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NALLAMUTHU GOUNDER MAHALINGAM COLLEGE

(AUTONOMOUS AND AFFILIATED TO BHARATHIAR UNIVERSITY)

Re-Accredited by NAAC

An ISO 9001 : 2015 Certified Institution

Aided by the Government of Tamilnadu

POLLACHI - 642 001.



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Mobile : 99429 06687

Fax : 04259 - 234869

E-Mail : ngm@ngmc.org

Dr. R. Muthukumaran, M.A., M.Phil., B.Ed., Ph.D.,
Principal

25-01-2023

DATE :

Ref: NGM/2023/ ZOO/ VA02

CIRCULAR

This is to inform you that the Department of Zoology (aided) of our college is proposed to conduct a **Value Added Course (VAC) – Nutrition and Dietics** on 14-02-2023 onwards. The course brochure is enclosed for your reference. Kindly circulate among your students and any further details contact, Head, Department of zoology in room number A. 223.

Encl: Course brochure

Note: Register your names in the zoology department for participating in the course

HOD - Zoology

PRINCIPAL

Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

To : ALL HOD's

Copy to : All Department Notice Board

NallamuthuGounderMahalingam College, Pollachi

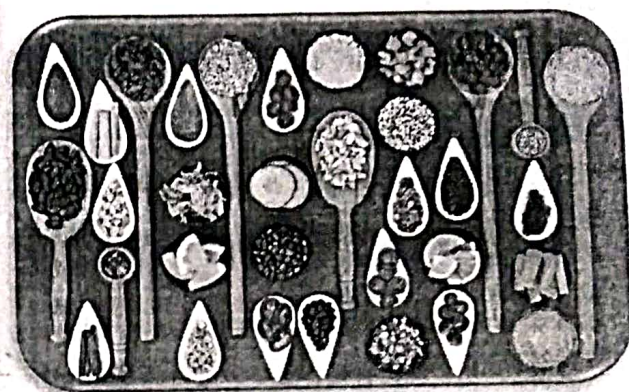
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Value added course on Nutrition and Dietetics

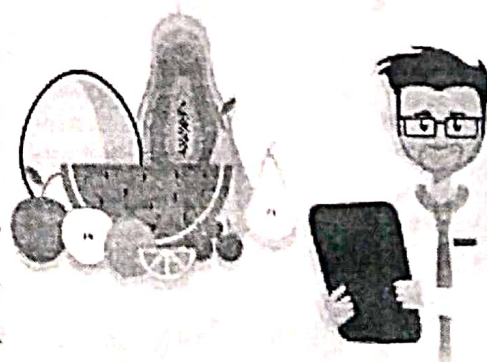
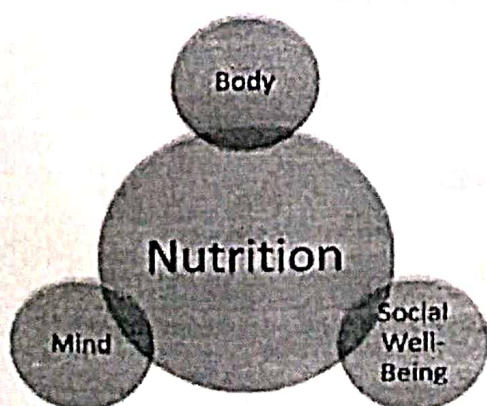
Nutrition and Dietetics are centered on food, healthy diets and nutrition. Nutritional status assessment is a pre vital and needs also differ from individuals and groups. Hence studying nutrition education will help the individuals and groups for disease prevention /disease management.

About us:

The department of biology existed in our college right from its inception from 1957. Our department is a dynamic modern school of biological studies with a reputation of rigorous academic standards, innovation and excellence in teaching and research. Our course was completely revamped keeping in view the requirements of students both in their higher studies and job markets. We have a dedicated team of staff members with an attitude of encouraging and innovating, providing an environment of professional learning and development and creating values for students

