

DEPARTMENT OF ZOOLOGY (SF)
DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



REPORT
ON
ADD-ON COURSE
LIFESTYLE MANAGEMENT (DMCK/ SFZOO/AD 34/2022)
Academic Year: 2022-2023



DEVA MATHA COLLEGE KURAVILANGAD

DEPARTMENT OF SELF FINANCE ZOOLOGY

Add on Courses offered for Students : 2022-2023

- 1. Life Style Management
DMCK/ SFZ00/AD 34/2022**
- 2. Biological Preservation Techniques
DMCK/ SFZ00/AD 35/2022**



Department Coordinator: Ms. Ambily K. Chandran

Academic year	: 2022-2023
Title	: DMCK/ SFZOO/AD 34/2022- LIFESTYLE MANAGEMENT
Instructional Hours	: 30 Hours
Duration	: 3 Months
Mode of Instruction	: Online/Offline
Intake Capacity	: 12
Eligibility	: B Sc. Zoology
Beneficiaries	: II M Sc Zoology
Date(s) on which program was conducted	: 06/01/23,9/01/23,10/1/23,12/1/23, 16/1/23,19/1/23,20/1/23,23/1/23,27/1/23
Collaborating agency inside/outside the institute	: Nil

Organizing Dept./Club & Name of the Coordinator : Zoology (SF)

Ms. Ambily K Chandran

Number of students participated in the programme : 8

The number of students completed the programme : 8

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Report

P G Department of Zoology offers add on course on 'Lifestyle Management (DMCK/SFZOO/AD 34/2022)for our II PG students. The details of the course and syllabus are attached. This course mainly introduce various life style diseases, causes and the prevention. This course help learners to assess the elements of a healthy diet and the relationship between diet, nutrition, exercise and positive health.. Eight students participated in the program. Ms. Aparna S., Ms. Ambily K Chandran and Ms. Athira Raveendran has taken the class.

Course Objectives

1. To provide students with a general concept of health and the parameters that define health and wellness.
2. To provide knowledge and understanding regarding life style diseases.
3. To promote an understanding of the value of good life style practices, physical fitness and healthy food habits for life style disease management.

Syllabus

Module 1

(5 Hours)

Nutrition and health

Nutritional requirements of man, classification of major nutrients. Understanding of health: Define health, basic concepts, dimensions of health, basic parameters of health

Module 2

(10 Hours)

Life style diseases

Common life style diseases: Alzheimer's disease and other neural disorders, asthma, cancer, cardio vascular diseases - including hypertension, Atherosclerosis and stroke, chronic obstructive pulmonary disease, Diabetes Mellitus or Type 2 Diabetes, kidney disorders and chronic renal failure, constipation, depression, gastro-intestinal disturbances including diarrhoea and peptic ulcer, liver cirrhosis and other liver diseases, obesity, osteoporosis, occupational lifestyle diseases. Modern lifestyle disorders: sleeping habits, junk food, poor eating habits, anxiety, food poisoning

Module 3**(7 Hours)****Causes of life style diseases**

Defects of modern food habits and unbalanced diet options, food adulteration, environmental pollution, poor life style choices, drug abuse, tobacco smoking, alcohol and drug consumption, lack of adequate exercise, wrong body posture, disturbed biological clock, stressful environmental conditions

Module 4**(8 Hours)****Prevention and control of life style diseases:**

Healthy life style habits and practices. Healthy diet: disease prevention through appropriate diet and nutrition. Avoid junk food and replace by natural food/ organic food. Physical exercise. Health literacy as a public health goal: Awareness programs in schools, colleges and through mass media.

Assessment Procedures

Multiple Choice Questions**Grading**

Grade	Grade point	Range
A+	5	4.5-5.00
A	4	4.00-4.49
B	3	3.00-3.99
C	2	2.00-2.99
D	1	0.01-1.99
E	0	0

Outcome

1. Assess the elements of a healthy diet and the relationship between diet, nutrition, exercise and positive health.
2. Developing realistic actions to prevent illness, promote self-care and increase healthy behaviours.
3. Rationalise nutritional habits with lifestyle management.

List of Resource Persons

1. Ambily K Chandran
2. Aparna S.
3. Athira Raveendran

Students List

Sl.No	Class No	Name
1	501	AMALRAG ALEX
2	502	ABIN ANTONY
3	503	AMAYA K P
4	504	NISCHAYA V
5	505	NITHARA TOM
6	506	S KRISHNENDU
7	507	SALINI SIJU
8	508	SHABANA YASMIN

