



MORNING STAR HOME SCIENCE COLLEGE

ESTD 1968

ANGAMALY SOUTH, KERALA - 683573

ANNUAL REPORT

2019-2020



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ANNUAL REPORT (2019-2020)

1. INTRODUCTION

Morning Star Home Science College was established in 1963 with a two-year diploma course in Home Science with the aim of educating and empowering young women to become better homemakers and contributing citizens. In 1968, the college started an undergraduate course in Home Science, affiliated to Kerala University. Later, the college got affiliated to Mahatma Gandhi University when the university was established. For decades, Morning Star Home Science College has been marching forward with significant progress in women education and has always shown readiness for innovation and diversification. With the aim of making women self-reliant, the college offered various vocational programmes for mothers of students and local women. The College attained 'A' grade after the NAAC Accreditation in the third cycle.

The institution's vision is to mould young women as prudent scholars and competent professionals, capable of becoming ambassadors of graceful service to their families and to the society. To attain this, the institution equips young women to cope with the challenges of the times by fostering self-respect and self-reliance, promoting divergent thinking and cultivating a knowledge culture. Over the years, Morning Star Home Science College dedicated its service to the empowerment of women and has successfully catered to augmenting the contribution of women to society.

2. BASIC DATA

Total Staff - 47 Teaching staff
26 Non-teaching staff

Total Departments- 7 departments

Total Programme - UG -7 (Regular 6, Self-Financing -1)

PG- 4 (Regular - 1, Self-Financing - 3)

Diploma-1

Certificate Courses – 12

Total Students- 724

3. NEW APPOINTMENTS

Dr.Mettilda Thomas, Dept. of Physical Education was appointed as Assistant Professor in the Department of Physical Education.

4. AWARDS AND RECOGNITION

- The faculty published 17 research publications in UGC CARE listed journals, conference proceedings and ISBN books.
- Certificate of Appreciation was awarded by the Global Student Solar Ambassadors Workshop for encouraging student participation.
- Certificate of Appreciation was awarded by the MG university for the Outstanding performance by the NSS unit.
- The institution was awarded with the Green College Award for the sincere contribution and quality service made towards increasing the green cover of the planet.
- The institution was awarded with the “KesadanamSnehadanam” by Amala Institute of Medical Sciences for the voluntary hair donation campaign with the intention of providing hair wigs to cancer patients.

5. RESULTS:

The pass percentage of the Final Examinations, April 2020 is as follows:

- BA English – 93.75%
- BA Economics – 97.30%
- B.Sc. Chemistry (Model II) – 84.62%
- B.Sc. Family and Community Science- 96.43%
- B.Sc. Physics (Model II) – 90.91%
- B.Sc. Zoology – 90.91%
- B.Com- Finance and Taxation – 97.96%
- M. Sc. Zoology – 88.89%
- M. Sc. Community and Family Science- 100%
- M. Sc. Chemistry – 90.0%
- M. Sc. Physics- 93.33%

Position in Mahatma Gandhi University Examinations:

PG

- Shyma S Mohan- 1st Rank in M.Sc. Family and Community Science
- Ruksana A – 2nd Rank in M.Sc. Family and Community Science
- Vrindha KB – 3rd Rank in M.Sc. Family and Community Science
- Nihal M Zubair – 4th Position in M.Sc. Zoology

UG

- Keerthi H Pillai–1st Rank in B.Sc. Family and Community Science
- Shivapriya KC – 2nd Rank in B.Sc. Family and Community Science
- Aswathy Mohanan – 3rd Rank in B.Sc. Family and Community Science
- Ann Mariya Viju – 5th Position in B.Sc. Chemistry(Model II)
- Della Toyan – 6th Position in B.Sc. Family and Community Science
- Soorya Sudheer – 8th Position in B.Sc. Physics(Model II)
- Shibina Sakeer – 8th Position in B.Sc. Family and Community Science
- Aparna T.G. – 9th Position in BSc Family and Community Science

Ameera Hussain N.H. – 10th Position in BSc Chemistry(Model II)

6. MoU WITH OTHER INSTITUTIONS.

During the current academic year, the institutions signed four MoUs with the following organizations.

- Insight Quality Consultancy Services, Ernakulam
- Aptech Education, Kochi
- The Tax Study Vocational Training Centre
- Akay Flavours and Aromatics PVT Ltd, Kochi

7. SCHOLARSHIPS AND FREESHIPS

Details of scholarship received by the students from the government.

Name of the scheme	Number of students	Amount
Post metric scholarship schemes Minorities CS	66	3,26,783
Central sector scheme of scholarships	6	60,000
Suvarna Jubilee Merit	4	40,000

Scholarship		
e-grants	52	2,41,017
Total	128	6,67,800

- Average percentage of students benefited by scholarships, freeships etc. provided by the institution besides government schemes

Name of the scheme	Number of students	Amount
Freeship–Fee concessions	95	1,65,450

- Besides the aforementioned programmes, through the institutional funded Save-a-Star project, 12 students were benefited with an amount of Rs 18,300 for their academic purposes.

8. CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT PROGRAMME

For students' academic enhancement, capacity development and skills enhancement programmes were organized.

Soft skill programme (13)

Language and Communication skill programme (3)

Life skills programme (16)

ICT/ Computing Skills (1)

Total Cultural/sports events and competitions organised- 27

9. FACULTY DEVELOPMENT PROGRAMME ATTENDED

During the current academic year, 14 faculty members attended the Faculty Development Programme. It helped the faculty members to refresh and enhance their professional skills.

10. IQAC

The Internal Quality Assurance Cell ensures continuous improvement in all the operational aspects and also assures its stakeholders of the institution's accountability and effort in augmenting the quality of the institution. The IQAC is headed by the IQAC Coordinator -Ms. Shyny K Ittiachan and Joint Coordinators- Ms. Sophia James and Dr.Lizmitha Godwin. The data of the programmes conducted by the IQAC is given below.

- Orientation Programme on ICT Tools on 1st January 2020
- Assessment & Accreditation and Departmental Empowerment on 16th December 2019
- Office Administration on 19th December 2019
- Accreditation Process on 12th December 2019
- Orientation on Library Procedures on 12th December 2019
- 2018 UGC Regulations on 13th November 2019
- Awareness programme on 'Google Classroom' on 6th November 2019
- Revised Accreditation Process of NAAC on 25th July 2019

11. FEEDBACK MECHANISM

The institution has a well-structured and transparent feedback mechanism. The feedback committee functions under the IQAC and monitors all the activities related to feedback, i.e., the creation of feedback, distribution among stakeholders, collection of filled feedback forms, data analysis and preparation of feedback report and submission to the IQAC. Feedback is collected from all the stakeholders at the end of each academic year.

12. STUDENTS' COUNCIL

- **Talents Day**

Talent's day program was organized by the college union on 26th July 2019.

- **College Union Election**

College union election for the academic year 2019-2020 was conducted on 21st August 2019 in the presidential model. Election was held at 10AM in each department and the vote counting was conducted at 1.30 PM.

- **Festal Greetings**

Official festal celebration of the principal Dr.Sr.Rosliy A.V was organized by the college union and was held on 22nd August 2019. The staff and the students gathered in the auditorium to convey their festal greetings to Dr.Sr.Rosily A.V. Dr. Sr.Anugraha CSN, Staff

Secretary, and Ms. Vincy V.R, non-teaching staff representative delivered the felicitation. Students made the day memorable by organizing various cultural performances. The principal, Dr.Sr.Rosily A.V, thanked the staff and students for their warm wishes. After the function, sweets were distributed to everyone.

Inauguration of Associations and Oath Taking

The inauguration of the union-initiated associations of the institution was done by the principal, Dr.Sr. Rosily A.V on 3rd September 2019 in the presence of the Heads of various Departments.

Oath taking ceremony of the union members was held in September 2019. All the newly elected office bearers took the oath. The principal congratulated the new office bearers. Ms. Sandra K.S, the former chairperson of the College Union delivered the felicitation and Ms. Greeshma A.U, proposed the reply speech.

Onam Celebration

The college union celebrated Onam on 6th September 2019. Onam competitions like *Malayali Manga*, *Onapattu* and *Vadamvali* were the special highlights of the day. Staff and Students welcomed King Mahabali to the celebrations. The merriment reached its zenith when the *Pulikali* team joined the celebrations.

- **Union and Arts Club Inauguration**

The College Union inauguration was held on 3rd October 2019. The college union was inaugurated by Sri.M.K.C. Nair (Vice Chancellor, Kerala University of Health Sciences, Trichur) and the arts club was inaugurated by Ms. Aswathy Sreekanth (RJ, Television anchor and writer). Principal Dr.Sr.Rosily A.V. presided over the function. Union chairperson Ms. Greeshma A.U delivered the welcome speech and Ms. Ashley Kuriakose, Arts Club Secretary, proposed the vote of thanks. Dr. Sr. Anugraha CSN delivered the felicitation.

13. HUMAN VALUES DEVELOPMENT PROGRAMME

Value Development Programme was designed with a thrust on theory and practice. The theoretical part of the programme is supported with a well-designed curriculum. The values included in the curriculum are practiced through various activities at the departmental and institutional levels. The theoretical input with regard to this practice is achieved through the

Human Values Development Programme. The curriculum-based programme is delivered every week at 1 PM to the first year, second year and third year U G students.

14. PARENT TEACHER ASSOCIATION.

PTA meeting

The PTA meeting during the academic year 2019-2020 was conducted on 11th October 2019. After the general meeting in the college auditorium, the departmental PTA meeting was conducted in the respective Departments.

An executive meeting was held on 1st Nov 2019 and the members unanimously elected Mr.S.D Jose as the PTA Vice President. The PTA felicitated students who excelled in academic and extra-curricular activities. The PTA also provided uniforms for the economically backward students.

Ms. Usha KR, Head of the Department of Zoology was honoured and felicitated by the PTA on her retirement.

15. ALUMNI ASSOCIATION

The Alumni stakeholders gathering was held on 23rd November 2019 in the college seminar hall. The Executive committee was framed with Ms. Anitha K J as the president, Ms. Preethi Francis as the treasurer and Ms. Megha Thampy as the secretary. Other members were Ms.Humble George, Dr. Devi N P, Ms. Usha Rose, Ms. Resmi Priya Das, Ms. Nikhila Pappachan, Ms. Mariya, Ms. Jessil George, Ms. Simi Jose, Ms. Retti, Ms. Donna John and Ms. Vaishnavy. Prof. Harry Cleetus was the invited as the guest for the day. Prof. Harry Cleetus explained the important role of the alumnae in the development of their alma mater. On 13th February 2020, the Sherlin Memorial Endowment prize of Rs. 25000 for best outgoing UG Student was presented to Ms. Jessil George of the Department of Commerce.

16. LIBRARY

- The institution possesses a well-equipped library with a collection of 19,250 books and journals that quench the thirst of knowledge seeking minds. The library has books for students focussing on competitive exams, job interviews, and personality development.

- Computers with internet facilities are provided to the students. The Garden library, Digital library and Mobile Library are the other facilities offered by the library.

17. MEDICAL ASSISTANCE

Regular health check-up of the students is done to ensure their good health and well-being. The institution also provides deserving students with financial aid for their medical needs. During the current academic year, four students were provided with monetary assistance for their medical requirements.

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18. EXTENSION ACTIVITIES

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a Radio Talk in Akashvani Kochi FM on 20th November 2019 as part of the International Children's Day celebration. She made a talk on 'Food Habits of School Children' in the programme 'Samakalikam' at 7.40 AM.

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a class on 'Food Hygiene and Nutrition' for the Chefs of Government Guest House in Kerala at the Food Craft Institute, Thrissur on 17th December 2019.

Ms. Rajani Devi T R, Assistant Professor, Department of Home Science, acted as a resource person for a workshop on 'Google Classroom' organized by the IQAC, Morning Star Home Science College on 6th November 2019.

19. NSS ACTIVITIES

- **World No-Tobacco Day**

World No-Tobacco Day was observed on 31st May 2019 by the NSS volunteers of the institution. The volunteers conducted an awareness class on the ill effects of tobacco use. The target audience were construction workers.

- **Environment Day observance by the NSS**

Dr. Sr. Philo T. J., Vice Principal, delivered an awareness class on the importance of conservation of nature. The oath taking was led by Ms. Greeshma A. U., NSS volunteer secretary, on 6th June 2019.

- **ValicheriyalMuktha, Gramam, Nagaram, Campus programme**

The 'ValicheriyalMuktha, Gramam, Nagaram, Campus programme', was organized by the NSS. The programme was inaugurated by the Vice Principal Dr. Sr. Philo T. J. on 11th June 2019.

- **Reading week competitions**

In connection with the reading week, the NSS unit organized a hand writing competition on 19th June 2019. The event saw the participation of fifty-six students.

- **Anti-Drug Day observation**

The NSS volunteers participated in an awareness campaign through leaflet distribution in the nearby areas of the college on 26th June 2019. The volunteers created awareness regarding the ill-effects of drug use among taxi drivers and construction workers.

