

ANNUAL REPORT 2021-2022

ACADEMIC ACHIEVERS

We are proud of our Academic achievers in the Bangalore University examinations who were awarded gold medals and a Rank

- **KAVITHA M- 96.42% (2017-2020)**
 - 1) **3RD RANK IN BSc** University examinations
 - 2) **SMT. SUSHEELA LINGAIAH PRIZE-** highest marks in nutrition and dietetics
- **KAVYASHREE.S- 94% (2017-2020)**
 - 1) **Smt. SAROJA BAI KESAVA VITTAL MEDAL GOLD MEDAL** for Highest marks in home science in BSc/BA examination
- **JOSHNA J - 88% (2017-2020)**
 - 1) **DR, SUSHEELA LINGAIAH GOLD MEDAL** for highest marks in Home Science BSc



Student Achievers – Academic Year 2017-2020

INTRA DEPARTMENTAL ACTIVITIES

The department conducted two events to observe Nutrition week in the month of September on the national theme “**Feeding Smart Right from the Start**” online due to covid restrictions.

1) Nutrition quiz -29/9/21-Nutrients and Vitamins

The quiz was conducted by the students Ms. Andrea Santhosh, Ms. Arfa & Ms. Arsala II-BSc.

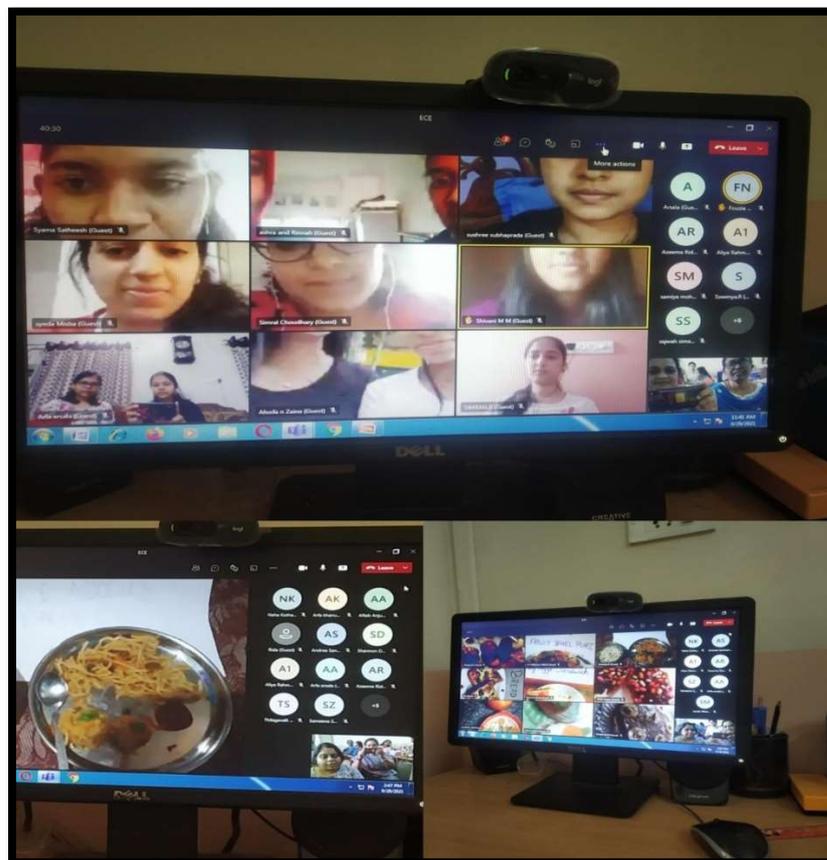
No. of Participants -9 teams

2) Cook and Show -29/9/21– Healthy Snack For a Pre-schooler

The participants had to show the cooked portion as well as explain the nutritional benefits.

