



Extension Activities

2023-24

1.

Name of the Activity: Parenting tips for adolescence.

Date: 21/11/2023

Details: Jalva U K (Student, second year BSc Psychology) conducted an insightful orientation class for the parents and students of the 7th grade at National English Medium Higher Secondary School, Chemmad, focusing on the theme "Teenage v/s Parents."





2.

Name of the Activity: Life skill training for upper primary students for upper primary students of HMS UP School Thurakkal Manjeri

Date: 29/09/2023

Details: This training program was to empower upper primary students with essential knowledge on body safety, personal boundaries, personal hygiene, puberty education, and bullying prevention.





3.

Name of the Activity: Beyond words navigating effective communication a session for practical skill development

Date: 08/12/2023

Details: To promote a platform for academic and professional discourse in the field of psychology and faculty member Mrs. Hajara delivering the session





4.

Name of the Activity: Invited lecture on “Understanding child psychology and nurturing young minds” at STEP international Montessori Training Institute Manjeri

Date: 14/11/2023

Details: Faculty member Mrs. Fathima Shirin K.A. deliver the class

Step-In
EDUCATIONAL SERVICES

Join Us for a Day of Joy and Learning!
**Children's Day
Celebration**

 *Chief Guest:*
Fathima Shirin KA
Head, Department of Psychology
KAHM Unity Women's College, MANJERI

Topic
Understanding
Child Psychology and
Nurturing Young Minds.

**14th
Nov
2023**
6:30 PM

Step International
Montessori Teacher Training Institute MANJERI
+91 8281 414 678 | +91 7034 112 313

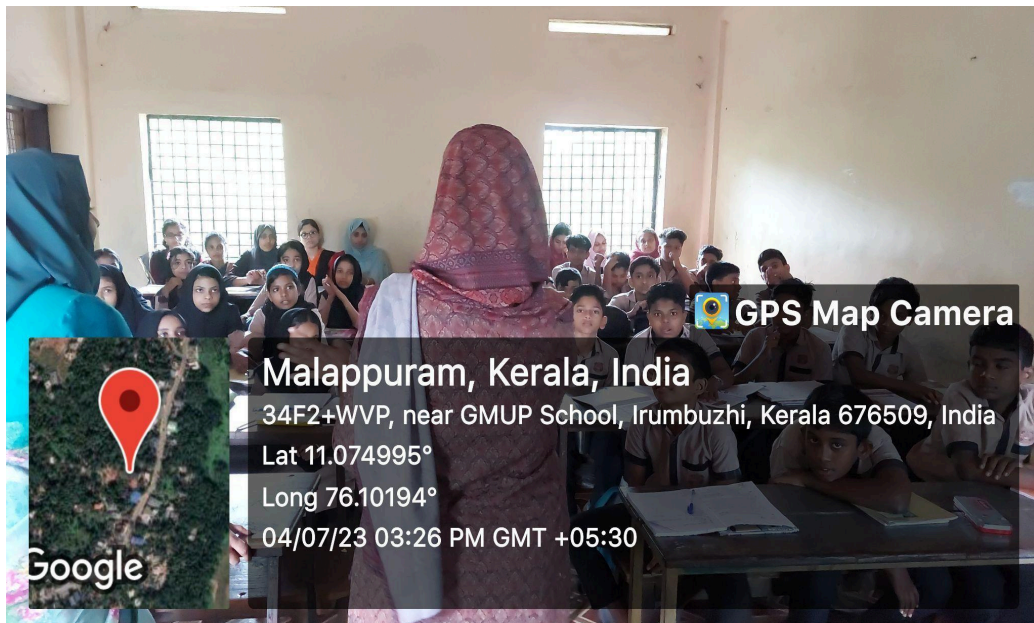


5.

Name of the Activity: Interactive program on Soil-components and pollution at GMUP School, Irumbuzhi- Malappuram.

Date: 04/07/2023

Details: Dr. Faseela interacted with the students of GMUP School, Irumbuzhi,





6.

Name of the Activity: Grow your own microgreens- Production and distribution of microgreens at neighbourhood communities.

Date: 15/08/2023

Details: M.Sc. Botany students distributing Microgreen to Anganwadi





7.

Name of the Activity: Vermicompost harvesting and distribution for Plant Nursery,
Green Gate, Chadikkallu, Manjeri

Date: 18/09/2023

Details: Faculty member Dr. Deepa P. hand overing Vermicompost





8.

Name of the Activity: Sow, Grow, Eat- a community survey on household kitchen gardens at Narukara Panchayath.

Date: 06/03/2024

Details: A community-based survey on household kitchen gardens named, "Sow, Grow, Eat" was conducted by the PG Department of Botany in Ward 47, Narukara,





9.

Name of the Activity: Chemistry of cleansing- Hands on training for *Kudumbasree* Unit on preparation of cleansing agents.

Date: 21/03/2024

Details: M.Sc. students preparing the cleansing agents





10.

Name of the Activity: Papyrus- A paper bag making workshop for students of Nazrath School- Manjeri.

Date: 18/03/2024

Details: student taking class



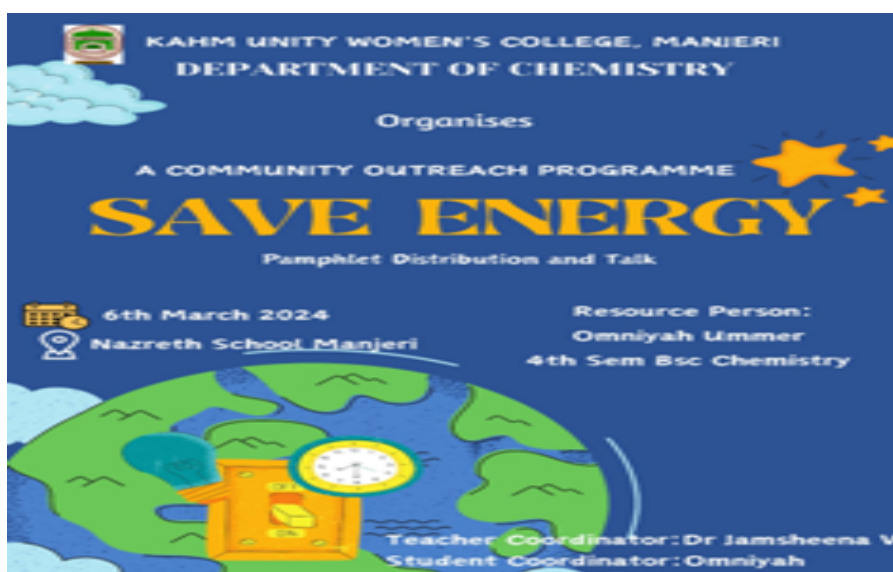


11.

Name of the Activity: Save Energy- Workshop on energy conservation to the students of nearby school (Nazrath School-Manjeri).

Date: 06/03/2024

Details: student taking class





12.

Name of the Activity: Eco pen- Paper Pen making workshop for students of Nazrath School, Manjeri

Date: 15/03/2024

Details: student taking class



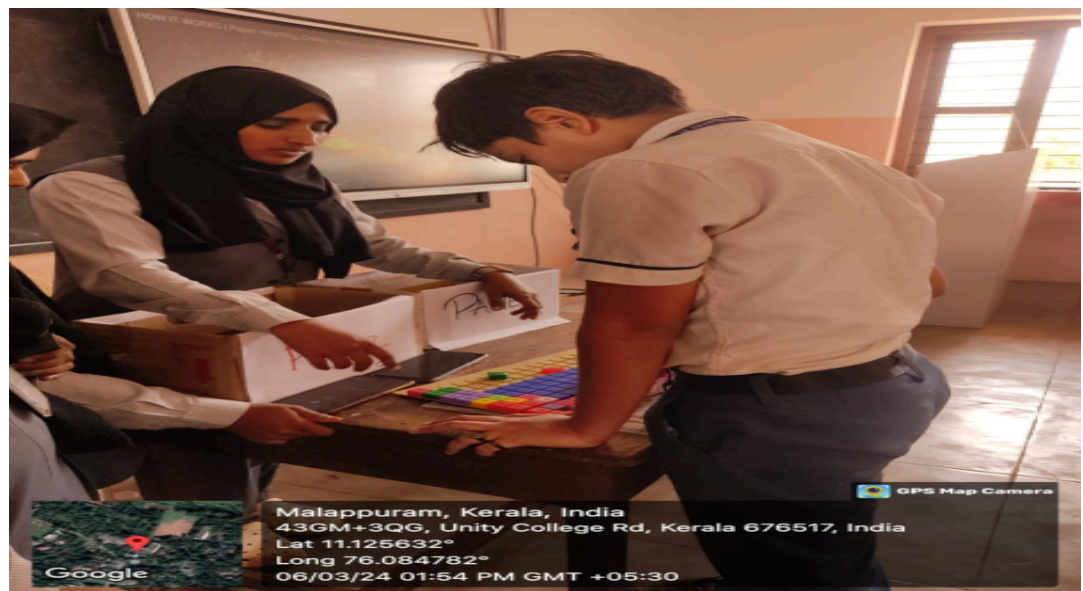


13.

Name of the Activity: A game of elements"- game of periodic table for the students of Nazrath School, Manjeri

Date: 06/03/2024

Details: student showing the game





14.

Name of the Activity: Field survey on Nutritional status and performance of sports persons, among college students

Date: 30/03/2024

Details: Certificate of projects

**PREVALENCE OF OVERWEIGHT AND OBESITY AMONG
TEACHING AND NON-TEACHING STAFF OF UNITY
WOMEN'S COLLEGE, MANJERI**



PROJECT REPORT

Submitted in the partial fulfilment of the requirements of award of bachelor of science
(University of Calicut)

Submitted by

NAYANA.M

Vth Semester BSc Family and Community Science

Reg. No: UTAVSFC034

Under the guidance of

Ms. BUSHAIRA.V

Assistant Professor (Adhoc), Dept of Home Science

Korambayil Ahamed Haji Memorial Unity Women's College Manjeri

March 2024



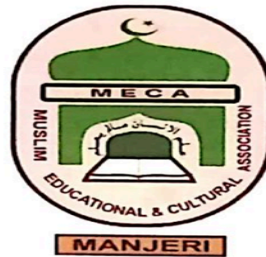
15.

Name of the Activity: Field survey on Nutritional status and performance of sports persons, among college students

Date: 30/03/2024

Details: Certificate of projects

“NUTRITION KNOWLEDGE, ATTITUDE AND DIETARY PRACTICES OF COLLEGE GOING WOMEN”



PROJECT REPORT

Submitted in partial fulfillment of the requirements of
Bachelor of Science in Family and Community Science
(University of Calicut)

Submitted by

SHAIBA T

Reg. No.: UTAVSFC030

Under the guidance of

DR. N V FATIMATHU ZUHARA
Assistant Professor, Department of Home Science

K A H M Unity Women's College, Manjeri
March 2024



16.

Name of the Activity: Field survey on Nutritional status and performance of sports persons, among college students

Date: 30/03/2024

Details: Certificate of projects

**TO ASSESS THE PREVALANCE OF HYPERCHOLESTEROLEMIA
IN MALES AND FEMALES OF MANJERI(30-50yrs)**



Project report

Submitted in partial fulfillment of the
Requirements for Bachelor of Science in
Family and Community Science.
(University of Calicut)

Submitted by
FATHIMA SHERIN.P
Reg. no. UTAVSFC008

Under the guidance of
Mrs. Shahla Karuthedath

KAHM Unity Women's College, Manjeri

March 2024



17.

Name of the Activity: Street play on solidarity to Palestine by theater club at Manjeri town bus stand.

Date: 30/03/2024

Details: Certificate of projects





18.

Name of the Activity: NCC day celebration -visit to Pratheeksha buds special school for the differently abled at Valluvambrum

Date: 27/11/2023

Details: NCC Cadets visiting





19.

Name of the Activity: Palliative care day program- Fund collection for people with life threatening illness.

Date: 15/01/2024

Details: NCC Cadets visiting





20.

Name of the Activity: Palliative care day program- Fund collection for people with life threatening illness.

Date: 13/06/2023

Details: As part of the Hastham Palliative Care Project by Manjeri Municipality, five NCC Cadets participated in the dialysis kit distribution conducted at Hastham Office, Manjeri Municipality, on June 13, 2023.





Name of the Activity: Swachh Bharat mission rally for Clean Manjeri, Green Manjeri project

Date: 16/09/2023

Details: As a part of Indian Swachhata League - Season 2, Manjeri Municipality conducted a rally, Swachh Bharat Mission (Urban 2.0) with the theme of 'Youth vs. Garbage' and 'Clean Manjeri, Green Manjeri' on 16th Sep 2023





22.

Name of the Activity: Blood donation at Manjeri Medical College

Date: 14/03/2023

Details: NCC units of the college conducted blood donation drives for Govt. Medical College, Manjeri. Select cadets donated blood to the blood bank.





23.

Name of the Activity: Ek Ghanta Ek Tarikh- A cleaning project at neighbourhood in connection with Gandhi Jayathi

Date: 01/10/2024

Details: Cleaning our surroundings on Gandhi Jayanti is a wonderful way to honor Mahatma Gandhi's principles of cleanliness and self-sufficiency





24.

Name of the Activity: *Akashayathra* (Flight trip) fund collection for students of *Pratheeksha Buds* special school at Pookottoor grama panchayath.

Date: 15/10/2024

Details The NCC Army Wing of KAHM Unity Women's College, Manjeri collected 20 thousand rupees to fulfill the dream of differently abled children- "Akasha Yatra" of Pratheeksha Buds Special School under Pookottoor Grama Panchayath.





25

Name of the Activity: *Sparsham*- An old age palliative care program in collaboration with *Hashtam*, Manjeri.

Date: 14/03/2024

Details: Hashtam, Manjeri Municipality conducted a get-together of Palliative Care Units of Manjeri area named as 'Sparsham 2023' on 14th March 2023 at VP Hall, Manjeri..





2023-24

1. Dr. V. Hikmathulla delivered an Extension in the Peace Literature Festival about the "Importance of Reading" conducted by Peace Public School Kottakkal.

The poster for the Peace Literature Fest 2023 is set against a dark blue background with a bokeh light effect. At the top, it features the 'Peace Kottakkal' logo in a teal box. Below this is the main title 'Peace Literature Fest' in large, colorful letters (P in yellow, L in blue, F in pink), with the dates '17, 19 & 20 June 2023' in a yellow box. The location '@Peace Public School, Kottakkal' is written below. A central banner reads 'READ - REDEFINE - REDESIGN'. Underneath, the 'EMINENT SPEAKERS' section displays eight portraits of speakers in two rows. The first row includes Shri. M.M. Karimoori, Shri. Kappetta Narayanan, Dr. A. Mohamad Bakkar, and Shri. P. Raman. The second row includes Shri. Kottakkal Murali, Shri. Abdul Latheef Naha, Dr. V. Jibmathulla, and Shri. Nazeer Bankar. At the bottom, a 'HIGHLIGHTS' box lists: '3 Days', '8 Eminent Speakers', '10+ Student Speakers', and 'Screening of Documentaries & International Movies and many more...'. The text 'Stay tuned...' is on the right.



2. Dr. V. Hikmathulla served a Resource Person in the Script Writing Wokshop at Fasfari Literature Festival, Fasfari Educational complex, Padinhattummuri

Fozfari Literature Festival 2k23
 June 19 - 22

FAZFARI LITERATURE FESTIVAL 2k23
 2023 ജൂൺ
 19,20,21,22
 ഫസ്ഫരി കമ്പസ്
 പടിഞ്ഞാറ്റുങ്കുറി

ഉദ്ഘാടനം:
വി. അസീസ് ചാപ്പർ
 (ഫെഡറേഷൻ, G.U.P.S കുട്ടിലങ്ങാടി)

തിരക്കഥ ശില്പശാല
ഡോ. വി. പിക്മത്തുള്ള
 (ഏഴുത്തുകാരൻ, അഭിനേതാവ്)

വേദി - കിതാബ്
ജൂൺ 21 | 10:30AM

FAZFARI
 EDUCATIONAL COMPLEX

Padinhattummuri
 Malappuram - 676 906
 Phone: 04933 240 391
www.fazfari.org, info@fazfari.org



3. **Dr. V. Hikmathulla served an Extension Lecture in the closing ceremony of Reading Week Observation conducted by Alhuda English school Pattarkulam Manjeri**





4. **Dr. V. Hikmathulla served as a Camp Director in the “Insight Summer Fest 2023” organized by IIC Abu Dhabi Islamic Centre- Abu Dhabi, UAE**





5. **Dr. V. Hikmathulla engaged a session on “Creative Dramatics” as part of Summer Camp at Kerala Social Centre in Abu Dhabi City, UAE**



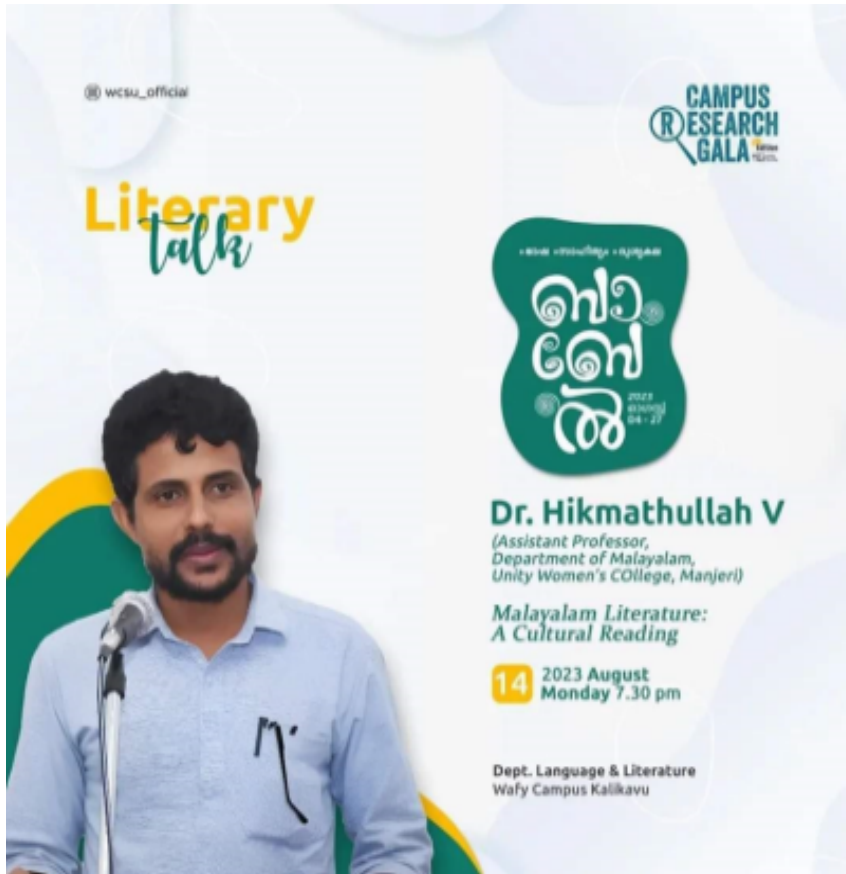


6. **Dr. V. Hikmathulla engaged a session on “Language and Creativity’ as part of Capacity Enhancement Programme for first year UG students sponsored by RUSA, at Farook College (Autonomous).**





7. **Dr. V. Hikmathulla** deliver a talk on “Malayalam literature: A Cultural Reading” in the Literature Festival at Wafi campus, Kalikavu.





8. **Dr. V. Hikmathulla delivered a lecture on “Talk with Guest” in the Literature Festival at Bafaki Wafiyya College, Valavannoor, Kottakkal.**



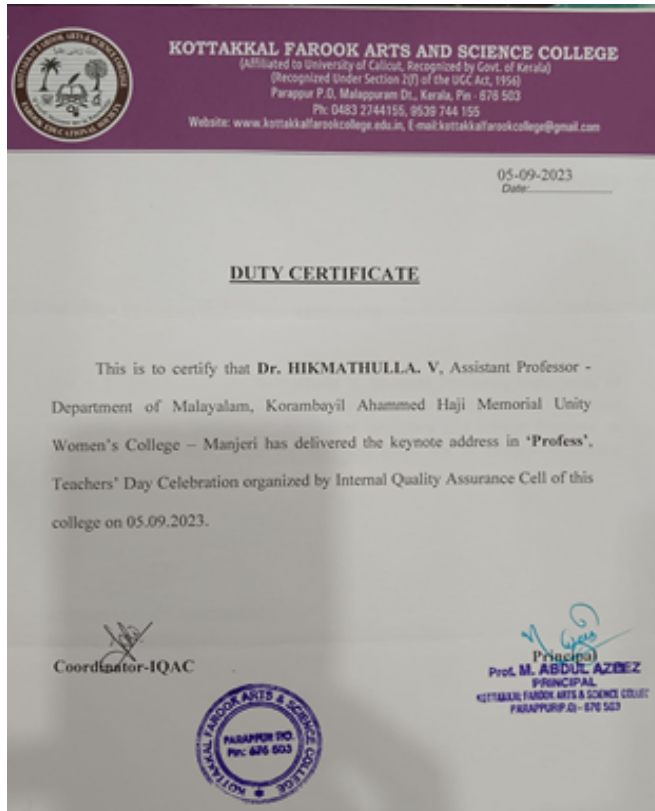


9. **Dr. V. Hikmathulla Inaugurated the Literary club and delivered a session on Language and Literature at Ilahiya College Thirurkad.**





10. **Dr. V. Hikmathulla delivered the keynote address in 'Profess' Teachers' Day Celebration organized by Internal Quality Assurance Cell of Farook Arts and Science College, Kottakkal.**





11. Dr. Jasna VC served as a resource person at Blossom Arts and Science College, Kondotty





12. **Dr. Jyothi P chaired a Session in the " Computational chemistry Summit-2023" Organized by Department of Chemistry, Govt. College, Malappuram**



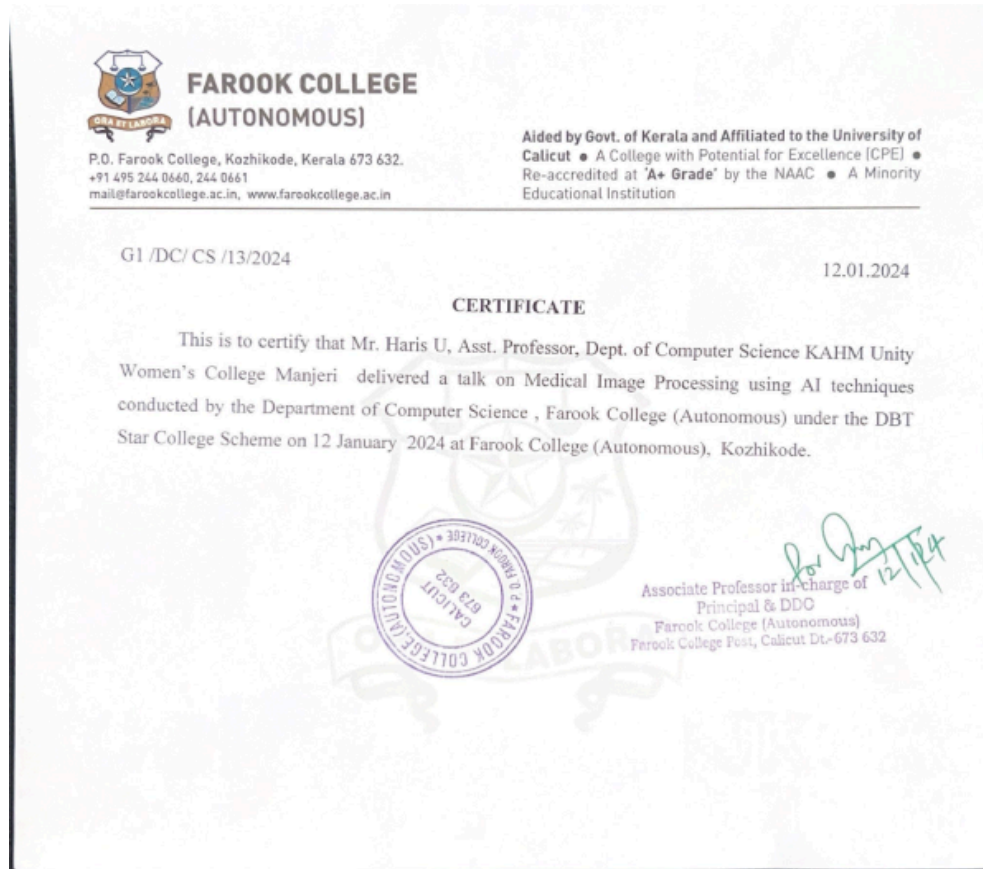


13. **Dr. Jyothi P** delivered a talk on "Fixing the Ozone Layer and Reducing climate change" at Sahya College, Wandoor





14. **Mr Haris U Invited for a lecture delivered in Medical Image Processing Using AI at Farook College, Farook- Calicut**



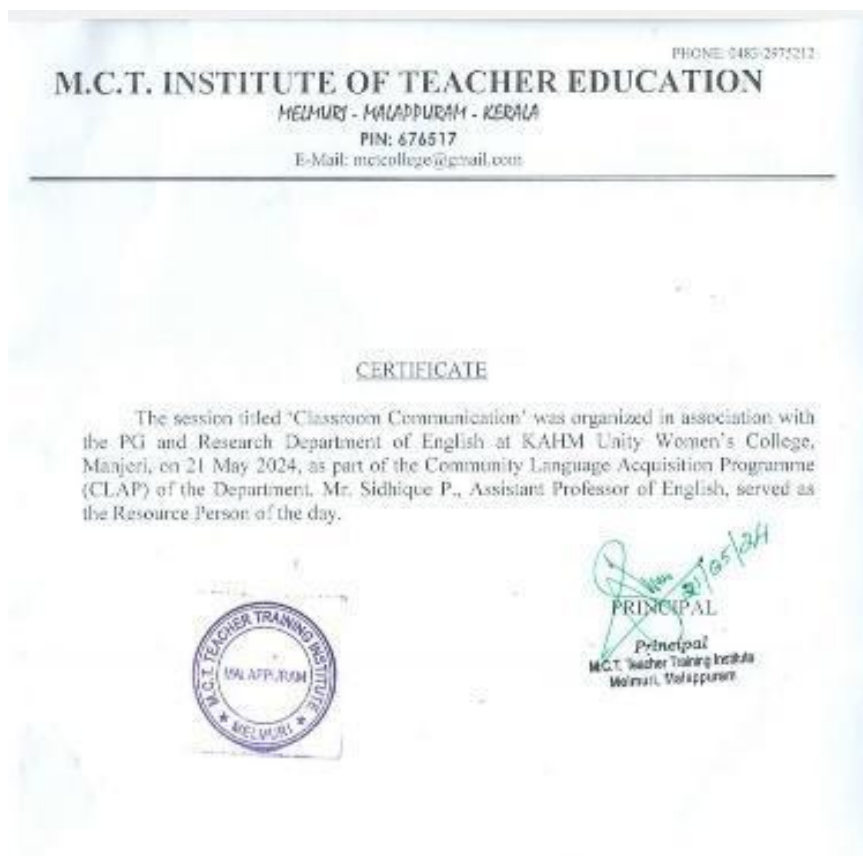


15. **Mr. Shihabul Haq Mannithodi** served as **Recourse Person** and delivered invited talk **"Unlocking Career Potential"** organized by **Department of Computer Science , Amal College of Advanced Studies, Nilambur**





16. **Mr. Sidhique P Served as a Resource person at MCT Institute of Teacher Education as part of their community camp.**





17. Mrs. Bushaira V served as a Resource person at GVHSS for Girls, BP Angadi, Tirur on the topic Work Etiquette and Biomedical Waste Management.





18. Ms. Fathima Shirin KA Delivered an invited lecture on the topic understanding child psychology and nurturing young minds at Step International Montessori teachers training Institute, Manjeri

Step-In
EDUCATIONAL SERVICES

Join Us for a Day of Joy and Learning!
**Children's Day
Celebration**

Chief Guest
Fathima Shirin KA
Head, Department of Psychology
KAHM Unity Women's College, MANJERI

Topic
Understanding
Child Psychology and
Nurturing Young Minds.

**14th
Nov
2023**
@ 2:30 PM

**Step International
Montessori Teacher Training Institute MANJERI**
☎ +91 8281 414 678 | +91 7034 112 313



19. Ms. Hajara Inaugurated the Psychology Association and delivered a session titled 'Beyond words - Navigating Effective Communication at Pristine Valley College, Malappuram

PSYCHIENEXUS
Psychology Association
inauguration

2023 DECEMBER 08 | FRIDAY | 10.00 AM
Pristine Valley Seminar Hall

Hajara
Assistant Professor (Adhoc)
KAHM Unity Women's
College, Manjeri

IN ASSOCIATION WITH IQAC

Pristine Valley
College of Arts and Sciences

POOKOLATHUR - MONGAM
Recognised by Govt. of Kerala
Affiliated to University of Calicut

CONTACT
0483 2755 800
9526 449 212



20. **Mr. Hamraz Ahmad M Invited for a Talk on "Yoga" at MIC Arts and Science College**

 **MIC ARTS AND SCIENCE COLLEGE**
(Affiliated to University of Calicut & Recognized by Govt. of Kerala)
Recognized by University Grants Commission
(Ministry of Education, Govt. of India), New Delhi, under Section 2(f) of U.G.C Act, 1956.
ATHANIKKAL, VALLUVAMBRAM P.O, MALAPPURAM, KERALA-673642
☎ 0483-2770786, 8304831094
✉ micascollege@gmail.com 🌐 www.miccollege.in

No: MICASC/131/51/Miscellaneous/2020 Date: 18.10.2023

To
The Principal,
K.A.H.M Unity Women's College, Manjeri

Sir,
Sub:- Request to Send Physical Education Director for an Extension Talk on Yoga-reg.
Ref :- - Nil -

I am writing to request your esteemed institution's collaboration in organizing a talk on Yoga, an ancient practice that promotes physical and mental well-being, for the students of our college, MIC. I humbly request you to allow your Physical Education Director to visit our college and deliver an informative and interactive session on Yoga.

Thank you for your attention to this matter. I eagerly await your favourable response.

Yours faithfully,

PRINCIPAL
MIC ARTS & SCIENCE COLLEGE
ATHANIKKAL, VALLUVAMBRAM P.O,
MALAPPURAM DT - 673 642




Managed by
MAKHDUMIYYA ISLAMIC CULTURAL COMPLEX COMMITTEE (MIC)
Reg. No. 58/1080
ATHANIKKAL, VALLUVAMBRAM, MALAPPURAM DIST, KERALA -673642
9993 044447, 0483 277 2011 micaathnikkal@gmail.com



21. **Mr. Hamraz Ahmad M Invited a Talk on “Recreational Activities” at NSS College Manjeri.**

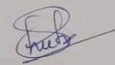
DEPARTMENT OF ZOOLOGY
N.S.S. COLLEGE, MANJERI
MALAPPURAM DISTRICT
KERALA – 676 122



Phone: 0483-2766136 (O)
2766202 (R)
e-mail: nsscollegemanjeri@gmail.com
Website: www.nsscollegemanjeri.org
Accredited by NAAC with 'B' grade

CERTIFICATE

This is to certify that Mr. Hamraz Ahamed. M, Assistant Professor, Department of Physical Education, KAHM Unity Women's College, Manjeri, delivered a talk on “Recreational Activities” at this college on 3rd February 2024.



Head of the Department of Zoology
NSS College Manjeri

