

To immortalize the multifaceted bard of India, Rabindranath Tagore, a Poster Presentation competition on his life and works was conducted to students of English Literature on 23<sup>rd</sup> August 2021. 34 students presented their slides from their retentive memory of Tagore. His exemplariness was further elucidated to the students by the faculties to become better acquainted with the Noble Laureate. Best Presentations were applauded and awarded.

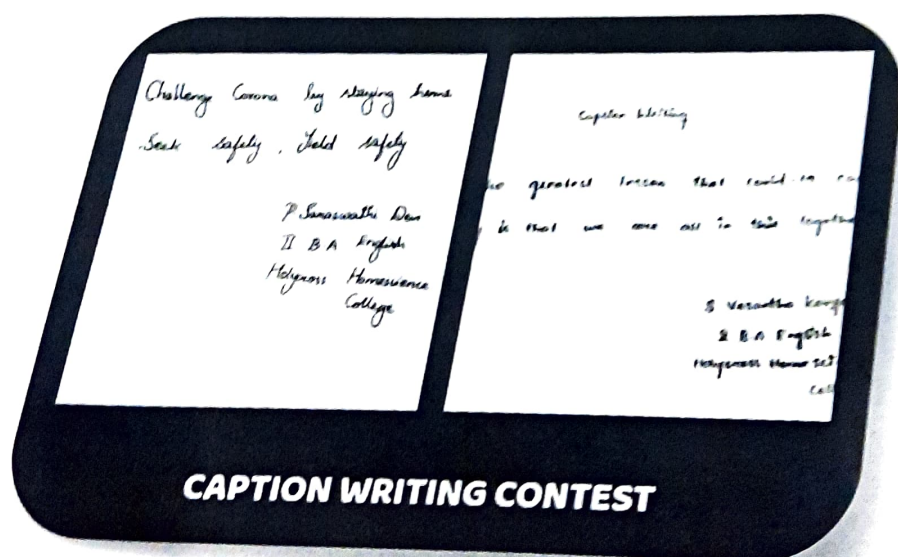
2-DRAWER:

1. Selva Kani- III B.A English
2. S. Vanitha- II B.A English
- 3.

### CAPTION WRITING CONTEST

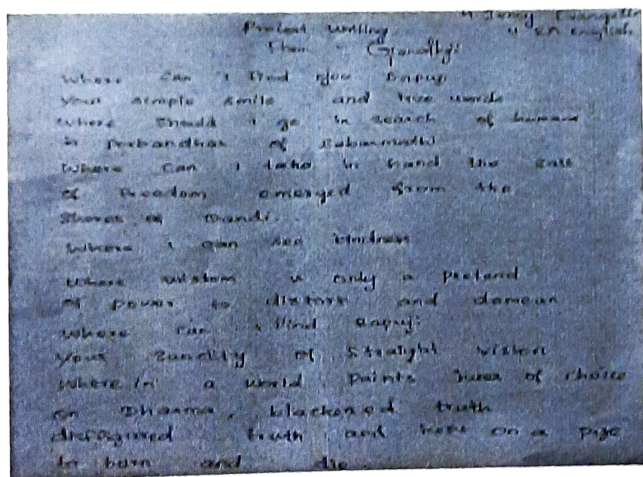
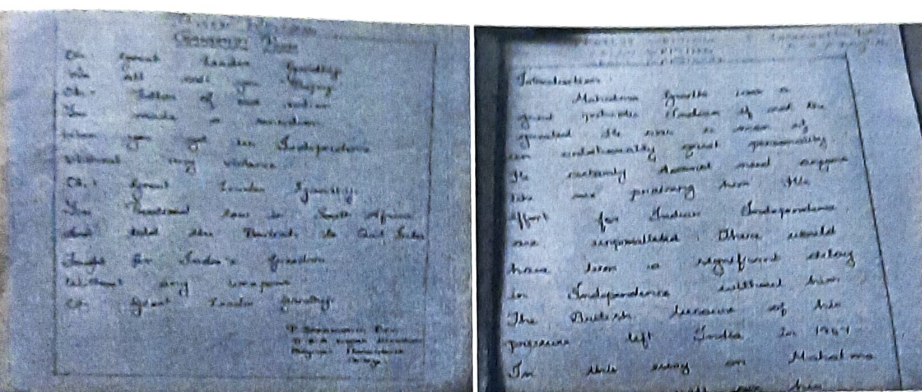
*"Captions can be to stories what trailers are to movies — intriguing, compelling previews."*

- Monica L. Moses



To know about the ordeal experience of Pandemic, Caption Writing contest on the topic "Covid and You" was conducted to the students of English Literature on 27<sup>th</sup> August 2021. 12 students actively participated and send their captions. Best among them were certified.

The Department of English conducted Essay writing and Poem writing competition on 1<sup>st</sup> October, 2021 in order to celebrate Mahatma Gandhi's birthday. Our students of II & III B.A English Literature participated in the Competition. The topic for the Essay Competition was "Gandhiji as a Father of our Nation". The students were able to exhibit their creativity and skill sets on the given topic. The First prize for the Essay competition was secured by P.Saraswathi Devi of II B.A English and the second prize was bagged by P.Keerthi Selva Ratna of III B.A English. The title for poem writing Competition was "Gandhiji as a National Leader". The first prize in the Poem writing Competition was secured by H.Jency Evangelin of II B.A English and the second prize was bagged by A.Anushiya Devi of III B.A English.

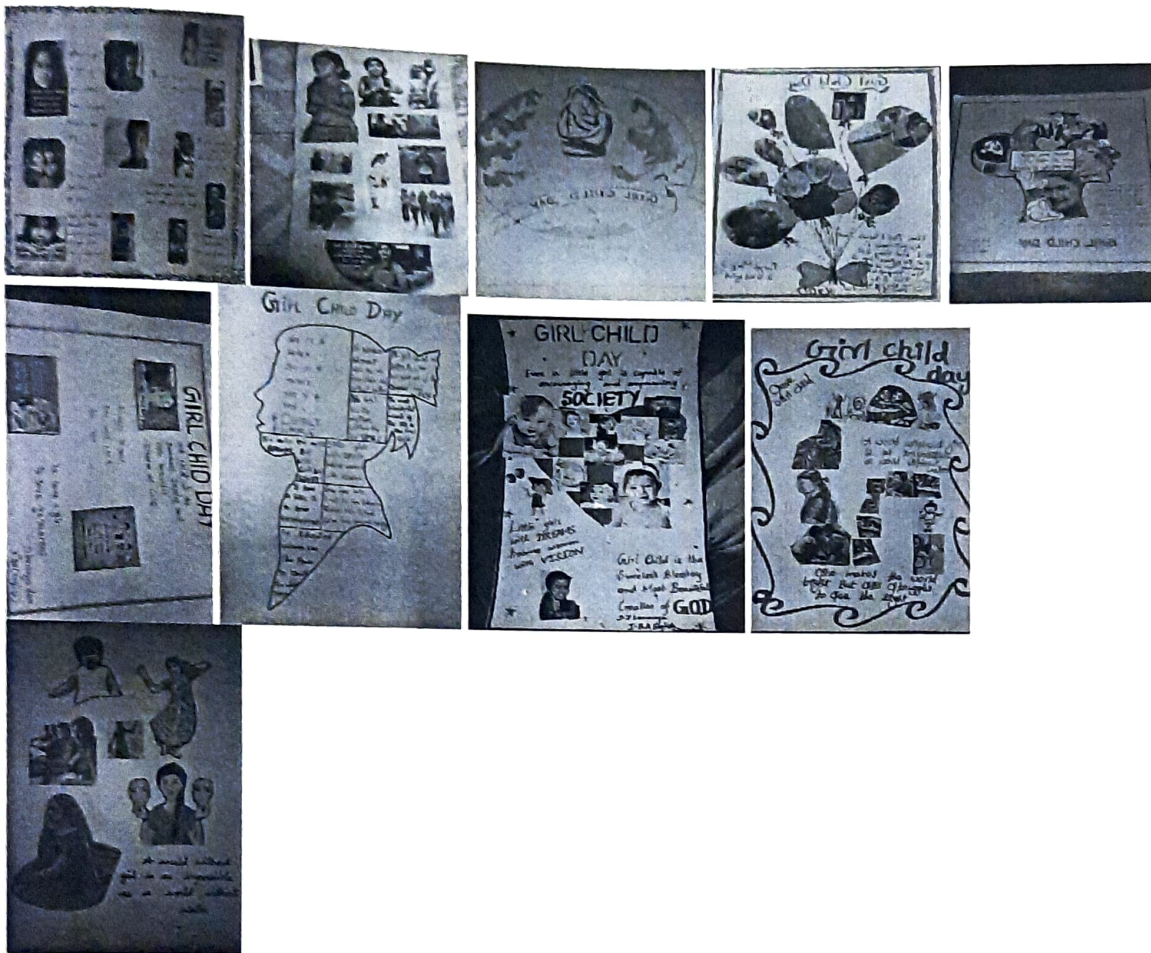


## COLLAGE MAKING COMPETITION

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## WEBINAR ON JOURNALIST WRITING

*Journalism without a moral position is impossible. Every journalist is a moralist. It's absolutely unavoidable, says Marguerite Duras*

## DAY:5

Date: 13/08/2021

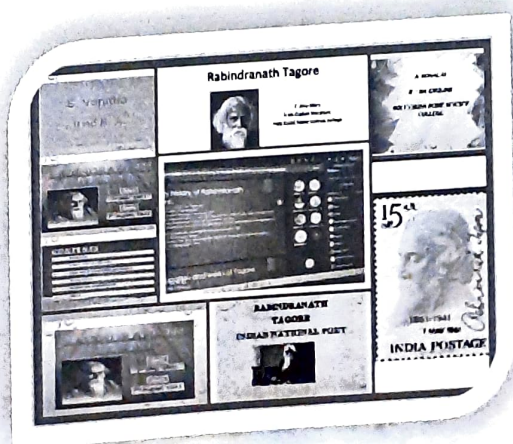
Platform: Google meet

Fifth day session was led by Ms. S. Dyana Flora, she has taught some interesting Food items to the girls. The second session was led by our alumni Ms. Ahalya Jeni. She gave a lecture on "Emotional Conflicts during Pandemic." The third session was led by Mrs. Magleena, Assistant Professor of Tamil. She has lectured on the topic "Traditional folk arts." The Induction programme ended with a validation



### POWER POINT PRESENTATION

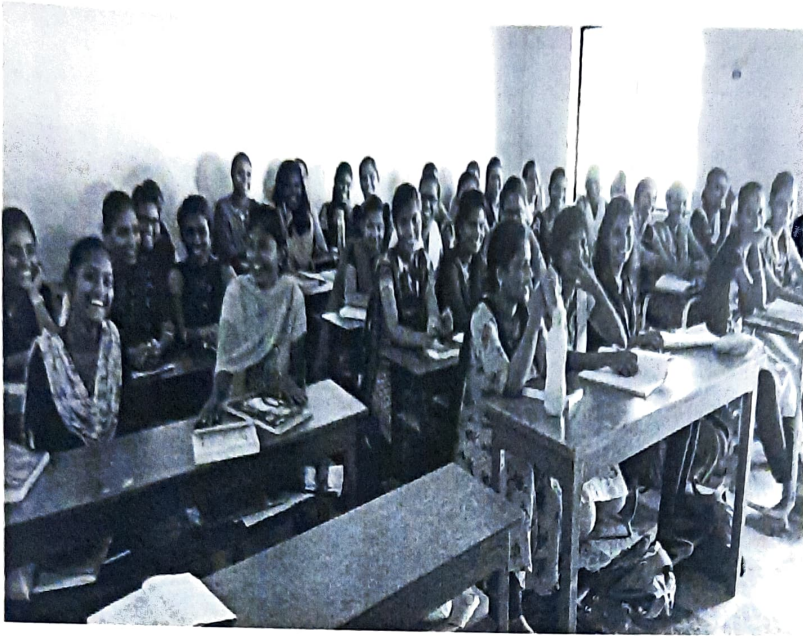
*"Create slides that demonstrate, with emotional proof, that what you're saying is true not just accurate." - Seth Godin*





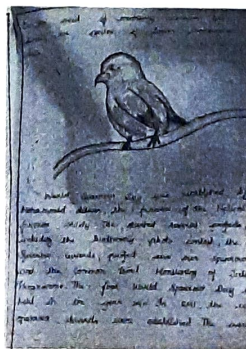
## International Day of Happiness

International day of Happiness is observed every year on 20 March. Since 2013, The United Nations has celebrated this day to recognise the importance of happiness in the lives of people around the world. On behalf of this day, we celebrated the day by taking photographs of our students who are enjoying in their classrooms and merry making with their friends while studying.



