

DEPARTMENT OF HOME SCIENCE
ANNUAL REPORT- 2020-2021

CONFERENCES/ SEMINARS /WORKSHOPS ORGANISED BY THE DEPARTMENT

1. **INTERNATIONAL WEBINAR SERIES** on “ADOPTING TO THE NEW NORM OF EDUCATION” on **28th,29th and 30th of July** in three sessions-IN ASSOCIATION WITH Northern State University, South Dakota, USA

Part-I Hyflex Teaching Model, on 28th July 2020,

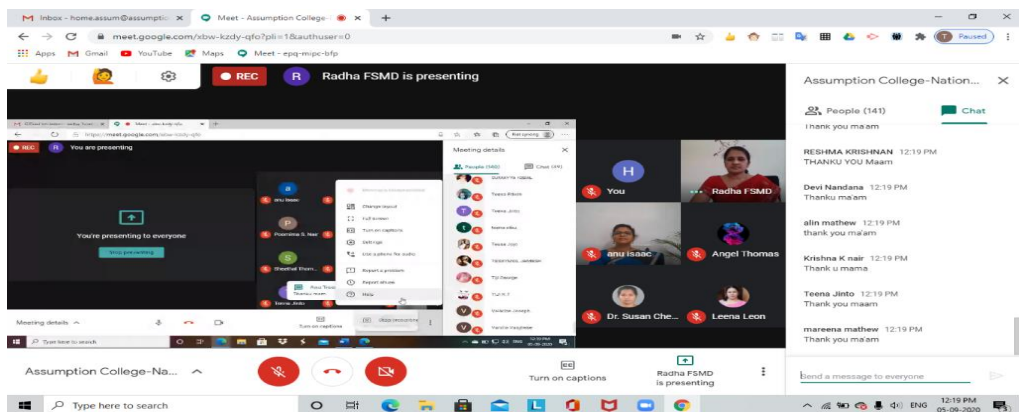
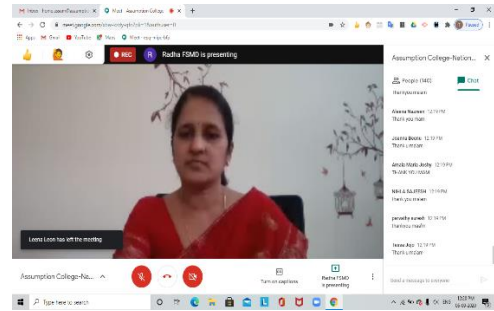
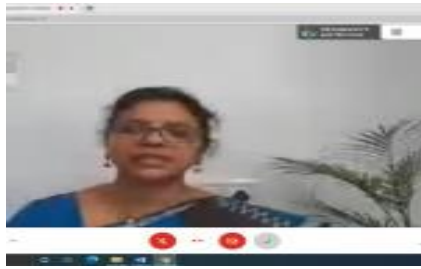
Part II- Navigating Change for Students, And Faculty and on 29th July 2020,

Part III- Mental Health Needs, For Students and Faculty on 30th July 2020,

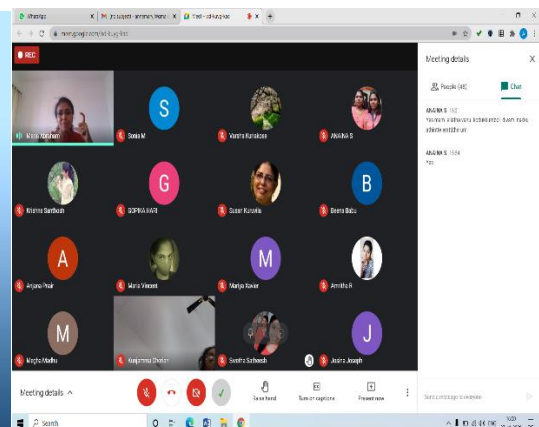
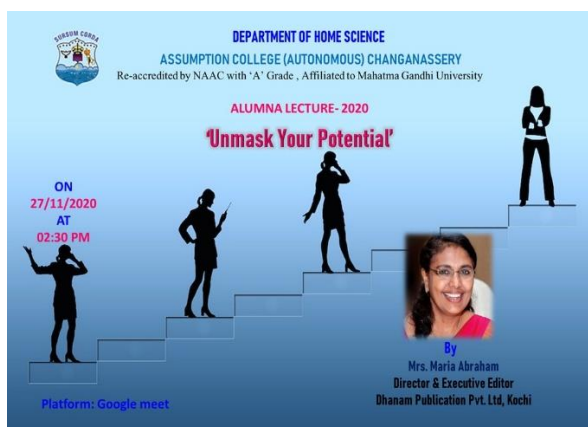
The resource person was Dr.Shalini Mathew, Assistant Professor of Counselor Education and Ms. Jamie Pesicka, Social Worker and Counselor in Training, North State University, South Dakota, USA. Around 90 participants including faculty and students from different parts of the country attended.



