

DEPARTMENT OF ZOOLOGY (SF)
DEVA MATHA COLLEGE, KURAVILANGAD
Affiliated to Mahatma Gandhi University, Kottayam



REPORT
ON
ADD-ON COURSE
LIFESTYLE MANAGEMENT (DMCK/ SFZOO/AD 20/2023)
Academic Year: 2023-2024



**DEVAMATHA COLLEGE KURAVILANGAD
P.G DEPARTMENT OF ZOOLOGY (SF)**

Add On courses offered for students 2023-2024

1.LIFESTYLE MANAGEMENT

DMCK/SF ZOO/AD 20/2023

2. BIOLOGICAL PRESERVATION TECHNIQUES

DMCK/SF ZOO/AD 21/2023

Department Coordinator : Ms. Ambily K Chandran

Academic year : 2023-2024

Title : DMCK/ SFZOO/AD 20/2023- 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 :

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 : 12

The number of students completed the programme : 12

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Report

P G Department of Zoology offers add on course on 'Lifestyle Management (DMCK/SFZOO/AD 20/2023) 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. Ambily K Chandran , Ms. Sandhra Meria Babu and Ms. Ashna Mohan 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. Sandhra Meria Babu
3. Ashna Mohan

Students List

Sl.No	Class No	Name
1	22PG951	Adithya G
2	22PG 952	Akshara G
3	22PG 953	Alphonsa Thomas
4	22PG 954	Aneena Sibi
5	22PG 955	Anjaly G. P
6	22PG 956	Ardra M Nair
7	22PG 957	Avani Anil
8	22PG 958	Diya s Ashok
9	22PG 959	Jannet Jaqueline John F
10	22PG 960	Joel Jose
11	22PG 961	Maria Baby
12	22PG 962	Parvathy Babu

Attendance sheet of students

Add on course offered by P. G Department of Zoology (SF) 2023-2024

II M Sc Zoology

Lifestyle Management

Attendance of Participants

Sl.No	Roll No	Name of Student	6/11/2023			7/11/2023			14/11/2023		
			I	II	III	I	II	III	I	II	III
1	22PG951	Adithya G	Present	Present	Present	Present	Present	Present	Present	Present	Present
2	22PG 952	Akshara G	Present	Present	Present	Present	Present	Present	Present	Present	Present
3	22PG 953	Alphonsa Thomas	Present	Present	Present	Present	Present	Present	Present	Present	Present
4	22PG 954	Aneena Sibi	Present	Present	Present	Present	Present	Present	Present	Present	Present
5	22PG 955	Anjaly G. P	Present	Present	Present	Present	Present	Present	Present	Present	Present
6	22PG 956	Ardra M Nair	Present	Present	Present	Present	Present	Present	Present	Present	Present
7	22PG 957	Avani Anil	Present	Present	Present	Present	Present	Present	Present	Present	Present
8	22PG 958	Diya s Ashok	Present	Present	Present	Present	Present	Present	Present	Present	Present
9	22PG 959	Jannet Jaqueline John F	Present	Present	Present	Present	Present	Present	Present	Present	Present
10	22PG 960	Joel Jose	Present	Present	Present	Present	Present	Present	Present	Present	Present
11	22PG 961	Maria Baby	Present	Present	Present	Present	Present	Present	Present	Present	Present
12	22PG 962	Parvathy Babu	Present	Present	Present	Present	Present	Present	Present	Present	Present

Seal of the Organizing Unit / Agency



Ambily

Ambily K Chandran

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

Ambily

Name and Signature of the Head of the Department

Ambily K. Chandran

Add on course offered by P. G Department of Zoology (SF) 2023-2024

II M Sc Zoology

Lifestyle Management

Attendance of Participants

SLNo	Roll No	Name of Student	29/11/2023			5/12/2023			6/12/2023		
			I	II	III	I	II	III	I	II	III
1	22PG951	Adithya G	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	22PG 952	Akshara G	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	22PG 953	Alphonsa Thomas	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	22PG 954	Aneena Sibi	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	22PG 955	Anjaly G. P	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	22PG 956	Ardra M Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	22PG 957	Avani Anil	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	22PG 958	Diya s Ashok	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	22PG 959	Jannet Jaqueline John F	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	22PG 960	Joel Jose	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	22PG 961	Maria Baby	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	22PG 962	Parvathy Babu	✓	✓	✓	✓	✓	✓	✓	✓	✓

Seal of the Organizing Unit / Agency



Ambily
Ambily K Chandran

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

Name and Signature of the Head of the Department

Ambily
Ambily K. Chandran

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Add on course offered by P. G Department of Zoology (SF) 2023-2024

II M Sc Zoology

Lifestyle Management

Attendance of Participants

Sl.No	Roll No	Name of Student	18/12/2023			2/02/2024			5/3/2024			6/3/2024		
			I	II	III	I	II	III	I	II	III	I	II	III
1	22PG951	Adithya G	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
2	22PG 952	Akshara G	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
3	22PG 953	Alphonsa Thomas	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
4	22PG 954	Aneena Sibi	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
5	22PG 955	Anjaly G. P	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
6	22PG 956	Ardra M Nair	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
7	22PG 957	Avani Anil	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
8	22PG 958	Diya s Ashok	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
9	22PG 959	Jannet Jaqueline John F	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
10	22PG 960	Joel Jose	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
11	22PG 961	Maria Baby	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
12	22PG 962	Parvathy Babu	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present

Seal of the Organizing Unit / Agency



Ambily
Ambily K Chandran

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

Ambily
Name and Signature of the Head of the Department

Ambily K. Chandran

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Photos



Mark List

Sl.No	Class No	Name	Grade
1	22PG951	Adithya G	A
2	22PG 952	Akshara G	A
3	22PG 953	Alphonsa Thomas	A
4	22PG 954	Aneena Sibi	A
5	22PG 955	Anjaly G. P	A
6	22PG 956	Ardra M Nair	A
7	22PG 957	Avani Anil	A
8	22PG 958	Diya s Ashok	A
9	22PG 959	Jannet Jaqueline John F	A
10	22PG 960	Joel Jose	A
11	22PG 961	Maria Baby	A
12	22PG 962	Parvathy Babu	A

Feed Back

Feedback link : <https://forms.gle/uE3kFwoF2YSPNH3T6>

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
avaniianil2000@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nil
aneenasibi26@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nothing
parvathybabukk002@gmail.com	Second year	Lifestyle Management	5	Yes	5	No
ardramnair20@gmail.com	Second year	Lifestyle Management	4	Yes	4	No suggestions
alphonsathomaskj@gmail.com	Second year	Lifestyle Management	3	Yes	5	No
mariababy2310@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nothing
jannetcyrilangel@gmail.com	Second year	Lifestyle Management	4	Yes	4	No
anjaliageethajose98@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nothing
diyasashok2018@gmail.com	Second year	Lifestyle Management	3	Yes	3	Provide more classes
gadithyaadi2002@gmail.com	Second year	Lifestyle Management	4	Yes	4	Career related topics can be taken
gaksharaachu2002@gmail.com	Second year	Lifestyle Management	5	Yes	5	No
joeljosek8@gmail.com	Second year	Lifestyle Management	5	Yes	5	Good

Model Certificate issued to the students.



Ambily
Name of the coordinator : Ambily K Chandran

Department : Zoology (SF)