



## SENGUNTHAR ARTS AND SCIENCE COLLEGE

(Affiliated to Periyar University, Salem and Approved by AICTE, New Delhi)  
An ISO 9001:2015 Certified Institution  
Recognised under section 2(f) and 12(B) of the UGC Act 1956  
Accredited by NAAC  
Tiruchengode – 637 205, Namakkal dt., Tamilnadu



### 1. BEST PRACTICE

#### **1. TITLE OF THE PRACTICE:**

Traditional Food Festival

#### **2. THE CONTEXT**

Traditional food are nutritional rich and have a long history of supporting health and wellness also, traditional ingredients and raw materials actually can boost the health medicinally nutraceutical values.

#### **3. OBJECTIVE**

The initiative was taken to known the awareness of traditional food and its role in the day to day life and its importance to the student community.

#### **4. THE PRACTICE**

Students belong to the concern department are asked to display the traditional food and it must be home made and it should be traditional food with nutritional value. From various department students visit the display and explain their nutritional value and also asked them to take traditional food for one month and know the improvement of the health practically improvement in the Hemoglobin

#### **.5. EVIDENCE OF SUCCESS**

A considerable amount of increase of the beneficiaries in the traditional food is evident. The number of beneficiaries has been raised from the academic years 2020-2021. During the academic year 2020-2021, around 32 students were benefited by traditional food. Through analysis of the hemoglobin level increased by the traditional food. Various departments students enrolled in traditional food program. Every year traditional food program was conducted to

increase the beneficiaries and to recognize their benefits to the college students particularly girls and society.

## **6. OBSTACLES FACED**

Initially the students are reluctant to take traditional food they will be doubtful about the quality of foods and also expenses to be incurrent. This list of the best practice and innovation is not the exhaustive ones but an idea to the college to start some student centric outreach and skill creating approach.

## **7. IMPACT OF PRACTICE**

When traditional food were included in the diet less calories –helpful for weight loss.

- Less Saturated fat – better for the heart
- More iron- better for muscle and blood
- More Zinc – better for wound healing
- More Vitamin A – better for vision
- More Calcium – better for strong bones and teeth strengthened cultural capacity and well being.

## **8. RESOURCE REQUIRED**

Traditional foods were given to the anaemia students and then assay the haemoglobin and it was increase.

Students identify the diabetic person and they give traditional foods to them .They found that reduce in the blood sugar level.

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**TIRUCHENGODE - 637 205.**

  
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637 205  
NAMAKKAL DT.  
TIRUCHENGODE



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## 1. BEST PRACTICE

# TRADITIONAL FOOD DAY

**2020-2021**

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## Permission Letter



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**TIRUCHENGODE - 637205**

From

Head, Department of Biochemistry,  
Sengunthar Arts and Science College,  
Tiruchengode.

To

The Principal,  
Sengunthar Arts and Science College,  
Tiruchengode.

Respected Sir,

**Sub : Traditional Food day -Reg.**

This is bring to your kind notice that we have planned to conduct Traditional Food day on 08/01/2021. Please, accept our request and permit us to conduct the programme in Biochemistry Laboratory.

Thanking You,

Yours Faithfully,

PRINCIPAL  
SENGUNTHAR ARTS AND SCIENCE COLLEGE  
TIRUCHENGODE - 637 205



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## Traditional Food Day Photos



Principal inaugurating traditional food day date 08-01-2021



Students are explained the nutritional values of traditional foods to the principal date 08-01-2021



Students are explained the nutritional values of traditional food to other department students on 08-01-2021



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### Program summary

The idea of the food festival is primarily to re-integrate value back into food systems and food culture. Through such festivals, communities become aware of the importance of reviving their traditional food practices and production, leading to increased local resilience and food security. They beautify their food through presenting traditional dishes, as well as explaining and documenting the cultural and ecological links. Food festivals are multidimensional community driven initiatives that empower people via a ground up approach.

Traditional foods being rich sources of almost all nutrients help in improving the nutritional status of people to a larger extent several traditional foods have been endowed with different kinds of medicinal benefits

The most critical reason is for health, as traditional foods by their very nature contain the highest levels of nutrition available because they are grown or produced using sustainable methods which increase nutrient content and without chemicals and other dangerous substances which have been found to diminish nutritional value. To achieve wellness, the body needs nutrients from real food.

Eating traditional foods helps to avoid many health issues including allergies, asthma, digestive and cardiovascular health issues, obesity, and auto-immune disorders like lupus, fibromyalgia, multiple sclerosis, and even Diabetes.

Traditional, real food possesses taste that is vastly different from conventional and processed foods. Traditional foods are full of flavor, texture, and aroma.

The nutritional importance of traditional foods needs to be recognized and popularized. Traditional food products are socially, culturally, and economically important.

