

## WORKSHOP ON FUND FLOW STATEMENT ANALYSIS

Title	Managerial Skill workshop on Fund flow Statement Analysis
Date	5 <sup>th</sup> April 2021 to 10 <sup>th</sup> April 2021
Focus of the event	Managerial skill on Fund flow statement
Organizing Department	Department of Commerce
Resource person	Ms. Dhanya C X, Assistant Professor, DePaul College, Angamaly
Platform	Google Meet
Total no. of participants	49

**MORNING STAR HOME SCIENCE COLLEGE,  
ANGAMALY**  
(AFFILIATED TO MG UNIVERSITY & REACCREDITED BY NAAC WITH A GRADE)

**COMMERCE ASSOCIATION  
ORGANIZES  
ONE WEEK WORKSHOP ON  
FUND FLOW STATEMENT ANALYSIS**

Resource Person



**Mrs. Dhanya C X**  
Assistant professor  
Depaul College, Angamaly

→ 05/03/2021-  
10/03/2021

→ 9 PM

→ GMEET

*Beneficiaries: Final year students of B.Com*

### Objectives

The workshop provides a simple way to understand the basic concept of fund flow statement. Students also understand properly and thoroughly funds from operation, profits from operation etc.



## Summary

One week workshop was organized on the topic “Managerial life skill workshop on Flow statement Analysis” from 5<sup>th</sup> April 2021 to 10<sup>th</sup> April 2021 through Google Platform, with the objective of helping students to understand the concepts of Fund Flow. The session included a presentation by the speaker, followed by a discussion on the topic and a practical session is also provided for a better understanding. Ms. Dhanya C X Assistant Professor, DePaul College, Angamaly, moderated the session

## Beneficiaries

III B Com

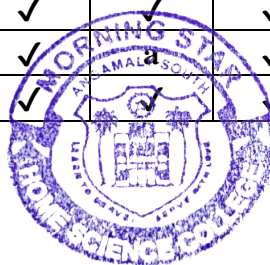
## Outcomes

The workshop helped the students to develop their financial analysis life skills to grow when they step out in the competitive world.

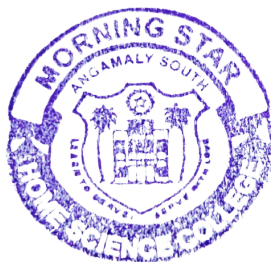
## List of Participants

### III BCom

Sl.No.	Full Name	Attendance					
		5 <sup>th</sup> Apr 2021	6 <sup>th</sup> Apr 2021	7 <sup>th</sup> Apr 2021	8 <sup>th</sup> Apr 2021	9 <sup>th</sup> Apr 2021	10 <sup>th</sup> Apr 2021
1	Aiswarya S.	✓	✓	✓	✓	✓	✓
2	Amala Martin	✓	✓	✓	✓	✓	✓
3	Amalendu T A	✓	✓	✓	✓	✓	✓
4	Anagha Ayyappankutty	✓	✓	✓	✓	✓	✓
5	Anitta Devassy	✓	✓	✓	✓	✓	✓
6	Anjaly Peter	✓	✓	✓	✓	✓	✓
7	Anju K Thankachan	✓	a	✓	✓	✓	✓
8	Ann Teresa Babu	✓	✓	✓	✓	✓	✓
9	Anna Rose Joshy	✓	✓	✓	✓	✓	✓
10	Anooja A.Nair	✓	✓	✓	a	✓	✓
11	Anu Maria David	✓	✓	✓	✓	✓	✓
12	Aparna K R	✓	✓	✓	✓	✓	✓
13	Aparna M A	✓	✓	✓	✓	✓	✓
14	Aparna Rajan	✓	✓	✓	✓	✓	✓
15	Aparna. A. V	✓	✓	✓	✓	✓	✓
16	Athira K P	✓	a	✓	✓	✓	✓
17	Athiramol K S	✓	✓	✓	✓	✓	✓



18	Ayana Varghese	✓	✓	✓	✓	✓	✓
19	Dayona M.P.	✓	✓	✓	✓	✓	✓
20	Devika Sankar	✓	✓	✓	✓	✓	✓
21	Gopika Sankar	✓	✓	✓	✓	✓	✓
22	Harsha Martin	✓	✓	✓	✓	✓	✓
23	Jasmin Mary George	✓	✓	✓	✓	✓	✓
24	Jomol Joseph	✓	✓	✓	✓	✓	✓
25	Josmy Joy	✓	✓	✓	✓	a	✓
26	Kavya Madhu	✓	✓	✓	✓	✓	✓
27	Kritika P Krishnakumar	✓	✓	✓	✓	✓	✓
28	M J Ashnamol	✓	✓	✓	✓	✓	✓
29	Manju Michael	✓	✓	✓	✓	✓	✓
30	Mariya A.J.	✓	✓	✓	✓	✓	✓
31	Meera S	✓	a	✓	✓	✓	✓
32	Meghna Ajith	✓	✓	✓	✓	✓	✓
33	Meghna Martin	✓	✓	✓	✓	✓	✓
34	Namitha Biju	✓	✓	✓	✓	✓	✓
35	Navya P. M.	✓	✓	✓	✓	✓	✓
36	Neena C Babu	✓	✓	✓	✓	✓	✓
37	Nivitha Maria Paul	✓	✓	✓	✓	✓	✓
38	Pooja Sivadas	✓	✓	✓	✓	✓	✓
39	Ramya Krishnan	✓	✓	✓	✓	✓	✓
40	Ranjana Rajesh	✓	✓	✓	✓	✓	✓
41	Rose Maria K P	✓	✓	✓	✓	✓	✓
42	Rosemin George	✓	✓	✓	✓	✓	✓
43	Sandra S.Kumar	✓	✓	✓	✓	✓	✓
44	Sneha Martin	✓	✓	✓	✓	a	✓
45	Sonia K P	✓	✓	✓	✓	✓	✓
46	Sreelakshmi T.S.	✓	✓	✓	✓	✓	✓
47	Sruthy Lakshmi A	a	✓	✓	✓	✓	✓
48	Sruthy Sajan	✓	✓	✓	✓	✓	✓
49	Theresa L Perumayan	✓	✓	✓	✓	✓	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## PERSONALITY AND SOFT SKILL DEVELOPMENT

Title	Personality & Soft Skill Development
Date	17 <sup>th</sup> October 2020
Focus of the event	Skills in Microsoft word, Excel and Power Point and internet.
Organizing Department	Internal Quality Assurance Cell (IQAC)
Resource person	Dr. Sheela Emmanuel, Principal Scientist & Head, Extension and Social Sciences, CTCRI, Trivandrum
Platform	Google Meet
Total no. of participants	60

*Resource Person*



Dr. Sheela Emmanuel  
Principal Scientist and Head  
Extension and Social Sciences  
CTCRI Trivandrum



*Beneficiaries:  
Advanced Learners*



**Morning Star Home Science College**  
Angamaly  
Affiliated to Mahatma Gandhi University Kottayam  
Accredited with 'A' Grade by NAAC (in third cycle)

**MEET THE EXPERT PROGRAMME**

*Webinar on*

**Personality and Soft Skill  
Development**

*Organized by*

**Internal Quality Assurance Cell**



Date: 17-10-2020  
Time: 10.00 am

### Objectives

- To strengthen interpersonal relationships and communication skills
- To develop a positive and winning attitude

### Summary

The IQAC organized 'Meet the Expert Programme' on 17, October 2020 for Advanced Learners. A Webinar on 'Personality & Soft Skill Development' was arranged. Dr. Sheela



Emmanuel, Principal Scientist & Head, Extension and Social Sciences, CTCRI, Trivandrum spoke to the students. The main aim was to strengthen interpersonal relationships, communication skills and to develop a winning attitude. The speaker explained the importance of personality soft skill development, need of interpersonal relationship and communication skill.

## Beneficiaries

Advanced learners

## Outcomes

The students got awareness about the need to improve personality and interpersonal relationships and various techniques by which it can be improved

### List of Participants

Sl.No	Name	Course	17 <sup>th</sup> Oct 2020
1	V. S. Anila	III B.Sc. Physics	✓
2	Soorya Sudheer	III B.Sc. Physics	✓
3	Anjana A Sahadevan	III B.Sc. Physics	✓
4	Archana Aviyan	III B.Sc. Physics	✓
5	Anu Suresh	III B.Sc. Physics	✓
6	Ammera Hussain N. H	III B.Sc. Chemistry	✓
7	Joshni Jose	III B.Sc. Chemistry	✓
8	Anjana Vikraman	III B.Sc. Chemistry	✓
9	Rahna Nandhakumar	III B.Sc. Chemistry	✓
10	Kochuthresia Jonichan	III B.Sc. Chemistry	✓
11	Aiswarya P. Martin	III B.Com.	✓
12	Anu Thomas	III B.Com.	✓
13	Athira N Nair	III B.Com.	✓
14	Rony Rose Joseph	III B.Com.	✓
15	Kavya Shine	III B.Com.	✓
16	Jeena Jolly	III B.A. Economics	✓
17	Minsiya N.S.	III B.A. Economics	✓
18	Rahina M.A.	III B.A. Economics	✓
19	Shamila K.M.	III B.A. Economics	✓
20	Anju Shaibu	III B.A. Economics	✓
21	Keerthi H. Pillai	III B.Sc. FCS	✓
22	Sivapriya K. C	III B.Sc. FCS	✓
23	Aswathy Mohanan	III B.Sc. FCS	✓
24	Anisha A. N	III B.Sc. FCS	✓



25	Della Toyan	III B.Sc. FCS	✓
26	K. S. Sandra	III B.Sc. Zoology	✓
27	Sreelakshmy Sobhanan	III B.Sc. Zoology	✓
28	Amala Antony	III B.Sc. Zoology	✓
29	Smrithy M.P	III B.Sc. Zoology	✓
30	Angel Varghese	III B.Sc. Zoology	✓
31	Farseena P.A	II B.Sc. Physics	✓
32	Anooja Prakash	II B.Sc. Physics	✓
33	Arunima G. Laly	II B.Sc. Physics	✓
34	Gayathri . M	II B.Sc. Physics	✓
35	Tinu Nirmal Varghese	II B.Sc. Physics	✓
36	Anna Jose	II B.Sc. Chemistry	✓
37	Tincy Varghese	II B.Sc. Chemistry	✓
38	Ann Maria Varghese	II B.Sc. Chemistry	✓
39	Prejitha Ajith	II B.Sc. Chemistry	✓
40	Anitha M.R	II B.Sc. Chemistry	✓
41	Anna Rose Joshy	II B.Com.	✓
42	Meghna Ajith	II B.Com.	✓
43	Athira K.P	II B.Com.	✓
44	Anooja A Nair	II B.Com.	✓
45	Karthika P. Krishnakumar	II B.Com.	✓
46	Amritha Vijayakumar	IIB.A. Economics	✓
47	Sneha Pradeep	IIB.A. Economics	✓
48	Anaswara M.R	IIB.A. Economics	✓
49	Suvarna Wilson	IIB.A. Economics	✓
50	Nikhitha M.V	IIB.A. Economics	✓
51	Thahan Rashid	IIB.Sc. FCS	✓
52	Arya K.R	IIB.Sc. FCS	✓
53	Aparna Unnikrishnan	IIB.Sc. FCS	✓
54	Devika Raveendran	IIB.Sc. FCS	✓
55	Divya M. S	IIB.Sc. FCS	✓
56	Aswathy D. Nair	II B.Sc. Zoology	✓
57	Taha Rafi	II B.Sc. Zoology	✓
58	Aswathymol M.S	II B.Sc. Zoology	✓
59	Ardra Surendran	II B.Sc. Zoology	✓
60	Greeshma A.U	II B.Sc. Zoology	✓



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## SEMINAR ON MORAL CULTURE AND SOCIAL VALUES IN FAMILY-INTERPERSONAL SKILLS

Title	Seminar on moral culture and social values in family-interpersonal skills
Date	20 <sup>th</sup> December 2021
Focus of the event	Interpersonal skill development
Organizing Department	Women cell
Resource person	Ms. Maya Devi Chalissery
Platform	College Auditorium
Total no. of participants	116



**Morning Star Home Science College**  
**Angamaly**  
Affiliated to Mahatma Gandhi University, Kottayam  
And Accredited with A Grade by NAAC



**181**  
**MITHRA**  
WOMEN HELPLINE

**WOMEN CELL**  
*in association with*



**Kerala State Women's Development Corporation**  
*Organizing a session on*

**Interpersonal Skills**  
*Beneficiaries : first year students*  
20 December, 2021 Time:10:30am  
Venue:College Auditorium

**Resource Person**



**Ms.Maya Davi Chalissery**  
Asst. Prof. Dept. of English  
Vimala College Autonomous, Thrissur

**Principal**  
Dr. Sr. Rosily A V

**Co-ordinators**  
Dr. Navya Antony  
Dr. Anjali Jacob K

**Student Co-ordinators**  
Ms. Nithya Sathyan  
Ms. Nandhana N. K  
Ms. Anna Soni



## Objectives

To share the importance of interpersonal skill for communicating and working with groups and individuals in our personal and professional life

## Summary

Women cell in association with Kerala State Women's Development Cooperation (KSWDC) conducted a skill training programme on 20<sup>th</sup> December-2021. "*Interpersonal skill*" was the topic of the session. Ms. Maya Devi Chalissery was the resource person of the session. People with strong interpersonal skills tend to build good relationships and can work well with others. Conveying the idea she talked about various manners to be followed in our day to day life. By sharing her own experiences, she highlighted the importance of interpersonal skill for communicating and working with groups and individuals in our personal and professional life.

## Beneficiaries

First year UG students

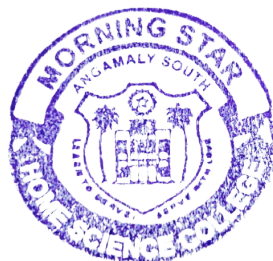







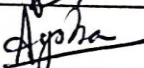

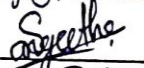

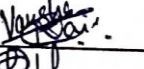

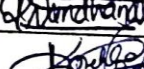
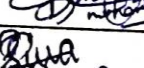
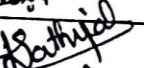
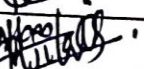
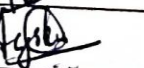
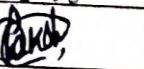
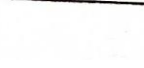
**Outcome**

As interpersonal communication is crucial for career development and productivity in the workplace, this section was really fruitful to students.



## List of Participants

### B.Sc. Chemistry

Sl.No.	Name of Student	Signature
1	Afnitha Naseer	
2	Aysha P H	
3	Aysha Parvin M S	
4	Sangeetha S Mallan	
5	Sultana Basheer	
6	Varsha V Nair	
7	Fathimathu Suaad	
8	Nandana R Nair	
9	Nehla C Mohammed Rafi	
10	Sivalakshmi S	
11	Athira K S	
12	R Vigila	
13	Ayisha Labeeba V I	
14	Lakshmi Darsak	



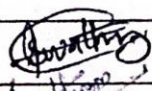
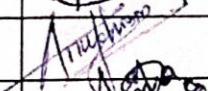

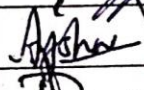

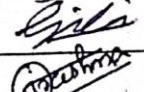
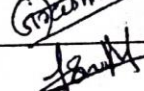

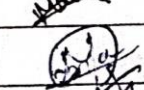
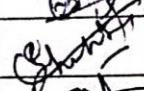
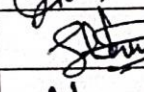
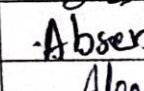
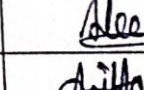

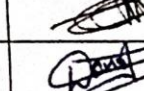
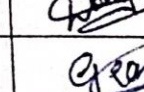

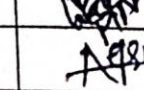
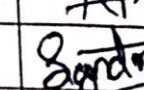
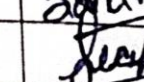
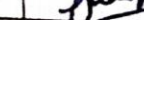
Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Afnitha C Rafeek		27.	Meghana Vincent	
2.	Aiswarya K.S		28.	Minnu P.T	
3.	Aleena Biju		29.	Nandana Reghu	
4.	Aleena Fransuzky		30.	Neetha Krishna	
5.	Anakha Baby		31.	Praseeda.C.P	
6.	Angel Baby		32.	Sandra Sasi	
7.	Angel Rose Johnson		33.	Sanuja Sajeev	
8.	Anjaly B. Biju		34.	Sreya P S	
9.	Anjana P K		35.	Surya Suresh E S	
10.	Anju Martin		36.	Thansiya. K. M	
11.	Anu Biju		37.	Vidhya Viswambaran P	
12.	Arathy P A		38.	Agnes Jolly	
13.	Arthana K Pradeep		39.	Akshaya Babu	
14.	Ashna C.J.		40.	Aleena Devassy	
15.	Binsa Ann Biju		41.	Ananya K S	
16.	Binsha A M		42.	Anna Baby	
17.	Divya Davis		43.	Anna Soni	
18.	Fasna P.A		44.	Annmary Johnson	
19.	Haripriya Suresh		45.	Anu Krishna	
20.	Honey Martin		46.	Ardhra Mohanan	
21.	Irfana Iqbal		47.	Athira Shaji	
22.	Jyothi Lakshmi K.A		48.	Devika T S	

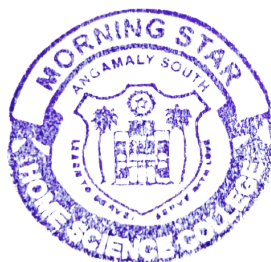



23.	Jyothika Varghese		49.	Dhanya Starly	
24.	K J Jeena		50.	Diltha Davis	
25.	Leona Rose Joseph		51.	Jesna Carlose	
26.	Liya K J		52.	Krishna Rajesh	
53.	Krishnapriya H Pillai		59.	Niyuktha Shaj P S	
54.	Manasa Jimmy		60.	Sania Biju	
55.	Mariya Joy		61.	Soumya Snathosh	
56.	Meenakshi S Nair		62.	Vismaya N B	
57.	Nayana Johnson		63.	Anjana Suresh	
58.	Ninu Shaji		64.	Nandana Shaji	



### I BSc ZOOLOGY

SL.NO	NAME OF THE PARTICIPANTS	SIGNATURE
1	A S Aswathy	
2	Anu Johnson	
3	Asna Asharaf	
4	Aysha Minha Nazar	
5	Dharsana Davis	
6	Gibi George	
7	Greeshma Babu	
8	Jismi Mohan	
9	K A Malavika	
10	Maria Thomas	
11	Shahla P	
12	Shana	
13	Sithi Sahida P.	Absent -
14	Aleena Shaju	
15	Anitta Davis	
16	Anjana Prabha	
17	Dona Jose	
18	Grazia Baby	
19	Malavika PN	
20	Nesnamol Marackar	
21	Sandra Antu	
22	Sreelakshmi P G	



  
**DR. RGSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## 7 C'S OF COMMUNICATION IN CORPORATE WORLD

Title	7 C'S of Communication in Corporate World
Date	19 <sup>th</sup> November 2020
Focus of the event	Business communication
Organizing Department	Department of Commerce
Resource person	Mr. Manu Thomas, Faculty of the Institute of Chartered Accountants of India
Platform	Google Meet
Total no. of participants	100

**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
 AFFILIATED TO MG UNIVERSITY AND REACCREDITED BY NAAC WITH 'A' GRADE  
 DEPARTMENT OF COMMERCE & IIC  
 JOINTLY ORGANISING  
 WEBINAR ON

**7 C'S OF COMMUNICATION IN CORPORATE WORLD**

**MEET OUR SPEAKER**



**MR. MANU THOMAS**  
 MANAGER AND TEAM LEADER OF  
 ELATEMINDS TRAINING & DEVELOPMENT  
 LLP & FACULTY OF INDIAN INSTITUTE OF  
 CHARTERED ACCOUNTANTS OF INDIA

**Platform : Google Meet**

 19<sup>th</sup> November 2020

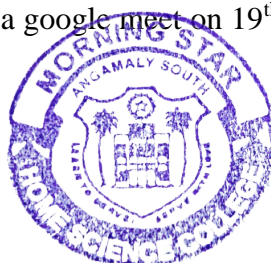
 10:30 am – 11:30 am

### Objectives

The webinar provides a checklist that helps to improve the professional communication skills and increases the chance that the message will be understood in exactly the same way as it was intended. When your communication is clear you are able to convey your thoughts more precisely.

### Summary

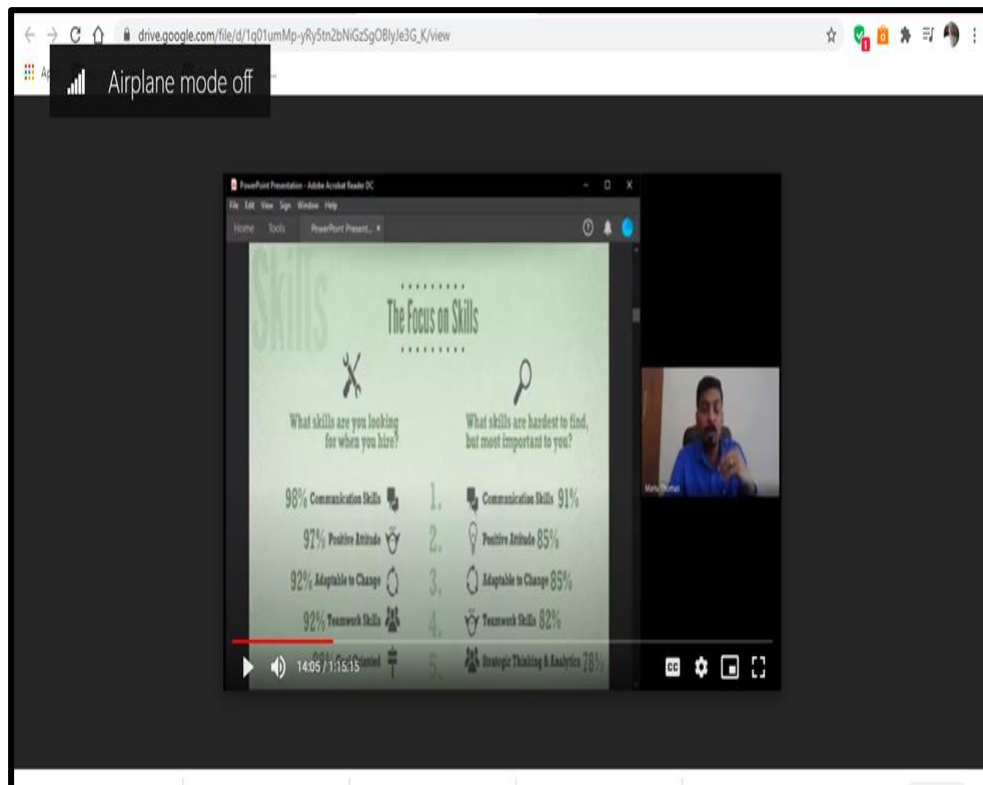
A webinar on '7 C's of Communication in Corporate World' was organized by Department of Commerce in association with IIC via google meet on 19<sup>th</sup> November 2020 from 10:30 am to



11:30 am. Mr Manu Thomas, Faculty of the Institute of Chartered Accountants of India was the resource person for the webinar.

## Beneficiaries

I B Com and II B Com

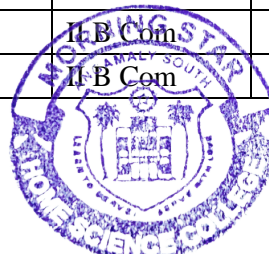


## Outcomes

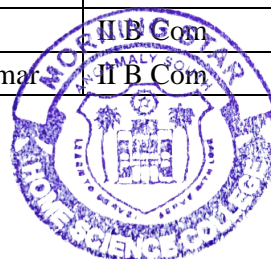
The webinar helped the students to know about the effectiveness of the communication which is one of the most important life skills and business communication between employees and management to interact among each other in order to reach organizational goals and be more aligned with the core company values.

## List of Participants

Sl. No.	Name of the Student	Class	19 <sup>th</sup> Nov 2020
1	Akhila K R	II B Com	✓
2	Anakha Babu	II B Com	✓
3	Angel Eldho	II B Com	✓
4	Anitta Antony	II B Com	✓



5	Anjana Nair	II B Com	✓
6	M. Anuprabha	II B Com	✓
7	Anusree K B	II B Com	✓
8	Aswini Sreenivas	II B Com	✓
9	Athira Haridasan	II B Com	✓
10	Hanna Rose Babu	II B Com	✓
11	Jisna Jose	II B Com	✓
12	Kavya P S	II B Com	✓
13	Lakshmi O K	II B Com	✓
14	Linet Sajeev	II B Com	✓
15	Mridula Baby	II B Com	✓
16	Navya.S.Vadakumchery	II B Com	✓
17	Nimisha K R	II B Com	✓
18	Padmapriya. R. Prabhu	II B Com	✓
19	Reetha Baby	II B Com	✓
20	Rekha Manoj	II B Com	✓
21	Roja Raju	II B Com	✓
22	Saniamole Eldho	II B Com	✓
23	Sunaina.K.A	II B Com	✓
24	Swapna Raju	II B Com	✓
25	Swetha Sankaran	II B Com	✓
26	Varada Harish Menon	II B Com	✓
27	Vineetha V V	II B Com	✓
28	Vismaya Varghese	II B Com	✓
29	Vyshnavi Raghu	II B Com	✓
30	Devika K S	II B Com	✓
31	Adithya C M	II B Com	✓
32	Aleena Jose	II B Com	✓
33	Anju Ravi	II B Com	✓
34	Anju Thomas	II B Com	✓
35	Ann Mariya Joy	II B Com	✓
36	Ann Mariya Thomas	II B Com	✓
37	Supriya K S	II B Com	✓
38	Aparna S Nair	II B Com	✓
39	Bency Benny	II B Com	✓
40	Devika V B	II B Com	✓
41	Gladis Varghese	II B Com	✓
42	Jasmin Polachan	II B Com	✓
43	Jesna Koya	II B Com	✓
44	Krishnendu Prasad	II B Com	✓
45	Lissy Thomas	II B Com	✓
46	Sandhra S Ravikumari	II B Com	✓





47	Shamsiya C Shereef	II B Com	✓
48	Sinju Raju	II B Com	✓
49	Aleena Babu	I B Com	✓
50	Aleena Sebastian	I B Com	✓
51	Ammu.A	I B Com	✓
52	Anandhitha Parameswaran	I B Com	✓
53	Aneeta Benny	I B Com	✓
54	Angel Eldo	I B Com	✓
55	Angel Maria Paul	I B Com	✓
56	Anitha Vavachan	I B Com	✓
57	Anjaly Rajeev	I B Com	✓
58	Ann Mary Benny	I B Com	✓
59	Annmary James	I B Com	✓
60	Anupama P P	I B Com	✓
61	Anyna Mary Sebastian	I B Com	✓
62	Aswathy G	I B Com	✓
63	Aswathy. E. K	I B Com	✓
64	Diniya Tomy	I B Com	✓
65	Divya Dinesh	I B Com	✓
66	Fathima Nasrin	I B Com	✓
67	Geethu. S	I B Com	✓
68	Gopika.A.J	I B Com	✓
69	Jesby K Ibrahim	I B Com	✓
70	Lintu Shaju	I B Com	✓
71	Mariya Alias	I B Com	✓
72	Nandana M.K	I B Com	✓
73	Nandhana N.K	I B Com	✓
74	Neethu M T	I B Com	✓
75	Nigitha Sajan	I B Com	✓
76	Reshma Santhosh	I B Com	✓
77	Revathy Ajayan	I B Com	✓
78	Rosmi Joy	I B Com	✓
79	Sandra K.S	I B Com	✓
80	Sona Philip	I B Com	✓
81	Sona P L	I B Com	✓
82	Akhila Cs	I B Com	✓
83	Aleena Sebastian	I B Com	✓
84	Ameena Cn	I B Com	✓
85	Anakha Babu	I B Com	✓
86	Aneesha Baiju	I B Com	✓
87	Anjala Shaju	I B Com	✓



88	Ashly Alias	I B Com	✓
89	Athulya P S	I B Com	✓
90	Bhanu Krishna V G	I B Com	✓
91	Bini M Varghese	I B Com	✓
92	Devika Biju	I B Com	✓
93	Gayathri A	I B Com	✓
94	Geethu Gopi	I B Com	✓
95	Gopika U Krishna	I B Com	✓
96	Hanna Thomas	I B Com	✓
97	Irine Varghese	I B Com	✓
98	Jenat George	I B Com	✓
99	Jiss Dona Davis	I B Com	✓
100	Lakshmi K.R	I B Com	✓



*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## ONLINE WORKSHOP ON EVERY DAY LITERATURE: OBJECTIVE OR RELATIVE

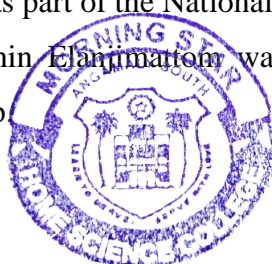
Title	Every Day Literature: Objective or Relative
Date	9 <sup>th</sup> December 2020
Focus of the event	News Analysis and Fake News
Organizing Department	Department of English
Resource person	Fr. Nithin Elanjimattom
Platform	Google Meet
Total no. of participants	46

### Objectives

- To identify real news from fake news
- To ensure the news that the students read and view is verified and accurate

### Summary

The Department of English organized an in-house workshop titled “Everyday Literature: Objective or Relative” on 9 December 2020. The workshop on News Analysis and Fake News Detection is a volunteered program as part of the National Media Literacy Network supported by Google news initiative. Fr. Nithin Elanjimattom was the keynote speaker. Almost 50 students participated in the workshop.



## Beneficiaries

Students of BA Language and Literature

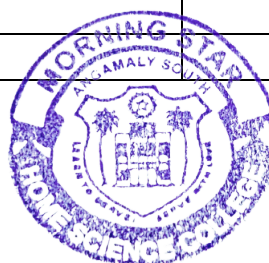


## Outcomes

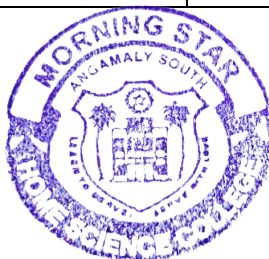
Students were able to understand the importance of media literacy and use media platforms responsibly.

### List of Participants

Sl. No.	Name	9 <sup>th</sup> December 2020
<b>III BA English</b>		
1	Akhila Wilson	✓
2	Allbright David	✓
3	Ann Mariya Jomon	✓
4	Anna Rose Pappachan	✓
5	Dona Kunjumon	✓
6	Grace Mariya Geogy	✓
7	Hansa Firoz	✓
8	Jomol P. John	✓
9	Maria P. J	✓
10	Namitha Suresh	a
11	Neha Anna Abraham	✓
12	Sandra Sabu	✓
13	Sandra Saju	✓




14	Shero Martin	✓
15	Sona Vijesh	✓
16	Thasni Nazeer	✓
<b>II BA English</b>		
17	Ann Hanna Dickson	✓
18	Athira Babu	✓
19	Bency Benedict	✓
20	Dilna Sani	✓
21	Jismi Pappachan	✓
22	Laya Elizabeth George	✓
23	Reni Anna	✓
24	Reshma G	✓
25	Samira Sara Sundeep	✓
26	Sanika Rose Joy	✓
27	Abhirami P G	✓
28	Meera Jyothi	✓
29	Minju Shaju	✓
30	Krishnendu P S	✓
31	Litty Varghese	a
32	Maria Saju	✓
33	Mary Joseph	✓
34	Nitty Thomas	✓
35	Rekha Madhu	✓
36	Rose Maria Thariachan	✓
37	Shino Martin	✓
<b>I BA English</b>		
38	Akshaya KO	✓
39	Ameena Parveen	✓
40	Ann Nelson	✓
41	Jennifer John	✓
42	Niya K Thomas	✓
43	Anita Maria Jomy	a
44	Anu Antony	✓
45	Ashna K.A	✓
46	Fathima OB	✓
47	Riya Paul	✓
48	Rosemary Xavier	✓
49	Sandra Xavier	✓



## TRAINING PROGRAMME IN VERMICOMPOSTING TECHNIQUES

Title	Training Programme in Vermicomposting Techniques
Date	13 <sup>th</sup> December 2021
Focus of the event	<ul style="list-style-type: none"> <li>• Ecofriendly disposal of garbage, Vermibed preparation, management of vermiculture unit</li> <li>• Advantages of vermicompost.</li> <li>• Healthy environment and Food- Healthy People-Healthy Nation</li> </ul>
Organizing Department	Department of Zoology and Bhoomithrasena club
Resource person	K. Leena Joseph, Assistant Professor and HoD
Venue	Zoology Laboratory
Total no. of participants	40




**Morning Star Home Science College Angamaly**  
*Affiliated to Mahatma Gandhi university & Re-accredited by NAAC with A grade*

### Department of Zoology & Bhoomithrasena Club


Organizes

SKILL ENHANCEMENT PROGRAMME IN  
HEALTH AND HYGIENE  
TRAINING ON VERMICOMPOSTING TECHNIQUES

Resource person  
Ms. K Leena Joseph  
Assistant Professor and HoD  
Morning Star Home Science College  
Angamaly



\*\*\*\*\*



Date: 13 December 2021  
Time: 1.30 pm  
Venue: Zoology Laboratory



## Objectives

- Basic awareness on ecofriendly disposal of domestic and agricultural garbage
- Practical experience and hands on training on vermibed preparation and management of vermiculture unit.
- Healthy environment and Food- Healthy People-Healthy Nation

## Summary

Department of Zoology and Bhoomithrasena club organized a training programme in vermicomposting techniques for students on 13<sup>th</sup> December 2021. Training was handled by the faculty, K. Leena Joseph and discussed the importance of vermiculture for the ecofriendly disposal of garbage, Vermibed preparation, management of vermiculture unit and advantages of vermicompost. A clean and healthy environment and food without pesticides and chemicals is necessary for maintenance of health.

## Beneficiaries

40 I B Sc FCS and I B Sc Zoology students s were participated and benefitted from the programme.



## Outcomes

This program enabled the participants to increase awareness about the importance of vermiculture for the ecofriendly disposal of garbage and advantages of Biofertilizers especially vermicompost.