Attendance sheet of students

Add on course offered by P.G Department of Zoology (SF) 2022-2023

II MSc Zoology

Lifestyle Management

Attendance of Participants

Sl. No	Roll No	Name of the student	6/01/23				9/01/23			10/01/23			
			I	II	III	IV	I	II	III	I	II	III	IV
1	21PG501	Amalrag Alex	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>	<i>Amalrag</i>
2	21PG502	Abin Antony	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>	<i>Abin</i>
3	21PG503	Amaya K P	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>	<i>Amaya</i>
4	21PG504	Nischaya V	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>	<i>Nischaya</i>
5	21PG505	Nithara Tom	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>	<i>Nithara</i>
6	21PG506	S. Krishnendu	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>	<i>S. Krishnendu</i>
7	21PG507	Salini Siju	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>	<i>Salini</i>
8	21PG508	Shabana Yasmin	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>	<i>Shabana</i>

Seal of the Organizing Unit / Agency



Ambily
Ambily K Chandran

Name(s) and Signature(s) of the Coordinator(s)

Sparna S
Name and signature of HOD

Add on course offered by P.G Department of Zoology (SF) 2022-2023

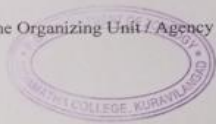
II MSc Zoology

Lifestyle Management

Attendance of Participants

Sl. No	Roll No	Name of the student	12/01/23				16/01/23			19/01/23		
			I	II	III	IV	I	II	III	I	II	III
1	21PG501	Amalrag Alex										
2	21PG502	Abin Antony										
3	21PG503	Amaya K P										
4	21PG504	Nischaya V										
5	21PG505	Nithara Tom										
6	21PG506	S. Krishnendu										
7	21PG507	Salini Siju										
8	21PG508	Shabana Yasmin										

Seal of the Organizing Unit / Agency



Ambily K Chandran

Name(s) and Signature(s) of the Coordinator(s)

Aparna S
Name and Signature of HoD

II MSc Zoology

Lifestyle Management

Attendance of Participants

Sl. No	Roll No	Name of the student	20/01/23			23/01/23			27/01/23		
			I	II	III	I	II	III	I	II	III
1	21PG501	Amalrag Alex									
2	21PG502	Abin Antony									
3	21PG503	Amaya K P									
4	21PG504	Nischaya V									
5	21PG505	Nithara Tom									
6	21PG506	S. Krishnendu									
7	21PG507	Salini Siju									
8	21PG508	Shabana Yasmin									

Seal of the Organizing Unit / Agency



Ambily K Chandran

Name(s) and Signature(s) of the Coordinator(s)

Aparna S
Name and Signature of HoD

Photos



Mark List

Sl.No	Class No	Name	Grade
1	501	AMALRAG ALEX	A
2	502	ABIN ANTONY	A
3	503	AMAYA K P	A
4	504	NISCHAYA V	A
5	505	NITHARA TOM	A
6	506	S KRISHNENDU	A
7	507	SALINI SIJU	A

Feed Back

Email Address	Batch	Course taken	Have the course met your expectations	Was this course useful to you?	Rate your overall experience	Do you have any suggestions
amalragalex@gmail.com	Second year	Lifestyle Management	5	Yes	5	If possible, lectures and experiences of a doctor or expert must be included
antonyabinm@gmail.com	Second year	Lifestyle Management	5	Yes	5	No
vnischaya@gmail.com	Second year	Lifestyle Management	5	Yes	5	No
shabanayasmin91565@gmail.com	Second year	Lifestyle Management	5	Yes	4	Good
salinisiju91@gmail.com	Second year	Lifestyle Management	5	Yes	4	No
nitharatom@gmail.com	Second year	Lifestyle Management	5	Yes	5	No
amayakp077@gmail.com	Second year	Lifestyle Management	4	Yes	4	No
krishnendusudhakaran756@gmail.com	Second year	Lifestyle Management	5	Yes	4	No suggestions.. Was a good course

Model Certificate issued to the students.



DEVA MATHA COLLEGE KURAVILANGAD

Re-Accredited with 'A' Grade (CGPA 3.23) by NAAC in 2017

Affiliated to Mahatma Gandhi University, Kottayam

Website: www.devamatha.ac.in, E-Mail: principaldmck@gmail.com



Certificate

This is to certify that **Amalrag Alex** has successfully completed the Add-on Programme titled **Lifestyle Management (DMCK/ SFZOO/AD 34/2022)** conducted by the PG Department of Zoology (SF), Deva Matha College Kuravilangad during the academic year 2022-23 with 'A' grade.

Certificate No: 1086

Kuravilangad
17-03-2023

Ambily
Ms. Ambily K. Chandran
Programme Co-ordinator

Brincy Mathew
Dr. Brincy Mathew
General Co-ordinator

Sunil C. Mathew
Dr. Sunil C. Mathew
Principal



Name of the coordinator : Ambily K Chandran

Department : Zoology (SF)

Brincy Mathew

Dr. Brincy Mathew
Add-on Course General Coordinator



Sunil C. Mathew
Principal
Deva Matha College
Kuravilangad - 686 633