



# **CARMEL COLLEGE, MALA**

Nationally Re-accredited with 'A' grade (Third Cycle)

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E-mail: [carmelcollege@rediffmail.com](mailto:carmelcollege@rediffmail.com), Website: [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in)



## **Report of the Events**

**2015-2016**

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

## REPORTS OF SEMINARS AND WORKSHOPS

- The departments of Vocational studies and Computer Science conducted a class on 'Importance of Digitalization in present scenario' on 7<sup>th</sup> July 2015 in college Auditorium as a part of the Digital week celebration. The research person for the day was Dr. Ignatius Kunjumon, Associate Professor, Marine Engineering, and Cochin University. He is an eminent person who has been conducting many projects in the area of digitalization. The programme started at 10 am by invoking the presence of God. The class on Digitalization in present scenario was a successful one. Many students actively engaged in the discussion session followed by the class. The knowledge about digitalization is pivotal to the present scenario today. The class could shed a good amount of information on this particular topic. The class ended by vote of thanks from student representative.



- The department of Chemistry conducted an international Seminar on From Basic Science to Drug Discovery at College Auditorium, on 1 September 2015. The resource person for the day was Dr. John A. Pulikkan, Massachusetts Medical School, United States. This seminar could create a basic knowledge on science and its various aspects, and it enkindles the doors of research and higher Education.



- The department of chemistry organized an international video conference on Clinical Chemistry on 13<sup>th</sup> November, 2015. The venue for the programme was Audio-visual room. The video conference has started 10.30 am and it was really a strategic venture by the



department to promote the research interests in students related with clinical chemistry. The resource person for the video conference was Dr. ShaijuKakanadanVareet, Director of High complexity Laboratory, US Pain and Spine Institute, Houston, US. The session was extremely good quality in terms of the academic input as well as in the manner of it conducted.

- The Department of Botany conducted a one day workshop on Flower making as a part of entrepreneurship training to the students. Flower making is a trending entrepreneurship and start-up programmes for girls in these days. By



understanding the need of time and the interests of the students, the department conduct a training programme for students on 24-06-2011. The resource person for the event was Ms.

Smitha Yesudas from Chalakudy. She is an eminent entrepreneur in this area. The workshop was useful and very necessary for the empowerment of the students and it could provide an inspiration for the aspirants in this field. The workshop was conducted in Audio visual room.

- The Department of Botany conducted a seminar class on Ozone and its Importance as a part of Ozone World Day celebration on September 16, 2015. The session was handled by Dr. AmithaBachan, Assistant professor, MES Asmabi College, Kodungallur. The



session was an eye opener for all the participants to think about the critical situation of the Ozone zone and its depletions. The programme started at 10.30 at College Auditorium. The session was vibrant because of the use of modern technology and the interactive sessions.