Judge -Mrs. Leena Raymond -Asst. Prof, Department of Business Management - BCWCC

No. of Participants-16



‘Cook and Show’ Online Activity

The department conducted an intra-departmental competition in the month of December. The events were planned and conducted by the IIIBA/BSc students. The students were excited to participate as it was offline events post Covid. The events were:

1) Picturesque-Finger Painting: 14/12/2021

- 2) **Sparkles -Jewellery Designing**-14/12/2021
- 3) **Needle Magic** –Embroidery -14/12/2021
- 4) **Mystery Box** – Cooking -15/12/2021
- 5) **Histo–Cul–Walk** -Historical Costumes of the world -16/12/2021
- 6) **Pictionary** – Home Science terms-14/12/2021



Intradepartmental Competitions

EXTENSION PROGRAMS

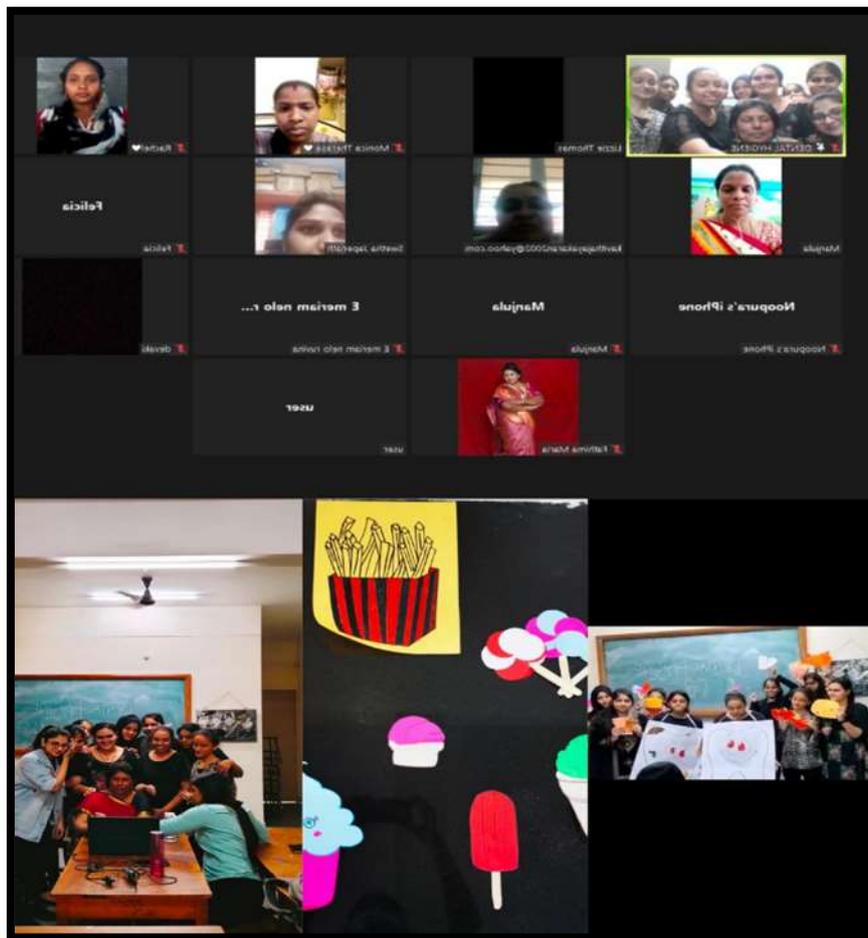
- 1) **Computer Skill Enhancement Program** organised by the IIIBA/BSc students - 21st January 2022 for the YWCA Computer training Unit students in Word Excel shortcuts. It was an online event on Google Meet. The participants were enthusiastic to learn and our students found the experience challenging.
No. of Participants: 15

2) **Dental Hygiene Program-** organised by the IIIBA/BSc students on 2nd February 2022 for the NIOS -Early Childhood Education Course trainee on Google Meet for the program. The program was well received by the trainees.

No. of Participants: 24

3) **Parent Education program** -5th February 2022. The program was organised online by the IIIBA/BSc students for parents of preschool children. The chief guest was Dr. Venkat Lakshmi. H who shared her expertise with the parents. The content of the program included topics like Types of Parenting, Importance of Play, and Inculcating reading Habits, Demonstration of Creative Activities and Ideal Preschool Menus.

