

**U. MUTHUKRISHNAVENI**

**REPORT OF  
STUDENT MINI PROJECT**

**FOR GOVERNMENT ARTS AND SCIENCE COLLEGE STUDENTS**

TITLE

**AWARENESS OF FOLIC ACID USE AMONG PREGNANT WOMEN  
BENEFICIARIES OF ANGANWADI IN VIRUTHUNAGAR DISTRICT**



Submitted by

**U.MUTHUKRISHNAVENI  
(P19HS27134)**

II M.Sc HOME SCIENCE (2020-2021)  
SRI MEENAKSHI GOVT ARTS COLLEGE FOR WOMEN (A)  
MADURAI - 625002

Submitted to

**TAMILNADU STATE COUNCIL FOR HIGHER EDUCATION  
CHENNAI - 600 005**

**APRIL 2021**

**U. MUTHUKRISHNAVENI**

**AWARENESS OF FOLIC ACID USE AMONG  
PREGNANT WOMEN BENEFICIARIES OF  
ANGANWADI IN VIRUDHUNAGAR DISTRICT**

**By**

**U.MUTHUKRISHNAVENI (P19HS27134)**



**A DISSERTATION SUBMITTED TO  
SRI MEENAKSHI GOVT. ARTS COLLEGE FOR WOMEN (A),  
MADURAI – 625002.**

**IN PARTIAL FULFILMENT OF THE  
REQUIREMENTS FOR THE DEGREE OF  
MASTER OF SCIENCE**

**APRIL 2021**

U. MUTHUKRISHNAVENI


**CERTIFICATE**

This is to certify that the thesis entitled “**AWARENESS OF FOLIC ACID USE AMONG PREGNANT WOMEN BENEFICIARIES OF ANGANWADI IN VIRUDHUNAGAR DISTRICT**” submitted to Sri Meenakshi Government Arts College for Women (A), Madurai, in partial fulfilment of the requirements for the award of **Degree of Master of Science in Home Science**, is a record of original research work done by **U.MUTHUKRISHNAVENI**. during the period of her study in the Department of Home Science, Sri Meenakshi Government Arts College for Women (A), Madurai, under my supervision and guidance and the dissertation has not formed the basis for the award of any Degree/Diploma of similar title to any candidate of any other university and it represents entirely an independent work on the part of the candidate.

Place: Madurai

Date: 31.3.2021

  
31/3/2021  
Signature of the Guide

  
Signature of the Head of the Department

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

U. MUTHUKRISHNAVENI

## DECLARATION

I hereby declare that the dissertation entitled "AWARENESS OF FOLIC ACID USE AMONG PREGNANT WOMEN BENEFICIARIES OF ANGANWADI IN VIRUDHUNAGAR DISTRICT" submitted to Sri Meenakshi Government Arts College for Women (A), Madurai, in partial fulfillment of the requirements for the award of Degree of Master of Science in Home Science, is a record of original research work done by me under the supervision and guidance of **Dr.R.SARADHA**, M.Sc., M.Phil., Ph.D., Associate Professor, Department of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai, and that it has not formed the basis of the award of any Degree/Diploma/Associateship/Fellowship of similar title to any candidate of any other university.

Place:

U. Muthukrishnaveni  
Signature of the Candidate

Date:

R. Saradh 31/3/2021  
Signature of the Guide





SRI MEENAKSHI GOVERNMENT ARTS  
COLLEGE FOR WOMEN (A), MADURAI-  
625 002

Phone: 0452-2534988

Email: smgemca@yahoo.com

Dr. S. Vanathi, M.Sc., M.Phil. Ph. D.,

Date: 07.07.2021

Principal

U. MUTHUKRISHNAVENI

To

The Member Secretary,  
Tamilnadu State Council for Higher Education,  
Lady Willingdon College Campus,  
Kamarajar Salai,  
Chennai – 600 005

Sir,

Sub: Students Mini Project – 2020-2021 – Miss.U. Muthukrishnaveni- Forwading  
M.Sc., Project and related bills on expenditure – Requesting for release of  
funds - Reg.