## 20 March – World Sparrow Day

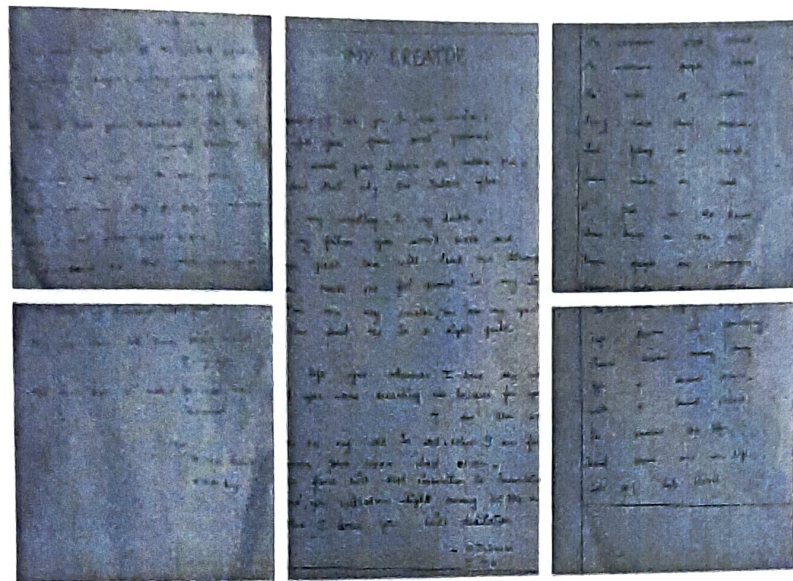
World Sparrow Day is celebrated across the world on 20 March to raise awareness about the conservation of sparrows. This day also celebrates the relationship between people and sparrows; spread a love for sparrows, awareness about their importance in our lives, etc. In view of this day our department conducted an essay competition to students of III B.A English Literature. They participated in it and write essay regarding the Topic. It was an awakening assignment to them.



## 21 March - World Poetry Day

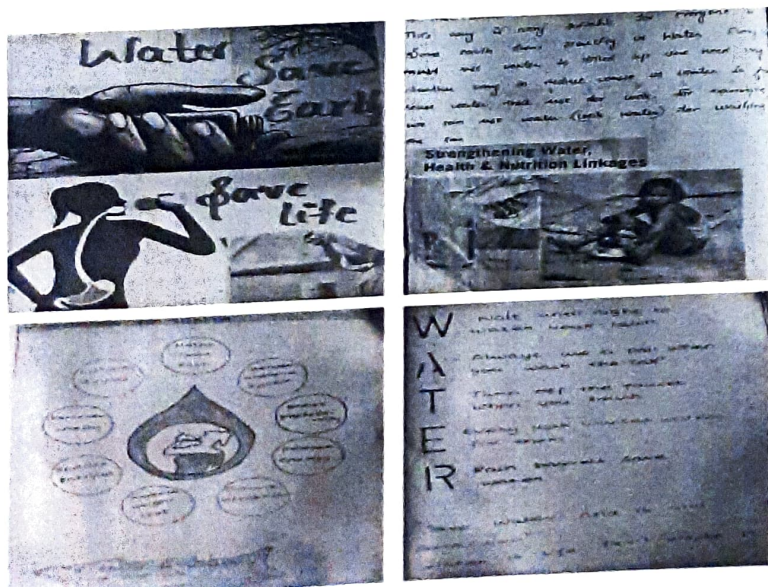
## World Poetry Day

World Poetry Day is celebrated on 21 March, and was declared by UNESCO "with the aim of supporting linguistic diversity through poetic expression and increasing the opportunity for endangered languages to be heard". As a Literature student a student must have the aesthetic sense to admire nature and tune it into a poem. So a contest was assigned for the students of II B.A English Literature students to write poems about "Nature". The actively participate in the contest and wrote poems .



## 22 March – World Water Day

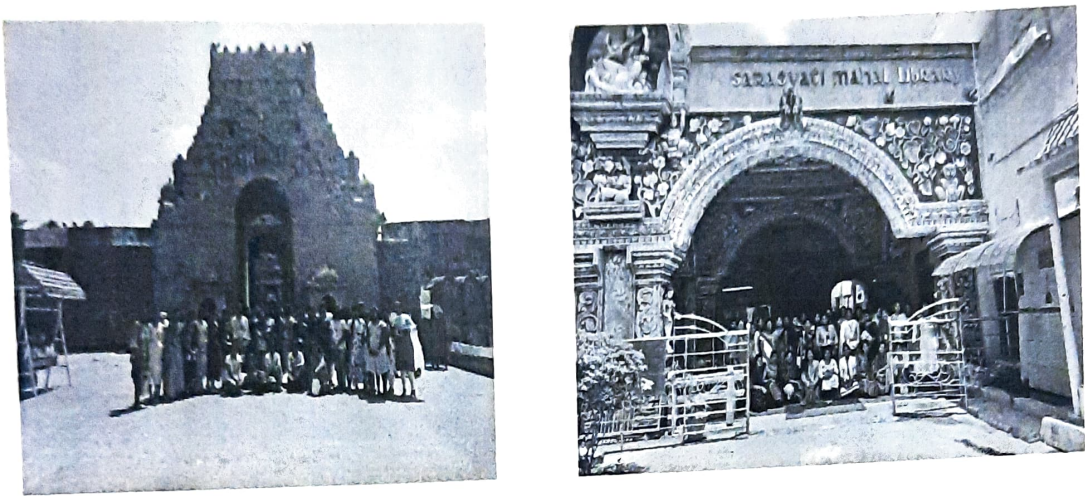
World Water Day is an annual United Nations (UN) observance day held on 22 March that highlights the importance of freshwater. In order to highlight the need of "Water", an essay writing competition was held on March 22<sup>nd</sup> for the I B.A English Literature students to emphasis the necessity of Water in the world. They voluntarily participate in the competition and wrote essay to show the world in need of water in Future.





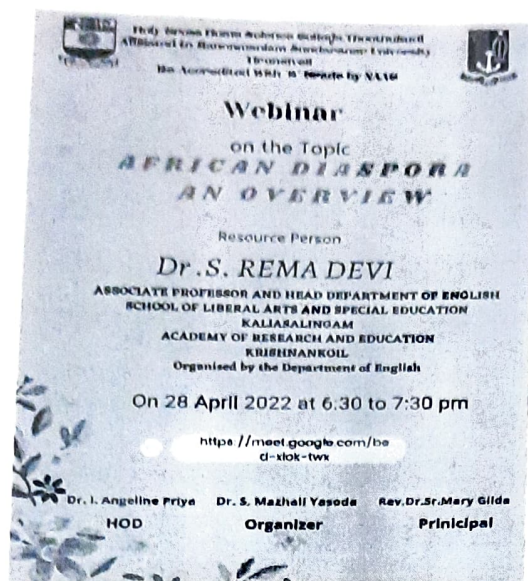
### LIBRARY VISIT 29<sup>TH</sup> APRIL 2022

The Department of English, Holy Cross Home Science College encouraged the final year students of both III B.A English and II M.A English to visit libraries regarding their project. In connection to this the final year students were taken to SARASWATI MAHAL LIBRARY, Thanjavur. 38 students were accompanied by 2 staffs. They also visited historical places such as Bell Tower, Birahadeshwarar Temple, Art Gallery and Kallanai Dam.



### Webinar on African Diaspora : An Overview

English department systematised a webinar on the topic African Diaspora: An Overview on 28<sup>th</sup> April, 2022. The Resource Person was Dr.S.Rema Devi Associate Professor and Head Department of English School of Liberal Arts and Special Education Kalasalingam Academy of Research And Education Krishnankoil. She spoke about the African Diaspora. According to the African union, the African Diaspora is composed of People of African origin living outside the continent, irrespective of their citizenship and nationality, and who are willing to contribute to the development of the continent and the building of the African union. In total 58 students from the Department of English participated and gained knowledge on the particular area.



## Shakespeare's Day Celebration



In order to celebrate Shakespeare's Day English Department modulated Shakespeare's Sonnet Recitation Competition on 27<sup>th</sup> April, 2022. 12 Students have participated in this Competition. Understanding the significance of a sonnet can help students strengthen close reading and analytical skills, a better appreciation for poetry and derive more meaning from their reading. K. Princess of I B.A English won the first prize and S. Josepine of I B.A English won the second prize in the Competition.



# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*S. Hamsath Humairah*.....  
has participated in the Internship organized by  
**Fashion Designers Club, Texvalley** from 18th April to  
23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club

# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*R. Maria Snowrina*.....  
has participated in the Internship organized by  
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Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club



# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*S. Deandra*.....  
has participated in the Internship organized by  
**Fashion Designers Club, Texvalley** from 18th April to  
23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.

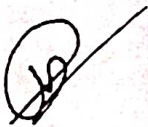


**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club

# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*V. Anockiya Reni*.....  
has participated in the Internship organized by  
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Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club



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## INTERNSHIP ' 2022

This is to certify that Ms.....*P. Harshini*.....  
has participated in the Internship organized by  
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Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club



# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*M. Jeba Renciya*.....  
has participated in the Internship organized by  
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23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club



# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*S. Nivedha*.....  
has participated in the Internship organized by  
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23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club

# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*M. Deepika*.....  
has participated in the Internship organized by  
**Fashion Designers Club, Texvalley** from 18th April to  
23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club



# Certificate of Participation

## INTERNSHIP ' 2022

This is to certify that Ms.....*B. Bala Vinotha*.....  
has participated in the Internship organized by  
**Fashion Designers Club, Texvalley** from 18th April to  
23rd April 2022 for Holy Cross Home  
Science College, Thoothukudi.



**Ms. Varsha**  
Creative Designer & Head  
Fashion Designers Club

## INTERNSHIP TRAINING

An internship is a period of work experience offered by an organization for a limited period of time. Once confined to medical graduates, the term is now used for a wide range of placements in businesses, non-profit organizations and government agencies. They are typically undertaken by students and graduates looking to gain relevant skills and experience in a particular field. Employers benefit from these placements because they often recruit employees from their best interns, who have known capabilities, thus saving time and money in the long run. Internships are usually arranged by third-party organizations which recruit interns on behalf of industry groups.



### Objectives:

- The study is to learn about the functioning of export house and working of various departments particularly production, merchandising and sampling, earning knowledge about different departments of the company, their function and information flow during work.
- They have state-of-the art facilities comprising in-house computer embroidery facility, washing facilities and a sophisticated array of machinery.
- These facilities assist us in producing a quality assured range of garments for their valued clients.

To acquire practical experience in the Fashion and Textile sector, twelve final year B.Sc students participated in a week-long internship programme at Texvalley, Erode. Mr. Vinoth, Sales & Marketing, gave an introduction to Texvalley on the first day (April 18, 2022). Creative FDC led



the trainees to Texvalley Global and Shandy Market, where Ms. Varsha explained the operations of the industries, analysed the different product segments, and conducted trend analysis for well-known product segments such as Kids Wear, Women's Wear, and Men's Wear. Ms Varsha



delivered an introduction of the Fashion and Textile Industry on the second day (April 19, 2022), as well as the construction of Instagram and how to publish Vlogs. This is to gain a deeper understanding of how the industry works. On day 3, an industrial trip to M/S. Vari Fabrics in Perundurai was made to observe the

various working processes (Pattern Making –CAD, Cutting, Stitching, Pocket Logo, Trimming, Packing) in the garment unit (April 20, 2022). In the forthcoming years, the trainer made it a goal

for the students to think extensively, and they came up with unique concepts (Color changing Garments using thermographic inks etc.,). They were once again challenged to think artistically and proactively about the home assignments they were assigned. The trainer prompted the young brains to consider and explore creatively and quickly regarding Portfolio, Instagram Creative Making the next day (April 21, 2022) using brain storming sessions



to examine and make resourceful the activities they had completed. On April 22, 2022 (Day 5), the trainer instructed them and finally assigned the task through the ideas generated suggested by the trainees regarding Draping in various Styles and Materials, Fashion Illustration, Painting, and Photography. On the final day, all of the actions were performed and documented on April 23, 2022 (Day 6). All of the learners left constructive comments. Finally, the internship trainees submitted the credentials to Texvalley.

