

SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
DEPT. -LEVELCERTIFICATE COURSE (2018 - 19)

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

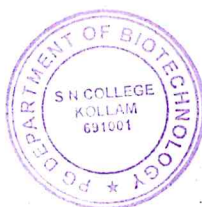
Dietary Patterns in Adolescence- Irregular meals and skipping meals, Modifying diet related behavior, Factors influencing eating behavior, Eating disorders at adolescence.


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• & Balasuvramnian, 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. Bappco publishers,• Bangalore




GREESHMA.P
Assistant Professor
Department Of Biotechnology
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SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

HEALTHY FOOD HABITS

Aim of the course

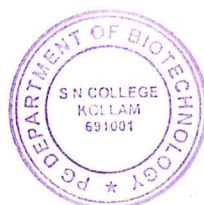
- Understand the importance of a well balanced diet, including the importance of fluids.
- To improve nutrition and health outcomes of students and community through an integrated, gender equal, environmentally sustainable systems approach to food availability and access, and food safety and quality.


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.




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SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

HEALTHY FOOD HABITS
BOARD OF STUDIES

Dr. Anitha Shankar (Principal)


Course Coordinator: Dr. Nitha Anand


MEMBERS

1. Dr Prakash G Williams - Assistant Professor Of Biotechnology, Dept Of Botany & Biotechnology, Bishop Moore College, Mavelikkara
2. Dr. Nitha Anand - Govt. Guest Faculty
3. Dr. Sayi D S - Govt. Guest Faculty
4. Dr. Divya Balakrishnan - Govt. Guest Faculty
5. Dr. Sujith S - Govt. Guest Faculty

Anitha Shankar
Principal
Sree Narayana College
Kollam




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



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

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 organized by the department of Biotechnology will be conducted on 25/6/2018 at 11 am.

Agenda:

- Finalise the syllabus
- Course timetable

Course Coordinator

Dr. Nitha Anand

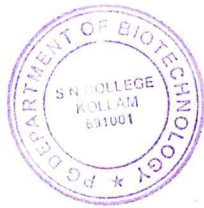


Dr. Anitha Shankar

(Principal)

Members

- | | | |
|---------------------------|---|---------------------|
| 1. Greeshma P | - | Assistant Professor |
| 2. Dr. Sayi D S | - | Govt. Guest Faculty |
| 3. Dr. Divya Balakrishnan | - | Govt. Guest Faculty |
| 4. Dr. Sija S L | - | Govt. Guest Faculty |




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SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

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 6/7/2018 at 3 pm.

Agenda:

- Discuss the release of result
- Distribution of course certificate

Dr. Nitha Anand




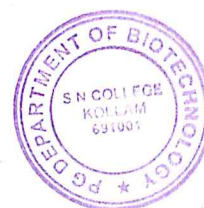
Course Coordinator

Dr. Anitha Shankar
Principal

Members

- | | | |
|---------------------------|---|---------------------|
| 1. Greeshma P | - | Assistant Professor |
| 5. Dr. Nitha Anand | - | Govt. Guest Faculty |
| 6. Dr. Divya Balakrishnan | - | Govt. Guest Faculty |
| 7. Dr. Sija S L | - | Govt. Guest Faculty |


GREESHMA P
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Department Of Biotechnology
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SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

HEALTHY FOOD HABITS

Minutes

A meeting of the members of the Board of Studies was conducted on 20/07/2018 at 11AM. Applications were invited for a 30 hr Department Level Certificate course, organized by the Dept of Biotechnology. **Dr. Anitha Shankar** (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.Sija S.L, 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. Anitha Shankar

Dr. Nitha Anand

Greeshma P

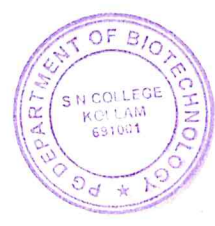
Dr. Sujith S

Dr. Divya Balakrishnan

Dr. Sija S L

(Handwritten signatures in blue ink)
Anitha Shankar
Greeshma P
Sujith S
Divya Balakrishnan
Sija S L

