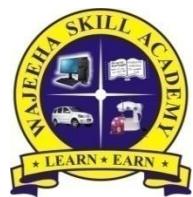


WAVOO WAJEEHA WOMEN'S COLLEGE OF ARTS & SCIENCE



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

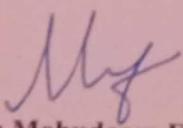
Time Management:

- ❖ 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

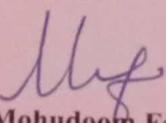
Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha Skill Academy 2022-2023		
Aug 2022 to Nov 2022		
Skill Based Course Activities - Nutrition No.of.Students:25		
Sec- A		
S.No	Class	Name
1	III BBA	STELLA A
2		HAWWA JESSIMA.M.A.S
3	III Eco	KIRUTHIGA P
4		FATHIMA MUZNA M R
5	III B.Com	MOHAMED DEENA A
6		FATHIMA MUBASHARA U A C
7		KHILURU FATHIMA M A
8		DENI I
9		NALEEFA A K
10		BAZEERA.S
11		FATHIMA NAZZERA 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)

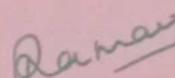
Director
 WAJEEHA SKILL ACADEMY
 Run by: Wavoo SAR Educational Trust
 Tiruchendur Road,
 Kayalpatnam - 628 204.


 (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
1	Tamil	A.Sancika
2		L.Akila
3	BBA	A.Stella
4	IT	A.Musfira Hathoon
5	CS	M.A.Zeenath Sulthana
6		M.N.Zainab Katheeja
7		M.K.Katheeja Rizviya
8	B.com	U.A.C.Fathima Mubashara
9		M.R.Fathima Muzna
10		I.Deni
11		kiluru Fathima
12		A.Mohamed Deena
13	Maths	S.M.Maryam
14	Eng	J.H.Roshan Sameera
15		S.Shameera
16		S.Bazeera
17		A.K.Naleefa
18		A.Ayisha Jumana
19		Fathima Nazeera
20		A.K.Fathima Afra
21		S.M.A.Mohammed Afra
22		Jafrin Shiny
23	Maths	V.Vinisha
1	Eng	Parimala
2		Y.Saraswathi
3		M.Persia Prasanna
4		E.Maya
5		C.Indhra
6		R.Amala Sheba
7	BBA	N.Moufika
8		S.Haj Nooriya Rofina
9		M.Jeyanthi
10		P.Muthu Lakshmi
11		A.A.Najeeba Nuzaiha
12	B.Com	M.A.C. Jaseema
13		M.Nabiza Begum
14		M.Muthu Selvi
15		M.M. Fathima Firoz
16		C.Uma Makeshwari
17		S.Ayisha
18		S.S. Ummu Nazla
19	IT	Ashifa Mariyam
20		R.S. Fathima Beevi
21		S.D Rahmath
22		B.A Mohudoom Fatheena B A
23	Maths	V.Vinisha


(S.A.K.Muthu Mohudoom Fathima)

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


(Dr. V. Rama)

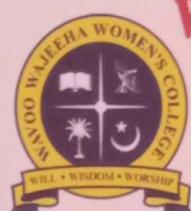
PRINCIPAL
WAVOO WAJEEHA WOMEN'S COLLEGE
OF ARTS & SCIENCE
Tiruchendur Road, Kayalpatnam - 628 204.

Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam
Wajeeha Skill Academy 2022 - 2023

Advance nutrition

Staff Name: H.J.Katheeja Ahsana Muthu Beeri .N.M.U
Y

Venue:



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.....OBELIA A......

ofIII BBA.....in the year 2022- 2023 has successfully completed

.....NUTRITION.....with ..B...Grade, conducted by

Wajeeha Skill Academy.

Renu
Principal

Renu
Co-ordinator

Shyam
Director



DIETETICS

SYLLABUS

NUTRITION

Unit 1:

- Diet and Dietetics
- Introduction to meal planning
- What is health and a balanced diet
- RDAs and Food guide pyramid
- Principles of meal planning
- Steps involved 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

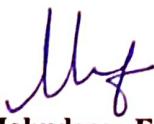
Time Management:

- ❖ 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 cutlery

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 Risika
5		E. Mathumika
6		G. Yugeshwari
7	III BBA	M.A.K. Sihrathul Nafisha
8		A.S. Hilmiya
9		R. Jeyalakshmi
10		S.A. Nayema 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 Risika
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
See- A		
S.No	Class	Name
1	III B.COM	AFRIN .M
2		FATHIMA MUMTHAJ A.S
3		JOHNCY @ YAMUNA .S
4		KATHFEJA .K
5		MALATHLP
6		MOUSMI .E
7		MUHARRAM SABURA UMMAL S.M
8		MUTHU AMINA FASEEHA .S
9		RABIY A T.A
10		SAFRIN 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 M.A
22		SAFIYA SHEIN .M
23	III MATHS	AYISHA KHADDEERA S.M.S
24		FATHIMA SAMEERA .H
25		JAITHU N 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.

