



INSTITUTIONAL DISTINCTIVENESS

Education to Emancipation: Women's Journey to Self-Actualisation

Strategic Focus Area: 4. Empowerment

Programmes Conducted: 2019-24

Sl. No.	Activities undertaken by various organizing bodies	Organizing Body	No of beneficiaries	Page No.
2023-24				
1	Theatre as a Catalyst for Personality Development: workshop.	Theatre Club	55	9
2	'MUSICRETTO' –A Musical Event	Music Club	75	10-14
3	Media club inauguration	Media Club	15	15-17
4	Invited Talk on Democracy and Informed Public	Debate Club	67	18-22
5	Meet the candidate	College Union	Whole college	23
6	Define yourself	College Union	Whole college	24
7	Drop a Ball Challenge- International Olympics Day	Sports Club	40	25
8	Trauma care club inauguration	Trauma Care Club	160	26-30
9	Gather & Grow: Brainstorming sessions	Jeevani Cell	54	31-32
10	Take diversion: A session on effective communication on NSS day	Jeevani Cell	43	33-34
11	Relate U: The art of relationship building	Jeevani Cell	48	35-36





12	Student Serenity: Yoga for Youthful Minds	Jeevani Cell	45	37
13	Talk with MLA	NSS	30	38
14	Nation sports day celebration	NSS	29	39
15	Nature camp at Attappaadi	NSS	50	39-42
16	University level leadership program	NSS	4	43-44
17	Empowerment and anti-gender discrimination- session	NSS	40	45
18	Self-exploration session	NSS	39	46
19	Enriching theatre workshop	NSS	21	47-48
20	NSS camp memories- 'Youthquake' magazine and Iftar	NSS	57	49-50
21	World health day- awareness program	NSS	41	51-52
22	Swap shop	PG Department of Chemistry	52	53
23	A Session on Mental Health and Counselling and Inauguration of Jeevani Project	Jeevani and Women Cell	80	54-55
24	Premarital Education	Jeevani and Women Cell	50	56-57
25	Young Women and Reproductive Health	Kswdc and Women Cell	30	58
26	First Meeting of Wellness Club.	Wellness Club	12	59
27	Anti-Drug Day Awareness Programme	Red Ribbon Club	125	60-62





28	Traffic Awareness	Red Ribbon Club	125	63-74
29	Create Hope Through Action	Jeevani Cell	300	75-76
30	World suicide prevention day: Street play	Jeevani Cell	Public	77-79
31	Rebound: Turning setbacks into comebacks	Jeevani Cell	350	80
32	World day against child labour- caption contest	NSS	10	81
33	Advocating for a plastic free lifestyle	NSS	40	82
34	Zen Campus: Navigating Stress with Relaxation Techniques	Jeevani Cell	45	83-84
35	Seethi Sahib Chair for Cultural and Political Studies	Scholarship Cell	200	85
36	Visit to the Shastrayaan programme	English Club	46	86
37	Awareness program on "Menstrual Cup and Menstrual Hygiene	Zoology Dept and Women Cell	120	87
38	ELAYNE: Movie screening- mental health day	Department of Psychology and Mental Health Club	101	88-89
39	Listening skills workshop	Department of Psychology and Mental Health Club	83	90
40	Counselling orientation	Jeevani Cell	1500	91
41	Navigating mental health challenges: An Interactive session	Jeevani Cell	43	92
42	Coping with stress and habit formation	Jeevani Cell	48	93





43	Title: Understanding Internet and Mobile Addiction: A Session for College Students	Jeevani Cell	35	94
44	Beyond test: Exploring clinical setting	Jeevani Cell	30	95

2022-2023

45	Ventilate Your emotion	Department of Psychology	50	96
46	Interventions: Blog of Women Cell	Women Cell	Whole college	96-97
47	Memories of Women: Bicycle Stories: World Bicycle Day Celebration	Women Cell	200	98-100
48	Get to know of MIND and Be Motivated: A Community Intervention Initiative	Women Cell	50	101-105
49	Lecture on Personal Growth: You Have a Choice by Shaida Ashraf	Women Cell	50	106-107
50	Ride Your Dream: Bicycle Training Sessions	Women Cell	25	108
51	Breast Cancer Awareness Programme	Women Cell	200	109
52	A Session on Happiness and Wellness	Women Cell	100	110
53	Women, Technology and Creativity: Campus Photography Competition: World Environment Day Celebration	Women Cell	50	111-113
54	Photography Competition	Women Cell	50	113





55	Women and Awareness on Health: Yoga Day Celebration: June 21, 2022	Women Cell	100	114-116
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2021-2022

56	NSS Camp	NSS	100	117
57	Mushroom Cultivation	PG Department of Botany	150	118

2020-21

58	Mountain Trekking	Tourism Club	89	119-120
59	The EBSB -Ek Bharat Shreshtha Bharat	EBSB	57	121




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2019-20


60	Crucial mental health support	Counselling Cell	130	122
61	'Speak for India' Intercollegiate Debate Competition (District Level)	Department of History	65	123-128
62	'Speak for India' Intercollegiate Debate Competition (Block Level)	Department of History	110	129-133
63	Poster Making Competition- World Food Day	Women cell	20	134
64	The Dress Bank	Women cell	100	135
65	Extempore speech competition on leadership on Gandhi Jayanthi	Women cell	6	136
66	Distribution of free uniform	IQAC and the Department of Home Science	5	137-139
67	Flood relief	NCC	106	140
68	Para Jumping	NCC	1	141-142
69	B' and 'C' Certificate Examination	NCC	71	143
70	Swatch Bharat Abhiyan	NCC	100	144
71	Flood Relief	NSS	100	145
72	Blood Donation	NCC	50	146
73	Zill'19	NSS	2	147





74	Awareness Programme "Caring for childhood cancer and chronic illness"	NSS	30	148
75	Child Protection Awareness Campaign	NSS	4	149
76	Session on Human Trafficking	NSS	20	149
77	English Exams for career advancement and physical fitness for life and career.	Women cell	48	149
78	Guitar Classes	Music Club	12	150
79	National Science Day Celebration 2020 Focal Theme : Women In Science	Science Club	32	151-153
80	Reading Citizenship	PG department of English	39	154-155




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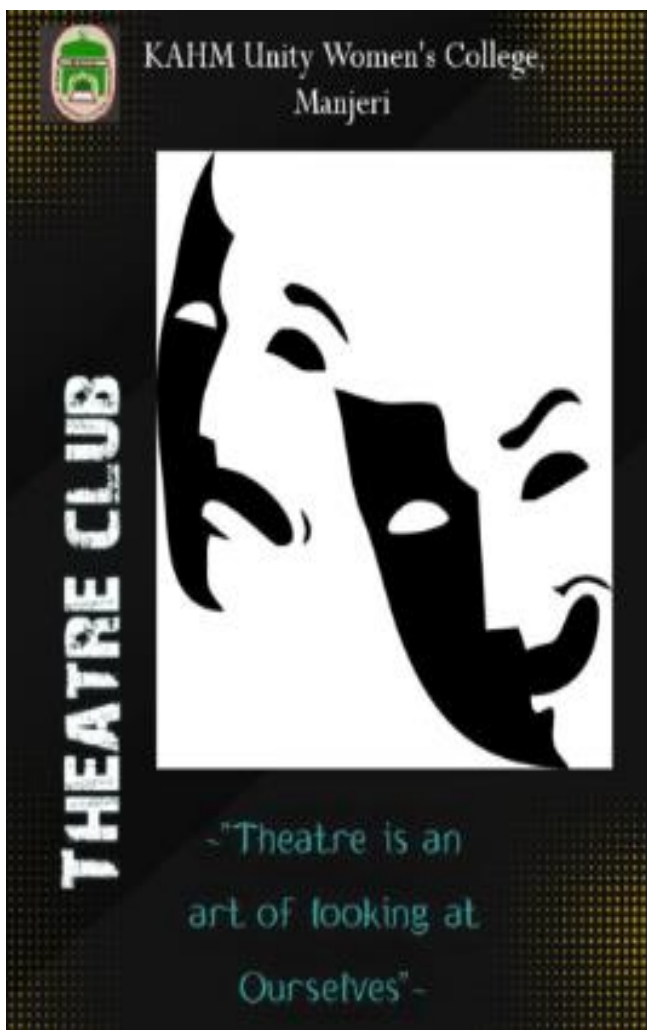


Detailed Reports and Photographs of Programmes Conducted

2023-24

1. Theatre as a Catalyst for Personality Development: workshop Mr. Ismail

Mr. Ismail, a theatre activist and Assistant Professor, delivered a workshop on how theatre fosters personality development, emphasizing its role in building confidence, communication skills, and empathy. He highlighted the empowering nature of artistic expression and its practical applications in real life. The session inspired attendees to explore theatre for personal growth and self-discovery.





2. 'MUSICRETTO' –A Musical Event

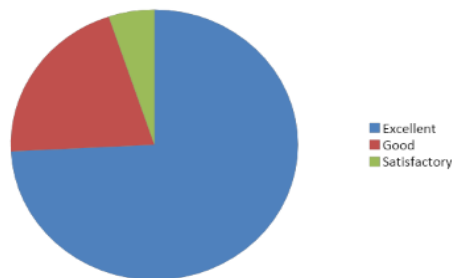
The music club at KAHM Unity Women's College offers weekly guitar and keyboard classes, each lasting two hours. Experienced instructors lead the sessions, with instruments provided for in-class practice, and students are encouraged to bring their own.





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1.Name of the programme	“MESMERA” Music Club Inauguration
2.Aim, Objectives, and Scope of the programme	
3.Name of the coordinator/organizing secretary	Dr. Thasnim P Mrs. Fabena P. V
4.Date of programme	19/01/2024
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	75
7.Organizing body	Music Club
8.Organizing committee members	Akifa Anjoom, Anjana Devi, Shahma, Adithya V P
9.Students' involvement in organizing the programme	Akifa Anjoom, Anjana Devi, Shahma, Adithya V P
10.Detailed report of the programme	
11.Feedback of the programme	
12.Feedback analysis	
13.Outcome, Evaluation, and results of the programme	
14.Signature of the organizing secretary	

On 19/01/2024, Celeste Music Club organized a music event 'Musicretto' at the Debate Corner of our college. Dr. Thasnim P and Akifa Anjoom served as teacher and student coordinators, respectively. The





program, led by Akifa Anjoom, Anjana Devi, and Shahma, featured Adithya V P as the anchor. Hiba showcased her guitar skills, and several students performed captivating solo and group songs. 'Musicretto' left an indelible mark, offering a memorable and harmonious experience for all attendees at the Debate Corner.

**KAHM UNITY WOMEN'S COLLEGE
MANJERI**

CELESTE
Music club organizes
musicretto

Date: 19/01/2024

Time : 12.45 pm
Venue : Debate corner

Faculty coordinator : Dr.Thasnim P
Student coordinator: Akifa Anjoom
(6th sem Bsc Psychology)





[Signature]
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3. Media club inauguration

On February 9, 2024, Dr. Sadiq KP inaugurated the MEDIA Club for the 2023-24 academic year at KAHM Unity Women's College, addressing media ethics and misinformation. The event, held in the College Seminar Hall, featured keynote insights from Mr. Rahzal on technology's impact on media. Principal Prof. Muhammad Basheer Ummathur chaired, with additional remarks from Dr. Shahina Mol A. K., Hilamathulla V., and Fathima Thasni.

Name of the Institution	Korambayil Ahammad Haji Memorial Unity Women's College, Manjeri
Name of the Principal	Prof. (Dr.) Muhammed Basheer Ummathur
Name of the Coordinator	Mr. Shabeermon M
Student Coordinator	Muhsina C K
Aims & Objectives	<ul style="list-style-type: none">• To provide a platform to improve communication skills• To enhance keen observation skills, encourage critical thinking etc.• To host seminars and workshops on various topics• To amplify women's voices and perspectives in various platform
Number of Members in the Club	15
Academic Year	2023-24
Number of Programmes Conducted	1
Signature of the Coordinator	
Signature of the Principal	




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MEDIA CLUB
K.A.H.M UNITY WOMEN'S COLLEGE, MANJERI

MEDIA CLUB INAUGURATION

CHIEF GUEST

Dr. Sadiq P K
Principal, MediaOne Academy

10:00 AM
09 February, 2024

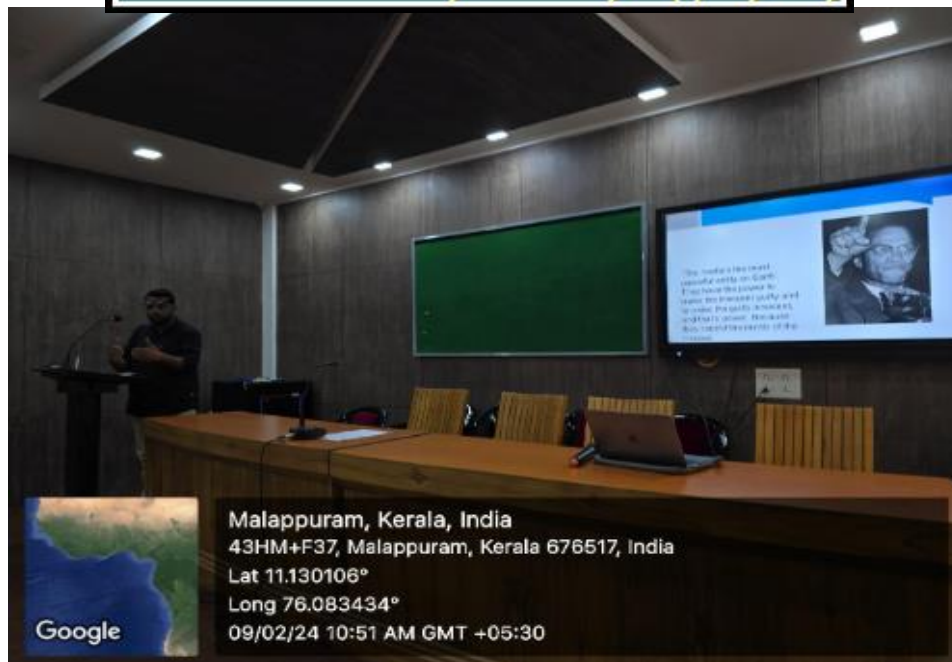
Seminar Hall
Unity Women's College

GUEST SPEAKER

Rahzal K P
Deputy Manager, MediaOne Academy

+91 9895842394
uwchistory.blogspot.com







4. Invited Talk on Democracy and Informed Public


1.Name of the programme	Invited Talk on Democracy and Informed Public Resource Person: Mr. Abdul Jaleel(Assistant Professor of English, K A H M Unity Women's College, Manjeri)
2.Aim, Objectives, and Scope of the programme	<p>Aims</p> <ul style="list-style-type: none">-To foster a deeper understanding of the core principles and values of democracy.-To emphasize the critical role of an informed public in a functioning democracy.-To equip students with the skills necessary to become active and engaged citizens.- to define the concept of an "informed public" and its importance in holding elected officials accountable, making informed voting decisions, and shaping public policy. <p>The talk provided students a broad overview of democracy and its relationship with an informed public.</p>
3.Name of the coordinator/organizing secretary	Muhammedali P
4.Date of programme	23 February , 2024
6.Total number of attendees/participants	67
7.Organizing body	Debate and Politics Club





8.Organizing committee members	The Coordinator of the Club and Office Bearers of the Club
9.Students' involvement in organizing the programme	coordinating the programme, anchoring, welcome note and vote of thanks.
10.Detailed report of the programme	Copy Attached
11.Feedback of the programme	
12.Feedback analysis	
13.Outcome, Evaluation, and results of the programme	Opportunity to listen to an expert widens the students' horizon of Knowledge Develops critical thinking and analytical ability.
14.Signature of the organizing secretary	




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DEBATE AND POLITICS CLUB
 K A H M UNITY WOMEN'S COLLEGE, MANJERI

AN INVITED TALK ON
**DEMOCRACY AND
 INFORMED PUBLIC**



MR. ABDUL JALEEL M

Assistant Professor of English
 EMEA College of Arts & Science
 Kondotty, Malappuram

FRIDAY, 23 FEBRUARY, 2024
 2 PM
 SEMINAR HALL





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5. Meet the Candidate

A "Meet the Candidate" program was held on October 26, 2023, to introduce candidates for the upcoming Students Union Election. Principal Prof. Dr. Muhammed Basheer Ummathur addressed the gathering, emphasizing smooth election conduct. The event provided a platform for candidates to share their vision, engaging both students and faculty.



