

ZOEA (ZOOLOGY ASSOCIATION) REPORT 2022-2023

DEPARTMENT OF ZOOLOGY

PLANTING SAPLINGS IN HOMESTEADS BY STUDENTS IN CONNECTION WITH WORLD ENVIRONMENT DAY

(05/06/2022)

The academic year 2022–2023 officially started with the celebration of **World Environment Day** on 05-06-2022. Students pledged to protect the environment by planting a sapling in their home with the slogan "Only One Earth," which focuses on "Living Sustainably in Harmony with Nature." 47 students participated in the programme and uploaded their photographs.





WORLD BLOOD DONOR DAY

14/06/2022

World Blood Donor Day was observed on 14 June by the members of Red Ribbon Club and NSS Unit of Little Flower College, Guruvayoor. On the day an awareness class to highlight the need for committed, year-round Blood Donation was organized in the campus. Dr. Thanuja A Mathew, Assistant Professor, Department of Zoology, enlightened the students about the importance of blood donation especially in the present scenario of COVID -19. Members shared their experiences in blood donation. A total of 62 students participated in the seminar.

Blood Donor Day, JUNE 14TH

"Donating blood is an act of solidarity....
Join the effort and save lives"

Red Ribbon Club, Department of Zoology and NSS Unit, Little flower College Guruvayoor jointly organizes an awareness class to highlight the need for committed, year-round blood donation



Resource person: Dr. Thanuja A Mathew
Assistant Professor, Department of
Zoology, Little Flower College



Venue:
Department of
Zoology
Time : 1 pm





READERS DAY

19/06/2022

Readers day was observed on 19th June 2022. A review writing on scientific articles was organized for all UG and PG students of the department. Scientific journals were separately provided for each student. Students prepared a summary of the Scientific articles and submitted the hard copies in the department. All the articles were either science news or research press releases. The activity helped the class to acquire novel and recent information.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26/06/2022

On 26th June Red Ribbon club and Department of Zoology in association with NSS unit Little Flower College organised a **Poster making competition** in connection with the

observance of International Day against Drug Abuse and Illicit Trafficking on the theme “Addressing drug challenges in Health and Humanitarian crises”.

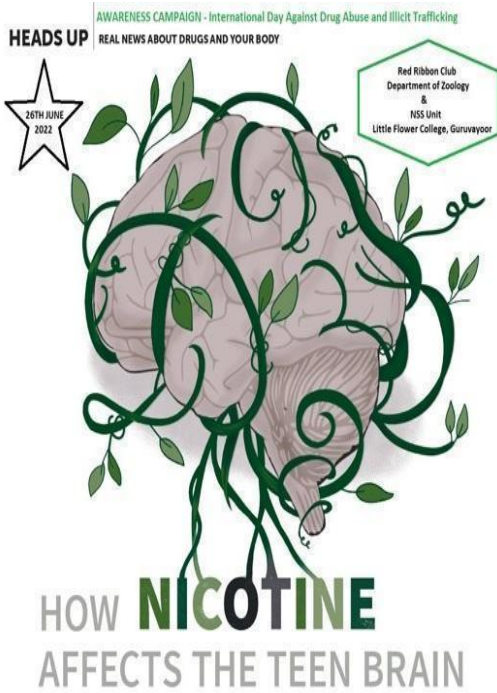
1st Prize: Sowparnika Jithosh -II B.Sc. Zoology, **2nd Prize:** Afra -III B.Sc. Zoology



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26/06/2022

On 26th June Red Ribbon club and Department of Zoology in association with NSS unit Little Flower College organized an awareness campaign on the topic ‘How Nicotine affects Teen Brain’ also conducted. Members **distributed snippets** in the campus describing bad effects of Drugs on teen brain.



Found in both conventional cigarettes and most vaping devices, nicotine is a highly addictive drug with many health risks for teens.

A message from Scholastic and the National Institute on Drug Abuse (NIDA)

First, some good news: The number of teens who smoke cigarettes today is less than half of what it was 10 years ago. This decrease is a great win for the overall health of young people, but experts are still concerned. Why? While youth cigarette use is decreasing, the number of teens who use vaping devices, or e-cigarettes,

From Scholastic and the scientists of the National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services

has been increasing. Just like regular cigarettes and smokeless tobacco, most vaping devices contain **nicotine**. In fact, one cartridge of the Juul brand and some disposables like Puff Bars have as much nicotine as a whole pack of cigarettes. No matter what product it comes in, nicotine is a highly addictive drug and a serious risk.

How Addiction Happens

Our brains come with a built-in reward system. When you do anything enjoyable—like laughing—your brain releases a natural chemical called **dopamine**. In essence, dopamine says to your brain, “Hey, I like this activity. It’s worth remembering and repeating.”

Nicotine takes advantage of that same reward system. When someone inhales nicotine, the drug enters the brain and triggers a surge of dopamine. But the amount of dopamine released is much greater than that from pleasurable everyday activities like eating a favorite food. Nicotine also causes the dopamine levels to remain elevated for longer than normal. The result: The brain receives a strong signal that it really wants to vape some more. Over time, this can lead to **addiction**, a disorder that causes a person to continue taking a drug, despite negative consequences.

Long-Term Effects

Once someone has a nicotine addiction, quitting can be very difficult. One reason is that they may have **withdrawal symptoms** (such as cravings, depression, anxiety, and problems focusing and sleeping) just a few hours after they stop using nicotine. The person has a strong urge to vape again to relieve these symptoms, which makes it even harder for them to stop.

