



BISHOP CHULAPARAMBIL
MEMORIAL COLLEGE, KOTTAYAM

DEPARTMENT OF FOOD SCIENCE
& QUALITY CONTROL

ASSOCIATION
REPORT
2020-2021

ACKNOWLEDGEMENT

ACKNOWLEDGEMENT

The completion of this undertaking would not have been possible without the participation and assistance of many people. The Association '**TAVASYA**', Department of Food Science & Quality Control, BCM College, Kottayam would like to express our gratitude for the constant support and guidance extended to us in this regard

.

First and foremost, we would like to thank God Almighty for being able to complete this obligation.

We express our indebtedness and a deep sense of gratitude to **Rev. Fr. Alex Akkaparambil**, Manager, B.C.M College; **Dr. Teena Annah Thomas**, Principal, B.C.M College, and **Rev.Fr. Philmon Kalathara**, Secretary, Corporate Educational Agency Of Colleges, Archeparchy of Kottayam; for their valuable guidance and kind supervision given throughout the progression.

We acknowledge with thanks for the invaluable support, loving inspiration, and timely guidance, which we received from **Asst. Prof. Anju Annette Cherian**, Head of the Department of Food Science and Quality Control. It is also imperative to mention the unending support and encouragement extended by our teachers: **Asst. Prof. Rittu Susan Babu**; **Asst. Prof. Abiya Liya Thomas** and **Asst. Prof. Sherin Manu George**.

We also appreciate the efforts put out by our classmates and juniors. At last, we acknowledge our families and friend for their constant support and encouragement.

LIST OF ACTIVITIES CONDUCTED (2020-2021)

S. No.	Content	Link	Page. No.
1	FOOD SCIENCE: THE CURRENT SCENARIO AN ANALYSIS		1
2	ASSOCIATION TAVASYA		4
3	LOCKDOWN ACTIVITIES	https://drive.google.com/drive/folders/1xvRn-dyAeRDVpLNuIh9OIa17coKVZ8jw?usp=sharing	9
4	YOUTUBE & INSTAGRAM ACCOUNT	YouTube Link: https://www.youtube.com/channel/UCQ8GGWOrv6AMY3jo1zRDkIg Instagram Link: https://www.instagram.com/bcmfsqc/	41
5	WEBINARS	https://drive.google.com/drive/folders/1DxPTpgzM9IHiDN1NYn8hzX3vNhnCCx8f?usp=sharing	44
6	VIDEOS	https://drive.google.com/drive/folders/1DxPTpgzM9IHiDN1NYn8hzX3vNhnCCx8f?usp=sharing	92

		ers/1481NVa0T6UbsDtDZ_jwuZfICQi_JcchY?usp=sharing	
7	INSTAGRAM POSTS	https://drive.google.com/drive/folders/1xuoK8HT77sczBh5ESmOjBUcVUgq76ix?usp=sharing	124
8	INTER DEPARTMENT ACTIVITIES	https://drive.google.com/file/d/1rDbBdFbXABgWWDIXTOmSybjWUwFqiEl/view?usp=sharing	144
9	INTER DEPARTMENT COLLEGE COMPETITIONS	https://drive.google.com/drive/folders/1TPvqR3OBH2EAAmR9C5eTo2BXkmMj2qub?usp=sharing	168
10	INTER COLLEGE COMPETITIONS	https://drive.google.com/drive/folders/1pRekJgGvkcajGl1BOwGmSX2-8TUJNsiQ?usp=sharing	173
11	IMPORTANT DAY CELEBERATIONS	https://drive.google.com/drive/folders/1d5yWub3v8IWoaEaB2Mva9zIXSs5gIa3TZ?usp=sharing	179
12	PARENT TEACHER MEETINGS	https://drive.google.com/drive/folders/1iErFjf1T7njmXRyE5bNZwQTlSC9L2M9m?usp=sharing	228
13	STUDENT INTERACTION	https://drive.google.com/drive/folders/1-WMyk1w08OUrbVISofdkfg-	234

		uIFel3kMN?usp=sharing	
14	CERTIFICATIONS	https://drive.google.com/file/d/1o4GEeOMojlDC8TTwouzc5833_RJ- xbE0/view?usp=sharing	242
15	SKILL ENHANCEMENT	<a href="https://drive.google.com/file/d/1Q1cWmsRnGo0vEwrX0uVe1XyLGO
PqyBmW/view?usp=sharing">https://drive.google.com/file/d/1Q1 cWmsRnGo0vEwrX0uVe1XyLGO PqyBmW/view?usp=sharing	247
16	ASSOCIATION INAUGURATION	<a href="https://drive.google.com/drive/folders/15xsrMUYdBjYk5r5XASmOch
aIEa0i7ILK?usp=sharing">https://drive.google.com/drive/fold ers/15xsrMUYdBjYk5r5XASmOc haIEa0i7ILK?usp=sharing	251
17	FRESHER'S DAY	<a href="https://drive.google.com/drive/folders/1NzGo31Egaqs88tyqRuIJGFio
y3-Pe4S?usp=sharing">https://drive.google.com/drive/fold ers/1NzGo31Egaqs88tyqRuIJGFio y3-Pe4S?usp=sharing	255
18	GENDER SENSITIZATION & INTERCOLLEGE FACULTY EXCHANGE	<a href="https://drive.google.com/file/d/1vV
rLlfbq8Bz1U_jX3EawBZboth7tU4
Bh/view?usp=sharing">https://drive.google.com/file/d/1vV rLlfbq8Bz1U_jX3EawBZboth7tU4 Bh/view?usp=sharing	260
19	ALUMNI MEET	<a href="https://drive.google.com/drive/folders/1CBSlebaVLD53JQ6rLwGhIB
s3KSZQnszq?usp=sharing">https://drive.google.com/drive/fold ers/1CBSlebaVLD53JQ6rLwGhIB s3KSZQnszq?usp=sharing	263
20	EXTENSION	<a href="https://drive.google.com/drive/folders/1CBSlebaVLD53JQ6rLwGhIB
s3KSZQnszq?usp=sharing">https://drive.google.com/drive/fold	271

	ACTIVITIES	ers/19APt3N69Q9TcBULi24mDEG2PoJd88FEU?usp=sharing	
21	INTERNATIONAL WEBINAR	https://drive.google.com/drive/folders/1d5yWub3v8IWoaEB2MVA9zIXSs5gIa3TZ?usp=sharing	285
22	CHARITY WORK DONE BY THE DEPARTMENT	https://drive.google.com/drive/folders/1ePBpiicfHAviQEWpz64sr5ljic_S2WrS?usp=sharing	295
23	INCUBATION CENTRE FORMULATIONS	https://drive.google.com/drive/folders/1H_KIaQ5yz90uHxKJReJfOeKMn0mbWk4r?usp=sharing	298
24	NCC & NSS PARTICIPANTS	https://drive.google.com/drive/folders/1Nn5O0rDTV0yzUpqXH7vQDxCj4_BsNXJu?usp=sharing	302
25	ONGOING PROJECTS		312
26	E- MAGAZINE	https://drive.google.com/drive/folders/1qUEhh9XbFGbgr98HUsafA6nNwMHBLf_j?usp=sharing	314

FOOD SCIENCE: THE CURRENT SCENARIO

AN ANALYSIS

FOOD SCIENCE: THE CURRENT SCENARIO AN **ANALYSIS**

THE DEPARTMENT



Started in 1997, the Department of Food Science and Quality Control was introduced as a vocational degree course on the 1st of October under Principal Madam Ramani Tharayil. Initially sponsored by UGC it was given self-financing status in the academic year 2002. It has always upheld professionalism as its basic trait due to the untiring 23 year old leadership of Mrs. Anju Cherian, a former student of BCM College. The department started functioning with two staff members in its initial year and is now a fully-fledged department with four teachers with remarkable credentials. The passion and unlevelled enthusiasm harbored by the head of department in motivating her students and her meticulous management has led to the department being one of the most sought after departments of the college. Her dedicated team of teachers is effectively engaged in imparting knowledge and social values at grass root level so that the students leave the campus as proactive global citizens. Currently, the department consists of 104 students across three years who are competent and self-motivated.

FACULTY

Head of Department Mrs. Anju Annette Cherian

Assistant Professors Mrs. Rittu Susan Babu

 Mrs. Abiya Liya Thomas

 Mrs. Sherin Manu George

VISION

For the future: A fully functional incubation center, post graduate and certificate courses, exchange programs, center for research with accredited laboratory facilities.

ASSOCIATION TAVASYA

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The 23rd association of the department of Food Science and Quality Control was inaugurated on the 16th of November 2020 by Sri. Jojo Varghese, Head, Quality Assurance Department, Everest Food Products Pvt. Ltd., Gujarat and was named as “TAVASYA”. Tavasya in Sanskrit means strength, strong, active.

Objectives:

- Train students to be competent in the production of quality foods by imparting concept of food safety, better nutritional concepts, highlight importance of sanitation and hygiene in food industries.
- Familiarize the students with the technological advancements in food industries
- Work systematically and in an organized manner.
- Encourage and promote self-employment as entrepreneurs.
- To make students familiarize with technical aspects of the social media.
- Participation of individuals from all over the world.

In charges

- President Asst. Prof. Anju Annette Cherian, Head of the Department
- Vice President Femina Mary, III DC
- General Secretary Elna Mary Yesudas, III DC
- Treasurer Soosan Kuriakose, III DC
- E Magazine editors-
Maria Treasa Jose, III DC
Athira Unnikrishnan, III DC
- Association Report In charge-
Elna Mary Yesudas, III DC

Soosan Kuriakose, III DC

➤ E Magazine In charges-

Pooja S. Unnithan & Caroline Johnson, I DC

Merlin P Koshy, II DC

Maria Treesa Jose, Elna Mary Yesudas, III DC &

Jasmine George, III DC

➤ On Going Project In Charges-

Pooja S. Unnithan, I DC

Mariam S. Thunjath, II DC


Arya P Nair, III DC

Anusha Sarah Mani, III DC


BCM COLLEGE, KOTTAYAM
Department of FOOD SCIENCE & QUALITY CONTROL

TAVASYA


Office bearers 2020-21




President - Mrs. Anju Cherian, Head of Food Science and Quality Control Department




**General Secretary-
Ms Elna Mary Yesudas**




**Vice President-
Mrs Femina Mary**




**Treasurer -
Ms Soosan Kuriakose**




**Magazine Editor-
Ms Maria Treesa Jose**



**Asst. Magazine Editor -
Ms Athira Unnikrishnan**



**Ongoing Project Head -
Ms Arya P Nair**



**Program Committee Head -
Ms Krishnaja K**

BEST OUTGOING STUDENT (2017-2020 BATCH)



Theertha A.P was awarded the best outgoing student and also secured 3rd rank position in M.G University. She is an immensely talented person, whose technical skills have been, of such a great help to our college. Her consistent participation in activities and her duty as the magazine editor showcases, the aforementioned qualities. She is a nurturing person, who always has other's best interests at heart. Her generosity and humbleness play a crucial factor in being a true role model to others.

ACADEMIC PERFORMANCE (2017-2020 BATCH)

RANK HOLDERS

3 rd rank



THEERTHA A. P

4 th rank



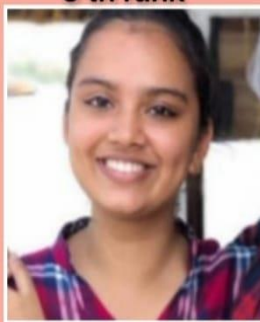
ANEENA JOSE

5 th rank



MERIN GEORGE

8 th rank



VAISHNAVI RAJESH

RANK HOLDERS

3RD RANK : THEERTHA A P - 8.82 A+

4TH RANK : ANINA JOSE - 8.73A+

5TH RANK : MERIN GEORGE - 8.72A+

8TH RANK : VAISHNAVI RAJESH - 8.43A

LOCKDOWN ACTIVITIES

LOCKDOWN ACTIVITIES

World Health Organisation announced COVID 19 as a pandemic due to its large spread in the world. Despite being reporting high number of cases all over the world during the month of March, Kerala was successfully able to control the massive spread. Kerala's strategies for COVID-19 containment were strongly backed by science and despite the inherent vulnerabilities of the State.

On 10 March, the government of Kerala has shut down all colleges and schools due to the hike in positive cases in the state. On 24 March 2020, the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days, limiting movement of the entire 1.3 billion population of India as a preventive measure against the COVID-19 pandemic in India.

Due to the pandemic, the association activities were undertaken on the online platforms.. The arrival of Covid 19, which spread all over the world, made the life of individuals difficult, and as the government asked his people to be in their homes for their own safety for a larger period of time, the students of food science department of BCM College decided to do something creative on online platforms. The students conducted and expressed their talents in many online activities of the association

COLLAGE VIDEO, BY II DC STUDENTS- 13th APRIL, 2020

A collage video was published by the students of II year, Food Science and Quality Control, BCM College, Kottayam on 13th April 2020 in the department YouTube channel FSQC BCM. The video was to create wakefulness among the people during the Covid 19 contagion.

The Google drive link:

- Collage video:
<https://drive.google.com/file/d/1B1p0dhSIodhFHHne5v4ahRntCiKqYgUJ/view?usp=drivesdk>

The YouTube link:

- Collage video: <https://youtu.be/n8oTOd7VRvY>



HEALTHY TIPS VIDEO, BY II DC STUDENTS- 13th April, 2020

A video on healthy tips was released by the students of second year Food Science and Quality Control BCM College Kottayam on 13th April 2020 in the department YouTube channel Fsqc Bcm titled “EAT HEALTHY STAY HEALTHY”.

The video was based on the healthy food habits that one should follow during corona period. The video also gave awareness to the public on to eat healthy food during the pandemic situation for acquiring immunity against Covid 19. Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So one must eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs.

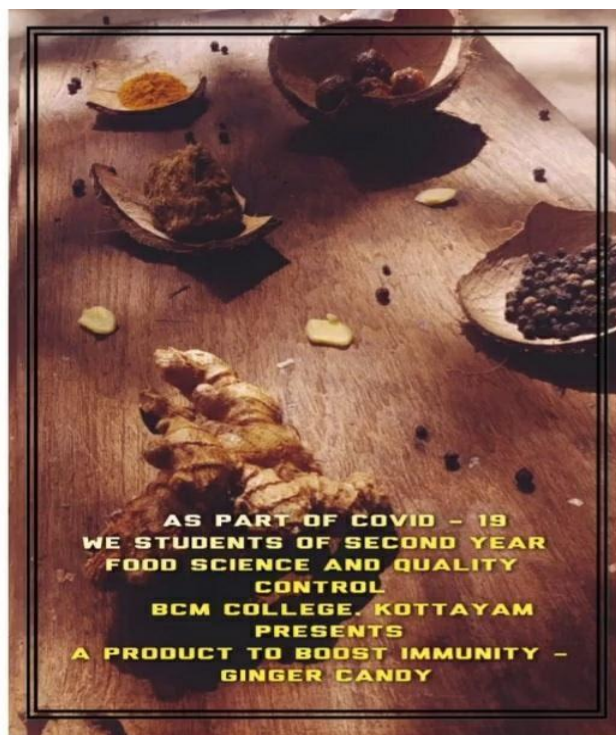
The Google drive link:

<https://drive.google.com/file/d/1B1p0dhSIodhFHHne5v4ahRntCiKqYgUJ/view?usp=drivesdk>

The YouTube link: <https://youtu.be/iSFaJlR6llg>



A VIDEO ON PREPARATION OF AN IMMUNITY BOOSTING PRODUCT, BY III DC STUDENTS -24 APRIL, 2020



In the course of the lockdown due to the Covid 19 pandemic, the students of third year, Food Science and Quality Control, BCM College, created a video on an immunity boosting product- **Ginger Candy**. Ginger is a spice which is loaded with antioxidants, compounds that prevent stress and damage to the body's DNA. It helps the body to fight off chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy ageing.

Ingredients used for the preparation of ginger candy are:-

- Jiggery
- Turmeric
- Black Salt
- Black Pepper
- Sesame Seeds And
- Coconuts.

The Google drive link:

Video on preparation of immunity boosting product:

https://drive.google.com/file/d/1D_qdDa5vQ3zHGGvMZYinv1BTuKDd5tjL/view?usp=drivesdk






PREPARATION OF GINGER CANDY

1. Firstly, take one cup of jaggery and melt it in a half cup of water.
 2. Next the ginger is grated. It can be also either chopped into small pieces or grinded.
 3. Transfer the melted jaggery into an iron kadai. To this mix, the ginger is added.
 4. Next, about a quarter teaspoon of turmeric and a pinch of black salt is added.
 5. Then a quarter teaspoon of crushed black pepper is added to the mix.
 6. Then all the ingredients is mixed well, the mix is placed on the low flame covered with a lid.
 7. After every 3 minutes, it should be checked and stirred well. This must continue for about 10-15 minutes.
 8. After this, it is allowed to cool for sometime. This will make the mix a bit more thicker.
 9. Then some sesame seeds (roasted or not) and coconut is taken for garnishing.
 10. Then small balls are made from the mix which can then be either rolled over sesame seeds or the desiccated coconut.
- These balls are again rolled between the hands to ensure that the sesame seeds or the coconut sticks to the candy.
11. This can then be stored in the refrigerator for about one month.

**QUARANT-DINE RECIPES, BY III DC (2017-2020 BATCH) -
24th APRIL to 13th JUNE, 2020**

S no.	Date	Image	Products	Recipe Introduced By	Instagram Link
1	24-4-2020		Super food Wrap	Reenu. C. Manu	https://www.instagram.com/tv/B_XO7odn0sJ/?utm_source=ig_web_copy_link
2	25-4-2020		Potato Smiley	Anina Jose	https://www.instagram.com/tv/B_ZRgAepoMs/?utm_source=ig_web_copy_link
3	26-4-2020		Spinach Banana Smoothie	Feba George	https://www.instagram.com/tv/B_b1gC1Jh5F/?utm_source=ig_web_copy_link

4	27-4-2020	 <p>DEPT. OF FOOD SCIENCE AND QUALITY CONTROL QUARANT-DINE Jackfruit seed Chocolate</p>	Jackfruit Seed Chocolate	Chinju Baby	https://www.instagram.com/tv/B_ebEmEJ6KX/?utm_source=ig_web_copy_link
5	28-4-2020	 <p>PASSION FRUIT SQUASH</p>	Passion Fruit Squash	Passion Fruit Squash	https://www.instagram.com/tv/B_jjVOsJ3D/?utm_source=ig_web_copy_link
6	29-4-2020	 <p>CHAKKA KURU SHAKE</p>	Jackfruit seed shake	Gopika B	https://www.instagram.com/tv/B_jjVOsJ3D/?utm_source=ig_web_copy_link
7	30-4-2020	 <p>VEG COIN PARATHA</p>	Vegetable Coin Paratta	Sherrin Royees	https://www.instagram.com/tv/B_mKGLHJiQ7/?utm_source=ig_web_copy_link

8	1-5-2020		Tender Coconut ice cream	Elizabeth Jacob	https://www.instagram.com/tv/BopyHxJXna/?utm_source=ig_web_copy_link
9	3-5-2020		Adrak Chai	Melissa George	https://www.instagram.com/tv/Bt7Ymup8sV/?utm_source=ig_web_copy_link
10	13-6-2020		Mango turmeric shake	Kavya Karunakaran	https://www.instagram.com/tv/CBXb2wTA4-z/?utm_source=ig_web_copy_link

VIDEO ON SAFETY TIPS DURING COVID 19, BY III DC STUDENTS – 25 APRIL, 2020



The students of third year, Food Science and Quality Control, BCM College, Kottayam, made a video on few safety tips that should be followed during the Covid 19 pandemic.

The main topics in the video were:

1. How to make a face mask.
2. How to wear it.
3. How to clean it and sanitize it.
4. How to store it.
5. How to handle food during the Covid 19 situation.



The participants in the video were:

Ms Sneha Shibu of third year, Food Science and Quality Control explaining in detail on how to make a face mask using a simple cloth.

Ms Athira Unnikrishnan of third year Food Science and Quality Control elucidated on the ways to wear a face mask properly during the Covid situation.

Ms Theresa Thomas of third year, Food Science and Quality Control illustrated the methods to clean and sanitize a face mask.

Ms Konchitha Dais Renjan of third year, Food Science and Quality Control demonstrated the means to store a face mask properly for further use.

And **Ms Saneena Saji** of third year, Food Science and Quality Control explained and imparted awareness on the accurate handling techniques of food that has to be followed during the Covid 19.

The Google drive link:

- Documentary on safety tips during Covid 19-
<https://drive.google.com/file/d/1H3HnE3Lwx5InD1MVt2-sXX3rRmv2uN6U/view?usp=drivesdk>



A DOCUMENTARY ON COVID – 19 IN KERALA- 25th -30th APRIL, 2020

The first case of the COVID-19 pandemic in Kerala which was also the first case in India was confirmed in Trissur on 30 January 2020. Kerala's success in containing COVID-19 was widely praised both nationally and internationally because of the measures the state adopted.

Due to the threat of the spread of coronavirus, the government of Kerala declared high alert in the state and a lockdown was declared and all schools and colleges were shutdown.

Due to this situation, the 3rd DC students of the Department of the Food Science and Quality Control made a documentary on the title “COVID – 19 IN KERALA.” This documentary is to commemorate the success of Kerala to survive the Coronavirus and the measures the Government taken.

The documentary consists of 4 parts. The documentary describes on the steps Government has taken to prevent COVID – 19 spread in the public, the innovations that changed the traditional practices and the changes happened to the people.

The main topics included in the Documentary were:

- First COVID – 19 case in Kerala
- Break the Chain Campaign
- Lockdown and Curfew
- Masks and Sanitizer
- Artificial Intelligence technologies
- Plasma Technology
- Antigen testing and COVID test kit
- How COVID – 19 changed the life of people?

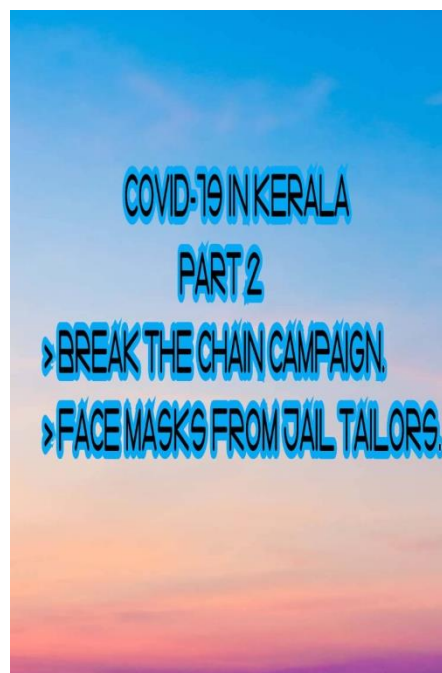
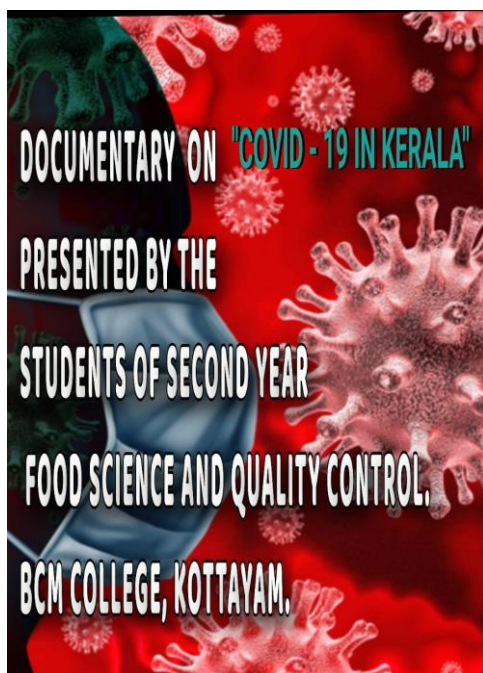
There are 4 parts for the documentary. They are:

PART	DATE	LINK
Part 1	25 April 2020	https://drive.google.com/file/d/1h_wHV1gsXAIkhiDOPBthOOLZW1d2v5Hn/view?usp=drivesdk
Part 2	27 April 2020	https://drive.google.com/file/d/1-MfY24i33_T0_ROH8IrgPLW0X0IQWdOL/view?usp=drivesdk
Part 3	29 April 2020	https://drive.google.com/file/d/1to_fOZxGwjLiy-fiOQQg0F1thKWjlACu/view?usp=drivesdk
Part 4	30 April 2020	https://drive.google.com/file/d/15LHBJ5SxuuXYTjDukD1UG5PoheOn1ShQ/view?usp=drivesdk

The students behind this documentary were:

- **Aneesha Thomas**
- **Athira Unnikrishnan**
- **Maria Treesa Jose**
- **Soosan Kuriakose**

All the 3rd DC students actively participated in the collecting the information. Many good feedbacks were obtained from the viewers about the documentary. It was a really great opportunity that helped to express the student's talents and it also enhanced their soft skills.



DOCUMENTARY ON PANDEMIC AND EPIDEMIC, BY II & III DC STUDENTS- 12th – 13th MAY, 2020

The II & III DC students of Food Science and Quality Control, B.C.M college Kottayam released a documentary on the topic “ PANDEMIC AND EPIDEMIC”. The documentary was released to the public in 2 parts.

The documentary was about the various pandemics and epidemics that has occurred in the World. The first part of documentary was released on 12 May 2020 and the second part was released on 13 May 2020. The documentary was a collective effort from both the degree year students; the first part of the documentary was done by the III dc students while the second part was made by the II DC students.

The main topics included in the documentary were:

Part 1-

- Bubonic plaque
- Small pox
- Yellow fever
- Cholera
- Spanish flu
- Aids
- Bhopal gas tragedy
- Chernobyl Incident
- Indian Earthquake
- Swine flu (H1N1)
- Haiti Earthquake
- Ebola
- Nipah

- Covid 19

Part 2-

- Chernobyl incidents, 1986
- Indian Earthquake, 2004
- Swine Flu, 2008
- Earthquake, 2010
- Ebola, 2014
- Nipah virus, 2014
- Covid -19, 2020

The documentary was uploaded on the official YouTube channel FSQC BCM as “A DOCUMENTARY ON PANDEMICS AND EPIDEMICS”. Since the documentary included information on the numerous diseases and epidemics that has occurred in worldwide till the recent time, it was widely accepted and appreciated by the viewers.

The YouTube links are:

Part1: <https://www.youtube.com/watch?v=vo300Y2HPCU>

Part 2: https://www.youtube.com/watch?v=R3z_WKaiAeg

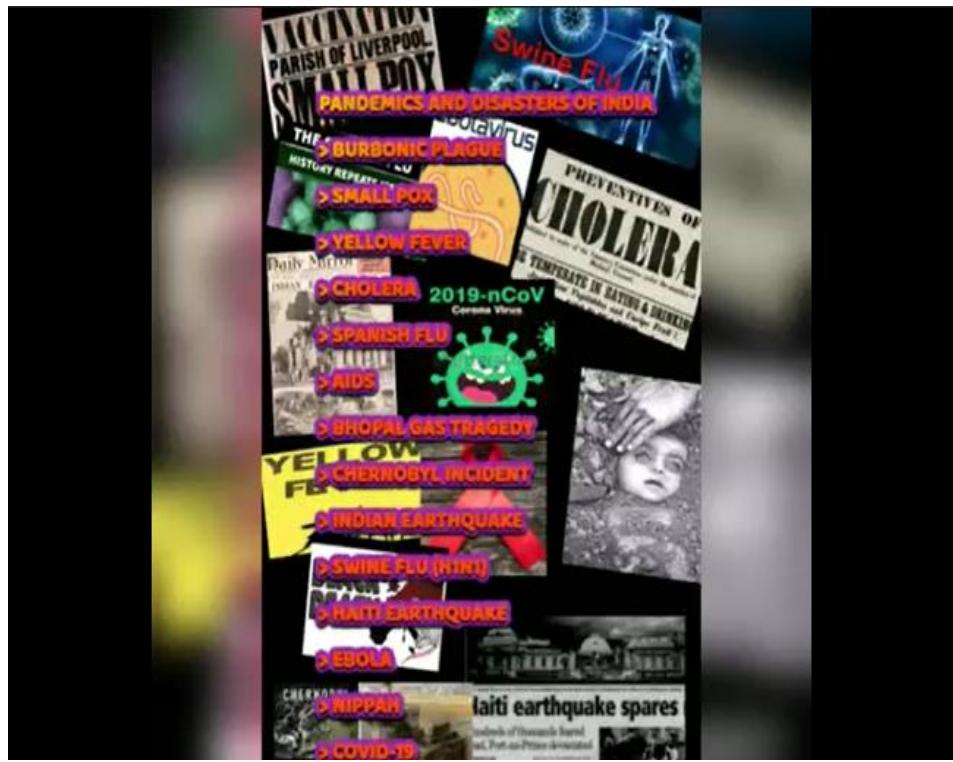
The documentary on pandemics and epidemics

Part1-

https://drive.google.com/open?id=1Xb2Yr9dcgjzG4vLQor_TbjbydFxyJTW

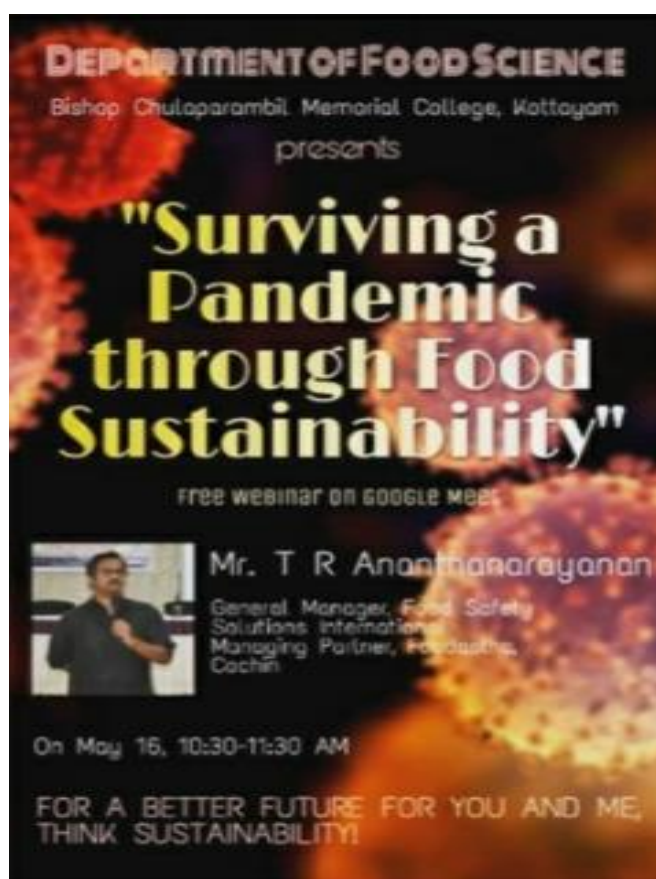
Part 2-

<https://drive.google.com/file/d/1BBsqq9pWWDY41gjjVySwH91h6luA7Xv/view?usp=drivesdk>



PANDEMICS & DISASTERS

SURVIVING A PANDEMIC THROUGH FOOD SUSTAINABILITY, BY **Mr T R ANANTHANARAYANAN**, **GENERAL MANAGER, FOOD SAFETY SOLUTIONS INTERNATIONAL, MANAGING PARTNER, FOOD ASTHA;** FOR I, II and III DC STUDENTS – 16TH MAY 2020



On 16th May 2020, the Food Science Department organized a webinar in Google meet for a lecture on “Surviving a Pandemic through Food Sustainability” which was taken by **Mr T R Ananthanarayanan, General Manager, Food Safety Solution and the Managing Partner of Food Astha.** The webinar mainly focused on the Covid pandemic and how has it affected the food sector.

The global health impact of the pandemic affected the work forces, transportation and supply chain. The students were able to get a detailed information about food sustainability. And the motto of this webinar was: “For A Better Future for You and Me, And Think Sustainability”. The power point presentation was also included in this webinar. Overall 98 members had participated in the webinar and the class commenced from 10:30 to 11:30 a.m. with the presence of teachers.

At the end of session, there was an interactive session for both teachers and students, where everyone participated actively.

Google meet: <https://meet.google.com/kmk-ujiv-gyp>

Google Form Link:

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSfBII_sauPSwuUBMzYbSTSt3s6A4zY7I4bVVCdYRrh_PqyW-g/viewform

Link for certificate:

https://docs.google.com/forms/d/e/1FAIpQLSdpinZpaGfXzLVCi8ejHs6s-IhGDYTMKETt74CSEL7iMzr3mA/viewform?usp=sf_link

Drive link:

<https://drive.google.com/file/d/1C5dp8Jp3siCi7Wq-h4h4d33A2OtEcQtL/view?usp=sharing>



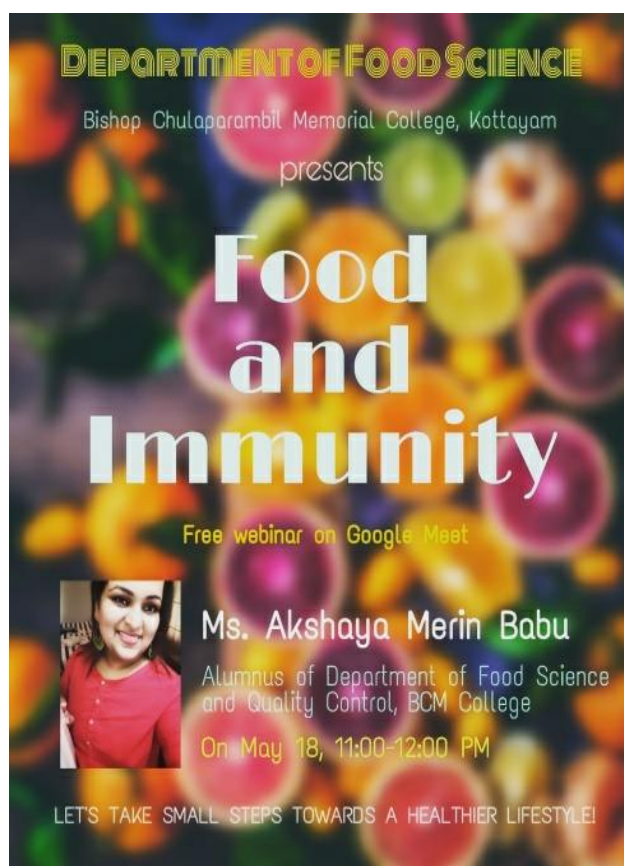
99)



Certificate:



CLASS ON FOOD AND IMMUNITY, BY Ms AKSHAYA MERIN BABU, ALUMNI, FOOD SCIENCE DEPARTMENT, FOR II AND III DC STUDENTS – 18th MAY 2020



The Food Science Department organized a webinar in Google meet for a talk on Food and Immunity, which was led by **Ms Akshaya Merin Babu**, Alumni of Food Science Department, on 18th May 2020. The class commenced from 11:00am and ended at 12:00pm. The webinar helped in getting information on the foods that can help to boost our immunity.

Corona virus was declared as a global pandemic by the World Health Organization (WHO) and certain methods were introduced to improve the immunity through diet. The food that we eat plays a key aspect in determining the overall health and immunity.

At last an activity session was conducted and the resource person asked the students to make an immunity boosting drink, namely Haldi Milk. Overall the class was very interesting and had an interactive session at the end of the talk. Total of 72 students and teachers had participated in the webinar.

Link: <https://meet.google.com/zan-nodn-tdj>

Google Form Link:

Registration Link:

<https://docs.google.com/forms/d/1qSniW3Nk3RtrX42yD69t50LcGKQzxw7fjE4Os5gXv0s/edit>

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSfY4FEAcK_tRfQxxgcmFCDWTQr268zc-2wRVBYIaH3tXCtT9A/viewform?usp=sf_link

Certificate:



QUARANTREND TRAILER VIDEO, BY II DC STUDENTS- 19th MAY, 2020

As a part of the Quarantine lifestyle due to the spread of Corona Virus, the students of Food Science And Quality Control department, B.C.M College Kottayam decided to start a YouTube channel. And on 19th May, 2020, a trailer video was released in the channel, which gave information on the types of videos that would be put up on the department YouTube channel.

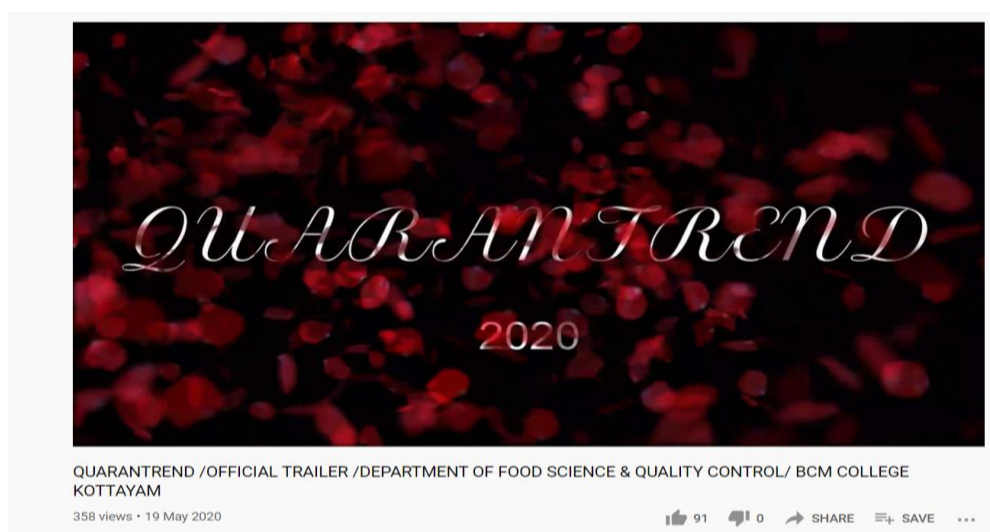
The video was released on 19 May 2020 and received a huge response from the viewers.

The activities included in the video were:

- Cooking videos
- Seminar presentation
- Documentaries
- Dance cover videos
- Music videos
- Instrumental music videos
- Art and craft videos
- Questionnaire videos

The you tube link of Quarantrend trailer video is –

https://youtu.be/uni8hH_guqg



CLASS ON COVID 19: GUIDELINESS IN FOOD AND BUSINESS; BY Ms VRINDA S KUMAR, HYGIENE EXECUTIVE, ITC GARDEN; FOR I, II, AND III DC STUDENTS – 22ND MAY 2020



On 22th May 2020, the Food Science Department organized a webinar through Google meet for a lecture on “Covid 19: Guidelines in Food and Business”, for which the resource person was **Ms. Vrinda S Kumar, Hygiene Executive, ITC Garden Bangalore**. The webinar was conversed on the Covid; the responsibility of food business operators; cleaning and sanitation; the instructions given to different food sectors and also on food safety tips to be followed during Covid 19 contagion.

The purpose of the guidelines was to highlight on the additional measures that the industries has to take, so that the integrity of the food chain is maintained, and that adequate and safe food supplies will be available for consumers. The students were able to understand about serious impacts of corona virus mass spread, how the disease spreads, how to wash the hands and right the way to wear the gloves.

A detailed and accurate power point presentation was also included in this webinar. Overall 88 members joined in the webinar and the class commenced from 10:30 to 11:30 a.m. with the presence of teachers. The webinar started with a welcome speech delivered by s Mrs Anju Annette Cherian, Head of the department.

Google Meet Link: <https://meet.google.com/cwi-pmxb-tab>

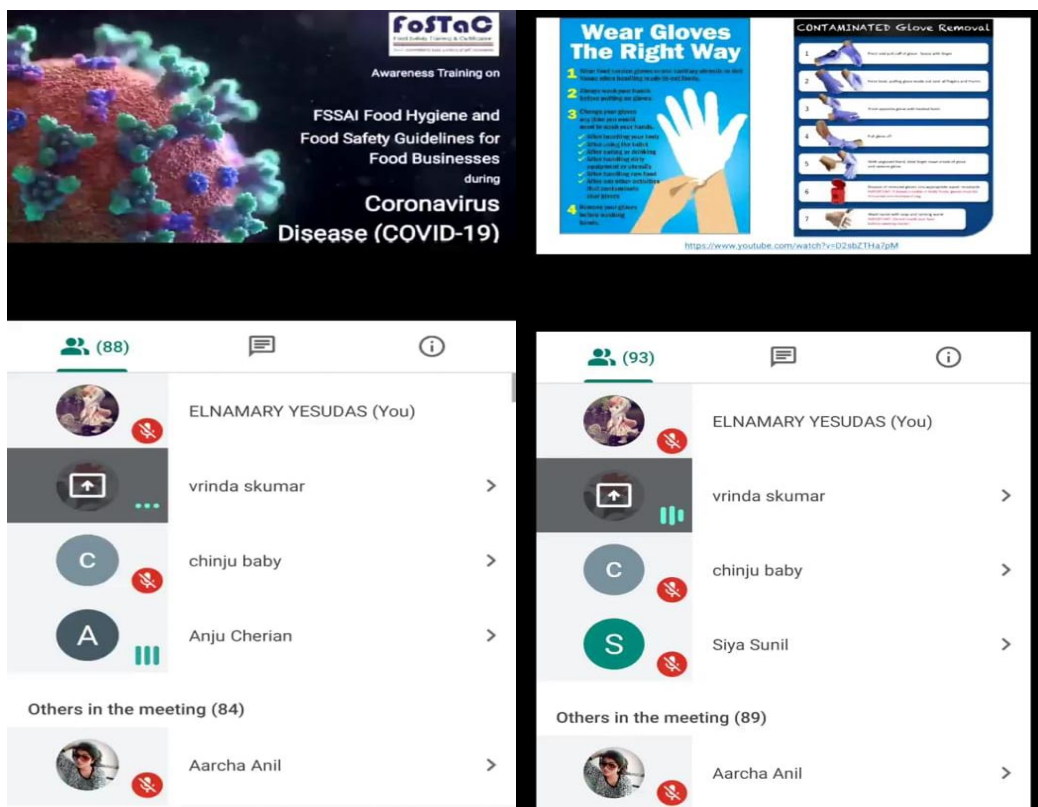
Google Form Links:

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSdfbRHUTqd_zEgJUCpnFbLzNyZX8HgSVr0Sx4YgEbxMlv/viewform

Link for Certificate:

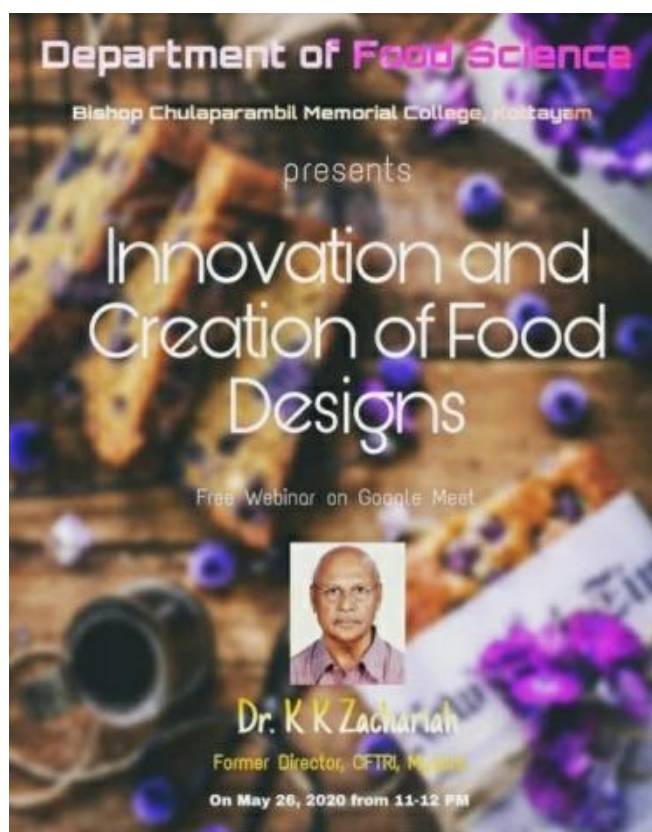
https://docs.google.com/forms/d/e/1FAIpQLSftz6qK5DwqtjnM2DSxLq4ijGXsYogu-HDokcqtEvWUUnY5sQ/viewform?usp=sf_link



Certificate:



CLASS ON INNOVATION AND CREATION OF FOOD
DESIGNS; BY **Dr. K. K ZACHARIAH, FORMER DIRECTOR,
CFTRI**; FOR II AND III YEAR STUDENTS – 26th MAY 2020



On 26th May 2020, the Food Science Department organized a Google meet for a lecture on Innovation and Creation of Food Designs which was taken by **Dr. K.K Zachariah, Former Director of CFTRI, Mysore**. The webinar mainly focused on the innovation of food products and creation of food designs.

Food Design is the process that triggers creativity and leads to innovative, meaningful, and sustainable propositions for new dishes, food products, food events, food services, food systems, and anything in between and it helps to generate ideas. Food innovation is the development of new products, process and services.

The class was very informative and the students got an opportunity to learn about innovation and creation of food designs. Total 72 students and teachers joined in the meet and the class commenced from 11 a.m. to 12 p.m.

Google Meet Link: <https://meet.google.com/ewx-gqsf-zzt>

Google Form Link

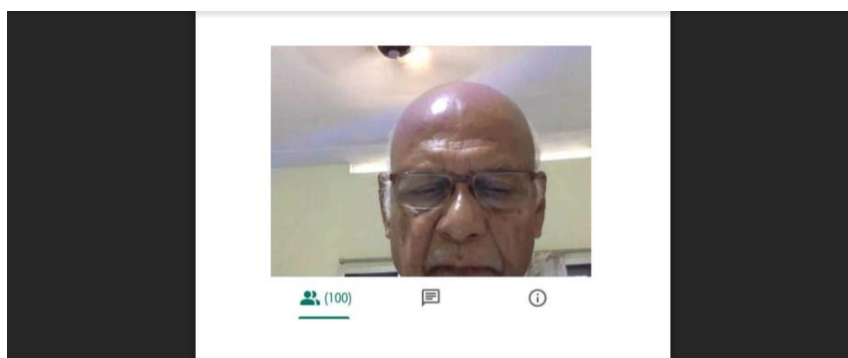
Registration Link: <https://forms.gle/Vrv6w5NcXzHJ6Jpi6>

Link for E-certificate

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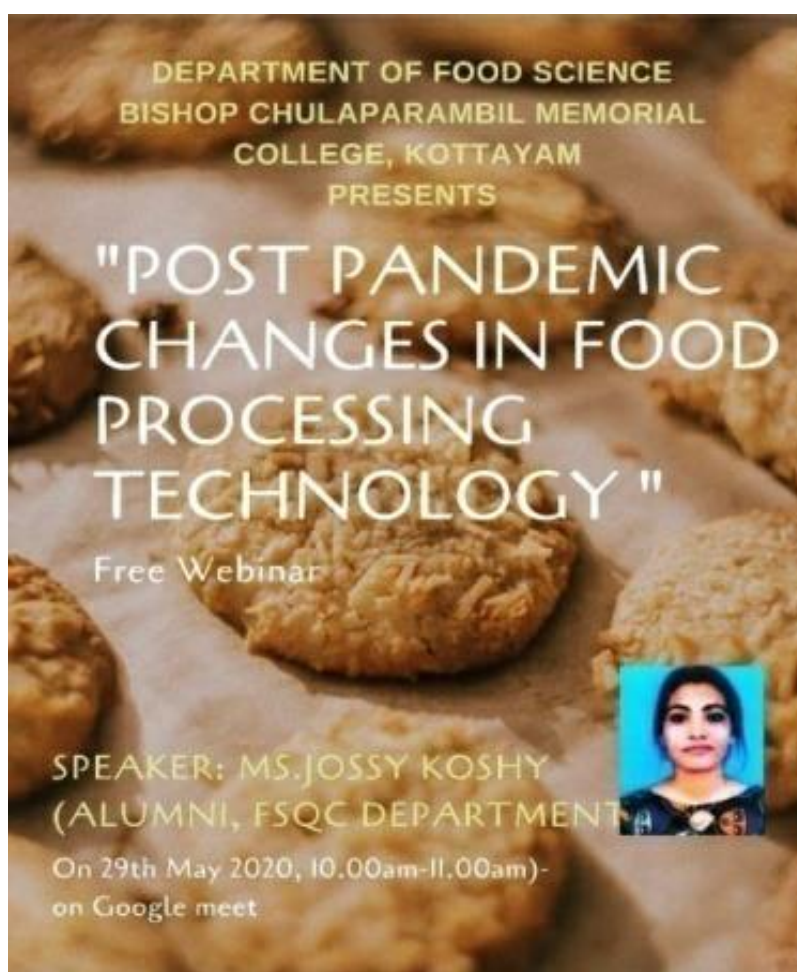
<https://drive.google.com/file/d/11Q1bLoJs5eCxsfe18yHUI2nIMDpRjPuQ/view?usp=sharing>



Certificate:



CLASS ON POST PANDEMIC CHANGES IN FOOD PROCESSING; BY **Ms JOSSY KOSHY, ALUMNI, FOOD SCIENCE DEPARTMENT**; FOR II AND III YEAR STUDENTS – 29th MAY 2020



The Food Science Department organized a webinar on Post Pandemic Changes in Food Processing Technology in Google meet on 29th May 2020. The class led by **Ms Jossy Koshy, Alumni of Food Science Department**. The webinar helped to impart knowledge on the pandemic and its effect on the industries and the processing units.

The Covid pandemic seriously affected the global economy, mainly the food processing units and the industries and it was one of the most important sectors of the economy. The Covid 19 had an impact on the whole process that is from the field to the consumer.

