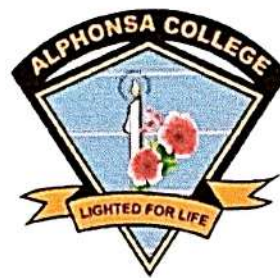


**DEVELOPMENT OF RECIPES USING CHIA SEEDS AND ITS
POPULARISATION AMONG EARLY ADULTS**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024**

**CERTIFIED BONAFIDE PROJECT REPORT
HS030402**

**NAME: NEHA CHERIYAN
REGISTER NO: 220011017908**

Date:

Examiner in charge

Teacher in charge
Tresa Vincent
24.07.24

CERTIFICATE

This is to certify that the project entitled “**Development of Recipes Using Chia seeds and its popularisation among Early Adults**” submitted in partial fulfillment of the requirement for the Masters Degree Award, is a record of the original project done by **NEHA CHERIYAN (220011017908)** during the period of study (2024) in the department of Clinical Nutrition And Dietetics, Alphonsa College, Pala under the supervision and guidance of **Ms. Tresa Vincent**.



Ms. Tresa Vincent

Department Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising Teacher)

Counter signed by,



Mrs. Swapna George

Head of the Department

Department Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

SWAPNA GEORGE

Head of the Department

Department of Clinical Nutrition & Dietetics

Alphonsa College, Pala

**DEVELOPMENT OF RECIPES USING LITTLE MILLET AND
ITS POPULARISATION AMONG ADOLESCENTS**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIDE BONAFIDE PROJECT REPORT

HS030402

NAME: SIYA PAUL

REG NO: 220011017910


Date:

Examiner in charge

Teacher in charge
Teresa Vincent

CERTIFICATE

This is to certify that the project entitled **Development of Recipes Using Little Millet and its Popularisation Among Adolescents** submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **SIYA PAUL** (220011017910) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Miss. Tresa Vincent

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

Head of the Department

Clinical Nutrition and Dietetics

Alphonsa College Pala

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF RECIPES USING HORSE GRAM AND
ITS POPULARISATION AMONG MIDDLE AGED GROUP**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIDE BONAFIDE PROJECT REPORT

HS030402

NAME: NEGHA REJI

REG NO: 220011017907

Date:

Examiner in charge

Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project entitled “**Development of Recipes Using Horse gram and Its Popularization Among Middle Aged Group**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **NEGHA REJI** (220011017907) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under the supervision and guidance of **Ms.TRESA VINCENT**



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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024**

**PROJECT REPORT
SEMESTER IV**

CERTIFIED BONAFIDE RECORD OF

NAME: MEGHA FRANCIS

REGISTER NO: 220011017906


**EXTERNAL EXAMINER IN
CHARGE**


LECTURER

ALPHONSA COLLEGE, PALA

Chrystle Maria Boxe

CERTIFICATE

This is to certify that the project entitled "DEVELOPMENT OF COST-EFFECTIVE RECIPES USING DRUMSTICK LEAVES AND IT'S POPULARISATION AMONG ADOLESCENT GIRLS" submitted in partial fulfillment of the requirement for the MASTERS DEGREE AWARD, is a record of the original project done by MEGHA FRANCIS (220011017906) during the period of study (2024) in the department of CLINICAL NUTRITION AND DIETETICS, ALPHONSA COLLEGE, PALA under the supervision and guidance of Miss. CHRYSTLE MARIA BOSE.

Christle Maria

Miss Chrystle Maria Bose

Supervising Teacher

Department Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

Counter signed by,

Swapna George

Mrs. Swapna George

Head of the Department

Department Of Clinical Nutrition and Dietetics

Alphonsa College, Pala

SWAPNA GEORGE

Head of the Department

Department of Clinical Nutrition & Dietetics

Alphonsa College, Pala

**DEVELOPMENT OF NUTRITIOUS RECIPES USING
GREEN FIG AND ITS POPULARISATION AMONG
WOMEN**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: VIDHYA VIJAYAN

REG NO: 220011017913

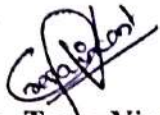
Date:

Examiner in charge

Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project report entitled “**Development of Nutritious Recipes Using Green fig and its Popularisation Among Women**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **VIDHIYA VIJAYAN(220011017913)** 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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**FOXTAIL MILLET RECIPE DEVELOPMENT:
CULINARY INNOVATION AND POPULARISATION AMONG
ADOLESCENT GIRLS**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: VINEETHA MARY MATHEW

REG NO: 220011017914

Date:

Examiner in charge

A handwritten signature in black ink, appearing to be 'Vineetha Mathew', written over the printed text 'Examiner in charge'.

Teacher in charge

Chrystle Maria Bose

Mania
24/7/24

CERTIFICATE

This is to certify that the project report entitled “**Foxtail Millet Recipe Development: Culinary Innovation and Popularization Among Adolescent Girls**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **VINEETHA MARY MATHEW** (220011017914) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Ms. Chrystle Maria Bose
24/7/24

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Project Guide)

Counter signed by,

Swapna
S. J.

Mrs. Swapna George

Head of the department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**“DEVELOPMENT OF COST-EFFECTIVE RECIPES
USING POTATO PEEL AND
ITS POPULARIZATION AMONG MIDDLE AGED
(40-50 YEARS)”**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024**

**CERTIFIED BONAFIDE PROJECT REPORT
HS030402**

**NAME: ANJANA M REGHU
REGISTER NO: 220011017895**

Date:

Examiner in charge

**Teacher in charge
Teresa Vincent**

CERTIFICATE

This is to certify that the project report entitled "Development of cost-effective recipes using Potato Peel and its popularization among middle aged" submitted in partial fulfillment of the requirement for the master's degree award, is a record of the original project done by ANJANA M REGHU (220011017895) during the period of study (2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Miss Tresa Vincent

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by,



Mrs. Swapna George

Head of Department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE

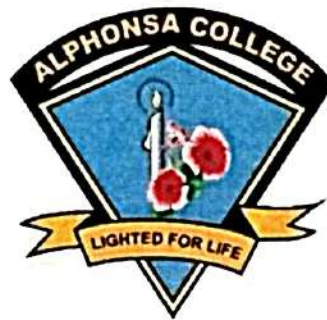
Head of the Department

Department of Clinical Nutrition & Dietetics

Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING PUMPKIN PEEL
AND POPULARISATION AMONG ADOLESCENT GIRLS**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024**

**PROJECT REPORT
SEMESTER IV**

CERTIFIED BONAFIDE RECORD OF

NAME: ASWATHY K U

REGISTER NO: 220011017901


Date:

Examiner in charge

**Teacher in charge
Tresa Vincent**

CERTIFICATE

This is to certify that the project entitled “**DEVELOPMENT OF COST-EFFECTIVE RECIPES WITH PUMPKIN PEEL AND POPULARISATION AMONG ADOLESCENT GIRLS**” submitted in partial fulfillment of the requirement for the **MASTERS DEGREE AWARD**, is a record of the original project done by **ASWATHY K U (220011017901)** during the period of study (2024) in the department of **CLINICAL NUTRITION AND DIETETICS**, **ALPHONSA COLLEGE, PALA** under the supervision and guidance of **Miss. TRESA VINCENT**



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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING
NUTMEG FRUIT AND ITS POPULARISATION AMONG
ADULT WOMEN**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: JYOSLIN JOHN

REG NO: 220011017903


Date:

Examiner in charge

Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project report entitled “Development of cost-effective recipes using Nutmeg fruit and its popularisation among adult women” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **JYOSLIN JOHN** (220011017903) 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 sign



Mrs. Swapna George

Head of the department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**“DEVELOPMENT OF COST-EFFECTIVE RECIPES
USING WATERMELON RIND AND
ITS POPULARIZATION AMONG MIDDLE AGED
(40-50 YEARS)”**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



M.Sc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: KESIYA SABU

REGISTER NO: 220011017904

Date:

Examiner in charge

(Signature)
24.07.24
Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project report entitled “Development of Cost -effective recipes using Watermelon Rind and its popularization among middle aged” submitted in partial fulfillment of the requirement for the master’s degree award, is a record of the original project done by **KESIYA SABU (220011017904)** during the period of study (2024) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Miss Tresa Vincent

Dept. of Clinical Nutrition and Dietetics

Alphonsa College, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

Head of Department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF NUTRITIOUS RECIPES USING
BANANA LEAF JUICE AND ITS POPULARISATION AMONG
ADULTS GIRLS**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: LAVANYA. S

