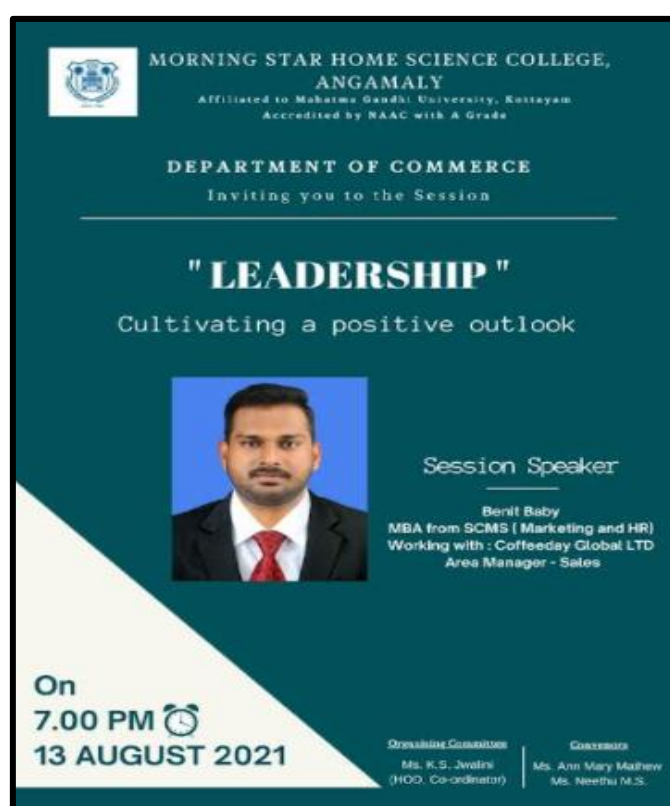


## LEADERSHIP- CULTIVATING A POSITIVE OUTLOOK

Title	Leadership- cultivating a positive outlook
Date	13 <sup>th</sup> August 2021
Focus of the event	How to cultivate a positive outlook
Organizing Department	Department of Commerce
Resource person	Mr. Benit Baby, MBA, Area Manager-Sales, Coffeeday Global Ltd
Platform	Google Meet
Total no. of participants	8



### Objectives

The webinar aimed to emphasize the importance of leadership in this competitive era. Moreover, the success or failure of an individual depends upon his positive outlook towards life. The objective of the webinar was also to motivate towards team building, character building, thought leadership and also given exposure in handling real time situation.

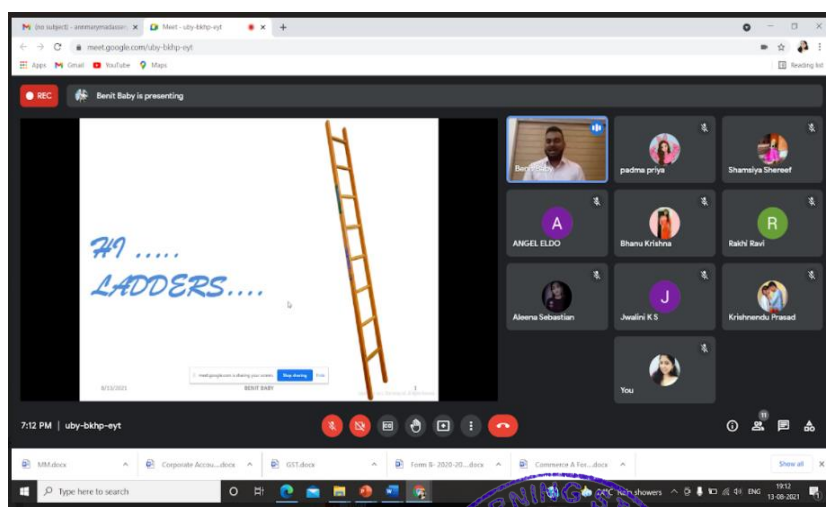
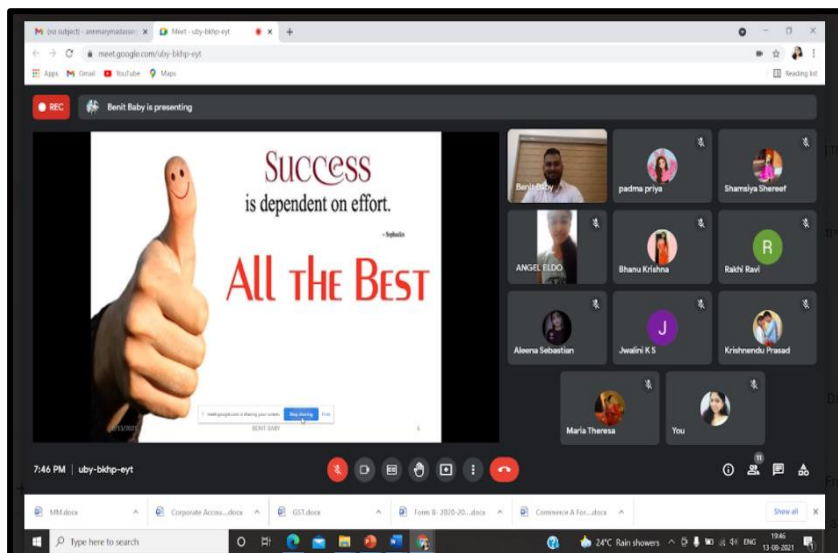


## Summary

The webinar highlighted the importance of leadership in one's life. It also helped the students to take steps to better harness their leadership skills to live a better fulfilling life in the future. The importance of positive outlook towards life is the key to success in today's difficult times. A Managerial Life Skill webinar on the topic "Leadership- cultivating a positive outlook" was organized to all the B. Com class representatives and B.Voc Class representatives on 13<sup>th</sup> August 2021 by Mr. Benit Baby, MBA, Area Manager-Sales, Coffee Day Global Ltd.

## Beneficiaries

B Com class representatives and B Voc class representatives.

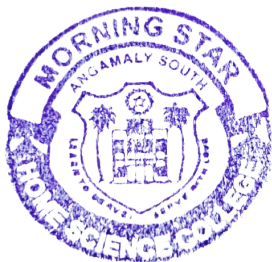


## Outcomes

The webinar helped the students to appreciate the importance of leadership skills in their daily life.

### List of Participants

Sl.No.	Full Name	Class	Attendance
1	Krishnendu Prasad	III B Com	✓
2	Shamsiya C Shereef	III B Com	✓
3	Padmapriya. R. Prabhu	III B Com	✓
4	Angle Eldo	I B Com	✓
5	Bhanu Krishna V G	I B Com	✓
6	Aleena Sebastian	I B Com	✓
7	Rakhi Ravi	I B Voc	✓
8	Mariya Theresa Pappachan	I B Com	✓



*Dr. Rosily*

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

## PERSONALITAS PROGRESSIO AND POSITIVAE

Title	Personalitas Progressio And "Positivae"
Date	8 <sup>th</sup> October 2021
Focus of the event	<ul style="list-style-type: none"> <li>To develop an impressive personality of students.</li> <li>To improve student's communication skills.</li> <li>Students ought to master the art of expressing their thought and feelings in the most desired way.</li> </ul>
Organizing Department	B Voc Applied Accounting and Taxation
Resource person	Mr. Vigin M S, Project Officer, District Mental Health Program, Ernakulum.
Platform	Google Meet
Total no. of participants	24



**Morning Star Home Science College, Angamaly**  
Affiliated to MG University and Re- accredited by NAAC with A Grade

**B.Voc Applied Accounting and Taxation**

**WEBINAR**  
**Personalitas Progressio**  
**& "Positivae"**



*Resource person*

**Mr. Vigin M S**  
**Project Officer**  
**District Mental Health Programme**

Date : 08/10/21  
Time : 6pm  
Platform : Google meet

**Co-ordinator** Ms.Soumya Alias.      **Convener** Ms.Dhanya C X      **Beneficiaries** B.Voc Students

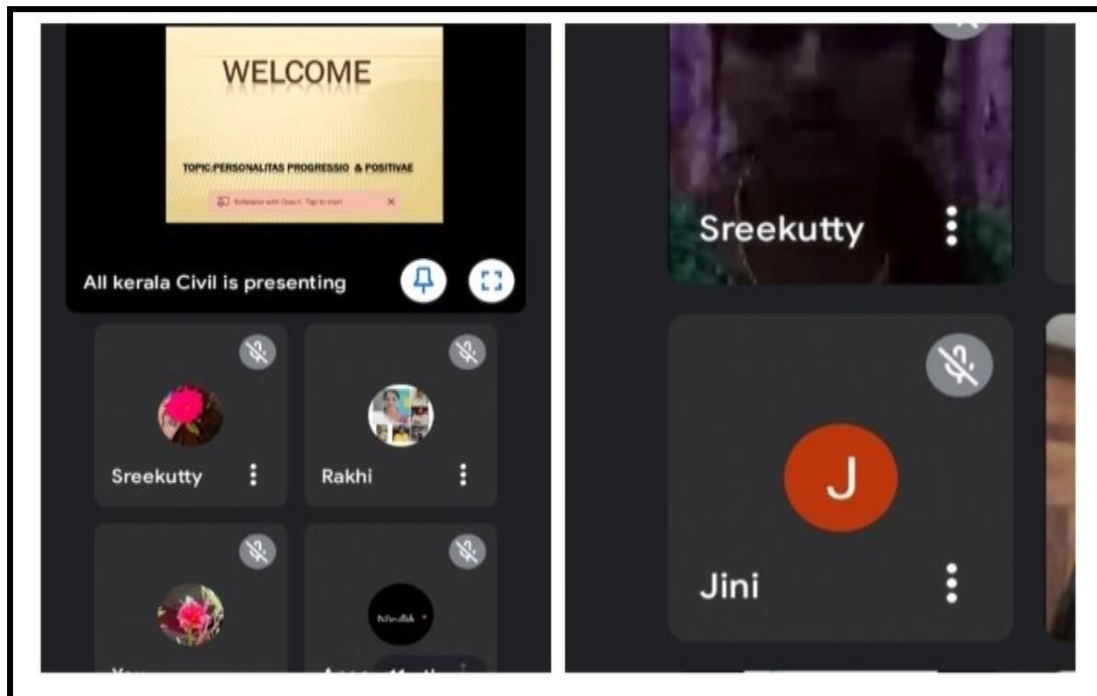
### Objectives

- To develop an impressive personality of students.
- To improve student's communication skills.
- Students ought to master the art of expressing their thought and feelings in the most desired way.



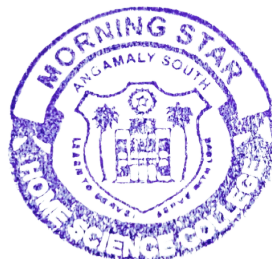
## Summary

Department of B Voc organized a webinar on the topic personalitas progression and positivae for B Voc students on 08-10-2021. The main objectives of the programme is to develop an impressive personality of students and ought to master the art of expressing their thought and feelings in the most desired way. Mr.Vigin M S, Project Officer, District Mental Health Program, Ernakulum, was the resource person. The session was very interesting for students and encouraged them for shaping their future.



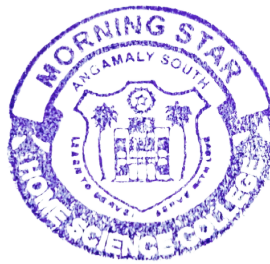
## Outcome

The webinar helped the students to bring out and hone the positivity inside them including attitude, potential to achieve their goal, learning willingness and punctuality. 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 Participants

Sl.No	Name	Class	Attendance
1	Ashmathadevus	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	✓



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

## 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**  
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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

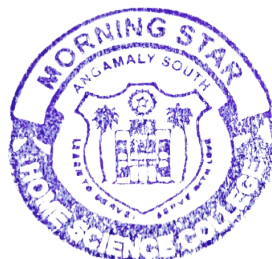







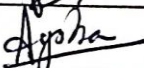

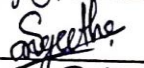

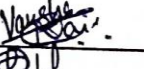

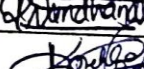
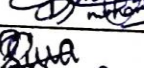
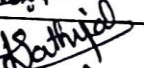
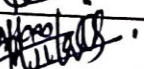
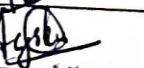
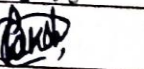
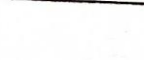
**Outcome**

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	



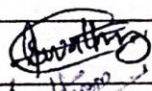
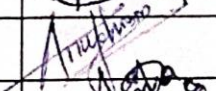
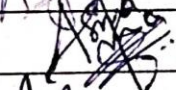
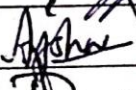

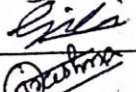
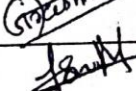

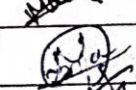
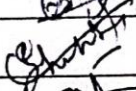
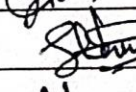
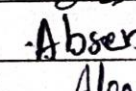
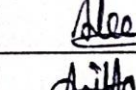


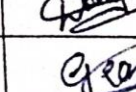

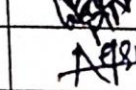
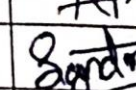
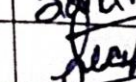
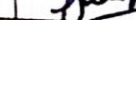
Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Afnitha C Rafeek		27.	Meghana Vincent	
2.	Aiswarya K.S		28.	Minnu P.T	
3.	Aleena Biju		29.	Nandana Reghu	
4.	Aleena Fransuzky		30.	Neetha Krishna	
5.	Anakha Baby		31.	Praseeda.C.P	
6.	Angel Baby		32.	Sandra Sasi	
7.	Angel Rose Johnson		33.	Sanuja Sajeev	
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	

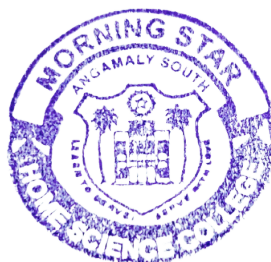



23.	Jyothika Varghese		49.	Dhanya Starly	
24.	K J Jeena		50.	Diltha Davis	
25.	Leona Rose Joseph		51.	Jesna Carlose	
26.	Liya K J		52.	Krishna Rajesh	
53.	Krishnapriya H Pillai		59.	Niyuktha Shaj P S	
54.	Manasa Jimmy		60.	Sania Biju	
55.	Mariya Joy		61.	Soumya Snathosh	
56.	Meenakshi S Nair		62.	Vismaya 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**

## WEBINAR ON BUILDING A CULTURE OF TALENT MANAGEMENT

<b>Title</b>	<b>Webinar on Building a culture of talent management</b>
<b>Date</b>	<b>24-01-2022</b>
<b>Focus of the event</b>	<b>Issues faced by girl child and nurture their talents</b>
<b>Organizing department</b>	<b>Women cell</b>
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	<b>Ms. Claire C. John, Founder and Managing Director of Kites Foundation</b>
<b>Total number of participants</b>	<b>96</b>


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





**WOMEN CELL**  
 On the occasion of  
**National Girl Child's Day**  
 Organizing a webinar on  
**BUILDING A CULTURE OF TALENT MANAGEMENT**  
 Resource Person


  
**Claire C John**  
 Founder & Managing Director  
 Kites Foundation

**" SHE CAN DO ANYTHING "**

Date : 24-01-2022  
 Time : 6:30 - 7.30 PM  
 Platform : Google meet  
<https://meet.google.com/iuh-foqj-cwd>

**Principal**      **Co-ordinators**      **Student Co-ordinators**  
*Dr.Sr.Rosily A.V.*    *Dr. Navya Antony*    *Ms. Nithya Sathyan*  
                                  *Dr. Anjaly Jacob K*    *Ms. Nandhana M.K.*



# WEBINAR ON BUILDING A CULTURE OF TALENT MANAGEMENT -REPORT

## Objective

To promote awareness of issues faced by girl child and nurture their talents.