## Feedback

- They were able to identify my strengths and weaknesses.
- They were able to learn and incorporate how a company works inside and outside.
- They were able to identify their own threats where do they like behind.
- They learned the retail part in detail which high had no knowledge about earlier by walking in the front end at the store.
- They were able to handle the client orders on their home from the beginning stage to finally delivering them.
- They were able to learn how to approach and deal with the client.
- They were able to gain more knowledge about the fabrics, drums, materials and techniques for embellishments and embroideries,
- They learned the complete design process and they were able to relate with their college learning.
- They learned how to be disciplined while working efficiently and effectively.
- So overall they learnt a lot and found changes in themselves and our walking at the end of one week training.

*for* 25/04/22

**HOD**  
**Dept. of Fashion Designing & Apparel Making**  
**Holy Cross Home Science College**  
**Thoothukudi - 628 003**





Mathuravalli Durairaj &lt;smdmathuravalli@gmail.com&gt;

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**Sending the Fashion Designing students for Internship training**

5 messages

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**Mathuravalli Durairaj** <smdmathuravalli@gmail.com>

Wed, Apr 13, 2022 at 1:42 PM

To: designerstudio@texvalley.info

Dear Mam

I am writing to inform you that the hchsc bsc students 13 of fashion designing and apparel making. We would like to send our students to your esteemed institution for one week of internship training from April 18th to April 23rd, 2022. We would like to provide industrial experience on pattern making, grading computerised design, fashion merchandising, marketing, clothing psychology, fashion portfolio, illustration, apparel production, quality management of textiles, apparel export import and trade documentation by arranging internship training in a highly reputable industry. As a result, I request that you kindly uphold the academic requirements to our students and kindly take care of our students. I solicit your kind cooperation in this regard.

With kind regards

Yours faithfully

Dr. S.M.D.MATHURAVALLI

Associate Professor and Head

Dept. of Fashion Designing and Apparel Making

Holy Cross Home Science College

52, New Colony

Thoothukudi - 628 003

Tamil Nadu

Mobile: 9489466894

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**Designer Studio At Texvalley** <designerstudio@texvalley.info>

Thu, Apr 14, 2022 at 1:59 PM

To: Mathuravalli Durairaj &lt;smdmathuravalli@gmail.com&gt;

Hi Madam ,

We are pleased to confirm your students' acceptance of the internship . We would be happy to have them do the project with us. The 1 week internship will start from 18th April 2022 to 23rd April 2022. The timings for the interns will be from 10am to 7pm ist for 6 days, where 1.30pm to 2.30pm they can have lunch time. The daily schedules for the interns are attached here with. The Vehicle Facility for the students will be provided as they are staying in the hostel. During the internship with our company the interns will have to document each process that they go through daily and send the report by 8pm max. It's Mandatory for all the interns to send a Final report to designerstudio@texvalley.info in PDF format before 23rd April 12am. For ease of Documentation and Creative explorations, Kindly ask the students to bring Laptops, Sketch Books, Colours and Stationaries.

Final Internship completion certificate will be issued on submitting the mentioned docs

1. ID Card (Scan )
2. Bonafide Certificate
3. ID Proof(Aadhaar | Pan card)
4. Documentation (Bound Hard copy)
5. Testimonial video

**Kindly Note :** No excuses will be given and strict actions will be taken in terms of

-not attending the daily sessions and roaming around the company.

-not submitting and presenting the work given on time.

4/29/22, 10:19 AM


Gmail - Sending the Fashion Designing students for Internship training

-not submitting the daily report and weekly reports.

-not submitting the final doc in pdf and hard copy formats.

Regards  
Ms. Varsha  
Creative Designer and Head  
FDC, Texvalley  
[Quoted text hidden]

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 **INTERN SCHEDULE(1 WEEK).pdf**  
923K

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**Mathuravalli Durairaj** <smdmathuravalli@gmail.com>

Thu, Apr 14, 2022 at 2:28 PM

To: mary hilda <maryhilda65@rediffmail.com>, Sai Meenu <meenusai838@gmail.com>

With kind regards

Yours faithfully  
Dr. S.M.D.MATHURAVALLI  
Associate Professor and Head  
Dept. of Fashion Designing and Apparel Making  
Holy Cross Home Science College  
52, New Colony  
Thoothukudi - 628 003  
Tamil Nadu  
Mobile: 9489466894

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 **INTERN SCHEDULE(1 WEEK).pdf**  
923K

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**mary hilda** <maryhilda65@rediffmail.com>

Sat, Apr 16, 2022 at 12:43 PM

To: Mathuravalli Durairaj <smdmathuravalli@gmail.com>

Dear Madhu

Thank you dear. May God bless their efforts and keep all of them with health and happiness. Praying for them

Sister

[Quoted text hidden]

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**Mathuravalli Durairaj** <smdmathuravalli@gmail.com>

Sun, Apr 17, 2022 at 11:43 AM

To: mary hilda <maryhilda65@rediffmail.com>

Thank you for your support Sr!

With kind regards

Yours faithfully  
Dr. S.M.D.MATHURAVALLI  
Associate Professor and Head  
Dept. of Fashion Designing and Apparel Making  
Holy Cross Home Science College  
52, New Colony  
Thoothukudi - 628 003  
Tamil Nadu  
Mobile: 9489466894

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# FASHION DESIGNER CLUB

## INTERN SCHEDULE



Name of the student	
College	Holy Cross Home Science College, Thoothukudi
Name of Course & Batch	Dept. of Fashion Designing and Apparel Making
Date of Commencement of Internship	18-04-2022
Date of completion of Training	23-04-2022
College Mentor	Dr. S.M.D.MATHURAVALLI Associate Professor and Head Dept. of Fashion Designing and Apparel Making
Industry Mentor	Ms. Varsha Devika Creative Designer and Head Fashion Designers Club, Texvalley

Week 1	DAY 1-18 <sup>TH</sup> APRIL	DAY 2-19 <sup>TH</sup> APRIL	DAY 3- 20 <sup>TH</sup> April	DAY 4- 21 <sup>ST</sup> April	DAY 5- 22 <sup>ND</sup> April	DAY 6- 23 <sup>RD</sup> April
<b>Description</b>	Intro to Texvalley Market by Mr. Vinoth(Sales and Marketing)  Intro to FDC by Ms. Varsha(Creative Head, FDC)  Internal Department Visits   Texvalley Global and Shandy Market Visit – Documentation of the Day	Fashion and Textile Industry Overview Class – Documentation – Instagram Creatives Making	Industry Visit to Vari Fabs Garments Unit – Documentation – Instagram Creatives Making	Concept to creation Explorations with quick session – Documentation – Instagram Creatives Making	Idea Generation for Visual Merchandising the Studio(draping, crafts, paintingsetc)-documentation-Instagram creatives Making	Report
<b>Attendance</b>	Analyze the different product segments   Trend analysis for the known product segments	Learn to understand how the industry works	Visually Experience the working and processes inside a garments Unit	Creative Ability checking Exercises – create a collection of 5 garments of any new analyzed categories from day 1 exercise.	Creative Ability checking Exercises - Visual Merchandising the Studio(draping, crafts, paintingsetc)	Final Documentation preparation, printout, binding and submission
<b>Signature</b>						

### Documents need to submit:

1. ID Card
2. Bonafide Certificate
3. ID Proof
4. Documentation (Blinded hard copy)



Compose

Inbox

640

Starred

Snoozed

Sent

Drafts

55

Categories

Updates

373

Forums

Meet

New meeting

Join a meeting

Hangouts



Mathuravalli



Asha Kasthuri



to me, HR

Hi Madam ,

We are pleased to confirm your students' acceptance of the internship will start from 18th April 2022 to 23rd April 2022. 12.30pm they can have lunch time. The daily schedules for them as they are staying in the hostel. During the internship with them and send the report by 8pm max. It's Mandatory for all the interns to submit the report by 23rd April 12am. For ease of Documentation and Creative e. Stationaries.

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-not submitting and presenting the work given on time.

-not submitting the daily report and weekly reports.





# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com E-mail : hchsc@rediffmail.com

13/04/2022

Date :

To  
The Manager  
Taxvalley  
Erode

Respected Sir/ Madam,

Subject: Permission for internship training regarding

Greetings,

As a part of the curriculum, internship training is mandatory for III B.Sc Fashion Designing and Apparel Making student. Therefore, I request that consent may please be accorded for Thirteen students to endure the training in order to accomplish the realistic knowledge from 18/04/2022 to 23/04/2022 six days in your esteemed organization.

List of students :

M.Jeba Renciya

S.Deandra

R.Maria Snowrina

s.Hamsath Humairah

V.Arockiya Reni

M.Rosemary

P.Harshini

A.Fathima Parkhana

B.Bala Vinotha

S.Nivedha

M.Deepika

S.Petchiammal @Baby.

R.Anjali Devi

Thanking you,

Yours Sincerely,

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,

THOOTHUKUDI - 628 003



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V.Arockiya Reni

M.Rosemary

P.Harshini

A.Fathima Parkhana

B.Bala Vinotha

S.Nivedha

M.Deepika

S.Petchiammal @Baby

R.Anjali Devi

Thanking you,

Yours Sincerely,

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,  
THOOTHUKUDI - 628 003

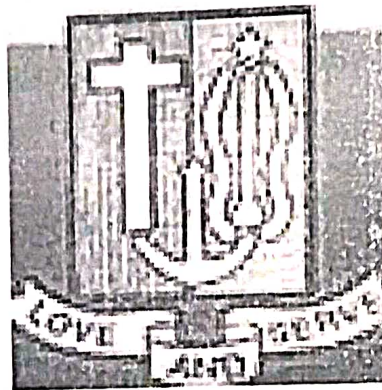


**HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**

*Re-accredited with B Grade by NAAC*

*(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)*

**DEPARTMENT OF FASHION DESIGNING & APPAREL MAKING**



**ODD SEMESTER 2021-22**

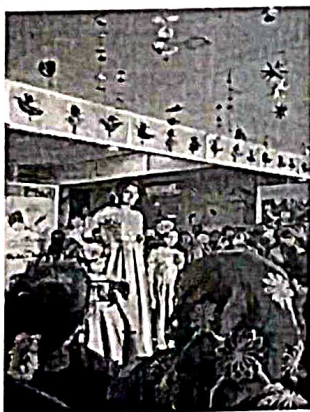
**INDUSTRIAL VISIT**


## INDUSTRIAL VISIT TO DREAM ZONE, MADURAI

The department of fashion designing and apparel making organized a visit to a fashion show "Ramp walk carnival" which was organized by dream zone Andalpuram, Madurai to have a clear view of designing a collection and to gather design inspirations. As a part of the programme, seven students from III rd FDAM and eighteen students from II nd FDAM went for the visit for the academic year 2021-22 which was conducted on 2<sup>nd</sup> October 2021 .

DreamZone, School of Creative Studies is the Asia's largest and India's premium training institute for creative and design education. Being a pioneer arm of CADD Centre, DreamZone is the fastest growing Design Training institution, which is NSDC approved Training Partner. The students were so enthusiastic and interested in seeing the work of them . Students of dream zone created two garments based on each theme the designs were very intricate and innovative they chose themes like onion, kerala painting, shades of sunset etc.. The best part of the show is that they didn't opt for professional models to display their garments instead they participated in the ramp along with their family members which was so emotional and kind of cute too. Students enjoyed watching the show and it was useful for them to analyze the silhouette of the garment, fabrics used, design details in each garment, music, lightings and backdrops of a fashion show.

At the end of the show there was a feedback session about the show. Students gained knowledge and insights about the requirements of a fashion show and on designing an entire collection based on a theme.



