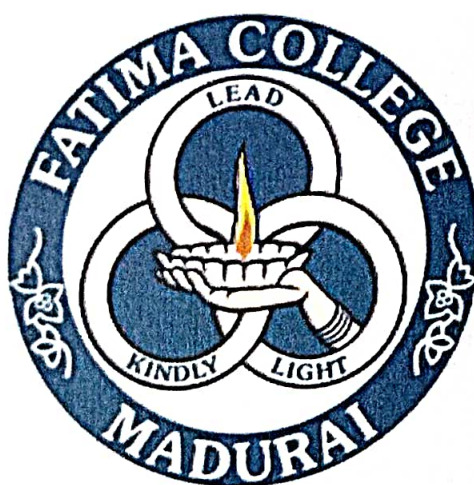


**ANTILITHIATIC ACTIVITY OF *KALANCHOE PINNATA* LEAF  
EXTRACT INCORPORATED FRUIT JUICES**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**SUBMITTED BY**

**K.S. AISHWARYA**

**2021MSCN01**

**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4<sup>th</sup> cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**Affiliated to Madurai Kamaraj University**


**April 2023**

## CERTIFICATE

This is to certify that the thesis entitled "ANTILITHIATIC ACTIVITY OF *KALANCHOE PINNATA* LEAF EXTRACT INCORPORATED FRUIT JUICES" submitted in partial fulfillment of the requirement for the award of the degree of "MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS" is a bonafide record of research work carried out by K.S.AISHWARYA under my supervision and guidance and that no part of the thesis has been submitted for the award of any degree, diploma or fellowship and that the work has not published in any part or full in any scientific or popular journal or magazine.


Place: Madurai

Date: 03.05.2023

  
D. MOUNA 3/5/23

Guide

  
Head of the Department

  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me under the guidance and supervision of **Ms.D.MOUNA M.Sc., M.Phil., NET, (Ph.D), Assistant Professor, PG Department of Human Nutrition and Nutraceuticals** and that no part of the thesis has been submitted for the award of any other degree, diploma and fellowship.

**Place: Madurai**

**Date: 03.05.2023**

*K. S. Aishwarya*  
**K.S. AISHWARYA**

**2021MSCN01**



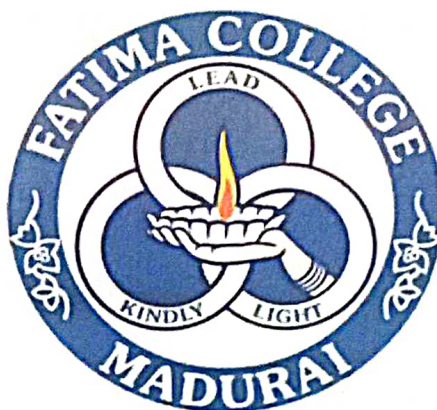
# **HEALTH AND NUTRITIONAL STATUS OF WOMEN TEXTILE WORKERS IN MADURAI CITY**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



Submitted by

**P. BHAVADHARANI**

**2021MSCN02**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**MAY 2023**




## CERTIFICATE


This is to certify that the thesis entitled "**HEALTH AND NUTRITIONAL STATUS OF WOMEN TEXTILE WORKERS IN MADURAI CITY**" submitted in partial fulfilment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **P. BHAVADHARANI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: **MADURAI**

Date : **3. 05. 23**

  
Guide

  
Head of the Department

  
08/05/2023  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision Mrs. J. Josephine Jesintha, M.Sc., M.Phil., NET, (Ph.D.), Assistant Professor, Research Center of Home Science, Fatima College, Madurai that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 3 . 05 . 23

P. Bhavadharani

P. BHAVADHARANI

2021MSCN02

**AN INTERVENTIONAL STUDY ON FUNCTIONAL  
FOODS AND NUTRACEUTICALS WITH REFERENCE  
TO THE DIETARY PRACTICES AND HEALTH ISSUES  
OF IT PROFESSIONALS**

**Thesis submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

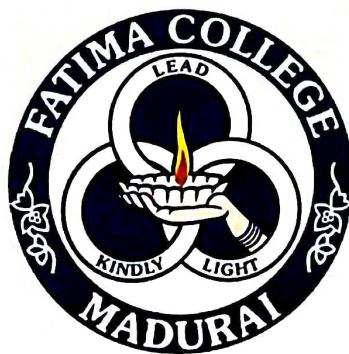
**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**M.DEVAYANI (Reg No: 2021MSCN03)**

**Under the Guidance of**

**Dr.S.SANTHI**



**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-accredited with A++ Grade by NAAC (4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020(NIRF)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**



## CERTIFICATE

This is to certify that the thesis entitled “AN INTERVENTION STUDY ON FUNCTIONAL FOODS AND NUTRACEUTICALS WITH REFERENCE TO THE DIETARY PRACTICES AND HEALTH ISSUES OF IT PROFESSIONALS” submitted in partial fulfilment of the requirements for the award of the degree of MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS, is a bonafide record of research work carried out by M.DEVAYANI under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

Place: Madurai

Date: 04.05.2023




Dr.S.SANTHI

Guide



Head of the Department



External Examiner 08.05.2023

## DECLARATION

I, hereby declare that this thesis is the outcome of our own original research carried out under the guidance of **Dr.S.SANTHI M.Sc., M.Phil., Ph.D**, Associate Professor, **The Research Centre of Home Science Fatima College Madurai** and it has neither in part nor in whole been presented for any other degree, diploma, or fellowship.

**Place: Madurai**

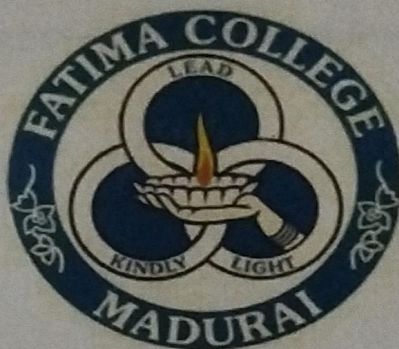
*M. Devayani*  
**(M.DEVAYANI)**

**Date: 04.05.2023**



**MICROENCAPSULATION OF PROBIOTICS AND ITS INCORPORATION IN  
JELLY**

Project report submitted in partial fulfilment for the degree of  
**MASTER OF SCIENCE**  
**IN**  
**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**B. DIVYA DHARSHINI (2021MSCN04)**