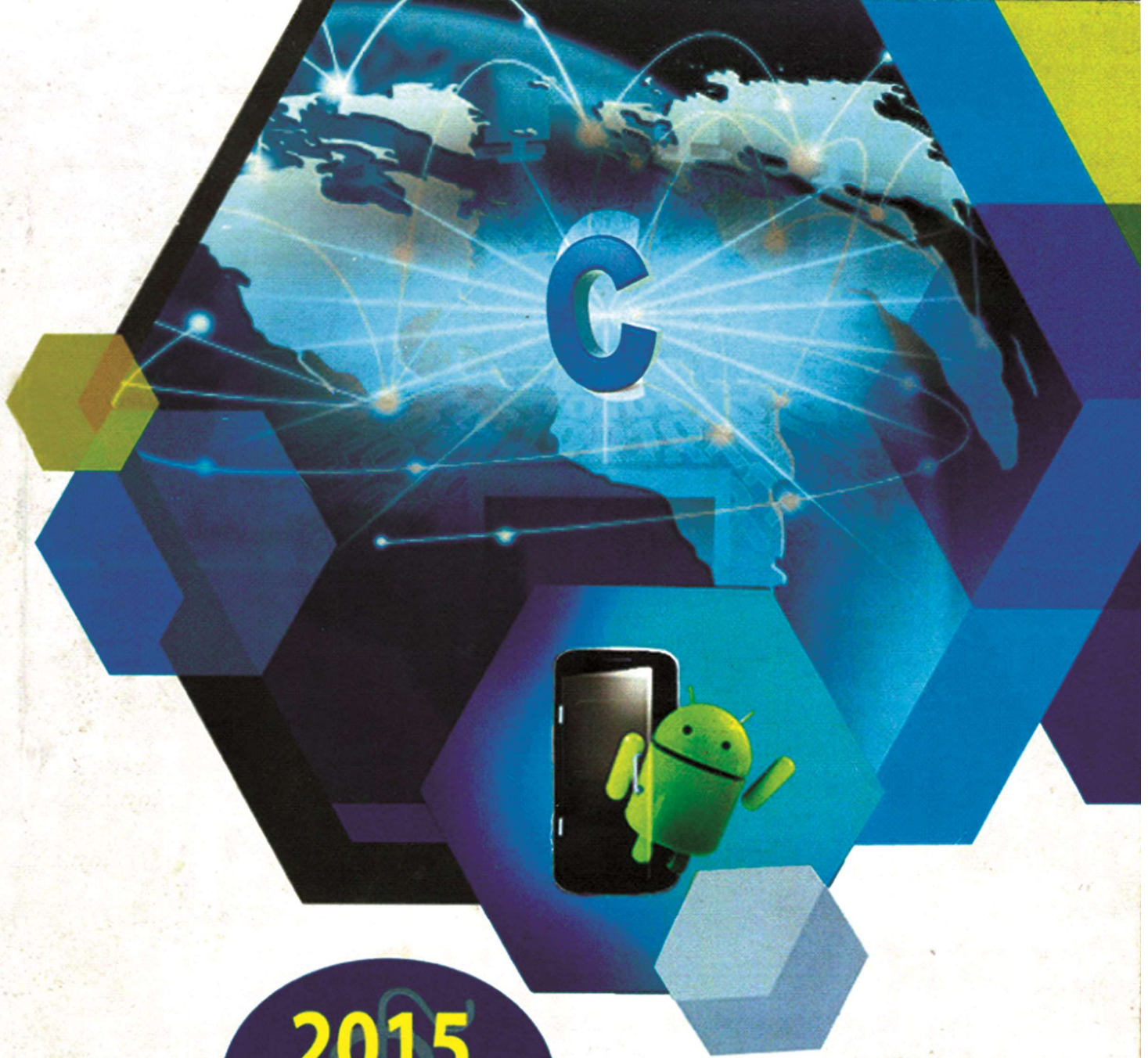
**Ozone depletion** is a major environmental problem because it increases the amount of ultraviolet (UV) radiation that reaches Earth's surface, which increases the rate of skin cancer, eye cataracts, and genetic and immune system damage.

- The department of Botany conducted a seminar titled Water Purification and Water Audit on 23-09-2015 at audio-visual room at 10.30 am in Audio –Visual room. The resource person for the day was an expert in this field, Mr. K V Babu, Assistant Engineer, Kerala Water Authority, Chalakudy. Water purification and the audit were the two significant concerns of any scientific study and the seminar intended to motivate students in research. The resource person gave a detailed description on the various processes of water purification and the details of Water Audit. The students actively participated in the discussion session right after the lecture session.



## **National Seminar on Resurgence of C Language**

The National Seminar on Resurgence of C Language held on 31<sup>st</sup> July 1<sup>st</sup> August, 2015 focused on the specific features of C Language that to be presented, while C has re-learned as the language of choice for native developers. The seminar was inaugurated by Dr. Jossy George (Director, Christ Institute of Managment, Pune). Dr. Sr. Lizy C.T, Principal, Carmel College, Mala, Kerala presided over the meeting. The gathering was welcomed by the HOD, Smitty V Isidore, and MS. Mary M.V facilitated the gathering. Ms. Hima Mohan, Dept of Computer Science proposed the vote of thanks. After the inaugural session Dr. Jossy presented a paper on 'Power of C language in Net working'. It was really a fruitful session, motivated all the students to go beyond the conceptual framework of the theme. The second theme presented was by Dr. A.K George (Principal, Christ College, Irinjalakuda) on the topic- "A look at Linux Kernel Through C". The fruitful deliberations and discussions helped the participants in the context of inclusive education. The next paper was titled "Introduction to Objective C" by Ms. SmittyV.Isidore, which was really valuable. The paper presentations of students were started by 3.30 pm and were chaired by Sr. DivyaOM(Assist. Professor, Vimala College, Thrissur). More than fifty presenters were there for the session.



