Forage

Inspiring and empowering future professionals

Asmin Nasar

Sydney Romantics Design & Branding Virtual Experience

Certificate of Completion

March 20th, 2022

Over the period of January 2022 to March 2022, Asmin Nasar has completed practical task modules in:

Brand and Authenticity
Product Design and Craft
Digital Marketing
Community Building

Tom Brunskill
CEO, Co-Founder of Forage

Report of Internship

By

Archana Rajeev

REGISTER NO: AB20AMAT052

(2020 – 2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2022

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS),

ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by Archana Rajeev,Reg no: AB20AMAT052 is a bonafide record of the internship done by her at the Adore India during the academic year 2020-23

Betty Joseph

(Internal Mentor)

Associate Professor

Dr. Ursala Paul

(Head of the department)

Assistant Professor

REPORT

I have done an internship of 3 months duration.The name of the organization is 'Adore India'(https://adoreindia.org/).I joined there on 14 April,2021.The work was online.After joining Adore India there were several tasks which I was allocated to do:

So there I did:-

- Conduct online sessions at various orphanages. In total,I have conducted 75 sessions.
- Conducted online workshops.
- Observed some sessions conducted by other volunteers.
- Managed and co managed workshops. I have managed an origami workshop and co managed a fun and learn workshop and a prograce workshop.
- Did Facebook promotions for workshops
- Prepared two newsletters for workshops and posters for promotion
- Attended various meetings and webinars.

The skill required for this internship was teaching skills.The selection was based on an interview which was conducted online.By doing several tasks as part of this internship, I have learnt a lot of things. Learning is the most important thing. So the things that I have learnt throughout the internship were :-

- Learned that I can teach children confidently
- Improved communication skills
- Learned Canva designing.
- Improved time management skills.

- Achieved public speaking skills. According to me,this is the most important skill that I have gained by doing this internship. Because before joining Adore India,I was a person who was afraid to speak at least one word in front of a crowd. But I can say, after I joined there,the fear of public speaking reduced a lot...now I can speak in front of anyone confidently.

Certificate from Employee

https://drive.google.com/file/d/10DBOApe9nEUW1zRvRtEEGHVu7Z5Cq15o/view?usp=drivesdk

Report of Internship

By

FATHIMA FASMIN

REGISTER NO: SM20AS013

(2020 – 2022)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2022

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by FATHIMA FASMIN, SM20AS013. is a bonafide record of the internship done by her at the VTJ Hyundai (Veeteejay Motors Private Limited)NH 47 Bypass Road Maradu , The Sparks Foundation during the academic year 2021-2022.

ANU MARY JOHN

(Internal Mentor)

Designation

SHANTY B P

(Head of the department)

Designation

REPORT

VTJ Hyundai

VTJ Hyundai is a dealership of Hyundai cars. The internship was a one month programme at the head office of VTJ Hyundai showroom and service centre ,Kundannoor. I worked from 02-11-2020 to 30-11-2020 in the account section.

The internship was amidst the Covid pandemic situation hence the task was related to the pandemic . I was assigned to enquire about the cancellation of booked cars to the clients and to record that data in MS Excel for the organization's future use.

This internship helped me understand more about MS Excel and also helped a lot in improving my communication skills and time management skills.

In a nutshell, it was a great working experience . I am grateful to the HR department and the account section employees for lending their support throughout my internship period.

The Sparks Foundation

The Sparks Foundation is an educational management company based in Singapore. The aim of the company involves the gradual rotational internship programme that allow interns to complete tasks of their respective choice of domain.

The area of my interest for the internship was 'data science and business analytics'.It was a one month internship from 1/06/2021 to 30/06/2021. This internship helped me enhance my programming skills . I got the opportunity to perform different projects,test my skills and learn new concepts and was also able to collaborate with peers to share different perspectives of the given tasks. Overall it was an excellent and rewarding experience.

Certificate from Employee

HYUNDAI

Ref: 15/HRD/12/20

Date: 30/12/2020

INTERNSHIP CERTIFICATE

This is to certify that, **Ms. Fathima Fasmin**, student of **St.Teresa's College, Mathematics and Statistics department**, has undergone project training at **VEETEEJAY HYUNDAI KOCHI**, From **02-11-2020** to **30-11-2020**.

During the training she took keen interest in the assigned work. We wish her all success in her academic endeavours and life.

We wish all success in her academic endeavours.

VEE TEE JAY MOTORS (P) Ltd

VEETEEJAY MOTORS PVT. LTD. KOCHI 682 304

HR DEPARTMNET
Kundanoor, Cochin - 682304
Mail to: hr@vtjhyundai.com

HR AND ADMIN DEPARTMENT
VEETEEJAY MOTORS PVT. LTD.
NH 47, Bypass Road, Maradu P.O.
Kundannoor, Kochi - 682 304

UMEED
A Drop of Hope

NGO REGISTRATION NO. S/792/DIST.SOUTH/201

Ref No. UD21/FI-2052
Date: 12-09-2021

Certificate of Internship

We present this certificate to

Ms. JYOTHY AJITH KUMAR

In appreciation for your successful work as an intern at Umeed-A Drop of Hope in the area of Social Work, HR, Marketing, Environment & Finance.
The internship was conducted between **13-08-2021** and **12-09-2021**.

During the tenure of this internship the candidate was found to be dedicated, hard working and efficient.

Subhrajeet Gautam
(Founder & Secretary)

COCHIN PORT AUTHORITY

Phone : 0484-2582600
Fax : 0484-2666582
E-mail : fa@cochinport.gov.in

Finance Department
Willingdon Island
Cochin – 682009

No. Budget/Internship/2022

Dated: 18.04.2022

CERTIFICATE

This is to certify that Ms. Shradha Nath, II year B.Com (Taxation) student of St.Teresa's College (Autonomous), Ernakulam has undergone internship for a period of one month *from 17.03.2022 to 16.04.2022* in our Organisation.

During the course of the project, her performance was found to be good.

वित्तीय विभाग
FINANCE DEPARTMENT
COCHIN PORT AUTHORITY, COCHIN-9
कोचिन पत्तन प्राधिकरण, कोचिन-9

SR.ACCOUNTS OFFICER

accenture

Forage

Inspiring and empowering future professionals

Vaishnavi V Menon

Project Management Virtual Experience

Certificate of Completion

December 17th, 2021

Over the period of December 2021, Vaishnavi V Menon has completed practical task modules in:

Understand the approaches to project management
Prepare a proposal for the optimal project management approach
Identify the key attributes of a good project manager or project lead
Importance of communication in project management

Caroline Dudley
Managing Director
North America
Recruiting

Tom Brunskill
CEO, Co-Founder of
Forage

Enrolment Verification Code 5qKiiESfaKFQcuHC5 | User Verification Code ohgFHL5L6QuwfLfo2 | Issued by Forage

Kerala State Electronics Development Corporation Ltd.
(A Government of Kerala Undertaking)

ITBG - Knowledge Services Group
GSTIN : 32AABCK1319E4Z5

KELTRON®
CIN : U74999KL1972SGC002450

Phone: 0471-2724765 || Helpline No: +91 9188665545 || E-mail: iteg@keltron.org || Website Link : ksg.keltron.in

KSG/54/INTP/22-03/L1628

05.03.2022

CERTIFICATE

Certified that the student has completed the **Internship Program** conducted at KELTRON as per the particulars given below:

Name of the Student	**Ms. SREEKUTTY P.M**
Name & Address of the College/Institution at which the Student is Studying	St. Teresa's College, Park Avenue, Marine Drive, Ernakulam, Kerala-682011
University/Board, which the Institution is Affiliated to	Mahatma Gandhi University, Kerala
Branch/Discipline of Study	B. Voc in Software Development
Student's Registration No.	VB20SWD018
Semester / Year of Study	4th Semester
Name & Address of the Institution/Centre where the Internship Program was Conducted	**Keltron Knowledge Centre (54), Near Govt. Ayurveda College, Trivandrum**
Online Portal Registration No.	KI015400
Roll No./Register No.	K2154I110291
Program Category	**INTERNSHIP**
Period & Duration of the Program	04.02.2022 to 10.02.2022 (1 Week)
Area of Exposure	Domains in Cyber Security, Cybercrime Types, Hackers and Hacking Familiarization to, Cyber Security Expert, Threats and Motives, Introduction to Networking Devices
Status	**COMPLETED SUCCESSFULLY**

Authorized Signatory
(Knowledge Services)

State Planning Board

PROCEEDINGS OF THE MEMBER SECRETARY
State Planning Board, Thiruvananthapuram
(Present: Teeka Ram Meena IAS)

Sub: Internship Programme for 2021-22 – Selection of Interns – Administrative Sanction Accorded - Orders Issued.

Read: 1. GO (Rt) No.312/2021/P&EA Thiruvananthapuram dated 28.07.2021.
2. Letter No. SPB/171/2021/EVND dated 06.09.2021 of Member Secretary, State Planning Board
3. Order No. SPB/171/2021/EVND dated 12.10.2021 of Member Secretary, State Planning Board
4. Note No. SPB/ 217/2021/PPD dated 11.11.2021 from the Interview Board.

ORDER No. SPB/171/2021/EVND Dated: 17/11/2021

As part of the Internship Programme for the year 2021-22, notification has been published for selection of interns in the website of State Planning Board and the same has been advertised in the leading dailies vide the reference read 2nd cited. In response to the notification 104 applications were received. Based on the research proposal of the applicants, 20 candidates were selected. As per the reference 3rd cited, an interview board has been constituted which comprises Sri.Teeka Ram Meena IAS, Member Secretary, State Planning Board, Dr.K.Raviraman, Member State Planning Board, Dr.(Prof.) Jiju P Alex, Member, State Planning Board, Dr. V Santhosh, Chief, Perspective Planning Division and Sri.S.S Nagesh, Chief, Agriculture Division to select 10 interns for the internship programme for 2021-22. Accordingly, an online interview has been conducted for the selection of interns on 10.11.2021.As per the reference 4th cited the interview board has prepared the rank list of the candidates attended for interview and selected top ranked 10 candidates. These selected candidates have been attached to the Guides concerned as given below;

SL. NO	Interns	Name of the institution presently enrolled & course	Area of Interest/Research proposal submitted	Guide and Contact No
1	Ms.Malavika E A Earattarakkal House Veliyamkode Gramam P.O, Malappuram PIN - 679579 Phone No.8129568739 email:malavikamk89@gmail.com	MA Economics. Dept. of Economics, Central University of Kerala, Kasargode	Socio Economic conditions of return emigrants from Gulf countries amidst pandemic: A case study of Malappuram Dist.	Dr.K Raviraman Member, State Planning Board Mob: 9958209920
2	Ms.Arsha R Chandaran Ramalayam Arattupuzha N P OAlappuzha PIN-690515 Phone No.6238823197 Email:arsharchandran@gmail.com	MA Sociology. Dept. of Sociology University of Kerala	Impact of ASAP Kerala in tackling unemployment : A study among institutions in Thriruvananthapuram Dist.	Dr(Prof) Jiju P Alex Member, State Planning Board Mob:9447010934

3	Ms.Neethu E Sreyas, Kadappuram Uruvachal P.O, Mattannur Kannur PIN - 670 702 Email- neethuebhaskaran@gmail.co	PhD-Economics Central University of Kerala	Women Work, Employability and Female Labour Force participation in Kerala - an inter district analysis	Prof Mini Sukumar Member, State Planning Board 9495629694
4	Ms.Nandana Babu Kaithakkadan House Edakulam, Thrissur P O Pin - 680 121 Phone No.9048810809 Email- nandanababu12@gamail.com	MA Economics Christ College, Irigalakkuda	Effectiveness of Govt.Health Insurance Scheme with special reference to KASP Mission	Dr Bindu.P Verghese Chief , Social Service Division Mob:9495139003
5	Ms.Julie Kuriyakose Nalleparambil Cheriyavelinalloor P.O Karinganoor, Kollam PIN-691 516 Phone No.9947040097 Email-julienkcvn3@gmail.com	PhD-Development studies MG University, Kottayam	Emerging Platform Economies and Changing Labour Market Structure - A Study of Gig Economy in Kerala	Dr(Prof) Jiju P Alex Member, State Planning Board Mob: 9447010934
6	Ms.Manju V Cherucode Meakkumkara Road Arikathuveedu Moongode, Peyad P.O Pin- Phone No.8075128677 Email-manjuv445@gmail.com	MPhil-Sociology University of Kerala, Thiruvananthapuram	The Impact of Covid-19 pandemic on maternal and child health care practice among tribal communities - A Study among Kani Tribes in Thiruvannathapuram	Dr P.K Jameela Member, State Planning Board Mob: 9447737579
7	Ms.Jasna Mary Joseph Naliyath Sitara Thiruvankulam P O Ernakulam Pin- Phone No.9497266575 mail.jasnamary9697@gmail.com	PhD-Commerce St.Xavier's College, Aluva	Study on Agricultural Credit provided by Kerala Gramin Bank with special reference to Ernakulam Dist.	Sri SS Nagesh Chief , Agriculture Division Mob: 9446578742
8	Ms.Aquila Roslin Sreekutty Kattuparambil House Andikkadavu P O Kandakkadavu, Kochi Pin- 682 008 Phone No.7356779917 Email- aquilaroslin8799@gmail.com	MA Economics St.Teresa's College, Ernakulam	Inclusive Growth for Fishermen Community in Chellanam Grama Panchayath	Sri SS Nagesh Chief , Agriculture Division Mob: 9446578742
9	Sri.Sujith V P Vattiprambathu House Chemprassery East P O Malappuram Pin-679327 Phone No.9961068682 Email.sujithvp2016@gmail.com	MPhil-Sociology Thunchathezhuthachan Malayalam University, Thirur	Orphans and Orphanages in Kerala - A Study on Social inclusion	Prof Mini Sukumar Member, State Planning Board 9495629694
10	Ms.Najmudheen C Valiyarakkal House Puthoopadam Ayikkarappadi P O Malappuram Pin-676636 Phone No.9809989216 Email-najuckppadam@gmail.com	PhD-Environmental studies Thunchathezhuthachan Malayalam University, Thirur	ഗാർഹിക ഖരമാലിന്യ പരിപാലനത്തിലെ ജനങ്ങളുടെ അവബോധം : മലപ്പുറം ജില്ലയിലെ മഞ്ചേരി നഗരസഭയെ മുൻ നിർത്തിയുള്ള പഠനം	Smt Josephine J Chief, Decentralized Planning Division Mob:9495006887

In the circumstances, administrative sanction is here by accorded to conduct the internship programme subject to the following conditions.

1. The period of Internship is 60 days and will be started from 22nd November 2021.
2. The Members/Chiefs to whom the intern is attached shall assign those projects on their area of interest and relevance of topic for the State Planning Board. The area of research may also be fixed by the guide in consultation with the intern.
3. The attendance of the interns has to be maintained by the concerned Guides themselves.
4. At the end of the programme, each intern shall write a report and submitted to the Guide concerned and if the report is found satisfactory, a power point presentation shall be done.
5. Each intern shall submit 5 hard copies and a soft copy in PDF format of the final report to the Evaluation Division.
6. After successful completion of the Internship Programme a certificate will be issued to each intern.
7. A lump sum amount of Rs.24000 for PG candidates and Rs.30000 for MPhil/PhD candidates are also to be issued after the completion of the report and PPP.
8. The selected intern who are drawing JRF/ICSSR fellowship/any other fellowship/scholarship will not be eligible for the lump sum amount.
9. The expenditure in connection with lump sum amount shall be met from the head of account '3451-00-101-93-00-34-03 (Plan) for the scheme " preparation of plans & Conduct of surveys and studies
10. The interns are directed to contact the Guides concerned for further directions.

Sd/-
Teeka Ram Meena IAS
Member Secretary

To

1. The Guides concerned
2. The Interns concerned

Copy to:

1. PS to VC
2. PA to MS
3. CA to All Members
4. The Senior AO, State Planning Board
5. The Finance Officer, State Planning Board
6. All Chiefs
7. Stock file

Forwarded/ By Order

Chief (i/c), Evaluation Division

THE JURNI

CULTURE • WORKLIFE • TRAVEL

CERTIFICATE OF APPRECIATION

This is presented to

Ashna K S

for the successful completion of The Jurni Young Professionals Program
in the month of October 2021

MOHIKA SHARMA
Co-Founder, The Jurni

3rd Floor, 207 Regent Street London, W1B 3HH United Kingdom

ZERO MEAT

CERTIFICATE OF INTERNSHIP

Zero Meat awards

MS.ANJANA SURESH

for rendering excellent work as an MBA intern with her knowledge and enthusiastic spirit from December 2021 to March 2022.

Hubert Roshan Raj
CEO, ZeroMeat

NbliK

TO WHOMSOEVER IT MAY CONCERN

Ref. No. 2021/ 109 **Date: 12.05.2021**

This is to certify that **Anjana Suresh**, student of **ST. TERESA'S COLLEGE**, has successfully completed her internship with **NbliK** during the period 01.04.2021 to 01.05.2021.

During the period, **Anjana** worked with Community team, directly responsible for user acquisitions & came up with creative ideas, built Go-To-Market strategy for various categories.

During the course of internship, **Anjana** has shown great amount of responsibility, sincerity and a genuine willingness to learn and zeal to take on new assignments & challenges. In particular, her coordination skills and communication skills are par excellence and her attention to details is impressive.

We wish her all the very best for her future.

With regards,

Akanksha Yadav
(Manager- Category Management)

NbliK India Private Limited
FF-15 Pearl Omaxe Tower, Netaji Subhash Chandra Palace, New Delhi – 110034
website: www.nblik.com Email: contact@nblik.com
CIN No: U74999UR2019PTC010305

KOCHI METRO RAIL LIMITED
A 50-50 Joint Venture of Govt. of India & Govt. of Kerala

KOCHI METRO RAIL LIMITED

No. KMRL/FIN/HR/CERTIFICATE/2022 22.08.2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Anasooya Nair**, B.A. Economics student of **St. Teresa's** College, Ernakulam, has successfully completed her Internship training at Kochi Metro Rail Limited (KMRL) during the period from 10th March 2021 to 10th April 2021.

We wish her all success in her future endeavors.

RATHEESH S
MANAGER (HR)
KOCHI METRO RAIL LIMITED

Ratheesh. S
(Manager-HR)
Kochi Metro Rail Limited
Kochi - 682017

Building a better working world

Ernst & Young LLP
9th Floor, "ABAD Nucleus"
NH - 49, Maradu PO
Kochi - 682304
India

Tel: +91 484 433 4000
ey.com

Certificate of Internship

This is to certify that Anasooya Nair, a student of 3rd BA Economics at St. Theresa's College, Ernakulam, has done an internship program with our organisation from May 19, 2021 to August 12, 2021. She has completed the internship & submitted her report on **"Probe into oxygen supply of various states of India, with special reference to Kerala, during Covid"**.

We found her extremely engaging, diligent and hardworking. She shows the ability to work unsupervised and churns out very high-quality work product. We wish her the best in her future endeavours.

Rajesh Nair
Associate Partner – Markets
Ernst & Young LLP, Kochi

August 28, 2021

Ernst & Young LLP is a Limited Liability Partnership with LLP Identity No. AAB - 4343
A member firm of Ernst & Young Global Limited, Regd. Office at 22 Camac Street, 3rd Floor, Block C, Kolkata - 700016

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Date: 10th December 2021

To
Nubha Parveen
Noushad Manzil
Kulamangalam
Valanchery, Malappuram

Dear Nubha,

We are pleased to inform you that you are selected for our Internship Programme under the following terms and conditions.

Day of Commencement

Your internship will be effective from 13th December 2021.

Roles and Responsibilities

Intern will be responsible for submitting new projects for upliftment of marginalized people along with the responsibility of office work and field work required for project work. Drafting notes on legislation, preparing questions and notices that Member of Parliament can raise and study of Government projects also comes under the responsibility of the Intern. Interns will also be a part of disaster management team at the time of emergencies.

Working Hours

Office hours is between 10AM to 5 PM, reporting to office will be under the guidance of Internship Coordinator.

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Stipend

You will be paid a monthly Stipend of Rs. 5000/-

Termination

Any discriminatory behaviour and unlawful act will be taken seriously and decision taken by Hon. Member of Parliament to terminate the Intern cannot be questioned.

We congratulate you on your appointment and assure you full support for your professional growth and development.

With Regards

Hibi Eden

To affirm your acceptance to the terms and conditions laid out in this letter please sign below

Name :

Signature :

Date :

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Date: 10th December 2021

To
Aquila Roslin Sreekutty
Kattuparambil House,
Andikkadavu P.O
Kandakkadavu
Chellanam, Kochi-8

Dear Aquila,

We are pleased to inform you that you are selected for our Internship Programme under the following terms and conditions.

Day of Commencement

Your internship will be effective from 13th December 2021.

Roles and Responsibilities

Intern will be responsible for submitting new projects for upliftment of marginalized people along with the responsibility of office work and field work required for project work. Drafting notes on legislation, preparing questions and notices that Member of Parliament can raise and study of Government projects also comes under the responsibility of the Intern. Interns will also be a part of disaster management team at the time of emergencies.

Working Hours

Office hours is between 10AM to 5 PM, reporting to office will be under the guidance of Internship Coordinator.

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Stipend

You will be paid a monthly Stipend of Rs. 5000/-

Termination

Any discriminatory behaviour and unlawful act will be taken seriously and decision taken by Hon. Member of Parliament to terminate the Intern cannot be questioned.

We congratulate you on your appointment and assure you full support for your professional growth and development.

With Regards

Hibi Eden

To affirm your acceptance to the terms and conditions laid out in this letter please sign below

Name :

Signature :

Date :

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Date: 10th December 2021

To
Hannah Grace Joseph
Puthuparambil House
Mallappally North P.O
Pathanamthitta District

Dear Hannah,

We are pleased to inform you that you are selected for our Internship Programme under the following terms and conditions.

Day of Commencement

Your internship will be effective from 13th December 2021.

Roles and Responsibilities

Intern will be responsible for submitting new projects for upliftment of marginalized people along with the responsibility of office work and field work required for project work. Drafting notes on legislation, preparing questions and notices that Member of Parliament can raise and study of Government projects also comes under the responsibility of the Intern. Interns will also be a part of disaster management team at the time of emergencies.

Working Hours

Office hours is between 10AM to 5 PM, reporting to office will be under the guidance of Internship Coordinator.

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

HIBI EDEN
MEMBER OF PARLIAMENT (LOK SABHA), ERNAKULAM, KERALA

Stipend

You will be paid a monthly Stipend of Rs. 5000/-

Termination

Any discriminatory behaviour and unlawful act will be taken seriously and decision taken by Hon. Member of Parliament to terminate the Intern cannot be questioned.

We congratulate you on your appointment and assure you full support for your professional growth and development.

With Regards

Hibi Eden

To affirm your acceptance to the terms and conditions laid out in this letter please sign below

Name :

Signature :

Date :

21 Meena Bagh, Near Udyog Bhavan, Moulana Azad Road, Central Delhi- 110011
SRM Road, Kochi-18, Kerala
✆0484 2400 567 +91 9447 147 091 hibieden@gmail.com office@hibieden.in

APOLLO TYRES LTD
P.O. Kalamassery,
Ernakulam 683104
Kerala, India

T : +91 484 2540261-66
F: +91 484 2532961
apollotyres.com

15-11-2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Navya Kishore ,** has successfully completed her internship in **HR Department** of our organization for a period of one month from **01-10-2021 to 31-10-2021.**

We found her performance as good during the mentioned period with us and wish her all the success.

For APOLLO TYRES LTD

APOLLO TYRES LTD. * KALAMASSERY P.O. * PIN: 683104

MANEESH M S
MANAGER – Human Resources

TO WHOMSOEVER IT MY CONCERN

This is to certify that Ms. Safna Nasar student of St: Teresa`s College, Ernakulum, Kerala has completed her Internship in finance department from 1st March to 30th April 2021. During her internship she had gone through Invoicing, Statement of Accounts and petty cash handling.

We wish her all success for her future endeavors.

Nasar Mohammed
Managing Director
Al Boom Protective Coating L.L.C

MARRIOTT

29th October 2021

TO WHOM IT MAY CONCERN

This is to certify that **Anushka P Menon** from **St.Teresa's College, Ernakulam** has undergone her **Internship in Sales & Marketing Department** with the **Kochi Marriott Hotel** from **1st October 2021** to **29th October 2021.**

During her exposure **Anushka P Menon** was found to be ***Excellent*** *with* the tasks assigned to her.

Rating: *5. Excellent* *4. Very good*
3. Satisfactory/ Good *2. Average*
1. Needs Improvement

We wish her the very best in her future endeavors.

For Kochi Marriott Hotel,

Rita Mary
Training Executive

KOCHI MARRIOTT HOTEL
Lulu Group India Pvt Ltd
34/1111 N.H. 47, EDAPPALLY,KOCHI - 682024,
KERALA, INDIA.
T: +91.484.7177777 W: kochimarriott.com

Cheeranchira
Service Co-operative Bank Ltd. No:1626

Head Office : Cheeranchira Post, Changanacherry, Kottayam Dt., Kerala-686106,
Ph: 0481-2728972, E-mail: cheeranchirascb1626@gmail.com

Cheeranchira Main Br.	Vakkachanpady Br.	Kurisummoodu Br.	Vadakkekara Br.
Ph:0481-2721972	Ph: 0481 2720163	Ph:0481 2722163	Ph:0481 2723163
cheeranchirabank.main@gmail.com	cheeranchirabank.vp@gmail.com	cheeranchirabankkurisu@gmail.com	cheeranchirabank.vadakkekara@gmail.com

Ref:H.O(O)50/2021-22

19/11/2021

TO WHOM IT MAY CONCERN

This is to certify that **Ms. Elen Serah Martin** ,D/o.Sri Martin Joseph,Koippally.,Kurisummoodu Post, Chanagnacherry from St. Teresa's College Ernakulam has undergone her internship from Cheeranchira Service Co operative Bank,Cheeranchira,Changanacherry from 1st July 2021 to 1st October 2021

During her exposure **Ms.Elen Serah Martin** was found to be **Excellent** with the task assigned to her.

Rating: 5. Excellent 4. Very Good

3. Satisfactory/Good 2. Average

1. Needs Improvement

We wish her the very best in her future endeavors

For Cheeranchira Service Co operative Bank Ltd No.1626

Secretary

John Kurian
Secretary
Cheeranchira SCB Ltd. No. 1626
Cheeranchira P.O.,Changanacherry-6
Mob: 9495844972

InterContinental Hotels Group

I-Intern Program

This certificate is awarded to

K.Z Khadeeja Zuhaira

Student of St. TERESA'S COLLEGE

For successfully completing Industrial Training

At Holiday Inn Cochin

From 09th September 2021 to 09th October 2021 with 100% Attendance

Overall Performance Rating: Very Good Performance

"All of you" at IHG

Suganthi Vipin
Human Resources Manager

IHG HOTELS & RESORTS

REGENT · KIMPTON · HOTEL INDIGO · VOCO · HUALUXE · CROWNE PLAZA · avid · ATWELL SUITES

IHG REWARDS

THE NEW INDIAN EXPRESS GROUP

08.10.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mr. Maurine K Jimmy, IIIrd semester BMS-IB student of St. Theresa's College (Autonomous), Ernakulam, had successfully completed Organization Study in The New Indian Express, Kaloor, Kochi, during the period 1st Sept. to 30th Sept. 2021 and submitted the report.

For Express Publications (Madurai) Private Limited,

General Manager-Kerala

EXPRESS PUBLICATIONS (MADURAI) PVT LTD.

Branch Office : "Express House", Kaloor, Kochi 682 017. Tel : 0484-2402220 / 2402050 / 2400383 / 2402215 Fax : 0484-2401799
Corporate & Registered Office : Express Publications (Madurai) Private Limited, Express Gardens, 29, Second Main Road, Ambattur Industrial Estate, Chennai-600 058.
CIN : U22121TN1959PTC003776 Tel: 044-23457601-08 Fax : 044-23457516. www.epmltd.com

MARRIOTT

29th October 2021

TO WHOM IT MAY CONCERN

This is to certify that **Naura Mehrin** from **St.Teresa's College, Ernakulam** has undergone her **Internship in Sales & Marketing Department** with the **Kochi Marriott Hotel** from **1st October 2021** to **29th October 2021.**

During her exposure **Naura Mehrin** was found to be ***Excellent*** with the tasks assigned to her.

Rating: *5. Excellent* *4. Very good*
3. Satisfactory/ Good *2. Average*
1. Needs Improvement

We wish her the very best in her future endeavors.

For Kochi Marriott Hotel,

Rita Mary
Training Executive

KOCHI MARRIOTT HOTEL
Lulu Group India Pvt Ltd
34/1111 N.H 47, EDAPPALLY,KOCHI - 682024,
KERALA, INDIA.
T: +91 484 7177777 W: kochimarriott.com

Scanned with CamScanner

Casino Hotel
a cgh earth experience

15.11.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. K A Aiswarya, 2nd year student in Bachelor of Management Studies of St. Teresas College,Ernakulam, has undergone her Internship in our Human Resource Department from 18th October 2021 to 15th November 2021.

During her tenure with us, she was found to be hardworking, sincere and punctual. Her character was also observed to be good.

We wish her all success in her future endeavors.

For Casino Hotel

Shabarish S
Manager - HR

CASINO HOTEL HRD COCHIN

Willingdon Island, Cochin-682 003, Kerala, India. Phone: +91-484-6692 500, 6692 541 Email: casinohotel@cghearth.com
www.cghearth.com

THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. .....AARATHI NAMBIAR..... of .ST.TERESA'S COLLEGE , ERNAKULAM.

institute has successfully completed the Times Access internship program of 2021-22.

His/ her performance during the program is adjudged as .....GOOD.....

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

THE TIMES GROUP

ARROW
LEARNING SYSTEM

CERTIFICATE OF
HR INTERNSHIP COMPLETION

THIS CERTIFICATE IS PRESENTED TO

Agna Pj

Has successfully completed her 3 months internship in our
HR team and had been doing her best during the same
This was presented on October 2021

IBRAHIM MUHAMMED
CEO & FOUNDER

WWW.THEARROWTUTOR.COM

APOLLO TYRES LTD
P.O. Kalamassery,
Ernakulam 683104
Kerala, India

T : +91 484 2540261-66
F: +91 484 2532961
apollotyres.com

15-11-2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Alina Elizabeth Antony** has successfully completed her internship in **HR Department** of our organization for a period of one month from **01-10-2021 to 31-10-2021.**

We found her performance as good during the mentioned period with us and wish her all the success.

For APOLLO TYRES LTD

MANEESH M S
MANAGER – Human Resources

APOLLO TYRES LTD. ★ P.O. KALAMASSERY ★ PIN: 683104

ENCHNANTE WORLD

8 PLACE CHARLES DE GAULLE, 95210 PARIS

N, Tel: +33751468256
Email: enchanteworldegmail.com
www.enchanteworld.com

TO WHOM IT MAY CONCERN

This is to certify that **Ms. Alita JERRY** has done her internship in Digital Marketing at Enchante World SAS, Paris from September 15th to October 15th 2021.

She has worked on a project for "Groserry.com", an Online E-commerce. This Project was aimed to launch an Online E-commerce platform based on custom codes and shopify simultaneously. As a part of the project she curated content, designed several banners and meticulously studied data and created reports for the same.

During the Internship she demonstrated good technical skills with a self motivated attitude to learn new things. Her performance exceeded expectations and was able to complete the project successfully on time.

We wish her all the best for her future endeavors.

For Enchante World

Varun Meel
CEO

EXEMPLAIRE
A CONSERVER

16.10.2021

Certificate of Experience

Sales & Marketing Internship

Ann George

Sales & Marketing Intern from 6th September to 6th October 2021.

Awarded on

UNIVERSAL TRIBES

CEO

Dreams'
Clues

Mob.: 91 99 99 672364
Email : info@dreamsclues.com
Web.: www.dreamsclues.com

SUB: - INTERNSHIP COMPLETION LETTER

We are glad to inform you that **JISA MONCY** from **ST. TERESA'S COLLEGE, ERNAKULAM** has successfully completed **her/him** internship at DREAMS CLUES **04 SEPTEMBER, 2021 – 04 OCTOBER, 2021.**

During **his/her** internship, **he/she** was exposed to the various activities in **SOCIAL MEDIA MARKETING INTERN.**

We found **her/him** extremely inquisitive and hardworking. **She/He** was very interested to learn the functions of our core division and also willing to put **her/him** best efforts and get in to the depth of the subject for understanding it better.

Her/Him association with us was very fruitful and we wish **her/him** all best in future endeavors.

For, DREAMS CLUES

Md. Sabahuzzaman
Founder and CEO

KVJ Analytics

KVJ Analytics
40/6133, 3rd Floor,
Lalan Towers,Banarjee Road
High Court Junction, Cochin.
Phone: + 91- 484-4059310
Mobile: + 91- 9961813730
Email: info@info@kvjanalytics.in

25-October-2021

TO WHOM IT MAY CONCERN

This is to certify that KV SHOBINI has been employed as HR Intern in KVJ Analytics from 13-6-**2021 to 21-10-2021.**

During her time with our company, **KV SHOBINI** has remained dedicated and loyal to her work and responsibilities. She was sincere, hardworking, punctual, thorough professional and a keen learner.

Her contributions to the organization will always be appreciated and we wish her all the best in her future endeavours.

For KVJ Analytics,

Authorised Signatory

INTERNSHALA TRAININGS

Certificate of Training

Liyana Sajid

from St.Teresa's Arts And Science College has successfully completed a 6-week online training on **Tally**. The training consisted of Basic Concepts of Accounting, The World of Tally, Accounting Process in Tally, Bank Reconciliation Statement, Tax Deducted at Source (TDS) & Tax Collected at Source (TCS) Accounting in Tally, Payroll in Tally, Goods & Services Tax (GST) Accounting in Tally, Data Extraction from Tally, Some Extra Topics, and Final Training Project modules.

In the final assessment, Liyana scored 58% marks.

We wish Liyana all the best for future endeavours.

Sarvesh Agarwal

FOUNDER & CEO, INTERNSHALA

Date of certification: 2021-11-15 Certificate no. : 26ADFEE7-FF61-7BB8-ABAC-EB1250E1BDD2

For certificate authentication, please visit https://trainings.internshala.com/verify_certificate

mycaptain

CERTIFICATE OF ACHIEVEMENT

This certificate is presented to

Meenakshi Premjith

who was part of MyCaptain's Campus Ambassador Program in recognition of their dedication and hard work in completing their ambassadorship in Marketing

We wish you all the best for your future endeavours.

Anush Ramachandran
(Operations and HR Manager)

An NSR CEL enclosed company A Climber Knowledge and Careers Pvt Ltd Initiative

KVJ Analytics

KVJ Analytics
40/6133, 3rd Floor,
Lalan Towers,Banarjee Road
High Court Junction, Cochin.
Phone: + 91- 484-4059310
Mobile: + 91- 9961813730
Email: info@info@kvjanalytics.in

25-October-2021

TO WHOM IT MAY CONCERN

This is to certify that Prajeesha P S has been employed as HR Intern in KVJ Analytics from **13-6-2021 to 21-10-2021.**

During her time with our company, **Prajeesha P S** has remained dedicated and loyal to her work and responsibilities. She was sincere, hardworking, punctual, thorough professional and a keen learner.

Her contributions to the organization will always be appreciated and we wish her all the best in her future endeavours.

For KVJ Analytics,

Authorised Signatory

Certificate of Experience

Aarambh 5.0

UNIVERSAL TRIBES

Sales & Marketing Internship

It is certified that

Riya Treesa

was working with us as an **Sales & Marketing Intern** from **6th September to 6th October 2021.**
We hope and pray for bright and Godspeed in his/her future life.

