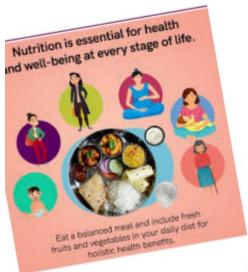


DEPARTMENTOF MICROBIOLOGY



2020-2021

FOOD NUTRIATION&HEALTH EDUCATION





DR.CH.LALITHA Course Coordinator

DR.M.NAYAK Principal/chair person



Module-1

Basic concepts of nutrition

Module-2

Public health & Hygie

Module -3

Nutrition& healtheducation

Teaching faculty

Course coordinaror:



Ph.No.: 0891 2553262 visakhapatnam.idcollege@gmail.comFax.No.: 0891 2558123

Dr.V.S.KRISHNA GOVT. DEGREE COLLEGE(A) (NAAC REACCREDITED A- GRADEINSTITUTION & DISTRICT IDENTIFIED COLLEGE) CENTRE FOR RESEARCH STUDIES Maddilapalem, VISAKHAPATNAM 530 013, Andhra Pradesh



PERMISSION LETTER TO START ADD-ON COURSE

From To

The Head of the department Principal,

Department of Microbiology Dr.V.S.Krishna Govt. Degree College

(A)

Dr.V.S.Krishna Govt. Degree College (A)

Sir

SUB: Permission to start an Add-on course for 2020-21 and permission to nominate the microbiology faculty to teach classes for the add on course - regarding

Ref: Resolution copy of the department of Microbiology Dated 17-08-2019

As per the resolution of the department of Microbiology, we are very much glad to start add-on course with a title "FOOD, NUTRITION AND HEALTH EDUCATION " for the B.Sc (MBBTC,MBBCC) students. Hence, we are requesting you to give permission to start the Add on course and also permission to teach theory and practical classes for the said add on course.

Thanking you sir,

Course Coordinator

Department of Microbiology

Ve -

PRINCIPAL



Dr.V.S.Krishna Govt. Degree College (Autonomous), Visakhapatnam Resolutions/Minutes of the 6th Board of Studies - January 2021

Department: Microbiology

Subject: Microbiology

In pursuance of conferment of Autonomous status to Dr.V.S.Krishna Govt. Degree College(A), Visakhapatnam by the UGC vide letter No.F22-1/2011(AC) dated 20.07.2011 from Dr. Manju Singh, Joint Secretary, UGC, New Delhi and Proceedings No. C-II (CDC) /Dr.VSK.Govt.College/BOS/2020 dt.19.03.2020 of The Vice-Chancellor, Andhra University, Visakhapatnam, the 6th Board of Studies in Microbiology Subject is conducted on 28-01-2021 at 11:00 AM with the following members. The Changes will be implemented from 2020-21 academic year onwards.

MEMBER	NAME & DESIGNATION	SIGNATURE
Head of the Department (Chairman)	Dr.Ch.Lalitha HOD, Dept. of Microbiology Dr.VSK GDC(A), VSKP	1000
Faculty Members	Ms D.Rupa Devi Guest Faculty Dr.VSK GDC(A), VSKP	Rogboui
Subject Expert (University Nominee)	Prof.P.K.Ratna Kumar Dept. of Botany Andhra University	P. K. Ral-
Subject Experts (from outside the parent university)	Dr.K.Aruna Lecturer in Microbiology Govt. College for Women(A) Kakinada	Anne
	Ms. A.Jyothi Lecturer in Microbiology Govt. College for Women(A) Srikakulam	Typhi
Member from Alumni	Dr.C.H.V.M.K.Hari HOD, Dept of Computer Science Dr.VSK GDC(A), VSKP	1
Coordinator, IQAC	Dr.Ch.Lalitha	dalile
Coordinator, Academic Council	Dr.D.Sravana Kumar HOD, Dept of Physics Dr.VSK GDC(A), VSKP	Doh.
Chairperson, Academic Council	Dr.V.Chandra Sekhar Principal Dr.VSK GDC(A), VSKP	Vasa

Dr. V.S. Krishna Govt. Degree College (A), Visakhapatnam DEPARTMENT OF MICROBIOLOGY

ADD ON COURSE IN FOOD, NUTRITION AND HEALTH EDUCATION

(W.E.F. 2016 – 17)

(Theory – 52 hours; Practical – 18 Hours; Activity – 10 Hours = Total 80 Hours)

COURSE OUTCOMES

At the end of the course, the student will be able to

- . Provide nutrition counselling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies.
- I. Describe food toxicants, adulteration and food additives and explain prevention strategies of food contamination.
- II. Obtain knowledge about malnutrition, related deficiencies, methods of assessing nutritional status, nutritional policies and National programmes.

