

LIST OF ACTIVITIES CONDUCTED (2019-2020)

S.NO	ACTIVITIES	RESOURCE PERSON	DATE
1.	Inter Department Activity- Sampling	Asst. Prof. Harsha Thomas, Department of Commerce, BCM College	13.06.2019
2.	Soft Skill Enhancement & Resume Writing	Asst. Prof. Visakh Mohan, KE College, Mannanam	20.06.2019
3.	New Product Development- Shak-Shuk-Kah	III DC Students , FSQC	26.06.2019
4.	Parent Teacher Meeting		27.06.2019
5.	Content Writing Competition	III DC Students, FSQC	27.06.2019
6.	Orientation And Ice Breaking Session	Asst. Prof. Visakh Mohan, KE College, Mannanam	01.07.2019
7.	Association Inauguration	Ms. Jincy P Mathew, Head of Seasoning Division at AVT McCormick	05.07.2019
8.	Stress Management Through Yoga Techniques	Mr. Girish Nambiar and Ms. Ansu Cherian, Certified Yoga Instructors, Cambodia	09.07.2019
9.	Chocolate Fest	III DC Students, FSQC	10.07.2019

10.	FSSAI Certification Programme	Mr. Subin Jose	19.07.2019
11.	Lecture Series-Svatra	<p>Technical Session I- Mr. Sabu Eapen, Factory Manager, Connemara Estate, Munnar</p> <p>Technical Session II- Ms. Deepa K Nair, Chemist and Ms. Aishwarya Prasad, Microbiologist of Kuttanadan beverages, Thiruvalla</p> <p>Technical Session III- Mr. T. Anandanarayanan, MD and Food Auditor Food Aastha , Cochin</p>	29.07.2019 & 30.07.2019
12.	Personal Grooming	Asst. Prof. Anju Cherian	29.07.2019
13.	Personal Grooming	Asst. Prof. Anju Cherian	30.07.2019
14.	Class On Product Labeling	Ms. Anisha Thomas	01.08.2019
15.	Alumni Meet	Students from 2003-2006, 2007-2010, 2012-2015, 2013-2016, 2014-2017 and 2015-2018 batches	03.08.2019
16.	National Seminar-Loyola College		14.08.2019

17.	Class On Vitamin Technology And Its Role In Human Nutrition	Asst. Prof. Beena Cherian, Dean, Macfast College, Thiruvalla	02.09.2019
18.	Alumni Visit	Ms. Aleena Maria Tomy, Health and Environmental Safety Officer, Grand Hyatt Hotel, Abu Dhabi	03.09.2019
19.	Teacher's Day Celebration		05.09.2019
20.	Lecture On Human Rights	Asst. Prof.Visakh Mohan, KE College, Mannanam	27.09.2019 & 30.09.2019
21.	Inter Department Activity	Asst. Prof. Tintu Jobin, Department of Commerce, BCM College	15.10.2019
22.	World Food Day Celebration	III DC Students, FSQC	16.10.2019
23.	New Product Development-Masukhan	III DC Students, FSQC	21.10.2019
24.	Christmas Arrivals	III DC Students, FSQC	20.11.2019
25.	Alumni Meet	Ms. Jossy Koshy, post graduate student of St. Aloysius (Autonomous)College, Mangalore	27.11.2019
26.	Training At Dairy Training Centre, Kottayam		03.12.2019-07.12.2019

27.	Alumni Meet	Ms. Chippy Sabu, Chef, Hammett's Macina, Italy and Ms. Pinku Philip, Entrepreneur	14.01.2020
28.	Gender Sensitization	Mrs. Jolly James	21.01.2020
29.	Flambay	I DC Students, FSQC	21.01.2020
30.	Extension Activity	I DC Students, FSQC	25.01.2020
31.	Summer Fiesta	II DC Students, FSQC	28.01.2020
32.	Republic Day	III DC Students, FSQC	27.01.2020
33.	Extension Activity	III DC Students, FSQC	27.01.2020
34.	Extension Activity	I DC Students, FSQC	27.01.2020
35.	Visit To Infant Jesus Sisubhavan	III DC Students, FSQC	02.02.2020

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 Remani 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 22 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 unleveled 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 104 students across three years who are competent and self-motivated.

FACULTY

Head of Department Mrs. Anju Cherian

Assistant Professors Mrs. Rittu Susan Babu

 Mrs. Abiya Liya Thomas

 Ms. Jiji Thankachan

VISION

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

ASSOCIATION DAKSHATA

The 22nd association of the department of Food Science and Quality Control was inaugurated on the 9th of July 2019 by Jincy P Mathew, Head of Seasoning Division at AVT McCormick and named “Dakshata”. Dakshata in Sanskrit means skills and resonates with the saying ‘when confidence and skill work together, expect a masterpiece.’

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.

In charges

- **President** Mrs. Anju Cherian
- **Vice President** Melissa George, III DC
- **Secretary** Theertha A.P, III DC
- **Treasurer** Kavya Karunakaran, III DC
- **E Magazine editors**
Aarcha G Anil, III DC
Theertha A.P, III DC
- **Association Report In charge**
ThanusreeBharadwaj, III DC

➤ **E Magazine In charges**

Alina Anil and Sivani Das I DC

Soosan Kuriakose and Theresa Thomas II DC

Aarcha G Anil and Theertha A.P. III DC

➤ **LABORATORY MANUAL:** Faculty and Students of III DC

ACTIVITIES

I. ASSOCIATION INAUGURATION

II. INTER DEPARTMENT ACTIVITY

- III. INTER COLLEGE FACULTY EXCHANGE*
- IV. SKILL ENHANCEMENT*
- V. PARTICIPATION IN NATIONAL LEVEL SEMINAR*
- VI. INTER DEPARTMENT COLLEGE COMPETITIONS*
- VII. CERTIFICATIONS*
- VIII. INCUBATION CENTRE FORMULATIONS*
- IX. IMPORTANT DAY CELEBRATIONS*
- X. LECTURE SERIES*
- XI. STUDENT INTERACTIONS*
- XII. GENDER SENSITIZATION*
- XIII. ALUMNI INTERACTIONS AND MEET*
- XIV. EXTENSION ACTIVITIES*
- XV. FESTS AND IMPORTANT DAY CELEBRATIONS*
- XVI. PTA MEETINGS*
- XVII. SPORTS*
- XVIII. E MAGAZINES*
- XIX. LABORATORY MANUAL*

ASSOCIATION INAUGURATION

DAKSHATA

The Association inauguration



The inauguration of the association of the Department of Food Science and Quality Control – DAKSHATA, for the academic year 2019-2020 took place in all grandeur on 5th July 2019. The official inaugural function began at 2:15 pm in Sr. Savio Memorial Hall. The students of all three years and faculty assembled to mark the beginning of Dakshata.

The dais was graced by Ms. Jincy P Mathew, Head of Seasoning Division at AVT McCormick and is also the lead auditor in the company at Adoor at present. The dais was also graced by The Principal of the College, Dr. Teena Annah Thomas, who welcomed and wished the association and its authority fruitfulness.

The Head of the Department, Mrs. Anju Annette Cherian familiarized the gathering to the association's goal and also conveyed her well wishes, support and guidance for

the association and its future plan of authorities. The light of Dakshata was emboldened by Mrs. Jincy P Mathew.

The official meeting commenced with prayers for blessing, prayer song was sung by Elizabeth Jacob and a word of gratitude was passed down by Miss Merin George. The 22nd department association “Dakshata” was introduced with boundless activities viewing prospects, progress and professionalism towards self by inculcating various activities into its schedule of programs and carried with her 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.



INTERDEPARTMENT ACTIVITY

**CLASS ON SAMPLING BY Asst. Prof. HARSHA
THOMAS, COMMERCE DEPARTMENT FOR III DC
STUDENTS-13TH JUNE 2019**



Sampling is a process used in statistical analysis in which a predetermined number of observations are taken from a larger population.

Food sampling is a process used to check that a food is safe and that it does not contain harmful contaminants or that it contains only permitted additives at acceptable levels or that it contains the right levels of key ingredients and its label declarations are correct or to know the levels of nutrients present. To undertake any analysis unless the whole amount of food to be considered is very small so that the food can be used for testing in its entirety, it is usually necessary for a portion of it to be taken.

