


GOOD BOWL- Certificate Program on Healthy Cooking Practices



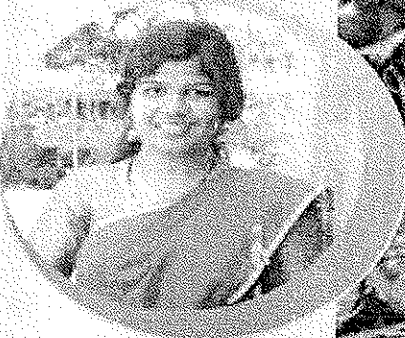
JPM
Arts and Science College
Affiliated to Mahatma Gandhi University, Kottayam

GOOD BOWL


Certificate program
On Healthy Cooking Practices

*Mahatma Gandhi Swayam Shaktikaran Nutan Pariyojana
Under the auspices of IQAC and WDC
For the students (especially for girls) and their parents*

DATE:
23 & 24
JAN 2021
TIME:
4:30PM

<p>Session 1 23/01/2021 TIME : 4.30pm <i>Healthy Cooking Practices</i></p>	<p>Resource Person</p>  <p>Ms . Vineetha Antony Assistant Professor Department of Home Science Assumption College, Changanassery</p>
<p>Session 2 24/01/2021 Time : 4.30 pm <i>Nutritional Awareness Among Home Makers</i></p>	

On Google Meet



Ms.Sanitha Jayan MCSSNP Coordinator	Ms.Silja . P. D . WDC Secretary
Ms.Anju C . P Program Coordinator	Ms.Sheela S . IQAC Coordinator
	Dr.V.V. Georgekutty Principal

JPM Arts and Science College Kanchiyar, Labbakkada, Kattappana, Idukki 685511
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REPORT

An online workshop and certificate programme, 'Good Bowl' was conducted on 23rd and 24th of January 2021 as an initiative of Mahatma Gandhi Swayam Sakthikaran Nutan Pariyojana (MGSSNP) and under the auspices of IQAC and Women Development Cell (WDC) of J P M Arts and Science College. Ms. Vineetha Antony, Assistant Professor, Department of Home Science, Assumption College, Changanssery, was the resource person. It was exclusively for the students of the college and their parents. The programme was conducted in Google Meet.

On the first day at 4:30 pm the programme started with a silent prayer. Ms. Silja P. D. Secretary, WDC welcomed the gathering. Rev. Fr. Tony Adukuzhiyil CST, Vice Principal, J P M Arts and Science College, inaugurated the programme. The resource person introduced several healthy cooking practices. After the interactive session Ms. Priya K., Head of the Department of Management Studies, proposed the vote of thanks.

Ms. Sanita Jayan, Co-ordinator, MGSSNP welcomed the second session. Ms. Minimol Thomas delivered the presidential address. The resource person conducted a session on nutritional awareness among home makers. Ms. Anju C. P. programme Co-ordinator proposed the vote of thanks. A feedback was collected from the participants. E-certificates were given to the participants.



Ms. Anju C. P.

Program Co-ordinator



Ms, Sanitha Jayan

Co-ordinator, MGSSNP

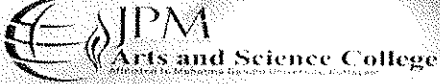


Dr. V. V. Georgekutty

Dr. V.V. GEORGEKUTTY
(M.Com, MBA, M.Phil, Ph.D)
Principal

JPM ARTS AND SCIENCE COLLEGE
Kanchiyar P.O., Labbakkada

PROGRAMME:



JPM Arts and Science College
Affiliated to Mahatma Gandhi University, Kottayam

MAHATMA GANDHI SWAYAM SHAKTHIKARAN NUTAN PARIYOJANA
Under the auspices of IQAC and WDC


GOOD BOWL

23 JANUARY 2021 | 4.30 pm | GOOGLE MEET

PROGRAMME

Welcome	Ms. Silja P.D. (WDC Secretary)
Inaugural Address	Rev. Fr. Tony Adukuzhiyil CSI (Vice Principal)
Technical Session	Ms. Vineetha Antony (Asst. Prof, Assumption College)
Vote of Thanks	Ms. Priya K. (HOD, Department of Management Studies)

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MAHATMA GANDHI SWAYAM SHAKTHIKARAN NUTAN PARIYOJANA
Under the auspices of IQAC and WDC

GOOD BOWL

24 JANUARY 2021 | 4.30pm | GOOGLE MEET

Welcome	Ms. Sanitha Jayan (MGSSNP Coordinator)
Presidential Address	Ms. Minimol Thomas (HOD, Department of Economics)
Technical Session	Ms. Vineetha Antony (Asst. Prof, Assumption College)
Vote of thanks	Ms. Anju C P (Program Coordinator)

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Attendance Report: 23/ 01/ 2021

