

KOTTAYAM DISTRICT

FOSTAC TRAINING

Fostac training conducted by Vaikom circle for anganwadi workers at Vyapara bhavan ,Vaikom

Date : 24/09/2024



CLEAN AND FRESH FRUIT & VEGETABLE MARKET



EAT RIGHT STATION

Important milestones in Eat Right Station Kottayam Railway station

- Discussion on 4/2/23
- Preauditing conducted
- Final audit conducted on 24/05/23
- Certificate issued

Changanassery Railway Station

FOSTAC Training: 11/7/2023

Preauditing conducted

Final Audit: 7/8/2023

Certificate issued



EAT RIGHT PLACES OF WORSHIP

POONJAR CIRCLE

- ☑ ST GEORGE FORANE CHURCH, ARUVITHURA PO
- ☑ Preauditing: 2/7/2023
- ☑ Food samples and raw materials were sent for analysis
- ☑ FOSTAC Training conducted
- ☑ Final audit: 30/09/2023
- ☑ Certificate issued on 18/12/2023 valid till 18/12/2025

PUTHUPALLY CIRCLE

- ☑ St George Orthodox Church, Puthuppally
- ☑ Preauditing: 27/4/2023
- ☑ Food samples and raw materials were sent for analysis on 11/5/2023
- ☑ FOSTAC Training conducted for Food Handlers
- ☑ Final audit on 30/08/2023 by INSIGHT QUALITY CONSULTANCY SERVICES LLP
- ☑ Certificate issued on 18/12/2023 valid till 18/12/2025

ETTUMANOOR CIRCLE

- ☑ ST MARYS MAJOR ARCHIEPISCOPAL PILGRIM CENTRE, ETTUMANOOR
- ☑ Preauditing conducted
- ☑ Food samples and raw materials were sent for analysis
- ☑ FOSTAC Training conducted for Food Handlers
- ☑ Final audit on 17/08/2023 by INSIGHT QUALITY CONSULTANCY SERVICES LLP
- ☑ Certificate issued on 18/10/2023 valid till 18/10/2025



HYGIENE RATING

HR-Kottayam District

Total: 93

Changanassery Circle: 10

Puthuppally Circle: 10

Kottayam Circle: 10

Kaduthuruthy Circle: 11

Vaikom Circle: 11

Pala: 11 + 2 (Eat Right school+SNF@Work place)

Ettumanoor circle: 11 +1 (Eat Right School)

Kanjirappally circle: 8

Poonjar: 7 + 1 (Eat Right School)

EAT RIGHT CAMPUS

1. Anganwadi, Vaikom Circle (FY 23-24)
2. Anganwadi, Vaikom Circle (FY 23-24)
3. Anganwadi, Vaikom Circle (FY 23-24)
4. Anganwadi, Vaikom Circle (FY 23-24)
5. Anganwadi, Vaikom Circle (FY 23-24)
6. Anganwadi, Kottayam Circle (FY 23-24)
7. Anganwadi, Puthuppally Circle (FY 23-24)
8. Marsleeva Medicity, Pala (FY 23-24)
9. St Thomas Canteen, Changanassery, (FY 23-24) (audited)

Vaikom Circle

- 5 Anganwadis were selected
- Selection criteria: valid FSSAI lic/reg, FOSTAC Training Certificate, Own Building

- Preauditing: 20/4/2024
- Final Auditing: 9/5/2023
- Auditing agency: INSIGHT Quality Consultancy Services LLP
- Certificates issued on 13/6/2023 valid till 12/6/2025

Puthuppally Circle

- Anganwadi No. 131
- Inspections conducted
- Food samples were sent for analysis
- Final auditing on 26/8/2023
- Certificate issued on 1/12/2023 valid till 30/11/2025

Pala Circle

- Marsleeva Medicity, Pala
- Volunteers were selected for Health and Wellness programme in hospital
- Chart Checking: for canteen and premises
- Pre-auditing: 5/8/2023
- Final auditing: 6/9/2023
- Certificate issued on 1/12/2023 valid upto 30/11/2025

Kottayam Circle

- Anganwadi No.53, Nattassery
- Inspections conducted
- Food samples were sent for analysis
- FOSTAC Training given
- Final auditing on 26/8/2023
- Certificate issued on 1/12/2023 valid till 30/11/2025





EAT RIGHT SCHOOLS

ETTUMANOOR CIRCLE

SFS PUBLIC SCHOOL ETTUMANOOR

- Health and wellness ambassador assessments were successfully cleared
- Awareness classes were conducted for students using Yellow Book for class 6 to 9
- Practical sessions on adulteration of food was handled Dr Therasilin Louis, FSO Ettumanoor Circle
- Demonstration of Food labels
- Students inspected canteen using checklist with the help of Food Safety Officials
- Menu plan
- Poster making -Healthy Pyramid
- Speech on healthy food for healthy life in School Assembly
- Hygiene Rating Conducted
- Final Submission on 4/9/2023

POONJAR CIRCLE

GOVT TRIBAL HIGH SCHOOL, KOMBUKUTHY

- Registered on portal on 26/4/2023
- Health and wellness ambassador assessments were successfully cleared
- Healthy Food / Balanced Diet: Poster Designing
- Label designing of Packaged Food
- Speech on healthy food for healthy life in School Assembly
- Awareness classes were taken using Yellow Book 1&2
- Healthy plate: Leaflets were distributed
- Awareness classes for students of classes 6,7,8 by Nimmy Augustine, FSO
- Practical sessions on Food Testing and detection of adulterants in food with the help of Mobile food Testing Lab
- Students inspected canteen using checklist with the help of Food Safety Officials
- Report submitted in portal on 1/9/2023
- Certificate issued on 27/09/2023 valid till 26/09/2025



FOOD FORTIFICATION

Food Fortification Awareness Seminar and Demonstration of Fortified Food Report

Introduction

The Food Fortification Awareness Seminar and Demonstration held at the Children's Library Hall in Thirunakkara, Kottayam, on September 8, 2023, aimed to educate and create awareness about food fortification. Organized by Department of Food Safety and Kottayam, the seminar was a significant initiative in promoting food safety and nutrition.

Seminar Highlights

Welcome Address: Dr. Akshaya Vijayan welcomed the participants, setting the tone for the informative event.

Inauguration: Sri Randeep C R, Assistant Commissioner of Food Safety, Kottayam, officially inaugurated the seminar, emphasizing the importance of food fortification in ensuring public health.

Seminar Speaker: Dr. Divya J B, Nodal Food Safety Officer, Kottayam, delivered an enlightening presentation on the significance of food fortification and its impact on public health.

Audience

The seminar attracted a diverse audience, including:

- Anganwadi Teachers
- Teachers responsible for noon meal programs in schools
- Staff from the Civil Supplies Department
- Retail Dealers

Participation

A total of 136 people actively participated in the seminar, demonstrating the keen interest and commitment to the cause of food fortification.

Demonstration of Fortified Culinary Delights

To showcase the delicious potential of fortified foods, attendees were treated to Kerala bay leaf steamed dessert and rice balls made with fortified rice. For comparison non fortified dishes were also served. These dishes not only delighted the palate but also highlighted the ease of incorporating fortified foods into everyday meals.

Feedback and Engagement

To gauge the effectiveness of the seminar and gather valuable insights, feedback forms were distributed among participants. This feedback will be crucial for future endeavours in promoting food fortification.





MILLET MELA

Millet mela was organized on 16.10.2023 in collaboration with food safety department Kottayam and st.Joseph institute of Hotel Management and catering technology Pala. A seminar on the topic of food safety was conducted as part of the programme. 206 students are participated on this programme. Cookery competition, Best Budding Chef, The Perfect Baker, Magic with Zero Fire etc are arranged for school and college students.



MILLET YOGA

As part of the eat right challenge phase 3 department of food safety ,Kottayam conducted MILLET YOGA at SFS public school &junior college ,Ettumanoor on 19/09/2023.



RUCO

Changanassery circle conducted seminar on repurpose used cooking oil at Taluke conference hall changanassery on 19/08/2023. Also arranged a awareness programme using food safety on wheels.



SAVE FOOD SHARE FOOD

Save Food Share Food- Kottayam- To convey the importance and necessity of Save Food Share Food which is an FSSAI Initiative, Kottayam Food Safety Department organized a seminar on 30/10/2023 at 11 am at Kottayam IMA Hall. 14 representatives of KHRA, All Kerala Caterers Association and NGOs participated. A form has been distributed to those who are interested in registering as a Donor Beneficiary and volunteer in the project.



STATE INITIATIVES

SAFE KITCHEN

1. ETTUMANOOR circle conducted a awareness programme for mahilas about the subject SAFE KITCHEN INITIATIVE at auditorium family health centre Athirampuzha on 21/02/2024.



2. Department of food safety Kottayam conducted a awareness programme for ashwa workers and public about the subject SAFE KITCHEN INITIATIVE at



SNF@WORK PLACE

SNF@Work Place

- ☑ Conducted at M/s Parayil Exports, Pala
- ☑ FOSTAC Training conducted on 3/03/2024
- ☑ Attended by 34 food handlers



SNF@SCHOOL

1. Kanjirappilly circle conducted awareness programme about snf at st.THOMAS HIGH SCHOOL , ANIKKADU.on 05/02/2024



2. VaiKom circle conducted awareness programme about snf at st.MARY'S HSS VAIKOM .on 14/02/2024



1. Pala circle conducted awareness programme about snf at



Students are the most susceptible to food-borne diseases and due to their lack of awareness and are open to experimenting with food and diet while at school. Safe and Nutritious Food at School is a programme aimed to spread awareness among students with regards to safe and nutritious food. SNF@School program was carried out in Changanacherry circle on 14/02/2024 at St. Joseph's HSS, Changanacherry. The class was handled by Niamol Joseph (Clinical Dietician, Marsleeva medicity, Pala). A total of 114 students attended the class. The students were also introduced to the Mobile Food Testing Laboratory and the technical staffs briefed them about the DART kit.



MODEL FOOD SAFETY GRAMAPANCHAYATH

Velloor gramapanchayath is selected as a model gramapanchayath at Vaicom circle. As part of this program food safety officers have completed registration / license inspection at all shops. Conducted registration melas for vendors. And completed the inspection of drinking water using mobile food testing labs.



SPECIAL DRIVES

OP.MATHSYA

Toatal inspections: 320

Rectification Notices: 49

Compounding notices: 42

Amount Compounded: 68500

Quantity Destroyed: 543.05 kg

Statutory samples: 5

Surveillance samples: 233



OPERATION SHAWERMA

Kottayam Dist

Total inspections: 231

Notices issued: 76

Amount compounded: 242000



OPERATION LABEL

Date of inspection: 23/1/2024

No of squads: 4

Total inspections: 78

Compounding notices: 7

Rectification notice: 1

Adjudication recommended: 5

Closure: 1



ONAM,X'MAS NEW YEAR SQUADS

X'MAS SQUAD

Total inspections: 275

Rectification notice: 21

Closure: 7

Compounding notice: 29

No. of statutory samples: 25

No. of surveillance samples: 63

Onam Squad – Kottayam Dist

Total inspections: 173

Rectification notices:13

Compounding notices:14

Statutory samples: 16

Surveillance samples:36

Closure: 5



OPERATION FOSCOS

OPERATION FOSCOS – KOTTAYAM DIST

5/2/2024 – 8/2/2024

Total inspections: 997

Closure (without lic/reg): 141

Registration to license conversion notices: 59

Compounding notices: 239

15/9/2023

No of squads:5

Total inspections: 211

Closure (without lic/reg): 32

Registration to license conversion notices: 1

18/9/2023

No of squads:2

Total inspections:72

Closure (without lic/reg): 17

Registration to license conversion notices: 1

01/08/2023

Total inspections: 252

Closure (without lic/reg): 53

Registration to license conversion notices: 28

02/08/2023

Total inspections: 420

Closure (without lic/reg): 95

Registration to license conversion notices: 37



FOOD SAFETY ON WHEELS

Month	Total No. of IEC activities conducted in the month	No. of Awareness programs	Location of Program(s)	No. Of participants	No. of Training program	Location of Program(s)	No. Of participants
04/2023	6	6	Puthupally	14	-	-	-
			Changanassery	10			
			Vadavathur	10			
			Kollad	5			
			Athirampuzha	48			
poonjar	7						
05/2023	5	3	Perunna stand	11	2	CMS Higher secondary school	69
			Puthuppally charch	12		St.annes girls high school	70
			Kadappattur Mahadeva temple	6			
06/2023	1	-	-	-	1	Gov. LPS Madappally	101

07/2023	8	6	Kottayam children's library	50	2	Govt,model high school changanasserry	27
			K E College mannanam	10		MGMHSS Pampadi	40
			Vaikom sathyagraha hall	13			
			Bharananganam church	16			
			Milk society payippadu	23			
			Milk society nalukodi	10			
08/2023	8	6	ACFS Kottayam	40	2	Chavara CMI Public school PALA	83
			Kodimatha market	28		Puzhavath govt,LPS	20
			Poonjar thekkekara	6			
			Changanasserry	19			
			Nalumanikkattu	28			
			Velloor	5			
09/2023	6	3	Kanjirappally civil station	8	3	NSS School Vechoor	56
			pala	7		Sree Dayananda L P School kuruvikoodu	73
			poonjar	14		St. Josephs training college mannanam	68
10/2023	12	6	Vijayapuram panchayath	20	6	Gov. HSS Trikodithanam	20
			KSRTC STAND Ettumanoor	75		Model school changanasserry	25
			Meenachil panchayath	50		St. Mary's HS Manarkadu	80
			Elikulam panchayath	30		Gov. UPS Muttambalam	18
			ICDS Chalaparampu	20		Gov LPS Madappally	50
			Poonjar bus stand	25		St. Josephs institution For hotel management	150
11/2023	6	4	Ettumanoor temble	25	2	Asramam school vaikom	45
			Changanasserry town	20		Nattakom vhss	150
			Mukkoottuthara	25			
			Erumely town	35			
12/2023	5	5	mukkada	30	-	-	-
			Erumeli	20			
			Erumeli town	45			
			Erumely parking area	25			
			Sreenipuram	27			
01/2024	5	3	Kanamala	10	2	St.josephs ghss	43
			Athirampuzha	15		Kristhu jyothy higher secondary school	80
			Kuravilangadu	20			
02/2024	10	6	Pallickathodu Panchayath Bus stand	20	4	Kristu jyoti HSS Changanasserry	105
			Velloor grama panchayth	20		St. Thomas HS Anickadu	120
			Mundakayam Bus stand	15		Govt. H S S Thazhathuvadakara	40
			Meenachil panchayath	20		M D Seminary HSS Kottayam	20

			Athirampuzha family Health center	75			
			Pallickathodu Panchayath	30			
03/2024	1	-	-	-	1	Govt.ITI Ettumanoor	40

Performa for submitting IEC Activities conducted in connection with MFTL during the period of April 2023- April 2024 under KOTTYAM District



