Evaluative Report of the Department

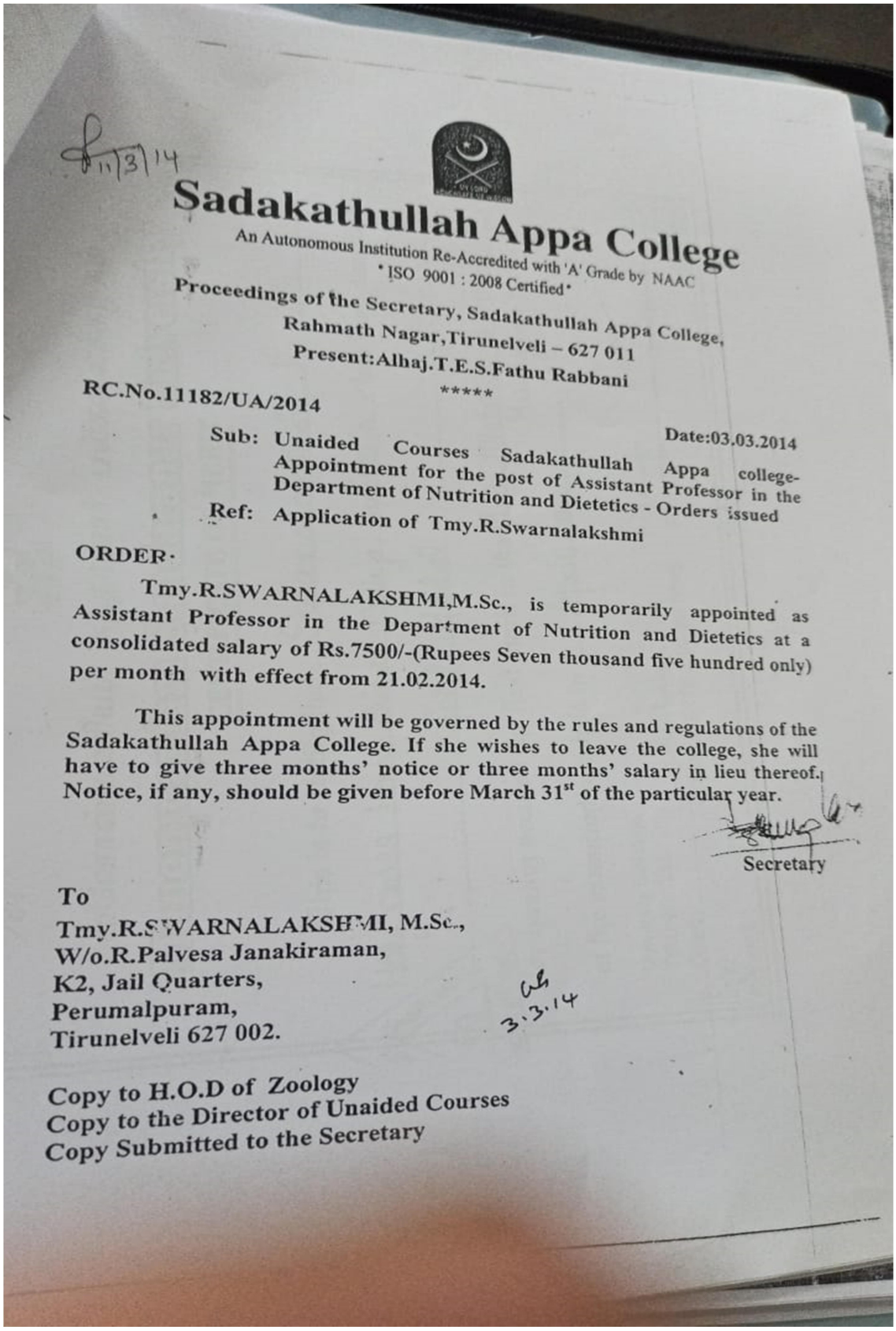
Name of the institution : SADAKATHULLAH APPA COLLEGE		**Name of the Department : NUTRITION AND DIETETICS**	
District :TIRUNELVELI			**State : Tamil nadu**
Total Number of Departments in the institution :		**19**	
Sl. No.	**Name of the Department**	**NUTRITION AND DIETETICS**	
1	**Year of Establishment**	B.Sc (2014)	
2	**Is the Department part of a School/ Faculty of the Institution**	Faculty of Science	
3	**Names of programmes offered**	1.B.SC NUTRITION AND DIETETICS 2.CERTIFICATE COURSE IN CATERING MANAGEMENT AND DIETETICS	
4	**Number of teaching posts Sanctioned/ Filled**	*Sanctioned*	*Filled*
	2016-17	4	4
	2017-18	5	5
	2018-19	5	5
	2019-20	5	5
	2020-21	6	6
5	**Number of Research Projects:**	*No.*	*Total Grants Received*
	2016-17	NIL	NIL
	2017-18	NIL	NIL
	2018-19	NIL	NIL
	2019-20	NIL	NIL
	2020-21	NIL	NIL
	TOTAL	***NIL***	***NIL***

6	**Inter –institutional collaborative projects and Associated grants received**	*National collaboration Number*	*Grant Received*	*International collaboration Number*		*Grant Received*
	2016-17	*NIL*	*NIL*	NIL		NIL
	2017-18	*NIL*	*NIL*	NIL		NIL
	2018-19	*NIL*	*NIL*	NIL		NIL
	2019-20	*NIL*	*NIL*	NIL		NIL
	2021-21	*NIL*	*NIL*	NIL		NIL
	TOTAL					
7	**Departmental projects funded by DST-FIST,DBT, ICSSR, etc., : Total grants received**			NIL		
		DST-FIST	*DBT*	*ICSSR*	*_____Mention name, if others*	
	2016-17	NIL	NIL	NIL	NIL	
	2017-18	*NIL*	*NIL*	NIL	NIL	
	2018-19	*NIL*	*NIL*	NIL	NIL	
	2019-20	*NIL*	*NIL*	NIL	NIL	
	2020-21	*NIL*	*NIL*	NIL	NIL	
	TOTAL	*NIL*	*NIL*	NIL	NIL	
8	**Special research laboratories sponsored by/created by industry or corporate bodies:**					
	2016-17	NIL				
	2017-18	NIL				
	2018-19	NIL				
	2019-20	NIL				
	20120-21	NIL				
9	**Publications:**					
		Number of Papers published	*Number of Books with ISBN*	*Number of Citation Index – range / average*	*Number of Impact Factor – range / average*	*Number of h-index*
	2016-17	6	Nil			
	2017-18	6	Nil			
	2018-19	5	Nil			
	2019-20	4	Nil			
	2020-21	2	5			
	TOTAL	23	5			
10	**Details of patents and income generated**					
	2015-16	*Patent details*			*Income Generated*	
	2016-17	NIL			NIL	
	2017-18	NIL			NIL	
	2018-19	NIL			NIL	
	2019-20	NIL			NIL	
	2020-21	Nil			NIL	

11	**Areas of consultancy and income generated**				
		Details		*Income Generated*	
	2016-17	NIL		NIL	
	2017-18	NIL		NIL	
	2018-19	NIL		NIL	
	2019-20	1		35,490 Rupees	
	2020-21	NIL		NIL	
12	**Awards/Recognitions received at the National and International level by :**				
		Faculty	*Doctoral/Post doctoral fellows*	*Students*	
	2016-17	1	NIL	NIL	
	2017-18	1	NIL	NIL	
	2018-19	2	NIL	NIL	
	2019-20	1	NIL	NIL	
	2020-21	NIL	NIL	NIL	
	TOTAL	5			
13	**How many students have cleared Civil Servicesand Defense Services examinations, NET, SET (SLET), GATE and other competitive examinations**				
	2015-16				
	2016-17	*Civil Service*	*NET*	*SET (SLET)*	*GATE*	*Other Competitive Exam*
	2017-18	*NIL*	*NIL*	*NIL*	*NIL*	*NIL*
	2018-19	NIL	NIL	NIL	NIL	NIL
	2019-20	NIL	NIL	NIL	NIL	NIL
	2020-21	NIL	NIL	NIL	NIL	NIL
	TOTAL	NIL	NIL	NIL	NIL	NIL
14	**List of doctoral, post-doctoral students and research associates**				
	2015-16	*From the host institution/university*		*From other institutions/universities*	
	2016-17	NIL		NIL	
	2017-18	NIL		NIL	
	2018-19	NIL		NIL	
	2019-20	NIL		NIL	
	2020-21	NIL		NIL	
15	**Number of Research Scholars/ Post Graduate students getting financial assistance from the University/State/ Central**				
		University	*State*	*Central*	
	2016-17	NIL	NIL	NIL	
	2017-18	NIL	NIL	NIL	
	2018-19	NIL	NIL	NIL	
	2019-20	NIL	NIL	NIL	
	2020-21	NIL	NIL	NIL	

Note: ***Compile data for the last five years***

1. **APPOINTMENT ORDER - MRS.R.SWARNALAKSHMI**



11/3/14

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Proceedings of the Secretary, Sadakathullah Appa College, Rahmath Nagar, Tirunelveli – 627 011

Present: Alhaj.T.E.S.Fathu Rabbani

*****

RC.No.11182/UA/2014 **Date:03.03.2014**

Sub: Unaided Courses Sadakathullah Appa college- Appointment for the post of Assistant Professor in the Department of Nutrition and Dietetics - Orders issued

Ref: Application of Tmy.R.Swarnalakshmi

ORDER

Tmy.R.SWARNALAKSHMI,M.Sc., is temporarily appointed as Assistant Professor in the Department of Nutrition and Dietetics at a consolidated salary of Rs.7500/-(Rupees Seven thousand five hundred only) per month with effect from 21.02.2014.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College. If she wishes to leave the college, she will have to give three months' notice or three months' salary in lieu thereof. Notice, if any, should be given before March 31st of the particular year.

Secretary

To
Tmy.R.SWARNALAKSHMI, M.Sc.,
W/o.R.Palvesa Janakiraman,
K2, Jail Quarters,
Perumalpuram,
Tirunelveli 627 002.

