



Learn to Serve, Serve with Love

Morning Star Home Science College

(Affiliated to Mahatma Gandhi University, Kottayam & Accredited by NAAC)

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ANGAMALY**

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ANGAMALY**

I, Dr. Sr. Rosily A.V., declare that the particulars given above are true to the best of my knowledge and belief.

Rev. Dr. Sr. Rosily A.V.
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Ms. Gopika Martin

Staff Editors
Ms. K. S. Jwalini
Dr. Gincy P. Kuriakose

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Our Heavenly Patroness

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PRINCIPAL'S *Message*

As I sit down to pen my final editorial for our esteemed college magazine, a wave of emotions engulfs me. It is with a heart full of gratitude and pride that I reflect on the incredible journey we have embarked upon together over the years. Today, as I stand on the cusp of retirement, I am overwhelmed by the memories, achievements, and the unwavering support that have defined my tenure as your principal.

First and foremost, I would like to express my deepest appreciation to the entire teaching and non-teaching staff of Morning Star Home Science College. Your commitment, professionalism, and passion for education have been the backbone of our institution's success.

Equally deserving of praise are our exceptional students. Your unwavering adherence to the rules and regulations of our college has been exemplary. Your thirst for knowledge, coupled with your indomitable spirit, has led you to achieve remarkable feats both academically and in sports ventures. Your consistent performance has elevated our institute to new heights, culminating in the prestigious A++ grade, the highest accolade an institution can achieve.

Our college magazine has always served as a platform for students to showcase their creative talents, and you have certainly risen to the occasion. Your contributions have been nothing short of exceptional, displaying a depth of imagination, intellect, and artistic flair that is truly inspiring.

As I bid farewell, I leave you with a few words of encouragement. Work hard and never lose sight of your dreams. But beyond hard work, never forget the importance of prayer and faith. In the face of challenges, let your faith be a guiding light, for it is through our belief in something greater that we find strength and solace.

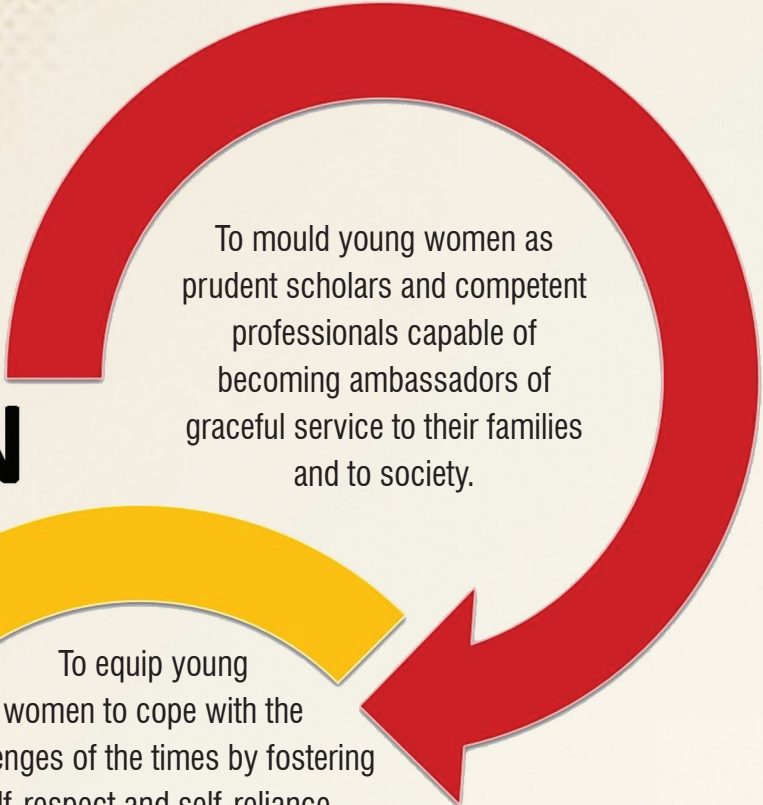
I have witnessed firsthand the extraordinary potential within our college, and I have every confidence that you will continue to shine even brighter in the years to come.

Thank you.

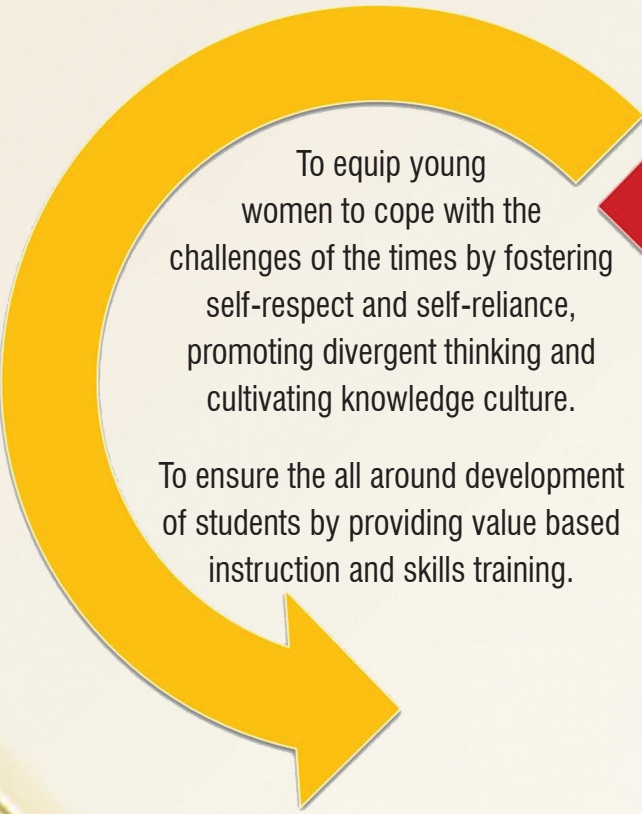
With deepest gratitude,

Dr. Sr. Rosily A. V.

VISION



To mould young women as prudent scholars and competent professionals capable of becoming ambassadors of graceful service to their families and to society.



To equip young women to cope with the challenges of the times by fostering self-respect and self-reliance, promoting divergent thinking and cultivating knowledge culture.

To ensure the all around development of students by providing value based instruction and skills training.

MISSION



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Ms. K. S. Jwalini
(Staff Editor)

Editorial



Dr. Gincy P Kuriakose
(Staff Editor)

Elira, “Knowledge is the key to freedom”, the annual college magazine of Morning Star Home Science College celebrates human spirit and dignity, which has adeptly survived into the post pandemic world. Freedom is all about the right to have your choices ensuring respect to oneself and society. When one gains knowledge about what they can be, they can have access to the fundamentals using the knowledge and shall enjoy freedom without hurting the general sentiments of others. As Indira Gandhi has pointed out, “Education is a liberating force, and in our age it is also a democratizing force, cutting across the barriers of caste and class, smoothing out inequalities imposed by birth and other circumstances.”

The academic year 2022-2023 was a happening one for Morning Star Home Science College with several activities which uphold its motto “Learn to Serve, Serve with Love”. The editors and the entire Morning Star family have put in the best efforts to record the activities in its right essence. The magazine also celebrates the remarkable achievement, A++ grading by National Assessment and Accreditation Council, as an exceptional accomplishment by the college, which is a result of perseverance and commitment of its stakeholders.

We are happy to note that the students and staff have contributed their creative works to the magazine. The magazine has a detailed report of NAAC Visit & Dr. Shashi Tharoor’s visit. The magazine also covers interviews of the cast and crew of the movie, Mullappoovum Javanum, and writer Maya Balakrishnan. The report of various departments and general activities and many more will make the reading of the college magazine a wholesome experience.

We, the editors thank God Almighty for the divine blessings. We have a deep sense of gratitude to our Principal Dr. Sr. Rosily A. V. for her support and guidance. We thank Vice-Principal, Dr. Sr. Shemi George, HoDs, Faculty Coordinators of various clubs and cells, colleagues and students for their valuable suggestions and cooperation. We have immense gratitude to the well-wishers who financially supported the magazine through advertising and Amma Press for the wonderful association. We strongly hope that the magazine will be received well by one and all.



Gopika Martin
Student Editor

‘Knowledge is the key to freedom’. As we find ourselves at the intersection of knowledge and creativity, our College Magazine stands as a testament to the power of students’ voice. It is through these pages that we explore ideas, challenge conventions, and offer insights into ever evolving world of academia. In this college magazine, we aim to capture the essence of our generation as we navigate the winds of change. I sincerely thank our principal Dr. Sr Rosily A. V., staff editors Dr. Gincy P. Kuriakose and Ms. K. S Jwalini and my fellow union members, without whose support, co-operation and encouragement this Magazine would have been impossible. I hope that our College Magazine remains a beacon of creativity, knowledge and student empowerment for years to come.

U COLLEGE UNION



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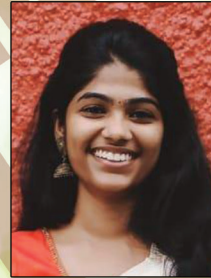
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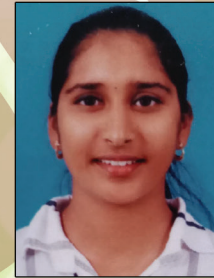
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Nandana
Arts Club



Gopika Martin
Student Editor



Abina George
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Class Representatives



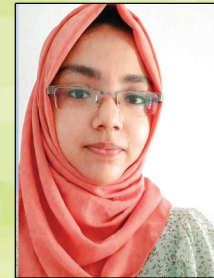
Cladveena Pereira
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MG UNIVERSITY RANK HOLDERS

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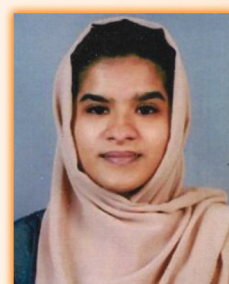
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Department of Home Science



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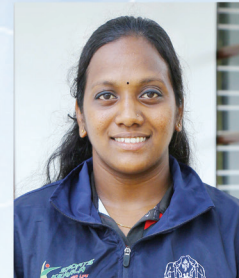
Sports Winners



Aryanandha T. and Thasleena T. K.
Gold Medal National (Tug of war)



Adithya S
Senior National
Player (Kho Kho)



Rehana A R
Senior National
(Powerlifting)



Revathy Krishna M
National Games
player (Kho Kho)



Powerlifting State and District Medal Winners



State and District
Medal Winners (Kho Kho)



Senior State Silver Medal Winners (Tug of war)



Adieu

Great leaders do not always set out to be leaders; instead, they aim to make a difference and inspire others through their integrity of intent and morally upright actions. Dr. Sr. Rosily A. V., a conscientious individual, natural leader, and thorough academic, ushered in a new chapter in the history of Morning Star Home Science College. Under her proactive leadership and direction, the institution and the whole Morning Star Community envisioned dazzling advancements and innovation in all sectors. She began her career in 1996 as a lecturer in the Department of Chemistry, and when she retires, she has 27 long years of service to her credit wherein she served as a faculty, Head of the Department, Vice Principal, and College Principal. She is an exceptional teacher, and all of her students admired and appreciated her. Everyone received a great deal of support and direction, especially during the last six years of her principalship.

We, the staff of Morning star Home Science College want to thank you for all that you have done for the development of the college. Apart from the adept decision making skills, clarity in communication, we also learned how to be good human beings. You are very responsible, kind, generous, committed and service-minded. We appreciate you for leading us well and guiding us, dear sister. We truly value all the efforts that you have taken for our improvement. Even though you are officially leaving us, your legacy will live on in this place.

When we bid farewell to you, we have memories in our mind that spreads the sweet fragrance of a Rose flower. We wish you all the Best on your retirement dear Sister. The retirement will be a beginning of a new journey and a new chapter for you. May this bring you and everyone you meet blessings. May your path be illuminated for you, wherever you are and whatever you choose to do. May you always have a nice word to say, a comforting touch to feel, and a smile to share. We sincerely hope that you would keep working tirelessly and ardently for the welfare of everyone, using your talents to create a better world.



Adieu

Dr. Laisa Thomas joined Morning Star Home Science College on 14th October 1996 in the Department of Economics. Since then she has been a part and parcel of the development of the college. She has completed her graduation and PG from Alphonsa College, Pala and St. Thomas College, Pala respectively. Later on she secured B.Ed, M Phil, Ph.D and MBA.

Dr.Laisa Thomas is a person with many qualities. She always seeks perfection in all matters and does the assigned work with utmost dedication and commitment. She is an efficient,excellent and very inspiring personality. Her sincerity and dedication to the institution were evident throughout her service. As an IQAC co-ordinator, her role was commendable and the college received A grade. She is also a very disciplined and systematic person. Her leadership quality is unique.

During her career at Morning Star Home Science College, she has taken many responsibilities along with teaching, like college union advisor,IQAC co-ordinator,AICUF co-ordinator, staff secretary, ED club co-ordinator, NSS Programme officer etc. She is also a research guide. As an able and dynamic person with a youthful mind, Dr.LasiaThomas is the deputy chairperson of Muvattupuzha zone valuation camp.

Dr.Laisa Thomas took charge as HOD in 2014. It was during her period that the department upgraded as PG department.She planned and executed many activities in the department. She is always ready to help students in all their needs. She provided immense assistance and support to the colleagues. She is frank in her opinions and is a transparent personality.

After 27 years of valuable and committed service, Dr.Laisa Thomas, Head, PG Department of Economics is retiring from Morning Star Home Science College on 31st May 2023. We are extremely grateful for the assistance, guidance and outstanding leadership she has provided us throughout the years. We thank her for all the hard work she has rendered.



A++ Grade in the 4th Cycle of NAAC Accreditation

The year 2023 is remarkable in the history of Morning Star Home Science College Angamaly. The college is accredited with A++ grade in the fourth cycle of accreditation by NAAC. From the academic year 2017-2018 onwards, i.e., after the

third cycle of accreditation, the IQAC of Morning Star was striving to maintain and enhance quality culture in the campus. Programmes like Ph.D. in Home Science, M.A. Business Economics and B.Voc. in Applied Accounting & Taxation were introduced during the period.

The college acquired many accolades during 2017-2022. RUSA funding, NIRF ranking, ISO Certification, IIC rating are a few among them. With the aid of RUSA fund, Conference Hall, Computer Center, Laboratories and Class Rooms were constructed.





Incubation Center, Star Entrepreneur Center, Installation of Electric Panel, Multipurpose Court, Open Gym were also set up during this period.



The Institutional Information for Quality Assessment (IIQA) was approved by NAAC on 31 May 2022 and the Self Study Report (SSR) was submitted on 14 July 2022. The Peer Team visit was scheduled from 23-24 January 2023.



From June 2017 onwards the entire Morning Star family - Management, Staff, Students, PTA, Alumnae and well wishers – were all united in their efforts to make the NAAC accreditation process and the visit a grand success.



Dr. Aruna Palta, Vice-Chancellor, Hemchand Yadav Vishwavidyalaya, Durg (Chairperson), Dr. Neena Singla, Punjab Agricultural University, Ludhiana (Member Co-ordinator) and Dr. Vijayalakshmi Nambiar, Principal (Rtd), Manghanmal Udham College of Commerce Pune (Member) were the Peer Team Members. The Pre-Visit meeting with Principal, IQAC Coordinator and Peer Team Members was held on 22 January at the place of stay of the peer team.



The institution faced many adversities like Flood, Corona outbreak etc. during the journey towards the accreditation processes. But the 'Morningstarians' with the support of 'Morning Star'- our Heavenly Patroness could achieve greater heights.



The first day visit started with the official meeting of Principal and Peer Team members followed by the presentation of Principal,



IQAC Coordinator and departments. After the presentations, the peer team visited the facilities in the Main Block. A luncheon meeting with Governing Body, University & Government representatives were also arranged. It was preceded by the visit to Nazareth Block, Canteen, Sports facilities and Hostel. Meeting with Students, PTA & Alumni were also facilitated. After the meeting, the peer team visited Science Block, Morning Star Play School, Library and Arts Block. Yoga demonstration, Fencing and Cultural programmes were performed by our students and received appreciation from the Peer Team Members.

On the second day of visit the peer team verified all the documents and interacted with the staff. After that the peer team prepared the draft report. The exit meeting was arranged at 4.30 p.m. Dr.Sr.RosilyA.V., Principal welcomed the gathering. Dr. Aruna Palta, Chairperson pointed

out the suggestions and recommendations and the report was handed over to the Principal. IQAC coordinator proposed vote of thanks. The visit gave a memorable experience to everyone. The suggestions and recommendations by the members will be put into practice in the future endeavors.

As the IQAC coordinator, I express my sincere gratitude to all who participated in the assessment and accreditation processes. I thank God Almighty for the blessings showered upon us during the assessment period. I am grateful to our Principal, Dr. Sr. Rosily A.V., Vice Principal, Dr. Shemi George, Manager Dr. Sr. Alphonsa M.K., Education Councillor Sr. Reshmi, Office Superintendent Sr. Mary Paul, Bursars Dr. Gisha Joseph and Sr. Niyatha for their guidance and support. I am very much glad to express my heartfelt thanks to IQAC joint coordinators, IQAC members, colleagues, retired faculty, PTA, students, alumnae and well wishers.

The hardwork behind the NAAC accreditation process became fruitful and our institution is proudly reaccredited with A++ grade with a CGPA of 3.56. May this grade be a driving spirit to achieve greater heights in the coming years.

Ms. Shyny K. Ittiachan
IQAC Coordinator





ഉന്നത വിദ്യാഭ്യാസം: സാധ്യതകളും അവസരങ്ങളും ഡോ. ശശി തരൂർ

അകമാലി മോണിംഗ്സ്റ്റാർ ഹോംസയൻസ് കോളേജിൽ ഡോ. ശശിതരൂർ നയിച്ച പ്രഭാഷണവും ചർച്ചയും നടന്നു.

കോളേജിന്റെ സ്ത്രീശാക്തീകരണ ഡ്രൈവിനോടനുബന്ധിച്ച് ഉന്നത വിദ്യാഭ്യാസം: സാധ്യതകളും അവസരങ്ങളും എന്ന വിഷയത്തിൽ പ്രഭാഷണവും ലെറ്റ്സ് ഫ്ലൈ : എ ഡ്രൈവ്റ്റു എക്സൽ എന്ന പദ്ധതിയുടെ ഡിജിറ്റൽ ഉദ്ഘാടനവും ബഹുമാന്യനായ ഡോ. ശശിതരൂർ എം.പി നിർവഹിച്ചു. തദ്ദേശത്തിൽ ഉന്നത വിദ്യാഭ്യാസം നൽകുന്ന പാഠം എന്തു ചിന്തിക്കണം എന്നതിനെക്കുറിച്ച് എങ്ങനെ ചിന്തിക്കണം എന്നാവണമെന്ന് തരൂർ നിരീക്ഷിച്ചു. മോണിംഗ്സ്റ്റാർ ഹോംസയൻസ് കോളേജിനെ കുറിച്ചുള്ള അഭിപ്രായം ആരാഞ്ഞ യൂണിയൻ ചെയർ പേഴ്സൻ ലിയോണറോസ് ജോസഫിനു മറുപടിയായി, 55 വർഷം ഈ കലാലയം വനിതകളുടെ ഉന്നമനത്തിനായി അക്ഷീണം യത്നിച്ചു എന്നുള്ളതു തന്നെയാണ് ഈ കലാലയത്തിന്റെ കാലിക പ്രസക്തി എന്ന് ഡോ. തരൂർ ഓർമ്മിപ്പിച്ചു.



പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ റോസിലി എ.വി, ഐ.ക്യു.എ.സി ജോയിന്റ് കോ ഓർഡിനേറ്റർ സോഫിയാ ജയിംസ്, ഡോ. ജിൻസി പി. കുര്യാക്കോസ് എന്നിവർ സംസാരിച്ചു.

വിദ്യാർത്ഥിനികളുടെ ചോദ്യങ്ങൾക്ക് ഡോ. ശശി തരൂർ മറുപടി നൽകി.



1. ആദിത്യ സജി

വിദേശവിദ്യാഭ്യാസമാണോ താങ്കളെ രൂപപ്പെടുത്തിയത്?

ഞാൻ പഠിച്ച ക്രിസ്ത്യൻ സ്ഥാപനങ്ങളിൽ വ്യക്തിത്വവികാസത്തിന് അനവധി സാധ്യതകളുണ്ടായിരുന്നു. ഉന്നത വിദ്യാഭ്യാസത്തിനായി അമേരിക്കയിലെത്തിയപ്പോൾ പുതിയ ഒരുപാടു കാര്യങ്ങൾ പഠിച്ചു. ഓർമ്മിക്കാനുള്ള ശക്തി, കണക്കിലുള്ള പ്രാഗത്ഭ്യം എഴുത്തിനുള്ള കഴിവ് ഇവയൊക്കെ ഇന്ത്യയിലെ വിദ്യാഭ്യാസത്തിൽ നിന്നാണ് ലഭിച്ചത്. കേരളത്തിലെ വിദ്യാർത്ഥികൾ ബിരുദ പഠനം പൂർത്തിയാക്കിയതിനു ശേഷം വിദേശ പഠനത്തിലേക്ക് നീങ്ങുന്നതാണ് ഉചിതമെന്ന് അദ്ദേഹം അഭിപ്രായപ്പെട്ടു.

2. രേഷ്മ സന്തോഷ്

കേരളത്തിലെ യുവ ജനം വിദേശരാജ്യങ്ങളിലേക്ക് ഒഴുകുന്നതുമൂലമുണ്ടാകുന്ന ബൗദ്ധിക ചോർച്ചയെ എങ്ങനെ നോക്കിക്കാണുന്നു?

ഇന്ത്യയിൽ ജനസംഖ്യയുടെ 55 ശതമാനം യുവ ജനങ്ങളാണെങ്കിൽ കേരളത്തിൽ അത് 23 ശതമാനമാണ്. ഇതിൽ 40 ശതമാനത്തിലധികം വിദ്യാഭ്യാസവുമില്ലാത്തവരാണ്. ഇത് ഒരു ഗൗരവമുള്ള പ്രശ്നമാണ്. ഇതിന് പരിഹാരമായി സർക്കാരുകൾ മുൻകൈ എടുത്ത് നൂതന ആശയങ്ങൾ, സാങ്കേതികവിദ്യ, വ്യവസായങ്ങൾ എന്നിവ കേരളത്തിൽ വളരുവാനുള്ള അന്തരീക്ഷം സൃഷ്ടിക്കണം.

3. അനഘ സാബു

ഇന്നത്തെ യുവത്വം രാഷ്ട്രീയത്തിൽ നിന്ന് അകലുന്ന കാഴ്ചയാണ്. ശക്തമായ നിലപാടുകളുള്ള വ്യക്തി എന്ന നിലയിൽ ഇന്ത്യയിൽ രാഷ്ട്രീയത്തിന്റെ ഭാവിയെ എങ്ങനെ നോക്കിക്കാണുന്നു?

നിങ്ങൾ രാഷ്ട്രീയപ്രവർത്തകരിൽ നിന്ന് എന്ത് പ്രതീക്ഷിക്കുന്നു. അതിനനുസരിച്ച് രാഷ്ട്രീയക്കാർ ജനങ്ങളോട് അക്കൗണ്ടബിളാക്കണം.



ജാതി, മതം, ഭാഷ ഇവയ്ക്കടിസ്ഥാനമായി രൂപപ്പെടുന്ന പെളിറ്റിക്സ് ഓഫ് ഐഡന്റിറ്റിയ്ക്കുപകരം വിശ്വാസം, പ്രവർത്തി, ആശയങ്ങൾ, എന്നിവയാവട്ടെ രാഷ്ട്രീയ പ്രവർത്തനത്തിന്റെ അടിസ്ഥാനം. അഭിമാനത്തോടെ പറയട്ടെ ആദ്യമായി ജനങ്ങൾക്ക് മുന്നിൽ അക്കൗണ്ടബിൾ ആയ ഒരു എം.പി.യാണ് ഞാൻ.

4. നെസ്നമോൾ മരയ്ക്കാർ

നമ്മുടെ വിദ്യാഭ്യാസത്തെ ലോക നിലവാരത്തിലേയ്ക്കുയർത്താൻ എന്തുചെയ്യാനാകും?

ലോക നിലവാരമെന്നൊന്നില്ല. പ്രാദേശികവും രാജ്യാധിഷ്ഠിതവുമായ നിലവാരമാണ് നേടേണ്ടത്. ഇന്ത്യയിലെ വിദ്യാഭ്യാസം ഇന്ത്യയുടെ





യഥാർത്ഥ്യങ്ങളും വാണിജ്യാവസരങ്ങളും തിരിച്ചറിഞ്ഞുള്ളതാവണം.

ഉന്നത വിദ്യാഭ്യാസരംഗത്തെ ശാക്തീകരിക്കുവാൻ ഞങ്ങൾ മുന്നോട്ടു വച്ച ഉന്നത വിദ്യാഭ്യാസ കൗൺസിൽ എന്ന ആശയം എൽ.ഡി.ഫ് ഗവൺമെന്റ് പ്രാവർത്തികമാക്കിയത് നിർണായക മാറ്റങ്ങൾക്ക് കാരണമാകും എന്നു പ്രതീക്ഷിക്കാം.

എന്റെ ചെറുപ്രായത്തിൽ വിദേശികൾ ഉന്നത വിദ്യാഭ്യാസം തേടി ഇന്ത്യയിൽ വന്നിരുന്നു. എന്നാൽ അവരുടെ തലമുറകൾ പാശ്ചാത്യ രാജ്യങ്ങളിലേക്ക് വിദ്യതേടി പോകുന്നു. പുതിയ ഒരു ഇന്ത്യയെ സൃഷ്ടിക്കുക എന്നതാണെന്റെ ആഗ്രഹം. വിദേശികൾ പോലും തേടിവരുന്ന ഒരു ഇന്ത്യ.

5. ആതിര വിന്യ.

ലിംഗസമത്വത്തിലേക്ക് യുവതലമുറയെ എങ്ങിനെ പ്രബുദ്ധരാക്കാം ?

ലിംഗസമത്വത്തിന്റെ ആദ്യപാഠമായ പരസ്പരബഹുമാനം ആരംഭിക്കേണ്ടത് കുടുംബങ്ങളിൽ നിന്നാണ്. ആൺകുട്ടികൾക്ക് ചെറുപ്രായത്തിൽ തന്നെ സ്ത്രീത്വത്തെ ബഹുമാനിക്കാനുള്ള പരിശീലനം നൽകേണ്ടതാണ്.

6. ദേവിക ടി. എസ്.

ഇന്ത്യയിലെ ഉന്നത വിദ്യാഭ്യാസം തൊഴിലിനും സംരംഭകത്വത്തിനും പ്രാപ്തമാക്കുന്നതിൽ എത്രമാത്രം വിജയിക്കുന്നു?

യു.ഡി.ഫ് മാനിഫെസ്റ്റോയിൽ ഞാൻ ഉൾപ്പെടുത്തിയിരുന്ന ഒരാശയം ഇവിടെ പ്രസക്തമാണ്. നിങ്ങളെന്തിന് മുഴുവൻ സമയവും ക്യാമ്പസിൽ ചെലവഴിക്കണം? പഠനത്തിനൊപ്പം ജോലി വിദ്യാർത്ഥികൾക്കും കമ്പനികൾക്കും പ്രയോജനകരമാണിത്. രണ്ടാമതായി യൂണിവേഴ്സിറ്റികളുടെ ഇൻഡസ്ട്രി കണക്ഷൻ വർദ്ധിപ്പിക്കേണ്ടതുണ്ട്. പാശ്ചാത്യ രാജ്യങ്ങളിൽ ഇത് സർവ്വ സാധാരണമാണ്.



“ജവാനും മുല്ലപ്പൂവും”

അണിയറ പ്രവർത്തകരും
അഭിനേതാക്കളും
മോർണിംഗ് സ്റ്റാർ ഹോം സയൻസ്
കോളേജിൽ

Aneetta Benny
II B Com



ഏതൊരു ആർട്സ് & സയൻസ് കോളേജിലേയും അവിഭാജ്യഘടകങ്ങളാണ് ‘കോളേജ് യൂണിയനും’ ‘ആർട്സ് ക്ലബ്ബും.’ ഇവ രണ്ടും കോളേജ് പ്രവർത്തനങ്ങളുടെ അടിസ്ഥാന ശിലകളാണെന്ന് തന്നെ പറയാം.

മോർണിംഗ് സ്റ്റാർ ഹോം സയൻസ് കോളേജിലെ 2022-2023 അക്കാദമിക വർഷത്തെ പ്രവർത്തനങ്ങളുടെ ഭാഗമായി College Union ന്റെയും Arts Club ന്റെയും ഉദ്ഘാടന ചടങ്ങിനായി എത്തിച്ചേർന്നത് ചലച്ചിത്രരംഗത്ത് അഭിനയമികവ് പുലർത്തുകയും പ്രേക്ഷകശ്രദ്ധ പിടിച്ചുപറ്റുകയും ചെയ്യുന്ന ‘ജവാനും മുല്ലപ്പൂവും’ എന്ന ചിത്രത്തിലെ അഭിനേതാക്കളായ നടി ശിവദയും നടനും മിമിക്രി താരവുമായ സുമേഷ് ചന്ദ്രനുമാണ്. ഇവരോടൊപ്പം ചിത്രത്തിന്റെ സംവിധായകൻ രഘുമേനോനും നിർമ്മാതാവ് വിനോദ് ഉണ്ണിത്താനും ചടങ്ങിൽ പങ്കെടുത്തു.

22.12.2022 വ്യാഴാഴ്ച രാവിലെ 10.00 മണിയോടെ എത്തിച്ചേർന്ന മുഖ്യാതിഥികളെ ചെണ്ടമേളത്തോടെയാണ് വിദ്യാർത്ഥിനികൾ എതിരേറ്റത്.

ചെറിയൊരു കാലയളവിലേക്കാണെങ്കിലും താൻ ഈ കോളേജിലെ ഒരു പൂർവവിദ്യാർത്ഥിനിയാണ് എന്ന് നടി ശിവദ പറയുകയുണ്ടായി. കൂടെ താൻ ശരിക്കും ഒരു അങ്കമാലി സ്വദേശിയാണെന്നും അവർ പറഞ്ഞു. ഒരു പൂർവ്വ വിദ്യാർത്ഥി എന്ന നിലയിൽ ഏറെ സന്തോഷത്തോടെയാണ് താൻ ഈ വേദിയിൽ നിൽക്കുന്നത് എന്ന് അവർ കൂട്ടിച്ചേർത്തു. സംവിധായകൻ രഘുമേനോൻ തന്റെ ആദ്യസിനിമയായ “ജവാനും മുല്ലപ്പൂവും” എന്ന ചിത്രത്തിന്റെ കലാമൂല്യത്തെപ്പറ്റിയും ദൃശ്യാനുഭവത്തെപ്പറ്റിയും വിവരിച്ചു. നടൻ സുമേഷ് ഈ കോളേജിൽ വന്നതിലുള്ള അതിയായ സന്തോഷവും തന്റെ സിനിമാനുഭവങ്ങളും പങ്കു വച്ചു.

MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY
AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM
RE-ACCREDITED BY NAAC WITH A GRADE

Chief Guests

Sshivada

Sumesh Chandran

Raghumenon

Vinod Unnithan

2 CREATIVE MINDS PRESENTS

ജവാനും മുല്ലപ്പൂവും

MOVIE Promo

22/12/2022
10:00 AM
College Auditorium
MSHS College Union



ശേഷം നാല് അതിഥികളും സിനിമയെപ്പറ്റി വിദ്യാർത്ഥികൾക്കുള്ള സംശയങ്ങൾക്കും ചോദ്യങ്ങൾക്കും ഉത്തരം നൽകുകയും വിദ്യാർത്ഥികളുമായി സംവദിക്കുകയും ചെയ്തു.

വിദ്യാർത്ഥികൾ ചോദിച്ച ചോദ്യങ്ങളിൽ ഏതാനും ചിലത് താഴെ ചേർക്കുന്നു.

ചോദ്യം 1 (ശിവദയോട്) : നാമിപ്പോൾ 2022 വർഷത്തിന്റെ അവസാനത്തോടടുക്കുന്നു. കഴിഞ്ഞ ഒരു വർഷം താങ്കളുടെ സിനിമാജീവിതം എങ്ങനെയാണിരുന്നത്.

ഉത്തരം : ഈ വർഷം എന്റേതായി 3 ചിത്രങ്ങൾ പ്രദർശനത്തിനെത്തിയിരുന്നു. “മേരി ആവാസ് സുനോ” “12th man” എന്നീ മലയാളചിത്രങ്ങളും “നിതം ഒരു വാനം” എന്ന തമിഴ് ചിത്രവും. ഈ ചിത്രങ്ങളിൽ എനിക്ക് ലഭിച്ച കഥാപാത്രങ്ങൾ തീർച്ചയായും എനിക്ക് സംതൃപ്തി നൽകുന്നതാണ്. ഒരേ സമയം സിനിമയും കുടുംബവും ഒരുമിച്ചു കൊണ്ടുപോകുന്നുവെന്നതിനാൽ ഒരുപാടു ചിത്രങ്ങളിൽ ഭാഗമാകുന്നതിന് പരിമിതികളുണ്ട്. എങ്കിലും നല്ലതും ശ്രദ്ധിക്കപ്പെട്ടതുമായ ചിത്രങ്ങളുടെ ഭാഗമാകാൻ കഴിഞ്ഞുവെന്നത് ഏറെ സന്തോഷം നൽകുന്നു.

ചോദ്യം 2 (ശിവദയോട്) : “ജവാനും മുല്ലപ്പൂവും” എന്ന ചിത്രം ഒരു സ്ത്രീപക്ഷ സിനിമയാണോ?

ഉത്തരം : ജവാനും മുല്ലപ്പൂവും ഒരു കുടുംബചിത്രമാണ്. ഈ ചിത്രത്തിൽ തീർച്ചയായും സ്ത്രീ കഥാപാത്രത്തിന് അതിന്റേതായ സ്ഥാനം ഉണ്ട്. ഒരു കുടുംബം ഓരോ സ്ത്രീയുടെയും ജീവിതത്തിൽ ഉണ്ടാക്കുന്ന സ്വാധീനത്തെപ്പറ്റിയും അവരുടെ പ്രശ്നങ്ങളെപ്പറ്റിയും ചർച്ച ചെയ്യുന്നുണ്ട്. ഒരു സ്ത്രീ പ്രാധാന്യ ചിത്രത്തിനേക്കാൾ ഇത് കുടുംബജീവിതത്തിന് പ്രാധാന്യം നൽകുന്ന ഒരു ചിത്രമാണ്.

ചോദ്യം 3 (രഘുമേനോൻ, സംവിധായകൻ) : എന്തുകൊണ്ടാണ് ഈ ചിത്രത്തിന് “ജവാനും മുല്ലപ്പൂവും” എന്ന പേര് സ്വീകരിച്ചത്?

ഉത്തരം : ഈ ചിത്രത്തിലെ നായകൻ ഒരു ജവാനാണ് എന്നതാണ് ഒരു കാര്യം. മറ്റൊന്ന് ഈ കഥാപാത്രത്തിന് മുല്ലപ്പൂവിനോട് അല്പം അലർജി സ്വഭാവം കൂടിയുണ്ട് എന്നതാണ്. എന്നാൽ ഈ ടൈറ്റിലിനെ

പ്പുറത്ത് “ജവാനും മുല്ലപ്പൂവും” ഒരു “ഫീൽ ഗൂഡ്” ചിത്രമാണ്. ഏതൊരു കാഴ്ചക്കാരന്റെയും മുഖത്ത് ചിരിവിടർത്തുന്ന ഒരു ചിത്രം. കുടുംബജീവിതം പശ്ചാത്തലമാക്കി എടുത്തിരിക്കുന്ന ചിത്രം സസ്പെൻസിലൂടെയും പ്രേക്ഷകരെ നടത്തുന്നു. എല്ലാ ഘടകങ്ങളും ഒരുമിച്ചു നന്നായി വർത്തിക്കുന്ന ഒരു ഫാമിലി എന്റർടെയ്നറാണ് “ജവാനും മുല്ലപ്പൂവും.”

ചോദ്യം 4 (സുമേഷ്) : ദൃശ്യം 2 എന്ന ചിത്രത്തിൽ മോഹൻലാലിനോടൊപ്പം അഭിനയിക്കുവാനുള്ള ഭാഗ്യം താങ്കൾക്കുണ്ടായല്ലോ? ലാലേട്ടനൊപ്പമുള്ള എക്സ്പീരിയൻസ് പങ്കുവയ്ക്കാമോ?

ഉത്തരം : ലാലേട്ടന്റെ ചിത്രത്തിന്റെ ഭാഗമാകാൻ സാധിച്ചത് ഏറെ സന്തോഷം നൽകുന്ന ഒരു അനുഭവമാണ്. താരജാലകളൊന്നുമില്ലാതെ പെരുമാറുകയും ഒപ്പം അഭിനയിച്ച അവസരങ്ങളിലൊക്കെ എന്നെ പ്രോത്സാഹിപ്പിക്കുകയും ചെയ്തത് എന്നെ അത്ഭുതപ്പെടുത്തി. അദ്ദേഹത്തിന്റെ ലളിതമായ പെരുമാറ്റം എന്നെ സംബന്ധിച്ച് ഒപ്പമുള്ള രംഗങ്ങൾ അനായാസമാക്കി.

ചോദ്യം 5 (വിനോദ്, നിർമ്മാതാവ്) : ബിഗ് ബജറ്റ് ചിത്രങ്ങൾക്കാണോ ലോ ബജറ്റ് ചിത്രങ്ങൾക്കാണോ തീയറ്ററുകളിൽ കൂടുതൽ സ്വീകാര്യത. ഒരു പ്രൊഡ്യൂസർ എന്ന നിലയ്ക്ക് താങ്കളുടെ അഭിപ്രായം എന്താണ്?

ഉത്തരം : രണ്ടുതരത്തിലുമുള്ള ചിത്രങ്ങൾക്ക് സ്വീകാര്യതയുണ്ടെന്ന് തന്നെയാണ് ഞാൻ മനസ്സിലാക്കുന്നത്. അതുകൊണ്ടു തന്നെയാണ് ഇങ്ങനെ ഒരു ചിത്രം നിർമ്മിക്കുവാൻ ഞാൻ മുന്നോട്ടുവന്നത്. മലയാളത്തിൽ അടുത്തിടെ ഇറങ്ങിയ ലോ ബജറ്റ് ചിത്രങ്ങൾ പലതും അതിന്റെ കലാ മൂല്യം കൊണ്ടും കാലിക പ്രസക്തികൊണ്ടും വിജയിച്ചിട്ടുണ്ട്. അത് തന്നെയാണ് “ജവാനും മുല്ലപ്പൂവും” എന്ന ചിത്രത്തിന്റെ നിർമ്മാണത്തിന് പിന്നിലുള്ള എന്റെ ആത്മവിശ്വാസം.

