

# SIGNATURE

DEPARTMENT OF HOME SCIENCE - 2020

Vimala College (Autonomous), Thrissur.

**AUGUST 4**

## An Interactive Session

An interactive session was conducted by the department of home science on "Nutritional problems among college students". The resource person was Dr. Karuna M.S, consultant in clinical nutrition and research, Dr. Karuna diet care center, Thrissur.



**AUGUST 7**

## National Handloom Day

As a part of national handloom day celebration "SWADESI 2020", an intercollegiate online competition was conducted, which includes "VEIL", a mask making contest. The winners were awarded with attractive gifts.



**AUGUST 7**

## World Breastfeeding Week Celebrations

The home science department of Vimala College celebrated world breastfeeding week "ADHYAMRUTHAM". The event included making of an awareness video on breastfeeding and a slogan writing competition. The winners were awarded with E- certificates. The award winners of slogan writing competition were; Rajimol KC of St Teresa College, Ernakulam securing first price.

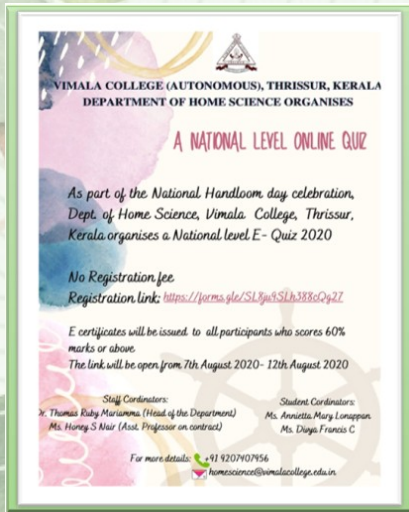
The second price was won by Sanjiti Mirmire of ESI Medical College, Ernakulam Followed by Chandhini Biju, Asifa M.S of St. Teresa College, Ernakulam and Alisha Thampy of Alphonsa College, Pala winning the third price.





## National Level Online Quiz

As a part of the National Handloom day celebration, department of home science of Vimala College, Thrissur, organized a National level E-Quiz. The participants who scored above 60% were awarded with E-certificates.



## AUGUST 10

### Zest-International Level Online Cooking Contest

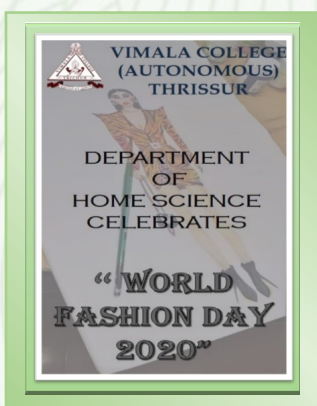
The department of home science of Vimala College in association with Ek-Bharat-Shrestha-Bharat (EBSB CLUB), conducted an international level online video cooking contest for college students themed "immunity boost up recipe". Thameena Thasneem MT of St. Teresa College, Ernakulam secured first price and won 1000 rupees as cash price. Second price was given to Naomi Vincent of St. Teresa College, Ernakulam. Followed by Grace Susan Bincy of Vimala College. All participants were awarded with E-certificates.



## AUGUST 21

### World Fashion Day 2020

World fashion day was celebrated by the department of home science on August 21.





## Pookalam Competition

Bvoc. food processing department of home science conducted "2K20 ONLINE VARNANGAL" an intercollegiate pookalam competition in connection with Onam celebration, themed as pookalam from fruit and vegetable waste. Christy T Joju of BSc. FCS (5<sup>th</sup> sem) secured first prize winning 500 rupees cash price and an E-certificate, Nima Jose C of BA, Sociology (3<sup>rd</sup> sem) won second price and the third price was given to Sreelakshmi V of BSc. Physics. The winners were awarded with E-Certificates.



## SEPTEMBER 10

### Resilience 2020 Motivational Speech

In connection with world suicide prevention day, department of home science organized "RESILIENCE 2020". The program included "MIND BLOOM" a motivational speech competition and "PRATHIBIMB" a face painting competition. Certificates were provided to all the participants.



## SEPTEMBER 11

### How To Boost Immunity To Fight Against The Pandemic Covid-19 And Magic Weight Loss Soup Video





## Nutrigirl 2020

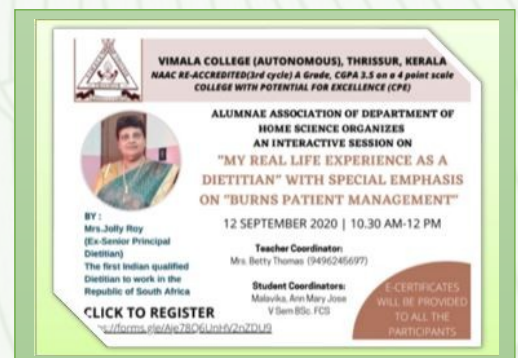
As a part of national nutrition week celebration PG department of home science in association with Double Horse, Manjilas Food Tech Pvt Ltd, Thrissur organized nutrigirl contest 2020. P.S Navrin, Niya Baby and Arundhati secured the first three positions respectively in the competition.



## SEPTEMBER 12

### Real Life Experience As A Dietitian On Patient Management

Alumnae association of department of home science organized an interactive session on "My real life experience as a dietitian" with special emphasis on "Burns patient management". The resource person was Mrs. Jolly Roy (Ex-Senior principal Dietitian).



