

**NIRMALAGIRI COLLEGE**

**Department of Home Science**

**Department Activities**

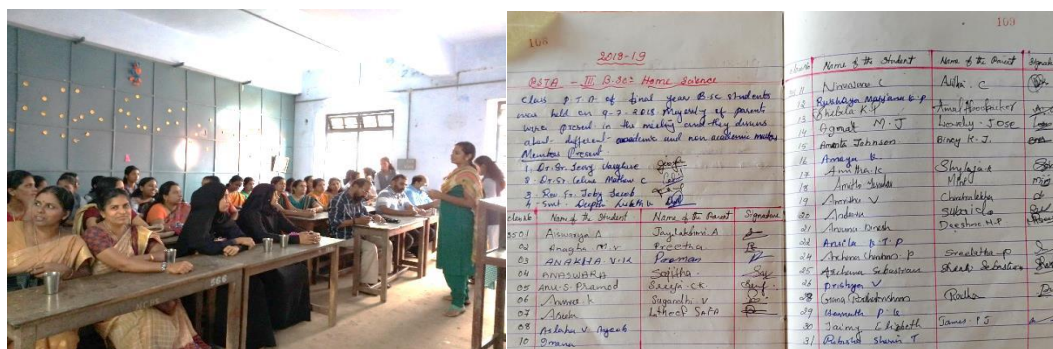
**2018-19**

# Report of Department activities 2018-19

## Programme: 1

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

**Brief Report:** On Monday, July 09, 2018, at 2 p.m., the PSTA meeting of III B.Sc. Home Science was held. Dr. Sr. Jessie Varghese, HOD, Department of Home Science, presided over the function. The vice principal of the college, Rev. Fr. Dr. Joby Jacob, delivered the keynote address. Smt. Deepthi Lisbeth K, III-B.Sc. tutor, and moderated a discussion among parents, students, and teachers. The P.S.T.A. of II-B.Sc. and I B.Sc students were held on January 24, 2019, at 2 p.m. The meeting was presided over by Dr. Sr. Jessie Varghese, HOD, Department of Home Science, and Principal Dr. Ousephachan K V, inaugurated the meeting. Dr. Sr. Celine Mathew C, I B.Sc. tutor and II B.Sc. tutor Dr. Sr. Jessie Varghese interacted with parents and discussed curricular and co-curricular aspects. Most of the parents shared their opinions and suggestions regarding academic and curricular aspects during the meeting. After the common meeting, teachers interacted with the parents and students individually and provided guidance for their overall development.



2018-2019.			
PSTA - Meeting, II Year B.Sc. Home Science			
Class PSTA of II Year B.Sc. Home Science has held on 24th January 2019 onwards. The parents were invited to meet the staff in 3 days - as three batches.			
Members present: 1. Dr. S. Jeyapalan - Jeyapalan			
2. Dr. S. Celina Mathew C - Mathew			
3. Smt. Deepthi Kishore K - Kishore			
Sl. No.	Name of student	Parent	Signature of parent
1	Akshara K.	Sahabhar.	(Sahabhar)
2	Ajisha K.M	Ummakalou K.V	(Ummakalou)
3	Ajitha K. Thomas	Dwight Thomas	(Dwight)
4	Anu Prakash	Shreeja K.V	(Shreeja)
5	Ashwiniya K.		
6	Ashika K.C	Greetha A	(Greetha)
7	Fida K		
8	Jahana Sherin.	Abdulhader	(Abdulhader)
9	Pavithra Bhaskaran	Bhaskaran.	(Bhaskaran)
10	Pavithra Bhaskaran	Shylaja K	(Shylaja)
11	Raksha Anand.	Sajitha	(Sajitha)

2018-19			
PSTA - I B.Sc. Home Science 24/1/19			
Class PSTA of first year B.Sc Home Science Students were held on 24/1/19 at 2.30 PM to discuss about the curricular and co-curricular aspects of the students.			
Members present:			
Dr. Umeshachandran K.V (Principal) - Jeyapalan			
Dr. S. Jeyapalan (Jeyapalan)			
Dr. S. Celina Mathew C - Mathew			
Deepthi Kishore K - Kishore			
Sl. No.	Name of student	Parent	Signature of parent
1	Amaya prakash	Shreeja	(Shreeja)
2	Anjali M	Shyni M	(Shyni)
3	Anurima S	Sreedharan KP	(Sreedharan)
4	Anurima S		
5	Devanandale Vm	Mathiya P	(Mathiya)
6	Hanni Zakaria	Misab Zakaria	(Misab)
7	Hanni Zakaria		
8	Najiya Sherin-T	Shakeela-T	(Shakeela)
9	Nasla T.S	Jaseela	(Jaseela)
10	Niveditha Muralidharan	Nandana Murali	(Nandana)
11	Niveditha Muralidharan		

## Programme: 2

### Title of the Programme: Merit Day Celebration

**Brief Report:** Merit day was celebrated on 17-07-2018 to honour the meritorious students in the last academic year. Athira K got the first position, Fathimath Afnitha A P bagged the second position and Sruthi Sukumaran Puthusserry got III position. Kannur University Vice Chancellor, College manager Mar. Joseph Pamplany, our local manager, all the teachers and students were present at the function.

### **Programme: 3**

#### **Title of the Programme: Vegetable Garden Promotion**

**Brief Report:** Fruits and vegetables are the part and parcel of human life. To improve dietary diversity and to eliminate the use of contaminated vegetables among adolescent girls, kitchen garden activities were started this year onwards on 13-09-2018. Saplings of different vegetables were distributed to the students and decided to take regular follow up from students.



### **Programme: 4**

#### **Title of the Programme: Class on 'Wealth out of waste'**

**Brief Report:** A class on 'Wealth out of Waste' for the school-going students in Mangattidam Panchayath was conducted by the students and teachers of the Home Science department on 20-09-2018. Dr. Sr. Jessy Varghese leads the session. Different art objects were made using waste materials and exhibited.





## Programme: 5

### Title of the Programme: Industrial Visit

**Brief Report:** An Industrial visit was planned for III B.Sc Home Science students on 03-10-2018 to The Cannanore Co-operative spinning mills and Kanhirode weavers. Through these visits, students get familiarised with ring spinning and different methods of weaving.



## **Programme: 6**

### **Title of the Programme: Awareness Class on Adolescent Nutrition**

**Brief Report:** Nirmalagiri College in collaboration with ICDS Kuthuparamba organized a talk on Adolescent nutrition for Anganwadi workers on 30-10-2018. Our college alumni Teena Thomas took an awareness class on adolescent nutrition to the Anganwadi workers. They conducted a competition for college students and the III<sup>rd</sup> DC Home Science students won the prizes.



## **Programme: 7**

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

**Brief Report:** Dr. Sr. Celine Mathew and Deepthi Lisbeth K conducted the training class on "Flower arrangement and Bouquet making" for farmers at RATTC Taliparamba, Kannur, on 16th & 19th November 2018. Demonstrations of different styles of flower arrangements like mass arrangement, floating arrangement triangular arrangement were carried out in the session



### **Programme: 8**

#### **Title of the Programme: World Diabetes Day Celebration**

**Brief Report:** Nirmalagiri college Department of Home Science and ICDS Kuthuparamba jointly observed World diabetes day on 22-11-2018. Students and Anganwadi teachers have participated. Different programs like awareness classes, health checkups, and food exhibitions were conducted. The awareness class was taken by faculty Dr. Sr. Celine Mathew. Food exhibition was also done to improve the Dietary practices of diabetic patients. Health check-ups are done to identify the obese person. The session was useful for students as well as Anganwadi teachers.







## Programme: 9

### Title of the Programme: Cake making competition

**Brief Report:** A college-level Cake making competition was conducted by the Department of Home Science on 21-12-2018. A total of 15 students participated. Ms Ribisha Sherin of III DC Home Science, Shafna Kottarathil of III DC English & and Fathimathul Shahana of I DC Home Science won I, II & III prizes respectively.



### **Programme: 10**

#### **Title of the Programme: Christmas Celebration**

**Brief Report:** Christmas celebration was conducted on 21-12-2018. Christmas cake cutting was organised by III DC students. A grand procession was also conducted by students of III DC, II DC and I DC.



### **Programme: 11**

#### **Title of the Programme: Class for Parents of Anganwadi children**

**Brief Report:** On 28-01-2019 a class was taken by Dr. Sr. Celine Mathew C for the parents of Anganwadi children at Mangattidam Panchayath. Nutrition education helps to build good eating habits. Since pre-schoolers are future citizens their food habits should be healthy. The importance of fruits and vegetables, unhealthy food habits etc. was discussed in the session.





### **Programme: 12**

#### **Title of the Programme: Association Inauguration**

**Brief Report:** Home Science association was inaugurated by Fr. Mathew Thekkemurry, Bursar, Nirmalagiri College on 29-01-2019. Principal, Dr. Ousephachan K.V. presided over the function and Dr. Sr. Celine Mathew C offered a welcome. Rev. Fr. Mathew Thekkemurry delivered a talk on Adolescents Personality Development in connection with it.



### **Programme: 13**

#### **Title of the Programme: International Women's Day celebration**

**Brief Report:** In connection with international women's day celebrations a poster-making workshop was conducted by the Nirmalagiri college Department of Home Science and ICDS



Koothuparamba on 30-01-2019 for college girls. Selected posters were exhibited in the block-level exhibition.



#### **Programme: 14**

##### **Title of the Programme: Event Management**

**Brief Report:** Students were categorised into three groups and assigned three different activities. They conducted a variety of activities like a workshop on Adolescent Psychology, another group conducted charity visits and the last group conducted a talk on adolescent personality development. Students and faculties visited Shanthal Nilayam (Snehabhavan) old

age home, Palaparamba and spent a day with the inmates and rendered necessary services to them on 02-02-2019. A psychological workshop for late adolescence by the name “life is a Choice” was conducted on 19-01-2019 for college students. Dr. Sr. Jessy Varghese presided over the function and Principal Dr. Ousephachan K V inaugurated the workshop. Dr. Sr. Lisbin Kalathinanickal (Psychologist) was the resource person. Students organized a talk on Adolescents Personality Development by Rev. Fr. Mathew Thekkemury on 29/01/2019. Students themselves arranged the seminar hall and other facilities





### **Programme: 5**

#### **Title of the Programme: Haemoglobin Analysis Camp**

**Brief Report:** Adolescent girls are one of the vulnerable sections of society and they are the future mothers. The health of the next generation depends on the health of mothers and the preparation for that should begin from the adolescent years. Adolescents are more prone to different health problems amongst iron deficiency anaemia has profound influences on their development. Considering these facts, a haemoglobin detection camp and a BMI analysis were conducted on 21/02/2019. Those with impaired values had given diet counselling also.





### **Programme: 16**

#### **Title of the Programme: Farewell meeting**

**Brief Report:** A Farewell meeting for the final year B.Sc students was conducted on 27-02-2019. Dr. Sr. Celine Mathew C presided over the meeting and Principal Dr. Ousephachan K V addressed the meeting. A lamp-lighting ceremony was conducted in which all the final year students lit a candle. Faculties wished good luck to the students and the final year students share their experiences and memories. II B.Sc students presented different cultural programmes and organized different games for final-year students.

