

WAVOO WAJEEHA WOMEN'S COLLEGE OF ARTS & SCIENCE

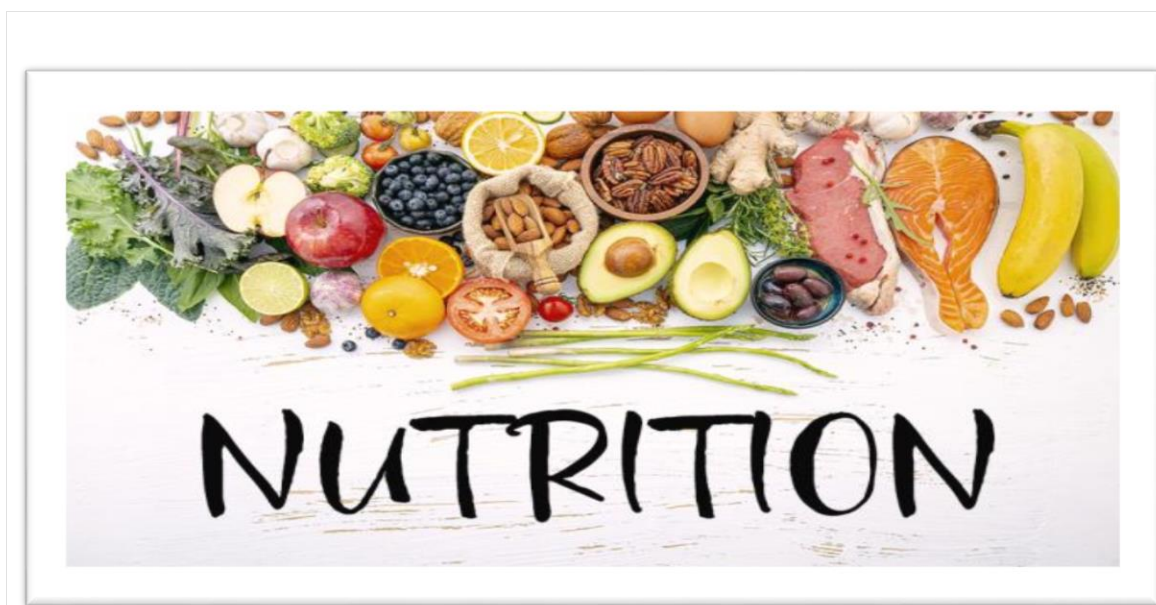


KAYALPATNAM

WAJEEHA SKILL ACADEMY



SKILL BASED COURSE ACTIVITIES 2012 ONWARDS



Nutrition is the study of food and how it affects the health and growth of the body. Nutrients are substances found in foods that our bodies use to grow, reproduce and survive. Healthy body and a healthy mind is a pre-requisite for continuing in job anywhere. This course gives the students tips for healthy living, to carry on their day today activity with a sound mind and body. Not only theory classes but with practical training they are given the nutrition that they need.

SYLLABUS:

NUTRITION

Unit 1:

- Diet and Dietetics
- Introduction to meal planning
- What is health and a balanced diet
- RDA and Food guide pyramid
- Principles of meal planning
- Steps involving in planning the diet

Unit 2:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Pre-school children
 - School children
 - Adolescents
 - Underweight and Obesity
- Recipe preparation
- Preparation of food

Unit 3:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Expectant mothers
 - Lactating women
 - Old age people
- Recipe preparation
- Preparation of food

Unit 4:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Diabetes Mellitus
 - Hypertension
 - Iron deficiency Anaemia
- Recipe preparation
- Preparation of food

COURSE OUTLINE:

- To understand diet and health
- To learn the nutritional requirements for different ages of people
- Calculating calories and planning the diet
- Preparation of planned food items

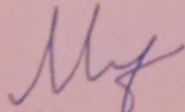
Time Management:

- ❖ Unit 1 – Min. 3 hours
- ❖ Unit 2,3&4 –
 - First 2 days for Calculating calories and planning the diet
 - Every 3rd day for recipe preparation
 - Every 4th day for preparing the food

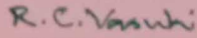
Requirements:

