# 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



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
В	3	3.00-3.99
С	2	2.00-2.99
D	1	0.01-1.99
Е	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.

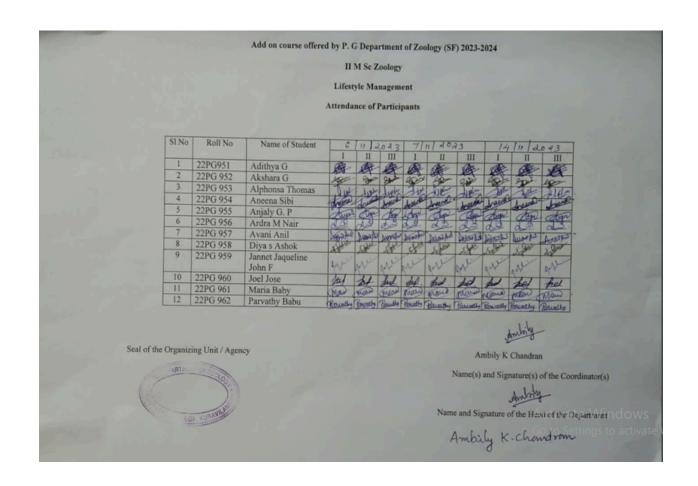
# **List of Resource Persons**

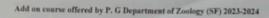
- 1. Ambily K Chandran
- 2. Sandhra Meria Babu
- 3. Ashna Mohan

# **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**





II M Sc Zoology

Lifestyle Management

Attendance of Participants

Sl.No Roll No		Name of Student	29/11/2023			5/12/2023			6 12 2243		
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3	22PG 953	Alphonsa Thomas	John	John	10	1000	The same	Die	Tich	210	Sec
4	22PG 954	Aneena Sibi	Local	Trad	Just 6	石油	Loto	Lucia	There	Lucia	1
5	22PG 955	Anjaly G. P	da	do	196	100	interest	to	stree.	the	do
6	22PG 956	Ardra M Nair	100	10	de	100	13	22	20	12	43
7	22PG 957	Avani Anil	Tul	Buch	house	high	Luck	Dumpet	Description of the last	house	Land J
8	22PG 958	Diya s Ashok	1284	12	V COPY	524	1.24	CHE	(34)	- Charles	CAN
9	22PG 959	Jannet Jaqueline John F	pu	me	W	W	N	W	w	W	W
10	22PG 960	Joel Jose	Sad	ho.	Rod	End	Low	Ed	End	That	hel
11.	22PG 961	Maria Baby	More	PAD	BOD	1102	MEDI	THERE	NAW	MAN	TUND.
12	22PG 962	Parvathy Babu	Pountly	Bhantle	Boulle	Bunt	Bank	Bunke	Burth	Bounder	No. H

Seal of the Organizing Unit / Agency

Ambily K Chandran

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

Name and Signature of the Head of the Department

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Ambily K. Chand and

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

# II M Sc Zoology

#### Lifestyle Management

#### Attendance of Participants

Sl.No	Sl.No Roll No Name of Student		18	18/12/2023			2/2/2024			5/3/2024			6/3/2024		
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2	22PG 952	Akshara G	he.	an	900	mar	are.	000	an	and	agr.	100	25	1	
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7	22PG 957	Avani Anil	Line	Nak	Lorde	KI	A ch-	N. Hed	N. Li	D. Jot	Q	apa	gu	2	
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9	22PG 959	Jannet Jaqueline	acx .	Par	M	M	25	34	22	Dog	200	DO	700	The same	
		John F	nor	000	ON	ant	000	all	The	and	and	w	N	-N	
10	22PG 960	Joel Jose	Steel	bet	last	20	11	20	Po	1-0	11	1	60.	1/2	
11	22PG 961	Maria Baby	ATTEN S	COLOR	000	mon.	Man	000	The same	our.	Tool	900	100	del	
12	22PG 962	Parvathy Babu	Rough		Butte	2.1	Bustly	Page	C) IV	C II	Mari	THE S	Mary	Powell	

Seal of the Organizing Unit / Agency

Ambily K Chandran

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

Name and Signature of the Head of the Department

Ambily K. Chandran

# 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

 $Feedback\ link\ : \underline{https://forms.gle/uE3kFwoF2YSPNH3T6}$ 

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
avanianil2000@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nil
aneenasibi26@gmail.com	Second year	Lifestyle Management	5	Yes	5	Nothing
parvathybabukk002@gmail.co m	Second year	Lifestyle Management	5	Yes	5	No
ardramnair20@gmail.com	Second year	Lifestyle Management	4	Yes	4	No suggestions
alphonsathomaskj@gmail.co m	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
anjaligeethajose98@gmail.co m	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.co m	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.



Name of the coordinator: Ambily K Chandran

**Department: Zoology (SF)**