**ALPHONSA COLLEGE PALA**

**ACADEMIC EXTENSION ACTIVITIES 2013-2018**

1. **DEPARTMENT OF BOTANY**

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| **Name of the activity** | **Organising unit/ agency/ collaborating agency** | **Year of the activity** |
| A brief study of certain medicinal plants and inflammatory agents in the campus | Department of Botany | 2013-14 |
| A brief study of certain medicinal plants in the campus as antioxidants | Department of Botany | 2013-14 |
| A brief study of certain medicinal plants with antiulcer activity in the campus | Department of Botany | 2014-15 |
| A brief study of certain horticultural plants with economic importance in Bharananganam Panchayathu | Department of Botany and Bharananganam Panchayathu | 2015-16 |
| A brief study of certain Medicinal plants used against skin diseases in Pala Municipality | Department of Botany and Pala Municipality | 2016-17 |
| Study of horticultural plants in campus flora | Department of Botany | 2017-18 |
| Students participated in Plant Biodiversity Register (PBR) data collection. | Department of Botany and Pala Municipality | 2013-14 and  2017-18 |
| Identification and taxonomic study of campus flora belonging to the family to the family Rubiaceae | Department of Botany | 2017-18 |
| A brief study of certain plants used against Ocular diseases in the campus | Department of Botany | 2017-18 |
| Brief study of latex producing plants in Pala municipality | Department of Botany | 2017-18 |
| BMI check-up, nutritional advices and Physiotherapy Consultation for the students. | Department of Sports Nutrition and Physiotherapy | 2016-17  2017-18 |
| Participation in medical team for Kerala State School Games held at Pala | Department of Sports Nutrition and Physiotherapy  and RIMS Hospital, Erattupetta. | 2017-18 |

1. **DEPARTMENT OF ZOOLOGY**

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| **Name of the activity** | **Organising unit/ agency/ collaborating agency** | **Year of the activity** |
| Water Audit | Department of Zoology | 2017-18 |
| Meenachil River Study | Department of Zoology | 2017-18 |
| Water quality analysis | Department of Zoology | 2017-18 |
| Training programme in vermin composting | Department of Zoology and CRSS, Pala | 2016-17 |
| Training programme in Sericulture | Department of Zoology and CRSS, Pala | 2015-16 |

1. **DEPARTMENT OF PHYSICS**

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| **Name of the activity** | **Organising unit/ agency/ collaborating agency** | **Year of the activity** |
| Energy Conservation (Students distributed leaflets with energy conservation directives as part of the National Energy Conservation Day.) | Department of Physics | 2017-18 |
| Energy Audit (Audit was conducted among the family of the students of the department. Awareness about use of LED and energy saving methods was spread among them. Importance of star rating of electrical equipments was stressed) | Department of Physics | 2016-17 |

1. **DEPARTMENT OF SPORTS NUTRITION AND PHYSIOTHERAPY**

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| **Name of the activity** | **Organising unit/ agency/ collaborating agency** | **Year of the activity** |
| First aid and Emergency care for contestants in SHIKHARA –national level dance fest conducted. | Dept. of Sports Nutrition and Physiotherapy | 2016-17 |
| BMI check-up, nutritional advices and Physiotherapy Consultation for the students. | Dept. of Sports Nutrition and Physiotherapy | 2016-17  2017-18 |
| Participation in medical team for Kerala State School Games held at Pala | Dept. of Sports Nutrition and Physiotherapy  and RIMS Hospital, Erattupetta. | 2017-18 |