Module - I: Nutrition for the community

- 1. Unit: Basic concepts in nutrition
- 2. Unit: Meal planning
- 3. Unit: Food storage, preservation and safety
- 4. Unit: Nutrition related disorders
- 5. Unit: Nutrient deficiency control and supplementary feeding programme.

Module - II: Public Health and Hygiene

- 1. Unit: Health indicators
- 2. Unit: Environmental sanitation and safety
- 3. Unit: Dietary management of disease
- 4. Unit: Foodborne diseases, infections and intoxications
- 5. Unit: Common infections and infectious diseases

Module III: Nutrition and Health Education

- 1. Unit: Primary health care
- 2. Unit: Health programmes
- 3. Unit: Nutrition and health status of the community
- 4. Unit: Themes, messages and their communication in nutrition and health education.
- 5. Unit: Nutrition programmes

PRACTICAL - 18 Hours

- 1. Finding Nutritive value of food stuffs
- 2. Methods of cooking
- 3. Planning Diets I
- 4. Planning Diets II
- 5. Isolation of bacteria and fungi from contaminated foods
- 6. Methods of food preservation

Dr. V. S. KRISHNA GOVT. DEGREE COLLEGE (AUTONOMOUS) MADDILAPALEM, VISAKHAPATNAM_

DEPARTMENT OF MICROBIOLOGY MODEL QUESTION PAPER FOR VALUE-ADDED-COURSE

FOOD, NUTRITION AND HEALTH EDUCATION

SECTION - A

Answer the following

 $3 \times 20 M = 60 M$

- 1. A) Discuss in detail about different methods of food storage and preservation (OR)
- 1. B) Discuss about nutrition related disorders and their management
- 2. A) Write about food borne diseases Food intoxication and Food poisoning. (OR)
- 2. B) Write about importance of environmental sanitation to public health
- 3. A) What is primary health care? Discuss various components of health care.
- 3. B) Describe different health programmes observed in India and abroad.

SECTION - B

Answer any FOUR questions from the following

 $4 \times 5 M = 20 M$

- 4. Meal planning
- 5. Concept of nutrition
- 6. Indicators of health
- 7. Common infectious diseases
- 8. Health education
- 9. Nutrition programmes