**2015**

July 31  
August 1

**National Seminar  
on**

**Resurgence of C Language**

*Seminar Proceedings*

Organised by  
Department of Computer Science  
Carmel College, Mala



CARMEL COLLEGE, MALA  
DEPARTMENT OF COMPUTER SCIENCE  
UGC-SPONSORED NATIONAL SEMINAR ON  
RESURGENCE OF C

**PROGRAMME**

*31.07.2015 - Friday*

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09.00 am

**Registration**

---

**Opening Session**

09.30 am

**Welcome:**

Sr. Smitty V Isidhore, HOD, Dept. Computer Science

**Presidential Address**

Dr. Sr. Lizy C.I

Carmel College, Mala

**Inauguration & Inaugural Address**

Dr. Jossy George

Director, Christ Institute of Management, Pune

**Felicitation**

Ms. Mary M V

H O D, Dept. Mathematics

**Vote Of Thanks**

Ms. Hima Mohan, Dept. Computer Science

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**CARMEL COLLEGE, MALA**  
**DEPARTMENT OF COMPUTER SCIENCE**  
**UGC-SPONSORED NATIONAL SEMINAR ON**  
**RESURGENCE OF C**

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**10.15 pm**                      **Tea Break**

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**Session 1**

**10.30 am-12.30pm**              **Power Of C in Networking**  
Dr. Jossy George  
Director, Christ Institute of Management, Pune

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**12.30 pm**                      **Lunch Break**

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**Session 2**

**1.00 pm-2.30 pm**              **A Look At Linux Kernel Through C**  
Dr. A K George  
Principal, Christ Engineering college, Irinjalakude

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**Session 3**

**2.30pm-3.30 pm**              **Introduction To Objective C**  
Sr. Smitty V Isidhore  
Asst.Professor, Carmel College, Mala

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**3.30 pm**                      **Paper Presentations (Students)**  
-Chaired by Sr. Divya O M (Asst. Prof. Vimala College Thrissur)



**CARMEL COLLEGE, MALA**  
**DEPARTMENT OF COMPUTER SCIENCE**  
**UGC-SPONSORED NATIONAL SEMINAR ON**  
**RESURGENCE OF C**

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**4.00 pm**                      **Tea Break**

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*01.08.2015 - Saturday*

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**Session 1**

**9.30 am-10.30 am**                      **Understanding Android Fundamentals**  
Mr. Leo John  
Senior Software Engineer  
Trivium eSolutions Private Limited, Bangalore

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**10.30 am**                      **Tea Break**

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**Session 2**

**10.45 pm-12.30 pm**                      **Android-Built an Application From Scratch**  
Mr. Leo John  
Senior Software Engineer  
Trivium eSolutions Private Limited, Bangalore

---

**12.30 pm**                      **Lunch Break**

---

**CARMEL COLLEGE, MALA**  
**DEPARTMENT OF COMPUTER SCIENCE**  
**UGC-SPONSORED NATIONAL SEMINAR ON**  
**RESURGENCE OF C**

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**Session 3**

**1.00 -2.00pm**

**Mr. Visakh S T**

Software Engineer

Azuga Telematics Pvt. Ltd, Yemalur Bangalore

---

**Session 4**

**2.00-4.00pm**

**Workshop on Android Development**

Mr. Leo John

Senior Software Engineer

Trivium eSolutions Private Limited, Bangalore

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**4.00 pm**

**Tea Break**

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**4.00-4.30 pm**

**Paper Presentaion (Faculty/Scholar)**

Chaired by Ms. Betsy Chacko (HOD, St. Mary's College,  
Thrissur)

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**4.30 pm**

**Valedictory Function**

Dr. Sr. RoseMary CMC

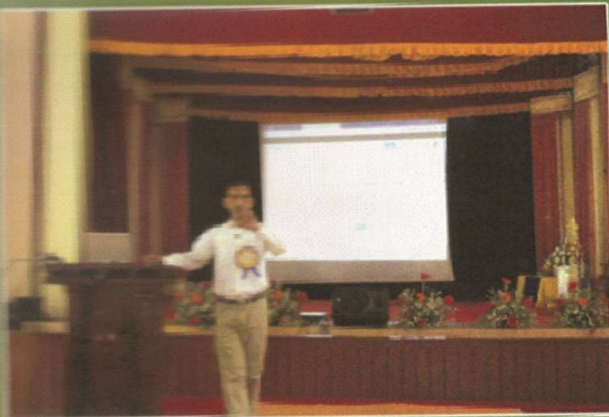
Provincial Superior, Udaya Province, Irinjalakuda