- ❖ Cooking stove
- ❖ Measuring cups and spoons
- ❖ Weighing Machine
- ❖ Utensils and cutleries

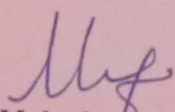
Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha Skill Academy 2022-2023		
Aug 2022 to Nov 2022		
Skill Based Course Activities - Nutrition No.of.Students:25		
Sec- A		
S.No	Class	Name
1	III BBA	STELLA A
2		HAWWA JESSIMA.M.A.S
3	III Eco	KIRUTHIGA P
4	III B.Com	FATHIMA MUZNA M R
5		MOHAMED DEENA A
6		FATHIMA MUBASHARA U A C
7		KHILURU FATHIMA M A
8		DENI I
9	III Eng	NALEEFA A K
10		BAZEERA.S
11		FATHIMA NAZEERA R
12		SHAMEERA S
13	III Phy	ALFATHIMASAMEERA.B
14		MUTHU REVATHI P
15		SITHI SAFRIN BEGAM.S
16		UMMU SIHANA
17		RAFITHA A
18	III Tamil	AKILA.L
19		RAJESWARI L
20	III CS	KATHEEJA RIZVIA.M.K
21		ZEENATH SULTHANA M.A
22		ZAINAB KATHEEJA M N
23	III Maths	NABISATHUL RASMEENA S
24		VASEELA SUHARA BEEVI
25	III IT	MUSHBIRA HATOON A


 (S.A.K.Muthu Mohudoom Fathima)

Director
 WAJEEHA SKILL ACADEMY
 Run by: Wavoo SAR Educational Trust
 Tiruchendur Road,
 Kayalpatnam - 628 204.

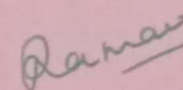

 (Dr. R.C.Vasuki)

Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam						
Wajeeha Skill Academy 2022-2023						
Dec 2022 to April 2023						
Skill Based Course Activities - Nutrition					No.of.Students:45	
Sec- A				Sec- B		
S.No	Class	Name		S.No	Class	Name
1	Tamil	A.Sancika		1	Eng	Parimala
2		L.Akila		2		Y.Saraswathi
3	BBA	A.Stella		3		M.Persia Prasanna
4	IT	A.Musfira Hathoon		4		E.Maya
5	CS	M.A.Zeenath Sulthana		5		C.Indhra
6		M.N.Zainab Katheeja		6	R.Amala Sheba	
7		M.K.Katheeja Rizviya		7	N.Moufika	
8	B.com	U.A.C.Fathima Mubashara		8	BBA	S.Haj Nooriya Rofina
9		M.R.Fathima Muzna		9		M.Jeyanthi
10		I.Deni		10		P.Muthu Lakshmi
11		kiluru Fathima		11		A.A.Najeeba Nuzaiha
12		A.Mohamed Deena		12	B.Com	M.A.C. Jaseema
13	Maths	S.M.Maryam		13		M.Nabiza Begum
14	Eng	J.H.Roshan Sameera		14		M.Muthu Selvi
15		S.Shameera		15		M.M. Fathima Firoz
16		S.Bazeera		16		C.Uma Makeshwari
17		A.K.Naleefa		17		S.Ayisha
18		A.Ayisha Jumana		18	S.S. Ummu Nazla	
19		Fathima Nazeera		19	IT	Ashifa Mariyam
20		A.K.Fathima Afra		20		R.S. Fathima Beevi
21		S.M.A.Mohammed Afra		21		S.D Rahmath
22		Jafrin Shiny		22		B.A Mohudoom Fatheena B A
			23	Maths	V.Vinisha	


(S.A.K.Muthu Mohudoom Fathima)

Director

WAVEEHA SKILL ACADEMY
by: Wavoo SAR Educational Trust
Tiruchendur Road,
Kayalpatnam - 628 204.



(Dr.V.Rama)

PRINCIPAL

WAVOO WAJEEHA WOMEN'S COLLEGE
OF ARTS & SCIENCE
Tiruchendur Road, Kayalpatnam - 628 204.

