

KAHM UNITY WOMEN'S COLLEGE, MANJERI

DEPARTMENT OF HOME SCIENCE

ANNUAL REPORT

2023-2024

Faculty Participation and Positions in various bodies

Sl. No	Name of Teacher participated	Name of the Body in which Full Time Teacher Participated
1.	A S Anitha Begum	BoS member (Home Science)
2.	Dr. N V Fatimathu Zuhara	Academic Council member
5.	Dr. Annie Ninan	PhD Doctoral Committee member
6.	A S Anitha Begum	Question paper setting (Autonomous University)
7.	Dr. Annie Ninan	Question paper setting (Kannur University)
8.	A S Anitha Begum	Chairperson for the theory and practical examination (BSc Family and Community Science)
9.	Dr. N V Fatimathu Zuhara	Chairperson for the theory and practical examination (MSc Home Science)
10.	A S Anitha Begum	BoS Certificate Course
11.	Dr. Annie Ninan	BoS Certificate Course
12.	Dr. N V Fatimathu Zuhara	BoS Certificate Course
13.	Dr. N V Fatimathu Zuhara	Member of district level mid-day meal programme monitoring committee

- Mrs. A S Anitha Begum, Associate Professor and Head, Dr Annie Ninan, Associate Professor and Dr N V Fatimathu Zuhara, Assistant Professor, Department of Home Science participated in the online workshop on syllabus redesigning as per the FYUGP curriculum framework of the University of Calicut under the Board of Studies in Home Science, conducted on 9th and 10th January 2024.
- Dr Annie Ninan, Associate Professor of Home Science attended the online workshop on syllabus redesigning as per the FYUGP curriculum framework of the University of Kannur under the Board of Studies in Home Science, conducted on 15th and 17th January 2024

Certificate Courses offered by the department during the year

Sl. No	Name of Certificate Course	Course Code	Coordinator	No. of times offered during the year	Duration of the course
1.	Basic Life Support	FCSCC14	Ms. AS Anitha Begum	1	30 Hours
2.	Food Quality Control and Safety Management	FCSCC15	Ms. Bushaira V	1	30 Hours
3.	Microgreens Cultivation	FCSCC15	Ms. Shahla Karuthedath	1	30 Hours

Seminar/Webinar/Workshops Conducted

Sl. No	Webinar Conducted	Topic	Resource Person	Date	No. of Participants	Collaboration
1.	National Webinar	Gourmet to Grocery: The Journey of Food Product Commercialization	Dr A Thahira Banu, Assistant Professor, Dept. of Home Science, Gandhigram Rural Institute-Deemed to be University, Tamil Nadu	05.12.2023	120	-
2.	Webinar	To Know the Industry and Watch Your Role	Ms. Shamna Mohasine, Senior Analyst, Signature Solutions	25.10.2023	36	Signature Solutions; Research, Training and Consultancy, Perinthalmanna

Extension Lectures

Sl. No	Name of the Faculty	Topic Presented	Date	Organized by
1.	Ms. Bushaira V	Biomedical Waste Management and Work Etiquette	27-11-2023	GVHSS for girls, BP Angadi, General Education Department, Government of Kerala.
2.	Ms. Bushaira V	Understanding Defence Mechanism	30-01-2024	Avinashilingam Institute for Home Science and Higher Education, Coimbatore
3.	Ms. Shala Karuthedath	Dietary education, reporting and documentation in dietary department	13-11-2023	GVHSS for girls, BP Angadi, General Education Department, Government of Kerala.
4.	Ms. Loosiya KP	Developmental Milestones' and 'Labour Rules	14-11-2023	GVHSS for girls, BP Angadi, General Education Department, Government of Kerala.
5.	Ms. Shahla Karuthedath	ICDS Preparation	-	C Tune
6.	Ms. Bushaira V	Lifestyle Diseases and its Management	14-01-2024	Sunday Warriors Club, Irikkur, Kannur

HOME SCIENCE INCUBATION AND INNOVATION CENTRE - WORKSHOP ON TOTE BAG CONSTRUCTION

The Innovation and Incubation Center of the Home Science Department organized a workshop on 'Tote Bag Construction' on 20th October 2023. Alumni who have already ventured into the field of tote bag manufacturing are invited to share their experiences, provide mentorship, and offer industry insights to the current generation of students. The resource persons of the workshop were Adithya. K, Anjana.K, Kavya. P, Mridula. P and AS. Hridya of the 2020–2023 batch of BSc FCS, who have already ventured into the field of tote bag manufacturing with a start-up named "Rad Hub". The workshop was inaugurated by the Principal Prof. (Dr.) Muhammed Basheer Ummathur.

FUNCTIONAL MoU

MoU with Aster Mother Hospital, Areacode

COMMUNITY OUTREACH PROGRAMMES

Sl. No	Name of the Activity	No. of Participants	Collaborating Agency/Centre
1.	Community Nutrition Camp	50	Mahila Shikshak Kendra, Nilambur
2.	Pothichoru	80	Shalom Matha Bhavan
3.	Dress Donation Drive	60	Mahila Shikshak Kendra, Nilambur

ASSOCIATION ACTIVITIES

Sl. No	Association Activities	Date
1.	Documentary Show	06-07-2023
2.	Video presentation on ways to save electricity	13-07-2023
3.	Stress Relief Stretches	19-10-2023
4.	Orientation on College Office Protocols	30-11-2023
5.	Eco Fashion Competition	03-08-2023
6.	Freshers Day	21-08-2023
7.	Career Guidance Session by the students	November 2023
8.	Christmas Celebration	December 2022
9.	Debate	18-01-2023
10.	Association Inauguration	23-02-2023

INAUGURATION OF 'HOMSCIZONE' WALL MAGAZINE

The wall magazine "HomScizone" of the PG department of Home Science was inaugurated by the Principal Prof. (Dr.) Muhammed Basheer Ummathur on 13th October 2023.

INAUGURATION OF SANOWAR CORNER

The PG Department of Home Science, Unity College Alumni Association (UCAA) and PTA jointly organised the formal inauguration of the Sanowar Corner at KAHM Unity Women's College in fond memory of late Ms. Sanowar

DETAILS OF STUDENTS WON COMPETITIVE EXAMINATIONS

Sl. No	Name of the Student	Competitive Exam
1.	Areej Mehjabeen Pary	NET
2.	Nusrin K	NET
3.	Sumayya Mahroofa PP	NET
4.	Henna T	NET

ALUMNI ACTIVITIES

1. Workshop on 'Tote Bag Construction' on 20th October 2023 by Adithya. K, Anjana.K, Kavya. P, Mridula. P and AS. Hridya of the 2020–2023 batch of BSc FCS
2. An Alumni Talk on 'Moral Values and It's Importance' on 30th November 2023 at 8.00 pm through Google meet. The talk was delivered by Ms. Busthana M, an alumna of the batch 2010-2013 of B.Sc.
3. An Alumni Talk on 'AI's Role in Transforming Health Care and Nutrition: An Overview' on 31st December 2023 at 7.30 pm through Google meet. The talk was delivered by Ms. Lasna A, an alumna of the batch 2018-2020 of M.Sc. Home Science (Nutrition and Dietetics), who is currently working as Assistant Professor (Adhoc), Dept. of Food Technology, DGM MES (Autonomous) College, Mampad.
4. Alumni interaction on "Higher Education Opportunities in Central University" at Room No B108 on 04th January 2024. The session was handled by Ms. Nusha, Alumna of B. Sc Family and Community Science 2018-2021 batch, who completed M. Sc Food Science and Nutrition from Pondicherry Central University.
5. On Saturday, January 13, 2024, the Department of Home Science organized department wise alumni meet as part of the grand alumni meet, Priyamanu Unity. Twenty alumnae actively participated in the meeting.

6. A Talk on Role of Home Science in Women and Child Development as part of association inauguration by Ms. Rimsy VM, Alumna (Batch 1997-2000) currently working as CDPO, ICDS Wandoor Additional, Malappuram.

CAREER GUIDANCE SESSION ON MEDICAL CODING

A career guidance session on "Career Aspects in Medical Coding' was conducted to the VI semester B Sc Family & Community Science students on 31.01.2024 in room no. B108. Mr. Nishath and Mr. Anwar from Cardea Health Care Solutions, Manjeri, gave an overview of the eligibility, course structure and placement in the medical coding course.

Teacher's Participation in FDPs

Mrs.A S Anitha Begum, Associate Professor and Head, Department of Home Science, attended One Week National level FDP on "NAAC Assessment and Accreditation: Procedures and Processes" from 11.09.2023 to 17.09.2023, organized by ICT Academy, Tamil Nadu.

Teacher's Participation in seminars, webinars, workshops, trainings and Conferences

All faculties participated in various seminars, webinars, workshops, trainings and Conferences

Paper Presentations by the faculties

- Bushaira V, Assistant Professor (Adhoc) and Ms. Shahla Karuthedath, Assistant Professor (Adhoc), Dept. of Home Science presented a paper at Research Convention on the theme of "Holistic Approach to Quality Research" organized by Avinashilingam Institute for Home Science and Higher Education, Coimbatore, Tamilnadu, on 21.01 2024.

DAY CELEBRATIONS

Sl. No	Day Celebrations	Name of the Activity	Date of Programme	No. of Participants
1.	World Blood Donor Day	Awareness Class	15-06-2023	50
2.	International Yoga Day	Demonstration of Yoga	21-06-2023	36
3.	International Day Against Drug Abuse and Illicit Trafficking	Short Film Show	26-06-2023	50
4.	French Fries Day	Earn While Learn Programme	14-07-2023	40

5.	World Breastfeeding Week	Creating Awareness through social media E-Poster Competition Talk on Significance of Breast Feeding	1-7 August 2023	40
6.	Onam Celebration	Programmes	24-08 2023	
7.	National Nutrition Month	Food exhibition, community awareness class, nutria-nastha cooking competition, salad preparation, reel making and quiz	September 2023	
8.	World Mental Health Day	Survey to asses stress among students	10-10-2023	-
9.	World Food Day	Khana Peena food stall, flash mob, eating challenge and treasure hunt	16-10-2023	100
10.	World Diabetes Day Celebration	Display of low GI Foods, Blood sugar testing camp and Diabetic snack preparation competition	14-11-2023	120
11.	World Immunization Day	Awareness class on 'The Importance of Immunization'	November 2023	46
11.	World AIDS Day	Walkathon and Pledge	01-12-2023	75
12.	Christmas Celebration	Cultural Programmes	22-12-2023	110
13.	Cervical Cancer Awareness Month	Seminar on Cervical Cancer	25-01-2024	100

BEST PRACTICES

- Earn While Learn Programme
- Pothichoru
- Diet Clinic
- Peer Learning in Planning Normal & Therapeutic Diets
- Promoting Alumni Entrepreneurs Through Extension Counter - Alumni Entrepreneurs Mela
- PG Thesis Proposal Presentation

Meeting Industrial Experts/ Meeting Academic Experts

- Visit to Tea and Chocolate factory Ooty
- Visit to Trishala Shawl Factory, Kulu, Himachal Pradesh
- Visit to Public Health Foundation of India, Gurgaon, Haryana

CALICUT UNIVERSITY TOP 10 RANKS

B Sc Family Community Science

The students of B Sc Family Community Science 2020-23 batch namely Ms. Mufeeda Mol M, Ms.Nada Musthafa, Ms. Kadheeja Sumin KT, Ms.Liyana PV, Ms.Rizwana Dilna K, Ms.Salma Faba, Ms.Shifna Thenginthodi, Ms.Liyana Abdul Jabbar E, Ms.Risba Shirin K, and Ms.Irfana Syyida KP secured the first top 10 positions in the VI semester B Sc Family Community Science, April 2023 exam conducted by the University of Calicut.

MSc Home Science (Nutrition and Dietetics)

The top ten positions in the final semester Examination of MSc Home Science (Nutrition and Dietetics) conducted in April 2023 was secured by Ms. Rashida Banu PP, Ms. Fathima Shifa KP, Ms. Mubashira P, Ms. Safeeda Sarin KT, Ms. Thasreefa PM., Ms. Raheela Tiba K, Ms. Nihala Binth Nazer, Ms. Shana, Ms. Shirin EK and Ms. Hasna Abdussalam of MSc Home Science (Nutrition and Dietetics) 2020-23 batch.

STUDENTS' ACHIEVEMENTS

- Ms. Majida M and Mrs. Noufiya Thasni C.P., I semester MSc. Home Science (Nutrition and Dietetics) won first and second prizes with cash award in the Inter- College Millet Food Preparation Competition conducted by the Dept. of Nutrition and Dietetics, MES Mampad College on 13/09/2023.

- Ms Shirin, E K, II M Sc Home Science (Nutrition & Dietetics), was the winners of the slogan writing competition held in connection with Van Mahotsav 2023, organised by the department of Botany from 1st to 7th July 2023.

TEACHER'S ACHIEVEMENTS

- On 13th June 2023, Ms. Loosiya. KP, Assistant Professor (Ad hoc), PG Department of Home Science, has been commissioned as ANO with the rank of Lieutenant in NCC. The pipping ceremony was done by Col. CS Sharma SC, the Commanding Officer, in the presence of Sub/Maj Narboo Gailson of 9 (K) Girls Battalion NCC, Kozhikode.
- Ms. Shahla Karuthedath, Assistant Professor (Adhoc) and Dr N V Fatimathu Zuhara, Assistant Professor were the winners of the slogan writing competition held in connection with Van Mahotsav 2023, organised by the department of Botany from 1st to 7th July 2023.

PARENT- TEACHER INTERACTION ON STUDENTS' PROGRESS

The PG Department of Home Science conducted PTA meeting on 02nd October 2023 for V Sem BSc Students.