

NIRMALAGIRI COLLEGE

Department of Home Science

Department Activities

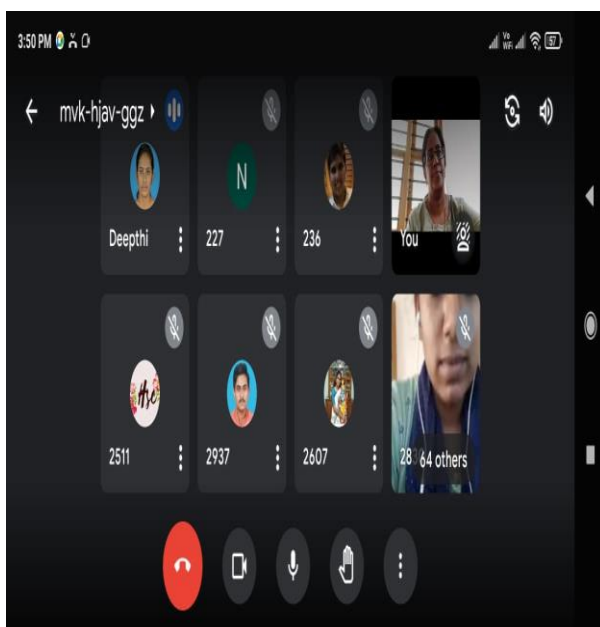
2021-22

Report of the Activities 2021-22

Programme: 1

Title of the Programme: Talk on 'Eat Smart, Be Smart'

Brief Report: As part of World Food Safety Day, Deepthi Lisbeth delivered a talk on 'Eat Smart, Be Smart' in the NGC NSS Unit 25 & 26 as orientation on 07-06-2021.

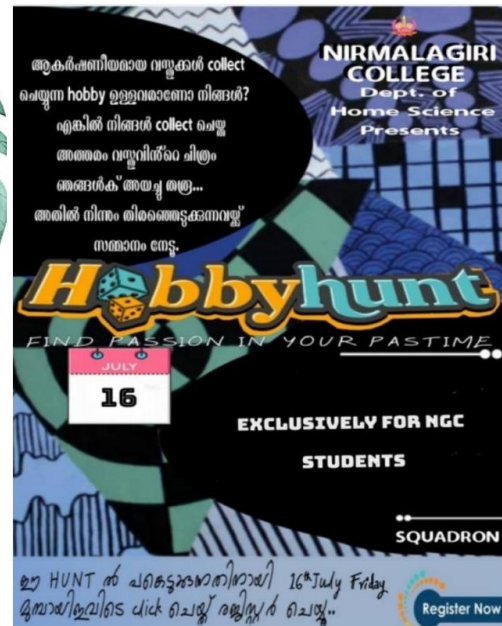
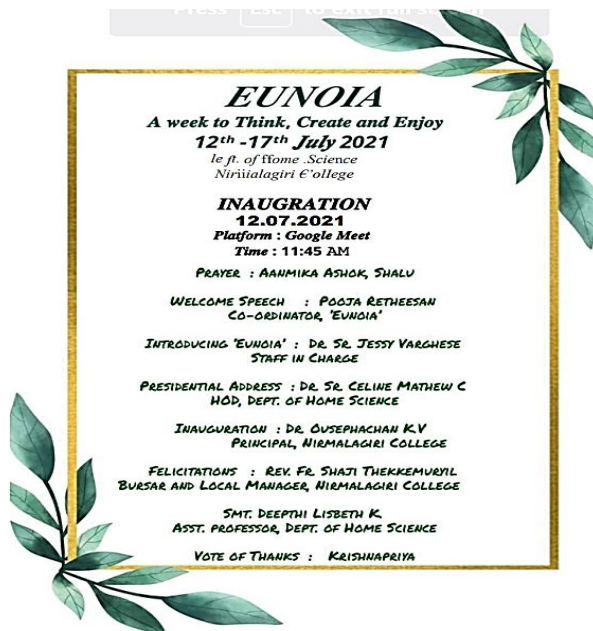
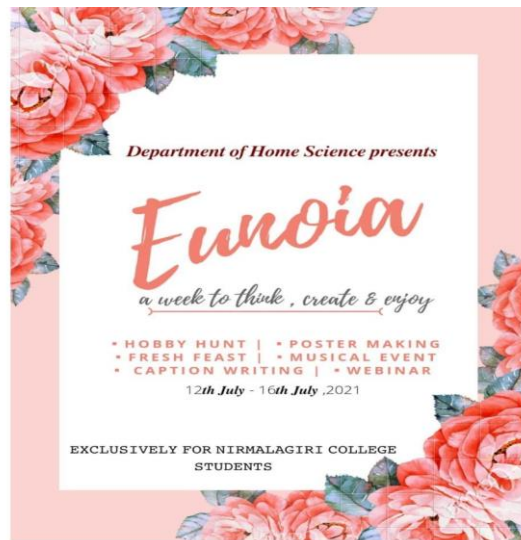
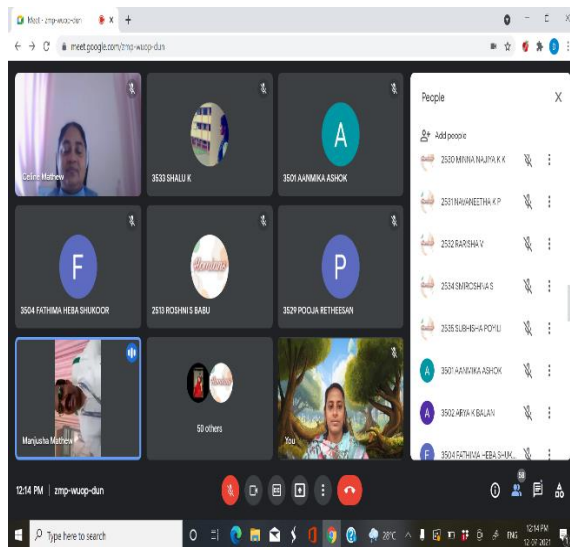