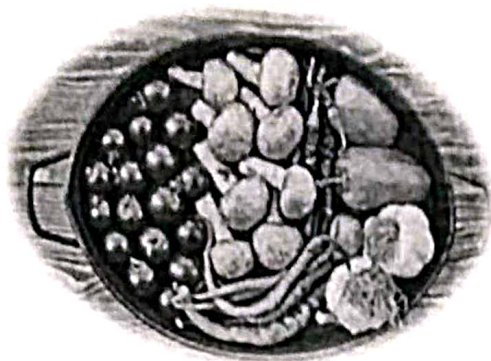


through sustained academic growth and skill orientation. Zoology is taught as a subject to the students of pre-university course. With the introduction of B.Sc. Botany, Zoology is offered as an ancillary subject to the students of botany major from 1972. The B.Sc. Degree in Zoology was introduced in 1982. A variety of teaching and learning techniques has been employed to impart knowledge and skills to students. Alumni of our department have made their marks in various institutions around the world.



Course Objectives

- To understand the nutritive values of various foods
- To obtain knowledge on role of diet.
- To understand the recent trends in diet therapy



Module

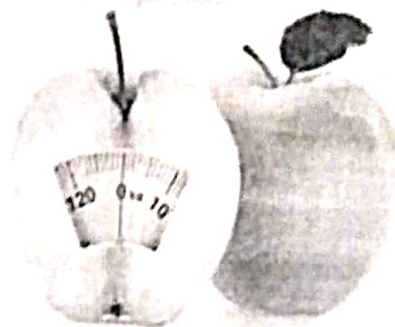
- ❖ General nutrition and healthy eating
- ❖ Being a comfortable and healthy weight
- ❖ Diabetes and prevention of diabetes
- ❖ Heart health, cholesterol, high blood pressure
- ❖ Concern about eating disorders
- ❖ Nutrition for pregnancy and breastfeeding
- ❖ Stomach and gut issues including constipation and irritable bowel syndrome
- ❖ Vitamin and mineral deficiencies including anaemia, and
- ❖ Confusion about current popular diets.

Course Outcomes

- ✓ concept of nutritive foods
- ✓ importance of dietetics

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- ✓ understand the energy values of various foods
- ✓ To validate different food items and in different body conditions



Instructions to Students

- ↓ For admission of VAC- Nutrition and Dietetics register your name in zoology department is must.
- ↓ Confirmation of seat is only after paid the fee to the College administrative office.
- ↓ Fees once paid cannot be refunded under any circumstances.
- ↓ Certificates will be issued only after the successful completion of the examination at the end of the course

For further queries contact

Dr. S. Somasundaram
Assistant Professor and Head
Department of Zoology
NGM College, Pollachi

Mobile: 9486535368

NUTRITION

Dr. S. SOMASUNDARAM M.Sc., Ph.D.,
Assistant Professor and Head
Department of Zoology
N.G.M. College, Pollachi - 642 001

Value added course

Programme code:	B. Sc	Programme Title :	Zoology
Course Code:	201296VA	Title	Batch :
		Nutrition and Dietetics (Value added course)	Semester III
Hrs/Week:			Credits:

Course Objectives

- To understand the nutritive values of various foods
- To obtain knowledge on role of diet.
- To understand the recent trends in diet therapy.

Course Outcomes (CO)

K1	CO1	To recollect the concept of nutritive foods.
K2	CO2	To understand the energy values of various foods.
K3	CO3	To apply the importance of dietetics
K4	CO4	To analyze the nutrition and dietetics

Unit	Content	Hrs
Unit I	Measurement of energy and energy values of various food. Definition- Nutrition, factors affecting nutrition. Nutritional requirements – children, adolescence, old age Balanced Diet – Definition, Food Pyramid-importance	6
Unit II	Macro Nutrients- Major Nutrients – Definition, classification, food sources, functions, deficiency diseases of carbohydrate, protein and fat	6
Unit III	Micro Nutrients Vitamins - Functions, food sources, deficiency diseases of Water soluble vitamins – Vitamin C, B1, B2, Niacin. Fat Soluble Vitamins - A, D, E, K Minerals - Functions, food sources, deficiency diseases of Calcium, Iron, Fluoride and Iodine	6
Unit IV	Principles of diet therapy - Routine Hospital diets - special feeding methods - Tube feeding, parental nutrition. The Dietitian - Clarification - Responsibilities in Indian context - Diet counseling - Registered dietitian.	6
Unit V	Therapeutic Diets Definition of dietetics –purpose and principles of therapeutic Diets, role of dietitian, routine hospital diets and special feeding methods.	6
Total Contact Hrs		30