Wavoo Wajeetha Women's College of Arts and Science, Kayalpatnam

Wajeeha Skill Academy 2022 - 2023

Advance nutrition

Staff Name: H.J.Katheeya Ahsana

Muthu Beeri .N.M.U

Venue :

Name: M. K. Katheeja Ahsana Muthu Bevi N. M. U			Venue :																							
S.N	Class	Name	DD/MM/YY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1	Tamil	A.Sancika	21/3/23	X																						
2		L.Akila	27/3/23	X																						
3	BBA	A.Stella	28/3/23	X																						
4	IT	A.Musfira Hathoon	29/3/23	X																						
5	CS	M.A.Zeenath Sulthana	30/3/23	X																						
6		M.N.Zainab Katheeja	31/4/23	X																						
7		M.K.Katheeja Rizviya	5/4/23	X																						
8	B.com	U.A.C.Fathima Mubashara	6/4/23	X																						
9		M.R.Fathima Muzna	10/4/23	X																						
10		I.Deni	10/4/23	X																						
11		kiluru Fathima	11/4/23	X																						
12		A.Mohamed Deena	11/4/23	X																						
13	aths	S.M.Maryam	11/4/23	X																						
14	Eng	J.H.Roshan Sameera	12/4/23	X																						
15		S.Shameera	12/4/23	X																						
16		S.Bazeera	12/4/23	X																						
17		A.K.Naleefa	12/4/23	X																						
18		A.Ayisha Jumana	12/4/23	X																						
19		Fathima Nazeera	12/4/23	X																						
20		A.K.Fathima Afra	12/4/23	X																						
21		S.M.A.Mohammed Afra	12/4/23	X																						
22		Ufrin Shiny	12/4/23	X																						
NO. OF PRESENTS				15	18	20	21	18	14	13	18	19	19	19	21	21	21	15	15	19	15	18	20	21		
NO. OF ABSENTS				7																						
STAFF SIGNATURE																										



WAVOO WAJEEHA WOMEN'S COLLEGE OF ARTS AND SCIENCE

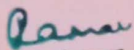
KAYALPATNAM - 628 204.

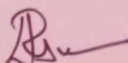
RUN BY : WAVOO SAR EDUCATIONAL TRUST

PROFICIENCY CERTIFICATE



This is to certify that.....STELLA A......
ofIII PBA.....in the year 2022-2023 has successfully completed
.....NUTRITION.....with ...B..Grade, conducted by
Wajeeha Skill Academy.


Principal


Co-ordinator


Director



DIETETICS

SYLLABUS:

NUTRITION

Unit 1:

- Diet and Diseases
- Introduction to meal planning
- What is health and a balanced diet
- RDA and Food guide pyramid
- Principles of meal planning
- Steps involving in planning the diet

Unit 2:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Pre-school children
 - School children
 - Adolescents
 - Underweight and Obesity
- Recipe preparation
- Preparation of food

Unit 3:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Expectant mothers
 - Lactating women
 - Old age people
- Recipe preparation
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Unit 4:

- Nutritional requirements, Food requirements
- And Planning the diet for
 - Diabetes Mellitus
 - Hypertension
 - Iron deficiency Anaemia
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COURSE OUTLINE:

- To understand diet and health
- To learn the nutritional requirements for different ages of people
- Calculating calories and planning the diet
- Preparation of planned food items

Time Management:

- ❖ Unit 1 – Min. 3 hours
- ❖ Unit 2,3&4 –
 - First 2 days for Calculating calories and planning the diet
 - Every 3rd day for recipe preparation
 - Every 4th day for preparing the food

Requirements:

- ❖ Cooking stove
- ❖ Measuring cups and spoons
- ❖ Weighing Machine
- ❖ Utensils and cutleries

Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha Skill Academy 2019-2020		
July 2019 to October 2019		
Skill Based Course Activities - Nutrition No.of.Students:28		
Sec- A		
S.No	Class	Name
1	III Eco	K. Fasleena Natharsha
2		I.M. Fathima Beevi
3		M. Gulsan Femina
4		J.H. Junraitha Rifka
5		E. Mathumika
6		G. Yugeshwari
7	III BBA	M.A.K. Sihraathul Nafiha
8		A.S. Hilmiya
9		R. Jeyalakshmi
10		S.A. Nayeema Balkees
11		S. Suba
12		M.A.K. Sulthana Nazrin
13	III CS	A. Asmila Sayeedha
14		A. Ayishathul Kubra
15		M.I. Aysha Ameera
16		S.M. Aysha Rizmiya
17		S.I. Fathima Nachi Rushdha
18		S.H. Fathima Nachi
19	III CS	K.S. Fathima Nihara
20		M.F. Fathima Zuvairiya
21		P. Seyed Ali Fathima Zulfa
22	III IT	M.N. Nafeesha Rifkha
23		K.H.A. Jameela Zulfa
24		R. Fathima Rismiya
25	III B.Com	N. Naseema
26		H.M. Aysha Rashina
27		M.R. Sameera Roshmina
28	III BBA	V.M.S. Mohammed Riyasa


(S.A.K.Muthu Mohudoom Fathima)

CO-ORDINATOR
WAJEEHA SKILL ACADEMY
Wavoo Wajeeha 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.

Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha Skill Academy 2019-2020		
Dec 2019 to Mar 2020		
Skill Based Course Activities - Nutrition No.of.Students:32		
Sec- A		
S.No	Class	Name
1	III B.COM	AFRIN .M
2		FATHIMA MUMTHAJ A.S
3		JOHNCY @ YAMUNA .S
4		KATHEEJA .K
5		MALATHIP
6		MOUSMILE
7		MUHARRAM SABURA UMMAL S.M
8		MUTHU AMINA FASEEHA .S
9		RABIYA T.A
10		SAFFRIN FATHIMA K.M
11		SEHANA .K
12		SULAIHA MUNAVARA S.A.K
13	III BBA	FASEEHA A.R
14		FATHIMA SULTHANA S.S
15		MEHRIN FAJEELA .A
16		PRIYANKA.S
17		SAHEETHA BANULA
18		SANJITHA.M
19		SARA SAKIRA A.M
20		SEYED AFSANA FATHIMA .A
21	III ENG	RASIKA BARVEEN MA
22		SAFIYA SHEIN .M
23	III MATHS	AYISHA KHADEERA S.M.S
24		FATHIMA SAMEERA .H
25		JAITHUN SAMEERA .A
26		NAFEESA NOWSIN.B
27		NOOR MUHAISSIN JAZEERA.S
28		NOORUL HUDHA S.M
29		SEYED BATHOOL.N
30		SIRAJ MUWAFFIQA J.S
31		SITHI FOWZIYA S.A
32		YASMIN SHAMA S.J


 (S.A.K.Muthu Mohudoom Fathima)

CO-ORDINATOR
WAJEEHA SKILL ACADEMY
 Wavoo Wajeeha 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.

July to October

Nutrition

Venue :

118

[illegible]

[illegible]

R. C. Vasuki

Nutrition

Staff Name: FATHIMA ASHAB

Venue :

118

[illegible]



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.....N. NASEEMA.....
of.....III B.COM.....in the year 2019 - 2020 has successfully completed
.....NUTRITION.....with ...B...Grade, conducted by
Wajeetha Skill Academy.



R.C. Vasanthi
Principal


Co-ordinator


Director



SYLLABUS:

NUTRITION

Unit 1:

- Diet and Dietetics
- Introduction to meal planning
- What is health and a balanced diet
- RDA and Food guide pyramid
- Principles of meal planning
- Steps involving in planning the diet

Unit 2:

- Nutritional requirements, Food requirements
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 - Hypertension
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- To understand diet and health
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Time Management:

- ❖ Unit 1 – Min. 3 hours
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 - First 2 days for Calculating calories and planning the diet
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 - Every 4th day for preparing the food

Requirements:

- ❖ Cooking stove
- ❖ Measuring cups and spoons
- ❖ Weighing Machine
- ❖ Utensils and cutleries

