

## REPORT OF THE PROGRAMMES CONDUCTED

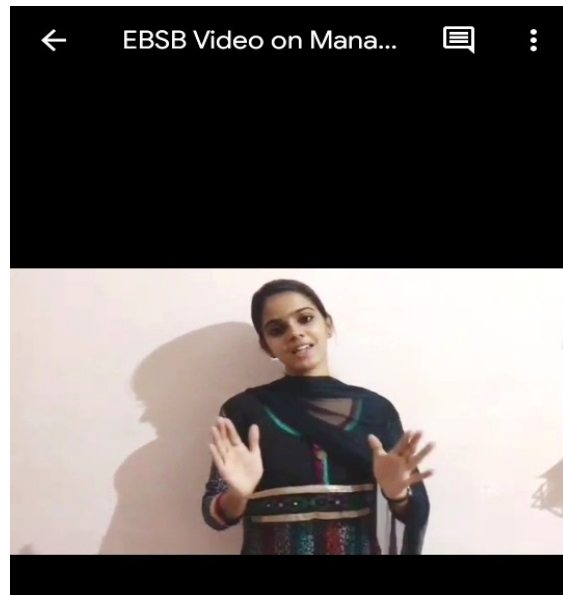
# 2024-2025

### Vimala College (Autonomous), Thrissur, Kerala

The EBSB club of Vimala College (Autonomous), Thrissur, conducted an **Intercollegiate Covid-19 Quiz titled “QU”** on the 4<sup>th</sup> & 5<sup>th</sup> of July, 2024. 255 participants from different institutions across the state of Kerala participated in the Awareness quiz to make it a fruitful endeavour. Participants who scored above 50% were also provided with E-Certificates towards the same. Link: [<https://forms.gle/azk8VXxZe67pPHXF9>]

The EBSB Club organised an online **Wellness Programme “MAANASIK SWAASTHYA”** on the 15<sup>th</sup> of July, 2024 in an effort to enhance the physical and psychological wellbeing of youngsters. The programme was an initiative of the members of the EBSB club. A total of 20 students spoke on the need to be positive and hopeful so as to help keep up the mental health and wellbeing of people during the Pandemic and lockdown days.

Link[<http://drive.google.com/file/d/1nYVi6SglWWxJABARGiar8kdZ5iJiuX7/view?usp=drivesdk>]



On the 25<sup>th</sup> of July, the EBSB club of Vimala College (Autonomous), Thrissur, conducted an International online **Video cooking Contest** for College students titled “**ZEST**”, on the theme “**Immunity boost-up recipes**”. 23 students participated in the competition. The topic on Food and immunity has become immensely important during these pandemic times. Thus, the cookery competition served to enlighten the community on the need to focus on eating healthy.

Link: [<http://forms.gle/38h5a2j5FLp8X59g6>]



**VIMALA COLLEGE (AUTONOMOUS)**  
**THRISSUR-680009, KERALA, INDIA**  
 Affiliated to the University of Calicut  
 NAAC Re-accredited (3rd Cycle)  
 A-Grade, College with Potential for Excellence

DEPARTMENT OF HOME SCIENCE  
 IN ASSOCIATION WITH  
 EK-BHARATH-SHRESTHA-BHARAT (EBSB CLUB)  
 PRESENTS

**ZEST**

"INTERNATIONAL LEVEL ONLINE VIDEO COOKING CONTEST FOR COLLEGE STUDENTS"  
 THEME: IMMUNITY BOOST UP RECIPES

**Teacher Coordinator**  
 Mony Geerge

**Student Coordinators**  
 • Vimaya Vinod K. P  
 • Sana Parincha

**Guidelines :-**

In the COVID-19 pandemic scenario we need to strengthen our immune system to keep the infections and diseases at bay. It is appropriate to create awareness through the provision of nutritious and immunity boosting recipes.

- ◆ The following should be clear in the video:
  - Name of the participant and Institute
  - Ingredients of the recipe
  - Method of preparation
  - Nutritional significance and health benefits
- ◆ Video (can be in any language) not exceeding more than 5 minutes.
- ◆ E- certificates will be provided to the winners and the participants who follow the above mentioned guidelines.
- ◆ Video can be send to the mail id before 25th July 2020:- zestrec2020@gmail.com
- ◆ Registration link :- <https://forms.gle/38h5a2j5FLp8X59g6>

Vimala College, was established in 1967 under the CMC Management of the Nirmala Province, Thrissur. The Institution was accorded Autonomy in 2015 and conferred the status of College with potential for Excellence in 2016 by the UGC. The Department of Home Science commenced its functions since 1968 and has emerged as a unique multidisciplinary field of study. It bridges the gap between science and community living.



**VIMALA COLLEGE (AUTONOMOUS)**  
 Affiliated to the University of Calicut  
 NAAC Re-accredited (3rd Cycle)  
 A-Grade, College with Potential for Excellence

**CERTIFICATE OF APPRECIATION**

**Chef**

This is to certify that \_\_\_\_\_ has participated in the **ZEST** International Online Cooking Competition For College Students organised by Department of Home Science in association with Ek Bharath Shreshtha Bharat (EBSB CLUB), Vimala College (Autonomous), Thrissur, Kerala

Dr. MIMI MANI PANAKKAL  
 EBSB COORDINATOR

MONY GEEGE  
 ORGANIZER

Dr. Sr. BEENA JOSE  
 PRINCIPAL

Dr. THOMAS RUBY MARIAMMA  
 HEAD OF THE DEPARTMENT

The **EBSB DAY** was celebrated on 28<sup>th</sup> July, 2024 with a **visual presentation on the Partner State** of Vimala College (Autonomous), Kerala, namely, **HIMACHAL PRADESH**. The Visual Narrative was created from itineraries of visits by faculty to various parts of Himachal Pradesh. The Visuals helped serve a better understanding of the partner State to the students by foregrounding the Natural beauty, people and life style of Himachal Pradesh.

Link: [[http://drive.google.com/file/d/1Vgyw3dXn\\_02yDTHUAISBpUdBauFaOXs\\_/view?usp=drivesdk](http://drive.google.com/file/d/1Vgyw3dXn_02yDTHUAISBpUdBauFaOXs_/view?usp=drivesdk)]

