

NIRMALAGIRI COLLEGE

Department of Home Science

Department Activities

2017-18

Report of Department activities 2017-18

Programme: 1

Title of the Programme: Merit Day Celebration

Brief Report: The College celebrated merit day on July 12th 2017. It was a day when the meritorious achievements of our students were acknowledged and celebrated. The department toppers Amrutha S (8.814), Anu Sherin George (8.76), Arfana CP, Mehajbin Sherin, Anusree KK, Kavya M, Manjusha Mavila, Anusree KV, Aswini N and Farsana NP who secured 'A' grade in the University exams were awarded mementoes and file. Amrutha S the topmost specially awarded with cash prizes during the event.



Programme: 2

Title of the Programme: Event management

Brief Report: III B.Sc. Home Science students conducted an event management programme on 15 & 18 July 2017. Students were categorised into two groups and they celebrated Christmas, Vishu and Eid-ul-Fitr with appropriate events. Students made Christmas cribs and prepared special food items. Seeing the Vishukkani was arranged by the second group. Vishukkani is the offerings placed in prayer rooms at homes and in front of deities in temples as the first thing in the morning is believed to be the harbinger of the year's prosperity and good luck. Eid al-Fitr was celebrated with special room decorations and foods and group members wear special costumes also.



Programme: 3

Title of the Programme: Fresher's Day

Brief Report: The very purpose of fresher's day party is to welcome newcomers in a friendly atmosphere, to encourage their creative impulses to boost their confidence. Fresher's day was celebrated on 02-08-2017. All the faculty members of the department and all the senior students were present.



Programme: 4

Title of the Programme: Industrial visit

Brief Report: III B.Sc. Home Science students and three staff, Dr. Sr. Jessy Varghese, Dr. Sr. Celine Mathew. C and Ms. Deepthi Lisbeth visited the Kannur Milma dairy and weaving centres in Kannur on 10-08-2017. It was a wonderful experience for all students as well for the staff.



Programme: 5

Title of the Programme: Onam Celebration

Onam is one of the largest festivals in Kerala. It is celebrated by all the communities of Kerala. It brings happiness, joy and excitement. Onam celebration was conducted on 31-08-2017 with different cultural programmes. Onam pookkalam was made by the students and 'onasadya' was arranged for all the students. Different competitions like sac race, musical chair, kalam thallipottikkal and Vadam vali were conducted.



Programme: 6

Title of the Programme: Home Science Fest

Brief Report: The Department conducted a Home Science fest from 13-09-2017 to 15-09-2017. Msgr. Dr. Joseph Pamplany, college manager and the Auxiliary Bishop elect of the Arch Dioceses of Thalassery inaugurated the fest. Major attractions included were;

- A seminar on “Positive Transformation – A life coaching” by Dr. Anil Ramachandran (Asst. Professor, School of physical Education, Kannur University) for all the 1st year Degree students in the college.
 - “Ethnic Fusion cookery – A live demonstration by Mr. Rasheed Muhammed (Master Chef) for all teacher and students.
 - Vegetable carving demonstration by Mr. Sajeesh KK (corporate chef) on 15.09.19
- In connection with these different interdepartmental competitions were also organised.





**Home Science
Fest
2017**
13-15 September, 2017

Organised by:
Department of Home Science



NIRMALAGIRI COLLEGE
(Re-accredited by NAAC with A Grade)
Nirmalagiri P.O., Kuthuparamba,
Kannur, Kerala - 670701
www.nirmalagiricollege.ac.in,
Phone: 0490-2361247

PROGRAMME

13.09.2017 Wednesday
10.00 am
Technical Session - 1
**Ethnic Fusion Cookery
Live Demonstration**
Mr. Rasheed Muhammed (Master Chef)

Menu
Cream of Chicken Soup
Crackers
Salad Exotica
Broasted Chicken
Crispy Cauliflower
Dessert

14.09.2017 Thursday
9.30 am
Inauguration:
Msgr. Dr. Joseph Pamplany
(Manager, Nirmalagiri College)

Technical Session - 2
**Positive Transformation -
Life Coaching**
Dr. Anil Ramachandran
(Asst.Prof., School of Physical Education, Kannur University)

15.09.2017 Friday
12.30 pm
Technical Session - 3
**Vegetable Carving
Demonstration**
Mr. Sajeesh K K (Corporate Chef)

Competitions

13.09.17 Wednesday
COOKERY CONTEST

14.09.17 Thursday
WEALTH OUT OF WASTE

15.09.2017 Friday
QUIZ



Organising Committee

Dr. N. J. Saleena, Principal
Dr. Sr. Jessie Varghese (HOD of Home Science)
Dr. Sr. Celine Mathew, C (Asst. Professor of Home Science)
Ms. Deepthi I isbeth, K (Asst. Professor of Home Science)

PROGRAMME
20.1.2017

1.30pm
Inauguration
Dr.N.J.Saleena
(Principal, Nirmalagiri College)

Seminar : 2.30pm – 4pm
Dr.Sr.Vineetha Tom SH MBBS, MD
(Psychiatrist, Christuraja Hospital, Thakkilangadi)
Topic: **Positive Mental Health**

Health Checkup
1.00pm Onwards
Dr.Sr.Anjali Arackal SABS MBBS (DNB)
(Josegiri Hospital, Thalassery)

Valedictory and Prize Distribution: 4pm

Competitions

18/1/17 Wednesday
RECIPE CONTEST

MEHANDI DESIGNING

19/1/17 Thursday
VEGETABLE PRINTING

20/01/2017 Friday
FLOWER ARRANGEMENT
VEGETABLE CARVING

Programme: 7

Title of the Programme: Seminar on Human Rights

Brief Report: The seminar was conducted on 27th and 28th September 2017 at the seminar hall of Nirmalagiri College. On the first day, the seminar started with a welcome speech by Dr. Sr. Jessie Varghese, HOD of the Home Science Department and a presidential address was given by Dr. Saleena N.J, Principal of Nirmalagiri College. The resource persons for the day were Adv. Sr. Linat Cheriyan, Advocate of High Court, Ernakulam and Adv. Saranya A.C, Advocate of District Court, Thalassery. The morning session on ‘History of Human Rights; International

Bill of Rights’ was dealt by Adv. Sr. Linat Cheriyan and the afternoon session on ‘Human Rights in India’ was dealt by Adv. Saranya A.C.

On the second day of the seminar, the morning session from 10.30 a.m to 12.30 p.m on ‘Rights of Child with Special Reference to India’ was taken by Adv. Manu M. Thomas, High Court advocate, Ernakulam. The afternoon session from 1.30 p.m to 3.30 p.m on ‘Rights of Women with Special Reference to India’ was dealt by Adv. Ambili Vijayan P.C, Advocate of District Court, Thalassery. The valedictory address and Certificate distribution at 3.30 pm was done by Fr. Jobi Jacob, Vice Principal of Nirmalagiri College. This two day seminar was a great success and very useful.





NIRMALAGIRI COLLEGE

Re-accredited by NAAC with A Grade
Kuthuparamba, Kannur - 670701

UGC Sponsored Seminar on **HUMAN RIGHTS**

Organised by
NIRMALAGIRI COLLEGE
in Association with
Dept. of Home Science & Women's Cell
Nirmalagiri College

27th & 28th September 2017
Venue : Seminar Hall

Dear Staff and Students,

A two day UGC sponsored Seminar on 'Human Rights'
being organized by Nirmalagiri College in association with
Dept. of Home Science and Women's Cell, Nirmalagiri
College on 27th and 28th September 2017.