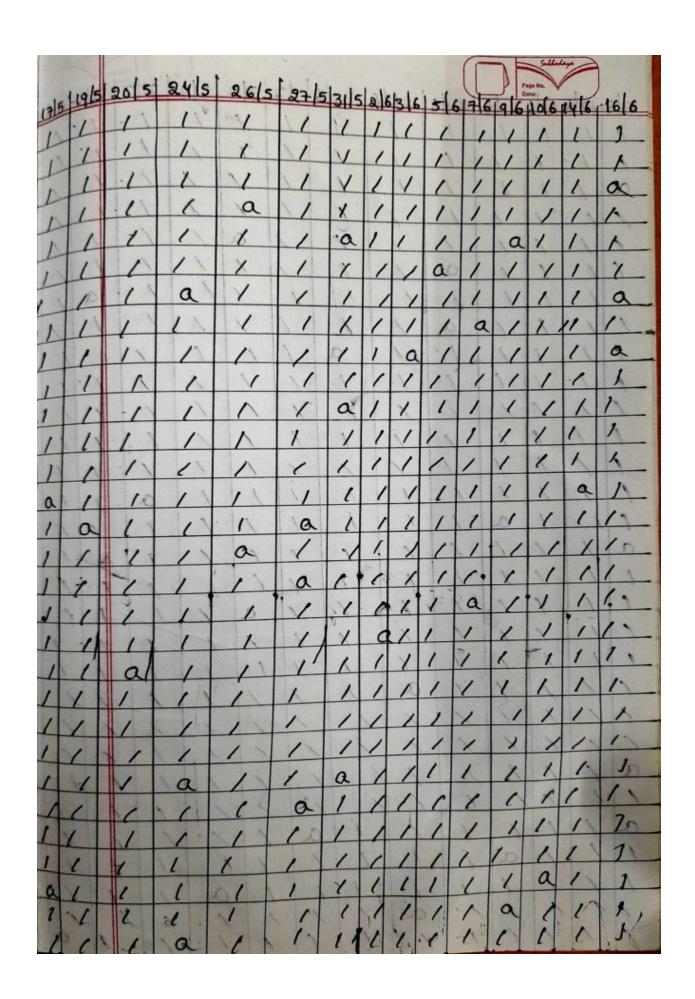
SECTION - C

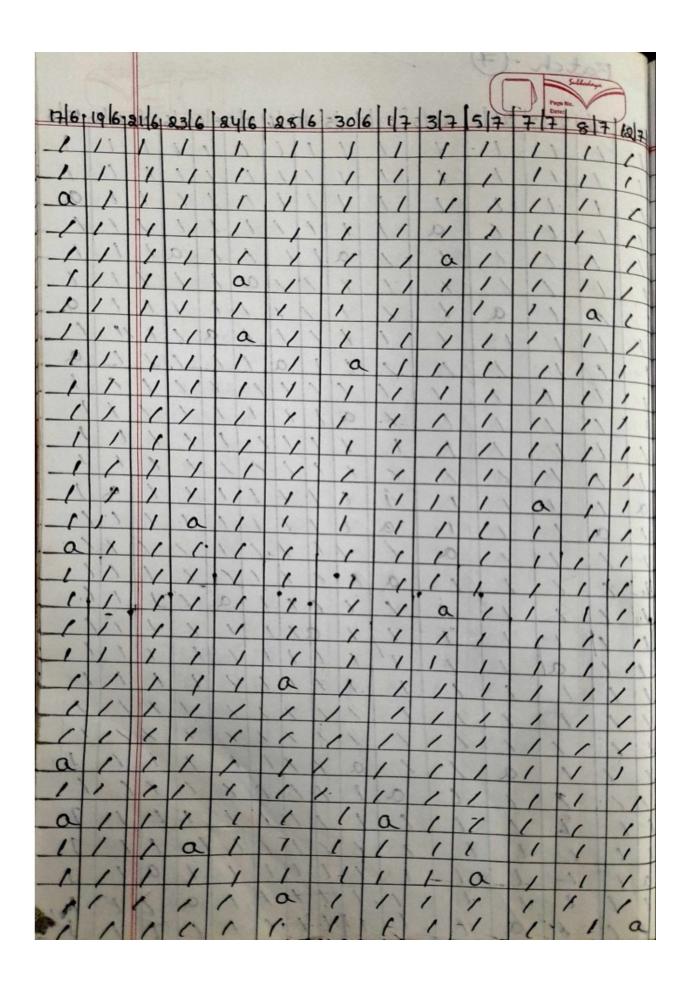
Answer the following

 $1 \times 20 M = 20 M$

10. Prepare a healthy and balanced food recipe.

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DEPARTMENT OF MICROBIOLOGY ADD-ON COURSE-FOOD, NUTRITION AND HEALTH EDUCATION

Award List 2020-21 batch

FNHE SERIAL NO.	UNIQUE ID NO.	NAME OF THE STUDENT	MARKS	GRADES
FNHA20-21/01	E18205003	T DAMODAR RAJU	90	0
FNHA20-21/02	E18205004	B DEEPAK	90	0
FNHA20-21/03	E18205012	K KAVYA	96	0
FNHA20-21/04	E18205013	B KISHORE	95	0
FNHA20-21/05	E18205015	P MADHAVI	90	0
FNHA20-21/06	E18205018	G NAVEEN	90	0
FNHA20-21/07	E18205019	K PRATAP REDDY	96	0
FNHA20-21/08	E18205022	S RUSHIMITHA	100	0
FNHA20-21/09	E18205023	CH SAGAR	94	0
FNHA20-21/10	E18205024	T SAI GANESH	90	0
FNHA20-21/11	E18205026	K SIRISHA	97	0
FNHA20-21/12	E18205028	M V SANTOSH KUMAR	95	0
FNHA20-21/13	E18205029	T VINAY	94	0
FNHA20-21/14	E18205030	S VINAY	100	0
FNHA20-21/15	E18206001	B AJAY KUMAR	90	0
FNHA20-21/16	E18206002	L AKHIL	98	0
FNHA20-21/17	E18206003	K ANUSHA	88	0
FNHA20-21/18	E18206004	R APARNA	91	0
FNHA20-21/19	E18206009	R HARITHA	98	0
FNHA20-21/20	E18206013	P KEERTHANA VASAVI	93	0
FNHA20-21/21	E18206015	M LAVANYA	92	0
FNHA20-21/22	E18206018	Y RAGA SUDHA	99	0
FNHA20-21/23	E18206019	K RUTHU	99	0
FNHA20-21/24	E18206020	P SAI KRISHNA	100	0
FNHA20-21/25	E18206021	M SAI RUCHITHA	95	0
FNHA20-21/26	E18206023	L SIRISHA	90	0
FNHA20-21/27	E18206024	L SPANDHITHA	100	0
FNHA20-21/28	E18206026	V SUINITHA SRI	99	0
FNHA20-21/29	E18206027	V SWATHI	94	0
FNHA20-21/30	E18206030	P YELLAJI	93	0