വിദ്യാർത്ഥികളുമായുള്ള ആശയവിനിമയത്തിനു ശേഷം, ശ്രീ സുമേഷ് ചന്ദ്രൻ സാർ മിമിക്രി അവതരിപ്പിക്കുകയും ശിവദ മാമും സുമേഷ് സാറും ആ ചിത്രത്തിലെ ഒരു ഗാനരംഗം അഭിനയിച്ചുകാണിക്കുകയും ചെയ്തു. വിദ്യാർത്ഥികൾ കരഘോഷത്തോടെയാണ് ഈ പരിപാടികൾ വീക്ഷിച്ചത്.

കോളേജിൽ വിദ്യാർത്ഥികൾ സംഘടിപ്പിച്ച ഫുഡ് ഫെസ്റ്റിവലിൽ കൂടി പങ്കെടുത്ത “ജവാനും മുല്ലപ്പൂവും” എന്ന ചിത്രത്തിലെ കലാകാരന്മാരെയും അണിയറ പ്രവർത്തകരെയും ഏറെ ആഘോദനത്തോടെയും സന്തോഷത്തോടെയുമാണ് വിദ്യാർത്ഥികൾ യാത്രയാക്കിയത്.



Dr. Megha Thampy



Mahatma Gandhi University


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selected for the award of Certificate of Appreciation for his/ her outstanding performance as
NSS Programme Officer during...2021-22


NSS Programme Co-ordinator

Priyadarshini Hills
20/10/2022




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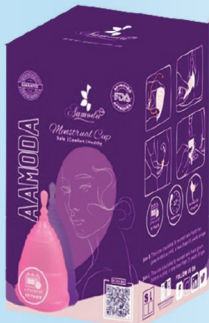
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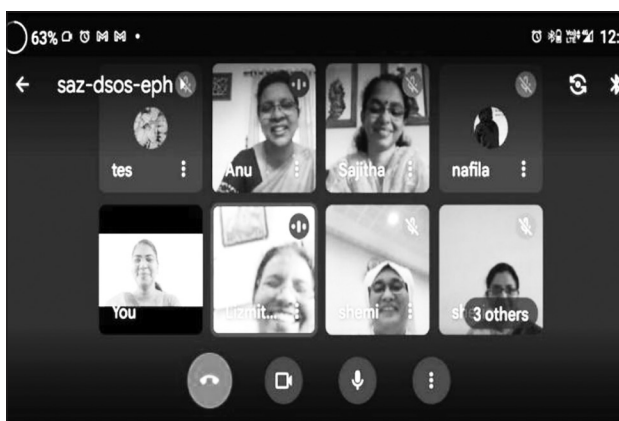
Departmental Activities

2022-23

PG & Research Department of Home Science

Half yearly progress report presentation of PhD scholars

The half yearly progress report presentation of the PhD scholars in the department for the period January to June 2022 was conducted online on 9 August 2022 at 10.30 am. Dr. Anu Joseph, Assistant Professor, Department of Home Science, St. Teresa's College, Ernakulam was the subject expert. She evaluated the work done by the research scholars and gave valuable suggestions for their improvement.



Onam Celebration

Onam celebration was conducted in the college on 2 September 2022. The students of PG and Research Department of Home Science participated in Mega Thiruvathira, Onappattu and Malayaleemanka competitions. Anamika Unnikrishnan of II B.Sc. FCS was dressed as the legendary King Mahabali. The students and faculty of PG and Research Department of Home Science celebrated Onam in the department after the common function. Dr. Lizmitha Godwin, Head of the Department and the faculty members wished Onam greetings to the students. They gathered in the common hall for the onasadhya.



Internship on Dietetics

As part of the internship on dietetics, the first year students of M.Sc. Family and Community Science had a hands-on training experience in hospitals and food industry. They successfully completed 15 days internship in which seven students opted hospitals and three students chose food industry.

The internship in hospitals was done in established dietary department of various reputed hospitals. The internship was from 12 September to 26 September 2022 in hospitals like Elite Mission Hospital, Thrissur, Mother Hospital, Olari, Rajagiri Hospital, Aluva, Matha Hospital, Kottayam, Meditrina Hospital, Kollam and Lifeline Super Speciality Hospital, Adoor.



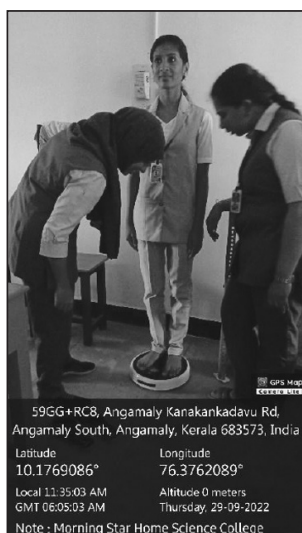
The People's Dairy Development Project, Central Society (PDDP CS) at Mattoor, Kalady was selected for the internship in food industry. The internship was from 5 September to 24 September 2022. The students gained first hand information about the

processing and packaging of different dairy products like milk, curd, ghee, butter, paneer, Ice cream and skimmed milk powder.

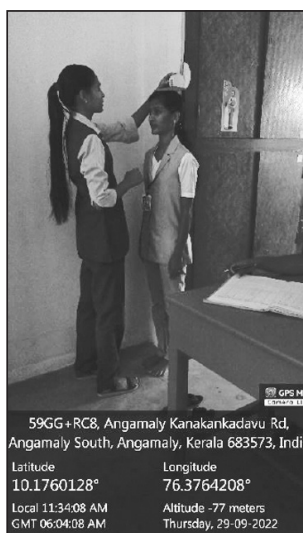


Observation of World Heart Day

The students of PG and Research Department of Home Science observed World Heart Day 2022 by conducting dietary counseling for students, teaching and non-teaching staff of the college on 29 September 2022 in the department. After assessing the BMI of the participants, the final year PG students of the department provided dietary counseling for them in order to maintain good physique and healthy heart. A public awareness on the topic ‘Healthy Foods for Healthy Heart’ was done by presenting slides related to the topic on the LED monitor in the main block of the college throughout the day.



59GG+RC8, Angamaly Kanakankadavu Rd,
Angamaly South, Angamaly, Kerala 683573, India
Latitude 10.1769086° Longitude 76.3762089°
Local 11:35:03 AM Altitude 0 meters
GMT 06:05:03 AM Thursday, 29-09-2022
Note : Morning Star Home Science College



59GG+RC8, Angamaly Kanakankadavu Rd,
Angamaly South, Angamaly, Kerala 683573, India
Latitude 10.1760128° Longitude 76.3764208°
Local 11:34:08 AM Altitude -77 meters
GMT 06:04:08 AM Thursday, 29-09-2022

Field trip



A field trip was conducted for the passing out batch of M.Sc. Family and Community Science (2020-2022 Batch) on 29 September 2022. 12 students were assisted by 3 faculty members in the field trip. They visited different places of historical importance in Fort Kochi like Jewish Synagogue & St.Francis church and an antique shop, ‘Crafters’. They also visited Cherai beach and Kuzhuppilly beach. The trip started from the college at 8.30 am and ended at 6 pm.



Alumni Association

The Alumni meet of the college was conducted on 8 October 2022. The alumnae gathered in the Mother Teresitta Hall at Nazareth Block at 10 am. The Principal, Rev. Dr. Sr. Rosily A.V inaugurated the function. A few alumnae from each department shared their college life experiences. The executive members were elected. A few games were conducted for the alumnae and prizes were distributed for the winners. After the general meeting, the alumnae of Home Science Department gathered in the common hall. Dr. Lizmitha Godwin, HOD and the faculty members of the department interacted with the alumnae. 45 alumnae of the department participated in the meeting.



Community Lab Programme

The PG and Research Department of Home Science organized Community lab programme in Thaluk Hospital, Angamaly as part of observing the International day of older persons on 14 October 2022.



The community lab programme was inaugurated by Mr. Reji Mathew (Municipal Chairman, Angamaly Municipality), Ms. Reeta Paul (Vice Chairperson, Angamaly Municipality), Mr. Bastiu D Parackal (Development Standing Committee Chairman), Mr. Sabu (Health Supervisor), Mr. Shanavas (Health Inspector) and Ms. Sherin Abraham (Asst. Professor, PG and Research Department of Home Science) addressed the gathering. The second year M.Sc. students presented nutritional awareness classes for old age people on the topics 'Nutrition and Healthy Nutritional Food Recipes for Elderly'. They also demonstrated healthy recipes and yoga for them. A medical check-up was also conducted for the elderly. Apart from that the students presented various entertainment programmes. 29 elderly people benefitted from this programme.



Freshers' day

The first year graduate and postgraduate students of the department were given welcome on 17 October 2022. The venue was I B.Sc. FCS class. Dr. Lizmitha Godwin, HOD of PG and Research Department of Home Science presided over the function. The first-year students introduced themselves. Entertainment programmes were conducted by II & III year UG students and II year PG students of the department. Competitions and games were conducted for the first-year students.



Visit to Microbiology lab

As part of the curriculum, the students of first year and second year BSc Family and Community Science students visited the microbiology lab in School of Biosciences at MG University, Kottayam on 18 October 2022. 35 students were accompanied by two staff members, Dr. Megha Thampy and Ms. Sherin Abraham. The group reached the lab at 10.30 am. Dr. Jisha, Director of Bioscience gave an introduction. Then the students were divided into three groups.



They visited instrumentation lab and experienced staining techniques, identification and isolation methods and other various techniques involved in the lab. The visit was over by 1.00 pm.



Visit to a special school for hearing and speech impaired

As part of the curriculum, the first year post graduate students of Department of Home Science visited St. Clare Oral HSS, Manikamangalam, Kalady on 18 October 2022. The visit aimed at gaining the first-hand experience among the students regarding the educational care provided for the hearing impaired and speech impaired and how to bring them to the main stream of the society. The students interacted with the special school personnel as well as students and gathered necessary information.



Awareness class for elderly - An Extension programme

The PG and Research Department of Home Science conducted an awareness class on 'Life style diseases' for the elderly in Ward No. 27 in the Angamaly Municipality on 19 October 2022 from 10 am to 12.30 pm. The venue of the programme was Pakalveedu in Nazareth Nagar, Angamaly. Sr. Ajitha, welcomed the gathering. Sr. Shemi George, Assistant Professor, PG and Research Department of Home Science delivered a talk on 'Normal healthy diet for a family.' Ms. Amrutha Prakashan, Ms. Anisha K.J and Ms. Axanaya Rajesh, II M.Sc. students of the department presented the topics 'Diabetes, Cardio Vascular Diseases and Cancer respectively. Ms. Nimitha Biju and Ms. Reshma Joseph explained the topics 'Overweight and Underweight' respectively. Aleena Mathew demonstrated a yoga session for the elderly. It was followed by cultural programmes including group song and group dance.

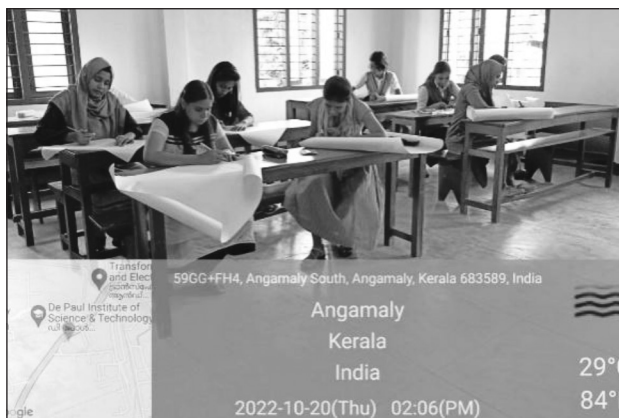


The nutritional status of the elderly people was determined by the students by calculating their BMI. Ms. Aparna Rajeev proposed the vote of thanks. Sr. Ligiya expressed her warm regards. 28 elderly people benefitted from this programme.



Interdepartmental Poster Competition

In connection with 'Lahari Muktha Keralam' programme, the PG and Research Department of Home Science in association with the NSS Unit of the college, conducted an interdepartmental poster competition on the theme 'Impact of Drug Abuse' on 20 October 2022. Nine students from various department participated in the competition.



Eternal Gaze 2022 – the Fashion Show

PG and Research Department of Home Science organized a fashion show entitled "Eternal Gaze" on 21 October 2022. The costumes were designed by the students of M.Sc. Family and Community Science. 23 designers and 46 models participated in the fashion show. The dresses were designed based on different themes such as Ocean breeze, Morning dew, Dreamy night, Color valley, Berry sweet, Majestic beauty, Paradise found, Pearl of fruit, Royal Sapphire, Aura Maris, Blood of Christ, All in bloom, Honolulu Queen, Scarlet tramonto, Love of appollo, Goddess of luck, Spirit of Scotland, Daughter of the wind, Bundled glory, Legend of beauty, The bellezza of tierra, Blushy jade, Blue mystery.

The fashion show was conducted in 3 rounds and in each round, the audience were able to explore the concepts of creativity. The models along with the designers walked over the ramp with much grace and confidence. The program was uploaded in youtube and the link is https://youtu.be/V_C5UUAdVWY

Talent's Day

Talent's day for the first-year degree and PG students was conducted on 21 October 2022 in the College Auditorium. First year degree and PG students of Home Science Department participated in the competition and presented various items like song, dance and skit.



Visit to a special school for differently abled

As part of the curriculum, the first year post graduate students of the department had undergone a visit to a special school name KRIPA for differently abled children on 27 October 2022. The school is situated in Keezhmadu, Aluva. The students interacted with the special school personnel and gathered first-hand information regarding the special care and educational provisions for the physically and mentally disabled children.



Visit to a special school for visually impaired

The first year post graduate students of the department visited the school for the blind, The Kerala Blind School Society, Aluva on 27 October 2022. The visit aimed at developing practical knowledge among students regarding the teaching methods and aids, the curriculum, the special care and provisions for the blind students.



Children's Day Celebration

Children's Day celebration 2022 was observed by the department in Morning Star Play School, Angamaly on 14 November 2022. The first year post graduate students of the department conducted a talk on 'Chacha Nehru' for the pre-school kids. Dr. Sr. Rosily A. V., College Principal, distributed sweets to children and wished them "Happy Children's Day". Colouring competition and various entertainment programmes were organized.



Entrepreneurship Training Programme

An Entrepreneurship Training Programme on 'Recycled Garden' was conducted for the students of PG and Research Department of Home Science on 24 November 2022 at 10 am. Ms.Tintu Berny, Proprietor of Edan Garden was the resource person. She explained the importance of having a recycled garden at home as well as in institutions. She demonstrated how to prepare plant pots and hangings from used

bottles, cups, pots etc. and how to decorate it beautifully.



Grahadarshan

Grahadarshan is an endowment programme started in 1992 to remember the service of Rev. Sr. Loyola, former Principal of Morning Star Home Science College. It is a training programme conducted every year. Grahadarshan programme for the year 2022-2023 was conducted on 26th November 2022. The students of St. Joseph College of Teacher Education, Ernakulam were the beneficiaries. This programme aimed at motivating the students to empower themselves.



The programme started at 10 am and was inaugurated by Dr. Sr. Shemi George, Vice-Principal, Morning Star College, Angamaly. Dr. Lizmitha Godwin, HoD, PG and Research Department of Home Science addressed the gathering. The demonstration of baked products, batik printing, different tie and dye techniques, candle making etc were conducted. Ms. Megha Thampy and Ms. Rajani Devi T. R., Assistant Professors in Home Science, Ms. Lekshmi V. J and Ms. Rose Mary Jose, Alumni of the department and the first year PG students were the resource persons. The certificates to the participants were distributed in the valedictory function at 3.30 pm.



Certificate course on Nari Shakthi

The PG and Research Department of Home Science offered a certificate course on 'Nari Shakthi' to the second-year undergraduate students of the college. The course content included 'Resource Management' which covered topics such as time management, energy management and money management. Theoretical and practical sessions were conducted. The resource person was Dr. Lizmitha Godwin, Head of the Department, PG and Research Department of Home Science.



Installation of Solar Dryer

The PG and Research Department of Home Science took the initiative in the installation of a Solar dryer, funded by the Management of the college. The inauguration of the solar dryer was done by Fr. George Pittappillil, Director, Mithradham, Renewable Energy Centre, Aluva on 9 December 2022. He explained the functions and the uses of the solar dryer to the students. Dr. Sr. Rosily A. V, Principal and Dr. Lizmitha Godwin, Head of the Department felicitated the function. This initiative of the department aimed at motivating the students and staff towards sun drying and naturally preserving the locally available seasonal fruits and vegetables.



Christmas celebration at Morning Star Play School

The first year post graduate students of the department observed Christmas celebration at Morning Star Play School, Angamaly on 21 December 2022. The students decorated the play school with star, balloons and colour papers. The children in the play school were welcomed with Christmas greeting cards prepared by the students. The students demonstrated paper crafts and sung carol songs for the children.



Christmas celebration in the Department

The students and staff of the department celebrated Christmas on 23 December 2022. After the common Christmas celebration conducted by the College Union in the college auditorium, the students and staff of the department assembled in the common class room at 1.30 am for the celebration. Dr. Lizmitha Godwin, HOD, Home Science Department, delivered Christmas message. Christmas cake was distributed among students and staff. Students enjoyed by singing carol songs and other entertainment programmes.



Internship on Early Childhood Education

As part of the curriculum, the students of Iyear M.Sc. Family and Community Science had undergone 10 days internship on Early Childhood Education from 4 to 10 January 2023 and from 30 January to 3 February 2023. They had undergone internship in different pre-schools at Ernakulam District. The students gained first-hand knowledge in administration and organization of a pre-school, effective teaching methods and teaching aids as well as practice teaching.



Half yearly progress report presentation of PhD scholars

The half yearly progress report presentation of the PhD scholars in the department for the period July to December 2022 was conducted online on 4 February 2023 at 10.30 am. Dr. Dhanya, Assistant Professor, Department of Home Science, St. Teresa's College, Ernakulam was the subject expert. She evaluated the work done by the research scholars and gave valuable suggestions for their improvement.

Class on 'Nutritious Food & Recipes'

The final year Post Graduate students of the department conducted awareness class on

‘Nutritious Food & Recipes’ for the students in St. Francis Assisi School, Athani on 13 February 2023. The class was conducted for upper primary and high school students. Rev. Fr. Varghese Assin (Manager of the school), Sr. Sneha CSN (Headmistress), Mrs. Mini (Health Club Coordinator) attended the function. An introduction to nutritious foods and their health benefits and various healthy recipes like dry fruit laddu, aval sweet balls, beetroot bites, potato fritters, peanut laddu etc, were discussed in the class.



‘LOVE & LOLITTA’ – Food Sale

As part of the syllabus, the second year Post Graduate students of the department organized a food sale named ‘Love & Lolitta’ by setting a cafeteria in the classroom on 14 & 15 February 2023. The College Principal, Rev. Dr. Sr. Rosily A.V. inaugurated the sale. The cafeteria included table settings, flower arrangements and curtain styles. There were 13 food items for the sale. Snow dumplings, banana Jumanji, unnimadhuram, bread toast, onion fritters, sizzling pasta, double decker, classic mojito, booster chai were some of the food items for sale. The students prepared the items in the nutrition lab. The staff and students of the college made the food sale a grand success.



Students served as judges

Ms. Amrutha Prakash and Ms. Nannoor Beegum, final year PG students of the department served as judges for a food fest titled ‘Yummy Fest 2K23’ at St. Francis Assisi School, Athani on 16 February 2023. The food fest showcased the talents of young entrepreneurs of the school. A variety of nutritious food items were displayed in the food fest. The winners for the ‘Best Chef’ and ‘Best Server’ were selected.



Study Tour

PG and Research Department of Home Science organized a study tour to Goa from 14 to 18 February 2023. 20 final year UG students of the department participated in the study tour. The faculty members, Dr. Sr. Shemi George, Ms. Rajani Devi T. R and Ms. Sherin Abraham accompanied the students. The places visited include places of historical importance like Aguada Fort, Chapora Fort, Old Goa Church, Calangute Beach, Baga Beach, Anjuna Beach, and Tito’s street.



Food fest ‘Salt & Pepper’

The final year B.Sc. students of the department conducted a food fest cum sale, ‘Salt & Pepper’ as part of the event management programme in their curriculum on 14 March 2023 in

the Nazareth block. The College Principal, Rev. Dr. Sr. Rosily A.V. inaugurated the food fest. The students have gone through all the managerial steps like planning, organizing, implementing, controlling and evaluating the event. The students prepared the food items such as kappa biriyani, juices and snacks in the nutrition lab. The food sale was made a grand success by the active participation of the staff and students of the college.



Merit Day

The pass out students who secured top positions in University Examinations in UG and PG level was rewarded in the Merit Day function organized by the college on 14 March 2023 at 1.30 pm in the college auditorium. Sri.P. A. Mohammed Arif, Police Superintendent and Assistant Director, Kerala Police Academy, Thrissur was the chief guest. The proficiency prizes for the students of each class and the students who won prizes in sports and arts competitions were also rewarded in the function.



Visit to Pakalveedu

As part of the curriculum, the students of II B.Sc FCS visited a pakalveedu 'Snehakoodu'

in Angamaly on 24 March 2023 at 11 am. The students interacted with the inmates and collected relevant information. They also performed various entertainment programmes and distributed food items for the inmates. Ms.Sherin Abraham, Assistant Professor in Home Science assisted the students.



'BODSQUAD' – a diet awareness programme

The first year Post Graduate students of the department organized an awareness programme on Dietary Management of Underweight, 'BODSQUAD' on 30 March 2023 in the common class at Nazareth block at 9.30 am. The class was conducted for the first year under graduate students of the college who were identified as underweight during health assessment. The awareness class covered the topics such as how to assess the health status, the main causes of underweight condition, the risk factors and how to overcome the condition by following a healthy diet. Ms. Asna Asharaf and Ms. Nesnamol Marackar took the class. Leaflets were distributed among the students and their doubts were also clarified. 35 students participated in the programme.





Students served as Resource persons

• Ms. Amrutha Prakash and Ms. Anisha K J of II M.Sc. FCS served as resource persons for an awareness class on ‘Management of Life style Diseases’ for NSS volunteers in NSS special camp at G.H.S.S. Nayathodu on 24 December 2022.



Faculty served as Resource persons

• Dr. Megha Thampi, Assistant Professor in Home Science served as resource person for a Training programme for cooks on Food Science and Nutrition at 88 BN BSF Kainoor Campus, Thrissur on 1 October 2022.



• Dr. Megha Thampi, Assistant Professor in Home Science served as resource person for an awareness class on ‘Anaemia’ for Psycho-Social Counsellors in connection with Quarterly Review Meeting held at Priyadarsini Hall, Kakkanad on 24 January 2023.



• Ms. Sherin Abraham, Assistant Professor in Home Science served as resource person for a Workshop on Flower Arrangement organized by Department of Hotel Management, Naipunya Institute of Management and Information Technology (NIMIT), Pongam, Koratty, Thrissur for 2nd year B.Sc. HMCS, HMCA & BHA students on 25 and 27 February 2023 from 10.30 am to 4.00 pm.



• Ms. Sajitha Suseelan S, Assistant Professor in Home Science served as resource person for an Extension programme organized by Women’s Cell of Morning Star Home Science College and KSWDC for the high school students of M.A.H.S.School, Athani on 6 March 2023 at 11 am. The topic addressed was ‘Coping with Teen Stress: Tips & Techniques.’



• Ms. Sherin Abraham, Assistant Professor in Home Science served as resource person for the Association Inauguration ‘Nutrista’ of Department of Home Science, Nirmalagiri College, Kuthuparamba, Kannur on 7 March 2023 at 2,30 pm. She delivered a talk on the ‘Career Prospects of Home Science’.



• Dr. Megha Thampi, Assistant Professor in Home Science served as resource person for an Awareness class on ‘Importance of Millets in Diet’ for Anganwadi workers, mothers and children, organized by ICDS, Kanjoor Panchayat on 31 March 2023.



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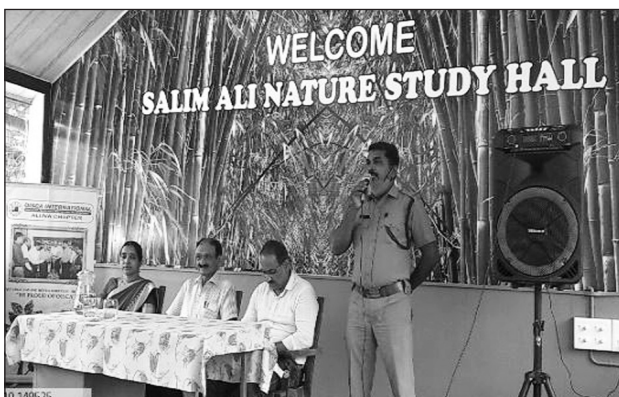
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DEPARTMENT OF ZOOLOGY

NATURE STUDY PROGRAMME



Department of Zoology and Oisca international in association with Department of Forestry and Wild life, Govt. of Kerala organized one day nature study programme at salim Ali Nature Study centre, Nedumbassery on 13 June 2022. The programme included visit to Suvarnodyanam Biological Park, Seminar and an interactive session addressing cross cutting issues of environment and sustainability for second and final year UG students.




The programme was inaugurated by Dr. S. Unnikrishnan, IFS; Retired Deputy Conservator of forests and delivered a talk on

‘Environment and Sustainable Development.’ Sri Sasidharan S explained the biodiversity and medicinal importance of different varieties of plants in Suvarnodyanam Biological Park. Keynote address was given by Sri Vinod M K, Beat officer. Dr Teji K T felicitated the gathering followed by an interactive session. The students actively participated in the discussion and Ms. Anagha Sabu of I B Sc Zoology Proposed vote of thanks. The visit to the Suvarnodyanam Biological Park helped the students to familiarize with the plants and their ecological importance. Ms K Leena Joseph, Dr Teji K T and 25 students of the department participated and benefitted from the Programme.




WORLD OCEANS DAY OBSERVATION-2022

Department of Zoology conducted ‘Just a minute’ Speech competition in connection with world oceans day observation on 8th June 2022 based on the theme “Revitalization:Collective Action for the Ocean”.10 students of the department participated and benefitted from the Programme. Anagha Sabu of I B Sc Zoology, Jewel Rose George of I B Sc Zoology and Anu Sajjan of III B Sc Zoology won first, second and third prizes respectively.

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

JAM- Just a Minute

TOPIC
Revitalisation: Collective Action for the Ocean



Department of Zoology

WORLD OCEAN DAY OBSERVATION- June 8

Record your one minute speech on the topic and submit via mail
Judging will be based on the command over speech, content, articulation, and vocabulary.

Last date: 13/06/2021

For queries: zoologymorningstar93@gmail.com

WORLD ZONOSSES DAY:2022

 **MORNING STAR HOME SCIENCE COLLEGE**
ANGAMALY
[Affiliated to MG University and Re-Accredited by NAAC with A Grade]

Department Of Zoology
Presents

QUIZ TIME?

TOPIC :- WORLD ZONOSSES DAY

 **10 JULY 2022 [Last Date]**

REGISTER NOW @
<https://forms.gle/GyCjmQwZqeku9pd78>

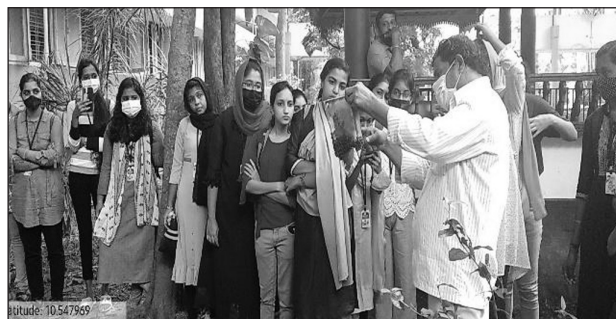
COORDINATORS :-
Dr. Sr. Rosily.A.V [Principal]
Ms. Leena Joseph [HOD] Dr. Teji.K.T

Department of Zoology observed World Zoonoses Day to commemorate the contributions of French biologist Louis Pasteur who successfully administered the first vaccine against a zoonotic disease, Rabies. An online quiz competition was conducted in connection with World zoonoses day, observed on 6 July 2022. About 37 students participated in the Quiz competition and the participants were awarded with e-certificates.

FIELD STUDY PROGRAMME




One day field study programme to College of Agriculture, Kerala Agricultural University, Vellanikkara was conducted for open course and final year B.Sc Zoology students on 30 July 2022. Dr Ranjith M T, Assistant Professor, Department of Agricultural ornithology delivered an introductory speech on significance of Apiculture. Sri Mohanan S gave a detailed session on different species of honey bees, social organization and life cycle of honey bees, bee keeping equipment, maintenance and management of an Apiary followed by field sessions and training on Honey Bee culture and handling techniques. Ms. K. Leena Joseph and Dr Teji K T accompanied the students.





ENTREPRENEURSHIP WORKSHOP IN ORNAMENTAL FISH CULTURE

Department of Zoology organized two days entrepreneurship workshop in ornamental fish culture for open course and final year BSc zoology students on 30 July 2022 and 11 August 2022. On 30 July 2022, the programme included visit to Fish Breeding unit and two sessions on 'Ornamental Fish Breeding' at P P Aqua Gardens, Nedumbassery. The first session was handled by Sri. Foggy Ummachan, who explained about general aspects of ornamental Fish Breeding and maintenance and management of a fish breeding unit.


Morning Star Home Science College,
Angamaly
(Affiliated to MG university and Re-accredited by NAAC with A grade)

Department of Zoology
Organizes
ENTREPRENEURSHIP WORKSHOP ON
ORNAMENTAL FISH CULTURE

<p>SESSION - I ORNAMENTAL FISH BREEDING <i>Resource persons</i></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>Sri. FOGGY UMMACHAN & Mrs. CHRISTY MATHEW P P AQUA GARDENS, EDANAD NEDUMBASSERY</p> </div> <p>Date - 30/07/2022 Time - 2:00-4:30pm</p>	<p>SESSION - II ORNAMENTAL FISH REARING <i>Resource person</i></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>Sri. ARUN PAUL AQUAURA FISH FARM AIMURY, KOOVAPPADY</p> </div> <p>Date - 11/08/2022 Time - 2:00-4:30pm</p>
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ORGANIZING COMMITTEE :-
Principal - Dr.Sr.Rosily.A.V
HOD & Co-ordinator - Ms.K.Leena Joseph
Joint Co-ordinator - Dr.Teji.K.T
Student Co-ordinator - Ms.Minnu Maria Francis

The second session was an interactive one by Ms. Cristy Mathew which mainly focused on fish Breeding techniques, especially breeding of different varieties of platy, guppy, oscar, fighter fish, etc.



On 11 August 2022, the programme included visit to Fish rearing unit and a session on 'Ornamental Fish rearing at Aquaura fish farm, Aimury, Koovappady. The session was handled by Sri. Arun Paul who explained about the establishment of a commercial ornamental Fish rearing unit. The students were divided into groups, fishes were dissected out to understand the anatomy and analysed water quality parameters. The sessions mainly focused on fish culture techniques, nutrition and feeding, rearing tanks and accessories, transportation and packing and common diseases of aquarium fishes. The workshop helped the students to familiarize with the breeding and rearing techniques and to develop entrepreneurial skills. Ms K Leena Joseph, Dr Teji K T and 40 open course and final year B Sc Zoology students participated and benefitted from the Programme





MORNING STAR LECTURE SERIES

As part of the “Azadi Ka Amrut Mahotsav” celebration, commemorating the 75th year of India’s independence, Department of Zoology in association with CIFT - Central Institute of Fisheries Technology organized first lecture of the academic year on 10 August 2022. Ms Anagha sabu of II B Sc Zoology welcomed the gathering. Principal Dr. Sr. Rosily A.V presided over the function. Dr Minimol V A scientist at Microbiology, Fermentation and Biotechnology Division of ICAR-CIFT delivered a lecture on ‘Fish for Health and Prosperity’ to popularize the consumption of fish for improving the health of citizens followed by an interactive session. Ms. Anu Sajan of III B Sc Zoology proposed vote of thanks.

MORNING STAR HOME SCIENCE COLLEGE
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DEPARTMENT OF ZOOLOGY IN ASSOCIATION WITH ICAR- CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY

MORNING STAR LECTURE SERIES

FISH FOR HEALTH AND PROSPERITY

In association with Department of Zoology Morning Star Home Science College Angamaly

SPEAKER :


Dr. Minimol, V. A
 Scientist
 MFB Division
 ICAR-CIFT

Principal : Dr. Rosily A.V.
 HOD & Co-ordinator : Ms. Leena Joseph
 Join Co-ordinators : Dr. Teji K.T., Ms. Reshma M.

10 AUGUST 2022
 11.30 PM TO 12.30 PM

Conference Hall



CERTIFICATE COURSE IN ‘VECTOR BORNE DISEASES’

Department of Zoology organized Certificate course in ‘Vector Borne diseases’ from 15 August to 15 November 2022 for UG students and 29 students participated and benefited from the course.

MORNING STAR HOMESCIENCE COLLEGE, ANGAMALY
 [Affiliated to MG university, Kottayam & Re-accredited by NAAC with A grade]

Department of Zoology
 Organizes
Certificate Course in VECTOR BORNE DISEASES

Course Duration 
15/08/2022 - 15/11/2023

REGISTER NOW

FOR QUERIES :-
 zoologymorningstar93@gmail.com
 Ms.K Leena Joseph - 9446724993

Various sessions and discussions included classification of Vector, Insect vectors, general account on different mosquito species, vector Borne disease of Mosquito, Sand fly, Tse- tse fly, House fly, Flea and louse, Life cycle and pathology of Vector Borne diseases. Dr. Niranjana Davis, Jubilee Mission Medical

College Thrissur was the resource person. The relevance and preventive measures of Vector Borne diseases was emphasized considering the pandemic scenario of COVID-19.



DEPARTMENTAL ALUMNAE MEETING

Departmental alumnae meeting was held in association with Alumnae general body meeting on 8 October 2022 at 11.30am and the alumnae members really enjoyed meeting their friends and teachers.

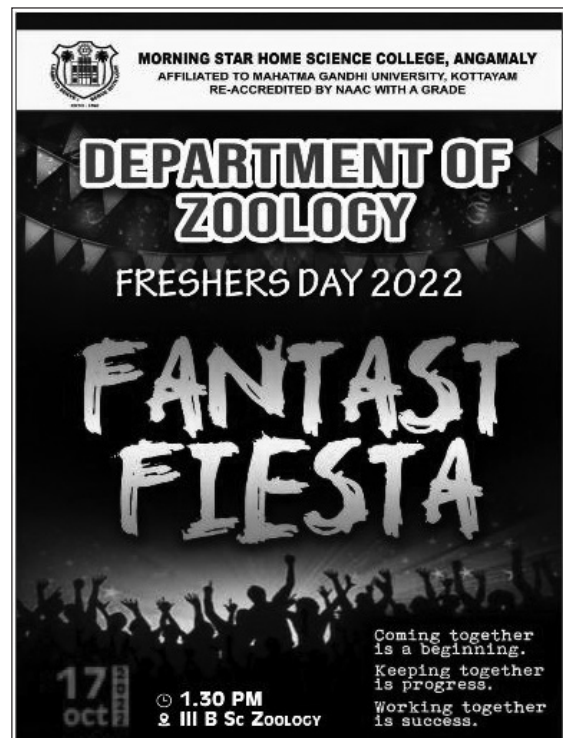


FRESHER'S DAY

Fresher's day for first year degree students was organized on 17 October 2022 by green protocol. The celebrations included ice breaking session followed by games, cultural programmes and refreshments.

ONAM CELEBRATION

Department of Zoology celebrated Onam on 2 September 2022. Sr Aleena Mary of II BSc Zoology welcomed the gathering. Ms. Ajitha T V delivered Onam message followed by cultural programmes like onappattu and traditional Onasadya.





GROUP ACTIVITY ON VERMICOMPOSTING

Department of Zoology organized group activity on ‘Vermicomposting’ on 26 October 2022. Students were divided into groups and the raw materials like broken bricks or pebbles, coarse sand, loamy soil, coconut husk, Vegetable wastes like banana stem and farm wastes were collected from neighbouring areas.



Cow dung collected from the nearby convent and properly dried in order to avoid pathogenic organisms. Vermibed was prepared initially. The Earthworms were counted and introduced into the vermibed followed by cow dung and vegetable wastes in alternate layers. Regular watering and monitoring were done. Vermiwash was collected from the bottom. 8 students were benefitted from this group activity.



BRIDGE COURSE AND APTITUDE TEST

Bridge course was conducted for I B.Sc Zoology core and I B.Sc FCS complementary students from 25 October 2022 to 31 October 2022 to familiarize with the syllabus, to adapt themselves to new academic environment and to equip with the career opportunities in the field. A departmental aptitude test was conducted. Ms. Nandana Babu, Ms. Sandra.K.Prasad and Ms. Revathy. P. Rajan of I B.Sc Zoology won first, second and third positions respectively.

THEME DANCE COMPETITION

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

"ലഹരിക്കെതിരെയുള്ള പ്രചാരണം"

Department of Zoology
 In association with
 NATIONAL SERVICE SCHEME, UNIT NO. 58
 Organizes

DANCE COMPETITION

THEME
 IMPACT OF DRUG ABUSE

31 OCT 2022 @ 1:30 PM COLLEGE AUDITORIUM

INSTRUCTIONS

- ONLY ONE TEAM FROM A DEPARTMENT
- A TEAM CONSISTS OF MAXIMUM 7 STUDENTS
- REGISTER THE TEAM TO THE CO-ORDINATOR ON OR BEFORE 21/10/2022
- TIME LIMIT: 8 MINUTES

Organising Committee
 Principal : Dr. Sr. Rosily A. V.
 HOD & Co-ordinator : Ms. K. Leena Joseph
 NSS Programme officers : Dr. Megha Thampy & Dr. Resmi G.
 Joint Co-ordinators : Dr. Feji K. T., Ms. Ajitha T. V. & Ms. Reshma M.

In connection with Lahari muktha keralam, Department of Zoology in association with National Service Scheme organized interdepartmental dance competition based on the theme 'Impact of Drug Abuse' on 31 October 2022. 35 students from various departments participated in the competition. The students' performance conveyed social messages of women empowerment, gender issues, women's rights etc. M Sc Zoology, B Sc Zoology and B VOC students won first, second and third prizes respectively.



AWARENESS PROGRAMME FOR HIGH SCHOOL STUDENTS

Department of Zoology organized an awareness programme for high school students of St Francis Assisi High School, Athani on 8 November 2022. This was to familiarize the students with the fantastic world of animal science and the career opportunities in the field of Zoology.



INTERNATIONAL CAREER GUIDANCE WEBINAR ON 'STEPS TO SUCCESS'

Department of Zoology in association with Sree Sankara College, Kalady organized an international Webinar on Career Guidance and counselling 'Steps to Success' on 9 November 2022 on Google Meet. Ms. K Leena Joseph, Head, Department of Zoology welcomed the gathering.

