



SS INSTITUTE OF PHARMACY

(A unit of VS Educational & Charitable Trust)

Approved by Tamilnadu Government & Pharmacy Council of India, New Delhi.

Affiliated to the Tamilnadu Dr. M.G.R. Medical University,
and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/ REQ/20122/006

Date: 10/11/2022

From

Department of Pharmacology,
SS institute of pharmacy,
Sankari, Salem (DIST) - 637301.

To

The principal,
SS institute of pharmacy,
Sankari, Salem (DIST) – 637301.

Subject: Letter for requesting permission to conduct **ADD ON COURSE** -Reg.

Respected sir,

We are requesting you to grand permission to conduct add-on course in the seminar hall on **21/11/2022 to 06/12/2022**. We wish to conduct add on course on the title “**Adolescent Nutrition**”. This add-on course program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Yours truly,


PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301




PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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23

DATE: 10/11/2022

CIRCULAR

This is to inform that will B.PHARM students have the schedule of following value - added course to be conducted by our SS Institute of Pharmacy and it as mentioned below.

COURSE NAME	SCHEDULE	DURATION	VENUE	RESOURCE PERSON
ADOLESCENT NUTRITION	21/11/2022 to 06/12/2022	39 HOURS	SEMINAR HALL	T.SAMPATH KUMAR

All the above-mentioned students must enroll and actively participate in the course without fail.

Note: Certificates will be issued for the eligible students after completion of the course and examination.



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**SS
INSTITUTE
OF
PHARMACY**

**DEPARTMENT OF
PHARMACOLOGY**

VENUE: SSIP Seminar hall

DATE :21/11/2022 TO 06/12/2022

TIME :10:00am-01:00pm

COURSE TITLE

ADOLESCENT NUTRITION

RESOURCE PERSON

T.SAMPATH KUMAR

M.PHARM

Assistant Professor

TOPICS

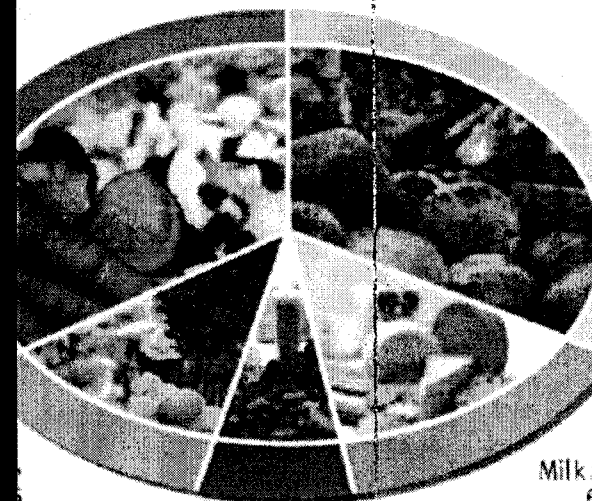
Influences on Adolescent Nutrition

Common Nutritional Deficiencies

Nutritional Requirements

Impact of Diet on Health

Intake across food groups



Foods and drinks high
in fat and/or sugar

Contact Us

9443026056

WWW.SSIP.EDU.IN

Salem - Coimbatore High Way,
Manjakkalpatti,
Sankari Taluk,
Salem District, Tamil Nadu - 637
301.





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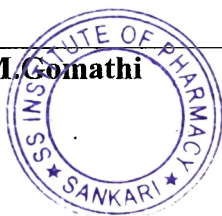
SYLLABUS

ADOLESCENT NUTRITION

Sl. No.	Topic	DATE
1	Foundations of Adolescent Nutrition Nutritional Needs: Macronutrients, micronutrients, and daily requirements during adolescence. Growth and Development: The impact of nutrition on physical and cognitive growth during adolescence.	21/11/2022- 23/11/2022
2	Dietary Habits and Influences Dietary Habits: Eating patterns, food preferences, and the influence of peers and media. Socio-cultural Factors: The role of culture, family, and socio-economic status on adolescent nutrition.	23/11/2022- 25/11/2022
3	Health and Performance in Adolescence Nutrition-related Health Issues: Obesity, eating disorders, and nutrient deficiencies. Sports Nutrition: Nutritional strategies for active adolescents, including hydration and energy needs.	26/11/2022- 29/11/2022
4	The Role of Nutrition in Mental and Immune Health Nutrition and Mental Health: The connection between diet, mood, and cognitive function in adolescents. Nutrition and Immune Function: The role of proper nutrition in supporting the immune system during adolescence.	30/11/2022- 3/12/2022
5	Guidance, Policies, and Programs Nutrition Education and Counseling: Effective strategies for educating and guiding adolescents on healthy eating. Nutrition Policy and Program: Overview of public health initiatives, school nutrition programs, and policies targeting adolescent nutrition	5/12/2022- 6/12/2022