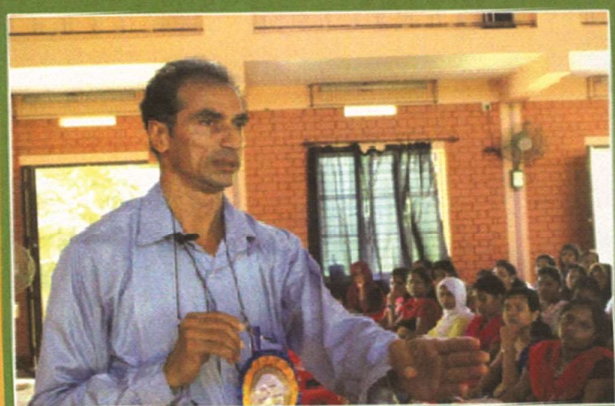
Inaugural Ceremony



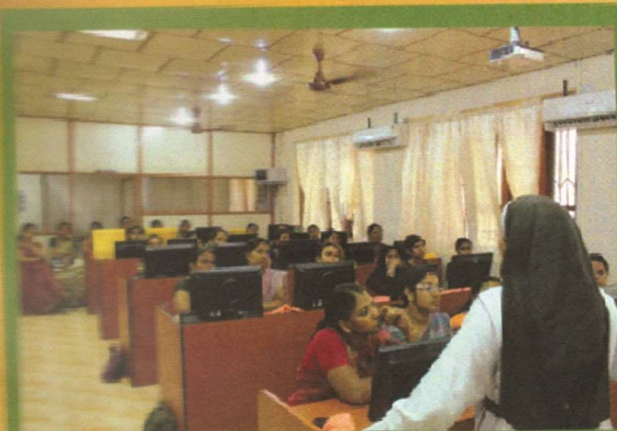
Inauguration By Dr. Jossy George  
Director, Christ Institute of Management ,Pune



Session 1 : Power of C in Networking  
Dr. Jossy George, Director, Christ Institute of Management ,Pune



Session 2 : A Look at Linux Kernel through C  
Dr. A K George, Principal, Christ Engineering College, Irinjalexuda



Session 3 : Power of C in Networking  
Smity V Isidore, Asst. Professor, Carmel College, Mala



Paper Presentation (Students)



Session 1 : Understanding Android Fundamentals

Mr. Leo John, Senior Software Engineer, Trivium eSolutions Pvt.Ltd, Bangalore



Session 2 : Android - Build an Application From Scratch

Mr. Leo John, Senior Software Engineer, Trivium eSolutions Pvt.Ltd, Bangalore



Session 3 : Coding Convention in Programming

Mr. Visakh S T, Software Engineer Azuga Telematics Pvt.Ltd, Bangalore



Session 4 : Workshop on Android Development

Mr. Leo John, Senior Software Engineer, Trivium eSolutions Pvt.Ltd, Bangalore



Paper Presentation (Faculty/ Scholar)



Valedictory Function

Day- 2

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**31**July  
2015**Session 1****Topic: Power of C in Networking**

Dr. Jossy George  
Director, Christ Institute of Management, Pune

10.30 am - 12.30 pm

**Session 2****Topic: A Look at Linux Kernel through C**

Dr. A.K George  
Principal, Christ Engineering College, Irinjalakuda

1.00 pm - 2.30 pm

**Session 3****Topic: Introduction to Objective C**

Sr. Smitty V Isidhore  
Asst. Professor, Department of Computer Science  
Carmel College, Mala

2.30 pm - 3.30 pm

**Paper Presentation (Students)**

Chaired by Sr. Divya O M  
Asst. Professor  
Department of Computer Science  
Vimala College, Thrissur

3.30 pm

**Session 1****Topic: Understanding Android Fundamentals**

Mr. Leo John  
Senior Software Engineer  
Trivium eSolutions Pvt. Ltd, Bangalore

9.30 am - 10.30 am

**Session 2****Topic: Android - Build an Application from Scratch**

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**Session 3****Topic: Coding Conventions in Programming**

Mr. Visakh S T  
Software Engineer  
Azuga Telematics Pvt. Ltd, Yemalur, Bangalore

1.00 pm - 2.00 pm

**Session 4****Topic: Workshop on Android Development**

Mr. Leo John  
Senior Software Engineer  
Trivium eSolutions Pvt. Ltd, Bangalore

2.00 pm - 4.00 pm

**Paper Presentation (Faculty/ Scholar)**

Chaired by Ms. Betsy Chacko  
HOD, Department of Computer Science  
St. Mary's College, Thrissur