Italics denoted as self study topics

Assignment ,Seminar

Books for Study:

Anita Tull, (1987) 1st edition. Food and nutrition – Oxford University press. Cambridge

Srilakshmi, B. (2012) 5th edition. Food Science, New age International Publishers, New Delhi

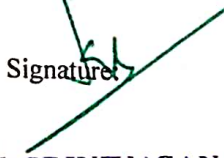
Books for Reference:

Swaran Pasran Pasricvha, (2000) 1st edition. Count what you eat – NIN – Hyderabad
 Tripathy, S. N. (2004) 1st edition. Food Biotechnology. Dominant Publishes and distributors, New
 Delhi. 110002
 Srilakshmi, B. (2012) 6th edition. Dietetics, New age International Publishers, New Delhi

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	H	H	M	H
CO2	H	M	H	M	H
CO3	H	H	H	H	H
CO4	M	H	M	H	M

H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HOD Name and Signature	Checked by CDC	Approved by COE
Dr. S. Somasundaram Signature: 	Dr. S. Somasundaram Signature: 	Mr.K.Srinivasan Signature: 	Dr. R. Muthukumaran Signature: 

K. SRINIVASAN, M.C.A.,

Co-ordinator

Curriculum Development Cell (CDC)

NGM College (Autonomous)

Pollachi - 642 001.

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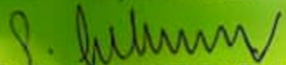
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that **NANDHAKUMAR** , 20zl01 Bsc. Zoology , has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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Course Coordinator


Dr. R. Muthukumaran
Principal



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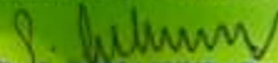
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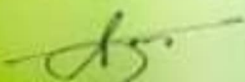


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Certificate

This is to certify that K pugalendhi , 20-ZL-02 B.Sc.Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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Course Coordinator


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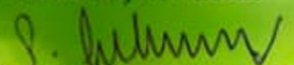
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Sudharsankumar S, 20-ZL-03 B.Sc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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Course Coordinator


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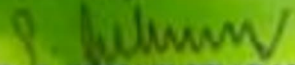
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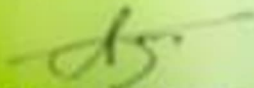


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Vignesh. D, 20-zl-04 B Sc, zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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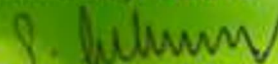
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Anandhi.K, 20-ZL-05 B.Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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Certificate

This is to certify that M.Anjali, 20-zl-06 B.sc zoology , has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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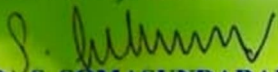
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Certificate

This is to certify that A.Anshiya sherin, 20-ZL-07 B.Sc Zoology , has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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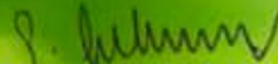
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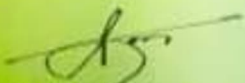


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that V.Aswana, 20-zl-08 B.sc- zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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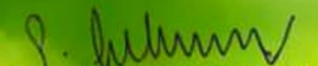
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Certificate

This is to certify that M.Ayana, 20_ZL_09 B.sc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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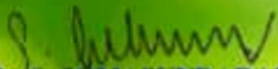
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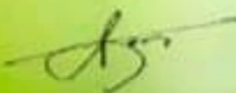


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Certificate

This is to certify that S.Brintha, 20-ZL-10 B.Sc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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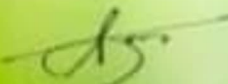


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that A. Deepa, 20-ZL-12 BSC. ZOOLOGY, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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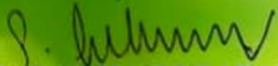
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Certificate

This is to certify that Divya Bharathi A , 20-ZL-13 B.Sc.Zoology , has Successfully completed the Value Added Course on “**Nutrition and Dietetics**” For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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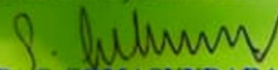
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Certificate

This is to certify that Gayathri Veeraiah, 20-ZL-14 B.Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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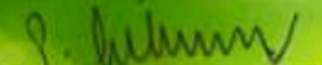
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Certificate