(Handwritten signature in blue ink)
GREESHMA P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



(Handwritten signature in green ink)
Anitha Shankar
Principal
Sree Narayana College
Kollam

SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. -LEVEL CERTIFICATE COURSE (2018 - 19)

HEALTHY FOOD HABITS

Minutes

A meeting of the members of the Board of Studies was conducted on 17/08/2018 at 3 PM. Applications were invited for a 30hour Department Level Certificate course, organized by the Dept of Biotechnology. Dr. Anitha Shankar (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.Sija.S.L, 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. Anitha Shankar

Dr. Nitha Anand

Greeshma P

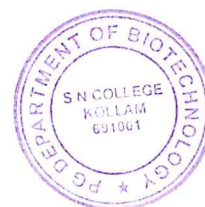
Dr. Sujith S

Dr. Divya Balakrishnan

Dr. Sija S L

(Handwritten signatures in blue ink: Anitha Shankar, Greeshma P, Sujith S, Divya Balakrishnan, Sija S L)

(Handwritten signature in blue ink)
GREESHMA.P
Assistant Professor
Department Of Biotechnology
Sree Narayana College, Kollam-691001



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY

DEPT. - LEVEL CERTIFICATE COURSE (2018 - 19)

HEALTHY FOOD HABITS

List of Teachers handling Certificate course – Food Biotechnology

- | | | |
|---------------------------|---|---|
| 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. Divya Balakrishnan | - | Govt. Guest Faculty |
| 5. Dr. Sija S L | - | Govt. Guest Faculty |


GREESHMA P
Assistant Professor
Department of Biotechnology
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SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
COLLEGE -LEVEL CERTIFICATE COURSE (2018 - 19)
HEALTHY FOOD HABITS

Time Table


Name of teacher	Date and Time									
	18/06/2018	25/06/2018	02/07/2018	09/07/2018	16/07/2018	23/07/2018	30/07/2018	06/08/2018	13/08/2018	20/08/2018
GRESHMA P	8.30-9.30	8.30-9.30	8.30-9.30	8.30-9.30	3.15-4.15	3.15-4.15				
Dr. SUJITH S	19/06/2018	26/06/2018	03/07/2018	10/07/2018	17/07/2018	24/07/2018				
	8.30-9.30	8.30-9.30	8.30-9.30	8.30-9.30	8.30-9.30	8.30-9.30				
Dr. NITHA ANAND	20/06/2018	27/06/2018	04/07/2018	11/07/2018	18/07/2018	25/07/2018				
	3.15-4.15	3.15-4.15	3.15-4.15	3.15-4.15	8.30-9.30	8.30-9.30				
Dr. SAYID S	21/07/2018	28/06/2018	05/07/2018	12/07/2018	19/07/2018	26/07/2018				
	8.30-9.30	3.15-4.15	3.15-4.15	3.15-4.15	3.15-4.15	3.15-4.15				
Dr. DIVYA BALAKRISHNAN	22/07/2018	29/06/2018	06/08/2018	13/07/2018	20/07/2018	27/07/2018				
	8.30-9.30	8.30-9.30	3.15-4.15	3.15-4.15	3.15-4.15	3.15-4.15				

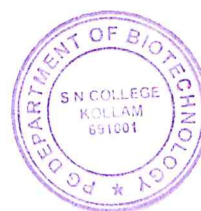
SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2018-19

Department: BIOTECHNOLOGY
Name of Certificate course: HEALTHY FOOD HABITS
No. of students enrolled: 23
No. of students passed: 20

