

MONTH OF SEPTEMBER

1. Teacher's Day Celebration - Memoria

Teachers are the ones who recite the first letters of knowledge and raise their hands into the world of letters. A man of good character is the result of the discipline of many teachers. Therefore everyone will have a favorite teacher. On Teacher's Day SEPTEMBER 5, 2021 Department of Family and Community Science conducted a program named "MEMORIA", which really focuses on sharing a sweet and memorable moments about their favorite teacher. We made that as a competition connected with Teacher's day celebration. A total of 7 entries were received. The winners were chosen by the teachers of the FACS department.



FIRST PRIZE

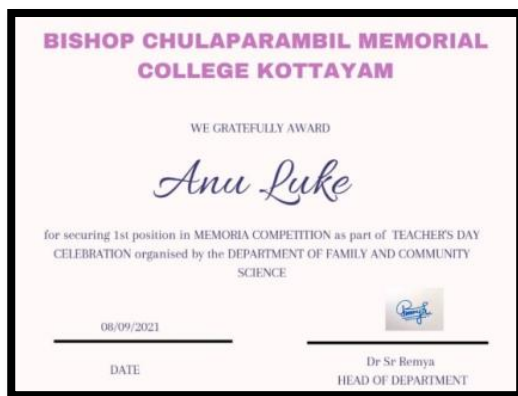
ANU LUKE, 3rd DC FACS, BCM College, Kottayam

SECOND PRIZE

JUNA ROSE ROBIN, 2nd DC CHEMISTRY, BCM College, Kottayam

THIRD PRIZE

PRAVEENA S, 2nd DC FACS, BCM College, Kottayam



One DAY NATIONAL WEBINAR ON “FEEDING SMART RIGHT FROM START”

BCM COLLEGE, KOTTAYAM
DEPARTMENT OF FAMILY AND COMMUNITY SCIENCE
ONE DAY NATIONAL WEBINAR ON "FEEDING SMART RIGHT FROM START"
DATE : SEPTEMBER 11, 2021, TIME 10:00AM – 4:00 PM

 Dr. Sr. Betsy Former Principal of BCM College and Former HOD of FACS INAUGURAL ADDRESS	 Dr. Stephy Thomas Principal BCM College, Kottayam FELICITATION	 Fr. Philmon Kalathra Bursar BCM College, Kottayam FELICITATION	 Dr. Celin Mathew Assoc. Prof. and HOD - Home Science Department, Nirmalagiri College, Koothuparamba KEYNOTE ADDRESS	 Prof. Dr. A. Thirumandevi Former HOD Department of Food Science and Nutrition, Annamalai University for Home Science, Coimbatore TOPIC :NUTRITIONAL CARE FOR LIFE STYLE DISEASES
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REGISTRATION FORM
https://docs.google.com/forms/d/1F1pOLSehYt0H0CZPwUukFuHm0850rN010/RwVh0hCzqf8E1qr-G/viewform?usp=sf_link

 Mario George MSc, RD Chief Dietitian Department of Clinical Nutrition VPS Lakeshore Hospital,Kochi TOPIC: FOSTER A HEALTHY TOMORROW THROUGH BREASTFEEDING	 Rachael Alphonso MSc (Foods, Nutrition and Dietetics) PhD Scholar (Food Science and Nutrition) TOPIC - MILLETS AND SUSTAINABLE CLIMATE-FRIENDLY FARMING	VENUE : GOOGLE MEET  Code : yjh-jxbk-cgx 
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Students of family and community science conducted a national webinar on the topic “FEEDING SMART RIGHT FROM START” on 11th SEPTEMBER 2021. The webinar ran from 10am to 4pm as two sessions. The meeting began at 10am. Dr. Sr. Betsy, former Principal of BCM College and former HOD of FACS department announced the inaugural address. Later Dr. Stephy Thomas, Principal BCM College, Kottayam and Fr. Philmon Kalathra, Bursar BCM College, Kottayam given the felicitation. Dr. Celin Mathew, Associate Professor and HOD, Department of Home Science, Nirmalagiri College, Koothuparamba informed the keynote address.

