

Report: Teenage Skin Care Talk Show (Adolescence and Skin Care) (17th of August 2023)

 **T.K.M. COLLEGE OF ARTS AND SCIENCE**
KOLLAM - 691005
(Re-accredited by NAAC with "A++" Grade)

Talk Show
'കൗമാരവും ചർമ സംരക്ഷണവും'

 **THURSDAY**
17 August 2023

 **TIME**
10.00-11.00 A.M.

 **SEMINAR HALL**
TKMCAS

ORGANIZED BY
Department of Biochemistry & Health Club, TKMCAS
In association with
 **KIMSHEALTH**
Hospital

MEET THE DOCTOR



Dr. Rekha Vijayan,
(MBBS, MD)
Dermatologist
KIMS HEALTH Hospital,
KOLLAM

www.tkmcas.ac.in

The talk show on "Teenage Skin Care" held on the 17th of August 2023, at the Seminar Hall of T.K.M. College of Arts and Science, was a remarkable event aimed to educate and enlighten students about the importance of proper skin care during adolescence. The talk show was organized by the Department of Biochemistry in collaboration with KIMS Health Hospital, Kollam, and the Health Club of the college, the event witnessed a vibrant participation of faculty members and first-semester B.Sc. students.

The program coordinators, Dr. Ansil P. N., Assistant Professor in the Department of Biochemistry, and Dr. Riyas Y, Health Club Coordinator, successfully orchestrated the talk show, setting the stage for an informative and engaging session.

The event commenced at 10.00 AM with a gracious welcome speech by Dr. Ansil P. N. He extended a warm welcome to all the participants, emphasizing the importance of understanding proper skin care practices during the crucial phase of adolescence. He encouraged the students to actively engage in the talk show, make inquiries, and gain insights that would contribute to their overall well-being.



Setting the Stage: Dr. Ansil P. N. Welcoming Participants to an Enlightening Session

The talk show was inaugurated by Dr. Chithra Gopinath, the Principal of T.K.M. College of Arts and Science. Her presence underscored the significance of the event and highlighted the institution's commitment to holistic education. Dr. Gopinath's inaugural address set a positive tone for the proceedings, encouraging students to actively participate and absorb the wealth of knowledge shared during the talk show.

Dr. Latha B, the Head of the Department of Biochemistry, felicitated the event, reinforcing the department's dedication to comprehensive learning. Her words of encouragement and

appreciation added an academic dimension to the event, motivating both faculty members and students to make the most of this learning opportunity.



Dr. Chithra Gopinath, Principal of T.K.M. College of Arts and Science, inaugurating the talk show, symbolizing the institution's commitment to holistic education



Expert Insights Unveiled: Dr. Rekha Vijayan Shares Invaluable Knowledge on Teenage Skin Care

Dr. Rekha Vijayan, a distinguished Dermatologist from KIMS Health Hospital, Kollam, graced the occasion as the esteemed resource person. Her profound knowledge and expertise in dermatology added credibility and value to the event. Dr. Rekha Vijayan elaborated on various aspects of teenage skin care, shedding light on the connection between skin health and the physiological changes that occur during adolescence. Her insights resonated with the audience, providing practical guidance for maintaining healthy skin.



Dr. Rekha Vijayan being honored for her invaluable contribution to the talk show, her expertise adding depth to the discussions



Moments of Learning and Connection: A Glimpse into the Enriching Teenage Skin Care Talk Show

Ms. Ajinza A, Assistant Professor in Biochemistry, delivered the vote of thanks, expressing gratitude to all the stakeholders who contributed to the success of the talk show. Her acknowledgment of the collective effort showcased the collaboration between the department, the hospital, and the health club in organizing an event that catered to the educational needs of the students.

The talk show witnessed the enthusiastic participation of 143 attendees, including faculty members and first-semester B.Sc. students. Their engagement through thought-provoking questions and active discussions reflected their keen interest in understanding and implementing proper skin care practices.



Eager participants, a blend of faculty members and first-semester B.Sc. students, engrossed in learning about the significance of skin care during adolescence

In conclusion, the talk show on "Teenage Skin Care" provided an insightful platform for learning and discussion. The collaborative effort of the Department of Biochemistry, KIMS Health Hospital, Kollam, and the Health Club resulted in an event that not only addressed a

crucial aspect of adolescent health but also fostered a spirit of collaboration and knowledge sharing.

The participants left the talk show armed with valuable insights into maintaining healthy skin during their teenage years, thereby equipping themselves with knowledge that can positively influence their overall health and well-being.

TALK SHOW

"ആമാനന്ദം ഹൃദയം തൃപ്തിപ്പെടുത്തുന്നു"

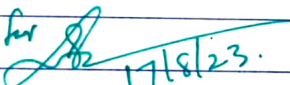
ADOLESCENCE AND SKIN CARE

Date : 17-08-2023

Time : 10.00 - 11.00 AM


Location : Seminar Hall

Name : Dr. Chithra Gopinath
Principal, TKMCAS

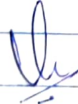
Signature :  17/8/23.