There are different types of sampling methods that are carried out in a food industry which makes it essential for a food science student to understand the basics of sampling.

A class on sampling was taken for the final year students of food science and quality control by Asst. Prof. Harsha Thomas, faculty, Dept of Commerce (Self financing). The topics discussed were mainly sampling in research and the various sampling methods.

**PERSONAL GROOMING SESSION BY Asst. Prof. ANJU
CHERIAN FOR COMMERCE AND NCC STUDENTS -
29TH AND 30TH JULY 2019**

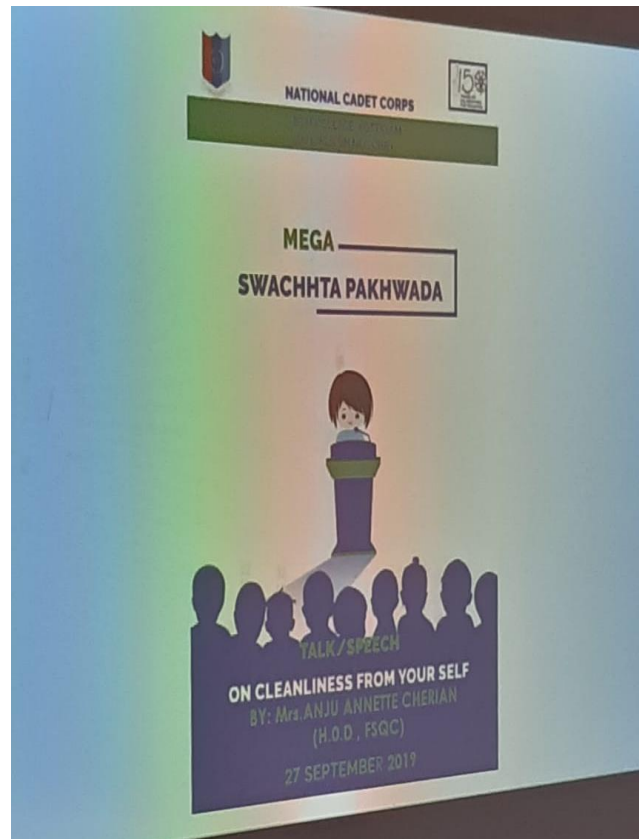


Personal grooming helps in enhancing an individual's self-esteem and also goes a long way in developing an attractive personality. Personal grooming does not mean merely enhancing superficial appearance and dressing lavishly. It refers to proper personal hygiene and carrying oneself gracefully and with immaculate elegance before the society. Imperative and effective training on the same was done by Mrs. Anju Cherian, Head of the department of Food Science and Quality Control as part of the inter college faculty exchange for the I DC and II DC B.Com students as well as those NCC students.



Personal Grooming Session For Commerce Students





Personal Grooming Session For NCC students

**CLASS ON DATA ANALYSIS BY Asst. Prof. TINTU
JOBIN, COMMERCE DEPARTMENT FOR II DC
STUDENTS -15TH OCTOBER 2019**



Data analysis simply refers to the process of analyzing raw data to gain useful information. By pulling data from a variety of sources, software applications can identify problems that can affect food quality, safety and freshness.

Asst. Prof. Harsha Thomas, faculty, Dept of Commerce (Self financing) had taken a class on the topic Data Analysis for the II DC students as it was part of their curriculum. The students were able to get a better idea on the topic as it was explained to them by an expert in the field of sampling and data analysis. The topics discussed were Test of significance, Null Hypothesis, Mean, Median, Standard Deviation, t-test and Chi Square test. The topics were understood as examples were cited during the class.

INTERCOLLEGE FACULTY EXCHANGE

**CLASS ON VITAMIN TECHNOLOGY AND ITS ROLE
IN HUMAN NUTRITION BY Asst. Prof. BEENA
CHERIAN, DEAN, DEPARTMENT OF FOOD
TECHNOLOGY, MACFAST COLLEGE FOR II DC
STUDENTS - 2ND SEPTEMBER 2019**



On 2nd September 2019, the second year students of the Food Science Department was organized together in room no. 421 for a lecture on Vitamin Technology and its Role in Human Nutrition which was taken by Asst. Prof. Beena Cherian, Dean, Department Of Food Technology, Macfast College. This class mainly focused on the importance of vitamins and their necessity in human body.

Vitamins are organic compounds that are needed in small quantities to sustain life. These nutrient facilitate the chemical reactions that produce among skin, bone and muscle. Even minor deficiency can cause permanent damage. The students were able to understand the recommended levels of vitamins intake in human diet. A power point presentation which included the functions, sources, benefits, and daily dietary allowances was displayed which made the class more informative and lively. This session was conducted post lunch from 1 to 3:30 pm.

The students were provided with study material at the end of the session which could be helpful to them in the future as well.

LECTURE ON HUMAN RIGHTS BY Asst. Prof. VISAKH MOHAN, KE COLLEGE FOR III DC STUDENTS- 27th and 30th SEPTEMBER 2019



Human rights are moral principles that describe certain standards of human behavior and are regularly protected as natural and legal rights in municipal and international law. They are commonly understood as inalienable, fundamental rights “to which a person is inherently entitled simply because he or she is a human being.”

They are applicable everywhere and at every time in the sense of being universal and they are egalitarian in the sense of being the same for everyone.

As a part of the curriculum, Mr.Visakh Mohan, former Asst professor, Department of social work, BCM College, Kottayam presently pursuing research at Rajagiri College, Cochin had taken a class for the students of department of family and community science and department of food science and quality control. The topics discussed were

on the human rights in India, and the various documents that are related to the Human Rights. In addition to these the role of UN in the implementation of Human Rights was also discussed.

Asst. Prof. Visakh was successful in impregnating all the concepts of human rights through the various extended activities that he organized. The students being the youth of the country were able to get a clear picture on the concepts of human rights by the end of the session



MEAT AND MEAT PRODUCTS BY Asst. Prof. BEENA CHERIAN, DEAN, MACFAST COLLEGE FOR II DC STUDENTS - 31ST JANUARY 2020

A class was conducted by Asst. Prof. Beena Cherian, Dean, MACFAST, Thiruvalla on the 31st of January 2020 for the first year students. The class commenced at 10:30 and went until 1 pm. It was extremely informative and useful to the students as the topic was a part of their curriculum. They were able to gain knowledge on the tenderization of meat and meat products and their processing. Detailed explanation was given on the post mortem changes that occur in meat.

The students were also introduced to the various types and classes of meat. The class was made all the more interesting with the help of a presentation by Asst. Prof. Beena Cherian.



SKILL ENHANCEMENT

RESUME WRITING BY Asst. Prof. VISAKH MOHAN, KE COLLEGE FOR III DC STUDENTS, KE COLLEGE- 20TH JUNE 2019

Resume is arguably the most critical part of the modern job application process. A resume is a short document used to summarize a job seeker's experience and qualifications for a prospective employer.



Picking up a right resume format and layout is a very difficult task which is very essential. This is especially necessary for those who are starting their career. Writing the best resume possible is more important than ever now that on line job postings routinely attract hundreds of applicants.

Mr. Visakh Mohan, former Asst. Prof. Department of Social Work, BCM College, Kottayam presently pursuing research at Rajagiri College, Cochin, and currently

employed as Asst Prof, Dept. of Social Work, KE College, Mannanam, had taken the class. The class commenced at 10 .00 am and ended at 3.30pm.

It was an interactive session which enhanced the student's creative skills as they were asked to prepare their own resume.



After the students were familiarized with the format of a resume, mock interviews were conducted for each students individually which boosted their confidence and helped them to understand their strengths and weaknesses. Mock interviews helps learn how to answer difficult questions, develop interview strategies, improve communication skills, and reduce stress before an actual interview. The mock interview was video graphed and played back to the students so as to evaluate each one's performance by themselves.

ORIENTATION AND ICE BREAKING SESSION BY Asst. Prof. VISAKH MOHAN, KE COLLEGE FOR I DC STUDENTS, KE COLLEGE-1ST JULY 2019

An ice breaking session was conducted for the first year students in order to enhance their self-confidence, creativity, management skills and overall personality development. Mr. Visakh Mohan, former Asst professor, Department of social work, BCM College, Kottayam presently pursuing research at Rajagiri College, Cochin had taken the class.

