



# UNIQUE

The Monthly Communique

October  
2025



## Department of Chemistry

### Honouring Ceremony

The Department of Chemistry and its alumni association, ALCHEM UNITY, at KAHEM Unity Women's College, Manjeri, organized a felicitation ceremony on 3rd October 2025 at Aryabhata Hall to honour alumna Ms. Shaniba P for her India Book of Records and Asia Book of Records 'Grandmaster' title for defining 950 chemistry terms in one hour. The event commenced with a silent prayer and a welcome address by Dr. Jyothi P, Head of the Department. In his presidential address, Principal Prof. (Dr.) Muhammed Basheer Ummathur praised Ms. Shaniba's remarkable achievement and its pride for the institution. A memento was presented to Ms. Shaniba, followed by felicitation by Dr. Usman A, Staff Club President. Ms. Shaniba shared her inspiring journey and held an interactive session, motivating students to pursue excellence with dedication and perseverance. The programme concluded with a vote of thanks by Dr. Deepa K, Assistant Professor. The ceremony celebrated the alumna's success and inspired current students, marking a proud moment for the department and ALCHEM UNITY.



### PTA Meeting

The Research Department of Chemistry conducted a Parent-Teacher Association meeting on 31st October 2025 at 2 p.m. in Room No. G-203 for the parents of I, III, and V Semester B.Sc. Chemistry students. The meeting discussed student attendance, classroom behavior, and performance in centralized internal examinations. Fifty-six parents attended the session. Faculty members presented updates on attendance, internal marks, and classroom conduct, and progress cards were distributed for parent review. Parents shared constructive feedback and suggestions to enhance student discipline, academic progress, and participation in departmental activities.





## Department of Computer Science

### AI-PY IGNITE: Intensive Bootcamp in AI & Python

On October 13, 2025, the PG Department of Computer Science organized a bootcamp on “Python & AI” in the Computer Lab. The resource person for the session was Mr. Hashim, Full Stack Developer, Upcode Software Labs, Malappuram. The session focused on hands-on learning, enabling attendees to understand Python programming exercises and AI concepts. The programme was coordinated by Ms. Afeeda M.P., Assistant Professor (Adhoc), PG Department of Computer Science, and Salha M Khalfan, 3rd Sem B.Sc. Computer Science, served as the student coordinator. The session was highly informative, and students gained hands-on experience in Python programming and AI. This session was also helpful in developing problem-solving and logical-thinking skills. Participants appreciated the interactive sessions and practical approach of the bootcamp.



### Industrial Talk on “Data Science Life Cycle & Industrial Practices”

The PG Department of Computer Science organized an insightful Industrial Talk on “Data Science Life Cycle & Industrial Practices” in collaboration with Expertzlab Technologies Pvt. Ltd. The programme was conducted at Aryabhata Hall with the active participation of around 80 students. The session began at 2:00 PM with an introductory note by Dr. Haris U, Head of the Department, setting the context for the industry-academia interaction. Mr. Gireesh Babu K S, Senior Architect, Bovlabs USA & MD, Expertzlab Technologies Pvt. Ltd., delivered the keynote address, highlighting the expanding scope of the data science industry and the increasing need for competent professionals capable of tackling complex data-driven challenges. Industry expert Mr. Ansel Janson led an engaging technical session, offering a comprehensive walkthrough of the data science life cycle – from data collection to deployment – supported by real-time case studies and industrial tools. The interactive discussion that followed enabled students to explore various career pathways and gain clarity on essential technical competencies. The programme concluded with a Vote of Thanks delivered by Ms. Busthana Yasmin MT (4th Semester MSc. CS), Student Coordinator, expressing gratitude to the resource persons, participants and organizers.





## Department of History

### Study Tour

The Department of History organized a mandatory study tour for the fifth-semester B.A. History students (Batch 2023–26) from 7th to 16th October 2025, covering Agra, Jaipur, Jaisalmer, and Delhi as part of their academic enrichment programme. A total of 54 students and 3 faculty members participated in the ten-day educational journey, which aimed to provide firsthand exposure to the historical and cultural heritage of North India. The tour served as a practical extension of their classroom learning, allowing students to explore significant monuments, architectural styles, and cultural practices that have shaped Indian history. The itinerary began with visits to the Taj Mahal and Red Fort in Agra, followed by the Hawa Mahal and Amber Fort in Jaipur. In Jaisalmer, students explored the majestic Jaisalmer Fort and Patwon Ki Haveli, and enjoyed an unforgettable night stay at the Thar Desert, which included a thrilling desert safari. The trip concluded in Delhi, where students visited important historical landmarks such as the Red Fort, Qutub Complex, Indira Gandhi Museum, India Gate, and Jama Masjid.



### Study Trip to wayanad

On 25 October 2025, the Department of History organized a one-day study tour to Wayanad for first-year B.A. History students. The group visited the ancient Thirunelli Temple to explore its unique architecture and historical importance, Edakkal Caves to examine Neolithic rock engravings and gain insights into prehistoric life, and Karapuzha Dam to study its engineering features and significance in irrigation and regional development. The trip offered valuable hands-on learning, effectively linking theoretical knowledge with Kerala's rich archaeological and cultural heritage.





