

MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE
PALA



BSc. CLINICAL NUTRITION AND DIETETICS
2020- 2021
Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRPO7

NAME..... *DIYA TOM*

M.G.UNIVERSITY REG.NO No. *180021029163*

Date: *16/7/21*

Examiner in charge

LINDO
16/7/21
LINDO PAUL

LINDO *LINDO PAUL*
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETIC
ALPHONSA COLLEGE
PALA

MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE
PALA



BSc. CLINICAL NUTRITION AND DIETETICS
2020-2021
Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME Tessy Mol James
M.G. UNIVERSITY REG.NO 18002029182

Date: 16/7/21

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
PALA

MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE

PALA



BSc. CLINICAL NUTRITION AND DIETETICS

2020-2021

Certified Bonafide Record of

COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME...*NIDUSHA THERESA TOY*.....

MG. UNIVERSITY REG.NO...*130021029174*.....

Date: *16/7/21*

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
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BSc. CLINICAL NUTRITION AND DIETETICS

2020- 2021

Certified Bonafide record of

COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME.. ANJALY THOMAS.....

REG.No. 180021029158.....

Date: 16/7/21

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul
LINO PAUL
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
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Lino Paul
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BSc. CLINICAL NUTRITION AND DIETETICS

2020-2021

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COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME. LINTA SEBASTIAN.....

MG. UNIVERSITY REG.NO. 12020202169.....

Date: 16/7/21

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul LINO PAUL
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
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Certified Bonafide record of
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CN6PRP07

NAME..... ANST THOMAS

M.G.UNIVERSITY REG.NO 180021029157

Date: 16/7/21

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul LINO PAUL
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
PALA

CERTIFICATE

This is to certify that the project report, entitled "**DEVELOPMENT OF RECIPES USING NOVEL INGREDIENTS FOR OBESE AND ANAEMIC ADOLESCENT GIRLS**" is an authentic record of the work carried out by **ADITHYA. P** under my supervision and guidance in partial fulfillment of the requirement of the Degree of Master of Science in Clinical Nutrition and Dietetics during the year 2019-2021 and that no part thereof has been presented before any other project.



Mrs. Teena Kurian

Dept. of Clinical Nutrition and Dietetics

MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE
PALA



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2020- 2021
Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME...TEENA: EDWIN.....
REG.No...180021029182.....

Date: 16/7/21

Examiner in charge

Lino Paul
16/7/21
LINO PAUL

Lino Paul LINO PAUL
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
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ALPHONSA COLLEGE

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2020-2021

Certified Bonafied record of

COMMUNITY NUTRITION PROJECT


CN6PRP07

NAME.....SHAICY.....MATHEW.....

MG UNIVERSITY REG.NO.....180021029178.....

Date: 17/03/2021


LINO PAUL
Examiner in charge


LINO PAUL
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
PALA

**DEVELOPMENT OF RECIPES FOR OBESE AND ANAEMIC
ADOLESCENT GIRLS USING
NOVEL INGREDIENTS**

BY

ARSHA THOMAS

REG.NO: 190011011380

UNDER THE GUIDANCE OF

MRS. TEENA KURIAN

DEPT OF CLINICAL NUTRITION AND DIETETICS


**A PROJECT SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT
FOR THE DEGREE OF MASTER OF SCIENCE IN CLINICAL NUTRITION AND
DIETETICS**



CERTIFIDE AS A BONAFIDE PROJECT REPORT

JUNE 2021


**SIGNATURE OF THE
EXAMINAR**


**SIGNATURE OF THE
GUIDE INCHARGE**

MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE
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B.Sc CLINICAL NUTRITION AND DIETETICS
2020 2021
Certified Bonafide Record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME : OLIVIA GEORGE

REG.NO: 180021029175

DATE: 16/7/21

Examiner in charge:.

Lino
16/7/21

LINO PAUL

Lino LINO PAUL
Teacher in charge:

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
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ALPHONSA COLLEGE

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BSc. CLINICAL NUTRITION AND DIETETICS

2020-2021

Certified Bonafide record of

COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME.....DEVINANDANA.B.....
M.G UNIVERSITY REG.NO.....180021029162.....