- **Share a Meal programme**

The Share a Meal programme was conducted on 12th July 2019 among the inmates of Abhaya Bhavan, Perumbavoor by the NSS

House Visit and Creating Awareness

The House visit was instrumental in creating awareness about the ill-effects of plastic usage and the methods to handle plastics safely. The NSS volunteers visited 25 houses in the vicinity of the institution on 18th July 2019.

Campus cleaning

Campus cleaning awareness classes for the first year students was given on 19th July 2019 by the NSS volunteers.

Waste management Class

The NSS volunteers conducted classes on the various methods involved in waste management for the villagers on 20th and 21st July 2019. NSS volunteers visited 83 houses and prepared a survey.

Awareness class on waste disposal

An awareness class was conducted on waste disposal among the staff members of the institution on 22nd July 2019 by the NSS volunteers.

Disposal of plastic wastes

Collected plastics were segregated and disposed properly on 22nd July 2019 by the NSS volunteers.

Campus cleaning

NSS volunteers took up the activity of cleaning from the Telk bus stop to the college gate. The event was conducted from 27th July 2019 to 29th July 2019 by the NSS volunteers.

Swachh Bharat Summer Internship (SBSI)

As part of the Swachh Bharat Summer Internship (SBSI), 15 NSS volunteers actively participated in various activities and successfully completed the 50hrs work from 17th July to 30th July 2019. The volunteers engaged in cleaning activities from Morning Star Home Science College to Vapallassery (1.5Km away from the college).

Awareness Programme

An Awareness Programme was conducted by the NSS volunteers among school children at St. Mary's L. P. School, Angamaly on 30th July 2019.

SuchitwaPakwada Observation

As a part of the SuchitwaPakwada Observation, the NSS volunteers took oath on 1st August 2019. The oath-taking ceremony was led by Ms. Greeshma A. U., NSS Volunteer Secretary. The volunteers were engaged in cleaning activities in the campus from 2nd to 5th August 2019.

Flood Relief Activities

The NSS volunteers actively participated in flood relief activities like collection and packing of materials for donating at the collection centre on 14th and 15th August 2019. Flag hoisting ceremony was performed by principal.

Flood relief kit worth one lakh rupees was handed over at the collection centre at S. H. College, Thevara as part of the flood relief effort initiated by MG University, Kottayam on 16th August 2019.

Cleaning Activities

Around thirty NSS volunteers actively participated in cleaning the road sides prior to the removal of obstructions in the canals by the Angamaly Municipality on 17th August 2019.

Observation of World senior citizen day

The NSS volunteers visited the old age people of Pakalveedu, the old age home located in the adopted village of the institution's NSS unit on 21st August 2019. The volunteers interacted with the inhabitants of the home, distributed sweets and performed entertainment programmes.

Observance of Traditional Knowledge Day

The NSS volunteers participated in a discussion on 'traditional medicine practices' on 22nd August 2019.

Training camp

The NSS volunteer secretaries, Ms. Greeshma A. U. and Ms. Soni Joseph attended the volunteer secretaries training camp at St. Mary's College, Manarcaud from 30th August 2019 to 1st September 2019.

NSS Pre-Camp Orientation

The NSS Pre-Camp orientation was given to volunteers regarding the Onam Vacation special camp on 3rd September 2019.

Advisory Committee meeting

The NSS conducted an advisory committee meeting on 3rd September 2019 prior to the Special camp. The Municipal Counsellor, PTA Vice President, Principal, Staff Secretary, NSS Programme Officers, senior faculty members, Ex-NSS programme officer and NSS volunteer secretaries attended the meeting.

Suvarnam 2019 (NSS Seven Day Special Camp Report)

The NSS seven day special camp 'Suvarnam 2019' was conducted during the Onam holidays from 6th to 12th September 2019 at the De Paul English Medium Higher Secondary School, Angamaly. Special camp activities were carried out at Ward 27 of Angamaly Municipality.

Inaugural Ceremony

The camp was inaugurated on 6th September 2019, at 4 pm by Ex-Vice Municipal Chairman, Mr. Saji Varghese and presided by Rev. Dr. Sr. Rosily A. V., Principal, Morning Star Home Science College, Angamaly. Ms. Greeshma A. U., NSS volunteer secretary welcomed the gathering. Dr. Sr. Shemi George, NSS Programme officer, introduced the camp activities to the gathering. Dr. Sr. Alphonsa M. K., Educational Counsellor and Dr. Sr. Jisha M. Joseph, the Staff secretary felicitated the function. Ms. Krithika Krishnakumar, NSS Volunteer secretary, proposed the vote of thanks.

After the inaugural function, volunteers were divided into six groups and were given a brief account of the duties, responsibilities and the daily schedule of the camp.

Cleaning

The NSS volunteers cleaned the open stage area of the Private bus stand, Angamaly municipality on 7th September 2019. The function was inaugurated by Mr. Saji Varghese, Ex-Vice Chairman, Angamaly Municipality. After cleaning the area, medicinal plants were

planted inside the open stage area. In the afternoon, a class on personality development was given to the students by Adv. Shibi, Clinical Psychologist.

Cleaning of ‘Snehakoodu-Pakal Veedu for senior citizens’

The premises of Pakalveedu, located in Nazreth Nagar, Ward 27 were cleaned by the NSS volunteers on 8th September 2019. There were more than 20 senior citizens, under the care of the Sisters of Nazreth. The function was inaugurated by Sr. Margrett, who was in charge of ‘Snehakoodu’. The volunteers cleaned the house and its surroundings.

In the same day, a breast cancer detection programme was led by Mr. Joby Thomas, Director, Palliative Care Unit, Ernakulam. The programme benefited the village community.

Kitchen Gardening

As part of PoshakaAndholan, a Kitchen Garden was made at Pakalveedu on 9th September 2019 and in the 100 houses of Ward 27, adopted by the institution in the Angamaly Municipality. Good variety seeds and sowing beds were collected from the Agriculture Department of the Angamaly Municipality. Volunteers actively participated in gardening. Volunteers also performed entertainment programmes for the inhabitants of Snehakoodu. In the afternoon, members of the Palliative Care Unit of Taluk Hospital, Angamaly gave a class on the various methods used to care for bed ridden people.

House Construction

An amount of 50,000/- was raised by the NSS volunteers towards house construction of a needy family. Due to adverse weather and financial status the family couldnot procure enough materials for construction, The institution provided with material, finance and human resource. The NSS volunteers actively participated in the construction process.

On 10th September 2019, a group of students actively participated in creating a boundary wall for a house occupied by blind couple. The volunteers also cleaned the house that was constructed by the Angamaly Municipality under the special scheme for disabled people.

Water Analysis

The NSS volunteers conducted a water analysis survey of each house of Ward 27 on 11th September 2019. Using water analysis kits, volunteers were able to measure the potability of the water used by the people. The survey discovered the poor potability of drinking water in Ward 27 and the programme officers informed the same to the ward counsellor. In the afternoon, *Onam sadhya*, *Onam Pookalam*, and *Onam Kalikal* were carried out by the volunteers

Valedictory function

The valedictory function was inaugurated by Dr. Sr. Rosily, A. V., Principal, Morning Star Home Science College on 12th September 2019. The group leaders gave their feedback during the function. Ms. Karthika Gopakumar and Ms. Arya Balakrishnan were selected as NSS volunteer secretaries. Ms. Bency Benedict was selected as the best NSS camper. The MG university NSS Programme Coordinator, Prof. M. J Mathew also visited the Special Camp.

Golden Jubilee celebration of the NSS

Golden jubilee celebration of NSS was observed on 24 September 2019. The following activities were carried out as part of the golden jubilee celebrations:

1. Rally from the college to the Telk bus stop and back to the college.
2. Distribution of 50 food packets to the needy at the Railway station, KSRTC bus stand and Government hospital, Angamaly

Railway Swachta Programme

As part of Railway Swachta programme, NSS volunteers cleaned the Angamaly railway station and its surroundings on 24th September 2019. The programme was inaugurated by the station master, Mr. Thomas. Ms. Arya Balakrishnan proposed the vote of thanks.

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Regular health check-up of the students is done to ensure their good health and well-being. The institution also provides deserving students with financial aid for their medical needs. During the current academic year, four students were provided with monetary assistance for their medical requirements.

18. EXTENSION ACTIVITIES

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a Radio Talk in Akashvani Kochi FM on 20th November 2019 as part of the International Children's Day celebration. She made a talk on 'Food Habits of School Children' in the programme 'Samakalikam' at 7.40 AM.

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a class on 'Food Hygiene and Nutrition' for the Chefs of Government Guest House in Kerala at the Food Craft Institute, Thrissur on 17th December 2019.

Ms. Rajani Devi T R, Assistant Professor, Department of Home Science, acted as a resource person for a workshop on 'Google Classroom' organized by the IQAC, Morning Star Home

Science College on 6th November 2019.

19. NSS ACTIVITIES

- **World No-Tobacco Day**

World No-Tobacco Day was observed on 31st May 2019 by the NSS volunteers of the institution. The volunteers conducted an awareness class on the ill effects of tobacco use. The target audience were construction workers.

Environment Day observance by the NSS

Dr. Sr. Philo T. J., Vice Principal, delivered an awareness class on the importance of conservation of nature. The oath taking was led by Ms. Greeshma A. U., NSS volunteer secretary, on 6th June 2019.

- **ValicheriyalMuktha, Gramam, Nagaram, Campus programme**

The ‘ValicheriyalMuktha, Gramam, Nagaram, Campus programme’, was organised by the NSS. The programme was inaugurated by the Vice Principal Dr. Sr. Philo T. J. on 11th June 2019.

- **Reading week competitions**

In connection with the reading week, the NSS unit organized a hand writing competition on 19th June 2019. The event saw the participation of fifty-six students.

- **Anti-Drug Day observation**

The NSS volunteers participated in an awareness campaign through leaflet distribution in the nearby areas of the college on 26th June 2019. The volunteers created awareness regarding the ill-effects of drug use among taxi drivers and construction workers.

- **Share a Meal programme**

The Share aMeal programme was conducted on 12th July 2019 among the inmates of Abhaya Bhavan, Perumbavoor by the NSS.

- **House Visit and Creating Awareness**

The House visit was instrumental in creating awareness about the ill-effects of plastic usage and the methods to handle plastics safely. The NSS volunteers visited 25 houses in the

vicinity of the institution on 18th July 2019.

- **Campus cleaning**

Campus cleaning awareness classes for the first year students was given on 19th July 2019 by the NSS volunteers.

- **Waste management Class**

The NSS volunteers conducted classes on the various methods involved in waste management for the villagers on 20th and 21st July 2019. NSS volunteers visited 83 houses and prepared a survey.

- **Awareness class on waste disposal**

An awareness class was conducted on waste disposal among the staff members of the institution on 22nd July 2019 by the NSS volunteers.

- **Disposal of plastic wastes**

Collected plastics were segregated and disposed properly on 22nd July 2019 by the NSS volunteers.

- **Campus cleaning**

NSS volunteers took up the activity of cleaning from the Telk bus stop to the college gate. The event was conducted from 27th July 2019 to 29th July 2019 by the NSS volunteers.

- **Swachh Bharat Summer Internship (SBSI)**

As part of the Swachh Bharat Summer Internship (SBSI), 15 NSS volunteers actively participated in various activities and successfully completed the 50hrs work from 17th July to 30th July 2019. The volunteers engaged in cleaning activities from Morning Star Home Science College to Vapalassery (1.5Km away from the college).

- **Awareness Programme**

An Awareness Programme was conducted by the NSS volunteers among school children at St. Mary's L. P. School, Angamaly on 30th July 2019.

- **Suchitwa Pakwada Observation**

As a part of the SuchitwaPakwada Observation, the NSS volunteers took oath on 1st August 2019. The oath-taking ceremony was led by Ms. Greeshma A. U., NSS Volunteer Secretary. The volunteers were engaged in cleaning activities in the campus from 2nd to 5th August 2019.

- **Flood Relief Activities**

The NSS volunteers actively participated in flood relief activities like collection and packing of materials for donating at the collection centre on 14th and 15th August 2019. Flag hoisting ceremony was performed by principal.

Flood relief kit worth one lakh rupees was handed over at the collection centre at S. H. College, Thevara as part of the flood relief effort initiated by MG University, Kottayam on 16th August 2019.

- **Cleaning Activities**

Around thirty NSS volunteers actively participated in cleaning the road sides prior to the removal of obstructions in the canals by the Angamaly Municipality on 17th August 2019.

- **Observation of World senior citizen day**

The NSS volunteers visited the old age people of Pakalveedu, the old age home located in the adopted village of the institution's NSS unit on 21st August 2019. The volunteers interacted with the inhabitants of the home, distributed sweets and performed entertainment programmes.

- **Observance of Traditional Knowledge Day**

The NSS volunteers participated in a discussion on 'traditional medicine practices' on 22nd August 2019.

- **Training camp**

The NSS volunteer secretaries, Ms. Greeshma A. U. and Ms. Soni Joseph attended the volunteer secretaries training camp at St. Mary's College, Manarcaud from 30th August 2019 to 1st September 2019.