Repeated exposure to surges of dopamine from nicotine can change how the brain reacts to natural levels of dopamine. When this happens, activities a person used to like may seem less enjoyable. Nicotine can also cause long-lasting changes to the brain circuits that control memory and self-control—leading to learning issues.

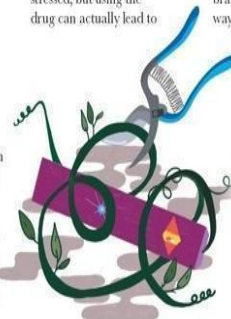
Sometimes people turn to nicotine because they’re stressed, but using the drug can actually lead to

anxiety. If a person becomes dependent on nicotine, they can experience irritability and anxiety when they are without it for too long.

Protecting Your Brain

Your young brain is still developing. In fact, it won’t fully mature until you reach your mid-twenties. That leaves teens especially vulnerable to the negative effects of nicotine, including addiction. Studies have shown that teens who use e-cigarettes are more likely to continue using nicotine as adults, and may be at greater risk of eventually smoking conventional cigarettes.

On the bright side, you have an opportunity during your teen years. If you avoid drugs like nicotine and instead take on healthy and stimulating challenges—learning to cook, playing an instrument, creating videos—you can affect your brain development in positive ways that can last a lifetime.



GETTING HELP
Visit teen.smokefree.gov/quit-vaping

For additional facts about science and your health, visit scholastic.com/headsup and teens.drugabuse.gov.

EYE TEST CAMP

15/07/2022

A free Eye Test was conducted on 15-07-2022 for the staff and PG students of the College. The programme was organized by the Department of Zoology in association with Fathima Eye Clinic, Pattambi.

 **DEPARTMENT OF ZOOLOGY**
LITTLE FLOWER COLLEGE, GURUVAYOOR

In association with
FATHIMA EYE CLINIC, PATTAMBI

Organizes
FREE EYE TEST CAMP



FOR
Staff & PG Students

A checkup today can save your vision



PEECHI TREKKING IN CONNECTION WITH NATURE CONSERVATION DAY

25/07/2022

As a part of Nature conservation day on 28th July 2022, a one-day trekking programme to Peechi Wildlife Sanctuary was arranged for the final year students of the

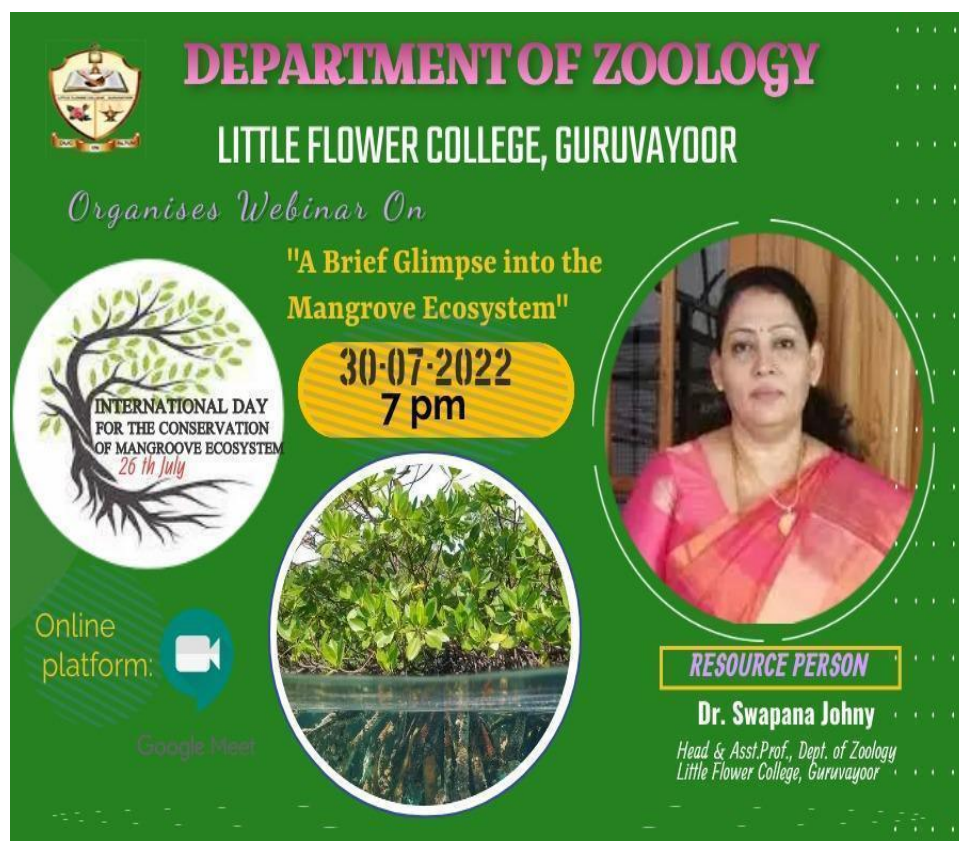
Department on 25th July 20022. There were 41 students (III B.Sc Zoology) and 2 staff members.