Date: 16/7/21

Examiner in charge

Lino
16/7/21
LINO PAUL

Teacher in charge

Lino LINO PAUL
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
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ALPHONSA COLLEGE

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2020-2021

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COMMUNITY NUTRITION PROJECT


CN6PRP07

NAME.....SHAICY MATHEW.....

MG UNIVERSITY REG.NO.....180021029178.....

Date: 17/08/2021


LINO PAUL
Examiner in charge


LINO PAUL
Teacher in charge
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
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2020- 2021
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CN6PRPO7

NAME..... *DIYA TOM*

M.G.UNIVERSITY REG.NO No. *180021029163*

Date: *16/7/21*

Examiner in charge

LIND
16/7/21
LIND PAUL

LIND LIND PAUL
Teacher in charge

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ALPHONSA COLLEGE

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2020-2021

Certified Bonafide Record of

COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME.. LINTA SEBASTIAN.....

MG. UNIVERSITY REG.NO. 18002029169.....

Date: 16/7/21

Examiner in charge

LINO PAUL
16/7/21
LINO PAUL

LINO PAUL
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
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ALPHONSA COLLEGE

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2020-2021

Certified Bonafied record of

COMMUNITY NUTRITION PROJECT

CN6PRP07

NAME... SHEPHY R JOHN

MG UNIVERSITY REG.NO. 180021029179

Date: 17/03/2021

Examiner in charge

Lino
16/7/21
LINO PAUL

Lino LINO PAUL
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
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2020-2021
Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME MINNA MATHEW.....
M.G. UNIVERSITY REG. NO 130021029122

Date: 16/7/21

Examiner in charge

LINO
16/7/21
LINO PAUL

Teacher in charge

LINO LINO PAUL
DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
PALA

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ALPHONSA COLLEGE
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BSc. CLINICAL NUTRITION AND DIETETICS

2020-2021

Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME : ANGEL CHERUVATHOOK ANTO

M.G UNIVERSITY REG. NO : 180021029156

Date : 16/7/21

Examiner in charge

Lead
16/7/21
LINO PAUL

Lead LINO PAUL
Teacher in charge

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSO COLLEGE
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MAHATMA GANDHI UNIVERSITY
ALPHONSA COLLEGE
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BSc. CLINICAL NUTRITION AND DIETETICS
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Certified Bonafide record of
COMMUNITY NUTRITION PROJECT
CN6PRP07

NAME: ALIN MATHEW

M.G UNIVERSITY REG.NO: 180021029154

Date: 16/7/21

Examiner in charge:

Lino Paul
16/7/21
LINO PAUL

Lino Paul LINO PAUL
Teacher in charge:

DEPARTMENT OF CLINICAL
NUTRITION AND DIETETICS
ALPHONSA COLLEGE
PALA

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Vidya .M .Nair

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Tessa Jojo

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Teena Edwin

HAS COMPLETED ONE MONTH

ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Shephy.P.john

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Shaicy Mathew

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Nimisha Theresa Tojy

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Mariya Antony

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Liya Lalson

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Linta Sebastian

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Minna Mathew

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Tessy Mol James

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Reshma Krishnan

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Anit Thomas

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Olivia George

HAS COMPLETED ONE MONTH

ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 11th February 21 to 08th March 21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prashanthi Suryanarayana (RD)
Clinical Dietitian



Haris Shyam (RD)
Clinical Dietitian



Susanna Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Twinkle Siby

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Hinitha Hilary

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Emil Rose Joy

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Devinandana.B

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Ann Maria George

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Angel C Anto

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

WISHING THE VERY BEST IN ALL YOUR FUTURE ENDEAVOURS



Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

THIS IS TO CERTIFY THAT

Alisha Thampy

HAS COMPLETED ONE MONTH
ONLINE INTERNSHIP PROGRAM IN CLINICAL NUTRITION

From 07th February '21 to 09th March '21

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Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian

NUTRILICIOUS DIET CLINIC

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Alin Mathew

HAS COMPLETED ONE MONTH
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From 07th February '21 to 09th March '21

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Prasanthi Suryanarayana (RD)
Clinical Dietitian



Harita Shyam (RD)
Clinical Dietitian



Sujatha Stephen (RD)
Clinical Dietitian