



SIGNATURE

DEPARTMENT OF HOME SCIENCE 2020-21

Vimala College (Autonomous), Thrissur.

Scientia Alumnae Webinar Series

November 25

Scientia Alumnae Webinar Series – Inaugural Session

The Alumnae Association of Department of Home Science presented 'Scientia' webinar series on 25th of November through Google meet. The program was inaugurated by Mrs. Sheela Kochouseph, the managing director of V-Star Creations, Private Limited. In the presence of College Principal Dr. SR. Beena Jose. Felicitations were done by Mrs. Yevonne Rodicks and Dr. Karuna M S, former HODs.



November 25

Kerala -The Emerging Fashion Industry Hub of India

As the part of Scientia webinar series, the Alumnae Association of Department of Home Science organized a webinar on 'Kerala-The Emerging Fashion Industry Hub of India'. The resource person was Mrs. M A Noushija, the celebrity fashion designer and managing director of Fatiz Garments and Events Private Limited, Mumbai.

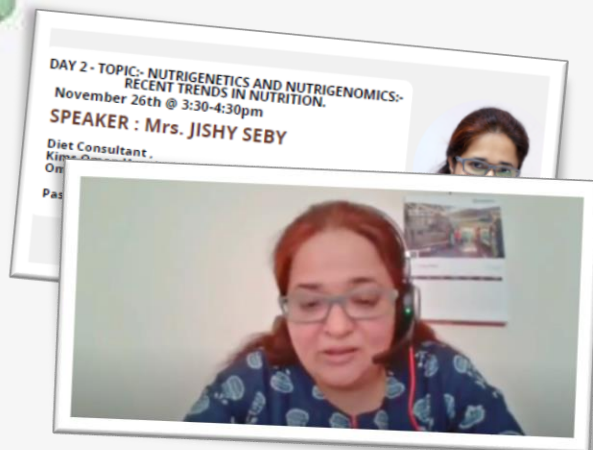




November 26

Nutri-genetics and Nutri-genomics:- Recent Trends in Nutrition

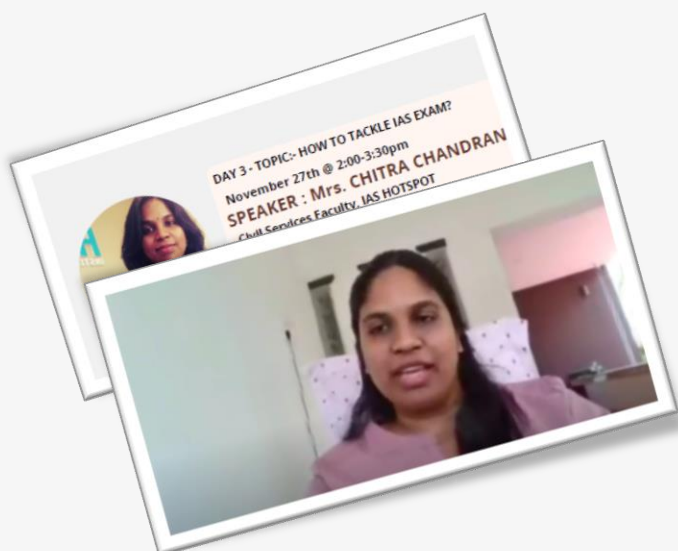
The Alumnae Association of Department of Home Science organized a webinar on 'Nutrigenetics and Nutrigenomics:- Recent Trends in Nutrition'. The resource person was Mrs. Jishy Seby, Diet consultant, Kims Oman Hospital, Oman.



November 27

How to tackle IAS exam?

On the third day of the webinar series, next entry was a webinar on "How to tackle IAS exam?". The resource person was Mrs. Chitra Chandran, Civil Services Faculty, IAS Hotspot Thrissur.



November 28

From Meal Planning to Media Scope and Challenges

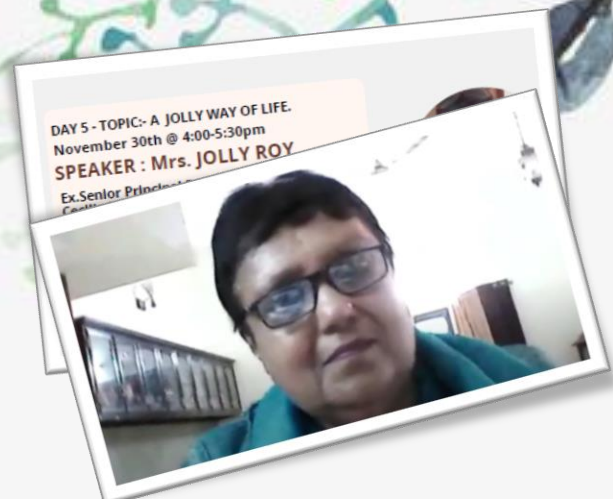
On the fourth day of the webinar series, a webinar was conducted on 'From Meal Planning to Media Scope and Challenges'. The resource person was Mrs. Sona Thambi, Senior Editorial Coordinator Vanitha Veedu, MM Publications, Kottayam.





November 30
A Jolly Way of Life

On the fifth day, The Alumnae Association of Department of Home Science organized a webinar on 'A Jolly Way of Life'. The resource person was Mrs. Jolly Roy, Ex Senior Principal Dietitian Cecilia Makiwane Hospital, South Africa.



December 2

Carbohydrate Counting in Type 1 Diabetes

Next entry in series was a webinar on 'Carbohydrate Counting in Type I Diabetes'. The resource person was Mrs. Shebni Hameed, Senior Bariatric Dietitian, Seha Emirates Hospital Abudabi.

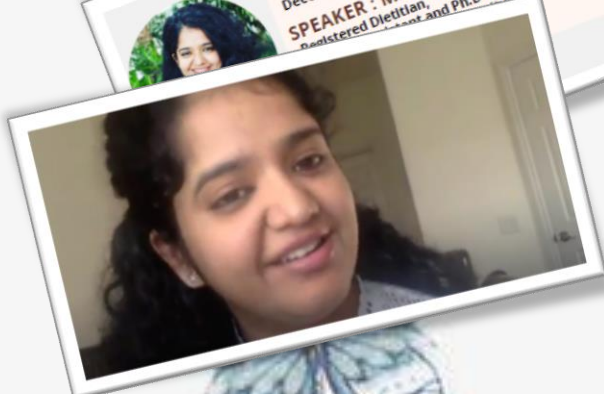


Target Blood Sugar Levels for Diabetes	
Age 6-12	
Fasting	80-180
Before Meal	90-180
Before Exercise	all times 150
Bedtime	100-180
A1c	less than or around 8.0%
Age 13-19	
Fasting	70-150
Before Meal	90-130
Before Exercise	all times 150
Bedtime	90-150
A1c	less than or around 7.5%

December 3

Nutrition and Dietetics – Path Ahead in India and Abroad

As a part of the series, a career orientation in the form of a webinar on 'Nutrition and Dietetics – Path Ahead in India and Abroad' was conducted. The resource person was Mrs. Priya Krishnakumar, Registered Dietitian, Teaching Assistant and Ph.D Candidate, Florida International University, USA.

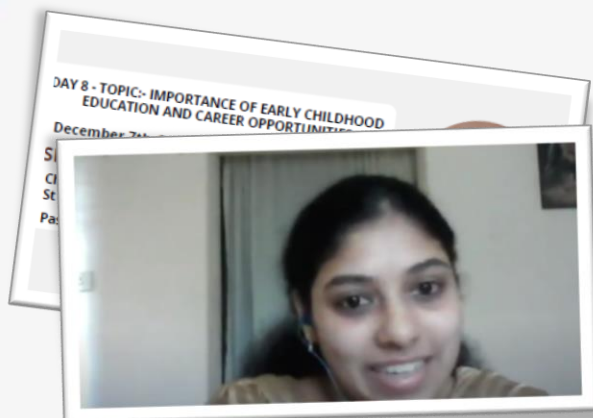




December 7

Importance of Early Childhood Education and Career Opportunities

The last entry in series was a webinar on 'Importance of Early Childhood Education and Career Opportunities'. The resource person was Mrs. Grace Ann Mathew, Child Development Specialist and Research Scholar St. Teresa's College, Ernakulam.



