

2015-2016

TALK ON “IMPORTANCE OF BREAST FEEDING”

Name of the Event: Talk on “Importance of breast feeding”

Date: 06/08/2015

Venue: Vimala college , Thrissur

Organized by: Department of Home Science& Nutrition club

Collaboration (if any): Lioness club, Thrissur

No. of participants: 100

Teachers-11

Students-88

Beneficiaries-teachers and students of vimala college

Department of Home Science& Nutrition club in association with Lioness club, Thrissur organized a talk on ‘Importance of breast feeding’ by Dr .Niji Justin, Gynecologist (Thrissur dist. Cooperative hospital) as a part of breast feeding week celebration on 06/08/2015. It was a very informative class and an interaction session was allowed which helped students to understand the feeding patterns, reason, complications and prevention of breast cancer.



PRACTICAL SESSION ON “YOGA AND NUTRITION”

Name of the Event: Practical session on “Yoga and nutrition”

Date: 10/08/2015

Venue: Indoor stadium ,Vimala College Thrissur

Organized by: Department of Home Science

Collaboration (if any): Nutrition club

No. of participants: 50

Beneficiaries – students of Vimala college

Department of Home science in connection with nutrition club organised a practical session ‘Yoga and nutrition’ on 10/09/2015 by Uma kalyani (RD & Certified yoga trainer). The programme was attended by Mrs anitha davis, Mrs Ambily k m ,Mrs Akhila v .b , students of home science dept,nutrition club members & students of math’s dept. The practical section was very interesting. It includes different postures like suryanamaskaram, pranayama, parvathasana, savasana, koormasana etc.



TALK ON “DIET AND EXERCISE”

Name of the Event: Talk on “Diet and Exercise”

Date: 16/09/2015

Venue: Vimala College Thrissur

Organized by: Department of Home Science

Collaboration (if any): Nil

Teacher -1

Beneficiaries –students of Vimala college(dept of mathematics and sociology)

A talk on “Healthy eating habits” was given for sociology and maths students of Vimala college by Ambily K. M on 16/09/2015. The talk focused on healthy diet, exercise and healthy food habits.



NUTRITION AWARENESS PROGRAM

Name of the Event: Nutrition awareness program

Date: 17/11/2015

Venue: Vimala college, Thrissur

Organized by: Department of Home Science

Collaboration (if any): Nil

As a part of children's day celebration department of Home Science conducted an awareness class and followed by packed lunch competition and quiz competition on 17/11/2015. The programme focused on children's nutrition, healthy diet, healthy food habits. The programme were attended by staff and students of Vimala college.



DIABETES AWARENESS PROGRAMME

Name of the Event: DIABETES AWARENESS PROGRAMME

Date: 24/11/2015

Venue: Vimala College Thrissur

Organized by: Department of Home Science

Collaboration (if any): Ashraya charitable society of JMMC, Thrissur

Benefeciaries-students and staff of Vimala college

As part of World diabetes day celebration, Dept. of Home Science in collaboration ,with Ashraya charitable society of JMMC, Thrissur organized a diabetes awareness class on 24/11/2015 in Vimala college. The programme were attended by staff and students of Vimala college.



ANEAMIA DETECTION CAMP

Name of the Event: ANEAMIA DETECTION CAMP

Date: 22/02/16

Venue: Vimala College Thrissur

Organized by: Department of Home Science

Collaboration (if any): Nil

Participants :41 (sports students of Vimala College , Thrissur)

Department conducted an Anemia Detection Camp for the Sports Students of Vimala College in the Biochemistry Lab of Home Science Department on 22/02/16. 41 students participated in the camp. All were found to be having hemoglobin above 11gm/dl and 23 students found to be in normal Hb level.



2016 - 2017

OBSERVATIONAL VISIT AT VIMALA NURSERY SCHOOL

Name of the Event: OBSERVATIONAL VISIT AT VIMALA NURSERY SCHOOL

Date: 22-06-2016

Venue: Vimala Nursery School

Organized by: Department of Home Science

Collaboration (if any): Nil

Students-30

Teachers-2

Beneficiaries-students of Vimala nursery

As part of the curriculum, III semester B Sc Family and Community Science students (2015-2018 Batch) conducted a Nutritional assessment at Vimala Nursery School to study the overall development of preschool children on 22-06-2016. They took height, weight, dietary recall of students. Though almost all children were underweight, but seems to be healthy and active. Also gave a short and very interactive session to the students on healthy eating habits.





VISIT TO ST .JOSEPH MENTALLY RETARDED HOME

Name of the Event: VISIT TO ST .JOSEPH MENTALLY RETARDED HOME

Date : 05-07-2016

Venue: St Josephs mentallyretarded home, Cheroor

Organized by: Department of Home Science

Collaboration (if any): Nil

Students of Vimala college-28

Teachers-1

Beneficiaries-Students of st.josephs mentally retarded home

III semester Family and Community Science students visited St Josephs mentallyretarded home, Cheroor on 05-07-2016. They took an awareness class onbalanced diet to the students out there.They were very enthusiastic to know more on healthy diet.