RESOURCE PERSON: M. Gomathi

TOTAL HOURS: 39Hrs



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ADD ON / CERTIFICATE VALUE ADDED COURSES ACADEMIC YEAR 2022-2023



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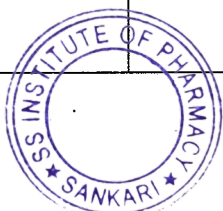
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ACADAMIC YEAR 2022-2023

S.NO	NAME OF ADD ON CERTIFICATES PROGRAMS	COURSE CODE	NO OF STUDEN ENROLLED	TYPE OF ADD ON CERTIFICATE PROGRAMS
1.	Advanced Thermodynamics And Combustion	22ATC01	59	Self-framed course
2.	Applied Computational Fluid Dynamics.	22ACFD02	56	Self-framed course
3.	Advanced Research Techniques in Homeopathic System of Medicine.	22ARTHSM03	30	Self-framed course
4.	An Introduction to Indian Literacy Theory.	22IILT04	29	Self-framed course
5.	A Basic Course in Machine Learning.	22BCML05	55	Self-framed course
6.	Adolescent Nutrition.	22AN06	57	Self-framed course
7.	Analytical Techniques in Biochemistry.	22ATB07	59	Self-framed course
8.	Artificial Intelligence Using Prolog Programming.	22AIUPP08	58	Self-framed course
9.	Mobile Health Application in Pharmacy.	23MHAP09	116	Self-framed course



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23

ADD ON COURSE – ENROLLMENT LIST

NAME OF ADD ON COURSE : ADOLESCENT NUTRITION

COURSE INSTRUCTORS : T.SAMPATH KUMAR

YEAR OFFERED : 1st SEM B.PHARM

COURSE DURATION : 39 hrs

S.NO	NAME OF THE STUDENT	REGISTER NO	COURSE
1.	AARTHI.H	560022523501	1 st B.PHARM
2.	AJAY.S	560022523502	1 st B.PHARM
3.	AJAY.V	560022523503	1 st B.PHARM
4.	AMULTHARA.L	560022523504	1 st B.PHARM
5.	ANUSHREE.V	560022523505	1 st B.PHARM
6.	BAGAVATHRAJ.G	560022523506	1 st B.PHARM
7.	BHARANI KUMAR.P	560022523507	1 st B.PHARM
8.	BHUVANESHWARAN.A	560022523508	1 st B.PHARM
9.	DEEPAK KUMAR.M	560022523509	1 st B.PHARM
10.	GAJALAKSHMI.K	560022523510	1 st B.PHARM
11.	GNANAMOORTHY.G	560022523511	1 st B.PHARM
12.	GOKULANAVANI SRI.M.N	560022523512	1 st B.PHARM
13.	JAYASEELAN.S	560022523514	1 st B.PHARM
14.	JOTHIKA.G	560022523515	1 st B.PHARM
15.	KAJENDIRAN.K.M	560022523516	1 st B.PHARM
16.	KANIMOZHI.S	560022523517	1 st B.PHARM
17.	KARMUKILAN.S	560022523518	1 st B.PHARM
18.	KARTHICKRAJA.P	560022523519	1 st B.PHARM
19.	KATHIRVEL.G	560022523520	1 st B.PHARM
20.	KRISHNAN.V	560022523521	1 st B.PHARM
21.	LAKSHMI.S	560022523522	1 st B.PHARM
22.	MADHAN.K	560022523523	1 st B.PHARM
23.	MANISHA.A	560022523524	1 st B.PHARM
24.	MYTHEENRAJ.R	560022523525	1 st B.PHARM
25.	NAVEEN KUMAR.M	560022523526	1 st B.PHARM
26.	NISHA.R	560022523527	1 st B.PHARM