4.00 pm - 4.30 pm

**Valedictory Function**

Dr. Sr. Rosemary CMC  
Provincial Superior, Udaya Province, Irinjalakuda

4.30 pm



PROCEEDINGS OF THE NATIONAL SEMINAR ON  
**MOTHERHOOD DEPICTED IN CONTEMPORARY  
HINDI LITERATURE**

16, 17<sup>th</sup> November, 2015



**Organized by**

Department of Hindi  
Carmel College, Mala  
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PROCEEDINGS OF THE NATIONAL SEMINAR ON  
MOTHERHOOD DEPICTED IN CONTEMPORARY  
HINDI LITERATURE

16&17<sup>th</sup> November, 2015



Organized by

Department of Hindi

Carmel College, Mala

(Nationally Re-Accredited with A Grade)

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## **OBJECTIVES OF THE SEMINAR**

Hindi literature is always discussing various aspects of our life. It has a significant role in molding the life values of our life. Mother is the sweetest and spiritual word related to everyone's life. We can see various mother characters in Hindi literature. To provide an exposure to the mother characters in Hindi literature, we organized a two day National Seminar on 'Motherhood depicted in contemporary Hindi literature'. The seminar focuses on various mother characters in every branch of Hindi literature like novel, short story, poem, drama etc. It aims to highlight the role of mother in the making of every mankind. Nowadays values are changing and the attitude towards mother is getting changed. The seminar is intended to deepen the understanding of subject among students and researchers and to provide an insight on the area from where new perspective is emerging. Apart from this Seminar provides opportunity for young students and researchers to exchange their knowledge and interact with eminent academicians. It would also create an atmosphere for the budding research scholars to develop their knowledge and get direction on their studies. Such an academic event will definitely enhance the literature knowledge among the researchers and stimulate an environment which propagates the significance of research.

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# Programme

Monday, 16 November, 2015

- 9.00 am – 10 am : **Registration**
- 10 am – 11.30 am : **Inaugural Session**
- Prayer**
- Welcome Speech**
- Dr. Shibi. C , Assistant Professor, HOD, Dept. of Hindi
- Presidential Address**
- Dr. Sr. Lizy C. I., Principal, Carmel College, Mala
- Inauguration and Keynote Address**
- Prof.Dr.A.Aravindakshan (Former Pro Vice-Chancellor, Mahatma Gandhi International Hindi University, Wardha)
- Felicitations**
- Prof. Kusumam Joseph., HOD, Dept. of Malayalam
- Vote of Thanks**
- Ms. Nijina .M, Assistant Professor on Contract, Dept. of Hindi
- Tea Break
- 11.45 -12.45pm : **Session I**
- Chair**
- Dr. R. Sethunath (Associate Professor, Dept. of Hindi , Calicut University)
- Talk by Resource Person**

- Dr. Bharati Gore(Associate Professor,Baba Saheb Ambedhkar Maratwada University,Aurangabad)
- Dr.Pramod Kovapprath(Associate Professor, Dept. of Hindi , Calicut University)

Lunch Break

1.30-3.30 pm

: **Session II**

**Chair**

Dr.K. M .Jayakrishnan,(Associate Professor, Dept. of Hindi, Christ College ,Irinjalakuda)

**Paper Presentaion**

Dr.Moosa.M(Reader,S S University,Kalady)

Dr.Sr.Marriett. A.Therattil (Associate Professor,Vimala College,Thrissur)

Dr. T.A. Anand (Assistant Professor,Govt.Arts & Science College,Meenchanda,Kozhikode)

Dr. Supriya .P(Assistant Professor,Govt.Arts & Science College, Koyilandy)

Sibi.M.M (Assistant Professor,M.A College ,Kothamangalam)

Dr.Praneetha.P(Assistant Professor,Govt.Maharaja's College,Ernakulam)

**Tea**



**Tuesday, 17 November, 2015**

**9.30-11.30**

**: Session III**

**Chair**

Dr. Bharati Gore (Associate Professor, Baba Saheb Ambedhkar  
Maratwada University, Aurangabad)

**Paper Presentaion**

Dr. Sr. Rose Anto (Associate Professor, Dept. of Hindi,  
St. Joseph's College, Irinjalakuda)

Dr. Sumesh. A.S (Assistant Professor, M. E. S College,  
Nedumkandam)

Dr. Ranjith.M (Assistant Professor, M. E. S College,  
Kodungallur)

Dr. Surya Boss (Assistant Professor on Contract, M. E. S College  
Kodungallur)

Dr. Mimi Mani Panakal (Assistant Professor, Vimala  
College, Thrissur)

Dr. May Flower (Assistant Professor, St. Mary's  
College, Thrissur)