COMMUNITY NUTRITION CAMP

Name of the Event: Community Nutrition Camp

Date: 18/07/16-23/07/16

Venue: Mananthavadi, Wayanadu

Organized by: Department of Home Science

Collaboration (if any): Nil

18Students

4 teachers

Beneficiaries-people of Mananthavadi, wayanad

Community Nutrition Camp on "Manju Malakalil Oru Arogya Veekshanam" for the Tribals of Mananthavadi, Wayanadu from 18/07/16-23/07/16. Classes on Nutrition and Health (Food and Health, Anaemia, Diet during Pregnancy and Lactation, Importance of Hygiene, Effects of Alcohol and Smoking) were carried out by M.Sc and P G diploma in Nutrition and Dietetics students for the Tribals of Mananthavadi. 18Students and four teachers took part in the camp.



**AWARENESS CLASS ON ANEAMIA , BALANCED DIET, MALNUTRITION,
EFFECT OF JUNK FOODS, NON COMMUNICABLE DISEASE AND IMPORTANCE
OF PHYSICAL ACTIVITY**

Name of the Event: Awareness class on aneamia , balanced diet, malnutrition, effect of junk foods, non communicable disease and importance of physical activity

Date: 08/10/2016.

Venue: Vimala College Thrissur

Organized by: Department of Home Science

Collaboration (if any): Nil

Students-25

Teachers -1

Beneficiaries –students of Vimala college

Akhila C. A, Henna Francis, Jasmin, Aiswarya Girijan and Aiswarya Rajeeve of V Semester Family and Community Science Students conducted an awareness Class on Balanced Diet, Malnutrition, Effect of Junk Foods, Non Communicable Disease and Importance of Physical Activity respectively for the students of Vimala college on 08/10/2016.



EXHIBITION CUM SALE

Name of the Event: Talk on “Diet and Exercise”

Date: 21/01/2017

Venue: Co-operative Public School, Padukkad

Organized by: Co-operative Public School, Padukkad

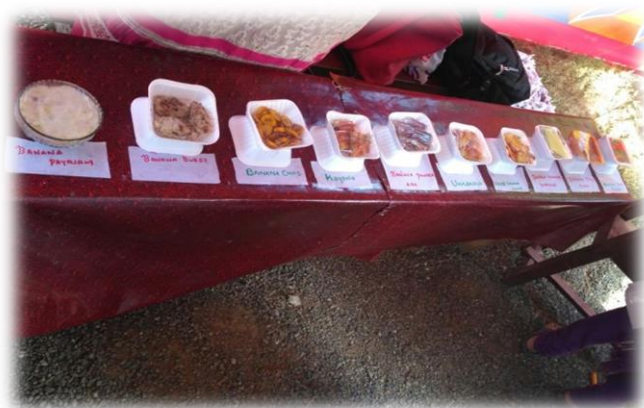
Collaboration (if any): Nil

Students -5

Teachers-1

Beneficiaries-students and parents of the school

PG Diploma Students of Nutrition & Dietetics Participated in an exhibition cum sale on plantain products conducted by Co-operative Public School, Padukkad as part of the annual exhibition and parents meet (2016-17) on 21st January 2017. It helped a lot to make the students and parents of this school aware of the importance of plantain products in its nutrition aspect.



2017 - 2018

COMMUNITY NUTRITION AND MEDICAL CAMP

Name of the Event: SPARSHAM & MEDICAL CAMP

Date: 24/07/2017-29/07/2017

Venue: Thalikulam Panchayat of Thrissur district

Organized by: Department of Home Science

Collaboration (if any): VIKAS trust

Teachers-3

Students-p.g students of homescience

Beneficiaries- People of Thalikulam Panchayat of Thrissur

As a part of the curriculum the students of 2nd year Nutrition and Dietetics, Department of Home Science, Vimala college, Thrissur conducted a community nutrition camp “SPARSHAM” in Thalikulam Panchayat of Thrissur district in association with the VIKAS trust from 24th to 29th July 2017. The camp extended for a period of 6 days and the target group selected for the survey was adolescent girls of the age group 14-18 years of Thalikulam panchayat .We performed the nutritional status assessment survey of adolescent girls and adult women living in the coastal area .The camp was inaugurated on 25th July by Panchayat President Smt. Rejani and Mr.ChandraDutt, Director of coastford and VIKAS trust.Presidential Address was delivered by Dr.Sr. Marriette A Therattil, Principal,Vimala college Thrissur. Dr. Karuna M.S, (Asso. Prof, Head, Department of Home Science, Vimala college Thrissur) delivered an introductory speech on the importance of nutrition, health and hygiene.



The camp was mainly organized to provide a general awareness to people living in coastal area on various lifestyle disease that were prevalent today. Camp also focussed on anaemia detection, thyroid problems, gynaecologic problems like detection of breast and ovarian cancer and so on. Body Mass Index, household and individual surveys, diet counseling, demonstrations etc were also conducted.

The VIKAS trust of Thalikulam Panchayat organized a medical camp in association with the Department of Home Science and Government Medical College, Thrissur on 27th July 2017. We provided nutritional counselling and exhibition of charts and posters on general nutrition guidelines .We also recorded the anthropometric indices like height, weight and BMI of the subjects .Cultural activities and awareness classes were conducted in Pakalveedu. Also we were took classes for lower primary, upper primary, high school and higher secondary schools. We conducted demonstration classes based on millet preparations in the Anganawadi .Since it was a comfortable venue for the housewives of the Thalikulam. On 29th July external examiner Mrs. Aneena (Assistant Professor, Department of Home Science, KAU, Mannuthy) visited and evaluated our camp .



