



## INNOVATIVE ECOSYSTEM FACILITATED BY IQAC IN THE INSTITUTION FOR TEACHING-LEARNING, EVALUATION AND RESEARCH

### USEED Research Grant by R & D Cell, IQAC & College Governing Body

**USEED (Unity Socio-scientific Educational and Entrepreneurial Development) Research grant** is a new initiative instituted by Research Advisory Council and Research Development Cell of KAHM Unity Women's College with the support of the College Governing Body and IQAC. This new initiative is a testament of the attitude of the college since it recognizes the significance of research and development in addressing societal challenges and fostering innovation. The primary objective is to create a platform for faculty members to develop high-value projects eligible for external funding from national and international agencies. To encourage faculty research, the college has established the Seed Money Research Project, inspired by the University's Seed Money Scheme (SMS) initiated in 2017.

The Seed Money Research Project aims to:

- Enhance faculty research capabilities for generating proposals for government and private-funded projects.
- Motivate faculty members to engage in research activities.
- Generate innovative research ideas with an interdisciplinary approach
- Develop enhanced research culture among faculty members
- Improve research output and publications.
- Create research projects addressing societal challenges.

**Eligibility:** Assistant and Associate Professors with a Ph.D. or MD/MS/DNB/MDS degree, having completed their probation period.

Key Features

- Faculty members can receive seed project financial support once during their tenure as Principal Investigator (PI).





KORAMBAYIL AHAMED HAJI MEMORIAL  
**UNITY WOMEN'S COLLEGE, MANJERI**

(P.O) Narukara, Malappuram Dt., Kerala - 676 122  
(Govt.- Aided and affiliated to University of Calicut)  
[Nationally re-accredited by NAAC with 'B++' Grade, CGPA 2.77]  
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- Interdisciplinary projects allow for Co-PIs.
- Maximum project duration: two years, with possible extensions.
- Grant amount: up to Rs 2 Lakh, based on proposal merit and committee decision.
- Expert guidance from Professors, Distinguished Professors, Professor Emeritus, and Visiting Professors as Mentors.
- Timely submission of utilization certificates to Dean Research and Internal Quality Assurance Cell (IQAC).
- Periodic progress review by Dean Research, with reports to Vice Chancellor and IQAC.
- Final report submission in prescribed format after project completion.

In short Seed Money Research Project envisioned by the College fosters a research-oriented environment, encouraging faculty members to explore innovative ideas and develop high-value projects. This initiative aligns with the institution's vision to promote academic excellence, research, and community engagement



  
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PRINCIPAL

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G1/54/2023

05-12-2023

College Governing Body and Internal Quality Assurance Cell (IQAC)

Invite proposals for

USEED RESEARCH GRANT, 2023-2024

This scheme is to promote research and development activities of the institution that are having sociocultural and scientific relevance and usefulness to our Society. The major areas of research can be in fields such as Arts, Humanities, Commerce, Management studies, Agriculture, Environmental Sciences, Physical Sciences, Biological Sciences, Social Sciences, Computer Science, AI, Chemical Science and Home Science. Under this scheme, financial assistance of Rs. 20000 is provided for a period of 6 months to Assistant Professor (s) working in the fields of science and Rs. 15000 is provided to Assistant professor(s) working in the Arts and Commerce fields of our college. Projects which are having potential and usefulness to our society may be supported for next level development.

To avail financial support for the USEED Research Grant-2023-24, TWO COPIES of proposals in the prescribed format along with required enclosures should be submitted to Convenor, Research Advisory Council and Research and Development Cell of the college on or before 24.12.2023 and its soft copy should be mailed to [researchunitycollege@gmail.com](mailto:researchunitycollege@gmail.com). and [iqacunity@gmail.com](mailto:iqacunity@gmail.com). A separate sheet can be attached along with the application for additional enclosures if any.

Each department will be awarded with one grant per academic year. The proposal can be submitted by single or multiple investigators. The application form and other details are available in the college website.

Schedule of the Research Grant-2023-24

December 2023	Submission of the proposal
2 <sup>nd</sup> January, 2024	Proposal Scrutiny
10 <sup>th</sup> January 2024	Intimation of selected proposals
15 <sup>th</sup> January 2024	Advance Payment of 1 <sup>st</sup> Installment
15 <sup>th</sup> January to 15 <sup>th</sup> April 2024	Project period
15 <sup>th</sup> May 2024	Project report submission
30 <sup>th</sup> May 2024	Release of final grant



Dr. Usman A.

Convenor

IQAC Coordinator

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7/24

From,

Ms. Bushaira V

Assistant Professor (Adhoc)

Dept. of Home Science

KAHM Unity Women's College, Manjeri

To,

Principal

KAHM Unity Women's College, Manjeri

Respected Sir,

Sub: Application for "USEED Research Grant 2023-2024"

I would like to inform you that I am submitting the application form for "USEED Research Grant 2023-2024". The proposal and other enclosures are attached herewith. I kindly Request you to approve application and please do the needful.