Ref: Letter No. Dc. No. 2027/2020 A, dated:31.12.2020

With reference to the letter cited above, the project entitled “AWARENESS OF  
FOLIC ACID USE AMONG PREGNANT WOMEN BENEFICIARIES OF ANGANWADI IN  
VIRUDHUNAGAR DISTRICT” has been selected for funding under the scheme of “Students  
Mini Project’ for the year 2020-2021 to Miss. U. Muthukrishnaveni, M.Sc., student of our  
college.

I am hereby forwarding the Project submitted by Miss. U.Muthukrishnaveni and Bills  
on Expenditure related to the project for your kind consideration and further action. Hence, I  
request you to kindly release the fund as early as possible.

Encl:

1. One hard and soft copy of the M.Sc project
2. Statement of Expenditure and related original Bills
3. Reference letter cited above.

*U. Muthukrishnaveni*  
Principal

PRINCIPAL

Sri Meenakshi Govt. Arts College for Women

(Autonomous)

Madurai-2

# U. MUTHUKRISHNAVENI-UTILISATION CERTIFICATE

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A),

MADURAI-625 002

DEPARTMENT OF HOME SCIENCE

Tamil Nadu State Council for Higher Education

Students Mini Project - 2020-2021

## UTILISATION CERTIFICATE

1. Ref. File No : Dc. No. 2027/2020 A, dated. 31.12.2020
2. Name of the Candidate : U. MUTHUKRISHNAVENI
3. Reg. No : P19HS27134
4. Name and address of the guide : Dr. R. Saradha, Associate Professor, Department of Home Science, Sri Meenakshi Government, Arts College for women ( A), Madurai- 625 002.

-----

Certified that the grant of **Rs.5,820** (Rupees Five Thousand eight hundred and twenty only) due from the Tamilnadu State Council for Higher Education, Chennai under the scheme of support for students mini project entitled "AWARENESS OF FOLIC ACID USE AMONG PREGNANT WOMEN BENEFICIARIES OF ANGANWADI IN VIRUDHUNAGAR DISTRICT" vide Dc.No. 2027/2020 A, dated: 31.12.2020 has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions laid down by the Tamilnadu State Council for Higher Education, Chennai.

*R. Saradha*  
7/7/2021  
Signature of the Guide

*J. Shanmugam*  
7/7/2021  
Head of the Department

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

*J. Shanmugam*  
7/7/2021  
Principal

PRINCIPAL  
Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A),

MADURAI-625 002

DEPARTMENT OF HOME SCIENCE

Tamil Nadu State Council for Higher Education  
Students Mini Project - 2020-2021

**CONSOLIDATED STATEMENT OF EXPENDITURE**

Ref. File No : Dc. No. 2027/2020 A, dated. 31.12.2020  
Name of the Candidate : U. MUTHUKRISHNAVENI  
Reg. No : P19HS27134  
Title of the Project : "Awareness of Folic Acid Use Among Pregnant Women  
Beneficiaries of Anganwadi in Virudhunagar District"

-----  
With reference to the letter cited above, the following expenses has been spent by me towards the successful completion of my M.Sc project.

S.No.	Nature of Expenditure	Particulars	Amount Rs.
1	Travel expenditure	Primary data collection	980
2	Contingency Expenditure	Xerox, DTP work, Laser Printing Binding expenses and Purchase of Raw ingredients	4840
<b>Total(Five Thousand Eight Hundred and Twenty Only)</b>			<b>5820</b>