WEBINAR ON MANGROVES IN CONNECTION WITH MANGROVE CONSERVATION DAY

30/07/2022

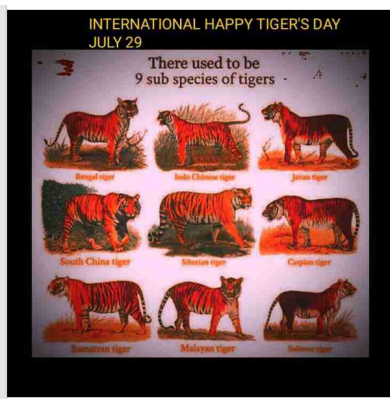
An awareness webinar was organized on 30/07/22 by the department in connection with the mangrove conservation day 26th July. Dr. Swapana Johny, Assistant Professor and Head of the Department was the resource person. 44 students and staff participated in the webinar.



DIGI POSTER MAKING COMPETITION IN CONNECTION WITH INTERNATIONAL TIGER DAY

29/07/2022

On **Tiger Day**, 29th July an inter-departmental Digi poster making competition was conducted. 7 students participated in the competition. First prize: Nahala II M.Sc Zoology, Second prize: Anusree Jayasankar (II B.Sc. Zoology)



INDEPENDENCE DAY

(15/08/2022)

Independence Day was observed by the students of the department and the students posted their photos near the National flag.







INDUCTION PROGRAMME


31/08/2022


Induction programme for the first year UG and PG students were conducted in the Department by the Dr. Swapana Johny, Head of the Department in Room No. 105 on 31-08-2022.

 **DEPARTMENT OF ZOOLOGY**
LITTLE FLOWER COLLEGE, GURUVAYOOR

UG & PG Induction Programme
August 31, 2022



 **Dr. Swapana Johny**
*Head & Asst. Prof. Dept. of Zoology
Little Flower College, Guruvayoor*



QUIZ COMPETITION IN CONNECTION WITH WORLD OZONE DAY

(19/09/2022)

World Ozone day, 16-09-2022, was observed conducting various programmes in the department. An Ozone Quiz was conducted on 19-09-2022. 40 students of the Zoology

department participated in the competition. **1stPrize:** Treasa mol C J, III B.Sc. Zoology, **2nd Prize:** Sona Simon, I B.Sc. Zoology

DEPARTMENT OF ZOOLOGY
LITTLE FLOWER COLLEGE, GURUVAYOOR

19
SEPTEMBER

STARTS AT 1 PM
At Room No. 105

QUIZ COMPETITION
In connection with
WORLD
OZONE DAY
16 SEPTEMBER 2022

?

WORLD
OZONE
DAY

THEME
Montreal Protocol at 35: global cooperation protecting life on earth..

OZONE DAY LETTER WRITING IN CONNECTION WITH WORLD
OZONE DAY

(16/09/2022)

An Ozone day letter writing competition was organized by the department for zoology students. The theme was to draft a letter giving suggestions on measures to be implemented for the protection of ozone layer,

addressed to the MoEF & Climate Change. Students participated in the competition.

1st Prize: Anusree Jayasankar- II B.Sc. Zoology, **2nd Prize:** Shifa Salim – III B.Sc. Zoology



The poster features a central illustration of a small globe with a city, fields, and a river. Text on the left includes the college name, department, and competition details. The date '16 September 2022' is highlighted in green. The submission deadline is written in orange cursive at the bottom.

LITTLE FLOWER COLLEGE, GURUVAYOOR
DEPARTMENT OF ZOOLOGY
Organizes
LETTER WRITING COMPETITION
In connection with **World Ozone Day**
16 September 2022
Draft a letter giving suggestions on measures to be implemented for the Protection of Ozone layer, addressed to the Ministry of Environment, Forest & Climate change.
Submit on or before 19 September, 1 pm at Dept. of Zoology

VISIT TO ATHIRAPPILLY – VAZHACHAL WATERFALLS IN CONNECTION WITH RIVER DAY

(25/09/2022)

In connection with River Day, 19 students of II M. Sc Zoology along with two staff members visited Athirappilly – Vazhachal Waterfalls and the Chalakudy river.



WORLD HEART DAY

(29/09/2022)

Created by the World Heart Federation, the aim of World Heart Day is to inform people around the globe that heart diseases are the world's leading cause of death and highlight the actions that need to be taken for prevention and control. World Heart day is an important annual event, observed every year 29th September. As part of observance of World Heart Day, students of both Zoology and Botany were asked to make their thumb impression on the chart provided and promise in unity that they won't adopt any kind of eating habit or engage in any other unhealthy practice that makes hearts grow weaker and weaker.

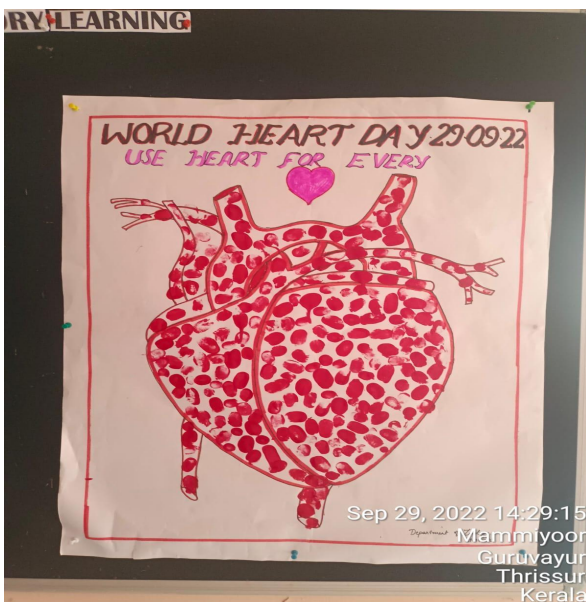


LITTLE FLOWER COLLEGE, GURUVAYOOR
DEPARTMENT OF ZOOLOGY
Organises
HEARTFELT IMPRESSIONS



*"Pledge yourself to protect your heart
by leaving your thumb impression"*
USE HEART FOR EVERY HEART