MORNING STAR HOME SCIENCE COLLEGE ANGAMALY
AFFILIATED TO MANKYTHA SANKHEE UNIV. BY NOTIFICATION AND IS ACCREDITED BY NAAC WITH A GRADE

Department of Zoology
in association with
Department of Zoology, Sree Sankara College, Kalady
organizes

INTERNATIONAL WEBINAR ON
CAREER GUIDANCE AND COUNSELING

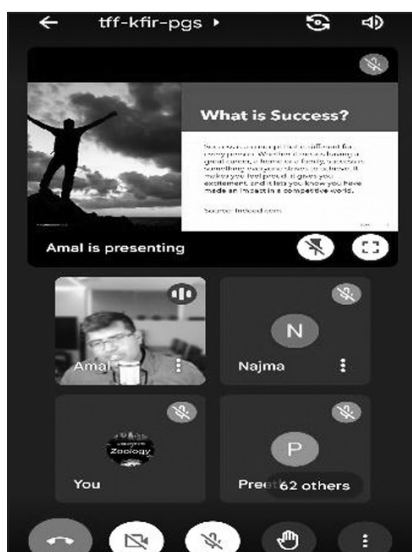
**STEPS
TO
SUCCESS**

09 NOVEMBER 2022
7PM
GOOGLE MEET

Organizing Committee
Principal: Dr. Sr. Rosily A.V
Co-ordinators: Ms. K. Leena Joseph, Dr. Mini K.D
Joint Co-ordinators: Dr. Teji K.T, Ms. Ajitha T.V,
Ms. Reshma M
Student Co-ordinator: Ms. Nandana Udayakumar

Resource person
Sri. Amal Anup
Human Resource Advisor
Capilano University
North Vancouver, Canada

The Resource person was Sri. Amal Anup, Human Resource Advisor Capilano University, North Vancouver, Canada. 75 students from Departments of Zoology, Sree Sankara College, Kalady and Morning Star Home Science college, Angamaly participated and benefitted from the programme.



STUDENTS AS TEACHERS

Advanced learners of III B Sc Zoology served as teachers to second year students and there were discussions on important and tough topics. The peers support each other in learning process and develop skills in organizing and planning learning activities, giving and receiving feedback and evaluating their own learning.

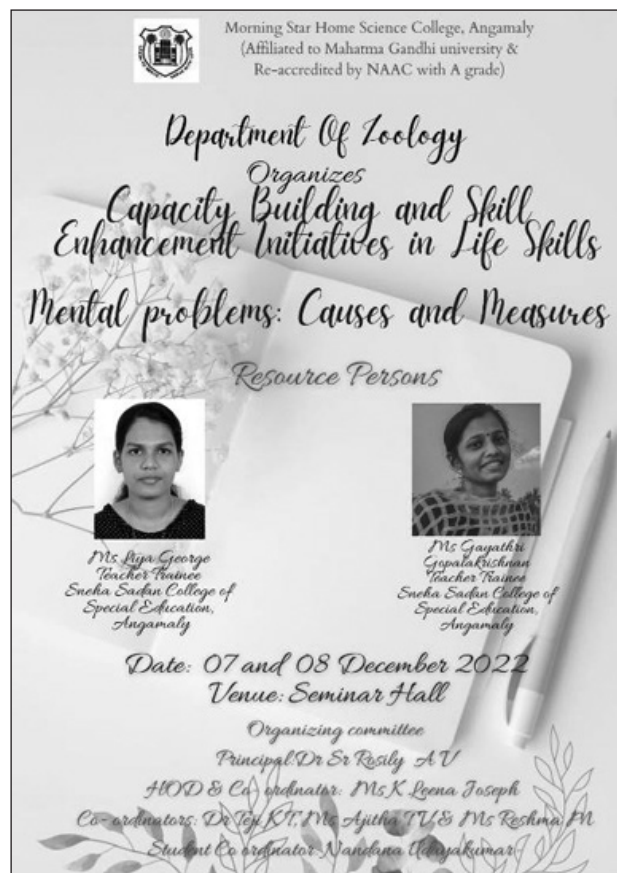


SKILL ENHANCEMENT AND CAPACITY BUILDING PROGRAMME IN HEALTH

SEMINAR ON ‘MENTAL PROBLEMS: CAUSES AND MEASURES’

Department of Zoology organized a skill enhancement and capacity building programme in health on 7 and 8 December 2022. The topic of the seminar was ‘Mental Problems: Causes and Measures’. Ms. Gayathri Gopalakrishnan and Ms. Liya George, Teacher Trainees of Snehasadan

College of Special Education, Angamaly and alumnae of department of zoology were the resource persons.



Ms. Gayathri Gopalakrishnan handled the topic on ‘Mental problems: Causes on 7 December 2022 and Ms. Liya George handled the session on the various measures to be taken to lead a normal life on 8th December 2022. After the seminar an interactive session followed where many of the students cleared their doubts about mental and learning disabilities. 26 first and second year UG students were benefitted from the programme.



CHRISTMAS CELEBRATION



Christmas was celebrated in the department on 23 December 2022. Ms. K. Leena Joseph, H.O.D. of Zoology delivered X'mas message followed by various cultural programmes and distribution of cakes.



GROUP ACTIVITY ON ORNAMENTAL FISH CULTURE AND AQUARIUM MANAGEMENT

Department of Zoology organized group activity on 'Ornamental fish Culture and Aquarium Management' on 16 January 2023.



III B Sc Zoology students were divided into groups and the accessories like Aquarium, pebbles, aquarium plants, aerator and hand nets were collected. Fishes were introduced and regular monitoring was done. 8 students benefitted from this group activity.



SKILL ENHANCEMENT AND CAPACITY BUILDING PROGRAMME IN SOFT SKILLS 'PATHWAY-SOCIAL WELLNESS PROGRAMME'

Department of Zoology, Minority Welfare Department, Govt of Kerala and CCMY Aluva jointly organized Pathway-Social Wellness Programme from 8 to 10 February 2023.



The Course was inaugurated by the College Principal Dr. Sr. Rosily A. V. and the function was presided by the CCMY Principal Mrs. Sulekha. Ms. K. Leena Joseph, Head, Department of Zoology welcomed the gathering. Dr. Teji K. T., Coordinator & Assistant Professor, Department of Zoology proposed vote of thanks. The first session was taken by Adv. Charly Paul on the topic 'Introduction, Marriage for social

wellness. On the same day the second session on 'Effective communication skills for couples and healthy online communication' was taken by Mrs. Lakshmi Priya. On second day (9/2/2023), the forenoon session on 'Effective management of In-law Relationships and conflict resolution techniques' by Mrs. Sapna K. S. and the Afternoon session on 'Infant and adolescent parenting skills, sex education and pregnancy' was handled by Dr. C. S. Ambika Devi. On third day (10/02/2023) morning session was on the topic 'Family Budgetting' and the session was taken by Mr. S. Abdul Rahiman. The afternoon session was on 'Legal and religious aspects of marriage' by Adv. T. K. Kunjumon. After each session, feedback was collected. Students gave excellent feedback on both topics discussed and food provided during these days.

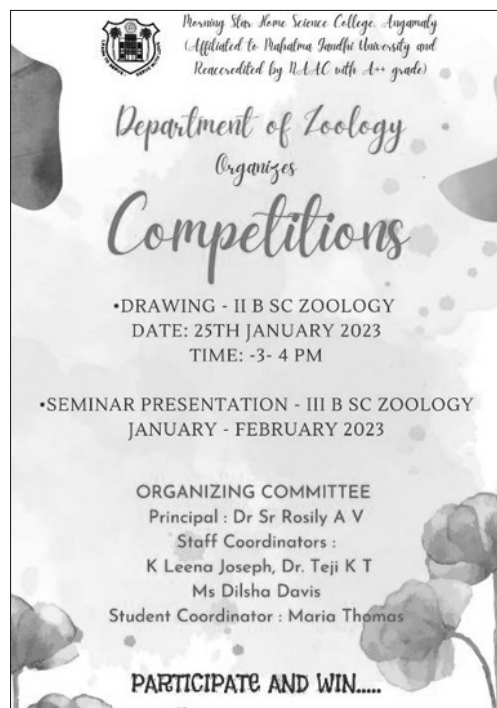


ZONAL ZOOFEST-2022

IIIB.Sc Zoology students participated in Quiz and Power point presentation competitions of Zonal Zoofest of Ernakulam and Kalady zone organized by Zoological Society of Kerala on 4 March 2023.

DEPARTMENTAL COMPETITIONS

Department of Zoology conducted various skill based competitions to analyze the basic skills acquired during B Sc Zoology programme. Drawing competition was given to second year UG students. The winner is determined by the overall drawings and neatness of the record and is named as 'Artistic Jewel'. Ms. Aysha Nargeesof II B Sc Zoology won the prize and was the 'Artistic Jewel of the year 2022'.



Seminar with power point presentation competition was given to final year UG students during January – February 2023. The winner is determined by overall seminar presentation of all the courses. Ms.Krishna Priya B S of III B Sc Zoology won the prize. 36 students of second and third year B Sc Zoology participated in the competition and the prizes were distributed during the sent off function of the third year students of the department.

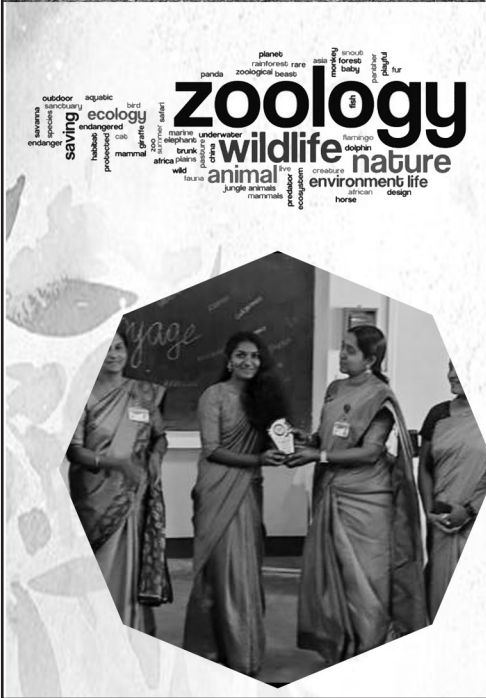


FAREWELL FUNCTION

Farewell was organized by the department to the final year B.Sc students on 21 March 2023. Ms. K. Leena Joseph delivered the farewell message and Dr. Teji K T felicitated the gathering.



The students shared their experiences and memories. Prizes of various competitions were distributed followed by cultural programmes and light refreshment. Overall performance award for this academic year was presented to Ms. Sreelakshmi S of III BSc. Zoology.



MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY
 [Affiliated to MG University and Re-accredited by NAAC with A grade]
DEPARTMENT OF ZOOLOGY
 PRESENTS
WORLD OCEANS DAY OBSERVATION - 2022
Winners of
Just a minute competition

1st Prize - Anagha Sabu
 [II Bsc Zoology]

2nd Prize - Jewel Rose George
 [II Bsc Zoology]

3rd Prize - Anu Sajan
 [III Bsc Zoology]

CONGRATULATIONS...



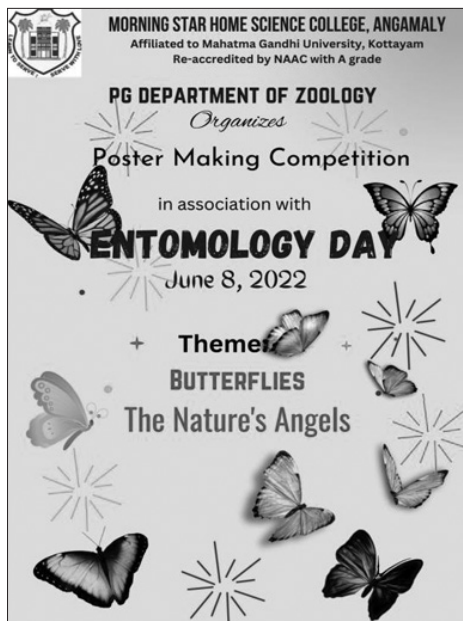
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 Altitude: -78.4123 m

PG DEPARTMENT OF ZOOLOGY

Entomology Day, June 8

The programme was aimed to develop a positive attitude and compassion towards the fellow creatures of our surroundings. Department observed World Entomology Day, on 8th June and as part of this, poster competition was conducted.

Theme – Butterflies- “**The Nature’s Angels**”



FIELD VISITS

Kerala Forest Research Institute –KFRI, July 29

As part of curriculum, a field trip was conducted for II M Sc. students to Kerala Forest Research Institute, Peechi. Students got the opportunity to observe and understand the activities of different departments like, seed preservation center, soil museum, Wild life sanctuary, butterfly garden and entomology museum. Students were benefited with firsthand experience and an opportunity to meet and hear from the experts there.



FRESH WATER ECOSYSTEM –POND on October 12

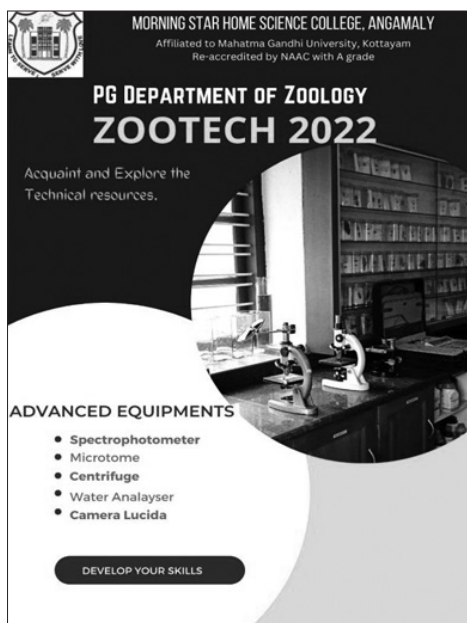
Department has conducted a field study on pond ecosystem for I M Sc students. The students gained knowledge on the biotic and abiotic factors in fresh water ecosystem.





ZOOTECH- Orientation Programme – October 19

Department conducted an orientation Programme for familiarizing the working methods of lab Instruments for First year M Sc. Students (Experiential Learning).

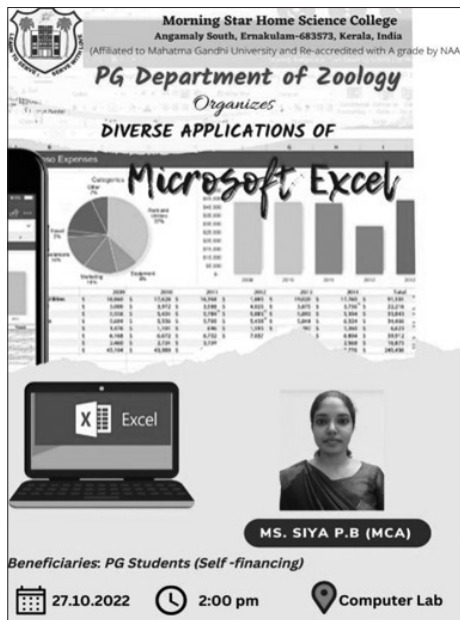


The Programme helped them to understand the principle and working methods of different kinds of advanced laboratory equipment such as spectrophotometer, Water analyzer, Centrifuge, Microtome, Camera Lucida etc.



CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMME

Seminar on Diverse Applications of Microsoft Excel – October 27



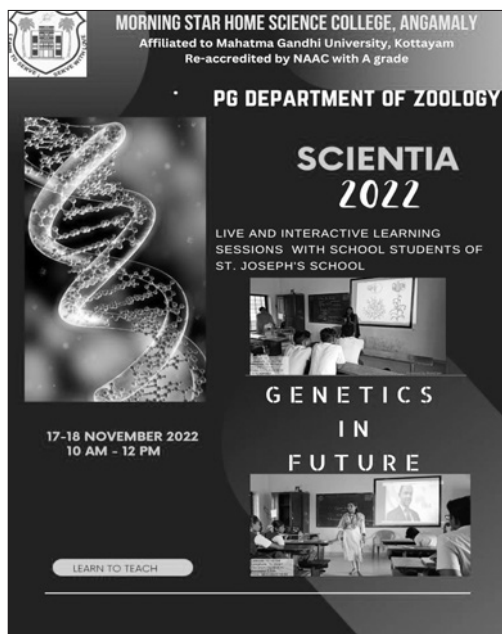
Department conducted a skill enhancement programme on Diverse applications of Microsoft Excel for all II M Sc. Students. Resource person was Ms. Siya P.B (Computer faculty, MSHSC)



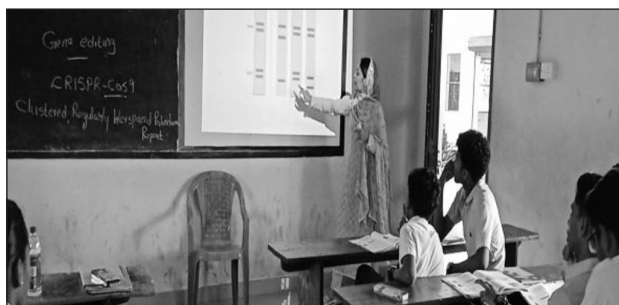
STUDENT CENTRIC ACTIVITIES

SCIENTIA - 17 & 18th November (Out reach programme for students of class 10)

Department conducted an outreach programme Scientia at St. Joseph's High School, Angamaly, on 17th & 18th November 2022 to take classes for the students of 10th standard on the topic "Genetics in Future."



Students of II M Sc. Zoology actively presented the sessions with relevant ICT tools and other teaching materials.



GUIDANCE FOR CAREER COUNSELLING

**Webinar on Medical Coding 4,
November 2022**



Department conducted a webinar on medical coding on 4th November, in association with Avodha Edutech, Ernakulam, for all PG students. Resource person was Mr. Nandakumar C, Skill development trainer, Avodha Edutech, Ernakulam.



ACHIEVEMENTS

Ms. Akhila K. (2020-22) has secured 7th position in University examination of M Sc. Zoology with A grade.



DEPARTMENT OF CHEMISTRY

During this year, our students Nimy Davis, P M Sreelakshmi and Debiya Davis secured 3rd, 4th and 9th position respectively in M G University for the final year BSc Chemistry (Model II)

Examination April 2022. Debiya Davis got appointed as Health Inspector in Public Health Department from Kerala PSC.



State level seminar on “Qualitative research: methods and methodology”

Department of Chemistry organized a State Level Seminar on Research Methodology “QUALITATIVE RESEARCH: METHODS AND METHODOLOGY” on 29 July 2022 for UG and PG Students. The programme was conducted in two sessions.



Dr. Surendran Cherukodan, Assistant Librarian, School of Engineering Library, CUSAT and Dr. Rejimon P.K. Assistant Professor, Department of Chemistry, Maharajas College Ernakulam were the resource persons. 65 students attended the programme.



Seminar on “Nurturing Future Entrepreneurs”

Department of Chemistry and Institution’s Innovation Council jointly organized a seminar on entrepreneurship and skill development “Nurturing Future Entrepreneurs” on 1 September 2022.



Ms. Dolly Maria, Managing Director, IGNIST Enlightenment Pvt. Ltd, Kochi delivered a lecture on the topic and encouraged the students to think and act in an entrepreneurial way by imparting technical and business skills at an early stage in their career.



World Ozone Day 2022

Ozone Day 2022 was observed by Department of Chemistry on 16 September 2022. Keynote address was presented by Dr. Marilyn Mary Xavier, Assistant Professor, Department of Chemistry. Caption writing competition was conducted in connection with Ozone Day and Noufiya T A of I M.Sc Chemistry won the prize.



Onam Celebration 2022

Department of Chemistry celebrated Onam with a great splendour. Department arranged an intricately designed pookkalam, aromatic onasadya which represented a remarkable display of culture.



Chemistry Association inauguration

Chemistry Association was inaugurated by Dr. June Cyriac, Assistant Professor, Department of Chemistry, Sacred Heart College, Thevara on 17 October 2022. She delivered a talk on “Feel Chemistry around us” and the session was well appreciated by the students.



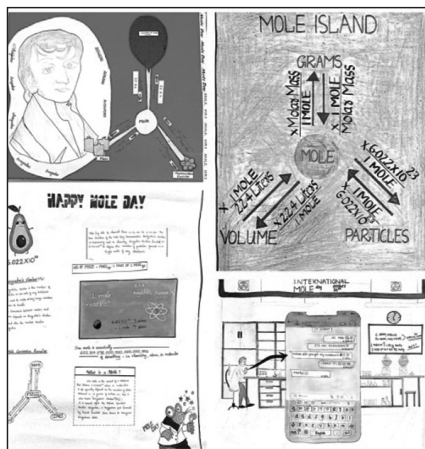
Poetry Recitation Competition

Department of Chemistry and NSS jointly organized a poetry recitation competition in connection with “Lahari Muktha Keralam”. Ms. Ardra J Modi (II M. Sc Zoology) and Devina Manoj (I B.Sc Chemistry) secured first and second prizes respectively.



Observation of Mole Day 2022

On 23 October International Mole Day was observed. Based on the theme Avogadro numbers, poster presentation and letter writing competition were conducted. Varsha P V and Rency Itteera from II M.Sc Chemistry won the first prize for poster presentation and Athira Santhosh and Athira Vijayan from I M.Sc. Chemistry won the second prize. Karthika Devi from I M.Sc. Chemistry and Surya Suresh from II M. Sc. Chemistry won the first and second positions respectively for letter writing competition.



Seminar on ‘Fundamentals of Research Methodology’

Department of Chemistry organized a seminar on ‘Fundamentals of Research Methodology’ on 26 October 2022. The purpose of the seminar was to introduce students to the most important conceptual approaches of research as well as to explore and formulate the theoretical framework for the analysis of the topic.



Practicing Session on Virtual Labs

The department of Chemistry conducted a session on “Practicing virtual labs” on 28 October 2022. The session is based on the idea that lab experiments can be taught using the Internet, more efficiently and less expensively.



Dr. Sindhu K S gave a demonstration class using Amrita Vishwa Vidyapeetham Virtual Lab and after that the students practiced the experiments by their own. They were very happy that the experiments could be accessed anytime and anywhere, overcoming the constraints on time felt when having access to the physical lab for only a short period of time.



Know your lab programme

A programme to familiarize the first year degree students who got enrolled in 2022 with the lab equipment and procedures, were conducted on 7 November 2022. The programme was intended to give a brief idea to the degree freshers regarding the various lab equipments they need to handle during their practical sessions and the method of using the same. They were also advised to follow the lab safety rules. Dr. Navya Antony Asst. Professor, Dept. of Chemistry served as the resource person.



Exhibition for school students



An exhibition on chemistry equipments and experiments for high school students from St. Francis Assissi School Athani were conducted on 8 November 2022. The degree students from the department of Chemistry exhibited various chemistry experiments and explained the chemistry behind every reaction. The exhibition was very informative to the students. The students could experience the lab experiments which they had studied in their text books.



Students Participation

First year M.Sc Chemistry students attended a webinar on ‘Exploring medical coding’ conducted by PG department of Zoology in association with Avodha Edutech Kochi on 4 November 2023. Students visited Exhibition Centennial Vista on 11 November 2022 conducted by Union Christian College Aluva.



They attended a seminar on ‘Innovations and Advances in Interdisciplinary Research’ on 23 and 24 November 2022 conducted by Department of Chemistry, St. Xavier’s College Aluva. Five students of III B.Sc Chemistry along with Dr.Navya Antony attended Albertian Knowledge Summit 2023 on 2 February 2023 at St. Alberts College (Autonomous) Kochi.

Study tour

The staff and 27 students from III B.Sc Chemistry went for a three day study tour to Goa from 24 to 27 November 2022. They had an enjoyable outing and had visited factories of industrial importance.



Observation of National Pollution Prevention Day

Chemistry Department organized a talk on Pollution Prevention in association with National Pollution Prevention Day on 2 December 2022. Mrs. Riji Joseph, Assistant Professor, Department of Zoology was the resource person.



Faculty Publications

Faculty of Department of Chemistry published 2 journal papers in Scopus indexed journals and one book chapter in the book entitled “Synthesis, Characterization and Applications of Graphitic carbon nitride” published by

Elsevier. Dr. Sindhu K S presented a poster in Fourth International Symposium on New Trends in Applied Chemistry (NTAC-2023) held at Sacred Heart College Kochi, Kerala during 07-08 February 2023 in which Nobel Lecture by Dr. Ada Yonath and 8 plenary sessions delivered by popular scientists across the globe were included.

Skill training programme - CHEMSTAR



As a part of Skill Training Programme, students of B.Sc and M.Sc Chemistry were trained to make bathing soap, Hand Wash, Hand Sanitizer, floor cleaner and Toilet Cleaner on 21 December 2022, 13 January 2023 and 18 January 2023 which were named as 'Star Bathing Soap', 'Star Fresh' liquid hand wash, 'Star' Hand Sanitizer and 'Star Shine' Cleaners respectively.



Exhibition cum sale of Chemstar products

An Exhibition Cum Sale of 'Star Bathing Soap', 'Star Fresh' liquid hand wash, 'Star Shine' Toilet Cleaner and Craft and Reusable Items Prepared by Students from waste Materials was arranged by the Department in the science block on 23 February 2023. Students visited the exhibition and the money received from the programme was distributed among the respective students.



INDUSTRIAL VISIT

Students of IIIrd B.Sc Chemistry and M.Sc Chemistry along with Dr. Sindhu K. S., Dr. Navya Antony and Dr. Marilyn Mary Xavier had visited Mane Kancor Ingredients Private Limited, Angamaly on 28 February 2023 as a part of their curriculum.



They were able to get an inside view of the production of Spiceuticals and Oleoresins. Students were also fortunate to listen to a class by Mr. Prasobh Prasad, Head Research and Development Department on the different processes in the Company.



Career Guidance programme: IGNITE 2023




Department of Chemistry in association with Chemistry Association conducted a career guidance programme exclusively for UG and PG Chemistry Students.


The program IGNITE 2023 was held on 9 March 2023 at conference hall. Dr. Ajith James Jose, Asst. Professor, S.B College Changanassery handled the “Be a Professional” session. The session discussed various career and higher studies options for chemistry graduates and post graduates.




Famous Chemists of all Times




Jacob Berzelius



Niels Bohr




Robert Boyle




Lawrence Bragg


Chemists




Amedeo Avogadro



Hennig Brand



Georg Brandt




Robert Bunsen



Celebrate

Every moment.



options

The Trendy Weddings

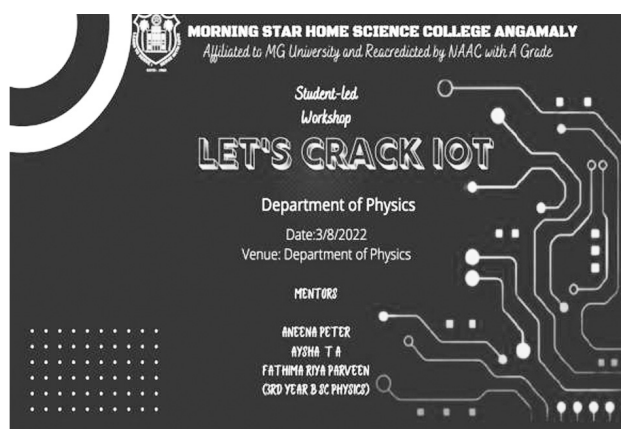
ANGAMALY, Tel: 9995590671
PERUMBAVOOR, TEL: 2595590
Ample car parking

DEPARTMENT OF PHYSICS

Department of Physics organised various activities related to Teaching and Learning, Extension, Competitions, Day observance etc.

Student Centric methods organized

Student Lecture series:



Department organised Student Lecture Series – I on 3 August, 2022 on the topic ‘Lets Crack IOT’. Ms. Aneena Peter and Ms. Aysha T.A. (III Physics) handled the session.



Science Talk

In connection with World Science Day, Science Talk was arranged on 10 November 2022 at Speakers Corner. Angel Rose George (I. Physics) and Gouri Suresh (II Physics) delivered a talk on the focal theme ‘Basic Sciences for Sustainable Development.’



Awareness programme

Awareness program on ‘Robotics and Coding’ was organized on 11 November 2022. Ms. Lincy Lexy, faculty from DCS Robotics from Aluva handled the session. The team demonstrated various experiments based on the topic.



Morning Star Lecture Series :

Morning Star Lecture Series was arranged on 10 November 2022. Dr. Ajith Thomas was the resource person. The topic of the lecture was ‘Science around Us’. The resource person demonstrated various phenomena that occur around us. The session was really informative and students benefited from the workshop.



Visit to ISRO

Department organised a visit to ISRO and Planetarium Thiruvananthapuram on 7 October 2022. The students and staff witnessed Rocket Launching at ISRO.



Workshop on LED bulb assembling

LED serial bulb assembling workshop was arranged on 21 January 2023.

Extension Activities organized



'Come Let's Explore' programme organized for Higher Secondary students of the neighboring school students was arranged on 8 November 2022. Various experiments were exhibited in the laboratory. Nearly 75 students benefited from the programme.



Community Lab programme was conducted on 28 November 2022 at 'Pakalveed' to the house keeping ladies. The students communicated to the participants on the topic 'House Hold Energy Management Techniques.' Aneena Peter, Aysha T.A, Maria Pappachan and Marykutty V.V. of III Physics were the spokespersons.



Workshop on Physics Experiments for plus two students was conducted on 9 January 2023. Dr. Ajith Thomas, Assistant Professor, Newman College Thodupuzha demonstrated various experiments to students.

Competitions organized



In association with World Space Week interdepartmental quiz competition was organised on 19 October 2022. 30 teams were participated in the preliminary round 5 teams were selected to the final round. Angel Rose George (I Physics) & Sona Mirza Hassan (III Chemistry) secured first prize and Anakha P. M. (II PG Chemistry & Neethu Varghese (II PG Chemistry) got second prize.



Power Quiz was conducted in association with Kerala State Officers Association on 20 October 2022. Aysha T.A. (III Physics) and Anakha P.M. (II PG Chemistry) secured first and second prize respectively and selected to State level competition.



Story Writing competition: Department in association with National Service Scheme conducted Story Writing competition in connection with 'LAHARI MUKTHA KERALAM' on 25 October 2022. 'Impact of Drug Abuse' was the theme. 16 students participated in the competition Nandana K.N. (II B.Voc.) & Athira Vijayan (I M.Sc. Chemistry) secured first and second prizes respectively.



Fresher's Day was celebrated on 17 October 2022.



Alumnae Engagement

Alumnae meet was arranged on 8 October 2022. Students from various batches participated and celebrated the home coming event. The alumnae shared their experiences. They were also informed about the NAAC preparations.



Faculty & Student Participation in Seminars / Conferences/ Competitions

- Ms. Neenu Mary Thomas participated in 'International Seminar on Luminescence Materials' organized by Luminescence Society of India on 9 and 10 December 2022 held at Alleppy.
- Ms. Neenu Mary Thomas participated in 7th International Conference on Nano science and Nano technology (ICONN-2023) organized by SRM Institute of Science and Technology, Kattankulathur, Tamilnadu from 27-29 March 2023.
- Aneena Peter (III Physics), Aysha T.A. (III Physics), Maria Pappachan (III Physics) Sreedevi (I Physics) participated in PHYSIKOS 2022- State level Intercollegiate quiz competition held at St. Joseph's College, Irinjalakkuda. Students received participation certificate

Paper Presentation

- Ms. Neenu Mary Thomas presented paper titled 'Synthesis and Characterization of SrAl₂O₄:Eu orange red emitting nano particles' in 7th International Conference on Nano science and Nano technology (ICONN-2023) organized by Department of Physics and Nano technology, SRM Institute of Science and Technology, Kattankulathur, Tamilnadu during 27-29 March 2023.

PG PHYSICS DEPARTMENT

A departmental meeting was conducted on June 1st to discuss about timetable for the academic year of 2022-23, practical's, project of students and departmental activities.

- Julia Avarachan of 2nd MSc Physics secured 3rd prize for inter departmental quiz competition organized by department of commerce as a part of MSME Day on 27 June.
- Anna Thomas and Julia Avarachan of 2nd Physics MSc secured 2nd prize for inter departmental quiz competition organized by department of economics as part of national statistical day on June 29.



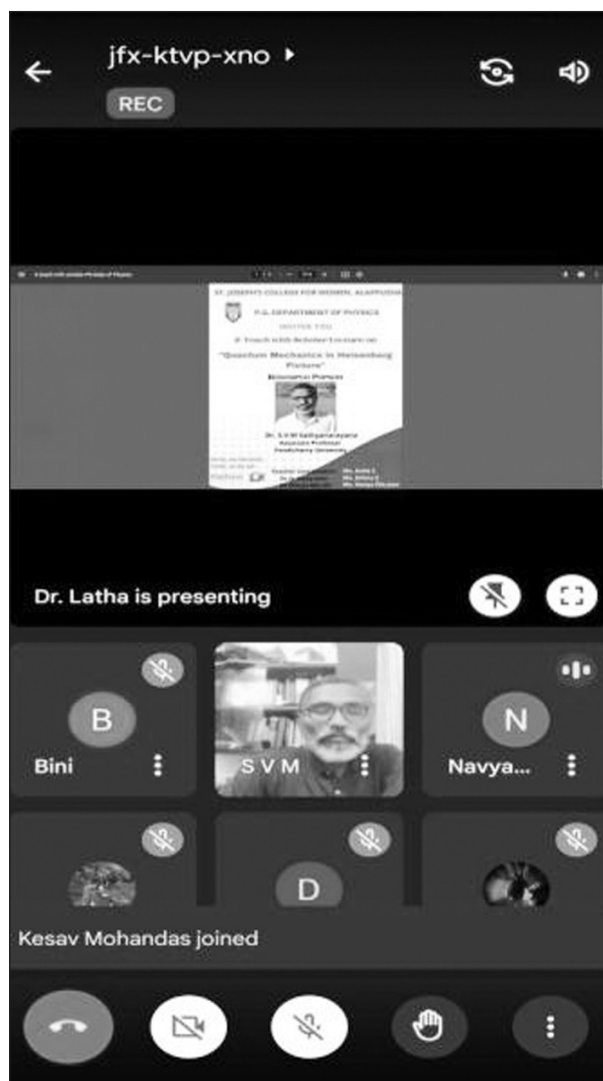
Departmental Project Presentation was started on 29 July 2022 onwards. Participants of the programme were I and II M.Sc. Physics students. The main motive of the programme was to familiarize the current research area in physics.



Project was presented by 16 students of II year M.Sc. physics. The programme was conducted

as a part of enhancing the presentation skills of final year students. Presentation lasted for three days.

- August 6 – Students and Faculty of PG Department of Physics attended a webinar on the topic “Quantum Mechanics in Heisenberg Picture” organized by PG Department of Physics, St. Joseph college for Women, Alappuzha. Dr. S.V.M Sathyanarayana, Associate Professor, Pondicherry University was the resource person.



ST. JOSEPH'S COLLEGE FOR WOMEN, ALAPPUZHA


P.G. DEPARTMENT OF PHYSICS

INVITES YOU

& Teach with Scholar Lecture on


"Quantum Mechanics in Heisenberg Picture"

Resource Person



Dr. S.V.M Sathyanarayana
Associate Professor
Pondicherry University

DATE: 06/08/2022
TIME: 10.00 AM

Platform 

Teacher Coordinators
Dr. Sr. Binicy John
Dr. Sheeja Mol GP

Ms. Anila S
Ms. Athira S
Ms. Navya Elis Jose

Contact Details: 8289833724, 9946319322

Registration Link: <https://www.zoom.us/j/9946319322>

- Departmental Onam celebration was held on 2nd September, students organised Onam sadhya and a few cultural programmes to make the event cheerful.



- Faculty of PG Department of Physics attended induction programme (for newly appointed Teachers) "Gurujiyothi" organized by IQAC on 15 & 16 September 2022.

MORNING STAR HOME SCIENCE COLLEGE
ANGAMLY SOUTH
Affiliated to M G University, Kottayam &
Re-accredited by NAAC with A Grade

PROGRAMME
Day I : 15.09.2022, Thursday

10:00 am : Inauguration
Dr. Sr. Alphonsa M. K.
Manager

10:30 am : Core Session I
The Indispensable Attributes of a Teacher
Prof. Harry Cleatus
Former Principal, St. Albert's College, Ernakulam,
NAAC Peer Team Member

1:30 pm : Core Session II
The Imperative Essence of the Institutional Vision
Ms. Sophia James
IQAC Joint Coordinator, MSHS College, Angamaly

Day II : 16.09.2022, Friday

10:00 am : Core Session III
A Glimpse into the Past : A Leap into the Future
Dr. Sr. Rosily A. V.
Principal
MSHS College, Angamaly

11:30 am : Core Session IV
The Fundamental Code of Ethics Ingrained in Teaching
Dr. Lizmitha Godwin
IQAC Joint Coordinator, MSHS College, Angamaly

1:30 pm : Valedictory Programme

GURUJIYOTHI
An Induction Programme
for Newly Appointed Teachers

Organised by
Internal Quality Assurance Cell

on
15-16 September 2022

Organising Committee
Dr. Sr. Rosily A. V. Principal
Ms. Shiny K. Ittichan IQAC Coordinator
Ms. Sophia James Dr. Lizmitha Godwin IQAC Joint Coordinators

- Ms. Arunima Shaji of 2020-22 Batch presented her M.Sc project "Investigating the effect of temperature on efficient formation on Cu₂ZnSnS₄ nanoparticle as a p- type absorber material" in RICERCA National Conference 2022 organised by St. Joseph's College for Women, Alappuzha on 2 September 2022.