Traditional foods play an important role in ensuring food security and hold a tremendous potential in combating malnutrition to a significant extent. It is essential that the knowledge of their production is not lost. The wealth of knowledge on traditional products needs to be further expanded in collaboration with small-scale food processors



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## Contestants list for Traditional Food Day

SENGUNTHAR ARTS AND SCIENCE COLLEGE

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BATCH 2019-2020

B.Sc. (BIOCHEMISTRY)

S.No.	R.No.	Name		
1	198801	KESAVAMOORTHY	R	
2	198802	KISHORE	V	V. Kishan
3	198803	KISHORE KUMAR	K	K. and K.
4	198804	MALARSELVAN	R	R. Malarselvan
5	198805	TAMILARASAN	A	A. Tamilarasan
6	198806	THIRUMOORTHY	P	P. Thirumorthy
7	198807	ABIRAMI	G	G. Abirami
8	198808	DHARANI		Dhyan M
9	198809	GOWTHAMI		Gowthami
10	198810	HARSHINI	R	R. Harshini
11	198811	INDHU	K	K. Indhu
12	198812	ISWARYA	A	A. Iswarya
13	198813	KAVIPRIYA	S	S. Kavipriya
14	198814	VEDHAVALLI	P	P. Vedhavalli
15	198815	KUMARAVEL	S	S. Kumaravel



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TIRUCHENCODE

BATCH 2020-2021

Corrected copy

I M.Sc. (BIOCHEMISTRY)

S.No.	R.No.	Name	
1	20M2101	ASHOK	R M
2	20M2102	BASKAR	G
3	20M2103	DEVANATHAN	M
4	20M2104	DHINESHKUMAR	K
5	20M2105	DINESHKUMAR	P
6	20M2106	NANTHAGOPAL	R
7	20M2107	NAVEENKUMAR	R
8	20M2108	SANTHOSHKUMAR	U
9	20M2109	DEEPIKA	R
10	20M2110	JANANI	P
11	20M2111	MYTHILI	M
12	20M2112	PONMANI	M
13	20M2113	PRIYADHARANI	A
14	20M2114	TAMIZHARASI	S
15	20M2115	VINOTHINI	S



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## Participation list

### B.COM Students

SENGUNTHAR ARTS AND SCIENCE COLLEGE			
TIRUCHENGODE			
BATCH 2020-2021			
B.COM - A Sec			
S.No.	R.No.	Name	
1	208A201	ADARSHAN	V. V. V.
2	208A202	ADARSHAN	S. Anand
3	208A203	ADITHYAN	S. — Absent —
4	208A204	ADITHYAN	D. — Absent —
5	208A205	ADITHYAN	L. — Absent —
6	208A206	ADITHYAN	S. — Absent —
7	208A207	ADITHYAN	R. — Absent —
8	208A208	ADITHYAN	M. — Absent —
9	208A209	ADITHYAN	R. — Absent —
10	208A210	ADITHYAN	D. — Absent —
11	208A211	ADITHYAN	V. — Absent —
12	208A212	ADITHYAN	M. — Absent —
13	208A213	ADITHYAN	P. — Absent —
14	208A214	ADITHYAN	M. — Absent —
15	208A215	ADITHYAN	K. — Absent —
16	208A216	ADITHYAN	S. — Absent —
17	208A217	ADITHYAN	M. — Absent —
18	208A218	ADITHYAN	M. — Absent —
19	208A219	ADITHYAN	S. — Absent —
20	208A220	ADITHYAN	M. — Absent —
21	208A221	ADITHYAN	G. — Absent —
22	208A222	ADITHYAN	A. — Absent —
23	208A223	ADITHYAN	S. — Absent —
24	208A224	ADITHYAN	D. — Absent —
25	208A225	ADITHYAN	A. — Absent —
26	208A226	ADITHYAN	R. — Absent —
27	208A227	ADITHYAN	K. — Absent —
28	208A228	ADITHYAN	S. — Absent —
29	208A229	ADITHYAN	P. — Absent —
30	208A230	ADITHYAN	D. — Absent —
31	208A231	ADITHYAN	V. — Absent —
32	208A232	ADITHYAN	S. — Absent —
33	208A233	ADITHYAN	D. — Absent —
34	208A234	ADITHYAN	V. — Absent —
35	208A235	ADITHYAN	S. — Absent —
36	208A236	ADITHYAN	D. — Absent —
37	208A237	ADITHYAN	V. — Absent —
38	208A238	ADITHYAN	S. — Absent —
39	208A239	ADITHYAN	P. — Absent —
40	208A240	ADITHYAN	S. — Absent —
41	208A241	ADITHYAN	M. — Absent —
42	208A242	ADITHYAN	V. — Absent —
43	208A243	ADITHYAN	K. — Absent —
44	208A244	ADITHYAN	M. — Absent —
45	208A245	ADITHYAN	D. — Absent —
46	208A246	ADITHYAN	S. — Absent —
47	208A247	ADITHYAN	P. — Absent —
48	208A248	ADITHYAN	C. — Absent —
49	208A249	ADITHYAN	V. — Absent —
50	208A250	ADITHYAN	K. — Absent —
51	208A251	ADITHYAN	S. — Absent —
52	208A252	ADITHYAN	R. — Absent —
53	208A253	ADITHYAN	D. — Absent —
54	208A254	ADITHYAN	M. — Absent —