ANTI NARCOTIC CAMPAIGN

(01/10/2022)

In order to raise awareness about the major challenge that illicit drugs represent to society as a whole, and especially in the family, the Department of Zoology carried out **online awareness meeting** to parents and students in respective class groups. The goal of the campaign is to support and inspire people to act against drug use.

III DC Zoology

Class in charge: Dr Jilna Alex N

Mode of presentation - Online platform, PowerPoint Presentation, 02/02/2022

II DC Zoology - 03-02-2022

Mode of presentation - Online platform, PowerPoint Presentation

Class in Charge: Dr. Swapana Johny

I DC Zoology

Class in Charge: Dr. Thanuja A Mathew

Mode of presentation - Online platform, PowerPoint Presentation

II M.Sc Zoology

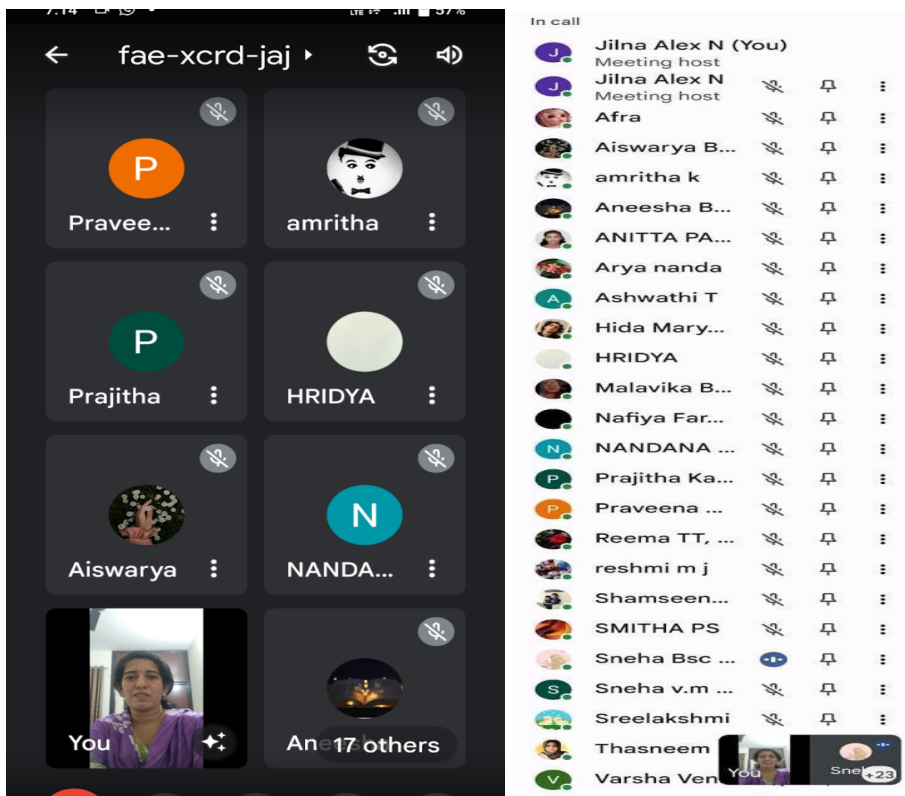
Class in charge: Gincy C George

Mode of presentation - Online platform, PowerPoint Presentation, 04-10-2022

I M.Sc Zoology

Class in charge: Midhila E Mohanan

Mode of presentation - Online platform, PowerPoint Presentation, 04-10-2022

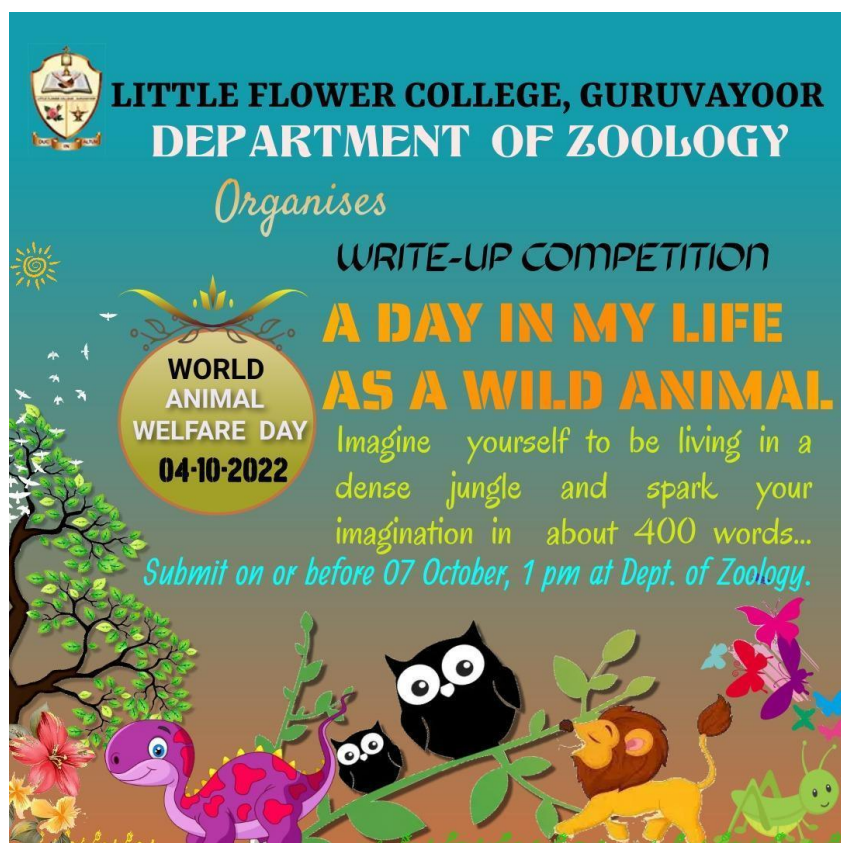


WORLD ANIMAL WELFARE DAY

(04/10/2022)

A Writing competition on the topic – A day in my life as a Wild animal was conducted as a part of world animal Welfare day. All students participated in the programme.

1st Prize: Praveena K P, I M.Sc. Zoology, **2nd Prize:** Fathima Hiba, I M.Sc. Zoology



WEBINAR ON JUMPSTART YOUR FUTURE CAREER

(15/10/2022)