Soft skills are the nonacademic skills that students acquire to help them succeed in their life. The transition from school life to an undergraduate program is a crucial one. So there is a definite need for them to understand the importance of soft skills and how to develop their overall personality.

The students organized themselves into groups and performed a skit which was based on soft skills. The session was a fun loving one as it included games too. The session ended by calling out students to express their views and opinions on the topics that were discussed. By the end of the session each of them had built in confidence and acquired a sense of individuality in them.



**STRESS MANAGEMENT THROUGH YOGA
TECHNIQUES BY YOGA INSTRUCTORS MR. GIRISH
NAMBIAR AND MS. ANSU CHERIAN, CAMBODIA FOR
III DC STUDENTS- 9TH JULY 2019**



Stress produces a state of physical and mental tension. Yoga, developed thousands of years ago, is recognized as a form of mind-body-medicine. The practice of yoga involves stretching the body and forming different poses while keeping breathing slow and controlled. The body becomes relaxed and energized at the same time. In addition to this, the relaxation induced by meditation helps to stabilize the autonomic

nervous system with the tendency towards para-sympathetic dominance. Effective use of this practice can also reduce the chances of stress culminating in anxiety and depression.

Physiological benefits which follow, help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio respiratory diseases.

A session specially conducted for the third year students it aimed at certain asanas employed to bring down stress levels and breathing techniques to help students overcome fear and nervousness related to stress. The workshop was led by Mr. Girish Nambiar, yoga therapist and Ms. Ansu Cherian, certified yoga trainer. They are certified yoga trainers who hold classes in India as well as in Cambodia Being interactive the students combined theory and practicals with expert guidance.

Many asanas were introduced to the students like shavasana, sheershasana, garudasana. A few poses were also taught to the students like cat and fish poses. The session was a very lively one and students were relieved and helped them maintain their stress levels.







**PARTICIPATION IN NATIONAL LEVEL
SEMINAR**

PARTICIPATION IN NATIONAL SEMINAR AT LOYOLA COLLEGE BY III DC STUDENTS -14TH AUGUST 2019



A three day national seminar on **Food Sure** 2020 was organized by the PG Food chemistry and food processing, Department of Chemistry on 14th August 2019 at Loyola College, Chennai.

From the department of food science and quality control, thirteen students (Maria Chacko, Gopika B, Kavya Karunakaran, Kavya Jaison, Zainab Kunjumon, Chinju Baby, Anina Jose Athira Dileep, Sherrin Royees, Elizabeth Jacob, Merin George,

Theertha A.P, Reenu C Manu of III DC) attended the seminar on the topic “Healthy food for all, all for zero hunger”.

Along with the seminar, three competitions were held including food quiz, new product development and poster design competition. Chinju Baby, Anina Jose, Maria Chacko, Sherrin Royees, Kavya Karunakaran and Gopika B of III DC participated in poster design competition on the topic “Small but mighty, beginning to end zero hunger”. Theertha A.P and Reenu C Manu, III DC participated in food quiz and Elizabeth Jacob and Merin George, III DC participated in new product development.

The seminar started with the Inaugural programme graced by the Principal of Loyola College, Rev. Dr. Thomas S.J along with keynote speaker D.C AnanthaRamakrishnan, Director IIFPT, Thanjavur.

The welcome address was delivered by Ms. M VishwaRohini, Cordinator food chemistry and food processing department and welcomed all the dignitaries, presenters and all present in the programme along with a brief introduction of zero hunger and about the keynote speaker Dr. C Anantha Ramakrishnan.

Followed by this was Felicitation of the guests by Rev. Dr. D. Selvanayagam S.J (secretary), Rev. Dr. A. Thomas S.J (principal), Dr, Melchias Gabriel (deputy principal), Dr. J. Madhavan (dean of research) and Dr. M. George (head of the department).

The Inaugural speech was delivered by honourable director IIFPT, Tanjavur Dr. C. AnanthaRamakrishnan. He had a talk about future foods. He appreciated the seminar theme on healthy food for all, all for zero hunger. He had mentioned more about future foods and innovation in the food and agriculture sectors.

Followed by the inaugural session, there was a plenary session chaired by Dr. Muthuraman, Director of FSSAI. He delivered a talk on “Safe and Nutritious Foods- “The role of FSSAI and its initiatives”. He mentioned about the role of FSSAI in food quality and its initiatives to make the food safe etc... This speech was followed by question, discussion and viewpoints of participants and speaker.

In the post lunch session, participants attended the food quiz competition containing different 5 rounds conducted by the PG students of department of food processing and food chemistry. This was followed by a valedictory session was chaired by Dr. Usha Antony (Dean, College of fish nutrition and food technology, Dr. Jayalalitha fisheries university, Maadhavaram, had a talk on “Healthy foods”. She mentioned about smart eating and healthy diets.

Certificates were distributed by the guests to the winners and participants. On that occasion, the students of BCM College were honored by the guests for their dedication.

The program ended with vote of thanks by Ms. Aiswarya R, (Secretary, Department of chemistry)



INTER DEPARTMENT COMPETITIONS

The students of the department of Food Science and Quality Control had actively taken part in inter department competitions held in the college during the year 2019-2020. The students were given opportunity to expose themselves and to portray their hidden talents.

S.No	Date	Name of student and Class	Competition	Department	Participation /Winner
1.	19.06.2019	Ajina Sojan II DC	Music solo	Computer Science	Participation
2.	19.06.2019	Kavya K- III DC	Reading Competition	Sociology	Participation
3.	19.06.2019	Zainab Kunjumon- III DC	Reading Competition	Sociology	Participation
4.	19.06.2019	Alisha T Shaji-III DC	Photography contest	Sociology	2 nd position
5.	19.06.2019	Reenu C Manu-III DC	Photography contest	Sociology	2 nd position
6.	19.06.2019	Reenu C. Manu-III DC	Music solo	Computer Science	Participation
7.	19.06.2019	Alisha T Shaji-III DC	Poem Writing	Computer Science	Participation

8.	20.06.2019	AthiraUnnikrishnan-II DC	Guessing the song	Zoology	Participation
9.	20.06.2019	Anusha Sara Mani –II DC	Music Quiz	Zoology	Participation
10.	20.06.2019	Leah- II DC	Music Quiz	Zoology	Participation
11.	20.06.2019	AjinaSojan-II DC	Music Quiz	Zoology	2 nd position
12.	20.06.2019	Gopika B-III DC	Music Quiz	Zoology	Participation
13.	20.06.2019	Nitta Susan-III DC	Music Quiz	Zoology	Participation
14.	20.06.2019	Elizabeth Jacob-III DC	Music Quiz	Zoology	Participation
15.	20.06.2019	Theertha A.P-III DC	Music Quiz	Zoology	Participation
16.	20.06.2019	Reenu C Manu-III DC	Music Quiz	Zoology	3 rd position
17.	20.06.2019	Reenu C Manu-III DC	Music Quiz	Zoology	3 rd position
18.	24.06.2019	Anina Jose &Chinju Baby	Quiz Competition	Mathematics	Participation

CERTIFICATIONS

FSSAI CERTIFICATION BY MR. SUBIN JOSE FOR III DC STUDENTS-19TH JULY 2019



A Food Safety and Standards Authority of India (FSSAI) certification class was conducted on the 19th of July 2019 for all 32 students of 3rd year as a part of professional training and affiliations credited during the bachelor's programme. A one day class was arranged in Sr. Savio Memorial Hall from 10 – 5pm where students were exposed to the legal norms and reforms involved in the food industry and the penalties in case of violation of any of these laws and regulations. The class was led by Mr. Subin Jose, who was accompanied by his wife and a colleague for managing the students and helping them out whenever needed.

The morning session began with each of the students giving a brief introduction about their self and how they ended up choosing Food Science as a career and its prospects. He later moved on to a lecture about the inception of FSSAI and its job opportunities in a positive light. The legal implications of adulteration and the fines that are liable for each offence were detailed by him. A video showing the different measures the government has taken to promote good health and maintain living standards was shown to help students grasp and become aware of various governmental initiatives for the well-being of the society.