 04/10/21  
HOD

**HOD**  
Dept. of Fashion Designing & Apparel Making  
Holy Cross Home Science College  
Thoothukudi - 628 003



# DEPARTMENT OF FOOD SCIENCE AND NUTRITION

## EXTENSION ACTIVITY 2020 – 2021

### Nutritional Week Celebration

**Date:** 06 / 09/2021

**Activity:** Nutritional Week Celebration

**Place:** Sivanthakulam, Thoothukudi.

**Resource person:** Mrs.K.Rosy, Assistant Professor, Department of Food Science and Nutrition.

On 7<sup>th</sup> September 2021 Mrs. K.Rosy delivered speech on “Immune Booster Foods” for ICDS Workers. The Workers gave an extremely overwhelming response since these days everyone is conscious about health and well-being. A speech on the nutritional value of various foods by a staff was applauded by all. She spoke about an importance, functions of Immune Booster Foods in the body, lack of immune leads to various disease and disorder and intake of immune rich foods daily diet. Also conducted Nutri Expo to improve their Knowledge on Immune Booster Foods. The people were greatly benefitted with the sessions and learnt a lot of new things. Around 60 women's were benefitted.



*Sr. Rubhu*

Head of the Department  
Department of Food Science & Nutrition  
Holy Cross Homescience College  
Thoothukudi

# DEPARTMENT OF FOOD SCIENCE AND NUTRITION

## EXTENSION ACTIVITY 2020 – 2021

### Nutritional Week Celebration

**Date:** 06 / 09/2021

**Activity:** Nutritional Week Celebration

**Place:** Sivanthakulam, Thoothukudi.

**Resource person:** Mrs.A.Marithangam, Assistant Professor, Department of Food Science and Nutrition.

On 7<sup>th</sup> September 2021 Mrs. A.Marithangam delivered speech on “**Balanced Diet**” for Mentally Retarded Children’s and their Parents. She spoke about the importance of developing healthy eating habits. There were charts on the different types of diets, importance of nutrition, health benefits of balanced diet. Students and Parents got the opportunity to interact with some noted medical professionals and nutritionist, and gain advice on topics like balanced diet, right food for children, etc. The event got an Overwhelming response from all and was a grand success. Around 40 Parents and their Children’s were benefited.



*Dr. Rubha*

**Head of the Department**  
**Department of Food Science & Nutrition**  
**Holy Cross Homescience College**  
**Thoothukudi**



**DEPARTMENT OF FOOD SCIENCE AND NUTRITION**  
**EXTENSION ACTIVITY 2020 – 2021**  
**WOMEN'S DAY CELEBRATION**

**Date:** 08 / 03/2021

**Activity:** Women's day Celebration

**Place:** Boldenpuram, Thoothukudi.

**Resource person:** Ms. Maria Retina Sheeba, Assistant Professor, Department of Food Science and Nutrition.

On 8<sup>th</sup> March 2021 Women's day was celebrated in Boldenpuram at Thoothukudi. Ms. Maria Rethina Sheeba highlighted the topic on "CHOOSE TO CHALLENGE". She stressed point on different aspects of women holding responsibility and facing challenges in day to day life. also students created awareness on women's education through skit, group song, health tips for healthy living all were attentive, All were benefited it was eye opening. The staff and students interacted with women and feedback was collected. 20 women were participated.



*Sr. Rubha*  
Head of the Department  
Department of Food Science & Nutrition  
Holy Cross Homescience College  
Thoothukudi

## DEPARTMENT OF FOOD SCIENCE AND NUTRITION

EXTENSION ACTIVITY 2020 – 2021

### IODINE DEFICIENCY DISORDER

**Date:** 03 / 03/2021

**Activity:** Iodine Deficiency Disorder

**Place:** Boldenpuram, Thoothukudi.

**Resource person:** Mrs.K.Rosy, Assistant Professor, Department of Food Science and Nutrition.

On 3<sup>rd</sup> March 2021 Mrs. K.Rosy delivered speech on “Iodine Deficiency” for Women. She spoke about an importance, function of iodine in the body, lack of iodine leads to deficiency and intake of iodine rich foods daily diet. All the participants were enlightened by the talk which will prevent thyroid problem in the society. Around 20 women and 8 students were benefited.



*Sr. K. R. Rosy*

Head of the Department  
Department of Food Science & Nutrition  
Holy Cross Homescience College  
Thoothukudi



# DEPARTMENT OF FOOD SCIENCE AND NUTRITION

## EXTENSION ACTIVITY 2021 – 2022

### Nutritional Week Celebration

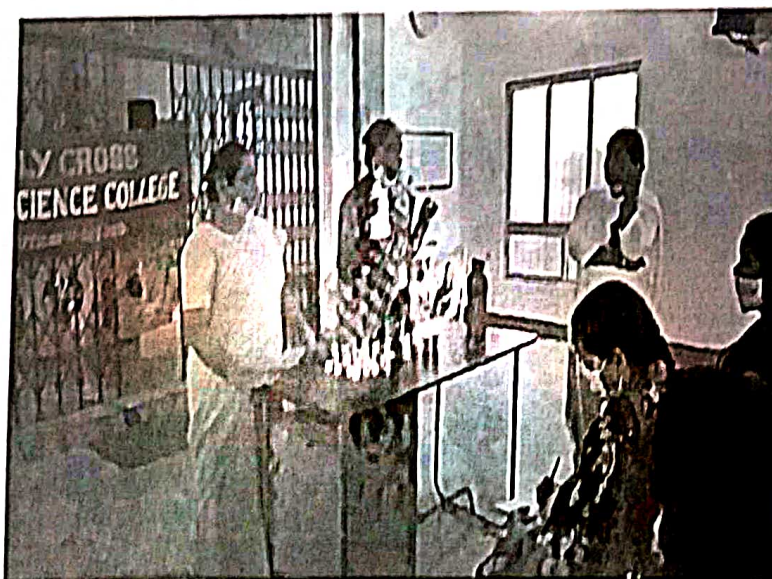
**Date:** 25/11/2021

**Activity:** Sanitizer Preparation and Distribution

**Place:** Boldenpurum. Thoothukudi.

**Resource person:** Dr.Sr.Rubha, HoD, Mrs.A.Marithangam, Assistant Professor, Department of Food Science and Nutrition.

On 25/ 11/2021 Dr.Sr.RubhaM.S and Mrs Marithangam and students went to Boldenpurum for the extension activity. Sr.Rubha delivers speech on importance of health and hygiene and tips for the precaution, home remedy for the Covid19. Mrs.Marithangam exhibited the preparation of the sanitizer ,15 women were Participated and benefited , Sr. Rubha distributed the sanitizer to the women and they were happy . They told that they will prepare the product at home.



*Sr. Rubha*  
Head of the Department  
Department of Food Science & Nutrition  
Holy Cross Homescience College  
Thoothukudi

# Visit to the Food Testing Lab or Any Agency of Food Standards

## REPORT

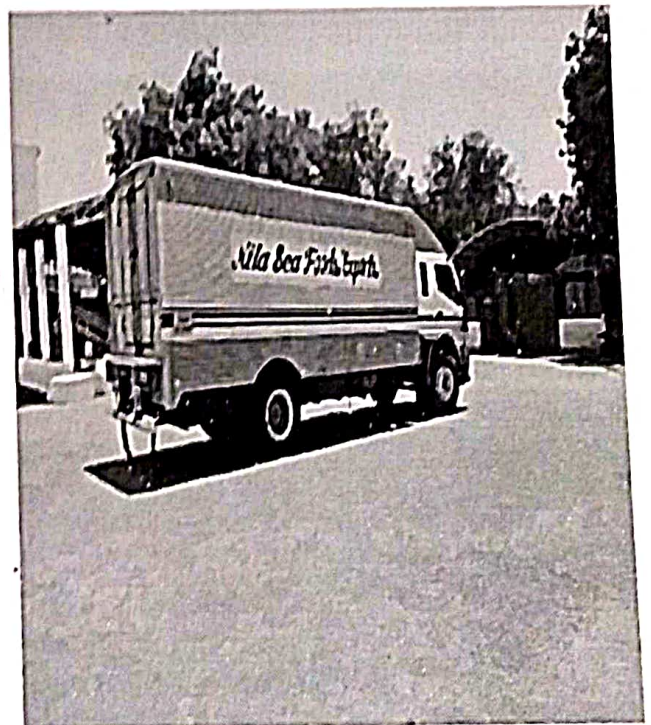
Exercise No: 02

Date: 12/02/2022

Name: S. Muthulakshmi

Visiting Place: Nila Sea foods and Cold Storage

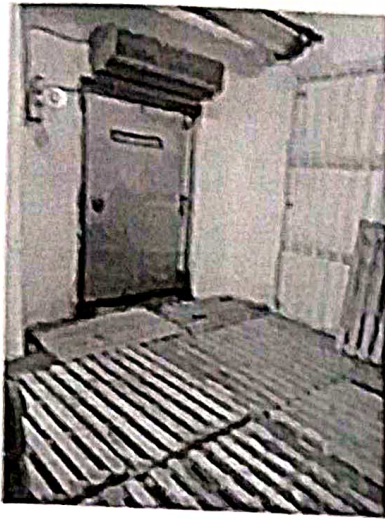
On 12.03.2022 our Department of Food Science and Nutrition from Holy Cross Home Science College, 3rd year students were taken to an industrial visit to "Nila Sea Foods and Cold Storage" in Thoothukudi. For the purpose of certificate course on "Introduction to food safety"



We 30 students were taken by bus safety. At Nila Sea Foods the guide took us to explore various aspects of the food industry. We were taught about sea food processing and packaging they also took us to the cold storage room which was maintained at -24 degree Celsius we were allowed to see the work place.



5. Link the processes of pregnancy and lactation.
6. Describe the process of fertilization.
7. Write on medulla oblongata.
8. Draw and describe the parts of cerebrum.
9. Describe the structure and functions of a spinal cord.
10. Write on the receptors of pain and temperature.
11. Explain the role of posterior pituitary hormones.
12. Describe the structure of pancreas and its role in glucose metabolism.
13. Highlight the role of adrenal medulla in the human system.
14. Write a note on female puberty and menopause.
15. Brief on pregnancy, child birth and lactation.
16. Write on autonomous nervous system.
17. Write about the nervous system
18. Explain about the thyroid gland
19. Explain about the parathyroid gland
20. Discuss on lactation process.

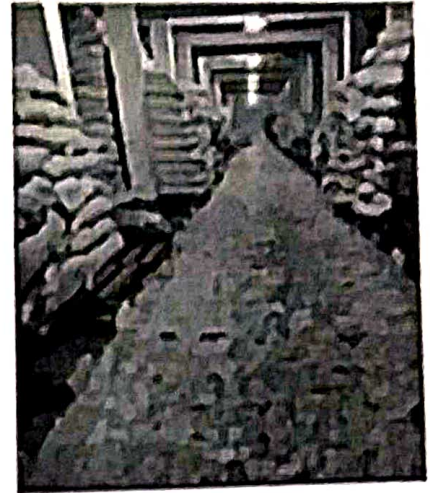
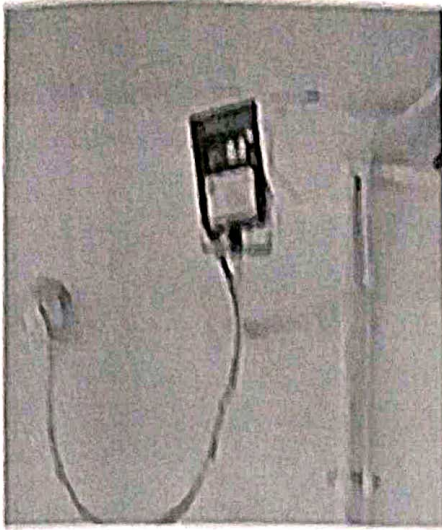


The stored fish, prawn, shrimps, squid were shown and the processing method were discussed. Which was very informative and it helps us to learn more about sea food business.

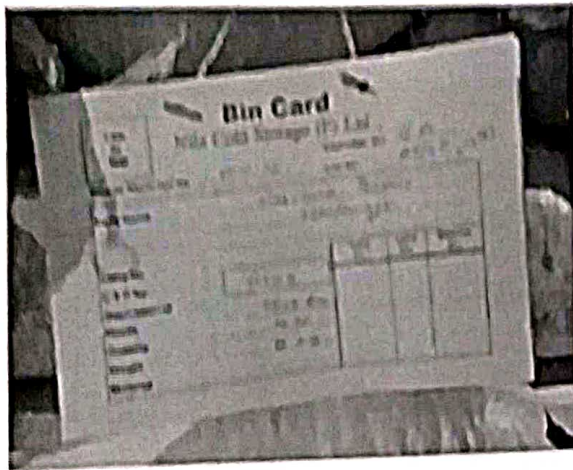


Then we were taken to the storage area of groceries, fruits, vegetables, and flowers which was maintained at 8 Degree Celsius to retain quality and its shelf life was increased by 2 years. When we get in to the room the door was open till we get out side of the room. After that the temperature of the room automatically changed to equalize the warm temperature which get into the room. This happened to maintain the normal temperature in the room protect the products from reduction of shelf life. This could happen in both the concrete and wooden storage rooms.