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BATCH 2020-2021

I R. Co. - B Sec

S.No.	R.No.	Name	
1	2000201	ABI	K - Absent -
2	2000202	ADINAYARAJAN	M - M. Arun Jayaprakash
3	2000203	BALAJI	L - L. Balaji
4	2000204	BOOPATHI	G - G. Boopathi
5	2000205	CHANDRASEKHAR	D - Absent -
6	2000206	CHANDRASEKHAR	M - M. Chandrasekar
7	2000207	CHITHIRAN	R - R. Chithiran
8	2000208	HARIDHARAN	M - M. Haridharan
9	2000209	JAGATHESAN	M - M. Jagathesan
10	2000210	JAYAKRISHNAN	V - V. Jayakrishnan
11	2000211	JAYAN	A - A. Jayan
12	2000212	JAYAKRISHNAN	D - D. Jayakrishnan
13	2000213	KAVITHARAJAN	P - P. Kavitharajan
14	2000214	KAVITHARAJAN	P - P. Kavitharajan
15	2000215	KESAVAN	S - S. Kesavan
16	2000216	KIRUPANARAJAN	G - G. Kirupananathan
17	2000217	KRISHNA	R - R. Krishna
18	2000218	KODHAN	S - S. Kodhan
19	2000219	NISHANTH	G - G. Nishanth
20	2000220	NIJADEEP	V - V. Nijadeep
21	2000221	PRAKASH	K - K. Prakash
22	2000222	RAJU	K - K. Raju
23	2000223	RAJUL	R - R. Rajul
24	2000224	RANJITHKUMAR	R - R. Ranjithkumar
25	2000225	SADIKUMAR	S - Absent -

S.No.	R.No.	Name	
26	2000226	SENTHILKUMAR	M - M. Senthilkumar
27	2000227	SIVAKUMAR	M - M. Siva Kumar
28	2000228	SIVARAMAN	R - Absent -
29	2000229	SURESHKARAN	M - M. Suresh
30	2000230	VETRAMANIKANDAN	R - R. Vetramanikandan
31	2000231	VIJYA	P - P. Vijya
32	2000232	GOVATHI	V - Govathi
33	2000233	JATHIGA	V - Jathiga
34	2000234	KALDEHANI	G - Absent -
35	2000235	KARTHIKEY	S - Kartikeya
36	2000236	MEGA	K - Absent -
37	2000237	PRIVA	J - Absent -
38	2000238	ROJA	R - Roja
39	2000239	SANDHYA	M - Sandhya
40	2000240	SANTHIA	S - Absent -
41	2000241	SARATHA	V - V. Saratha
42	2000242	SATHYA	J - J. Sathya
43	2000243	SHALINI	P - Absent -
44	2000244	SHRINATHA	A - A. Shrinatha
45	2000245	SRIKANTHIGA	T - T. Srikanthiga
46	2000246	SUBATHI	R - R. Subathi
47	2000247	VIJAYARANI	R - R. Vijayarani
48	2000248	VISHALINI	M - M. Vishalini



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## Biotechnology students

SENGUNTHAR ARTS AND SCIENCE COLLEGE

PG AND RESEARCH DEPARTMENT OF BIOTECHNOLOGY

II BSC BIOTECHNOLOGY Date: 8.01.2021

S.No	ROLL NO	STUDENT NAME	SIGNATURE
1	2001201	ANANDY	
2	2001202	BOORALAN R	
3	2001203	RAVINDRAN S	
4	2001204	KRISHNAN R	
5	2001205	MURUGANT	
6	2001206	PRALATH S	
7	2001207	PRALATH S	
8	2001208	RETHISH	
9	2001209	SAIVANCE	
10	2001210	SANTHOSH	
11	2001211	SARANAN S	
12	2001212	SINGARAVILL M	
13	2001213	SUGATHAN	
14	2001214	TAMBARASAN S	
15	2001215	VINODHAKUMAR M	
16	2001216	CHITRA R	
17	2001217	GOMATHI S	
18	2001218	HEMALATHA Y	
19	2001219	KALAYAN P	
20	2001220	KRISHNAN S	
21	2001221	LAVANIA B	
22	2001222	MURUGANATHAN M	
23	2001223	MURUGANATHAN M	
24	2001224	PAVITHRA S	
25	2001225	PRANATHA S	
26	2001226	PRUTHI R	
27	2001227	PREMA M	
28	2001228	PRITHVIRAJAN A	

SENGUNTHAR ARTS AND SCIENCE COLLEGE, TIRUCHENGODE

PG AND RESEARCH DEPARTMENT OF BIOTECHNOLOGY

II BSC BIOTECHNOLOGY

Date: 8.01.2021

S.No	ROLL NO	NAME	SIGN
1	19B1201	BALAJI	M
2	19B1202	BALAJI	N
3	19B1203	CHARLESH	P
4	19B1204	DINESHKUMAR	E
5	19B1205	DINESHKUMAR	M
6	19B1206	GOWRISHANKAR	E
7	19B1207	HARIHARAN	C
8	19B1208	HARIHARAN	M
9	19B1209	NANDHAKUMAR	N
10	19B1210	NITHISHKUMAR	NV
11	19B1211	NITYANANDHAM	S
12	19B1212	POOVARASAN	C
13	19B1213	PRAKASH	S
14	19B1214	SAMBATHKUMAR	M
15	19B1215	SANTHOSH	P
16	19B1216	SOUNDARRAJAN	CM
17	19B1217	SURYANARAYANA N	E
18	19B1218	UMASANKAR	E



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## Biotechnology and II BCA

19	19B1219	VENKATESH	V	V. Venkatesh
20	19B1220	BALAVINOTHINI	A	ABSENT
21	19B1221	DIANUSHYA	K	K. Dianushya
22	19B1222	GAYATHRI	T	T. Gayathri
23	19B1223	GOKULAVANI	T	T. Gokulavani
24	19B1224	GUNAVATHI	V	V. Gunavathi
25	19B1225	KAYATHRI	M	M. Kayathri
26	19B1226	LATHA	K	K. Latha
27	19B1227	MEENAKSHI	R	R. Meenakshi
28	19B1228	MONISHA	K	K. Monisha
29	19B1229	PAVITHRA	A	A. Pavithra
30	19B1230	PRADEEPA	M	M. Pradeepa
31	19B1231	SARANYA	S	S. Saranya
32	19B1232	SOWNDHARYA	E	E. Sowndharya
33	19B1233	SWETHA	D	D. Swetha
34	19B1234	THEJASWI	M	ABSENT
35	19B1235	VANNAMATHI	B	B. Vannamathi
36	19B1236	VIKASINI	N	N. Vikasini



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**DEPARTMENT OF COMPUTER SCIENCE**  
 FOOD DAY PARTICIPATION LIST ON 08.01.2021

II BCA

S.NO	ROLL NO	NAME	SIGNATURE
1	19B1501	ARUNPRASATH S	S. Arunprasath
2	19B1502	INOIRAJITH B	ABSENT
3	19B1503	KARTHI M	ABSENT
4	19B1504	KARTHIKEYAN S	ABSENT
5	19B1505	KAVIYARASU M	M. Kaviyarasu
6	19B1506	MADESH V	V. Madesh
7	19B1507	NAVEENKUMAR R	ABSENT
8	19B1508	PRAKASH S	S. Prakash
9	19B1509	PRAVEEN R	R. Praveen
10	19B1510	SANJAY KUMAR M	ABSENT
11	19B1511	VENKATESH G	G. Venkatesh
12	19B1512	BOOMIKA S	ABSENT
13	19B1513	HEMA V	V. Hema
14	19B1514	KRISHNASRI S	S. Krishnasri
15	19B1515	RESHMA S	S. Reshma
16	19B1516	SATHYAPRIYA V	V. Sathyapriya
17	19B1517	SOWMIYA M	ABSENT
18	19B1518	UMAMAHESWARI M	M. Umamaheswari
19	19B1519	YOGAASRI K T	K.T. Yogaasri



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## B.Sc. Computer Science and B.Sc. & M.Sc. Mathematics students



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### DEPARTMENT OF COMPUTER SCIENCE FOOD DAY PARTICIPATION LIST ON 08/11/2021

**B.Sc. Computer Science) - A SECTION**

S.No	R.No	STUDENT NAME	SIGNATURE
1	19BA501	S.AISH	ABSENT
2	19BA502	R.ANBARASU	ABSENT
3	19BA503	A.AYYANAR	ABSENT
4	19BA504	K.BHARATHI	ABSENT
5	19BA505	V.VENKESH KUMAR	ABSENT
6	19BA506	V.EEDRIGAMES	ABSENT
7	19BA507	C.ELANGO	ABSENT
8	19BA508	S.GOKULSURYA	ABSENT
9	19BA509	M.GOWTHAM	ABSENT
10	19BA510	V.GOWTHAM	ABSENT
11	19BA511	A.JEYANANDAN	ABSENT
12	19BA512	S.KRISHNAKARAN	ABSENT
13	19BA513	V.MOHANA SUNDARAM	ABSENT
14	19BA514	M.NAGARAJAN	ABSENT
15	19BA515	M.NAVEEN	ABSENT
16	19BA516	S.V.PARTHASARATHI	ABSENT
17	19BA517	M.PRADEEP	ABSENT
18	19BA518	S.PRAKASH	ABSENT
19	19BA519	G.PRASANTH	ABSENT
20	19BA520	M.RAGUL	ABSENT
21	19BA521	G.SABARATHAN	ABSENT
22	19BA522	R.SANTAY	ABSENT
23	19BA523	P.SANTHOSH	ABSENT
24	19BA525	S.SRIDEHARAN	ABSENT
25	19BA526	M.VENKADESH	ABSENT
26	19BA527	K.VIGNESH	ABSENT
27	19BA528	S.VETRIVEL	ABSENT
28	19BA529	K.K.VISHNUVARDHAN	ABSENT
29	19BA530	G.ARTHI	ABSENT
30	19BA531	R.DHIVA	ABSENT
31	19BA532	M.DIVYABHARATHI	ABSENT
32	19BA533	M.LAVANYA	ABSENT
33	19BA534	E.NIRMALADEVI	ABSENT
34	19BA535	G.PRIYADHARSHINI	ABSENT
35	19BA536	R.RITHIKA	ABSENT
36	19BA537	G.SANTHANAPRIYA	ABSENT
37	19BA538	M.SARUMATHI	ABSENT
38	19BA539	A.SOWMIYA	ABSENT
39	19BA540	V.VISALI	ABSENT



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### DEPARTMENT OF MATHEMATICS

**B- B.Sc. (MATHEMATICS)**

S.No	Roll.No	Reg.no	Name	Signature
1	19B1801	19UMA1956	ARULKUMAR S	ABSENT
2	19B1802	19UMA1957	ARUNACHALAM N	ABSENT
3	19B1803	19UMA1958	BOOPATHI V	ABSENT
4	19B1804	19UMA1959	COKUL R	ABSENT
5	19B1805	19UMA2000	MUTHUKUMAR M	ABSENT
6	19B1806	19UMA2001	NAVEN N	ABSENT
7	19B1807	19UMA2002	PRADEEP N	ABSENT
8	19B1808	19UMA2003	SANGAMESHWARAN N	ABSENT
9	19B1809	19UMA2004	SANTHOSH KUMAR B	ABSENT
10	19B1810	19UMA2005	YUNARAJ S	ABSENT
11	19B1811	19UMA2006	BAKTHYALAKSHMI M	ABSENT
12	19B1812	19UMA2007	BANUMATHI M	ABSENT
13	19B1813	19UMA2008	DHARAN R	ABSENT
14	19B1814	19UMA2009	DIVYADHARSHINI L	ABSENT
15	19B1815	19UMA2010	HARIPRIYA S	ABSENT
16	19B1816	19UMA2011	HARITHASRI N	ABSENT
17	19B1817	19UMA2012	ILAYARASI S	ABSENT
18	19B1818	19UMA2013	JANANI PRIYA P	ABSENT
19	19B1819	19UMA2014	JEENTHA M	ABSENT
20	19B1820	19UMA2015	JEENTHA S	→ AAA ←
21	19B1821	19UMA2016	KIRUTHIKA P	ABSENT
22	19B1822	19UMA2017	MEGHA J	ABSENT
23	19B1823	19UMA2018	MONISHA T	ABSENT
24	19B1824	19UMA2019	MOUNIGA V	→ AAA ←
25	19B1825	19UMA2020	PAVITHRA P	ABSENT
26	19B1826	19UMA2021	PONMOZH P	ABSENT
27	19B1827	19UMA2022	PREETHI C	ABSENT



**ATTENDED**

*[Signature]*  
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28	19B1828	19UMA2023	PREETHI.M	M. Preethi
29	19B1829	19UMA2024	REKHA.S	R. Rekha
30	19B1830	19UMA2025	REVATHY.S	S. Revathy
31	19B1831	19UMA2026	RUKSIANA BEGAM.S	S. Ruksiana
32	19B1832	19UMA2027	SANDHYA.S	S. Sandhya
33	19B1833	19UMA2028	SARANYA.D	D. Saranya
34	19B1834	19UMA2029	SARANYA.S	S. Saranya
35	19B1835	19UMA2030	SHRUTHI.M	M. Shruthi
36	19B1836	19UMA2031	SOWMIYA.M	M. Sowmya
37	19B1837	19UMA2032	SOWMIYA.T	T. Sowmya
38	19B1838	19UMA2033	SWASTHIKA.K	K. Swasthika
39	19B1839	19UMA2034	VALARMATHI.M	M. Valarmathi
40	19B1840	19UMA2035	YAVANA.M	M. Yavana



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#### DEPARTMENT OF MATHEMATICS

#### II-M.Sc. (MATHEMATICS)

S.No	Roll No	Reg. No	Name	Signature
1	19M2701	19PMA1533	P. PRAKASH KUMAR	P. Prakash Kumar
2	19M2702	19PMA1534	UABIRAMI	U. Abirami
3	19M2703	19PMA1535	G. BHUVANESHWARI	G. Bhuvaneshwari
4	19M2704	19PMA1536	G. KEETHANA	G. Keethana
5	19M2705	19PMA1537	M. KIRUTHIKA	M. Kiruthika
6	19M2706	19PMA1538	E.R. SIVARASANI	E. R. Sivarasani



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#### DEPARTMENT OF MATHEMATICS

