

# **NIRMALAGIRI COLLEGE**

## **Department of Home Science**

### **Department Activities**

**2020-21**

## Report of the activities 2020-21

## Programme: 1

**Title of the Programme: Webinar on “Enlighten ourselves to take care in Covid -19 season”**

**Brief Report:** The department of Home Science & IQAC Nirmalagiri College organized a webinar on “Enlighten Ourselves to Take Care in Covid -19 Season” for the students and faculties of Nirmalagiri College through Google Meet on 14.08.2020 at 3 .00 p.m. Dr. Sr. Celine Mathew (HOD, Department of Home science) welcomed all the participants and special guests of the day. Resource person was Sri. Vineesh Kumar P (Health Inspector, Peralasserry & Mangattidam Grama Panchayath). Presidential address was delivered by Dr. K.V. Ousephachan, Principal of Nirmalagiri College, Felicitation was delivered by Dr. Sr. Jessy Varghese (Asst. Professor of Home science Department), Smt. Deepthi Lisbeth thanked everyone for their participation in the webinar. Seventy Students and many faculties participated in the webinar.

**DEPARTMENT OF HOMESCIENCE**

**Enlighten ourselves to take care in  
Covid-19 season**

**PROGRAMME**

**Prayer**

**Welcome Speech** : **Dr. Sr. Celine Mathew**  
HOD, Department of Home Science

**Presidential Address** : **Dr. K.V. Ousepachan**  
Principal, Nirmalagiri College


**Felicitations** : **Dr. Sr. Jessy Varghese**  
Asst. Professor, Department of Home Science

: **Dr. Sabu Sebastian**  
IQAC Coordinator, Nirmalagiri College

**Presentation** : **Mr. Vineesh Kumar P**  
Health inspector,  
Mangattidam & Peralassery Grama panchayath

**Vote of Thanks** : **Smt. Deepthi Lisbeth**  
Asst. Professor, Department of Home Science

**-NIRMALAGIRI COLLEGE-**



# NIRMALAGIRI COLLEGE

Re-accredited by NAAC with A Grade  
Affiliated to Kannur University


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Join our Webinar


## Enlighten ourselves to take care in Covid-19 season

Organised by Department of HomeScience & IQAC







**14 August 2020**  
(Friday)



**03-04 PM**



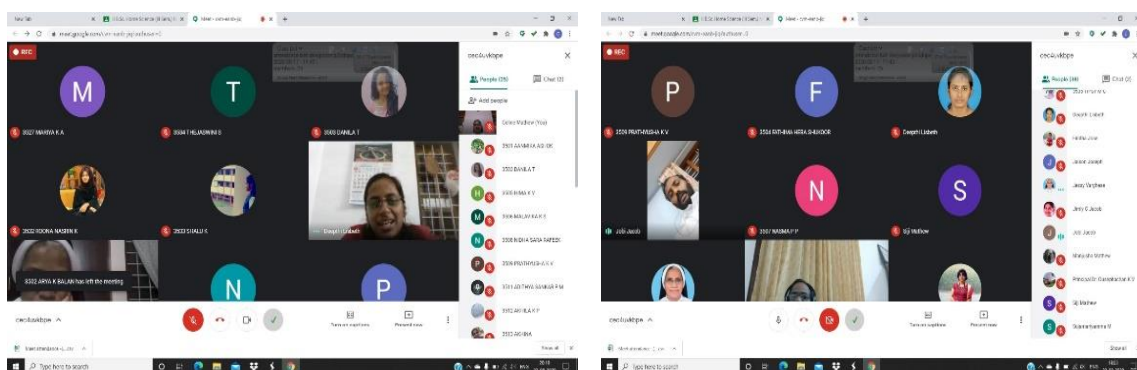
Join us on  **Google meet**

**Vineesh Kumar P**  
Health Inspector  
Mangattidam & Peralassery  
grama panchayath

## Programme: 2

### **Title of the Programme: PSTA III meetings**

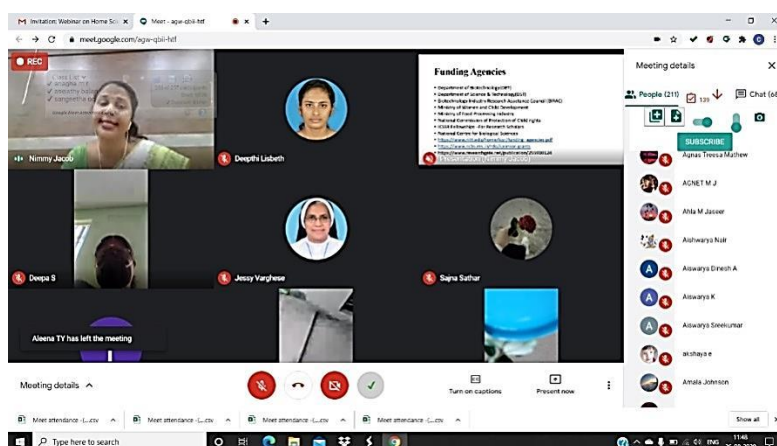
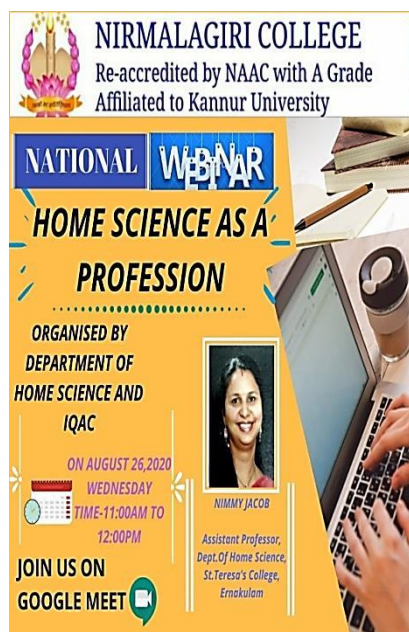
**Brief Report:** PSTA meeting of the III B.Sc Home Science was conducted on 22.08.2020 at 7.00 p.m. through google classroom and google meet. Dr. Sr. Celine Mathew presided over the function. Principal Dr. Ousephachan K.V. inaugurated the function and Vice Principal Fr. Dr. Joby Jacob delivered the keynote address. 22 students and their parents actively participated in the meeting. Students and parents share their anxiety about online education. Faculties interacted with the parents individually. P.S.T.A meeting of the II B.Sc Home Science was conducted on 23.08.2020 at 7.00 p. m through google classroom and google meet. Dr. Sr. Celine Mathew presided over the function. Principal Dr. Ousephachan K.V inaugurated the function and Vice Principal Fr. Dr. Joby Jacob delivered the keynote address. Faculties from English, Malayalam, Zoology, Chemistry and Hindi departments also participated and interacted with the parents and students. 27 students and their parents actively participated in the meeting. Students and parents share their anxiety about online education. Faculties interacted with the parents individually.



### **Programme: 3**

#### **Title of the Programme: National webinar on “Home science as a Profession”**

**Brief Report:** The department of Home Science and IQAC Nirmalagiri College jointly conducted a national webinar on “Home Science as a Profession” on 26.08.2020 at 11.00 a.m through Google Meet. The Resource Person was Smt. Nimmy Jacob (Assistant Professor, St.Teresa’s College Ernakulam). Around 245 participants across the country took part in this webinar. Various scope of Home Science was detailed in the webinar.



