

## GENERAL INTRODUCTION

THE DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL HAS BEEN STARTED IN BCM COLLEGE FOR WOMEN IN 1997.THE COURSE' MAIN OBJECTIVE BEING ,TO TRAIN THE STUDENTS TO BE COMPETENT IN THE PRODUCTION OF QUALITY FOOD PRODUCT BY IMPARTING BETTER NUTRITIONAL CONCEPTS.

THE DEPARTMENT HAVE STUDENT ASSOCIATIONS IN EACH AND EVERY YEAR FOR CONDUCTING VARIOUS PROGRAMMES AND EXTRA CURRICULAR ACTIVITIES.

## OFFICE BEARERS

PRESIDENT:MRS.ANJ U CHERIAN(HOD,FOOD SCIENCE AND QUALITY CONTROL)

VICE PRESIDENT:DEENA PAULSON(3<sup>rd</sup> DC)

SECRETARY:JESLA JOHN(3<sup>rd</sup> DC)

JOINT SECRETARY:JISMI JOHNSON(3<sup>rd</sup> DC)

TREASURER:SHEBA .P.BABY(3<sup>rd</sup> DC)

EDITOR:AMMU.BEJOE(3<sup>rd</sup> DC)

SUB EDITOR:GEETHU.RAVIKUMAR(3<sup>rd</sup> DC)

► **PROGRAMME CHART**

<b>DATE</b>	<b>PROGRAMMES</b>
<b>23-06-2015</b>	Poster presentation class
<b>25-06-2015 TO 26-06-2015</b>	HACCP certification & workshop
	Personality Development class for 2 <sup>nd</sup> year
<b>30-06-2015</b>	One day Seminar by KVK
<b>12-09-2015</b>	Personality Development Class 1 <sup>st</sup> YEAR
<b>9-09-2015</b>	Industrial orientation class
<b>21-09-2015</b>	Interaction with an alumni
<b>24-11-2015</b>	Inter department quiz competition
<b>17-08-2015</b>	Association inauguration
<b>19-08-2015</b>	Release of E-magazine-Vol I
<b>19-08-2015</b>	Foreign University Collaboration
<b>10-10-2015</b>	Street play
<b>15-10-2015</b>	Quote competition
<b>16-10-2015</b>	One day seminar for First Years
<b>19-11-2015</b>	State level seminar
<b>12-02-2016</b>	Release of E-Magazine Vol II- La-Comida
<b>12-02-2016</b>	Ciencia
<b>25-02-2016</b>	One day Seminar for First Years

## POSTER PRESENTATION CLASS

ON 23<sup>RD</sup> JUNE 2015, MS ANILA joseph(asst. Professor) department of food science& quality control, had conducted a poster presentation class for 2<sup>nd</sup> and 3<sup>rd</sup> dc students of food science.

The class began at 12:15pm. 'Posters' are the recent trend in presentation, class was based on the various types of posters which include a2 ,a3 ,a4 and flex type. The poster may contain atleast 5 pages. The first page should contain picture background, topic name and the details of the candidate (name, assigned number , institution). Followed by the first page, abstract and introduction should come. It should be short and brief. The soul of the presentation comes on the 3<sup>rd</sup> page, ie the objectives and materials. It should be consise and easily understanding. Methodology and preparation should be in the next page. The presentation must end with the analysis results and discussion made on the topic.

The main aim of this class is to make the students aware on posters and to develop poster presentation. The class came to an end at 1:00pm.





# HACCP CERTIFICATION AND WORKSHOP

On 25<sup>th</sup> and 26<sup>th</sup> June 2015, HACCP certification and workshop was conducted by **Mr.Shaji.M.N,(Auditor at Vencon management system)**for 3<sup>rd</sup> dc Food Science and Quality Control students at Sr.Savio Memorial Hall.

It was a two day certification and HACCP workshop programme. Time schedule was from 9.30 am to 4.00 pm .An inaugural function was held on the first day. **Rev.Fr.Philmon Kalathara, Director and Bursar Self Financing ,B.C.M College** inaugurated the function by lighting the lamp and delivered the inaugural address.The program was informative and interactive. Students got an opportunity to exhibit ideas and knowledge. Class had gone through the HACCP in deep.