December 9

Malnutrition Free India -Assessment and Management of Malnutrition

As the part of Scientia webinar series, The Alumnae Association of Department of Home Science organized a webinar on 'Malnutrition Free India -Assessment and Management of Malnutrition'. The resource person was Mrs. Dhanya Ramakrishnan, Consultant Health and Nutrition Kerala State Nutrition Mission Women and Child Development Department, Poshan Abhiyan, Trivandrum.

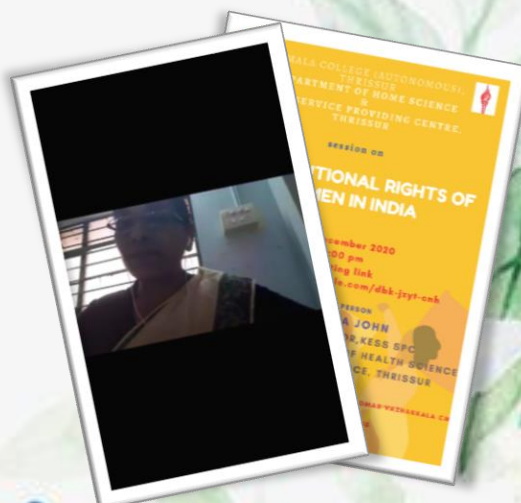


Industry-Academia Interface

December 9

Constitutional Rights of Women in India

Department of Home Science and KESS Service Providing Centre organized a webinar session on "Constitutional Rights of Women in India." Adv. Reena John was the resource person.





December 12

Creative Opportunities in Fashion

On December 12th, Department of Home Science organized a webinar on 'Creative Opportunities in Fashion'. The invited speaker was Freelance Designer Mr. Prasanth Baskar.

Workshops

November 21

One Day Workshop on Block Printing & Vegetable Printing

Department of Home Science organized a One Day Workshop on 'Block Printing and Vegetable Printing' for all students of Vimala College online via Google meet. The resource person was Mrs. Rekha Anilkumar, Fevicryl Specialist teacher.



December 12

One Day Workshop in IKAT Painting and African Art

A One Day Workshop was conducted online by Department of Home Science on 'IKAT Painting and African Art' for all Vimala College Students. Fevicryl specialist teacher Mrs. Rekha Anilkumar was the resource person.





Publications

Mrs. Urmila Vijayan

Assistant Professor, Dept. of Home Science authored a chapter on 'Poly Cystic Ovarian Syndrome' in the referral book for post graduate food & nutrition students, 'Current Topics in Nutrition', first published in December 2021, Romanson Publishing House, Thiruvananthapuram, Kerala.

She also authored a chapter on 'Immunity and Its Role in Combating the Pandemic' in the book 'COVID-19 Pandemic and Global Resurgence', in March 2021, Asian Press Books, Kolkata.



Staff Achievements

Ms. Devyani Haridas Pisharody

The Nestle Hunt for the Star Chef of Vimala was a competition exclusively for faculty members of Vimala college, Thrissur. Among them Ms. Devyani Haridas Pisharody, Assistant Professor, Dept. of Home Science, won the first price with the recipe of Aloe Vera Payasam with Maggie coconut milk powder.



Student achievements

Ms. Devika Rajesh Menon

First year BSc Home Science student Devika R Menon secured second prize in Asianet Cook Off Season 2 - family cooking competition on 21-2-2021.





Ms. Anila V B - Poster Making

As a part of National Webinar on Paradigm Shift in Home Science Education organized by Home Science Association of India (Kerala chapter) conducted from 18th to 20th of February, Ms. Anila V B, student of Vimala College, participated and won Best Post Award in Textiles and clothing in student category. E-certificate was awarded to the winner.

Ms. Anjana C S - Paper Presentation

As a part of the National Webinar on 'The Role of Women in Pandemic Scenario' conducted in connection with Sr. Dr. Rani George. Endowment organized by the IQAC of St. Mary's College Thrissur, Ms. Anjana C S of Vimala College secured first prize for the paper titled 'Development and Evaluation of Nutraceutical Powder on Prediabetic Women' in the paper presentation competition. Winner was awarded an E-certificate.



