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# **COVID RELATED ACTIVITIES**

## **DEPARTMENT OF FOOD SCIENCE AND QUALITY CONTROL**

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# 2020 – 2021

## LOCK DOWN 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- 13<sup>th</sup> APRIL, 2020**

A collage video was published by the students of II year, Food Science and Quality Control, BCM College, Kottayam on 13<sup>th</sup> 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:

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- Collage video:  
<https://drive.google.com/file/d/1B1p0dhSlodhFHHne5v4ahRntCiKqYgUJ/view?usp=drivesdk>

The YouTube link:

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



## PARTICIPANT LIST

| SR.NO | REGISTRATION | NAME               |
|-------|--------------|--------------------|
| 1     | 190021034014 | Aiswarya.B.Anand   |
| 2     | 190021034015 | Alina Mariam Anil  |
| 3     | 190021034016 | Amina S            |
| 4     | 190021034017 | Ananthalakshmi B   |
| 5     | 190021034018 | Ann Theresa George |
| 6     | 190021034019 | Aparna Kunjumon    |
| 7     | 190021034020 | Archa Biju         |
| 8     | 190021034021 | Archa Nair         |

|    |              |                                   |
|----|--------------|-----------------------------------|
| 9  | 190021034022 | Archana Satheesan                 |
| 10 | 190021034023 | Ashly Joby                        |
| 11 | 190021034024 | Asmi shahul                       |
| 12 | 190021034025 | Aswini. S                         |
| 13 | 190021034026 | Fajarna jabbar                    |
| 14 | 190021034027 | Jaeza Shaji                       |
| 15 | 190021034028 | Jithu Maria Joseph                |
| 16 | 190021034029 | Kavya S                           |
| 17 | 190021034030 | Malavika S                        |
| 18 | 190021034031 | Mariam S Thunjath                 |
| 19 | 190021034032 | Mariya Giji                       |
| 20 | 190021034033 | Merlin<br>Puthenparampil<br>Koshy |
| 21 | 190021034034 | Nimmu Kuriakose                   |
| 22 | 190021034035 | Parvathi .BL                      |
| 23 | 190021034036 | Priscilla Saira John              |
| 24 | 190021034037 | Revathi                           |
| 25 | 190021034038 | Roshna. A                         |
| 26 | 190021034039 | Sandra S Rose Mary                |
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| 29 | 190021034042 | Sivani N Das                      |
| 30 | 190021034043 | Siya V Sunil                      |
| 31 | 190021034044 | Sona saji                         |
| 32 | 190021034045 | Sreelekshmi S                     |

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|----|--------------|--------------------------|
| 33 | 190021034046 | Suzaine Kurian           |
| 34 | 190021034047 | Treesa Rachal<br>Abraham |
| 35 | 190021034048 | Vani Vijayakumar         |

## **HEALTHY TIPS VIDEO, BY II DC STUDENTS- 13<sup>th</sup> April, 2020**

A video on healthy tips was released by the students of second year Food Science and Quality Control BCM College Kottayam on 13<sup>th</sup> 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/1B1p0dhSlodhFHHne5v4ahRntCiKqYgUJ/view?usp=drivesdk>

The YouTube link: <https://youtu.be/iSFaJR6llg>



#### PARTICIPANT LIST

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|-------|--------------|-------------------|
| 1     | 190021034014 | Aiswarya.B.Anand  |
| 2     | 190021034015 | Alina Mariam Anil |
| 3     | 190021034016 | Amina S           |

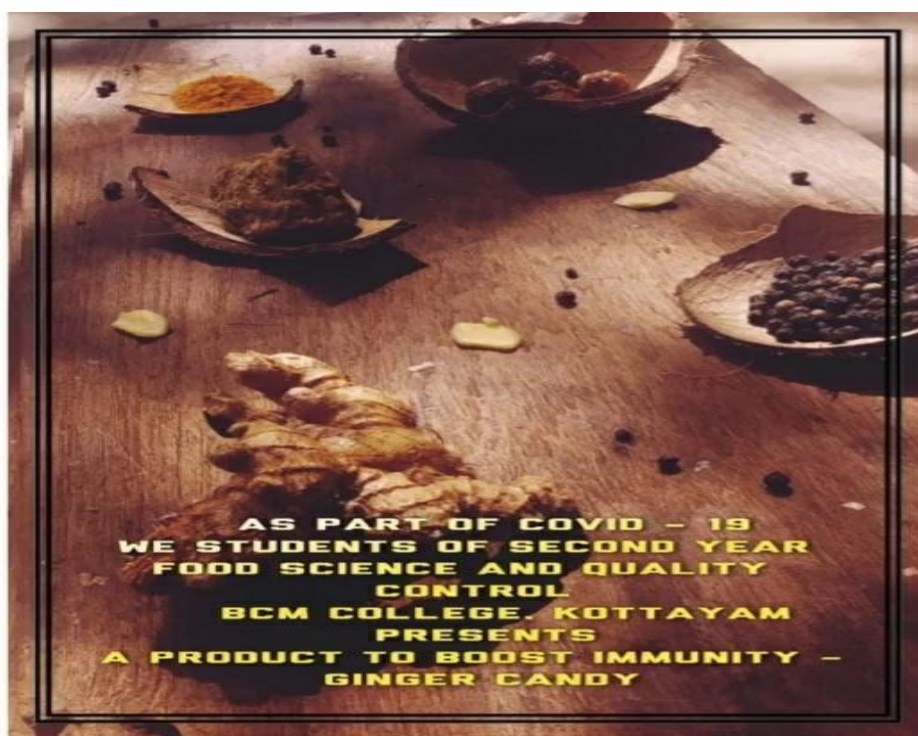


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|----|--------------|-----------------------------------|
| 4  | 190021034017 | Ananthalakshmi B                  |
| 5  | 190021034018 | Ann Theresa George                |
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| 27 | 190021034040 | Sethu Lakshmi P V                 |

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| 33 | 190021034046 | Suzaine Kurian           |
| 34 | 190021034047 | Treesa Rachal<br>Abraham |
| 35 | 190021034048 | Vani Vijayakumar         |



**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.

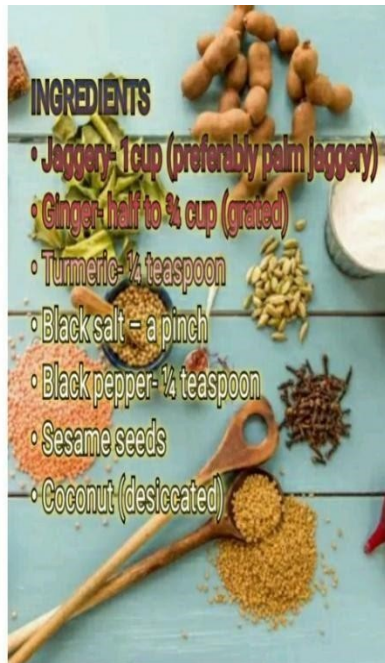
Ingredients used for the preparation of ginger candy are:-

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

The Google drive link:

Video on preparation of immunity boosting product:

[https://drive.google.com/file/d/1D\\_qdDa5vQ3zHGGvMZYinv1BTuKDd5tjL/view?usp=drivesdk](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.