## List of Participants

**TRAINING PROGRAMME IN VERMICOMPOSTING TECHNIQUES  
ATTENDANCE LIST OF PARTICIPANTS  
Date: 13 December 2021**

SL. NO.	NAME OF THE PARTICIPANT	CLASS AND SUBJECT	SIGNATURE
1.	Alana James	I B. S FCS	Alana
2.	Aliya Mujeeb	I B. S FCS	Aliya
3.	Anagha Paul	I B. S FCS	Anagha Paul
4.	Anamika Sanjeev	I B. S FCS	Anamika
5.	Anamika Unnikrishnan	I B. S FCS	Anamika
6.	Avani C B	I B. S FCS	Avani
7.	Cladveena Pereira	I B. S FCS	Cladveena
8.	Dhanya D	I B. S FCS	Dhanya
9.	Fathima CR	I B. S FCS	Fathima
10.	FathimaMuhliza Sidhic K S	I B. S FCS	Fathima
11.	Juna Maria Roy	I B. S FCS	Juna
12.	Juvariya PM	I B. S FCS	Juvariya
13.	Krishnapriya M Menon	I B. S FCS	Krishnapriya
14.	Leya Joy	I B. S FCS	Leya
15.	MalavikaSajeev Kumar	I B. S FCS	Malavika
16.	Mincy Martin	I B. S FCS	Mincy
17.	Rose Mariya Antony	I B. S FCS	Rose
18.	Thasni Mahin	I B. S FCS	Thasni
19.	Aiswarya P	I B. S FCS	Aiswarya
20.	Minnu P M	I B. S FCS	Minnu
21.	Nazni Nazar	I B. S FCS	Nazni
22.	Pooja B	I B. S FCS	Pooja
23.	Rizvin Siyad M S	I B. S FCS	Rizvin
24.	Ruksana Fathima P S	I B. S FCS	Ruksana
25.	Saniya Z	I B. S FCS	Saniya
26.	Anagha Sabu	I B. Sc Zoology	Anagha
27.	Ann Maria Jojo	I B. Sc Zoology	Ann Maria
28.	Anna Martin	I B. Sc Zoology	Anna
29.	Ansila P A	I B. Sc Zoology	Ansila
30.	AyshaNargees	I B. Sc Zoology	Aysha
31.	Hasna Azeez	I B. Sc Zoology	Hasna
32.	Jewel Rose George	I B. Sc Zoology	Jewel
33.	Karthika Biju	I B. Sc Zoology	Karthika
34.	Kasi Krishnan	I B. Sc Zoology	Kasi
35.	MariyaIssac	I B. Sc Zoology	Mariya
36.	NandanaUdayakumar	I B. Sc Zoology	Nandana
37.	Nikhila Sunny	I B. Sc Zoology	Nikhila
38.	RubayyaThasni N K	I B. Sc Zoology	Rubayya
39.	Saibunnesa K S	I B. Sc Zoology	Saibunnesa
40.	Sreeshma C S	I B. Sc Zoology	Sreeshma



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## WEBINAR ON IMPORTANCE OF MENTAL HEALTH AWARENESS DURING COVID -19

Title	Importance of mental health awareness during covid -19
Date	16 <sup>th</sup> October 2021
Focus of the event	To raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.
Organizing Department	Department of B.Voc in collaboration with Department of Commerce.
Resource person	Dr. Soumya Raj T.J, Nodal officer, District Mental Health Program, Ernakulam
Platform	Zoom
Total no. of participants	145

**MORNING STAR HOME SCIENCE COLLEGE,  
ANGAMALY**  
(Affiliated to Mahatma Gandhi University & Re-accredited by NAAC with A Grade)

**Department of Commerce  
&  
Department of B.Voc Applied Accounting and Taxation**  
*jointly organizes a webinar on*

**IMPORTANCE OF MENTAL HEALTH  
AWARENESS DURING COVID-19**  
*as part of*  
**World Mental Health Day**

**RESOURCE PERSON**  
Dr. Soumya Raj T.J  
Nodal Officer  
District Mental Health Program  
Ernakulam

**Coordinators:-**  
Ms. K.S. Jwalini  
Ms. Soumya Alias

**Conveners:-**  
Ms. Ann Mary Mathew  
Ms. Neethumol M.S  
Ms. Dhanya C.X

**October 16, 2021// 11:30 - 12:30 pm**  
**Beneficiaries - First year & Final year students**

zoom

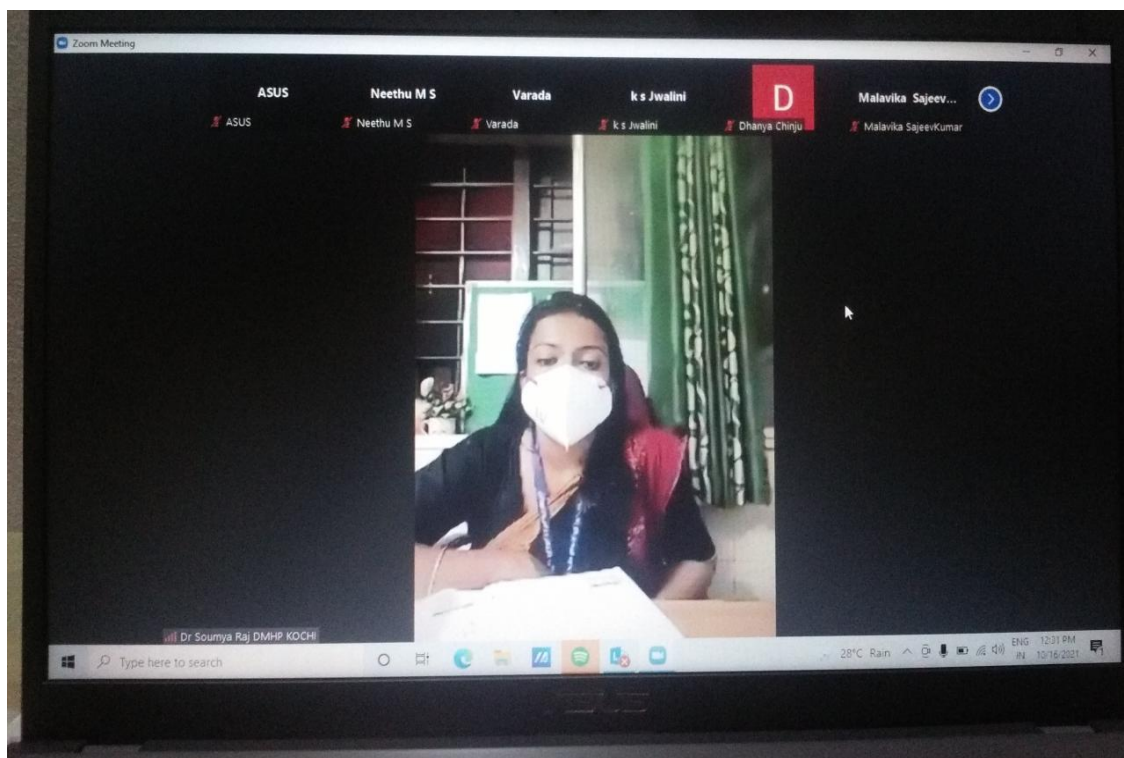
### Objective

To raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.



## Summary

Department of B.Voc organized a webinar in collaboration with Department of Commerce on the topic importance of mental health awareness during covid -19 for B.com and B.Voc students on 16-10-2021. The main objectives of the programme is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The day provides an opportunity for all students to talk about their mental health issues and what more needs to be done to make mental health care a reality for people worldwide. Dr.Soumya Raj T.J, Nodal Officer, District Mental Health Program, Ernakulum, was the resource person. The session was very interesting for students and they understood that physical health can have a direct impact on mental health.



## Outcome

The webinar helped the students to know the facts about COVID-19 to support positive mental well-being. It helped them hone their communication skills, problem solving ability and enhanced their confidence levels as well. They also learned to deal with depression, stress and anxiety in a better way and also helped to develop a healthy lifestyle.

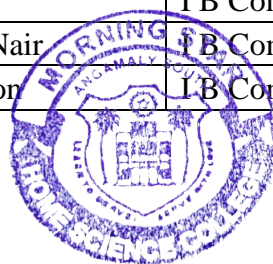


### List of the participants

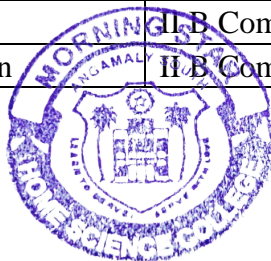
Sl. No.	Name	Class	16/10/2021
1	Ashma Thadevus	II B Voc	✓
2	Jinimol P J	II B Voc	✓
3	Rakhi K Ravi	II B Voc	✓
4	Sreekutty K R	II B Voc	✓
5	Aneesa V A	I B Voc	✓
6	Aneeta Benny	I B Voc	✓
7	Arsha Babu	I B Voc	✓
8	Aiswarya S	I B Voc	✓
9	Aswitha V M	I B Voc	✓
10	Athira Mani T	I B Voc	✓
11	Durga Babu	I B Voc	✓
12	Ganga C S	I B Voc	✓
13	Krishna Veni	I B Voc	✓
14	Livina M G	I B Voc	✓
15	Mariya Mathew	I B Voc	✓
16	Malavika T M	I B Voc	✓
17	Manjima A	I B Voc	✓
18	Nandhana Baiju	I B Voc	✓
19	Nandhana K N	I B Voc	✓
20	Nithya A V	I B Voc	✓
21	Rehana K R	I B Voc	✓
22	Sana Nazrin M S	I B Voc	✓
23	Soumya V J	I B Voc	✓
24	Soya James	I B Voc	✓
25	Afnitha C Rafeek	I B Com	✓
26	Aiswarya K. S	I B Com	✓
27	Aleena Biju	I B Com	a
28	Aleena Fransuzky	I B Com	✓
29	Anakha Baby	I B Com	✓
30	Angel Baby	I B Com	✓
31	Angel Rose Johnson	I B Com	✓
32	Anjaly B. Biju	I B Com	✓
33	Anjana P K	I B Com	✓
34	Anju Martin	I B Com	✓
35	Anu Biju	I B Com	✓
36	Arathy P A	I B Com	✓
37	Arthana K Pradeep	I B Com	a
38	Ashna C.J.	I B Com	✓
39	Binsa Ann Biju	I B Com	✓



40	Binsha A M	I B Com	✓
41	Divya Davis	I B Com	✓
42	Fasna P.A	I B Com	✓
43	Haripriya Suresh	I B Com	✓
44	Honey Martin	I B Com	✓
45	Irfana Iqbal	I B Com	✓
46	Jyothi Lakshmi K.A	I B Com	✓
47	Jyothika Varghese	I B Com	✓
48	K J Jeena	I B Com	✓
49	Leona Rose Joseph	I B Com	✓
50	Liya K J	I B Com	✓
51	Meghana Vincent	I B Com	✓
52	Minnu P.T	I B Com	a
53	Nandana Reghu	I B Com	✓
54	Neetha Krishna	I B Com	✓
55	Praseeda.C.P	I B Com	✓
56	Sandra Sasi	I B Com	✓
57	Sanuja Sajeev	I B Com	✓
58	Sreya P S	I B Com	✓
59	Surya Suresh E S	I B Com	✓
60	Thansiya. K. M	I B Com	✓
61	Vidhya Viswambaran P	I B Com	✓
62	Agnes Jolly	I B Com	✓
63	Akshaya Babu	I B Com	✓
64	Aleena Devassy	I B Com	✓
65	Ananya K S	I B Com	✓
66	Anna Baby	I B Com	✓
67	Anna Soni	I B Com	✓
68	Annmary Johnson	I B Com	✓
69	Anu Krishna	I B Com	✓
70	Ardhra Mohanan	I B Com	✓
71	Athira Shaji	I B Com	✓
72	Devika T S	I B Com	✓
73	Dhanya Starly	I B Com	✓
74	Diltta Davis	I B Com	✓
75	Jesna Carlose	I B Com	✓
76	Krishna Rajesh	I B Com	✓
77	Krishnapriya H Pillai	I B Com	✓
78	Manasa Jimmy	I B Com	✓
79	Mariya Joy	I B Com	✓
80	Meenakshi S Nair	I B Com	✓
81	Nayana Johnson	I B Com	✓



82	Ninu Shaji	I B Com	✓
83	Niyuktha Shaj P S	I B Com	✓
84	Sania Biju	I B Com	✓
85	Soumya Snathosh	I B Com	✓
86	Vismaya N B	I B Com	✓
87	Anjana Suresh	I B Com	✓
88	Aleena Babu	II B Com	✓
89	Aleena Sebastian	II B Com	✓
90	Ammu A	II B Com	✓
91	Anandhitha Parameswaran	II B Com	✓
92	Aneeta Benny	II B Com	✓
93	Angel Eldo	II B Com	✓
94	Angel Maria Paul	II B Com	✓
95	Anitha Vavachan	II B Com	✓
96	Anjaly Rajeev	II B Com	✓
97	Ann Mary Benny	II B Com	✓
98	Annmary James	II B Com	✓
99	Anupama P P	II B Com	✓
100	Anyna Mary Sebastian	II B Com	✓
101	Aswathy Gopalakrishnan	II B Com	✓
102	Aswathy E K	II B Com	✓
103	Diniya Tomy	II B Com	✓
104	Divya Dinesh	II B Com	✓
105	Fathima Nasrin	II B Com	a
106	Geethu. S	II B Com	✓
107	Gopika A J	II B Com	✓
108	Jesby K Ibrahim	II B Com	✓
109	Lintu Shaju	II B Com	✓
110	Mariya Alias	II B Com	✓
111	Nandana M K	II B Com	✓
112	Nandhana N K	II B Com	✓
113	Neethu M T	II B Com	✓
114	Nigitha Sajan	II B Com	✓
115	Reshma Santhosh	II B Com	✓
116	Revathy Ajayan	II B Com	✓
117	Rosmi Joy	II B Com	✓
118	Sandra K S	II B Com	✓
119	Sona Philip	II B Com	✓
120	Sona P L	II B Com	✓
121	Akhila C S	II B Com	✓
122	Aleena Sebastian	II B Com	✓




123	Ameena C N	II B Com	✓
124	Anakha Babu	II B Com	✓
125	Aneesha Baiju	II B Com	✓
126	Anjala Shaju	II B Com	✓
127	Ashly Alias	II B Com	✓
128	Athulya P S	II B Com	✓
129	Bhanu Krishna V G	II B Com	✓
130	Bini M Varghese	II B Com	✓
131	Devika Biju	II B Com	✓
132	Gayathri A	II B Com	✓
133	Geethu Gopi	II B Com	✓
134	Gopika U Krishna	II B Com	✓
135	Hanna Thomas	II B Com	✓
136	Irine Varghese	II B Com	✓
137	Jenat George	II B Com	a
138	Lakshmi K R	II B Com	✓
139	Mariya Therese Pappachan	II B Com	✓
140	Nelopher Brooson	II B Com	✓
141	Nibiya Babu	II B Com	✓
142	Nithya Sathyan	II B Com	✓
143	R. Niveditha	II B Com	✓
144	Radhika Jamsy	II B Com	✓
145	Sajitha	II B Com	✓
146	Sandra Chakko	II B Com	✓
147	Sandra Santhosh	II B Com	✓
148	Shahanasmol V S	II B Com	✓
149	Stija Maria	II B Com	✓
150	Vyshnavidas K H	II B Com	✓



*Dr. RGSily*  
**DR. RGSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## WEBINAR ON “AIDS- AN OVERVIEW”

Title	Webinar on “Aids- an overview”
Date	1 <sup>st</sup> October 2021
Focus of the event	<ul style="list-style-type: none"> <li>• Knowledge on HIV/AIDS disease, Symptoms and Treatment</li> <li>• Awareness on the availability of support systems.</li> </ul>
Organizing Department	Alumnae association and Department of Zoology
Resource person	Ms Jissa George, Ph D Scholar, Little flower medical Lecturer, NICDS, NIMS Medicity, Thiruvananthapuram
Platform	Google meet
Total no. of participants	35



**MORNING STAR HOME SCIENCE COLLEGE**  
**ANGAMALY**

*(Affiliated to M G University & Reaccredited by NAAC with 'A' Grade)*

**WEBINAR SERIES: ALUM WAVES- 5**  
**AIDS: AN OVERVIEW**

*Organised by*  
**Alumnae Association and Department of Zoology**

01 October 2021 (Friday) at 11:00 am

Alumnae Association of Morning Star Home Science College Angamaly in association with Department of Zoology is organising a webinar on the topic “**Aids- an overview**”. Resource person is Ms. Jissa George ( Alumni) Ph.D. Scholar, Little flower medical Research Centre Angamaly and Lecturer, NICDS, NIMS Medicity, Trivandrum. This webinar enables the participants to increase awareness on HIV/AIDS, its impact, management and availability of support systems.

Resource Person  
**Jissa George**  
Ph.D. Scholar, Little flower medical Research Centre, Angamaly  
Lecturer, NICDS, NIMS Medicity, Trivandrum

**Organising committee**

Principal :Dr. Sr. Rosily A. V.


HOD & Staff Coordinator :Mrs. K Leena Joseph

Staff Coordinator :Dr. Sr. Jisha Joseph

Convenors :Adv Anitha K. J. ( Vice President)

:Dr Teji K. T. (Asst. Professor, Dept of Zoology)

:Dr. Devi N. P. (Executive member- Zoology)



<http://meet.google.com/sqw-wkik-gmc>

### Objectives

- Basic knowledge on HIV/AIDS disease, Symptoms and Treatment
- To increase awareness on the availability of support systems.



## Summary

Alumnae association of Morning Star Home Science College in association with Department of Zoology organized a webinar on the topic “Aids- an overview” on 1<sup>st</sup> October 2021. Ms. Jissa George Ph D Scholar, Little flower medical Research Centre Angamaly and Lecturer, NICDS, NIMS Medicity, Thiruvananthapuram was the resource person. The webinar is followed by an interactive session in which students were actively participated. The webinar on HIV/AIDS enabled the participants to increase awareness about HIV/AIDS, its impact, management and availability of support systems. and around 35 UG students were benefitted from the programme.

## Beneficiaries

35 students were participated and benefitted from the programme



## Outcomes

This program enabled the participants to increase awareness about HIV/AIDS, symptoms, treatment measures, management and availability of support systems






## List of Participants


Sl. No.	Name of the Participant	Class and Subject	1 <sup>st</sup> October 2021
1	Alana James	I B. Sc FCS	✓
2	Aliya Mujeeb	I B. Sc FCS	✓
3	Anagha Paul	I B. Sc FCS	✓
4	Anamika Sanjeev	I B. Sc FCS	✓
5	Anamika Unnikrishnan	I B. Sc FCS	✓
6	Avani C B	I B. Sc FCS	✓
7	Cladveena Pereira	I B. Sc FCS	✓
8	Dhanya D	I B. Sc FCS	✓
9	Fathima CR	I B. Sc FCS	✓
10	Fathima Muhliza Binth Sidhic K S	I B. Sc FCS	✓
11	Juna Maria Roy	I B. Sc FCS	✓
12	Juvariya PM	I B. Sc FCS	✓
13	Krishnapriya M Menon	I B. Sc FCS	✓
14	Leya Joy	I B. Sc FCS	✓
15	Malavika Sajeev Kumar	I B. Sc FCS	✓
16	Rose Mariya Antony	I B. Sc FCS	✓
17	Thasni Mahin	I B. Sc FCS	✓
18	Aiswarya P	I B. Sc FCS	✓
19	Minnu P M	I B. Sc FCS	✓
20	Nazni Nazar	I B. Sc FCS	✓
21	Anagha Sabu	I B. Sc Zoology	✓
22	Ann Maria Jojo	I B. Sc Zoology	✓
23	Anna Martin	I B. Sc Zoology	✓
24	Ansila P A	I B. Sc Zoology	✓
25	Aysha Nargees	I B. Sc Zoology	✓
26	Hasna Azeez	I B. Sc Zoology	✓
27	Jewel Rose George	I B. Sc Zoology	✓
28	Karthika Biju	I B. Sc Zoology	✓
29	Kasi Krishnan	I B. Sc Zoology	✓
30	Mariya Issac	I B. Sc Zoology	✓
31	Nandana Udayakumar	I B. Sc Zoology	✓
32	Nikhila Sunny	I B. Sc Zoology	✓
33	Rubayya Thasni N K	I B. Sc Zoology	✓
34	Saibunnesa K S	I B. Sc Zoology	✓
35	Sreeshma C S	I B. Sc Zoology	✓



  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## WEBINAR ON HEALTH AND HYGIENE

Title	Webinar on Health and Hygiene 'Alum Waves-4'
Date	4 <sup>th</sup> September 2021
Focus of the event	Skill development for better health
Organizing Department	PG and Research Department of Home Science and Alumnae Association
Resource person	<ul style="list-style-type: none"> <li>Ms. Reshmi Priya Das, Dietician General Hospital, Ernakulam.</li> <li>Ms. Anju Krishna, ICDS Supervisor in ICDS Project Office, Edappally, Department of Women and Child Development</li> </ul>
Platform	Google Meet
Total no. of participants	63




**Morning Star Home Science College**  
**Angamaly**  
(Affiliated to MG University and Reaccredited by NAAC with 'A' grade)

Alumnae Association of Morning Star Home Science College Angamaly in association with PG and Research Department of Home Science is organizing a webinar on the topic 'HEALTH AND HYGIENE'. The first session of the series is on 'Health' by **Ms. Reshmi Priya Das** (Alumni), Dietitian, General Hospital Ernakulam. The second session of the series is on 'Hygiene' by **Ms. Anju Krishna** (Alumni), ICDS Supervisor, ICDS Edapally, Department of Women and Child Development. Living in a healthy lifestyle can help to prevent chronic diseases and long-term illnesses. The programme can assist students and teachers to protect themselves from infectious diseases and its ill health effects.

**WEBINAR SERIES: ALUM WAVES - 4**  
**HEALTH AND HYGIENE**  
Organized by  
**Alumnae Association &**  
**PG and Research Department of Home Science**  
**4<sup>th</sup> September 2021 ( Saturday) at 3.00 pm**

**Session 1**  
Resource Person  
**Ms. Reshmi Priya Das**  
Dietitian  
General Hospital, Ernakulam



**Organizing Committee**

Principal : Dr. Sr. Rosily A V


HOD : Dr. Lizmitha Godwin


Staff Coordinators : Mrs. K Leena Joseph

Dr. Sr. Jisha Joseph

Convenors : Adv. Anitha KJ  
(Vice President, Alumnae Association)  
Dr. Megha Thampy  
(Asst. Professor, Dept. of Home Science)  
Mrs. Nikhila Pappachan  
(Executive Member, Alumnae Association)

**Session 2**  
Resource person  
**Ms. Anju Krishna**  
ICDS Supervisor, ICDS Edapally  
Department of Women and Child Development



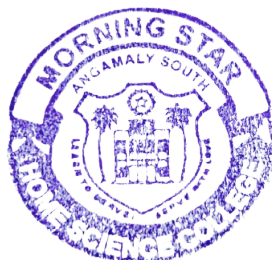


<https://meet.google.com/xhk-wmri-ffq>

1/1

### Objectives

- To inculcate the importance of health in day today's life of people.
- To give awareness about the hygienic practices to be followed for a better health.

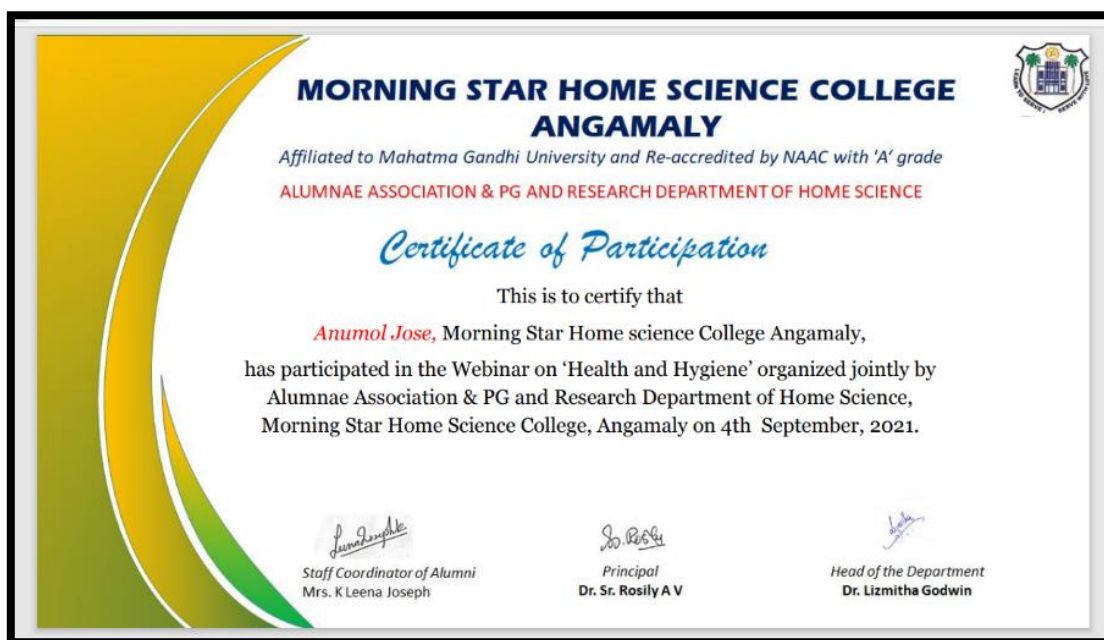


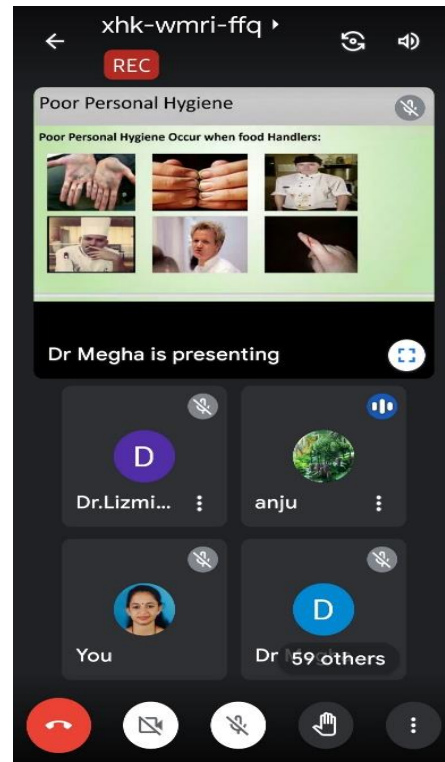
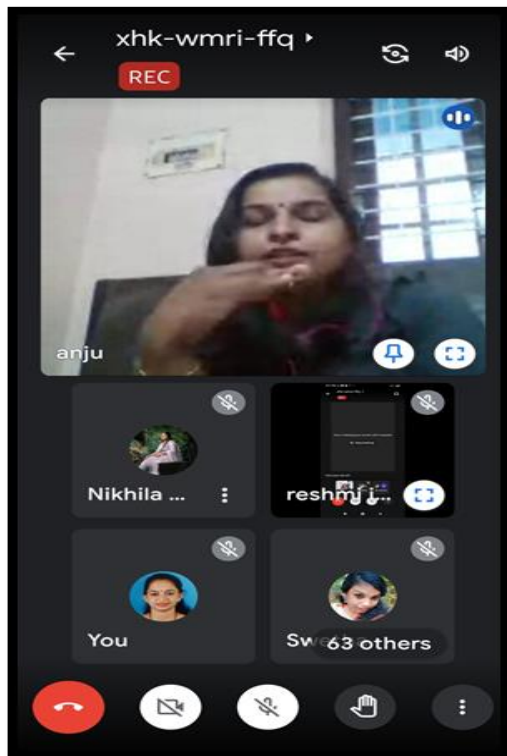
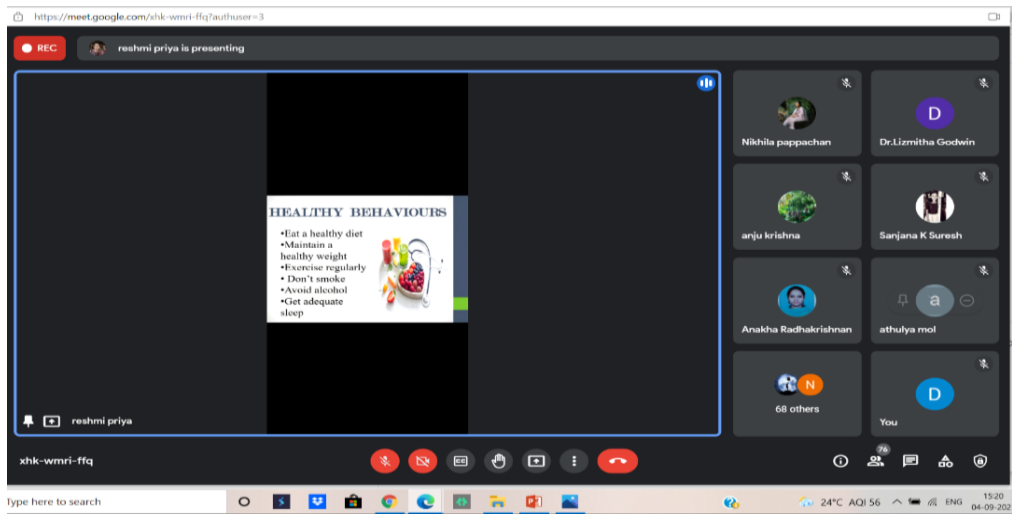
## Summary

PG and Research Department of Home Science in association with Alumnae Association organized a webinar on health and hygiene for the students in the department on 4<sup>th</sup> September 2021 at 3 pm. The aim of the programme was to create awareness regarding healthy lifestyle practices and methods to prevent infectious as well as chronic diseases. The resource person for the first session of the series was Ms. Reshmi Priya Das, an alumna of the department. She is currently working as Dietician in General Hospital, Ernakulam. She delivered a talk on the topic 'Health'. The second session of the series was handled by Ms. Anju Krishna, an alumna of the department and currently working as ICDS Supervisor in ICDS Project Office, Edappally, Department of Women and Child Development. She delivered a talk on the topic 'Hygiene'. About 63 students along with teachers participated in the programme.

## Beneficiaries

- 3<sup>rd</sup> and 2<sup>nd</sup> year BSC FCS students
- 2<sup>nd</sup> year MSC FCS students





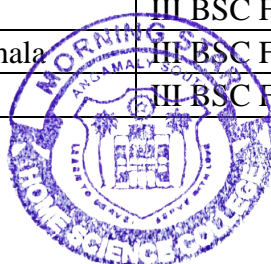
## Outcomes

- Understand the significance of health.
- Recognized the good hygienic practices to be followed in everyday life for a sustainable health.



### List of the participants

Sl. No.	Name of the candidate	Class and Subject	04/09/2021
1	Alfy Sajan	II MSc FCS	✓
2	Ammu Jose	II MSc FCS	✓
3	Amrutha Thomas	II MSc FCS	✓
4	Aneesha O.A	II MSc FCS	✓
5	Ann Maria Davis	II MSc FCS	✓
6	Arifa T A	II MSc FCS	✓
7	Fathima Beevi P.M.	II MSc FCS	✓
8	Gopika N G	II MSc FCS	✓
9	Lakshmi V.J	II MSc FCS	✓
10	Priya Varghese	II MSc FCS	✓
11	Stegi Peter	II MSc FCS	✓
12	Sulthana.P.A	II MSc FCS	✓
13	Vidhyamol .D.	II MSc FCS	✓
14	Aleena Kuriakose	III BSC FCS	✓
15	Anmaria Raju	III BSC FCS	✓
16	Anna Sebastian	III BSC FCS	✓
17	Asiya Rahim	III BSC FCS	✓
18	Athira K S	III BSC FCS	✓
19	Delna Davis	III BSC FCS	✓
20	Karmalin Steena	III BSC FCS	✓
21	Lithiya M Y	III BSC FCS	✓
22	Malavika P M	III BSC FCS	✓
23	Maneesha Radhakrishnan	III BSC FCS	✓
24	Meenakshi Binoy	III BSC FCS	✓
25	Nixy E D	III BSC FCS	✓
26	Praissymol. A. P	III BSC FCS	✓
27	Rexy K R	III BSC FCS	✓
28	Rizmin S	III BSC FCS	✓
29	Rose Mary	III BSC FCS	✓
30	Sandra P Sathyan	III BSC FCS	✓
31	Shahana K N	III BSC FCS	✓
32	Agness Thomas	III BSC FCS	✓
33	Aleena Santhosh	III BSC FCS	✓
34	Aleena Wilson	III BSC FCS	✓
35	Anakha Radhakrishnan	III BSC FCS	✓
36	Elsa Chacko	III BSC FCS	✓
37	Lakshmi Prasad	III BSC FCS	✓
38	M H Kadeejathul Nihala	III BSC FCS	✓
39	Navya Saji	III BSC FCS	✓



40	Rajalakshmi. R	III BSC FCS	✓
41	Sayana Saju	III BSC FCS	✓
42	Amalu James	II BSC FCS	✓
43	Ann Treesa Mariat	II BSC FCS	✓
44	Anumol Jose	II BSC FCS	✓
45	Aryananda V B	II BSC FCS	✓
46	Athulyamol P L	II BSC FCS	✓
47	Fazna C A	II BSC FCS	✓
48	Feba Saji	II BSC FCS	✓
49	Gilsy Varghese	II BSC FCS	✓
50	Khadeeja Shanna U S	II BSC FCS	✓
51	Muhsina T S	II BSC FCS	✓
52	Neha P J	II BSC FCS	✓
53	R Ganga Chandra	II BSC FCS	✓
54	Revathy Krishna M	II BSC FCS	✓
55	Sanjana K Suresh	II BSC FCS	✓
56	Sinta antony	II BSC FCS	✓
57	Angel G Oswin	II BSC FCS	✓
58	Hasna Muhsin	II BSC FCS	✓
59	Joffi Thambi	II BSC FCS	✓
60	Mufeeda Thireru	II BSC FCS	✓
61	Nirenjana Raj	II BSC FCS	✓
62	Tania Maria John	II BSC FCS	✓
63	Vismitha M V	II BSC FCS	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## A HEALTHY DIET- DIET AWARENESS PROGRAMME

Title	A Healthy Diet
Date	1st September 2021 to 9th September 2021
Focus of the event	Creating awareness about the importance of nutrition and therapeutic diet on different disease conditions.
Organizing Department	PG and Research Department of Home Science
Resource Persons (Official Address)	Akhila A S 1/9/2021 - Devika M J Sanjana Saji (PG Students, Morning Star Home Science College, Angamaly)
	Aleena Jose 4/9/2021 -Devika S (PG Students, Morning Star Home Science College, Angamaly)
	Anisha A N 6/9/2021 -Divya Surendran (PG Students, Morning Star Home Science College, Angamaly)
	Annie Rose Saju 7/9/2021 - Dona Ann Sabu (PG Students, Morning Star Home Science College, Angamaly)
	Babitha M Babu 8/9/2021 - Irin Babu (PG Students, Morning Star Home Science College, Angamaly)
	Christina Saji 9/9/2021 - Jubymol Jose (PG Students, Morning Star Home Science College, Angamaly)
Venue	Google Meet
Total number of participants	13



*A healthy  
diet  
awareness  
program.*



**Morning Star  
Home Science  
College,  
Angamaly**



Established since 1963

**TOPICS**

**Resource  
persons**

1-9-2021 : Akhila AS  
Devika MJ &  
Sanjana Saji

4-9-2021 : Aleena Jose &  
Devika S

6-9-2021: Anisha A N &  
Divya Surendran

7-9-2021 :  
AnnieRose Saju &  
Dona Ann Sabu

8-9-2021 : Irin Babu &  
Babitha M Babu

9-9-2021 : Christina Saji &  
Jubymol Jose

• **Malnutrition (1-9-2021) at 2 P M**

• **Pregnancy & lactation (4-9-2021) at 2 P M**

• **Diabetes(6-9-2021) at 2 P M**

• **Cardiovascular Health(7-9-2021) at 2 P M**

• **Liver and kidney health(8-9-2021) at 2 P M**

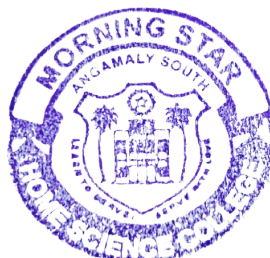
• **Gastrointestinal disorders (9-9-2021) at 2 P M**

**PG and Research Department of Home Science is conducting an awareness programme during 1-9-2021 to 9-9-2021. Due to the pandemic situation we are organizing this section through (online) Google meet. All are cordially invited to be part of our program .**

Coordinated by  
Dr. Lizmitha Godwin,  
Dr. Megha Thampy,  
Dr. Sr Shemi George,  
Ms. Rajani Devi T R  
Ms Sajitha Suseelan S  
Ms. Sherin Abraham

**Objectives**

- To create awareness among students and public about the importance of nutrition.
- To familiarize various therapeutic diet on different disease conditions.