Sl No.	Candidate Code	Name of Candidate	Department	Completed or not	Student sign
1.	24717132001	ANJANA M	Biotechnology	Yes	Anjana
2.	24717132002	ASWATHY V S	Biotechnology	Yes	Aswathy
3.	24717132003	AVANY V ROY	Biotechnology	Yes	Avany
4.	24717132004	CHIPPY B	Biotechnology	Yes	Chippy
5.	24717132005	DEEPIKA S BABU	Biotechnology	Yes	Deepika
6.	24717132011	SURABHI M	Biotechnology	Yes	Surabhi
7.	24717132012	SURYADEVI I	Biotechnology	NO	Surya
8.	24717132013	ACHUTH B S	Biotechnology	Yes	Achuth
9.	24717132014	ADARSH MOHAN	Biotechnology	Yes	Adarsh
10.	24717132021	APSA R	Biotechnology	Yes	Apsa
11.	24717132022	ARCHA MOHAN	Biotechnology	No	Archa
12.	24717132023	ARYA	Biotechnology	Yes	Arya
13.	24717132024	ATHIRA M S	Biotechnology	Yes	Athira
14.	24717132025	ATHULYA B S	Biotechnology	Yes	Athulya
15.	24717132026	JATTIN DEV	Biotechnology	Yes	Jattin
16.	24717132027	MANJARI G ANIL	Biotechnology	Yes	Manjari
17.	24717132028	MOHAMMED FEBIN F	Biotechnology	Yes	Febin
18.	24717132029	PRAVEENA P	Biotechnology	Yes	Praveena
19.	24717132030	S HARIKRISHNAN	Biotechnology	Yes	Shari
20.	24717132031	SIDHARTH B	Biotechnology	Yes	Sidhartha
21.	24717132032	SNEHA JAYALAL	Biotechnology	No	Sneha
22.	24717132033	VISHNU R	Biotechnology	Yes	Vishnu
23.	24717132034	VISHNUNATH G S	Biotechnology	Yes	Vishnunath


GREESHMA.P
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SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2018-19

Department:

BIOTECHNOLOGY

Name of Certificate course:

HEALTHY FOOD HABITS

No. of students enrolled:

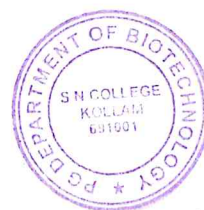
23

No. of students passed:

20

Sl No.	Candidate Code	Name of Candidate	Department	Completed or not	Student sign
1.	24717132001	ANJANA M	Biotechnology	Yes	Anjana
2.	24717132002	ASWATHY V S	Biotechnology	Yes	Aswathy
3.	24717132003	AVANY V ROY	Biotechnology	Yes	Avany
4.	24717132004	CHIPPY B	Biotechnology	Yes	Chippy
5.	24717132005	DEEPIKA S BABU	Biotechnology	Yes	Deepika
6.	24717132011	SURABHI M	Biotechnology	Yes	Surabhi
7.	24717132013	ACHUTH B S	Biotechnology	Yes	Achuth
8.	24717132014	ADARSH MOHAN	Biotechnology	Yes	Adarsh
9.	24717132021	APSA R	Biotechnology	Yes	Apsa
10.	24717132023	ARYA	Biotechnology	Yes	Arya
11.	24717132024	ATHIRA M S	Biotechnology	Yes	Athira
12.	24717132025	ATHULYA B S	Biotechnology	Yes	Athulya
13.	24717132026	JATTIN DEV	Biotechnology	Yes	Jattin
14.	24717132027	MANJARI G ANIL	Biotechnology	Yes	Manjari
15.	24717132028	MOHAMMED FEBIN F	Biotechnology	Yes	Febin
16.	24717132029	PRAVEENA P	Biotechnology	Yes	Praveena
17.	24717132030	S HARIKRISHNAN	Biotechnology	Yes	Hari
18.	24717132031	SIDHARTH B	Biotechnology	Yes	Sidharth
19.	24717132033	VISHNU R	Biotechnology	Yes	Vishnu
20.	24717132034	VISHNUNATH G S	Biotechnology	Yes	Vishnunath