## PARTICIPANT LIST



**QUADRANT-DINE RECIPES, BY III DC (2017-2020 BATCH) - 24<sup>th</sup> APRIL to 13<sup>th</sup> JUNE, 2020**

| S<br>no. | Date      | Image   | Products           | Recipe            | Instagram   |
|----------|-----------|---|--------------------|-------------------|---|
|          |           |   |                    | Introduced<br>By  | Link  |
| 1        | 24-4-2020 |   | Super food<br>Wrap | Reenu. C.<br>Manu | <a href="https://www.instagram.com/tv/B_XO7odn0sJ/?utm_source=ig_web_copy_link">https://www.in<br/>st<br/>agram.com/tv/<br/>B<br/>_XO7odn0sJ/?u<br/>t<br/>m_source=ig_<br/>w eb_copy_link</a>     |
| 2        | 25-4-2020 |  | Potato<br>Smiley   | Anina Jose        | :<br><a href="https://www.instagram.com/tv/B_ZRgAepoMs/?utm_source=ig_web_copy_link">https://www.in<br/>s<br/>tagram.com/tv/<br/>B<br/>_ZRgAepoMs/?<br/>utm_source=ig<br/>_<br/>web_copy_link</a> |
|          |           |  |                    |                   |   |

|   |           |  |                               |             |   |
|---|-----------|--|-------------------------------|-------------|---|
| 3 | 26-4-2020 |  | Spinach<br>Banana<br>Smoothie | Feba George | <a href="https://www.instagram.com/tv/B_b1gC1Jh5F/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_b1gC1Jh5F/?utm_source=ig_web_copy_link</a> |
|---|-----------|--|-------------------------------|-------------|---|

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|   |           |   |                             |                         |   |
|---|-----------|---|-----------------------------|-------------------------|---|
| 4 | 27-4-2020 |  | Jackfruit Seed<br>Chocolate | Chinju Baby             | <a href="https://www.instagram.com/tv/B_ebEmEJ6KX/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_ebEmEJ6KX/?utm_source=ig_web_copy_link</a> |
| 5 | 28-4-2020 |  | Passion Fruit<br>Squash     | Passion Fruit<br>Squash | <a href="https://www.instagram.com/tv/B_jjVOsJ3D_/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_jjVOsJ3D_/?utm_source=ig_web_copy_link</a> |



|   |           |  |                        |                |   |
|---|-----------|--|------------------------|----------------|---|
| 6 | 29-4-2020 |   | Jackfruit seed shake   | Gopika B       | <a href="https://www.instagram.com/tv/B_jjVOsJ3D_/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_jjVOsJ3D_/?utm_source=ig_web_copy_link</a> |
| 7 | 30-4-2020 |  | Vegetable Coin Paratta | Sherrin Royees | <a href="https://www.instagram.com/tv/B_mKGLHJiQ7/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_mKGLHJiQ7/?utm_source=ig_web_copy_link</a> |

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|---|----------|---|--------------------------|-----------------|---|
| 8 | 1-5-2020 |  | Tender Coconut ice cream | Elizabeth Jacob | <a href="https://www.instagram.com/tv/B_opyHxJXna/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_opyHxJXna/?utm_source=ig_web_copy_link</a> |
|---|----------|---|--------------------------|-----------------|---|

|    |           |  |                      |                   |   |
|----|-----------|--|----------------------|-------------------|---|
| 9  | 3-5-2020  |   | Adrak Chai           | Melissa George    | <a href="https://www.instagram.com/tv/B_t7Ymup8sV/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/B_t7Ymup8sV/?utm_source=ig_web_copy_link</a> |
| 10 | 13-6-2020 |  | Mango turmeric shake | Kavya Karunakaran | <a href="https://www.instagram.com/tv/CBXb2wTA4-z/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/CBXb2wTA4-z/?utm_source=ig_web_copy_link</a> |



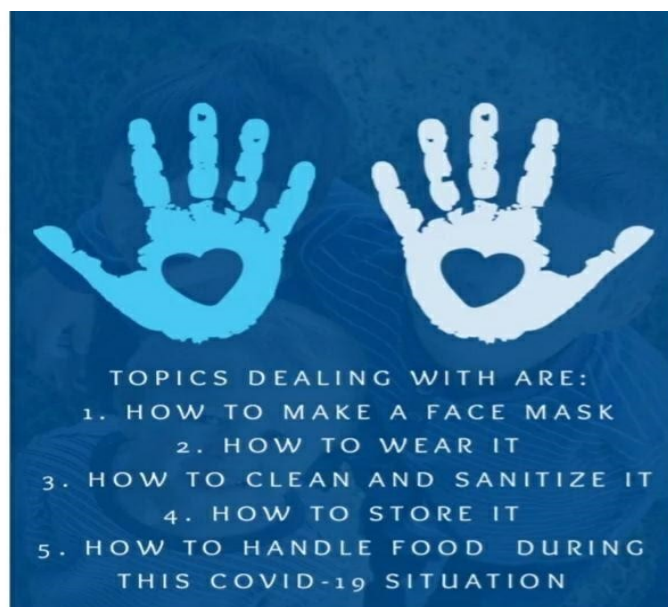
**VIDEO ON SAFETY TIPS DURING COVID 19, BY III DC**

## 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/1H3HnE3Lwx5lnD1MVt2sXX3rRmv2uN6U/view?usp=drivesdk>







## A DOCUMENTARY ON COVID – 19 IN KERALA- 25<sup>th</sup> -30<sup>th</sup>

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 3<sup>rd</sup> 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:

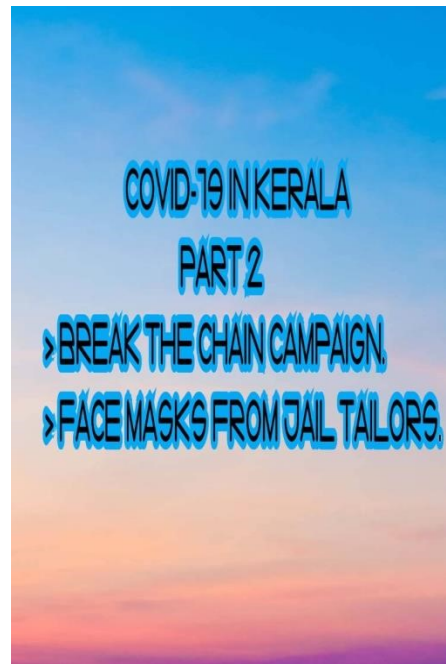
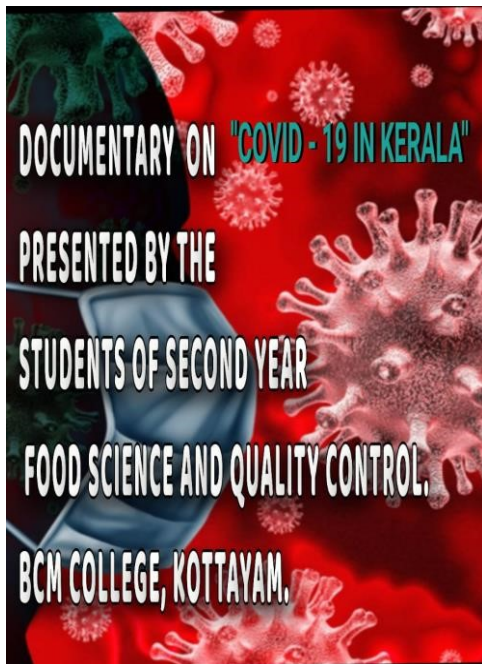
| PART   | DATE          | LINK  |
|--------|---------------|---|
| Part 1 | 25 April 2020 | <a href="https://drive.google.com/file/d/1h_wHV1gsXAikhiDOPBthOOLZW1d2v5Hn/view?usp=drivesdk">https://drive.google.com/file/d/1h_wHV1gsXAikhiDOPBthOOLZW1d2v5Hn/view?usp=drivesdk</a> |
| Part 2 | 27 April 2020 | <a href="https://drive.google.com/file/d/1-MfY24i33_TO_ROH8lrgPLW0X0IQWdOL/view?usp=drivesdk">https://drive.google.com/file/d/1-MfY24i33_TO_ROH8lrgPLW0X0IQWdOL/view?usp=drivesdk</a> |
| Part 3 | 29 April 2020 | <a href="https://drive.google.com/file/d/1to_fOZxGwjLiyfiOQQg0F1thKWjIACu/view?usp=drivesdk">https://drive.google.com/file/d/1to_fOZxGwjLiyfiOQQg0F1thKWjIACu/view?usp=drivesdk</a>   |
| Part 4 | 30 April 2020 | <a href="https://drive.google.com/file/d/15LHBJ5SxuuXYTjDukD1UG5PoheOn1ShQ/view?usp=drivesdk">https://drive.google.com/file/d/15LHBJ5SxuuXYTjDukD1UG5PoheOn1ShQ/view?usp=drivesdk</a> |

The students behind this documentary were:

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

- **Soosan Kuriakose**

All the 3<sup>rd</sup> 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- 12<sup>th</sup> – 13<sup>th</sup> 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 plague
- 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](https://www.youtube.com/watch?v=R3z_WKaiAeg)

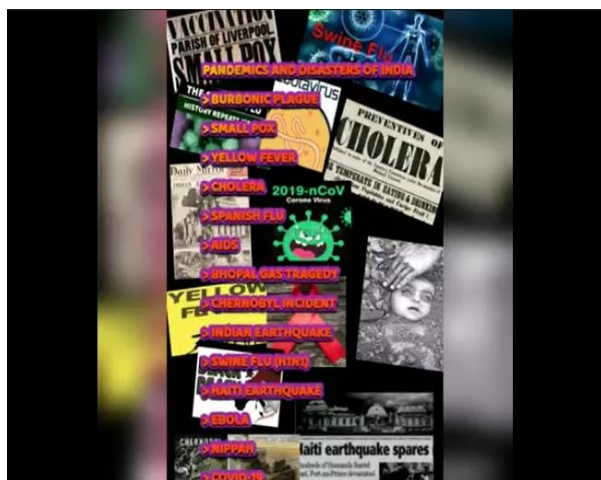
The documentary on pandemics and epidemics Part1-

[https://drive.google.com/open?id=1Xb2Yr9dcgjzG4vLQor\\_TbjbydFxyJTW](https://drive.google.com/open?id=1Xb2Yr9dcgjzG4vLQor_TbjbydFxyJTW)

Part 2-

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





## PARTICIPANT LIST

### SECOND DC STUDENTS

| SR.NO | REGISTRATION | NAME               |
|-------|--------------|--------------------|
| 1     | 190021034014 | Aiswarya.B.Anand   |
| 2     | 190021034015 | Alina Mariam Anil  |
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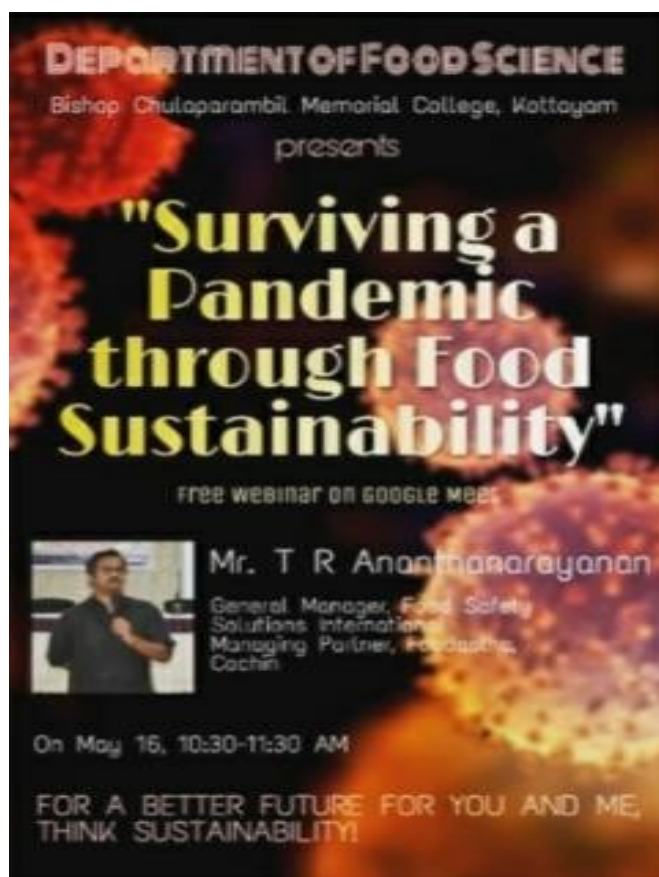
|    |              |                  |
|----|--------------|------------------|
| 35 | 190021034048 | Vani Vijayakumar |
|----|--------------|------------------|