HACCP, Hazard Analysis And Critical Control Point is the science based pro active system of ensuring product safety by identifying specific hazard in the food process line and taking suitable measuring to control the identifying hazard at critical control point.

HACCP has twelve steps and seven principles

1. Assembles the HACCP team
2. Describe product
3. Identify the intended use
4. Construct the flow diagram
5. On site confirmation of flow diagram
6. Conduct a hazard analysis
7. Determine the critical control point
8. Establish the critical limit for each CCP
9. Establish a monitoring system for each CCP
10. Establish corrective action
11. Establish verification procedure
12. Establish documentation and record keeping





The HACCP food safety management system uses the approach of controlling the critical point in the food handling to prevent food safety problems. The system which is science based identifies specific hazards and takes measure for their control. HACCP is based on prevention and reduce reliance on end product inspection and testing. The system can be applied in the food industry from “farm to fork”. It enhances the responsibilities and degree of control the level of food industry. The HACCP system should be capable of accommodating advance in equipment design and technology.

Group discussions and group activities on various topics like product development ,preparations of flow diagrams ,hazard analysis etc made the class very interactive.

The certification programme came to an end by 4.00 pm. Jesla John,Secretary of Food Science Association delivered the vote of thanks and personal gratitude on behalf of all 3<sup>rd</sup> D.Cstudents.

## **Personality Development Class**

On 30<sup>th</sup> June 2015,dept of Food Science and Quality Control conducted an orientation class on the “Personality Development” for the 2<sup>nd</sup> year students. The class was taken by Mr.Vishakh Mohan(Associate Professor),Dept of Social Work. Class started by 10.00 am.

Developing and moulding the skills and uplifting the confidence level of the students was the aim of the class. Class started with an introductory speech on self confidence, presence of mind and body language. Some creative games were followed by this, in which all the students participated actively. The prime aim of the task given was to discover oneself to bring out the hidden talents. It empowered the team work and cooperation of the students .Beside all these, the students got an opportunity to overcome stage fear and nervousness. The programme came to an end at 3.40 pm .The orientation brought out a lot of improvements and self realisation in the student.



Orientation in Management



Subject Orientation



Alumni Interaction

# Personality Development Class

- By **Mr.Abraham Stephen, Director, Academy For Excellence**

Personality is the sum total of an individual physical, intellectual, emotional, pschycological and spiritual characteristics. It was an orientation class for the 1<sup>st</sup> year students of food science department by Mr.Abraham Stephen.

## Industrial Orientation

### Kottayam

-**Mrs. Janus Abraham, Microbiologist, Orient Spices,**

**‘ORIENT SPICES’**, One of the most famous spices exports in Kerala, its export managers, Mrs.Janus Abraham spare their valuable time for our first year students of food science students by giving valuable information.

They made the students aware on how an industry works. ‘Orient spices’ exports spices like pepper (3 varieties), nutmeg, cumin seed etc. They are following ASTA (American Spices Trade Analysis) for the analysis. The class was really interactive. They helped the students by giving important keys for job research.

## Interaction with Alumni

Ms. Neethu Pratheep,Hygiene Officer, former student of food science and quality control, interact with the first year students. It was a good opportunity for the students. She shared her experience in her career to the students.



## Inter Department competition

Our department conducted an Inter-department Quiz Competition on 17-august 2015. Two students from the self financing departments(Computer Science, Commerce, Food science) participated in it. First prize goes to the participants from Commerce and Food Science. Prizes were distributed to the winners by Mrs.Anju Cherian, HOD, Food Science and Quality Control department.



# ASSOCIATION INAUGURATION

- ▶ The student association of this year “**Eximius** meaning **Extraordinary**” was officially inaugurated on 19 August 2015 by Mr. Harish.R, (Associate Professor, MACFAST College, Thiruvalla). The inaugural ceremony starts at 10.15am with a prayer song by Resmi.K.R (3<sup>rd</sup> D.C Food Science). A welcome speech was delivered by Mrs. Anju Cherian (HOD). Fr. Philmon Kalathara (Bursar and Director, B.C.M College) presided over and addressed the gathering. The lamp lighting ceremony by the chief guest made the function auspicious.
- ▶ Mr. Hareesh.R took a class on Food Safety, Standards, Food Loss, Importance and HACCP. Along with the class there was an interactive section where the students got a great opportunity to enhance their knowledge.
- ▶ Richa Elsa (2<sup>nd</sup> D.C Food Science) delivered the vote of thanks. The function came to an end at 1pm with national anthem.