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



SREE NARAYANA COLLEGE
DEPARTMENT OF BIOTECHNOLOGY
COLLEGE -LEVELCERTIFICATE COURSE (2018- 19)
HEALTHY FOOD HABITS

Time Table

Name of teacher	Date and Time										
	18/06/2018 8.30-9.30	22/06/2018 8.30-9.30	27/06/2018 8.30-9.30	05/07/2018 8.30-9.30	18/07/2018 3.15-4.15	26/07/2018 3.15-4.15	20/06/2018 3.15-4.15	27/07/2018 3.15-4.15	03/08/2018 3.15-4.15	08/08/2018 3.15-4.15	10/08/2018 3.15-4.15
GREESHMA P											
Dr. SUJITH S	20/06/2018 8.30-9.30	21/06/2018 8.30-9.30	28/06/2018 8.30-9.30	06/07/2018 8.30-9.30	12/07/2018 8.30-9.30	19/07/2018 8.30-9.30					
Dr.NITHA ANAND	23/06/2018 3.15-4.15	27/07/2018 3.15-4.15	05/07/2018 3.15-4.15	13/07/2018 3.15-4.15	18/07/2018 8.30-9.30	20/07/2018 8.30-9.30					
Dr.SIJA.S.L	26/07/2018 8.30-9.30	28/07/2018 3.15-4.15	10/07/2018 3.15-4.15	03/08/2018 3.15-4.15	08/08/2018 3.15-4.15	10/08/2018 3.15-4.15					
Dr. DIVYA BALAKRISHNAN	24/07/2018 8.30-9.30	01/08/2018 8.30-9.30	03/08/2018 3.15-4.15	07/08/2018 3.15-4.15	15/08/2018 3.15-4.15	23/08/2018 3.15-4.15					

SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2018-19

Department:

BIOTECHNOLOGY

Name of Certificate course:

HEALTHY FOOD HABITS

No. of students enrolled:

23

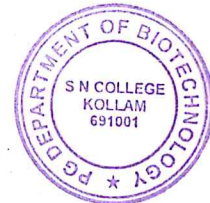
No. of students passed:

20

Sl No.	Candidate Code	Name of Candidate	Att %
1.	24717132001	ANJANA M	100
2.	24717132002	ASWATHY V S	100
3.	24717132003	AVANY V ROY	100
4.	24717132004	CHIPPY B	100
5.	24717132005	DEEPIKA S BABU	100
6.	24717132011	SURABHI M	100
7.	24717132013	ACHUTH B S	100
8.	24717132014	ADARSH MOHAN	100
9.	24717132021	APSA R	100
10.	24717132023	ARYA	100
11.	24717132024	ATHIRA M S	98
12.	24717132025	ATHULYA B S	100
13.	24717132026	JATTIN DEV	100
14.	24717132027	MANJARI G ANIL	100
15.	24717132028	MOHAMMED FEBIN F	100
16.	24717132029	PRAVEENA P	100
17.	24717132030	S HARIKRISHNAN	100
18.	24717132031	SIDHARTH B	100
19.	24717132033	VISHNU R	100
20.	24717132034	VISHNUNATH G S	100

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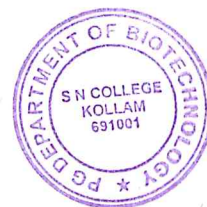


B.Sc BOTANY & BIOTECHNOLOGY (2018-2021)

