

**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION**

**ANNUAL REPORT
2023-2024**

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2.	Results			2
3.	Orientation	Departmental	9/10/23	3
4.	Bridge course	Departmental	9/10/23	5
5.	World Food Day celebration	Departmental	16/10/23	7
6.	Nutrition Awareness program	Departmental	16/10/23	9
7.	Diet camp in school	Curricular	1/12/23	11
8.	Skill development	Curricular	15/12/23	13
9.	FUZO	Departmental	23/12/23	15
10.	International Women's Day celebration	Departmental	8/3/24	18
11.	Workshop – “Nutrition in Dysphagia “	Co-curricular	22/3/24	20
12.	Guest talk – Egg bank	Co-curricular	28/3/24	22
13.	Alumni meet	Departmental	6/4/24	24
14.	Extension activity – old age Home, Alangar	Co-curricular	12/4/24	26
15.				
16.	Webinar	Co-curricular	3/5/24	28
17.	Diet camp – Cancer awareness	Co-curricular	4/5/24	30
18.	Alumni event – workshop on statistics	Curricular	23/5/24	32
19.	Guest talk	Curricular	14/6/24	34
20.	Nutrition education program	Curricular		36
21.	Association activity	Departmental		38

RESULTS

2023-2024

CLASS	No. of the students	1st Sem	2nd Sem	3rd Sem	4th Sem
I M.Sc.	21	100 %	100 %	100 %	
II M.Sc.	22	100 %	100 %	100 %	



ALVA'S COLLEGE

A Unit of Alva's Education Foundation (R.)
Affiliated to Mangalore University



DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANIZES ORIENTATION PROGRAMME (A PROGRAMME UNDER IQAC)

Target group – 1st M.Sc FSN Students

Date: 09/10/23

Venue: 1st M.Sc FSN classroom

ALL ARE CORDIALLY INVITED

PRINCIPAL

IQAC COORDINATOR

CO-ORDINATOR/HOD



ALVA'S COLLEGE MOOBBIDRI

**DEPARTMENT OF PG STUDIES IN FOOD
SCIENCE & NUTRITION**

ORIENTATION PROGRAMME



**Resource Person: Dr. Audrey S Pinto
HOD, Department of Msc Psychology
Date : 09/10/2023**



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**Department of Food science and Nutrition
Orientation Program**



**Resource Person - Navya M Upadhyaya ,
Department of M.A English
Date - 11/10/23**



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**Department of Food science and Nutrition
Orientation Program**



**Resource Person - Mr. Krishna Moorthy , Associate Professor ,
Department of Master of social work
Date - 16/10/23**



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**Department of Food science and Nutrition
Orientation Program**



**Resource Person - Dr. Archana
Alva's college of Naturopathy & yogic sciences
Date - 12/10/23**



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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANIZES BRIDGE COURSE (A PROGRAMME UNDER IQAC)

Target group –2nd M.Sc FSN Students

Date: 09/10/23

Venue: 2nd M.Sc FSN classroom

ALL ARE CORDIALLY INVITED

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**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION
ALVA'S COLLEGE, MOOBBIDRI
ORGANISES
WORLD FOOD DAY**

FOOD AWARENESS CLASS

A PROGRAMME UNDER IQAC

DATE: 16th October 2023

VENUE: PG Hostel, Alva's College

PRINCIPAL

IQAC

CO- ORDINATOR/HOD





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ALVA'S COLLEGE, MOODBIDRI**

ORGANISES

NUTRITION AWARENESS Program

A PROGRAMME UNDER IQAC

DATE: 16th October 2023

Resource person – Dr. Archana Prabhat

TARGET AUDIENCE – PUC students

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Department of Food science and Nutrition
WORLD FOOD DAY CELEBRATION
Nutrition Awareness Program

“ LEADING A HEALTHY LIFESTYLE ”



Target group - PU college students
Alva's college



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ALVA'S COLLEGE, MOODBIDRI**

ORGANISES

DIET CAMP

A PROGRAMME UNDER IQAC

DATE: 1st December 2023

VENUE: BENGABETTU PRIMARY SCHOOL

PRINCIPAL

IQAC

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WEIGHT



HEIGHT



CHEST CIRCUMFERENCE



MID-UPPER ARM CIRCUMFERENCE



HEAD CIRCUMFERENCE



NUTRI-LADOO DISTRIBUTION



INTERACTIVE SESSION





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ALVA'S COLLEGE, MOODBIDRI**

ORGANISES

Skill development program

Resource person - Dr. Reddy's team

A PROGRAMME UNDER IQAC

DATE: 15th December 2023

PRINCIPAL

IQAC

CO- ORDINATOR/HOD

Zoom meeting on web

app.zoom.us/join?fromPWA=1&pwd=ZStvZzFJamSMk2xVHf6RkGZX1Q1098_x_zm_rtaid=91eP3eStQymgl3X64JKayA.1702635898094.694d322bcbf2f9b2feefc269a0965...