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6. Define Yourself

Meridia Student's Union conducted a session on "Self-Defining Dowry" on 13th December 2023. The session was handled by Dr. Shahinamol, Head Department of English, where she urged students to adopt proactive and leadership roles in death and suicide prevention.





7. Drop a Ball Challenge- International Olympics Day

The Sports Club conducted a Drop Ball Challenge in connection with International Olympic Day on 23rd June 2023 at Azadi Square. Our Beloved principal inaugurated the function.




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8. Trauma care club inauguration

1.Name of the programme	Trauma Care Club 2023-24
2.Aim, Objectives, and Scope of the programme	<p>The primary aim of the Trauma Care Club is to equip students and the community with the essential knowledge and skills required for effective trauma care and first aid. The club seeks to foster a sense of social responsibility by preparing volunteers to act swiftly and efficiently during emergency situations.</p> <ul style="list-style-type: none">· Awareness and Education: The club aims to spread awareness about the importance of trauma care, particularly in the face of accidents, natural disasters, and medical emergencies.· Training and Skill Development: Regular workshops and training sessions will be conducted to teach life-saving techniques, including basic first aid, CPR, and emergency response protocols.· Community Engagement: The club encourages active participation of volunteers in trauma care initiatives, both within the institution and the wider community.· Collaboration with Authorities: By partnering with local healthcare providers, emergency services, and law enforcement agencies, the club ensures that volunteers are well-prepared to assist professionals during critical situations.· Enhancing Social Responsibility: The club aims to instil a culture of empathy, responsibility, and readiness to help among students and members of the community.
3.Name of the coordinator/organizing secretary	Ms Reena C M PG Department of English, KAHM Unity Women's College, Manjeri.
4.Date of programme	October 17, 2023, at 10:30 AM






5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	160
7.Organizing body	Trauma Care Club
8.Organizing committee members	Ms. Reena C M
9.Students' involvement in organizing the programme	100%
10.Detailed report of the programme	<p>Report on the Inauguration of the Trauma Care Club and Volunteer Registration</p> <p>The Trauma Care Club was inaugurated on October 17, 2023, at 10:30 AM in the CH Auditorium with a gathering of faculty, students, and guests. The event commenced with a warm welcome by Dr. Hikmathulla V, Programme Officer of the National Service Scheme (NSS), setting the tone for a significant occasion focused on the importance of trauma care and community service.</p> <p>Prof. Dr. Muhammed Basheer Ummathur delivered the Presidential Address, highlighting the critical need for trauma care awareness and preparedness, especially in today's world. Following this, VM Musthafa, Vice President of the Parent-Teacher Association (PTA), gave an introductory note underscoring the collective responsibility of institutions in promoting health and safety.</p> <p>The highlight of the event was the formal inauguration of the Trauma Care Club by Mr. Philip Mampad, Assistant Sub Inspector of Police from Perinthalmanna. In his address, Mr. Mampad spoke passionately about the vital role of trauma care in saving lives, urging the audience to stay</p>





	<p>informed and prepared in emergency situations. His insights stressed the importance of first-response actions during accidents and medical crises.</p> <p>Key figures who graced the occasion included Engineer O. Abdul Ali, Manager; Abdul Hakeem, Coordinator of Unity Clubs; Yusuf Vallanchira, Representative of NTS Club; and Nandana, the Student Editor. The presence of these leaders provided a motivational boost for students and volunteers alike.</p> <p>Fathima Shafiya Kurikkal became the first official volunteer of the Trauma Care Club, symbolizing the start of active participation in the initiative. The event concluded with a vote of thanks delivered by Nandana, Secretary of the NSS, expressing gratitude to all the dignitaries and participants for their support in making the event a success.</p>
11.Feedback of the programme	https://docs.google.com/spreadsheets/d/16Evc2DHOYixx_FazeS2S_dgSlZXHxsQyDuLLTbTaJPI/edit?usp=sharing
12.Feedback analysis	Students experiences in organizing, executing, and participating was specifically mentioned as a great learning.
13.Outcome, Evaluation, and results of the programme	Trauma Care Club extends beyond the campus, involving collaboration with local authorities and organizations to provide trauma care services during emergencies. Through training programs and community outreach, the club envisions creating a network of skilled volunteers who can assist in disaster response and accident management, contributing to a safer and more resilient society.
14.Signature of the organizing secretary	Reena C M




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 Note: Captured by GPS Map Camera

ചന്ദ്രിക

മഞ്ചേരി യൂണിറ്റി കോളജിൽ ട്രോഫാ കൈയർ ക്ലബ്ബ് രൂപീകരിച്ചു

മഞ്ചേരി : കൊരമ്പയിൽ അഹ്മദ് ഹാജി സ്മാരക യൂണിറ്റി വനിതാ കോളജിൽ ട്രോഫാ കൈയർ ക്ലബ്ബ് രൂപീകരിച്ചു. ഫിലിപ്പ് മനോജ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പാൽ ഡോ.മുഹമ്മദ് ബഷീർ ഉദ്ബത്തൂർ അധ്യക്ഷനായി. ട്രോഫാ കൈയർ ക്ലബ്ബിന് നാഷണൽ സർവീസ് സ്കീം സമ്മാനമായി സംഘടിപ്പിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. വിഹിക്തത്തൂർ, വി.എം.മുസ്തഫ, ഒ.അബ്ദുൽ അലി, അബ്ദുൽ ഹക്കീം, യൂസഫ് വല്ലാജി, നന്ദന, നന്ദന



യൂണിറ്റി വനിതാ കോളജിൽ ട്രോഫാ കൈയർ ക്ലബ്ബ് ഫിലിപ്പ് മനോജ് ഉദ്ഘാടനം ചെയ്യുന്നു.

ദാസ് പ്രസംഗിച്ചു. ട്രോഫാ കൈയർ ക്ലബ്ബിൽ വളങ്ങിയർമാരും വാതുക്കള രജിസ്ട്രേഷനും ആരംഭിച്ചു.



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TRAUMA CARE CLUB 2023 INAUGURATION



KAHM UNITY WOMEN'S COLLEGE, MANJERI
In Association with
NATIONAL SERVICE SCHEME UNIT 171&008



Mr. PHILIP MAMBAD
Assistant Sub Inspector
of Police, Perinthalmanna

17-October-2023

10.30 am

CH AUDITORIUM

Coordinators :-

Mr. VM Musthafa
PTA vice president

Ms. Reena CM

Assistant Professor, Research
and PG Department of English

Dr. Hikmathullah. V

Assistant Professor,
Department of Malayalam

Poster Maker






9. Gather & Grow: Brainstorming sessions

Insightful group discussions were done in the college on different occasions which help the students think out of the box, to understand the social scenario surrounding them. On September 8, 2023 a brainstorming session was done with English department students. The topic discussed was the common question arising everywhere, why are many women reluctant to get married these days? The students enthusiastically participated in the discussion, they pointed out many reasons. A desire for independence, concerns about gender inequality within marriage, career aspirations, financial considerations, and personal values etc. are some of them. The main point which most of them completely agree was the fear about career. Even though, many married students among them mentioned positive side that they experience only after marriage like freedom, higher education, self-respect etc. The discussion provided a platform for a comprehensive discussion on the multifaceted aspects of women's roles in marriage. While diverse perspectives were presented, it highlighted the need for continued dialogue on empowering women, challenging stereotypes, and promoting equality within marital relationships.




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Lat: 11.130621°
Long: 76.08317°
08/09/23 03:13 PM GMT +05:30






10. Take Diversion: A session on Effective Communication on NSS day

The NSS Day Celebration took place at the College Auditorium of KAHM Unity Women's College, Manjeri on September 26, 2023. The Principal, Dr. Muhammed Basheer Ummathur inaugurated the ceremony by hoisting the NSS flag, followed by a rendition of the NSS Geetham by the volunteers. The event was attended by all the dedicated volunteers, who later thrilled the audience with an engaging flash mob performance. The highlight of the celebration was an enlightening awareness session conducted by Jeevani counsellor Ms. Muheena Thasneem, titled 'Take Diversion'. 'This segment proved to be highly effective, focusing primarily on enhancing communication skills and featuring numerous intriguing and thought-provoking activities. The welcoming address was delivered by NSS Volunteer Shahana and event concluded with NSS Volunteer Fathima Thasni delivering a vote of thanks to express gratitude to all participants and contributors. Overall, the NSS Day Celebration was a resounding success, fostering a spirit of service and personal development among the NSS volunteers of KAHM Unity Women's College, Manjeri.




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KAHM UNITY WOMEN'S COLLEGE
NSS UNIT 1718008
NSS DAY CELEBRATIONS

31
26-09-23 10.30 a.m College Auditorium

**TAKE DIVERSION
AWARENESS SESSION**

INAUGURATION



**DR. MUHAMMED
BASHEER UMMATHUR
PRINCIPAL**



**Mubena Thameem,kr
psychologist**

ALL ARE WELCOME




M. U.
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11. Relate U: The Art of Relationship Building

On February 23 Jeevani centre for student's well-being conducted a workshop for first year students at college auditorium. Jeevani counsellor Mrs. Muheena Thasneem KT handled the session. Forty eight students participated in the session. The session focused on equipping college students with the skills and strategies necessary to build meaningful and fulfilling relationships. Through a combination of interactive exercises, group discussions, and role-playing scenarios, participants explored key concepts such as effective communication, empathy, active listening, and conflict resolution. They learned the importance of clear and honest communication in building trust and understanding within relationships, practiced empathy and active listening skills to better understand and connect with others on an emotional level. Strategies for resolving conflicts in a constructive and respectful manner were discussed and practiced, emphasizing compromise and empathy. The session highlighted the significance of setting boundaries and practicing self-care to maintain healthy relationships and personal well-being. Participants left with practical tools and techniques to cultivate deeper, more authentic relationships, enhancing their social well-being and overall college experience.




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12. Student Serenity: Yoga for Youthful Minds

The Jeevani centre for students well-being conducted a Yoga session in collaboration with the Physical Education, for first year botany students in connection with National Youth day (Jan 12 , 2024) on January 19, 2024. The joint initiative aimed to promote holistic well-being among college youth through a yoga session. Mr. Hamraz Ahamed M, Assistant Professor of Physical Education handled the session. Forty students from first year BSc botany participated in the session. An informative talk was also given regarding the significance of Yoga in managing stress, enhancing productivity, and maintaining a healthy work-life balance. The positive feedback and active participation indicate the value of integrating such initiatives into the college's ongoing well-being programs.



13. Talk With MLA On June 15, 2023





NSS, in collaboration with ERICA Student's Union, held a session featuring MLA Najeeb Kanthapuram, who interacted with students. The event was inaugurated by MLA U A Latheef, with speeches by Principal Dr. Muhammad Basheer Ummathur and Magazine Editor Nandhana. Fathima Thasni delivered the vote of thanks.



14.National Sports Day Celebration on August 24, 2023






The NSS units celebrated National Sports Day by taking the Fit India Pledge under the supervision of the Principal, Programme Officers, and the Physical Education Tutor. This initiative promotes fitness and sports in line with the Fit India Mission launched in 2019.

15.Nature Camp at Attappadi" by the NSS on October 14-15, 2023

The Nature Camp at Attappadi, organized by the NSS Team of Unity Women's College, took place on the 14th and 15th of October in 2023. The event was graciously hosted by the Nilambur Nature Study Centre and was led by Mr. Jayaprakash Nilambur. The camp spanned two days, commencing at 1 AM on the first day and concluding at NSS organized a two-day Nature Camp at Attappadi with activities like trekking, swimming, and studying tribal life. Led by Jayaprakash Nilambur, participants explored environmental themes such as forest conservation, sustainable agriculture, and eco-conscious living.




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Agali, Kerala, India
4J3W+J24, Agali, Kerala 678581, India
Lat 11.104019°
Long 76.645021°
14/10/23 05:00 PM GMT +05:30

GPS Map Camera





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Lat 11.104009°
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Agali, Kerala, India
4M64+R67, Agali, Kerala 678581, India
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Long 76.655755°
14/10/23 10:13 PM GMT +05:30



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16.University-Level Leadership Programme,

Four NSS volunteers from Unity Women's College participated in a two-day residential leadership program at Malabar College of Advanced Studies, gaining valuable leadership and teamwork skills.

MALABAR COLLEGE OF ADVANCED STUDIES, VENGARA
 NAAC ACCREDITED (FIRST CYCLE) WITH A+ GRADE (3.27)
 (AIDED BY Govt. of Kerala & Affiliated to the University of Calicut)

National Service Scheme
University of Calicut, Malappuram

ആദിമാം 2k23

District Level
Leadership Camp

@ Malabar College of Advanced Studies, Vengara
 On 9th, 10th, December 2023

Inauguration
Dr. N.A. Shihab
 (NSS Programme Co-ordinator University of Calicut)

In the Presence
Mr. Noufal. A
 (NSS District Coordinator Malappuram)





കാലിക്കറ്റ് യൂനിവേഴ്സിറ്റി

എൻ എസ് എസ് ജില്ലാതല ലീഡർഷിപ്പ് ക്യാമ്പ് തുടങ്ങി

വേങ്ങര കാലിക്കറ്റ് യൂനിവേഴ്സിറ്റിയിൽ കീഴിലെ കോളേജുകളിലെ എൻ എസ് എസ് വളങ്ങിയർ സെക്രട്ടറിമാർക്കുള്ള ജില്ലാ തല ലീഡർഷിപ്പ് ക്യാമ്പ് മലബാർ കോളേജ് ഓഫ് അഡ്വാൻസ്ഡ് സ്റ്റഡീസിൽ തുടങ്ങി.

ഈ മാസം അവസാന വാരത്തിൽ നടക്കുന്ന സപ്ത ദിന സഹവാസ ക്യാമ്പുകളുടെ മൂന്നാമതാണ് ക്യാമ്പിന്റെ ലക്ഷ്യം. കാലിക്കറ്റ് യൂനിവേഴ്സിറ്റി എൻ എസ് എസ് പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ ഡോ. എൻ എ ശിഹാബ് ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ സി അബ്ദുൽ ബാരി അധ്യക്ഷത



എൻ എസ് എസ് വളങ്ങിയർ സെക്രട്ടറിമാർക്കുള്ള ജില്ലാ തല ലീഡർഷിപ്പ് ക്യാമ്പ് പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ ഡോ. എൻ എ ശിഹാബ് ഉദ്ഘാടനം ചെയ്യുന്നു

വഹിച്ചു. ജില്ലാ കോ-ഓർഡിനേറ്റർ എ നൗഫൽ, കോളേജ് മാനേജർ സി ടി മുനീർ, ടി ഹൈസൽ, ഡോ. എൻ റെമിഷ്, കെ കെ നൗഷാദ്, സഫാഫ്, സുഹൈൽ, നൗഷിദ, ഹിഷാം ഹംസ, ഫാതിമ ഷെറിൻ പ്രസംഗിച്ചു.



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17. Empowerment and Anti-Gender Discrimination

Session by Sahla Parappan on Empowerment and Anti-Gender Discrimination

Sahla Parappan emphasized self-sufficiency, decision-making, and anti-gender discrimination in an inspiring session that advocated for women's empowerment and gender equality in all spheres of life.

ഇണക്കം
 സപ്തദിന സഹവാസ ക്യാമ്പ്
 AMUP SCHOOL MULLAMPARA

അവളുടെ സ്വപ്നങ്ങൾ
 കൊടുമുടി കയറുമ്പോൾ

Talk By

Sahla Parappan
 Traveller, vloger
 kerala to ladakh first lady
 cyclist

26.12.1023
 Tuesday 2 Pm

UNITY WOMEN'S COLLEGE MANJERI
 NSS UNIT 171&008





18. Self-Exploration

Session by Mr. Salman E.K. on Self-Exploration

Educator and trainer Mr. Salman E.K. guided participants through self-exploration techniques, focusing on self-awareness, personal growth, and introspection to foster professional and personal development.