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27.	PERARASU.R	560022523528	1 st B.PHARM
28.	POOJA.V	560022523529	1 st B.PHARM
29.	POONGUZHALI.G	560022523530	1 st B.PHARM
30.	PRAKADEESH.S	560022523531	1 st B.PHARM
31.	PRAKASH.M	560022523532	1 st B.PHARM
32.	PRAVEEN.T	560022523533	1 st B.PHARM
33.	PRETHIKA.B	560022523534	1 st B.PHARM
34.	PRIYA.V	560022523535	1 st B.PHARM
35.	PRIYADHARSHINI.P	560022523536	1 st B.PHARM
36.	PRIYADHARSHINI.S	560022523537	1 st B.PHARM
37.	PUKAZENTHI.R	560022523538	1 st B.PHARM
38.	RAGUL.R	560022523539	1 st B.PHARM
39.	RAMAKRISHNAN.S	560022523540	1 st B.PHARM
40.	SAKTHIPRIYA.K	560022523541	1 st B.PHARM
41.	SAKTHIVEL.S	560022523542	1 st B.PHARM
42.	SANTHOSHINI.C	560022523543	1 st B.PHARM
43.	SENTHAMIZHAN.S	560022523544	1 st B.PHARM
44.	SHALINI.R	560022523545	1 st B.PHARM
45.	SHIVABHARATHI.P	560022523546	1 st B.PHARM
46.	SHIVADHARSHINI.S	560022523547	1 st B.PHARM
47.	SRIDHAR.S	560022523548	1 st B.PHARM
48.	SUGAVANAM.C	560022523549	1 st B.PHARM
49.	SURIYA PRAKASH.I	560022523550	1 st B.PHARM
50.	SWATHI.V	560022523551	1 st B.PHARM
51.	THANIGAIVALLI.S	560022523552	1 st B.PHARM
52.	THARANI.G	560022523553	1 st B.PHARM
53.	THARUNKUMAR.S	560022523554	1 st B.PHARM
54.	VIJAYALAKSHIMI.M	560022523555	1 st B.PHARM
55.	VIJAYALAKSHIMI.V	560022523556	1 st B.PHARM
56.	VIKASH.V	560022523557	1 st B.PHARM
57.	VINOTHINI.M	560022523558	1 st B.PHARM



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S.NO	NAME OF THE STUDENT	REGISTER NO	ATTENDANCE					
			21/11/22	22/11/22	23/11/22	24/11/22	25/11/22	26/11/22
1.	AARTHI.H	560022523501	A	A	A	A	A	A
2.	AJAY.S	560022523502	S	S	S	S	S	S
3.	AJAY.V	560022523503	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
4.	AMULTHARA.L	560022523504	Ammuthan	Ammuthan	Ammuthan	Ammuthan	Ammuthan	Ammuthan
5.	ANUSHREE.V	560022523505	A	A	A	A	A	A
6.	BAGAVATHRAJ.G	560022523506	Bagan	Bagan	Bagan	Bagan	Bagan	Bagan
7.	BHARANI KUMAR.P	560022523507	Bharan	Bharan	Bharan	Bharan	Bharan	Bharan
8.	BHUVANESHWARAN.A	560022523508	Bhuvan	Bhuvan	Bhuvan	Bhuvan	Bhuvan	Bhuvan
9.	DEEPAK KUMAR.M	560022523509	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak
10.	GAJALAKSHMI.K	560022523510	Gajalakshi	Gajalakshi	Gajalakshi	Gajalakshi	Gajalakshi	Gajalakshi
11.	GNANAMOORTHY.G	560022523511	Gnanam	Gnanam	Gnanam	Gnanam	Gnanam	Gnanam
12.	GOKULANAVANI SRI.M.N	560022523512	Gai	a	Sai	Sai	Sai	Sai
13.	JAYASEELAN.S	560022523514	Jayaseelan	Jayaseelan	Jayaseelan	Jayaseelan	Jayaseelan	Jayaseelan
14.	JOTHIKA.G	560022523515	Jothi	Jothi	Jothi	Jothi	Jothi	Jothi
15.	KAJENDIRAN.K.M	560022523516	Kajendiran	Kajendiran	Kajendiran	Kajendiran	Kajendiran	Kajendiran
16.	KANIMOZHIS	560022523517	Kanimozhi	Kanimozhi	Kanimozhi	Kanimozhi	Kanimozhi	Kanimozhi
17.	KARMUKILAN.S	560022523518	Karmukilan	Karmukilan	Karmukilan	Karmukilan	Karmukilan	Karmukilan
18.	KARTHICKRAJA.P	560022523519	Karthick	Karthick	Karthick	Karthick	Karthick	Karthick
19.	KATHIRVEL.G	560022523520	Kathirvel	Kathirvel	Kathirvel	Kathirvel	Kathirvel	Kathirvel
20.	KRISHNAN.V	560022523521	Krishnan	Krishnan	Krishnan	Krishnan	Krishnan	Krishnan
21.	LAKSHMI.S	560022523522	Lakshmi	Lakshmi	Lakshmi	Lakshmi	Lakshmi	Lakshmi
22.	MADHAN.K	560022523523	Madhan	Madhan	Madhan	Madhan	Madhan	Madhan
23.	MANISHA.A	560022523524	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
24.	MYTHEENRAJ.R	560022523525	Mytheenraj	Mytheenraj	Mytheenraj	Mytheenraj	Mytheenraj	Mytheenraj