## Summary

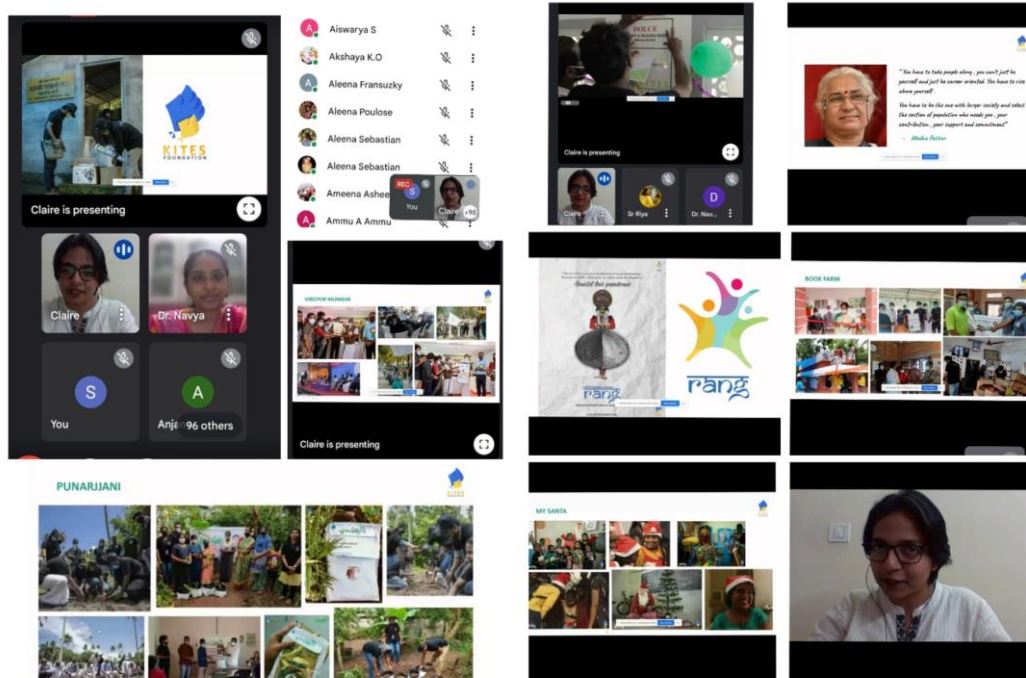
Women cell observed 'National girl child's day' on 24<sup>th</sup> January-2022, for promoting awareness of issues facing girl child and nurture their talents. As a part of observation women cell organized a webinar on 'building a culture of talent management'. Ms. Claire C. John, Founder and Managing Director of Kites Foundation was the resource person of the webinar. The message 'She can do anything' was highlighted in the webinar. Through this webinar 'women cell' gave awareness to students about the rights of girl child, the importance of their education, health, nutrition and how to develop the skills etc.

## Beneficiaries

UG and PG Students

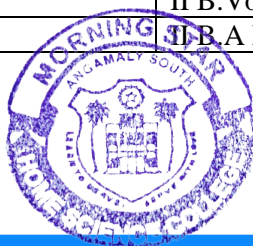
## Outcome

Through this webinar 'women cell' gave awareness to students about the rights of girl child, the importance of their education, health, nutrition and how to develop the skills.



### List of participants- Building a culture of talent management

SI No	Name	Class	Signature
1.	Vyshnavidas K.H	II BCom	✓
2.	Sona.P.L	II BCom	✓
3.	Bhanu Krishna V G	II BCom	✓
4.	Aswathy. E. K	II BCom	✓
5.	Anjala Shaju	II BCom	✓
6.	Vyshnavidas K.H	II BCom	✓
7.	Meera Joy	II B.A Economics	✓
8.	Riya Renji	II B.A Economics	✓
9.	Moncy Joshy	II B.A Economics	✓
10.	Libiya Baby	II B.A Economics	✓
11.	Sruthika.S	II B.A Economics	✓
12.	Fathima Beevi M S	II B.A Economics	✓
13.	Anjana M P	II B.A Economics	✓
14.	Anjana Kunjappan	II B.A Economics	✓
15.	Liyana Nasrin P A	II MSc Physics	✓
16.	Meenakshy G	II MSc Physics	✓
17.	Sneha C R	II B.A Economics	✓
18.	Nikitha Mendez	II B.A Economics	✓
19.	Rosebel Benny	II B.A Economics	✓
20.	Sujitha V S	II B.A Economics	✓
21.	Varsha P S	II B.A Economics	✓
22.	Rakhi Raju	II B.A Economics	✓
23.	Ganga Shaju	II B.A Economics	✓
24.	Anjana Das	II B.A Economics	✓
25.	Krishna P. M.	II B.A Economics	✓
26.	Anjana K Raj	II B.A Economics	✓
27.	Ann Mariya Davy	II B.A Economics	✓
28.	Devika Devadas	II B.A Economics	✓
29.	Devika Dinesh	II B.A Economics	✓
30.	Navami Vasu	II B.A Economics	✓
31.	Shahana Siddique	II B.A Economics	✓
32.	Jisna Joshi	II B.A Economics	✓
33.	Sharika M.K	II B.A Economics	✓
34.	Fathima M.S.	II B.A Economics	✓
35.	Afna U Shanavas	II B.A Economics	✓
36.	Raifa Shafi	II B.Sc Physics	✓
37.	Anjana Jogi	II B.Sc Physics	✓
38.	An Mary Joy	II B.Sc Physics	✓
39.	V.V Marykutty	II B.Sc Physics	✓
40.	Raifa Shafi	II B.Sc Physics	✓
41.	Kavya Mohanan	II M.A Economics	✓
42.	Linu Mariya Jacob	II M.A Economics	✓
43.	Saranya Chandrahasan	II M.A Economics	✓
44.	Saira A K	II M.A Economics	✓
45.	Amisha Varghese	II M.A Economics	✓
46.	Jini Mol P J	II B.Voc	✓
47.	Sreekutty K R	II B.Voc	✓
48.	Rakhi. K. Ravi	II B.Voc	✓
49.	Jini Mol P J	II B.Voc	✓
50.	Akshaya K.O	II B.A English	✓





51.	Ameena Parveen	II B.A English	✓
52.	Ann Nelson	II B.A English	✓
53.	Anu Antony	II B.A English	✓
54.	Fathima O B	II B.A English	✓
55.	Jennifer John	II B.A English	✓
56.	Niya K Thomas	II B.A English	✓
57.	Riya Paul	II B.A English	✓
58.	Rosemary Xavier	II B.A English	✓
59.	Soofiya Moideen	II B.A English	✓
60.	Stency Devassy	II B.A English	✓
61.	Anita Maria Jomy	II B.A English	✓
62.	Revathy Krishna. M	II B.Sc FCS	✓
63.	Amalu James	II B.Sc FCS	✓
64.	Athulyamol P L	II B.Sc FCS	✓
65.	Adiba Rifa. N K	II B.Sc FCS	✓
66.	Krishna Raveendran	II B.Sc FCS	✓
67.	Hasna Muhsin	II B.Sc FCS	✓
68.	Aarsha Johnson	II B.Sc FCS	✓
69.	Neha P.J	II B.Sc FCS	✓
70.	Gilsy Varghese	II B.Sc FCS	✓
71.	R Ganga Chandra	II B.Sc FCS	✓
72.	Angel G Oswin	II B.Sc FCS	✓
73.	Muhsina T S	II B.Sc FCS	✓
74.	Sanjana K Suresh	II B.Sc FCS	✓
75.	Nirenjana Raj	II B.Sc FCS	✓
76.	Tania Maria John	II B.Sc FCS	✓
77.	Mufeeda Thireru	II B.Sc FCS	✓
78.	Vismitha M V	II B.Sc FCS	✓
79.	Anumol Jose	II B.Sc FCS	✓
80.	Nisna Nizar	II B.Sc Chemistry	✓
81.	Anjana Venugopal	II B.Sc Chemistry	✓
82.	Sona Soji	II B.Sc Chemistry	✓
83.	Sandra Varghese	II B.Sc Chemistry	✓
84.	Anviya Francis	II B.Sc Chemistry	✓
85.	Darshana.M.S	II B.Sc Chemistry	✓
86.	Sanjana Saji	II M.Sc FCS	✓
87.	Divya Surendran	II M.Sc FCS	✓
88.	Juby Mol Jose	II M.Sc FCS	✓
89.	Dona Ann Sabu	II M.Sc FCS	✓
90.	Christina V Saji	II M.Sc FCS	✓
91.	Sanjana Saji	II M.Sc FCS	✓
92.	Krishna Priya.B.S	II B.Sc Zoology	✓
93.	Thasleena T K	II B.Sc Zoology	✓
94.	Navya Binu.S	II B.Sc Zoology	✓
95.	Athira P.C	II B.Sc Zoology	✓
96.	Minnu Maria Francis	II B.Sc Zoology	✓



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

## WEBINAR ON "LIFE RESTRUCTURING"

<b>Title</b>	<b>Life Restructuring</b>
<b>Date</b>	<b>28-01-22</b>
<b>Focus of the event</b>	<b>To create self confidence among students</b>
<b>Organizing department</b>	<b>Women cell</b>
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	<b>Alex Mathew, RM and Chief Trainer - T –Horizon</b>
<b>Total number of participants</b>	<b>80</b>

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

**Women Cell**  
 Organising a webinar  
 On  
**"Life Restructuring"**  
 Resource Person

**ALEX MATHEW**  
 RM & CHIEF TRAINER  
 T- HORIZON

**28** JAN 2022 @ 6PM GOOGLE MEET

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

**Coordinators**  
 Dr. Navya Antony  
 Dr. Anjaly Jacob. K

**Student Coordinators**  
 Nithya Sathyan  
 Nandhana N. K



## WEBINAR ON "LIFE RESTRUCTURING"-REPORT

### Objective

To create confidence among students for a bright future by bringing positive changes in life style.

### Summary

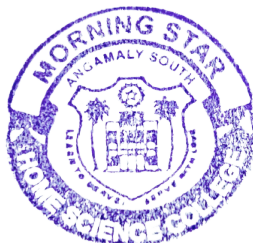
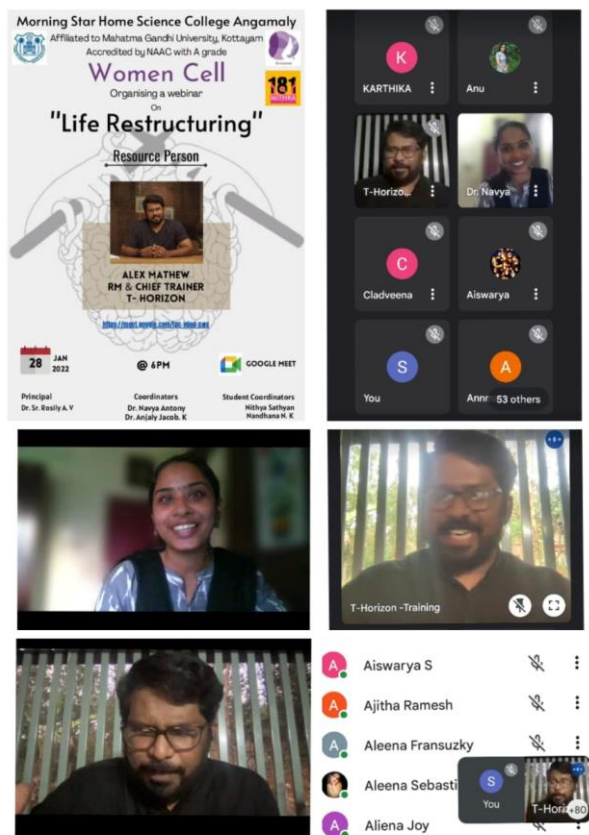
Women cell conducted a webinar on "Life Restructuring". Alex Mathew, RM and Chief Trainer - T –Horizon was the resource person of the webinar. The webinar helped to create confidence among students for a bright future. The concept “smart work could always give result” was highlighted in the webinar. The webinar was held on 28<sup>th</sup> January 2022 at 6 pm through Online Platform, Google meet.

### Beneficiaries

UG and PG Students.

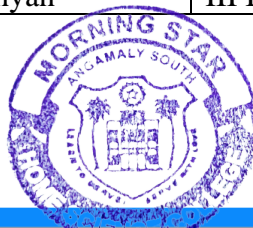
### Outcome

The students understood the concept “smart work could always give result” and they gain confidence in visualising their life through much better angle.



### List of Participants- Life Restructuring

Sl No	Name	Class	Signature
1.	Darsana S	III B.A Economics	✓
2.	Sangeetha M.J.	III B.A Economics	✓
3.	Avani K S	III B.A Economics	✓
4.	Aswany Prakash	III B.A Economics	✓
5.	Anjana K.K.	III B.A Economics	✓
6.	Arathi M . S	III B.A Economics	✓
7.	Preetha Antony	III B.A Economics	✓
8.	Karthika P Haridas	III B.A Economics	✓
9.	Noushida. M. N	III B.A Economics	✓
10.	Diya Joseph	III B.A Economics	✓
11.	Jomariya Johny	III B.A Economics	✓
12.	Anmariya V K	III B.A Economics	✓
13.	Anju Shoby	III B.A Economics	✓
14.	Devika. V. S	III B.A Economics	✓
15.	Varsha P V	III B.A Economics	✓
16.	Athira P A	III B.A Economics	✓
17.	Krishnapriya Unni	III B.A Economics	✓
18.	Biny Balan	III B.A Economics	✓
19.	Layamol P.S.	III B.A Economics	✓
20.	Abil Rose P T	III B.A Economics	✓
21.	Abhirami P.G	III B.A English	✓
22.	Ann Hanna Dickson	III B.A English	✓
23.	Athira Babu	III B.A English	✓
24.	Bency Benedict	III B.A English	✓
25.	Dilna Sani	III B.A English	✓
26.	Jismi Pappachan	III B.A English	✓
27.	Krishnendu P.S.	III B.A English	✓
28.	Laya Elizabeth George	III B.A English	✓
29.	Litty Varghese	III B.A English	✓
30.	Maria Saju	III B.A English	✓
31.	Navya Saji	III B.Sc FCS	✓
32.	Karmalin Steena	III B.Sc FCS	✓
33.	Rizmin S	III B.Sc FCS	✓
34.	An Maria Raju	III B.Sc FCS	✓
35.	Maneesha Radhakrishnan	III B.Sc FCS	✓
36.	Meenakshi Binoy	III B.Sc FCS	✓
37.	Rexy K R	III B.Sc FCS	✓
38.	Sayana Saju	III B.Sc FCS	✓
39.	Shahana K. N	III B.Sc FCS	✓
40.	Praissymol A P	III B.Sc FCS	✓
41.	Aleena Kuriakose	III B.Sc FCS	✓
42.	Elsa Chacko	III B.Sc FCS	✓
43.	Nixy E D	III B.Sc FCS	✓
44.	Sandra P Sathyan	III B.Sc FCS	✓



45.	Aleena Wilson	III B.Sc FCS	✓
46.	Dharsana Davis	III B.Sc Zoology	✓
47.	A S Aswathy	III B.Sc Zoology	✓
48.	Greeshma Babu	III B.Sc Zoology	✓
49.	Shahla P	III B.Sc Zoology	✓
50.	Anjana Prabha	III B.Sc Zoology	✓
51.	Sandra Antu	III B.Sc Zoology	✓
52.	Grazia Baby	III B.Sc Zoology	✓
53.	Anu Johnson	III B.Sc Zoology	✓
54.	Christeena Sebastian	III B.Sc Chemistry	✓
55.	Sneha T H	III B.Sc Chemistry	✓
56.	Vijayalakshmi K V	III B.Sc Chemistry	✓
57.	Arya T B	III B.Sc Chemistry	✓
58.	Fathima Thanvin M.N	III B.Sc Chemistry	✓
59.	Sarika K S	III B.Sc Chemistry	✓
60.	Dinshamol K S	III B.Sc Chemistry	✓
61.	Sruthi M S	III B.Sc Chemistry	✓
62.	Anjali E.S	III B.Sc Chemistry	✓
63.	Bella K B	III B.Sc Physics	✓
64.	Karthika Gopakumar	III B.Sc Physics	✓
65.	Anusree Ramesh	III B.Sc Physics	✓
66.	Lakshmi P	III B.Sc Physics	✓
67.	Lissy Thomas	III B.Com	✓
68.	Ann Mariya Joy	III B.Com	✓
69.	Aswini Sreenivas	III B.Com	✓
70.	Krishnendu Prasad	III B.Com	✓
71.	Devika V B	III B.Com	✓
72.	Suja T S	II MSc Physics	✓
73.	Julia Avarachan	II MSc Physics	✓
74.	Adithya K.B	II MSc Physics	✓
75.	Jeletta George	II MSc Zoology	✓
76.	Kadheeja Sehla	II MSc Zoology	✓
77.	Lakshmi K. B	II MSc Zoology	✓
78.	Meghamol K.M	II MSc Zoology	✓
79.	Megha V P	II MSc Chemistry	✓
80.	Rameesa K S	II MSc Chemistry	✓



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

## WEBINAR ON STUDY SMART AND FACE EXAMINATIONS WITH CONFIDENCE

<b>Title</b>	Webinar on study smart and face examinations with confidence
<b>Date</b>	31-01-2022
<b>Focus of the event</b>	How to study smarter and face exams with confidence
<b>Organizing department</b>	Women cell
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	Dr. Thara Sebastian Motivational speaker and Trainer from St. Teresa's College Ernakulam
<b>Total number of participants</b>	95

Morning Star Home Science College Angamaly



Affiliated to Mahatma Gandhi University, Kottayam  
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### Women Cell

Organising a webinar



On  
**"Study Smart and Face Examinations  
with Confidence"**

Resource Person



Dr. Thara Sebastian, ReId HoD  
Department of Home Science  
St. Teresa's college, Ernakulam  
Motivational Speaker and Trainer

<https://meet.google.com/cza-ddop-vua>



@ 6PM



Principal  
Dr. Sr. Rosily A. V

Coordinators  
Dr. Navya Antony  
Dr. Anjaly Jacob. K

Student Coordinators  
Nithya Sathyan  
Nandhana N. K



## WEBINAR ON STUDY SMART AND FACE EXAMINATIONS WITH CONFIDENCE-REPORT

### Objective

To create awareness among students how to study smarter and face exams with confidence.