The webinar started from 10 and ended at 11 a.m. Total of 72 students and teachers joined for the meeting. The class was very informative and helped to learn about the changes that occurred in the food industries during Covid Lockdown.

Google Meet: <https://meet.google.com/muz-fhga-qbp>

Google Form Links:

https://docs.google.com/forms/d/1HQOjIgSphRV55GA2nr3Qzl5n4Ld5koHYxFQwfXC_V6s/edit

Link for E-certificate: https://docs.google.com/forms/d/e/1FAIpQLSfjBvZPCf-IXEc37CVhP-4LAGP-BT0yditsaGs-peohyXgIuQ/viewform?usp=sf_link

Drive link:

<https://drive.google.com/file/d/1oSnyOt0WTtyH2vo9n65ir1CZhvIPuj4p/view?usp=sharing>



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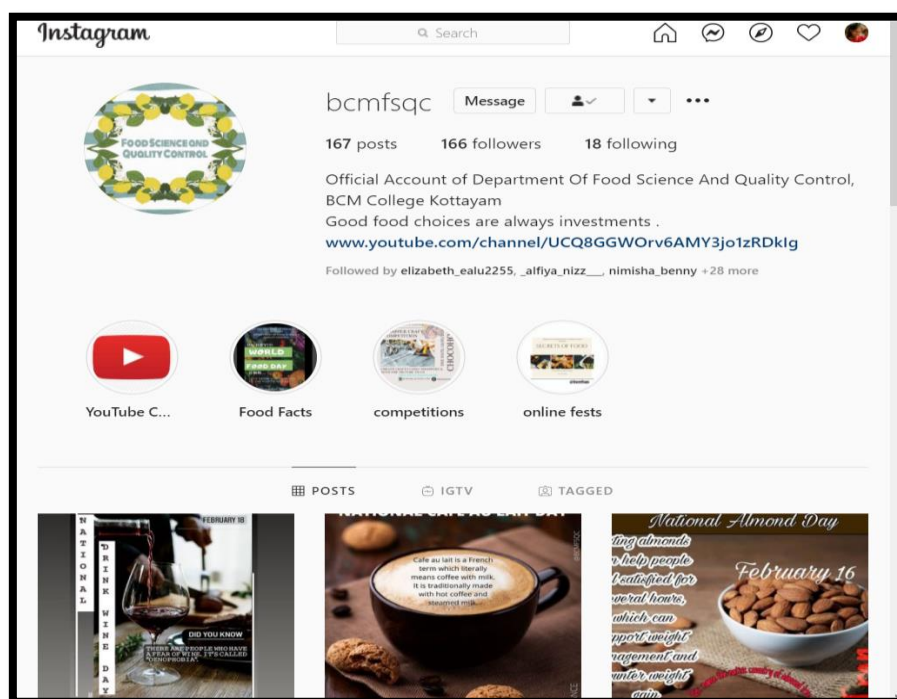


Certificate:



YOUTUBE AND INSTAGRAM ACCOUNT

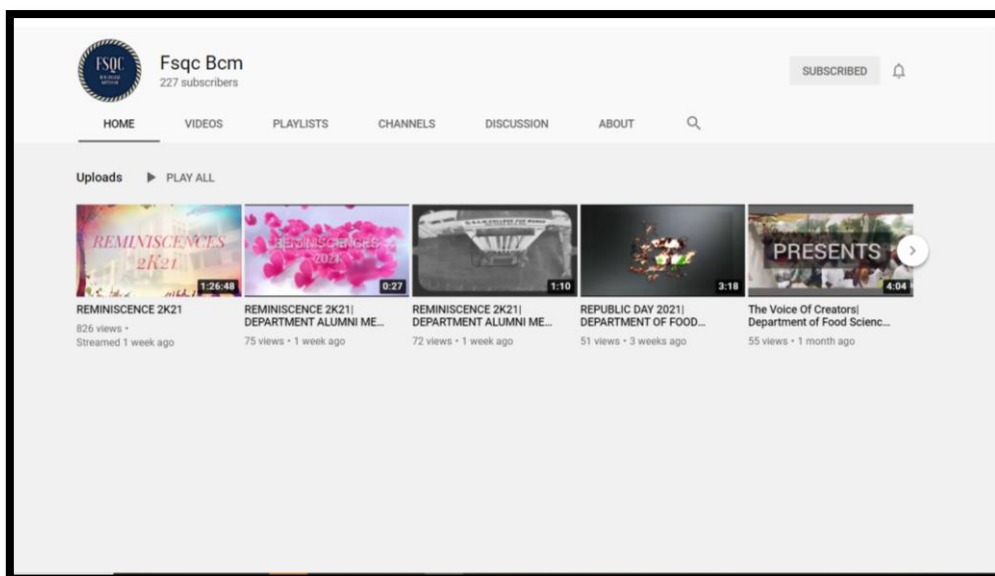
YOUTUBE AND INSTAGRAM ACCOUNT



The Food Science department of BCM College, Kottayam officially started an Instagram account on 24th April, 2020. The instagram ID is @bcmfsqc. Instagram serves as a platform for the department to communicate with the public. It enables us to visualize the activities that we do as part of our association programmes to the audiences from various parts of the world especially to our Alumnus from different parts of the world.

The Instagram account is handled by **Ms Anusha Sarah Mani** and **Mrs Femina Mary Stalin** of III DC.

Instagram Link: <https://www.instagram.com/bcmfsqc/>



A channel in YouTube app was created by the department on 13th April, 2020. The YouTube channel is named as @fsqcbcm. It is a social media platform for sharing the contents with people and also it gives a good creative outlet.

The YouTube account is handled by **Aparna Kunjumon**, II DC and **Greeshma Wilson**, III DC.

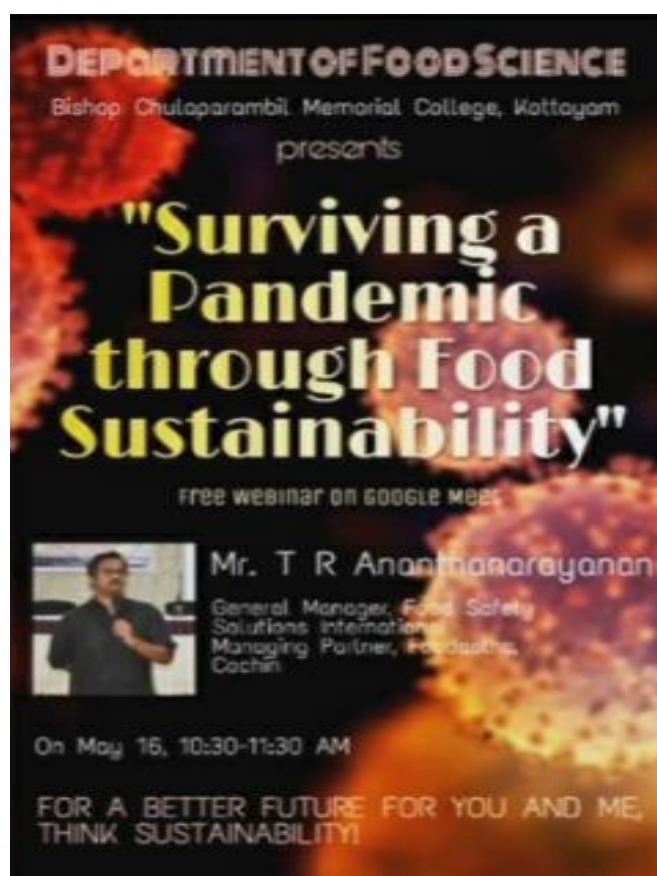
Social media platform create an opportunity for an individual to share his or her talent to the public and also to express or give voice to their thoughts through these media.

The benefit of using the above two social media platform is that it helps in bringing out the talent in each and every student amidst this corona times. And the contents created by the students remains in an online platform that can be accessed by anyone at any time, as it will remain in the YouTube app for a long time. It also benefits the students to know more on technical aspects of online media and builds communication skills in students and also encourages students to do more programmes.

Link: <https://www.youtube.com/channel/UCQ8GGWOrv6AMY3jo1zRDkIg>

WEBINARS

SURVIVING A PANDEMIC THROUGH FOOD SUSTAINABILITY;
BY Mr T R ANANTHANARAYANAN, GENERAL MANAGER,
FOOD SAFETY SOLUTIONS INTERNATIONAL,
MANAGING PARTNER, FOOD ASTHA; FOR I, II and III DC
STUDENTS – 16TH MAY 2020



On 16th May 2020, the Food Science Department organized a webinar in Google meet for a lecture on “Surviving a Pandemic through Food Sustainability” which was taken by **Mr T R Ananthanarayanan, General Manager, Food Safety Solution and the Managing Partner of Food Astha.** The webinar mainly focused on the Covid pandemic and how has it affected the food sector. The students were asked to fill up a registration form prior to the meeting through Google forms.

The global health impact of the pandemic affected the work forces, transportation and supply chain. The students were able to get detailed information about the food sustainability. And the motto of this webinar was: “For A Better Future For You And Me, And Think Sustainability”. The power point presentation was also included in this webinar. Overall 98 members had participated in the webinar and the class commenced from 10:30 to 11:30 a.m. with the presence of teachers.

At the end of session, there was interactive session for both teachers and students, where everyone participated actively.

Google meet Link: <https://meet.google.com/kmk-ujiv-gyp>

Google Form Links:

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSfBII_sauPSwuUBMzYbSTSt3s6A4zY7I4bVVCdYRrh_PqyW-g/viewform

Link for certificate:

https://docs.google.com/forms/d/e/1FAIpQLSdpinZpaGfXzLVCi8ejHs6sIhGDYTMKETt74CSEL7iMzr3mA/viewform?usp=sf_link

Drive link:

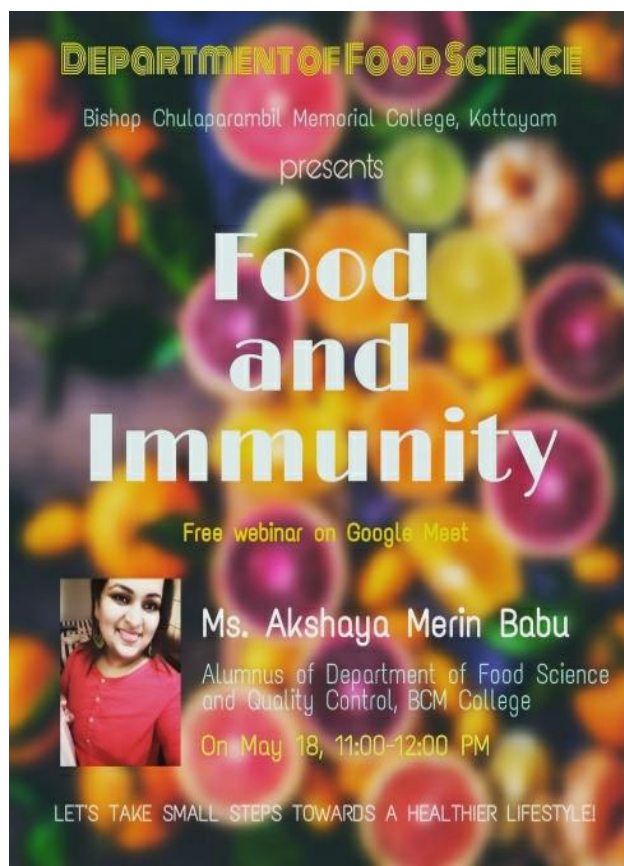
<https://drive.google.com/file/d/1C5dp8Jp3siCi7Wqh4h4d33A2OtEcQtL/view?usp=sharing>



Certificate



CLASS ON FOOD AND IMMUNITY; BY Ms AKSHAYA MERIN BABU, ALUMNI, FOOD SCIENCE DEPARTMENT; FOR II AND III DC STUDENTS – 18th MAY 2020



The Food Science Department organized a webinar in Google meet for a talk on Food and Immunity which was taken by **Ms Akshaya Merin Babu** Alumni of Food Science Department, on 18th May 2020. The class commenced from 11:00am and ended at 12:00pm. The webinar helped in getting information on the foods that can help to boost our immunity.

Corona virus was declared as a global pandemic by the World Health Organization (WHO) and certain methods were introduced to improve the immunity through diet. The food that we eat plays a key aspect in determining the overall health and immunity.

At last an activity session was conducted and the resource person asked the students to make an immunity boosting drink, namely Haldi Milk. Overall the class was very interesting and had an interactive session at the end of the talk. Total of 72 students and teachers had participated in the webinar.

Google Meet Link: <https://meet.google.com/zan-nodn-tdj>

Google Form Links:

Registration link:

<https://docs.google.com/forms/d/1qSniW3Nk3RtrX42yD69t50LcGKQzxw7fjE4Os5gXv0s/edit>

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSfY4FEAcK_tRfQxxgcmFCDWTQr268zc-2wRVBYIaH3tXCtT9A/viewform?usp=sf_link

Certificate:



CLASS ON COVID 19: GUIDELINESS IN FOOD AND BUSINESS; BY **VRINDA S KUMAR, HYGIENE EXECUTIVE, ITC GARDEN**; FOR I, II, AND III DC STUDENTS – 22ND MAY 2020



On 22th May 2020, the Food Science Department organized a webinar in Google meet for a lecture on “Covid 19: Guidelines in Food and Business” , for which the resource person was **Ms. Vrinda S Kumar, Hygiene Executive, ITC Garden Bangalore**. The students were asked to fill up a registration form prior to the meeting through Google forms. The webinar was conversed on the Covid; the responsibility of food business operators; cleaning and sanitation; the instructions given to different food sectors and also on food safety tips during Covid 19 contagion.

The purpose of the guidelines was to highlight the additional measures that industries has to take so that the integrity of the food chain is maintained, and that adequate and safe food supplies will be available for consumers. The students were able to understand about serious impacts of corona virus mass spread, how the disease spreads, how to wash the hands and right way to wear the gloves.

A detailed and accurate power point presentation was also included in this webinar. Overall 88 members joined in the webinar and the class commenced from 10:30 to 11:30 a.m. with the presence of teachers. The webinar started with a welcome speech delivered by s Mrs. Anju Annette Cherian, Head of the department.

Google Meet Link: <https://meet.google.com/yvk-xwfn-fhz>

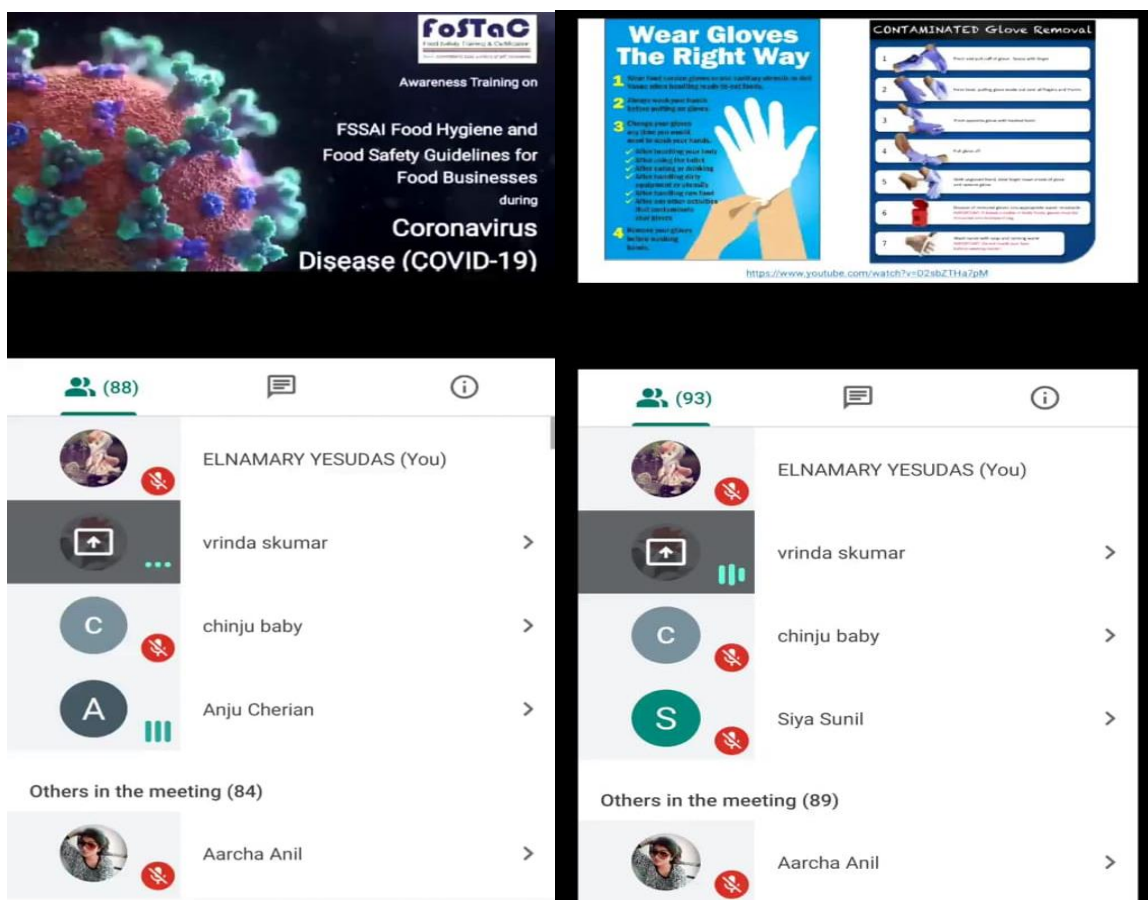
Google Form Links:

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSdfbRHUTqd_zEgJU-CpnFbLzNyx7ZX8HgSVr0Sx4YgEbxMlv/viewform

Link for Certificate:

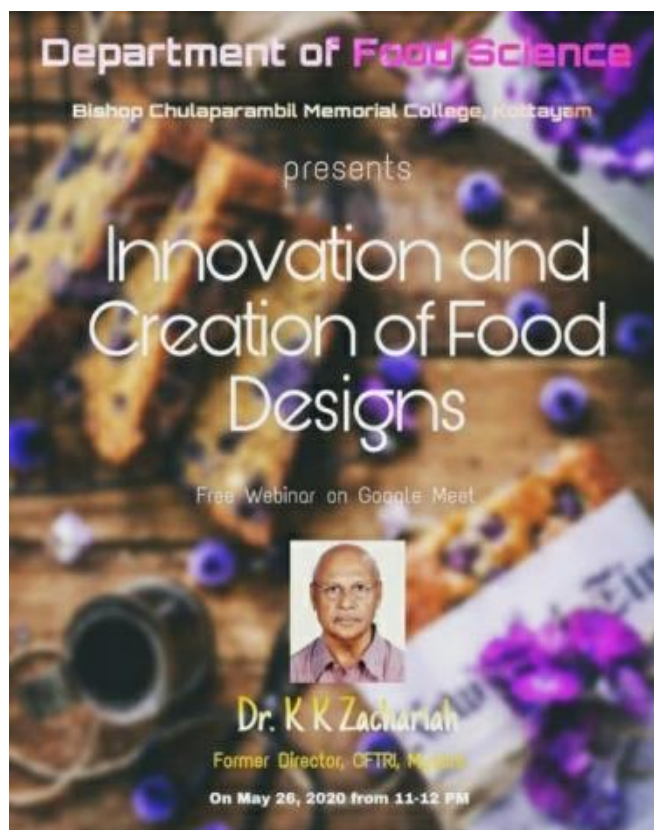
https://docs.google.com/forms/d/e/1FAIpQLSftz6qK5DwqtjnM2DSxLq4ijGXsYogu-HDokcqtEvWUUnY5sQ/viewform?usp=sf_link



Certificate:



CLASS ON INNOVATION AND CREATION OF FOOD DESIGNS; BY **Dr. K. K ZACHARIAH, FORMER DIRECTOR, CFTRI**; FOR II AND III YEAR STUDENTS – 26th MAY 2020



On 26th May 2020, the Food Science Department organized a webinar by **Dr. K.K Zachariah, Former Director of CFTRI, Mysore**. The webinar was conducted through Google meet for a lecture on Innovation and Creation of Food Designs. The webinar mainly focused on the innovation of food products and creation of food designs. The students were asked to fill up a registration form prior to the meeting through Google forms.

Food Design is the process that triggers creativity and leads to innovative, meaningful, and sustainable propositions for new dishes, food products, food events, food services, food systems, and anything in between and it helps to

generate ideas. Food innovation is the development of new products, process and services.

The class was very informative and the students got an opportunity to learn about innovation and creation of food designs. Total 72 students and teachers joined in the meet and the class commenced from 11 a.m. to 12 p.m.

Google Meet Link: <https://meet.google.com/ewx-gqsf-zzt>

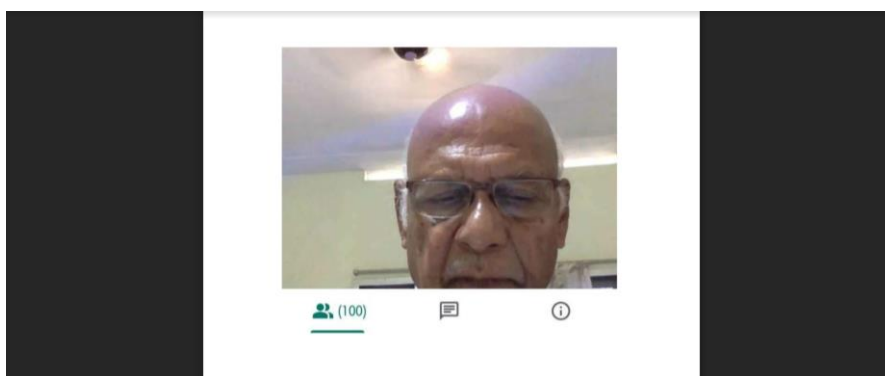
Google Form Links: <https://forms.gle/Vrv6w5NcXzHJ6Jpi6>

Link for E-certificate

https://docs.google.com/forms/d/e/1FAIpQLScldP3DUxkfloD8aXwHMLiXypHXmdN8GDWrXhAxyZ378QjQdg/viewform?usp=sf_link

Drive link:

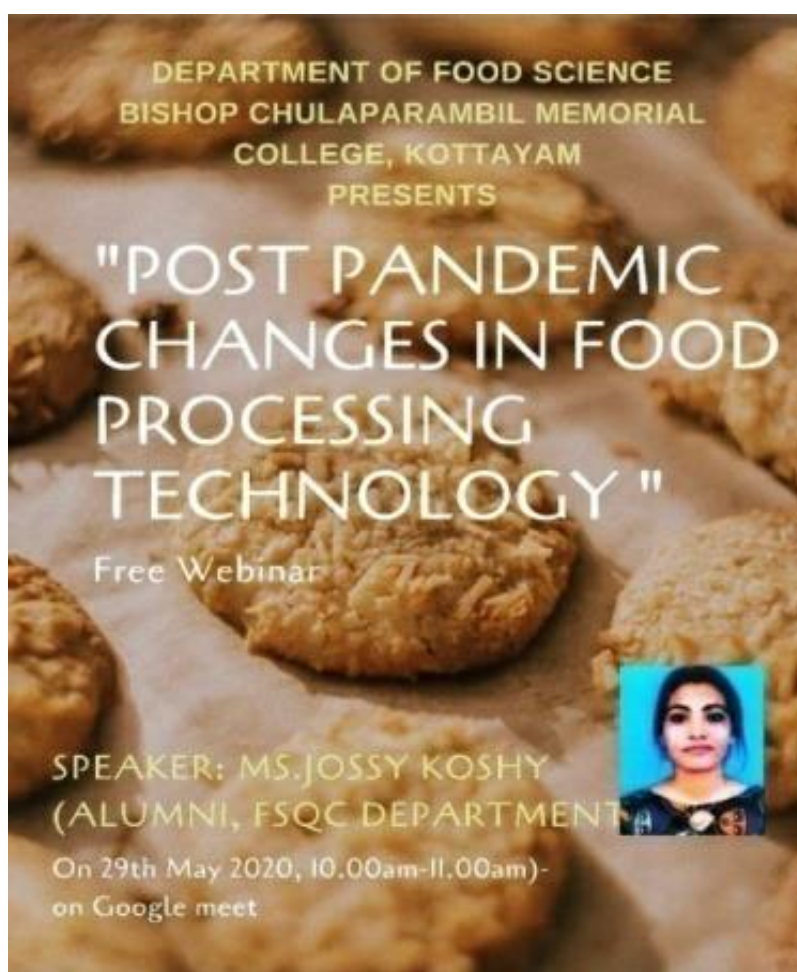
<https://drive.google.com/file/d/11Q1bLoJs5eCxsfe18yHUI2nIMDpRjPuQ/view?usp=sharing>



Certificate:



CLASS ON POST PANDEMIC CHANGES IN FOOD
PROCESSING; BY **Ms JOSSY KOSHY, ALUMNI, FOOD
SCIENCE DEPARTMENT**; FOR II AND III YEAR STUDENTS –
29th MAY 2020



The Food Science Department organized a webinar through Google meet for a lecture on Post Pandemic Changes in Food Processing Technology on 29th May 2020. The class led by **Ms Jossy Koshy, Alumni of Food Science Department**. The webinar helped to impart knowledge on the pandemic and its effect on the industries and the processing units. The students were asked to fill up a registration form prior to the meeting through Google forms.

The Covid pandemic seriously affected the global economy, mainly the food processing units and the industries and it was one of the most important sectors of the economy. The Covid 19 had an impact on the whole process that is from the field to the consumer.

The webinar started from 10 and ended at 11 a.m. Total of 72 students and teachers joined for the meeting. The class was very informative and helped to learn about the changes that occurred in the food industries during Covid Lockdown.

Google Meet Link: <https://meet.google.com/muz-fhga-qbp>

Google Form Links:

https://docs.google.com/forms/d/1HQOjIgSphRV55GA2nr3Qzl5n4Ld5koHYxFQwfXC_V6s/edit

Link for E-certificate: https://docs.google.com/forms/d/e/1FAIpQLSfjBvZPCf-IXEc37CVhP-4LAGP-BT0yditsaGs-peohyXgIuQ/viewform?usp=sf_link

Drive link:

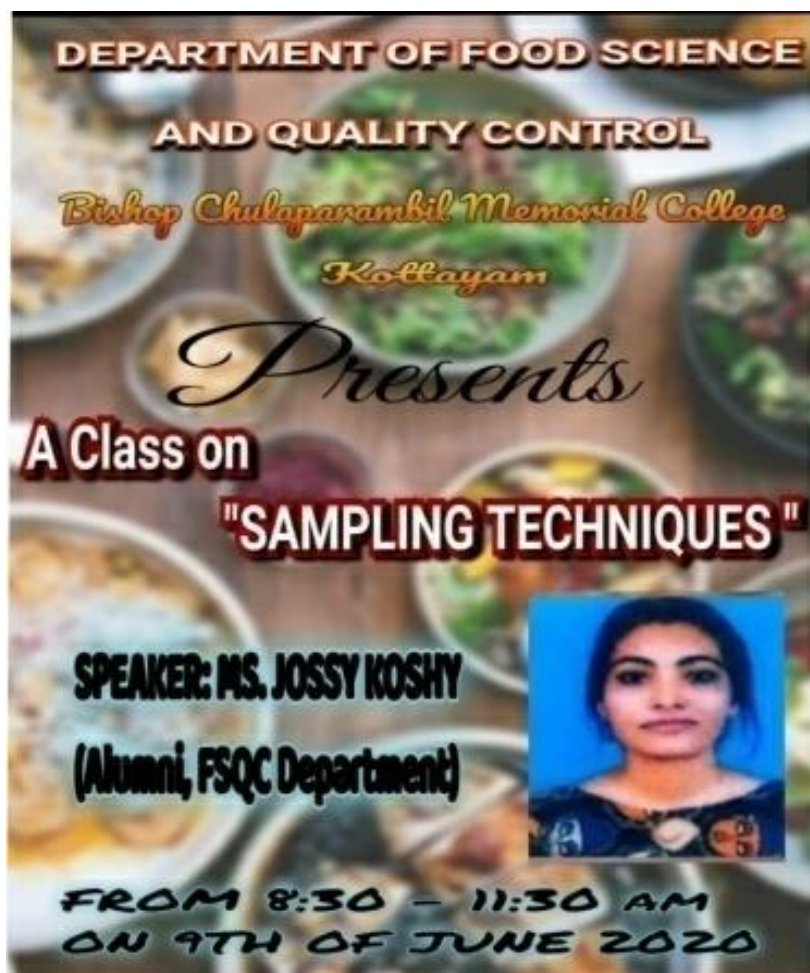
<https://drive.google.com/file/d/1oSnyOt0WTtyH2vo9n65ir1CZhvIPuj4p/view?usp=sharing>



Certificate:



**CLASS ON SAMPLING TECHNIQUES; BY JOSSY KOSHY,
ALUMNI, FOOD SCIENCE DEPARTMENT; FOR III DC
STUDENTS – 9TH JUNE 2020**



On 9th June 2020, the Food Science Department arranged a webinar through the online platform Google meet for a lecture on Sampling Techniques taken by **Ms Jossy Koshy, Alumni of Food Science Department**. The webinar helped in providing information on sampling techniques and its types.

Food sampling is the process of selecting observations to provide an adequate description and inferences of the population. Sample is a unit that is selected

from population, represents the whole population. The students were able to understand the sampling and its types.

A power point presentation which included about sampling, types of sampling, and problems of sampling was created by the resource person, with the help of which she took the class. Overall 87 students participated in this webinar session. The class commenced from 8:30 and ended at 11:30 a.m. The students were provided with study material at the end of the session which was really helpful for them in the future as well. The meeting ended with an interactive session. The class was very informative and effective.

Google Meet Link: <https://meet.google.com/kan-xcbo-ofg>

Google form Links:

https://docs.google.com/forms/d/19InPhiRcw9NpeQYm_TWR4XiG9xhnfayjnuEa8IdOYvY/edit

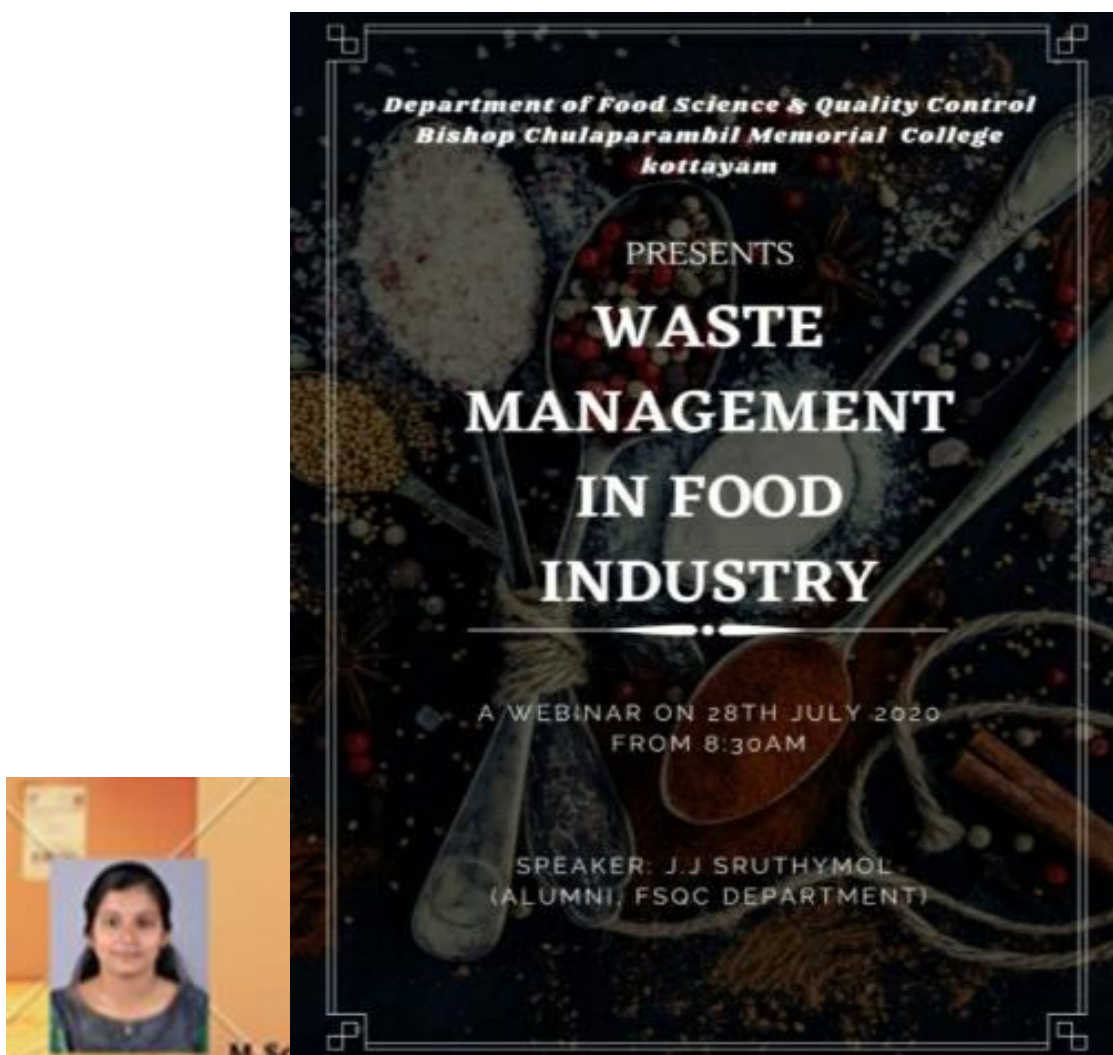
Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSeO6t_EkgYxrCbYpQKuP9Y-Hwnj0mmPqtGD58scJreogySRIQ/viewform?usp=sf_link

Certificate:



CLASS ON WASTE MANAGEMENT IN FOOD INDUSTRIES;
BY **Ms. J.J SRUTHIMOL, ALUMNI, FOOD SCIENCE
DEPARTMENT**; FOR II AND III DC STUDENTS – 28TH JULY
2020



On 28th July 2020, the Food Science Department organized a webinar through Google meet on the topic “Waste Management in Food Industries” taken by **Ms. J. J Sruthi Mol, Alumni of Food Science Department**. The webinar was mainly focused on the topic “waste management and its different stages”. The topic taken by the resource person was included in the syllabus of Environmental Studies & Human Rights for the III years.

Food industry is a complex, worldwide collective of diverse businesses that supplies most of the food consumed by the world population. Activities and actions required to manage waste from its inception to its final disposal. The class was very informative and gets an idea about how to manage the waste in food industries.

The resource person took the class with the help of a power point presentation and it included the topics- different stages of waste management, food supply chain, impacts of waste, how to reduce food waste and about the effluent treatment plant.

The class had commenced from 8:30 to 11:30 a.m. The study material was also provided by the resource person to the students. A total of 72 students participated in the online webinar with the presence of teachers. The class very informative and a interactive session was also organized.

Google Meet Link: <https://meet.google.com/ubu-nzun-zrq>

Google Form Links:

Registration Link:

https://docs.google.com/forms/d/1hy1vA4Dk75moTgHPC7qbOlfXwXyOILnn1ZLbW2_gjOM/edit

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSfWkz_3racxspNSSrQYz9ZGD9r_PM0QDfxVJY38z8pTA1vOw/viewform?usp=sf_link

Certificate:



CLASS ON TREATMENT METHODS OF SOLID AND LIQUID WASTES; BY Ms JOSSY KOSHY, ALUMNI, FOOD SCIENCE DEPARTMENT; FOR III DC STUDENTS – 3RD AUGUST 2020



On 3RD August 2020, the Food Science Department organized a webinar in Google meet on “Treatment Methods of Solid and Liquid Wastes” taken by **Ms Jossy Koshy, Alumni of Food Science Department**. The webinar discussed on liquid and solid wastes and its treatment methods.

Management of any waste is essential for the beneficial living of the human lives. If the wastes are dumped without enough treatment , these can lead to various other devastating effects.

A power point presentation was also included and it includes objective of waste water, steps involved in waste water etc. Overall the class was very informative and gat a lot of information's about the treatment methods. Total 37 students were participated in the webinar and the class had commenced from 8:30 to 11:30 a.m.

Google Meet Link: <https://meet.google.com/gpv-krwa-jsj>

Google Form Links:

Registration link

https://docs.google.com/forms/d/1Wzxh1d_7mzun9VQS5BBXzEBxo258tyoswCAcREQ02Bk/edit

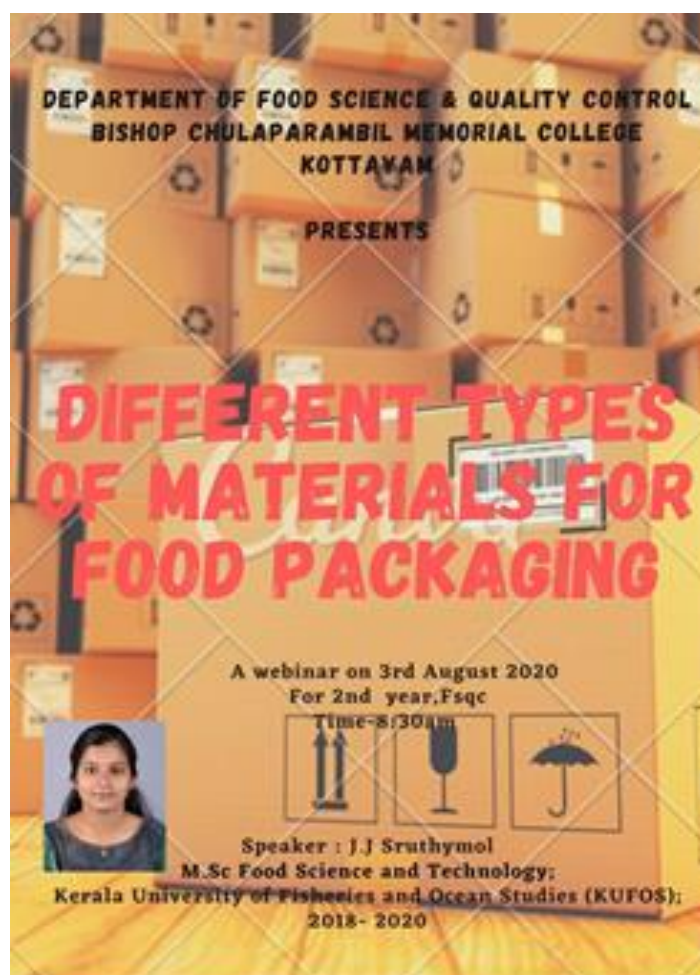
Link for E- certificate:

https://docs.google.com/forms/d/e/1FAIpQLScoRED3um0Eubdx6P3ID2ww2PT92T2J5F8HbfVwYU_eWv2ug/viewform?usp=sf_link

Certificate:



CLASS ON DIFFERENT TYPES OF MATERIALS FOR FOOD PACKAGING; BY Ms. J.J SRUTHIMOL, ALUMNI, FOOD SCIENCE DEPARTMENT; FOR II DC STUDENTS – 3RD AUGUST 2020



A webinar was conducted on 3rd August 2020 at 8.30 by the Department of Food Science and Quality Control of Bishop Chulaparambil Memorial College Kottayam, on the topic “DIFFERENT TYPES OF MATERIALS FOR FOOD PACKAGING”.

The webinar was led by **Ms. J. J Sruthymol (M.Sc. Food Science & Technology; Kerala University of Fisheries & Ocean Studies)**. She explained in detail about the different food packaging materials and its characteristics. The

class helped the students to understand the types of materials used for the efficient food packaging. Total 37 students were participated in that online meet.

All the basic techniques and also extra informative points were accurately taught in an understanding manner. The class was interesting and beneficial for us.

Google Meet Link: <https://meet.google.com/trr-iiiy-aeH>

Google Form Links:

Registration link:

https://docs.google.com/forms/d/1lZ4aioFdtz0_WyybwRg4wnriNtY6lnbEUWisqTqyjZk/edit

Link for E-certificates:

https://docs.google.com/forms/d/e/1FAIpQLSd2XqgswDN3oyQImWrrbFH4kt7PF11DYc98M2PwmjzVQDDNTw/viewform?usp=sf_link

Certificate:



CLASS ON FOOD SAFETY IN CATERING; BY Mrs TREESA VINCENT, FOOD SAFETY MANAGER, THE ABU DHABI EDITION HOTEL; FOR II AND III DC STUDENTS – 12th AUGUST 2020



A webinar on “Food Safety in Catering” was conducted by the Food Science Department via Google meet, led by **Mrs. Treesa Vincent, Food Safety Manager, the Abu Dhabi edition hotel, UAE**. The webinar mainly focused on the cleaning chemicals, food safety etc.

The webinar session started with a welcome speech of Ms. Maria Treesa of III year. The catering industry is crucial to society, dealing with the most important

human necessity and they are at the heart of food handling. Preparing food for catering is no different than preparing food for any restaurant. The class was very interesting and was able to provide an idea of the things that happening on a catering field.

The resource person took the webinar with the help of a well prepared power point and it included the types of cleaning chemicals, six stages of cleaning, purpose of food safety and the 14 golden rules. The class was very helpful for the students to understand about the catering field. Total 72 students joined for the class and the class had commenced from 10 a.m. and ended at 12 p.m.

Google Meet Link: <https://meet.google.com/ipz-ixrc-zgi>

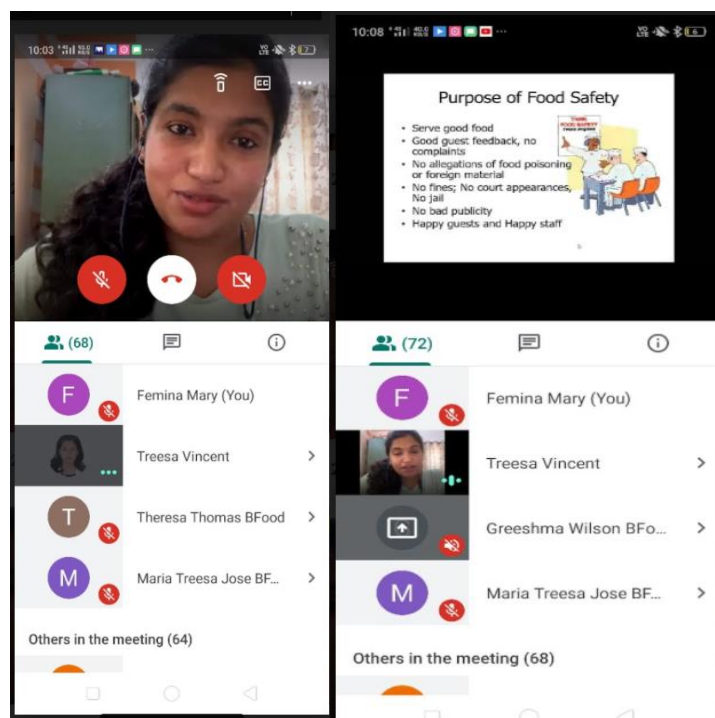
Google Form Links:

Registration Link:

<https://docs.google.com/forms/d/1cjSPvASmlt23D97F-eSVmnQ0Dq8Ko-qN-jp9rltVkXs/edit>

Link for E-certificate:

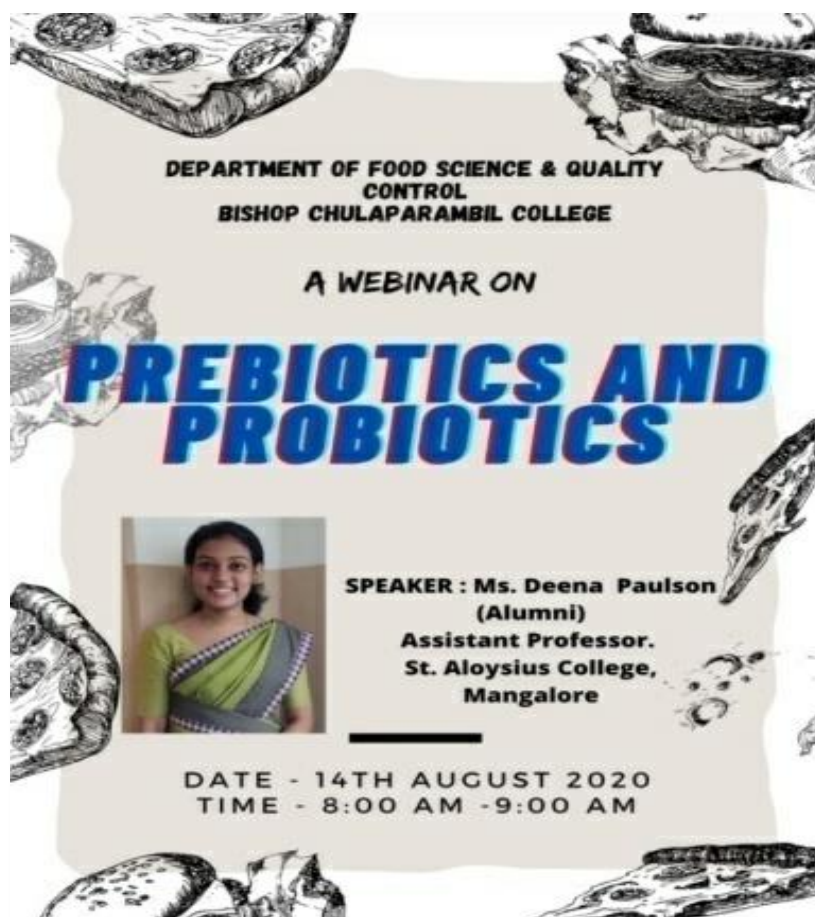
https://docs.google.com/forms/d/e/1FAIpQLSc8-iiHzt-xcuve_WTLKdIM-3Sjpi3gIahQ3k99GvF9Po_z8A/viewform?usp=sf_link



Certificate:



PREBIOTICS AND PROBIOTICS; BY MS.DEENA PAULSON,
ASSISTANT PROFESSOR, ST ALOYSIUS COLLEGE,
MANGALORE; FOR II DC & III DC, ON 14TH AUGUST 2020



A webinar on the topic Prebiotics and Probiotics was held on 14th August 2020 at 8:00Am - 9:00Am. The speaker of the session was **Ms. Deena Paulson, Assistant Professor, St Aloysius College, Mangalore** .The class was conducted through Google meet .The one hour class dealt with Prebiotics and Probiotics and the difference between them and also their significance in the food industries.

The class was conveyed through the use of a PowerPoint presentation and dealt with various advantages of Prebiotics and Probiotics in the food industry. The class was very informative in terms of acquiring more knowledge on the topic. The use of Prebiotics and Probiotics and their effect on biological organisms upon consumption was explained and elucidated. The one hour class ended with an interactive session between students and resource person, where the doubts regarding the topic was cleared.

Google Meet Link: <https://meet.google.com/zdt-ruig-otm>

Drive link:

<https://drive.google.com/folderview?id=19v59j3psNgViSmtyz0jixmgYZ3iJcqsB>

Google Form Links:

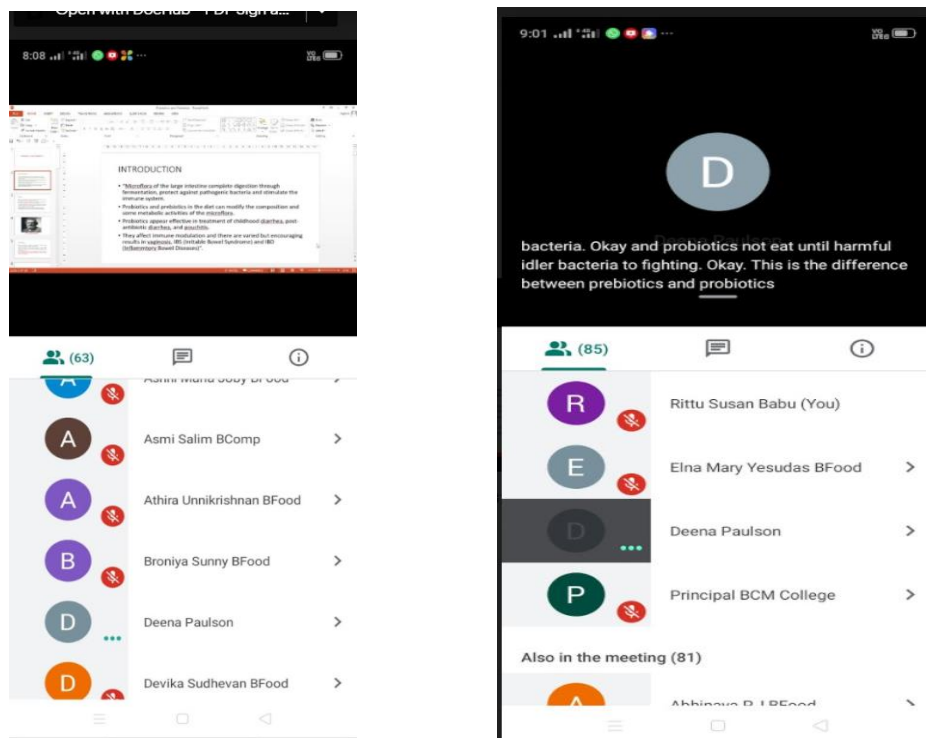
Registration Link:

<https://docs.google.com/forms/d/1WcIrM4qR6QuGC4ee7xZAgTtXIYmTcPEYOTOyIw1HJ0/edit>

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSdnvkHJXT0i8p8EEHUfcsP2_w3NCpGeEtQrZaNRcG2CI0z9mQ/viewform?usp=sf_link

Moments:



Certificate:



FLAVOURINGS AND SEASONINGS USED IN FOOD INDUSTRIES; BY MR. MAMMEN OOMMEN, REGIONAL SALES AND TECHNICAL MANAGER GCC, AFRICA, SRILANKA - 21ST AUGUST 2020



A webinar on the topic “Flavorings and Seasonings used in Food Industries” was conducted on 21st August 2020 from 12 pm to 1 pm. The speaker of the session was **Mr. Mammen .P. Oommen, Regional Sales and Technical Manager GCC, Africa, Srilanka**. The class took place in the afternoon session

discussed briefly about the various types of flavorings used in food Industries. The characteristics and the flavor producing components of flavorings including its classification- natural and synthetic flavorings were elucidated.

