



"Educating hearts and minds"

# HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A' GRADE

Tripura University Reg. Code: 17

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

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## DEPARTMENT OF HUMAN PHYSIOLOGY

To

The Principal  
Holy Cross College  
Jubatara, Lembuchera, Agartala

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

Rev. Father,

With due respect I would like to inform you that Human Physiology Department is going to organize a **Diet Survey & Educational Tour on 10<sup>th</sup> December, 2022** (Saturday) with our B.Sc. 3<sup>rd</sup>, 5<sup>th</sup> Semester Hons. & General students. We are proposing to visit the household of the Rajghat village, Melaghar, Sipahijala District, if approved. May I also request to provide the transport facility for a total of 70 students and 5 faculties.

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

Thanking you,

Yours faithfully-

Date: 5<sup>th</sup> December, 2022

*[Signature]*  
5-12-22  
HoD, Human Physiology

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

*Approved*  
*[Signature]*  
05/12/2022

*(NB!) Forwarded to Vice Principal & Administrator  
for necessary action.*

PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA



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### Diet Survey

**Date: 10<sup>th</sup> December, 2022**

Diet survey can be defined as a way of studying food consumption of an individual or a family. Techniques of conducting the survey includes questionnaires, maintaining a food diary, weighing intake and chemical analysis of food. Diet Survey is important that helps determine where population is defined by age, sex, race, ethnicity, income, urbanization or education are at risk for energy and nutrient deficiencies.

On 10th of December 2022 a Diet survey programme and educational tour was organised by the Department of Human Physiology of Holy Cross College for the 3rd and 5<sup>th</sup> semester students. The students conducted their survey at Rajghat village of Melaghar in Sepahijala district of Tripura. We were also joined by our 3rd year Seniors of H. Phy., Zoology, Botany and B.Sc. general Departments. The students proceeded with the survey by dividing themselves into many groups - each consisting of ten members. The groups visited families collecting information regarding their daily intake of food required for normal growth, metabolism, proper functioning of body and maintaining good health. One group visited the house of Mr. Satish Das whose family consisted of seven members while another group visited the house of Mr. Suman Das who is living with 3 of his family 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 went for lunch in a hotel. Then we all visited the Neermahal using the boat for a while as a part of refreshment for us.

This Survey and Educational tour would not have been possible without the presence Dr. Sandeep Roy Sarkar, HoD, Human Physiology, Dr. Balaram Sutradhar, Asst. HoD, Human Physiology, Dr Ashish Kumar Singha, Asst. Professor and Madam Janabi Saha who has organised this meaningful event where we could learn new things and enjoy at the same time. I would also like to extend my gratitude to my fellow batchmates who also contributed in making this event successful.

Pohor Debbarma  
2<sup>nd</sup> Year, Human Physiology Department

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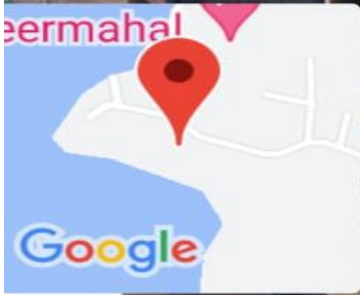


**DEPARTMENT OF HUMAN PHYSIOLOGY**

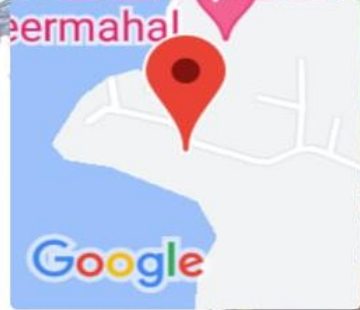


Melaghar, Tripura, India  
F8VC+R96, Melaghar, Tripura 799115, India  
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Long 91.320768°  
10/12/22 11:36 AM

GPS Map Camera



**DEPARTMENT OF HUMAN PHYSIOLOGY**



Melaghar, Tripura, India  
F8VC+R96, Melaghar, Tripura 799115, India  
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Long 91.320916°  
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*[Handwritten signature]*  
10-12-22

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