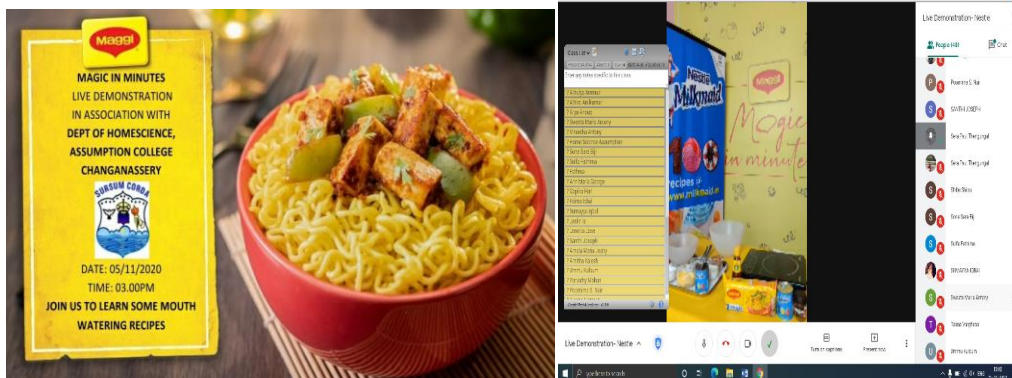
2. **NATIONAL WEBINAR** on “**Nutrition: Recent Trends & Challenges of Healthy eating**” on 5th September 2020 from 10:30 am to 01:00 pm. There were two sessions for the webinar. The first session was about with “Planetary Health Diets” by Dr. Anu Joseph, Associate Professor, Department of Home Science, St. Teresa’s College Ernakulam, and the second session was about “Challenges of Healthy Eating” by Dr. R.Radha, Assistant Professor, Department of Food Service Management and Dietetics, Avinashilingam Institute of Home Science and Higher education for Women, Coimbatore.



3. **“Alumna Lecture 2020”**by Ms. Maria Abraham, The Executive Editor, Dhanam Publication Pvt.Ltd, Kochi, the Alumna of the Department who passed BSc. in 1981., spoke on the topic **‘Unmask Your Potential’** on 27th November 2020.



4. **Live Demonstration in collaboration with Nestle India Ltd** of Maggie recipes was conducted for the students of Home Science Department on 11th November 2020 at 3.00 pm on google meet. Maggie Nutrition expert Ms Sera Paul was the demonstrated the recipes.



COMPETITIONS HELD

1. The Department of Home Science conducted a **State level E-Poster and Recipe Contest** in connection with World Breast Feeding Week on 1st-7th August 2020, among home science students of various colleges in Kerala.



World Breastfeeding Week

E-Poster and Recipe Contest- 2020

As part of World Breastfeeding Week Celebrations-2020, the department of Home Science is organizing an E-poster and Recipe competition for the students who pursue BSc/MSc Home Science/Nutrition/Food Science.

E- poster competition

- ✓ Theme: *"Support Breastfeeding for a Healthier Planet"*
- ✓ Individual participation.
- ✓ The poster should be in A4 size jpg format.

Last date of submission: **10th August 2020**

No fry no fussy snack recipe competition

- ✓ Individual participation.
- ✓ 2 minutes video with description of preparation.
- ✓ No garnishing is needed.

