

DEPARTMENT OF HOMESCIENCE

Annual Report- 2018-19

SEMINARS/CONFERENCES ATTENDED

- **Manjulin Jacob**

- ✚ Participated in a National seminar - Christian Folklore organised by Dept. of Malayalam, Assumption College, Changanassery on 13/09/2018.
- ✚ Participated in an International Conference on Gender, Environment and Sustainable Development organised by Assumption College, Changanassery on 1st & 2nd November 2018.
- ✚ Participated in an International Seminar on Multiculturalism in Contemporary Society: Theories & Praxis organised by PG Department of History & Research Centre, Assumption College (Autonomous), Changanassery on 5th & 6th October 2018.

- **Sr. Elizabeth Joseph**

- ✚ Sr. Elizabeth Joseph has participated XXXVIII Orientation programme organized by UGC HRDC Kannur University from 14 January – 9 February 2019

- **Anne Mary Joseph**

- ✚ Participated in an International Conference on Gender, Environment and Sustainable Development organised by Assumption College, Changanassery on 1st & 2nd November 2018.

- **Vineetha Antony**

- ✚ Participated in an International Conference on Gender, Environment and Sustainable Development organised by Assumption College, Changanassery on 1st & 2nd November 2018.

NEW APPOINTMENTS

- Interview to the post of Assistant Professor (on contract) for the post graduate course was held and the candidates selected were:

✚ **Joice J J**

✚ **Sherin Thomas**

ACHIEVEMENTS/ AWARDS

- The students of Department of Home Science won various prizes in Intercollegiate Fest - 'Nutrichris' Organised by CMS College, Kottayam on 18/12/2018

Instacard - Greeshma Lis Reji, II PG (Ist prize)
- Fathima Siyadh, IIDC (IInd prize)

Christmas village - Aleena Antony, Aneesha Dominic & Lillymol Tom IIPG(Ist prize)
- Anjali Thomas, & Dina P Chacko II PG (IInd prize)

Salad Balad - Joicy Jose & Bincy Alex, II PG (Ist prize)
- Mubeena Shahul & Teena Varghese, II DC (II prize)

Cake Dressing – Ahalya Vinod, II PG (Ist prize)

- **BSc. Toppers (A grade holders), 2015 – 18**

- Aleena Sara Mathew
- Anjitha Ramachandran
- Josna C

- **MSc. Toppers (A grade holders), 2016 – 18**

- Linta George

- The department conducted various Interdepartmental Christmas competitions to students and distributed attractive prizes. The competitions & winners are:

Christmas card making competition on 11/12/2018:

Ist Prize - Fathima Siyadh, II DC Home Science

IInd Prize- Grace Joseph, IIDC Botany

IIIrd Prize – Linsha Ganesh, MFT

Christmas wreath competition on 13/12/2018:

Ist Prize - Varsha Mol PR & Ann Maria, II DC Home Science

IInd prize – Dina P Chacko, II PG Home Science

- Ms. Elizabeth Sandra Biju and Greeshma Lis Reji won the Second prize in Intercollegiate Nutritia Quiz Competition, 2K19, conducted on 5th Feb 2019 by the Department of Home Science, Assumption College, Chry.
- Sruthy Siju, Saina Zakheer and Teena Varghese won 2nd prize in Payasaperuma (Intercollegiate Payasam making competition) organised by Dept. of Home Science, BCM College, Kottayam.
- As a part of Breast Feeding week, the department conducted a poster competition on August 10th 2018. The Winner was Fathima Siyad, IIDC.

DEPARTMENTAL ACTIVITIES

- Home Science Association “FLORESCO’18” was inaugurated by Ms. Fouzi Naizam, Renowned entrepreneur (Cutie pie) on 8th August 2018.



Release of “VARNAM’18”- Art Journal of the Dept of Home Science by Ms. Fouzi Naizam, Renowned entrepreneur and Founder of Cutie pie, on 8th August 2018.

- As a part of Breast Feeding week, the department conducted a poster competition on August 10th 2018.

- Msc DFSM students conducted a diet camp and exhibition on 11th September 2018. Assessment of BMI, BP, Pulse rate, BMR & Blood sugar level were done. A diet counselling section was opened to the students and teachers of various departments. An awareness programme on negative impact of junk food consumption was given along with the display of nutritive snacks.



- Post Graduate students DFSM students and teachers participated in walkathon organised by Diabetology Dept of St. Thomas Hospital, Chethipuzha on behalf of World Diabetes day – nov 14, 2018
- Ms.Gurdeep Kaur ,Cheif Dietitian of Aims hospital Delhi,has been invited to take the lecture on Software Diet Cal on 25 July 2018.



- IIPG students have gone for Hotel internship for a week (July 29th to 4th August 2018) at Casino Hotel Kochi, Eighth Bastion and Brunton Hotel Kochi.
- I PG students underwent one month dietetics internship (11th January to 11th February 2019) at 4 reputed multi-speciality hospitals (Narayana Hospital, Bangalore, Baptist Hospital, Bangalore, PSG Hospital, Coimbatore & Rajagiri Hospital, Ernakulam).
- II PG Dietetics and Food Service Management organised and conducted, Food Fest 2018 – ‘Kattanum Kadiyum’ on 29th Sep 2018.

- I PG students Organised and Conducted a Community Nutrition Programme at Mattom Colony on 11th September 2018.
- Department organised Intercollegiate Nutritia Quiz Competition, 2K19 on Feb 5th 2019. Ms. Remya RD, Chief Dietitian, St. Thomas Hospital, Chethipuzha was the quiz master.



- A talk on ‘Adolescence Nutritional requirements’ was delivered by Ms. Jelitta Jiji, Nutritionist, British Biologicals along with a health assessment camp on 5th Feb 2019. The camp offered blood sugar monitoring, fat monitoring, distribution of health supplements etc to staff & students of Assumption College at free of cost.



- III DC students conducted two day exhibition cum sale – ‘Domum Festiva’ on 30th and 31st of January 2019.



- The Department conducted various Interdepartmental Christmas competitions Jingle bells 2K18 to students on December 2018 and distributed attractive prizes.



- Our students participated in in Payasaperuma (Intercollegiate Payasam making competition) organised by Dept. of Home Science, BCM College, Kottayam on 14th August 2018 & won second prize.

BOARD OF STUDIES

The department conducted BOS meeting on 7th January 2019 and took decisions on innovative teaching methods, learning and evaluation. Board also approved the examiners for UG & PG programme 2018 – 19.



AESOP

AESOP was conducted by the Department at PARAL on the four Saturdays of November and December consecutively.

