



St. Joseph's College of Arts and Science for Women

(Affiliated to Periyar University, Salem)

An ISO 9001:2015 Certified Institution

Recognised U/s 2(f) and 12(B) of the UGC Act

Mookandapalli, SIPCOT, Hosur - 635 126

2022-2023(Non-Teaching Staff)

year	Name of the participant	Designation	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
2022-23	Mr. BALAKRISHNAN.N	ADMIN. ASST	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. BAIRAPPA	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. CHANDRAPPA. G	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. CHENNERAPPA	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. JAYARAM	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. MADESAN. T	Van Driver	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. MATHIVANAN	Watchman	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. PALANISAMY	Watchman	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. PRAKASH	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. RAMESH. A	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. SASIKUMAR	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr. SRINIVASAN	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr.MANJU. V	DRIVER	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr.RAJENDRACHARI	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr.SIVAJI RAO	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr.SIVAPPA	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mr.VENKATESH. K	Conductor	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. AGILA	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. AMALAPUSHPAM	ADMIN. ASST	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. CHITHRA. N.	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. IRUDAYA MARY	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022



ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



St. Joseph's College of Arts and Science for Women

(Affiliated to Periyar University, Salem)


An ISO 9001:2015 Certified Institution

Recognised U/s 2(f) and 12(B) of the UGC Act

Mookandapalli, SIPCOT, Hosur - 635 126

2022-23	Mrs. JENI C	Lab Asst. (Biotech)	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. KALA	Scavenger	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. LAKSHMI.G	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. MAGESHWARI	Scavenger	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. MARY JANCY RANI	ADMIN. ASST	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. OBAMMA.K.	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. SIVAKANTHA.C.	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. SULOCHANA. P	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. SUMATHI	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. UNNAMALAI	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. Anna Mary	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. Jenifer.R	Library Asst.	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. PUTTAMMA. G	House Keeping	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Mrs. SUGANTHI .S	ADMIN. ASST	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Ms. MARIA BAKIEAM ELIAS	Lab Asst. (CS)	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Ms. NETHRA	Lab Asst. (CHEM)	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Ms. SHRAVANI. V	Lab Asst. (PHYSICS)	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022
2022-23	Sr. EMELDA	Clerk	Nutrition for Energy & Productivity	01-08-2022 to 05-08-2022




PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

PERMISSION LETTER**Date: 25/07/2022**

From

IQAC co-ordinator

St. Joseph's College of Arts & Science for Women,
Hosur- 635126.

To

The Principal,

St. Joseph's College of Arts & Science for Women,
Hosur- 635126.

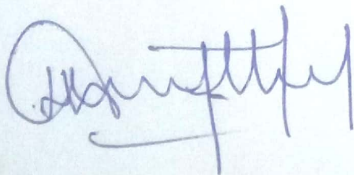
Respected Sister,

Subject: Permission for Faculty Development Program Reg:-

We would like to request your permission to conduct **Faculty Development Program** for Non-Teaching Staff from 01/08/2022 to 05/08/2022. So, kindly grant us permission and take necessary assistance to arrange program successfully in our college.

Thank you,

Yours sincerely,



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Meekandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



St. JOSEPH'S COLLEGE OF ARTS & SCIENCE
FOR WOMEN, HOSUR

Organized by
Internal Quality Assurance Cell (IQAC)

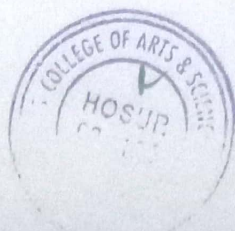
**Five- Day Non- Teaching Staff Development Programme
ON
NUTRITION FOR ENERGY AND PRODUCTIVITY**