The class was very informative and beneficial for the students in gaining more knowledge on the topic. The one hour class also had interactive session where students could clear their doubts regarding the topic. At the end of the session vote of thanks was addressed by **Athira Unnikrishnan** of III DC.

Google Meet Link: <https://meet.google.com/xxh-cpfi-rrf>

Drive Link:

https://drive.google.com/drive/folders/13IqWZoW-_mXcI9vkpYXzPfxpkzOrgqHN?usp=sharing

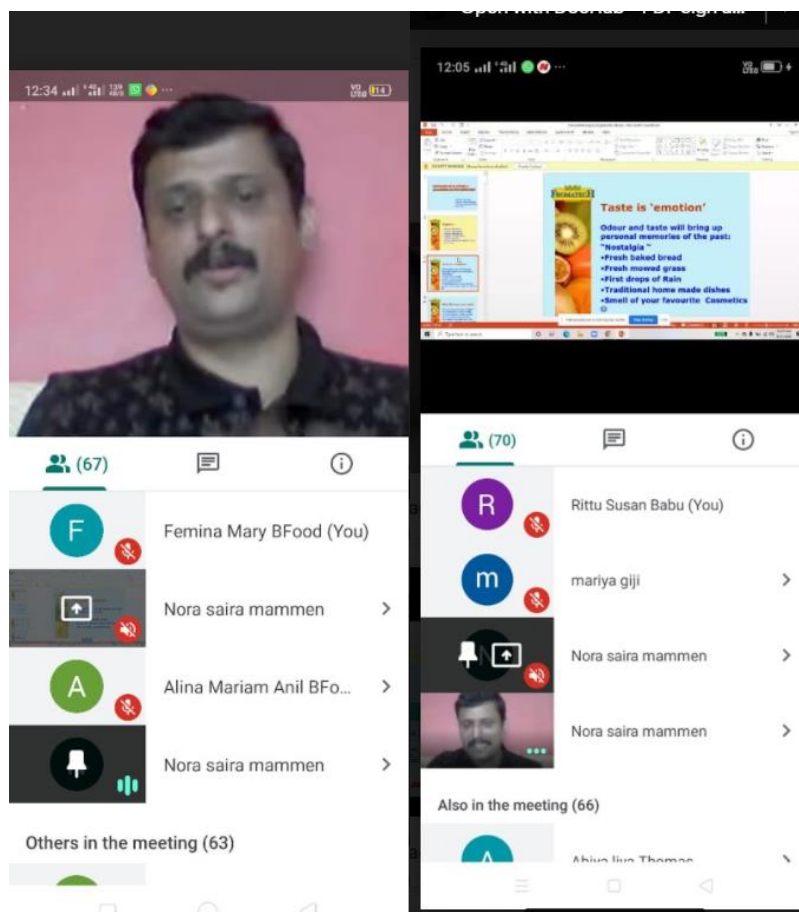
Google Form Links:

Registration Link:

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Link for E-certificate:

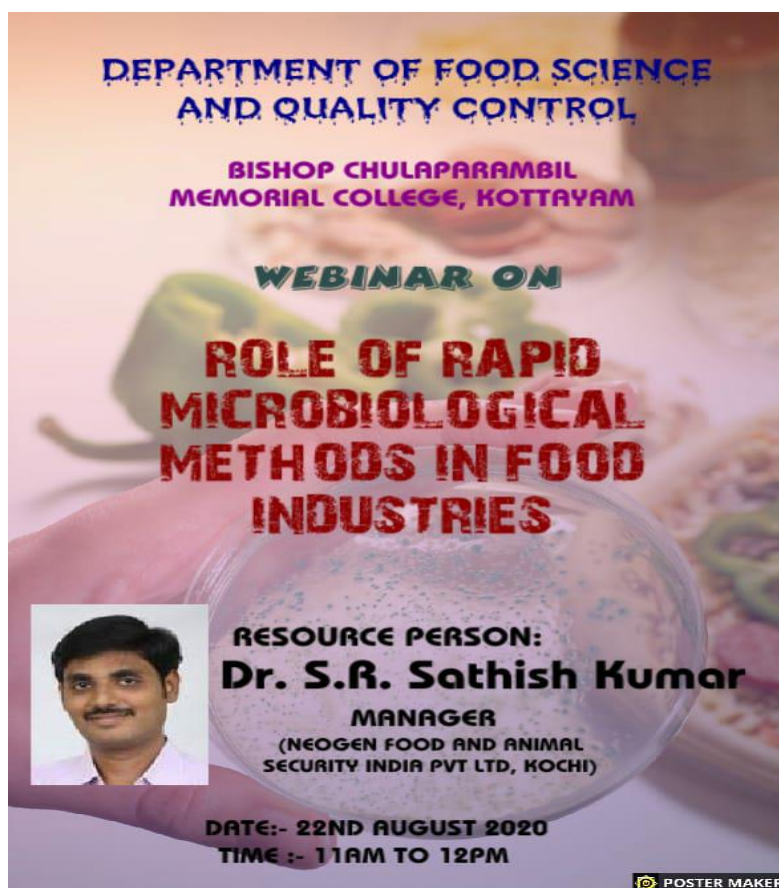
https://docs.google.com/forms/d/e/1FAIpQLScTkMSS3oHYwR_f3on9q7zav26g5fLNQ3PzpnA64Wwo8te0KQ/viewform?usp=sf_link



Certificate:



ROLE OF RAPID MICROBIOLOGICAL METHOD IN FOOD INDUSTRIES; BY **DR. SATHISH KUMAR, MANAGER, NEOGEN FOOD AND ANIMAL SECURITY INDIA PVT LTD, KOCHI.**; FOR II & III DC STUFENTS- 22ND AUGUST 2020



A webinar on the topic 'Role of Rapid Microbiological Method in food industries' was held on 22nd August 2020 from 11 AM -12 PM. The speaker of the webinar was **Mr. Sathish Kumar, Manager, Neogen Food and Animal security India PVT LTD, Kochi.**

The class began with a brief introduction on food safety and various factors associated with it. Various challenges related to Microbiological food safety were discussed. Rapid Microbiological Methods to determine the food safety was briefly described by the speaker.

The class was very informative and beneficial in terms of adding more knowledge about the various modern Microbiological safety methods in assessing food quality. The one hour class concluded with an interactive session. Vote of thanks for the webinar was conveyed by Greeshma Wilson of III DC.

Google Meet Link: <https://meet.google.com/mih-fcbe-juw>

Google Form Links:

Registration Links:

<https://docs.google.com/forms/d/10mE88xmkS78l9zMHLvTmhwHoxg3ffiplZGOpw9RJcuc/edit>

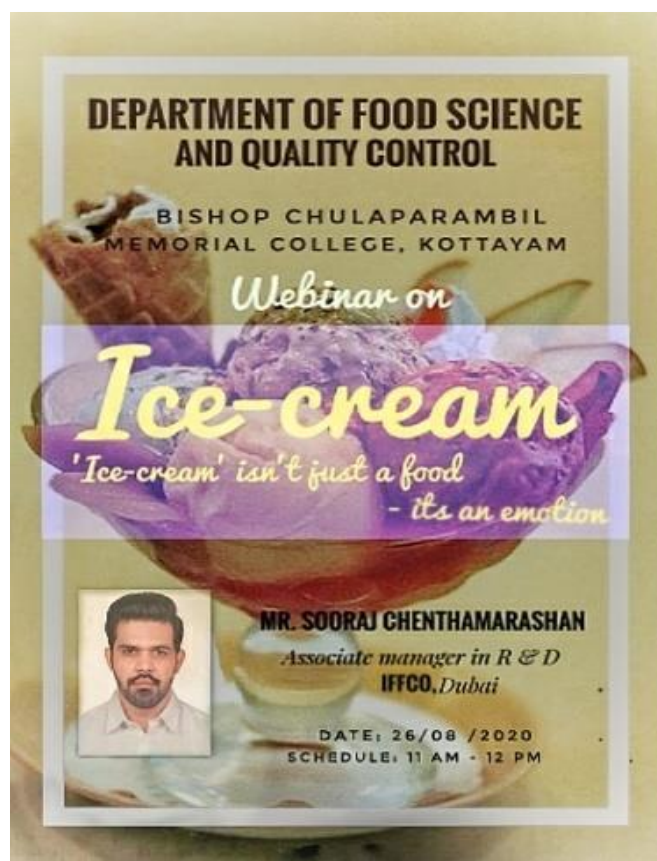
Link for E-certificate:

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Certificate:



ICE CREAM-'ICECREAM ISN'T JUST A FOOD, IT'S AN EMOTION'; BY **MR. SOORAJ CHENTHAMARASAN**, **ASSOCIATE MANAGER R&D IFCO, DUBAI**; FOR II & III DC STUDENTS, ON 26TH AUGUST 2020



A webinar on the topic ice cream, 'Ice-cream isn't just a food it's an emotion' was held on 26th August 2020. The speaker of the class was **Mr.Sooraj Chenthamarasan, Associate Manager R&D IFCO, Dubai**. The class held through Google meet .The session was scheduled from 11 AM -12 PM. The one hour class was elucidated to the students with the help of PowerPoint presentation.

The class was about the ice cream manufacturing and the quality issues concerned with it .The various ingredients used in the manufacturing of ice

cream along with their specific characteristics and composition, which makes it a favorable food to many people, were described and elucidated.

The class was enlightening and helpful to students in attaining more knowledge on the topic and understanding the rheological properties of the product in detail. Towards the end of the class there was a doubt clearing session where students could clear their doubts.

Google Meet Link: <https://meet.google.com/ofn-czpv-vgk>

Drive link:

https://drive.google.com/drive/folders/19XkWxjhO69x6M0hN3dPD-SHFDjVtVmx_?usp=sharing<https://drive.google.com/drive/u/0/folders/1BxzbjWhmyUhliZAJXt4lITebiuSIyVov>

Google Form Links:

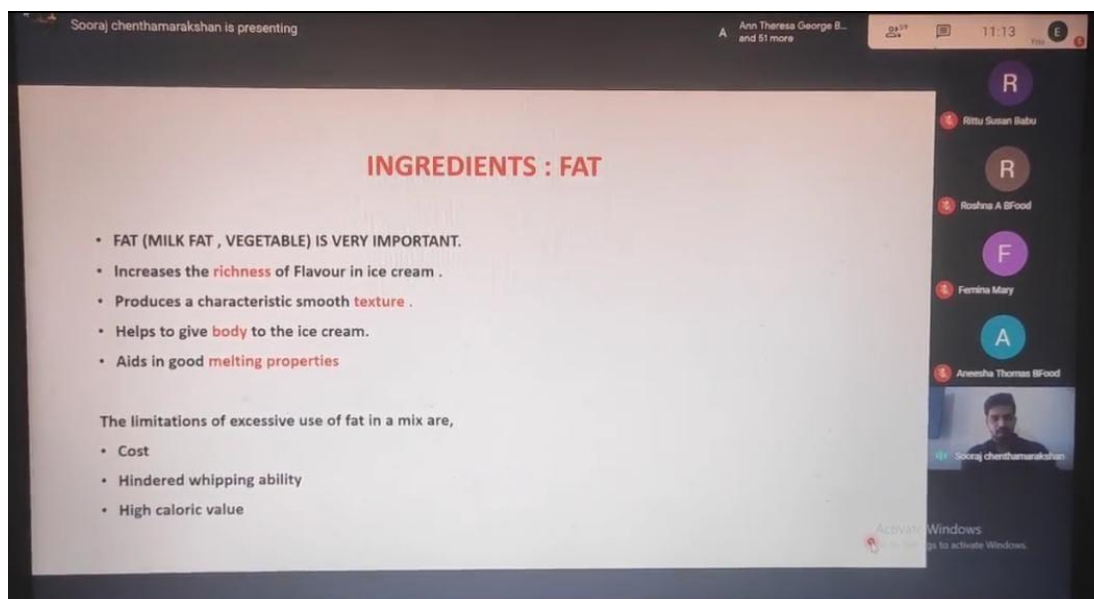
Registration Link:

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Link for E-certificate:

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Certificate:



IS THE LIFE SUSTAINING ELEMENT AT STAKE? BY **MRS. ANJALI PADMANABHAN, FORMER LECTURER IN FOOD TECH AT M.E.S COLLEGE, MAMPAD**; FOR II DC, III DC & FACS DEPARTMENT - 16TH OCTOBER



A webinar on “Is the life sustaining element at stake?” was conducted on 16th October 2020. The class was scheduled from 10-11 AM .The speaker of the webinar was **Mrs. Anjali Padmanabhan, former Lecturer in Food Tech at M.E.S College, Mampad**. The class was conveyed with the help of a PowerPoint presentation.

The webinar initiated with a prayer song followed by the welcome speech of Arya P Nair, III DC FSQC.

The class ended with an interactive session where doubts related to the topic were discussed. The webinar discussed the different areas of food industries and the related problems in the food industry.

Google Meet Link: <https://meet.google.com/pyf-gozf-yki>

Drive Link:

<https://drive.google.com/drive/folders/1LBMJ9ecaJ5ImiG3G1oR1FRwpRXixPJvL?usp=sharing>

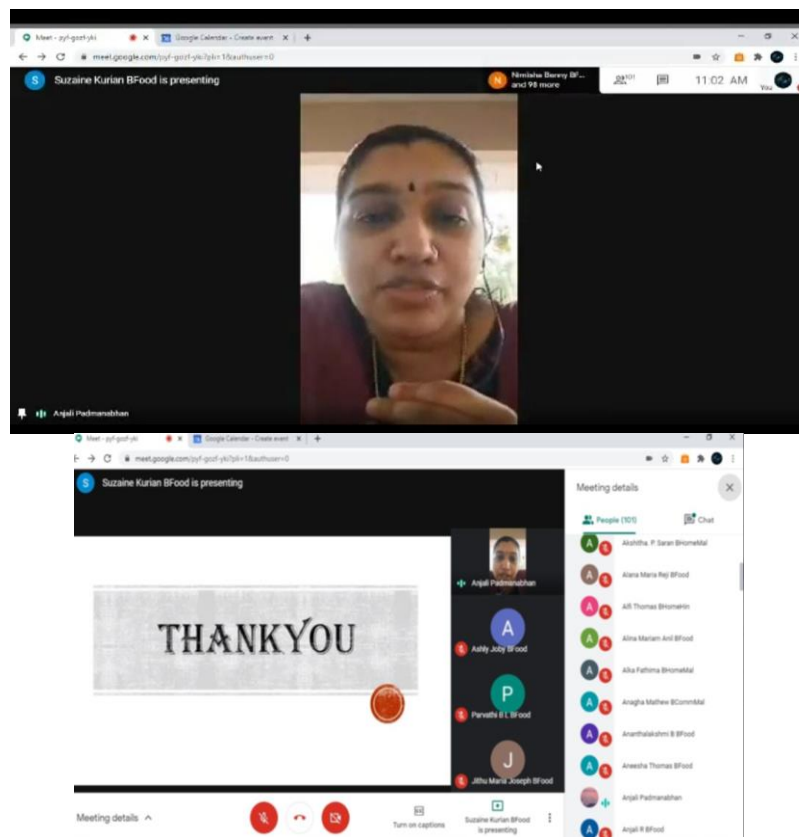
Google Form Links:

Registration link:

<https://docs.google.com/forms/d/1Yuagv4GuPrLpKULAAerYu8aR5xm7rOUSLRNmOJ78-A/edit>

Link for E-certificates:

https://docs.google.com/forms/d/e/1FAIpQLSeOucpGxZOfk9KUcA6jB5RlsTgB6oyHdiWY55GJomvbh7F3A/viewform?usp=sf_link



Certificate:



FOOD STANDARD AND SPECIFICATION; BY **MR. T.R. ANADHANARAYANAN**, GENERAL MANAGER, FOOD SAFETY SOLUTIONS INTERNATIONAL MANAGING PARTNER, FOODASTHA, COCHIN; FOR II DC STUDENTS- 10TH NOVEMBER 2020



An interesting webinar on the topic 'Food Standards and Specifications' was conducted on 10th November 2020 from 8:30- 11:30 by Second years of Department of Food Science and Quality Control. The class guide by **Mr. T.R. Anadhanarayanan (General Manager, Food Safety Solutions International Managing Partner, Foodastha, Cochin)**. The class really helped us to familiar with the food standards and specifications to produce safe food products.

Webinar was conducted with the help of power point presentation on Google meet platform.

Google Meet Link: <https://meet.google.com/gon-ejcs-mdm>

Google Form Links:

Registration Link:

https://docs.google.com/forms/d/1f2X4aj_wfusp1KI9OKvwmf7_l7aK7rS7XQ0EnbqfmBk/edit

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSf_J0cwA0akD-4DeZFvhyq4xHnS8K8l-sIIC-Z-dZOYIrC4LQ/viewform?usp=sf_link

Certificate:



VITAMINS; BY **Ms JJ SRUTHI MOL, ALUMNI**; FOR I DC- 2nd
& 14th of DECEMBER 2020



A class on vitamins was taken by Miss JJ Sruthi Mol, alumni of the department, as per the invitation by **Mrs. Anju Annette Cherian, HOD of the Food Science and Quality Control department**. The classes were held in two sessions via Google Meet. First class was on the 2nd of December 2020 (Wednesday) from 11.30am to 1.30pm and the second class was on the 14th of December 2020 (Monday) from 2pm to 3.30pm.

Vitamin is an organic molecule or a set of molecules closely related chemically, that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. The class highlighted the importance of vitamins in the body. Miss Sruthi Mol provided the students with knowledge on the classification of vitamins, sources, functions, daily requirements and deficiency disorders with the help of a presentation. The simple and interesting way of explanation made the topic very easy. The students found the class very helpful as it was a topic from the core subject basic nutrition.

Google Form Links:

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSf5ymOUg4sXbfUS1XAkdLzhi_D2BCO9auVYvSi2I4UkXI0bg/viewform?usp=sf_link

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLScVI7Fflgp6pMjxPP7Mm2pzoiDfiDEPl8zJRE4KplxgCfl4lA/viewform?usp=sf_link

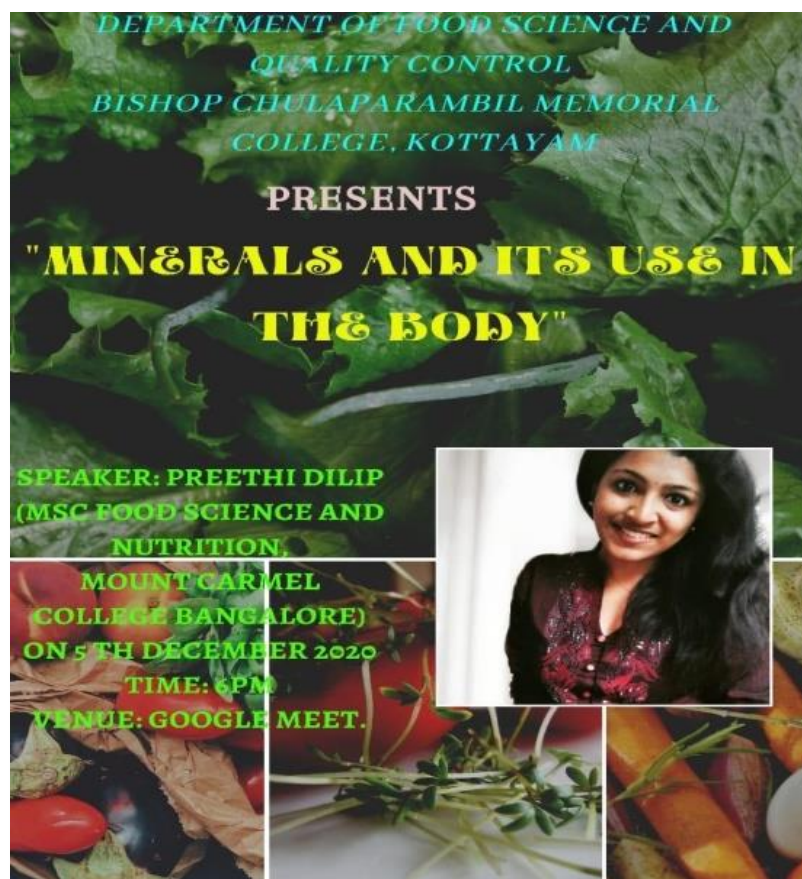
Link to the PowerPoint Presentation is given below:

https://drive.google.com/file/d/1UM3C3DB2XIzliBdIfPUg_loqStL3NU5U/view?usp=drivesdk

Certificate:



MINERALS AND IT'S USE IN THE BODY; BY MS. PREETHI DILIP, MSC. FOOD SCIENCE AND NUTRITION, MOUNT CARMEL COLLEGE BANGALORE; FOR I DC STUDENTS -5th DECEMBER 2020



A webinar was conducted on 5th DECEMBER 2020 at 6.00 pm by the Department of Food Science and Quality Control of Bishop Chulaparambil Memorial College Kottayam on the topic “MINERALS AND ITS USE IN THE BODY “. The webinar was led by **MS.PREETHI DILIP (MSC. Food Science and Nutrition, MOUNT CARMEL COLLEGE BANGALORE)**. She explained in detail about minerals and its uses in the body. The class was able to help the students to understand about the various minerals and its uses.

The basic techniques and extra informative points were taught in an understanding manner. The class was helpful in gaining additional knowledge about the various minerals that is being utilized by biological organisms. The class also had an interactive session where doubts regarding the topic were cleared.

Google Meet Link: <https://meet.google.com/gca-kzzn-bny>

Google Form Links:

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLScJZuwmMOyTbF9JB2HWNq1uF0G8NCzfWp0DPyRaaY0RW305EA/viewform?usp=sf_link

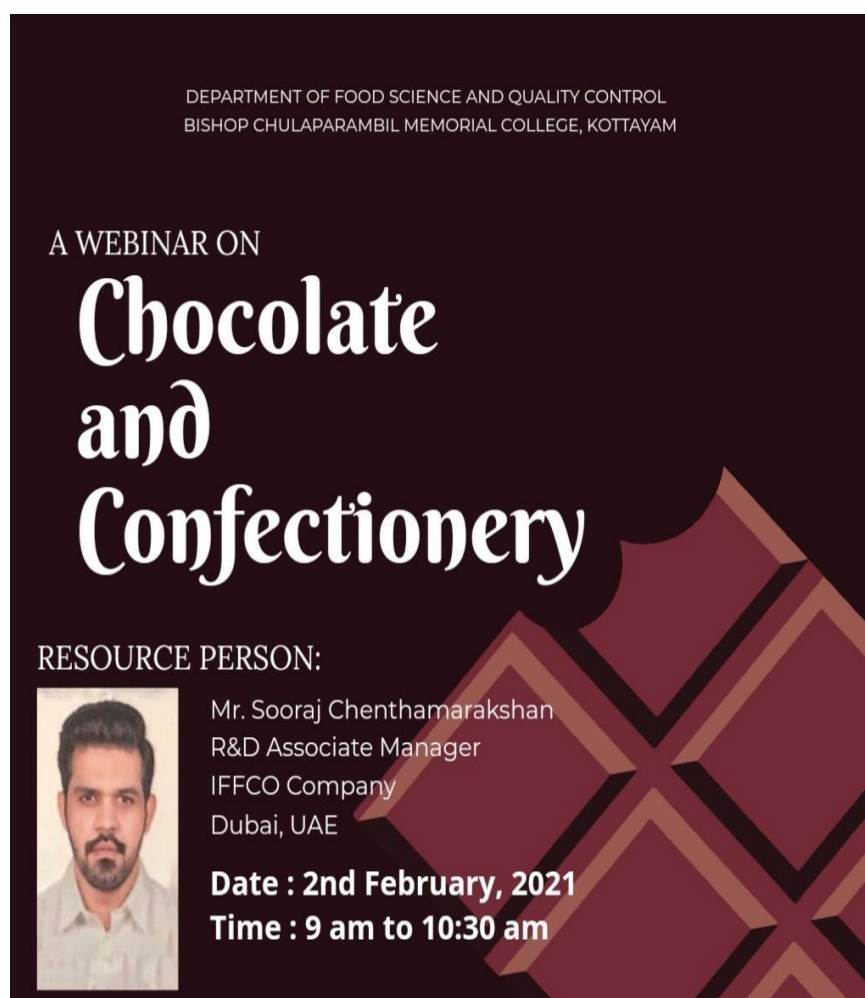
Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSex-mUIR_7HWVQhk-RvG0dzws8IxendDYCL-Rzpx3pSbzHghQ/viewform?usp=sf_link

Certificate:



**CHOCOLATE AND CONFECTIONERY, BY MR. SOORAJ
CHENTHAMARAKSHN, R&D ASSOCIATE MANAGER
IFFCO COMPANY DUBAI, UAE; FOR I DC STUDENTS- 2nd
FEBRUARY, 2021**



A webinar was conducted on 2nd February 2021 commenced at 9.00am by the Department of Food Science And Quality Control of Bishop Chulaparambil Memorial College, Kottayam on the topic “CHOCOLATE AND CONFECTIONERY “.The webinar was led by **Mr.Sooraj Chenthamarakshan (R&D Associate Manager IFFCO Company Dubai,UAE).**

The speaker explained in detail on chocolate and it's all characteristics. He also elucidate on the difference in white chocolate and dark chocolate. The class was very helpful to understand all about the chocolate and confectionery.

The class was interesting and beneficial for us.

Google Meet Link: <https://meet.google.com/wgh-ohdz-mvy>

Google Form Links:

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLScdXer5Cn7Rz6pdcNs7lMYkZpjVx_vqZPUmWm6_FWmsVgA7oA/viewform?usp=sf_link

Link for E-certificate:

https://docs.google.com/forms/d/e/1FAIpQLSfPVbKkVs29kZW_gsvYPbY87XusEtynw2ilSihrvKJ_U2N_oA/viewform?usp=sf_link

Certificate:



VIDEOS

EAT HEALTHY STAY HEALTHY & STAY HOME STAY HEALTHY, BY II DC STUDENS – 13th APRIL 2020



The second-year students of the department of Food Science and Quality Control released videos titled ‘Eat Healthy and Stay Healthy’ and ‘Stay Home, Stay Healthy’ on 13th of April 2020 on YouTube.

The objectives of these videos were to create an awareness among people on eating healthy food during the pandemic period and ways to resist the diseases and also to make them realise the importance of staying back at home as a result of the pandemic circumstances.

Almost all students of the Second -year class participated in both the videos. The videos were very informative and got a great acceptance from the viewers.

YouTube Link:-

<https://youtu.be/iSFaJlR6llg>

<https://youtu.be/n8oTOd7VRvY>

PANDEMICS AND EPIDEMICS BY II & III DC STUDENTS- 20th & 21st MAY 2020



The II DC & III DC students of department of Food Science and Quality Control, jointly released videos on Pandemics and Disaster Management on consecutive days 20 and 21 May 2020. The main aim was to make the public aware of the great damages and loss of life these pandemics and disasters have caused. It was not just concentrated on accidental outbreaks of diseases but also on other natural calamities.

The video was created on an online platform by both the II DC & III DC students. The data was collected and divided amongst the students. The video was created and edited on Kinemaster app. The video was cut short to about 10-15 minute duration including all the essential information.

The video was greatly accepted by everyone and got excellent feedback from the viewers. And this has encouraged the students to form more informative videos in the future.

The main topics included in the video were:

Part 1-

- Bubonic plaque
- Small pox
- Yellow fever
- Cholera
- Spanish flu
- Aids
- Bhopal gas tragedy
- Chernobyl Incident
- Indian Earthquake
- Swine flu (H1N1)
- Haiti Earthquake
- Ebola
- Nippah
- Covid 19

Part 2-

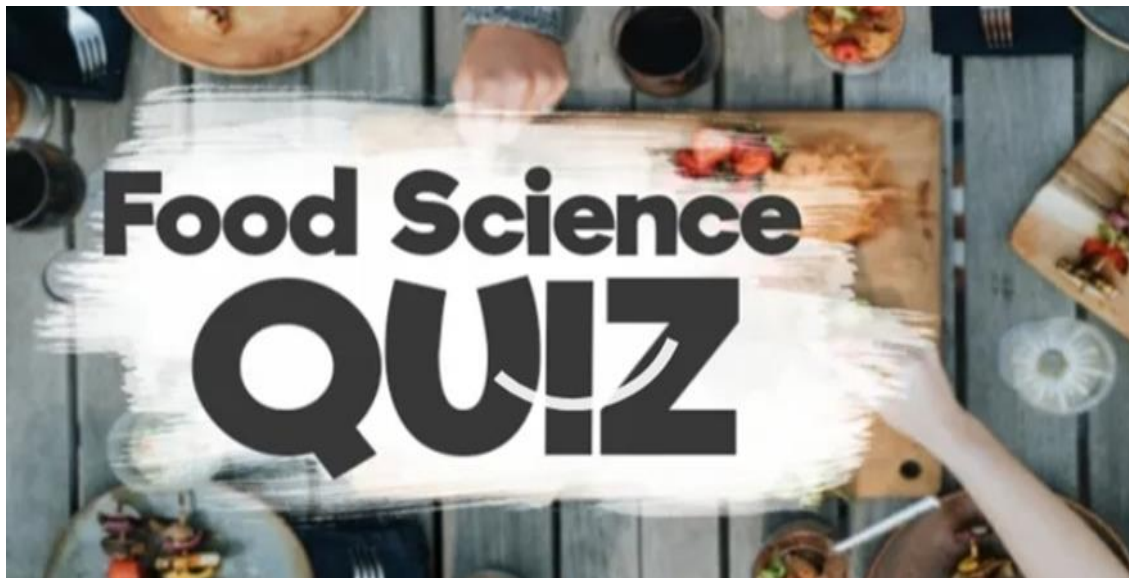
- Chernobyl incidents, 1986
- Indian Earthquake, 2004
- Swine Flu, 2008
- Earthquake, 2010
- Ebola, 2014
- Nipah virus, 2014
- Covid -19, 2020

YouTube Link:-

Part 1- <https://youtu.be/vo300Y2HPCU>

Part 2- https://youtu.be/R3z_WKaiAeg

QUARENTREND 2020- FOOD SCIENCE QUIZ, BY II DC STUDENTS – 23rd MAY 2020



The department of Food Science and Quality Control released a video titled 'Food Science Quiz' on 23rd of May 2020 by the second year Food Science and Quality Control students. The quiz was released on online platform.

The main objective of the quiz video was to develop knowledge on the food science related areas. It included with the basic to advanced levels of questions. The program was very informative and well appreciated and was useful for competitive exams.

YouTube Link:-

Part 1- <https://youtu.be/gr291cs1y7A>

Part 2- <https://youtu.be/XaYBce47P0Y>

HOW TO GROW MICROGREEN PLANTS WITHOUT SOIL BY II DC STUDENTS – 27th MAY 2020



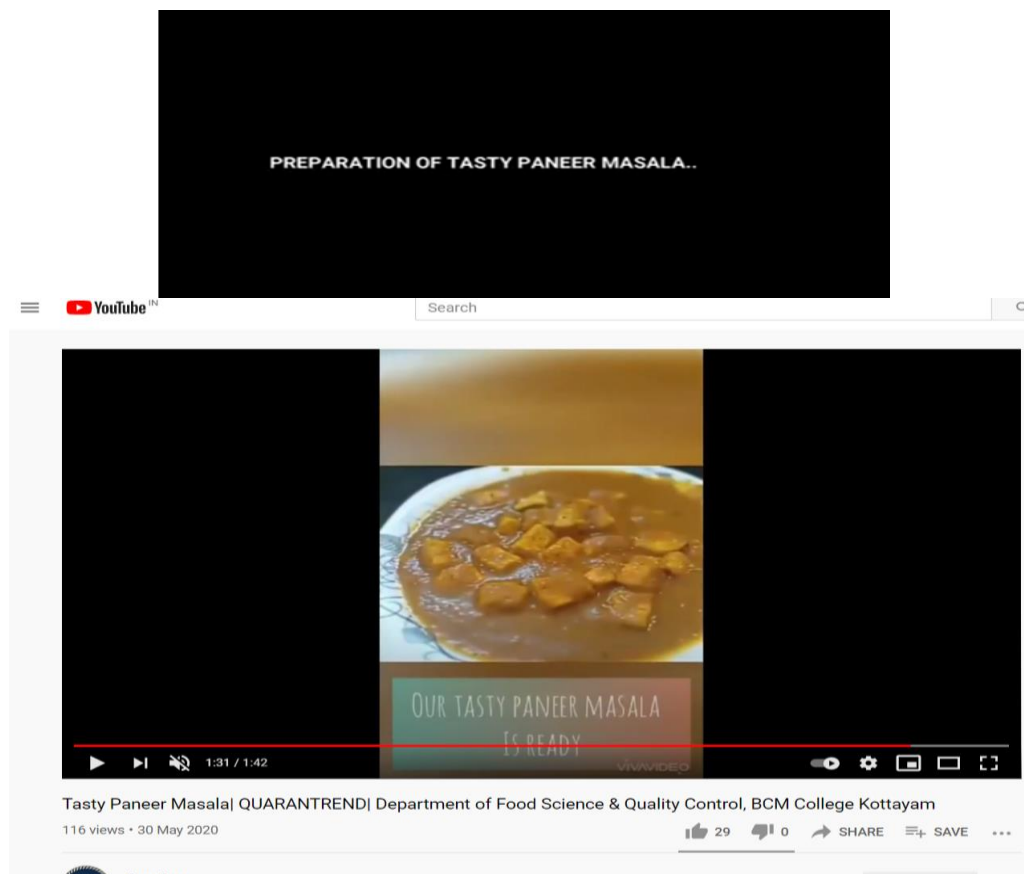
Food Science and Quality Control department released a video on how to grow Micro Green plants without soil on 27 May 2020. The video was titled “Microgreen Plant Cultivation”. The main aim of the video was to give an idea on how to grow microgreen plants without soil. Micro green plants are rich in nutrients and its intake help in the nourishment of our body.

The video was created by Vani Vijayakumar, II DC student of department Food Science and Quality Control. The video was created and edited on In-shot app. The video includes the information about how to grow micro green plants without soil and also the benefits of microgreen plants. The duration of video was about 1 minute and 41 second.

Many people found the video helpful and the positive responses encouraged the students to create more useful videos in the future.

YouTube Link:- <https://youtu.be/BVP3LxgA3wA>

PREPARATION OF TASTY PANEER MASALA, BY II DC STUDENTS - 30th MAY 2020



The department of food science and quality control released a video on the "Preparation of Tasty Paneer Masala" recipe on 30th May 2020. The video is released during the quarantine time. The recipe was introduced by Fajarna Jabbar, 2nd DC Food Science and Quality Control. The main aim of publishing this recipe was to attract the viewer from various parts of the world.

The video was created on online platform by II DC students. The video has a length about 1: 43-minutes. This is a cooking video which elucidates on the recipe of making Paneer masala..

The video was greatly cherished by everyone and we got excellent opinions from the viewers. And this encouraged the students to do more cooking videos in the future.

YouTube Link:- <https://youtu.be/krds05ZU0ZQ>

SOME LOCKDOWN THINGS, BY II DC STUDENTS - 4th JUNE 2020



The II DC students of Department of Food Science and Quality Control released a video titled “Some Lockdown Things” on 4th June 2020. The video was created to present the life of people during the Covid 19 lockdown in a humorous way. The video also included some precautions that should be followed in the daily life to be safe from the disease.

The video was created on an online platform by II DC students. It was created and edited on kinemaster and had duration of 2-3 minutes.

The viewer’s greatly accepted this video and got outstanding responses from them which encouraged the students to make more videos in the future.

YouTube Link:- <https://youtu.be/00AOnD4hAhI>

SECRETS OF FOOD, BY III DC STUDENTS -13TH JULY 2020



The department Food Science and Quality Control released a video on “THE SECRETS OF FOOD” on 13th July 2020. The video was created to acquire knowledge on the interesting myths of foods. The 21 facts about foods that an individual uses in his/her daily life were discussed in the video.

The video was uploaded in the department YouTube and it was created on the online platform by III DC students. The data required for the video was collected by the students of III DC together. The video has a length of about 6:26 minutes.

The video was greatly appreciated and got a good feedback from the viewers. This video was very helpful to unravel the myths about some foods that an individual come across daily.

YouTube Link:- https://youtu.be/VhTIO_T-TTE

MALHAR JAM DANCE COVER, BY II DC STUDENTS - 14th JULY2020



The department of food science and quality control released video on dance cover of Malhar jam on 14 July2020. The main aim of the video was purely entertainment and taken during the quarantine days. The video was created on an online platform by the II DC students of Food Science and Quality Control.

Anantha Lakshmi, Archa Nair, Parvathy, and Merlin were the ones who participated in this. The video was edited in YouCam application and ha a duration of about 2-3minutes.The video was accepted by everyone and got an excellent feedback from the viewers and encouraged the students to do more entertainment videos.

YouTube Link:- <https://youtu.be/9FXqYADV-LM>

NO MILAAVAT, BY III DC STUDENTS - 15TH JULY 2020



The third year students of the department of Food Science and Quality Control released video titled “NO MILAAVAT” on 15th July 2020 on online platform, YouTube.

The video was about methods to check the adulterated food. Students explained on various simple methods to check adulterated products like ghee, honey, salt, pepper, chilli powder, tea and milk in an individual’s home itself. The video was very informative to the audience and was widely accepted. It was very helpful for ensuring food safety

YouTube Link:- <https://youtu.be/fkXbmUvtAnQ>

PIQUANI, BY III DC STUDENTS – 16TH JULY 2020



The department of food science and quality control released a video titled “PIQUANI” on 16th July 2020. This was a cooking video which elucidated on the method of preparation of banana leaf halwa.

The recipe was introduced by Broniya Sunny, III DC Food Science and quality Control. The main aim of publishing this recipe was to attract the attention of viewers on how to make a delicious food using a locally available material.

The video was created on online platform by III DC students. The video had a length about 5:03minute.. The video was greatly cherished by everyone and got an excellent feedback from the watchers.

YouTube Link:- <https://youtu.be/EmwSWbN52Vw>

KERALOSAV - ONAM 2K20, BY II DC STUDENTS - 28th AUGUST 2020



The department of food science and quality control released a video titled "Keralosav - Onam 2K20" on 28th August 2020. The video was created as a part of celebration of the festival Onam. The video also accounts for the rebirth of Kerala after the flood and pandemics.

The video was uploaded in social media and it was created on online platform by II DC students. The data for the video was collected by the students together. And it was edited by Priscilla Saira John of II DC. The video has a length of about 3:05 minutes.

The video was greatly appreciated and got good feedback from the audience.

YouTube Link:-: <https://youtu.be/MuXALVcd>

**MUHARAM DANCE COVER, BY III DC STUDENTS – 29TH
AUGUST 2020**



The department of Food Science and Quality Control released a dance video on in relation with the festival Muharam titled “INSHALLAH” on 29 August 2020. This video was to celebrate Muharam.

The video was created on an online platform by the III DC students. Duration of video was 1:45 minutes. The participants of this video were Femina Mary Stalin, Hazel Maria Soni, Konchitha Dias Renjan, Broniya Sunny and Krishnaja K.S. This entertainment video got great appreciation from viewers.

YouTube Link:- <https://youtu.be/BbbblsJ7KuM>

SENSORY EVALUATION ON FOOD, BY II DC STUDENTS- 17th SEPTEMBER 2020



On 17th September 2020, second years of Department of Food Science and Quality Control initiated the Sensory Evaluation on Foods. They learned how to evaluate a product through the subject of Sensory Analysis in 3rd semester. Sensory evaluation is a scientific discipline used to measure and analyse people's responses to product as perceived through the five senses: - Sight, Smell, Touch, Taste, and Sound. The students divided among themselves into six groups to evaluate each product. Each group was given one food product for sensory evaluation. The person who got each product had to check the Appearance, Colour, Aroma, Taste and Texture based on the product. The products given were Coffee, Tea, Jam, Milk, Biscuit, Carrot & Curd. Through this they learned how to evaluate a food product or perform its sensory evaluation. It was very advantageous for their further studies.

Drive Link:-:

<https://drive.google.com/file/d/1EACAgUb3SlmyO40q3SmGgypMKvkJ43cV/view?usp=drivesdk>

20 HEALTHY TIPS, BY III DC STUDENTS – 1ST OCTOBER 2020.



In accordance with the Nutrition month the III DC students of Department of Food Science & Quality Control, made a video on “20 HEALTHY TIPS” which was uploaded in the Department YouTube channel ‘Fsqc Bcm’ on 1st of October 2020.

This video provided great information about the nutrition and dietary guidelines. It was very helpful for viewers and got excellent review from the viewers. The video contained simple healthy tips that can be followed by everyone.

YouTube Link:- <https://youtu.be/-ATWVJrKfaI>

NUTRIMENT, BY II DC STUDENTS - 3RD OCTOBER 2020



II DC students of Department of Food Science & Quality Control, Bishop Chulaparambil Memorial College for Women Kottayam created a video titled 'Nutriment' & was uploaded in the department YouTube channel 'Fsqc Bcm' on 3rd of October 2020.

The basic theme of the video was Nutrition Challenges faced by the personalized Nutrition. Personalized nutrition & the Aspects of personalized nutrition were the key points included in the video. Priscilla Saira John of 2nd DC edited the video.

YouTube Link:- <https://youtu.be/CJZZ1Y0gOP>

WORLD FOOD RELATED VIDEOS, BY III DC STUDENTS – OCTOBER 16-24, 2020



As a part of World Food Day celebration, third year students of Department of Food Science and Quality Control posted five informative videos related to World Food Day in Fsqc Bcm YouTube channel.

The first video was about World Food Day. This video was about zero hunger, the impact of pandemic in agricultural sector, the importance of maintaining diet, the importance of public food distribution and also on the Covid warriors and food heroes. This video got great appreciation from the viewers. It was published on 16th October.

YouTube Link:- https://youtu.be/An_Q2qr_gg0

The second video “HONOUR THE FOOD HEROES” was released on 18th October 2020. This video was created to salute all the food heroes responsible in sustaining life in our planet.

YouTube Link: - <https://youtu.be/U-1jzVIUkN8>

“NOURISH TO FLOURISH” was the third video posted by the students on 20th October 2020. This video provides information about history and importance of Food Day and about Food Sustainability.

YouTube Link: - <https://youtu.be/Y820Gie7aF4>

The fourth video provides an exact picture on the theme of World Food Day 2020 and it was published on 22nd October 2020.

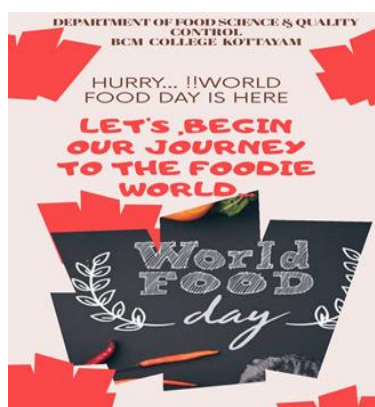
YouTube Link: - https://youtu.be/_hsg-nT4SZE

The last video was quite different from other videos. The video was about “29 STATES, 29 DELICACIES” which was published on the National Food Day.

YouTube Link: - <https://youtu.be/HuMx5dh8zFg>

All the videos created in accordance with World Food Day were greatly appreciated by everyone and we got excellent feedbacks from the viewers.

WORLD FOOD DAY VIDEO, BY II DC STUDENTS -16TH OCTOBER, 2020



II DC students of department of Food science and quality control, Bishop Chulaparambil Memorial College, Kottayam created a video titled 'World Food Day' in accordance with 'World Food Day 2020'. It was uploaded in the department YouTube channel 'Fsqc Bcm' on 16th of October, 2020. The video

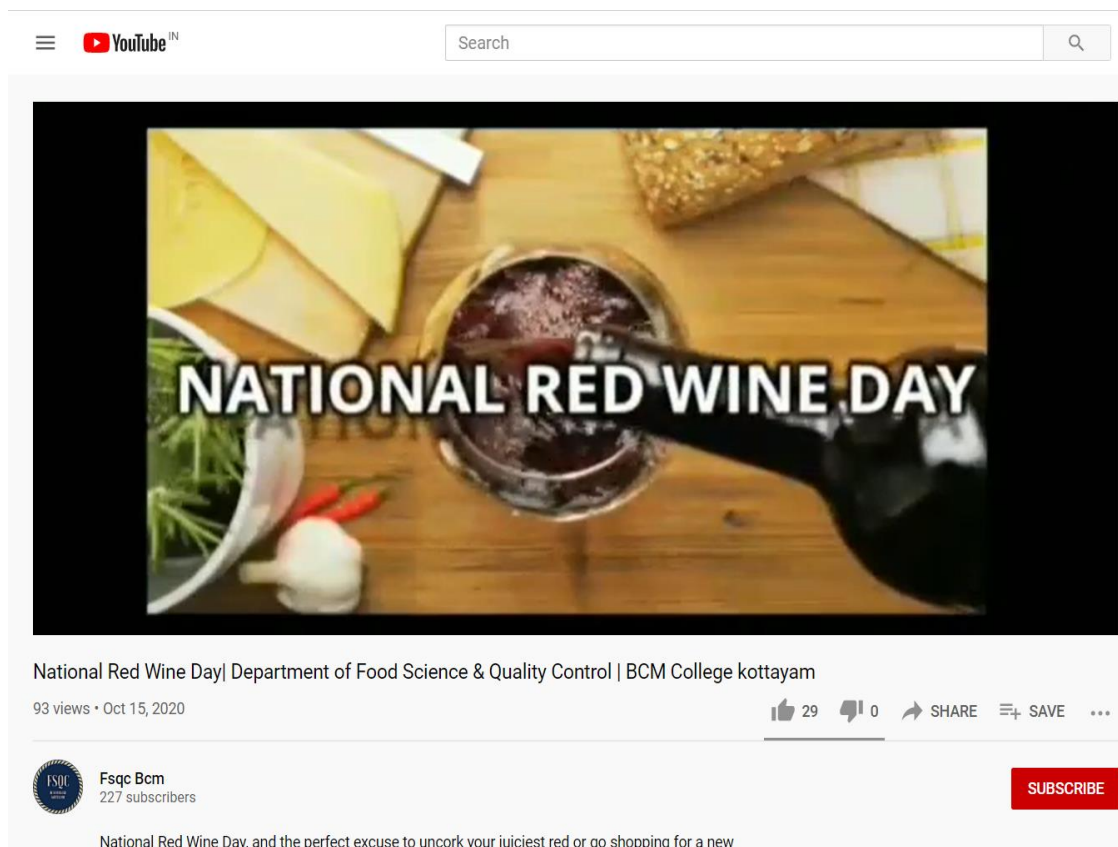
was based on the theme 'Grow Nourish Sustain Together Our Actions are our Future'. All the 2nd DC students actively participated in the making of video and Aparna Kunjumon of the class edited the video.

The following sub topics were precisely included in the video:

- Eradication of hunger
- Impact of COVID-19 in agricultural sector
- Food policies implemented by India Government 2020
- Need of healthy diet for all
- Impact of COVID-19 in food sector
- Gratitude to COVID-19 warriors.

YouTube Link: <https://www.youtube.com/watch?v=Y820Gie7aF4>

NATIONAL RED WINE DAY, BY 2ND DC STUDENTS -15TH OCTOBER 2020



In accordance with the National Red Wine Day celebrations 2020, the 2nd DC students of Department of Food Science & Quality Control, Bishop Chulaparambil Memorial College for Women, Kottayam made a video titled 'National Red Wine Day' and was uploaded in the Department YouTube channel 'Fsqc Bcm' on 15th of October 2020.

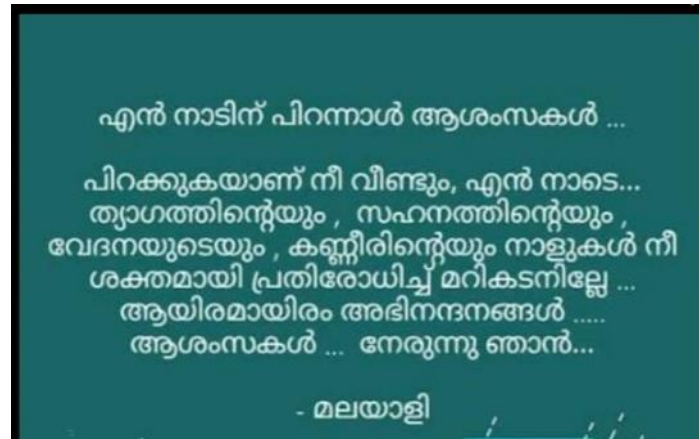
History, Benefits and Facts regarding Red Wine were discussed in the video. Merlin Puthenparampil Koshy of 2nd DC edited the video.

YouTube Link:- <https://youtu.be/EUbnjrs-0Rg>

The releasing poster of the video:



KERALA PIRAVI, BY II DC & III DC STUDENTS -1st NOVEMBER 2020



The Kerala Piravi is celebrated on 1st of November. In the year 2020, Second year students of Department of Food Science and Quality Control posted an interesting video of Kerala Piravi in Bcm fsqc YouTube channel.

