

SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
DEPT. -LEVEL CERTIFICATE COURSE (2017 - 18)

HEALTHY FOOD HABITS

Contact hours:30
THEORY (18 Hrs)

Module I

6 hrs

Introduction- Define and describe food, nutrition, health and fitness, Balanced Diet- Recommended Dietary Allowances = Requirements + Margin of safety, Food as Symbol, Sustenance and Socialization.

Module II

6 hrs

Health and Fitness, Using Basic Food Groups for Planning Balanced Diets- Food Guide Pyramid, Vegetarian Food Guide.

Module III

6 hrs

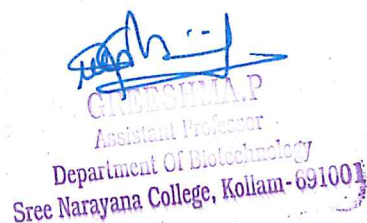
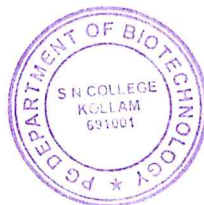
Dietary Patterns in Adolescence- Irregular meals and skipping meals, Modifying diet related behavior, Factors influencing eating behavior, Eating disorders at adolescence.

PRACTICALS (12 hrs)

- Recording of 7 day dietary intakes.
- Enlisting foodstuffs based on their nutrient content.
- Preparation of essential macro (protein, fibre) and micronutrient (calcium, iron vitamin C, A and B) rich recipe, calculation of nutritive value and cost per serving.
- Identification of clinical signs and symptoms of various deficiency diseases.

Reference Books :

- Bamji, M.S., Rao, N.P. & Reddy, V. (1996). Textbook of Human Nutrition. Oxford & IBH Publishing Co. (P). Ltd. Delhi.
- Gopalan, G. RamaShastri B.V. & Balasubramanian, S.C. (2000). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad 500-007, India.
- Sri Lakshmi, B. (2000). Nutrition Science. New Age International (P) Ltd. Pub. New Delhi
- Swaminathan, M. (2009). Textbook of Food and Nutrition. Bapco publishers, Bangalore



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

Aim of the course

- Understand the importance of a well balanced diet, including the importance of fluids.
- To improve nutrition and health outcomes of students and community through an integrated, gender equal, environmentally sustainable systems approach to food availability and access, and food safety and quality.


Relevance of the course

- A healthy diet helps to protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.
- Unhealthy diet and lack of physical activity are leading global risks to health.
- Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer term health benefits such as reducing the risk of becoming overweight or obese and developing NCDs later in life.

Objectives and expected outcome

- To improve nutrition and health outcomes of vulnerable segments (children and women) of the populations, through availability of foods that would increase intake of vegetables and fruits, decrease caloric intake and increase micronutrient intake.
- The learner will know the meaning of healthy eating habits.
- The learner will understand the importance of healthy eating habits
- The learner will do a survey of eating habits of students, and the various ailments they may suffer, the medications they need, and how their eating habits may be more streamlined to be healthy eating habits.




GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001

SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

BOARD OF STUDIES

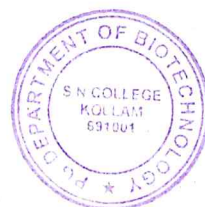
Course Director: Dr. K. Anirudhan (Principal)


Course Coordinator: Greeshma P

MEMBERS

- | | | |
|---------------------------|---|---------------------|
| 1. Dr. Nitha Anand | - | Govt. Guest Faculty |
| 2. Dr. Sai D S | - | Govt. Guest Faculty |
| 3. Dr. Divya Balakrishnan | - | Govt. Guest Faculty |
| 4. Dr. Sujith S | - | Govt. Guest Faculty |


GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001




Principal
Sree Narayana College
Kollam



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

Notice

It is to inform all concerned that a meeting of the members of Board of Studies in the College level certificate programme on Healthy Food habits organised by the department of Biotechnology will be conducted on 10/6/2017 at 11 am.