## Summary

As part of National Nutrition Month - 2021 celebrations, PG and Research Department of Home Science organized a diet awareness programme 'A Healthy Diet'. The awareness classes were conducted by the students of second year M.Sc. Family and Community Science from 1<sup>st</sup> to 9<sup>th</sup> September 2021. Due to the COVID 19 pandemic situation the classes were conducted as online through Google meet under the guidance of the teacher. The various topics covered were 'Diet to overcome Malnutrition', 'Diet during Pregnancy and Lactation', 'Diet during Diabetes mellitus', 'Diet during cardiovascular problems', 'Diet during Liver and kidney diseases' and 'Diet during gastrointestinal problems.

**Beneficiaries :** 2<sup>nd</sup> year MSc FCS Students



## Outcomes

- Understand the importance of nutritious foods.
- Gain knowledge on therapeutic diets.



## List of the participants

### II M Sc FCS


Sl.No.	Full Name	Attendance						
		1 <sup>st</sup> Sep 2021	4 <sup>th</sup> Sep 2021	5 <sup>th</sup> Sep 2021	6 <sup>th</sup> Sep 2021	7 <sup>th</sup> Sep 2021	8 <sup>th</sup> Sep 2021	9 <sup>th</sup> Sep 2021
1	Akhila A S	✓	✓	✓	✓	✓	✓	✓
2	Aleena Jose	✓	✓	✓	✓	✓	✓	✓
3	Anisha A N	✓	✓	✓	✓	✓	✓	✓
4	Annie Rose Saju	✓	✓	✓	✓	✓	✓	✓
5	Babitha.M.Babu	✓	✓	✓	✓	✓	✓	✓
6	Christina V. Saji	✓	✓	✓	✓	✓	✓	✓
7	Devika M. J	✓	✓	✓	a	✓	✓	✓
8	Devika.S	✓	✓	✓	✓	✓	✓	✓
9	Divya Surendran	✓	✓	✓	✓	✓	✓	✓
10	Dona Ann Sabu	✓	✓	✓	✓	✓	a	✓
11	Irin Babu	✓	✓	✓	✓	✓	✓	✓
12	Jubymol Jose	✓	a	✓	✓	✓	✓	✓
13	Sanjana Saji	✓	✓	✓	✓	✓	✓	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## FOOD ADULTERATION-IDENTIFICATION AND MITIGATION MEASURES

Title	Food Adulteration-Identification and Mitigation Measures
Date	17 <sup>th</sup> August 2021
Focus of the event	Life Skills
Organizing Department	Department of Chemistry
Resource person	Mr. Sujith Kumar M C, Assistant Professor, Department of Chemistry, T M Jacob Memorial Govt. College, Manimalakkunnu.
Platform	Google Meet
Total no. of participants	57



**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
 Affiliated to Mahatma Gandhi University, Kottayam  
 Accredited by NAAC with A grade


**Department of Chemistry**  
Organizes

*Skill Training Session*


**FOOD ADULTERATION-  
IDENTIFICATION AND  
MITIGATION MEASURES**

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SESSION SPEAKER




**Mr. Sujith Kumar M.C.**  
 Assistant Professor, Department of Chemistry  
 T.M.Jacob Memorial Government College  
 Manimalakkunnu



17 TH AUGUST 2021



3.00 PM



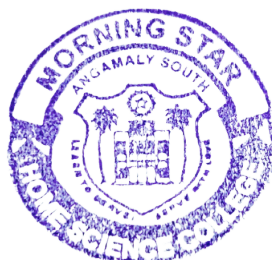
Google meet

**PRINCIPAL**  
Dr. Sr. Rosily A.V.

**HEAD OF THE DEPARTMENT**  
Dr. Sindhu K.S.

**CO-ORDINATOR**  
Dr. Navya Antony

**CONVENORS**  
Sr. Jennis Mathew  
Dr. Anjali Jacob



## Objectives

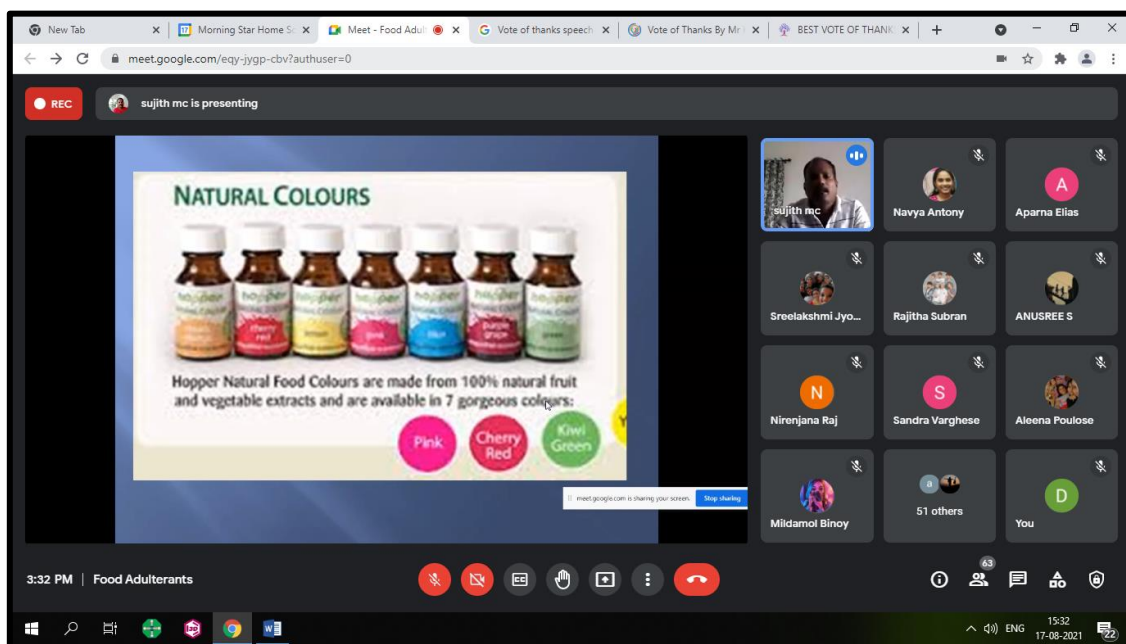
- To make students aware about different types of food adulterants
- To create awareness about the need to select quality food and how to carry out food quality

## Summary

A Skill training session on Food Adulteration-Identification and Mitigation Measures was organized on 17<sup>th</sup> August 2021 and the resource person was Mr. Sujith Kumar M C, Assistant Professor, Department of Chemistry, T M Jacob Memorial Govt. College, Manimalakkunnu. In the session, different food adulterants, their identification and mitigation measures were discussed in the session. The session was very informative.

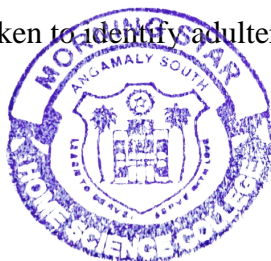
## Beneficiaries

UG and PG students in Physics, Chemistry and Zoology



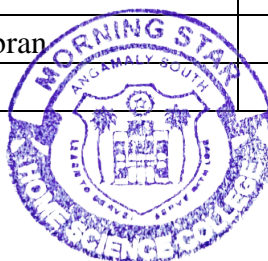
## Outcome

The students got awareness about the adulterants and their side effects. They got an idea about mitigating measures that has to be taken to identify adulterants in food.

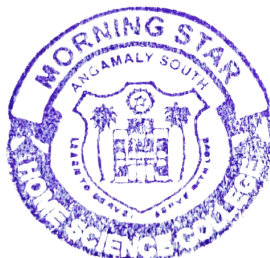


## List of participants

SI No:	Name of the Student	17 <sup>th</sup> August 2021
1.	Nimy Davis	✓
2.	Aan Maria Joseph	✓
3.	Sneha T.H	✓
4.	Mariya Eldhose	✓
5.	Dinshamol K.S	✓
6.	Fathima Thanvin M N	✓
7.	Vijayalakshmi K V	✓
8.	Angel Joseph	✓
9.	Sara Varghese	✓
10.	Stephy Sunny	✓
11.	Teresa Martin	✓
12.	P.M.Sreelakshmi	✓
13.	Anjali E S	✓
14.	C M Mahsana	✓
15.	Farsana C S	✓
16.	Sarika. K. S	✓
17.	Anagha K.S	✓
18.	Blessy Francis	✓
19.	Arya. T. B	✓
20.	Teresa Martin	✓
21.	C M Mahsana	✓
22.	Teresa Martin	a
23.	Christeena Sebastian	✓
24.	Angel Joseph	✓
25.	Debiya Davis	✓
26.	Dona Mary M D	✓
27.	Deepa Mj	✓
28.	Arya Balakrishnan	✓
29.	Krishna Priya P M	✓
30.	Sruthi M S	✓
31.	Anjana Venugopal	✓
32.	Ann Rose Alex	✓
33.	Aiswarya Mohandas	✓
34.	Nisna Nizar	✓
35.	Rajitha M Subran	✓
36.	Ramya R	✓



37.	Sreelakshmi Jyothish Kumar	<b>a</b>
38.	Sona Soji	✓
39.	Sumayya P A	✓
40.	Anviya Francis	✓
41.	Darshana M S	✓
42.	Bhagyalakshmi A J	✓
43.	Shahanas M K	✓
44.	Krishnendhu Sajeevan	✓
45.	Aleena Poulose	✓
46.	Vyshnavi Vijayasankar	✓
47.	Sandra Varghese	✓
48.	Jesna Kj	✓
49.	Rosmy Wilson	✓
50.	Aparna Elias	✓
51.	Drisya P V	✓
52.	Neha Cicily Simmethy	✓
53.	Farzana K A	✓
54.	Anusree S	✓
55.	Sona Mirza Hassan	✓
56.	Aleena Soy	✓
57.	Sruthimol	✓




*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## EMERGENCY CARE MANAGEMENT

Title	Emergency care management
Date	9 <sup>th</sup> November 2020
Focus of the event	Awareness about emergency care management
Organizing Department	Department of Physical Education
Resource person	Mr. Luke Leon Kurian, Assistant Professor, B.C.M College, Kottayam
Venue	College Auditorium
Total no. of participants	27

**MORNING STAR HOME SCIENCE COLLEGE**  
**ANGAMALY SOUTH, ERNAKULAM- 683573**


 Accredited with A Grade by NAAC  
 ( Affiliated to Mahatma Gandhi University)

**Skill Enhancement Programme**

**\*EMERGENCY CARE MANAGEMENT\***


*Organized by Department of Physical Education  
 collaboration with IQAC*

*09 November 2020*  
*2.pm- 3 pm*




**Resource person**  
**Mr.Luke Leon Kurian**

Assistant Professor and  
 Certified First Aider  
 Department of Physical Education  
 B.C.M College  
 Kottayam,Kerala.



*Beneficiaries - P. G students Morning Star  
 H. S College, Angamaly*

  
 Google meet

### Objectives

To create awareness about emergency care management

### Summary

On 9th November, 2020, department of physical education collaboration with IQAC conducted a skill enhancement programme on “emergency care management”. The resource person for the event was Mr. Luke Leon Kurian, Assistant Professor B.C.M College, Kottayam. With the aim of what first aid is or the first steps to be taken after an accident or an injury The



Department of Physical Education has conducted a skill enhancement program called Emergency Care Management at Morning Star Home Science College. The program received a good response from the students. About 27 students from various departments participated in the program. They had doubts with the resource person and he gave very clear answers. With the epidemic of Covid spreading around us, we were able to organize this program online. He also assured that he would come physically after covid spreading and conducting classes in the coming years keeping in view the needs of the students.

## Beneficiaries

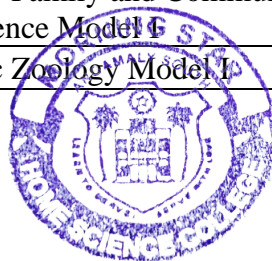
All graduates

## Outcomes

Students got more information about first aid and first steps to be taken after an accident or an injury.

## List of Participants

Sl.No.	Name	Department	9 <sup>th</sup> November 2020
1	Amala Martin	BCom Model I Finance and Taxation	✓
2	Ann Teresa Babu	BCom Model I Finance and Taxation	✓
3	Harsha Martin	BCom Model I Finance and Taxation	✓
4	Theresa L Perumayan	BCom Model I Finance and Taxation	✓
5	Akhila Paul	BA Economics Model I	✓
6	Anju Avarachan	BA Economics Model I	✓
7	Anu.A.S	BA Economics Model I	✓
8	Ashmy C J	BA Economics Model I	✓
9	C.T Gifty	BA Economics Model I	✓
10	Litty Chakkappan	BA Economics Model I	✓
11	Rehana A R	BA Economics Model I	✓
12	Anna Maria A J	BSc Family and Community Science Model I	<b>a</b>
13	Nimisha K S	BSc Family and Community Science Model I	✓
14	Reshma Joseph	BSc Family and Community Science Model I	✓
15	Ammu George	BSc Zoology Model I	✓





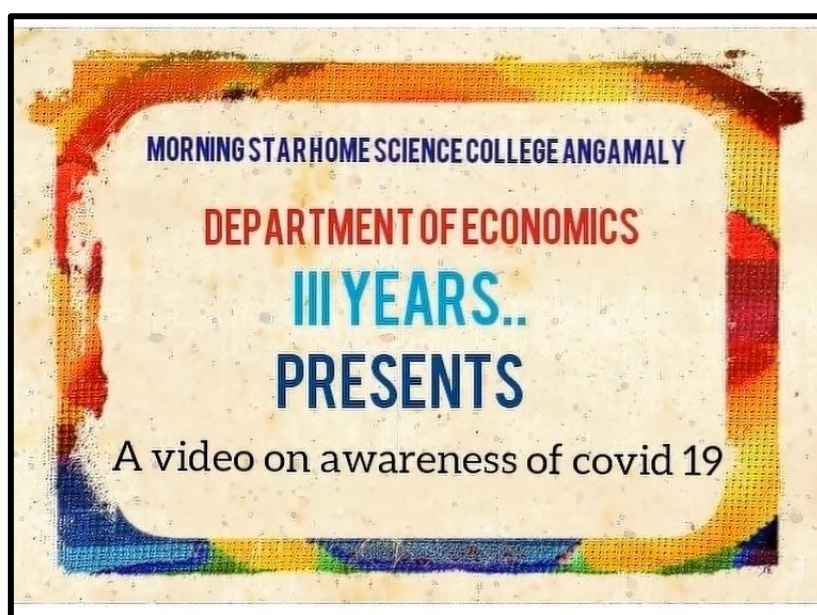
16	Anjaly Jose	BSc Zoology Model I	✓
17	Aparna Rajeev	BSc Zoology Model I	✓
18	Aparna C.Balan	BSc Zoology Model I	✓
19	Ardra Surendran	BSc Zoology Model I	✓
20	Aswathy Mol M S	BSc Zoology Model I	✓
21	Devika Dinesh	BSc Zoology Model I	✓
22	Dinju Mariya Davis	BSc Physics Model II Applied Electronics	✓
23	Farzeena P A	BSc Physics Model II Applied Electronics	✓
24	Kayadhu Mahesh	BSc Physics Model II Applied Electronics	✓
25	Miwa Wilson	BSc Physics Model II Applied Electronics	✓
26	Rufiya Denny	BSc Physics Model II Applied Electronics	✓
27	Sony Joseph	BSc Physics Model II Applied Electronics	✓
28	Tinu Nirmala Varghese	BSc Physics Model II Applied Electronics	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## COVID 19 AWARENESS: AN ARTISTIC EXPRESSION

Title	Covid 19 Awareness: An Artistic Expression – Skill Enhancement Programme
Date	27 <sup>th</sup> August 2020
Focus of the event	Skill enhancement
Organizing Department	PG Department of Economics
Resource person	Students of BA Economics
Platform	Online video presentation
Total no. of participants	6



### Objectives

- To provide soft skills enhancement to students.
- To acquire the participants to develop the in-born skills.
- To provide awareness of Covid-19.

### Summary

Students from third B.A. Economics prepared a video - Covid 19 Awareness: An Artistic Expression. This video includes dance, music, poem, drawings and quiz. Through these activities in the video, the students try to provide awareness in the fight against Covid 19.



## Beneficiaries

Students of Economics Department



## Outcomes

Participants have learned the importance of fighting against Covid-19. Students actively participated in this programme. It enabled the students to express their artistic talents. students benefitted by this programme.



## List of Participants

Sl. No.	Name	Class
1	Ashly Kuriakose	III B A Economics
2	Amrutha Vijayakumar	III B A Economics
3	Nikhitha M V	III B A Economics
4	Abil Rose	II B A Economics
5	AnnMariya V K	II B A Economics
6	Reshma K R	III B A Economics




*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## WEBINAR ON “HOW TO IMPROVE IMMUNITY BY EATING HEALTHY”

Title	"How to improve immunity by eating healthy"
Date	15 <sup>th</sup> August 2020
Focus of the event	Awareness on health
Organizing Department	Alumnae Association
Resource person	Dr Mumtaz Khalid Ismail, Consultant Clinical Nutritionist, Rainbow Polyclinic, Ernakulam
Platform	Google Meet
Total no. of participants	150


**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
*Affiliated to Mahatma Gandhi University & Re-accredited by NAAC with A grade*




How to improve immunity by eating healthy...

**Speaker :**

Dr Mumtaz Khalid Ismail  
Consultant Clinical Nutritionist  
Rainbow Polyclinic  
Padamugal, Ernakulam






**Organized by**  
Alumnae Association

**Organizing committee :**  
Dr. Sr. Rosily A. V, Principal  
Ms. K. Leena Joseph, Alumni coordinator  
Dr. Sr. Jisha Joseph, Alumni coordinator  
Executive members of Alumnae association

**Beneficiaries :Final UG students**

15 August 2020  
12.00 PM  
Google Meet 

### Objectives

- To develop knowledge on immunity boosting foods to fight against Covid 19.
- To make students aware about the healthy life style practices to be followed during the pandemic situation.

### Summary

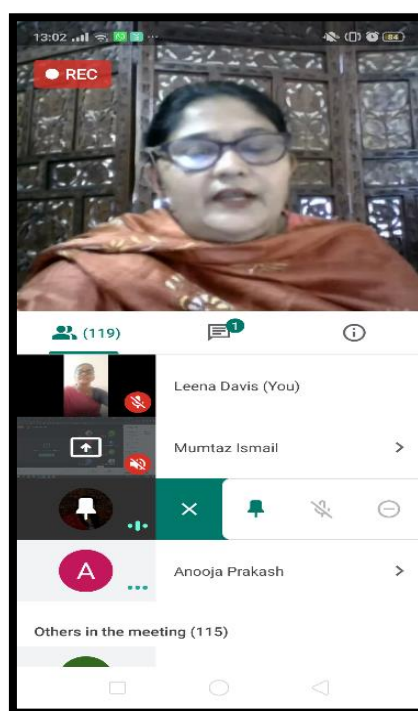
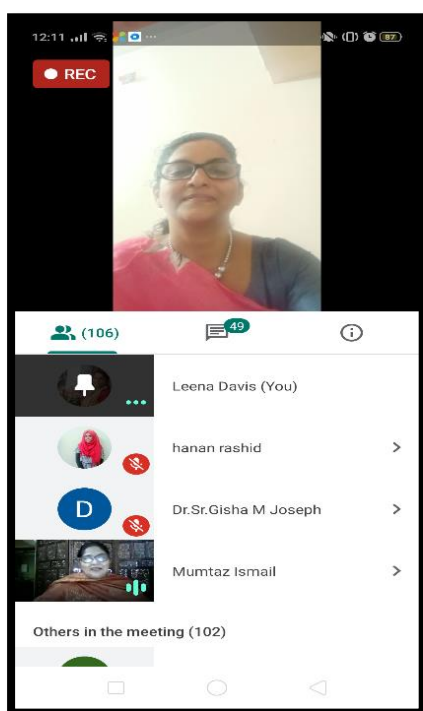
The resource person was Dr Mumtaz Khalid Ismail, consultant Clinical Nutritionist, Rainbow Polyclinic, Ernakulam and an Alumnae of Morning Star Home Science College. Mrs. K Leena Joseph, Alumni Association coordinator, welcomed the gathering. The session was very useful



and interactive. Around 150 final year UG students were benefitted from the programme. Ms. Greeshma A U, Union Chairperson proposed vote of thanks.

## Beneficiaries

Final UG students

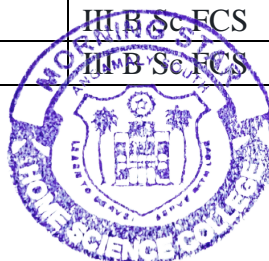


## Outcomes

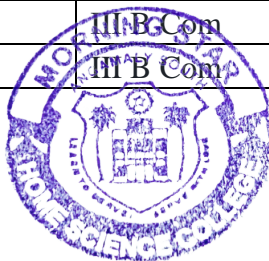
- Recognized the need of immunity boosting foods in the diet.
- Realized the necessity of healthy life style practices to fight against communicable diseases.

## List of Participants

Sl. No.	Name	Class	15 <sup>th</sup> Aug 2020
1	Deepti Dileep	III B Sc FCS	✓
2	Manya Anand	III B Sc FCS	✓
3	Anagha Binu	III B Sc FCS	✓
4	Aparna Unnikrishnan	III B Sc FCS	✓
5	Arya K R	III B Sc FCS	✓
6	Aswathy Anil	III B Sc FCS	✓
7	Divya Johny	III B Sc FCS	✓



8	Divya M S	III B Sc FCS	✓
9	Neethu Sebastian	III B Sc FCS	✓
10	Thahan Rashid	III B Sc FCS	✓
11	Anna Maria A J	III B Sc FCS	✓
12	Delna Delight	III B Sc FCS	✓
13	Fathima A B	III B Sc FCS	✓
14	Nimisha K S	III B Sc FCS	✓
15	Sreelekshmi C Nair	III B Sc FCS	✓
16	Sethulakshmi V S	III B Sc FCS	✓
17	Fathimath Fasna K N	III B Sc FCS	✓
18	Devika Ravindran	III B Sc FCS	✓
19	Devu S Nair	III B Sc FCS	✓
20	Hanan Rashid	III B Sc FCS	✓
21	Mariya Babu	III B Sc FCS	✓
22	Reshma Menon	III B Sc FCS	✓
23	Reshma Joseph	III B Sc FCS	✓
24	Shimsiya Jose	III B Sc FCS	✓
25	Sneha Augustine	III B Sc FCS	✓
26	Fathima Thaudeela M P	III B Sc FCS	✓
27	Anooja Prakash	III B Sc Physics	✓
28	Farzeena P A	III B Sc Physics	✓
29	Fathima Semiya	III B Sc Physics	✓
30	Gayathri M	III B Sc Physics	✓
31	Krishnaveni Krishnankutty	III B Sc Physics	✓
32	Nisha Bijo	III B Sc Physics	✓
33	Fathima Femiya	III B Sc Physics	✓
34	Rufiya Denny	III B Sc Physics	✓
35	Tinu Nirmala Varghese	III B Sc Physics	✓
36	Sony Joseph	III B Sc Physics	✓
37	Arunima G Laly	III B Sc Physics	✓
38	Diya N B	III B Sc Physics	✓
39	Kayadhu Mahesh	III B Sc Physics	✓
40	Miwa Wilson	III B Sc Physics	✓
41	Mona K C	III B Sc Physics	✓
42	Dinju Mariya Davis	III B Sc Physics	✓
43	Varsha Vincent	III B Sc Physics	✓
44	Amalendhu T A	III B Com	✓
45	Anagha Ayyappankutty	III B Com	✓
46	Aparna A V	III B Com	✓
47	Aparna Rajan	III B Com	✓
48	Athiramolk S	III B Com	✓

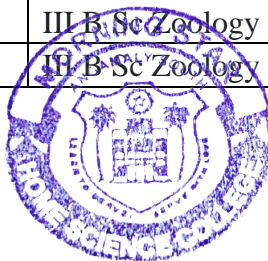


49	Pooja Sivadas	III B Com	✓
50	Ramya Krishnan	III B Com	✓
51	Sreelakshmi T S	III B Com	✓
52	Anitta Devassy	III B Com	✓
53	Anna Rose Joshy	III B Com	✓
54	Anooja A Nair	III B Com	✓
55	Anu Maria David	III B Com	✓
56	Aparna M A	III B Com	✓
57	Athira K P	III B Com	✓
58	Kritika P Krishnakumar	III B Com	✓
59	Mariya A J	III B Com	✓
60	Meghna Ajith	III B Com	✓
61	Meghna Martin	III B Com	✓
62	Namitha Biju	III B Com	✓
63	Navya P M	III B Com	✓
64	Ranjana Rajesh	III B Com	✓
65	Sruthy Lakshmi A	III B Com	✓
66	Sruthy Sajan	III B Com	✓
67	Theresa L Perumayan	III B Com	✓
68	Aiswarya S	III B Com	✓
69	Aparna K R	III B Com	✓
70	Meera S	III B Com	✓
71	Nivitha Maria Paul	III B Com	✓
72	Sneha Martin	III B Com	✓
73	Sonia K P	III B Com	✓
74	Kavya Madhu	III B Com	✓
75	Neena C Babu	III B Com	✓
76	Jomol Joseph	III B Com	✓
77	Amala Martin	III B Com	✓
78	Harsha Martin	III B Com	✓
79	Anjaly Peter	III B Com	✓
80	Anju K Thankachan	III B Com	✓
81	Ann Teresa Babu	III B Com	✓
82	Ayana Varghese	III B Com	✓
83	Devika Sankar	III B Com	✓
84	Gopika Sankar	III B Com	✓
85	Josmy Joy	III B Com	✓
86	M J Ashnamol	III B Com	✓
87	Sandra S Kumar	III B Com	✓
88	Dayona M P	III B Com	✓
89	Jasmin Mary George	III B Com	✓
90	Manju Michael	III B Com	✓





91	Rose Maria K P	III B Com	✓
92	Rosmin George	III B Com	✓
93	Anitha M R	III B Sc Chemistry	✓
94	Bhavana Shanmughan	III B Sc Chemistry	✓
95	Merin Rose	III B Sc Chemistry	✓
96	Prejitha Ajith	III B Sc Chemistry	✓
97	Safna K S	III B Sc Chemistry	✓
98	Tincy Varghese	III B Sc Chemistry	✓
99	Aiswarya Suresh	III B Sc Chemistry	✓
100	Anna Jose	III B Sc Chemistry	✓
101	Christina Varghese	III B Sc Chemistry	✓
102	Malavika K G	III B Sc Chemistry	✓
103	Mary V J	III B Sc Chemistry	✓
104	Soubaghya K Unni	III B Sc Chemistry	✓
105	Spiya Benny	III B Sc Chemistry	✓
106	Akshara R	III B Sc Chemistry	✓
107	Sreekutty P U	III B Sc Chemistry	✓
108	Ann Mary Varghese	III B Sc Chemistry	✓
109	Cincila Varghese M	III B Sc Chemistry	✓
110	Liya Antony	III B Sc Chemistry	✓
111	Mily Babu	III B Sc Chemistry	✓
112	Sreelakshmi Das	III B Sc Chemistry	✓
113	Anila Johnson	III B Sc Chemistry	✓
114	Hansa Firoz	III B A English	✓
115	Namitha Suresh	III B A English	✓
116	Akhila Wilson	III B A English	✓
117	Sona Vijesh	III B A English	✓
118	Thasni Nazeer	III B A English	✓
119	Allbright David	III B A English	✓
120	Ann Mariya Jomon	III B A English	✓
121	Anna Rose Pappachan	III B A English	✓
122	Dona Kunjumon	III B A English	✓
123	Grace Mariya Geogy	III B A English	✓
124	Jomol P. John	III B A English	✓
125	Maria. P.J	III B A English	✓
126	Neha Anna Abraham	III B A English	✓
127	Sandra Sabu	III B A English	✓
128	Sandra Saju	III B A English	✓
129	Shero Martin	III B A English	✓
130	Devika Dinesh	III B Sc Zoology	✓
131	Namitha Saji	III B Sc Zoology	✓
132	Suvarna K S	III B Sc Zoology	✓



133	Varsha Venu V	III B Sc Zoology	✓
134	Aparna C.Balan	III B Sc Zoology	✓
135	Ardra Surendran	III B Sc Zoology	✓
136	Aswathy D Nair	III B Sc Zoology	✓
137	Aswathymol M S	III B Sc Zoology	✓
138	Greeshma A U	III B Sc Zoology	✓
139	Taha Rafi	III B Sc Zoology	✓
140	Aleena Mathew	III B Sc Zoology	✓
141	Anisha K J	III B Sc Zoology	✓
142	Maneesha K T	III B Sc Zoology	✓
143	Merly T.T	III B Sc Zoology	✓
144	Shalet Tomy	III B Sc Zoology	✓
145	Sandra Judus	III B Sc Zoology	✓
146	Ansa Varghese	III B Sc Zoology	✓
147	Giftly Saju	III B Sc Zoology	✓
148	Swathy Sudhakar K	III B Sc Zoology	✓
149	Ammu George	III B Sc Zoology	✓
150	Anjaly Jose	III B Sc Zoology	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## SURVIVAL DURING COVID PANDEMIC

Title	Survival during Covid Pandemic - A Capacity Building and Skills Enhancement Programme
Date	8 <sup>th</sup> August 2020
Focus of the event	How to cope up with the pandemic
Organizing Department	The Department of Languages & Internal Quality Assurance Cell (IQAC)
Resource person	Dr. Jessy K.P., Asst. Professor in Malayalam, Morning Star Home Science College
Platform	Google Meet
Total no. of participants	195

**Morning Star Home Science College, Angamaly**  
Affiliated to Mahatma Gandhi University and Re - accredited by NAAC with A grade

**08 August, 2020**  
**10.00 AM**

**TALK on**  
**‘Survival During Covid Pandemic’**


Organized by  
**The Department of Languages & IQAC**

Resource Person ,

**Dr. Jessy K.P.**  
Asst. Professor in Malayalam  
MSHS College Angamaly

**Beneficiaries : Student Community**

**Organizing Committee:**  
Dr. Rosily A.V. (Principal)  
Ms. Shyny K. Ittiachan (IQAC Coordinator)  
Ms. Sophia James ( IQAC Joint Coordinator)  
Dr. Lizmitha Godwin (IQAC Joint Coordinator)  
Dr. Jisha Joseph ( Convener)  
Ms. Sabitha N. (Convener)



### Objectives

- How to cope up with the COVID-19 pandemic.

### Summary

The impact of COVID-19 has severely affected every sector in the world. The education sector was also affected and forced worldwide lock down. The outbreak of Covid-19 has taught as change is inevitable and educational institutions have to opt for online platforms which have not been used ever before. These situations caused adverse effect in student community as they



were isolated from their social life as well the lack of electronic gadgets. In this regard the IQAC organized a talk on ‘Survival during Covid Pandemic’ in association with Language department on 08, August 2020 for students. The main objective was how to cope up with the pandemic. Dr. Jessy K.P., Asst. Professor in Malayalam, Morning Star Home Science College was the speaker. The explained the positive impacts of the Covid and necessity of being positive too. The students were benefited by the webinar and many of them became creative too.

### Beneficiaries

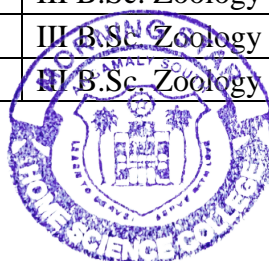
195 UG students from various departments were participated and benefited from the programme

### Outcomes

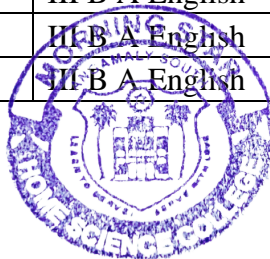
The students developed a positive attitude and became creative for survival during Covid-19 pandemic Scenario.