Wavoo Wajeeha Women's College of Arts and Science, Kavalpatnam

Wajeeha Skill Academy 2019-20

July to October

Nutrition

Venue:

118

If Name: Fathima Ashab

21		K.S. Fathima Nihara	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
22		M.F. Fathima Zuvairiya	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
23		P. Seyed Ali Fathima Zulfa	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
24		M.N. Nafeesha Rishka	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
25		K.H.A. Jameela Zulfa	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
26		R. Fathima Rismiya	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
27	III B-COM	N. Naveena A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
28.	..	H.M. Aysha Rachma	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
29	..	M.B. Samerwa Rachma	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
30	III B-BBA	V.M.S. Mohamed Ryza	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
		NO. OF PRESENTS	25	27	25	25	26	22	26	27	20	17	23	26	25	28	26	22	24	23	26	20	17	24	27	
		NO. OF ABSENTS	5	3	5	5	4	8	4	3	4+5	12	6	3	4	1	3	7	5	6	3	7+2	12	5	2	8
		STAFF SIGNATURE	

R. C. VASU

PRINCIPAL
WAVOO WAJEEHA WOMEN'S COLLEGE
OF ARTS AND SCIENCE
Tiruchendur Road, Kayalpatham-623 204.
Thoothukudi Dist., Tamil Nadu.

R. C. Vasuki

PRINCIPAL
WAVOO WAJEEH NAWAZ'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 - 628 204.

RUN BY : WAVOO SAR EDUCATIONAL TRUST

PROFICIENCY CERTIFICATE

This is to certify that.....N.....NASEEMA.....

of.....M.....B.....COM.....in the year 2019- 2020 has successfully completed

*.....NUTRITION.....withB.....Grade, conducted by
Wajeeha Skill Academy.*

R.C.Vanhi
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

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- And Planning the diet for
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 - School children
 - Adolescents
 - Underweight and Obesity
- Recipe preparation
- Preparation of food

Unit 3:

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- And Planning the diet for
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 - Lactating women
 - Old age people
- Recipe preparation
- Preparation of food

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- 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

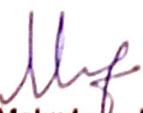
Time Management:

- ❖ 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 cutlerys

Wavoo Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha 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	Khatheeja 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	III CS	Hania Zainab A H
11		Mukaddasa S A T
12		Kadera Fathima S M
13		Fathima Nihara A M
14	III Eng	Namirah R S
15		Fathima Umara A R
16	III IT	Muballiha M M
17		Ahamed Ashiya S M B
18	III BBA	Syed Ali Fathima S M N
19		Mohammed Samsu Ummal M N
20		Fathima Farha V.M.S
21		Sahul Hameed Umma M A K
22		Rabiya.A
23		Fathima Afran J
24	III BBA	Nowfeela A
25		Mohudhoom Musharrafa K.Z.A
26		Ummu Hani Mafrooha
27		Zulaiha Nowrin M N
28		Fathima Nasreen N
29		Noor Mohamed Aysha A S


(S.A.K. Muthu Mohudhoom Fathima)

CO-ORDINATOR
WAJEEHA SKILL ACADEMY
 Wavoo Wajeeha 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 Wajeeha Women's College of Arts and Science, Kayalpatnam		
Wajeeha 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		Mahdooma Sihana L
20		Rabeela Sumaiya 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.

22	Fathima Zahra M F	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
23	Rabiya A	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
24	Fathima Afrah J	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
25	Nowfeela A	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
26	Mohudhoom Musharrafah K. Z. A	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
27	Ummu Hani Mafrooha	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
28	Zulaiha Nowrin M N	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
29	Fathima Nasreen N	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
30	Noor Mohamed Aysha A S	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a		
	NO. OF PRESENTS	26	26	22	22	30	28	27	26	29	27	27	27	28	28	22	26	28	29	29	26	28	26	26	22	27	24	26
	NO. OF ABSENTS	4	4	2	7	—	2	3	—	1	1	3	3	0	2	2	4	2	2	2	1	4	3	—	1	1	2	1
	STAFF SIGNATURE																											