01.08.2022 TO 05.08.2022

TIME: 10:00 AM

Guest of Honor

**PRINCIPAL
REV. SR. DR. M. HELEN**





ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126

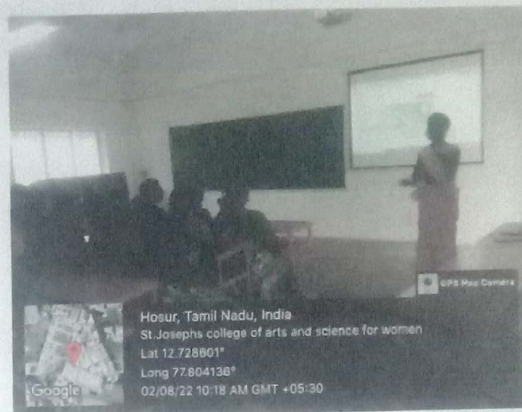
**Report for Five Days Non-Teaching staff Development Program on
“Nutrition for Energy and Productivity”**

Internal Quality Assurance Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Non-Teaching staff faculty Development Programme on “Nutrition for Energy and Productivity” From 1st August 2022 to 5th August 2022. There are 39 Non-Teaching Staff members participated in the Non-Teaching Staff FDP.

Mrs. R. Prailin, an esteemed Assistant Professor in the Department of Nutrition and Dietetics, has authored a compelling report that delves into the intricate relationship between nutrition, energy, and productivity. This comprehensive document serves as a valuable resource for individuals seeking to understand and implement dietary strategies to optimize their overall well-being.



In the introductory section of the report, Mrs. Prailin sets the stage by highlighting the increasing demands of the contemporary world, where time constraints and heightened productivity expectations necessitate a closer examination of factors influencing energy levels. This introduction serves as a foundation for the subsequent exploration of the critical role that nutrition plays in meeting these demands.



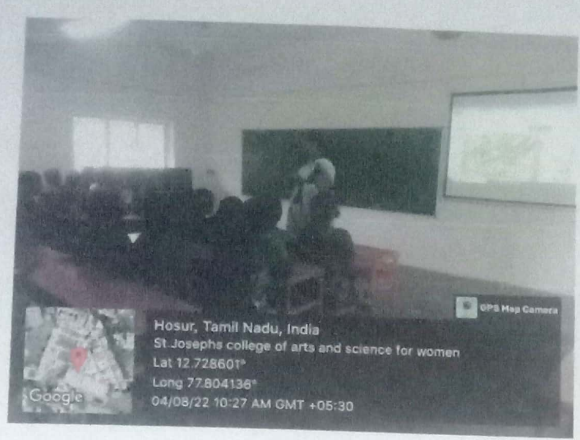
The first section of the report focuses on the basics of nutrition and energy, elucidating the fundamental importance of macronutrients and micronutrients in supporting the body's energy production. Mrs. Prailin emphasizes the need for a balanced diet that incorporates all essential nutrients, laying the groundwork for a holistic understanding of dietary choices.

A significant portion of the report is dedicated to the impact of carbohydrates on energy levels. Mrs. Prailin underscores carbohydrates as the primary source of energy for the body and advocates for the consumption of complex carbohydrates over simple sugars. The discussion extends to the glycemic index, with an emphasis on its implications for sustained energy release. Practical recommendations for including whole grains, fruits, and vegetables in the diet further enhance the reader's understanding of carbohydrate-related choices.

Proteins, as discussed in the report, play a crucial role in sustaining energy levels and maintaining muscle health. Mrs. Prailin provides insights into the importance of lean protein sources and



explores the role of amino acids in supporting cognitive function. This section not only informs the reader about the significance of protein but also offers practical guidance on incorporating it into a balanced diet.



Micronutrients, often overlooked but crucial for various metabolic processes, are a key focus of the report. Mrs. Prailin explores the role of specific vitamins and minerals, such as B-vitamins, iron, and magnesium, in supporting energy metabolism. The report offers practical dietary recommendations to ensure an adequate intake of these micronutrients, emphasizing their impact on sustained energy levels.



ment
t us

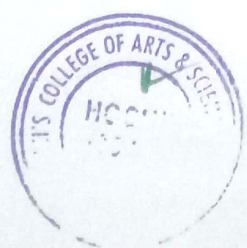
The report takes a closer look at the role of fats in nutrition, dispelling common misconceptions and highlighting the importance of healthy fats. Mrs. Prailin distinguishes between healthy and unhealthy fats, encouraging the consumption of sources like avocados, nuts, and olive oil. The discussion extends to the impact of omega-3 fatty acids on cognitive function, providing a nuanced understanding of the role fats play in overall well-being.



