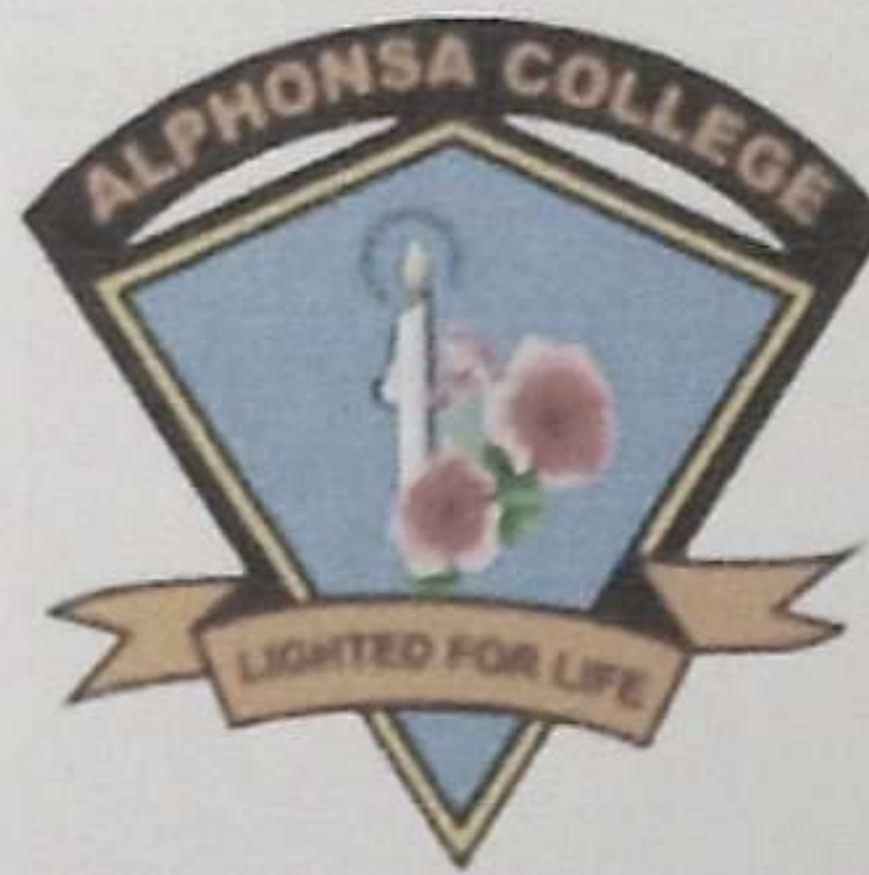


**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : AFRA AMANU**

**REG NO:210021027234**

**Date:**

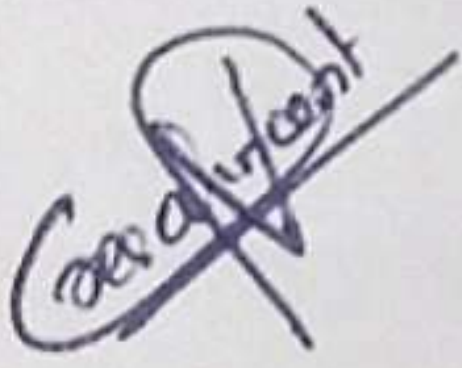
**Examiner in charge:**

*[Handwritten signature]*  
22/04/24

*Teresa Vincent*  
19.04.24  
**Teresa Vincent**  
**Teacher in charge**

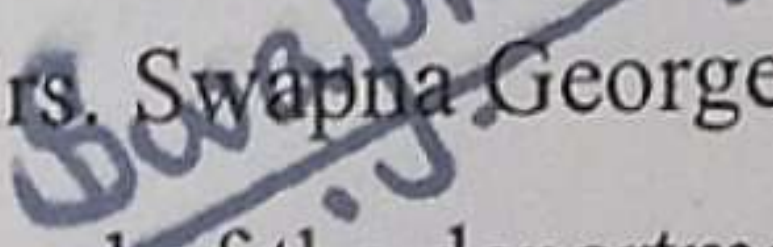
## CERTIFICATE

This is to certify that the project entitled "**Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by AFRA AMANU during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Tresa Vincent  
Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising teacher)

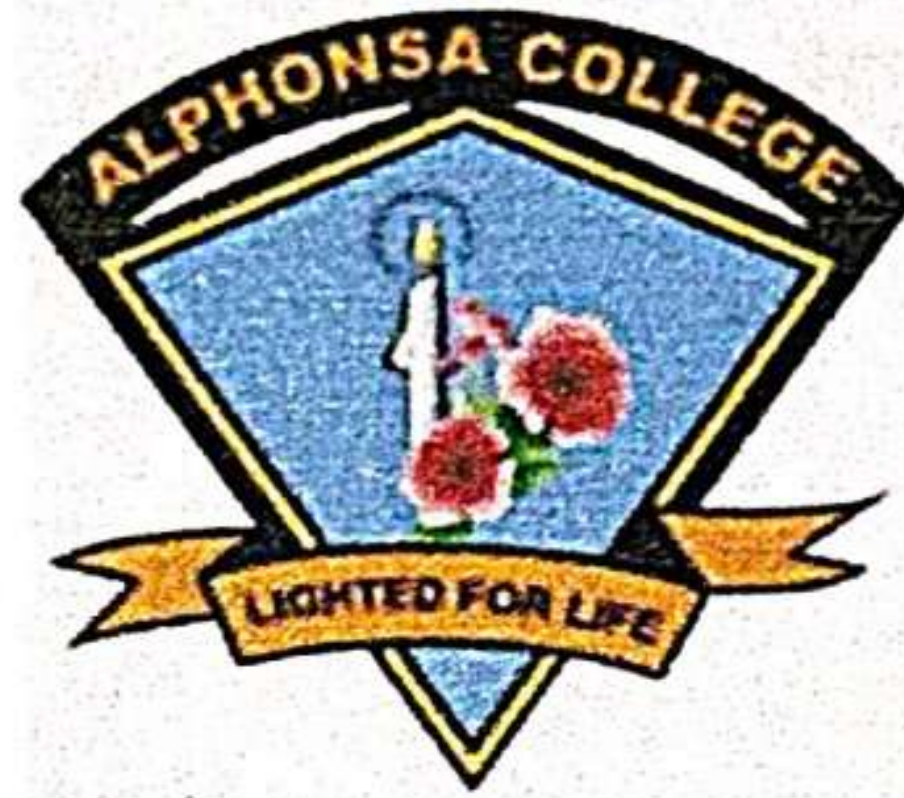
Counter signed by,

  
Mrs. Swapna George  
Head of the department  
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : AISWARIYA SATHEESH.**

**REG NO:210021027235**

**Date:**

**Examiner in charge:**

*[Signature]*  
22/04/24

*[Signature]*  
19.04.24.  
Tresa Vincent  
Teacher in charge:

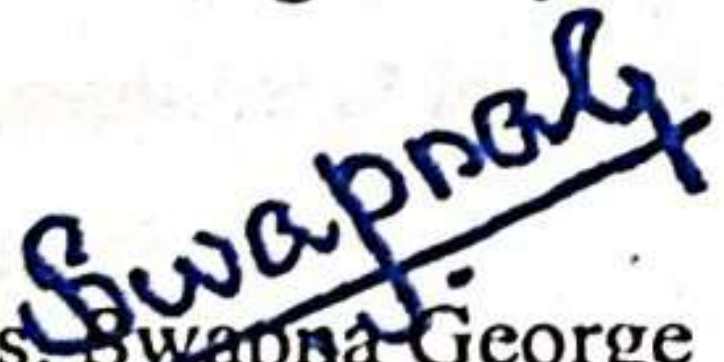
## CERTIFICATE

This is to certify that the project entitled "Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by AISWARIYA SATHEESH during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Tresa Vincent  
Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising teacher)

Counter signed by,

  
Mrs. Swapna George  
Head of the department  
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME :AKSHAYA AJITH K**

**REG NO:210021027236**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
22/04/24

*Tresa Vincent*  
19.04.24  
**Tresa Vincent**  
**Teacher in charge:**

## CERTIFICATE

This is to certify that the project entitled "**Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by AKSHAYA AJITH K during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Tresa Vincent  
Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising teacher)

Counter signed by,



Mrs. Swapna George  
Head of the department  
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : ALFATHIMA N.**

**REG NO:210021027237**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
*22/04/24*

*[Handwritten signature]*

*19.04.24*

*Teresa Vincent*

**Teacher in charge:**

## CERTIFICATE

This is to certify that the project entitled "Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by ALFATHIMA N. during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Tresa Vincent  
Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising teacher)

Counter signed by,



Mrs. Swapna George

Head of the department  
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : ALFIYA NIZAR**

**REG NO:210021027239**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
21/04/24

*[Handwritten signature]*

19.04.24

**Tresa Vincent**  
**Teacher in charge:**


## CERTIFICATE

This is to certify that the project entitled “**Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education**” submitted in the partial fulfillment of the requirement for the bachelor’s degree award, is a record of the original project done by ALFIYA NIZAR during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Tresa Vincent  
Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising teacher)

Counter signed by,

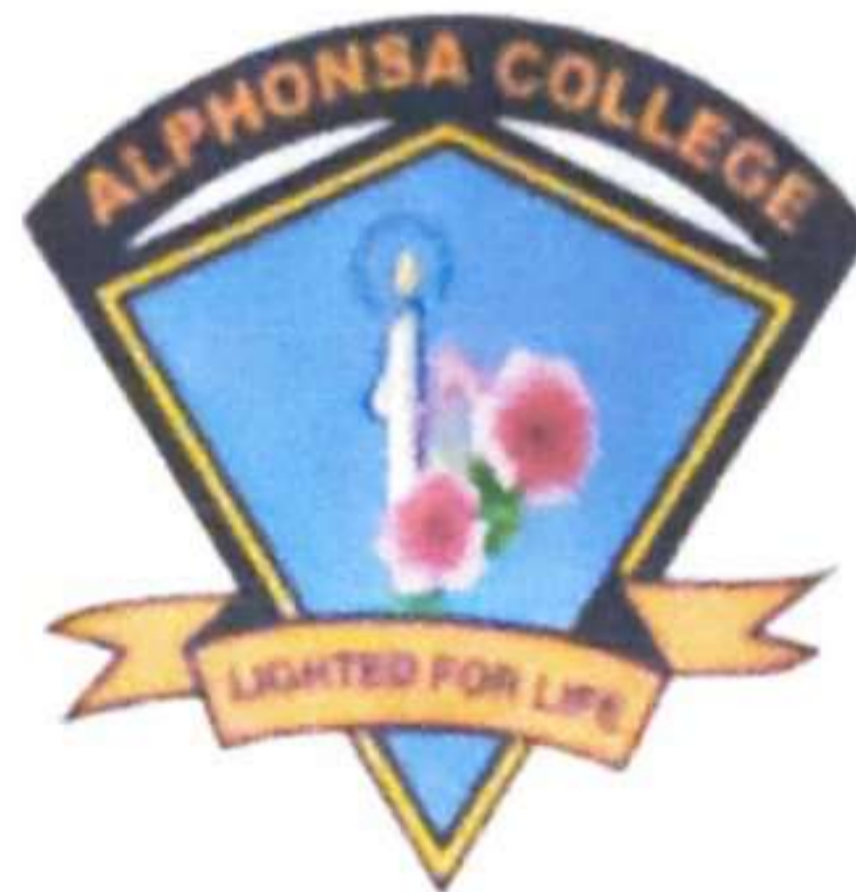
Mrs.  George  
Head of the department  
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**KNOWLEDGE, ATTITUDE AND PRACTICE ON EATING  
DISORDERS AMONG COLLEGE STUDENTS (18-20 YEARS) AND  
IMPACT ON NUTRITIONAL EDUCATION**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : ALEENA REJI**

**REG NO: 210021027238**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24  
Teresa Vincent  
Teacher in charge:

## CERTIFICATE

This is to certify that the project entitled "**Knowledge, Attitude and Practice on Eating Disorder among College Students (18-20 years) and Impact on Nutritional Education**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by ALEENA REGI during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



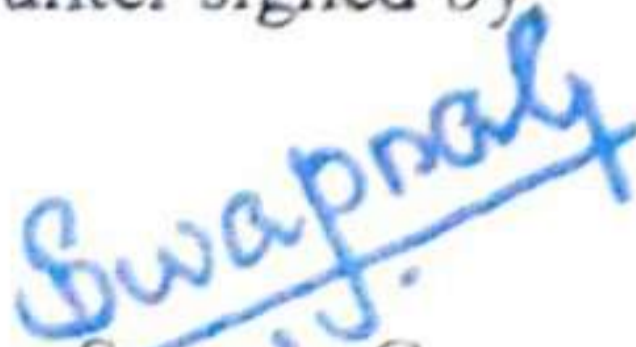
Ms. Tresa Vincent

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

Head of the department

Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
DIETETICS  
ALPHONSA COLLEGE  
PALA

**KNOWLEDGE ATTITUDE AND PRACTISES ON MILLET  
CONSUMPTION AND IMPACT ON NUTRITIONAL EDUCATION  
AMONG COLLEGE STUDENTS (18-23).**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021-2024  
CERTIFIED BONAFIDE PROJECT REPORT  
CN6PRO7**

**NAME: JANET THOMAS  
REG NO: 210021027262**

Date:

Examiner in charge:

*[Handwritten signature]*  
23/04/24

Teacher in charge:

*[Handwritten signature]*  
23/4/24  
Chryelle Marie Bae

## CERTIFICATE

This is to certify that the project, entitled **Knowledge Attitude Practices on Millet Consumption and Impact on Nutritional Education among College Students (18-23)** submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by Janet Thomas (Register No: 210021027262), during the period of study 2021- 24 in the department of Clinical Nutrition and Dietetics Alphonsa College Pala, under our supervision and guidance.

*Chrystle*  
*24/9/24*  
Ms. Chrystle Maria

Department of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Countersigned by

*Swapna*  
*J.*

Mrs. Swapna George

Head of the Department

Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA



B. Sc CLINICAL NUTRITION AND DIETETICS  
2021- 2024

CERTIFIED BONAFIED PROJECT REPORT  
CN6PR07

TOPIC: DEVELOPMENT OF RECIPES USING BANANA  
STEM AND ITS POPULARISATION AMONG ADOLESCENT  
GIRLS

NAME:  
PADMALAKSHMI P.S

REG NO:  
210021027275

Date:

Examiner in charge:

*[Signature]*  
23/04/24

Teacher in charge:

*[Signature]*  
22/4/24  
Christie Marie B.

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF RECIPES USING BANANA STEM AND ITS POPULARISATION AMONG ADOLESCENT GIRLS" submitted in partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by **PADMALAKSHMI P.S (210021027275)** during the period of study (2021-2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Chyde*  
*22/4/24*  
**Ms. Chryde Maria Bose**  
**Dept. of Clinical Nutrition and Dietetics**  
**Alphonsa College, Pala**  
**(Supervising Teacher)**

Counter signed by,

*Swapna*  
*J.*  
**Mrs. Swapna George**

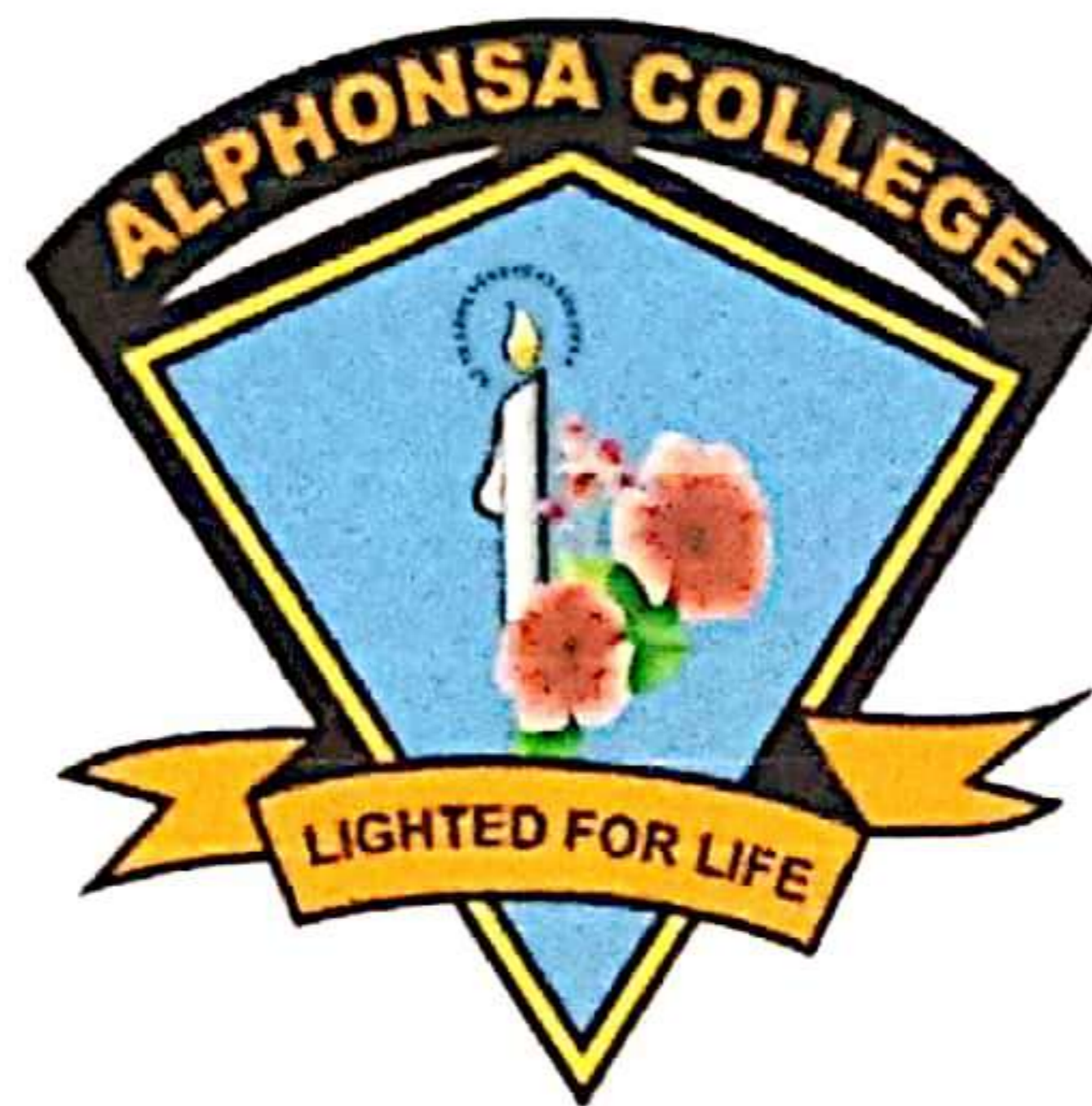
**Head of the Department**  
**Dept. of Clinical Nutrition and Dietetics**

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**DEVELOPMENT OF ENERGY DENSE RECIPES AND ITS  
POPULARIZATION AMONG ATHLETES**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021- 2024  
CERTIFIED BONOFIED PROJECT REPORT  
CN6PR07**

**NAME- ROSE MARIYA SHAJI  
REG NO: 210021027279**

**Examiner in charge:**

**Date:**

*[Handwritten signature]*  
*23/04/24*

**Teacher in charge:**

**Date:**

*Chrystle*  
*22/4/24*

*Chrystle Maria Bose*

## CERTIFICATE

This is to certify that the project entitled ' **Development of energy dense recipes and its popularization among athletes**' submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by **ROSE MARIYA SHAJI (210021027279)** during the period of study (2023-2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance

*Chrystle*  
*22/4/24*

Ms. Chrystle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,

*Swapna*  
*J.*

Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**DEVELOPMENT OF ENERGY DENSE RECIPES AND ITS  
POPULARIZATION AMONG ATHLETES**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021- 2024  
CERTIFIED BONOFIED PROJECT REPORT  
CN6PR07**

**NAME- ROSE MARIA**

**REG NO: 210021027278**

**Examiner in charge:**

**Date:**

*[Signature]*  
23/04/24

**Teacher in charge:**

**Date:**

*[Signature]*  
22/4/24  
Chryelle Maria Bose

## CERTIFICATE

This is to certify that the project entitled 'Development of energy dense recipes and its popularization among athletes' submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by ROSE MARIA (210021027278) during the period of study (2023-2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance

*Chrystle*  
*22/4/24*

Ms. Chrystle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,

*Swapna*  
*J.*

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition and Dietetics

MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA



B.Sc. CLINICAL NUTRITION AND DIETETICS  
2021-2024

CERTIFIED BONAFIED PROJECT REPORT  
CN6PR07

TOPIC: EVALUATING KNOWLEDGE, ATTITUDE,  
PRACTICE OF DIETARY FIBRE AMONG COLLEGE  
STUDENTS AND AN AWARENESS ON ITS CONSUMPTION

NAME: JUNNY SHAJI

REG NO: 210021027266

Date:

Examiner in charge:

*[Signature]*  
23/04/24

Teacher in charge:

*[Signature]*  
23/4/24  
Chrylke Maria Bose

**CERTIFICATE**

This is to certify that the project entitled **Evaluating Knowledge, Attitude, Practice of dietary fibre among college students and an awareness on its consumption in a prominent college at Pala** submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **JUNNY SHAJI (210021027266)** during the period of study (2021 - 2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Chrystle  
23/4/24

Ms. Chrystle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Supervising teacher)

Counter signed by,

Swapna  
S.J.

Mrs. Swapna George

Head of the department

Dept. of Clinical Nutrition and Dietetics



**NUTRITIONAL ASSESSMENT AND AWARENESS REGARDING  
OBESITY ON POLYCYSTIC OVARIAN DISEASE (PCOD) AMONG  
LATE ADOLESCENT GIRLS (18 - 21 YEARS)**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**B.Sc. CLINICAL NUTRITION AND**

**DIETETICS 2021-2024**

**PROJECT REPORT- VI<sup>th</sup> SEMESTER**

**NAME & REG NO: AMKITHA TOMY (210021027240)**

## CERTIFICATE

This is to certify that the project entitled **Nutritional Assessment And Awareness Regarding Obesity On Polycystic Ovarian Disease(PCOD) Among Late Adolescent Girls(18-21 years)** in Alphonsa College, Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by **AMKITHA TOMY**, during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Mrs. Tresa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by,



Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**NUTRITIONAL ASSESSMENT AND AWARENESS REGARDING  
OBESITY ON POLYCYSTIC OVARIAN DISEASE (PCOD) AMONG  
LATE ADOLESCENT GIRLS (18 - 21 YEARS)**

**MAHATMA GANDHI UNIVERSITY**



**ALPHONSA COLLEGE, PALA**

**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME & REG NO: ANN ROSE TOM (210021027245)**

**Date:**

**Examiner in charge**

  
19/04.24 Tresa Vincent  
**Teacher in charge**

## CERTIFICATE

This is to certify that the project entitled **Nutritional Assessment And Awareness Regarding Obesity On Polycystic Ovarian Disease(PCOD) Among Late Adolescent Girls(18-21 years)** in Alphonsa College, Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by ANN ROSE TOM during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



**Mrs. Tresa Vincent**  
(Dept. Of Clinical Nutrition and Dietetics)

Alphonsa College, Pala  
(Supervising teacher)

Counter signed by,



**Mrs. Swapna George**  
(Head of the department)

Dept. Of Clinical Nutrition and Dietetics

**NUTRITIONAL ASSESSMENT AND AWARENESS REGARDING  
OBESITY ON POLYCYSTIC OVARIAN DISEASE (PCOD) AMONG  
LATE ADOLESCENT GIRLS (18 - 21 YEARS)**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT  
CN6PRPO7**

**NAME & REG NO: ANN MARIYA RENJITH (210021027244)**

**Date:**

**Examiner in charge**

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24

**Tresa Vincent  
Teacher in charge**

## CERTIFICATE

This is to certify that the project entitled **Nutritional Assessment And Awareness Regarding Obesity On Polycystic Ovarian Disease(PCOD) Among Late Adolescent Girls(18-21 years)** in Alphonsa College, Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by ANN MARIYA RENJITH, during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Mrs. Tresa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by,



Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**DEVELOPMENT OF ENERGY DENSE RECIPES AND ITS  
POPULARIZATION AMONG ATHLETES**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021- 2024  
CERTIFIED BONOFIED PROJECT REPORT  
CN6PR07**

**NAME- ROSEMARY JOHN  
REG NO: 210021027280**

**Examiner in charge:**

**Date:**

*[Handwritten signature]*  
*23/04/24*

**Teacher in charge:**

**Date:**

*Chrystle*  
*22/4/24*  
*Chrystle Maria Box*

## CERTIFICATE

This is to certify that the project entitled '**Development of energy dense recipes and its popularization among athletes**' submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by **ROSEMARY JOHN (210021027280)** during the period of study (2023-2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance

*Chrysl*  
*12/4/24*

Ms. Chryslle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,

*Swapna*  
*.J.*

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition and Dietetics

**DEVELOPMENT OF ENERGY DENSE RECIPES AND ITS  
POPULARIZATION AMONG ATHLETES**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021- 2024  
CERTIFIED BONOFIED PROJECT REPORT  
CN6PR07**

**NAME- PARVATHY ASHOK  
REG NO: 210021027276**

**Examiner in charge:**

**Date:**

*[Handwritten signature]*  
*22/09/24*

**Teacher in charge:**

**Date:**

*Chryslle*  
*22/9/24*  
*Chryslle Maria Bose*

## CERTIFICATE

This is to certify that the project entitled ' **Development of energy dense recipes and its popularization among athletes**' submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by **PARVATHY ASHOK (210021027276)** during the period of study (2023-2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance

*Chrystle*  
*24/4/24*

Ms. Chrystle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,

*Swapna*  
*.J.*

Ms. Swapna George

Head of the Department

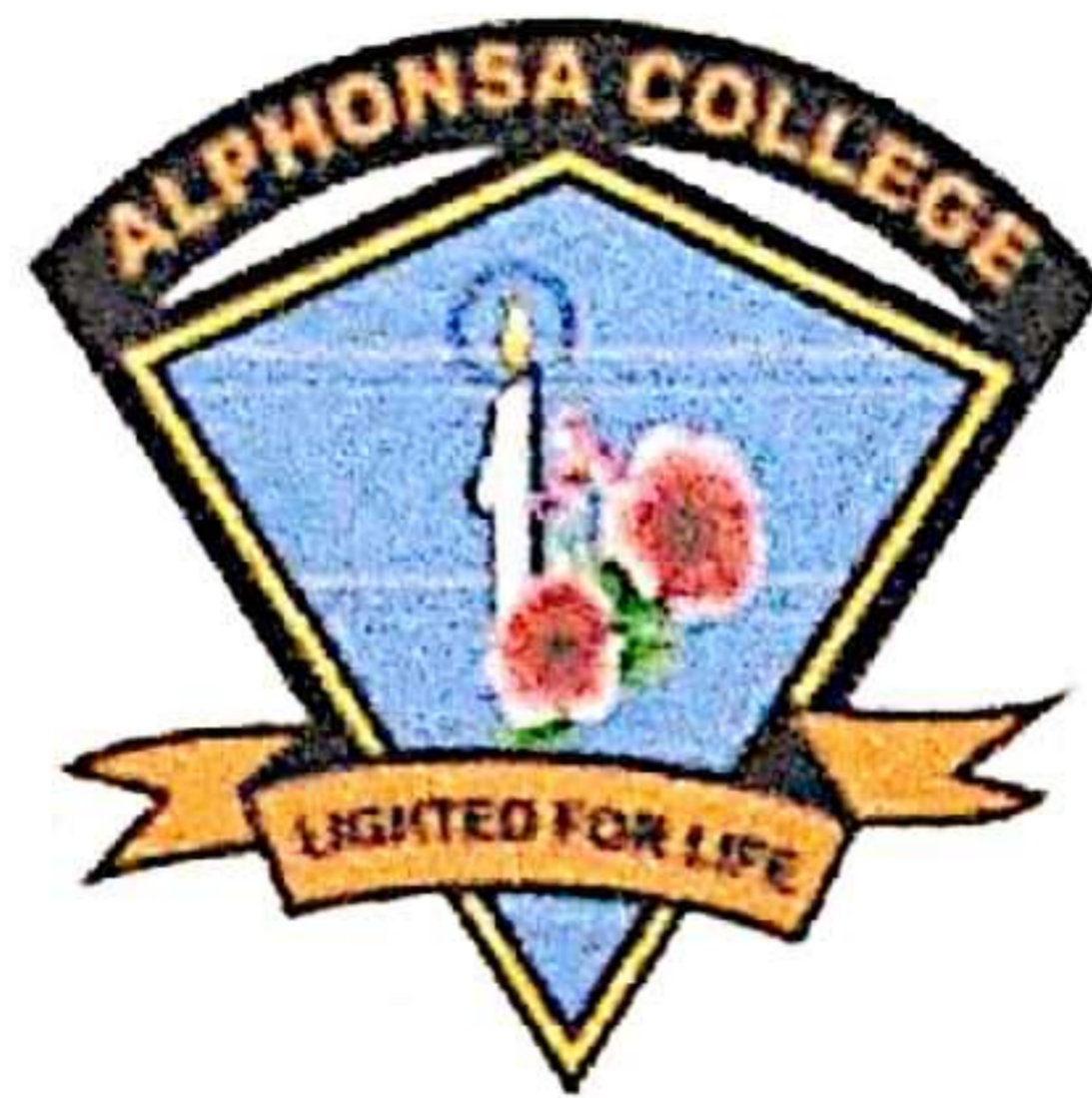
Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**DEVELOPMENT AND POPULARISATION OF  
MILLET- BASED RECIPES AMONG  
COLLEGE STUDENTS**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021-2024  
CERTIFIED BONAFIDE PROJECT REPORT  
CN6PR07**

**NAME: UTHARA**

**REG NO: 210021027289**

**Date:**

**Examiner in charge:**

*[Signature]*  
23/04/24

*Maria*  
15/4

*Christle Maria Box*  
**Teacher in charge:**

## CERTIFICATE

This is to certify that the project, entitled **Development and popularisation of millet-based recipes among college students** submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by Uthara (210021027289) during the period of study 2021-2024 in the Department of Clinical Nutrition and Dietetics Alphonsa College, Pala, under our supervision and guidance.

*Chrystle*  
*15/4/24*

**Ms. Chrystle Maria**

**Dept. of Clinical Nutrition and Dietetics**

**Alphonsa College, Pala**

**(Supervising Teacher)**

**Counter signed by,**

*Swapna*  
*J.*

**Mrs. Swapna George**

**Head of the Department**

**Dept. of Clinical Nutrition and Dietetics**

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**NUTRITIONAL STATUS ASSESSMENT AND EDUCATION  
AMONG POST MENOPAUSAL WOMEN ( 45-55 YEARS) IN  
ARUNAPURAM LOCALITY**

**MAHATMA GANDHI UNIVERSITY  
ALLPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : ANUGRAHA P M**

**REG NO : (21002027246)**

**Date :**

**Examiner in charge:**



*Completed*  
*11.04.24*  
**Tresa Vincent**  
**Teacher in charge:**

## CERTIFICATE

This is to certify that the project entitled Nutritional status assessment and education among postmenopausal women between 45-55 years in Arunapuram at Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by ANUGRAHA PM during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance



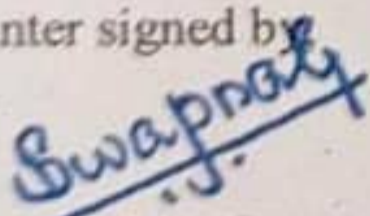
Mrs. Treesa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by



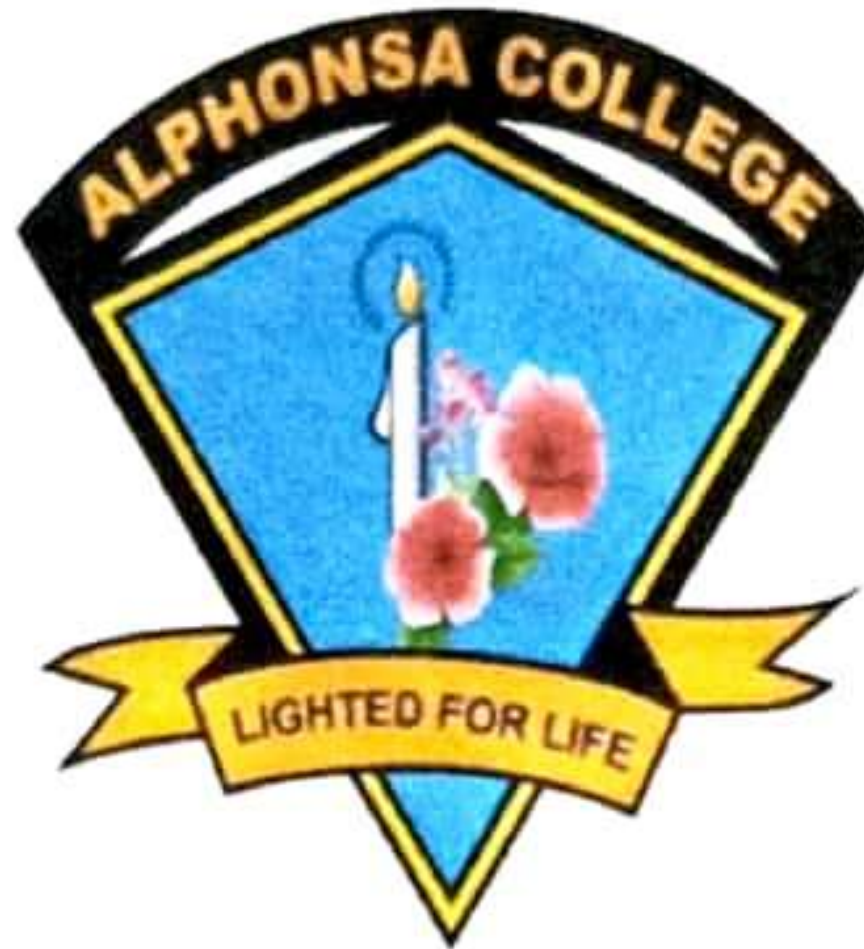
Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**B.Sc. CLINICAL NUTRITION AND DIETETICS  
2021- 2024**

**CERTIFIED BONAFIED PROJECT REPORT  
CN6PR07**

**TOPIC: EVALUATING KNOWLEDGE, ATTITUDE,  
PRACTICE OF DIETARY FIBRE AMONG COLLEGE  
STUDENTS AND AN AWARENESS ON ITS CONSUMPTION**

**NAME: JYOLSNA VINU  
REG NO: 210021027267**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
25/04/24

**Teacher in charge:**

*[Handwritten signature]*  
22/4/24  
Christie Maria Bose

## CERTIFICATE

This is to certify that the project entitled **Evaluating Knowledge, Attitude, Practice of dietary fibre among college students and an awareness on its consumption in a prominent college at Pala** submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **JYOLSNA VINU (210021027267)** during the period of study (2021-2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Chrystle*  
*24/4/24*  
Ms. Chrystle Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Supervising teacher)

Counter signed by,

*Swapna*  
Mrs. Swapna George

Head of the Department

Dept. of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**NUTRITIONAL ASSESSMENT AND AWARENESS REGARDING  
OBESITY ON POLYCYSTIC OVARIAN DISEASE (PCOD) AMONG  
LATE ADOLESCENT GIRLS (18 - 21 YEARS)**

**MAHATMA GANDHI UNIVERSITY**



**ALPHONSA COLLEGE, PALA**

**BSc. CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRPO7**

**NAME : AMRUTHA S**

**REG NO : 210021027242**

**Date:**

**Examiner in charge**

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24.  
**Thesa Vincent**  
**Teacher in charge**

## CERTIFICATE

This is to certify that the project entitled **Nutritional Assessment And Awareness Regarding Obesity On Polycystic Ovarian Disease(PCOD) Among Late Adolescent Girls(18-21 years)** in Alphonsa College, Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by **AMRUTHA S.** during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Mrs. Tresa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by,

Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**NUTRITIONAL STATUS ASSESSMENT AND EDUCATION  
AMONG POST MENOPAUSAL WOMEN ( 45-55 YEARS) IN  
ARUNAPURAM LOCALITY**

**MAHATMA GANDHI UNIVERSITY  
ALLPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

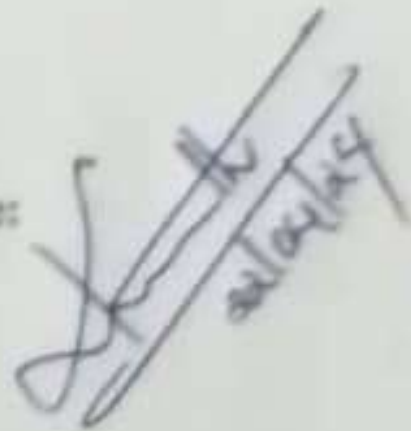
**CN6PRP07**

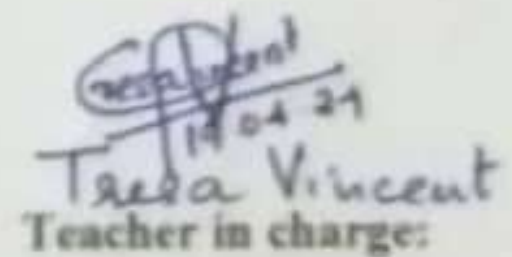
**NAME : BEEMA S**

**REG NO : (210021027251)**

Date :

Examiner in charge:



  
Tresa Vincent  
Teacher in charge:

## CERTIFICATE

This is to certify that the project entitled Nutritional status assessment and education among postmenopausal women between 45-55 years in Arunapuram at Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by BEEMA S S during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance



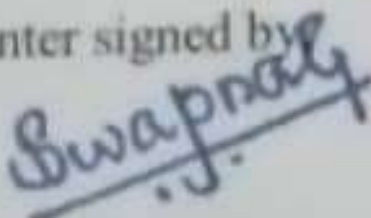
Mrs. Treesa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**NUTRITIONAL STATUS ASSESSMENT AND EDUCATION  
AMONG POST MENOPAUSAL WOMEN ( 45-55 YEARS) IN  
ARUNAPURAM LOCALITY**

**MAHATMA GANDHI UNIVERSITY  
ALLPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : ARCHA AJIKUMAR**

**REG NO : (210021027248)**

Date :

Examiner in charge:

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24

*Tresa Vincent*  
Teacher in charge:

## CERTIFICATE

This is to certify that the project entitled Nutritional status assessment and education among postmenopausal women between 45-55 years in Arunapuram at Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by ARCHANA AJIKUMAR during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance



Mrs. Treesa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**NUTRITIONAL STATUS ASSESSMENT AND EDUCATION  
AMONG POST MENOPAUSAL WOMEN ( 45-55 YEARS) IN  
ARUNAPURAM LOCALITY**

**MAHATMA GANDHI UNIVERSITY  
ALLPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME : APARNA SEKHAR**

**REG NO: (210021027247)**

**Date :**

**Examiner in charge:**

*[Handwritten signature]*  
21/04/24

*[Handwritten signature]*  
19.04.24  
Tresa Vincent  
Teacher in charge:

## CERTIFICATE

This is to certify that the project entitled Nutritional status assessment and education among postmenopausal women between 45-55 years in Arunapuram at Pala submitted in the partial fulfilment of the requirement for the bachelor's degree award, is a record of the original project done by APARNA SEKHAR during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance

Mrs. Treesa Vincent

Dept. Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by,

Mrs. Swapna George

Head of the department

Dept. Of Clinical Nutrition and Dietetics

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME: HANEENA M I**

**REG NO: 210021027257**

Date: 19-04-2024

Examiner in charge:

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24  
Tresa Vincent  
Teacher in charge:

## CERTIFICATE

This is to certify that this project, entitled "Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by HANEENA M I (210021027257) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.

Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by

Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

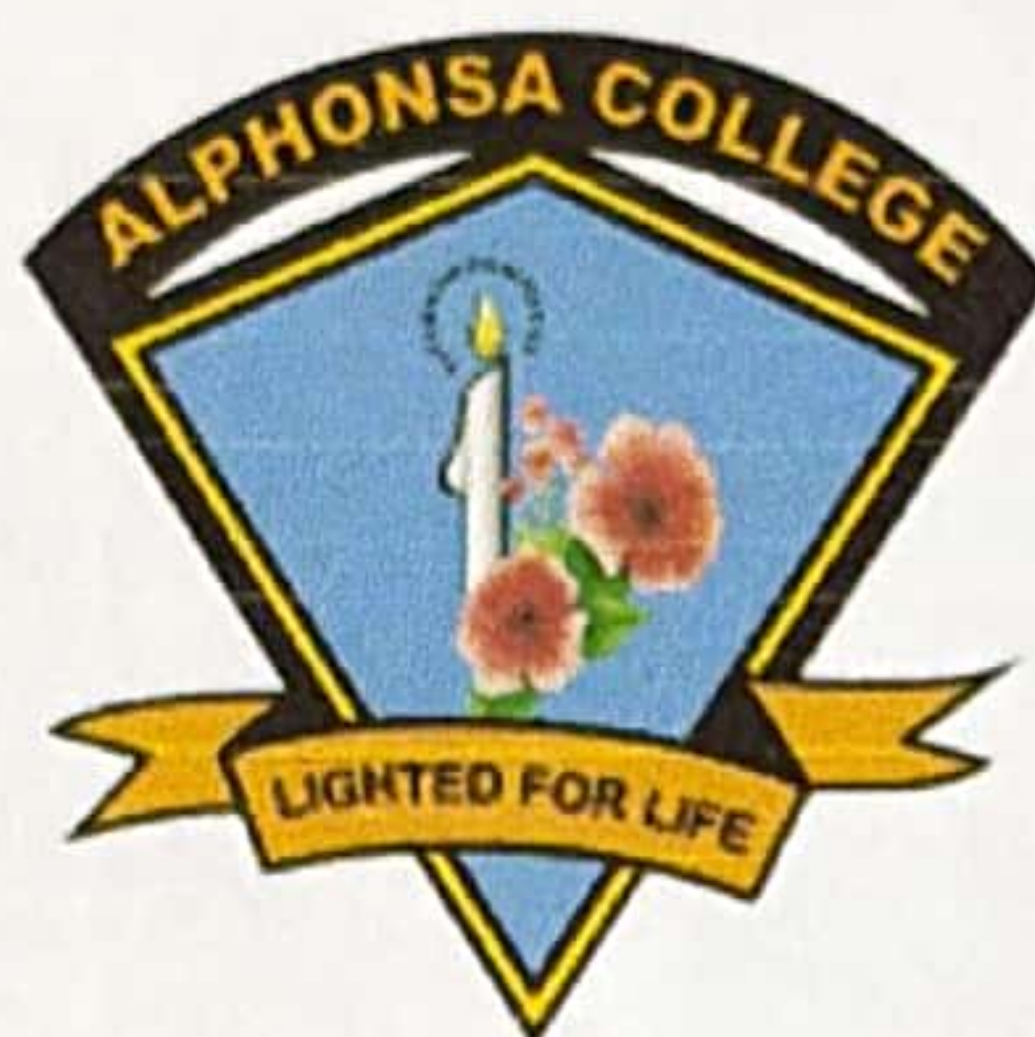
DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA  
AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME: GOWRIPRIYA LAL**

**REG NO: 210021027256**

**Date:**

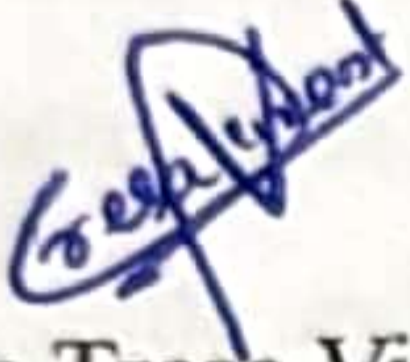
**Examiner in charge:**

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24  
**Tresa Vincent**  
**Teacher in charge:**

## CERTIFICATE

This is to certify that this project, entitled "**Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by GOWRIPRIYA LAL (210021027256) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.



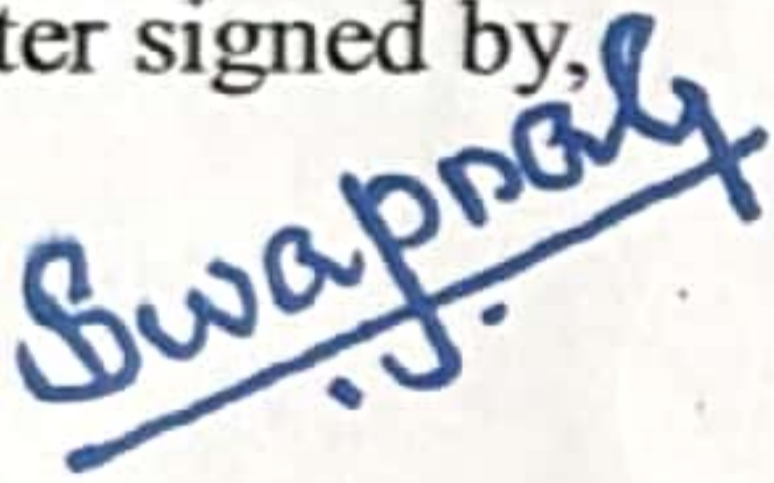
Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,



Ms. Swapna George

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

Head of the Department

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA  
AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021-2024  
CERTIFIED BONAFIDE PROJECT REPORT  
CN6PRP07**

**NAME: DEVIKA C D  
REG NO: 210021027252**

**Date:**

**Examiner in charge:**

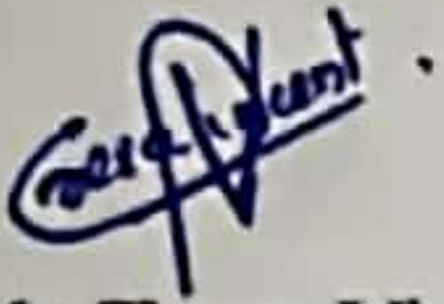
*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24

**Tresa Vincent  
Teacher in charge:**

## CERTIFICATE

This is to certify that this project, entitled "**Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by DEVIKA C D (210021027252) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.



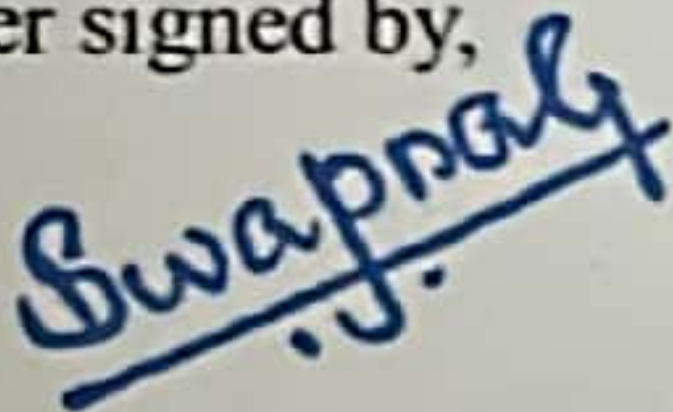
Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,



Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA  
AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS  
2021-2024  
CERTIFIED BONAFIDE PROJECT REPORT  
CN6PRP07**

**NAME: DEVIKA S  
REG NO: 210021027253**

**Date: 19-04-2024**

**Examiner in charge:**

A handwritten signature in blue ink, appearing to be 'S. S. S.', with the date '22/04/24' written below it.