KARTHIKA DEVI S **G R Vibhashree** **Pooja K I** **shlaghya sreen**

COMPONENT OF A DIABETIC D

CARBOHYDRATE 45 – 65 % (55%)

- Type and amount of CHO are both important
- Greatest impact on blood sugar

PROTEIN 12 – 20 % (15%)

- Patients with nephropathy should limit protein to < 10%

FAT 25 – 35% (30%)

- Monounsaturated & Omega-3 fatty acids are the best types.
- Limit Saturated fat to < 7%
- Minimize trans-fatty acids

2006 Position Statement of the American Diabetes Association

Diabetes food guidelines
The American Diabetes Association (ADA) offers the following recommendations from each food group:

- Fats, oils, and sweets**
Try to keep servings small.
- Milk**
Milk products contain plenty of protein, calcium, and vitamins. Select nonfat or low-fat dairy products.
- Vegetables**
Vegetables are low in fat and full of vitamins, minerals, and fiber.
- Breads, grains, and other starches**
The foods in this group contain mostly carbohydrates.
- Meat, meat substitutes, and other proteins**
Proteins are full of vitamins and minerals. Choose 4 to 6 ounces/day divided between meat.
- Fruits**
Fruits contain carbohydrates and have plenty of vitamins, minerals, and fiber. Choose 2 to 4 servings/day.

Participants (20)

- HR Harshitha Rao
- H Hitashree
- ST GREENA T V
- AH ASHWATH H K
- D Daraz
- OC OPPO CPH2531
- SP Soumya pattanad
- Rutika Kuckian
- NH Nandana Haridas
- P Preethika
- A Arsha
- HK Haanam KS
- SS shlaghya sreen
- PK Pooja K I
- GR G R Vibhashree

31°C Sunny 1607 15-12-2023

Zoom meeting on web

app.zoom.us/join?fromPWA=1&pwd=RkVoOE44RFGc3FKRrNqNlptd2RkUT098_x_zm_rtaid=MNslBflTpWqV-ahfFNda.1702030761087_eSbd51d495d812c10181c887f36e...

karthika **Anjali kr** **Moksha M.P** **CHANDRU GOUDAR** **Sheethal k**

Healthy Snacks Options for Home and Tiffin

- Roasted Chana
- Roasted Makhana
- Roasted Mixed Nuts
- Roasted Seeds
- Roasted Peanuts
- Roasted Paneer
- Plain Popcorns
- Boiled Peanuts
- Boiled Bean Salad
- Boiled Kalachana/Chickpea Salad
- Murmura Chaat / Bhel / Moodi
- Whole Fruits
- Khakhra
- Dhokla
- Whole Wheat Pancakes
- Besan Cheela

Participants (20)

- karthika
- Anjali kr
- Moksha M.P
- CHANDRU GOUDAR
- Sheethal k

32°C Partly sunny 1623 08-12-2023



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**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION
ALVA'S COLLEGE, MOOBBIDRI**

ORGANISES

FUZO

(A FOOD EVENT)

A WINTER NOSHERY

A PROGRAMME UNDER IQAC

DATE: 23rd December 2023

VENUE: P.G BUILDING QUADRANGLE

PRINCIPAL

IQAC

CO- ORDINATOR/HOD


DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION
ALVAS COLLEGE, MOOBBIDRI
 Organizes



Fuza



A winter noshery

IN PRESENCE OF
Principal Dr. Kurian
HOD of Msc.FSN
Dr. Archana Prabhat

Chief Guest



JASON PEREIRA
Currently working as Restaurant
Manager, Flying inn Restaurant Pune
Alumni Of Alva's College

23.12.2023 | 11:00 AM
 VENUE : PG BUILDING, QUADRANGLE

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IQAC CO-ORDINATOR

CO-ORDINATOR



Education Foundation

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

FUZO



You're warmly invited to our event to
 witness science in snacks and beverages

23-12-2023 | 11:00 A.M



Entry
Fee
₹10

Every bite is a sweet, nutritious delight.

