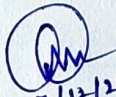
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17	Boyar Debbarma	Boyar Debbarma
18	Chumui Debbarma	Chumui Debbarma
19	Ezekiel Debbarma	Ezekiel Debbarma
20	Sanel Debbarma	Sanel Debbarma
21	Naiphang Debbarma	Naiphang Debbarma

  
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Department of Zoology (5th Semester)		
Sl.No	Name of the Student	Signature
1	SHWETA BAIDYA	Shweta Baidya
2	AKASH PAUL	Akash Paul
3	ANINDITA DEY	Anindita Dey.
4	ANJEL DEBBARMA	Anjel Debbarma
5	ANKITA SAHA	Ankita Saha
6	ANURAG DEBBARMA	Anurag Debbarma.
7	ARDRA DEBBARMA	Ardra Debbarma.
8	BABY BAUL	Baby Baul.
9	BIDUSHI DATTA	Bidushi Datta
10	CHANDINI REANG	Chandini Reang
11	COLIN SUBHASH POWEL REANG	Colin Subhash Powel Reang
12	DEBALIN DEBNATH	Debalin Debnath
13	DEBJANI BHATTACHARJEE	Debjani Bhattacharjee
14	JASLY DEBBARMA	Jasly Debbarma
15	KHACHUK DEBBARMA	Khachuk Debbarma
16	MRINALINI BHATTCHARJEE	Mrinalini Bhattacharya
17	NELSON JAMATIA	Nelson Jamatia
18	PALI DEBBARMA	Pali Debbarma
19	POHOR TRIPURA	Pohor Tripura



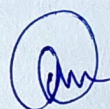
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20	PRAPTI ROY	Prapti Roy
21	PRATIK CHAKRABORTY	Pratik Chakraborty
22	PRATIKSHA DEB	Pratiksha Deb
23	PRITANU DEY	Pritanu Dey
24	PURNIMA TRIPURA	Purnima Tripura
25	RIMI GHOSH	Rimi Ghosh
26	SABRINA DEBBARA	Sabrina Debbarna
27	SAHIL SINGHA	Sahil Singha
28	SRIJA MAJUMDER	Srija Majumder
29	VANROMAI DARLONG	Vanromai Darlong



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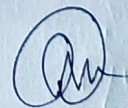
**Report on  
“Diet Survey Cum Educational Tour”**

Date: 7<sup>th</sup> December, 2024

Total number of students attended: 108 Nos.

The procedure for conducting the survey is a 24-hour recall method for assessment of the nutritional status of a family. The purpose of this survey was to gather insights into dietary habits, preferences, and nutritional awareness among the targeted demographic region. On the 7th of December 2024, a diet survey program and an educational tour were organized by the Department of Human Physiology of Holy Cross College for the 3rd-semester Major students and 5th-semester Honours along with General students. The students conducted their survey at Champaknagar, Jampuijala Road, Tripura. The students proceeded with the survey by dividing themselves into small groups. All the groups visited the families and collected information regarding their daily intake of food required for normal growth, metabolism, proper functioning of the body, and maintaining good health. Each of the small groups visited 3 to 4 houses. With this, we got to know about their different types of food consumption including proteins, carbohydrates, cereals, fats, and oils, along with their physical activity level, present/past illness, and many more. After the household survey was over, we all visited the Baramura Eco Park as a part of our refreshments, and then inside the park, we had our lunch together. The total number of students who participated in this diet survey and educational tour is 108.

This Survey and Educational tour would not have been possible without the presence of Dr. Susmita Saha, Assistant Professor and HoD, Department of Human Physiology, Dr. Sandeep Roy Sarkar, Assistant Professor, Dr. Ashish Kumar Singha, Assistant HoD and Assistant Professor Mr. Kanak Chakraborty, Assistant Professor, and Lab Assistant Ujjal Malakar organized this meaningful event where we could learn new things and enjoy the same type. We were also



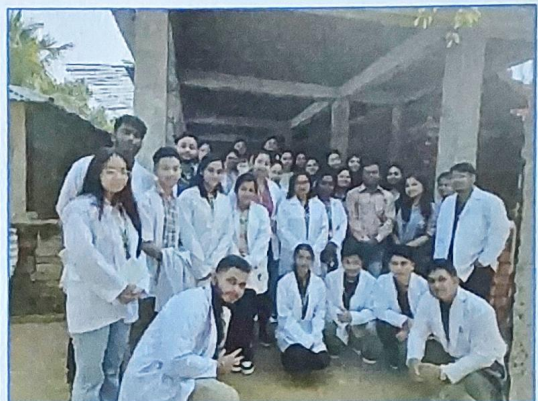
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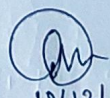
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accompanied by Ms. Piyashi Das, Assistant Professor, Department of Zoology. I would also like to extend my gratitude to my fellow batchmates who contributed to making this event successful.

Manolina Debnath  
3<sup>rd</sup> Semester Major Student  
Department of Human Physiology



  
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