Agenda:

- Finalise the syllabus
- Course timetable

Greeshma P

Course Coordinator




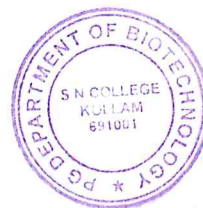
Dr. K. Anirudhan

(Principal)

Members

- | | | |
|---------------------------|---|---------------------|
| 1. Dr. Sujith S | - | Govt. Guest Faculty |
| 2. Dr. Nitha Anand | - | Govt. Guest Faculty |
| 3. Dr. Sayi D S | - | Govt. Guest Faculty |
| 4. Dr. Divya Balakrishnan | - | Govt. Guest Faculty |


GREESHMA P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

Notice

It is to inform all concerned that a meeting of the members of Board of Studies in the College level certificate programme on Food Biotechnology organised by the department of Biotechnology will be conducted on 16/8/2017 at 3 pm.

Agenda:

- Discuss the release of result
- Distribution of course certificate

Greeshma P
Course Coordinator
Principal



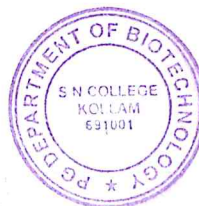
Dr. K. Anirudhan



Members

- | | | |
|-------------------------|---|---------------------|
| 1. Dr Sujith S | - | Govt. Guest Faculty |
| 2. Dr. Nitha Anand | - | Govt. Guest Faculty |
| 3. Dr.Sayi D S | - | Govt. Guest Faculty |
| 4. Dr.DivyaBalakrishnan | - | Govt. Guest Faculty |


GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2017 - 18)

HEALTHY FOOD HABITS

Minutes

A meeting of the members of the Board of Studies was conducted on 10/06/2017 at 11 AM. Applications were invited for a 30 hr Department Level Certificate course, organized by the Dept of Biotechnology. Dr. K. Anirudhan (Principal) was the course director and Greeshma P was the course coordinator. Dr Sujith S, Govt. Guest Faculty, Dr. Nitha Anand, Govt. Guest Faculty, Dr. Sayi D.S, Govt. Guest Faculty and Dr. Divya Balakrishnan, Govt. Guest faculty were the members of the committee. The syllabus and course timetable for the certificate course were finalized in the meeting.

Dr. K. Anirudhan

Dr. Sujith S

Greeshma P

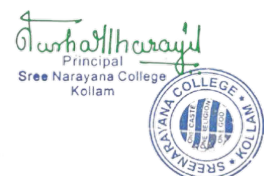
Dr. Nitha Anand

Dr. Sayi D S

Dr. Divya Balakrishnan

Anirudhan
Sujith S
G.P
Nitha
Sayi
Divya Balakrishnan

Greeshma P
GREESHMA P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

Minutes

A meeting of the members of the Board of Studies was conducted on 16/08/2017 at 3 PM. Applications were invited for a 30 hour Department Level Certificate course, organized by the Dept of Biotechnology. Dr. K. Anirudhan (Principal) was the course director and Greeshma P, (Asst. Professor of Biotech) was the course coordinator. Dr. Sujith S, Govt. Guest Faculty, Dr. Nitha Anand, Govt. Guest Faculty, Dr. Sayi D.S, Govt. Guest Faculty and Dr. Divya Balakrishnan Govt. Guest Faculty were the members of the committee. Decisions about the release of results and the distribution of certificates were finalized in the meeting.

