

PG DEPARTMENT OF HOME SCIENCE
KAHM UNITY WOMEN'S COLLEGE, MANJERI
ANNUAL REPORT 2020-2021

INVOLVEMENT IN CURRICULUM DESIGN: UNIVERSITY LEVEL

Mrs. A. S Anitha Begum

- Elected as Home Science Board member (UG & PG) in Calicut University.
- Appointed as board member MG University (UG & PG).
- Elected as academic council member and attended academic council meeting.
- Appointed as University Examination chairperson by the University of Calicut.
- Member in editorial board of Laboratory manual for students of Home Science

Dr. Annie Ninan

- Elected as Home Science Board member (UG & PG) in Calicut University and Kannur University.
- Acted as Home Science doctoral committee chairperson in MG University on 13th August 2020.
- Acted as subject expert in qualifying examination for master's degree on 17/02/2020 & 24/02/2020 in Kerala Agriculture University
- Elected as Home science Board member (UG & PG) in St. Teresa's college Ernakulum, Kerala.

Mrs. N.V Fatimathu Zuhara

- Elected as Home Science Board member (UG & PG) in Calicut University.
- Attended 3 days' workshop on MHRD –TLC online Training Programme on CBCSS- UG Regulations-2019
- Attended Faculty Development Programme on Online Education in HEI's from 13.07.2020 TO 17.07.2020

Ph D Award:

Department faculty Mrs. NV Fatimathu Zuhara was awarded Ph D from The Gandhigram Rural Institute (Deemed to be University), Gandhigram – 624 302, Tamil Nadu, India. Research topic is Prevalence of Type 2 Diabetes and Efficacy of Diabetes Education among Selected Diabetics in Malappuram

PUBLICATIONS:

Book Name: Trends in Sustainable Chemistry

Published by:

Dr. Muhammed Basheer Ummathur, Associate Professor and Head, PG Department of Chemistry, KAHM Unity Women's College, Manjeri

ISBN: 978-93-5457-774-1

- Book Chapter:

Chapter 3: Role of Antioxidants in Human life - Bushaira V

Chapter 6: Food Additives: An overview - Priyanka Pradeep V

Chapter 8: Biopolymers for Food Packaging - Shahla Karuthedath

Chapter 12: Nutrient Drug Interaction - Najma Chokli

- Shahla. K and Dr.Suman, K.T. published an article on “A Comparative Study On Sensory Properties Of Nutribars During Storage” in the International Journal of Applied and Pure Science and Agriculture (IJAPSA), in October 2020

EVENTS ORGANIZED

Demonstration

- **16-11-2020:** A live online demonstration was conducted in collaboration with Nestle “Magic in Minutes” for the department students. Sera Paul, Activation Consultant, Nestle India demonstrated various recipes using magi noodles.

Webinars

- **01-11-2020:** Arranged a webinar in collaboration with IQAC and PG Dept of Home Science to celebrate the formation of state: Kerala Piravi on 1st November 20120. Dr. E R Aneena, Associate Professor, Dept. of Community Science, College of Horticulture, Kerala Agriculture University has acted as resource person and handled the session on the topic “Traditional Foods and Wellness”.

- **16-10-2020:** Department of Home Science conducted a virtual session on ‘Grow, Nourish and Sustain Together’ in celebration of World Food Day. Ms. Linsha Sherin (Alumna 2016-18), Consultant Dietitian, ARMC Perinthalmanna acted as resource person.
- **03-03-2021:** A seminar on marriage laws and the special rights of women was conducted for final year FCS students by Dr. N V Fatimathu Zuhara

Faculty Development Programme

Dept. of Home Science organized a Three-Day International Faculty Development Programme on 21st Century Teaching Skills in collaboration with Alef Complementary Educational Services Ltd, Hong Kong on 27, 28 & 29 July 2020. Resource person was Atiya Bansal, Writer, Teacher and Teacher Trainer, Director of Alef Academy, CEO Alef Complementary Educational Services Ltd, Hong Kong.

Focus of FDP:

Day 1: Teaching Tools: Domains of learning, Bloom’s Taxonomy and Higher Order Thinking Skills

Day 2: Teaching Tools: Critical Thinking, Critical Reading and Metacognitive Skills

Day 3: Creativity- Storytelling Techniques

Competitions

- **10-08-2020:** Conducted National level Lactogogue rich recipe competition for UG and PG students in connection with World Breast Feeding Celebration, 2020. 25 students were participated in the competition. E-Certificates provided to the winners and all the participants. Faculty Coordinators were Ms Shahla K and Bushaira V.
- **29-09-2020:** Conducted State level short video making and E-Infograph making competition in connection with World Heart Day for students. The theme for the competition was “Keep a Healthy Heart Beat”. E-Certificate provided to all the participants. Faculty Coordinator was Priyanka Pradeep and student coordinators were Ms. Rizwana thasni and Ms. Rameesa A M.
- **25-09-2020:** An online quiz was conducted as part of National Nutrition Month Celebration. The theme of the quiz was ‘Importance of Nutrition’. Students from different colleges participated in the quiz. E-Certificate issued to those who scored 60% and above through their Email within a week.

EXTENSION ACTIVITIES

- Dr. Annie Ninan has acted as a resource person and handled the topic ‘Covid 19 Keeping Children Healthy’ on 24 November 2020 organized by Health and wellbeing Club and Library of Kendriya Vidyalaya, Pattom, Thiruvananthapuram in association with Ministry of Information & Broadcasting, Regional Outreach Bureau, Kerala and Lakshadweep Region.
- Dr. Annie Ninan acted as a resource person on a webinar conducted by District Women and Child Development Department, Thiruvananthapuram on 30 September 2020 in association with Ministry of Information & Broadcasting, Regional Outreach Bureau, Kerala and Lakshadweep Region. The topic handled was ‘Importance of Nutrition during Covid 19 Pandemic.’
- Dr. Annie Ninan acted as a resource person on a webinar conducted by ICDS Project Manathwadi Additional on 16 September 2020 in association with Ministry of Information & Broadcasting, Regional Outreach Bureau, Kerala and Lakshadweep Region.
- Mrs. Shahla Karuthedath acted as resource person on a live online awareness class on ‘Health and Wellness’ conducted in association with Lion’s Club for the local people in Koyilandi municipality on 16-08-2020.

BEST PRACTICE

Community service programme- **Pothichoru** is continuing in an appreciable manner. Due to the pandemic situation 2020-2021 the programme was not able to conduct, so that an amount of Rs 6000 was given to the matron of the Shalo Matha Bhavan in order to meet their food expense.

STUDENT PARTICIPATION

- Nine students from third semester and fifth semester classes were attended 5 day online international workshop for students on ‘Essential Study Skills’ organized by the department of English, Commerce and Business Administration of Thassim Beevi Abdul Kader College for Women, Kilakarai on 01-05 June 2020.
- Majidha Nasrin Kadambodan & N.V.Fatimathu Zuhara presented a poster on “Development, Evaluation and Popularisation of Carrot Infused Oil” in International e-Conference on “Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario”, organised by

Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru in association with IITB Remote Centre, Women's Polytechnic College, Puducherry, on 15.06.2020 to 18.06.2020

- Murshida M Ali and Shahla Karuthedath presented a poster on “Development and quality evaluation of passion fruit rind products” in RICERCA 2020-Research and Innovation For Young Minds, August 2020

E-INTERNSHIP

- The students of II M.Sc.Home Science (Nutrition & Dietetics) attended 45 days e-internship programme in ‘Clinical Nutrition’, offered by Institute of Health Intelligence and Research, Nellore. Andhrapradesh under the Health Care Society, Nellore.

CERTIFICATE COURSE CONDUCTED

- A certificate course on Surface ornamentation was organized. 37 students enrolled in this certificate course. The duration of course was 30 hours. Dr. Annie Ninan was the programme coordinator and programme instructor.

PARTICIPATION OF FACULTY MEMBERS IN WEBINARS/FDP/CONFERENCES

- Mrs. Anitha Begum, Dr. Annie Ninan, Dr. N V Fatimathu Zuhara, Mrs. Najma Chokli, Mrs. Bushaira V, Mrs. Shahla Karuthedath and Mrs. Priyanka Pradeep V participated in the National webinar on ‘Paradigm Shift in Home Science Education’ organized by the Home Science Association of India (Kerala Chapter) from the 18th to the 20th of February 2021.
- Mrs.N V Fatimathu Zuhara attended Two Weeks Faculty Development Programme on "Managing Online Classes and Co-Creating Moocs:2.0" and One Week Faculty Development Programme on "Open Source Tools for Research", both organised by TLC, Ramanujan College, University of Delhi & MHRD Pandit Madan Mohan Malaviya, National Mission on Teachers and Teaching, from May 18 - June 03, 2020 and June 08 - June 14, 2020 respectively
- Mrs.N V Fatimathu Zuhara participated in the international webinar on “Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario”, organised by

Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru in association with IITB Remote Centre, Women's Polytechnic College, Puducherry, on 15th -18th June, 2020

- Mrs.N V Fatimathu Zuhara participated in the national webinar on Challenges in Nutraceuticals as Therapeutic agents, organised by Dept. of Home Science, Sri Meenakshi Govt. Arts College for Women (A), Madurai on 29.06.2020
- Dr. Annie Ninan has participated in the National Webinar on 'National Education Policy (NEP): Intent, Implementation & Impact' organized by IQAC, St. Thomas College (Autonomous), Thrissur on 18 August 2020.
- Dr. Annie Ninan has participated in 5-Day National Level Online FDP on Value Added Food Products for Present and Predicted COVID-19 Scenario organized by Dept of Food Science and Nutrition, Nutrition Association and Nutrition Society of India, Coimbatore Chapter from 6th to 10th July 2020
- Mrs.N V Fatimathu Zuhara attended the Fourth JNU Workshop for Empowering Teaching through Online Mode (JNU-WETOM IV) on Going Online: Classroom, Field Work & Research, organised by Jawaharlal Nehru University, New Delhi, India, from July 11-12, 2020
- Mrs.N V Fatimathu Zuhara attended the One-week Faculty Development Programme (FDP) on Online Education in Higher Education Institutions, organised by Kerala State Higher Education Council (KSHEC), Thiruvananthapuram, from 13th to 17th July 2020
- Mrs.N V Fatimathu Zuhara attended the 2 Week Live FDP on "Application of Moodle LMS", organised by Crescent Institute of Science & Technology, Chennai, from July 11-25, 2020
- Mrs.N V Fatimathu Zuhara participated in the webinar on Career Advancement Scheme and UGC Regulations, organised by IQAC, Marthoma College, Chungathara, on 03rd August 2020
- Mrs.N V Fatimathu Zuhara participated in the One-week FDP on "Capacity Building in Drafting Proposals for Funded Research", organised by MHRD-Guru Angad Dev-TLC,

SGTB Khalsa College, University of Delhi, & St. Teresa's College, Ernakulam, on 05-11 October 2020

- Mrs.N V Fatimathu Zuhara participated in the Launch of special interest group of Public Health Nutrition, organised by IDA, India, on 26th November 2020
- Mrs.N V Fatimathu Zuhara participated in the Interactive session on “Collaborative Skills”, organised by Annammal College of Education for Women, Thoothukudi, on 27.11.2020
- The Department faculty members participated in the State Level Seminar on “Intellectual Property Legislation” organized Criterion 3: Research, Innovation and Extension wing of IQAC, KAHM Unity Women's College, Manjeri on 8th February 2021.
- Mrs. Bushaira V attended the ‘orientation of Public Health and Nutrition for online Module on Infant and Young Child Feeding Practices’ organized by the National Institute of Public Cooperation and Child Development, NIPCCD, New Delhi on 21st August 2020.
- The Department Faculty members have participated in the webinar titled the Digitally Transformed Educational Scenario- a Teacher Friendly View organized by the Internal Quality Assurance Cell (IQAC) on 7th August 2020.
- Mrs.N V Fatimathu Zuhara and Ms Shahla Karuthedath participated in the webinar on ‘RDA-2020: The way forward to tackle malnutrition in India conducted in the commemoration of World Food Day, on 19th of October, 2020, organized by the Nutrition Society of India, Mumbai Chapter.
- The Department Faculty members have participated in the international webinar on ‘Pandemic and Resilience: Body Mind and Spirit’ organized by the Internal Quality Assurance Cell (IQAC) of KAHM Unity Women's College, Manjeri on 9th September 2020.
- The Department Faculty members have participated in the webinar titled ‘Culture and Society in Himachal Pradesh’ organized by the EBSB Club on 20th August 2020.
- Dr. Annie Ninan has participated in webinar on Challenges & Opportunities to Improve Dietary Habits in India organized by Indian Dietetic Association, Kerala Chapter.
- Dr. Annie Ninan has participated Two days International Webinar Series on “Age Well” It's Never Too Late!! Organized by PG Dept of Home Science and Community Health

Club in association with NetProFaN and Home Science Association of India, Kerala Chapter.

UNIVERSITY EXAMINATION RESULTS

BSc FAMILY AND COMMUNITY SCIENCE 2020-2021

Number of students								PASS %
Appeared	Passed	A+	A	B+	B	C+	C	
31	24	-	4	-	17	-	3	77%

MSc HOME SCIENCE (NUTRITION & DIETETICS) 2020-2021

Number of students								PASS %
Appeared	Passed	A+	A	B+	B	C+	C	
12	10	-	1	9	-	-	-	84 %

TUTORIAL SYSTEM

BATCH	CLASS TUTOR
B. Sc FCS	
I & II Sem	Dr. Annie Ninan
III & IV Sem	Mrs. N V Fatimathu Zuhara
V & VI Sem	A.S Anitha Begum
M. Sc N&D	
I & II Sem	Ms. Shahla K
III & IV Sem	Ms. Najma Chokli

SQAC

The following members were selected as SQAC members for the year 2020-21

S.NO	NAME	CLASS
1	MAJIDHA NASRIN	II M.Sc.Home Science (Nutrition & Dietetics)
2	RIZWANA THASNI K	I M.Sc.Home Science (Nutrition & Dietetics)
3	INSHI V	III B.Sc. Family & Community Science
4	SHAMEENA C T	II B.Sc. Family & Community Science
5	HASNA M M	II B.Sc. Family & Community Science
6	NITHASHA T	I B.Sc. Family & Community Science
7	FATHIMA RISHA A M	I B.Sc. Family & Community Science

UNITY EDU CARE & SAF

- Ms Anjana T T of III year B Sc Family and Community Science and Rameesa A M of II MSc Home Science (Nutrition & Dietetics) were given the Unity Edu Care -Freeship
- Ms Nima AP of II year B Sc Family and Community Science was given SAF

MERITORIOUS AWARDS TO STUDENTS

Ms Jasla Jasmin of III year B Sc Family and Community Science and Majidha Nasrin Kadambodan of II MSc Home Science (Nutrition & Dietetics) were selected for the Meritorious Award 2020-21

LIST OF TEACHING METHODS ADOPTED

Experiential learning, peer learning, article writing, demonstration, flipped class room, videos, practicals, group discussions.

LIST OF ONLINE PLATFORMS USED

Zoom, Google quiz, gnomio-moodle, Edmodo, google classroom, YouTube video, WhatsApp, Google meet.

STUDENTS PARTICIPATION IN SPORTS

A S Ardra of IInd semester BSc FCS bagged first prize in long jump and second prize in high jump in annual sports meet conducted in KAHM Unity Women's College, Manjeri.

ALUMNI ACTIVITIES

- Contribution of books to the department library by 2014-2017 batch of home science department on 24th February 2021.
- Ms. Linsha Sherin (Alumna 2016-18), Consultant Dietitian, ARMC Perinthalmanna had taken a class on “Grow, Nourish and Sustain Together” held on 16/10/2020 for the alumni of our department in Google meet.
- Ms Fariya Sanam P (2010-2013), Dietitian, Taluk Hospital, Ponnani has acted as a resource person in a webinar conducted as part of Poshan Abhiyan Campaign.