Sl.No	Name
1	Sethu Lakshmi .S
2	19 - Bismi Mol B A
3	07__amal Ajayan
4	36 . Toji Antony
5	Maria Antony
6	Nithin Amal Antony
7	14 - Ashik As
8	Amal Augustinej
9	09 AMAL ♂ ANIL
10	01co20.34. Joyal Babu
11	01co20.54.Tinubabu Babu
12	17_ashas Babu
13	01co20.02. Abin Baiju
14	35. Sonat K Benny
15	Sharon Benny
16	Alna Biju
17	01co20.29. Jeena Chacko
18	Akhila Treesa Cyriac
19	06.Aleena Dennison
20	26pavithra Dileep
21	30. Don Thobit George

22	Santa Mariya George
23	Rony Idukkikaran
24	01co20.39.Melbin Jigi
25	28 - Johncy Johnson
26	21 Josekutty Joseph
27	29 - Joshua Richard Jude
28	01co20.21.Athira K.S
29	Nikhil Kg
30	01co20.37.Libitha Lodwin
31	01co20.20. Aswathy K M
32	27richu Martin
33	18_biji Mon Mathew
34	Minnu Mathew
35	62.Shyamily Mj
36	11-Anoop R Nair
37	Anoop R Nair
38	Nebin Noble
39	41.Krishna Dev Pp
40	01co20.15.Aparna Prasad
41	22. Athiramol Ps
42	63sirajudeen Ps
43	01co20.22.Athira R
44	01co20.25. Ayush P R
45	02-Aby T Rajesh

46	38 - Rija
47	29. Rojin Roy
48	49. Nikhil Roy
49	53 Riya Roy
50	52 Renitha S
51	01co20.06. Akhil Saji
52	01co20.47.Sandra Mol Saji
53	Aleena Saju
54	03 - Adersh Santhosh
55	45.Manuel Scaria
56	42.Midhun Sebastian
57	09 - Amal K Shaji
58	25-Deepa Shaji
59	02. Abin Shibu
60	21. Aswin Siby
61	Adharsh Siju
62	Sujith Am Sl
63	04 - Adwaith Sreekumar
64	19. Aswin Suresh
65	Tiji Tom
66	Anju C P
67	Navya Udayakumar
68	Anjima C P
69	23.Blessy Ulahannan

70	28-Dincy Varghese
71	40.Kaspia Vincent
72	03. Akash Vinod
73	Vineetha Antony Ph.D Fsmd
74	Vice Principal Jpm Arts And Science College
75	Minimol Thomas

Attendance Report: 24/ 01/ 2021

Sl.NO	Name
1	01co20.14. Anu Reji
2	01co20.15.Aparna Prasad
3	01co20.22.Athira R
4	01co20.26. Dincy Ravi
5	01co20.38.Malathi S
6	01co20.40. Misty Siby
7	01co20.47.Sandra Mol Saji
8	03.Adithya Mohanan
9	05 - Akhila Thomas
10	08-Alphonse Maria
11	12 - Aqual Staji
12	12 Aparna Biju
13	19 Bincy Benny
14	25 Parvathy Santhosh
15	26pavithra Dileep
16	42 - Silpa Sujithkumar
17	45 - Sreekala Sabu
18	48 - Syam Surendran
19	48. Sona Maria George
20	Abhila S
21	Akash Johnson
22	Anju C.P

23	Athira Sabeesh
24	Binila Mol Sabu
25	Chinnu Mary Joseph
26	Criss Mariya George
27	F A I C Y
28	Hari Suresh
29	Haritha Reji
30	Joseph Thomas
31	Leji George
32	Maria Antony
33	Merin Joseph
34	Merlin Mathew
35	Minimol Thomas
36	Minnu Mathew
37	Nimmy Mary Mathews
38	Kavya Uthaman
39	Sanitha Jj
40	Santa Mariya George
41	Sharon Benny
42	Sneha Lalu
43	Sheela S
44	Vice Principal Jpm Arts And Science College
45	Vineetha Antony Ph.D Fsmc

46	Tiji Tom
47	Navya Udayakumar
48	23.Blessy Ulahannan
49	28-Dincy Varghese
50	40.Kaspia Vincent
51	03. Akash Vinod
52	Anjima C P
53	Binila mol Sabu
54	Sunil Thomas
55	Priya Arun

E-Certificate:



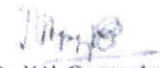
CERTIFICATE
OF PARTICIPATION

**Mahatma Gandhi Swayam Shakthikaran Nutan Pariyojana
(MGSSNP)**

This is to certify that Ms/Mr **Sulu Thampi** has participated in
"GOOD BOWL", Certificate program on Healthy Cooking Practices
conducted under MGSSNP
under the auspices of IQAC and WDC of JPM Arts and Science College, Kanchiyar
from 23-01-2021 to 24-01-2021.


Ms. Sanitha Jayan
Coordinator MGSSNP




Dr. V. V. Georgekutty
Principal



Ms. Anju C. P

Program Co-ordinator



Ms. Sanitha Jayan

MGSSNP Co-ordinator





Dr. V. V. Georgekutty

DR. V. V. GEORGEKUTTY
(M.Com, MBA, M.Phil, Ph.D.)
PRINCIPAL
JPM ARTS AND SCIENCE COLLEGE
Kanchiyar P.O., Labakkada