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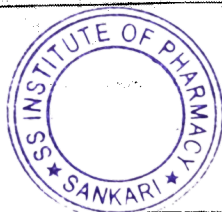
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25.	NAVEEN KUMAR.M	560022523526	M.N	M.N	M.N	M.N	M.N	M.N
26.	NISHA.R	560022523527	R.N	R.N	R.N	R.N	R.N	R.N
27.	PERARASU.R	560022523528	P.R	P.R	P.R	P.R	P.R	P.R
28.	POOJA.V	560022523529	V.P	V.P	V.P	V.P	V.P	V.P
29.	POONGUZHALI.G	560022523530	G.P	G.P	G.P	G.P	G.P	G.P
30.	PRAKADEESH.S	560022523531	S.P	S.P	S.P	S.P	S.P	S.P
31.	PRAKASH.M	560022523532	M.P	M.P	M.P	M.P	M.P	M.P
32.	PRAVEEN.T	560022523533	T.P	T.P	T.P	T.P	T.P	T.P
33.	PRETHIKA.B	560022523534	B.P	B.P	B.P	B.P	B.P	B.P
34.	PRIYA.V	560022523535	V.P	V.P	V.P	V.P	V.P	V.P
35.	PRIYADHARSHINI.P	560022523536	P.P	P.P	P.P	P.P	P.P	P.P
36.	PRIYADHARSHINI.S	560022523537	S.P	S.P	S.P	S.P	S.P	S.P
37.	PUKAZENTHI.R	560022523538	R.P	R.P	R.P	R.P	R.P	R.P
38.	RAGUL.R	560022523539	R.P	R.P	R.P	R.P	R.P	R.P
39.	RAMAKRISHNAN.S	560022523540	S.P	S.P	S.P	S.P	S.P	S.P
40.	SAKTHIPRIYA.K	560022523541	K.P	K.P	K.P	K.P	K.P	K.P
41.	SAKTHIVEL.S	560022523542	S.P	S.P	S.P	S.P	S.P	S.P
42.	SANTHOSHINI.C	560022523543	C.P	C.P	C.P	C.P	C.P	C.P
43.	SENTHAMIZHAN.S	560022523544	S.P	S.P	S.P	S.P	S.P	S.P
44.	SHALINI.R	560022523545	R.P	R.P	R.P	R.P	R.P	R.P
45.	SHIVABHARATHI.P	560022523546	P.P	P.P	P.P	P.P	P.P	P.P
46.	SHIVADHARSHINI.S	560022523547	S.P	S.P	S.P	S.P	S.P	S.P
47.	SRIDHAR.S	560022523548	S.P	S.P	S.P	S.P	S.P	S.P
48.	SUGAVANAM.C	560022523549	C.P	C.P	C.P	C.P	C.P	C.P
49.	SURIYA PRAKASH.I	560022523550	I.P	I.P	I.P	I.P	I.P	I.P
50.	SWATHI.V	560022523551	V.P	V.P	V.P	V.P	V.P	V.P
51.	THANIGAIVALLI.S	560022523552	S.P	S.P	S.P	S.P	S.P	S.P
52.	THARANI.G	560022523553	G.P	G.P	G.P	G.P	G.P	G.P
53.	THARUNKUMAR.S	560022523554	S.P	S.P	S.P	S.P	S.P	S.P
54.	VIJAYALAKSHIMI.M	560022523555	M.P	M.P	M.P	M.P	M.P	M.P
55.	VIJAYALAKSHIMI.V	560022523556	V.P	V.P	V.P	V.P	V.P	V.P
56.	VIKASH.V	560022523557	V.P	V.P	V.P	V.P	V.P	V.P
57.	VINOTHINI.M	560022523558	M.P	M.P	M.P	M.P	M.P	M.P