Schedule 4 of the FSSAI handbook was explained in detail with printed copies of the slides given to all the students. Students were taught about various important and basic hygiene practices and their huge impact on the chemical and microbiological quality of food and thus the shelf life. Examples of real life problems that occurred in food industries due to mishandling and carelessness were listed and their reasons were elucidated. The session discussed about 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 post lunch session had the students showcasing their critical thinking and communication skills by means of a short seminar on certain topics that they were told to divide among themselves. The Schedule 4 was given to be analyzed and interpreted by students and explained in detail to their peers. Students were split into teams of five and were assessed on the basis of clarity and fluency of expression, body language and effectiveness of material resources provided. They were confronted with questions to test complete understanding of the material and their level of knowledge during the seminar while being marked on their performance.

An objective quiz was conducted during the final session to test understand and comprehension of concepts and their applications. A set of 10 questions were given to the students to be completed within half an hour in which eight were objective-type and the remaining two were long answer questions. The papers were collected and assessed by Mr. Jose and the total was added with the scores obtained for the seminar.

A certificate distribution ceremony was conducted to give away the FSSAI Manufacturing (Level 2) certificates to all the students.



The certification program saw a hundred percent pass percentage and each student was called up to receive their certificates. This event was conducted in room number 420 from 11-12pm. The certificates were presented by Mr. Subin Jose in presence of his wife and our department faculty.

FIVE DAY CERTIFICATION PROGRAM FOR II DC STUDENTS AT DAIRY TRAINING CENTRE 3RD-7TH DECEMBER 2019



The II DC students of food science and quality control attended a five day training program at DTC, Erayil Kadavu, Kottayam. The main objective of the program was to understand the processing and preparation of various dairy products. The students exposed to the processing of various dairy products namely, Paneer, Khoa, Cake, Srikhand, Curd, Whey Extract etc. As an extended activity they were also asked to prepare these products. Certificates were distributed to the students who had attended the program.

It was indeed a great opportunity for the students which gave them exposure to the processing and preparation of various dairy and dairy products. This also helped them to improve and optimize their knowledge on the same.





**INCUBATION CENTRE
FORMULATIONS**

SHAK-SHUK-KAH BY III DC STUDENTS- 26TH JUNE 2019



As a part of the World Food Week Celebrations, the final year students of the Department of Food Science and Quality Control developed a new product, Shak-Shuk-kah. The food week aims to provide people with the opportunity to try something new and be more adventurous with their food choices.

Shak-Shuk-kah was kept for sale at the coffee shop and all 70 products were sold out at 12 rupees each.

Shak-Shuk-Kah

Ingredients

Sunflower oil	300 ml	Cabbage	1/2
Turmeric	1/2 tsp	Tomato	2
Chili powder	1 tsp	Onion	2
Meat masala	1tbsp	Carrot	2
Eggs	6		
Maida	1kg	Salt	as required
Bread crumbs	1 pkt	Water	as required

Method of Preparation

Add oil into a pan and sauté the chopped vegetables. Add in turmeric powder, chili powder, meat masala powder and salt into the pan and sauté well. Once it has cooked, prepare the coating. Mix Maida with water and salt and make balls out of it. The filling needs to be dipped into the maida mix and then rolled into the shape that is desired. Dip the balls first in egg and then in bread crumbs to coat them. The coated balls are then deep fried in oil and served hot.

MASUKHAN BY III DC STUDENTS- 21st October 2019



As a part of 'Food Tic' developed by the Department of Food Science and Quality Control, New Products are developed by the students with the help of the teachers in accordance with our curriculum. To create a new product, various discussions were carried out to develop the idea and the students were assigned to do various duties. Some were asked to purchase the raw materials and others were asked to do the works related to development of new product. These involved the development of idea and convincing the teachers on our idea and also include the development of product in the canteen. A total of 80 number were prepared by the students and sold at the coffee shop.

Idea of 'Masukhan'

Masukhan is a chicken-based product enriched with various vegetables. The idea generated from the concept of a food rich in nutrients. The product should also be healthy and delicious. So, a fried product is made with ingredients including both vegetables and chicken.

Masukhan

Ingredients

Curry leaves	handful	Ginger -garlic paste	2 tbsp
Salt	as required	Mustard	2g
Chilli powder	1 tsp	Oil	3 tbsp
Chicken masala	1 tbsp	Carrot	100g
Pepper powder	1 tsp	Potato	200g
Egg white	2	Chicken	250g
Bread crumbs	1 cup	Cabbage	250g
Bread	1 packet	Onion	500

Method of Preparation:

Heat the pan on a low flame. Add oil. Add mustard and then curry leaves. Add all the chopped onions, ginger-garlic paste, carrot, potato and cabbage and mix well until it becomes brown in colour. Add all the masalas and the salt, mix it well for around 20-24 minutes. The gravy is ready. Keep it aside and now prepare the bread for the base. Remove the brown portion of the bread, slightly moisten it with water, fill it with the

gravy prepared above, make it into rolls and the dip in prepared egg white and in bread crumbs and finally deep fry in the oil.

Result

The product was sold through the Coffee shop, and received a good opinion from the teachers and students of BCM. We were overwhelmed with all the positive reviews and it was an experiential learning method for the participating students

TUDUO HUNAN NEST BY III DC STUDENTS-23RD

JANUARY 2020



Tuduo and Hunan are Chinese words meaning meaning ‘Potato’ and ‘Chicken’ respectively. The main ingredients of the product are potato, chicken and is in the shape of a nest hence given the name “Tuduo hunan nest”. It was sold in the coffee bar for rupees 10 each portion size being 90. The product was developed by third year students by using the canteen facilities.

Health Benefits of the product

- ✓ Potato is rich in fiber, potassium, vitamin C, vitamin B₆ and it helps to reduce inflammation, prevent scurvy, lowers the blood pressure, nourishes brain, prevent cancer.
- ✓ Chicken strengthens the bone, builds muscle, contains nutrients linked with mood, promotes heart health, aids in weight loss, and provides vitamins and minerals involved with brain function.
- ✓ Vermicelli is the ingredient which is relatively low in cholesterol and carbohydrates. This is ideal for people with wheat related food allergies.

Tuduo Hunan Nest

Ingredients

Potato	½ kg	Oil	300 ml
Chicken	1 kg	Salt	as required
Onion	500g	Ginger	1
Roasted vermicelli	1pkt	Garlic	4 cloves
Green chilly	100g	Turmeric powder	½tsp
Corn flour	¼ cup	Black pepper powder	1 tsp
Red chilly powder	1 tsp	Coriander leaves	handful
Garam masala	1tbsp	Ghee	

Method of Preparation

Sauté the finely chopped vegetables in oil until cooked. Add in chili powder, turmeric powder, black pepper powder and salt and sauté well. Corn flour and water is mixed so as to use as the coating. The filling is then dipped in corn flour mix and then coated with roasted vermicelli to give a nest appearance to it.

The product is coated with dried roasted vermicelli which gives it's the shape of the nest. It was served hot with tomato sauce at the coffee bar during the first break. It was widely accepted by students and we have got a good feedback. The product was hot and spicy and complimented well with sauce. A good percentage was obtained as profit. This product can be easily tried in the home and it takes only 35 minutes. It is served as a snack. Care should be taken during frying to prevent over browning and breakage.

SOY CUTLET BY II DC STUDENTS

Ingredients

Soaked Soya nuggets	100g	Minced garlic cloves	4
Refined oil	1 cup	Salt	as required
Bread crumbs	½ cup	Black pepper	½ tsp
Gram flour	2 tbsp	Turmeric	a pinch
Garam Masala Powder	1tsp	Chopped Coriander leaves	2tbsp

Method of Preparation

Boil the potatoes and peel them. Now take another bowl and add gram flour to it. Add water and salt in it and make a batter of thick consistency. Mix all the other ingredients well using hands in a large bowl. Make sure there are no lumps. Make round patties with palm. Now dip them in gram flour batter and then roll them in bread crumbs. Take a deep bottomed pan and add oil in it. Heat it over high flame. Once the oil is sufficiently hot, deep fry the cutlets. Garnish with chopped coriander leaves and serve hot with green chutney or Schezwan sauce.