- **NSS Pre-Camp Orientation**

The NSS Pre-Camp orientation was given to volunteers regarding the Onam Vacation special camp on 3rd September 2019.

- **Advisory Committee meeting**

The NSS conducted an advisory committee meeting on 3rd September 2019 prior to the Special camp. The Municipal Counsellor, PTA Vice President, Principal, Staff Secretary, NSS Programme Officers, senior faculty members, Ex-NSS programme officer and NSS volunteer secretaries attended the meeting.

- **Suvarnam 2019 (NSS Seven Day Special Camp Report)**

The NSS seven day special camp 'Suvarnam 2019' was conducted during the Onam holidays from 6th to 12th September 2019 at the De Paul English Medium Higher Secondary School, Angamaly. Special camp activities were carried out at Ward 27 of Angamaly Municipality.

- **Inaugural Ceremony**

The camp was inaugurated on 6th September 2019, at 4 pm by Ex-Vice Municipal Chairman, Mr. Saji Varghese and presided by Rev. Dr. Sr. Rosily A. V., Principal, Morning Star Home Science College, Angamaly. Ms. Greeshma A. U., NSS volunteer secretary welcomed the gathering. Dr. Sr. Shemi George, NSS Programme officer, introduced the camp activities to the gathering. Dr. Sr. Alphonsa M. K., Educational Counsellor and Dr. Sr. Jisha M. Joseph, the Staff secretary felicitated the function. Ms. Krithika Krishnakumar, NSS Volunteer secretary, proposed the vote of thanks.

After the inaugural function, volunteers were divided into six groups and were given a brief account of the duties, responsibilities and the daily schedule of the camp.

- **Cleaning**

The NSS volunteers cleaned the open stage area of the Private bus stand, Angamaly municipality on 7th September 2019. The function was inaugurated by Mr. Saji Varghese, Ex-Vice Chairman, Angamaly Municipality. After cleaning the area, medicinal plants were planted inside the open stage area. In the afternoon, a class on personality development was given to the students by Adv. Shibi, Clinical Psychologist.

- **Cleaning of ‘Snehakoodu-Pakal Veedu for senior citizens’**

The premises of Pakalveedu, located in Nazreth Nagar, Ward 27 were cleaned by the NSS volunteers on 8th September 2019. There were more than 20 senior citizens, under the care of the Sisters of Nazreth. The function was inaugurated by Sr. Margrett, who was in charge of ‘Snehakoodu’. The volunteers cleaned the house and its surroundings.

In the same day, a breast cancer detection programme was led by Mr. Joby Thomas, Director, Palliative Care Unit, Ernakulam. The programme benefited the village community.

- **Kitchen Gardening**

As part of PoshakaAndholan, a Kitchen Garden was made at Pakalveedu on 9th September 2019 and in the 100 houses of Ward 27, adopted by the institution in the Angamaly Municipality. Good variety seeds and sowing beds were collected from the Agriculture Department of the Angamaly Municipality. Volunteers actively participated in gardening. Volunteers also performed entertainment programmes for the inhabitants of Snehakoodu. In the afternoon, members of the Palliative Care Unit of Taluk Hospital, Angamaly gave a class on the various methods used to care for bed ridden people.

- **House Construction**

An amount of 50,000/- was raised by the NSS volunteers towards house construction of a needy family. Due to adverse weather and financial status the family couldnot procure enough materials for construction, The institution provided with material, finance and human resource. The NSS volunteers actively participated in the construction process.

On 10th September 2019, a group of students actively participated in creating a boundary

wall for a house occupied by blind couple. The volunteers also cleaned the house that was constructed by the Angamaly Municipality under the special scheme for disabled people.

- **Water Analysis**

The NSS volunteers conducted a water analysis survey of each house of Ward 27 on 11th September 2019. Using water analysis kits, volunteers were able to measure the potability of the water used by the people. The survey discovered the poor potability of drinking water in Ward 27 and the programme officers informed the same to the ward counsellor. In the afternoon, *Onam sadhya*, *Onam Pookalam*, and *Onam Kalikal* were carried out by the volunteers.

- **Valedictory function**

The valedictory function was inaugurated by Dr. Sr. Rosily, A. V., Principal, Morning Star Home Science College on 12th September 2019. The group leaders gave their feedback during the function. Ms. Karthika Gopakumar and Ms. Arya Balakrishnan were selected as NSS volunteer secretaries. Ms. Bency Benedict was selected as the best NSS camper. The MG university NSS Programme Coordinator, Prof. M. J Mathew also visited the Special Camp.

- **Golden Jubilee celebration of the NSS**

Golden jubilee celebration of NSS was observed on 24 September 2019. The following activities were carried out as part of the golden jubilee celebrations:

1. Rally from the college to the Telk bus stop and from the Telk bus stop back to the college.
2. Distribution of 50 food packets to the needy at the Railway station, KSRTC bus stand and Government hospital, Angamaly

- **Railway Swachta Programme**

As part of Railway Swachta programme, NSS volunteers cleaned the Angamaly railway station and its surroundings on 24th September 2019. The programme was inaugurated by the station master, Mr. Thomas. Ms. Arya Balakrishnan proposed the vote of thanks.

- **Plastic Collection Programme**

Fifty NSS volunteers of the college actively participated in the 'plastic collection

programme' on 30thSeptember 2019 in theAngamaly municipality. The programme was organized in association with 'Thelineer' – An organization for cleaning the Manjaly Thodu.

- **Gandhi Jayanthi –NSS activities**

In connection with Gandhi Jayanthi, the following activities were carried out on 2nd October 2019

- 1.Cleaning the campus
- 2.Plog run and plastic removal from road side
- 3.Gandhiji-A recollection
- 4.Speech competition on 'Gandhian Thoughts and NSS'

- **SahapadikoruVeedu**

In connection with the ongoing house construction projectfor a student of the institution, a food fest, 'Sahapadikoruveedu', was arranged by the NSS on 18thDecember 2019.The programme was inaugurated by Ms.K. Leena Joseph, Ex-NSS programme officer. The students actively participated in the venture and made it a great success.

- **Cloth bag making**

To discourage the use of plastic bags, a cloth bag making programme was launched on 20th December 2019. The programme was inaugurated by gifting a cloth bag, made by the NSS volunteers, as a Christmas gift to the principal. During the function, the principal advised the gathering about the importance of cloth bags in the contemporary world.

- **SwachhataPakhwada Pledge**

In connection with the SwachhataPakhwada (a programme for implementing Swachhata activities in higher educational institutions of India), a pledge, led by theNSS volunteer secretary Ms. Greeshma A. U, was taken by the NSS volunteers on 16th January 2020.

- **Plantation of saplings**

The NSS volunteers planted neem trees in the institution's botanical garden on 17thJanuary 2020.

- **Walkathon**

In connection with the Fit India movement, the NSSvolunteers' walkathon was conducted in

the college ground on 18th January 2020.

- **Speech Competition**

In connection with the SwachhataPakhwada, a speech competition was conducted on the topic of “Swachhta” on 20th January 2020.

- **Slogan Writing Competition**

In connection with the SwachhataPakhwada, a slogan writing competition was conducted on the topic of “water conservation” on 22nd January 2020.

- **Poster making Competition**

In connection with the SwachhataPakhwada, a poster making competition was conducted on the topic of “forest conservation” on 24th January 2020.

- **Mini Camp II**

The Second Mini Camp was organized by the NSS on 25th January 2020. The social activist, Ms. Dayabai, visited the campus and interacted with the NSS volunteers. Ms. Dayabai explained the reality of the endosulphan victims of Kasargode and planted a tree sapling in the premises of the campus.

After Ms. Dayabai’s visit, volunteers participated in cleaning the NSS office, the campus and the area surrounding the National Highway in front of the campus, cloth bag making and the preparation of pots for organic farming.

- **Republic day Celebration**

The NSS volunteers celebrated the Republic Day on 26th January 2020. The Principal Dr. Sr. Rosily A V hoisted the Indian flag and delivered the message.

- **Street Play and Flash Mob**

The NSS volunteers organized a street play and flash mob in front of the railway station for creating awareness about the demerits of the use of lethal pesticides like endosulphan and the suffering of the endosulphan victims on 30th January 2020.

- **Marty’s day pledge**

On Marty’s day, a pledge was taken by the NSS volunteers on 30th January 2020.

20. COMMUNITY LAB

The Management, Departments, and the various cells of the institution provided training sessions in their areas of expertise under the leadership of selected students and staff. This enabled the students to practice and share the acquired knowledge. The following are the Community Lab activities:

- LED Distribution and Awareness class on ‘Why LED?’ by the Department of Physics on 29th June 2019 in the Anganwadi of the Nedumbassery Grama Panchayath.

21. CLUB ACTIVITIES

- **Invited Talk**

The Entrepreneurship Development club organized an invited talk about “Women Entrepreneurship: Challenges and Prospects” on 15th July 2019. All the club members participated in the class. The resource person was Ms. Sheela Kochouseph Chittilappilly, Founder and Chairman of V-Star Creations. Ms. Sheela Kochouseph Chittilappilly shared her personal experiences with the audience followed by an interactive session with the students.

Bhoomithrasena Camp

The Bhoomithrasena club members went for a three days nature camp in the Tiger Reserve of Thekkady, Vallivattom forest camp from 3rd September to 6th September 2019. The team consisted of sixteen members from BMC (students of IInd BA Economics and IInd B.Sc. FCS) and two teachers, Ms. Usha K. R. and Dr. Sr. Philo T.J. The camp was led by BFO Bilal and BFO Kavitha. Two awareness classes were conducted by resource persons, Mr. Benny Joseph and Dr. Asharani, Forest education officer. The members experienced a 6-kilometre trek in to the forest accompanied by forest officials, BFO Bilal, BFO Kavitha, forest watcher Vishnu and forest protection watchers Abhish and Vijish. The members also visited museum and enjoyed a bird watch after covering three kilometres in the morning.

Industrial visit

On 4th September 2019, the members of E.D. club visited the Sahrudaya Silk Kendra, Angamaly as part of an industrial visit. All the club members and faculty members participated in this visit. Officials from the Silk Kendra explained sericulture, weaving and silk production.

Skill Development Programme

The ED Club conducted a skill development programme on embroidery on 5th September 2019. Ms.Sinda led the class. All the members from the ED club participated in the class.

EBSB Club Inauguration

The activity of Ek Bharat Shreshta Bharat (EBSB) club inauguration was held on 25th February 2010. The inauguration was done by Dr.Sr.Rosily A.V., Principal, Morning Star Home Science College, Angamaly. Dr.Sr. Jisha Joseph, RUSA Co-ordinator and Dr.Resmi G, Co-ordinator of EBSB club delivered the felicitation.

Talk on History of Himachal Pradesh

A talk on the history of Himachal Pradesh was conducted by the EBSB Club on 26th February 2020.Ms.Krishnapriya Prakash, Guest Lecturer, Department of History, Morning Star Home Science College, Angamaly was the resource person. All the EBSB club members attended the talk.

Quiz Competition

The EBSB club organized a quiz competition based on Himachal Pradesh on 27th February 2020. Ten groups consisting of two students participated in the competition. The team led by Athulya Kaladharan secured the first prize in the competition.

Presentation of Documentary-‘Secrets of Himachal ’

The documentary ‘Secrets of Himachal’ was presented on 28th February 2020.All the club members participated in the documentary presentation.

Power point Presentation on Tourist Destinations in Himachal Pradesh

The EBSB club conducted a power point presentation on important tourist places of Himachal Pradesh. The presentation was held on 4th March 2020.Sr.Ann Mary V.K. conducted the presentation. All the club members participated in the presentation.

Power point Presentation on the Art of Himachal Pradesh

The EBSB club conducted a power point presentation on the art forms of Himachal Pradesh. The presentation was held on 10th March 2020. Ms. Sandra T.L. led the presentation. All the club members participated in the presentation.

1. The following students were elected as the office bearers of AICUF for the academic year 2019-20.
President – Jomol Joy (II B.Com)
Secretary – Mariya Kuriakose (II B.A. Economics)
Treasurer – Jasmin Mary George (II B. Com)
Vice President – Kavya Madhu (II B.Com)
Joint Secretary – Devika Sankar (II B.Com)
Women Rep – Sridhari K.S. (II B.A. Economics)
2. The office bearers participated in the Ernakulam Zonal election. The President, Ms. Jomol Joy was elected as the secretary of AICUF in the Ernakulam Zone.
3. Ms. Jomol Joy, President of AICUF attended a camp held in Sameeksha, Kalady from 12th July to 14th July 2019.
4. **AICUF Exposure Camp:** Jomol Joy, Devika Sankar and Gopika Sankar, office bearers of AICUF participated in the Exposure Camp held at Akashaparavakal, a home for mentally retarded patients in Malayattoor on 4th January 2020. The camp included AICUF members from other colleges. An interactive session followed by a feedback session was also conducted.