### List of Participants

Sl. No.	Student	Class and subject	8 <sup>th</sup> August 2020
1	Sony Joseph	III B.Sc. Physics	✓
2	Gayathri M	III B.Sc. Physics	✓
3	Miwa Wilson	III B.Sc. Physics	✓
4	Dinju Mariya Davis	III B.Sc. Physics	✓
5	Varsha Vincent	III B.Sc. Physics	✓
6	Nisha Bijo	III B.Sc. Physics	✓
7	Arunima G Laly	III B.Sc. Physics	✓
8	Kayadhu Mahesh	III B.Sc. Physics	✓
9	Krishnaveni Krishnankutty	III B.Sc. Physics	✓
10	Farzeena P A	III B.Sc. Physics	✓
11	Fathima Semiya	III B.Sc. Physics	✓
12	Anooja Prakash	III B.Sc. Physics	✓
13	Fathima Femiya	III B.Sc. Physics	✓
14	Rufiya Denny	III B.Sc. Physics	✓
15	Anamika Vs	III B.Sc. Physics	✓
16	Tinu Nirmala Varghese	III B.Sc. Physics	✓
17	Aswany Subramanian	III B.Sc. Physics	✓
18	Ammu George	III B.Sc. Zoology	✓
19	Anjaly Jose	III B.Sc. Zoology	✓
20	Aswathy D Nair	III B.Sc. Zoology	✓



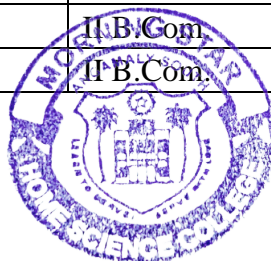
21	Donna Johny	III B.Sc. Zoology	✓
22	Maneesha K T	III B.Sc. Zoology	✓
23	Gifty Saju	III B.Sc. Zoology	✓
24	Ardra Surendran	III B.Sc. Zoology	✓
25	Greeshma A U	III B.Sc. Zoology	✓
26	Taha Rafi	III B.Sc. Zoology	✓
27	Namitha Saji	III B.Sc. Zoology	✓
28	Aparna C Balan	III B.Sc. Zoology	✓
29	Aswathymol M S	III B.Sc. Zoology	✓
30	Suvarna K S	III B.Sc. Zoology	✓
31	Anisha K J	III B.Sc. Zoology	✓
32	Merly T T	III B.Sc. Zoology	✓
33	Shalet Tomy	III B.Sc. Zoology	✓
34	Swathy Sudhakar K	III B.Sc. Zoology	✓
35	Aparna Rajeev	III B.Sc. Zoology	✓
36	Manya Anand	III B.Sc. FCS	✓
37	Deepti Dileep	III B.Sc. FCS	✓
38	Devika Ravindran	III B.Sc. FCS	✓
39	Devu S Nair	III B.Sc. FCS	✓
40	Catherine Mathew	III B.Sc. FCS	✓
41	Reshma Menon	III B.Sc. FCS	✓
42	Mariya Babu	III B.Sc. FCS	✓
43	Sneha Augustine	III B.Sc. FCS	✓
44	Shimsiya Jose	III B.Sc. FCS	✓
45	Hanan Rashid	III B.Sc. FCS	✓
46	Thahan Rashid	III B.Sc. FCS	✓
47	Arya K R	III B.Sc. FCS	✓
48	Reshma Joseph	III B.Sc. FCS	✓
49	Divya Johny	III B.Sc. FCS	✓
50	Anna Joy	III B.Sc. FCS	✓
51	Delna Delight	III B.Sc. FCS	✓
52	Anna Maria A J	III B.Sc. FCS	✓
53	Sreeleshmi C Nair	III B.Sc. FCS	✓
54	Ann Mariya Jomon	III B A English	✓
55	Anna Rose Pappachan	III B A English	✓
56	Dona Kunjumon	III B A English	✓
57	Hansa Firoz	III B A English	✓
58	Jomol P John	III B A English	✓
59	Neha Anna Abraham	III B A English	✓
60	Sandra Sabu	III B A English	✓
61	Shero Martin	III B A English	✓
62	Sona Vijesh	III B A English	✓



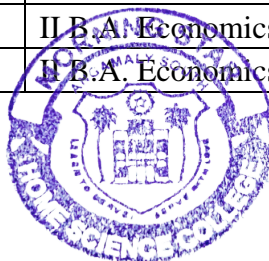
63	Thasni Nazeer	III B A English	✓
64	Grace Maria Geogy	III B A English	✓
65	Maria P J	III B A English	✓
66	Namitha Suresh	III B A English	✓
67	Anu A S	III B.A. Economics	✓
68	Arunima Prasad	III B.A. Economics	✓
69	Reshma K R	III B.A. Economics	✓
70	Amrita Vijayakumar	III B.A. Economics	✓
71	Maria Kuriakose	III B.A. Economics	✓
72	Anju Avarachan	III B.A. Economics	✓
73	Annmary K Benny	III B.A. Economics	✓
74	Nikhitha M V	III B.A. Economics	✓
75	Rehana A R	III B.A. Economics	✓
76	Ashly Kuriakose	III B.A. Economics	✓
77	Aleena Johnson	III B.A. Economics	✓
78	Jaina George	III B.A. Economics	✓
79	Litty Chakkappan	III B.A. Economics	✓
80	Ashna Paulson	III B.A. Economics	✓
81	Anju K Thankachan	III B.Com.	✓
82	Josmy Joy	III B.Com.	✓
83	Anjaly Peter	III B.Com.	✓
84	Rosemin George	III B.Com.	✓
85	Rose Maria K P	III B.Com.	✓
86	Dayona M P	III B.Com.	✓
87	Nivitha Maria Paul	III B.Com.	✓
88	Jasmin Mary George	III B.Com.	✓
89	Ramya Krishnan	III B.Com.	✓
90	Aparna A V	III B.Com.	✓
91	Meghna Ajith	III B.Com.	✓
92	Ayana Varghese	III B.Com.	✓
93	Amalendu T A	III B.Com.	✓
94	Anagha Ayyappankutty	III B.Com.	✓
95	Sruthy Lakshmi A	III B.Com.	✓
96	Namitha Biju	III B.Com.	✓
97	Anitta Devassy	III B.Com.	✓
98	Aparna Rajan	III B.Com.	✓
99	Kritika P Krishnakumar	III B.Com.	✓
100	Navya Saji	IIB.Sc. FCS	✓
101	Rizmin S	IIB.Sc. FCS	✓
102	Meenakshi Binoy	IIB.Sc. FCS	✓
103	Elsa Chacko	IIB.Sc. FCS	✓
104	Praissymol A P	IIB.Sc. FCS	✓



105	Shahla P	II B.Sc. Zoology	✓
106	Anjana Prabha	II B.Sc. Zoology	✓
107	Sandr Antu	II B.Sc. Zoology	✓
108	Grazia Baby	II B.Sc. Zoology	✓
109	Anu Johnson	II B.Sc. Zoology	✓
110	Jismi Mohan	II B.Sc. Zoology	✓
111	Maria Thomas	II B.Sc. Zoology	✓
112	Ayshaminha Nazar	II B.Sc. Zoology	✓
113	Dona Jose	II B.Sc. Zoology	✓
114	Nesnamol Marackar	II B.Sc. Zoology	✓
115	K A Malavika	II B.Sc. Zoology	✓
116	Aleena Shaju	II B.Sc. Zoology	✓
117	Anitta Davis	II B.Sc. Zoology	✓
118	Aliena Joy	II B.Sc. Physics	✓
119	Bella K B	II B.Sc. Physics	✓
120	Karthika Gopakumar	II B.Sc. Physics	✓
121	Anusree Ramesh	II B.Sc. Physics	✓
122	Lakshmi P	II B.Sc. Physics	✓
123	Hanna Varghese	II B.Sc. Physics	✓
124	Fathima Niloofar	II B.Sc. Physics	✓
125	Sandra Sunil	II B.Sc. Physics	✓
126	Debiya Davis	II B.Sc. Chemistry	✓
127	Krishna Priya P M	II B.Sc. Chemistry	✓
128	Teresa Martin	II B.Sc. Chemistry	✓
129	Stephy Sunny	II B.Sc. Chemistry	✓
130	Angel Joseph	II B.Sc. Chemistry	✓
131	C M Mahsana	II B.Sc. Chemistry	✓
132	Sara Varghese	II B.Sc. Chemistry	✓
133	Nimy Davis	II B.Sc. Chemistry	✓
134	Farsana C S	II B.Sc. Chemistry	✓
135	Blessy Francis	II B.Sc. Chemistry	✓
136	Swapna Raju	II B.Com.	✓
137	Anju Ravi	II B.Com.	✓
138	Nimisha K R	II B.Com.	✓
139	Vineetha V V	II B.Com.	✓
140	Sinju Raju	II B.Com.	✓
141	Akhila K R	II B.Com.	✓
142	Jasmin Polachan	II B.Com.	✓
143	Vyshnavi Raghu	II B.Com.	✓
144	Lissy Thomas	II B.Com.	✓
145	Ann Mariya Joy	II B.Com.	✓
146	Aswini Sreenivas	II B.Com.	✓

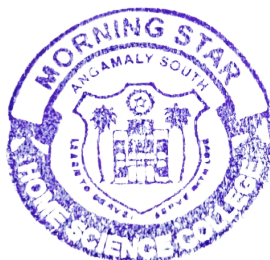


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148	Devika V B	II B.Com.	✓
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151	Athira Babu	II B A English	✓
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153	Dilna Sani	II B A English	✓
154	Jismi Pappachan	II B A English	✓
155	Krishnendu P.S.	II B A English	✓
156	Laya Elizabeth George	II B A English	✓
157	Litty Varghese	II B A English	✓
158	Maria Saju	II B A English	✓
159	Mary Joseph	II B A English	✓
160	Nitty Thomas	II B A English	✓
161	Rekha Madhu	II B A English	✓
162	Darsana S	II B.A. Economics	✓
163	Sangeetha M.J.	II B.A. Economics	✓
164	Avani K S	II B.A. Economics	✓
165	Aswany Prakash	II B.A. Economics	✓
166	Anjana K.K.	II B.A. Economics	✓
167	Arathi M S	II B.A. Economics	✓
168	Preetha Antony	II B.A. Economics	✓
169	Karthika P Haridas	II B.A. Economics	✓
170	Noushida. M. N	II B.A. Economics	✓
171	Diya Joseph	II B.A. Economics	✓
172	Jomariya Johny	II B.A. Economics	✓
173	Anmariya Vk	II B.A. Economics	✓
174	Anju Shoby	II B.A. Economics	✓
175	Devika. V. S	II B.A. Economics	✓
176	Varsha P V	II B.A. Economics	✓
177	Athira Pa	II B.A. Economics	✓
178	Krishnapriya Unni	II B.A. Economics	✓
179	Biny Balan	II B.A. Economics	✓
180	Layamol P.S.	II B.A. Economics	✓
181	Anju Antu	II B.A. Economics	✓
182	Abil Rose P T	II B.A. Economics	✓
183	Ann Mariya Sebastian	II B.A. Economics	✓
184	Amrutha Davis	II B.A. Economics	✓
185	Maria Joy	II B.A. Economics	✓
186	Sandra T L	II B.A. Economics	✓
187	Lisha Shabu	II B.A. Economics	✓
188	Anagha Joy	II B.A. Economics	✓





189	Sabeena Basheer	II B.A. Economics	✓
190	Fathima T.J.	II B.A. Economics	✓
191	Athira Mb	II B.A. Economics	✓
192	Fasna Ms	II B.A. Economics	✓
193	Mufitha P J	II B.A. Economics	✓
194	Fridamol Pj	II B.A. Economics	✓
195	Athulya Kaladharan	II B.A. Economics	✓



*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## INTERNATIONAL WEBINAR ON “AYURVEDIC PERSPECTIVES ON IMMUNITY”

Title	“Ayurvedic Perspectives on Immunity”
Date	29 <sup>th</sup> July 2020
Focus of the event	Immunity, Role of ayurveda in providing immunity, immune boosters to covid-19
Organizing Department	Department of Zoology and Bhoomithrasena club
Resource person	Dr. Praija R K, Medical Director, Al Raqi Physiotherapy center, Dubai.
Platform	Google Meet
Total no. of participants	138

Morning Star Home Science college, Angamaly

**DEPARTMENT OF ZOOLOGY & BHOOMITHRASENA CLUB**

International Webinar

**AYURVEDIC PERSPECTIVES ON IMMUNITY**

Platform  
29 July, 2020  
3 pm  
Google meet

**Organising Committee**  
Sr. Dr. Philo T. J.  
Sr. Mary Joe  
Ms. Jerry Thomas  
Ms. Dhilsha Davis

**WELCOMES,**  
Sr. Dr. Rosily A. V. (Principal) Ms. K. Leena Joseph (Convener & Head of the Department) Dr. Teji K. T. (Co-ordinator)

Dr. Prija R. K.  
MEDICAL DIRECTOR  
AI RAQI PHYSIOTHERAPY CENTER  
(Branch Dubai)

### Objectives

- To focus on strengths of Ayurveda and its unique treatment principles, to work towards reducing the burden of disease.

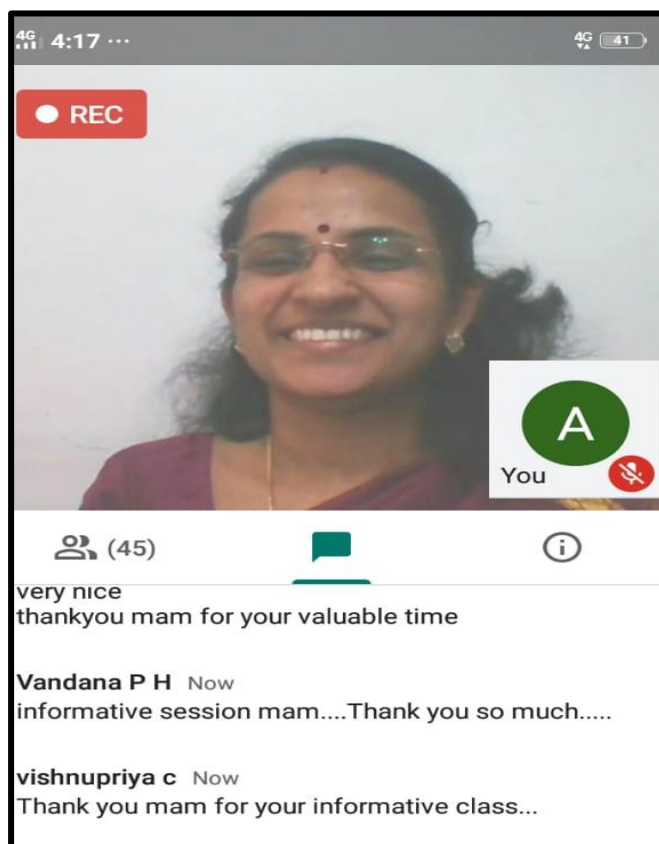


## Summary

Bhoomithrasena club and Department of Zoology organized an international webinar on “Ayurvedic perspectives on Immunity”. Ms. K. Leena Joseph, Head, Department of Zoology welcomed the gathering. The resource person was Dr. Praija R K, Medical Director, Al Raqi physiotherapy center, Dubai followed by an interactive session. The webinar emphasized the importance of medicinal plants as immune boosters and traditional dietary pattern and life style to maintain health especially during covid-19 pandemic. The participants in the interactive session pointed out the need to change their life styles like including raw vegetables and fruits in the diet, practice yoga and organic farming to sustain health. Vice Principal and Head, Department of Botany, Rev. Dr. Sr. Phio T J proposed Vote of Thanks. The webinar was hosted in Google Meet on 29<sup>th</sup> July 2020 from 3pm. to 4.30 pm.

## Beneficiaries

About 150 people were benefitted from the webinar and the participants were awarded with e-certificates.

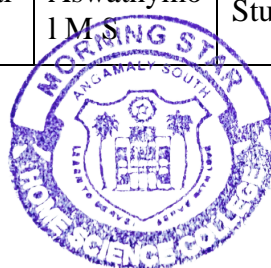


## Outcomes

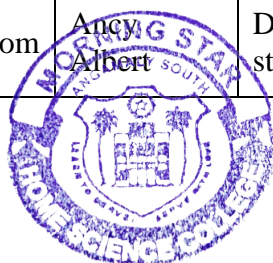
This program enabled the participants to change their life styles like including raw vegetables and fruits in the diet, practice yoga and organic farming to sustain health.

## List of Participants

Timestamp	Email Address	Name	Designation/ Class	College/ Institution
7/27/2020 21:36:32	nithyasathiandran@gmail.com	Nithya Sathiandran .P	Assistant professor	Sree Narayana college, Nattika, Thrissur
7/27/2020 21:38:00	maneeshakt2000@gmail.com	Maneesha K T	Student	Morning Star Home Science College, Angamaly
7/27/2020 21:39:03	achuponnu28@gmail.com	Aswathy D Nair	3rd year	Morning Star Home Science College, Angamaly
7/27/2020 21:40:45	jipsaaa@gmail.com	Dr Jipsa J R	Assistant professor	Sree Narayana college Nattika, Thrissur
7/27/2020 21:43:20	sudhakarswathy866@gmail.com	Swathy Sudhakar K	3rd year UG student	Morning Star Home Science College, Angamaly
7/27/2020 21:43:56	manjubiju906@gmail.com	Dr Manju V Subramanian	Assistant Professor	The Cochin College
7/27/2020 21:46:39	arunadevy@yahoo.com	Dr. R. Aruna Devy	Assistant Professor	St. Thomas College, Ranni
7/27/2020 21:51:26	seerevalappil@gmail.com	Dr. Abdul Hameed. S. V	Asst. Professor	Farook College
7/27/2020 21:54:23	merlythomas462@gmail.com	Merly T T	Student	Morning Star Home Science College, Angamaly
7/27/2020 21:54:39	vijaypreethi09@gmail.com	Preethi N.	Assistant Professor	NSS College Ottapalam
7/27/2020 22:49:20	anittadavis2001@gmail.com	Anitta Davis	Student, 2nd year BSc.zoology	Morning Star Home Science College, Angamaly
7/27/2020 22:49:52	msaswathymol2001@gmail.com	Aswathymol M.S	Student	Morning Star Home Science College, Angamaly



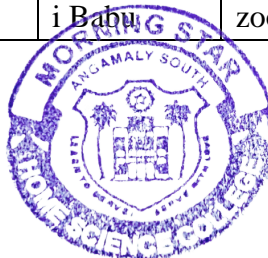
7/27/2020 23:01:16	tpshabana2000@gmail.com	Shabana TP	Assistant Professor	Farook College
7/27/2020 23:01:45	parvathimohan003@gmail.com	Parvathy Mohan	Research Scholar	St.Stephens College, Maloor, Pathanapuram.
7/27/2020 23:01:52	athiraprem2018@gmail.com	Athira Prem	BSc zoology second year	Cochin college, kochi
7/27/2020 23:02:40	Athiracok2000@gmail.com	Athira Rajeev	BSc zoology (student)	The Cochin College Kochi -2
7/27/2020 23:02:46	shinimolak@yahoo.com	Dr. Shinimol A. K.	Assistant Professor	St. Thomas College, Kozhencherry, Pathanamthitta
7/27/2020 23:03:24	anniethankachan2000@gmail.com	Annie Thankachan	Bsc zoology	All Saint's college Trivandrum
7/27/2020 23:04:35	remyababu2002@gmail.com	Remya Babu	2 nd year	The Cochin College
7/27/2020 23:04:41	drmeerajanabraham@gmail.com	Dr. Meera Jan Abraham	Associate Professor	St.Teresa's College, Ernakulam
7/27/2020 23:05:33	paulminithomas@gmail.com	Mr. Paul Thomas	Student	Union Christian College, Aluva
7/27/2020 23:06:08	binitharn@gmail.com	Dr.Binitha. R.N	Asst.professor	Mar Athanasius college, Kothamangalam
7/27/2020 23:08:11	cpanitha@gmail.com	Dr. C.P.Anitha Devi	Assistant Professor	N.S.S. Hindu College, Changanacherry, Kerala
7/27/2020 23:08:51	reemarosemani@gmail.com	Reema	Research scholar	S.B college, Changanaserry
7/27/2020 23:14:38	leenamorningstar@gmail.com	K Leena Joseph	Assistant Professor	Morning Star Home Science College, Angamaly
7/27/2020 23:15:39	sangeethakrishna125@gmail.com	Sangeetha krishna.S	Student	All Saint's college Trivandrum
7/27/2020 23:18:20	kripacleetus07@gmail.com	Kripa Cleetus	Bsc student	All Saint's college Trivandrum
7/27/2020 23:22:50	Ancyalbert305@gmail.com	Ancy Albert	Dc3, student	All Saint's college Trivandrum



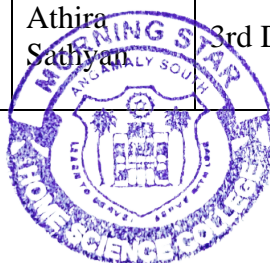
7/27/2020 23:29:26	ksathira9961@gmail.com	Athira K S	BSc zoology second year	Cochin college
7/27/2020 23:37:46	athikrishna2013@gmail.com	Athira Radhakrishnan	Research Scholar	Mahatma Gandhi College, Trivandrum
7/27/2020 23:40:52	devikaam26@gmail.com	Devika A M	PG student	SN college, Cherthala, Alappuzha
7/27/2020 23:44:54	jishajaiji@gmail.com	Jisha Jacob	Assistant Professor	Newman College Thodupuzha
7/27/2020 23:47:15	dilshadavis7@gmail.com	Dilsha Davis	Guest lecturer	Morning Star Home Science College, Angamaly
7/27/2020 23:55:35	meenusn.brm@gmail.com	Meenu Raju	Guest lecturer	The Cochin College
7/27/2020 23:56:44	varshavenuv@gmail.com	Varsha Venu V	Student	Morning Star Home Science College, Angamaly
7/27/2020 23:59:58	anishajohny2001@gmail.com	Anisha K. J	Third year	Morning Star Home Science College, Angamaly
7/28/2020 00:00:39	parvathyrs915@gmail.com	R S Parvathy	Student	SN College Cherthala
7/28/2020 00:05:14	jerryvincent19@gmail.com	Jerry Thomas	Lecturer	Morning Star Home Science College, Angamaly
7/28/2020 00:08:31	sobharaghav72@gmail.com	Dr. T. R. Sobha	Assistant professor	Farook College, Kozhikode
7/28/2020 00:16:52	vincentvarsha666@gmail.com	Varsha Vincent	Student	All Saint's college Trivandrum
7/28/2020 00:19:18	kavyasasi10@gmail.com	Divya Sasi	MSc zoology 3rd sem	MA College Kothamangalam
7/28/2020 00:21:48	akshithaajay871@gmail.com	Akshitha Ajay M	MSc zoology	SN college, cherthala
7/28/2020 00:23:16	akshayabs52@gmail.com	Akshaya BS	Student	All Saint's college Trivandrum
7/28/2020 00:29:32	vishnupriyac41@gmail.com	Vishnupriya c	MSc zoology	MA college
7/28/2020 00:35:40	livanajohnson@gmail.com	Livana Johnson	Third year	All Saint's college Trivandrum
7/28/2020 00:47:46	nayandevasia112@gmail.com	Nayan Devasia Varghese	MSc.Zoology	MA College Kothamangalam



7/28/2020 00:51:32	drisyaaedat@gmail.com	Drisyaa Pavithran	Research scholar	ICAR-CTCRI
7/28/2020 00:55:11	dayanamichael1994@gmail.com	Dayana michael	Msc zoology	Cochin college
7/28/2020 00:59:25	abinshashereef20@gmail.com	Abinsha Shereef	Students /MSc	MA college kothamangalam
7/28/2020 01:02:22	paulminithomas@gmail.com	Mr. Paul Thomas	M. Sc. Student	Union Christian College, Aluva
7/28/2020 01:13:25	dr.meeramenon@gmail.com	Dr. Menon Meera Raman	Assistant Professor	The Cochin College
7/28/2020 01:40:23	ratianchal@gmail.com	Dr. N. Ratheesh	Assistant Professor in Botany	Sree Narayana College Kollam
7/28/2020 01:40:58	amithajohney@gmail.com	Amitha Johney	Student	Nirmala College Muvattupuzha
7/28/2020 01:42:47	shirleythomas@uccollege.edu.in	Dr Shirley Thomas	Hod Zoology	Union Christian College Aluva
7/28/2020 01:52:24	sushasanil@gmail.com	Dr. Susha, T.K.	Associate Professor	St. Peter's College, Kolenchery, Ernakulam - 682311
7/28/2020 02:07:51	aswathyshodi@gmail.com	Aswathy N. S	MSC	SN College, cherthala
7/28/2020 02:11:57	piusjemma@gmail.com	Jemma Pius	Research Scholar	University of Kerala, Kariavattom
7/28/2020 02:16:05	anshaakkara@gmail.com	Ansha akkara	MPHIL	Loyola College
7/28/2020 02:19:44	ioandschooldays@gmail.com	Mrudhula Mohan K	Student,	NSS training college Perunna Changanassery
7/28/2020 02:32:25	anniejoosa100@gmail.com	Annie j	Student/Dc 3	All Saint's college Trivandrum
7/28/2020 02:42:00	savithabyjudc2016@gmail.com	Savitha P.	Assistant Professor	Government College for Women, Thiruvananthapuram
7/28/2020 02:56:04	drmeerajanabraham@gmail.com	Dr. Meera Jan Abraham	Associate Professor	St.Teresa's College,Ernakulam
7/28/2020 02:58:29	jananibakth111@gmail.com	Rejitha kumari L	Bsc zoology	T. K. M. M College Nangiarkulangara
7/28/2020 03:15:20	sreelakshmibabu1994@gmail.com	Sreelakshmi Babu	MSc zoology	M A college kothamangalam

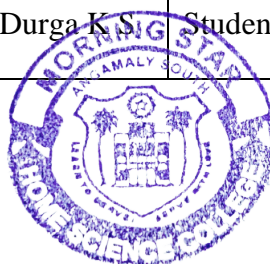


7/28/2020 3:52:22	arathynair2001@gmail.com	Arathy Nair SS	BSC 2nd year, Student	All Saint's college Trivandrum
7/28/2020 3:56:28	anuarathy123@gmail.com	Arathy Sudhakaran	Research scholar	University of Kerala,karyavattom
7/28/2020 4:05:26	mahithamsmahi@gmail.com	Mahitha M S	PhD Scholar	Regional Cancer Centre
7/28/2020 4:28:27	aishwaryabiology@gmail.com	Aishwarya	Student	Loyola College Of Education Chennai
7/28/2020 4:40:31	sheelaachyuth@gmail.com	Dr. S. Sheela	Assistant professor	TKMM College
7/28/2020 4:48:11	nishathomas09@gmail.com	Nisha Thomas	Assistant Professor & HoD	St. John's College, Anchal
7/28/2020 5:25:04	johnrosma2@gmail.com	Rosma John	Persuing MSc	Mar Athenesious college kothamangalam
7/28/2020 5:34:13	greeshmaprabhu20@gmail.com	Greeshma A U	Degree student	Morning Star Home Science College, Angamaly
7/28/2020 5:35:47	bjuanio75@gmail.com	Dr. Biju A	Assistant Professor	St. Stephen's College, Pathanapuram
7/28/2020 5:51:25	snehasanthosh574@gmail.com	Sneha Santhosh	Student	Nirmala college muvattupuzha
7/28/2020 6:00:10	roshenbabu8332@gmail.com	Roshen Babu	Pg student	M.A College Kothamangalam
7/28/2020 6:02:30	sruthysreeni99@gmail.com	Sruthy P S	Student	St. Joseph's College Irinjalakuda
7/28/2020 6:28:35	ansavar3@gmail.com	Ansa varghese	Bsc	Morning Star Home Science College, Angamaly
7/28/2020 7:09:03	merittaphilo@gmail.com	Dr. Philo T J	Assistant Professor	Morning Star Home Science College, Angamaly
7/28/2020 7:09:20	sukanyapsvasupuram@gmail.com	Sukanya P.S.	Assistant Professor on contract	Carmel College Mala
7/28/2020 7:12:50	chavarukattilbiji@gmail.com	Ananya C. Sabu	M.Sc Zoology	Marthoma College For Women, Perumbavoor
7/28/2020 7:18:42	basalelmarvel1@gmail.com	Litto Marvel	Guest faculty	Carmel College, Mala
7/28/2020 7:22:16	tsathyan80@gmail.com	Athira Sathyan	3rd DC	T.K.Madhavan Memorial college,Nangiarkula nagara

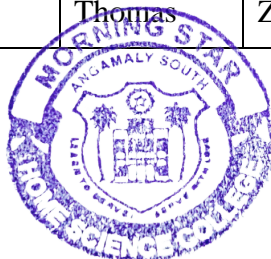




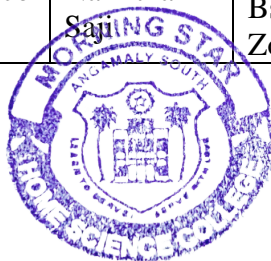
7/28/2020 7:22:36	anjalyjose289@gmail.com	Anjaly Jose	3 rd yr zoology	Morning Star Home Science College, Angamaly
7/28/2020 7:33:02	ushakr12@gmail.com	Usha K.R	Retd Associate Professor	Morning Star Home Science College, Angamaly
7/28/2020 7:58:05	shirleythomas@ucollege.edu.in	Dr Shirley Thomas	Head Of Dept Zoology	Union Christian College Aluva
7/28/2020 8:06:23	pk.amruthapk1996@gmail.com	Amrutha pk	Msc zoology	Morning Star Home Science College, Angamaly
7/28/2020 8:06:40	akhilajoy6@gmail.com	Akhila Joy	Msc zoology	Morning Star Home Science College, Angamaly
7/28/2020 8:14:00	zeenasalim@gmail.com	Dr. Zeena. K. V	Associate Professor	Government College Madappally Vatakara
7/28/2020 8:14:44	srmariyoecs@gmail.com	Mary Joe	Lecturer	Morning Star Home Science College, Angamaly
7/28/2020 8:15:55	hannamartin09@gmail.com	Hanna Martin	Msc	Morning Star Home Science College, Angamaly
7/28/2020 8:16:01	alittavincentv1@gmail.com	Alitta Vincent	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:19:43	krishnamuralivm001@gmail.com	Krishna Murali V. M	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:20:49	jelphinjerin1@gmail.com	Jelphin Thomas	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:32:25	anitxavierthelakkatt@gmail.com	Anit Xavier	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:33:06	liyylimson1@gmail.com	Liya Limson	Msc zoology	Morning Star Home Science College, Angamaly
7/28/2020 8:38:03	ananthuvandanaph@gmail.com	Vandana P H	Guest lecturer	Morning Star Home Science College, Angamaly
7/28/2020 8:40:50	athiravt891@gmail.com	Athira.V.T	3rd year	Morning Star Home Science College, Angamaly
7/28/2020 8:42:04	ksdurga1998@gmail.com	Durga K.S	Student	Morning Star Home Science College, Angamaly



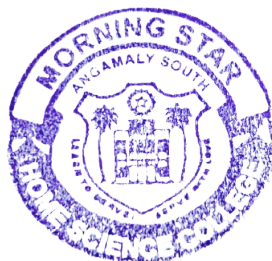
7/28/2020 8:44:50	stegybabu4@gmail.com	Stegy Babu	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:45:12	ksrosemary21@gmail.com	Rosemary K. S	2Msc	Morning Star Home Science College, Angamaly
7/28/2020 8:58:50	sruthichandran997@gmail.com	Sruthi chandran	Student	Morning Star Home Science College, Angamaly
7/28/2020 8:59:01	divyaolivemount@gmail.com	Divya Joy	Msc.Chemistry	Morning Star Home Science College, Angamaly
7/28/2020 9:01:18	liyamathe001@gmail.com	LIYA M	Student	Morning Star Home Science College, Angamaly
7/28/2020 9:09:42	sharonababy4300@gmail.com	Sharona B Vallath	Student	Morning Star Home Science College, Angamaly
7/28/2020 9:14:11	anmariyajoy17@gmail.com	Anmariya Joy	Student	Union Christian College Aluva
7/28/2020 9:17:42	anushaju97@gmail.com	Anu Shaju	Student	Morning Star Home Science College, Angamaly
7/28/2020 9:20:29	anjalychakkiath03@gmail.com	Anjaly Francis	B.Ed student	St Xavier's training college for women Thottakkattukara
7/28/2020 9:27:38	abiyaprasad@gmail.com	Abiya Prasad	MSc zoology	Morning Star Home Science College, Angamaly
7/28/2020 9:30:06	athirababy107@gmail.com	Athira Baby	Student	Morning Star Home Science College, Angamaly
7/28/2020 9:30:22	karthukarthika358@gmail.com	Karthika V	Student	Sree Narayana College, Cherthala
7/28/2020 9:32:25	dilmoljoy@gmail.com	Dilmol Varghese	Assistant professor	Mar Athanasius college, Kothamangalam
7/28/2020 10:01:09	nikujnr@gmail.com	Nigitha Nandh	MSc	Morning Star Home Science College, Angamaly
7/28/2020 10:03:53	shibugeorge@aloysiuscollege.ac.in	Dr Shibu George	Assistant Professor	St. Aloysius College Edathua, Alappuzha
7/28/2020 10:21:12	soumyakulangara@gmail.com	Soumya Thomas	HSST Zoology	St. Joseph's HSS, Chengal, Kalady



7/28/2020 10:51:05	aryazappiez4@gmail.com	Arya K U	MSc Zoology	Morning Star Home Science College, Angamaly
7/28/2020 11:29:25	niranjana195@gmail.com	Niranjana Davis	MBBS Student	Jubilee Mission Medical College Thrissur
7/28/2020 17:37:21	remyajinesh90@gmail.com	Remya R	Lecturer	Morning Star Home Science College, Angamaly
7/28/2020 18:20:17	shibumampad@gmail.com	Sefeer KP	Research Scholar	University of Madras
7/28/2020 18:25:03	amruthasudu@gmail.com	Amrutha T S	Post Graduate Student	SN College, Cherthala
7/28/2020 18:44:48	dharsanavettiyadan@gmail.com	Dharsana Davis	Student / 2 Bsc Zoology	Morning Star Home Science College, Angamaly
7/28/2020 19:24:00	aparnakrkrose@gmail.com	Aparna Rajeev	Bsc zoology (3rd year)	Morning Star Home Science College, Angamaly
7/28/2020 19:45:20	donnajohny2627@gmail.com	Donna Johny	3rd year	Morning Star Home Science College, Angamaly
7/28/2020 19:54:34	anu553489@gmail.com	Anu Johnson	Student, 11 year	Morning Star Home Science College, Angamaly
7/28/2020 19:56:39	abinshashereef20@gmail.com	Abinsha Shereef	Student	MA college kothamangalam
7/28/2020 20:13:48	devikasunitha2001@gmail.com	Devika Dinesh	3rd year student	Morning Star Home Science College, Angamaly
7/28/2020 20:15:12	mathewaleena64@gmail.com	Aleena Mathew	Third year zoology	Morning Star Home Science College, Angamaly
7/28/2020 20:16:16	kssuvarna2001@gmail.com	Suvarna K S	3rd year	Morning Star Home Science College, Angamaly
7/28/2020 20:19:13	taharafi806@gmail.com	Taha Rafi	3rd year	Morning Star Home Science College, Angamaly
7/28/2020 20:23:12	ardrakukku2000@gmail.com	Ardra Surendran	3rd year	Morning Star Home Science College, Angamaly
7/28/2020 20:25:27	namithasaji1999@gmail.com	Namitha Saji	3rd year Bsc Zoology	Morning Star Home Science College, Angamaly



7/28/2020 20:37:02	aparnachambannoor@gmail.com	Aparna c Balan	Final year/ Bsc zoology	Morning Star Home Science College, Angamaly
7/28/2020 20:40:55	amruthasudu@gmail.com	Amrutha T S	Post Graduate Student	SN College, Cherthala
7/28/2020 21:08:30	shalettomy@gmail.com	Shalet Tomy	Third year Bsc Zoology	Morning Star Home Science College, Angamaly
7/28/2020 21:11:42	ammugeorge1999@gmail.com	Ammu George	3rd year zoology	Morning Star Home Science College, Angamaly
7/28/2020 22:21:16	anjujosejessy@gmail.com	Anju Jose	Student	Morning Star Home Science College, Angamaly
7/28/2020 22:22:18	giftysaju10@gmail.com	Gifty Saju	Student	Morning Star Home Science College, Angamaly
7/28/2020 23:03:49	aswathyprakash480@gmail.com	Aswathy Prakash	Msc	Morning Star Home Science College, Angamaly
7/28/2020 23:20:03	gopikagkrishnan1999@gmail.com	Gopika G Krishnan	Student	Morning Star Home Science College, Angamaly



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

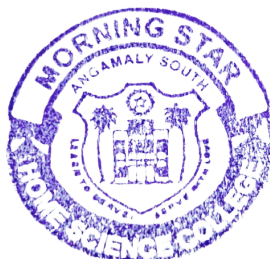
## 20 DAYS FITNESS CHALLENGE “STAY HOME, STAY SAFE & BE FIT”

Title	20 days Fitness Challenge “Stay Home, Stay Safe & Be Fit”
Date	6 <sup>th</sup> July to 25 <sup>th</sup> July 2020
Focus of the event	Awareness about fitness workouts
Organizing Department	Department of Physical Education
Resource person	Dr. Mettilda Thomas, Assistant Professor, Morning Star College, Angamaly
Platform	Google Meet
Total no. of participants	78



### Objectives

- To get onto a healthy nutrition plan
- To improve our flexibility and balance
- To Improve our immune system



## Summary

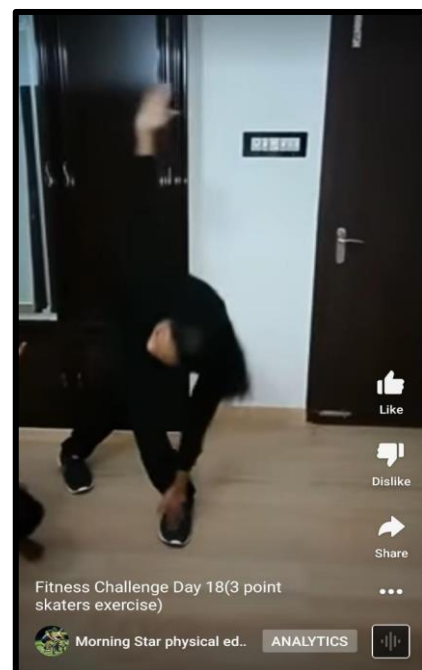
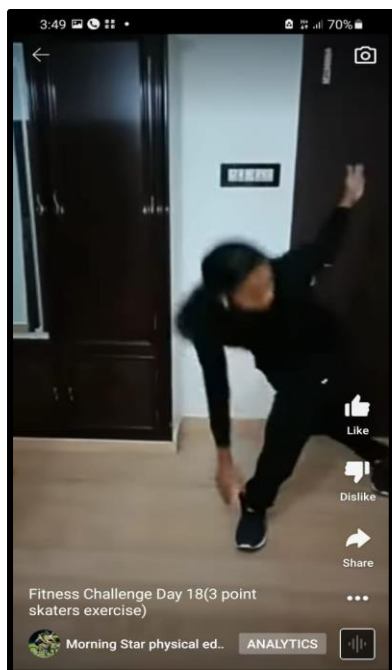
The Department of physical education conducted a 20 days fitness challenge “stay home, stay safe & be fit for the public and students from 6th July to 25th July, 2020. Students all over India were educated online during a pandemic covid-19 realizing that it can lead to many mental disorders in the young generation, the department of physical education HOD. Dr. Mettilda Thomas delivered her physical exercise performing videos to our college students to their homes via YouTube channel, that were meant to keep students mentally and physically fit for 20 days. After watching these videos, the students perform the same and send the feedback. 78 students from various departments participated in it. All the exercises could be done sitting at home without the help of any equipment. Participants were registered through the below mentioned link <https://forms.gle/2dQj4rBHRpFLYfhD8> .