(UTARYJOSSME025)

20.10.2021
Awarded on

UNIVERSAL TRIBES

Rajat Raghatwan
CEO

THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. ....TANISHA SHIRAZ..... of ....ST.TERESA'S COLLEGE, ERNAKULAM

institute has successfully completed the Times Access internship program of 2021-22.

His/ her performance during the program is adjudged as ...SATISFACTORY.....

THE TIMES GROUP

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. .....NAVYA PILLAI..... of ..ST:TERESA'S COLLEGE, ERNAKULAM

institute has successfully completed the Times Access internship program of 2021-22.

His/ her performance during the program is adjudged as ....SATISFACTORY.....

THE TIMES GROUP

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

Certificate of Experience

Aarambh 5.0

UNIVERSAL TRIBES

Sales & Marketing Internship

It is certified that

Vidhya V

was working with us as an **Sales & Marketing Intern** from **6th September to 6th October 2021.**
We hope and pray for bright and Godspeed in his/her future life.

(UTARYJOSSME026)

20.10.2021
Awarded on

UNIVERSAL TRIBES

Rajat Raghatwan
CEO

New Udaya Pharmacy & Ayurvedic Laboratories

nupal ayurveda

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Vrinda Nayar (SB20BMS038), Bachelor of Management Studies in International Business, St Teresa's College Ernakulam, has done her internship program from 1st November 2021 to 25th November 2021 in our organization.

NEW UDAYA PHARMACY & AYURVEDIC LABORATORIES KOCHI-20

Krishnakumar.P
Properitor

Ref.: 2021372 Date: 17/10/2021

Internship Completion Certificate

Duration: **02/09/2021-17/10/2021**

Dear ***Bencita Biju Morris***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:

1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. ..MEENAKSHI.R.IYER..... of ...ST.TERESA'S COLLEGE,ERNAKULAM institute has successfully completed the Times Access internship program of 2021-22. His/ her performance during the program is adjudged as .....SATISFACTORY.....

THE TIMES GROUP

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

•APTIV•

To,
Dr. Daly Paulose
Head of Department
Department of Management Studies
St. Teresa's College (Autonomous), Ernakulam

15/10/2021

This is to certify that **Ms. Kavya Karan Babu (Register No. SB20BMS016)** student of **St. Teresa's College (Autonomous), Ernakulam,** has completed her **"Internship Study"** in our Cochin Manufacturing Unit from **1st to 30th July 2021.**

Her conduct and interest in learning various aspects **connected** with her study was found to be good.

For APTIV Connection Systems India Private Ltd.

Manoj Kumar. P.R
GM HR & Administration
Connection Systems India

Kochi 682308

Chillar
Smart Pay

TO WHOM EVER IT MAY CONCERN

Certificate of Internship

This it to certify that **Priya Ann** student of **St Teresa's College** had undergone her internship, in our organization and engaged herself in doing the project titled as,

"**A study on software professional's work life preference**" in our organization from 8th October 2021 to 8th November 2021.

At this juncture we also wish her all great success in her future endeavours.

For Chillar Payment Solutions Pvt Ltd

Harikrishnan PM
Director

Chillar Payment Solutions Pvt. Ltd.

Chillar
Smart Pay

TO WHOM EVER IT MAY CONCERN

Certificate of Internship

This it to certify that **Sneha Jude** student of **St Teresa's College** had undergone her internship, in our organization and engaged herself in doing the project titled as,

"A study on software professional's work life preference" in our organization from 8th October 2021 to 8th November 2021.

At this juncture we also wish her all great success in her future endeavours.

For Chillar Payment Solutions Pvt Ltd

Harikirhshan PM
Director

Chillar Payment Solutions Pvt. Ltd.

THE **FUTURE** OF **MAKING** THINGS

CERTIFICATE OF TRAINING

This certificate is presented to ANSU TOM Student ID BMLS-VL-SK-009

has successfully completed Training Programme on 3D Modelling with SKETCHUP from 24.05.2021

to 28.05.2021 at BIMLABS.

Date 20.09.2021

Location Kazhakkoottom

CEO, BIMLABS

BIMLABS ENGINEERING SERVICES PVT. LTD. THIRUVANANTHAPURAM

Center Manager

BIMLABS weaving a new generation.

AUTODESK. LEARNING PARTNER AUTHORIZED TRAINING CENTER ACADEMIC ADOPTION PARTNER

MEMBER

Skill VERTEX

CERTIFICATE

OF TRAINING COMPLETION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

ANNA MARIA ALUKKA

This is to certify that the above mentioned candidate has successfully completed his/her training in **Stock Market from 5th November to 5th December 2021**

During this course he/she showed diligence, consistency, determination, active participation and innovation throughout their training period.

Shivam Sharma
(VP - Human Resources)

Student UIN : **2003035**

Certificate no. : **RA1714035**

OBEYA

ISO

UMEED INDIA FOUNDATION

TRUST REGISTRATION S. NO. DEL UR25851-0802

Ref No: UIF21/367
Date: 12-08-2021

Certificate of Internship

We present this certificate to

Ms. ANJANA

In appreciation for your successful work as an intern at Umeed India Foundation in the area of Social Work, HR, Marketing, Environment & Finance.

The internship was conducted between **13-07-2021** and **12-08-2021**.

During the tenure of this internship the candidate was found to be dedicated, hard working and efficient.

Subhrajeet Gautam

Subhrajeet Gautam
(Founder & Secretary)

UMEED INDIA FOUNDATION
RAJU PARK
KHANPUR
NEW DELHI - 110062

Vio Lernx Pvt Ltd
6PBN, Dulmana, Teh. Pilibangan
Hanumangarh, Rajasthan.
CIN: U80902RJ2021PTC075492

To whomsoever it may concern

This letter certifies that Jayalakshmi was an employee in the role of HR recruiter with Vio-Lernx Pvt. Ltd. during the period beginning 27 January 2022 and ending 30 November 2022.

During her time with Lernx, Jayalakshmi has remained dedicated and loyal to her work and responsibilities with our company. Her responsibilities included team management, hiring and recruitment processes. she has done an exemplary job in this role. Jayalakshmi has always maintained a professional and courteous attitude and appearance while working with our company.

Her decision to end her employment with our company is solely her own decision, and we wish her all the best in her future career opportunities.

Please contact us for any additional information.

Sincerely,

Pushkar Poonia
Founder Lernx

Tel. +91 7737810357
info@lernx.in
www.lernx.in

Violet

CERTIFICATE

OF INTERNSHIP

THE CERTIFICATE IS PROUDLY PRESENTED TO

Jayalakshmi T J

For Completing 2 Months in Marketing Management Virtual Internship at Violet Tech.

Pushkarpoonia

Pushkar Poonia

Founder Violet Tech

DATE : 17/03/2022

UID : ITPW3090

KERALA STATE PLANNING BOARD

GOVERNMENT OF KERALA

PATTOM, THIRUVANANTHAPURM

CERTIFICATE OF INTERNSHIP

This is to certify that ~~Sri/Smt.~~/Kum AQUILA ROSLIN SREEKUTTY

MA ECONOMICS ST TERESA'S COLLEGE, ERNAKULAM

has successfully completed internship programme in

Kerala State Planning Board *during the year 2021-22 on the topic*

"FINANCIAL INCLUSION AMONG FISHER FOLK IN CHELLANAM PANCHAYATH"

Place : Pattom
Date : 28.05.2022

STATE PLANNING BOARD THIRUVANANTHAPURAM-4.

Bishwanath Sinha IAS,
Member Secretary.

(Office Seal)

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JANAAGRAHA CENTRE FOR CITIZENSHIP & DEMOCRACY

Dr. Mary Liya C A,
Assistant Professor & Head of the Department,
Department of Economics,
St. Teresa's College (Autonomous),
Ernakulam.

20 October 2021

Sub.: Regarding collaboration with the Janaagraha CLDP student volunteering programme

Dear Dr Liya,

Greetings from Janaagraha!

It gives us immense pleasure to collaborate with the Department of Economics, St. Teresa's College (Autonomous), Ernakulam, for the Janaagraha Councillor Leadership Development Programme (CLDP) – Student Volunteering Programme.

As you would agree, the Councillor is the bridge between citizen and the government at the "first-mile" and in that capacity closest to the citizen, geographically and substantively. But unfortunately, the role of Councillor is not taken seriously in India. To strengthen Urban Local Governments in India, we believe that it is imperative to strengthen the hands of elected Councillors in cities.

A significant step towards elevating the position of the Councillors is also to make available their profiles at par with the MPs and MLAs in India. Janaagraha is working towards curating such profiles collaborating with academic institutions across India through Janaagraha CLDP student volunteering programme.
There are eight students selected from your esteemed institution to be part of this volunteering programme (Refer annexure), and they will be working closely with Janaagraha's CLDP team towards curating profiles of Councillors across India's cities.

The terms and conditions are given below:

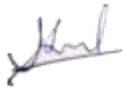
1. This will be a part time volunteering engagement by students wherein they put in an average of 4-5 hours every week to build profile of City Councillors in India, basis the guidelines provided by Janaagraha's CLDP team. Volunteers will be allotted Councillors based on their language competency, and familiarity with the State/region
2. Volunteers should mandatorily undergo an orientation training by Janaagraha
3. Volunteers should collect the requisite information based on the Google form they are instructed to fill, vide desktop research, and reaching out to the assigned Councillors over call / in-person. Volunteers should ensure that they follow utmost diligence while collecting the necessary information as well as while feeding in the information on the Google form
4. Volunteers are discouraged to record their calls with the Councillors as it may lead to the collection of inaccurate or incomplete data. Additionally, it raises questions of data privacy and storage

5. Volunteers should strictly adhere with the protocols and guidelines set by Janaagraha's CLDP team at any point in time, of this engagement
6. Volunteers should join the WhatsApp group set by Janaagraha's CLDP team for easier communication
7. Janaagraha CLDP student volunteering programme will be anchored by Shilpi Sinha Ray, Senior Associate – Civic Participation, shilpi.sinha@janaagraha.org & Priyanka Tibrewal, Intern – Advocacy & Reforms, priyanka.tibrewal@janaagraha.org. Volunteers shall feel free to reach out to them for any support over email and / or during specified time slots over phone/WhatsApp
8. The data collected by volunteers is "confidential information", and is a property of Janaagraha. "Confidential Information" means any data or information that is proprietary to Janaagraha, and not generally known to the public, whether in tangible or intangible form. Volunteers should strictly maintain confidentiality of data collected, and the same shall not be shared or used further until Janaagraha makes such data available on the public domain. Please note that Janaagraha intends to make this data available on public domain, and this may take time.
9. This engagement will be on a pro-bono basis, and no monetary compensation will be involved
10. The preliminary phase of this volunteering programme will begin end of September and close by mid-November
11. Dr. Anupa Jacob, Assistant Professor, Department of Economics, will be the faculty coordinator
12. Volunteers will receive volunteer certificates from Janaagraha upon successful completion of the assigned task
13. The collaboration with the institution will be recognised in the final output of Janaagraha that would showcase councillor profiles

The curation of Councillor profiles will be an ongoing project and is envisaged to eventually scale up to all cities in India. We look forward to continuing the collaboration with your institution for the Janaagraha CLDP student volunteering programme, for a longer tenure, beyond this preliminary phase.

Thank you once again for being part of the Janaagraha CLDP student volunteering programme.

Yours Truly,



Srinivas Alavilli
Head – Civic Participation

Annexure

1. *List of selected students as volunteers for Janaagraha CLDP student volunteering programme*

Annexure
List of selected students as volunteers for Janaagraha CLDP student volunteering programme

1. Krishnaveni M K, BA (Economics), V semester
2. Yuthika Murali, BA (Economics), II semester
3. Rosna Johnson, BA (Economics), II semester
4. Afreen Shyam, BA (Economics), III semester
5. Gayathri B Mambra, BA (Economics), III semester
6. Susan K George, BA (Economics), III semester
7. Jyotilakshmi S Basu, BA (Economics), II semester
8. Ardhra George, BA (Economics), III semester

Oakstreet Events
Second Floor,Opposite Deshabhimani
Press,Deshabhimani Road,Kaloor,kochi-682017

INTERNSHIP CERTIFICATE

TO WHOMSOEVER IT MAY CONCERN

This is to Certify that **Ms. Ashika KC**, M.Sc. Resource Management and Interior Designing at St. Teresa's College, Ernakulam has done her internship in **PUBLIC RELATION** at Oakstreet Events, Kochi, from 21-02-2022 to 21-03-2022.

During her Internship she has demonstrated her skills with motivation to learn new skills. Her Performance exceeded our expectations and she was able to complete the project on time. She has greatly assisted the Public Relations division and liaised with our team to ensure smooth collaboration among all the parties involved.

We wish her all the best for her upcoming career.

OAK STREET EVENTS KOCHI 682 017 KALOOR

Kishor Kumar
CEO

INTERNSHALA TRAININGS

Certificate of Training

MARY TREESA XAVIER

from ST TERESAS COLLEGE, ERNAKULAM has successfully completed a 6-week online training on **AutoCAD**.
The training consisted of Interface, Drawing Aids & Basic Objects, Complex Objects & Object editing, Blocks & Annotations, Plotting & Introduction to 3D, and The Final Project modules.
In the final assessment, MARY scored 60% marks.
We wish MARY all the best for future endeavours.

Sarvesh Agarwal
FOUNDER & CEO, INTERNSHALA

Date of certification: 2021-12-12 Certificate no. : 74D22369-240F-E285-001D-C4A09FAB9188

For certificate authentication, please visit https://trainings.internshala.com/verify_certificate

CERTIFICATE OF COMPLETION

AN ISO CERTIFIED COMPANY * CADCENTER * SINCE 1989

This is to certify that

ANAGHA JAYAKUMAR

has completed a TRAINING PROGRAM in

3D Visualisation & Rendering

3DS Max

PRODUCT

CADCENTER IEE (P),TRIVANDRUM

ATC SITE

120 Hrs	ASWINI S AJAY	19-10-2021
DURATION	**INSTRUCTOR**	**DATE OF COMPLETION**

CADCENTER
Indian Educational Enterprises (P) Ltd.

DIRECTOR

ORIGINAL CERTIFICATE

Verify

AUTODESK Learning Partner · Bentley Institute · ptc university · CERTIPORT · ANSYS Legal Training Center · IT - ITeS SSC NASSCOM · REVA UNIVERSITY · Mastercam

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. AATHIRA R RAJ** student of **St. Teresa's College (Autonomous), Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014038S

SAANDRA THOMAS
MEM. NO. 222703

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

REJITH & MAJU
CHARTERED ACCOUNTANTS

65/347, Capital Tower,
Vaidyar Lane, Judges Avenue,
Kaloor P. O., Cochin - 682 017

Ph: 0484 - 2400252, 0484 - 2401393
E-mail : ramcainfo@gmail.com

Ref :

Date :

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Ann Maria Teresa K ,** a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi- 682011 has successfully completed the internship program in our office for the period from **14 th day of March 2022 to 13 th day of April 2022**.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual. We wish all success in her career.

Dated this the Eighteenth day of April Two Thousand and Twenty Two at Ernakulam

For Rejith & Maju

Chartered Accountants

(Firm Reg No.007200S)

REJITH & MAJU * CHARTERED ACCOUNTANTS * COCHIN-17

CA. P.G. Rejithkumar , FCA

(Partner) (M. No. 202567)

REJITH & MAJU
CHARTERED ACCOUNTANTS

65/347, Capital Tower,
Vaidyar Lane, Judges Avenue,
Kaloor P. O., Cochin - 682 017

Ph: 0484 - 2400252, 0484 - 2401393
E-mail : ramcainfo@gmail.com

Ref :

Date :

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Ann Mary Shaji** , a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi-682011 has successfully completed the internship program in our office for the period from **14 th day of March 2022 to 13 th day of April 2022**.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual. We wish all success in her career.

Dated this the Eighteenth day of April Two Thousand and Twenty Two at Ernakulam

For Rejith & Maju

Chartered Accountants

(Firm Reg No.007200S)

REJITH & MAJU * CHARTERED ACCOUNTANTS * COCHIN-17

CA. P.G. Rejithkumar , FCA

(Partner) (M. No. 202567)

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

REFERENCE NO: **AFPL/04/2023**

TO WHOMSOVER IT MAY CONCERN

This is to certify that **MS. ALEENA FRANCIS** **5th semester B.Voc Food processing Technology** student of **St.Terasas college (Autonomous) Ernakulam,** has done her internship programme on **Technology of Fruit and Vegitables** in our organization for a period of 10 days (13/06/2022 to 23/06/2022).

His conduct during the period with us was good. We wish her all success.

Checked and Recommended by

ANUJA T V

Manager- Production & Quality

Managing Director

SUBHASH K

ARTOCARPUS FOODS PVT LTD
NADUKANI
THALIPARAMBA
KANNUR

Date of Issue: 29/06/2022

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

ABA CONSULTING

XI/223/A22, Mythripuram Cross Road, Padumugal, Thrikakkara,
Cochin, Kerala 682021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Ashya S Babu , D/O of M D Suresh Babu , Edekkaparambil (H) Monapilly, Tripunithura, Ernakulam has done her internship with our firm from 14/3/2022 to 13/4/2022.

During the internship she has worked on areas of Direct Taxation , Indirect Taxation and Accounting which involved financial statement preparation and ledger reconcilations. She has demonstrated her skills with self - motivation to learn new skills and we wish her all the best for her upcoming career.

For ABA Consulting

Partner

Varghese Sherin Mathews

17/05/2022

www.englishmithra.com
info@englishmithra.com

ENGLISH MITHRA

Date :24/03/2022

TO WHOM SO EVER IT MAY CONCERN

This is to certify that **Ms. ASIYA ABDUL HAKEEM A** student of St. Teresa's College (Autonomous), Ernakulam has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under **English Mithra PVTL**. She performed duties well. Her works and conduct are good.

DIVYA
HR Manager

commondove

CERTIFICATE OF INTERNSHIP

We present this certificate to:

Amrin.P.A

In appreciation for your work as an Social Media Marketing Intern at Commondove. You have shown true commitment and diligence during the course of this internship and have successfully completed all the assigned tasks. The internship was conducted between 09/01/2021 and 09/02/2021 .

Dr Ankita Nirwan
DIRECTOR

2018 © Commondove

www.commondove.com

Certificate UID : CD/INT/2020-21/1348

Report of Internship

By

SANIKA ANTONY

REGISTER NO: SM21MAT008

(2021 – 2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by SANIKA ANTONY, Reg.No.SM21MAT008 is a bonafide record of the internship done by her at the E-Lite Learning UK,Frenz Consulting Limited, England during the academic year 2022

NAME OF THE CLASS TEACHER - Dhanalakshmi O M NAME OF THE HOD - Dr.Ursala Paul (Internal Mentor-Alka Benny) (Head of the department) Designation

REPORT

I have completed internship in the year 2022 at E-Lite Learning UK- an Ed-Tech business running under Frenz Consulting Limited. I did my internship as a Teaching Assistant at ELite learning UK,Frenz Consulting Limited, England . This was for 5 weeks(1 January 2022 to 31 January 2022).The internship was easier if we are acquainted with MS Office. The internship improved my communication skills and critical thinking. The intership was good and engaging.

Certificate from Employee

Frenz Consulting Limited

Registered Number : 07094699 (England And Wales)

137 - 139 High Street
Beckenham
England, BR3 1AG
+44 7842398523
frenzconsulting@gmail.com

Experience Certificate

This is to certify that below students completed one month internship as a mathematics teaching assistants for E-Lite Learning UK, an Ed-Tech business running under Frenz Consulting Limited,

1. **Afna Sherin K M**
2. **Ann Susan Gregory T**
3. **Anooja T A**
4. **Bismi Elizabeth P J**
5. **Lakshmi Prabha O S**
6. **Rosmy Justin**
7. **Sanika Antony**
8. **Saranya Selvaraj**
9. **Sreelakshmi Suresh**

We wish them good luck for all their future endeavours.

Date: 10 Apr 2022

Jomy Jose Mangalathu
Managing Director
Frenz Consulting Limited

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

REFERENCE NO: **AFPL/03/2023**

TO WHOMSOVER IT MAY CONCERN

This is to certify that **MS. SAFA FARHANA C H** **5th semester B.Voc Food processing Technology** student of **St.Terasas college (Autonomous) Ernakulam,** has done her internship programme on **Technology of Fruit and Vegitables** in our organization for a period of 10 days (13/06/2022 to 23/06/2022).

His conduct during the period with us was good. We wish her all success.

Checked and Recommended by

ANUJA T V

Manager- Production & Quality

Managing Director

SUBHASH K

ARTOCARPUS FOODS PVT LTD
NADUKANI
THALIPARAMBA
KANNUR

Date of Issue: 29/06/2022

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. AYSHA ANAZ P A** student of **St. Teresa's College (Autonomous), Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014038S

SAANDRA THOMAS
MEM. NO. 222703

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

REJITH & MAJU
CHARTERED ACCOUNTANTS

65/347, Capital Tower,
Vaidyar Lane, Judges Avenue,
Kaloor P. O., Cochin - 682 017.

Ph: 0484 - 2400252, 0484 - 2401393
E-mail : ramcainfo@gmail.com

Ref :

Date :

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Dilla Varghese** , a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi-682011 has successfully completed the internship program in our office for the period from **14 th day of March 2022 to 13 th day of April 2022**.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual. We wish all success in her career.

Dated this the Eighteenth day of April Two Thousand and Twenty Two at Ernakulam

For Rejith & Maju

Chartered Accountants

(Firm Reg No.007200S)

CA. P.G Rejithkumar , FCA

(Partner) (M. No. 202567)

REJITH & MAJU
CHARTERED ACCOUNTANTS

65/347, Capital Tower,
Vaidyar Lane, Judges Avenue,
Kaloor P. O., Cochin - 682 017.

Ph: 0484 - 2400252, 0484 - 2401393
E-mail : ramcainfo@gmail.com

Ref :

Date :

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Dinla Lawrance** , a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi-682011 has successfully completed the internship program in our office for the period from **14 th day of March 2022 to 13 th day of April 2022**.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual. We wish all success in her career.

Dated this the Eighteenth day of April Two Thousand and Twenty Two at Ernakulam

For Rejith & Maju

Chartered Accountants

(Firm Reg No.007200S)

CA. P.G Rejithkumar , FCA

(Partner) (M. No. 202567)

REJITH & MAJU • CHARTERED ACCOUNTANTS • COCHIN-17

K K RAMACHANDRAN FCA

K.K.Ramachandran & Associates
Chartered Accountants
No. 62/1016, 1 st Floor, Warrier Estate
Warriam Road, Kochi - 682016
Phone. Off : 0484 2365566, 2374521
Resi : 0484 2369777
Cell : 93888 69777, 99619 99802
Email : kkrcca66@gmail.com

Ref. No.

TO WHOM SO EVER IT MAY CONCERN

I,K.K. RAMACHANDRAN FCA, M.NO. 21175, member of The Institute of Chartered Accountants of India, New Delhi, do hereby certify that Ms DIVYA TOMY KATTIKARAN, Kattikaran House , Kattikaran Road, Cochin-682018 has under gone one month Internship, as part of her M.Com curriculum from 14th March 2022 to 13th April 2022. During this short period, she has obtained a general understanding about various kinds of entities and their book keeping systems. Also has attained a knowledge about project reports and its applications. She possesses a good conduct and a pleasing and positive approach to all issues . I wish her all success for a bright future.

Dated this the 13th day of April 2022

K.K RAMACHANDRAN & ASSOCIATES * Chartered Accountants * WARRIAM ROAD COCHIN-682016

CHARTERED ACCOUNTANT
KK RAMACHANDRAN & ASSOCIATES
CHARTERED ACCOUNTANTS
M.No: 021175

Sanchary Marine Products & Transporters Pvt Ltd

H.O. :Edavanakad - 682502 | Email: sayalkudisanchary@gmail.com
Factory Address: Tharaikudy Road, Sayalkudi, Ramanathapuram (Distict)
Tamil Nadu - 623120 | Ph: 9349963598, 9746412741
GSTIN/UIN: 33AAWCS3867J1ZL

Ref:

Date 20-04-2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Drisya Jolly, a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi- 682011 has successfully completed the internship program in our office for the period from 14th day of March 2022 to 16th day of April 2022.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual, We wish all success in her career.

For Sanchary Marine Products & Transporters Pvt. LTD.

SANCHARY MARINE PRODUCTS & TRANSPORTERS PVT. LTD. VYPIN ERNAKULAM KERALA

Jolly K A
Managing Director

K.A. Jolly | Kanakkassery (H) | Edavanakad - 682 502 | Dt., Kerala
Mobile: 9349963598, 9746412741

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. GREESHMA JERALD** student of **St. Teresa's College (Autonomous)**, **Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014938S

SAANDRA THOMAS
MEM. NO. 222703

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

REJITH & MAJU
CHARTERED ACCOUNTANTS

65/347, Capital Tower,
Vaidyar Lane, Judges Avenue,
Kaloor P. O., Cochin - 682 017.

Ph: 0484 - 2400252, 0484 - 2401393
E-mail : ramcainfo@gmail.com

Ref :

Date :

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Jelna C J** , a regular student of Master of Commerce in Finance and Taxation Batch, Department of Commerce (Self Financing) at St. Teresa's College (Autonomous) Ernakulam, Kochi-682011 has successfully completed the internship program in our office for the period from **14 th day of March 2022 to 13 th day of April 2022**.

During the period, she earned basic knowledge in various disciplines such as Direct & Indirect Taxes, Accounting and Preparation of Financial Statements.

We found her diligent and punctual. We wish all success in her career.

Dated this the Eighteenth day of April Two Thousand and Twenty Two at Ernakulam

For Rejith & Maju

Chartered Accountants

(Firm Reg No.007200S)

CA. P.G Rejithkumar , FCA

(Partner) (M. No. 202567)

REJITH & MAJU * CHARTERED ACCOUNTANTS * COCHIN-17

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. LINDA ROSE** student of **St. Teresa's College (Autonomous)**, **Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014038S

SAANDRA THOMAS
MEM. NO. 222708

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. NIKKITA ANN SIMON** student of **St. Teresa's College (Autonomous), Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014038S

SAANDRA THOMAS
M.No. NO. 222703

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

BELL FOODS GROUP

SINCE 1968

BF/EC/26 12.02.2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Nikkita Ann Simon, M.Com Finance & Taxation, Registration ID SM20COM015, student of St. Teresa's College, Ernakulam (Autonomous) has successfully completed her internship training as a part of curriculam with our organization at BELL FOODS (Marine Division), Pallichal Road, Cochin – 5, a division of Bell Foods Group, Kochi for a period from 11.08.2021 to 06.09.2021. During her tenure she was found loyal and hardworking.

We wish all the success for her future endeavors.

For BELL FOODS (Marine Division)

P.V. VIJU
Chief Executive

Pallichal Road, Cochin - 682005, Kerala, India +91-484-2231684, 7356757110
info@bellbrand.com , bellfoods1968@gmail.com, hr@bellfoodsgroup.com, www.bellfoodsgroup.com

CERTIFICATE

OF INTERNSHIP

PROUDLY PRESENTED TO

Patricia Kiran

FOR SUCCESSFUL COMPLETION OF 'ONE MONTH INTERNSHIP' WITH OUR FIRM

FOR ARUN ARCHANA &
ASSOCIATES

PARTNER

ABA CONSULTING

XI/223/A22, Mythripuram Cross Road, Padamugal, Thrikakkara,
Cochin, Kerala 682021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Rajani Jayapalan , D/O of Jayapalan T.B , Kunnath House , Irumpanam P.O, Tripunithura, Ernakulam has done her internship with our firm from 14/3/2022 to 13/4/2022.

During the internship she has worked on areas of Direct Taxation , Indirect Taxation and Accounting which involved financial statement preparation and ledger reconcilations. She has demonstrated her skills with self - motivation to learn new skills and we wish her all the best for her upcoming career.

For ABA Consulting

Partner

Varghese Sherin Mathews

17/05/2022

CERTIFICATE

OF INTERNSHIP

PROUDLY PRESENTED TO

Rashmi S

FOR SUCCESSFUL COMPLETION OF 'ONE MONTH INTERNSHIP' WITH OUR FIRM

FOR ARUN ARCHANA & ASSOCIATES

PARTNER

K K RAMACHANDRAN FCA

K.K. Ramachandran & Associates
Chartered Accountants
No. 62/1016, 1 st Floor, Warrier Estate
Warriam Road, Kochi - 682016
Phone. Off : 0484 2365566, 2374521
Resi : 0484 2369777
Cell : 93888 69777, 99619 99802
Email : kkrcca66@gmail.com

Ref. No.

TO WHOM SO EVER IT MAY CONCERN

I,K.K. RAMACHANDRAN FCA, M.NO. 21175, member of The Institute of Chartered Accountants of India, New Delhi, do hereby certify that Ms REJI THOMAS, Mavungal House , Cheriyakadavu, Kannamaly.P.O, Ernakulam has under gone one month Internship, as part of her M.Com curriculum from 14th March 2022 to 13th April 2022. During this short period, she has obtained a general understanding about various kinds of entities and their book keeping systems. Also has attained a knowledge about project reports and its applications. She possesses a good conduct and a pleasing and positive approach to all issues. I wish her all success for a bright future.

Dated this the 13th day of April 2022

K.K. RAMACHANDRAN & ASSOCIATES * WARRIAM ROAD COCHIN-682016 * Chartered Accountants

CHARTERED ACCOUNTANT
K K RAMACHANDRAN & ASSOCIATES
CHARTERED ACCOUNTANTS
M.No: 021175

UNI/PRTR EX/594/2022
15/04/2022

INTERNSHIP CERTIFICATE

This is to certify that Ms. Rose Mary (Register Number: SM20COM020), student of St. Teresa's College(Autonomous), has successfully completed her Internship on the topic of Audit & Taxation at our Finance Department from 15/03/2022 to 14/04/2022 and submitted her study report to us.

She was found to be a fast learner, a sincere and hardworking individual. Her overall performance, conduct and character were good.

We take this opportunity to wish her all the success in her future endeavours.

Rathish R
Chief People Officer

CERTIFICATE
OF INTERNSHIP
PROUDLY PRESENTED TO
Roshni Thomas
FOR SUCCESSFUL COMPLETION OF 'ONE MONTH INTERNSHIP' WITH OUR FIRM
FOR ARUN ARCHANA & ASSOCIATES
PARTNER

BOOKPECKER CONSULTANTS

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Sandra Sabu, D/O Sabu Xavier, Mudavathil House, PallisseryJunction,Thammanam, Ernakulam 682032 has done her internship with our company from 14/03/2022 to 13/04/2022.

During internship she has worked on areas of Direct Taxation, Indirect Taxation and Accounting which involved financial statement preparation and ledger reconciliations. She has demonstrated her skills with self-motivation to learn new skills and we wish her all the best for her upcoming career.

For Bookpecker Consultants Pvt Ltd

Director

17/04/2022

Bookpecker Consultants Private Ltd. KOCHI

Sivasailam, IInd Floor
Changampuzha Samadhi Road,
Edappally Kochi-682024
Email. info@bookpecker.co.in

BOOKPECKER CONSULTANTS

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Sneha Rose Sabu, D/O Joseph K Sabu, Kalathil House, Opp. Bhaskara Saw Mill, Udayamperoor, Manakunnam, Ernakulam 682307 has done her internship with our company from 14/03/2022 to 13/04/2022.

During internship she has worked on areas of Direct Taxation, Indirect Taxation and Accounting which involved financial statement preparation and ledger reconciliations. She has demonstrated her skills with self-motivation to learn new skills and we wish her all the best for her upcoming career.

For Bookpecker Consultants Pvt Ltd

Director

17/04/2022

Bookpecker Consultants Private Ltd. KOCHI

Sivasailam, IInd Floor
Changampuzha Samadhi Road,
Edappally Kochi-682024
Email. info@bookpecker.co.in

Saandra Thomas & Associates
Chartered Accountants

CERTIFICATE

This is to certify that **Ms. THARA KRISHNA K.R** student of **St. Teresa's College (Autonomous)**, **Ernakulam** has completed her internship for the job role "Income Tax Consultant" during the period 14th March 2022 to 13th April 2022 under the guidance of Chartered Accountant **Saandra Thomas And Associates**. She performed duties well. Her works and conduct are good.

She has trained in the following areas:

1. Computation of IT in Excel.
2. Basics of income tax return filing.
3. Basics of income tax forms filing.

for SAANDRA THOMAS & ASSOCIATES
CHARTERED ACCOUNTANTS
FIRM REG. NO. 014038S

SAANDRA THOMAS
MEM. NO. 222703

Panampilly Nagar Avenue, LIG 741 LIG, Housing Society, Panampilly Nagar
Kochi, Kerala-682036, Mob: 9745844663
saandrathomasandassociates@gmail.com

ABA CONSULTING

XI/223/A22, Mythripuram Cross Road, Padamugal, Thrikakkara,
Cochin, Kerala 682021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Vinny Kunjamma Roy , D/O of Roy Abraham , Mukaluvilla Puthen Veedu Nellipally P.O Punalur , Kollam has done her internship with our firm from 14/3/2022 to 13/4/2022.

During the internship she has worked on areas of Direct Taxation , Indirect Taxation and Accounting which involved financial statement preparation and ledger reconcilations. She has demonstrated her skills with self - motivation to learn new skills and we wish her all the best for her upcoming career.

For ABA Consulting

Partner

Varghese Sherin Mathews

17/05/2022

PALLURUTHY MANDALAM SERVICE CO-OPERATIVE BANK LTD. No. 65

H.O: KUMBALANGHI VAZHI, PALLURUTHY, KOCHI-682 006

std:1919

Phone : 0484 2231904, E mail - pmscbank@gmail.com, web : www.pmscb.com

Date : .....

TO WHOM SOEVER IT MAY CONCERN

This is to be certify that Sona Sebastian student of final year B.com of St Teresa's College Ernakulam has successfully completed her internship program from 27th December 2021 to 4th January 2022 (7 days) with reference to Palluruthy Mandalam Service Co-operative bank Ltd No 65.

Her performance was good during the training period. We wish her all the best in future career.

Palluruthy

05.01.2022

Assistant Registrar of co-op: Societies/
Secretary, Palluruthy Mandalam SCB Ltd.
Kochi-682006

Ref.: 2018711 Date: 18/09/2021

Internship Completion Certificate

Duration: **04/08/2021-18/09/2021**

Dear ***Aiswarya Babu***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:
1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

Ref.: **2019004** Date: **29/09/2021**

Internship Completion Certificate

Duration: **15/08/2021-29/09/2021**

Dear ***Jomol A J***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:
1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

Ref.: 2021199 Date: 08/10/2021

Internship Completion Certificate

Duration: **24/08/2021-08/10/2021**

Dear ***Angel Kt***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:
1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

Ref.: 2021239 Date: 10/10/2021

Internship Completion Certificate

Duration: **26/08/2021-10/10/2021**

Dear ***Sivapriya N A***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:
1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

RAJIV & RAJAGOPAL
CHARTERED ACCOUNTANTS

28/3432, 'Sunil Nivas', Chilavannor Road
Elamkulam, Cochin - 682 020. FRN 006491S
Mob: 98460 51324 E-mail: r.rajca@gmail.com

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Aavani Suresh residing at A/3 Sreedevi apartments, Sriram Lane, B/H Punnakkal Temple, Elamakkara, Ernakulam, 682026 has done internship from December 27, 2021 to January 04, 2022. During her tenure with us, she was given exposure in Financials preparation of Companies and Firms and also given basic exposure to Accounts and basic Statutory Compliances.

This is a part of the B.Com degree which she is undergoing at St Teresa College, Ernakulam Cochin.

Cochin
17.2.2022

Regards,

For Rajiv and Rajagopal

Chartered Accountant

R. Rajiv

Partner

RAJIV & RAJAGOPAL CHARTERED ACCOUNTANTS COCHIN 682020

DEVELOPMENT AND EVALUATION OF INNOVATIVE RECIPES USING PUMPKIN SEED

DISSERTATION SUBMITTED

In Partial fulfillment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

AABLA ABDUL LATHEEF

(Register No: SM20MCN001)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of HOD

Head of the Department
Dept. of Clinical Nutrition & Dietetics
Women's Study Centre
St. Teresa's College (Autonomous)
Ernakulam
email: teresas.wsc2010@gmail.com

Signature of Guide

ST. TERESA'S COLLEGE (AUTONOMOUS) DEPT. OF CLINICAL NUTRITION AND DIETETICS ERNAKULAM

K.R.BAKES

Baked with love. Since 1969

CELEBRATING 50 YEARS

Date: 21/06/2022

TO WHOM IT MAY CONCERN

This is to certify that Ms. AARDRA. A.R , D/O Rajeev A.D ; Reg. No:VB20FPT002; St. Teresa's College Ernakulam has done her internship at KR Bakes PVT LTD Ernakulum from16/06/2022 to 20/06/2022.

During the internship she demonstrated good design skills with a self-motivated attitude to learn new things. Her performance exceeded expectations and was able to complete the internship successfully on time.

We wish her to all the best for her future endeavors.

Warm regards,

Anoop T R

Regional Manager

KR Bakes PVT LTD Ernakulam

K.R. BAKES PVT. LTD. PALARIVATTOM COCHIN-682025 32/1175A, CIVIL

KR GROUP Since 1969

KR BAKES PVT. LTD

32/1175-A , CIVIL LINE ROAD, PALARIVATTOM,COCHIN- 682025

0484 2349674 krcochin@gmail.com www.krbakes.com

BELL FOODS GROUP

SINCE 1968

HT/EC/032

Date: 09-12-2021

Certificate

This is to certify that Ms. Aardra A.R BVOC Food Processing Technology student of St. Teresa's College Ernakulam has successfully completed her Industrial Training Internship as a part of curriculum, with our organization at HT Foods Pvt.Ltd., Plot No. 17 SDF, Ground Floor, Cochin Special Economic Zone, Kakkanad, a division of Bell Foods Group, Kochi for a period from 18.10.2021 to 29.10.2021. She has acquired product/process knowledge in frozen products and freezing techniques like IQF and Blast freezing.

We wish her all success in her future endeavors.

For H.T.FOODS PVT. LTD.

VIJU P.V.
CHIEF EXECUTIVE OFFICER

Pallichal Road, Cochin - 682005, Kerala, India
info@bellbrand.com , bellfoods1968@gmail.com, hr@bellfoodsgroup.com, +91-484-2231684, 7356757110
www.bellfoodsgroup.com

KEERTHI AGRO

Ref No./99/KAMPL/2021-22

INTERNSHIP CERTIFICATE

This is to certify that MS. AARDRA A R, reg no : VB20FPT002 B.Voc Food Processing Technology student of St Teresa's College, Park Ave, Marine Drive, Ernakulam 682 011 has done Internship of 10 days from 03rd January 2022 to 13th January 2022 with us

Her attendance during the period of Internship was regular, sincere, result oriented, hard working and to the best of our knowledge, her conduct and character were found good.

This certificate is provided by us for the study of MS. AARDRA A R and is strictly for academic purpose only.

Regards,

For Keerthi Agro Mills (P) Ltd

MATTOOR PIN - 683 574 KERALA

Johnson Varghese
Managing Director

Keerthi Agro Mills (P) Ltd
PB.No. 16, Mattoor, Kalady -683574
Ernakulam Dist, Kerala State, India

1800123012300 (Toll Free)

www.keerthiagro.com
info@keerthiagro.com
Fax: 0484 -2460380

THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. ...AASHNA K SHINE..... of .ST. TERESA'S COLLEGE, ERNAKULAM

institute has successfully completed the Times Access internship program of 2021-22.

His/ her performance during the program is adjudged as .....SATISFACTORY.....

THE TIMES GROUP

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

कयर बोर्ड Coir Board
सूक्ष्म, लघु और मध्यम उद्यम मंत्रालय, भारत सरकार, कयर हाउस, एम.जी.रोड, कोच्ची-682016, केरल
Ministry of Micro, Small & Medium Enterprises, Govt. of India Coir House, M.G.Road, Kochi-682016, Kerala
Tel : +91-484-2351807/2351788/2351954 Fax : +91-484-2370034/2354397 e-mail :info@coirboard.org

CB/ACCOUNTS-CASH/21-22/1/18

दि. / DATE 20.10.2021

CERTIFICATE

This is to certify that Ms. Aasu Antony, second year student in Bachelor of Commerce (Finanace & Taxation) with Reg. No.SB20BCOM026 in St.Teresa's College (Autonomous), Ernakulam, has successfully completed her Internship at Accounts section, Coir Board, Cochin for a period of 14 days from 27 September to 18 October, 2021.

(V.C.Raghunandanan)
Senior Accounts Officer

Freshalicious Super Bazaar Private Limited
CIN No. U52590KA2015PTC081601

Reg.Office : #003, Classique Mansion, 6th Cross, HAL 2nd Stage
Off OLD Airport Road, Bangalore- 560 008

Date: January 15th, 2022

TO WHOMESOEVER IT MAY CONCERN

Ms. Abha Vikas V studying in **M.Voc (Food Processing Technology - Pursuing)** from **St. Teresa's College (Autonomous), Ernakulam** has successfully completed his/her internship project on Food Processing and microbiology lab from **27th December 2021 till 14th January 2022** with **Freshalicious Super Bazaar Private Limited.**

We wish him/her all the best in his/her future endeavours.

Yours truly,

For, Freshalicious Super Bazaar Private Limited

FRESHALICIOUS SUPER BAZAR PVT LTD. AROOR 688 534

Authorized Signatory

Asian
AIR TRAVELS

Ref : DV222/TVM 2022

Date: 05.05.2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mrs. Abhirami .S Reg.no: SM20MTTM001 from St. Teresa's College (Autonomous) Ernakulam, affiliated to Mahatma Gandhi University, Kottayam has been successfully completed Internship Training in our office from 2022 April 1 to 2022 May 1. During this period she was posted in Tour Operating, Visa Processing and performed procedures (Passport Services, Foreign Exchange, Ticketing, Travel Insurance, Tour Packaging, Hotel Booking).

Her Conduct and Character during this period were good.

I wish her all success in her future endeavors.

Authorized Signatory

ELAHA.A
Managing Director

Punnamoodu, Varkala. Mob: 9895409269, 9995672513, 9446655650 Email: elahaat@gmail.com

SensAble Child

CERTIFICATE

OF ONLINE PARTICIPATION

THIS IS TO CERTIFY THAT

ABIRAMI A K

has successfully completed the Four - days training program on the topic

Psychometric Testing in Children

Dr. Shipra Gupta
Sr. Occupational Therapist, Rehab Psychologist
Director SensAble Child Clinic

Dr. Mrigank Aggarwal
Program Coordinator

Date Of Issue - 26th March, 2022

This training program is for the educational purpose

SensAble Child

CERTIFICATE

OF ONLINE PARTICIPATION

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Psychometric Testing in Children

Dr. Shipra Gupta
Sr. Occupational Therapist, Rehab Psychologist
Director SensAble Child Clinic

Dr. Mrigank Aggarwal
Program Coordinator

Date Of Issue - 26th March, 2022

This training program is for the educational purpose

J.P.Morgan | CHASE

Forage

Inspiring and empowering future professionals

Adheena Alex

Commercial Banking Virtual Experience

Certificate of Completion

December 11th, 2021

Over the period of December 2021, Adheena Alex has completed practical task modules in:

Enter a company’s most recent financial statement
Prepare a Capitalization Table
Prepare a company and industry overview page
Prepare a deal structure overview page while considering quantitative and qualitative analyses
Prepare a 10-year Financial Model Forecast

STAYCATER

Escape the ordinary

16 May 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms.ADHILA ANWAR, a student of Master of Tourism & Travel Management, St. Teresa's College Ernakulum, has completed her One month industrial training successfully in our firm from the period of 04.04.2022 to 04.05.2022.

We have observed that the candidate is having hard working nature, team work collaboration and sincere during the training period and wish her for better prospects in studies as well as in career

For STAYCATER

(HANEEN SAMAD)Managing Director

STAYCATER CALICUT - 673 002

Arafa Building, Chithra complex, Palayam Jn, Calicut-2
Ph:04954916782mob:+919567714666mail:infostaycater@gmail.com

BABY MARINE
INTERNATIONAL

BMG
Baby Marine Group

P.B. No. 896, Thoppumpady
Cochin - 682 005, Kerala, India
Tel : 91-(0)484-223 1251
Fax : 91-(0)484-223 2544
E-mail : seafood@babymarinegroup.com
Website : www.babymarinegroup.com

6th January 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Adithya Babu. B. Voc Food Processing Technology Student of St. Teresa's College, (Autonomous) Ernakulam, Kochi, has under gone an "Internship training programme" with us from 20th October, 2021 to 27th October, 2021.

Yours truly,

For Baby Marine International

Manager – HRD.

BABY MARINE INTERNATIONAL
KOCHI

PAVIZHAM

PAVIZHAM HEALTHIER DIET PRIVATE LIMITED

Koovappady P.O., Perumbavoor, Ernakulam (Dist), Kerala India - 683 544
Ph : +91 484 2649310, Email : info@pavizhamrice.com, accounts@pavizhamrice.com
CIN-U15421KL2003PTC016354

08th February 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Miss. Adithya Babu, B.Voc Food Processing student of St.Teresas College Ernakulam, Kerala, has undergone an internship of 10 days from 05th January 2022 to 14th January 2022.

She has successfully completed the internship and has grasped the various operations related to rice milling.

We wish all success in her future endeavors.

Authorized Signatory

PAVIZHAM HEALTHIER DIET PRIVATE LIMITED - KOOVAPPADY PIN : 683 544 INDIA

MERRY FRUIT PRODUCTS
KAVANA, VAZHAKULAM
MUVATTUPUZHA, ERNAKULAM (Dt.),
KERALA, PIN - 686 670
Mob: +91 9846607884
E-mail: merryfruits@yahoo.com, www.merryfruits.com

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **MISS. ADITHYA BABU**, pursuing B.Voc Food Processing Technology in St.Teresa's College (Autonomous), Ernakulam has successfully completed the internship on "fruit and vegetable processing" in our company from 13th to 23rd June 2022 as a part of the academic curriculum.

During this period, we found her performance to be good and wish her all the best in future endeavours.

PLACE: MUVATTUPUZHA

DATE: 25/6/2022

SIGNATURE AND SEAL

For MERRY FRUIT PRODUCTS

MERRY FRUIT PRODUCTS VAZHAKULAM 686 670 KAVANA

Proprietor

accenture

Forage

Inspiring and empowering future professionals

Adithya Binil

Consultant Program

Certificate of Completion

August 22nd, 2021

Over the period of August 2021, Adithya Binil has completed practical task modules in:

Set Project Priorities
Assemble a Plan
User Journey Redesign
Outcomes Analysis
Fix the Errors

Choose Your Language
Prioritization & Impact Assessment

Johnny Rosenby
Nordic Recruitment Director

Tom Brunskill
CEO, Co-Founder of Forage

Enrolment Verification Code ByYnT6FT4zobRY7xx | User Verification Code 5WDqxBhJMttPY3Qso | Issued by **Forage**

SOFTEN TECHNOLOGIES
IInd Floor, CVP Chambers
Opp. GCDA, Kadavanthra, Cochin-16
Phone: 0484-4037036, 3070040, Mob: 8129701739

TO WHOMSOEVER IT MAY CONCERN

This is to inform you that **Ms. ADITYA SANTHOSH (Reg.No VB21SWD002)** doing **B. VOC Software Development** at St. **Teresa's College, Ernakulam (Autonomous)** under M.G. University has completed Internship program in **C++** at our **Software Division** from 11.05.2022 to 13.05.2022 under the supervision of **Ms. Geethu Balakrishnan,** Sr. Software Engineer at our organization. During her course of work she proved to be hardworking, sincere and possess noble logic.

We wish her all the very best in her future endeavors.

For **SOFTEN TECHNOLOGIES,**

SOFTEN TECHNOLOGIES COCHIN

BABURAJ . R
Manager – HR
Mob: 8129701744

18/05/2022
Cochin

E-mail : info@softentec.com

Scanned by CamScanner

Bakery B

Manufacturers of Bakery & Confectionery items

09/11/2022

INTERNSHIP CERTIFICATE

This is to certify that **Ms. Nafia Fazal** from St. Teresa's College (Autonomous) Ernakulum

Successfully completed her curriculum –based internship of 10days with our Organization.

During her training period with us she was found punctual, hardworking and inquisitive.

We wish her every success in her life and career.

For BAKERY B

VIJESH VISWANATH
PARTNER

Factory: Best Bhavan, Power House Road, Kacheripady, Cochin-682 018, Kerala, Ph:0484 2391822, 4051738, 4051739, 4017148, Email : mail@bakeryb.com, GSTIN : 32AAMFB7730N2Z5, PAN-AAMFB7730N
Bank A/C -Canara Bank Ayyappankavu Branch,Ekm.C/A No. 0982201006530, IFSC :CNRB0000962

ട്രാക്കോ കേബിൾ കമ്പനി ലിമിറ്റഡ്
(ഒരു കേരള സർക്കാർ സ്ഥാപനം)
TRACO CABLE COMPANY LIMITED
(A Kerala Government Company)
IRIMPANAM, TRIPUNITHURA, Dist. ERNAKULAM, PIN: 682 309
Phones: 0484 2780937, 2780237, 2785672, Fax: 0484 2780937

No.P&A/TRG/520

IRIMPANAM
13.09.2021

CERTIFICATE

This is to certify that Ms.Aleena Sohan Antony, B.Com Student of St.Teresa's College, Ernakulam has done an Internship at TRACO CABLE COMPANY LIMITED, IRIMPANAM for the period of one month from 2nd August 2021.

During the period we found her hard working and diligent in conducting the Internship and completed in time.

For TRACO CABLE COMPANY LIMITED

TRACO CABLE CO. LTD. FACTORY OFFICE IRIMPANAM

DEEPA MERIN JACOB
UNIT HEAD

Regd. Office ; XXXIX/5465, 4th Floor, KSHB Office Complex, Panampilly Nagar, Kochi - 682 036, Kerala
Phones: 0484 2314847, 2314864, 2311851 & 2320472 Fax 91-484 2312744
E-mail : mail@tracocable.com, Web : www.tracocable.com

Factories:
Pinarayi - 670742, Dist. Kannur Ph : 0490-2384161, Fax 0490-2384761 Thiruvalla-689 103, Dist. Pathanamthitta
Phones : 0469-2730231, 2730391 & 2730253, Fax : 0469 2630254 (TVLA)

RINA

Phone : 0484-2541193
: 0484-6533184
: 0484-2556863
Fax : 0484-2558741
Email : ercmpu@gmail.com

milma

Ernakulam Regional Co-operative Milk Producers' Union Ltd No. E 150 (D)

Head Office: PB No. 2212, Edappally, Cochin - 682 024

(An ISO 9001:2015 & ISO 22000:2005 Certified Company)

No.EU/P&A/145/2022/154 *14/01/2022*

CERTIFICATE

Certified that Ms.Nafiya Fazal , M.Voc Food Processing Technology Student of St.Teresa's College(Autonomous),Ernakulam had undergone an Internship at Ernakulam Regional Co-operative Milk Producers Union Limited, Products Dairy, Edappally during the period from 27-12-2021 to 14-01-2022.

During this period she has been found to be sincere, hard working and diligent in her work. We wish her all success.

DAIRY MANAGER
PRODUCTS DAIRY

TO WHOM SOEVER IT MAY CONCERN

ERNAKULAM REGIONAL CO-OPERATIVE MILK

Report of Internship

By
catherine rejeena

Register no:

AB19AMAT013

(2019 – 2022)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the Internship report submitted by Catherine Rejeena AB19AMAT013 is a bonafide record of the internship done by her at the Shreshtha Bharat Foundation, The Jurni, Peaks Academy during the academic years 2020-2022.

ELIZABETH RESHMA.M.T	DR.URSALA PAUL
Internal Mentor	Head of the department

REPORT

In the academic year 2020-21, I have completed 1 internship. Which is of one month duration.

Commondove

Commondove is a non governmentalInonprofitorganisation.their vision is to linkthe youth with numsrous socialcausesthat need their support and educational promotion.the internship program enabled meto support social media marketing. During the one month period

commondove

CERTIFICATE OF INTERNSHIP

We present this certificate to:

CATHERINE REJEENA M J

In appreciation for your work as an Social Media Marketing Intern at Commondove. You have shown true commitment and diligence during the course of this internship and have successfully completed all the assigned tasks. The internship was conducted between 29/12/2020 and 29/01/2021.

ANKITA NIRWAN
2021.02.03 23:39:25+05'30'

Dr Ankita Nirwan
DIRECTOR

2018 © Commondove

www.commondove.com

Certificate UID: CD/INT/2020-21/1317

കേരള ഗ്രാമീൺ ബാങ്ക്
Kerala Gramin Bank
(A Government owned bank sponsored by Canara Bank)

TO WHOMESOEVER IT MAY CONCERN

This to certify that Ms:Aarathy R Raj, Student of Bcom Finance and Taxation, St, Theresas College Ernakulam has successfully completed internship in the field of commerce from 02/08/2021 to 13/08/2021 under quidence of her HOD, Ann Thomas Kiriyanthan.

During the period of her internship programme with us ,she had been exposed to different processes and found diligent , hard working and inquisitive.

We wish her every success in her life and career.

Manager

13/08/2021

KGB varappuzha Branch

VARAPUZHA BRANCH
Thomas Arcade, Chirakkakom, Varapuzha PO, Cochin - 683 517
Phone: 0484 2515699, Mob: 8281999699
E-mail: kgb699@keralagbank.com
www.keralagbank.com

Ms. Aengela Maria Mishael 16th Oct 2021

Subject: Internship Completion Certificate

Dear Aengela,

We are glad to provide you the Certificate of Completion of Internship with SKS Hiring Cube LLP commenced from 19th July 2021 to 16th October 2021.

During the internship, we were happy to train you on the subject of *Talent Acquisition* for our clients in IT and Finance industries.

We found you to be a quick learner and good at multi-tasking. Your efforts to get into the depth of the subject was much appreciated.

Our best wishes are with you for all your future endeavors.

Yours truly,

Shreyansh Sanghani

Shreyansh Sanghani
Partner
SKS Hiring Cube LLP

Kerala State Electronics Development Corporation Ltd.
(A Government of Kerala Undertaking)

ITBG - Knowledge Services Group
GSTIN : 32AABCK1319E4ZS

KELTRON®
CIN : U74999KL1972SGC002450

Phone: 0471-2724765 || Helpline No: +91 9188665545 || E-mail: iteg@keltron.org || Website Link : ksg.keltron.in

KSG/54/INTP/22-03/L1629

05.03.2022

CERTIFICATE

Certified that the student has completed the **Internship Program** conducted at KELTRON as per the particulars given below:

Name of the Student	**Ms. AFRIN P R**
Name & Address of the College/Institution at which the Student is Studying	St. Teresa's College, Park Avenue, Marine Drive, Ernakulam, Kerala-682011
University/Board, which the Institution is Affiliated to	Mahatma Gandhi University, Kerala
Branch/Discipline of Study	B. Voc in Software Development
Student's Registration No.	VB20SWD001
Semester / Year of Study	4th Semester
Name & Address of the Institution/Centre where the Internship Program was Conducted	**Keltron Knowledge Centre (54), Near Govt. Ayurveda College, Trivandrum**
Online Portal Registration No.	KI015396
Roll No./Register No.	K2154I110292
Program Category	**INTERNSHIP**
Period & Duration of the Program	04.02.2022 to 10.02.2022 (1 Week)
Area of Exposure	Domains in Cyber Security, Cybercrime Types, Hackers and Hacking Familiarization to, Cyber Security Expert, Threats and Motives, Introduction to Networking Devices
Status	**COMPLETED SUCCESSFULLY**

Mridula

Authorized Signatory
(Knowledge Services)

Palaaram

A traditional eatery
Kadavanthra, Kochi 682020.
GSTIN:32AAQFP9367B1Z0

05.03.2022

ONLINE INTERNSHIP COMPLETION CERTIFICATE.

This is to certify that Ms.Afrin Shibu Mubarak, has successfully completed her internship at Palaaram from 03.02.2022 to 03.03.2022 in Human Resouce. During this internship, Ms. Afrin shibu Mubarak was exposed to the various activities in the field of Human resource and its possibilities and applications.

During this period she demonstrated interpersonal and communication skills. Her performance exceeded expectations and she was able to complete the internship succesfully on time.

We wish her all the very best in her future endeavours.

Regards,

For Palaaram
Managing Partner

Yousuf Shameel

Managing Partner.

North Paravur | Kakkanad | Kadavanthra
Ph no. 0484 2441253 | 9846011253
Email : palaaram@gmail.com

QRECH
GLOBAL SOLUTIONS

10/05/2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Agnetha Patric, a student of 2nd year B.com (Capital Market) of St.Teresa's College Autonomous, Ernakulam has successfully completed one month internship programme in our company, Qrech Global Solutions Pvt Ltd in the accounts department with effect from 02 April 2022 to 02 May 2022 (online mode).
During the period of her internship programme she had undergone training in the following areas:

ERP Software

1. Sales invoice
2. Purchase invoice
3. Journal
4. Receipt voucher
5. Payment voucher

We found that she is punctual, adaptable and has the attitude and aptitude to associate with organisations and employees.

For Qrech Global Solutions Pvt Ltd

QRECH GLOBAL SOLUTIONS PVT.LTD. TECHNOPARK

Abin Alex
Director

QRECH GLOBAL SOLUTIONS PRIVATE LIMITED
MSquared Building, Technopark Campus, Trivandrum, Kerala, India – 695581

Internship

Certificate of Completion

This certificate is awarded to

Airene Saji

For successfully completing the G42 Healthcare Education Marketing and Digital Internship Program hosted from 4th April 2022.

We appreciate your contribution and have thoroughly enjoyed having you as an intern at G42. We wish you the best in your future endeavours.

Suman Sihag

Suman Sihag
Human Capital Business Partner

Emma Duffy

Emma Duffy
Head of Marketing and Communications

G42 Healthcare

THE JURNI

CULTURE • WORKLIFE • TRAVEL

CERTIFICATE OF APPRECIATION

This is presented to

Aishwarya Appini

for the successful completion of The Jurni Young Professionals Program
in the month of October 2021

MOHIKA SHARMA
Co-Founder, The Jurni

3rd Floor, 207 Regent Street London, W1B 3HH United Kingdom

BABY MARINE
— INTERNATIONAL —

BMG
Baby Marine Group

P.B. No. 896, Thoppumpady
Cochin - 682 005, Kerala, India
Tel : 91-(0)484-223 1251
Fax : 91-(0)484-223 2544
E-mail : seafood@babymarinegroup.com
Website : www.babymarinegroup.com

6th January 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. Aiswarya V. B. Voc Food Processing Technology Student of St. Teresa's College, (Autonomous) Ernakulam, Kochi, has under gone an "Internship training programme" with us from 20th October, 2021 to 27th October, 2021.

Yours truly,

For Baby Marine International

Manager – HRD.

BABY MARINE INTERNATIONAL * KOCHI

Flour Mills (India) Pvt. Ltd.

Ajmi Gardens, Kalathukadavu P.O., Erattupetta, Kottayam Dist. Pin 686 579
www.ajmigroup.com, email: ajmifoods@gmail.com
Ph : 04822-272202, Mob : 8593 846 975, 9539 994 994

Date: 15-01-2022

TO WHOM SOEVER IT MAY CONCERN

This is to certify that **Ms. Aiswarya V**, IV Semester Food Technology student of St.Teresa's College Ernakulam , had successfully completed her internship at "AJMI FLOUR MILLS INDIA (PVT) LTD,ERATTUPETTA" from 6st January 2022 to 13th January 2022.

During the above mentioned period she found curious and cooperative in all the assignment given to her and character was good.

We wish her all success in future endeavours.

AJMI FLOUR MILLS (INDIA) PVT LTD

DIRECTOR

AJMI FLOUR MILLS (INDIA) PVT. LTD. * KALATHOOKADAVU P.O. * ERATTUPETTA *

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THE TIMES OF INDIA

ACCESS

Student's Window to the Corporate World

This is to certify that

Mr./ Ms. ..... AKSHARA R. ..... of ..ST. TERESA'S COLLEGE, ERNAKULAM

institute has successfully completed the Times Access internship program of 2021-22.

His/ her performance during the program is adjudged as ....SATISFACTORY.....

THE TIMES GROUP

.....

Rahul Arora
Asst. Vice President RMD - South
The Times of India

LEARNOVATE ECOMMERCE

CERTIFICATE OF INTERNSHIP

We present this certificate to:

AKSHARA EDWIN

in appreciation for your work as a **HUMAN RESOURCE** Intern at Learnovate.You have shown true commitment and diligence during the course of this internship and have successfully completed all the assigned tasks.
The internship was conducted between **18/01/2021** to **18/02//2021**

18 FEBRUARY 2021

LEARNOVATE PUNE ECOMMERCE

RAVI SINGH
FOUNDER
www.learnovateecommerce.com

Smile Brighter, Live Better...

Dr. Nevin's
Family Dental Clinic and Orthodontic Centre

Suriyani Pally Junction, Palluruthy. E-mail: drnevinsfdc@gmail.com www.drnevinsdentalclinic.com

Dr. Nevin Thomas
BDS, MDS

Dr. Jefna Nevin
BDS

OUR DOCTORS

Dr. Nevin Thomas
BDS, MDS
Conservative Dentist & Endodontist

Dr. Jefna Nevin
BDS
Chief Dental Surgeon & Laser Specialist

Dr. Noel Joshi
BDS, MDS
Conservative Dentist & Endodontist

Dr. Akhil Gopi
BDS, MDS Orthodontist

Dr. Manu Johns
BDS, MDS Prosthodontist

Dr. Sajil John
BDS, MDS Periodontist

Dr. Sherin A. Kalam
BDS, MDS
Oral Surgeon & Implantologist

Dr. Dileep Menon
BDS, MS Paedodontist

Dr. Madhu Hariharan
BDS, MDS Laser Specialist

Dr. Cinil
BDS, MDS Prosthodontist

Consultant Time:
9 a.m. to 9 p.m.

Sunday:
By Appointment
Call: 70341 69775
0484-2238333

Aldrea Maria R, 19 years, had worked as clinical manager from April 1st, 2022 to June 4th 2022.

She is well behaved and have a good communicative skill.

For Dr. Nevin's Family Dental Clinic & Orthodontic Center

Proprietor

Dr. JEFNA NEVIN BDS

Dr. Nevin Thomas BDS, MDS Former Asst. Professor, Kollencherry Medical College,
Former Asst. Professor, Indira Gandhi Dental College,
Associate Consultant Aster Medicity Hospital, Cheranalloor, Kochi.
Associate Consultant Little Flower Hospital, Angamaly.

FEBIN
marine foods

Date: 30.10.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that ***Ms. Aleena Francis , 3rd Semester B.Voc Food Processing Technology*** *student of* ***St Terasas College (Autonomous) Ernakulam,*** *has done her internship programme on* ***Technology of Fish Processing*** *in our organization during the period from 20th October 2021 to 30th October 2021 as part of their curriculum.*

She had been given all the required data and guidance for the successful completion of the internship and completed her assignment in the limited span available for completion.

Her attendance during the period of internship was regular and to the best of our knowledge and her conduct and character was found good.

We wish to all success in her future .

For FEBIN MARINE FOODS

SEEMA SANAL

TECHNICAL MANAGER

FEBIN MARINE FOODS ★ ALLEPPEY PIN-688537 ★ ERAMALLOOR

Eramalloor, Alappuzha - 688 537, Kerala, India., Phone : +91-478-2879966, 2879778, Fax : 91 478-2879962,
E-mail : lab@febinmarine.com, Website : www.febinmarine.com

SPICELAND
HOLIDAYS

CIN No. U63040KL2004PTC017607

30/04/2022

REF: SLH/HR/IC/02/04/22

TO WOMESOEVER IT MAY CONCERN

This is to certify that Ms. Aleena Sebastian, Master of Tourism and Travel Management Student of St. Teresa's College, Ernakulam has successfully completed her 15 days' internship program in our organization from 04/04/2022 to 25/04/2022.

During the internship, the student was sincere, hardworking and showed keen interest to learn.

We wish her all the best for her future endeavours.

Riyaz U C

Managing Director

SPICELAND HOLIDAYS AND ENTERTAINMENTS PVT LTD COCHIN

Spiceland Holidays & Entertainments Pvt Ltd
Destination Hub - S A Road, Elamkulam, Kadavantra, Cochin - 682020
0484 – 236 1111 / 236 9707 | mail@spicelandholidays.com | www.spicelandholidays.com

ASSESSMENT OF NUTRITIONAL STATUS AND KAP OF FOOTBALL PLAYERS IN ERNAKULAM DISTRICT

DISSERTATION SUBMITTED

In partial fulfillment of the requirement for the award of the degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

ALEENA JOSEPH

Register No: SM20MSC002

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTER

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

ST. TERESA'S COLLEGE (AUTONOMOUS) DEPT. OF CLINICAL NUTRITION AND DIETETICS ERNAKULAM

ASSESSMENT OF NUTRITIONAL STATUS AND KAP OF FOOTBALL PLAYERS IN ERNAKULAM DISTRICT

DISSERTATION SUBMITTED

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DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTER

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of HOD

Head of the Department
Dept. of Clinical Nutrition & Dietetics
Women's Study Centre
St. Teresa's College (Autonomous)
Ernakulam
email: teresas.wsc2010@gmail.com

Signature of Guide

ST. TERESA'S COLLEGE (AUTONOMOUS) DEPT. OF CLINICAL NUTRITION AND DIETETICS ERNAKULAM

ASSESSMENT OF NUTRITIONAL STATUS AND KAP OF FOOTBALL PLAYERS IN ERNAKULAM DISTRICT

DISSERTATION SUBMITTED

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Register No: SM20MSC002

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTER

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of External

Signature of Internal

19/04/2022

ONLINE INTERNSHIP COMPLETION CERTIFICATE

This is to certify that **Ms. Aleena KA (Reg. No - SB20BCOM027) (Hedge ID - HSAE000052)** from **St Teresa\'s College** has successfully completed her Online Internship Program at Hedge Equities Ltd., Cochin from 9th February 2022 to 9th April 2022 in the topic **"Training and development"**.During the internship Aleena KA was exposed to the various activities of our Human Resource Department.

During the internship, Aleena KA demonstrated interpersonal and communication skills. Her performance exceeded expectations and she was able to complete the internship successfully on time.

We at Hedge Equities Ltd., wish her all the very best in her future endeavours.

For Hedge Equities Ltd.

Authorised Signatory

RAJIV & RAJAGOPAL
CHARTERED ACCOUNTANTS

28/3432, 'Sunil Nivas', Chilavannor Road
Elamkulam, Cochin - 682 020. FRN 006491S
Mob: 98460 51324 E-mail: r.rajca@gmail.com

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Aleena K S residing at Kuriappassery house, MV Raman Road Kumbalangi Kochi – 7, has done internship from December 27, 2021 to January 04, 2022. During her tenure with us, she was given exposure in Financials preparation of Companies and Firms and also given basic exposure to Accounts and basic Statutory Compliances.

This is a part of the B.Com degree which she is undergoing at St Teresa College, Ernakulam Cochin.

Regards,

For Rajiv and Rajagopal

Chartered Accountant

R. Rajiv

Partner

Cochin

11.2.2022

RAJIV & RAJAGOPAL
COCHIN
682020
CHARTERED ACCOUNTANTS

Report of Internship

By

ALEENA P SABU

REGISTER NO: SM20AS002

(2020 – 2022)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST. TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2022

DEPARTMENT OF MATHEMATICS & STATISTICS

ST. TERESA'S COLLEGE (AUTONOMOUS),

ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by ALEENA P SABU, SM20AS002 is a bonafide record of the internship done by her at the 'The Sparks Foundation' and 'Let's Grow More' during the academic year 2020-22.

ANU MARY JOHN

(Internal Mentor)

SHANTY B P

(Head of the department)

REPORT

The first one was a virtual internship program named GRIP (Graduate Rotational Internship Program) by **The Sparks Foundation**, a company that aims to inspire students, help them innovate and let them integrate to build the next generation humankind. It was a one-month internship program under Data Science and Business analytics domain from 1 May 2021 to 1 June 2021.The assignment was to implement machine learning algorithms using python. Being a graduate and having a computer were the requirements for participating. The tasks included application of both supervised and unsupervised learning algorithms. There were 8 tasks in total, out of which I was able to complete 2, which made me eligible for a certificate of completion. Most of the python codes required were easily available on the internet and I used Google Colab for the implementation of algorithms. After successful completion of tasks, the recorded explanation videos were uploaded in Linkedin profile so that peer interns would evaluate the work by commenting on the post.
After the completion of internship, I was able to connect with people on Linkedin, which opened a new phase of my professional life. Also, it gave me a basic idea on machine learning.

The second one was also a virtual internship program named LGMVIP (Let's Grow More Virtual Internship Program) by **Let's Grow More**, a company that help others to gain personal and professional skills in the area of technological development. It was a one-month internship program in Data Science from 1 September 2021 to 1 October 2021.The assignment was to implement machine learning algorithms using python. Being a graduate and having a computer were the requirements for participating. The tasks included application of both supervised and unsupervised learning algorithms. There were 8 tasks in total, out of which I was able to complete 4, which made me eligible for a certificate of completion. Most of the python codes required were easily available on the internet and I used Google Colab for the implementation of algorithms. After successful completion of tasks, the recorded explanation videos were uploaded in Linkedin profile by tagging Mr. Aman Kesarvani, the founder of Let's Grow More so that he and peer interns would evaluate the work by commenting on the post.
After the completion of internship, I was able to understand the practical working of these machine learning algorithms which is really important for me as a data analyst aspirant.

Certificate from Employee

WebCRSTravel Technologies Pvt Ltd

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KERALA STARTUP MISSION

To Whom It May Concern

This is to certify that **Ms. Aleen Sneha Paul**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

WebCRSTravel Technologies Pvt Ltd

WEBCRS TRAVEL TECHNOLOGIES PVT LTD KOCHI 38

Anna George

Corporate Office: WebCRSTravel Technologies Pvt. Ltd., 308, Pioneer Towers, Kochi, Kerala, India – 682031.

Tel: +91-9633303463 email: info@webcrs.com website : http://www.webcrs.com

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This is to certify that **Ms.Aleena Johnson**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms. Ashitha TJ**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Diya P Kettinakath**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

WebCRSTravel Technologies Pvt Ltd

WEBCRSTRAVEL TECHNOLOGIES PVT LTD KOCHI 38

Anita George

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To Whom It May Concern

This is to certify that **Ms.Fiza Shifaz**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Hrithika CB**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Ima Margrete**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Ishrat Mohamed Subair**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Mary Shemein**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms. Philosona**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.S Shivani**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

WebCRSTravel Technologies Pvt Ltd

Anna George

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KERALA STARTUP MISSION

To Whom It May Concern

This is to certify that **Ms. Sapna Jaleel,** student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

WebCRSTravel Technologies Pvt Ltd

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To Whom It May Concern

This is to certify that **Ms.Shivani Sagar MP**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Varsha Hilary**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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To Whom It May Concern

This is to certify that **Ms.Shysna Shirin VA**, student of BA French Language and Literature, St. Teresa's College (Autonomous) Ernakulam has undergone internship in our tour division of the Kochi office from 09/05/2022 to 21/05/2022. She displayed a lot of initiatives to learn and improve her professional knowledge. We also found her sincere and hardworking.

Wishing her all success in her future endeavors.

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Tel: +91-9633303463 email: info@webcrs.com website : http://www.webcrs.com

THE JURNI

CULTURE • WORKLIFE • TRAVEL

CERTIFICATE OF APPRECIATION

This is presented to

Aleena Suku

for the successful completion of The Jurni Young Professionals Program
in the month of October 2021

MOHIKA SHARMA
Co-Founder, The Jurni

3rd Floor, 207 Regent Street London, W1B 3HH United Kingdom

PREVALENCE OF IRON DEFICIENCY ANAEMIA AMONG VEGETARIAN ADULTS

DISSERTATION

Submitted in Partial Fulfilment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

ALEENA TREESA MATHEW

(Register No: SM20MCN003)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORRK

Signature of External

Signature of Internal

Kerala State Electronics Development Corporation Ltd.
(A Government of Kerala Undertaking)

ITBG - Knowledge Services Group
GSTIN 32AABCK1319E4Z5

KELTRON®
CIN : U74999KL1972SGC002450

Phone: 0471-2724765 || Helpline No: +91 9188665545 || E-mail: iteg@keltron.org || Website Link : ksg.keltron.in

KSG/54/INTP/22-03/L1624 05.03.2022

CERTIFICATE

Certified that the student has completed the **Internship Program** conducted at KELTRON as per the particulars given below:

Name of the Student	**Ms. ALEESHA SEBASTIAN**
Name & Address of the College/Institution at which the Student is Studying	St. Teresa's College, Park Avenue, Marine Drive, Ernakulam, Kerala-682011
University/Board, which the Institution is Affiliated to	Mahatma Gandhi University, Kerala
Branch/Discipline of Study	B. Voc in Software Development
Student's Registration No.	VB20SWD002
Semester / Year of Study	4th Semester
Name & Address of the Institution/Centre where the Internship Program was Conducted	**Keltron Knowledge Centre (54), Near Govt. Ayurveda College, Trivandrum**
Online Portal Registration No.	KI015399
Roll No./Register No.	K2154I110287
Program Category	**INTERNSHIP**
Period & Duration of the Program	04.02.2022 to 10.02.2022 (1 Week)
Area of Exposure	Domains in Cyber Security, Cybercrime Types, Hackers and Hacking Familiarization to, Cyber Security Expert, Threats and Motives, Introduction to Networking Devices
Status	**COMPLETED SUCCESSFULLY**

Hridula

Authorized Signatory
(Knowledge Services)

Temp. No. :KSG/INTP/Type- 1/2:01.04.2019

FLORA
AIRPORT HOTEL & CONVENTION CENTRE
KOCHI

21st January 2022

TO WHOM IT MAY CONCERN

This is to certify that **Ms. Aleeta Elizabeth Jose**, doing B. Sc Nutrition and Dietetics, Women's Study Centre, St.Teresa's College, Ernakulam has completed the ten days hotel Internship training with **Flora Airport Hotel**, Cochin from 10th January 2022 to 21st January 2022.

During her tenure she was found to be hard working and sincere.

We wish her success in all her future endeavors.

For **Flora Airport Hotel,**

Sakkeena Ashraf
Human Resources

\\FAH\HR -INT./2022/003

Report of Internship

By

ALFINA MARY K.S

REGISTER NO: **AB20AMAT041**

(2020-2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST .TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM, KOCHI-682011

2022

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by **ALFINA MARY K.S**, **AB20AMAT041** is a bonafide record of the internship done by her at the **FreeCo Education Private Limited, Jaipur Rajasthan** during the academic year 2020-2023.

BETTY JOSEPH

(Internal mentor)

Associate Professor

Dr. URSALA PAUL

(Head of the department)

Assistant Professor

REPORT

1. Company name :

FreeCo Education Private Limited, Jaipur

Rajasthan

FreeCo Education Private Limited was incorporated on 7th January 2020. It is classified as a non-governmental company and is registered at Registrar of Companies, Kanpur. It is involved in higher education including post-secondary/senior secondary sub degree level education that leads to a university degree or equivalent. Services include Video & Textbook Solutions, Doubt Solving, Online Tutoring, Payroll Management, Animated Videos, Freelance Management, RPA for Task Management and many more.

2. Nature of the work :

Internship was named as Subject Matter Expert (SME) in which we have to solve question related to the selected subject and was supposed to upload the answers in a website named "Brainly". The selected subject was mathematics. Solutions were made for textbooks including Texas Editions. Each correct solution was paid between Rs 20 and Rs 30 based on the grade of the question. Solutions without proper format, grammar mistakes, calculations mistakes, mathtype errors were rejected. Questions were given daily with a deadline of 24 hours to complete it.

3. Duration of internship :

The internship was for the time period of 2 months, starting from 13th October 2021 to 31st of December 2021.

4. Skills required and skills gained :

The most important skill required and demanded by the company was the knowledge about the subject selected and ability to write the solutions. Other skills demanded includes basic knowledge in MS-Excel, MS-Office and MS-Word.

I have gained so many skills and abilities through this internship which includes time management, speaking skills and was able to work with a great team incorporated with peoples from different parts of the country. Moreover I was able to understand the great difference

between the syllabus, style and methods used by other countries to teach, learn and progress in a subject.

5. Personal experience :

Experience as a subject matter expert has many dimension as a student, a teacher, a content creator, as part of a team etc…. It gave me oppurtunities to discover my true potential. It helped to learn how to use mathtype and so many other things. It was truly a wonderful experience.

Certificate from Employee

Date: January 17, 2022
Ref.No. FreeCo/IEC/SME/0358

TO WHOM IT MAY CONCERN

This is to certify that

Miss Alfina Mary

has done her internship in **FreeCo Education Private Limited** from September 30, 2021 to November 29, 2021.
She has worked as **Subject Matter Expert**. As a part of her profile, she prepared answers to the questions in different subjects allotted to her, as per the level of difficulty demanded by the project. During the internship she demonstrated good skills with a self-motivated attitude to learn new things. Her performance exceeded expectations and was able to complete the project successfully on time.

We wish her all the best for her future endeavors.

Warm regards,

Signature
(CEO, FreeCo Education Private Limited)

CIN
:U80301UP2020PTC125412

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

REFERENCE NO: **AFPL/05/2023**

TO WHOMSOVER IT MAY CONCERN

This is to certify that **MS ALIAH P H** **5th semester B.Voc Food processing Technology** student of **St.Terasas college (Autonomous) Ernakulam,** has done her internship programme on **Technology of Fruit and Vegitables** in our organization for a period of 10 days (13/06/2022 to 23/06/2022).

His conduct during the period with us was good. We wish her all success.

Checked and Recommended by

ANUJA T V

Manager- Production & Quality

Managing Director

SUBHASH K

ARTOCARPUS FOODS PVT LTD
NADUKANI
THALIPARAMBA
KANNUR

Date of Issue: 29/06/2022

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PLOT F, KINFRA, PALLIVAYAL
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04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

FEBIN
marine foods

Date: 30.10.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that ***Ms. Aliah P H , 3rd Semester B.Voc Food Processing Technology*** *student of* ***St Terasas College (Autonomous) Ernakulam,*** *has done her internship programme on* ***Technology of Fish Processing*** *in our organization during the period from 20th October 2021 to 30th October 2021 as part of their curriculum.*

She had been given all the required data and guidance for the successful completion of the internship and completed her assignment in the limited span available for completion.

Her attendance during the period of internship was regular and to the best of our knowledge and her conduct and character was found good.

We wish to all success in her future .

For FEBIN MARINE FOODS

SEEMA SANAL

TECHNICAL MANAGER

FEBIN MARINE FOODS ALLEPPEY PIN-688537 ERAMALLOOR

Eramalloor, Alappuzha - 688 537, Kerala, India . Phone : +91-478-2879966, 2879778, Fax : 91 478-2879962,
E-mail : lab@febinmarine.com, Website : www.febinmarine.com

SAFERA FOOD INTERNATIONAL

IX/477, Opp. Kannamaly Police Station, Kannamaly P.O., Cochin - 682 008, Kerala, India.

CERTIFICATE

This is to certify that, **Ms. ALINA MARY LUIZ** has completed the Food technology internship course from

22nd October 2021 To, 1st November 2021 at M/s Safera Food International, Kannamaly, Kochi-682008.

She is specialized in basics of food processing standards, techniques and safety regulations during the 10 days of training and demonstration.

Her conduct was very good during the training period and we wish her all the best in her future ventures.

For Safera Food International,

DEEPA.G.P.

QUALITY MANAGER

DATE: 02.11.2021

Phone : +91 478 2872640, +91 484 2268378, Fax : +91 478 2872650, +91 478 2872150, E-mail : saferafoods@gmail.com

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PAVIZHAM HEALTHIER DIET PRIVATE LIMITED
Koovappady P.O., Perumbavoor, Ernakulam (Dist), Kerala India - 683 544
Ph : +91 484 2649310, Email : info@pavizhamrice.com, accounts@pavizhamrice.com
CIN-U15421KL2003PTC016354

08th February 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Miss. Alina Mary Luiz, B.Voc Food Processing student of St.Teresas College Ernakulam, Kerala, has undergone an internship of 10 days from 05th January 2022 to 14th January 2022.

She has successfully completed the internship and has grasped the various operations related to rice milling.

We wish all success in her future endeavors.

Authorized Signatory

PAVIZHAM HEALTHIER DIET PRIVATE LIMITED · KOOVAPPADY PIN : 683 544 INDIA

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Vazhakulam Agro and Fruit Processing Company Ltd.
(A Government Of Kerala Undertaking)
VAFPCL
CIN: U15130KL2003SGC035271, GSTIN : 32AAECV6239R1ZQ
ISO : 22000:2018
+91 485 2989095
+91 485 2261547
+91 485 2261551 (Fax)
jlveagrofruit@gmail.com
www.jlvekerala.com

VAFPC/HRD/11/487

June 23, 2022

CERTIFICATE

This is to certify that **Ms.Alina Mary Luiz**, 5th semester B.Voc Food Processing Technology student of St.Teresa's College, Ernakulam, had undergone an internship in our company from 13.06.2022 to 23.06.2022 as a part of her curriculum. She has collected all relevant data available with us for this purpose.

Her conduct and interest in learning various aspects connected with this study were found to be good. We wish her all success in future.

For Vazhakulam Agro and Fruit Processing Company Limited

Administrative Officer (Adm & HRD)

KEERTHI AGRO

Ref No.11/KAMPL/2021-22

INTERNSHIP CERTIFICATE

This is to certify that MS. ALINA SARA JOHN, reg no : VB20FPT009 B.Voc Food Processing Technology student of St Teresa's College, Park Ave, Marine Drive, Ernakulam 682 011 has done Internship of 10 days from 03rd January 2022 to 13th January 2022 with us

Her attendance during the period of Internship was regular, sincere, result oriented, hard working and to the best of our knowledge, her conduct and character were found good.

This certificate is provided by us for the study of MS. ALINA SARA JOHN and is strictly for academic purpose only.

Regards,

For Keerthi Agro Mills (P) Ltd

Johnson Varghese
Managing Director

Keerthi Agro Mills (P) Ltd
PB.No. 16, Mattoor, Kalady -683574
Ernakulam Dist, Kerala State, India

1800123012300 (Toll Free)

www.keerthiagro.com
info@keerthiagro.com
Fax. 0484 -2460380

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GSTIN:32ABIFM1188Q1ZR

MARACA FRUIT PROCESSING COMPANY

VII/370 C, MADAKKATHANAM (P.O.), MUVATTUPUZHA,ERNAKULAM (Dist), KERALA, INDIA - 686 670

Date: 27-06-2022

Ref No: MARACA/2022/019

TO WHOMSOEVER IT MAY CONCERN

CERTIFICATE

Certified that Miss. Alina Sara John, Admn No: BV320, B.Voc Food Processing Technology student of St. Teresa's College, Ernakulam, Kerala had undergone Internship at Maraca Fruit Processing Company, Thodupuzha, for a period from 21-06-2022 to 25-06-2022.

During this period we found her sincere, hardworking and diligent in her work. We wish her all success.

For Maraca Fruit Processing Company

Manager

MARACA FRUIT PROCESSING COMPANY MADAKKATHANAM 686 670 VAZHAKULAM

9745607840 maracafruit@gmail.com www.maracafruit.com

Scanned with CamScanner

09 March, 2022

TO WHOMSOEVER IT MAY CONCERN

Le MERIDIEN

This is to certify that **Ms. Alisha Rasily,** has successfully completed her Internship Training for the period 09.02.2022 to 09.03.2022 in Human Resource Department.

During her training, **Alisha** was found to be **Very good** with the tasks assigned to her.

Rating:

5. Excellent
4. Very good
3. Satisfactory/ Good
2. Average
1. Needs Improvement

We wish her all the best for his future endeavors.

For Le Meridien Kochi

Sufaira Abdul Kadhar
Training Manager

HUMAN RESOURCES * LE MERIDIEN KOCHI *

LE MERIDIEN
KOCHI

MARADU, KOCHI 682 304
KERALA, INDIA

T +91 484 270 5777
F +91 484 270 5750
lemeridien.com/kochi

OWNED BY M FAR HOTELS & RESORTS PVT. LTD.

N 9° 52 E 76° 17
DESTINATION UNLOCKED

Environmental Services
Head Office : Azad Building, Azad Road, Kaloor, Cochin - 17
Ph : 0484 6462442, 2333265, Mob: 9447981480 Mail : enviro.qc@gmail.com

Branch : NH Desom
Nr. Dhanalaxmi Bank
Aluva - 683 103
Mob : 9497003257
E-mail : noble777@ymail.com

Kerala State Pollution Control Board Approved Laboratory

CERTIFICATE OF INTERNSHIP

We hereby certify that MS. ALPHINE THOMAS completed the Ten days internship programme conducted for the analysis of Drinking Water, Effluent water, Food, Spices and Oils using approved methods present in our laboratory.

We wish her all the success in future...

YOURS FAITHFULLY

AUTHORISED SIGNATORY

14.01.2022

ENVIRONMENTAL SERVICES
Azad Building, Azad Road
Kaloor, Kochi-17
Phone 0484 6242442, 2333265
mail enviroqc@gmail.com

MALAYALAM FOODS

Koovappady P.O., Koodalappadu, Perumbavoor
Ernakulam Dist., Kerala - 683 544
Email : motherbirds@gmail.com

Tele Fax : 0484 - 2642377
Mob : 9142125943

MANUFACTURERS OF : PICKLES, SAUCE, JAM, SQUASH, SYRUP, CRUSH, SDC, VINEGAR...

Rf:- MF10/2020-2021

Date :-25/01/2022

CERTIFICATE OF INTERNSHIP COMPLETION

This is to certify that Ms. **ALPHINE THOMAS.**, Student of M. Voc. Food Processing Technology, St. Teresa's College, Ernakulam has undergone an internship in this institution from 15th January- 2022 - to - 25th January 2022 as part of curriculum.

We wish every blessings and success in her personal, academic and professional endeavors.

John Abraham

Manager

For MALAYALAM FOODS

Manager

Department of Human Resource

MALAYALAM FOODS
GSTIN-32AQDPA0450J1ZY
PH: 0484-2642377
KOOVAPPADY P.O., PERUMBAVOOR

KIMS AL SHIFA
SUPER SPECIALITY HOSPITAL
PB No: 26, Perinthalmanna - 679322, Malappuram Dist., Kerala, India, Ph: 04933 227616, Fax: 04933 229818
E-mail: info@kimsalshifa.com, Web: www.kimsalshifa.com

Ref:KAS:HRD:EXP:524:22

08th April, 2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Fathima Mirsa.P.I,** D/o Mr. Ismail.P.A, Plamattathikkudy House, Okkal Post, Ernakulam District, Kerala, India has undergone internship training in the **Department of Nutrition and Dietetics** in our NABH and NABL accredited super specialty hospital from **01.01.2022** to **08.04.2022.**

We wish her success in all her future endeavors.

For **KIMS Al Shifa Healthcare Pvt. Ltd.,**

KIMS AL SHIFA HEALTHCARE PVT. LTD.

8/4/2022

Nishad Chandran
Deputy Manager - HR

INCORPORATION OF WATERMELON RIND AND SEEDS INTO COMMERCIALLY AVAILABLE PRODUCTS AND EVALUATION OF ITS QUALITY PARAMETERS

ST. TERESA'S COLLEGE
(AUTONOMOUS)
ESTD 1925

DISSERTATION SUBMITTED

In Partial Fulfillment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

AMALA SHAJI

(Register No: SM20MCN004)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of Internal

Signature of External

Farm to Fork

Centre for safe food

Safe Food
Farm to Fork

CERTIFICATE

This is to certify that Ms/~~Mr~~ AMEENA SHAHNAZ has completed the Food Technology Internship Course from 18 th December, 2021 to 17 th January, 2022 , at Farm to Fork, Centre for Safe Food, Near Changampuzha Park, Edapally, Kochi – 682024.

She /~~He~~ is specialized in basics of Food processing standards, techniques and safety regulations during the 20 days of training and demonstration.

Farm to Fork
Edappally
Kochi
Centre for Safe

Date: 18. 01. 2022

Sheela P Meethil
Centre Head

THE JURNI

CULTURE • WORKLIFE • TRAVEL

CERTIFICATE OF APPRECIATION

This is presented to

Amil Rose George

for the successful completion of The Jurni Young Professionals Program
in the month of September 2021

MOHIKA SHARMA
Co-Founder, The Jurni

3rd Floor, 207 Regent Street London, W1B 3HH United Kingdom

CARITAS
HOSPITAL & INSTITUTE OF HEALTH SCIENCES

CHIHS/HR/932/22
13 May 2022

RD INTERNSHIP CERTIFICATE

This is to certify that **Ms. Amna Kamaru,** has undergone six months RD Internship in the Department of Clinical Nutrition, Caritas Hospital, Thellakom, Kottayam, Kerala under the guidance of Clinical Nutritionist **Ms. Remya Paul Mukkathu RD.**

Hospital Internship:

Name of the institution	Duration		Supervisor RD No.	No. of working hours/ week
	From	To		
Caritas Hospital Thellakom, Kottayam	25.10.2021	30.04.2022	SRD 018/2012	8X6

Clinical Dietetics Rotation

	ROTATION	Duration	Case category
1	CLINICAL- I Medicine	4 weeks	Infections- Dengue) Hypertension, CVA, COPD, Stroke, Renal calculi, ILD, Anaemia, Obesity, HIV
2	CLINICAL II Critically ill	2 weeks	Diabetic RT (DKA), CKD on feed, Hepatic encephalopathy, Pancreatitis, TPN
3	CLINICAL III Super-speciality	3 weeks	Gastroenterology – (Hepatitis, IBD, Cirrhosis). Oncology – (CA-buccal mucosa, CA tongue, leukaemia). Nephrology - (CKD, Nephrotic Syndrome). Neuromuscular- GBS, PIH
4	CLINICAL V Paediatric	2 weeks	General -(DKA, PEM, Nephrotic syndrome) Surgical- (MVR, Liver transplant)
5	CLINICAL VI Cardiac/ Nephro	2 weeks	General – (CCF, IWMI, RHD) Surgical – (CABG, VSD)
6	CLINICAL VII Endocrinology& diabetes	4 weeks	2 Type I DM, GDM, Diabetic foot, Renal DI diabetic, 2 uncontrolled DM on 4 doses of insulin, DM on OHA, PCOS, Hypothyroidism
7	Food service/ general management	4 weeks	Acquired skills in food procurement, production, quality maintenance, patient food service.
8	Community nutrition	2 weeks	Works in a community set up involved in community nutrition
9	Research projects	2 weeks	Major project- Comparative study on nutritional status and life style pattern of women with gestational diabetes mellitus with non-diabetic pregnancies Mini project - study on association of various risk factors leading to coronary artery bypass grafting and nutritional status of CABG patients

With all good wishes,

Rev. Dr. Binu Kunnath
Director

Ms.Remya Paul Mukkathu
RD Trainer

Thellakom P.O. Kottayam-686 630. Kerala, India.
T: +91 481-279 00 25-29
E-mail: hr@caritashospital.org | www.caritashospital.org

23/02/2022

ONLINE INTERNSHIP COMPLETION CERTIFICATE

This is to certify that **Ms. Amrutha B Nair (Reg. No - SB20BCOM003) (Hedge ID - IP02210)** from **St Teresa's College** has successfully completed her Online Internship Program at Hedge Equities Ltd., Cochin from 4th January 2022 to 4th February 2022 in the topic **"Wealth Management"**.During the internship Amrutha B Nair was exposed to the various activities of our Research Department.

During the internship, Amrutha B Nair demonstrated problem solving and analytical skills. Her performance exceeded expectations and she was able to complete the internship successfully on time.

We at Hedge Equities Ltd., wish her all the very best in her future endeavours.

For Hedge Equities Ltd.

Authorised Signatory

The Avenue Center
HOTEL

17th November 2021

TO WHOM IT MAY CONCERN

This is to certify that **Ms.Amrutha M,** a student of **St.Terasa'S College Ernakulam,** has done her One Week Internship training Programme in **F&B Service, F&B Production, and Housekeeping & Front Office department** from **11th November 2021** to **17th November 2021.**

During the above period She was considered to be very much efficient and hard working. Her conduct and character was observed to be good.

We wish her all the very best in her future endeavors.

For, **THE AVENUE CENTER HOTEL,**
(UNIT OF AVENUE HOTEL AND RESORTS PVT. LTD)

VIPIN K NAIR
ASSISTANT MANAGER-HR

THE AVENUE CENTER HOTEL ERNAKULAM-35 PANAMPILLY NAGAR

Report of Internship

By

ANAGHA B U

REGISTER NO: AB19AMAT040

(2019-2022)

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE, (AUTONOMOUS)
ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the Internship Report submitted by Anagha B U , Reg no.: AB19AMAT040 is a bonafide record of the internships done by her at the Commondove and mycaptain during the academic year 2021-2022

Mrs. Donna Pinheiro
Internal Mentor

Dr. Suzan Mathew Panakkal
Head of the department

REPORT

I joined as a Social Media Marketing intern at Commondove . The main aim of this non-profit non-governmental organization is to help college students through academic networking and also connecting students with social causes of all kinds. The duration of the internship was from 04/01/2021 - 04/02/2021.

I also worked as a Campus Ambassador for St. Teresa's College for mycaptain from Climber Knowledge and Careers Pvt Ltd. , Bengluru. The duration of the internship was from 17/05/2021 - 17/06/2021

Both works require good skills in marketing and influencing. I gained good communication skills, marketing skills as we had to talk with people from different places, whom we haven't met in person. It also helped to maintain time management between academics and work. I was also able to complete all the works assigned to me at the time.

Certificate from Employee

commondove

CERTIFICATE OF INTERNSHIP

We present this certificate to:

Anagha B U

In appreciation for your work as an Social Media Marketing Intern at Commondove. You have shown true commitment and diligence during the course of this internship and have successfully completed all the assigned tasks. The internship was conducted between 04/01/2021 and 04/02/2021.

ANKITA NIRWAN 2021.02.07 20:24: 05+05'30'

Dr Ankita Nirwan
DIRECTOR

2018 © Commondove
www.commondove.com

Certificate UID: CD/INT/2020-21/1331

mycaptain

CERTIFICATE OF COMPETENCY

This certificate is presented to

Anagha B U

who was part of MyCaptain's Campus Ambassador Programme in recognition of their hard work and dedication in completing their internship in Business Development & Sales.

We wish you all the best for your future endeavours.

[redacted]
(Operations and HR Manager)

NSR CEL

Report of Internship

By

ANAGHA B U

REGISTER NO: AB19AMAT040

(2019-2022)

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE, (AUTONOMOUS)
ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the Internship Report submitted by Anagha B U , Reg no.: AB19AMAT040 is a bonafide record of the internships done by her at the Commondove and mycaptain during the academic year 2021-2022

Mrs. Donna Pinheiro
Internal Mentor

Dr. Suzan Mathew Panakkal
Head of the department

REPORT

I joined as a Social Media Marketing intern at Commondove . The main aim of this non-profit non-governmental organization is to help college students through academic networking and also connecting students with social causes of all kinds. The duration of the internship was from 04/01/2021 - 04/02/2021.

I also worked as a Campus Ambassador for St. Teresa's College for mycaptain from Climber Knowledge and Careers Pvt Ltd. , Bengluru. The duration of the internship was from 17/05/2021 - 17/06/2021

Both works require good skills in marketing and influencing. I gained good communication skills, marketing skills as we had to talk with people from different places, whom we haven't met in person. It also helped to maintain time management between academics and work. I was also able to complete all the works assigned to me at the time.

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commondove

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ANKITA NIRWAN 2021.02.07 20:24: 05+05'30'

Dr Ankita Nirwan
DIRECTOR

2018 © Commondove
www.commondove.com

Certificate UID: CD/INT/2020-21/1331

mycaptain

CERTIFICATE OF COMPETENCY

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We wish you all the best for your future endeavours.

[redacted]
(Operations and HR Manager)

NSR CEL

mycaptain

zeeshan@theclimber.in

+91 9823076096

Climber knowledge and careers Pvt Ltd.
578-577, NCR Arcade, Service Rd,
Santhosapuram, Koramangala,
Bengaluru, Karnataka 560034

Date: 17.05.2021

Dear Anagha B U,

We are glad to inform you that you have been selected as a Campus Ambassador for St Teresas's College. We are impressed by your passion and commitment, and are excited to see you work with us. Your internship begins today 17.05.2021. The minimum duration for this job role is one month, and your first month will end on 17.06.2021.

Throughout this period, you will be in touch with Aswin Jayadeep, an Operations Executive who will help you get an understanding of the job role and assist you with your responsibilities. They will also help you with any issues or problems you're facing, and will train you in a few required skills.

You will be required to give in around 2-3 hours of work on a daily basis, from Monday to Saturday, and any leave you take must be communicated with your in-charge. This is a paid internship, where your stipend will be based on your performance, strictly. The details and structure of the stipend system are mentioned in the attached sheet. Post your internship, you will receive a Certificate of Completion, and depending on your achievements, you might receive a Letter of Endorsement.

This role is currently WFH (work from home), but with due changes in the current pandemic situation, i.e. if your school/college reopens, you will be expected to continue on the learning path and create new strategies to make the best of the situation. That said, we welcome you into this position and wish you the best learning experience you can get. You have our entire support in your further growth and development.

Anush Ramachandran
(Operations and HR Manager)

THE CLIMBER

KSCSTE-Kerala Forest Research Institute

(An Institution under Kerala State Council for Science, Technology and Environment)

Peechi - 680 653, Thrissur, Kerala, India

TO WHOM SO EVER IT MAY CONCERN

This is to certify that **Ms. Anagha R**, Swathikam, Vadacode PO,Thevakkal, Ernakulam, 682021 has successfully completed her internship at the Nodal Center for Biological Invasions (NCBI),Kerala Forest Research Institute from 24th to 30th August 2021. During her period of internship, she was given an opportunity to participate in field trips to invasive alien species invaded locations in Thrissur District; specially focussing on an aquatic invasive alien plant- *Cabomba furcata*. Based on the field observations and literature surveys she had prepared and submitted a fact sheet on *Cabomba* with a description on its impacts. She was found to be sincere and committed in her work during the internship programme.

Wishing her all success in her future endeavours.

Dr T V Sajeev
NCBI Co-ordinator
(25th April 2022)

Dr. T. V. Sajeev
Co-ordinator
Nodal Centre for Biological Invasions
KSCSTE - Kerala Forest Research Institute, Peechi
Ph : 0487-2690390

MALAYALAM FOODS
Koovappady P.O., Koodalappadu, Perumbavoor
Ernakulam Dist., Kerala - 683 544
Email : motherbirds@gmail.com
Tele Fax : 0484 - 2642377
Mob : 9142125943

MANUFACTURERS OF : PICKLES, SAUCE, JAM, SQUASH, SYRUP, CRUSH, SDC, VINEGAR...

Date:25/May/2022

CERTIFICATE

This is to certify that Ms. **Anakha Aneesh** , PG First year student of ST. TERESA'S COLLEGE Ernakulam , in the trade of M.Voc Food Processing Technology ; has undergone in plant training for 20 days in our organization from 4th May 2022 – 24th May 2022.

During the above period she was trained in the segment of Squash, Soft Drink Concentrate, Lime juice Cordial, Vinegar, Pickles & Sauces

For MALAYALAM FOODS

Manager

MALAYALAM FOODS
GSTIN-32AODPA6459J1ZY
PH: 0484-2642377
KOOVAPPADY P.O.,PERUMBAVOOR

MARIYA'S

HOME MOTHER PRODUCTS

Koovappady, Perumbavoor, Kerala - 683 544
Ph : +91 (0) 484 - 3254921, 3258203, 3290709
Tele Fax : 2649527, E-mail : mariyaspickles@yahoo.co.in

Mfrs. of:- Pickles, Jam, Squash, Sauce, S.D.C., RTS Beverages, Nonfruit Vinegar, Chatny Powder.

Ref:

Date:.....

To WHOM IT MAY CONCERN

This is to certify that Miss.Anakha Aneesh a student of M.Voc (Food Processing Technology),St.Teresa's College Ernakulam has successfully completed 20 Days (from 26th December 2021 to 14th January 2022) internship program at our company at Perumbavoor.During the period of her internship program with us she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Home Mother Products

Authorized Signature

HOME MOTHER PRODUCTS • PERUMBAVOOR E.K.M. DIST., KERALA • KOOVAPPADY-683544 •

Report of Internship

By

ANAKHA LEON PETER

REGISTER NO: AB19BMAT020

(2019 – 2022)

DEPARTMENT OF MATHEMATICS & STATISTICS ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by ANAKHA LEON PETER, AB19BMAT020 is a bonafide record of the internship done by her at the LEADS FLICK HR INTERNSHIP during the academic year 2019-2022

SUSAN MATHEW PANAKKA

Internal Mentor

Dept.of mathematics and statistics

URSALA PAUL

Head of the department

dept.of mathematics and statistics

REPORT

I did my internship in leads flick HR internships. I worked there as an intern in the marketing section. The duration of the internship was 1 month, from 1/11/2020 to 1/12/2020. The skills required were good communication and team work skills.

During the internship my prime duty is to market the apps among my contacts and make others know about the new apps. I came to know about new apps, facilities etc. on working as an intern in marketing I came to know more ways to market among people.

Letter Of Recommendation

is hereby awarded to

Anakha Leon Peter

I AM EXTREMELY PLEASED TO WRITE THIS LETTER OF RECOMMENDATION FOR **ANAKHA LEON PETER** IN THE CAPACITY OF HR INTERN AT LEADSFLICK.

AS HER HEAD, I HIGHLY RECOMMEND HER AS I AM FAMILIAR WITH HER WORK ETHICS. I WOULD DESCRIBE HER AS AN ENTHUSIASTIC AND DEDICATED INDIVIDUAL WHO HAS A GREAT PENCHANT FOR MEETING DEADLINES. MOREOVER ANAKHA IS VERY KEEN IN PERFORMING BONUS TASKS.
ANAKHA IS RELIABLE AND PUNCTUAL INDIVIDUAL WHO WOULD PERFORM ALL THE TASKS WITH UTMOST DILIGENCE.
I WISH HER GOOD LUCK AND SUCCESS FOR ALL HER FUTURE ENDEAVOURS IN LIFE.

Vishal Singh

VISHAL SINGH
CEO
LEADSFLICK

Lf Leads Flick

LoR No: - VLI2009011292

CERTIFICATE OF APPRECIATION

Our congratulations to

Anakha Leon Peter

Leads Flick HR Internship

in recognition of outstanding contribution made during Leads Flick Program between 1st Nov 2020 and 1st Dec 2020.

Vishal Singh

VISHAL SINGH

CEO & Founder,
Leads Flick

Lf
Leads Flick

Farheen Parveen

FARHEEN PARVEEN

Cluster Manager
Leads Flick

Certificate No: - VLI2009011292

भारत सरकार

GOVERNMENT OF INDIA

(मत्स्यपालन, पशुपालन और डेयरी मंत्रालय)

MINISTRY OF FISHERIES, ANIMAL HUSBANDRY & DAIRYING

(मत्स्यपालन विभाग)

(DEPARTMENT OF FISHERIES)

राष्ट्रीय मात्स्यिकी पोस्ट हार्वस्ट प्रौद्योगिकी और प्रशिक्षण संस्थान

NATIONAL INSTITUTE OF FISHERIES POST HARVEST TECHNOLOGY AND TRAINING

पी.बी.सं. : 1801, कोच्ची - 682 016, केरल

P.B. No. 1801, COCHIN - 682 016, KERALA

यह प्रमाणपत्र श्री / श्रीमती / कुमारी ..... को

से ..... तक "मात्स्यिकी पोस्ट हार्वस्ट प्रौद्योगिकी पर ऑन-जोब प्रशिक्षण"

पर संचालित पाठ्यक्रम की समाप्ति के अवसर पर प्रदान किया जाता है।

Awards this certificate to Mr./Ms. ANAMIKA S, ST. TERESAS COLLEGE

in recognition of completion of the course titled "*On Job Training in Fisheries Post Harvest Technology*"

during the period from 18.10.2021 to 29.10.2021

पाठ्यक्रम समन्वयकर्ता
COURSE COORDINATOR

निदेशक
DIRECTOR

STC™

Global IT Partner in Testing

Certificate of Completion

This is to Certify Anaya Sebastian

has completed Software Testing Internship Training Program

from 10.12.2021 *to* 20.12.2021 *Successfully*

STC TECHNOLOGIES PVT LTD Kochin 682025

For STC

Authorised Signatory

Report of Internship

By

ANEETA SUNISH

REGISTER NO: AB19AMAT004

(2019-2022)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

Scanned with CamScanner

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the Internship Report submitted by Aneeta Sunish, Reg no.: AB19AMAT004 is a bonafide record of the internship done by her at the InfoTech for Visually Impaired during the academic year 2020-2021

Mrs. Donna Pinheiro
Internal Mentor
Assistant professor

Dr. Suzan Mathew Panakkal
Head of the department
Assistant professor

Scanned with CamScanner

REPORT

I completed my 4 week internship in a company Scrafts as a social media marketing intern. My main duty was to gather subscribers and followers for their YouTube channel and Instagram page.
Good marketing skills was required convenience people. I also gained good communication skills, as we had to talk and mingle with different people.

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Certificate from Employee

Scanned with CamScanner

SOFTEN TECHNOLOGIES
Enhancing your excellence

SOFTEN TECHNOLOGIES
IInd Floor, CVP Chambers
Opp. GCDA, Kadavanthra, Cochin-16
Phone : 0484-4037036, 3070040, Mob: 8129701739

TO WHOMSOEVER IT MAY CONCERN

This is to inform you that **Ms. ANEETA VARGHESE (Reg. No.VB21SWD004)** doing **B.VOC Software Development** at **St. Teresa's College, Ernakulam (Autonomous)** under M.G. University has completed Internship program in **C++** at our **Software Division** from 11.05.2022 to 13.05.2022 under the supervision of **Ms. Geethu Balakrishnan,** Sr. Software Engineer at our organization. During her course of work she proved to be hardworking, sincere and possess noble logic.

We wish her all the very best in her future endeavors.

For **SOFTEN TECHNOLOGIES,**

SOFTEN TECHNOLOGIES COCHIN

BABURAJ . R
Manager – HR
Mob:8129701744

18/05/2022
Cochin

SOFTEN TECHNOLOGIES
IInd Floor, CVP Chambers
Opp. GCDA, Kadavanthra, Cochin-16
Phone: 0484-4037036, 3070040, Mob: 8129701729

TO WHOMSOEVER IT MAY CONCERN

This is to inform you that **Ms. ANGEL MARY (Reg No.VB21SWD006)** doing **B.VOC Software Development** at **St. Teresa's College, Ernakulam (Autonomous)** under M.G. University has completed Internship program in **C++** at our **Software Division** from 11.05.2022 to 13.05.2022 under the supervision of **Ms. Geethu Balakrishnan,** Sr. Software Engineer at our organization. During her course of work she proved to be hardworking, sincere and possess noble logic.

We wish her all the very best in her future endeavors.

For **SOFTEN TECHNOLOGIES.**

BABURAJ . R
Manager – HR
Mob:8129701744

18/05/2022
Cochin

ASSESSMENT OF VITAMIN D STATUS AMONG SEDENTARY WOMEN WITH EMPHASIS TO METABOLIC SYNDROME

DISSERTATION SUBMITTED
In Partial Fulfilment of the Requirement for the Award of the degree of
MASTER'S PROGRAMME IN
CLINICAL NUTRITION AND DIETETICS

BY
ANISHA TREESA P.T
(Register No:SM20MCN005)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS
WOMEN'S STUDY CENTRE
ST. TERESA'S COLLEGE (AUTONOMOUS)
ERNAKULAM
MAY 22

CERTIFIED AS BONAFIDE RESERCH WORK

Signature of External

Signature of Internal

SensAble Child

CERTIFICATE

OF ONLINE PARTICIPATION

THIS IS TO CERTIFY THAT

ANITTA ROSILY C J

has successfully completed the Four - days training program on the topic

Psychometric Testing in Children

Dr. Shipra Gupta
Sr. Occupational Therapist, Rehab Psychologist
Director SensAble Child Clinic

Dr. Mrigank Aggarwal
Program Coordinator

Date Of Issue - 26th March, 2022

This training program is for the educational purpose

SensAble Child

CERTIFICATE

OF ONLINE PARTICIPATION

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Psychometric Testing in Children

Dr. Shipra Gupta
Sr. Occupational Therapist, Rehab Psychologist
Director SensAble Child Clinic

Dr. Mrigank Aggarwal
Program Coordinator

Date Of Issue - 26th March, 2022

This training program is for the educational purpose

COCHIN PORT AUTHORITY

Phone : 0484-2582600
Fax : 0484-2666582
E-mail : fa@cochinport.gov.in

Finance Department
Willingdon Island
Cochin – 682009

No. Budget/Internship/2022

Dated: 18.04.2022

CERTIFICATE

This is to certify that Ms. Anjali S Gopan, II year B.Com (Taxation) student of St.Teresa's College (Autonomous), Ernakulam has undergone internship for a period of one month from 17.03.2022 to 16.04.2022 in our Organisation.

During the course of the project, her performance was found to be good.

वित्तीय विभाग
FINANCE DEPARTMENT
COCHIN PORT AUTHORITY, COCHIN-9
कोचिन पत्तन प्राधिकरण, कोचिन-9

SR.ACCOUNTS OFFICER

Scanned with CamScanner

CERTIFICATE

No. TRG/030/2059(3)/2022 -62

10 June 2022

1. *Name of Student/s* : *ANJALI . S. GOPAN*
2. *Course & Branch of Study* : *B.COM (Taxation)*
3. *College Name* : *St. Teresa 's College Ernakulam*
4. *Nature of Training* : *Internship*
5. *Period of Training* : *06.06.2022 To 10.06.2022*
6. *Department/s of Training* : *Finance ,Safety & Training Institute*
7. *Conduct / Performance* : *Good*

कोचीन शिपयार्ड लिमिटेड/कोच्ची-15 ★ प्रशीक्षण संस्थान ★ COCHIN SHIPYARD LIMITED/ KOCHI-15 TRAINING INSTITUTE

A V Suresh Kumar
General Manager (Trg.)

Environmental Services
Head Office : Azad Building, Azad Road, Kaloor, Cochin - 17
Ph : 0484 6462442, 2333265, Mob: 9447981480 Mail : enviro.qc@gmail.com

Branch : NH Desom
Nr. Dhanalaxmi Bank
Aluva - 683 103
Mob : 9497003257
E-mail : noble777@ymail.com

Kerala State Pollution Control Board Approved Laboratory

CERTIFICATE OF INTERNSHIP

We hereby certify that MS. ANJANA C.D. completed the Ten days internship programme conducted for the analysis of Drinking Water, Effluent water, Food, Spices and Oils using approved methods present in our laboratory.

We wish her all the success in future...

YOURS FAITHFULLY

AUTHORISED SIGNATORY

14.01.2022

ENVIRONMENTAL SERVICES
Azad Building, Azad Road
Kaloor, Kochi-17
Phone 0484 6242442, 2333265
mail enviroqc@gmail.com

MALAYALAM FOODS

Koovappady P.O., Koodalappadu, Perumbavoor
Ernakulam Dist., Kerala - 683 544
Email : motherbirds@gmail.com

Tele Fax : 0484 - 2642377
Mob : 9142125943

MANUFACTURERS OF : PICKLES, SAUCE, JAM, SQUASH, SYRUP, CRUSH, SDC, VINEGAR...

Rf:- MF11/2020-2021

Date :-25/01/2022

CERTIFICATE OF INTERNSHIP COMPLETION

This is to certify that Ms. ANJANA CD., Student of M. Voc. Food Processing Technology, St. Teresa's College, Ernakulam has undergone an internship in this institution from 15th January-2022 - to - 25th January 2022 as part of curriculum.

We wish every blessings and success in her personal, academic and professional endeavors.

John Abraham

Manager

For MALAYALAM FOODS

Manager

Department of Human Resource

MALAYALAM FOODS
GSTIN-32AQDPA1159J1ZY
PH: 0484-2642377
KOOVAPPADY P.O. PERUMBAVOOR

AMRITA VISHWA VIDYAPEETHAM
Institute of Medical Sciences
Healthcare, Education & Research

AIMS/HRD/2022/439 **February 10, 2022**

CERTIFICATE

This is to certify that **Ms. Anjana N S,** MSc Clinical Nutrition and Dietetics student, St Teresa's College, Ernakulam, had successfully completed the Registered Dietitian internship in the Department of Clinical Nutrition under the supervision of a Registered Dietitian for six months from 08.07.2021 to 28.01.2022.

We wish her all success in her chosen profession.

In **AMMA's** service
For **AIMS**

R Ranganathan
Addl. General Manager –HR

Amrita Institute of Medical Sciences & Research Centre
Human Resources
Cochin-41

AIMS Ponekkara P.O. Kochi, Kerala 682 041. Phone: +91- 484- 285 1234. Fax: +91-484-285 2020 E-mail: md@aims.amrita.edu

The Avenue Center
HOTEL

11th November 2021

TO WHOM IT MAY CONCERN

This is to certify that **Ms.Anjana K,** a student of **St.Terasa'S College Ernakulam,** has done her One Week Internship training Programme in **F&B Service, F&B Production, Housekeeping & Front Office department** from **03rd November 2021** to **10th November 2021.**

We wish her all the very best in her future endeavors.

For, **THE AVENUE CENTER HOTEL,**
(UNIT OF AVENUE HOTEL AND RESORTS PVT. LTD)

VIPIN K NAIR
ASSISTANT MANAGER-HR

THE AVENUE CENTER HOTEL ERNAKULAM-36 PANAMPILLY NAGAR

center@avenuehotels.in +91 484 4141 222 Panampilly Avenue, Panampilly Nagar,
www.avenuecenter.com Kochi - 682 036

Farm to Fork

Centre for safe food

Safe Food
Farm to Fork

CERTIFICATE

This is to certify that Ms/~~Mr~~ ANJITHA L has completed the Food Technology Internship Course from 18 th December, 2021 to 17 th January, 2022 , at Farm to Fork, Centre for Safe Food, Near Changampuzha Park, Edapally, Kochi – 682024.

She /~~He~~ is specialized in basics of Food processing standards, techniques and safety regulations during the 20 days of training and demonstration.

Farm to Fork * Edappally Kochi 682 024 * Centre for Safe Food

Date: 18. 01. 2022

Sheela P Meethil
Centre Head

Farm to Fork

Centre for safe food

Safe Food
Farm to Fork

CERTIFICATE

This is to certify that Ms/~~Mr~~ ANJU T R has completed the Food Technology Internship Course from 18 th December, 2021 to 17 th January, 2022 , at Farm to Fork, Centre for Safe Food, Near Changampuzha Park, Edapally, Kochi – 682024.

She /~~He~~ is specialized in basics of Food processing standards, techniques and safety regulations during the 20 days of training and demonstration.

Farm to Fork
Edappally
Kochi
Centre for Safe

Date: 18. 01. 2022

Sheela P Meethil
Centre Head

K.R.BAKES

Baked with love. Since 1969

Date: 24/12/2021

TO WHOM IT MAY CONCERN

This is to certify that Ms. ANKITA PRAMOD, D/O PRAMOD.K.NAIR, Reg: No-SB20ND002 St. TERESA'S COLLEGE, ERNAKULAM has done her internship in KR Bakes PVT LTD Ernakulam, from13/12/2021 to 23/12/2021.

During the internship she demonstrated good design skills with a self-motivated attitude to learn new things. Her performance exceeded expectations and was able to complete the internship successfully on time.

We wish her to all the best for her future endeavors.

Warm regards,

KR Bakes PVT LTD Ernakulam

For K. R. BAKES PVT. LTD.

Regional HR

PALARIVATTOM COCHIN-682025

KR BAKES PVT. LTD.

32/1175-A, CIVIL LANE ROAD, PALARIVATTOM, COCHIN - 682 025. PH. OFF: 2205066, 2348674

CIN : U15412TZ2000PTC009294 | E-mail : krbakescvtm@gmail.com | Web : www.krbakes.com

FEBIN
marine foods

Date: 30.10.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that ***Ms. Ann Dileep , 3rd Semester B.Voc Food Processing Technology*** *student of* ***St Terasas College (Autonomous) Ernakulam,*** *has done her internship programme on* ***Technology of Fish Processing*** *in our organization during the period from 20th October 2021 to 30th October 2021 as part of their curriculum.*

She had been given all the required data and guidance for the successful completion of the internship and completed her assignment in the limited span available for completion.

Her attendance during the period of internship was regular and to the best of our knowledge and her conduct and character was found good.

We wish to all success in her future .

For FEBIN MARINE FOODS

SEEMA SANAL

TECHNICAL MANAGER

FEBIN MARINE FOODS ALLEPPEY PIN-688537 ERAMALLOOR

Eramalloor, Alappuzha - 688 537, Kerala, India., Phone : +91-478-2879966, 2879778, Fax : 91 478-2879962.
E-mail : febin@febinmarine.com, Website : www.febinmarine.com

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

REFERENCE NO: **AFPL/02/2023**

TO WHOMSOVER IT MAY CONCERN

This is to certify that **MS. *ANN DILEEP*** **5th semester B.Voc Food processing Technology** student of **St.Terasas college (Autonomous) Ernakulam,** has done her internship programme on **Technology of Fruit and Vegetables** in our organization for a period of 10 days (13/06/2022 to 23/06/2022).

His conduct during the period with us was good. We wish her all success.

Checked and Recommended by

ANUJA T V

Manager- Production & Quality

Managing Director

SUBHASH K

ARTOCARPUS FOODS PVT LTD
NADUKANI
THALIPARAMBA
KANNUR

Date of Issue: 29/06/2022

ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

SOFTEN TECHNOLOGIES
Enhancing your excellence

SOFTEN TECHNOLOGIES
IInd Floor, CVP Chembers
Opp. GCDA, Kadavanthra, Cochin-16
Phone : 0484-4037036, 3070040, Mob: 8129701739

TO WHOMSOEVER IT MAY CONCERN

This is to inform you that **Ms. ANN JOICE PETER (Reg. No.VB21SWD008)** doing **B.VOC Software Development** at **St. Teresa's College, Ernakulam (Autonomous)** under M.G. University has completed Internship program in **C++** at our **Software Division** from 11.05.2022 to 13.05.2022 under the supervision of **Ms. Geethu Balakrishnan,** Sr. *Software Engineer* at our organization. During her course of work she proved to be hardworking, sincere and possess noble logic.

We wish her all the very best in her future endeavors.

For **SOFTEN TECHNOLOGIES,**

SOFTEN TECHNOLOGIES COCHIN

BABURAJ . R
Manager – HR
Mob:8129701744

18/05/2022
Cochin

SML

SML FINANCE LIMITED

ESTD. 1980

NBFC
Registered Under Reserve bank of India
Registration No.16-00065
CIN: U65910KL1996PLC010648

Regd. Office.: Bethany Complex, Thrissur Road,
Kunnamkulam, Thrissur Dist. Pin - 680 503.
Phone: 04885 -214000, Fax: 04885 -214000
e-mail: smlkkm@gmail.com
Website: www.smlfinance.com

19th May, 2022

PROJECT WORK CERTIFICATE

This is to certify that **Ms. Ann Maria Panakkal (Reg. No. SB20AC0M008)**, 2nd year student of B.Com of **St. Teresa's College, Ernakulam** have completed Internship on "**Finance & Accounting**" under mentorship of our firm during the period of 1st April, 2022 to 30th April, 2022.

During this time she has exhibit great interest and enthusiasm. She has successfully completed the internship.

We value her contribution to SML Group. The insights and recommendation of her internship were extremely useful.

For **SML FINANCE LIMITED**

Manoj Nair
AVP (HR & Admin)

THE JURNI

CULTURE • WORKLIFE • TRAVEL

CERTIFICATE OF APPRECIATION

This is presented to

Ann Maria Panakkal

for the successful completion of The Jurni Young Professionals Program
in the month of October 2021

MOHIKA SHARMA
Co-Founder, The Jurni

3rd Floor, 207 Regent Street London, W1B 3HH United Kingdom

PALLURUTHY MANDALAM SERVICE CO-OPERATIVE BANK LTD. No. 65

H.O: KUMBALANGHI VAZHI,PALLURUTHY, KOCHI-682 006

Estd:1919

Phone : 0484 2231904, E mail : pmscbank@gmail.com, web : www.pmscb.com

Date : .....

TO WHOM SOEVER IT MAY CONCERN

This is to be certify that Ann Mary Aldrena student of final year B.com of St Teresa's College Ernakulam has successfully completed her internship program from 27th December 2021 to 4th January 2022 (7 days) with reference to Palluruthy Mandalam Service Co-operative bank Ltd No 65.

Her performance was good during the training period. We wish her all the best in future career.

Palluruthy

05.01.2022

Assistant Registrar of co-op: Societies/
Secretary, Palluruthy Mandalam SCB Ltd.
Kochi-682006

CARITAS
HOSPITAL & INSTITUTE OF HEALTH SCIENCES

CHIHS/HR/934/22
13 May 2022

RD INTERNSHIP CERTIFICATE

This is to certify that **Ms. Anna Reenu Shaji,** has undergone six months RD Internship in the Department of Clinical Nutrition, Caritas Hospital, Thellakom, Kottayam, Kerala under the guidance of Clinical Nutritionist **Ms. Remya Paul Mukkathu RD.**

Hospital Internship:

Name of the Institution	Duration		Supervisor RD No.	No. of working hours/ week
	From	To		
Caritas Hospital Thellakom, Kottayam	12.07.2021	15.01.2022	SRD 018/2012	8X6

Clinical Dietetics Rotation

	ROTATION	Duration	Case category
	CLINICAL- I Medicine	4 weeks	Infections- Dengue) Hypertension, CVA, COPD, Stroke, Renal calculi, ILD, Anaemia, Obesity, HIV
	CLINICAL II Critically ill	2 weeks	Diabetic RT (DKA), CKD on feed, Hepatic encephalopathy, ARDS on ventilator, TPN
	CLINICAL III Super-speciality	3 weeks	Gastroenterology – (Hepatitis, IBD, Cirrhosis). Oncology – (CA-buccal mucosa, CA tongue, leukaemia). Nephrology - (CKD, Nephrotic Syndrome). Neuromuscular- GBS, PIH
	CLINICAL V Paediatric	2 weeks	General -(DKA, PEM, Nephrotic syndrome) Surgical- (MVR, Liver transplant)
	CLINICAL VI Cardiac/ Nephro	2 weeks	General – (CCF, IWMI, RHD) Surgical – (CABG, VSD)
	CLINICAL VII Endocrinology& diabetes	4 weeks	2 Type I DM, GDM, Diabetic foot, Renal DI diabetic, 2 uncontrolled DM on 4 doses of insulin, DM on OHA, PCOS, Hypothyroidism
	Food service/ general management	4 weeks	Acquired skills in food procurement, production, quality maintenance, patient food service.
	Community nutrition	2 weeks	Works in a community set up involved in community nutrition
	Research projects	2 weeks	Major project- Study on clinical profile, association of various risk factors and nutritional status of stroke patients. Mini project – Comparative study on severity of menopausal symptoms and nutritional status of subjects undergone induced menopause and natural menopause.

With all good wishes,

Rev. Dr. Binu Kunnath
Director

Ms.Remya Paul Mukkathu
RD Trainer

Thellakom P.O. Kottayam-686 630. Kerala, India.
T: +91 481-279 00 25-29
E-mail: hr@caritashospital.org | www.caritashospital.org

MALAYALAM FOODS
Koovappady P.O., Koodalinpadu, Perumbavoor
Ernakulam Dist., Kerala - 683 544
Email : motherbirds@gmail.com
Tele Fax : 0484 - 2642377
Mob : 9142125943

MANUFACTURERS OF : PICKLES, SAUCE, JAM, SQUASH, SYRUP, CRUSH, SDC, VINEGAR...

Date:25/May/2022

CERTIFICATE

This is to certify that Ms. **Anna Sinil**, PG First year student of ST. TERESA'S COLLEGE Ernakulam , in the trade of M.Voc Food Processing Technology ; has undergone in plant training for 20 days in our organization from 4th May 2022 – 24th May 2022.

During the above period she was trained in the segment of Squash, Soft Drink Concentrate, Lime juice Cordial, Vinegar, Pickles & Sauces

For MALAYALAM FOODS

MALAYALAM FOODS
GSTIN-32AQDPA6459J1ZY
PH: 0484-2642377
KOOVAPPADY P.O., PERUMBAVOOR

Manager

MARIYA'S

HOME MOTHER PRODUCTS

Koovappady, Perumbavoor, Kerala - 683 544
Ph : +91 (0) 484 - 3254921, 3258203, 3290709
Tele Fax : 2649527, E-mail : mariyaspickles@yahoo.co.in

Mfrs. of:- Pickles, Jam, Squash, Sauce, S.D.C., RTS Beverages, Nonfruit Vinegar, Chatny Powder.

Ref:

Date:.....

To WHOM IT MAY CONCERN

This is to certify that Miss.Anna Sinil a student of M.Voc (Food Processing Technology),St.Teresa's College Ernakulam has successfully completed 20 Days (from 26th December 2021 to 14th January 2022) internship program at our company at Perumbavoor.During the period of her internship program with us she was found punctual, hardworking and inquisitive.

We wish her every success in life.

For Home Mother Products

Authorized Signature

HOME MOTHER PRODUCTS
PERUMBAVOOR
E.K.M. DIST., KERALA
KOOVAPPADY-683544

11/04/2022

ONLINE INTERNSHIP COMPLETION CERTIFICATE

This is to certify that **Ms. Anna Sunish (Reg. No - SB20CCM014) (Hedge ID - IP02214)** from **St Teresa's College** has successfully completed her Online Internship Program at Hedge Equities Ltd., Cochin from 25th January 2022 to 25th February 2022 in the topic **"Wealth management and portfolio management"**.During the internship Anna Sunish was exposed to the various activities of our Research Department.

During the internship, Anna Sunish demonstrated problem solving and analytical skills. Her performance exceeded expectations and she was able to complete the internship successfully on time.

We at Hedge Equities Ltd., wish her all the very best in her future endeavours.

For Hedge Equities Ltd.

Authorised Signatory

A SYSTEMATIC STUDY TO ASSESS THE EFFECT OF NUTRITIONAL AWARENESS PROGRAMME AND PREVALENCE OF OBESITY AND TYPE II DIABETES IN PRE AND POST-MENOPAUSAL WOMEN

DISSERTATION SUBMITTED

In Partial Fulfillment of the Requirement for the Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

ANNA SILLA PULIKAL JOSEPH

(Register No: SM20MCN006)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

ST.TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of External Examiner

Signature of Internal Examiner

Report of Internship

By

ANITTA ELIZABETH K S

REGISTER NO: AB20AMAT046

(2020 – 2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by ANITTA ELIZABETH K S, AB20AMAT046 is a bonafide record of the internship done by her at the COCHIN ENGINEERING AND CONSULTANCY SERVICES PVT. LTD. Kerala, India during the academic year 2021.

BETTY JOSEPH
(Internal Mentor)
Associate Professor

Dr. URSALA PAUL
(Head of the department)
Assistant Professor

REPORT

1. Company name and profile :

   Company name : Cochin Engineering and Consultancy Services Pvt. Ltd.

   Company profile : Cochin Engineering & Consultancy Services Pvt. Ltd., Ceons, based in Cochin is an innovative group of engineering professionals with in-depth knowledge and experience in the field of Civil Engineering and related fields.

2. Nature of the work : Accounting and Office Management

3. Duration of internship :

   Duration: 1 month
   From: 10th March 2021
   To: 10th April 2021

4. Skills required and skills gained :

Skills required :

- Communication skills
- Time punctuality

Skills gained :

- Better communication skills
- Confidence
- Gratitude
- Good presentation skills
- Better interpersonal skills
- Time management

5. Personal Experience :

I am indeed proud and grateful to have got an opportunity to work at CECONS as part of my internship. I was satisfied with a lot of soft and hard skills which I can proudly say as my greatest achievement on being part of the company. At first, when I start my internship I never thought that this work will make a change in me. But after I done my internship, I realised that there is a lot of changes came in my life.

I am very delighted to say that I have developed my communication skills, English language spoken skills, confidence, time punctuality, multitasking ability, patience, learned how to manage time. There were times when things went difficult, at that time I just calm myself and again start to do my work, that made me to understand the hidden power within me.

It was actually a positive experience to me. If I done anything wrong, from manager, I got no pressure, he just point out my mistake and show me the right way. Indeed it was a wonderful experience which I will always cherish.

Certificate from Employee

CECONS Cochin Engineering and Consultancy Services Pvt. Ltd.

City Office:
41/1004, Vadakumthala Bldg.
Opposite Kadavil Court, Aranjath Cross Road
Pullepady, Cochin - 682 018, Kerala
Phone : 0484 2368327, 2371643
Email : 2cecons@gmail.com

GSTIN : 32AACCC2874P1ZE
CIN : U74210KL1989PTC005422

CERTIFICATE

This is to certify that Ms. Anitta Elizabeth K S, D/o Shibu K J, Kizhakkacheruvally House , Pai Road , Perumpadappu First Year Degree student in Mathematics Department at St.Teresas College , Ernakulam has successfully completed the short term Internship training in our firm about the office work during the period 10th March 2021 to 10th April 2021

She was very receptive to our guidance. Her conduct & character during the period were found to be good.

Cochin-18
15.04.2021

For Cochin Engineering and Consultancy Services (P) LTD

Dr.ANIL JOSEPH
M.E. (S.M.F.E), M.I.G.S.PhD
Managing Director

Report of Internship

By

ANOOPA K.M

REGISTER NO: AB20AMAT048

(2020 – 2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS
ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the Internship Report submitted by ANOOPA K.M , AB20AMAT048 is a bonafide record of the internship done by her at the ST TERESA'S COLLEGE ERNAKULUM during the academic year 2021.

BETTY JOSEPH

Associate Professer

Designation

Dr. URSALA PAUL

Assistant Professer

Designation

REPORT

Commondove is a non-profit non-government trust organization. Their mission is to connect the youth with the various social causes which require their support. I worked as an online social media marketing intern. The duration of the work was one month. I successfully completed all the assigned tasks .The internship was conducted between 28/09/2021 to 28/10/2021.Online marketing intern need a good communication skills and a good marketing ideas. I can improve my skills through this internship.

Certificate from Employee

commondove

CERTIFICATE OF INTERNSHIP

We present this certificate to:

Anoopa K M

In appreciation for your work as an Social Media Marketing Intern at Commondove. You have shown true commitment and diligence during the course of this internship and have successfully completed all the assigned tasks. The internship was conducted between 28/09/2021 and 28/10/2021 .

Dr Ankita Nirwan

2018 © Commondove

www.commondove.com

Digitally signed by ANKITA NIRWAN
Date: 2021-10-28 11:29:40

Certificate UID: CD/INT/2021-22/1788

COMPARATIVE STUDY ON NUTRITIONAL STATUS OF RURAL AND URBAN SCHOOL GOING CHILDREN

DISSERTATION SUBMITTED

In partial fullfillment of the requirement for the award of the degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

APARNA SAJEEV

Register No:

SM20MCN007

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST.TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of External

Signature of Internal

Kerala State Electronics Development Corporation Ltd.
(A Government of Kerala Undertaking)

ITBG - Knowledge Services Group
GSTIN : 32AABCK1319E4Z5

KELTRON®
CIN : U74999KL1972SGC002450

Phone: 0471-2724765 || Helpline No: +91 9188665545 || E-mail: iteg@keltron.org || Website Link : ksg.keltron.in

KSG/54/INTP/22-03/L1631

05.03.2022

CERTIFICATE

Certified that the student has completed the **Internship Program** conducted at KELTRON as per the particulars given below:

Name of the Student	**Ms. APARNA AR**
Name & Address of the College/Institution at which the Student is Studying	St. Teresa's College, Park Avenue, Marine Drive, Ernakulam, Kerala-682011
University/Board, which the Institution is Affiliated to	Mahatma Gandhi University, Kerala
Branch/Discipline of Study	B. Voc in Software Development
Student's Registration No.	VB20SWD004
Semester / Year of Study	4th Semester
Name & Address of the Institution/Centre where the Internship Program was Conducted	**Keltron Knowledge Centre (54), Near Govt. Ayurveda College, Trivandrum**
Online Portal Registration No.	KI015398
Roll No./Register No.	K2154I110294
Program Category	**INTERNSHIP**
Period & Duration of the Program	04.02.2022 to 10.02.2022 (1 Week)
Area of Exposure	Domains in Cyber Security, Cybercrime Types, Hackers and Hacking Familiarization to, Cyber Security Expert, Threats and Motives, Introduction to Networking Devices
Status	**COMPLETED SUCCESSFULLY**

Authorized Signatory
(Knowledge Services)

Temp.No. KSG/INTP/Type- 1/2.01.04.2019

God of Small Thing

We have a bit of everything for you

CERTIFICATE OF INTERNSHIP

We present this certificate to

Aparna Panicker

In appreciation for successful work as a **Social Media Intern** at

godofsmallthing.com

The internship was conducted from **Sep 13** to **Dec 13 2021**

Dec 21 2021

Date

Signature

©godofsmallthing

PRACTICAL NUTRITION CONSIDERATIONS OF HOCKEY PLAYERS IN ERNAKULAM, KERALA

DISSERTATION SUBMITTED

In Partial Fulfilment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

APARNA T G

(Register No: SM20MCN008)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

ST. TERESA'S COLLEGE (AUTONOMOUS) DEPT. OF CLINICAL NUTRITION AND DIETETICS * ERNAKULAM *

PRACTICAL NUTRITION CONSIDERATIONS OF HOCKEY PLAYERS IN ERNAKULAM, KERALA

DISSERTATION SUBMITTED

In Partial Fulfilment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

APARNA T G

(Register No: SM20MCN008)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of HOD

Head of the Department
Dept. of Clinical Nutrition & Dietetics
Women's Study Centre
St. Teresa's College (Autonomous)
Ernakulam
email: teresas.wsc2010@gmail.com

Signature of Guide

ST. TERESA'S COLLEGE (AUTONOMOUS) DEPT. OF CLINICAL NUTRITION AND DIETETICS ERNAKULAM

PRACTICAL NUTRITION CONSIDERATIONS OF HOCKEY PLAYERS IN ERNAKULAM, KERALA

DISSERTATION SUBMITTED

In Partial Fulfilment of the Requirement for

The Award of the Degree of

MASTER'S PROGRAMME IN

CLINICAL NUTRITION AND DIETETICS

BY

APARNA T G

(Register No: SM20MCN008)

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA'S COLLEGE (AUTONOMOUS)

ERNAKULAM

MAY 2022

CERTIFIED AS BONAFIDE RESEARCH WORK

Signature of internal

Signature of external

INNOVATIVE MARKETING SOLUTIONS PRIVATE LIMITED

INTERNSHIP CERTIFICATE

THIS CERTIFICATE IS GIVEN ON 15TH OF FEBRUARY OF THE YEAR 2022 TO CERTIFY THAT

APARNA VENUGOPAL

A STUDENT OF ST. TERESA'S COLLEGE, ERNAKULAM HAS SUCCESSFULLY COMPLETED HER INTERNSHIP FROM 10TH JANUARY 2022 TO 10TH FEBRUARY 2022 AT INNOVATIVE MARKETING SOLUTIONS PVT LTD UNDER THE CAREFUL GUIDANCE OF PRAVEEN.R
APARNA VENUGOPAL WAS ABLE TO SUCCESSFULLY PARTICIPATE IN AND ACCOMPLISH ALL THE TASKS REQUIRED FOR THE AUDITING WORK ,THROUGHOUT WHICH SHE WAS ABLE TO SHOWCASE HER GREATWORK.
WE AT INNOVATIVE MARKETING SOLUTIONS HAVE ENJOYED HAVING HER AS AN INTERN AND WE WISH HER ALL THE BEST IN HER FUTURE ENDEAVORS

INNOVATIVE MARKETING SOLUTIONS PVT LTD COCHIN 682 032

NITHIN.P.A ,

15.02.2022
DATE

Ref. No: HR/075/2022
Date: 08/03/2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Arathy Baiju** has served as an **Intern** in **Faircode Technologies Pvt. Ltd.** from **01st February 2022** to **28th February 2022.**

During her tenure with our Organization, she participated in performing the work with determination and sincerity. As we observed, she could perform all of the assigned tasks effectively.

We wish her all the very best in her future endeavors.

Authorized Signatory,

……
MGK Vishnu
CEO
Faircode Technologies Pvt. Ltd.

ELOOR SERVICE CO-OPERATIVE SOCIETY

Industrial Training Report

Submitted by

ARATHY B (Reg. No. AM20COM002)

Under the guidance of

Dr. MARY SHRUTHY MELBIN

In partial fulfillment of requirements for award of the degree of

Master of Commerce and Management

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredited at 'A++' Level (Fourth Cycle)

Affiliated to
MAHATMA GANDHI UNIVERSITY

Kottayam-686560
March 2020

DEPARTMENT OF COMMERCE

ST TERESA'S COLLEGE

ERNAKULAM

COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredited 'A++ level'

CERTIFICATE

This is to certify that the industrial training reports submitted by Arathy B towards partial fulfillment of the requirement for the award of the degree of Master of Commerce and Management is a record of bona-fide carried out during the academic year 2020-2022.

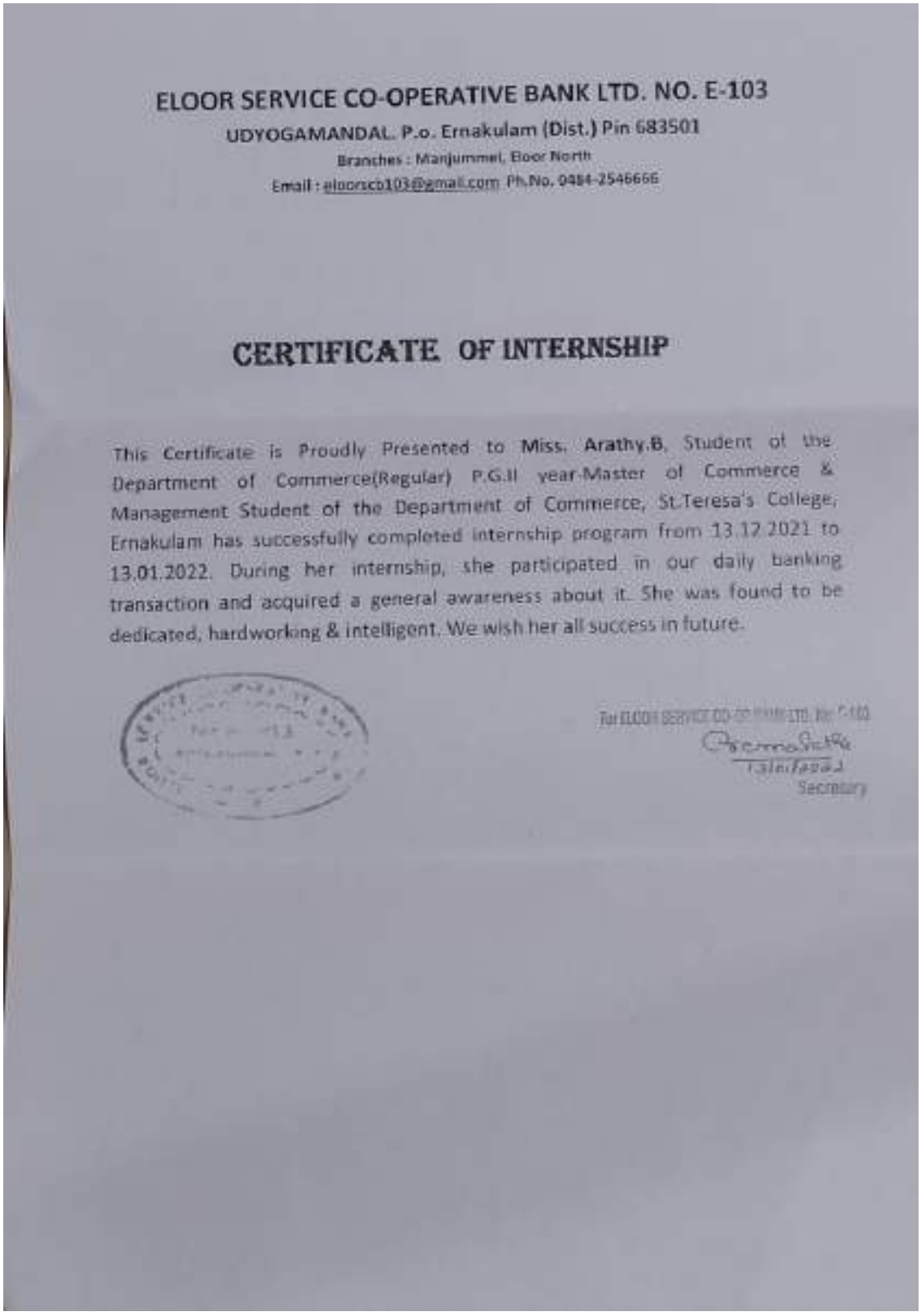
Mentor

Head of the Department

Dr Mary Shruthy Melbin
Assistant Professor
Department of Commerce

Ms Ann Thomas Kiriyanthan
Assistant Professor
Department of Commerce

CERTIFICATE



ELOOR SERVICE CO-OPERATIVE BANK LTD. NO. E-103

UDYOGAMANDAL. P.o. Ernakulam (Dist.) Pin 683501

Branches : Manjummel, Eloor North

Email : eloorscb103@gmail.com Ph.No. 0484-2546666

CERTIFICATE OF INTERNSHIP

This Certificate is Proudly Presented to **Miss. Arathy.B**, Student of the Department of Commerce(Regular) P.G.II year-Master of Commerce & Management Student of the Department of Commerce, St.Teresa's College, Ernakulam has successfully completed internship program from 13.12.2021 to 13.01.2022. During her internship, she participated in our daily banking transaction and acquired a general awareness about it. She was found to be dedicated, hardworking & intelligent. We wish her all success in future.

Secretary

DECLARATION

I Arathy B do hereby declare that this industrial report, has been prepared by me under the guidance of Dr. Mary Shruthy Melbin, Assistant Professor, Department of commerce, St Teresa's College, Ernakulam and under the supervision of Ms. Reshma K.S.

I also declare that this dissertation has not been submitted by me fully or partly for the award of any Degree, Diploma, Title or Recognition before.

Place: Ernakulam ARATHY B

Date: 17-03-2022

ACKNOWLEDGEMENT

This internship would not have been possible without contribution and support of many people, to all of whom I am deeply indebted.

First and foremost, I thank God for his Almighty support and merely drop of blessings upon me to complete my internship within the stipulated time.

I wish to express my sincere gratitude to Ms. Premalatha, secretary of Eloor Cooperative Bank, her support and encouragement have been a catalyst to the successful completion of my internship.

I express my profound gratitude and indebtedness to Ms. Reshma K.S., junior clerk Eloor Cooperative bank for the guidance and help extended to me at all times of my work. The timely suggestions, instructions, inspiring guidance and for providing me requisite information and knowledge that I received from her encouraged me to successfully complete my internship.

I escalate a heartfelt regard to Ms. Ann Thomas Kiriyanthan Assistant professor and Head of commerce department, St. Teresas College (Autonomous) Ernakulum, for her continuous encouragement. I extend my gratitude to my internal mentor Dr. Mary Shruthy Melbin, Assistant professor, St. Teresas College (Autonomous) Ernakulum for her guidance and encouragement.

I am also indebted to all lecturers, friends and associates for their valuable advice, stimulated suggestions and overwhelming support, without which the internship would not have been a success.

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INRODUCTION

CO-OPERATIVE BANKS IN INDIA

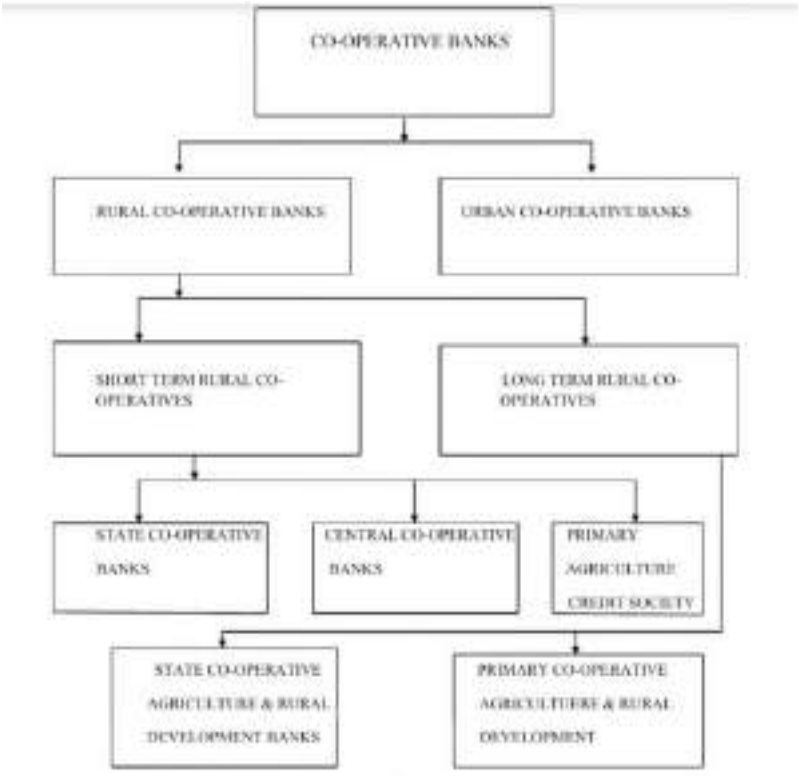
The cooperative banks are also regulated by the RESERVE BANK OF INDIA (RBI) and governed by BANKING REGULATIONS ACT 1949 and BANKING LAWS (COOPERATIVE SOCIETIES) ACT, 1955.The co-operative banks in India are well established financial service organization. The first legislation of cooperation was passed in 1904.co-operative banks are organized and managed on the principal of co-operation, self-help and mutual help. They function on the basis of no profit no loss basis. The co-operative banks in India started functioning almost 100 years ago. The Co-operative bank is an important constituent of the Indian Financial System, judging by the role assigned to cooperative bank operate. Though the co-operative movement originated in the west, but the importance of such banks has assumed in India rarely paralleled anywhere else in the world. The co-operative bank I the urban areas also have increased phenomenally in recent years due to the sharp increase in the number of primary co-operatives. While the co-operative banks in rural areas mainly finance agriculturally based activities including farming, cattle, milk, hatchery, personal finance etc. along with some small-scale industries and self-employment driven activities, the co-operative banks in urban areas mainly finance various categories of people for self-employment industries, small scale units, home finance, consumer finance, personal finance etc. Co-operative Banks in India are regulated under the Co-operative Societies Act. The co-operative bank is also regulated by RBI. They are governed by the Banking Regulations Act1949 and Banking Laws (Co-operative Societies) Act, 196. A co-operative bank is financial entity which belongs to its members, who are at the same time the owners and the customers of their bank. Co-operative banks are often created by persons belonging to the same local or professional community or sharing common interest.

ESTABLISHMENT OF CO-OPERATIVE BANKS IN INDIA

Co-operative Banks in India were started during 1904 when official efforts were initiated to create a new type of institution based on the principles of co-operative organization and management which were considered to be suitable for solving the problems peculiar to Indian conditions. Co-operative banks were

conceived and were expected to substitute such agencies to provide adequate short term and long-term institutional credit at reasonable rates of interest, and to bring about integration of the unorganized and organized segments of India ‘s money Farmers in India are scattered all over the country and need short term small borrowings for agricultural purposed. This need is not fulfilled by commercial banks, which are unsuited for financing agriculture. Land, which these farmers can offer to cover bank advances, is not generally accepted as security by commercial banks. Therefore, special types of banks are best suited for this purpose. The object of co-operative banks is to offer banking facilities to persons of limited means requiring credit for productive purposes in the use of the land and labour at their disposal. In 1914 the government of India appointed a committee under Sir Edward Mac lagan to survey the progress of co-operation in the country. The committee submitted its report in 1915, in which it made several recommendations, principal one being the institution of provincial cooperative pyramid. The present organization in India is based upon the findings of this report. In 1919, the Montague Chelmsford act made co-operation a provincial subject. Since then, all the state governments have passed their own separate co-operative societies acts.

STRUCTURE OF CO-OPERATIVE BANK



ROLE OF CO-OPERATIVE BANKING IN INDIA

Co-operative Banks are much more important in India than anywhere else in the world. The distinctive character of this bank is service at a lower cost and service without exploitation. It has gained its importance by the role assigned to them, the expectations they are supposed to full fill, their number, and the number of offices they operate. Co-operative bank's role in rural financing continues to be important day by day, and their business in the urban areas also has increased phenomenally in recent years mainly due to the sharp increase in the number of primary Cooperative banks. In rural areas, as far as the agricultural and related activities are concerned, the supply of credit was inadequate, and money lenders would exploit the poor people in rural areas providing them loans at higher rates. So, Co-operative banks mobilize deposits and purvey agricultural and rural credit with a wider outreach and provide institutional credit to the farmers. Co-operative bank has also been an important instrument for various development schemes, particularly subsidy-based programmes for poor.

OBJECTIVES OF CO-OPERATIVE BANKS

- To provide support and services to the members of the society and not to earn the profit.
- To help each other mutually and not to have competition.
- To provide easy credit facilities to the farmers.
- To practice fair and transparent business activities.
- To deliver the quality goods and produce to the end customers.
- To develop self-reliance, co-operation and self-respect among the members.
- To purchase and supply raw materials, tools and equipment's needed by workers.

- To obtain contacts from government and other organizations.
- To purchase machinery and other equipment's required by members and to hire them to the members for quality production.
- To construct take-on rent godowns for finished products and raw materials.
- To undertake all such activities needed for the welfare and well-being of the member and the society.

ADVANTAGES

- Membership of the co-operative society is open to all, who have a common object of providing service without expecting returns on it. The member can join and leave the society as per their wish.
- Capital Invested for the society is contributed by the member and various grant and subsidies are received from the government for smooth processing of business.
- A cooperative society is registered under Cooperative Societies Act, it is a separate legal entity where the liability of its member is limited. It can run the business under its name.
- Where the cooperative society earns more profit while conducting their business operation, it is distributed among the members based on their participation in business.

DISADVANTAGES

- Co-operative society targets small and medium-size businesses.
- Due to lack of funds, it is difficult to promote the business operation and sales promotion.
- Lack of management skills to control and monitor the members.

- Management has to depend on Honesty, Integrity, and loyalty to the members.
- Unavailability of new technology.
- These are not businesses in true sense. People might not have confidence in these businesses.
- Interference of the government.
- Lack of business secrecy.
- Cash trading.
- Lack of motivation.
- Political interference.
- Lack of public confidence.
- Limited scope for expansion

Registration process of a cooperative bank

- To form a society, minimum 10 Individuals shall be desirous of forming a society for mutual benefit.
- Once the group is formed, a provisional committee is established and they elect a chief promoter for the society.
- The name for the society is selected the chief promoter and members mutually.
- An application has to be made to registration authority explaining the business operation to be conducted by the members. After submitting documents and confirming, the concerned authority issues a certificate of name approval.
- After name approval, the registration fees and the share capital amount have to be collected from prospective members.
- A separate bank account in the name of the society must be opened. Registration fees and share capital amount has to be deposited in that bank account. The bank will issue a certificate for it.

- Once the bank formalities are completed, the chief promoter has to apply for the registration process with all set of documents.
- The application for registration has to be made in Form No. A, which needs to be consent of 90% of the members.
- Once the documents are submitted, the concerned authority will cross verify the documents and decide whether to issue a certificate or not?
- The register of application is maintained by the registrar of the particular ward to enter the details of the new forming society. An application has to be made in Form B.
- The Registrar issues a receipt for submission of application and provide the status of such application from time to time.
- If there is any discrepancy in the application, it must be sent for rectification.
- The registering authority after being satisfied will notify society registration in the gazette and issue a registration certificate to its members.

Problems faced by co-operative bank

Co-operative banks are no exceptions when it comes to problems. As in the case of commercial banks, these do have certain problem:

- The vital link in co-operative credit system namely, the primary co-operative associations themselves are weak.
- They suffer from weak quality of loan assets and force unsatisfactory recovery of loans.
- They suffer from infrastructure weakness and structural flaws.
- They suffer to some extent officially and politically.
- Limited ability to mobilize resources.
- Low Level of recovery.
- High transaction of cost.
- Administered rate of interest structure for a long time.
- Due to cooperative legislation and administration, Govt. interference has become are regular feature in the day-to-day administration of the cooperative institution. Some of the problem area that arises out of the applicability of the cooperative's legislative is:
- Deliberate control of cooperatives by the government
    - Nomination of board of director by the government.

- Participation of the nominated director by the government.
- Deputation of government officials to cooperative institution etc.

- The state cooperative banks are not able to formulate their respective policies for investment of their funds that include their surplus resources because of certain restrictions.
- Prior approval of RBI is mandatory for opening of new branches of SCBs. The SCBs are required to submit the proposal for opening of new branches to RBI through NABARD, whose recommendations is primarily taken into consideration while according permission.

ABSTRACT

This internship report emphasises on the experience and knowledge I have gathered as an Intern at Eloor co-operative bank from December 13th, 2021 until January 13th, 2022. The eloor service cooperative bank Ltd no E 103 was started on 7th October 1962.The bank registered on 19th September 1962 under Kerala cooperative act. It has three branches Eloor, Manjummel and Eloor dipo were Eloor is the main branch. The liability of members on the debt of the bank is equal to the share price they have taken. They have 8 board of members and 11 employees. The bank is working within the area of Eloor panchayath.

COMPANY PROFILE

The eloor service cooperative bank Ltd no E 103 was started on 7th October 1962.The bank registered on 19th September 1962 under Kerala cooperative act. The branches are:

1. Eloor (main branch)
2. Manjummel
3. Eloor dipo

BOARD OF MEMBERS

- E.K Sethu-President
- K.P Antony-vice president
- P.P Murali-Board member
- K.M Muhammed Ali- Board member
- K.S Sunilkumar-Board member
- T.N Unnikrishnan-Board member
- K.K Abdul khader-Board member
- Papu joseph-Board member

OBJECTIVES

1.Provide agricultural loans to the member and also encourage and promote a moderations, sufficiency and environmental service awareness among members.
2.Provide short term and medium-term loans to the members.
3.Provide seeds, fertilisers, implements, pesticides for agricultural purposes and resources for agro-industries and household needs.
4.Provide assistance to members to produce new varieties of seeds.
5.Provide gold loans.
6.Conduct general banking business.
7.Prepare and implement agricultural production plans for members.
8.Implementation of higher purchase scheme.
9.Establishment of branches with the approval of registrar.
10.Implementation of post-death assistance fund for subsidies by the registrar to the posthumous assistance of members.

MEMBERSHIP

A Class: A person resident in the banks working area, owning or owning property on the land, over 18 years of age and well off, non-criminal and not declared bankrupt can be considered as A class member.
B Class: State Government, district cooperative bank, local self-government institutions or self-help groups can become a member by acquiring shares in the bank.

C Class: Anyone over the age of 18 who is calm, who has not been declared bankrupt and who has not been convicted of any criminal offence can be added. They are considered as C class members. C class shares will not be refunded. They are not residents in the locality of bank. Not eligible to avail loan facilities

.

MINIMUM ELIGIBILITY CRITERIA TO BECOME A MEMBER

1. An individual has to attain 18 years, should be mentally sound and resident of the area of operation or is in occupation of land in the area of operation of the society, who may become A class membership.
2. Person is not an employee of the bank
3. He has not carried out the same activity of the bank.
4. Surcharged to the society under sec 68.

DISQUALIFICATION OF MEMBER

1. He/she is below 18 years.
2. Is residing in out of the area of operation of bank.
3. Has unsound mind.
4. Declared as insolvent.
5. An employee in the same cooperation bank.
6. Carry out the same activity of business.

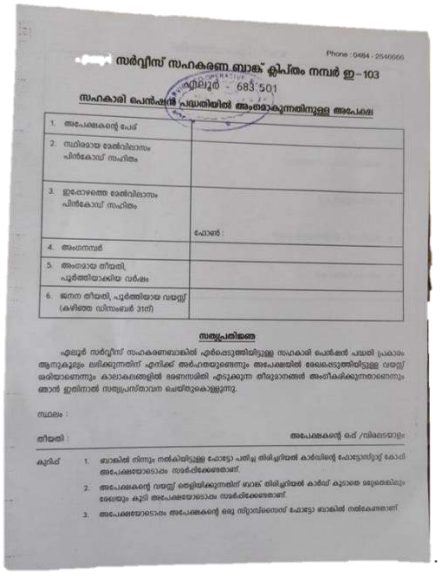
External mentor: My external mentor was Reshma K S, she is a junior clerk at the bank. She was very supportive and was always ready to clarify all the doubts. It was a pleasure to work under her guidance.

OVERVIEW OF TRAINING

WORK DONE

- Sorting of payment and receipt vouchers and cross checking with daybook
- Sorting of fixed deposit register

- Arbitration: notice regarding the case charged for not paying the loan amount filed and sent by post.
- Day book preparation
- Gehan form preparation
- Placing seal on vouchers
- Renewal of FD for ordinary and senior citizen
- Recording of risk fund
- Preparation of loan card
- Recording of membership details
- Recording kyc: basic details of customers like name, occupation, income, id proof copy is collected and filed for future reference.



Phone : 0484 - 2546666

സർവ്വീസ് സഹകരണ ബാങ്ക് ക്ലിപ്തം നമ്പർ ഇ-103

ഗുലൂർ - 683 501

സഹകാരി പെൻഷൻ പദ്ധതിയിൽ അംഗമാകുന്നതിനുള്ള അപേക്ഷ

1. അപേക്ഷകന്റെ പേര്	
2. സ്ഥിരമായ മേൽവിലാസം പിൻകോഡ് സഹിതം	
3. ഇപ്പോഴത്തെ മേൽവിലാസം പിൻകോഡ് സഹിതം	ഫോൺ :
4. അംഗനമ്പർ	
5. അംഗമായ തീയതി, പൂർത്തിയാക്കിയ വർഷം	
6. ജനന തീയതി, പൂർത്തിയായ വയസ്സ് (കഴിഞ്ഞ ഡിസംബർ 31ന്)	

സത്യപ്രതിജ്ഞ

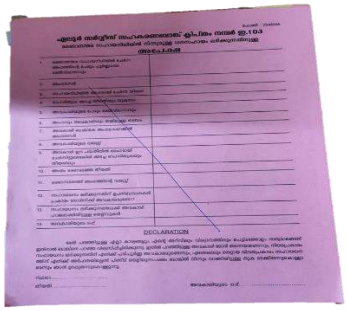
എലൂർ സർവ്വീസ് സഹകരണബാങ്കിൽ എർപ്പെടുത്തിയിട്ടുള്ള സഹകാരി പെൻഷൻ പദ്ധതി പ്രകാരം ആനുകൂല്യം ലഭിക്കുന്നതിന് എനിക്ക് അർഹതയുണ്ടെന്നും അപേക്ഷയിൽ രേഖപ്പെടുത്തിയിട്ടുള്ള വയസ്സ് ഒരിയാണെന്നും കാലാകലങ്ങളിൽ ഭരണസമിതി എടുക്കുന്ന തീരുമാനങ്ങൾ അംഗീകരിക്കുന്നതാണെന്നും ഞാൻ ഇതിനാൽ സത്യപ്രസ്താവന ചെയ്തുകൊള്ളുന്നു.

സ്ഥലം :

തീയതി : അപേക്ഷകന്റെ ഒപ്പ് /വിരലടയാളം

കുറിപ്പ്
1. ബാങ്കിൽ നിന്നും നൽകിയിട്ടുള്ള ഫോട്ടോ പതിച്ച തിരിച്ചറിയൽ കാർഡിന്റെ ഫോട്ടോസ്റ്റാറ്റ് കോപ്പി അപേക്ഷയോടൊപ്പം സമർപ്പിക്കേണ്ടതാണ്.
2. അപേക്ഷകന്റെ വയസ്സ് തെളിയിക്കുന്നതിന് ബാങ്ക് തിരിച്ചറിയൽ കാർഡ് കൂടാതെ ജനനതീയതിയും തെയും കൂടി അപേക്ഷയോടൊപ്പം സമർപ്പിക്കേണ്ടതാണ്.
3. അപേക്ഷയോടൊപ്പം അപേക്ഷകന്റെ ഒരു സ്റ്റാമ്പ്സൈസ് ഫോട്ടോ ബാങ്കിൽ നൽകേണ്ടതാണ്.

❖ PENSION FORM



DECLARATION

❖ DEATH FUND FORM

DECLARATION

❖ MEMBERSHIP FORM

Fixed / Call / Anaswara Deposit Application

Eloor Service Co-operative Bank Ltd ., No. E. 103

Dear Sirs,

Please receive the sum of Rupees ..... sent herewith as per details below:-

Cash ..... Rs.

Cheques ..... Rs.

Total ..... Rs.

As A* ..... FIXED / CALL / ANASWARA DEPOSIT

REPAYABLE ..... months after date bearing

Interest at the rate of ..... percent per annum as per your Rules and issue a receipt in the name of .....

Name and address of Nominee

The specimen signatures are also attached

Yours faithfully,

Signature

* If the deposit is more than one name, please say if it is a 'joint' or 'either or Survivor' deposit.

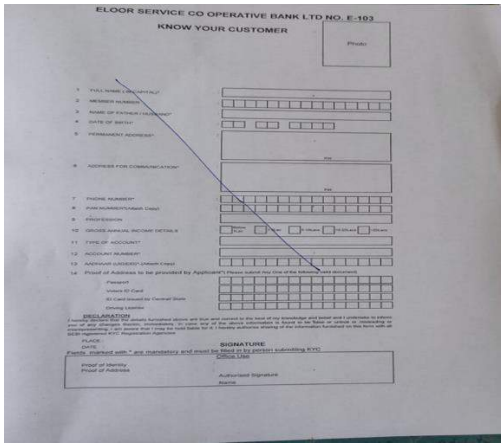
Specimen Signature

1 .....

2 .....

3 .....

❖ FIXED DEPOSIT FORM



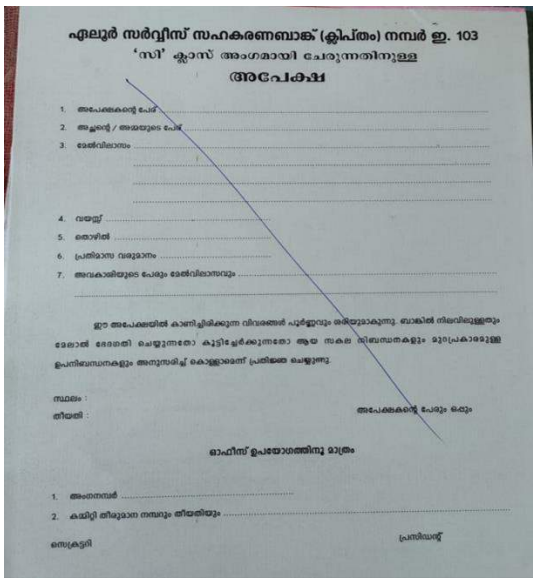
ELOOR SERVICE CO OPERATIVE BANK LTD NO. E-103

KNOW YOUR CUSTOMER

Photo

❖ KYC FORM

❖ MEDUIM TERM LOAN FORM



ഏലൂർ സർവ്വീസ് സഹകരണബാങ്ക് (ക്ലിപ്തം) നമ്പർ ഇ. 103

'സി' ക്ലാസ് അംഗമായി ചേരുന്നതിനുള്ള

അപേക്ഷ

1. അപേക്ഷകന്റെ പേര് .....
2. അച്ഛന്റെ / ഭർത്താവിന്റെ പേര് .....
3. മേൽവിലാസം .....
4. വയസ്സ് .....
5. തൊഴിൽ .....
6. പ്രതിമാസ വരുമാനം .....
7. അവകാശിയുടെ പേരും മേൽവിലാസവും .....

ഈ അപേക്ഷയിൽ കാണിച്ചിരിക്കുന്ന വിവരങ്ങൾ പൂർണ്ണവും ശരിയുമാകുന്നു. ബാങ്കിൽ നിലവിലുള്ളതും മേലാൽ ഭേദഗതി ചെയ്യുന്നതോ കൂട്ടിച്ചേർക്കുന്നതോ ആയ സകല നിബന്ധനകളും മുറപ്രകാരമുള്ള ഉപനിബന്ധനകളും അനുസരിച്ച് കൊള്ളാമെന്ന് പ്രതിജ്ഞ ചെയ്യുന്നു.

സ്ഥലം :

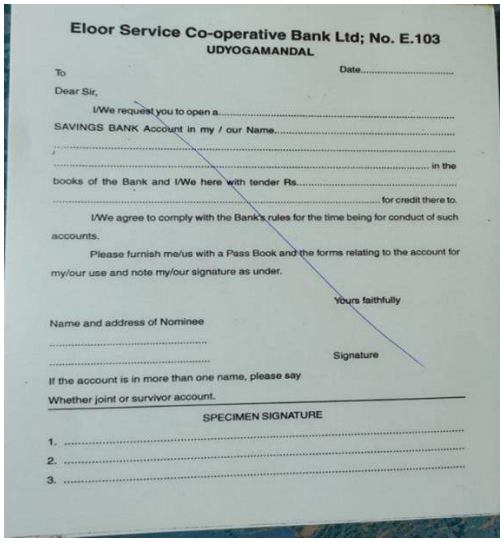
തീയതി : അപേക്ഷകന്റെ പേരും ഒപ്പും

ഓഫീസ് ഉപയോഗത്തിനു മാത്രം

1. അംഗനമ്പർ .....
2. കയിറ്റി തീരുമാന നമ്പരും തീയതിയും .....

സെക്രട്ടറി പ്രസിഡന്റ്

❖ C CLASS MEMBERSHIP FORM



Eloor Service Co-operative Bank Ltd; No. E.103
UDYOGAMANDAL

To

Date.....

Dear Sir,

I/We request you to open a.....

SAVINGS BANK Account in my / our Name.....

.....

.....in the

books of the Bank and I/We here with tender Rs.....

.....for credit there to.

I/We agree to comply with the Bank's rules for the time being for conduct of such accounts.

Please furnish me/us with a Pass Book and the forms relating to the account for my/our use and note my/our signature as under.

Yours faithfully

Name and address of Nominee

.....

.....

Signature

If the account is in more than one name, please say

Whether joint or survivor account.

SPECIMEN SIGNATURE

1. .....
2. .....
3. .....

❖ SAVINGS ACCOUNT OPENING FORM

BENEFITS

1. Able to learn new theories and concepts
2. Understand the working conditions in a cooperative bank.
3. Gain experience on clerical duties in a cooperative bank.
4. Learned various banking operations.

LIMITATIONS

1. Pending workload was huge.
2. Office space needs to be renovated.
3. There is time lag or wastage while handling customer's queries and duties

CONCLUSION

As an intern at Eloor service cooperative bank I was able to understand the duties and responsibilities of each and every employee. I learned more about preparation of day book, gehan form, sorting of vouchers, arbitration, recording of membership details etc. This internship threw light on my strengths and weaknesses. I was able to utilize my theoretical knowledge and implement it practically. Though my internship period was only for 20 days I came to know more about the banking jobs. Working in a financial institution, helped me to apply things I have learned till now into practical.

During my internship I was able to improve my communication skills, confidence, and ethical working values. Not only did I gain practical knowledge but also had the opportunity to meet different people and learned how to deal with them in an ethical way. In a nutshell, this internship has been an excellent and rewarding experience. I can conclude that there have been a lot I've learnt from my work at the bank.

BIBLIOGRAPHY

- https://mygate.com/blog/types-of-co-operative-societies-in-india/
- https://www.slideshare.net/ishajayswal/unit-2-cooperative-banking-in-india-79207162
- Investopedia
- Wikipedia
- Scribd

Ref.: 2018706 Date: 18/09/2021

Internship Completion Certificate

Duration: **04/08/2021-18/09/2021**

Dear ***Archana. S***

This is to certify that you have successfully completed your marketing internship with www.shineprojects.in

During this course you have attained:
1. Hands on experience on cold calling and prospecting.
2. End to end exposure on B2B and B2C sales processes.

You have completed your learning exercises and have implemented them successfully in your internship when interacting with the clients.

Your conduct has been very good and we wish you all the best for your future endeavors.

Sri Harsha
Joint MD, Shine Projects
Mobile: +91 7897780465
Email: sriharsha@shineprojects.in

KEERTHI AGRO

Ref No.185/KAMPL/2021-22

INTERNSHIP CERTIFICATE

This is to certify that MS. ARDRA K ANIL, reg no : VB20FPT013 B.Voc Food Processing Technology student of St Teresa's College, Park Ave, Marine Drive, Ernakulam 682 011 has done Internship of 10 days from 03rd January 2022 to 13th January 2022 with us

Her attendance during the period of Internship was regular, sincere, result oriented, hard working and to the best of our knowledge, her conduct and character were found good.

This certificate is provided by us for the study of MS. ARDRA K ANIL and is strictly for academic purpose only.

Regards,

For Keerthi Agro Mills (P) Ltd

KEERTHI AGRO MILLS (P) LTD. MATTOOR PIN - 683 574 KALADY

Johnson Varghese
Managing Director

Keerthi Agro Mills (P) Ltd
PB.No. 16, Mattoor, Kalady -683574
Ernakulam Dist, Kerala State, India

1800123012300 (Toll Free)

www.keerthiagro.com
info@keerthiagro.com
Fax: 0484 -2460380

BELL FOODS GROUP

SINCE 1968

HT/EC/034

Date: 09-12-2021

Certificate

This is to certify that Ms. Ardra K Anil BVOC Food Processing Technology student of St. Teresa's College Ernakulam has successfully completed her Industrial Training Internship as a part of curriculum, with our organization at HT Foods Pvt.Ltd., Plot No. 17 SDF, Ground Floor, Cochin Special Economic Zone, Kakkanad, a division of Bell Foods Group, Kochi for a period from 18.10.2021 to 29.10.2021. She has acquired product/process knowledge in frozen products and freezing techniques like IQF and Blast freezing.

We wish her all success in her future endeavors.

For H.T.FOODS PVT. LTD.

VIJU P.V.
CHIEF EXECUTIVE OFFICER

Pallichal Road, Cochin - 682005, Kerala, India
+91-484-2231684, 7356757110
info@bellbrand.com , bellfoods1968@gmail.com, hr@bellfoodsgroup.com, www.bellfoodsgroup.com

Report of Internship

By

ASHITHA SAJU

REGISTER NO: AB20AMAT053

(2020 – 2023)

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE, (AUTONOMOUS)

ERNAKULAM, KOCHI - 682011

2021

DEPARTMENT OF MATHEMATICS & STATISTICS

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

CERTIFICATE

This is to certify that the **Internship Report** submitted by ASHITHA SAJU, AB20AMAT053 is a bonafide record of the internship done by her at the GREATER GOOD DEVELOPMENT, 4/871/B1, Chittilapilly, Sundaragiri Road, Kalamassery PO, Ernakulam KL 683104 IN during the academic year 2021.

BETTY JOSEPH

(Internal Mentor)

Associate Professor

Dr. URSALA PAUL

(Head of the department)

Assistant Professor

REPORT

1. Company name and profile:

Company Name: Greater Good Development

Company Profile: Greater Good Development Pvt Ltd is a social innovation enabling company from India that germinated in 2020. Train for good is a learning and development wing where training workshops are designed, facilitate and train young generation (particularly students under the age of 30) to become emotionally intelligent and enhance their employability.

2. Nature of the work: HR consulting.

3. Duration of internship:

Duration: 2 months
From: 18th March 2021
To : 18th May 2021

4. Skills required and skills gained:

Skills required:

1. Good communication skills
2. Basic skills on MS office
3. Team Management

Skills gained:

1. Confidence
2. Create a training program
3. Coordinate a program

4. Time Management
5. Google soft skills
6. Critical thinking
7. Interpersonal skills
8. Technically improved
9. Leadership qualities
10. Team work
11. Empathize with others
12. Gratitude

5. Personal experience:

My Personal experience was that an empathetic understanding of the problem was gained, typically through the research I did, throughout my internship about youth empowerment. Through design thinking, I was able to set aside my assumptions and gain real insights and their needs. I achieved a lot of soft skills and hard skills.

I Gained confidence to speak up and had a positive energy while working. At times, when things went difficult, I realised the power of resilience in me. We worked as a team and developed numerous training programs and were also trained to conduct meetings. I could understand the importance of believing in one-self. Correcting my mistakes helped me to improve a lot. Interactive sessions kept me active and happy throughout the meet. Working in this company was an asset in my life which I will always be thankful for and will always cherish in my life.

Certificate from Employee

Greater Good Development Pvt Ltd
Kochi, India; 683104
CIN: U93090KL2021PTC067768

GREATER GOOD DEVELOPMENT

INTERNSHIP CERTIFICATE

This is to certify that **Ashitha Saju**, a student of Bachelor of Science in Mathematics from St. Teresa's College, Ernakulam, India worked under my supervision as a **Research Intern** from 18th March 2021 to 18th May 2021.

During her tenure with us, she actively contributed to our services related to Learning and Development. She researched on various topics related to youth empowerment and designed engaging skill development programs for us. She was enthusiastic, resourceful and sincere throughout all her work assignments. She also demonstrated good leadership, presentation, and interpersonal skills. She meticulously worked with her team to complete the tasks assigned to her both punctually and diligently.

We wish Ashitha Saju the absolute best for her career and future endeavors.

For Greater Good Development Pvt. Ltd.,

Alisha Rachel Kurian

Director

+91 8660859695
trainforgood.ggd@gmail.com
www.thegreatergood.co.in

FEBIN
marine foods

Date: 30.10.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that ***Ms. Ashly Nasneem*** *,* ***3rd Semester B.Voc Food Processing Technology*** *student of* ***St Terasas College (Autonomous) Ernakulam,*** *has done her internship programme on* ***Technology of Fish Processing*** *in our organization during the period from 20th October 2021 to 30th October 2021 as part of their curriculum.*

She had been given all the required data and guidance for the successful completion of the internship and completed her assignment in the limited span available for completion.

Her attendance during the period of internship was regular and to the best of our knowledge and her conduct and character was found good.

We wish to all success in her future .

For FEBIN MARINE FOODS

SEEMA SANAL

TECHNICAL MANAGER

FEBIN MARINE FOODS
ALLEPPEY
PIN-688537
ERAMALLOOR

Eramalloor, Alappuzha - 688 537, Kerala, India., Phone : +91-478-2879966, 2879778, Fax : 91 478-2879962,
E-mail : lab@febinmarine.com, Website : www.febinmarine.com

KEERTHI AGRO

Ref No. 86/KAMPL/2021-22

INTERNSHIP CERTIFICATE

This is to certify that MS. ASHLY NASNEEM, reg no : VB20FPT014 B.Voc Food Processing Technology student of St Teresa's College, Park Ave, Marine Drive, Ernakulam 682 011 has done Internship of 10 days from 03rd January 2022 to 13th January 2022 with us

Her attendance during the period of Internship was regular, sincere, result oriented, hard working and to the best of our knowledge, her conduct and character were found good.

This certificate is provided by us for the study of MS. ASHLY NASNEEM and is strictly for academic purpose only.

Regards,

For Keerthi Agro Mills (P) Ltd

MATTOOR PIN - 683 574

Johnson Varghese
Managing Director

Keerthi Agro Mills (P) Ltd
PB.No. 16, Mattoor, Kalady -683574
Ernakulam Dist, Kerala State, India

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POONITHURA SERVICE CO-OPERATIVE BANK E-840

Industrial Training Report

Submitted by

ASHLY JOSE

(Reg. No. AM20COM003)

Under the guidance of

Ms. MARY SRUTHY MELBIN

In partial fulfillment of requirements for award of the degree of

Master of Commerce and Management

ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM
COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredited at 'A++' Level (Fourth Cycle)

Affiliated to
MAHATMA GANDHI UNIVERSITY

Kottayam-686560
March 2022

ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredited at 'A++ level'(Fourth Cycle)

DEPARTMENT OF COMMERCE

CERTIFICATE

This is to certify that the **"Industrial Training Report"** submitted by **ASHLY JOSE (AM20COM003)** towards partial fulfillment of the requirement for the award of the degree of Master of Commerce and Management is a record of bona-fide carried out during the academic year 2020-2022.

Supervising guide:	**Head of the Department:**
Ms Mary Sruthy Melbin	**Ms.Ann Thomas Kiriyanthan**
Assistant Professor	**Assistant Professor**
Department of commerce	**Department of commerce**

CERTIFICATE

Ph : 2302950, 2980440

Poonithura Service Co-operative Bank
Ltd. No.E 840, Poonithura P.O., Kochi - 682 038

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Miss.Ashly Jose, the student of Department of Commerce (Regular) P.G.II Year Master of Commerce and Management from St.Theresa's College, Ernakulam have completed 20 days Internship in this bank successfully.

Yours faithfully,

Poonithura

07.01.2022

For Poonithura Service Co-operative Bank Ltd no. E-840.

Secretary

DECLARATION

I **ASHLY JOSE**, do hereby declare that this dissertation report about industrial training conducted at Poonithura Service Co-operative Bank, has been prepared by me under the guidance of Ms. Mary Sruthy Melbin, Assistant Professor, Department of commerce, St Teresa's College, Ernakulam and under the supervision of Ms. Sanitha K G (Secretary).

I also declare that this dissertation has not been submitted by me fully or partly for the award of any Degree, Diploma, Title or Recognition before.

Place: ERNAKULAM ASHLY JOSE

Date: 29-04-2022

ACKNOWLEDGEMENT

This internship would not have been possible without contribution and support of many people ,to all of whom I am deeply indebted.

First and foremost, thank God for his Almighty support and merely drop of blessings upon me to complete my internship within the stipulated time.

I wish to express my sincere gratitude to Ms. Sanitha K. G, secretary of the bank, her support and encouragement have been a catalyst to the successful completion of my internship .

I escalate a heartfelt regard to MS. Ann Thomas Kiriyanthan
Assistant Professor and Head of Commerce Department ,St Teresas College (Autonomous) Ernakulam, for her continuous encouragement.

