

Holy Cross College, Agartala

Department of Human Physiology

F.No.6/HCC/HP/F6/2025/Diet-Sur/ 5

Date: 09.12.2025

To

The Principal
Holy Cross College, Agartala
Jubatara, Lembuchhera-799210


Subject: **Permission for conducting Diet Survey in our adopted village of Sipai Para.**

Respected Father,

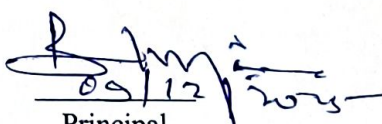
With due respect, I would like to inform you that the Dept. of Human Physiology is going to conduct a Diet Survey that is a part of Curriculum and Syllabus of 3rd semester Human Physiology Major on **11th December 2025 (Thursday)** for NEP 3rd semester Major students. We are planning to conduct the diet survey in the households of Sipai Para adopted Village, if approved. In this regard, I am requesting for your permission to visit in Sipai para village with the students (**Total No. 34**) along with all the faculty members of the Department and the proposes time to visit is 11.00 am.

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

Yours faithfully-


HoD, Human Physiology
Holy Cross College, Agartala
HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Approved by-


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

Copy to-

1. Vice Principal (Administration) for kind information.
2. Vice Principal (Academics) for kind information.
3. Academic Coordinator, for kind information.
4. IQAC Coordinator, for kind information.
5. Examination Convener, for kind information.
6. HoD, Department of _____ for kind information.
7. Departmental file.

Holy Cross College, Agartala

Department of Human Physiology

Report on Diet Survey

Event: Diet Survey

Students: 3rd Semester Human Physiology Major

Date: 11 December 2025

No of participants: 34.

The Department of Human Physiology, Holy Cross College, Agartala conducted a comprehensive **Diet survey** on 11th December 2025, at Sipaipara, Jubatara, Mohanpur, Tripura, an adopted Village under the college community outreach programme. The survey was aimed at the assessment of nutritional status of the food consumed by the residents.

The survey was carried out by the 3rd semester Human Physiology Major students in total 34 number of students, in which the students under the supervision of the teachers visited individual households and interacted closely with the residents to gather information on daily food intake, meal patterns, dietary diversity, socio-economic factors, and lifestyle practices influencing nutrition. The data collection was conducted using simple questions allowing the students to understand the types of food commonly consumed and the frequency at which they are included in the daily diet.

The survey findings indicated variations in food consumption patterns influenced by economic conditions and limited awareness of balanced nutrition. Common issues such as low intake of protein and high consumption of carbohydrate are observed. A positive thing that was also observed was that the residents were consuming hygienic and home cooked meals for the most part foregoing processed food. Through this survey, students gained hands-on experience in applying the theoretical knowledge to real world situations. They developed essential skills such as communication, teamwork, data collection, and community engagement. The interaction with the residents also helped them understand the socio-economic factors that affect diet and nutrition in rural areas. Overall, the diet survey was a meaningful academic and social outreach activity that strengthened the students understanding of public health nutrition while contributing to community welfare.

Prepared by:

Subhajit Debbarma, 3rd semester, Department of Human Physiology

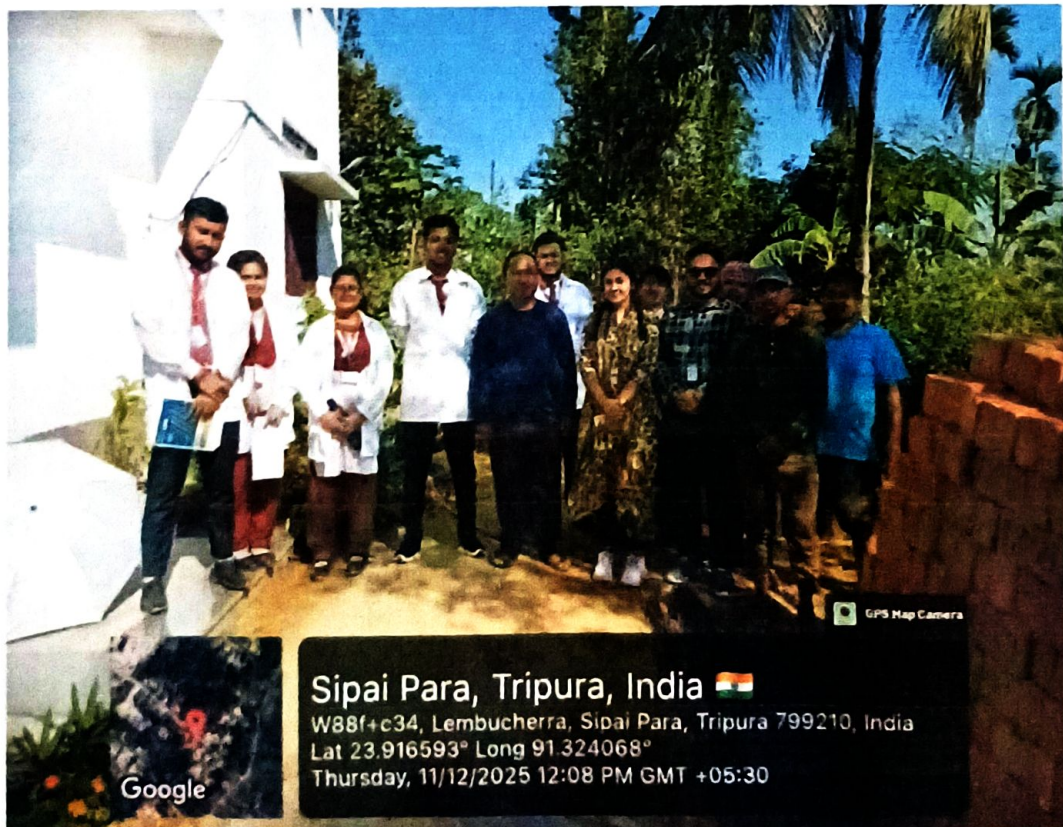
Asish
11/12/2025

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Holy Cross College, Agartala

Department of Human Physiology



Holy Cross College, Agartala

Department of Human Physiology



Holy Cross College, Agartala

Department of Human Physiology

Attendance for Diet survey

Date: 11.12.2025

Name of the Investigators	Enrolment No.	Signature
Abhishek Debbarma	2415002868	Abhishek Debbarma
Ambalika Singha Roy	2415002869	Ambalika Singha Roy
Anima Debbarma	2415002870	Anima Debbarma
Anisha Debbarma	2415002871	Anisha Debbarma
Ankita Debnath	2415002872	Ankita Debnath
Anubhab Datta	2415002873	Anubhab Datta
Barsha Debbarma	2415002874	Barsha Debbarma
Bichal Das	2415002875	Bichal Das
Bidipta Banik	2415002876	Bidipta Banik
Bipriya Chakraborty	2415002877	Bipriya Chakraborty
Esha Debbarma	2415002879	Esha Debbarma
Isiri Debbarma	2415002880	Isiri Debbarma
Jui Das	2415002881	Jui Das
Kaberi Debbarma	2415002882	Kaberi Debbarma
Lily Debbarma	2415002883	Lily Debbarma
Lisha Debbarma	2415002884	Lisha Debbarma
Newton Tripura	2415002885	Newton Tripura
Portia Roychowdhury	2415002886	Portia Roychowdhury
Purba Dey	2415002887	Purba Dey
Ruli Debbarma	2415002888	Ruli Debbarma
Sadia Rahman	2415002889	Sadia Rahman
Shelina Debbarma	2415002890	Shelina Debbarma
Snehankita Das	2415002891	Snehankita Das
Somraj Dey	2415002892	Somraj Dey
Souradip Roy	2415002893	Souradip Roy
Sreerupika Roy	2415002894	Sreerupika Roy
Sreyshi Purkayashta	2415002895	Sreyshi Purkayashta
Subhajit Debbarma	2415002896	Subhajit Debbarma
Subhajit Paul	2415002897	Subhajit Paul
Subhrapratim Bhattacharjee	2415002898	Subhrapratim Bhattacharjee
Sumedha Das	2415002899	Sumedha Das
Swapnendu Chakraborty	2415002900	Swapnendu Chakraborty
Swikriti Majumder	2415002901	Swikriti Majumder
Thamas Debbarma	2415002902	Thamas Debbarma

Asst
11/12/2025

HoD

Human Physiology

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA