

Sevadal Mahila Mahavidyalaya

Place for Higher Learning & Research (Research Academy) Sakkardara Square, Umrer Road, Nagpur-440024

E-mail: sevamahilamv@gmail.com

Website: www.sevadalmahilamahavidyalaya.ac.in

Proceeding of

Certificate course in Food Preservation

Mrs. Jyoti D. Kamble

Course Co-Ordinator
Department Of Food & Nutrition
Sevadal Mahila Mahavidyalaya, Nagpur
Session: 2021-22



NAAC RE-ACCREDITED WITH 'A' GRADE

Sevadal Mahila Mahavidyalaya

Sakkardara Square, Umrer Road, Nagpur-440024

Date: 12/11/2021

To,
Dr. S. G. Rokde
Coordinator
NAAC Criterion I
Sevadal Mahila Mahavidyalaya,
Nagpur 🎉,

Subject: To start the value added courses for the students.

Sir,

Our institution has decided to undergo re-accreditation for the 4th cycle of NAAC, Bangalore. The most important step in the process of assessment and re-accreditation is the preparation of 'Self-Study Report' by the institution following the guidelines/SOP formulated by NAAC, Bangalore.

In this regard it has been observed that the Criterion I, "Curricular Aspects" has great scope to expand its horizon by starting some new value added courses for the students. To achieve this objective, it would make much wise sense to start some courses in the faculty of Home Science to fulfill the requirement of the students.

Faculty/ Department	Name of the course	Target students	Course coordinator			
Food and Nutrition	Food Preservation	B.Sc. 1 st Home Sci.	Mrs. J. D. Kamble			
Food and Nutrition	Neutraceuticals Science	B.Sc. 2 nd Home Sci.	Mrs. J. D. Kamble			
Food and Nutrition	Nutrition and Dietetics	B.Sc. Final Home Sci.	Dr.(Mrs.) M. M. Joharapurkar			

I am optimistic, in the interest of the institution; you will render your co-operation to Dr. S. G. Rokade, Co-ordinator of Criterion-I.

(Prof. Pravin Charde)
Principal,

Sevadal Mahila Mahavidyalaya, Nagpur

Sevadal Mahila Mahavidyalaya, Nagpur

Place of Higher Learning And Research (Research Academy)

Sakkardara chowk Umred Road Nagpur, 440024.

Date: 18.01.2022

Notice

All students of food preservation course of Food And Nutrition Department are hereby informed that meeting regarding the Certificate course in Food Preservation has been scheduled on date 20 January 2022 at 11 am at the honourable Principals chamber.

Hon'ble Principal sir will chair the meeting in presence of Dr.P.S. Deshpande, NAAC Co-ordinator.

Agenda of meeting:

- 1. To commence the Certificate course in Food Preservation
- 2. To frame the Syllabus of the course.
- 3. Any other matter with the permission of the chair.

Copy to:

Asst. Professor Dr.. P S. Deshpande NAAC CORDINATOR

Mrs Jyoti D. Kamble

Course Coordinator
Certificate course in Food Preservation

Sevadal Mahila Mahavidyalaya, Nagpur

Place of Higher Learning And Research (Research Academy)

Sakkardara chowk Umred Road Nagpur, 440024.

Minutes of Meeting dated 20 January 2022 Certificate course in 'Food Preservation'

The meeting regarding the certificate course in Food Preservation' was on held on 20 January at 11 am in the hon'ble Principal's chamber. Hon'ble Principal sir presided over the meeting.

Agenda of meeting:

- 1. To commence the Certificate course in Food Preservation
- 2. To frame the Syllabus of the course.
- 3. Any other matter with the permission of the chair.

Following members were present at meeting:

- 1. Prof. Pravin Charde
- 2. Dr. P. A. Chinchkhede
- 3. Mrs. Jyoti D. Kamble

Chairman Member Course Co-Ordinator

Mrs. Jyoti D. Kamble, Course coordinator acted as secretary in the meeting. The coordinatorwelcomed the chairperson, Hon'ble Principal Sir and other members and called the meeting in order with the permission of chairperson. The coordinator read out the agenda of meeting and subsequently discussed the matter.

1. Item no. 1: To commence the Certificate course in Food Preservation Resolution: Unanimously it was decided to commence the Certificate course in Food Preservation from the session 2021-22

2. Item no. 2: To frame the Syllabus of the course.

Resolution: Hon'ble Principal expressed his views regarding the framing of course syllabus Mrs. Jyoti D. Kamble were asked to prepare syllabus of certificate course in Food Preservation

3. Item no.3: Any other matter with the permission of the chair.

Resolution: As there was no other matter to discuss the coordinator sum up the meeting by expressing hanks for everyone's gracious attendance.

Name

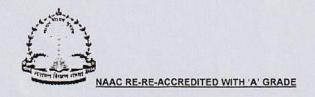
- 1. Hon'ble Prof. Pravin Charde
- 2. Dr. P.A. Chinchkhede
- 3. Mrs. Jyoti D. Kamble

Signature

Sevadal Mahila Mahavidyalaya
Umrer Road, Nagpur-9.

Deamble





SÉVADAL MAHILA MAHAVIDYALAYA, NAGPUR

To,
Mrs. J. D. Kamble
Asst. Professor
Dept. of Food & Nutrition
Sevadal Mahila Mahavidyalaya
Nagpur

Subject:- Permission to start the new certificate courses of Nutraceuticals Science & Food Preservation, Dept. of Food & Nutrition, faculty of Home Science.

Madam,

Apropos to the subject cited above, I would like to inform you that as per the Principal's office letter dated the 12/11/2021 for starting new certificate courses in your department and your letter dated the 15.12.2021 for seeking a syllabus approval of this course.

I hereby give you an approval for this certificate course syllabus of **Nutraceuticals Science & Food Preservation** and also give you 10,000/-Rs. budget for smoothly running this course.

I am very much optimistic that in the interest of the institution you will conduct this course smoothly and orient the student with new skills and knowledge.

DR S G ROKADE

ROKADE

Convener

NAAC, Criteria 1st Sevadal Mahila Mahavidyalaya, Nagpur Prof. PRAVIN CHARDE

Principal

Sevadal Mahila Mahavidyalaya Nagpur

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The Principal Sevadal Mahila Mahavidy alaya, Nagpur.

Ref. - letter issued from office dated on 12/11/2021

Subject: - Approval of Syllabus for Certificat conose in i. Frod Preservation
ii. Nutracenticals for Bise. 25

yo, and Indyo Home-science students.

Co-ordinating-criterian-I Dr. S.G. Roke

Respected Sir.

As per your office letter I set my syllabus with scheme of marking and examination for approval and necessary action.

Thomseing von

Thanking you.

Your's faithfully, Mos. Tyoti D. Kamble Sevadal Mahila Mahavidyday Nagpus.

Date-

Sevadal mahila Mahavidyalaya Nagpur.	Class
Certificate Course in Food Preservation	B.Sc. I
List of Students 2021-2022	
1.Ms. Rutuja Dandekar	
2.Ms. Chandani c. Dhongade	BSc I
3.Ms. Karishm. K Nandanwar	DSC I
4.Ms. Nabiha Fatma Sheikh	Home
5.Ms. Avantika Chawade	science
6.Ms. Hasina Bano	
7.Ms. Humera Fatema	
8.Ms. Janvi Rathod	
9.Ms. Krutika Shende	
10.Ms. Pratiksha Patil	
11.Ms. Payal B. Dhanvij	
12.Ms. Divyani D. Waghade	
13.Ms. Gayatri N. Agade	
14.Ms. Srushti S. Sorte	
15.Ms. Dimpal Vinod Shrikhandkar	DO 1
16.Ms. Misbah Sheikh	BSc I
17.Ms. Rashmi Ravicharan Gautam	Science
18.Ms. Sakshi Ravindra Ashtikar	
19.Ms. Ashlesha Nagesh Vairagade	
20.Ms. Tisha Gangadhar Vaidya	
21.Ms. Anushka vijay Chaudhari	
22.Ms. Kashish Rajendra Kamle	
23.Ms. Chaitali Krushna Ladse	
24.Ms. Prutha Subhash Bhusari	
25.Ms. Priyanka Gaitre	
26.Ms. Priyanka Pradip Ubale	
27.Ms. Boby R. Yawalkar	
28.Ms. Chitra Onkarji Kaikade	
29.Ms. Payal Satish Nakade	



Signa pure of a Principal
Sevadal Mahila Mahavidyalaya
Umrer Road, Nagpur-9.