Programme: 2

Title of the Programme: Event management

Brief Report: An event management programme was organized from 12-07-2021 to 16-07-2021 named 'Eunoia'. Students were categorized into 3 groups and each group conducted various programmes like webinars, cooking competitions, hobby hunt, musical events etc. Due to the Covid pandemic, all the programmes were conducted online. Inauguration of the programme was conducted online at 11.30 am. Dr. Sr. Celine Mathew C presided over the function and course coordinator Dr. Sr. Jessy Varghese briefed about the programme. College

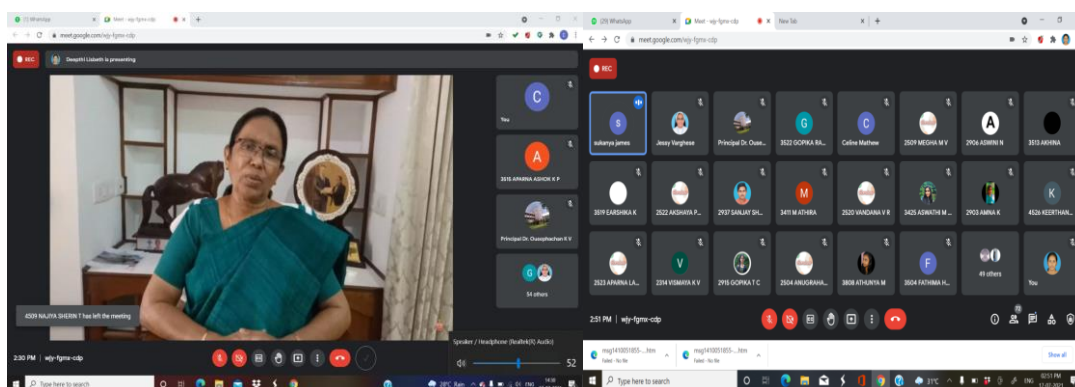
principal Dr. Ousephachan K V inaugurated the function. In the following days, student groups organizes different programmes like cooking competitions named the fresh feast, musical events, poster-making competitions, hobby hunt and a webinar. In the poster-making competition the first prize was won by Arsha Johnny of II DC English, the second prize was won by Vismaya KV of II DC Botany, and the third prize won by Akhina of III DC Home Science. Also, in the cooking competition, Rose Joe of II DC botany got the first prize, second place was won by Minna Najiya of II DC Home Science and third place won by Nihala Yasmin of II DC Home Science.

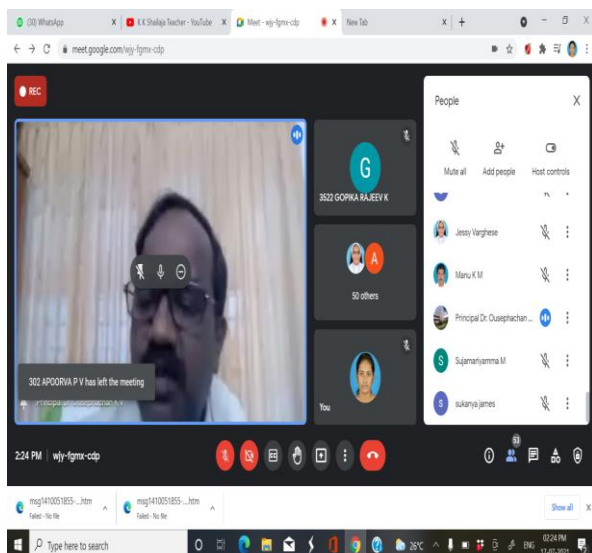


Programme: 3

Title of the Programme: Webinar on “is dowry, the price tag of women?”

Brief Report: The department of Home Science organised a webinar on “Is Dowry, the Price Tag of Women?” as a part of the event management day celebration on 17th July 2021 at 2 p.m. Google Meet was the platform for the webinar. Dr. Sr. Celine Mathew welcomed all the participants to the webinar. Dr. Ousephachan K.V delivered the presidential address. The chief guest for the day was Smt. K.K. Shailaja, Former Health Minister of Kerala. The resource person for the webinar was Smt. N. Sukanya (Syndicate Member, Kannur University). The session was really informative and thoughtful. A caption writing competition for the students of Nirmalagiri College was also conducted as a part of this insightful webinar.





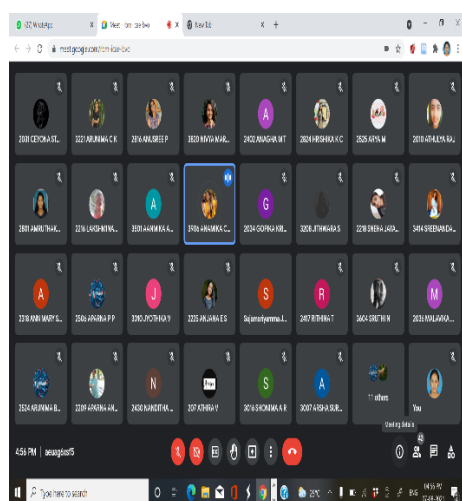
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FOR THE CAPTION WRITING
COMPETITION**



Programme: 4

Title of the Programme: Talk on ‘Eat Healthy, Be Healthy, Feel Healthy’

Brief Report: On 07-08-2021 Ms. Deepthi Lisbeth delivered a talk on ‘Eat Healthy, Be Healthy, Feel Healthy’ in the NCC Unit of NGC. Healthy foods and healthy eating habits were discussed in the session.



NCC NIRMALAGIRI COLLEGE
9 K GIRLS BATTALION

WEBINAR

Topic
Eat healthy
Be healthy
Feel healthy

Ms. Deepthi Lisbeth K
Assistant Professor
Homescience Department

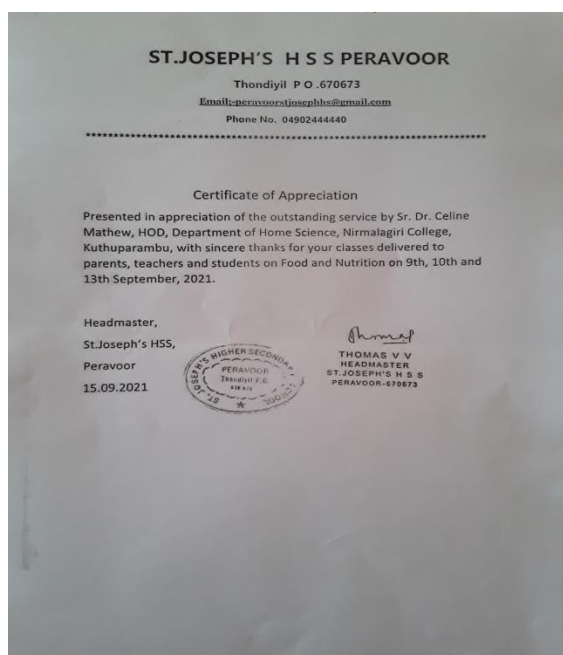
August 7
4.00PM

Meet

Programme: 5

Title of the Programme: Webinar on Health and Nutrition

Brief Report: Dr. Sr. Celine Mathew C was a resource person for a webinar organized by St. Josephs HSS Peravoor on the topic- 'Health and Nutrition'. The programme was online and conducted from 09-09-2021 to 13-09-2021.



Programme: 6

Title of the Programme: National webinar on 'Feeling Smart Right from the Start'

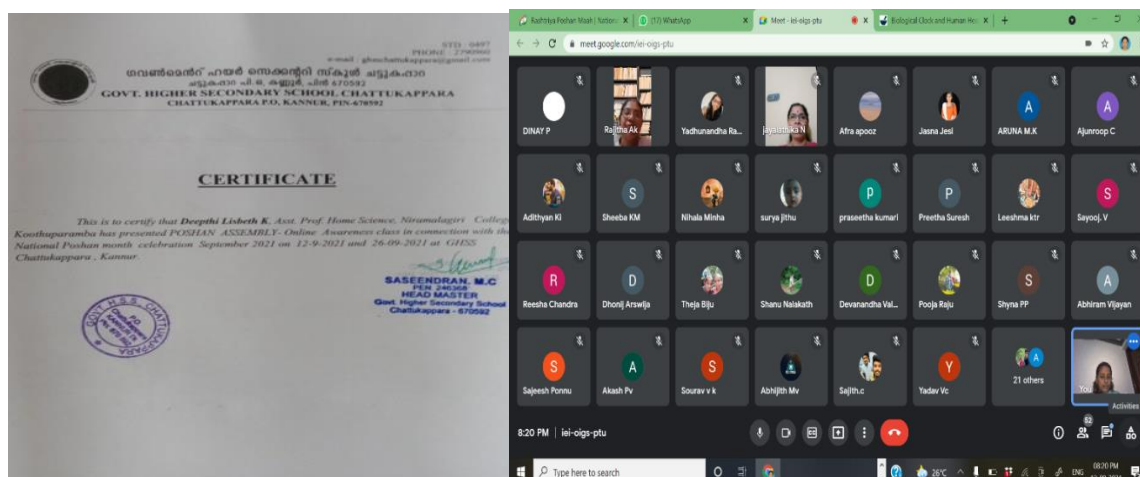
Brief Report: On 11-09-2021, Dr. Sr. Celine Mathew C delivered the keynote address in one day National webinar on 'Feeling Smart Right from the Start' which was organised the by Department of Family and Community Science, BCM College, Kottayam, Kerala.



Programme: 7

Title of the Programme: Poshan Assembly in connection with National Poshan Month Celebration 2021

Brief Report: In connection with the National Poshan Month Celebration 2021 online awareness classes were provided to students of the high school category. It was named as Poshan Assembly. Smt. Deepthi Lisbeth K handled different sessions about healthy lifestyles on 12-09-21 & 26-12-21 at GHSS Chattukappara and 21-09-21 at GHSS Maloor. Dr. Sr. Celine Mathew C handled various sessions regarding healthy and nutritious food on 09-09-21, 10-09-21 and 13-09-21 at St. Joseph's HS Peravoor and 18-09-21 at GHSS Chattukappara.



