



# UNIQUE

The Monthly Communique

March  
2026

## Department of Psychology

### Field Visit

The Department of Psychology organized a field visit to Ideal Scanning Centre as part of the practicum in Biological Basis of Behaviour on 26/03/26. The visit provided students with practical exposure to diagnostic imaging techniques such as CT scan, X-ray, and mammography, helping them understand the relationship between biological structures and behaviour. Students observed how CT scans produce detailed internal images, how X-rays are used to identify fractures and infections, and how mammography aids in the early detection of breast cancer. The session was guided by experienced professionals who explained the functioning and significance of these technologies in medical diagnosis. The visit was highly informative and helped bridge the gap between theoretical knowledge and practical application. The programme was coordinated by Ms. Maneesha K P, Assistant Professor and Head (Ad hoc), as Faculty Coordinator, and Ms. Naishana K, Second Year BSc Psychology student, as Student Coordinator.

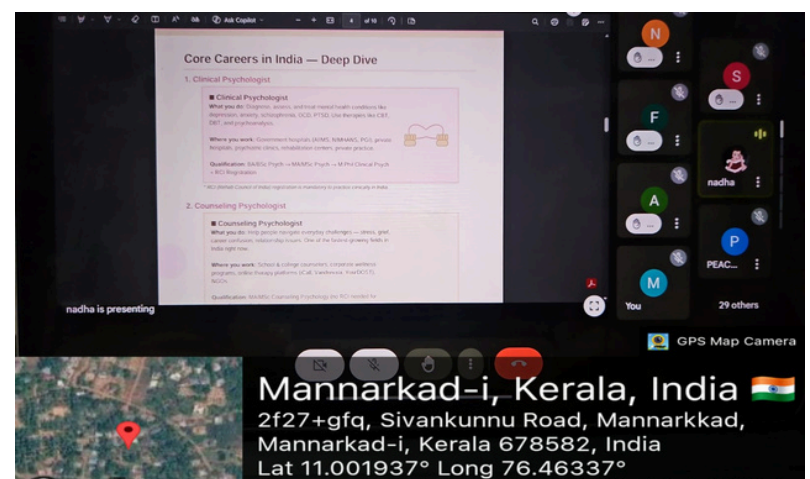


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### Alumni Lecture Series

The department organized an Alumni Lecture Series on March 30, 2026, at 7:30 PM, focusing on the topic “Career Opportunities in Psychology.” The session was delivered by alumna Nadha P (2022–2025 batch), who is currently pursuing her MSc in Psychology at the Central University of Karnataka. The talk aimed to provide students with insights into various career paths in psychology, higher education opportunities, and emerging fields within the discipline. Nadha P shared her academic journey, experiences, and practical guidance, which helped students gain clarity about their future prospects. The session was highly informative and interactive, encouraging students to actively engage and clarify their doubts. The program was coordinated by Ms. Maneesha K P, Assistant Professor and Head (Adhoc), Department of Psychology, with student coordination by Ms. Arya, a second semester BSc Psychology student. Overall, the session was successful in motivating students and enhancing their awareness of career opportunities in psychology.



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Department of Chemistry

# Release of Departmental Newsletter – Spectrum

The PG and Research Department of Chemistry released its departmental newsletter Spectrum, showcasing the academic activities, achievements of students and faculty, and various research initiatives of the department. The newsletter reflects the department's commitment to promoting scientific learning and systematically documenting its academic accomplishments.



Department of Home Science

# Visit To Malappuram Co-operative Spinning Mill

The Department of Home Science organized an industrial visit to Malappuram Co-operative Spinning Mill on 5 March 2026 for the second semester B.Sc. Family and Community Science students as part of their curriculum. A total of 44 students along with faculty members participated in the visit. The main objective of the visit was to provide students with practical knowledge about the process of yarn production and the functioning of a spinning mill. During the visit, the officials of the mill explained the different stages involved in the conversion of raw cotton and polyester into blended yarn. Students were introduced to various sections of the mill such as the blow room, carding, drawing, roving, and spinning sections. The working of different machines used in the spinning process and the methods of maintaining yarn quality were also demonstrated. The students observed how fibers are cleaned, straightened, and twisted to produce yarn suitable for textile production. The visit helped the students to understand the practical aspects of textile manufacturing. Overall, the industrial visit was an informative and valuable learning experience that enhanced the students' understanding of the conversion of fiber to yarn process and the functioning of a textile industry.

Department of History

# Farewell

The Department of History conducted a send off party for the 6th sem students on 24th march 2026.



## Visit to Salva Care Home, Pandikkad

The department organized a visit to Salva Care Home, Pandikkad, as part of community outreach and experiential learning on 09 March 2026. The visit aimed to provide students with an opportunity to understand the living conditions, emotional needs, and care provided to elderly residents in an old-age home. During the visit, students and faculty members interacted with the inmates and staff of the institution. The care home accommodates several elderly individuals who require support, care, and companionship in their later stages of life. The manager of the Home explained the daily routine, facilities, medical care, and emotional support provided to the residents. Students spent time speaking with the inmates, listening to their life experiences, and engaging them in friendly conversations, which created a warm and emotional atmosphere. They also organised cultural activities, in which few inmates too actively participated. The visit helped students realize the importance of empathy, respect, and social responsibility towards the aged population. It also highlighted the need for family support and community care for senior citizens. 40 students of IV Sem B. Sc Family and Community Science and 2 faculty members participated in the visit. Overall, the visit was a meaningful and enlightening experience for the students, helping them develop compassion and a deeper understanding of the challenges faced by elderly individuals living in care homes.



## Pothichoru-A Community Care Initiative

As part of the outreach activities, the Home Science department conducted the monthly Pothichoru Community Care Initiative on 9th March 2026. Essential food items were distributed to Salva Care Home, Pandikkad, a centre for elderly people. UG and PG students, along with faculty members, actively participated in the programme, reflecting the department's strong commitment to community welfare and social responsibility. Lt. Loosiya KP, Assistant Professor (Adhoc), and Ms. Risha N, 2nd Semester MSc Home Science (Nutrition & Dietetics), served as the faculty and student coordinators.

## Home Science Award Ceremony 25-26

The PG Department of Home Science organized an Award Ceremony on 18 March 2026 to recognize and celebrate the academic excellence and achievements of students and staff. The programme began with a welcome address by Dr. N.V. Fatimathu Zuhara, Head of the Department, followed by the presidential address by Prof. (Dr.) Muhammed Basheer Ummathur, Principal, who appreciated the efforts of the awardees and motivated them to strive for greater success. The main objectives of the programme were to recognize academic excellence, motivate students for higher performance, encourage participation in co-curricular activities, and appreciate outstanding achievements. Various awards including Freeship, Proficiency Awards, Meritorious Achievement Awards for both B.Sc. Family and Community Science and M.Sc. Home Science (Nutrition and Dietetics), as well as prizes for the cooking competition conducted as part of National Nutrition Month, were distributed. The ceremony created a positive and encouraging atmosphere, fostering motivation, healthy competition, and a sense of achievement among the participants. It also strengthened the culture of appreciation within the department and inspired students to aim for higher accomplishments in both academic and co-curricular fields. The programme concluded with a vote of thanks by Ms. Bushaira V, Assistant Professor and Programme Coordinator.





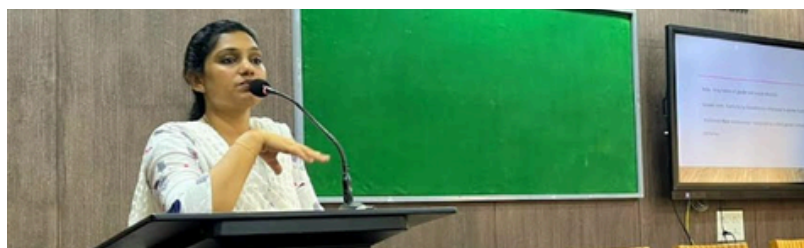
## Inaugural Talk: Margins on the Screen – Deconstructing Subaltern Representations in South Indian Cinema

KAHM Unity Women's College, Manjeri, through its PG & Research Department of English in collaboration with the Film Club and Theatre Club, organized an academic lecture titled Margins on the Screen: Deconstructing Subaltern Representations in South Indian Cinema on March 6, 2026, at 7:30 PM online. The session was delivered by Mr. Harinarayanan S., Assistant Professor at NSS College, Ottappalam, and coordinated by Dr. Krishna Sunder A., Ms. Sangeeta K., Dr. Hikmathullah V., and Mr. Shabeermon M. The program critically examined how marginalized voices had been portrayed in South Indian cinema, interrogating stereotypes, silences, and distortions while highlighting cinema's potential as a medium of resistance and visibility. By engaging students and scholars in discussions on cultural politics and representation, the event fostered deeper academic insight into subaltern studies and inspired further research in film and literary analysis. The program opened with a welcome address by Dr. Hikmathullah V., (Head, Department of Malayalam) setting the tone for the evening, and concluded with a vote of thanks by Ms. Minha from 6th semester English, acknowledging the contributions of the speaker, organizers, and participants.



## Talk on Understanding the LGBTQ Community – Identity, Humanity, and Respect

The Media Club of K.A.H.M Unity Women's College, Manjeri organized an awareness programme titled "Understanding the LGBTQ Community – Identity, Humanity, and Respect" on 5 March 2026 at Aryabhata Hall. In her presentation, the guest speaker, Dr. Poornima R., Assistant Professor of English, spoke about the history of the LGBTQ community in India, highlighting the challenges they faced in the past and the gradual progress made toward equality. She also discussed significant legal developments in contemporary India that recognized the rights of LGBTQ individuals and emphasized the positive changes taking place in society toward greater acceptance and inclusion. The speaker emphasized the need to respect gender diversity, promote humanity, and spread awareness among the younger generation. Following the presentation, Dr. Poornima interacted with the audience and addressed their questions. The programme began with the welcome address by Shabeermon M, Coordinator of the Media Club, and concluded with the vote of thanks by Faseeha P, Vice President of the Media Club.



## Media Club Activities Inaugurated

The Media Club activities 2025–26 of K.A.H.M. Unity Women's College, Manjeri were inaugurated on 4 March 2026 at Aryabhata Hall by Dr. Hikmathulla V, Assistant Professor and Head, Department of Malayalam. He also delivered the keynote address on "Voices in the Digital Age: Shaping Society through Social Media." In his address, he spoke about the significance of social media in contemporary life and its influence on public opinion and youth. The programme began with the welcome address by Shabeermon M, Media Club Coordinator. Felicitations were offered by Jaseena C, Assistant Professor of History, and Dr. Saidalavi, Assistant Professor of Political Science. Students actively interacted with the speaker on the diverse nature of social media. Fathima Noora K, secretary, media club, proposed the vote of thanks.



## Psychology Club

### Exam Stress Management Session

The Psychology Club of the college organized an Exam Stress Management Session on 30th March 2026 at 10:30 AM in the Department of Psychology. The programme aimed to equip students with effective strategies to manage stress during examinations and enhance their psychological well-being. The session began with a welcome address by Hiba Nourin P., First year Psychology student and secretary of Psychology club. She highlighted the significance of addressing exam-related stress among students and the importance of maintaining mental health during academic challenges. The resource person for the session was Ms. Abhirami O.U., Jeevani Counsellor, who conducted an engaging and informative session. She discussed various aspects of exam stress, including its causes such as anxiety, fear of failure, and academic pressure. She also introduced practical stress management techniques like time management, relaxation exercises, and maintaining a positive attitude. The session was interactive and helped students understand how to cope effectively with exam-related stress. The programme concluded with a vote of thanks proposed by Rinsha Parveen, Second year Psychology student. The programme was coordinated by Ms. Raha Suhood, Assistant Professor (Adhoc), Department of Psychology, along with student coordinator Hiba Nourin P.



## NCC

### Dialysis Kit Packing

As part of the Hastham Palliative Care Project by Manjeri Municipality, six NCC cadets of KAHM Unity Women's College, Manjeri actively participated in the dialysis kit-packing activity held at the Hastham Office, Manjeri Municipality, on 18th March 2026. The aim of the programme was to support patients undergoing dialysis by preparing essential dialysis kits under the Hastham Palliative Care Project. The objectives were to familiarise NCC cadets with palliative care services, to develop empathy and social responsibility among students, and to encourage active participation in community-based healthcare support. Mr. Shafeeq, Counsellor from Government Medical College, delivered a brief explanation about the project and its significance in patient care. The participating cadets were, CDT Avani Kishor (2nd Sem BA English), CDT Mihitha. MP (2nd Sem BA History), CDT Vyshna. K (2nd Sem BA History), CDT Fathima Riya. P (2nd Sem BSc Mathematics) and CDT Henna Parvin. C (2nd Sem BCom Cooperation). The outcome of the programme was the successful preparation of dialysis kits for distribution to patients, along with increased awareness among cadets about the importance of palliative care services and community health support.



### Honoring Ceremony

The College Governing Body honoured NCC cadets on College Day, held on 27 March, 2026, in recognition of their participation in special national-level camps, as well as their outstanding performance and dedicated commitment. Awards were distributed by the Chief Guest, Adv. Afeefa Nafeesa. UO Rushda P (6th Semester B.Sc. Mathematics) received the Outstanding Cadet Award, while UO Shahana MP (6th Semester B.Sc. FCS) was honoured with the Best Senior Award. Six cadets who attended special national-level camps were felicitated. Special Appreciation Awards were also presented to cadets in recognition of their overall performance. Lt. Loosiya K.P. was also honoured for the successful completion of the prestigious PRCN Course for ANOs (Army SW-111 & DC SW-82) at the NCC Officers Training Academy (OTA - NCC College for Women), Gwalior, Madhya Pradesh. The ceremony motivated the cadets to actively participate in NCC activities and inspired them to strive for excellence in both academic and co-curricular domains.



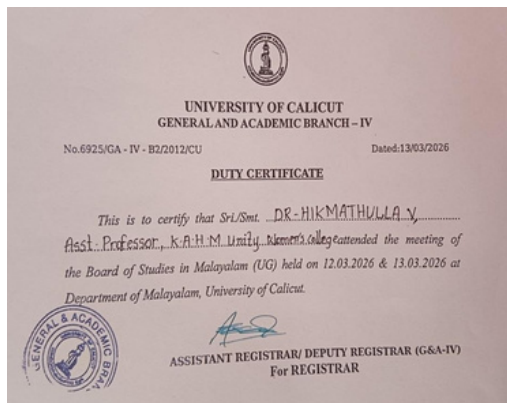
## Army Attachment Camp

Three NCC cadets, L/CPL Sreeneha M (4th Sem B.Sc. Mathematics), L/CPL Rishva K (4th Sem B.A. History), and L/CPL Afeeha Sulthana CK (4th Sem B.A. History) of KAHM Unity Women’s College, Manjeri, attended the Army Attachment Camp with 6 Garhwal from 3 to 12 March 2026 at Trivandrum. The camp aimed to provide cadets with firsthand exposure to Army life, discipline, training methods, and career opportunities. During the camp, cadets participated in daily physical training, drill practice and competitions, and weapon training. They also attended lectures on TSoET, the history of the Indian Army, NBC warfare, map reading, and the entry of women into the Army, along with practical sessions in tent pitching, radio handling, drone mechanisms, and a visit to the firing range. Additional activities included a city tour of Trivandrum and nearby locations, cultural programmes, a movie show, and interactions with senior officers. The camp enhanced the cadets’ discipline, confidence, leadership skills, and understanding of military life, motivating them to pursue greater involvement in NCC and aspire towards defence services.



## Teachers’ Credentials

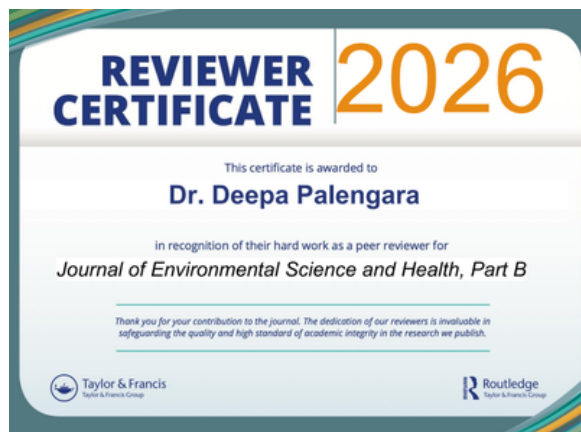
- **Dr. Hikmathulla V.**, Assistant Professor, Department of Malayalam, K.A.H.M. Unity Women’s College, Manjeri, was invited as a Special Invitee to the Meeting of the Board of Studies in Malayalam (UG), held on 12th and 13th March 2026 at the Department of Malayalam, University of Calicut.



- **Dr. Hikmathulla V.**, Assistant Professor, Department of Malayalam, KAHM Unity Women’s College, Manjeri participated in the Workshop on “Colonial Visions / Missionary Gaze: Cinema at the Crossroads of Empire and Evangelism” organized by the Department of Journalism and Mass Communication, University of Calicut on 30th March 2026.



- **Dr. Deepa P.**, Assistant Professor (Adhoc) in the PG and Research Department of Botany, served as a peer reviewer for Journal of Environmental Science and Health, Part B, a journal published by Taylor & Francis, US.



- **Dr. Shahina Mol A K**, Head, Department of English, served as the resource person for one day colloquium on Contours of Change: Mapping Emerging Multidisciplinary Trends in Social Sciences, organised by the Institute for Multidisciplinary Programs in Social Sciences (IMPSS) in association with School of International Relations, MG University, Kottayam on 30 March 2026



- **Sangeeta K**, Associate Professor of English participated in an online workshop titled “Staying With the Problem: On Reframing and Reformulating Research” organised by the PG and research Department of English, St. Joseph’s College, Devagiri on March 02, 2026.
- As a part of the English Association inauguration, **Ms M.K. Vineetha** of the PG and Research department of English delivered a talk on career prospects for English major students at Ambedkar College of Arts and Science, Wandoor, on the 9th of March, 2026.



- **Dr. Deepa K**, Assistant Professor in the Research Department of Chemistry, published a research article titled “Coordination Behaviour and DFT Studies of Copper(II) Complexes of a Novel Chromone-Derived Tetradentate Schiff Base” in the Indian Journal of Chemistry (UGC Care Listed, Scopus Indexed), Volume 65, March 2026, pp. 255–263. DOI: 10.56042/ijc.v65i3.24316.
- **Dr. Shamsheera K O**, Assistant Professor in the Research Department of Chemistry, published a research article titled “Coordination Behaviour and DFT Studies of Copper(II) Complexes of a Novel Chromone-Derived Tetradentate Schiff Base” in the Indian Journal of Chemistry (UGC Care Listed, Scopus Indexed), Volume 65, March 2026, pp. 255–263. DOI: 10.56042/ijc.v65i3.24316.
- **Ms. Haseena Jasmine. C.K.**, Assistant Professor of Commerce has participated in the Two Days Online Workshop on “Use of Reference Management Software for Scholarly Writing : A Hands On Workshop” conducted by EDUCA - Institute for Professional & Career Development (Registered under MSME), Kottarakkara, Kerala on 7 th & 8 th March 2026.



- **Ms. Haseena Jasmine C.K.**, Assistant Professor of Commerce has completed the (LVII) Online NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MMTTP) of University Grants Commission (UGC) organized by the UGC Malaviya Mission Teacher Training Centre, Aligarh Muslim University, Aligarh from 07.03.2026 to 16.03.2026 and obtained Grade - A+



- **Dr. Saifunneesa T.K.**, Assistant Professor, Department of Chemistry, MES Keveeyam College, Valanchery, (Alumna, B.Sc. Industrial Chemistry, 2001–2004 Batch), in collaboration with Prof. (Dr.) Muhammed Basheer Ummathur, Principal, KAHM Unity Women’s College, Manjeri, published a paper titled “Role of Phenolic Hydroxyl Groups in Boosting Antioxidant Activity of Unsaturated  $\beta$ -Ketoesters and Their Cu(II) Complexes” in the Scopus indexed journal, Rasayan J. Chem., 19(1), 348–354 (2026). DOI: <https://doi.org/10.31788/RJC.2026.1918560>
- **Ms. Haseena Jasmine** has completed Ten Days National level Workshop on “R Software for Advanced Analysis” organized by ESSGEE DIGISKILLS from 28.02.2026 to 08.03.2026.



## Students' Achievements

- **Thamanna** (M.Sc. Chemistry, 2022–24 batch), **Krishnapriya** (B.Sc. Chemistry, 2021–24 batch), **Adila** (M.Sc. Chemistry, 2022–24 batch), and **Shahma K** (M.Sc. Chemistry, 2024–26 batch) qualified the SET examination.
- **Shaniba** (B.Sc. Chemistry, 2021–24 batch) qualified the GATE examination.
- **Jamshiya Sulthana** (B.Sc. Chemistry, 2021–24 batch) achieved a notable research milestone by publishing a paper in the Journal of Physical Chemistry C (JPCC).
- **Ms. Hasna M.M.**, Fourth semester MSc Home Science (Nutrition & Dietetics) student of the PG Department of Home Science, secured the Best Paper Award at the ALISS Students' Conference 2025–26, organized by Al Shifa College of Arts and Science, Perinthalmanna, for her research paper titled "Development and Sensory Evaluation of Green Leafy Vegetable-Incorporated Confectioneries to Improve Micronutrient Intake among Preschool Children."



- The top ten positions in the B.Sc. Family and Community Science under Calicut University for the batch 2022–2025 were secured by **Ms. Shahma P** (1st Rank), **Ms. Fathima Fidha VP** (2nd Rank), **Ms. Farsina Sheril MK** (3rd Rank), **Ms. Fathima Hiba K** (4th Rank), **Ms. Sarafiya Fathima TK** (5th Rank), **Ms. Fathima Zahra Bathool NK** (6th Rank), **Ms. Aysha Thamanna KP** (7th Rank), **Ms. Fathima Rinsha A** (8th Rank), **Ms. Saada PM** (9th Rank), and **Ms. Nishma Razak PK** (10th Rank) of the B.Sc. Family and Community Science, PG Department of Home Science, KAHM Unity Women's College, Manjeri.



- Meritorious awards were presented in recognition of the academic excellence and overall performance in both Postgraduate (PG) and Undergraduate (UG) programs, during the College Day held on 27th March 2026. **Thabsheera P** (Second Semester M.Sc. Botany Aided), **Haniya Anooj** (Second Semester M.Sc. Botany Self), **Fida A** (Fourth Semester M.Sc. Botany Aided), **Jumna Mol K** (Fourth Semester M.Sc. Botany Self), **Fathima Nidha P.M.** (Second Semester B.Sc. Botany), **Baby Sharin E** (Fourth Semester B.Sc. Botany), **Safeeda** (Sixth Semester B.Sc. Botany).



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