Youth Red Cross

Youth Red Cross (YRC) in Morning Star Home Science College is one of the avenues available to the students for Personality Development. The YRC Unit in the college is registered with the Indian Red Cross Society, Kerala chapter. Ms. K Leena Joseph of the Department of Zoology and Ms. Jaicy Alias of the Department of Chemistry were the staff coordinators. Ms. Rekha Madhu of I BA English was elected as the student coordinator.

Honouring the families of organ donors

Youth Red Cross Unit and K Chittilappilly Foundation in association with Jeevadhara Renal Care foundation organized a programme on 'Honouring the relatives of organ donors' on 25th June 2019. Ms. K Leena Joseph welcomed the gathering and the Principal Rev. Dr. Sr. Rosily A V presided over the programme. Organ donation awareness message was given by Sri. Saju Chacko, Chairman, Jeevadhara Renal Care Foundation. Sri. Kochouseph Chittilappilly, Chairman of K Chittilappilly Foundation, honoured the relatives of the organ donors. Sri. Kochouseph Chittilappilly, Chairman of K Chittilappilly Foundation. Dr. George Sreeba,

Executive Director of Chittilappilly Foundation gave the introductory speech for creating awareness about organ donation.

Blood donation campaigns

In association with the Regional Blood Transfusion Centre, Aluva, two Blood Donation camps were organized on 26th August 2019 and 27th November 2019. Dr. Sulaikha Marakkar, District Medical officer, District Hospital, Aluva, inaugurated the function and emphasized the importance of blood donation campaigns. A team of doctors and three nurses led the camp. During the camps, 36-40 donor participants, including the staff and YRC volunteers donated blood. Certificates, prizes and blood donor cards were distributed to the donors during the event.

Viomithram

Staff coordinators, Ms. K Leena Joseph and Ms. Jaicy Alias and fourteen members of Youth Red Cross actively served as Viomithram volunteers in the Vikasotsav organized by Vayomithram, Angamaly and the Angamaly Municipality on 9th January 2020. The chief guest for the function was Sri. P P Paul, President, District Panchayath. The students performed entertainment programmes for the elderly.

Pulse Polio Immunisation Awareness Programme

Twelve Youth Red Cross members actively served as volunteers in the pulse polio immunisation awareness programme organized by the Taluk Hospital, Angamaly and the Angamaly Municipality on 19th January 2020. The students performed programmes to create awareness on the importance of pulse polio immunisation.

Awareness programme on pain and palliative care

The Youth Red Cross organized an awareness programme on pain and palliative care in association with Indian Red Cross Society, Aluva chapter for the first-year degree students on 23rd January 2020. Ms. K Leena Joseph welcomed the gathering and Principal Rev. Dr. Sr. Rosily A V presided over the programme. Dr. C M Hyderali, President, Pain and Palliative Care Unit, Ernakulam district and Chairman of the Red Cross Society, Aluva Chapter inaugurated the programme and gave an informative talk on the medical care given to patients suffering from serious illness. Sri. E. A Shebeer, Chairman, Red Cross Society Aluva

and Sri. S D Jose Coordinator, Red Cross Society Aluva delivered the felicitation. Sri.K J Joseph gave an awareness on hygiene and cleanliness of body parts. Ms. Thahan Rashid delivered the vote of thanks.

Training programme and certificate course on pain and palliative care

The Youth Red Cross organized a training programme on pain and palliative care in association with the Indian Red Cross Society, Aluva chapter for the students on 29th and 30th January 2020. Sri.K J Joseph gave an introductory speech and Sri.ChinnanP Pynadath gave a talk on communication and home care. Suvarna demonstrated nursing care given to patients suffering from serious illness and cleaning of various body parts. Dr. C M Hyderali, President, Pain and Palliative Care, Ernakulam and Chairman, Red cross society Aluva Chapter gave an informative talk on medical care given to patients. The session was followed by a group discussion on spirituality of touch and how to handle patients. Forty students benefitted from the programme.

22. CAREER GUIDANCE

Career Aptitude Test

Career aptitude test was conducted by Ms. Geethu on 23rd July 2019. The test was organized by Career Guidance Cell and was conducted for the final year UG students. The test helps students to find out their respective suitable profession.

Pre-Placement Orientation Class – Introduction

The Career Guidance and Placement Cell organized an introductory orientation class on 25th July 2019. All the second and third year UG students participated in the class.

Essay writing competition

The NSS volunteers conducted an essay writing competition on the topic 'Defects of plastics' on 25th July 2019.

Civil Service Coaching – Orientation Class and Certificate Distribution

An orientation class was organized by the Career Guidance and Placement Cell for starting a new batch for civil service coaching. The class was taken by faculty members from Naipunya Civil Service Academy, Kochi. All the first and second-year UG students participated in the class. The class was conducted on 30th July 2019. Certificate distribution for the first batch of civil service coaching was also conducted.

Pre-Placement Workshop

Two days pre-placement workshop was arranged by the Career Guidance Cell on 5th and 6th August 2019. The faculty from Training Guru handled the sessions. On 5th August 2019, a workshop was conducted for the arts and commerce students. On 6th August the workshop was conducted for the science students. The workshop was organized to provide technical training in order to develop students' skills.

Capability Enhancement Programme – Live to Lead

The Career Guidance and Placement Cell organized a three days Capability Enhancement Programme 'Live to lead' for undergraduate students. The details of the programme is as follows:

Aptitude Training for Higher Studies

One day aptitude training programme for higher studies was conducted by the career guidance cell on 2nd December 2019. Training programme was conducted for the third year U.G. students. The programme focused on KMAT and CMAT. A model test was also conducted on the same day. The session was handled by a team of experts led by Mr. Midhun and Mr. Nithin. Students actively participated in the programme.

Skill Development Programme

Career Advancement Skill development programme was conducted for the second-year U.G. students from 3rd December 2019 to 4th December 2019. It helps the students to improve their skills for interview and group discussions. Practical sessions were also conducted for skill development. They delivered a lecture on career guidance and stress management. On 3rd December 2019, the class was held for science students and on 4th December 2019 the class was held for the arts and commerce students. The Skill Development Programme was conducted by Training Gurus, Kothamangalam.

Ice Breaking

On 31st December 2019 and 1st January 2020, an ice breaking session was conducted by the career guidance cell for the first-years. On the first day, the session was for the science stream students and during the second day, for the arts and commerce students. The programme helped the first-year students to relax and be more interactive. The sessions were

handled by Mr.Eldho Paulose, Mr.Anil Jose and Ms.SimiSaji, Training Gurus, Kothamangalam.

Orientation Class on Medical Coding

Orientation class on opportunities in the field of medical coding was held on 31st December 2019. The class was organized by the career guidance cell and was meant for the third year UG Science students. The resource persons were Mr.Arun and Mr.Rajish, VPS Health Care PVT Ltd., Kochi. The class focused on job opportunities in medical coding, CPC training and CPT training. The resource persons also introduced the topic of medical coding to science students and talked about the opportunities of medical coding in foreign countries.

Navanirman- Education Expo

Education expo –Navanirman was held on 3rd January 2020 by the career guidance and placement cell. The special event was organized by Geethus Academy. The principal Dr.Sr.Rosily A.V. inaugurated the expo. Dr.Preethi Nair, Associate Professor, Department of English, Sree Sankara College, Kalady was invited as the chief guest. Dr.Resmi G, Career Guidance and Placement Cell Advisor also participated in the inaugural ceremony. Students from various institutions attended the expo. Twenty leading educational institutions and consultancies participated in the exhibition. The expo provided an opportunity for students to know about the top educational institutions. Students were able to meet officials from leading institutions in all streams. They got necessary information regarding various courses, admission procedures, entrance exam, course fees etc. In association with the expo, a seminar was held in the afternoon session. The topic of the seminar was “Importance of English Language”. Mr.Riyas, Psychologist and director of TET English academy handled the seminar session.

Civil Service Coaching

Under the initiative of the career guidance and placement cell, the second batch of civil service coaching started on 4th January 2020. The coaching was provided by Naipunya Civil Service Academy, Kochi. Twenty-five students from the first-year and second-year UG classes registered for the coaching.

Student's Achievement

Under the initiative of career guidance and placement cell, Ms. Anna C.Sebi (III B.Com), Ms. Miwa Wilson (II B.Sc. Physics), Ms. Ancy Maria Alex (III B.A. English), and Ms. Ranjana Rajesh (IIIB.Com) secured the Third Prize in Unmapped Destination Presentation and Ms.

Karnisha Raju (IIB.Com), Ms. Krishnendu M.U. (III B.Com), Ms. Devika K.S. (IIB.Com), Ms. Ann Mariya Joy (IIB.Com) won first prize in face painting competition in the GTM 2020-Guiders Education Inter College Competition held at Kochi on 10th January 2020.

Seminar on Job Opportunities in Fashion Industry

The Career Guidance and Placement Cell arranged a seminar on job opportunities in fashion industry on 30th January 2020. Ms. Naushija from Fatiz Academy was invited as the resource person for the seminar. The seminar focussed on skilled courses like certified zari, needle artistry and certified pattern mastery.

Orientation Class on Skill Development Courses

The Career Guidance and Placement Cell organized an orientation class on Skill Development Course on 10th February 2020. Mr. Ajmal from N.S.D.C., Kochi handled the session. The class provided for the final year B.A. Economics and B.Com students.

OPPERTUNITE 2020-Placement Drive

The Career Guidance and Placement Cell organized a placement drive-OPPERTUNITE 2020 on 20th February 2020. Around 250 students from the final year UG and PG programmes participated in the placement drive and 127 students were shortlisted. The ESAF, SBI Life, HDFC Life, TVS TS and Goan Institute participated and interviewed the students in the drive. The programme was one of the most remarkable events of the institution and served as the platform for a wide-range of employment opportunities for the final years.

23. DEPARTMENTAL ACTIVITIES

1. DEPARTMENT OF HOME SCIENCE

Commemorative meeting

A condolence meeting was organized by the Department of Home Science to pay homage to the departed soul of Sr.Ascensa CSN, former faculty of the Department of Home Science (1968-1994). The function was held on 19th June 2019 at the college auditorium. Tributes were paid by Dr.Sr. Rosily A. V (Principal), former faculty members, and the staff and students of the college.

Awareness Campaign

The second-year post graduate students of the Department of Home Science extended their service to the society by creating awareness among people in the nearby locality about the diseases that spread during the monsoon season and advised preventive measures. Leaflets were distributed to 100 houses in the vicinity of the college on 21st June 2019.

Intra-collegiate Poster competition

An intra-collegiate poster competition on 'NIPAH' was organized by the second-year Degree students of the Department of Home Science on 2nd July 2019. The competition was conducted to make the students aware about the Nipah virus infection and its prevention. The posters were displayed in the Nazareth Block. Ms. Femiya of second-year B.Sc. Physics won the prize.

Class on 'Safe to Eat Foods' by Farmers Fresh Zone

The Department of Home Science organized a Class on 'Safe to Eat Foods'. Farmers Fresh Zone Pvt Ltd is a private company which promotes cultivation and marketing of fresh and pesticide-free fruits and vegetables. Dr. Jyothi (MAGJ Hospital) and Mr. Pradeep (CEO, Farmers Fresh Zone) delivered a lecture on 'Safe to eat foods' and explained the functioning of Farmers Fresh Zone to all degree students on 15th July 2019.

Field visits

As part of the curriculum, the students of first-year M.Sc. Family and Community Science visited different institutions for early childhood education to study their organization and function. On 4th July, the students visited 'Morning Star Play School', Angamaly. On 9th July the students conducted a visit to 'Jolly Nursery School', Angamaly and studied about the institution. The students also visited 'Sneha Sadan', a special school for differentially abled children at Pothiyakara on 10th July 2019 and a visit to an Anganwadi at Parakkadavu block on 17th July 2019.

Extension class

Dr. Lizmitha Godwin, Head, Department of Home Science served as the resource person for an induction class at SNGCE, Kadayiruppu on 19th July 2019. She delivered a talk on 'Healthy Diet and Healthy Living'.

Freshers' day

First-year graduate and postgraduate students of the Home Science Department were given welcome on 22nd July 2019. The venue was the first-year B.Sc. FCS class. Dr. Lizmitha

Godwin, Head of the Home Science Department presided over the function. The first-year students introduced themselves. Entertainment programmes were conducted by second-year and third-year B.Sc. students. Competitions and games were also conducted for the first-year students.

Training program on the basics of microbiological techniques (extension activity)

The degree students from the Department of Home Science were trained by the staff members of the PG Department of Zoology in basic techniques of Microbiology on 25th July 2019. Students were made familiar with varied equipment in the Microbiology lab, the different culture media used, precautions to be taken when working with microbes and the skills required while handling microorganisms.

Faculty Development Programme

Dr.Lizmitha Godwin, Assistant Professor, Department of Home Science attended the UGC sponsored one-week short-term course in Disaster Management. The course was conducted by the UGC-Human Resource Development Centre, University of Kerala, Kariavattom, Trivandrum from 23rd July 2019 to 29th July 2019.