3.3.14

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2. APPOINTMENT ORDER - MRS.V.ANGEL MARY

Sadakathullah Appa College

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Proceedings of the Secretary, Sadakathullah Appa College

Rahmath Nagar,Tirunelveli – 627 011

*****

Present:Alhaj.T.E.S.Fathu Rabbani

*****

RC.No.12060/UA/2015 **Date:05.08.2015**

Sub: Unaided Courses Sadakathullah Appa college- Appointment for the post of Assistant Professor in the Department of Nutrition & Dietetics Orders- issued

Ref: Interview on 26.05.2015.

ORDER:

Ms.V.ANGEL MARY M.Sc.,M.Phil., is temporarily appointed as Assistant Professor in the Department of Nutrition & Dietetics at a consolidated salary of Rs.10,000/-(Rupees Ten Thousand only) per month with effect from 18.06.2015.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College. If she wishes to leave the college, she will have to give three months' notice or three months' salary in lieu thereof. Notice, if any, should be given before March 31st of the particular year.

Secretary

To

Ms.V.ANGEL MARY M.Sc.,M.Phil.,
2/11, School Street,
Meignanapuram,
Tuticorin District – 628 210.

06.08.15

Copy to H.O.D of Nutrition & Dietetics
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Copy Submitted to the Committee Office

3. APPOINTMENT ORDER – MR.S.M.PRASAD

Sadakathullah Appa College

An Autonomous Institution Re-Accredited by NAAC at an 'A' Grade with a CGPA of 3.40 out of 4.0
* ISO 9001: 2008 Certified *

Proceedings of the Secretary, Sadakathullah Appa College
Rahmath Nagar,Tirunelveli – 627 011

*****

Present:Alhaj.T.E.S.Fathu Rabbani

*****

RC.No.12905/UA/2016 **Date:08.08.2016**

Sub: **Unaided Courses Sadakathullah Appa College- Appointment for the post of Assistant Professor in the Department of Nutrition & Dietetics Orders- issued**

Ref: **Interview on 25.05.2016.**

ORDER:

Thiru. S.M. PRASAD, M.Sc.,M.Phil., is temporarily appointed as an Assistant Professor in the Department of Nutrition & Dietetics at a consolidated salary of Rs.15,000/-(Rupees Fifteen Thousand only) per month with effect from 16.06.2016.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College Managing Committee. If he wishes to leave his service from the College, he will have to give three months' notice in advance or three months' salary in lieu thereof. Notice, if any, should be given before March 31st of the particular year.

Secretary

To

Thiru. S.M. PRASAD, M.Sc.,M.Phil.,
18-7A, Kollan Villai,
Near Head Post Office,
Thuckalay(Post),
Kanyakumari District – 629 175.

Copy to H.O.D of Nutrition & Dietetics
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Rahmath Nagar, Tirunelveli 627 011. Ph : 0462-2540763, Fax : 0462-2540033
E-mail : principal@sadakath.ac.in, Website : www.sadakath.ac.in

4. APPOINTMENT ORDER - MRS.M.VADIVEL DEVI

Sadakathullah Appa College

*An Autonomous Institution Re-Accredited by NAAC at an 'A' Grade with a CGPA of 3.40 out of 4.0 * ISO 9001: 2008 Certified *

Proceedings of the Secretary, Sadakathullah Appa College (Autonomous), Rahmath Nagar, Tirunelveli – 627011.

*****

PRESENT : Alhaj. T.E.S. FATHU RABBANI

Re.No.13699/UA/2017 Date: 31.03.2017

Sub: Unaided Courses –Sadakathullah Appa College- Appointment for the post of Assistant Professor in the Department of Nutrition and Dietetics– orders issued.

Ref: Interview on 14.02.2017.

*****

ORDERS :

Tmy. M. VADIVEL DEVI, M.Sc., M.Phil., SET, NET., is temporarily appointed as an Assistant Professor in the Department of Nutrition and Dietetics at a consolidated salary of Rs.13,000/- (Rupees Thirteen Thousand only) per month with effect from 16.03.2017.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College. If she wishes to leave the College, she will have to give three months' notice or three months' salary in lieu thereof. Notice, if any, should be given before March 31st of the particular year.

SECRETARY

To
Tmty. M. VADIVEL DEVI,
10/75, Udaiyar Kulam,
Vallanadu,
Tuticorin District PIN:628352.

31.3.17

Copy to the H.O.D. of Nutrition and Dietetics
Copy to the Director of Unaided Courses
Copy to the Committee Office

Rahmath Nagar, Tirunelveli 627 011. Ph : 0462-2540763, Fax : 0462-2540033
E-mail : principal@sadakath.ac.in, Website : www.sadakath.ac.in

5. APPOINTMENT ORDER – DR (MRS) P.MAGESWARI

Sadakathullah Appa College

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Proceedings of the Secretary, Sadakathullah Appa College (Autonomous),
Rahmath Nagar, Tirunelveli – 627011.

*****

PRESENT : Alhaj. T.E.S. FATHU RABBANI

Rc.No.11786/SAC/UA/2019 Date: 29.04.2019

Sub: Unaided Courses –Sadakathullah Appa College- Appointment for the post of Assistant Professor in the Department of Nutrition and Dietetics– orders issued.

Read: Interview on 23.04.2019 and Connected records.

*****

ORDER :

Dr. P. MAGESWARI, M.Sc., NET., Ph.D., is temporarily appointed as an Assistant Professor in the Department of Nutrition and Dietetics at a consolidated salary of Rs.27,000/- (Rupees Twenty Seven Thousand only) per month.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College. If she wishes to leave the College, she will have to give three months' notice or three months' salary (last drawn pay) in lieu thereof. Notice, if any, should be given before March 31st of the particular year.

SECRETARY

To
Dr. P. MAGESWARI,
286/335, PACR Salai,
Rajapalayam,
Virudunagar District
PIN: 626 117.

29.4.19

Copy to the H.O.D. of Nutrition and Dietetics
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Rahmath Nagar, Tirunelveli 627 011. Ph : 0462-2540763, Fax : 0462-2540033
E-mail : principal@sadakath.ac.in, Website : www.sadakath.ac.in

5. APPOINTMENT ORDER – MRS.ARUNA SUNDARI

Sadakathullah Appa College

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Proceedings of the Secretary, Sadakathullah Appa College, (Autonomous)
Rahmath Nagar, Tirunelveli – 627 011.

*****

PRESENT : Alhaj.T.E.S.Fathu Rabbani

Rc.No. : 16305 / UA / 2020 Date: 10.01.2020

Sub: Unaided Courses – Sadakathulah Appa College – Appointment for the post of Assistant Professor in the Department of Nutrition and Dietetics – order issued.

Read : Interview on 17.12.2019 and connected records.

*****

ORDER:

Tmty. C.ARUNA SUNDARI, M.Sc. NET is temporarily appointed as an Assistant Professor in the Department of Nutrition and Dietetics in the leave vacancy arising out of the unspecified leave applied for by the Asst. Prof. S.M.Prasad on account of his Critical Medical condition, at a consolidated salary of Rs. 21,000/- (Rupees Twenty One thousand only) per month with effect from 02.01.2020.

This appointment will be governed by the rules and regulations of the Sadakathullah Appa College.

SECRETARY

To
Tmty. C.Aruna Sundari, M.Sc. SET
No, 545, VIBA Illam,
2nd Main Road, Vaigai Salai,
Kodeeswaran Nagar, Tirunelveli – 627 006

19.01.2020

Copy to the H.O.D. of Nutrition and Dietetics
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1. GENETICALLY MODIFIED FOODS A FOCUS

ISSN (ONLINE): 2454-9762
ISSN (PRINT): 2454-9762
Available online at www.ijarmate.com
International Journal of Advanced Research in Management, Architecture, Technology and Engineering (IJARMATE)
Vol. II, Issue XII, December 2016

GENETICALLY MODIFIED FOODS- A FOCUS

S.M.Prasad[1], CissieTheeblyn David[2], RijiHari [3]
1 Assistant Professor, Department of Nutrition and Dietetics, SadakathullahAppa College, Tirunelveli, Tamil Nadu.
2 Assistant Professor in Food Science and Nutrition, Tamil Nadu Agricultural University, Madurai, Tamil Nadu.
3 Assistant Professor, Department of Food Science and Technology, University of Calicut, Kerala.

INTRODUCTION:

Genetically modified foods have made a big splash in the news lately. Now-a-days genetically modified crops and food are being grown and consumed by public without knowing that these plant's genes are altered. Everything is due to the emerging of biotechnology industry. The biotechnology industry is a booming one, having experienced significant growth over the last several decades.

DEFINITION:

Genetically modified foods are defined as those foods derived from genetically modified organisms that may have specific changes introduced into their DNA by Genetic Engineering Techniques.

HISTORY OF GM FOODS:

History of GM foods was started in the year 1980. Later in 1983, antibiotic resistant tobacco plant and in 1990 cotton was successfully genetically modified. In 1994 tomato was genetically modified for number of consumption, followed by Soya Bean, Potato, Canola and Alfalfa.

FOOD THAT HAVE BEEN MODIFIED:

Some of the Foods which have been modified to make them resistant against insects, viruses and able to tolerate herbicides includeMaize,Brinjal, Rice, Wheat, Rape Seed Oil Cotton, Soya bean, Alfalfa, Potato

Soya Bean, Corn and Tomatoes are commonly modified food.One type of "Monsanto" Soya Bean is resistance to herbicides.The herbicide resistant gene is removed from the bacteria and then inserted in the Soya Bean.

Tomatoes are frequently modified types of food. GM tomatoes will generally be engineered to maintain their quality for longer period of time. Sugarcane is another GM food that is resistant to some pesticides. Sweet Corn is one of the GM foods those produce toxins that kills insects, which serves to reduce problems with pests. Rice has been called "Golden rice" due to it being modified to contain high levels of vitamin A.

GM food is Genetically Modified Foods using biotechnology include Maize, Soya Bean, OilSeed, Chicory, Squash, Potato, Pineapple' Sugarcane, Brinjal And Strawberry. GM Foods provide greater resistance to pests and viruses, higher nutritional value and longer shelf life. Now ever their safety, potential risks and ethical concerns are still being debated. Laws to regulate labeling of GM Foods also vary.

2. DEGENERATIVE DISEASE AND FIBRE

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International Journal of Advanced Research Trends in Engineering and Technology (IJARTET)
Vol. 4, Issue 4, April 2017

DEGENERATIVE DISEASES AND FIBRE

S.M.Prasad[1], CissicTheeblyn David[2], Riji Madhusudhanan[3]

1 Assistant Professor, Department of Nutrition and Dietetics, SadakathullahAppaCollege (Autonomous), Rahmath Nagar, Tirunelveli-627 011, Tamil Nadu, India.