List of students passed the course : **FOOD BIOTECHNOLOGY**

Sl No.	Candidate code	Name	Att %
1	24718132001	ABHIJITH SUDHEER	100
2	24718132003	ALEENA K B	100
3	24718132004	ANJALI B R	100
4	24718132007	ATHULYA RAJ	100
5	24718132008	BEEGAM NAZRIN	100
6	24718132010	LAKSHMI P R	100
7	24718132011	NANDHANA B	100
8	24718132013	VRINDA BABU	100
9	24718132014	AISWARYA LAL J B	100
10	24718132017	ANOOJ A S	100
11	24718132019	ARYA SHA	100
12	24718132020	BHOOMIKA S	100
13	24718132022	GOURISHA S	100
14	24718132024	JAISANKAR B	100
15	24718132026	NANDANA M	100
16	24718132027	NIJIN VIJAY	100
17	24718132029	PARVATHY SOMAN	100
18	24718132030	REMYA S SAJEEV	100
19	24718132032	SREELEKSHMI M	100
20	24718132033	UNNIKRISHNAN R	100

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SREE NARAYANA COLLEGE KOLLAM

CERTIFICATE COURSE 2018-19

ATTENDANCE PERCENTAGE

Department:

BIOTECHNOLOGY

Name of Certificate course:

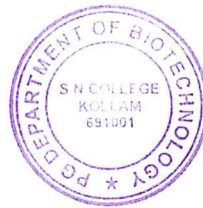
MICROBIAL TECHNIQUES

No. of students Passed

20

SL NO	Candidate code	Name of Student	Att %
1	24718132001	ABHIJITH SUDHEER	100
2	24718132002	ADITHYA A	100
3	24718132003	ALEENA K B	100
4	24718132004	ANJALI B R	100
5	24718132005	ARATHI P	100
6	24718132007	ATHULYA RAJ	100
7	24718132008	BEEGAM NAZRIN	100
8	24718132009	BHAGYA LEKSHMY M S	100
9	24718132010	LAKSHMI P R	100
10	24718132011	NANDHANA B	100
11	24718132012	SOORYA NARAYANA MOORTHY N	100
12	24718132013	VRINDA BABU	100
13	24718132014	AISWARYA LAL J B	100
14	24718132015	ANAKHA P	100
15	24718132016	ANANDHU AJAYAN	100
16	24718132017	ANOOJ A S	100
17	24718132018	ANTONY BIJU VICTOR	100
18	24718132019	ARYA SHA	100
19	24718132020	BHOOMIKA S	100
20	24718132021	GAUTHAM S KUMAR	100


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Sree Narayana College, Kollam-691001



REPORT OF THE CERTIFICATE COURSE 2018-2019

FOOD BIOTECHNOLOGY

Department of biotechnology conducted certificate course, Food Biotechnology for the academic year 2018-2019. 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-three students applied for the course and twenty students were selected for course. Twenty 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), Dr. Sija S L (Govt. Guest Faculty)

Outcome of the course

Students are familiarized in different types of food preservation methods.

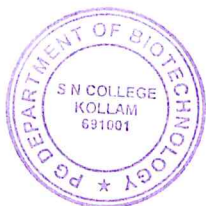
Better understanding of large-scale preservation of food


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.




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SREE NARAYANA COLLEGE KOLLAM
DEPARTEMENT OF BIOTECHNOLOGY
MICROBIAL TECHNIQUES

This is to certify that Smt. Arya Sha, Department of Biotechnology has successfully completed
Certificate Course in Microbial Techniques during the Academic Year 2018- 2019.

Greeshma P

Course Coordinator

Dr. C Anitha Sankar

Principal



SREE NARAYANA COLLEGE KOLLAM
DEPARTEMENT OF BIOTECHNOLOGY
MICROBIAL TECHNIQUES

This is to certify that Mr. Anooj A S, Department of Biotechnology has successfully completed
Certificate Course in Microbial Techniques during the Academic Year 2018- 2019.

Greeshma P

Course Coordinator

Dr. C Anitha Sankar

Principal



SREE NARAYANA COLLEGE KOLLAM
DEPARTEMENT OF BIOTECHNOLOGY
MICROBIAL TECHNIQUES

This is to certify that Smt. Anakha P, Department of Biotechnology has successfully completed
Certificate Course in Microbial Techniques during the Academic Year 2018- 2019.

Greeshma P

Course Coordinator

Dr. C Anitha Sankar

Principal