PG DEPARTMENT OF PHYSICS

St. Joseph's College for Women, Alappuzha
NAAC REACCREDITED B++ GRADE COLLEGE

in association with
Research Development Cell and Institution Innovation Cell,
CSIR-IMMT & KSCSTE

organises
NATIONAL ONLINE RESEARCH PROJECT PRESENTATION COMPETITION
& KICK START IDEATION FEST

RICERCA NATIONAL CONFERENCE 2022

"RECENT RESEARCH TRENDS IN PHYSICS"

COMMON FLYER

REGISTER HERE

Resource person
Dr. Sujin P Jose
Department of Computational Physics
School of Physics
Madurai Kamaraj University

Plenary Talk: "ENERGY AND ENVIRONMENTAL SUSTAINABILITY :THE GRAND CHALLENGES IN RESEARCH"

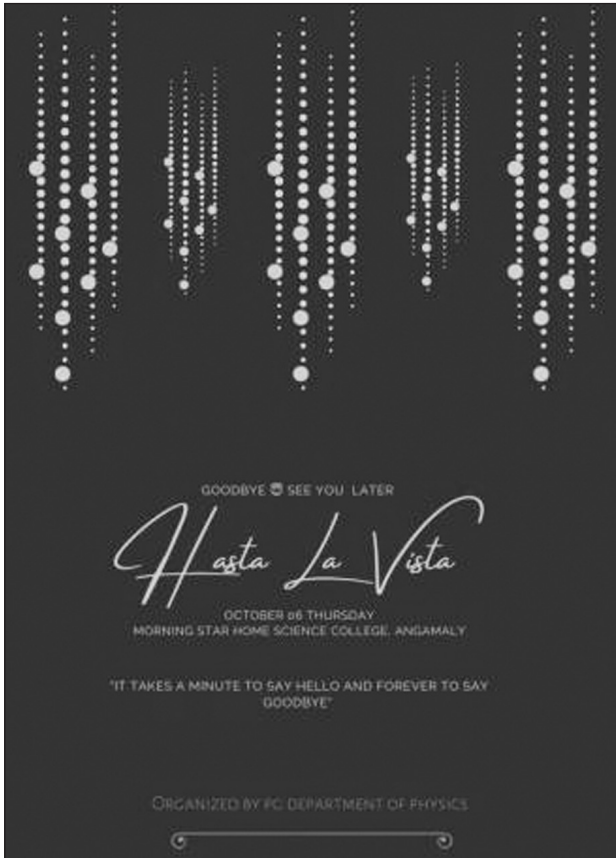
CO-ORDINATORS
Dr. Sr Morris Marieli Antoinette: 8075474742
Dr. Sreekala G: 9947647531

STUDENT CO-ORDINATORS
ANILA. S. - M.Sc PHYSICS
ARABHI .S. VARMA: M.Sc PHYSICS
SAYOOJYA SATHEESH: B.Sc PHYSICS

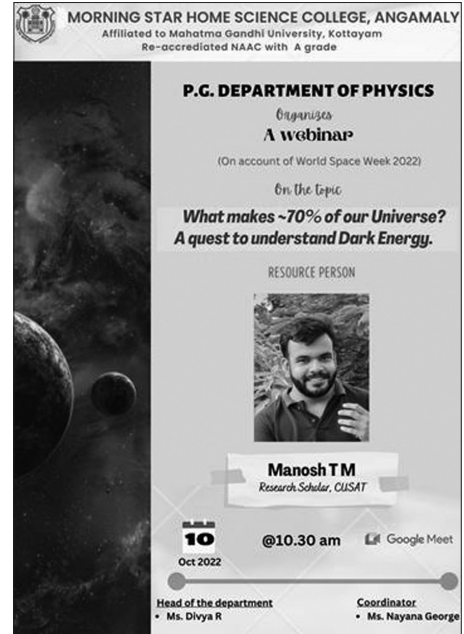
Join us online on 28 September 2022 at 7 pm.

WHO CAN APPLY?
FACULTY - 400/-
RESEARCH SCHOLARS - 150/-
STUDENTS - 100/-

- PG Department of Physics arranged a Farewell Party for 2020-22 batch PG physics students on 6 October 2022.



- A Webinar was conducted in association with World Space Week. Resource Person was Mr. Manosh T M from CUSAT. Topic of webinar was “What makes 70% of Our Universe? A Quest to understand Dark Energy.” Participants were UG and PG Physics students.



World Space Week

- Field Visit: As part of world Space week PG Physics students along with UG Physics students visited VSSC, Trivandrum and Priyadarshini Space Planetarium, Trivandrum on 7 October.



- On 17 October the students of PG Department of Physics arranged a Fresher’s Day Party for 1st PG physics students.



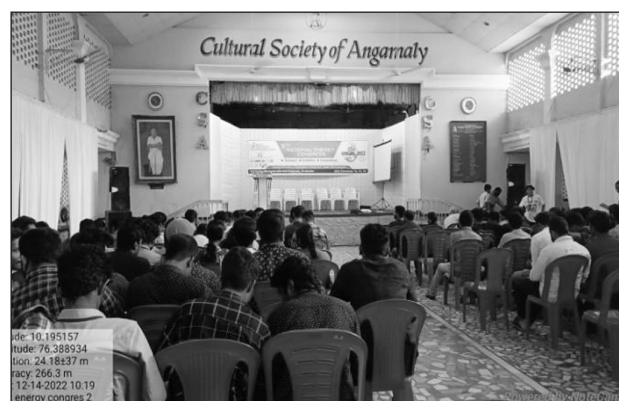
Ms. Dinta David Pynadath and Ms. Nayana George, faculty of the PG Department of Physics attended an online Faculty Development Programme organized by Research Foundation of India on “Exploring Dynamics of National Education Policy 2020” from 24 to 30 November 2022.



- II PG Physics students along with faculty Ms. Divya R attended 5th National Energy Conference held at CSA Auditorium, Angamaly on 14 December.



- On November 11 students of PG Physics visited an exhibition hosted by Union Christian College, Aluva as part of their Centennial celebration.



ENERGY CONSERVATION SOCIETY (ECS)
 Since 1992

FIFTH ENCON 2022
 NATIONAL ENERGY CONGRESS
 December 12, 13, 14
 Angamaly, Ernakulam
 Kerala, India

AP Kurian Memorial CSA Hall, Angamaly, Ernakulam

Please participate in the
Organising Committee Meeting
 Govt. PWD Rest House, Angamaly
 11 am on Wednesday
 5th October 2022

Call
94475 28068, 92499 59035, 70342 93277

- Departmental Christmas celebration was organized on 23 December.



- I PG Physics students provided a lab session for 3rd year UG Physics students on 17 February.



- Kayadhu Mahesh and Namitha K B of II PG Physics attended “Annual Physics Symposium” organized by St. Teresa’s College (Autonomous) Ernakulam on 23 and 24 February 2023. The topic of symposium was “Physics in Medicine”.

Call for Abstracts

Abstract Submission : February 12, 2023
 Notification of acceptance : February 13, 2023
 Paper Submission : February 18, 2023

For more info, contact:
 Dr. Santhi A (Convenor) 9495664078
 Dr. Sreeja V G (Coordinator) 965621411
 Dr. Sumsa Kurian (Coordinator) 9447716176

Kindly email your abstracts to: aps.teresas@gmail.com

Templates for paper submission can be downloaded at:
<https://teresas.ac.in/annual-physics-symposium/>

Registration Link: <https://forms.gle/YXULU2qzqfH1bZ6>
 Registration Fee: Rs.500 for Professionals
 Rs.300 for Students

Papers are invited in any area of Physics and interdisciplinary subjects
 Awards & certificates shall be provided for the best oral & poster presentations

ANNUAL PHYSICS SYMPOSIUM
 APS 2023
 Physics in Medicine
 25-24 February 2023
 Organized by
 Department of Physics & Centre for Research

Patrons: Dr. S. Vinitha CSST (Manager), Rev. Sr. Evelyn CSST (Director), Dr. Alphonsa Vinaya Joseph (Principal)
 Technical Committee: Dr. Kula M S (IQAC Coordinator), Dr. Priya Parvathi Amerson Jose (HOD), Dr. Suman Mathew, Dr. Mary Vinaya, Dr. Harshan Thomas, Smt. Meera Paul
 Student Committee: Ms. Merin Joby, Ms. Anula Shajan, Ms. Anu Ravi P.

IMAGINE INVENT INSPIRE



- PG Department of Physics organized a poster design competition on the occasion of National Science Day on 28 February. The topic for the competition was “Global Science for Global Wellbeing”.

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

P.G. DEPARTMENT OF PHYSICS

Organizes

Poster Making Competition

(In connection with National Science Day 2023)

Theme
"Global Science for Global Wellbeing"

Last Date: 28 February 2023

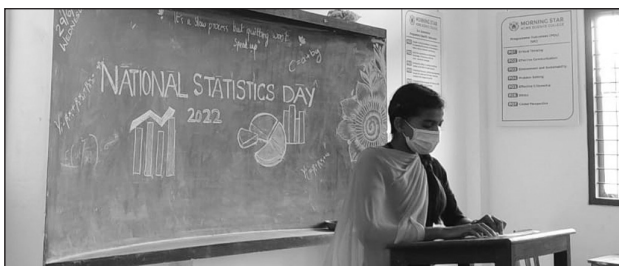
Submit your entries @
PG Department of Physics

Coordinators
 Ms. Divya R
 Ms. Dinta David Pynadath
 Ms. Nayana George

PG DEPARTMENT OF ECONOMICS

National Statistics Day -Interdepartmental Quiz Competition and Profile Presentation of Indian Statisticians

In connection with National Statistics Day 2022, P.G. Department of Economics organized an 'Interdepartmental Quiz Competition and Profile Presentation of Indian Statisticians' on 29 June 2022. Twenty-eight students from various departments participated in the competition. Fourteen teams were formed and each team had two students.



Maneesha Mohanan and Arunima Prasad (II MA Business Economics) and Saira Banu & Alfiya P A (II MA Business Economics) secured first position. Meera Joy and Aythihya (III BA Economics) and Anna Thomas and Julia Avarachan (II Msc. Physics) secured second position. Nafeesath Misiriya and Rahina M. A. (II MA Business Economics) and Ann Mariya M Davy and Nicena Rose Augustin (III BA Economics) secured third position. Profile presentation of Indian statisticians was done by II MA Business Economics students. About 53 students from Economics Department participated in it.



World Population Day 2022 -Interdepartmental Digital Poster Making Competition

P.G. Department of Economics in association with NSS Unit no.58 organized interdepartmental digital poster making competition in connection with World Population Day on 11 July 2022. Nine students from UG and PG classes participated in the competition. "A world of 8 billion: Towards a resilient future for all - Harnessing opportunities and ensuring rights and choices for all" was the theme of the competition. Hasna P. K. (II M.A. Business Economics) secured first position. Devika Devadas (III B.A. Economics) secured second position and Sreeranjini T.M. (II M.A. Business Economics) secured third position.

Life Skills Training Session on Self Défense Techniques

P.G. Department of Economics in association with Women Cell organised Life Skills training session on 'Self Défense Techniques' on 19 July 2022. Ms.Rosa K.O.(Sr. CPO, Narcotic Cell, Aluva), Ms.Sindhu M.K.(Sr. CPO, Narcotic Cell, Aluva) and Ms.Ambily M.M.(Sr. CPO, Narcotic Cell, Aluva) were the resource persons. Demonstration on self défense techniques was conducted. All the students actively participated in the session. Sixty students from III B.A. Economics and III B.Com participated in the programme. Ms. Devika Devadas from III B.A. Economics delivered welcome speech and Ms. AnjanaK.Raj from III B.A. Economics proposed the vote of thanks.



Community Lab Activity – Workshop on e-Governance

The community lab activity of P.G. Department of Economics was held on 20 September 2022. A workshop on e-Governance was conducted at Pakalveedu, Angamaly. Dr. Priyanka T.R., Assistant Professor, P.G. Department of Economics, Morning Star Home Science College, Angamaly lead the session. Twelve members from Ward number – 8 of Nedumbassery Panchayat were the beneficiaries of the programme. They actively participated in this training programme and cleared their doubts. Ms.Rinu K Louis, Assistant Professor, Morning Star Home Science College, Angamaly welcomed the gathering and Ms. Ajitha, ward member, Nedumbassery Panchayat delivered the felicitation.



Shodh Path - The Gate Way to Research

P.G. Department of Economics organized the “Shodh Path – The Gate Way to Research” project proposal presentation of II M.A. Business Economics on 28 September 2022. About 64 students from II M.A Business Economics, I M.A. Business Economics, and III BA Economics participated. Dr.Laisa Thomas, Head of the Department made an introductory speech. Students presented their Project proposal and through interaction they got an idea regarding how to conduct the research on their topic. This programme helped the students to get a vast knowledge about research and an in-depth cognition of the research process.



Fresher’s Day

The official welcome of the first year UG and PG students was held on 17 October 2022. All the teachers and students from the Department of Economics participated in the programme. Ms. Rinu K. Louis and Dr. Priyanka T.R. addressed the gathering. Seniors rendered a warm welcome to the new members. Several programmes were organized to entertain the new comers and to explore their talents.



Skit Competition

P.G. Department of Economics in association with NSS Unit no.58 organized Interdepartmental Skit Competition on 19 October 2022.It was conducted as part of Anti -Drug Campaign. Fourteen students from various departments participated in the competition. “Impact of Drug Abuse” was the theme of the competition. Department of Chemistry secured first prize in the competition.



Poster Competition in association with UN Day 2022

As part of UN day celebration, P.G. Department of Economics conducted poster competition. “Nourishing Peace” was the theme of the competition. Students from various departments participated in this competition. Angel G. Oswin. from III B.Sc. FCS and Rithu Antony from II M.Sc. Zoology secured first and second position respectively. Ardra J. from II M.Sc. Zoology got third prize.



Bridge Course

The department conducted a bridge course from 25 October 2022 to 31 October 2022 for the first year UG students. The bridge course for the first year M.A Business Economics was conducted from 25 October 2022 to 26 October 2022. Bridge course was conducted for the core subject Economics and complementary subjects History and Sociology. Sessions helped the students to achieve a certain set of learning outcomes. They got familiarized with the facilities in the institution and the bridge course provided a platform for interaction between the teachers and students and to get acquainted with each other. It also helped to acquaint with the syllabus. Interactive session encouraged the students’ enthusiasm in learning the subjects since the course in Economics have great career opportunities.



Economics Association Inauguration and Morning Star Lecture Series

The inauguration of Economics Association was held on 2 November 2022. Mr. Justine George, Assistant Professor, St. Paul’s College, Kalamassery inaugurated Economics Association for the academic year 2022-23. The principal Dr. Sr. Rosily A.V. presided over the function. Ms. Anjana Das, Association Secretary delivered the vote of thanks. After the inauguration, Morning Star Lecture Series was held. Mr. Justine George delivered a lecture on the topic “The State of Inequality in India”. About 89 students from the P.G. Department of Economics participated in the programme.



National Constitution Day 2022 – Quiz Competition

As part of UN day celebration, P.G. Department of Economics conducted quiz competition on 25 November 2022. Students from different departments participated in this competition. Eleven teams including 22 participants attended the quiz competition. Dyuthipriya A.P. and Summaya T.P. from the Department of Commerce secured first prize. Nimisha Shaji and Sainaba V.S. from the Department of B.Voc got second prize and Vidhyalakshmi Krishnan and Rajeena from the Department of Economics secured third position.



CIAO -Retirement Party

PG Department of Economics organized the sent off function of Dr. Laisa Thomas, Head of the Department on 22 March 2023. As part of this a video presentation was held in which old students shared their experiences. Teachers and students from department of Economics felicitated on the occasion. Cultural programme presented by the staff and students made the event colourful. The programme was really memorable.

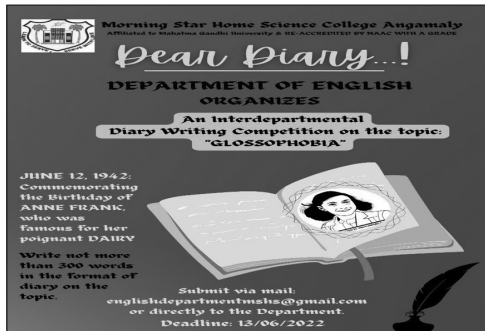


DEPARTMENT OF ENGLISH

JUNE 2022

Diary Writing Competition

On 12 June 2022, Department of English organised an inter-departmental Diary Writing Competition on the topic: "GLOSSOPHOBIA", commemorating the birthday of Anne Frank who was famous for her poignant diary. Tania Maria John of third year FCS bagged the first prize and Siva Lakshmi S. of second-year Chemistry secured the second prize in the competition.



Selfie Competition

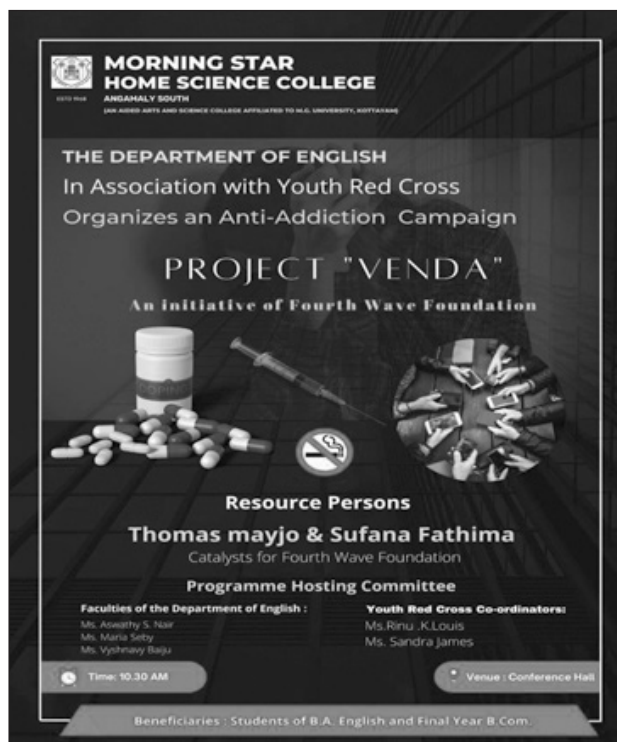
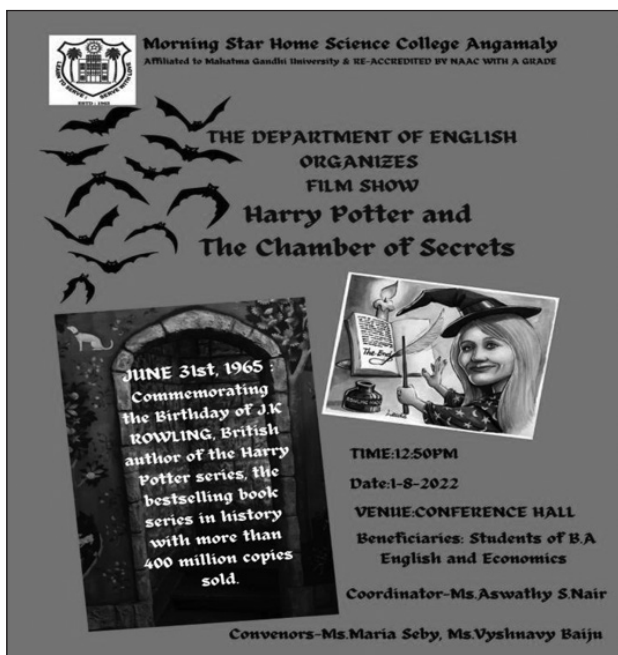
On 22 June 2022, Department of English organised an inter-departmental Selfie Competition, "RAW"-Resemble A Writer! In connection with International Selfie Day the students had to send a selfie resembling any writer of their choice. Sivani Binoj, Annmary Mattekkaatt, and Sruthi. M., second-year B.A. English students secured first, second, and third positions respectively in the competition.



AUGUST 2022

Film Show

On 1 August 2022, Department of English organized a film show, "Harry Potter and the Chamber of Secrets", commemorating the birthday of the famous British writer, J.K. Rowling. The film show was conducted at Conference Hall at 12.50 pm, and the students of second year B.A. English and second-year B.A. Economics were the beneficiaries.




Anti-Addiction Campaign

On 17 August 2022, an Anti-Addiction Campaign was organized by the department of English in association with Youth Red Cross and The Fourth Wave Foundation, as a part of their initiative Project 'Venda'. The Beneficiaries of the programme were the students of the department of English and the department of Commerce. It was held at the Conference Hall of the college, on 17 August 2022 at 10.30am.

SEPTEMBER 2022

Insert Punctuation Competition

On 26 September 2022, Department of English organized an interdepartmental Insert Punctuation Competition, in association with National Punctuation Day, at third B.A. English class room at 12.50 pm. 25 teams of 2 members each participated in the competition.

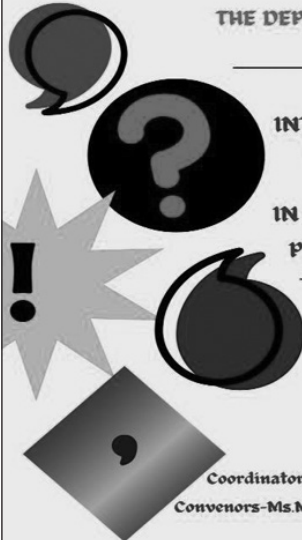
 Morning Star Home Science College Angamaly
Affiliated to Mahatma Gandhi University & RE-ACCREDITED BY
NAAC WITH A GRADE

**THE DEPARTMENT OF ENGLISH
ORGANIZES**

**AN
INTERDEPARTMENTAL
INSERT
PUNCTUATIONS
COMPETITION**

**IN ASSOCIATION WITH
NATIONAL
PUNCTUATION DAY**

Date: 26-09-2022
Time: 12:50pm
Venue: III B.A ENGLISH
CLASSROOM
Beneficiaries: Two Teams
from each Department
Coordinator- Ms. Aswathy S.Nair
Convenors- Ms. Maria Seby, Ms. Vyslmavy Baiju




The competition was held at third B. A. English classroom at 12.50 pm. A total of 33 students participated in the competition, out of which Akshaya K.O. of third B.A. English bagged the first prize, Jinimol P.J. of third B.Voc won the second prize and the third prize was shared by Anitta Maria Jomy of third B.A. English and Sreekutty K.R. of third B.voc.



OCTOBER 2022

Poetry Writing Competition

On 17 October 2022, Department of English in association with NSS unit no:58 conducted an inter-departmental Poetry Writing Competition, in connection with 'Lahari Muktha Keralam'.

 **MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**
Affiliated to Mahatma Gandhi University and Re-Accredited by NAAC with 'A' Grade

THE DEPARTMENT OF ENGLISH
in Association with
NSS Unit No: 58
Organises

POETRY WRITING COMPETITION


An Interdepartmental Competition in Connection with Lahari Muktha Keralam.

Date - 17.10.2022
Venue - III BA English
Time - 12.50 P.M.



Treasure Hunt Competition

On 31 October 2022, Department of English conducted a Treasure Hunt Competition, 'Mystery Trail', at 12.50 pm. Five teams consisting of five members participated in the competition. The team from the P.G. Department of Chemistry won the competition.

 Morning Star Home Science College Angamaly
Affiliated to Mahatma Gandhi University and
Re-Accredited by NAAC with A Grade.

THE DEPARTMENT OF ENGLISH
Presents

MYSTERY TRAIL

An Interdepartmental Competition in Association with MYTHS AND LEGENDS DAY

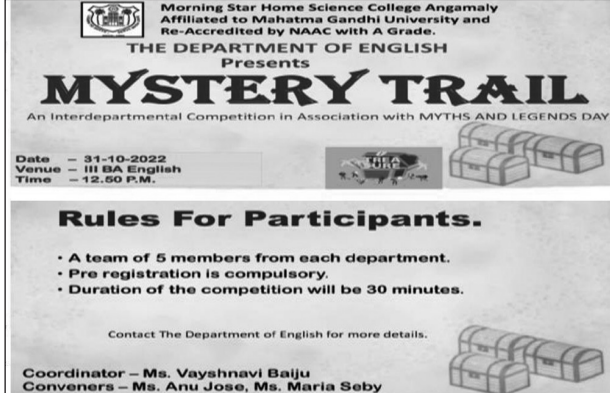
Date - 31-10-2022
Venue - III BA English
Time - 12.50 P.M.

Rules For Participants.

- A team of 5 members from each department.
- Pre registration is compulsory.
- Duration of the competition will be 30 minutes.

Contact The Department of English for more details.

Coordinator - Ms. Vayshnavi Baiju
Convenors - Ms. Anu Jose, Ms. Maria Seby





NOVEMBER 2022

Morning Star Lecture Series

Morning Star Home Science College Angamaly
Affiliated to Mahatma Gandhi University & RE-ACCREDITED BY
NAAC WITH A GRADE

THE DEPARTMENT OF ENGLISH
in Association with Literary Club
Organizes a Lecture Series
on Cultural Studies

Resource Person-

Sruthy Francis M
Assistant Professor,
St. Xavier's College for
Women, Aluva.

Staff Co-ordinators
Ms.Vyshnavy Baiju (HOD)
Ms.Maria Seby
Ms.Anu Jose
Ms.Anumol Paulose

TIME-10:00AM
DATE-18/11/22
VENUE-Conference Hall
BENEFICIARIES- B.A English
and Literary Club students

On 18 November 2022, Department of English in association with Literary Club organized a lecture series on “Cultural Studies.” Mrs. Sruthi Francis M, Assistant Professor, St. Xavier’s College for Women, Aluva was the resource person.



The students of BA English and the Literary Club members were the beneficiaries. The programme was held at Conference Hall at 10.00.A.M.



DECEMBER 2022

Get Lit-Literary Competitions

On 19 December 2022 and lasted till 23 December 2022, The Department of English in association with the Literary Club organised “Get Lit 2k22” Literary Competitions.

MORNING STAR HOME SCIENCE COLLEGE,
ANGAMALY SOUTH, RE-ACCREDITED BY NAAC WITH A GRADE

COMPETITIONS

- 'Best Leitora' on 19th Dec
- 'Westbound Air' on 20th Dec
- 'War of Words' on 21st Dec
- 'Jam' on 22nd Dec
- 'Bottle Flair' on 23rd Dec

THE DEPARTMENT OF ENGLISH
IN ASSOCIATION WITH LITERARY CLUB PRESENTS

GET LIT 2K22

Staff Co-ordinators
Ms.Vyshnavy Baiju (HOD)
Ms.Maria Seby
Ms.Anu Jose
Ms.Anumol Paulose

TIME:1:00PM-1:30PM
DATE:19/12/22 - 23/12/22

Study Tour

On 23 and 24 February 2023, The department organised a study tour for the final year UG students. The tour was to Kanthalloor and Marayur.



March 2023

SEMINAR ON “GLOBAL CAREER OPPORTUNITIES”



Orion Study Abroad
in association with The
Department of English
organises a Seminar on
Global Career Opportunities

Meet your career experts
on March 3, 2023 @ 10AM

- Detailed Explanation on International Courses
- Overview on Countries Providing Excellent Job Opportunities

Morning Star College, Angamaly

Orion Study Abroad

+91 97475 06683
+91 88482 91612
+91 80752 95383

On 3 March 2023, The Department of English in association with Orion Study Abroad organised a Seminar on “Global Career Opportunities”. The seminar was held in Conference Hall at 10 am. The students of the Department of English and the Second UG students of the Department of Commerce were the beneficiaries.



DEPARTMENT OF COMMERCE

“The objective of education is to prepare the young to educate themselves throughout their lives”
- Robert M Hutchins

Keeping this noble notion in mind, the department initiated the activities for the academic year 2022-23.

Webinar on Bailment and Pledge

On 19 June 2022 a webinar was organized by the Department of Commerce on the topic “Bailment and Pledge”. The resource person was Ms. Jessil George an Alumnus of the department. Webinar was attended by 40 students from first year B. Com.

Business Quiz -Observance of MSME Day

Department of Commerce organised a business quiz as part of the observance of MSME day on 27 July 2022. The quiz was in MCQ mode. Nandhana N.K. of III B.com won the first prize, Sona P L of III B.com won the second prize and Julia Avarachan of II Msc Physics won the third prize.



India Student Leadership Conference

The final year B.Com students pursuing CMA were taken to the India Student Leadership Conference organised by IMA and Institute of Skill development Corporation (ISDC). The programme was aimed to educate the students about the emerging opportunities available for a CMA graduates around the world. The programme provided an opportunity for the students to interact with eminent personalities. The programme was conducted on 21 July 2022 at Holiday Inn Kochi. A group of 24 students attended the programme, faculty member Dr.Rashmi M. B. accompanied the students.



Lecture on Research Methodology

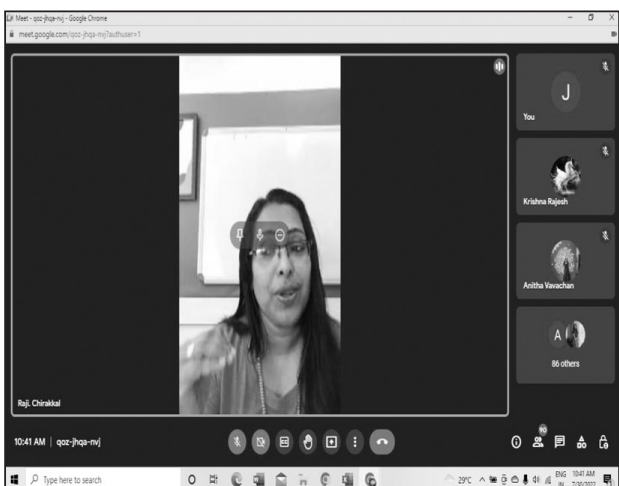
Department of Commerce conducted a research orientation class for the final year B.Com students, who have to undertake a project work as part of the course curriculum. The lecture detailed about the importance of having a

structured plan for carrying out research project work. The lecture stressed on topics like idea or topic selection, methodology to be adopted for study, style of report writing etc. The resource person for the programme was Dr. Rashmi M.B, Assistant Professor, Morning Star Home Science College. A total of 63 students benefitted from the programme.



Workshop on Business Model Canvas – How to value start up

A Workshop session jointly organised by Department of Commerce & Institution’s Innovation Council on the topic “Business Model Canvas: How to value start-up” was held on 30 July 2022 through Google meet by Ms. Raji C Highrich National Promoter & Sapphier Rank Achiver. The programme was well-received by almost 90 participants of B.Com students.



Onam Celebration

On 1 September, 2022 the department organized Onam celebration. Various programmes and games were arranged on the

day. The department also arranged Onam Sadya for the students.



Freshers’ Day Celebration

The department welcomed the new batch of first year students by organizing a Fresher’s Day Party. The final year B.com students organized the programme. The programme was conducted on 17 October 2022.



6 days Training Programme on Employability Skills

The career guidance cell in association with department of commerce organised a six days training programme for final year B.com students, which commenced from 25 October 2022 to 31 October 2022. A total of 64 students attended the programme. The programme dealt with enhancing life skills, soft skills, interview skills, communication skills and presentation skills. The resource person for the event was Ms. Rajeshwati K.V. faculty member for Employability Skills from Mahindra Pride Classroom. The programme was very well received by the students.



Speech Competition on Impact of Drug Abuse

Department of Commerce in association with NSS organised a Speech Competition on the topic “Impact of Drug Abuse” on 27 October 2022. The students were provided an opportunity to freely express their views on the topic. Very tough competition was conducted among the participants. The first prize was won by Jinimol PJ of III B.Voc, second prize was won by Rakhi K Ravi of III B.Voc and the third prize was won by Dyuthipriya of I Bcom.



International Accounting Day Celebration

Department of commerce organized a quiz and PPT presentation as part of International Accounting Day Celebration on 11 November 2022. The final year students began the programme with a PPT presentation on the history of Accounting. It was followed by a quiz competition on the relevant topics in finance and accounting. Representatives from each class in B.com participated in the quiz and final year students were the winners.



GST Orientation Class

Department of commerce organized a Career orientation class on Goods and Service Tax(GST) on 7 December 2022 for B.com Ist year students. The programme aimed to familiarise the students to the diploma in GST course as an add on certificate course in their programme. Mr. Omanakuttan, Director at Tax study centre was the resource person for the programme. He explained in detail about the benefits of the course offered and the opportunities available for a GST practitioner.



Counselling Class

Department of commerce organized a counselling class for the first year students to overcome their various peer pressures like drug abuse, love affairs etc. The session was handled by Sr. Arpita, Head, St. Jude Home Science Institute and Family Counselling Centre, Angamaly. The programme was very well received by students as they were free to discuss their anxieties and apprehensions which relieved them of lot of stress. The session also helped the students to better concentrate in their studies.



Observance of Divyangjan Day

The world disability day is celebrated on December 3 worldwide. In connection with this the ‘Divyangjan Committee’ in association with department of Commerce organised a programme on observing the importance of ‘Divyangjan Day’ on 20 December 2022. The department of commerce is blessed with such a student who is immensely talented and confident. Ms. Angel Rose Johnson, though physically challenged, has immense potential for excellence. She took a small session on the topic ‘Importance of self confidence’ along with a PPT presentation. The programme was a real booster of confidence for all the students, it was well appreciated by everyone.



Awareness Programme on Back to Ink-Gimme a break

Department of commerce introduced the “Back to Ink” campaign in the college campus in the year 2016, since then the department collects used plastics pens from the students and provide it to a recycling centre named Niravu. The programme was very well appreciated by students and staff alike. The programme had to be stopped abruptly due the pandemic from the year 2019. The programme was reintroduced and relaunched on 23 December 2022 to make the new entrants aware about the functioning of such an initiative in the college.



Christmas Celebration

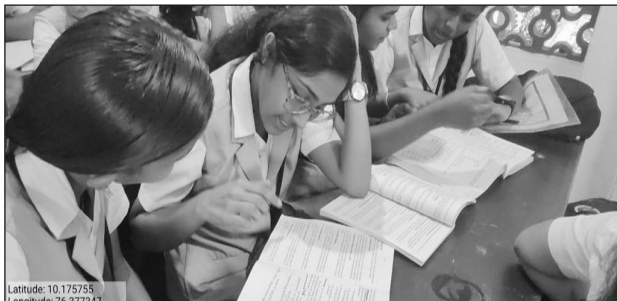
On 23 December 2022, the department organised Christmas celebration. Various programmes were arranged on this day. Cake cutting was organized and distributed to students.



Peer Learning

The department provides an opportunity for the students to learn among themselves. This approach has been named as peer learning. The students are divided into groups and are free to discuss topics of their study from the curriculum.

This student centric method of learning helps the students to interact among themselves and clear various doubts about a subject or topic. It is a very effective method of learning as students get an opportunity to learn from their peers. Peer learning also helps the students in learning the skill of teaching and also promotes cooperation and discipline among students.



Cross Learning/ Interactive Learning

The department provides an opportunity for the advanced learners i.e. students who are toppers in a subject and are capable of learning concepts faster to share their knowledge and expertise with the students of lower divisions i.e. junior classes. This provides an opportunity for the advanced learners to share their knowledge with a wider audience and also improve their teaching skills. It also helps to boost the confidence level of the advanced learners and thereby help them emerge as future academicians and trainers.



Career Guidance Class

Career Guidance Session for final year students were given by Easy link Academy on 27 January 2023. Mr. Sony Akkara(International Certified Career Coach), Mrs. Deepa Dan George (General Manager, Eazylink Academy, Kochi)

and Mr. Rossan Ray Joshua (Senior Manager, International Education division) were the resource person for the event.



Lecture Series- ‘Accounting For the Future- ACCA a global career option’

The department conducted lecture series for the first-year students on “Accounting for the Future – ACCA a global career option”. The programme was conducted on 31 January 2023, by Mr. Arjun Raj, Business development Manager ISDC. The programme provided an insight about ACCA course and how it can emerge a global career option for the students.



Participation in Eunoia Carnival

The students of department of commerce took part in ‘Eunoia- Carnival’ organised by MG University on 17 February 2023. The programme consisted of medical exhibition, film festival and various seminars. Ms. Jyothi Maria Johny, Assistant Professor department of commerce accompanied the students.



National Voters Day Observance

As part of National Voters Day on 25 January 2023, the various electoral literacy clubs in the district were honored by Electoral Registration office, Aluva. Dr. Rashmi M.B. club coordinator and two students from the department took part in the programme. Certificate of appreciation and memento was received.



Awareness Class by Institute of Certified Accountants

The department of commerce in association with Institute of Certified Accountants (ICA) organised an awareness class for IIIrd year B.com students on the various programmes offered by the institute on 7 February 2023. The programme was benefitted by 63 students.



All Kerala Best Manager Contest 2022-23

The department of commerce in association with Global Institute of Integral Management Studies (GIIMS) organised "All Kerala Best Manager Contest 2022-23" for final year B.Com students. The best manager contest was conducted at the college level and Ms. Bhanu Krishna V G emerged as the winner of the programme. Mr. Ravi R Kamath General Manager, GIIMS presided the programme. The programme was conducted on 9 February 2023.



'Techspectation' Conference

The students of the department took part in 'Techspectation' conference at Le Meridian, Kochi on 17 February 2023. The programme was jointly organised by Manorama online and ISDC, Ms Mariam Mammen Mathew CEO of Manorama Online took part in the event. Ms. K S Jwalini accompanied the students.



Awareness Class on Digital Workforce Management System

Awareness class on digital workforce management system was conducted for III year degree and PG students. The resource person for the event was Dr. Minimol Xavier, Faculty, Department of Commerce and certified Career counsellor and Associate Lifologist of KKEM.



National Seminar on ‘Capacity Building & Skill Enhancement’

The students of department of commerce took part in the National Seminar on ‘Capacity Building & Skill Enhancement Program’ organized by IQAC on 20 February 2023. Dr. N. K Chitra, Dr. M Sumetha and Dr. R. Marie Sheila were the resource person for the programme.

Poster Designing Competition

Department of commerce in association with consumer protection club organized a Poster Designing Competition on 23 February 2023 as an interdepartmental competition. A total of 8 students participated in the programme.

Class on ‘Family Budget’ for Kudumbasree members

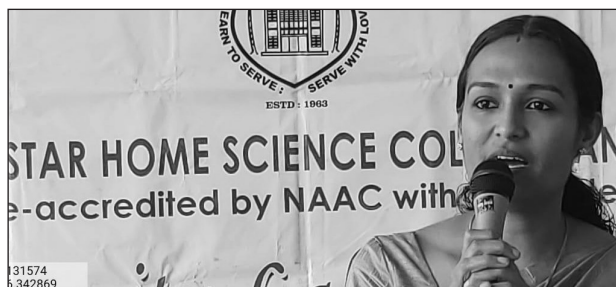


Kudumbasree unit organized their ADS Annual Meet on 26 February 2023 at Morning Star Home Science College, Anagamaly. A class for the unit members on ‘Family Budget: Basics for Mothers’ was taken by Ms. K S Jwalini, Assistant Professor, Department of commerce.



Community Lab Programme

As part of the community lab programme, the department organized an awareness class for kudumbasree members of Aluva, Desom unit on the ‘Need and Importance of Personal Finance Mangement’. The class was taken by Dr. Rashmi M.B. Assistant professor Department of Commerce.



Excursion

Excursion for final year students to Dhandeli, in the state of Karnataka had been arranged from 2 March 2023 to 5 March 2023. A total of 37 students took part in the event.



Additional courses offered by the department

The additional courses offered by the department in the academic year 2022-23 are listed below:

Sl. No.	Description	No. of students registered
1.	Diploma in practical accounting and tax practice (DPATP)	37
2.	Association of Chartered Certified Accountants (ACCA)	7

On 19 June 2022 a webinar was organized by the Department of Commerce.

Publications

1. Ms. Jyothi Maria Johny published a paper on “Price Discovery of Indian Equity Futures” in the journal Finance India, June 2022 Edition.
2. Dr. Rashmi M.B published a paper titled “ A review on Relation between Environmental Performance with Firm Performance and its various impacts” in the UGC- care listed journal Novyi Mir Research Journal, vol8, Issue 1, January 2023.

