



JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN (AUTONOMOUS)

(FORMERLY KNOWN AS THE S.I.E.T. WOMEN'S COLLEGE)

COLLEGE WITH POTENTIAL FOR EXCELLENCE

An Autonomous Institution Affiliated to The University of Madras
Re-accredited by NAAC in 2013 with an Outstanding CGPA of 3.61 (out of 4) At 'A' Grade

DEPARTMENT OF POST GRADUATE STUDIES AND
RESEARCH IN HOME SCIENCE

HOME SCIENCE *in confluence*

Edition: I Theme: Colours





from the editor's desk

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Justice Basheer Ahmed Sayeed College for Women

Justice Basheer Ahmed Sayeed College for Women, (formerly known as the 'S.I.E.T. Women's College') founded by Late Justice Basheer Ahmed Sayeed and his wife Mrs. Fathima Akhtar was started in 1955 with the noble aim of imparting higher education to women.

The college admits eligible women students, irrespective of caste, creed or religion. J.B.A.S. College for Women is one of the reputed autonomous colleges in the country which is accredited by the NAAC with 'A' Grade in 2013 with an Outstanding CGPA of 3.61 (out of 4) in its third cycle of accreditation. The college offers many U.G., P.G., M.Phil. and Ph.D. Research programmes in various disciplines.

Department of Post Graduate Studies and Research in Home Science

The Department of Home Science was started in the year 1955. It offers three U.G. Programmes- Nutrition, Food Service Management & Dietetics, Clinical Nutrition & Dietetics and Interior Design & Decor.

The Department hosts two programmes at the Post Graduate level with scope for further research in Textile Science & Fashion Designing and Child Development & Child Nutrition.



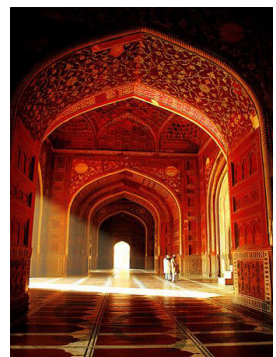
Ochre- An Untold Tale

The preset of dawn, showing the varied hues of red and orange was probably the first time people saw them. These beautiful colors reflected on water made people reflect and realize their goal in their lives.

Red pigment made from ochre was one of the first colors used in pre-historic art. Since Red is the color of blood: it is historically been associated with sacrifice, danger and courage. In India, it is the color symbolizing happiness and good fortune. Red, Black and White were the first colors used by the artists because natural pigments such as red ochre were readily available. The “rubia” plant in India has been used to make dyes since ancient times found at Mohenjo-daro to dye their robes.

Indian brides traditionally wear a red Sari called the “Sari of Blood” and also have their hands and feet painted red with henna to signify happiness and their new status. The use of the color Red in Indian food goes with the saying “we eat with our eyes, before our mouths” symbolizing the use of chillies, tomatoes and saffron.

The use of Red in architecture includes bricks, terracotta, sandstone along with red used in doors, facades due





to its good visibility. Some of these traditions are still alive today. Red in interiors is through the use of red oxide flooring adding a lot of character to a home and is one of the most popular contemporary flooring materials.

Red is the color of fertile clay that reaps harvests and better lives and is used widely in prayer ceremonies and offerings. The color also incites fear and is associated with the revered Hindu goddess - Durga, her red tongue and almost red eyes enhancing her fiery image.

And while Red symbolizes fertility and purity, it also connotes a certain sensuousness and positive energy triggering happiness, passion and love.

Fatema A L
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RED

COLOUR CODED EMOTIONS

Passionate, aggressive.

Red can take on a variety of meanings, associated with both love and war. Red is a colour best used cautiously. It attracts attention but used excessively it will inhibit relaxation. Lighter shades emphasise the energetic aspects of red – including youthfulness while darker shades emphasise power, and even durability, such as a brick wall.

ELEMENT- FIRE

Fire Qualities: fun, passionate, excited, loves to laugh, life of the party, team player.

Fire Downfalls: needs constant stimulation, easily distracted and bored, doesn't like to be alone.

PSYCHOLOGICAL ASSOCIATION

Positive: Physical courage, strength, warmth, energy, 'fight or flight', stimulation, masculinity, excitement.

Negative: Defiance, aggression, visual impact, strain.

