

Sadakathullah Appa College (Autonomous)

(Reaccredited by NAAC at an 'A' Grade with a CGPA of 3.40 in the III Cycle An ISO 9001:2008 Certified Institution)

Rahmath Nagar, Tirunelveli - 627011, Tamil Nadu, India.



NATIONAL SEMINAR ON Bringing you **NUTRIVISION** HEALTHY EATING FOR LONGEVITY

CERTIFICATE

This is to certify that *Dr./Mr/Ms./Mrs.....RENISHEYA.....JOY.....JEBAMALAR.....ASSISTANT.....PROFESSOR.*
of *Dept...of...Nutrition...&...Dietetics...Muslim...Arts...College.....Thiruvithancode.....*
has participated in the National Seminar on Nutrition - Healthy Eating for Longevity on 18th September 2018
as a *defeate / resource person / published a paper / presented a paper / poster entitled on....Enhancement....of.....*
Nutrient....&...Formulation....of....Recipe...Using...Cardiospermum....Hallicarabum....leaves...for...Artificial
organized by the Department of Nutrition and Dietetics *Sadaqathullah Appa College, Tirunelveli, Tamil Nadu.*



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Mrs.R.SWARNALAKSHMI
Convenor

[Signature]
Dr.M.MOHAMED SATHIK
Principal

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National Seminar On
BRINGING YOU - NUTRI VISION
HEALTHY EATING FOR LONGEVITY

18th September 2018

Organized by
Department of Nutrition and Dietetics

Editors

Mrs. R. Swarnalakshmi

Ms. V. Angel Mary

Ms. S. Aariba

Mr. S. M. Prasad

Mrs. M. Vadivel Devi



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BRINGING YOU - NUTRI VISION HEALTHY EATING FOR LONGEVITY

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- 11 A Study of Peptic Ulcer Among College Girls (18-20)
P. Krishna Kumaria, M. Vimalaa, J. Siba Mathana Kumaria &
D. Janakia 45
- 12 Nutrient Analysis of Dehydrate Leafy Vegetable Idli Powder for
All Age Groups 49
Mrs. G. C. Gilbis Tamil Priya, Uv. Sudha, B. Reju Kumar &
K. Jeba Geetha
- 13 A Survey on Nutritional Status on Selected Mentally Retarded
Children in Tirunelveli 54
Ms. V. Angel Mary, M. Saffrin Fathima & N. Siya Sankar
- 14 Development of Beetroot Powder Enriched Chickpea
Spicy Cookies 59
S. Mathangi & S. Gowsalya
- 15 Health Benefits of Polyphenols Acids 62
M. D. Beaulin Misha Paul, Mrs. T. Sherrin Mary, Mrs. S. Sreethil &
Mrs. M. Jennifer. Jamizharasi
- 16 Enhancement of Nutrient and Formulation of Recipe Using
Cardiospermum Halicacabum Leaves for Arthritis 66
Ms. S. Aariba, Mrs. Gilbilis Tamil Priya,
Dr. Renisheya Joy Jeba Malar, Dr. J. Gracia & Thowfiqa Beevi
- 17 Sardine Fish for Healthy Living 71
D. Meenachi, Ahazeena, R. Rajimol, M. Mariyam Mahuthiyathul
Husna & Dr. J. Gracia
- 18 Formulation of Biscuit Using Arthocarpus Heterophyllus Powder 76
R. Shiny, Mrs. G. R. Geedhu Krishna, Mr. H. Jerlin & Dr. J. Gracia
- 19 Development of Value Added Product from Tomatoes (Squash
Halwa And Toffee) and their Nutritional Composition 82
Dr. J. Merrylin, K. Kavitha, P. Pavithra, V. Priya & M. Pavithra
- 20 Incorporation of Carbon dioxide in RTD (Ready - To - Drink)
Fermented Milk 87
S. M. D. Mathuravalli & U. Krishnapriya
- 21 Development of Bakery Products Incorporated with
Mula Seeds Powder 94
Mrs. G. Sathiyalakshmi, Mrs. A. Marthangam, Miss. S. Maharasi,
Miss. P. Roshini & Miss. Mary Monika
- 22 A Comparative Study on Impact of Green Tea and Mint Juice
Supplements on Growth, Development and Recurrence of Cancer
Cells in Patients of Thoothukudi District 101
S. M. D. Mathuravalli & P. Kasthuri

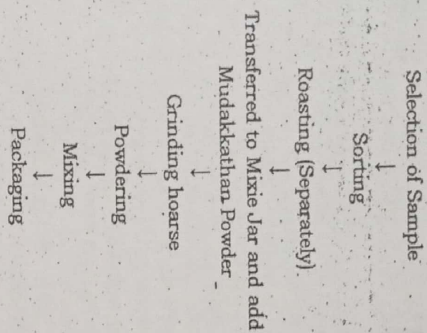
acceptability of *Cardiospermum halicacabum* powder incorporated Sambar Mix using various proportions such as 5%, 10% and 15% respectively.