Achievements

1. Ms. Ann mariya C A won first prize in Kho-Kho MG University competition conducted at BPC college, Piravom.
2. Ms. Aneetta Polachan was selected as best NSS camper.
3. Ms. Anju Babu won second prize in role play competition conducted by NSS and B.Voc department.
4. Ms. Megha rose davis won first prize in Kho-kho department wise competition conducted at MSHSC, Angamaly.
5. Ms. Megha Rose Davis won second prize in role play competition conducted by NSS and B.Voc department.
6. Ms. Lakshmi K B won second prize in role play competition conducted by NSS and B.Voc department.
7. Ms. Ashna Fathima Shabeer won first prize in Kho- kho department wise competition conducted at MSHSC, Angamaly.
8. Ms. Dyuthipriya won first prize in quiz competition on constitution organized by economics department.
9. Ms. Dyuthipriya won third prize in speech on drug abuse conducted by NSS and commerce department.
10. Ms. Aleena Johnson won first prize in Kho-kho department wise competition conducted at MSHSC, Angamaly.
11. Ms. Aleena Johnson won second prize in role play competition conducted by NSS and B.voc department.
12. Ms. Ann Joy won first prize in Carol song competition conducted by college union.
13. Ms. Niranjana K R won second prize in role play competition conducted by NSS and B.voc department.
14. Ms. Athira Suresh won second prize in role play competition conducted by NSS and B.voc department.
15. Ms. Anna PP won first prize in arm wrestling conducted by Physical education department MSHSC, angamaly.
16. Ms. Aswathy Sathyan won second prize in role play competition conducted by NSS and B.voc department.
17. Ms. Anjana Stalin C won first prize in Carol song competition conducted by college union.
18. Ms. Athira P V won first prize in Carol song competition conducted by college union.
19. Ms. Summaya T S won first prize in quiz competition on constitution organized by economics department.

DEPARTMENT OF B.VOC APPLIED ACCOUNTING AND TAXATION

WORLD ENVIRONMENT DAY 2022

The Department of B.Voc. Applied Accounting and Taxation celebrated the World Environment Day on 5 June 2022. The celebration marked its beginning by planting tree saplings by students. The main purpose of the celebration was to spread awareness about the need to protect the environment and the way to do it. The students of the department made posters on environment day on the theme “ONLY ONE EARTH”.



INTERNSHIP-SINGING OF MOU

On 8 August 2022 the Department of B.Voc. conducted an internship program on Quarterly Financial Statement Preparation using Tally for the students. As part of internship our beloved principal Rev. Dr. Sr. Rosily A.V sang the MOU with Campuzone, Angamaly.



ADD ON COURSE-LA LA LANGUAGE

On 8 August 2022 the Department of B.Voc. conducted 10 days of communicative English training for second year B. Voc. students. The classes were taken by Ms. Sandhya T C, Academic Counselor, Campuzone.



INTERNSHIP

As part of curriculum the students of first year B.Voc. Applied Accounting and Taxation had undergone four week internship on quarterly financial statement in tally ERP9 at M P W & Associates, Angamaly.



The students were familiarized with the overall finance and accounting practice maintained by P W & Associates, Angamaly. The final year students had undergone one month internship on GST Consultancy services at Joy Sebastian&Co,Chartered Accountant Angamaly.



WELCOMING DEPARTMENT FRESHERS

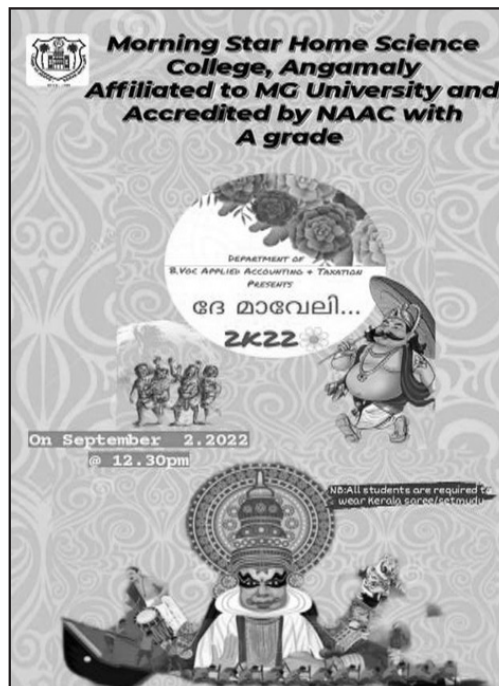
On 1 September 2022, the first year students were given welcome by the second and third year students of the department.



ONAM CELEBRATION

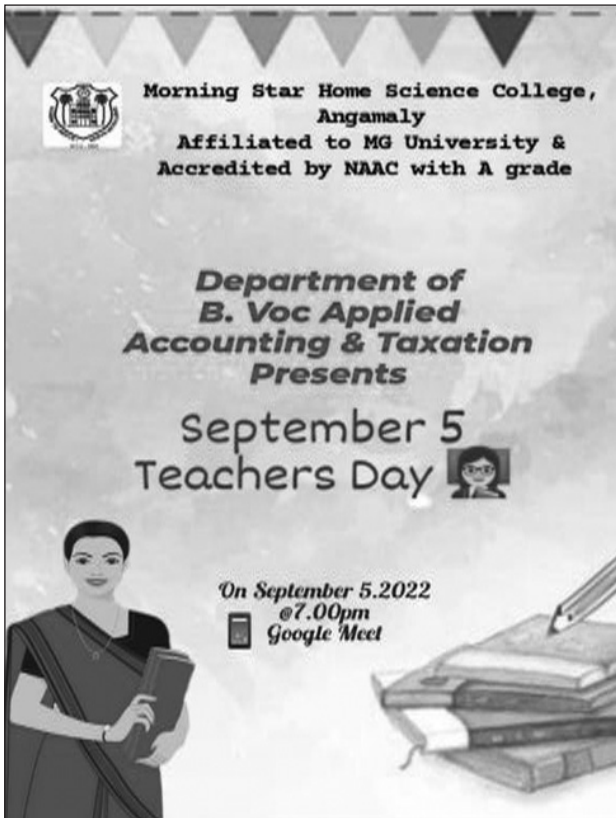


All students and staff of the Department celebrated Onam on 2 September 2022. The faculty of the Department delivered the onam message. Students presented different cultural programmes which was followed by onasadhya.



TEACHERS DAY CELEBRATION

Teacher's day was celebrated virtually on 5 September 2022 via Google meet at 7.00 pm. The meet started when a small speech was given by the class leader, Rakhi K Ravi, where she explained the importance of teachers and how teachers are the builders of nation. A video compilation of photos of teachers was played followed by many cultural performances by students. After that bolly quiz was arranged for the teachers.



CERTIFICATE DISTRIBUTION CEREMONY



After the completion of internship program, the certificate distribution ceremony was organized on 7 October 2022 in the college seminar hall at 11.30 am. The program was presided by the college principal Dr. Sr. Rosily A V. Mr. Wilson M P, senior C A, MPW Associates spoke about the recent changes and importance of internship.



FRESHERS DAY

First year students of B.Voc Department were given welcome on 17 October 2022. The venue was III B.Voc. class. Ms. Sana Nazrin M S II B.Voc delivered the welcome speech. HOD, Department of B.Voc presided over the function.





TALENTS DAY

The first year students actively participated in talents day programme held on 21 october 2022. Students were also given an opportunity to exhibit their handicraft works.



COLLEGE UNION ELECTION

In College Union Election on 29 November 2022 our students Ms. Nandana K N and Ms. Aswathy Rajan were elected as Arts Club Secretary and UUC respectively.

ROLE PLAY COMPETITION



As part of antidrugs campaigning the Department of B.Voc organized role play competition in association with NSS Unit on 28 October 2022 at III B.Voc class. B.Voc students secured first prize in the competition.





COMMUNITY LAB

Department of B. Voc. organized a workshop on IT and Community Development for kudumbasree members, Nedumbassery panchayat on 13 November 2022.



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

COMMUNITY LAB
Department of B.Voc
Organizes
Workshop on
IT and Community Development
for kudumbasree members

Resource Person
Ms.Siya P B
Assistant professor
Department of B.Voc
Morning Star Home science college,
Angamaly



Venue: Nedumbassery Panchayat
Time: 2:30 pm
Date: 13/11/2022

Co-ordinators
Dr.Sr. Rosily A V (Principal)
Ms. Soumya Alias (HOD)
Ms.Dhanya C X (faculty)
Ms.Nisha Gopalan (faculty)

The programme was an enlightening one which promotes empowerment of kudumbasree members. The session was led by Ms.Siya P B, faculty of Department of B. Voc.



CHRISTMAS CELEBRATION

Winter Wingding 2K22 was celebrated on 23 December 2022. All faculty members of the Department of B.Voc delivered the Christmas message.




All the students had brought Christmas gifts for their friends. This ceremony of choosing a Christmas friend and exchanging gifts is promoted in order to inculcate the mentality of sharing among the students. Then cultural programmes started with the prayers to almighty. Some students sang Christmas Carols.





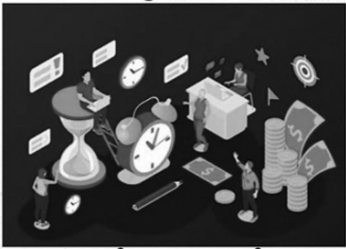
NATIONAL PRODUCTIVITY DAY

The Department celebrated “write a caption” competition. The objective of the national productivity day is to learn how to increase their productivity and to raise awareness about the importance of improving quality, efficiency and competitiveness in all areas of the Indian economy.

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

Department of B.Voc Applied Accounting and Taxation

National Productivity Day 2023



Write a caption.....
Last date: 16/2/2023
Word limit : 15
Send via bvocmshsc@gmail.com

Principal:
Dr.Sr.Rosily A.V

Staff Co-ordinators :
Ms.Soumya Alias
Ms.Dhanya C.X
Ms.Nisha Gopalan
Sr.Julie Therese

SEMINAR ON GEARING UP WITH GST

The Department organized one day seminar for the students on the topic “Gearing Upwith GST” on 24 February 2023.The session was led by Ms. Jessil George. Assistant Professor, PG Department of Commerce, KMM College of Arts and Science, Thrikkakara.

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

Department of B.Voc Applied Accounting and Taxation
Organizes

Seminar on Gearing Up With GST

Resource person



Ms.Jessil George
Assistant professor
PG Department of Commerce
KMM College of Arts and Science,Thrikkakara

24 February 2023 **Time:10 Am**
Venue: Conference Hall

Principal
Dr.Sr.Rosily A.V

Beneficiaries: B.Voc Students

Staff Co-ordinators:
Ms.Soumya Alias
Ms.Dhanya C.X
Ms.Nisha Gopalan
Sr.Julie Therese
Ms.Sonia Babu



STUDY TOUR

A three day tour programme to Dandeli and Malpe, was organised by the department for the students of III B.Voc from 2 to 5 March 2023, to get exposed with the nature as well as to acquaint the places of heritage and historical relevance.



ACHIEVEMENTS

Our students secured third position in sports meet organized by Department of Physical Education. As part of antidrugs campaign the various Departments organized competitions in association with NSS Unit and B.Voc students secured first, second and third prize.

FAREWELL

The first batch of undergraduate students of B.Voc Department was given farewell on 21 March 2023. The students shared their experience and memories. Several entertainment programmes and games were conducted for the students.



SEMINAR ON RESEARCH METHODOLOGY

Department of B.Voc organised a seminar on the topic “An Introduction to Research Methodology” for B.Voc students on 31 March 2023. The main objective of the programme is to enable the students define research problem, develop the right approach to research problem and selection of suitable research design. Sr. Juli therese, faculty, Department of B.Voc was the resource person. The session was very interesting for students which encouraged them to read, comprehend and explain research articles in their academic discipline.



Learning gives creativity, creativity leads to thinking. Thinking provides knowledge, knowledge makes you great. Learn to serve, serve with love.....

DEPARTMENT OF PHYSICAL EDUCATION

MAJOR ACHIEVEMENTS

NATIONAL LEVEL

- Thasleena T K and Aryananda T -Secured Gold Medal in 35th Senior National (Women's -500 Kg) Tug of War Championship 2022 held at Kurukshetra, Haryana.
- Rehana A R - participated in National Senior classic powerlifting championship 2022 held at Bhadravati, Maharashtra 12/10/2022-16/10/2022.
- Revathy Krishna M - participated in the 36th National Games Kho-Kho championship from 30th to 4th October 2022 held at Gujarat.
- Aleena Jose –won Gold Medal in All India Senior National Beach Tug of War Championship held at Shiroda , Maharashtra from 28-05-2022 to 30-05-2022.
- Thasleena T K - Secured Gold Medal in 17th Senior Federation Cup National (Mixed -580Kg) Tug of War Championship 2023 held at Panchkula,Haryana.
- Adithya S.- Participated in the 55th Senior National Kho Kho championship (men & women) from 20 to 24 November 2022 held at Shri Tuljabhavani district sports complex, Osmanabad, Maharashtra .
- Aryananda T and Thasleena T K - Secured Gold Medal in 17th Senior Federation Cup National (Women's -500 Kg) Tug of War Championship 2023 held at Panchkula, Haryana.

ALL INDIA INTER UNIVERSITY LEVEL

- Amalu James participated in All India Inter University fencing championship, held at

Jammu University from December 20 to 23, 2022.



- Nandhana Shibu, Dhanya D, Ganga C S, Krishna Priya B.S., Revathy Krishna M, Adithya S & Afnitha C Rafeek participated in the Inter University Kho - Kho Championship held at Alliance University Bangalore from 23 to 26 January 2023.



- Aradhana Saji &Aryananda T participated in the All India InterUniversity Mixed Tug of War Championship held at Jaipur University from January 14 to 17, 2023.
- Rehana A R, Vidhya Viswambaran P., Sreya P. S & Babitha M Babu participated in the All India Inter University Powerlifting championship held at Himachal Pradesh from 09-03-2023 to 12-03-2023.



- Vidhyalakshmi Krishnan & Mildamol Binoy participated in the All India Inter University Yoga Championship.



- Devika Dinesh, R Vigila, Archana Saji, Aradhana Saji, Devika M. R, Parvathy Nadhana & Arya Nadhana secured bronze medal in the All India Inter University Beach Tug of War Championship held at AMET University Chennai, Tamilnadu.
- Abina George and Devika Dinesh secured bronze medal in the All India Inter University Indoor Tug of War Championship held at AMET University Chennai, Tamil Nadu from 2nd to 5th April 2023.
- Arathy Babu, R Vigila and Archana Saji secured bronze medal in the All India Inter University Outdoor Tug of War Championship held at AMET University Chennai, Tamil Nadu from 2nd to 5th April 2023.

STATE LEVEL

The 50th All Kerala Senior State Kho Kho Championship was held at Valavannur Stadium, Thuvvakkad, Malappuram from 29 to 30 October, 2022. 5 Players from the college participated & secured medals. Krishna Priya B.S,

Revathy Krishna M, Adithya S, Dhanya D & Nandhana Shibusecured Bronze Medals.

R Vijila, Aleena Jose, Devika Dinesh, Thasleena T. K And Arya Nadhana participated In Kerala Senior Beach Tug Of War Championship held at Kanhangad Kasaragod on 16-05-2022.

All Kerala Junior Equipped Powerlifting Championship was held at Trivandrum from 29-05-2022 to 30-05-2022. 9 Players from the college participated and the following students secured Medals in various categories .

- Vidya Viswambaran P - 52 kg - Bronze Medal
- Anupama P P - 43 Kg - Bronze Medal
- Anju Martin - 76 Kg - Bronze Medal
- Devika Dinesh - 84 Kg - Bronze Medal

Morning Star Home Science College was Runner Up in All Kerala Senior Tug of war championship held at Palakkad on 17/07/2022. Medal winners are - Thasleena T. K (Captain), Devika M. R, Aryanadha T, Parvathy Nandhana, Devika Dinesh, Aleena Joshy, Karthika Gopakumar, R Vijila & Arathy Babu.

All Kerala Sub Junior , Junior and Senior (Men and Women) State Classic Powerlifting Championship was held at Pallath Raman Memorial Hall, Fort Kochi on 31-07-2022. The following players secured various medals in different categories.

- Sandra Santhosh - 47kg - Gold Medal
- Amalu James - 63kg - Gold Medal
- Rehana A R - 76 kg - Gold Medal
- Anupama P P - 47 kg - Silver Medal
- Vidhya Viswambaran P - 52 kg - Silver Medal
- Athulyamol P L - 63kg - Silver Medal
- Babitha M Babu - 69kg - Silver Medal
- Anju Martin - 69 kg- Bronze Medal

UNIVERSITY LEVEL

1. M.G University Tug of War championship held at Morning Star Home Science College, Angamaly from 16/12/2022 to 17/12/2022.

The college secured the champions trophy in the women's category.



2. Morning Star Home Science College secured champions title in the M.G University Kho-Kho championship held at BPC College, Piravom from 3 to 4 January, 2023.



3. M.G University Yoga Championship was held at St. Teresa's College Kochi on 10-10-2022. The college won the champions trophy in the women's category with 6 gold medals.



4. M.G University Fencing Championship was held at Catholicate College, Pathanamthitta from November 1 to 2, 2022. MSHSC secured Runner up position in the women's category and Sabre Team won 4 Gold Medals, Epee Team won 4 Bronze Medals & Sabre Individual won 1 Bronze Medal.

5. M.G University Powerlifting Championship was held at Newman college, Thodupuzha from 23/01/2023 to 24/01/2023. MSHSC secured 2 Gold, 3 Silver and 3 Bronze medals and overall first position in the women category.



DISTRICT LEVEL

Morning Star Home Science College secured first position in District Kho-Kho and Tug of War (Junior & Senior) championships.

EXTENSION ACTIVITY - COME LET'S PLAY

Come Let's Play scheme, initiated in 2017 was aimed at providing training in various sports for school children and college students under the scheme. Under this scheme, the department conducted training camps in Yoga, Kho Kho and Tug of War preparing students for inter-university, and state level competitions. Many male and female athletes from different parts of Kerala weretrained at Morning Star College under the best coaches and won many medals for Kerala and Mahatma Gandhi University.

UNIVERSITY LEVEL COMPETITION ORGANIZED

Tug of War University Competition- Mahatma Gandhi University Men & Women Tug of War competition was held at Morning Star College on December 16 & 17, 2022. About 380 athletes from various colleges under the University participated in the two-day competition. In the women's category Morning Star College came first, Pavanatma College, Murickassery came second, Newman College Thodupuzha came third and Sree Sankara Vidyapeetom college,

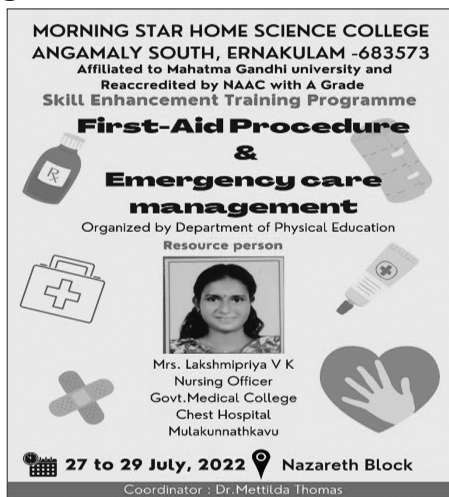


DAY OBSERVED

International yoga day was celebrated in association with the NSS unit on 21 June, 2022 at multi-purpose court in the morning with various pranayama, asanas and meditation. Principal-Dr. Rosily A V inaugurated the programme, staff secretary - Ms. Neenu Mary Thomas and NSS programme officers delivered speeches during the programme.

SKILL ENHANCEMENT TRAINING PROGRAMME

1. First Aid Procedure & Emergency Care Management



Angamaly : From 27 July, 2022 to 29 July 2022 Department of Physical Education organized 3 Days Training Programme on First Aid Procedure and Emergency Care Management at Nazareth Block, Morning Star Home Science College . The Resource Person of the Programme was Mrs. Lakshmi Priya V K, Nursing Officer Govt Medical College, Mulakunnathkavu, Thrissur. Around 50 Students Participated in the programme .

The Topics Covered Was

- Snake Bite & Management
- Dog Bite & Management
- Drowning & Management
- Cuts and Wounds - Management
- Sports Injuries & Management - Sprain, Strain , Dislocation & Spinal Cord Injuries
- CPR Training for Adults and Infants.

The Sessions were very useful for all the students and they cleared all doubts regarding the first aid management.

2. Yoga And Mindfulness Training Programme for College Students

Angamaly :From 10 to 12 August, 2022 department of physical education organized a second skill enhancement programme on yoga and mindfulness training programme for college students. The resource person for the programme was Ms. Anjaly Jose (NSQF level 4 yoga Instructor and All Inter university yoga Player), she conducted both theory and practical classes at yoga hall , Nazareth block . She gave training on basic asanas and pranayama to the students. 50 students participated in the three days training programme.

CERTIFICATE COURSES

Department conducted 2 different certificate courses during the academic year. The courses were Basic Certificate Course in Yoga & Basic Course in Health and Fitness.

Green Kerala

HOLIDAYS

ANGAMALY

- ▶ STUDENTS TOUR PACKAGES
- ▶ PILGRIM TOUR PACKAGES
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Co - curricular Activities

SPORTS AND FITNESS CLUB

INTRAMURAL COMPETITIONS

Sports and Fitness Club organized various competitions this year. The details are as follows:- Interdepartmental Yoga Competition on 10-06-2022, Venue: Mother Terracotta Hall. 64 students from various departments participated in the event. The First Position was secured by the Department of Commerce followed by the Department of Home Science and the Department of Zoology. The Individual Champion was Devika M J (M.Sc Home Science), Runner Up, Aneesha K J (B.Sc Home Science) and the Third Position was shared by Adithya S (B A Economics) & Lintu Shaju (B.Com).



The Club conducted Interdepartmental Cricket competition from 10/08/2022 to 17/08/2022 at college ground. 80 students from various departments participated in the tournament. The first position was secured by the Department of Chemistry followed by the Department of Economics and Department of Commerce.



Interdepartmental Armwrestling championship was held on 22/11/2022 at Mother Terecitta Hall from 3:30 pm to 4:30 pm. The weight categories for the competition were 45kg, 50kg, 55kg,65kg and above 65kg. Department of Commerce was the winners followed by the Department of Zoology and the Department of Home Science.



Interdepartmental Kho-Kho competition was held from 05/12/2022 to 12/12/2022 at college Kho-Kho court. 120 students participated in the knockout tournament. Department of Commerce was the winners followed by the Department of Zoology and the Department of Home Science.



The Annual Athletic Meet was organized on 14th March 2023 at college ground in various track and field events. 150 students participated in various athletic events. With a score of 113 points, the Department of Economics secured the overall champions trophy and the runner-up trophy was secured by the Department of Home Science with a score of 77 points.

COLLEGE UNION ACTIVITIES

FEAST DAY CELEBRATION

The feast day of Saint Rosa of Lima, the saint after whom our dearest principal Dr. Sr. Rosily A. V is named, was celebrated on 23 August 2022 in the college auditorium. The day's functions began with a prayer song by Ms. Durga S Kamath followed by the welcome speech of the college union chairperson Ms. Anagha Sabu. Felicitations were offered by Mrs. Neenu Mary Thomas, staff secretary and Ms. Nehla C Mohammed Rafi, student representative. After that, cake cutting ceremony was held. Entertainment programs by all the departments took place later on. The programme came to an end with a vote of thanks by magazine editor, Ms. Nandhana N.K.



KERALA PIRAVI DAY

Kerala Piravi Day celebrations were held at college auditorium on 1 November 2022. The College union magazine editor Ms. Nandana N. K. welcomed the gathering. Principal Dr. Sr. Rosily A. V. felicitated the function and Sr. Jessy K. P., Assistant Professor, Department of Languages delivered the Onam message. Various cultural events were also presented. A speech competition regarding Kerala Piravi Day was organized, in which Sr. Anju Devassy, I B. Sc. Zoology, Rosmy Wilson, 3rd Chemistry, Jinimol P. J., 3rd B. Voc. Secured 1st, 2nd and 3rd prize respectively.



ONAM CELEBRATION

Onam Celebration was organized on 2 September 2022. Onam message was delivered by Principal, Dr. Sr. Rosily A. V. and union chairperson Ms. Anagha Sabu. Various entertainment events were also conducted like Pookkalam, Thiruvathira, Tug of War, Malayali Manga competition etc...



TALENTS DAY-THALAM

Talents day - Thalam was conducted on 21 October 2022 @ college auditorium. Talents day message was given by Dr. Lizmitha Godwin, Head of the Department of Home Science. Department of Economics bagged first place, followed by department of Zoology and Commerce in second place and department of B.Voc. in 3rd place.



LOVE FOR FOOTBALL

Morning Star Home Science College organized “Love for Football” on 12 December 2022 at the college sports ground. “Love For Football” was a Mathrubhumi initiative in association with “Club F.M 94.3” and “Enchanteur” as a promotional event for FIFA World Cup Qatar 2022. The event was conducted from 12 December 2022 to 15 December 2022. This event was exclusively dedicated for women. The highlight of the programme was for the students to cast a goal.



ANTIDRUG PROGRAMME

College union took initiative against drug abuse by performing OttanThullal to create awareness on the ill effects of drugs. Ottan Thullal was performed by Nandana Babu and Kasi Krishnan on 9 November 2022.



College Union Election

College union election was conducted on 29 November 2023. Presiding officer was Ms. K. Leena Joseph, HOD, Department of Zoology. Members of College Union 2022-23 are as follows.

- Leona Rose Joseph - Chair Person
- Safiya A. T. F. - Vice Chair person

- Aneeta Polachan - General Secretary
- Anagha Sabu - UUC
- Aswathy Rajan - UUC
- Nandana K. N. - Fine Arts Secretary
- Abina George - Sports Secretary
- Gopika Martin - Magazine Editor
- Lijamol Sinu - I UG Representative
- Cladveena Pereira - II UG Representative
- Nandhana N. K. - III UG Representative
- Sandra Biju - I PG Representative
- Nannoor Beegom - II PG Representative



OATH TAKING CEREMONY

Morning Star Home Science College organized the Oath Taking Ceremony for the newly elected members of the college union on 13 December 2022 at the college auditorium. The function began by 11:00 AM with the official introduction of the union members to everyone in the college. Principal Dr. Sr. Rosily in her presidential address congratulated the new union members. Principal administered Oath to the newly elected union members. The college union chairperson Ms. Leona Rose Joseph proposed her acceptance speech.



MOVIE PROMOTION

College union organized movie promotion of “Javanum Mullapooovum” on 22 December 2022 at the college auditorium. The day’s function began by 10:00 AM where the guests of honour, Actress – S shivada of the movie “Javanum Mullapooovum” Director – Raghu Menon, Producer – Vinod Unnithan , Actor – Sumesh Chandran, were taken to the auditorium with “chenda melam”.



The official programme began with a prayer song by Ms. Durga and Ms. Athira. The welcome speech was delivered by Ms. Leona Rose Joseph, union chairperson and the presidential address was delivered by Dr. Sr. Rosily A.V, college Principal. Actress S shivada, Director Raghu Menon, Producer Vinod Unnithan and Actor Sumesh Chandran, felicitated the gathering. A melodious song was sung by Ms. Kasi Krishnan. Then there was an introduction of the cast and crew of the movie and a lively interaction with the students where they showcased the video songs of “Javanum Mullapooovum”.The programme came to an end with a vote of thanks by arts club secretary Ms. Nandana K. N.

UNION INAUGURATION

Morning Star Home Science College organized the inauguration of college union on 22 December 2022 at the college auditorium. The college union activities were inaugurated by Director Reghu Menon by lighting the lamp. Director Raghu Menon, Producer Vinod Unnithan, Actor Sumesh Chandran, Actress S shivada felicitated the gathering.



ARTS CLUB INAUGURATION

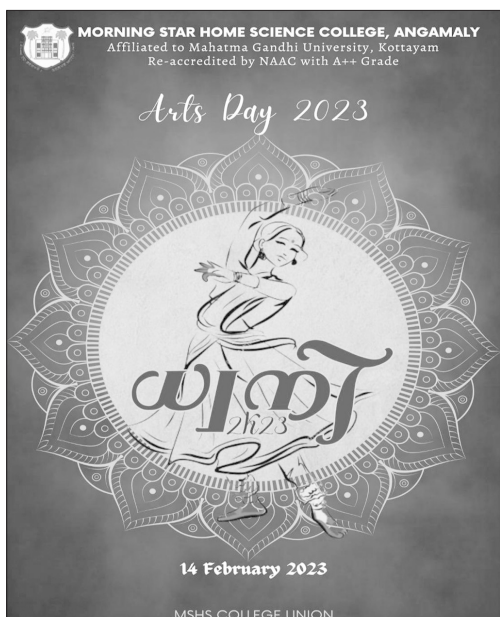
Arts club Inauguration was organized on 22 December 2022 at the college auditorium. Actress S shivada inaugurated the arts club activities of the year by lighting the lamp.



Arts day 2023

Arts day 2023 “Dhwani” was conducted on 14 February 2023 at college auditorium. Students participated well in arts day competitions. Various literary and individual item competitions were conducted throughout the week.

The programme began with a prayer song by the college choir. Ms. Nandana K.N, Arts club secretary, officially welcomed the gathering. Principal, Dr. Sr. Rosily A. V. delivered the message. Various on-stage group item competitions were conducted. The results of both on-stage and off-stage competitions were announced by the end of the programme.



welcome speech of III year UG representative Ms. Nandhana N. K .This was followed by a Christmas message from Principal Dr. Sr.Rosily A.V. Prizes of “Talents day 2022” were distributed during the official meeting by Principal. A melodious carol song was sung by the students of B.Com. Then the santa competition was held. Later a beautiful dance performance was performed by the students of B.Voc department.



X'MAS CELEBRATIONS



Christmas celebrations for the year 2022-2023 under the name “Yuletide Bash 2k22” was held on 23 December 2022.A week-long Christmas competition such as Gabriel’s message(card making competition), Feliz Navidad(star making competition), Carol of the Bells(carol singing competition) and Bonjour Santa(Santa Claus competition) were conducted from 19 December 2022 to 23 December 2022. Around forty students participated in various competitions. A common Christmas crib was set up in front of science block.



Christmas celebration started by 10:00 AM with the prayer song followed by the

Then Santa Claus graced the event and conveyed the Christmas message and then along with the Principal and college union cut the Christmas cake.The prizes for the competitions held as part of Christmas were distributed by the Santa to the winners.The official programme came to an end with a vote of thanks by college chairperson Ms. Leona Rose Joseph. The students were all then gathered in the multi-purpose court where insta-reels were made with the santa.

MERIT DAY



Morning Star Home Science College organized Merit Day 22-23 and presentation of Sherlin Nair Memorial Endowment on 14 March 2023 in the college auditorium at 1:30 PM. The programme began with a prayer song by the choir. Ms.Leona rose Joseph,college union chairperson welcomed the gathering and the presidential address was delivered by the Principal, Dr. Sr. Rosily A. V. Sri. P.A. Mohammed Arif, Police Superintendent & Assistant director, Kerala police academy, Thrissur was the guest

of honour of that day. Mr. P. N. Vishwanathan, reputed journalist and father of Ms. Sherlin addressed the gathering. PTA vice president, Mr. P. J George and Ms. Navya Antony felicitated the function. The awards were handed over to all the deserving students. The programme came to an end with a vote of thanks by Ms. Anagha Sabu, UUC.



COLLEGE DAY

College day of the academic year 2022-2023 “Zephyr 2K23” was held on 16 March 2023 in the college auditorium at 10:00 AM. The programme began with a prayer song by the college choir. The annual report was presented by our dear principal, Dr. Sr. Rosily A.V. The welcome speech was proposed by Ms. Leona Rose Joseph, college union chairperson. The guest of honour, Dr. M.C. Dileep Kumar, former vice chancellor, Sanskrit university, Kalady and NAAC peer team member as chairperson inaugurated the gathering.



Mr. P.V. Kunju, Nedumbassery panchayath president, Mr. A.V. Sunil, ward member, Mr. P. J George, PTA vice president and Ms. Neenu Mary Thomas, staff secretary felicitated the function. Ms. Safiya ATF, college union vice chairperson proposed the vote of thanks. Cultural programs by students and a live water and fire drums performance brought a spectacular end to the college day ceremony.



FAREWELL MEETING

Official farewell was given to Dr. Sr. Rosily A. V., Our college principal and Dr. Laisa Thomas, HOD, Economics department by the college union on 20 March 2023 at College auditorium.

KSWDC WOMEN'S CELL

Self Defense Training Programme



KSWDC Women's Cell in association with Post Graduate Department of Economics organized Life Skills training session on Self Defense Techniques for the students on 19 July 2022 at 10.00 am in the College Auditorium. Ms.Rosa K.O., Ms.Sindhu M.K., Ms. Ambily M.M., and Ms. Biji K.N., Senior Civil Police Officers from Narcotic Cell, Aluva served as the resource persons. The students were acquainted with practical knowhows of self defense through the training programme.

Talk on Positive Mental Attitude



The official inauguration of Women's Cell activities for the 2022-2023 academic year was held on 12 October 2022 in the college auditorium. In connection with the programme, a talk on Positive Mental Attitude was organized

for the students. Sr. Arpitha CSN (Director, St. Jude Home Science Institute, Family Counselor, Kerala Police Approved DCRC Counselor & Trainer) served as the resource person. The talk highlighted the significance of following a positive mental attitude in daily life and covered various tips and techniques to follow for a positive life.



Talk on Women and Environment

KSWDC Women's Cell organized a talk on women and environment on the topic 'Baconian Science and the Question of Environmental Women', on 17 February 2023 at 10.00 am in the Conference Hall. Dr. Sebastian Joseph, renowned environmental historian and higher academic mentor, served as the resource person. The talk elaborated on the interconnection between women and environment and also on how Baconian science is helpful in explaining this interconnection.



Webinar on POCSO Act 2012

In association with Sakshi, an NGO focused on social welfare, a webinar on POCSO Act 2012 was organized for the students on 25 February 2023 at 11.00 am on Zoom platform.



Dr. Sumbul Dawood, a researcher as well as an educationist specialized in areas of gender equity, women empowerment and educational issues served as the resource person. The webinar was arranged as part of the Rakshin Project at Sakshi. The session was interactive in nature and discussed on the various approaches to prevent CSA (Child Sexual Abuse) and the major aspects of POCSO Act 2012.

Extension Programme on Child Development



An extension programme on child development on the topic 'Coping with Teen Stress: Tips and Techniques' was organized by the Women's cell on 6 March 2023 at M.A.H.S.S., Athani. The UP and HS students of Mar Athanasius Higher Secondary School, Athani were the beneficiaries of the programme.



Ms. Sajitha Suseelan S., Assistant Professor from Post Graduate and Research Department of Home Science, Morning Star Home Science College, Angamaly served as the resource person. The session highlighted the effective techniques to manage adolescent stress and the measures to be followed for a good mental health.



International Women's Day Celebration

- Talk on Women and Social Commitment

The KSWDC Women's Cell, in collaboration with St. Jude Family Counseling Centre, Angamaly and All India Lawyer's Union, Vanitha Sub Committee, Angamaly, observed International Women's day on 8 March 2023.



Smt. Lida Jacob IAS, former Principal Secretary, Government of Kerala was the Chief Guest on the occasion. Smt. Lida Jacob delivered the keynote address on the theme ‘Women and Social Commitment’. An interaction session with students was followed after the keynote address.

Principal Dr. Sr. Rosily A.V. delivered the presidential address. Adv. Sheeba K.K. (High Court of Kerala) and Sr.Arпита CSN (Director, St. Jude Family Counseling Center,Angamaly) felicitated the gathering. Ms. Rinu K. Louis, Women’s Cell coordinator welcomed the gathering and Kum. Nayanalakshmy N.U., Student Coordinator proposed the vote of thanks.



• Legal Awareness Class

As part of observing international women’s day 2023, a legal awareness session was arranged for the students at 9.45 am in the college auditorium. Adv. Beena K.M. (High Court of Kerala), handled the session on the topic ‘Gender Equality and Laws for Protection of Women.’ KSWDC Women’s cell organized the class in collaboration with All India Lawyer’s Union, Angamaly.



National Service Scheme (NSS)

NSS Unit No: 58 volunteers actively participated in various activities of the academic year 2022-23 along with the presiding officers Dr. Megha Thampy and Dr. Resmi G.

Environment Day

Volunteers of the college actively participated in the environment day observation. Students tried to maintain their campus green all through the year. A clean and healthy environment aids effective learning and provides a conducive learning environment. The environmental awareness helped the institution to set environmental examples for the community and to educate young learners.



As part of environment day observation tree saplings were distributed to volunteers on 6 June. The programme was inaugurated by Sri P. V. Kunju, President, Nedumbassery Gramapanchayat by planting a sandal wood tree in the college campus. Volunteers also gave awareness about organic farming in the neighbourhood community also.



Survey on methods of plastic disposal of shops in Angamaly Municipality

A survey was conducted on 20 June 2022 in association with Planet Earth and Angamaly Municipality to find out the methods of plastic disposal in shops of Angamaly town. About 173 shops were covered in the survey.



Yoga Day

International Yoga Day was observed on 21 June. Yoga Mass display was done in the college. Ms. Aleena Mathew, II MSc Family and Community Science who was a University winner in Yoga was the resource person. NSS Volunteers actively took participation in the Yoga mass display.



Anti Drugs Day

Anti drugs Day was observed on 27 June by exhibiting posters in the campus and giving awareness in the community.



Anti Nuclear Day

Poster making competition was done as part of antinuclear day 2022 on the theme: Scars of History: a gentle reminder. Students prepared posters using ecofriendly materials to commemorate the day.

Azadi Ka Amrit Mahotsav:

• Independence Day



As part of Azadi Ka Amrit Mahotsav staff and students were asked to raise national flag at homes and to pin national flag. On 15 August, National flag was raised in the college by Principal Dr. Sr. Rosily A V and delivered a message. Volunteers also visited the freedom wall.

• Freedom Wall

Freedom wall was portrayed by NSS which was created near the college ground exhibiting the pictures of National Flag, Dandi Yatra and freedom fighters. About 16 students were engaged in painting 84 sq.ft. freedom wall within 20 hours.



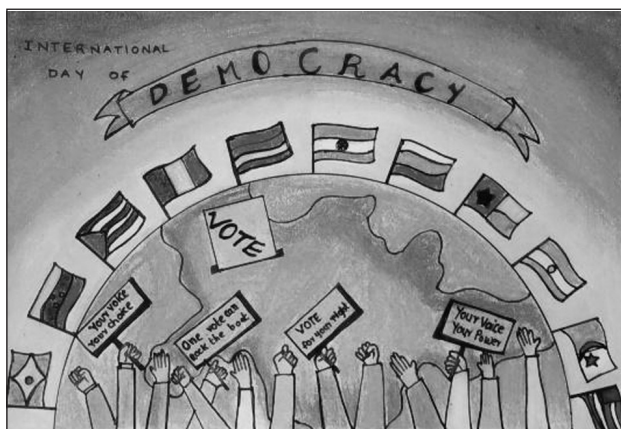
Induction Programme on NSS

An induction programme was conducted for first year students on 13 September at 1.30 pm in the college auditorium. Dr. Megha Thampy NSS Programme Officer explained in detail about what is NSS and how it functions. Students asked many queries about NSS and they interacted very well.



International Day of Democracy

A poster making competition was organised in association with Electoral Literacy Club on 15 September with the theme “to uphold and promote the principles of democracy.” Ms. Bhavana Das of I BCom secured first prize in the competition.