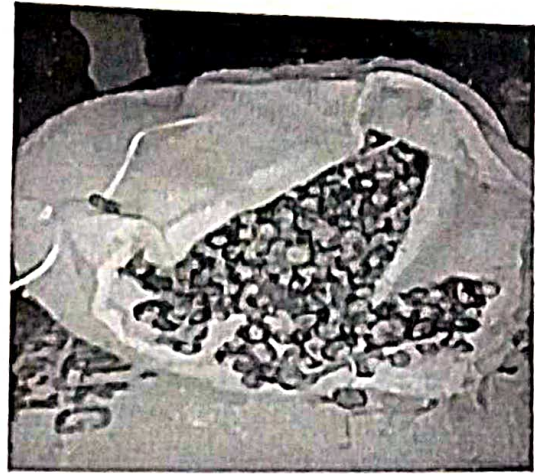
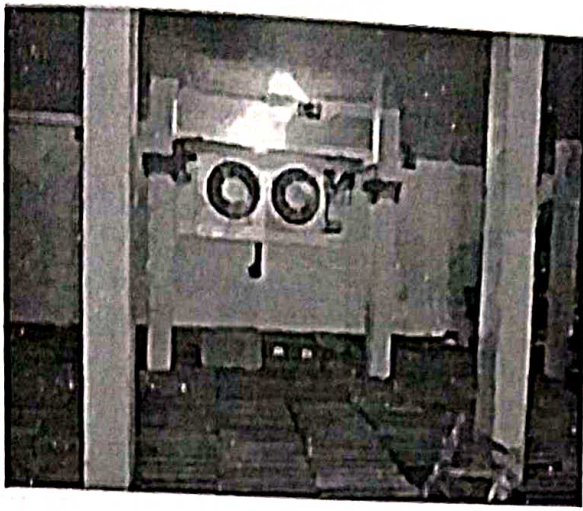
The bundles of bag were tagged by a yellow or white card. Yellow card means the product money was lent by the Bank and the White card means the product fully won by the Business man.



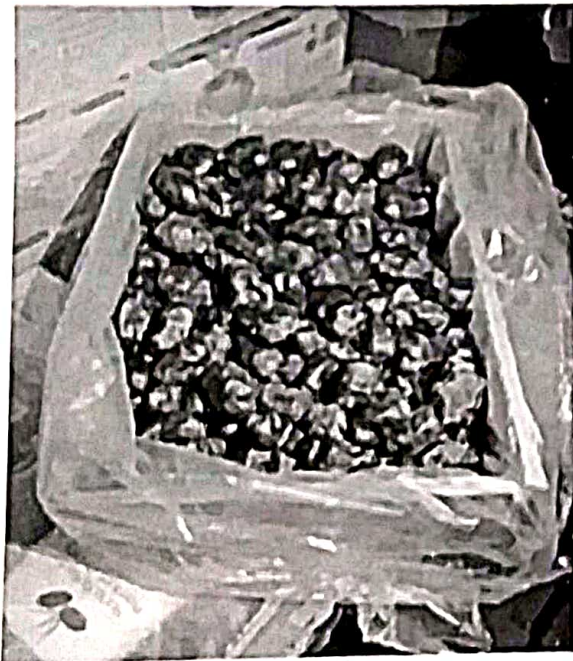
Different types of Cold Storage room were there. Like, Concrete storage room and Wooden storage room. Concrete storage room for store the Sea foods like fish, crabs, octopus, prawn and also shrimps. Then Wooden storage room for store the groceries like dry chili, fruits and vegetables, dates, flowers and pulses.

Woods of Wooden storage were taken from Kundur in Andhra Pradesh. Palm stems were used for Cold storage room. Because that was very strong and chillness increases strength and there was no temperature will loss and also has high flexibility.





Raw ingredients of Maharaj Masala like coriander seeds, dry chili, turmeric, fennel seeds, cumin seeds are fenugreek were stored there. Dates from Iran were also stored there. Iran dates were very well in taste than Arabian dates. Yes, they gave the dates for us.



We were taught about the manufacture of ice, and steps of preparation was well discussed they also demonstrated ice preparation and strategies. The ice was freeze at  $-17^{\circ}\text{C}$ . The water was first purified and frozen into cubes weighing 50kg. Then the ice was crushed into small pieces because crushed ice did not melt easily. They transport the ice cubes to the nearby fishing areas and fish markets. They spent 15 lakhs of money only for electricity.

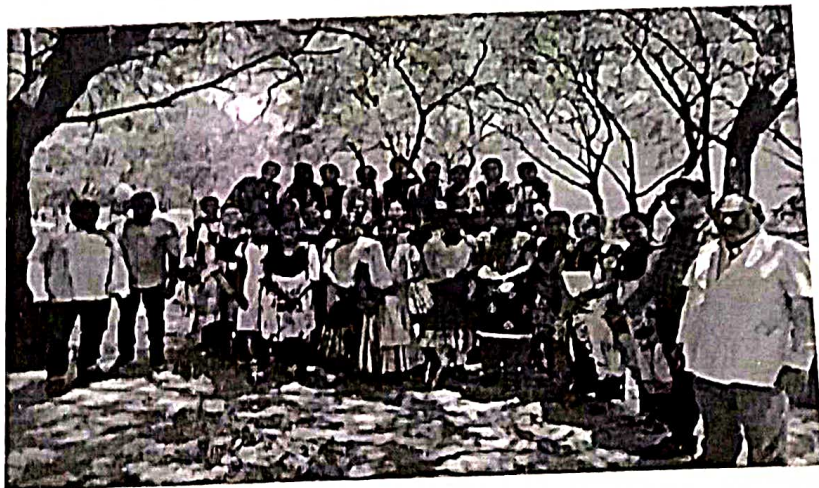




Thus, the industrial visit was very well organized and executed it turned out to be very informative and we students explored. The sea food industry in processing and preparation domine.

### **Result:**

After that visit, I was learned about the storage methods and temperatures of fish and other sea foods, pulses, fruits and vegetables and spices in the "Nila Sea Foods and Cold Storage". They cut collect the products like spices, pulses, dates, fruits from the owners or business man. Me and my friends were getting into the Fish storage room and that was a concrete storage room. This experience was really awesome and felt like that I was in a Himalaya. This Himalaya experience make me energetic and stimulate me to learn everything about the Cold Storage room. Now I know all about the storing techniques in the Cold Storage room.





# **HOLY CROSS HOME SCIENCE COLLEGE**

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003,

Phone : 0461-2328285, Fax : 0461-2328284

Website : [www.hchsc.com](http://www.hchsc.com)

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10/03/2022

To  
The Managing Director,  
Nila Sea foods Pvt Ltd,  
Thoothukudi

Respected Sir,

Sub: To Visit the Nila Sea foods

\*\*\*\*\*

Our college is offering Food Science and Nutrition course for U.G students. They have a paper on Food processing and preservation. To have a practical knowledge the Department has planned to visit your esteemed organization on 12<sup>th</sup> March 2022, 33 UG students and 2 staff are accompanied. Kindly permit to visit your cold storage.

Thanking you with warm regards

Yours sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

**HOLY CROSS HOME SCIENCE COLLEGE**

52, NEW COLONY,  
THOOTHUKUDI - 628 003



**HOLY CROSS HOME SCIENCE COLLEGE**  
**DEPARTMENT FOOD SCIENCE AND NUTRITION**

**2020 -2021**

**INDUSTRIAL VISIT**

**Date: 18 / 03/2021**

**Activity: INDUSTRIAL VISIT**

**Place: Nila Sea Foods, Thoothukudi.**

A field visit to Nila Sea Foods was organized on 18-03-2021 for the PG students by the Department of Food Science and Nutrition. The main aim of the visit was to improve the knowledge of the students on food processing and storage. Mrs. K.Rosy Assistant Professor Department of Food Science and accompanied the students to the visit. A variety of food products stored like cereals, pulses, tamarind and chilies were observed. The cold storage of various fishes like salmon, pomfret, cuttle fish, and prawns were viewed. A Head officer of Nila Sea foods explained on packing and storage techniques, the various values added substances added to the food products were explained. Overall the visit to Nila Sea Foods was very useful to the students. Finally feedback was collected from the students.



*S. R. K. R. S.*  
Head of the Department  
Department of Food Science & Nutrition  
Holy Cross Home Science College  
Thoothukudi

*AKD*  
PRINCIPAL  
HOLY CROSS HOME SCIENCE COLLEGE  
52, NEW COLONY,  
THOOTHUKUDI - 628 002



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : [www.hchsc.com](http://www.hchsc.com) E-mail : [hchsc@rediffmail.com](mailto:hchsc@rediffmail.com)

---

02/02/2021

To  
The Managing Director,  
Nila Sea foods Pvt Ltd,  
Thoothukudi

Respected Sir,

Sub: To Visit the Nila Sea foods

Our college is offering Food Science and Nutrition course for U.G and P.G students. They have a paper on Food processing and preservation. To have a practical knowledge the Department has planned to visit your esteemed organization on 23<sup>rd</sup> February 2021, 17 PG students and 2 staff are accompanied. Kindly permit to visit your cold storage.

Thanking you with warm regards

Yours sincerely

Dr. Sr. Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,  
THOOTHUKUDI - 628 003





# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com E-mail : hchsc@rediffmail.com

Date :

26/04/2022

To  
Mr.Prabukumar.R.  
CEO HR and Quality  
KG Hospital and Postgraduate Medical Institute,  
Coimbatore

Respected Sir,

Subject: Internship training –sending III B.Sc Students-regarding.

\*\*\*\*\*

Greetings from Principal

I would like to inform that our institution is offering a paper on “DIETETICS” for III B.Sc (Food Science and Nutrition) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 29/04/2022 to 05/05/2022 seven days in your esteemed hospital.

List of students:

1. P.Ramya
2. V.Madhumitha
3. S.Jubidch Lira Rose
4. S.Sulpiga
5. Nuala.A.Tess

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE  
52, NEW COLONY,  
THOOTHUKUDI - 628 003



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com E-mail : hchsc@rediffmail.com

Date : 26/04/2022

To  
The Medical Director  
A.V.M Hospital,  
Thoothukudi

Respected Sir,

Subject: Internship training –sending III B.Sc Students-regarding.

\*\*\*\*\*

Greetings from Principal

I would like to inform that our institution is offering a paper on “DIETETICS” for III B.Sc (Food Science and Nutrition) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 29/04/2022 to 05/05/2022 seven days in your esteemed hospital.

List of students:

1. H.Jesu steffy
2. T.Shanmathi
3. G.Rohini
4. I.Rohinisha Fdo
5. P.Gethzie Rajila
6. S.Aditi Mahasri

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda  
PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE  
52, NEW COLONY,  
THOOTHUKUDI - 628 003





# HOLY CROSS HOME SCIENCE COLLEGE

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Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com E-mail : hchsc@rediffmail.com

Date : 26/04/2022

To  
The Medical Director  
Devadoss Hospital  
Madurai.

Respected Sir,

Subject: Internship training –sending III B.Sc Students-regarding.

\*\*\*\*\*

Greetings from Principal

I would like to inform that our institution is offering a paper on “DIETETICS” for III B.Sc (Food Science and Nutrition) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 29/04/2022 to 05/05/2022 seven days in your esteemed hospital.

List of students:

- |                      |                     |
|----------------------|---------------------|
| 1. M.Mahaboob Wasifa | 7. B.Veera sandhiya |
| 2. K.Aswini          | 8. S.Sobiya         |
| 3. A.Shibana Merlin  | 9. B.Annal Jeba     |
| 4. M.Porselvi        | 10. S.Muthu lakshmi |
| 5. C.Abisha          | 11. G.Pavithra      |
| 6. D.Jenifer Mary    | 12. K.Thanalakshmi  |

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,

THOOTHUKUDI - 628 003



# LEONARD HOSPITAL

SISTERS OF THE CROSS OF CHAVANOD  
BATLAGUNDU - 624 202.

Dindigul District. S. India.