Ms. Alina Xavier - Christmas Card Making

As a part of inter-collegiate Christmas card making contest "Jingle Bells" conducted by St Joseph College, Irinjalakuda, Ms. Alina Xavier of Vimala College, won third prize. The winner was awarded an E-certificate.



Ms. Selvanayaki M - Maggie Star Chef

As a part of Maggie Star Chef completion conducted by Nestle Ms. Selvanayaki M, Vimala College, Thrissur has won first prize. Winner was awarded an E-certificate.



Students Consultancy launches



December 11
Panache

The launching ceremony of fashion consultancy program PANACHE by Department of Home Science was held on 11th December through online platform, Google meet.

December 11
Evexia

The launching ceremony of diet consultancy program EVEXIA by Department of Home Science was held on 11th December through Google meet.





Day celebrations

November 14

World's Diabetes Day - Online Quiz Competition

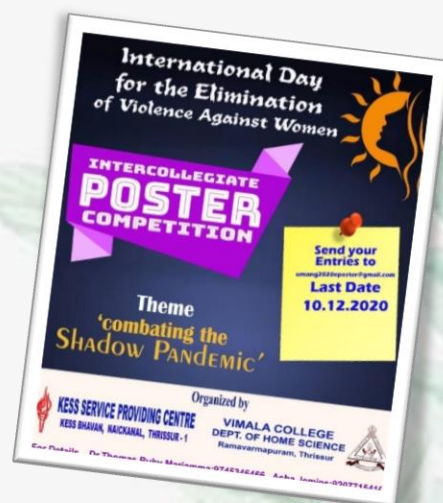


As a part of celebration, PG Diploma in Nutrition and Dietetics Dept. of Home Science Vimala College, Thrissur organized an online quiz competition. The participants who scored above 60% were awarded E-certificates.

November 25

Intercollegiate Poster Competition

As a part of International Day for the Elimination of Violence against Women, Department of Home Science, Thrissur and KESS Service Providing Centre, KESS Bhavan, National, Thrissur organized an intercollegiate poster competition based on the theme 'combating the Shadow Pandemic'.



January 10

World Dietetics Day



As a part of World Dietetics Day, Department of Home Science, Vimala College, Thrissur and Indian Dietetic Association Kerala Chapter conducted Intercollegiate Online Skit completion named 'AVENIR SAIN' and the theme was of the skit was 'HEALTHY FUTURE'. Team from 4th semester BSc. Family and Community Science scored the first prize. Certificates were provided to the winners.



February 25- March 26

International Women Campaign

In connection with Women's Day, international women campaign Students of Dept. of Home Science participated in the seminar and debate held from February 25 to March 26 in the Karunakaran Memorial Town Hall, Thrissur organized as a part of Beti Bachao Beti Padhao project. Session named "Gender perspective in health and nutrition" was taken by Ms. Ambili K M. Prizes were distributed to winners of various competitions.



Competitions

December 20

Christmas tree Making Contest

As a part of Christmas celebration, Department of Home Science organized a Christmas tree making contest on intercollege level. Ms. Vini Simon student of Sree Narayana Guru College, Vazhakumpara participated and won the first prize. E-certificate was awarded to the winner.



February 19

Flower Arrangement Competition

Department of Home Science organized a fresh flower arrangement competition of memory of former HOD Dr. Annie Oommen, Sr. Soumya of 3rd year Family and Community Science, Dept. of Home Science won the first prize.





Entrepreneurial Development Programs

March 25

Quantity Food Preparation and Sale

As a part of internship, the MSc. first year Nutrition and Dietetics students along with their tutor Mrs. Urmila Vijayan had conducted a demonstration session of internship attended for the second year BSc. family & community science students. Ms. Nihala was the resource person and three preparations were demonstrated. The products were sold off through the sale by the students.

March 6

Foodie's Spot

As a part of processed food entrepreneurial skill development programme, the students of 3rd semester B.Voc Food Processing, Department of Home Science conducted a pineapple jam sale. The students sold their product as per the order placed by teaching and non-teaching staffs in the college.



Donations

Home Science Alumnae

Alumnae of Home Science donated Rs. 15000 for remitting semester fees of two students from MSc. Nutrition and Dietetics.

