

**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**ANU TOM**

**REG NO: 200011017089**

**Date**

*Lino*  
**Examiner in charge**

*LINO PAUL*

*Neena*  
**Lecturer in charge**

*Neena Kumari*

## CERTIFICATE

This is to certify that the project, titled "**DEVELOPMENT OF COST EFFECTIVE RECIPES FOR CANCER PATIENTS**" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by ANU TOM (200011017089) during the period of study(2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

**Mrs. Teena Kurian**

**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 Dietetic**



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS  
2020-2022  
PROJECT REPORT  
HS030402  
CERTIFIED BONAFIDE RECORD OF  
COMMUNITY NUTRITION**

**NAME: FARSANA SAMAD  
REG NO: 200011017096**

**Date**

**Examiner in charge**

*Lino Paul*

**Lecturer in charge**

*Geena Kuman*

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST EFFECTIVE RECIPES FOR UNDERWEIGHT" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by **FARSANA SAMAD** (200011017096) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

Mrs. Teena Kurian  
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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**SWATHI THILAKAN**

**REG NO: 200011017111**

**Date**

**Examiner in charge**

*Neena*  
*Neena Kurian*

**Lecturer in charge**

*Lino*  
*Lino Paul*

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST EFFECTIVE LOCALLY AVAILABLE RECIPES FOR OBESITY" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by SWATHI THILAKAN (200011017111) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



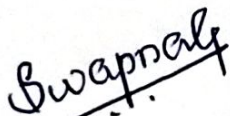
Ms. Lino Paul

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 Dietetic



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ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF COMMUNITY  
NUTRITION**

**NITHYMOL SUNNY**

**REG NO: 200011017103**

Date 29/9/22

*Neena*  
Examiner in charge

*Neena Kurian*

*Lino*  
Lecturer in charge

*Lino Paul*

## CERTIFICATE

This is to certify that the project, titled "**Development of cost-effective calcium rich recipes**" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by Nithymol Sunny (200011017103) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Lino Paul

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**HONEY JOHNSON**

**REG NO: 200011017097**

Date : 29/09/2022

Examiner in charge

*Neeha Kucian*

Lecturer in charge

*Lino Paul*

## CERTIFICATE

This is to certify that the project, titled "**FORMULATION COST EFFECTIVE RECIPES FOR OSTEOPOROSIS**" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by Honey Johnson (200011017097) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Lino Paul

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**HONEY JOHNSON**

**REG NO: 200011017097**

**Date**

*Reena*

**Examiner in charge**

*Reena Kucian*

*Lino*

**Lecturer in charge**

*LINO PAUL*

## CERTIFICATE

This is to certify that the project, titled "**FORMULATION COST EFFECTIVE RECIPES FOR OSTEOPOROSIS**" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by Honey Johnson (200011017097) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Lino Paul

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**DIVYASREE K S**

**REG NO: 200011017095**

**Date**

**Examiner in charge**

*Lino Paul*

**Lecturer in charge**

*Neena Kurian*

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST EFFECTIVE VITAMIN C RICH RECIPES" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by DIVYASREE K S (200011017095) during the period of study(2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Teena

**Mrs. Teena Kurian**

**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 Dietetic**



MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE, PALA



M.Sc. CLINICAL NUTRITION AND DIETETICS

2020-2022

PROJECT REPORT

HS030402

CERTIFIED BONAFIDE RECORD OF  
COMMUNITY NUTRITION PRACTICAL

Name : Maria Johnson

Reg No : 200011017102

Date : 29/9/2022

Examiner In charge : Neena  
Neena Kueian

Lino  
Lecture in Charge:  
LINO PAUL

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF NUTRITIOUS RICH RECIPES FOR PREGNANCY" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by MARIA JOHNSON (200011017102) during the period of study (2020-2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Lino Paul