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ADD-ON COURSE CERTIFICATE

2010 - 2011

This is to certify that Mr. / Miss	of
has successfully comp	oleted the Add - on Course FOOD, NUTRITION &
HEALTH EDUCATION with Regd No. E 18205004	Organized by the Department of Micro-Biology
in collaboration with	during year 201 - 201 . He / She has
passed the course withA'grade.	
Coordinator	PRINCIPAL Dr. V.S. Krishna Govt. Degree College(A)



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ADD-ON COURSE CERTIFICATE

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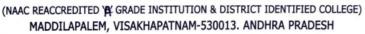
This is to certify that Mr. / Missk. KAV.YA
HEALTH EDUCATION with Regd No F. 182.0.50.12
in collaboration with
passed the course withgrade.

Course Coordinator

PRINCIPAL
Dr. V.S. Krishna Govt. Degree College(A)

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ADD-ON COURSE CERTIFICATE

2010 - 2011

This is to certify that Mr. / Miss	HAof
has successfully co	empleted the Add - on Course FOOD, NUTRITION &
HEALTH EDUCATION with Regd NoE.182.05.026	Organized by the Department of Micro-Biology
in collaboration with	during year 201 - 201 . He / She has
passed the course with	
Course Coordinator	PRINCIPAL Dr. V.S. Krishna Govt. Degree College(A)



Course Coordinator

Dr. V.S. KRISHNA GOVT. DEGREE COLLEGE(A)

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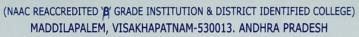
Dr. V.S. Krishna Govt. Degree College(A)

ADD-ON COURSE CERTIFICATE

201.0 - 201.1

This is to certify that Mr. / MissS. VINAYof
has successfully completed the Add - on Course FOOD, NUTRITION &
HEALTH EDUCATION with Regd No
in collaboration with during year 201 - 201 . He / She has
passed the course withgrade.
Math PRINCIPAL







ADD-ON COURSE CERTIFICATE

201.0 - 201.1

This is to certify that Mr. / N	niss R. HARITHA of
	has successfully completed the Add - on Course FOOD, NUTRITION &
HEALTH EDUCATION with Regd No	E.182.05.0.09 Organized by the Department of Micro-Biology
in collaboration with	during year 201 - 201 . He / She has
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Course Coordinator







ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certify	that Mr. / Miss	T DAMODAR RAJU		of
FNHA20-21/01	has successfully comple	eted the Add - on Course	Food. Nurtition and Health	Education with
Regd NcE18205003	Organized by the Depa	rtment of	Microbiology	in
collaboration with	d	uring year 2020 - 2021	. He / She has passed th	e course with
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2020 - 2021

This is to certif	y that Mr. / Miss	B KISHORE		of
FNHA20-21/04	has successfully con	npleted the Add - on Cour	Food. Nurtition and Health Ed	ducation with
Regd NcE18205013	Organized by the De	partment of	Microbiology	in
collaboration with		during year 2020 - 202	1 . He / She has passed the	course with
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Course Coord	inator	C	r. V.S. Krishna Govt. Degree College(A)



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T	his is to certify	that Mr. / Miss	P MADHAVI		of
FNHA20-	21/05	has successfully c	ompleted the Add - on Course	Food. Nurtition and Health	Education with
Regd Nc	E18205015	Organized by the	Department of	Microbiology	in
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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certify	that Mr. / Miss	G NAVEEN		of
FNHA20-21/06	has successfully co	ompleted the Add - on Course	Food. Nurtition and Health	Education with
Regd Nc	Organized by the	Department of	Microbiology	in
collaboration with		during year 2020 - 2021	. He / She has passed th	ne course with
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Course Coordi	nator	Dr. '	V.S. Krishna Govt. Degree Colleg	e(A)