YouTube video performance Link: <https://youtu.be/Bm0xA5BBaCs>

## Beneficiaries

78 students from various departments and public





## Outcomes

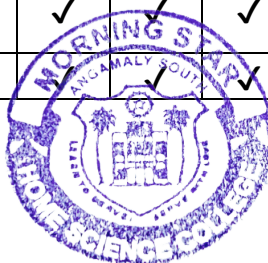
Students and public understood the importance of workouts and daily exercises in their life



## List of Participants

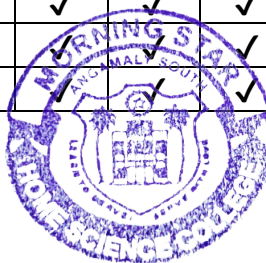
From 6<sup>th</sup> July 2020-to 15<sup>th</sup> 2021

Sl. No.	Full Name	Department	Attendance									
			6 <sup>th</sup> July 2021	7 <sup>th</sup> July 2021	8 <sup>th</sup> July 2021	9 <sup>th</sup> July 2021	10 <sup>th</sup> July 2021	11 <sup>th</sup> July 2021	12 <sup>th</sup> July 2021	13 <sup>th</sup> July 2021	14 <sup>th</sup> July 2021	15 <sup>th</sup> July 2021
1	Aleena K Itteera	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	Joshni Jose	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	Sony Joseph	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	Fathima Semiya	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	Bency Benny	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	Ann Mariya Joy	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	Fathima Femiya	Physics	✓	✓	✓	a	✓	✓	✓	✓	✓	✓
8	Anjali K Paul	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	Anjali K Paul	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	Lithiya M Y	Home Science	✓	✓	✓	✓	✓	a	✓	✓	✓	✓
11	Anna Jose	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	Surya S	Commerce	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
13	Surya S	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14	Meenakshi Binoy	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	Anakha Radhakrishnan	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16	Miwa Wilson	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	Praissymol A.P	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18	Gladis Varghese	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
21	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
22	Alfiya M A	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
23	Diya Nb	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
24	Maneesha Radhakrishnan	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25	Adithya C M	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



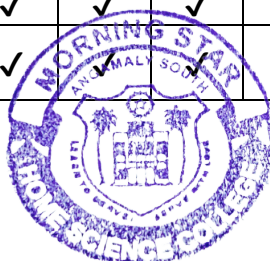


26	Dinju Mariya Davis	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
27	Mona Kc	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
28	Karthika Gopakumar	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
29	Liya Antony	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30	Liya Antony	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
31	Miwa Wilson	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
32	Pooja Sivadas	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
33	Anamika Vs	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
34	Tinu Nirmala Varghese	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
35	Aswany Subramanian	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
36	Anakha Babu	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
37	Maria Saju	English	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
38	Aswany Subramanian	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
39	Sneha Martin	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
40	Ann Teresa Babu	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
41	Nivitha Maria Paul	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
42	Anju Thomas	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
43	M J Ashnamol	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
44	Sangeetha Mj	Economics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
45	Anitta Antony	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46	Anu As	Economics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
47	Swapna Raju	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
48	Gayathri M	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
49	Manju Michael	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50	Amala Martin	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51	Swetha Sankaran	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
52	Saniamole Eldho	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
53	Anitta Devassy	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
54	Rose Maria K P	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55	Nisha Bijo	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
56	Nisha Bijo	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
57	Nixy E.D.	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

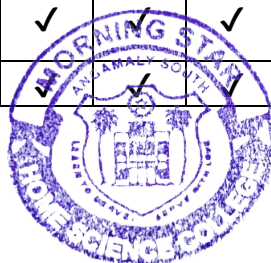


58	Theresa Perumayan L	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
59	Vismaya Varghese	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60	Varsha Vincent	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61	Dharsana Davis	Zoology	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
62	Krishnaveni Krishnankutty	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
63	Rizmin S	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
64	Rufiya Denny	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
65	Arunima G Laly	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
66	Aleena Jose	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
67	Agness Thomas	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
68	Athira K.S	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
69	Sayana Saju	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
70	Farzeena P A	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
71	Gissna Jose	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
72	Shino Martin	English	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
73	Jasmin Mary George	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
74	Nimisha K S	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
75	Aleena Mathew	Zoology	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
76	Devika V B	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
77	Malavika P.M	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
78	Karmalin Steena	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

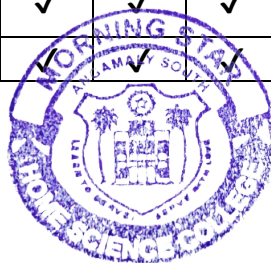
Sl. No.	Full Name	Department	Attendance									
			16 <sup>th</sup> July 2021	17 <sup>th</sup> July 2021	18 <sup>th</sup> July 2021	19 <sup>th</sup> July 2021	20 <sup>th</sup> July 2021	21 <sup>st</sup> July 2021	22 <sup>nd</sup> July 2021	23 <sup>rd</sup> July 2021	24 <sup>th</sup> July 2021	25 <sup>th</sup> July 2021
1	Aleena Itteera K	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	Joshni Jose	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	Sony Joseph	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	Fathima Semiya	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



5	Bency Benny	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	Ann Mariya Joy	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	Fathima Femiya	Physics	✓	✓	✓	a	✓	✓	✓	✓	✓	✓
8	Anjali K Paul	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	Anjali K Paul	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	Lithiya M Y	Home Science	✓	✓	✓	✓	✓	a	✓	✓	✓	✓
11	Anna Jose	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	Surya S	Commerce	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
13	Surya S	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14	Meenakshi Binoy	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	Anakha Radhakrishnan	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16	Miwa Wilson	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	Praissymol A.P	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18	Gladis Varghese	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
21	Mariya A.J.	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
22	Alfiya M A	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
23	Diya Nb	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
24	Maneesha Radhakrishnan	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25	Adithya C M	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
26	Dinju Mariya Davis	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
27	Mona Kc	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
28	Karthika Gopakumar	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
29	Liya Antony	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30	Liya Antony	Chemistry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
31	Miwa Wilson	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
32	Pooja Sivadas	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
33	Anamika Vs	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
34	Tinu Nirmala Varghese	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
35	Aswany Subramanian	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
36	Anakha Babu	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



37	Maria Saju	English	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
38	Aswany Subramanian	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
39	Sneha Martin	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
40	Ann Teresa Babu	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
41	Nivitha Maria Paul	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
42	Anju Thomas	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
43	M J Ashnamol	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
44	Sangeetha Mj	Economics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
45	Anitta Antony	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46	Anu As	Economics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
47	Swapna Raju	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
48	Gayathri M	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
49	Manju Michael	Commerce	✓	✓	✓	✓	✓	✓	a	✓	✓	✓
50	Amala Martin	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51	Swetha Sankaran	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
52	Saniamole Eldho	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
53	Anitta Devassy	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
54	Rose Maria K P	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55	Nisha Bijo	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
56	Nisha Bijo	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
57	Nixy E.D.	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
58	Theresa L Perumayan	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
59	Vismaya Varghese	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60	Varsha Vincent	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61	Dharsana Davis	Zoology	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
62	Krishnaveni Krishnankutty	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
63	Rizmin S	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
64	Rufiya Denny	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
65	Arunima G Laly	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
66	Aleena Jose	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



67	Agness Thomas	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
68	Athira K.S	Home Science	✓	✓	✓	a	✓	✓	✓	✓	✓	✓
69	Sayana Saju	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
70	Farzeena P A	Physics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
71	Gissna Jose	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
72	Shino Martin	English	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
73	Jasmin Mary George	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
74	Nimisha K S	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
75	Aleena Mathew	Zoology	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
76	Devika V B	Commerce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
77	Malavika P.M	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	a
78	Karmalin Steena	Home Science	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

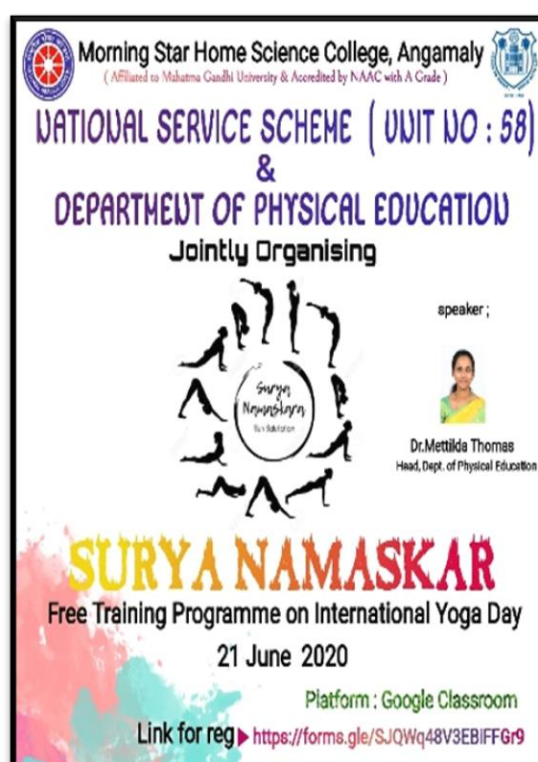
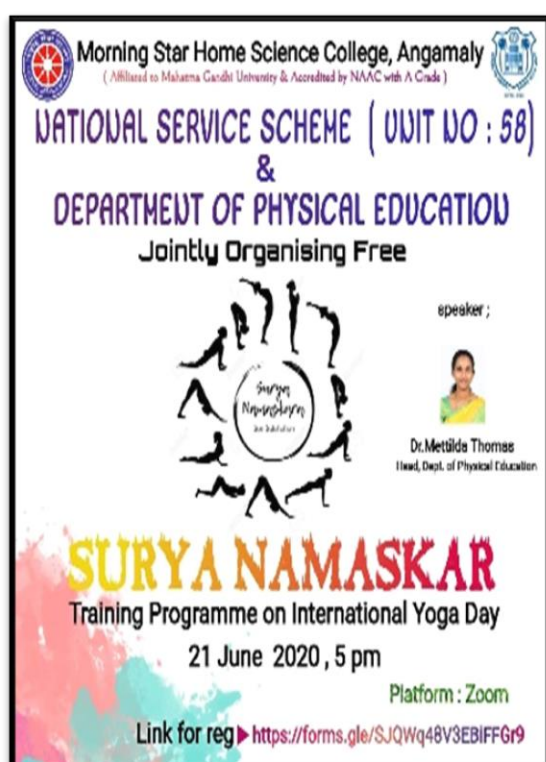


*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## SURYA NAMASKAR TRAINING PROGRAMME

Title	Surya namaskar training programme
Date	21 <sup>st</sup> June 2020
Focus of the event	Importance of yoga in day today life
Organizing Department	Department of Physical Education & NSS
Resource person	Dr. Mettilda Thomas, Assistant Professor, Morning Star College, Angamaly
Platform	Zoom and google Classroom
Total no. of participants	74



### Objectives

- To create awareness about Surya namaskar
- To teach children how to do it in 12 steps Surya Namaskar

### Summary

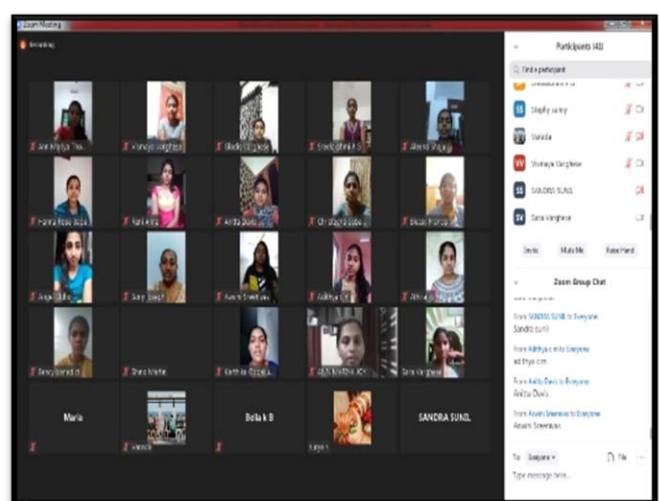
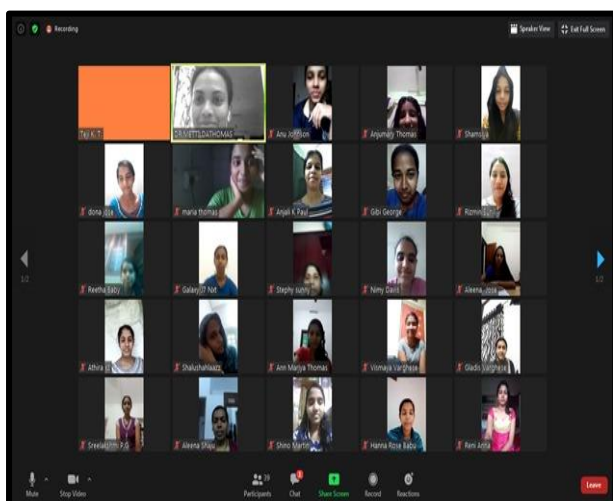
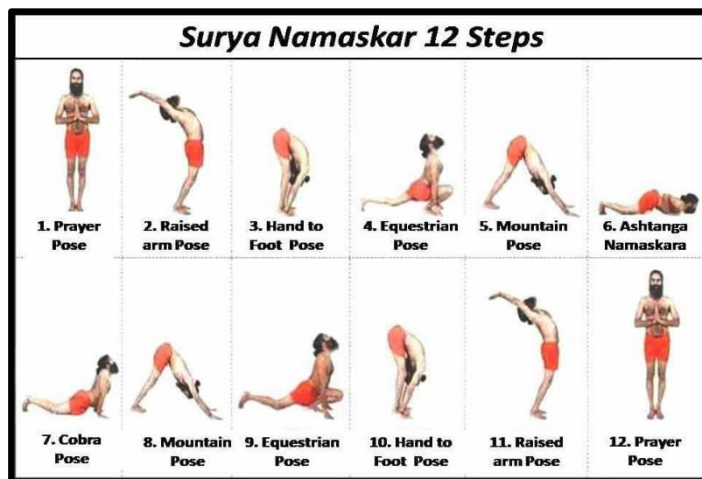
In connection with International Yoga Day, NSS and Department of Physical Education jointly organized inter departmental Yoga Competition, Webinar and one day free online training on 'Surya Namaskar'. The purpose of this program is to teach children how to do it in 12 steps



Surya Namaskar. Since the covid-19 epidemic, the training program was organized with the help of zoom and google classroom. Dr. Mettilda Thomas demonstrated to the students how to do sun salutation and then, step by step, trained the students. Total 74 participants joined for the same. Resource person was able to create a very clear understanding of which asana is associated with each step and what its benefits are. Through this training program a clear understanding of how to do sun salutation and how it can be useful in daily life and to give them all the motivation for making sun salutation a part of daily life.

## Beneficiaries

All graduates



## Outcomes

Students understood how to do sun salutation and how it can be useful in daily life and gave them all the motivation for making sun salutation a part of daily life.

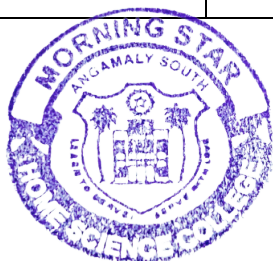
## List of Participants

Sl.No.	Name	21 <sup>st</sup> June 2020
1	Anna Paul	✓
2	Adithya C M	✓
3	Angel Joseph	✓
4	Aleena Jose	✓
5	Aleena Shaju	✓
6	Angel Eldho	✓
7	Christeena Sebastian	✓
8	Anitta Davis	✓
9	Anjali K Paul	✓
10	Anjaly Jose	✓
11	Anju Avarachan	✓
12	Anju Thomas	✓
13	Ann Mariya Joy	✓
14	Ann Rima Paul	✓
15	Ann Teresa Babu	✓
16	Anu Johnson	✓
17	M.Anuprabha	✓
18	Aswini Sreenivas	✓
19	Athira Babu	✓
20	Bella K B	✓
21	Swetha Sankaran	✓
22	Blessy Francis	✓
23	Dinju Mariya Davis	✓
24	Dona Jose	✓
25	Eldhose Sajanan	✓
26	Elizabeth Joseph	✓
27	Gibi George	✓
28	Gissna Jose	✓
29	Gladis Varghese	✓
30	Greeshma A U	✓
31	Hanna Rose Babu	✓
32	Jasmin Polachan	✓
33	Joshni Jose	✓
34	Karthika Gopakumar	✓





35	Kavya P S	✓
36	Lakshmi P	✓
37	Theresa L Perumayan	✓
38	Harsha M Pillai	✓
39	Rekha Manoj	✓
40	Maria Saju	✓
41	Aleena Mathew	✓
42	Megha Thampy	✓
43	Sruthi M S	✓
44	Maneesha Radhakrishnan	✓
45	Raghiya Tomy	✓
46	Reetha Baby	✓
47	Rizmin S	✓
48	Sandra P Sathyan	✓
49	Saniamole Eldho	✓
50	Sara Varghese	✓
51	Shahla.P	✓
52	Shamsiya C Shereef	✓
53	Shino Martin	✓
54	Shiny George	✓
55	Litty Varghese	✓
56	Swapna Raju	✓
57	Sony Joseph	✓
58	Sreelakshmi P G	✓
59	Sreepriya K S	✓
60	Stephy Sunny	✓
61	Surya S	✓
62	Varada Harish Menon	✓
63	Vismaya Varghese	✓
64	Amala Martin	✓
65	Anu James	✓
66	Aliena Joy	✓
67	Athira K S	✓
68	Agness Thomas	✓
69	Arya Balakrishnan	✓
70	Sandra Sunil	✓
71	Sayana Saju	✓
72	Varsha Venu V	✓
73	Anu AS	✓
74	Mona Kc	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## WEBINAR IN CONNECTION WITH WORLD ENVIRONMENT DAY

Title	'Impact of Covid 19 lockdown on Environment, what future can we build'
Date	05 <sup>th</sup> June 2020
Focus of the event	Biodiversity, Environmental conservation and sustainable development
Organizing Department	Department of Zoology and Bhoomithrasena club
Resource person	Ms. K. Leena Joseph, Assistant Professor, Department of Zoology, Morning Star Home Science College Angamaly
Platform	Google Meet
Total no. of participants	41

**Morning Star Home Science College Angamaly**  
 Affiliated to M G University and Reaccredited by NAAC with A grade

**SPEAKER**  
**K LEENA JOSEPH**  
 ASST. PROFESSOR MORNING  
 STAR HOME SCIENCE  
 COLLEGE ANGAMALY

**FRIDAY**  
**JUNE 05, 2020**  
**8.30AM- 9.30AM**

**WORLD ENVIRONMENT DAY 2020**

Plat form: Google meet

**WEBINAR ON**  
**IMPACT OF COVID19 LOCKDOWN ON ENVIRONMENT**  
**WHAT FUTURE CAN WE BUILD?**

Organized by  
 Department of Zoology & Bhoomithra sena club

Adobe Spark

### Objectives

- Spread awareness about the threat to the environment due to rising pollution levels and climate change.
- Healthy environment and Food- Healthy People

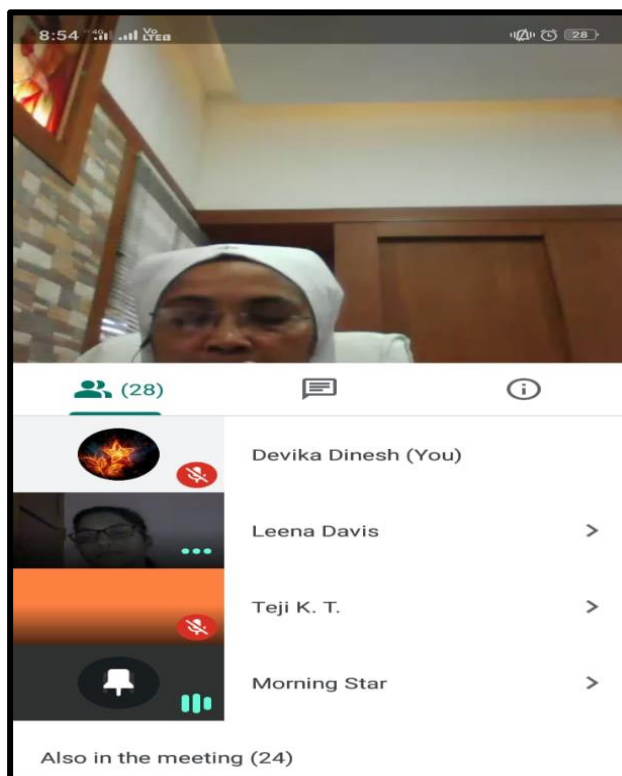


## Summary

Department of Zoology and Bhoomithrasena club organized a webinar in connection with World Environmental Day on 5<sup>th</sup> June 2020. The main objectives of the programme is to generate and spread awareness about the significance of nature and the threat to the environment due to rising pollution levels and climate change. Principal Dr. Sr. Rosily A V gave an Environmental message based on focal theme 'Celebrate Biodiversity' with a focus on its role in providing the essential infrastructure that supports life on Earth and human development. Ms. K. Leena Joseph, Assistant Professor, Department of Zoology, delivered a talk on 'Impact of Covid 19 Lockdown on Environment, what future can we build'. The programme emphasized the measures to be taken for the conservation of nature and natural resources for a healthy environment and food and healthy people.

## Beneficiaries

41 second and final year UG zoology students were participated and benefitted from the programme.

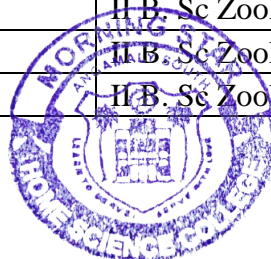


## Outcomes

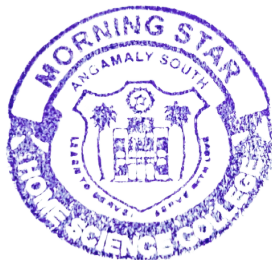
This program enabled the participants take measures to restore healthy ecosystem in many ways, including planting trees, greening cities, changing diets, cleaning up the surroundings and rewilding gardens.

### List of Participants

Sl. No.	Name of the Participant	Class and Subject	05/06/2020
1	Aleena Mathew	III B. Sc Zoology	✓
2	Ammu George	III B. Sc Zoology	✓
3	Anisha K J	III B. Sc Zoology	✓
4	Anjaly Jose	III B. Sc Zoology	✓
5	Ansa Varghese	III B. Sc Zoology	✓
6	Aparna Rajeev	III B. Sc Zoology	✓
7	Aparna C Balan	III B. Sc Zoology	✓
8	Ardra Surendran	III B. Sc Zoology	✓
9	Aswathy D Nair	III B. Sc Zoology	✓
10	Aswathymol M S	III B. Sc Zoology	✓
11	Devika Dinesh	III B. Sc Zoology	✓
12	Donna Johny	III B. Sc Zoology	✓
13	Gifty Saju	III B. Sc Zoology	✓
14	Greeshma A U	III B. Sc Zoology	✓
15	Maneesha K T	III B. Sc Zoology	✓
16	Merly T T	III B. Sc Zoology	✓
17	Namitha Saji	III B. Sc Zoology	✓
18	Sandra Judus	III B. Sc Zoology	✓
19	Shalet Tomy	III B. Sc Zoology	✓
20	Suvarna K S	III B. Sc Zoology	✓
21	Swathy Sudhakar	III B. Sc Zoology	✓
22	Taha Rafi	III B. Sc Zoology	✓
23	A S Aswathy	II B. Sc Zoology	✓
24	Anu Johnson	II B. Sc Zoology	✓
25	Asna Asharaf	II B. Sc Zoology	✓
26	Dharsana Davis	II B. Sc Zoology	✓
27	Gibi George	II B. Sc Zoology	✓
28	Greeshma Babu	II B. Sc Zoology	✓
29	Jismi Mohan	II B. Sc Zoology	✓
30	K A Malavika	II B. Sc Zoology	✓
31	Maria Thomas	II B. Sc Zoology	✓
32	Shahla P	II B. Sc Zoology	✓
33	Shana	II B. Sc Zoology	✓



34	Aleena Shaju	II B. Sc Zoology	✓
35	Anitta Davis	II B. Sc Zoology	✓
36	Dona Jose	II B. Sc Zoology	✓
37	Grazia Baby	II B. Sc Zoology	✓
38	Malavika P N	II B. Sc Zoology	✓
39	Nesnamol Marackar	II B. Sc Zoology	✓
40	Sandra Antu	II B. Sc Zoology	✓
41	Sreelakshmi P G	II B. Sc Zoology	✓



*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## NEED OF VACCINATION

Title	Need of Vaccination
Date	15 <sup>th</sup> May 2021
Focus of the event	Importance of vaccination to prevent Covid 19
Organizing Department	NSS
Resource person	Dr. P T Zachariah, IMA State President
Platform	Google Meet
Total no. of participants	109

**Morning Star Home Science College**  
Angamaly  
*Affiliated to Mahatma Gandhi University and Re-accredited by NAAC with 'A' grade*

**NSS UNIT NO. 58**

*Webinar on*

NEED OF VACCINATION

*Saturday, 15th May, 2021*  
*@ 3.00 pm*

Join through

<https://meet.google.com/xhk-wmri-ffq>

<https://youtu.be/zCNmy3oyq9Y>

**Dr. Sr. Rosily A V**  
(Principal)

**Dr. Megha Thampy**  
(NSS Programme Officers)

**Dr. Resmi G**  
(NSS Programme Officers)

DR. P T. ZACHARIAS

M.B.B.S., M.D., D.T.M. & H

State President, IMA KSB

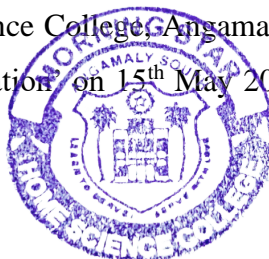
For more details: 9495277404,9747087622

### Objectives

- To gain knowledge about the covid 19 vaccination.
- To understand the measures taken to prevent covid 19 and the need of vaccination.

### Summary

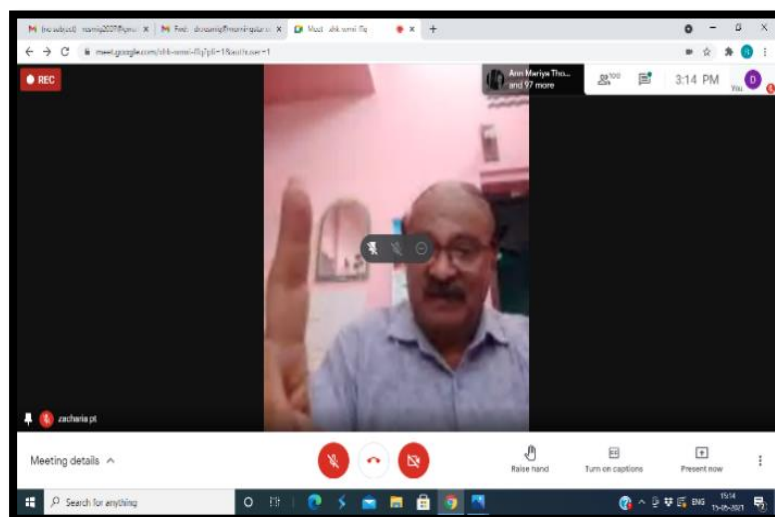
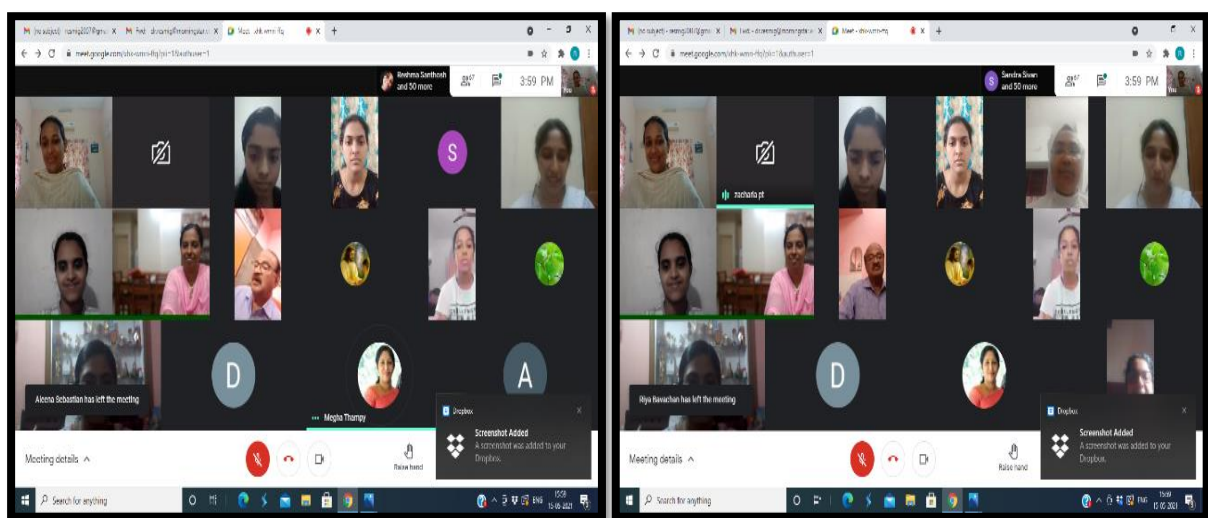
A Webinar on need of vaccination was conducted for students and public organized by NSS Unit No: 58, Morning Star Home Science College, Angamaly. A webinar was conducted by NSS unit on the topic Need of Vaccination on 15<sup>th</sup> May 2021 at 3.00pm. Dr. PT Zachariah



IMA State President was the speaker. Dr. Sr. Rosily AV presided over the webinar. Dr. Resmi G welcomed the guest and participants. About 109 students and public participants attended through google meet and Youtube live stream was also provided. <https://youtu.be/zCNmy3oyq9Y>

## Beneficiaries

All graduates



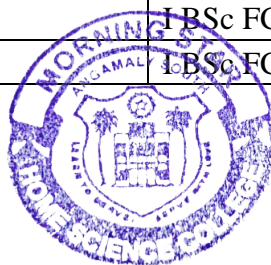
## Outcomes

- Recognize the significance of vaccination.
- Realize the impact of covid 19 and the steps to be taken to prevent it.



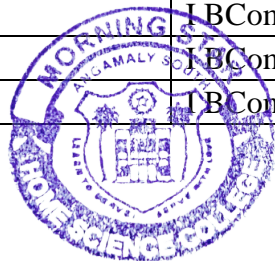
## List of Participants

Sl. No:	Name of the Student	Class and Subject	15 <sup>th</sup> May 2021
1	Anviya Francis	I BSc Chemistry	✓
2	Anjana Venugopal	I BSc Chemistry	✓
3	Aiswarya Mohandas	I BSc Chemistry	✓
4	Bhagyalakshmi A J	I BSc Chemistry	✓
5	Ramya R	I BSc Chemistry	✓
6	Sreelakshmi Jyothish Kumar	I BSc Chemistry	✓
7	Aleena poulose	I BSc Chemistry	✓
8	Nisna Nizar	I BSc Chemistry	✓
9	Sandra Varghese	I BSc Chemistry	✓
10	Vyshnavi Vijayasankar	I BSc Chemistry	a
11	Anjana Jogi	IBSc Physics	✓
12	Anjali K. B.	IBSc Physics	✓
13	Anjana K. S.	IBSc Physics	✓
14	Aneena Peter	IBSc Physics	✓
15	Aysha T. A.	IBSc Physics	✓
16	Fathima Riya Parveen	IBSc Physics	✓
17	Sona Steephen	IBSc Physics	✓
18	Stani C.T.	IBSc Physics	✓
19	Tinila Tomy P.T .	IBSc Physics	✓
20	Aleena Babu	I BSc Zoology	✓
21	Shahanas M. K.	IBSc Chemistry	a
22	Anzila.M.K.	I BSc Zoology	✓
23	Athira C. M.	I BSc Zoology	✓
24	Krishnapriya C. M.	I BSc Zoology	✓
25	Mildamol Binoy	I BSc Zoology	✓
26	Minnu Maria Francis	I BSc Zoology	✓
27	Sandra Sivan	I BSc Zoology	✓
28	Sona Cheriyan	I BSc Zoology	✓
29	Ummu Salma M.S.	I BSc Zoology	✓
30	Aarsha Johnson	I BSc FCS	✓
31	Ann Treesa Mariat	I BSc FCS	✓
32	Angel G.Oswin	I BSc FCS	✓
33	R. Ganga Chandra	I BSc FCS	✓
34	Gilsy Varghese	I BSc FCS	✓
35	Hasna Muhsin	I BSc FCS	✓
36	Joffi Thambi	I BSc FCS	✓
37	Amalu James	I BSc FCS	✓
38	Muhsina T S	I BSc FCS	✓





39	Mufeeda thireru	I BSc FCS	✓
40	Krishna Raveendran	I BSc FCS	✓
41	Neha P. J.	I BSc FCS	✓
42	Nirenjana Raj	I BSc FCS	✓
43	Riya Jolly	I BSc FCS	a
44	Sanjana K Suresh	I BSc FCS	✓
45	Sinta Antony	I BSc FCS	✓
46	Vismitha M. V.	I BSc FCS	✓
47	Rajitha.M.Subran	I BA Economics	✓
48	Riya Paul	I BA Economics	✓
49	Akshaya Balachandran	I BA Economics	✓
50	Aleena Saju	I BA Economics	✓
51	Amala Saju	I BA Economics	✓
52	Ammu P. S.	I BA Economics	✓
53	Anjana Kunjappan	I BA Economics	✓
54	Ann Mariya M Davy	I BA Economics	✓
55	Jesna K. J.	I BA Economics	✓
56	Aythihya.E.S.	I BA Economics	✓
57	Devika Dinesh	I BA Economics	✓
58	Salma Majeed P. M.	I BA Economics	✓
59	Femina P.N.	I BA Economics	✓
60	Ganga Shaju	I BA Economics	✓
61	Aleena Soy	I BA Economics	✓
62	Libiya Baby	I BA Economics	✓
63	Meera Joy	I BA Economics	✓
64	Devika Devadas	I BA Economics	✓
65	Moncy Joshy	I BA Economics	✓
66	Nikitha Mendez	I BA Economics	✓
67	Nicena Rose Augustin	I BA Economics	✓
68	Varsha P. S.	I BA Economics	✓
69	Riya Rengi	I BA Economics	✓
70	Navami	I BA Economics	✓
71	Mariya Pappachan	I BCom	✓
72	Sharika M. K.	I BCom	✓
73	Akhila C. S.	I BCom	✓
74	Aleena Sebastian	I BCom	✓
75	Anakha Babu	I BCom	✓
76	Aneesha Baiju	I BCom	✓
77	Anitha Vavachan	I BCom	✓
78	Annmary James	I BCom	✓
79	Anyna Mary Sebastian	I BCom	✓
80	Anupama P.P.	I BCom	✓




81	Aswathy. E. K.	I BCom	✓
82	Bini M Varghese	I BCom	✓
83	Devika Biju	I BCom	✓
84	Aswathy T Peethambaran	I BCom	✓
85	Geethu Gopi	I BCom	✓
86	Geethu. S.	I BCom	✓
87	Gopika U Krishna	I BCom	✓
88	Irine Varghese	I BCom	✓
89	Mariya Alias	I BCom	✓
90	Mariya Therese Pappachan Chirappanan	I BCom	✓
91	Neethu M. T.	I BCom	✓
92	Nelopher Brooson	I BCom	✓
93	Radhika Jamshy	I BCom	✓
94	Reshma Santhosh	I BCom	✓
95	Rosmi Joy	I BCom	✓
96	Sandra Chakko	I BCom	✓
97	Sandra K.S.	I BCom	✓
98	Stija Maria steephan	I BCom	✓
99	Vyshnavidas K.H.	I BCom	✓
100	Rose Mariya Shaju	I BCom	✓
101	Anumol Jose	I BSc FCS	✓
102	Aryananda V. B.	I BSc FCS	✓
103	Arathi M S	II BA Economics	✓
104	Athira P.A	II BA Economics	✓
105	Avani K S	II BA Economics	✓
106	Devika V S	II BA Economics	✓
107	Noushida M N	II BA Economics	✓
108	Preetha Antony	II BA Economics	✓
109	Anagha K S	II BSc Chemistry	✓
110	Sarika K S	II BSc Chemistry	✓
111	Sona Paul	II BSC Physics	✓
112	Bella K B	II BSC Physics	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**


## INVITED TALK ON MENSTRUAL HYGIENE

Title	Invited talk on menstrual hygiene
Date	17 <sup>th</sup> December 2021
Focus of the event	Life skill (Menstrual Hygiene)
Organizing Department	Women cell
Resource person	Dr. Smitha Menon & Dr. Amy Anna Alex
Platform	College Auditorium
Total no. of participants	110



**MORNING STAR HOME SCIENCE COLLEGE**  
**ANGAMALY**


Affiliated to Mahatma Gandhi University, Kottayam  
and Accredited with A grade by NAAC






**WOMEN CELL**  
In Association with  
**Kerala State Women's Development Corporation**  
**And National Health Mission Ernakulam and**  
**Indian Medical Association Cochin**  
**Organizes An Invited Talk on**  
**Menstrual Hygiene**

17 December, 2021 Time:10:30am  
Venue : College Auditorium

**Resource Persons**


  
**Dr. Smitha Menon**  
Principal  
Rev. Dr. Sr. Rosily A. V

  
**Dr. Akhil Manuel**  
Co-ordinators  
Dr. Navya Antony  
Dr. Anjali Jacob K.

  
**Dr. Amy Anna Alex**  
Student Co-ordinators  
Ms. Nithya Sathyan  
Ms. Nandhana N. K.  
Ms. Anna Soni







### Objective

- To raise awareness among students about importance of Menstrual Hygiene



## Summary

Women cell in association with Kerala State Women's Development Corporation (KSWDC), National Health Mission (Ernakulam), and Indian Medical Association organized an invited talk on "*Menstrual Hygiene*" on 17<sup>th</sup> December 2021. The session was handled by Dr. Smitha Menon and Dr. Amy Anna Alex.

