



SREE AYYAPPA COLLEGE,
(Eramallikkara, alapuzha-689109)
DEPARTMENT OF BIOCHEMISTRY & INDUSTRIAL MICROBIOLOGY

**CERTIFICATE COURSE
ON
LIFESTYLE DISEASES
MANAGEMENT
2020-2021**

COURSE ELIGIBILITY

STUDENTS OF ALL SUBJECTS

**STARTING FROM
FEBRUARY 2021**

Co-ordinator

Dr. REJIYA C.S



SREE AYYAPPA COLLEGE, ERAMALLIKKARA

Certificate Course on Life Style Diseases Management Course code (LSDM012021)

TOTAL NUMBER OF STUDENTS ENROLLED

SLNO	CANDIDATE CODE	NAME
1	24820135001	Alen John James
2	24820135002	Amina. S
3	24820135003	Anjana Krishanan.R
4	24820135004	Athira .A
5	24820135005	Parvathy .N S
6	24820135006	Pooja. J
7	24820135007	Praveena. S
8	24820135008	Sheethal.K.M
9	24820135009	Sreelekshmi S
10	24820135010	Abhirami Sandhya
11	24820135011	Ahammad Shafi
12	24820135012	Aiswarya P Prasad
13	24820135014	Arunima.S
14	24820135015	Athira Das
15	24820135016	Devika Anil
16	24820135018	Gowri lekshmi
17	24820135019	Lekshmi Raveendran
18	24820135020	Sreelekshmi .S Kumar
19	24820135021	Vaishanavi.B
20	24820135022	Veena.S

Certificate Course in Life Style Diseases Management

Course code -LSDM012021

Organizing Department: Biochemistry &Industrial Microbiology

Course Co-ordinator: Dr. Rejiya C.S

Contact Hours: 30

Scheme and Syllabus

Objectives:

- To create awareness among students about the various diseases arising from the day-to-day activities of people which could be prevented or managed by controlling the lifestyle.
- The course also covers the general aspects of diagnosis, methods of prevention and pharmaceutical intervention.

Course outcome: The student will be able to

- Understand common diseases caused by improper lifestyle.
- Explain the methods of diagnosis of the diseases.
- Describe the Nutrition and Diet Management of life style diseases
- Describe the ways of treatment and management of these diseases.

Module I (3 hrs) Concept of lifestyle diseases

Importance of lifestyle factors in preventing disease development: diet, exercise, smoking, alcohol etc.

Module II (6 hrs) Diabetes

Diabetes - Type 1 and type2, characteristics, causes, diagnosis, prevention and management

Module III (6 hrs) Cancer

Cancer: Characteristics, Causes, Diagnosis, Prevention, Management, basics of treatment modalities.

Module IV (6 hrs) Cardio Vascular diseases

Atherosclerosis and cardiovascular diseases- Myocardial infarction, congestive heart failure, ischemic diseases-Causes, diagnosis and management

Module V (6 hrs) Importance of diet and exercise in health

Balanced diet, BMR, calorific value, reducing cholesterol and risk of heart attack through life style changes, use of medication to treat disorders

Module VI (3 hrs) Obesity

Body mass index, determination and significance of obesity - causes, prevention and management

Board of Studies

1.	Dr.K.C Prakash	Principal
2.	Dr. Suresh.S	IQAC Co-ordinator
3.	Dr.Rejiya C.S	Co-ordinator, Assistant Professor, Sree Ayyappa college
4.	Dr.Veena	Endocrinologist, Ananthapuri Hospital, TVPM
5.	Prof. Mini S	Department of Biochemistry, University of Kerala
6.	Dr.Nitha. B	HOD, Assistant Professor, Department of Biochemistry & Industrial Microbiology
7.	Dr.Ganga.G	Assistant Professor, Department of Biochemistry & Industrial Microbiology
8.	Dr. Jisha	Assistant Professor, Biochemistry, Bishop Moor college, Mavellikkara
9.	Dr.Chithra	Assistant Professor, Biochemistry, NSS Pandalam
10.	Dr. N Madhavan	Assistant Professor, Department of Physical Education