#### Programme: 4

##### Title of the Programme: Talk on Healthy Nutrition for Healthy Life

**Brief Report:** Ms. Deepthi Lisbeth (Assistant Professor, Department of Home Science, Nirmalagiri College) successfully conducted the nutrition counselling on “HEALTHY NUTRITION FOR HEALTHY LIFE” for ICDS Kuthuparamba in collaboration with National Nutrition Mission on 28-09-20 at 3 p. m through google meet and Facebook live. Different types of phytonutrients and their importance were mentioned in the session



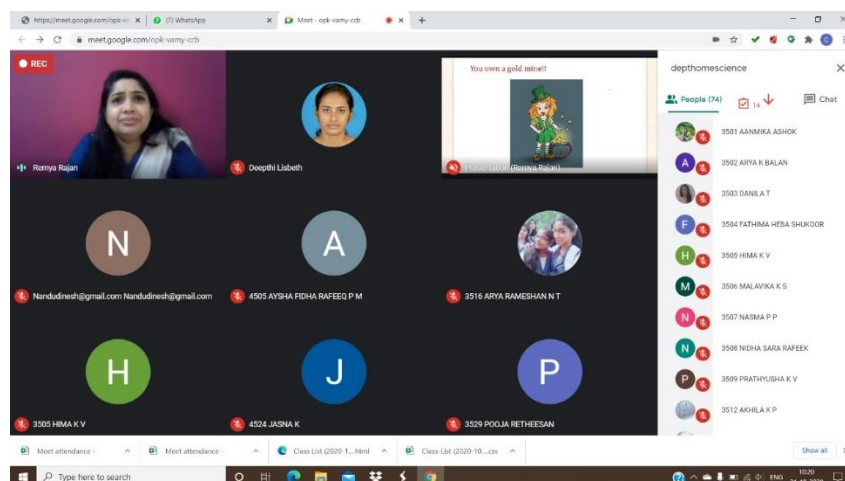
### Programme: 5

**Title of the Programme: Webinar on “How to build a Successful Carrer with Nutrition”**

**Brief Report:** A webinar on “How To Build A Successful Carrer With Nutrition” was organised by Departement of Home Science and IQAC Nirmalagiri Collge on 21.10.2020 at 10.00 a.m through google meet. The resource person was Smt. Remya Rajan (Health Coach, R. M. Nutrition4all). Ninety eight participants were there in the webinar. It was a very usefull one forall the Home Science students.



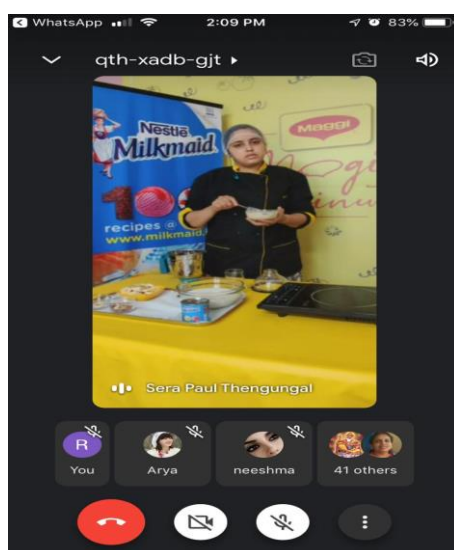




## Programme: 6

### Title of the Programme: Maggi Magic Cooking

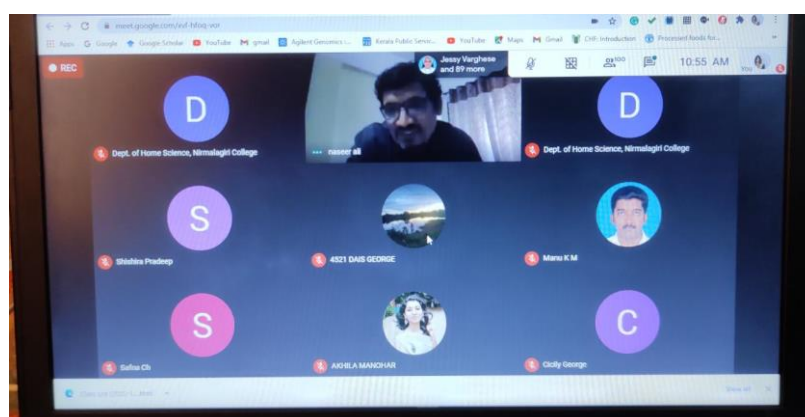
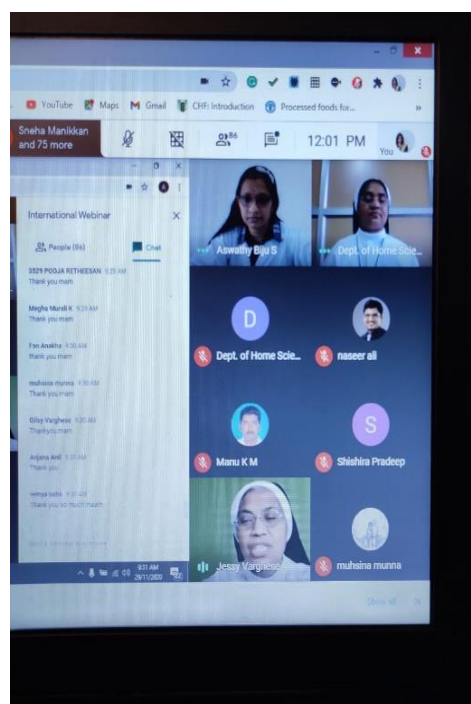
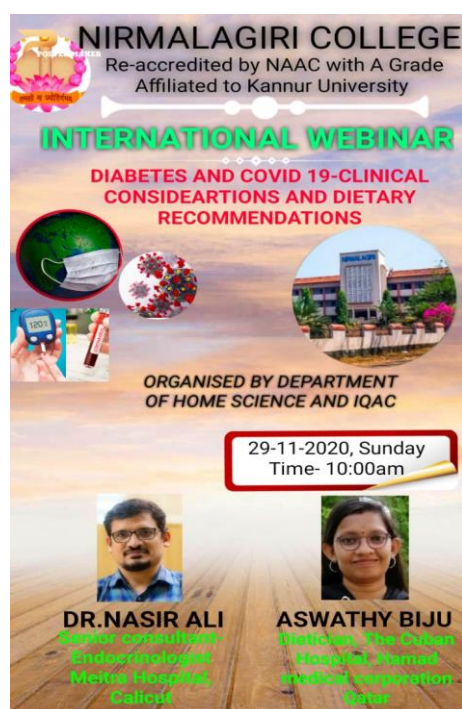
**Brief Report:** A live demonstration of mouth-watering recipes was conducted online in association with Maggi on 11.11.2020 at 3.00 pm. Ms. Sera Paul Thengungal demonstrated different items like puddings, cakes and a variety of noodles.



## Programme: 7

**Title of the Programme:** International webinar on “Diabetes and Covid 19-Clinical considerations and Dietary recommendations”

**Brief Report:** The Department of Home Science in association with Nirmalagiri College IQAC organised an International webinar on “Diabetes and Covid 19 -Clinical Considerations and Dietary Recommendations” on 29.11.2020 at 10.00 am through Google Meet and Youtube live streaming. The webinar was conducted in two sessions. The first session was handled by Dr. Naseer Ali ( Senior Consultant Endocrinologist, Meittra Hospiatl, Calicut) and the topic was “Diabetes and Covid -19- Clinical Considerations”.The second session was handled by Ms.Aswathy Biju (Dietitian, The Cuban Hamad Hospital, Qatar) and the topic was “Dietary Recommendations”. About one thirty participants were there.





### Programme: 8

#### Title of the Programme: Training on Flower Arrangement

**Brief Report:** A training on flower arrangement was conducted for 25 selected farmers of Kuthuparamba Krishi Bhavan on 15-03-2021 from 11 am to 3.30 pm. Dr. Sr. Celine Mathew C and Smt. Deepthi Lisbeth K was provided training on different methods and styles of flower arrangements.