U. Muthukrishnaveni  
Signature of the Student

Head of the Department

R. Anand 7/7/2021  
Signature of the Guide

Principal  
7/7/2021

PRINCIPAL

Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2

**R.DHARANI**  
**REPORT OF**  
**STUDENT MINI PROJECT**  
**FOR GOVERNMENT ARTS AND SCIENCE COLLEGE STUDENTS**

**TITLE:**

**DEVELOPMENT OF LACTOSE-FREE VALUE ADDED PANEER FROM  
UNCONVENTIONAL MILK EXTRACTS**



**SUBMITTED BY**

**R. DHARANI**

**II M.SC HOME SCIENCE**  
**SRI MEENAKSHI GOVT. ARTS COLLEGE FOR WOMEN(A)**  
**MADURAI-625002.**

**SUBMITTED TO**

**TAMILNADU STATE COUNCIL FOR HIGHER EDUCATION**  
**CHENNAI-600 005**


**APRIL 2021**



R.DHARANI

## CERTIFICATE

This is to certify that the thesis entitled “**Development of LACTOSE-FREE VALUE ADDED PANEER FROM UNCONVENTIONAL MILK EXTRACTS**” submitted to Sri Meenakshi Govt. Arts College for Women (A), Madurai, in partial fulfillment of the requirements for the award of **Degree of Master of Science in Home Science**, is a record of original research work done by **R. DHARANI**, during the period of her study in the Department of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai, under my supervision and guidance and the dissertation has not formed the basis for the award of any Degree/Diploma of similar title to any candidate of any other university and it represents entirely an independent work on the part of the candidate.

  
Signature of the Guide

  
Signature of the Head of the Department

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

## DECLARATION

I hereby declare that the dissertation entitled "**DEVELOPMENT LACTOSE-FREE VALUE ADDED PANEER FROM UNCONVENTIONAL MILK EXTRACTS**" submitted to Sri Meenakshi Govt. Arts College for Women (A), Madurai, in partial fulfillment of the requirements for the award of Degree of Master of Science in Home Science, is a record of original research work done by me under the supervision and guidance of **Dr J.B. Sharmila**, M.Sc., M.Phil., PhD, Associate Professor and Head, Department of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai, and that it has not formed the basis of the award of any Degree/Diploma/Associateship/Fellowship of similar title to any candidate of any other university.

*R. Dharani*

Signature of the Candidate

*J.B. Sharmila*

Signature of the Guide 31/3/2021.

HOD

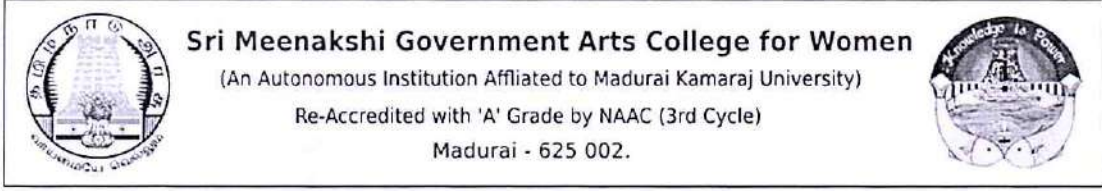
Dept. of Home Science

Sri Meenakshi Govt. Arts College

for Women (A)

Madurai-625002

# R.DHARANI



Dr.S.Vanathi, M.Sc., M.Phil., Ph.D.  
Principal.

Date: 07.07.2021

To

**The Member Secretary,**  
Tamilnadu State Council for Higher Education,  
Lady Willingdon College Campus,  
Kamarajar Salai,  
Chennai – 600 005

Sir,

Sub: Student Mini Project – 2020-2021 – **Miss.R.Dharani** - Forwarding of MSc. Project and related bills on expenditure – Requesting for release of funds - Reg

Ref: Letter No. Dc.No.2027/2020 A dated 31.12.2020

With reference to the letter cited above, the project entitled “DEVELOPMENT OF LACTOSE-FREE VALUE ADDED PANEER FROM UNCONVENTIONAL MILK EXTRACTS” has been selected for funding under the scheme of “Students Mini Project’ for the year 2020-2021 to **Miss.R.DHARANI**, MSc.Home Science student of our college.

I am hereby forwarding the Project Report submitted by Miss.R.Dharani and the Bills on Expenditure related to the project for your kind consideration and further action. I request you to kindly release the fund as early as possible.

*dh*  
*07-07-2021*  
Principal

**PRINCIPAL**

**Sri Meenakshi Govt. Arts College for Women**

(Autonomous)

**Madurai-2**

Encl:

1. One hard and soft copy of the MSc project
2. Statement of Expenditure and related original Bills
3. Reference letter cited above.