(Resource person)


Name : Dr. Rekha Vijayan
Dermatologist
KIMS Health Hospital

Signature : 

Name : Dr. Latha B
HOD of Biochemistry

Signature : 

Name : ^{Dr.} Ansil P.N
Programme co-ordinator

Signature : 

17/08/2023

Thursday

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Adolescence & Skin Care

SL.No	NAME	DEPARTMENT	SIGNATURE
1.	Akhila MR	S ₂ MSc Biochemistry	<u>Akhila</u>
2.	Anjali. S	S ₂ MSc Biochemistry	<u>Anjali. S</u>
3.	Anjana. N. A	S ₁ MSc. Biochemistry	<u>Anjana</u>
4.	Devika R	S ₁ MSc Biochemistry	<u>Devika R.</u>
5.	Amritha. S. V	S ₁ MSc. Biochemistry	<u>Amritha</u>
6.	Abittha Babu	S ₁ MSc Biochemistry	<u>Abittha</u>
7.	Gopika Gopan	S ₁ MSc. Biochemistry	<u>Gopika</u>
8.	Fathima Beeni	S ₁ MSc. Biochemistry	<u>Fathima</u>
9.	Shazia Shatahudeen	S ₁ MSc Biochemistry	<u>Shazia</u>
10.	Sona. S	S ₁ MSc Biochemistry	<u>Sona</u>
11.	Fazana	S ₂ MSc Biochemistry	<u>Fazana</u>
12.	Fathima N	"	<u>Fathima</u>
13.	Rakhi	"	<u>Rakhi</u>
14.	R. Fathima	"	<u>R. Fathima</u>
15.	Anagha	"	<u>Anagha</u>
16.	Haritha HB	"	<u>Haritha</u>
17.	Haleema	"	<u>Haleema</u>
18.	Abeera	"	<u>Abeera</u>
19.	Sereena	"	<u>Sereena</u>
20.	Ameena. Ansar	"	<u>Ameena</u>
21.	N. S. Neroda	BSc Zoology	<u>Neroda</u>
22.	Ardhana. A	"	<u>Ardhana</u>
23.	Ashana. M	"	<u>Ashana</u>
24.	Krishna Sree. M. S	"	<u>Krishna</u>
25.	Fathima. S	BSc Botany	<u>Fathima</u>
26.	Kaishmapriya. S	"	<u>Kaishmapriya</u>
27.	Aayisha. T	"	<u>Aayisha</u>
28.	Risana. M	"	<u>Risana</u>
29.	Albin Ponnachan	BSc. Mathematics	<u>Albin</u>
30.	Abhishek. R	"	<u>Abhishek</u>
31.	Abdullah. A	"	<u>Abdullah</u>
32.	Ahsana. N	BSc Botany	<u>Ahsana</u>
33.	Mirzana Fathima	"	<u>Mirzana</u>

Sl No	Name	Department	Signature
34	HAFZA N	B.sc Botany	<u>HAFZA N</u>
35	SALIMA S	B.Sc Botany	<u>Salima</u>
36	ANSIYA S	BSc Botany	<u>Ansija</u>
37	Jeslin Thomas	Bsc Botany	<u>Jeslin</u>
38	Meghana M	Bsc Botany	<u>Meghana</u>
39	Subhana N	Bsc Zoology	<u>Subhana</u>
40	Nejmi N	BSC BOTANY	<u>Nejmi</u>
41	Archa RS	Bsc Botany	<u>Archa</u>
42	Aliya F	BSC Botany	<u>Aliya</u>
43	Reshmi S	BSC Botany	<u>Reshmi S</u>
44	Jaseena J	BSC physics	<u>Jaseena</u>
45	Asna S Khan	BSc Physics	<u>Asna</u>
46	Akhila S	BSC Chemistry	<u>Akhila</u>
47	Ramsana R	Bsc chemistry	<u>Ramsana</u>
48	Chippy S	Bsc Chemistry	<u>Chippy</u>
49	Asna Azeed	BSC Zoology	<u>Asna</u>
50	Fathima A	BSC zoology	<u>Fathima</u>
51	Azdra R	BSC Zoology	<u>Azdra</u>
52	A. Amal	BSc Physics	<u>Amal</u>
53	Abhiram S J	BSc Physics	<u>Abhiram</u>
54	Adithyan S J	BSc physics	<u>Adithyan</u>
55	Abidkhan S	BSC physics	<u>Abidkhan</u>
56	Hazin Raj A S	B.Sc. Physics	<u>Hazin Raj</u>
57	N Athil	B.Sc Physics	<u>N Athil</u>
58	Amal am	B.Sc. Physics	<u>Amal</u>
59	Ijazkhan	BSC. Maths	<u>Ijazkhan</u>
60	Muhammed Suain	B.Sc. Mathematics	<u>Muhammed</u>
61	Vignhneswar V	Bsc Maths.	<u>Vignhneswar</u>
62	Muhammed Hassan A	BSC Physics	<u>Muhammed</u>
63	Puangy V S	BSc Maths	<u>Puangy</u>
64	RINTA S	BSC Math	<u>Rinta</u>
65	Saxena M	"	<u>Saxena</u>
66	Alfiya T A	"	<u>Alfiya</u>