Dr. Saleena N.J.
Principal, Nirmalagiri College

Dr. Sr. Jessy Varghese
HOD, Dept. of Home Science
Convenor

Dr. Tessy George
Dr. Sr. Celine Mathew C
Smt. Deepthi Lisbeth K
Co ordinators



PROGRAMME SCHEDULE

Day 1: 27th September 2017 (Tuesday)

Inaugural Session : 10.00 am

Welcome : **Dr. Sr. Jessy Varghese**
HOD, Dept. of Home Science

Presidential Address : **Dr. Saleena N.J.**
Principal, Nirmalagiri College

Inaugural Address : **Adv. Sr. Linat Cheriyan**
High Court, Ernakulam

Felicitation : **Fr. Jobi Jacob**
Vice Principal, Nirmalagiri College

: **Anas K.V.**
Chairman, Nirmalagiri College Union

Vote of Thanks : **Dr. Tessy George**
President, Womens Cell & HOD Dept. of Hindi)

Session 1 (10.30 am - 12.30 pm)

**HISTORY OF HUMAN RIGHTS;
INTERNATIONAL BILL OF RIGHTS**

Adv. Sr. Linat Cheriyan
High Court, Ernakulam

Session 2 (2.00 pm - 4.00 pm)

HUMAN RIGHTS IN INDIA

Adv. Saranya A.C.
District Court, Thalassery

Day 2: 28th September 2017 (Wednesday)

Session 3 (10.30 am - 12.30 pm)

RIGHTS OF CHILD WITH SPECIAL

REFERENCE TO INDIA
Adv. Manu M. Thomas
High Court, Ernakulam

Session 4 (1.30 pm - 3.30 pm)

**RIGHTS OF WOMEN WITH
SPECIAL REFERENCE TO INDIA**

Adv. Ambili Vijayan P.C.
District Court, Thalassery

Valedictory Session : 3.30 pm

Welcome : **Dr. Sr. Celine Mathew C**
Asst.Prof. Dept. of Home Science

Valedictory Address
& Distribution of Certificates

: **Fr. Jobi Jacob**
Vice Principal, Nirmalagiri College

Vote of Thanks : **Smt. Deepthi Lisbeth K.**
Asst.Prof. Dept. of Home Science

Dr. Saleena N.J.
Principal

Dr. Sr. Jessy Varghese
Convenor

Dr. Tessy George
Dr. Sr. Celine Mathew C.
Smt. Deepthi Lisbeth K.
Co ordinators

Programme: 8

Title of the Programme: Study Tour

A study tour was planned for III B.Sc. students from 13-12-17 to 16-12-17. Students visited Kodaikkanal, Kambam Theni and Munnar. It provides an opportunity to bond with students, socialize and have fun at the same time. The students were accompanied by Dr. Sr. Celine Mathew C and Dr. Sr. Jessy Varghese.



Programme: 9

Title of the Programme: Christmas Celebrations

Christmas is a time to give and forgive. Christmas was celebrated on 21/12/2017 in a grand manner. Our manager Mar. Joseph Pamplany, Auxiliary Bishop, Archdiocese of Tellichery inaugurated the function. The students presented an impressive array of programme. Students were in colourful dresses depicting the role of “Santa”. Our Home Science students won 1st prize in Crib and star-making competition. Also, they won 3rd prize for Christmas papa (Santa). Home Science department bagged the overall championship.





Programme: 10

Title of the Programme: Visit to Ockhi affected area- Poonthura

Brief Report: Dr. Sr. Celine Mathew, Assistant Professor of Home Science visited the cyclone Ockhi affected areas of Poonthura on 11-01-2018 and stayed there for 4 days with the counsellors from Hrudayaram psychological center. Visited their homes and gave them counseling and prayers to console their fear and sorrow.



Programme: 11

Title of the Programme: SALAD EXPRESSO

Brief Report: The department of Home Science actively participated in the URF World Record-Breaking attempt with the Green Consortium and Rasheed Culinary Arts on 27-01-2018. It was done in the Mundayad Indore Stadium, Kannur. The Home Science department exhibited a diet counselling stall which was one of the most attractive and informative sessions.

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കണ്യാട് • 1200 അടി നീളത്തിൽ ഒരുമുറ്റം വെച്ചിട്ടുണ്ട് സമ്പന്നം. ആദ്യം സമരകേന്ദ്രം കണ്യാട് മേയ്ക്ക് ശ്രീനി സോഫി കൺസോൾ ഏല്പിച്ചു. ലോകം ഒരുക്കാൻ പ്രയത്നം ചെയ്ത സോഫിക്ക് അതിൽ മുഖ്യമായും 2 ഇൻഡോർ സർവ്വീസുകളിൽ സെക്രട്ടറിയുടെ സമ്പന്നം ഒരുക്കിയിൽ. അതിൽ കളിയിൽ ആദ്യം 20 സെൻറ് ചെയ്ത് അതിൽ മൂലം അതിൽ സെക്രട്ടറിയായിൽ പരമാണ്.

[illegible]

രണ്ടാടെയാണ് സമാപിച്ചത്.

പ്രൈം റ്റൈം ചുറ്റുമ്പോഴാണ്.

[illegible]

യൂണിഫോമിന് അക്കാദമിക് ഫോറത്തിന് വേണ്ടി ഗിന്നസ് റെക്കോർഡ് ലോകത്ത് സമ്മാനം നൽകി. യൂണിഫോമിന് അക്കാദമിക് ഫോറത്തിന് വേണ്ടി ഗിന്നസ് റെക്കോർഡ് ലോകത്ത് സമ്മാനം നൽകി. യൂണിഫോമിന് അക്കാദമിക് ഫോറത്തിന് വേണ്ടി ഗിന്നസ് റെക്കോർഡ് ലോകത്ത് സമ്മാനം നൽകി.



Programme: 12

Title of the Programme: Baking demonstration class

Brief Report: The class was done by Smt. Shana and Faseela (Alumni members of HSC dept.) for the students of Home Science on 28- 02-2018. Items prepared were black forest and eggless vanilla sponge cake. The session was very interesting.



Programme: 13

Title of the Programme: Association Inauguration

Brief Report: Home Science Association was inaugurated on 07-03-2018. Smt. Seenra, Village officer, Koothuparamba inaugurated the function and spoke on social commitment. Sri. Rasheed Muhammed (URF World Record Breaker) was also present at the function to honour

the URF world record certificate. Price distribution was done by Vice Principal Fr. Jobi Karakkat. Staff members and students actively participated in the function.



Programme: 14

Title of the Programme: Farewell party

Brief Report: The farewell was organized by the students and staff of the Home Science department to the outgoing students of the 3rd B.Sc. Home Science students on 09-03-2018. Many interesting and tricky games were played to pep up the environment. Principal Dr. N J Saleena and all the teachers were present. Dr. Sr. Jessy was on leave. The day was great, filled with nostalgia, fun and excitement.



Programme: 15

Title of the Programme: P.S.T.A Meetings

Brief Report: The P.S.T.A. of II-B.Sc. students were held on March 12 & 13, 2018. Individual meeting with the parents was conducted and discussed curricular and co-curricular aspects. Parents shared their opinions and suggestions regarding academic and curricular aspects during the meeting and faculties provided guidance for their overall development. On Thursday, July 13, 2017, at 2.30 p.m., the PSTA meeting of III B.Sc. Home Science was held. Dr. Sr. Jessy Varghese, HOD, Department of Home Science, presided over the function. The principal of the college, Dr. Saleena N. J delivered the keynote address. Smt. Deepthi Lisbeth K, III-B.Sc.

tutor moderated a discussion among parents, students, and teachers.



P.S.T.A. II B.Sc. Home Science - 2017-18			P.S.T.A. - II Year B.Sc. Home Science		
Class P.S.T.A. of the final			12/3/2018		
Year B.Sc. Home Science students were introduced on 12/3/18 at 2.30pm to discuss about curriculum and co-curricular aspects of their Member Parent.			Class P.S.T.A. of II Year B.Sc. Home Science was held on 12th March 2018. The staff invited the parents in two days and had individual meeting with each student & their parents.		
1. Dr. N. S. Sahana (Principal) - [Signature]			Members Present:		
2. Dr. G. S. Jyoti Vasanth (HOD) - [Signature]			1. Dr. S. Jyoti Vasanth - [Signature]		
3. Dr. S. S. Suresh Babu C - [Signature]			2. Dr. S. S. Suresh Babu C - [Signature]		
4. Mr. D. S. Suresh Babu C (Jr) - [Signature]			3. Dr. S. S. Suresh Babu C - [Signature]		
Name of the Student			Name of the Student		
4512	Hisara Shweta	N. P. Prasad	1	Anurag A	Jyoti Vasanth A
4518	Nagendra	Vijayendra V	2	Anand M.V	Pragathi K
4515	Suresh	Abdul Salam	3	Anand V.K	Sandhya V
4516	Suresh & PAVIN	KUMARABAI/ABHIRAM	4	Anand V.K	Sandhya V
4517	Shikharish N	SATISH	5	Anand V.K	Sandhya V
4518	Shikharish N	Rejoa	6	Anand V.K	Sandhya V
4519	Shikharish N	Rejoa	7	Anand V.K	Sandhya V
4520	Shikharish N	Rejoa	8	Anand V.K	Sandhya V
4521	Shikharish N	Rejoa	9	Anand V.K	Sandhya V
4522	Shikharish N	Rejoa	10	Anand V.K	Sandhya V
4523	Shikharish N	Rejoa	11	Anand V.K	Sandhya V
4524	Shikharish N	Rejoa	12	Anand V.K	Sandhya V
4525	Shikharish N	Rejoa	13	Anand V.K	Sandhya V
4526	Shikharish N	Rejoa	14	Anand V.K	Sandhya V
4527	Shikharish N	Rejoa	15	Anand V.K	Sandhya V
4528	Shikharish N	Rejoa	16	Anand V.K	Sandhya V
4529	Shikharish N	Rejoa	17	Anand V.K	Sandhya V
4530	Shikharish N	Rejoa	18	Anand V.K	Sandhya V
4531	Shikharish N	Rejoa	19	Anand V.K	Sandhya V
4532	Shikharish N	Rejoa	20	Anand V.K	Sandhya V
4533	Shikharish N	Rejoa	21	Anand V.K	Sandhya V
4534	Shikharish N	Rejoa	22	Anand V.K	Sandhya V
4535	Shikharish N	Rejoa	23	Anand V.K	Sandhya V
4536	Shikharish N	Rejoa	24	Anand V.K	Sandhya V
4537	Shikharish N	Rejoa	25	Anand V.K	Sandhya V
4538	Shikharish N	Rejoa	26	Anand V.K	Sandhya V
4539	Shikharish N	Rejoa	27	Anand V.K	Sandhya V
4540	Shikharish N	Rejoa	28	Anand V.K	Sandhya V
4541	Shikharish N	Rejoa	29	Anand V.K	Sandhya V
4542	Shikharish N	Rejoa	30	Anand V.K	Sandhya V
4543	Shikharish N	Rejoa	31	Anand V.K	Sandhya V
4544	Shikharish N	Rejoa	32	Anand V.K	Sandhya V
4545	Shikharish N	Rejoa	33	Anand V.K	Sandhya V
4546	Shikharish N	Rejoa	34	Anand V.K	Sandhya V
4547	Shikharish N	Rejoa	35	Anand V.K	Sandhya V
4548	Shikharish N	Rejoa	36	Anand V.K	Sandhya V
4549	Shikharish N	Rejoa	37	Anand V.K	Sandhya V
4550	Shikharish N	Rejoa	38	Anand V.K	Sandhya V
4551	Shikharish N	Rejoa	39	Anand V.K	Sandhya V
4552	Shikharish N	Rejoa	40	Anand V.K	Sandhya V
4553	Shikharish N	Rejoa	41	Anand V.K	Sandhya V