APPLICATION FORM



Sevadal Shikshan Sanstha's

Sevadal Mahila Mahavidyalaya

NAAC RE-ACCREDITED WITH 'A' GRADE

Sakkardara Square, Umrer Road, Nagpur-440024 (M.S) Ph.No.0712-2705037, 2751344; Fax: 0712-2705037

E-mail: sevamahilamv@gmail.com Website: www.sevadalmahilamahavidyalaya.ac.in

To,
The Course Co-ordinator,
Certificate Course in Food Preservation,
Sevadal Mahila Mahavidyalaya,
Nagpur

Recent Passport Size Photograph

College Financed Value Added Certificate Course in 'Food Preservation' SESSION: 2021-2022

(IN BLOCK LETTERS)			
Father's/Husband Name			
Mother's Name			
Date of Birth(In W			
Permanent Address			
		Pin Code	
Telephone NoMo	bile No	E-mail Id	
Details of the last qualifying ex	amination		
1. Name of the examination			
2. Roll No.	_ 3. Marks obtained	out of	
4. Percentage of Marks			
5. Name of the last school/college	e attended		Selection.
6. Name of the Board/University			

Essential Documents to be attached

(Signature of Candidate)

12th Marksheet
Aadhar Card (Xerox)
Recent Passport Size Photograph
Caste Certificate (If applicable)

(Mrs. J. D. Kamble) Course Co-ordinator



(Prof. Pravin Charde)
Principal

Sevadal Mahila Mahavidyalaya, Nagpur

Time table Certificate course in Food Preservation and Nutraceuticals Science

Day	Class	7.30-10.00 am	4:40- 5.30
Monday	B.Sc II		Nutraceuticals Science
Tuesday	B.Sc I		Foodpreservation
Wednesday	B.Sc I		Food Preservation
Thursday	B.Sc I	Food preservation practical	
Friday	B.Sc II	Nutraceuticals Science Practical	
Saturday	B.Sc II		Nutraceuticals Science

JOKdwhole
Sign of Course Co- Ordinator

(Mos. Froti D. Kamble)

Certificate course in Food Preservation

Eligibility: 12th passed from any stream- science, Arts and commerce.

Marking Scheme

Theory: -70

Practical:-20

Internal Assessment:-10

Examination: Theory and Practical exams of 3 hours conducted separately.

Workload:

2 Theory / Week

1 Practical/ Week.

Teaching methods:

Guest lecture

Demonstrations

Tutorials

Power point presentations

Field visits

Job Opportunities

Self Employment.

Students can apply in food and dairy technology.

Food industry and food factory, Biscuit factory, Bakery and confectionary etc.

Learning Outcomes:

- 1. To enable the students to preserve foods at household level and industrial level.
- 2. Trained the students in packaging skills also.



Unit I

Use and importance of food preservation.

Principles of food preservation. Food preservation by use of low temperatures and high temperature.

Temperatures employed in low temperature storage growth of microorganisms at low temperatures. Response of microorganisms to freezing.

Cold storage Design and Construction. Factors affecting heat resistance (Thermal death time) Heat treatments employed in processing food.

UNIT-II

Preservation by drying, radiation and food additives.

Effects of irradiation on foods. Recent trends in food processing.

Preservatives – Definition characteristics of the ideal antimicrobial preservatives Different food additives. Definition need of Additives. Classification safety evaluation of food additives. Permitted GRAS Food Additives and Tolerences.

UNIT-III

Heat transfer in food processing. Modes of heat transfer.

Thermal properties of foods.

Role of insulation in reducing heat loss from process equipment.

Mass transfer in Packaging Material.

Thermodyanamics of food.



- · Drying,
- Methods of Drying .
- · Deep Freezing,
- Chill storage.
- Preservation and processing by cold.

UNIT-IV

Mechanical operations in food processing.

Mixing, filtration, Centrifugation, Distillation, Crystallisation

Dehydration, Evaporation. Canning and Packaging.

- · Fermentation.
- benefits of fermentation.
- Microbial Activities in foods.
- Control of fermentation in Foods.

References:

- Foods facts and Principles –N. Shakuntala mane, M. Shadaksharaswamy third revised edition, New age International publishers ISBN- 978-81-224-2215-3 page no.421-445
- 2. N. N. Potter, food science, CBS Publishing.
- 3. Srilakshmi, Food Science, New age International Publishing New Delhi.
- 4. Nutrition and Dietetics. Second edition Tata Mac Graw-hill Publishing company New Delhi. ISBN 0-07-047292-0 Pg. No.477-513.



Practical:

- Dehydration of fruits and vegetables.
- Preparation of jelly, Marmalades sauce and Squash.
- Pectin Estimation.
- Milling of rice with emphasis on quality and recovery
- Gluten content estimation
- To conduct the platform tests of milk sampling of dairy products.
- Determination of Moisture and protein of milk.
- Study of processed food samples available in market pasteurized milk, Ketchup, squash, jelly, biscuit, soyabean oil.
- Preparation of sherbats, syrups, Candy, Chutney, Different types of pickles.

References:

- Foods facts and Principles –N. Shakuntala mane, M. Shadaksharaswamy third revised edition, New age International publishers ISBN- 978-81-224-2215-3 page no.421-445
- 2. N. N. Potter, food science, CBS Publishing.
- 3. Srilakshmi, Food Science, New age International Publishing New Delhi.
- 4. Nutrition and Dietetics. Second edition Tata Mac Graw- hill Publishing company New Delhi. ISBN 0-07-047292-0 Pg. No.477-513.

Food Preservation:

Food is the essential need of every individual.

Meaning and importance food preservation, any of a number of methods by which food is kept from spoilage after harvest or slaughter. Such practices date to prehistoric times. Among the oldest methods of preservation are drying, refrigeration, and fermentation. Modern methods include canning, pasteurization, freezing, irradiation, and the addition of chemicals. Advances in packaging materials have played an important role in modern food preservation. Food is a source of energy for all of us. Unhealthy or spoiled food is the major cause of diseases in humans. This is known as food poisoning. To prevent this the food needs to be preserved in a variety of ways, learn to explore what is food preservation and different methods of food preservation.

Food Preservation Definition

"Food preservation is the technique to prevent food spoilage, food poisoning, and microbial contamination in food."

What is Food Preservation?

Food preservation is one of the methods to protect food from unwanted microbial growth. After the food is produced, we store and protect by covering the rice and curry with lids to keep away flies and other insects. By this, we are protecting it from any infection caused by them. This is a short-term condition. Food preservation, on the other hand, is done to preserve food for a longer time.

Objectives of Food Preservation

Following are the important objectives of food preservation:

- 1. To prevent microbial contamination.
- 2. To kill pathogens.
- 3. To minimise food spoilage and food poisoning.

Food Preservation Methods

Food preservation started long back in ancient times. Cooling, freezing, fermentation, sun-drying, etc., are few age-old food preservation techniques. With the advent of technology, modern methods of food preservation were developed. Chemicals and other natural substances were used for preservation. These substances are known as preservatives. Let us discuss some of the methods of preservation in detail.

Methods of Food Preservation

Chemical Method

Salt and edible oils are two main preservatives which are used since ages to prevent microbial growth. This is why we add extra oil to pickles. Preservation by salt is known as salting. Salting helps to preserve fruits for a long term. Meats and fishes can also be preserved by salting.

Other synthetic preservatives include vinegar, sodium benzoate, sodium metabisulphite, etc.

Sugar

Sugar is another common preservative used in jams and jellies. Sugar is a good moisture absorbent. By reducing moisture content, it restrains the microbial growth.

Heat and Cold Methods

Boiling and refrigeration prevent around 70 percent of microbial growth. Boiling kills the microorganisms that cannot tolerate extreme temperatures. Thus, it helps in food preservation.

Refrigerators have very low temperatures. Since <u>microbes</u> do not get optimum temperature they need for growth, their growth is inhibited. Pasteurization developed by Louis Pasteur is used until today to preserve milk.

Smoking

Smoking prevents dehydration in fish and meat and thus prevents spoilage. The wood smoke contains a large number of anti-microbial compounds that slow the rancidification of animal fats.

Canning

The food contents are sealed in an airtight container at high temperatures. Meat, fish, fruits are preserved by canning.

Sterilization

This method is carried out to remove microbes from food. For eg., milk sterilization at 100°C kills the microbes.

Dehydration

It is the process of removal of water from food. It is the simplest method and prevents food spoilage by removing water.

Lyophilization

This is the process of freezing and dehydration of the frozen product under vacuum.

Radiation

This method is also known as cold sterilization. The UV rays, X rays, gamma rays kill all the unwanted microbes present in food.



Brief report:

Department of Food and nutrition run the certificate course in Food Preservation and Nutraceuticals Science for session 2021-22. The syllabus completion and course duration period was 3 months. The evaluation of course was based on Gradation System.

A- Above 75%

B- Above 60%

C- Above 50%

All students enthusiastically participated in course and done theory and practical work regularly. Assignments grades are based on their performance. Students prepare preserved foods on their own and submit to department. In this manner Students completed the food preservation course and was able to prepare preserved foods and their techniques ,different methods and all essential things of subject.



Certificate Course in Food Preservation. CAssignment Submission & Examination)

Name	Sign
19 Misbah S. Sheikh	Shir
2) Dimpal &V. Shrikhandkar	Dimbal
34 Ashlesha N. Veriragade	Ash
4) Bakshi R. Ashtikar	Sshtikar
54 Rashni R. Gautan	Pachani
64 Pritha S. Bhusari	Jenna
8) Karishma. K. Nandanwar	Lorand 5
9) Hasina Bano	gine
10) Dinyani. Waghade	
11) Humaina Fatema	(A)
12) SRUSHHi. SOEHP 13) Rutuja Dandekoo	
	Randekan
14) Gayatin N. Agaile	Contentral
15) Adiba Khan	Adiba.
16) Ariba Desani 17) Nabiha Fatma Su	(bliscom
18 Krutika. Shende Sevadal Mahila Mahavidyalaya Umrer Road, Nagpur-9.	Margine (

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Fig. Preserved Foods Prepared by Frod Preservation Course-Session- 2021-2022. - Students





Sevadal Mahila Mahavidyalaya, Nagpur

Certificate Course in Food	d Preservation Grade
List of Students	
2021-2022	
1.Ms. Rutuja Dandekar	. A
2.Ms. Chandani c. Dhor	ngade B
3.Ms. Karishm. K Nan-	ndanwar A
4.Ms. Nabiha Fatma Sh	neikh A
5.Ms. Avantika Chawac	de A
6.Ms. Hasina Bano	В
7.Ms. Humera Fatema	A
8.Ms. Janvi Rathod	A
9.Ms. Krutika Shende	A
10.Ms. Pratiksha Patil	A
11.Ms. Payal B. Dhanvij	В
12.Ms. Divyani D. Wagh	hade A
13.Ms. Gayatri N. Agad	le A
14.Ms. Srushti S. Sorte	A
15.Ms. Dimpal Vinod Sh	nrikhandkar A
16.Ms. Misbah Sheikh	В
17.Ms. Rashmi Ravichar	ran Gautam B
18.Ms. Sakshi Ravindra	Ashtikar A
19.Ms. Ashlesha Nagesh	
20.Ms. Tisha Gangadhar	
21.Ms. Anushka vijay Cl	
22.Ms. Kashish Rajendra	
23.Ms. Chaitali Krushna	Ladse
24.Ms. Prutha Subhash F	Bhusari A
25.Ms. Priyanka Gaitre	В
26.Ms. Priyanka Pradip V	
27.Ms. Boby R. Yawalka	
28.Ms. Chitra Onkarji Ka	
29.Ms. Payal Satish Nak	ade B



Misbah S. Sheikh Offline Examination On BSC-Ist year Exificate Coussefund Preservation: - Dt. 26/7/22

- 1. Pasteurization is the process of heating milk
- a) above 121°C
- b) above the boiling point
- below he ling point
 - d) above 150°C
- 2. The process of preserving food by rapid freezing followed by dehydration under vacuum is called
- Lycohilisation
 - b) Sterilization
 - c) Cold Dehydration
 - d) Cryopreservation
- 3 'Cold sterilization' refers to the preservation of food by

ut nefnigeration

- 2) Radiation
- 3) Dehydration
- 44) Lyophilisation
- 4. All the following techniques are household preservation technique except
- a) Smoking
- by Lyophilisation
- c) Dehydration
- d) Salting
- 5 What is the purpose for blanching (immersing food in hot water) vegetables during canning?
- a) to soften products to fill better
- b) to denature enzymes that change colour, texture
- c) to reduce microbial population
- All of the above



Course - Coordinator

Mrs Jyoti D. Kamble

Certificate course in Food Preservation

Date-26/07/2022

Principal
Sevadal Mahila Mahavidyalaya
Umrer Road, Nagpur-9.

NAGPUR S

SEVADAL SHIKSHAN SANSTHA'S

SEVADAL MAHILA MAHAVIDYALAYA

Sakkardara Square, Umrer Road, Nagpur-24

Course -

Food Preservation
Theory
Month of Jan, Feb.

Total Lectures/ Practical engaged

Attendance for the

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2.	mg. Chandani C. Dhongade	APE	A O	PA	P	Ð	A	0 6	A	A	A	A	0 8	P	
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5.	ms. Hajina Bamo	APF	PA	1 8	A	8	A	3 6	P	P	P	0	P		
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8.	m. Janvi Rathod,	PEP	A	PP	P	P	8	PP	P	A	8	A	PA		
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	m. Pratiksha Patil	PPf	_		_	\$							٥٢		
	my. Payal B. Dhanvij	APP				C	81	PF	e	A	P		0 8		
	ms. Diryani D. Waghade						61						P		
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	me. Rashmi R. Gautam	PAP	8 4	78	6	A	A	9	A	A	11	A (8		
,	ms. Sakshi R. Ashtikas					P	A 1	AP	8			PF	A		
7.3	mg. Ashlesha N. Varragad					A	91	98	A	A	P 6	A 1	, 9		
	my. Tisha Gangadhar Vlidge	FAP	AF	P	A	A	AT						' A		
1	ns. Anushka V. Choudhaei	APP	19	BP	8	P	AT	9 1	8	r	PI	P 4	P 1	Stend	
2.	M. Kashish R. Kamble	APP	8 8	A	P	P	A	· A	A	P	A	96	1	Farwardeel	
5.	ms. Chaitali k. Ladse	PPF	P	P	P	A	OF	P	P	A	P 1	AF	A	3/10/22	av-
1.	m. Pruthas. Bhusani	PPP	PP		6	P	A	'n	A	P	A	P	P		
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	ms. Priyanka Gaitre	PPP	PF	r	A	A	8 6	A	P	P	100		A C		
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1.	ms. Boby R. Yawalkal	PAP	8 8	6	P	P	8 F	10	P	P	A	AF	A	12.	
	ms. Chifra O. Kaikade	PAF	PP	PI		8	AF	9	r	P	8	A	PP	10 Kambe	
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SEVADAL MAHILA MAHAVIDYALAYA

Place for Higher Learning & Research (Research Academy) Sakkardara Chowk, Umrer Road, Nagpur-440 024 (M.S.)

This is to certify that,

Meha Sheikh

"Food Preservation" / "Neutraceutical Science" has successfully completed Course of

in Examination with Grade A for Session 2021 - 2022.

(Dr. S. G. Rokade) ROKADE

Convener Sevadal Mahila Mahavidyalaya,

(Mrs. J. D. Kamble) 10 tambre

Sevadal Mahila Mahavidyalaya, Course Co-ordinator

(**Prof. Pravin Charde**)

Principal
Sevadal Mahila Mahavidyalaya,