State-level Workshop on Research Methodology

The Department of Home Science organised a Two-day State level workshop on Research Methodology at Morning Star Home Science College, Angamaly, on 1st and 2nd August 2019. Dr.Sebastian Mampilly (Retd. Professor, School of Management studies, CUSAT), Mr.Vimal Kumar. V (M G University Library, Kottayam) and Dr.Lijo (Rajagiri School of Engineering and Technology) were the resource persons.

International Eco-conference-2019

Ms.Rajani Devi T R, Assistant Professor, Department of Home Science, participated in the international conference “Greening the Globe for Sustainable Living” held at CSI Synod Centre, Chennai from 1st to 4th August 2019. A paper titled “Use of Textile Products and Recycling Practices adopted in Households” co-authored by the PG student, Edna Bessie, was presented in the conference and the abstract was published in the proceedings with ISBN 9789353823719.

Observation of Handloom Day

As part of the 5th National Handloom Day, a class was led by Ms. Rajani Devi T.R., Assistant Professor, Department of Home Science on 7th August 2019.

Breast Feeding Week Celebrations

As part of the World Breast Feeding Week Celebrations, the students of the Department of Home Science conducted a Flash mob in the college auditorium on 8th August 2019. An awareness class on 'Advantages of Breast feeding' was conducted by Ms.Della Toyan of third-year B.Sc. Home Science for the final year degree students of Morning Star Home Science College.

Orientation Programme

Dr.Sr.Shemi George,attended the Orientation Course for the Programme Officers of the National Service Scheme, organized by the Empanelled Training Institution for NSS at Rajagiri College of Social Sciences from 21st to 27th August 2019.

ETI training

Dr. Sr. Shemi George, NSS Programme officer attended the ETI training at Rajagiri College of Social Sciences from 21st to 27th August 2019.

Board of Studies Meeting

1. Ms.Sajitha Suseelan.S and Ms. Sherin Abraham, Department of Home Science, attended the Board of Studies meeting in U.G. (B.Voc.) at M.G. University on 27th August 2019.
2. Ms.Rajani Devi T R, Department of Home Science, attended the Board of Studies meeting in Home Science at Vimala College, Thrissur (Autonomous) on 30th August 2019.

Faculty Development programme

Dr.Lizmitha Godwin, Assistant Professor, Department of Home Science attended the Faculty Development Programme on Philosophy of Science organized by the KSHE at Mahatma Gandhi University from 29th August to 2nd September 2019.

Teachers' Day Celebration

The staff and students of the Department of Home Science celebrated the Teachers' Day on 5th September 2019 to commemorate the birth anniversary of Dr. Sarvepalli Radhakrishnan, a great teacher, renowned scholar and the first Vice-President of independent India. The students expressed their gratitude and acknowledged the role played by teachers in their life.

Onam Celebration

The Onam celebration was conducted in the college on 6th September 2019. The students of the Home Science Department participated in the *Thiruvathira*, *Onappattu* and *Malayaleemanka* competitions. Ms. Nimisha K. S of second-year B.Sc. FCS won the title of *Malayaleemanka*. *Payasam* was distributed to the students in the Department.

Extension Activity

Dr. Sr. Shemi George, Assistant Professor, Department of Home Science, acted as a resource person for the programme 'Poshak Maah' a government project organized for the NSS students of Morning Star Home Science College on 9th September 2019. Dr. Sr. Shemi George delivered a talk on eating disorders and lifestyle diseases.

Class on Family Therapy

The students of second-year M.Sc. Community and Family Science attended a class on Family Therapy at St.Jude Counseling Centre, Angamaly on 19th September 2019. Sr. Arpitha, Director of St.Jude Counseling Centre, delivered a lecture on the common family issues as well as the steps involved in family counselling therapy. She demonstrated a psychotherapy technique- VKD (Visual Kinesthetic Dissociation), trauma therapy and a stress controlling therapy for the students. Ms. Maria and Ms. Rohini, Counsellors at St.Jude Counselling Centre assisted Sr. Arpitha in the class. The class was very informative and the students had a first-hand experience on different therapies.

Training programme

Ms. Sherin Abraham, Assistant Professor, Department of Home Science has attended a training programme on the Preparation of Question Bank for the first semester M.Sc. Examinations in the Senate Hall at the M. G University on 25th September 2019.

Poshan Abhiyaan

On 25th September 2019, the Department of Home Science in association with ICDS, Angamaly organized a programme in the campus in connection with the 'Poshan Abhiyaan'. It is a multi-ministerial convergence mission with the vision to ensure attainment of malnutrition free India by 2022. Dr.Lizmitha Godwin, Head, Department of Home Science welcomed the gathering. Dr.Sr.Rosily. A. V., Principal, Morning Star Home Science College inaugurated the function. Ms. Indhira, ICDS Project Officer and Supervisors of ICDS, Angamaly offered the felicitation. Home Science students organized an exhibition on 'Nutritious food for children' and posters on the topic 'Nutrition in daily life'. A flash mob was presented by the Home Science students and the ICDS members conducted a street play, thiruvathira and kadhaprasangam to provide awareness for the public regarding the importance of nutrition in daily life. 122 Anganwadi workers and helpers of ICDS, Angamaly attended the function.

Paper presentation

Ms. Megha Thampy, Assistant Professor, Department of Home Science has attended a National Conference on "Technology in Telehealth Care and Dietetics" organized by the Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 27th September 2019. She also presented a paper on 'Vitamin D status and impact of life style factors on mammographic density'.

Workshop on 'Food Safety and Standards' by FSSAI

The Department of Home Science organized a one-day workshop on 'Food Safety and Standards' for the students of Home Science and Chemistry Departments on 27th September 2019. The workshop was conducted by FSSAI. The programme started at 9.30 AM. Dr.Lizmitha Godwin, Head, Department of Home Science welcomed the gathering. Ms. Girija, National level resource person of FSSAI and Ms. Alaga, Coordinator of FSSAI, Southern region handled the sessions.

The first session was about the identification of safety measures in the various departments of the food industry. The students were divided into different groups and group exercises were given. Techniques for identification of food adulterants were demonstrated in the second session. At the end of the sessions, individual assessment tests were conducted. The workshop was very effective and informative. Around forty students attended the class. The class concluded by 4 pm and certificates of participation were issued to the students.

Gandhi Jayanthi celebration

The first year Post Graduate students of Home Science Department observed Gandhi Jayanthi at Morning Star Play School on 1st October 2019. The M.Sc. students of Home Science Department organized a talk on 'Gandhiji- The father of our Nation' for the pre-school children. A drawing and colouring competition was conducted for the children.

Lecture Series

A lecture on 'Health and Hygienic aspects of adolescent girls, Developmental delays in early childhood years, Tools for Assessment and Intervention Strategies' was conducted for the students of Home Science Department on 3rd October 2019. Dr. M.K.C. Nair, Vice Chancellor of Kerala Health Sciences was the resource person. The programme started by 3.30 PM in the college auditorium. The talk was highly informative. Students clarified their queries in the interactive session. Dr. Lizmitha Godwin, Head, Dept. of Home Science handed over a memento to the guest. Ms. Sajitha Suseelan, S, Assistant Professor delivered the vote of thanks. The programme concluded by 5 pm.

Felicitation function

Ms. Vandana Shaji (II B.Sc. FCS) won the gold medal in the National Power Lifting Championship held at Kozhikode and created a new national record. Ms. Vandana Shaji was selected to participate in the world championship. A function was conducted in the Department felicitating Ms. Vandana Shaji on 4th October 2019 at 11.15 am. The faculty members and students congratulated her for the fabulous achievement.

Seminar attended

Dr. Lizmitha Godwin, Assistant Professor, Department of Home Science has participated in the one-day seminar on Massive Online Open Course (MOOC) Development, organized by the IQAC, DB college, Thalayolaparambu in association with EMMRC, University of Calicut on 15th October 2019.

World food Day 2019

1. Awareness class to parents at Anganwadi

As part of the World Food Day, the students of first-year PG and faculty members of the Home Science Department organized an awareness class in the Anganwadi located in Cheriavappalasseri at Nedumbassery Panchayath on 16th October 2019. The classes were conducted for the parents of children in the Anganwadi. Ms. Mary K. M, Anganwadi Worker welcomed the gathering and the ward member inaugurated the function. Ms. Lekshmy. V. J, Ms. Alfya Sajan, Ms. Ammu Jose, Ms. Fathima P.M and Ms. Vidhya, the first-year M.Sc. students took classes on nutritious food for pre-school children, supplementary foods for pre-schoolers, benefits of Amruthum powder, harmful effects of junk food and the influence of media on children. Ms. Megha Thampy, and Ms. Sajitha Suseelan. S, Assistant Professors of Department of Home Science also delivered talks on the 'Importance of nutritious food for pre-school children' and the 'Developmental aspects of pre-school children' respectively. Ms. Arifa T.A, first-year M.Sc. student proposed the vote of thanks.

2. Quote writing competition

As part of the World Food Day, the second-year M.Sc. students of Home Science Department organized an interdepartmental quote writing competition on 16th October 2019. The competition was based on the theme of World Food Day-2019, "Our Actions Are Our Future. Healthy Diets for A "ZeroHunger World". Twenty-seven students from different Departments participated in the competition and wrote their quotes on a cloth banner. A hand print campaign was also conducted to promote the theme of World Food Day-2019 in the campus. The banners were later displayed at the speakers' corner in the campus.

Extension Activity

Ms. Rajani Devi T R, Assistant Professor, Department of Home Science, acted as a resource person for a workshop on 'Google Classroom' organized by the IQAC, Morning Star Home Science College on 6th November 2019.

Faculty Development Programme

Ms. Megha Thampy and Dr. Sr. Shemi George, Assistant Professors, Department of Home Science attended the Faculty Development Programme on 'Skill intensification of teacher through technological integration' organized by School of Legal Studies at CUSAT from 4th to 8th November 2019.

Children's Day Celebration

The Children's Day was conducted by the Department of Home Science at the Morning Star Play School, Angamaly on 14th November 2019. The third-year B.Sc. students and second-

year M.Sc. students of the Home Science Department organized different programmes for the children in the play school. The students decorated the play school with balloons and gifted red roses to the children. Ms. Della Toyon (III B.Sc.) delivered a talk on 'Jawaharlal Nehru'. A colouring competition was conducted for the children. The nursery school teacher Ms. Jainy and the Home Science students helped the children to sing rhymes and narrate stories. Ms. Sajitha Suseelan. S and Ms. Megha Thampy (Assistant Professors, Department of Home Science) assisted the students.

Extension Activity

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a Radio Talk in Akashvani Kochi FM on 20th November 2019 as part of the International Children's Day celebration and talked on 'Food Habits of School Children' in the programme 'Samakalikam' at 7.40 AM.

Field trip

As part of the curriculum, an institutional visit was conducted for the third-year B.Sc. Family and Community Science students to get a first-hand knowledge on the functioning of solar panels and vermicompost located at Morning Star Home Science College on 21st November 2019. Dr.Sr. Jisha, Assistant Professor, explained the functions of solar panels and vermicompost to the students.

A visit was conducted for the students of third-year B.Sc. Home Science to study the working of a bio gas plant situated at St. Martin Convent, Angamaly on 27th November 2019. Ms. Sherin Abraham accompanied the students in the visits.

Participation in recipe making competition and exhibition

The first-year M.Sc. students of Home Science Department attended an exhibition cum nutrition awareness class conducted by the State Nutrition Bureau, Thiruvananthapuram in association with the Department of Home Science, Vimala College on 27th November 2019 at Vimala College, Thrissur. The students also participated in the State Level Nutritious Recipe making competition conducted by the State Nutrition Bureau, Thiruvananthapuram at Vimala College, Thrissur. Ms. Stegi Peter, Ms. Alfy Sajan and Ms. Amrutha Thomas won prizes in the event.

Extension Activity

Ms. Megha Thampy, Assistant Professor, Department of Home Science, acted as a resource person for a class on 'Food Hygiene and Nutrition' for the Chefs of Government Guest House in Kerala at the Food Craft Institute, Thrissur on 17th December 2019.

Visit to weaving unit at Kuthampully

Visits to Handloom weaving units at Kuthampully Village were arranged for the students of the Department of Home Science on 9th January 2020. Different units were visited to study the weaving process. Students observed the mechanism of the simple loom, jacquard loom and weaving of colour sarees. After the visit to weaving units, the students also visited a Handloom shop, Cee Key and sonsto learn about the available handloom products. Students got first-hand information about handloom weaving process and handloom products. The visit benefitted forty students and three staff members.

Cottage Stay

The third-year UG students of the Department of Home Science underwent cottage stay from 15th January 2020 to 24th January 2020. At the end of the cottage stay, students organized a cottage party on 25th January 2020. Parents of third-year degree students, faculty members of the Department and representatives from other classes participated in the event.

Visit to modern beds and Central Institute of Fisheries Technology

A visit was conducted for 52 students from the first year UG, first and second-year PG programmes of the Home Science Department at 'Modern Bread' and 'Central Institute of Fisheries Technology' on 16th January 2020. Three faculty members accompanied the students.