REG NO: 220011017905

Date:

Examiner in charge

Certified
26.07.24
Teacher in charge
Teresa Vincent

CERTIFICATE

This is to certify that the project report entitled "**Development of nutritious recipes using banana leaf juice and its popularisation among adults girls**" submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **LAVANYA.S** (220011017905) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Trega Vincent

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Supervising teacher)

Counter signed by



Mrs. Swapna George

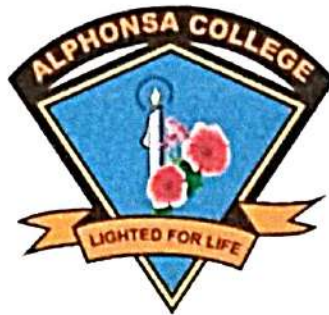
Head of the department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING
TAMARIND SEED AND ITS POPULARISATION AMONG
PRE-SCHOOL CHILDREN**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024
CERTIFIED BONAFIDE PROJECT REPORT
HS030402**

**NAME: PUNYA K
REGISTER NO: 220011017909**

DATE:

EXAMINER IN CHARGE

TEACHER IN CHARGE

Mania
24/7/24
Chrystle Maria Bose

CERTIFICATE

This is to certify that the project entitled “**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING TAMARIND SEED AND ITS POPULARISATION AMONG PRE-SCHOOL CHILDREN**” submitted in partial fulfillment of the requirement for the **MASTERS DEGREE AWARD**, is a record of the original project done by **PUNYA K (220011017909)** during the period of study (2024) in the department of **CLINICAL NUTRITION AND DIETETICS, ALPHONSA COLLEGE, PALA** under the supervision and guidance of **Miss. CHRYSTLE MARIA BOSE**.

Christle Maria
Miss Chrystle Maria Bose
Supervising Teacher
Department of Clinical Nutrition and Dietetics
Alphonsa College, Pala

Counter signed by,

Swapna
Mrs. Swapna George
Head of the Department
Clinical Nutrition and Dietetics
Alphonsa College Pala

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE
RECIPES USING PUMPKIN PLANT STEM AND
ITS POPULARISATION AMONG
YOUNG ADULTS**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024
CERTIFIDE BONAFIDE PROJECT REPORT
HS030402**

NAME : ARUNDHATHY S

REG NO : 220011017899

Date:

Examiner in charge

**Teacher in charge
Teresa Vincent**

CERTIFICATE

This is to certify that the project entitled Development of cost-effective recipes using banana peel and its popularisation among adolescent girls submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **ARUNDHATHY S (220011017899)** 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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING INDIAN
BORAGE LEAVES AND ITS POPULARISATION AMONG OLD AGED
WOMEN**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS 2022-2024

CERTIFICATE BONAFIDE PROJECT REPORT

HS030402

NAME: ANJITHA MENON

REG NO: 220011017897

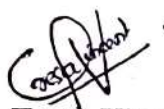
Date:

Examiner in charge

Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project entitled **Development of cost-effective recipes using Indian borage leaves and its popularization among old aged women** submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **ANJITHA MENON (210011017897)** 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**

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF NUTRITIOUS RECIPES USING
SUNFLOWER SEEDS AND ITS POPULARISATION AMONG
MIDDLE AGE ADULTS (40-59)**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: HAYRUNNISA.AK

REG NO: 220011017902

Date:

Examiner in charge

Teacher in charge

Chrystle Maria Bose

CERTIFICATE

This is to certify that the project report entitled “**Development of nutritious recipes using sunflower seeds and its popularisation among middle age adults (40-59)**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **HAYRUNNISA.AK** (220011017902) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Marie

Ms. Chryster Maria Bose

Dept. of Clinical Nutrition and Dietetics

Alphonsa college, Pala

(Supervising teacher)

Counter signed by

Swapna G.