**THE RESEARCH CENTRE OF HOME SCIENCE**  
**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Affiliated to**

**Madurai Kamaraj University**

**Re-Accredited with 'A++' (CGPA 3.61) by NAAC (4th Cycle)**

**April 2023**

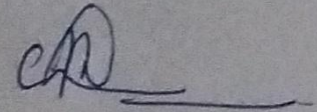


## CERTIFICATE

This is to certify that the thesis entitled "MICROENCAPSULATION OF PROBIOTICS AND ITS INCORPORATION IN JELLY" submitted in partial fulfilment of the requirements for the award of the degree of "Master of Science in Human Nutrition and Nutraceuticals" is a bonafide record of research work carried out by B. DIVYA DHARSHINI under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

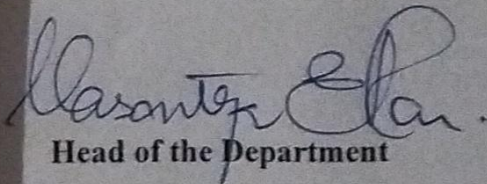
Place: Madurai

Date: 03.05.2023

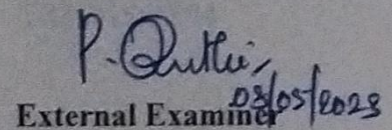


Dr. C. Helen

Guide



Head of the Department



External Examiner 03/05/2023



## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. C. Helen, M.Sc., M.Phil., SET, (Ph.D.) Assistant Professor, The Research Centre of Home Science** that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

*B. Divyadharshini*

**B. DIVYA DHARSHINI**

**2021MSCN04**



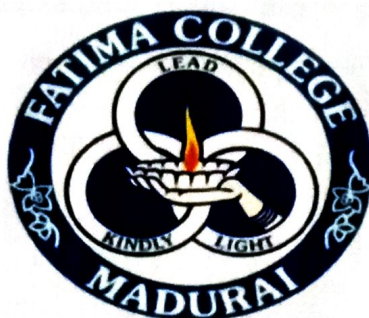
**“PERCEPTIONS OF SCHOOL CHILDREN, PARENTS AND TEACHERS  
TOWARDS FREE BREAKFAST SCHEME”**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**SUBMITTED BY**

**P. HARINI**

**2021MSCN05**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**



## CERTIFICATE

This is to certify that the thesis submitted in partial **PERCEPTIONS OF SCHOOL CHILDREN, PARENTS AND TEACHERS TOWARDS FREE BREAKFAST SCHEME** fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **P. HARINI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

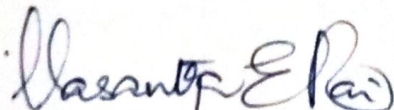
Place: 03.05.2023

Date: Madurai



Mrs. Dr. C. HELEN

Guide



Head of the Department



08/05/2023  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Mrs. C. HELEN M.Sc., M.Phil., NET, (Ph.D.) Assistant Professor, The Research Centre of Home Science** that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

**Place: Madurai**

**P. HARINI**

**Date: 03.05.2023**

**2021MSCN05**

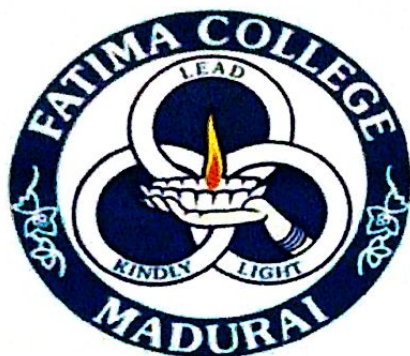
# **HEALTH AND NUTRITION STATUS OF TRANSGENDER PEOPLE IN MADURAI**

**Project Report Submitted in Partial Fulfillment for the Degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**M. HARITHA**

**2020MSCN06**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**



## Acknowledgement

First and foremost I am grateful to The Almighty God who has showered his blessing on us all through our life and throughout this project.

With the deep sense of gratitude, I humbly offer my respect and thanks to the Secretary **Dr. Sr. Fransisca Flora** and our Principal **Dr. Sr. G. Celine Sahaya Mary**, Fatima College, Madurai for their encouragement, motivation and moral support for the successful completion of our research work.

I would like to place our heartfelt thanks and gratitude to **Dr. Vasantha Esther Rani**, Head of the Department, Research Centre of Home Science, for her concern guidance and valuable suggestions to complete the study and mentoring in all stages of the project which helped us to conceptualize the project in an effective way.

I am privileged to express my deep sense of gratitude to **Dr. P. Magdalene Virjini**, Assistant Professor, Research Centre of Home Science, Fatima College, Madurai, for her patience, motivation, enthusiasm, and immense knowledge in guiding the project.

I acknowledge my parents for their support by their valuable inputs in progression of the project without which it would have not been possible to complete the Project.

A special thanks to all the faculty of Research Centre of Home Science for the untiring help and support accorded to us throughout the study.

Last but not least I thank my friends and fellow classmates for their support, motivation and timely help.

## Certificate

This is to certify that the study entitled "**Health and Nutrition Status of Transgender People in Madurai**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **M. HARITHA** under the supervision and guidance and I assure that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: *Madurai*

Date: *03/05/2023*

*P. Magdalene Virjini*

Project Guide

(Dr. P. Magdalene Virjini)

*Vasanthi E. Rani*  
Head of the Department

(Dr. Vasantha Esther Rani)

*P. Duttai*  
03/05/2023  
External Examiner



## Declaration

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. P. Magdalene Virjini**, Assistant Professor, **Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma, fellowship or other similar titles or and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 03/05/2023

*M. Haritha*

M. Haritha

2021MSCN06

# **HEALTH AND NUTRITION STATUS OF TRANSGENDER PEOPLE IN MADURAI**

**Project Report Submitted in Partial Fulfillment for the Degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**K. JAISY THANGAM**

**2020MSCN07**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

Re-Accredited with 'A++' Grade by NAAC (4th Cycle)

Affiliated to Madurai Kamaraj University

APRIL 2023




## Certificate

This is to certify that the study entitled "**Health and Nutrition Status of Transgender People in Madurai**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **M. HARITHA** under the supervision and guidance and I assure that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

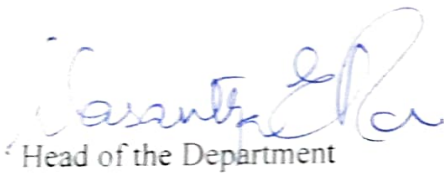
Place: Madurai

Date: 03. 05. 2023



Project Guide

(Dr. P. Magdalene Virjini)



Head of the Department

(Dr. Vasantha Esther Rani)



External Examiner


03/05/2023

## Declaration

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. P. Magdalene Virjini, Assistant Professor, Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma, fellowship or other similar titles or and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 03.05.2023

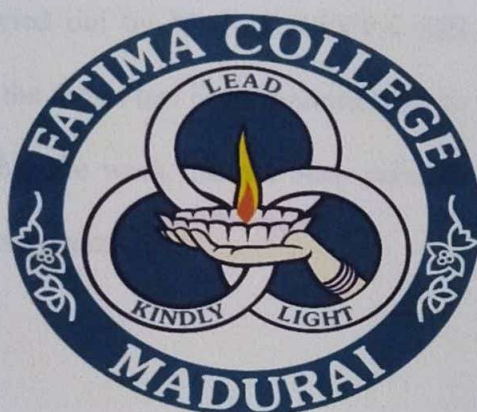
  
K. Jaisy Thangam

2021MSCN07



**FORMULATION OF CORIANDER SEEDS WATER INCORPORATED  
BEVERAGES TO COMBAT LEUCORRHOEA**

**Project report submitted in partial fulfilment for the degree of  
MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by  
K.K.KAVYA SRI [2021MSCN08]**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for excellence**

**Affiliated to**

**Madurai Kamaraj University**

**Re-accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

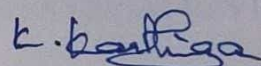
**APRIL 2023**

## CERTIFICATE

This is to certify that the thesis entitled "**FORMULATION OF CORIANDER SEEDS  
WATER INCORPORATED BEVERAGES TO COMBAT LEUCORRHOEA**"  
submitted in partial fulfilment of the requirements for the award of the degree of "**MASTER  
OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS**" is a bonafied  
record of research work carried out by **Ms.K.K.KAVYA SRI** under my supervision and  
guidance and that no part of the thesis has been submitted for the award of any other degree,  
diploma or fellowship and that the work has not been published in any part or full in any  
scientific or popular journal or magazine.

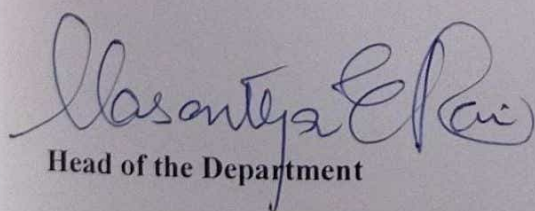
Place: Madurai

Date: 03.05.2023

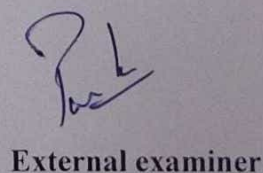


Dr.(Mrs.).K.Karthiga

Guide



Head of the Department



External examiner



### DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr.(Mrs.)K.Karthiga Ph.D., Assistant Professor, The Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

Place: Madurai

Date: 03.05.2023

*K.K. Kavya Sri*

(K.K.KAVYA SRI)

# **FORMULATION OF NUTRI-DENSE ENERGY BAR FOR ANAEMIC ADOLESCENT GIRLS**

**Thesis submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**V. KOKHILA VANI(Reg No: 2021MSCN09)**

**Under the Guidance of**

**Dr.VASANTHA ESTHER RANI**



**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-accredited with A++ Grade by NAAC(4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020(NIRF)**

**Affiliated to Madurai Kamaraj University**

**April 2023**

# CERTIFICATE

This is to certify that the thesis entitled "FORMULATION OF NUTRI-DENSE ENERGY BAR FOR ANAEMIC ADOLESCENT GIRLS" submitted in partial fulfilment of the requirements for the award of the degree of MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS, is a bonafide record of research work carried out by V. KOKHILA VANI under supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

Place: Madurai

Date: 03.05.2023

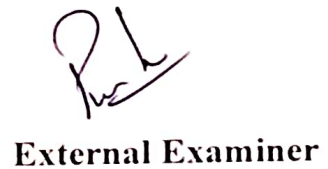


Dr. Vasantha Esther Rani

Guide



Head of the Department



External Examiner



## DECLARATION

I, hereby declare that this thesis is the outcome of my own original research carried out under the guidance of **Dr.Vasantha Esther Rani**, Associate Professor & Head, **The Research Centre of Home Science Fatima College Madurai** and it has neither in part nor in whole been presented for any other degree, diploma, or fellowship.

Place: Madurai

V. Kokhila Vani  
(V. KOKHILA VANI)

Date: 03.05.2023

**EFFECT OF PLANT BASED FOOD MIX ON GLUCOSE RESPONSE OF TYPE 2  
DIABETES MELLITUS**

**Project Report Submitted in Partial Fulfillment for the Degree of**

**MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**R. MOHANA PRIYA**

**2021MSCN10**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**

## Acknowledgement

First and foremost, I am grateful to The Almighty God who has showered his blessing on us all through our life and throughout this project.

With the deep sense of gratitude, I humbly offer my respect and thanks to the Secretary **Dr. Sr. Fransisca Flora** and our Principal **Dr. Sr. G. Celine Sahaya Mary**, Fatima College, Madurai for their encouragement, motivation and moral support for the successful completion of our research work.

I would like to place our heartfelt thanks and gratitude to **Dr. Vasantha Esther Rani**, Head of the Department, Research Centre of Home Science, for her concern guidance and valuable suggestions to complete the study and mentoring in all stages of the project which helped us to conceptualize the project in an effective way.

I privileged to express my deep sense of gratitude to **Dr. P. Magdalene Virjini**, Assistant Professor, Research Centre of Home Science, Fatima College, Madurai, for her patience, motivation, enthusiasm, and immense knowledge in guiding the project.

I acknowledge my parents for their support by their valuable inputs in progression of the project without which it would have not been possible to complete the Project.

A special thanks to all the faculty of Research Centre of Home Science for the untiring help and support accorded to us throughout the study.

Last but not least I thank my friends and fellow classmates for their support, motivation and timely help.

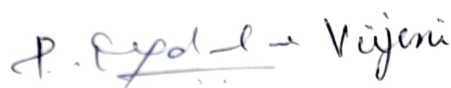


## Certificate

This is to certify that the study entitled “**Effect of Plant Based Food Mix on Glucose Response of Type 2 Diabetes Mellitus**” submitted in partial fulfillment of the requirements for the award of the degree of “**Master of Science in Human Nutrition and Nutraceuticals**” is a bonafide record of research work carried out by **R. Mohana Priya** under the supervision and guidance and I assure that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles and that the work has not been published in any part or full in any scientific or popular journal.

Place: Madurai


Date: 3/5/23

  
Project Guide

(Dr. P. Magdalene Virjini)

  
Head of the Department

(Dr. Vasantha Esther Rani)

  
External Examiner 08/05/2023

## Declaration

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. P. Magdalene Virjini, Assistant Professor, Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma, fellowship or other similar titles or and that the work has not been published in any part or full in any scientific or popular journal.

Place: Madurai

Date: 03/05/2023



R. Mohana Priya

2021MSCN10

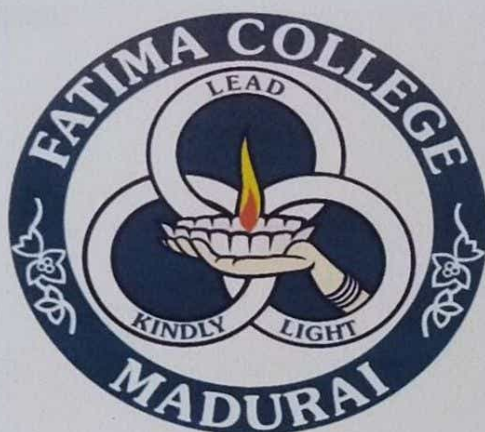
**FORMULATION OF CORIANDER SEEDS WATER INCORPORATED  
BEVERAGES TO COMBAT LEUCORRHOEA**

**Project report submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**K.B.NANDHINI DEVI [2021MSCN11]**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for excellence**

**Affiliated to**

**Madurai Kamaraj University**

**Re-accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

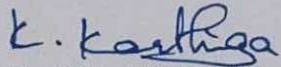
**APRIL 2023**



## CERTIFICATE

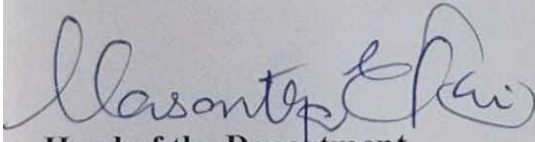
This is certify that the thesis entitled “**FORMULATION OF CORIANDER SEEDS WATER INCORPORATED BEVRAGES TO COMBAT LEUCORRHOEA**” submitted in partial fulfilment of requirements for the award of the degree of “**MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS**” is a bonafied record of research work carried out by **Ms.K.B.NANDHINI DEVI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship and that the work has not been published in any part or full in any scientific or popular journal or magazine.


Place: Madurai

  
Dr.(Mrs.).K.Karthiga

Guide

Date: 03.05.2023

  
Head of the Department

  
External examiner

### DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr.(Mrs.)K.Karthiga Ph.D., Assistant Professor, The Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

### ACKNOWLEDGEMENT

Place: Madurai

Date: 03.05.2023

*K.B.Nandhini Devi.*  
(K.B.NANDHINI DEVI)

**AN INTERVENTIONAL STUDY ON FUNCTIONAL  
FOODS AND NUTRACEUTICALS WITH REFERENCE  
TO THE DIETARY PRACTICES AND HEALTH ISSUES  
OF IT PROFESSIONALS**

**Thesis submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**D.NISHA (Reg No: 2021MSCN12)**

**Under the Guidance of**

**Dr.S.SANTHI**



**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-accredited with A++ Grade by NAAC (4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020(NIRF)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**



## CERTIFICATE

This is to certify that the thesis entitled “AN INTERVENTION STUDY ON FUNCTIONAL FOODS AND NUTRACEUTICALS WITH REFERENCE TO THE DIETARY PRACTICES AND HEALTH ISSUES OF IT PROFESSIONALS” submitted in partial fulfilment of the requirements for the award of the degree of MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS, is a bonafide record of research work carried out by D.NISHA under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

Place: Madurai

Date: 04.05.2023



Dr.S.SANTHI

Guide



Head of the Department



External Examiner 08.05.2023

## DECLARATION

I, hereby declare that this thesis is the outcome of our own original research carried out under the guidance of **Dr.S.SANTHI M.Sc., M.Phil., Ph.D**, Associate Professor, **The Research Centre of Home Science Fatima College Madurai** and it has neither in part nor in whole been presented for any other degree, diploma, or fellowship.

D.Nisha

(D.NISHA)

Place: Madurai

Date: 04.05.2023

# **MICROENCAPSULATION OF PROBIOTICS AND ITS INCORPORATION IN JELLY**

Project report submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**K. PREETHI (2021MSCN13)**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Affiliated to**

**Madurai Kamaraj University**

**Re-Accredited with 'A++' (CGPA 3.61) by NAAC (4th Cycle)**

**April 2023**



## CERTIFICATE

This is to certify that the thesis entitled "**MICROENCAPSULATION OF PROBIOTICS AND ITS INCORPORATION IN JELLY**" submitted in partial fulfilment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **K. PREETHI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

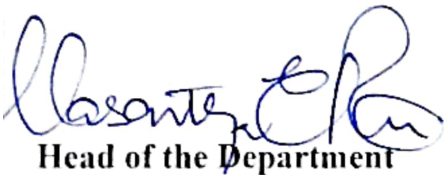
Place: Madurai

Date: 03-05-2023




Dr. C. Helen

Guide



Head of the Department



P. Dutta  
03/05/2023  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. C. Helen, M.Sc., M.Phil., SET, (Ph.D.) Assistant Professor, The Research Centre of Home Science** that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.



**K. PREETHI**

**2021MSCN13**

**COCOS NUCIFERA INCORPORATED OATS-FLAX SEED  
STUFFED MUSHROOM MOMOS FOR HYPERGLYCEMIC  
PATIENTS**

**Project report submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**V. PRIYADHARSINI**

**2021MSCN14**



**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for excellence**

**Affiliated to Madurai Kamaraj University**

**Re-accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)**

**APRIL 2023**



## CERTIFICATE

This is to certify that the thesis entitled “**COCOS NUCIFERA INCORPORATED OATS-FLAX SEED STUFFED MUSHROOM MOMOS FOR HYPERGLYCEMIC PATIENTS**” submitted in partial fulfillment of the requirements for the award of the degree of “**Master of Science in Human Nutrition and Nutraceuticals**” is a bonafide record of research work carried out by **Ms. V. PRIYADHARSINI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 03.05.2023




Dr. Vasantha Esther Rani

Guide



Head of the Department



External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. Vasantha Esther Rani, Associate Professor, Head of the Department, The Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

**Place: Madurai**

**Date: 03.05.2023**



**V. PRIYADHARSINI**

**2021MSCN14**

# **HEALTH AND NUTRITIONAL STATUS OF WOMEN TEXTILE WORKERS IN MADURAI CITY**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



Submitted by

**R. RAGAVI**

**2021MSCN15**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**MAY 2023**



## CERTIFICATE

This is to certify that the thesis entitled "**HEALTH AND NUTRITIONAL STATUS OF WOMEN TEXTILE WORKERS IN MADURAI CITY**" submitted in partial fulfilment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **R. RAGAVI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date : 3.05.2023

J. Joseph Jeyanthan  
Guide

J. Senthil Kumar  
Head of the Department

P. Quilley  
08/05/2023  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision Mrs. J. Josephine Jesintha, M.Sc., M.Phil., NET, (Ph.D.), Assistant Professor, Research Center of Home Science, Fatima College, Madurai that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai *Madurai*

Date: *3.05.2023*

*R. Raga*  
R. RAGAVI

2021MSCN15

# **FORMULATION OF NUTRI-DENSE ENERGY BAR FOR ANAEMIC ADOLESCENT GIRLS**

**Thesis submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

**IN**

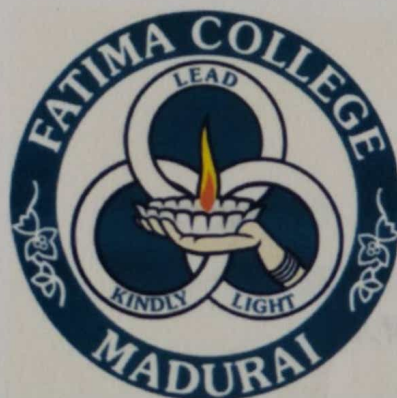
**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**J.RAMYA (Reg No : 2021MSCN16)**

**Under the Guidance of**

**Dr.VASANTHA ESTHER RANI**



**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-accredited with A++ Grade by NAAC(4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020(NIRF)**

**Affiliated to Madurai Kamaraj University**

**April 2023**

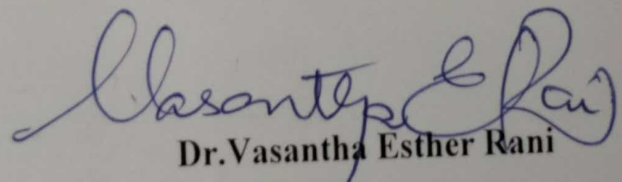


## CERTIFICATE

This is to certify that the thesis entitled "**FORMULATION OF NUTRI-DENSE ENERGY BAR FOR ANAEMIC ADOLESCENT GIRLS**" submitted in partial fulfilment of the requirements for the award of the degree of **MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS**, is a bonafide record of research work carried out by **J. RAMYA** under supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

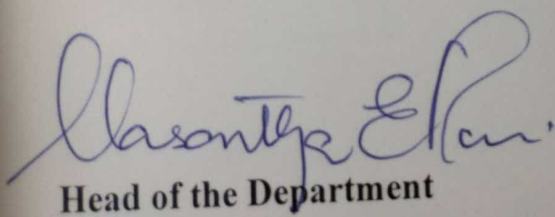
Place: Madurai

Date: 03.05.2023

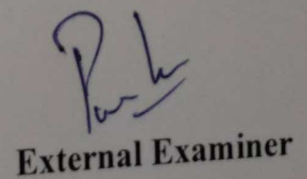


Dr. Vasantha Esther Rani

Guide



Head of the Department



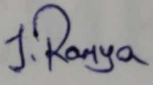
External Examiner

## DECLARATION

I, hereby declare that this thesis is the outcome of my own original research carried out under the guidance of **Dr.Vasantha Esther Rani**, Associate Professor & Head, **The Research Centre of Home Science Fatima College Madurai** and it has neither in part nor in whole been presented for any other degree, diploma, or fellowship.

ACKNOWLEDGEMENT

Place: Madurai

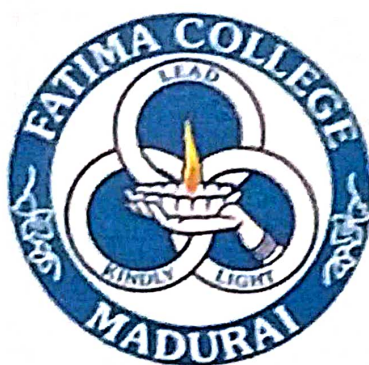
  
(J. RAMYA)

Date: 03.05.2023

**COMPARATIVE STUDY ON THE EFFECT OF CHAMOMILE TEA AND TULSI TEA  
ON THE PROMOTION OF SLEEP AMONG ADULTS (30 – 60 YEARS OLD)**

*Thesis submitted in partial fulfillment for the degree of*

**MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



***SUBMITTED BY***

**O.S. RATHI DEVI (2021MSCN17)**

**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**Affiliated to Madurai Kamaraj University**

**April 2023**



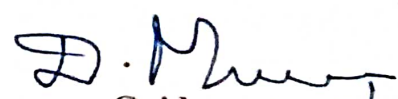
## CERTIFICATE


This is to certify that the thesis entitled "COMPARATIVE STUDY ON THE EFFECT OF CHAMOMILE TEA AND TULSI TEA ON THE PROMOTION OF SLEEP AMONG ADULTS (30 – 60 YEARS OLD)" submitted in partial fulfillment of the requirement for the award of the degree of "MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS" is a bonafide record of research work carried out by O.S. RATHI DEVI (2021MSCN17) under my supervision and guidance and that no part of the thesis has been submitted for the award of any degree, diploma or fellowship and that the work has not published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 3.5.2023

  
Head of the Department

  
Guide 3/5/23  
[D. MOUNA]

  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me under the guidance and supervision of Mrs. **D. MOUNA** M.Sc., M.Phil., NET, (Ph.D.), Assistant Professor, PG Department of Human Nutrition and Nutraceuticals and that no part of the thesis has been submitted for the award of any other degree, diploma and fellowship.

Place: Madurai

Date: 3.5.2023



Signature of the Candidates

**COCOS NUCIFERA INCORPORATED OATS-FLAX SEED  
STUFFED MUSHROOM MOMOS FOR HYPERGLYCEMIC  
PATIENTS**

**Project report submitted in partial fulfilment for the degree of**

**MASTER OF SCIENCE**

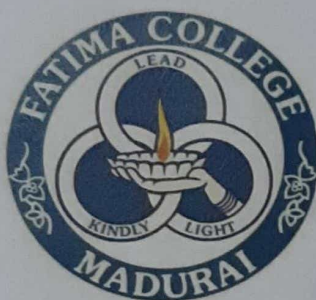
**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**

**Submitted by**

**P. RATHI PREETHA**

**2021MSCN18**



**THE RESEARCH CENTRE OF HOME SCIENCE**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for excellence**

**Affiliated to Madurai Kamaraj University**

**Re-accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**APRIL 2023**

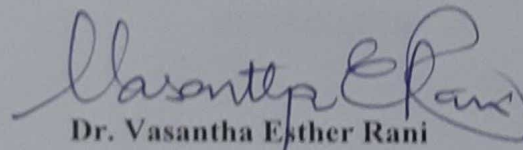


## CERTIFICATE

This is to certify that the thesis entitled "**COCOS NUCIFERA INCORPORATED OATS-FLAX SEED STUFFED MUSHROOM MOMOS FOR HYPERGLYCEMIC PATIENTS**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **Ms. P. RATHI PREETHA** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship and that the work has not been published in any part or full in any scientific or popular journal or magazine.

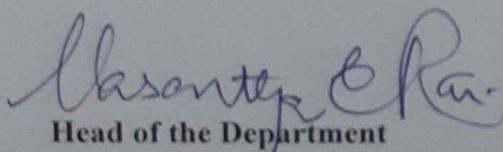
Place: MADURAI

Date: 03.05.2023

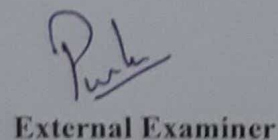


Dr. Vasantha Esther Rani

Guide



Head of the Department



External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. Vasantha Esther Rani, Associate Professor, Head of the Department, The Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

Place: Madurai

Date: 03.05.2023

*P. Rathi Preetha*

P. RATHI PREETHA

2021MSCN18

**EFFECT OF PLANT BASED FOOD MIX ON GLUCOSE RESPONSE OF TYPE 2  
DIABETES MELLITUS**

**Project Report Submitted in Partial Fulfillment for the Degree of**

**MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**P. SARUMATHI**

**2021MSCN19**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**



## Acknowledgement

First and foremost, I am grateful to The Almighty God who has showered his blessing on us all through our life and throughout this project.

With the deep sense of gratitude, I humbly offer my respect and thanks to the Secretary **Dr. Sr. Fransisca Flora** and our Principal **Dr. Sr. G. Celine Sahaya Mary**, Fatima College, Madurai for their encouragement, motivation and moral support for the successful completion of our research work.

I would like to place our heartfelt thanks and gratitude to **Dr. Vasantha Esther Rani**, Head of the Department, Research Centre of Home Science, for her concern guidance and valuable suggestions to complete the study and mentoring in all stages of the project which helped us to conceptualize the project in an effective way.

I privileged to express my deep sense of gratitude to **Dr. P. Magdalene Virjini**, Assistant Professor, Research Centre of Home Science, Fatima College, Madurai, for her patience, motivation, enthusiasm, and immense knowledge in guiding the project.

I acknowledge my parents for their support by their valuable inputs in progression of the project without which it would have not been possible to complete the Project.

A special thanks to all the faculty of Research Centre of Home Science for the untiring help and support accorded to us throughout the study.

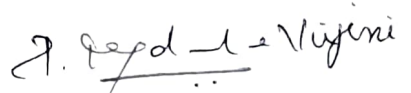
Last but not least I thank my friends and fellow classmates for their support, motivation and timely help.

## Certificate

This is to certify that the study entitled "**Effect of Plant Based Food Mix on Glucose Response of Type 2 Diabetes Mellitus**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **P. Sarumathi** under the supervision and guidance and I assure that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles and that the work has not been published in any part or full in any scientific or popular journal.

Place: Madurai

Date: 3/5/23

  
Project Guide

(Dr. P. Magdalene Virjini)

  
Head of the Department

(Dr. Vasantha Esther Rani)

  
External Examiner

## Declaration

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. P. Magdalene Virjini, Assistant Professor, Research Centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma, fellowship or other similar titles or and that the work has not been published in any part or full in any scientific or popular journal.

Place: Madurai

Date: 03.05.2023



P. Sarumathi

2021MSCN19



# **STUDY ON CREATING AWARENESS OF ANAEMIA AMONG TRIBAL WOMEN AT BODINAYAKANUR, THENI DISTRICT**

**Project report submitted in partial fulfilment for the degree of  
MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by  
S. SUBASHINI (2021MSCN22)**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence  
Affiliated to Madurai Kamaraj University  
Re – accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)  
74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

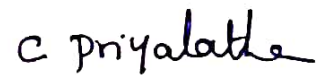
**April 2023**

## CERTIFICATE

This is to certify that the thesis entitled “ **STUDY ON CREATING AWARENESS OF ANAEMIA AMONG TRIBAL WOMEN AT BODINAYAKANUR, THENI DISTRICT.**” submitted in partial fulfilment of the requirements for the award of the degree of **MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS**, is a bonafide record of research work carried out by **Ms. S. SUBASHINI** under my supervision and guidance and any other degree, diploma or fellowship and the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 03.05.2023



Dr. C. Priyalatha

Guide



Head of the department



External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Dr. C. Priyalatha M.Sc.,M.Phil.,Ph.D,SET Assistant Professor, The Research centre of Home Science** and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

*S. Subashini*  
**S. SUBASHINI**

**Place: Madurai**

**Date: 03.05.2023**



**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN  
INCORPORATED READY TO EAT FOOD PRODUCTS**

Thesis submitted in partial fulfilment for the degree of  
**MASTER OF SCIENCE**  
**IN**  
**HUMAN NUTRITION AND NUTRACEUTICALS**



Submitted by  
**M. SUBHASHINI**  
**2021MSCN23**

**THE RESEARCH CENTRE OF HOME SCIENCE**  
**FATIMA COLLEGE (AUTONOMOUS)**

Re-Accredited with 'A++' Grade by NAAC (4th Cycle)  
Affiliated to Madurai Kamaraj University  
**MAY 2023**

## CERTIFICATE

This is to certify that the thesis entitled "**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN INCORPORATED READY TO EAT FOOD PRODUCTS**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **M. SUBHASHINI** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: *Madurai*

Date: *03.05.2023*

*J. Joseph Jeyantho*  
Guide

*Hasanthar E. R.*  
Head of the Department

*P. L.*  
External Examiner



## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of Mrs.J. Josephine Jesintha, M.Sc., M.Phil., NET, (Ph.D) Assistant Professor, The Research Centre of Home Science that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 03.05.2023

Subhashini. H

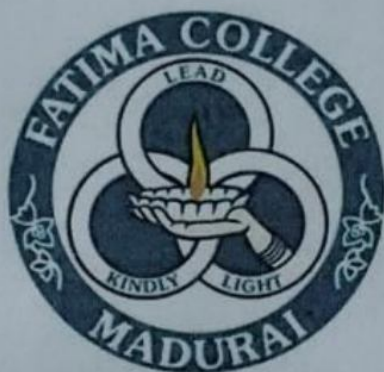
M. SUBHASHINI

2021MSCN23



**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN  
INCORPORATED READY TO EAT FOOD PRODUCTS**

Thesis submitted in partial fulfilment for the degree of  
**MASTER OF SCIENCE**  
**IN**  
**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**P. SUVETA**

**2021MSCN24**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**MAY 2023**

## CERTIFICATE

This is to certify that the thesis entitled "**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN INCORPORATED READY TO EAT FOOD PRODUCTS**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **P. SUVETA** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: *Madurai*

Date: *03.05.2023*

*J. Joseph. Jeyanthan*  
Guide

*Lasanthya Elai*  
Head of the Department

*P. S. S.*  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Mrs.J. Josephine Jesintha, M.Sc., M.Phil., NET, (Ph.D) Assistant Professor, The Research Centre of Home Science** that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

**Place: Madurai**

**Date: 03.05.2023**

*P. Suvela*

**P. SUVETA**

**2021MSCN24**



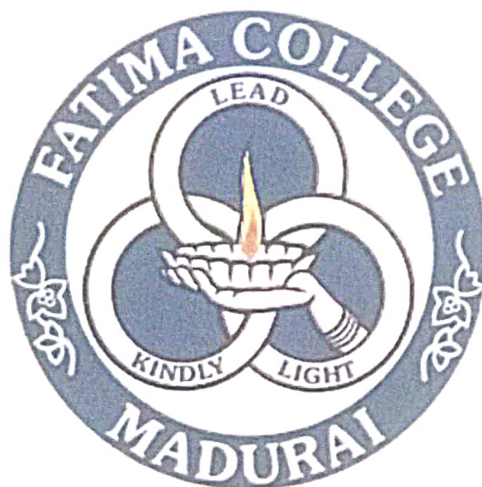
**ANTILITHIATIC ACTIVITY OF *KALANCHOE PINNATA* LEAF  
EXTRACT INCORPORATED FRUIT JUICES**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**SUBMITTED BY**

**R. SWEAKHA**

**2021MSCN25**

**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4<sup>th</sup> cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**Affiliated to Madurai Kamaraj University**

**April 2023**

### CERTIFICATE

This is to certify that the thesis entitled "ANTILITHIATIC ACTIVITY OF *KALANCHOE PINNATA* LEAF EXTRACT INCORPORATED FRUIT JUICES" submitted in partial fulfillment of the requirement for the award of the degree of "MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS" is a bonafide record of research work carried out by R. SWEAKHA under my supervision and guidance and that no part of the thesis has been submitted for the award of any degree, diploma or fellowship and that the work has not published in any part or full in any scientific or popular journal or magazine.


Place: Madurai

Date: 03.05.2023

  
D. MOUNA 3/5/23

Guide

  
Head of the Department

  
External Examiner

## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me under the guidance and supervision of **Ms.D.MOUNA M.Sc., M.Phil., NET, (Ph.D), Assistant Professor, PG Department of Human Nutrition and Nutraceuticals** and that no part of the thesis has been submitted for the award of any other degree, diploma and fellowship.

**Place: Madurai**

**Date: 03.05.2023**

*R. SWEAKHA*  
**R. SWEAKHA**

**2021MSCN25**



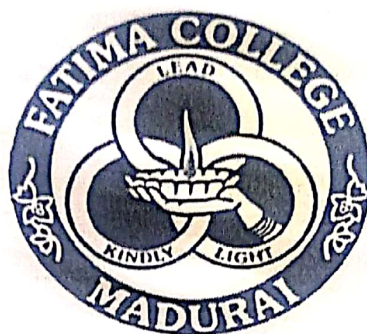
**“PERCEPTIONS OF SCHOOL CHILDREN, PARENTS AND TEACHERS  
TOWARDS FREE BREAKFAST SCHEME”**

Thesis submitted in partial fulfilment for the degree of

**MASTER OF SCIENCE**

**IN**

**HUMAN NUTRITION AND NUTRACEUTICALS**



**SUBMITTED BY**

**T. SWETHA**

**2021MSCN26**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**College with potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**APRIL 2023**

## CERTIFICATE

This is to certify that the thesis submitted in partial **PERCEPTIONS OF SCHOOL CHILDREN, PARENTS AND TEACHERS TOWARDS FREE BREAKFAST SCHEME** fulfillment of the requirements for the award of the degree of "Master of Science in **Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **T. SWETHA** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

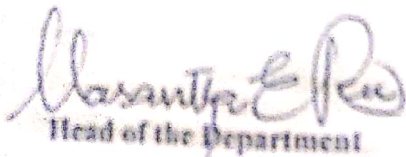


Mrs. Dr. C. HELEN

Guide

Place: **Madurai**

Date: **08.05.2023**



Head of the Department



External Examiner **08/05/2023**



## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of Mrs. C. HELEN M.Sc., M.Phil., NET, (Ph.D.) Assistant Professor, The Research Centre of Home Science that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

PLACE: Madurai

DATE: 03.05.2023

T. Swetha  
T. SWETHA

2021MSCN26

**COMPARATIVE STUDY ON THE EFFECT OF CHAMOMILE TEA AND TULSI TEA  
ON THE PROMOTION OF SLEEP AMONG ADULTS (30 – 60 YEARS OLD)**

*Thesis submitted in partial fulfillment for the degree of*

**MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



***SUBMITTED BY***

**R. VAISHNAVI (2021MSCN27)**

**PG DEPARTMENT OF HUMAN NUTRITION AND NUTRACEUTICALS**

**FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

**Re-Accredited with 'A++' Grade by NAAC (4<sup>th</sup> Cycle)**

**74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**Affiliated to Madurai Kamaraj University**

**April 2023**



## CERTIFICATE


This is to certify that the thesis entitled “**COMPARATIVE STUDY ON THE EFFECT OF CHAMOMILE TEA AND TULSI TEA ON THE PROMOTION OF SLEEP AMONG ADULTS (30 – 60 YEARS OLD)**” submitted in partial fulfillment of the requirement for the award of the degree of “**MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS**” is a bonafide record of research work carried out by **O.S. RATHI DEVI (2021MSCN17) & R. VAISHNAVI (2021MSCN27)** under my supervision and guidance and that no part of the thesis has been submitted for the award of any degree, diploma or fellowship and that the work has not published in any part or full in any scientific or popular journal or magazine.

Place: Madurai

Date: 3.5.2023

D. Mune 3/5/23  
Guide  
[D. MOON A]

  
Head of the Department

  
External Examiner

## DECLARATION

We hereby declare that the work embodied in this dissertation has been originally carried out by me under the guidance and supervision of Mrs. **D. MOUNA** M.Sc., M.Phil., NET, (Ph.D.), Assistant Professor, PG Department of Human Nutrition and Nutraceuticals and that no part of the thesis has been submitted for the award of any other degree, diploma and fellowship.

Place: Madurai

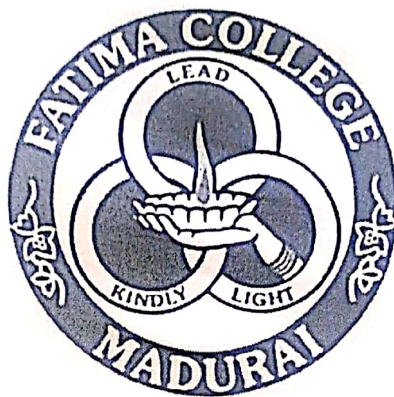
Date: 3.5.2023

*R. Vaishnavi.*

Signature of the Candidates

**STUDY ON CREATING AWARENESS OF ANAEMIA AMONG  
TRIBAL WOMEN AT BODINAYAKANUR, THENI DISTRICT**

**Project report submitted in partial fulfilment for the degree of  
MASTER OF SCIENCE  
IN  
HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by  
A. DHIVYASRI (2021MSCN28)**

**THE RESEARCH CENTRE OF HOME SCIENCE  
FATIMA COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence  
Affiliated to Madurai Kamaraj University  
Re – accredited with 'A++' (CGPA 3.61) by NAAC (4<sup>th</sup> cycle)  
74<sup>th</sup> Rank in India Ranking 2020 (NIRF)**

**April 2023**

## CERTIFICATE

This is to certify that the thesis entitled " STUDY ON CREATING AWARENESS OF ANAEMIA AMONG TRIBAL WOMEN AT BODINAYAKANUR, THENI DISTRICT." submitted in partial fulfilment of the requirements for the award of the degree of MASTER OF SCIENCE IN HUMAN NUTRITION AND NUTRACEUTICALS, is a bonafide record of research work carried out by Ms. A. DHIVYASRI under my supervision and guidance and any other degree, diploma or fellowship and the work has not been published in any part or full in any scientific or popular journal or magazine.

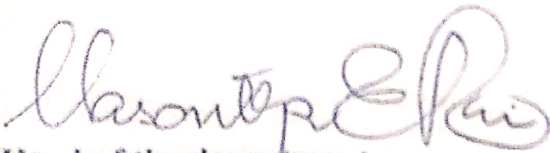
Place: Madurai

Date: 03.05.2023



Dr. C. Priyalatha

Guide



Head of the department



External Examiner



## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of Dr. C. Priyalatha (J.Sc., M.Phil., Ph.D., SET Assistant Professor, The Research centre of Home science and that no part of the thesis has been submitted for the award of any other degree, diploma or fellowship.

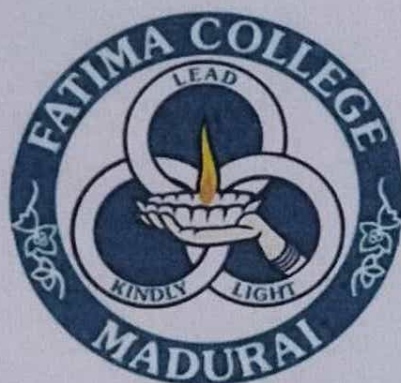
Place: Madurai

Date: 11/05/2023

*A. Divyashree*  
A. DIVYASREE

**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN  
INCORPORATED READY TO EAT FOOD PRODUCTS**

Thesis submitted in partial fulfilment for the degree of  
**MASTER OF SCIENCE**  
**IN**  
**HUMAN NUTRITION AND NUTRACEUTICALS**



**Submitted by**

**G.T. SNEHA MAGLIN**

**2021MSCN29**

**THE RESEARCH CENTRE OF HOME SCIENCE**  
**FATIMA COLLEGE (AUTONOMOUS)**

**Re-Accredited with 'A++' Grade by NAAC (4th Cycle)**

**Affiliated to Madurai Kamaraj University**

**MAY 2023**



## CERTIFICATE

This is to certify that the thesis entitled "**FORMULATION AND NUTRITIONAL ANALYSIS OF MULTIGRAIN INCORPORATED READY TO EAT FOOD PRODUCTS**" submitted in partial fulfillment of the requirements for the award of the degree of "**Master of Science in Human Nutrition and Nutraceuticals**" is a bonafide record of research work carried out by **G.T. SNEHA MAGLIN** under my supervision and guidance and that no part of the thesis has been submitted for the award of any other degree, diploma (or) fellowship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

Place: *Madurai*

Date: *3.05.2023*

*J. Joseph Jemtha*  
Guide

*Basant Kumar*  
Head of the Department

*P. L.*  
External Examiner



## DECLARATION

I hereby declare that the work embodied in this dissertation has been originally carried out by me, under the guidance and supervision of **Mrs.J. Josephine Jesintha, M.Sc., M.Phil., NET, (Ph.D) Assistant Professor, The Research Centre of Home Science** that no part of the thesis has been submitted for the award of any other degree, diploma, fellow ship or other similar titles or prizes and that the work has not been published in any part or full in any scientific or popular journal or magazine.

**Place: Madurai**

**Date: 03.05.2023**

*G.T. Sneha Maglin.*  
**G.T. SNEHA MAGLIN**

**2021MSCN29**