### Summary

Women Cell organized a webinar on “Study Smart and Face Examinations with Confidence”. The resource person was Dr. Thara Sebastian a motivational speaker and Trainer from St. Teresa’s College Ernakulam. The webinar was held on 31<sup>st</sup> January 2022 at 6 pm through Google meet. By organizing this webinar ‘Women cell’ transferred smart study tips to the students and taught them to attend exams with confidence.

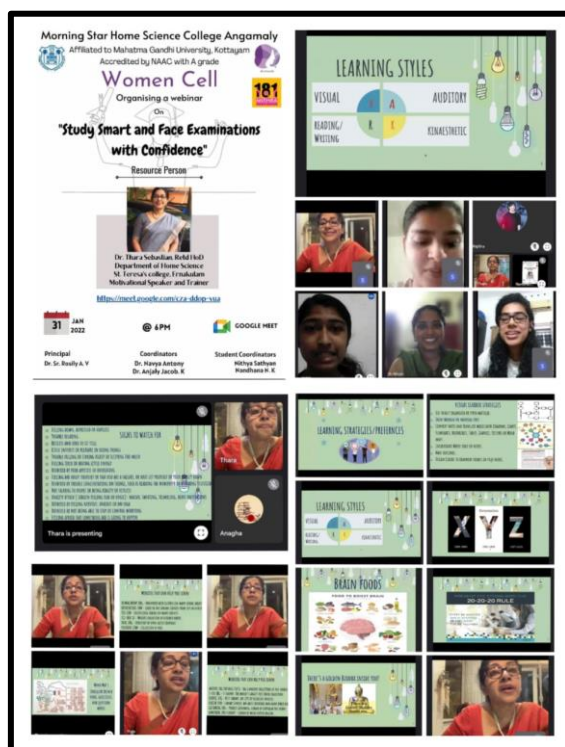
webinar was held on 28<sup>th</sup> January 2022 at 6 pm through Online Platform, Google meet.

### Beneficiaries

UG and PG Students.

### Outcome

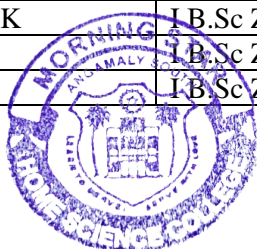
By organizing this webinar ‘Women cell’ transferred smart study tips to the students and taught them to attend exams with confidence.



## List of Participants

### Webinar on Study smart and face examinations with confidence

Sl No	Name	Class	Signature
1.	Fathima Asif	I B.A Economics	✓
2.	Arathy Babu	I B.A Economics	✓
3.	Nayanalakshmy N U	I B.A Economics	✓
4.	Devika M K	I B.A Economics	✓
5.	Sreenanda Prasad	I B.A Economics	✓
6.	Affaya M S	I B.A Economics	✓
7.	Athulya P A	I B.A Economics	✓
8.	Anjana Unni	I B.A Economics	✓
9.	Anusree Satheesh	I B.A Economics	✓
10.	Arunima Jayan	I B.A Economics	✓
11.	Greeshma Rajendran	I B.A Economics	✓
12.	Aswini M.C	I B.A Economics	✓
13.	Arya Satheesan	I B.A Economics	✓
14.	Anagha T D	I B.A Economics	✓
15.	Nikhitha M.V	I M.A Economics	✓
16.	Alfiya P A	I M.A Economics	✓
17.	Sifna Mackar	I M.A Economics	✓
18.	Akshaya Aji	I M.A Economics	✓
19.	Hasna P.K	I M.A Economics	✓
20.	Adithya Saji	I B.A English	✓
21.	Agnes Jose	I B.A English	✓
22.	Anupriya K S	I B.A English	✓
23.	Sivani Binoj	I B.A English	✓
24.	Safa Marva Mujeeb	I B.A English	✓
25.	Annmaria G.Kandamkulam	I B.A English	✓
26.	Crismol Shaji	I B.A English	✓
27.	Sanjeevani J	I B.A English	✓
28.	Dhanya D	I B.Sc FCS	✓
29.	Saniya Z	I B.Sc FCS	✓
30.	Aliya Mujeeb	I B.Sc FCS	✓
31.	Anamika Sanjeev	I B.Sc FCS	✓
32.	Mary Janitta Dauravu	I B.Sc FCS	✓
33.	Anamika Unnikrishnan	I B.Sc FCS	✓
34.	Cladveena Pereira	I B.Sc FCS	✓
35.	Nazni Nazar	I B.Sc FCS	✓
36.	Juna Maria Roy	I B.Sc FCS	✓
37.	Fathima C R	I B.Sc FCS	✓
38.	Aparna. C.Balan	I M.Sc FCS	✓
39.	Anagha Shaju E.	I M.Sc FCS	✓
40.	Fathima A. B	I M.Sc FCS	✓
41.	Nannoor Beegom	I M.Sc FCS	✓
42.	Mariya Issac	I B.Sc Zoology	✓
43.	Agnes Baby	I B.Sc Zoology	✓
44.	Hasna Azeez	I B.Sc Zoology	✓
45.	Aysha Nargees	I B.Sc Zoology	✓
46.	Rubayya Thasni N K	I B.Sc Zoology	✓
47.	Ansila P A	I B.Sc Zoology	✓
48.	Anna Martin	I B.Sc Zoology	✓





49.	Janani R.V	I MSc Zoology	✓
50.	Merly T.T	I MSc Zoology	✓
51.	Minha	I MSc Zoology	✓
52.	Sreelakshmi S Wariyar	I MSc Zoology	✓
53.	Reethu Antony	I MSc Zoology	✓
54.	Janani R.V	I MSc Zoology	✓
55.	Anjana Davis	I B.Sc Chemistry	✓
56.	Ayisha Labeeba V. I.	I B.Sc Chemistry	✓
57.	Sivalakshmi . S	I B.Sc Chemistry	✓
58.	Aysha Parvin M. S.	I B.Sc Chemistry	✓
59.	Sulthana Basheer	I B.Sc Chemistry	✓
60.	Afnitha Naseer	I B.Sc Chemistry	✓
61.	Neethu Varghese	I MSc Chemistry	✓
62.	Arya Rajan	I MSc Chemistry	✓
63.	Rency Itteera	I MSc Chemistry	✓
64.	Anakha P M	I MSc Chemistry	✓
65.	Surya Suresh K.	I MSc Chemistry	✓
66.	Sajna Basheer L	I B.Sc Physics	✓
67.	Nandana C A	I B.Sc Physics	✓
68.	Jissna J	I B.Sc Physics	✓
69.	Goury Suresh	I B.Sc Physics	✓
70.	Nisha Bijo	I MSc Physics	✓
71.	Amrutha E.S	I MSc Physics	✓
72.	Jeslin Sara Jose	I MSc Physics	✓
73.	Anu Antony	I MSc Physics	✓
74.	Surya M.S	I MSc Physics	✓
75.	Aleena Devassy	I B.Com	✓
76.	Meenakshi S Nair	I B.Com	✓
77.	Annmary Johnson	I B.Com	✓
78.	Surya Suresh E S	I B.Com	✓
79.	K J Jeena	I B.Com	✓
80.	Liya K J	I B.Com	✓
81.	Diltta Davis	I B.Com	✓
82.	Angel Baby	I B.Com	✓
83.	Sania Biju	I B.Com	✓
84.	Aleena Devassy	I B.Com	✓
85.	Meenakshi S Nair	I B.Com	✓
86.	Annmary Johnson	I B.Com	✓
87.	Surya Suresh E S	I B.Com	✓
88.	K J Jeena	I B.Com	✓
89.	Liya K J	I B.Com	✓
90.	Diltta Davis	I B.Com	✓
91.	Angel Baby	I B.Com	✓
92.	Sania Biju	I B.Com	✓
93.	Dhanya Starly	I B.Com	✓
94.	Anu Biju	I B.Com	✓
95.	Leona Rose Joseph	I B.Com	✓



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

## WEBINAR ON INVEST IN YOURSELF

<b>Title</b>	Invest in yourself
<b>Date</b>	07-03-2022
<b>Focus of the event</b>	Importance of finding time and space for enriching themselves.
<b>Organizing department</b>	Women cell
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	Ms. Deekshitha V., Assistant professor, Department of commerce, Government First Grade College, Punjalakatte, Mangalore University, Karnataka
<b>Total number of participants</b>	80

MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY  
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**WOMENS CELL**  
*Organizes*  
International webinar  
*On topic*

**INVEST IN YOURSELF**  
- A motivational talk



**RESOURCE PERSON**  
Deekshitha V  
Assistant Professor, Dept of Commerce  
Government First Grade College, Punjalakatte  
Mangalore University, Karnataka

**06.00pm | 7th April 2022**  
**@Google Meet**

Principal  
Dr. Sr. Rosily A. V

Coordinators  
Dr. Navya Antony  
Dr. Anjaly Jacob

Student Coordinators  
Nithya Sathyan  
Nandhana N. K  
Nehla C



## WEBINAR ON INVEST IN YOURSELF -REPORT

### Objective

To provide awareness to girls about the importance of finding time and space for enriching themselves.

### Summary

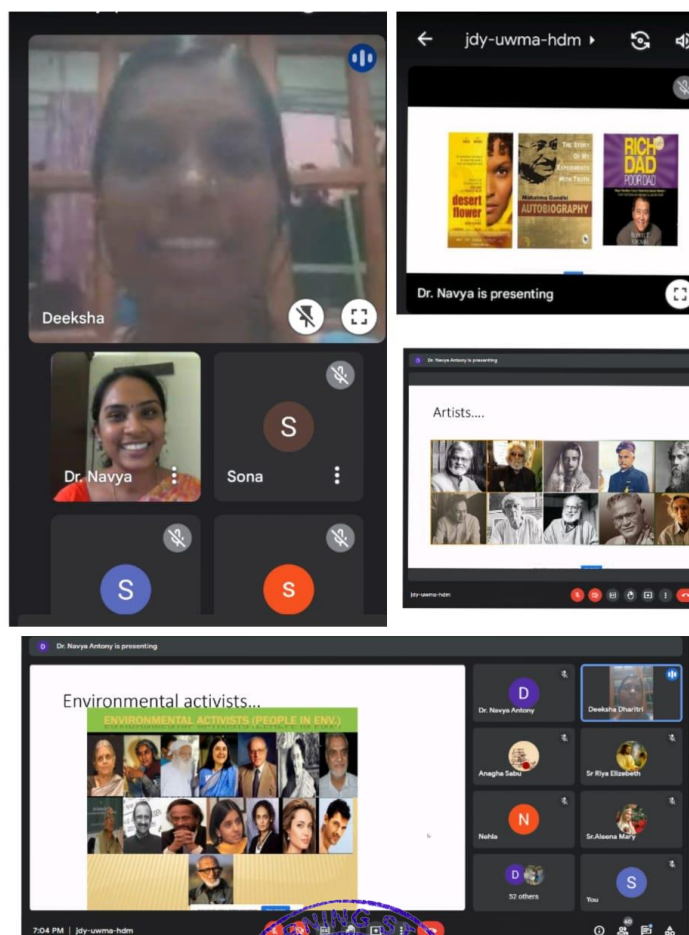
Women cell conducted an International webinar on the topic “ invest in yourself ”. The webinar was held on 7<sup>th</sup> March- 2022 at 6 pm through Online Platform, Google meet. Deekshitha V., Assistant professor, Department of commerce, Government First Grade College, Punjalakatte, Mangalore University, Karnataka was the resource person of the webinar. The webinar really motivated the students.

### Beneficiaries

UG and PG Students.

### Outcome

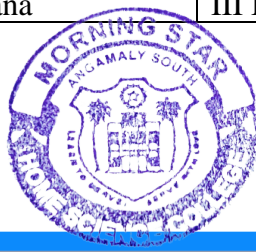
The students were able to understand different ways in which they can become better version of themselves.