The report concludes with a section on practical tips for implementing a nutrition plan that enhances energy and productivity. Mrs. Prailin provides actionable advice on meal planning, mindful eating, and incorporating healthy snacks into daily routines. This concluding section serves as a guide for individuals looking to translate the theoretical insights gained from the report into tangible, real-world practices.

Handwritten signature in blue ink.

Signature of the Principal

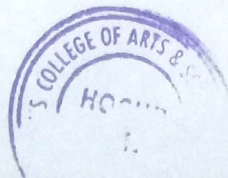


PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Moolandapalli, Sipcot,
HOSUR- 635 126, Krishnagiri - Dist.

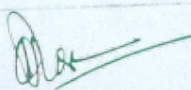
Handwritten signature in blue ink.
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Moolandapalli, Sipcot,
HOSUR- 635 126, Krishnagiri - Dist.

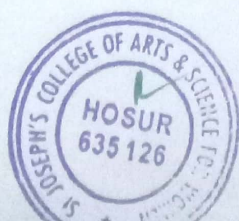
ATTENDANCE SHEET

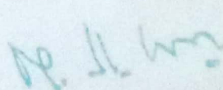
S.NO	NAME OF THE STAFF	1/8/2022	2/8/2022	3/8/2022	4/8/2022	5/8/2022
1	Sr. EMLDA	Sr. Eml.	Sr. Eml.	Sr. Eml.	Sr. Eml.	Sr. Eml.
2	Mrs. AMALAPUSHPAM	Amal	Amal	Amal	Amal	Amal
3	Mrs. MARY JANCY RANI	Mary	Mary	Mary	Mary	Mary
4	Mr. N. BALAKRISHNAN	N. Balakrishnan	N. Balakrishnan	N. Balakrishnan	N. Balakrishnan	N. Balakrishnan
5	Mrs. S. SUGANTHI	S. Suganthi	S. Suganthi	S. Suganthi	S. Suganthi	a
6	Ms. V. SHRAVANI	a	SIVAR	SIVAR	SIVAR	a
7	Ms. NETHRA	NETHRA	NETHRA	NETHRA	NETHRA	NETHRA
8	Mrs. MARIA BAKILAM ELIAS	M. R	M. R	M. R	M. R	M. R
9	Mrs. JENI C	JINI	JINI	JINI	JINI	JINI
10	Mrs. IRUDAYA MARY	Irudaya Mary	Irudaya Mary	Irudaya Mary	Irudaya Mary	Irudaya Mary
11	Mrs. N. CHITHRA	N. Chithra	N. Chithra	N. Chithra	N. Chithra	N. Chithra
12	Mrs. K. GBAMMA	a	a	a	a	a
13	Mrs. G. TUTTANMA	G. Tuttanma	G. Tuttanma	G. Tuttanma	G. Tuttanma	G. Tuttanma
14	Mrs. UNNAMALAI	Unnamalai	Unnamalai	Unnamalai	Unnamalai	a
15	Mrs. G. LAKSHMI	G. Lakshmi	G. Lakshmi	G. Lakshmi	a	G. Lakshmi
16	Mrs. AGILA	Agila	Agila	Agila	Agila	Agila
17	Mrs. C. SIVAKANTHA	C. Sivakantha	C. Sivakantha	C. Sivakantha	C. Sivakantha	C. Sivakantha
18	Mrs. P. SULOCHANA	P. Sulochana	P. Sulochana	P. Sulochana	P. Sulochana	P. Sulochana
19	Mrs. S. JYATHI	S. Jyathi	S. Jyathi	S. Jyathi	S. Jyathi	S. Jyathi