Dr. K. Anirudhan



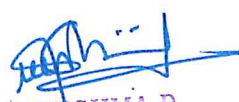
Dr. Sujith S

Ms. Greeshma P

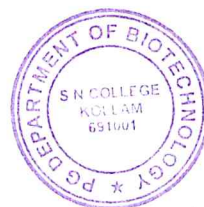
Dr. Nitha Anand

Dr. Sayi D S

Dr. Divya Balakrishnan



GREESHMA P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

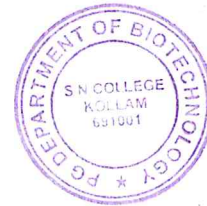
DEPT. -LEVEL CERTIFICATE COURSE(2017 - 18)

HEALTHY FOOD HABITS

List of Teachers handling Certificate course – Healthy Food Habits

- | | | |
|-------------------------|---|---|
| 1. Greeshma P | - | Asst Prof of Biotechnology, SNC Kollam. |
| 2. Dr.Sujith S | - | Govt. Guest Faculty |
| 3. Dr. Nitha Anand | - | Govt. Guest Faculty |
| 4. Dr.Sayi D S | - | Govt. Guest Faculty |
| 5. Dr.DivyaBalakrishnan | - | Govt. Guest Faculty |


GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2017-18

Department:

BIOTECHNOLOGY

Name of Certificate course:


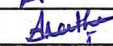
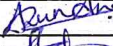

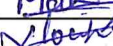
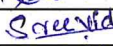
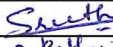
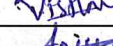
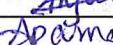
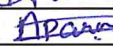
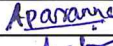

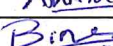
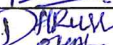
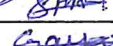

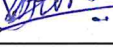



HEALTHY FOOD HABITS

No. of students applied:

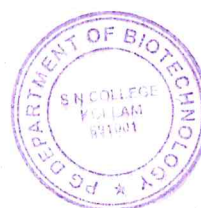
20

No. of students selected:

18

Sl no	Candidate code	Name of student	Department	Completed or not	Student sign
1	247 16132001	ADITHYA V ANAND	Biotechnology	NO	
2	247 16132002	ARATHY SASANKAN	Biotechnology	YES	
3	247 16132003	ARUN ANIL	Biotechnology	YES	
4	247 16132004	ATHULYA A S	Biotechnology	YES	
5	247 16132005	MAHIMA M R	Biotechnology	YES	
6	247 16132006	NOUFIYA K	Biotechnology	YES	
7	247 16132007	SREEVIDYA S	Biotechnology	NO	
8	247 16132008	SRUTHI P	Biotechnology	YES	
9	247 16132009	VISHNU A P	Biotechnology	YES	
10	247 16132010	ANJU KRISHNAN G	Biotechnology	YES	
11	247 16132011	APARNA J D	Biotechnology	YES	
12	247 16132012	APARNA RAJ B	Biotechnology	YES	
13	247 16132013	APARNNA R	Biotechnology	YES	
14	247 16132015	ARCHA.S.S	Biotechnology	YES	
15	247 16132016	ATHIRA.A	Biotechnology	YES	
16	247 16132017	BINSHA BABU S	Biotechnology	YES	
17	247 16132019	DHRUSSILLAH SHAH .S K	Biotechnology	YES	
18	247 16132021	GAYATHREE S	Biotechnology	YES	
19	247 16132023	PARVATHI PREMLAL VASU	Biotechnology	YES	
20	247 16132024	PARVATHY PRASAD	Biotechnology	YES	


Assistant Professor
Department of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2017-18

Department:

BIOTECHNOLOGY

Name of Certificate course:

HEALTHY FOOD HABITS

No. of students applied:

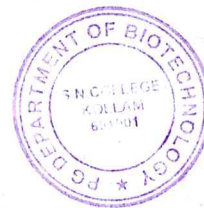
20

No. of students selected:

18

Sl no	Candidate code	Name of student	Department	Completed or not	Student sign
1	247 16132002	ARATHY SASANKAN	Biotechnology	YES	<i>Arathy</i>
2	247 16132003	ARUN ANIL	Biotechnology	YES	<i>Arun</i>
3	247 16132004	ATHULYA A S	Biotechnology	YES	<i>Athulya</i>
4	247 16132005	MAHIMA M R	Biotechnology	YES	<i>Mahima</i>
5	247 16132006	NOUFIYA K	Biotechnology	YES	<i>Noufiya</i>
6	247 16132008	SRUTHI P	Biotechnology	YES	<i>Sruthi</i>
7	247 16132009	VISHNU A P	Biotechnology	YES	<i>Vishnu</i>
8	247 16132010	ANJU KRISHNAN G	Biotechnology	YES	<i>Anju</i>
9	247 16132011	APARNA J D	Biotechnology	YES	<i>Aparna</i>
10	247 16132012	APARNA RAJ B	Biotechnology	YES	<i>Aparna</i>
11	247 16132013	APARNNA R	Biotechnology	YES	<i>Aparna</i>
12	247 16132015	ARCHA.S.S	Biotechnology	YES	<i>Archa</i>
13	247 16132016	ATHIRA.A	Biotechnology	YES	<i>Athira</i>
14	247 16132017	BINSHA BABU S	Biotechnology	YES	<i>Binsha</i>
15	247 16132019	DHRUSSILLAH SHAH .S K	Biotechnology	YES	<i>Dhr</i>
16	247 16132021	GAYATHREE S	Biotechnology	YES	<i>Gayathri</i>
17	247 16132023	PARVATHI PREMLAL VASU	Biotechnology	YES	<i>Parvathi</i>
18	247 16132024	PARVATHY PRASAD	Biotechnology	YES	<i>Parvathy</i>

[Signature]
CRDESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2017-18

Department:

BIOTECHNOLOGY

Name of Certificate course:

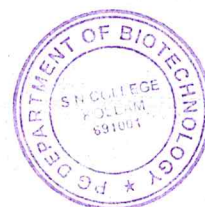
HEALTHY FOOD HABITS

No. of students passed:

18

Sl no	Candidate code	Name of student	Department	Completed or not	Student sign
1	247 16132002	ARATHY SASANKAN	Biotechnology	YES	<i>Arathy</i>
2	247 16132003	ARUN ANIL	Biotechnology	YES	<i>Arun</i>
3	247 16132004	ATHULYA A S	Biotechnology	YES	<i>Athulya</i>
4	247 16132005	MAHIMA M R	Biotechnology	YES	<i>Mahima</i>
5	247 16132006	NOUFIYA K	Biotechnology	YES	<i>Noufiya</i>
6	247 16132008	SRUTHI P	Biotechnology	YES	<i>Sruthi</i>
7	247 16132009	VISHNU A P	Biotechnology	YES	<i>Vishnu</i>
8	247 16132010	ANJU KRISHNAN G	Biotechnology	YES	<i>Anju</i>
9	247 16132011	APARNA J D	Biotechnology	YES	<i>Aparna</i>
10	247 16132012	APARNA RAJ B	Biotechnology	YES	<i>Aparna</i>
11	247 16132013	APARNA R	Biotechnology	YES	<i>Aparna</i>
12	247 16132015	ARCHA.S.S	Biotechnology	YES	<i>Archa</i>
13	247 16132016	ATHIRA.A	Biotechnology	YES	<i>Athira</i>
14	247 16132017	BINSHA BABU S	Biotechnology	YES	<i>Binsha</i>
15	247 16132019	DHRUSSILLAH SHAH .S K	Biotechnology	YES	<i>Dhr</i>
16	247 16132021	GAYATHREE S	Biotechnology	YES	<i>Gayathree</i>
17	247 16132023	PARVATHI PREMLAL VASU	Biotechnology	YES	<i>Parvathi</i>
18	247 16132024	PARVATHY PRASAD	Biotechnology	YES	<i>Parvathy</i>


GRDESHIMA.P
Assistant Professor
Department of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
DEPT. – LEVEL CERTIFICATE COURSE (2017 - 18)