Department of Zoology in association with Career guidance and placement cell, Little Flower College, Guruvayoor conducted a webinar – Jumpstart your future career on 15th October 2022. Total of 65 students participated in the programme. Dr. Muhammed Rafeeqe APM former Head, Department of Zoology, Malabar Christian College took the class. He currently works as the director of My Career Steps, Kozhikode.

Webinar

JUMPSTART YOUR FUTURE CAREER

Resource person.

October 15th, 2022
10.30 a.m. - 11.30 a.m.



DR. MOHAMMED RAFAQ APM
FORMER HEAD, DEPARTMENT OF ZOOLOGY,
MALABAR CHRISTIAN COLLEGE, CALICUT


ORGANISED BY
DEPARTMENT OF ZOOLOGY &
CAREER GUIDANCE AND PLACEMENT CELL,
LITTLE FLOWER COLLEGE, GURUVAYOOR



2nd Floor, MN's Avenue, Near 4th Railway Gate, YMCA, Calicut 1 Kerala, India, www.careersteps.in

Meet - dby-usga-gh - Google Chrome

meet.google.com/dby-usga-gh?authuser=0

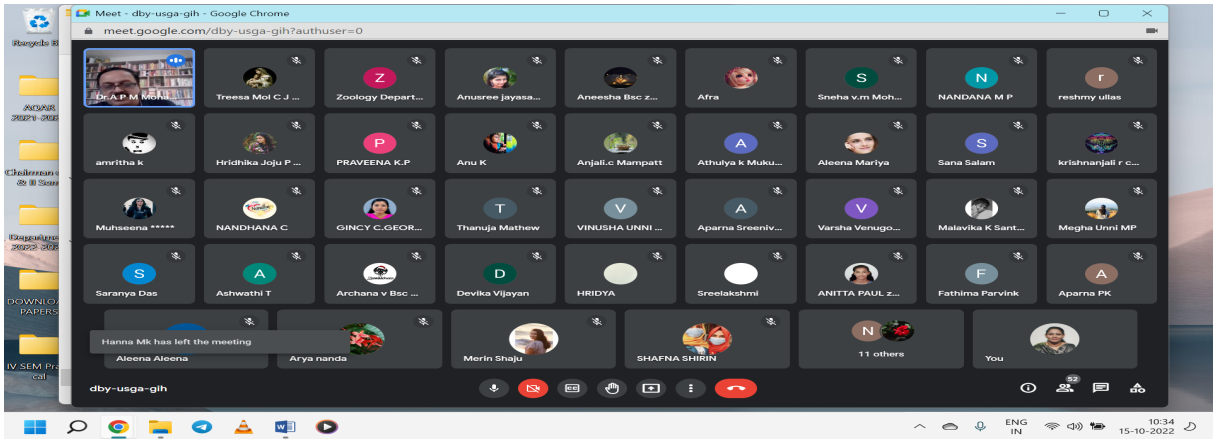


Anusha.N.S Anusha.N.S has left the meeting

Dr. P.M. Mohammed Rafeeq

dby-usga-gh

ENG IN 10:33 15-10-2022



ZOEA - ZOOLOGY ASSOCIATION INAUGURATION & SEMINAR

26/10/2022

On 26-10- 2022, the activities of ZOEA was officially inaugurated by Mr. James N.J, Executive Director, Green Habitat (NGO), Guruvayoor. After the inaugural session an awareness class on the topic “Kadalum Kalamayum” was conducted. 136 students and 7 staff members of the department participated in the function.





SEMINAR ON “MENUSTRAL HYGIENE AND TEENAGE CARE”

(11-10-2022)

Woman Cell of the college organized Seminar on “**Menustral Hygiene and Teenage care**” by Sreelatha Pradeep, Keysoul Trainer and Translator on 11-10-2022 jointly with Department of Zoology in the College Auditorium. 117 students made use of the programme.