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ഇണക്കം
 NSS സ്കൂൾ ദിന ക്യാമ്പ്
 AMUP school mullampara

TOPIC :
FREE YOUR MIND

Talk by:
Salman
educator & trainer

26/12/2023
 Tuesday

6:30



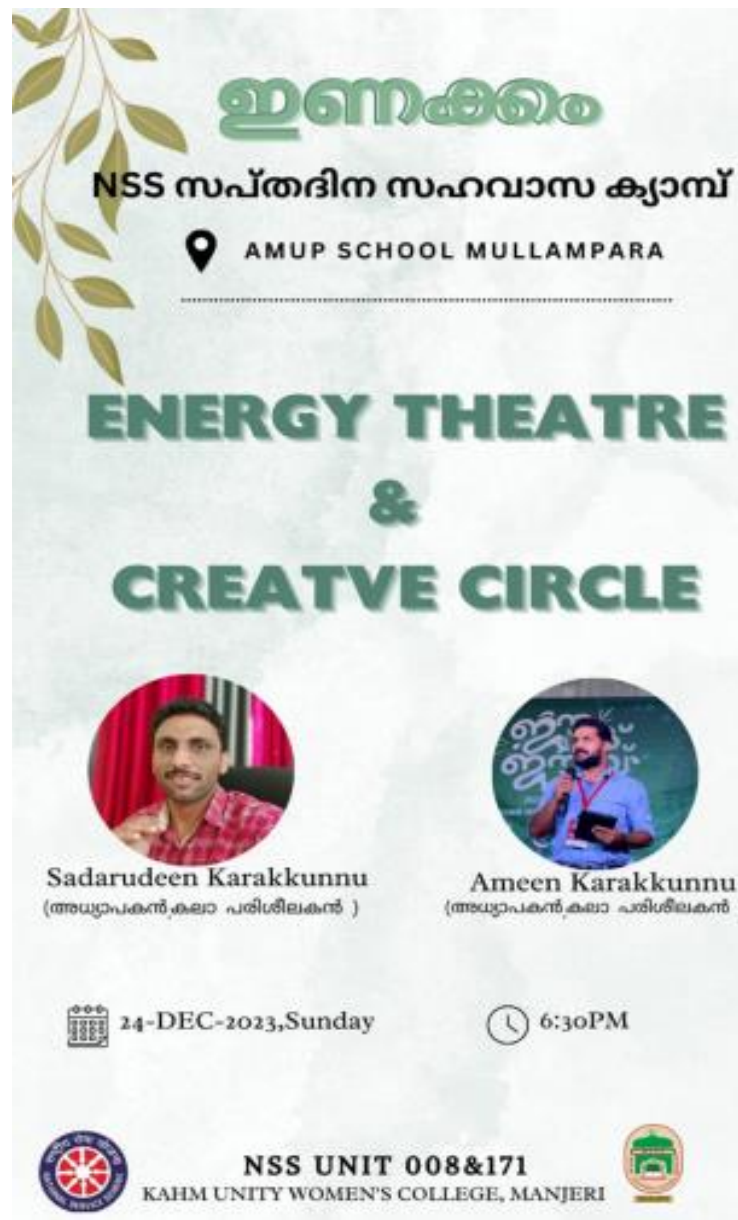

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19. Enriching theatre workshop


Enriching Theatre Workshop by Sadarudheen Karakkunnu and Ameen Karakkunnu

Sadarudheen and Ameen Karakkunnu led an immersive theatre workshop that showcased students' talents through dynamic performances. Their mentorship honed the students' skills in character development and expression, fostering creativity and confidence. The workshop culminated in impressive performances, reflecting the success of their guidance and the transformative power of theatre education.



K.A.H.
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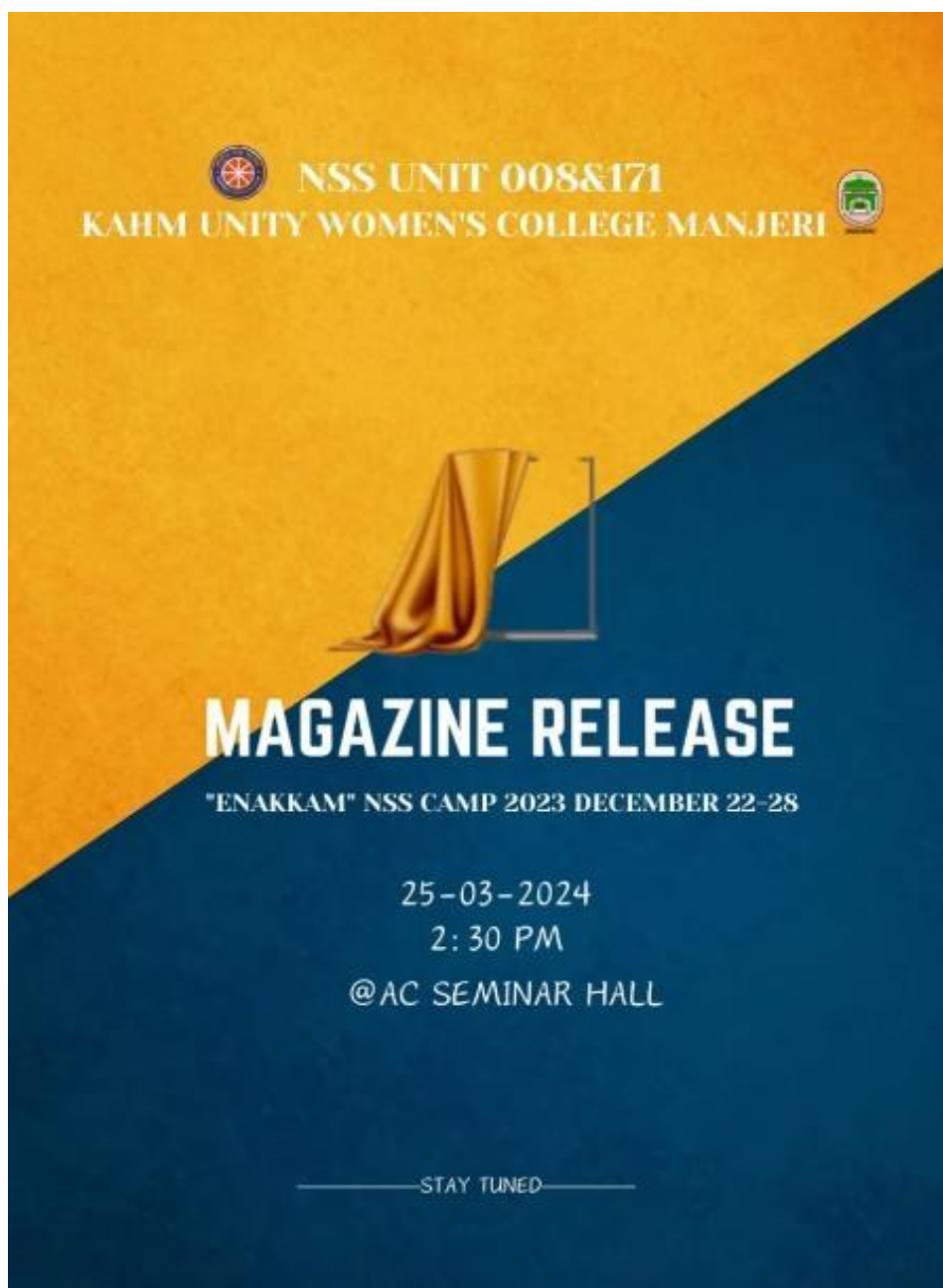


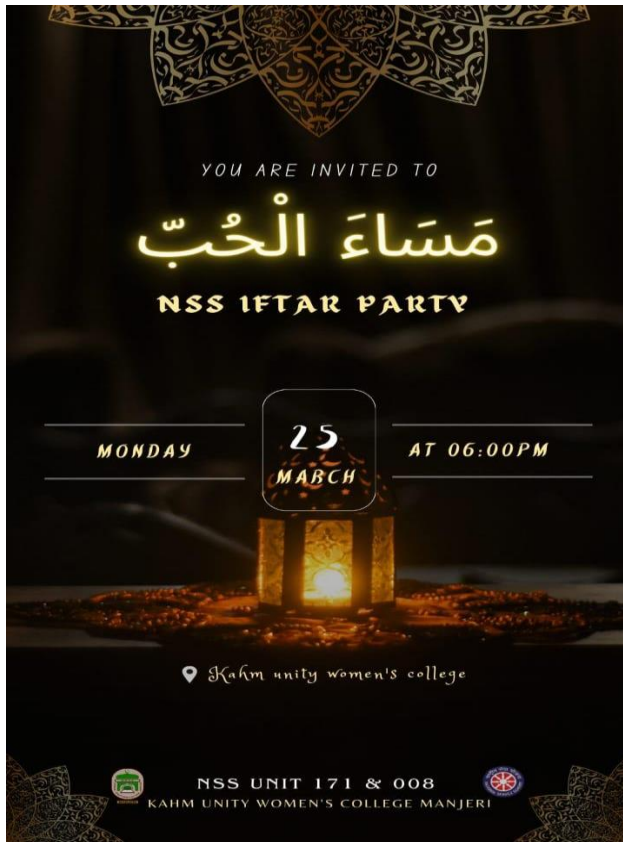

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20. "NSS Camp Memories: Youthquake Magazine Released and Iftar Held"

On March 25, 2024, "Youthquake," a handwritten magazine celebrating the NSS camp held from December 22-28, 2023, was released by Principal Dr. Mohammed Basheer Ummathur at the AC Seminar Hall. The event honoured key contributors and featured speeches from notable attendees. Fathima Liyana. N, the magazine's editor, welcomed guests, and the event concluded with an Iftar gathering.







21. World Health Day Observed by NSS

on April 7, 2024, NSS units at KAHM Unity Women's College hosted a World Health Day awareness program via Zoom, focusing on healthy eating habits. Assistant Professor Bushaira V. delivered an insightful talk on nutrition, followed by discussions with 70 volunteers. The event emphasized the importance of dietary choices in maintaining overall health and well-being.

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WORLD
 HEALTH DAY

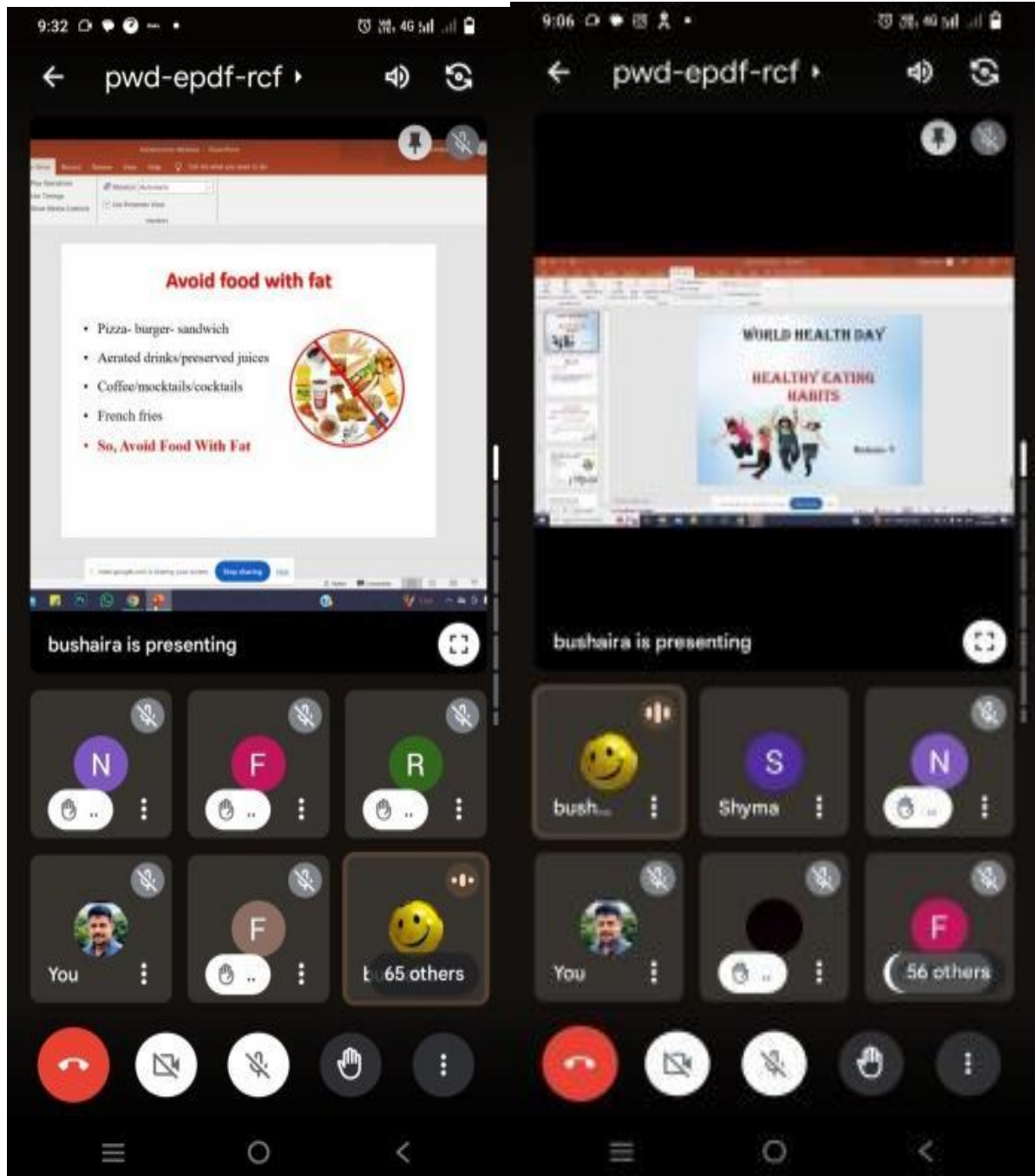
Awareness program on
 Healthy Eating Habits

April 7 9:00 pm

Ms. Bushaira.v
 (Asst. professor Fcs Department)

zoom





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22. Swap Shop

The Department of Chemistry held a Swap Shop on November 17, 2023, at 1 pm in G-202. The event, led by Dr. Jyothi P, Dr. Jamsheena, and student coordinator Nasna N, aimed to promote the reuse of unwanted but usable items and raise awareness of ethical shopping. Students exchanged new clothes, accessories, books, and other items. A swap shop program promotes sustainability by encouraging people to exchange goods or services, reducing waste, and promoting community engagement while saving money.






23.A Session on Mental Health and Counselling and Inauguration of Jeevani

Project

On October 20 an awareness session was conducted for students of botany department on importance of seeking help for mental health issues. It aimed to educate and promote mental well-being among the student community. Jeevani counselor Mrs. Muheena Thasneem KT handled the session. She give an overview of mental health, including its importance and common misconceptions, Recognizing signs and symptoms of mental health disorders such as anxiety, depression, and stress, Strategies for managing stress, including relaxation techniques, time management, and seeking support, Importance of self-care in maintaining mental well-being, including healthy lifestyle habits and coping mechanisms, Information on campus resources (Jeevani)and external support services available for students struggling with mental health issues.




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24. Premarital education

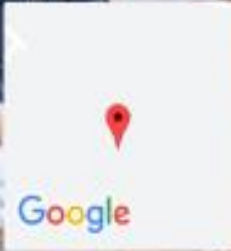
On Friday, February 16, 2024 a session on premarital education was conducted in the college by Women cell and Jeevani centre for students' well-being. The session was handled by Ms. Hajara. M.V, Community Counsellor at district mission and premarital faculty at Minority Department of Kerala. The premarital orientation session aimed to provide students with essential information and guidance to prepare them for successful and fulfilling relationships within family and beyond. Understanding marriage dynamics, effective communication, sex education, etc were discussed. Overall, the session served as a beneficial and enriching experience for students as they embark on their personal and professional journey.