Formulation of *Cardiospermum halicacabum* Sambar Mix

The preparation of Sambar Mix using various proportions such as 5%, 10% and 15% of incorporation compared with standard were shown in Table.

Sl No	Ingredients
1	Raw Rice
2	Channa Dhal
3	Dhoor Dhal
4	Cumin Seeds
5	Fenugreek
6	Pepper
7	Asafoetida
8	Red Chill
9	Garlic
10	Curry Leaves
11	<i>Cardiospermum halicacabum</i>

Common Flow Chart for Preparing Sambar Mix



Sensory Evaluation of the Developed *Cardiospermum halicacabum* Sambar

For sensory evaluation the prepared products were subjected to 25 trained Panel members of self-help group for using five points hedonic rating scale and results were recorded. The panel members were asked to evaluate the product for appearance, colour, flavor, taste and overall acceptability.

Findings

Care was taken to store the sample in clean and dry place which was away from sun light and pests. The developed *Cardiospermum halicacabum* Sambar Mix was stored in normal room temperature for further use.

Nutrient content of *Cardiospermum halicacabum* Powder

Nutrient Content of the *Cardiospermum halicacabum* Powder

S. No.	Nutrient content of the Mudakkatham Leaves	Amount (%)
1.	Moisture	6.20
2.	Energy	379.5
3.	Carbohydrates	50.32
4.	Proteins	30.02
5.	Fats	6.48
6.	Fibre	10.12
7.	Calcium	1.57
8.	Total Ash	5.41

About 100g of *Cardiospermum halicacabum* powder contains 379.5 kcal of energy, 6.20 % of moisture, 50.32 g of carbohydrates, 30.02 g of protein, 6.48 g of fat, 10.12 g of fibre, 1.57 mg of calcium and 5.41% of total ash respectively.

Formulation of *Cardiospermum halicacabum* Sambar Mix

The *Cardiospermum halicacabum* Sambar Mix was used for the preparation of Sambar by various proportions compared to the standard. The product is prepared by using various proportion ie) 5%, 10% and 15% respectively.

Nutrient content of the Prepared Sambar

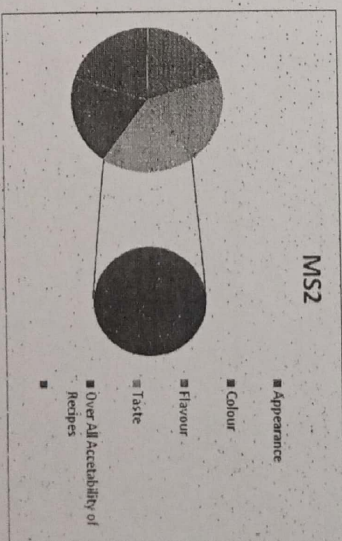
Nutrient Content of the Enhanced Sambar by using Formulated Sambar Mix

S. No	MDLP Masala Mix Name	Amt (g)	Moisture (%)	Energy (Kcals)	CHO (g)	PTW (g)	Fat (g)	Fibre (g)	Ca (mg)	Iron (mg)
1	MS1	100	17.14	314.10	51.9	17.2	4.17	6.4	221.3	8.4
2	MS2	100	16.30	319.5	52.4	17.9	4.24	6.3	204.7	6.2
3	MS3	100	15.46	324.77	52.8	18.7	4.4	6.2	189	6.5

Sensory Evaluation of Sambar using *Cardiospermum halicacabum* Sambar Mix

The formulated product was organoleptically evaluated by using numerical card shows the best result compared to than that of standard.

Sensory Evaluation of Sambar using *Cardiospermum halicacabum* Sambar Mix



Conclusion

Hence the present study concluded that the formulation of *Cardiospermum halicacabum* Sambar mix helps to enhance the nutrient as well as highly acceptable than the standard. So that the nutrition education given about *Cardiospermum halicacabum* which is best for arthritis.

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