**WOMEN CELL AND
DEPARTMENT OF ZOOLOGY**
LITTLE FLOWER COLLEGE, GURUVAYOOR
 In collaboration with **KEY SOUL**
SEMINAR
**"MENSTRUAL HYGIENE &
TEENAGE CARE"**

RESOURCE PERSON

SREELATHA PRADEEP
 Keysoul Trainer & Translator

**11th October
2022**
2:00 PM
**L F College
Auditorium**

Organised by
**Women Cell &
Department of Zoology**





WEBINAR ON BIOINFORMATICS IN A NUTSHELL

(05/11/2022)

A webinar in Bioinformatics on the topic “Bioinformatics in a Nutshell” was conducted in association with Mercy college, Palakkad, under MOU. The Resource person was Dr. Jayasree S., Professor and HOD, Department of Zoology and she provided a brief account of all areas of Bioinformatics in a simple manner. 44 including staff and students participated the webinar.

The poster is for a webinar titled "BIOINFORMATICS IN A NUT SHELL". It is organized by the Department of Zoology at Little Flower College, Guruvayoor, in association with Mercy College, Palakkad. The resource person is Dr. Jayasree S., Head & Professor, Dept. of Zoology, Mercy College, Palakkad. The webinar is scheduled for 05-11-2022 at 10:30 AM and will be held on Google Meet. The poster includes logos for the Department of Zoology and Little Flower College, and a central image of a computer monitor displaying a molecular structure.

The screenshot shows a Google Meet session in progress. The main window displays a presentation slide with the text: "In a nutshell, bioinformatics is an interdisciplinary field combining elements of biology, computer science, math, and statistics to solve biological problems." The slide also features a diagram illustrating the relationship between various biological levels: molecule (molecular), organelle (organelle), cell (cell), tissue (tissue), organ (organ), population (population), and biosphere (biosphere). The meeting interface shows a grid of participant avatars, including Dr. Jayasree S. and others. The bottom of the screen shows the Windows taskbar with the date and time as 10:40 on 05-11-2022.

Biological Databases

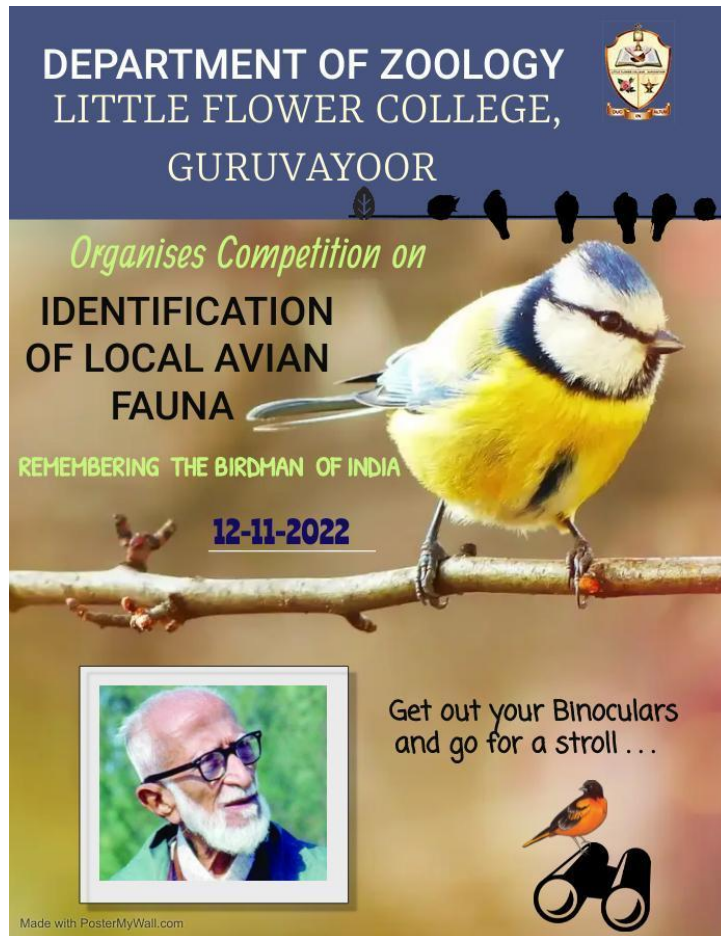
- Structure
 - PDB
 - SCOP
 - CATH
- Sequence
 - Protein
 - Swiss-Prot
 - PIR
 - TrEMBL
 - PROSITE
 - PFAM
 - Nucleic Acid
 - GenBank
 - DDBJ
 - EMBL
- Other
 - RELIBASE
 - REBASE
 - GPCRDB

WRITING COMPETITION ON IDENTIFICATION OF LOCAL AVIAN FAUNA IN CONNECTION WITH NATIONAL BIRD DAY

(18/11/2022)

Birds are a part of every child's life, even if only as a part of the background. Students were encouraged to list as many of the species they are familiar with in order to raise awareness of the local biological diversity and the significance of the functions played by birds in maintaining the local environment. A competition was organized by the department for all students on 'Identification of Local Avian Fauna' in connection with National Bird Day (12-11-2022) on 18th November 2022. 69 students of the department participated in the programme.