Study tour to Chikmagalur and Malpe.

The Department of Home Science organized a study tour to Udupi, Chikmagalur and Malpe from 9th to 11th January 2020. Forty students and three staff members participated in the study tour. The places visited were Baba Budangiri, Mullayanagirifalls, Z-point, St. Mary's Island and Udupi temple.

Food Preservation Expo

The first-year B.Sc. Home Science students conducted a food preservation expo on 22nd January 2020. The expo was inaugurated by Dr. Lizmitha Godwin, Head, Department of

Home Science. Different preserved food items such as jams, jellies, wine, pickles, squashes etc. were prepared by the students and displayed in the expo. The expo was an enriching experience for the faculty and students of the other Departments in the institution.

Awareness class on silk and silkmark

Awareness class on silk and silkmark was organized by the Department of Home Science on 24th January 2020. Mr. Ramesh Viswanathan, Deputy Director and Ms. Lathika, Technical Assistant of Central Silk Board, Palakkad Chapter handled the classes. The class was attended by ninety-six students from UG- second and third-year B.Sc. FCS, third-year B.Sc. Zoology, first-year MSc Zoology and first and second-year MSc FCS. A competition was organized for the students to identify silk fabrics from the collection of fabric swatches and prizes were distributed to the winners.

Paper presentation in HSAI conference

Ms. Rajani Devi T.R has participated in the 33rd Biennial Conference of Home Science Association of India (HSAI) on "Trends for Futuristic Development in Home Science: Research and Innovation" and presented a paper titled "Study on comfort properties of selected school uniforms". The conference was organized at Avinashilingam Institute for Home Science and Higher Education for Women from 22nd to 24th January 2020.

Orientation Programme

Ms. Sajitha Suseelan. S, Assistant Professor, Department of Home Science attended the orientation programme at UGC-HRDC, Kannur University from 9th January 2020 to 29th January 2020.

2. DEPARTMENT OF ZOOLOGY

World Ocean Day

The World Ocean Day was observed by the Department of Zoology on 8th June 2019 with a power point presentation on World Oceans – its origin and threats, by the alumni Ms. Niveditha James [2018-19] for the students of the Zoology Department.

World Environment Day- 2019

A one-day state level programme sponsored by Kerala State Council for Science and Technology and Environment [KSCSTE] was organized by the Department of Zoology on 13th June 2019. The programme was inaugurated by Dr. V Manju N.J, Department of Geology & Environmental studies, Christ College, Irinjalakuda in connection with the World Environmental Day. The focal theme was “Beat Air pollution”. The programme comprised of an inaugural session, seminar, documentary film show on air pollution and an intercollegiate poster competition.

Bridge Course and Aptitude Test

Bridge course was conducted for the first-year B.Sc Zoology students by Ms.Usha K R and Ms. K Leena Joseph. A Departmental aptitude test was conducted on 5th July 2019. Saranya S Menon and Shahla P won the first and second positions respectively.

Refresher course in Life Sciences

Dr.Tegi K T attended a refresher course in life sciences at the HRDC, University of Kerala, from 12-24th July 2019.

Mangrove day celebrations

“*International Day for the Conservation of Mangrove Ecosystem*” (July 26th) was celebrated by the PG Department of Zoology with posters and a power point presentation highlighting the prominence of the ecosystem, the degradation it underwent in the past years and the detrimental consequences it can lead to.

Punarnavam-Exhibition of Medicinal Plants

Punarnavam-Exhibition of medicinal plants was organized by the Bhoomithrasena Club and the Department of Zoology on 26th July 2019. The programme was inaugurated by the Principal, Rev. Dr. Sr.Rosily A V. Students exhibited 150 different types of medicinal plants with notes on scientific names, common names, parts of the plants used, medicinal uses and charts on related topics. Students also exhibited books on medicinal plants and ayurveda. A light refreshment of ‘chukkukappi’ was also served.

Fresher’s Day

Fresher’s day for the first-year degree students was organized on 2nd August 2019 by the Department of Zoology. The celebrations included an ice breaking session, followed by games, cultural programmes and distribution of sweets.

Study of Forest Ecosystem and Conservation of Sacred Grooves

The miniature forest ecosystem of IringoleKaavu was observed by the second-year MSc Zoology students to study its rich vegetation and its diverse flora and fauna on 5th August 2019.

Field Study Programme

A one-day field trip to the College of Horticulture, Kerala Agricultural University, Vellanikkara was conducted for open course and final year B.Sc Zoology students on 17th August 2019. A training session on Honey Bee culture techniques was also given to the students. Dr. Sr. Philo T. J and Ms. K. Leena Joseph accompanied the students. Students visited the vermiculture unit and learnt earthworm culture techniques.

Students also visited the Aquapet hatchery, Chulli to study about the various species of ornamental fishes and their breeding and marketing techniques.

Specimen Collection

Students of second-year M.Sc Zoology collected the specimens and preserved them for arranging in an Entomology Museum to be set up in the Department on 20th and 21st August 2019.

Entomology Advocacy Week (August 18-24)

M.Sc Zoology students, in an attempt to promote interest in diverse insect species, displayed a butterfly created from varied insects obtained from the college premises.

Teachers Day Celebration

The Teachers Day was celebrated by the students of the Department of Zoology by wishing their teachers. Third-year B.Sc. Zoology students composed a song and dedicated it to the teachers. The students visited each Department, sang songs and greeted the teachers by giving them flowers.

Staff Trip

The faculty members of the Department of Zoology visited Paniyeliporu, a tourist spot near Perumbavoor in connection with the retirement of Ms. Usha K.R., H.O.D of Zoology and lab assistants Ms. Gracy A. M., and Ms. Benny K.K on 25th November 2019.

Study Tour

To experience the aesthetic beauty and diversity of different ecosystems, a study tour was organized for the third-year and second-year B. Sc. Zoology students to Chickmangalore (Trecking), Coorg (Bamboo forest, golden Temple and Rafting),Malphe and Belur beaches and St. Mary's island from 31st December 2019 to 4th January 2020. Ms. Usha K. R , Ms. K. Leena Joseph, Dr, Teji K.T. and Dr. Philo T.J. accompanied the students.

Green Practices in the Campus

The Department of M.Sc Zoology started the initiative of green practice in the campus. The aim of the initiative is to fill the campus with indoor plants and to make indoor areas eco-friendly. Plants will be brought by the students and supplied all over the campus. To begin with, the MSc Zoology lab, classrooms and Department were decorated with indoor plants. Following this, plants will be supplied to the other Department staffrooms and classrooms. The benefit is that, the green plants providesa continuous fresh supply of oxygen, enhances the aesthetic appeal of the surroundings and the lush green environment provides stress relief for the staff and students.

Zoology Association Inauguration at SNM College Maliankara

Dr. Teji K. T. inaugurated the Zoology Association activities of the Department of Zoology on 14th January 2020 at SNM College, Maliankara and delivered a talk on 'scientific approach in research processes.'

Interaction session of principal with Students

The Principal, Dr. Sr. Rosily A.V. had an interactive session with the students and teachers of the Zoology Department on 23rd January 2020.

Seminar Participation

The third-year B. Sc. Zoology students participated in a seminar on Sericulture techniques conducted by the Department of Home Science and Silk Mark organization of India, Palakkad chapter, Central Silk Board on 24th January 2020.

Severed as Judge

Twenty-three students and two staff members, Ms. Usha K. R. and Ms. K. Leena Joseph (served as Judges) attended Zonal Zoofest, Kalady. Ms. Usha K. R., being the Zonal co-

ordinator felicitated the programme. The students secured the first prize in News reporting and second in Bhoomigeetham 30.1.2020.

Certificate course on pre-marital counselling

The Department of Zoology and Coaching Centre for Minority Youth, Ernakulam jointly organized a certificate course in Pre-marital counselling on 25th, 30th, 31st January & 1st February 2020.

3. DEPARTMENT OF PHYSICS

Certificate Distribution Ceremony

Certificates of 'Basic Electronics and Robotics' organized by the Department of Physics was conducted by DCS Robotics and approved by STED Council of India, were distributed on 14th June 2019 by Dr.Sr. Rosily A.V., Principal, Morning Star Home Science College.

Reading Week Celebrations

The Department of Physics and the Library jointly observed Reading Day on 17th June 2019. A week-long programme was arranged in connection with the Reading Day. Dr. Sr. Rosily A.V., Principal, inaugurated the programme.

'Pick Your Book', 'Book Tree', 'Book Talk', Book Review', and poster competitions were organized. Valedictory function was arranged on 21st June 2019. Smt.M.A.Gracy, Chairperson, Angamaly Municipality delivered the valedictory address and distributed the prizes.

Seminar attended by faculty of Department of Physics

Ms. Shyny K.Ittiachan attended a seminar on 'Environment Impact Assessment' organized by the Energy Conservation Society on 13th July 2019 at the Energy Engineering Enterprises, Karayamparambu, Angamaly.

Seminar attended by students of Department of Physics

Ms. Adithya K.B., Aleena Itteera and Anita Johny attended a seminar on 'Environment Impact Assessment'. The seminar was organized by the Energy Conservation Society on 13th July 2019 at the Energy Engineering Enterprises, Karayamparambu, Angamaly.

Awareness class organized

An awareness class on 'Web Designing' was organized by the Department of Physics on 19th July 2019.

Days Observance by the Department of Physics

Remembrance of the 50th year of Moon Landing was celebrated on 22nd July 2019. A documentary show and a talk on Moon Landing by Miwa Wilson, student, second-year B.Sc Physics were arranged.

Fresher's day celebration

Fresher's day celebration in the Department of Physics was held on 7th August 2019.

Days Observance

In connection with the Centenary Birth Celebration of Vikram Sarabhai, a documentary show was organized by the Department of Physics on 12th August 2019. Ms. Anjana Sahadevan & Ms. Furseena K.M. spoke on the life and achievements of Vikram Sarabhai.

Training Programme

Hands on training programme on Robotics was organized on 21st August 2019. Faculty from DCS Robotics provided the training.

Onam Celebration

The Department of Physics conducted the Onam celebration on 5th September 2019. Students brought food items for the sadhya from home and shared the '*Onasadhya*' with teachers.

Speakers Corner – Experiential Learning

As a part of experiential learning, a talk Chadrayan-2 was organized on 20th September 2019 at the Speakers Corner. Ms. Miwa Wilson from second-year Physics spoke on the occasion.

Skill Connect

"Skill Connect 2019"- an Inter-state competition was conducted by the Department of Physics in collaboration with Networkz Systems on 28th September 2019 to find out the brightest minds in the campus.

The Department of Physics conducted the 'Solar Student Ambassador Workshop' in association with the IIT Bombay organized *Gandhi Global Solar Yatra* on October 3,

2019. Dr. Sr. Rosily A.V., Principal, inaugurated the workshop. Fifty students from both the UG & PG programmes participated in the workshop and the students assembled the Solar Urja Lamps (SoUL).

Power Quiz

The Department of Physics conducted the 'Power Quiz' organized by KSEB Officers' Association on 3rd October 2019. Ms. Karthika Gopakumar (I B.Sc. Physics) & Ms. Amrutha David (I B.A. Economics) were announced as the winners and participated in the district level competition.

Green Initiative

As a part of Green Initiative, the Department of Physics conducted an elocution and poster competition on 4th October 2019. The focal theme of the competition was 'Climate Change'. Ms. Maria A.J (II B.Com) and Sharona B. (I M.Sc. Chemistry) secured first and second prize respectively. Ms. Fatima Femiya (II Physics) won the first prize for poster competition. A documentary show 'Climate Change and Global Warming' was also arranged.

Open House

The Department of Physics conducted an Open House and Exhibition for Higher Secondary Students on 03rd January 2020. More than hundred students from various schools benefited from the programme. A talk on 'Careers in Physics' was also organized on the same day. Dr. Resmi R., Assistant Professor in Physics, U.C. College, Aluva was the resource person.

Picnic

The Department of Physics organized a picnic to Mysore from 16th to 18th January 2020.

National Seminar on Satellite Remote Sensing to address Climate Change

The Department of Physics organized a National Seminar on "Satellite Remote Sensing to address Climate Change" on 3rd January 2020. Dr. Prijith Sudhakar, Scientist SE, National Remote Sensing Centre, Hyderabad.

Farewell meeting:

The farewell for the second-year M.Sc Physics students was conducted on 06th March 2020.

4. DEPARTMENT OF CHEMISTRY

Many hands one heart

The Department of Chemistry organized a charity programme- 'Many Hands One Heart' from 24th -29th June 2019. Daily use items under fifty different categories were collected by the students and handed over to the poor and needy people.

Field trip

A one-day field trip to Akay flavours and aromatics Pvt Ltd, Malaidamthuruth was conducted for the second-year M.Sc. Chemistry students on 19th July 2019. A group of fifteen students were taken for the industrial visit, along with faculty member Ms. Neenu George. The company introduced their products, equipment and their working procedures to the students.