Sandya .E.N (Assistant Professor, Paramakkavu  
College of Arts & Science, Thrissur)

**Tea Break**

**11.45-1.15 pm** : **Session IV**

**Chair**

Dr.Nirmala.J (Associate Professor, Dept. of Hindi,  
Little Flower College ,Guruvayur)

**Paper Presentaion**

Dr.Lissamma John (Associate Professor, Dept. of Hindi,  
St.Joseph's College ,Irinjalakuda)

Dr.M. Lekha(Assistant Professor,(Avinasalingam Institute for  
Home Science and Higher Education for Women ,Coimbatore)

Hridya.M.P (Research Scholar ,Dept. of Hindi , Calicut  
University)

Shahla. K.P(Research Scholar ,Dept. of Hindi , Calicut  
University)

Dr.Jayaraman (Assistant Professor,Govt.Victoria  
College,Palakkad)

Dr.Vijayasree.K. V (Assistant Professor,VTB  
College,Palakkad)

Dr.Leena Samuel (Assistant Professor,Govt.  
College,Chalakydy)

Dr. Athira. V(Assistant Professor,SKVC,Thrissur)

Sindu.V( Research Scholar , Govt.Arts & Science  
College,Meenchanda,Kozhikode)

***Lunch break***

**2.30 pm** : ***Valedictory Session***

National Seminar on '**Motherhood depicted in contemporary Hindi literature**'

Organized by Department of Hindi,

Carmel College, Mala on 16&17 November 2015

**Report**

A Two day UGC sponsored national seminar was held in Carmel College, Mala, Thrissur, Kerala on 'Motherhood depicted in contemporary Hindi literature on 16 &17 November 2015. The Seminar was organized by Department of Hindi and coordinated by Dr. Shibi. C, Assistant Professor, HOD, Department of Hindi. The program was started with a prayer by students followed by the welcome speech by Dr. Shibi. C. He highlighted the importance of seminar in the present scenario. The Seminar was inaugurated by Prof. Dr. A. Aravindakshan (Former Pro Vice Chancellor, Mahatma Gandhi International Hindi University, Wardha.

In his inaugural speech Prof. Dr. A. Aravindakshan has drawn attention of the audience to the role of mother in our life. He also focused on the mother characters of Hindi literature. His speech created a summing environment for the brain storming sessions which was ahead. The inaugural function was presided over by Dr. Sr. Lizy.C.I, Principal, Carmel College, Mala. Ms. Kusumam Joseph, HOD, Department of Malayalam felicitated the programme. The inaugural function was followed by two invited lectures and contributory paper presentations. The seminar received overwhelming response from adjacent institutions. We had almost 100 participants for the seminar out of which 30 were faculty and the remaining were students as well as research scholars. Ms.Nijina. M. Assistant Professor on Contract, Department of Hindi proposed the gratitude to the gathering. Various papers were presented in four sessions.

Organizing committee takes this opportunity to express sincere gratitude to Dr.R.Sethunath( Associate Professor,Dept. of Hindi,Calicut University , Ms.Ra Madhu Assistant Professor on Contract, Department of Malayalam for giving a necessary support and advice for organizing this national seminar. Organizing committee also would like to express the indebted thanks to University Grants Commission for granting the financial assistance.

Sd/-  
Dr.Shibi. C  
Organizing Secretary  
Carmel College, Mala

## 'CHEMISTRY AROUND US'

**Date: 13/11/2015**

**Venue: Audio Visual Room**

**Participants: Faculty and B.Sc. Chemistry students**

**Video Conferencing** was arranged on 13<sup>th</sup> November 2015. Dr. Princy K.G. welcomed the gathering. Dr. Shaiju Kakkanadan Vareed , Director of High Complexity Laboratory, US Pain and Spine institute, Houston, USA and Dr. Tony Kurissery, Senior Research Scientist, Albany Molecular Research Singapore were the Resource Persons. They took classes on “Clinical Chemistry” and “Chemistry Around Us” respectively. Gipsy Johnson, Association Secretary proposed vote of thanks. All students of Chemistry department and faculty members participated in the programme.



“Clinical Chemistry”



“Chemistry Around Us”

# ഏകദിന ബോധവൽക്കരണ ക്ലാസ്സ്



സസ്യശാസ്ത്ര വിഭാഗം  
കാർമ്മൽ കോളേജ്, മാള

കേരള സംസ്ഥാന ശാസ്ത്ര സാങ്കേതിക  
പരിസ്ഥിതി കൗൺസിൽ, തിരുവനന്തപുരം.