No. of Participants: 34



Extension program on Dental Hygiene



Parent Education Program

VISITS

1. **Academy of Pastry and Culinary Arts -27th May 2022**-to observe and study the process of baking. III BA/BSc/NDCZ students and two faculty members visited APCA. The students observed and participated in the Demonstration of Travel Cakes.
No. of Students: 48

2. **La Femme Fortis -16th July 2022** – to gain an insight into the functioning of a dietetic department of a hospital, from the III BSc – NDCZ along with three faculty members visited the hospital. A word of appreciation to the chief Dietician Mrs. Affrin an alumni who enabled the visit and guided the students.
No. of Students: 28

3. **Indian Institute of Pasty and Culinary Art a unit of IIHM – 16th July 2022 and 23rd July 2022** – IIIBSCNDCZ & CHP and IBSC NDCZ students visited to attend the workshop as well as gain insight into the world of baking and culinary art. Learner's World -an educational material store for learning -teaching foe Early Childhood Education. 25 students from the II sem Open Elective course and IIBA/BSc visited along with two faculty members visited the store. Mr. Manoj shared his expertise in the area of teaching -Learning material.
No. of Students: 25

4. **Lalbagh** -10th August 2022 -to study and observe various flowers and flower arrangement for V Sem BA/B.Sc. Homescience students.

No. of Students: 22

III BA/BSc student with two faculty members-Visit to Learner's World



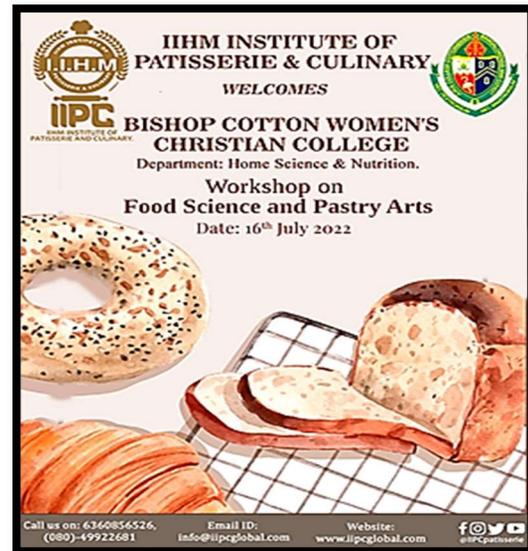
III-BA/B.Sc- Visit to Lalbagh



Visit to the dietetic department -La femme fortis

WORKSHOPS-

1. **FOOD PRESERVATION** – 3rd March 2022 – was arranged for I Sem Open Elective and IBA Students. Mrs. Ashika Davidson, a faculty member of the Department was the Resource person, the making of a jam, jelly, pickle and Squash was demonstrated as part of the food preservation syllabus.
No. of Participants: 45
2. **FOOD SCIENCE** – 1st to 16th July 2022 - students of IIIBSC -ND&CHP attended the one day workshop to study Fermentation, Gelatinization, stages in sugar cookery and smoking point of fats. Three faculty members also attended the workshop. Students were given certificates.
No. of Participants: 24
3. **FOOD SCIENCE**- 2nd to 23rd July 2022 - Students of II Sem BSC -NDCZ Students along with two faculty members attended the workshop. They studied Fermentation, Gelatinization, stages in sugar cookery and smoking point of fats. Students were given certificates.
No. of Participants: 30
4. **BAKING** - 6th August 2022. The department in association with APCA organised a Baking demo on travel cakes -marble cake for students of IIPUC PCBH as part of degree -PUC interactive activities.
No. of Participants: 60



I-B.Sc ND Workshop on Food Science at IIHM



III-B.Sc ND Workshop on Food Science at IIHM

GUEST LECTURES

1. **Lecture on Practical planning of Diets for Type 1 and Type 2 Diabetes Mellitus** on 7th June 2022 for III BSc NDCZ students. The resource person was Dr. Mary Regi, Associate Professor, Department of Nutrition and Dietetics Mount Carmel College Bangalore.
No. of participants: 27
2. **Lecture on Educational and Career Opportunities in the Field of Human Development** on 14th July 2022 for 3rd BA students of Psychology and Home science. The resource person was Dr. Venkat Lakshmi H, Associate Professor and

Head, department of Human Development, School of Home Science, Maharani Cluster University, Bangalore.