# RELEASE OF E-MAGAZINE.

- ▶ The student magazine, for a change these year electronic mode of scripting was used “E-magazine”.
- ▶ “La-comida-ciencia, meaning “The Food Science” the first volume of our E-magazine was released on 19<sup>th</sup> august 2015 at the association inauguration. The printed copy of our e-magazine was given to the Chief Guest Mr.Harish.R (Associate Professor,MACFAST College,Thiruvalla).





# STREET PLAY FOR WORLD FOOD DAY

- ▶ Students of our department enacted a street play in front of the campus on 15<sup>th</sup> October 2015, on behalf of World Food Day, based on the theme **“SOCIAL PROTECTION AND AGRICULTURE”**.
- ▶ In the present scenario street play is a good means to create awareness and make the people aware of Social issues. Students from all the three classes of our department actively participated to make the play a grand success.

# QUOTE COMPETITION

As a part of World Food Day celebration on 16<sup>th</sup> October 2015, a quote competition was conducted. Students from various departments participated in the competition. Ms. Renju N.R [3<sup>rd</sup> D.C Sociology] won the 1<sup>st</sup> prize which was handed over by Mrs Anju Cherian, HOD, Food Science and Quality Control.

# Foreign University Collaboration

An academic counselling was held on November 3<sup>rd</sup> 2015 . Vania Theo Filo Poulou, the International students recruiter, Manager of Royal Agricultural University, Cirencester,U.K. conducted the class. Ms. Vania introduced the Royal Agricultural University to the students the courses available and the admission procedures were briefly explained. She mentioned the importance and advantages of studies abroad. The class was really helpful to the A deep insight into studying outside the country was attained by the students.



<u>Name of the student</u>	<u>Year</u>	<u>Programme/competition</u>	<u>Prize</u>
1. Teenu babu	3rd	<ul style="list-style-type: none"> <li>• Intercollege kabadi participation</li> <li>• University championship participation</li> </ul>	1st Participation
2. Sona Koruth	2nd	<ul style="list-style-type: none"> <li>• Women state level championship</li> <li>• Senior state level participation</li> </ul>	2nd Participation

# ACHIEVEMENTS IN LITERARY

Name of the Student	Year	Programme/Competition	Prize
1.Jismi Johnson	3 <sup>rd</sup>	Debate Competition by (English dept)	1 <sup>st</sup> (Best Debater)
		Quiz Competition (English dept)	1 <sup>st</sup>
		Reading Competition (Sociology dept)	1 <sup>st</sup>
		College Union Election	1 <sup>st</sup>
		All Kerala Debate Competition(Rotary Club)	General Secretary
		Talent hunt by Microtech Event	1 <sup>st</sup> (Best Debator)
		Speech Competition by (English dept)	1 <sup>st</sup>
2.Ann Mariya and Gopika Krishna	2 <sup>nd</sup>	Ppt competition (Zoology dept)	1 <sup>st</sup>
3.Aleena Ann Joseph and Roniya Peter	3 <sup>rd</sup>	Collage competition (Zoology dept)	Ist
			1st

<b>Name of the student</b>	<b>Year</b>	<b>Programme/Competition</b>	<b>Prize</b>
<b>Sreeparvathy</b>	<b>1<sup>st</sup></b>	<b>Mohiniyattam</b>	<b>3<sup>rd</sup></b>
<b>Athira Anand</b>	<b>1<sup>st</sup></b>	<b>Hindi recitation</b>	<b>2<sup>nd</sup></b>
<b>Alphy Siby</b>	<b>1<sup>st</sup></b>	<b>Hindi recitation</b>	<b>1<sup>st</sup></b>
		<b>Bharathanatyam</b>	<b>3<sup>rd</sup></b>
<b>Jismi Johnson</b>	<b>3<sup>rd</sup></b>	<b>Elocuation</b>	<b>2<sup>nd</sup></b>
		<b>Group dance</b>	<b>2<sup>nd</sup></b>
		<b>Nadan pattu</b>	<b>2<sup>nd</sup></b>
		<b>Eastern group song</b>	<b>3<sup>rd</sup></b>



# STATE LEVEL SEMINAR

## **“Ethnic Foods, Its Processing and Health Benefits on Consumers”**

-Dept. of Food Science and Quality Control conducted a state level seminar on 12-02-2016. Colleges namely **MACFAST**(Tiruvalla), St. Mary's(Tiruvalla), St. George's College (Aruvithara), C.M.S College(Kottayam), N.S.S Hindu College (Changanassery) participated in the seminar.