☎ STD (04543) - OFFICE 262041, ENQUIRY 264254, MEDICAL SUPDT. 262340, Admn.: 265256,  
E-mail: holyleonard@gmail.com


Date: 02.10.2021

## TRAINING CERTIFICATE

This is to certify that Miss.Rajalakshmi.S, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

  
(Sr.Pushpakumari)  
ADMINISTRATOR  
Leonard Hospital

BATLAGUNDU-624 202  
Dindigul District,  
S. India.



Date: 02.10. 2021

**TO WHOM SO EVER IT MAY CONCERN**

This is to certify that **Ms. John Runne .X** she is Studying Master Of Science Clinical Dietetics & Food Management in **Holy Cross Home Science College** successfully completed her Internship Training in our Hospital from 18.09.2021 to 02-10-2021 onwards.

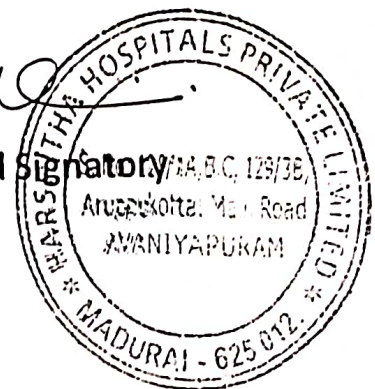
During her Training period we found her tenure conduct has been good.

We wish all the best in her future endeavours.

For Harshitha Hospitals Private Ltd.,



Authorised Signatory



### DIETARY INTERNSHIP EVALUATION SHEET

NAME OF THE HOSPITAL: SHIFA HOSPITAL, TIRUNELVELI-1


NAME OF THE INSTITUTION: HOLYCROSS HOMESCIENCE COLLEGE, THOOTHUKUDI.

DURATION : 15/02/2022 – 16/03/2022 (1MONTH)

GRADE : I YEAR M.SC DIETETICS AND FOOD MANAGEMENT

NAME OF THE CANDIDATE	S.GEETHA PRIYA (20212082508205)	S.SHAJITHA BANU (20212082508216)	S.CHARU NIVEDHA (20212082508203)
ATTENDANCE (5)	5	5	5
CASE STUDY (15)	15	15	15
NUTRITIONAL ASSESSMENT (10)	10	10	10
NUTRITIVE VALUE CALCULATION (10)	10	10	10
DIET COUNSELLING (10)	10	10	10
DIET SETTING (5)	5	5	5
SEMINAR (5)	5	5	5
TOTAL (60)	60	60	60

A.P.  
 A.RAJALAKSHMI  
 (DIETITIAN)







**Shifa  
Hospitals**  
— Since 1971 —

82, Kailasapuram Middle Street, Tirunelveli Junction, Ph : 0462-2323041 to 43  
Cell : 94421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

Date: 05/05/2022

## TO WHOM IT MAY CONCERN

This is to certify that Ms.K.Nithiksha, Reg No: 20192081513220 a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our SHIFA HOSPITALS, Tirunelveli.

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Shifa Hospitals,

*Handwritten signature*  
5/5/22  
HR Manager,

Shifa Hospitals

Tirunelveli.





**Shifa  
Hospitals**  
— Since 1971 —

82, Kallasapuram Middle Street, Tirunelveli Junction. Ph : 0462-2323041 to 43  
Cell : 94421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

Date: 05/05/2022

## TO WHOM IT MAY CONCERN

This is to certify that Ms.M.Kaleeswari ,Reg No: 20192081513216 a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our SHIFA HOSPITALS, Tirunelveli.

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Shifa Hospitals,

  
HR Manager,

Shifa Hospitals,  
Tirunelveli.







**Shifa  
Hospitals**  
— Since 1971 —

02, Vellore Airport, Middle Street, Thiruvallur Junction, TN | 0452-2323041 to 43  
Cell : 94421 39292, Fax : 2331553 Email : shifahospitals2004@yahoo.com

Date: 05/05/2022

## TO WHOM IT MAY CONCERN

This is to certify that Ms. A. Iswarya, Reg No: 20192081513212 a Third year student of B.Sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Theothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our SHIFA HOSPITALS, Tirunelveli.

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Shifa Hospitals,

*Handwritten signature*  
HR Manager,  
Shifa Hospitals,  
Tirunelveli.





**Shifa  
Hospitals**  
— Since 1971 —

82, Kailasapuram Middle Street, Tirunelveli Junction. Ph : 0462-2323041 to 43  
Cell : 94421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

**Date: 05/05/2022**

## TO WHOM IT MAY CONCERN

This is to certify that **Ms.M.Rajadharshini, Reg No: 20192081513224** a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from **29.04.2022 to 05.05.2022** at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

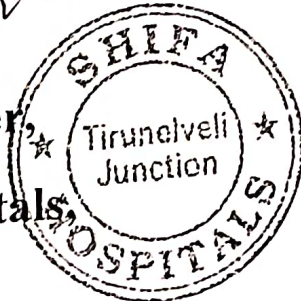
We wish her every success in life.

**For Shifa Hospitals,**

*Carloppy*  
*4/5/22*  
**HR Manager,**

**Shifa Hospitals,**

**Tirunelveli.**







**Shifa  
Hospitals**  
— Since 1971 —

Apuram Middle Street, Tirunelveli Junction. Ph : 0462-2323041 to 43  
24421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

**Date: 05/05/2022**

### TO WHOM IT MAY CONCERN

This is to certify that **Ms.C.Abi Anushiya ,Reg No: 20192081513202** a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from **29.04.2022 to 05.05.2022** at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

**For Shifa Hospitals,**

*[Signature]*  
**HR Manager,**



**Shifa Hospitals,**

**Tirunelveli.**

**Date: 05/05/2022**

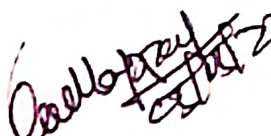
**TO WHOM IT MAY CONCERN**


This is to certify that **Ms.C.Abi Anushiya ,Reg No: 20192081513202** a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from **29.04.2022** to **05.05.2022** at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

**For Shifa Hospitals,**

  
**HR Manager,**  
**Shifa Hospitals,**  
**Tirunelveli.**







**Shifa  
Hospitals**  
— Since 1971 —

82, Kallasapuram Middle Street, Tirunelveli Junction. Ph : 0462-2323041 to 43  
Cell : 94421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

**Date: 05/05/2022**

## **TO WHOM IT MAY CONCERN**

This is to certify that **Ms.T.Amutha ,Reg No: 20192081513205** a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from **29.04.2022 to 05.05.2022** at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

**For Shifa Hospitals,**

*Jeevitha*  
*05/05/22*  
**HR Manager,**  
**Shifa Hospitals,**  
**Tirunelveli.**





# K G Hospital

and Post Graduate Medical Institute & Research Centre

(Run by K. Govindaswamy Naidu Medical Trust)

No. 5, Govt. Arts College Road, Coimbatore - 641 018, INDIA.

Tel : (0422) 404 21 21, 221 91 91, 98429 28833 Fax : 0422 - 221 12 12

E-mail : info@kghospital.com Website : www.kghospital.com - EMERGENCY HELPLINE BSNL Landline : 155



5<sup>th</sup> May 2022

## CERTIFICATE

### TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Ramya P (Reg No: 20192081513225), studying Final Year B.Sc Food Science & Nutrition at Holy Cross Home Science College, Coimbatore has undergone her Internship training in the Department of Dietary in this hospital from 29<sup>th</sup> April 2022 to 5<sup>th</sup> May 2022.

During the above period, she was sincere and took keen interest in Learning. Her character and attendance were good.

JOY KUMAR K S

K.S. AJOY KUMAR  
GENERAL MANAGER - HRD  
K G HOSPITAL, COIMBATORE - 18





# K G Hospital

and Post Graduate Medical Institute & Research Centre

(Run by K. Govindaswamy Naidu Medical Trust)

No. 5, Govt. Arts College Road, Coimbatore - 641 018, INDIA.

Tel. (0422) 404 21 21, 221 91 91, 98425 28833 Fax: 0422 - 221 12 12

E-mail: info@kghospital.com Website: www.kghospital.com - EMERGENCY HELPLINE BSNL Landline - 155




5<sup>th</sup> May 2022

## CERTIFICATE

### TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Sulpiha S (Reg No: 20192081513231), studying Final Year B.Sc Food Science & Nutrition at Holy Cross Home Science College, Coimbatore has undergone her Internship training in the Department of Dietary in this hospital from 29<sup>th</sup> April 2022 to 5<sup>th</sup> May 2022.

During the above period, she was sincere and took keen interest in Learning. Her character and attendance were good.

  
AJAY KUMAR K S

K S AJAY KUMAR  
GENERAL MANAGER - PGD  
K G HOSPITAL, COIMBATORE - 12



Dr. JEYASEKHARAN MEDICAL TRUST



Dr. JEYASEKHARAN HOSPITAL & NURSING HOME

FOUNDERS :

(Late) Dr. N.D. Jeyasekharan, M.B.B.S., F.R.C.S.  
(Late) Mrs. M. Rani Jeyasekharan, M.Sc.,

MANAGING TRUSTEE :

Dr. D. Devaprasath Jeyasekharan, M.B.B.S., M.S.(Gen.), F.A.M.S. Urology (Vienna)

TRUSTEES :

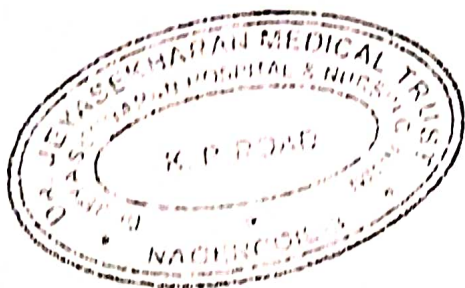
Dr. S. Sabu Jeyasekharan, M.B.B.S., M.S.(Gen.) (Gastroenterologist)  
Dr. J. Ranjit Jeyasekharan, M.B.B.S., D.M.R.D., M.D.(Gen. Med)

Ref. No. JC/4/832/22

05-05-2022

TO WHOM IT MAY CONCERN

This is to certify that Ms.Nuala A.Tess, III year B.Sc Food Science and Nutrition student of Holy Cross Home Science College, Tuticorin, has done her Internship Training in the Department of Dietary of this 200 bed Multispeciality Institution for 6 days between 29-04-2022 to 05-05-2022.



*Sujatha Ranjit*

MRS SUJATHA RANJIT  
ADMINISTRATOR  
Dr. JEYASEKHARAN MEDICAL TRUST.





# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com E-mail : hchsc@rediffmail.com

Date :

26/04/2022

To  
The Medical Director  
Shifa Hospital  
Tirunelveli.

Respected Sir,

Subject: Internship training –sending III B.Sc Students-regarding.

\*\*\*\*\*

Greetings from principal

I would like to inform that our institution is offering a paper on "DIETETICS" for III B.Sc (Food Science and Nutrition) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 29/04/2022 to 05/05/2022 seven days in your esteemed hospital.

List of students:

1. K.Nithiksha
2. M.Rajadharshini
3. C.Abi anushiya
4. T.Amutha
5. A.Iswarya
6. K.Elakkiya
7. J.Denisha Shailini
8. M.Kaleeswari
9. R.Vincy Roselin

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE  
52, NEW COLONY,  
THOOTHUKUDI - 628 003



28/04/2022

To  
Dr.Jayasekharan Medical Trust  
K.P.Road  
Nagercoil – 629 003

Respected Sir,

Subject: Internship training –sending III B.Sc Students-regarding.

\*\*\*\*\*

Greetings from principal

I would like to inform that our institution is offering a paper on “DIETETICS” for III B.Sc (Food Science and Nutrition) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 29/04/2022 to 05/05/2022 seven days in your esteemed hospital.

