

NIRMALAGIRI COLLEGE

Department of Home Science

Department Activities

2022-23

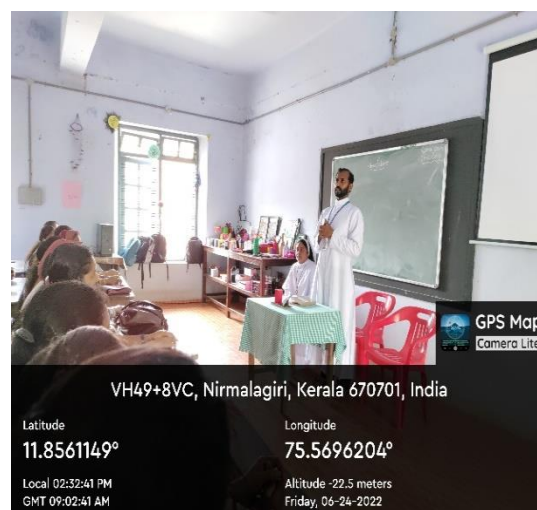
Report of Department activities 2022-23

Programme: 1

Title of the Programme: PSTA Meetings

Brief Report: PSTA meeting of III B.Sc Home Science was conducted on 24-06-2022 Friday at 2.00 P.M. Dr. Sr. Celine Mathew C, HOD, Department of Home Science presided over the function. Vice Principal of the college Rev. Fr. Dr. Joby Jacob delivered the keynote address. III B.Sc tutor Smt. Deepthi Lisbeth K lead a discussion between parents, students, and teachers. P.S.T.A of II B.Sc students was conducted on 15-07-2022 at 2.00 pm. The meeting was presided over by Dr. Sr. Celine Mathew C, HOD, Department of Home Science and Dr. T. K Sebastian, Associate Professor; Dept. of Economics inaugurated the meeting. II B.Sc tutor Ms. Amaya K interacted with parents and discussed about curricular and co-curricular aspects. Most of the parents were share their opinions and suggestions regarding academic and co-curricular aspects during the meeting. After the common meeting, teachers interacted with the parents and students individually and provide guidance for their overall development.

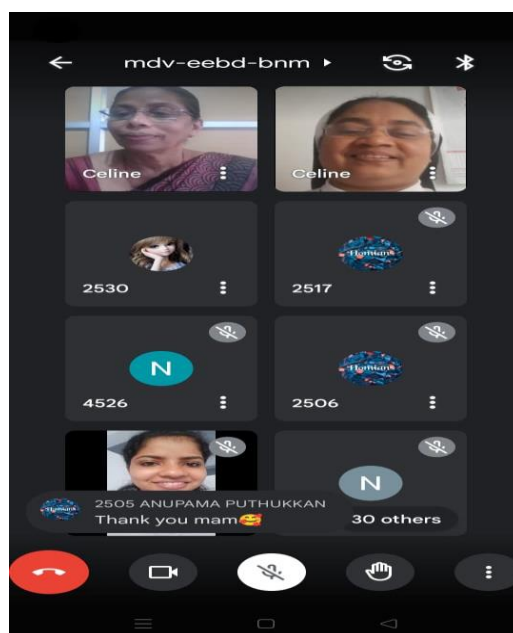
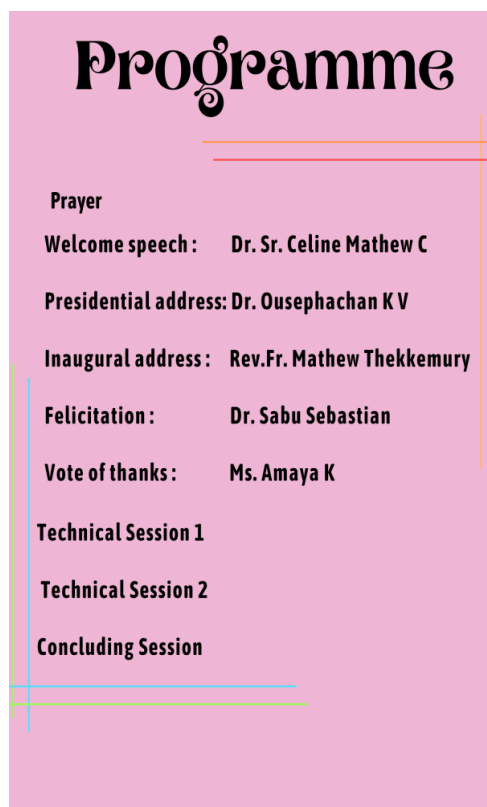




Programme: 2

Title of the Programme: Webinar on introduction to research methodology

Brief Report: In order to impart knowledge about the basics of research methodology, the department of Home Science took an initiative to conduct a webinar on “Introduction to research methodology” for the students of the department. The webinar was conducted on July 8, 2022. It was started at 10 a.m. Welcome speech was done by Dr. Celine Mathew C (Head of the Department of Home Science) and the Resource person for the day was Dr. Sheelamma Jacob (Rtd. HOD, Home Science, St. Teresa’s College & former director DDUKK, Sreesankara College, Kalady). The Presidential address was delivered by Dr. Ousephachan K.V (Nirmalagiri College Prinicipal) and the inauguration was done by Rev. Fr. Mathew Thekkemury (Bursar, Nirmalagiri College). Dr. Sabu Sebastian felicitated for the programme. Ms. Amaya K (Assistant Professor of the Department of Home Science) thanked all the guests and participants of the webinar. The webinar included “research methods” as the first technical session and “writing a research proposal” as the second technical session. It was very interesting and informative for the students for their higher studies. The webinar came to an end by 4 p.m.

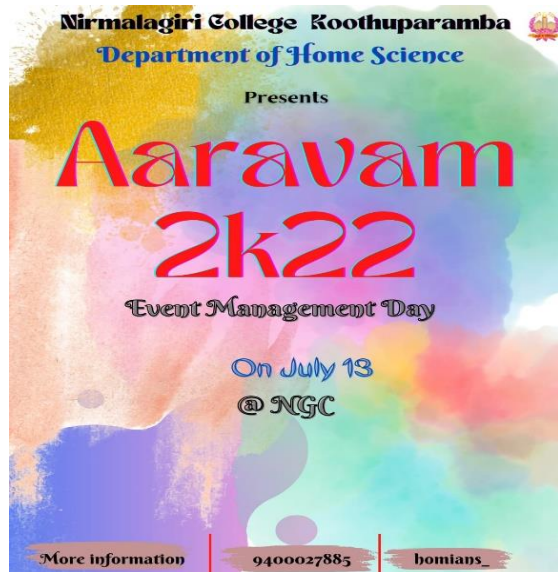


Programme: 3

Title of the Programme: Event management day celebration

Brief Report: The Department of Home Science students conducted “Aaravam 2k22”, the event management day celebration on 13th July 2022. Students arranged the ambience and joy of 3 different festive days such as Christmas, Onam and Eid Mubarak. They also arranged

grand food for the department faculties, students and special guests of the day. All the NGC members were allowed to participate in this grand function of the Home Science Department.



Programme: 4

Title of the Programme: Onam celebration

Brief Report: As the symbol of unity and prosperity, Department of Home Science celebrated the festival Onam on 1st September 2022. The day was joyfully celebrated with lot of games and competitions. In the inter-departmental “Pookalam” competition, Home Science department won the first prize and it was a great result of the unity and strength of students and teachers of our department. Students of the department participated in different other competitions such as “Vadamvali”, “Chakkilottam”, “Uriyadi”, “Sundarik Pottuthodal” etc. Onasadhya was arranged by the students of the department in which we all could gather and have a delicious meal together. After all it was an amazing day which gave lots of joy and memories.



Programme: 5

Title of the Programme: Merit Day Celebrations

Brief Report: Meritorious students in the department were honoured on 22-09-2022. Students who performed well in university examinations were acknowledged with mementoes. Nidha Sara Rafeeq got Ist position, Akhila K P secured the IInd position and Gopika Rajeev bagged IIIrd position.



