

# **Department of Home Science**

## **Annual Report 2019-2020**

### **SEMINARS/CONFERENCES ATTENDED**

#### **❖ Ms. Manjulin Jacob**

- Attended in the 33<sup>rd</sup> Biennial Conference of Home Science Association of India (HAS) on “Trends for Futuristic Development in Home Science: Research and Innovation” organized by School of Home Science of Avinashilingam Institute of Home Science and Higher Education for Women held on 22<sup>nd</sup>-24<sup>th</sup> January 2020.

#### **❖ Ms. Sherin Thomas**

- Attended in the 51<sup>st</sup> Annual National conference of Nutrition Society of India held on 08-09 November 2019 at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram.
- Attended in the National seminar on “Approaches to safety & quality in food processing” held on 29<sup>th</sup> November 2019 at St. Theresa’s College (Autonomous) Ernakulam.

#### **❖ Ms. Vineetha Antony**

- Attended in the National conference on “Technology in Telehealth Care and Dietetics held on 27<sup>th</sup> September 2019, organized by the department of Food Service Management and Dietetics of Avinashilingam Institute of Home Science and Higher Education for Women.
- Attended in the 51<sup>st</sup> Annual National conference of Nutrition Society of India held on 08-09 November 2019 at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram.
- Attended in the National seminar on “Approaches to safety & quality in food processing” held on 29<sup>th</sup> November 2019 at St. Theresa’s College (Autonomous) Ernakulam.
- Attended in the 33<sup>rd</sup> Biennial Conference of Home Science Association of India (HAS) on “Trends for Futuristic Development in Home Science: Research and

Innovation” organized by School of Home Science of Avinashilingam Institute of Home Science and Higher Education for Women held on 22<sup>nd</sup>-24<sup>th</sup> January 2020.

❖ **Ms. Joice J J**

- Attended in the National conference on “Technology in Telehealth Care and Dietetics held on 27<sup>th</sup> September 2019, organized by the department of Food Service Management and Dietetics of Avinashilingam Institute of Home Science and Higher Education for Women.
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- Attended in the National seminar on “Approaches to safety & quality in food processing” held on 29<sup>th</sup> November 2019 at St. Theresa’s College (Autonomous) Ernakulam.

### **ACHIEVEMENTS/ AWARDS**

- II PG DFSM Student - Mariamma Joseph, won 2<sup>nd</sup> prize in the Content Creation Competition held in social media related to World Breast Feeding Week 2019 organized by the Department of Women and Child Development, in association with Department of Health Services and National Health Mission, Kottayam.
- II PG DFSM students- Ms. Nageya Naushad and Ms. Reshma Antony won 2<sup>nd</sup> prize in the intercollegiate Nutritia quiz competition organized by the department of Home Science on 12<sup>th</sup> December 2019.
- I PG DFSM students- Ms. Cyaby Mary Benny and Ms. Martina Varghese won 2<sup>nd</sup> prize in the event MASTER CHEF in national level fest MACFIESTA 2K19 organized by MACFAST, Thiruvalla on 18<sup>th</sup> and 19<sup>th</sup> of December 2019.
- I DC Home science student Fima Iqbal won 1<sup>st</sup> prize in star making competition and II DC students Fathima Siyad and Fathima P A Won 1<sup>st</sup> prize in card making and face painting respectively in the interdepartmental competitions conducted by the department as part of Christmas celebrations.

### **DEPARTMENTAL ACTIVITIES**

- III DC Home Science students conducted exhibition ‘Domum Festiva-2K19’ on 30<sup>th</sup>-31<sup>st</sup> January 2019.