## Department of Malayalam

### Documentary screening on Oppenheimer

As part of the 1st Semester B.Sc. (FYUGP) syllabus, the Department of Malayalam, KAHM Unity Women's College, Manjeri, organized a special programme on 28 October 2025 at the Digital Studio Room. The event featured the screening of "Oppenheimer: Lokangalude Anthakan" — Episode 151 of the popular Asianet series "Vallathoru Kadha", presented by Babu Ramachandran. The screening was highly thought-provoking and greatly enhanced the students' understanding of the prescribed lesson. Babu Ramachandran's powerful and engaging presentation style was particularly commendable. Following the screening, Asst. Professor Arifa Beegum, Department of Malayalam, delivered an insightful session explaining the life of Oppenheimer and the devastating impacts of war. Her presentation helped students connect the content of the video with broader social and moral perspectives. The programme provided valuable insights into the origin of nuclear weapons, Oppenheimer's involvement in the field of nuclear physics, and his remarkable contributions to the scientific community. Moreover, it inspired deep reflection among students on the catastrophic consequences of war and evoked a collective hope that such destruction should never recur.



## Department of English

### One-Day Workshop on Project Management

A One-Day Workshop on Project Management for English undergraduates titled "UG Project: A Road Map" was successfully conducted on 14 October 2025 by the PG & Research Department of English at KAHM Unity Women's College, Manjeri. The workshop aimed at equipping undergraduate students with the necessary skills and knowledge to conceptualise, plan, structure, and document academic projects effectively. The first session, handled by Dr. Shahina Mol A.K., Associate Professor and Head of the Department of English, focused on guiding students through the process of transforming broad concepts into focused project topics. In the second session, Dr. Aswathy M.P., Associate Professor, provided instructions on how to structure projects systematically. Emphasis was placed on organising content, chapter division, and maintaining a coherent flow throughout the research. The third session, led by Mr. Sidhique P., Assistant Professor, centered around the mechanics of academic writing. Techniques on clarity, coherence, and formal language essential for drafting effective project reports were discussed to improve participants' writing skills. The final session was by Mr. Muhammedali P., Assistant Professor, who addressed the significance of proper documentation and citation practices. This session covered formatting standards, referencing styles, and ethical considerations in academic writing. The workshop concluded with the distribution of certificates by Dr. Shahina Mol A.K., Head of the Department of English, recognising the participants' active involvement and successful completion of the workshop.





## Association Hour Programme: “Learning by Teaching”

The P.G. & Research Department of English, KAHM Unity Women's College, Manjeri, organised an Association Hour Programme titled “Learning by Teaching” on 16th October (Thursday) at 3:00 p.m. in the seminar hall. The session was conducted under the auspices of the English Association. The resource person for the programme was Mr. Saidalavi V, Assistant Professor, Department of Arabic, KAHM Unity Women's College. The session aimed to highlight the importance of teaching as a means of enhancing one's own learning process. The programme began with a welcome address by Association secretary, followed by an introductory note on the topic and the guest. Mr. Saidalavi V. delivered an insightful talk on PSC (Public Service Commission) examinations and aimed at guiding students about career opportunities in government services. The session began with an introduction to the PSC exams, explaining their significance as one of the most prestigious and competitive pathways for securing positions in various state and central government departments. The programme came to an end with a vote of thanks, marking a successful and engaging Association Hour for the Department of English.



## PTA Meeting

The Parent-Teacher Association (PTA) meeting of the Department of English at KAHM Unity Women's College, Manjeri was held at 2:00 PM on 31 October 2025, bringing together faculty members, parents, and students in a spirit of collaboration. The session opened with an introductory note by Ms. Shahina Mol A.K., Head of the Department, who warmly welcomed the gathering and emphasised the shared responsibility of nurturing students' academic and personal growth. This was followed by a detailed briefing from the undergraduate tutors, Mr. Sidhique P., Dr. Krishna Sunder A. and Dr. Shahina Mol A.K. who highlighted classroom performance, mentoring practices, and initiatives taken to strengthen learning outcomes. The meeting then moved to the distribution of progress cards, with respective class tutors personally handing over reports to parents and engaging in constructive discussions about individual achievements and areas for improvement. The event concluded on a positive note, with parents appreciating the department's transparent approach and reaffirming the PTA's role as a vital bridge between home and institution.



*Department of Zoology*

## Wildlife week celebration 2025

Students of Zoology minor programmes, Ms. Husna Sherin C (I semester B.Sc. FCS), Ms. Dilna T P (I semester B.Sc. FCS), Ms. Bushra Sherin (I semester B.A. English), and Ms. Hiba Fathima M (II semester B.Sc. Botany) participated in the District level competitions in Essay writing, Elocution, Pencil Drawing, Water colour painting and Quiz conducted by the Kerala Forest Department on 2nd and 3rd October 2025 as a part of Wildlife week celebrations 2025.

## Nature conservation

As a part of creating awareness and sense of responsibility among the students and staff of the institution, a pledge on conserving nature for the very existence of humanity was administered on 06th October 2025 as per the order of Department of Forest and Wildlife, Kerala.





## **>>> Department of Botany**

### **Creating Living Landscapes: A Terrarium-Making Experience**

The PG and Research Department of Botany organized a hands-on training session on Terrarium Preparation titled “Creating Living Landscapes: A Terrarium-Making Experience” on 8th October 2025. The session conducted by the First Semester B.Sc. Botany (Honours) students with the objective of providing them with practical exposure to sustainable indoor gardening techniques and plant care. During the training, students designed and assembled both open and closed terrariums using essential materials such as glass containers, soil mixtures, pebbles, moss and decorative elements. A variety of plant species suitable for terrarium environments were carefully selected and artistically arranged. The activity enabled students to understand the ecological principles behind self-sustaining miniature ecosystems while also developing an appreciation for the aesthetic aspects of plant arrangement. The participants exhibited keen interest, creativity and enthusiasm throughout the session. This experiential learning activity not only enhanced their practical skills but also fostered environmental awareness and a deeper appreciation of plant diversity. The programme coordinated by Dr. Deepa P. and Ms. Anusree M., turned out to be a successful one.