Industrial Visit

The students of third-year BSc Chemistry along with Dr. Sindhu K S and Dr. Navya Antony visited Akay Flavors and Aromatics, Kochi on 19th July 2019 as a part of their curriculum.

Seminars attended

Students of 2nd year M.Sc chemistry attended a one-day interactive workshop on 'career prospectus in industry' in association with Biocon Academy on 29th July 2019.

Fresher's Day Celebration

The Department of Chemistry conducted the Freshers' Day on 2nd August 2019. The Fresher's Day celebration was inaugurated by Sr. Niyatha, College Bursar in the mini auditorium. All the first-year students actively participated in the celebration. Ms. Krishnapriya P M won the title of the best fresher during the 2019-20 academic year.

Freshers Day

The Department rendered a warm welcome to all the first-year students on 5th August 2019. Competitions and games were conducted for the first-year students.

Hope -The Charity Program

The Department inaugurates the charity program "THE HOPE" to extend compassion, kindness and love to help others.

Onam Celebration

Onam celebrations were held on 6th September 2019. The staff and students were dressed in their traditional best which added to the festivity. The students prepared Onam Sadhya in a grand manner.

Ozone Day Celebration

The Department of Chemistry conducted the Ozone Day celebration on 28th September 2019 in front of the Science Block. The Department conducted a competition of craft and reusable items from waste materials. The following students were the winners of the competition.

- Craft item: Ms Dinshamol (Ist year BSc Chemistry)
- Reusable item: Anupriya V Sagar (IIIrd year BSc Chemistry)

There was a presentation on the relevance of Ozone Day by Ms. P M Sreelakshmi of Ist BSc Chemistry. The students took an oath related to the responsibility of an individual on the preservation of Ozone.

Skill Training Programme

As part of Skill Training Programme, the second-year and third-year students of BSc Chemistry were trained to make bathing soap, hand wash and toilet cleaner from 1st October 2019 to 3rd October 2019 under the brand names 'Star Bathing Soap', 'Star Fresh' liquid hand wash and 'Star Shine' Toilet Cleaner respectively.

Chethana

The Department of Chemistry arranged a Hands-on Training Programme for the mothers of the students on 11th October 2019. Ms. Anupriya V Sagar, III B.Sc Chemistry gave a demonstration class for the mothers on carpet making with used clothes.

Mole Day Celebration

The International Mole Day was observed on 25th October 2019. Ms. Aan Maria Joseph of Ist B.Sc Chemistry delivered a lecture on the Basic Concepts of Mole and the Importance of Mole Day.

Newsletter Hanza Service

The Department of M.Sc chemistry Published a newsletter - HANZA SERVICE on 11th November 2019, containing the extension activities of the various Departments and Cells.

Soil Day celebration

In connection with the Soil Day celebration (dec 5), the PG Department of Chemistry collected soil from various areas of the campus, analysed the soil and the results were tabulated.

Christmas Celebration

The Department of chemistry conducted the Christmas celebration on 20th December 2019.

International Year of Periodic Table

As a part of the International Year of Periodic Table, the Department arranged a mini model of the periodic table and a class on Modern periodic table was conducted by Ms.Nimya Davis of first-year BSc Chemistry on 31st December 2019.

Study Tour

The staff and thirty-five students from second-year and third-year BSc Chemistry went for a study tour to Coorg and St.Marys Island, Uduppifrom 31st December 2019 to 2nd January 2020.

International Seminar on Advances in Polymers and Functional Materials

The M.Sc Chemistry second-year students participated in an international seminar on Advances in polymers and functional materials, conducted by SSV college, Valayanchirangara on 15th January 2020.

Farewell to Ms. Susanna P R

The Department of Chemistry bid a hearty Farewell to Ms. Susanna P R, lab assistant, who retired after 30 years of gracious service on 27th January 2020 at the Seminar Hall. Principal Dr. Sr. Rosily A V, Prof. Lalitha A V (Former HOD) and retired teachers Prof. Salomy Joseph, Dr. Beena George along with the staff and students felicitated Ms. Susanna P R.

Alumni lecture

The Department of Chemistry organized an alumni lecture on 30th January 2020. Alumini Ms. Sreelakshmi T R, (Dietitian, Modern Hospital,Kodungalloor) was invited as the resource person for a talk on Food Additives.The students actively participated in the session.

Annual Tour

An annual tour to Malakkaparawas organized by the Department of MSc Chemistry for students on 3rd March 2020.The students enjoyed the journey and made it an unforgettable experience.

Visit to Shishubavan

The MSc Chemistry students and teachers visited Shishubavan, a special home run by the Sisters of Nazreth for kids at EdakkunnuPaduvapuram on 4thMarch 2020.The students interacted with the kids and gave them essential items.

5.DEPARTMENT OF ECONOMICS

Debate Competition

An inter-departmental debate competition was conducted by the Department of Economics in connection with the World Population Day on 19th July 2019. The topic of the debate was ‘India’s Population Growth: A Boon or a Threat.’ The competition saw the participation of twelve debaters from sixDepartments. All the participantsactively participated in the debate competition. Participants from the Department of Economics were selected as the best team and Department of English secured the second prize. Ms. Amritha Davis from first-year B.A. Economics was selected as the Best Speaker.

Hiroshima day observation

Ms. Rinu K. Loius, Head, Department of History led a class on ‘History of Hiroshima Day’ on 6th August 2019.

Fresher’s Day

The official welcoming of the first-year students was held on 8th August 2019. All the faculty members and students from the Department of Economics participated in the event. The senior students rendered a warm welcome to the freshers. Several programmes were organized to entertain the newcomers and to explore their talents.

Seminar on Consumer Protection Act

The Department of Economics organized a seminar on 'Consumer Protection Act' on 17th October 2019. Mr.Prince Thekkan, Consumer Protection Council President, Mr.Joseph Varghese Velliyath, RTI Council District Co-ordinator and Mr.Arjun K.Menon, Consumer Protection Education Cell Convenor handled the sessions. All the first-year UG students attended the class that focused on the various laws related to consumer protection.

Employability Skill Development Programme

Employment Skill Development Programme was conducted for the final-year UG Economics students on 20th November 2019. The programme was handled by Sri.Nandakumar, Chief Career Counselor, Galaxy Educational Services. The main parameters considered in the session were how to build life's growth and how to face an interview.

Bridge Course

The Department of Economics conducted a bridge course for the first year students. Ms. Rincy Paul led the class. The course helped the first-year students to familiarise the basic aspects of Economics.

Study Tour

A Three-day tour programme to Coorg and St. Mary's Island was conducted by the Department of Economics from 20th January to 23rd January 2020. A group of 30 students from final-year B.A. Economics along with four faculty members participated in the study tour.

Poster Presentation

In association with the International Education Day, the Department of Economics organised a poster presentation on 24th January 2019.

Quiz Competition

The Department of Economics organized the annual interdepartmental quiz competition on 10th February 2020. A team of two students from various Departments actively participated in the quiz. Ms. Ameera Hussain N.H. and Ms. Anjana Vikraman from the Department of

Chemistry secured the first position in the competition and Ms. Ancy Mariya Alex and Ms. Krishnapriya H. from the Department of English got the second position.

Food Processing-Technology and management Development Programme

In association with the Department of Home Science and the District Industrial Centre, Ernakulam, the Department of Economics organised a Food Processing class from 3rd to 17th February 2020. Dr. Sr. Philo T.J., Vice Principal, inaugurated the class. Dr. Laisa Thomas, Head, Department of Economics, Dr.Lizmitha Godwin, Head, Department of Home Science and Sri. Manoj, Director, DIC, Ernakulam attended the inaugural function. The class was led by Chef Prabhakaran and twenty-seven students attended the class.

1. The following students were elected as the office bearers of AICUF for the academic year 2019-20.

President – Jomol Joy (II B.Com)

Secretary – Mariya Kuriakose (II B.A. Economics)

Treasurer – Jasmin Mary George (II B. Com)

Vice President – Kavya Madhu (II B.Com)

Joint Secretary – Devika Sankar (II B.Com)

Women Rep – Sridhari K.S. (II B.A. Economics)

2. The office bearers participated in the Ernakulam Zonal election. The President, Ms.Jomol Joy, was elected as the secretary of AICUF in the Ernakulam Zone.
3. Ms. Jomol Joy,President of AICUF attended a camp held in Sameeksha, Kalady from 12th July to 14th July 2019.

Quiz Competition

The Department organized the annual interdepartmental quiz competition on 10th February 2020. Team of two students from various Departments took active participation in the quiz competition. Ms. Ameera Hussain N.H. and Ms. Anjana Vikraman from the Department of Chemistry secured the first position in the competition. Ms. Ancy Mariya Alex and Ms. Krishnapriya H. from Department of English got the second position.

6.DEPARTMENT OF ENGLISH

Newspaper Distribution

Students were encouraged to subscribe English newspapers as an attempt to improve language skills and general knowledge. Under this initiative, the Department of English started

distributing 'The Hindu' newspaper from 16thSeptember 2019. Currently, fifty students subscribed for the same.

International Seminar

An International Seminar on "Bibliotherapy for Mental Well Being: Theories and Praxis" was organised by the Department of English on 27thSeptember 2019. The resource persons were Ms. LauraLopezLopez (Occupational Therapist and member of ADMTE, Spain), Mr. P.N.Viswanathan Nair (Journalist and former Chief Editor, The Deccan Chronicle, Hyderabad) and Ms. Meera Elizabeth James (Assistant Professor, Post Graduate Department of English and Centre for Research, Baselius College, Kottayam).

Morning Tweets Morning Tweets Published

Morning Tweets Morning Tweets, the monthly newspaper was published by the Department of English on 30th September 2019.

Caricature and Crossword Puzzle competition

As part of celebrating Gandhi Jayanti, the students of the Department of English conducted an Interdepartmental Caricature and Crossword Puzzle competition on 01stOctober 2019. The team led by Ms. Krithika P. Krishnakumar(II B.Com) secured the first position in Crossword and Ms. Fathima Femiya(II B.Sc Physics) won the first position in Caricature.

7.DEPARTMENT OF COMMERCE

Seminar on Marketing

A Seminar on Marketing by Mr.Xavier P O, was organized by the Department of Commerce for the second-year B Com students on 25thJune 2019 at 2.30 PM in the Seminar Hall.

International Music Day

"ISAINILA 2K19" International Music Day celebrations was coordinated by the Department of Commerce on 27thJune 2019 at 2.30 PM in the college auditorium.

Aptitude test

The Department of Commerce conducted an aptitude test for the final-year students by Logic School of Management on 19thSeptember 2019.

Self Defence Workshop

'Aveg' Karate Self-defence workshop was conducted for the B Com students in the college auditorium. The workshop was handled by Ravi Sensai, Biju Sensai and Denzal sambai of OKSK Karate School, Aluva on 25th September 2019.

Aptitude Test

The Department of Commerce conducted an aptitude test for third-year B Com and second-year B com students in collaboration with Manvish Tally Academy on 27th September 2019.

Class on Modern trends in IT

The Department of Commerce organized a class on Modern trends in IT for the third-year and second-year B Com students in the Seminar Hall on 5th October 2019 at 1:00 P M. The Class was taken by Ms. Jesna Michael.

State level seminar

A state level seminar on "Two years of GST in India: Problems and prospects 2019" was organized by the Department of Commerce on 14th October 2019 at the college auditorium. The seminar was conducted in association with SNAPS, Kariyad.

Field Trip

A Field Trip was arranged by the Department of Commerce for the final-year students on 15th October 2019. The trip was to the plastic recycling unit of the Kozhikode Corporation and the 'Niravu' office in Kozhikode.

Drawing Competition

As part of the International Poverty Eradication Day, an Interdepartmental Pencil Drawing competition was organized by the Department of Commerce on 18th October 2019.

Workshop on MS Excel

The Department of Commerce organized a workshop on MS Excel for the final-year students at Naipunnya Institute of Management and Technology, Pongam

Orientation class

The Department of Commerce organized an orientation class on internship in marketing for selected students from second-year and final-year B Com. The class was led by Mr. Anand C S, Assistant Manager, Times of India, on 29th November 2019.

Tagline Competition cum Induction Programme

In association with the Department of Commerce, the Department of Economics conducted a tagline competition for the students on 20th December 2019. An induction programme was also conducted in connection with the event. The programme was organized by Kerala Blasters.

Orientation Class

The Orientation class for third-year B Com students by Mr. Sandhosh of Vidyaroopa School of Management Studies, Kochi was arranged by the Department of Commerce on 31st December 2019.

The Department of Commerce took an orientation class by faculty members of Cochin Institute of Accounts, Edapilly for the Final year students on 3rd January 2020.

- The Department of Commerce conducted an orientation class for third-year B Com students on 16th January 2020. Ms. Athira of Level 3 Edutech was invited as the resource person for the class.
- A lecture on “Career Launch” was given to the second-year and final-year students by Mr. Akhil Shibu, Marketing Manager, CL Educate on 07th February 2020.
- An Aptitude test for third-year B Com students was conducted by Ms. Ravi R Kamath, General Manager-Marketing GIMS, Kochi on 11th Feb 2020.