സുഹൃത്തേ,

പ്രകൃതിയുടെ മടിത്തട്ടിൽ കളിയാടി, പ്രകൃതിവിഭവങ്ങൾ ഭക്ഷിച്ച് ദീർഘായുസ്സോടെ ജീവിക്കുകൊണ്ടിരുന്ന ഒരു സുവർണ്ണകാലമുണ്ടായിരുന്നു മനുഷ്യന്. എന്നാൽ ഇന്ന് പുരോഗതിയിൽനിന്നും പുരോഗതിയിലേക്ക് കുതിച്ചുകൊണ്ടിരിക്കുന്ന നാം അർദ്ധായുസ്സ് പിന്നിടുമ്പോഴേക്കും മാതൃകാപാഠങ്ങളുടെയും മറ്റ് ആരോഗ്യപ്രശ്നങ്ങളുടെയും കരാളഹസ്തങ്ങളിലമർന്നുപോകുന്നു. ഈ അവസ്ഥക്ക് ഒരു മാറ്റം വരുത്തേണ്ടിയിരിക്കുന്നു. കാർമ്മൽ കോളേജിലെ സസ്യശാസ്ത്ര വിഭാഗം കേരള സംസ്ഥാന ശാസ്ത്ര സാങ്കേതിക പരിസ്ഥിതി കൗൺസിലിന്റെ സഹകരണത്തോടെ “മാറുന്ന ആഹാര രീതികളും തകരുന്ന ആരോഗ്യവും” എന്ന വിഷയത്തിൽ ഈ വരുന്ന മാർച്ച് 1-ാം തീയതി കോളേജ് ആഡിയോ വിഷൻ ഹാളിൽവെച്ച് ഒരു ഏകദിന ബോധവൽക്കരണ ക്ലാസ്സ് നടത്തുന്നു. ആയതിലേക്ക് താങ്കളുടെ സാന്നിധ്യം സാദരം ക്ഷണിച്ചുകൊള്ളുന്നു.

എന്ന്,

ഡോ. ബിനു കെ.ബി.  
കോർഡിനേറ്റർ

ഡോ. സി. ജസീന്ത എം.ഒ.  
സസ്യശാസ്ത്ര വിഭാഗം മേധാവി

ഡോ. സി. ലിസി സി.ഐ.  
പ്രിൻസിപ്പാൾ.

## കാര്യപരിപാടി

01.03.2016 രാവിലെ 10ന്

പ്രാർത്ഥന

- സ്വാഗതം : ഡോ. ബിനു കെ. ബി, കോർഡിനേറ്റർ
- അദ്ധ്യക്ഷപ്രസംഗം : ഡോ. സി. ലിസി സി.ഐ., പ്രിൻസിപ്പാൾ
- ആമുഖം : ഡോ. സി. ജസീന്ത എം.ഒ., സസ്യശാസ്ത്ര വിഭാഗം മേധാവി
- ആശംസ : ഡോ. സി. കൊച്ചുത്രേസ്യ കെ.പി., അസി. പ്രൊഫസർ, സസ്യശാസ്ത്രവിഭാഗം
- ഉദ്ഘാടനം : ഡോ. രാധാകൃഷ്ണൻ കെ.ജി., ഗവ: മെഡിക്കൽ കോളേജ്, തൃശ്ശൂർ
- നന്ദി : കുമാരി ആതിര തോമസ്, സസ്യശാസ്ത്ര വിഭാഗം അസോ. സെക്രട്ടറി

10.30ന് - ക്ലാസ്സ് വിഷയം - “മാറുന്ന ഭക്ഷണശീലങ്ങളും, ആരോഗ്യ പ്രശ്നങ്ങളും”  
അവതരണം - ഡോ. രാധാകൃഷ്ണൻ കെ. ജി

12.00ന് - സംവാദം

12.30ന് - ഉച്ചഭക്ഷണം

ഉച്ചക്ക് 1.30ന് - ക്ലാസ്സ് “ആരോഗ്യമുള്ള ജനത ആരോഗ്യമുള്ള ക്ഷണത്തിലൂടെ”

അവതരണം - ഡോ. അമ്പിളി, ലക്ഷ്മർ, ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഹോം സയൻസ്, വിമല കോളേജ്, തൃശ്ശൂർ

3.00 - 3.30ന് - സംവാദം

4ന് - സമാപനം.