TALK ON NUTRITION FOR ADULT WOMEN

Name of the Event: TALK ON NUTRITION FOR ADULT WOMEN

Date: 25/07/2017

Venue: VIKAS Trust, Thalikulam

Organized by: Department of Home Science

Collaboration (if any): VIKAS trust

Students-18

Teachers-1

Beneficiaries-Adult women of thalikulam panchayath

On 25th July 2017 of community nutrition camp organized by Department of Home Science at VIKAS Trust, Thalikulam . The camp was inaugurated by Thalikulam Panchayat President Smt. Rejani and Mr. Chandra Dutt, Director of coast ford and VIKAS trust. The awareness classes were conducted for the adult women based on the topics:

- Basic concepts of food groups
- Importance of breakfast and exercise
- Nutrition during pregnancy and lactation
- Diet for adolescence



TALK ON NUTRITION FOR ADOLESCENT GIRLS

Name of the Event: TALK ON NUTRITION FOR ADOLESCENCE GIRLS

Date: 26/07/2017

Venue: CSM central school,Thalikkulam

Organized by: Department of Home Science

Collaboration (if any): Nil

Students-18

Teachers-1

Beneficiaries- Adolescent girls of CSM central school,Thalikkulam

On 26th July 2017 PG Nutrition and Dietetics students of Department of Home Science visited CSM central school,Thalikkulam and delivered an awareness classes for adolescence girls. Our student teachers were:-

Basic concepts of food groups

Importance of breakfast and exercise

Diet for adolescence

Health and hygiene sanitation.

Anemia.

PCOD



TALK ON LIFESTYLE DISEASES AND MEDICAL CAMP

Name of the Event: TALK ON LIFESTYLE DISEASES AND MEDICAL CAMP

Date: 27/07/2017

Venue: Pakalveedu of VIKAS Trust , Thalikkulam

Organized by: Department of Home Science

Collaboration (if any): VIKAS Trust

TEACHERS -2

Students-18

Beneficiaries-Men and Adult women of thalikulam panchayath

On 27th July 2017 Wednesday an awareness classes and cultural activities were conducted for old age people in pakalveedu of VIKAS Trust , Thalikkulam by PG Nutrition and Dietetics students, Department of Home Science on the topics:

Life style diseases

Cancer



On the same day VIKAS trust of Thalikulam Panchayath organized a medical camp for adult women to check the morbidity of cancer, thyroid and breast cancer self detection methods in association with the Department of Home Science and Govt.Medical college Thrissur. PG

Nutrition and Dietetics students of Department of Home Science provided nutritional counseling for adult women, distributed leaflets regarding and exhibited charts and posters.



TALK ON IMPORTANCE OF BREAKFAST

Name of the Event: TALK ON IMPORTANCE OF BREAKFAST

Date: 27/07/2017

Venue :SNVUP, School ,Thalikulam

Organized by: Department of Home Science

Collaboration (if any): Nil

TEACHERS -2

Students-18

Beneficiaries-students of SNVUP, School ,Thalikulam

On 27th July 2017 Reshmi Balakrishnan. V, PG Nutrition and Dietetics student of Department of Home Science conducted an awareness class on topic basic concepts of food groups, Importance of breakfast and exercise for the students of SNVUP, School ,Thalikulam.



TALK ON HEALTH AND HYGIENE SANITATION

Name of the Event: TALK ON HEALTH AND HYGIENE SANITATION

Date: 28/07/2017

Venue : Govt.U.P School Edassery, Thalikulam

Organized by: Department of Home Science

Collaboration (if any): Nil

TEACHERS -2

Students-18

Beneficiaries-studentsin Govt.U.P School Edassery, Thalikulam

On 28th July 2017 PG Nutrition and Dietetics students of Department of Home Science took awareness class for upper primary students in Govt.U.P School Edassery, Thalikulam based on the topics:

Basic concepts of food groups

Importance of breakfast and exercise

Health and hygiene sanitation



TALK CUM DEMONSTRATION ON NUTRITIONAL BENEFITS OF MILLETS

Name of the Event: TALK CUM DEMONSTRATION ON NUTRITIONAL BENEFITS OF MILLETS

Date: 28/07/2017

Venue : Anganwadi Of Thalikkulam

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers -1

Students-18

Beneficiaries-Adult women of Thalikkulam

On 28th July 2017 Friday PG Diploma in Nutrition and Dietetics students of Department of Home Science went to Anganwadi Of Thalikkulam and conducted awareness cum demonstrations based on nutritious ragi (millet) based recipes for adult women. Awareness classes were based on the following topics:-

- Thyroid and constipation – Athira .K.A.
- Nutrition during pregnancy and lactation – Arya Rajan . V.
- Millets – Varsha.C.V.

Several ragi based nutritious recipes like ragi halwa, ragi ada, ragi pakora, ragi wheat cake etc were demonstrated in the Anganwadi to the audiences which included both expectant and lactating women. The prepared recipes were distributed among them who attended the programme so as to make them aware about the wide variety of millets which we are not including much in our diet and which is very economical. The audience appreciated the food and the students received a good feedback.