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			28/11/22	29/11/22	30/11/22	02/12/22	3/12/22	5/12/22	6/12/22
1.	AARTHI.H	560022523501	AB	AB	AB	AB	AB	AB	AB
2.	AJAY.S	560022523502	AB	AB	AB	AB	AB	AB	AB
3.	AJAY.V	560022523503	AB	AB	AB	AB	AB	AB	AB
4.	AMULTHARA.L	560022523504	AB	AB	AB	AB	AB	AB	AB
5.	ANUSHREE.V	560022523505	AB	AB	AB	AB	AB	AB	AB
	BAGAVATHRAJ.G	560022523506	AB	AB	AB	AB	AB	AB	AB
7.	BHARANI KUMAR.P	560022523507	AB	AB	AB	AB	AB	AB	AB
8.	BHUVANESHWARAN.A	560022523508	AB	AB	AB	AB	AB	AB	AB
9.	DEEPAK KUMAR.M	560022523509	AB	AB	AB	AB	AB	AB	AB
10.	GAJALAKSHMI.K	560022523510	AB	AB	AB	AB	AB	AB	AB
11.	GNANAMOORTHY.G	560022523511	AB	AB	AB	AB	AB	AB	AB
12.	GOKULANAVANI SRI.M.N	560022523512	AB	AB	AB	AB	AB	AB	AB
13.	JAYASEELAN.S	560022523514	AB	AB	AB	AB	AB	AB	AB
14.	JOTHIKA.G	560022523515	AB	AB	AB	AB	AB	AB	AB
15.	KAJENDIRAN.K.M	560022523516	AB	AB	AB	AB	AB	AB	AB
16.	KANIMOZHI.S	560022523517	AB	AB	AB	AB	AB	AB	AB
17.	KARMUKILAN.S	560022523518	AB	AB	AB	AB	AB	AB	AB
18.	KARTHICKRAJA.P	560022523519	AB	AB	AB	AB	AB	AB	AB
19.	KATHIRVEL.G	560022523520	AB	AB	AB	AB	AB	AB	AB
20.	KRISHNAN.V	560022523521	AB	AB	AB	AB	AB	AB	AB
21.	LAKSHMI.S	560022523522	AB	AB	AB	AB	AB	AB	AB
22.	MADHAN.K	560022523523	AB	AB	AB	AB	AB	AB	AB
23.	MANISHA.A	560022523524	AB	AB	AB	AB	AB	AB	AB
24.	MYTHEENRAJ.R	560022523525	AB	AB	AB	AB	AB	AB	AB
25.	NAVEEN KUMAR.M	560022523526	AB	AB	AB	AB	AB	AB	AB
26.	NISHA.R	560022523527	AB	AB	AB	AB	AB	AB	AB
27.	PERARASU.R	560022523528	AB	AB	AB	AB	AB	AB	AB
28.	POOJA.V	560022523529	AB	AB	AB	AB	AB	AB	AB
29.	POONGUZHALI.G	560022523530	AB	AB	AB	AB	AB	AB	AB
30.	PRAKADEESH.S	560022523531	AB	AB	AB	AB	AB	AB	AB
31.	PRAKASH.M	560022523532	AB	AB	AB	AB	AB	AB	AB
32.	PRAVEEN.T	560022523533	AB	AB	AB	AB	AB	AB	AB
33.	PRIYANKA.B	560022523534	AB	AB	AB	AB	AB	AB	AB

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34.	PRIYA.V	560022523535	Pri	Pri	Pri	Pri	Pri	Pri	Pri
35.	PRIYADHARSHINI.P	560022523536	Pri	Pri	Pri	Pri	Pri	Pri	Pri
36.	PRIYADHARSHINI.S	560022523537	Pri	Pri	Pri	Pri	Pri	Pri	Pri
37.	PUKAZENTHIL.R	560022523538	Pri	Pri	Pri	Pri	Pri	Pri	Pri
38.	RAGUL.R	560022523539							
39.	RAMAKRISHNAN.S	560022523540	Ra	Ra	Ra	Ra	Ra	Ra	Ra
40.	SAKTHIPRIYA.K	560022523541	Sak	Sak	Sak	Sak	Sak	Sak	Sak
41.	SAKTHIVEL.S	560022523542	Sak	Sak	Sak	Sak	Sak	Sak	Sak
42.	SANTHOSHINI.C	560022523543	San	San	San	San	San	San	San
43.	SENTHAMIZHAN.S	560022523544	Sen	Sen	Sen	Sen	Sen	Sen	Sen
44.	SHALINI.R	560022523545	Sha	Sha	Sha	Sha	Sha	Sha	Sha
45.	SHIVABHARATHI.P	560022523546	Shi	Shi	Shi	Shi	Shi	Shi	Shi
46.	SHIVADHARSHINI.S	560022523547	Shi	Shi	Shi	Shi	Shi	Shi	Shi
47.	SRIDHAR.S	560022523548	Sri	Sri	Sri	Sri	Sri	Sri	Sri
48.	SUGAVANAM.C	560022523549	Sug	Sug	Sug	Sug	Sug	Sug	Sug
49.	SURIYA PRAKASH.I	560022523550	Sur	Sur	Sur	Sur	Sur	Sur	Sur
50.	SWATHI.V	560022523551	Sw	Sw	Sw	Sw	Sw	Sw	Sw
51.	THANIGAIVALLI.S	560022523552							
52.	THARANI.G	560022523553	Tha	Tha	Tha	Tha	Tha	Tha	Tha
53.	THARUNKUMAR.S	560022523554	Tha	Tha	Tha	Tha	Tha	Tha	Tha
54.	VIJAYALAKSHIMI.M	560022523555	Vij	Vij	Vij	Vij	Vij	Vij	Vij
55.	VIJAYALAKSHIMI.V	560022523556	Vij	Vij	Vij	Vij	Vij	Vij	Vij
56.	VIKASH.V	560022523557	Vik	Vik	Vik	Vik	Vik	Vik	Vik
57.	VINOTHINI.M	560022523558	Vin	Vin	Vin	Vin	Vin	Vin	Vin