### **Resin embedding of botanicals**

The students of the first semester B.Sc. Botany organized a hands-on program titled “Resin Embedding of Botanicals” on 17th October 2025 as part of their academic curriculum. The activity aimed to provide students with practical experience in preserving plant materials through resin embedding - a creative and scientific method used to conserve botanical specimens for educational and decorative purposes. During the session, students selected and prepared various plant materials such as seeds and flowers for embedding. Using appropriate silicon moulds, they mixed resin and hardener in correct proportions and carefully poured the mixture over the plant materials to create durable and transparent botanical specimens. The process helped students understand the principles of embedding techniques, material handling, and aesthetic presentation. The activity not only enhanced their practical skills but also fostered creativity and appreciation for botanical art and preservation techniques. The programme was conducted under the guidance of faculty members from the PG and Research Department of Botany.





## Collection Trip to Munnar and Kodaikanal

The department organized a Taxonomic Collection Trip to Munnar and Kodaikanal as part of the 3rd Semester M.Sc. Botany curriculum on 24-27 October 2025. The trip aimed to provide students with hands-on experience in plant identification, classification and herbarium preparation, and to help them study the diverse vegetation types and plant families prescribed in their syllabus. The program aimed to familiarize students with the floral diversity of the Western Ghats, as well as the morphological and ecological characteristics of various plant species, and to train them in field collection and preservation techniques used in plant taxonomy. The group, comprising postgraduate students and faculty members, explored the biodiversity-rich regions of Munnar and Kodaikanal, where they observed a wide range of vegetation types including tropical evergreen forests, shola-grassland ecosystems and montane vegetation. Students actively participated in the collection, observation and documentation of plant specimens from different habitats such as forest patches, grasslands, plantations and roadside areas. They identified species belonging to different families such as Sterculiaceae, Menispermaceae, Meliaceae, Aizoaceae, Orchidaceae and Poaceae, among others. Each specimen collected was carefully examined for its morphological features and properly labelled with details such as habitat, altitude and locality. The collected materials were pressed between newspapers and cardboards using field presses to remove moisture and later mounted on herbarium sheets for academic reference. Through this systematic process, students gained practical training in herbarium techniques, plant classification and ecological documentation, while also developing an appreciation for the importance of conserving native and endemic flora. The coordinators were Dr. Deepa P., Ms. Husna Banu and Ms. Nishma.



## Parent-Teacher Association (PTA) meeting

Parent-Teacher Association (PTA) meeting for the 1st, 3rd, and 5th semester B.Sc. Botany programmes were held on 31st October 2025. The meeting aimed to strengthen the collaboration between parents and teachers to enhance student's academic performance and overall development. The session commenced with a warm welcome address by Dr. Faseela P., Assistant Professor. Following this, Dr. Usman A., Assistant Professor & HoD, introduced the department and gave an overview of the curriculum and academic activities. He emphasized the importance of discipline among students and highlighted the joint role of teachers and parents in fostering academic excellence and personal growth. Dr. Hussain K., Assistant Professor Adhoc, graced the occasion with his felicitations. The class tutors - Dr. Faseela P. (3rd semester), Dr. Nushiba Nazer P.T. (5th semester), and Dr. Deepa P. (1st semester) - discussed the academic performance of students, reviewed their internal examination results and distributed the progress reports to parents. A total of 51 parents attended the meeting and actively participated in the discussions, sharing their feedback and concerns regarding their ward's academic progress and overall behaviour. The meeting concluded with a vote of thanks delivered by Ms. Sudheesha K., Assistant Professor Adhoc, marking the end of a productive and interactive session that strengthened the parent-teacher partnership for the betterment of students.





## Community Nutrition Camp & Stalls At NIRAV 2025 – Kisan Mela, Tanalur

The staff and students of the PG Department of Home Science participated in NIRAV 2025 – Kisan Mela, jointly organized by the Department of Agriculture Development and Farmers Welfare and the Local Self Government Department (LSGD) at Tanur Block on 11th and 12th October 2025. The event was inaugurated by the Hon. Minister Sri. V. Abdurahiman. As a community outreach activity, a Nutrition Camp was arranged by the PG students of the department to assess the BMI and BP of the people visiting the Mela and to provide personalised diet counselling, supported with a display of food choices during diabetes, hypertension and anaemia. A sales counter with cakes, snacks, handicrafts and fancy items prepared by the student entrepreneurs of the department, namely, Ms. Shifa Rinshi (III Sem MSc Home Science – Nutrition & Dietetics), Ms. Aslamiya, and Ms. Fathima Farha (V Sem BSc FCS), and Ms. Hana Shihab NK (I Sem BSc FCS) was also organised to promote entrepreneurship skills among the students. At the sales counter, the microgreens prepared by Ms. Shahla K., Assistant Professor (Adhoc), PG Department of Home Science gained the attention of the people. Also, Ms. Sulaikha Gaffoor (B.Sc. Home Science, 1993-1996 batch), a prominent Alumni entrepreneur of the department, exhibited her products 'Mukthy's Curcum Vita', a series of immunity-boosting products, which also received wide appreciation. More than 400 people visited the stall, including the Hon. Minister and Sri. Kurukkoli Moideen, MLA, Tanur. The BMI assessment revealed that 38% of participants were within the normal range, 51% were overweight or obese, and 4% were underweight. Students provided individual diet counselling, emphasizing balanced nutrition and lifestyle modification. Ms. Hana Shihab N.K., I Semester B.Sc. FCS, participated in the Mushroom Recipe Competition conducted as part of the Mela and secured the third prize. A total of 21 UG and PG students and two faculty members participated in the programme. Lt. Loosiya KP, Assistant Professor (Adhoc) and Ms. Fathima Henna Palliyan, III Semester M.Sc. Home Science (Nutrition and Dietetics), served as the faculty and student coordinators respectively. The participation in the Mela resulted in the positive outcomes such as increased public awareness on healthy eating including enhanced public visibility, students' exposure to community-based nutrition programmes fostering empathy, communication, problem solving skills and encouragement of entrepreneurship.