This is to certify that Gomathi.M, 20-ZL-15 B.sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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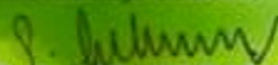
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Certificate

This is to certify that S Jeevitha, 20-ZL-16 B.Sc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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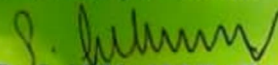
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that G.kausalya, 20-ZL-18 B.sc-Zoology, has Successfully completed the Value Added Course on “Nutrition and Dietetics” For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
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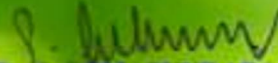
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Certificate

This is to certify that Kavitha.M, 20-ZL-19 B.sc.Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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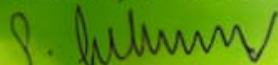
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Certificate

This is to certify that S.Kaviya shree, 20-ZL-20 B.Sc Zoology, has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
Principal



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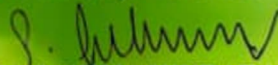
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that K.Keerthana, 20-ZL-21 Bsc Zoology , has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
Principal



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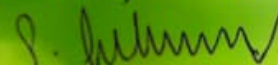
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that K.Keerthana, 20-ZL-22 B.Sc Zoology, has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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Course Coordinator


Dr. R. Muthukumaran
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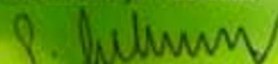
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that S.Mahalakshmi, 20-ZL-24 B.Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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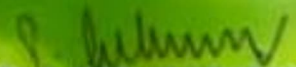
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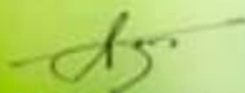


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that P.Malathi, 20ZL25 B.SC Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


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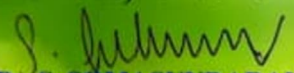
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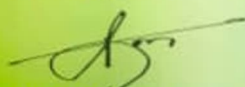


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that G Mathuvarshini, 20-ZL-27 B.Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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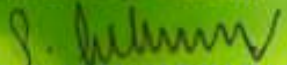
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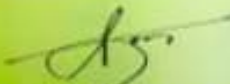


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Muthu Priya.U, 20-ZI-28 Bsc zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


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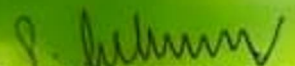
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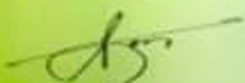


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that R.Parvathi, 20-ZL-31 Bsc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
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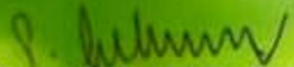
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that S Pavithra, 20-ZL-32 B.sc zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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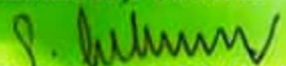
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that M. Poorvasanthiya, 20-ZL-33 B. Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


DR. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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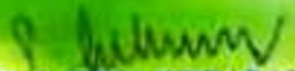
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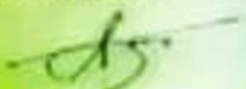


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Priyanga, C, 20ZL34 Bsc zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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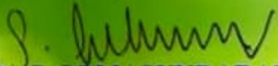
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that S.Ruthra priya , 20ZL35 B.Sc Zoology , has Successfully completed the Value Added Course on **“Nutrition and Dietetics”** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
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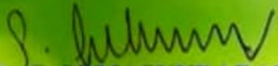
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that K.santhiya, 20-ZI-36 B.sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
Principal



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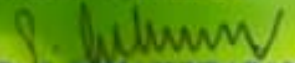
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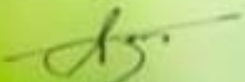


DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that Santhiyamalini.S, 20-ZL-37 Bsc zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
Principal



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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that M Suba, 20-ZL-38 B.sc Zoology , has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumar
Principal



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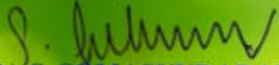
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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that A.Suvithra, 20-ZL-39 B.Sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


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DEPARTMENT OF ZOOLOGY

Certificate

This is to certify that V.Veda Sowbarnika, 20-ZL-40 B.sc Zoology, has Successfully completed the Value Added Course on **"Nutrition and Dietetics"** For 30 hours during April 2023 at Department of Zoology, Nallamuthu Gounder Mahalingam College (Autonomous)Pollachi.


Dr. S. SOMASUNDARAM
Course Coordinator


Dr. R. Muthukumaran
Principal