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oj	K PRATAP REDDY	that Mr. / Miss	This is to certify	
Food. Nurtition and Health Education With	lly completed the Add - on Course		FNHA20-21/07	
Microbiology in	ne Department of	Organized by the	E18205019	Regd Nc
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This is to certify	that Mr. / Miss S RUSHIMITHA	A of
FNHA20-21/08	has successfully completed the Add - on Co	Food. Nurtition and Health Education ourse
Regd NcE18205022	Organized by the Department of	Microbiology in
collaboration with	during year 2020 - 2	021 . He / She has passed the course with
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tata	·	PRINCIPAL PRINCIPAL
Course Coordi	nator	Dr. V.S. Krishna Govt. Degree College(A)



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FNHA20-21/09	has successfully completed the Add - on Course	Food. Nurtition and Health Education With
Regd NcE18205023	Organized by the Department of	Microbiologyin
collaboration with	during year 2020 - 2021	. He / She has passed the course with
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This is to certify	that Mr. / Miss	T SAI GANESH		of
FNHA20-21/10	has successfully comp	pleted the Add - on Course	Food. Nurtition and Health	Education with
Regd NcE18205024	Organized by the Dep	partment of	Microbiology	in
collaboration with		.during year 2020 - 2021	. He / She has passed th	e course with
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1——			PRINCIPAL DE LA COMPANION DE L	
Course Coord	nator	Dr. V	V.S. Krishna Govt. Degree College	e(A)



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2020 - 2021

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Food. Nurtition and Health Education	completed the Add - on Course	has successfully	0-21/11	FNHA2
Microbiology	e Department of	Organized by th	E18205026	Regd Nc
. He / She has passed the course w	during year 2020 - 2021		ion with	collaborat
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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certif	y that Mr. / Miss	M V SANTOSH KUMAR		of
FNHA20-21/12	has successfully comp	oleted the Add - on C	Food. Nurtition and Health	Education with
Regd NcE18205028	Organized by the Dep	partment of	Microbiology	in
collaboration with	<u></u>	during year 2020 - 2	2021 . He / She has passed th	e course with
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Course Coord	inator		Dr. V.S. Krishna Govt. Degree College	e(A)



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This is to certify	that Mr. / Miss	of
FNHA20-21/13	has successfully completed the Add - on Course	Food. Nurtition and Health Education With
Regd NcE18205029	Organized by the Department of	Microbiology in
collaboration with	during year 2020 - 2021	. He / She has passed the course with
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2020 - 2021

This is to certify	that Mr. / Miss B AJAY KUN	IAR	of
FNHA20-21/15	has successfully completed the Add - on	Course Food. Nurtition and Health Educat	tion with
Regd NcE18206001	Organized by the Department of	Microbiology	in
collaboration with	during year 2020 -	- 2021 . He / She has passed the cour	se with
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<u> </u>		PRINCIPAL	
Course Coord	inator	Dr. V.S. Krishna Govt. Degree College(A)	



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2020 - 2021

This is to cer	tify that Mr. / MissL AKHIL	of
FNHA20-21/16	has successfully completed the Add - on Cours	Food. Nurtition and Health Education ewith
Regd NcE1820600	Organized by the Department of	Microbiology in
collaboration with	during year 2020 - 2021	. He / She has passed the course with
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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certify	that Mr. / Miss K ANUSHA	of
FNHA20-21/17	has successfully completed the Add - on Cou	rse with
Regd NcE18206003	Organized by the Department of	Microbiology in
collaboration with	during year 2020 - 202	21 . He / She has passed the course with
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Course Coordin	nator	Dr. V.S. Krishna Govt. Degree College(A)



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Food. Nurtition and Health Education	has successfully completed the Add - on Cours		FNHA20-21/18	
Microbiology	Department of	Organized by th	E18206004	Regd Nc
. He / She has passed the course	during year 2020 - 2021		ion with	collaborat
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Dr. V.S. Krishna Govt. Degree College(A)







ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certify	that Mr. / Miss	P KEERTHANA	VASAVI	of
FNHA20-21/20	has successfully co	ompleted the Add - on Co	Food. Nurtition and Health	Education with
Regd NcE18206013	Organized by the L	Department of	Microbiology	in
collaboration with		during year 2020 - 20	021 . He / She has passed the	course with
ograde.				
tahi	al		PRINCIPAL	
Course Coordin	nator		Dr. V.S. Krishna Govt. Degree College	(A)