List of students:

1. S.Jubidch Lira Rose
2. Nuala. A. Tess

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,  
THOOTHUKUDI - 628 003





Dr. JEYASEKHARAN MEDICAL TRUST



## Dr. JEYASEKHARAN HOSPITAL & NURSING HOME

**FOUNDERS :**

(Late) Dr. N.D. Jeyasekharan, M.B.B.S., F.R.C.S.  
(Late) Mrs. M. Rani Jeyasekharan, M.Sc.,

**MANAGING TRUSTEE :**

Dr. D. Devaprasath Jeyasekharan, M.B.B.S., M.S. (Gen.), F.A.M.S. (Urology) (Merrica)  
**TRUSTEES**

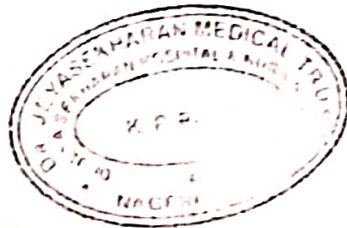
Dr. S. Sabu Jeyasekharan, M.B.B.S., M.S. (Gen.) (Gastroenterologist)  
Dr. J. Ranjit Jeyasekharan, M.B.B.S., D.M.R.D., M.D. (Gen. Med)

Ref. No. JC/4/831/22

05-05-2022

**TO WHOM IT MAY CONCERN**

This is to certify that Ms. Jubidch Lira Rose.S, III year B.Sc Food Science and Nutrition student of Holy Cross Home Science College, Tuticorin, has done her Internship Training in the Department of Dietary of this 200 bed Multispeciality Institution for 6 days between 29-04-2022 to 05-05-2022.



*Sujatha Ranjit*

MRS SUJATHA RANJIT  
ADMINISTRATOR  
Dr. JEYASEKHARAN MEDICAL TRUST.



ISO 9001:2015 & ISO 14001:2015

K.P. Road, Nagercoil - 629 003, Tamilnadu, South India. • Phone : +91 (0) 4652 230019/20/21, 233905/6  
Fax : +91 (0) 4652 230405 • E-mail : jeyasekharanmedicaltrust@gmail.com  
Web site : www.jeyasekharanmedicaltrust.com

**Date: 05/05/2022**

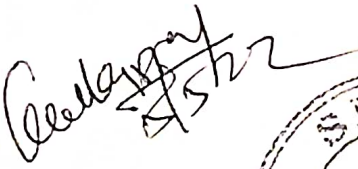
### TO WHOM IT MAY CONCERN

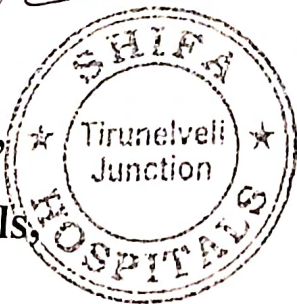
This is to certify that **Ms.K. Elakkiya**, Reg No: 20192081513210 a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

**For Shifa Hospitals,**

  
**HR Manager,**  
**Shifa Hospitals,**  
**Tirunelveli.**







**Shifa  
Hospitals**  
Since 1971

82, Kalasapuram Middle Street, Tirunelveli Junction, Ph: 0462-2323041 to 43  
Cell: 94421 39292, Fax: 2351566 Email: shifahospitals2004@yahoo.com

Date: 05/05/2022

## TO WHOM IT MAY CONCERN

This is to certify that Ms:R.Vincy Roslin, Reg No: 20192081513236 a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our **SHIFA HOSPITALS, Tirunelveli.**

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

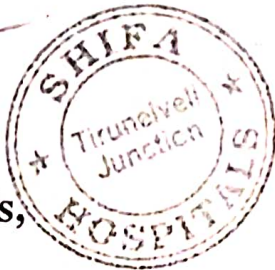
We wish her every success in life.

For Shifa Hospitals,

  
HR Manager,

Shifa Hospitals,

Tirunelveli.



---

Committed to quality patient care since 1971

Helpline : 95432 00100



**Shifa  
Hospitals**

Since 1971

82, Kailasapuram Middle Street, Tirunelveli Junction Ph : 0462-2323041 to 43  
Cell : 94421 39292, Fax : 2351566 Email : shifahospitals2004@yahoo.com

Date: 05/05/2022

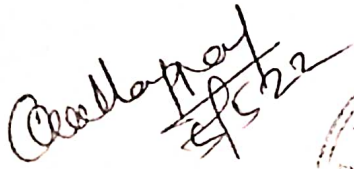
## TO WHOM IT MAY CONCERN

This is to certify that Ms.J.Denisha Shalini, Reg No: 20192081513209 a Third year student of B.sc., Food Science and Nutrition With Holy Cross Home Science College, New Colony, Thoothukudi, has successfully completed Internship Programme of One week with us from 29.04.2022 to 05.05.2022 at our SHIFA HOSPITALS, Tirunelveli.

During the period of her internship programme, she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Shifa Hospitals,

  
HR Manager,  
Shifa Hospitals,  
Tirunelveli.







**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. S Adithimahasri,**  
(Reg. No. 20192081513204) Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and  
career.

Place: Thoothukudi

Date: 06.05.2022

(MEDICAL DIRECTOR)



**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. P Arthi Shalini,**  
(Reg. No. 20192081513207) Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and career.

Place: Thoothukudi

Date: 06.05.2022

(MEDICAL DIRECTOR)





**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. H Jesusteffy,**  
(Reg. No. 20192081513214) Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and  
career.

Place: Thoothukudi

Date: 06.05.2022

(MEDICAL DIRECTOR)



**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. P Gethzie Rajila,**  
(Reg. No. 20192081513211) Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found punctual,  
hard working and inquisitive.

We wish her a grand success in her life and career.

(MEDICAL DIRECTOR)

Place: Thoothukudi  
Date: 06.05.2022





**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. G Rohini,**  
(Reg. No. 20192081513226) Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and  
career.

Place: Thoothukudi

Date: 06.05.2022

(MEDICAL DIRECTOR)



**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**


This is to certify that **Ms. I.Rohinisha Fdo,**  
(Reg. No. 20192081513227), Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and  
career.

Place: Thoothukudi

Date: 06.05.2022

  
(MEDICAL DIRECTOR)





**A.V.M. HOSPITAL,**  
135, Palayamkottai Road, THOOTHUKUDI - 628 003.  
Phone : 2325438, 2325461, 2320733



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. T Shanmathi,**  
(Reg. No. 20192081513228), Student of Holycross Home science,  
Thoothukudi, studying Third year B.Sc., Food Science Nutrient has  
successfully completed Internship program from 29<sup>th</sup> April 2022 to 05<sup>th</sup>  
May 2022 at AVM Hospital in the department of Dietitian.

During this internship period, she was found  
punctual, hard working and inquisitive.

We wish her a grand success in her life and  
career.

Place: Thoothukudi

Date: 06.05.2022

(MEDICAL DIRECTOR)



# **HOLY CROSS HOME SCIENCE COLLEGE**

( Re-Accredited with "B" Grade by NAAC )

62, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : [www.hchsc.com](http://www.hchsc.com)

07 / 02 / 2022

To  
The Administrator  
KG Hospital,  
Gopalapuram,  
Coimbatore

Respected Sir,

Subject: Internship training –sending I M.Sc Students-reg

Greetings from Principal

I take this opportunity to inform that our institution is offering a paper on "CLINICAL DIETETICS" for I M.Sc (Dietetics & Food Management) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request that consent may please be accorded for the four students to undergo the training in order to accomplish the realistic knowledge on the subject from 15/2/2022 to 17/3/2022 for thirty days in your esteemed hospital.

List of students:

U.Viruthika  
M.Ramalakshmi  
A.Maria selva gracy  
U.Sherly

Thanking You

Yours Sincerely

  
Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE  
62, NEW COLONY,  
THOOTHUKUDI - 628 003





# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com

07 / 02 / 2022

To  
The Administrator  
Dr. Kamatchi Memorial Hospital  
Pallikaranai  
Chennai

Respected Sir

Subject: Internship training –sending I M.Sc Students-reg.

Greetings from Principal

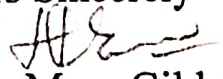
I take this opportunity to inform that our institution is offering a paper on "CLINICAL DIETETICS" for I M.Sc (Dietetics & Food Management) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request that consent may please be accorded for the Twelve students to undergo the training in order to accomplish the realistic knowledge on the subject from 15/2/2022 to 17/3/2022 for thirty days in your esteemed hospital.

List of students:

1. H.Helan Jasmin Jenifer
2. P.Nandhini
3. P.Eylin Perciah
4. G.Sneha Roobala
5. S.Selin Chitra
6. A.N. Mahmoodha Safrun
7. V.Muthurani
8. R.Kannika
9. J.Jerin
10. R.Aishwarya
11. A.Asmitha Preethi
12. D.Josephine Prabha

Thanking You

Yours Sincerely

  
Dr. Sr. Mary Gilda

HOLY CROSS HOME SCIENCE COLLEGE

THOOTHUKUDI - 628 003



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com

07 / 02 / 2022

To  
The Administrator  
Dr.Kamatchi Memorial Hospital  
Pallikaranai  
Chennai

Respected Sir

Subject: Internship training –sending I M.Sc Students-reg.

Greetings from Principal

I take this opportunity to inform that our institution is offering a paper on "CLINICAL DIETETICS" for I M.Sc (Dietetics & Food Management) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request that consent may please be accorded for the Twelve students to undergo the training in order to accomplish the realistic knowledge on the subject from 15/2/2022 to 17/3/2022 for thirty days in your esteemed hospital.

List of students:

1. H.Helan Jasmin Jenifer
2. P.Nandhini
3. P.Eylin Perciah
4. G.Sneha Roobala
5. S.Selin Chitra
6. A.N. Mahmoodha Safrun
7. V.Muthurani
8. R.Kannika
9. J.Jerin
10. R.Aishwarya
11. A.Asmitha Preethi
12. D.Josephine Prabha

Thanking You

Yours Sincerely

  
Dr.Sr.Mary Gilda





# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com

07 / 02 / 2022

To  
The Administrator  
KG Hospital,  
Gopalapuram,  
Coimbatore

Respected Sir,

Subject: Internship training –sending I M.Sc Students-reg

Greetings from Principal

I take this opportunity to inform that our institution is offering a paper on "CLINICAL DIETETICS" for I M.Sc (Dietetics & Food Management) students. The students are to be afforded with Internship training for their learning programme. Therefore, I request that consent may please be accorded for the four students to undergo the training in order to accomplish the realistic knowledge on the subject from 15/2/2022 to 17/3/2022 for thirty days in your esteemed hospital.

List of students:

U.Viruthika  
M.Ramalakshmi  
A.Maria selva gracy  
U.Sherly

Thanking You

Yours Sincerely

  
Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE  
52, NEW COLONY,  
THOOTHUKUDI - 628 003



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com

18/09/2021

To  
The Medical Director  
Harshitha Hospital Pvt Ltd,  
Avaniyapuram,  
Madurai.

Respected Sir,

Subject: Internship training for II M.Sc Students-regarding.

\*\*\*\*\*

Greetings,

I would like to inform that our institution is offering a paper on "CLINICAL DIETETICS" for II M.Sc (Dietetics & Food Management). The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 18/09/2021 to 02/10/2021 for fifteen days in your esteemed hospital.

List of students:

1. Epciba.A
2. John Runne.X
3. Mary Monika.S
4. .Priya.K

Thanking You

Yours Sincerely

Dr.Sr.Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,

THOOTHUKUDI - 628 003

Head of the Department

Department of Food Science & Nutrition

Holy Cross Home Science College

Thoothukudi



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : www.hchsc.com

18/09/2021

To  
The Administrator  
Leonard Hospital  
Batlagundu,  
Dindugul.

Respected Sister,

Subject: Internship training for II M.Sc Students-regarding.

\*\*\*\*\*

Greetings

I would like to inform that our institution is offering a paper on "CLINICAL DIETETICS" for II M.Sc (Dietetics & Food Management). The students are to be afforded with Internship training for their learning programme. Therefore, I request your consent may please be accorded for the following students to undergo the training in order to accomplish the realistic knowledge on the subject from 18/09/2021 to 02/10/2021 for fifteen days in your esteemed hospital.

List of students:

1. DevePriya. K
2. Dhivya.K
3. Gowshika.L.N
4. Poncy Janet.S
5. Rajalakshmi.S
6. Sulochana.M

Thanking You

Yours Sincerely

Dr. Sr. Mary Gilda

PRINCIPAL

HOLY CROSS HOME SCIENCE COLLEGE

52, NEW COLONY,

THOOTHUKUDI - 628 003

Head of the Department

Department of Food Science & Nutrition

Holy Cross Homescience College

Thoothukudi





# LEONARD HOSPITAL

SISTERS OF THE CROSS OF CHAVANOD  
BATLAGUNDU - 624 202.

Dindigul District S. India.