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(23)

23

ADD ON COURSE	ADOLESCENT NUTRITION
DEPARTMENT	PHARMACOLOGY
ACADEMIC YEAR	2022-2023
DATE	21/11/2022 to 06/12/2022
VENUE	SEMINAR HALL
NAME: <i>Arubakavani, M</i>	COURSE: <i>I - sem</i>

ANSWER ALL THE QUESTIONS:

DATE: 06/12/2022

MULTIPLE CHOICE QUESTIONS

MARKS: 15

1. What is the primary source of energy for adolescents?

- ☒ a. Carbohydrates
- b. Protein
- c. Fat
- d. Fiber

12

2. Which nutrient is essential for bone health in adolescents?

- ☒ a. Calcium
- b. Vitamin D
- c. Iron
- d. Potassium

3. What is the recommended daily intake of fiber for adolescents?

- ☒ a. 25-30 grams
- b. 30-35 grams
- c. 35-40 grams
- d. 40-45 grams

4. Which of the following is a common nutrition-related health issue in adolescents?

- a. Obesity
- b. Eating disorders
- ☒ c. Nutrient deficiencies
- d. All of the above

5. What is the primary function of iron in the body?

- a. Energy production
- b. Immune function
- ☒ c. Oxygen transport
- d. Bone health



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6. Which food group should adolescents aim to eat at least 5 servings a day?

- ☒ a. Fruits and vegetables
- b. Whole grains
- c. Protein sources
- d. Dairy products

7. What is the recommended daily intake of water for adolescents?

- ☒ a. 8-10 cups
- b. 10-12 cups
- c. 12-15 cups
- d. 15-18 cups

8. Which nutrient is essential for healthy skin and hair?

- ☒ a. Vitamin A
- b. Vitamin C
- c. Vitamin E
- d. Vitamin B

9. What is the primary cause of iron deficiency in adolescents?

- ☒ a. Poor diet
- b. Increased demand
- c. Inadequate absorption
- d. Excessive loss

10. Which of the following is a benefit of regular physical activity in adolescents?

- a. Improved nutrition
- b. Increased strength
- ☒ c. Enhanced bone density
- d. All of the above
- e.

11. What is the recommended daily intake of calcium for adolescents?

- ☒ a. 1,000-1,300 mg
- b. 1,300-1,500 mg
- c. 1,500-1,700 mg
- d. 1,700-2,000 mg

12. Which food group is high in unhealthy fats?

- a. Meat and poultry
- b. Dairy products
- c. Fruits and vegetables
- ☒ d. Processed snacks

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13. What is the primary function of vitamin D in the body?