IMPORTANT DAY CELEBRATIONS

CHOCOLATE DAY BY III DC STUDENTS-7TH JULY 2019

As part of World Chocolate Day celebrated annually on July 7th, a chocolate fest was conducted by the III DC students on the 10th of July 2019. Products were prepared and sold

TEACHERS DAY CELEBRATION BY THE STUDENTS-5TH SEPTEMBER 2019



5th September is the birth anniversary of a great teacher Dr Sarvepalli Radhakrishnan, who was a staunch believer of education and was a well-known diplomat, scholar, the President of India and above all, a teacher. In India, 5th September is celebrated as Teachers' Day as a mark of tribute to the contribution made by teachers to the society. Teachers play an important role in our life to become successful in career and business. A good teacher helps us to become a good human being in the society and a good citizen of our country. The students of the food science department arranged a series of fun filled programs that were enjoyed by all. The teachers were given a small task to pick up one lot and was asked to speak on the person's whose name appeared.

WORLD FOOD DAY QUIZ COMPETITION BY II DC STUDENTS- 16TH OCTOBER 2019



On behalf of WORLD FOOD DAY, the department of Food Science and Quality Control had conducted a quiz competition and it was arranged by Anusha Sarah Mani, Divya G Pai, Konchitha, Broniya Sunny, Sneha Shibu, SoosanKuriakose and Alana Reji of II DC.

The first prize was bagged by Ashni and Arshilin of I DC Zoology, Sruthy and Anamika of II DC Computer science bagged 2nd prize. Prize distribution was done by Mrs. Anju Cherian the head of the Food Science department.

CHRISTMAS ARRIVALS- 20TH NOVEMBER 2019



Prepared and standardized by the students, the beverage is intended to be sold at the Christmas Fest to be held jointly with the Department of Family and Community Science. On 17th December 2019. The preparations were by the final year students.

REPUBLIC DAY 27TH JANUARY 2020

A collage making competition was conducted on 27th January 2020. Students from various departments were asked to submit their entries on the 29th of January 2020 on the topic “India- A Republic of Dictatorship?”

LECTURE SERIES

LECTURE SERIES “SVATRA” FOR III DC STUDENTS- 29TH&30TH JULY 2019



Lecture series named “Svatra” was conducted from 29th to 30th July 2019 on “Beverages”. The 6 hours long session was handled by various resource persons well acquainted with the industrial and working climate of beverage industries. On 29th, the first session was lead by Mr. Sabu. M Eapen, Deputy Manager, Production Periyar Connemara Estate. The morning session elaborated on tea and its processing, types, manufacturing, various tea leaf and tea tree products.



The afternoon session on the same day was handed over to Ms. Deepa K. Nair, Chemist & Ms. Aiswarya Prasad, Microbiologist, Kuttanad Beverages on filtered packaged drinking water process and its packaging.



On the 30th, Mr. Ananthanarayanan, Certified Food Safety Officer, Food Aasta, Cochin engaged the students in a session on alcoholic beverages and distilled liquors. The long-drawn history of ancient alcoholic beverages and the modifications it underwent through the years were discussed by means of a timeline and the manufacturing process of each of these products were elaborated with special

emphasis to the scientific techniques that were used to achieve desired alcoholic strength. The series culminated in students of all three years learning more about the beverage industries in India and the process of manufacture of various drinks deemed to be of high value.



STUDENT INTERACTION

CLASS TAKEN ABOUT PRODUCT LABELLING BY MISS ANEESHA THOMAS, II DC FSQC FOR ALL STUDENTS OF FOOD SCIENCE DEPARTMENT



On 9 July 2019, a very informative class was organized by Department of Food Science and Quality Control. The class had commenced at 3:50 pm in the evening.

The class had taken place in Room no.420 which constituted the first year and second year students of the Department of Food Science and Quality Control.

This program was organized as part of the fest named 'COMIDA 2k19' which was held as part of the association activities. The class was to provide awareness or knowledge about mandatories be followed while labelling a product.

The class was taken by Ms. Aneesha Thomas, a second year student of the Food Science and Quality Control Department. The points that was stressed on were on

what all are the different important information that the particular company is bound to provide to their customers who opted their product. These different titles includes:

- ✳ What is product labelling and what are the importance of labelling a product.
- ✳ Or what are the different titles that needs to be ensured such as product name, the logo of whether the food is non-vegetarian or vegetarian, under what category does the product come, the net quantity of the product, ingredients list, allergens present in them, additional colors and flavors added, additives and the INS number of those, instructional information, manufactured under which address, FSSAI license number, manufacturing date and best before date along with the barcode, country of origin and the retail price specified over the product.
- ✳ And about the various optional information too that can be seen while a product is purchased such as the brand name, warnings, barcode, and if the product carries a Halal logo over it.

The class was held till 4:20 pm in the evening. and was a good experience in technical knowledge.

GENDER SENSITIZATION

GENDER SENSITIZATION BY MS. JOLLY JAMES FOR III DC SOCIOLOGY, III DC PHYSICS AND I, II AND II DC FSQC STUDENTS-21ST JANUARY 2020



As a part of Department Extension Activities, several programs are conducted and classes were taken by many eminent persons. A class on Gender Sensitization was taken by Ms. Jolly James.

The session was held in Sr. Savio Memorial Hall, BCM College. The session was inaugurated by Dr. Teena, chief guest, Mrs. Reeja, HOD of Department of Sociology, BCM College was also invited as our guest, third year students from the department of sociology and physics also join with the students of food science and quality control.

The class was based on the importance of gender education among the youth. It also emphasizes on the importance of empowerment of women. It was a full day session with the involvement of whole class. It was an interactive with a whole hearted participation from all the students gathered. Students get to know about the difference between gender equality and equity. The whole class was divided into 12

groups and was given various activities. The sum of all activities points out towards the empowerment of women in one way or the other. Students were excited to participate in those activities and the session were actually a fun along with the enhancement of knowledge.

The official E magazine of the department of the academic 2019-2020 was released by Mrs. Jolly James on the 21st of January 2020.



ALUMNI- INTERACTIONS AND MEET

ALUMNI MEET 3RD AUGUST 2019



Alumni meet is a gathering of passed out students of an institution and during the meet the alumni community shares their experiences in the outside world, which they faced after stepping out of the institution.

The Alumni meet involved students of various batches sharing their experiences and were also able to cherish their good old memories. It turned out to be a learning platform for the present batch students too.

A skit was performed by the second year students which was thoroughly enjoyed by all. The skit was followed by a dance performance by the students of the present batch.

Students from batches of 2003-2006, 2007-2010, 2012-2015, 2013-2016, 2014-2017, 2015-2018.





ALUMNI MEET BY MISS ALEENA MARIA TOMY-3RD SEPTEMBER 2019



The Department of Food Science and Quality Control was honored by the presence of Ms. Aleena Maria Tomy, Health and Environmental Safety Officer, **Grand Hyatt Hotel, Abu Dhabi, UAE**. The talk was regarding personal grooming, fluency in English and on job application.

ALUMNI MEET BY MISS JOSSY KOSHY-27TH NOVEMBER 2019



Miss Jossy Koshy, student from the batch of 2015-2017 currently pursuing post graduate degree in St. Aloysius (Autonomous) College, Mangalore had visited the department to share her experiences to the students. She spoke on the difficulties she faced while attaining admission for Post-graduation. She also explained the importance of fluency in the English language.

ALUMNI MEET BY MS. CHIPPY SABU AND PINKU PHILIP- 14TH JANUARY 2020

Ms. Chippy Sabu, Chef, Hammett's Macina, Italy and Ms. Pinku Philip, Entrepreneur of batch 2012-2015 had made a visit to the department to meet the teachers and students. It was a real fun loving session and all the three years got to interact with them thoroughly.