The sessions were handled by three resource persons.

a) **Prof. Dr. A Thirumanidevi**

(Former HOD Department of Food Science and Nutrition, Avinashilingam Institute of Home Science, Coimbatore)

The session was on the topic – “NUTRITIONAL CARE FOR LIFE STYLE DISEASES”

b) **Manju George**

(Msc & RD, Chief Dietitian, Department of Clinical nutrition, VPS Lakeshore Hospital Kochi)

The class was taken on the topic- “FOSTER A HEALTHY TOMORROW THROUGH BREAST FEEDING”

c) **Rachael Alphonso**

(Msc. Food Science, Nutrition and Dietetics, PhD Scholar - Food science and nutrition)

The class was taken on the topic – “MILLETS AND SUSTAINABLE CLIMET-FRIENDLY FARMING”

The doubt clearance section was effectively utilized by the students after the class.

Thea Brijit Shaji, one of the 3rd DC student had beautifully anchored the National webinar from beginning to end. Throughout the webinar Dr.Sr.Remya M J, the HOD of the Family and Community Science department interacted with everyone. The sessions were concluded successfully at 4pm by playing National Anthem.

Participation certificates were given to all those people who have participated the webinar.



2. VYKHARI INTERNATIONAL WEBINAR SERIES – 2021

SEPTEMBER 15- OCTOBER 1, 2021

In connection with the International Webinar series VYKHARI – 2021 organized by IQAC & Research Cell, BCM College, on September 30, the Family and Community Science department had also hosted a webinar. Dr. Nygil Thomas (Assistant professor, Department of Chemistry, Nirmalagiri College, Kannur) took a lecture on the topic “NANOTECHNOLOGY FOR FUTURE ENERGY CHALLENGE (BASED ON RESOURCE MANAGEMENT). The session was from 3pm to 4pm. Aiswarya Warriar, one of the 3rd DC FACS students anchored the session from the beginning to the end of the webinar. The webinar began with a prayer to god. Then the HOD of the FACS department, Dr. Sr. Remya M J welcomes the resource person and all those who came to participate in the webinar. The class which lasted for an hour was very useful. In the interactive session after the class, the students asked their doubts and that was cleared effectively by the resource person. After, Sreelakshmi A S, Guest Lecturer, FACS Dept conveyed the Vote of Thanks to everyone who had become the part of the webinar. The webinar comes to an end with the National Anthem.



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM, INDIA
website: <https://bcmcollege.ac.in/>

VYKHARI

INTERNATIONAL WEBINAR SERIES – 2021
SEPTEMBER 15 - OCTOBER 1 2021

Organized by
INTERNAL QUALITY ASSURANCE CELL (IQAC) AND RESEARCH CELL
Bishop CHULAPARAMBIL Memorial College, Kottayam

DEPARTMENT OF FAMILY AND COMMUNITY SCIENCE
Presents
**Webinar on
NANOTECHNOLOGY FOR FUTURE
ENERGY CHALLENGE (BASED ON
RESOURCE MANAGEMENT)**


Date :- 30/9/2021
Time :- 3pm to 4pm

Registration link: <https://forms.gle/gwrihAorSq7W1e8G6>

YouTube link: <https://youtu.be/yhTgGji7QEo>

 **Dr. Nygil Thomas**
Assistant Professor
Department of Chemistry
Nirmalagiri College, Kannur

GLIMPSE



Dr. Nygil Thomas
Assistant Professor
Dept of Chemistry
Nirmalagiri College,
Kannur

Dr. Nygil Thomas is currently working as an Assistant Professor and Research Guide in the Dept. of Chemistry at Nirmalagiri College, Kannur. He received his Masters degree from St. Joseph's College, Bangalore and Bachelors degree from Christ College, Bangalore. He received his PhD degree also from St. Joseph's College, Bangalore. He received his Post Doctoral Research Fellowship from Fritz-Haber-Insitut der Max-Planck-Gesellschaft, Berlin, Germany. Dr.Nygil Thomas's area of research interest includes Heterogenous catalysis, Oxygen Evolution, Nano materials, Intercalation Chemistry Electrochemical Sensors etc.He had been worked as an integral part of many Research and Teaching projects. He had guided independently 50+ Post Graduation interns to carry out research projects. He had been an invited speaker for many Lecture programs in and out of the country.Dr.Nygil Thomas presented many research papers in National and International Seminars . He had published 30 + International and National Journals.