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**JALLIN TOM**

**REG NO: 200011017099**

Date 21-09-2022

*Lino*  
Examiner in charge  
LINO PAUL

*Neena*  
Lecturer in charge  
Neena Kurian

## CERTIFICATE

This is to certify that the project, titled "**DEVELOPMENT OF COST EFFECTIVE VITAMIN K RICH RECIPES**" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by JALLIN TOM (200011017099) during the period of study(2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

**Mrs. Teena Kurian**

**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 Dietetic**



MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE PALA



MSc CLINICAL NUTRITION AND DIETETICS

2020-2022


PROJECT REPORT

HS030402

CERTIFIED BONAFIDE RECORD OF COMMUNITY NUTRITION


NAME: HRIDYA K D

REG NO 200011017098

  
Examiner in charge

Lino Paul

Date 29/9/22

  
Lecturer in charge

Neena Kucian

**CERTIFICATE**

This is to certify that the project, titled "DEVELOPMENT OF COST-EFFECTIVE VITAMIN A RICH RECIPES " submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by

HRIDYA K D (200011017098) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Teena

Mrs. Teena Kurian

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 Dietetic



MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE PALA



MSc CLINICAL NUTRITION AND DIETETICS

2020-2022

PROJECT REPORT

HS030402

CERTIFIED BONAFIDE RECORD OF COMMUNITY NUTRITION

NAME: AGNES P S

REG NO 200011017087

Date

*Agnes*

Examiner in charge

*Agnes Kurian*

*Lino*

Lecturer in charge

*LINO PAUL*

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST-EFFECTIVE IRON RICH RECIPES FOR ADOLESCENT GIRLS" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by AGNES P S (200011017087) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Mrs. Teena Kurian

*Lino*  
Ms. Lino Paul

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 Dietetic

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF  
COMMUNITY NUTRITION**

**ASHNAMOL REJI**

**REG.NO:200011017091**

Date

Examiner in charge

*Neena*  
*Neena Kurian*

Lecturer in charge

*Lino*  
*LINO PAUL.*

## CERTIFICATE

This is to certify that the project, titled "**DEVELOPMENT OF COST EFFECTIVE RECIPES FOR CONSTIPATION**" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by **ASHNAMOL REJI** (200011017091) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Mrs. Teena Kurian

*Lino*  
Ms. Lino Paul

Dept. of Clinical Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising Teacher)

Counter signed by,

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE, PALA

*Swapna*

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



**MAHATMA GANDHI UNIVERSITY**  
**ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**BIYA ROBERT**

**REG NO: 200011017092**

**Date**

*Lino*  
**Examiner in charge**  
LINO PAUL


*Nice*  
**Lecturer in charge**  
Nice Kueian

## CERTIFICATE

This is to certify that the project work entitled "Development of cost-effective vitamin E rich recipes," submitted in partial fulfilment of the requirement for the award of Master's Degree, is a record of original project work done by Ms. Biya Robert Reg No:200011017092 during the period of her study (2020-2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala under my supervision and guidance.

Alphonsa college, Pala

Date:

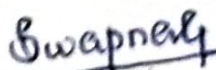
  
Mrs. TEENA KURIAN  
Department of clinical  
Nutrition and Dietetics  
Alphonsa College, Pala  
(Supervising Teacher)

DEPARTMENT OF CLINICAL  
NUTRITION AND DIETETICS  
ALPHONSA COLLEGE  
PALA

Examiner



Counter signed by

  
Mrs. SWAPNA GEORGE  
(Head of the Department)

Place: Pala

Date:



MAHATMA GANDHI UNIVERSITY

ALPHONSA COLLEGE PALA



MSc CLINICAL NUTRITION AND DIETETICS

2020-2022

PROJECT REPORT

HS030402

CERTIFIED BONAFIDE RECORD OF COMMUNITY NUTRITION

NAME: HRIDYA K D

REG NO 200011017098

*Lino*  
Examiner in charge

LINO PAUL

Date 29/9/22

*Neena*  
Lecturer in charge

Neena Kurian

CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST-EFFECTIVE VITAMIN A RICH RECIPES" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by