Swachh Sagar Surakshit Sagar

As part of “Coastal Clean Seas” campaign NSS volunteers participated in “Swachh Sagar Surakshit Sagar” Quiz competition on International Coastal Clean Up Day on 17 September and won certificates. The competition created awareness level about the Indian coastline, beaches and the science behind its habitat, environment, Marine Litter in various matrices, such as coastal waters, sediments, biota and beaches and the negative impact of litter and pollution.



Seminar on Anti Drugs

Dr. Megha Thampy NSS Programme Officer along with Dr. Sandhya, PTA Executive member attended the seminar on antidrugs on 17 September at 11.00 am in DPO hall, District Police Office, Aluva. Seminar was organized by Aluva – Munambam Police Sub divisions. Sri Vivek Kumar IPS was the resource person. The session was on how to fight against drug abuse and the methods to identify the drug abusers.

Awareness class on Digital garbage monitoring system

On 20 September 2022, Panchayat Members organised a program that deals with digital waste management. NSS Programme Officer Dr. Megha Thampy welcomed the gathering. The team Members Mr. Sibin and Mr. Jishnu explained about how to collect the details from houses and buildings regarding the method of waste disposal. They trained the NSS Volunteers with their own Smartphones. SGMS app was provided to the NSS Volunteers to collect the information.



Legal Awareness Week

Legal Awareness Week was observed from 19th to 23rd September in association with DELSA, Excise department and Kerala Police.

• Women Safety; Laws & Social Implications

NSS Unit organised a session on “Women Safety; Laws & Social Implications” on 19th September. Resource person Adv. Mariya Joy (Lawyer, Legal counsellor, Department of Women & child Development, St. Jude SPC Angamaly). Session started with the NSS song.

Dr. Megha Thampy, NSS Programme Officer welcomed the gathering. The session about women safety and its law and social implications was familiarized to the students in a simple way by the resource person. The session was completed at 3.30 PM with an official vote of thanks by NSS volunteer Secretary Ms. Fathima Asif.



• Anti-drugs

Antidrug awareness class was conducted on 20 September 2022 at 2.30 pm in the auditorium for the first year and second year students. Sri. Muhammed Harris K. S., Circle Inspector, Excise Circle office Aluva was the resource person on the theme “Role of youth in the prevention of drug abuse.” Laws regarding the drug abuse was discussed.



Sr. Arpitha CSN, Director of St. Jude Family Counselling Centre and Counsellor, Domestic Conflict Resolution Centre and Child friendly police station, Kerala Police handled the second session on the topic impact of drug abuse in family. After the session a team from BSW, Depaul college Angamaly conducted a theme dance on drug abuse among youngsters and its impact. Students had an enlightened session and they discussed many doubts with the resource persons.



• POCSO Act

Legal awareness class on POCSO Act was scheduled on 22 September. Session started at 2.30pm in the college auditorium. Adv. Gajendra Singh Rajpurohit and Adv. Akhil George were the resource persons from Kerala High Court.



The program started with NSS song. NSS Programme Officer, Dr. Mega Thampy, welcomed the gathering. The class was very much effective. Students had a good interactive session, cleared their doubts and learned how to solve problems legally.



• Addiction and cyber security.

Legal awareness class which was scheduled to be on 23 October was postponed to 6 October 2022 due to hartal on that day. The topic was addiction and cyber security. Session started at 2.30pm in the college auditorium.

Adv. Gajendra Singh Rajpurohit and Adv. Akhil George were the resource persons. Both were from Kerala High Court. The program started with NSS song. The class was very effective.



Onam Celebration at Pakalveedu for elderly

On 22 September NSS unit celebrated Onam celebration in association with Vaiomithram for elderly at Pakalveedu in the participatory village, 27 ward of Angamaly Municipality. At 9.00 am volunteers reached at Pakalveedu, gathered flowers and put floral carpets to receive elderly. Municipal ward counsellor welcomed the gathering. Vaiomithram coordinator and NSS Programme Officer Dr. Megha Thampy felicitated the function. Variety of entertainment programmes were arranged by the NSS Volunteers. Onam feast was also arranged and all the inmates enjoyed it.



NSS Day

On September 24, NSS Day celebration was held at Thripunithura Govt. College. Two Volunteers participated in the programme. All the Coordinators and other authorities gathered for the event.



• NSS Day Rally

NSS Day rally was conducted on NSS Day, 24 September 2022. Rally started from Kariyad at 10.00 am. Students carrying placards writing NSS quotes were the highlight of the rally.



• Visit to a Palliative Care Unit

As part of NSS Day observation NSS Volunteers of the Morning Star Home Science College visited Peace Mission Centre, a palliative care unit at Thuruthussery, Aluva. NSS Programme Officer Dr. Megha Thampy along with 63 volunteers went for the visit. The visit started by 10.30 am. Volunteers were given an awareness class on palliative care by Chinnan P Pynadath, PRO. After the awareness class, volunteers visited the patients and understood the feelings and sufferings of the patients who were there. Volunteers made them happy by talking with them and performing a few cultural programmes.



Training on AntiDrugs Campaigning

Dr. Resmi G, NSS Programme Officer attended the antidrug training camp on 27 September 2022 at DPO hall, District police office, Aluva. It was organized by Aluva - Munambam Police Sub divisions. Sri Vivek Kumar IPS was the resource person.

Blood Donation Camp



NSS Unit organised a Blood Donation Camp with support of Blood Centre RBTC DH Aluva on 30 September 2022 in association with HDFC bank Palarivattom. The camp started from 9.30 am. Staff and students actively participated in the camp. 50 units of blood was donated on the day. A flash mob was conducted to communicate the importance of blood donation.



“POSHAN MAAH NUTRITION MONTH: MAHILA SWASTHYA”

As a part of “POSHANMAAH, NUTRITION MONTH a food exhibition cum competition “MAHILA SWASTHYA” was conducted. The theme for the event was “green leafy vegetables in my plate”. Students brought various recipes and they exhibited the food items and were sold also. Staff and students were gathered in front of science block.

Dr. Hisana, Medical officer, Medical College, Kalamassery inaugurated the function. Principal Dr. Sr. Rosily A V presided over the function. NSS Volunteer secretary Rizvin Siyad welcomed the gathering. Dr. Lizmitha Godwin and Dr. Shemi George were the judges for the competition. A flash mob was conducted on the basis of importance of nutrition and value of blood donation. Staff, students and community enjoyed the programme and received awareness about the importance of women’s health and importance of including leafy vegetables in the diet.

Winners are as follows:

First: Saniya Z & Rose Maria Antony (II BSc FCS)

Nazni Nazar & Fathima C R (II BSc FCS)

Second: Affaya M S & Sayana Baby (II BA Economics)

Third: Nandhana K N and Sana Nazrin (II BVoc)



Blood Donation Award

Ms Aleena Jose II MSc received an appreciation award for voluntary blood donation from Regional Blood Transfusion Centre, District Hospital, Aluva from Sri. Anvar Sadath, MLA on National voluntary blood donation day programme on 1 October 2022 organized by Kerala State Blood Transfusion Centre at UC College, Aluva.



World Elderly Day celebration

As a part of World Elderly Day, Kerala Social Security Mission Vayomithram authorities organised an Onam celebration in association with NSS unit on 1 October at NAAS Auditorium, Angamaly. All the Vayomithram members were present and made the day more precious.



Programme started at 10.00 am. Sri.Benny Behanan, MP inaugurated the function. Sri Reji Mathew, Municipal chairman presided over the function. After that they honoured the most elderly Vayomithram members. NSS Volunteers actively participated in all cultural programmes and made the day a memorable one for all the elderlies present there. They actively participated in the programmes.



CLEAN INDIA 2.0

The Department of Youth Affairs of the Ministry of Youth affairs and Sports launched a month long nation Clean India 2,0 from 1 -31 October 2022 with an aim to clean waste, mainly single use plastic and create awareness. NSS volunteers actively participated through various cleaning programmes in the Clean India 2.0.

Clean Around

Volunteers on 2 - 3 October, 2022 cleaned the premises of their homes nearby buildings, and other community areas.

Marine Drive cleaning

NSS volunteers in association with Suchithwa Mission, District Promotion Council and Kochi corporation actively participated in Marine Drive cleaning drive at Ernakulam on 9 October 2022.



Swachh Sagar (Beach cleaning)

Beach cleaning was done by NSS volunteers at Cherai beach on 13 October 2022. Permission from Panchayat was obtained and in association with Haritha Karma Sena, plastic wastes from beach were collected and handed over to them. About 13 volunteers participated. The cleaning activity of beach increase the public awareness about the accumulation and negative impacts of litter in oceans, on coastlines and on beaches.

Taluk Hospital Cleaning

As part of Clean India 2.0 cleaning drive was conducted at Taluk hospital Angamaly in association with Angamaly Municipality on 29 October. NSS volunteers cleaned the premises of Taluk hospital and removed the accumulated

litters and plastics and made the surroundings clean and hygienic. The drive was inaugurated by Sri. Regi Mathew, Municipal Chairman, Angamaly. About 43 volunteers participated in the drive.



Palliative Care Day

Palliative Care Day was observed on 8 October. Volunteers attended a seminar at Peace Mission Centre, a palliative care unit at Thuruthussery, Aluva.



Justice C K Abdul Rahim inaugurated the programme. Padmasree Dr. Tony Fernandez delivered palliative care message. Students had an interactive session with the doctors panel and realized the need of palliative care in the present world.



Quiz competition: Lahari Muktha Keralam

As a part of Ant drugs campaigning “Lahari Muktha Keralam”, a quiz competition was conducted by NSS Unit at college Auditorium on 11 October 2022. Students participated very well. 60 questions were given to the students. 90 students participated in the programme. NSS Programme officers and volunteer Secretaries coordinated the programme.



Programme Officer Dr. Megha Thampy read out the questions. Aleesha Jolly (I BA Economics) and Anju Devassy (I BSc Zoology), Sreelakshmi S Warriar (II MSc Zoology) secured first, second and third prizes respectively. First and Second prize winners also participated in the district level competition on 19 October 2022 at CUSAT, Kochi.



YUVA UTSAV

Angel G Oswin secured first prize in painting competition in YUVA UTSAV conducted by Nehru Yuva Kendra Ernakulam on 12 October at Maharajas College, Ernakulam under Ministry of Youth Affairs and Sports, Govt. of India.



WE CARE

‘We Care’ is a project through which financial assistance is given to needy people in society who are socially and economically backward undergoing medical treatments like kidney transplantation, bone marrow transplantation, heart surgery etc. The project is organized by Department of Social Justice, Govt. of Kerala in association with National Service Scheme. NSS unit of College also gave financial assistance to WE CARE project on 19 October and it was handed over to Dr. R Bindhu, Minister, Higher Education, Govt. of Kerala through the NSS Unit MG University.

Award Ceremony

NSS award ceremony for the academic year 2021-22 was on 20 October 2022. Morning Star Home Science College received the appreciation award for the year 2021-22. Also Ms. Reshma Santhosh and Dr. Megha Thampy received appreciation awards for NSS volunteer secretary and NSS Programme officer respectively. The awards were distributed by Dr. R. Bindhu, Minister for Higher Education and Sri V N Vasavan, Minister of Registration of Kerala.



Vegetable garden in the campus

On 10 October 2022 NSS volunteers actively participated in the maintenance of vegetable garden. They removed the unwanted plants grown around the vegetable saplings, removed the damaged parts in plants and cleaned the surroundings neatly. It included plants like lady’s finger, broad beans, tomato, green chilly etc.



PFMS Training

NSS Programme Officers Dr. Megha Thampy and Dr. Resmi G attended PFMS training camp conducted by Mahatma Gandhi University at SCMS school of Technology and Management, Muttom, Aluva on 17 October 2022.

World Food Day (Dosa fest)

October 16 is celebrated as world food day. As part of World food day observation and to develop entrepreneurship skill among NSS volunteers Dosa food fest was conducted on 21 October 2022. It was an appreciative programme. Volunteers whole heartedly gave their support and made the fest more attractive and profitable. Varieties of dosas were prepared. Principal Dr. Sr. Rosily A V inaugurated the function. Staff

and students all shared their support for making it a grand success.



**Bodhapoornima:
Lahari Virudha Karmasena**

As part of antidrug campaigning Govt. of Kerala launched Antidrug squad- ‘Lahari Virudha Karmasena’ in association with Higher Education Department and National Service Scheme on 27 October 2022 at 11.00am. It was inaugurated by Dr. Bindhu, Minister, Higher Education Department of Kerala. The programme was telecasted in You Tube and the liveshow was shown to students online.



Award for Short video making contest

Morning Star Home Science College received a consolation award for online short video making contest in connection with Anti Drug campaign conducted by Kerala Media Academy on 31 October 2022.



Ms. Sathma Josy, NSS Volunteer and the team leader received the award from Sri V Sivankutty, Education Minister of Kerala.

Medical Camp

A free heart medical camp was organized for children in association with Aster Medcity, Kochi and Moolans foundation Angamaly. On 30 October 2022, the camp was conducted at CSA hall Angamaly. It was inaugurated by Padmavibooshan Nambi Narayan and MLA Sri Roji M John felicitated the camp. NSS volunteers put forth their whole hearted service for the success of the medical camp.



Pink Month (Breast Cancer Awareness)

October month is observed as Pink month or Breast cancer awareness month which aims to increase public understanding of the effects of breast cancer. On 31 October NSS unit of college in association with Aster Medcity Kochi conducted an awareness class for the students and staff. Dr. Abdu Hussain, Specialist from Aster Medcity was the resource person. Dr. Resmi G, NSS Programme officer welcomed the gathering. The session included discussion on risk factors for breast cancer and how breast cancer screening works.



Human chain (anti drugs campaign)

As part of Anti-drugs campaigning organized by Govt. of Kerala college participated in human chain in association with Kerala Police on Kerala Piravi Dinam, 1 November 2022. Volunteers stood on the sides of National Highway with placards quoting impact of drug abuse.



Drug free India campaign

NSS unit in association with Indian National Organisation for Human Rights Protection, organised an antidrugs campaign programme Lahari Vimuktha Bharatham on 7 November 2022. Shri Reji Mathew, Municipal chairman inaugurated the function. SMC Chairman Sri. M. A. Jose presided over. An awareness class was given to the students of the college by the resource person Sri. C. I. Siddique, Civil Excise Officer. Sri. M. Murshid, INOHRP state general secretary, Smt. Girija Jogi, National Joint Secretary Dr. Sr. Rosily A V, Principal, Smt. Ambili Omanakuttan, INOHRP women session State president, Sri Jose Akkarakkaran, District president, Dr. Megha Thampy, NSS Programme Officer felicitated the function. At the end of the programme students performed a theme dance on impact of drug abuse on human beings.



Certificate course on Palliative Care

Palliative Care certificate course was attended by 19 volunteers at Peace Mission Centre. Thuruthussery, Aluva on 19 and 20 November.



Constitution Day

Constitution Day was observed on 26th November. NSS volunteer secretary Ms. Saibunniza K S read the preamble of our Constitution on the occasion.



Traffic Awareness

On 24 November 2022, NSS volunteers participated in Traffic awareness class organized by Ernakulam Rural District Police in CSA Hall at 2.30 pm. Sri Vivek IPS (District Police Head) inaugurated the function. Sri Siju Jose and Sri Sriram S (AMVI) were the resource persons. Volunteers actively participated in the function and got awareness about the traffic rules.





International White Cane Day Contribution

NSS unit gave financial assistance to Indian association for the Blind by giving stamps to students and staff of the college to create awareness about the potentials and problems for the visually challenged on 10 January 2023.



Keralolsavam

As part of Keralolsavam programmes, NSS volunteers participated in various competitions. Unit secured first prize in group song at Nedumbassery Panchayat Keralolsavam on 27 November 2022, first prize with A grade at block panchayat level at Parakkadavu on 5 December.



Orange Day: International Day for elimination of all kinds of violence against women

On 28 November 2022 Orange day was observed by St. Jude Counselling Centre Angamaly in association with Women and Child

Development Department. Fathima Asif NSS Volunteer Secretary attended the programme in the counselling centre. Ernakulam District Protection Officer led the class.

AIDS Day observation



AIDS day was observed on 1 December by taking pledge by all the college students. Pledge was read by NSS Volunteer secretary Fathima Asif. Teachers and students took the pledge A flash mob was also performed by the volunteers giving the awareness about safe and healthy life style practices to be followed to prevent AIDS and the need to protect the AIDS victims in the society and to support them.

Mini Camp 1



First Mini Camp of the year was on 2 and 3 December 2022. NSS volunteers were asked to do survey on Home Alone. Volunteers identified the parents who were alone at home sending their children abroad for studies and jobs.



Second day an orientation was given to NSS volunteers by Mr. Jobin George, NSS District Coordinator. He made the session very interactive by giving games through which the role of NSS volunteers in the society was explained. Leadership qualities needed for an NSS volunteer were explained in the session. In the afternoon session volunteers cleaned the college premises and maintained the vegetable garden in the campus.



Seven Day Special Camp

Seven-day special camp “Sandesam” started on 23 December at Nayathodu GHSS. Sri. Regi Mathew, Municipal Chairman inaugurated the camp. Cleaning of school and its premises, airport road, public roads, nearby schools were the main activities of the camp.



The camp also included many awareness classes like life style diseases and women’s health, self-defensive techniques for women, insurance schemes and opportunities, women’s mental health and domestic violence & women safety. A health survey was also conducted. Visit to the ancestral home of Mahakavi G Sankara Kurup and the poetess Maya Balakrishnan were special highlights of the camp.



Eco friendly poster display boards

As a step towards properly channelling the precious energy of students, the NSS Unit of Morning Start Home Science College, Angamaly, is providing them with training in coconut frond weaving and thereby enabling them to develop eco-friendly poster displays.



It is noteworthy that the students were intrigued by this activity, and they engaged in it with utmost joy and heed. Dr. Sr. Jessy KP, Assistant Professor in Malayalam was the resource person in giving training for frond weaving. The developed name boards with weaved coconut palms were also placed as caption boards in various places of campus.



Also one ecofriendly poster display board was also gifted to Nedumbassery Gramapanchayat for various programmes. Sri P.V. Kunju, President of Nedumbassery Grama Panchayat congratulated the College and NSS unit for the initiative taken for Antidrugs campaigning and the creative work.



BACK TO COLLEGE

Alumni uniform were collected and upcycled to hand bags and files. NSS unit in association with alumni collected their uniforms, prepared by washing and ironing and transformed to bags and files. Uniform coats and pants were only used for bags and pants. The materials were collected, seams ripped out, drafted and stitched into bags and files. Inorder to reduce the use of plastic, volunteers started marketing the cloth bags and files.



Valicheriyal Muktha Keralam

On 30 January Plastic ban programme from public places “Valicheriyal muktha Keralam” was organized in association with Nedumbassery Grama Panchayat. Panchayat president Sri P V Kunju inaugurated the programme. Volunteers removed the plastics thrown on the sides of the national highway, collected in bags and handed over to Grama Panchayat.



Hair Donation Camp

Hair donation camp “Kesa Danam Sneha Danam” was conducted on 13 February 2023 in association with Amala Institute of Medical Sciences Thrissur.



Principal Dr. Rosily A V inaugurated the camp by cutting hair of Ms. Rajani Devi T R, Asst. Professor, Dept. of Home Science. Sri P K Sebastian, Co ordinator of hair donation programme, Amala Institute of Medical Sciences gave an awareness class on hair donation. About 17 people donated hair and received certificates.

Agricultural Census



Economics and Statistics Department, Govt. of Kerala in association with NSS unit started agricultural census in nearby areas of Angamaly, Kalady, Kanjoor, Karukutty, Paravur. A training was given to volunteers on 10th February 2023. Trained NSS volunteers conducted survey and submitted the report to the authorities.



AGRI GRAM

To promote agricultural activities among young people and encourage them to engage in cultivation NSS Unit in association with KITES started an organic farming programme. About hundred packets of vegetable seeds were handed over to Principal Dr. Sr. Rosily A. V. on 22nd February 2022. The seed packets were distributed to staff and students by NSS Volunteers.

Women's Day

NSS Unit gave assistance in International Women's day celebration observation 'Penma' on 8 March at Snehakoodu Pakalveedu, Angamaly. Various cultural programmes were organized and women from various sectors actively participated in the programmes.



Mini Camp 2

Second Mini camp of the academic year was on 17 and 18 March 2023. On the first day awareness on renewable energy sources and its application was the topic.

Ms. Neenu Mary Thomas, Assistant Professor, Department of Physics MSHS College Angamaly was the resource person.



On the second day Volunteers visited the houses of Ward 8 and gave instructions about the waste management. The programme was inaugurated by Sri Sunil A V, Ward Member. In the afternoon session, e-governance awareness class was given to the community and the volunteers.



Along with Divyang

The profit obtained from the fund raising programmes conducted by the NSS volunteers like food fests and other products sale were collected and helped the people who were disabled by giving them certain craft items. Volunteers bought the craft books and visited the BUDS school in Nedumbassery Gramapanchayat on 30 March.



Volunteers and programme officers spend a few hours with the divyang persons in the



BUDS school, distributed the crafts and drawing books for them. Ms Tincy their teacher shared her experiences with them. Volunteers had a good experience and learned the problems faced by each divyangjan and their families.

Snehavedu



Snehavedu was a project by NSS in which a house is constructed for a needy student in the college. Volunteers raised fund for the construction of a house with the help of management, staff, students, alumni and the public.



Share A Meal – ‘ANNA DHAAN’



In all first Fridays of every month NSS unit organizes Share a meal – ANNA DHAAN programme for the inmates of Abhayabhavan. College students and staff actively participate in the programme.

CHARITY DAY

Second Friday of every month is observed as charity day of that particular month. Students and staff donate food items (not easily perishable), clothes and other academic stationary items. NSS volunteers collect the items in charity basket and distribute to the needy people.



Achievements

- Appreciation award for Dr. Megha Thampy for best NSS programme officer of Mahatma Gandhi University for the year 2021-22.
- Appreciation award for Reshma Santhosh for best NSS Volunteer of Mahatma Gandhi University for the year 2021-22.

Volunteer secretaries Training Camp for NSS Volunteers

Three days’ volunteer secretary’s leadership training camp was conducted on 25th to 27th September 2022 under National Service Scheme, Mahatma Gandhi University, Kottayam, Kerala in association with Newman College, Thodupuzha, Idukki. Ms. Fathima Asif and Ms. Saibunnisa K S, Ms. Leya Joy, Ms. Rizvin Siyad from the college attended the training camp.

PARENT TEACHER ASSOCIATION

The activities of Parent Teacher Association of Morning Star Home Science College of the academic year 2022-23 commenced with the executive meeting of PTA. The first meeting of PTA executive was held on 16 August 2022. All the PTA executive members participated in the meeting. Dr. Sr. Rosily A.V., Principal, Mr. P.J. George., PTA Vice President, Dr. Lizmitha Godwin, PTA treasurer and Dr. Resmi G., PTA Secretary addressed the gathering. The important agenda of the meeting was admission and NAAC visit.



The second PTA executive meeting was held on 13 December 2022. The main agenda of the meeting was NSS Camp, NAAC visit and students related matters. In connection with NAAC visit, an online orientation session was held on 21 January 2023 for the PTA executive members and selected parents. Mr. N.K. Nikhil, Assistant Professor, Department of Commerce and Professional Studies, Rajagiri College of Social Sciences, Kakkanad lead the session. PTA executive members and selected parents actively participated in the NAAC peer team interaction.

Dr. Lizmitha Godwin and Dr. Resmi G. are PTA Secretaries. The PTA executive members

are P.J. George (Zoology), PTA Vice President, Saju Paul (English), Dr. Sandhya Devi (Home Science), Bindhu Varghese (Chemistry), Biji Pappachan (Physics), Indira S.P. (Economics), Rajeshkumar K.S. (B.Voc) and Ouseph F. (Commerce). The other staff representatives are Ms. Shiny K Ittiachan, Ms. Sophia James, Dr. Sr. Shemi George, Ms. Neenu Mary Thomas., Dr. Sindhu K.S. and Ms. Jyothi Maria Johny.



PTA gives encouragement and financial support to students through scholarships, awards and prizes to the meritorious and talented students. Parental suggestions were given due consideration and was instrumental in designing the developmental activities of the college.



ALUMNAE ASSOCIATION

Alumnae association of Morning Star Home Science college stands as a strong pillar of support to the overall development of the college and the students. Ms. K Leena Joseph and Dr. Gisha Joseph are the staff coordinators and Ms. Jessil George is the vice president of Alumnae Association.

PARTICIPATION IN E-FEST II

Alumnae member Dinishamol K S, B Sc Chemistry 2019-22 Batch actively participated in the Entrepreneurship fest-II organized by Star Entrepreneurship Centre and Institution's Innovation Council on 26 July 2022 at Nazareth Block.



ANNUAL ALUMNAE MEET

Annual alumnae meet was held on 8 October 2022 at 9.30 am. Dr Megha Thampy, Alumnae association Secretary welcomed the gathering and Principal Dr. Sr. Rosily A. V. presided over the function. Ms. Shyny K. Ittiachan, IQAC Co-ordinator inaugurated the meet and explained different roles of alumnae for the development of the college and about the NAAC peer team visit. Ms Lisue Xavier, retired faculty felicitated the gathering. Alumnae office bearers and executive committee members were elected.



Newly elected Alumnae office bearers are Vice president- Ms. Jessil George; Secretary - Dr. Megha Thampy; Joint Secretary - Dr Devi NP and Treasurer - Ms. Vaishnavi Baiju. Executive committee was framed with Ms. Preethy Francis - Department of Physics; Ms. Neema Mathew - Department of Chemistry; Ms. Anju Francis - Department of Zoology; Ms. Tes Thomas - Department of Family and community science; Ms. Athira Suresh Menon - Department of Economics; Ms. Shino Martin - Department of English and Ms. Suriya - Department of Commerce. The members shared their experiences and memories. Various games were conducted and prizes were distributed followed by cultural programmes and light refreshment. After general body meeting departmental alumnae meeting was held at 11.30 am and the alumnae members really enjoyed meeting their friends and teachers.



ENTREPRENEURSHIP WORKSHOP IN PAPER BAG MAKING



Alumnae association of Morning Star Home Science College organized one day Entrepreneurship workshop in 'Paper Bag Making' on 8 October 2022. The resource person was Sr. Ashly, MSW, Freelance social worker and an Alumnae member of Morning Star College. Students from various departments actively participated in the training programme and they developed skill in making various types of paper bags such as small bags, textile and cake carrying bags. Paper bags are 100% bio-degradable and recyclable, Cost effective and cheaper than plastic and cloth bags. This program was organized with a view to reduce the use of plastic carry bags and to promote our policy of sustainability. The programme aims to equip the students with a skill which help them to earn some pocket money and to channelize their leisure time for creative purposes.



CONTRIBUTION OF OLD UNIFORMS

Alumnae members contributed old uniforms to NSS unit to make reusable products such as files and different types of bags. Alumnae of 2017-2022 FCS batch, Ms Annie Rose Saju served as resource person for the training programme.

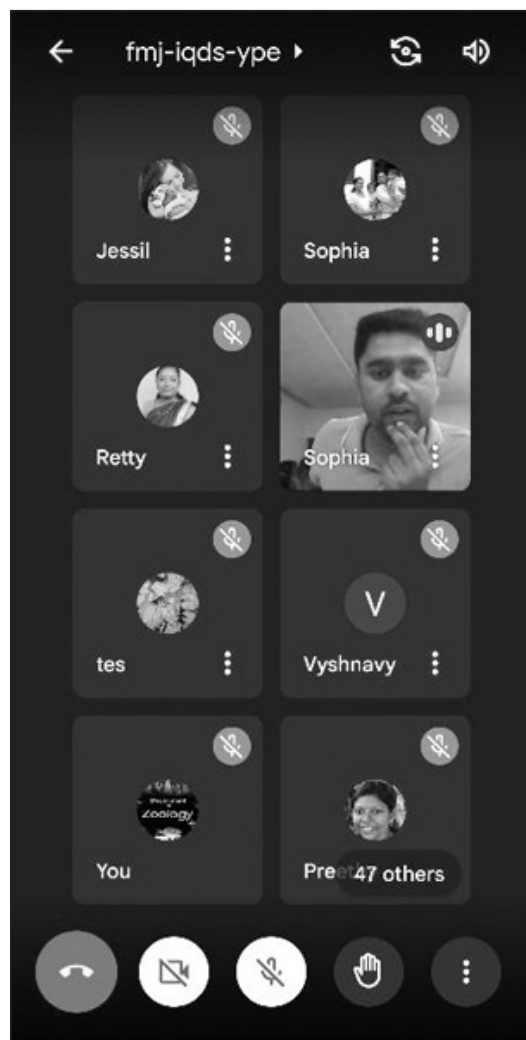
ENTREPRENEURS IN PAPER BAG MAKING

Alumnae in association with Star entrepreneur centre of the college actively involved in paper bag making and 28 students from various departments benefitted from the programme. This program helped them to earn while learn and develop entrepreneurial skills along with their studies that will be beneficial in the long run.



ALUMNAE CORE TEAM MEMBERS MEETING

Online alumnae core team members meeting was held on 19 January 2023 at 7 pm on google meet. Dr Megha Thampy, secretary of Alumnae Association welcomed the gathering. Principal Dr. Sr. Rosily A V presided over the function and Ms. Shyny K. Ittiachan, IQAC Co-ordinator delivered keynote address. The resource person, Ms. Sophia James Assistant Professor, Morning Star Home Science College Angamaly explained different activities of alumnae and about the NAAC peer team visit. Ms. Vaishnavi Baiju, treasurer of Alumnae Association proposed vote of thanks.



SHERLIN NAIR MEMORIAL ENDOWMENT

Sherlin Memorial Endowment prize of Rs. 25000/- for best outgoing UG Student was presented to Ms. Karthika Gopakumar,



Department of Physics for outstanding academic performance along with curricular and

A second online alumnae core team members meeting was held on 21 January 2023 at 8 pm on google meet prior to NAAC visit. Ms. K Leena Joseph, Alumnae Association Staff coordinator, welcomed the gathering. Sri. Nikhil M, Assistant Professor, Rajagiri college of social Sciences Ernakulam was the resource person. He explained different activities and roles of alumnae for the development of the college and about the NAAC peer team visit. Ms. Vaishnavi Baiju, treasurer of Alumnae Association proposed vote of thanks.

Alumnae members gathered and dynamically participated in the interactive session with NAAC Peer Team members on 23 January 2023.

extra- curricular activities and Rs. 15000/- as financial assistance for a meritorious UG student was presented to Anjana Suresh of II B com on 14 March 2023.

1. ALUMNAE AS RESOURCE PERSON

- Ms. Gayathri Gopalakrishnan and Ms. Liya George Alumnae of department of Zoology served as resource persons for the seminar ‘Mental Problems: Causes and Measures’ organized by Department of Zoology Day on 7 and 8 December 2022.
- Ms. Jessil George, an alumna of department of Commerce, who is currently working as Assistant Professor, KMM College of Arts and Science, Thrikkakkara was the resource person for the webinar on ‘Bailment and Pledge’ organized by Department of Commerce on 19 June 2022.
- Ms. Jessil George, an alumna of department of Commerce was the resource person for the seminar on ‘gearing up with GST’ organized by Department of B.Voc Applied Accounting and Taxation on 24 February 2023.

- Ms. Sethulakshmi S Nair, an alumna of department of Physics served as resource person for the workshop on “Meet the campus innovators” organized by Innovation and Entrepreneurship development centre for the students of Morning Star Home Science College, Angamaly on 1 December 2022.

CONTRIBUTION OF ALUMNAE TO THE COLLEGE

Alumnae association contributed an amount of Rs.1,00000/-for books to the college library

Alumnae members contributed an amount of Rs 21,450/- for ‘Snehaveedu’ Project lead by NSS

Alumnae endowment prizes instituted for the UG and PG top scorers in the University examinations were distributed during the college day celebration.

Alumnae association presented mementos to the retiring staff as token of gratitude and extended a fond farewell to Dr Sr Rosily A V, Principal and Dr Laisa Thomas, Head of the department of Economics.

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

ALUMNAE ASSOCIATION PRESENTS
ANNUAL ALUMNAE MEET-2022

08 October 2022 Saturday

Time 9.30 am

Venue : Nazareth Block

Organizing Committee

Sr Dr Rosily A V (Principal) Adv.Anitha K J (Vice President) Dr Megha Thampy (Secretary)
 Ms K Leena Joseph, Sr Dr Jisha M Joseph (Staff Coordinators)

CAREER GUIDANCE & PLACEMENT CELL

Seminar on Career and Professional Development

Career guidance cell in association with Avodha & ICSI Kochi chapter organised a two day seminar on career and professional development for all the UG students of the college. The programme provided an opportunity for the students to bring out their ideas and passion so as to bring about new and innovative firms in the market place. Students could expand their ideas in the area of company secretaryship. 173 students participated in the programme. The Coordinators for the programme were Dr. Sindhu K.S, Dr. Rashmi M.B. and Ms. Remya R.

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

ICSI
AVODHA

TWO DAY SEMINAR ON
CAREER AND PROFESSIONAL DEVELOPMENT

August 17, 2022

"COMPANY SECRETARYSHIP:
PROSPECTS AND CHALLENGES"
RESOURCE PERSONS :

Ms. DHANYA PAUL
(Company Secretary, DV Associates)
Ms. SMITHA SUBIN
(Executive Officer, ICSI Kochi Chapter)

Date - August 17, 2022
Time - 2:30 - 3:30pm
Venue - College Auditorium

Principal
Dr. Sr. Rosily A.V.

Programme Co-ordinators :
Dr. Sindhu K.S.
Dr. Rashmi M.B.
Ms. Remya R.

Student Co-ordinators :
Sandra Varghese
Nithya Sathyan

Jointly organised by : Career Guidance Cell, Avodha & ICSI Kochi Chapter

MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY
Affiliated to Mahatma Gandhi University, Kottayam
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ICSI
AVODHA

TWO DAY SEMINAR ON
CAREER AND PROFESSIONAL DEVELOPMENT

August 11, 2022

"CAREER OPPORTUNITIES
IN CURRENT MARKET SCENARIO"
RESOURCE PERSONS :

Mr. STENIN V. DEVASIA
(Team Manager, Avodha)
Ms. SAFEENA NISAR
(Academic Consultant, Avodha)

Date - August 11, 2022
Time - 2:30 - 3:30pm
Venue - College Auditorium

Principal
Dr. Sr. Rosily A.V.

Programme Co-ordinators :
Dr. Sindhu K.S.
Dr. Rashmi M.B.
Ms. Remya R.

Student Co-ordinators :
Sandra Varghese
Nithya Sathyan

Jointly organised by : Career Guidance Cell, Avodha & ICSI Kochi Chapter



6 Days Training Programme on Employability Skills

The career guidance cell in association with department of commerce organised a six days training programme for final year B.com students, from 25 October 2022 to 31 October 2022.



A total of 64 students attended the programme. The programme dealt with enhancing life skills, soft skills, interview skills, communication and presentation skills. The resource person for the event was Ms. Rajeshwari K.V. faculty member for Employability Skills from Mahindra Pride Classroom. The programme was very well received by the students. The co-ordinators of the programme were Dr. Sindhu K.S, Dr. Rashmi M.B., Ms. K.S. Jwalini, Ms. Remya R.



Talent Hunt-Audition

Career guidance cell in association with Media club Bangalore organised a Talent Hunt Audition for all the UG and PG students of the college. The programme provided an opportunity for the students to showcase their talents like acting skills, dancing etc. The professionals from media club assessed the talents of the students and assured to provide opening in the field of ad films, short films etc. Around 61 students participated in the programme. The event was

organised by Dr. Sindhu K.S, Dr. Rashmi M.B. and Ms. Remya R. The programme was thoroughly enjoyed by students.



Awareness Programme on Registration in Digital Workforce Management System(DWMS) Platform

Career guidance cell in association with Kerala Knowledge Economy Mission organised an awareness class for the UG final year students to register in a free job portal provided by the government of Kerala. DWMS is an initiative of the state government to provide an access to the graduate students to grab various job opportunities in their field of expertise. It enables the students to find prospective employers in their field of study. The students need to register in this platform and once they complete their degree course, they will receive notifications from prospective employers. Dr. Sindhu K.S detailed the students about the registration process in this portal. The Coordinators for the programme were Dr. Sindhu K.S, Dr Rashmi M.B. and Ms. Remya R.



Career Guidance Class by Eazy link Academy



Career guidance cell in association with Easy link Academy organised a programme to educate the students about the career opportunities abroad on 27 January 2023. Mr. Sony Akkara (International Certified Career Coach), Mrs. Deepa Dan George (General Manager, Eazylink Academy, Kochi) and Mr. Rossan Ray Joshua (Senior Manager, International Education division) were the resource persons for the event. The programme also detailed about the requisite skills of a graduate to sustain in the job market. The programme was facilitated exclusively for the final year B.Com students. The co-ordinators for the programme were Dr. Sindhu K S, Dr. Rashmi M.B. and Ms. Remya R. The student co-ordinator of the programme was Ms. Nithya Sathyan.



Date With The Industry

Career guidance cell in association with Kerala Knowledge Economy Mission and CCC Community Forum organised a programme for all final year students named 'Date with the Industry' on 14 February 2023. The chief guest of the programme was Mr. Safil Sunny CEO & Founder of Tranzmeo. Mr Safil is an owned entrepreneur and has received several national and international awards. He interacted with the students and made them aware about the need of sharpening their skills to meet the industry requirements in the job market. The Coordinators for the programme were Dr. Sindhu K S, Dr Rashmi M.B. and Ms. Remya R. The student co-ordinator of the programme was Ms. Nithya Sathyan.



Awareness Class on Digital Workforce Management System

Career guidance cell in association with Kerala Knowledge Economy Mission and Kerala Skill Express organised a programme for all final year students on 21 February 2023. The resource person for the programme was Dr. Minimol K Xavier, Certified Career counsellor and Associate Lifologist, KKEM. The session detailed about the different tests and screening available for the students to assess their own skills and abilities. The session also detailed about the robotic interview available for the job aspirants to evaluate their interview skills. The programme was very useful for the students aspiring to acquire jobs in the Indian

market. The Coordinators for the programme were Dr. Sindhu K. S., Dr. Rashmi M.B. and Ms. Remya R. The student co-Ordinator of the programme was Ms. Nithya Sathyan.