# R.DHARANI

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A), MADURAI-02.  
DEPARTMENT OF HOME SCIENCE  
TAMIL NADU STATE COUNCIL FOR HIGHER EDUCATION  
Students Mini Project

File No : Dc.No.2027/2020 A dated 31.12.2020  
Name of the Candidate : R. Dharani  
Reg. No : P19HS27129  
Title of the Project : "DEVELOPMENT OF LACTOSE-FREE VALUE ADDED PANEER FROM UNCONVENTIONAL MILK EXTRACTS"

## CONSOLIDATED STATEMENT OF EXPENDITURE

With reference to the letter cited above, the following expenses have been made by me towards the successful completion of my M.Sc. project.

S.No.	Nature of Expenditure	Particulars	Voucher No.	Date of purchase	Amount Rs.
1	Contingency for Pilot Study	Grocery	1	12.01.2021	579.00
2		Grocery	2	20.01.2021	266.00
3		Grocery	3	22.01.2021	512.00
4		Grocery	4	26.01.2021	166.00
5		Grocery	5	30.01.2021	212.00
6	Purchase of Tools	Paneer mould	6	02.02.2021	299.00
7	Contingency for Product development	Grocery	7	05.02.2021	589.00
8		Grocery	8	10.02.2021	815.00
9		Grocery	9	13.02.2021	721.00
10		Grocery	10	23.02.2021	1,255.00
11		Grocery	11	20.03.2021	150.00
12		Grocery	12	25.03.2021	1,185.00
13	Analysis	Nutrient Analysis	13	29.03.2021	3,000.00
14	Contingency for Digital expenses	Mobile data recharge	14	30.01.2021	149.00
15		Mobile data recharge	15	21.02.2021	555.00
16		Mobile data recharge	16	18.05.2021	555.00
17	Travel Expenses for project work	Bus charge for conveyance for project work	17	18.01.2021 to 31.03.2021	2,000.00
18	Documentation	Printing & Binding	18	31.03.2021	2,000.00
				TOTAL	15,008.00
				Rounded off Total	15,000.00

*J.K. Sharmil*  
Guide and Supervisor

*J.K. Sharmil*  
HOD

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

*R. Dharani*  
Signature of the Candidate

*R. Dharani*  
PRINCIPAL

PRINCIPAL  
Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2



# R.DHARANI UTILISATION

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A),  
MADURAI-02.

DEPARTMENT OF HOME SCIENCE

TAMIL NADU STATE COUNCIL FOR HIGHER EDUCATION

Students Mini Project 2020- 2021

UTILISATION CERTIFICATE

Date: 07.07.2021

1. Students Mini Project : Dc.No.2027/2020 A dated 31.12.2020
2. Name of the Candidate : **Miss.R.Dharani**
3. Reg. No. : P19HS27129
4. Name and address of the Guide : Dr.J.B.Sharmila  
Associate Professor, Dep. of Home Science  
Sri Meenakshi Govt Arts College for Women(A)  
Madurai 625002

Certified that the grant of **Rs.15,000** (Rupees Fifteen Thousand Only) due from the **TamilNadu State Council for Higher Education, Chennai** under the scheme of support for **Students Mini Project** entitled "**Development of Lactose-Free Value-Added Paneer from Unconventional Milk Extracts**" vide **Dc.No.2027/2020 A** dated **31.12.2020** has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions laid down by the Tamil Nadu State Council for Higher Education, Chennai.

*J.B.Sharmila*  
Guide and Supervisor  
Date: 7.7.2021

*J.B.Sharmila*  
Head of the Department 7/7/2021

*J.B.Sharmila*  
7/7/2021  
PRINCIPAL

PRINCIPAL  
Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

T.H.PRABHAVATHY

STUDENT COPY

**REPORT OF  
STUDENT MINI PROJECT  
FOR GOVERNMENT ARTS AND SCIENCE COLLEGE  
STUDENTS**

**TITLE:  
CREATING AWARENESS ON  
NUTRITION FOR IMMUNITY AMONG CHILDREN USING  
MULTIMEDIA AND DIGITAL TOOLS**



Submitted by

**T.H PRABHAVATHY**

**P19HS27137**

II M.Sc. HOME SCIENCE (2020-2021)

SRI MEENAKSHI GOVT.ARTS COLLEGE FOR WOMEN (A)

MADURAI - 625002.