Life Style disease Management

4

	M 11 8:30 AM to 10 AM	M 12 10 AM to 12 PM	M 13 12 PM to 1:30 PM	M 14 1:30 PM to 3:30 PM	M 15 3:30 PM to 5:30 PM	M 16 5:30 PM to 7:30 PM	M 17 7:30 PM to 9:30 PM
1. ALEN JOHN JAMES	Absent	Absent	Absent	Absent	Absent	Absent	Absent
2. ANJINA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
3. ANJANA KRISHNAN	Absent	Absent	Absent	Absent	Absent	Absent	Absent
4. ATHIRA A	Absent	Absent	Absent	Absent	Absent	Absent	Absent
5. PARUTHY N.S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
6. POOJA J	Absent	Absent	Absent	Absent	Absent	Absent	Absent
7. PRAVEENA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
8. SHEETHAL ICM	Absent	Absent	Absent	Absent	Absent	Absent	Absent
9. SREE LOKSHMI S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
10. FATHIRAMI SANDHYA	Absent	Absent	Absent	Absent	Absent	Absent	Absent
11. FAHAMNAAD SHAFI	Absent	Absent	Absent	Absent	Absent	Absent	Absent
12. PISWARYA PRASAD	Absent	Absent	Absent	Absent	Absent	Absent	Absent
13. PRUNIMA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
14. ATHIRAN DAS	Absent	Absent	Absent	Absent	Absent	Absent	Absent
15. DEVICA ANIL	Absent	Absent	Absent	Absent	Absent	Absent	Absent
16. HONARI LOKSHMI	Absent	Absent	Absent	Absent	Absent	Absent	Absent
17. LEKSHMI RAVICHANDRAN	Absent	Absent	Absent	Absent	Absent	Absent	Absent
18. SREELEKSHMI S KUMAR	Absent	Absent	Absent	Absent	Absent	Absent	Absent
19. VAISHNAVI B	Absent	Absent	Absent	Absent	Absent	Absent	Absent
20. UCCNA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent

Life Style disease Management

5

	M 18 8:30 AM to 10 AM	M 19 10 AM to 12 PM	M 20 12 PM to 1:30 PM	M 21 1:30 PM to 3:30 PM	M 22 3:30 PM to 5:30 PM	M 23 5:30 PM to 7:30 PM	M 24 7:30 PM to 9:30 PM
1. ALEN JOHN JAMES	Absent	Absent	Absent	Absent	Absent	Absent	Absent
2. ANJINA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
3. ANJANA KRISHNAN	Absent	Absent	Absent	Absent	Absent	Absent	Absent
4. ATHIRA A	Absent	Absent	Absent	Absent	Absent	Absent	Absent
5. PARUTHY N.S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
6. POOJA J	Absent	Absent	Absent	Absent	Absent	Absent	Absent
7. PRAVEENA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
8. SHEETHAL ICM	Absent	Absent	Absent	Absent	Absent	Absent	Absent
9. SREE LOKSHMI S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
10. FATHIRAMI SANDHYA	Absent	Absent	Absent	Absent	Absent	Absent	Absent
11. FAHAMNAAD SHAFI	Absent	Absent	Absent	Absent	Absent	Absent	Absent
12. PISWARYA PRASAD	Absent	Absent	Absent	Absent	Absent	Absent	Absent
13. PRUNIMA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent
14. ATHIRAN DAS	Absent	Absent	Absent	Absent	Absent	Absent	Absent
15. DEVICA ANIL	Absent	Absent	Absent	Absent	Absent	Absent	Absent
16. HONARI LOKSHMI	Absent	Absent	Absent	Absent	Absent	Absent	Absent
17. LEKSHMI RAVICHANDRAN	Absent	Absent	Absent	Absent	Absent	Absent	Absent
18. SREELEKSHMI S KUMAR	Absent	Absent	Absent	Absent	Absent	Absent	Absent
19. VAISHNAVI B	Absent	Absent	Absent	Absent	Absent	Absent	Absent
20. UCCNA S	Absent	Absent	Absent	Absent	Absent	Absent	Absent

 Dr. Reema CB
Council Co-ordinator

 Dr. Reema CB

2 Certificate Course on
Life Style diseases Management

3 Life Style diseases Management

	Feb 12	Feb 17	Feb 18	Feb 21	Feb 25	Feb 26	March 2	March 4	March 5	M 6	M 7	M 8	M 9	M 9	M 10	M 11
1.	Alen John James	Present														
2.	Arunima S	Present														
3.	Anyana Krishnan	Present														
4.	Athura A	Present														
5.	Parvathy NS	Absent	Present	Absent												
6.	Poja J	Present														
7.	Praveena S	Present														
8.	Sheethal K M	Present														
9.	Sreelakshmi S	Present														
10.	Abhirami Sandhya	Present														
11.	Ahammed Shafi	Present														
12.	Aishwarya Prasad	Present														
13.	Arunima S	Present														
14.	Athura Das	Present														
15.	Deeksha Anil	Present														
16.	Gowri Lakshmi	Absent	Present													
17.	Lakshmi Ravendra	Present														
18.	Sreelakshmi S Kumar	Present														
19.	Vaishnavi B	Present														
20.	Veena S	Present														