## List of participants

### Invest in yourself

SI No	Name	Class	Signature
1.	Avani K S	III B.A Economics	✓
2.	Aswany Prakash	III B.A Economics	✓
3.	Anjana K.K.	III B.A Economics	✓
4.	Arathi M . S	III B.A Economics	✓
5.	Preetha Antony	III B.A Economics	✓
6.	Karthika P Haridas	III B.A Economics	✓
7.	Noushida. M. N	III B.A Economics	✓
8.	Diya Joseph	III B.A Economics	✓
9.	Shahna.M.A	II M.A Economics	✓
10.	Krishnapriya M S	II M.A Economics	✓
11.	Rahina M A	II M.A Economics	✓
12.	Sreelakshmi Shibu	II M.A Economics	✓
13.	Anju Augustine	II M.A Economics	✓
14.	Anjana K S	II M.A Economics	✓
15.	Rekha Madhu	III B.A English	✓
16.	Reni Anna	III B.A English	✓
17.	Rose Maria Thariachan	III B.A English	✓
18.	Samira Sara Sundeep	III B.A English	✓
19.	Sanika Rose Joy	III B.A English	✓
20.	Shino Martin	III B.A English	✓
21.	Rizmin S	III B.Sc FCS	✓
22.	An Maria Raju	III B.Sc FCS	✓
23.	Maneesha Radhakrishnan	III B.Sc FCS	✓
24.	Meenakshi Binoy	III B.Sc FCS	✓
25.	Anisha A. N.	II M.Sc FCS	✓
26.	Devika S	II M.Sc FCS	✓
27.	Sanjana Saji	II M.Sc FCS	✓
28.	Divya Surendran	II M.Sc FCS	✓
29.	Dharsana Davis	III B.Sc Zoology	✓
30.	A S Aswathy	III B.Sc Zoology	✓
31.	Greeshma Babu	III B.Sc Zoology	✓
32.	Shahla P	III B.Sc Zoology	✓
33.	Anjana Prabha	III B.Sc Zoology	✓
34.	Shruti N R	II MSc Zoology	✓
35.	Soorya T S	II MSc Zoology	✓
36.	Sreechithra E.V	II MSc Zoology	✓
37.	Sreelakshmi Baiju	II MSc Zoology	✓
38.	Krishna Priya P M	III B.Sc Chemistry	✓
39.	Teresa Martin	III B.Sc Chemistry	✓
40.	Stephy Sunny	III B.Sc Chemistry	✓
41.	Angel Joseph	III B.Sc Chemistry	✓
42.	C M Mahsana	III B.Sc Chemistry	✓



43.	Sara Varghese	III B.Sc Chemistry	✓
44.	Nimya Davis	III B.Sc Chemistry	✓
45.	Bella K B	III B.Sc Physics	✓
46.	Karthika Gopakumar	III B.Sc Physics	✓
47.	Anusree Ramesh	III B.Sc Physics	✓
48.	Lakshmi P	III B.Sc Physics	✓
49.	Anju Ravi	III B.Com	✓
50.	Nimisha K R	III B.Com	✓
51.	Vineetha V V	III B.Com	✓
52.	Sinju Raju	III B.Com	✓
53.	Akhila K R	III B.Com	✓
54.	Jasmin Polachan	III B.Com	✓
55.	Vyshnavi Raghu	III B.Com	✓
56.	Bency Benny	III B.Com	✓
57.	Anjana Nair	III B.Com	✓
58.	Padmapriya. R. Prabhu	III B.Com	✓
59.	Swetha Sankaran	III B.Com	✓
60.	Devika K S	III B.Com	✓
61.	Elizabeth Sanu	II MSc Zoology	✓
62.	Jeletta George	II MSc Zoology	✓
63.	Kadheeja Sehla	II MSc Zoology	✓
64.	Lakshmi K. B	II MSc Zoology	✓
65.	Meghamol K.M	II MSc Zoology	✓
66.	Nimi N.J.	II MSc Zoology	✓
67.	Riya Roslin Polly	II MSc Zoology	✓
68.	Meenu Abraham	II MSc Physics	✓
69.	Minnu N Tomy	II MSc Physics	✓
70.	Nandhana Shabu	II MSc Physics	✓
71.	Suja T S	II MSc Physics	✓
72.	Julia Avarachan	II MSc Physics	✓
73.	Adithya K.B	II MSc Physics	✓
74.	Sreethi M.S	II MSc Physics	✓
75.	Anjali S Menon	II MSc Chemistry	✓
76.	Bhagya Suresh	II MSc Chemistry	✓
77.	Brenda P Joseph	II MSc Chemistry	✓
78.	Divya Vijayakumar	II MSc Chemistry	✓
79.	Fathima Fasna N.A	II MSc Chemistry	✓
80.	Kochuthresia Jonichan	II MSc Chemistry	✓



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

## SUITABLE TEACHING METHODS AND TEACHING AIDS FOR PRESCHOOL EDUCATION

<b>Title</b>	<b>Suitable teaching methods and teaching aids for Preschool Education</b>
<b>Date</b>	<b>8<sup>th</sup> October 2021</b>
<b>Focus of the event</b>	<b>Teaching aids for preschool children</b>
<b>Resource Person</b>	<b>Mrs. Jency M J, Anganwadi Worker</b>
<b>Organizing Department</b>	<b>PG &amp; Research Department of Home Science</b>
<b>Total number of participants</b>	<b>38</b>



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

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**Suitable teaching methods and teaching aids for  
Preschool Education**

**PG & Research Department of Home Science**

**Speaker**  
**Mrs. Jency M J, Anganwadi Worker**

8/10/2021 @10.30 am  
Beneficiaries:  
II MSc & III BSc Students



**Organizing Committee**

Dr. Sr.Rosily AV (Principal)  
Dr.Lizmitha Godwin (Head of the Department)  
Dr.Megha Thampy  
Dr. Shemi George  
Mrs. Rajani Devi T r  
Mrs. Sajitha Suseelan S  
Mrs. Sherin Abraham



## **SUITABLE TEACHING METHODS AND TEACHING AIDS FOR PRESCHOOL EDUCATION -REPORT**

A discussion cum demonstration class on ‘Suitable teaching methods and teaching aids for Preschool Education’ was conducted on 8<sup>th</sup> October 2021. The resource person was Mrs. Jency M J, Anganwadi Worker.

Objectives:

- To familiarize students about different teaching methods for preschool children.
- To understand the benefits of using different teaching aids.

Outcomes:

- Easy method of communication with preschool children
- Aware about the advantages and disadvantages of different teaching aids

Summary: The class was very informative and provided firsthand experience to the students in different teaching methods suitable in preschool education. Ms Jency M J had 22 years of teaching experience in anganwadi and an in-service trainer for ICDS supervisors in Rajagiri College of Social Sciences. She had won the State Award for Best Anganwadi Worker in the year 2013-14. She also demonstrated the preparation and the effective use of teaching aids to teach different concepts.

Beneficiaries: I M.Sc and III B.Sc. students of the department.



**ATTENDANCE LIST**  
**Suitable teaching methods and teaching aids for Preschool Education**  
**08/10/2021**

Sl.No	Name of the candidate	Class and Subject	Signature
1.	Aleena Kuriakose	III BSC FCS	Aleena
2.	Anmaria Raju	III BSC FCS	Anmaria
3.	Anna Sebastian	III BSC FCS	Anna
4.	Asiya Rahim	III BSC FCS	Asiya
5.	Athira K S	III BSC FCS	Athira
6.	Delna Davis	III BSC FCS	Delna
7.	Karmalin Steena	III BSC FCS	Karmalin
8.	Lithiya M Y	III BSC FCS	Lithiya
9.	Malavika .P.M	III BSC FCS	Malavika
10.	Maneesha Radhakrishnan	III BSC FCS	Maneesha
11.	Meenakshi Binoy	III BSC FCS	Meenakshi
12.	Nixy E D	III BSC FCS	Nixy
13.	Praissymol. A. P	III BSC FCS	Praissymol
14.	Rexy K.R	III BSC FCS	Rexy
15.	Rizmin S	III BSC FCS	Rizmin
16.	Rose Mary	III BSC FCS	Rose Mary
17.	Sandra P Sathyan	III BSC FCS	Sandra
18.	Shahana K.N	III BSC FCS	Shahana
19.	Agness Thomas	III BSC FCS	Agness
20.	Aleena Santhosh	III BSC FCS	Aleena
21.	Aleena Wilson	III BSC FCS	Aleena
22.	Anakha Radhakrishnan	III BSC FCS	Anakha
23.	Elsa Chacko	III BSC FCS	Elsa
24.	Lakshmi Prasad	III BSC FCS	Lakshmi
25.	M H Kadeejathul Nihala	III BSC FCS	M H Kadeejathul
26.	Navya Saji	III BSC FCS	Navya
27.	Rajalakshmi. R	III BSC FCS	Rajalakshmi
28.	Sayana Saju	III BSC FCS	Sayana
29.	AKHILA A S	II MSc FCS	Akhila
30.	ALEENA JOSE	II MSc FCS	Aleena
31.	ANISHA .A.N	II MSc FCS	Anisha
32.	ANNIE ROSE SAJU	II MSc FCS	Annie
33.	BABITHA.M.BABU	II MSc FCS	Babitha
34.	CHRISTINA V SAJI	II MSc FCS	Christina
35.	DEVIKA M .J	II MSc FCS	Devika
36.	DEVIKA S	II MSc FCS	Devika
37.	DIVYA SURENDRAN	II MSc FCS	Divya
38.	DONA ANN SABU	II MSc FCS	Donna




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



## WORDS TO WORLD: EMPOWERING WOMEN


Title	Words to World: Empowering Women
Date	9 <sup>th</sup> March 2022
Focus of the event	Possibilities of empowering women through language and moulding them into good communicators
Organizing department	Department of English
Resource person	Dr. Paulose V.D. Academician, Author, Editor, Contributor- Oxford & Cambridge Dictionaries, Limca Book of Records Holder
Total number of participants	27



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In connection with  
**'International Women's Day'**  
 Department of English  
In association with  
**St. Jude Counselling Centre**  
Organizes  
**An Invited Talk**  
**'Words to World : Empowering Women'**  
.....  
 An Innovative Research Practice

**Resource Person**



**Dr. Paulose V. D.**  
Academician, Author, Editor,  
 Contributor -Oxford & Cambridge Dictionaries  
 Limca Book of Records Holder

Date : 9 March 2022  
 Time : 1:30 PM  
 Venue : Seminar Hall





## WORDS TO WORLD: EMPOWERING WOMEN-REPORT

**Objectives:** To understand the Possibilities of empowering women through language and moulding them into good communicators.

**Summary:** In connection with International Women’s Day, the Department of English in association with St. Judes Counseling Centre organized an Invited Talk on ‘Words to World: Empowering Women’ on 9 March 2022. Dr. Poulose V. D; Academician, Author, Editor, Contributor- Oxford & Cambridge Dictionaries, Limca Book of Records Holder was the keynote speaker.

**Beneficiaries:** Students of B. A. English and B. Voc

**Outcome:** The students came to know about the Possibilities of empowering women through language and moulding them into good communicators



## Words to World: Empowering Women

Date: 9 March 2022.

### List of Participants


Sl.No.	Name of the student	Class and Subject
1.	Anita Maria Jomy	II B.A.English
2.	Anu Antony	II B.A.English
3.	Fathima O B	II B.A.English
4.	Riya Paul	II B.A.English
5.	Rosemary Xavier	II B.A.English
6.	Soofiya Moideen	II B.A.English
7.	Stency Devassy	II B.A.English
8.	Akshaya K O	II B.A.English
9.	Ameena Parveen	II B.A.English
10.	Ann Nelson	II B.A.English
11.	Jennifer John	II B.A.English
12.	Niya K Thomas	II B.A.English
13.	Adithya Saji	I B.A.English
14.	Ann Maria Joby	I.B.A.English
15.	Ann Mary Mattekkat	I B.A. English
16.	.Anupriya Shaji	I B.A. English
17.	Crismol Shaji	I B.A. English
18.	Safa Marva Mujeeb	I B.A. English
19.	Sivani Binoj	I B.A. English
20.	Sruthi M	I B.A. English
21.	Agnes Jose	I B.A. English
22.	.Annmaria G Kandamkulam	I B.A. English
23.	Maria Anne Sundeep	I B.A. English
24.	Ganga C.S.	I B.Voc
25.	Sreekkutty	II B.Voc
26.	Krishnaveni	I B.Voc
27.	Farsana	I B. Voc




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

## AWARENESS ON RAINY DAYS

<b>Title</b>	<b>Awareness on Rainy Days</b>
<b>Date</b>	<b>6<sup>th</sup> June 2021</b>
<b>Focus of the event</b>	<b>Care given to health and environment during rainy season</b>
<b>Resource Person</b>	<b>Ajithakumari V, Jr. Health Inspector, Taluk Hospital, Angamaly</b>
<b>Organizing Department</b>	<b>NSS</b>
<b>Total number of participants</b>	<b>66</b>




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**COMMUNITY LAB PROGRAMME**  
ORGANIZED BY  
**NSS UNIT NO. 58**

**മഴ വരുന്നേ.....**  
**മഴക്കാല ബോധവൽകരണം**

**SPEAKER**





**Ajithakumari V**  
Jr. Health Inspector  
TH Hospital, Angamaly

**4/6/21**  
**@ 3.00 pm**

Join through

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

[https://youtu.be/ 8EkbjK aBU](https://youtu.be/8EkbjK aBU)

**Beneficiaries: NSS Volunteers and Community**

Dr. Sr. Rosily A V (Principal)    Dr. Megha Thampy (NSS Programme Officers)    Dr. Resmi G (NSS Programme Officers)

For more details: 9495277404,9747087622



## Awareness on Rainy Days

A talk was conducted to create awareness on rainy days with the topic ‘Mazha Varunne....’ for the NSS volunteers and community on 4<sup>th</sup> June 2021.

Objectives:

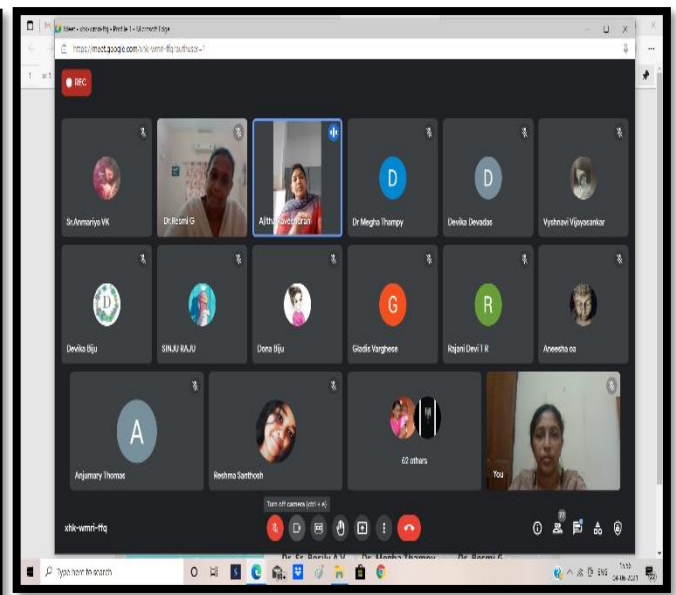
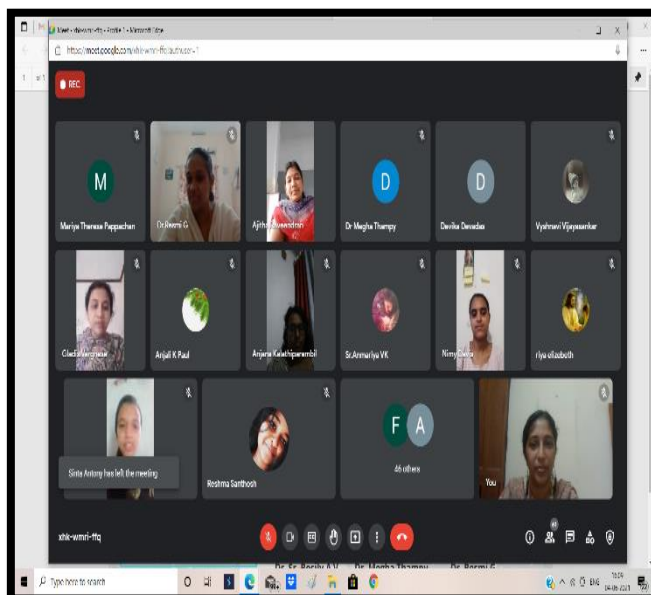
- To create awareness on importance of health during rainy season.
- To showcase the importance of environmental hygiene during rainy season.

Outcomes:

- Recognize the care of health during rainy season.
- Understand the necessity of cleaning environment during the monsoon periods in Kerala.

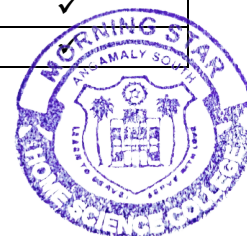
Rainy season in Kerala is gaining importance as environmental unhygienic practices creates causes an impact on human health. Smt. Ajithakumari V, Jr. Health Inspector, Taluk Hospital, Angamaly delivered a talk on the importance or care to be given to health during the monsoon periods in Kerala. Reshma Santhosh welcomed the guest and other participants. The webinar was conducted through google meet and Youtube live Stream. About 66 students and other public participated in the webinar. Doubts regarding the cleaning activities to be done during the rainy days were discussed. Devika Devdas proposed vote of thanks.

