

From

14th June 2022

Dr. Kishore Gudipudi

Department of Biosciences and Biotechnology
University College of Arts & Science (UCAS)
Krishna University
Machilipatnam-521004

To

The Principal

University College of Arts & Science (UCAS)
Krishna University
Machilipatnam-521004

(Through Proper Channel)

Respected Sir,

Sub: Request permission to conduct a Value Added Course to the M.Sc-Botany first year students in the academic year 2021- 22 Reg

Ref: Staff meeting with Hon'ble Vice -Chancellor dated on 17 -06-2022

With reference to the above subject cited, I request you to grant permission to conduct two weeks Value Added Course (VAD) to the M.Sc-Botany first year students in the academic year 2021-22 on "**Food and Nutrition**" by the Department of Biosciences and Biotechnology, Krishna University, Machilipatnam. The proposed course is scheduled from 25-06-2022 to 14-07-2022.

I am Kishore Gudipudi Coordinator as well as Resource person for this Value Added Course. The details of the Value Added Course are enclosed with this letter. A brief report including the Student enrolment, attendance, along with the proof of participants (soft copies of Geotagged photographs) will be submitted to your office immediately after the completion of the Value Added Course. In this connection, I request you to permit me to start the above cited Value Added Course.

Thanking You,

Yours Sincerely


(Kishore Gudipudi)

Enclosure: Details of Value Added Course


Head
Department of Bioscience and Biotechnology
Krishna University
MACHILIPATNAM - 521 004


Principal
University College of Arts & Science
Krishna University
Machilipatnam - 521 004



KRISHNA UNIVERSITY, MACHILIPATNAM-521004

University College of Arts and Science (UCAS)

Department of Biosciences and Biotechnology

**Proposed Value Added Course (VAC) to M.Sc Botany first year
students in the Academic year 2021-22**

Duration: Two weeks (25-06-2022 to 14-07-2022)

Date of commencement: 25-06-2022

Name of the Course Co-Ordinator: **Dr. Kishore Gudipudi**

Name of the Course: **"Food and Nutrition"**, Course Code: **21BOTVACFN**

Mode of Classes: **Offline**

Objectives of the Course:

- To help individuals recognize that food is a basic requirement of life and should be enjoyed.
- To encourage an awareness of social, economic and cultural aspects of food choice.
- To enable individuals to demonstrate and apply appropriate knowledge of concepts and principles when planning and preparing meals and when making food choices.

Day wise schedule for course module

S.No	Date	Topic to be cover
1	25-06-2022	Nutrition and its Importance in daily life
2	27-06-2022	Nutrition and Energy Supply from food stuffs
3	28-06-2022	Utilization food stuff as energy in Man (BMR)
4	29-06-2022	Utilization food stuff as energy in Man (SDA, PA)
5	30-06-2022	Nutritional Importance of Carbohydrates in energy production
6	01-07-2022	Nutritional Importance of Proteins as body building capacity
7	02-07-2022	Nutritional Importance of Lipids as reserve and energy production
8	04-07-2022	Nutritional Importance of Vitamins, Source, deficiency, RDA
9	05-07-2022	Nutritional Importance of Minerals, Source, deficiency, RDA
10	06-07-2022	Balance diet and it importance in the body building of an individual
11	07-07-2022	Recommended dietary allowance for infants
12	08-07-2022	Recommended dietary allowance for children's
13	11-07-2022	Recommended dietary allowance for Pregnant& lactate Women
14	12-07-2022	Recommended dietary allowance for old age people
15	13-07-2022	Ideal recommends diet for man & Women
16	14-07-2022	Nutritional disorders

Outcomes of the course:

- The students will get information about the nutrition and value of nutritive food.
- The students will able to know the information of certain diseases due to lake nutritive food.
- The students will acquire knowledge on food substance which will help for their good health maintenance.
- The students will get knowledge how they will take food components at different stage of conditions.

Head
Department of Bioscience and Biotechnology
Krishna University
MACHILIPATNAM

KRISHNA UNIVERSITY

Prof. D. SURYACHANDRA RAO
Principal
University College of Arts and Science
Krishna University
Machilipatnam-521 004



Mobile: 9440149149
Email: kru.principal@gmail.com

KRU/BSBT/VAC/FN/2021-22

Date: 16.06.2022

CIRCULAR

A two week value added course entitled "Food and Nutrition" has been introduced by the Department of Biosciences and Biotechnology for the Academic Year 2021-22 for 1st year M.Sc. Botany students. All the 1st year M.Sc. Botany students are hereby informed that to enrol or register on or before 23-06-2022 for the value added course conducted by Department of Biosciences and Biotechnology. Dr. G. Kishore is the resource person to this programme. The course will be conducted from 25-06-2022 to 14-07-2022 and gets information of course details from the Department of Bioscience and Biotechnology. All the students attend the programme.

Venue: 113 Botany lecture hall


Principal
Principal
University College of Arts & Science
Krishna University
Machilipatnam - 521 004

Copy to:
Department of Biosciences and Biotechnology.
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University College of Arts and Science

Machilipatnam-521004

Two-week Value-added Course on Food and Nutrition

From 25-06-2022 to 14-07-2022

Organized by

Department of Bioscience and Biotechnology

Chief Patron

Prof. K. B. Chandra Sekhar

Vice-Chancellor

Krishna University

Patrons

Dr. M. Rami Reddy

Registrar

Krishna University

Prof. D. Suryachandra Rao

Rector

Krishna University

Prof. D. Suryachandra Rao

Principal

UCAS, Krishna University

Dr. P. Veera Brahma Chary

Head of the Department

Department of Biosciences and Biotechnology

Course Coordinator & Course Resource Person

Dr. G. Kishore

Assistant Professor (Ad-hoc)

Department of Biosciences and Biotechnology

KRISHNA UNIVERSITY



UNIVERSITY COLLEGE OF ARTS & SCIENCES
MACHILIPATNAM-521004

Department of Biosciences and Biotechnology

Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022

Student Enrollment Form

Name of the Coordinator: Dr.G.Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 23/06/2022

S.no	Name of the Student	Regd.No.	Signature of the Student
1	G. Mercy latha	Y21BOT101001	G. Mercy latha
2	K. Vamsi krishna	Y21BOT101002	K. Vamsi krishna
3	K. Priyanka	Y21BOT101003	K. Priyanka.
4	K. Chandika	Y21BOT101004	K. Chandika
5	K. Mounika	Y21BOT101005	K. Mounika
6	L. Naga lakshmi	Y21BOT101006	L. Naga lakshmi
7	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
8	P. Samhitha	Y21BOT101008	P. Samhitha
9	P. Sunando	Y21BOT101009	P. Sunando
10	V. Vasu	Y21BOT101010	Vasu. V
11	Subasini.V	Y21BOT101011	Subasini.V

Signature of the HOD
HEAD

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UNIVERSITY COLLEGE OF ARTS & SCIENCE
KRISHNA UNIVERSITY
MACHILIPATNAM - 521 003, A.P

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UNIVERSITY COLLEGE OF ARTS & SCIENCES MACHILIPATNAM-521004

Department of Biosciences and Biotechnology

Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22

From 25-06-2022 to 14-07-2022

Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 25/6/2022

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	G. Meeyalatha	Y21BOT101001	G. Meeyalatha
2	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna.
3	Vasu. U	Y21BOT101010	Vasu. U
4	K. Chandika	Y21BOT101004	K. Chandika.
5	K. Mounika	Y21BOT101005	K. Mounika
6	L. Naga Lateshmi	Y21BOT101006	L. Naga Lateshmi.
7	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
8	P. Samhitha	Y21BOT101008	P. Samhitha
9	P. Sunanda	Y21BOT101009	P. Sunanda
10	K. Priyanka.	Y21BOT101003	K. Priyanka
11	Absent		

Signature of the HOD

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Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22

From 25-06-2022 to 14-07-2022

Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 27/6/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	k. varmi krishna	Y21BOT101002	k. varmi krishna
2	k. Mounika	Y21BOT101005	k. Mounika
3	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
4	G. Mercy latha	Y21BOT101001	G. Mercy latha
5	P. Samhitha	Y21BOT101008	P. Samhitha
6	k. Chandika	Y21BOT101004	k. Chandika
7	P. Sruando	Y21BOT101009	P. Sruando
8	L. Naga lalitha	Y21BOT101006	L. Naga lalitha
9	K. Priyanka	Y21BOT101003	K. Priyanka
10	V. Varu	Y21BOT101010	V. Varu
11	Suhasini. V	Y21BOT101011	Suhasini. V

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From 25-06-2022 to 14-07-2022

Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 28/6/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	K. Mounika	Y21BOT101005	K. Mounika
2	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
3	G. Meghalyatha	Y21BOT101001	G. Meghalyatha
4	K. Chandika	Y21BOT101004	K. Chandika
5	P. Samhitha	Y21BOT101008	P. Samhitha
6	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna
7	D. Vasu	Y21BOT101010	Vasu D
8	L. Naga Lalitha	Y21BOT101006	L. Naga Lalitha
9	P. Sunand	Y21BOT101009	P. Sunand
10	K. Priyanka	Y21BOT101003	K. Priyanka
11	V. Subashini	Y21BOT101011	Subashini V

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the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 29/6/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	G. Meenulatha	Y21BOT101001	G. Meenulatha
2	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
3	L. Naga lakshmi	Y21BOT101006	L. Nagalakshmi
4	k. vamsi krishna	Y21BOT101002	k. vamsi krishna
5	K. Mounika	Y21BOT101005	K. Mounika
6	P. Samhitha	Y21BOT101008	P. Samhitha
7	Suhastini. Vanaparala	Y21BOT101011	Suhastini
8	K. Priyanka	Y21BOT101003	K. Priyanka
9	k. chandika	Y21BOT101004	k. Chandika
10	U. Vasu	Y21BOT101010	Vasu. U
11	P. Sunanda	Y21BOT101009	P. Sunanda

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Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 30/6/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	k. Chandika	Y21BOT101004	k. Chandika .
2	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
3	U. Vasa	Y21BOT101010	Vasa. U
4	P. Samhitha	Y21BOT101008	P. Samhitha
5	K. Priyanka	Y21BOT101003	K. Priyanka
6	Suhasini. V	Y21BOT101011	Suhasini. V
7	K. Mounika	Y21BOT101005	K. Mounika
8	k. Vamsi Krishna	Y21BOT101002	k. Vamsi Krishna
9	G. Meghalyatha	Y21BOT101001	G. Meghalyatha
10	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
11	P. Sunanda	Y21BOT101009	P. Sunanda

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Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 1/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
2	k.chandika	Y21BOT101004	k. Chandika
3	U. Vasu	Y21BOT101010	Vasu. U
4	G. Mesugylatha	Y21BOT101001	G. Mesugylatha
5	K. Priyanka	Y21BOT101003	K. Priyanka
6	L. Naga lakshmi	Y21BOT101006	L. Naga Lakshmi
7	K. Mounika	Y21BOT101005	K. Mounika
8	k. vamsi krishna	Y21BOT101002	k. vamsi krishna
9	suhasiniv	Y21BOT101011	suhasiniv
10	P. Sunanda	Y21BOT101009	P. S
11	P. Samhitha	Y21BOT101008	P. Samhitha

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Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 2/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
2	K. Mounika	Y21BOT101005	K. Mounika
3	G. Mesrylatha	Y21BOT101001	G. Mesrylatha
4	K. Chandika	Y21BOT101006	K. Chandika
5	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
6	K. Priyanka	Y21BOT101003	K. Priyanka
7	V. Vasu	Y21BOT101010	Vasu. V
8	P. Samhitha	Y21BOT101008	P. Samhitha
9	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna
10	P. Sunanda	Y21BOT101009	P. Sun
11	Suhasini. V	Y21BOT101011	Suhasini. V

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From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 4/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	Suhasiniv	Y21BOT101011	Suhasiniv
2	G. Mesrylatha	Y21BOT101001	G. Mesrylatha
3	K. Chandika	Y21BOT101004	K. Chandika
4	U. Vasu	Y21BOT101010	Vasu. U
5	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
6	K. Mounika	Y21BOT101005	K. Mounika
7	K. Priyanka	Y21BOT101003	K. Priyanka
8	L. Naga lakshmi	Y21BOT101006	L. Naga lakshmi
9	P. Samhitha	Y21BOT101008	P. Samhitha
10	P. Sunanda	Y21BOT101009	P. Sunanda
11	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna

Signature of the HOD

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Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 5/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	M.Yaamini Priyanka	Y21BOT101007	M.Yaamini Priyanka
2	K.Mounika	Y21BOT101005	K. Mounika
3	P.Samhitha	Y21BOT101008	Psamhitha
4	G.Meeyulatha	Y21BOT101001	G.Meeyulatha
5	K.Chandika	Y21BOT101004	K.Chandika.
6	L. Naga Lakshmi	Y21BOT101006	L. Naga-lakshmi.
7	U. Vasa	Y21BOT101010	Vasu. U
8	Suhashini. V	Y21BOT101011	Suhashini. V
9	P. Sunanda	Y21BOT101009	P. S.
10	K. Priyanka	Y21BOT101003	K. Priyanka
11	k. varma krishna	Y21BOT101002	k.varma krishna

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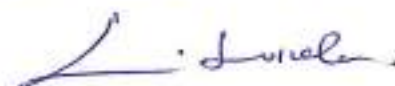
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Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 6/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	k. Vamsi krishna	Y21BOT101002	k. Vamsi krishna
2	k. Mounika	Y21BOT101005	k. Mounika
3	P. Samhitha	Y21BOT101008	P. Samhitha
4	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
5	k. Chandika	Y21BOT101004	k. Chandika
6	G. Meghlathe	Y21BOT101001	G. Meghlathe
7	U. Vasu	Y21BOT101010	Vasu. U
8	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
9	P. Sumando	Y21BOT101009	P. Sumando
10	k. Priyanka	Y21BOT101003	k. Priyanka
11	Suhasini V	Y21BOT101011	Suhasini V



Signature of the HOD
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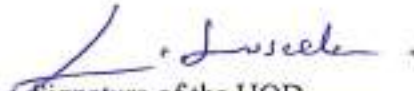
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Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 7/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	K. Chandika	Y21BOT101004	K. Chandika
2	L. Nagar Lalitha	Y21BOT101006	L. Nagar Lalitha
3	M. Yaamini Priyanka	Y21BOT101007	M. Yaamini Priyanka
4	K. Mounika	Y21BOT101008	K. Mounika
5	G. Meenulatha	Y21BOT101001	G. Meenulatha
6	P. Samhitha	Y21BOT101008	P. Samhitha
7	P. Sunanda	Y21BOT101009	P. Sunanda
8	K. Priyanka	Y21BOT101003	K. Priyanka
9	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna
10	Suhasini V	Y21BOT101011	Suhasini V
11			


Signature of the HOD
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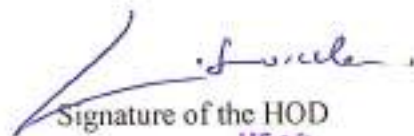
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Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 8/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	K. Mounika	Y21BOT101005	K. Mounika
2	k. Chandika	Y21BOT101004	k. Chandika.
3	P. Samhitha	Y21BOT101008	P. Samhitha
4	K. Priyanka	Y21BOT101003	K. Priyanka
5	k. vamsi krishna	Y21BOT101002	k. vamsi krishna
6	G. Megaylattha	Y21BOT101001	G. Megaylattha
7	U. Vasu	Y21BOT101010	Vasu. U
8	L. Naga lakshmi	Y21BOT101006	L. Naga lakshmi.
9	Suhasini. vanaprasa	Y21BOT101011	Suhasini. v
10	M. Yamini Priyanka	Y21BOT101007	M. Yamini Priyanka
11	P. Sunanda	Y21BOT101009	P. Sunanda


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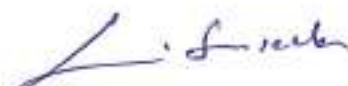
UNIVERSITY COLLEGE OF ARTS & SCIENCES
MACHILIPATNAM-521004

Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 11/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	Suhasini.V	Y21BOT101011	Suhasini.V
2	G. Meenakshi	Y21BOT101001	G. Meenakshi
3	K. Chandika	Y21BOT101004	K. Chandika
4	K. Mounika	Y21BOT101005	K. Mounika
5	K. Priyanka	Y21BOT101003	K. Priyanka
6	P. Samhitha	Y21BOT101008	P. Samhitha
7	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna
8	U. Vasu	Y21BOT101010	Vasu. U
9	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
10	M. Yamini Priyanka	Y21BOT101007	M. Yamini Priyanka
11	P. Sunanda	Y21BOT101009	P. Sunanda


Signature of the HOD

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DEPARTMENT OF BIOSCIENCES & BIOTECHNOLOGY
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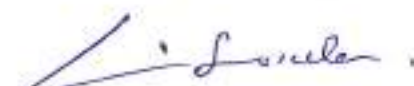
UNIVERSITY COLLEGE OF ARTS & SCIENCES MACHILIPATNAM-521004

Department of Biosciences and Biotechnology
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Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 12/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	P. Sunanda	Y21BOT101009	P. Sunanda
2	P. Samhitha	Y21BOT101008	P. Samhitha
3	G. Meenulatha	Y21BOT101001	G. Meenulatha
4	K. Mounika	Y21BOT101005	K. Mounika
5	K. Chandika	Y21BOT101004	K. Chandika
6	Suhasini.V	Y21BOT101011	Suhasini.V
7	U. Vasu	Y21BOT101010	Vasu. U
8	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
9	K. Priyanka	Y21BOT101003	K. Priyanka
10	M. Yamini Priyanka	Y21BOT101007	M. Yamini Priyanka
11	K. Varni Krishna	Y21BOT101002	K. Varni Krishna


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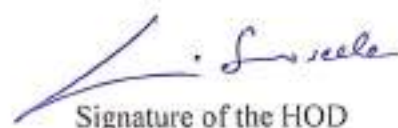
UNIVERSITY COLLEGE OF ARTS & SCIENCES
MACHILIPATNAM-521004

Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
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Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 13/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	K. Mounika	Y21BOT101005	K. Mounika
2	L. Nagalakshmi	Y21BOT101006	L. Nagalakshmi
3	k.chandika	Y21BOT101004	k.chandika
4	M.Yaamini Priyanka	Y21BOT101007	M.Yaamini Priyanka
5	U. Vasu	Y21BOT101010	Vasu. U
6	P. Samhitha	Y21BOT101008	P. Samhitha
7	K. Priyanka	Y21BOT101003	K. Priyanka
8	G. Meeyulatha	Y21BOT101001	G. Meeyulatha
9	Sulhasini.V	Y21BOT101011	Sulhasini.V
10	k.vamsi krishna	Y21BOT101002	k.vamsi krishna
11	P. Sunanda	Y21BOT101009	P. Sunanda


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MACHILIPATNAM-521004

Department of Biosciences and Biotechnology
Two weeks Value Added Course on "Food and Nutrition" to
the Botany students admitted in the academic year 2021-22
From 25-06-2022 to 14-07-2022
Day wise Student Attendance

Name of the Coordinator: Dr. G. Kishore
Designation: Assistant Professor (Ad-hoc)

Date: 14/7/22

S.no.	Name of the Student	Regd.No.	Signature of the Student
1	K. Priyanka	Y21BOT101003	K. Priyanka
2	P. Samhitha	Y21BOT101008	P. Samhitha
3	K. Chandika	Y21BOT101004	K. Chandika
4	Suhassini Vanaparla	Y21BOT101011	Suhassini V
5	G. Meenulatha	Y21BOT101001	G. Meenulatha
6	L. Naga Lakshmi	Y21BOT101006	L. Naga Lakshmi
7	U. Vasu	Y21BOT101010	Vasu U
8	M. Yamini Priyanka	Y21BOT101007	M. Yamini Priyanka
9	K. Mounika	Y21BOT101005	K. Mounika
10	P. Sunanda	Y21BOT101009	P. Sunanda
11	K. Vamsi Krishna	Y21BOT101002	K. Vamsi Krishna



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KRISHNA UNIVERSITY
UNIVERSITY COLLEGE OF ARTS & SCIENCES
MACHILIPATNAM-521004
Department of Biosciences and Biotechnology

Submission of a brief report on two weeks value added course on “Food and Nutrition” to the Botany students admitted in the academic year 2021-22 from 25-06-2022 to 14-07-2022

Date: 15-07-2022

Name of the course coordinator: **Dr. G. Kishore**
Assistant Professor (Ad-hoc)
Department of Biosciences and Biotechnology
Phone Number : 9491100740
Email: gkrbio@gmail.com

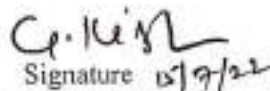
Name of the Resource person: **Dr. G. Kishore**
Assistant Professor (Ad-hoc)
Department of Biosciences and Biotechnology
Phone number : 9491100740
Email: gkrbio@gmail.com

Brief Report,

The process of taking in food and using it for growth, metabolism, and repair is called Nutrition. Nutrition is nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet. Nutrients are chemical compounds in food that are used by the body to function properly and maintain health. These are carbohydrates, proteins, fats, vitamins, minerals, fiber and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health. Nutrients can be divided into two categories: macronutrients, and micronutrients. Macronutrients are those nutrients that the body needs in large amounts. These provide the body with energy (calories). Micronutrients are those nutrients that the body needs in smaller amounts. Nutrition is a critical part of health and development.

Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. The different modes of nutrition include: Autotrophic nutrition, Heterotrophic nutrition. Food is the basic component for getting the energy of an individual. Food is containing carbohydrates, proteins, fats, minerals, vitamins and water. Carbohydrates and fats are giving energy requirements, proteins required for growth and minerals and vitamins are required for maintenance of body functions. Balanced diets that contain required components are present in an individual. Persons not consuming a balanced diet will get some of the deficiencies that lead to disease. Food requirement of individuals is dependent on their work. Light work, moderate work, heavy work people consume the recommended diet that they require, children's adolescents' younger people, old age, pregnant and lactating women will get their diet based on their requirement.


Signature
Resource person


Signature
Coordinator


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UNIVERSITY COLLEGE OF ARTS & SCIENCE
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MACHILIPATNAM - 521 003. A.P



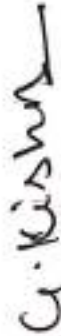
KRISHNA UNIVERSITY
UNIVERSITY COLLEGE OF ARTS & SCIENCES
Rudravarm, Machilipatnam-521004

Department of Biosciences and Biotechnology
Organized

Two weeks Value Added Course on "Food and Nutrition"

Certificate

This is to certify that Mr./Mrs. GOLIDAPERU. MERCY LATHA with Regd. No. Y21BOT101001 of M.Sc., Botany, Department of Biosciences and Biotechnology, University College of Arts and Science, Machilipatnam has successfully completed the two - week Value Added Course on "Food and Nutrition" organized by Department of Biosciences and Biotechnology, University College of Arts and Science, Krishna University, Machilipatnam from 25-06-2022 to 14-07-2022.


Dr. G. Kishore
Course Coordinator


Dr. Suseela Lanka
Head of the Department


Prof. YAVASN Maruthi
Principal



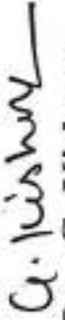
KRISHNA UNIVERSITY
UNIVERSITY COLLEGE OF ARTS & SCIENCES
Rudravarm, Machilipatnam-521004

Department of Biosciences and Biotechnology
Organized

Two weeks Value Added Course on "Food and Nutrition"

Certificate

This is to certify that Mr./Mrs. KONA MOUNIKA with Regd. No. Y2180T101005 of M.Sc., Botany, Department of Biosciences and Biotechnology, University College of Arts and Science, Machilipatnam has successfully completed the two - week Value Added Course on "Food and Nutrition" organized by Department of Biosciences and Biotechnology, University College of Arts and Science, Krishna University, Machilipatnam from 25-06-2022 to 14-07-2022.


Dr. G. Kishore
Course Coordinator


Dr. Suseela Lanka
Head of the Department


Prof. YAVASN Maruthi
Principal



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UNIVERSITY COLLEGE OF ARTS & SCIENCES
Rudravarm, Machilipatnam-521004

Department of Biosciences and Biotechnology

Organized

Two weeks Value Added Course on "Food and Nutrition"

Certificate

This is to certify that Mr./Mrs. PULAVARTHI SUNANDA with Regd. No. Y21BOT101009 of M.Sc., Botany, Department of Biosciences and Biotechnology, University College of Arts and Science, Machilipatnam has successfully completed the two - week Value Added Course on "Food and Nutrition" organized by Department of Biosciences and Biotechnology, University College of Arts and Science, Krishna University, Machilipatnam from 25-06-2022 to 14-07-2022.


Dr. G. Kishore
Course Coordinator


Dr. Suseela Lanka
Head of the Department


Prof. MAVASN/ Maruthi
Principal



KRISHNA UNIVERSITY
UNIVERSITY COLLEGE OF ARTS & SCIENCES
Rudravarm, Machilipatnam-521004

Department of Biosciences and Biotechnology

Organized

Two weeks Value Added Course on "Food and Nutrition"

Certificate

This is to certify that Mr./Mrs. VANAPARLA SUHASINI with Regd. No. Y21BOT101011 of M.Sc., Botany, Department of Biosciences and Biotechnology, University College of Arts and Science, Machilipatnam has successfully completed the two - week Value Added Course on "Food and Nutrition" organized by Department of Biosciences and Biotechnology, University College of Arts and Science, Krishna University, Machilipatnam from 25-06-2022 to 14-07-2022.

G. Kishore
Dr. G. Kishore
Course Coordinator

L. Suseela
Dr. Suseela Lanka
Head of the Department

P. V. Maruthi
Prof. V. VASANTH Maruthi
Principal



GPS Map Camera

Machilipatnam Rural, Andhra Pradesh, India

**44Q2+24W, KONA ROAD, Machilipatnam
Rural, Andhra Pradesh 521004, India**

Lat 16.138514°

Long 81.100018°

14/07/22 04:22 PM

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Krishna University
University College of Arts and Science

WELCOME

Two weeks Value Added Course on
"Food and Nutrition"

for the students of M.Sc. Botany I Semester
from 25-06-2022 to 11-07-2022

Course Coordinator
Dr. Kishore Gudipudi
Assistant Professor (Botany)

Organized by
Department of Biosciences and Biotechnology

GPS Map Camera

Chinnapuram, Andhra Pradesh, India

43C3+WM7, Chinnapuram, Andhra Pradesh 521001, India

Lat 16.122112°

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GPS Map Camera

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44Q2+24W, KONA ROAD, Machilipatnam Rural, Andhra Pradesh 521004,

India

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University

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Machillipatnam Kammavaricheruvu Rd, Andhra Pradesh

521001, India

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