Dr. Ropya - CO

Dr. Ropya - CO

SREE AYYAPPA COLLEGE, ERAMALLIKKARA
LIFESTYLE DISEASES MANAGEMENT

Course code -LSDM012021

Course completion certificate was issued to

SLNO	CANDIDATE	CANDIDATE NAME
	CODE	
1	24820135001	Alen John James
2	24820135002	Amina. S
3	24820135003	Anjana Krishanan.R
4	24820135004	Athira .A
5	24820135005	Parvathy .N S
6	24820135006	Pooja. J
7	24820135007	Praveena. S
8	24820135008	Sheethal.K.M
9	24820135009	Sreelekshmi S
10	24820135010	Abhirami Sandhya
11	24820135011	Ahammad Shafi
12	24820135012	Aiswarya P Prasad
13	24820135014	Arunima.S
14	24820135015	Athira Das
15	24820135016	Devika Anil
16	24820135018	Gowri lekshmi
17	24820135019	Lekshmi Raveendran
18	24820135020	Sreelekshmi .S Kumar
19	24820135021	Vaishanavi.B
20	24820135022	Veena.S



Sree Ayyappa College
Exam for Certificate Course in Life Style Diseases Management
Department of Biochemistry & Industrial Microbiology
Course code -LSDM012021

Time: 2Hours

Max marks: 50

SECTION- A

Answer **all** questions. Answer in a word to a maximum of two sentences.

Each question carries **one** mark

1. Mention any two drugs that lower cholesterol in the blood.
2. Write the significance of BMI.
3. List out the diseases associated with CVD.
4. Name the chemical present in cigarette.
5. Comment on risk factors of cancer.
6. Mention the symptoms of diabetes.
7. Give the normal value of cholesterol in blood.
8. Write the normal fasting blood sugar.
9. Differentiate random blood sugar and fasting blood sugar.
10. Define life style disease.

(10x1=10 Marks)

SECTION- B

Answer any **10** questions. Answer not to exceed 1 paragraph. Each question carries **two** marks

11. Explain obesity
12. Write note on characteristics of cancer cell.
13. Define balanced diet.
14. Describe gestational diabetes.
15. List out different types of non communicable diseases.
16. Define polyuria.
17. Give the details of arterial plaque.
18. Give a note on junk food.
19. Difference between primary tumor and secondary tumor.
20. Name any two heart-healthy foods.
21. Short note on modifiable risk factors of respiratory diseases.
22. Detailed note on antioxidants in preventing life style diseases
23. Write a short note on metastasis
24. Explain the role of insulin and glucagon in maintaining blood glucose levels.
25. Give an account of the diet to be followed by a person with hyperlipidemia
26. Describe the causes and symptoms of ischemic diseases

(10x2=20marks)

SECTION-C

Answer any **2**questions. Each question carries **ten** marks

27. Give an account of cancer with special emphasis to its management by changing life style.
28. Write in detail the causes, diagnosis and management of atherosclerosis
29. Discuss on the development, prevention and management of obesity
30. Describe the causes and major risk factors of non insulin dependent diabetes mellitus. Briefly explain the importance of lifestyle factors in preventing its development and management.

(2x10=20marks)



SREE AYYAPPA COLLEGE
(Govt. Aided college, Affiliated to
University of Kerala)
Eramallikkara, Chenganoor, Alapuzha-689109

Certificate

This certificate is awarded to **SHEETAL K.M** for
successfully completing the course

LIFESTYLE DISEASES MANAGEMENT
with the consolidated score of **85%**

February 2021 to March 2021

A handwritten signature in blue ink, appearing to read "Rejiya C.S".

Dr.Rejiya C.S
Course Convenor

A handwritten signature in green ink, appearing to read "Prof. (Dr.) KC Prakash".

Prof.(Dr). KC Prakash
Principal