2 Assistant Professor, Department of Food Science and Nutrition, ICAR-KrishiVigyan Kendra, Tirupathisaram, Kanyakumari District- 629 901, Tamil Nadu, India

3 Dietitian, Centre for Physical Education, University of Calicut (Main Campus), Malappuram District -673 635, Kerala, India

INTRODUCTION:

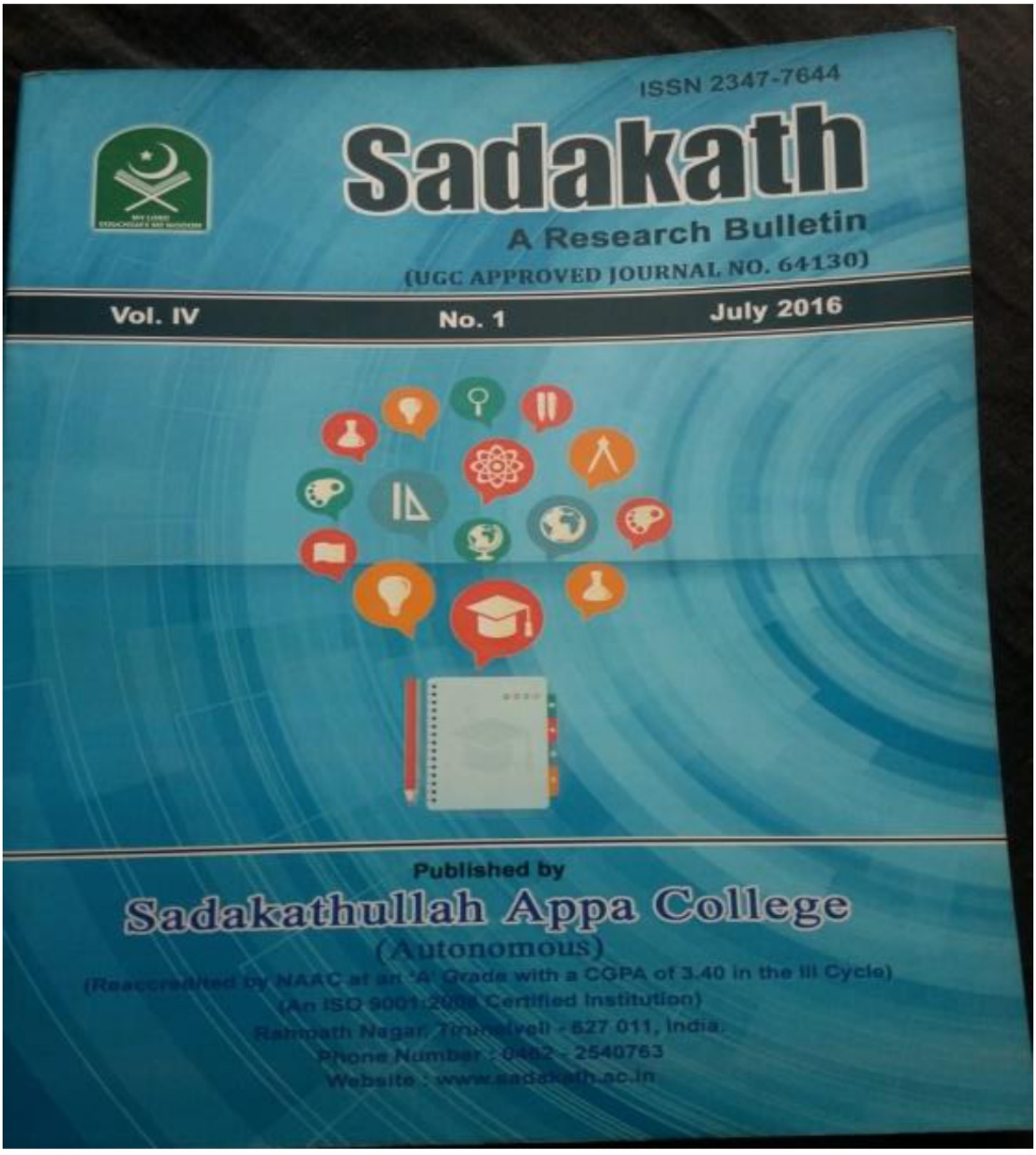
The population of India has an increased susceptibility of diabetes in developing countries is closely associated with industrialization and socio economic development (Paris, 2002). Diabetes Mellitus is the third leading cause of death (after heart disease and Cancer) in many developed countries. It affects about 2 to 30 per cent of the general population. The complications of diabetes affect the eye, kidney and nervous system (Satyanarayana, 2010).

Diabetes the Latin word means "Flow through" and Mellitus means "Honey" and clinically it is manifested by the overflow of sugar or glucose in the blood and urine instead of getting converted in to glycogen (Begum, 2006).Diabetes is not just a disease involving sugar and cutting out sugar from the diet. It is about adding foods to the diet that will help control blood glucose levels (Bailliers, 2004).

Causes of diabetes are heredity, age, sex, obesity and sex (Swaminathan, 2006). Diabetes is characterized by polyuria, polydipsia and polyphagia (Darshan, 2010). Untreated diabetes exhibits the following symptoms polyuria, polydipsia and polyphagia (Shanmugam, 1998) any disorder of metabolism causing excessive thirst and the production of large volume of urine (Harrison, 2000)

The best way to prevent type 2 diabetes is to avoid gaining weight. Overweight people are four times more likely to develop type 2 diabetes than those who maintain normal body weight (Michael, 2010).Today obesity is the most common factor of malnutrition and is a factor in the two major causes of death, heart diseases and cancers. So any food that helps people limit calories is desirable.

03. MINT LEAVES



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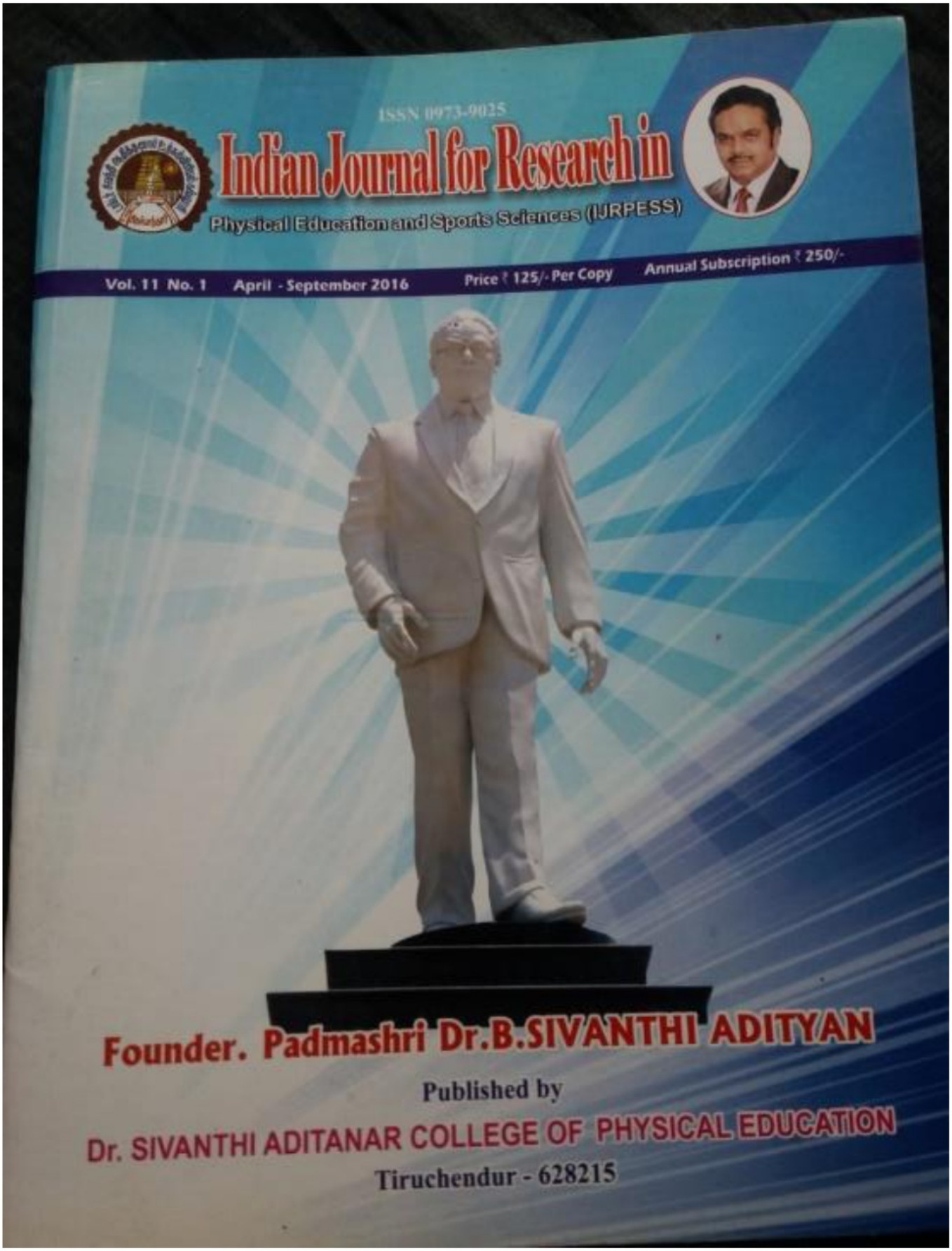

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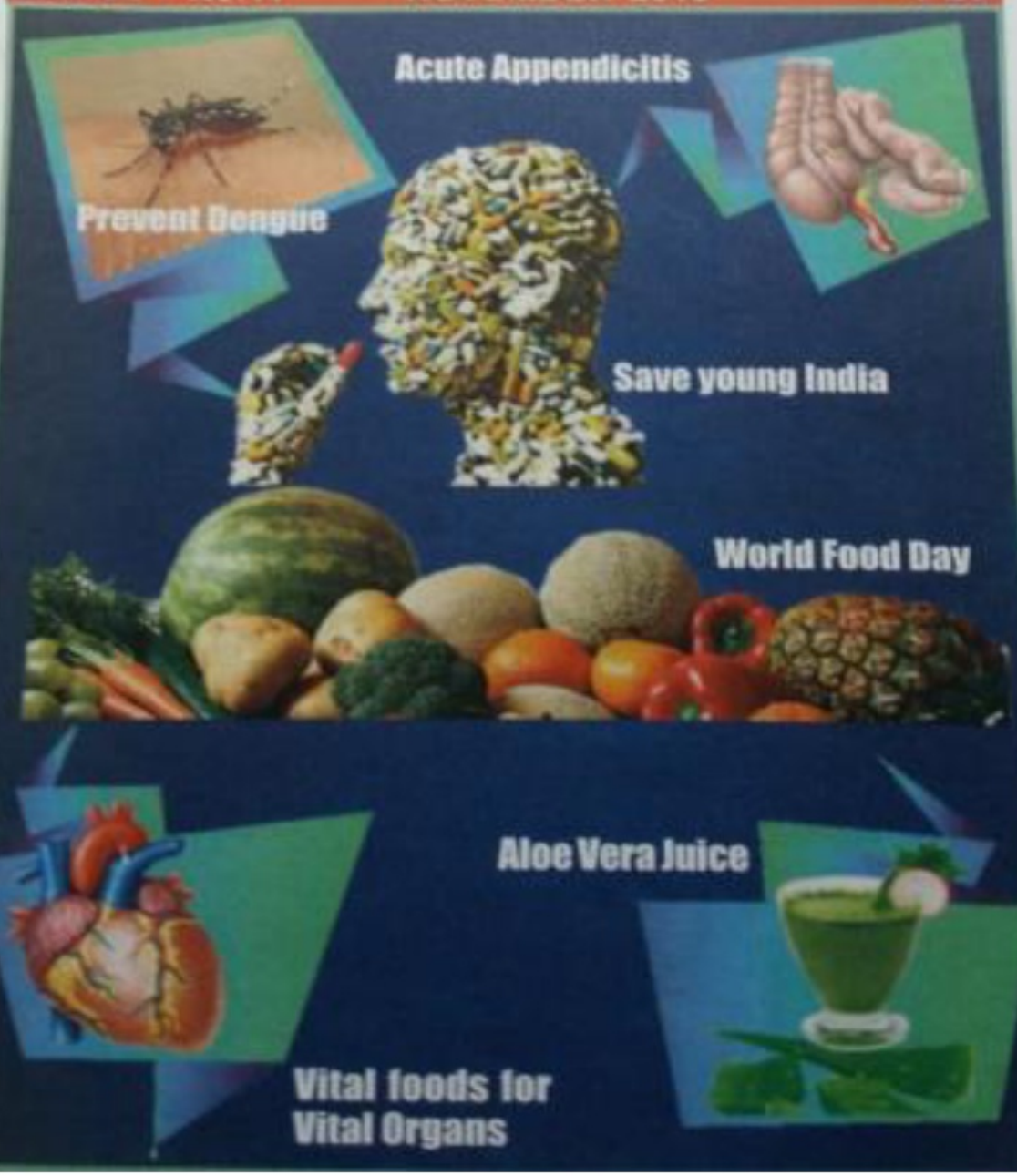
Vol. 94 • No.11 NOVEMBER 2016 ₹ 20



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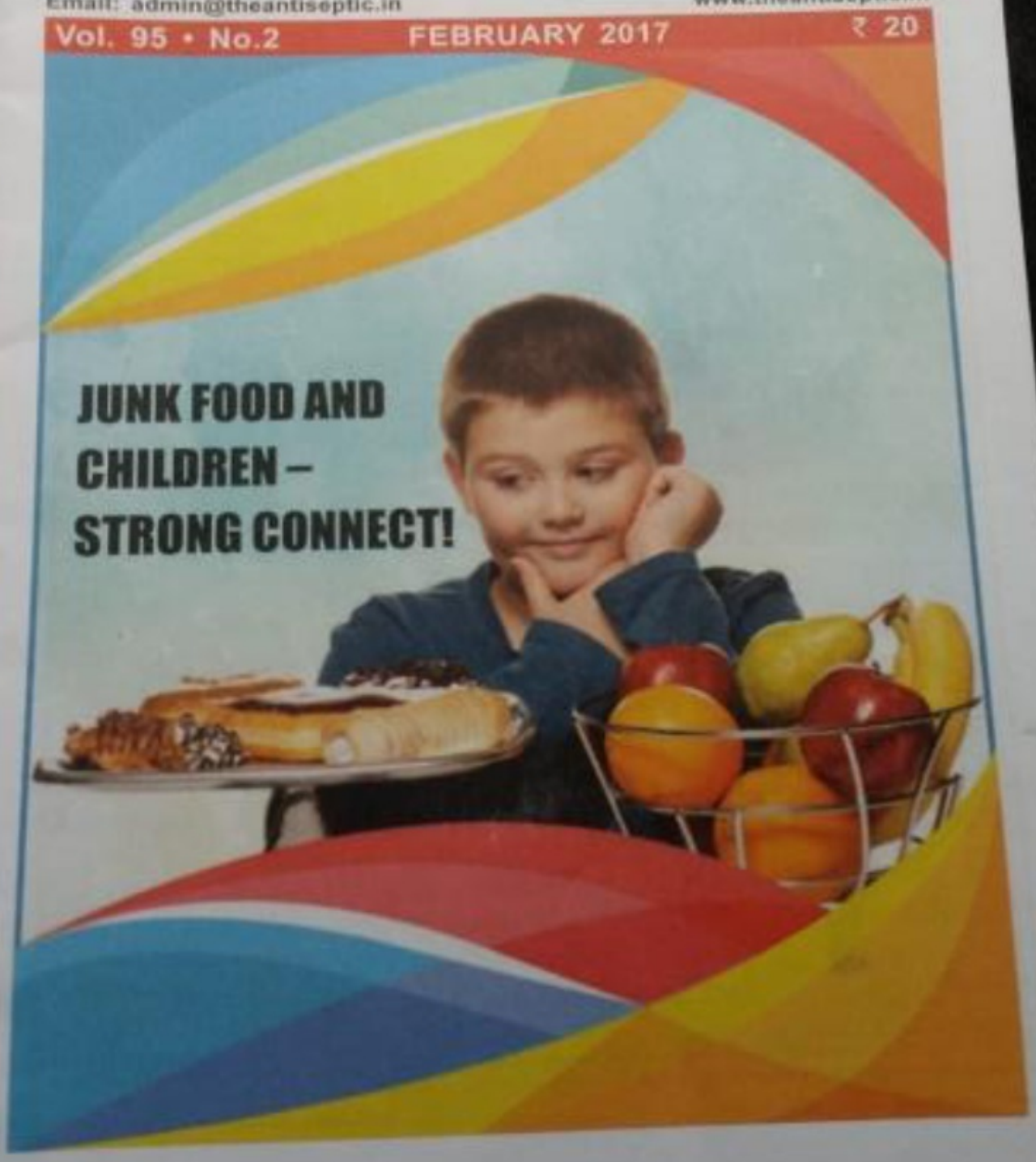

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Shanlax International Journal of Arts, Science and Humanities

ISSN: 2321-788X UGC Approval No: 43960 Impact Factor: 2.114

A REVIEW ON CERTAIN UNDERUTILISED GREEN LEAFY VEGETABLES

Article Particulars

Received: 8.7.2017 Accepted: 13.7.2017 Published: 28.7.2017

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Assistant Professor,
Department of Nutrition and Dietetics,
SadakathullahAppa College (Autonomous),
Tirunelveli-627011, Tamil Nadu, India

CISSIE THEEBLYN DAVID
Assistant Professor,
Department of Food Science and Nutrition,
ICAR-KrishiVigyan Kendra, Tirupathisaram,
Kanyakumari District- 629901, Tamil Nadu, India

RIJI MADHUSUDHANAN
Assistant Professor,
Dietetian, Centre for Physical Education,
University of Calicut (Main Campus),
Malappuram District -673635, Kerala, India

Abstract

Vegetables are an important part in every one's life and also as a part of Indiancuisine. They play a good role in preventing diseases and provide immune power. People hailing from villages are more aware than people from cities about their nutritive value and medicinal properties.Some leafy vegetables provides nutraceuticals and antioxidant health benefits .Due to advancement in technology people forget about these plants and they remain underutilized .The state of kaniayakumari is blessed with such vegetables. In this review some important underutilized green leafy vegetables were discussed for the welfare of the mankind.

Keywords: *Antioxidant, Eczema, Anti-Inflammatory, Appetizers, Depressions.*

Introduction

In India green leafy vegetables or greens from many plants have been used in the diet from ancient times.they are nutritionally very important very important and are rich in vitamins and minerals (Shakuntala Manay and Shadaksharaswamy, 2007). Vegetables are the store house of carotene, riboflavin, folic acid, vitamin c, and calcium. vegeatbles also supply water and roughaage to the body (Raheena Begum, 2006). Green lefy vegetables fruits and skins seeds contribute to the fibrecontent of the diet

Vol. 5 No. 4 April 2018 ISSN: 2321- 4643 UGC Approval No: 44278 Impact Factor: 3.122

CERTAIN UNDERUTILIZED FRUITS FOR MOCK TAIL PREPARATION

Article Particulars
Received: 06.04.2018 Accepted: 12.04.2018 Published: 28.04.2018

S. M. PRASAD
Assistant Professor, Department of Nutrition and Dietetics
Sadakathullah Appa College (Autonomous), Tirunelveli, Tamil Nadu, India

P. RAJA KUMAR
Principal, Immanuel Arasar College of Hotel Management
Nattalam, Marthandam, Tamil Nadu, India

ALAN J. L. JOSE
Assistant Professor and Head, Immanuel Arasar College of Hotel Management
Nattalam, Marthandam, Tamil Nadu, India

Introduction

India is the second largest producer of fruits in the world, because its diverse agro-climatic conditions allow a wide range of tropical, sub-tropical and a temperature fruit to be produced. Fruit production in India covers an area of 4.96 million hectares. Flavanoids naturally occuring in fresh fruits, vegetables, tea and wine are powerful antioxidants. β carotene,the provitamin A, is important for its antioxidant properties.It is abundant in the colour vegetables and fruits.

Increased fruit and vegetable intake as part of the daily diet could help prevent major chronic non communicable diseases (NCDS).Worldwide, low intake of fruits is estimated to cause about 31% ischemic heart disease, 11% of strokes and about 19% of gastrointestinal cancer.Some underutilized fruits were discussed below

Description

Rose Apple

Rose apple is believed to be originated as fruit of south east asia.It possess a natural sour taste.When it ripens it gives sweet taste.it is also called as bell fruit,java apple,wax apple.Rose apple is a shrub or a small tree a native to Southeast Asia, but it spread throughout the world as an ornamental plant. It has dozen of names. Jambu is a popular name for this fruit. The active organic compounds found in rose apples, combined with vitamin C and vitamin A, have become known as

Vol. 5 No. 4 April 2018 ISSN: 2321- 4643 UGC Approval No: 44278 Impact Factor: 3.122

FUTURE TOURISM THROUGH WORMHOLE TIME TRAVELING

Article Particulars
Received: 06.04.2018 Accepted: 18.04.2018 Published: 28.04.2018

Dr. P. RAJA KUMAR
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S. M. PRASAD
Assistant Professor, Department of Nutrition and Dietetics
Sathakthulla Appa College, Tirunelveli, Tamil Nadu, India

Abstract

Objectives: *The aim of make this research is to find out the way to reach past and future through the wormhole and also promote the tourism industry through time travel. And after making research for "How it's possible?" And finally, we show the uses and benefits of this research at the Government, Tourist, and society. Now a day's Tourism is the one of the biggest industry in all over the world. And also it is one of the heritage industry. It is survived in the old days to now modern days. In the reason of surviving that, the tourism industry is easily adapted to technology and trends. That's why people need tourism industry at every time. Naturally, every human brain has a searching ability. In that same searching ability, makes the human at the top of the world. In our world is going to move the next step. Human brains have a unique ability; every person can think imagination, innovation, intelligently and creatively. I was watching "THOR II" movie, that time I saw body transfer through the magnetic hole. At the time I was thinking about "Time travel is that possible?" In the modern days, peoples don't like to visit previously visited place. The reason is they have no surprises, no searches, etc. So now we need some new tourist spot. That's why we try to touch the wormhole and make a time travel tour. Tourism industry that gives the sweetness to the humans searching. In the tourism industry, people search lot of things but the end of every searching people get lots of happiness only.*

Methods: *collect the data's from the internet, daily newspaper, and research-based books. After that, meet the scientists from space research through e-mail and Skype. And ask the question about time travel and wormhole. After that, discuss with tourism department legends and space research department peoples. Finally, conclude.*

Keywords: *Time Travel, Wormhole, Stephen Hawking, Tourism*

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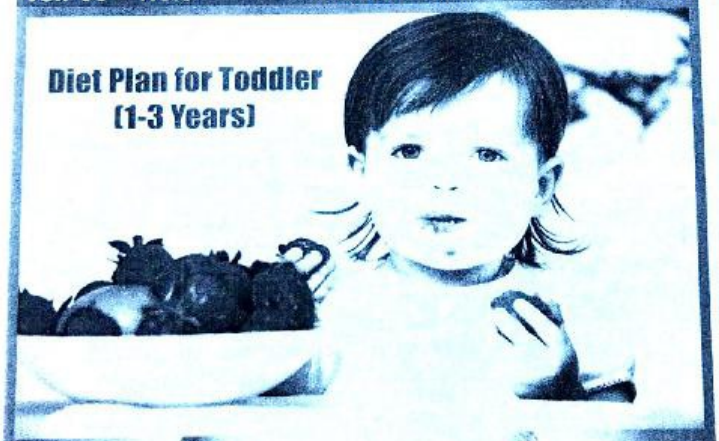

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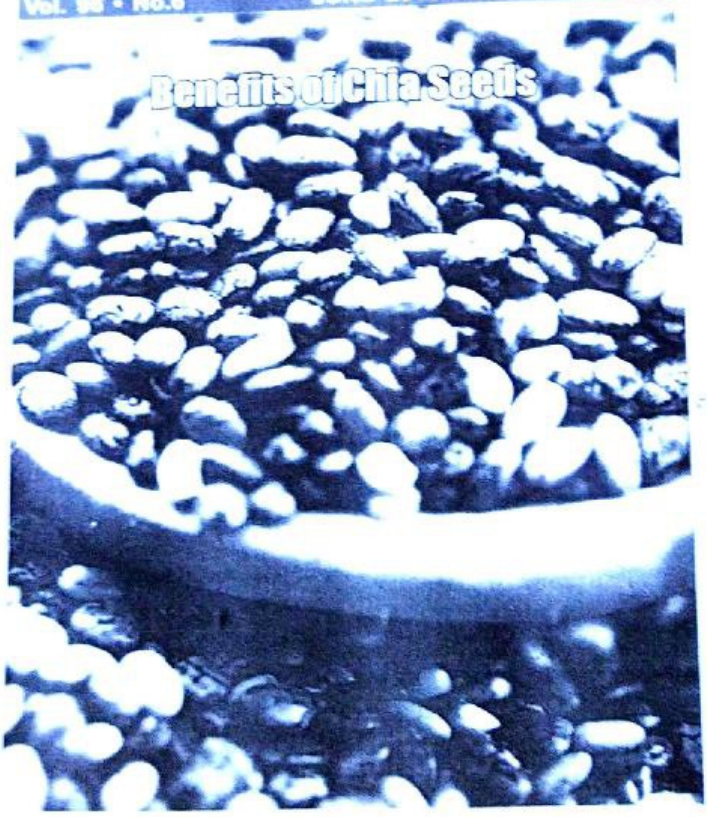

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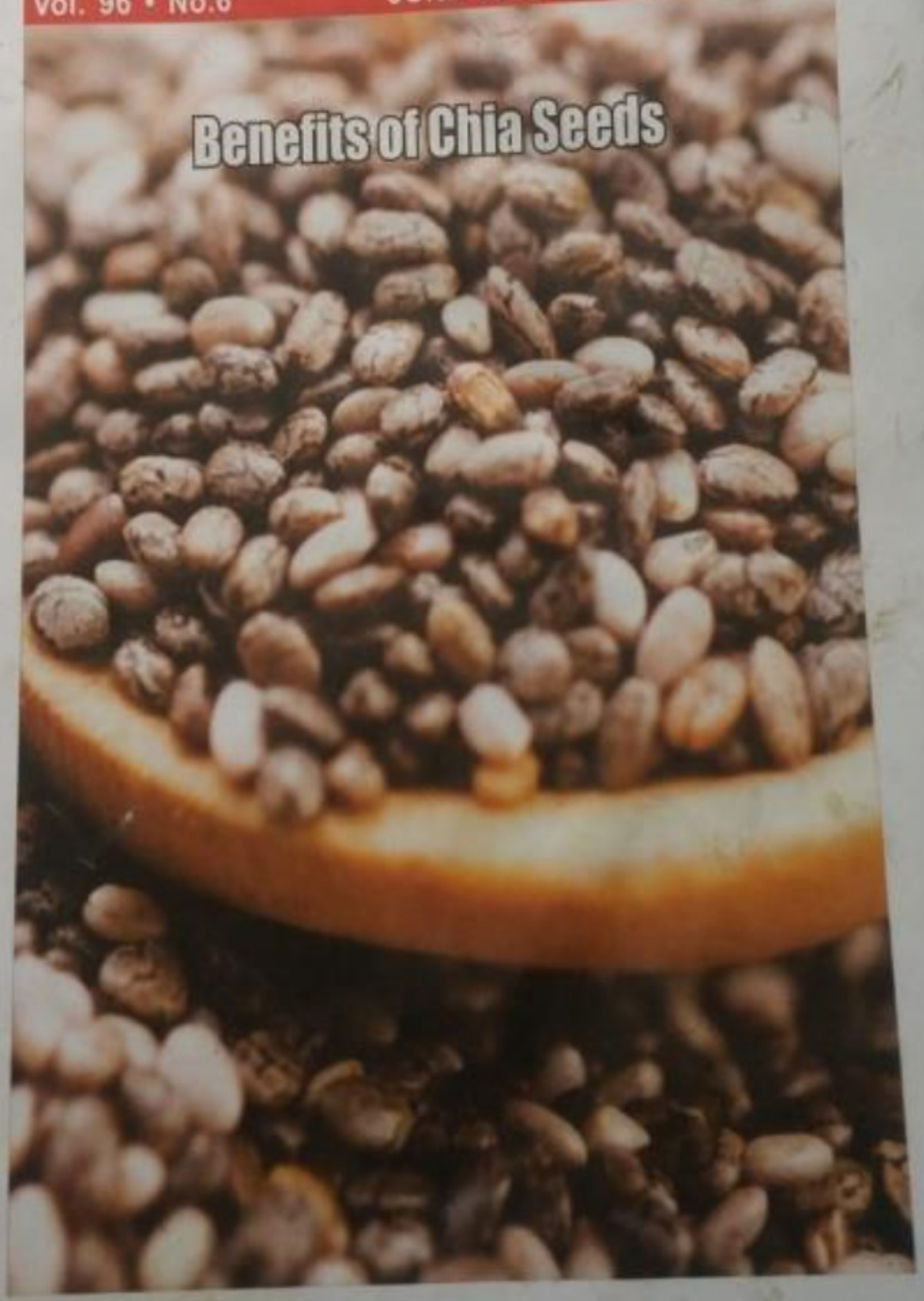