**THIRD DC STUDENTS**

|           |                     |                         |
|-----------|---------------------|-------------------------|
| <b>36</b> | <b>180021033693</b> | <b>Soosan Kuriakose</b> |
| <b>37</b> | <b>180021033694</b> | <b>Theresa Thomas</b>   |

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# **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 – 16<sup>TH</sup> MAY 2020

On 16<sup>th</sup> 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:

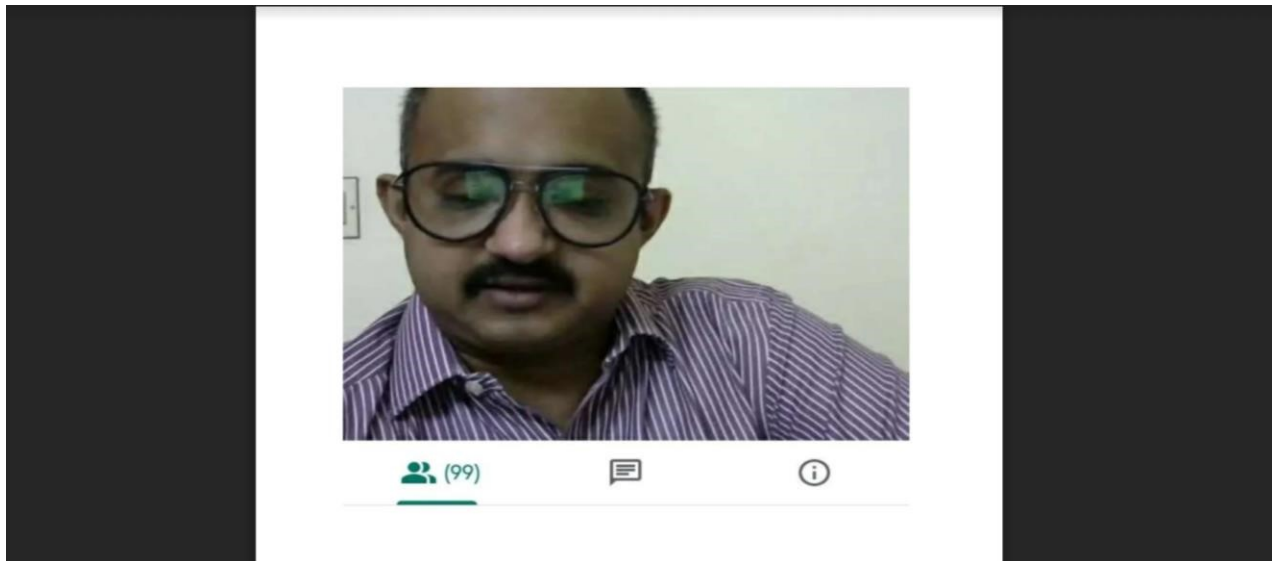
[https://docs.google.com/forms/d/e/1FAIpQLSfBII\\_sauPSwuUBMzYbSTSt3s6A4zY7I4bVVCdYRrh\\_PqyW-g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfBII_sauPSwuUBMzYbSTSt3s6A4zY7I4bVVCdYRrh_PqyW-g/viewform)

Link for certificate:

[https://docs.google.com/forms/d/e/1FAIpQLSdpinZpaGfXzLVCi8ejHs6sIhGDYTMKETt74CSEL7iMzr3mA/viewform?usp=sf\\_link](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:



## PARTICIPANT LIST

### 1<sup>ST</sup> DC STUDENTS ( 2019 - 22)

| SR.NO | REGISTRATION | NAME               |
|-------|--------------|--------------------|
| 1     | 190021034014 | Aiswarya.B.Anand   |
| 2     | 190021034015 | Alina Mariam Anil  |
| 3     | 190021034016 | Amina S            |
| 4     | 190021034017 | Ananthalakshmi B   |
| 5     | 190021034018 | Ann Theresa George |
| 6     | 190021034019 | Aparna Kunjumon    |
| 7     | 190021034020 | Archa Biju         |
| 8     | 190021034021 | Archa Nair         |
| 9     | 190021034022 | Archana Satheesan  |
| 10    | 190021034023 | Ashly Joby         |
| 11    | 190021034024 | Asmi shahul        |



|    |              |                                |
|----|--------------|--------------------------------|
| 12 | 190021034025 | Aswini. S                      |
| 13 | 190021034026 | Fajarna jabbar                 |
| 14 | 190021034027 | Jaeza Shaji                    |
| 15 | 190021034028 | Jithu Maria Joseph             |
| 16 | 190021034029 | Kavya S                        |
| 17 | 190021034030 | Malavika S                     |
| 18 | 190021034031 | Mariam S Thunjath              |
| 19 | 190021034032 | Mariya Giji                    |
| 20 | 190021034033 | Merlin<br>Puthenparampil Koshy |
| 21 | 190021034034 | Nimmu Kuriakose                |
| 22 | 190021034035 | Parvathi .BL                   |
| 23 | 190021034036 | Priscilla Saira John           |
| 24 | 190021034037 | Revathi                        |
| 25 | 190021034038 | Roshna. A                      |
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| 27 | 190021034040 | Sethu Lakshmi P V              |
| 28 | 190021034041 | Shafeena irshad                |
| 29 | 190021034042 | Sivani N Das                   |
| 30 | 190021034043 | Siya V Sunil                   |
| 31 | 190021034044 | Sona saji                      |
| 32 | 190021034045 | Sreelekshmi S                  |
| 33 | 190021034046 | Suzaine Kurian                 |
| 34 | 190021034047 | Treesa Rachal<br>Abraham       |
| 35 | 190021034048 | Vani Vijayakumar               |