[https://youtu.be/\\_8EkbjK\\_aBU](https://youtu.be/_8EkbjK_aBU)



**ATTENDANCE LIST OF PARTICIPANTS**  
**Awareness on Rainy Days**  
**NSS Unit NO: 58**  
**4/6/2021**

Sl. No:	Name of the Student	Class and Subject	Attendance
1.	Anviya Francis	I BSc Chemistry	✓
2.	Anjana Venugopal	I BSc Chemistry	✓
3.	Aiswarya Mohandas	I BSc Chemistry	✓
4.	Aleena poulose	I BSc Chemistry	✓
5.	Vyshnavi Vijayasankar	I BSc Chemistry	✓
6.	Anjana Jogi	IBSc Physics	✓
7.	Anjali K. B.	IBSc Physics	✓
8.	Anjana K. S.	IBSc Physics	✓
9.	Aneena Peter	IBSc Physics	✓
10.	Aysha T. A.	IBSc Physics	✓
11.	Fathima Riya Parveen	IBSc Physics	✓
12.	Sona Steephen	IBSc Physics	✓
13.	Stani C.T.	IBSc Physics	✓
14.	Tinila Tomy P.T .	IBSc Physics	✓
15.	Krishnapriya C. M.	I BSc Zoology	✓
16.	Mildamol Binoy	I BSc Zoology	✓
17.	Minnu Maria Francis	I BSc Zoology	✓
18.	Sandra Sivan	I BSc Zoology	✓
19.	Sona Cheriyan	I BSc Zoology	✓
20.	Ummu Salma M.S.	I BSc Zoology	✓
21.	Aarsha Johnson	IBSc FCS	✓
22.	Ann Treesa Mariat	IBSc FCS	✓
23.	Angel G.Oswin	IBSc FCS	✓
24.	R. Ganga Chandra	IBSc FCS	✓
25.	Gilsy Varghese	IBSc FCS	✓
26.	Hasna Muhsin	IBSc FCS	✓
27.	Joffi Thambi	IBSc FCS	✓
28.	Mufeeda thireru	IBSc FCS	✓
29.	Neha P. J.	IBSc FCS	✓
30.	Nirenjana Raj	IBSc FCS	✓
31.	Vismitha M. V.	IBSc FCS	✓
32.	Rajitha.M.Subran	IBA Economics	✓
33.	Riya Paul	IBA Economics	✓
34.	Akshaya Balachandran	IBA Economics	✓
35.	Aleena Saju	IBA Economics	✓
36.	Amala Saju	IBA Economics	✓
37.	Ammu P. S.	IBA Economics	✓
38.	Anjana Kunjappan	IBA Economics	✓
39.	Ann Mariya M Davy	IBA Economics	✓
40.	Femina P.N.	IBA Economics	✓



41.	Ganga Shaju	IBA Economics	✓
42.	Aleena Soy	IBA Economics	✓
43.	Libiya Baby	IBA Economics	✓
44.	Meera Joy	IBA Economics	✓
45.	Devika Devadas	IBA Economics	✓
46.	Nicena Rose Augustin	IBA Economics	✓
47.	Navami	IBA Economics	✓
48.	Mariya Pappachan	IBCom	✓
49.	Anitha Vavachan	IBCom	✓
50.	Annmary James	IBCom	✓
51.	Anyna Mary Sebastian	IBCom	✓
52.	Anupama P.P.	IBCom	✓
53.	Aswathy. E. K.	IBCom	✓
54.	Bini M Varghese	IBCom	✓
55.	Devika Biju	IBCom	✓
56.	Aswathy T Peethambaran	IBCom	✓
57.	Geethu Gopi	IBCom	✓
58.	Geethu. S.	IBCom	✓
59.	Mariya Alias	IBCom	✓
60.	Nelopher Brooson	IBCom	✓
61.	Radhika Jamshy	IBCom	✓
62.	Reshma Santhosh	IBCom	✓
63.	Rosmi Joy	IBCom	✓
64.	Sandra Chakko	IBCom	✓
65.	Sandra K.S.	IBCom	✓
66.	Rose Mariya Shaju	IBCom	✓

*Dr. Rosily*

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



## AWARENESS ON ADDICTION

<b>Title</b>	Awareness on addiction
<b>Date</b>	17 <sup>th</sup> September 2021
<b>Focus of the event</b>	Different types of addiction
<b>Resource Person</b>	Shri Bibin George, Psychiatric Social worker
<b>Organizing Department</b>	NSS
<b>Total number of participants</b>	54



**വിമുക്തി**  
ലഹരി വർജ്ജന മിഷൻ  
ജീവിതം തന്നെ ലഹരി

**കോളജ് വിദ്യാർത്ഥികൾക്കായുള്ള  
ലഹരി വിരുദ്ധ  
ബോധവൽക്കരണം**

**സെപ്റ്റംബർ 17 വൈകിട്ട് 4 മുതൽ**

**പങ്കെടുക്കുന്നവർ**



ജി.സുരേഷ്കുമാർ  
(അസി. എക്സിക്യൂട്ടീവ്  
കമ്മീഷണർ -  
വിമുക്തി)



ഡോ.ശോഭ തമ്പി  
( അസി.പ്രൊഫസർ )



ഡോ.ജി.രശ്മി  
( അസി.പ്രൊഫസർ )



ബിബിൻ ജോർജ്ജ്  
(സൈക്യാട്രിക്  
സോഷ്യൽ വർക്കർ)

**Morning Star Home Science College, Angamaly**  
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## AWARENESS ON ADDICTION-REPORT

An awareness class was conducted on the impact of different types of addiction among youth in the present scenario for the college students on 17<sup>th</sup> September 2021.

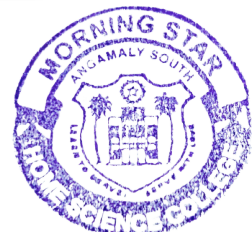
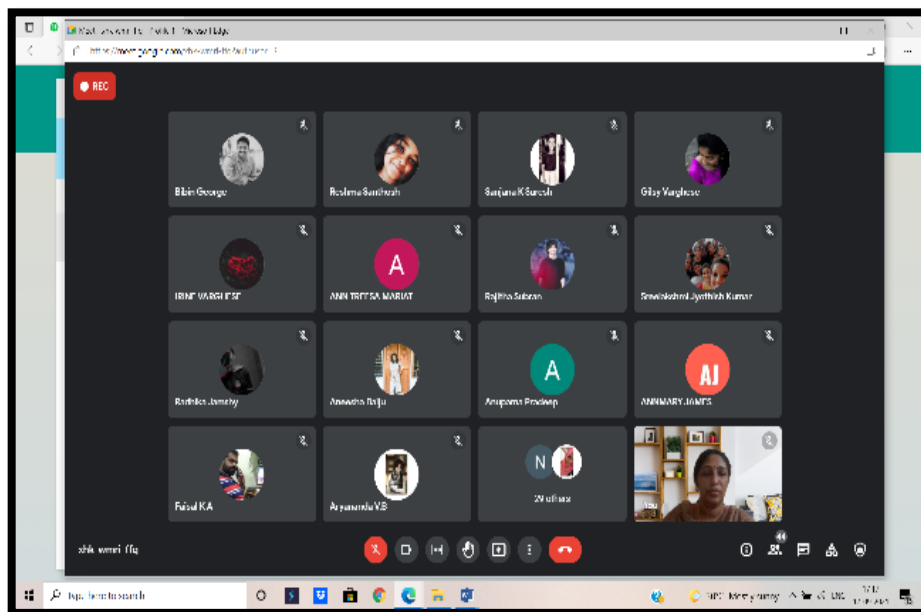
### Objectives:

- To enlighten the students about the different types of addiction among the youth.
- To create awareness about the physical and mental health issues caused by addiction among students.

On 17<sup>th</sup> September at 4.00 pm an awareness class was conducted on various types of addiction seen among college students. It was conducted in association with 'Vimukthi, cell, of Kerala State Excise Department. Shri Bibin George, Psychiatric Social worker was the resource person. Shri. G Suresh Kumar, Asst. Excise Commissioner also participated in the programme.

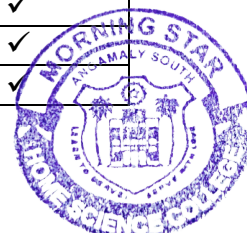
### Outcomes:

- Understand the means through which human beings are addicted.
- Realize the various health impacts due to addiction.



**ATTENDANCE LIST**  
**Awareness on Addiction**  
**NSS Unit NO: 58**  
**17/09/2021**

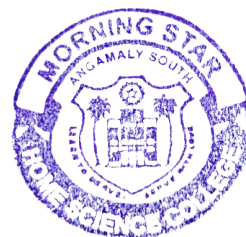
Sl. No:	Name of the Student	Class and Subject	Attendance
1.	Anviya Francis	II BSc Chemistry	✓
2.	Ramya R	II BSc Chemistry	✓
3.	Sreelakshmi Jyothish Kumar	II BSc Chemistry	✓
4.	Aleena poulose	II BSc Chemistry	✓
5.	Nisna Nizar	II BSc Chemistry	✓
6.	Sandra Varghese	II BSc Chemistry	✓
7.	Vyshnavi Vijayasankar	II BSc Chemistry	✓
8.	Anjana Jogi	II BSc Physics	✓
9.	Aneena Peter	II BSc Physics	✓
10.	Tinila Tomy P.T .	II BSc Physics	✓
11.	Aleena Babu	II BSc Zoology	✓
12.	Shahanas M. K.	IIBSc Chemistry	✓
13.	Anzila.M.K.	II BSc Zoology	✓
14.	Athira C. M.	II BSc Zoology	✓
15.	Krishnapriya C. M.	II BSc Zoology	✓
16.	Mildamol Binoy	II BSc Zoology	✓
17.	Minnu Maria Francis	II BSc Zoology	✓
18.	Hasna Muhsin	IIBSc FCS	✓
19.	Joffi Thambi	IIBSc FCS	✓
20.	Mufeeda thireru	IIBSc FCS	✓
21.	Neha P. J.	IIBSc FCS	✓
22.	Nirenjana Raj	IIBSc FCS	✓
23.	Riya Jolly	IIBSc FCS	✓
24.	Sanjana K Suresh	IIBSc FCS	✓
25.	Sinta Antony	IIBSc FCS	✓
26.	Vismitha M. V.	IIBSc FCS	✓
27.	Rajitha.M.Subran	II BA Economics	✓
28.	Riya Paul	II BA Economics	✓
29.	Anjana Kunjappan	II BA Economics	✓
30.	Ann Mariya M Davy	II BA Economics	✓
31.	Jesna K. J.	II BA Economics	✓
32.	Aythihya.E.S.	II BA Economics	✓
33.	Devika Dinesh	II BA Economics	✓
34.	Devika Devadas	II BA Economics	✓
35.	Moncy Joshy	II BA Economics	✓
36.	Nikitha Mendez	II BA Economics	✓
37.	Nicena Rose Augustin	II BA Economics	✓
38.	Varsha P. S.	II BA Economics	✓



39.	Riya Rengi	II BA Economics	✓
40.	Navami	II BA Economics	✓
41.	Mariya Pappachan	II BCom	✓
42.	Sharika M. K.	II BCom	✓
43.	Akhila C. S.	II BCom	✓
44.	Mariya Alias	II BCom	✓
45.	Mariya Therese Pappachan	II BCom	✓
46.	Neethu M. T.	II BCom	✓
47.	Nelopher Brooson	II BCom	✓
48.	Radhika Jamshy	II BCom	✓
49.	Reshma Santhosh	II BCom	✓
50.	Rosmi Joy	II BCom	✓
51.	Sandra Chakko	II BCom	✓
52.	Sandra K.S.	II BCom	✓
53.	Vyshnavidas K.H.	II BCom	✓
54.	Rose Mariya Shaju	II BCom	✓

*Dr. Rosily*

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



## AWARENESS PROGRAMME ON SUICIDE PREVENTION

Title	Let's talk, speak up and reach out
Date	10 <sup>th</sup> September-2021
Focus of the event	Creating hope through action
Organizing Department	Women cell
Resource person	Mrs. Divya M. A; Manager, Mithra 181, Women hepline, KSWDC
Total Number of the participants	97



**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
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**WOMEN CELL**  
In Association with Kerala State  
Women's Development Corporation Ltd  
Organises a Webinar

**' Let's Talk '**  
Speak Up & Reach Out

2.00 - 3.00pm  
10th Sep 2021





Resource Person  
Mrs. Divya M.A.  
Manager,  
Mithra 181  
Women Helpline  
KSWDC

" Connect, Communicate & Care  
Be Calm, Be Strong, Don't Give up  
You are not Alone "



PRINCIPAL  
Dr. Sr. Rosily A. V.

CO-ORDINATORS  
Dr. Navya Antony  
Dr. Anjali Jacob K.

STUDENT CO-ORDINATORS  
Ms. Nandhana N.K.  
Ms. Nithya Sathyan



## AWARENESS PROGRAMME ON SUICIDE PREVENTION-REPORT

### Objective

To stress the importance of collective action to address the suicide tendency in society, especially during COVID pandemic period

### Summary

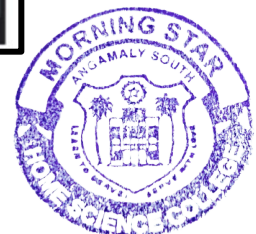
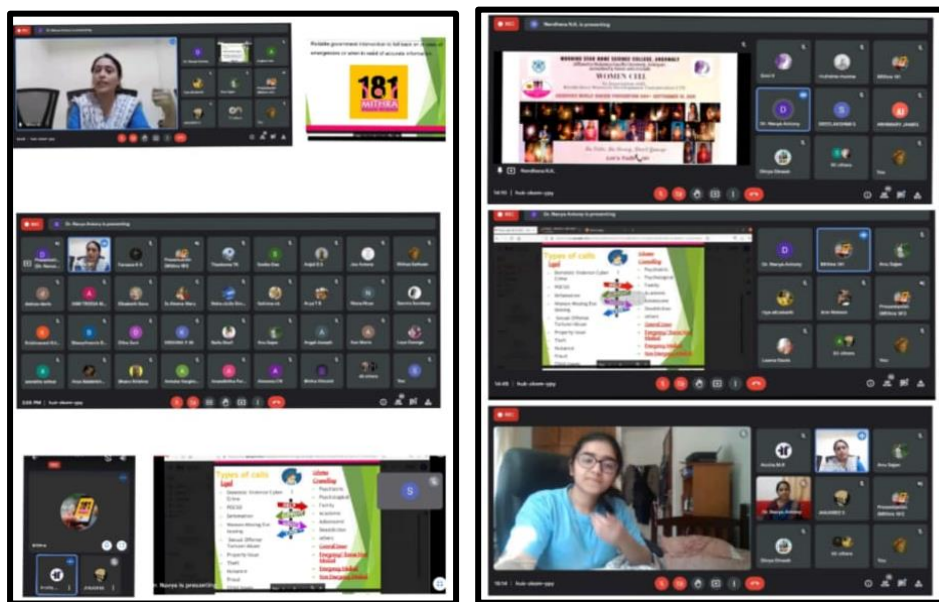
Women cell observed world suicide prevention day on 10<sup>th</sup> September-2021 with the theme “*creating hope through action*” to stress the importance of collective action to address the suicide tendency in society, especially during this pandemic period. As a part of observation women cell organized a webinar. “*Let’s talk, speak up and reach out*” was the topic of the webinar. Mrs. Divya M. A., Manager, Mithra 181, Women helpline, KSWDC was the resource person of the webinar. The main objective of the webinar was to raise awareness among students that suicide can be prevented through proper action. The messages “*Connect communicate and care, Be calm, Be strong; Don’t give up, You are not alone*” were communicated to students. Through this webinar women cell conveyed the message to students that communities have an important role to play in supporting those who are vulnerable. The webinar can be watched with the following link <https://youtu.be/IXDPBelzQ44> .