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Pulpatta, Kerala, India
43MM+CV3, Pulpatta-Unity Rd, Pulpatta, Kerala 676517, India
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Long 76.080399°
16/02/24 10:11 AM GMT +05:30

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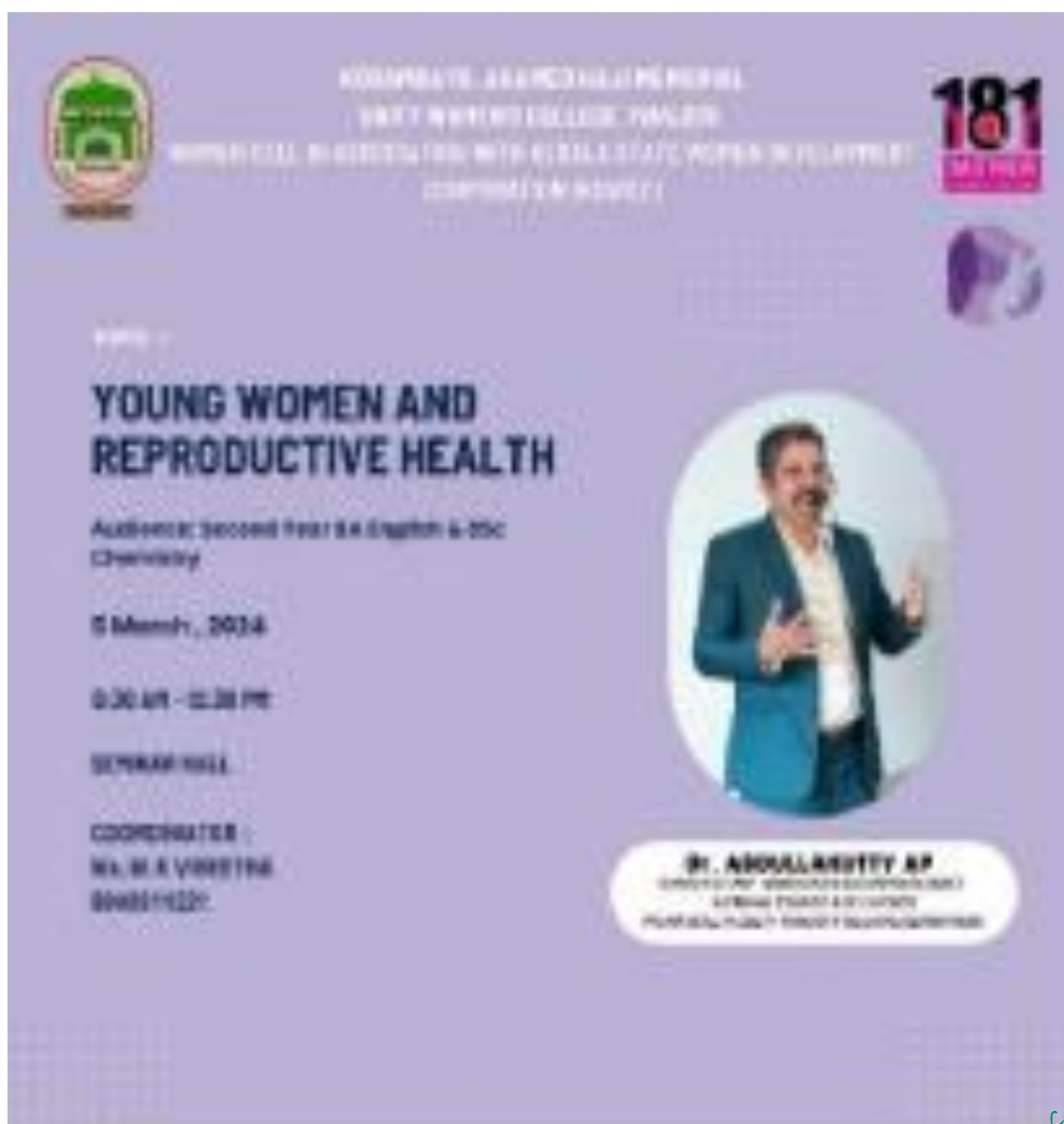


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25. Young Women and Reproductive Health

KSWDC in association with Women Cell, KAHM Unity Women's College organised a session on Young Women and Reproductive Health with Dr. Abdullakutty as the resource person, on the 5th of March, 2024. The session intended to throw light on matured relationships and robust health conditions which are inevitable for a productive society where women shall be contributors to the economy with the powers of decision making, financial stability and a career graph of their own. Second year BA English and BSc Chemistry students were the beneficiaries of the event. Principal Prof. Dr. Mohammed Basheer Ummathur presided over the event which was coordinated by Ms. M.K. Vineetha.





26. First Meeting of Wellness Club.

05-02-2024: conducted the first meeting of wellness club members on 5th February 2024 at indoor stadium. The purpose of the meeting was to elect the office bears of this academic year. Fathima Swohba, Fathima Tinu elected as president and secretary respectively.




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27. Anti-Drug Day Awareness Programme

Red Ribbon Club is a movement started by the Government of India in schools and colleges through which, students will spread awareness over HIV / AIDS. It envisages instilling charity mind among all the students to extend their able help towards developing healthy life styles, donating blood to all the needy by promotion of Regular voluntary blood donation

Convenor: Dr.Jasna VC

Joint Convenor: Dr. Shamsheera K.O

Office bearers

President : Rasha (1st year BSc FCS)

Vice president: AmnaP A (2nd year BSc FCS)


Secretary : Hana Fathima (1st year BSc Chemistry)

Joint secretary : Jasira Beegam K (2nd year BA English)

Treasurer : Nandana Das (2nd year Bcom Cop)

Executive members

1. Rinzah -2nd year BSc FCS
2. Shahana – 2nd year Bsc Chemistry
3. Fathima Shamila 2nd year BSc FCS
4. Rahila -2nd year BSc Botany
5. Wafa -2nd year BSc Psychology
6. Mashhoora Parveen –2nd year BSc Botany
7. Shafiya Kurikkal – 2nd year BSc FCS
8. Jalva -2nd year BSc Psychology
9. Omniya -2nd year Bsc Chemistry


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1.Name of the programme	ANTI DRUG DAY -AWARENESS PROGRAMME
2.Aim, Objectives, and Scope of the programme	An anti-drug awareness program aims to educate individuals about the risks of substance abuse, prevent addiction, and promote healthy lifestyles. Its objectives include providing comprehensive education, early intervention, stigma reduction, and policy advocacy. The scope encompasses diverse target audiences, content covering various drug-related topics, flexible delivery methods, collaboration with community stakeholders, and ongoing evaluation. Through these efforts, the program strives to empower individuals to make informed choices, foster supportive environments, and reduce the harm caused by drug abuse in communities.
3.Name of the coordinator/organizing secretary	Dr. Jasna V C and Dr, Shamsheera K.O
4.Date of programme	26 June ,2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	125
7.Organizing body	Red Ribbon Club and NSS
8.Organizing committee members	Dr. Jasna V.C and Dr. Shamsheera K O





9.Students' involvement in organizing the programme	Student coordinator: Jasira Beegam
10.Detailed report of the programme	
11.Feedback of the programme	
12.Feedback analysis	
13.Outcome, Evaluation, and results of the programme	
14.Signature of the organizing secretary	





28. Traffic Awareness

NSS units and Red Ribbon Club of KAHM Unity Women's College, Manjeri jointly organized a seminar, based on anti-drug day. The inaugural session of the program was commenced by welcome speech of Ms. Jasira Beegum Secretary Of National Service scheme (RRB Club President) followed by a presidential address by the honourable Principal Dr. Muhammed Basheer Ummathur. The session was handled by Sri. HARIKUMAR (District co-ordinator, Nashamukth Bharath Abhiyan) and he interacted with students with an open. The debate based on anti-drug day was really very informative and eye opening. The program was concluded by sharing videos and feedback session by nss volunteers. Program was concluding by the vote of thanks of Amna PA (RRB club Joint sec.)




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June 26
Anti drug day



The more you use, less you live

Anti drug day awareness programme
 Seminar hall
 2pm - 3:30pm

Presentation



Sri. B. Harikumar
 District co-ordinator, Nasha Mukta Bharat Abhiyan
 Asst. Dist. Co-ordinator Lahari Muktha Kerala
 Asst. Dist. Co-ordinator NCPCR



KAHM UNITY WOMEN'S COLLEGE
MANJERI
NSS Unit 008&171
Red Ribbon Club




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Feedback and feedback analysis

Name	Designation	Email id	How will you rate the session?	Suggestions if any
Rubeena	Student	rubeenam2017@gmail.com	Excellent	
Fathima Jesni CP	Student	jesni9119@gmail.com	Excellent	
Ayisha Marjan. P	Student	ayishamarjan0@gmail.com	Excellent	No
HASNA NUSRY .PN	Student	Hasnanusry929@gmail.com	Excellent	
Risla usman	Student	rislavaheed@gmail.com	Good	
Anoona Hakeem T N	Student	anoonatharamannil@gmail.com	Excellent	
SAVITHRI P	Student	savithripanat04@gmail.com	Excellent	
Fathima Anooda CK	Student	anoodack@gmail.com	Excellent	
Kadeeja Sulfana.K	Student	doorpointmanjeri@gmail.com	Good	No
Fidha M	Student	fidhamambra123@gmail.com	Good	
Dilsha K	Student	dilshak00@gmail.com	Good	
Shakira jumana	Student	shakirajumanavp@gmail.com	Excellent	
AFNA RIMZI K.T	Student	afnarimzi@gmail.com	Excellent	
KEERTHANA SIVAN	Student	keerthanasivan185@gmail.com	Excellent	
SHAHANA MOL.C	Student	molshahanac@gmail.com	Excellent	
Jaseela sherin chundangathiruthi	Student	Jaseelasherin001@gmail.com	Excellent	
Adeeba CA	Student	adeebacaadeebaca@gmail.com	Excellent	
NUMA NASRIN VP	Student	numanasrin5520@gmail.com	Good	
Fathima Hiba b	Student	fathimahibab64@gmail.com	Good	
Rinsha k	Student	rinukozhisseri@gmail.com	Excellent	
Fathima shirin	Student	fathimashirin913@gmail.com	Good	Good
MINU MUMTHAZ VP	Student	minumumthazvp@gmail.com	Good	
Hanna.k	Student	hannakappil@gmail.com	Excellent	
Irfana nasri .k	Associate Professor	irfananasri1470@gmail.com	Excellent	No suggestion
Shaima pt	Student	aima46613784@gmail.com	Satisfactory	
Shabnam roshan	Student	shabnamroshanp@gmail.com	Satisfactory	





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Saleekha	Student	Saleekhasalih@gmail.com	Excellent	No
JISHNA TP	Student	jishnatojishna@gmail.com	Excellent	
FATHIMA HIBA. P	Student	dinuuuss311@gmail.com	Excellent	
Fathima Fidha KP	Student	kp fathimafidha2003@gmail.com	Excellent	
Henna Mirsa P	Student	hennamirsap134@gmail.com	Excellent	
Maha	Student	Mahamunna123@gmail.com	Good	
Murshidha. Kp	Student	murshida6348@gmail.com	Excellent	
Amla kalangottil	Student	amlakalangottil18@gmail.com	Excellent	
Fathima Femin Mk	Student	fathimafeminmk123@gmail.com	Good	
Saifunnisa Mk	Student	saifunnisa106@gmail.com	Excellent	
Adhila C	Student	adhilackd@gmail.com	Excellent	Excellent
Rasha PP	Student	rashapp05@gmail.com	Good	
Husna Mol K.T	Student	husnamolkt2002@gmail.com	Excellent	
Rahma sinu c	Student	rahmasinuc@gmail.com	Excellent	
Laekha Parveen P P	Student	laekhaparveen13@gmail.com	Good	
Muhsina c	Student	riburahbin@gmail.com	Satisfactory	
Nilu jasmin K	Student	Nilujasmin08@gmail.com	Excellent	
Mubeena	Student	mubeenaam185@gmail.com	Excellent	
Ummu habeeba	Student	habeebahabi960@gmail.com	Good	
Fahira. N	Student	fahiran2002@gmail.com	Excellent	No
ADILA PARVEEN C K	Student	adilaparveen2255@gmail.com	Excellent	
Shifna	Student	Shifna114@gmail.com	Good	
Labeeba T	Student	labeebatharayil@gmail.com	Good	
Hiba Haneefa Panayan Thodika	Student	hibaminna23@gmail.com	Excellent	
Shifa Ck	Student	shifack5784@gmail.com	Excellent	
Jubi pc	Student	jubipc2001@gmail.com	Excellent	
Fathima minha. C	Student	fminha0987@gmail.com	Good	Good
Thamanna Shahanas ck	Student	thamannashahanas2001@gmail.com	Excellent	
ASNA K	Student	asnasinu2001@gmail.com	Excellent	
NASEEMA SHERIN V	Student	naseemasherinv@gmail.com	Excellent	
Ayisha rinsha em	Student	avisharinz@gmail.com	Excellent	
Shabana shirin PP	Student	Shabanashirin99@gmail.com	Good	
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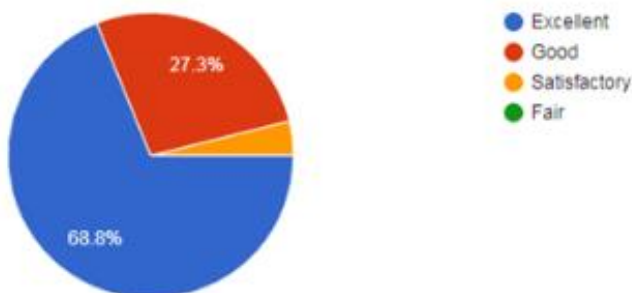
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How will you rate the session?



Outcome of Anti-Drug Awareness Class:

Traffic awareness program on 12th September 2023

1.Name of the programme	Traffic awareness
2.Aim, Objectives, and Scope of the programme	The primary aim of a Traffic Awareness Programme is to educate and sensitize the public about the importance of road safety, traffic rules, and responsible driving practices to reduce road accidents and enhance overall traffic efficiency and safety. This programme seeks to increase public awareness of traffic laws and the consequences of violations, promote safe driving practices such as the use of seat belts and helmets, and reduce traffic accidents and fatalities through targeted campaigns. It emphasizes the need for responsible behavior, including zero tolerance for driving under the influence and avoiding distractions like mobile phones. Special focus is given to vulnerable road users, such as pedestrians, cyclists, and





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	motorcyclists, by providing specific training and awareness. Additionally, the programme aims to enhance knowledge of emergency procedures, promote public transport and carpooling to reduce congestion, and engage communities and schools through workshops and interactive sessions. Collaboration with government agencies, NGOs, and private organizations is crucial for the success of these initiatives, and the programme's effectiveness is continuously monitored and improved based on feedback and results.
3.Name of the coordinator/organizing secretary	Dr. Jasna V C and Dr, Shamsheera K.O
4.Date of programme	26 June ,2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	125
7.Organizing body	RED RIBBON CLUB AND NSS
8.Organizing committee members	Dr. Jasna V.C and Dr. Shamsheera K O
9.Students' involvement in organizing the programme	Student coordinator: Jasira Beegam





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10.Detailed report of the programme	
11.Feedback of the programme	
12.Feedback analysis	
13.Outcome, Evaluation,and results of the programme	
14.Signature of the organizing secretary	





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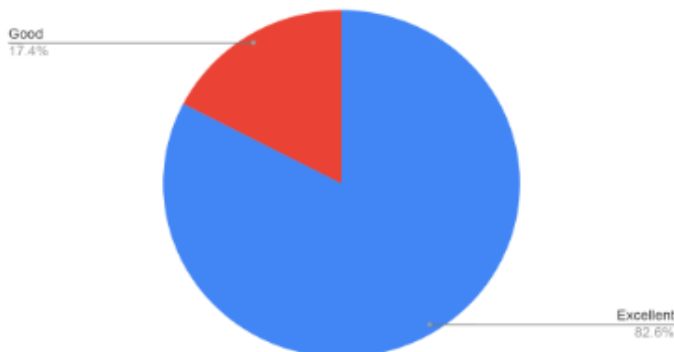


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29. Create Hope Through Action: World suicide prevention awareness

World suicide prevention awareness session was organized by Jeevani centre for students well-being and third year psychology students for UG final year students of other departments at Ac seminar hall on 15th September 2023. The purpose of this session was to raise awareness about suicide prevention among youth including self-empowerment to address self-harm and suicide through preventative actions. It also includes reducing social stigma and providing crucial resources to support those at risk were organized as part of the session. The theme, "Creating Hope Through Action," resonated throughout the session, underscoring the vital role each individual and community can play in preventing suicide. Speakers emphasized that hope is not just a feeling but a powerful force that can drive meaningful change. The session provided numerous benefits for students for increasing knowledge of the warning signs for suicidal tendency and of how to connect individuals in crisis with assistance and care. The sessions were handled by Jeevani counselor Ms. Muheena Thasneem KT and different students of final year BSc psychology students.