**Submitted to**

**TAMILNADU STATE COUNCIL FOR HIGHER EDUCATION**

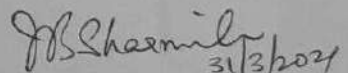
**CHENNAI - 600 005**

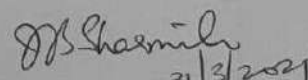
**APRIL 2021**

T.H.PRABHAVATHY

**CERTIFICATE**

This is to certify that the thesis entitled “**Creating awareness on nutrition for immunity among children using multimedia and digital tools** ” submitted to Sri Meenakshi Govt. Arts College for Women (A), Madurai, in partial fulfillment of the requirements for the award of **Degree of Master of Science in Home Science**, is a record of original research work done by **T.H.Prabhavathy**, during the period of her study in the Department of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai, under my supervision and guidance and the dissertation has not formed the basis for the award of any Degree/Diploma of similar title to any candidate of any other university and it represents entirely an independent work on the part of the candidate.

  
Signature of the Guide

  
Signature of the Head of the Department

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

T.H.PRABHAVATHY

## DECLARATION

I hereby declare that the dissertation entitled “**Creating awareness on nutrition for immunity among children using multimedia and digital tools**” submitted to Sri Meenakshi Govt. Arts College for Women (A), Madurai, in partial fulfillment of the requirements for the award of Degree of Master of Science in Home Science, is a record of original research work done by me under the supervision and guidance of **Dr. J.B. Sharmila**, M.Sc., M.Phil., Ph.D., Associate Professor and Head, Department of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai, and that it has not formed the basis of the award of any Degree/Diploma/Associate ship/Fellowship of similar title to any candidate of any other university.

*T.H. Prabhavathy*

Signature of the Candidate

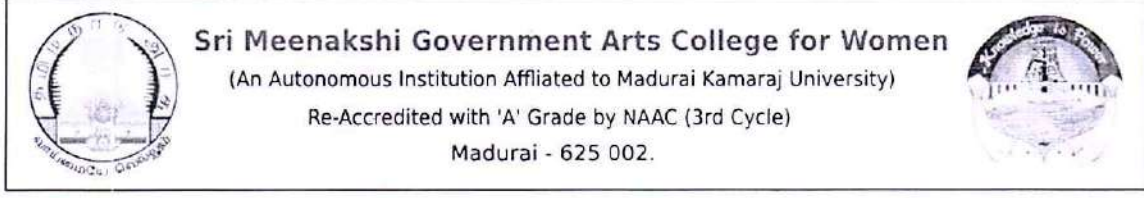
*J.B. Sharmila*  
31/3/2024

Signature of the Guide

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002



# T.H.PRABHAVATHY



**Dr.S.Vanathi, M.Sc., M.Phil., Ph.D.**  
**Principal.**

**Date: 07.07.2021**

To

**The Member Secretary,**  
Tamilnadu State Council for Higher Education,  
Lady Willingdon College Campus,  
Kamarajar Salai,  
Chennai – 600 005

Sir,

**Sub:** Student Mini Project – 2020-2021 – **Miss.T.H.Prabhavathy**- Forwarding of MSc.Project and related bills on expenditure- Requesting for release of funds - Reg

**Ref:** Letter No. Dc.No.2027/2020 A dated 31.12.2020

With reference to the letter cited above, the project entitled “CREATING AWARENESS ON NUTRITION FOR IMMUNITY AMONG CHILDREN USING MULTIMEDIA AND DIGITAL TOOLS” has been selected for funding under the scheme of “Students Mini Project” for the year 2020-2021 to **Miss.T.H.Prabhavathy**, MSc.Home Science student of our college.

I am hereby forwarding the Project Report submitted by Miss.R.Dharani and the Bills on Expenditure related to the project for your kind consideration and further action. I request you to kindly release the fund as early as possible.