Venue : P.G Building Quadrangle





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**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION**

ORGANISES

WOMEN'S DAY METABOLIC SYNDROME

A PROGRAMME UNDER IQAC

DATE: 8-3-24

VENUE: PG SEMINAR HALL

TARGET AUDIENCE: NON TEACHING STAFF

PRINCIPAL

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INTERNATIONAL WOMEN'S DAY CELEBRATION





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

NUTRITIONAL MANAGEMENT IN DYSPHAGIA

A PROGRAMME UNDER IQAC

DATE : 22/3/ /24

RESOURCE PERSON : SREEMATHY VENKATRAMAN

TARGET VENUE: PG SEMINAR HALL

AUDIENCE: UG AND PG FOOD SCIENCE STUDENTS

PRINCIPAL

IQAC

CO- ORDINATOR



ALVA'S COLLEGE MOODBIDRI

DEPARTMENTS OF UG AND PG STUDIES IN FOOD AND NUTRITION

IN ASSOCIATION WITH IAPEN INDIA MANGALURU CHAPTER

ORGANIZES

WORKSHOP

ON

NUTRITIONAL MANAGEMENT IN DYSPHAGIA

RESOURCE PERSON



Dr. Sreemathy venkataraman
Chief clinical dietitian & visiting consultant
Founder -Mitha Aahara - Online nutrition consultancy services
National executive member - IAPEN INDIA

PRESENCE :- Prof. Balakrishna shetty
Administrative officer
Alva's college ,Moodabidri



MARCH 22 2024 @ 10:30 am

ALL ARE CORDIALLY INVITED

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IAPEN INDIA- Mangaluru Chapter

Dysphagia Core

Workshop on " Nutritional Management in Dysphagia."

@Alva's College





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ORGANISES

THE JOURNEY OF INTERNATIONAL

NUTRITIONAL PROJECT

EGG BANK

A PROGRAMME UNDER IQAC

DATE : 28/3/2024

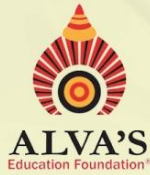
VENUE: KUVEMPU HALL

AUDIENCE: PG LIFE SCIENCE STUDENTS

PRINCIPAL

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The Journey of International Nutritional Project EGG BANK

Key Note Speaker

PHF. Rtn.Sk. Valmiki Hari kishan
 Founder of EGG Bank
 Brain Child of Valmiki Foundation
 Rotary Club of Secunderabad-RID 3150

28th Mar 2024
 3pm to 4pm
 Alva's College,
 Moodubidri, Mangalore



Mr. Vivek Alva
 President, Managing trustee,
 Alva's College Moodubidri

Dr. Kurian
 Principal,
 Alva's College Moodubidri

Dr. Archana Prabhat
 Coordinator & Head
 Department of PG Studies in
 Food Science and Nutrition

Egg Bank

GUEST TALK

Resource person - Hari Kishan Valmiki





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

ALUMNI MEET

A PROGRAMME UNDER IQAC

DATE : 06/04/24

VENUE: KUVEMPU HALL

AUDIENCE: PG FOOD SCIENCE STUDENTS

PRINCIPAL

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DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE & NUTRITION

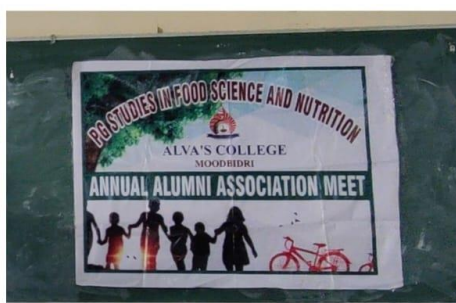
ALUMNI ASSOCIATION MEET



6TH , APRIL



02:00 PM





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

EXTENSION ACTIVITY

A PROGRAMME UNDER IQAC

DATE : 12/4/24

RESOURCE PERSON : DR ARCHANA PRABHAT

TARGET: OLD AGE HOME PEOPLE

**VENUE: ALANGAR , MOUNT ROSARY OLD AGE
HOME**

AUDIENCE: PG FOOD SCIENCE STUDENTS

PRINCIPAL

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ALVA'S COLLEGE MOODBIDRI



DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

IN ASSOCIATION WITH

IAPEN INDIA MANGALURU CHAPTER

ORGANIZES

EXTENSION ACTIVITY

On the occasion of World Health Day celebration

IN OLD AGE HOME



Mount rosary old age home Alangar, Moodbidire



10:30 am



12 th April 2024



HIGHLIGHTS OF THE EVENT:- Distribution of the healthy meal

HOD/COORDINATOR

PRINCIPAL





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

WEBINAR

A PROGRAMME UNDER IQAC

DATE : 03/05/24

VENUE: PG FOOD SCIENCE AND NUTRITION
CLASSROOM

AUDIENCE: PG FOOD SCIENCE STUDENTS

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CO- ORDINATOR



DEPARTMENT OF PG STUDES IN FOOD SCIENCE AND NUTRITION

ORGANIZES

WEBINAR

(A PROGRAMME UNDER IQAC)



by RESOURCE PERSON
APARNA DAMLE
Manager – Research (Clinical Investigations)
Innovation & Science
Amway Global Services Pvt. Ltd., India




Date:- 3rd May
Time:- 9:30 am
Platform : Google meet

Topic :-




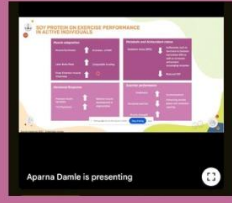


Demystifying Soy Protein-
Unveiling it's transformative health
benefits and dispelling common myths....