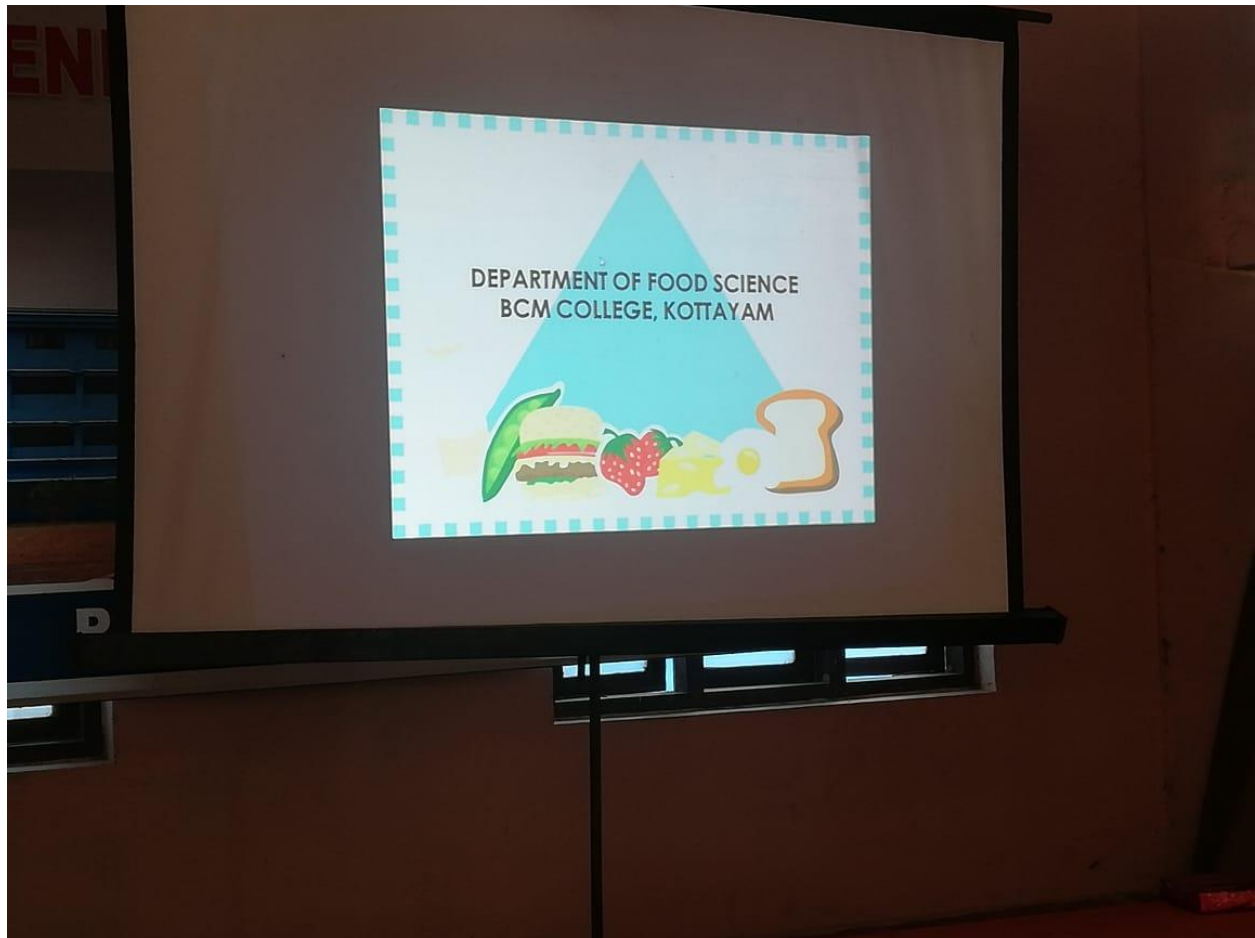


EXTENSION ACTIVITIES

EXTENSION ACTIVITY III DC (MARIAN SCHOOL)- 23RD JANUARY 2020



A one day visit to Marian public school, Kanjikuzhy was to take the class on the topic “Healthy eats” for the students of standard five.



This is a one hour programme which was conducted between 10:30 to 11:30 on 23rd January 2020. The upper primary students have not much idea about the healthy eating habits like what to eat, what to drink, how to eat etc...

The speaker of the class was Reenu C Manu along with Chinju Baby, Anina Jose, Merin Mathew, Maria Chacko and Athira Dileep of III DC. The purpose of this class was to share practical strategies for how to eat healthy foods. Many people really pay attention to the food they put in their bodies, until we get sick and need medical attention.

Healthy eating means picking all natural foods from the basic food groups, meats, dairy, fruits, vegetables, grains and stop eating too many sweets and fat. The first step in healthy eating is to know the good fats from the bad fats.

The program was started with an interactive section between the students and the speakers, which made them more energetic. The students were not aware about this topic at the starting session. But by the end of the class made them more aware about what healthy eats is and which food to be eaten daily. The class was filled with videos and PowerPoint presentations which caught the eyes of students.

The students were really energetic & very responsive and finally the feedbacks from students were collected.

EXTENSION ACTIVITY III DC (ST. ANNE'S SCHOOL)

23RD JANUARY 2020



Time has become the scarcest resource in today's world. Sustenance in such living conditions has led to the development of fast foods and ready-to-eat foods which is often found in the lunch boxes of school-going children. This unhealthy habit is becoming a modern trend in the present age and is also what is indirectly taught to these children as common and regular foods. The high calorific values of these foods add to common adolescent problems such as obesity and diabetes in young adults. The department, as an extension activity, meant to address this issue and conduct a social outreach program to make school children aware of the right foods and diet that help them grow into beautiful, strong and young people. Five third year students each visited two different schools to conduct classes on "Healthy Eating Habits" for students belonging to the age group of 9-12 years on 23rd January 2019.

The team that visited St. Anne's HSS, Kottayam consisted of Theertha A P, Sherrin Royees, Kavya Karunakaran, Sandhra Babu and Safna P Azeez of III DC. Formal communication regarding the permission for conducting the talk for 5th graders was done through the headmistress, Rev. Sr. Sophia two days prior to the day of the event.

The school authorities extended a warm welcome to us and seemed enthusiastic about the idea of a talk being conducted on a topic of such importance. A class with smart teaching facility was arranged in 5B classroom and the projector and class arrangement was done by the teachers and students as soon as we arrived there at 10:30 am. The technical work was done immediately and the students were engaged in a game of message whisper in the meanwhile to focus their attention on the session that was to be conducted. They remained active participants throughout the course of the session and seemed inquisitive about the new facts that were taught to them. They relentlessly expressed their doubts and opinions and participated in the games conducted enthusiastically.

The session began with a brief introduction about what is healthy and what constitutes healthy eating habits. Students were asked about their eating habits and their responses varied from healthy to unhealthy breakfasts, to nutritious midday meals to heavy dinners. Sherrin Royees and Safna P Azeez handled the initial session and was passed on to Theertha A P, Sandhra Babu and Kavya Karunakaran of III DC who took classes on healthy vs. unhealthy foods. It was an audio-visual learning experience for the students as videos and a presentation on the same were shown to them whilst teaching. The session lasted for two hours and came to an end at 12:30 pm. Students were given an opportunity to express any doubts or viewpoints that they may have on the current scenario and about the talk.

EXTENSION ACTIVITY II DC 25TH JANUARY 2020

Members and their topics

Anusha Sarah Mani : Introduction to Personal Hygiene

Aneesha Thomas : Food storage and Safe Food Handling

Athira Unnikrishnan : Personal Hygiene concerned with Food Handling and Kitchen Sanitation

Alana Maria Reji : Hand Sanitation and demonstration on Hand Washing

Gopika Sajeevan : Adulteration in various foods and how to detect them

On the 25th January 2020 , 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. There were about 25 persons from this unit along with 5 students from the Department of Food Science and Quality Control of the BCM College. The event was conducted by the Department as extension activity demanded by their course. The event had taken place at the National Library, Madapadu that concerned at 11:30 am in the morning.

The event was scheduled to inspire or to provide awareness on the topic “**Personal Hygiene and Safe Food Handling**”. The 5 students representing the particular department were Anusha Sarah Mani, Aneesha Thomas , Alana Maria Reji , Gopika Sajeeven and Athira Unnikrishnan of II DC.

The event concerned with a Welcome Speech by **Mrs. Sophia Reji**, the member of the Kooropada Panchayat Kudumbasree Unit.

INTRODUCTION TO PERSONAL HYGIENE, this topic was handled by **Ms. Anusha Sarah Mani**, II DC



She featured on the basic needs of washing hands while handling food after using toilet etc. Emphasized on the seven basic hygiene practices that needs to be followed in daily life. The introduction of how hair, skin and head can be a contaminant for the food.

FOOD STORAGE AND SAFE FOOD HANDLING, this topic was discussed by **Ms. Aneesha Thomas**, II DC



She featured on the proper ways of storing foods in a refrigerator and on the possible cost contradictions that can be caused if not properly stored. Emphasized on the causes and effect of food intoxication. Highlighted on how to clear up the refrigerator at least once a week and the precautions of what should not to be used while cleaning such as refrigerator.