## 2<sup>ND</sup> DC STUDENTS ( 2018 – 21)

| SR.NO | REGISTER NO  | NAME OF THE STUDENT |
|-------|--------------|---------------------|
| 1     | 180021033658 | ABHINAYA PJ         |

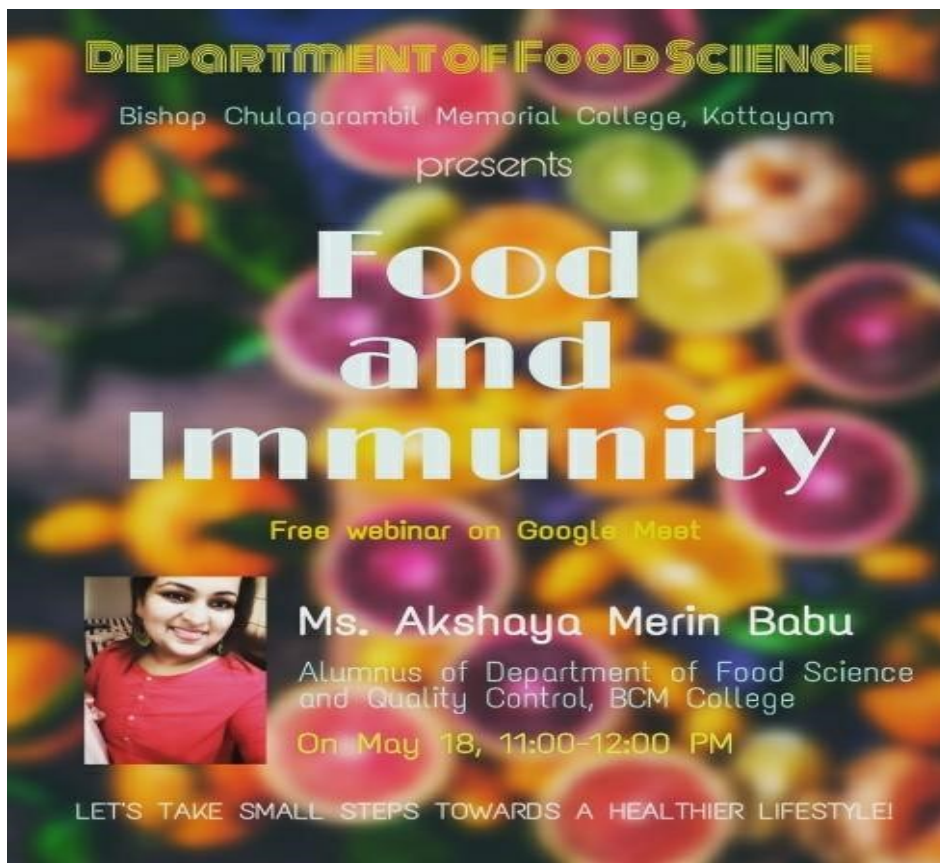
|    |              |                       |
|----|--------------|-----------------------|
| 2  | 180021033659 | AHALYA AJAYAKUMAR     |
| 3  | 180021033660 | AJINA SOJAN           |
| 4  | 180021033661 | ALANA MARIA REJI      |
| 5  | 180021033662 | ALFIYA NIZAR          |
| 6  | 180021033663 | ANEESHA THOMAS        |
| 7  | 180021033664 | ANJALI R              |
| 8  | 180021033665 | ANUSHA SARAH MANI     |
| 9  | 180021033666 | ARYA P NAIR           |
| 10 | 180021033667 | ASHLY ELDHOSE         |
| 11 | 180021033668 | ASHINI MARIA JOBY     |
| 12 | 180021033669 | ATHIRA UNNIKRIISHNAN  |
| 13 | 180021033670 | BRONIYA SUNNY         |
| 14 | 180021033671 | DEVIKA SUDHEVAN       |
| 15 | 180021033672 | DEVIKA SURESH         |
| 16 | 180021033673 | DIVYA G PAI           |
| 17 | 180021033674 | ELNA MARY YESUDAS     |
| 18 | 180021033675 | FEMINA MARY           |
| 19 | 180021033676 | GOPIKA SAJEEVAN       |
| 20 | 180021033677 | GREESHMA WILSON       |
| 21 | 180021033678 | HAZEL MARIA SONI      |
| 22 | 180021033679 | JASMINE GEORGE        |
| 23 | 180021033680 | JEWEL MARIYA THOMAS   |
| 24 | 180021033681 | KONCHITHA SAIS RENJAN |
| 25 | 180021033682 | KRISHNAJA K           |
| 26 | 180021033683 | LAYA SURESH           |
| 27 | 180021033684 | MARIA TREESA JOSE     |
| 28 | 180021033685 | MERITTA JOY           |
| 29 | 180021033686 | NIMISHA BENNY         |
| 30 | 180021033687 | SANDRA ANNA JOY       |
| 31 | 180021033688 | SANEENA SAJI          |
| 32 | 180021033689 | SERA LILU MOHAN       |
| 33 | 180021033690 | SHALU P JAMES         |
| 34 | 180021033691 | SNEHA SHIBU           |
| 35 | 180021033692 | SONA SABU             |
| 36 | 180021033693 | SOOSAN KURIAKOSE      |
| 37 | 180021033694 | THERESA THOMAS        |