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 DEPARTMENT OF PSYCHOLOGY
 IN ASSOCIATION WITH
 ZEEVANI CENTER FOR WELL BEING | 101

WORLD
 SUICIDE
 PREVENTION
 DAY

**CREATE HOPE
 THROUGH ACTION**

Awareness Class

15-09-2023 9:30 AM 4C SEMINAR HALL

Coordinator:
Ms. Muheena
 Green-Flag Psychologist
 Director Centre for Well Being

Student Coordinators:
Sundhok & Dhruvika
 Psychology






30. World suicide prevention day: Street play

As part of World suicide prevention day, A Street play was organised by Jeevani centre for students' well-being and first year psychology students at Manjeri new stand and at unity women's college on 19th September 2023. And the purpose of this street play was to raise awareness about suicide prevention among youth. "Creating Hope Through Action" is the triennial theme for the World Suicide Prevention Day from 2021-2023. This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions we can encourage hope and strengthen prevention. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling. The programs were handled by Jeevani counselor Ms. Muheena Thasneem KT, Mrs.Fathima Shirin K A, head of department of psychology. And student coordinators were Dilna & Nada (first year BSC psychology).




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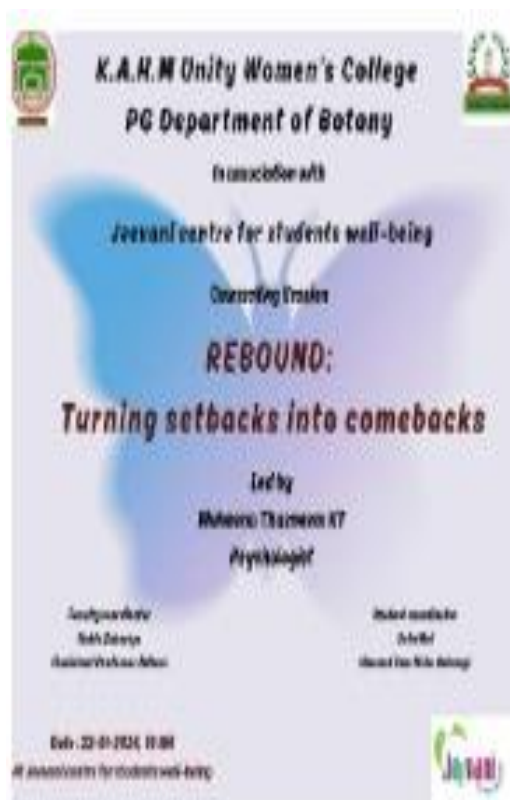
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31. Rebound: Turning setbacks into comebacks

On the 22nd of January 2024, starting from 10 AM, the PG Department of Botany in collaboration with the Jeevani Centre for Student Well-being, organized a program titled “Rebound: Turning Setbacks into Comebacks.” The event was led by Psychologist Mrs. Muheena Thasneem KT, with the support of Faculty Coordinator Nahla Zakariya (Assistant Professor Adhoc) and Student Coordinator Vafa Mol (Second Semester M. Sc. Botany).

The program unfolded in two distinct sessions. In the forenoon, Mrs. Muheena Thasneem KT conducted individual counselling sessions for four chosen students identified as slow learners from the sixth semester B. Sc. Botany cohort. Muheena’s counselling approach proved highly effective, providing personalized guidance and strategies tailored to each student’s unique academic needs. In the afternoon Mrs. Muheena Thasneem KT led a concise yet impactful motivational class for the students of Botany department. This session aimed to inspire resilience and encouraged students to perceive setbacks as opportunities for personal growth.





81. World Day Against Child Labour Caption Contest on June 12, 2023

NSS held a caption contest to raise awareness about child labour. Winners included Yusra (B.A. English), Fatima Jesni (B.Sc. Chemistry), and Nashva (B.A. English), who crafted impactful messages to shed light on the issue.

World day against
 child labour
CAPTION CONTEST
 Winners

YUSRA
 2ND SEM BA ENGLISH

FATHIMA JESNI
 5TH SEM BSC CHEMISTRY

NASHVA
 2ND SEM BA ENGLISH

Congratulations...!!!

NSS UNIT 008&171
 UNITY WOMEN'S COLLEGE






33. Advocating for a Plastic-Free Lifestyle: Insights from Mr. Anees Puthusseri

Mr. Anees Puthusseri, Coordinator of the Sanitation Mission in Manjeri, delivered a compelling session highlighting the environmental harm caused by plastic pollution. He provided practical strategies to reduce plastic usage and emphasized the importance of recycling and eco-friendly alternatives. Mr. Anees also stressed the role of community engagement in driving collective action for a sustainable future. His insights left the audience inspired to embrace a plastic-free lifestyle.




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34. Zen Campus: Navigating Stress with Relaxation Techniques

The “Zen Campus” session held on January 19, 2023 provided college students with theoretical insights into relaxation techniques to manage stress effectively. Participants delved into the theoretical underpinnings of relaxation methods, including the science behind stress management and the psychological benefits of relaxation. Through discussions and theoretical frameworks, attendees gained a deeper understanding of how relaxation techniques can positively impact mental and emotional well-being. The session aimed to equip students with knowledge and strategies to proactively incorporate relaxation practices into their college routines, fostering a more balanced and resilient approach to academic life. Forty five students participated in the session. Jeevani counselor Mrs. Muheena Thasneem KT introduced a variety of relaxation techniques, including deep breathing exercises, mindfulness practices, and guided visualization, which help to cultivate a sense of calm and balance amidst academic demands. The session also emphasized the importance of self-care and offered practical tips for incorporating relaxation into daily routines. Attendees left feeling empowered and equipped to navigate the challenges of college life with greater resilience and peace of mind.



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35. Seethi Sahib Chair for Cultural and Political Studies

On March 11, 2024, the Seethi Sahib Chair for Cultural and Political Studies hosted a Kerala PSC exam preparation session led by Mr. Mansoor Ali Kappungal, who shared insights from his success in over fifty PSC exams. The event, attended by college dignitaries and coordinated by Kum. Fathima Thasni, saw active participation from around 200 students. It provided valuable strategies and demonstrated the college's dedication to academic excellence.





36. Visit to the Shastrayaan programme

organised by the University of Calicut, was arranged on 17th November 2023.

Forty- six students from third semester BA English joined.

The team observed the stalls arranged by the English and Hindi departments at the University and participated and won prizes in the various events organised.





37. Awareness program on “Menstrual Cup and Menstrual Hygiene

An awareness program on “Menstrual Cup and Menstrual Hygiene “was organized by Women Cell and Department of Zoology on 27th September 2023 from 1:45pm to 3:30pm. The programme was conducted as a part of a project of The Women and Child Development Department and ICDS Urban Division, Malappuram district. Dr. Sujitha Madhavan, the Medical Officer from General Hospital, Manjeri engaged an interactive session. Dr. Muhammed Basheer Ummathur, the Principal of the college, inaugurated the programme and 120 students representing the 10 departments participated in the event. Dr. Fousi, Head of the Department of Zoology coordinated the event.





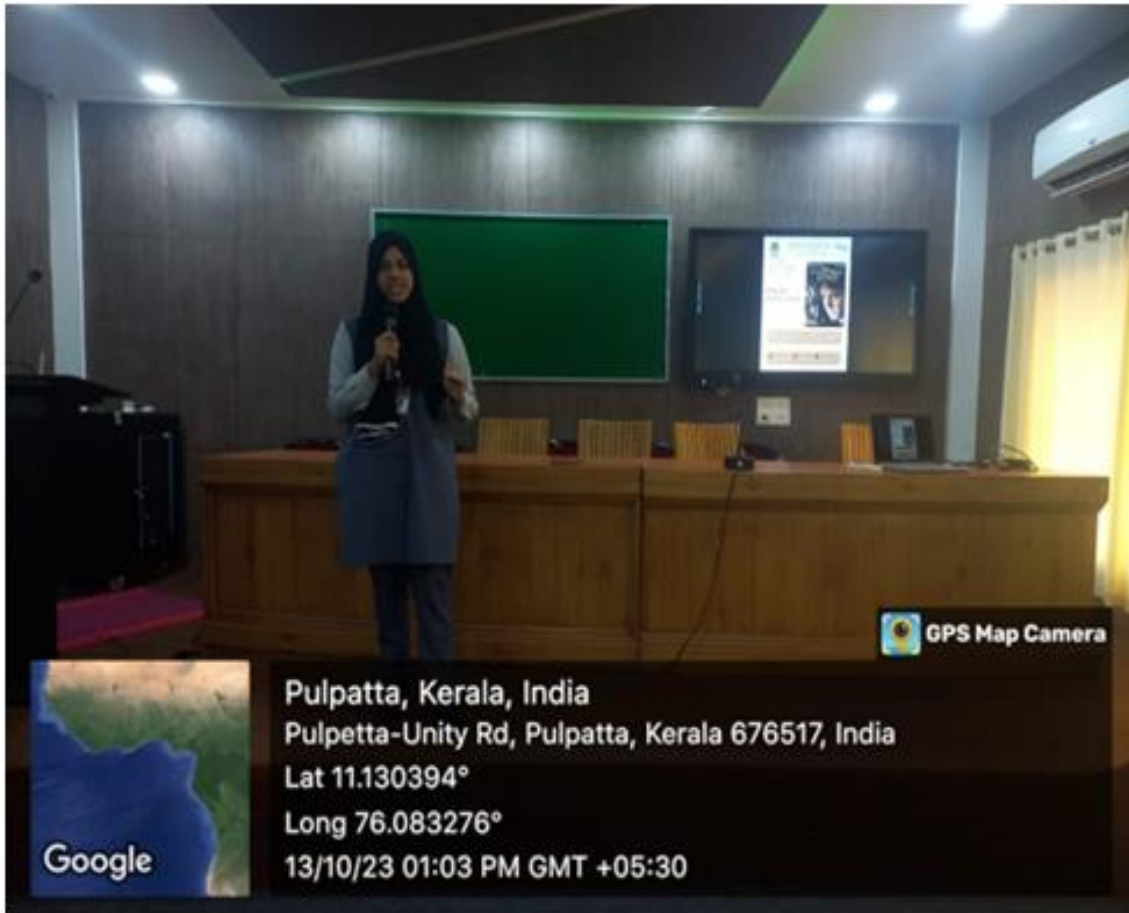
38. ELAYNE: Movie screening- mental health day

The Department of Psychology organized a movie screening on 13th October 2023 to commemorate World Mental Health Day, under the title 'Elayne', exclusively for the students of the department. The movie "A Beautiful Mind" was screened with an aim to raise awareness about schizophrenia and the challenges posed by the mental health condition.

Following the screening, Rida Hassan and Fiza Thamanna (2nd year BSc Psychology) delivered an in-depth analysis of the movie by highlighting the key scenes and moments in the movie that effectively portrayed the challenges, hallucinations, and interpersonal difficulties faced by individuals with schizophrenia. The event provided a platform for students to connect cinematic representations with the real-life experiences of individuals with schizophrenia.

The poster is for an event titled 'Elayne' held on October 10th at K.A.H.M. Unity Women's College, Department of Psychology. It is in association with the Jeevani Centre for Well-Being. The event is a 'FILM ANALYSIS' of the movie 'A BEAUTIFUL MIND' featuring Russell Crowe and Ed Harris. The screening is on Day 1, on 13th October 2023, from 12:30 pm to 03:40 pm, at the AC Seminar Hall. The faculty coordinator is Thameem Rahmanulla, the Jeevani Coordinator is M. Azeena Thameem, and the student coordinator is Noorjazi.





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39. Listening Skills Workshop

A transformative workshop on listening skills was conducted on 25th October 2023 at C H Auditorium for the students of the Department of Psychology as part of observing World Mental Health Day 2023. The resource person, Jaseed P Beeran, Consultant Psychologist and Director of Aifer Education, led an engaging and interactive session that encompassed a spectrum of activities and in-depth case discussions, allowing students to tune up their listening skills and gain a deeper understanding of mental health concerns. The session received an overwhelmingly positive response from the students, emphasizing its importance in nurturing empathetic and attentive individuals in the realm of mental health.

K.A.H.M UNITY WOMEN'S COLLEGE, MANJERI
Department of Psychology
In Association with
Jeevani Centre for Well-Being
DAY 3
ELAYNE
Observing
World Mental Health Day
**A WORKSHOP
ON LISTENING**

Keynote Speaker:
Jaseed P Beeran
Consultant Psychologist
Director, Aifer Education

Wednesday, October 25
2023
10:30 AM – 12:30 PM

FACULTY COORDINATOR: Thasneem Rahmathulla
JEEVANI COORDINATOR: Muheena Thasneem
STUDENT COORDINATOR: Nadha.P





40. Counselling orientation

Counselling orientation was given to the students of the college. The objective was to understand and destigmatize mental illness and understand the role of a counselor and who and how can they avail this service. In the introductory session they were given information on the timing and functioning of Jeevani Centre in their college, later an interactive session was held for understanding their view points on mental health and reducing the taboo. They also informed about the tele- counselling service and contact number was given. Feedback was collected from each class for understanding their needs. It detailed about their necessities, their worries, etc along with an applause to government for providing such a good service aiming their wellbeing.





41. Navigating mental health challenges: An Interactive session

An Interactive session on mental health challenges and disorders conducted at seminar hall on September 8. In the session Jeevani counselor defined various mental health disorders and differentiate mental health disorders from problems, emphasizing their prevalence and impact on individuals. She explored how it can affect various aspects of daily life, including relationships, work, and overall well-being and introduced various treatment approaches, including therapy, medication, and lifestyle changes, to emphasize the availability of support. The interactive session successfully addressed mental health issues faced by college students, fostering a sense of community and providing valuable insights into coping strategies. Ongoing support and resources were highlighted to ensure a mentally healthy campus environment.. Feedback was collected from students for understanding their needs





42. Coping With Stress and Habit Formation

On September 5, 2023 a session on coping with stress and habit formation conducted in the college. Session included academic, social, and personal challenges of college students that leading to stress and deal with it effectively. There had an effective interaction between students and counselor on their ways of coping with stress for understanding how those affect them adversely. And later discussed about time management, seeking support, and practicing self-care, understanding and managing emotions, deep breathing exercises, meditation and other relaxation techniques like JPMR and GSPR. Jeevani counselor also added the importance of habit in daily life and how it can be effectively used for our overall well- being. The session concluded with a thought provoking analysis.





43. Title: Understanding Internet and Mobile Addiction: A Session for College Students

This session aims to explore the concept of internet and mobile addiction, its impact on college students, and strategies for healthier digital habits. Jeevani counselor Mrs. Muheena Thasneem KT handled the session and thirty five students were participated. She discussed about the how this affects the students. Effects of distraction, procrastination, and reduced productivity. Links between addiction and anxiety, depression, and sleep disturbances. Impacts on interpersonal communication, loneliness, and social withdrawal. She also discussed about how to overcome the over usage such as, Establishing designated screen-free times and areas, Periodic breaks from technology to recharge, Encouraging hobbies, exercise, and face-to-face interactions and Utilizing counselling services and support groups for addiction recovery.