Last date of submission: **11th August 2020.**

Entries should be submitted to the e-mail id: assumptiondeptofhsc@gmail.com

Feel free to Contact :


Ms. Vincetha Antony (9400907465)
Ms. Sherin Thomas (9747100153)
Ms. Joice J J (8111871903)

**Organized by: DEPARTMENT OF HOME SCIENCE
ASSUMPTION COLLEGE (AUTONOMOUS)
CHANGANASSERY**

Reaccredited by NAAC with 'A' Grade,
Affiliated to Mahatma Gandhi University, Kerala, India



2. **Online Lockdown Creativity Contest** for the students of Home Science Department- 'Creativo- 2020' on 22nd September 2020. The participants instructed to upload any 5 creative works developed during lockdown.



**DEPARTMENT OF HOME SCIENCE
ASSUMPTION COLLEGE AUTONOMOUS
CHANGANASSERY**

A golden opportunity for the students of Home Science Department to exhibit their creativity !!

'CRIATIVO-2020'

A Lockdown Creativity Contest

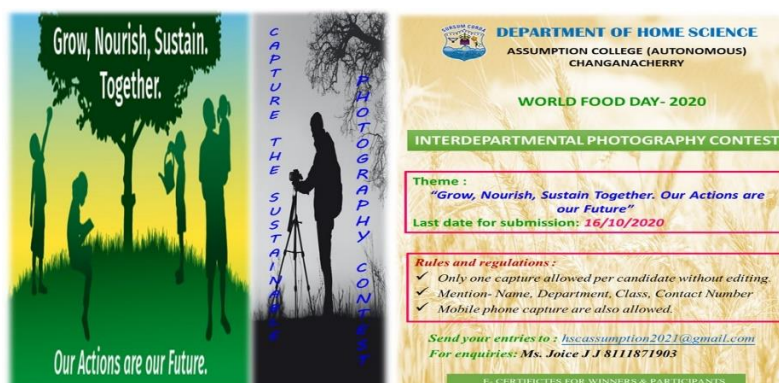
Send us a 2 minute video of any five creative works you have done during lock down with a brief commentary of items made.

Last date of submission : **22-9-2020**

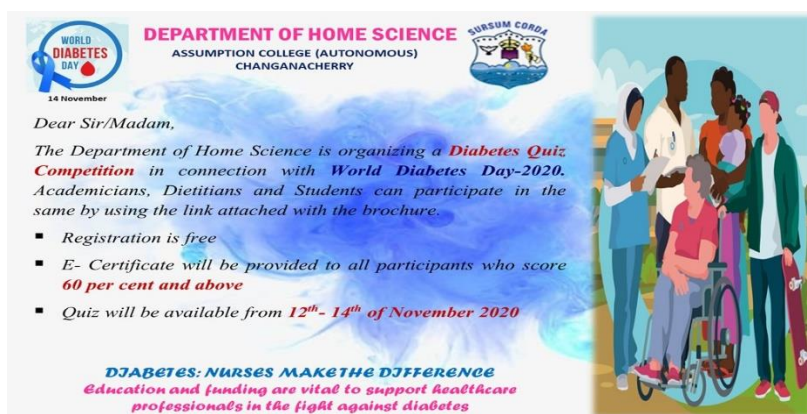
Email your entries to: hscassumption2021@gmail.com

For queries : **Joice J J, 8111871903**

3. **Inter Departmental Photography Contest** as part of **World Food Day-2020** on 18th October 2020. 13 entries were received.

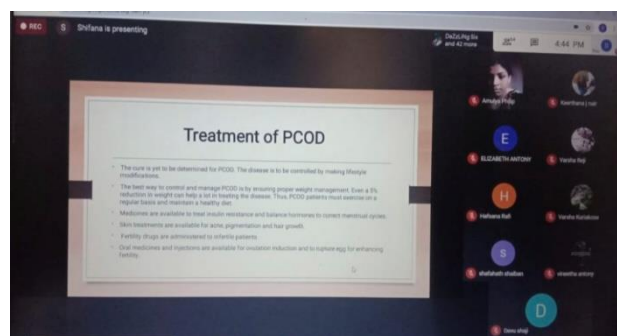


4. **State level online Diabetes Quiz competition** on 12th-14th November 2020 in connection with **World Diabetes Day-2020**.