# Seminar On "Hand In Hand For Better Foods And A Better Future"

In connection with World Food Day 2025, the PG Department of Home Science, KAHM Unity Women's College, Manjeri, in association with the Department of Food Safety, Malappuram, organized a seminar on the theme "Hand in Hand for Better Foods and a Better Future" on 16 October 2025 at 12.00 PM in Aryabhata Hall. The programme aimed to promote awareness on food safety, sustainable nutrition, and the collective responsibility of ensuring better food and a better future for all. The session commenced with a welcome address by Dr. N.V. Fatimathu Zuhara, Assistant Professor and Head of the PG Department of Home Science, KAHM Unity Women's College, Manjeri. She highlighted the importance of celebrating World Food Day as a platform to reinforce the significance of safe and nutritious food in everyday life. The programme was presided over by the Principal in-charge, Dr. K. Fousi, Associate Professor and Head, Department of Zoology, KAHM Unity Women's College, Manjeri. She urged the students to practice responsible consumption habits and reduce food wastage to ensure food security for future generations. The seminar was formally inaugurated by Sri. Sujith Periera.D, Assistant Commissioner, Department of Food Safety, Malappuram, who emphasized the critical role of safe and nutritious food in today's world. He spoke about the importance of adopting healthy food habits, reducing wastage, and maintaining food safety standards to secure a healthier and sustainable future. Dr. Aswathi A.P., Food Safety Officer, Mankada Circle, and Ms.Fathima Shafiya Kurikkal P of I Sem M.Sc Home Science (Nutrition & Dietetics), the college union representative, offered felicitations, expressing appreciation for the initiative and encouraging students to become advocates of food safety in their personal and professional spheres. Following the felicitations, Dr. Muhammed Musthafa K.C., Food Safety Officer, Ernad Circle, delivered an insightful keynote address, emphasizing the importance of maintaining hygiene in food preparation, proper storage practices, prevention of food contamination, and adherence to safe food handling in both domestic and commercial settings. He also reinforced the young minds on the shared responsibility for sustainable food security. The session concluded with the feedback from the participants. A vote of thanks was proposed by Dr. Poornima E.K., Food Safety Officer, Manjeri Circle, who expressed gratitude to all the participants and organizers for making the seminar a success. Ms. Nuha Kunhi Muhammed of I Semester M. Sc Home Science (Nutrition and Dietetics) anchored the programme. The event encouraged students to adopt responsible food practices and contribute to building a healthier future.





## Cardiopulmonary Resuscitation (CPR) Awareness Week Celebration

The Ministry of Health and Family Welfare (MoHFW) is observing CPR Awareness Week from October 13th to 17th, 2025, to promote awareness and build lifesaving skills. As part of this initiative, the PG Department of Home Science organized a video presentation on Cardiopulmonary Resuscitation (CPR) techniques and their importance on October 16, 2025, in Room No. B-105 at 3:00 PM. The event highlighted the significance of timely intervention during cardiac emergencies. Immediate CPR can help preserve brain function and sustain life until medical help arrives. The video presentation systematically explained the step-by-step procedures of performing CPR, including checking for responsiveness, calling for emergency assistance, proper hand placement, chest compressions, rescue breathing, and the use of an automated external defibrillator (AED). After the video session, participants took the CPR Oath, pledging to respond confidently in emergencies and promote CPR awareness. This initiative enhanced students' understanding of emergency life support measures and encouraged them to be proactive in learning practical CPR skills. Seventy-five students participated in this awareness session. This program was effectively coordinated by the faculty Ms. Farsana Shirin K (Assistant Professor (Adhoc) Department of Home Science) and the student Ms. Shana A K (3rd Sem. BSc. FCS).



## UGC NET Coaching For PG Students

The PG Department of Home Science organized UGC NET Coaching for PG students from 13th October 2025 onwards with the aim of preparing students for the UGC NET examination in Home Science and enhancing their conceptual understanding, analytical ability, and research aptitude. The coaching sessions were conducted on a weekly basis, covering the entire syllabus, and included topic-wise lectures, test papers, and doubt-clearing sessions handled by the faculty members of the department. The third and first semester MSc Home Science (Nutrition & Dietetics) students were the participants of the programme. The programme was coordinated by Lt. Loosiya K. P., Assistant Professor (Adhoc), and Ms. Shifa Rinshi, student coordinator (III Sem MSc Home Science - Nutrition & Dietetics).





# Alumni Entrepreneurs' Stories

## Chapter 1 – “Creative Minds For A Safe And Sustainable Future”

The PG Department of Home Science organized “Alumni Entrepreneurs' Stories - Chapter 1” on 23rd October 2025 at 2:45 pm in Aryabhata Hall to inspire and motivate students through real-life success stories of department alumni, with a special focus on creativity and sustainability in business. Alumnae Ms. Suhada Asas and Ms. Mubashira (BSc FCS 2005-08 batch) shared their entrepreneurial journeys, experiences of building and running a startup, and the vital role of sustainable practices and innovative thinking. Through their interactive session and Q&A, they ignited students' enthusiasm, encouraging creative problem-solving and the development of future-ready solutions. The event began with a welcome address by Ms. Bushaira V, Assistant Professor (Adhoc), while Dr. NV Fatimathu Zuhara (HoD) and Dr. Annie Ninan (Former HoD) joined online. It concluded with a vote of thanks by Ms. Fathima Shafiya Kurikkal (I Sem MSc Nutrition & Dietetics). Coordinated by Lt. Loosiya KP (Assistant Professor) and Ms. Fathima Arshida MT (III Sem MSc), the session saw active participation from faculty, UG, and PG students. Students gained valuable insights into sustainable entrepreneurship and innovation, leaving them highly motivated to pursue their own entrepreneurial dreams.



*Department of Commerce*

## Workshop on “Research Methodology: Data analysis and Report Writing”

The Department of Commerce, in association with UNICOSA (Unity Commerce Alumnae Association) organized a Workshop on “Research Methodology: Data analysis and Report Writing” on 24th October 2025, 9.30 a.m. at Aryabhata Hall. It aimed to improve the research aptitude of students by providing them with practical insights into research methods, data analysis, and report preparation. The function began with the welcome address of Mrs. Haseena Jasmine CK, Assistant Professor of Commerce (B.Com, 1998-2001 batch). The session was inaugurated by Mrs. FathimaShajitha, Head and Associate Professor. Ms. Fathimashaban 3rdSemester M. Com, rendered the vote of thanks. Dr. Sameera P, Assistant Professor of Commerce, PS MO College (Autonomous), Tirurangadi, (Alumna, B. Com, 2003-2006 batch) a distinguished scholar in the field of research methodology was the resource person. The programme was coordinated by Mrs. Haseena Jasmine CK, Assistant Professor of Commerce and Ms. FathimaLubna K, Fifth Semester B.Com Co-operation.





## Class PTA Meeting

The Department of Commerce conducted a PTA meeting on 31st October 2025 at 2:45 p.m. in the CH Auditorium for the first, third, and fifth semester classes to review students' academic performance in the internal examination. Ms.FathimaShajitha T.K., Associate Professor & Head of the Department, welcomed the gathering. In her speech she highlighted the importance of parental involvement in students' academic and personal growth. Faculty members Ms.Haseena Jasmine C.K., Mr.YaserYaseen, and Ms.Muhsina T., class tutors of the first, third, and fifth semester classes respectively, addressed the parents and discussed students' performance, discipline, and classroom behaviour. Progress reports were distributed, and parents' signatures were obtained as acknowledgment. The session concluded with an open discussion, where parents shared valuable feedback and suggestions. The faculty assured continuous cooperation for the academic excellence and holistic development of the students.



## Department of Commerce - CA

## Mind Matters: A Session On Mental Health And Learning

The PG Department of Commerce organized an insightful session titled "Mind Matters: The Link Between Mental Health and Learning", led by Ms. Maneesha KP, HOD, Department of Psychology. The program aimed to highlight the vital connection between student's mental well-being and their academic performance. Ms. Maneesha, in her engaging presentation, emphasized how emotional stability, stress management, and self-awareness play crucial roles in enhancing learning outcomes. She encouraged students to provide coping strategies, maintain balance in their academic life, and seek support when needed. The session also included interactive discussions where students shared their personal experiences and challenges related to mental health and studies. The program concluded with an open Q&A session, leaving participants more aware the importance of nurturing both mind and intellect. The program began with a welcome note of Ms. Sahida K, Assistant Professor (Ad-hoc) and concluded with a vote of thanks by Ms. Shabeeba Mol, Association Secretary ( 5th Sem Bcom. The program successfully combined her valuable insights and reaffirmed its commitment promoting psychological well-being and holistic learning on campus.





## Home Wallet :Turn Dates into Smart decisions-Community Outreach Programme

The programme "Home Wallet - Turn Dates into Smart Decisions" was a community outreach program conducted by the PG Department of Commerce CA students from the 3rd semester MCom. On October 24, 2025, the students distributed monthly budget planners to the neighborhood community and provided explanations on budgetary measures. The beneficiaries responded positively, appreciating the initiative. This program not only empowered the community with essential knowledge on managing finances but also helped build confidence in the students when interacting with society. Key Aspects of the Program are Students interacted with the community, sharing knowledge and building confidence in their communication skills. It also gives practical learning to the students. The beneficiaries received tangible resources (monthly budget planners) and guidance on budgeting, enabling them to make informed financial decisions. The community responded positively, indicating the program's effectiveness in addressing their needs. The programme coordinated by Mursila Nasri CK, Assistant professor (ad hoc) PG dept of Commerce CA & Student coordinator Shamna KC 3rd sem MCom Student.



## Industrial Visit To Tea Factory At Vagamon & Ramakkalmedu

The PG Department of Commerce organized a three-day industrial visit from 4 to 6 October 2025 to Vagamon and Ramakkalmedu, enabling 31 students from B.Com Computer Application, B.Com Cooperation, BSc Computer Science, and BSc Psychology, along with faculty coordinators Ms. Shajla K and Ms. Shiyana E.K, to gain practical exposure to social entrepreneurship as part of their Social Entrepreneurship (Minor B) curriculum. At a local tea processing factory, students observed the complete production cycle—from withering and rolling to fermentation, drying, and grading—while learning how such small-scale industries in hilly regions generate sustainable livelihoods, adopt fair-trade practices, and contribute to environmental balance. A highlight of the visit was an inspiring interactive session with noted social entrepreneur Mr. Ramaiyya from Ramakkalmedu, who shared his experiences in rural skill development, eco-tourism, and community-driven projects, addressing students' questions on funding, community participation, and the future of social entrepreneurship in rural Kerala. The visit provided valuable experiential learning, deepened students' understanding of sustainable development and rural innovation, strengthened their appreciation for community-oriented business models, and enhanced teamwork and communication skills. The faculty coordinators noted that the trip perfectly complemented the syllabus and motivated students to think innovatively about creating shared social value. The group returned to college on 6 October 2025 at 7:30 AM, having successfully bridged theoretical knowledge with real-world insights into responsible entrepreneurship.





## *Department of Psychology*

# **“Mindful Manifesto” — A Three-Day Program in Connection with World Mental Health Day**

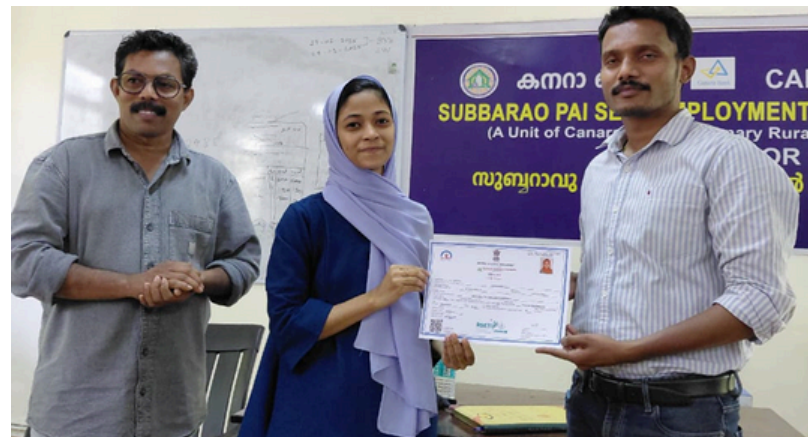
The Department of Psychology, KAHM Unity Women's College, Manjeri, organized a three-day program titled “Mindful Manifesto” in connection with World Mental Health Day, observed globally every year on October 10th. The 2025 theme, “Access to Mental Health Services in Catastrophes and Emergencies,” emphasizes the importance of ensuring psychological support during crises, conflicts, and natural disasters. With this focus, the department conducted a series of activities aimed at spreading awareness about mental health, resilience, and well-being through creative educational, and experiential events. On Day 1, a rally and a powerful psychological act titled “Behind the Silence: Voices from Palestine” were performed, highlighting the struggles faced by people in war zones and emphasizing the importance of mental health support during crises. The act was coordinated by Ms. Hamidha K. P, Assistant Professor of Psychology department and Ms. Riya Fathima K. C, third-year Psychology Student. The second day, held on 14th October 2025, featured the Psychology Exhibition, which showcased a variety of psychological models, interactive games, and free psychological tests. The exhibits provided students and visitors with insights into different areas of psychology, including perception, memory, and behavior, along with a Music Therapy session that provided a relaxing and healing experience. The day was coordinated by Ms. Raha Suhood C Faculty department of psychology, Ms. Yumna Mohamed and Ms. Rahmidha T, second-year psychology students. The final day featured an exciting and innovative Horror House, which explored the psychological aspects of fear and thrill. Participants experienced a blend of suspense, creativity, and emotional stimulation, reflecting the psychological principles behind fear responses. The event attracted great participation and positive feedback for its originality and execution. The programme was coordinated by Ms. Maneesha K.P, Head of the Department of Psychology and Ms. Fathima shida, third-year Psychology Student



## *Women Cell*

# **She Skills Hub- Empowering Women through Style and Skill**

The Women Cell under the KSWDC She Skills Hub initiative, has been actively engaged in empowering young women through skill development. As part of this effort, 70 students participated in a series of 30-day intensive vocational training programs organized by the Subbarao PAI Self Employment Training Institute (RSETI), Wandoor, during the vacation period of April-May 2025. The courses included Stitching, Junior Beauty Practitioner, and Fashion Designing, all aimed at equipping students with practical skills, promoting self-reliance, and enhancing entrepreneurial capabilities. To mark the successful completion of these training programs, a Certificate Distribution Ceremony was held on 3rd October 2025 at RSETI, Wandoor. The event was graced by dignitaries, faculty members, and representatives of RSETI. Students received their certificates in recognition of their dedication and achievement in acquiring professional skills. The ceremony was not only a moment of pride for the trainees but also a reflection of the Women Cell's vision to provide meaningful platforms for women's empowerment. The initiative has significantly contributed to building confidence and fostering economic independence among students. The Women Cell remains committed to organizing more such impactful programs in the future, thereby continuing its mission of empowering women through education, skills, and opportunities.







## World Student's Day Celebration

The World Students' Day celebration, honoring the birthday of Dr. A.P.J. Abdul Kalam, was enthusiastically organized by NSS Units 008 & 171 on October 15, 2025. The events took place across the AC Seminar Hall and the Wisdom Circle. The celebration was designed to inspire and educate students through several engaging activities:

- **Documentary Screening and Quiz:** A documentary on Dr. Kalam's life and immense contributions was screened in the Seminar Hall. This was followed by a competitive quiz, testing the students' knowledge of his life and work.
- **'Dream Wall' Installation:** A 'Dream Wall' was set up in the Wisdom Circle, providing students with a platform to write down and display their personal aspirations and goals, embodying Dr. Kalam's vision for youth.

The event received positive feedback from the volunteers, who noted that the celebration was highly inspirational and successfully conveyed the lasting impact of Dr. Kalam's legacy. The celebration proved to be a memorable and motivating experience for everyone involved.