TALK ON ANEMIA

Name of the Event: TALK ON ANEMIA

Date: 29/07/2017

Venue : Govt.U.P School Edassery, Thalikulam

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers -1

Students-18

Beneficiaries-students ofGVHS school Thalikulam

On 29th July 2017 PG Nutrition and Dietetics students of Department of Home Science took awareness class in GVHS school Thalikulam based on the topics:

Anemia

Life style diseases

Cancer



AWARENESS CLASS ON AIDS/HIV

Name of the Event: AWARENESS CLASS ON AIDS/HIV

Date: 05/10/2017

Venue : Vimala College , Thrissur

Organized by: Department of Home Science

Collaboration (if any): UGC Centre for Women's Studies

Teachers-2

Students-59

Beneficiaries-Students of Vimala college

Department of Home Science in Collaboration with UGC Centre for Women's Studies organized an awareness class on October 5-9-2017 on the topic AIDS. The resource person of the session was Sr.Chaithanya – Director of ChavaraInspire Charitable Society, Ernakulam for Inborn HIV children all kerala.

HIV/AIDS has emerged as the single most formidable challenge to public health. College Students of today are exposed to the risk of HIV/AIDS. The session was conducted to determine the knowledge among students regarding HIV/AIDS and provide suggestions for HIV/AIDS education in colleges.

The Resource person defined the causes, consequences and the symptoms of AIDS. She suggested being more Cautious on the present situation to avoid the after effects of AIDS.

The students asked doubts and Sr.Chaithanya gave convincing answers to them. The session was very admirable.



2018 - 2019

COMMUNITY NUTRITION CAMP AT CAPEX FOR CASHEW WORKERS

Name of the Event: SWASTHYAM

Date: 27/07/2018

Venue : Kollam CAPEX

Time :9.30am-2.00pm

Organized by: Department of Home Science

Collaboration (if any): Nil

“SWASTHYAM” 2018 nutrition cum medical camp conducted by Department of Home Science, Vimala College, Thrissur at Kollam CAPEX was officially inaugurated on 27th July at 9:30 am in the presence of standing committee chairman Sri. Suresh Kumar, Health Inspector Raj Mohan and other staff members of CAPEX. In association to this, a medical camp and a nutritional survey were also conducted by the students for cashew workers. For creating awareness among the people, an exhibition was also arranged. Free health check ups, medicines and nutritional counselling were provided to the cashew workers. By 2 pm the programme came to an end.



Inauguration cum nutrition exhibition of “SWASTHYAM” at CAPEX, Kollam



Nutritional counselling at CAPEX

NUTRITION EDUCATION FOR SCHOOL CHILDREN

Name of the Event: SWASTHYAM

Date: 26/07/2018

Venue : Government School, Keralapuram and Penial Public School, Keralapuram

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers-2

Students-17

Beneficiaries-students of Government School Keralapuram and Penial Public School, Keralapuram

The students and two teachers of 2nd MSc. Nutrition and Dietetics from Department of Home Science, Vimala College organised a community camp “SWASTHYAM” at Kollam from 25th to 30 July 2018.

As part of this on 26th, the whole group was splitted and assigned to take nutritional awareness classes on different topics at Government School, Keralapuram and Penial Public School, Keralapuram. Sr. Jolly and Reshmi Babu took class on the topic “importance of breakfast”, C.R. Rajeesha and Athira Raj on “anemia”, Aiswarya and Silpa on “personal hygiene”, and Sana and Rizvana on “balanced diet” at Peniel Public School and Government School, Keralapuram respectively. We also conducted quiz competitions and distributed the prizes for the students of the same schools.



NUTRITION AWARENESS CUM DEMONSTRATION

Name of the Event: SWASTHYAM

Date: 28/07/2018

Time :2.00pm to 5.00pm

Venue : Perinad Grama Panchayath Anganwadi

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers-2

Students-17

Beneficiaries-mothers of preschoolers

On 28th July, students of from Department of Home Science, Vimala College conducted nutritional awareness classes and demonstrated low cost recipes at Perinad Grama Panchayath Anganwadi, as a part of our community camp at Kollam. The awareness classes were given by Riyamol, Safa Nalakath Sulaiman, Nivya E.M., and Gadha Gopal on the topics protien energy malnutrition, nutrition during infancy, nutrition during lactation and pregnancy, and importance of breakfast respectively. Low cost recipes such as Amrutham kinnathappam, Kaipola and Veg. Omelette were demonstrated by Aiswarya Rajeev, Rizvana and Reshmi Babu respectively. The programme was organised from 2 pm to 5 pm for the mothers of preschoolers.



Awareness class on “importance of breakfast” for mothers of preschoolers



Demonstration of low cost recipes

HOUSE VISIT CUM NUTRITIONAL SURVEY

Name of the Event: SWASTHYAM

Date: 29/07/2018

Venue : Laksham Veedu Colony, Keralapuram

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers-2

Students-17

Beneficiaries-People of Laksham Veedu Colony, Keralapuram

As part of nutritional camp “SWASTHYAM”, on 29th July, Sunday, Laksham Veedu Colony, Keralapuram was visited by the students for nutritional survey. Simultaneously nutritional counselling was given and awareness brochures were also distributed. The evening session on the same day was spent at Public library, Keralapuram. Awareness class on anemia, osteoporosis, cancer, and importance of breakfast was given by Athira Raj, Sr. Jolly, Delvi Vinson, Silpa Sreekrishnan and Reshmi Babu respectively. On public demand a special session on peptic ulcer was also provided by Silpa Sreekrishnan. To add more colour, a skit was conducted by the students focusing the “importance of breakfast”.