**ONE DAY AWARENESS PROGRAMME**  
**“Healthy Youth through healthy food”**  
**CARMEL COLLEGE, MALA**

The class was lead by Dr.Ambily K.M, Lecturer, Vimala College,Thrissur. The topic was “Healthy Youth through healthy food” .She explained that nutrients are those which obtained from the food which is used for the growth and building purpose of the body. They are protein, carbohydrate, minerals, vitamins and water. Food provides energy for theproper the functioning of the body. So each day we require cereals, vegetables fruits, milk meat etc.

Through over eating the excess energy will deposit in the form of fat and will leads to the overweight and cholesterol, attack etc. She advised the house wives to provide steam cooked foods like eddaly, dosa, tapioca, etc to the kids. She explained the need of including cereals in the breakfast.

It is better to include fiber containing food to reduce cancer risk. They will clean our digestive system and exclude the accumulated cancer causing agents. Similarly we have to avoid the processed food and include more original and natural food items from our surroundings which will be rich in nutrients and vitamins to become healthier.

She reminded us to clean the vegetables before cooking without losing the nutrients and if possible to consume raw vegetables. Drinking more water helps to remove the toxic substances from our body and to help the multiplication of cancerous cells in the body. She also advised to reduce the usage of over salted, over sugared items like pickles, cakes, and coloured food items and fast food to reduce the health problems.

She advised to cook in steel utensils and to avoid cooking in the aluminum vessels to overcome the risk of Alzheimer disease.





**ONE DAY AWARENESS PROGRAMME**  
**“Changing food habits and collapsing health”**  
**CARMEL COLLEGE, MALA**

On 1<sup>st</sup> March , there was a one day awareness class on “ Changing food habits and collapsing health” conducted by Department of Botany, Carmel College, Mala in collaboration with Kerala State Council for Science ,Technology and Environment. This programme was meant for the rural women empowerment. The programme was inaugurated by Dr. K.G. Radhakrishnan, Govt. Medical College, Thrissur. The programme was presided over by Dr.Sr.Lijo our Principal. Dr.Sr.Jassentha, Dr.Sr.Sr.ochuthressia , Kumari Athira Thomas etc were there on the diocese.

After the inaugural session there was a class on the the same topic by Dr.K.G.Radhakrishnan. He stressed about the goodness of our traditional food and their importance. He also discussed about the changed food habit and its consequences. In the olden days we have som many vegetable sources like solanum tuberosum, elephant foot yam, jack fruit, mango, drum stick leaves, amaranthus etc and the health gained by their consumption is far far better than those obtained from fast food consumption.

When we are consuming the traditional food like “Nadan Sadya” we are getting almost all the nutrients from the various items oft the sadya but it is laking in the items like Biryani, Burger etc. More than that they are high calorie food and stores additional energy in the form of fat which cause the obesity and other diseases like cholesterol etc.

He emphasized on the dangerous effect of coloured food . In ice creams, ladu , jilebi and other similar food items there is poisonous substances imparting the sweetness and flavor which will destroy our health. He advised to reduce the use of such junk food.

He pointed out the role of salt in the food . According to him over usage of salt will create obesity, pressure etc. Similarly over usage of sweets and candies will create diabetics and cancer like conditions.

The root cause of the Anemia in majority of women is lack of iron in the food. So he inspired us to include lot of iron sources like amaranth, and other leafy vegetables in the food. It is also good for the health of eye. He encouraged cooking curries in the iron pots.

Over eating causes over weight in women. He also pointed out the need of including more pulses in the food to get more protein. We have to consume only what is necessary for us avoid to become a part of consumerism. He also explained how the social evils like smoking, alcohol consumption badly affect the man socially, mentally and physically.



The Department of Language organized a seminar on “Sthree Sahithyathilum Jeevithathilum” on 26<sup>th</sup> Feb.2016. The venue for the programme was Multipurpose Hall. The session was handled by Prof. M. N. Karassery, (Famous Writer) Assistant Professor, Department of Malayalam, University of Calicut.



**Seminar**  
**“Social Research Methods”**  
**22-03-2016**

In a fast moving contemporary society, in-depth and genuine explorations of societal conditions is essential for the policy making and implementations in every sphere of human life. On 22-03-2016, Department of Sociology organised a seminar on “Social Research Methods” with an aim to improve the knowledge of students in research methodology and enhancing their research aptitude. Dr. Johny C Joseph (HOD Dept. of Sociology Thunchathuzhuthachan Malayalam University) presented a wonderful session of Social Research Methods. He detailed each and every step in research proceedings. His wealth of experience in the field of research made the session a fruitful one.