Kerala Piravi marks the birth of the state of 'Kerala' in India. People of the state were in the midst of a crisis caused by COVID-19 pandemic. But Malayalee's weary of pandemic curbs have stood together and are trying to build life anew. Everyone enjoyed the video and appreciated it..

As a part of Kerala Piravdhinam, III DC students of Food Science and Quality Control also created a video. The video was convey a happy and joyful Kerala Piravi wishes to everyone, it also involved a mesmerizing song sung by Divya G Pai of third year.

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YouTube Link:-

<https://youtu.be/QLNh4DNeZyY>

<https://youtu.be/ZUvxTy7EmZU>

FOODS TO CONTROL DIABETICS, BY II DC STUDENTS - 1ST NOVEMBER 2020



On 1st of November 2020, second year students of Department of Food Science and Quality Control posted a well-connected video of 'Foods To Control Diabetics' in Fsqc Bcm YouTube channel. This video was edited by Priscilla Saira John, II DC. The video provides actionable tips to help and manage heart failure through small lifestyle changes in diet, exercise, and treatment. The Video gave valuable information on the foods, especially the health benefits of egg, leafy green vegetables, Nuts, flaxseeds, fatty fish etc. which helps to control diabetics. It also speaks about the symptoms that show Vitamin C deficiency in our body and its treatment ways.

Drive Link:

<https://drive.google.com/file/d/1EACAgUb3SlmyO40q3SmGgypMKvkJ43cV/view?usp=drivesdk>

SUGAR AWARENESS WEEK, BY III DC STUDENTS – NOVEMBER 1-16, 2020



In accordance with Sugar Awareness Week 3rd DC students of Department of Food Science & Quality Control, Bishop Chulaparambil Memorial College for Women, Kottayam made five videos related to Sugar awareness was uploaded in the Department YouTube channel 'Fsqc Bcm' from November 11-16. "WHATS IN YOUR DRINK" was the initial video uploaded which discussed about the sugar content in various drinks such as coffee, tea, coca- cola, beer, wine, sprite and mango juice which was published on 11th November.

The video "SUGAR AND DIABETES" had two parts which was published on 12th and 13th November. These videos discussed about the relation between sugar and diabetes. The main points included in the video was diabetes and its types, risk factors , the foods that should be avoided by diabetes patients, effects of sugar on our brain, sugar alternatives and substitutes, sugar and alcohol and ways to prevent type 2 Diabetes.

On Children's Day a video was published on Sugar and Child Obesity which provided awareness to children's.

On 'National Clean Out Your Refrigerator Day' which is celebrated on the 15th of October, a video was released by the students of III DC. The importance of cleaning one's refrigerator and the ways in which it can be done was discussed in detail in the video.

These videos were greatly appreciated and got good feedback from viewers. This video was just like an awareness program.

YouTube Links:-

Promo video - <https://youtu.be/X6WR4Py-6n4>

What's in your drink? - <https://youtu.be/6eJFMPn8MME>

Sugar& Diabetes: Part 1 - <https://youtu.be/xSIUZQoyR2U>

Sugar& Diabetes: Part 2 - <https://youtu.be/bHA6E8Lx-O0>

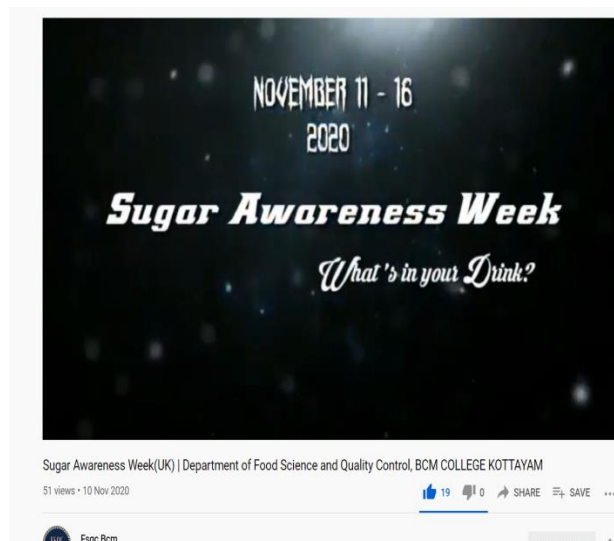
Sugar & Child Obesity: Part 1 - <https://youtu.be/dIZ4jxs-2HU>

Sugar & Child Obesity: Part 2:

https://www.instagram.com/tv/CHkg4Wujyo6/?utm_source=ig_web_copy_link

National Clean Out Your Refrigerator Day:

https://www.instagram.com/tv/CHnJxA2DtwN/?utm_source=ig_web_copy_link



HISTORY OF CAKE AND WINE BY 1st DC STUDENTS - 25th DECEMBER 2020

The first year students of the department of food science and quality control prepared a video on “**HISTORY OF CAKE AND WINE**” on 25th December 2020.

The video was about the history of cake and wine. Students collected information from different sources and they co-operatively worked for the video.

Caroline, Diya and Binisha explained the history of cake and wine in each part of the video.

YouTube Link:-: <https://youtu.be/xRZ009a8g98>

The releasing poster of the video:



THE VOICE OF CREATORS – I DC & III DC STUDENTS- 15TH JANUARY 2021



The department of Food Science and Quality Control released a video “THE VOICE OF CREATORS” on 15th January 2021. The video was about the farmers who have a vital role in the existence of life. The video was released in the circumstance of an On-going Farmers Protest. The 2020–2021 Indian farmers’ protest is an on-going protest against three farm acts which were passed by the Parliament of India in September 2020. Farmer unions and their representatives have demanded that the laws be repealed and will not accept anything short of it. The video was created to make the people understand about the hardships of farmers.

The video was created on an online platform by the I & III DC students. The video had a length of about 4:04 minutes duration. The feedback we received from the viewers was , which encouraged the students to perform more and create more videos innovatively in the future

YouTube Link:- <https://youtu.be/8InIB6uXYEM>

REPUBLIC DAY, By III DC students- 26th January 2021



As a part of Republic Day celebration, Department of Food Science and Quality Control released a video on 26th January 2021. The video was posted at the 72nd Republic Day Celebration.

The video was published on the online platform by III DC students. The video had a length of about 3:18 minute's duration. The video was widely accepted by everyone and got excellent feedbacks from the viewers.

YouTube Link:-




The link for the video: <https://youtu.be/AgZr5YO1-OY>

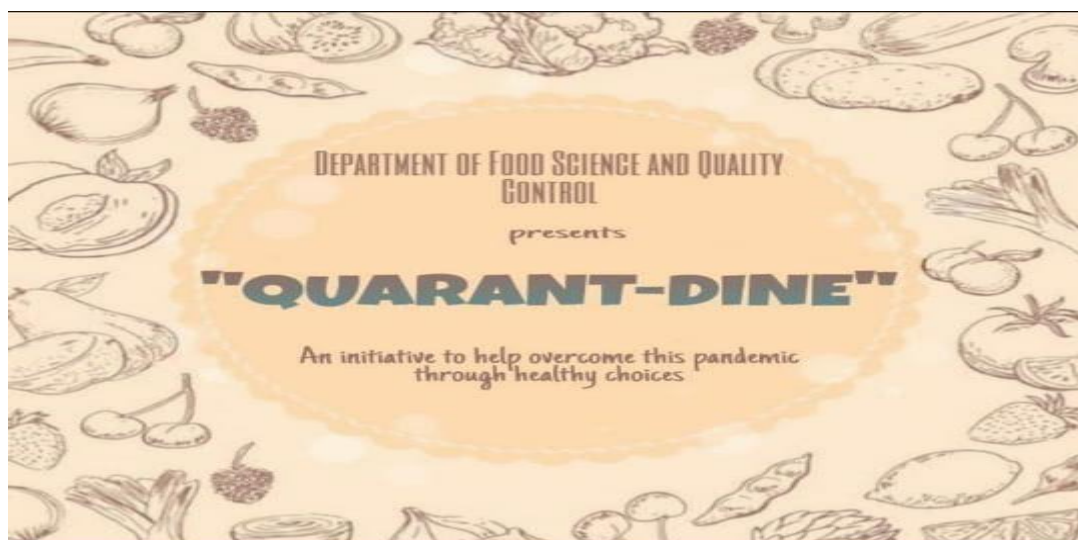
INSTAGRAM POSTS

**QUARANT-DINE RECIPES, BY III DC (2017-2018 BATCH) -
24th APRIL to 13th JUNE, 2020**

S no .	Date	Image	Products	Recipe Introduced By	Instagram Link
11	24-4-2020		Super food Wrap	Reenu. C. Manu	https://www.instagram.com/tv/B_XO7odn0sJ/?utm_source=ig_web_copy_link
12	25-4-2020		Potato Smiley	Anina Jose	:https://www.instagram.com/tv/B_ZRgAepoMs/?utm_source=ig_web_copy_link
13	26-4-2020		Spinach Banana Smoothie	Feba George	https://www.instagram.com/tv/B_b1gC1Jh5F/?utm_source=ig_web_copy_link

14	27-4-2020	 <p>DEPT. OF FOOD SCIENCE AND QUALITY CONTROL QUARANT-DINE Jackfruit seed Chocolate</p>	Jackfruit Seed Chocolate	Chinju Baby	https://www.instagram.com/tv/B_ebEmEJ6KX/?utm_source=ig_web_copy_link
15	28-4-2020	 <p>PASSION FRUIT SQUASH</p>	Passion Fruit Squash	Passion Fruit Squash	https://www.instagram.com/tv/B_jjVOsJ3D/?utm_source=ig_web_copy_link
16	29-4-2020	 <p>CHAKKA KURU SHAKE</p>	Jackfruit seed shake	Gopika B	https://www.instagram.com/tv/B_jjVOsJ3D/?utm_source=ig_web_copy_link
17	30-4-2020	 <p>VEG COIN PARATHA</p>	Vegetable Coin Paratta	Sherrin Royees	https://www.instagram.com/tv/B_mKGLHJiQ7/?utm_source=ig_web_copy_link

18	1-5-2020		Tender Coconut ice cream	Elizabeth Jacob	https://www.instagram.com/tv/BopyHxJXna/?utm_source=ig_web_copy_link
19	3-5-2020		Adrak Chai	Melissa George	https://www.instagram.com/tv/Bt7Ymup8sV/?utm_source=ig_web_copy_link
20	13-6-2020		Mango turmeric shake	Kavya Karunakaran	https://www.instagram.com/tv/CBXb2wTA4-z/?utm_source=ig_web_copy_link



The coronavirus pandemic has affected the lives of countless people. It created challenges among the people both physically and emotionally. It's hard to keep the same routine when you have to be physically distant from others, especially from your loved ones, if an individual is at higher risk of getting affected..

Eating the right kind of foods, in the right amounts, is very crucial for an individual's health. COVID-19 pandemic has changed a lot in the daily lives of people. During the difficulty times, it has become essential to maintain a healthy lifestyle. While no foods or dietary supplements can prevent COVID-19 infection, but by maintaining a healthy diet one can keep their immune system strong for fighting the diseases. During the pandemic, the Department of Food Science and Quality Control students of B.C.M College, Kottayam presented a "QUARANT- DINE" activity on Instagram. This "Quarant-Dine" presented variety of healthy recipes.

Instagram Link:

https://www.instagram.com/p/B_Wb1xLHKEr/?utm_source=ig_web_copy_link



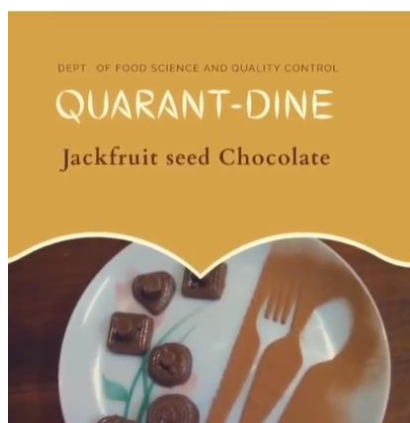
The first recipe that was released on Instagram was Super food Wrap and it was posted on 24th April 2020. This recipe was introduced by the student, **Reenu. C. Manu**. It was simple recipe which can be experiment by everyone.



On Day 2 of QUARANT-DINE, **Anina Jose** showed how to make veggies smile with the use of simple ingredients. She introduced the Potato Smiley recipe with help of Ins. It was posted on 25th April 2020. Fun facts of potatoes were also posted on the media.



On the Day 3, **Feba George** presented a video on the recipe Spinach Banana Smoothie. It was posted on 26th April 2020. The main ingredients of this recipe were spinach, banana and honey. She also shared about the fun facts of spinach.



Jackfruit Seed Chocolate was the recipe of Day 4 and it was posted on 27th April 2020. This sweet recipe was introduced by **Chinju Baby**. The recipe guided the public on how to manage a sweet tooth with a nutritious and healthy quarantreat. The video also discussed on various fun facts about jackfruit.



Passion Fruit Squash was the recipe released on Day 5 of Quarant- Dine. It was posted on 28th April, 2020. The recipe intended to make people stay hydrated during the summer with natural fruity flavours and loads of vitamins. **Haripriya Prasad** showed the perfect way to make this recipe in a simple manner.



On Day 6 of Quarant- Dine, a simple and healthy recipe of Jackfruit seed shake was introduced by **Gopika B** .It was posted on 29th April 2020. She presented this recipe to viewers in a very attractive method.



Vegetable Coin Paratta was the recipe released on Day 7 of Quarant- Dine. It was present by **Sherrin Royees** on 30th April 2020. This healthy recipe was loaded with veggies and was a very nutritious dish.



On Day 8 of Quarant- Dine, a delicious dessert was present before viewers. Tender Coconut ice cream was the recipe, **Elizabeth Jacob** introduced to the Instagram viewers. She gave the clear presentation on how to make tender coconut ice cream from five tender coconuts. It was presented on 1st May 2020.



The Day 8 Quarant-dine recipe was Adrak Chai. The anti-inflammatory properties of ginger makes it ideal for fighting common cold and also improves digestive health. The recipe was introduced to the account by **Melissa George**.




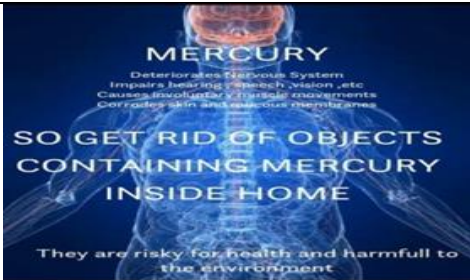


Mango turmeric shake was the healthy recipe introduced by **Kavya Karunakaran** on 13th June 2020. This recipe helped the people to beat summers with a refreshing drink made with easily available summer super foods.


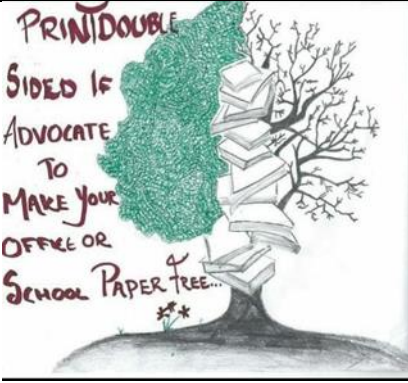



All the recipes presented by the students were greatly accepted by the viewers and got great remarks. All these healthy diets helped everyone to maintain a healthy immune system during the Covid pandemic.




TIPS ON ENVIRONMENT PROTECTION, BY III DC STUDENTS- OCTOBER 11- 30, 2020

S. No.	DATE	POSTER	INSTAGRAM LINK
1	11-10-2020	 <p>When you save water, it saves you back</p>	https://www.instagram.com/p/CGMc4moD5yo/?utm_source=ig_web_copy_link
2	12-10-2020		https://www.instagram.com/p/CGPG5IajkfV/?utm_source=ig_web_copy_link
3	13-10-2020		https://www.instagram.com/p/CGRg85sjlhv/?utm_source=ig_web_copy_link

4	14-10-2020		https://www.instagram.com/p/CGT2amNDxf4/?utm_source=ig_web_copy_link
5	15-10-2020		https://www.instagram.com/p/CGWgoW9jPtZ/?utm_source=ig_web_copy_link
6	16-10-2020		https://www.instagram.com/p/CGY91eljSEt/?utm_source=ig_web_copy_link
7	17-10-2020		https://www.instagram.com/p/CGbkn8RDU-H/?utm_source=ig_web_copy_link
8	18-10-202		https://www.instagram.com/p/CGeNMUmDQCF/?utm_source=ig_web_copy_link

9	19-10-2020	 <p>Energy Saving Tip</p> <p>Set your fridge between 36-38 F degrees and Freezer between 0-5 F degrees</p>	https://www.instagram.com/p/C Gg6TjOjnKC/?utm_source=ig_web_copy_link
10	20-10-20	 <p>EAT NO MEAT AND ANIMAL PRODUCTS FOR ONE DAY IN A WEEK</p> <p>EVEN ONE DAY OF BEING VEGETARIAN IS GOOD FOR YOUR HEALTH & EARTH</p>	https://www.instagram.com/p/C GjpfByjtv-/?utm_source=ig_web_copy_link
11	21-10-2020	 <p>"BUY USED FURNITURE AND RE PURPOSE IT. YOU SAVE MONEY AND TREES."</p>	https://www.instagram.com/p/C Gma9vbjwDv/?utm_source=ig_web_copy_link
12	22-10-2020	 <p>UNPLUG UNUSED APPLIANCES.</p> <p>EVEN WHEN POWERED OFF, PLUGGED-IN APPLIANCES USE ELECTRICITY</p>	https://www.instagram.com/p/C GobPaiDTHB/?utm_source=ig_web_copy_link

13	23-10-2020	<p>TRY A DIMMER SWITCH</p>  <p>THEY'RE EASY TO INSTALL AND SAVE ENERGY!</p>	https://www.instagram.com/p/CGr5pW2j1HP/?utm_source=ig_web_copy_link
14	24-10-2020	<p>PRINT DOUBLE SIDED IF YOU ADVOCATE TO MAKE YOUR OFFICE OR SCHOOL PAPER TREE...</p> 	https://www.instagram.com/p/Cgtz1UXDHyz/?utm_source=ig_web_copy_link
15	26-10-2020	<p>NOT ONLY ADDS BEAUTY TO YOUR HOME, BUT ALSO IMPROVE ENERGY EFFICIENCY</p> <p>PLANT TREES THAT PROVIDE SHADE</p> <p><i>You can't save money on air conditioning</i></p> 	https://www.instagram.com/p/Cgx4S_Dsap/?utm_source=ig_web_copy_link
16	26-10-2020	<p>STOP USING DISPOSABLE CUPS</p> <p>Bring Your Own Reusable Cups to Coffee Shops</p>  <p>REDUCE WASTE CREATED BY USE & THROW CUPS</p> <p>#smallstepsmakehugeadifference</p>	https://www.instagram.com/p/Cgzwe0Dgjo/?utm_source=ig_web_copy_link
17	27-10-2020	 <p>BUY A STYLISH CERAMIC MUG FOR YOUR CUP OF COFFEE INSTEAD OF USING A DISPOSABLE CUP. IF YOU'RE SOMEONE WHO BUYS A CUP OF COFFEE OR TEA IN A DISPOSABLE CUP EVERY DAY, YOUR CUPS ALONE ARE AN ESTIMATED 23 POUNDS OF WASTE PER YEAR</p>	https://www.instagram.com/p/Cg2ThljD4Mz/?utm_source=ig_web_copy_link

18	28-10-2020		https://www.instagram.com/p/C G4xY2YDTWd/?utm_source=ig_web_copy_link
19	29-10-2020		https://www.instagram.com/p/C G7ayZRif1G/?utm_source=ig_web_copy_link
20	3-11-2020		https://www.instagram.com/p/C HHr6iSjETi/?utm_source=ig_web_copy_link

As a part of providing awareness on the importance of Environment for the sustaining of life on earth and for saving energy, the III DC students of Department of Food Science and Quality Control of Bishop Chulaparambil Memorial College for women, Kottayam posted useful tips on the department Instagram page @ bcmfsqc .

The Students posted 20 tips that can be followed by every individual for conserving energy and the environment.

The first tip which was posted on 11th October 2020 says to save water by using the washing machine properly. The second tip was posted on 12th October 2020 and it gives the message to water the lawn in the early morning when it is cooler and drier. The third tip was posted on 13th October 2020 which intended to provide awareness about protecting nature by saying no to plastics.

On 14th of October 2020, the fourth tip was posted, which gave a message on saving energy by switching to LED. The fifth tip was posted on 15th October 2020 which created awareness among the public about air drying of plates in kitchen.

The sixth tip gave information to the viewers about reducing water loss by proper usage of water during showering. The seventh tip gave a message on the importance of rainwater harvesting and it was posted on 17th October 2020. The eighth tip was posted on 18th October 2020 and gave a message to avoid the use of substance that causes toxicity to our body.

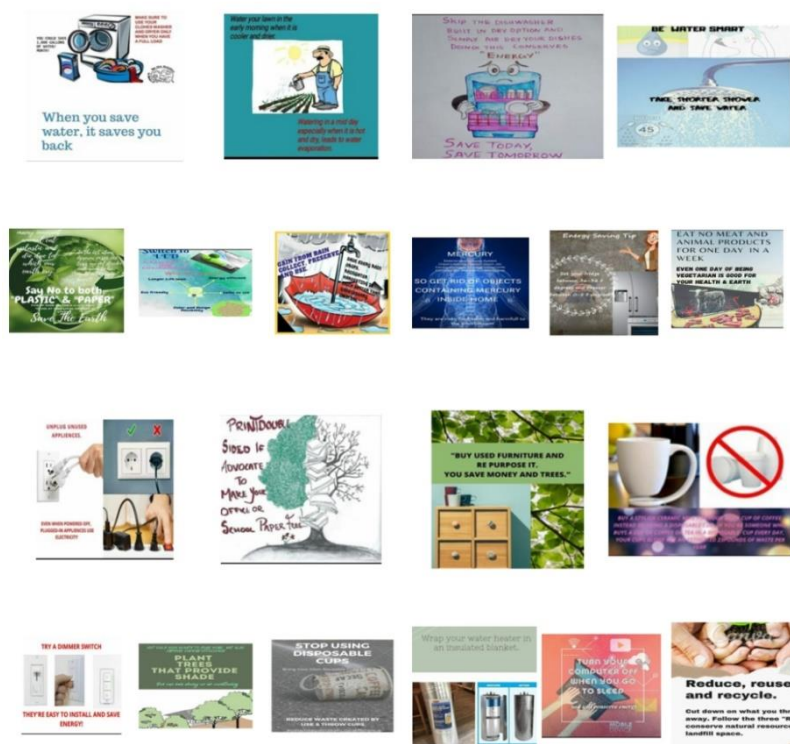
The ninth tip was to convey a message on saving energy by setting the refrigerator at correct temperatures and was posted on 19th October 2020. The tenth tip was posted to provide awareness on the importance of animals in our environment and make human beings understand that they are also living beings. It was posted on 20th October 2020. The eleventh tip was posted on 21st October 2020 which helps to know the importance of Reuse.

Tip Number 12 and 13 gave awareness on the importance of saving electricity and this two tips were posted on 22nd and 23rd October 2020. Tip number fourteen was posted to provide the information about the use of double sided printed papers, thereby conserving the energy for paper production. It was posted on 24th October 2020. The fifteenth tip was posted on 25th October 2020 and it provided a message to the readers on the significance of planting trees to

protect our environment. Tip number sixteen and seventeen were posted on 26th and 27th October 2020 for conveying the message of stop using disposable cup and use reusable cups.

Tip number eighteen was posted for giving an idea about the using of water heater and it was posted on 28th October 2020. The nineteenth tip was posted on 29th October 2020 for giving message on saving energy by using the electronic appliances in a proper manner. The last tip was posted on 30th October 2020 and it speaks about the 3R's- Reduce, Reuse and Recycle, which have a major role in conserving the environment.

All the twenty tips were posted on department instagram page to give an awareness on conserving the environment. And all the tips were greatly accepted by the followers in social media and got good feedback from them.



FOOD SCIENCE EXPRESS, BY I DC

This is the work allotted for all first year fsqc students. For this, each of the students should make a poster and it must include some food related news and the speciality of that particular week or day. Title of the poster is “**Food Science Express**”. The poster is asked to be submitted on each Friday according to student’s roll number.

FOOD SCIENCE EXPRESS



FEBRUARY 1 Why dark chocolate ...?

- our heart loves it
- * You need protection from daily radicals
- * You're happier with a Daily dose of Cocoa



Long term consumption of antibiotics could cause health problems . Now , researchers reporting in ACS' journal of agricultural and food chemistry have developed a method to simultaneously measure 77 antibiotics in a variety of foods .



New research, published in Food Science and Nutrition (January 2021), found that adding a mushroom serving to the diet increased the intake of several micronutrients, including so-called shortfall nutrients such as vitamin D, without any increase in calories, sodium or fat.

PROBIOTICS IN PLANT BASED BEVERAGES

Recently researchers have developed a boon for all lactose intolerant and Lovers of tea and coffee .ie , probiotic coffee and tea by pairing them up with a huge number of gut- friendly bacteria .

These probiotic vegan beverages can be easily stored at room temperature undergone through fermentation which not only retains the health benefits but moreover enhances the digestibility of nutrients .

FOOD SCIENCE EXPRESS

March 5th

National Cheese Doodle Day

It's an annual celebration where fingers turn a cheesy orange as we snack on these flavourful treats.

WHAT CAUSES PEANUT BUTTER TO SPLIT?



THE REASON BEHIND THE SEPARATION OF THE OIL LAYER IN PEANUT BUTTER IS THE EXISTENCE OF THE HIGH AMOUNT OF LIQUID FAT IN IT

DUE TO THIS PEANUT PARTICLES CAN SOMETIMES SINK AT THE BOTTOM OF THE JAR LEAVING THE OIL ON THE TOP

THE APPLICATION OF RESEALABLE PACKAGING WILL EVENTUALLY INCREASE THE COST OF THE PRODUCT WHICH CAN LIMIT THE CUSTOMER AND PROFIT OF THE COMPANY.

@BCM FSQC

PULSES CAUSING FLATULENCE



Carbohydrates include sugars, fibres and starch. When our own digestive tract do not completely digest these carbohydrates which can happen with pulses, The production of gas increases even further as bacteria in the large intestine breakdown these carbohydrates.

DID YOU KNOW

Higher consumption of fruits and vegetables is associated with a lower risk of death in men and women

CAN CEREALS BE PACKED IN RESEALABLE BAGS?



CEREALS DON'T USUALLY COME IN RESEALABLE BAGS AS IT IS NOT FEASIBLE FOR BOTH MANUFACTURER AND CONSUMER

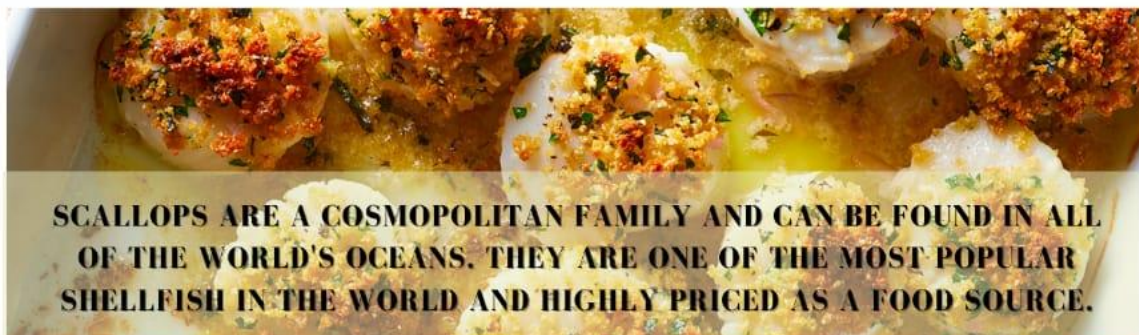
SECONDLY, THERE IS A POSSIBILITY OF CEREALS GETTING STALE IN RESEALABLE IF THE ZIPPER IS NOT CLOSED CORRECTLY.

FOOD SCIENCE EXPRESS

@bcmfsqc

12 MARCH 2021

NATIONAL BAKED SCALLOPS DAY - SALT AWARENESS WEEK



SCALLOPS ARE A COSMOPOLITAN FAMILY AND CAN BE FOUND IN ALL OF THE WORLD'S OCEANS. THEY ARE ONE OF THE MOST POPULAR SHELLFISH IN THE WORLD AND HIGHLY PRICED AS A FOOD SOURCE.

DOUBLE FORTIFIED SALT

DFS contains both Iron and Iodine. We get 100% of daily dietary iodine and 30-50% of daily dietary iron requirements.

DID YOU KNOW THAT CHILDREN WHO ARE IODINE DEFICIENT HAVE 13.5 IQ LESS THAN THOSE WHO ARE IODINE SUFFICIENT?!



DID YOU KNOW?

Severe acute malnutrition (SAM) is the most extreme and visible form of undernutrition. Children with severe acute malnutrition have very low weight for their height.

SAM is a major cause of death in children under 5, and its prevention and treatment are critical to child survival and development.

17% (931 million) of total food available to consumers globally wasted in 2019 : UNEP.

Estimates at household level show WASTAGE OF 50 KG PER PERSON A YEAR IN INDIA.

Food inflation in India to increase as chickens, milk may cost more. Chicken prices are seen surging 18-20% in next 6-8 months, while for egg could climb 7-8%. Milk prices will also gain on rising costs.

Indian tea exports dip by 18% in 2020 which is around 44 million kg. India is world's second largest tea producer.

In 2020 Nestle witnessed twice the growth rate from small towns compared to larger metros.

INTERDEPARTMENT ACTIVITY

CHOCOHOLIC, BY 2ND DC STUDENTS – 12TH JULY 2020

Department of Food Science & Quality Control

CHOCOHOLIC

COOKING VIDEO COMPETITION

Shoot Your 3 minutes cooking video of your special chocolate recipe and mail it to us

DUE DATE
12/07/2020

BCMFSQC@GMAIL.COM

9656360447

DEPARTMENT OF FOOD SCIENCE & QUALITY CONTROL

CHOCOHOLIC

Wrapper designing competition

DEPARTMENT OF FOOD SCIENCE & QUALITY CONTROL

WRAPPER CRAFT COMPETITION

CREATE CRAFTS USING WRAPPER
SEND THE PICTURE TO US

DUE DATE:12/07/2020

BCMFSQC@GMAIL.COM




As a part of the World Chocolate Day (7th July) , the second year students of Food Science and Quality Control Department, conducted ‘CHOCOHOLIC’ on the 12th of July. The competitions were open for all the departments of BCM College, and the due date given was 12/07/2020. It involved the making of a cooking video, wrapper designing competition and wrapper craft competition. All the competitions were conducted through online platform. Many students of various departments actively participated in the competitions; the best ones were selected and awarded accordingly.

The winners were:

- **Alphy Joseph** (II DC, Sociology) for cooking video,
- **Anu Luke** (II DC, Family and Community Science) for wrapper craft competition and
- **Jaisy K J** (II DC, BA English literature) for wrapper designing competition.

FOOD SCIENCE AND QUALITY CONTROL

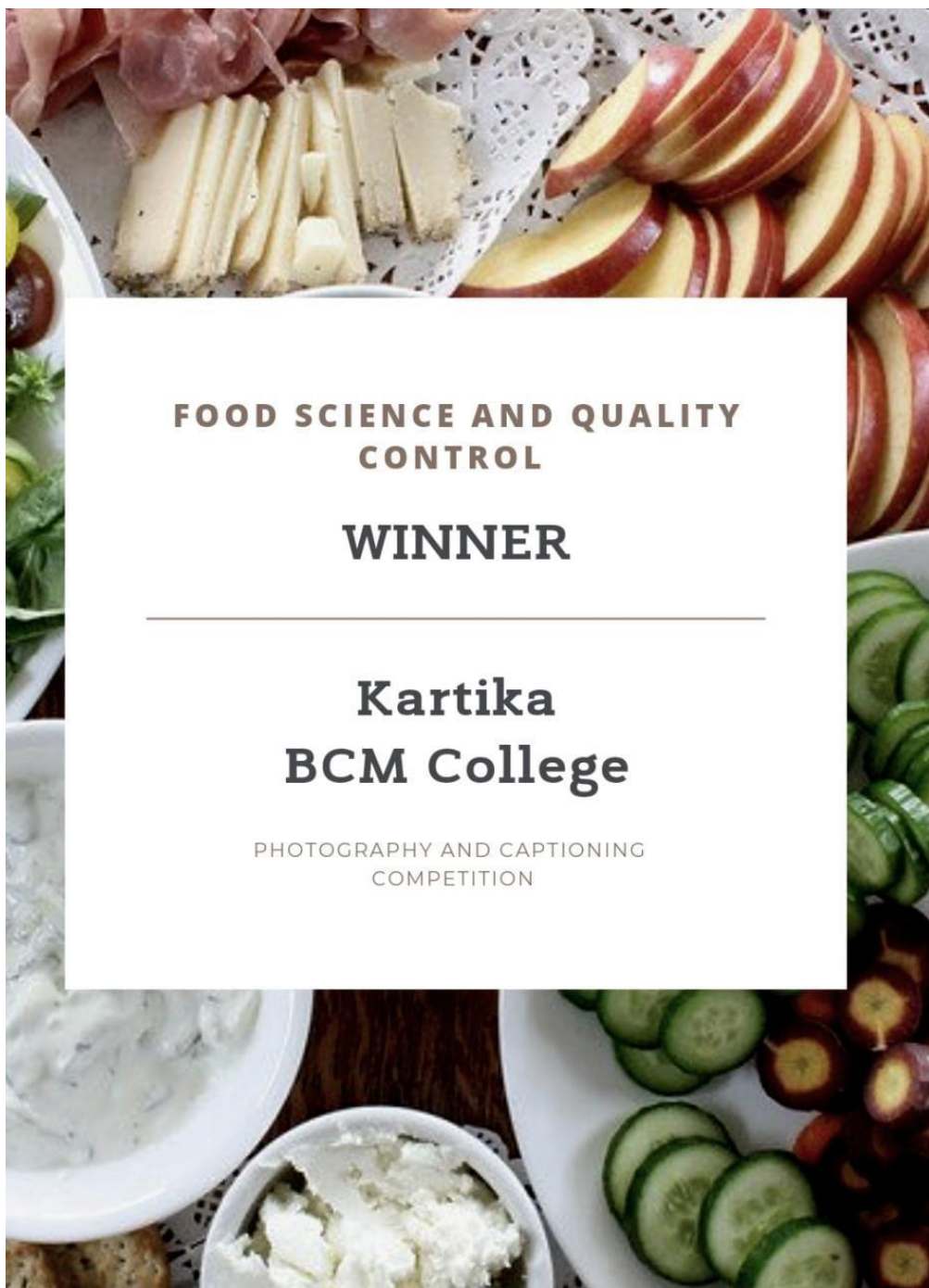
CHOCOHOLIC - WINNERS

		
Alpha Joseph	Anu Luke	Jaisy K J
II DC ,Sociology	IIDC, Facs	IIDC, BA English
Cooking Video Competition	Wrapper Craft Competition	Wrapper Designing Competition

PHOTOGRAPHY + CAPTIONING COMPETITION, BY III DC STUDENTS- 20th JULY, 2020

Photography + Captioning competition was an inter-department competition to take a photograph and caption it regarding the topic “Food And Hygiene” from 17 to 20 August 2020, conducted through online platform. The entries were asked to send into the mail id- foodsciencecompetition1822@gmail.com and best among the lot was announced as the winner. The winner of the competition was **KARTHIKA**, BCM COLLEGE. The competition was done to make participants aware of Food Hygiene and how it can be practiced in our day to day life.





**FOOD SCIENCE AND QUALITY
CONTROL**

WINNER

**Kartika
BCM College**

PHOTOGRAPHY AND CAPTIONING
COMPETITION

POSTER MAKING COMPETITION, BY III DC STUDENTS- 25Th – 29th SEPTEMBER, 2020

Poster Making Competition was an inter-department competition conducted from 25 to 29 September 2020 and the winner of the competition was **Ms JITHU K MATHEW**, from II DC Physics, BCM COLLEGE. The competition was conducted in connection with Nutrition Week. The theme was “Eat Right, Bite By Bite”. It aims to create awareness about good nutrition and health. Nutrition is the science or practice of consuming and utilizing foods. A balanced diet is important for good health and wellbeing. So, to make people aware of nutrition and its importance in our lives and to curb the problem of malnutrition, National Nutrition Week is celebrated every year .





FOOD SCIENCE AND QUALITY CONTROL

WINNER

**Jithu K Mathew
II DC, Physics**

**NUTRIZONE - Poster Making
Competition**

**NUTRIMENT, BY 2ND DC STUDENTS – 26TH SEPTEMBER
2020**



Nutriment program was held on nutrition month, conducted on 26th September 2020 by II DC students of the department of food science and quality control. The competition was held in the virtual platform. It involved a power point presentation based on the topic nutrition and adolescent years. The winner was **Vaishnavi**, II DC sociology.



FOOD SCIENCE AND QUALITY CONTROL

WINNER



Vaishnavi
II DC, Sociology

NURIMENT- POWERPOINT PRESENTATION

CAPTION IT, BY III DC STUDENTS- 1st OCTOBER, 2020



International Coffee Day (1 October) is an occasion that is used to promote and celebrate coffee as a beverage, with events now occurring in places across the world. It is also celebrated for raising awareness for the plight of the coffee growers.

CAPTION IT is a competition conducted by the students of III DC Food Science and Quality Control. It was conducted as a part of the International Coffee Day on October 1, 2020. It was a picture captioning competition. A

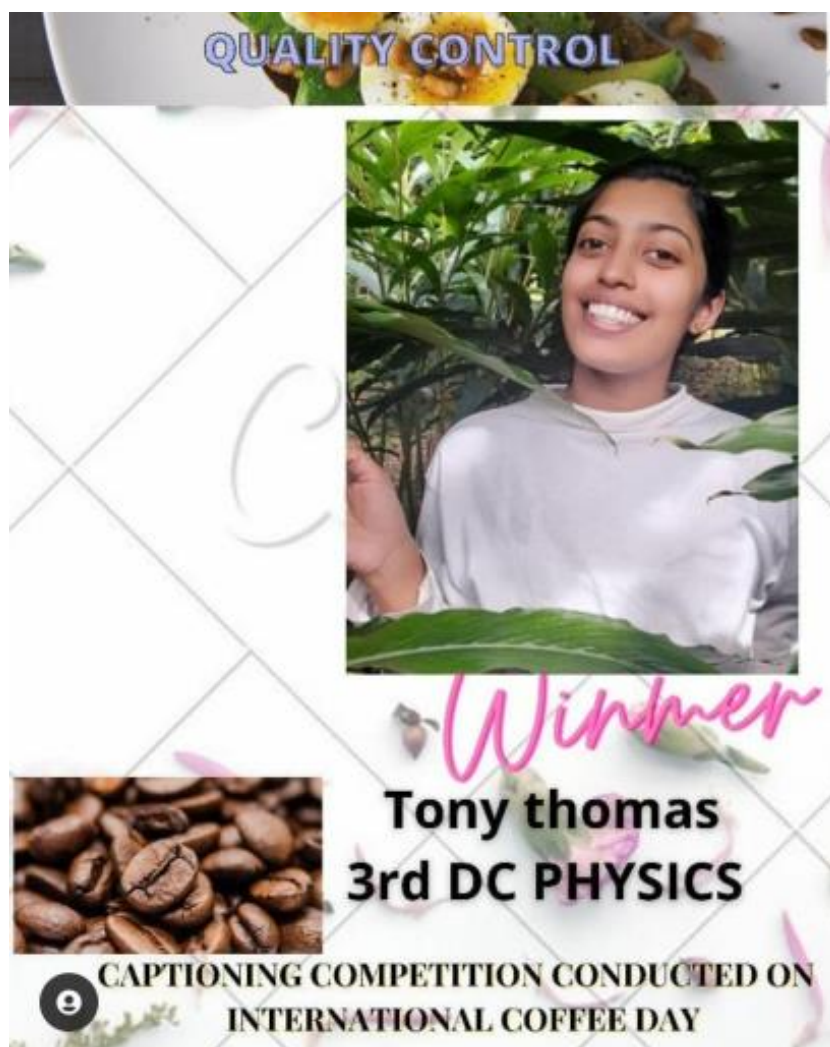
picture was posted and suitable captions for that image were welcomed. The competition was scheduled from 2.30 pm of October 1, 2020 to 4pm of October 2, 2020. It was conducted in Instagram. The picture was posted on the “bcmfsqc” instagram page. The participants were requested to give their caption as a comment in the comment section of the instagram post. The entries were judged on the basis of the suitability of the caption and the best caption was selected and rewarded. The picture was selected to appreciate the hard work and sacrifice of the health workers fighting against the global pandemic Covid 19.

PICTURE:



The winner of the competition was Tony Thomas of 3rd DC Physics.

The name of the winner was announced on 3rd October and a poster with the photo of the winner was posted on the instagram page of the department.



EGG RECIPE COMPETITION, II DC STUDENTS- 6Th – 9th OCTOBER, 2020



Egg Recipe Competition was an inter-department competition which was held as part of the Egg Day. . The Day is a unique opportunity to help raise awareness of the benefits of eggs and is celebrated in countries all around the world. The competition was to make an egg recipe and write down its recipe. It was conducted from 6 to 9 October 2020 and the winner of the competition was ALEENA ROY, 2nd DC Sociology, BCM College

The winner of the competition was **Aleena Roy** of II DC Physics.

The name of the winner was announced on 19th October and a poster with the photo of the winner was posted on the instagram page of the department



Winner

Aleena Roy
2nd DC Sociology

**EGG RECIPE COMPETITION CONDUCTED ON WORLD
EGG DAY**

ONLINE PUZZLE COMPETITION – 10TH OCTOBER 2020 – BY 2ND DC STUDENTS



In accordance with the Vegetarian Day celebration (2020 October 10th) the 2nd DC students of Department of Food Science & Quality Control, Bishop Chulaparambil Memorial College for Women, Kottayam organized an online puzzle competition.

The winners were **Arlin Philip Mani** of 3rd DC Zoology (1st prize) and **Varsha T Alex** of 2nd DC English M1 (2nd prize).

FOOD SCIENCE AND QUALITY
CONTROL

WINNER



Arlin Philip Mani
III DC, Zoology

ONLINE PUZZLE COMPETITION

POSTER MAKING COMPETITION, BY III DC STUDENTS, - 4th – 7th December, 2020

Poster Making Competition was an inter-department competition conducted in connection with Indian Navy Day, 4th December, 2020. The competition held in between 4th to 7th December, 2020. The Indian Navy is a well-balanced three-dimensional force, capable of operating above, on and under the surface of the oceans and safeguards our national interests. Its objective is also to improve its circumstances in the Indian Ocean Zone. The theme of Navy Day 2020 is “Indian Navy Combat Ready, Credible & Cohesive”.

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM.
DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL

**AS PART OF THE INDIAN NAVY DAY WE ARE CONDUCTING
POSTER MAKING COMPETITION**

TOPIC : HONOURING INDIAN NAVY

Poster making
competition.
submission date:
December 4th-7th.
sent to :
foodsciencecompetition
1822@gmail.com

- GENERAL GUIDELINES TO PARTICIPANTS
- Participant should be a student of BCM college.
- Both digital and paper posters are acceptable.
- Only one poster is allowed per person.
- Late submissions are not entertained.
- Winners will be declared on 12th December.
- Winners will be given an E- certificates.

CARD MAKING COMPETITION, BY III DC STUDENTS- 12th – 22nd DECEMBER, 2020

Card Making Competition was an inter-department competition in connection with Christmas celebrations conducted by the Food Science & Quality Control department. The competition was to make a Christmas card and to select the best among them . It held from 12 to 22 December 2020.



FOOD THE BUZZER, BY I DC STUDENTS- 11TH FEBRUARY, 2021

The I DC students conducted an online quiz competition titled “Food The Buzzer”. The questionnaire was related to food science topics. The program was scheduled from 3.30 pm to 4.30pm on 11th February 2021.



INSTRUCTIONS TO BE FOLLOWED

- TWO STUDENTS FROM EACH DEPARTMENT IS ALLOWED TO PARTICIPATE.
- PARTICIPANTS SHOULD MAKE SURE THAT THEY HAVE PROPER NETWORK CONNECTION.
- GAME WILL BE CONDUCTED IN FOUR ROUNDS.
- TIME ALLOTTED FOR EACH QUESTION WILL BE 20 SEC.
- ENTRIES WILL BE ACCEPTED TILL FEBRUARY 10 BEFORE 2PM.



The competition was conducted through Google meet. Students started to the meet from 3.30pm..The program was honoured by the presence of their Class Teacher **Mrs. Sherin Manu George**. I DC class prefects , **Ms Pooja S Unnithan** and **Ms Jency T Joy** hosted the event. **Miss Shintu Raichel John** delivered the welcome speech. And Ms Jency once again read the instructions of the competition. A total of 9 teams were participating with 2 in each team(except for two teams who couldn't find a partner from their respective department).

These teams were:

<u>Department</u>	<u>Participants</u>
1. Chemistry	: Ajmiya, Shreya
2. English M2	: Annmary
3. Sociology	: Arya, Nita
4. Zoology A	: Ashmi, Arshlin
5. Zoology B	: Mariya
6. Zoology C	: Fathima, Sangeetha
7. Computer science	: Sethulakshmi, Nandana
8. English M3	: Gouri, Zoya
9. Maths	: Vinny, Alfiya

Then first round was – Riddles Round. **Ms Bismiya** was assigned to share the screen where the questions were presented. All the nine departments got one question each in this round. Only the team members of zoology, computer science and maths department were able to score in this round.

Then the second round was – G. K Round. Here the questions were to test the general knowledge of the students. Here, Zoology B, English and maths department team members scored. After the second round, Chemistry, English M2, Sociology and Zoology C teams were eliminated based on the scores.

The 3rd round was called Emoji Round, where the participants were supposed to guess the answer out of the emojis given to them. In this round Zoology A and English M3 departments scored one each.

The 4th round was called as Advertisement Round. Here, participants were supposed to identify the product from the ads shown to them. Except for English M3 department all other teams answered this round correctly. By the

end of 4th round, zoology and maths departments were in a tie with 3 points each and zoology B, computer science and English M3 departments in a tie with 2 points each. So the rounds were conducted again, to deduce a winner.

At the end , Maths department was announced as the winners with 5 points. And English M3 department team won the second prize. The competition ended by 4.50pm. Then Mrs Sherin Manu George officially announced the prize winners and congratulated all the participants. **Ms Binisha** proposed the vote of thanks. And the official program ended by 4.55 pm.

The first prize winners are **Vinny Sara Jacob** and **Alfiya N** from Mathematics department and second prize winners are **Gouri J A** and **Zoya Zakir** from English M3 department. 1st prize winners were awarded with 1000 rupees cash prize and 2nd prize winners were awarded with 500 rupees cash prize. The Instagram page @misty.flakes sponsored the cash prize.