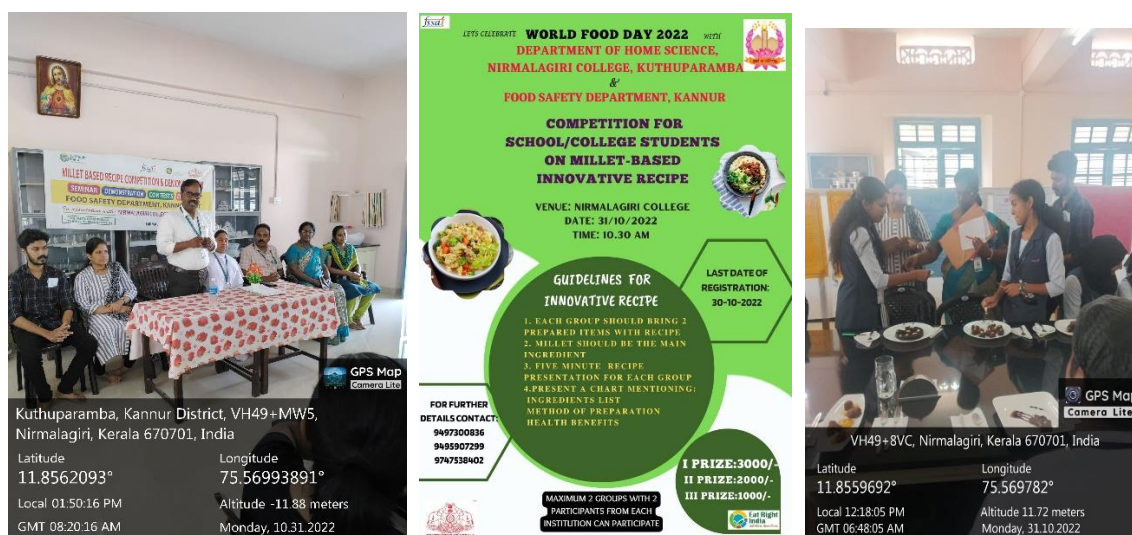
Programme: 6

Title of the Programme: World Food Day Celebration

Brief Report: As part of the World Food Day Celebration, the department of Home Science in collaboration with the Kannur Food Safety Department conducted a millet-based innovative recipe competition on 31st October 2022. World food day celebrations were inaugurated by Dr. Ousephachan K V, Principal, Nirmalagiri College and a message about safe and healthy food was given by Smt. Shonima P, Food Safety officer, Kannur. The competition was open to both school students and college students. The program was a great success, providing a creative platform for many students to open up their talents.

Different groups from Kolayad St. Cornelius Higher Secondary School, Nirmalagiri College Kuthuparamba, Nirmalagiri Arts & Science College, Kuthuparamba and Food Craft Institution Kannur participated in this competition. Shonima.P and Mahesh M.S, food safety officers of Kannur Food Safety Department and Dr. Deepamol Mathew, assistant professor of Nirmalagiri College were the judges for this competition. Based on the true judgment, the

team of Neha & Haritha from Food Craft Institution won the first prize worth 3000 rupees for their ragi carrot smoothie and ragi hearts. Team of Saniya and Sivaganga from Nirmalagiri Arts & Science College won the second prize worth 2000 rupees for their ragi idli and ragi burfi. Team of Vipin Vinod and Navaneeth from Food Craft Institution won the third prize worth 1000 rupees for their chicken ragi soup and ragi pizza.



Programme: 7

Title of the Programme: Theoretical class on processing and value addition technologies of fruits and vegetables, the importance of safe and nutrient food for health

Brief Report: A session on processing and value addition technologies of fruits and vegetables, and the importance of safe and nutrient food for health was handled by Dr. Sr. Celine Mathew C, Associate Professor of Home Science on 15/12/2022 as part of the Pre-Krishidarshan programme for agricultural officials of Panoor block. The technical session detailed the value addition of different fruits and vegetables like banana, jackfruit, mango, bittergourd, kovai etc., and food safety.



Programme: 8

Title of the Programme: Christmas Celebrations

Brief Report: Department of Home Science celebrated Christmas with different programmes on 23-12-2022. Dr. Sr. Celine Mathew C HOD, Department of Home Science gave the Christmas message. Students made Christmas crib. Christmas card making competition was conducted and Fathimath Safna, Rarisha V and Theja P from III DC Home Science won the I, II, and III Prizes respectively. Christmas gift exchange and cake cutting were also part of the programme





Programme: 9

Title of the Programme: Grand Alumni Meet 2022

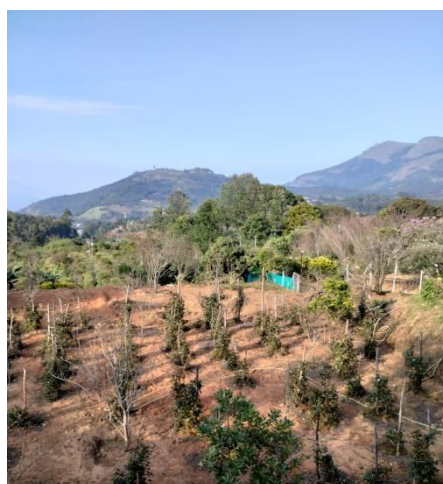
Brief Report: The department of Home Science conducted grand alumni meeting on 31-12-2022 at 10. am. Alumni meetings help to reconnect alumni and help to organise different activities. Dr. Sr. Celine Mathew, HOD Department of Home Science presided over the meeting. Former retired faculty Pro. Graciamma Mathew inaugurated the function and Dr Sr. Jessy Varghese, former HOD, of the Department of Home Science, delivered the keynote address and Pro. Santha Thomas felicitated the function. Smt. Deepthi Lisbeth K delivered a vote of thanks for the function. Alumni share their experiences and memorise different events.



Programme: 10

Title of the Programme: Study tour

Brief Report: A study tour was arranged for III DC Home science students from 26-01-2023 to 30-01-2023. On day 1 the students visited Kodaikkanal, Moir point, Pine forest, Guna cave and Green valley view. Marayoor Jaggery factory, fruits and vegetable garden and Brahmaram shoot location were the spots included in day 2. On final day of the tour the students visited Munnar Lakkom waterfalls, Eravikulam national park and Botanical garden. Faculties of the department accompanied the students. The students enjoyed a lot and they got an opportunity to socialize.



Programme: 11

Title of the Programme: Training on Value addition of Fruits and Vegetables

Brief Report: RATTC Taliparamba conducted a training programme on “Value addition of Fruits and Vegetables” on 01-02-2023 and Dr. Sr. Celine Mathew demonstrated the process of value addition to the farmers. Demonstrations of squash, jam, ketchup and pickle were conducted and farmers participated with enthusiasm.



Programme: 12

Title of the Programme: Training Programme on Flori Village

Brief Report: Department of Agriculture Development and Farmer's welfare of Kannur district (RATTC, Taliparamba) organized a training programme on “Flori Village” for farmers at Shikshak Sadan, Kannur on 04-02-2023. Dr. Sr. Celine Mathew C led the training programme. Live demonstrations of different types of flower arrangements like triangular arrangement, mass arrangement and line arrangement were done. Farmers were actively participated in the programme. A flower arrangement competition was conducted and prize was distributed to the winners.



Programme: 13

Title of the Programme: Workshop on Standardisation of Recipes

Brief Report: Department of Home Science, Nirmalagiri College conducted a Recipe Standardisation Workshop for B.Sc Home Science students. The workshop was held on 07-02-2023 at the NutritionLab. Mahatma Gandhi University Research Scholar Teena Thomas was the resource person. Key areas discussed are,

- Importance and procedure of conducting research
- Standardisation – Introduction, Definition and Significance
- Understands the recipe standardisation process
- Training to standardize value-added chapatis

The entire class was divided into 6 groups and each group prepared 2 types of chapatis. Chapati was chosen as a convenience food. Recipes are designed based on referencing online platforms and are standardised by students. Prepared recipes are wheat chapati, beetroot chapati, carrot chapati, spinach chapati, tomato chapati, garlic chapati, oat chapati, aval chapati, ragi chapati, diabetic- friendly chapati and dal chapati. Detailed preparation methods, ingredients used, cooking method, problems faced during processing, health benefits of each chapati and dietary aspects of each are discussed in the time of presentation of the recipe. The sensory evaluation of each item's taste, texture, appearance, colour, and flavour was also done. Tomato chapati got a high score. The practical session helps to get a clear idea about various processes in recipe Standardisation. And also, brief idea about food establishments.

Interactive sections make the class alive. Home Science students got an opportunity to clear their doubts about the projects and experience culinary quality as an essential aspect of food establishments.





Programme: 14

Title of the Programme: Baking Demonstration workshop

Brief Report: A baking demonstration workshop was organised for students of Home Science on 08-02-2023 at 10.30 a.m. Smt. Deepthi Joshy a young entrepreneur was the resource person. She demonstrated a variety of cake items like red velvet, white forest and black forest. Students enthusiastically participated. The session was very interesting and attractive.



Programme: 15

Title of the Programme: Association Inauguration

Brief Report: Home Science association inauguration, “Nutrista” was conducted on 07-03-2023. The chief guest was Ms. Sherin Abraham, Assistant Professor of PG and Research Department of Home Science, Morning Star Home Science College, Angamaly. She led a session regarding the importance and scope of Home Science in the areas like start-up programmes. College principal Dr Ousephachan K V addressed the gathering and Dr. Sr. Celine Mathew felicitated the programme. Also, the students who won prizes at University Youth Festival and Sports were honoured in the programme.