#### III-B.Sc. (MATHEMATICS) "A"

S.No	ROLL NO.	REGISTER NO	NAME	Signature
1	18BA1801	18UMA2363	AJAY S	A. Jay S
2	18BA1802	18UMA2364	BARATHIRAJ M	B. Barathiraj M
3	18BA1803	18UMA2365	CHANDRASEKAR C	C. Chandrasekar
4	18BA1804	18UMA2366	DHANAPAL A	A. Dhana Pal
5	18BA1805	18UMA2367	KARTHIK M	M. Kartik
6	18BA1806	18UMA2368	KISHORE K MAR P	P. Mar Kishore
7	18BA1807	18UMA2369	MANIKANDAN P	P. Manikandan
8	18BA1808	18UMA2370	MURALIKRISHNAN J T	T. Muralikrishnan
9	18BA1809	18UMA2371	PRAKASHRAJ T	T. Prakashraj
10	18BA1810	18UMA2372	PURUSHOTHAMAN S	S. Purushothaman
11	18BA1811	18UMA2373	RAGUPATHI M	M. Ragupathi
12	18BA1812	18UMA2374	RAV V	V. Rav
13	18BA1813	18UMA2375	SAKTHIVEI T	T. Sakthivei
14	18BA1814	18UMA2376	SASI T	T. Sasi
15	18BA1815	18UMA2377	SHANMUGAM C	C. Shanmugam
16	18BA1816	18UMA2378	SIVAR	R. Sivara
17	18BA1817	18UMA2379	THAVANANI M	M. Thavanani
18	18BA1818	18UMA2380	AGNUS JENITHA C	C. Jenitha Agnus
19	18BA1819	18UMA2381	ARILARASI L	L. Arilarasi
20	18BA1820	18UMA2382	BABY SHALINI P	P. Baby Shalini
21	18BA1821	18UMA2383	BHUVANESHWARI S	S. Bhuvaneshwari
22	18BA1822	18UMA2384	BOOPATHI R	R. Boopathi
23	18BA1823	18UMA2385	DEVIPRIYA J	J. Devipriya
24	18BA1824	18UMA2386	DHAVANTHI S	S. Dhavanthi
25	18BA1825	18UMA2387	DIVYADARSHINI G	G. Divyadarshini
26	18BA1826	18UMA2388	GEETHA A	A. Geetha
27	18BA1827	18UMA2389	HARIDHARSHINI K D	D. Haridharshini
28	18BA1828	18UMA2390	HARINI A	A. Harini
29	18BA1829	18UMA2391	HEMALATHA A	A. Hemalatha
30	18BA1830	18UMA2392	INDHUMATHI D	D. Indhumathi
31	18BA1831	18UMA2393	JANANI S	S. Janani
32	18BA1832	18UMA2394	JEEVA C	C. Jeeva
33	18BA1833	18UMA2395	JEEVAREKHA K	K. Jeevarekha
34	18BA1834	18UMA2396	JEEVITHA K	K. Jeevitha
35	18BA1835	18UMA2397	JINITHA G	G. Jinitha
36	18BA1836	18UMA2398	KAVIPRIYA S	S. Kavipriya

37	18BA1837	18UMA2399	KERTHANA S	S. Kerthana
38	18BA1838	18UMA2400	KERTHANA S	S. Kerthana
39	18BA1839	18UMA2401	KUMARAPRIYA M	M. Kumarapriya
40	18BA1840	18UMA2402	KUMARAPRIYA R	R. Kumarapriya
41	18BA1841	18UMA2403	KUMARAPRIYA R	R. Kumarapriya
42	18BA1842	18UMA2404	KUMARAPRIYA R	R. Kumarapriya
43	18BA1843	18UMA2405	KUMARAPRIYA R	R. Kumarapriya
44	18BA1844	18UMA2406	KUMARAPRIYA R	R. Kumarapriya
45	18BA1845	18UMA2407	KUMARAPRIYA R	R. Kumarapriya
46	18BA1846	18UMA2408	KUMARAPRIYA R	R. Kumarapriya
47	18BA1847	18UMA2409	KUMARAPRIYA R	R. Kumarapriya
48	18BA1848	18UMA2410	KUMARAPRIYA R	R. Kumarapriya
49	18BA1849	18UMA2411	KUMARAPRIYA R	R. Kumarapriya
50	18BA1850	18UMA2412	KUMARAPRIYA R	R. Kumarapriya
51	18BA1851	18UMA2413	KUMARAPRIYA R	R. Kumarapriya
52	18BA1852	18UMA2414	KUMARAPRIYA R	R. Kumarapriya
53	18BA1853	18UMA2415	KUMARAPRIYA R	R. Kumarapriya
54	18BA1854	18UMA2416	KUMARAPRIYA R	R. Kumarapriya
55	18BA1855	18UMA2417	KUMARAPRIYA R	R. Kumarapriya
56	18BA1856	18UMA2418	KUMARAPRIYA R	R. Kumarapriya
57	18BA1857	18UMA2419	KUMARAPRIYA R	R. Kumarapriya
58	18BA1858	18UMA2420	KUMARAPRIYA R	R. Kumarapriya
59	18BA1859	18UMA2421	KUMARAPRIYA R	R. Kumarapriya
60	18BA1860	18UMA2422	KUMARAPRIYA R	R. Kumarapriya



ATTESTED

*[Signature]*  
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SENGUNTHAR ARTS AND SCIENCE COLLEGE  
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**Hemoglobin analysis for the girls students before Traditional food taken**  
**on 08-01-2021**



**Faculty given instruction to the various department girls about Hb importance**



**Students analysed Hb level of various department girls before traditional food taken**



**ATTESTED**



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**SENGUNTHAR ARTS AND SCIENCE COLLEGE**  
**TIRUCHENGODE - 637 205.**





Students analysed Hb level of various department girls before traditional food taken



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SENGUNTHAR ARTS AND SCIENCE COLLEGE  
TIRUCHENGODE - 637 205.



Hemoglobin analysis for the girls students after Traditional food taken on  
10-02-2021



**Faculty given instruction to the various department girls about Hb importance**







**Students analysed the Hb level of various department girls after traditional food taken**



**ATTESTED**

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# STUDENT FEEDBACK FOR TRADITIONAL FOOD DAY



Since 1991

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### DEPARTMENT OF BIOCHEMISTRY

06/02/21

### FEED BACK FORM

Traditional food day

S.NO	NAME OF THE STUDENT	DEPARTMENT	COMMENTS	SIGNATURE
1.	C. Vinodhini	B-Electronics and communication	Nice	C. Vinodhini
2.	T. Kamalakkannan	II-Physics	Very Good.	T. Kamalakkannan
3	M. Neerthi	II. B. Com	Good	M. Neerthi
4	J. Shanthi	II - BA English	Good, very useful program to girls	J. Shanthi
5.	S. Suganthi	III - BBA	Nice	S. Suganthi
6.	V. Edwin James	II - BSc(CS)	Very useful for health	V. Edwin James
7.	V. Nathiya	II-BSCCS	Very Nice	V. Nathiya
8.	S. Prakash	II-BCA	Very super	S. Prakash
9	S. BOOMIKA	II BCA	Very nice	S. Boomika
10	B. Dharmun	II Botany	very nice useful to student	B. Dharmun
11.	M. Karisaiya	I - Botany	useful very and nice section	M. Karisaiya



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# STAFF FEEDBACK FOR TRADITIONAL FOOD DAY



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### DEPARTMENT OF BIOCHEMISTRY

#### FEED BACK FORM

06/11/21

Traditional Food

S.NO	NAME OF THE STAFF	DEPARTMENT	COMMENTS	SIGNATURE
01	A.KUMARESAN	PHYSICS	VERY GOOD SESSION	<i>[Signature]</i> 21/11/21
02	P. Rameshkumar	Mathematics	Very Nice Program	<i>[Signature]</i> 21/11/21
03	M. NANDHINI	COMMERCE	VERY USEFUL PROGRAM	<i>[Signature]</i> 21/11/21
04	Dr. J. R. NANTHAKUMAR	PG-CE	Very useful to health	<i>[Signature]</i> 21/11/21
05	A. Suganthi	UG-CE	Improves for good health	<i>[Signature]</i> 21/11/21
06	S. Ramasamy	English	Very useful programme to student & staff	<i>[Signature]</i> 21/11/21
07	R. Rupa	BBA	Very useful session to student & staff	<i>[Signature]</i> 21/11/21
08	Dr. L. Dharmaselvan	History	Good programme helps to know about the importance of traditional food	<i>[Signature]</i> 21/11/21
09	K. SANKAR	TAMIL	VERY USEFUL PROGRAM TO STUDENT & STAFF	<i>[Signature]</i> 21/11/21
10	Dr. S. SARAVANAN	Economics	Very nice programme	<i>[Signature]</i> 21/11/21
11	M. Chinmayi	Computer Science	It is very useful to improve the health by eating traditional food	<i>[Signature]</i> 21/11/21



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## DEPARTMENT OF BIOCHEMISTRY

Hb Analysis

### FEEDBACK FORM

Date: 10-02-2021

S.NO	NAME OF THE STUDENT	DEPARTMENT	COMMENTS	SIGNATURE
1.	C. Venothini	II-B.Sc F&C	Improve Health	C. Venothini
2.	S. Keerthi	II-B.Sc E&C	Improve Health	S. Keerthi
3.	P. Paritha	II-B.Com CCA	Very use full to above resque level.	P. Paritha
4.	S. Dharami	II-B.Com (LA)	Reduce sugar level	S. Dharm
5.	K. Daksha	II-B.Com	Increased in Glucose level	K. Dak
6.	A. Chandana	I-B.Com	Reduce sugar level	A. Chand
7.	A. Swanya	II-Biochem	Low sugar level	A. Swa
8.	M. Dharmap	II-Biochem	Low sugar level.	M. Dharm
9.	Kavipriya. S.	II-Biochem	Nutrient taken in improve Hb level	Kavipriya
10.	Prityadhasini. G	II-B.Sc (CS)	Reduce sugar Level	G. Prityadhasini
11.	M. Lavanya	II-B.Sc CS	used to increase haemoglobin level	M. Lavanya



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## EVIDENCE OF SUCCESS



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## EVIDENCE OF SUCCESS

The practice have been proved so effective in enhance the Hemoglobin level for the girls students via traditional food. As the practice aim that the overall Hemoglobin (Hb) level improvement for the girls student.

Evidence of success of the activity is perceptible through the following outcomes/achievement by the girls students.

### 2020-2021

Student are asked to take traditional food for the period of one month, then blood sample was collected by the department of biochemistry and then analyses the hemoglobin (Hb) before the traditional food the Hb values are low, after they taken traditional food the Hb values are raised.