Dr. V.S. KRISHNA GOVT. DEGREE COLLEGE(A)

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2020 - 2021

This is to certify	that Mr. / Miss	M LAVANYA		of
FNHA20-21/21	has successfully c	ompleted the Add - on Course	Food. Nurtition and Health	n Education with
Regd NcE18206015	Organized by the	Department of	Microbiology	in
collaboration with		during year 2020 - 2021	. He / She has passed th	ne course with
grade.			. 11.25	









ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certif	y that Mr. / Miss	Y RAGA SUDHA		of
FNHA20-21/22	has successfully co	mpleted the Add - on Cours	Food. Nurtition and Health E	ducation with
Regd NcE18206018	Organized by the D	Department of	Microbiology	in
collaboration with		during year 2020 - 2021	. He / She has passed the	course with
grade.				
1	•		PRINCIPAL	
Course Coord	linator	Dr.	V.S. Krishna Govt. Degree College(A	A)



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2020 - 2021

This is to certify	that Mr. / Miss	K RUTHU		of
FNHA20-21/23	has successfully c	ompleted the Add - on Course	Food. Nurtition and Health	Education with
Regd NcE18206019	Organized by the	Department of	Microbiology	in
collaboration with		during year 2020 - 2021	. He / She has passed th	e course with
ograde.			4. 0.5	









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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certi	fy that Mr. / Miss	P SAI KRISHNA		of
FNHA20-21/24	has successfully com	npleted the Add - on Co	urse	ducation with
Regd NcE18206020	Organized by the De	epartment of	Microbiology	in
collaboration with		during year 2020 - 20	021 . He / She has passed the	course with
grade.				
1	* . •		PRINCIPAL	
Course Coor	tinator		Dr. V.S. Krishna Govt. Degree College(A	0



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2020 - 2021

This is to certify	that Mr. / Miss	M SAI RUCHITHA		of
FNHA20-21/25	has successfully co	mpleted the Add - on Course	Food. Nurtition and Health Educa	tion with
Regd NcE18206021	Organized by the D	Department of	Microbiology	in
collaboration with		during year 2020 - 2021	. He / She has passed the cour	rse with
grade.			h P '	









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2020 - 2021

This is to certi	fy that Mr. / MissL SIRISH	HAof
FNHA20-21/26	has successfully completed the Add	- on Course Food. Nurtition and Health Education with
Regd NcE18206023	Organized by the Department of	Microbiology in
collaboration with	during year 20	20 - 2021 . He / She has passed the course with
ograde.		
tata	The	PRINCIPAL PRINCIPAL
Course Cook	dinator	Dr. V.S. Krishna Govt, Degree College(A)



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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to certify	that Mr. / MissL SPAND	HITHA	.of
FNHA20-21/27	has successfully completed the Add - o	on Course W	uth
Regd NcE18206024	Organized by the Department of	Microbiology	. in
collaboration with	during year 2020	0 - 2021 . He / She has passed the course w	ith
grade.		h P '	









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2020 - 2021

This is to certif	y that Mr. / Miss V SUINITHA SRI		of
FNHA20-21/28	has successfully completed the Add - on Cours	Food. Nurtition and Health Ed	ucation with
Regd NcE18206026	Organized by the Department of	Microbiology	in
collaboration with	during year 2020 - 2021	. He / She has passed the c	ourse with
ograde.			
1-	A: _	PRINCIPAL	
Jahl	Dr	VS Krishna Govt Degree College(A)	



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2020 - 2021

	This is to certify	that Mr. / Miss V SWATHI	of
FNHA20)-21/29	has successfully completed the Add - on Course	Food. Nurtition and Health Education with
Regd Nc	E18206027	Organized by the Department of	Microbiology in
collaborati	on with	during year 2020 - 2021	. He / She has passed the course with
0	grade.		. 11-6 ' -







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ADD-ON COURSE CERTIFICATE

2020 - 2021

This is to cert	fy that Mr. / Miss	P YELLAJI		oj
FNHA20-21/30	has successfully comp	oleted the Add - on Co	Food. Nurtition and Health E	ducation With
Regd NcE18206030	Organized by the Dep	partment of	Microbiology	ir
collaboration with		during year 2020 - 20	21 . He / She has passed the	course with
grade				
			Rath	