Mrs. Swapna George

Head of the department

Dept. of Clinical Nutrition and Dietetics

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF NUTRITIOUS RECIPES USING
BANANA STEM AND ITS POPULARISATION AMONG
DIABETIC PATIENTT (55-70)**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: ARYA ANIL

REG NO: 220011017900

Date:

Examiner in charge

Teacher in charge

CERTIFICATE

This is to certify that the project report entitled “**Development of nutritious recipe banana stem and its popularisation among middle age adults (40-59)**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **ARYA ANIL(220011017900)** during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Ms. Chryster Maria Bose

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

MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS
2022-2024
CERTIFIDE BONAFIDE PROJECT REPORT
HS030402

NAME: ANJANA RAJU
REG NO: 210011017896

Date:

Examiner in charge

Teacher in charge

Chrystle Maria Box

CERTIFICATE

This is to certify that the project entitled "**Development of recipes using Pumpkin leaves and its Popularisation among Adolescent girls**" submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **ANJANA RAJU** (220011017896) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance of **Ms. Chrystle Maria Bose**.

Marie

Ms. Chrystle Maria Bose
Dept. of Clinical Nutrition and Dietetics
Alphonsa college, Pala
(Supervising Teacher)

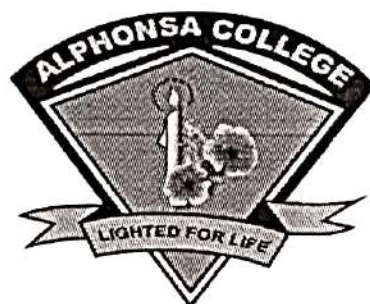
Counter signed by,

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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF NUTRITIOUS RECIPES
USING LOTUS SEEDS AND ITS
POPULARISATION AMONG
HOUSEWIVES**

**MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE, PALA**



**M.Sc. CLINICAL NUTRITION AND DIETETICS
2022-2024
CERTIFIDE BONAFIDE PROJECT REPORT
HS030402**

**NAME : ARCHANA C A
REG NO : 220011017898**

Date:

Examiner in charge

Maria
24/7/24
Teacher in charge
Chrystle Maria Bose

CERTIFICATE

This is to certify that the project entitled “Development of nutritious recipes using Lotus seeds and its popularisation among House wives” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by ARCHANA C A (220011017898) during the period of study (2022 - 2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Marie
Ms. Chrystle 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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST EFFECTIVE RECIPES USING
GUAVA LEAVES AND ITS POPULARISATION AMONG
LATE MIDDLE AGE(45-59 YEARS)**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: ALEENA VARGHESE

REG NO: 220011017894

Date:

Examiner in charge

Teacher in charge
Tresa Vincent

CERTIFICATE

This is to certify that the project report entitled “**Development of cost effective recipes using guava leaves and its popularisation among late middle age (45-59Years)**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **ALEENA VARGHESE (220011017894)** 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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF COST-EFFECTIVE RECIPES USING
JACKFRUIT SEED AND IT'S POPULARIZATION AMONG
EARLY ADULTHOOD (20-39 YEARS)**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: VENI.S

REG NO: 220011017912

Date:

Examiner in charge

A handwritten signature in black ink, appearing to be "V.S.", written over a set of diagonal lines.

Teacher in charge

Chrystle Maria Bose

Manik
25/7/24

CERTIFICATE

This is to certify that the project report entitled "Development Of Cost-Effective Recipes Using Jackfruit Seed And It's Popularization Among Early Adulthood (20-39 Years)" submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by VENUS (220011017912) during the period of study (2024) in the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Marie

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

SWAPNA GEORGE
Head of the Department
Department of Clinical Nutrition & Dietetics
Alphonsa College, Pala

**DEVELOPMENT OF RECIPES USING
WATERMELON SEED AND ITS POPULARIZATION AMONG
ADOLESCENT GROUP**

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



MSc. CLINICAL NUTRITION AND DIETETICS

2022-2024

CERTIFIED BONAFIDE PROJECT REPORT

HS030402

NAME: SUMILA SHAJI

REG NO: 220011017911

Date:

A handwritten signature in black ink, appearing to be 'S. S.', written over two parallel horizontal lines.

Examiner in charge

A handwritten signature in black ink, appearing to be 'Teresa Vincent', with the date '21-07-24' written below it.
Teacher in charge
Teresa Vincent

CERTIFICATE

This is to certify that the project report entitled “**Development of Recipes Using Watermelon seed And its Popularization Among Adolescent group**” submitted in the partial fulfilment of the requirement for the master degree award, is a record of the original project done by **SUMILA SHAJI** (220011017911) 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

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SWAPNA GEORGE
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