Google form link: <https://forms.gle/6ptNuWDhmDo1ZabE9>

Google meet link: <https://meet.google.com/jte-yjwz-tmn>

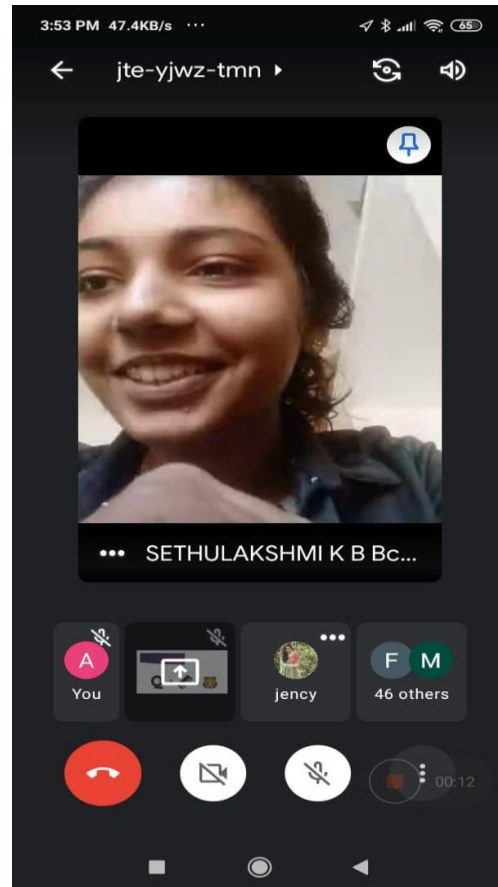
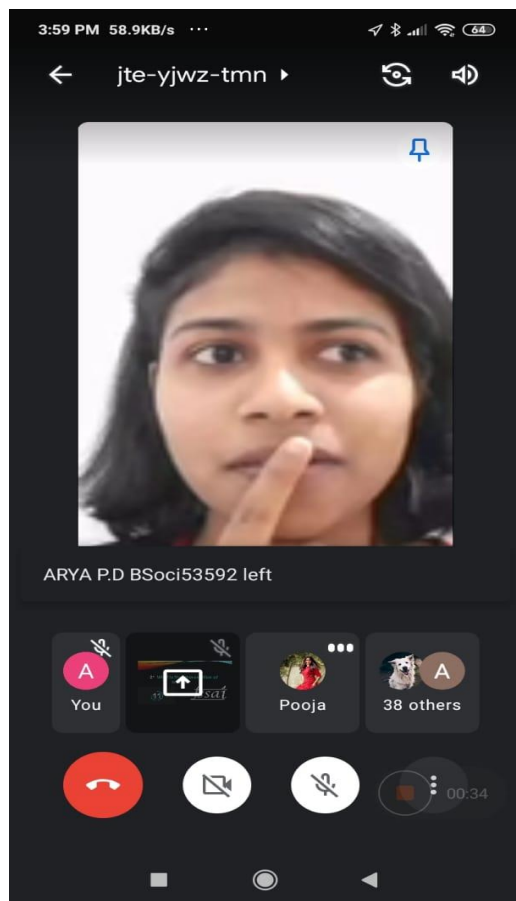
1st round questions: https://1drv.ms/p/s!AiuXcNLSayu8f-uX_kWxGasLDug

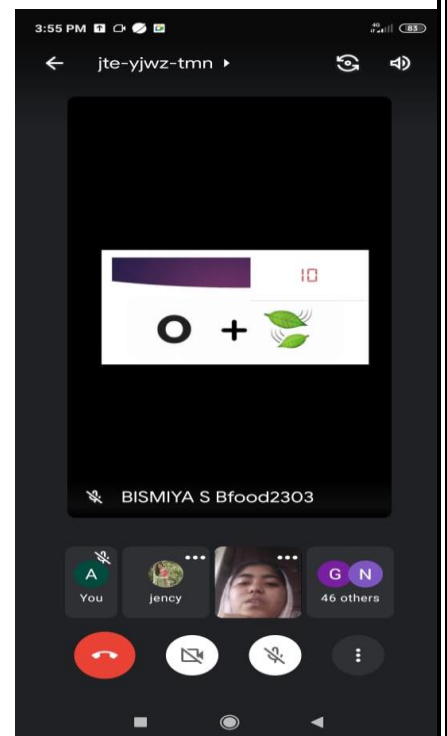
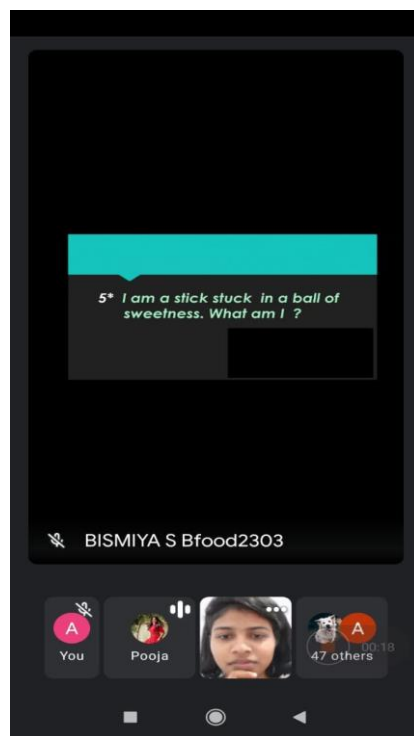
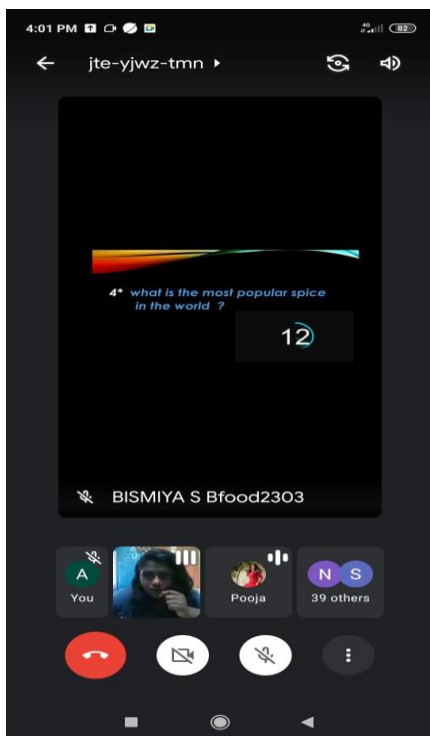
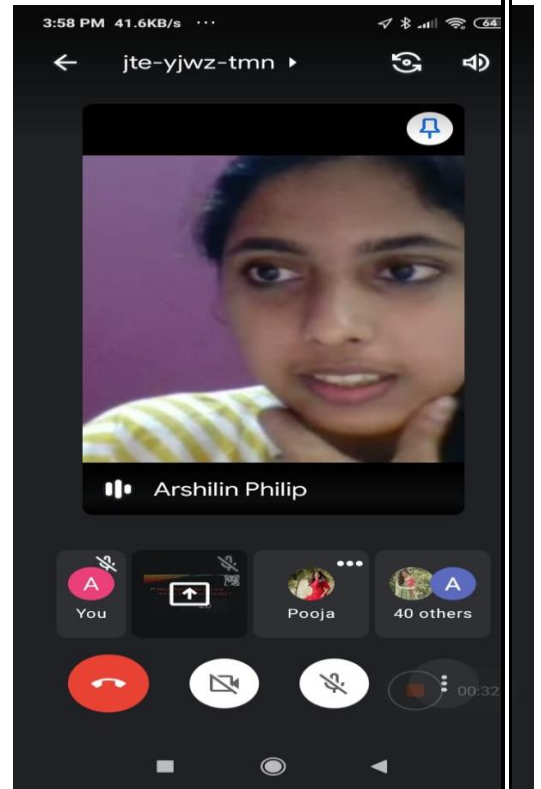
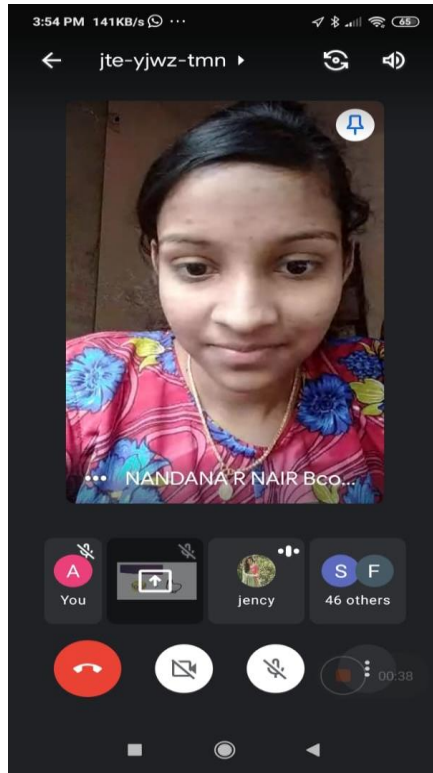
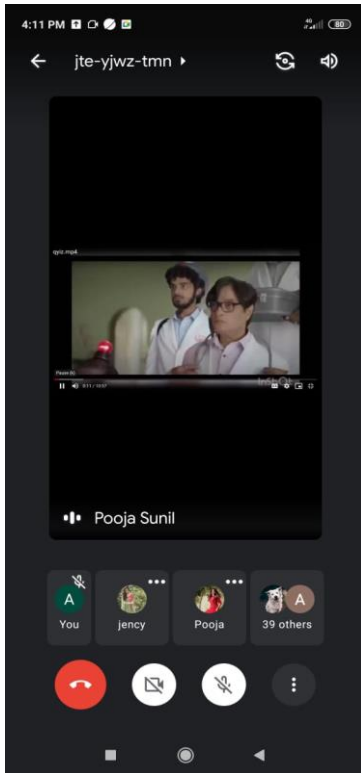
2nd round questions: https://1drv.ms/p/s!AiuXcNLSayu8egGmjvGa5Fh_FvI

3rd round questions: <https://1drv.ms/p/s!AiuXcNLSayu8gQFub8mqwBJakhFT>

4th round questions: https://drive.google.com/file/d/10ftYavLnt5Ubru_SC6sn-Smoay59TmHd/view?usp=drivesdk

Moments from the event:





INTER DEPARTMENT COLLEGE COMPETITIONS

INTERDEPARTMENT COLLEGE COMPETITIONS

The students of the Department of Food Science & Quality Control have participated in the inter department competitions held in online platforms during the academic year 2020 – 2021.

Sl. No.	Name of student and class	Competition	Department Conducted	Participation / Winner
1.	Jasmine George – III DC	Pencil drawing	Physics	1 st position
2.	Roshna A – II DC	Powerpoint making	Chemistry	1 st position
3.	Parvathy B.L – II DC	Diary writing in Malayalam category	English	1 st position
4.	Aparna Kunjumon – II DC	Video making	Chemistry	1 st position
5.	Suzain Kurian – II DC	Caption writing	Computer Science	2 nd position
6.	Shafeena Irshad – II DC	Photography	NCC	2 nd position
7.	Merlin Puthenparambil Koshy	Selfie Contest	Chemistry	2 nd position

8.	Revathi	Caption writing Pets photo contest	NCC Chemistry	2 nd position 2 nd position
9.	Hazel Maria Soni – III DC	Pencil drawing	Physics	Participation
10.	Konchitha Dais Renjan – III DC	Pencil drawing	Physics	Participation
11.	Alana Maria Reji – III DC	Pencil drawing	Physics	Participation
12.	Elna Mary Yesudas – III DC	Online Quiz	Mathematics	2 nd Position
13.	Ajina Sojan – III DC	Poem writing	Commerce	Participation
14.	Archana Satheeshan – II DC	Pet Photography Photography contest Selfie contest Quiz	Chemistry Commerce Family & Community Science Botany	Participation
15.	Asmi Shahul – II DC	Food Photography Space week Quiz	Family & Community Science Chemistry	Participation

16.	Jithu Mariya Joseph – II DC	Poster making Quiz Caption writing	English Botany Family & Community Science	Participation
17.	Mariya Giji – II DC	Caption writing	Family & Community Science	Participation
18.	Roshna A – II DC	Poster making Quiz	English Botany	Participation
19.	Vani Vijayakumar – II DC	Food photography Caption writing	Family & Community Science	Participation
20.	Archa Biju – II DC	Space week quiz Wild life week quiz	Chemistry Zoology	Participation
21.	Kavya S – II DC	Space week quiz Wild life week quiz	Chemistry Zoology	Participation
22.	Suzain Kurian – II DC	Book review Food photography	Computer Science Family & Community Science	Participation
23.	Fajarna Jabbar – II DC	Food photography	Family & Community Science	Participation

24.	Nimmu Kuriakose – II DC	Online dance contest	Chemistry	Participation
25.	Shafeena Irshad – II DC	Space week quiz	Chemistry	Participation
26.	Jaeza Shaji – II DC	Food photography	Family & Community Science	Participation
27.	Parvathy B.L – II DC	Photography Food photography	NCC Family & Community Science	Participation
28.	Merlin Puthenparambil Koshy – II DC	Quiz	Botany	Participation
29.	Revathi – II DC	Wildlife week quiz Quiz Food Photography	Zoology Botany Family & Community Science	Participation
30.	Aparna Kunjumon – II DC	Quiz Caption writing	Physics Family & Community Science	Participation
31.	Roshna A –II DC	Essay Writing Competition (Importance of social justice in Indian Society	Sociology	1 st Prize

INTER COLLEGE COMPETITIONS

PHOTOGRAPHY CONTEST – ONAM THROWBACK PHOTOS, BY III DC- 26th to 31st AUGUST, 2020

An Inter college photography competition was held on 26 august 2020 to bring back the mesmerizing memory of Onam. The photos were asked to send to the mail – id foodsciencecompetitions1822@gmail.com before the due date.

The received photos were evaluated on the basis of Instagram likes on the @bcmfsqc instagram page and declared the winner on 31 August and certificates was given.

The winner of the competition was **AISWARIYA.A, NSS College, Pandalam.**



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM
DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL
PRESENTS
KERALOTSAV 2K20
INTER COLLEGE PHOTOGRAPHY CONTEST
TOPIC: ONAM THROWBACK PHOTOS

Photography Contest
submit on or before August 26
send it to
foodsciencecompetition1822@gmail.com

GENERAL GUIDELINES TO PARTICIPATE

- * ONLY ONE PHOTO IS ALLOWED PER PERSON.
- * LATE SUBMISSIONS ARE NOT ENTERTAINED.
- * BASIC EDITING INCLUDING COLOUR ENHANCEMENT, CROPPING, USE OF FILTERS ARE ACCEPTABLE.
- * WINNERS WILL BE DECLARED ON 31 AUGUST.
- * JUDGEMENT WILL BE BASED ON THE NUMBER OF LIKES ON THE INSTAGRAM PAGE.
- * WINNERS WILL BE GIVEN E-CERTIFICATE

ONAM TRIVIA COMPETITION, BY III DC- 27TH AUGUST, 2020

An Inter college Quiz competition was conducted on 27 august 2020, as a part of Onam celebration. This online competition helped in bringing forward the traditional knowledge about the festival to the present generation.

The winner was **Ms DARSHINI, B. Tech Food Science and Technology, KUFOS.**



ADVERTISEMENT MAKING COMPETITION, BY III DC- 15th to 20th OCTOBER, 2020

In relation to **World Food Day**, the department held a competition **RUOKA SIBUS ANNUS** to give your hunger a new option. The participants was asked to create an ad on “**Tervis Food Delivery App**”.

The entries were mailed to the ID- foodscience1822@gmail.com from 15 to 20 October, 2020. And the winner was announced on 21 October, 2020.

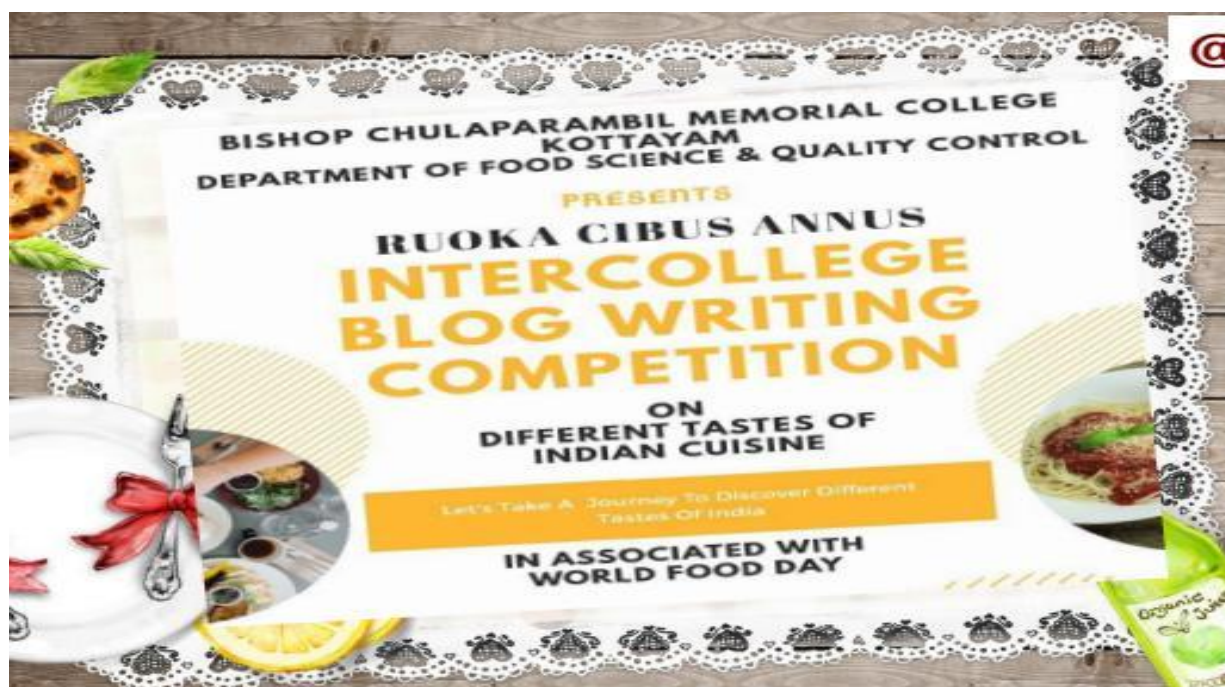
Ms Ann Mary Roy, B.Tech Food Technology TKM College, Kollam was declared as the winner and was given a cash prize worth Rs 1000/- which was sponsored by **Mr. Yesudas Augustine** and **Mr. Andruz Arakkal**, owner of **SUGUNA DAILY FRESH**, Ernakulam.



INTER COLLEGE BLOG WRITING COMEPETITION, BY II DC- 15th to 20th OCTOBER, 2020

A Blog writing competition was held from 15 to 20 October 2020 on the topic “**DIFFERENT TASTES OF INDIAN CUISINE**”. The entries were mailed to foodscience1822@gmail.com before 20th October. The evaluation of the blog was done by Mrs. Anju Cherian, Head of Department of Food Science and Quality Control and the winner was awarded a cash price of Rs 500/-, sponsored by **Mrs. Arunaya M.L**, owner of **OJUS MEDI HUB**, Kottayam.

The winner was **Nikhat Khatoon**, Department Of Clinical Nutrition And Dietics, Ghokale Memorial College Kolkata



A DECEMBER TO REMEMBER – SELFIE WITH SANTA & CHRISTMAS CAKE RECIPE WRITING CONTEST- 15 to 20th DECEMBER, 2020

The department Food Science & Quality Control held two competitions in relation with Christmas to bring back the joy of Christmas. It held from 15 to 22 December on the online platform.

The Selfie with a Santa was a competition in which the participants were asked to send a Selfie in which they have to pose along with a Santa. And the entries were mailed to foodscience1822@gmail.com. The winner was awarded with a cash price sponsored by **Mr. Yesudas Augustine** and **Mr. Andruz Arakkal**, owner **NARAKKAL HARDWARES**.



Another competition conducted was a Christmas cake recipe writing contest, where the participants were asked to send a recipe along with a photo of the holding the cake. The entries were accepted through foodscience1822@gmail.com. The winner was awarded cash price sponsored by **Mr Joy, Managing Director of AFTERS BAKE HOUSE, Palarvattom, Heavenly Plaza, Cochin- 25.**

IMPORTANT DAY CELEBRATIONS

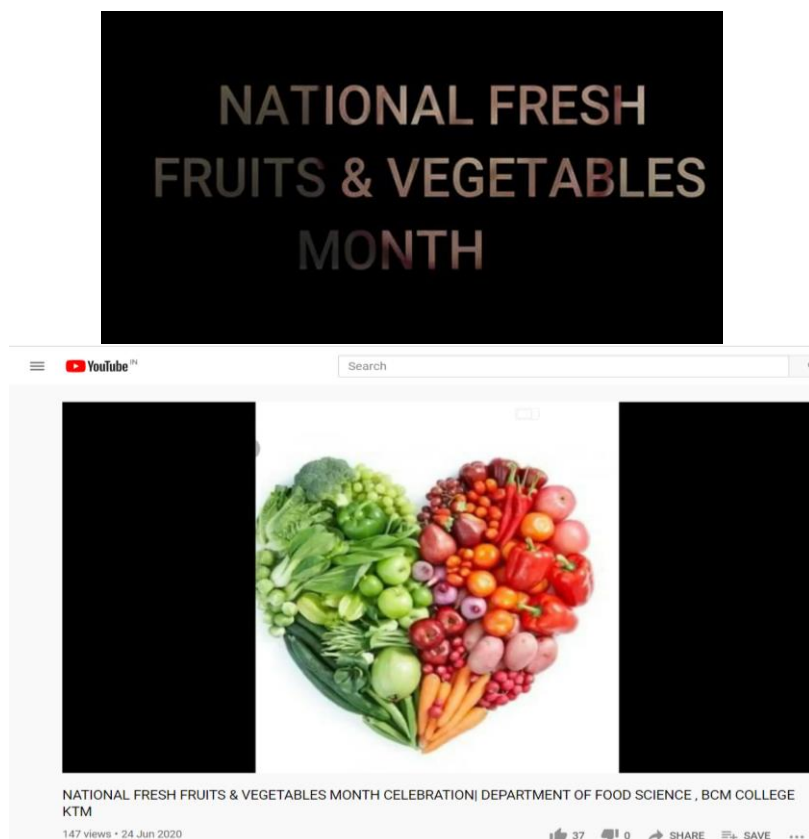
WORLD FOOD SAFETY DAY, BY II DC STUDENTS – 10TH JUNE 2020



The video titled “Food Safety Tips & Corona” was released in connection with World Food Safety Day, on 7th June 2020. The video was made by second year students of Food Science and Quality Control. The video enhanced the importance of food safety tips during the corona pandemic. Food safety tips are used as a scientific discipline describing the handling, preparation and storage of food which prevents food borne illness. The five important points to enhance food safety discussed in this video are: - ensure it safe, grow it safe, keep it safe, eat it safe, and at last Team up for food safety. All the second-year students took part in this video preparation to promote the need for food safety during this pandemic situation.

The link for the video: https://youtu.be/tBv954_EsCM

NATIONAL FRESH FRUITS AND VEGETABLES MONTH, BY II DC STUDENTS – 24TH JUNE 2020



A video related to ‘National fresh fruits and vegetables month’ was released on 24th June 2020 in the YouTube channel by the II DC students of Food Science and Quality Control department.

The video was about the importance of fresh fruits and vegetables in the diet. Variety of nutrients present in different fruits and vegetables, importance of vegetable gardening, the path of food from farm to table and the benefits of adding more fruits and vegetables in the diet were discussed in this video. All the students of second year actively took part in making the video.

YouTube Link:- https://youtu.be/tBv954_EsCM

MUHARAM DAY CELEBRATION, BY III DC FSQC- 29th AUGUST, 2020



According to the traditional customs, Muharram is the first month of the Islamic calendar and considered to be highly religious. Muharram, in itself, means “forbidden” and is considered to be holy.

In accordance with Muharram celebration, the III DC students of Food Science and Quality Control, BCM College made an Online Muharram Special dance cover “INSHAALLAH” which was uploaded on 29th August 2020. The participants involved in the dance cover were: **Ms Hazel Maria Soni, Ms Konchitha Dais Renjan, Ms Broniya Sunny and Mrs Femina Mary Stalin** of third year.

Link of the video: <https://www.youtube.com/watch?v=BbbbIsJ7KuM>

ONLINE ONAM CELEBRATION, BY II DC & III DC STUDENTS, 28th SEPTEMBER, 2020

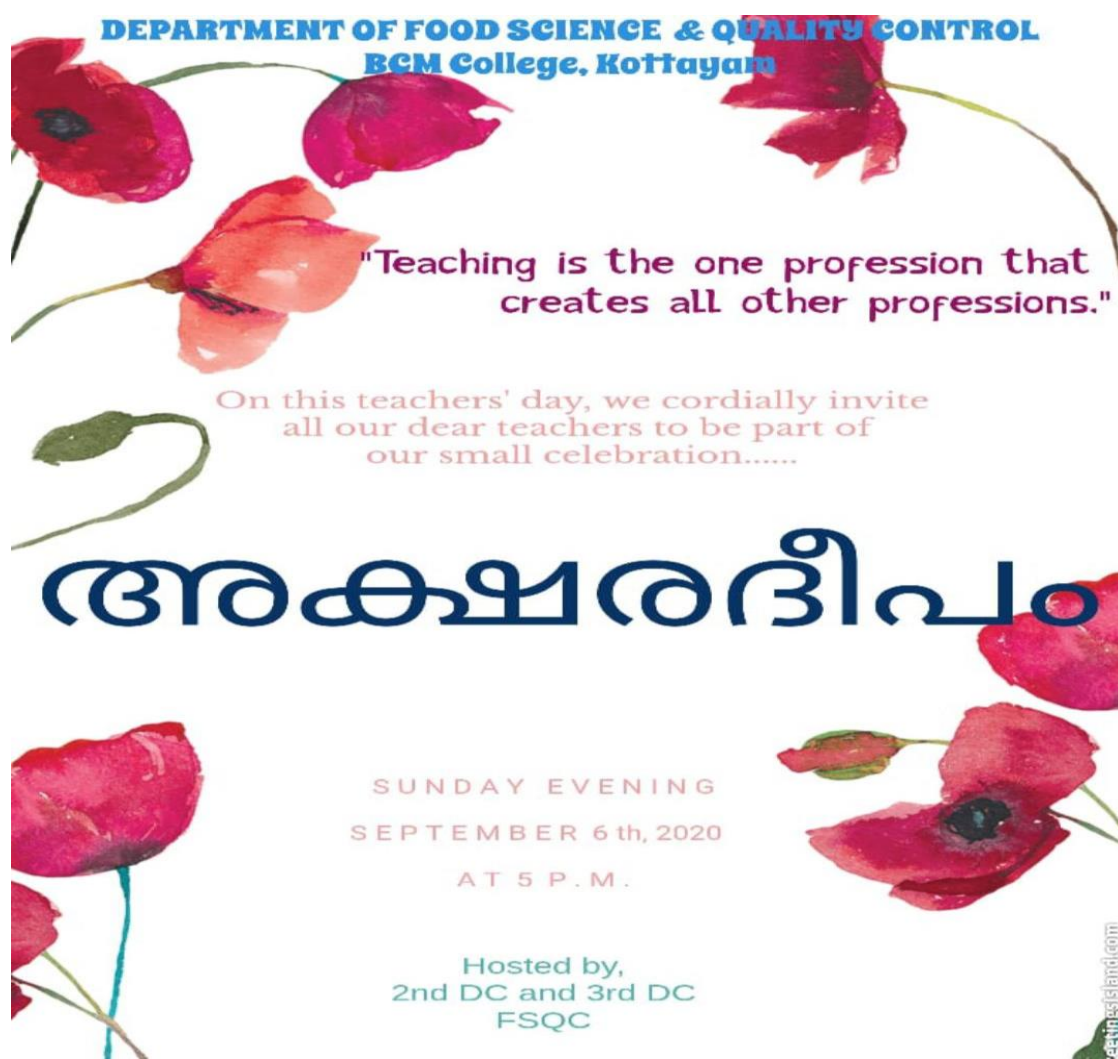


As part of the Onam festival of the year, 2020, the celebration was conducted through online on August 28, 2020. The program was organized by both III DC and II DC students of Food Science and Quality Control. The celebration included various activities. The prayer song and Department theme song was sung by **Ms Ajina Sojan** of III DC. The event included programs like singing, dancing, etc. and was conducted within in the presence of the teachers. The event commenced at 4.30pm in the evening. **Mrs Divya G Pai**, III DC hummed a song which beautified the occasion.

Also a Onam Celebration video was prepared by the students of III DC, and the poster was made by **Ms Sona Sabu**, III DC, and voice over given by **Saneena Saji**, III DC. The editing activity was done by **Ms Soosan Kuriakose** and **Ms Shalu P James**.

As a part of Onam Celebration, a dance video was also uploaded and the participants of the video were **Mrs. Femina Mary Stalin**, **Ms Krishnaja K**, **Ms Broniya Sunny**, **Ms Hazel Maria Soni** and **Ms Konchitha Dias Renjan**. The editing activity and poster was prepared by **Ms Krishnaja K**, III DC.

**TEACHERS DAY CELEBRATION, BY II DC & III DC
STUDENTS, 6th SEPTEMBER, 2020**



“Teaching is the one profession that creates all other professions”. The students of Food Science and Quality Control conducted a program “AKSHARADEEPAM” to celebrate Teacher’s day and to thank them for their continued support and guidance. The program was hosted jointly by both the IIDC and III DC students. It was conducted on 6th September at 5pm evening.

Mrs. Anju Cherian, Mrs. Rittu Susan Babu, Mrs. Abiya Liya Thomas and the former teacher of the department, **Mrs. Jiji Thankachan** also joined for the event. Different activities were organized for the event. The students performed for the teachers on the day by singing and dancing. Also several games were also prepared for the teachers, for which they actively participated

The event was organized through an online platform- Google Meet.

Link for the meet: <https://meet.google.com/vot-oody-ohn>

**INTERNATIONAL COFFEE DAY CELEBRATION- BY III DC
STUDENTS, 2020- 1st OCTOBER, 2020**



International Coffee Day (1 October) is an occasion that is used to promote and celebrate coffee as a beverage, with events now occurring in places across the world. It is also celebrated for raising awareness for the plight of the coffee growers.

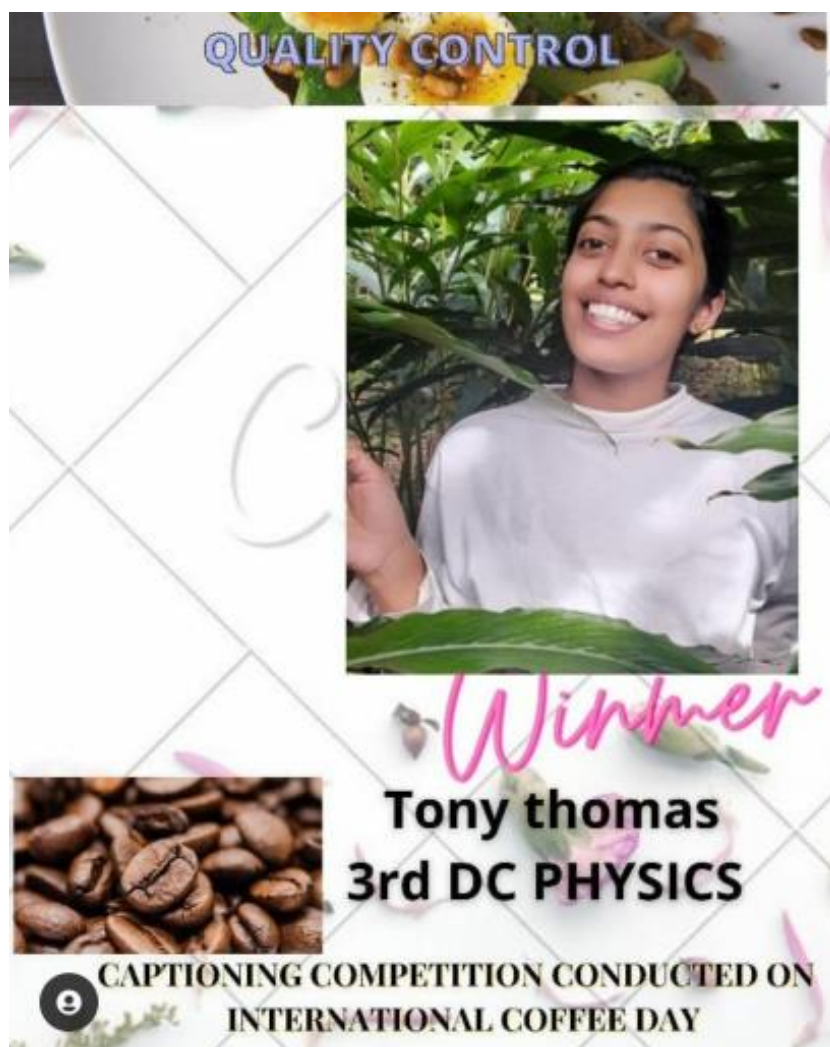
CAPTION IT is a competition conducted by the students of III DC Food Science and Quality Control. It was conducted as a part of the International Coffee Day on October 1, 2020. It was a picture captioning competition. A picture was posted and suitable captions for that image were welcomed. The competition was scheduled from 2.30 pm of October 1, 2020 to 4pm of October 2, 2020. It was conducted in Instagram. The picture was posted on the “bcmfsqc” instagram page. The participants were requested to give their caption as a comment in the comment section of the instagram post. The entries were judged on the basis of the suitability of the caption and the best caption was selected and rewarded. The picture was selected to appreciate the hard work and sacrifice of the health workers fighting against the global pandemic Covid 19.

PICTURE:



The winner of the competition was Tony Thomas of 3rd DC Physics.

The name of the winner was announced on 3rd October and a poster with the photo of the winner was posted on the instagram page of the department.








**OPAL MONTH: - OCTOBER, BY II DC STUDENTS – 31st
OCTOBER 2020**



S. No.	DATE	IMAGE	FOOD DAY	INSTAGRAM LINK
1	5-10-2020			https://www.instagram.com/p/CF9Aq24DQqY/?utm_source=ig_web_copy_link
2	5-10-2020		National Fried Scallops day	https://www.instagram.com/p/CF9A26OjSFK/?utm_source=ig_web_copy_link
3	7-10-2020		National Caramel Custard day (3-10-2020)	https://www.instagram.com/p/CF9BCgtDwD6/?utm_source=ig_web_copy_link
4	5-10-2020		National Taco Day (4-10-2020)	https://www.instagram.com/p/CF9WsrIDcrG/?utm_source=ig_web_copy_link
5	5-10-2020		National Apple Betty Day (5-10-2020)	https://www.instagram.com/p/CF91y94jLRU/?utm_source=ig_web_copy_link

6	6-10-2020		National Noodle Day	https://www.instagram.com/p/CF_nbjdD9xt/?utm_source=ig_web_copy_link
7	7-10-2020		National Frappe day	https://www.instagram.com/p/CGB-3EVD4em/?utm_source=ig_web_copy_link
8	8-10-2020		National Fluffernutter Day	https://www.instagram.com/p/CGEdOWpDKgu/?utm_source=ig_web_copy_link
9	9-10-2020		International Beer & Pizza day	https://www.instagram.com/p/CGHNdFsDLBN/?utm_source=ig_web_copy_link
10	10-10-2020		National Angel Food Cake Day	https://www.instagram.com/p/CGJifbbDpbj/?utm_source=ig_web_copy_link

11	11-10-2020		National Sausage Pizza Day	https://www.instagram.com/p/CGMhOwfDnje/?utm_source=ig_web_copy_link
12	12-10-2020		National Pumpkin Pie Day	https://www.instagram.com/p/CGOyIjpjsOg/?utm_source=ig_web_copy_link
13	13-10-2020		National Yorkshire Pudding Day	https://www.instagram.com/p/CGRadHNjIBA/?utm_source=ig_web_copy_link
14	14-10-2020		National Dessert day	https://www.instagram.com/p/CGT0t7uj-AG/?utm_source=ig_web_copy_link
15	15-10-2020		National Mushroom Day	https://www.instagram.com/p/CGW7YmiD51D/?utm_source=ig_web_copy_link

16	17-10-2020	 <p>Pasta is one of the world's most favorite foods. Spaghetti, lasagna, rotini, tortellini, there are over 400 known pasta shapes. It's delicious, it's nutritious, it's versatile. It can be enjoyed as a main course, or as a side dish.</p> <p>#TRUE FACT</p> <p>October 17 : National Pasta Day</p>	National Pasta Day	https://www.instagram.com/p/CGb3f_bjNFl/?utm_source=ig_web_copy_link
17	18-10-2020	 <p>Chocolate cupcakes were born out of a 1796 cookbook called American Cookery and have since grown into a worldwide craze and dessert staple. So let's appreciate all there is about delicious chocolate cupcakes and the experience they bring to everyone who enjoys them.</p> <p>#TRUE FACT</p> <p>October 18 : National Chocolate Cupcake Day</p>	National Chocolate Cupcake day	https://www.instagram.com/p/CgeSd1oDwML/?utm_source=ig_web_copy_link
18	19-10-2020	 <p>Bisque is a smooth, creamy, highly seasoned soup of French origin, classically based on a strained broth of crustaceans. It can be made from lobster, crab, shrimp or crayfish.</p> <p>#TRUE FACT</p> <p>October 19 : National Seafood Bisque Day</p>	National Seafood Bisque Day	https://www.instagram.com/p/CGhJZX7jd2U/?utm_source=ig_web_copy_link
19	20-10-2020	 <p>Brandied fruit is a scrumptious treat that is easy to make and can be enjoyed anytime of the year. Storing fruits in brandy is a simple way to preserve the wonderful tastes of the harvest season without the hassle of canning.</p> <p>#TRUE FACT</p> <p>October 20: National Brandied Fruit Day</p>	National Brandied Fruit Day	https://www.instagram.com/p/CgjmUXhDF3K/?utm_source=ig_web_copy_link
20	21-10-2020	 <p>In 1975, Oct. 21 was declared International Day of the Nacho, in honor of the supposed inventor of the nacho, Mexican chef and maitre d' Ignacio Anaya.</p> <p>#TRUE FACT</p> <p>October 21: InterNational Day of Nacho</p>	International Day of Nacho	https://www.instagram.com/p/CGl4U81Dwh6/?utm_source=ig_web_copy_link

21	22-10-2020		National Nut Day	https://www.instagram.com/p/Cgoq7ZIDErW/?utm_source=ig_web_copy_link
22	23-10-2020		National Canning day	https://www.instagram.com/p/CGrK43DDgbn/?utm_source=ig_web_copy_link
23	25-10-2020		National Greasy Foods Day	https://www.instagram.com/p/CGwZitXdfTP/?utm_source=ig_web_copy_link
24	26-10-2020		National Pumpkin day	https://www.instagram.com/p/CgzCnY_DMxN/?utm_source=ig_web_copy_link
25	27-10-2020		Potato day	https://www.instagram.com/p/CG1aR44j79z/?utm_source=ig_web_copy_link

26	28-10-2020	 <p>Wild Foods Day is a celebration of wild plants, fruits, and vegetables. Humans have been eating fruits and harvesting food from the wild for thousands of years. Due to a popular trend, wild plants now often appear on menus in gourmet restaurants and fine food restaurants. Wild foods are free of pesticides and herbicides and are a part of an eco-friendly lifestyle.</p> <p>#TRUEFACT</p> <p>October 28 : Wild Foods Day</p>	Wild Foods Day	https://www.instagram.com/p/CG4AoghDPFT/?utm_source=ig_web_copy_link
27	29-10-2020	 <p>Oatmeal, while praised today by nutritionists and health gurus, comes from very humble beginnings. Oatmeal is one of the healthiest grains on earth. They're gluten free, rich in antioxidants, and help you lose weight, lower your blood sugar, and reduce risks of heart disease.</p> <p>#TRUEFACT</p> <p>October 29 : Oatmeal Day</p>	Oatmeal Day	https://www.instagram.com/p/CG6x9EajPp8/?utm_source=ig_web_copy_link
28	30 10-2020	 <p>George Rengler, who worked at Wm. Wrigley Candy Company, created candy corn in the 1900s. Working out of Philadelphia, he invented it to celebrate what he believed to be the beauty of corn (a symbol of autumn) and the colors of candy corn. He said it was a symbol of hope and for as well as a burst of sugar.</p> <p>#TRUEFACT</p> <p>October 30 : Candy Corn Day</p>	Candy Corn day	https://www.instagram.com/p/CG9IlrVDJTe/?utm_source=ig_web_copy_link
29	31-10-2020	 <p>In the 1950s, a Kraft Foods employee had a plethora of caramel candies leftover from the ghastly holiday and, apparently, a few apples as well. Figuring out a way to use up these extra caramels, the confectioner, Dan Walker, decided to melt them and covered the apples with the melted caramel, creating an immediate autumn classic.</p> <p>#TRUEFACT</p> <p>October 31 : Caramel Apple Day</p>	Caramel Apple day	https://www.instagram.com/p/CG_yXBKDx3o/?utm_source=ig_web_copy_link

In the month of October 2020, the second year students of Department of Food Science and Quality Control initiated to post true facts on the basis of food calendar from 1st October to 30th; it was intended to provide a basic idea of special food days in October to the readers. The poster outlook won an attraction from the reader to look through the content. The students also posted an interesting video concluding all special foods days in October.

YouTube Link: <https://youtu.be/4g6yKVjfRQ0>

EGG DAY CELEBRATION, BY III DC STUDENTS- 9th OCTOBER 2020



Egg Recipe Competition was an inter-department competition which was held as part of the Egg Day. . The Day is a unique opportunity to help raise awareness of the benefits of eggs and is celebrated in countries all around the world. The competition was to make an egg recipe and write down its recipe. It was conducted from 6 to 9 October 2020 and the winner of the competition was ALEENA ROY, 2nd DC Sociology, BCM College

The winner of the competition was **Aleena Roy** of II DC Physics.

The name of the winner was announced on 19th October and a poster with the photo of the winner was posted on the instagram page of the department



WORLD FOOD DAY CELEBRATIONS- BY II DC & III DC STUDENTS- 15 to 20th OCTOBER, 2020



The Department of Food Science & Quality Control celebrated the 2020 World Food Day. The event was named as “ROUKA SIBUS ANNUS”. The II & III DC jointly conducted and coordinated the event.

As part of the World Food day, the students released several videos in the department YouTube channel, conducted Inter-College level competitions and also organized a webinar.

The Intercollege contest conducted by the III DC students of Food Science and Quality Control held from 15-20 October .It included an Intercollege Blog writing Competition on different taste of Indian cuisines and also to create an advertisement on “Tervis Food Delivery App”.

The entries were asked to mail to the ID- foodscience1822@gmail.com from 15 to 20 October, 2020. And the winner was announced on 21 October, 2020. The evaluation of the competitions was done by Mrs. Anju Cherian, Head of Department of Food Science and Quality Control and

ANN MARY ROY, B. TECH FOOD TECHNOLOGY TKM COLLEGE, KOLLAM was declared as the winner and was given a cash prize worth Rs 1000/- which was sponsored by Mr. Yesudas Augustine and Mr. Andruz Arakkal, owner of Suguna Daily Fresh, Ernakulam.



The winner of Blog writing competition was **NIKHAT KHATOON, DEPARTMENT OF CLINICAL NUTRITION AND DIETICS, GHOKALE MEMORIAL COLLEGE KOLKATA** and was awarded a cash price worth Rs 500/-, sponsored by Mrs. Arunaya M.L, owner of Ojus Medi Hub, Kottayam



The webinar was organized on October 16 on the topic **“Is the life sustaining element at stake?”** The webinar was led by Mrs. Anjali Padmanabhan, First Rank holder in B Tech under CUSAT .Former Lecturer in food Tech at MES College, Mampad. The webinar took place in the online platform Google Meet commenced from 10 and ended at 11am .

Google Meet Link: <https://meet.google.com/zue-cdjc-I>

Third year students of Department of Food Science and Quality Control posted five informative videos in accordance with World Food Day in Fsqc Bcm YouTube channel.

The first video was about World Food Day. This video was about zero hunger, the impact of pandemic in agricultural sector, the importance of maintaining diet, the importance of public food distribution and also on the covid warriors

and food heroes. This video got great appreciation from the viewers. It was published on 16th October.

YouTube Link:- https://youtu.be/An_Q2qr_gg0

The second video “HONOUR THE FOOD HEROES” was released on 18th October 2020. This video was created to salute all the food heroes responsible in sustaining life in our planet.

YouTube Link:- <https://youtu.be/U-1jzVIUkN8>

“NOURISH TO FLOURISH” was the third video posted by the students on 20th October 2020. This video provided with information about the history and importance of Food Day and Food Sustainability. This video describes the motto of world food day celebration and its ideas from the year of 1992 -2021

YouTube Link:- <https://youtu.be/Y820Gie7aF4>

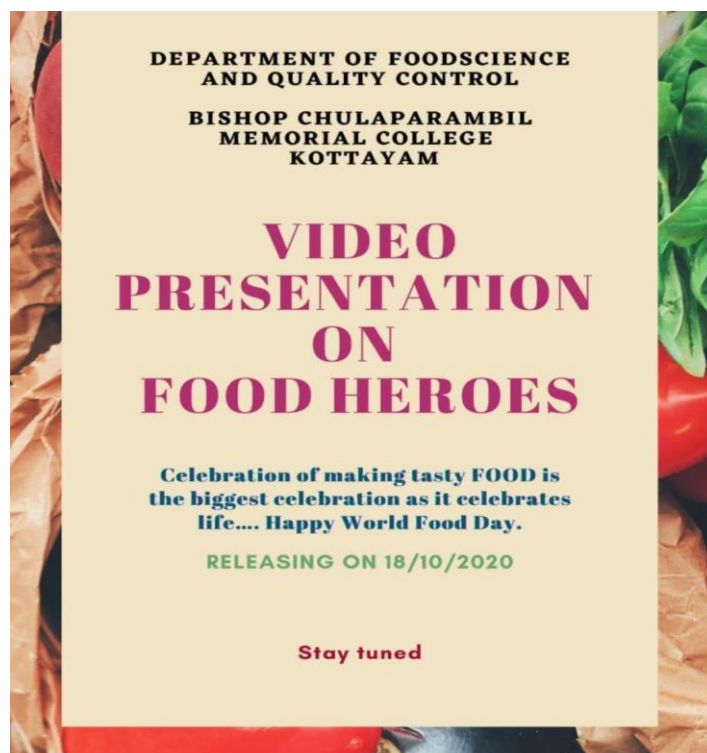
The fourth video provides an exact picture on the theme of World Food Day 2020 and it was published on 22nd October 2020.

YouTube Link:- https://youtu.be/_hsg-nT4SZE

The last video was quite different from other videos. The video was about “29 STATES, 29 DELICACIES “ which was published on the National Food Day.

YouTube Link:- <https://youtu.be/HuMx5dh8zFg>

All the videos created in accordance with World Food Day were greatly appreciated by everyone and got excellent feedbacks from the viewers.



II DC students of department of Food science and quality control, Bishop Chulaparambil Memorial College, Kottayam created a video titled ‘World Food Day’ in accordance with ‘World Food Day 2020’. It was uploaded in the department YouTube channel ‘Fsqc Bcm’ on 16th of October, 2020. The video was based on the theme ‘Grow Nourish Sustain Together Our Actions are our Future’. All the 2nd DC students actively participated in the making of video and Aparna Kunjumon of the class edited the video.

The following sub topics were precisely included in the video:

- Eradication of hunger
- Impact of COVID-19 in agricultural sector
- Food policies implemented by India Government 2020
- Need of healthy diet for all
- Impact of COVID-19 in food sector
- Gratitude to COVID-19 warriors.



KERALAPIRAVI DHINAM CELEBRATION, BY II & III DC STUDENTS, 1ST NOVEMBER, 2020



As a part of Kerala Piravdhinam, II & III DC students of Food Science and Quality Control created a two different videos. One video was wishing video, which conveyed a happy and joyful Keralapiravi wishes to everyone, it also involved a mesmerizing song sung by **Mrs. Divya G Pai** of third year.

Another video was about the accomplishments and achievement attained by the state, Kerala. It also mentioned about the importance of the Kerala Piravi Dhinam

The link for the videos:

<https://youtu.be/QLNh4DneZyY>

<https://youtu.be/ZuvxTy7EmZU>

SUGAR AWARENESS WEEK, BY III DC STUDENTS- 10th to 16th NOVEMBER, 2020



The food science department celebrated the **Sugar Awareness Week** remarkably, which held from November 10 to 16, 2020. Along with the Sugar Awareness week, the department also celebrated the **World Diabetes Day (November 14, 2020)** and **‘National Clean Out Your Refrigerator Day (November 15, 2020)**.

As part of this, III DC students of Food Science and Quality Control created a video presentation from November 11-16 associated with the Sugar week. The 6 day extended program, mainly discussed and covered various aspects related to sugar. The videos were uploaded in the department YouTube channel and also was posted in the department Instagram account..

The First day video is all about **“What is your Drink?”** The video explained about the composition of the sugar in various drinks.

The Second day video was about “**Sugar and Diabetes**”. The students uploaded it on the YouTube channel of the department.

The third day and fourth day describes the importance of “**Sugar and Child Obesity**”.

The fifth day video is was about ‘**National Clean Out Your Refrigerator Day**’ which is celebrated on the 15th of October. The importance of cleaning one’s refrigerator and the ways in which it can be done was discussed in detail in the video.

The last and final day discussed about the method of “**Prevention of Diabetes.**”

The link for the videos:

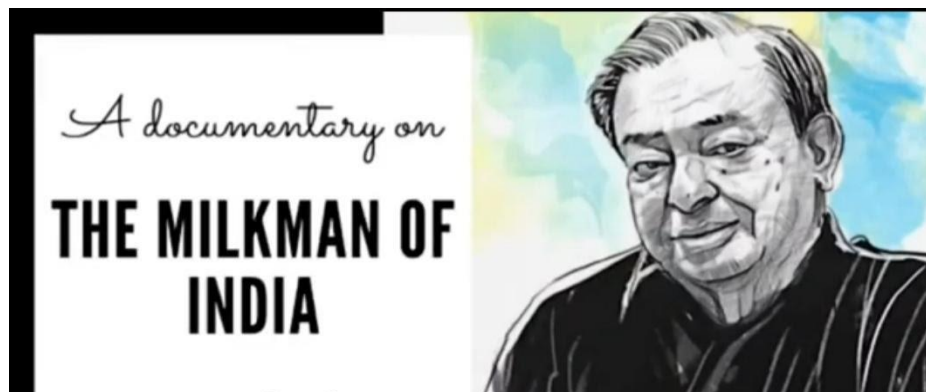
- Promo video - <https://youtu.be/X6WR4Py-6n4>
- What’s in your drink? - <https://youtu.be/6eJFMPn8MME>
- Sugar& Diabetes: Part 1 - <https://youtu.be/xSIUZQoyR2U>
- Sugar& Diabetes: Part 2 - <https://youtu.be/bHA6E8Lx-O0>
- Sugar & Child Obesity: Part 1 - <https://youtu.be/dIZ4jxs-2HU>
- Sugar & Child Obesity: Part 2:

https://www.instagram.com/tv/CHkg4Wujyo6/?utm_source=ig_web_copy_link

National Clean Out Your Refrigerator Day:

https://www.instagram.com/tv/ChnJxA2DtwN/?utm_source=ig_web_copy_link

BIRTHDAY OF DR. VARGHESE KURIAN- FATHER OF “WHITE REVOLUTION”, BY III DC STUDENTS – 25TH NOVEMBER 2020



The **National Milk Day** is celebrated every year on 26 November in India to honour the ‘Father of White Revolution’ or ‘Milkman of India’ **Dr. Varghese Kurien**. He is the founder of Amul Dairy, Gujarat.

As a tribute to Dr. Varghese Kurien on his day and as the remembrance of his work and his life, the III DC students of the Department of Food Science and Quality Control of B.C.M College, Kottayam released a documentary named “THE MILKMAN OF INDIA” which consists of 2 parts.