No. of participants: 75

3. **Lecture on Guidance and Counselling across the Life Span** on 12th August 2022 for 3rd BA/BSC students. The resource person was Ms Michelle Vaz, Assistant Professor Department of Human Development, Mount Carmel College Bangalore.
No. of participants: 24

4. **'Aarogya Mela'** was organised by the Department and the 3rd BSc NDCZ students on 2nd August 2022 to highlight the "Importance that every Nutrient Counts" Wholesome and nutrient rich snacks and meals were prepared by the students and sold using eco-friendly plates and cutlery. Multigrain dosa, Bisi-Millie bath, sprouted pulse chaat, whole wheat dark chocolate and carrot muffins, Whole wheat garlic bread, sweet potato pudding and vegetable-fruit juice. The mela was a resounding success in terms of learning for the students and creating Awareness.
No. of participants: 28

5. **Lecture- 'Human Reproduction'** on 15/01/2020. The Resource person was Mrs. S Anthuvan Grace HOD, Zoology Bishop Cotton Women's Christian College, Bangalore.
Number of Participants: 28 students +04 faculty



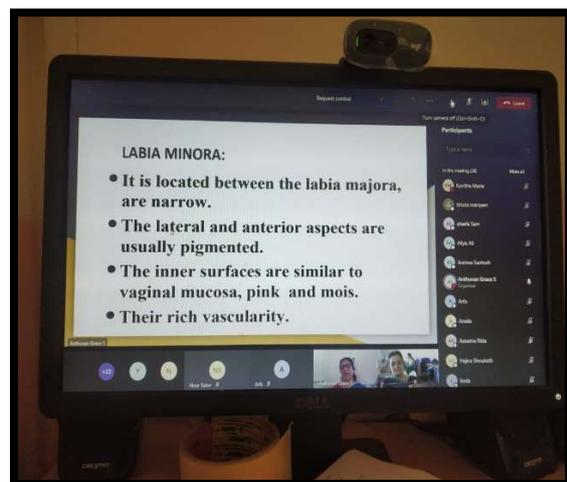
III- B.Sc Workshop on Diabetes Mellitus



III BA/B.Sc. Lecture on Guidance and Counselling across the Life Span



Seminar on Educational and Career Opportunities in Human Development



Lecture on 'Human Reproduction'



BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

Department of Home Science

presents

AAROGYA MELA



"Every nutrient counts"



WHEN: 2nd August, 2022 (Tuesday)
WHERE: Wifi Tree, near Open Stage



Aarogya Mela – 'Every Nutrient Counts'



**BISHOP COTTON
WOMEN'S
CHRISTIAN COLLEGE**

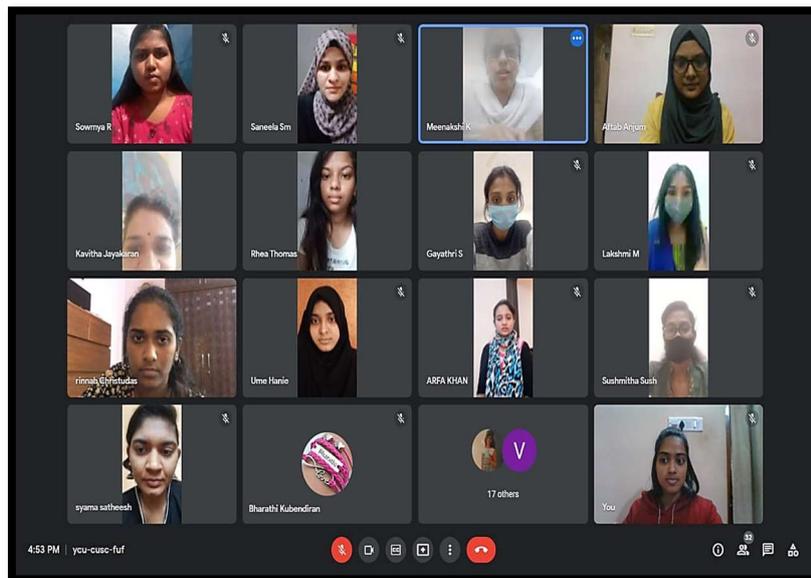
The Department Of Home Science
III BSC
PRESENTS

**COMPUTER SKILL
ENHANCEMENT PROGRAMME**

For the YWCA of Bangalore city computer
training students

 **21st January, 2022**
4:00 PM

PLATFORM:  **Google Meet**



Computer Skill Enhancement Programme