- a. Energy production
- b. Immune function
- ☒ c. Bone health
- d. Eye health

14. Which of the following is a sign of nutrient deficiency in adolescents?

- a. Fatigue
- b. Weakness
- c. Poor wound healing
- ☒ d. All of the above

15. What is the recommended daily intake of protein for adolescents?

- ☒ a. 0.8-1.2 grams/kg body weight
- b. 1.2-1.5 grams/kg body weight
- c. 1.5-1.8 grams/kg body weight
- d. 1.8-2.0 grams/kg body weight




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ADD ON COURSE	ADOLESCENT NUTRITION
DEPARTMENT	PHARMACOLOGY
ACADEMIC YEAR	2022-2023
DATE	21/11/2022 to 06/12/2022

ANSWER KEY:

DATE: 06/12/2022

MULTIPLE CHOICE QUESTIONS

MARKS: 15

1. What is the primary source of energy for adolescents?

- a. Carbohydrates
- b. Protein
- c. Fat
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6. Which food group should adolescents aim to eat at least 5 servings a day?
 - a. **Fruits and vegetables**
 - b. Whole grains
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7. What is the recommended daily intake of water for adolescents?
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 - d. 15-18 cups
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 - d. **Processed snacks**

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- c. 1.5-1.8 grams/kg body weight
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ADD ON COURSE – MARK LIST

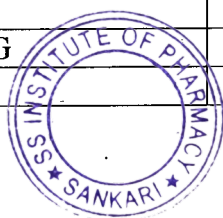
NAME OF ADD ON COURSE : ADOLESCENT NUTRITION

COURSE INSTRUCTORS : T.SAMPATH KUMAR

YEAR OFFERED : 1st SEM B.PHARM

COURSE DURATION : 39hrs

S.NO	NAME OF STUDENT	REGISTER NO	MARKS (15)	PERCENTAGE (%)
1.	AARTHI.H	560022523501	12	80%
2.	AJAY.S	560022523502	14	93%
3.	AJAY.V	560022523503	15	100%
4.	AMULTHARA.L	560022523504	13	86%
5.	ANUSHREE.V	560022523505	12	80%
6.	BAGAVATHRAJ.G	560022523506	14	93%
7.	BHARANI KUMAR.P	560022523507	14	93%
8.	BHUVANESHWARAN.A	560022523508	14	93%
9.	DEEPAK KUMAR.M	560022523509	13	86%
10.	GAJALAKSHMI.K	560022523510	12	80%
11.	GNANAMOORTHY.G	560022523511	12	80%
12.	GOKULANAVANI SRI.M.N	560022523512	12	80%
13.	JAYASEELAN.S	560022523514	15	100%
14.	JOTHIKA.G	560022523515	13	86%
15.	KAJENDIRAN.K.M	560022523516	14	93%
16.	KANIMOZHI.S	560022523517	14	93%
17.	KARMUKILAN.S	560022523518	13	86%
18.	KARTHICKRAJA.P	560022523519	13	86%
19.	KATHIRVEL.G	560022523520	12	80%
20.	KRISHNAN.V	560022523521	13	86%
21.	LAKSHMI.S	560022523522	14	93%
22.	MADHAN.K	560022523523	12	80%
23.	MANISHA.A	560022523524	13	86%
24.	MYTHEENRAJ.R	560022523525	14	93%
25.	NAVEEN KUMAR.M	560022523526	12	80%
26.	NISHA.R	560022523527	15	100%
27.	PERARASU.R	560022523528	15	100%
28.	POOJA.V	560022523529	12	80%
29.	POONGUZHALI.G	560022523530	13	86%
30.	PRAKADEESH.S	560022523531	14	93%



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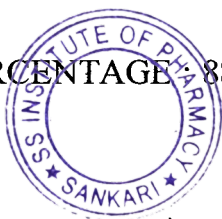
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31.	PRAKASH.M	560022523532	14	93%
32.	PRAVEEN.T	560022523533	15	100%
33.	PRETHIKA.B	560022523534	12	80%
34.	PRIYA.V	560022523535	13	86%
35.	PRIYADHARSHINI.P	560022523536	13	86%
36.	PRIYADHARSHINI.S	560022523537	12	80%
37.	PUKAZENTHI.R	560022523538	15	100%
38.	RAGUL.R	560022523539	13	86%
39.	RAMAKRISHNAN.S	560022523540	14	93%
40.	SAKTHIPRIYA.K	560022523541	15	100%
41.	SAKTHIVEL.S	560022523542	13	86%
42.	SANTHOSHINI.C	560022523543	13	86%
43.	SENTHAMIZHAN.S	560022523544	12	80%
44.	SHALINI.R	560022523545	13	86%
45.	SHIVABHARATHI.P	560022523546	12	80%
46.	SHIVADHARSHINI.S	560022523547	15	100%
47.	SRIDHAR.S	560022523548	15	100%
48.	SUGAVANAM.C	560022523549	13	86%
49.	SURIYA PRAKASH.I	560022523550	12	80%
50.	SWATHI.V	560022523551	14	93%
51.	THANIGAIVALLI.S	560022523552	12	80%
52.	THARANI.G	560022523553	15	100%
53.	THARUNKUMAR.S	560022523554	13	86%
54.	VIJAYALAKSHIMI.M	560022523555	13	86%
55.	VIJAYALAKSHIMI.V	560022523556	12	80%
56.	VIKASH.V	560022523557	13	86%
57.	VINOTHINI.M	560022523558	15	100%