### 3<sup>RD</sup> DC STUDENTS (2017 – 20)

| SR.NO | REGISTRATION | NAME          |
|-------|--------------|---------------|
| 1     | 170021048301 | Aarcha G Anil |

|    |              |                        |
|----|--------------|------------------------|
| 2  | 170021048302 | Akshaya Sajeev         |
| 3  | 170021048303 | Alisha T Shaji         |
| 4  | 170021048304 | Amina Hakkim           |
| 5  | 170021048305 | Anina Jose             |
| 6  | 170021048306 | Athira Dileep          |
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| 9  | 170021048309 | Elizabeth Jacob        |
| 10 | 170021048310 | Feba George            |
| 11 | 170021048311 | Gopika B               |
| 12 | 170021048312 | Haripriya<br>Prasad    |
| 13 | 170021048313 | Kavya Jaison           |
| 14 | 170021048314 | Kavya<br>Karunakaran V |
| 15 | 170021048315 | Maria Chacko           |
| 16 | 170021048316 | Melissa Mary<br>George |
| 17 | 170021048317 | Merin George           |
| 18 | 170021048318 | Merin Mathew           |
| 19 | 170021048319 | Merlin<br>Varghese     |
| 20 | 170021048320 | Nejila<br>Muhammed     |
| 21 | 170021048321 | Nitta Susan<br>George  |
| 22 | 170021048322 | Reeba Mary<br>George   |
| 23 | 170021048323 | Reenu C Manu           |
| 24 | 170021048324 | Reneta Wilson          |
| 25 | 170021048325 | Safna P Azeez          |
| 26 | 170021048326 | Sandhra Babu           |

|    |              |                                    |
|----|--------------|------------------------------------|
| 27 | 170021048327 | Sherrin Royees                     |
| 28 | 170021048328 | Stephy Mary<br>Paul                |
| 29 | 170021048329 | Thanushree<br>Bharadwaj            |
| 30 | 170021048330 | Theertha<br>Ayyappankandy<br>Poyil |
| 31 | 170021048331 | Vaishnavi<br>Rajesh                |
| 32 | 170021048332 | Zainab<br>Kunjumon                 |



CLASS ON FOOD AND IMMUNITY, BY **Ms AKSHAYA MERIN BABU**,  
**ALUMNI, FOOD SCIENCE DEPARTMENT**, FOR II  
AND III DC STUDENTS – 18<sup>th</sup> 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 18<sup>th</sup> 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\\_tRfQxxgcmFCDWT\\_Qr268zc-2wRVBYIaH3tXCtT9A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfY4FEAcK_tRfQxxgcmFCDWT_Qr268zc-2wRVBYIaH3tXCtT9A/viewform?usp=sf_link)

Certificate:



## PARTICIPANT LIST

### 2<sup>ND</sup> DC STUDENTS

| SR.NO | REGISTRATION | NAME               |
|-------|--------------|--------------------|
| 1     | 190021034014 | Aiswarya.B.Anand   |
| 2     | 190021034015 | Alina Mariam Anil  |
| 3     | 190021034016 | Amina S            |
| 4     | 190021034017 | Ananthalakshmi B   |
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| 6     | 190021034019 | Aparna Kunjumon    |
| 7     | 190021034020 | Archa Biju         |
| 8     | 190021034021 | Archa Nair         |
| 9     | 190021034022 | Archana Satheesan  |
| 10    | 190021034023 | Ashly Joby         |
| 11    | 190021034024 | Asmi shahul        |
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|    |              |                                |
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| 16 | 190021034029 | Kavya S                        |
| 17 | 190021034030 | Malavika S                     |
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| 19 | 190021034032 | Mariya Giji                    |
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| 21 | 190021034034 | Nimmu Kuriakose                |
| 22 | 190021034035 | Parvathi .BL                   |
| 23 | 190021034036 | Priscilla Saira John           |
| 24 | 190021034037 | Revathi                        |
| 25 | 190021034038 | Roshna. A                      |
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| 27 | 190021034040 | Sethu Lakshmi P V              |
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| 29 | 190021034042 | Sivani N Das                   |
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| 32 | 190021034045 | Sreelekshmi S                  |
| 33 | 190021034046 | Suzaine Kurian                 |
| 34 | 190021034047 | Treesa Rachal<br>Abraham       |
| 35 | 190021034048 | Vani Vijayakumar               |

### 3<sup>RD</sup> DC STUDENTS

| SR.NO | REGISTER NO  | NAME OF THE STUDENT |
|-------|--------------|---------------------|
| 1     | 180021033658 | Abhinaya Pj         |
| 2     | 180021033659 | Ahalya Ajayakumar   |
| 3     | 180021033660 | Ajina Sojan         |



|    |              |                       |
|----|--------------|-----------------------|
| 4  | 180021033661 | Alana Maria Reji      |
| 5  | 180021033662 | Alfiya Nizar          |
| 6  | 180021033663 | Aneesha Thomas        |
| 7  | 180021033664 | Anjali R              |
| 8  | 180021033665 | Anusha Sarah Mani     |
| 9  | 180021033666 | Arya P Nair           |
| 10 | 180021033667 | Ashly Eldhose         |
| 11 | 180021033668 | Ashini Maria Joby     |
| 12 | 180021033669 | Athira Unnikrishnan   |
| 13 | 180021033670 | Broniya Sunny         |
| 14 | 180021033671 | Devika Sudhevan       |
| 15 | 180021033672 | Devika Suresh         |
| 16 | 180021033673 | Divya G Pai           |
| 17 | 180021033674 | Elna Mary Yesudas     |
| 18 | 180021033675 | Femina Mary           |
| 19 | 180021033676 | Gopika Sajeevan       |
| 20 | 180021033677 | Greeshma Wilson       |
| 21 | 180021033678 | Hazel Maria Soni      |
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| 23 | 180021033680 | Jewel Mariya Thomas   |
| 24 | 180021033681 | Konchitha Sais Renjan |
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| 26 | 180021033683 | Laya Suresh           |
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| 29 | 180021033686 | Nimisha Benny         |
| 30 | 180021033687 | Sandra Anna Joy       |
| 31 | 180021033688 | Saneena Saji          |
| 32 | 180021033689 | Sera Lilu Mohan       |
| 33 | 180021033690 | Shalu P James         |
| 34 | 180021033691 | Sneha Shibu           |
| 35 | 180021033692 | Sona Sabu             |
| 36 | 180021033693 | Soosan Kuriakose      |
| 37 | 180021033694 | Theresa Thomas        |



## **QUARANTREND TRAILER VIDEO, BY II DC STUDENTS-**

**19<sup>th</sup> 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 19<sup>th</sup> 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](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 – 22<sup>ND</sup> MAY 2020**