To celebrate Dr.Varghese Kurien’s 99th birth anniversary, we released documentary Part 1 on 25 November 2020 and Part 2 on 26 November 2020.

The main topics we included in the documentary are:

1. Dairy in India (milk and milk products)
2. Dr. Verghese Kurien and his life history
3. Origin of Amul
4. Role of Dr. Verghese Kurien in milk production of India
5. Operation flood
6. Amul and its impact

7. How he became the Milkman of India?

The documentary was uploaded in the YouTube department channel Fsqc Bcm as “A Tribute to the Legend of White Revolution”. And got many feedback from the viewers and appreciated for the efforts.

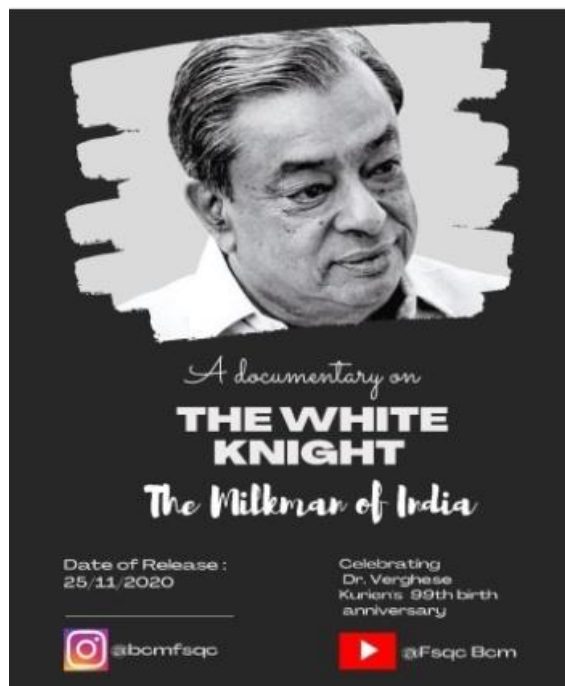
The students who were in charge of the preparation of documentary were:

- Maria Treesa Jose
- Aneesha Thomas
- Devika Sudhevan
- Jewel Maria Thomas
- Sera Lilu Mohan

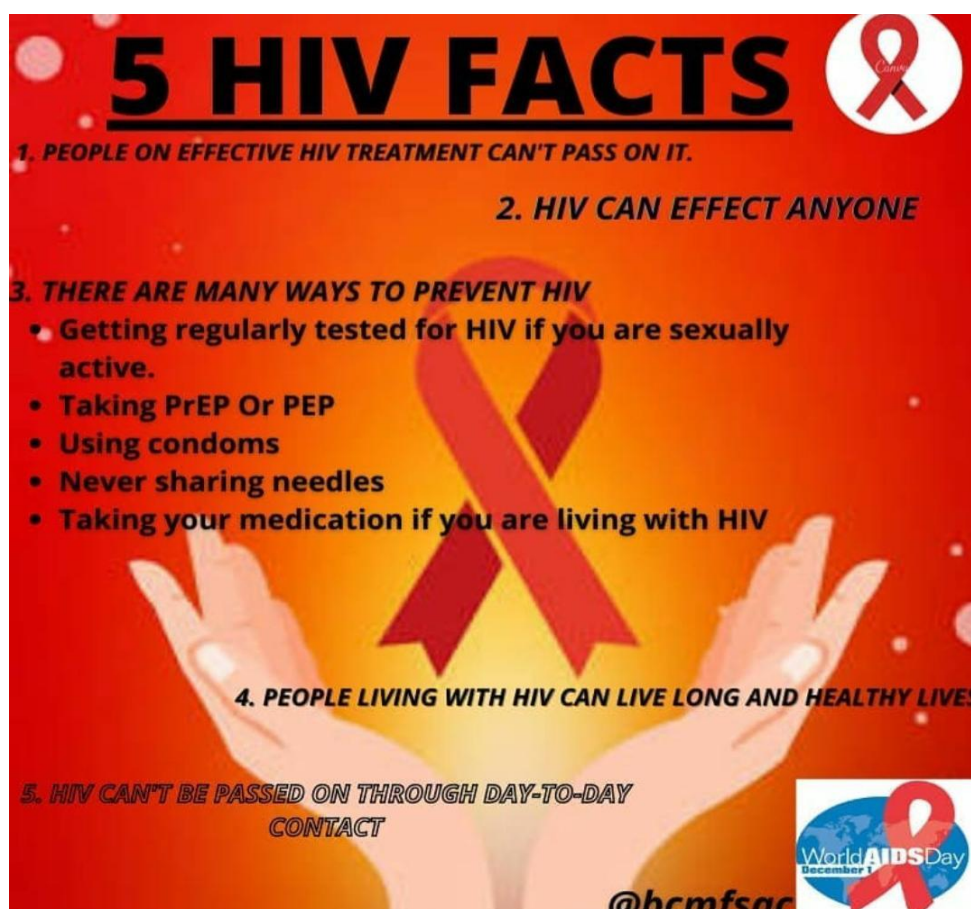
YouTube Link:-

- Documentary on Milkman of India Part 1: <https://youtu.be/MP59uWWxEic>
- Documentary on Milkman of India Part 2: <https://youtu.be/2h7tZ9VO6AA>

The releasing poster of the documentary:-



WORLD AIDS DAY CELEBRATION, BY III DC STUDENTS- 1st DECEMBER, 2020



1st December is celebrated as a world AIDS Day. As a part of the world AIDS Day, III DC students of Food Science and Quality Control created a poster to impart awareness among the public.

The poster was about the “**5 HIV FACTS**” which elucidates on the different methods of prevention of HIV. These 5 facts mainly discussed on the way how the HIV transmission occurs, and what all preventive measures can be taken to prevent from getting affected by this disease.

Instagram Link:

https://www.instagram.com/p/CIQCQflj1TD/?utm_source=ig_web_copy_link

INDIAN NAVY DAY CELEBRATION, BY III DC STUDENTS- 4TH DECEMBER, 2020



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM.
DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL

**AS PART OF THE INDIAN NAVY DAY WE ARE CONDUCTING
POSTER MAKING COMPETITION**

TOPIC : HONOURING INDIAN NAVY

*Poster making
competition.
submission date:
December 4th-7th.
sent to :
foodsciencecompetition
1822@gmail.com*

- GENERAL GUIDELINES TO PARTICIPATE.
- Participant should be a student of BCM college
- Both digital and paper posters are acceptable.
- Only one poster is allowed per person.
- Late submissions are not entertained.
- Winners will be declared on 12th December.
- Winners will be given an E- certificates.

The Indian Navy is a well-balanced three-dimensional force, capable of operating above, on and under the surface of the oceans and safeguards our national interests. Its objective is also to improve its circumstances in the Indian Ocean Zone. The theme of Navy Day 2020 is **“Indian Navy Combat Ready, Credible & Cohesive”**.

A poster Making Competition was conducted as an inter-department competition in connection with Indian Navy Day from 4th to 7th December, 2020. The competition involved certain guidelines for the participants and was asked to send into the respective food science mail id.

The III DC students also prepared a video on “INDIAN NAVY” which was uploaded on the YouTube on 4th December 2020 at 10 am.

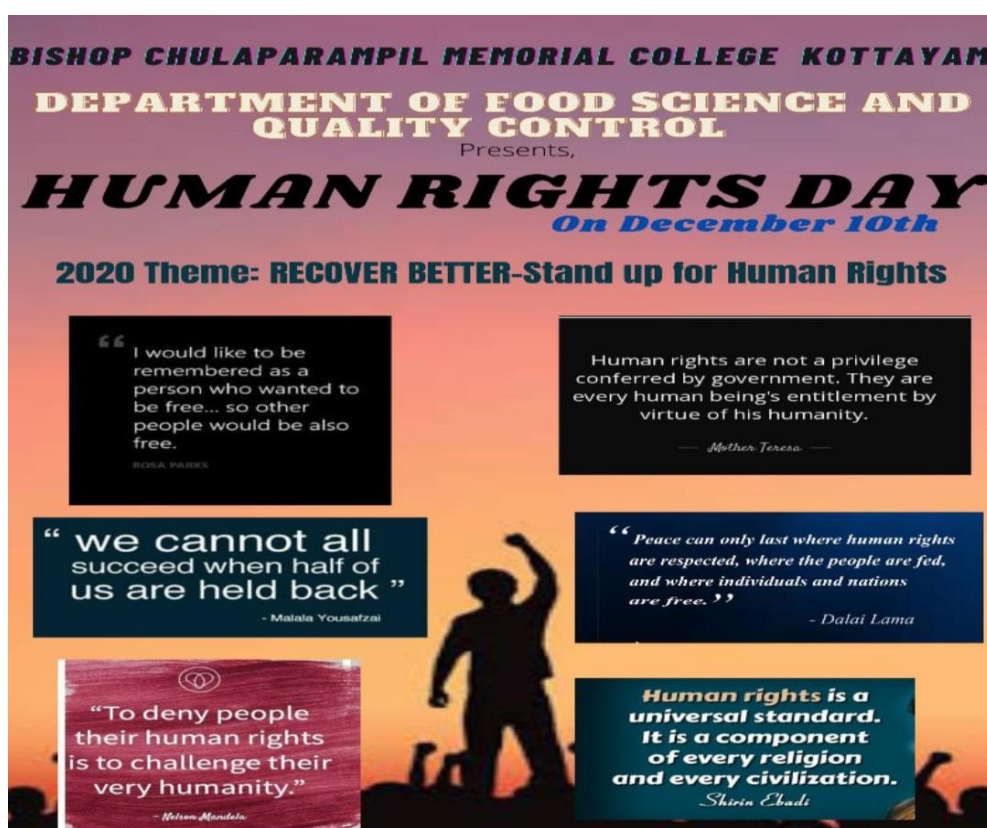
YouTube Link:- <https://youtu.be/aSnROXTYxQA>

The releasing poster of the video:



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HUMAN RIGHTS DAY CELEBRATION, BY III DC STUDENTS-10th DECEMBER, 2020



As a part of “Human Rights Day”, which is celebrated on 10th of December, the III DC students of Food Science and Quality Control made a poster on “**RECOVER BETTER-STAND UP FOR HUMAN RIGHTS**”. The poster intended to give awareness about Human Rights and their importance to the people. The poster was uploaded on the Instagram page of the department @bcmfsqc.

Instagram Link:

https://www.instagram.com/p/CincOuHj6OE/?utm_source=ig_web_copy_link

CHRISTMAS DAY CELEBRATION, BY I DC, II DC & III DC STUDENTS, 25th DECEMBER 2020



As a part of Christmas Day Celebration, the department of Food Science and Quality Control conducted a program ” A DECEMBER TO REMEMBER” on Google meet on 20th December at 6 pm. The chief guest of the program was **Mrs. Sophia Paul Reji** , Junior Health Inspector Grade z, Public Health Center (PHC), Kooropada.

The program commence with a prayer song by **Ms Abiya Saji** of I DC , followed by a welcome speech by **Ms Ahalya Ajaykumar** of III DC. A Christmas message was conveyed by **Mrs Anju Cherian**, HOD of the Department. And a surprise video was presented in which Christmas wishes from our former alumnus were recorded.

The arrival of the Covid 19 pandemic affected the lives of many people. Doctors, health workers, police officers and several Government officials worked very hard to control the massive spread of Covid. To honor these heroes the department invited Mrs Sophia Reji, Junior Health inspector, as a representative of all those heroes who made the lives of people easily.

After the honoring of the health workers, the chief guest expressed a few words. The program also included a dance performance by the students of I DC and a song sung by the students of II DC. The program ended with the vote of gratitude conveyed by **Ms Devu M. V** of I DC.

The agenda of the meet :




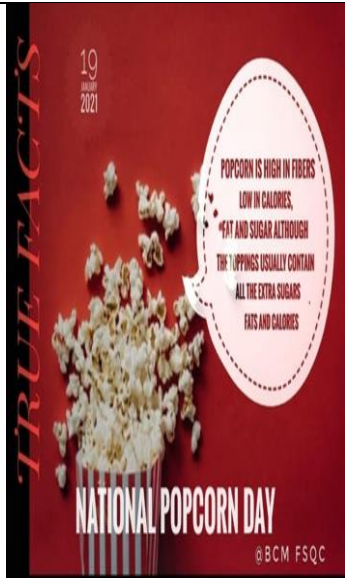
The III DC students of Food Science and Quality Control conducted an Inter College photography competition “SELFIE WITH SANTA” and also a “RECIPIE WRITING COMPETITION” from 15 to 22 December. The winners were provided with a cash prize of Rs.500 each.




The Department also conducted an Inter department card making competition from 12 to 22 December, associated with the Christmas celebration.


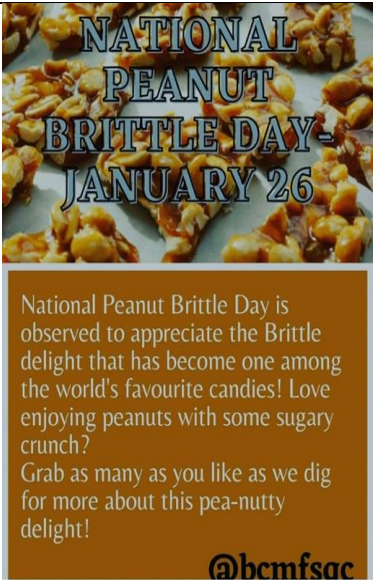
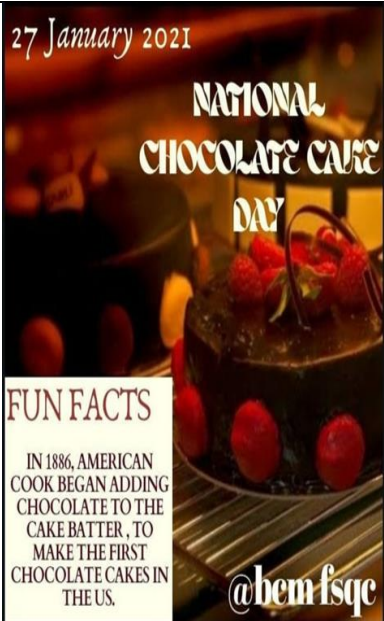
Google Meet Link: <https://meet.google.com/oxb-qidq-xrv>



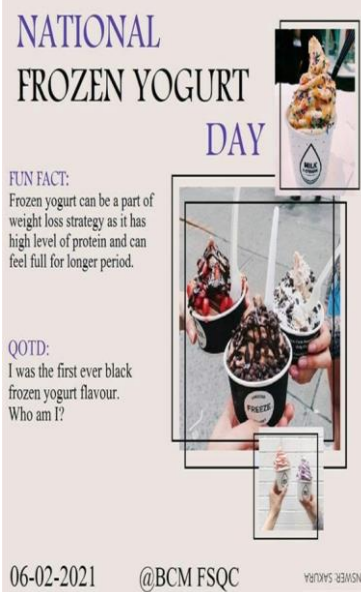


CELEBRATING DIFFERENT FOOD DAYS, BY II DC STUDENTS

S. No	DATE	POSTER	FOOD DAYS	INSTAGRAM LINK
1	16-1-2021		International hot and spicy day poster	https://www.instagram.com/p/CKFu4n-Dqom/?utm_source=ig_web_copy_link
2	19-1-2021		National popcorn day	https://www.instagram.com/p/CKNj3txjxJu/?utm_source=ig_web_copy_link

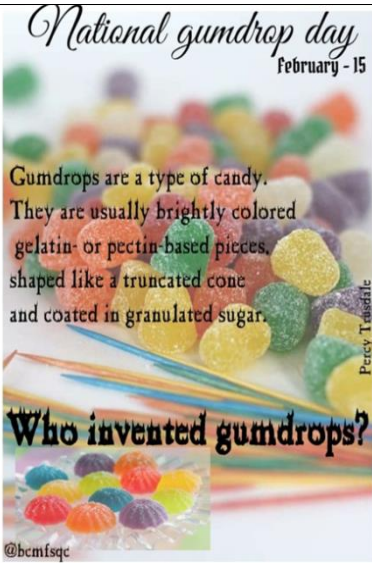

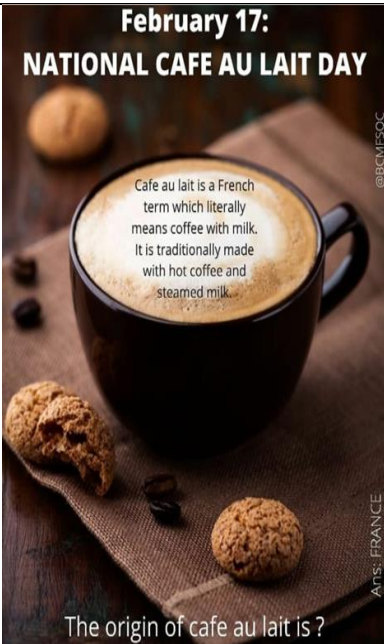
3	20-1-2021	 <p>NATIONAL CHEESE LOVER'S DAY</p> <p>FUN FACT: The most stolen food item in the world is cheese, with 4% of all cheese being sold end up stolen</p> <p>20/1/2020 @BCMFSQC</p>	National cheese lover's day	https://www.instagram.com/p/CKQEeMyjAYu/?utm_source=ig_web_copy_link
4	22-1-2021	 <p>National Hot Sauce Day, on January 22, is an excellent opportunity to show your appreciation for your favorite hot sauce. They come in a variety of styles, usually based on regionally available ingredients. They're also a staple in the culinary cultures of many countries throughout the world.</p>	National hot sauce day	https://www.instagram.com/p/CKVZMypj-mr/?utm_source=ig_web_copy_link
5	23-1-2021	 <p>FUN FACT THE OLDEST KNOWN PIE RECIPE WAS FOR A RYE CRUSTED GOAT'S CHEESE AND HONEY PIE IN ANCIENT ROME ABOUT 2000 YEARS AGO.</p> <p>Hey, it's NATIONAL PIE DAY</p> <p>JANUARY 23, 2021</p> <p>@BCMFSQC</p>	National pie day	https://www.instagram.com/p/CKX41rnD0pY/?utm_source=ig_web_copy_link

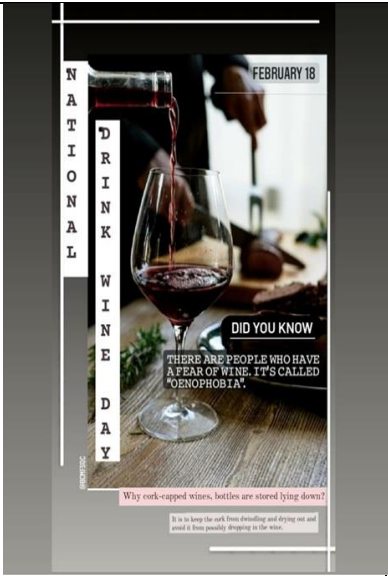

6	24-1-2021	 <p>NATIONAL PEANUT BUTTER DAY 24 January</p> <p>FUN FACTS It takes about 540 peanuts to make a 12-ounce jar of peanut butter</p> <p>@bcmfsac</p>	National Peanut Butter Day	https://www.instagram.com/p/CKbGJKLD00y/?utm_source=ig_web_copy_link
7	26-1-2021	 <p>NATIONAL PEANUT BRITTLE DAY - JANUARY 26</p> <p>National Peanut Brittle Day is observed to appreciate the Brittle delight that has become one among the world's favourite candies! Love enjoying peanuts with some sugary crunch? Grab as many as you like as we dig for more about this pea-nutty delight!</p> <p>@bcmfsac</p>	National Peanut Brittle Day	https://www.instagram.com/p/CKgGOOVDvaP/?utm_source=ig_web_copy_link
8	27-1-2021	 <p>27 January 2021</p> <p>NATIONAL CHOCOLATE CAKE DAY</p> <p>FUN FACTS IN 1886, AMERICAN COOK BEGAN ADDING CHOCOLATE TO THE CAKE BATTER, TO MAKE THE FIRST CHOCOLATE CAKES IN THE US.</p> <p>@bcmfsac</p>	National Chocolate Cake Day	https://www.instagram.com/p/Cki8p0jj1kY/?utm_source=ig_web_copy_link

9	28-1-2021	 <p>NATIONAL BLUEBERRY PANCAKE DAY JANUARY 28</p> <p>FUN FACT "Pancake Syndrome" is actually a medical condition. It occurs in tropical regions when the flour used in pancakes has been contaminated by mites and causes consumers to have an allergic reaction.</p> <p>@bcmfsqc</p>	National Blue Berry Pancake Day	https://www.instagram.com/p/CkktIY-jnb1/?utm_source=ig_web_copy_link
10	29-1-2021	 <p>NATIONAL CORNCHIP DAY JANUARY 29</p> <p>TRUE FACT: CORN CHIPS ARE MOST OFTEN EATEN ALONE OR WITH A CHIP DIP. THEY ARE A COMMON INGREDIENT IN HOMEMADE AND COMMERCIAL PARTY MIX.</p> <p>@bcmfsqc</p>	National Corn chip Day	https://www.instagram.com/p/CKnNqcSjjnv/?utm_source=ig_web_copy_link
11	6-2-2021	 <p>NATIONAL FROZEN YOGURT DAY</p> <p>FUN FACT: Frozen yogurt can be a part of weight loss strategy as it has high level of protein and can feel full for longer period.</p> <p>QOTD: I was the first ever black frozen yogurt flavour. Who am I?</p> <p>06-02-2021 @BCM FSQC</p> <p>ANSWER: SAKSHI</p>	National Frozen Yogurt Day	https://www.instagram.com/p/CK74-tiD1jy/?utm_source=ig_web_copy_link

12	7-2-2021	<p>Fettuccine Alfredo Day</p> <p>THE ORIGINAL RECIPE OF FETTUCCINE ALFREDO CONSISTED OF NOODLES, THREE KINDS OF FLOUR AND PARMIGIANO- REGGIANO CHEESE.</p>  <p>WHO IS THE CREATOR OF FETTUCCINE ALFREDO?</p> <p>ALFREDO DI LELIO</p>	Fettuccine Alfredo Day	https://www.instagram.com/p/CK-mLwRD2mw/?utm_source=ig_web_copy_link
13	9-2-2021	<p>NATIONAL PIZZA DAY-9TH FEBRUARY</p>  <p>Which is the most popular pizza?</p> <p>ANS: PEPPERONI</p> <p>AMERICANS CONSUME ON AVERAGE 23 POUNDS OF PIZZA PER PERSON EACH YEAR.</p> <p>@bcmfsqc</p>	National Pizza Day	https://www.instagram.com/p/CLtqB7j8uC/?utm_source=ig_web_copy_link
14	10-2-2021	<p><i>National creamcheese brownie day February 10</i></p>  <p>CREAM CHEESE BROWNIE DAY IS TO CELEBRATE THE CREAM CHEESE VARIATION OF THE DELICIOUS CHOCOLATE BROWNIE.</p> <p>WHEN IS NATIONAL BLONDE BROWNIE DAY</p> <p><i>Am February 10</i></p> <p>@bcmfsqc</p>	National Cream Cheese Brownie Day	https://www.instagram.com/p/CLGFJzjGVD/?utm_source=ig_web_copy_link

15	11-2-2021	<p>NATIONAL PEPPERMINT PATTY DAY -11 TH FEBRUARY</p> <p>FUN FACT</p> <p>A PEPPERMINT PATTY IS A CONFECTION made with a rich, creamy peppermint filling covered in semisweet chocolate</p>  <p>Q: WHO INVENTED PEPPERMINT PATTIES?</p>	National Peppermint Patty Day	https://www.instagram.com/p/CLI0W1kDHcl/?utm_source=ig_web_copy_link
16	12-2-2021	<p>National plum pudding day -12th February</p> <p>PLUM PUDDING DAY IS DEDICATED TO A MOUTHWATERING TREAT THAT, SURPRISINGLY ENOUGH, CONTAINS NO PLUMS! IN THE 17TH CENTURY WHEN IT WAS FIRST CREATED, PLUMS WERE REFERRED TO AS RAISINS OR ANY OTHER TYPE OF DRIED FRUITS.</p>  <p>What is the main ingredient in plum pudding?</p>  <p>Ans: sugar, spices, treacle, suet</p>	National Plum Pudding Day	https://www.instagram.com/p/CLLWTArDskM/?utm_source=ig_web_copy_link
17	14-2-2021	<p>February 14 : National Cream Filled Chocolate Day</p>  <p>CHOCOLATE CONTAINS OVER 300 PROPERTIES THAT ARE BENEFICIAL TO YOUR HEALTH</p> <p>Ans : Jean Neuhaus</p> <p>WHO CREATED THE FIRST CREAM FILLED CHOCOLATE ?</p>	National Cream Filled Chocolate Day	https://www.instagram.com/p/CLQf-m_joSS/?utm_source=ig_web_copy_link

18	15-2-2021	 <p><i>National gumdrop day</i> February - 15</p> <p>Gumdrops are a type of candy. They are usually brightly colored gelatin- or pectin-based pieces, shaped like a truncated cone and coated in granulated sugar.</p> <p>Who invented gumdrops?</p> <p>@bcmfsqc</p>	National Gumdrops Day	https://www.instagram.com/p/CLTKwwRDTnv/?utm_source=ig_web_copy_link
19	16-2-2021	 <p><i>National Almond Day</i></p> <p><i>Eating almonds can help people feel satisfied for several hours, which can support weight management and counter weight gain</i></p> <p>February 16</p> <p><i>We want to give you a little almond love</i></p> <p>Iran</p> <p>@bcmfsqc</p>	National Almond Day	https://www.instagram.com/p/CLVruncjySS/?utm_source=ig_web_copy_link
20	17-2-2021	 <p>February 17: NATIONAL CAFE AU LAIT DAY</p> <p>Cafe au lait is a French term which literally means coffee with milk. It is traditionally made with hot coffee and steamed milk.</p> <p>The origin of cafe au lait is ?</p> <p>@bcmfsqc</p> <p>ARTS, FRANCE</p>	National Café au lait Day	https://www.instagram.com/p/CLYOz0EjqGE/?utm_source=ig_web_copy_link

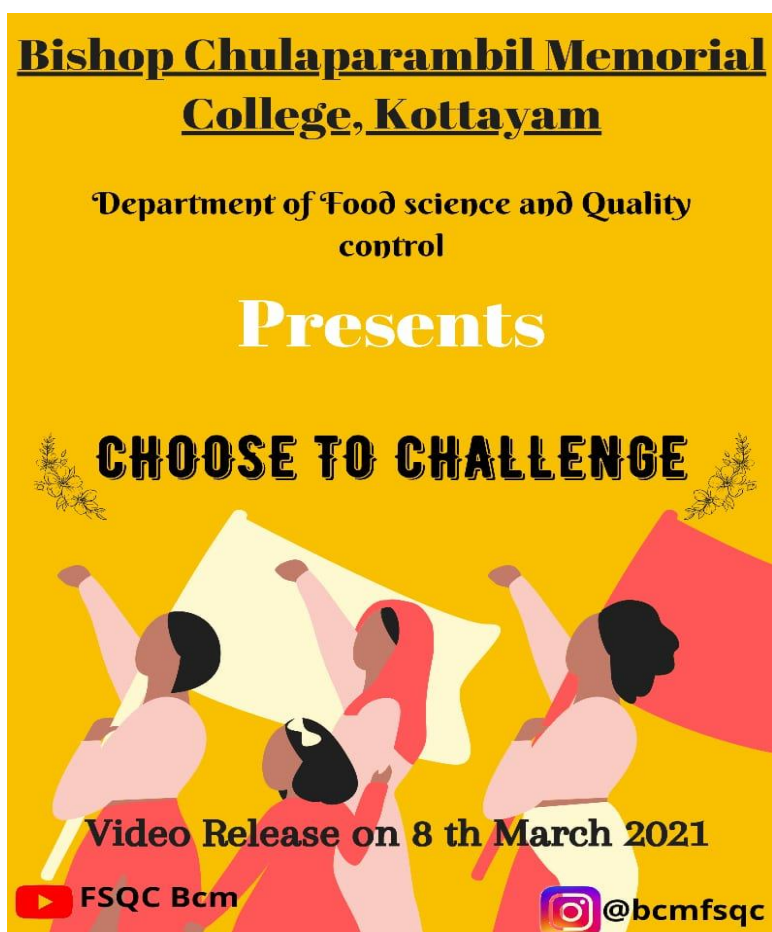
21	18-2-2021	 <p>NATIONAL DRINK WINE DAY</p> <p>FEBRUARY 18</p> <p>DID YOU KNOW</p> <p>THERE ARE PEOPLE WHO HAVE A FEAR OF WINE. IT'S CALLED "OENOPHOBIA".</p> <p>Why cork-capped wines, bottles are stored lying down?</p> <p>It is to keep the cork from drying out and drying out and avoid it from possibly dropping in the wine.</p>	National Drink Wine Day	https://www.instagram.com/p/ClatnL6DaC8/?utm_source=ig_web_copy_link
22	19-2-2021	 <p>NATIONAL CHOCOLATE MINT</p> <p>19th February</p> <p>CHOCOLATE MINT THRIVES ALONGSIDE WATER GARDENS OR IN DAMP SPOTS IN THE YARD. LUSHEST GROWTH OCCURS IN MOIST SOIL IN PARTIAL SHADE. CRUSH FRESH LEAVES INTO WATER FOR A REFRESHING BEVERAGE. OR ADD TO TEA OR COFFEE. YOU CAN ALSO DRY LEAVES FOR FLAVORING DESSERTS LIKE ICE CREAM, MERINGUES, QUICK BREADS OR CAKES.</p> <p>Who invented mint chocolate ?</p>	National Chocolate Mint Day	https://www.instagram.com/p/CldOyOpj5Pl/?utm_source=ig_web_copy_link
23	21-2-2021	 <p>NATIONAL STICKY BUN DAY</p> <p>FEBRUARY 21</p> <p>FACT</p> <p>STICKY BUNS PRIMARILY HAVE GERMAN ORIGINS KNOWN AS SCHNECKEN.</p>	National Sticky Bun Day	https://www.instagram.com/p/ClihD-KDFtV/?utm_source=ig_web_copy_link
24	22-2-2021	 <p>NATIONAL MARGARITA DAY</p> <p>February - 22</p> <p>Tequila</p> <p>Todd McCalla is the creator of this special day. According to Todd National Margarita Day was created "to spread his love for Margaritas around the world."</p> <p>WHAT ALCOHOL GOES IN MARGARITAS?</p>	National Margarita Day	https://www.instagram.com/p/CLIEKYsjEAV/?utm_source=ig_web_copy_link

25	23-2-2021	 <p>NATIONAL BANANA BREAD DAY</p> <p>February 23</p> <p>Fact: banana bread is a quick bread because it contains no yeast but does contain baking powder.</p> <p>Q: Who invented banana bread?</p> <p>Ans: It's recipe first appeared Pillsbury's 1933 Balanced Recipes Cookbook.</p>	<p>National Banana Bread Day</p> <p>https://www.instagram.com/p/CloQwS5DiqV/?utm_source=ig_web_copy_link</p>
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INTERNATIONAL WOMEN'S DAY- "CHOOSE TO CHALLENGE", BY IDC- 8th MARCH, 2021

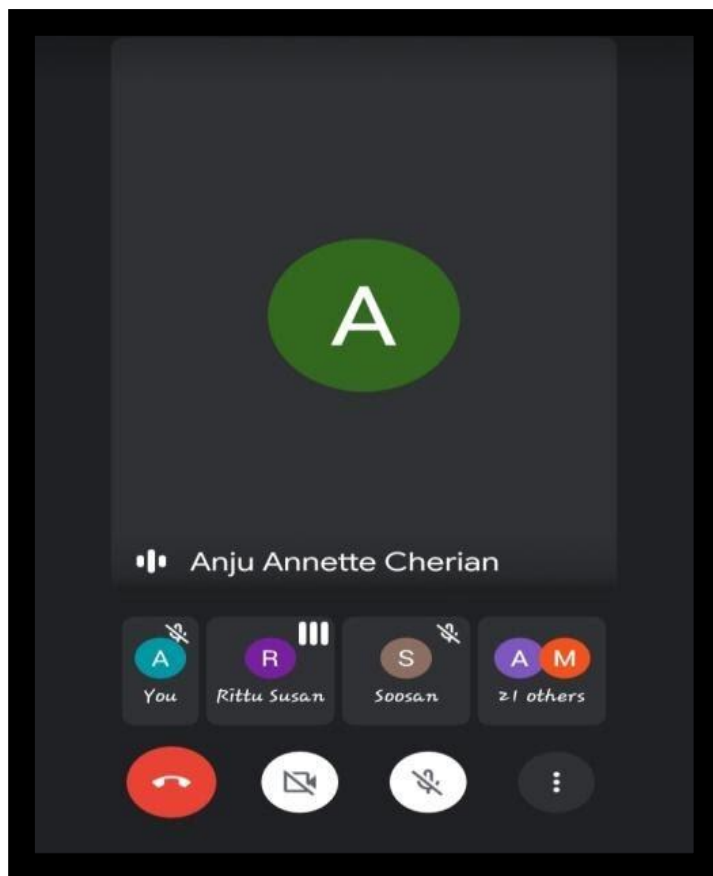
The first year students of the department of food science and quality control prepared a video as a part of International women's day on 8th of March 2021. The video was based on the theme for the year, "CHOOSE TO CHALLENGE". The video showcased women who are always a role model to look up to; with their will to succeed in various fields of work. The video was released on YouTube and the viewers had positive feedback.

Link to the video: <https://www.youtube.com/watch?v=yXgy-ff4F54>



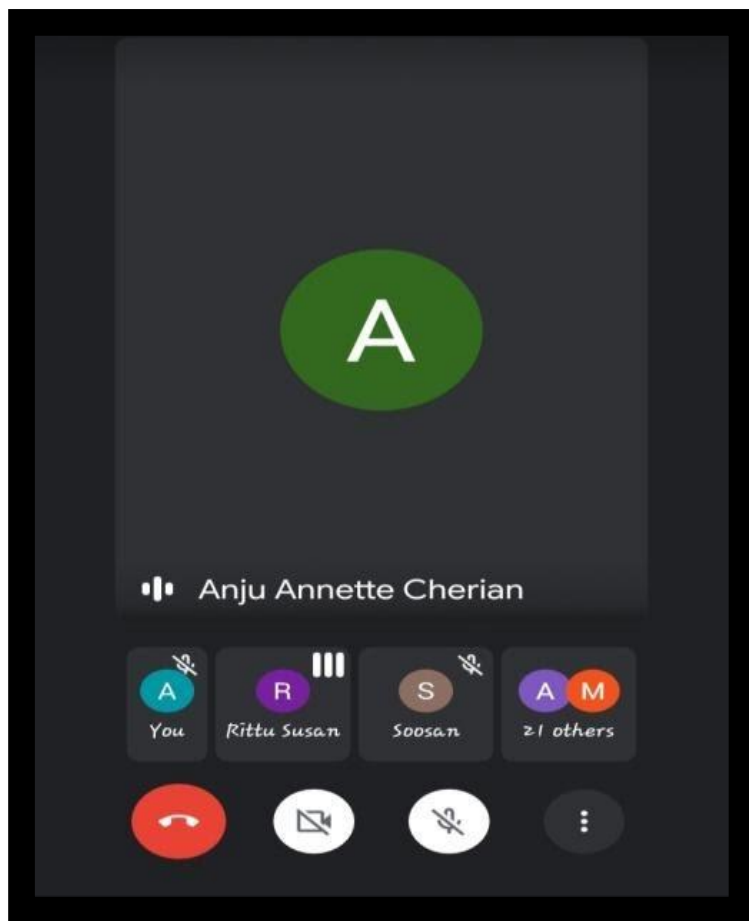
PARENT TEACHER MEETINGS

PARENT TEACHER MEETING FOR II DC STUDENTS – 1st JUNE 2020



A PTA meeting was conducted on June 1 2020 through the Google meet platform. **Mrs Abiya Liya Thomas**, students of second year and their parents were present in the meeting. The meeting commenced at 9.45 am. Mrs Abiya Liya Thomas informed about the online classes which would be taken through the Google meet due to the lock down. Miss told that students would have classes from Monday to Thursday at 8.30 am to 1.30 pm and on Fridays from 8 am to 12.30 pm. She also told that notes, tests and assignments for each subject would be uploaded in the Google classroom. The meeting winded up at 10.15 pm.

PARENT TEACHER MEETING FOR III DC STUDENTS – 4th SEPTEMBER 2020



A parent teacher meeting is a great opportunity to share academic progress and to discuss the strategies to support student's learning and the issues they are facing.

On 4th September 2020, a parent – teacher meeting was conducted for the parents of the third year students of the Department of Food Science & Quality Control, B.C.M College, Kottayam.

Due to COVID 19 pandemic and the lockdown series the meeting was conducted through Google Meet (link-: <https://meet.google.com/jgq-pjup-hmr>).

All parents attended the meeting with the faculties of the department.

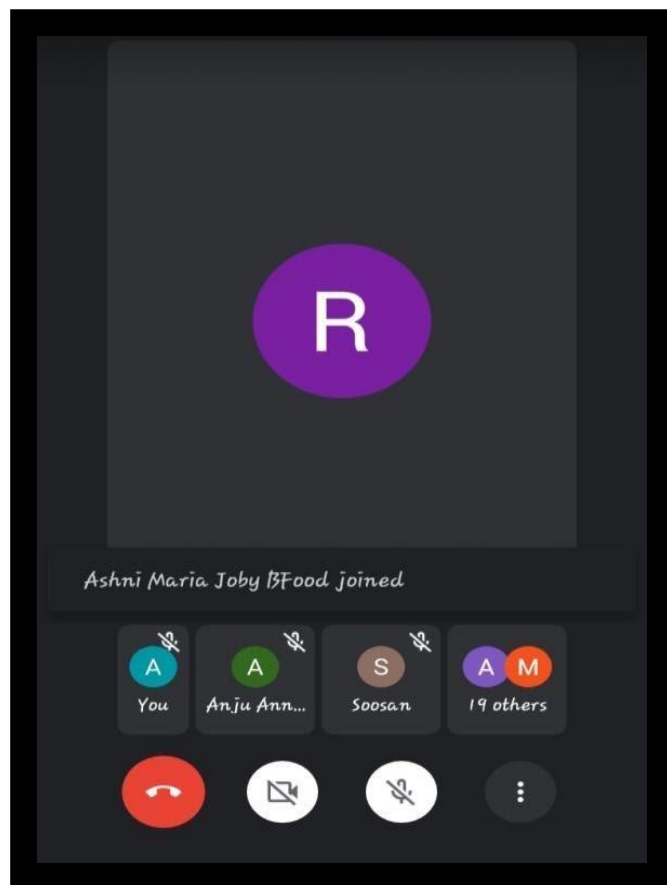
The meeting was scheduled to give an introduction about the third year classes and to introduce the third year class mentor Assistant Professor Mrs. Rittu Susan Babu.

The meeting concerned with a welcome speech of Assistant Professor **Mrs. Anju Anette Cherian**, Head of the Department. And Assistant Professor **Mrs. Rittu Susan Babu** gave instructions about the online classes and the time table.

There was also an interaction section for parents and teachers about the academic plans of the year.

The meeting was concluded by the vote of thanks of Asst. Prof. Mrs. Rittu Susan Babu.

PARENT TEACHER MEETING FOR III DC STUDENTS – 17 DECEMBER 2020



On 17th December 2020, a parent teacher was conducted for the third year students of Department of Food Science & Quality Control, B.C.M College, Kottayam.

The meeting was held in Google Meet (link-: <https://meet.google.com/pwv-xvgc-kfe>). All parents have attended the meeting along with the faculties of the department. The meeting was scheduled to get a feedback on online classes, and to discuss about the class interaction and the submission of practical records.

The meeting concerned with the welcome speech of Assistant Professor **Mrs. Anju Anette Cherian**, Head of the Department. Then Assistant Professor Mrs.

Rittu Susan Babu discussed about the student interactions in the online classes, submission date of fifth semester practical records and the sixth semester class reopening date. Other faculties Assistant Professor **Mrs. Abiya Liya Thomas** and Assistant Professor **Mrs .Sherin Manu George** also interacted with the parents.

The meeting was concluded with the vote of thanks by the class mentor **Mrs. Rittu Susan Babu**.

STUDENT INTERACTION

**TECHNICAL TIPS, BY Ms APARNA KUNJUMON, II DC – 15th
SEPTEMBER 2020**



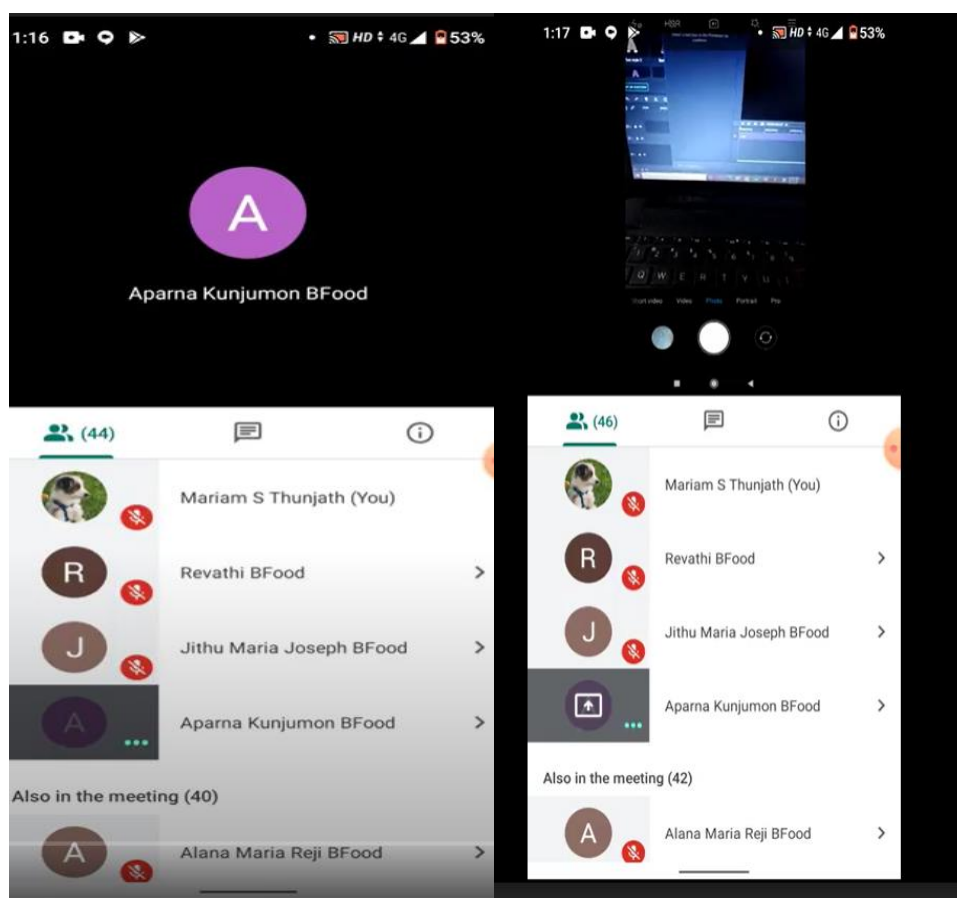
On 15th September 2020, an informative session was organized by the students of Department of Food Science and Quality Control of Bishop Chulaparambil Memorial College, Kottayam. The class commenced from 12:30 and ended at 1:30 p.m. and it was held in Google meet.

The topic of the webinar was “Technical tips and the resource person was **Ms. Aparna Kunjumon**, 2nd Year student of the department of Food Science and Quality Control.

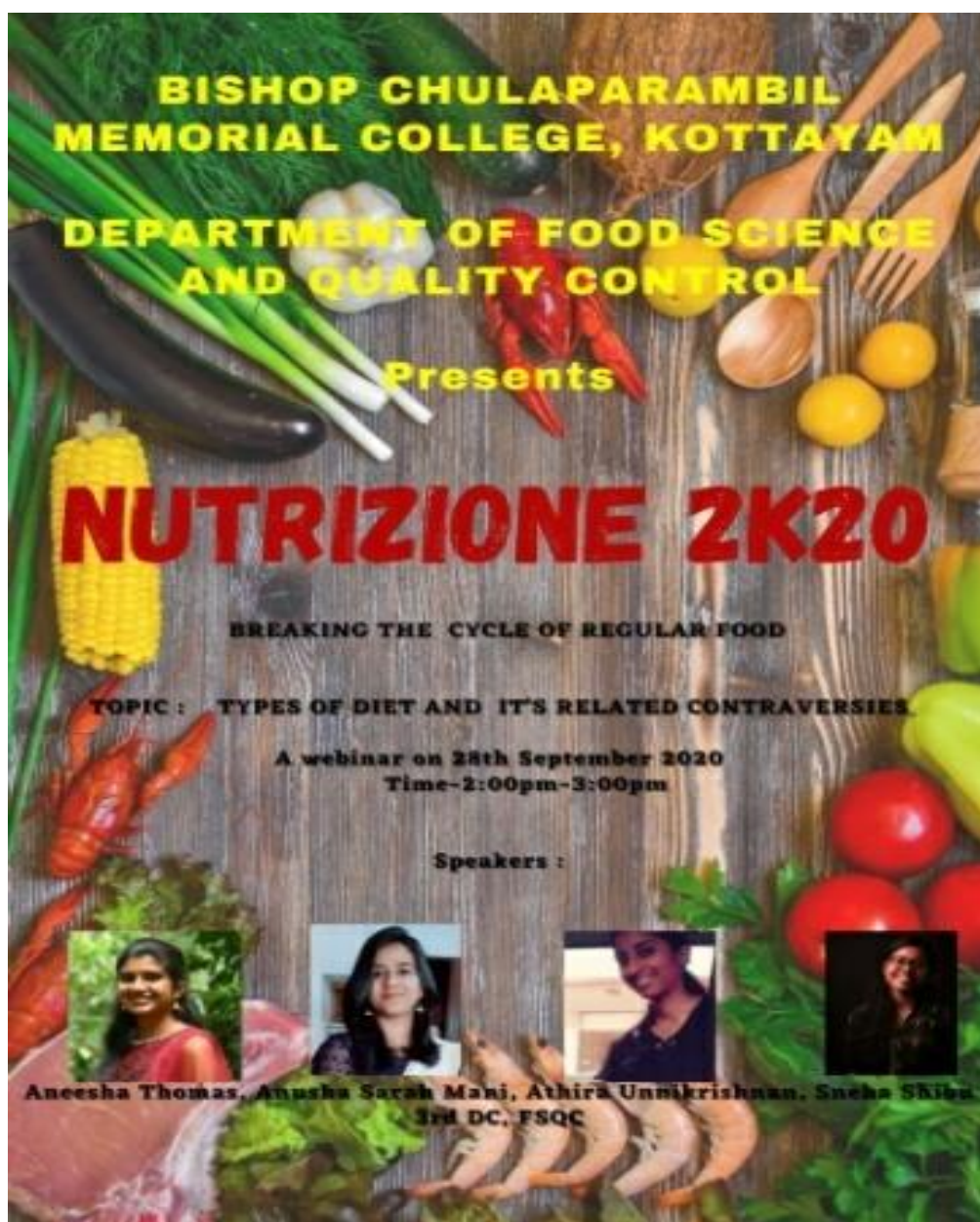
The class was on the technical tips that can be useful for the students. The one hour session was very beneficial in terms of understanding the technical background of many applications that are widely used for the video and poster making. The main aim of the session was to share the speaker's view on the topic to the entire students of the department in order to gain further knowledge on the technical aspects of different applications. The class was very efficient and informative and was helpful to attain useful tips for the presentation of videos and posters.

Drive Link:

<https://drive.google.com/file/d/1Eixnoi8RDUzhV8v4FHaoCuAf1ECvkCVh/view?usp=drivesdk>



CLASS TAKEN ABOUT TYPES OF DIET AND ITS RELATED CONTROVERSIES BY MISS ANEESHA THOMAS, MISS ANUSHA SARA MANI, MISS ATHIRA UNIKRISHNAN AND MISS SNEHA SHIBU, III DC FSQC FOR ALL STUDENTS AND TEACHERS OF FOOD SCIENCE DEPARTMENT, 28th SEPTEMBER, 2020



Name of Program	Nutrizione 2K20 Breaking The Cycle Of Regular Food
Topic of Webinar	Types of diet and its related controversies
Date	28 th September 2020
Time	2:00pm to 3:00pm
Program done as a part of	Nutrition week
Speakers	1. Ms. Aneesha Thomas 2. Ms. Anusha Sara Mani 3. Ms. Athira Unnikrishnan 4. Ms. Sneha Shibu
Link	https://drive.google.com/drive/folders/1ElsnOAksabq0heLt20OvrQE-L4FkHS_m?usp=sharing

National Nutrition Week 2020 was celebrated from September 1 to 7. It aimed to create awareness about good nutrition and health.

A webinar on the topic **“Types of diet and its related controversies”** was conducted by the students of III DC Food Science and Quality Control as a part of the Nutrition week. The webinar was scheduled from 2:00pm to 3:00pm on 28th September 2020.

It was conducted through Google meet. The webinar was conducted for the students of the department of Food Science and Quality Control. The students of both the 2nd year and 3rd year were present and the program was honoured by the presence of the teachers **Mrs. Anju Annette Cherian, Mrs. Rittu Susan Babu,** and **Mrs Abiya Liya Thomas.** There were a total of 78 participants in the meet.

The students joined before 1.45pm and the webinar started at sharp 2:00pm with the welcome speech by **Ms. Ajina Sojan** of 3rd DC FSQC.