## World Mental Health (Short Film)

As part of the observance of World Mental Health Day, the NCC cadets of KAHM Unity Women's College, Manjeri, undertook an inspiring initiative by creating a short film titled *Beyond Silence*. The film was conceptualized, directed and edited by L/CPL Sreeneha M, reflecting the creativity, dedication and social responsibility of the cadets. The aim of this activity was to spread awareness about mental health and encourage open conversations on emotional well-being. The objectives included promoting understanding of mental health challenges, highlighting the role of discipline and teamwork in coping with stress, and motivating youth to seek support when needed. The short film features Sandra V in the lead role, supported by several NCC cadets who contributed through their performances and behind-the-scenes assistance. The film effectively conveys the importance of emotional resilience and demonstrates how the values cultivated through NCC can help individuals manage stress and build inner strength. The programme was efficiently coordinated by ANO Lt. Loosiya K. P. and UO Shahana M. P., 6th Semester B.Sc. FCS. The outcome of the initiative was a heightened awareness among students regarding mental health, fostering empathy, positive coping strategies and a supportive environment that encourages open dialogue about psychological well-being.





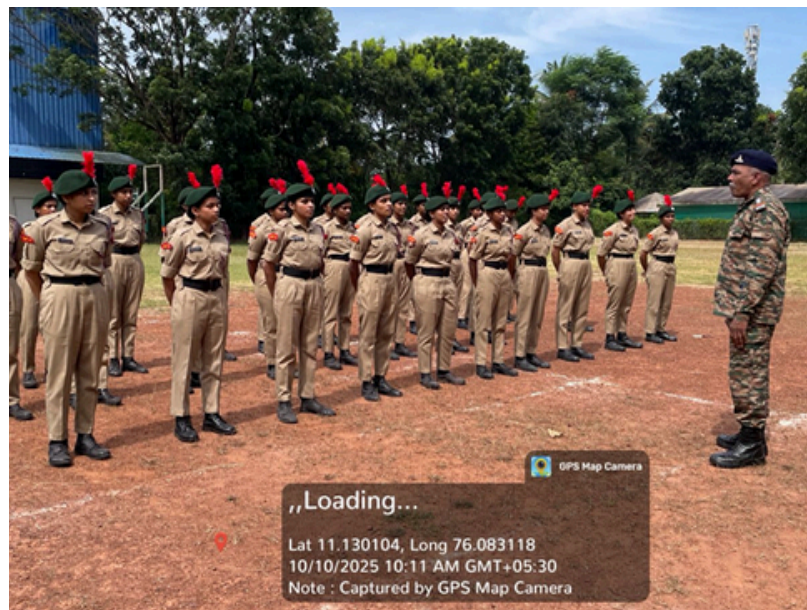
## World Habitat Day (Awareness Video)

World Habitat Day, observed on the first Monday of October, aims to promote awareness about sustainable urban development and the universal right to adequate shelter. To mark this occasion, the NCC cadets of KAHM Unity Women's College, Manjeri, prepared and presented an awareness video highlighting the importance of creating safe, resilient and eco-friendly habitats. The aim of the programme was to encourage students and the community to understand the need for sustainable living spaces and responsible environmental practices. The objectives included spreading awareness on urban sustainability, promoting cleanliness and active community participation, and motivating individuals to contribute to the development of healthier living environments. The video featured five enthusiastic NCC cadets: Nehrin P. K., Avani Kishor, Hamna Sherin, Fathima Riya P. and Ayishathul Isha P. Each cadet contributed creatively through speeches and talks emphasizing environmental responsibility, cleanliness and community involvement. The programme was effectively coordinated by ANO Lt. Loosiya. KP and UO Rushda. P, 6th Sem BSc Mathematics.



## Parades Conducted In October Month 2025

In the month of October, NCC parades were conducted on the 10th and 24th of October 2025 as part of the regular training activities of the NCC. The aim of these parades was to strengthen the cadets' drill proficiency and theoretical understanding in preparation for the 'B' and 'C' Certificate examinations. The objectives included improving discipline and coordination through drill practice, enhancing academic readiness through theory sessions and providing cadets with proper guidance from trained officers. On the parade days, cadets attended both drill and theory classes based on the prescribed syllabus. Officers from the 9(K) Girls Battalion NCC, Kozhikode, came to the college to train the cadets, while Lt. Loosiya KP, Associate NCC Officer handled theory sessions and supervised the parade activities. The senior cadets, UO Rushda P. (6th Sem B.Sc. Mathematics) and UO Shahana M. P. (6th Sem B.Sc. FCS), also coordinated the cadets. All first, second- and third-year cadets actively participated in the training. The outcome was improved drill performance, better exam preparation and increased confidence among cadets in fulfilling their responsibilities as NCC cadets.





## Dialysis Kit Packing

As part of the Hastham Palliative Care Project by Manjeri Municipality, two NCC cadets actively participated in the dialysis kit packing held at the Hastham Office, Manjeri Municipality, on 21st October 2025. The aim of the program was to support the palliative care initiative by preparing dialysis kits for patients in need and to instill in cadets a sense of social responsibility, empathy and community service. Mr. Shafeeq, Counsellor from Government Medical College, delivered a brief explanation about the project and its significance in patient care. The event was coordinated by Lt. Loosiya K. P., Associate NCC Officer, with L/CPL Rishva K (4th Sem B.A. History) and L/CPL Sreenaha M (4th Sem B.Sc. Mathematics) participating in the kit-packing activity. The outcome of the program was the successful preparation of dialysis kits for distribution to patients, along with enhancing awareness among cadets about the importance of supporting healthcare and palliative care services within the community.