TOTAL NUMBER OF STUDENT : 57

TOTAL NUMBER OF PERCENTAGE : 88.7%



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ADD ON COURSE : SUMMARY REPORT

Course code and Name : 22AN06/ Adolescent Nutrition

Date Of Add On Programme : 21/11/2022 to 06/12/2022

Course Duration : 39 Hours

Year Offered : 3rd Sem B.Pharm

Course Instructors : T.Sampath kumar.,M.Pharm.

Course Outcomes :

- Students with skills to assess dietary habits and nutritional status. Key topics include addressing common issues such as obesity and eating disorders, promoting healthy eating habits, and understanding the influence of lifestyle factors like physical activity and socioeconomic status. Students will also explore the cultural and social factors affecting adolescent nutrition, learn effective nutrition education and counseling strategies, and examine public health policies and programs aimed at improving adolescent nutrition.

Course Type : Add on Course

Assessment Mode:

Total Duration : 39 Hours

Number of Participants : 57

Scheme of Exam : MCQ type, offline Mode

Date of Exam : 06/12/2022

Course Coordinator



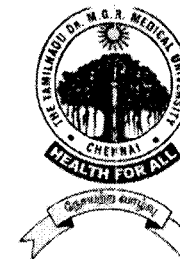
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VALUE ADDED COURSE

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Certificate of Participation

S. LAKSHMI

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ADOLESCENT NUTRITION

21/11/2022 TO 06/12/2022

COORDINATOR



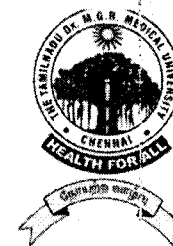
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P. SIVA BHARATHI

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ADOLESCENT NUTRITION

21/11/2022 TO 06/12/2022


COORDINATOR




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S. KANI MOZHI

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21/11/2022 TO 06/12/2022

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STUDENT FEEDBACK FORM

STUDENT NAME: Jothika . G

DATE: 6.12.2022

YEAR/COURSE: B.Pharm - I Sem

NAME OF THE ADD ON COURSE: ADOLESCENT NUTRITION

COURSE CODE: 22AN06

DURATION: 39 hrs.

EVALUATE HONESTLY:

Questions	Excellent	Good	Fair	Poor
How was the objectives of the training	✓			
How satisfied are you with our seminar		✓		
How would you rate the clarity and effectiveness of the presenter's delivery	✓			
Was the seminar duration appropriate		✓		
How engaging and interactive was the seminar	✓			
Usefulness of the information provided			✓	
Overall quality of session	✓			




SIGNATURE


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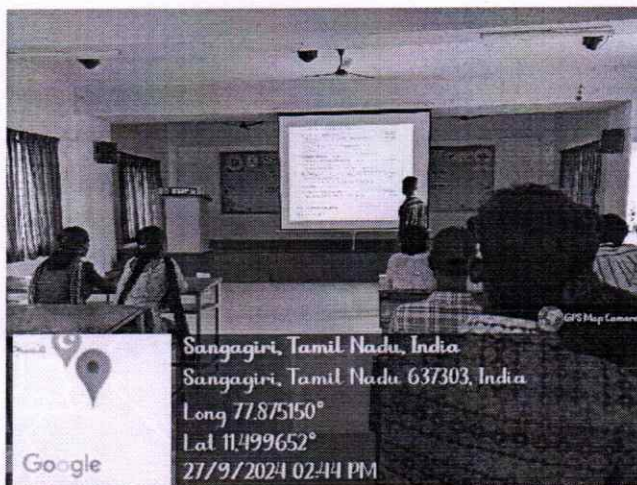
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PHOTOGRAPH

DATE : 21/11/22

ADOLESCENT NUTRITION

NAME OF ADD ON COURSE : ADOLESCENT NUTRITION
COURSE INSTRUCTORS : T.SAMPATH KUMAR
YEAR OFFERED : 1st SEM B.PHARM
COURSE DURATION : 39 hrs



Add-on course regarding the Topic Application of Adolescent Nutrition conducted 21/11/22, the speech delivered By **T.Sampathkumar., M.Pharm.** which was an interactive session and students could able to understand the Application of Adolescent Nutrition in the fields of pharmaceutical sciences



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