Thanking You

Yours Faithfully

Date : 22-01-2024

Ms. Bushaira V

Assistant Professor (Adhoc)

Dept. of Home Science

USEED grant  
2 Ph 20000/  
granted

24/3/2024  
Manager

Korambayil Ahamed Haji  
Memorial Unity Women's  
College, Manjeri

Recommended &  
Forwarded

22/1/24  
A.S. ANITHA BEGUM  
HEAD & ASSOCIATE PROFESSOR  
PG DEPT. OF HOME SCIENCE  
KAHM UNITY WOMEN'S COLLEGE  
MANJERI

Forwarded to Manager

22/1/24  
PRINCIPAL  
Korambayil Ahamed Haji  
Memorial Unity Women's  
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APPLICATION FOR SUBMISSION OF RESEARCH PROPOSAL BY  
THE FACULTY MEMBERS UNDER "USEED RESEARCH GRANT-2023-24"

1	Title of the Project	Assessment Nutritional Status among the : College Going Sports Persons
2	Discipline under which the project is to be considered (Must write any one of: Arts, Humanities/ Commerce/ Management studies/ Agriculture/ Environmental Sciences/ Physical Sciences/ Biological Sciences/ Social Sciences/ Computer, Chemical Science, Home Science)	: Home Science
3	Name, Designation, Mobile No and E-mail ID	Bushaira V Assistant Professor (on contract), Dept. of : Home Science Mob: 7592083553 vbushaira@gmail.com
4	Name, Designation and address of Co-investigator if any	: -
5	Contact Phone numbers (Office and residence) with, email id	: -
6	Name of other Department, Institutions, Organizations involved in the project	: -
7	Duration of the Project (Maximum 6 Months)	February 2024 to July 2024
8	Total Cost of the Project	: Enclosure - I
9	Proposal, not exceeding 5000 words describing the background, objectives, methodology & budget	: Enclosure - II
10	Brief bio-data of the Faculty Member	: Enclosure - III
11	Social relevance and usefulness of the project	: Enclosure - IV

Place: Manjeri  
Date: 22-01-2024

Signature of the  
Head of the Department  
With Seal

**A.S. ANITHA BEGUM**  
HEAD & ASSOCIATE PROFESSOR  
PG DEPT. OF HOME SCIENCE  
KAHM UNITY WOMEN'S COLLEGE  
MANJERI

*An amount of  
Rs 20000 allowed  
on USEED Grant  
21/3/2024*



Signature of the Faculty Member

Signature of the  
Principal  
With Seal

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Enclosure - I

EXPECTED TOTAL COST OF THE PROJECT

Sl. No	Budget Items	Cost in Rupees
1.	Data Collection and Transportation	5000/-
2.	Biochemical Analysis (Blood Test)	10000/-
3.	Research Equipments	10000/-
4.	Miscellaneous	10000/-
Total		35,000/-



  
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Enclosure – II

PROPOSAL

ASSESSMENT NUTRITIONAL STATUS AMONG THE COLLEGE GOING SPORTS  
PERSONS

INTRODUCTION

Globally sports and athletics receive tremendous attention today. The sports industry is growing by leaps and bounds. India is making rapid strides in the field of sports and Indian athletes are endeavoring to reach the top position in national and international arena. Their performance is often obstructed by lack of stamina and poor health due to nutritional deficiencies and disorders. Moreover, lack of grass root level sports and training, poor stature, sub optimal diet, poor knowledge and understanding about sports nutrition are the causes of poor performance.

Adequate nutrition can enhance the performance of the sportsperson. Majority of the sportsperson knew that proper fueling can be obtained only by the proper nutrition and in addition to the adequate nutrition knowledge which can be an essential and integral part of a training program. However, most of the sportsperson remain poorly educated about healthy nutritional practices and untrained in making appropriate daily nutritional choices. Several other factors might be poor understanding of sports nutrition principles, failure to recognize the specific nutritional requirements, an apparent conflict of nutrition goals, lack of practical nutrition knowledge and skills and overcommitted lifestyle, inadequate time and opportunities to obtain or consume appropriate foods.

NEED OF THE STUDY:

India has a rich heritage of sports and is home to a diverse population playing different sports across the country. It stretched to the seams by its burgeoning youth population. The youth comprise 27.5% and represent the most dynamic segment of the citizens (Census, 2011). As there is not much information on understanding the nutritional status and sports nutritional knowledge, attitude and practice of college sports persons in Kerala, the present study aims to analyze and compare the same between male and female college sportspersons in Kerala especially in Malappuram district. Athletes are not aware about sports nutrition. The more the knowledge the athletes acquire, the food choices also will be better. Adequate fluid intake and maintaining hydration status throughout practice and competition is often neglected by adolescent athletes, which increases the chances of dehydration.



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