44. Beyond test: Exploring clinical setting

A session on psychological assessments used in clinical setting is done for psychology students on November 7, 2023. The session was handled by Jeevani counselor Mrs. Muheena Thasneem KT and 30 students participated. The session aimed to provide psychology students with insight into various types of psychological assessments used in real clinical settings, highlighting their importance, applications, and ethical considerations. The students were enthusiastic to know about different types of psychological assessments like neuropsychological tests, different batteries etc. A discussion on structured and semi-structured interviews for diagnosing mental health disorders and real-world examples and case studies illustrating the use of psychological assessments in clinical practice were done during the session. This session helped them to understand the importance of observation, interview, MSE, etc. beyond other psychological tests.





2022-2023

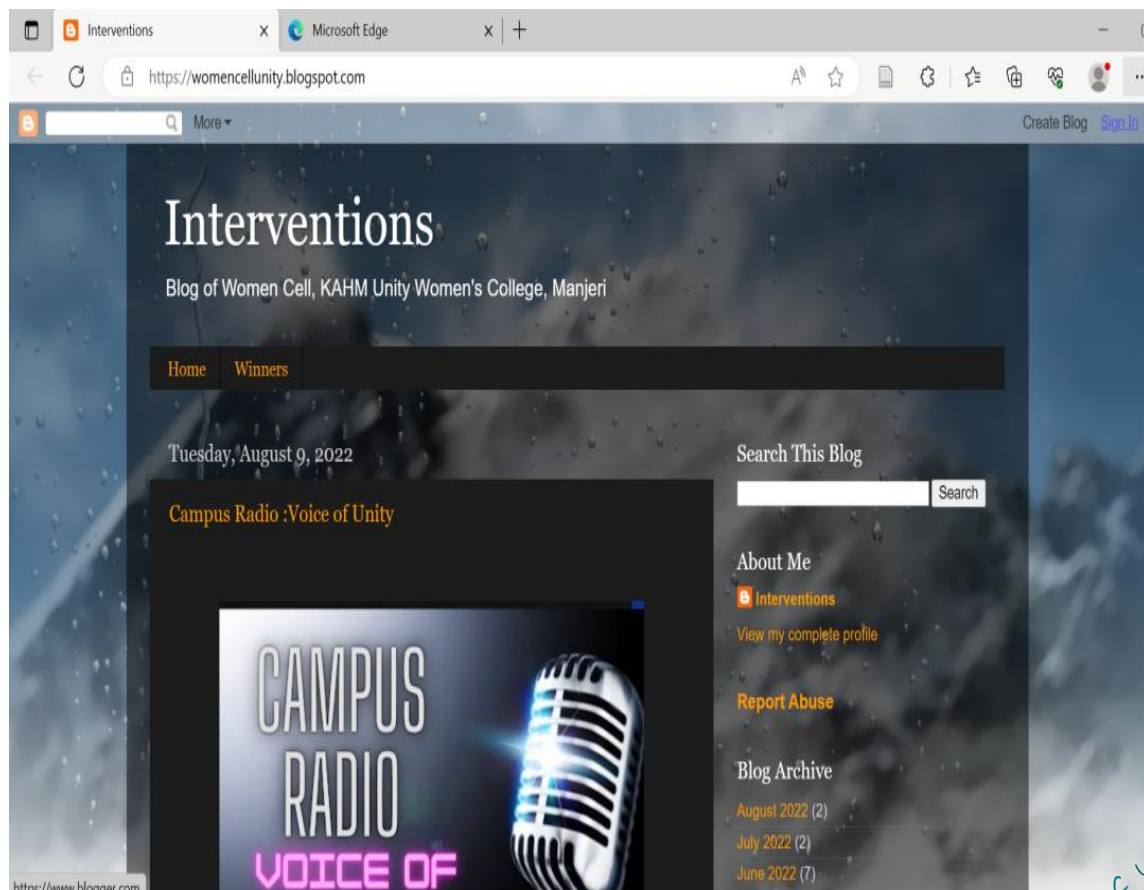
45. Ventilate Your emotion

Under the department of psychology counselling services provided for need based students. Students can share their emotions academic problems, person problems confidentially to the councillor at any time. Under the service 13 students took appointment from various departments and the Councillor ventilates their emotions and guides them properly. Follow up sessions also done by the councillor

46. Interventions: Blog of Women Cell

Women Cell, Korambayil Ahammad Haji Memorial Unity Women's College, Manjeri started an online platform, a blog, titled Interventions to showcase the creative writings of the students and to share the updates on Women Cell events. The blog serves as an evolving platform to promote the creativity of the students and the teachers. Blog address is as follows:

<https://womencellunity.blogspot.com/>





Objectives

Empowerment and Awareness: A blog can be a powerful tool to empower women and create awareness about their rights, challenges, and achievements. It can provide a platform to discuss and address issues related to gender equality, discrimination, and women's empowerment.

Education and Information: The blog can serve as an educational resource by providing information on various topics such as career guidance, personal development, health and well-being, women's rights, and social issues. It can offer insights, tips, and resources to help women in their personal and professional growth.

Outcome

Community Building: The blog can help foster a sense of community among women in college. It can provide a space for them to connect, share experiences, and support each other. By encouraging discussions and interactions through the blog's comment section or dedicated forums, women can build networks and find solidarity.

Showcasing Achievements: The blog can be a platform to highlight the achievements, talents, and success stories of women in various fields. It can feature interviews, profiles, or articles about women who have made significant contributions in academia, sports, entrepreneurship, arts, and other domains. This can inspire and motivate other women to pursue their goals.

Skill Development: Managing and writing for a blog can help develop various skills such as writing, research, communication, content creation, and digital marketing. Women involved in the blog can enhance their skills, which can benefit them personally and professionally.

Advocacy and Activism: The blog can serve as a platform for advocating for women's rights, gender equality, and social justice. It can raise awareness about issues such as domestic violence, sexual harassment, reproductive rights, and equal opportunities. By sharing informative and thought-provoking content, the blog can encourage discussions and activism on these matters.

Networking and Collaboration: The blog can provide opportunities for collaboration with other organizations, individuals, or initiatives that share similar goals. It can help forge partnerships with local NGOs, women's groups, or other student organizations, creating a broader network for women's development and empowerment.





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47. Memories of Women: Bicycle Stories: World Bicycle Day Celebration

In the contest of writing Bicycle stories conducted as a part of World Bicycle Day Celebration by Women Cell, on June 3, Ms. Shahana Sherin of Second Year B.A. History grabbed the prize.



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

IN ASSOCIATION WITH

THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LIMITED



Celebrates

WORLD BICYCLE DAY (JUNE 3)

*Tell your feel of the wheels...
Share your bicycle thoughts and stories
of not more than 500 words
typed in Malayalam or English...
Whats app your Bicycle Stories to 9961727951
Deadline for submission: June 10, 2022
Selected entries will be displayed on the blog of
Women Cell and the best write up will get a
prize.*

*A slow cycle race is organized for the students
on 8th June 2022, at 3.10. Those interested to
participate please register with Ms.Aswathi M.P
of Department of English .*



Bicycle Stories







Objectives:

Promote Creativity and Writing Skills: The competition aims to encourage participants to explore their creativity and showcase their writing skills. It provides an opportunity for individuals to express themselves through storytelling, enhancing their literary abilities.

Encourage Environmental Awareness: By focusing on bicycles as the central theme, the competition can raise awareness about the benefits of cycling and its positive impact on the environment. It aims to promote sustainable transportation alternatives and encourage participants to reflect on the importance of eco-friendly modes of travel.

Foster a Love for Cycling: The competition aims to inspire a love for cycling among participants and the wider community. Through storytelling, it can highlight the joy, freedom, and adventure that comes with riding a bicycle, encouraging more people to take up cycling as a mode of transportation or recreation.

Community Engagement: The competition can bring together individuals who share an interest in writing and cycling. It creates a sense of community among participants, fostering connections and exchanges of ideas. It can also serve as a platform for participants to engage with other cyclists and organizations that promote cycling in their communities.

Cultural Exchange: A story writing competition on bicycles can attract participants from diverse backgrounds and cultures. It provides an opportunity for people to share their unique perspectives and experiences related to cycling, enriching the cultural exchange and promoting understanding among participants.

Outcomes:

Creative and Inspiring Stories: The competition can generate a collection of creative and inspiring stories centered around bicycles. These stories can be shared and published, serving as a source of inspiration for others and promoting the joy of storytelling.

Increased Awareness of Cycling Benefits: Through the competition, participants and the wider audience can gain a better understanding of the benefits of cycling, such as improved health, reduced carbon





footprint, and enhanced connectivity within communities. This increased awareness can potentially lead to more individuals embracing cycling as a sustainable mode of transportation.

Strengthened Writing Skills: Participants can improve their writing skills through the process of creating and refining their stories for the competition. Constructive feedback and evaluation can help them develop their abilities further.

Community Building and Engagement: The competition can foster a sense of community among participants and supporters, creating connections and networks that extend beyond the competition itself. This engagement can lead to further collaborations and initiatives related to cycling or writing.

Encouragement of Cycling Initiatives: The competition can inspire and encourage the development of cycling-related initiatives, such as community bike-sharing programs, cycling events, or advocacy campaigns. The stories and ideas generated through the competition can contribute to the broader promotion of cycling culture and infrastructure.

Overall, a bicycle story writing competition can serve as a platform to celebrate the art of storytelling, promote cycling as a sustainable mode of transport, and inspire individuals to explore their creativity while fostering a sense of community and engagement.




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48. Get to know of MIND and Be Motivated: A Community Intervention Initiative

An Invited lecture by Mr. Prajith has been arranged on June 17, 2022 by the Women Cell of the college to make the student empathetic towards the people suffering from Spinal Muscular Dystrophy. The display and sale of umbrellas created by the physically challenged members of the organization called “Mobility in Dystrophy (MIND)” was arranged on the Day. Collaborating with “MIND”, Women Cell organized a sale of umbrellas after embellishment done with the support of the students and teachers of FCS Department. Also, as a part of a joint initiative with “MIND” for the social empowerment an MOU has been signed between Mrs. Anitha Begum, Principal-in-charge and Mr. Prajith, the Treasurer of MIND. Adv. U.A. Latheef, MLA inaugurated the programme. Ms. M.K. Vineetha, Former Coordinator, Women Cell welcomed the gathering and Ms. Aswathi M.P., Coordinator, Women Cell, extended vote of thanks.

Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Cell
joining hands with

MIND
MOBILITY IN DYSTROPHY

FOR NAIPUNYA PROJECT
A COMMUNITY INTERVENTION INITIATIVE

RUDAMATTAM
sales of painted umbrellas
with the support of Department of FCS
On 17 June 2022
From 11.30 pm to 1.00 pm
At the college Auditorium

Let us make the lives of other better..
For more details contact: 9048911221 (M.K. Vineetha)
9447349388 (Aswathi M.P.)





1.Name of the programme	Get to know of MIND and Be Motivated: A Community Intervention Initiative
2.Aim, Objectives, and Scope of the programme	The objective of a program to help people struggling with physical disabilities is to improve their overall well-being, enhance their quality of life, promote their independence, and facilitate their integration into society. The program aims to address the specific challenges faced by individuals with physical disabilities and provide them with the necessary support and resources to overcome these obstacles.
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	June 17, 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	40
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.





9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	An Invited lecture by Mr. Prajith has been arranged on June 17, 2022 by the Women Cell of the college to make the student empathetic towards the people suffering from Spinal Muscular Dystrophy. The display and sale of umbrellas created by the physically challenged members of the organization called "Mobility in Dystrophy (MIND)" was arranged on the Day. Collaborating with "MIND", Women Cell organized a sale of umbrellas after embellishment done with the support of the students and teachers of FCS Department. Also, as a part of a joint initiative with "MIND" for the social empowerment an MOU has been signed between Mrs. Anitha Begum, Principal-in-charge and Mr. Prajith, the Treasurer of MIND. Adv. U.A. Latheef, MLA inaugurated the programme. Ms. M.K. Vineetha, Former Coordinator, Women Cell welcomed the gathering and Ms. Aswathi M.P., Coordinator, Women Cell, extended vote of thanks.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.






<p>13.Outcome, Evaluation, and results of the programme</p>	<p>The proposed outcome of the programme include:</p> <p>Enhanced Functional Abilities: The program should aim to improve the functional abilities of individuals with physical disabilities. This can be achieved through various means such as providing assistive devices, mobility aids, and rehabilitation services. The outcome would be increased independence and improved ability to perform daily activities.</p> <p>Increased Accessibility: The program should strive to improve accessibility for individuals with physical disabilities in various aspects of life. This includes accessibility in public spaces, transportation, buildings, and communication. By removing barriers and ensuring equal access, the outcome would be greater participation and inclusion for people with disabilities.</p> <p>Empowerment and Education: The program should empower individuals with physical disabilities by providing them with education, skills training, and employment opportunities. By equipping them with the necessary knowledge and skills, the outcome would be increased self-confidence, economic independence, and improved social integration.</p> <p>Social Support and Community Engagement: The program should foster a sense of</p>
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	<p>community and provide social support networks for individuals with physical disabilities. This can be achieved through support groups, peer mentoring, and community engagement activities. The outcome would be reduced feelings of isolation and improved social connections.</p> <p>Advocacy and Policy Influence: The program should work towards advocating for the rights and needs of individuals with physical disabilities. By raising awareness, influencing policies, and promoting inclusivity, the outcome would be a more inclusive and accessible society for people with disabilities.</p> <p>Psychological and Emotional Well-being: The program should address the psychological and emotional well-being of individuals with physical disabilities. This can be done through counseling, mental health support, and recreational activities. The outcome would be improved mental health, resilience, and overall well-being.</p> <p>Overall, the program aims to improve the lives of people struggling with physical disabilities by addressing their unique challenges, promoting inclusion, and empowering them to lead fulfilling lives.</p>
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49. Lecture on Personal Growth: You Have a Choice by Shaida Ashraf

Women Cell, Korambayil Ahammad haji Memorial Unity Women's College, Manjeri organized an invited lecture on “ You Have a Choice” on 25 July 2022. Ms. Shaida Ashraf, Former Employee of British Embassy in UAE and Motivational Speaker delivered the lecture. The session enlightened the students on how to set goals and achieve them despite the hurdles and difficulties. Ms. Aswathi M.P. , Coordinator, Women Cell welcomed the participants, and Ms. Minnath Beevi, student, MA English extended vote of thanks.

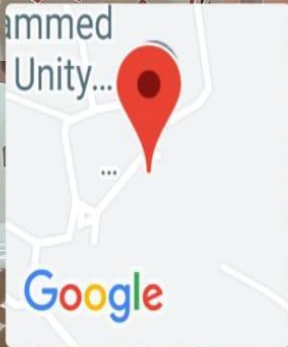



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Long 76.083596°
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50. Ride Your Dream: Bicycle Training Sessions

Women cell of the college started a Student Run Bicycle Training Programme Ride Your Dream to equip the students with necessary skills to become self-reliant and independent by learning to ride bicycle. The programme commenced on 12th August 2022. The student community of the college welcomed the initiative by joining voluntarily as trainers. Many students enrolled in the Training Programme coordinated by Jumana of 5th Semester B.Com CA.





51. Breast Cancer Awareness Programme

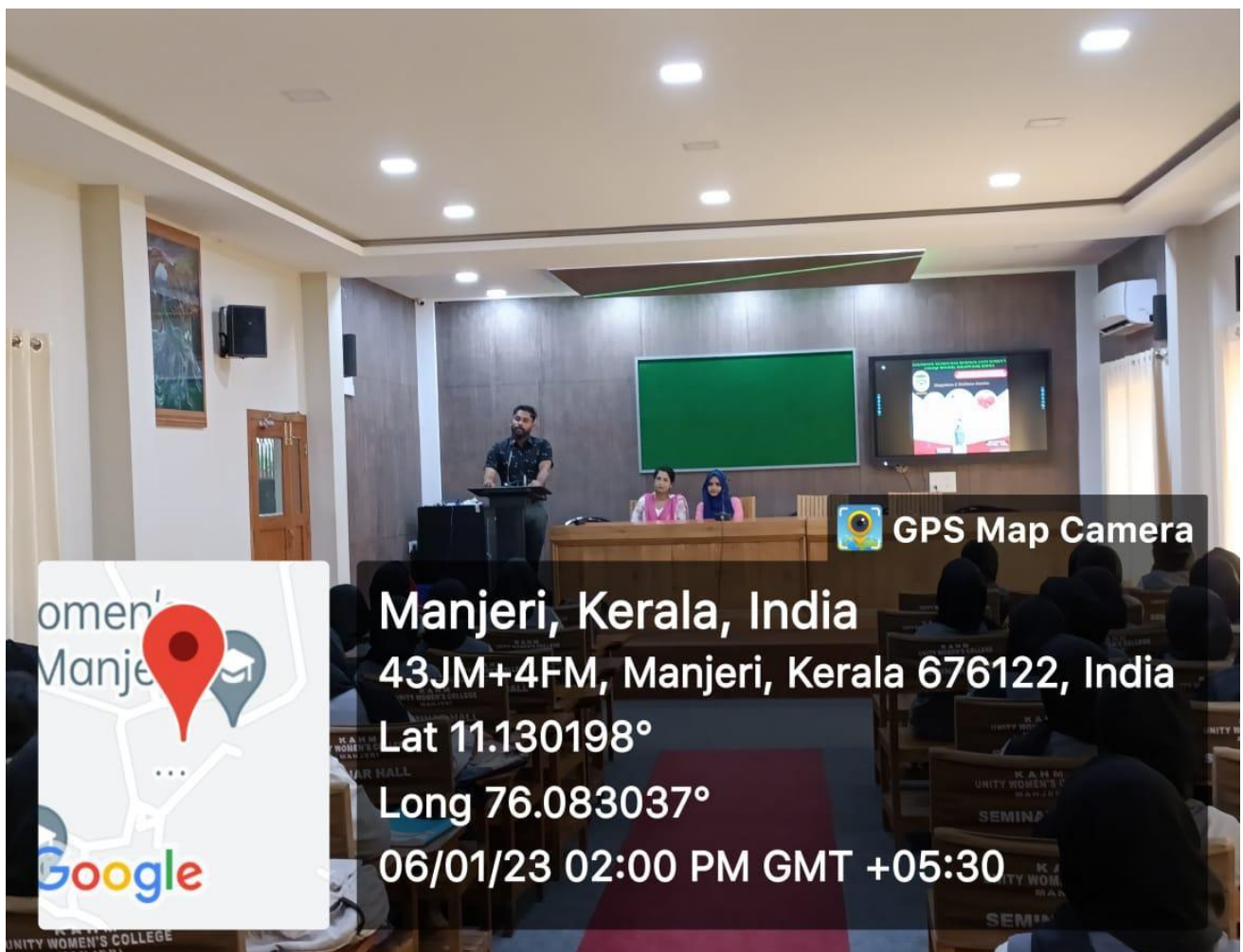
Women cell of the college in collaboration with Govt. Medical College, Manjeri organized a Breast Cancer Awareness Programme for the staff and students of KAHM Unity Women's college, Manjeri on 25th October 2022. Dr. Sujina, Assistant Professor of Community Medicine, Shadiya Ishaque and Aysha Thabsheera, Third year MBBS Students were the resource persons.






52. A Session on Happiness and Wellness

Women cell of the college, in collaboration with the Department of Psychology, organized a session on “Happiness and Wellness” on 06th January 2023. Mr. Shabeerali, UNICEF and WHO Certified speaker handled the session. Companionship, love and friendship, mercifulness, passion, mission and vision, acceptance etc. were the topics discussed during the session.




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53. Women, Technology and Creativity: Campus Photography Competition:

World Environment Day Celebration June 5, 2023

WOMEN CELL, KAHM UNITYWOMEN'S COLLEGE, MANJERI
 IN ASSOCIATION WITH KERALA STATE WOMEN'S DEVELOPMENT COORPORATION

JUNE 5: WORLD ENVIRONMENT DAY

Campus Photography Competition

"Being green is more than just buying 'eco'. It is an unshakable commitment to a sustainable lifestyle.."
 Dear students and women staff members,
 Let us capture the visuals of our commitment to nature...
 Let our shots speak the way how our environment supports the intellectual and aesthetic development at Unity college..
 Share the visuals of nature taken from our campus with us and grab prizes. The best three photos of green campus captured by the students will get prizes. Zoom your mobile/ camera lens and see the magic around.

Green Campus through Women's Lenses

Submit campus images that you captured through whats app: 9961727951 (Aswathi M. P., Coordinator)
 Photo courtesy: Ms. Loosiya K. P. and Dr. Krishna Sunder, (Faculty members of the college)

Objectives

Raising awareness: The competition aims to increase public awareness about environmental issues and concerns through the medium of photography. It encourages participants to capture and showcase the beauty of nature or highlight environmental challenges.

Encouraging engagement: The competition provides a platform for photographers of all levels to actively engage with environmental issues. It encourages participants to observe their surroundings, explore nature, and document environmental stories through their lenses.





Fostering creativity: The competition fosters creativity and artistic expression by challenging participants to find innovative ways to communicate environmental messages through their photographs. It encourages photographers to think critically about the environment and its preservation.

Promoting positive change: By showcasing powerful and impactful images, the competition aims to inspire positive action and change. It can motivate individuals and communities to take steps towards conservation, sustainable practices, or advocacy for environmental causes.

Building a community: The competition brings together photographers, environmental enthusiasts, and the wider community. It provides a platform for networking, sharing ideas, and fostering a sense of collective responsibility towards the environment.

The outcomes of the competition can include:

Exhibition and recognition: The winning photographs and selected entries may be exhibited in galleries, public spaces, or online platforms, gaining recognition for the photographers and their work. This exposure helps amplify the environmental messages conveyed through the photographs.

Education and learning: The competition can serve as an educational tool by showcasing diverse environmental issues and perspectives. It encourages participants and viewers to learn about the environment, fostering a deeper understanding and connection with nature.

Awareness and advocacy: The photographs can be used for promotional purposes, raising awareness about specific environmental concerns. They may be shared on social media, in publications, or during environmental campaigns, amplifying the reach and impact of the messages.

Inspiration and motivation: The competition can inspire others to take up photography or become more involved in environmental initiatives. It can encourage individuals to explore the environment, observe its beauty, and become active advocates for its protection.

Collaboration and partnerships: The competition may foster collaborations between photographers, environmental organizations, and communities. It can create opportunities for partnerships to address environmental challenges, initiate conservation projects, or organize future events focused on environmental awareness.

Overall, a photography competition on Environment Day seeks to leverage the power of visuals to inspire change, raise awareness, and foster a deeper appreciation for the environment.





54. Photography Competition

World Environment Day in the campus is celebrated on June 5 by Women Cell with a competition to capture the greenery in the campus of KAHM Unity Women's College. Out of the numerous entries received, the photographs taken by Shahna P- BA History, Ansheera CM Bsc FCS and Fathima Najva- BA History received first, second and third prizes respectively. Shabna Basheer of B. Sc. CS and Loosiya K P: Faculty member FCS Department received special Jury mention.



First Prize winning photograph





55. Women and Awareness on Health: Yoga Day Celebration: June 21, 2022

Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Cell

Organizes an online quiz on
**INTERNATIONAL
YOGA
DAY**

21 June 2022, From 8 pm to 8.30 pm
Winners will get prizes and certificates

For more details contact: 9961727951 (Aswathi M.P.)





Objectives

Raising Awareness: The quiz can help raise awareness about the significance and benefits of practicing yoga. It can educate participants about the history, philosophy, and various aspects of yoga, such as asanas (poses), pranayama (breathing exercises), and meditation.

Promoting Health and Well-being: Yoga is known for its positive effects on physical, mental, and emotional health. By conducting a quiz, organizers can encourage participants to learn about the different ways yoga contributes to overall well-being, including stress reduction, improved flexibility, increased strength, and enhanced mindfulness.

Encouraging Participation: The quiz can serve as a platform to motivate people to engage in yoga-related activities. It can inspire individuals to incorporate yoga into their daily routine and experience its transformative effects. Additionally, the quiz can motivate participants to attend yoga classes or workshops and explore different styles and approaches to yoga.

Outcome:

Enhancing Knowledge: The quiz offers an opportunity for participants to expand their knowledge about yoga. It can cover a wide range of topics, including yoga history, philosophy, famous yoga practitioners, different yoga traditions (such as Hatha, Vinyasa, or Kundalini), and the benefits of specific yoga poses or breathing techniques. By participating, individuals can deepen their understanding of yoga and its holistic principles.

Building Community: The quiz can bring people together who share an interest in yoga. It creates a sense of community and fosters a supportive environment for learning and sharing experiences. Participants can interact with each other, exchange ideas, and create connections with fellow yoga enthusiasts.

Celebrating International Yoga Day: The quiz can be conducted as part of the celebrations for International Yoga Day, which is observed on June 21st each year. By organizing the quiz, organizers can contribute to the global movement of spreading awareness about yoga and its benefits, aligning with the broader objective of promoting health, harmony, and peace worldwide.






Overall, conducting a Yoga Day quiz can serve as a fun and interactive way to promote the practice of yoga, educate participants, and encourage a healthy lifestyle while celebrating International Yoga Day.

Report

As a part of the celebration of Yoga Day 2022, Women Cell organized an online quiz competition to promote awareness about the significance of Yoga. Afla Hanna of B. Sc. Psychology got the first prize in the competition. Fathima Febna of BA History and Jumana Jabin of B.Sc. FCS shared the second prize.




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2022-2023

56. NSS Camp

NSS Unit conducted a 7 day camp with the mission to plant 50 trees inside the campus, have set up a cup of water in their homes in this summer to quench the thirst of birds named “Paravakalkkoru Thanneerkkudam” and have also participated in Green Clean Kerala Project.



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57. Mushroom Cultivation

The Botany Association conducted a workshop on Mushroom cultivation in collaboration with Manjeri Municipality at PG Department of Botany on 20th March 2021. The workshop was well-attended by the students, teachers in the field of botany and Kudumbashree unit of Ward 47, Manjeri Municipality. About 72 participants were present. The workshop started at 10a.m. and the welcome speech was delivered by Dr Usman A (HOD PG Department of Botany). Dr. C. Saidalavi (Principal, KAHM Unity Women's College) gave the presidential address. The presentation and demonstration was done by chief guest Mr. Biju, Mullampara, Manjeri.





2020-2021

58. Mountain Trekking

The Tourism Club at our college, supported by the District Tourism Promotion Council of Malappuram, organizes trips and treks to expand students' geographical knowledge and enhance social skills. Under student leadership, the club fosters tourism awareness through seminars, discussions, and training sessions, aiming to engage students in tourism development.

Eighty-nine club members and Six teachers from different departments had participated in Mountain Trekking Programme. They were actively involved and enjoyed the Programme.




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College, Manjeri



59. The EBSB -Ek Bharat Shreshtha Bharat

The EBSB Club, part of the Ek Bharat Shreshtha Bharat initiative, fosters cultural exchange between our state and Himachal Pradesh through campus activities. The club aims to enhance mutual understanding and national integration. Additionally, we offer language training in Tamil, Kannada, Arabic, Hindi, and English, with plans to expand to foreign languages in the future.



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 College, Manjeri



2019-2020

60. Crucial mental health support

In the 2019-2020 academic year, the Counselling Cell provided crucial mental health support through 30 individual sessions, five group counselling sessions, and workshops on topics like stress management and mental health awareness. A Mental Health Week in October 2019 featured screenings, awareness campaigns, and a mime show, promoting mental health education among students.





61. 'Speak for India' Intercollegiate Debate Competition (District Level)

The District Level Speak for India Intercollegiate Debate Competition, jointly organized by Mathrubhumi newspaper and Federal Bank, was held on November 11, 2019, at Unity Women's College, Manjeri. The topic "One Nation, One Election" saw 65 participants engage in a lively debate. Inaugurated by Sreedharan, Federal Bank Manager, the event was presided over by Principal C. Saidalavi, with Shabeermon M., Head of the History Department, felicitating the participants. The competition showcased outstanding oratory and critical thinking skills, leaving a strong impact on the audience.

Speak for India Intercollegiate Debate Competition (Block Level)

1.Name of the programme	Speak for India District Level Intercollegiate Debate Competition
2.Aim, Objectives, and Scope of the programme	<p>Aims</p> <ol style="list-style-type: none">1. To provide a platform for students to develop and showcase their critical thinking, research, and public speaking skills.2. To foster a culture of respectful dialogue, tolerance, and open-mindedness among participants.3. To encourage students to engage with contemporary issues and develop informed opinions.4. To promote healthy competition and teamwork among participating colleges. <p>Scope</p> <ol style="list-style-type: none">1. The competition is open to undergraduate students from participating colleges.2. The debate format will be a mix of prepared and impromptu topics.3. The competition will consist of block level, district level, zonal level and grand finale.





	4. A panel of judges will evaluate participants based on content, delivery, and teamwork.
3.Name of the coordinator/organizing secretary	Shabeermon M, College level coordinator
4.Date of programme	November 11, 2019
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	65
7.Organizing body	Mathrubhumi Newspaper and Federal Bank, Department of History
8.Organizing committee members	Shabeermon M, Staff of Mathrubhumi News paper
9.Students' involvement in organizing the programme	Nil
10.Detailed report of the programme	<p>The District Level Speak for India Intercollegiate Debate Competition was jointly organized by Mathrubhumi newspaper and Federal Bank on November 11, 2019, at Unity Women's College, Manjeri. The topic for the debate was "One Nation, One Election is a step forward for the growth of our nation," which sparked intense discussion among the 65 participants who spoke both in support and against the motion. The competition aimed to provide a platform for students to express their opinions and hone their public speaking skills.</p> <p>The event was inaugurated by Sreedharan, Branch Manager of Federal Bank, Manjeri, who emphasized the importance of effective governance and democratic processes. Principal C.</p>





	<p>Saidalavi presided over the function, while Shabeermon M., Head of the History Department, felicitated the participants. The debate was attended by a large audience, comprising students, faculty members, and guests, who were impressed by the participants' articulate arguments and convincing presentations.</p> <p>The competition was a resounding success, with participants demonstrating exceptional oratory skills and a deep understanding of the topic. The event provided a unique opportunity for students to engage with a relevant and contemporary issue, showcasing their research, critical thinking, and public speaking skills. The Speak for India Intercollegiate Debate Competition has set a benchmark for future events, promoting a culture of debate, discussion, and critical thinking among students.</p>
<p>11.Outcome, Evaluation, and results of the programme</p>	<p>Outcomes</p> <ol style="list-style-type: none"> 1. Improved critical thinking, research, and public speaking skills among participants. 2. Enhanced knowledge and understanding of contemporary issues. 3. Development of teamwork and collaboration skills. 4. Increased confidence and self-expression among participants. <p>Results</p> <ol style="list-style-type: none"> 1. The winning team will receive a trophy and cash prize. 2. Individual awards will be given for Best Speaker. 3. The competition will culminate in a final debate between the top two teams, with a renowned guest judge.





MONDAY, OCTOBER 28, 2019

Speak for India Intercollegiate Debate Competition



FEDERAL BANK SPEAK FOR INDIA KERALA EDITION
2019 IN ASSOCIATION WITH MATHRUBHUMI

District Level Competition will be held at Unity
Women's College Manjeri on 11 th November 2019
between 10 am to 3 pm...

TOPIC FOR DISTRICT LEVEL

One Nation, One Election is the step forward for the
growth for our nation. (Or)

ഒരു രാജ്യം ഒരു തെരഞ്ഞെടുപ്പ് എന്ന ആശയം
രാജ്യപുരോഗതിയിലേക്കുള്ള ഒരു ചുവടുവെപ്പാണ്.

(OR)

एक राष्ट्र एक चुनाव, राष्ट्र की उन्नति की ओर एक कदम है ।

Prepare both for and against the motion. Also. note
that this level onwards you will be provided with an
opponent to debate, hence prepare to debate along
with your one minute presentation. Make sure you
carry your original college ID card or college bonafide
certificate.

