

STUDENT'S RESEARCH PROJECTS

The research and development cell of Besant Women's College has provided the opportunity for the students of English literature to take up student's research project under the guidance of **Dr Gawtham Jyothsna**, assistant professor of English. Students of English Literature have selected the following topics.

Sl. No	Name	Class	Topics
01	Dviya Joshi	III B.A Optional English	Frankenstein and the Modern Invention
02	Monisha	III BA	The Ghosts of the Genocide Traces of Native America Disaster in the film The Shining

The research and development cell of Besant Women's College has provided the opportunity for the students of Economics to take up student's research project under the guidance of **Dr Sathisha K**, assistant professor of Economics. Students of Economics have selected various research topics related to economic issues.

Sl. No	Name	Class	Topics
01	Princy	III BA	STUDY OF IMPACT OF ONLINE CLASSES ON THE SATISFACTION AND PERFORMANCE OF STUDENTS DURING THE PANDEMIC PERIOD OF COVID 19
02	Monisha	III BA	IMPACT OF COVID 19 LOCKDOWN ON DAILY WAGE EARNER
03	Deeksha	III BA	THE STUDY OF CHALLENGES OF NURSE IN HEALTH CARE SYSTEM WITH SPECIAL REFERENCE TO MANGALORE TALUK
04	Lekhana	III BA	STUDY OF WOMEN EMPOWERMENT THROUGH SELF HELP GROUP IN MANGALURU TALUKS
05	Pooja	III BA	SOCIO ECONOMIC CONDITIONS OF BEEDI ROLLER MANGALORE TALUK
06	Poorvi	III BA	STUDY OF PROBLEMS OF FISHERIES WITH SPECIAL REFERENCES TO MANGALORE TALUK
07	Nireeksha		IMPACT OF COVID 19 ON CONSUMPTION PATTERN ON PEOPLE WITH SPECIAL REFERENCE TO POOR AND MIDDLE-CLASS PEOPLE OF MANGALURU TALUK

REPORT ON THE RESEARCH TOPIC TAKEN UP BY FND STUDENTS

(Research Project Guided by Ms. Nireeksha (Assistant Professor Dept. of FND))

The Research and Development cell is providing them the opportunity to explore various aspects of research by helping them to take up minor researches projects. The cell is making sure that the students can impart their theoretical knowledge in various fields of Food Science and Nutrition into practical approach through different research domains. About eleven students from second year of B.Sc. in Food Science and Nutrition are a part of the Research and Development cell. Each of them have teamed up in a group of 2 or 3 for the project work of this academic year of 2021-2022.

Some of them are food product development using various food technological methods and developing nutrient rich products that can improve the quality of life, nutritional surveys which gives a clear picture on the nutritional status on a particular age group in the society and the causative agents for it, nutritional education in particular makes sure that a community is educated on how to improve their dietary practice for better living, quality assessment on various aspects of nutrition in terms of sanity and hygiene and health based research where a particular health aspect is identified and the deteriorating factors are rectified through healthy measures.

The team 1 consisting of two students (Apeksha and Sthuthi) are working on the topic “***Development of Chia Seeds Cookies Using Different Leavening Agents***” where they are using the baking technology of food processing to formulate a nutrient rich cookie. The research is centralised in the use of various leavening agent and developing a final product using the best one that gives a good sensory property to the baked cookies. Apart from this, research focuses on the nutritional value of the cookies through proximate analysis to give the consumers a better knowledge on its composition and a detailed shelf life study for better keeping quality of the developed product. The research mainly hubs on the development of a food product that is nutritious and formulating best baking conditions for acceptable final product. The food product development focuses on various aspects such as formulating the cookies by taking different standard proposition and various baking conditions. Nutritional labelling, shelf life studies and sensory evaluation by trained panellists.

The team 2 is working on the topic “***Survey on Dysmenorrhea and Formulation of Herbal Tea for the Improvement***”. The particular research work is taken up by 3 students (Niha Parveen, Tasifa Zainab and Avva Nishafa).The research mainly concentrates on the menstrual health of young women and girls who are in their late adolescent and early adulthood. The survey focuses on the challenges faced by women during the menstruation period in terms of cramps and other distress caused due to menstruation. The research focuses on the population with severe menstrual problems and the herbal tea is formulated using the food substances that are rich in the functional compounds which help in relieving

the dysmenorrhic conditions. The subjects are given the herbal tea for a particular period of time and the effect of the herbal tea in improving the discomfort during menstruation is studied. The research mainly focuses on improving the health status of women.

The Team 3 consists of 3 students (Faheema, Nuha and Raneem) are working on the topic “***Formulation of Iron Rich Product and Evaluating Its Effect on Anaemic Girls***”. The main area of focus in the particular research is development of the iron rich product using locally available iron rich foods. The formulation of the product focuses on using various proportions of ingredients for best outcome and the variations are tested on the trained panellists. The formulated malt powder is administered to the anaemic subjects for a period of 3 months and the nutritional status of the subjects are assessed through nutritional counselling. The research aims in incorporating budget friendly, nutrient rich product for the better health status of the community.

The team 4 consisting of 3 students () is working on the topic “***Nutritional assessment and nutritional education for the school going children***” which is mainly focused on assessing the nutritional status of school going kids through food frequency questionnaires and the anthropometric measurement of boys and girls. The subjects involved for the research are educated on the importance of balanced diet for better growth and development as well as their nutritional status is monitored for 3 months. In that time period the diet is altered to improve its quality and the outcome of the modified diet is assessed. The research mainly pivots on improving the nutritional status on one part of the community for better and healthy lifestyle.