### Beneficiaries

UG students of the college

### Outcome

Through this webinar women cell conveyed the message to students that communities have an important role to play in supporting those who are vulnerable



### List of participants

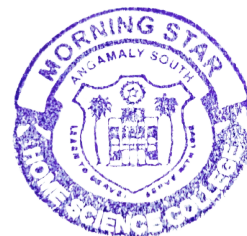
1.	Abil Rose P. T.	✓
2.	Anjana K. K.	✓
3.	Arathi M. S.	✓
4.	Athulya Kaladharan	✓
5.	Darsana S.	✓
6.	Fathima T.J.	✓
7.	Jomariya Johny	✓
8.	Noushida M.N.	✓
9.	Sabeena Basheer	✓
10.	Adithya S	✓
11.	Afna U Shanavas	✓
12.	Aleena Saju	✓
13.	Ammu P S	✓
14.	Anjana K Raj	✓
15.	Anjana Kunjappan	✓
16.	Anjana M P	✓
17.	AnnMariya M Davy	✓
18.	Anna Sunny	✓
19.	Aysha Shahana	✓
20.	Layamol P. S.	✓
21.	Lisha Shabu	✓
22.	Mariya Joy	✓
23.	Mufitha P. J.	✓
24.	Preetha Antony	✓
25.	Priya M. R.	✓
26.	Sandra T.L.	✓



27.	Sangeetha M.J.	✓
28.	Sruthy Subran	✓
29.	Varsha P.V.	✓
30.	Vyshnavi Restin	✓
31.	Ms. Afnitha Naseer	✓
32.	Ms. Aysha P H	✓
33.	Ms. Aysha Parvin M S	✓
34.	Ms. Sangeetha S Mallan	✓
35.	Ms. Sultana Basheer	✓
36.	Ms. Varsha V Nair	✓
37.	Fathimathu Suaad	✓
38.	Nandana R Nair	✓
39.	Nehla C Mohammed Rafi	✓
40.	Sivalakshmi S	✓
41.	Athira K S	✓
42.	R Vigila	✓
43.	Nandana K B	✓
44.	Nayanalakshmy N U	✓
45.	Nikhitha Prakasan T P	✓
46.	Parvathi Nandana	✓
47.	Safiya A T F	✓
48.	Sreenanda Prasad	✓
49.	Sreesha Rajan	✓
50.	Vani Muraleedharan	✓
51.	A S Aswathy	✓
52.	Anu Johnson	✓
53.	Asnaasharaf	✓
54.	Dharsana Davis	✓
55.	Gibi George	✓



56.	Greeshmababu	✓
57.	Jismi Mohan	✓
58.	K A Malavika	✓
59.	Maria Thomas	✓
60.	Shahla P	✓
61.	A S Aswathy	✓
62.	Nesnamolmarackar	✓
63.	Sandra Antu	✓
64.	Adithya Saji	✓
65.	Agnes Jose	✓
66.	Ann Mary Mattekkat	✓
67.	Sivani Binoj	✓
68.	Maria Anne Sundeep	✓
69.	Mary K J	✓
70.	Akhila K.R	✓
71.	Anakha Babu	✓
72.	Angel Eldho	✓
73.	Anitta Antony	✓
74.	Anjana Nair	✓
75.	Anuprabha .M	✓
76.	Anusree K.B	✓
77.	Aswini Sreenivas	✓
78.	Athira Haridasan	✓
79.	Hanna Rose Babu	✓
80.	Akshaya K.O	✓
81.	Ameenaparveen	✓
82.	Ann Nelson	✓
83.	Jennifer John	✓
84.	Niya K. Thomas	✓





85.	Anita Maria Jomy	✓
86.	Anu Antony	✓
87.	Fathima Ob	✓
88.	Riya Paul	✓
89.	Rosemary Xavier	✓
90.	Akshaya K.O	✓
91.	Ann Hanna Dickson	✓
92.	Athira Babu	✓
93.	Bency Benedict	✓
94.	Dilna Sani	✓
95.	Jismi Pappachan	✓
96.	Laya Elizabeth George	✓
97.	Reni Anna	✓

*Dr. RGSily*

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



**FIRST AID IS FOR EVERYONE, EVERYWHERE, LET'S LEARN FIRST AID AND SAVE LIVES!"**

<b>Title</b>	<i>First Aid is for Everyone, Everywhere, Let's learn first aid and save lives!"</i>
<b>Date</b>	<b>13-09-2021</b>
<b>Focus of the event</b>	<b>To promote the first aid awareness</b>
<b>Organizing department</b>	<b>Youth red cross</b>
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	<b>Dr. Sarah Thomas, Founder of Kancare</b>
<b>Total number of participants</b>	<b>80</b>

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

YOUTH RED CROSS  
As a part of Observing

**WORLD FIRST AID DAY**

Organises a Webinar  
In Association with Kancare foundation

**LEARN FIRST AID SAVE LIVES**

**RESOURCE PERSON**  
Dr. Sarah Thomas  
Founder of Kancare Assisted living facility  
and Palliative care center

*"First Aid is for Everyone, Everywhere  
Let's learn first aid and save lives!"*

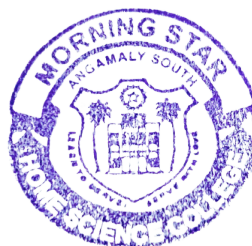
[https://youtu.be/t\\_g2dzjs3T8](https://youtu.be/t_g2dzjs3T8)  
<https://meet.google.com/ojb-gqsd-hde>

**2.00 - 3.00 pm  
13th Sep 2021**

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

**CO-ORDINATORS**  
Dr. Navya Antony  
Dr. Anjali Jacob K.

**STUDENT CO-ORDINATORS**  
Ms. Nandhana N.K.  
Ms. Nithya Sathyan



# FIRST AID IS FOR EVERYONE, EVERYWHERE, LET’S LEARN FIRST AID AND SAVE LIVES!”-REPORT

## Objective

To promote the awareness of first aid training and increasing its accessibility to save more lives in a crisis

## Summary

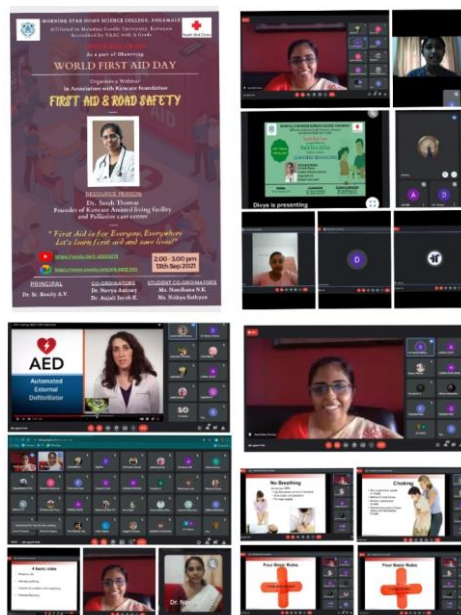
‘Youth red cross’ observed world first aid day for promoting the importance of first aid training and increasing its accessibility to save more lives in a crisis. As a part of observation ‘Youth red cross’ conducted a webinar with the theme “*First Aid is for Everyone, Everywhere, Let’s learn first aid and save lives!*” on 13<sup>th</sup> September-2021. Dr. Sarah Thomas, Founder of Kancare assisted living facility and Palliative care center was the resource of the webinar. “*Learn first aid, save lives*” was the topic of the presentation. Through this webinar, the importance of cardiopulmonary resuscitation was communicated to students. The webinar can be watched with the following link <https://youtu.be/tg2dzjs3T8> . The webinar gave more than just the information and abilities needed to respond successfully. The webinar also helped to provide the confidence to act when necessary

## Beneficiaries

UG and PG Students

## Outcome

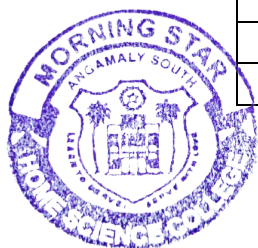
The webinar gave more than just the information and abilities needed to respond successfully. The webinar also helped to provide the confidence to act when necessary



### Attendance list of participants

*First Aid is for Everyone, Everywhere, Let's learn first aid and save lives!"*

Sl No:	Name	Class	Signature
1.	AnjanaKunjappan	II B.A. Economics	✓
2.	Anjana M. P.	II B.A. Economics	✓
3.	Ganga Shaju	II B.A. Economics	✓
4.	RakhiRaju	II B.A. Economics	✓
5.	Sneha C.R.	II B.A. Economics	✓
6.	Sruthika S.	II B.A. Economics	✓
7.	Sujitha V.S.	II B.A. Economics	✓
8.	FathimaBeevi M.S.	IIB.A. Economics	✓
9.	Krishna P.M.	II B.A. Economics	✓
10.	Nikitha Mendez	IIB.A. Economics	✓
11.	Rose Bel Benny	IIB.A. Economics	✓
12.	Sandra P. Rajeev	II B.A. Economics	✓
13.	Sharika M.K.	IIB.A. Economics	✓
14.	SabeenaBasheer	IIIB.A. Economics	✓
15.	Safna K.A.	IIIB.A. Economics	✓
16.	Saifunisa M.Y.	IIIB.A. Economics	✓
17.	Amrutha Davis	IIIB.A. Economics	✓
18.	Anagha Joy	IIIB.A. Economics	✓
19.	Annmariya V.K.	IIIB.A. Economics	✓
20.	Rameesa K S	II MSc Chemistry	✓
21.	Reethu Eby	II MSc Chemistry	✓
22.	Rosemary C F	II MSc Chemistry	✓
23.	Rosemary Joy	II MSc Chemistry	✓
24.	Shafna V P	II MSc Chemistry	✓
25.	Niya K Thomas	I B A English	✓
26.	Nitty Thomas	III B A English	✓
27.	Rekha Madhu	III B A English	✓
28.	Reni Anna	III B A English	✓
29.	Rose Maria Thariachan	III B A English	✓
30.	Samira Sara Sundeep	III B A English	✓
31.	Sanika Rose Joy	III B.A English	✓
32.	Shino Martin	III B A English	✓
33.	Akshaya K.O	II B A English	✓
34.	Ameena Parveen	II B A English	✓
35.	Ann Nelson	II B A English	✓
36.	Anu Antony	II B.A English	✓
37.	Fathima O B	II B.A English	✓
38.	Aleena Poullose	II B.Sc Chemistry	✓
39.	Aiswarya Mohandas	II B.Sc Chemistry	✓
40.	Drisy P V	II B.Sc Chemistry	✓
41.	Farzana K A	II B.Sc Chemistry	✓



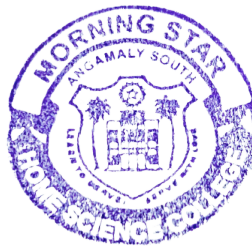
42.	Neha Cicily Simmethy	II B.Sc Chemistry	✓
43.	Navya Saji	III B.Sc FCS	✓
44.	Karmalin Steena	III B.Sc FCS	✓
45.	Rizmin S	III B.Sc FCS	✓
46.	An Maria Raju	III B.Sc FCS	✓
47.	Maneesha Radhakrishnan	III B.Sc FCS	✓
48.	Meenakshi Binoy	III B.Sc FCS	✓
49.	Rexy K R	III B.Sc FCS	✓
50.	Sayana Saju	III B.Sc FCS	✓
51.	Shahana K. N	III B.Sc FCS	✓
52.	Praissymol A P	III B.Sc FCS	✓
53.	Aleena Kuriakose	III B.Sc FCS	✓
54.	Elsa Chacko	III B.Sc FCS	✓
55.	Nixy E D	III B.Sc FCS	✓
56.	Sandra P Sathyan	III B.Sc FCS	✓
57.	Sinta Antony	III B.Sc FCS	✓
58.	Aryananda V.B	III B.Sc FCS	✓
59.	Fazna C A	III B.Sc FCS	✓
60.	Aisha Farisha A N	II B.Sc Zoology	✓
61.	Khadeeja Shanna U S	III B.Sc FCS	✓
62.	Dharsana Davis	III B.Sc Zoology	✓
63.	A S Aswathy	III B.Sc Zoology	✓
64.	Greeshma Babu	III B.Sc Zoology	✓
65.	Shahla P	III B.Sc Zoology	✓
66.	Anjana Prabha	III B.Sc Zoology	✓
67.	Sandra Antu	III B.Sc Zoology	✓
68.	Grazia Baby	III B.Sc Zoology	✓
69.	Anu Johnson	III B.Sc Zoology	✓
70.	Jismi Mohan	III B.Sc Zoology	✓
71.	Maria Thomas	III B.Sc Zoology	✓
72.	Aysha Minha Nazar	III B.Sc Zoology	✓
73.	Dona Jose	III B.Sc Zoology	✓
74.	Nesnamol Marackar	III B.Sc Zoology	✓
75.	Krishna Priya.B.S	II B.Sc Zoology	✓
76.	Thasleena T K	II B.Sc Zoology	✓
77.	Navya Binu.S	II B.Sc Zoology	✓
78.	Athira P.C	II B.Sc Zoology	✓
79.	Minnu Maria Francis	II B.Sc Zoology	✓
80.	Sona Cheriyan	II B.Sc Zoology	✓



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

## TRAINING PROGRAMME IN PAIN AND PALLIATIVE CARE

<b>Title</b>	<b>Training programme in pain and palliative care in connection with Palliative care day observation</b>
<b>Date</b>	<b>12-13<sup>th</sup> March 2022</b>
<b>Focus of the event</b>	<p><b>Importance of medical care given to patients suffering from serious illness</b></p> <p><b>Demonstration on cleaning of various body parts.</b></p> <p><b>Develop a group of palliative volunteers with an in-depth knowledge in palliative care</b></p>
<b>Organizing department</b>	<b>Youth red cross</b>
<b>Name of the agencies /consultants / Resource person ( Official address)</b>	<b>Anwar memorial pain and palliative care society in association with IMA Kerala chapter</b>
<b>Total number of participants</b>	<b>14</b>



## TRAINING PROGRAMME IN PAIN AND PALLIATIVE CARE-REPORT

### Objectives

- To create awareness among volunteers about the importance of medical care given to patients suffering from serious illness
- To create a group of palliative volunteers with an in-depth knowledge in palliative care

**Summary:** As a part of observing Palliative care day youth red cross members attended two day session at Anwar memorial hospital organized by Anwar memorial pain and palliative care society in association with IMA Kerala chapter on 12-13<sup>th</sup> March 2022. Sri. Chinnan P Pynadath gave talk on communication and home care. Ms. Suvarna demonstrated nursing care given to patients suffering from serious illness and cleaning of various body parts. Dr C M Hyderali, gave an informative talk on medical care given to patients. The session is followed by demonstrations, practical sessions, group discussion on spirituality of touch and how to handle patients.