Student’s Achievement

Students of B Com participated in various competitions held at Guiders Academy, Palarivattom on 10th January 2020 and won many prizes. Ms. Karnisha Raju and Ms. Krishnendu M U of third-year B Com won the 1st prize. Ms. Devika K S and Ms. Ann Mariya Joy of first-year B Com won the 2nd Prize in the Face drawing competition. Ms. Anna C Sebi of third-year B Com and Ranjana Rajesh of second-year B Com secured the 3rd prize for the presentation of unmapped destination.

Consumer Protection Club

The Consumer Protection Club was inaugurated by Adv. Tony Thomas, High Court of Kerala in the seminar hall. Advocate Tony Thomas also took a seminar on Consumer Protection Act on 14th Feb 2020.

Interdepartmental Chess:

Forty-two students from various Departments participated in the inter-department chess competition held at Mother Thercitta Hall, Morning Star Home Science College from 27th to 31st January 2020. The Department of Commerce secured the first position. The Department of Chemistry was the first runner up and the Department of Physics secured the third position

Tour

A tour for the final-year students was conducted from 28th January 2020 to 31st January 2020. The tour was to Coorg and Malpe Beach. Dr. Sr. Jessy K P, Ms. Jwalini K S, Ms. Sruthy Antoo, Ms. Ann Mary Mathew, and Sr. Mariyan CSN accompanied the forty students of third-year B Com

8. DEPARTMENT OF PHYSICAL EDUCATION

Reception given to the National Winners

On 26th June 2019, the Principal, Management, Staff and Students honoured the students who participated in the 43rd National Arm-wrestling championship held at Bhilai, Chhattisgarh from 19th June to 23rd June 2019 in front of the science block. Ms. Vandhana Shaji (second-year BSc. FCS) secured a gold medal in left hand category and a bronze medal in the right-hand category, Ms. Devika Dinesh of second-year BSc Zoology secured a gold medal in the junior left-hand category and a gold medal in junior right-hand category, and Ms. Anila Shaju secured the 4th position in left-hand senior category.

Powerlifting

In the All Kerala Junior equipped Powerlifting championship held at Thiruvananthapuram from 13th July to 15th July, 2019. Ms. Devika M.J secured the gold medal in the 52 Kg Category, Ms. Sona Mariya Biju won the silver medal in the 57 Kg Category, Ms. Babitha M Babu won the silver medal in the 63 Kg Category, Ms. Rehana A.R secured the silver medal in the 72 Kg Category and Ms. Vandhana Shaji secured the silver medal in the 84 Kg Category.

Inter dept. yoga competition

Sixty-three students from various Departments participated in the inter-department yoga competition held at the Yoga Hall, Morning Star Home Science College, Angamaly on 18th July 2019. The Department of Commerce secured the first position with a score of 178.1, followed by the Department of Home Science with a score of 152.3 points emerged as the first runner up. The Department of Zoology scored 147.9 points and secured the third position. The prizes were awarded by the Vice Principal Dr.Sr.Philo T.J.

Yoga

In the Ernakulam District Yoga Championship held at Renewal Center, Kalooron 27th July 2019,ten students of Morning Star Home Science College participated in the championship. Ms. Lakshmi V. J secured the 4th position and Ms. Nimisha K S secured the 6th position.

Book Published

Dr.Mettilda Thomas of the Department of Physical Education published a book titled *Ultimate Kho-Kho* with ISBN 978-93-5361-957-2 in July 2019.

Athletics

In the Ernakulam District Athletic Meet held at Maharaja's College Ground from 02nd August 2019 to 04th August 2019,eleven students from Morning Star Home College participated in the championship. The students secured 4 gold, 6 silver and 6 bronze medals in various track and field events. Remarkably, the 4X400m relay team broke a30-year-old meet record. The institution received the runner up title in the under-20 women category.

Inter dept. badminton competition

Seventy students from various Departments participated in the interdepartmental badminton competition held at Morning Star Home Science College auditorium from 1st to 9th August 2019. The Department of Chemistry secured the first position, followed by the Department of Economics which emerged as thefirst runner up and the Department of Zoology secured the third position.

Tug of war

In the Ernakulam District Tug of War Championship held at St.John's HSE,Pulinthanam on 19th August 2019, the junior team of the institution secured the third position and senior team secured the second position in the championship.

Tug of war (state)

Four students of the institution participated in the All Kerala Junior and Senior state Tug of War Championship held at Kannur from 23rd August 2019 to 26th August 2019.

Powerlifting

In the All-IndiaNational Senior Powerlifting Championship held at Kolkata from 17th August 2019 to 27th August 2019. Ms.Vandhana Shaji represented Kerala state for the same and secured the 6th position in the Women's 84 Kg category.

National sports day celebration

The National Sports Day was celebrated on 29thAugust 2019. The Department of Physical Education conducted a talk on "Boost up and Play Morning Stars" inthe Morning Star Home Science College Seminar Hallat 2:30 pm. The resource person for the function was Dr. Stalin Raphel, HOD and Assistant Professor, St.Joseph'sCollege, Irinjalakuda,Thrissur.

Student Achievement

Ms. Reshma G. of first-year BA English secured the silver medal in the All Kerala Power lifting Championship held at Kozhikode on 14thSeptember 2019.

Faculty participation

Dr.Mettilda Thomas, Department of Physical Education, represented M.G University as the Kho-Kho team manager for the south zone inter university Kho-Kho championship held at Dr.B.R Ambekar University, Srikakulam, Andhra Pradesh,from 01st October 2019 to 05th October 2019.

Kho-Kho (Inter University)

Five students of the institution represented M.G University in the south zone inter university Kho-Kho championship held at Dr.B.R Ambekar University,Srikakulam, Andhra Pradesh,from 01stOctober 2019 to 05th October 2019. The participants were Ms. Anu.A.S, Ms. Sreepriya K.S, Ms. Sinsha T.D, Ms. Gissna Jose and Ms. Sony Joseph.

Handball (M.G University)

Five students participated in the M.G University inter college meet shuttle badminton championship held at BAM College, Thuruthicad on 15th October 2019.

Badminton (M.G University)

Five students participated in the M.G University inter college meet shuttle badminton championship held at St.Teresa's College, Ernakulam on 18th October 2019.

Judo (M.G University)

Five students participated in the M.G University inter-college meet judo championship held at Sree Sankara College, Kalady on 26th October 2019. The following students secured medals in various categories

- Harsha martin – 47kg – bronze medal
- Reshma G – 57 kg – bronze medal
- Amrutha Thomas – 63kg - bronze medal
- Rehana A R - bronze medal
- Anila Shaju – 72+ - bronze medal

Faculty participation

Dr.Mettilda Thomas, Department of Physical Education, selected as an observer and selector for the M.G University Basketball Men's team. The championship was held at Bharatha Matha College, Thrikkakara, from 26th October 2019 to 27th October 2019.

Dr.Mettilda Thomas, Department of Physical Education, attended a two-day intercollegiate workshop "Hands-on-Training on Outcome Based Education" held at St.Xaviers College, Aluva, on 28th and 29th October 2019.

Powerlifting

All Kerala State Interclub Powerlifting Championship was held at Wayanad on 02nd November 2019. Eight students participated in the event and secured various medals. The following are medal winners:-

- Joshni Jose :47 kg - Gold medal
- Swetha Sankaran :52kg -Gold medal
- Reshma G :57kg- Gold medal
- Sony Joseph :57kg -Silver medal
- Amrutha Thomas :63kg - Silver medal
- Rehana A R :72kg - Gold medal
- Anila Shaju :84kg - Gold medal
- Devika Dinesh - 84+kg- Gold medal

Yoga

All Kerala State Yogasana Championship held at Morning Star Home Science College, Anagamaly on 9th November 2019. More than 500 participants from Trivandrum to Kasargod participated in the championship. Two students participated in the senior category and secured the fifth and sixth position respectively.

List of representatives:-

- Nimisha K. S
- Lakshmi V J

Chess

Six students represented Morning Star Home Science College, Angamaly for the M.G University intercollegiate chess tournament held at S.H College, Thevara on 17th November 2019 and secured the 10th position.

Players list:-

- Sreepriya. K. S
- Joshni Jose
- Anooja A Nair
- Tinu Nirmala Varghese
- Theresa.L.Perumayan
- Anju Avarachan

Table Tennis

Five students represented Morning Star Home Science College, Angamaly for the M.G University Intercollegiate Table Tennis Tournament held at St.Teresa's College,Ernakulam on 28th November 2019.

Players list:-

Sreepriya .K.S

Anju Avarachan

Amala Martin

Anu A S

Dinju Mariya Davis

Inter department competition

In the Inter department Table Tennis Championship held at the sports arena- science block from 26th to 29th November 2019, forty-two participants from various Departments competed against each other. The first position was secured by the Department of Economics, followed by the Department of Commerce and the Department of Physics.

Powerlifting

In the Junior Asian Classic Powerlifting Championship held in Almaty, Kazakhstan from 2nd to 8th December 2019, Ms. Vandhanashaji secured the gold medal in squad and two silver medals in bench press and dead lift. Overall, she secured the silver medal in the 84 Kg category.

Fencing

Ten students represented Morning Star Home Science College, Angamaly for the M.G University intercollegiate fencing tournament held at Catholicate College, Pathanamthitta on 18th December 2019. The team secured 4 bronze medals in the Sabre team event, 4 bronze medals in the Foil team event and 4 bronze medals in the Epee team event. Ms. Sony Joseph secured the bronze medal in the Sabre individual event and Ms. Amala Martin secured two bronze medals in the Epee and Foil individual events.

Medal winners are:-

- Sreepriya .K.S
- Joshni Jose
- Theresa.L.Perumayan
- Amala Martin
- Anu A S
- Anju Avarachan
- Karthika Gopakumar
- Darsana Davis
- Harsha Martin
- Sony Joseph

ALL INDIA INTER UNIVERSITY: In the All India Inter University Powerlifting championship held at Mumbai University, Maharashtra from 22nd January 2020 to 27th January 2020, the following students secured medals in various categories

- Vandhana Shaji 84kg Category - Gold
- Babitha M Babu 72 kg Category – 6th position
- Anila shaju 84 kg Category – 8th position
- Nimisha K S Silver medal
- Lakshmi V .J Silver medal
- Anjaly Jose Silver medal
- Liya Antony Silver medal
- Aleena Mathew Silver medal
- Ann Teresa Babu Silver medal

Faculty Achievements

Dr.Mettilda Thomas represented M.G University as the powerlifting team manager for the All India Inter University Powerlifting championship held at Mumbai University, Maharashtra, from 22nd January 2020 to 27th January 2020.

Yoga:

In the MG University yoga championship held at T.M.Jacob Memorial Govt.College, Manimalakunnu. The college team secured the runner up position in women's category. Ms. Liya Antony secured selection in the All India Inter University Team.

Annual Sports Day:

The Annual Sports Day was held on 7th February 2020 with events for both staff and students. Dr. Sr. Rosily A.V, Principal, Morning Star Home Science College, Angamaly declared the meet open. March Past and Mass Display competitions were conducted. The Overall championship in athletics was won by the Dept. of Commerce, the position of the first runners up was secured by the Department of Economics and the second runners up was the Department of Home Science.

Inter Department Arm-wrestling competition:

Fifty-six students from various Departments participated in the inter department Arm-wrestling competition held at Mother Thercitta Hall, Morning Star Home Science College on 7th February 2020. The Department of Chemistry and Economics shared the first position, and the third position was secured by the Department of Zoology.

M.G University: Ten students represented Morning Star Home Science College, Angamaly for the M.G University intercollegiate Tug of War tournament held at K.G College, Pampady on 28th February 2020. The following students won **Gold Medals** in the event.

- Amala Martin
- Sony Joseph
- Gissna Jose
- Harsha Martin
- Rehana A R
- Devika Dinesh
- Karthika Gopakumar
- Dinju Mariya Davis
- Aleena Jose
- Aleena Mathew

Faculty Achievements

- Dr.Mettilda Thomas secured 3 silver medals (100m, badminton and volleyball) in the M.G University Physical Education Association Annual Sports Meet held at M.A College, Kothamangalam from 06th March 2020 to 07th March 2020.

24. RETIREMENTS

- After rendering sincere and dedicated service, three non-teaching staff members retired in the current academic year. Sr.Pushpa, the Librarian, lab assistants- Ms.Gracy A.M and Ms.Susanna P.R.Ms.Usha K.R, Head of the Department of Zoology retired after their selfless service to the institution.

25. OBITUARY

- The institution pays homage to Sr.Ascensa CSN, former faculty of the Department of Home Science (1968-1994). A tribute was offered to her by the Morning Star Home Science College family on 19th June 2019.

26. CONCLUSION

- The institution's pride rests on each empowered woman it contributes to society. The success of Morning Star Home Science College is the result of the tremendous hard work and effort put forth by the stakeholders of the institution. The institution will forever be indebted to the teaching and non-teaching staff members for being the pillars of strength and torch bearers on the path towards success.