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM
DEPARTMENT OF FAMILY AND COMMUNITY SCIENCE

VYKHARI
INTERNATIONAL WEBINAR SERIES 2021
30th September 2021
TIME : 3PM - 4PM

PROGRAM SCHEDULE

PRAYER

WELCOME SPEECH : DR.SR REMYA
HOD OF DEPT. FACS
BCM COLLEGE

LECTURE ON : TOPIC :NANOTECHNOLOGY FOR
FUTURE ENERGY CHALLENGE
BY,
DR. NYGIL THOMAS
ASSISTANT PROFESSOR
DEPARTMENT OF CHEMISTRY
NIRMALAGIRI COLLAGE,
KANNUR

VOTE OF THANKS : SREELAKSHMI A S
GUEST LECTURER
DEPT. OF FACS
BCM COLLEGE

NATIONAL ANTHEM

OTHER ACTIVITIES OF THE DEPARTMENT

- Ms. Anu Luke, one of the 3rd DC students of FACS Dept, had been selected for the 2nd position in “Quiz Competition and Healthy Nutri Snack Preparation” on September 30 conducted by Department of Home Science, Govt. College for Women, Thiruvananthapuram.

Nutrition Awareness Programs Conducted

Various institutions invited the faculty members as a resource person to conduct nutrition awareness programs on behalf of celebrating 'National Nutrition Month'. Dr, Sr. Remya M J piloted various classes to impart nutrition awareness among Children and their parents of various institutes.

NATIONAL NUTRITION MISSION
POSHAN MAAH - 2021

-- ST. JOSEPH'S HS KUNNOTH --

Welcome : **ATHULYA SAJESH**
Class On : **FOOD NUTRITION**
08-09-2021
Wednesday 11.am

 **Google Meet**


Dr. Remya M J
HOD, Dept. of
Family and Community Science
BCM College, Kottayam



പോഷണ അഭിയാനം
നാഷണൽ സൂപ്പർഫുഡ് മാസം
സെന്റ് ജോർജ്ജ്സ് യു പി സ്കൂൾ
കുളിയിക്കടവ്

പോഷക സമൃദ്ധഭക്ഷണം

ബോധവൽക്കരണ ക്ലാസ്സ് : 27.09.2021 തിങ്കളാഴ്ച
ഗൂഗിൾ മീറ്റിൽ വൈകുന്നേരം 6.15 ന്



ക്ലാസ്സ് നയിക്കുന്നത് :
സിസ്റ്റർ മോ. അമ്മർജോനി SABS
HOD ഡി.പി.ടി.യുടെ ഓഫ് ഫാമിലിയൽ കമ്മ്യൂണിറ്റി സയൻസ്
ബി.സി.എം. കോളേജ്, കോട്ടയം

കാര്യപരിപാടി

ഈശ്വര പ്രാർത്ഥന : ശ്രീ. സുധീർ തോമസ്
സ്വാഗതം : ശ്രീമതി റോസമ്മ പി.ഡി.(H.M)
അധ്യക്ഷത : ശ്രീ. ജി.റേജാ ജോസ്
ആശംസ : സിസ്റ്റർ ഡോ. അമ്മർജോനി (SABS)
ക്ലാസ്സ് നയിക്കുന്നത് : ശ്രീ. സിന്ധു കല്പവ



NATIONAL NUTRITION MISSION
POSHAN MAAH 2021
ST. JOSEPH'S UPS KUNNOTH
ONLINE ASSEMBLY
17-09-2021 (Friday) 03:00PM

PROGRAMMES

- * Prayer : Christa Anna
- * Welcome: Deon Dennis
- * Class On : Food Nutrition
- * Vote of Thanks : Ira Jahnavy. K
- * Documentary Presentation
- * National Anthem : Ann Maria & Ann Alfiya.


DR. SR. Remya M. J
HOD, Dept. Of
Family & Community Science
BCM College Kottayam





NATIONAL NUTRITION MISSION
POSHAN MAAH-2021
St. Thomas H S Karikkottakkari
Class On: Food & Nutrition
22-09-2021 Wednesday 12pm

 **Google meet**


Dr. Sr. Remya M J
HOD. Dept. of Family and
Community Science
BCM College Kottayam

PROGRAMMES

Prayer: Aleena Saji
Welcome: Aysamma Scaria (School H M)
Vote of thanks: Akhil Tom
National Anthem: Jeffreen John