COORDINATOR IQAC COORDINATOR PRINCIPAL



Dept. of PG Studies in Food Science and Nutrition

webinar on “Soy Protein”

DEPARTMENT OF PG STUDES IN FOOD SCIENCE AND NUTRITION

ORGANIZES


WEBINAR

(A PROGRAMME UNDER IQAC)

by RESOURCE PERSON
APARNA DAMLE
Manager – Research (Clinical Investigations)
Innovation & Science
Amway Global Services Pvt. Ltd., India

Date: 3rd May
Time: 9:30 am
Platform : Google meet

Topic :-



Demystifying Soy Protein-
Unveiling it's transformative health
benefits and dispelling common myths....



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**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION
ORGANISES
PAP SMEAR**

A PROGRAMME UNDER IQAC

DATE : 4/5/24


VENUE: KRUSHI SIRI VEDIKE

AUDIENCE: Women in and around Moodbidre

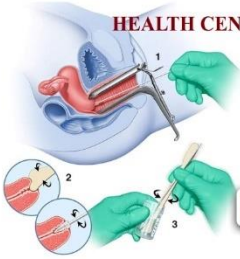
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IQAC

CO- ORDINATOR



ALVA'S EDUCATION FOUNDATION®
Moodubidire
ALVA'S
HEALTH CENTRE | AYURVEDA | NATUROPATHY | HOMEOPATHY
PHYSIOTHERAPY | NURSING
Jointly Organising



PAP SMEAR
Free Test for Cervical Cancer Screening

Camp Benefits


- Cervical Cancer Screening
- Breast Examination
- Information about Vaccine

Advance Registration Compulsory
First preference to initial 100 registrations



Free Registration, Consultation & Health Education

04-05-2024 | 9:00 AM to 4:00 PM | Krushi Siri Vedike Vidyagiri

9663555378 | 8296981049




Alvas Education Foundation
Department of PG Studies in Food Science and Nutrition





PAP SMEAR
Free test for Cervical cancer

Diet counselling



Nutritional Assesment



4th May 2024



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**DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION
ORGANISES**

Statistics workshop

A PROGRAMME UNDER IQAC

DATE : 23/5/24

VENUE: PG FOOD SCIENCE AND NUTRITION
CLASSROOM

AUDIENCE: PG FOOD SCIENCE STUDENTS

PRINCIPAL

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ALVAS COLLEGE MOODBIDRI
DEPARTMENT OF PG STUDES IN FOOD
SCIENCE AND NUTRITION

ALUMNI ACTIVITY
WORKSHOP ON RESEARCH STATISTICS

(A program under IQAC)

Resource person :-
Ms. Shivani Shetty
Alumnous of the batch 2020-22
Diet coach in HealthifyMe



23 rd. of May 2024



2:30 pm

COORDINATOR

IQAC COORDINATOR

PRINCIPAL





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ORGANISES

**“ NUTRIGATE; A SHOWCASE OF CLINICAL
INSIGHTS AND PRODUCT INNOVATIONS”**

A PROGRAMME UNDER IQAC

DATE: 14/06/24

VENUE: KUVEMPU HALL

AUDIENCE: UG & PG FOOD SCIENCE STUDENTS

PRINCIPAL

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CO- ORDINATOR



ALVA'S COLLEGE MOOBBIDRI
(Autonomous)

**DEPARTMENT OF PG STUDES IN FOOD
SCIENCE AND NUTRITION**

Presenting

**"NutriGate: A Showcase of Clinical
Insights and Product Innovations"**

**RESOURCE PERSON:-
Sudheendra Kamath**
General Manager Sales and
Marketing
Ace Foods Pvt. Ltd.,



PRESENCE:-

Mr. Vivek Alva
Managing Trustee
Alva's Education Foundation,
Moodbidire

Friday, 14th June 2024

10:00 am

Dr. Kurian
Principal
Alva's Education Foundation,
Moodbidire

Kuvempu Hall



COORDINATOR

IQAC COORDINATOR

PRINCIPAL

**NutriGate : A Showcase of Clinical
Insights and Product Innovations**





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

NEP

NUTRITIONAL EDUCATION PROGRAMME

A PROGRAMME UNDER IQAC

Duration: One year

VENUE: ALVA'S HIGH SCHOOL

PRINCIPAL

IQAC

CO- ORDINATOR/HOD





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DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

ORGANISES

ASSOCIATION ACTIVITY

A PROGRAMME UNDER IQAC

**VENUE: DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION**

PRINCIPAL

IQAC

CO- ORDINATOR