HRIDYA K D (200011017098) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Teena

Mrs. Teena Kurian

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS  
2020-2022  
PROJECT REPORT  
HS030402  
CERTIFIED BONAFIDE RECORD OF  
PRIYA .U  
REG NO: 200011017104**

**Date**

*Lino*  
**Examiner in charge**  
LINO PAUL

*Neena*  
**Lecturer in charge**  
Neena Kucian

## CERTIFICATE

This is to certify that the project, titled “**DEVELOPMENT OF COST EFFECTIVE RECIPES FOR DIABETIC PATIENTS**” submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by Priya.u (200011017104) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

Ms. Teena kurian

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**SREELAKSHMI S**

**REG NO: 200011017109**

**Date**

*Lino*  
**Examiner in charge**

*Neena*  
**Lecturer in charge**

*Lino PAUL*

*Neena Kurian*

## CERTIFICATE

This is to certify that the project, titled "**FORMULATION COST EFFECTIVE RECIPES FOR LACTATING MOTHERS**" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by Sreealakshmi S (200011017109) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

Ms. Teena Kurian

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF  
COMMUNITY NUTRITION**

**Name: RESHMA G NAIR**

**Reg no. : 200011017106**

**Date**

**Examiner in charge**

*Lino*  
**LINO PAUL**

*Neena*  
**Lecturer in charge**

**Neena Kurian**

## CERTIFICATE

This is to certify that the project, titled "DEVELOPMENT OF COST EFFECTIVE RECIPES FOR DYSLIPIDEMIA" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by **RESHMA G NAIR** (200011017106) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

*Teena*

Mrs. Teena Kurian

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS  
2020-2022  
PROJECT REPORT  
HS030402  
CERTIFIED BONAFIDE RECORD OF  
RIYA JOSEPH  
REG NO: 200011017108**

**Date**

**Examiner in charge**

*Meena Kuriyan*

**Lecturer in charge**

*Lino Paul*

## CERTIFICATE

This is to certify that the project, titled "**FORMULATION COST EFFECTIVE HEALTHY RECIPES FOR ADOLESCENTS**" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by Riya Joseph (200011017108) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.



Ms. Lino Paul

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 Dietetic



**MAHATMA GANDHI UNIVERSITY  
ALPHONSA COLLEGE, PALA**



**MSc CLINICAL NUTRITION AND DIETETICS  
2020-2022  
PROJECT REPORT  
HS030402  
CERTIFIED BONAFIDE RECORD OF  
SUVARNA C S  
REG NO: 200011017110**

Date 30/9/22.

*Neeraj*  
Examiner in charge  
*Neeraj Kurian*

*Lino*  
Lecturer in charge  
*LINO PAUL*

## CERTIFICATE

This is to certify that the project, titled "**Development of Cost Effective locally available recipes for PCOS Patients**" submitted in partial fulfilment of the requirement for the master degree award, is a record of the original project done by **Suvarna C S (200011017110)** during the period of study (2022) in the department of **Clinical Nutrition and Dietetics**, **Alphonsa College, Pala**, under our supervision and guidance.



Ms. Lino Paul

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**

**2020-2022**

**PROJECT REPORT**

**HS030402**

**CERTIFIED BONAFIDE RECORD OF**

**RIYA DOMINIC**

**REG NO: 200011017107**

**Date**

**Examiner in charge**

*Lino Paul*

**Lecturer in charge**

*Neena Kurian*

## CERTIFICATE

This is to certify that the project, titled "FORMULATION COST EFFECTIVE RECIPES FOR SCHOOL GOING CHILDREN" submitted in partial fulfillment of the requirement for the master degree award, is a record of the original project done by RIYA DOMINIC (200011017097) during the period of study (2022) in the department of Clinical Nutrition and Dietetics, Alphonsa College, Pala, under our supervision and guidance.

Teena

Mrs. Teena Kurian

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