NO	NAME OF THE STAFF	1/8/2022	2/8/2022	3/8/2022	4/8/2022	5/8/2022
20	Mrs. MAGESHWARI	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari
21	Mrs. KALA	Kala	Kala	a	a	a
22	Mr. A. RAMESH	A. Ramesh	A. Ramesh	A. Ramesh	A. Ramesh	A. Ramesh
23	Mr. SRINIVASAN	S. Ramesh	S. Ramesh	S. Ramesh	S. Ramesh	S. Ramesh
24	Mr. V. MANJU	V. Manju	V. Manju	V. Manju	V. Manju	V. Manju
25	Mr. JAYARAM	D. Jay	D. Jay	D. Jay	D. Jay	D. Jay
26	Mr. CHENNERAPPA	Chennerappa	Chennerappa	Chennerappa	Chennerappa	Chennerappa
27	Mr. G. CHANDRAPPA	G. Chandra	G. Chandra	G. Chandra	G. Chandra	G. Chandra
28	Mr. BAIKAPPA	R.B	R.B	R.B	R.B	R.B
29	Mr. K. VENKATESH	KV	KV	KV	KV	KV
30	Mr. PRAKASH	Prakash	Prakash	Prakash	Prakash	Prakash
31	Mr. RAJENDRACHARI	M. Raj	M. Raj	M. Raj	M. Raj	M. Raj
32	Mr. SASIKUMAR	Sasi	Sasi	Sasi	Sasi	Sasi
33	Mr. SIVAJI RAO	S	S	S	S	S
34	Mr. SIVA PPA	Sivappa	Sivappa	Sivappa	Sivappa	Sivappa
35	Mr. T. MADHAN	T. Madhan	T. Madhan	T. Madhan	T. Madhan	T. Madhan
36	Mr. MATHIVANAN	M. Mathi	M. Mathi	M. Mathi	M. Mathi	M. Mathi
37	Mr. PALANISAMY	U. Pal	U. Pal	U. Pal	U. Pal	U. Pal
38	Mrs. R. Jennifer	a	Teriber	Teriber	Teriber	Teriber
39	Mrs. Anna Mary	Anna Mary	Anna Mary	Anna Mary	Anna Mary	Anna Mary


 PRINCIPAL
 ST. JOSEPH'S COLLEGE OF ARTS
 & SCIENCE FOR WOMEN
 Neelampatti, Siptat,
 HOSUR - 635 126, Krishnagiri - Dist.




 PRINCIPAL
 ST. JOSEPH'S COLLEGE OF ARTS
 & SCIENCE FOR WOMEN





St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. CHENNERAPPA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. JAYARAM

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. T. MADESAN

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. MATHIVANAN

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. PALANISAMY

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. PRAKASH

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

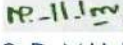
THIS IS TO CERTIFY THAT

Mr. A. RAMESH

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

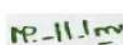
THIS IS TO CERTIFY THAT

Mr. SASIKUMAR

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. SRINIVASAN

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. V.MANJU

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. RAJENDRACHARI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. SIVAJI RAO

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. SIVAPPA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. K. VENKATESH

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. AGILA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. AMALAPUSHPAM

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. N. CHITHRA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. IRUDAYA MARY

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. JENI C

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. KALA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. G. LAKSHMI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. MAGESHWARI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. MARY JANCY RANI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. K. OBAMMA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. C. SIVAKANTHA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. P. SULOCHANA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. SUMATHI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

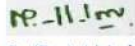
THIS IS TO CERTIFY THAT

Mrs. UNNAMALAI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

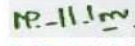
THIS IS TO CERTIFY THAT

Mrs. Anna Mary

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

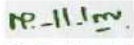
THIS IS TO CERTIFY THAT

Mrs. R. Jenifer

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022


Dr. Dhina Suresh
IQAC-Coordinator


Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. G.PUTTAMMA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. S.SUGANTHI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Ms. Maria Bakieam Elias

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Ms. NETHRA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Ms. V. SHRAVANI

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Sr. EMELDA

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN A FIVE-DAY FDP-"NUTRITION FOR ENERGY
AND PRODUCTIVITY" ORGANIZED BY IQAC
FROM 01/08/2022 TO 05/08/2022

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. M. Helen
Principal