A handwritten signature in blue ink, appearing to be 'Tresa Vincent', with the date '19.04.24' written below it.  
**Teacher in charge:**

## CERTIFICATE

This is to certify that this project, entitled "Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by DEVIKA S (210021027253) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.



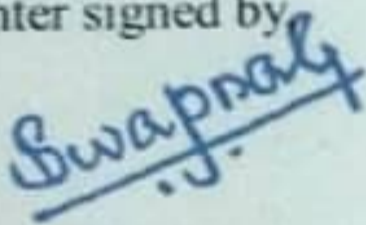
Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by



Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition And Dietetics

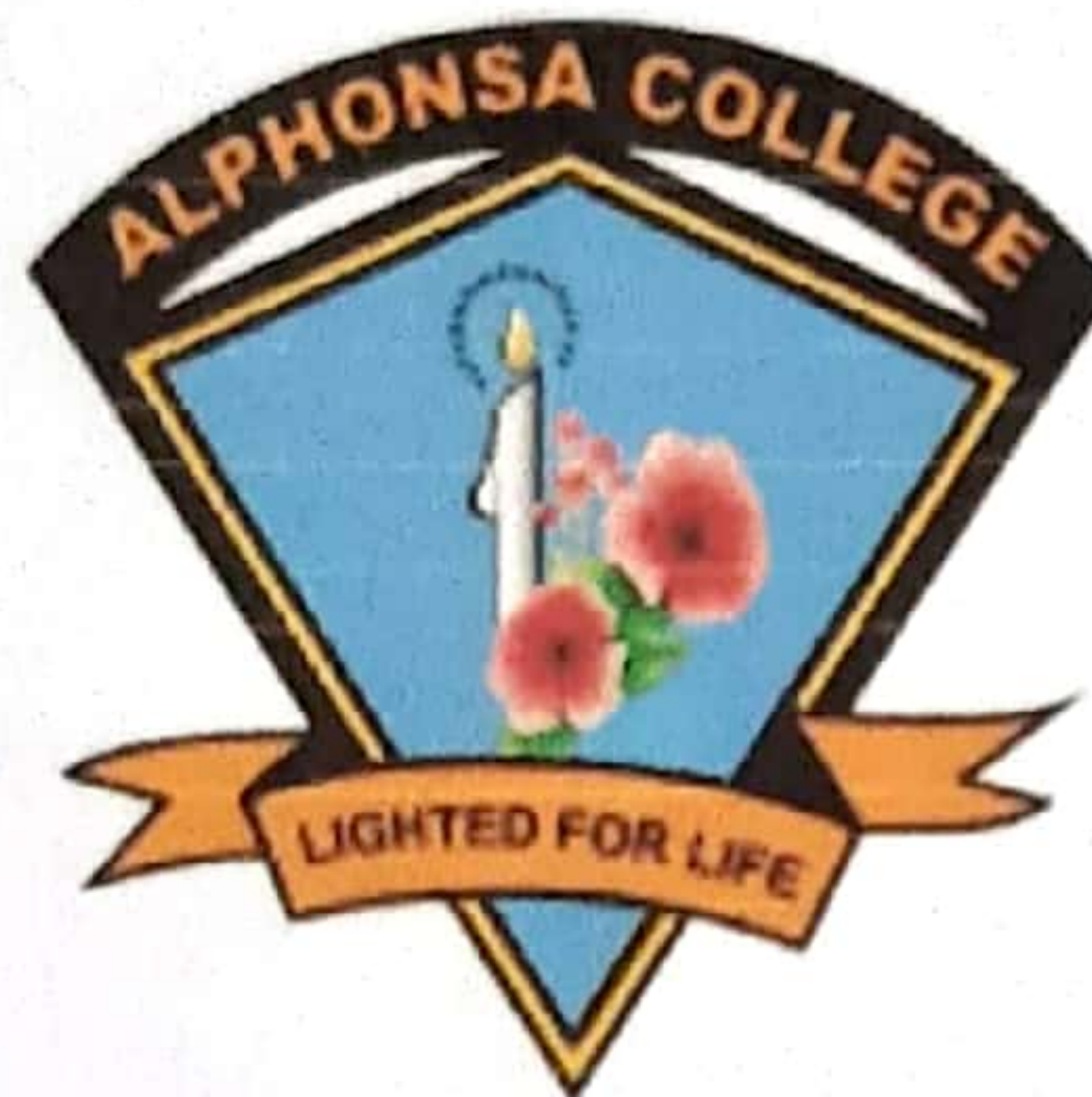
Alphonsa College, Pala

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA  
AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME: GOPIKA S NAIR**

**REG NO: 210021027255**

**Date: 19-04-2024**

**Examiner in charge:**

A handwritten signature in blue ink, appearing to be 'S. Nair', written over a horizontal line.

A handwritten signature in blue ink, appearing to be 'Taesa Vincent', written over a horizontal line.  
**Teacher in charge:**

## CERTIFICATE

This is to certify that this project, entitled "**Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by GOPIKA S NAIR (210021027255) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.



Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by



Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**DEVELOPMENT OF RECIPES FOR IRON DEFICIENCY ANEMIA  
AND  
ITS POPULARIZATION AMONG ADOLESCENT GIRLS (18-20years)**

**MAHATMA GANDHI UNIVERSITY**

**ALPHONSA COLLEGE, PALA**



**BSc CLINICAL NUTRITION AND DIETETICS**

**2021-2024**

**CERTIFIED BONAFIDE PROJECT REPORT**

**CN6PRP07**

**NAME: FATHIMA N**

**REG NO: 210021027254**

**Date:**

**Examiner in charge:**

*[Handwritten signature]*  
22/04/24

*[Handwritten signature]*  
19.04.24

**Teresa Vincent**  
**Teacher in charge:**

## CERTIFICATE

This is to certify that this project, entitled "**Development of Recipes for Iron Deficiency Anemia and Its Popularization Among Adolescent Girls(18-20years)**" submitted in the partial fulfillment of the requirement for the bachelor's degree award, is a record of the original project done by FATHIMA N (210021027254) during the period of study 2021-2024 in the Department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under our supervision and guidance.

Ms. Tresa Vincent

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by

Ms. Swapna George

Head of the Department

Dept. of Clinical Nutrition And Dietetics

Alphonsa College, Pala

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA