



## INSTITUTIONAL DISTINCTIVENESS

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

#### Strategic Focus Area: 5. Emancipation

#### Programmes Conducted: 2019-24

Sl. No.	Activities undertaken by various organizing bodies	Organizing Body	No of beneficiaries	Page No.
<b>2023-2024</b>				
1	Self Defence Session	Women cell	30	4
2	Life skill training session for the wellness club members	Wellness club	12	5
3	Personality development session	Wellness club	12	5-6
4	Journey through the heart of India	Tourism	57	6-7
5	EmoShift: Mastering Emotional Regulation	Jeevani Centre	30	8
6	Two-day Nature Camp & Brahmagiri Peak Hiking	Eco and Nature Club	30	9-10
7	ILU foundation event	NSS	40	11
8	Vimukthi against drugs- workshop	NSS	200	12-13
9	Observance of sexual harassment prevention week	NSS	60	14
10	Anappara trekking	NSS	72	15
11	Intensive voter awareness program	NSS	200	16-17






12	Counselling service	Department of psychology	50	17
13	Mind Mazes: Exploring Personality Disorders	Jeevani centre	32	17-18
14	Flash talk; talk to the moment.	Hone your leadership club	60	19-20
15	A new episode of Flash Talk, an IQAC initiative for awareness on cross cutting issues	Hone your leadership club	65	20-22
16	School wall painting: transforming education through volunteerism	NSS	72	22
17	Insights- a peek into the world of blindness	PG Department of Commerce and NSS unit	80	23
18	Public Service Club Membership and Online Classes	Career guidance cell	60	24-26
<b>2022-2023</b>				
19.	Voices of Unity	Women Cell	1200	28-30
20.	Pre-Marital Council	Women Cell	100	30-31
21.	Anti-Dowry Campaign	Women Cell	1200	33-35
<b>2021-2022</b>				
22.	Audio books for Blinds	NSS	100	35
23.	Cancer Awareness Programme	Women Cell	200	36
<b>2020-2021</b>				
24.	COVID-19 Support Line	Counselling cell	20	37



25.	Awareness Programme on The Importance of Electoral ID Card	Electoral Literacy Club	80	37-38
<b>2019-2020</b>				
26.	Tourism Study Tour to Ramakkal Medu in Idukki and Cumbum	Tourism club	43	39-41
27.	"VR Show 2020" Tourism Promotion Programme.	Tourism club	45	42-43
28.	Interview with handicapped women entrepreneurs	ED CLUB	6	43
29.	Inter College Management Meet, Inspira 2.0	DEPARTMENT OF COMMERCE	500	44
30.	Taekwondo and Aerobics Club	Women cell	100	45
31.	An open forum discussion on Citizenship Amendment Act	Women cell	15	45
32.	12th October 2019- Mountain Trekking program.	Tourism club	81	46-47
33.	Tie up with FM Manjeri	Women cell	12	48
34.	Developing Confidence in Young Ladies as a part of Corporate Social Responsibility	Women cell, Hindustan Lever	60	48
35.	"SAARADHYA-2K19" Leaders Activation Workshop	NSS	50	49



  
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Memorial Unity Women's  
College, Manjeri





**2023-24**

## **Detailed Reports and Photographs of Programmes Conducted Self Defence Session by Women Cell**

1. The Women Cell at KAHM Unity College, in collaboration with 24 News Channel, organized a self-defence session on December 8th to mark Channel's 5th Anniversary. This event marked the inauguration of Women Empowerment programs that will be conducted throughout Kerala this year. Mr. Meharali NM, Additional District Magistrate of Malappuram, inaugurated the event, and students actively participated in self-defence practice during the session. Dr. Faseela coordinated the event.





## 2. Life Skill Training

**09-02-2024:** conducted a life skill training session for the wellness club members on 9<sup>th</sup> February 2024. The session handled by Mrs Muheena Thasneem, Jeevani counsellor of the college.



  
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### 3. Personality Development

**20-03-2024:** The personality development session held on March 20, 2024, was a significant event organized by the Wellness Club in collaboration with the Department of Psychology. The session aimed to enhance personal growth, self-awareness, and interpersonal skills among students. The session handled by Mr Abdul Raof, consultant psychologist -wellness Clinic Manjeri. The session began with an overview of personality development, emphasizing its importance in personal and professional life. The resource person highlighted various aspects of personality, including traits, attitudes, and behaviour.




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#### 4. Journey through the Heart of india

The Tourism Club embarked on an unforgettable journey from January 31 to February 9, 2024, exploring Delhi, Agra, Manali, and Kullu with 54 students and 3 faculty members. In Delhi, the group marveled at historic sites like the Red Fort, Jama Masjid, and India Gate. In Agra, the Taj Mahal and Agra Fort captivated them with Mughal grandeur. Manali's snow-capped mountains and adventure sports in Rohtang Pass and Solang Valley provided a refreshing retreat. In Kullu, the scenic beauty of the Great Himalayan National Park and cultural sites like Naggar Castle and Hadimba Devi Temple enriched the experience.



  
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## 5. EmoShift: Mastering Emotional Regulation

The session titled “EmoShift: Mastering Emotional Regulation” was conducted on November 28, 2023 for college students. Thirty students participated in the session. The purpose of the session was to provide attendees with practical strategies and insights to enhance their emotional regulation skills, ultimately fostering greater emotional well-being and resilience. The session commenced with self-introducing each other which creates a comfortable and engaging atmosphere. Attendees were encouraged to share their experiences and perspectives on emotional regulation, laying the groundwork for a collaborative and inclusive learning environment. The session focused on developing emotional awareness as a foundational skill for effective regulation. Attendees learned techniques for identifying and labeling their







emotions, as well as understanding the underlying triggers and patterns. A variety of practical strategies and techniques for regulating emotions were introduced and demonstrated. These included mindfulness practices, deep breathing exercises, cognitive restructuring, and positive coping mechanisms such as journaling and creative expression.




## 6. Two-day Nature Camp & Brahmagiri Peak Hiking

The Eco & Nature Club organized a two-day nature education camp and Brahmagiri peak trekking event at Thirunelli forest division in Wayanad on January 13th and 14th, 2024. On the inaugural day, participants immersed themselves in the wonders of nature with a visit to the Kalindhi River and an insightful nature class and a documentary by renowned wildlife expert Mr. Muneer Tholpetty, focusing on the majestic elephants that inhabit the region. Day two kicked off with an early morning bird-watching session led by Mr. Nandu, the Divisional Forest Officer (DFO) of Thirunelli Forest Division. The pinnacle of the event was the Brahmagiri peak trek, a challenging 12-kilometer journey guided by



dedicated forest guards. The trek concluded at the breathtaking peak at 1608 meters above sea level, providing participants with a sense of accomplishment and stunning panoramic views of the border between Kudak and Wayanad.



  
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## 7. ILU Foundation Event

The NSS unit collaborated with the ILU Foundation to organize "Ability Redefine," an awareness program highlighting challenges faced by differently-abled individuals. Principal Dr. Muhammed Basheer Ummathur inaugurated the event, with proceeds from a 140-liter stew sale supporting the foundation.

**"ABILITY REDEFINE BY ILU FOUNDATION"  
AND  
"GARBAGE FREE KERALA"**

**SPEAKERS:**



**Dr. Rafeeq Ali KP**  
ENT Surgeon,  
Manjeri Medical College  
Chairman ILU Foundation



**Puthusseri Anees**  
Young Professional  
Suchitwa Mission

<b>DATE</b> 08 Tuesday	<b>TIME</b> 11:00 am	<b>Venue</b> AC Seminar Hall
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**KAHM UNITY WOMENS COLLEGE, MANJERI**  
 NSS UNIT 008&171
 





### 8. Vimukti Against Drugs Workshop

NSS units 008 & 171 played a key role in a one-day workshop by the Kerala Excise Department and Vimukti Mission to combat drug abuse. The event, held at Manjeri Press Club, saw MLA U.A. Lathif and local leaders discuss strategies to create a drug-free community







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## 9. Observance of Sexual Harassment Prevention Week

NSS observed Sexual Harassment Prevention Week, featuring sessions by Dr. Jyothi P. and discussions on fostering safe work environments. The event aimed to raise awareness and promote adherence to the Sexual Harassment Act.





## 10. Anappara Trekking: Exploring Nature's Marvel

As part of a 7-day NSS camp, volunteers explored the scenic beauty of Anappara, a location known for its rock formations resembling elephants. This trek served not only as an adventure but also as an environmental effort to promote conservation and raise awareness about pollution reduction, reflecting the volunteers' dedication to preserving natural spaces.







## 11. Intensive Voter Awareness Programme

KAHM Unity Women's College hosted a Voter Awareness Programme on March 19, 2024, organized by NSS Units 171 & 008 and the Electoral Literacy Club. Key speakers, including Abdul Asees and Habeeb Rahman, educated students on the electoral process. The event fostered civic responsibility among students, encouraging informed and active participation in democratic processes.

**NEHRU YUVA KENDRA MALAPPURAM**  
 AREEKODE BLOCK LEVEL  
**INTENSIVE VOTER AWARENESS PROGRAMME**  
 @KAHM UNITY WOMEN'S COLLEGE, MANJERI  
 ON 19/03/2024 - 10.30 AM

**presentation of subject :**

1. ABDUL ASEES .M  
 ( ഡെപ്യൂട്ടി തഹസീൽദാർ & ELC നോഡൽ ഓഫീസർ )
2. HABEEB RAHMAN  
 ( Record Attender & ELC നോഡൽ ഓഫീസർ )



NSS UNIT 171 & 008 & Electoral Literacy Club  
 KAHM UNITY WOMEN'S COLLEGE MANJERI

**NEHRU YUVA KENDRA MALAPPURAM**  
 AREEKODE BLOCK LEVEL  
**INTENSIVE VOTER AWARENESS PROGRAM**  
 ON 19/03/2024 -10.30 AM  
 @K.A.H.M. UNITY WOMEN'S COLLEGE, MANJERI.

**Presentation of Subject**  
 1. അബ്ദുൾ അസീസ് ഫറൂഖ്  
 ( ഡെപ്യൂട്ടി തഹസീൽദാർ & ELC നോഡൽ ഓഫീസർ )  
 2. ഹബീബ് റഹ്മാൻ  
 (Record Attender & ELC നോഡൽ ഓഫീസർ )

**In Association with Eranad Taluk Election Vibhagam & NSS Units: K.A.H.M.Women's College, Manjeri.**







## 12. Counselling Services

Since 2019, the Department of Psychology at KAHM Unity Women's College has provided dedicated counselling services to support student mental well-being. Offered by experienced faculty, these services are available on days when the Jeevani project is inactive, ensuring continuous support. In the 2023-2024 academic year, seven students benefited from these sessions, showcasing the department's commitment to mental health.

## 13. Mind Mazes: Exploring Personality Disorders

In order to provide an insightful exploration into various personality disorders, their manifestations, and their impact on individuals' lives an interactive was done with college students on November 14, 2023. Now a days relationship issues are common, especially partner with narcissistic personality traits causing toxicity. The session commenced with an engaging introduction to the concept of personality disorders, emphasizing the importance of recognizing and understanding these disorders within the context of mental health. Attendees were encouraged to participate actively through discussions and interactive exercises aimed at enhancing comprehension and empathy. The session delved into specific personality disorders such as borderline personality disorder, narcissistic personality disorder, antisocial personality disorder, and others. Through case studies and real-life examples, attendees gained insights into the characteristics and behavioral patterns associated with each disorder. The session concluded with a review of available support services and resources for individuals affected by personality disorders, as



well as strategies for promoting mental well-being and seeking professional assistance. Jeevani counsellor Mrs. Muheena Thasneem KT handled the session and 32 students participated.







## 14. Flash Talk ; Talk to the Moment

Sl. No	Name of the Activity	Date	No of Participants
1.	Flash talk; talk to the moment. episode 1 of 2023-24, was held on 31 <sup>st</sup> July 2023 at 01:00pm. The program started by the welcome speech of Fathima Thesni. For the talk there were two speakers to address the Manipur issues. The session enlightened the students with a thorough idea about the sufferings, human rights violations and atrocities faced by the Manipuri women and the conditions of these deprived community in India. IRFANA NK and Mubeena AM of V Sem BSc Chemistry were the speakers of the day.	<b>31 July 2023</b>	<b>60</b>  <b>Scope: - Address the cross-cutting issues like human values and human rights Criterion I.</b>
2.	Meeting of members and selection of new office bearers for 23-24	8 December 2023	45
3.	A new episode of Flash Talk, an IQAC initiative for awareness on cross cutting issues under the Hone Your Leadership Club (HYL), was held on 13 December 2023 at 01:00pm. It was an open-air panel discussion cum students' speeches on various human rights violations that are happening in the global scale. The event was held at the Azadi Square. The session was conducted in connection with world Human Rights Day (December 10) observation. There were five panellists among whom three speakers were students from different programmes.  There were sessions on Gaza genocide, human rights violations against women in general and the conditions of the	<b>13 December 2023</b>	<b>65</b>  <b>Scope: - Address the cross-cutting issue like , human values and human rights Criterion I.</b>



<p>deprived communities. The moderators were Mubeena and Irfana, students from 6th Sem BSc Chemistry. Ms. Omniyah from III sem BSc Chemistry, Ms. Raniya from 1 Sem BA English and Ms. Muskina from 1st Sem BA History were the student panellists. There were two faculty panellists as Dr. Shahina Mol, Head of the department of English and Dr. Hikmathulla V., Head of the department of Malayalam. Manager O AbdulAli sir and Shahana from III Sem BSc Chemistry conveyed their views about the topics.</p>		
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### 15.A New Episode of Flash Talk

#### 1. Human Rights violations – Manipur







**Korambayil Ahamed Haji Memorial Unity Women's college, Manjeri**  
 An IQAC initiative

**WOMEN LEADERSHIP CLUB**

**Flash Talk -5**  
 TALK TO THE MOMENT

OPEN DISCUSSION ON

**Human rights violations**

Moderators:- Mubeena & Irfana  
 6TH SEM BSC CHEMISTRY

Speakers :-

 <b>Omniyah</b> 3RD SEM BSC CHEMISTRY (Human rights violations against women)	 <b>Muskina</b> 3RD SEM BA HISTORY (Gazan genocide)	 <b>Raniya</b> 3RD SEM BA ENGLISH (Human rights violations against minorities)
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Panelists:-

 <b>Dr. Hikmathulla</b> HEAD OF THE DEPARTMENT OF MALAYALAM	 <b>Dr. Shahina mol</b> HEAD OF THE DEPARTMENT OF ENGLISH
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All are welcome...

@ AZADI SQUARE  
 13-12-2023  
 1:00 PM



GPS Map Camera

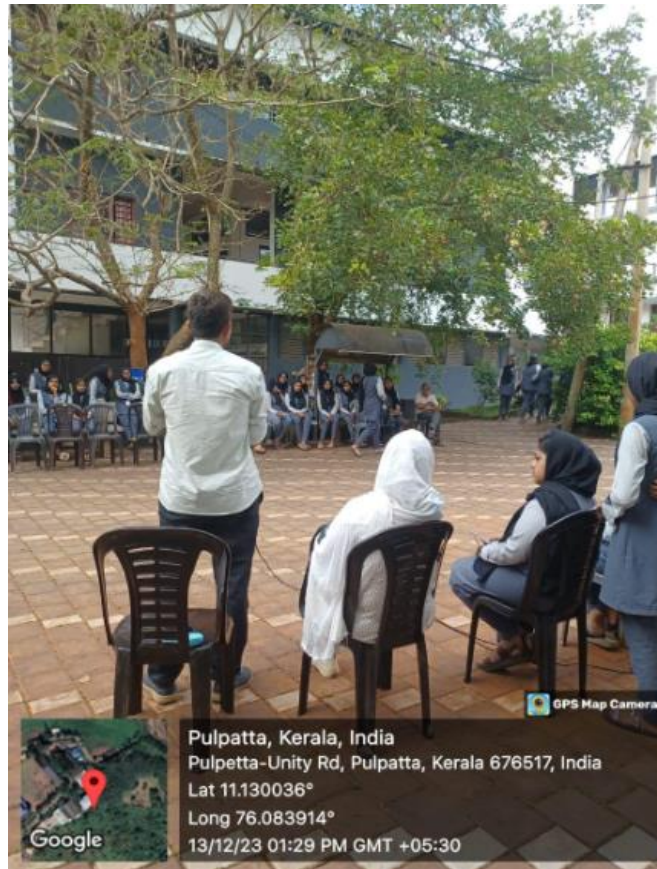
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 Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri





## 16. Transforming Education Through Volunteerism: School Wall Painting

NSS volunteers from Unity College rejuvenated classrooms at A.M.U.P. School in Mullampara by painting the walls during a 7-day camp. Their efforts not only beautified the school but also created an inspiring learning environment, showcasing the impact of volunteerism in enhancing the educational experience for young students.







## 17. Insights a Peek into the World of Blindness

On August 18, 2023, the PG Department of Commerce and the NSS Unit at KAHM Unity Women's College hosted "InSights: A Peek into the World of Blindness." The event, inaugurated by Principal Dr. Muhammad Basheer Ummathur, featured a keynote address by IT trainer Mr. Shihabudheen KT, who highlighted the empowerment of visually impaired individuals through technology. A key outcome was the decision to create audio books for the visually challenged, reflecting the college's commitment to inclusivity and social responsibility. The program promoted awareness, empathy, and inclusivity among participants.

The poster is for an event titled "InSights: A Peek into the World of Blindness" organized by the PG Department of Commerce and the National Service Scheme (NSS) at KAHM Unity Women's College, Manjeri. The event is scheduled for August 18, 2023, at 2:00 PM in the A/C Seminar Hall. The resource person is Mr. Shihabudheen KT, an IT Trainer for Visually Challenged. The staff coordinators are Mr. Yaser Yaseen.P (Assistant professor, Dep of commerce) and Dr. Hikamthulla.V (NSS programme officer). The student coordinators are Rifna.C (3rd Sem Bcom.CA) and Dilshana (3rd Sem Bsc.FCS).

**KAHM UNITY WOMEN'S COLLEGE, MANJERI**  
PG DEPARTMENT OF COMMERCE  
&  
NATIONAL SERVICE SCHEME (171,008)

# InSights

A Peek Into The World Of Blindness

Resource Person

**Mr. SHIHABUDEEN KT**  
(IT Trainer for Visually Challenged)

**18/08/2023**  
**2:00 PM**  
**A/C SEMINAR HALL**

**STAFF COORDINATORS**  
Mr. Yaser Yaseen.P  
(Assistant professor, Dep of commerce )  
Dr. Hikamthulla.V  
(NSS programme officer)

**STUDENT COORDINATORS**  
Rifna.C (3rd Sem Bcom.CA)  
Dilshana (3rd Sem Bsc.FCS)





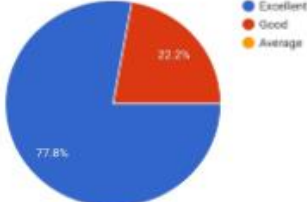
## 18. Public Service Club Membership and Online Classes

1.Name of the programme	PUBLIC SERVICE CLUB MEMBERSHIP AND ONLINE CLASSES
2.Aim, Objectives, and Scope of the programme	<p>The collaboration between KAHM Unity College and KAS Mentor aims to achieve the following objectives:</p> <ul style="list-style-type: none"><li>• To help students prepare for PSC/SSC exams through online coaching</li><li>• To provide an opportunity for final year UG and PG students to enhance their career prospects</li><li>• To create a platform for students to interact with mentors and peers</li><li>• To ensure that students are well-equipped with the necessary knowledge and skills to succeed in these exams</li></ul> <p>The collaboration is open to all final year UG and PG students of various programmes in KAHM Unity College. Fifty-two students from the college have become part of the club, which offers online coaching for PSC/SSC exams.</p>
3.Name of the coordinator/organizing secretary	Sangeeta K, CGC Coordinator
4.Date of programme	Start date is 10/09/2023
5.Mode of the programme(offline/online)	ONLINE
6.Total number of attendees/participants	60








7.Organizing body	KAS Academy, Thiruvananthapuram & CGC, KAHM UWC								
8.Organizing committee members	Dr. Jyothi P Mr. Shabeermon. M Ms. M. K. Vineetha Dr. Usman A Mr. Sidhique P Dr. Bajeel P								
9.Students' involvement in organizing the programme	Since the programme was organized by KAS academy, students' involvement was minimal in the organizing side. Anyhow, they have took an active role in sharing the resources received among peer groups.								
10.Detailed report of the programme	KAHM Unity Women's College, in collaboration with KAS Mentor, Thiruvananthapuram offered online coaching for PSC/SSC exams by being part of the Public Service Club Venture of the academy. Classes were provided through the Public Service Clubs App for final year UG and PG students of various programmes in the college. Sixty students from the college have become part of the club. Online classes as per the schedule was conducted on every Sundays.								
11.Feedback of the programme	Students have appreciated the opportunity to receive online coaching and interact with mentors and peers. They also mentioned that the Public Service Clubs App is user-friendly and has helped them prepare for PSC/SSC exams more effectively.								
12.Feedback analysis	<p style="text-align: center;">How do you rate the classes given by KAS Mentor? <span style="float: right;">Copy</span></p> <p style="text-align: center;">18 responses</p>  <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Rating</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td>77.8%</td> </tr> <tr> <td>Good</td> <td>22.2%</td> </tr> <tr> <td>Average</td> <td>0%</td> </tr> </tbody> </table>	Rating	Percentage	Excellent	77.8%	Good	22.2%	Average	0%
Rating	Percentage								
Excellent	77.8%								
Good	22.2%								
Average	0%								





<p>13.Outcome, Evaluation, and results of the programme</p>	<p>The collaboration has had several positive outcomes, including:</p> <ul style="list-style-type: none"> <li>• Increased awareness among students about the importance of PSC/SSC exams</li> <li>• Improved preparation of students for these exams through online coaching</li> <li>• Greater interaction between students, mentors, and peers, which has helped create a supportive learning environment</li> <li>• Enhanced career prospects for students who succeed in these exams</li> </ul> <p>The success of students in competitive exams will be a key indicator of the success of the collaboration between KAHM Unity College and KAS Mentor, Thiruvananthapuram.</p>
<p>14.Signature of the organizing secretary</p>	



  
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**Public Service Club Monthly Report – January 2024**  
 Unity Women's College Manjeri, Malappuram

**Executive Summary**  
 Dear Members and Supporters,

In January 2024, the K.A.S Mentor-supported Public Service Club continued its mission to promote community development and support public service aspirants in Kerala. This report highlights the key activities and achievements during the month.

**Completed Sessions and Programs**

- 14/01/2024 - Indian Constitution Session by Mr. Anoop K (SME, K.A.S. Mentor)
- 21/01/2024 - English Session by Ms. Athira (Educator, K.A.S. Mentor)
- 28/01/2024 - Mathematics Session by Mr. Vishnu (Educator, K.A.S. Mentor)

**Upcoming Sessions and Programs**

We are excited to present the following upcoming sessions and programs for the students of the Public Service Club. Please note that the list provided is not exhaustive. We are actively planning and preparing for more interesting and helpful sessions and programs in the future. These sessions are designed to further empower our members and provide valuable insights and knowledge.



**Public Service Club Monthly Report – February 2024**  
 Unity Women's College Manjeri, Malappuram

**Executive Summary**  
 Dear Members and Supporters,

In February 2024, the K.A.S Mentor-supported Public Service Club continued its mission to promote community development and support public service aspirants in Kerala. This report highlights the key activities and achievements during the month.

**Completed Sessions and Programs**

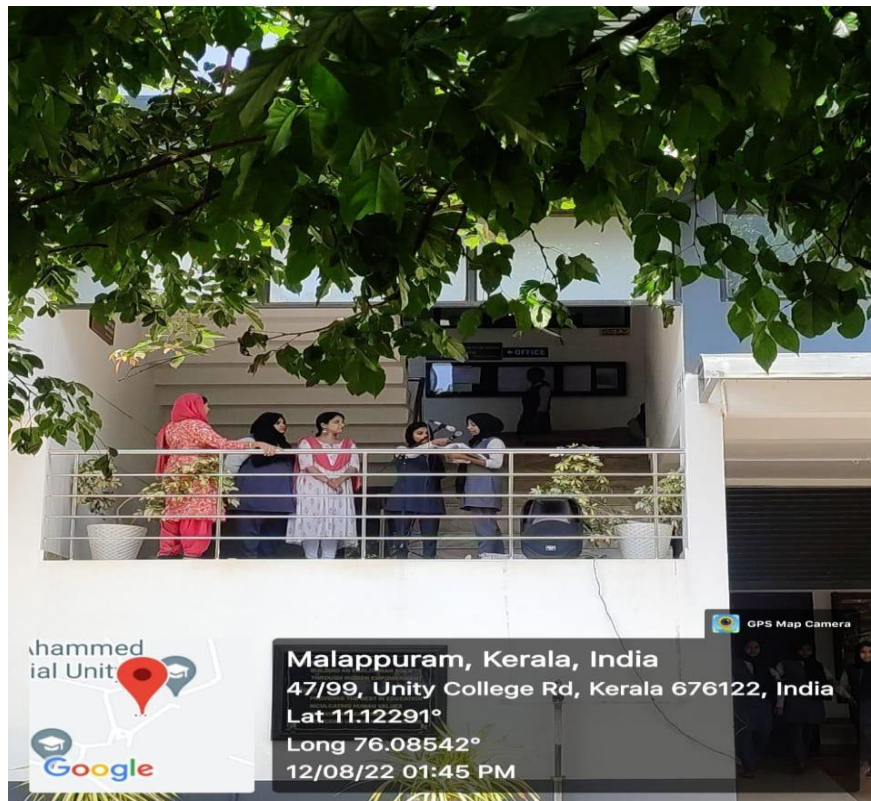
- 04/02/2024 - Science and Technology session by Mr. Anoop K (SME, K.A.S. Mentor)
- 11/02/2024 - Economics Session by Mr. Haris Nambud (SME, K.A.S. Mentor)
- 18/02/2024 - Science and Technology session by Mr. Anoop K (SME, K.A.S. Mentor)



2022-2023

## 19. Voices of Unity

In order to disseminate knowledge and support the students to improve their communication and presentation skills, Women Cell of the college restarted Campus radio, “Voice of Unity”. Voice of Unity was launched as a part of the Independence Day celebrations with the caption, “Voice of Freedom” on 12<sup>th</sup> August 2022 at 1.30 pm. The broadcast is scheduled on every Friday. Department of English hosted the inaugural programme and the Team of Department of Commerce took the charge of transmission on 19<sup>th</sup> August 2022.



### Objectives and Outcome

Preparing a podcast for radio involves adapting the podcast content and format to suit the radio medium. The objective of preparing a podcast for radio is to create an engaging and compelling radio program that captures the attention of the radio audience and delivers a meaningful listening experience. The





outcome of this process is to successfully transmit the podcast content through radio channels, reaching a wider audience and potentially attracting new listeners to the podcast.

Here are some specific objectives and outcomes to consider when preparing a podcast for radio:

Objective: Enhance the audio quality and production value. Outcome: Improve the overall sound quality and clarity of the podcast episodes, ensuring that it meets the broadcasting standards of radio. This may involve editing, mixing, and mastering the audio, removing any background noise or distractions, and using professional equipment to achieve a polished result.

Objective: Adapt the podcast format for radio programming. Outcome: Restructure the podcast episodes to fit within a specific time slot or program schedule. This may involve condensing or splitting longer podcast episodes to fit the radio's time constraints, ensuring a smooth transition between segments, and incorporating jingles, intros, and outros that align with the radio station's branding.

Objective: Consider the target audience and radio station's preferences. Outcome: Tailor the podcast content and style to resonate with the radio station's target audience. This could involve adjusting the language, tone, and delivery style to match the radio station's demographic and programming preferences. Adapting the content to address local or timely topics can also help connect with the radio audience.

Objective: Integrate interactive elements and listener engagement. Outcome: Incorporate interactive segments, interviews, or call-ins that encourage listener participation and engagement. This can create a more dynamic and interactive experience for the radio audience, fostering a sense of community and increasing their involvement with the podcast content.

Objective: Promote the podcast and cross-promotion opportunities. Outcome: Leverage the radio platform to promote the podcast and increase its visibility. This can involve mentioning the podcast's name, providing information about how listeners can access and subscribe to it, and creating opportunities for cross-promotion between the radio station and the podcast, such as featuring radio personalities as guests on the podcast or vice versa.

By preparing a podcast for radio with these objectives in mind, the outcome is a compelling radio program that effectively delivers the podcast's content to a wider audience, increases engagement, and potentially attracts new listeners to the podcast.



With a perspective to voice student expressions, the Campus radio programmes are broadcasted every week. Department of Chemistry hosted the programmes in October 2022. Ms. Sumi, Ms. Sherin Alipra and Ms. Fahira presented the programmes.



## 20.Pre-marital Counselling

Women Cell of the college supported Manjeri Municipality to conduct a Pre-marital Counselling session held at the Municipal Council Hall on 22 January 2023 at 10 am. 76 students of the college and Ms Nayana, faculty member of the Department of English, attended the event. Mrs. V. M. Subaida, the Chairperson, Manjeri Municipality inaugurated the programme and Mr. Lukman Areekode handled the session.







## Programme Report

1.Name of the programme	Premarital Counselling
2.Aim, Objectives, and Scope of the programme	To enable the students to face the complexities of marriage with confidence. To help the students to know about their body and their mind To support the student to lead a peaceful and healthy marital relationship
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	22 January 2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	75
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Women Cell of the college supported Manjeri Municipality to conduct a Pre-marital Counselling session held at the Municipal Council Hall on 22 January 2023 at 10 am. 76 students of the college and Ms Nayana, faculty member of the Department of English, attended the event. Mrs. V.





	M. Subaida, the Chairperson, Manjeri Municipality inaugurated the programme and Mr. Lukman Areekode handled the session.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	<p>Premarital counselling are meant to make women think. Only empowered women can make choices. This enabled women at Unity to make informed choices. Other outcomes include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Improved communication: Couples who engage in premarital counseling often report improved communication skills, leading to a greater understanding and connection with each other.</li> <li><input type="checkbox"/> Stronger conflict resolution skills: Counseling equips couples with effective strategies for addressing conflicts and solving problems together, reducing the likelihood of persistent and escalating conflicts in the future.</li> <li><input type="checkbox"/> Increased relationship satisfaction: Through the counseling process, couples can gain insights into their relationship dynamics, identify areas of growth, and work towards strengthening their bond. This can lead to increased relationship satisfaction and happiness.</li> <li><input type="checkbox"/> Prevention of future problems: Premarital counseling can help couples identify potential areas of conflict or disagreement early on and develop strategies to address them proactively. By addressing these issues before marriage, couples</li> </ul>





	<p>can reduce the likelihood of future relationship problems or crises.</p> <p>□ Enhanced commitment and readiness for marriage: Engaging in premarital counselling shows a commitment to investing in the relationship and preparing for the challenges of marriage. It can enhance the couple's readiness to navigate the complexities of married life and increase their confidence in their decision to marry.</p>
14. Signature of the organizing secretary	

## 21. Anti-dowry Campaign

Under the initiative of the Women Cell of the college, the students took part in the Anti-dowry Campaign on 28<sup>th</sup> November 2022. As a part of creating awareness against the evil practice of dowry, the students took an oath that they would neither offer nor accept dowry.





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The objective of an anti-dowry pledge is to combat the social practice of dowry, which is the giving of gifts, property, or money from the bride's family to the groom's family at the time of marriage. Dowry practices can lead to financial burdens, exploitation, and various forms of abuse against women and their families. By taking an anti-dowry pledge, individuals commit to refusing and discouraging the acceptance or exchange of dowry during marriages.

The primary objectives of an anti-dowry pledge are:

**Promoting gender equality:** Dowry practices reinforce traditional gender roles and contribute to the subordination of women. By rejecting dowry, the pledge aims to promote equal treatment and respect for women in marriage.

**Empowering women:** The pledge encourages women and their families to stand against the pressure to give dowry, empowering them to assert their rights and maintain their dignity.

**Combating financial exploitation:** Dowry demands can place a significant financial burden on the bride's family, leading to economic hardship and debt. The pledge aims to alleviate the financial strain on families and prevent exploitation.

**Raising awareness:** Taking the pledge helps raise awareness about the negative impacts of dowry and promotes discussions around gender-based discrimination and violence.

**Challenging societal norms:** The pledge challenges deeply entrenched societal norms and expectations related to dowry, encouraging individuals to question and reject these practices.

The expected outcomes of an anti-dowry pledge include:

**Reduction in dowry-related violence:** By refusing to accept or demand dowry, the pledge contributes to reducing instances of domestic violence, harassment, and abuse that may occur when dowry expectations are not met.

**Economic empowerment:** Families are relieved from the financial burden of dowry, allowing them to invest their resources in education, healthcare, and other productive activities. This contributes to the overall empowerment of women and their families.







Change in societal attitudes: Taking the pledge can influence wider societal attitudes towards dowry, challenging the social acceptance of this practice and encouraging a more egalitarian view of marriage.

Enhanced legal protection: Anti-dowry pledges can create awareness about existing legal protections against dowry and support efforts to enforce laws that criminalize dowry-related offenses.

Promotion of alternative marriage practices: The pledge encourages individuals to explore alternative marriage practices that prioritize love, respect, and equal partnership rather than material exchange.

**2021-2022**

**22.Audio Book for Blind**

.NSS unit of K. A. H. M Unity Women's College, Manjeri has given new life to those who have difficulty with sight by giving audiobooks on 13/09/2021. They have given Ability Urava Talking Book to the College Library as a token of love. The programme was well received and appreciated by the management.





### 23.Cancer Awareness Programme

Women Cell of K. A. H. M Unity Women's College conducted a Cancer Awareness Programme on 2/10/2022 at 7 pm via Google Meet. Dr Nowfira explained in detail the early symptoms and the signs that students must watch for to stay safe or to approach a doctor in case the symptoms turn out positive. She taught them the ways of self-examination of their breasts and informed them of the importance of regular checkups after 40 years.

The poster features the college logo on the left and a pink ribbon symbol. The central text reads: "Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri in association with The Kerala State Women's Development Corporation Limited". The main theme is "RAISING AWARENESS AND UNDERSTANDING OF BREAST CANCER". It mentions "BREAST CANCER AWARENESS MONTH" and "181" (likely referring to the 181st day of the year). The event details are: "23 October 2021 at 7 pm, Platform: Google Meet". The speaker is "Dr Noufira V. S., MBBS, MD Radiation Oncology". Contact information: "For more details: contact: Ms. M. K. Vineetha (+91 90489 11221)".



*[Signature]*  
 PRINCIPAL  
 Korambayil Ahamed Haji  
 Memorial Unity Women's  
 College, Manjeri





2020-2021

## 24 . COVID-19 Support Line

The counselling cell established a dedicated helpline to provide immediate support for COVID-19 related anxieties and concerns. 20 calls received during the Covid period. The Common issues were fear of contracting the virus, grief due to loss of loved ones, and financial stress.

## 25. Electoral Literacy Club (ELC)

**ELC helps** offer sensitization on electoral rights and the procedure. It offers various programmes to orient and train our students to the functioning of the democratic system in addition to the mandatory college union election conducted every year.

Awareness Programme on The Importance Of Electoral ID Card

Given the social responsibility vested upon every citizen to cast the vote it is important to develop a community with electoral literacy. With the same motive, the Electoral Literacy Club of the institution organized an awareness programme on the importance of Electoral ID cards, "It Is Not Just A Card", on 7<sup>th</sup> January, 2021. Advocate Ismayil led the session. The fundamental rights of citizens and the procedure of election and the importance of Electoral ID cards were discussed in the session. The session also explained the procedure by which one can obtain an Electoral ID card. 80 students participated in the programme and actively participated in the interactive session which followed.





  
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**2019-2020**

## **26. Study Tour to Ramakkal Medu**

On 22<sup>nd</sup> November 2019, the Tourism Club organized a Study Tour to Ramakkal Medu in Idukki and Cumbum in Tamil Nadu, with 43 students and five faculty members. The tour aimed to enhance students' understanding of regional geography, culture, and tourism's role in development through experiential learning. Participants explored the history, ecology, and tourism potential of these areas.











## 27.VR Show 2020

On 19<sup>th</sup> February 2020, the Tourism Club of KAHM Unity Women's College organized the "VR Show 2020" Tourism Promotion Programme. The event highlighted aviation career opportunities, the importance of specialized courses, and fostered collaboration between education and industry. Key speakers included aviation experts who discussed future opportunities in the sector, with the programme inaugurated by Mr. Shoban P.V., Secretary of AAEU, Calicut International Airport.







## 28. Interview with Handicapped Women Entrepreneurs

An interview was conducted with five differently abled women entrepreneurs on Tuesday 21<sup>st</sup> January 2020 at 11:00 am at Fly Wheels, Melakkam, Manjeri. The interview was conducted by 6 ED club members, Swabira P, Sulhasana V, Fathima Nubla, Ridha Fathima, Shahbanu P.T, Thasliya. The interviewees were 5 differently abled owners of the enterprise Fly wheels of Melakkam which is a wholesale and retail garments shop.







## 29. Inspira 2.0

The PG Department of Commerce at KAHM Unity Women's College held its second Inter College Management Meet, Inspira 2.0, on October 10, 2019, featuring events like Best Manager, Business Quiz, and Treasure Hunt. Over 500 students participated, and prizes were awarded during the valedictory ceremony.





### 30. Taekwondo and Aerobics Club



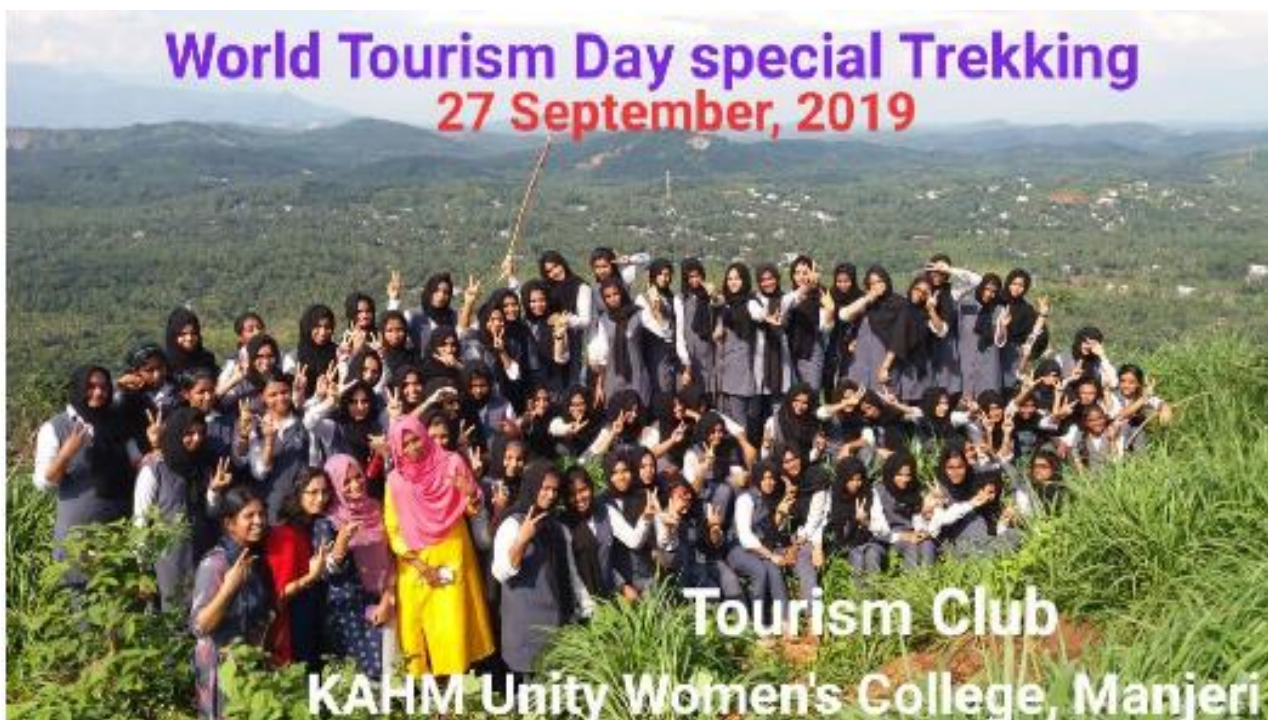
### 31. Open Forum Discussion





## 32. Mountain Trekking Program

On 12<sup>th</sup> October 2019, the Tourism Club organized a Mountain Trekking program with 81 students and seven faculty members from various departments. The event promoted physical fitness, teamwork, and environmental conservation, while fostering leadership and problem-solving skills. Participants enjoyed connecting with nature and learning about sustainable travel practices.









### 33. Tie Up with FM Manjeri



### 34. Developing Confidence in Young Ladies as a part of Corporate Social responsibility







### 35. SAARADHYA-2K19

NSS Secretaries attended two days Leaders Activation Workshop organized by NSS Malappuram district coordination committee at Amal college and advanced studies Nilambur on 12-10-19 to 13-10-19.



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