PERSONAL HYGIENE CONCERNED WITH FOOD HANDLING AND KITCHEN SANITATION, this topic was concerned with **Ms. Athira Unnikrishna**, II DC.



She featured on the most important things to be considered during preparation of food. How the hair should be covered and hands to be properly washed before and after preparation of food and on how the involvement of aprons, head caps, cleaning of floor and using only cleaned utensils will contribute to better health.

DEMONSTRATION ON HAND SANITATION, this topic was taken by **Ms. Alana Maria Reji, II DC**



She stressed on what the different steps involved in hand washing are. And how attack of pathogens can be avoid through it. How hand washing can be done in particular area with a very clear tap having running water. And how liquid gels should be preferred over soaps and the different ways if washing hands properly.

ADULTERATION IN VARIOUS FOOD AND HOW TO DETECT THEM, the topic was covered by **Ms. Gopika Sajeevan** of II DC. She highlighted on different adulterants are used to increase the quantity and value of product thereby increasing the profit of company by incorporating cheap ingredients into it. What are different methods that can be performed at home to find out if product is adulterated or not. And how adulteration can be prevented to an extend by



regular market survey, use of safe pesticides, proper washing before cooking, by attending awareness classes etc.

This event concluded by about 12:30 pm in the afternoon. It was ended with a vote of thanks by Ms. Aneesha Thomas, II DC and by a feedback was given by a member. The event had turned to be a very successful one with lot of gracious moments.

The feedback comprised on thanking the students for making them aware about a lot of food handling techniques. They spoke in ever being aware about all the possible ways of food getting contaminated, how man goes careless over it.

They also spoke on how inspiring and informative the classes had been and also appreciated the efforts put by the students over it.

EXTENSION ACTIVITY I DC 27TH JANUARY 2020



1 DC EXTENSION ACTIVITY

2020

In accordance with extension activities undertaken by the department of food science and quality control, the students of first year had conducted a class on the topic Food fads and Fallacies at the public library, Moolavattom, Kottayam for 14 ladies.

Five students were the representatives for the I DC students. Mariya Giji and Ananthlalshmi B, I DC took turns and conducted the class. Aparna Kunjumon, I DC was in charge of the technical work that is the power point presentation. Nimmu Kuriakose and Suzaine Kurian, I DC were the volunteers for the same. A total of 14 spectators were present. All of them were women. The class was conducted from 11:30 am to 1:00 pm.

The topic presented was Food fads and fallacies which means false ideas and notions people have about food eating habits. One such false idea is that carbohydrates cause overweight. More awareness must be spread among the public about such false ideas. Carbohydrates are an essential component of a healthy diet. It is equally essential for providing our body with energy and maintaining the level of fluids in our body.

Further, Trans fats was also discussed along with its harmful effects. In addition, cross contamination and the various refrigeration methods were also explained to the audience. The topics were all explained in detail and held an interactive session at the end where the spectators were given a chance to ask queries if any. The class was a very informative one and the students also could gain a lot of experience.

VISIT TO INFANT JESUS SISUBHAVAN-2ND FEBRUARY



A one day visit to an Orphanage named Infant Jesus Sisubhavan, a foundling home at Thottakad by three students (Anina jose, Elizabeth Jacob, Kavya Karunakaran of III DC) from the department of food science and quality control on 2nd February 2020.

This is an orphanage lead by the sisters of the congregation, daughters of St. Joseph. The orphanage is a two floor building having 12 children of the age above 3 and 7

children of below 1. All these children were come there from different living conditions or situations.

When we entered into the home, the children were very happy and they were eager to play with us. They seemed very delighted upon seeing chocolates in our hands. While looking at each face we felt so sad because of their worries. From the sister we came to know that most of the children which are staying at this Sisubhavan have parents but they had forsaken the children because of mental depression, love marriage problems etc...

We had given a charity fund of Rs.5000 as a token of love to the Sisubhavan. But at the end of that hour, it was heart breaking to get separate the children from us. One child was crying till we live from there. They were so sad that can be feeling at their face. The sisters were so proud to look the children. But they are facing a lot of problems and it is not affordable by them to look a single child for a long time. They were taking very hard works to maintain that home as heaven. So this was an unforgettable and memorable experience which we never get from any other place.



COFFEE SHOP AND CANTEEN



The students and faculty of the department of Food Science and Quality Control actively take part in managing the activities of the college canteen and the coffee shop. The students of all three classes take turns on a daily basis to manage the sales. The students are also involved in maintaining cleanliness and hygiene in the canteen and coffee shop premises. A record is also maintained so as to ensure safety and hygiene. The menu and products to be sold are decided by the students and teachers collectively on a regular basis.





GREEN INITIATIVES BY THE DEPARTMENT

As part of the green initiatives, members of the department has reduced use of paper and plastic to minimum in the most possible ways. All decorations used for various fest activities were eco-friendly and biodegradable articles. The college canteen and coffee shop being supervised by the department has also taken initiatives by using steel glasses instead of plastic or paper cups.

Online submission of assignments and seminars are done that contributes to the reduction of paper wastage. Magazines of each year are released in the form of E-magazines too.

**FESTS AND IMPORTANT DAY
CELEBRATIONS**



CONTENT WRITING COMPETITION BY III DC STUDENTS -27TH JUNE 2019

As part of World food week, department of Food Science and Quality control had conducted a content writing competition on the topic “Food Safety- everyone’s business.” The students of all departments took part in the event and they were asked to write an essay on the same. The III DC students were present throughout the event in room no 422 to avoid malpractices and ensure fair competition. The evaluation of the essays was done by Mrs. Anju Cherian, Head of Department of Food Science and Quality Control. Winners were announced and prizes were distributed the very next by Mrs. Anju Cherian. The prize consisted of a certificate designed by the III DC students themselves.



CHOCOLATE FEST BY III DC STUDENTS -10th July 2019



A chocolate fest was conducted on the 10th of July 2019 as part of World Chocolate Day celebrations from 1:20 to 1:45 pm during the lunch break. The fest began with a game show conducted in the college quadrangle to invite students to the fest. A game of spin-the-wheel, called 'CHOCOWHEEL 2K19' was conducted where students were told to spin a wheel with the names of different chocolate manufacturing companies were written and they were quizzed about the company on which the marker lay. A set of ten students were randomly called out from the crowd and were asked simple questions about brands like Munch, Ferrero, Kinder, Dairy Milk, Snickers and Milky Bar. The questions included those from famous advertisements of the brand, tasks to add their own twists to advertisements, guessing the tagline and the music of different popular brands. The students who answered correctly were given Munch bars as a gift and this enthralled the crowd while keeping them involved in the game. The ones who participated belonged to the English, Mathematics, Physics and Sociology departments.

The chocolate products that were kept on sale alongside included Oreo Balls, Chocolate Muffins, and Choco-puri. All three products were sold at reasonable rates of Rs.10, 15 and 25 respectively, and were off the table within minutes of starting the game. These were prepared in the morning by a team of students headed by Elizabeth Jacob and Sherrin Royees of III DC. The products were refrigerated to retain freshness till the afternoon and provide students with the healthy taste of dark chocolate. The crowd remained active participants throughout the course of the fest and gave life to the event. All products earned good reviews from the students and were enthusiastic about conducting many more of such fests along with novel games. A good percentage was obtained as profit for the department and was put into the conduct of another fest.



COMIDA FEST BY II DC STUDENTS-5TH & 6TH AUGUST 2019



A three day event COMIDA 2K19 was held by the students of the food science department so as to spread knowledge about the different food industries and the variety of food products available in the market.

The events were held in room no. 422 from 1:20-2:00 pm. The events consisted of a logo competition and tag line competition, product labeling and a quiz competition.

LOGO COMPETITION:

Date: 15 July 2019

Time: 1:20 to 2 pm

Venue: Room No. 420

Target audience: all the students of the college

The department of Food Science and Quality Control had conducted a logo competition on 15th July 2019 and it was conducted and arranged by Arya P Nair, Ajina Sojan, Nimisha Benny, Jasmine George, Femina Mary, Maria, Sannena Saji, Sonasabu, Devika Sudhevan and Elena.

The purpose of the competition was to know more about different food industries, food products etc. The first prize was bagged by Athira Unnikrishnan and Rintu of 3rd DC Botany.