S. C. Vasant

PRINCIPAL
WAVCO WALTERA WOMEN'S COLLEGE
OF ARTS & SCIENCE
Tiruchendur Road, Nagapattinam-606 254
Thanjavur Dist., Tamil Nadu

Wavoo Wajeeha Women's College of Arts and Science

Kavalpataam

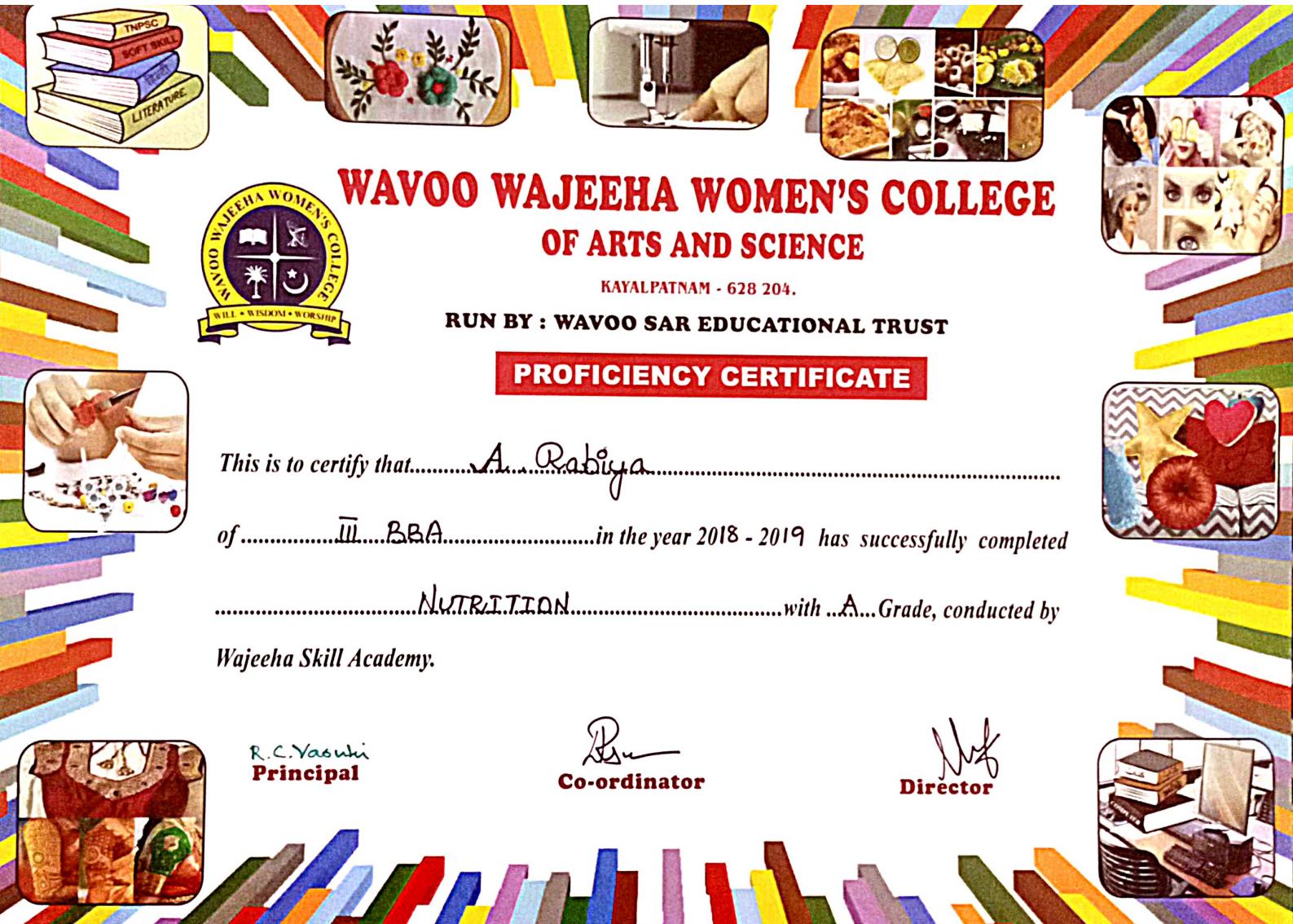
Wajeeha Skill Academy 2018-2019

December to April

Nutrition

Staff Name: Farhana Asbab

DODIMOV



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.....withA.....Grade, conducted by
Wajeeha Skill Academy.

R. C. Yasuki
Principal



Co-ordinator



Director