1st Prize: Anusree Jayasankar- II B.Sc. Zoology, **2nd Prize:** Praveena K. P., I M. Sc. Zoology and Pavithra V.S., I B.Sc. Zoology



AWARENESS CLASS ON PCOD

(22-11-2022)

Woman Cell of the college organized an **Awareness Class on PCOD** by Dr. Madhavi Yelamanchili, Laproscopic Surgeon and Infertility Specialist, Rajah Hospital, Chavakkad on 22-11-2022 jointly with Department of Zoology in the Seminar Hall. 91 students participated in the programme.

 **Women Cell, Department of Zoology
And Vanitha Sishu Samrakshana Samithi
LITTLE FLOWER COLLEGE, GURUVAYOOR**

Organises
An awareness class on PCOD





DR.MADHAVI YELAMANCHILI
MBBS DCO DNB (OB/GYN)
Laparoscopic Surgeon, Infertility Specialist
Rajah Hospital, Chevakkad

 **22 NOVEMBER 2022**

 **2 pm**

 **SEMINAR HALL**





HEMOPOL - PROJECT PROPOSAL

29-11-2022

The members of the Red Ribbon Club, Dept of Zoology, were invited to participate in a project proposal competition organized by Kerala police in association with KSACS, Kerala. 6 students participated in the competition. Of this the project proposal of **Ms. Anu K** was selected as one among the **best 10 projects statewide**. She received the “Best Project Proposal Award” from Smt. Dr. Bindu R., Minister for Higher Education and Social justice. A memento was also awarded for the college for active participation in the programme. The awards were distributed in the one-day Heme pol seminar conducted at Thiruvananthapuram.

List of participants:

	NAME	CLASS
1.	Swaliha Rahman P A	II B.Sc Zoology
2.	Anjanalakshmi A B	III B.Sc Chemistry
3.	Hridya A S	III B.Sc Botany
4.	Thasneem Azeez T	III B.Sc Zoology
5.	Treesamol	III B.Sc Zoology
6.	Anu K	I M.Sc Zoology



**AWARENESS PROGRAMME IN CONNECTION WITH WORLD AIDS
DAY 2022**

02/12/2022

Red Ribbon Club, Department of Zoology and NSS Unit of Little Flower College, Guruvayoor in association with A.R.T Plus Centre, Department of Medicine, Govt. Medical College, Thrissur organized an awareness talk of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. DR. Sreejith Sreekumar,

Medical Officer, A.R.T Plus Centre, Department of Medicine, Govt. Medical College, Thrissur led the activities along with a living victim of the disease. Dr. Valsa M.A., Principal, Little Flower College presided over the function. Dr. Swapana Johny, Assistant Professor and HOD, Department of Zoology provided felicitation. More than 600 students participated in the event. All the students got an opportunity to positively and fearlessly interact with the team and clarified their doubts.

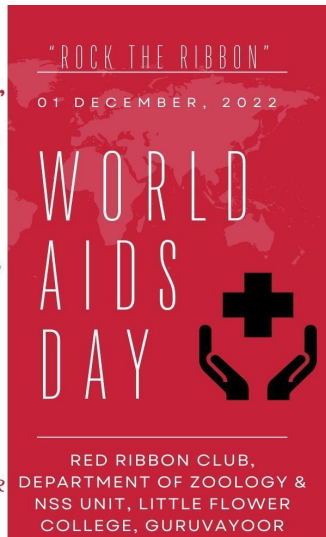
**WORLD AIDS DAY
AWARENESS
PROGRAMME BY ART,
THRISSUR**

RESOURCE PERSON

**DR. SREEJITH SREEKUMAR,
MEDICAL OFFICER
A.R.T PLUS CENTRE (ANTI RETRO
VIRAL THERAPY)
DEPARTMENT OF MEDICINE,
GOVT. MEDICAL COLLEGE,
THRISSUR**



**DATE: 02-12-2022
VENUE: AUDITORIUM, LITTLE
FLOWER COLLEGE, GURUVAYOOR
TIME: 2.30PM -3.30PM**



INTERNSHIP PROGRAM: THROB OF NATURE– THE FOREST ECOSYSTEM

2nd - 6th January 2023

The Department of Zoology organized a 6-day Internship programme “Throb of nature – The Forest Ecosystem” for interested students of the Department from 2nd January 2022 to 7th January 2023. The programme was conducted by FECER (Foundation for Environment Conservation, Education and Research) a leading NGO in the field of Ecology. 73 students and 5 staff members participated. The program was done in online mode for 5

days of theory sessions and final day an outdoor program of trekking at Peechi Wildlife Sanctuary to experience a forest ecosystem.