QUIZ COMPETITION:

Date: 16 October 2019

Time: 1:30 to 2pm

Venue: Room No. 420

On behalf of WORLD FOOD DAY, the department of Food Science and Quality Control had conducted a quiz competition and it was arranged by Anusha Sarah Mani, Divya G Pai, Konchitha, Broniya Sunny, Sneha, Soosan kuriakose and Alana of II DC.

The first prize was bagged by Ashni and Arshilin of 1st DC Zoology, Sruthy and Anamika of 2nd DC Computer science bagged 2nd prize.

Prize distribution was done by Mrs. Anju Cherian the head of the Food Science department.

FLAMBAY BY IDC STUDENTS 21ST JANUARY 2020



Department of Food Science & Quality Control

FLAMBAY

MENU FOR THE DAY

- **BLIND TEST** •
In the dark, feel the aroma,
perceive with a touch &
sense the taste
- **PUZZLE COMPETITION** •
correct it..if you can
- **ONLINE FOOD PHOTOGRAPHY** •
share your foodie moments
Mail photos to flambay2020@gmail.com or DM to below
mentioned numbers
- **PowerPoint Presentation** •
Topic: Zero hunger
Mail to flambay2020@gmail.com
On January 21st 2k20
Venue: Room no.420&422
@1.30 pm

for details
Mariya Giji: 9744972820
Aparna K: 9544670798

Flambay was conducted on the 21st of January 2020 by the first year students of the Department of Food Science and Quality Control. The competition was held in room no 420 and 422 at 1:30 pm. Students from across all the departments had participated for the same. It involved a Blind test, Puzzle competition, Online Photography contest and a power point presentation. Two competitions on stage and two off stage events. The on stage event included the blind test wherein spices were placed in front of the students who were blind folded and they were made to guess which spice it was by taste, smell and touch sensations only. The puzzle competition was also held in room no. 420 and 422. The off stage events was a photography contest and a power

point presentation that was to be prepared by the participants and sent to the mentioned email id. The best ones would be awarded prizes. The first prize winners were given a dream catcher.



FLAMBAY2020



SUMMER FIESTA BY I DC STUDENTS-28th January 2020



The department of Food Science and Quality Control conducted a fest SUMMER FIESTA which involved the introduction and sales of refreshment drinks.

The fest was conducted under the tree during lunch break. The response was great and turned out to be really refreshing for all. The principal Dr. Teena Annah had also mentioned that the buttermilk was an excellent drink.

The fest was based on the theme: During the hottest hours of the year, let your body and mind be cool and refreshed with a sip of cool, hot, sour, sweet juice and refreshments.

The following were the refreshments kept for sale:

- Royal Drink (Boiled grape juice with sugar mix)
- Virgin Mojito (Lemon mint combined with sugar syrup/soda)
- Butter milk (curd with spicy mix)
- Aampanna (Raw mango, Green chilly combo)
- AnanasColadea (Pineapple lemon combo juice)



PARENT TEACHER MEETING

PARENT TEACHER MEETING FOR II DC STUDENTS- 27TH JUNE 2019



Meetings are organized for better interactions between parents and teachers. Meetings are regularly conducted for a better and close rapport with the faculty and to thoroughly scrutinize the academic performance of the student. Parents ensure regularity, punctuality, active participation of the student in all school activities.



SPORTS DAY

The College annual sports day was held on 04th February 2020. The students had taken part in few of the events. The list of participants are as follows:

Archana Satheeshan, Roshna A,

Amina S and Asmi Shahul	I DC	March Past
Saneena Saji and Greeshma Wilson	II DC	Tug of War
Sethulakshmi P V and Alina Anil	I DC	Tug of War
Alana Maria Reji and Hazel Maria Soni	II DC	Badminton
Greeshma Wilson	II DC	Basketball
Alina Anil	I DC	Shot Put

**UNION MEMBERS, NCC AND NSS
PARTICIPANTS**

UNION MEMBER


III DC REPRESENTATIVE

Nitta Susan George, III DC



NCC AND NSS PARTICIPANTS

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




BIO-DATA Year... 2019

- Name... Jithu Mazia Joseph
- Date of Birth... 11/05/2001
- Enrolment No.
- Class... 1st DC Sec... FSAC
- Year of joining NSS... 2019
- NSS Unit No... 8
- Local Address... Pazambithadathil (H), Valachira Kaduthuruthy (P.O.), Kottayam - 686604
- Father/Guardian's Name... P. J. Joseph
- Occupation... Business
- Permanent Address... Pazambithadathil (H), Valachira Kaduthuruthy (P.O.), Kottayam - 686604
- Volunteer's Blood Group... O+

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

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




BIO-DATA Year... 2019

- Name... Roshni
- Date of Birth... 11-4-2000
- Enrolment No.
- Class... FSAC Sec... 1st DC
- Year of joining NSS... 2019
- NSS Unit No... 8
- Local Address... BCM College hostel
- Father/Guardian's Name... Abdul Sharief
- Occupation... Business
- Permanent Address... Kuttiyil, Kizhakkattil, Alumpedikkal P.O., Kottayam - 686604
- Volunteer's Blood Group... O+

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

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



BIO-DATA Year... 2019


- Name... NIMMU KURIAKOS
- Date of Birth... 18-08-2004
- Enrolment No.
- Class... FSAC Sec... 1st DC
- Year of joining NSS... 2019
- NSS Unit No... 8
- Local Address... Palakudiyl (H), Chingavaram P.O., Kottayam
- Father/Guardian's Name... THOMAS KURIAKOS
- Occupation... Business
- Permanent Address... Palakudiyl (H), Chingavaram P.O., Kottayam
- Volunteer's Blood Group... O+

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

IDC


I DC


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



BIO-DATA Year 2019

- Name SAHEHA SHIBU
- Date of Birth 24-10-2000
- Enrolment No.
- Class 11th D.C., F&A C. Sec 11th D.C.
- Year of joining NSS 2018-2019
- NSS Unit No.
- Local Address Pagala (H)
Thekkungapuram
P.O. Kottayam
- Father/Guardian's Name SHIBU RP
- Occupation BUSINESS
- Permanent Address Pagala (H)
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 11th year Sec Food Science and Quality Control
- Year of joining NSS 2018
- NSS Unit No.
- Local Address Homesly 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 B.C.M. College, Kottayam
Place Kottayam



BIO-DATA Year 2018-20

- Name GIOPIKA SAJEEVAN
- Date of Birth 3-2-2000
- 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 Palackathottipil (H)
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**

II DC

UPCOMING EVENTS

HACCP CERTIFICATION

HACCP stands for Hazard Analysis and Critical Control Point and is a certification for an industry practicing food safety. This add on certificate training is an added skill which students acquire during their three year study. The food science professionals are trained by the food safety certifying agency “Food Safety Solutions International” whereby students are taught to control hazards at critical points from food purchase to packaging and transportation. Resource person Sri Shaji M.N., Vencon Systems, Cochin, Lead auditors in Food Safety

KALYANATHALENNU FEST

The III DC students have planned to conduct a jubilant fest to bring the grandeur of a ‘kalyanathalennu’ to the college with a wide variety of foods and programs to wind up the year’s activities. Selection of foods range from traditional to modern recipes that are observed in different religions across the state.

CONCLUSION

The department activities undertaken during the year 2019-20 remarkably increased in number and widened the horizons of hands-on-experience learning. The students of all three years were actively engaged in promoting and learning social values and carving a niche for themselves in the various activities that were conducted in the college in our department as well as 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 resume writing and personal grooming for the students to help improve their posture and polish their behavior 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 fests and related games were organized 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. Greater exposure to the subject was promoted through attending national seminars outside the state and quiz programs conducted by the university. The incubation centre was utilized for the formulation and cost estimation of novel products which were nutritionally significant and affordable to the general public. Three products – Shak-Shuk-Kah, Masukhan and Tuduo Hunan Nest- were relished by the students and garnered positive reviews from

the student community. Certification programmes like HACCP and FSSAI were done to give the students an upper hand when it comes to applying for jobs.

We hope to conclude Dakshata with activities which mould us into better human beings and become individuals carrying an air of professionalism wherever they go. The 22 year old legacy of this monumental department will continue with the next association and instill in them the courage to venture into untrodden land with enviable zest.

E MAGAZINES OF THE DEPARTMENT



GREEN INITIATIVES



LABORATORY MANUAL

