



## **Vimala College Autonomous, Thrissur**

### **Academic Report 2022-2023**

**Name Of The Event:** BAJARI 2K22

**Date:** 31st August 2022

**Organised By:** Health and Nutrition club, Department of Home Science, Vimala college

**No.of participants:** 20

**Staff Coordinator:** Anupa Joy & Sowmya mol K C

#### **Brief report :**

As a part of international year of millet, the home science department of vimala college autonomous Thrissur conducted a millet recepie competition and exhibition “BAJARI 2K22” on 31<sup>st</sup> august 2022 from 11.30 pm – 12.30 pm at leisure tower . 20 students were participated for the same. Alha Mubeena H from first year bsc. Psychology won the first prize & the second and third prizes were secured by juwel jijo of fist year bsc statistics and Aneena Elizabeth Varghees of first year bsc psychology. Consolation prizes were distributed to Merin james 3<sup>rd</sup> year bsc family and community science and krishna AB of 2<sup>nd</sup> year BA malayalam. The prizes were sponsored by BRAHMA INDIC NUTRIMENTS pvt. Ltd. The prizes for the winners were distributed by Dr. Beena Jose, principal vimala college Thrissur and Sree Jyothy Shankar, MD Brahma indic nutriments pvt. Ltd at 10 . 30 am on 13 September 2022.As part of International Year of Millet, Department of Home Science organized a healthy sale on 21/07/2022 from 12.00 PM to 1.00 PM at Thrissur Vimala College Canteen. The products were developed by Sreelakshmi and Seetu of 2<sup>nd</sup> Msc Nutrition and Dietetics. The products were healthy snacks such as Ragi Cookies Nutribar, priced at Rs 10 per cookie and Rs 20 per Nutribar. All the products were sold and got good response. Distribution of Millet bookmarks among teachers. As part of the International Millet Year 2023, the Home Science Department organized a millet distribution. Degree students of Family and Community Science and PG students of Nutrition and Dietetics made bookmarks containing various information about different types of millets. Thrissur Mayor Shri. M. Varghese inaugurated the Kerala State Nutrition Food Related Intervention District Level Program held on February 17, 2023 at Vimala College, Thrissur.



**VIMALA COLLEGE (AUTONOMOUS), THRISSUR,  
KERALA**

# Bajari 2K22

**Organized by Department of Home Science**

As a part of IYOM 2023 (International year of millets - A initiative by ministry of agriculture and farmers welfare for showcasing India's diversity in millet production, recipe, value added product etc) Department of Home science in support to that is conducting a cooking competition

**1st & 2nd prize  
Sponsored by  
Brahma Indic  
Nutriments Pvt. Ltd**

**CASH  
PRIZE**

## General Instructions

- \* Any millet based recipe.
- \* Recipe can be prepared from home.
- \* Name of the recipe, ingredient list & method of preparation should be mentioned.

**For registration please contact: 9497225861, 8592854324  
Registration closes on 30/08/2022**

**Head Of The Department:  
Thomas Ruby mariamma**

**Teacher coordinators  
Ms Anupa joy & Mrs sowmya**

## MILLET BOOKMARK DISTRIBUTION AMONG TEACHERS

**Name of the Event: BOOKMARK DISTRIBUTION**

**Date: 17/02/2023**

**Time : 3.00pm to 3.30pm**

**Venue: Vimala College Autonomous , Thrissur**

**Organized by: Department of Home Science**

**Collaboration : nil**

As a part on International Year of Millets 2023, Department of Home Science organized millet distribution . Bookmarks containing various information about different types of millets were made by the degree students of family and community science and pg students of nutrition and dietetics. This initiative was inaugurated by the Mayor of Thrissur Sri. M . K Varghese during Kerala state nutrition & diet related intervention district level programme which was held on 17<sup>th</sup> February 2023 at Vimala College Thrissur.

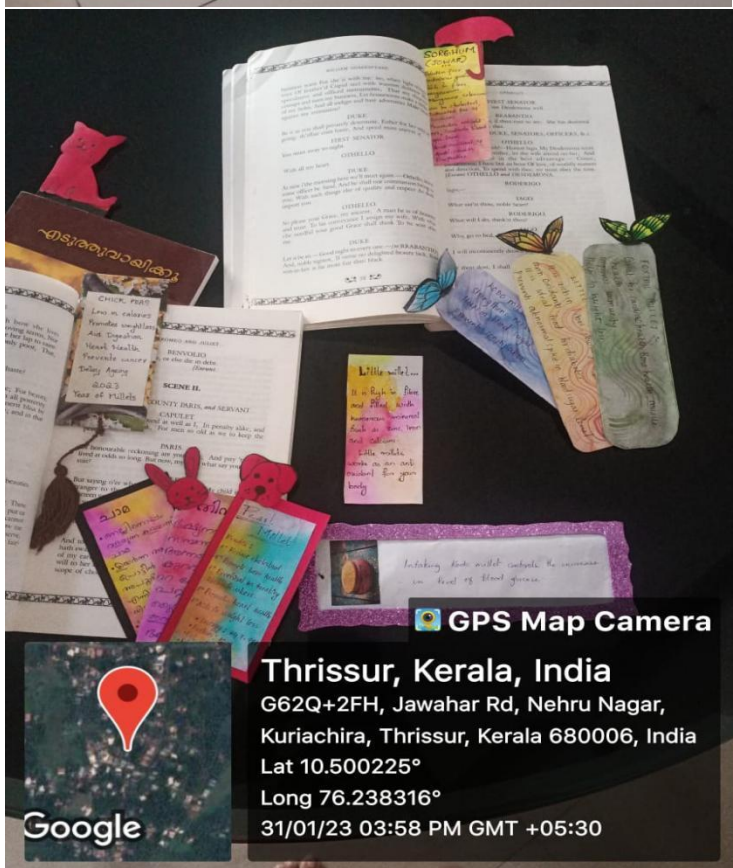


GPS Map Camera

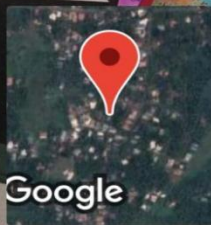


Google

**Thrissur, Kerala, India**  
 G62Q+346, M.G.Road, Nehru Nagar,  
 Kuriachira, Thrissur, Kerala 680006, India  
 Lat 10.499801°  
 Long 76.23789°  
 31/01/23 04:11 PM GMT +05:30



GPS Map Camera



Google

**Thrissur, Kerala, India**  
 G62Q+2FH, Jawahar Rd, Nehru Nagar,  
 Kuriachira, Thrissur, Kerala 680006, India  
 Lat 10.500225°  
 Long 76.238316°  
 31/01/23 03:58 PM GMT +05:30







## Vimala College (Autonomous) Thrissur

### ACTIVITY REPORT

**Academic Year 2022-23**

**Name of the Event: Milk Based Recipe Competition**

**Date: 24/11/2022**

**Time: 10.30 AM**

**Venue: Home Science Lab**

**Organized by: B.Voc Food Processing, Dept. of Home Science**

**Name of the Coordinator: Sherja K Raphael**

**Number of Participants: 10**

#### **Brief report of the Event:**

In connection with the National Milk Day, a milk based recipe competition was conducted by B Voc Food Processing, Department of Home Science on 24<sup>th</sup> November 2022. Ms. Sherja K Rapahael faculty of BVoc Food Processing coordinated the program with student coordinator Ms. Ajina Mayokh. Recipes from students from all the departments were invited and 10 students presented their products in the Home Science Lab at 10.00 AM. After evaluating all the presented recipe the best was selected by a sensory panel consisting of Ms. Dilna Sabu, Ms. Soumya, Ms. Dayana Simon, faculties of the Dept. of Home Science. Krishna A B student of the Dept of Malayalam secured the first price. Cash price of Rs. 500 was awarded to the winner by Dr. Thomas Ruby Mariamma, Asst. Professor and Head, Dept of Home Science.

#### **List of attachments:**

- i) Participant List
- ii) Photos

#### **List of participants**

<b>Sl. No.</b>	<b>Name</b>	<b>Department</b>
1.	Karishma	BVoc. Food Processing
2.	Athulya M A	BSc. Computer Science
3.	Ajina Mayokh	BVoc Food Processing

4.	Krishna A B	BA. Malayalam
5.	Fathima Zubeida	BVoc Food Processing
6.	Anjala R	BSc Botany
7.	Aneeta Antony	BA. Functional English
8.	Riya Wilson	BA. Malayalam
9.	Anu John	BSc Chemistry
10.	Annmariya Jose	BA. Functional English

Photos:



**MILK BASED INNOVATIVE RECIPE COMPETITION  
 IN CONNECTION WITH NATIONAL MILK DAY**

**GUIDELINES FOR  
 THE COMPETITION :**

- Individual Event
- Milk Should be the main ingredient
- Should prepare from home
- Should bring all the items for the presentation from home



**DATE : Thursday, 24 Nov 2022  
 TIME : 10 : 30 am**



**HEAD OF THE DEPARTMENT :**  
**Dr. Thomas Ruby Mariamma**

**FACULTY COORDINATOR :**  
**Sherja K Rapheal**

**STUDENT COORDINATOR :**  
**Ajina Mayookh**



**null, Kerala, India**  
H63G+CX2, Adiyara, Mannumkad, Ramavarmapuram,  
Long 76.227566°  
Lat 10.553578°  
24/11/2022 02:32 PM