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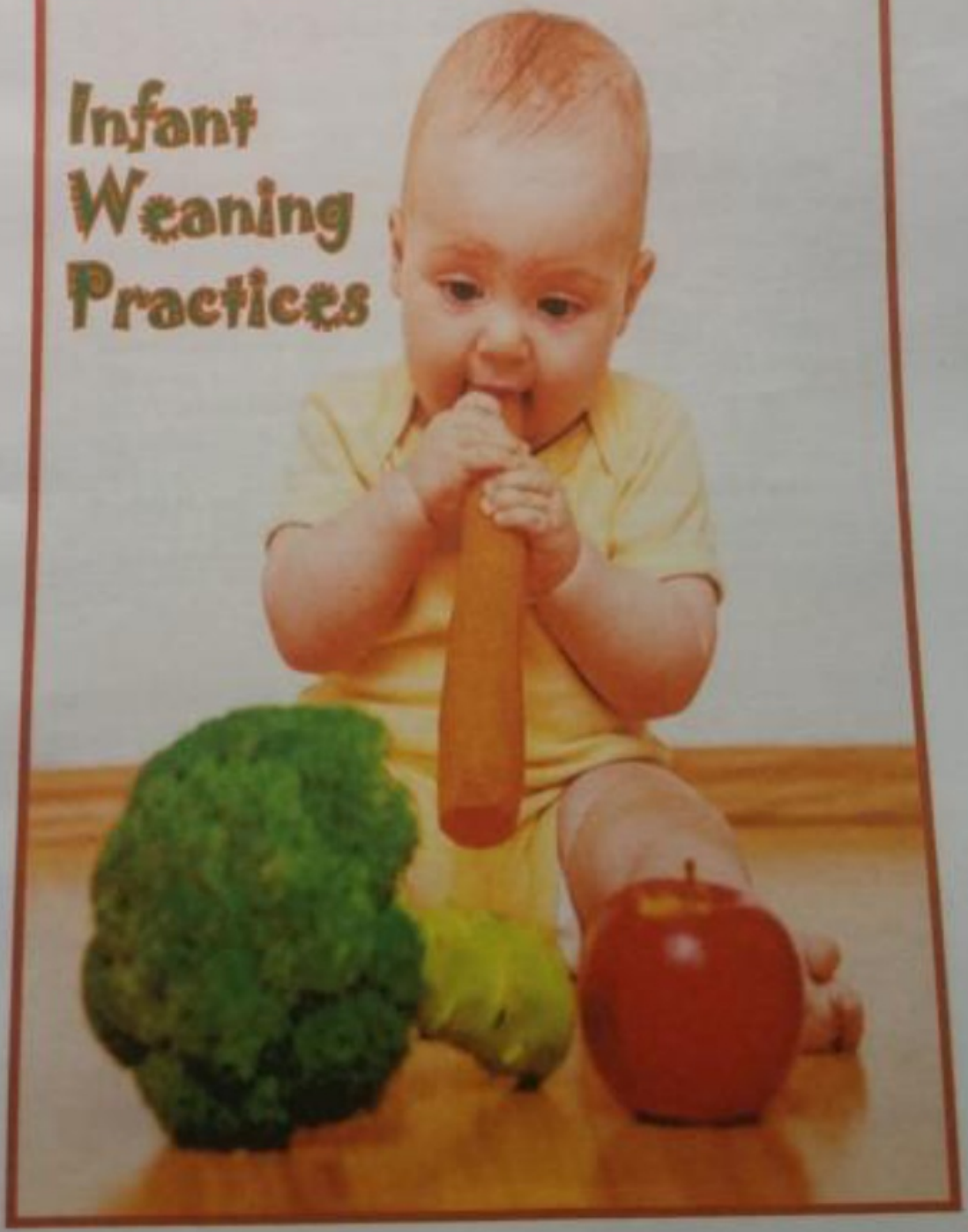

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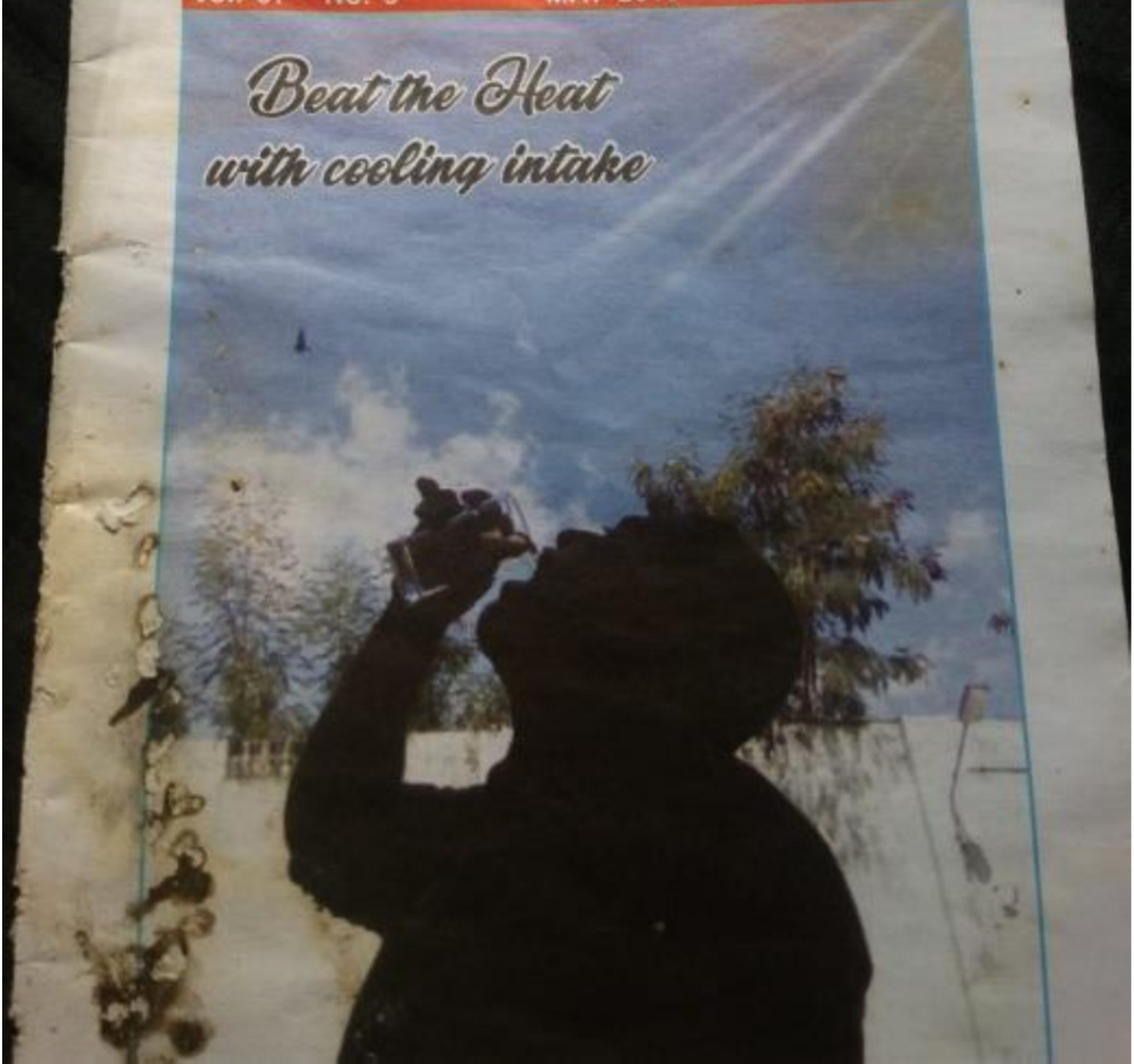

CONTENTS

Biochemical analysis on selected fruits of *Annona* species

C.T. David[1], J.D. Sherrie[2], D.S. Jeyalyn[3] and S.M. Prasad[4]

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Abstract

The family *Annonaceae* comprises about 80 genera and 850 species occurring in the tropics, but with relics of earlier distributions remaining in some temperate regions. The large, edible, pulpy fruits typically called "annona" include species of *Annona*, custard apple (*A. squamosa*), soursop/graviola (*A. muricata*) and bullock's heart (*A. reticulata*) which are known to have excellent health and medicinal benefits which deserve to be further explored. They contain antioxidants, possess anti cardio-vascular, anti-obese, anti-diabetic, anti-cancer, anti-microbial activity and have a positive effect on blood haemoglobin. It is also efficacious to control blood pressure, normalize digestive function, cure constipation, treat diarrhoea and dysentery. High potassium and magnesium levels in these fruits help to protect against heart disease. These fruits also contain vitamin A, which is beneficial for a healthy skin, hair and eyes. High magnesium content helps balance the water in the body, remove acid from the joints and reduce the symptoms of rheumatism and arthritis. The potassium contained in it, helps fight muscle weakness and fatigue. In the light of the above facts, a biochemical study was made to assess their proximate principle and mineral content to pave the way for better utilization, to meet nutritional security and to aid in disease prevention.

Keywords: nutritional security, disease prevention, proximate principle, mineral content

INTRODUCTION

The Western Ghats in India are one of the hot spots of biodiversity for edible plants which include underutilized fruits. Consumption of fruits is essential for a diversified and nutritious diet. Sufficient consumption of fruits provides both essential nutrients and compounds that provide other helpful physiological effects, not all of which are known. Increased consumption of fruits significantly reduces the incidence of chronic disease such as cancer, cardiovascular diseases and other aging related pathologies (Prakash et al., 2012).

Fruits offer protection against free radicals that damage lipids, proteins and nucleic acids. Polyphenols, carotenoids (provitamin A), vitamin C and E present in fruits have antioxidant and free radical scavenging activities and play a significant role in the prevention of many diseases.

A number of trace elements are known to protect the cells from oxidative cell damage as these minerals are the cofactor of oxidant enzymes. Zinc, copper and manganese are necessary for super oxide dismutases in both cytosol and mitochondria. Iron is a component of catalse, a hemeprotein, which catalyzes the decomposition of hydrogen peroxide (Machlin and Bendich, 1987). Small amounts of micronutrients (minerals and vitamins) are required for good physical condition along with energy food and protein. Sodium, potassium, iron, calcium and many trace elements together with antioxidant vitamins and minerals are vital for the body.

MATERIALS AND METHODS

The work pertaining to the present study was carried out in the Department of Home Science Extension, Home Science College and Research Institute, Madurai, Tamil Nadu, India.

Acta Hortic. 1241. ISHS 2019. DOI 10.17660/ActaHortic.2019.1241.93
Proc. III International Symposium on Underutilized Plant Species
Eds.: C. Ravindran et al.

5. VALUE ADDED PRODUCTS FROM SELECTED FRUITS OF ANNONA SPECIE

Value added products from certain fruit species of annona fruit

Authors
C.T. David, J.D. Sherrie, D.S. Jeyalyn, S.M. Prasad

Abstract
Nutritional security for the burgeoning Indian population cannot be met by focusing on the staple and major horticultural crops alone. Food security can be achieved locally not globally, considering that though there is enough food produced to supply the calorie needs of a growing global population there are 830 million people worldwide who are undernourished. There is a vast production of underutilized and underexploited minor horticultural crops which could be used as the □future crops□ to supplement our nutritional needs. There is a scattered but significant production of these minor fruits which are rich in nutrient and medicinal value. But a major percent of the production is lost due to poor harvesting and postharvest handling, lack of storage and processing facilities. Hence, there is an urgent need to explore the potential for postharvest management and processing of these fruits. This piece of work delivers health obvious benefits to the society, economic potential for farmers, entrepreneurs and consumers to meet the growing global demand, retain market share and stay ahead of the rapidly emerging competition in the world market. It is quite unfortunate that the country is wasting such excellent fruits, causing economic loss to the farmers and the country. Hence a package of practices should have been started off to curtail these postharvest losses through value addition. Hence an attempt was made to produce certain value enhanced products from bullock's heart, dragon fruit and Singapore cherry employing certain processing technologies paving way for the availability of the product round the year, reducing postharvest loss and better remunerative returns to the farmers.

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David, C.T., Sherrie, J.D., Jeyalyn, D.S. and Prasad, S.M. (2019). Value added products from certain fruit species of annona fruit. Acta Hortic. 1241, 683-690
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minor fruits, underutilized fruits, processing, nutritional security

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- Division Tropical and Subtropical Fruit and Nuts
- Commission Agroecology and Organic Farming Systems
- Workgroup Underutilized Plant Genetic Resources

FORMULATION AND STANDARDIZATION OF TANG POWDER ICE CREAM AND CAKE PREPARED FROM PALMYRA PALM (Borassus *Flabellifer* L.) PRODUCTS

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ABSTRACT

India enjoys a varied climate where trees can be grown throughout the year, but certain tree can yield fruits throughout its life time.one such tree is palmyra palm. Palmyra palm enjoys hot climate to grow and commonly observed in villages. Palmyra palm products are really natural, healthy and nutritive. Palmyra yields us tubers, fruits, palm candy, palm sugar, palm toddy. So an attempt was made to prepare Tang Powder (TPP), Ice Cream (IPP) and Cake (CPP) by using palmyra palm products and subjected to different pre-treatment and standardized the value added products. 5 point hedonic scales were used for sensory evaluation. From the result the present study shows the product TPP shows had good sensory quality and consumer acceptability.

Key Words: **Palm Tubers, Tang Powder, Ice Cream, Cake, Sensory Evaluation, Hedonic Scale**

Corresponding author email:prasadsm@ymail.com

INTRODUCTION

Tropical tubers are known as the energy reservoirs of the nature. They provide much needed calories to about 1200 million people around the world, more specifically in developing countries in Asia and Africa (Peter, 2016).India's population is estimated at 1.273 billion in 2020 with a small marginal portion of uncertainity.The work force in crop production had declined to 54 per cent by the beginning of this century and was lower in many states which has a diversified agriculture. For each possible crop set in each region using potential crop yield and cost of cultivation data for each crop value added in agriculture can be worked out (Yoginder, 2014).

The palmyra palm tree is the official tree of Tamil Nadu. In tamil culture it is called as karpaga vircham and highly respected because all its parts can be used.(Hiralal Jana and Succhanda Jana,2017) . The

Value Added Products from Yam (Dioscorea spp.)

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Abstract
Yams are believed to be originated in Asia and Africa. They are packed with a bunch of nutrients like Vitamin C, Potassium, Manganese, Copper, and Phytochemicals. The present study was aimed to provide good nutritional products using tuber vegetable Yam. Attempts were made to prepare yam payasam (YPP) and yam vadai (YVP) and subjected to different pre-treatment, and value-added products were standardized. 5 point hedonic scales were used for sensory evaluation. From the result, the present study shows the product YPP shows good quality, sensory, and consumer acceptability.

Keywords: Yam vadai, Yam payasam, Nutrients, Phytochemicals, Sensory evaluation and Hedonic scales

Introduction

Tropical tubers are known as the energy reservoirs of nature. They provide much-needed calories about 1200 million to people around the world, more specifically in developing countries in Asia and Africa (Peter, 2016). India represents an important food crop rich in starch. It is utilized as a fresh vegetable after boiling or cooking the peeled and sliced tubers (Arvind Kumar et al., 2018). Tamil Nadu produced yam in 38.76 tons in the year 2015-2016. West Bengal is the first and leading state to produce yam in 293.84 tons in the same year (National Horticultural Board, 2016). It is a tropical and subtropical crop. It requires well-distributed rainfall with humid and warm weather during the vegetative phase and cool and dry weather during the crop development period (TNAU, 2016). Arginine is the amino acid present in yam (Shih-Chuan Liu et al., 2015).

India's population is estimated at 1.273 billion in 2020, with a small marginal portion of uncertainty. The work force in crop production had declined to 54 percent by the beginning of this century and was lower in many states, which have diversified agriculture. For each possible crop set in each region using potential crop yield and cost of cultivation data for each crop value added in agriculture can be worked out (Yoginder, 2014).

Vegetables are an important part of everyone's life and also as a part of Indian cuisine (Prasad et al., 2017). Vegetables are the store house of carotene, riboflavin, folic acid, vitamin C, and calcium. Vegetables also supply water and roughage to the body (Raheena Begum, 2006). Based on the nutritive evaluation studies on the wild edible yams consumed by the tribals Kanikkars and Palliyars, it can be summarized that most of them were found to be a good source of protein, lipid, crude fiber, starch, vitamins and minerals

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Efficacy of Supplementation of Kiwi Fruit Juice on Selected Hypertensive Adult Patients of Suchindrum in Kanniyakumari District

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Abstract: Fruits consist mainly of carbohydrates and are known to have high nutritional values specifically in terms of micronutrients. Studies have shown that high intake of fruits and vegetables may have a protective effect against hypertension. Phytochemicals in plant reduces the risk of developing many diseases including heart diseases, hypertension, cataracts, osteoporosis and urinary tract infections. In this study Sample of 60 subjects within the age 28 to 35 years were selected for the study, to assess their frequency of fruit consumption pattern, awareness about phytochemicals in fruits, clinical assessment and effect of supplementation of kiwi juices. Out of these, 10 (05 Males & 05 Females) samples were chosen as experimental group and 10 (05 Males & 05 Females) samples were treated as control group. Evaluation was carried out by comparing the results before and after the supplementation of kiwi fruit juices for one month and results were statistically analysed.The study finally revealed that subjects who consumed kiwi fruit juices had a tremendous improvement in reducing their blood pressure levels when comparing with the control group.
Keywords: Phytochemicals, Supplementation, Hypertension, Kiwi Juices, Clinical Assessment

I. INTRODUCTION

India is the second largest producer of fruits in the world, because its diverse agro-climatic conditions allow a wide range of tropical, sub-tropical and a temperature fruit to be produced.

Fruit production in India covers an area of 4.96 million hectares (Agricultural Extension, 2004). There is convolving evidence that consumption of fruits and vegetables decrease the risk of cardiovascular disease, hypertension, obesity and diabetes (WHO, 2003). Kiwifruit is one of the most commercialized fruits on the international market, which has notable high nutritional and medicinal value with many health benefits (Ma, 2019).Kiwi fruit or Chinese gooseberries are the edible berries of several species of woody wines in the genus Actinidia. Kiwi fruit is oval in shape, greenish brown in colour, it has little sweet and bitter taste. It has many health benefits like it helps in digestion, boosts our immunity, and maintains blood pressure (Tyagi & Sahay, 2015). The qualitative phytochemical analysis of the extracts revealed the presence of alkaloids, flavonoids, saponins, cardiac glycosides,tannins and terpenoids in whole fruit of Actinidia deliciosa (Soham et al., 2020).

Kiwifruit are exceptionally high in vitamin C and contain an array of other nutrients, notably nutritionally relevant levels of dietary fibre, potassium, vitamin E and folate, as well as various bioactive components, including a wide range of antioxidants, phytonutrients and enzymes, that act to provide functional and metabolic benefits.(Richardson et al., 2018).

In the light of the above facts realizing the significance of fruits and its role in hypertension, concerns were undertaken in this study with the following objects:

1. To assess the frequency of fruit consumption pattern of the subjects.
2. To assess the level of knowledge about phytochemicals in fruits.
3. To assess the clinical status of the subjects
4. To evaluate the effect of supplementation of kiwi fruit juices among hypertensive patients

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Hot tea may raise esophageal cancer risk

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Bilimbi: The underutilized fruit of South India

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[*] Corresponding Author: SM Prasad

Abstract

India is a country with rich heritage and lot of flora and fauna. India's economy mainly depends upon agriculture and Indian agricultural products have a very good demand over world market. Many of the locally available fruits and vegetables go unnoticed in many states. They become underutilised due to the lack of awareness about its nutritional, health benefits and preservations techniques. In this review paper the authors focuses about the features of the underutilised fruit bilimbi.

Keywords: Bilimbi pickle, culinary uses, phytochemicals, recipes

Introduction

Bilimbi is considered to the native of South East Asia, now it has been cultivated all over the world. Due to increased population and lack of agricultural facilities these plant is now recognised and comes under underutilised plant. Earlier it is cultivated in countries like Srilanka, Asia, Malaysia and Maldives. Now it has been a question that many people in Asia were not aware of this perianal tree. The reason behind this is many farmers do not grow this tree in their farms. The tree is found in some parts of Indian villages. In India this tree is observed in North and South India. In South India certain parts of Kerala and Tamil Nadu these tree is grown and called as sour tree (Pulichi Maram in Malayalam Language).

Common Names

1. Pickle tree
2. Sour tree
3. Cucumber tree
4. Bilimbi
5. Irumban Puli in Malayalam Language
6. Pulichikai in Tamil Language

Morphology of Bilimbi

Plant

Bilimbi is a perennial tree which grows up to a height of nearly 15 meters. It can grow in any type of soil, but the pH must be in between 5.5 to 6.5.It needs less water to grow.

Bilimbi Leaves

Bilimbi leaves are green in colour on the top and pale green colours in bottom. Leaves are densely crowded and long. Leaves emerge at opposite directions and are distributed evenly.

Bilimbi Flowers

Bilimbi flowers are reddish purple in colour with five petals. They bloom in the month of December and February.

Fig 1: Bilimbi Leaves

Fig 2: Bilimbi Flowers

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Comparative Study on Calcium Rich Balls Prepared Using Powdered Jaggery and Jaggery Syrup Obtained From Sugarcane

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ABSTRACT

In this research work the author describes the preparation method of calcium rich balls using powdered jaggeryand jaggery syrup prepared from sugarcane. Products were formulated and sensory evaluation is carried out using 20 trained panel members. Finally products made with jaggery syrup got the overall acceptance rate.