The speakers were Ms Aneesha Thomas, Ms. Athira Unnikrishnan and Ms Sneha Shibu and Ms. Anusha Sara Mani, the students of 3rd DC Food Science and Quality Control.

The introductory session of the webinar was led by **Ms Anusha Sara Mani.** It included a brief description about diets, the need for dieting, and ,don'ts and do's during dieting.

The topic covered by **Ms Athira Unnikrishnan** was on the various types of diets such as the Ketogenic diet, Paleo diet, Vegan diet, Vegetarian diet, Mediterranean diet etc. And also on the advantages and the disadvantages of these diets and the various food included in these diets and the mechanism of the diets were explained.

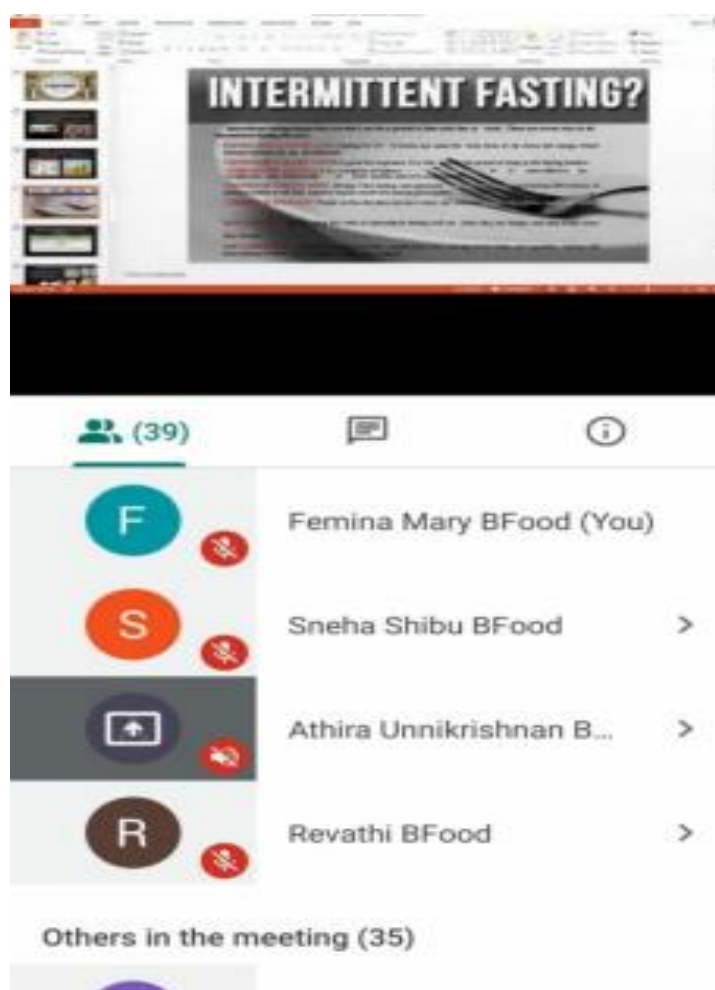
Ms Sneha Shibu took a class on “is diet related to fasting” and the related topics.

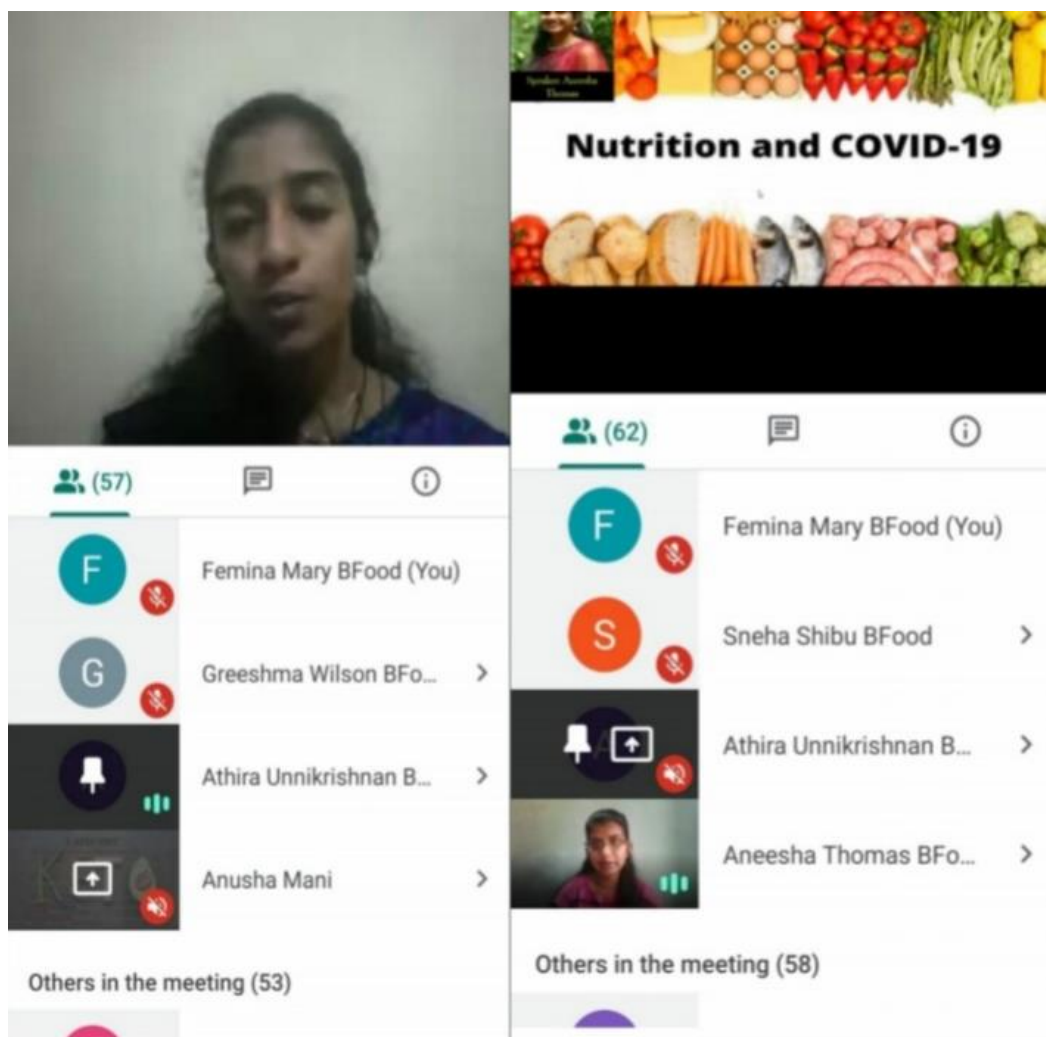
Ms. Aneesha Thomas taught about intuitive eating, avoiding intake of trans fat, importance of staying hydrated and the probiotic rich diet.

An interactive session was also held in which students cleared their doubts. The webinar concluded with the Vote of Thanks by **Ms. Nimisha Benny** of 3rd DC FSQC.

The webinar was very educational and effective to all the students. The class was helpful in analysing different trends of diet that is being widely followed and evaluating the healthy or unhealthy effects of these diets in human body and society in general. The class was helpful in understanding various negative effects related to diets within a short period of time.

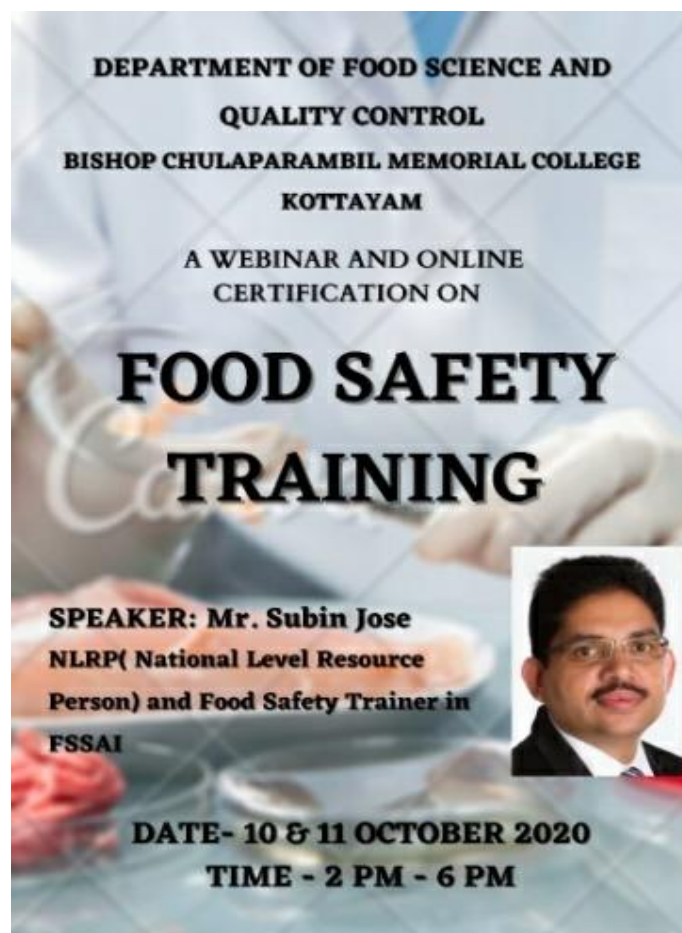
Moments from the webinar:





CERTIFICATIONS

FSSAI CERTIFICATION BY MR.SUBIN JOSE FOR III DC STUDENTS -10th and 11th OCTOBER 2020



Food Safety and Standards Authority of India (FSSAI) certification class was conducted on 10th and 11th of October 2020 by **Mr.Subin Jose** (National level Resource person and Food Safety trainer in FSSAI) as a part of the professional training and affiliations credited during the bachelor's program. The classes were scheduled from 2pm -6 pm .It was a two day class conducted on the online platform, Google meet through which the students were exposed to the legal norms and reform involved in the food industry.

The classes was scheduled in the afternoon session, held between 2-6 pm .The session commenced with the welcome speech by **Mrs Femina Mary Stalin, III**

DC FSQC. The first day of the class dealt mainly about the different acts under Food Safety and Standards Act 2006. Different legal factors concerning Food Safety and Standards Regulation 2011 were also discussed. Different parameters that has to be considered for the Registration and Licensing of the certification was discussed in detail and was explained .The legal implications of adulteration and the penalty for various types of non-compliance were briefly explained .The various factors related to ingredient management and the process control in food industry was also elucidated .The responsibilities of the food handlers regarding all the aspects, including washing hands properly was discussed during the class. Food spoilage and the causes of food spoilage were also mentioned. The students were taught about important and basic hygiene practices and their huge impact on the chemical and microbiological quality of food, and thus the shelf life of the product. Examples of problems due to mishandling and carelessness were listed and their reasons were elucidated. The session also discussed on proper hand washing techniques, hygiene measures to be followed in an industry and the various health hazards caused by different forms of mishandling and carelessness.

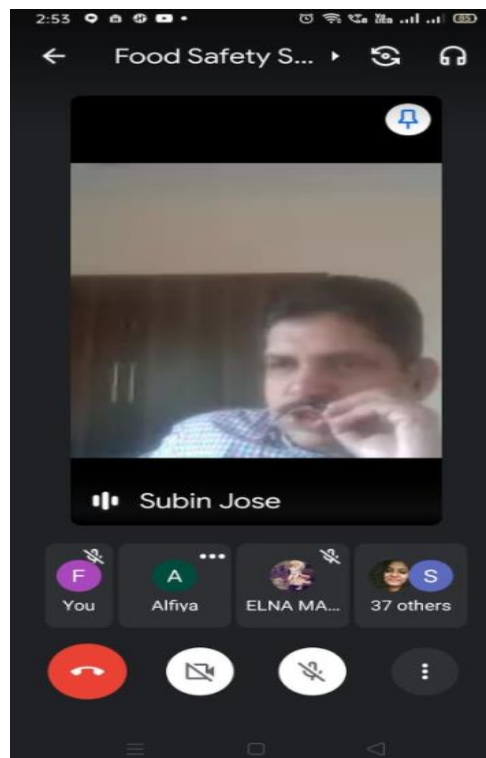
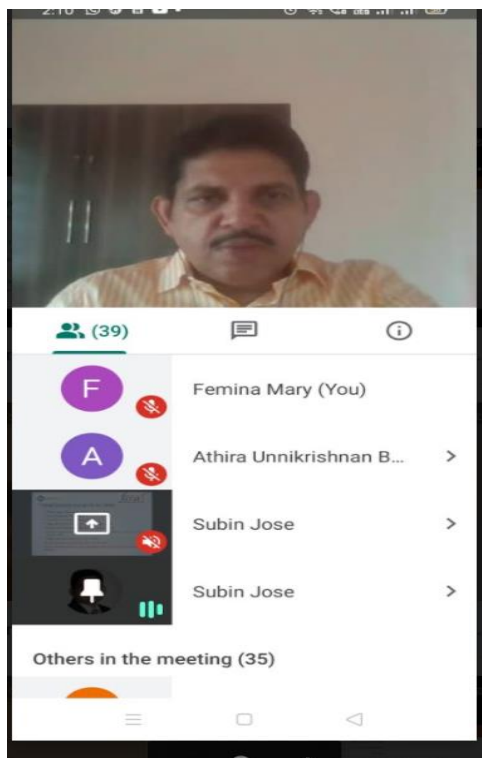
The 2nd day of the class mainly dealt with the Schedule 4 Compliance and FSMS Plan .The last session of the webinar included the Covid -19 impact on food industry and the population. Basic introduction towards Covid-19 and the awareness towards the disease were also discussed by the speaker. The whole class was taken as an interactive session between the speaker and students, where students were confronted with questions in order to test their intelligence on the topic and understanding. They were marked and assessed based on their performance. The webinar ended with the vote of thanks was given by **Ms. Soosan Kuriakose**, III DC.

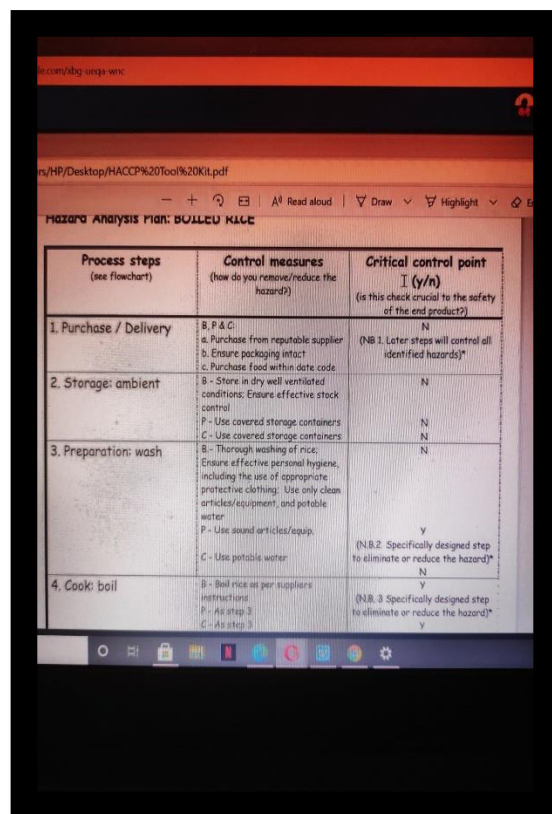
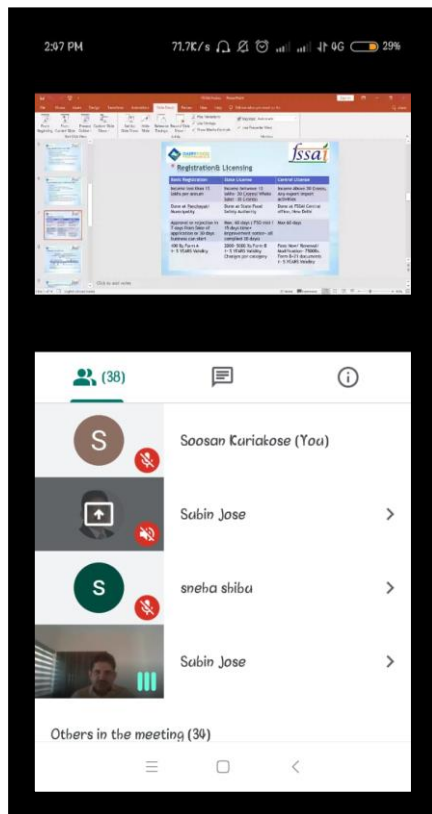
At the end of the session all the students were requested to attend a set of 10 questions with a time limit of half an hour. The students were asked to attend the test through Google form. These marks were assessed for the attainment of the certificate. The certificates for FSSAI Manufacturing (Level 2) certificate were distributed through online platform within a week to all the students with a fee of rupees thousand..

Drive link:

<https://drive.google.com/drive/folders/160Ua3oZJnwPg4xO6wL1meiuAQWMtZiYF?usp=sharing>

Moments from the class:



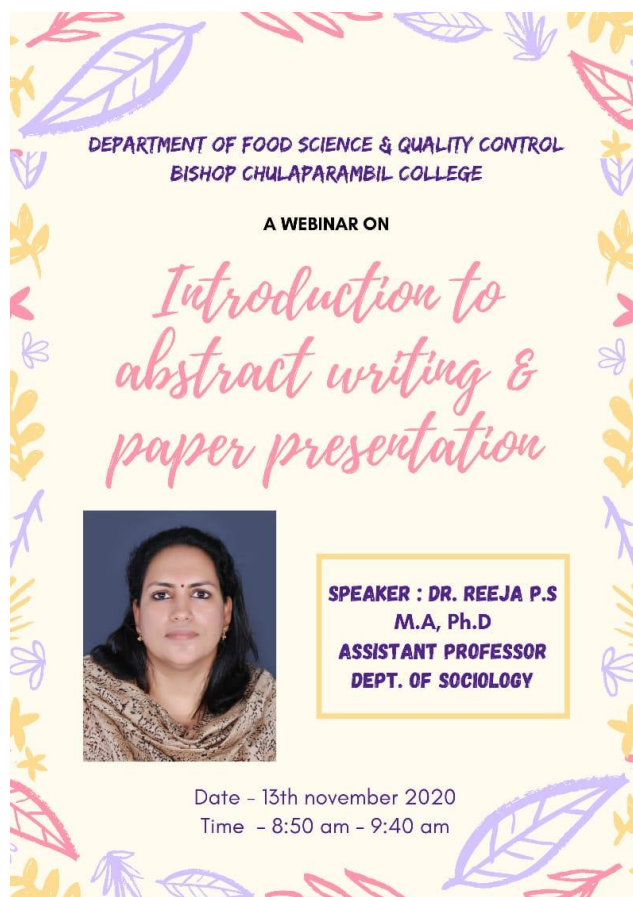


Certificate:



SKILL ENHANCEMENT

CLASS ON INTRODUCTION TO ABSTRACT WRITING AND
PAPER PRESENTATION BY **Asst. Prof. DR. REEJA P.S,**
SOCIOLOGY DEPARTMENT, FOR III DC STUDENTS-13TH
NOVEMBER 2020.



An abstract is a short summary of a published or unpublished research paper, which is usually about a paragraph long.

A well-written abstract serves multiple purposes an abstract lets readers get the gist or essence of the paper or article quickly, in order to decide whether to read the full paper an abstract prepares readers to follow the detailed information, analyses, and arguments in the full paper and, later, an abstract helps readers remember key points from the paper.

Paper Presentation involves researching and writing a legal essay and then presenting it to a panel of judges. There are several steps involved in

preparing a paper for presentation. It is highly recommended that you follow the suggested sequence of steps, and do not skip any of them. First, you need to read and understand the paper. Second, you need to adapt it for presentation. Third, you need to get a set of slides ready. Fourth, you need to do a dry run of your presentation. This will almost certainly cause you to re-iterate over steps two to four. Once you are comfortable with your presentation, you get to go on the stage. Afterwards, there will also be an evaluation process.

A Class on Introduction to abstract writing and paper presentation was taken for both the second year and final year students of Food Science and Quality Control by Asst. Prof Dr.Reeja P.S,M.A, Ph.D, faculty, Department of Sociology. The topics discussed were mainly on the introduction to abstract writing and paper presentation. The 1 hour class extended from 8: 50 am to 9:40 am.

It was an interactive session which enhanced the student's creative skills. The importance of paper presentation in any field of study was discussed by the speaker. The class was very helpful in bringing an insight into the formal and accurate paper presentation.

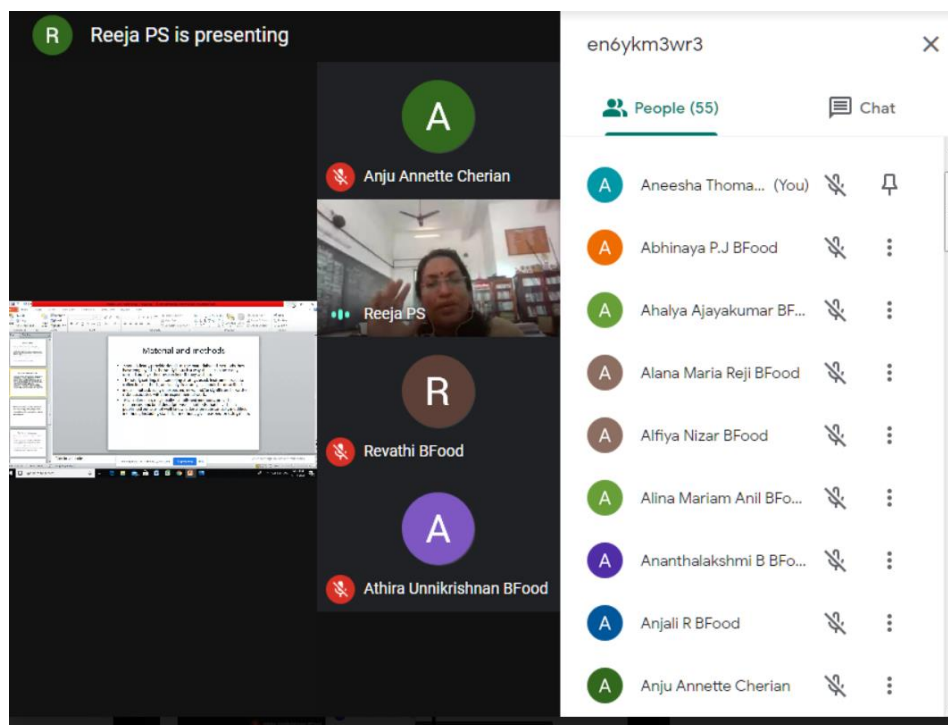
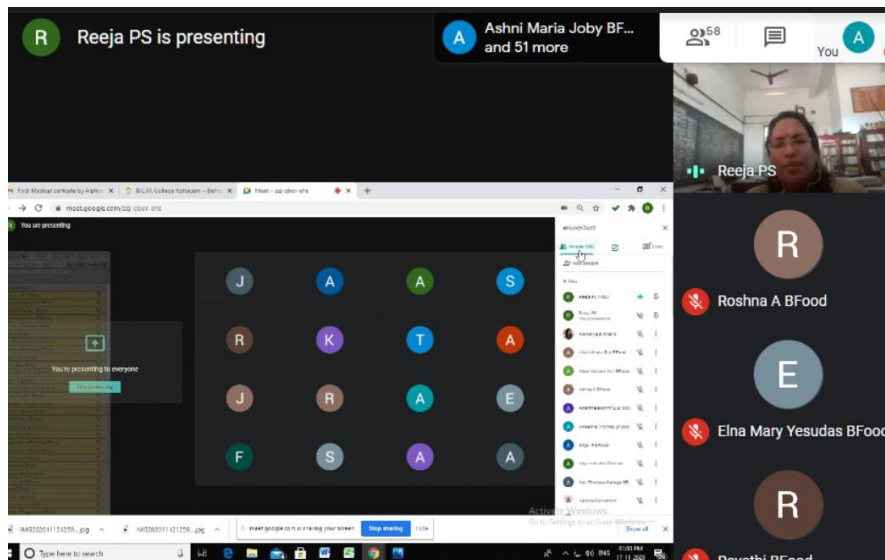
Google meet Link: <https://meet.google.com/gwm-bkmf-xiq>

Google Form Link:

https://docs.google.com/forms/d/e/1FAIpQLScwzS1pn3z1b-2NpMEBSIqqk0n7DCrow-_U8EsRURGYyC_eA/viewform?usp=sf_link

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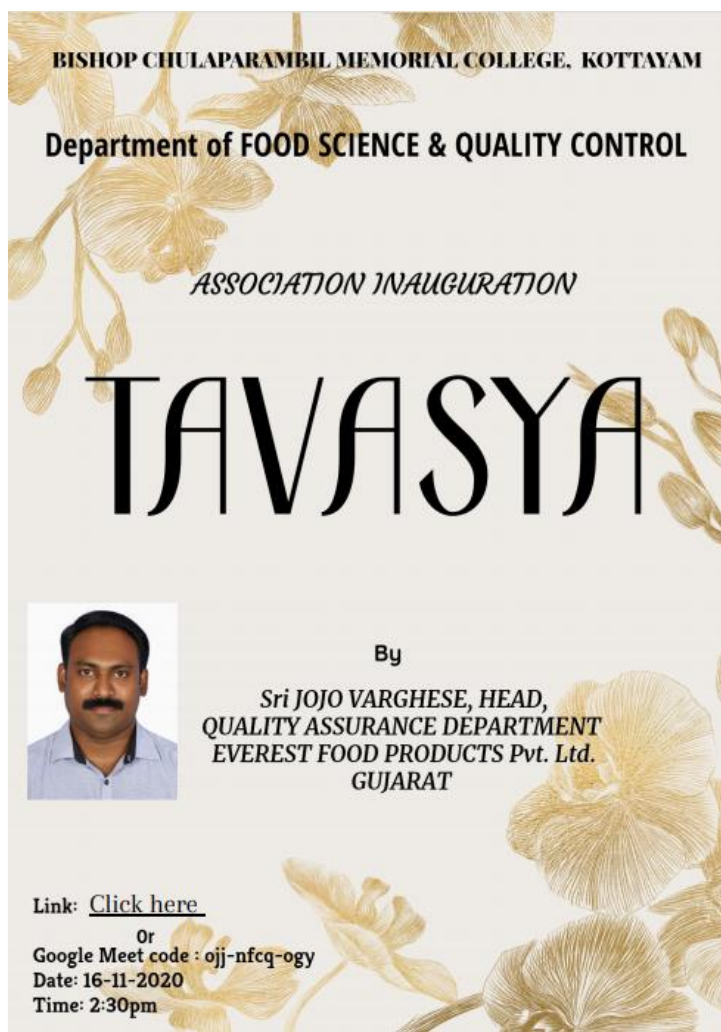
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ASSOCIATION INAUGURATION

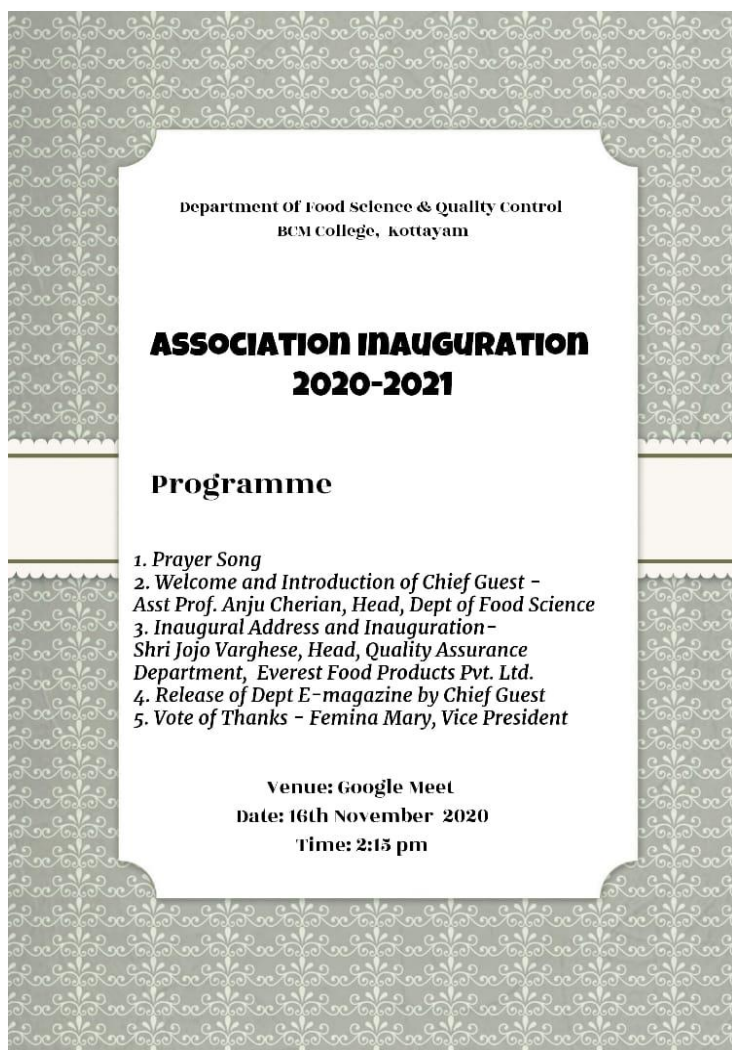
TAVASYA

The Association Inauguration- 16th NOVEMBER, 2020



On 16th of November 2020, the association of the Department of Food Science and Quality Control – “**TAVASYA**” for the academic year 2020-2021 was officially commenced. The formal association inaugural function began at 2.15 pm on the online platform, Google Meet, due to the Covid - !9 circumstances. The students of all the 3 years and the faculties jointly marked the beginning of the association “**TAVASYA**”.

The agenda of the meeting:-



The meeting was embellished by the presence of Sri. Jojo Varghese, Head, Quality Assurance Department, Everest Food Products Pvt. Ltd., Gujarat.

The Head of the Department, Mrs. Anju Annette Cherian , welcomed and wished the association and its authority prosperity, and familiarized the gathering to the associations goal and also conveyed her well wishes, care and guidance for the association and the future plans of the authorities.

The official meeting initiated with prayers, the prayer song was sung by Ms. Ajina Sojan, III DC FSQC and a word of gratitude was delivered by Mrs. Femina Mary Stalin, Vice President. The Department E-magazine-

“GENETICALLY MODIFIED FOODS- A Trend, Boon or Bane” was released by the chief guest Sri Jojo Varghese.

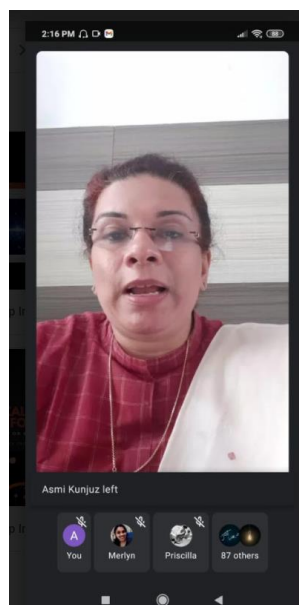
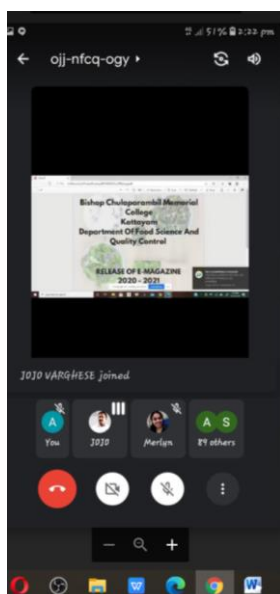
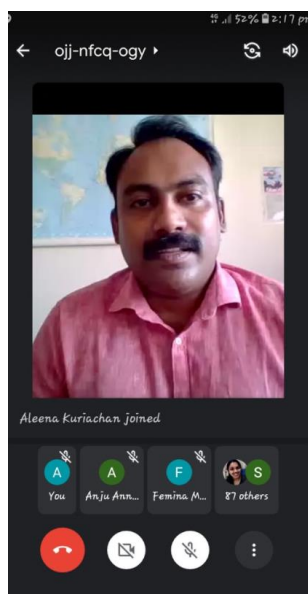
The 23rd department association “TAVASYA” was introduced to allow the members to gain personal and professional skills in the area of development, with boundless activities viewing prospects, progress and professionalism towards self by inculcating various activities into its schedule of programs and carried with the vision “when confidence and skill work together, expect a masterpiece”. This marked the beginning of the association authorities which were to take place in the near future.

The link for the Google meet was:- <https://meet.google.com/ojj-nfcq-ogy>

Drive

link:

<https://drive.google.com/drive/folders/15xsrMUYdBjYk5r5XASmOchaIEa0i7lLK?usp=sharing>



FRESHER'S DAY

FRESHER'S DAY- 1st DECEMBER, 2020

"FIRST MEET IN GOOGLE MEET"



Name of the event	"FIRST MEET IN GOOGLE MEET"
Conducted as	Fresher's day

Date	01.12.2020, Tuesday
Time	2pm
Platform	Google Meet
Link	https://meet.google.com/xos-knuq-iwt

The fresher's day for the first year students of the department of Food Science And Quality Control was conducted on 01.12.2020, Tuesday. Due to the Covid 19 pandemic the fresher's day was conducted online using the Google Meet. The primary purpose of the fresher's day was to interact with the students and to have a friendly conversation with them.

There were game sections which exhibited the glimpses of the various talents of the students. The meet commenced at sharp 2:00pm and the students of first, second and third years started joining before 1:45pm. The meet started with a prayer song by Mrs. Divya. G. Pai of III DC. The welcome speech was delivered by Ms. Abhinaya PJ of 3rd DC.

The welcome speech was delivered by Mrs. Anju Annette Cherian, Head, Department of Food Science And Quality Control. After the official inauguration of the fresher's day, there was the game section. The game section was managed by Ms. Theresa Thomas and Ms. Anusha Sara Mani of the 3rd year class.

The game section was conducted in three rounds. The first round included 3 games and the students were called to perform the games. They were asked to turn on the camera and unmute the mike while performing the game. It was a really easy and entertaining section.

A dance performance by the 2nd year students was followed by the first round of game section. The dance was led by Ms Sethulakshmi and it was really an amazing performance. The second round of game was very engaging and all the students participated in it with great enthusiasm. It mainly included music related games and in this section also there were 3 games. Next was a song by Krishnaja K of the 3rd year class.

The third round of game included 2 games and the remaining students participated in this round. This contained more of acting challenges such as guessing the name of films etc. The students were lively and they enjoyed the games. The vote of thanks was rendered by Ms. Archana Satheesan of II year.

The program was a great success and really memorable. The students used it in a good way to showcase their talents. It also aided to create a bond between first, second and third year students.

The event was successful because of the combined effort of the faculties and the students.

The agenda of the meet:



DEPARTMENT OF FOOD SCIENCE & QUALITY CONTROL
Bishop Chulaparambil Memorial College, Kottayam

FRESHER'S MEET

"FIRST MEET IN GOOGLE MEET"

PROGRAMME

1. Prayer song - Divya G Pai (3rd DC FSQC)
2. Welcome Speech- Abhinaya P.J (3rd DC FSQC)
3. Inaugural Address- Asst Prof. Mrs. Anju Cherian, Head, Dept of Food Science
4. Game Round 1
5. Dance- Sethulakshmi & team (2 nd year FSQC)
6. Game Round 2
7. Solo Song - Krishnaja. K (3rd year FSQC)
8. Game Round 3
9. Vote of thanks- Archana Satheesan (2nd year FSQC)

Venue: Google Meet
Date: 1 st December 2020
Time: 2:00 pm

Moments from the meet:



***GENDER SENZITIZATION & INTERCOLLEGE
FACULTY EXCHANGE***

GENDER SENSITIZATION AND ITS IMPORTANCE, BY DR JOLLY JAMES, ASSISTANT PROFESSOR DEPARTMENT OF SOCIAL WORK CHANGANACHERRY, FOR I & II DC STUDENTS- 28TH JANUARY, 2021

DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL
BISHOP CHULAPARAMBIL MEMORIAL COLLEGE
PRESENTS

A Webinar on

Gender Sensitization and its Importance



Speaker:
Dr. Jolly James,
Asst Prof. , Dept of Social Work,
SB College
Changanacherry

Date: January 28, 2021
Time: 10:00 am to 12:00 pm

The department of food science and quality control conducted a webinar on the topic “Gender sensitization and its importance” on January 28, 2021. The

resource person was Dr Jolly James, Assistant professor Department of social work Changanacherry. The meeting commenced at 9.30 AM and ended at 12.00 PM.

The session began with the welcoming of the resource person Dr Jolly James. Miss Jolly started the class by explaining the terms sex and gender. She explained about gender sensitization, gender roles, the expected roles of woman and man. She also mentioned about gender stereotypes, ways to combat and counteract stereotypes. She then explained the difference between gender equality and gender equity.

She also elucidated about transgender and the difficulties faced by them, gender discrimination and sexual violence faced by woman, ways to prevent that.

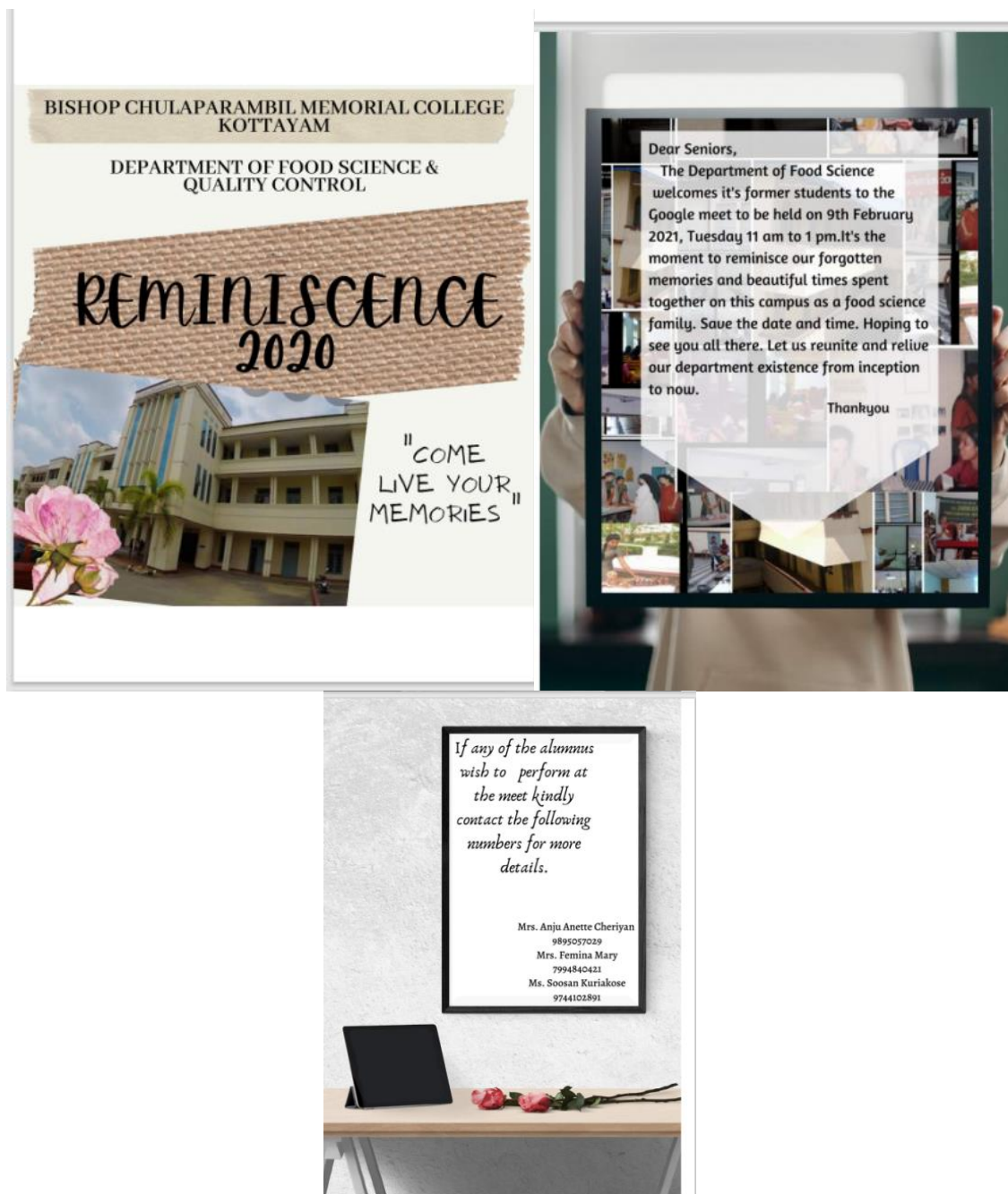
The interactive session at the end of webinar helped the students to clear their doubts. The webinar was quite informative and interesting. The webinar winded up with a vote of thanks proposed by the student of the food science department.

Google form link:

https://docs.google.com/forms/d/e/1FAIpQLSdJQWeXrnxJiu_g-EWSjwfgkphSWIQEnka07P6HYnBP3SsVgg/viewform?usp=sf_link

ALUMNI MEET

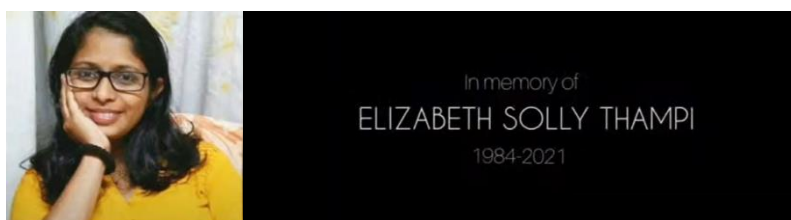
ALUMNI MEET- “REMINISCENCE 2K21”, 9th FEBRAURY 2021



Alumni meet is an opportunity to renew bonds with the passed out students and celebrate their success and various achievements. The meet was named as 'REMINISCENCE 2K21' and this year the theme was 'come...live your memories'.

Due to the Covid pandemic, the alumni meet was organized in an online platform via the YouTube and Google meet. The participants from all over the world registered for the meet through a Google form prepared by the III DC students. The whole program was live streamed through you tube at 11 a.m. and around 250 alumnus joined.

The program started with a prayer song of **Ms Aneesha Thomas** of 3rd year Food Science. Followed by a tribute video in memory of the alumni **Mrs. Elizabeth Solly Thambi** was played.



The Alumni meet initiated with a video on the journey through the history of food science which was titled as the “History Video”. The welcome speech was proposed by HOD **Mrs. Anju Annette Cherian**, and it was followed with a welcoming video for the alumnus. Then the Presidential address was delivered by the principal **Dr. Teena Annah Thomas**, which was followed with a felicitation addressed by **Rev. Fr. Philmon Kalathra**, Archeparchy of Kottayam, Director, Self Financing. The other programmes in the meet included: - dance of the students, song by 1st and 2nd years, skit by 2nd years and a kitchen dance by 1st years.. The meet also included the honouring of the rank holders of 2017 – 2020 batch

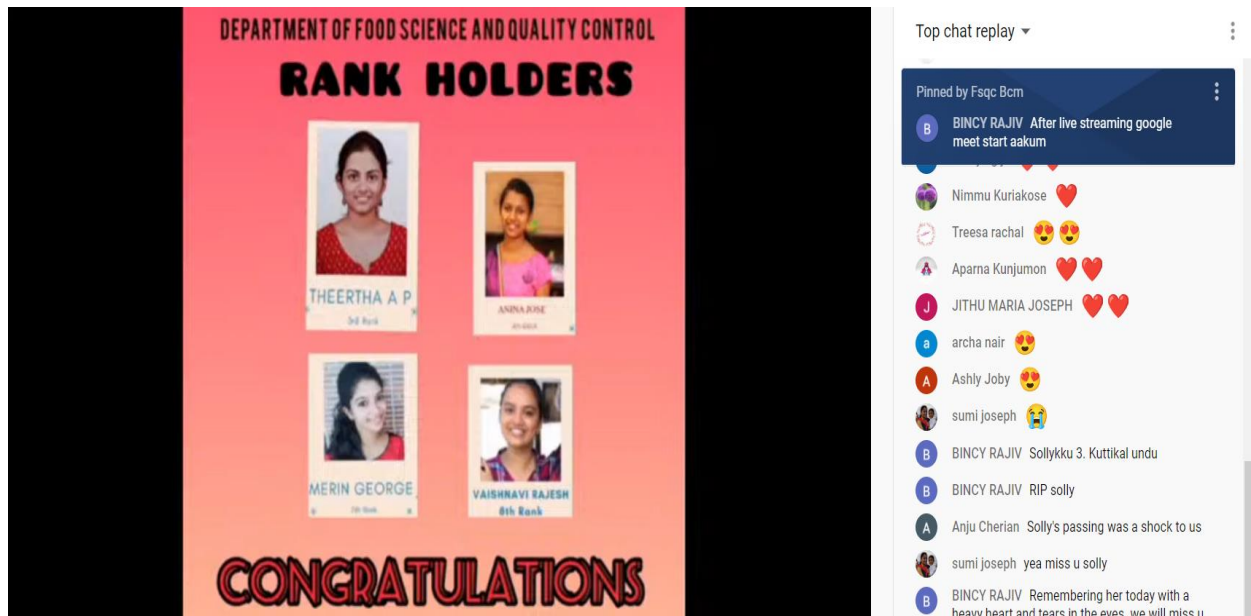
The rank holders were:

Ms. Theertha A.P. - 3rd RANK

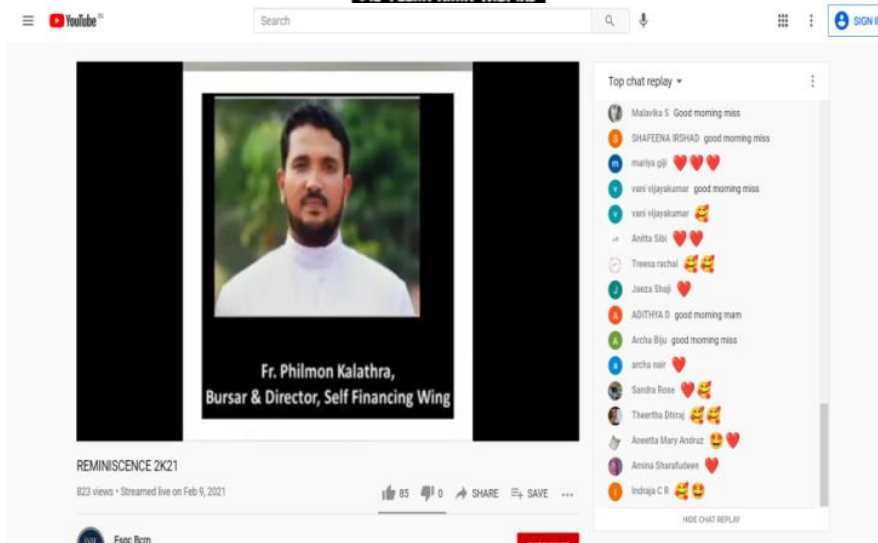
Ms Anina Jose- 4th Rank

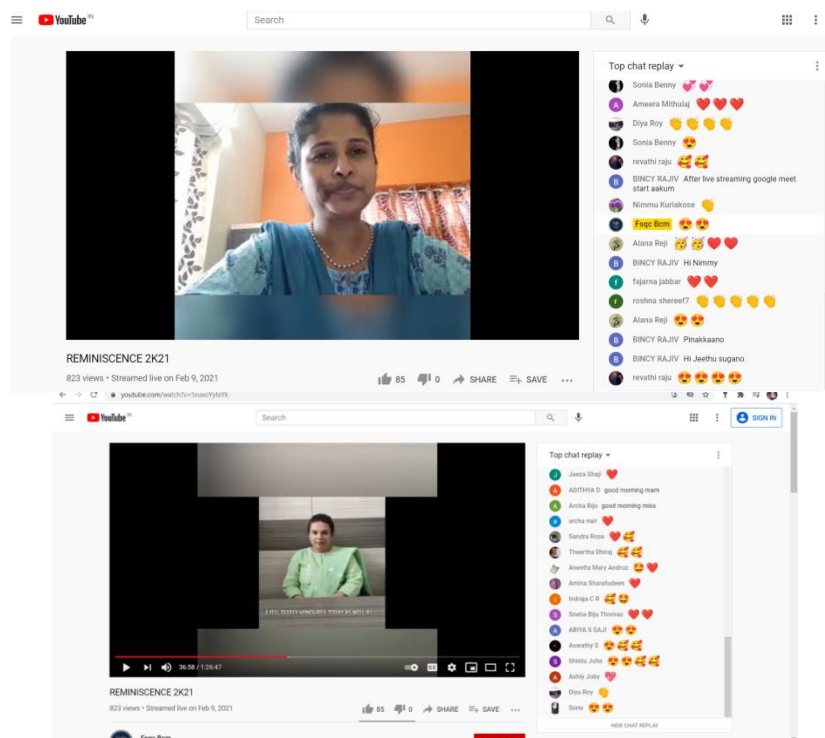
Ms. Merin George- 5th Rank

Ms Vaishnavi Rajesh- 8th rank



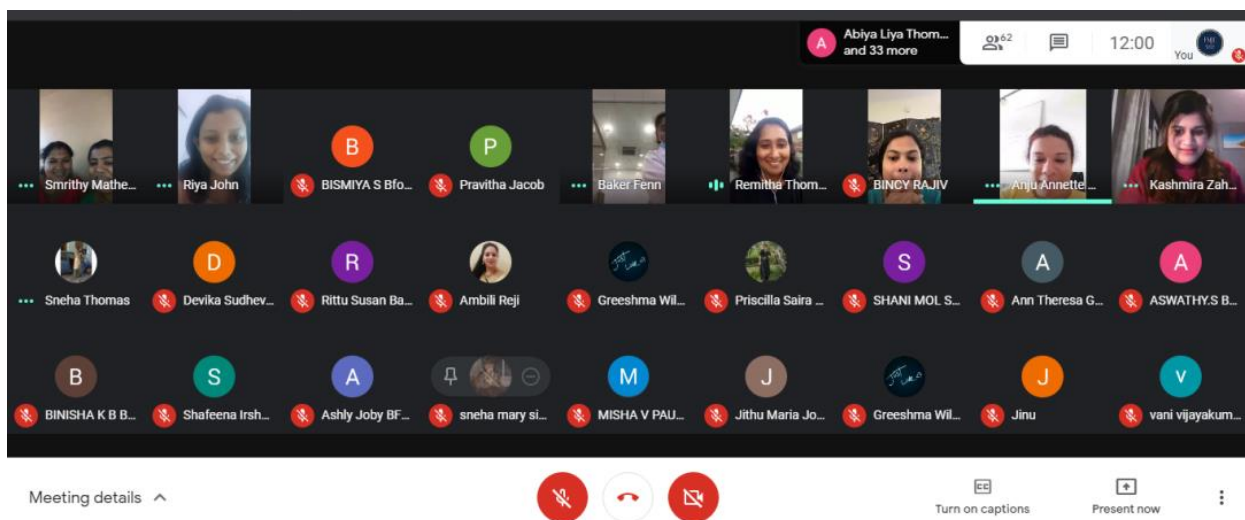
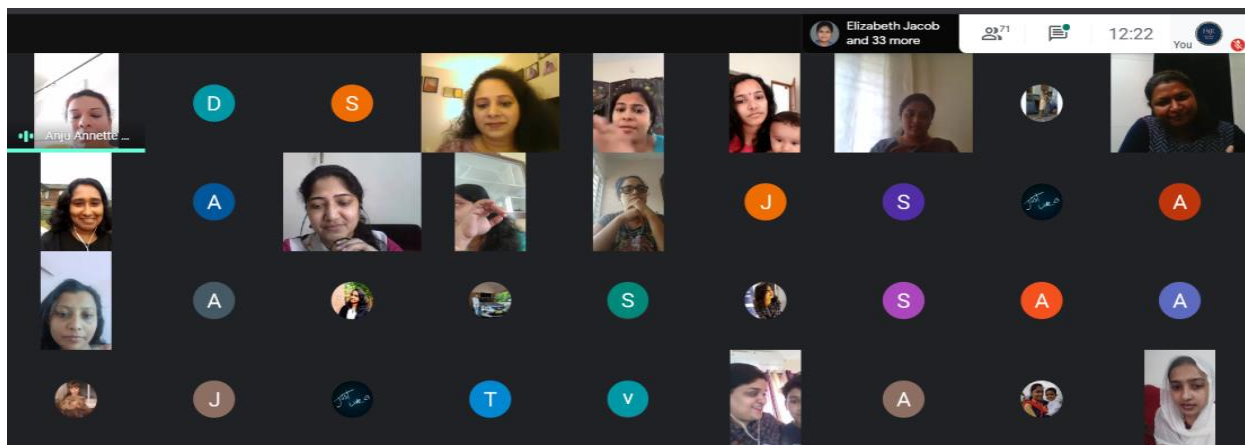
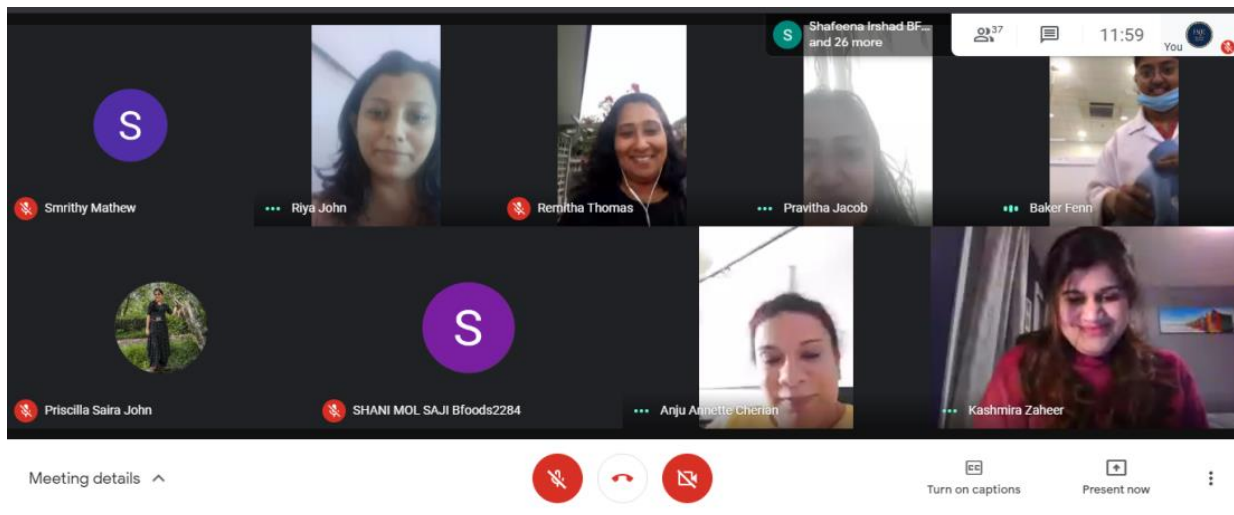
PRINCIPAL
DR. TEENA ANNA THOMAS





Students from batches of 2000 – 2002, 2003 – 2006, 2007 – 2010, 2008 – 2011, 2009 – 2012, 2010 – 2013, 2011 – 2014, 2012 – 2015, 2013 – 2016, 2014 – 2017, 2015 – 2018, 2016 – 2019, 2018 – 2020 were registered for the alumni meet via Google form.