Home Visit for Nutritional Survey



Awareness class on cancer

**NUTRITIONAL AWARENESS CUM DISTRIBUTION OF FOOD ITEMS AT RELIEF
CAMP, ALAPUZHA**

Name of the Event: SWASTHYAM

Date: 31/07/2018

Venue : St. Antony's Girls High School, Pazhavangadi, Alapuzha

Organized by: Department of Home Science

Collaboration (if any): Nil

Teachers-2

Students-17

Beneficiaries-St. Antony's Girls High School, Pazhavangadi, Alapuzha

As part of our camp "SWASTHYAM", we visited flood relief camp hosted at St. Antony's Girls High School, Pazhavangadi, Alapuzha on 31st July 2018. Awareness classes were conducted on balanced diet, rat fever, monsoon diseases and other common communicable diseases by Silpa, Athira Udayan, Aiswarya, and Delvi respectively. The students also had an interactive session with the members in the relief camp. The students along with teachers, under the guidance of the department of Homescience, donated food materials to the camp.



A session on "balanced diet"



Distributing food materials to the flood relief camp

2019 - 2020

NUTRITION CAMP AND AWARENESS CLASS

Name of the Event: AROGHYA DHEEKSHA

Date: 28/06/2019

Venue : Government higher secondary school ,kottathara

Organized by: Department of Home Science

Collaboration (if any): Nil

Students-21

Teachers-2

Beneficiaries-tribal women of wayanad and adolescent students of kottathara government higher secondary school.

As a part of the curriculum ,the students and 4 teachers of 2nd MSc. Nutrition and Dietetics and p.g diploma students from Department of Home Science,Vimala College organised a camp at Mechenna,Wayanad. The camp extended from june26 to july 2nd 2019.The camp targeted adult women and adolescence of tribal colonies of wayanad. The inauguration of “AROGHYA DHEEKSHA 2019-2020” was conducted on 28-6-2019 at Government higher secondary school ,kottathara by the ward member Mr.Abdul Nazar and followed by felicitations. Awareness classes were conducted by students Nazrin Razak and Jasmin M N. Nutritious recipe was given to the subjects and a good response was given. Leaflet were distributed among the subject, which included balanced diet, children nutrition, menstrual hygiene and lifestyle diseases.



NUTRITIONAL SURVEY

Name of the Event: AROGHYA DHEEKSHA

Date: 28/06/2019 to 02/07/2019

Venue : Government higher secondary school ,kottathara

Organized by: Department of Home Science

Collaboration (if any): Nil

Students-21

Teachers-2

Beneficiaries-tribal women of wayanad and adolescent students of kottathara government higher secondary school.

As part of nutritional camp “AROGYADHEEKSHA”, tribal Colonies of wayanad were visited on 27-29th of June by the students for nutritional survey. Simultaneously nutritional counselling was given and awareness brochures were also distributed. Students had an interactive session with tribals about our special food preparations and choices.



SANJEEVANI – NUTRITION EXHIBITION

Name of the Event: SANJEEVANI

Date: 27/06/2019 to 28/07/2019

Venue : Government higher secondary school ,kottathara

Organized by: Department of Home Science

Collaboration (if any): State Nutrition Bureau (Directorate of Health Services) ,District Medical Officer,TCR

Students-21

Teachers-2

Beneficiaries-tribal women of wayanad and adolescent students of kottathara government higher secondary school.

As part of World food Day celebrations Dept of Home Science in association with State Nutrition Bureau (Directorate of Health Services) ,District Medical Officer,TCR organized a 2 day Nutrition awareness exhibition and nutrition awareness classes on November 27 th and 28 th 2019.In the presidentship of Dr.Sr.Beena Jose. The programme was inaugurated by Respected Mayor Ajitha Vijayan (TCR). Dr.Reena K.J (district medical officer,TCR) delivered message to the audience about nutrition.Chief Scientific Officer ,Mrs.Tharakumari (state nutrition Bureau, Trivandrum) was also present who delivered vote of thanks.



WORLD FOOD DAY CELEBRATION –NUTRI KIT DISTRIBUTION

Name of the Event: World food day celebration

Date: 16/09/2019

Venue : Govt.H.S.S.Villadom,TCR

Time :2.00pm

Organized by: Department of Home Science

Collaboration (if any): Nil

Beneficiaries- Students of standard 1-12th of Govt.H.S.S.Villadom,TCR.

World Food Day is celebrated on October 16th in every year to commemorate the founding of United Nations Food and Agriculture Organisation. The theme of world food day 2019 was *Prevention of hunger*. As part of World food day dept of Home Science distributed 25 Nutrikits to the students of standard 1-12th of Govt.H.S.S.Villadom,TCR. The programme started at 2pm.Principal in charge Mr.Sunil Kumar welcomed the gathering and Head Mistress Mrs.Lissy facilitated the programme.PTA vice president Smitha Shibu delivered the Vote of Thanks. Vice principal of Vimala College Mrs.Minimol distributed the nutrikits to the deserving students .The kit consists of Rice, different types of pulses ,oil and jaggery .The fund for the programme was contributed by the all the staffs of dept of Home Science and some other teachers of Vimala college.



ഭക്ഷ്യദിനത്തിൽ സഹായവുമായി

മൂല്യം കണ്ടുപിടിക്കാൻ അതിരുകളില്ലാത്ത സഹായം നൽകി. വിമലാ കോളേജിന്റെ ഭാഗമായി നടത്തിയ ഈ പ്രവർത്തനം വിമലാ കോളേജിന്റെ സാമൂഹിക ഉത്തരവ് നിലനിർത്തിക്കൊടുക്കാനും വിദ്യാർത്ഥികൾക്ക് ഭക്ഷണസാധനങ്ങൾ നൽകാനും ഉദ്ദേശിച്ചാണ്.