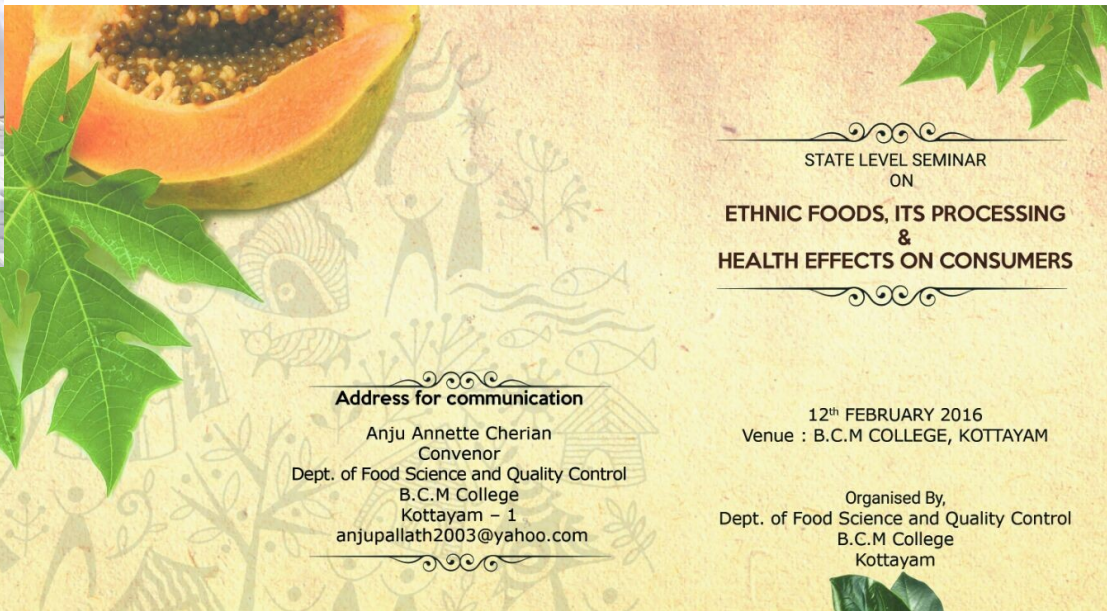
**Ms.Ardra Chandra Mouli, Ms.Gayathri Thankachi.V** (Co founders of Aeka Biochemicals Pvt ltd, Trivandrum) were the Chief Guests. Smt. Lisit Mathew (M.D, Ethnic foods Pvt.Ltd, Poonjar), Dr. Miriam Mani (Head, Dept of Family and Community Science, C.M.S , college, kottayam) were the main speakers for the two technical Sessions.

Seminar began at 10.15am with a prayer song by Ms. Resmi k.R(3<sup>rd</sup> D.C, Food Science). The Head of the Department, Mrs. Anju Cherian welcomed the gathering and introduced the Chief Guests. Madam Sheela Stephen (Principal, B.C.M College) delivered the presidential address and Rev. Fr. Philmon Kalathara offered his felicitation.

Chief Guests, Ms. Ardra chandra mouli and Ms. Gayathri Thankachan V, inaugurated the ceremony by lighting the lamp.