## Beneficiaries

UG first year students






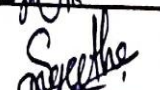

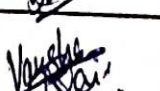
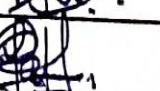

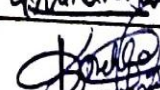
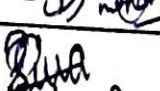

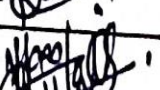




## Outcome

The talk helped to build awareness about the fundamental role that good menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential.



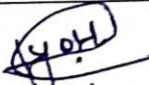
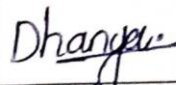
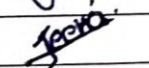
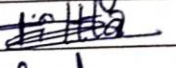
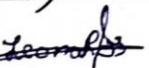

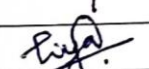
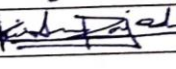


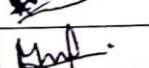
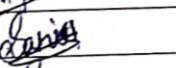
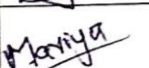


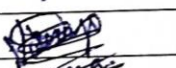
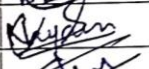

## List of participants

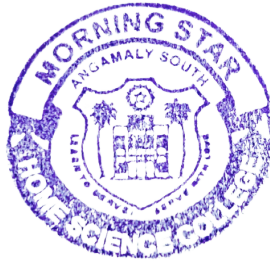
Sl.No.	Name of Student	Signature
1	Afnitha Naseer	
2	Aysha P H	
3	Aysha Parvin M S	
4	Sangeetha S Mallan	
5	Sultana Basheer	
6	Varsha V Nair	
7	Fathimathu Suaad	
8	Nandana R Nair	
9	Nehla C Mohammed Rafi	
10	Sivalakshmi S	
11	Athira K S	
12	R Vigila	
13	Ayisha Labeeba V I	
14	Lakshmi Darsak	



Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Afnitha C Rafeek		27.	Meghana Vincent	
2.	Aiswarya K.S		28.	Minnu P.T	
3.	Aleena Biju		29.	Nandana Reghu	
4.	Aleena Fransuzky		30.	Neetha Krishna	
5.	Anakha Baby		31.	Praseeda.C.P	
6.	Angel Baby		32.	Sandra Sasi	
7.	Angel Rose Johnson		33.	Sanuja Sajeev	
8.	Anjaly B. Biju		34.	Sreya P S	
9.	Anjana P K		35.	Surya Suresh E S	
10.	Anju Martin		36.	Thansiya. K. M	
11.	Anu Biju		37.	Vidhya Viswambaran P	
12.	Arathy P A		38.	Agnes Jolly	
13.	Arthana K Pradeep		39.	Akshaya Babu	
14.	Ashna C.J.		40.	Aleena Devassy	
15.	Binsa Ann Biju		41.	Ananya K S	
16.	Binsha A M		42.	Anna Baby	
17.	Divya Davis		43.	Anna Soni	
18.	Fasna P.A		44.	Annmary Johnson	
19.	Haripriya Suresh		45.	Anu Krishna	
20.	Honey Martin		46.	Ardhra Mohanan	
21.	Irfana Iqbal		47.	Athira Shaji	
22.	Jyothi Lakshmi K.A		48.	Devika T S	

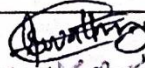
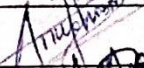
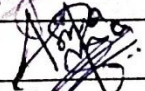
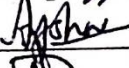

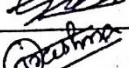

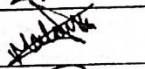


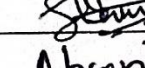
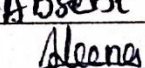
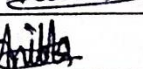



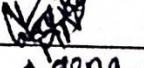

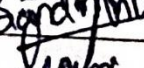




23.	Jyothika Varghese		49.	Dhanya Starly	
24.	K J Jeena		50.	Diltta Davis	
25.	Leona Rose Joseph		51.	JesnaCarlose	
26.	Liya K J		52.	Krishna Rajesh	
53.	Krishnapriya H Pillai		59.	NiyukthaShaj P S	
54.	Manasa Jimmy		60.	Sania Biju	
55.	Mariya Joy		61.	Soumya Snathosh	
56.	Meenakshi S Nair		62.	Vismaya N B	
57.	Nayana Johnson		63.	Anjana Suresh	
58.	NinuShaji		64.	Nandana Shaji	






## I BSc ZOOLOGY

SL.NO	NAME OF THE PARTICIPANTS	SIGNATURE
1	A S Aswathy	
2	Anu Johnson	
3	Asna Asharaf	
4	Aysha Minha Nazar	
5	Dharsana Davis	
6	Gibi George	
7	Greeshma Babu	
8	Jismi Mohan	
9	K A Malavika	
10	Maria Thomas	
11	Shahla P	
12	Shana	
13	Sithi Sahida P.	Absent -
14	Aleena Shaju	
15	Anitta Davis	
16	Anjana Prabha	
17	Dona Jose	
18	Grazia Baby	
19	Malavika PN	
20	Nesnamol Marackar	
21	Sandra Antu	
22	Sreelakshmi P G	



  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## WEBINAR ON 'HEALTH CARE DURING PANDEMIC' (HEALTH AND HYGIENE)

Title	Webinar on 'Health care during pandemic' (Health and Hygiene)
Date	28 <sup>th</sup> June 2021
Focus of the event	Best practices for maintaining good physical and mental health during Covid-19 pandemic
Organizing committee	Women cell
Resource person	Dr. Elizabeth Mathew
Venue	Google Meet
Total number of participants	100

**MORNING STAR HOME SCIENCE COLLEGE,  
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**181 MITHRA**

**WOMEN CELL**  
Inviting you to the webinar on

**HEALTH CARE DURING PANDEMIC**

**RESOURCE PERSON**  
Dr Elizabeth Mathew  
Women Committee Chairperson  
AMAI Perumbavoor

" LET'S CONQUER COVID-19 TOGETHER "

28 JUNE 2021 02.00 PM Google meet

**PRINCIPAL**  
Dr. Sr. Rosily A.V.

**VICEDIRECTOR**  
Ms. Shiny K. Rajachan

**CO-ORDINATOR**  
Dr. Navya Antony



Date-28 June, 2021

Time-2:00pm

1. Compering-Anzila MK, 2nd Bsc. Zoology
2. Prayer Song- Nithya Sathyan, 2nd Bcom
3. Welcome Speech- Neha Cicily, 2nd Bsc. Chemistry
4. Talk by Resource Person-Dr. Elizabeth Mathew
5. Vote of Thanks- Gopika AJ, 2nd Bcom

\*\*\*\*\*

## Objectives

- To ensure proper health care awareness among students
- To share the importance of having nutritious diet and healthy habits during pandemic

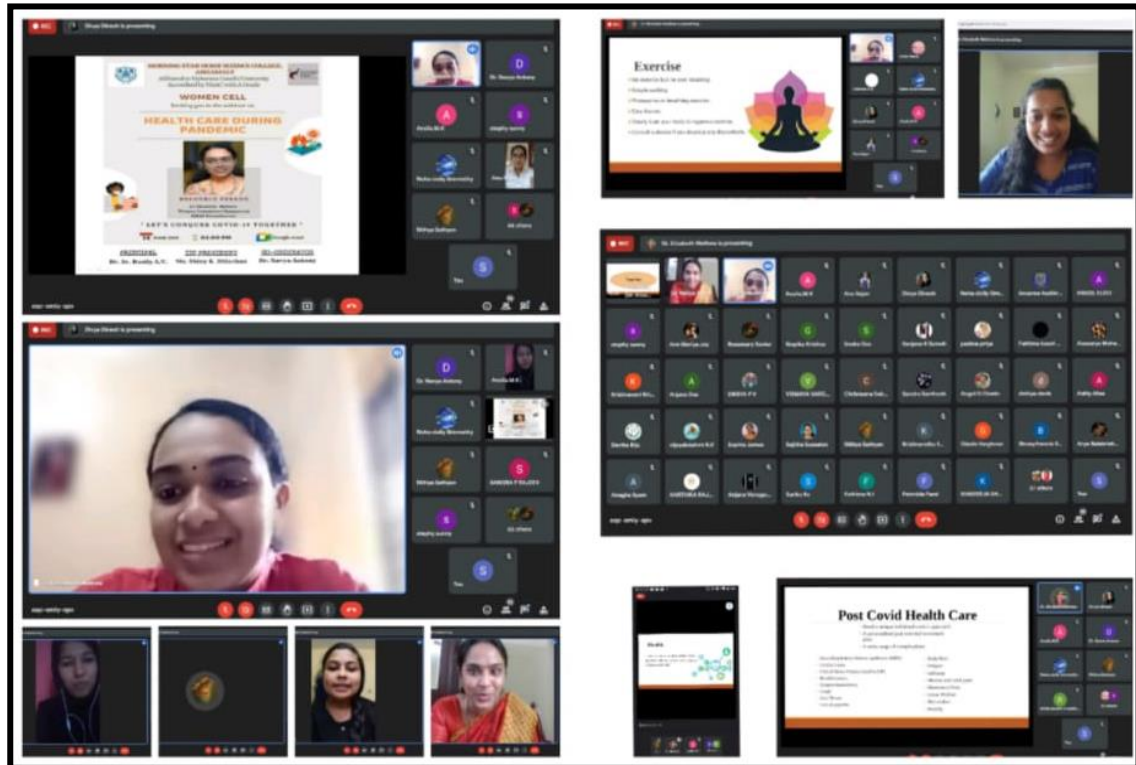
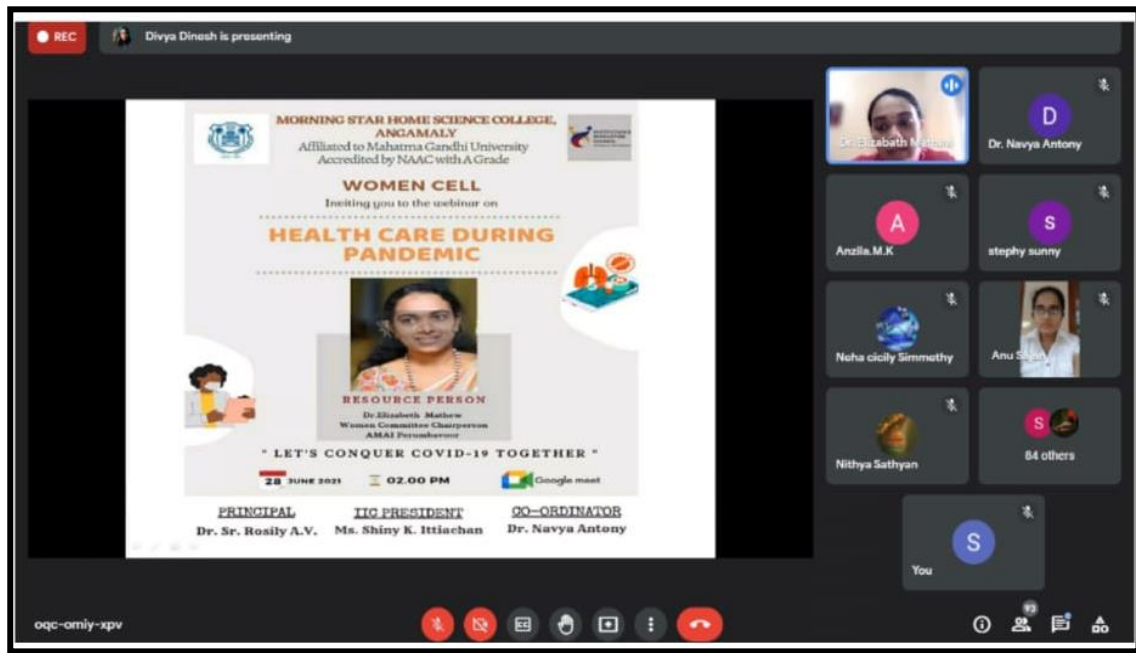
## Summary

In context of COVID-19 pandemic to ensure proper health care awareness Women cell organized a webinar on health care during pandemic. The webinar was conducted on 28<sup>th</sup> June-2021 with the theme “lets conquer covid-19 together”. Dr. Elizabeth Mathew, Women committee chairperson, AMAI-Perumbavoor was the resource person. The webinar focused on best practices that we have to follow for a maintaining good physical and mental health during Covid-19 pandemic. Health care covered not merely medical care but also all aspects of preventive measures need to be taken before and after COVID times. The importance of having nutritious diet and healthy habits during pandemic was discussed in detail.

## Beneficiaries

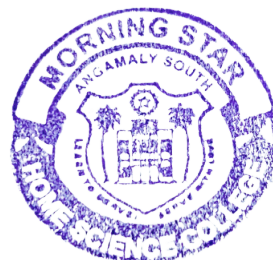
UG students





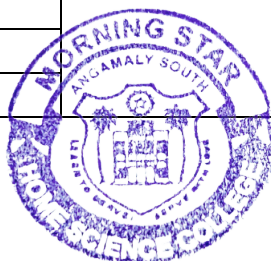
## Outcome

The programme gave an opportunity for clearing the doubts of students related to health care during pandemic.

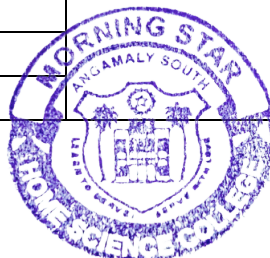


## List of participants

Sl. No.	Name of the Student	Department	28 <sup>th</sup> June 2021
1	Aan Maria Joseph	II BSc.Chemistry	✓
2	Arya Balakrishnan		✓
3	C M Mahsana		✓
4	Christeena Sebastian		✓
5	Deepa M J		✓
6	Dona Mary M.D		✓
7	Mariya Eldhose		✓
8	P M Sreelakshmi		✓
9	Sarika K S		✓
10	Teresa Martin		✓
11	Anagha K S		✓
12	Angel Joseph		✓
13	Anjali E S		✓
14	Arya T B		✓
15	Blessy Francis		✓
16	Debiya Davis		✓
17	Dinshamol K. S		✓
18	Farsana C S		✓
19	Fathima Thanvin M N		✓
20	Krishnapriya P M		✓
21	Nimy Davis		✓
22	Sara Varghese		✓
23	Sruthi M S		✓
24	Stephy Sunny		✓
25	T H Sneha		✓
26	Vijayalakshmi K V		✓
27	Adithya S	II BSc.Economics	✓
28	Afna U Shanavas		✓
29	Aleena Saju		✓
30	Ammu P S		✓
31	Anjana K Raj		✓
32	Anjana Kunjappan		✓
33	Anjana M P		✓
34	Annmariya M Davy		✓
35	Anna Sunny		✓
36	Aysha Shahana		✓
37	Aythihya E S		✓
38	Devika Devadas		✓
39	Deevika Dinesh		✓



40	Devika M R		✓
41	Fathima N I		✓
42	Jisna Joshi		✓
43	Karthika R Nair		✓
44	Krishna P M		✓
45	Krishnaveni Velayudhan		✓
46	Libiya Baby		✓
47	Meera Joy		✓
48	Moncy Joshy		✓
49	Nandini A S		✓
50	Navami Vasu		✓
51	Nikitha Mendez		✓
52	Rakhi Raju		✓
53	Rashmi Das		✓
54	Adiba Rifa N K	II FCS	✓
55	Amalu James		✓
56	Ann Treesa Mariat		✓
57	Anumol Jose		✓
58	Aryananda V B		✓
59	Athulyamol P L		✓
60	Fazna C A		✓
61	Feba Saji		✓
62	Gilsy Varghese		✓
63	Khadeeja Shanna U S		✓
64	Krishna Raveendran		✓
65	Muhsina T S		✓
66	Sinta Antony		✓
67	Angel G Oswin		✓
68	Akhila K R	II B.Com	✓
69	Anakha Babu		✓
70	Angel Eldho		✓
71	Anitta Antony		✓
72	Anjana Nair		✓
73	M. Anuprabha		✓
74	Anusree K.B		✓
75	Aswini Sreenivas		✓
76	Athira Haridasan		✓
77	Hanna Rose Babu		✓
78	Jisna Jose		✓
79	Kavya P.S		✓
80	Lakshmi O K	✓	




81	Linet Sajeev	✓
82	Mridula Baby	✓
83	Navya.S.Vadakumchery	✓
84	Nimisha K R	✓
85	Padmapriya. R. Prabhu	✓
86	Reetha Baby	✓
87	Rekha Manoj	✓
88	Roja Raju	✓
89	Saniamole Eldho	✓
90	Sunaina.K.A	✓
91	Swapna Raju	✓
92	Geethu S	✓
93	Gopika A J	✓
94	Jesby K Ibrahim	✓
95	Lintu Shaju	✓
96	Mariya Alias	✓
97	Nandana M K	✓
98	Nandhana N K	✓
99	Neethu M T	✓
100	Nigitha Sajan	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## SKILL ENHANCEMENT PROGRAMME- WINGS 2021


Title	Skill enhancement programme- WINGS 2021
Date	27 <sup>th</sup> July 2021
Focus of the event	Life skill <ul style="list-style-type: none"> <li>• Therapeutic yoga for physical and mental health</li> <li>• Mind exercises for developing multiple intelligence</li> </ul>
Organizing committee	Women cell
Resource Person	<ul style="list-style-type: none"> <li>• Ms. Revathy Ratnamoorthy Therapeutic yoga instructor and public speaker, Kaya clinic, Sri Lanka</li> <li>• Dr. Sajeev Jos HOD and Assistant Professor in Physical education, St. Albert's college, Ernakulam</li> </ul>
Venue	Google Meet
Total Number of the participants	101



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**WOMEN CELL**

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**International Workshop Series**

# WINGS-2021


Women cell Initiative in Nurturing and Growing Skills

**Skill Enhancement Programme - "Enrich Your Skills"**


.....

PRESIDED BY

SESSION : 1 SPEAKER  
INAUGURATION BY




**MS. REWATHY  
RATHNAMOORTHY**  
Therapeutic Yoga Instructor  
Kaya Clinic, Sri Lanka  
Public Speaker  
**Topic : Therapeutic Yoga for  
Physical and Mental Health**





**DR. SR. ROSILY A.V.**  
Principal

SESSION : 2 SPEAKER



**DR. SAJEEV JOS**  
HOD and Asst. Professor in Physical  
Education, St. Albert's College,  
Ernakulam. Multiple Intelligence Skill  
Trainer, Artist  
**Topic: Mind exercise for  
developing Multiple Intelligence**

**27** JULY 2021  **02.30 PM**  <https://meet.google.com/tyz-nuej-tkh>

 <https://youtu.be/9bMc9rGpmUs>

**PRINCIPAL**      **CO-ORDINATOR**      **STUDENT CO-ORDINATORS**

Dr. Sr. Rosily A.V.      Dr. Navya Antony      Nandhana N.K.  
Nithya Sathyan

### Objective

- To share the importance of therapeutic yoga for physical and mental health
- To share the different mind exercises for developing multiple intelligence



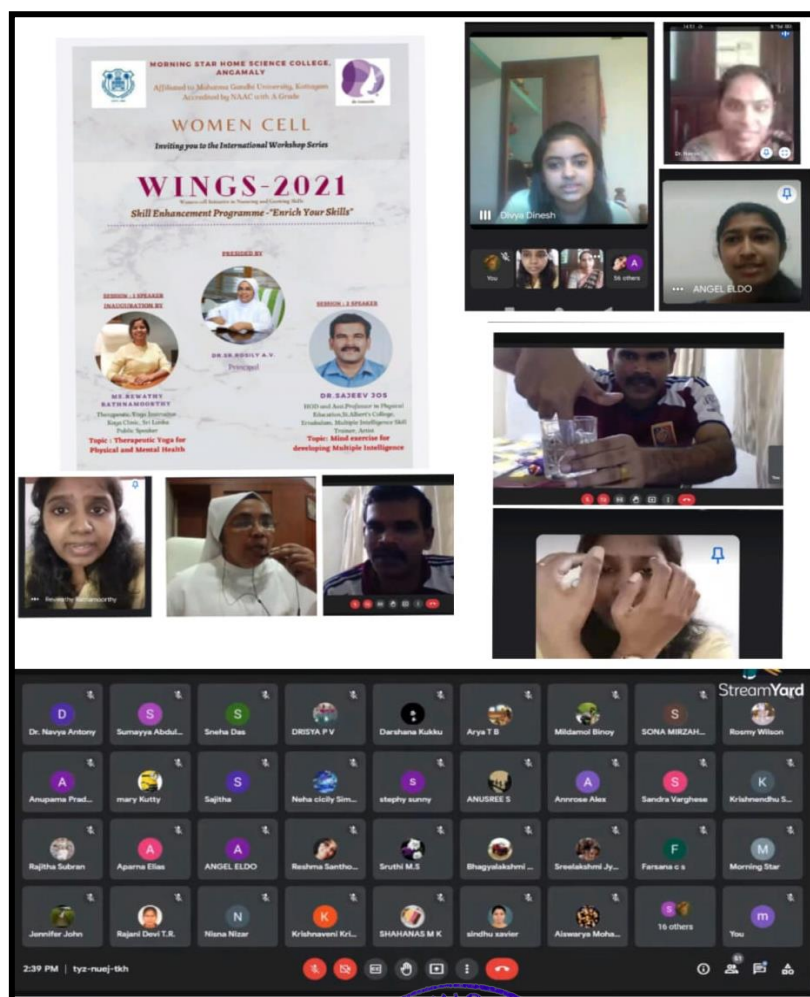


## Summary

As a part of Women cell Initiative in Nurturing and Growing Skills, an international workshop series was organized. The session was inaugurated on 27<sup>th</sup> July-2021 by Ms. Revathy Ratnamoorthy, Therapeutic yoga instructor and public speaker, Kaya clinic, Sri Lanka. In the session, she explained the importance of therapeutic yoga for physical and mental health. The second session was handled by Dr. Sajeev Jos, HOD and Assistant Professor in Physical education, St. Albert's college, Ernakulam. He is also renowned as an artist and multiple intelligence skill trainer. In the section he presented different mind exercises for developing multiple intelligence.

## Beneficiaries

UG students

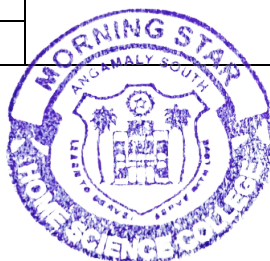


## Outcome

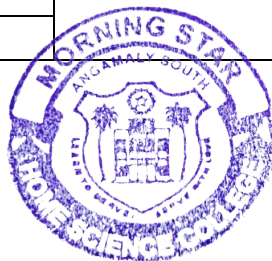
The programme helped to convey the message of practicing yoga and mind exercise for having better healthy living.

### List of participants

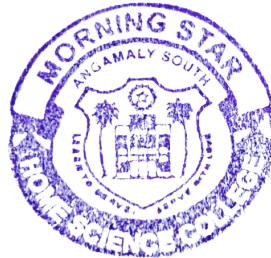
Sl No:	Name of the Student	Class & Department	27 <sup>th</sup> July 2021
1	Aarsha Johnson	II FCS	✓
2	Adiba Rifa N K		✓
3	Amalu James		✓
4	Ann Treesa Mariat		✓
5	Anumol Jose		✓
6	Aryananda V B		✓
7	Athulyamol P L		✓
8	Fazna C A		✓
9	Feba Saji		✓
10	Gilsy Varghese		✓
11	Khadeeja Shanna U S		✓
12	Krishna Raveendran		✓
13	Muhsina T S		✓
14	Neha P J		✓
15	R Ganga Chandra		✓
16	Revathy Krishna M		✓
17	Sanjana K Suresh		✓
18	Sinta Antony		✓
19	Angel G Oswin		✓
20	Hasna Muhsin		✓
21	Joffi Thambi		✓
22	Mufeeda Thireru		✓
23	Nirenjana Raj		✓
24	Tania Maria John		✓
25	Vismitha M V		✓
26	Aisha Farisha A. N.	II BSc.Zoology	✓
27	Sandra Sivan		✓
28	Sona Cheriyan		✓
29	Anzila M. K.		✓
30	Gayathri Anil		✓
31	Krishnapriya C. M.		✓



32	Minnu Maria Francis		✓
33	Aisha Farisha A. N.		✓
34	Ummu Salma M. S.		✓
35	Aleena Babu		✓
36	Bivina Vincent		✓
37	Fahmida T. S.		✓
38	Krishna Priya B.S.		✓
39	Mildamol Binoy		✓
40	Sreelakshmi S.		✓
41	Thasleena T. K.		✓
42	Anu Sajan		✓
43	Aafreen Ara		✓
44	Nithya Sathyan		✓
45	Aleena Babu		✓
46	Aleena Sebastian		✓
47	Ammu A		✓
48	Anandhitha Parameswaran		✓
49	Aneeta Benny		✓
50	Angel Eldo		✓
51	Angel Maria Paul		✓
52	Anitha Vavachan		✓
53	Anjaly Rajeev		✓
54	Ann Mary Benny		✓
55	Sona P L		✓
56	Sona Philip		✓
57	Akhila C S	III BCom.	✓
58	Aleena Sebastian		✓
59	Ameena C N		✓
60	Anakha Babu		✓
61	Aneesha Baiju		✓
62	Anjala Shaju		✓
63	Ashly Alias		✓
64	Athulya P S		✓
65	Bhanukrishna V G		✓
66	Bini M Varghese		✓
67	Devika Biju		✓
68	Gayathri A		✓
69	Geethu Gopi		✓
70	Sona P L		✓
71	Sona Philip		✓



72	Abil Rose P. T.	✓
73	Anjana K. K.	✓
74	Arathi M. S.	✓
75	Athulya Kaladharan	✓
76	Darsana S.	✓
77	Fathima T.J.	✓
78	Jomariya Johny	✓
79	Noushida M.N.	✓
80	Sabeena Basheer	✓
81	Safna K.A.	✓
82	Saifunisa M.Y.	✓
83	Amrutha Davis	✓
84	Anagha Joy	✓
85	Anju Shoby	✓
86	Annmariya V.K.	✓
87	Annmariya Sebastian	✓
88	Ashitha Emam	✓
89	Aswany Prakash	✓
90	Athira M.B.	✓
91	Athira P.A.	✓
92	Avani K.S.	✓
93	Biny Balan	✓
94	Devika V.S.	✓
95	Diya Joseph	✓
96	Fasna M.S.	✓
97	Fridamol P.J.	✓
98	Karthika P. Haridas	✓
99	Krishnapriya Unni	✓
100	Layamol P. S.	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## ICT ENABLED TOOLS FOR LEARNING

Title	ICT Enabled Tools for learning
Date	10 <sup>th</sup> August 2021
Focus of the event	Skill Enhancement
Organizing Department	Department of Chemistry
Resource person	Ms.Ambily Pramitha P,HOD, Department of Computer Science, De Paul Institute of Science and Technology
Platform	Google Meet
Total no. of participants	49

**Morning Star Home Science College Angamaly**  
(Accredited with A Grade by NAAC)


Webinar Series : ALUM WAVES - I

Skill Enhancement Initiative in

ICT Enabled Tools for Learning

Resource Person

**Ms. AMBILY PRAMITHA P**  
HOD, Department of Computer Science  
De Paul Institute of Science and Technology, Angamaly



on 10<sup>th</sup> August 2021 (Tuesday) at 3.00 pm

Organized by

Alumnae Association and Department of Chemistry

Google meet link: [meet.google.com/rud-zgez-jdz](https://meet.google.com/rud-zgez-jdz)

Alumnae Association of Morning Star Home Science College Angamaly in association with various departments is organizing a webinar series on various topics for the benefit of the student community. The first talk of the series is on "ICT enabled tools for Learning" by Dr. Ambily Pramitha P, HOD and Asst. Professor, School of Computer Science, De Paul institute of Science and Technology, Angamaly. In this digital era, the use of ICT enabled tools in the classroom is important to learn and apply the required 21<sup>st</sup> century skills. This capacity building programme can assist students and teachers to overcome the obstacles and challenges and become successful technology users.

Organizing Committee

Principal	: Dr. Sr. Rosily A V
HOD	: Dr. Sindhu K S
Staff coordinators	: Mrs. K Leena Joseph
	: Dr. Sr. Jisha Joseph
Convenors	: Adv. Anitha K J (Vice President)
	: Dr. Navya Antony (Asst. Professor, Dept. of Chemistry)
	: Mrs. Retty Pappachan (Executive Member Chemistry)

### Objectives

To provide awareness for students about ICT Enabled Tools for learning

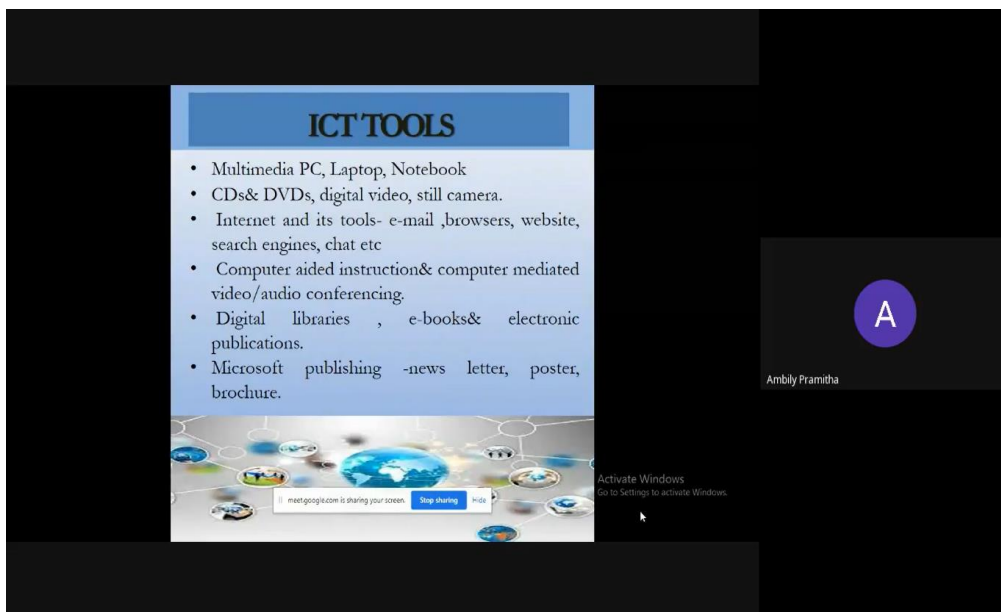
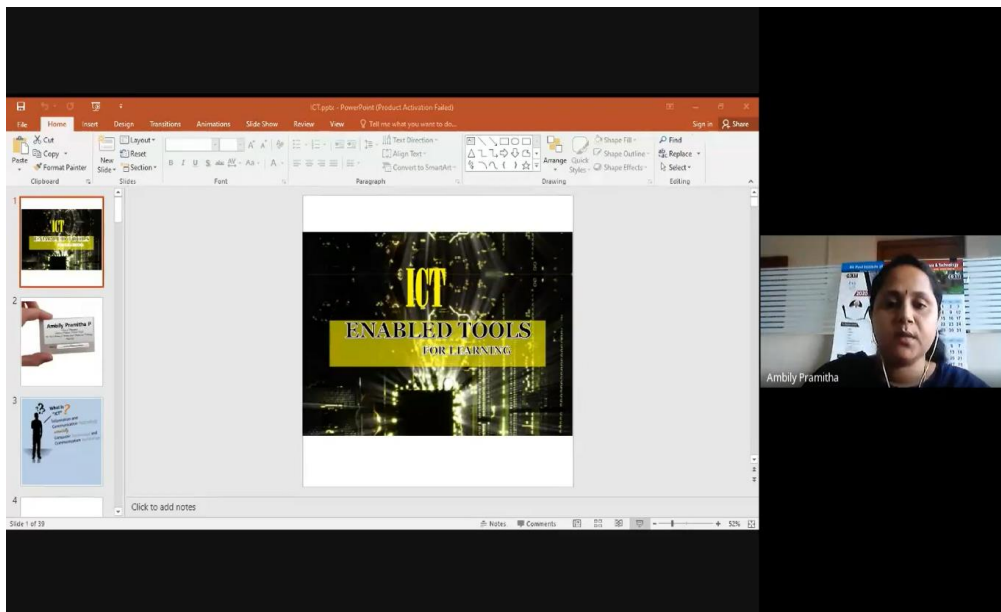
### Summary

The undergraduate students were given an awareness programme about ICT enabled tools for learning. The session was led by Ms.Ambily Pramitha P,HOD, Department of Computer Science, De Paul Institute of Science and Technology. She gave an informative talk about the importance of ICT in online learning processes. The programme was jointly organized by Department of Chemistry and Alumnae Association on 10<sup>th</sup> August 2021. The students actively participated in the programme.



# Beneficiaries

UG Students



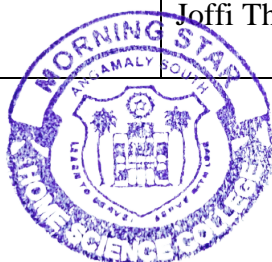
# Outcomes

The students were able to get an idea about different ICT enabled tools that will help them in enhancing their learning processes.