Programme: 8

Title of the Programme: Skill development programme leads

Brief Report: Department of Agriculture Development and Farmer's welfare of Edakkad Block Panchayth organized training on Flower arrangement on 06-10-2021 at Edakkad Gramapanchayath Hall at 10 a.m. Dr. Sr. Celine Mathew C and Deepthi Lisbeth lead the training programme. Live demonstrations on different types of flower arrangements like triangular arrangement, mass arrangement, line arrangement, and floating arrangement were done.



Programme: 9

Title of the Programme: Merit Day Celebration

Brief Report: Department merit day was conducted on 12-11-2021 to honour the meritorious students in the department. Najiya Sherin T, Ameena and Reyana Banu secured Ist, IInd and IIIrd rank in the Kannur University Final year examination.



Programme: 10

Title of the Programme: Practical and theoretical class based on the subject value addition (Jam, Squash, Sauce etc.)

Brief Report: Ms. Deepthi Lisbeth has handled the practical and theoretical class based on the subject value addition (Jam, Squash, Sauce etc.) for 25 farmers related to the capacity building training program under the scheme ATMA 2021-22 (Department of Agricultural Development and farmers welfare) on 04-02-2022 at Thodekkalam. Demonstrations of squash and jam ketchup were conducted for the farmers.



Programme: 11

Title of the Programme: Awareness class on state nutrition and diet-related intervention program

Brief Report: An awareness class on lifestyle diseases was given to ASHA, Anganwadi, and Kudumbasree workers by Smt. Deepthi Lisbeth K, Assistant Professor of Home Science as part of the State Nutrition and diet-related intervention program 2021-22 at Padiyoor Kallyad Gramapanchayath on 18-2-2022. Dietary interventions for various lifestyle diseases were explained in the session.



Programme: 12

Title of the Programme: Awareness class on state nutrition and diet-related intervention program

Brief Report: An awareness class on lifestyle diseases was given to ASHA, Anganwadi and Kudumbasree workers by Smt. Deepthi Lisbeth K, Assistant Professor of Home Science as part of the State Nutrition and diet-related intervention program 2021-22 at Ulikkal Gramapanchayath on 07-03-2022. Dietary interventions for various lifestyle diseases were explained in the session.



ഉളിക്കൽ ഗ്രാമപഞ്ചായത്ത്
കുടുംബാരോഗ്യകേന്ദ്രം ഉളിക്കൽ

സ്റ്റേറ്റ് ന്യൂട്രീഷൻ & ഡയറ്റ് റിലേറ്റഡ്
ഇന്റർവെൻഷൻ പ്രോഗ്രാം 2021-22

ആശ, അകണവാടി, കുടുംബശ്രീ
പ്രവർത്തകർക്കുള്ള ബോധവൽക്കരണ ക്ലാസ്സ്

സ്ഥലം: ഉളിക്കൽ ഗ്രാമപഞ്ചായത്ത് ഹാൾ
തീയതി: 2022 മാർച്ച് 7 തിങ്കളാഴ്ച



Programme: 13

Title of the Programme: International Women's Day celebrations-A talk on "Good Mother"

Brief Report: In connection with international women's day celebrations Dr. Sr. Celine Mathew C, Associate Professor of Home science had given a talk on "Good Mother" (child rearing methods) was given to mothers of St. Alphonsa Church Kolayad on 08-03-2022 at 4.30 p.m. sixty parents were participated and benefited from the session.

അന്താരാഷ്ട്ര വനിതാ ദിനം
2022

കോളയാട് സെന്റ് അൽഫോൻസാ
 മാതൃവേദിയുടെയും ക്രൈഡിറ്റ്
 യൂണിയന്റെയും ആഭിമുഖ്യത്തിൽ
 അമ്മമാർക്ക് ക്ലാസ്സ്
 വിഷയം : 'നല്ല അമ്മ'



Sr. Dr. Celine S H
 (Professor, Nirmalagiri College)
 മാർച്ച് 8, ചൊവ്വാഴ്ച
 വൈകുന്നേരം 4:30 ക്ക്

Programme: 14

Title of the Programme: Association inauguration

Brief Report: Home Science association inauguration was conducted on 18-03-22. Nirmalagiri College Principal, Dr Ousephachan K.V presided over the function. Smt. Joona K C (ICDS Supervisor, Edakkad ICDS, Kannur) inaugurated the function and delivered an inaugural address. College Union Chairman Sri. Abin Kuriakose facilitated the meeting. Deepthi Lisbeth K, Assistant Professor of Home Science welcomed the meeting. Those who secured 90% above marks in plus two were honoured in the meeting. Different cultural programmes like dance and music were conducted in the programme.



Programme: 15

Title of the Programme: Industrial Visit

Brief Report: As a part of the academic activities of the Home Science Department, the students of I DC and II DC Home Science were taken for an Industrial visit to Iringal Craft Village, Vadakara on 26-03-2022. Through this Industrial Visit, students got an opportunity to get familiarised with different craft technologies like weaving, jewellery making, making art objects with waste products, stitching, and handicrafts, and also introduced to the working

of a loom. This visit was a refresher for the students from their busy academic schedules as well as practical exposure to their academics.



Programme: 16

Title of the Programme: PSTA Meeting

Brief Report: PSTA meeting of I B.Sc Home Science was conducted on 30-03-2022 Wednesday at 1.30 pm. Dr. Sr. Celine Mathew C, HOD; Department of Home Science presided over the function. Dr. Ousephachan K.V Principal, Nirmalagiri College inaugurated the meeting and interacted with the parents. I B.Sc tutor Dr. Sr. Celine Mathew C and other faculties discussed academic and co-curricular aspects with parents and students. Most of the parents were share their opinions and suggestions regarding academic and co-curricular aspects.

PSTA Meeting ROR-2022 30/3/22				PSTA Meeting ROR-2022 30/3/22			
Class: I B.Sc Home Science The PSTA meeting of 1 st year B.Sc Home Science was arranged on 30 th March 2022. The main agenda of the meeting was the result evaluation of the model examination and other curricular aspects of the first year students.				Class No.	Name of the student	Name of parent	Signature
4527	Nikhala Thasneem	Rafique M.A.	RD	4519	Asmita T	Prasanna	PR
4522	Diyadileep C.V	Dileep Kumar CV	RD	4523	Anagha V	Sindhu	SR
4515	ASWIN E	Suresh Babu	SR	4518	ADITHYAN V	Rona V	SR
4524	ANBANA K.K	Sujitha	SR	4514	ASABINATH M	Shreya	SR
4511	Santhusha Sankaranarayanan	Deena P	SR	4516	Amea G.K	Sreya V	SR
4517	Anagha Anilkumar	Sheena MV	SR	4507	Pooja Rajesh N	Salitha Agasthi	SR
4524	Sandhya Sugathan	Seena P.V	SR	4525	Nandana G.N	Pooja T.T	SR
4509	Sandhya Chandran	Sujitha K.K	SR	4526	Nandana Parvath K.M	Vijitha M	SR
4511	Shanthanya Jayaraj	Sreya Thara	SR	4511	Parvathambika Jayaraj	Parvathambika	SR

Programme: 17

Title of the Programme: Farewell Ceremony

Brief Report: The farewell ceremony for our beloved faculty Dr. Sr. Jessie Varghese was conducted on 01-04-22 at 10.30 am. She was the faculty of the Home Science department from 2009 onwards. She took an active role in moulding the career of thousands of students. The meeting was presided over by College Principal Dr. Ousephachan K V and College Bursar Rev. Fr. Mathew Thekkemury inaugurated the meeting. Dr. Sr. Celine Mathew C recollected some memories with Dr. Sr. Jessie Varghese and student representatives shared their experiences and memories. Dr. Sr. Jessie Varghese harks back to his days with staff, students and management. She replied with gratitude to all the authorities, faculties and students for giving opportunities to serve them best. An alumni meeting was also organised in connection with the retirement meeting. Several numbers of alumni were present and share their experiences with the college and department. Students performed different cultural programmes. The meeting ended up at 4.30 pm.





Programme: 18

Title of the Programme: Picnic

Brief Report: A picnic was arranged for III B.Sc students from 22-05-22- to 23-05-22. Students visited Kodaikkanal and Marayoor. It provides an opportunity to bond with students, socialize and have fun at the same time. Dr. Sr. Celine Mathew C and Sri. Pavithran Nittoor accompanied the students.