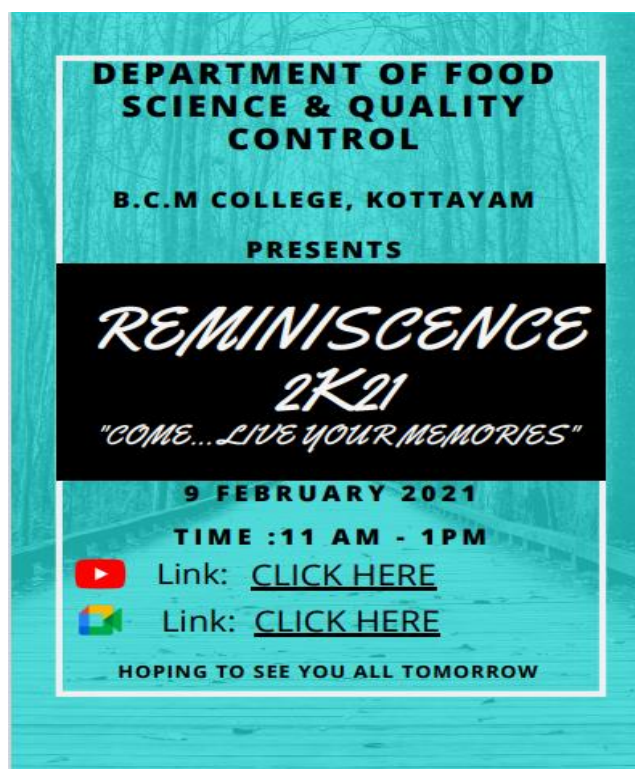
After the live streaming session on the YouTube, an interactive session was organized by the Food Science department at 12.00 p.m. and around 77 members joined for the interaction. The alumni's shared their experiences and memories, and made the event fruitful.



The poster for the meet:



The flyer for the meet:



The link for the videos:

Promo video- <https://youtu.be/Bh2oT-BRERg>

Promo video 2- https://youtu.be/EnkwLP_yNik

Alumni meet live streaming: <https://youtu.be/5ruxoYytxYk>

Link for the Google form:

https://docs.google.com/forms/d/1mphIdzIc_X590AOXsHe4aIH62kd3gWvUWz4UPJvdjvY/edit?gxids=7628

Google Meet Code: kjs-uaity-wbv

EXTENSION ACTIVITIES

FSSAI CERTIFICATION, BY III DC STUDENTS- 20th FEBRUARY, 2021



On 20th February 2021, a very informative and imperative event was organized by the Department of Food Science and Quality Control, BCM College, Kottayam.. The event was organized for the members of the Kooropada Panchayat Kudumbasree unit. The class was led by the III DC students of Food Science and Quality Control. The class was taken in two sessions. The first session was taken in the morning and the other at afternoon.

The afternoon session was all about “**FSSAI CERTIFICATION**”. The aim of the session was to create awareness about the importance of FSSAI and their license and registration. It involved topics such as the needs, regulations and different types of FSSAI License.



The Introduction part was taken by **Sneha Shibu**, III DC. And it was followed with the penalties and consequences of food license, which was taken by **Alana Maria Reji**, III DC.

A vote of gratitude was also conveyed by Alana Maria Reji, III DC to the listeners for their valuable time and patience.

The class commenced with the vote of thanks by, **Uma S Nair**, Secretary of Aishwarya Kudumbasree Unit.

A survey on the importance of coconut oil was also conducted among the listeners as a part of the ongoing project done by the III year students.



EXTENSION ACTIVITY, BY I DC – 5th MARCH, 2021

Topic : A Nutritional Guide for Adolescents
Location : Little Flower U.P School, South Paravoor
Target Group : Adolescents Number Of People
Attended : 13

Names of Student Representatives:

1. Aneetta Mary Andruz
2. Anitta Sibi
3. Diya Roy
4. Jency T Joy
5. Misha V. Paul REPORT

SUMMARY:

On 5th of March 2021, a very informative and imperative event was organized by the Department of Food Science And Quality Control, Bishop Chulaparambil Memorial College, Kottayam. The event was conducted by the department as a part of the extension activity demanded by the course. The venue was Little Flower U.P School, South Paravoor at 11am. The event was scheduled to inspire or to provide awareness on the topic “A Nutritional Guide for Adolescents “. The students representing the department were Aneetta Mary Andruz, Anitta Sibi, Diya Roy, Jency T Joy and Misha V. Paul of the I DC. 13 students from classes 5, 6 and 7 attended the programme. The event began at 11am with a welcome speech by Mrs. Shibi K Varghese, Head Mistress, Little Flower U.P School, South Paravoor. Student representatives, Diya Roy and Jency T Joy then discussed the topics. Adolescence is a significant period for physical growth and sexual maturation. Nutrition being an important determinant of physical growth of adolescents is an important area that needs attention. Growth retardation is one of the most important health concerns for

adolescents and their parents as well as health care workers. Inadequate nutritional intake during adolescence can have serious consequences throughout reproductive years and beyond. Poor nutrition during adolescence can impair the work capacity and productivity of adolescent boys and girls in their later years. Eating healthy is an important part of healthy lifestyle and is something that should be taught at a young age. The session discussed various topics including nutrition, RDA, healthy eating, balanced diet, how body uses energy, calorie needs, eating tips, importance of meals, importance of snacking, diet and academics, right sleep, hygiene, deficiency disorders, obesity and overweight. This session was concluded by 12pm. The session was followed by a fun quiz where the students interacted with the audience. Miss. Lakshmi Priya of class 7 concluded the programme with a vote of thanks and shared her experience. She spoke on how informative the programme was and also appreciated the efforts put by the students. The session concluded at about 12:30 pm.

Link for ppt:

https://drive.google.com/file/d/1W3nqrruMVK5ZG3EZx2eSxHZp_md7fxqt/view?usp=drivesdk

MOMENTS:







COMMUNITY AWARENESS PROGRAMME, BY I DC – 7TH MARCH, 2021

Topic: Nutrition And Immune System During COVID 19

Date of Event : 2021 March 7, Sunday

Location: Parashakthi Balikasadanam, Budhanoor P.O, Chengannur, Alappuzha.

Target Group : Children

Number of Persons Attended: 38

Names of Student Representatives:

1. Aswathy,
2. Gopika,
3. Fathima Shibu,
4. Shintu, Sneha Biju

SUMMARY:

On 7th March 2021, an informative program was organised by the Department of Food Science and Quality Control, Bishop Chulaparambil Memorial College, Kottayam. The venue for the community awareness class was Parashakthi Balikasadanam in Bhudhanoor, Chengannur. Due to the current Covid 19 pandemic situation, the students gave a class on the topic "Nutrition and Immune System during COVID 19". The Students representing the department were Aswathy.S, Fathima Shibu, Gopika G.B, Shintu Rachel John, and Sneha Biju Thomas. 38 students from class 2nd to 12th and degree classes attended the class. The program commenced at 10:30 am.

Aswathy.S started the session with the topic- introduction on COVID 19. At present, COVID 19 is a leading challenge across the world. It is necessary to maintain a good nutritional status to fight against this virus. Optimal nutrition

and dietary nutrient intake impact the immune system, therefore the only sustainable way to survive in current context is to strengthen the immune system. Fathima, Shintu and Gopika had explain different topics including the immune system, functions of immune system, prevention method of corona virus, Nutrition, Pre-existing conditions during COVID 19, immunity boosting foods, RDA, food nutrients that enhances our immune system and so on.

In between the class Sneha Biju Thomas has conducted 2 different games and one quiz related to COVID 19. Everyone actively participated in the sessions. The vote of thanks was given by Miss. Jothi of class 9. She spoke on how much the class was helpful and informative for them and ended the program by 3:30 pm.

Link of ppt :

<https://drive.google.com/file/d/1HLqPeKB6XSLkLgyXKyKJxXvaLP5j7fIK/view?usp=drivesdk>

Moments:





COMMUNITY AWARENESS PROGRAM, BY I DC- 10th MARCH, 2021

- Topic: NUTRITION FACTS FOR ADOLESCENTS
- Date of the event:10-03-2021
- Location: Excellent tuition centre, Charumood, Alappuzha
- Target group:9th standard students
- Number of person attended:25
- Name of the student representative: **Bismiya. S** and **Sneha Mohan**

REPORT:

A community awareness program was conducted by the students of first year FSQC students- Bismiya. S and Sneha Mohan. The program held at a tutorial centre called Excellent Tuition Centre. The program held on 10th Feb 2021. The principal of the tutorial centre introduced us to take the class. The topic was “NUTRITIONAL FACTS FOR ADOLESCENTS “

The class started at 10:00 Am. The community awareness class was divided into two sections. The first section was taken by Bismiya. She explained about the nutritional facts for adolescents and gave them a healthy and a balanced diet chart. She also spoke on various healthy component present in the foods and explained about what all diseases are caused in adolescents when they doesn't follow a proper diet. She elucidated about the side effects of the junk food and drinks. The next section was taken by Sneha, which began at 10:45 Am. She explained about the food plate and importance of the food groups in our life. The speaker also suggested various healthy tips to lead a healthy life.

Then an interactive section was held, where the students cleared their doubts. Then a small fun session was organized where some riddles based on foods were asked. Many of them answered the questions correctly and the class ended at 12:00 pm.

Link: https://1drv.ms/p/s!AiuXcNLSayu8gQssnN-IG_-QhVKQ

Moments of the program





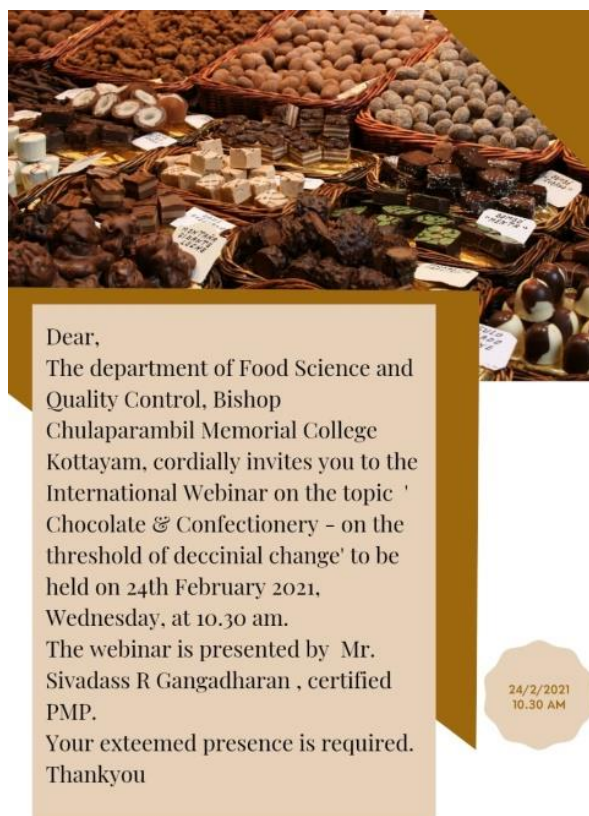
INTERNATIONAL WEBINAR

INTERNATIONAL WEBINAR 2021- 24th FEBRUARY, 2021

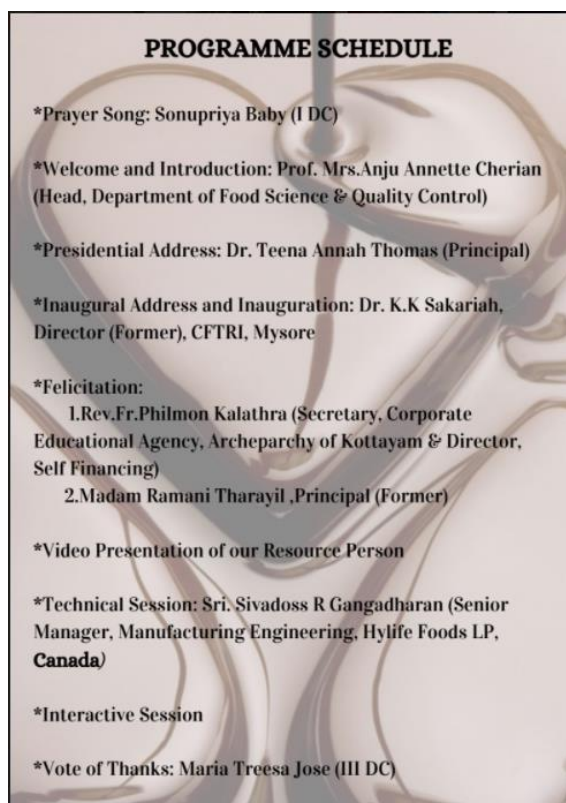
Name of the Program	INTERNATIONAL WEBINAR 2021
Topic of the webinar	CHOCOLATE & CONFECTIONERY – ON THE THRESHOLD OF A DECENNIAL CHANGE
Date	24 th February, 2021
Time	9:30 am
Welcome and Introduction Speech	Prof. Mrs. Anju Annette Cherian, Head, Department of Food Science & Quality Control
Presidential Address	Dr. Teena Annah Thomas, Principal, BCM College, Kottayam
Chief Guest- Inaugural Address	Dr. K.K. Sakariah ,former director, CFTRI, Mysore
Felicitation	<ul style="list-style-type: none">• Rev.Fr. Philmon Kalathra, Secretary, Cooperate Education Agency of Colleges, Archeparchy of Kottayam, Director, Self Financing, Bcm College• Madam Ramani Tharayil, Former Principal, BCM College, Kottayam
Speaker	Mr. Sivados R Gangadharan, Senior Manager, Manufacturing Engineer, Hylife Foods LP, Canada
Platform	You Tube @Fsqc Bcm

Links	<p>YouTube Link:- https://youtu.be/fN6y_mHe8gY</p> <p>Promo video: https://youtu.be/qWo2n-4LuCo</p> <p>Google Meet Link: https://meet.google.com/mfb-rjxb-tjg</p> <p>Google form Links:</p> <ul style="list-style-type: none"> • Link for Registration: https://docs.google.com/forms/d/e/1FAIpQLSc1cOK6h_G1aQbteRR0e1yTtTZbML_5OyckubaCNYsacpUt1g/viewform?vc=0&c=0&w=1&flr=0 • Link for the certificate: https://docs.google.com/forms/d/e/1FAIpQLSesx38pJ72gNDR2isiK_BZ_CXpCnT6MX5pCr333O6lsxkEpzA/viewform <p>Google Drive Link: https://drive.google.com/drive/folders/1d5yWub3v8IwoAeB2Mva9zIXSs5gla3TZ?usp=sharing</p>
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The Invitation for the webinar:



The agenda of the webinar:



On 24th February 2021, the Department of Food Science and Quality Control organized an International Webinar 2021 on the topic “**CHOCOLATE & CONFECTIONERY – ON THE THRESHOLD OF A DECENNIAL CHANGE**”. The webinar was scheduled from 9:30 am to 11:15am. Participants from various places attended the webinar.

The live streaming of the webinar commenced from 9 am on the online platform YouTube. The history video of the department was shown initially followed with a promo video. The official program started at 9:30.

The event began with the blessings from almighty God; **Ms Aneesha Thomas** of III DC chanted the prayer song. It was followed with the welcome speech by **Prof. Anju Annette Cherian**, Head of the Department. The presidential address for the event was expressed by **Dr. Teena Annah Thomas**, Principal.

The International webinar 2021 was inaugurated by Chief Guest- **Dr. K.K. Sakariah**, former director, CFTRI, Mysore.

Rev.Fr. Philmon Kalathra, Secretary, Cooperate Education Agency of Colleges, Archeparchy of Kottayam, Director, Self Financing, Bcm College and Madam **Ramani Tharayil**, Former Principal, BCM College, Kottayam delivered the felicitation speech.

After the video presentation of the resource person, the technical session commenced from 10:00 am which extended till about 10:45 am. The speaker took an effective class on the chocolates and confectionery. He explained on the confectionery market growth and the factors that are leading to a change in the market growth. He also elucidated on the types of chocolates and the top trends in the chocolates and confectioneries.

The main topics he covered were:

- Chocolate and confectionery
- Global market growth
- Innovation Methodology
- Factors leading to the change
- Changes in the chocolate & confectionery market due to the pandemic
- Top trends in the chocolate
- Fortified confectioneries
- Top trends in the market

An interactive session was followed after the technical session, between the participants and the resource person, where the participants posted their questions in the chat box of the live session and those doubts were read out to the speaker by **Ms Merlin Koshy**, II DC, for which the speaker answered

accordingly. The official Program ended with a vote of gratitude expressed by **Ms Maria Treesa Jose, III DC.**

The webinar was an achievement for the department as participants from various parts of the world joined for the session. Mainly, the students from Loyola College, Tamil Nadu, NSS College, Changanassery, Saintgits College, Kottayam, CTRI, Mysore and other institutions and food scientists joined, and they actively participated in the session. All the participants of the webinar were rewarded with an e- certificate after the session ended.

The International Webinar was the first ever internationally conducted programme of the department. It was a great success and really effective that helped increase the knowledge and skills of the students of the department.

Great feedbacks were got after the webinar and it was a great encouragement for the students as well as to the faculties of the department. The webinar was a great milestone and golden opportunity for the department that was successful because of the combined effort of the faculties and the students.

The people behind this event were:

- Prof. Mrs. Anju Annette Cherian (HOD, Food Science & Quality Control)
- Asst. Prof. Mrs. Rittu Susan Babu (Faculty)
- Asst. Prof. Mrs. Abiya Liya Thomas (Faculty)
- Asst. Prof. Mrs. Sherin Manu George (Faculty)
- Aneesha Thomas (3rd DC)
- Athira Unnikrishnan (3rd DC)
- Soosan Kuriakose (3rd DC)
- Greeshma Wilson (3rd DC)
- Krishnaja K (3rd DC)
- Maria Treesa Jose (3rd DC)

- Elna Mary Yesudas (3rd DC)
- Alana Maria Reji (3rd DC)
- Meritta Joy (3rd DC)
- Divya G Pai (3rd DC)
- Merlin Koshy (2nd DC)

The poster of the webinar:



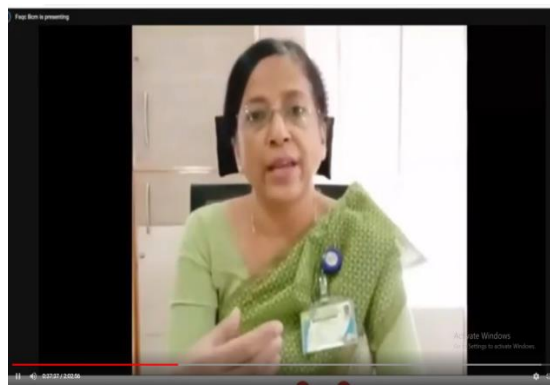
The flyer for the webinar:

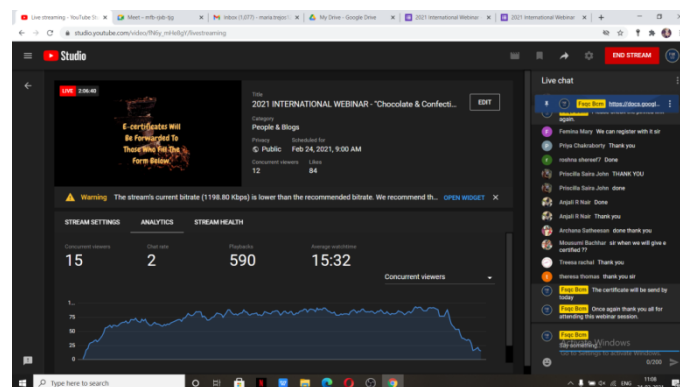
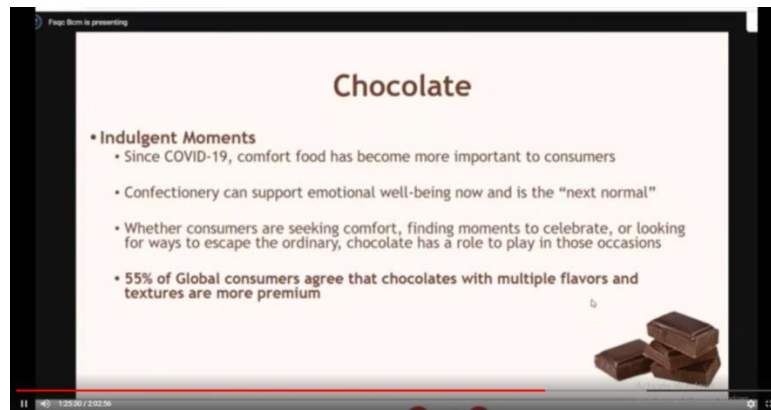


The certificate format for the webinar:



Moments from the webinar:





CHARITY WORK DONE BY THE DEPARTMENT

VISIT TO INFANT JESUS SISUBHAVAN-18th MARCH, 2021



The faculties of the department of food science and quality control - **Mrs Rittu Susan Babu** and **Mrs Abiya Liya Thomas** visited Infant Jesus Sisubhavan, an orphanage at Thottakad on 18th March, 2021.

This orphanage is led by the sisters of the congregation, daughters of St. Joseph. The orphanage is a two floor building accommodating twelve children of the age above three and seven children of below one. All these children at the orphanage comes from different living circumstances or situations.

A charity fund of Rs.8500 was given as a token of affection to the Sisubhavan. Snacks were also provided by the department for the members of the foundling home, which brought smiles on their face. A social visit to the orphanage is organized yearly by the department to evoke a sense of social gratitude in both faculties and students.

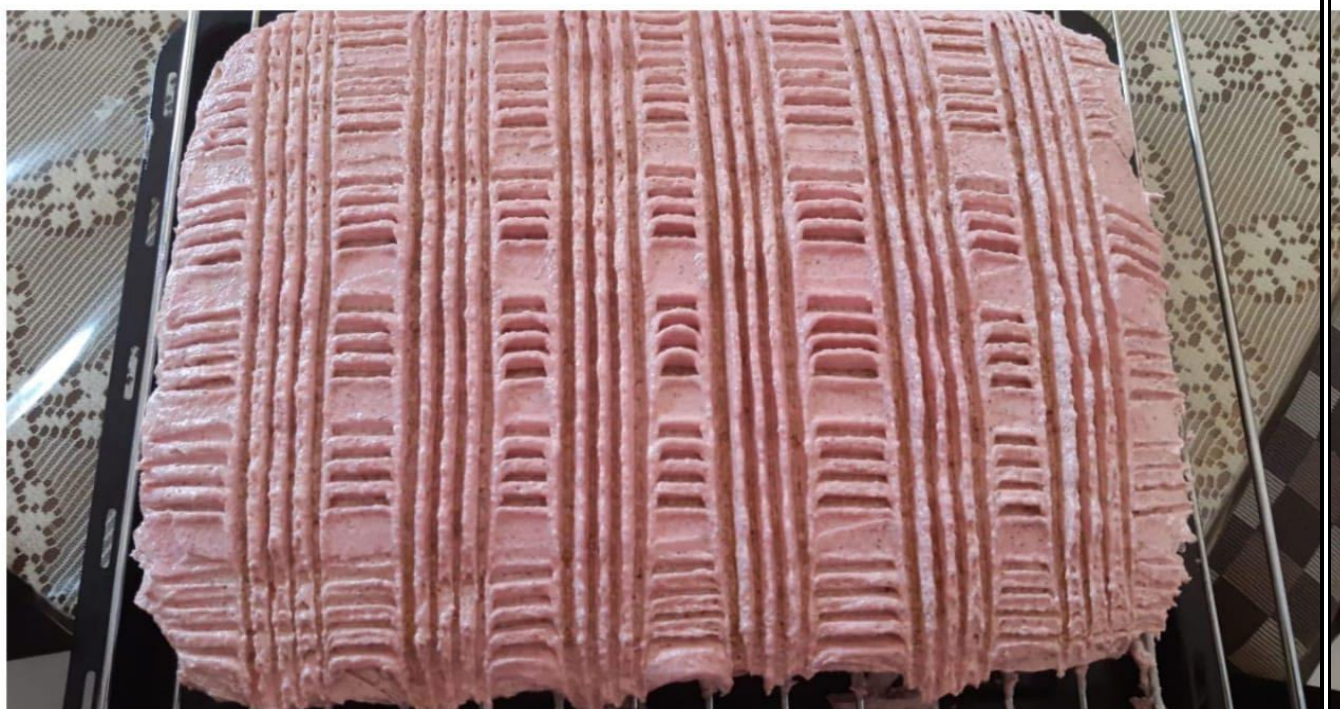


INCUBATION CENTRE FORMULATIONS

Pineapple Upside down Cake



Butter Icing Cake




Wine



NSS & NCC PARTICIPANTS

NATIONAL SERVICE SCHEME (NSS) PARTICIPANTS- III DC

School/College: BCM COLLEGE, KOTTAYAM
Place: KOTTAYAM




BIO-DATA Year: 2019

- Name: SNEHA SHIBU
- Date of Birth: 24-10-2000
- Enrolment No.
- Class: IInd B.C. Sec. IInd D.C.
- Year of joining NSS: 2018-2019
- NSS Unit No.
- Local Address: Sagara (P)
Thekkungapuram
P.O. Kottayam
- Father/Guardian's Name: SHIBU.R.P.
- Occupation: BUSINESS
- Permanent Address: Sagara (P)
Thekkungapuram
P.O. Kottayam
- Volunteer's Blood Group: A+

PROGRAMME OFFICER
Programme Officer National Service Scheme
UNIT No. 8
B. C. M. College, Kottayam

Volunteer

School/College: B.C.M. COLLEGE, KOTTAYAM
Place: KOTTAYAM




BIO-DATA Year: 2018-2020

- Name: MERITHA JOY
- Date of Birth: 09-11-2000
- Enrolment No.
- Class: IInd year Sec. Food Science and Quality Control
- Year of joining NSS: 2018
- NSS Unit No.
- Local Address: Monesky Bhavan, Hostel, Kottayam.
- Father/Guardian's Name: Davessia Joseph
- Occupation: Business
- Permanent Address: Alackal House, Kallanode
Kozhikode
- Volunteer's Blood Group: B+ve

PROGRAMME OFFICER
Programme Officer National Service Scheme
UNIT No. 8
B. C. M. College, Kottayam

Volunteer

School/College: BCM College, Kottayam
Place: Kottayam



BIO-DATA Year: 2018-20

- Name: GIORIKA SAJEEVAN
- Date of Birth: 8-2-2000
- Enrolment No.
- Class: Second Yr. Sec. Food Science & Quality Control
- Year of joining NSS: 2018
- NSS Unit No.
- Local Address: Kanathoma Hostel, Kottayam
- Father/Guardian's Name: P.S. Sajeevan
- Occupation: Farmer
- Permanent Address: Palackathottigil (CH)
Kozhimala P.O. Kozhimala
Idukki Pin: 685511
- Volunteer's Blood Group: A+

PROGRAMME OFFICER
Programme Officer National Service Scheme
UNIT No. 8
B. C. M. College, Kottayam

Volunteer

The aim of NSS is the development of the personality of students through community service.

The NSS Volunteer should put at least 120 hours of social work in a year for a continuous period of two years.

The NSS meeting is conducted every month to discuss about the important events and all the volunteers should take part in it. The meet is conducted in the presence of Fr.Byju Mukalel. The attendance is marked during the meeting.

As a part of October 2, “**Gandhi Jayanti**”, the NSS union has conducted a program in BCM College, Kottayam. On June 28th, 2019, “**Vayanavaram**”, the volunteers took a class in a Government school individually.

The NSS Volunteers was asked to collect the waste from their respective departments. The “**Snehannam**” collection is also done by the NSS Volunteers of the respective department. As a part of “**NSS day celebration**” on 24th September, 2019, several programs including classes, dance program etc. was organized.


The “**NSS Camp**” is conducted every year. The volunteers must attend the 7 day camp during the Christmas vacation or Onam vacation. The camp involves various fun activities, class session, seminars and also makes awareness about various social issues to the participants.

As a part of **Arts day** celebration, the distribution of lemon drinks was given out by the NSS volunteers on January 2& 3, 2020. “**Malinyamuktha BCM**” is a program initiated by the NSS union of BCM college, the major aim of this program is to bring a proper waste management system in the college and to make an eco- friendly surroundings

As a part of “**AIDS Day**” on December 1st, 2019, a rally was conducted by the NSS Volunteers to bring an awareness of AIDS among the society.

II DC


School/College... BCM
Place... Kottayam



BIO-DATA Year 2019

1. Name: ROSHNA
2. Date of Birth: 11-4-2000
3. Enrolment No.:
4. Class: FSQC Sec: 1st DC
5. Year of joining NSS:
6. NSS Unit No.: 8
7. Local Address: BCM College hostel
8. Father/Guardian's Name: Abdul Sharief
9. Occupation:
10. Permanent Address: Kuttiyil, Pizakkattil
Mumpakkal, P.O.
Chingavanna, Kottayam
11. Volunteer's Blood Group:
PROGRAMME OFFICER Roshni
Programme Officer National Service Scheme Volunteer
Unit No. 8
B.C.M. College, Kottayam


School/College... BCM
Place... Kottayam



BIO-DATA Year 2019

1. Name: NIMMU KURIAKOSSE
2. Date of Birth: 18-08-2001
3. Enrolment No.:
4. Class: FSQC Sec: 1st DC
5. Year of joining NSS: 2019
6. NSS Unit No.: 8
7. Local Address: Falakudiyl (H)
Chingavanna P.O.
Kottayam
8. Father/Guardian's Name: THOMAS KURIAKOSSE
9. Occupation: Business
10. Permanent Address: Palakudiyl (H)
Chingavanna P.O.
Kottayam
11. Volunteer's Blood Group: O+
PROGRAMME OFFICER Ny
Programme Officer National Service Scheme Volunteer
Unit No. 8
B.C.M. College, Kottayam

School/College... BCM College
Place... Kottayam



BIO-DATA Year 2019

1. Name: Jithu Mazia Joseph
2. Date of Birth: 11/05/2001
3. Enrolment No.:
4. Class: 1st DC FSQC Sec:
5. Year of joining NSS: 2019
6. NSS Unit No.: 8
7. Local Address: Pazambithadathil (H) Valachira
Kaduthuruthy (P.O.), Kottayam - 686604
8. Father/Guardian's Name: P.J. Joseph
9. Occupation: Business
10. Permanent Address: Pazambithadathil (H) Valachira
Kaduthuruthy (P.O.), Kottayam - 686604
11. Volunteer's Blood Group: O+
PROGRAMME OFFICER Jithu
Programme Officer National Service Scheme Volunteer
Unit No. 8
B.C.M. College, Kottayam

The NSS meeting is held twice a month for 45 minutes in room number 405, BCM College, Kottayam. A two to three days minicamp also held at the college. A Program by Mehar took place in the college auditorium on 24th September, 2019, it commenced from 12 and ended at 1:00pm. A paper pen making activity was also conducted.

On 20th November, 2019, Run for safe childhood program was organized. A class on voter's helpline app was also elucidated to the members of NSS. A documentary on Himachal Pradesh was shown on 26/2/2020 and a meeting on "Malinya Mukhta Keralam" was held on 28/2/2020. The college library cleaning took place on 13/3/2020. Visiting of the old age home & balabavan was on 29/2/2020. The cultural exchange program under the banner *Ek Bharath Shreshtabharath* was held on 2nd October from 3.00 -4.30pm.

A program by Kerala forests and wildlife department, social forestry wing, "Ullariv" was conducted on 2nd October, from 9.30-11.30am. The class was based on ethnography & traditional knowledge and Gandhian ways of living in modern era. On 2nd October, a program titled "Ploggin Run" held. The program's main aim was to pick up trash to win and collect plastic wastes, the timing was from 1.00-3.00pm.

Kerala forest and wildlife Department conducted a webinar on 'Hortus Malabaricus' and the class was led by Dr. Niya Randeep. It was on 3rd October, from 5.00-6.45pm. The Kitchen garden is another activity undertaken by the NSS members. They have to take photos and write a review on it and also protect it. An online 7 day camp was also held from February 12th -18th because of the corona pandemic.

I DC

Arathi Prasannakumar

The application of I DC NSS volunteer form was given through the online platform on 2nd December, 2020. Along with the form they asked the students to perform some task for the selection procedure. The students have to do the activities with proof like videos and photos and submit it within the time limit of one week. Our first activity was through Google meet on supporting the farmer strike and also they asked the opinion of the members about the Corona vaccine, whome should be given more priority, between teenagers, elders, nurses or doctors and slum areas.

They conduct two zoom meetings on January. Another activity was to register the students name in voters list and also assigned the work to persuade other students to join in voters list. During this pandemic situation students were asked to come in college for 2 week. And on last Friday 27-2-2021, I DC NSS volunteer with the concern teachers and Fr. Byju Mukalel conducted an offline meet up in college campus from 1.30 to 4.30 pm. There was also a short welcome speech by the principal mam. In meeting, they introduced rules and regulations of NSS unit and shown a short video of the previous year activity by the NSS unit.

NCC Participants-

II DC:-

APARNA KUNJUMON

I DC:-

ALEENA KURIACHAN

SONU PRIYA BABY

CONCLUSION

The department activities undertaken during the year 2020-21 remarkably improved in number and widened the horizons of hands-on-experience learning. This year department activities was mostly conducted through online platform because of the onset of the pandemic COVID 19. The students of all three years actively engaged in promoting and learning the social values and carving a niche for themselves in the various activities that were conducted in the college in our department as well as the other departments. The activities this year gave special emphasis on soft skill training that is imperative for any student who aims to acquire a good position in a reputed company and to propel in a world of such competition. Classes were conducted on abstract writing and paper presentation for the students to help improve their skills so that they can gracefully adorn any position of power assigned to them. A social awareness class on Gender Sensitization was conducted for the students to completely understand the concept of gender and how it plays an important role in today's society. A multitude of videos and poster were organized and posted in the YouTube and Instagram platforms to attract public attention and engage the students in lively activities. Important days were commemorated to enhance and develop public knowledge and acceptance of these days. Our students participated in various interdepartmental competitions held by the department of Sociology, Commerce, and Zoology and so on. An International level webinar was conducted by the department which helped the students to attain greater information on both the subject and various technical aspects. The incubation centre was utilized for the formulation and cost estimation of novel products which were nutritionally significant and affordable to the general public. Certification programmes like FSSAI were done to give the students an upper

hand when it comes to applying for jobs. We hope to conclude Tavasya with activities which mould us into better human beings and become individuals carrying an air of professionalism wherever they go. The 23 year old legacy of this monumental department will continue with the next association and inspire in them the courage to venture into untrodden land with enviable zest.

ONGOING PROJECTS

ONGOING PROJECTS

The students of all the three years of the department prepare an ongoing project yearly.

The ongoing project topics of this year are:

**III DC- COCONUT OIL VERSUS COMMERCIALLY PREPARED OILS-
A STUDY ON ITS AWARENESS AMONG CONSUMERS**

**II DC- NEW PRODUCT DEVELOPMENT OF POMELO PRODUCTS
AND ITS SENSORY ANALYSIS**

**I DC- COMPARATIVE STUDY OF SUGUNA CHICKEN AND EGG
PRODUCTS VERSUS LOCAL CHICKEN AND EGG PRODUCTS**

E-MAGAZINES OF THE DEPARTMENT

GENETICALLY MODIFIED FOODS
A TREND, BOON OR BANE?
-BY III DC

VIVA LA VINO
-BY II DC

INDIAN FESTIVE SAVEUR
-BY I DC

LIST OF STUDENTS

III DC

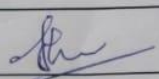
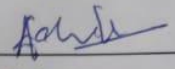
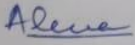
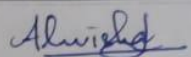
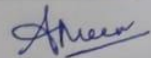
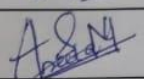
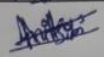
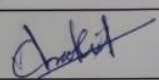
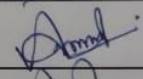
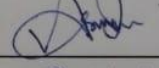
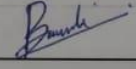
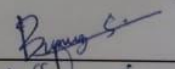
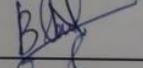
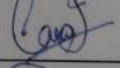
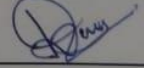
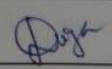
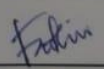
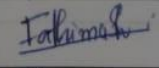
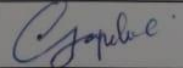
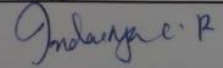
SL. NO	REGISTER NO	NAME OF THE STUDENT	SIGNATURE
1	180021033658	ABHINAYA P J	<i>Abhinaya</i>
2	180021033659	AHALYA AJAYAKUMAR	<i>Ahalya</i>
3	180021033660	AJINA SOJAN	<i>Ajina</i>
4	180021033661	ALANA MARIA REJI	<i>Alana</i>
5	180021033662	ALFIYA NIZAR	<i>Alfiya</i>
6	180021033663	ANEESHA THOMAS	<i>Aneesa</i>
7	180021033664	ANJALI R	<i>Anjali</i>
8	180021033665	ANUSHA SARAH MANI	<i>Anusha</i>
9	180021033666	ARYA P NAIR	<i>Arya</i>
10	180021033667	ASHLY ELDHOSE	<i>Ashly</i>
11	180021033668	ASHNI MARIA JOBY	<i>Ashni</i>
12	180021033669	ATHIRA UNNIKRIISHNAN	<i>Athira</i>
13	180021033670	BRONIYA SUNNY	<i>Broniya</i>
14	180021033671	DEVIKA SUDHEVAN	<i>Devika</i>
15	180021033672	DEVIKA SURESH	<i>Devika</i>
16	180021033673	DIVYA G PAI	<i>Divya</i>
17	180021033674	ELNA MARY YESUDAS	<i>Elna</i>
18	180021033675	FEMINA MARY	<i>Femina</i>
19	180021033676	GOPIKA SAJEEVAN	<i>Gopika</i>
20	180021033677	GREESHMA WILSON	<i>Greeshma</i>
21	180021033678	HAZEL MARIA SONI	<i>Hazel</i>
22	180021033679	JASMINE GEORGE	<i>Jasmine</i>
23	180021033680	JEWEL MARIYA THOMAS	<i>Jewel</i>
24	180021033681	KONCHITHA SAIS RENJAN	<i>Konchitha</i>
25	180021033682	KRISHNAJA K	<i>Krishna</i>
26	180021033683	LAYA SURESH	<i>Laya</i>
27	180021033684	MARIA TREESA JOSE	<i>Maria</i>
28	180021033685	MERITTA JOY	<i>Meritta</i>
29	180021033686	NIMISHA BENNY	<i>Nimisha</i>
30	180021033687	SANDRA ANNA JOY	<i>Sandra</i>
31	180021033688	SANEENA SAJI	<i>Saneena</i>
32	180021033689	SERA LILU MOHAN	<i>Sera</i>
33	180021033690	SHALU P JAMES	<i>Shalu</i>
34	180021033691	SNEHA SHIBU	<i>Sneha</i>
35	180021033692	SONA SABU	<i>Sona</i>
36	180021033693	SOOSAN KURIAKOSE	<i>Soosan</i>
37	180021033694	THERESA THOMAS	<i>Theresa</i>

II DC

SL.NO	REGISTER NUMBER	NAME OF STUDENT	SIGNATURE
1	190021034014	AISWARYA B ANAND	<i>Aiswarya</i>
2	190021034015	ALINA MARIAM ANIL	<i>Alina</i>
3	190021034016	AMINA S	<i>Amina</i>
4	190021034017	ANANTHALAKSHMI B	<i>Ananth</i>
5	190021034018	ANN THERESA GEORGE	<i>Ann Theresa</i>
6	190021034019	APARNA KUNJUMON	<i>Aparna</i>
7	190021034020	ARCHA BIJU	<i>Archa</i>
8	190021034021	ARCHA NAIR	<i>Archa</i>
9	190021034022	ARCHANA SATHEESAN	<i>Archana</i>
10	190021034023	ASHLY JOBY	<i>Ashly</i>
11	190021034024	ASMI SHAHUL	<i>Asmi</i>
12	190021034025	ASWINI S	<i>Aswini</i>
13	190021034026	FAJARNA JABBAR	<i>Fajarna</i>
14	190021034027	JAEZA SHAJI	<i>Jaiza</i>
15	190021034028	JITHU MARIA JOSEPH	<i>Jithu</i>
16	190021034029	KAVYA S	<i>Kavya</i>
17	190021034030	MALAVIKA S	<i>Malavika</i>
18	190021034031	MARIAM S THUNJATH	<i>Mariam</i>
19	190021034032	MARIYA GIJI	<i>Mariya</i>
20	190021034033	MERLIN PUTHENPARAMPIL KOSHY	<i>Merlin</i>
21	190021034034	NIMMU KURIAKOSE	<i>Nimmu</i>
22	190021034035	PARVATHI B L	<i>Parvathi</i>
23	190021034036	PRISCILLA SAIRA JOHN	<i>Priscilla</i>
24	190021034037	REVATHI	<i>Revathi</i>
25	190021034038	ROSHNA A	<i>Roshna</i>
26	190021034039	SANDRA S ROSEMARY	<i>Sandra</i>
27	190021034040	SETHULAKSHMI P V	<i>Sethu</i>
28	190021034041	SHAFEENA IRSHAD	<i>Shafeena</i>
29	190021034042	SIVANI N DAS	<i>Sivani</i>
30	190021034043	SIYA V SUNIL	<i>Siya</i>
31	190021034044	SONA SAJI	<i>Sona</i>
32	190021034045	SREELEKSHMI S	<i>Sreelekshmi</i>
33	190021034046	SUZAINA KURIAN	<i>Suzaina</i>

34	190021034047	TREESA RACHAL ABRAHAM	<i>Treessa</i>
35	190021034048	VANI VIJAKUMAR	<i>Vani</i>

I DC

Sl. No.	Admission No.	Name of Student	Signature
1.	SF2240	ABIYA S SAJI	
2.	SF2302	ADITHYA D	
3.	SF2285	ALEENA KURIACHAN	
4.	SF2237	ALWISHA JOHN	
5.	SF2305	AMEERA M	
6.	SF2219	ANEETTA MARY ANDRUZ	
7.	SF2281	ANITTA SIBI	
8.	SF2288	ARATHI PRASANNAKUMAR	
9.	SF2286	AROMA MARIA PRINCE	
10.	SF2292	ASWATHY S	
11.	SF2235	BINISHA K B	
12.	SF2303	BISMIYA S	
13.	SF2216	BLESSY NEWTON	
14.	SF2282	CAROLIN JOHNSON	
15.	SF2299	DEVU M V	
16.	SF2293	DIYA ROY	
17.	SF2278	FATHIMA SHIBU	
18.	SF2238	FATHIMA SIHANA RAHEEM	
19.	SF2307	GOPIKA G B	
20.	SF2280	INDARAJA C R	

21.	SF2276	JENCY T JOY	Jency
22.	SF2277	KEZIYA ANNA THOMAS	Keziya
23.	SF2351	KRISHNA PRADEEP	Krishna
24.	SF2217	MEENAKSHI S ARAVIND	Meenakshi
25.	SF2309	MEGHA M L	Megha
26.	SF2279	MISHA V PAUL	Misha
27.	SF2295	MUFEEDA BEEGUM H	Mufeeda
28.	SF2291	POOJA S UNNITHAN	Pooja
29.	SF2301	RUKKU S	Rukku
30.	SF2287	SAJINA SAIRA CHERIAN	Sajina
31.	SF2229	SAYUJYA N S	Sayujya
32.	SF2284	SHANI MOL SAJI	Shani
33.	SF2283	SHINTU RACHEL JOHN	Shintu
34.	SF2290	SNEHA BIJU THOMAS	Sneha
35.	SF2226	SNEHA MOHAN	Sneha
36.	SF2234	SONIA BENNY	Sonia
37.	SF2296	SONU PRIYA BABY	Sonu
38.	SF2289	SUMAYYA ALI	Sumayya