STD (04543) - OFFICE 26 20 41, ENQUIRY 26 42 64, MEDICAL SUPDT. 26 23 40, Admn.: 26 62 60,  
E-mail: holyleonard@gmail.com


Date: 02.10.2021

## TRAINING CERTIFICATE

This is to certify that Miss.Rajalakshmi.S, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

  
(Sr.Pushpakumari)  
ADMINISTRATOR  
Leonard Hospital

BATLAGUNDU-624 202  
Dindigul District,  
S. India.

Date: 02.10.2021

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. John Runne .X she is Studying Master Of Science Clinical Dietetics & Food Management in Holy Cross Home Science College successfully completed her Internship Training in our Hospital from 18.09.2021 to 02-10-2021 onwards.

During her Training period we found her tenure conduct has been good.

We wish all the best in her future endeavours.

For Harshitha Hospitals Private Ltd.,

  
Authorised Signatory





# LEONARD HOSPITAL

SISTERS OF THE CROSS OF CHAVANOD  
BATLAGUNDU - 624 202.

Dindigul District. S. India

☎ STD (04543) . OFFICE 262041, ENQUIRY 264254, MEDICAL SUPDT. 262340, Admn.: 265256,  
E-mail: holyleonard@gmail.com

Date: 02.10.2021

## TRAINING CERTIFICATE

This is to certify that Miss.Dhivya.K, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

(Sr.Pushpakumari)

ADMINISTRATOR

Leonard Hospital

BATLAGUNDU-624 202

Dindigul District,

S. India.





# LEONARD HOSPITAL

SISTERS OF THE CROSS OF CHAVANOD

BATLAGUNDU - 624 202.

Dindigul District. S. India.

☎ STD (04543) - OFFICE 262041, ENQUIRY 264254, MEDICAL SUPDT. 262340, Admn.: 265256,  
E-mail: holyleonard@gmail.com

Date: 02.10.2021

## TRAINING CERTIFICATE

This is to certify that Miss.Sulochana.M, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

(Sr.Pushpakumari)

ADMINISTRATOR

*Leonard Hospital*

BATLAGUNDU-624 202

Dindigul District.

S. India.



**LEONARD HOSPITAL**

**SISTERS OF THE CROSS OF CHAVANOD**

**BATLAGUNDU - 624 202.**

Dindigul District. S. India.

STD (04543) - OFFICE 262041, ENQUIRY 264254, MEDICAL SUPDT. 262340, Admn.: 265256,  
E-mail: holyleonard@gmail.com

Date: 02.10.2021

**TRAINING CERTIFICATE**

This is to certify that Miss.Poncy Janet.S, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

(Sr.Pushpakumari)

ADMINISTRATOR

*Leonard Hospital*

BATLAGUNDU-624 202

Dindigul District,

S. India.



# LEONARD HOSPITAL

SISTERS OF THE CROSS OF CHAVANOD

BATLAGUNDU - 624 202.

Dindigul District. S. India.

☎ STD (04543) - OFFICE 262041, ENQUIRY 264254, MEDICAL SUPDT. 262340, Admn.: 266266,  
E-mail: holyleonard@gmail.com

Date: 02.10.2021

## TRAINING CERTIFICATE

This is to certify that Miss.DevaPriya.K, who is pursuing her 2<sup>nd</sup> year M.Sc. Dietetics and Food Management in Holy Cross Home Science College, has undergone Internship Training during 18.09.2021 to 02.10.2021 in our hospital.

During the training period, her conduct was good. We wish her all the best for her future endeavors.

Yours sincerely,

(Sr.Pushpakumari)

ADMINISTRATOR

*Leonard Hospital*

BATLAGUNDU-624 202

Dindigul District.

S. India.





**HARSHITHA**<sup>TM</sup>  
A NEOWAY Hospitals

Date: 02.10.2021

**TO WHOM SO EVER IT MAY CONCERN**

This is to certify that Ms. Priya .K she is Studying Master Of Science Clinical Dietetics & Food Management in Holy Cross Home Science College successfully completed her Internship Training in our Hospital from 18.09.2021 to 02-10-2021 onwards.

During her Training period we found her tenure conduct has been good.

We wish all the best in her future endeavours.

**For Harshitha Hospitals Private Ltd.,**



Date: 02.10.2021

**TO WHOM SO EVER IT MAY CONCERN**

This is to certify that Ms. Mary Monika .S she is Studying Master Of Science Clinical Dietetics & Food Management in **Holy Cross Home Science College** successfully completed her Internship Training in our Hospital from 18.09.2021 to 02-10-2021 onwards.

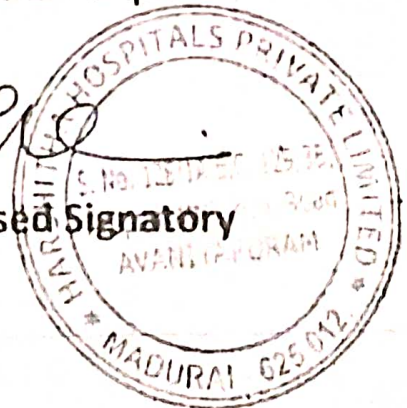
During her Training period we found her tenure conduct has been good.

We wish all the best in her future endeavours.

For Harshitha Hospitals Private Ltd.,



Authorised Signatory







**HARSHITHA**<sup>TM</sup>  
A NEWAY Hospitals

Date: 02.10.2021

**TO WHOM SO EVER IT MAY CONCERN**

This is to certify that Ms. Epciba .A she is Studying Master Of Science Clinical Dietetics & Food Management in Holy Cross Home Science College successfully completed her Internship Training in our Hospital from 18.09.2021 to 02-10-2021 onwards.

During her Training period we found her tenure conduct has been good.

We wish all the best in her future endeavours.

For Harshitha Hospitals Private Ltd.,



Authorised Signatory

R.S. 128 / 1 A, B, C, 129 / 3B, Aruppukottai Main Road, Avaniyapuram, Madurai - 625 012.  
Ph : 0452-2551000-30, e-mail : harshithaharshitha99@gmail.com



06/02/2021

To

The Director  
Sundaram Arulraj Hospital  
Thoothukudi

Respected Sir,  
Greetings

The students of the III B.Sc Department of Food Science and Nutrition have a paper on Dietetics. In order to have first hand practical experience which will enhance the future prospects of our students, we would be grateful if you kindly permit twenty six of our students for internship training from 18/02/2021-26/02/2021 in your esteemed institution.

Anticipating a word of reply in this regard is highly solicited.

Thanking You

Yours Sincerely

  
Dr.Sr.Mary Gilda

02/02/2021

To

The Director  
AVM Hospital  
Thoothukudi

Respected Sir,  
Greetings

The students of the II M.Sc Department of Food Science and Nutrition have a paper on Dietetics. In order to have first hand practical experience which will enhance the future prospects of our students, we would be grateful if you kindly permit seven of our students for internship training (7 days) from **8/2/2021-13/2/2021** in your esteemed institution.

Anticipating a word of reply in this regard is highly solicited.

Thanking You

Yours Sincerely



Dr.Sr.Mary Gilda



# HOLY CROSS HOME SCIENCE COLLEGE

( Re-Accredited with "B" Grade by NAAC )

52, New Colony, THOOTHUKUDI - 628 003.

Phone : 0461-2328295, Fax : 0461-2328294

Website : [www.hchsc.com](http://www.hchsc.com) E-mail : [hchsc@rediffmail.com](mailto:hchsc@rediffmail.com)

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05/01/2021

To

Dr.P.Ganesan

Assistant Professor

Department of Fish Processing Technology

Fisheries College and Research Institute

Thoothukudi.

Respected Sir,

Greetings.

The Passed out students of the Department of Food Science and Nutrition are willing to undertake awareness and training programme on value added fish and fishery products on 20<sup>th</sup> Jan 2021. In order to have first hand practical experience and to enhance the future prospects of our students, we would be grateful if you permit our students in your esteemed institution.

Anticipating a word of reply in this regard is highly solicited.

Thanking You

Yours Sincerely

PRINCIPAL

**HOLY CROSS HOME SCIENCE COLLEGE**

52, NEW COLONY,  
THOOTHUKUDI - 628 003





# **HOLY CROSS HOME SCIENCE COLLEGE**

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Website : [www.hchsc.com](http://www.hchsc.com) E-mail : [hchsc@rediffmail.com](mailto:hchsc@rediffmail.com)

05/01/2021

To  
Dr.P.Ganesan  
Assistant Professor  
Department of Fish Processing Technology  
Fisheries College and Research Institute  
Thoothukudi.

Respected Sir,

Greetings.

The Passed out students of the Department of Food Science and Nutrition are willing to undertake awareness and training programme on value added fish and fishery products on 20<sup>th</sup> Jan 2021. In order to have first hand practical experience and to enhance the future prospects of our students, we would be grateful if you permit our students in your esteemed institution.

Anticipating a word of reply in this regard is highly solicited.

Thanking You

Yours Sincerely

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52, NEW COLONY,  
THOOTHUKUDI - 628 003

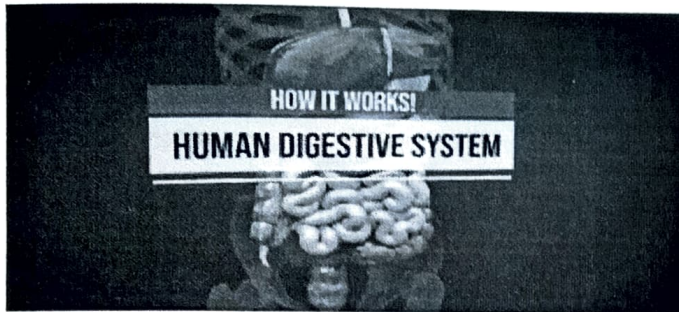
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# My fancy padlet

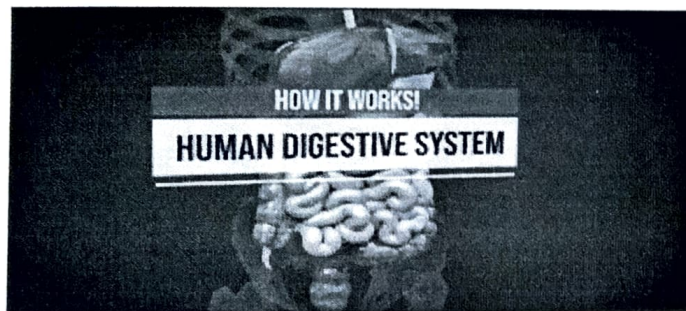
Made with eyes on the prize

SATHYA LAKSHMI AUG 07, 2021 06:39AM



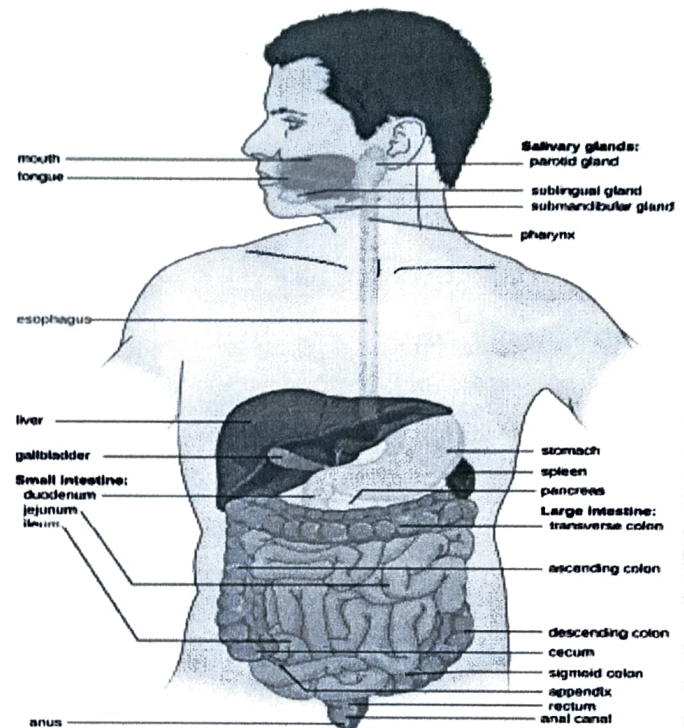
Human digestive system - How it works! (Animation)  
by Thomas Schwenke

YOUTUBE



Human digestive system - How it works! (Animation)  
by Thomas Schwenke

YOUTUBE



What are you doing

I am fine

Hi how are you

PRINCIPAL  
HOLY CROSS HOME SCIENCE COLLEGE  
52 NEW COLONY,  
THOOTHUKUDI - 628 003

