





*We Make You Shine*  
**St. JOSEPH'S INSTITUTE OF TECHNOLOGY**  
 (An Autonomous Institution)  
**St. Joseph's Group of Institutions**  
 OMR, Chennai - 119

**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING**  
**ACADEMIC YEAR (2024-2025) ODD SEMESTER**

**INNOVATIVE TEACHING**

Name of Pedagogy Used:	<b><u>DEBATE</u></b>
Branch/Year/Sem/Sec:	<b><u>CSE/IV/VII/B</u></b>
Subject Code/Subject Name:	<b><u>OFD351/HOLISTIC NUTRITION</u></b>
Topic:	<b><u>INTERMITTENT FASTING</u></b>
Date/Period/Timing	<b><u>20.09.2024/4/07.50 AM TO 08.40 AM</u></b>
Description	<i>Intermittent fasting (IF) is a weight loss technique that involves alternating between periods of eating and fasting. It's based on the idea that fasting can help your body burn fat by lowering insulin levels.</i>
Photos	 
Students Feedback	<p><b>312421104104:</b> The debate helped me understand the pros and cons of intermittent fasting, especially for different body types and lifestyles.</p> <p><b>312421104305:</b> There could have been more focus on the risks and downsides of intermittent fasting to create a balanced discussion.</p>
Total No. of Students	<b>63</b>
No. of Students Present	<b>60</b>
No: of Students Absent	<b>3</b>

Action Plan for Absentees	Planned to provide a follow-up session for absentees to catch up on what was discussed and to share key points from the debate.
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#### DOCUMENT PROOF:

- The debate on "Intermittent Fasting: A Boon or a Curse" took place over 30 minutes, with a total of 12 students participating—6 on each side. The debate was moderated by Dr.D.Menaga, ensuring a smooth and fair exchange of ideas
- Opening Statements (10 minutes): Each side was given 2 minutes per speaker to present their opening arguments. The proponents focused on the health advantages of intermittent fasting, including its potential for weight loss, improved metabolic health, and longevity. Meanwhile, the opponents raised concerns about the possible health risks, including nutritional deficiencies, hormonal imbalances, and mental health issues.
- Rebuttals (10 minutes): After the opening statements, the debate moved into the rebuttal phase. Each speaker had 1 minute to directly counter the opposing side's points. The proponents addressed the raised health risks by presenting studies on the controlled use of intermittent fasting, while the opponents pointed out the lack of long-term studies and the risks for vulnerable groups.
- Closing Statements (5 minutes): In the final segment, each side had 2.5 minutes collectively to summarize their key points. The proponents concluded by stressing the scientific backing of intermittent fasting's benefits and its growing popularity as a lifestyle choice. The opponents reinforced their stance on the risks of adopting intermittent fasting without proper medical advice and emphasized the need for personalized health approaches.
- Debate Conclusion (5 minutes): The moderator wrapped up the debate by highlighting the strong arguments presented by both sides. No official winner was declared, but the debate provided valuable insights into the benefits and drawbacks of intermittent fasting.



Faculty In-charge



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