**Beneficiaries:** 19 UG and PG Students were participated and benefitted from the programme.

**Outcome:** The sessions helped the students to equip themselves in dealing with the people under palliative care.



### List of Participants- Training Programme in Pain and Palliative care

SI No	Name	Class	Signature
1.	Nandhana N.K	II B.Com	✓
2.	Nithya Sathyan	II B.Com	✓
3.	R. Niveditha	II B.Com	✓
4.	Anjala Shaju	II B.Com	✓
5.	Safiya A.T.F.	II BA Economics	✓
6.	Afnas Aseer	II BA Economics	✓
7.	Saniya Z	II B Sc. FCS	✓
8.	Sana Nazrin	B.Voc	✓
9.	Aisha Farisha AN	III B Sc Zoology	✓
10.	Affaya M.S.	BA Economics	✓
11.	Leya Joy	II B.Sc FCS	✓
12.	Aliya Mujeeb	II B.Sc FCS	✓
13.	Jebina Nasar	II BA Economics	✓
14.	Nehla. C	B.Sc.Chemistry	✓




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## 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



*Dr. Rosily*  
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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

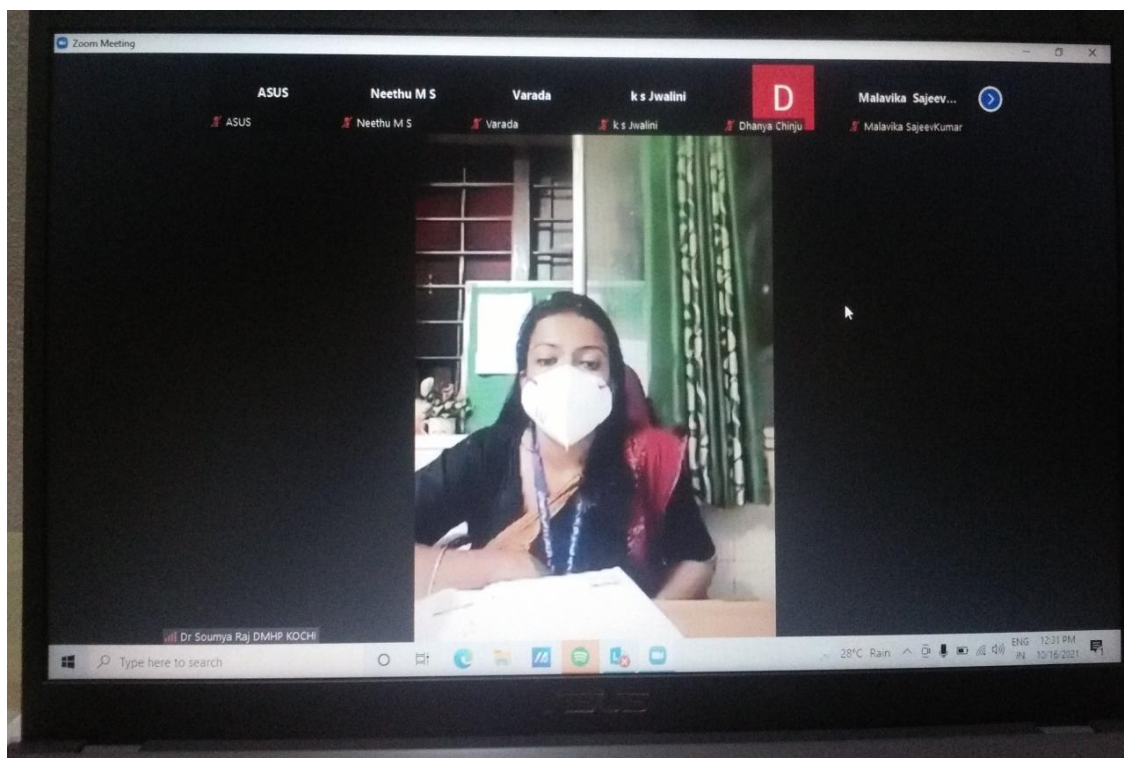
### Objective

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.

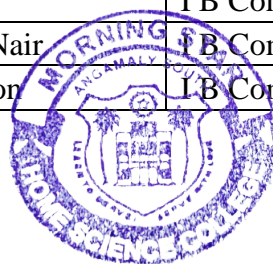


### List of the participants

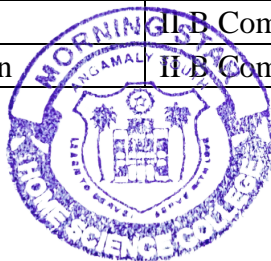
Sl. No.	Name	Class	16/10/2021
1	Ashma Thadevus	II B Voc	✓
2	Jinimol P J	II B Voc	✓
3	Rakhi K Ravi	II B Voc	✓
4	Sreekutty K R	II B Voc	✓
5	Aneesa V A	I B Voc	✓
6	Aneeta Benny	I B Voc	✓
7	Arsha Babu	I B Voc	✓
8	Aiswarya S	I B Voc	✓
9	Aswitha V M	I B Voc	✓
10	Athira Mani T	I B Voc	✓
11	Durga Babu	I B Voc	✓
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


**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



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



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

**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)*

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.

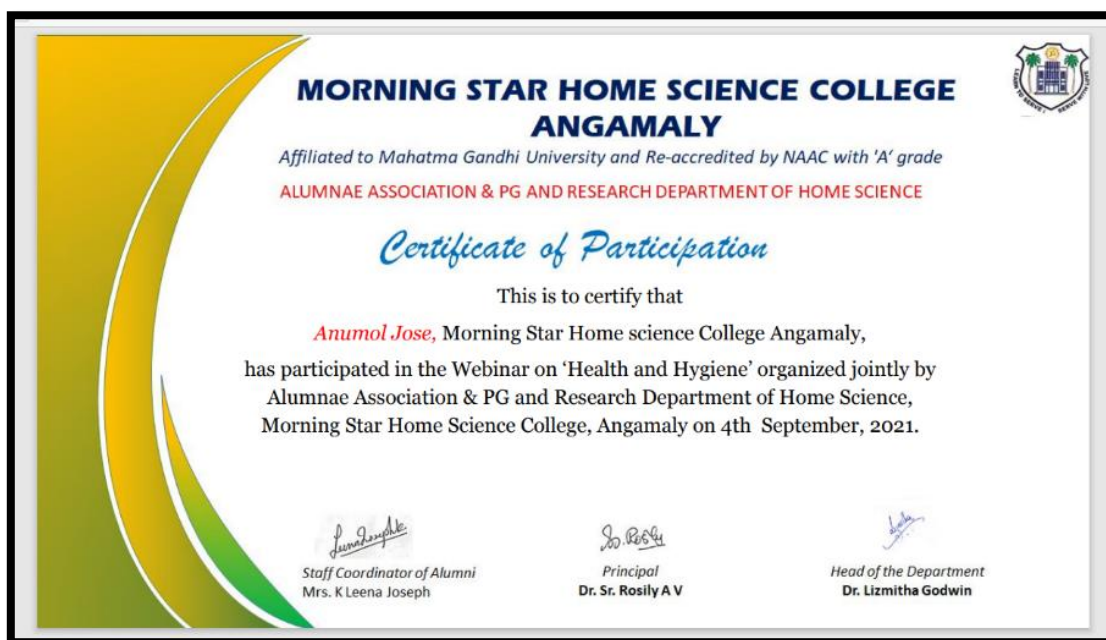


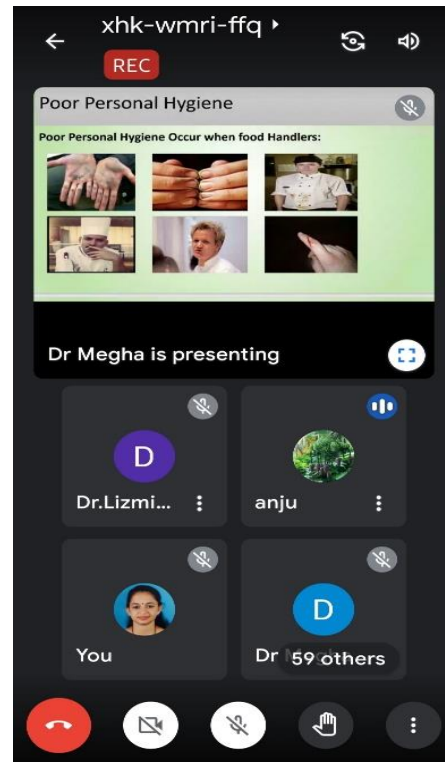
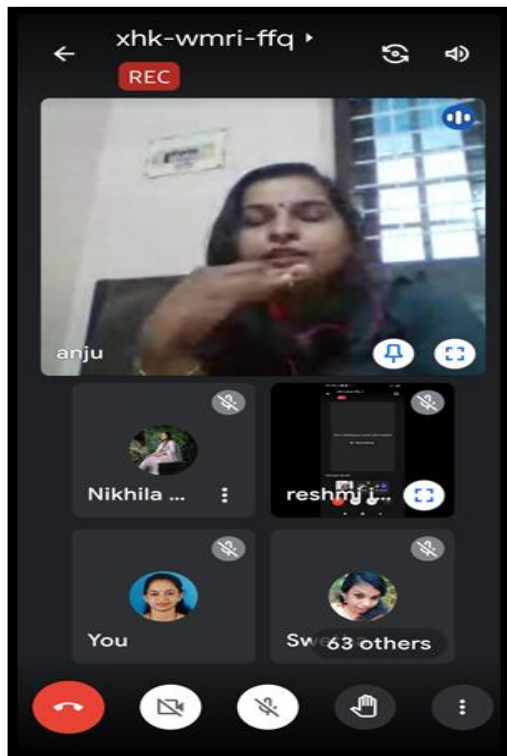
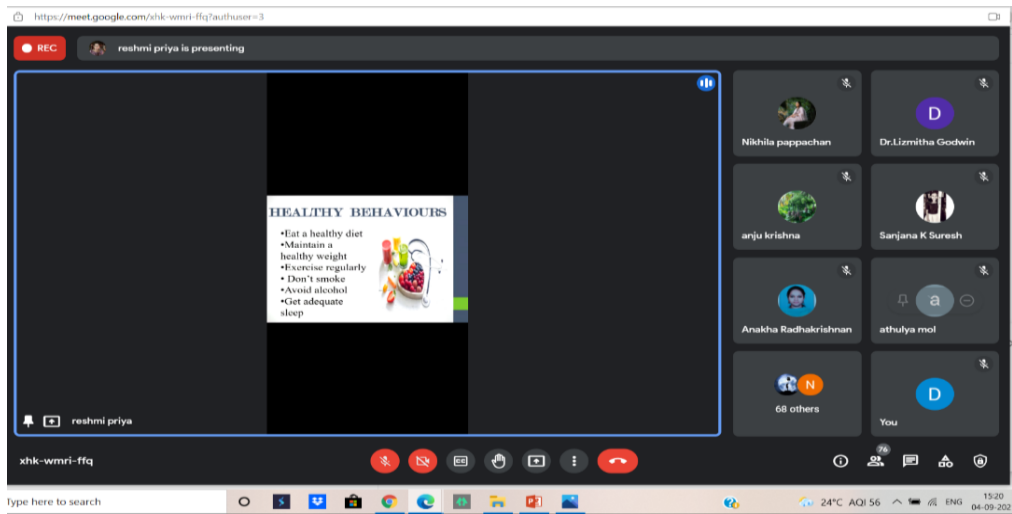
## Summary

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





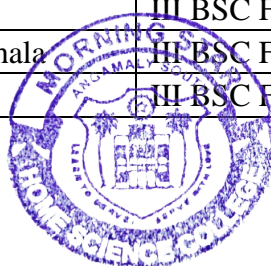
## Outcomes

- 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	✓



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**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**

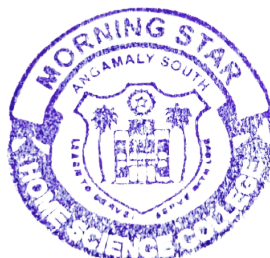
• **Gastrointestinal disorders (9-9-2021) at 2 P M**

**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. Anjaly Jacob



## Objectives

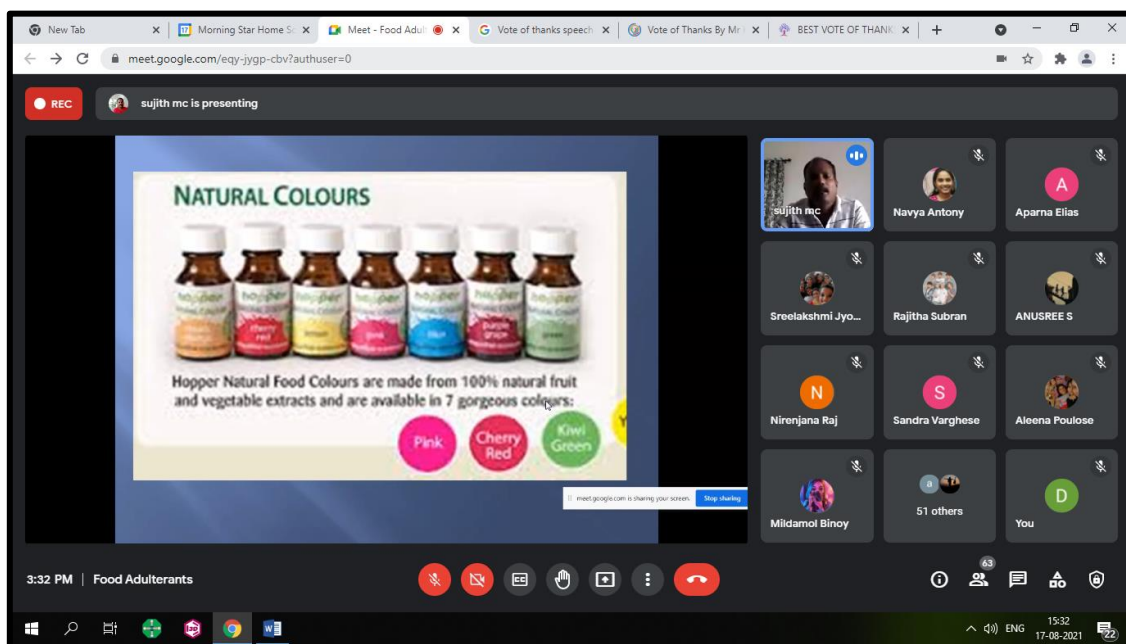
- To make students aware about different types of food adulterants
- To create awareness about the need to select quality food and how to carry out food quality

## 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.

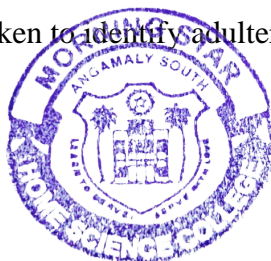
## Beneficiaries

UG and PG students in Physics, Chemistry and Zoology



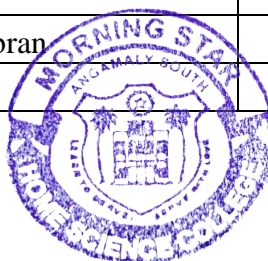
## Outcome

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.



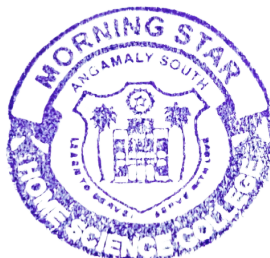
## List of participants

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**



## 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



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**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






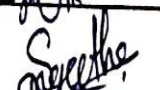

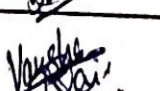
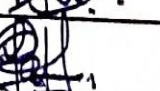

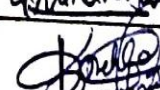
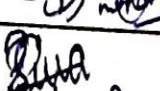

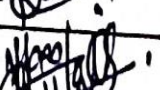




## Outcome

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.



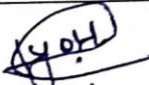
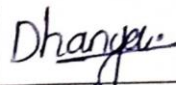
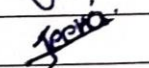
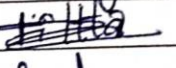
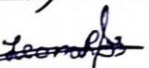

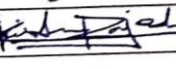


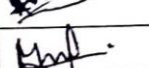


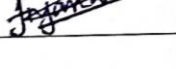

## List of participants

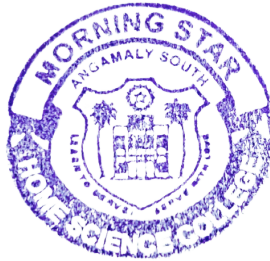
Sl.No.	Name of Student	Signature
1	Afnitha Naseer	
2	Aysha P H	
3	Aysha Parvin M S	
4	Sangeetha S Mallan	
5	Sultana Basheer	
6	Varsha V Nair	
7	Fathimathu Suaad	
8	Nandana R Nair	
9	Nehla C Mohammed Rafi	
10	Sivalakshmi S	
11	Athira K S	
12	R Vigila	
13	Ayisha Labeeba V I	
14	Lakshmi Darsak	



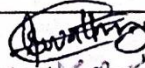
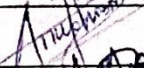
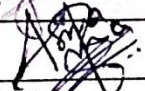
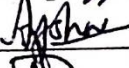

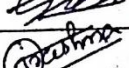

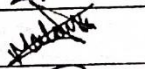

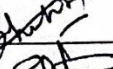
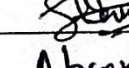
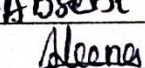
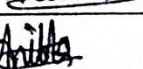



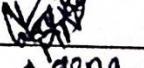

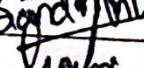


Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Afnitha C Rafeek		27.	Meghana Vincent	
2.	Aiswarya K.S		28.	Minnu P.T	
3.	Aleena Biju		29.	Nandana Reghu	
4.	Aleena Fransuzky		30.	Neetha Krishna	
5.	Anakha Baby		31.	Praseeda.C.P	
6.	Angel Baby		32.	Sandra Sasi	
7.	Angel Rose Johnson		33.	Sanuja Sajeev	
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.