HEALTHY FOOD HABITS
MARKLIST

Sl no	Candidate code	Name of student	Att marks	Test marks	Total	Sign
1	247 16132002	ARATHY SASANKAN	10	40	50	<i>Arathy</i>
2	247 16132003	ARUN ANIL	10	40	50	<i>Arun</i>
3	247 16132004	ATHULYA A S	10	40	50	<i>Athulya</i>
4	247 16132005	MAHIMA M R	10	40	50	<i>Mahima</i>
5	247 16132006	NOUFIYA K	10	40	50	<i>Noufiya</i>
6	247 16132008	SRUTHI P	10	40	50	<i>Sruthi</i>
7	247 16132009	VISHNU A P	10	40	50	<i>Vishnu</i>
8	247 16132010	ANJU KRISHNAN G	10	40	50	<i>Anju</i>
9	247 16132011	APARNA J D	10	40	50	<i>Aparna</i>
10	247 16132012	APARNA RAJ B	10	40	50	<i>Aparna</i>
11	247 16132013	APARNNA R	10	40	50	<i>Aparna</i>
12	247 16132015	ARCHA.S.S	10	36	46	<i>Archa</i>
13	247 16132016	ATHIRA.A	10	40	50	<i>Athira</i>
14	247 16132017	BINSHA BABU S	10	40	50	<i>Binsha</i>
15	247 16132019	DHRUSSILLAH SHAH .S K	10	40	50	<i>Dhr</i>
16	247 16132021	GAYATHREE S	10	38	48	<i>Gayathra</i>
17	247 16132023	PARVATHI PREMLAL VASU	10	40	50	<i>Parvathy</i>
18	247 16132024	PARVATHY PRASAD	10	40	50	<i>Parvathy</i>

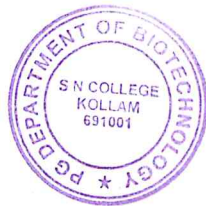

GREESMA P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001




SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
DEPT. – LEVEL CERTIFICATE COURSE (2017 - 18)

HEALTHY FOOD HABITS
ATTENDANCE PERCENTAGE

Sl no	Candidate code	Name of student	Att %
1	247 16132002	ARATHY SASANKAN	100
2	247 16132003	ARUN ANIL	100
3	247 16132004	ATHULYA A S	100
4	247 16132005	MAHIMA M R	100
5	247 16132006	NOUFIYA K	100
6	247 16132008	SRUTHI P	100
7	247 16132009	VISHNU A P	100
8	247 16132010	ANJU KRISHNAN G	100
9	247 16132011	APARNA J D	100
10	247 16132012	APARNA RAJ B	100
11	247 16132013	APARNNA R	100
12	247 16132015	ARCHA.S.S	100
13	247 16132016	ATHIRA.A	100
14	247 16132017	BINSHA BABU S	100
15	247 16132019	DHRUSSILLAH SHAH .S K	100
16	247 16132021	GAYATHREE S	100
17	247 16132023	PARVATHI PREMLAL VASU	100
18	247 16132024	PARVATHY PRASAD	100




GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam - 691001

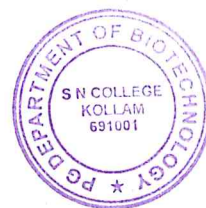
B.Sc BOTANY & BIOTECHNOLOGY (2017-2020)

List of students passed the course : FOOD BIOTECHNOLOGY .