October 16
 WORLD
 FOOD DAY
 celebration

Dr. Mini mol, Vice principal of Vimala College distributed food kit to the students of Villadam HS School

AWARENESS CLASS ON ‘MICROGREENS AND ITS PROBABILITIES’

Name of the Event: Awareness class on ‘Microgreens and its probabilities’

Date: 10/10/2019

Venue : St. Ann’s CGHS, West Fort

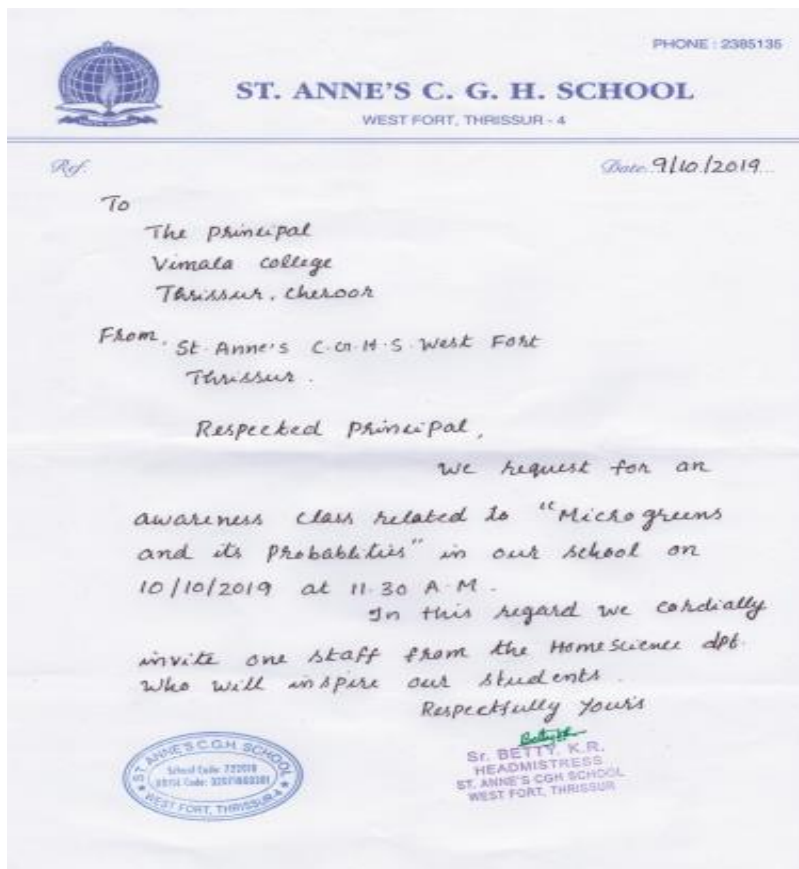
Time :11:30pm

Organized by: Department of Home Science

Collaboration (if any): Nil

Beneficiaries- students of St. Ann’s CGHS, West Fort

On request from the Principal of St. Ann’s CGHS, West Fort an awareness class on ‘Microgreens and its probabilities’ was delivered to the students at 10th October 2019 at 11:30am.



MEGA AROGYAMELA

Name of the Event: Mega Arogyamela

Date: 3rd December 2019

Time:9:30-3pm

Venue: Celebrations Auditorium ,Anthikad Panchayath.

Organized by: Thrissur Obstetric & Gynecological Society

Collaboration (if any): Anthikad Panchayath

No. of participants: 31

Objectives

To create an awareness in the people of Anthikadu about various lifestyle diseases and ways to prevent them.

To make them aware about the importance of maintaining good health and suggest measures to stay healthy.

As part of World Diabetic Day and National Cancer Day, Thrissur Obstetric & Gynaecological Society (TOGS) conducted a Mega Arogyamela at Anthikadu on December 3,2019. It was conducted to create awareness about various lifestyle diseases, breast cancer, breastfeeding, menstrual hygiene, healthy diet etc. This Arogyamela was aimed for the benefits of health and care for people of Anthikadu especially for adolescents and adult women. The Mela was inaugurated by famous Film Director Mr. Sathyan Anthikad and Panchayat President A.V Sreevalsan was also among other guests on the dias along with Dr Rameshkumar(president) ,Dr Venugopal (general coordinator) and Dr Deepthy(secretary) of Togs.

Medical Colleges of Thrissur like Ashwini,Jubilee Mission, Amala, Mother and Vimala College(Arts & Science) had put up their respective stalls in Mela. Our College was given the theme of 'Healthy Diet', so teachers of Department of Home Science guided the students of 2nd year MSc, 1st year MSc. and PG Diploma in Nutrition and Dietetics for setting up displays, games etc. Still models like food guide pyramid, healthy snacks and cooking recipes; displays like food for organs, food art model, kitchen garden and games like identifying the white flours were there in the stall. Students were awarded with participation certificates from TOGS. Everyone liked and congratulated the teachers and students for their innovative ideas and creativity.

Outcome

The Arogyamela helped the people to understand the importance of staying healthy.