Sl.No	Name	Department	Signature
67.	Aisha Nizar	BSc Mathematics	Aisham Nizar
68.	Mubina AH	BSc Mathematics	Mubina
69.	Nandana Mohan	BSc Mathematics	Nandana Mohan
70.	Fathima T	BSc Mathematics	Fathima
71.	Fathima S	BSc Physics	Fathima
72.	Nala S	BSc Mathematics	Nala
73.	Devika R.S	BSc Mathematics	Devika
74.	Fousiya N	BSc Mathematics	Fousiya
75.	Bismillah Subhana N	BSc Mathematics	Bisubhana
76.	Karthika R.S	BSc Mathematics	Karthika
77.	Lidha S	BSc Mathematics	Lidha
78.	Anjanakrishnan S	BSc Physics	Anjan
79.	S.R ARYA NAIR	BSc PHYSICS	S.R Arya
80.	Amal A J	BSc BIOCHEMISTRY	Amal
81.	Anita M.A	BSc Biochemistry	Anita
82.	Aruha	BSc Biochemistry	Aruha
83.	Adithyan K.M	BSc Biochemistry	Adithyan
84.	Adithyan V	BSc Zoology	Adithyan V
85.	Thaishna S.R	BSc Zoology	Thaishna
86.	Thamanna K.M	B.Sc Zoology	Thamanna
87.	Nandana Raju	BSc Zoology	Nandana
88.	Neha Binu	BSc Physics	Neha
89.	Adithya Senil	BSc Physics	Adithya
90.	Sreenu R.S	BSc physics	Sreenu
91.	Alfiya N	BSc Zoology	Alfiya N
92.	Anita L	BSc Zoology	Anita L
93.	Aliya Nassine	BSc Zoology	Aliya
94.	Anjana G.S	BSc Zoology	Anjana
95.	Vandana Shaji	B.Sc Zoology	Vandana Shaji
96.	Alfiya M	BSc Physics	Alfiya
97.	Lekshmi Krishna C	BSc physics	Lekshmi
98.	Kavya Gopalan	BSc physics	Kavya
99.	Niranjana D.S	BSc Physics	Niranjana
100.	Vaishnavi M.S	BSc Physics	Vaishnavi

Roll No.	Name	Course	Signature
101	Devika L H	Bsc. Physics	Devika
102	Devika S J	BSc Physics	Devika
103	Adithya. D	BSc Maths	Adithya
104	Abhisami A.M	Bsc Maths	Abhisami
105	Hrishikesh A.S	BSc chemistry	Hrishikesh
106	Jasir.H	Bsc chemistry	Jasir
107	Muhammed yaris M	BSC Botany	Muhammed
108	V. Vahad	BSC Chemistry	V. Vahad
109	Albin Thomas	BSc Chemistry	Albin
110	Sungath Saral	Bsc chemistry	Sungath
111	Vinayak -S-R	Bsc chemistry	Vinayak
112	ATHEEBA.S	Bsc chemistry	Atheeba
113	Sandra.S	Bsc chemistry	Sandra
114	Fidha Fathima	Bsc chemistry	Fidha
115	Shameema.A	BSC Chemistry	Shameema
116	Sangeeth	Bsc chemistry	Sangeeth
117	Absal - S	Bsc chemistry	Absal
118	Issana.J	BSC Chemistry	Issana
119	Ammaza. PT	Bsc Zoology	Ammaza
120	Sairaba N.S	Bsc bio-chemistry	Sairaba
121	Raihana.A	Bsc Biochemistry	Raihana
122	parvathy mol.v.M	BSC .physics	Parvathy
123	Arya Anil.R	Bsc .Physics	Arya
124	Ajmi sheeba	Bsc . botany	Ajmi
125	Nesariya .S	Bsc . botany	Nesariya
126	Ashikath.S	Bsc . chemistry	Ashikath
127	Fathima S	Bsc . chemistry	Fathima
128	Ameera M.N	Bsc chemistry	Ameera
129	Fathima Niyas	Bsc chemistry	Fathima
130	Asna Sajee	BSC chemistry	Asna
131	Alisha Shanavas	Bsc . Biochemistry	Alisha
132	Shuhaina.S	Bsc . Biochemistry	Shuhaina
133	Nandana Suresh	Bsc . Biochemistry	Nandana

134	Asiya.S	Bsc biochemistry	Asiya
135	Fathima.S	BSc Biochemistry	Fathima
136	Ana Sathana.S	BSc. Biochemistry	Ana
137	FATHIMA S	B.Sc Biochemistry	Fathima
138	Guga Suneer	B.Sc Biochemistry	Guga
139	Aswani.B.R	BSc Biochemistry	Aswani
140	Anesha.S	" "	Anesha
141	Lekshmi.P.S	B.Sc Biochemistry	Lekshmi
142	Shiny Selam	Asst. Professor, Commerce	Shiny
143	D. Hari Sarban.H.S	Asst. Prof: Biochemistry	H.S