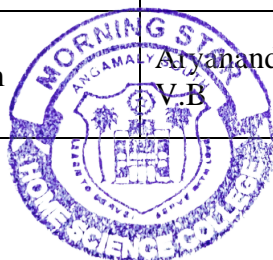


## List of Participants

Timestamp	Email Address	Name of the participant	Educational Institution	Designation
8/10/2021 15:57:11	vyshnavimv111@gmail.com	Vyshnavi Vijayasankar	Morning Star home science College angamaly	Student
8/10/2021 15:57:26	anjanavenugopal007@gmail.com	Anjana Venugopal	Morning star home science college, Angamaly	Student
8/10/2021 15:57:29	anusreeswamidas@gmail.com	Anusree S	Morning Star Home Science college Angamaly	2nd Bsc Chemistry
8/10/2021 15:57:30	abdulsaleemsumayya@gmail.com	Sumayya P A	Morning star Home Science College, Angamaly	Student
8/10/2021 15:57:32	anitamariajomyjohn@gmail.com	Anita Maria Jomy	Morningstar College	BA English
8/10/2021 15:58:06	rosmywilson99@gmail.com	Rosmy Wilson	Morning Star Home Science College, Angamaly	Student
8/10/2021 15:58:11	darshanakukku15@gmail.com	Darshana M S	Morning Star Home Science Colleege Angamaly	Student
8/10/2021 15:58:15	riyabavachan01@gmail.com	Riya Bavachan	Morning Star Home science college, Angamaly	Student, 2nd Bsc. Zoology
8/10/2021 15:58:16	nehacilysimmethy@gmail.com	Neha Cicily Simmethy	Morning Star Home Science College Angamaly	2nd B.Sc Chemistry Student
8/10/2021 15:58:16	fathimaob424@gmail.com	Fathima OB	Morning Star Home Science College Angamaly	Paravur
8/10/2021 15:58:23	faznaazeez64@gmail.com	Fazna C.A.	Morning Star Homescience , College	Bsc FCS
8/10/2021 15:58:51	joffithambi@gmail.com	Joffi Thambi	Morning Star Home science college Angamaly	Bsc.Fcs

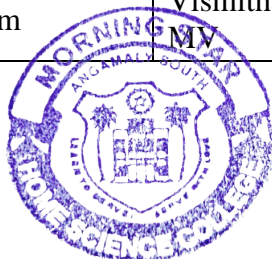


8/10/2021 15:58:57	sraleenamary96@gmail.com	Aleena Babu	Morning star Homescience College Angamaly	Bsc. Zoology
8/10/2021 15:59:04	ameenaasheer327@gmail.com	Ameena parveen	Morning star hone science collage angamaly	Student
8/10/2021 15:59:14	drisyanair010@gmail.com	Drisya P V	Morning Star Home Science Collage, Angamaly	Student
8/10/2021 15:59:16	shanthyjose2@gmail.com	Shanthy Jose	Morning Star Home Science College Angamaly	DD Guest Lecturer
8/10/2021 15:59:16	athulyamol2255@gmail.com	Athulyamol P L	Morning Star Home Science college	student
8/10/2021 15:59:22	anumolsajan01@gmail.com	Anu Sajan	Morning Star Home Science College, Angamaly	2nd, B. Sc.. Zoology
8/10/2021 15:59:24	msrajitha2002@gmail.com	Rajitha M Subran	Morning Star Home Science College Angamaly	Student
8/10/2021 15:59:25	sreelakshmisuni2002@gmail.com	Sreelakshmi S	Morning Star Home Science College Angamali	Ms
8/10/2021 15:59:36	nisnanizar1234@gmail.com	Nisna Nizar	Morning Star Home Science Angamali	Student
8/10/2021 16:00:00	shahanasmk2002@gmail.com	Shahanas M K	Morning Star Home Science College Angamaly	Bsc Chemistry
8/10/2021 16:00:06	joffithambi@gmail.com	Joffi Thambi	Morning Star Home science college Angamaly	Bsc.Fcs
8/10/2021 16:00:06	aiswaryamohandas20@gmail.com	Aiswarya Mohandas	Morning Star Home Science College Angamaly	B.Sc Chemistry Student
8/10/2021 16:00:21	krishnendhusajeevan2002@gmail.com	Krishnendhu Sajeevan	Morning Star Home Science College, Angamaly	Bsc Chemistry
8/10/2021 16:00:24	aryanandavb482@gmail.com	Aryananda V.B	Morning Star Homescience collage Angamaly	2nd year BSC. FCS





8/10/2021 16:00:24	taniamariajohn@gmail.com	Tania Maria John	Morningstar Home Science colledge	Student
8/10/2021 16:00:25	niyakthomas1964@gmail.com	Niya K Thomas	Morning Star Homescience College Angamaly	Student
8/10/2021 16:01:24	aparnaelias2002@gmail.com	Aparna Elias	Morning star home science college	Student
8/10/2021 16:01:25	mildamolbinoy@gmail.com	Mildamol Binoy	Morning star Home Science College Angamaly	Degree
8/10/2021 16:02:56	gilsyvarghese4@gmail.com	Gilsy varghese	Morning star home science college Angamaly	Student
8/10/2021 16:02:57	nirukunjava168@gmail.com	Nirenjana Raj	Morning star Home science college	Angamaly
8/10/2021 16:03:21	minnumaria2002@gmail.com	Minnu Maria Francis	Morning Star Home Science College	Student
8/10/2021 16:03:48	amalujames2002@gmail.com	Amalu James	Morning star home science college Angamaly	2nd year
8/10/2021 16:04:33	sinta02antony@gmail.com	Sinta Antony	Morning star Homescience College Angamaly	Student
8/10/2021 16:04:39	amalujames2002@gmail.com	Amalu James	Morning star home science college Angamaly	.
8/10/2021 16:05:37	nirukunjava168@gmail.com	Nirenjana Raj	Morning star Home science college	Student
8/10/2021 16:06:31	mariaaarsha@gmail.com	AARSHA JOHNSON	Morning Star Home science College Angamaly	Student
8/10/2021 16:07:39	aishafarisha2003@gmail.com	Aisha farisha A .N	Morning star angamali	Bsc zoology
8/10/2021 16:10:15	angelgoswin5128@gmail.com	Angel G Oswin	Morning star homescience college Angamaly	2nd year Bsc Fcs
8/10/2021 16:11:56	vismithamv2002@gmail.com	Vismitha	Morning Star college Angamali	BSC FCS




8/10/2021 16:20:08	anntreesamariat@gmail.com	Ann Treesa Mariat	Morning Star Home Science College, Angamaly	Bsc. FCS
8/10/2021 16:25:26	khadeejashannaus@gmail.com	Khadeeja Shanna U S	Morning Star Home Science College	Student
8/10/2021 16:32:08	leenamorningstar@gmail.com	K Leena Joseph	Morning Star Home Science College Angamaly	Assistant Professor
8/10/2021 16:33:18	leenamorningstar@gmail.com	K Leena Joseph	Morning Star Home Science College Angamaly	Assistant Professor
8/10/2021 18:18:02	mufeeda558@gmail.com	Mufeeda	Morning star home science College, Angamaly	Excellent program
8/10/2021 18:19:39	gangachandra73@gmail.com	R Ganga Chandra	Morning Star Home Science College Angamaly	2nd year BSc FCS
8/10/2021 18:21:03	mufeeda558@gmail.com	Mufeeda Thireru	Morning star home science College, Angamaly	Excellent program 👍
8/10/2021 20:38:43	aafreenaara6@gmail.com	Aafreen Aara	Morning star home science College Angamaly	2 nd year B Sc Zoology



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## COMPUTATIONAL CHEMISTRY- APPLICATIONS OF FREE SOFTWARES IN CHEMISTRY – GAMESS, FIREFLY, AVAGADRO

Title	Computational Chemistry- Applications of free softwares in Chemistry – Gamess, Firefly, Avagadro
Date	24 <sup>th</sup> November 2020
Focus of the event	Computational Chemistry
Organizing Department	P.G. Department of Chemistry
Resource person	Ms. Vandana P H
Platform	Google Meet
Total no. of participants	37




**MORNING STAR HOME SCIENCE COLLEGE ANGAMALY**  
(Affiliated to MG University and Re-accredited by NAAC with A grade)

**Skill Based Training**  
on

**COMPUTATIONAL CHEMISTRY**  
Applications of free softwares in Chemistry- Gamess, Firefly, Avagadro


Organized By  
**DEPARTMENT OF CHEMISTRY**

**MENTOR**



**VANDANA P H**  
Faculty  
PG Department of Chemistry

**Beneficiaries**  
Final year UG and PG  
chemistry students



**24 November  
2020  
@2.00pm**

### Objectives

To know more about the applications in the field of Computational Chemistry

### Summary

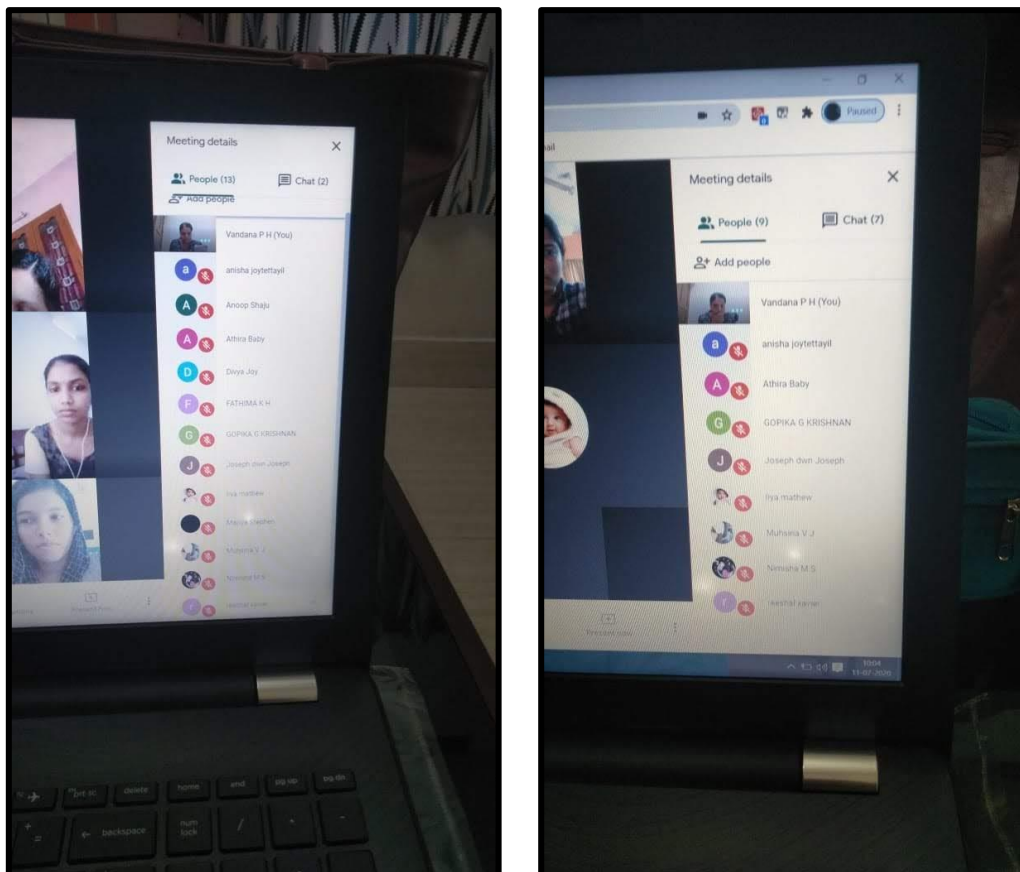
A webinar on ‘Computational Chemistry-applications of free softwares in chemistry- Gamess, Firefly, Avagadro was conducted by Post Graduate Department of Chemistry for final year UG and P G chemistry students via Google Meet on 24<sup>th</sup> November 2020 from 2.00 pm. Ms. Vandana P H was the mentor for the webinar. Computational Chemistry is an emerging tool in the field of chemistry which has wide applications in the calculations of structures and



properties of molecules and solids. It uses methods of theoretical chemistry, incorporated into computer programmes.

## Beneficiaries

Final year PG and UG Chemistry students

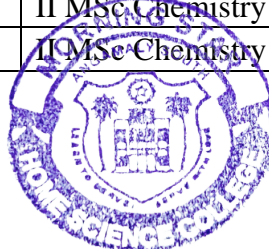


## Outcomes

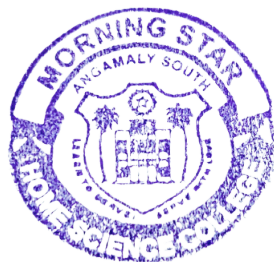
Students got an idea about the Computational Chemistry and its applications

### List of Participants

Sl. No.	Full Name	Class	24/11/2020
1	Anisha Joy	II MSc Chemistry	✓
2	Anu Shaju	II MSc Chemistry	✓
3	Athira Baby	II MSc Chemistry	✓
4	Divya Joy	II MSc Chemistry	✓
5	Doliya Joseph	II MSc Chemistry	✓



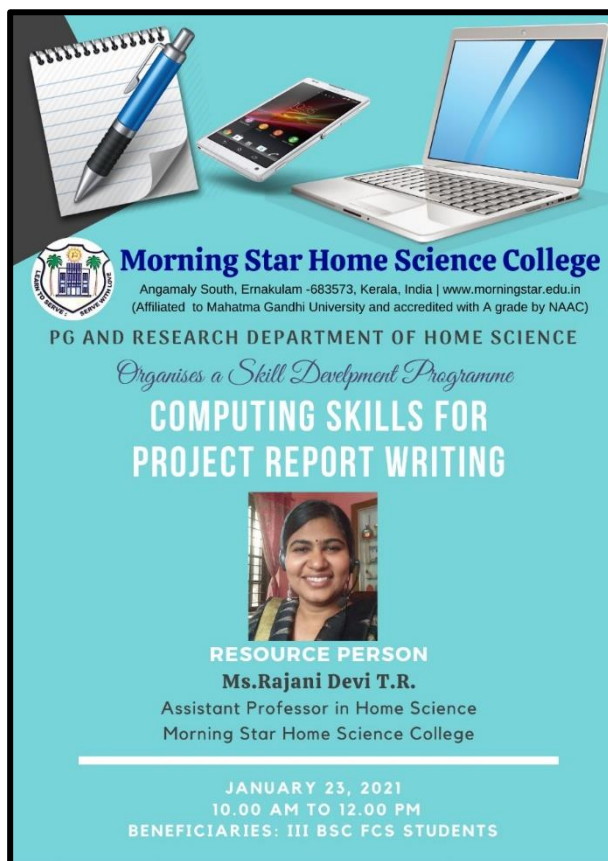
6	Fathima K H	II MSc Chemistry	✓
7	Fopika G Krishnan	II MSc Chemistry	✓
8	Liya M	II MSc Chemistry	✓
9	Mariya Stephen	II MSc Chemistry	✓
10	Muhsina V J	II MSc Chemistry	✓
11	Nimisha M S	II MSc Chemistry	✓
12	Reeshal Rose Xavier	II MSc Chemistry	✓
13	Sharona B Vallath	II MSc Chemistry	✓
14	Sruthi Chandran	II MSc Chemistry	✓
15	Aiswarya Suresh	III DC Chemistry	✓
16	Akshara R	III DC Chemistry	✓
17	Anila Johnson	III DC Chemistry	✓
18	Anitha M R	III DC Chemistry	✓
19	Ann Maria Varghese	III DC Chemistry	✓
20	Ann Mary Varghese	III DC Chemistry	✓
21	Anna Jose	III DC Chemistry	✓
22	Bhavana Shanmughan	III DC Chemistry	✓
23	Christina Varghese	III DC Chemistry	✓
24	Cincila Varghese M	III DC Chemistry	✓
25	Deena Baiju	III DC Chemistry	✓
26	Liya Antony	III DC Chemistry	✓
27	Malavika K G	III DC Chemistry	✓
28	Mary V J	III DC Chemistry	✓
29	Merin Rose	III DC Chemistry	✓
30	Mily Babu	III DC Chemistry	✓
31	Prejitha Ajith	III DC Chemistry	✓
32	Safna K S	III DC Chemistry	✓
33	Soubhagya K Unni	III DC Chemistry	✓
34	Spiya Benny	III DC Chemistry	✓
35	Sreekkutty P U	III DC Chemistry	✓
36	Sreelakshmi Das	III DC Chemistry	✓
37	Tincy Varghese	III DC Chemistry	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## COMPUTING SKILLS FOR PROJECT REPORT WRITING

Title	Computing Skills for project report writing
Date	23 <sup>rd</sup> January 2021
Focus of the event	Developing computer skills for project report writing
Organizing Department	PG and Research Department of Home Science
Resource person	Mrs. Rajani Devi T R, Asst. Professor, Dept. of Home Science, Morning Star Home Science College, Angamaly
Platform	Google Meet
Total no. of participants	29



**Morning Star Home Science College**  
 Angamaly South, Ernakulam -683573, Kerala, India | www.morningstar.edu.in  
 (Affiliated to Mahatma Gandhi University and accredited with A grade by NAAC)

PG AND RESEARCH DEPARTMENT OF HOME SCIENCE

*Organises a Skill Development Programme*

**COMPUTING SKILLS FOR  
PROJECT REPORT WRITING**

**RESOURCE PERSON**  
**Ms. Rajani Devi T.R.**  
 Assistant Professor in Home Science  
 Morning Star Home Science College

JANUARY 23, 2021  
 10.00 AM TO 12.00 PM  
 BENEFICIARIES: III BSC FCS STUDENTS

### Objectives

- Students can understand the fundamentals of computing theory.
- Students learn the ability to give presentations and write project reports.

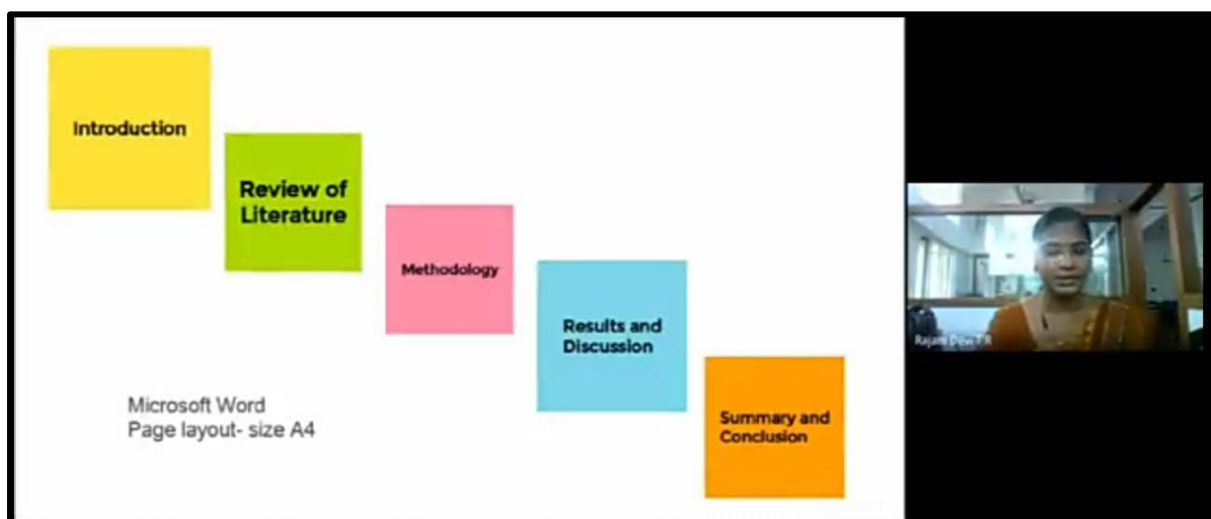


## Summary

PG and Research Department of Home Science organized an online Skill Development Programme 'Computing Skills for Project Report Writing' for final year UG students of the department on 23<sup>rd</sup> January 2021. Ms. Rajani Devi T. R, Assistant Professor was the resource person. About 29 students benefitted the programme. The programme could help the students to learn the basic skills and they could clarify the doubts regarding the computational techniques. They could also study the shortcut methods to design their project work which was useful to them for their final year project submission.

## Beneficiaries

III BSc FCS



## Outcomes

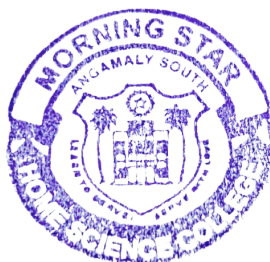
- Understand and learn about plagiarism, copyright and licensing polices.
- Students learn to study the basic techniques involved in the project report writing.


## List of Participants

Sl.No.	Name of the candidate	Class and Subject	23/01/2021
1	Anagha Binu	III BSc FCS	✓
2	Anna Joy	III BSc FCS	✓
3	Anna Maria A.J	III BSc FCS	✓
4	Aparna Unnikrishnan	III BSc FCS	✓
5	Arya K.R	III BSc FCS	✓



6	Aswathy Anil	III BSc FCS	✓
7	Aleena Johnson	III BSc FCS	✓
8	Catherine Mathew	III BSc FCS	✓
9	Deepti Dileep	III BSc FCS	✓
10	Delna Delight	III BSc FCS	✓
11	Devika Ravindran	III BSc FCS	✓
12	Devu S Nair	III BSc FCS	✓
13	Divya Johny	III BSc FCS	✓
14	Divya M S	III BSc FCS	✓
15	Fathima A B	III BSc FCS	✓
16	Fathima Thaudeela M P	III BSc FCS	✓
17	Fathimath Fasna K N	III BSc FCS	✓
18	Hanan Rashid	III BSc FCS	✓
19	Thahan Rashid	III BSc FCS	✓
20	Mariya Babu	III BSc FCS	✓
21	Neethu Sebastian	III BSc FCS	✓
22	Nimisha K S	III BSc FCS	✓
23	Reshma Joseph	III BSc FCS	✓
24	Reshma Menon	III BSc FCS	✓
25	Sethulakshmi V S	III BSc FCS	✓
26	Shimsiya Jose	III BSc FCS	✓
27	Sneha Augustine	III BSc FCS	✓
28	Sreelekshmi.C.Nair	III BSc FCS	✓
29	Vandhana Shaji	III BSc FCS	✓



  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**



## AN INTRODUCTION TO MS OFFICE

Title	An Introduction to MS Office
Date	16 <sup>th</sup> January 2021
Focus of the event	MS Office
Organizing Department	Department of Commerce
Resource person	Ms. Jesna Michel, Assistant Professor, St. Ann's College, Angamaly
Platform	Google Meet
Total no. of participants	49



**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
(Affiliated to Mahatma Gandhi University, Kottayam & Reaccredited by NAAC with A Grade)

**Department of Commerce  
Organizes**

**SEMINAR ON**  
**AN INTRODUCTION  
OF MS OFFICE**

**Resource Person:**  
**Ms. Jesna Michael**  
 Assistant Prof.  
 St. Anns College, Angamaly



**Organising Committee :**  
**Ms. K. S. Jwalini (HOD)**  
**Ms. Ann Mary Mathew**



**COLLEGE AUDITORIUM**



**16th January 2021**

### Objectives

With the objective of making students familiar with the changing technology, Department of Commerce organised a seminar on 'MS Office' on 16<sup>th</sup> January 2021.

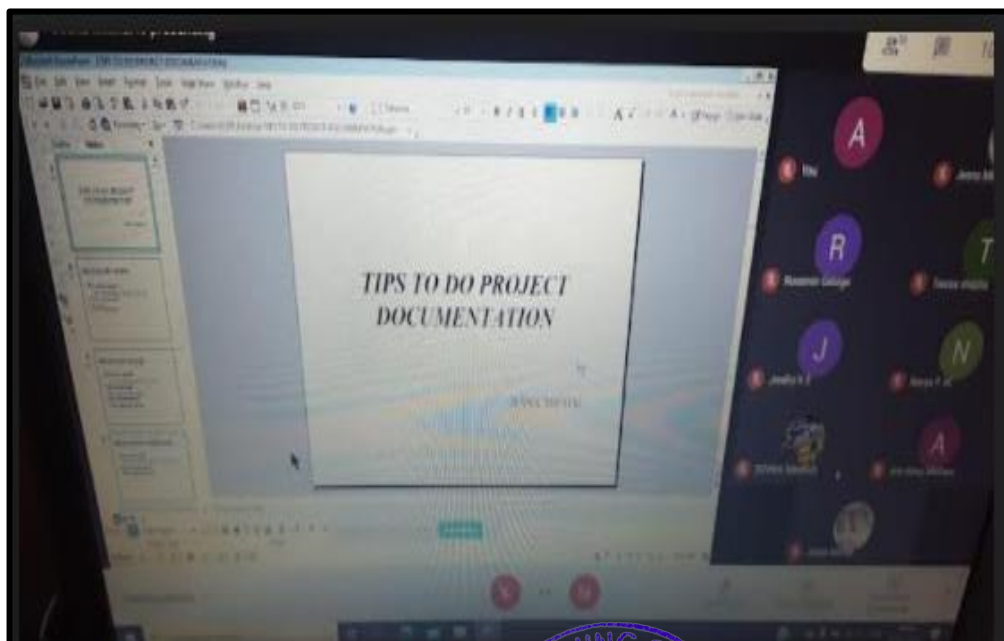
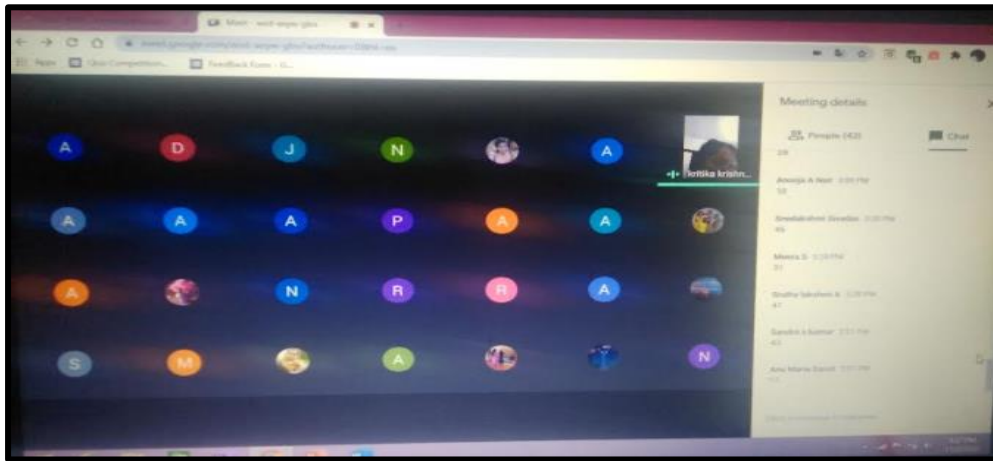


## Summary

A webinar on 'An Introduction to Ms Office' was conducted by Department of Commerce in association with IIC for final year students via google meet on 16<sup>th</sup> January 2021 from 10:00 am. Ms. Jesna Michel was the resource person for the webinar. MS office is a wonderful tool with many applications that are helpful to students in preparation of their projects. This set of lessons was design to help the students to understand and use MS office to the fullest potential of the program

## Beneficiaries

III B Com

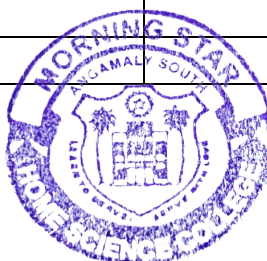


## Outcomes

The students of department got benefitted through the knowledge of the changing technology and trends in MS Office.

### List of Participants

Sl.No.	Full Name	16/01/2021
1	Aiswarya S.	✓
2	Amala Martin	✓
3	Amalendu T A	✓
4	Anagha Ayyappankutty	✓
5	Anitta Devassy	✓
6	Anjaly Peter	✓
7	Anju K Thankachan	✓
8	Ann Teresa Babu	✓
9	Anna Rose Joshy	✓
10	Anooja A.Nair	✓
11	Anu Maria David	✓
12	Aparna K R	✓
13	Aparna M A	✓
14	Aparna Rajan	✓
15	Aparna. A. V	✓
16	Athira K P	✓
17	Athiramol K.S	✓
18	Ayana Varghese	✓
19	Dayona M.P.	✓
20	Devika Sankar	✓
21	Gopika Sankar	✓
22	Harsha Martin	✓
23	Jasmin Mary George	✓
24	Jomol Joseph	✓
25	Josmy Joy	✓
26	Kavya Madhu	✓
27	Kritika P Krishnakumar	✓
28	M J Ashnamol	✓
29	Manju Michael	✓
30	Mariya A.J.	✓
31	Meera S	✓
32	Meghna Ajith	✓
33	Meghna Martin	✓



34	Namitha Biju	✓
35	Navya P. M.	✓
36	Neena C Babu	✓
37	Nivitha Maria Paul	✓
38	Pooja Sivadas	✓
39	Ramya Krishnan	✓
40	Ranjana Rajesh	✓
41	Rose Maria K P	✓
42	Rosemin George	✓
43	Sandra S.Kumar	✓
44	Sneha Martin	✓
45	Sonia K P	✓
46	Sreelakshmi T.S.	✓
47	Sruthy Lakshmi A	✓
48	Sruthy Sajan	✓
49	Theresa L Perumayan	✓



*Dr. Rosily*

**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## COMPUTATIONAL SKILLS AND ICT SKILLS

Title	Computational Skills and ICT Skills
Date	30 November to 04 December 2020
Focus of the event	Skills in Microsoft word, Excel and Power Point and internet.
Organizing Department	Internal Quality Assurance Cell (IQAC)
Resource person	Dr. Rintu Mary Sebastian & Dr. Navya Antony, Asst. Professors, Morning Star Home Science College, Angamaly.
Platform	Google Meet
Total no. of participants	74



**MORNING STAR HOME SCIENCE COLLEGE ANGAMALY**  
*Affiliated to Mahatma Gandhi University, Kottayam*  
*Re-accredited by NAAC with A grade*

Resource Persons



*Dr. Rintu Mary Sebastian*  
*Assistant Professor*  
*Department of Physics*



*Dr. Navya Antony*  
*Assistant Professor*  
*Department of Chemistry*

SKILL ENHANCEMENT PROGRAMME

## Computational & ICT Skills

Organized by

*Internal Quality Assurance Cell*

30.11.2020 to 4.12.2020

@ 3.00 pm - 4.00 pm

Beneficiaries : UG Students

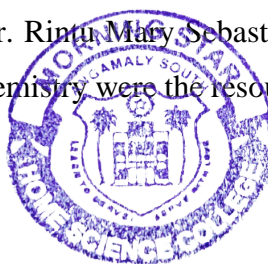


### Objectives

To enhance skills in Microsoft word, Excel and Power Point and internet.

### Summary

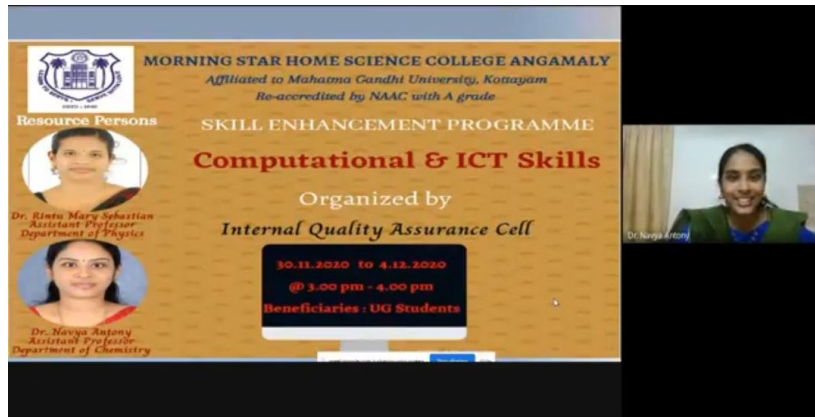
IQAC organized Skill Enhancement Programme – Computational Skills and ICT Skills from 30, November to 4, December 2020. Dr. Rintu Mary Sebastian of Department of Physics & Dr. Navya Antony of Department of Chemistry were the resource persons. The main objective



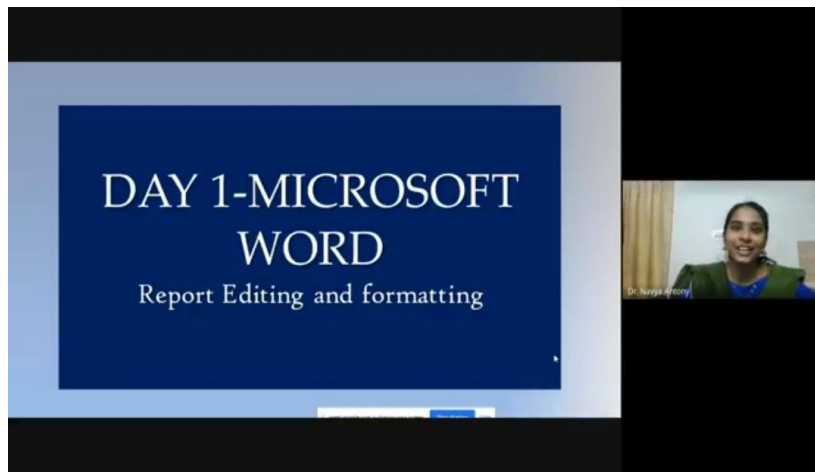
this programme was to enhance skill in Microsoft word, Excel power point and internet. This programme has equipped the students to excel in their project work and presentations.74 students benefited from the programme.

## Beneficiaries

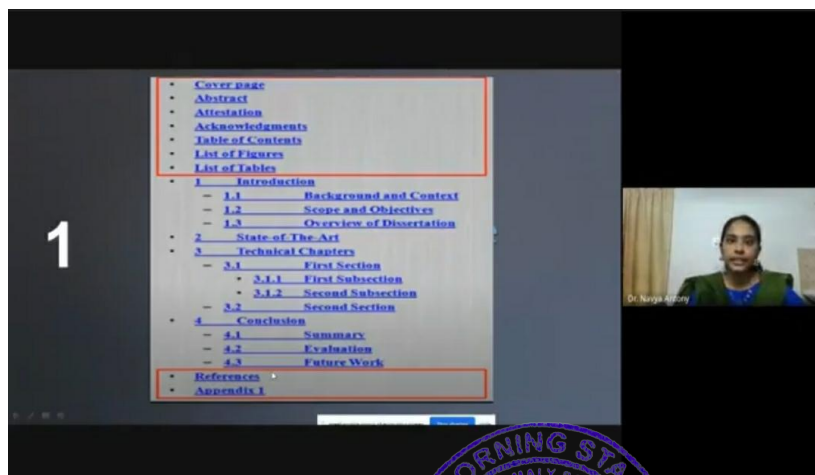
74 Physics and Chemistry UG students were participated and benefited from the programme



The image shows a presentation slide for a skill enhancement programme. The slide is titled "MORNING STAR HOME SCIENCE COLLEGE ANGAMALY" and is affiliated with Mahatma Gandhi University, Kottayam. It is re-accredited by NAAC with an A grade. The programme is a "SKILL ENHANCEMENT PROGRAMME" in "Computational & ICT Skills", organized by the Internal Quality Assurance Cell. The dates are 30.11.2020 to 4.12.2020, from 3:00 pm to 4:00 pm. The beneficiaries are UG Students. Two resource persons are listed: Dr. Ritu Mary Sebastian, Assistant Professor, Department of Physics, and Dr. Navya Antony, Assistant Professor, Department of Chemistry. To the right of the slide is a video call window showing Dr. Navya Antony.



The image shows a presentation slide for "DAY 1-MICROSOFT WORD" focusing on "Report Editing and formatting". To the right of the slide is a video call window showing Dr. Navya Antony.