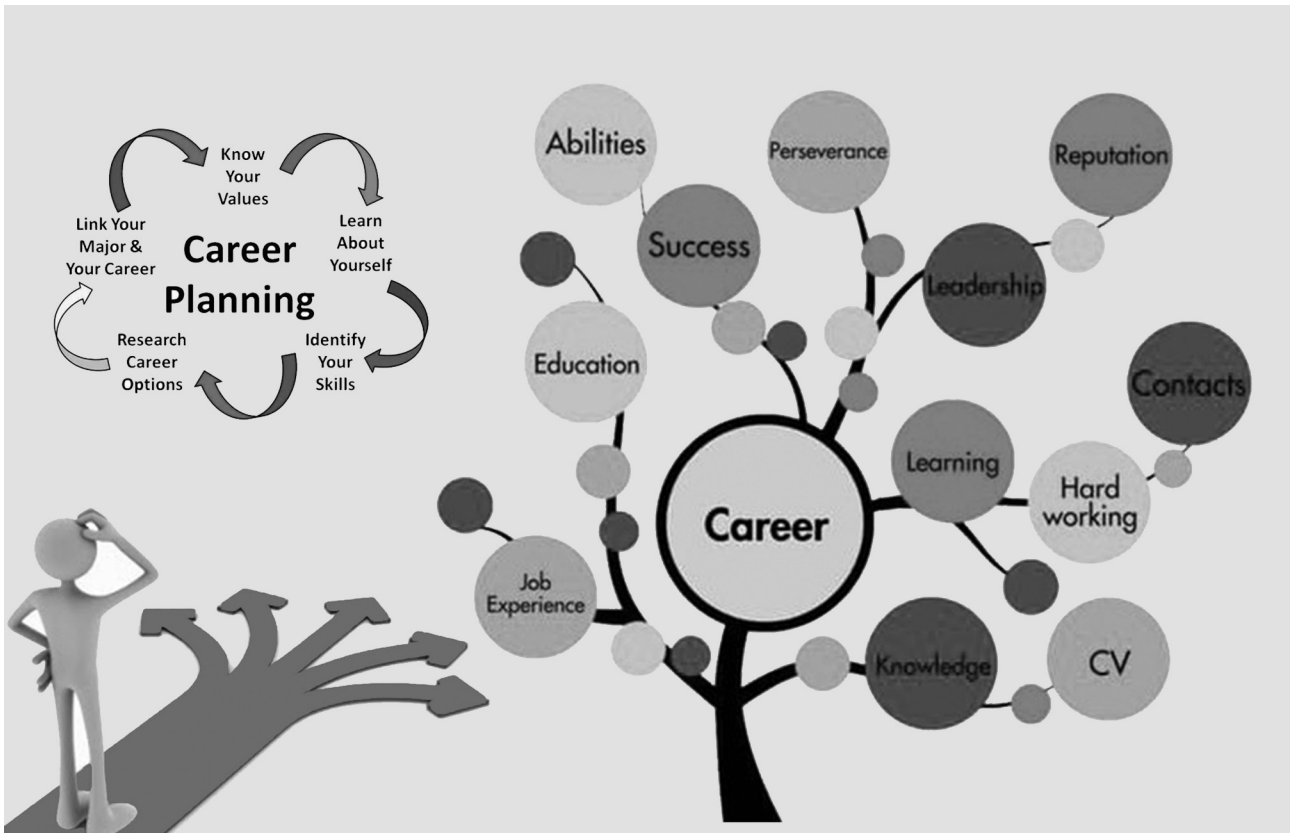


crack UGC NET / JRF exam on 9 March 2023. The session also included a job readiness workshop for the students to better equip themselves for the requirements of the market. There source persons for the programme were Mr. Anees Poovathi(National record holder for qualifying NET in 6 subjects), Mr. Praveen J Nair and Mr. Arun(Facultymembers Alive Lakshyam). The Coordinators for the programme were Dr. Sindhu K S, Dr Rashmi M.B. and Ms. Remya R. The student coordinator of the programme was Ms. Nithya Sathyan.



Alive Lakshyam - Empowering the youth to nurture the future

Career guidance and Placement cell in association with ‘Alive Lakshyam’ an Initiative of Anwar Sadath MLA organised a programme for final year UG and PG students about the CUET PG exam preparation and the tips to



IEDC

Webinar on how to plan for start-up and legal ethical steps

The Innovation and Entrepreneurship Development Centre (IEDC) of Morning Star Home Science College, Angamly had organised a webinar on the topic “How to plan for start-up and legal ethical steps” on 20 August 2022. The very distinguished entrepreneur, author and mentor Mr. Sreedharan Radhakrishnan Nair was the resource person. The session was very informative for the students and they had a fruitful discussion on how to make a route plan for a start up as well as on the legal formalities involved in it. The session was indeed a very infromative one for the students who are planning to have a try on start-ups. Around 70 students participated in the webinar.



Ideation Workshop

An Ideation Workshop was organized for the first-year students on 19 October 2022 in the college Auditorium. The session was led by Mr. Ajmal Chakkarapadam, Founder & Executive Officer, KITES Foundation. Initially an orientation session was given to the students on the importance of innovations and entrepreneurship in the present society. In the second session the students were divided into different groups and they were given time to discuss among themselves their ideas and later

the generated ideas were gathered and a detailed discussion was done in the presence of experts. Selected ideas were promised support from KITES foundation for implementation.



Meet the Innovator

A ‘Meet the Innovator’ Session was organised for the students on 20 October 2022. In this session the students were able to interact with Mr. Najeeb Bin Haneef O a renowned innovator, who is currently the founder and CEO of Zaara Biotech India and CEO of Zaara Biotech LLC - UAE. The session was an interactive one where the students were able to interact with the resource person and understand the milestones and huddles in his journey as an innovator. He also introduced a product development training program conducted by Zaara Biotech India in which 5 of our students, Stessy Mathew, Sreelakshmi S Wariyar, Aleena Mathew, Ananya K S and Anzila M K joined.



Meet the Entrepreneur



The Innovation and Entrepreneurship Development Centre (IEDC) of Morning Star Home Science College, Angamly, also organised a Meet an Entrepreneur session on 28 November 2022. In this session the students had an interaction with an Artist turned Social Entrepreneur Ms. Harsga Puthusserry who is the founder and managing director of Iraah Loom International Pvt. Ltd. The session was really fruitful and helped the students to understand the various benefits and hardships that a women entrepreneur has to face in her entrepreneurship journey and also how to utilise various opportunities to become an established entrepreneur.

Participation in Inspire Student Meetup of the central Zone



Three of the IEDC Executive Committee Members Ms. Krishna Rajesh (IEDC Lead), Ms. Adithya Saji (Community Lead), Ms. Fathima Asif (Branding & Marketing Lead) attended the Inspire Student Meetup of the central Zone at Rajagiri School of Engineering & Technology, Ernakulam on 12 November

2022. This event brought together the students of the various IEDCs of the Central zone and the students were given orientation sessions regarding KSUM's various activities in relation with IEDCs, and an overview of Kerala Startup ecosystem. Various interactive activities and connect programs were held to usher these lead students into the KSUM pipeline and IEDCs action plan for the coming years.

Handing over of Manure Pot to Nursery



Our product w2M (WASTE TO MANURE POT) was handed over to the nearby agriculture nursery & super bazar of Kerala Kisan Kendra for using the product instead of the usual plastic seedling bag and to collect from them the feedback regarding the product for further improvement of the same. The normal seedling bag can be replaced with this decayable manure pot, which can provide utmost easiness to the consumer in planting. The pot can be easily buried in the soil along with the plant. There is no need to add any manure while planting and it is completely eco- friendly. The two main aims of this product are waste management and reduction of plastic waste.

Super Fab Lab Visit



As an initiative of IEDC, 26 students and 2 teachers visited Super Fab Lab at Kalamasery, Ernakulam on 7 December 2022. Fabrication Laboratory (FabLab) is a technical prototyping platform for innovation and invention, which aims at providing stimulus for local entrepreneurship and serves as a platform for learning and innovation.



It is a small-scale workshop offering digital fabrication which empowers the users to create smart devices for themselves which can be tailored to local or personal needs. The students who visited the lab were able to have hands on experience with different types of machineries used in Laser Cutters, 3D printers, Vinyl Plotter, Sand Blaster, Moulding, Casting etc.

Meet the Campus Innovators



The students were given an opportunity to interact with our own campus innovators on 1 December 2022. The session was led by Ms. Reshma Santhosh and Ms. Sajitha of III B.Com who were the innovators of our product w2M (WASTE TO MANURE POT). This product can be used instead of the usual plastic seedling bag.



The normal seedling bag can be replaced with a decayable manure pot, which can provide utmost easiness to the consumer in planting. This Product was short listed in Smart India Hackathon 2022. The second session was led by Ms. Sethulakshmi S Nair an alumna of department of Physics of our college. She reached the last round of Smart India Hackathon 2022.



Smart India Hackathon is a nationwide initiative to provide students with a platform to solve some of the pressing problems we face in our daily lives, and thus inculcate a culture of product innovation and a mindset of problem-solving. In these sessions the students were able to gain knowledge of different aspects of innovation from their own peer group which they found more motivating.



Ideathon

The students were given an opportunity to present their innovative ideas in front of a panel of judges. The best idea was selected and cash prize was given. The students can use this cash money as seed money to develop their ideas



INSTITUTIONS INNOVATION COUNCIL(IIC)

Institutions Innovation Council (IIC) activities were carried out actively under the able guidance of IIC president Ms. Shiny K. Ittiachan and IIC Convener Dr. Teji K. T. In Mentee Institute visit by our IIC Mentor institute Mohandas Engineering College, Trivandrum was conducted on 26 July 2022.



In connection with Mentee Institute visit a talk on 'Lean start-up & Minimum viable product/Business', Interactive session with IIC members and faculty were organized.

In association with Star Entrepreneur Centre, E-fest conducted on 26 July 2022. An introductory session on ARIIA, NISP and start-up registration for IIC faculty members also arranged.



YOUTH RED CROSS

Project Venda

Youth Red Cross Unit of the college in association with Department of English organized an Anti-addiction Campaign titled 'Project Venda' on 17 August 2022 at 10.30 am in the Conference Hall. Mr. Thomas Mayjo and Ms. Sufana Fathima (Catalysts of Fourth Wave Foundation) served as the resource persons. Through this programme students got awareness

on ill effects of drug abuse and the effective methods to abstain from drugs.



Palliative Care Centre Visit

The members of Youth Red Cross visited the Palliative Care Unit of Guardian Angel Peace Mission Centre, Thuruthissery, Nedumbassery. The students interacted with the inmates of Palliative Care Centre and sang songs for them. This visit was organized with an aim to instill the spirit of humanity, compassion and brotherhood among the students. The students also attended an introductory class on palliative care by the P.R.O., Mr. Chinnan Pynadath, from the Mission Centre.



World Palliative Care Day 2022

In connection with World Palliative Care Day, the Youth Red Cross members attended a seminar on Palliative Care at Peace Mission Centre, Nedumbassery on 8 October 2022 from 10.00 am to 12.30 pm. Justice C.K. Abdul Rahim inaugurated the programme. Dr. Tony Fernandez delivered the keynote address. The seminar highlighted the significance of palliative care.



Palliative Care Training

Eleven members of the Youth Red Cross attended 16 hours training for volunteer in Palliative care at Knowledge Centre, Peace Mission Centre, Nedumbassery and received certificates.



First Aid Training Programme

In association with Kites India, an NGO focused in social service activities, a first aid training programme was organized for the students on 30 January 2023 from 10.30 am to 12.30 pm at the college auditorium. Mr. Pramod and Mr. Ashiq (Certified First Aid Trainers & Staff Nurses, Aster Medicity, Ernakulam) served as the resource persons for the training. The training comprised of theory as well as practical sessions. 131 students from the Department of Economics and Department of Commerce attended the training programme.



BHOOMITHRASENA CLUB

Wild Life Week Observation - 2022

Department of Zoology and Bhoomithrasena club conducted Quiz competition on 'Wild Life and Environment' in connection with wild life week celebrations on 10 October 2022. 40 B Sc zoology students participated and benefitted from the Programme. Anagha Sabu of II B Sc Zoology, Thasleena T K and Minnu Maria Francis of III B Sc Zoology and Aysha Nargees of II B Sc Zoology won first, second and third prizes respectively.



Seminar On Mullaperiyar Dam - Yesterday, Today, Tomorrow

Bhoomithrasena club in association with Save Kerala Brigade organized Seminar on Mullaperiyar-Yesterday, Today, Tomorrow on 22 November 2022. Ms Angel varghese of I M Sc Zoology welcomed the gathering. Principal Dr. Sr. Rosily A.V presided over the function. Adv. Russel Joy, President, Save Kerala Brigade inaugurated the seminar and emphasized the ecology of Mullaperiyar dam and the environmental issues concerned followed by an interactive session. Sri. Nelson George delivered keynote address. Ms. Nandana Uyakumar of II B Sc Zoology proposed vote of thanks.



CONSUMER PROTECTION CLUB

Interdepartmental Poster Designing Competition

In association with Department of Commerce, Consumer Protection club organised Interdepartmental Poster Designing Competition on 23 February 2023 at 2:30 pm. The topic of Poster Designing Competition was 'Unaroo Upafokthave Unaroo Upafokthave.' Stessy Mathew of II MSc Fcs won 1st Prize; Sjiitha Sekhar of III B.Com won II Prize. Third Prize was shared by Nannoor Beegam of II MSc FCS and Ganga C.S of II B.Voc. The coordinators of the

programme were Ms. Jwalini K.S, Dr. Rashmi M.B, Ms. Jyothi Maria Johny and Dr. Minimol K. Xavier.



MATHRUBHUMI SEED CLUB

Mathrubhumi seed club members participated in fish feed formulation for ornamental fishes. The programme was held in the star entrepreneur centre.



ELECTORAL LITERACY CLUB

Observance of Divyangjan Day



The world disability day is observed on 3 December. In connection with this The 'Divyangjan Committee' in association with Department of Commerce organised a programme, Importance of 'Divyangjan Day' on 20 December 2022. The Department of Commerce is blessed with such a student who is immensely talented and confident.



Ms. Angel Rose Johnson though physically challenged has immense potential for excellence. She took a small session on the topic 'Importance of self confidence' along with a PPT presentation. The programme was a real booster of confidence for all the students, it was well appreciated by everyone.



Hands on training on linking voter ID card with Aadhaar card

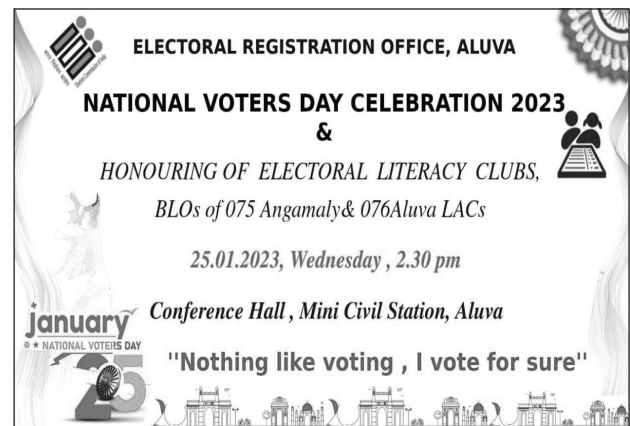


The electoral literacy club in association with Electoral Registration Office, Aluva organised a hands on training on linking voter ID card with Aadhaar card for all the students and staff of the college. The programme was organised on 28th October 2022. A team of six members came from Electoral Registration Office, Aluva to give hands on training on how to use the voter helpline application on mobile phone. The chief guest of the day was Mr. Sunil Mathew, (Thahasildar of the Aluva Thaluk). The programme helped the students and staff to individually link their voter id card with Aadhar card. It was one step towards using their voting rights and act as responsible citizens of a democratic country. The programme was coordinated by Dr. Rashmi M.B.



Observance of National Voters Day

Electoral Registration Office, Aluva celebrated National Voters Day on 25th January 2023. The programme also aimed to honour the electoral literacy clubs, BLOs of 075 Angamaly and 076 Aluva LACs. The programme was organised at conference Hall, Mini Civil Station, Aluva. Dr.Rashmi MB club coordinator and two students from the electoral literacy club took part in the programme. Certificate of appreciation and memento was received by Morning Star Home Science College as part of honoring the club activities in the college.





Sr. Mary Joe CSN

The Real Crusaders

*Arising from the distant horizon
In a capsule of flying dust,
The Crusaders charged forth on horsebacks
To capture the Holy Land,
Masked in a thin linen of faith-
Meant to conceal the passion for power within.
Bloody battles ensued and the
Black Knight of Death emerged victorious
As many perished for a cause that
Was never met...or was never there.
All died! The Crusade ended!*

*And now arose from the distant horizon,
A whole army of Prayer Warriors-
Joining hands and marching forth
To capture hearts and save souls.
Charged with the Divine Spirit
And a passion to spread the Gospel,
To defeat the Black Knight of Death with the
Crucifix that promises Resurrection.
All rise! The real Crusade has just begun!
Come, be a part of the Crusade!*

The value of oxygen in human life.



Sr. Mariam Mardi
I Bsc Physics



Just as God asked Abraham to leave his country, his people, and his father's households and go to the land that he would show him, likewise I was asked to leave my state Assam and move to Kerala, God's Own Country, to complete my degree course.

I started my train journey to Kerala on 30th October 2022. I have heard and witnessed the loveliness of this state filled with natural beauty. Kerala exhibits amazing visual treats including serene beaches, thick forest areas, gurgling waterfalls, cool hill stations, etc.

On the first day, the train passed very fast, and it took me into a deep sleep.

The next day there was a couple with their son who was 26 years of age. As I was beside them I noticed the young guy. He was very sick and exhausted. He was going to the washroom continuously. I just began to interact with them and asked about their son. They said that both his kidneys have failed and is now fighting for his life.

Now they are taking him to a specialist hospital where he may, have a better care.

I just glanced at the landscape through the window, my mind filled with various thoughts and feelings about the suffering of people who is nearing death without any hope.

Sadly, time just flew by and the man's conditioning became worse than before. They called the doctors but they couldn't help him

out. I was just looking at the patient as he was struggling to breathe. He desperately needed oxygen cylinder to remain alive. Even though they provided it later he was too weak to breathe and passed away. His mother was sobbing loudly. All the co-travelers were shocked when they witnessed a co-passengers death.

They got down at the next station full of grief and sorrow with the lifeless body of their beloved son. The passengers helped them to leave the train.

In the train nobody spoke for a while. It took hours for me to come back to the normal situation. My mind was in deep sorrow as I was recalling the struggle of that young man for oxygen. I understood the value of oxygen and the life of each living being. It is a God-given gift. If there is no oxygen, there is no life. I thanked my creator for the breath of life and breathing capacity. Again I turned my attention to nature outside. I felt a deep love for mother earth. I decided to plant a tree every year as my gift for the planet Earth and not to cut down trees and clear out forests. On the contrary, I will inspire others to plant more trees. Similarly, do not pollute the air and hamper the oxygen quality.

The three days journey passed very swiftly and I reached Kerala my destination. I have undertaken a lot of train journeys. There are so many memories

But this one memory moved my heart and touched my very being.



ഉൾത്തുടിപ്പിന്റെ മർമ്മരങ്ങൾ



Ms. Remya R
PG Department of Chemistry

“വേഗത്തിൽ ഓടലേ കേട്ടോ, നീ വീഴുമേ” ചെച്ചിപ്പെണ്ണിന്റെ വിളി കൂടുതൽ ഉച്ചത്തിൽ പുറകെത്തന്നെയുണ്ട്... അമ്മയോളം കരുതലുണ്ട് ആ വാസലധ്യമധുരത്തിന്.. പക്ഷേ കേൾക്കാൻ കൂട്ടാക്കില്ല ഞങ്ങൾ... വലത്തേക്കെത്തിൽ മുറുക്കിപ്പിടിച്ചു അനിയത്തിക്കൂട്ടിയുമുണ്ട്.. വീണുകിട്ടിയ ഞങ്ങളുടേതായ രണ്ടുമാസക്കാലം.. അതു വെറുതെയങ്ങു വിട്ടു കളയാൻ പറ്റില്ലലോ.. തൊടിയിലേക്കൊന്നിറങ്ങണം. കാക്കപ്പുവീനോടും മുക്കുറ്റിച്ചെടിയോടും കിന്നാരം പറയണം.. തൊട്ടുവാടിചെടിയെ നോവിക്കാതെ ഒന്നു തൊട്ടുനോക്കി ഇനിയും നാണത്താൽ മുഖം താഴ്ത്തുന്നുണ്ടോയെന്നു നോക്കണം.. അങ്ങിങ്ങായ് വീണുകിടക്കുന്ന ആഞ്ഞിലിചക്കുകൾ ആർക്കും കൊടുക്കാതെ കൈക്കലാക്കണം. കാട്ടുചെമ്പകപ്പൂക്കൾ തല്ലിക്കൊഴിച്ചിട്ട മഴയോടൊരൽപ്പം പരിഭവമില്ലാതില്ല... പങ്കുവയ്ക്കാൻ ഇഷ്ടമില്ലാത്ത മഴയുമ്മകൾ ഒറ്റയ്ക്ക് വീതിച്ചു കൊടുത്തതിന്... “ന്ത്രേ ഇന്നലെ വന്നില്ലാ” എന്നു ചോദിക്കാനെ നോണം തുറിച്ചു നോക്കുന്നുണ്ട് തോട്ടിലെ ആമകൾ.. വെയിലൊന്നാറിയിട്ടു വേണം മീൻ പിടിയ്ക്കുവാൻ ഇറങ്ങാൻ... ഒരു വശത്തേയ്ക്ക് ചാഞ്ഞു കിടക്കുന്ന ശീമക്കൊന്നയുടെ ഉച്ചി വരെ വലിഞ്ഞു കേറണം.. മരം കേറിപ്പെണ്ണുന്ന വിളിപ്പേര് വിട്ടു

കൊടുക്കാൻ ആവില്ലലോ.. പുള്ളിയ്ക്ക് ഒട്ടും കുറവില്ലാത്ത പേരുപോലുമറിയാത്ത മാനുഷം

പാവം അത്തുവിൽ പെറുക്കിയെടുക്കണം.. അവകാശം ചോദിച്ച് ഉറ്റുനോക്കുന്നുണ്ട് അണ്ണാറക്കണ്ണന്മാർ... സന്ധ്യയോടെ കുറ്റൻ ആഞ്ഞിലിമരത്തിന്റെ മുകളിൽ കിളികൾ ചേക്കേറിത്തുടങ്ങും.. നാളേയ്ക്കായുള്ള തയ്യാറെടുപ്പിലാകണം അവർ.. മുറ്റത്തെ മുവാണ്ടൻ മാവിൽ മുല്ലവള്ളികൾ പടർത്തിയിട്ടുണ്ട്... നെഞ്ചിലേക്കാഴ്ന്നിറങ്ങുന്ന പുതുമയുടെ വശ്യഗന്ധം ഇരുട്ടുവീഴുമ്പോഴേയ്ക്കും പൂമുഖത്താകെ പരന്നുതുടങ്ങും...“ന്റെ കൂട്ടിയല്ലേ” എന്നും പറഞ്ഞു അടക്കിപ്പിടിക്കുന്ന മുത്തശ്ശിയമ്മയുടെ സാന്നിധ്യമുള്ളയിടം..

ഓർത്തെടുക്കുവാൻ ഇനിയും ഇനിയും എന്തൊക്കെയോ....പറഞ്ഞു പഴകിയ വാക്കുകളുടെ പഴംതുണിക്കെട്ടല്ല ഒന്നും.. മറവിയ്ക്ക് പോലും വിട്ടുകൊടുക്കാതെ സിരകളിൽ ഉറപ്പിപ്പടരുന്ന വറ്റാത്ത നീരുറവ പോലുള്ള നോവോർമ്മകൾ മാത്രം.. എന്നോടൊരു വാക്കുപോലും പറയാതെ നീയങ്ങു പെയ്തിറങ്ങുമ്പോൾ കൊഴിഞ്ഞു വീഴുന്നത് എന്റെ പോയ കാലത്തിന്റെ അക്ഷരഗന്ധം... ഒരിക്കൽക്കൂടി എന്നെ യൊന്നവിടെ കളഞ്ഞിട്ടു പോരണം.. ഉള്ളും പൂക്കുന്ന ഗന്ധമറിയുവാൻ...!



യുവ എഴുത്തുകാരി



മായാ ബാലകൃഷ്ണനുമായി

NSS Volunteers നടത്തിയ അഭിമുഖം

ചോദ്യം : എഴുത്തിന്റെ വിസ്തൃത ലോകത്തിലേക്ക് കടന്നു വന്നിട്ട് എത്ര വർഷമായി, എഴുത്തിലേക്ക് വരാനുള്ള പ്രചോദനം എന്തായിരുന്നു?

ഉത്തരം : 10 വർഷമായി എഴുത്തിന്റെ ലോകത്ത് ഞാൻ എത്തിപ്പെട്ടിട്ട്, ഫേസ്ബുക്കിലെ കഥകളിലൂടെയാണ് എഴുത്തിലേക്ക് എത്തിച്ചേർന്നത്, അതിലെ കഥകളും നോവലുകളുമായിരുന്നു എനിക്ക് പ്രചോദനം നൽകിയത്.

ചോദ്യം : താങ്കളുടെ പ്രധാന രചനകൾ ഏതെല്ലാം ആണ്?

ഉത്തരം : തുടികൊട്ട്, നിഷ്കാസികളുടെ ആരുണം, എന്നീ കവിതാ സമാഹാരങ്ങളും, നാലാം

വിരുന്നിൽ വിരിയുന്ന മായ ആത്മകഥയ്ക്ക് ചേരുന്നത് ഈ പേര് തന്നെയാണ് എന്ന് തോന്നിയതുകൊണ്ടാണ് ഈ തലക്കെട്ട് കൊടുത്തത്.

ചോദ്യം : ഇപ്പോൾ ഏതെങ്കിലും കൃതികൾ എഴുതുന്നുണ്ടോ?

ഉത്തരം : സൈലന്റുദീൻ - ഒരു നോവൽ ആണ്. കുറ്റാനോഷണ കഥകൂടിയാണ്.

ചോദ്യം : ഈ രചനകൾക്ക് എന്തെങ്കിലും അംഗീകാരങ്ങൾ ലഭിച്ചിട്ടുണ്ടോ?

ഉത്തരം : നിഷ്കാസികളുടെ ആരുണം എന്ന കവിയ്ക്ക് ഭിന്നശേഷിവിഭാഗക്കാരുടെ സംസ്ഥാന സർക്കാർ പുരസ്കാരം ലഭിച്ചിട്ടുണ്ട്. പല ക്ലബ്ബുകളിൽ നിന്നും ഫേസ്ബുക്ക് ഗ്രൂപ്പുകളിൽ നിന്നും അംഗീകാരങ്ങൾ തേടി എത്തിയിട്ടുണ്ട്.

ചോദ്യം : ഇപ്പോഴത്തെ തലമുറയിലെ എഴുത്തുകാർക്ക് നൽകുന്ന ഉപദേശം എന്താണ്?

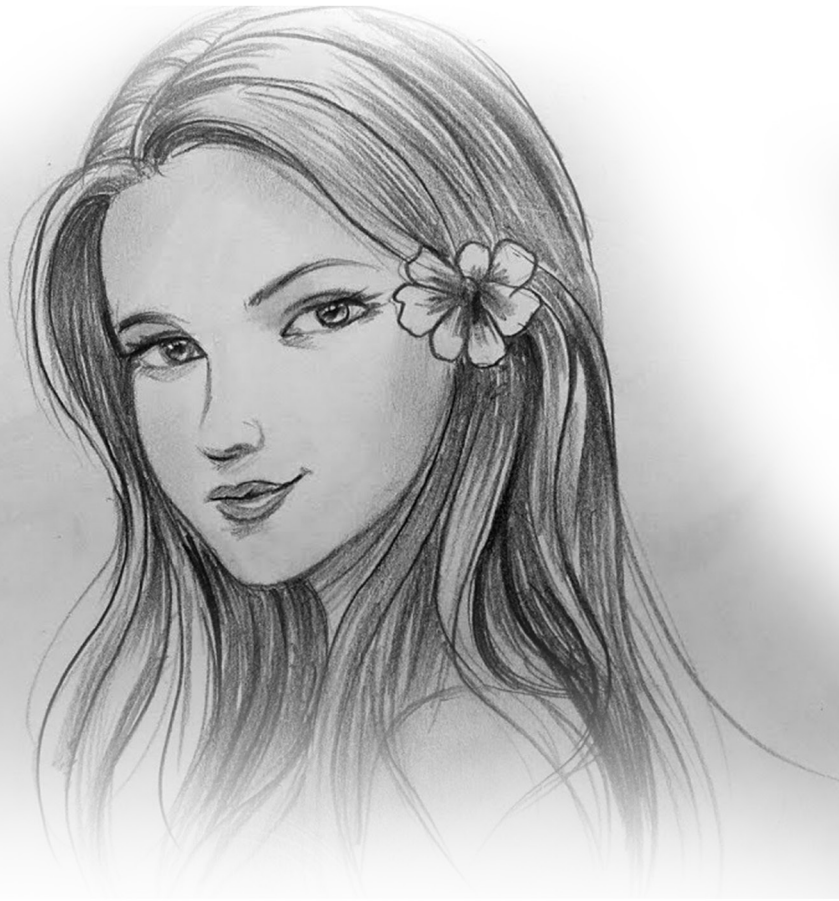
ഉത്തരം : എഴുതുന്ന ആശയങ്ങൾ ആഴത്തിൽ മനസ്സിലാക്കി എഴുതാൻ ശ്രമിക്കുക, അപ്പോൾ അതിന്റെ തുടർച്ച ലഭിക്കും. സാമൂഹ്യവിഷയങ്ങൾ തിരഞ്ഞെടുക്കുമ്പോൾ എഴുതി കഴിഞ്ഞ് ഉചിതമെന്ന് തോന്നുന്ന തലക്കെട്ട് കൊടുക്കുക. വായനയിലൂടെ മാത്രമാണ് ആശയങ്ങൾ ലഭിക്കുന്നത്.

വായനശീലം വളർത്തി എടുക്കുക.





Nazni Nazar
II Bsc. FCS



പെണ്ണ്

ജീവൻ തുടിക്കുന്ന സഹനമല്ല,
സ്നേഹം തുളുവുന്ന പാതിയല്ല,
കൂടെ പിറന്നൊരു കടമയല്ല,
കരുതലല്ല, ദൈവമല്ല, അലങ്കാരമല്ലാ !
ജീവിതം തന്ന കരുത്താണവൾ!
സ്വപ്നങ്ങളുള്ള ചിറകാണവൾ!
പരിധിയില്ലാത്തൊരു വാശിയോടെ,
അഗ്നി ജ്വലിക്കുന്ന സൂര്യാഗ്നിയായ്,
വീരോടെ മുന്നേറും തീയാണവൾ !



Anagha Lalu
I B.A Economics

സുന്ദരം

മഴ എത്ര സുന്ദരം
പൂഴ എത്ര സുന്ദരം
ഇതെല്ലാം നൽകും
പ്രകൃതിയെത്ര സുന്ദരം

പകൽ എത്ര സുന്ദരം
രാവ് എത്ര സുന്ദരം
ഇതെല്ലാം നൽകും
ഭൂമിയെത്ര സുന്ദരം

താരകൾ സുന്ദരം
തികൾ സുന്ദരം
ഇതിലും എത്രയോ
സുന്ദരം നീ എനീക്ക്



തോരാമഴ

തൂലാം മാസം വന്നെത്തി
തോരാ മഴ വന്നെത്തി
വിതുമ്പി നിൽക്കുന്ന കാർമേലത്തെ
നോക്കുവിൻ നേത്രങ്ങളെ
അനുഗ്രഹത്തോരാ മഴയ്ക്കായി
വിതുമ്പിനിൽക്കും
കാർമേലത്തിൻ കണ്ണീർ
നേത്രങ്ങളിൽ പൊടിഞ്ഞു തുടങ്ങി
കരഞ്ഞുതുടങ്ങി കാർമേലം
കുട്ടിമനസ്സിൽ ഭ്രാന്തം
ഭൂമിയിതാ തണുത്തുതുടങ്ങി
ഏഴുനിറം മാനുത്തുനിന്നു മാഞ്ഞുതുടങ്ങി
മഴവെള്ളം പോൽ മനം നിറഞ്ഞൊഴുകി
തുള്ളുമിച്ചിരിക്കുന്ന പകലിനേക്കാൾ ശോഭ
പൊട്ടിവിതുമ്പും മഴയ്ക്കല്ലോ
സ്നേഹത്തിലൂടെയും കണ്ണീരിലൂടെയും
കഴിച്ചുകൂട്ടിയ എനോർമകൾ
തോരാമഴയായ് പെയ്തുതുടരുന്നു



Nandhana Shibu
I B.Sc FCS





Fathima Rahman T. A.
I MSc FCS

നീയെന്നെ ഓർക്കുന്നുവോ,
എന്നെന്നിരിക്കിടലേക്കിലും
നിന്നെക്കാർക്കാരെത്താരു ദിനം
പോലുമിന്നിരളിലില്ല...

പ്രിയനേ... നിനക്കിതെന്ത് പറ്റി
ഇത്രമേൽ എന്റെ ഹൃദയത്തെ
കീറി മുറിക്കാൻ മാത്രം...

കവിതയിലൂടെ തുടങ്ങിയ നമ്മുടെ
സൗഹൃദം ചെന്നവസാനിച്ചത്
പൂവാൽ നിന്നിലും,
പൂമ്പാറ്റയായെന്നിലുമല്ലേ...!

നമ്മുടെ കവിതകൾ വായിക്കുന്നവരിനും
നമ്മളെ പുകഴ്ത്തി സംസാരിക്കുന്നു
കേൾക്കുന്നതോടീ ഹൃദയം പിടയുന്ന
തൊന്നുമെ നീ അറിയുന്നില്ലേ..?

ഒരിക്കലുമൊരുമിക്കില്ലെന്നറിഞ്ഞിട്ടും
നമ്മളെതിന്നോ പ്രണയിച്ചു
ഹൃദയം തെക്കമാറി, പകൽ കിനാകാൾ
പലതും നെഞ്ചുതൂങ്ങി...
പ്രതീക്ഷയുടെ ഒരു തരിവട്ടം
കണ്ടപ്പോഴേക്കും നീയെങ്ങോ മാഞ്ഞു...

ഓർക്കാനാൽ നീയെന്നിരിക്കാനുമെ
നൽകിയിട്ടില്ലേക്കിലും...
നീയെന്നൊറ്റുപുറമെന്നിലുണ്ടാക്കിയ
മുറിവിനുമെ ഉണങ്ങിയിട്ടില്ല...
ഇനിയൊട്ടുമെ ഉണങ്ങുകയുമില്ല

ആതൊക്കെ എതിർത്താലും
തെറ്റിപ്പോയൊന്നും കുറ്റപ്പെടുത്തിയാലും

പ്രിയനേ... നിനക്കാൽ ഞാനിവിടുണ്ട്
എൻ ഹൃദയമുണ്ട്...
എല്ലാപ്പോഴുമേൻ പ്രാർത്ഥനകളുണ്ട്
പ്രാർത്ഥനകളെക്കാൾ വലുതാൽ
പ്രിയപ്പെട്ടവർക്ക് നൽകാനൊന്നുമില്ലേ...!

ഇല്ല...! നീയീ ഭൂമിയിലിരിക്കുമില്ലേന്ന്
വിശ്വസിക്കാനൊന്നിരിക്കാവില്ല...
നമ്മുടെതാമര ഓർമ്മകൾ, മെൽപിലകൾ...
എല്ലാം നിൻ വരവ് പ്രതീക്ഷിച്ചിരിക്കുന്നു...

ഇനിയും വെളുപ്പൻ സഖീ...
ഈ ഒറ്റപ്പെടൽ തീർത്തും
മടുപ്പമേ... വെറുപ്പമേ...

വരു...തെറ്റിനിരിക്കുന്നീ ഹൃദയത്തെ-
തൊന്ന് ചേർത്ത് പിടിക്കും...
നീയും ഞാനുമെന്ന രണ്ടു നീണ്ട കവിതയാകാതെ
നമ്മളെന്ന ഒറ്റവരി കവിതയാകിടാം...!

ശുഭം





തൊഴിലും വിദ്യാഭ്യാസവും



Fathima Fasna K. N.
I MSc FCS

ഉപജീവന മാർഗ്ഗമെന്നെന്ന് ഈ ഭൂമിയിലുള്ള സർവ്വ മനുഷ്യനും അത്യന്താപേക്ഷിതമാണ്. അത് മനുഷ്യനായാലും മൃഗങ്ങളായാലും ഉപജീവനത്തിനായി മാർഗ്ഗം തേടാത്തവർ ആരുമുണ്ടാകില്ല. അത് വ്യത്യസ്ത തരത്തിൽ ആണെന്ന് മാത്രം. നാം തൊഴിലുകൾ തേടുന്നത് കേവലം ഭക്ഷണത്തിന് വേണ്ടി മാത്രമല്ല, നമ്മുടെ സാമ്പത്തിക ഭദ്രതക്കും, മറ്റനവധി ദൈനംദിന ജീവിതത്തിനും തൊഴിലിന് മുഖ്യമായ ഒരു സ്ഥാനം തന്നെയാണ്. എന്നാൽ വിദ്യാഭ്യാസം, തൊഴിൽ ഇവ രണ്ടും തമ്മിൽ ബന്ധപ്പെട്ടു കിടക്കുന്നു. വിദ്യാഭ്യാസം കൂടാതെ നാം ഇന്ന് നിലനിൽക്കുന്ന ഈ യുഗത്തിൽ ചുവടുറപ്പിച്ചു നിൽക്കാൻ പ്രയാസമാണ്. വിദ്യാഭ്യാസത്തിന്റെ മേന്മയും അതിന്റെ

പ്രാധാന്യവുമായി ബന്ധപ്പെട്ടു കിടക്കുന്ന മറ്റൊരു മേഖലയാണ് തൊഴിൽ. തൊഴിലും വിദ്യാഭ്യാസവും കൂടാതെ ഈ യുഗത്തിൽ പിടിച്ചുനിൽക്കുക എന്നത് ഏതൊരു മനുഷ്യനും അസാധ്യമാണ്.