HUNGER AND APETITE

It is an appetite stimulating colour. Red is known to activate the appetite so much that it's often used in restaurant logos, on menus, and on tablecloths.



Life like colours

Admiring the colour red made me realise what my
passion was,
I Befriended green to escort my passion,
Purple flowers of envy falling upon me
But still holding the shades of blue ,for calmness
Gold sparkling me towards my goal
And the pink surroundings blessing me with their
thoughts
Black building up my personality
And white balancing my flaws
Yellow standing by my side and executing my talent
And enthusiasm of orange brightened my way
Overcome your difficulties smiled the blue
Being unique sparkles my way, and being logical
choosing the right colour directing my way
Awarded for being successful, appreciated by all the
colours
Bringing sunshine and making me shine
Colours become the happiest way to live my life...

Zaineb
I- B.Sc. IDD

You and Me

Oh my soul...what colour do you need?

The colour of God,
to accomplish my deed.

Is it the colour of the grass and
the trees?

no, it is the colour of the wind.
and of the breeze.

Is it the colour of the fire and the
sun?

no, the colour of the source
where my journey begun.

Is it the colour of cloud or the
sky?

no, the colour of love,
which makes me fly.

Is it the colour of the night?
no, it is the origin of light.

oh my soul i fail to thee

no, look inside,

it is the colour which connects,
you and me!!

Dhaarini. P

II- B.Sc. IDD

PURPLE

COLOUR CODED EMOTION

Luxurious, mysterious, romantic
Long associated with royalty,
purple creates an air of luxury,
even decadence. Using a purple
dominantly is a quick way to create
a sense of elegance or high-end
appeal, even if your product is
budget-minded.

Lighter shades of purple (especially
lavender) bring to mind spring and
romance. Darker shades add more
mystery and can even symbolise
creativity. Darkening the shade will
also turn the romantic elements
more sensual.

PSYCHOLOGICAL ASSOCIATION

Spiritual

Positive: Spiritual, awareness,
containment, vision, luxury,
authenticity, truth, quality.

Negative: Introversion, decadence,
suppression, inferiority.



Healthy Hues



Greens improve vision, lowers risk of cancer, healthy heart, lowers the risk of birth defects.

Whites improve bone health by enriching calcium, potassium, vitamin D and protein.





Reds provide good Vision health, a healthy heart, immune system and urinary tract, lowers risk of cancer, healthy skin, bones and teeth.

Vision health, a healthy immune and reproductive system, rich in vitamin A.



Artificial colours are harmful and cause allergy. These colours however attractive should be avoided.



Blinded Colours

Representation of different pigments would be the literal meaning of Colours, in depth. But that's not what we generally think. Colours are a part of the beauty we see around us. We love looking at it. What about those who can't feel or understand it. Colour blinded people ? What about them? Are your questions.

Colour Blindness. The first thing you feel when you hear it ? The first thing that comes to your mind? Pity. Sadness. Losers. Jokes to play on them. What else? People with colour blindness often feel low or ashamed or disgusted or they don't understand what they must do with themselves regarding this, Do they move on ? Do they accept themselves ? No idea. Yes, agreed. Sometimes its sad that they cannot experience the magical colours but at the same time they are blessed to see their beautiful surroundings and that is something worth the black and white colour they see. They may not be able to understand colours but they would be able to relate people to colours as they understand patterns. Patterns in black and white are like people in black and white. In one of those online books, there is a male character named Jordan. He is colour blinded as well as half-blind which makes him unable to identify people, let alone his family and friends. But he is amazing at computer hacking and cracking jokes. Jordan is the most loved character despite his inability. This makes me wonder, what if

people accepted themselves. What if people understood them like Jordan's friends ? So many what ifs! Certain things are possible as well as impossible.

Colours represent personalities, certain characteristics, people's auras etc. From my perspective, I have never seen colours representing people unless I know them very well but i see it in nature and our surroundings. The beauty of the greenish trees against the bright and shiny yellowish- orange rays or the shimmering blue water glistening with the reflection of the stars in the sky. These beautiful things, when looked closely, one can be amazed by the views they hold or secrets we could discover. What kind of secret ? it depends on a person's view and how they see it. So what do you see ?

Amina Farha
II- B.Sc. IDD

WHITE

PSYCHOLOGICAL ASSOCIATION

Positive: Hygiene, sterility, clarity, purity, cleanness, simplicity, sophistication, efficiency.

Negative: Sterility, coldness, barriers, unfriendliness, elitism.

ELEMENT- METAL

Metal Qualities: trustworthy, dependable, very hard worker, will always finish a project, follows through, strong silent type.

Metal Downfalls: difficulties in having close relationships, constant self preserving, not allowing himself to share his thoughts or feelings, feels lonely and misunderstood, tendency to feeling blue and sad.

HUNGER AND APETITE

White foods are often associated with excessive consumption, especially when it comes to snacks. You tend to forget that white foods contain calories and this leads to mindless eating.



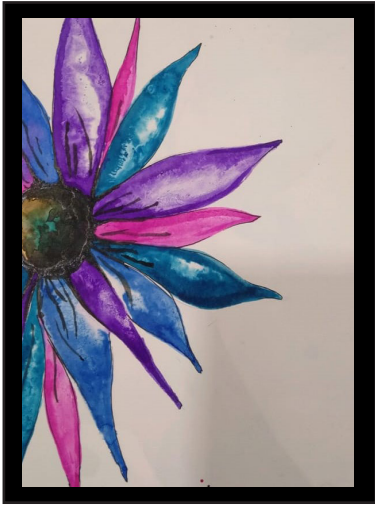
Art Column



Jezira Al Tasneem S. R
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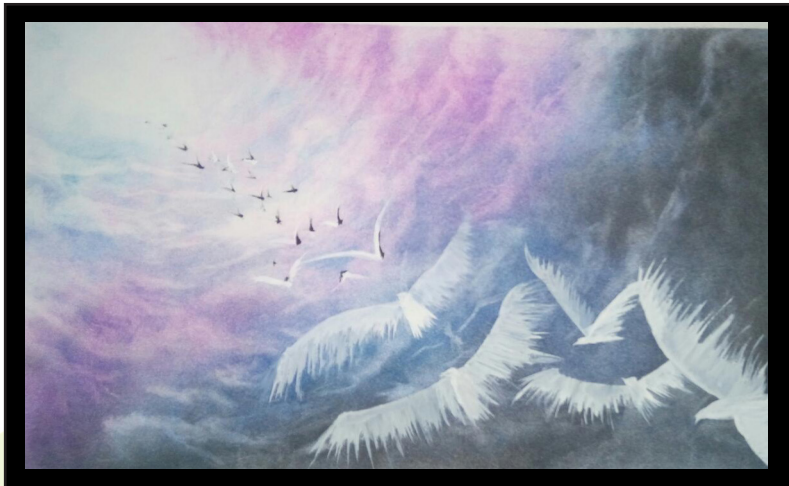
Afreen Zahannas
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Sri Varshini
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Colour Theory

Colour can set a mood, attract attention, or make a statement. By right choice, you can create an ambiance of elegance, warmth or tranquility or you can convey an image of playful youthfulness. Yellow is a colour that is energizing, bright and joyful. Colour can be your most powerful design element if you learn to use it effectively

Yellow is one of the three primary colours, the other two colours are red and blue. The secondary colours are created by mixing two primary colours. The six tertiary colours are created by mixing primary and secondary colours.

The monochromatic colour scheme uses variations in lightness and saturation of a single colour. This scheme looks clean and elegant. Yellow integrated with neutral colours such as black, white, or grey becomes a monochromatic scheme.

The harmonious colour scheme uses colours that are adjacent to each other on the colour wheel. Yellow, yellow orange and orange are harmonious colour scheme.

The complementary colour scheme is made of two colours that are opposite each other on the colour wheel. This scheme looks best when you put a warm colour against a cool colour, violet is the complementary colour of yellow. It is highly-contrasting.

The split complementary scheme is a variation of the standard complementary scheme. It uses a colour and the two colours adjacent to its complementary. Blue violet and red violet are split complementaries of yellow.

The triadic colour scheme uses three colours equally spaced around the colour wheel. Blue, red and yellow forms a triad. The triadic scheme is not as contrasting as the complementary scheme, but it looks more balanced and harmonious.

The tetradic scheme is the richest of all the schemes because it uses four colours. This scheme can be challenging to harmonise. Blue green, Violet, Red orange and yellow forms a tetrad.

Health Benefits Of Yellow

- Bright colors can be an instant mood booster, particularly the color yellow.
- The sunny hue represents happiness, joy and hope.
- Yellow fruits and vegetables are teeming with carotenoids and bioflavonoids, which represent a class of water soluble plant pigments that function as antioxidants and also have an abundance of vitamin-C.
- Studies suggest that these bountiful nutrients will help your heart, vision, digestion and immune system.
- Other benefits of naturally yellow foods include maintenance of healthy skin, wound healing, and stronger bones and teeth.
- Yellow fruits and vegetables include the following: lemons, plantains, pineapple, star fruit, yellow winter and summer squash, yellow peppers, corn, and bananas.

Fathima Nachia
I- B.Sc. CND

YELLOW

COLOUR CODED EMOTIONS

Happy, friendly, warning

Yellow is often associated with happiness, but also activates the anxiety centre of the brain. It's the colour of warning signs and taxis but use bright yellow sparingly because of the potential negative connotations.

Lighter shades play on the happiness aspects, reminding summer and the sun. Darker shades, including gold, add more weight and give a sense of antiquity.

ELEMENTS- EARTH

Earth Qualities: Caring, nurturer, compassionate, great listener, home body .

Earth Downfalls: takes care of everyone and puts herself last, very sensitive to criticism, worry, over thinks.

PSYCHOLOGICAL ASSOCIATION

Positive: Optimism, confidence, self-esteem, emotional strength, friendliness, creativity.

Negative: Irrationality, fear, emotional fragility, depression, anxiety, suicide.

HUNGER AND APETITE

The colour yellow has been found to stimulate appetite because it is associated with happiness. Your brain secretes a feel-good hormone, when you see yellow. This is why restaurants have yellow flowers on the table because it makes you feel optimistic.



Eat a Rainbow

Fruit and vegetables fall into five different colour categories: red, orange, yellow, green, and brown. Each colour carries its own set of unique disease fighting phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant healthy properties.

RED

- BEETS
- POMEGRANATES
- RHUBARBS
- WATERMELONS
- RED POTATOES
- RASBERRIES
- RED APPLES
- RED PEPPERS

BLUE/PURPLE

- BLUEBERRIES
- PLUMS
- PRUNES
- PURPLE FIGS
- PURPLE ONIONS
- EGG PLANTS



ed, purple/blue, orange, green and white/
hting chemicals called phytochemicals. It
brant colour and of course some of their

YELLOW & ORANGE

PAPAYAS
YAMS
LEMONS
MANGOES
ORANGES
PUMPKINS
SWEET POTATOES

WHITE & BROWN

BROWN PEPPERS
POTATOES
BROWN PEARS
RAISINS
TURNIPS
MUSHROOMS

GREEN

KIWIS OKRA
LEEKS PEAS
GREEN BEANS
LIMES
GREEN GRAPES
KALE

BLUE

COLOUR CODED EMOTION

Serene, trustworthy, inviting
Blue is the colour of trust. Blue is the colour of calm and serenity, and as such it inspires security and a feeling of safety. For this reason, blue is a colour often used by banks. However, the friendly and inviting colour explains its adoption by Facebook and Twitter. Blue is also incredibly versatile; its vibrancy has more drastic effects than other colours.

ELEMENTS- WATER

Water Qualities: creative, reflective, dreamer, artistic, easy going.

Water Downfalls: gets drained if around too many people for a long period of time, always late, fear of failure.

PSYCHOLOGICAL ASSOCIATION

Positive: Intelligence, communication, trust, calm, efficiency, serenity, coolness, reflection.

Negative: Coldness, aloofness, lack of emotion, unfriendliness.

HUNGER AND APETITE

It suppresses your appetite because there aren't many naturally occurring blue-hues foods other than blueberries, gooseberries, eggplant. Long ago when our ancestors were out foraging for sources of food, blue, black and purple signalled that something was poisonous. It even been suggested that a blue light in the refrigerator is to discourage one from reaching in for more food.

ARSHIYA BEGUM

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W





The Revivalism of Indian Hues

These paintings captivate one's attention by their vivid hues and simplicity. One may conjure up images of the varied tribal and folk paintings of India that are more often than not, bursting with colours yet manage to retain an earthy flavour. Indian folk traditions have their roots in history and localism. From these roots, has arisen an art form that is truly unique in its essence and retains a classical and timeless appeal. Today's tradition has gone through the test of time by reaching the zenith of popularity, facing challenges and emerging as a winner owing to the efforts of revivalists.

At a time when India was jostling between creating an identity for herself and breaking free from shackles of Colonialism, Jamini Roy presented the ideals of modern India. While his contemporaries presented Indian themes in the western classical style of painting, he was no worshiper at any shrine of art, imitator of any school or style, he painted in any manner he liked, in any style he wanted and in any medium. He is rightly considered "The Father of Modern Indian Art" for the styles and techniques that he employed. In his scheme of decoration, Jamini Roy combined external elements from different traditions, which a traditional painter would never do. He used a broader colour range for creating a colour orchestration as against the codified palette of the traditional artists. He gave Indian tribal and folk arts such as, patt paintings, Kalighat, kavadi, santhal art, etc., a facelift by adapting Indian mythological themes alongside secular ones. He did not wish to bridge a gulf and bring the fine arts and handicrafts closer together as some critics have suggested. Rather he went to a familiar source, which was at hand and from it originated a style.

Jamini Roy's works mark the new phase with changes in techniques and methods. The artist changed from oil to earth colours. In place of canvas he used clay or lime

coated cloth or paper and wooden boards. He tried egg tempera as a binding medium but more often used tamarind seed glue. He reduced his palette to seven colours - Indian red, yellow ochre, cadmium green, vermillion, grey, blue and white - mostly prepared out of easily available materials like hingul, harital, lamp black, girimati, chalk or lime-stone. But inspite of these limitations, we find his pictures bright. His works induce an endearing vibe owing to the usage of locally available raw materials that are ecofriendly.

Roy stands as a testimony that carving a niche for oneself lies in embracing the uniqueness that our local arts and materials stand out for. The rich heritage of India lies in the vividity of the hues and in using them to their complete potential to expose the drama their intensity creates. Roy imbibed this principle to create works of art that resonate a timeless quality and appeals viewers across varied cultures. These are the roots from where our existence has stemmed to give rise to our unique identity which helps us branch out and reach great heights.

Ujval. S
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GREEN

COLOUR CODED EMOTION

Natural, stable, prosperous

Green mostly represents the environment and outdoors, for obvious reasons, making it the clear choice to suggest nature and an organic quality. It is the most balanced of colours, lending it an air of stability. It's also a popular choice as an accent or for calls-to-action because it stands out, but more softly than the warmer colours.

ELEMENT- WOOD

Wood Qualities: goal setter, achiever, planner, visionary, go getter, task oriented, list maker.

Wood Downfalls: over achiever, control freak, "it's my way or the highway" attitude. Impatient, irritable, frustrated easily.

PSYCHOLOGICAL ASSOCIATION

Positive: Harmony, balance, refreshment, universal love, rest, restoration, reassurance, environmental awareness, equilibrium, peace.

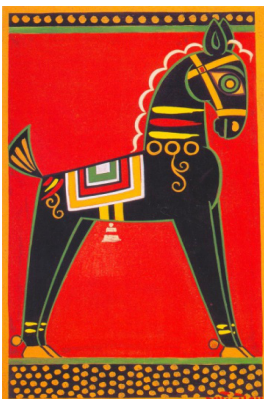
Negative: Boredom, stagnation, blandness, enervation.

HUNGER AND APETITE

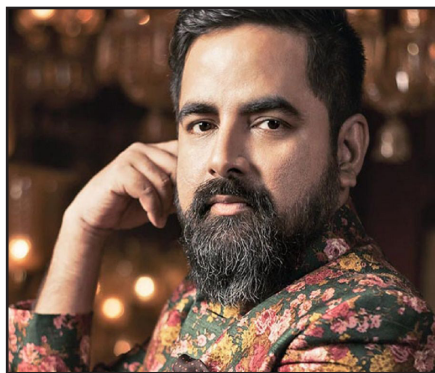
People tend to think that all green foods are healthy, regardless of if the food itself is nutritious or not. This habit may be traced back to our ancestors' eating habits as they were often viewed as being safe and weren't likely to be poisonous or lethal.



Paintings of Jamini Roy



The Journey of Khadi





Khadi - The Woven Emotions

The word Khadi takes us back to the pre- independence era. The time our ancestors wanted to establish our identity as Indians. The historical anecdote of freedom struggle and independence has always kindled our patriotism. One such nostalgic event in our history is the Swadeshi Movement. The promotion of Khadi, an Indian woven fabric that has roots culminating from the ancient glorious Vedic times.

The famous stone sculpture found in Mohenjodaro, the Bearded Man or the Priest King, wears an elegant robe with decorative trefoil motifs that are still in use. A few 5th century paintings in the Ajanta Caves in Maharashtra depict the process of separating cotton fibers from seeds called ginning and women spinning cotton yarn. These historical evidences prove the textile traditions of India that dates back to the earliest times of civilisation.

The techniques used in the production of Khadi was revived by Mohandas Karamchand Gandhi. Gandhi made the charkha (spinning wheel) the basis of India's economic regeneration by supporting Khadi industry which instilled pride in the heritage and supported the farmers and agriculture. Gandhi also stated that, "If we have the 'khadi spirit' in us, we would surround ourselves with simplicity in every walk of life. The 'khadi spirit' means infinite patience. For those who know anything about the production of khadi know how patiently the spinners and the weavers have to toil at their trade, and even so must we have patience while we are spinning the thread of Swaraj".

The renowned designer Sabyasachi Mukherjee states "I think it is the most sophisticated fabric. It has a quiet dignity that is absent in mill-made fabrics. It also stands for the fact that luxury is not something you can get by simply throwing money at it. Luxury is a state of mind. And khadi represents all that." He also finds it difficult to convince his clients as he says, "Khadi is either associated with politicians, or with the poor. Our country also suffers from the gloss syndrome. Anything that is dull or matte, is not appreciated easily. I wanted to demystify the status of khadi and started creating bridal wear - the ultimate realm

of luxury clothing - from the fabric. It creates shock reactions.”

From independence era to modern times, personalities like Gandhi and Sabyasachi has been promoting Khadi. The first proposed Indian tri- colour flag had the traditional spinning wheel, symbolising Gandhi’s goal of making Indians self-reliant by fabricating their own clothing. The importance of Khadi amazes every millennial of India. What is that great quality of Khadi which makes such personalities boast about this long living tradition? Is it the texture? Is it the colour? Khadi is known for its rugged texture, its comfortable feel and the ability to keep people warm in winter as well as cool in summer is a well known fact. The colour of Khadi was the natural colour of cotton in the early times. The intense emotions of Indians can be associated with the neutral colour of Khadi. Though the range of fabrics available has increased over the years with printed and vegetable-dyed variations, the neutral shade of Khadi in the early times has woven the varied colours of patriotism, identity, pride, history and unity along with the hand- spun yarns. There is no modernisation without history and tradition. Let’s get inspired from our roots and yearn to reach the sky.

Saroj K M
II- M.Sc. TSFD

ORANGE

COLOUR CODED EMOTION

Playful, energetic, cheap

Sharing red’s energising aspects, but to a safer degree, orange is a good way to add excitement to a site without severity. It is generally playful, and some claim it creates haste and plays on impulse. It can even signify health, suggesting vitality and vibrance.

PSYCHOLOGICAL ASSOCIATION

Warmth

Positive: Physical comfort, food, warmth, security, sensuality, passion, abundance, fun.

Negative: Deprivation, frustration, frivolity, immaturity.





H	S	T	U	B	O	Z
F	D	E	R	L	R	G
J	L	P	Q	U	A	R
W	H	I	T	E	N	E
A	K	F	O	N	G	E
P	U	R	P	L	E	N
W	Y	E	L	L	O	W

1. I am passionate and aggressive. I am associated with both love and war. I emphasise both energy and durability
Who am I?

2. I am serene and trustworthy. I am versatile. My vibrancy has more drastic effects than other colours
Who am I?

3. I am luxurious, mysterious and romantic. I am associated with org royalty. I am the one who creates the sense of elegance
Who am I?

4. I am simple, clean and sterile.
I have clarity, purity and sophistication too
Who am I?

5. I am prosperous and associated with the nature. I represent the environment. I also represent money and financial safety
Who am I?

6. I am happy, friendly and sometimes warning too. I activate anxiety in the centre of the brain.
I am optimism and confidence
Who am I?

7. I am playful yet energetic. I add excitement and even signify Health, suggesting vitality and vibrance
Who am I?

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P.S: Just turn back to the coloured panels to find your answers. You can thank us later!!

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Colour coded Emotions

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Discover your Dominant Element

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