Wavoo Wajeeda Women's College of Arts and Science, Kayalpatnam		
Wajeeda Skill Academy 2018-2019		
July 2018 to October 2018		
Skill Based Course Activities - Nutrition No.of.Students:29		
Sec- A		
S.No	Class	Name
1	III Maths	Khatheer Shireen S
2		Faleela Sadakathullah Shaduly
3		Zainambu Zuhaira P Z A
4		Aysha Fahmiya S I
5		Dhusveerabanu R
6		Fathima Fahmitha M F
7		Rishadha S
8		Sarika S
9		Sultan Rukhaila M A C
10		Hania Zainab A H
11	III CS	Mukaddasa S A T
12		Kadera Fathima S M
13		Fathima Nihara A M
14		Namirah R S
15	III Eng	Fathima Umara A R
16		Muballiha M M
17	III IT	Ahamed Ashiya S M B
18		Syed Ali Fathima S M N
19	III BBA	Mohammed Samsu Ummal M N
20		Fathima Farha V.M.S
21		Sahul Hameed Umma M A K
22		Rabiya.A
23	III BBA	Fathima Afran J
24		Nowfeela A
25		Mohudhoom Musharrafa K.Z.A
26		Ummu Hani Mafoooha
27		Zulaiha Nowrin M N
28		Fathima Nasreen N
29		Noor Mohamed Aysha A S


 (S.A.K.Muthu Mohudoom Fathima)

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


 (R.C.Vasuki)

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

Wavoo Wajeeda Women's College of Arts and Science, Kayalpatnam		
Wajeeda Skill Academy 2018-2019		
Dec 2018 to April 2019		
Skill Based Course Activities - Nutrition No.of.Students:20		
Sec- A		
S.No	Class	Name
1	III B.A Eng	Altino Jane J
2		Fathima Nusrath S
3		Mahmoodha Marzan J S
4		Mumtaj Beevi K R
5		Seyed Halima Afiya M N
6	III BBA	Ashifa M S
7		Halima Musfika S A J
8		Nasreen Banu K
9		Rahmath Sabira A
10		Sithi Arafa A Y
11		Sithi Katheeja M M
12		Sithi Nafeesa S M S
13		Sumaiya S
14		Ummul Jawahira Y M
15		Zubaida Shakoora S
16	III B.Com	Fathima Sabrin Jigana R
17		Jairose Jannath Fathima K
18		Joharath Makbula R
19		Mahdooa Sihana L
20		Rabeela Sumaiya J


(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.

Wavoo Wajeetha Women's College of Arts and Science

Kayalpatnam

Wajecha Skill Academy 2018-2019

July to October

Nutrition

Staff Name : Fathima

Venue : 118

[illegible]

Wavoo Wajeeha Women's College of Arts and Science

Kavalpatnam

Wajeeha Skill Academy 2018-2019

December to April

Nutrition

Staff Name: Fathima Asbab

Venue :

118

		DD/MM/YY	Date																													
S.No	Class	Name	07/01/19	11/01/19	12/01/19	13/01/19	14/01/19	15/01/19	16/01/19	17/01/19	18/01/19	19/01/19	20/01/19	21/01/19	22/01/19	23/01/19	24/01/19	25/01/19	26/01/19	27/01/19	28/01/19	29/01/19	30/01/19									
1	III B.A Eng	Altino June J	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
2		Fathima Nazrath S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
3		Mahmoodha Marzan J S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
4		Mumtaj Beevi K R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
5		Sumiya P	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
6	III B.T.A	Sayed Halima Afiva M N	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
7		Aashfa M S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
8		Halima Musfika S A J	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
9		Nasreen Hanu K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
10		Rasmiyah Sabira A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
11		Solmi Arafat A Y	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
12		Sathu Kathanya M M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
13		Sathu Nafieya S M S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
14		Sumariya S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
15		Ummul Jawahira Y M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
16		Zubaida Shaucoora S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/								
17	III B.Com	Fathima Nawrin Jigana R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/									
18		Jarose Jamrath Fathima K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/									
19		Joharath Maqbula R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/									
20		Mahdoosma Shama L	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/									
21		Rabeeya Samiya C	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/									
TOTAL OF PRESENT			16	16	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20									
TOTAL OF ABSENT			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
TOTAL SIGNATURE																																
Teacher's Sign. / Date																																

Thamizhagam, Tamil Nadu



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.....A. Rabiya.....
ofIII BBA.....in the year 2018 - 2019 has successfully completed
.....NUTRITION.....with ..A...Grade, conducted by
Wajeetha Skill Academy.

R.C. Yasu
Principal

Bu
Co-ordinator

Nf
Director