*Ans*  
*07.07.2021*  
PRINCIPAL

PRINCIPAL

Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2

Encl:

1. One hard and soft copy of the MSc project
2. Statement of Expenditure and related original Bills
3. Reference letter cited above.

# T.H.PRABHAVATHY

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A), MADURAI-02.  
DEPARTMENT OF HOME SCIENCE  
TAMIL NADU STATE COUNCIL FOR HIGHER EDUCATION  
Students Mini Project

File No : De.No.2027/2020 A dated 31.12.2020  
Name of the Candidate : T.H.Prabhavathy  
Reg. No : P19HS27137  
Title of the Project : "CREATING AWARENESS ON NUTRITION FOR IMMUNITY AMONG CHILDREN USING MULTIMEDIA AND DIGITAL TOOLS"

## CONSOLIDATED STATEMENT OF EXPENDITURE


With reference to the letter cited above, the following expenses have been made by me towards the successful completion of my M.Sc. project.

S.No.	Nature of Expenditure	Particulars	Voucher No.	Date of purchase	Amount Rs.
1	Purchase of software & digital accessories	Antivirus software	1	13.03.2021	590.00
2		Renderforest Animation software	2	14.03.2021	7,065.00
3		Mobile Data recharge	3	11.01.2021	599.00
4	Travel Expenses	Fuel charge	4	23.02.2021	250.00
5		Fuel charge	5	09.03.2021	250.00
6		Fuel charge	6	23.03.2021	250.00
7		Fuel charge	7	07.04.2021	250.00
8	Contingency Expenses for Recipe preparation	Nuts & Spices	8	01.03.2021	1,105.00
9		Milk	9	02.03.2021	86.00
10		Oils & Cheese	10	02.03.2021	1,688.00
11		Grocery	11	11.03.2021	155.00
12		Grocery	12	16.03.2021	90.00
13		Grocery	13	12.03.2021	302.00
14		Grocery	14	19.03.2021	137.00
15		Grocery	15	21.03.2021	183.00
16	Documentation	Printing & Binding	16	31.03.2021	2,000.00
<b>TOTAL</b>					<b>15,000.00</b>

  
Guide and Supervisor

  
HOD

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

  
Signature of the Candidate

  
PRINCIPAL

PRINCIPAL  
Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2



# T.H.PRABHAVATHY - UTILISATION

SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN (A),  
MADURAI-02.

DEPARTMENT OF HOME SCIENCE

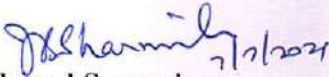
TAMIL NADU STATE COUNCIL FOR HIGHER EDUCATION  
Students Mini Project 2020- 2021

## UTILISATION CERTIFICATE

Date: 07.07.2021

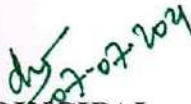
1. Students Mini Project : Dc.No.2027/2020 A dated 31.12.2020
2. Name of the Candidate : Miss.T.H.Prabhavathy
3. Reg. No. : P19HS27137
4. Name and address of the Guide : Dr.J.B.Sharmila  
Associate Professor, Dep. of Home Science  
Sri Meenakshi Govt Arts College for Women(A)  
Madurai 625002

Certified that the grant of **Rs.15,000** (Rupees Fifteen Thousand Only) due from the **TamilNadu State Council for Higher Education, Chennai** under the scheme of support for **Students Mini Project** entitled "CREATING AWARENESS ON NUTRITION FOR IMMUNITY AMONG CHILDREN USING MULTIMEDIA AND DIGITAL TOOLS" vide **Dc.No.2027/2020 A** dated **31.12.2020** has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions laid down by the **Tamil Nadu State Council for Higher Education, Chennai**.

  
Guide and Supervisor  
Date: 07.07.2021

  
Head of the Department

HOD  
Dept. of Home Science  
Sri Meenakshi Govt. Arts College  
for Women (A)  
Madurai-625002

  
PRINCIPAL  
PRINCIPAL  
Sri Meenakshi Govt. Arts College for Women  
(Autonomous)  
Madurai-2