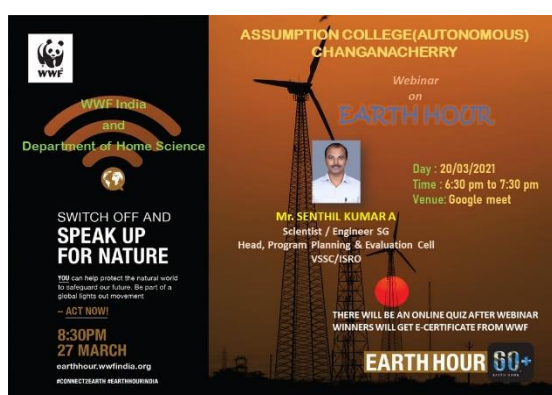


COMMUNITY OUT REACH/EXTENSION

The first PG students conducted online community programme for adolescent girls on 12th December 2020, around 60 students participated. The session began with a short formal inaugural session. The first session was about green gardening of sprouts, and imparted awareness classes for adolescent girls on the topics – “Depression, PCOD and Hormonal imbalances” and “Nutritional Problems among Adolescents”. Thereafter the I PG students conducted an online quiz programme related to the seminar sessions for the participants.



5. As part of World Earth Hour-2021, Department organized a webinar in collaboration with WWF India on Earth Hour on 20th March 2021. The WWF volunteer and scientist Mr. Senthil Kumar A, Head, Program Planning & Evaluation Cell, VSSC/ISRO was the resource person.



SEMINARS/CONFERENCES/WORKSHOPS/WEBINARS/FDPs ATTENDED BY FACULTY

Ms. Manjulin Jacob

- Participated in National conference from 22nd to 24th of January, 2020 organized by Home Science Association of India, at Avinashilingam Deemed University, Coimbatore, on New Challenges in Home Science.
- Participated in the webinar on ‘National Education Policy: Provision and Implementation’ organised by the IQAC, Assumption College, Autonomous, Chanaganacherry on 13th November 2020.
- Participated in a seminar on Nutrition: Recent Trends and Challenges Organized by Dept. of Home Science, Assumption College, Changanassery on 5th September 2020.
- Participated in an International Webinar series on Adapting to The New Norm of Education organized by Dept. of Home Science, Assumption College, Changanassery on 28th -30th July 2020.

Ms. Anne Mary Joseph

- E- workshop on ‘Detection and Avoiding Plagiarism in Research and Publication’ organised by Pharma state Academy. On 29th Nov 2020.

- Webinar on ‘National Education Policy: Provision and Implementation’ organised by the IQAC, Assumption College, Autonomous, Chanaganacherry on 13th November 2020.
- Webinar and online module on ‘Everything you need to know about First Aid’ on 5th Nov 2020, organised by Health Infonet & St. Stephens college, Uzhavoor.
- Webinar series on ‘Organic Farming- A Sustainable Path for worthy Health and Wealth’ organised by the PG and Research Department of Home Science in collaboration with the ICAR- Krishi Vigyan Kendra, Kottayam 15 to 17 October 2020.
- National Webinar on “Women Empowerment: A Prerequisite for Gender Equality”, Organised by the Department of Renewable Energy, in association with the Women Empowerment Cell, St. Albert’s College Ernakulam, on 26th August, 2020
- International Faculty development Programme on 21st century teaching skills on 27-29 July 2020 organized by KAHU College Mancheri.
- International Webinar on Solid Waste Management organized by PG Dept of Home Science, SN College, Kollam on 29th July 2020.
- Webinar on ‘Envisaging professional opportunities in Apparel and Textile designing-now and beyond...’ on June 15th 2020 organised by the Institute of Fashion Technology, Faculty of Family and Community Science, MS University Baroda.
- Webinar on ‘Pedagogy of the 21st Century- Challenges and Opportunities’ organised by IQAC Assumption College on 19-06-2020.
- Webinar on ‘Needle Narratives’ on 14 June 2020, organised by the Institute of Fashion technology, Faculty of Family and Community Science, MS University Baroda.