Students were able to impart their knowledge ab



Film Director Sathyam Anthikand Sir visiting our stall

NUTRITION CAMP 2019

Name of the Event: Arogyasamhitha- nutrition camp 2019

Date: 10th - 12th December 2019

Venue: Thekkumkara Grama Panchayath, Wadakkanchery, Thrissur

Organized by: Dept of Home Science, Vimala College

OBJECTIVES

- To assess the nutritional status of women subjects aging between 20-70
- To conduct a nutritional awareness programme and diet council for the subject
- To demonstrate nutritious recipe with locally available foods at low cost
- To conduct nutritional survey of women residing in the particular area

REPORT OF THE ACTIVITY

As a part of curriculum, the students of MSc. Nutrition and Dietetics, department of Home Science Vimala College Thrissur, conducted a community nutrition camp "AROGYASAMHITHA" at Thekkumkara Grama Panchayath, Wadakkanchery, Thrissur. The camp was conducted to analyse the nutritional status of women between the age of 18-70 residing at the rural area of Thekkumkara colony (below poverty category) Thrissur. For the camp first we selected Kallampara colony, Thekkumkara Gramapanchayat at Thrissur. Then a total of 285 sample of women who were between 18-70 years were randomly selected. The tool used for study was questionnaire. The questionnaire was prepared to find the socioeconomic status, to collect anthropometric data and clinical assessment, obstetric and menstrual data, medical history, dietary habits, food consumption pattern and food frequency. A nutrition education program was conducted at anganwadi of Kallampara colony on 12th December 2019 on various topics including balanced diet, cancer in women, gastrointestinal diseases and lifestyle diseases. Leaflets regarding these topics were also distributed among them. We also conducted an exhibition along with charts and general nutritional guidelines. A class on the importance of kitchen garden was also conducted and seeds were distributed along to promote kitchen gardening. A demonstration of a healthy snack Aval Poha was also held on the same day.

OUTCOME

The students were able to assess the nutritional status, socioeconomic status, anthropometric data and clinical assessment, obstetric and menstrual data, medical history, dietary habits, food consumption pattern and food frequency of women residing at Kallampara colony, Thekkumkara Gramapanchayat Wadakkanchery Thrissur.



DEMONSTRATION OF NUTRITIOUS RECIPE



DISTRIBUTION OF SEEDS

GENDER INEQUALITY IN THE FASHION INDUSTRY

Name of the Event: GENDER INEQUALITY IN THE FASHION INDUSTRY

Date: 10TH FEBRUARY 2020

Time: 10 -11:30 am

Venue: SILVER JUBILEE SEMINAR HALL

Organized by: Department of Home Science

Collaboration (if any): Woman Development cell

No. of participants: 54

The department of Home Science in collaboration with Woman development cell conducted a program on 'GENDER INEQUALITY IN THE FASHION INDUSTRY' on 10th February 2020, was attended by the students of the Department. The welcome address was delivered by Miss. Sherin Treasa, Assistant professor, Department of Home Science. The resource person for the program was Mr. Binjo Vango, Head Designer – Seematti Textiles.

The objective of this program was to create awareness about gender inequalities in the fashion industry and career opportunities. It was an interactive and lively session. The program helped to understand how social norms and culture affect women's career opportunities in fashion industry. The session ended with vote of thanks Angel Mariya Wilson , Assistant professor , Department of Home science