“വിദ്യാഭ്യാസം എന്നത് ഈ പ്രപഞ്ചത്തിൽ വെച്ചേറ്റവും ശക്തിയേറിയ ആയുധമാണ്” എന്ന നെൽസൻ മണ്ടേലയുടെ വാക്കുകൾ ഏറെ പ്രാധാന്യം ഉള്ളതാണ്. ആ ശക്തിയേറിയ ആയുധം നമുക്കുണ്ടെങ്കിൽ വളരെ വേഗത്തിൽ നമുക്ക് ഈ ലോകത്ത് പറന്നുയരാം. വിദ്യാഭ്യാസം അഥവാ വിദ്യ നേടുക എന്ന വിഷയത്തിലുണി ഒട്ടനേകം ആശയങ്ങളും തത്ത്വങ്ങളും അനവധി മഹത്തുക്കളുടേതുൾപ്പെടെ നാം കേട്ടിട്ടുണ്ട് പഠിച്ചിട്ടുണ്ട്. ശരിയാണ്, വിദ്യാഭ്യാസം നേടുക എന്നുള്ളത് ഒരു മനുഷ്യന്റെ

നിലനിൽപ്പിനും, അവന്റെ അറിവിനും, വിനയത്തിനും അങ്ങനെ ഒട്ടനവധി മനുഷ്യഗുണങ്ങൾ വളർത്തുന്നതിനായി ഉപകരിക്കുന്ന വളമാണ്. നാം ഇന്നുള്ള ഈ ആധുനിക കാലഘട്ടത്തിൽ വിദ്യാഭ്യാസത്തിന്റെ വിവിധ തലങ്ങൾ കീഴടക്കിയ ഒട്ടനവധി പേരെക്കുറിച്ച് അറിഞ്ഞിട്ടും, വായിച്ചിട്ടും കണ്ടിട്ടു മെല്ലാമുണ്ട്. നാം എങ്ങനെ വളരണമെന്നും, ജീവിക്കണമെന്നും ഏത് തരം തൊഴിൽ സ്വീകരിക്കണമെന്നുമുൾപ്പെടെ തീരുമാനിക്കുന്നത് ആ മനുഷ്യന്റെ വിദ്യാഭ്യാസത്തിന്റെ അടിസ്ഥാനത്തിലാണ്. ഈ കാലഘട്ടത്തിൽ വിദ്യാഭ്യാസമില്ലാതെ നിലനിന്നു പോകുക എന്നത് കുറച്ച് ബുദ്ധിമുട്ടുള്ള ഒന്നാണ്. ഉയർന്ന വിദ്യാഭ്യാസവും തൊഴിലും ജീവിതസാഹചര്യങ്ങളും ആഗ്രഹിക്കാത്ത മനുഷ്യർ ഇന്ന് വിരളമാണ്. അതുമാത്രമോ വിദ്യാഭ്യാസത്തിന്റെ അനന്തമായ അവസരങ്ങളെക്കുറിച്ച് പഠിക്കാനും മറ്റുള്ളവരിലേക്ക് പകർന്നുകൊടുക്കാനും ഒക്കെയായി കരിയർ ഗയ്ഡൻസ് ക്ലാസുകളും മറ്റനവധി പരിപാടികളും നടക്കുന്നു. എന്നാൽ വിദ്യാഭ്യാസമില്ലാത്തവർ ഇന്ന് ജീവിക്കുന്നില്ലേ? ഉണ്ട് വിദ്യാഭ്യാസം ഇല്ലാത്തവരും, കുറവുള്ളവരുമൊക്കെ തന്നെ ഈ കാലഘട്ടത്തിലും ജീവിതം നയിച്ചുപോകുന്നുമുണ്ട്. എല്ലാ തൊഴിൽ മേഖലകളും വിദ്യാഭ്യാസമായി ബന്ധപ്പെട്ടു കിടക്കുന്നവയല്ല. നമ്മുടെ ആരോഗ്യം സിന്ധാനത്തിൽ മാത്രം നിലനിന്നുപോകുന്ന ഒട്ടനവധി തൊഴിൽ മേഖലകളും നമുക്കു ചുറ്റുമുണ്ട്. (കൽപ്പണി, മരപ്പണി, പറമ്പിൽപ്പണി ഇതുപോലെയുള്ള തൊഴിലുകൾ നമ്മുടെ ശാരീരിക ബലത്തെ ആശ്രയിച്ച് മാത്രം നിലനിൽക്കുന്നതാണ്.)

നമുക്കറിയാം, ഇന്ന് വിദ്യാഭ്യാസം ഒരു ഇടത്തോ, ചുറ്റളവിലോ ഒന്നും തന്നെ തങ്ങി നിൽക്കുന്നതല്ല. വിദ്യാഭ്യാസം നേടുന്നത് വളരെ അപൂർവ്വവും, ഇംഗ്ലീഷ് വിദ്യാഭ്യാസം നേടുന്നത് വിലക്കിയതുമായ ഒരു കാലഘട്ടത്തിൽ നിന്ന് ദേശത്തിന്റെ എല്ലാ അതിർവരമ്പുകളും ഭേദിച്ച് വിദ്യാഭ്യാസം ലോകരാജ്യങ്ങളിലോട്ടും വ്യാപകമായിരിക്കുന്നു. ഇന്ന് വിദ്യാഭ്യാസത്തിനായി ഭൂഖണ്ഡങ്ങൾ കടന്ന് വരെ മനുഷ്യർ ഓരോരോ ഇടങ്ങളിലേക്ക് ചേക്കേറുന്നു. എല്ലാവരുടേയും ലക്ഷ്യമെന്നത് ഉയർന്ന വിദ്യാഭ്യാസവും ജോലിയും സമ്പാദ്യവും ഒക്കെ തന്നെയാണ്. വിദ്യാഭ്യാസത്തിനായി ലക്ഷങ്ങൾ കടന്ന് ദശലക്ഷകണക്കിന് പണമെറിയാൻ ഒരു മടിയുമില്ല മനുഷ്യർക്ക്. അതിനർത്ഥം, വിദ്യാഭ്യാസം അത്രമേൽ മനുഷ്യജീവിതത്തെ ആഴത്തിൽ സ്പർശിച്ചിട്ടുണ്ട്.

എന്നാൽ വിദ്യാഭ്യാസം ഇന്ന് കേവലം അറിവു നേടുന്നതിനപ്പുറം ഒരു കച്ചവടമാണ്. പല വിധത്തിലും തരത്തിലുമുള്ള വിദ്യാഭ്യാസാടിസ്ഥാനത്തിലുള്ള തൊഴിൽമാർഗ്ഗങ്ങൾ നേടുന്നതിനുള്ള വിദ്യാഭ്യാസ കോഴ്സുകൾ ബിസിനസ്സ് ആഭിമുഖ്യത്തോടെ കച്ചവടം ആക്കുന്നവരാണ് കൂടുതലും. പല വിധത്തിലുള്ള വാഗ്ദാനങ്ങളും നൽകി കച്ചവട താൽപര്യത്തോടെ വിദ്യാഭ്യാസം വിറ്റ് കാശാക്കി മാറ്റുകയാണ് ചിലർ. ഇന്ന് പ്രീപ്രൈമറി ക്ലാസുകളിലേക്ക് വരെ കുട്ടികളെ അയച്ച് പഠിപ്പിക്കണമെങ്കിൽ എത്ര അധികം രൂപ ചിലവ് വരും എന്നത് നമുക്കറിയാം. കുട്ടികളുടെ വിദ്യാഭ്യാസ കാലഘട്ടം അവസാനിക്കുന്നതോടെ എത്രയധികം പണം ചിലവായിട്ടുണ്ടെന്ന് നമുക്ക് ഊഹിക്കാവുന്നതേയുള്ളൂ.

എന്നാൽ ഇത്രയധികം പണം ചിലവിട്ടിട്ടും അതിനനുസൃതമായ തൊഴിലുകൾ നമ്മുടെ രാജ്യ



ത്തുണ്ടോ. തൊഴിലില്ലായ്മയിൽ ആദ്യപട്ടികയിൽ ഉള്ള സംസ്ഥാനമാണ് നമ്മുടെ കൊച്ചുകേരളം. നമ്മുടെ രാജ്യത്തിന്റെ അടിസ്ഥാനത്തിൽ ഇന്ന് തൊഴിലുകൾ വളരെയധികം ചുരുക്കപ്പെട്ടിരിക്കുന്നു. ലക്ഷക്കണക്കിന് രൂപ ചിലവിട്ട് പഠിച്ച വിദ്യാർത്ഥികൾക്കും മറ്റുള്ളവർക്കും ഇന്ന് തൊഴിലുകൾ ഇല്ല. വിദ്യാഭ്യാസം കൂടുന്നതിനനുസരിച്ച് തൊഴിലില്ലായ്മ വർദ്ധിക്കുന്നത് എത്രയോ പരിതാപകരമായ സാഹചര്യമാണ്. പിറന്ന മണ്ണിൽ നിന്നും വിദേശങ്ങളിൽ കൂടിയേറി ജോലി ചെയ്ത് സ്വന്തം നാട്ടിൽ തന്നെ വേരുറപ്പിക്കാൻ കഷ്ടപ്പെടുന്ന പ്രവാസികളായി

രുന്നൂ ഒരു 1970 കളുടെയൊക്കെ തുടക്കത്തിൽ. പക്ഷേ അത് മാറി പിന്നെ മണ്ണും നാടുമൊക്കെ ഉപേക്ഷിച്ച് വിദേശരാജ്യങ്ങളിലേക്ക് കുടിയേറി അവിടെ തന്നെ വേരുറപ്പിക്കുന്നവരാണ് ഇന്നുള്ളവർ. അതിന്റെ പ്രധാന കാരണം എന്നത് തൊഴിലില്ലായ്മ തന്നെയാണ്. നാം പഠിച്ച ഉയർന്ന വിദ്യാഭ്യാസത്തിനനുസരിച്ചുള്ള തൊഴിലുകൾ കിട്ടാൻ സാഹചര്യമില്ലാത്തതിനാലാണ് പലരും ഈ വിധത്തിൽ ചേക്കേറുന്നത്. തൊഴിലില്ലാതെ ജീവിക്കുന്നത് നമുക്ക് അസാധ്യമാണ്. നമ്മുടെ കഴിവും, ശക്തിയും, സമയവും എല്ലാം തൊഴിലിന്റെ മുല്യഘടകങ്ങൾ ആണ്. ഇന്ന്, ജീവിതം ഒന്ന് പച്ചപിടിക്കാനായി ഉയർന്ന വിദ്യാഭ്യാസം ഉണ്ടായിട്ടും മറ്റു വിദേശരാജ്യങ്ങളിൽ പോയി പണത്തിനുവേണ്ടി താഴ്ന്ന തരത്തിലുള്ള തൊഴിൽ ചെയ്യാൻ വരെ ഈ തലമുറക്ക് മടിയൊന്നുമില്ല. കാരണം അന്നത് ജീവിച്ചുപോകണമെങ്കിൽ തന്നെ അത്യാവശ്യ വരുമാനം വേണം. അതിനായി ഒരു മടിയുമില്ലാതെ നമ്മുടെ രാജ്യത്ത് ചെയ്യാൻ മടികാണിക്കുന്ന പല ജോലികളും ഒരു മടിയുമില്ലാതെ മറ്റു രാജ്യങ്ങളിൽ പോയി ചെയ്യുന്നു. തൊഴിലിന് വേണ്ടി മാത്രമായി വിദ്യാഭ്യാസം നേടുന്ന തലമുറയാണ് നമ്മുടെ മുൻപിലുള്ളത്. അറിവുനേടുക എന്നതിനും ഉപരിയായി തൊഴിൽ നേടുക എന്നതിനാണ് പ്രാധാന്യം. തൊഴിലില്ലായ്മയും പട്ടിണിയും ദാരിദ്ര്യവും ഒക്കെ വർദ്ധിക്കുന്ന ഈ കാലഘട്ടത്തിൽ ഇതിന്റെ ഒക്കെ പുറകേ മനുഷ്യർ പോകുന്നതിൽ അതിശയവും ഇല്ല. ✨

തൊഴിലും വിദ്യാഭ്യാസവും പരസ്പരം ബന്ധപ്പെട്ടു കിടക്കുന്നു. വിദ്യാഭ്യാസമില്ലെങ്കിൽ തൊഴിലില്ല എന്ന ആപ്തവാക്യമാണ് ഇന്ന് ഏവരുടേയും മനസ്സിൽ. കാരണം തൊഴിലും വിദ്യാഭ്യാസവും മനുഷ്യരാശിയെ അത്രമേൽ സ്വാധീനിച്ചിരിക്കുന്നു. വിദ്യാഭ്യാസത്തിന് അനുസൃതമായി ജീവിക്കാനും ജീവിതം കെട്ടിപൊക്കാനുമൊക്കെയായി ഇന്നത്തെ യുവതലമുറ ഓട്ടപ്പാച്ചിലിലാണ്. മനുഷ്യന്റെ പട്ടിണിക്കും ദാരിദ്ര്യത്തിനുമിടയിൽ വിദ്യാഭ്യാസത്തിന് യാതൊരു മുല്യവും നൽകാൻ കഴിയാത്ത ആ ഒരു കാലഘട്ടത്തിൽ നിന്നും തൊഴിലിനായി ഏതറ്റവും വരെ പോകുന്ന ഇന്നത്തെ തലമുറയിലേക്കുള്ള കുതിച്ചുചാട്ടം ഏറെ ശ്രദ്ധേയമാണ്. വിദ്യാഭ്യാസം നേടുക, ഉയർന്ന ജോലിയും അതിനു പരിയായി ഉയർന്ന സാമ്പത്തിക ഭദ്രതയും സ്വപ്നം കാണുന്നവരാണ് നമ്മൾ. അത് പ്രത്യേകിച്ച് മലയാളികൾ എന്ന് തന്നെ പറയാം. ഈ രണ്ട് ആവശ്യങ്ങളും മുഖമുദ്രയാക്കി മാറ്റി വിദ്യാഭ്യാസവും തൊഴിലുമെല്ലാം കച്ചവടമാക്കുന്ന മറ്റുള്ളവർ ഒരു വശത്ത്. മനുഷ്യന്റെ സമയവും, സന്ദർഭവും, ഊർജ്ജവും എല്ലാം പിഴഞ്ഞവൻ സാമ്പത്തിക നേട്ടത്തിനായി വലവിരിച്ചിരിക്കുന്ന കുത്തക കമ്പനികളും കോർപ്പറേറ്റുകളും. ഇന്നത്തെ സാഹചര്യത്തിൽ തൊഴിൽ, വിദ്യാഭ്യാസം ഇതിനൊക്കെ മനുഷ്യജീവിതത്തിൽ വളരെയധികം സ്ഥാനം ഉണ്ടെന്ന് തെളിയിച്ചുകൊണ്ടിരിക്കുകയാണ് നാം. ഈ കാലത്തിനനുസരിച്ച് സഞ്ചരിച്ച് അതിനൊപ്പം ഓടിക്കൊണ്ടിരിക്കുകയാണ് പുതുതലമുറ. നാളത്തേക്കായി.



ഇന്നു ഭാര്യ മരിച്ചതിന്റെ നാല്പത് ആയിരുന്നു. ബന്ധുക്കൾ വന്നുപോയി. അയാൾ ആ വീട്ടിൽ വീണ്ടും തനിച്ചായി... ഭാര്യ എന്നു പറയുന്ന തിനേക്കാൾ അവൾ എനിക്ക് എല്ലാമായിരുന്നു. 28-ാം വയസ്സിൽ അവളെ വിവാഹം കഴിക്കുമ്പോൾ അവൾക്ക് പ്രായം 20. മുല്ലപ്പൂവിന്റെ മണമായിരുന്നു അവൾക്ക്. 22-ാം വയസ്സിൽ എന്റെ കുഞ്ഞിനു ജന്മം നൽകുമ്പോഴും അവൾക്ക് ഒരു കുട്ടിയുടെ ഭാവമായിരുന്നു. എനിക്ക് രണ്ടു കുഞ്ഞുങ്ങളെ കിട്ടിയ പ്രതീതി ആയിരുന്നു. എന്നാൽ ഇന്നു ഞാൻ തിരിഞ്ഞു നോക്കുമ്പോൾ അവൾ ഇങ്ങനെ എന്റെ ഭാര്യ പദവി മാത്രം വഹിക്കേണ്ടവൾ ആയിരുന്നോ എന്ന ഒരു ചോദ്യം എന്റെ മനസ്സിലേക്ക് വന്നു. എന്തോ... അറിയില്ല, വിവാഹത്തിനു മുമ്പ് എന്നോട് പറഞ്ഞ വാക്കുകൾ മനസ്സിലേക്ക് കേറി വരുന്നു... പഠിക്കണം, ജോലി മേടിക്കണം എന്നൊക്കെ അല്ലേ. അന്നു അത് തലയാട്ടി സമ്മതിച്ചിട്ടും വിവാഹം കഴിഞ്ഞു എന്തേ ഞാൻ മറന്നു. അവളുടെ ഒരു പഴയ ഡയറി കിട്ടണമായിരുന്നോ ഇതെല്ലാം ഞാൻ ഓർക്കാൻ.

അവളുടെ പേരു വരെ ഞാൻ മാറ്റിയില്ലേ... സ്വന്തം വേരു നഷ്ടപ്പെട്ട ഒരു പക്ഷിയെ പോലെ ഈ അടുക്കളയിലൂടെ അവൾ പറന്നു. അവളുടെ ചിറക് ഞാൻ



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അവൾ



അരിഞ്ഞു മാറ്റിയോ അതോ എന്റെ സമൂഹം കൂടി അതിനു കൂട്ടുനിന്നോ. ശരിയോ തെറ്റോ...ആരു കൊണ്ടു വന്നു ഈ നിയമങ്ങൾ എല്ലാം. അവളുടെ ആകാശം ആരു മുറിച്ചുമാറ്റി. ഈ ചിന്തയെല്ലാം അയാളെ ഭ്രാന്ത് പിടിപ്പിച്ചു...

ഇത്രയും എഴുതി നിർത്തിയ വിഷ്ണു ഒന്നു നെടുവീർപ്പിട്ടു. അടുത്ത ആഴ്ചപ്പതിപ്പിനുള്ളതു കൂടി ആയി. അടുത്താഴ്ച കൂടുതൽ വീട്ടുകാര്യങ്ങൾ കൂടി ഉൾപ്പെടുത്തണം. അത് അയാൾ ആ നോട്ട് പാഡിൽ കുറിച്ചുവെച്ചു. ഇനിയും ചെറിയ ചെറിയ തെറ്റുകൾ തിരുത്തുവാൻ ഉണ്ട്.

അതാ പുറകിൽ ആരോ വരുന്ന ശബ്ദം അയാൾ കേട്ടു തിരിഞ്ഞുനോക്കിയപ്പോൾ അത് അവന്റെ ഭാര്യ സുധയാണ്. വളരെ താഴ്ന്ന ശബ്ദത്തിൽ അവൾ ചോദിച്ചു: 'ഞാൻ ആ ജോലിക്ക് പോയിക്കോട്ടെ.' ഉത്തരം ഒന്നുമില്ല. ആ മുറി മുഴുവൻ പ്രകാശം പരക്കുന്നു. അവളുടെ മുഖം അവനു

വ്യക്തമായി കാണാം. ആ കണ്ണുകൾ കലങ്ങുന്നതും ശബ്ദം ഇടുന്നതും അവനു കേൾക്കാം. ഉത്തരം പറയാതെ വിഷ്ണു പുറത്തേക്ക് തന്നെ നോക്കി നിന്നു. ഉദയസൂര്യന്റെ വെളിച്ചം ആ നഗരത്തെ കൂടുതൽ മനോഹരിയാക്കുന്നു. കിളികൾ വട്ടമിട്ട് പറക്കുന്നു. ആ ചോദ്യം കാറ്റത്ത് അലിഞ്ഞു പോയി... അവൾ അടുക്കളയിലേക്കും... അവൻ മുറിയിൽ നിന്നും...

വിഷ്ണു ഓർത്തു അവൾ ആരാണ് വെറും സ്ത്രീ... അവൾ ജോലിക്കു പോയിട്ട് വേണോ എനിക്ക് ജീവിക്കാൻ.

റേഡിയോയിൽ വനിതാദിന പ്രത്യേക ദിന പരിപാടികൾ നടക്കുന്നു.

സ്ത്രീ അമ്മയാണ്, ദേവിയാണ്...

അവളുടെ ആകാശം അവൾ തന്നെയാണ്. സ്ത്രീകൾ കൈ കടത്താത്ത മേഖലകൾ ഇല്ല...





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III BSc Chemistry

ആകാശം കാണാതെ

രാവിലത്തെ കുളീം, ജപോം കഴിഞ്ഞ് ഞാൻ ഭക്ഷണഹാളിലേക്ക് നടന്നു... ഹാളിലെത്തിയപ്പോൾ കുറെ ഒച്ചയും, ബഹളം, എന്തോ കാര്യമായ് രാവിലെ തന്നെ സംഭവിച്ചിട്ടുണ്ട്. അല്ലാണ്ട് ഇങ്ങനെ ഒച്ചയിടാക്കേണ്ട കാര്യം ഇല്ലല്ലോ...

എല്ലാകാര്യത്തിലും കുറച്ചധികം ആവേശമുള്ള ഞാൻ, അതറിയാൻ അവിടെ ഓടിയോടി ബഹളം വച്ചവരുടെ കൂടെ കൂടി...

അതിലൊരാൾ എന്നോട് പറഞ്ഞു, മാധവിയെ അന്വേഷിച്ച് ആരോ വന്നിരിക്കുന്നു....

ഒരു നിമിഷത്തേക്ക് എന്റെ കൺമുൻപിലുള്ള തെല്ലാം നിശ്ചലമായി. 'മാധവി'.... അതെ മാധവി.... മരവിച്ചുനിന്ന ഞാൻ ഓടി.... എന്റെ മനസ്സിന്റെ

തിടുകത്തെ എന്റെ ശരീരത്തിന് നിയന്ത്രിക്കാനായില്ല.... എത്തി പെട്ടെന്ന് അവിടത്തെ ഒരു കപ്പ കമ്പോളത്തിൽ.... പകൽ ഞങ്ങളെപ്പോലുള്ളവർ പുറത്തിറങ്ങാത്തതുകൊണ്ട് എല്ലാവരും എന്നെ വളരെ കാര്യമായി നോക്കി.... അല്ല, നോക്കി അതിശയത്തോടെ നിന്നു....

അവരെ കുറ്റം പറഞ്ഞിട്ട് കാര്യമില്ല. അവരുടെ നോട്ടത്തിനെ "അതിശയ ഭാവമായി" ഞാൻ പറയുമ്പോഴും ഒരു പെണ്ണ് എന്ന നിലയിൽ ആ നോട്ടത്തിന്റെ ആഴവും, അർത്ഥവും മനസ്സിലാക്കാൻ എനിക്കു സാധിക്കും. പക്ഷേ, അവരുടെ ആ നോട്ടം മാറ്റുവാൻ ആണല്ലോ എന്നെപ്പോലെ ചിലർ... എന്റെ മാധവി പറയാറുണ്ടായിരുന്നു.... "അല്ല".....

"മാധവി".... അതെ മാധവി....

അവിടെ ഉണ്ടായിരുന്ന ഒരു കപ്പ ചാക്കിന്റെ മീതെ ഒരു മുലയ്ക്ക് ഞാൻ ഇരുന്നു. അങ്ങനെ ഇരുന്നു.....

കാലത്തിന്റെ ചക്രവാളം പിന്നോട്ട് പോകുന്ന പോലെ എനിക്ക് തോന്നി, ആ പോക്കിൽ എനിക്ക് വയസ്സ് ഇരുപത്...

കൊൽക്കത്തയിലെ ഒരു ചാവേർ ആക്രമണത്തിൽ വെച്ചാണ് സാഹിം ഇക്ക എന്നെ കണ്ടെത്തിയത്. വളരെ സ്നേഹത്തോടെ എന്നെ വിളിച്ചു. എനിക്ക് 'ബൺ മസാല' മേടിച്ചു തന്നു. കൂടെ പോരുന്നോ എന്നു ചോദിച്ചു. ഞാൻ ചെന്നു. ഒരു ബംഗ്ലാവിലേക്കാണ് എന്നെ കൂട്ടിക്കൊണ്ട് പോയത്. മുഴുവനും, സാരി പകുതിയാക്കി ഉടുത്തിരിക്കുന്ന സ്ത്രീകൾ, അധികം ലോകം ഞാൻ കണ്ടിട്ടില്ലെങ്കിലും ആ നില്പ് എനിക്ക് മനസ്സിലായി.

ഏതോ ഒരു സ്ത്രീ എന്നെ റൂമിലേക്കു കൂട്ടിക്കൊണ്ടുപോയി. ഏതോ ഒരു സ്ത്രീയെന്നു പറയാൻ കാരണം എനിക്കിപ്പഴും അവരെ അറിയില്ല. ഞാൻ പിന്നീട് അവരെ കണ്ടിട്ടുമില്ല. അവരെ എന്നെ എന്തൊക്കെയോ വലിച്ച് വാരി ഉടുപ്പിച്ചു. നേരത്തെ നിന്നിരുന്ന ചേച്ചിമാരുടെ കൂട്ടത്തിൽ കൊണ്ട് നിർത്തി.

ഇറങ്ങി ഓടുവാൻ കാലുകൾ ഉണ്ടായിരുന്നെങ്കിലും, എന്റെ വയർ അതിനു സമ്മതിച്ചില്ല...ഞാൻ അവിടെ അങ്ങ് നിന്നു..... അങ്ങനെ ദിവസങ്ങൾ കഴിഞ്ഞു. ഞാനവിടെ അവിടുത്തെ ഒരു അംഗമായി മാറി, പക്ഷേ പിന്നീട് ഞാൻ വെളിച്ചം കണ്ടില്ല.....

പകൽ സൂര്യന്റെ ചൂടിൽ ചുട്ടുപൊള്ളി നടക്കുന്ന കേമൻമാർക്ക്, രാത്രിയിലും എന്തിനാണ് ചൂട്.... ഞാൻ പലപ്പോഴും ചിന്തിക്കാറുണ്ട്. അല്ല ഈ ചൂട് സ്വന്തം എന്ന് പറയപ്പെടുന്നവരുടെ കൂടെ നിന്നും കിട്ടിയേ... ആവോ....

ഞങ്ങളുടെ ബംഗ്ലാവിന്റെ തെക്കേ അറ്റത്ത് ഒരു മുറിയുണ്ട്. ആരും അങ്ങോട്ടേക്ക് പോകാറില്ല... പക്ഷേ ഒരിക്കൽ ഒരു സായിപ്പ് അങ്ങോട്ടേക്ക് പോകുന്നത് ഞാൻ കണ്ടു..... അങ്ങോട്ടേക്ക് പോകാറില്ല.....

ഞാൻ പതിയെ, ജനാലിന്റെ മറവിലൂടെ പതുകെ വലിഞ്ഞുനോക്കി, ഒരു പെൺകുട്ടി, മയിൽപീലി കണ്ണുകൾ, ചോരയുടെ നിറമുള്ള ചുണ്ടുകൾ.... എന്റെ വെപ്രാളത്തിന് അന്നേ നിയന്ത്രണമില്ലായ്മയുണ്ടായിരുന്നു. അവൾ എന്നെ കണ്ടു... ഞാൻ ഓടി വേഗം ഒളിച്ചു. പക്ഷേ അവളൊന്നും മിണ്ടിയില്ല...

ആ സായിപ്പ് പോയി കഴിഞ്ഞ്, ഞാൻ വീണ്ടും ആ ജനലിലൂടെ നോക്കി, അവളതാ എന്നെയും നോക്കി ഇരിക്കുന്നു. പെട്ടെന്ന് അവളെന്നോട് ചോദിച്ചു... ആകാശത്തിന് ഇപ്പോ എന്നാ നിറം, ഞാൻ ആശ്ചര്യത്തോടെ മറുപടി പറഞ്ഞു. കറുപ്പ് അല്ല, രാത്രി ആകാശം കറുപ്പല്ലേ ഞാൻ അവളോട് ചോദിച്ചു...ആ ഇപ്പ രാത്രിയാണല്ലേ.... വെറുതെയല്ല.... നീയിവിടെ പുതിയത് ആണോ.... അവൾ ചിരിച്ചു. അവളുടെ ആ ചിരിക്ക് ഒരു പുച്ഛഭാവമുണ്ടായിരുന്നു.

പെട്ടെന്നാരോ..... എന്നെ വിളിച്ചു. ഞാൻ അവിടുന്ന് ഓടിമാറി..... പക്ഷേ അവളുടെ കണ്ണുകൾ എന്റെ മനസ്സിൽ ഒളിമങ്ങാതെ കിടന്നു.

പിറ്റേ ദിവസവും, ഞാൻ അവളെ കാണാൻ പോയി..... അല്ല, എല്ലാ ദിവസവും ഞാൻ അവളെ കാണാൻ പോയി. അങ്ങനെ ഒരു ദിവസം, അവൾ എന്നോട് ചോദിച്ചു ഇപ്പോ മഴക്കാലമാണോ... ഞാൻ തിരിച്ചു അവളോടു ചോദിച്ചു... അപ്പോൾ നീ പുറത്തിറങ്ങാറില്ലേ.

ഇല്ല... എനിക്ക് പത്ത് വയസ്സായപ്പോൾ മുതൽ ഞാനിവിടെയാണ്. വേറൊന്നും അവൾ പറഞ്ഞില്ല. ആ ജനൽപാളികൾക്കിടയിലൂടെ അവളുടെ ആ മയിൽപീലി കണ്ണുകൾ നിറയുന്നതു ഞാൻ കണ്ടു.

ഞാൻ പിന്നെ ഒന്നും ചോദിച്ചില്ല... പെട്ടെന്ന് അവളെന്നോട് പറഞ്ഞു..... എന്റെ പേര് "മാധവി"....

കുറച്ചുനേരം ഞാനവളെ നോക്കി അവിടെ നിന്നു.... സഹതാപമാണോ.... അതോ.... എന്തോ... ഞാൻ ആകെ അസ്വസ്ഥയായി...

ഒരാഴ്ചയ്ക്കുശേഷം ഞാനവളെ കാണാൻ വീണ്ടും പോയി.... അവൾ അവിടെ ഉണ്ടായിരുന്നില്ല.... ബംഗ്ലാവ് മൊത്തം ഞാൻ അന്വേഷിച്ചു. ആരും അങ്ങനെ ഒരു പേര് അവിടെ കേട്ടിട്ടില്ല...

എല്ലാവർക്കും അവളെ അറിയാം. പക്ഷേ, ആർക്കും അവളെ അറിയില്ല....എന്നതാണു സത്യം.

പക്ഷേ ദാ ഇപ്പോ അവളുടെ പേരു ഞാൻ കേൾക്കുന്നു.... എല്ലാവരും അതിൽ ബഹളം വയ്ക്കുന്നു....

എന്നിരുന്നാലും ഒന്നെന്നിക്കറിയാം... അവൾ ആകാശം കണ്ടിട്ടില്ല....ആകാശത്തിന്റെ നിറം അവൾക്ക് അറിയില്ല...

പക്ഷേ ആരും കാണാത്ത പല കറുത്ത മനുഷ്യരെ അവൾ കണ്ടിട്ടുണ്ട്, അറിഞ്ഞിട്ടുണ്ട്...

മാധവി..... അതെ..... മാധവി.....



A pleasant surprise



Sajitha
III B Com

Once upon a time a young boy named Sam from a well established city planned to go for a relaxation trip with his friends Ram and Tin. Sam was a rich boy with bright skin, innocent look and intelligent eyes. His friends Ram and Tin are cousins whose grand parents live in a mountain ranges. They decided to go for a trip over there.

But Sam's parents are not fond of his friends and their culture. In there point of view Ram and Tin are spoiling their child. If he say truth of the trip plan, then his parents won't allow him to go. So, he decided to lie to them.

Sam said to his parents that, "I had a competition in my class and I had been selected.

So I have to go to near by town for the next level of this competition". After hearing this news his parents were happy to know that. Then they arranged everything for his leave. Sam got out of the house and reached his friends who were waiting in the forest side. They decided to walk from there to their grandparents place. When they started to walk they noticed many admiring things around them. They saw lots of scenary, plants, flowers which bloom with pleasant smell, cold breeze that is touching all the trees and plants which makes the forest to dance, etc.

These boys were really surprised to see these and they took photos in the camera. While walking Sam's friend talked lot about their

grandparents. They said that “Our grandparents live here alone. They were really attached to the nature. We ask our grandparents to come along with us but they refuse to do so”. Our grandparents really like us very much. Then Sam decided to surprise their grandparents along with Ram and Tin. Sam don't have grandparents after hearing lot about them. He was really waiting for the time when they will be meet.

Sam asked them what is that which your grandparents like the most. Both of them have no idea about it. Then Sam thought that anyway we all are in forest we can't go back to city to purchase anything for them now.

So, let look for something which can be gifted as a memorable surprise to them. They were clueless. They think hardly but they were not able to find any surprise.

Suddenly Ram told that can we do nature video and make a bracelet from nature to them. Sam and Tin also agreed with him. Then they search for places for shooting nature and they also added themselves in those video.

Sam alone decided to make a bracelet. He searched for dried plants and flowers with beautiful appearance, different features of beautiful birds and thin climbers to bind the bracelet. Finally he finished it.

Ram and Tin were surprise to see the bracelet with a luxuries look. They were happy to see this and started their journey.

After two days and one night they reached their grandparents' place. Both Ram and Tin ran toward their grandparents and hugged them.

Grandparents' eyes were filled with tears after seeing them. They were happy to see them. Sam was looking at them like a stranger. Then grandfather noted that. He ask “who is that?” Then Ram Said “he is our friend Sam”.

Then Ram and Tin said we brought a surprise for you its mainly done by Sam and Sam made this especially for you grandpa and grandma.

After seeing the surprise gift the grandparents were really surprised. Then they spend a night with them.

When Sam couldn't sleep he went out of the room. He saw grandpa sitting alone and taking care of plants. Sam talked to grandpa. After a pleasant talk grandpa showed his shoulder to sam and told him to sleep.

Next day after breakfast they all returned back to city after giving a pleasant surprise to grandparents and relaxing themselves.



Migration of youth from Kerala; Will the state turn in to oldage home.

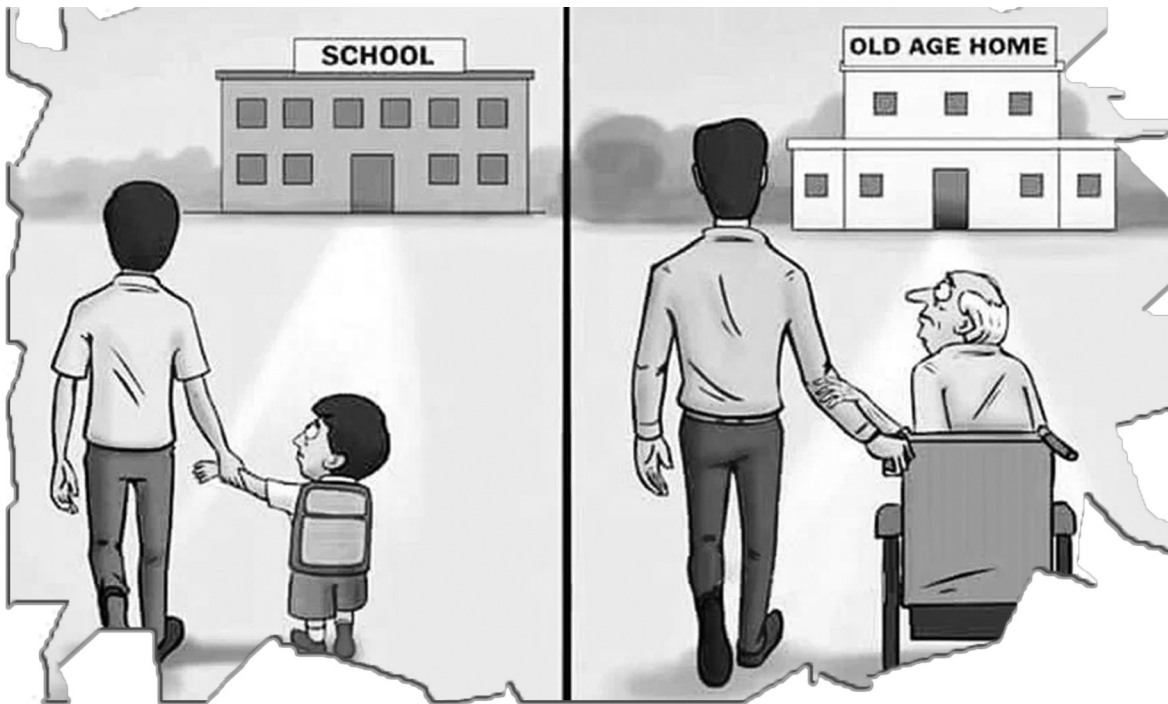
Youth are the strong pillars of the nation. The future ahead are in the hands of the youth. They are the promise of the future. As per the report, youth comprises 50 % of the total population. Today the youth is migrating to other countries for education and for other purposes.

They are going for higher education in other countries and settling there forever. Though it

may bring many benefits, its a drawback for the state. As the youth started to migrate, the state will face scarcity of man power. Thus it affects the overall nation. The skills, energy etc. are benefited by other countries. Though Kerala has the highest literacy rate. Many people are even unemployed. This may leads to migration. Today youth is migrating to other countries for various reasons. But it all points to the predicament of



Irin Varghese
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the state. As the youth started to migrate, the state will turn into an oldage home. At the same time, the youth is unaware of the opportunities in Kerala. It is a trending culture in Kerala. The state needs the youth for their future development. The world can be transformed by the youth. We are not criticizing anyone but all of us have drawbacks some how. The state should prioritize more on the development of the youth. On the same time, the youth should avail all the education facilities provided by them. There should be a mutual understanding between both of them. The increased tendency of migrating to other countries will affect the state adversely.

The education provided by foreign countries is a major attraction. Not more on theories, they enhance the skills of the youth through practicals. And they are trained how to face a situation bravely. The indian education must be improved. They must give due importance to practicals. The eduction system provided in

other countries attracts many students from kerala.They are being travelled to a world of new cultures. Youth should come out of their comfort zone and should work without any disturbance. They should themselves do work without any help. Knowing how to live, they may earn a lot of values. The government of kerala should give more focus on these aspects. Youth must be independly work for themselves.

Life is a journey. Youth is the most beautiful period which we can enjoy. And it must be utilitised in a systematic fruitful manner. Youth migrating to other countries will decrease the efficiency of the state. Kerala has widely opened their doors to explore it. And the youth should utilize it to the maximum . The tendency of youth migrating to other countries will decreases the development and growth of kerala. At last the state may turn to an oldage home. And it is a serious issue that should be a debate of the present.



WHITE HEART

Fathima Rahman T.A

I M.SC. FCS

*Memories are like a book
having so many pages with in white and black
and the childhood are the
colour ful pages which one likes to
open every time.*

*The heart at that time
was a crystal clear one,
a white heart which
it is full of love and lare*

*Loving hearing caring
playing dancing sharing
All these things are done
Perfectly in the childhood days*

*The heart which is free of
tension, anxiety. and full of
Love, affection and care*

*Memories are like a book
and the beautiful page in it
is the childhood...*



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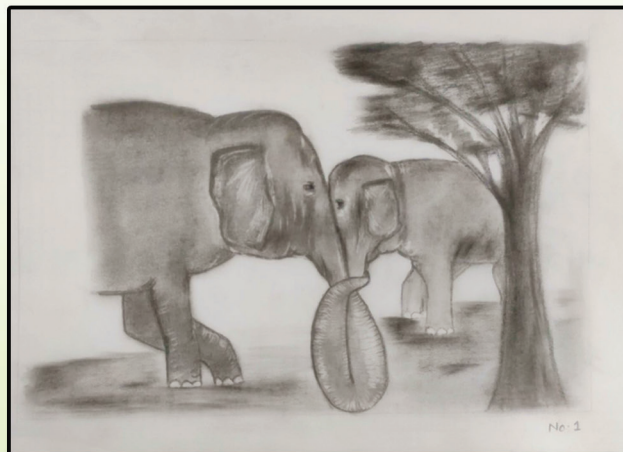
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