Vote of thanks was proposed by Mrs. Asha Yohannan, ( Asst. Professor, Dept. of Food Science and Quality Control)



STATE LEVEL SEMINAR  
ON  
**ETHNIC FOODS, ITS PROCESSING  
&  
HEALTH EFFECTS ON CONSUMERS**

Address for communication  
Anju Annette Cherian  
Convenor  
Dept. of Food Science and Quality Control  
B.C.M College  
Kottayam – 1  
anjupallath2003@yahoo.com

12<sup>th</sup> FEBRUARY 2016  
Venue : B.C.M COLLEGE, KOTTAYAM

Organised By,  
Dept. of Food Science and Quality Control  
B.C.M College  
Kottayam





## THE INSTITUTION

Bishop Chulaparambil Memorial College established in 1955, is one of the most prestigious Women's colleges, under Mahatma Gandhi University, with nearly 1800 students on its rolls.

## DEPT. OF FOOD SCIENCE & QUALITY CONTROL

The Department was established in the year 1997 offering under graduate course in B.Sc. Food Science and Quality Control with the main objective being, to train the students to be competent in the production of quality food products by imparting better nutritional concepts and to make them amenable to the technological progress and modern quality control regulations in the food industry. It also aims at conducting research works associated with the industry. It gives a further thrust on developing in students a desirable attitude for self employment.

## SEMINAR OBJECTIVES

Kerala the largest producer of ethnic foods in the country lags behind in production of value added products due to non application of right processing, packaging and preservation technologies. Entrepreneurs are even unaware of the various ethnic foods resulting in the un exploitation of its vast potential.

The nutritional and medicinal benefits of edible ethnic food products have been consistently eclipsed due to negative health campaigns against ethnic foods. This seminar aims at familiarizing latest technological advances in ethnic food processing, introducing new products and placing the ethnic products in right health perspective. You are invited to benefit from these intense interactive sessions of latest technological; know how, academic interactions and fruitful dissemination of information.

## PROGRAMME

09.00 am – 09.50 am : Registration  
10.00 am – 10.40 am : Inauguration  
10.40 am – 11.00 am : Tea break  
11.00 am – 12.30 pm

### Technical Session I

### Processing Technology of Ethnic Foods

**Smt. Lisit Mathew,**  
M.D. Ethnic Food Products  
Poonjar

12.30 pm – 01.00pm : Interactive Session  
01.00 pm – 02.00pm : Lunch Break  
02.00 pm – 03.15 pm

### Technical Session II

### Health Benefits of Ethnic foods

**Mrs. Miriam Mani**  
HOD, Department of Family  
and Community Science,  
CMS College, Kottayam

3.15pm – 3.45 pm : Interactive Session  
3.45pm – 4.00 pm : Vote of Thanks

## REGISTRATION

Name : ( Dr./Mr./ Mrs. ) : .....

Organisation : .....

Designation : .....

Postal Address : .....

Phone : .....

Email : .....

Delegate Category :

Professional  Number

Student  Number

## REGISTRATION FEE

Students Rs. 100/- per delegate  
Industrial Delegates Rs. 250/- per delegate

Certificate of participation will be awarded to the participants attending the entire programme







## Interaction with Chief Guests



## Technical Session I



## Technical Session II



## Ethnic Food Stalls





# E- Magazine Release ( Volume II)



Chief Guests released the second edition of E-magazine (printed copy ) “La Comida Ceincia”.  
The chief guests were presented with mementos.

# TECHNICAL SESSION 1- “Ethnic Foods, Its Processing”

TECHINICAL SESSION I commenced at 12.00pm . **Smt.Lisit Mathew (M.D,Ethnic Foods,Poonjar)** also a woman entrepreneur ,made the session really fruitful to the students.She introduced various ethnic food products, its processing and preservation techniques with display of self made products which she had prepared to the students. An Ethnic Food Stall was arranged inside the college campus .Forenoon session came to an end by 1.00pm.

# TECHNICAL SESSION 2- “Health Benefits of Ethnic Foods on Consumers”

Session II commenced by 2.00pm. **Dr.Miriam Mani (Head,Dept of Family and Community Science,C.M.S College,Kottayam)** took the class on the above mentioned topic. The class included eating healthy, present life style diseases its prevention and methods of cooking followed by interactive session.

The technical sessions came to an end by 3.30pm. Various stalls were arranged in the campus. Counters by kudambasree members of tiruvalla, best hotel of tiruvalla, crafts from wood (cherthala) was there for sales. The function was really a grand success by the grace of god. Certificates were given to all the students who participated in the seminar. Function came to an end by 4.30 pm.