4554	Shikharish N	Rejoa	42	Anand V.K	Sandhya V
4555	Shikharish N	Rejoa	43	Anand V.K	Sandhya V
4556	Shikharish N	Rejoa	44	Anand V.K	Sandhya V
4557	Shikharish N	Rejoa	45	Anand V.K	Sandhya V
4558	Shikharish N	Rejoa	46	Anand V.K	Sandhya V
4559	Shikharish N	Rejoa	47	Anand V.K	Sandhya V
4560	Shikharish N	Rejoa	48	Anand V.K	Sandhya V
4561	Shikharish N	Rejoa	49	Anand V.K	Sandhya V
4562	Shikharish N	Rejoa	50	Anand V.K	Sandhya V
4563	Shikharish N	Rejoa	51	Anand V.K	Sandhya V
4564	Shikharish N	Rejoa	52	Anand V.K	Sandhya V
4565	Shikharish N	Rejoa	53	Anand V.K	Sandhya V
4566	Shikharish N	Rejoa	54	Anand V.K	Sandhya V
4567	Shikharish N	Rejoa	55	Anand V.K	Sandhya V
4568	Shikharish N	Rejoa	56	Anand V.K	Sandhya V
4569	Shikharish N	Rejoa	57	Anand V.K	Sandhya V
4570	Shikharish N	Rejoa	58	Anand V.K	Sandhya V
4571	Shikharish N	Rejoa	59	Anand V.K	Sandhya V
4572	Shikharish N	Rejoa	60	Anand V.K	Sandhya V
4573	Shikharish N	Rejoa	61	Anand V.K	Sandhya V
4574	Shikharish N	Rejoa	62	Anand V.K	Sandhya V
4575	Shikharish N	Rejoa	63	Anand V.K	Sandhya V
4576	Shikharish N	Rejoa	64	Anand V.K	Sandhya V
4577	Shikharish N	Rejoa	65	Anand V.K	Sandhya V
4578	Shikharish N	Rejoa	66	Anand V.K	Sandhya V
4579	Shikharish N	Rejoa	67	Anand V.K	Sandhya V
4580	Shikharish N	Rejoa	68	Anand V.K	Sandhya V
4581	Shikharish N	Rejoa	69	Anand V.K	Sandhya V
4582	Shikharish N	Rejoa	70	Anand V.K	Sandhya V
4583	Shikharish N	Rejoa	71	Anand V.K	Sandhya V
4584	Shikharish N	Rejoa	72	Anand V.K	Sandhya V
4585	Shikharish N	Rejoa	73	Anand V.K	Sandhya V
4586	Shikharish N	Rejoa	74	Anand V.K	Sandhya V
4587	Shikharish N	Rejoa	75	Anand V.K	Sandhya V
4588	Shikharish N	Rejoa	76	Anand V.K	Sandhya V
4589	Shikharish N	Rejoa	77	Anand V.K	Sandhya V
4590	Shikharish N	Rejoa	78	Anand V.K	Sandhya V
4591	Shikharish N	Rejoa	79	Anand V.K	Sandhya V
4592	Shikharish N	Rejoa	80	Anand V.K	Sandhya V
4593	Shikharish N	Rejoa	81	Anand V.K	Sandhya V
4594	Shikharish N	Rejoa	82	Anand V.K	Sandhya V
4595	Shikharish N	Rejoa	83	Anand V.K	Sandhya V
4596	Shikharish N	Rejoa	84	Anand V.K	Sandhya V
4597	Shikharish N	Rejoa	85	Anand V.K	Sandhya V
4598	Shikharish N	Rejoa	86	Anand V.K	Sandhya V
4599	Shikharish N	Rejoa	87	Anand V.K	Sandhya V
4600	Shikharish N	Rejoa	88	Anand V.K	Sandhya V
4601	Shikharish N	Rejoa	89	Anand V.K	Sandhya V
4602	Shikharish N	Rejoa	90	Anand V.K	Sandhya V
4603	Shikharish N	Rejoa	91	Anand V.K	Sandhya V
4604	Shikharish N	Rejoa	92	Anand V.K	Sandhya V
4605	Shikharish N	Rejoa	93	Anand V.K	Sandhya V
4606	Shikharish N	Rejoa	94	Anand V.K	Sandhya V
4607	Shikharish N	Rejoa	95	Anand V.K	Sandhya V
4608	Shikharish N	Rejoa	96	Anand V.K	Sandhya V
4609	Shikharish N	Rejoa	97	Anand V.K	Sandhya V
4610	Shikharish N	Rejoa	98	Anand V.K	Sandhya V
4611	Shikharish N	Rejoa	99	Anand V.K	Sandhya V
4612	Shikharish N	Rejoa	100	Anand V.K	Sandhya V