Posted by Shabeermon M at 7:17 AM No comments:



Labels: UNITY HISTORY DEPT





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 reaccredited by NAAC with 'B++' Grade, CGPA 2.77]

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 College, Manjeri



Malappuram



11th November 2019

Unity Women's College,
Manjeri

FEDERAL BANK
 YOUR PERFECT BANKING PARTNER
SPOK FOR INDIA
 KERALA EDITION 2019
 മാതൃഭൂമി

DISTRICT LEVEL

Malappuram

Venue: Unity Women's College,
Manjeri

11.11.2019 (Monday)



Malappuram



11th November 2019

Unity Women's College,
Manjeri

FEDERAL BANK
 YOUR PERFECT BANKING PARTNER
SPOK FOR INDIA
 KERALA EDITION 2019
 മാതൃഭൂമി

60 winners of block level competitions gathers at Unity Women's College Manjeri

on 11th November 2019 between 10:00 AM to 3:00 PM.

All are Invited

District Level

Debate Topics:

One Nation, One Election is a step forward for the growth of our nation.

ഒരു രാജ്യം, ഒരു തിരഞ്ഞെടുപ്പ് നമ്മുടെ നാടിനുള്ള വളരലിനുള്ള ഒരു ഏതാനും ഓട്ടം.

ഒരു രാജ്യം, ഒരു തിരഞ്ഞെടുപ്പ് നമ്മുടെ നാടിനുള്ള വളരലിനുള്ള ഒരു ഏതാനും ഓട്ടം.



Malappuram



11th November 2019

Unity Women's College,
Manjeri





62. Speak for India Intercollegiate Debate Competition (Block Level)

1.Name of the programme	Speak for India Block Level Intercollegiate Debate Competition
2.Aim, Objectives, and Scope of the programme	<p>Aims</p> <ol style="list-style-type: none">1. To provide a platform for students to develop and showcase their critical thinking, research, and public speaking skills.2. To foster a culture of respectful dialogue, tolerance, and open-mindedness among participants.3. To encourage students to engage with contemporary issues and develop informed opinions.4. To promote healthy competition and teamwork among participating colleges. <p>Scope</p> <ol style="list-style-type: none">1. The competition is open to undergraduate students from participating colleges.2. The debate format will be a mix of prepared and impromptu topics.3. The competition will consist of block level, district level, zonal level and grand finale.4. A panel of judges will evaluate participants based on content, delivery, and teamwork.
3.Name of the coordinator/organizing secretary	Shabeermon M, College level coordinator
4.Date of programme	October 3, 2019
5.Mode of the programme(offline/online)	Offline





6.Total number of attendees/participants	110
7.Organizing body	Mathrubhumi Newspaper and Federal Bank, Department of History
8.Organizing committee members	Shabeermon M, Staff of Mathrubhumi News paper
9.Students' involvement in organizing the programme	Nil
10.Detailed report of the programme	<p>The Block Level Speak for India Intercollegiate Debate Competition was jointly organized by Mathrubhumi newspaper and Federal Bank on October 3, 2019, at Unity Women's College, Manjeri. The topic for the debate was "Uniform at Campus," which sparked intense discussion among the 110 participants who spoke both in support and against the motion. The competition aimed to provide a platform for students to express their opinions and hone their public speaking skills. The event was inaugurated by P. Rajendran, Assistant Vice President of Federal Bank's Pandikad branch, who emphasized the importance of effective communication and critical thinking. Principal C. Saidalavi presided over the function, while Shabeermon M., Head of the History Department, felicitated the participants. The debate was attended by a large audience, comprising students, faculty members, and guests.</p> <p>The competition provided a unique opportunity for students to engage with a relevant and contemporary issue, showcasing their research, critical thinking, and public speaking skills. The event was a resounding success, with participants</p>





	<p>demonstrating exceptional oratory skills and a deep understanding of the topic. The Speak for India Intercollegiate Debate Competition has set a benchmark for future events, promoting a culture of debate, discussion, and critical thinking among students.</p>
<p>11.Outcome, Evaluation, and results of the programme</p>	<p>Outcomes</p> <ol style="list-style-type: none"> 1. Improved critical thinking, research, and public speaking skills among participants. 2. Enhanced knowledge and understanding of contemporary issues. 3. Development of teamwork and collaboration skills. 4. Increased confidence and self-expression among participants. <p>Results</p> <ol style="list-style-type: none"> 1. The winning team will receive a trophy and cash prize. 2. Individual awards will be given for Best Speaker. 3. The competition will culminate in a final debate between the top two teams, with a renowned guest judge.

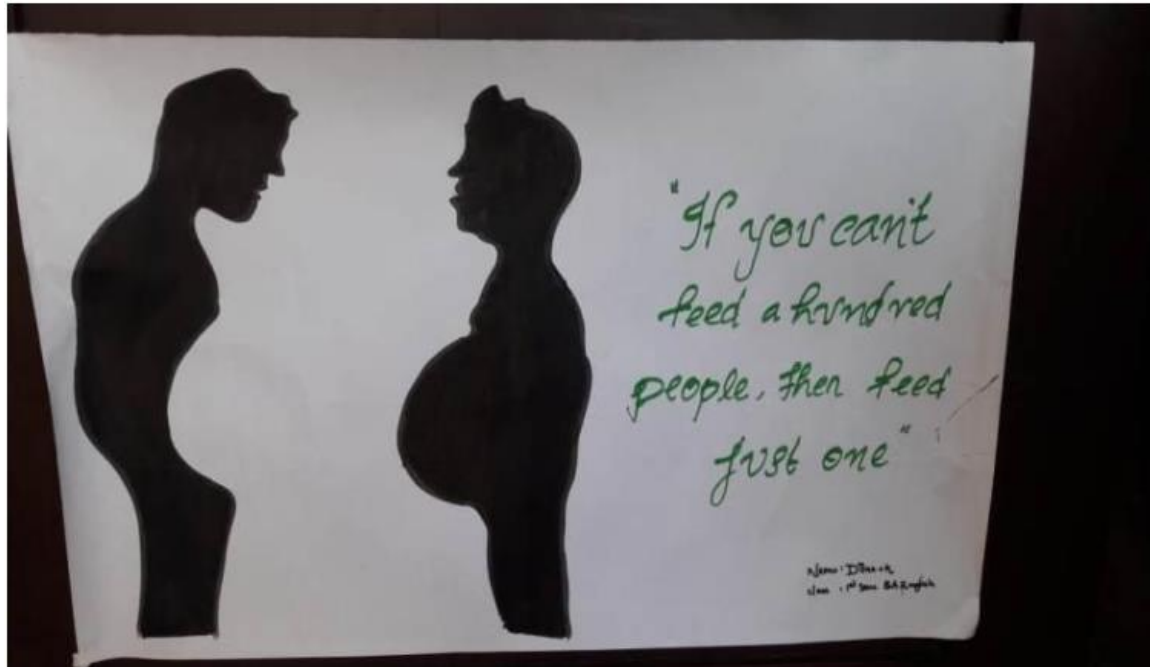


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63. World food day- poster making competition





64. Dress Bank





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65. Extempore Speech Competition




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66. Distribution of Free Uniform Sets

The Department of Home Science and IQAC at KAHM Unity Women's College provided free uniforms to seven selected SC/ST first-year students on July 7, 2019. Home Science students stitched the uniforms using the department's textile lab, and the college principal distributed them.





Feedback analysis

Financial constraints were the reason for participating in the distribution of the uniform. Majority of the students were satisfied with the quality of the uniform. All the participants were satisfied with the distribution process of the uniform.

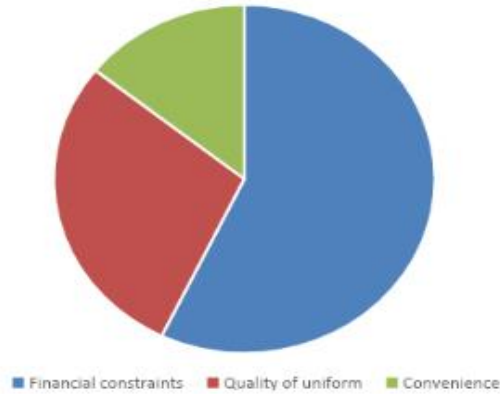
Si no.	E-mail id	Name	Class	Reason for participating in the free uniform distribution	Rate the quality of uniform set	Rate the distribution process
1	aswathi980@gmail.com	Aswathi A	1 st sem BA History	Financial constraints	Excellent	Well organized
2	keerthana3131@gmail.com	Keerthana M	1 st sem BA English	Quality of uniform	Good	Well organized
3	reshmavinod00@gmail.com	Reshma E	1 st sem BA History	Financial constraints	Excellent	Well organized
4	harshac03@gmail.com	Harsha C	1 st sem BA English	Financial constraints	Excellent	Well organized
5	karthika1178@gmail.com	Karthika A	1 st sem B.Com coop.	Convenience	Excellent	Well organized
6	anusreerajendran@gmail.com	Anusree K	1 st sem BA History	Financial constraints	Good	Well organized
7	remyapash@gmail.com	Remya P	1 st sem B.Com coop.	Quality of uniform	Excellent	Well organized



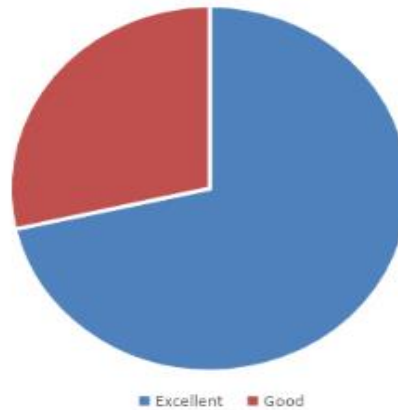


Feedback Analysis

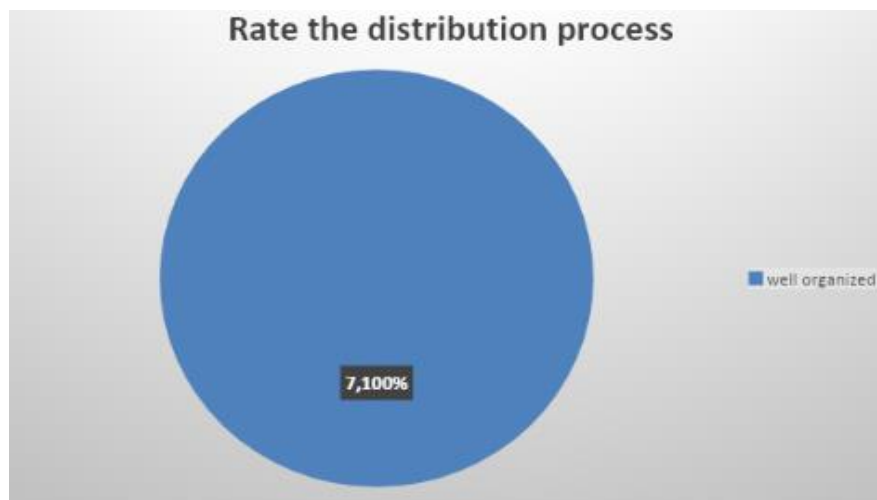
Reason for participating in the free uniform distribution



Rate the quality of uniform set



Rate the distribution process





67. Flood Relief

Helping the people who were badly affected the flood in Kerala- 11/08/19





68. Para Jumping

Sgt. Farsana Refeque, was the only girl Cadet selected for the para Jumping course at Pune from 08 /01/2020 to 30/1/2020 and she successfully completed.





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69. B Anc C Level Examination



35 second year cadets appeared for the 'B' Examination and 36 Final year cadets appeared for the 'C' certificate examination at 9 Kerala Girls Battalion NCC at Calicut and they successfully passed the exam.




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70. Swach Bharath Abhiyan



As a part of Swach Bharat Abhiyan we conducted a seminar on Personal Hygiene on 10/12/19 our chief guest was Dr. Annie Ninan and 100 cadets participated.





71. Flood Relief

Our 10 NSS volunteers reached the flood affected area at Chemmankadavu School cleaning and provided the all support.

ശുചീകരണ 'പെരുന്നാൾ'

മലപ്പുറം ത്യാഗത്തിന്റെയും സ്മരണയുടെയും ബഹിഷ്കരണങ്ങൾ യുവാക്കൾ ആഘോഷിച്ചത് ശുചീകരണത്തിൽ ഏർപ്പെട്ട്. പെരുന്നാൾ ദിവസമായ ഇന്നലെ നമസ്കാര ശേഷം കൂടുതൽ ആളുകളും റീട് ശുചീകരണത്തിലായിരുന്നു. വെള്ളപ്പൊക്കത്തിൽ ബിനകായ റീടുകൾ യുവാക്കളും

സന്നദ്ധ സംഘടനകളും ചേർന്നാണ് ശുചീകരിച്ചത്. മലപ്പുറം, അഞ്ചരി, പെരിന്തൽമണ്ണ, നിലമ്പൂർ തുടങ്ങിയ പ്രളയം ബാധിച്ച എല്ലായിടത്തും കഴിഞ്ഞ ദിവസമാണ് വെള്ളം ഇറങ്ങിയത്. ഇതോടെ യുവാക്കൾ അടങ്ങുന്ന സംഘം ശുചീകരണത്തിനിറങ്ങുകയായിരുന്നു.



ചെമ്മന്കടവ് എം.എൽ.പി സ്കൂളിൽ അഞ്ചരി യൂണിറ്റി വിമൻസ് കോളജിലെ എൻ.എസ്.എസ് വളർന്നിരിക്കാനും പൂർണ്ണ വിദ്യാർത്ഥികളും നാട്ടുകാരും ചേർന്ന് ശുചീകരണം നടത്തുന്നു





72. Blood Donation



On 1/12/19, World Aids Day our 18 cadets donated their blood to save the life of people at the Blood Bank of Manjeri Government College.





73. ZILL'19 Workshop

Two NSS volunteers of KAHM unity women's college, Manjeri has attended Zill'19 one day workshop programme on "students initiative in palliative care" organized by students' initiative palliative care Malappuram east.





74. Awareness Programme

NSS units are conducted an awareness programme on the topic “caring 4 childhood cancer and chronic illness” the session handled by Dr.Namshad. This session gave valuable information for our volunteers.





75. Child Protection Awareness Campaign

Our 4 volunteers participated in the Child Protection Awareness Campaign organized by the Child Line at Government College, Malappuram

76. Session on Human Trafficking

NSS units were conducted a session on human trafficking. The session was most informative for volunteers and handled by Dr. Sajini, Pediatrician, Medical College, Manjeri.

77. English Exams for career advancement and physical fitness for life and career.





78. Music Club- Guitar Classes

As the Music Club Coordinator at KAHM Unity Women's College, I report that year-round guitar classes, led by expert guitarist Eujin Noon, successfully enhanced students' musical skills and performance experience. A total of 18 classes were conducted, culminating in Arts Fest participation and various performances, fostering confidence, teamwork, and a love for music.



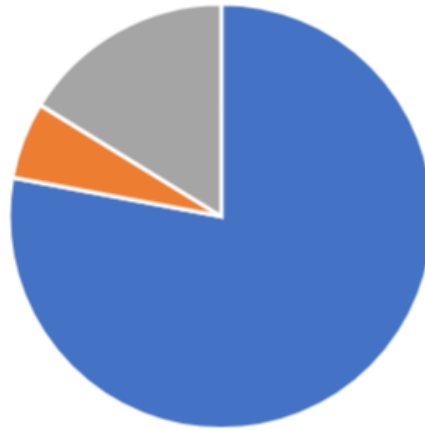


79. National Science Day Celebration 2020

The PG Department of Chemistry and Science Club at KAHM Unity Women's College celebrated National Science Day on 25th February 2020, sponsored by the Kerala State Council for Science, Technology and Environment. The event featured an invited lecture on "Women in Science" by Dr. Yamuna K.M. in the morning, followed by an elocution competition on "Why Scientific Temper Should Be Inculcated in Our Society" in the afternoon.







■ Excellent ■ Very good ■ good





80. Reading Citizenship

The Post Graduate Department of English organized Book Buddy 2019 on October 21, 2019, based on the theme 'Reading Citizenship.' Dr. C. Saidalavi, Principal of KAHM Unity Women's College, inaugurated the event with book and article reviews, encouraging reading. Teachers and students presented reviews, showcasing a wide range of books and genres addressing citizenship challenges.





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