

WAVOO WAJEEHA WOMEN'S COLLEGE OF ARTS & SCIENCE



KAYALPATNAM

WAJEEHA SKILL ACADEMY



SKILL BASED COURSE ACTIVITIES 2012 ONWARDS



Students love to be in this group as most of the Kayalpatnam students love cooking, serving new varieties of dishes which sometimes excel the star hotels. They cook, serve teach the methods and enjoy eating too.

KITCHEN CORNER

<p>1-15 Days Introduction to Nutrition & dietetics, Planning diets, the food guide pyramid, Food groups and their nutrients, RDA, Nutritional requirements of adult men and women, Planning Diet chart, Calculating the nutrients, Preparation of recipes, Discussing elaborately on its Preparation and uses.</p>	<p>16-30 Days Planning the diet for Obesity, underweight, Pre-school children, School children and adolescents, Calculation of nutrient contents in the planned diet, Preparation of the recipes. + Theory classes on what is obesity, underweight and its prevention and cures.</p>
<p>31-45 days Theory on elaborating the importance of nutrients in food required by expectant mothers, lactating women and old age people, planning a diet chart for them, Calculating the nutrients, Preparation of the recipes.</p>	<p>46-60 days Understanding what is diabetes mellitus, hypertension and iron deficiency anaemia, causes, prevention and cures. What are the nutritional and food required for them and its uses. planning the diet chart, Calculating its nutrients and preparation of recipes.</p>

Wavoo Wajeeda Women's College of Arts and Science, Kayalpatnam		
Wajeeda Skill Academy 2018-2019		
Dec 2018 to April 2019		
Skill Based Course Activities - Kitchen Corner No.of.Students:31		
Sec- A		
S.No	Class	Name
1	II B.Com	Afrin M
2		Ananthajothi C
3		Devimuthumari M
4		Fathima Mumtaj A S
5		Sabeena S
6		Saffrin Fathima K M
7		Thaslima S
8		Zaheera M A
9		Aysha Saheera M M
10		Halima Nasrin A R
11		Kithuru Fathima J A
12	II BBA	Faseeha A R
13		Fathima Faheema S
14		Fathima Muallifa Z M
15		Fathima Munawwara S H
16		Fathima Sulthana S S
17		Mohamed Fathima K M
18		Sara Sakira A M
19		Sayed Afsana Fathima A
20		Zubaidha Munziya M M
21	III CS	Aariba Roshan M
22		Athinin Jisa M F
23		Fathima Beevi M
24		Fathima Nihara A M
25	III CS	Fathima Nushfa S
26		Hania Zainb A H
27		Kadera Fathima S M
28		Mukaddasa S A T
29		Raheema S I
30		Rahma Hifaza M M
31	III IT	Samiha M


 (S.A.K.Muthu Mohudoom Fathima)

CO-ORDINATOR
WAJEEHA SKILL ACADEMY
 Wavoo Wajeeda Women's College of Arts & Science
 Tiruchendur Road,
 Kayalpatnam - 628 204.


 (Dr. R.C.Vasuki)

PRINCIPAL
WAVOO WAJEEHA WOMEN'S COLLEGE
OF ARTS AND SCIENCE
 Tiruchendur Road, Kayalpatnam - 628 204,
 Thoothukudi Dist., Tamil Nadu.

Kitchen Corner

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WAVOO WAJEEHA WOMEN'S COLLEGE OF ARTS AND SCIENCE

KAYALPATNAM - 628 204.

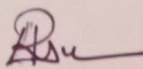
RUN BY : WAVOO SAR EDUCATIONAL TRUST

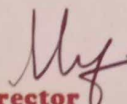
PROFICIENCY CERTIFICATE



This is to certify that.....Afrin M......
of.....Kitchen Cornix.....in the year 2018 - 2019 has successfully completed
.....II B. Com.....with.....A.....Grade, conducted by
Wajeeha Skill Academy.

R. C. Yashvi
Principal


Co-ordinator


Director