The image shows a presentation slide with a table of contents. A large number "1" is on the left. The table of contents includes: Cover page, Abstract, Attestation, Acknowledgments, Table of Contents, List of Figures, List of Tables, 1 Introduction (1.1 Background and Context, 1.2 Scope and Objectives, 1.3 Overview of Dissertation), 2 State of The Art, 3 Technical Chapters (3.1 First Section (3.1.1 First Subsection, 3.1.2 Second Subsection), 3.2 Second Section), 4 Conclusion (4.1 Summary, 4.2 Evaluation, 4.3 Future Work), References, and Appendix 1. To the right of the slide is a video call window showing Dr. Navya Antony.



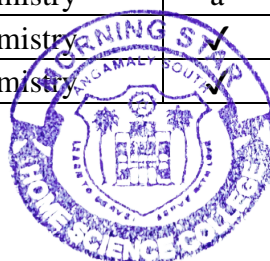
## Outcomes

The students developed advanced skills in MS office and internet. This enabled the students to excel in their project work and presentations especially in the present Covid -19 Scenario.

## List of Participants

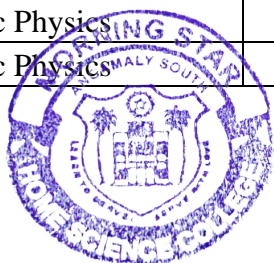
Date: 30 November, 2020 to 4 December 2020

Sl. No.	Name of participant	Class and subject	30 <sup>th</sup> Nov 2020	1 <sup>st</sup> Dec 2020	2 <sup>nd</sup> Dec 2020	3 <sup>rd</sup> Dec 2020	4 <sup>th</sup> Dec 2020
1	Anjana Venugopal	I B. Sc Chemistry	✓	✓	✓	✓	✓
2	Bhagyalakshmi A J	I B. Sc Chemistry	✓	✓	✓	✓	✓
3	Drisy P V	I B. Sc Chemistry	✓	✓	✓	✓	✓
4	Soubhaghya K Unni	III B. Sc Chemistry	✓	✓	✓	✓	✓
5	Ramya R	I B. Sc Chemistry	✓	✓	✓	✓	✓
6	Ann Rose Alex	I B. Sc Chemistry	✓	✓	✓	✓	✓
7	Nisna Nizar	II B. Sc Chemistry	a	✓	✓	✓	✓
8	Vyshnavi Vijayasankar	II B. Sc Chemistry	✓	✓	✓	✓	a
9	Rajitha M Subran	I B. Sc Chemistry	✓	✓	✓	✓	✓
10	Sreelakshmi Jyothish Kumar	I B. Sc Chemistry	✓	✓	✓	✓	✓
11	Darshana M S	I B. Sc Chemistry	✓	✓	✓	✓	✓
12	Ann Mary Varghese	III B. Sc Chemistry	✓	✓	✓	✓	✓
13	Aiswarya Mohandas	I B. Sc Chemistry	✓	✓	✓	✓	✓
14	Cincila Varghese M	III B. Sc Chemistry	✓	✓	✓	✓	✓
15	Tincy Varghese	III B. Sc Chemistry	✓	a	✓	✓	✓
16	Sona Mirza Hassan	I B. Sc Chemistry	✓	✓	✓	✓	✓
17	Sona Soji	I B. Sc Chemistry	✓	✓	✓	✓	✓
18	Spiya Benny	III B. Sc Chemistry	✓	✓	✓	✓	✓
19	Liya Antoy	III B. Sc Chemistry	✓	✓	✓	✓	✓
20	Prejitha Ajith	III B. Sc Chemistry	✓	✓	✓	✓	✓
21	Shahanas M K	I B. Sc Chemistry	✓	✓	✓	✓	✓
22	Rosmy Wilson	I B. Sc Chemistry	✓	✓	✓	✓	✓
23	Sandra Varghese	I B. Sc Chemistry	✓	✓	✓	a	✓
24	Dona Biju	I B. Sc Chemistry	✓	✓	✓	✓	✓
25	Aiswarya Suresh	III B. Sc Chemistry	✓	✓	✓	✓	✓
26	Sreelakshmi Das	III B. Sc Chemistry	✓	✓	✓	✓	✓
27	Christina Varghese	III B. Sc Chemistry	✓	✓	✓	✓	✓
28	Akshara R	III B. Sc Chemistry	a	✓	✓	✓	✓
29	Mily Babu	III B. Sc Chemistry	✓	✓	✓	✓	✓
30	Anna Jose	III B. Sc Chemistry	✓	✓	✓	✓	✓



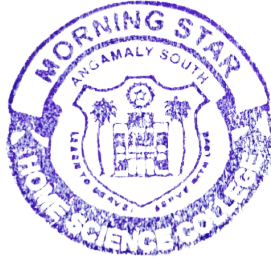
31	Anitha M R	III B. Sc Chemistry	✓	✓	a	✓	✓
32	Malavika K G	III B. Sc Chemistry	✓	✓	✓	✓	✓
33	Neha Cicily Simmethy	I B. Sc Chemistry	✓	✓	✓	✓	✓
34	Anila Johnson	III B. Sc Chemistry	✓	✓	✓	✓	✓
35	Ann Maria Varghese	III B. Sc Chemistry	✓	✓	✓	✓	a
36	Merin Rose	III B. Sc Chemistry	✓	✓	✓	✓	✓
37	Anviya Francis	I B. Sc Chemistry	✓	✓	✓	✓	✓
38	Deena Baiju	III B. Sc Chemistry	✓	a	✓	✓	✓
39	Krishnendhu Sajeevan	I B. Sc Chemistry	✓	✓	✓	✓	✓
40	Mary V J	III B. Sc Chemistry	✓	✓	✓	✓	✓
41	Safna K S	III B. Sc Chemistry	✓	✓	✓	✓	✓
42	Aparna Elias	I B. Sc Chemistry	✓	✓	✓	✓	✓
43	Farzana K A	I B. Sc Chemistry	✓	✓	✓	a	✓
44	Bhavana Shanmughan	III B. Sc Chemistry	✓	✓	✓	✓	✓

Sl. No.	Name of participant	Class and subject	30 <sup>th</sup> Nov 2020	1 <sup>st</sup> Dec 2020	2 <sup>nd</sup> Dec 2020	3 <sup>rd</sup> Dec 2020	4 <sup>th</sup> Dec 2020
1	Anamika V S	III B. Sc Physics	✓	✓	✓	✓	✓
2	Anooja Prakash	III B. Sc Physics	✓	✓	✓	✓	✓
3	Arunima G Laly	III B. Sc Physics	✓	a	✓	✓	✓
4	Aswany Subramanian	III B. Sc Physics	✓	a	✓	✓	✓
5	Dinju Maria Davis	III B. Sc Physics	✓	✓	✓	✓	✓
6	Diya N B	III B. Sc Physics	✓	✓	a	✓	✓
7	Farzeena P A	III B. Sc Physics	✓	✓	✓	✓	✓
8	Fathima Femiya	III B. Sc Physics	✓	✓	✓	✓	✓
9	Fathima Semiya	III B. Sc Physics	✓	✓	✓	✓	✓
10	Gayathri M	III B. Sc Physics	✓	✓	✓	✓	✓
11	Kayadhu Mahesh	III B. Sc Physics	✓	✓	✓	✓	✓
12	Krishnaveni Krishnankutty	III B. Sc Physics	✓	✓	✓	✓	✓
13	Miwa Wilson	III B. Sc Physics	✓	✓	✓	✓	✓
14	Mona K C	III B. Sc Physics	✓	✓	✓	✓	✓
15	Nisha Bijo	III B. Sc Physics	✓	✓	✓	✓	✓
16	Rufiya Denny	III B. Sc Physics	✓	✓	✓	✓	✓
17	Sony Joseph	III B. Sc Physics	✓	✓	a	✓	✓
18	Tinu Nirmala Varghese	III B. Sc Physics	✓	✓	✓	✓	✓
19	Varsha Vincent	III B. Sc Physics	✓	✓	✓	✓	✓
20	Aleena Joy	II B. Sc Physics	✓	✓	✓	✓	✓
21	Anjali K Paul	II B. Sc Physics	✓	✓	✓	✓	✓
22	Bella K B	II B. Sc Physics	✓	✓	✓	✓	✓





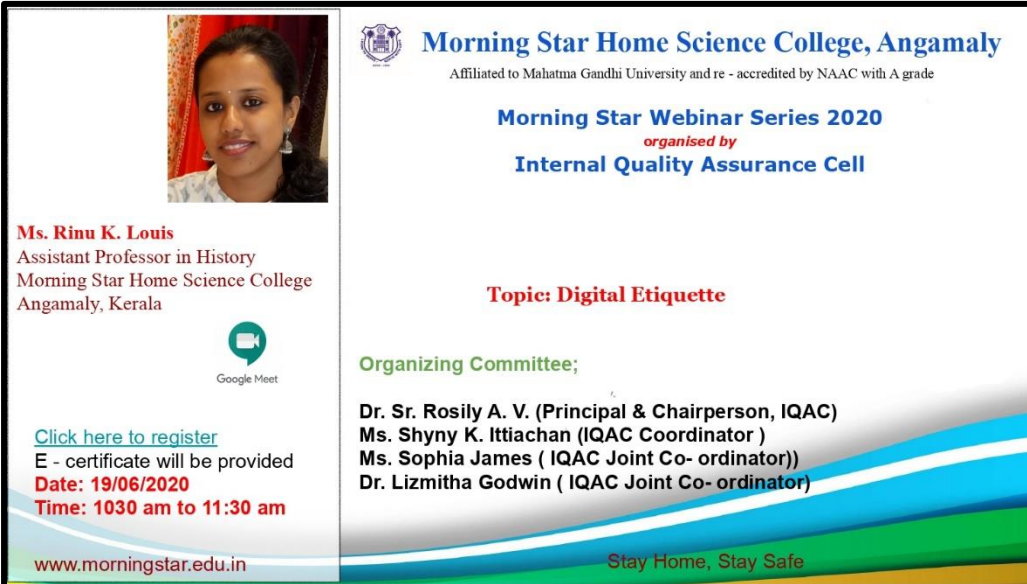
23	Fathima Niloofer	II B. Sc Physics	✓	✓	a	✓	✓
24	Karthika Gopakumar	II B. Sc Physics	✓	✓	✓	✓	✓
25	Sandra Sunil	II B. Sc Physics	✓	✓	✓	✓	✓
26	Sona Paul	II B. Sc Physics	✓	✓	✓	a	✓
27	Anusree Ramesh	II B. Sc Physics	✓	✓	✓	✓	a
28	Hanna Varghese	II B. Sc Physics	✓	✓	✓	a	✓
29	Lakshmi P	II B. Sc Physics	✓	✓	✓	✓	✓
30	Sreelakshmi Praveen	II B. Sc Physics	✓	✓	✓	✓	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## DIGITAL ETIQUETTE

Title	Digital Etiquette
Date	19 <sup>th</sup> June 2020
Focus of the event	To make aware of appropriate behaviour in online
Organizing Department	Internal Quality Assurance Cell (IQAC)
Resource person	Ms. Rinu K. Louis, Asst.Professor in History, Morning Star Home Science College, Angamaly.
Platform	Google Meet
Total no. of participants	104



**Morning Star Home Science College, Angamaly**  
Affiliated to Mahatma Gandhi University and re - accredited by NAAC with A grade

**Morning Star Webinar Series 2020**  
organised by  
**Internal Quality Assurance Cell**

**Topic: Digital Etiquette**

**Organizing Committee;**  
Dr. Sr. Rosily A. V. (Principal & Chairperson, IQAC)  
Ms. Shyny K. Ittiachan (IQAC Coordinator )  
Ms. Sophia James ( IQAC Joint Co- ordinator))  
Dr. Lizmitha Godwin ( IQAC Joint Co- ordinator)

**Ms. Rinu K. Louis**  
Assistant Professor in History  
Morning Star Home Science College  
Angamaly, Kerala

Google Meet

[Click here to register](#)  
E - certificate will be provided  
**Date: 19/06/2020**  
**Time: 1030 am to 11:30 am**

[www.morningstar.edu.in](http://www.morningstar.edu.in)

Stay Home, Stay Safe

### Objectives

- To make aware of appropriate behaviour in online
- To give an awareness on the consequences of cyber-bulling and negative online behaviour

### Summary

The IQAC organized a webinar on ‘Digital Etiquette’ on 19, June 2020 with objectives to make aware of the better understanding for appropriate behavior online, understand how one's online behavior can affect others, understand the consequences of cyber-bulling and negative online behaviors. Ms. Rinu K. Louis, Asst.Professor in History, Morning Star Home Science College was the speaker. The resource person detailed the electronic standards of conduct or procedure to the campus community. She explained the proper rules of behavior while using technical devices and interacting with others. The speaker insisted the professionals and students not to



communicate on a social networking site without knowing the rules or responsibilities. Topics like Seven Rules for Online Etiquette and Netiquette were detailed. Due to the Covid-19 pandemic the entire offline systems were converted to online mode. This webinar enabled the beneficiaries become aware about online conduct.

## Beneficiaries

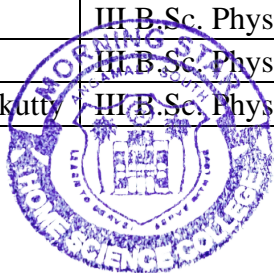
104 UG students from various departments were participated and benefited from the programme

## Outcomes

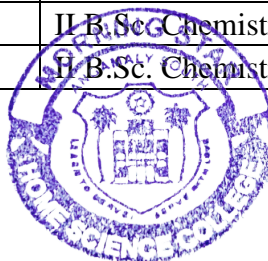
The students got a deep knowledge on proper rules of online behavior and the consequences of negative online behaviors in the present Covid -19 Scenario.

### List of Participants

Sl.No.	Student	Class and subject	19 <sup>th</sup> June 2020
1	Anjaly Jose	III B.Sc Zoology	✓
2	Greeshma A U	III B.Sc Zoology	✓
3	Maneesha K T	III B.Sc Zoology	✓
4	Merly T T	III B.Sc Zoology	✓
5	Namitha Saji	III B.Sc Zoology	✓
6	Donna Johny	III B.Sc Zoology	✓
7	Shalet Tomy	III B.Sc Zoology	✓
8	Swathy Sudhakar	III B.Sc Zoology	✓
9	Ardra Surendran	III B.Sc Zoology	✓
10	Arya K R	III B.Sc FCS	✓
11	Devika Raveendran	III B.Sc FCS	✓
12	Thahan Rashid	III B.Sc FCS	✓
13	Neethu Raveendran	III B.Sc FCS	✓
14	Shimsiya Jose	III B.Sc FCS	✓
15	Delna Delight	III B.Sc FCS	✓
16	Nimisha K S	III B.Sc FCS	✓
17	Divya Johny	III B.Sc FCS	✓
18	Sivapriya K C	III B.Sc FCS	✓
19	Varsha Vincent	III B.Sc. Physics	✓
20	Nisha Bijo	III B.Sc. Physics	✓
21	Arunima G Laly	III B.Sc. Physics	✓
22	Kayadhu Mahesh	III B.Sc. Physics	✓
23	Krishnaveni Krishnankutty	III B.Sc. Physics	✓



24	Farzeena P A	III B.Sc. Physics	✓
25	Fathima Semiya	III B.Sc. Physics	✓
26	Safna K S	III B.Sc.Chemistry	✓
27	Soubaghya K Unni	III B.Sc.Chemistry	✓
28	Christina Varghese	III B.Sc.Chemistry	✓
29	Mary V J	III B.Sc.Chemistry	✓
30	Cincila Varghese M	III B.Sc.Chemistry	✓
31	Malavika K G	III B.Sc.Chemistry	✓
32	Jomol P John	III B A English	✓
33	Neha Anna Abraham	III B A English	✓
34	Sandra Sabu	III B A English	✓
35	Shero Martin	III B A English	✓
36	Sona Vijesh	III B A English	✓
37	Thasni Nazeer	III B A English	✓
38	Grace Maria Geogy	III B A English	✓
39	Maria P.J	III B A English	✓
40	Namitha Suresh	III B A English	✓
41	Anu A.S.	III B.A. Economics	✓
42	Arunima Prasad	III B.A. Economics	✓
43	Reshma K R	III B.A. Economics	✓
44	Amrita Vijayakumar	III B.A. Economics	✓
45	Maria Kuriakose	III B.A. Economics	✓
46	Anju Avarachan	III B.A. Economics	✓
47	Annmary K Benny	III B.A. Economics	✓
48	Rose Maria K P	III B.Com.	✓
49	Dayona M P	III B.Com.	✓
50	Nivitha Maria Paul	III B.Com.	✓
51	Jasmin Mary George	III B.Com.	✓
52	Ramya Krishnan	III B.Com.	✓
53	Aparna A. V	III B.Com.	✓
54	Meghna Ajith	III B.Com.	✓
55	Ayana Varghese	III B.Com.	✓
56	Amalendu T A	III B.Com.	✓
57	Anagha Ayyappankutty	III B.Com.	✓
58	Sruthy Lakshmi A	III B.Com.	✓
59	Namitha Biju	III B.Com.	✓
60	Lakshmi P	II B.Sc. Physics	✓
61	Hanna Varghese	II B.Sc. Physics	✓
62	Fathima Niloofar	II B.Sc. Physics	✓
63	Sandra Sunil	II B.Sc. Physics	✓
64	Debiya Davis	II B.Sc.Chemistry	✓
65	Krishna Priya P M	II B.Sc. Chemistry	✓



66	Teresa Martin	II B.Sc. Chemistry	✓
67	Stephy Sunny	II B.Sc. Chemistry	✓
68	Angel Joseph	II B.Sc. Chemistry	✓
69	C M Mahsana	II B.Sc. Chemistry	✓
70	Shahla P	II B.Sc Zoology	✓
71	Shana	II B.Sc Zoology	✓
72	Aleena Shaju	II B.Sc Zoology	✓
73	Anitta Davis	II B.Sc Zoology	✓
74	Anjana Prabha	II B.Sc Zoology	✓
75	Dona Jose	II B.Sc Zoology	✓
76	Grazia Baby	II B.Sc Zoology	✓
77	Malavika PN	II B.Sc Zoology	✓
78	Nesnamol Marackar	II B.Sc Zoology	✓
79	Meenakshi Binoy	IIB.Sc. FCS	✓
80	Nixy E D	IIB.Sc. FCS	✓
81	Praissymol. A. P	IIB.Sc. FCS	✓
82	Rexy K.R	IIB.Sc. FCS	✓
83	Rizmin S	IIB.Sc. FCS	✓
84	Rose Mary	IIB.Sc. FCS	✓
85	Sandra P Sathyan	IIB.Sc. FCS	✓
86	Shahana K.N	IIB.Sc. FCS	✓
87	Agness Thomas	IIB.Sc. FCS	✓
88	Vyshnavi Raghu	II B.Com.	✓
89	Lissy Thomas	II B.Com.	✓
90	Ann Mariya Joy	II B.Com.	✓
91	Aswini Sreenivas	II B.Com.	✓
92	Krishnendu Prasad	II B.Com.	✓
93	Devika V B	II B.Com.	✓
94	Saniamole Eldho	II B.Com.	✓
95	Bency Benny	II B.Com.	✓
96	Athira Babu	II B A English	✓
97	Bency Benedict	II B A English	✓
98	Dilna Sani	II B A English	✓
99	Jismi Pappachan	II B A English	✓
100	Krishnendu P.S.	II B A English	✓
101	Amrutha Davis	II B.A. Economics	✓
102	Maria Joy	II B.A. Economics	✓
103	Sandra T.L	II B.A. Economics	✓
104	Lisha Shabu	II B.A. Economics	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
**Morning Star Home Science College**  
**Angamaly - 683 573**

## ABC OF ONLINE BANKING

Title	ABC of Online Banking
Date	8 <sup>th</sup> May 2021
Focus of the event	Developing computer skills for online banking
Organizing Department	NSS
Resource person	Mr. V. K Adarsh, Chief Manager Technical, Mangalore
Platform	Google Meet
Total no. of participants	75



**Morning Star Home Science College,**  
**Angamaly**



**National Service Scheme**  
**Unit No. 58**

**A Talk**  
**On**  
**ABC Of Online Banking**

**V.K.Adarsh**  
Chief Manager Technical,  
Union Bank Of India,  
Mangalore

**Speaker**



Date : 8/5/21  
Time :11.30 am



Google meet

**Welcomes,**  
**Dr. Megha Thampy,**  
**Dr. Resmi G**

### Objectives

- Students can understand the fundamentals of online banking.
- Students learn the advantages of online transactions.

### Summary

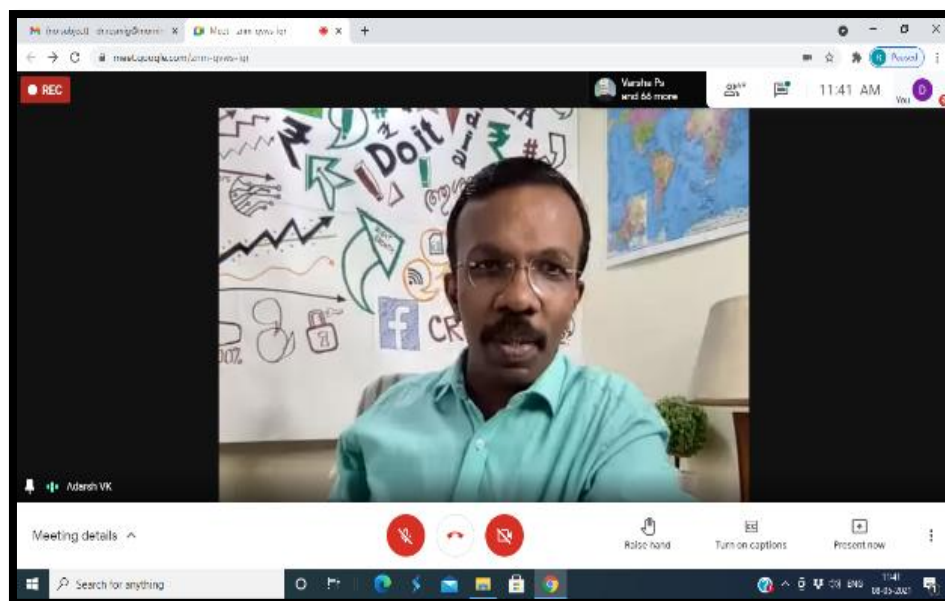
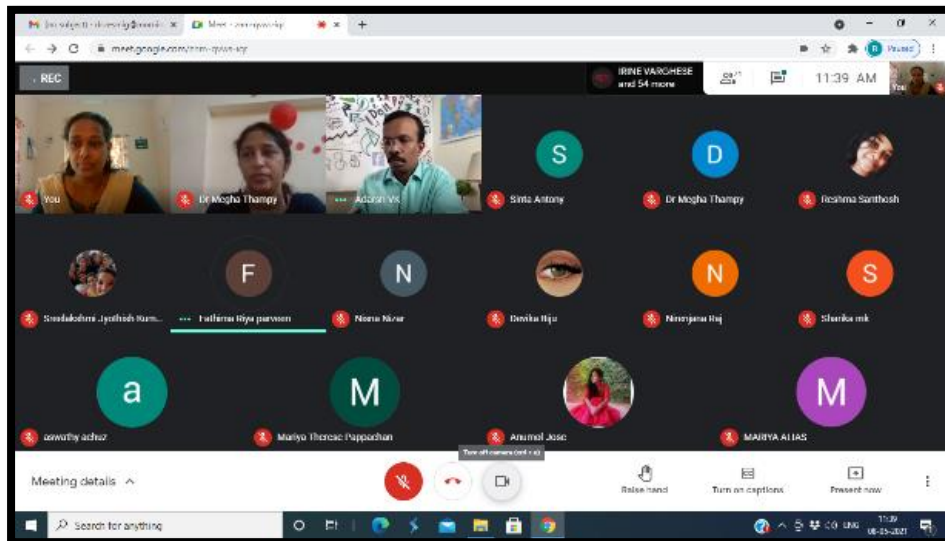
NSS Unit No: 58, Morning Star Home Science College Angamaly organized an online Skill Development Programme on banking named 'ABC of online banking'. Teaching online banking to do the money transactions to avoid personal contact was conducted through a webinar on 8<sup>th</sup> May 2021 at 11.30 am. V. K Adarsh, Chief Manager Technical, Mangalore was



the speaker. NSS volunteer Ms. Fathima Riya Parveen welcomed the guest and participants. Ms. Reshma Santhosh delivered vote of thanks

## Beneficiaries

All second year UG Students



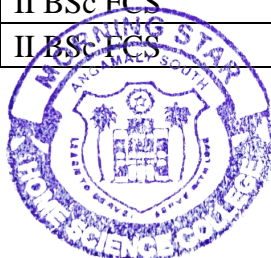
## Outcomes

- Recognize the benefits of cashless online transactions.
- Students can share the knowledge regarding online transactions to their parents also.



## List of Participants

Sl. No	Name of the candidate	Class and Subject	8 <sup>th</sup> May 2021
1	Anviya Francis	II BSc Chemistry	✓
2	Anjana Venugopal	II BSc Chemistry	✓
3	Aiswarya Mohandas	II BSc Chemistry	✓
4	Bhagyalakshmi A J	II BSc Chemistry	✓
5	Ramya R	II BSc Chemistry	✓
6	Sreelakshmi Jyothish Kumar	II BSc Chemistry	✓
7	Aleena poulose	II BSc Chemistry	✓
8	Nisna Nizar	II BSc Chemistry	✓
9	Sandra Varghese	II BSc Chemistry	✓
10	Vyshnavi Vijayasankar	II BSc Chemistry	✓
11	Anjana Jogi	II BSc Physics	✓
12	Anjali K. B.	II BSc Physics	✓
13	Anjana K. S.	II BSc Physics	✓
14	Aneena Peter	II BSc Physics	✓
15	Aysha T. A.	II BSc Physics	✓
16	Fathima Riya Parveen	II BSc Physics	✓
17	Sona Steephen	II BSc Physics	✓
18	Stani C.T.	II BSc Physics	✓
19	Tinila Tomy P.T .	II BSc Physics	✓
20	Aleena Babu	II BSc Zoology	✓
21	Shahanas M. K.	II BSc Chemistry	✓
22	ANZILA.M.K.	II BSc Zoology	✓
23	Athira C. M.	II BSc Zoology	✓
24	Krishnapriya C. M.	II BSc Zoology	✓
25	Mildamol Binoy	II BSc Zoology	✓
26	Minnu Maria Francis	II BSc Zoology	✓
27	Sandra Sivan	II BSc Zoology	✓
28	Sona Cheriyan	II BSc Zoology	✓
29	Ummu Salma M.S.	II BSc Zoology	✓
30	Aarsha Johnson	II BSc FCS	✓
31	Ann Treesa Mariat	II BSc FCS	✓
32	Angel G.Oswin	II BSc FCS	✓
33	R. Ganga Chandra	II BSc FCS	✓
34	GILSY VARGHESE	II BSc FCS	✓
35	HASNA MUHSIN	II BSc FCS	✓
36	Joffi Thambi	II BSc FCS	✓
37	Mufeeda thireru	II BSc FCS	✓
38	Neha P. J.	II BSc FCS	✓





39	Nirenjana Raj	II BSc FCS	✓
40	Riya Jolly	II BSc FCS	✓
41	Sanjana K Suresh	II BSc FCS	✓
42	Sinta Antony	II BSc FCS	✓
43	Vismitha M. V.	II BSc FCS	✓
44	Rajitha.M.Subran	II BA Economics	✓
45	Riya Paul	II BA Economics	✓
46	Akshaya Balachandran	II BA Economics	✓
47	Aleena Saju	II BA Economics	✓
48	Ann Mariya M Davy	II BA Economics	✓
49	JESNA K. J.	II BA Economics	✓
50	Aythihya.E.S.	II BA Economics	✓
51	Devika Dinesh	II BA Economics	✓
52	Salma Majeed P. M.	II BA Economics	✓
53	Femina P.N.	II BA Economics	✓
54	Ganga Shaju	II BA Economics	✓
55	Aleena Soy	II BA Economics	✓
56	Libiya Baby (Sr. Ann Joe Csn)	II BA Economics	✓
57	Meera Joy	II BA Economics	✓
58	Devika Devadas	II BA Economics	✓
59	Varsha P. S.	II BA Economics	✓
60	Riya Rengi	II BA Economics	✓
61	Aleena Sebastian	II BCom	✓
62	Anakha Babu	II BCom	✓
63	Aneesha Baiju	II BCom	✓
64	Anitha Vavachan	II BCom	✓
65	Annmary James	II BCom	✓
66	Anyna Mary Sebastian	II BCom	✓
67	Devika Biju	II BCom	✓
68	Aswathy T Peethambaran	II BCom	✓
69	Nelopher Brooson	II BCom	✓
70	Radhika Jamsy	II BCom	✓
71	Reshma Santhosh	II BCom	✓
72	SANDRA K.S.	II BCom	✓
73	Stija Maria steephan	II BCom	✓
74	Vyshnavidas K.H.	II BCom	✓
75	Rose Mariya Shaju	II BCom	✓



*Dr. Rosily*  
**DR. ROSILY A.V.**  
**Principal-In-Charge**  
Morning Star Home Science College  
Angamaly - 683 573

## TRAINING ON e-PAYMENT SYSTEM

Title	Training On e-payment System - Rs. 1 Between You and Me
Date	16 <sup>th</sup> May 2021
Focus of the event	Training on cashless transactions
Organizing Department	NSS
Platform	Online
Total number of participants	40

### Objectives

- To know about online transaction of money through one-rupee exchange.
- To teach others about the techniques of online banking.

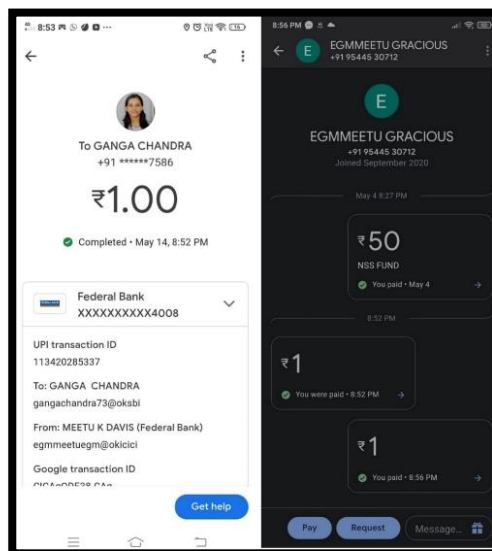
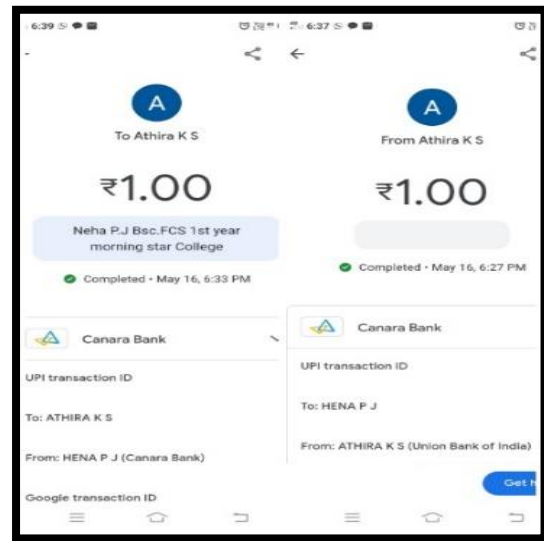
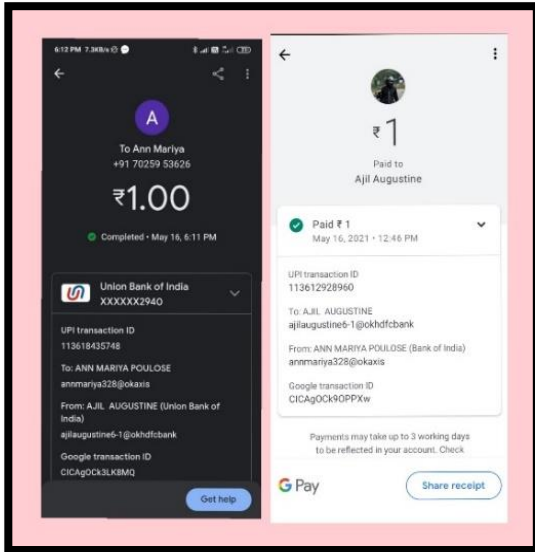
### Summary

NSS Unit No: 58, Morning Star Home Science College Angamaly organized a workshop on online banking banking named 'Rs. 1 between you and me'. Rs. 1 between you and me Workshop: To understand the epayment system One-rupee exchange trial was done between NSS volunteers and others through google pay, paytm and other epayment systems on 16<sup>th</sup> May 2021. The workshop helped the NSS volunteers to gain experience on online banking and to teach others about how to do online transactions.



## Beneficiaries

1<sup>st</sup> years of all UG Students

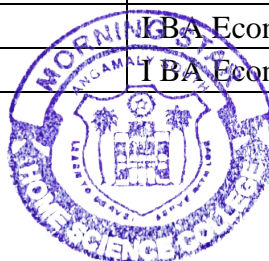


## Outcome

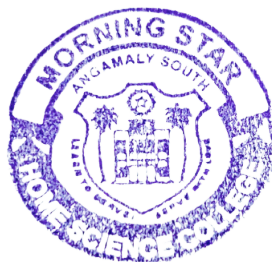
- Realize the benefits of epayment system.
- Students learn to teach their parents/siblings/friends about the methods of online transactions.

## List of the participants

Sl. No:	Name of the student	Class and subject	16 <sup>th</sup> May 2021
1	Akshaya Balachandran	I BA Economics	✓
2	Amala Saju	I BA Economics	✓
3	Ammu PS	I BA Economics	✓
4	Devika Dinesh	I BA Economics	✓



5	Ganga Shaju	I BA Economics	✓
6	Meera Joy	I BA Economics	✓
7	Devika Devadas	I BA Economics	✓
8	Moncy Joshy	I BA Economics	✓
9	Nikitha Mendez	I BA Economics	✓
10	Nicena Rose Augustin	I BA Economics	✓
11	Varsha P. S.	I BA Economics	✓
12	Riya Rengi	I BA Economics	✓
13	Navami	I BA Economics	✓
14	Akhila CS	I BCom	✓
15	Bini M Varghese	I BCom	✓
16	Irine Varghese	I BCom	✓
17	Radhika Jamsy	I BCom	✓
18	Sandra K S	I BCom	✓
19	Devika Biju	I BCom	✓
20	Aswathy T Peethambaran	I BCom	✓
21	Geethu. S.	I BCom	✓
22	Gopika U Krishna	I BCom	✓
23	Stija Mariya Stephen	I BCom	✓
24	Aleena Poullose	I BSc Chemistry	✓
25	Sandra Varghese	I BSc Chemistry	✓
26	Shahanas M K	I BSc Chemistry	✓
27	Sreelakshmi Jyothish Kumar	I BSc Chemistry	✓
28	Angel G Oswin	I BSC FCS	✓
29	Ann Treesa Mariat	I BSC FCS	✓
30	Neha PJ	I BSc FCS	✓
31	Sinta Antony	I BSC FCS	✓
32	Vismitha M V	I BSC FCS	✓
33	Gilsy Varghese	I BSC FCS	✓
34	Nirenjana Raj	I BSC FCS	✓
35	Aneena Peter	I BSc Physics	✓
36	Athira K S	II BSC FCS	✓
37	Aysha T A	I BSc Physics	✓
38	Tinila Tomy	I BSc Physics	✓
39	Aysha T. A.	I BSc Physics	✓
40	Fathima Riya Parveen	I BSc Physics	✓



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