**VICEPRESIDENT**  
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

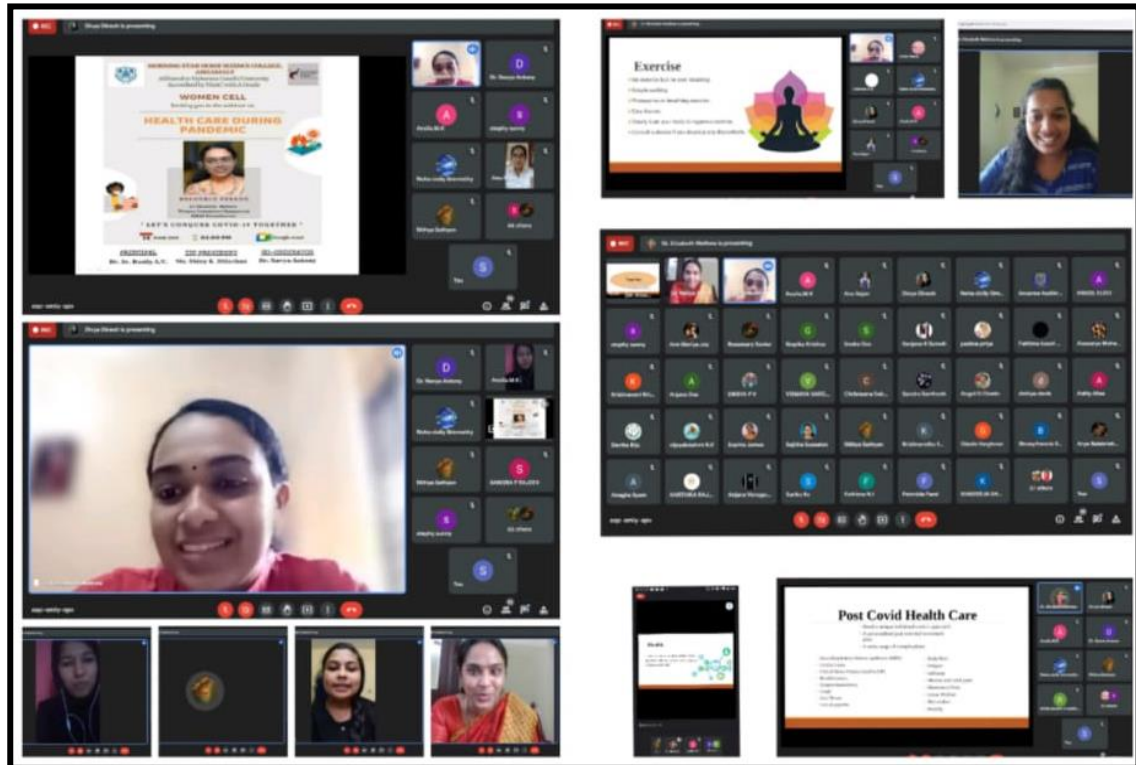
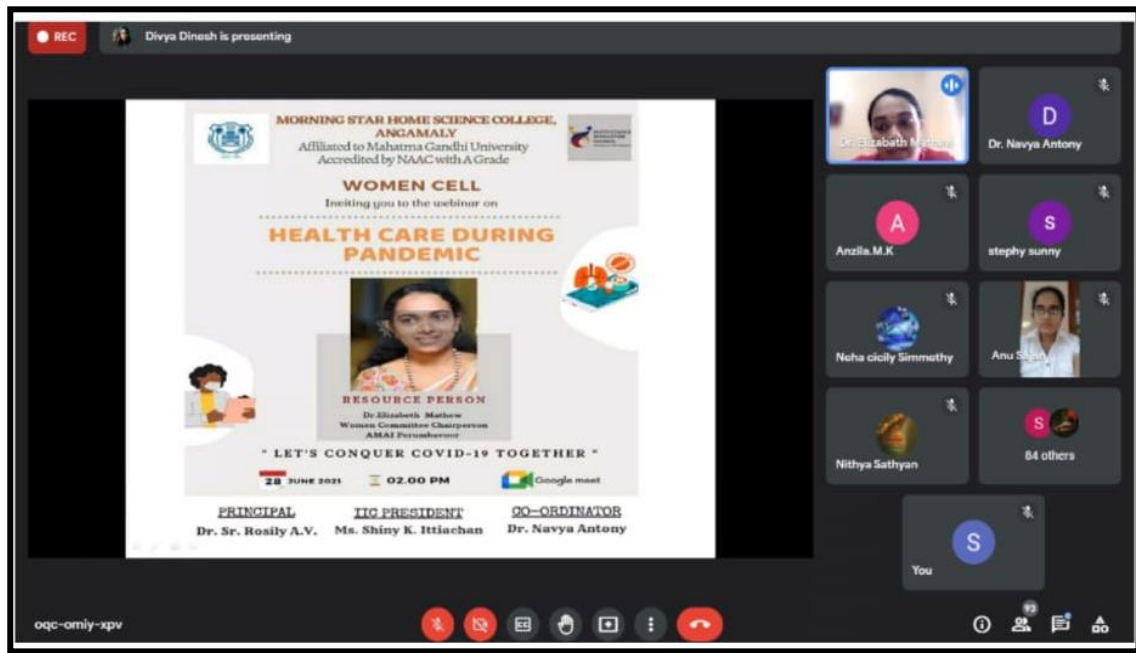
## Summary

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

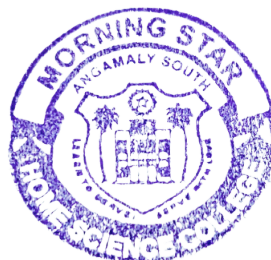
UG students





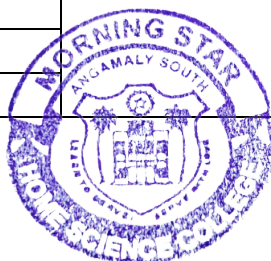
## Outcome

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

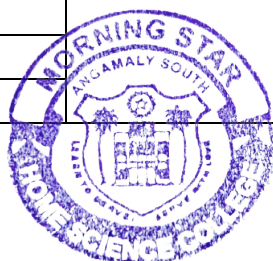


## List of participants

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



**MORNING STAR HOME SCIENCE COLLEGE,  
ANGAMALY**

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





**WOMEN CELL**

Inviting you to the  
**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>

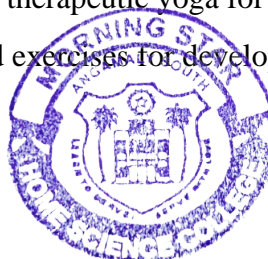
 <https://youtu.be/9bMc9rGpMUs>

**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

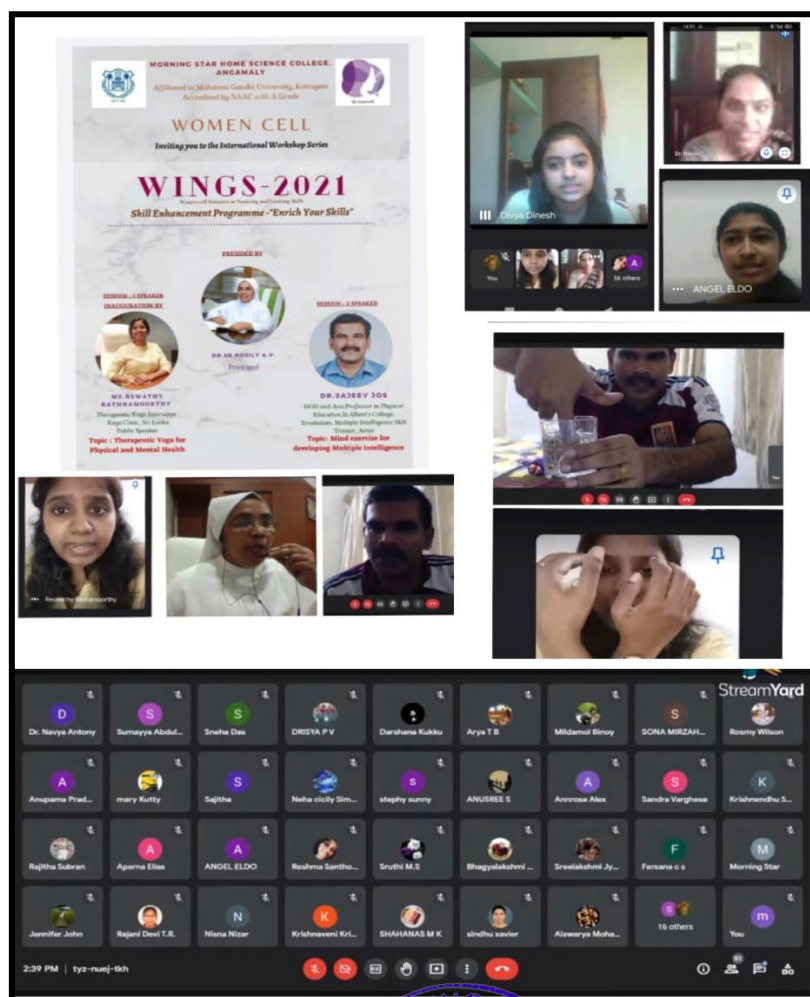


## Summary

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



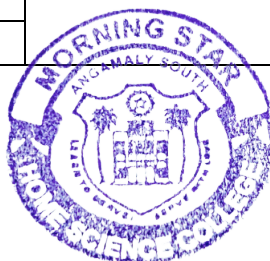


## Outcome

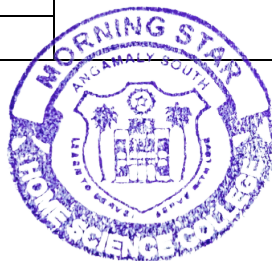
The programme helped to convey the message of practicing yoga and mind exercise for having better healthy living.

### List of participants

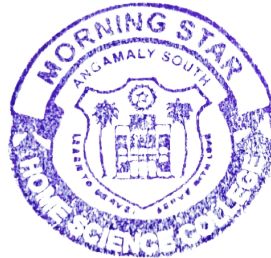
Sl No:	Name of the Student	Class & Department	27 <sup>th</sup> July 2021
1	Aarsha Johnson	II FCS	✓
2	Adiba Rifa N K		✓
3	Amalu James		✓
4	Ann Treesa Mariat		✓
5	Anumol Jose		✓
6	Aryananda V B		✓
7	Athulyamol P L		✓
8	Fazna C A		✓
9	Feba Saji		✓
10	Gilsy Varghese		✓
11	Khadeeja Shanna U S		✓
12	Krishna 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

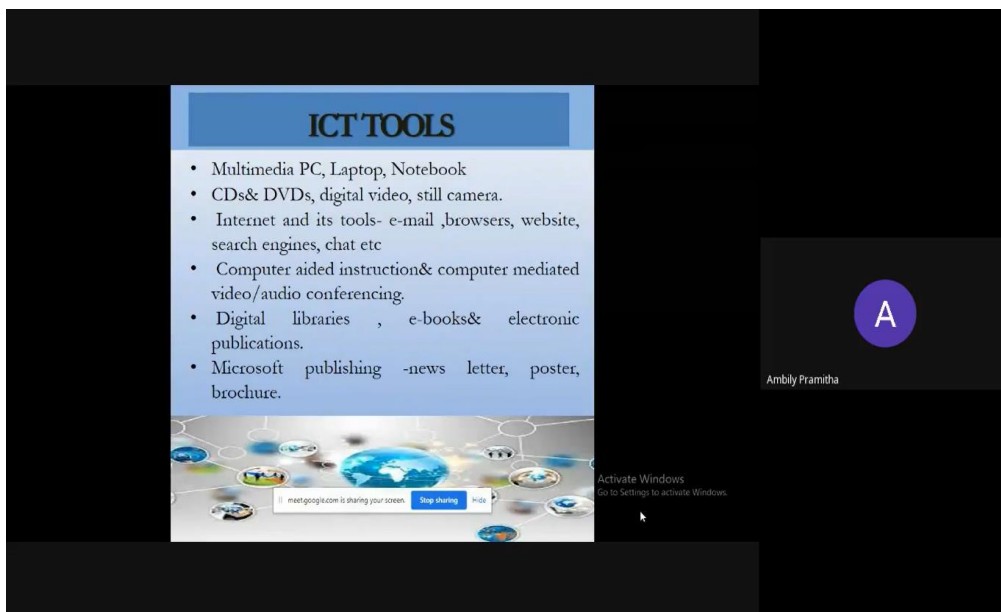
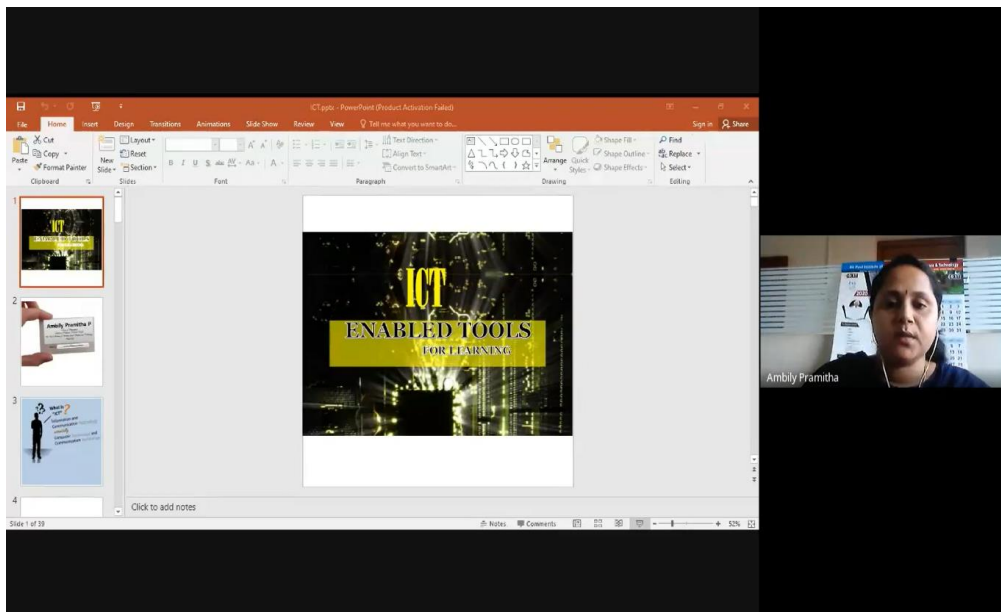
### Summary

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.

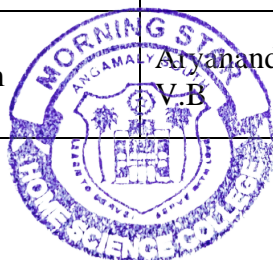


## List of Participants

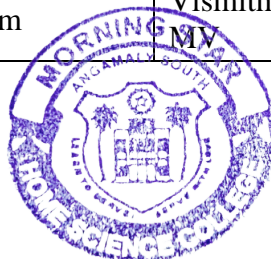
Timestamp	Email Address	Name of the participant	Educational Institution	Designation
8/10/2021 15:57:11	vyshnavimv111@gmail.com	Vyshnavi Vijayasankar	Morning Star home science College angamaly	Student
8/10/2021 15:57:26	anjanavenugopal007@gmail.com	Anjana Venugopal	Morning star home science college, Angamaly	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

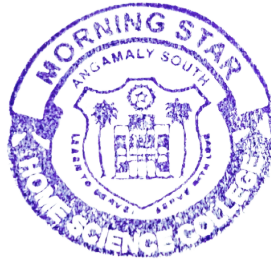


8/10/2021 16:00:24	taniamariajohn@gmail.com	Tania Maria John	Morningstar Home Science college	Student
8/10/2021 16:00:25	niyakthomas1964@gmail.com	Niya K Thomas	Morning Star Homescience College Angamaly	Student
8/10/2021 16:01:24	aparnaelias2002@gmail.com	Aparna Elias	Morning star home science college	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



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