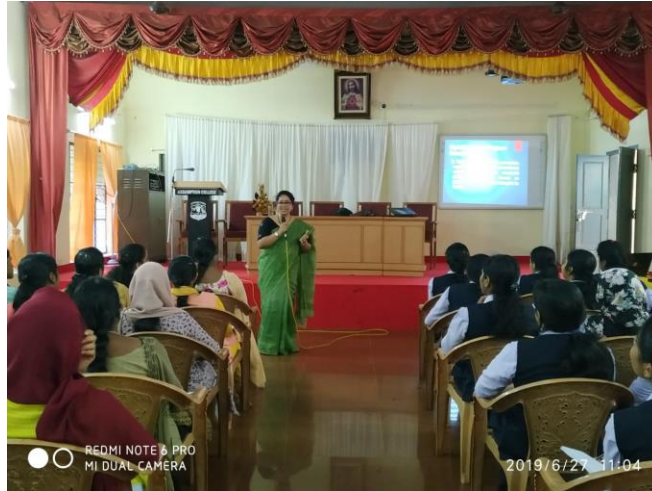
- Department of Home Science organized Nutritia Quiz competition-2019 on 5<sup>th</sup> February 2019. Smt. Ramya Paul Mukkath, RD, Chief Dietitian, St. Thomas Hospital, Chethipuzha was the quiz master.



- After noon invited lecture lead by nutritionist Ms. Jaleetta Jiji, British Biologicals on the topic “Lifestyle Diseases”. After the session British Biologicals conducted health assessment camp, supplement distribution and sale for all the teachers and students of the college.



- Department of Home Science organized a one-day workshop on “Research Methods and Report Writing” on 27<sup>th</sup> June 2019. Dr Nisha Vikraman, Faculty of Home Science Department, St. Theresa’s College, Ernakulam was the resource person.



- Home Science association inaugurated by Smt. Dinu Elizabeth Roy (Entrepreneur, Aham Boutique) on 11<sup>th</sup> July 2019. Manuscript of association ‘VARNAM’ also released on the occasion.



- I PG DFMS students conducted one day community nutrition programme based on ‘Healthy eating for Pre-schoolers’ on 2<sup>nd</sup> August 2019 at Kaviyoor Aganwadi, Kunnathanam for preschoolers and their mothers.



- Home Science department and ICDS Madappally block was conducted an outreach programme in connection with world breast week for weaning mothers at Thrikodithanam Gramapanchayat. II PG DFSM students Ms. Mareena Mathew and Ms. Nageya Naushad conducted awareness class on 'Importance of breast feeding' and method demonstration of Nutritious Weaning Recipes.



- II PG DFSM students conducted one day food fest- Eryum Pulyum-2019 on 27<sup>th</sup> August 2019. College Principal Rev.Sr.Chelukusumam CMC inaugurated the fest.



- As part of world diabetes day, I PG and II PG DFSM students participated in the walkathon and awareness class conducted by the St. Thomas Hospital Chethipuzha on 14h November 2019.



- II DC Students of Home Science and Computer Science students conducted Assumption Social Extension Outreach Programme (ASEOP) at Puzhavath Govt. LP School on 23<sup>rd</sup> November 2019.



- Department of Home Science conducted Nutritia Quiz-2019 on 12<sup>th</sup> December 2019. Ms.Jiby Abraham (Asst.Professor of Home Science Department from St. Joseph's College for Women) was the quiz master and conducted seminar on the topic- 'Nutrition in Gut Health'.



- Department of Home Science conducted interdepartmental competitions like star making, wreath making, card making and face painting as part of Christmas celebrations on 10<sup>th</sup> December 2019.



- I PG DFMS students went for one month hospital internship ( 3<sup>rd</sup> February to 6<sup>th</sup> March 2019) at 4 reputed hospitals (Narayana Hospital, Bangalore, PSG Hospital, Coimbatore , Believer’s Church Medical College Hospital, Kuttapuzha, Thiruvalla and Muthoot Hospital, Kolenchery).
- National seminar was organized by the Department of Home Science on 11th February 2020 at William Hall on the topic ‘Transforming Women with PCOS’. Consultant Gynecologist Dr. Anita Carmel inaugurated the function and conducted the session- ‘*PCOS-Diagnosis, Causes and Risk factors*’. Registered Dietitian K. Parimala Devi from Coimbatore PSG-Super Specialty Hospitals conducted the session- ‘*Metabolism, Nutritional requirement and diet plan in PCOS*’. Consultant clinical nutritionist Dr.Mumtaz Khalid Ismail conducted the last session- ‘*Life style changes & Stress management- Holistic Approach to PCOS*’.