I extend my gratitude to my internal mentor Ms. Mary Sruthy Melbin, Assistant Professor, St Teresas College (Autonomous) Ernakulam for her guidance and encouragement.

I wish to extend my heartfelt gratitude to all my dear friends for their prayers and for their constant encouragement.

This internship would not have been complete without the support and prayers of my parents , brothers and sisters . I thank them for all the love and prayers.

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INTRODUCTION

Co-operative banks are financial entities established on a co-operative basis and belonging to their members. This means that the customers of a co-operative bank are also its owners. These banks provide a wide range of regular banking and financial services.

Indian Cooperative Banks was also born out of distress prevalent in Indian society. The Cooperative Credit Societies Act, 1904 led to the formation of Cooperative Credit Societies in both rural and urban areas. The act was based on recommendations of Sir Frederick Nicholson (1899) and Sir Edward Law (1901).

Co-operative banks offer basic banking functions and services in rural, urban and semi-urban areas, where banking facilities are scarce. This means that the customers of a co-operative bank are also its owners. These banks provide a wide range of regular banking and financial services(loans, deposits, banking accounts). They are registered under the Cooperative Societies Act, 1912, and governed by the Banking Regulations Act 1949 and Banking Laws (co-operative societies) Act, 1965.

HISTORY OF CO-OPERATIVE BANKS

The term Urban Co-operative Banks (UCBs), though not formally defined, refers to primary cooperative banks located in urban and semi-urban areas. These banks, till 1996, were allowed to lend money only for non-agricultural purposes. This distinction does not hold today. These banks were traditionally centred around communities, localities work place groups. They essentially lent to small borrowers and businesses. Today, their scope of operations has widened considerably.

The origins of the urban cooperative banking movement in India can be traced to the close of nineteenth century when, inspired by the success of the experiments related to the cooperative movement in Britain and the cooperative credit movement in Germany such societies were set up in India. Cooperative societies are based on the principles of cooperation, - mutual help, democratic decision making and open membership. Cooperatives represented a new and alternative approach to organisaton as against proprietary firms, partnership firms and joint stock companies which represent the dominant form of commercial organisation.

VISION AND MISSION OF CO-OPERATIVE BANK

We will consistently exceed customer expectation by providing value-adding solutions through professional and highly motivated people, delivering excellent financial performance in all markets where we operate. Main focus is to cover the areas which are not covered by adequate banking facilities.

MISSION: Fulfilling the goal and Objectives of the cooperative and to become an effective servant and provider in their financial necessity and suitable custodian in their debts and savings. A responsive, sustainable and viable cooperative.

Vision - Expanding banking activities to include new sectors and economic activities; such as agriculture, industry, trade and services. Provide financing for investors. Provide security for depositors. Achieving high and rapidly increasing growth rates.

OBJECTIVES OF CO-OPERATIVE BANKS

- To provide rural financing and micro-financing.
- To remove the dominance of money lenders and middleman.
- To provide credit services to agriculturalists and weaker sections of the society at comparatively lower rates.

FUNCTIONS OF CO-OPERATIVE BANK

The primary function of these co-operative banks is:

- Providing loans to small borrowers and small businesses.
- Extending credit facilities like term loans and working capital loans.
- Giving advances against shares and debentures.

IMPORTANCE OF CO-OPERATIVE BANKS

Co-operative banks aim to offer credit to the common man at moderate interest rates, eliminating the dominance of private money lenders. Providing agricultural loans to farmers at low interest rates for the growth of the agricultural sector and allied activities. Providing easy access to credit for rural industries.

ADVANTAGES OF CO-OPERATIVE BANKS

- **Easy to Form:** Forming a cooperative society is a no-brainer. Minimum 10 adults are needed to form a cooperative society. The funds and time required is minimal to get the society registered. The legal formalities are bare minimum.

- **No Restriction on Membership:** The membership of cooperative society is open for all and the members can walk out of the organisation of their own free will. No discrimination is made on the basis of gender, caste, creed and political association. The shares of a cooperative society are so affordable that even the low income groups can purchase them.

- **Limited Liability:** The liability of the members is limited to the extent of the capital contributed by them. Therefore, not only the members are absolved from the fear of attachment to their private property, in case the society goes through financial losses; the share of risk of each member is also known beforehand.

- **Service Motive:** Cooperative societies are meant for serving their members. Unlike other business organisations, they are not profit-driven. They aim to provide finer goods and services at reasonable rates. Further, cooperative societies render financial help to their members at a concession. They prevent the concentration of economic power and wealth in a few hands. They are also a breeding ground for mutual cooperation, brotherhood, moral values, service and many other virtues.

- **Democratic Management:** In a cooperative society, the representatives are elected on the basis of 'one member one vote.' Therefore, the management is totally democratic. Each member has the right to equal say or equal vote regardless of the capital contributed by him or her.

- **Income Tax Exemption:** Cooperative societies enjoy the privilege of paying no taxes to the government on their earnings. They are also exempt from paying Stamp Duty and Registration Fees.

- **Durability:** After getting registered, a cooperative society becomes a distinct legal entity. The death or bankruptcy of the members has no effect on its functioning. For this reason, it is a durable enterprise.

- **Cheaper Goods:** The cooperative societies directly buy goods from wholesalers and producers. Thus, they are able to procure goods at a cheaper rate.

- **State Patronage:** The aim of cooperative societies is to serve and strengthen the weaker sections of the society. Therefore, the government helps them by offering them loans on easy terms and conditions. They also offer special grants and subsidies to the cooperative societies.

DISADVANTAGES OF CO-OPERATIVE BANKS

- **Limited Resources:** The financial strength of cooperative societies is low due to limited supply of capital. The membership fee is less as most members belong to middle and low income groups. The face value of shares is also very nominal. In addition, the loan raising capacity from state cooperative banks is also limited. Thus, cooperative societies are incapable of striving for expansion due to shortage of funds.

- **Incapable Management:** The managerial board of a cooperative society is elected by the members. These members may not possess adequate qualifications and skills to run a business organisation efficiently. This can prove to be a major drawback for the success of the cooperative society.

- **Lack of Motivation:** Honorary office bearers of the society may lack enthusiasm to perform their office duties as they get little or no incentive to work hard. Due to absence of link between efforts and material rewards, the members may lack the zest to serve the organisation to the best of their abilities. The results of such negatives are bound to show up in the functioning of the cooperative society.

- **Rigid Business Practices:** Cooperative societies follow conventional modes of sale. They cannot embrace new-age selling methods such as credit sale, home delivery, discount sales, etc. Therefore, their rigid business techniques fail them in competing with private business establishments.

- **Limited Consideration:** The cooperative societies are established for the purpose of serving their members. Profits earned by them are very low. As a result, the low return on investment is a factor which demotivates people from becoming the member of these enterprises.

- **High Interest Rate:** The cooperative societies enjoy the privilege of credit options from banks. Yet, the high rate of interest eats away a big chunk of their earnings. Thus, they are unable to save much as a large part of their income is spent on paying the high interest and principle amount to the financial institutions.

- **Lack of Secrecy:** The affairs of a cooperative society are openly discussed in meetings. The members can independently audit the books and records. Due to lack of secrecy in the business affairs, a number of loopholes are created within the organisation.

- **Undue Government Intervention:** The daily operations of a cooperative society are subject to government rules and regulations. Regular book-keeping, auditing and inspection of accounts by the government officials are mandatory aspects of the organisation. The reports have to be submitted to the registrar. All these legal formalities take a lot of time and consequently inhibit efficiency.

- **Conflict among Members:** The members of cooperative society come from different walks of life. Often, their views on important issues may differ from each other leading to strong resentment and disharmony among them. Some ambitious members also want to control the functions of the organisation.

MOTTO OF CO-OPERATIVE BANKS

The Co-operative Banks in India are governed as per the Banking Regulations Act 1949 and Banking Laws (Co-operative Societies) Act, 1955. These Banks have been opened with the motto of '**no-profit-no-loss**' and thus, do not seek for profitable ventures and customers only.

Executive Summary

The internship report emphasize the experience and knowledge I have gathered from Poonithura Service Co-operative Bank E- 840. The internship started from December 15 to January 07, 20 days of internship. It help me to understand the services and other activities that are provided by the bank to their members. It had a good experience for me to cherish my knowledge about banking.

POONITHURA SERVICE CO-OPERATIVE BANK E-840

Poonithura Service Co-operative Bank is a financial institution located in Poonithura, Petta , Ernakulam. It is an organization which origins since 1988.

BOARD OF DIRECTORS

NAME	DESIGNATION
Mr. M.N. KISHORE	President
Ms. Radhika Babu	Vice president
B. Govindarajan Nair	Member
M.K. Balamuralidharan	Member
Anilkumar B	Member
Vishwambaran T.V	Member
Anilkumar A.P	Member
Jibi Joseph	Member

Shaji K.B	**Member**
Sheela Chandran	**Member**
Bindhu Peethambaran	**Member**
Sanitha K.G	**Secretary**

SERVICES PROVIDED BY THE BANK

LOANS

- AGRICULTURAL LOAN
- LAND MORTGAGE LOAN
- ORDINARY LOAN
- GOLD LOAN
- VEHICLE LOAN
- KAIPADA LOAN
- BUSINESS LOAN
- FIXED DEPOSIT LOAN
- HOUSING LOAN
- K.C.C LOAN

DEPOSITS

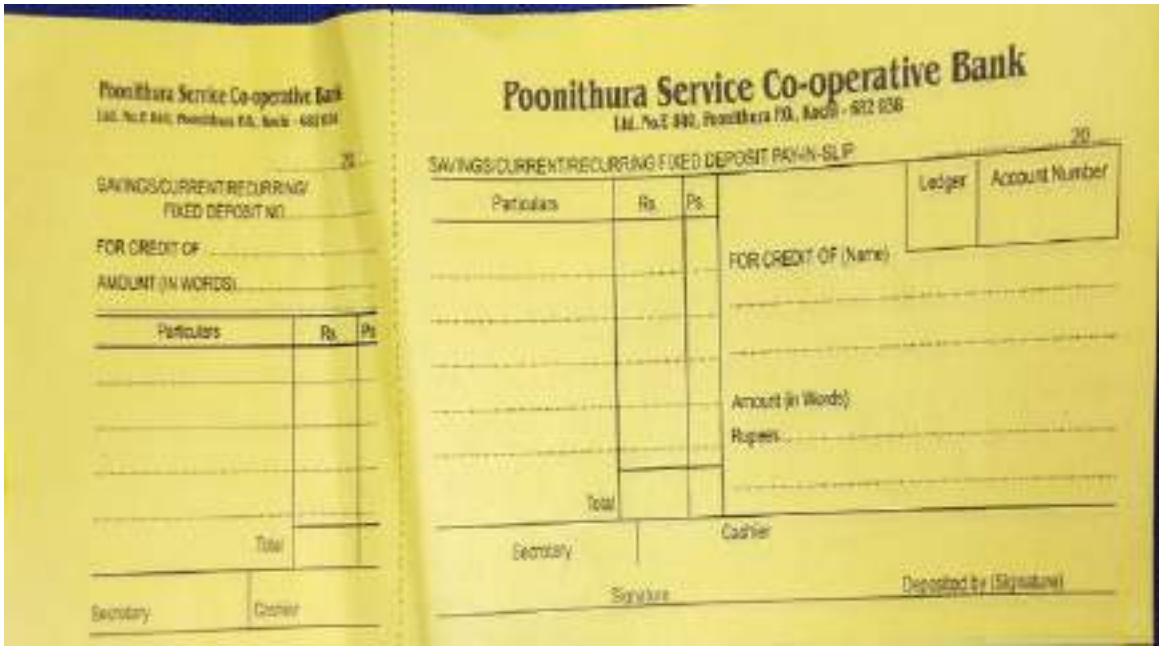
- CURRENT DEPOSITS
- RECURRING DEPOSITS
- FIXED DEPOSITS
- SAVINGS DEPOSITS

OTHER SERVICES

- NEFT
- CHITTY
- REBATE IN INTEREST
- LOCKER FACILITIES
- SOCIAL WELFARE PENSION
- EDUCATIONAL CASH PRIZE
- SOCIAL SERVICES ARE PROVIDED DURING COVID- 19

WORK DONE

- Filled up Deposit and withdrawal slips.



Poonithura Service Co-operative Bank

Ltd. No.E 840, Poonithura P.O., Kochi - 682 038
Br. Thykoodam - 682 019

SAVINGS WITHDRAWAL FORM

Scroll No.

Date : .....

Self Rupees .....

.....

₹

A/c No. | INTLS |

Name & Signature

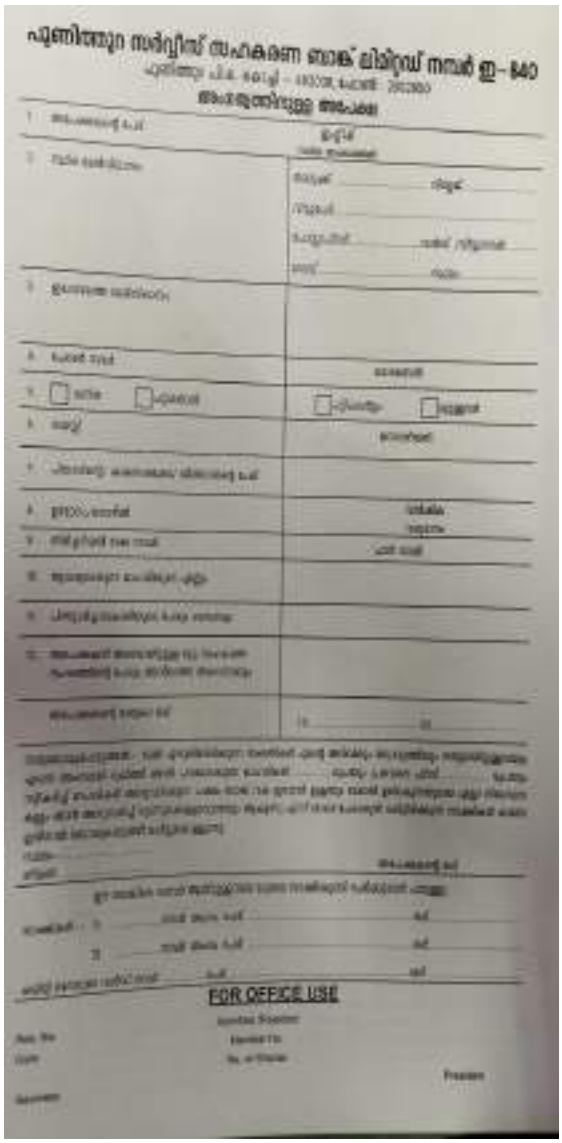
Note : This is not a Cheque, Payment will be refused if the pass-book is not produced with this from

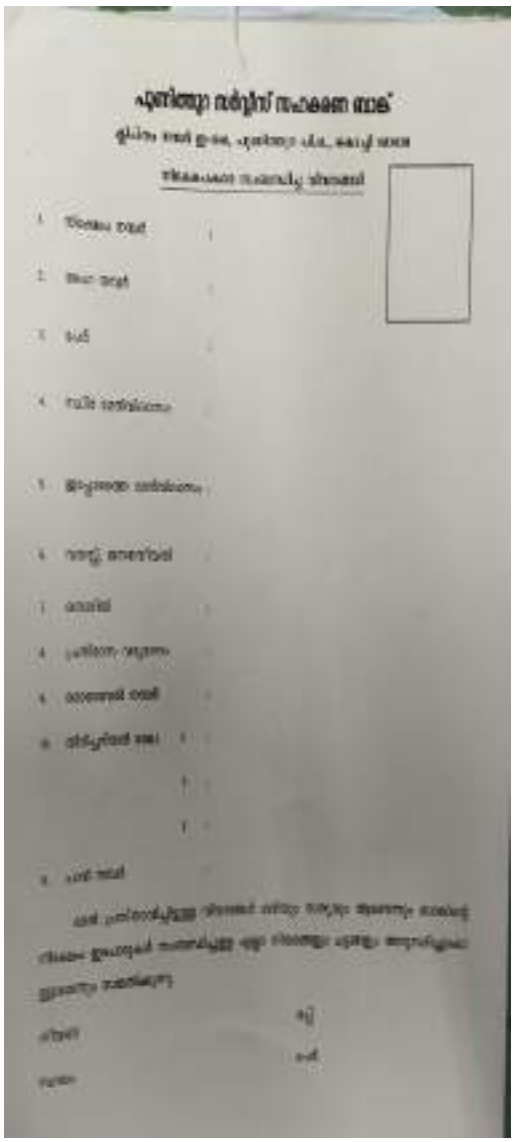
- Stamped daily transfer slips.
- Sort out receipts and payments slips as debit and credit.
- Arrange them accordingly as per day book.
- Introduced me about the banking software 'Safe and Smart Core Banking Solutions Convenient Banking'.

- Entered pass book using the account balance from the banking software.
- Observed and learned about the authorisation process done by my mentor.

- Know more about the software by observing some banking transactions.
- Done some of the banking transactions like deposits and withdrawals of cash in the banking software.
- Calculate the total cash receipts and payments in the cash book for checking the transactions were tally or not.
- Transferred the fixed deposit interest to savings bank accounts of customers who give standing instructions.
- Entered the transactions of supplies in the banking software. Also entered the details of supplies of Neethi medicals and Co-operative store in the banking software.
- Transferred the interest and principal amount of loans from SB account to the corresponding loan account with the help of standing instructions given by the customers.
- Transferred the instalments of GDCS from savings bank accounts to the corresponding GDCS (chitty) account using standing instructions given by the customers.
- Printed out the gold overdue notice and stamp it for posting them to the customers.
- Recorded it in the gold loan register.
- Enter new loan in the banking software.
- Filled the form for fixed deposit and enter a new FD in the banking software.

- Created customer ID and enter the details of A class Members in the banking software.





MEMBERSHIP FORMS

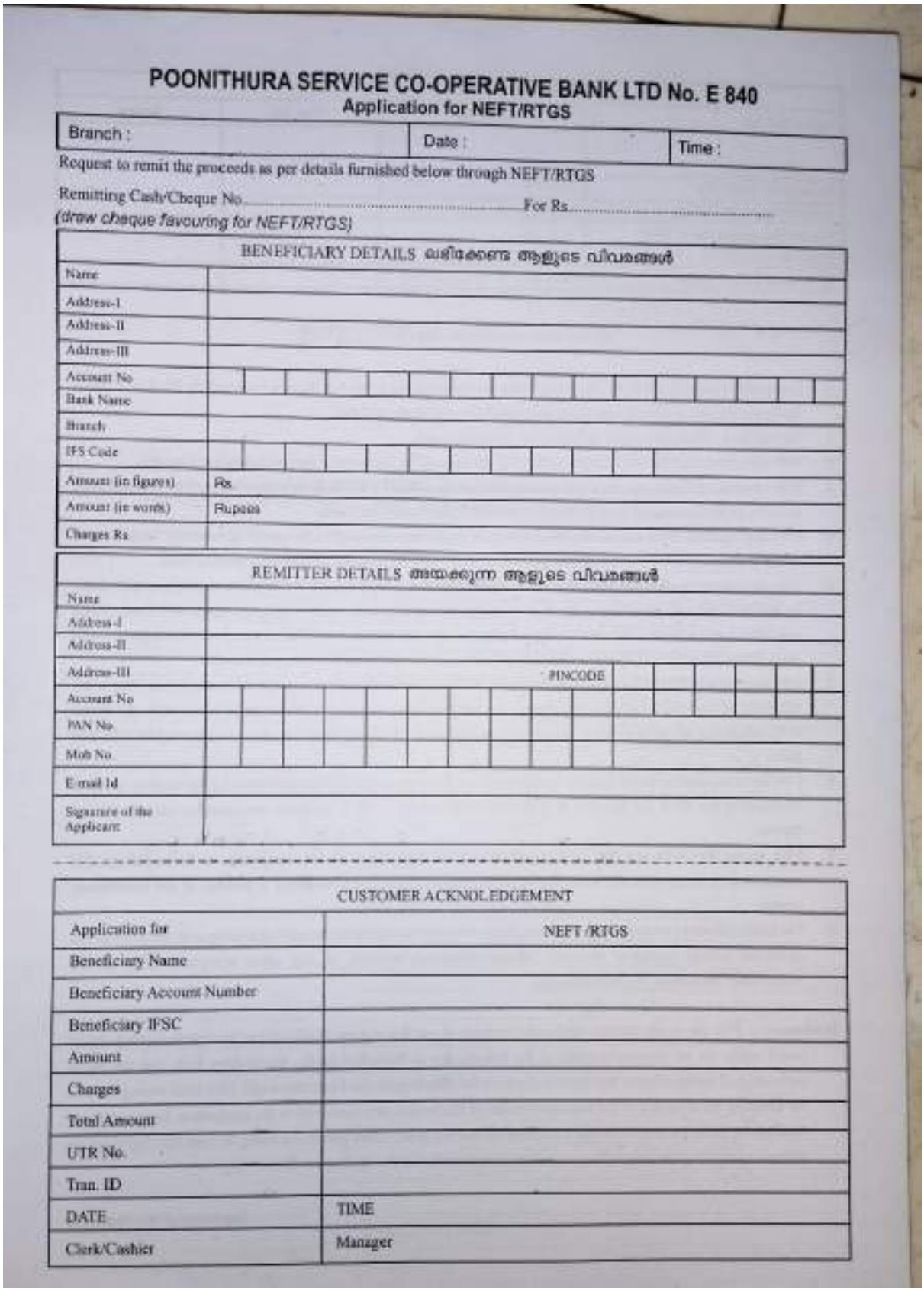
- Calculate and entered the EMI for Housing loan, Land mortgage loans, Vehicle loans etc.

- Provides FD receipts to the customer and enter the details in FD customer foil.

- Renewed the FD that are mature.

- Entered the opening and closing details of FD.

- Fill the form for NEFT



POONITHURA SERVICE CO-OPERATIVE BANK LTD No. E 840

Application for NEFT/RTGS

Branch :	Date :	Time :

Request to remit the proceeds as per details furnished below through NEFT/RTGS

Remitting Cash/Cheque No..... For Rs.....

(draw cheque favouring for NEFT/RTGS)

BENEFICIARY DETAILS ലഭിക്കേണ്ട ആളുടെ വിവരങ്ങൾ	
Name	
Address-I	
Address-II	
Address-III	
Account No	
Bank Name	
Branch	
IFS Code	
Amount (in figures)	Rs
Amount (in words)	Rupees
Charges Rs	

REMITTER DETAILS അയക്കുന്ന ആളുടെ വിവരങ്ങൾ	
Name	
Address-I	
Address-II	
Address-III	PINCODE
Account No	
PAN No	
Mob No	
E-mail Id	
Signature of the Applicant	

CUSTOMER ACKNOLEDGEMENT	
Application for	NEFT /RTGS
Beneficiary Name	
Beneficiary Account Number	
Beneficiary IFSC	
Amount	
Charges	
Total Amount	
UTR No.	
Tran. ID	
DATE	TIME
Clerk/Cashier	Manager

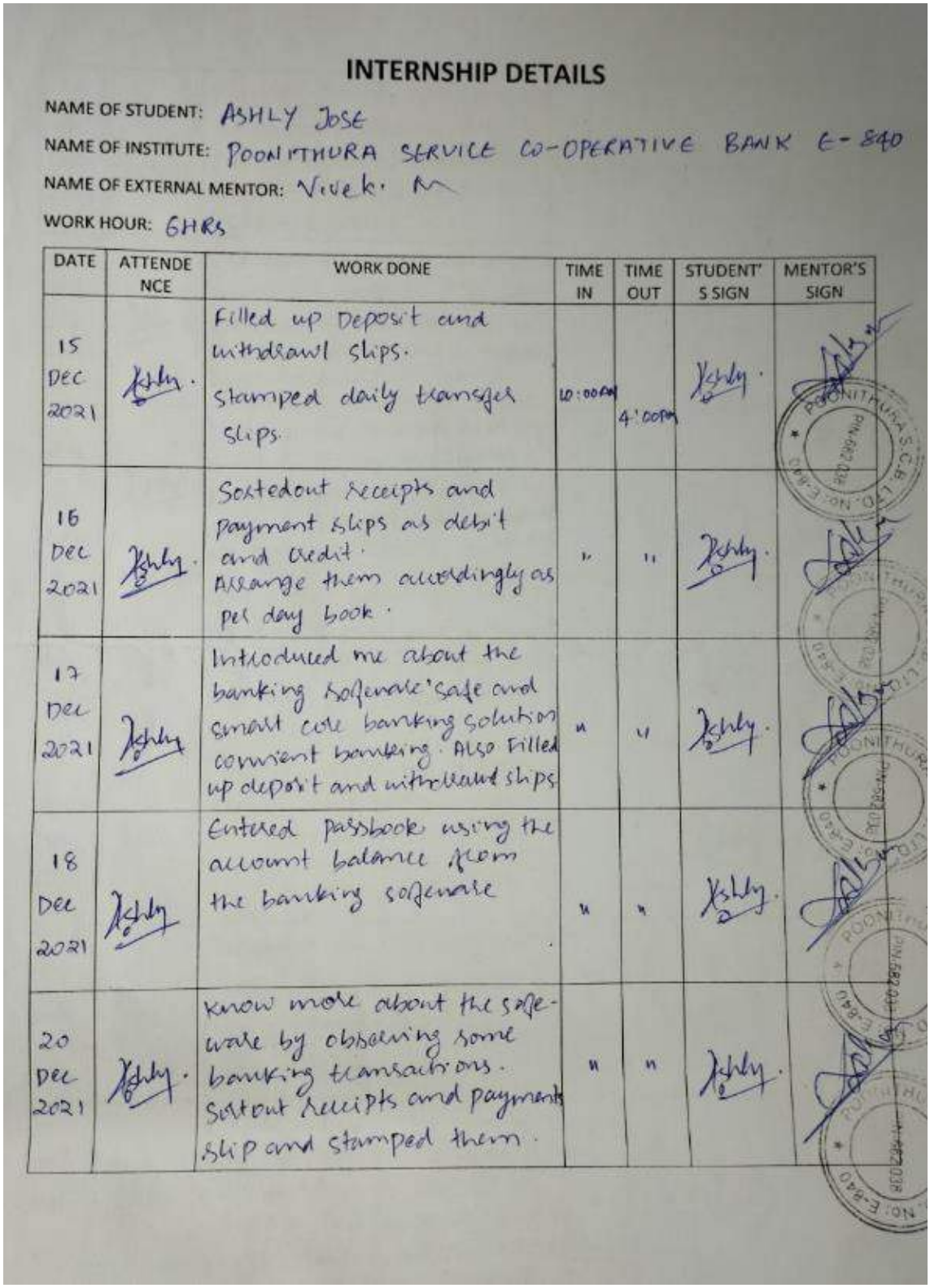
BENEFITS AFTER INTERNSHIP

- Co-workers are very helpful and friendly.
- Gain valuable knowledge about banking.
- Feels confident to work in an organization.

LIMITATIONS

- Only few organizations are there for doing industrial training, due to covid 19 many of the organizations refused.
- Lack of time.

ATTENDENCE SHEET



INTERNSHIP DETAILS

NAME OF STUDENT: ASHLY JOSE

NAME OF INSTITUTE: POONITHURA SERVICE CO-OPERATIVE BANK E-840

NAME OF EXTERNAL MENTOR: Vivek. M

WORK HOUR: 6HRS

DATE	ATTENDENCE	WORK DONE	TIME IN	TIME OUT	STUDENT'S SIGN	MENTOR'S SIGN
15 DEC 2021	Ashly.	Filled up Deposit and withdrawl slips. stamped daily transfer slips.	10:00AM	4:00PM	Ashly.	
16 DEC 2021	Ashly.	Sortedout receipts and payment slips as debit and credit. Arrange them accordingly as per day book.	"	"	Ashly.	
17 DEC 2021	Ashly	Introduced me about the banking softenare 'safe and smart core banking solution corrient banking. Also Filled up deposit and withdrawal slips	"	"	Ashly.	
18 DEC 2021	Ashly	Entered passbook using the account balance from the banking softenare	"	"	Ashly.	
20 DEC 2021	Ashly.	know more about the softe-ware by observing some banking transactions. Sortout receipts and payment slip and stamped them.	"	"	Ashly.	

21 Dec 2021	Ashly.	Printed out the gold overdue notice and stamp it for posting them to customers. Also recorded it in the Gold loan register.	10:00 AM	4:00 PM	Ashly.	
22 Dec 2021	Ashly.	Created customer ID and enter the details of A class member in the banking software. Filled up deposit and withdrawal slip. Sorted out receipts and payment as debit and credit	"	"	Ashly.	
23 Dec 2021	Ashly.	Printed the receipts and payment slips using voucher number and sort the slip as debit and credit and stamped it. Arrange them accordingly as per day book.	"	"	Ashly.	
24 Dec 2021	Ashly.	Filled the form for NEFT Filled up deposit and withdrawal slips. Sorted out receipts and payments, stamp them and classified it.	"	"	Ashly.	
27 Dec 2021	Ashly.	Filled the form for fixed deposit and enter a new FD in the banking software. And give FD receipt to the customer. Entered details in FD register book.	"	"	Ashly.	
28 Dec 2021	Ashly.	Renewed the FD that matured. Entered the opening and closing details of FD. Enter passbook.	"	"	Ashly.	
29 Dec 2021	Ashly.	Entered new loan in the banking software. Calculated and entered the EMI for HL, LML, VL. Printed and stamped the gold overdue notice and record in the gold loan register.	"	"	Ashly.	

30 Dec 2021	Ashly.	Done some of the banking transaction like deposits and withdrawals of cash in the bank King Sofeware. Record accounting entries in the Pass book.	10.00 AM	4:00 PM	Ashly.	
31 Dec 2021	Ashly	Calculated the total cash receipts and payments in the cash book for checking the transactions were tally or not sorted receipts and payment and arrange them accordingly as per day book.	"	"	Ashly.	
1 Jan 2022	Ashly.	Transfered the fixed deposit interest to saving bank account of the customer who give standing instructions. Observed the authorisation process done by my mentor.	"	"	Ashly	
3 Jan 2022	Ashly.	Entered the transaction of supplies in the banking software. Also entered the details of supplies of electronic medicals and co-operative store in the banking software.	"	"	Ashly.	
4 Jan 2022	Ashly.	Renewed the FD that matured. Entered passbook. Filled up deposit and withdrawal slip.	"	"	Ashly.	
5 Jan 2022	Ashly	Filled up deposit and withdrawal slip. Banking transactions like deposit and withdrawal of cash in the banking software. And enter it in the passbook too.	"	"	Ashly.	
6 Jan 2022	Ashly	Calculated the total cash receipts and payments in the cash book for checking the transactions were tally & not sort receipts and payments and arrange them according per day book	"	"	Ashly	

7 Jan 2021		Done some of banking transactions like deposits and withdrawl. Also transferred the installment of loans from SB account to the corresponding loan account with the help of standing instruction given by the customers. Also transferred the installement of CDCS from savings bank account to the corresponding CDCS (chitty) account using standing instruction given by the customs	10:00 AM	4:00 PM		

CONCLUSION

Finance is the life blood of trade, commerce and industry. Now a days, Cooperative Banks are differ from stockholders bank by their organization, their goals, their values and their governance. In most country they are supervised and controlled by banking authorities and have to respect prudential banking regulations, which put them at a level playing field with stockholders banks.

My industrial training experience in Poonithura Service Co-operative Bank was very intresting and helpful. It makes me more comfortable to work in an office. It enhances my knowledge and concepts about banking. It provides me more information and technical aspects about banking and banking procedures. The co-workes were very friendly and helpful in guiding me to do works. It was a great experience for me to explore my intership days in Poonithura Service Co-operative Bank.

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ARTOCARPUS FOODS PVT LTD
PLOT F, KINFRA, PALLIVAYAL
TALIPARAMBA, KANNUR-670142
04602227271
info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

REFERENCE NO: **AFPL/01/2023**

TO WHOMSOVER IT MAY CONCERN

This is to certify that **MS. ASHLY NASNEEM 5th semester B.Voc Food processing Technology** student of **St.Terasas college (Autonomous) Ernakulam,** has done her internship programme on **Technology of Fruit and Vegitables** in our organization for a period of 10 days (13/06/2022 to 23/06/2022).

His conduct during the period with us was good. We wish her all success.

Checked and Recommended by

ANUJA T V

Manager- Production & Quality

Managing Director

SUBHASH K

ARTOCARPUS FOODS PVT LTD
NADUKANI
THALIPARAMBA
KANNUR

Date of Issue: 29/06/2022

ARTOCARPUS FOODS PVT LTD
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info@artocarpus.in
GSTIN: 32AANCA1482C1Z2

FLORA
AIRPORT HOTEL & CONVENTION CENTRE
KOCHI

21st January 2022

TO WHOM IT MAY CONCERN

This is to certify that **Ms. Aslaha Azeez**, doing B. Sc Nutrition and Dietetics, Women's Study Centre, St.Teresa's College, Ernakulam has completed the ten days hotel Internship training with **Flora Airport Hotel**, Cochin from 10th January 2022 to 21st January 2022.

During her tenure she was found to be hard working and sincere.

We wish her success in all her future endeavors.

For **Flora Airport Hotel,**

Sakkeena Ashraf
Human Resources

\\FAH\HR -INT./2022/004

MALAYALAM FOODS

Koovappady P.O., Koodalappadu, Perumbavoor
Ernakulam Dist., Kerala - 683 544
Email : motherbirds@gmail.com

Tele Fax : 0484 - 2642377
Mob : 9142125943

MANUFACTURERS OF : PICKLES, SAUCE, JAM, SQUASH, SYRUP, CRUSH, SDC, VINEGAR...

Rf:- MF12/2020-2021

Date :-25/01/2022

CERTIFICATE OF INTERNSHIP COMPLETION

This is to certify that Ms. **ASWATHI P R.**, Student of M. Voc. Food Processing Technology, St. Teresa's College, Ernakulam has undergone an internship in this institution from 15th January-2022 - to - 25th January 2022 as part of curriculum.

We wish every blessings and success in her personal, academic and professional endeavors.

John Abraham

Manager

For MALAYALAM FOODS

Manager

Department of Human Resource

MALAYALAM FOODS
GSTIN-32AQDPA5459J1ZY
PH: 0484-2642377
KOOVAPPADY P.O., PERUMBAVOOR

Environmental Services
Head Office : Azad Building, Azad Road, Kaloor, Cochin - 17
Ph : 0484 6462442, 2333265, Mob: 9447981480 Mail : enviro.qc@gmail.com

Branch : NH Desom
Nr. Dhanalaxmi Bank
Aluva - 683 103
Mob : 9497003257
E-mail : noble777@ymail.com

Kerala State Pollution Control Board Approved Laboratory

CERTIFICATE OF INTERNSHIP

We hereby certify that MS. ASWATHI P.R. completed the Ten days internship programme conducted for the analysis of Drinking Water, Effluent water, Food, Spices and Oils using approved methods present in our laboratory.

We wish her all the success in future...

YOURS FAITHFULLY

14.01.2022

AUTHORISED SIGNATORY

ENVIRONMENTAL SERVICES
Azad Building, Azad Road
Kaloor, Kochi-17
Phone 0484 6242442, 2333265
mail enviroqc@gmail.com

PALLIPPURAM GRAMAPANCHAYAT

ERNAKULAM DISTRICT

Cherai.P.o, pin-683514, phone no: 0484 2488135

E-mail: pprmgpekm@gmail.com

CERTIFICATE

Certified that Kumari.Aswathi.T.K student of St.Teresa's College (Autonomous),Ernakulam has successfully completed internship at Pallippuram Grama Panchayat for 7 days from 21.12.2021 to 28.12.2021.

OFFICE OF THE PALLIPURAM GRAMA PANCHAYAT CHERAI

LAWERANCE ANTONIA ALMEIDA
SECRETARY, PALLIPPURAM GRAMA PANCHAYAT
CHERAI P.O.
Pin 683514,

27th April 2022

TO WHOM IT MAY CONCERN

This is to certify that **Ms. Aswathy Suresh, D/O Mr. Suresh CM.** a student of **St. Teresa's College, Kochi** has undergone the Internship in General Business Activity including Reservation Documentation with **MyPicnik.com** from **6th April 2022** to **27th April 2022.**

During the internship, we found **Ms. Aswathy, sincere, hardworking and result oriented**. She was also found to be **excellent** with the tasks assigned to her.

We take this opportunity to thank her and wish her all the best for her future.

Regards,

Sony Joseph VM
CEO
MyPicnik.com

2nd floor, BCG City Gate , Vyttila Jn. Kochi - 682019
email: info@mypicnik.com | +91 974 5555 787 | 0484 402 7177
www.mypicnik.com

INDUSTRIAL TRAINING REPORT

PERUVANTHANAM CO-OPERATIVE BANK LTD

Submitted by

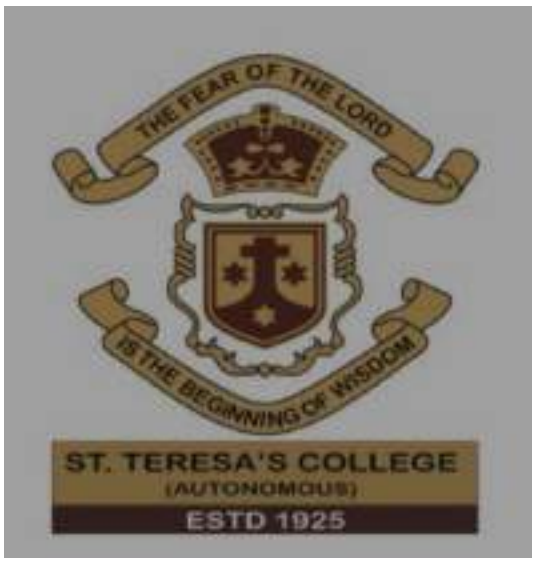
ASWATHY P P (REG No : AM21COM007)

Under the guidance of

Ms. Shana Xavy

In partial fulfillment of requirements for award of the degree of

Master of Commerce and Managem



ST.TERESA'S COLLEGE (AUTONOMOUS),

ERNAKULAM COLLEGE WITH POTENTIAL FOR

EXCELLENCE

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March 2022

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COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredicted at 'A++' Level (Fourth Cycle)

CERTIFICATE

I hereby certify that the internship report done by ASWATHY P P towards partial fulfillment for the award of Master of commerce and management in Mahatma Gandhi University during the year 2021-2022

Supervising guide

Mrs.Shana Xavy

Assistant professor

Department of commerce

Head of the department

Dr.Ann Thomas Kiriyanthan

Assistant professor

Department of commerce

Place:

Date:

COMPANY CERIFICATE

THE PERUVANTHANAM SERVICE CO-OPERATIVE BANK LTD.K.186
PERUVANTHANAM P.O., PIN: 685 532, IDUKKI DT., KERALA
Branches: H.O.Peruvanthanam.☎ 04869 280213, 281062
Paloorkavu:☎ 04869 286778, Kanayankavayal: ☎04869 288188
E-mail:pscbk186@yahoo.in

Date :.....

CERTIFICATE

This is to certify that Ms.Aswathy P P M.Com (Management) student of St.Teresa's College Ernakulam has successfully completed her 20 days (3rd May to 30th May 2022) internship in our bank.

During the internship time the student was sincere hard working and efficient.

We wish all success in her academic endeavours.

For Peruvanthanam Service Co-op: Bank Ltd. No. K.186

Secretary

Peruvanthanam
31-05-2022

DECLARATION

I Aswathy P P do hereby declare that this industrial report , has been prepared by me under the guidance of Mrs. Shana Xavy Assistant Professor, Department of Commerce, St.Teresa's College, Ernakulam and under the supervision of Mrs.Sheena Joseph.

I also declare that this dissertation has not been submitted by me fully or partly for the award of any Degree, Diploma, Title or Recognition before .

Place : Ernakulam

Date :

Aswathy P P

ACKNOWLEDGEMENT

I wish to express my sincere gratitude to Mr.**Baby Mathew** the president of Peruvanthanam service co-operative bank. Ltd ,who gave me an opportunity to do my internship in the co-operative bank.

I would like to thank Mrs. **Sheena Joseph** the secretary of the bank with their patience and openness they created an enjoyable working environment.

I also would like to thank all the people that worked along with me especially Mrs.**Anila Wadood** the senior clerk of the bank for her timely suggestions, instructions, and guidance that helped me to understand more about the bank.

I am highly indebted to the head of the department **Dr.Ann Thomas Kiriyanthan** and the Principal **DR .Lizy Mathew** , for the facilities provided to accomplish this internship.

I would like to thank Mrs.**Shana Xavy** assistant professor of the Department MCM for her support and advices to get and complete internship in above said organization.

I extremely great full to my teachers, bank staffs and friends who helped me in successful completion of this internship.

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INTRODUCTION

The co-operative banks in India started functioning almost 100 years ago. The co-operative bank is an important constituent of the Indian Financial System, judging by the role assigned to co-operative bank operate. Co-operative Banks in India are regulated under the Co-operative Societies Act. The co-operative bank is also regulated by RBI. They are governed by the Banking Regulations Act 1949 and Banking Laws (Co-operative Societies) Act, 1965.

Kerala's rural credit system is unique in its reach and diversity.Besides the basic role of financial intermediaries , The co-operative bank play a crucial role in accelerating agricultural growth and support countries continuing efforts to reduce poverty and inequality. The co-operative banking system come into being with the aim to promote saving and investment habits among people, especially in rural parts of the country.

Peruvanthanam Service Co-operative Bank is a financial institution established on a co-operative basis and dealing in ordinary banking business. The area of operation of the bank is within Peruvanthanam Panchayath. The co-operative banks are owned and controlled by the members, who democratically elect a board of directors. And the members are both customer and owner of the bank. The bank offers a wide range of services mainly to the agricultural sector. It is the main bank of the panchayath the people depends the most

The **Peruvanthanam Service Co-operative bank** has two sub cooperative banks in the rural area of the Peruvanthanam panchayath namely Kanayankavayal and Paloorkavu . The cooperative bank situated in Paloorkavu has a co-operative medical store. The store is a helpful hand for the rural people who can depend when it necessary. The other co-operative bank situated in Kanayankavayal also provides the ordinary banking services to the rural people.

Who can be the member of the co-operative bank?

- Person who attain the age of 18 and reside within the area of operation or the person having landed property within the area of operation can obtain membership in the bank.

- The State Government and District Co-operative Bank can also obtain membership in the bank.

- Each member shall remit Rs.10 as entrance fee. In no case the bank shall collect entrance fee of more than Rs.10 from members. Entrance fee is not refundable.

- At the time of granting membership, each member Sign the pledge of abiding the bye-law provisions of the bank.

- Every member shall submit statement of his debts to the bank on the request of the bank on the request of the bank.

- Bank shall keep the particulars of assets of their members. The bank has a right in the produce (crops) from the properties which are pledged in the bank as securities.

- Each member appoints a nominee a hi legal heir in the ban .At the time of death of the member, the deceased member's interest shall be transferred to the nominee.

- No share shall be refund to its members within three years from the date of acquiring shares . after 3 years if the members if the member has no liability to the bank can submit application before the Director Board for the refund of shares. After the submission of the application, the bank refunds the share to the member within six months. In no case the amount of refund to members shall exceed 10 % of the paid up share capital in the year.

  - A member who is disqualified to continue as a member , the Director Board shall by giving notice
  - to the member as per rule , remove the member from the membership

  - The board shall obtain ratification from the next General Body for the said action .

  - The General Body can with 2/3 majority remove a member from membership due to the following reasons

i. Continuous defaulter in the bank.

ii. The loan availed from the bank is used by the member for purposes other than the purpose mentioned .

iii.Cheating the bank by giving fraudulent statement by a member.

iv. Acts against the best interest of the bank.

v. Sale of agricultural produce or other produce which are produced by using the loan availed from the bank to other agencies other than the agency specified by the Bank.

vi. When a member is expelled for the above causes shall have a right to file appeal before the Registrar within 2 months . The decision of the Registrar in the appeal is final.

vii. When a member is removed from the membership, the bank shall collect all the dues by lump sum from the member.

vii. When a member is expelled , he cannot be readmitted within 2 years from the date of his expulsion.

Viii. The shares of a member resigned or expelled or deceased cannot be transferred till the liability of the loanee is completely set off.

FUNDS

Following are the funds which are to be mobilized by the Bank :

a. Share capital

b. Deposits

c. Borrowings

d. Donations

e. Subscriptions

f. Reserves and other funds

g. Undistributed profit

SHARE CAPITAL

The authorized share capital of the Bank :

A Class share of 75,000 @Rs.100 each

B Class share of 10,000@Rs.10 each

The total Authorized Share Capital is Rs.76,00,000 .When the share value of A Class is increased through amendment of bye-law, the members

Limited liability

The liability of the members shall be limited to the extent of the value of shares taken by him. This liability aries only at the time of winding up of the society .

GENERAL BODY

_The ultimate authority of the bank is the general body .The general body shall not interfere into the acts of the Board and Employees of the Bank.

The general body of the bank is convened under the following circumstances :
a. The Annual General Body Meeting shall be convened within six months of the completion financial year.

b. Request of President or majority of the board members
c. Request of at least 1/5 majority of members of the bank.
d. Request of Registrar of co-operative societies.

e.15 days clear notice shall be required for convening a General Body Meeting.
Bank shall convene the General Body Meeting within 30 days from the request of the Registrar.
Notice of General Body shall be served to members through the following ways :
*Through post
*News Paper Advertisement (At least two leading vernacular newspapers having wide circulation in the area of operation of the Bank.

*Served in person by obtaining his signature.

Quorum : The required quorum for convening a General Body meeting is 1/5 of the total A Class members or at least 25 members whichever is less.

The rights of General Body are

- Election of Board of Directors
- Discussion of annual accounts of the current year, audited accounts of the Previous year and approved the budget for ensuing years.
- Distribution of net profit as per Act, Rules and Bye-laws
- Approval of the annual report of the Bank
- Fix the maximum borrowing power of the bank and individual maximum Borrowing power of the members
- Discuss other subjects which are presented before the general body with The approval of the President.

Responsibilities of General Body

- To consider the inspection note or report of Registrar and his subordinates, the Audit note, Inspection report of District co-operative Bank officials.
- To consider any allegations and averments against the board of directors.
- To consider the recommendation of the Board for removing or expelling any member from membership.
- To consider and discuss about the progress report of the bank.
  Amendment of bye-law as per KCS Act and Rules
- To act upon the provisions of bye-law of the bank.
  To take decision in the mattes that comes before the General Body Meeting. In the absence of the President, any member from the General Boy shall preside the meeting.
  Whatever be the number of shares held by a member, a member can cast only one vote. No proxy vote is allowed.
- Any motion that comes before the annual general body meeting, that motion is decided by the general body by majority opinion and based on provision in Act, Rules and Bye-laws. If the opinion from member is equal, the president or presiding member of the general body can cast 2nd vote i.e. casting vote.
  The matters discussed and decided by the general body shall be recorded in the minute book which is signed by the Presiding Officer and Secretary of the bank.

Duties and responsibilities of the secretary

i.To convene General Body and Board of Directors meeting from time to time And attend such meetings.

ii. Maintain minute book and make all entries transacted in the meeting.

iii. Make payment and accept receipt of cash according to the direction of the Board.

iv. To maintain and keep all books of accounts and registers in accordance with rules.

v. To prepare statement of demand, collection balance regarding loans and advances.

vi. To prepare receipts, vouchers etc. for the working of the bank.

vii. To make all correspondence for the bank and supply necessary information to members.

viii. To maintain control over the subordinate staff of the bank.

ix. To sign cheques and documents along with president in accordance with clause 45 and 46 of the bye law.

x. To sign the receipts

xi. Expend money for the bank in accordance with the sanction limit provided by the Board.

xii. To act as per the directions of the Board

Advantages

- It has encouraged the habit of thrift among the masses.
- Registration and legal requirements are comparatively easy compared to traditional banks.
- Providing cheap credit to rural people.
- They promote mutual understanding and education among their members and people in general.
- They aim to protect the rights of people both as producers and consumers.
- Provide assistance to its members for the purchase of agricultural products.
- Eliminating the unnecessary profits of middl men in trade and commerce.
- They seek to prevent the exploitation of the weaker members of society.
- Promote overall development of rural areas.

Disadvantages

- Most of the benefits from the co-operatives have been covered by the big land owners because of their strong socio-economic position.
- Inadequacy of prescribed credit limit
- Inability of the people to provide the prescribed security
- Default of members to repay loans
- Second loan is not advanced unless the first is not repaid
- Installments and the period of loans are not fixed on the basis of the repaying capacity of the borrowers.
- The procedures of receiving a loan from these bank is complicated that the farmers is forced to seek help from the money lender.

COMPANY PROFILE

The Peruvanthanam Service Co-operative Bank. Ltd is a financial institution established in 29-09-1975 located in Peruvanthanam panchayath of permedu taluk in Idukki district. The area of operation of the bank is within Peruvanthanam panchayath. The bank are owned and controlled by the members , who democratically elect a board of directors and the members are both customer and owner of the bank. Peruvantham service co-operative bank is formed with the aim of rural credit and for providing financial assistance for agricultural and rural activities.

The bank also provides other type of services through a consumer co-operative store called “Neethi “store. Neethi store is one of the best shop in the Panchayath that ensures better quality products to the consumers. The “Neethi” store of the co- operative Bank satisfy the needs and wants of the customer by providing wide range of services like sale of consumer goods and agricultural fertilizers. And the main advantage of the store is quality products with minimum prices . And the government rations are provided by these Store in certain per

Mr. Baby Mathew, the President of the bank is the Controller and Administrator of the bank affairs. **Mrs. Sheena Joseph**, the Secretary of the bank. She is a fulltime paid secretary of the co-operative bank the secretary can attend the board meeting but has no voting right.
Peruvanthanam service co-operative bank consists a total of nine staff members. The President of the bank, paid secretary , senior clerk, and other staffs in different counters of the bank dealing the ordinary transactions of customers . And one is the sales man appointed by the board who deals the sale of consumer products in the co-operative store.

Board of Directors

- The Director Board shall regulate, administer and control the affairs of the bank.
  - The President is elected by the Board of Directors. He is entitled for honorarium.
  - The Director Board consists of 11 members who are elected from the General Body. Among the 11 board members one person shall be from SC/ST community.

- A Director board member is a person who is elected by the General Body under provision 27(A) of the bye-law of the bank.

- The term of office of the Board of Directors shall be 5 years from the date of election. The new members of the board are elected before the expiry of the term.

- A Director board member shall be removed from the office when it is approved by 2/3rd majority of the members present in the General Body meeting. Once a member is removed, he can be reelected to the new board.
-
- When a vacancy arises due to removal or death etc.. of a member, the existing director board can fill the vacancy either through election from general body or through co-option as per KCS Act and Rules.
  The qualification of Director Board Member shall be specified in the KCS Act and Rules.

- Elected Board of Directors of the bank shall convene meeting at least once in every month. However the Director Board shall convene at any time with the request of 2/3rd of the Directors or the request of the Registrar of co-operative societies or any officer authorized by the registrar At least three day notice is required for convening the meeting.

- Board Members shall have only one vote. In special circumstances the President of the Board can cast 2nd vote.

- The Board member shall not be present in the meeting when matters relating to his/her personal interest are involved.

- The President of the board is entitled to honorarium and travelling allowances as per by-laws and Circular instructions from Registrar from time to time.
  The matters discussed in the board meeting and resolution should be recorded in the minute book and the President, Secretary and Board Members shall sign below the entries

Board Members (Date of Election 25-08-2019 Date of Taken Charges 29-08-2019)

NAME	DESIGNATION
BABY MATHEW	PRESIDENT
MUHAMMED NISSAR	BOARD MEMBER
JOSE MATHEW	BOARD MEMBER
IBRAHIMKUTTY N K	BOARD MEMBER
RAJU RAJ	BOARD MEMBER
THOMAS GEORGE	BORD MEMBER
BIJUMON P R	BOARD MEMBER
PRABHAVATHY BABU	BOARD MEMBER
MINI MATHEW	BOARD MEMBER
JOSHY GEORGE	BOARD MEMBER
M C SURESH	BOARD MEMBER

Duties and responsibilities of the members

- Admit new members and allot shares to them.
- Accept the resignation of the members.
- Removal of members from membership and submit recommendation before the general body for forgetting membership under clause 13 of the bye law
- Grant permission for transfer and withdrawal of shares as per KCS rules and provisions of bye laws.
- Make arrangements for convening meetings provide under clause 28 and 38 of the bye law and submit the audit report and statements before the meeting.
- Examine the cash balance and valuable securities periodically.
- Sanction the expenses as provided in the annual budget for the better functioning of the bank.
- To fix the maximum amount to be expended by the board as contingency expenses.
- To raise money by issue of shares and accept deposits and borrowings within the maximum borrowing power of the bank.
- To fix interest rate on deposits and borrowings and formulate scheme for repayment and payment of rebate.
- To prepare annual production plan and initiate necessary action for implementing the plan.
- To fix the expenses incurred for cultivating per acre for granting loans to members according to cropping pattern.
- To fix the maximum amount of ordinary loan and agricultural loans to members.

OBJECTIVES

i. Co-operation among co-operatives, self-help and mutual help, self- sufficiency of members etc.. through the Bank.

ii. Issue short term and medium term agricultural loans to its members.

iii. Supply of seeds, fertilizer, implements, pesticides for agricultural purpose and procurement and distribution of goods and services to its members for commercial and domestic purposes.

iv. Supply of consumer articles to the members at fair prices through consumer stores.

v. To implement various agricultural plans for the members.

vi . To mobilize funds from members as well as outside agencies like DCCB etc. for running consumer stores.

vii. Act as an agent, the Bank distributes seeds, fertilizers agricultural implements t its members.

viii. Purchase of movables and immovables for the functioning of bank.

ix. Provide assistance to members for producing seedings related to agricultural farming.

x. Procurement and marketing of agricultural and industrial products of their members.

xi. Open branches with in the area of operation of the bank with the prior sanction of Registrar for growth and expansion.

xii. To undertake the work of irrigation and preservations of land for agricultural production with the permission of registrar.

xiii. Supply of consumer articles to the members at fair prices through consumer stores.

xiv. To mobilize funds from members as outside agencies like DCCB for running consumer stores.

xv. Opening medical stores for supplying essential medicines at reasonable prices through consumer stores.

FUNCTIONAL AREAS

Loans and advances are granted to the members :

(A) Short-term agricultural loan

This type of loan is granted only to farmer member of the Bank. In the beginning of every financial year , the board of the bank prepares a production plan for every member .The boar estimates the expenditure to be incurred for cultivating a particular crop per hectare/acre. Based on the estimate credit limit is fixed for the members considering their repaying capacity. Cash credit facilities to members are granted by accepting sureties of at least two members. The bank obtains a promissory note from members for the sanctioned credit limit. Within the credit limit and the installment fixed by the Board, the members can apply for cash credit facilities . The period of repayment of cash credit is within one year.

(B) Medium Term Loans:

Bank shall issue medium term loans to its members for purchase of animal for ploughing, for dairy farming, purchase of agricultural implements, tools and instruments as consumer loans as consumption loan as Education loan, Business loan, Vehicle loan etc. as per clause 50(D) of the bye-law. The period of medium term loan is 5 years.

(C) Securities of Loan

***** Loan issued on the security of fixed deposit. In no case such loans can exceed 90 % of the fixed deposit.
*****With the approval of Registrar and sub rules , the bank shall issue loans to members on the security of Agricultural crops.

(D) Gold Loan

The maximum amount of loan is Rs.5,00,000/-which is restricted to 75% of market value of the gold pledged. The period of loan is 3 months, 6 months and up to one year.

(E) Self Employment Loans

The maximum amount of self-employment loan is limited to 50,000 .

(F) Consumer Loans The bank shall issue consumer loans for the following purposes:
i. Education of members children
ii. Marriage of the daughter of members
iii. Maintanance of residential house
iv. Proffessional education for members children**.**
The period of loan the loan is 60 months and repayment is in monthly installment basis.

ACCEPTING DEPOSITS :

The following type of deposits shall be mobilized by the bank in accordance with the approved sub rules

i. Fixed Deposits - The customers can invest a sizeable amount of money at a predetermined rate of interest for a fixed period.
ii. Recurring Deposit - It helps people with regular incomes to deposit a fixed amount every month into their recurring deposit account and earn interest at the rate applicable to fixed
deposits.

iii. Chitties (kuries) – In this scheme, a group of people contribute periodically towards the chit value for a duration equal to the number of investors

iv . Monthly deposit schemes – The depositors of this scheme shall regularly deposit Rs.500/1000/2000/5000/10000 as the case may be paid every month in the scheme till its maturity.

v . Current deposit - This type of savings deposit with no deposit term specified. It can be used for personal transfer, exchange, outward and inward remittance.

vi. Saving bank deposits - A saving account is an interest-bearing deposit account. Though these accounts typically pay a modest interest rate, their safety and reliability make them a great option for parking cash you want available for short-term needs.

OTHER FUNCTIONS

* The bank already provides banking services over the internet**.** So the customers can avail the banking services round the clock throughout the year.

***** To remove the dominance of money lenders and middlemen.

***** It has encouraged the habit of thrift among the masses.

***** To help each other mutually and not to have competition.

***** To practice fair and transparent business activities.

***** Contributing to the promotion of social responsibility.

*Achieving high and rapidly increasing growth rates.

*Developing new investment formulas and banking services that fulfil the need of all clients.

* Attracting deposits and developing them inorder to achieve the best financial return for shareholders and depositors.

* Building a strategic relationship with client for attaining the future goals.

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Learning experience

Assist the secretary

Writing the application letter for clients with the guidance of the secretary . And assist the secretary in the calculations of various affairs of the bank.

Application writing

Writing the application letters and account opening forms and withdrawal forms etc.. when it necessary .

Data entry for receipts

Accepting the receipts from the clients then entering the transaction into the software. And check it properly for eliminating the mistakes.

Dealing the customers of the co-operative store

Managed the sale of products in the co-operative store of the co-operative bank. And introduced new products to the customer and making bills for their purchase.

Making phone calls with clients when it necessary

Making phone calls with customers is necessary because of their over dues in loan repayments and chitty installments.

Daybook printing

Day book printing is done before the main transaction s are carried out.

Visiting the land property of clients

Visited the land property of clients as part of the further loan procedures. Visited and identifies the reality that the client specified .

Document collection

Collecting important documents from clients and check it properly and helps in doubt clearing.

Managing gold loan section

Managed the gold loan section and provide information about the terms and conditions related with the loan like time period, interest rate, possible amount etc.

Gehan filing

After the collection and verification of the documents of the clients related with agricultural loan then completed gehan filing .

Kudumasree loans

Dealt with the loan transactions come under the kudumbasree unit. It is accepted by collecting the cheque made by the secretary and president of the kudumbasree unit. This loan is only possible to the members of kudumbasree scheme.

Chitty collection

Collection of chitty funds or kuries from customers and write it on the register book. Dealing the cash counter and arranging money.

Work done at the cash counter

Dealing payment transactions of the clients at the cash counter. Payment transactions like different loans , withdrawal of cash etc..

Cash withdrawal

Accepted cash withdrawal slips from the customers and entered data into the software .

PROFILE OF THE EXTERNAL MENTOR

Name Of The External Mentor : **Ms. Sheena Joseph**

Designation. : **Secretary in charge**

Experience in the field : Joined as a junior assistant in the accounting section of the co-operative bank in 2006 . Senior Clerk at co-operative bank since 2013. Secretary in charge since 1st September 2019.

SWOT ANALYSIS

STRENGTH

- Membership in co-operative bank is open to all people having a common interest .Registration I very simple and can be done without much legal formalities.

- It has a separate legal existence. It is not affected by the death, insolvency, lunacy or permanent incapacity of any of its members. It has a fairly stable life and continues to exist for a long period.

- The co-operative bank promotes the spirit of mutual understanding, self-help and self- government. They save weaker section of the society from exploitation by the rich.

- Government gives all kinds of help to co-operatives, such as loans at lower rate of interest and relief in taxation.

WEAKNESS

- Rigid rules and regulations – Excessive Government regulation and control over co-operatives affect their functioning.

- Lack of secrecy – The affairs of a co-operative society are openly discussed in meetings. The members can independently audit the books and records. Due to lack of secrecy in the business affairs, a number of loopholes are created within the organization.

- Differences and factionalism among members – The differences and group conflicts arise among members. Then, it becomes difficult to get full co-operation from members. the selfish motives of members begin to dominate and service motive is sometimes forgotten.

OPPURTUNTIES

- Technology – The bank have also used technology to help in reconciliation and auditing of operations and to reduce the chances of mistakes or
  frauds.
- Happy to work with – co-operative bank offers good remuneration to the employees. And also offer added benefits to the employees like minimum rate of interest on loans, medical benefits, pension benefits and so on.

THREATS

- The existence of heavy overdues – The overdues are continuously rising over the years. Faulty loaning policies, inadequate supervision, over utilization of loans, ineffective measures for recovery, willful defaulters, etc... are the main causes of unsatisfactory level of overdues.

- The procedure of receiving a loan from the bank is so complicated that the agriculturist is forced to seek help from the money lender.
- weightage to personal gains – Mutual co-operation erodes away over a period of time and the members start giving weightage to their personal gains.
- Lack of unity –The members of bank come from different walks of life. Often, their views on important issues may differ from each other leading to strong resentment and disharmony among them. Some ambitious members also want to control the functions of the organization.
- The daily operations of a co-operative society are subject to government rules and regulations.

CONCLUSION

I had completed twenty days of internship training in the Peruvanthanam Service co-operative bank. It was a good experience and beneficial for the understanding of the functions , objectives ,and technical aspects of the bank. It helps to enhance and develop my skills, abilities, and knowledge. Peruvanthanam Service co-operative society is the best place to do the internship since it provides numerous benefits and advantages to the practical trainees. I am grateful and thankful to the people who helped in the bank, especially the staffs of different sections in the bank, who help me to handle some of my weakness and gave me instructions at the right time. Majority of the people near the Panchayath are satisfied with the services provided by the bank so the bank can enjoy higher supports from them. Internship program is very important for student education because it is helpful to learn the practical knowledge and technical aspects of the work.

APPENDIX

ATTENDENCE SHEET

INTERNSHIP DETAILS

NAME OF STUDENT: ASWATHY P.P

NAME OF INSTITUTE: PERUVANTHANAM SCB Ltd. NO. 186

NAME OF EXTERNAL MENTOR: SHEENA JOSEPH

WORK HOUR: 158 hr

DATE	ATTENDENCE	WORK DONE	TIME IN	TIME OUT	STUDENT SIGN	MENTOR SIGN
3/5/2022		Introduced the various Sections of the bank and the Software used by the bank. And assist the Secretary in transactions	10.00	4.00	Aswathy	
4/5/22		• Helping the clients to fill up account opening forms. • Data entry	9.30	4.30	Aswathy	
5/5/22		Recording Receipts and payments to the System • worked at the cash counter	9.30	4.30	Aswathy	
6/5/22		• Assisted in the sale of products in the co-operative Store • Writing of bills for each sale	9.30	4.30	Aswathy	
7/5/22		• Making phone calls to clients when it necessary. • Chitty collection	9.30	4.30	Aswathy	

9/5/22		• Planting day book • Writing application letter for clients with the guidence of the Secretary.	9.30	4.30	Chswathy	
10/5/22		Visited the land property of the clients for an enquiry and Submitting valuation report.	9.30	4.30	Chswathy	
11/5/22		• Collecting and checking the documents submitted by the parties who have different loans. • Data entry	9.30	4.30	Chswathy	
12/5/22		• Dealing the gold loan section and providing related infolmations about the loan. (time, interest Rate, Possible amount etc)	9.30	4.30	Chswathy	
13/5/22		• Dealing the customers of co-operative store and introducing new products with offers. • Assisted in the prepadation of bill.	9.30	4.30	Chswathy	

16/5/22		• Writing application form for clients according to their needs. • clearing the doubts of clients when necessary	9.30	4.30	ASwathy	
17/5/22		• Entering account Related enformations to the System • Dealing payments in the cash counter by collecting receipts from clients.	9.30	4.30	ASwathy	
18/5/22		• Collecting the loan amount and Record it to the System. • making phone calls with the clients who have dues in chitties loans etc...	9.30	4.30	ASwathy	
19/5/22		• Recording the Receipts and payments of kudum scheme. And dealing the loans coming under the kudumbashree scheme	9.30	4.30	ASwathy	
20/5/22		Assisting the sale of products in the cooperative store. • checking the amounts collected through sales • And the managing of new products imported to the store	9.30	4.30	ASwathy	

23/5/22		· Cachas filing · Visited the land property of clients as part of the preparation of Valuation report.	9.30	4.30	A Swathy	
24/5/22		· Recolding Receipts and payments to the System. Fill up the various forms when it necessary for clients	9.30	4.30	A Swathy	
25/5/22		· Chitty collection and record it to the Registes book. · dealing the cash counter and arranging money	9.30	4.30	A Swathy	
26/5/22		· Making phone call with customers · Dealing gold loans of clients by checking the gold and specifying various terms and conditions	9.30	4.30	A Swathy	
30/5/22		· Assisted in the sale of products in the stale of co-operative bank. · Collection of various documents and providing related informations to the clients of the bank. · Data entry.	9.30	4.30	A Swathy	

internship studio

CERTIFICATE

OF INTERNSHIP

THIS IS TO CERTIFY

AswathyAnilkumar

for completing 5 weeks of internship in Website Designing with the title of
“Designing an e-commerce portal”
at Internship Studio from 30th December to 3rd February 2022
We wish you all the best for your future endeavours.

ISSUE DATE: 22/3/2022

Atul Yadav
ATUL YADAV
Internship Mentor

Aniket Bihani
ANIKET BIHANI
Founder & CEO

CERTIFICATE NUMBER
ISWDI8575

CAPEX
Kerala State Cashew Workers Apex
Industrial Co-operative Society Ltd.
P. B. No. 262, Industrial Development Plot
H & C Compound, Mundakkal West, Kollam 691 001
Reg No. IND (ST) 12
Phone : 0474 - 2742499, 2765844
FAX - 0474-2747153

email : cashewcapex@rediffmail.com
website : www.cashewcapex.com

25-03-2022

CERTIFICATE

This is to certify that **Ms. Athira.C.M,** BVoc Food Processing Technology student of **St. Teresa's College (Autonomous) Ernakulum** has completed the **Internship Programme at Capex, Kollam"** from 3rd Jan 2022 to 14th January 2022. She has completed the Internship programme satisfactorily. During her association with us, she was very keen and enthusiastic in her work.

We wish her all the best in future endeavors.

Managing Director

KERALA STATE CASHEW WORKERS APEX INDUSTRIAL CO-OP. SOCIETY LTD.

Vazhakulam Agro and Fruit Processing Company Ltd.
(A Government Of Kerala Undertaking)
VAFPCL
CIN: [illegible] ISO: [illegible]
+91 485 [illegible]
+91 485 [illegible]
+91 485 [illegible] (Fax)
[illegible]
[illegible]

VAFPC/HRD/11/490

June 23, 2022

CERTIFICATE

This is to certify that **Ms.Athira C M**, 5th semester B.Voc Food Processing Technology student of St.Teresa's College, Ernakulam, had undergone an internship in our company from 13.06.2022 to 23.06.2022 as a part of her curriculum. She has collected all relevant data available with us for this purpose.

Her conduct and interest in learning various aspects connected with this study were found to be good. We wish her all success in future.

For Vazhakulam Agro and Fruit Processing Company Limited

Administrative Officer (Adm & HRD)

VAZHAKULAM AGRO AND FRUIT PROCESSING COMPANY LTD.
MUVATTUPUZHA - 686670
KERALA

ചെങ്ങന്നൂർ ചെറുകിട വ്യവസായി ക്ഷേമസഹകരണ സംഘം
ക്ലിപ്തം നമ്പർ : എ 1166
കുട്ടംപേരൂർ. പി. ഒ., മാന്നാർ – 689 623
ഫോൺ : 0479 – 2312293 (Off.), 9656976123 (Mob)

പ്രസി / സെക്രട്ടറി

തീയതി : 19/09/2021

To

CERTIFICATE

This is to certify that Kumari .Athulya Raj M Third year under Graduate student from Department of Commerce **St.Theresa's college** Eranakulam has successfully completed 30 days (16/08/2021 to 15/09/2021) Internship work in our society as part of her course.

During her tenure with us we found she is sincere and hardworking.

For CHERUKADU CHERUKIDA VYAVASAYI KSHEMA SAHAKARANA SANGAM LTD. No. A1166

SECRETARY

Palaaram

A traditional eatery
St germains road, North Paravur.
GSTIN:32AAQFP9367B1Z0

05.03.2022

ONLINE INTERNSHIP COMPLETION CERTIFICATE

This is to certify that Ms. Avanthika Prakash, has successfully completed her internship at Palaaram from 03.02.2022 to 03.03.2022 in Human Resource. During this internship, Ms.Avanthika was exposed to the various activities in the field of Human resource and its possibilities and applications.

During this period she demonstrated interpersonal and communication skills. Her performance exceeded expectations and she was able to complete the internship successfully on time.

We wish her all the very best in her future endeavors.

Regards,

For Palaaram

Yousuf Shameel
Managing Partner

Managing Partner.

Integrated Enviroclean Systems & Solutions Pvt. Ltd.

iess

iDS

Certificate of completion

This is to certify that ***Ms. Aysha Jinan*** *whose details are given below has undergone hands on training in our laboratory, completed Internship from* ***Integrated Enviroclean Systems and Solutions Pvt Ltd.***

1. Name : ***Ms. Aysha Jinan***
2. Technical Qualification : M.Voc Food Processing and Technology
3. Period of Training : 27.12.2021 to 15.01.2022
4. Department : Lab

During the period of training,She was associated with Complete Physical, Chemical, Microbiological analysis of water and food. They have acquired experience in the handling of instruments. ***Ms. Aysha Jinan has completed the miniproject on Comparative study and microbial risk assessment for different water and food samples.*** *We found her sincere, hardworking and result oriented. She worked well as part of the team during her tenure and has successfully completed the training.*

We take this opportunity to thank her and wish her all the best for her future.

INTEGRATED ENVIROCLEAN SYSTEMS & SOLUTIONS PVT LTD
DATE
COMPANYPADI
ALUVA - 683 106

Edwin Mathew
Operations Manager

Phone: 0484-2965250

Regd. Office: 17/406B to B5, 1st floor, Aromal Complex, Thaikkattukara P.O, Companypady, Aluva -683 106

milma

Ernakulam Regional Co-operative Milk Producers' Union Ltd. No. E-150 (D)
Ernakulam Dairy, P.B. No. 33, Tripunithura - 682 301
ISO 9001 : 2008 Certified

No. ED/P&A (1)/571/2022 1126 13.01.2022

CERTIFICATE

Certified that Ms.Aysha Hanan C Y, B.Sc Nutrition and Dieteties Student of St.Teresa's College (Autonomous) Ernakulam-682 011 has successfully completed her Internship/Project Work in our Dairy as part of her curriculum.

The period of training was from 03.01.2022 to 13.01.2022.

ERNAKULAM REGIONAL CO-OP: MILK PRODUCERS' UNION LTD
ERNAKULAM DAIRY
TRIPUNITHURA
PIN - 682 301

SENIOR MANAGER (I/C)

To Whomsoever it may concern

Phone : 0484 - 2781084, 2784886, 2780103, 2781080 (Plant) Fax : 0484 - 2780103 Email: ernakulamdairy@yahoo.co.in