Sr. Elizabeth Joseph

- Participated in Two days International Webinar Series on "Age Well".... It's Never Too Late!! Organized by PG Department of Home Science & Community Health Club in association with NetProFaN & Home Science Association of India, Kerala Chapter in connection with International Elderly Day Celebrations on 1st & 2nd October 2020.
- Participated in an International Webinar Series on ‘**Adapting to the new norm of education-Part 3 Mental health needs, for students and faculty**’ organised by the department of home science and facilitated by resource persons from northern state university, usa on 30th July 2020.
- participated in an international webinar series on **Adapting to the new norm of education-Part 2 Navigating change for students, and faculty**’ organised by the department of home science and facilitated by resource persons from northern state university, usa on 29th July 2020.
- Participated in an international webinar series on ‘**Adapting to the new norm of education-Part 1 Hyflex learning model**’ organised by the Department of

Home Science and facilitated by resource persons from Northern State University, USA on 28th July 2020.

- Participated in a National Webinar on ‘National Education Policy: Provision and Implementation’ organized by the IQAC, Assumption College Autonomous, Changanassery on Friday, 13th November 2020.
- Participated in a National webinar on National Education Policy 2020: Opportunities and challenges organized by the IQAC, Bishop Kurialacherry College for Women, Amalagiri, Kottayam on 27th August 2020.
- Participated in a National Webinar on National Education Policy 2020: Opportunities and challenges organized by the IQAC, Bishop Kurialacherry College for Women, Amalagiri, Kottayam on 27th August 2020.

Ms. Vineetha Antony

- Attended in the 33rd 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 22nd -24th January 2020.
- Participated in a seminar Nutrition: Recent Trends and Challenges Organized by Dept. of Home Science, Assumption College, Changanassery on 5th September 2020.
- Participated in Webinar on National Education Policy: Provision and Implementation organized by IQAC, Assumption College, Changanassery on 30th November 2020.
- Participated in an International Webinar series on Adapting to The New Norm of Education organized by Dept. of Home Science, Assumption College, Changanassery on 28th -30th July 2020.

Ms. Sherin Thomas

- Participated in a webinar on Traditional Foods and Immunity organized by Dept. of Family and Community Science, CMS College, Kottayam on 20th October 2020.
- Participated in a seminar Nutrition: Recent Trends and Challenges Organized by Dept. of Home Science, Assumption College, Changanassery on 5th September 2020.
- Participated in Webinar on National Education Policy: Provision and Implementation organized by IQAC, Assumption College, Changanassery on 30th November 2020.
- Participated an International Webinar on Holistic Healthcare: A Homeopathic Perspective, organized by Dept. of Family and Community Science, CMS College, Kottayam on 27th August 2020.

- Participated in an International Webinar series on Adapting to The New Norm of Education organized by Dept. of Home Science, Assumption College, Changanassery on 28th -30th July 2020.
- Participated in 5-day National Level Online FDP on Value Added Food Products for Present and Predicted Covid 19 Scenario on 6th – 10th July 2020.
- Attended in the 51st Annual National conference of Nutrition Society of India held on 8th and 9th November 2019 at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram.

Ms. Joice J J

- Participated in the webinar on ‘National Education Policy: Provision and Implementation’ organised by the IQAC, Assumption College, Autonomous, Chanaganacherry on 13th November 2020.
- Participated in the webinar on ‘How to Write and Structure Persuasive Research’ organized by Matter here on 12th July 2020.
- Participated in a seminar on Nutrition: Recent Trends and Challenges Organized by Dept. of Home Science, Assumption College, Changanassery on 5th September 2020.
- Participated in an International Webinar series on Adapting to The New Norm of Education organized by Dept. of Home Science, Assumption College, Changanassery on 28th -30th July 2020.
- Participated in 5-day National Level Online FDP on Value Added Food Products for Present and Predicted Covid 19 Scenario on 6th – 10th July 2020.

ACHIEVEMENTS/ AWARDS

❖ FACULTY

- Sr. Elizabeth Joseph, Assistant Professor, Department of Home Science, received LETTER OF APPRECIATION for NSS Programme Officer in 2019-2020 by MG University, Kottayam.

❖ STUDENTS

- Amina Niyas of II Msc DFSM won first prize in the State Level Recipe contest conducted by the Department of Home Science in connection with World Breast Week -2020 on 11th August 2020.
- Ann Maria Benny, III DC Home Science, won first prize and Indhulekha K Satheesh and Athira Anil of II MSc. DFSM got second and third prize in Lock down creativity contest conducted by the department on 22nd September 2020.