Key Words: Calcium Rich Balls, Sugarcane, Jaggery, Shelf life.

INTRODUCTION

Food is one of the basic needs of the human being. It is required for the normal functioning of the body parts and for a healthy growth **(Training Manual for Food Safety Regulators, 2010)**.

The basic function of the food is to keep us alive and healthy.It is important to understand the composition of foods and changes that occurs when food are grown harvested stored prepared processed and eaten so that foods can fulfil their basic function. Dhals and pulses have between 55 mg to 200 mg of calcium per cent. Sesame has an unusually high content of calcium of 1450 mg per cent **(Sumathi et al., 2006)**

Tavdidisvili et al (2007)reported in his study about problems related to the osteoporosis the promising directions of its prevention and the issues of improving the calcium absorption capacity. There has been justified the feasibility of combined using flax, sesame and curd in the production of functional food.

As per recent studies, Indian women are more susceptible to developing this condition as compared to men and the reasons could be attributed to several factors. Women with a smaller body frame consume a lower portion of calcium-rich foods and tend to have poor exposure to sunlight. Further, at menopause bone loss accelerates because of the decline in estrogen levels **(Binita Priyambada, 2019)**.

METHODOLOGY

Selection of raw material

The raw materials used for the study were collected from Tenkasi in Tamil Nadu. The samples has been collected as per the requirement and stored in refrigeration for future uses. It was collected during the month of December 2020-March 2021.

Pretreatment employed

The samples after collecting were cleaned by removing the stones and dust particles.

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A Creeper Vegetable with Amazing Health Benefits

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ABSTRACT

In ancient Ayurveda all plants have occupied a good position in the medicinal preparation. It doesn't bother whether the plant has good fragrance, colour or taste. Each and every plant by nature varies. Some plants might possess good smell while other tastes bitter. Our ancestors have found a creeper variety of plant calledPirandai (Cissusquadrangularis)as an excellent creeper plant with amazing nutritional as well as medicinal benefits, which are considered to be remarkable. Many studies have suggested the use of these plants in medicinal, culinary as well as therapeutic preparation. In this article the author describes a short note on the uses of pirandai.

Keywords: Cissusquadrangularis,Nutritional Properties, Medicinal Benefits, Culinary Uses,

1 INTRODUCTION

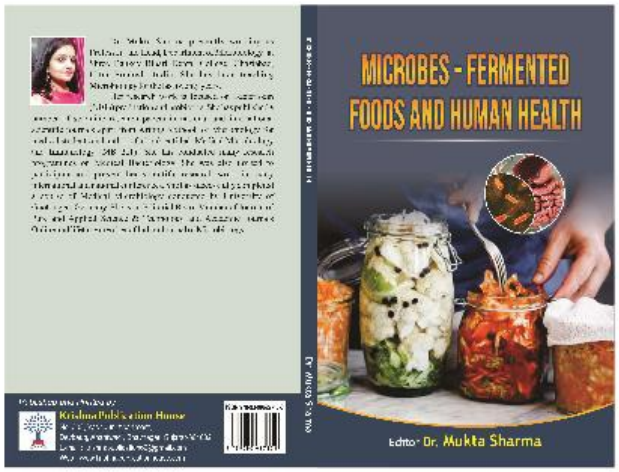
Fig No: 1

Fig No: 2

Fig No: 3

Leaves of *CissusquadrangularisCissusquadrangularis* creeper*Cissusquadrangularis*stem

Corresponding author email:prasadsm@ymail.com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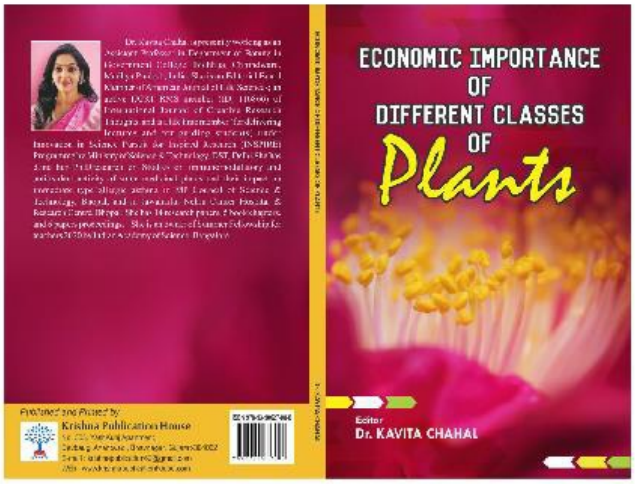
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SADAKATHULLAH APPA COLLEGE
(Autonomous)

CONSULTANCY SERVICES

Department of Nutrition & Dietitics

Date	Particulars	Expenses	Income	Balance
27/09/2019	Chemistry Dept. Seminar		5,775.00	5,775.00
28/09/2019	Chemistry Dept. Seminar		7,975.00	13,750.00
06/02/2020	Paramarsh Inaugural		5,250.00	19,000.00
26/02/2020	Research Dept. Inspection		2,240.00	21,240.00
06/03/2020	Paramarsh Workshop		6,750.00	27,990.00
07/03/2020	Paramarsh Workshop		7,500.00	35,490.00
19/03/2020	Payment for Nutrition Dept.	23,687.00		11,803.00

Total Expenses	**23,687.00**		
Total Income		**35,490.00**	
Balance			**11,803.00**

SADAKATHULLAH APPA COLLEGE
(Autonomous)

CONSULTANCY SERVICES

Date	Particulars	Debit	Credit	Balance
27/09/2019	Chemistry Dept. Seminar		5,775.00	5,775.00
28/09/2019	Chemistry Dept. Seminar		7,975.00	13,750.00
06/02/2020	Paramarsh Inaugural		5,250.00	19,000.00
26/02/2020	Research Dept. Inspection		2,240.00	21,240.00
06/03/2020	Paramarsh Workshop		6,750.00	27,990.00
07/03/2020	Paramarsh Workshop		7,500.00	35,490.00
19/03/2020	Payment for Nutrition Dept.	23,687.00		11,803.00

REVENUE GENERATED FROM CONSULTANCY SERVICES BY THE DEPARTMENT OF NUTRITION AND DIETETICS

S.NO	Name of Consultancy project	Consulting / Sponsoring Agency	Revenue generated (amount in rupees)
1	Refreshment for two day national conference on materials in sustainable chemistry	Department of chemistry, Sadakathullah Appa College	**Rs.5022**
2	Refreshment for one day Sensitation program on UGC – Paramash scheme	Department of IQAC Sadakathullah Appa College	**Rs.2324**
3	Flower Bouquet for research department	Research department Sadakathullah Appa College	**Rs.1032**
4	Refreshment for two day workshop for Paramash scheme	Department of IQAC Sadakathullah Appa College	**Rs.3435**
TOTAL REVENUE GENERATED			**Rs.11813**
In Words: Rupees eleven thousand eight hundred and thirteen only			

16/3/20

6/3/20

11/3/2020

HEAD OF THE DEPARTMENT
Head of the Department
Dept. of Nutrition and Dietetics
Sadakathullah Appa College
Tirunelveli - 627 011

11.3.20

GRABS EDUCATIONAL CHARITABLE TRUST

(ISO 9001:2008 Certified)
Nanganallur, Chennai - 600114

GRABS AWARDS - 2017

Best Young Teacher Award

This is to certify that

S. M. Prasad

Assistant Professor, Sadakathullah Appa College (Autonomous),
Department of Nutrition and Dietetics, Rahmath Nagar, Tirunelveli

has been conferred with the Best Young Teacher award for his outstanding contribution to teaching.

Issued on January 22, 2017 at Chennai

President
Thiru. A. Anthony Muthu

Secretary
Dr. A. Balu


தெய்வானைப்பிரியா கலை மன்றம்
சார்பில்
சென்னை-18
சிறந்த சாதனையாளருக்கு
டாக்டர் ராதாகிருஷ்ணன் விருது
விழா அமைப்பு
S.ரவிச்சந்திரன்
நாள் : 25.02.2018
அமுதா B. பாலகிருஷ்ணன்
திருமதி. இரா. சுவர்ணலட்சுமி,

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PROF. M.S. SWAMINATHAN BEST YOUNG SCIENTIST AWARD

2017- 2018

Awarded to

S.M.PRASAD

On the Occasion of

7th National Conference on Natural Sciences held on 5th July 2017 at

Pudukkottai, Tamilnadu, India

in recognition of his / her dedicated service in the

field of Scientific Research.

05 July 2017
Pudukkottai, T.N

President

Plot No. 39, Mura Bhavan, Koodal Nagar, Rajagopalapuram (Post), Pudukkottai - 622 003,
Tamilnadu, India. www.tnsroindia.org.in

மனிதநேயம் காண்போம்!

மனிதர்களாய் வாழ்வோம்!!

மேலக்காண்டை

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பாவேந்தர் வீதி, பாரதிபுரம், மதுராந்தகம் வட்டம் – 603311

பேசி : 9380932023

சான்றிதழ்

72-ஆம் ஆண்டு சுதந்திர தின முப்பெரும் விழா

நாள் : 19.08.2018

இடம் : சுக்தி நிருமணமண்டபம் மதுராந்தகம்

திரு. S.M. பிரசாத் அவர்களின்

கல்விப்பணிச் சிறப்பிற்காக கல்விக்கலைமணி

விருதினைப் பெற்றார் என சான்று வழங்கி பாராட்டி மகிழ்கின்றோம்.

சிறப்பாளர்

கவிஞர்.தமிழ்ப்பிரியன்
செயலாளர்

Lt.K.அய்யனாரப்பன்
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E.பக்தவச்சலு
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Pudukkottai - 622 003, TamilNadu, India.

Dr APJ ABDUL KALAM DISTINGUISHED FELLOW AWARD

2018 - 2019

Awarded to

S.M.PRASAD

On the Occation of
9th National Conference on Natural Sciences
held on 24th August 2019 at
Pushkaram College of Agriculture Sciences
Pudukkottai, TamilNadu, India

In recognition for his / her dedicated and services
in the field of scientific research & education

FBSS3322017

24.08.2019
Pudukkottai. T.N

Bose Science Society ★ Pudukkottai ★

President

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