## Library

## ISBN Book Release and Workshop Held at Unity College, Manjeri

A book release ceremony and a workshop on 'Academic Publication' were organized at Korambayil Ahammed Haji Memorial Unity Women's College, Manjeri, on 21 October 2025, in connection with the release of the latest ISBN publications. The programme was inaugurated by Adv. U. A. Latheef, MLA, who also officially released fourteen ISBN books. Prof. (Dr.) Muhammed Basheer Ummathur, Principal, presided over the function. Under the banner of Unity Publications, 14 books prepared collaboratively by teachers, researchers and students from various departments were presented to the academic community on the occasion. Following the release, a workshop on "Academic Publication: From Concept to Publishing" was conducted, led by Dr. Sainul Abideen P., Deputy Librarian, IISER Thiruvananthapuram, who explained key aspects of research paper writing, documentation and publication procedures. The programme was organised as part of LEAD 2025, a five-day faculty training initiative jointly hosted by the IQAC and the Shihab Thangal Library and Information Centre of the college. Engr. O. Abdul Ali (Manager), Muhammed Abdul Hakeem C. (IQAC Coordinator), Dr. Haris Ummath (Staff Secretary), Dr. A. K. Shahina Mol (Former IQAC Coordinator), Adam Thanari (NTS Staff Club Secretary), Yunus T. P. (UGC Librarian) and Dr. Faseela P. (Research Cell Coordinator) offered felicitations and addressed the gathering.







## Teachers' Credentials

- Dr. Deepa K**, Assistant Professor, Department of Chemistry, participated in IP awareness/training programme under National Intellectual Property Awareness Mission on October 17, 2025



- Dr. Said Hamid Thangal**, Assistant Professor (Adhoc), Department of Zoology published a book chapter in Environmental Toxicants and Lifestyle Diseases. The title of the chapter is Microplastics: An Emerging Concern of Human Health.



- Dr. Said Hamid Thangal P** served as Judge of 18 th District level Students' Biodiversity Congress 2025 at Government Arts College, Munduparamba, Malappuram on 20 th October 2025.



- Dr. K. Fousi** served as subject expert of screening cum evaluation committee for promotion of faculty at MES Ponnani College on 28<sup>th</sup> October 2025.
- Ms. Sahida.K**, Assistant Professor(Adhoc), PG Department of Commerce, published a paper titled "Financial crisis faced by unemployed educated youth in International Journal for Multidisciplinary Research ISSN 2582-2160, Impact factor 9.24.



- Dr. Aswathi M. P.** of the Department of English has been approved as a research guide in the Department of English which was recognised as a research centre by the University of Calicut.



## Students' Achievements

- Muhsina K** secured 3rd rank and Fathima Safa 8th rank in the M.Sc. Chemistry examination 2025.



- Students of the minor English for Technical Writing presented a report based on a survey of 35 students in the campus to analyse their learning patterns. The study revealed distractions by social media and failure to assign regular study hours after college as strong reasons affecting deep learning. The data was analysed using AI tools which gave the students a rich learning experience. The assignment was guided by Ms M K Vineetha of the PG and research department of English.



- Ms. Hana Shihab. NK** (I Sem BSc FCS), bagged third prize in the Mushroom Recipe Competition as part of Nirav 2025 – Kisan Mela, jointly organised by the Department of Agriculture Development and Farmers Welfare and LSGD at Tanur Block on 12<sup>th</sup> October, 2025.



- The NCC cadets of KAHM Unity Women's College, Manjeri, actively participated in the Viksit Bharat Quiz 2026, organized under the MY Bharat initiative of the Government of India. The aim of the programme was to engage youth in understanding the national vision of Viksit Bharat @2047 and to inspire leadership, awareness and informed participation in nation-building. The objectives included enhancing students' knowledge about national development, encouraging analytical thinking on India's future progress and motivating cadets to contribute meaningfully toward building a developed and self-reliant nation. A total of 101 NCC cadets participated in the online quiz through the MY Bharat portal on 30th October 2025. The quiz offered the cadets an opportunity to gain deeper insights into India's developmental goals and reflect on their role as responsible citizens of the country. The outcome of the programme was increased knowledge among cadets about key national initiatives, improved awareness of India's developmental roadmap and strengthened motivation to contribute to the nation's growth. The event was coordinated by Lt. Loosiya K. P., Associate NCC Officer, and UO Rushda P., 6th Semester B.Sc. Mathematics.





- **Ms. Fathima Dilraz K.C.** (III Sem M.Sc. Home Science – Nutrition & Dietetics) secured the First Prize with a cash award of ₹3,000. **Ms. Fathimathul Aslamiya O.K.** (V Sem B.Sc. FCS) won the Second Prize with ₹2,000, and **Ms. Shifa Rinshi** (III Sem M.Sc. Home Science – Nutrition & Dietetics) received the Third Prize with ₹1,000 in the World Food Day District Level Poster Making Competition conducted by the Food Safety Department, Malappuram District on 16th October 2025.



- The top ten positions in the final semester Examination of MSc Home Science (Nutrition and Dietetics) conducted in April 2025 was secured by **Ms. Noufiya Thasni CP**, **Ms. Nada Musthafa**, **Ms. Salma Faba**, **Ms. Risba Sirin K**, **Ms. Safeetha**, **Ms. Liyana Abdul Jabbar E**, **Ms. Rinsha**, **Ms. Majida M**, **Ms. Fathima Safa**, **Ms. Liyana Fathima VP**, **Ms. Nasba K**, **Ms. Hiba Nasar CK** and **Ms Ansheera CM** of MSc Home Science (Nutrition and Dietetics) 2023–25 batch.