## SEPTEMBER 15

### Nutritional Management In Dysphagia

Department of home science conducted a webinar on nutritional management in dysphagia on 15 September 2020. E-certificates were provided to all the participants.



## SEPTEMBER 22

### Young Women- Agent Of Change For A Healthy Nation

Ms. Betty Thomas, Assistant professor, Dept. of Home science, Vimala College, Thrissur, served as a resource person in the webinar on "Young women-agents of change for a healthy nation" organized by Department of Zoology of KKTU Govt. College, Pullut.





## SEPTEMBER 24

### Sustainable Interior Design And Green Building

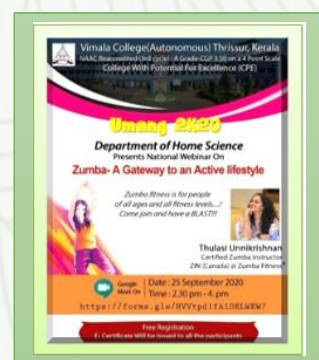


Department of home science, as a part of "UMANG 2K20" conducted a national webinar on sustainable interior design and green building. The resource person was Mr. Alfred .T, Interior designer, Taj designs, Thrissur and E-certificates were provided to all the participants.

## SEPTEMBER 25

### National Webinar On Zumba

As a part of "UMANG 2K20", department of home science conducted a national webinar on 'Zumba-a gateway to an active lifestyle'. The resource person was Thulasi Unnikrishnan, certified Zumba instructor, ZIN (Canada)@Zumba fitness.



## SEPTEMBER 25

### Jhalak Photography

As a part of the intercollegiate fest conducted by the department of home science, "JHALAK" a photography contest was organized, the theme was kitchen close ups. The winners were Vyshnav K.B, of Nipunnya institute of management and information technology and Cicina Mariya Cicil, of Vimala College.



## SEPTEMBER 25

### Nirmay Health Recipe Competition

'Nirmay health recipe' competition was conducted on behalf of the department of home science, as part of UMANG 2020 an intercollegiate fest. The winners of the competition are Duggani Mrudula of St Theresa's College, Shelin Jose v, of Vimala College and Akshaya Nair of Vimala College. The best recipes were awarded with cash price and E-certificates.





**SEPTEMBER 25**

### Ishtihaar E- Poster Making Competition

As a part of "UMANG 2020", "ISHTIHAAR" an E poster making competition was conducted. The topic was 'stay fit and eat healthy'. The winner was awarded with 500 rupees cash price.



**SEPTEMBER 25**

### Punarapp- Upcycling Competition

The department of home science, as a part of UMANG 2020, conducted "PUNARAPP" an up-cycling competition. Hridhya K.S of 2<sup>nd</sup> year BVoc food processing, Vimala College won the first price and won 500 rupees as cash price. Athulya Jaison of 2<sup>nd</sup> year Civil engineering, Christ College of engineering secured second price



**SEPTEMBER 29**

### Hridhyam

As a part of 'world heart day celebrations 2020', Department of home science organized "HRIDHYAM". The program includes an online quiz competition and a heart healthy salad competition. The winners of salad competition are, Devika Rajesh Menon of Vimala college, second price was secured by Vidhyamol D, Morning Star, Home Science, Angamaly and the third price was shared by Stiya Babu and Gouri I J of Viamla college. The winners of quiz competition are



Megha p, Jasmin and Niya Joy of Vimala College. Participants scored above 60% for the quiz competition were awarded E-certificates.

**OCTOBER 4**

### Motivational Talk

On October 4 department of home science organized a motivational talk for all the first year students of the department. The resource person was Ms. Betty Varghese, Assistant professor, Department of costume science and fashion designing, Nirmala college of arts and science, Chalakudy.







**OCTOBER 16**

### Swaad Sadan

As a part of world food day celebrations, department of home science organized "SWAAD SADAN", which include games like, Food Puzzle and Anna Rathna. The participants were provided with E certificates.

**OCTOBER 16**

### El Alimento 2020

The Bvoc food processing of home science department organized "EL-ALIMENTO" an intercollegiate online quiz competition, in connection with "world food day". The participants scored above 70% were awarded with E-certificates.



**OCTOBER 17**

### World Food Day



The Bvoc. food processing of the department of home science in association with KEFTA, official Training partner of FSSAI organized a webinar on Food safety guidelines for food manufacturing during COVID-19 pandemic. The resource person was Sri. Bins K Thomas, FSSAI Master Trainer.



**OCTOBER 21**

### Medical Textiles-Application And Research Prospectus

DR. Thomas Ruby Mariamma, HOD, Department of Home science, Vimala College, Thrissur served as a resource person in the webinar on "Medical textiles -application and research prospectus" conducted by Department of fashion design and management of MES college Marampally.



**OCTOBER 22**

### One Day Workshop On Fabric Painting

As a part of handloom day department of home science organized one day workshop on fabric painting in association with fevicryl. The resource person was Rekha Anilkumar, Fevicryl specialist teacher. E certificates were issued to all the participants.



**OCTOBER 31**

### Breast Cancer Awareness

The department of home science in association with Kuriakose Elias Service Society (KESS) organized a webinar on "BREAST CANCER- CHALLENGES IN DETECTION AND TREATMENT". The resource person was Dr. Sunu Cyriac, DM (AIIMS), Fellowship (Canada), Asst. Professor, Dept. Medical Oncology and Hematology, Amala Institute of Medical Sciences, Thrissur.