On 22<sup>th</sup> 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

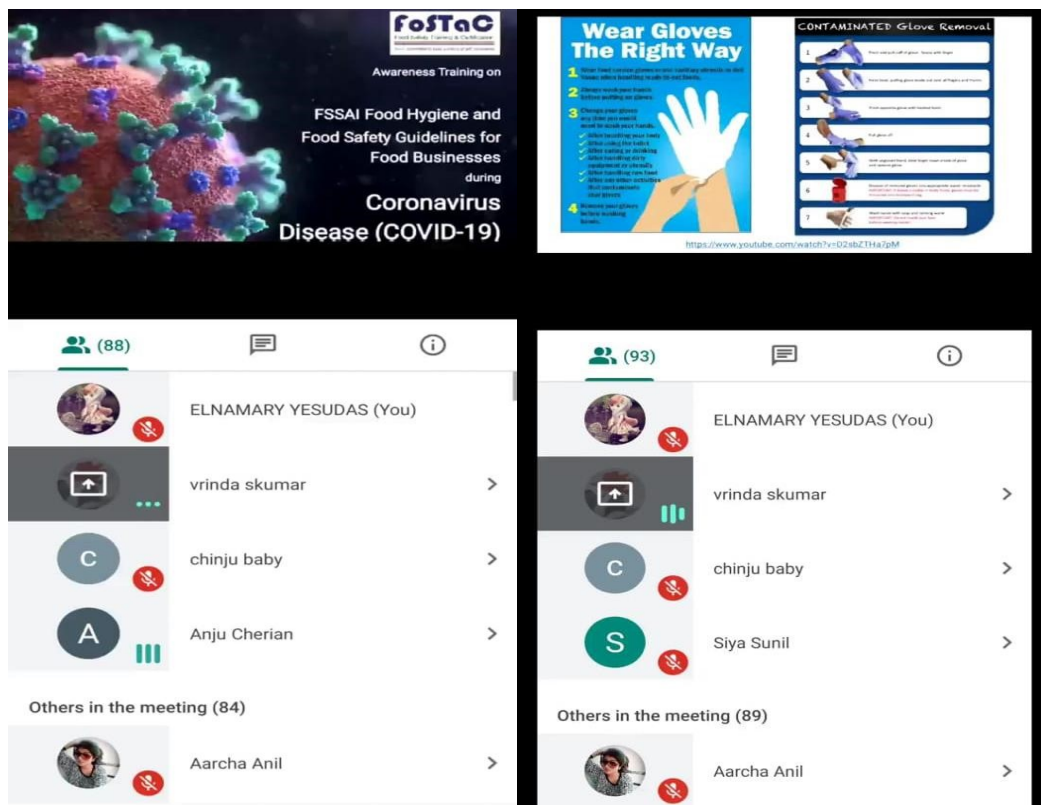
Links:

Registration Link:

[https://docs.google.com/forms/d/e/1FAIpQLSdfbRHUTqd\\_zEgJUCpnFbLzNyZX8HgSVr0Sx4YgEbxMlv/viewform](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](https://docs.google.com/forms/d/e/1FAIpQLSftz6qK5DwqtjnM2DSxLq4ijGXsYogu-HDokcqtEvWUUnY5sQ/viewform?usp=sf_link)



Certificate:



## PARTICIPANT LIST

### 1<sup>ST</sup> DC STUDENTS ( 2019 – 22)

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| 33 | 190021034046 | Suzaine Kurian           |
| 34 | 190021034047 | Treesa Rachal<br>Abraham |
| 35 | 190021034048 | Vani Vijayakumar         |

## 2<sup>ND</sup> DC STUDENTS ( 2018 - 21)

| SR.NO | REGISTER NO  | NAME OF THE STUDENT   |
|-------|--------------|-----------------------|
| 1     | 180021033658 | ABHINAYA PJ           |
| 2     | 180021033659 | AHALYA AJAYAKUMAR     |
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| 6     | 180021033663 | ANEESHA THOMAS        |
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| 16    | 180021033673 | DIVYA G PAI           |
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| 22    | 180021033679 | JASMINE GEORGE        |
| 23    | 180021033680 | JEWEL MARIYA THOMAS   |
| 24    | 180021033681 | KONCHITHA SAIS RENJAN |
| 25    | 180021033682 | KRISHNAJA K           |

|    |              |                   |
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| 26 | 180021033683 | LAYA SURESH       |
| 27 | 180021033684 | MARIA TREESA JOSE |
| 28 | 180021033685 | MERITTA JOY       |
| 29 | 180021033686 | NIMISHA BENNY     |
| 30 | 180021033687 | SANDRA ANNA JOY   |
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| 34 | 180021033691 | SNEHA SHIBU       |
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| 36 | 180021033693 | SOOSAN KURIAKOSE  |
| 37 | 180021033694 | THERESA THOMAS    |

### 3<sup>RD</sup> DC STUDENTS (2017 - 20)

| SR.NO | REGISTRATION | NAME                   |
|-------|--------------|------------------------|
| 1     | 170021048301 | Aarcha G Anil          |
| 2     | 170021048302 | Akshaya Sajeev         |
| 3     | 170021048303 | Alisha T Shaji         |
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| 5     | 170021048305 | Anina Jose             |
| 6     | 170021048306 | Athira Dileep          |
| 7     | 170021048307 | Bayana Shihab          |
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| 12    | 170021048312 | Haripriya<br>Prasad    |
| 13    | 170021048313 | Kavya Jaison           |
| 14    | 170021048314 | Kavya<br>Karunakaran V |
| 15    | 170021048315 | Maria Chacko           |

|    |              |                                    |
|----|--------------|------------------------------------|
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| 19 | 170021048319 | Merlin<br>Varghese                 |
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| 30 | 170021048330 | Theertha<br>Ayyappankandy<br>Poyil |
| 31 | 170021048331 | Vaishnavi<br>Rajesh                |
| 32 | 170021048332 | Zainab<br>Kunjumon                 |



### **WEBINAR ON “ POST PANDEMIC CHANGES IN FOOD PROCESSING TECHNOLOGY” BY MS. JOSSY KOSHY FOR 1<sup>ST</sup> AND 2<sup>ND</sup> DC STUDENTS**

The Food Science Department organized a webinar on Post Pandemic Changes in Food Processing Technology in Google meet on 29<sup>th</sup> 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.