S.NO.	NAME	DEPARTMENT	CLASS	BEFORE Hb VALUE	AFTER Hb VALUE
1.	SRIMATHI.J	ENGLISH	II BA	11.4	12.3
2.	KAVIPRIYA.M	BOTANY	I-B.Sc.	9.1	10.6
3.	PRASANTHINI	PHYSICS	III-B.Sc.	11.2	12.1
4.	SHIVANI	PHYSICS	III-B.Sc.	10.4	11.4
5.	PRIYA.S	CHEMISTRY	II-B.Sc.	12.0	12.4
6.	REVATHI.S	MATHEMATICS	III-B.Sc.	11.3	11.9
7.	MONISHA.T	MATHEMATICS	II-B.Sc.	10.3	11.3
8.	PREETHI.C	MATHEMATICS	II-B.Sc.	10.3	11.7
9.	SUJITHA.K	MATHEMATICS	III-B.Sc.	9.3	11.0
10.	SOWMIYA	MATHEMATICS	III-B.Sc.	10.3	11.2

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S.NO	NAME	DEPARTMENT	CLASS	BEFORE Hb VALUE	AFTER Hb VALUE
11.	KIRUTHIGA	BIOCHEMISTRY	III-B.Sc.	12.1	13.2
12.	ISWARYA	BIOCHEMISTRY	II.B.Sc.	11.0	12.5
13.	ROJA.R	COMMERCE	III- B.COM	10.1	11.3
14.	MENAKA.D	COMMERCE	III- B.COM	11.1	12.2
15.	GOMATHLG	COMMERCE	II- B.COM	10.3	11.9
16.	SUGANTHLS	BUSINESS MANAGEMENT	III BBA	11.0	12.4
17.	DEVIPRIYA J	MATHEMATICS	III-B.Sc.	10.1	11.0
18.	HARINI A	MATHEMATICS	III-B.Sc.	10.3	11.5
19.	JANANI S	MATHEMATICS	III-B.Sc.	10.8	11.2
20.	JEEVAREKHA K	MATHEMATICS	III-B.Sc.	10.4	11.6
21.	JEEVA J	MATHEMATICS	III-B.Sc.	9.9	10.5
22.	VINOTHINI.C	ELECTRONICS & COMMUNICATIONS	II-B.Sc.	10.7	11.1
23.	HARINI	PHYSICS	II.B.Sc.	11.1	12.3
24.	VISALLY	COMPUTER SCIENCE	II.B.Sc.	10.8	11.8
25.	PAVITHRA.V	COMPUTER SCIENCE	II.B.Sc.	10.5	11.9
26.	ARTHLG	COMPUTER SCIENCE	II.B.Sc.	10.4	11.2
27.	DEEPA.S	COMPUTER SCIENCE	II.B.Sc.	10.9	11.4
28.	NATHIYA.V	COMPUTER SCIENCE	II.B.Sc.	10.5	11.8
29.	SARANYA.S	COMPUTER SCIENCE	III-B.Sc.	9.8	10.6
30.	POORANI.K	COMPUTER SCIENCE	III-B.Sc.	10.3	11.5
31.	BOOMIKA.S	COMPUTER SCIENCE	II-B.C.A.	10.4	11.6
32.	MAHALAKSHMI.M	COMPUTER SCIENCE	III-B.C.A.	10.5	11.7

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21



33.	HARISHINI	BIO CHEMISTRY	III-B.Sc.	10.7	11.5
34.	KAVIPRIYA	BIO CHEMISTRY	III-B.Sc.	10.3	11.6
35.	ARCHANA S	BIO TECHNOLOGY	III-B.Sc.	11.0	11.9
36.	GOKULAPRIYA M	BIO TECHNOLOGY	III-B.Sc.	11.3	12.9

  
HOD  
10/2/21

  
NAAC CO-ORDINATOR  
10/2/21

  
PRINCIPAL  
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## Program Report



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## Program Report

The Department of Biochemistry organized the Traditional Food Day on 08-01-2021. The stalls were arranged and a variety of dishes served, such as organic food, ethnic food and fruit and vegetable salads. Around 197 boys & 91 girls students and staff members visited with great enthusiasm. Participants asked the questions and contestants (students) explained the value of food.

The food day was really a beautiful platform to the students for their future endeavour and to learn team work, collaboration and creativity.

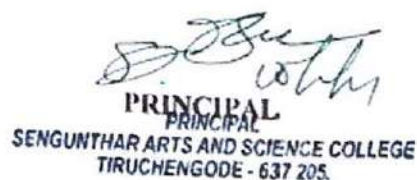
We noticed few interested students offered traditional food for one month checked haemoglobin level before and after offered food.

Those who took the traditional food level of haemoglobin has been increased this is the evidence of success to conducting this food festival.

During this program 36 girl students are benefited and 40 of beneficiaries found.

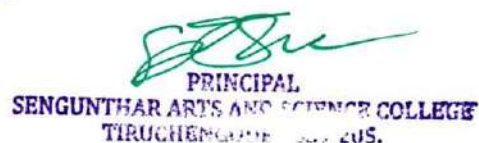
  
HOD

  
NAAC COORDINATOR

  
PRINCIPAL  
SENGUNTHAR ARTS AND SCIENCE COLLEGE  
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