1. **DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS**

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| **Name of the activity** | **Organising unit/ agency/ collaborating agency** | **Year of the activity** |
| Formulation And Nutrient Analysis of Jack Fruit Seed Flour Based Recipes And Its Popularisation Among House Wives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Food Safety And Hygiene Measures Adopted Among Employees of Different Catering Units In Meenachil Taluk, Kottayam | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation And Nutrient Analysis of Plantain Flower Based Recipes And its Popularization Among Housewives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Incorporation And Nutrient Analysis of Colocassia Based Recipes And Its Popularisation Among House Wives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Incorporation And Nutrient Analysis of Chekkurmanis Based Recipes And Its Popularisation Among House Wives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation And Nutrient Analysis of Plantain Stem Based Recipes And Its Popularisation Among House Wives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Assessment of Nutritional Status of School Going Mannan Tribal Children (6-10 Years) In Mannakudy, Idukki District | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Incorporation And Nutrient Analysis of Pumpkin Leaves Based Recipes And Its Popularisation Among Housewives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation And Nutrient Analysis of Ragi Based Weaning Foods And Its Popularisation Among Mothers of Young Children | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation And Nutrient Analysis of AverrhoaBilimbi Based Recipes And Its Popularisation Among College Girls | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Iron Profile of Working Women In Comparison With House Wives of VakathanamPanchayath In Kottayam District | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation And Nutrient Analysis of Asparagus Racemosus Based Recipes And Its Popularisation Among House Wives | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Nutritional Assessment of Primary School Going Boys (7-9 Years) of Low Income Family in Thidanad Panchayath in Kottayam District | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Comparison of Nutritional Status of Housewives Belonging To Middle Age (30-45 Years) From Urban And Rural Area | Department of C Clinical Nutrition and Dietetics | 2013-14 |
| Prevalence of Obesity Among Children (10-12 Years) In Piravom Panchayat | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Incidence of Overweight And Obesity Among Adolescents(13-18 Years) | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Prevalence of Anemia Among Adolescent Girls: | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Nutritional Assessment of School Going Girls (10-12 Years) in Meenachil Taluk in Kottayam District | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Formulation of Vitamin A Rich Recipes And Its Popularisation Among School Children | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Risk Factor Assessment of Polycystic Ovary Syndrome Among Sedentary Females (25-45 Years) | Department of Clinical Nutrition and Dietetics | 2013-14 |
| A Study On Food Safety Knowledge And Practices of Food Handlers In Restaurants And Impact of Food Safety Education | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Assessment of nutritional status of male industrial workers in Kozhuvanal panchayath of Kottayam district | Department o Clinical Nutrition and Dietetics | 2013-14 |
| Assessment of nutritional status of female tea plantation workers in Vandiperiyar panchayath of Idukki district | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Prevalence of risk factors of cardiovascular disease among males(45-60years) of Monipallyvillag | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Assessment of nutritional status of old age women at Koruthodu panchayath of Kottayam district. | Department of Clinical Nutrition and Dietetics | 2013-14 |
| Assessment of Nutritional Status of School Going Boys (10-15 Years) At St. Thomas School, Pala | Department of Clinical Nutrition and Dietetics | 2014-15 |
| Assessment of Nutritional Status of Male Cardiovascular Patients (35-55 Years Age) In Ernakulum District | Department of Clinical Nutrition and Dietetics | 2014-15 |
| Assessment of Nutritional Status of Diabetes Male Patients (35-55 Years) In Pala Municipality | Department of Clinical Nutrition and Dietetics | 2014-15 |
| Assessment of Nutritional Status of Diabetes Female Patients (35-55 Years) In Kottayam District | Department of Clinical Nutrition and Dietetics | 2014-15 |
| Assessment Of Nutritional Status of Male Sedentary Workers In Karikkinath Textiles, Kottayam | Department of Clinical Nutrition and Dietetics | 2014-15 |
| Assessment Of Iron Status of Adolescents Girls (16-17 Years ) And Its Effect On Physical Fitness | Department of Clinical Nutrition and Dietetics | 2015-16 |
| Correlates of Overweight And Obesity With Dietary Habits Of Adolescents (13-15 Years) | Department of Clinical Nutrition and Dietetics | 2015-16 |
| Nutritional Status Assessment of Adolescents Girls (13-15 Years)At Vakathanam Panchayath, Kottayam District | Department of Clinical Nutrition and Dietetics | 2015-16 |
| Prevalence of Under nutrition And Importance of Nutrition Education Among The Adolescent College Girls Of Alphonsa College Pala, | Department of Clinical Nutrition and Dietetics | 2015-16 |
| Assessment of Nutritional Status Of Sedentary Working Women (30-45 Years) at Pallikkkathode Panchayath, Kottayam District | Department of Clinical Nutrition and Dietetics | 2016-17 |
| Nutritional Assessment of Pregnant Women | Department of Clinical Nutrition and Dietetics | 2016-17 |
| Assessment Of Nutritional Status of House Wives In Mevada Grammapanchayat, Pala | Department of Clinical Nutrition and Dietetics | 2016-17 |
| Nutritional Assessment of Male Teachers In B.V.H.M. Holy Cross College, Cherpunkal | Department of Clinical Nutrition and Dietetics | 2016-17 |
| Nutritional Assessment of Preschoolers | Department of Clinical Nutrition and Dietetics | 2016-17 |
| Iron Profile of Selected Females Among Reproductive Age | Department of Clinical Nutrition and Dietetics | 2017-18 |
| Prevalence of Diabetes Mellitus Among Middle Aged (40-60 Years) Women And Their Dietary Pattern Influencing It | Department of Clinical Nutrition and Dietetics | 2017-18 |
| Qualitative Assessment of Adolescent Girls: Perception Towards Being Healthy, And Its Relationship With Their Nutritional Status | Department of Clinical Nutrition and Dietetics | 2017-18 |
| Nutritional Assessment And Growth Monitoring of Preschool Children | Department of Clinical Nutrition and Dietetics | 2017-18 |