DEPARTMENT OF ZOOLOGY
LITTLE FLOWER COLLEGE
GURUVAYOOR, P O PUTHANPALLI, THRISSUR - 680 103 KERALA, INDIA

INTERNSHIP PROGRAM
Throb of Nature: The Forest Ecosystem
2-7 January 2023

INAUGURAL CEREMONY
10:00 am | 02-01-2023



REV. DR. SR. VALSA M.A
Principal
Little Flower College,
Guruvayoor

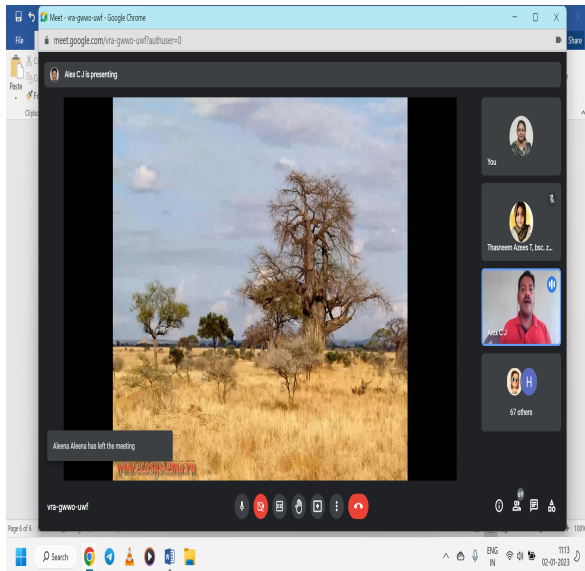


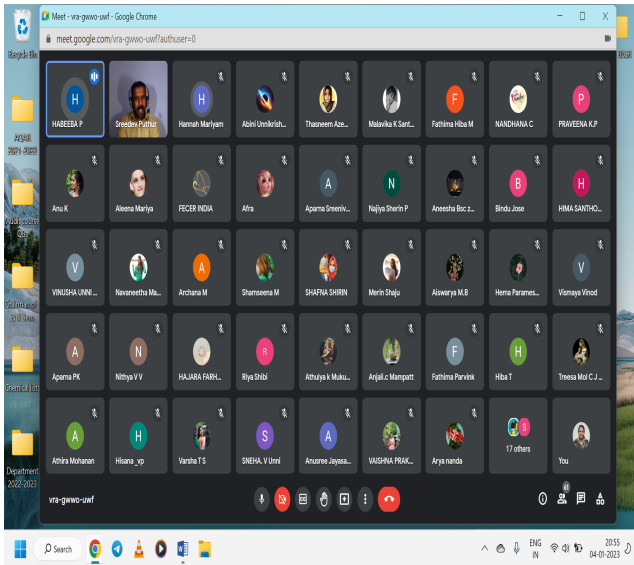
DR. ALEX C J
Assistant Manager
Biodiversity Division
ICLRI South Asia

Jointly organised by



Department of Zoology
Little Flower College, Guruvayoor
&
Foundation for Environmental Conservation,
Education and Research
W/3811Korathi Lane | East Fort | Thrissur | Kerala-680 005 | India





PLEDGE TAKING & REELS MAKING COMPETITION IN CONNECTION WITH NATIONAL YOUTH DAY

12/01/2023

National Youth day was observed by students of Red Ribbon Club, Department of Zoology on 12th January 2023. Students were encouraged to participate in the Nasha Mukth Bharath programme. A pledge taking and Reel making competition was organized in connection with this day. 62 students participated in the programme.



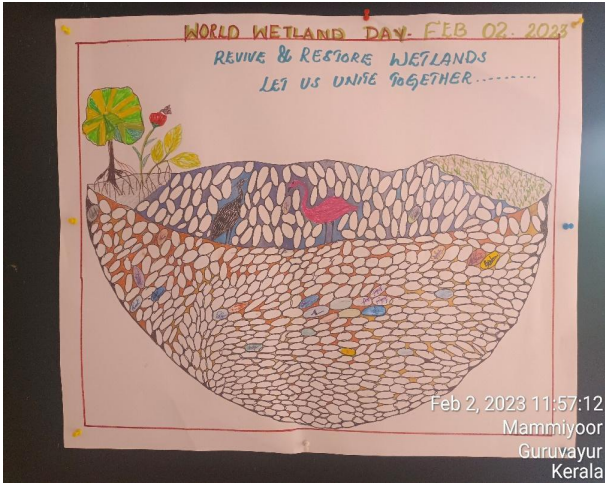
National youth day ... pledge taking

Let's pledge to be the change with a youthful spirit and write a better tomorrow for ourselves and the world.

WORLD WETLANDS DAY

02/02/2023

In order to raise awareness about wetlands, world wetland day was observed in the campus by the department of Zoology. Participants put their signatures and created a pictorial representation of wetland system and pledged to reverse their rapid loss and encourage actions to conserve and restore them. All staff and students of the Zoology department participated in the programme.





Feb 2, 2023 12:01:15
Mammiyoor
Guruvayur
Kerala



Feb 2, 2023 12:00:23
Mammiyoor
Guruvayur
Kerala

ZOOLOGY QUIZ

21/02/2023

A General Zoology Quiz was conducted for the students of the Zoology department on 21-02-2023. 34 students participated in the quiz competition. First prize – Nandhana M P – III B.Sc. Zoology; Second prize – Muhseena III B.Sc. Zoology.



DEPARTMENT OF ZOOLOGY
LITTLE FLOWER COLLEGE, GURUVAYOOR

Organizes

GENERAL ZOOLOGY QUIZ



DATE

21 FEBRUARY 2023

VENUE

ZOOLOGY LAB

WORLD SPARROW DAY

20/03/2023

Every year on March 20, people celebrate World Sparrow Day. It is designated to raise awareness about sparrow conservation and protection, as their numbers are declining globally.

DEPARTMENT OF ZOOLOGY
LITTLE FLOWER COLLEGE, GURUVAYOOR



Organises

*Mobile photography
competition*

*"Sparrows around my
homestead"*

World Sparrow Day



20th March 2023

Upload photos via [Google Form](#)
Submit on or before 27 March

Let's save sparrow...

**I ♥
SPARROWS**