RESOURCE PERSON WITH STUDENTS

2020 -2021

WEBINAR ON “BLOOD DONATION AWARENESS “

Name of the Event: Blood Donation Awareness

Date: 14/06/2021

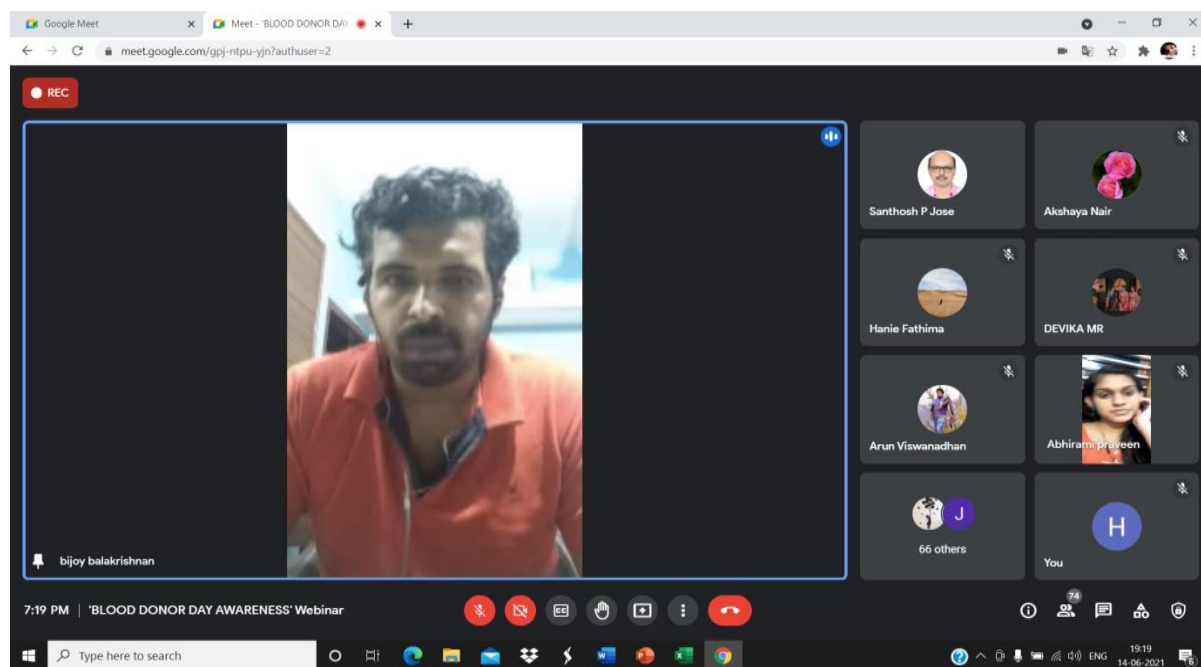
Time:7.00pm

Venue: online

Organized by: Department of Home Science & NSS Unit & Red Ribbon Club Vimala

college Collaboration (if any): Blood Donors Kerala charitable society

The post graduate department of Home science, NSS Unit & Red Ribbon Club Vimala college (Autonomous) In association with Blood Donors Kerala charitable society conducted a webinar on “Blood Donation Awareness” On 14 June 2021. BijoyBalakrishnan, State Treasurer blood donors’ Kerala, Abhiramipraveen, vice president, blood donors’ Kerala was the resource persons for the webinar. The webinar was for duration of one hour and commenced at 7.00pm. The session was about the blood donation awareness and followed by an interactive question and answer session.





Vimala College (Autonomous), Thrissur

NAAC Re-accredited(3rd cycle) A grade,CGPA 3.50 on a 4 point scale

COLLEGE WITH POTENTIAL FOR EXCELLENCE

**POST GRADUATE DEPARTMENT OF HOME SCIENCE
NSS UNIT & RED RIBBON CLUB VIMALA COLLEGE (Autonomous)**



Celebrates June 14 Blood Donor Day

Webinar on “Blood Donation Awareness”

IN ASSOCIATION WITH BLOOD DONORS KERALA CHARITABLE SOCIETY

SPEAKERS

BIJOY BALAKRISHNAN

State Treasurer

Blood Donors Kerala

ABHIRAMI PRAVEEN

Vice President

Blood Donors Kerala, Calicut

Date: 14/06/2021

Time: 07:00-08:00 pm

Platform: Google meet

Registration Link: [click here](#)

Dr.Sr.Beena Jose
Principal

Dr.Thomas Ruby Mariamma
HOD
Department Of Home Science

Ms.Urmila Vijayan
Ms.Feble Thomas
Faculty Coordinators
Ms.Jilu Varghese
Mr.Santhosh P Jose
NSS coordinators

Organizing Committee

Ms.Aswathy
Ms.Helen Maria Stanley
Ms.Akshaya Nair
Ms.Hanie Fathima
Student Coordinators

SPORTS NUTRITION COUNSELLING

Name of the Event: SPORTS NUTRITION COUNSELLING

Date: 22/09/2021

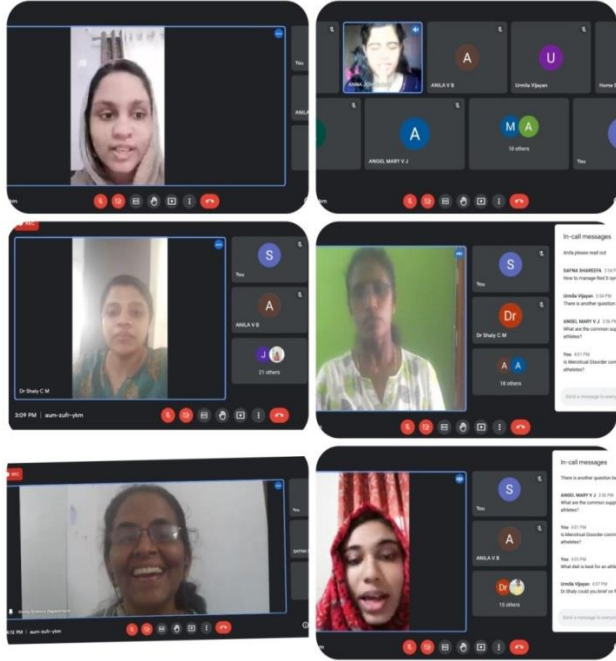
Time:3.00pm-4.00pm

Venue: online

Organized by: Department of Home Science

Collaboration (if any): Nil

The department of Home Science conducted an interdisciplinary workshop on “SPORTS NUTRITION COUNSELLING” on 22 September 2021. Ms. Hemalatha.V, Head of the Department of Physical Education and Dr. Shaly C.M, Assistant Professor, Dept of Home Science were the resource persons of the webinar. The session started with a prayer sung by MsAnna Johnson E, Second Msc Nutrition and Dietetics. The welcome address was delivered by Ms Jasmin, II Msc Nutrition and Dietetics. The webinar was for duration of one hour and commenced at 3.00pm.The session was about the nutrient requirement and general guidelines for sports nutrition counseling. After that a mock session conducted by Miss Angel and Ms Safna,II Msc Nutrition Dietetics. And it was followed by an interactive question and answer session. Ms.Safna, II MSc Nutrition Dietetics delivered the vote of thanks.




VIMALA COLLEGE (AUTONOMOUS)
THRISSUR
Post Graduate Department of Home Science
Presents
Interdisciplinary workshop on
Sports Nutrition Counseling
on 22 September 2021 at
3.00pm
join on <https://meet.google.com/aum-zufr-ykm>

 Ms. Hemalatha.V Head of the Department Dept of Physical Education	 Dr. Shaly C.M Assistant Professor Dept of Home Science
Head of the Department Dr. Thomas Ruby Mariamma	Programme Coordinator Ms. Mony Geege Assistant Professor