Sl No.	Candidate code	Name	ATT %
1	24717132001	ANJANA M	100
2	24717132003	AVANY V ROY	100
3	24717132004	CHIPPY B	100
4	24717132006	GOPIKA S	100
5	24717132008	NEETHU KRISHNA	100
6	24717132009	PRANAV A	100
7	24717132010	SAANU R	100
8	24717132011	SURABHI M	100
9	24717132013	ACHUTH B S	100
10	24717132014	ADARSH MOHAN	100
11	24717132017	AJMAL A	100
12	24717132018	AKHILA PRADEEP S	100
13	24717132021	APSA R	100
14	24717132023	ARYA S	100
15	24717132024	ATHIRA M S	100
16	24717132028	MOHAMMED FEBIN F	100
17	24717132029	PRAVEENA P	100
18	24717132031	SIDHARTH B	100
19	24717132033	VISHNU R	100
20	24717132034	VISHNUNATH G S	100



GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001

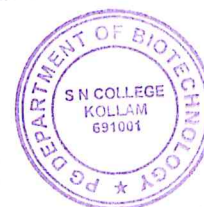


SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
DEPT. – LEVEL CERTIFICATE COURSE (2017 - 18)
MICROBIAL TECHNIQUES

ATTENDANCE PERCENTAGE

Sl no	Candidate code	Name of student	Att %
1	247 16132002	ARATHY SASANKAN	100
2	247 16132003	ARUN ANIL	100
3	247 16132004	ATHULYA A S	100
4	247 16132005	MAHIMA M R	100
5	247 16132006	NOUFIYA K	100
6	247 16132008	SRUTHI P	100
7	247 16132009	VISHNU A P	100
8	247 16132010	ANJU KRISHNAN G	100
9	247 16132011	APARNA J D	100
10	247 16132012	APARNA RAJ B	100
11	247 16132013	APARNNA R	100
12	247 16132015	ARCHA.S.S	100
13	247 16132016	ATHIRA.A	100
14	247 16132017	BINSHA BABU S	100
15	247 16132019	DHRUSSILLAH SHAH .S K	100
16	247 16132021	GAYATHREE S	100
17	247 16132023	PARVATHI PREMLAL VASU	100
18	247 16132024	PARVATHY PRASAD	100

GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



REPORT OF THE CERTIFICATE COURSE 2017-2018

FOOD BIOTECHNOLOGY

Department of biotechnology conducted certificate course, Food Biotechnology for the academic year 2017-2018. For the smooth functioning of the course a board of studies was formed including the Principal, College Level Certificate Course Coordinator, department level coordinator and faculties of the department. Department conducted meetings for preparing syllabus, title selection of the course, brochure preparation, project discussion and fixing examination date. Thirty-four students applied for the course and twenty-four students were selected for course. Twenty-four students completed the course. The classes were conducted on week days. The classes were handled by Greeshma P (Assistant Professor), Dr. Nitha Anand (Govt. Guest Faculty), Dr.Sayi D S (Govt. Guest Faculty), Dr. Divya Balakrishnan (Govt. Guest Faculty)

Outcome of the course

Students are familiarized in different types of food preservation methods.

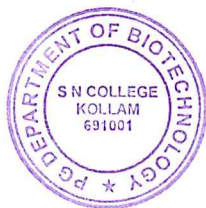
Better understanding of large-scale preservation of food


Familiarized with easy and cheap methods of food processing

Skill of scheming and plotting of different processes and machinery for enormous production of different recipes and methods

Modifying or enhancing the pre-existing methods of cooking or growing specific food items.

One acquires the knowledge and skill to test and examine different types of samples differently.




GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001





SREE NARAYANA COLLEGE KOLLAM
DEPARTMENT OF BIOTECHNOLOGY
MICROBIAL TECHNIQUES

This is to certify that Smt. Harishma Kannan, Department of Biotechnology has successfully completed
Certificate Course in Microbial Techniques during the Academic Year 2017 - 2018.

Greeshma P

Course Coordinator

Dr. K Amirudhan

Principal



SREE NARAYANA COLLEGE KOLLAM
DEPARTMENT OF BIOTECHNOLOGY
MICROBIAL TECHNIQUES

This is to certify that Smt. Neethu Krishna, Department of Biotechnology has successfully completed
Certificate Course in Microbial Techniques during the Academic Year 2017- 2018.

Greshma P

Course Coordinator

Dr. K Anirudhan

Principal