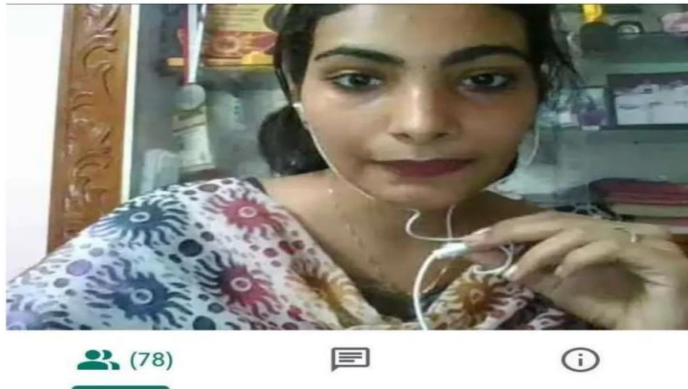
Google Meet: <https://meet.google.com/muz-fhga-qbp> Google Form Links:

[https://docs.google.com/forms/d/1HQOjlgSphRV55GA2nr3Qzl5n4Ld5koHYx\\_FQwfXC\\_V6s/edit](https://docs.google.com/forms/d/1HQOjlgSphRV55GA2nr3Qzl5n4Ld5koHYx_FQwfXC_V6s/edit)

Link for E-certificate: [https://docs.google.com/forms/d/e/1FAIpQLSfjBvZPCfIXEc37CVhP-4LAGP-BT0yditsaGs-peohyXgluQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfjBvZPCfIXEc37CVhP-4LAGP-BT0yditsaGs-peohyXgluQ/viewform?usp=sf_link)

Drive link:

<https://drive.google.com/file/d/1oSnyOt0WTtyH2vo9n65ir1CZhvlPuj4p/view?usp=sharing>



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## Certificate:



## PARTICIPANT LIST

### 2<sup>ND</sup> DC STUDENTS

| SR.NO | REGISTRATION | NAME               |
|-------|--------------|--------------------|
| 1     | 190021034014 | Aiswarya.B.Anand   |
| 2     | 190021034015 | Alina Mariam Anil  |
| 3     | 190021034016 | Amina S            |
| 4     | 190021034017 | Ananthalakshmi B   |
| 5     | 190021034018 | Ann Theresa George |
| 6     | 190021034019 | Aparna Kunjumon    |
| 7     | 190021034020 | Archa Biju         |
| 8     | 190021034021 | Archa Nair         |
| 9     | 190021034022 | Archana Satheesan  |
| 10    | 190021034023 | Ashly Joby         |
| 11    | 190021034024 | Asmi shahul        |
| 12    | 190021034025 | Aswini. S          |

|    |              |                                |
|----|--------------|--------------------------------|
| 13 | 190021034026 | Fajarna jabbar                 |
| 14 | 190021034027 | Jaeza Shaji                    |
| 15 | 190021034028 | Jithu Maria Joseph             |
| 16 | 190021034029 | Kavya S                        |
| 17 | 190021034030 | Malavika S                     |
| 18 | 190021034031 | Mariam S Thunjath              |
| 19 | 190021034032 | Mariya Giji                    |
| 20 | 190021034033 | Merlin<br>Puthenparampil Koshy |
| 21 | 190021034034 | Nimmu Kuriakose                |
| 22 | 190021034035 | Parvathi .BL                   |
| 23 | 190021034036 | Priscilla Saira John           |
| 24 | 190021034037 | Revathi                        |
| 25 | 190021034038 | Roshna. A                      |
| 26 | 190021034039 | Sandra S Rose Mary             |
| 27 | 190021034040 | Sethu Lakshmi P V              |
| 28 | 190021034041 | Shafeena irshad                |
| 29 | 190021034042 | Sivani N Das                   |
| 30 | 190021034043 | Siya V Sunil                   |
| 31 | 190021034044 | Sona saji                      |
| 32 | 190021034045 | Sreelekshmi S                  |
| 33 | 190021034046 | Suzaine Kurian                 |
| 34 | 190021034047 | Treesa Rachal<br>Abraham       |
| 35 | 190021034048 | Vani Vijayakumar               |

### 3<sup>RD</sup> DC STUDENTS

| SR.NO | REGISTER NO  | NAME OF THE STUDENT |
|-------|--------------|---------------------|
| 1     | 180021033658 | ABHINAYA PJ         |
| 2     | 180021033659 | AHALYA AJAYAKUMAR   |
| 3     | 180021033660 | AJINA SOJAN         |
| 4     | 180021033661 | ALANA MARIA REJI    |



|    |              |                       |
|----|--------------|-----------------------|
| 5  | 180021033662 | ALFIYA NIZAR          |
| 6  | 180021033663 | ANEESHA THOMAS        |
| 7  | 180021033664 | ANJALI R              |
| 8  | 180021033665 | ANUSHA SARAH MANI     |
| 9  | 180021033666 | ARYA P NAIR           |
| 10 | 180021033667 | ASHLY ELDHOSE         |
| 11 | 180021033668 | ASHINI MARIA JOBY     |
| 12 | 180021033669 | ATHIRA UNNIKRISHNAN   |
| 13 | 180021033670 | BRONIYA SUNNY         |
| 14 | 180021033671 | DEVIKA SUDHEVAN       |
| 15 | 180021033672 | DEVIKA SURESH         |
| 16 | 180021033673 | DIVYA G PAI           |
| 17 | 180021033674 | ELNA MARY YESUDAS     |
| 18 | 180021033675 | FEMINA MARY           |
| 19 | 180021033676 | GOPIKA SAJEEVAN       |
| 20 | 180021033677 | GREESHMA WILSON       |
| 21 | 180021033678 | HAZEL MARIA SONI      |
| 22 | 180021033679 | JASMINE GEORGE        |
| 23 | 180021033680 | JEWEL MARIYA THOMAS   |
| 24 | 180021033681 | KONCHITHA SAIS RENJAN |
| 25 | 180021033682 | KRISHNAJA K           |
| 26 | 180021033683 | LAYA SURESH           |
| 27 | 180021033684 | MARIA TREESA JOSE     |
| 28 | 180021033685 | MERITTA JOY           |
| 29 | 180021033686 | NIMISHA BENNY         |
| 30 | 180021033687 | SANDRA ANNA JOY       |
| 31 | 180021033688 | SANEENA SAJI          |
| 32 | 180021033689 | SERA LILU MOHAN       |
| 33 | 180021033690 | SHALU P JAMES         |
| 34 | 180021033691 | SNEHA SHIBU           |
| 35 | 180021033692 | SONA SABU             |
| 36 | 180021033693 | SOOSAN KURIAKOSE      |
| 37 | 180021033694 | THERESA THOMAS        |