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Monthly Newsletter of P.G. Department of Botany, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri - 676122 (Affiliated to University of Calicut, NAAC Re-accredited with B++ Grade, Estd - 1991)

Talk on 'Effective Learning and Stress Management Strategy'



On 9th September 2024, P.G. Department of Botany organized an insightful session on 'Effective Learning and Stress Management Strategy,' led by Ms. Abhirami O.U., a skilled Psychologist from Jeevani, the mental health initiative. The session aimed to provide students with essential tools to enhance their learning processes and cope with the stress associated with academic life. The event began with a warm welcome from Ms. Sudheesha K., who greeted the participants, introduced the resource person, highlighted the

importance of addressing mental health and well-being, especially in the academic environment where students often face heightened pressure, and stressed the relevance of the session in equipping students with practical techniques to manage academic stress effectively.





The resource person delivered an engaging and informative talk, focusing on strategies for effective learning and stress management. She provided valuable insights into how students can improve their concentration, memory retention and overall academic performance while maintaining their mental and emotional well-being. The talk covered various stress-relief techniques, time management strategies and methods for creating a balanced approach to study and personal life. The session was interactive with students who actively participated and seeked advice on managing the challenges they face in their academic journey. The event coordinated by Deepa P. (Assistant Professor Adhoc) and Jyothi Lakshmi K.C. (Fifth Semester BSc Botany), that concluded with a vote of thanks delivered by Ms. Ayisha Febin, Third Semester MSc Botany, who expressed the gratitude to Ms. Abhirami O.U. for her insightful presentation and valuable guidance.

On 19 September 2024, Deepa P. participated in a webinar organized by Kerala State Biodiversity Board, Trivandrum, on the topic 'Ozone pollution, a threat to biodiversity' as part of the Ozone Day 2024



'Melodic Meetup' Alumni Lecture Series 3

The PG Department of Botany successfully held the third monthly Alumni Lecture Series on 2nd September 2024, continuing its commitment to fostering connections between current students and esteemed alumni. The series, now a cornerstone of the department's efforts, aims to bridge the gap between past and present students, enriching the academic experience through shared knowledge and experiences.



The series featured Ms. Harsha K.H., an alumnus from the 2017-2020 B.Sc. Botany and 2020-2022 M.Sc. Botany batch, as the distinguished resource person. The event commenced with a warm welcome from Dr. Faseela P., Assistant Professor, who provided an insightful introduction on the significance of the Alumni Lecture Series. She highlighted how these monthly sessions serve as a platform for exchanging ideas, fostering inspiration, and broadening the horizons of current students by drawing from the diverse experiences of the alumni. Ms. Harsha K.H. led a unique and engaging session themed "Melody Songs." Departing from the conventional academic focus, her performance offered a creative and cultural exploration of the influence of nature in music. The session was met with enthusiastic participation from students across the Department of Botany. The attendees were captivated by the innovative blend of music and botany, a refreshing perspective that expanded their appreciation towards studies. The event concluded with a vote of thanks delivered by Sreya, a Third Semester MSc Botany student. The programme was efficiently coordinated by Nadiya K.T., Assistant Professor Adhoc, along with Unnimaya O., a First Semester MSc Botany student.

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Workshop on 'Research Methodology in Plant Taxonomy'

On 10th September 2024, PG Department of Botany organized a workshop on 'Research Methodology in Plant Taxonomy' for Third-Semester MSc Botany students. The workshop was designed to enhance the student's understanding of practical approaches in Plant Taxonomy with a specific focus on species identification and description. The event began with a warm welcome from

CSIR-JRF/NET Coaching
Programme for Life Sciences

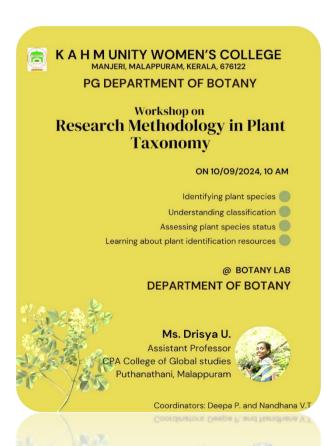
On 23rd September 2024, PG Department of Botany launched the CSIR-JRF/NET coaching programme for Life Sciences. Dr. Usman A., Head of the Department, delivered the welcome address, and highlighted the significance of the programme in enhancing the student's academic and professional prospects. The programme started with the first session, focused on Molecular Biology, conducted by Ms. Sudheesha K., Assistant Professor (Adhoc), Department of Botany. A total of 25 M.Sc. Botany students enrolled in the coaching that showing enthusiasm for the opportunity. The programme coordinated by Ms. Sudheesha K. and Ms. Surya E.V., who are overseeing the smooth functioning of the coaching sessions. This initiative is expected to play a crucial role in preparing students for competitive examinations in the field of Life Sciences.



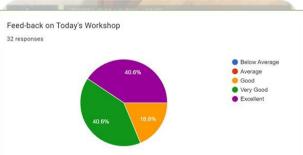


Dr. Faseela P., followed by the opening address presided over by Dr. Usman A., Head of the Department who highlighted the importance of practical exposure for students pursuing botanical sciences, especially in areas related to taxonomy and species identification.

The sessions regarding taxonomic literatures and hands-on training in plant identification were led by Ms. Drisya U., Assistant Professor, CPA College of Global Studies, Puthanathani, a renowned expert in Plant Taxonomy. She delivered valuable insights into research methodologies employed in Plant Systematics by emphasizing the significance of detailed species identification with the use of Flora of the Presidency of Madras, a respected reference in the field to guide the students through the intricate processes of identifying plant species. By engaging both theory and hands-on practice, the students developed a deeper understanding of the identification process, and they got an opportunity to engage directly with plant specimens and reference materials that allowed them to apply the methodologies discussed. The event concluded with the vote of thanks delivered by Farhana Hiba which coordinated by Deepa P. and Nandana V.T., of the Botany Department. The sessions successfully achieved its primary objective of providing students with a strong foundation in research methodology related to Plant Taxonomy in turn leaving them better equipped for further studies and research in the field.









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The Parents Teacher Association (PTA) meeting for the 3rd and 5th semester students of the B.Sc. Botany program was conducted on 3rd September 2023 at the Botany Lab. The session was organized to foster better communication between the faculty and the parents, focusing on students' academic progress and other departmental activities. The meeting commenced with a warm welcome from the Head of the Department (HOD). In his presidential address, he outlined the objectives of the meeting, emphasizing the importance of collaboration between parents and teachers in shaping the students' academic journey. During his address, the HOD provided a detailed discussion on the curriculum and non-curricular activities. He highlighted the key subjects being covered in both semesters and the department's efforts to balance theoretical knowledge with practical exposure. He further emphasized the importance of student's participation in extracurricular activities, which are designed to enhance their skills beyond the classroom. Following the HOD's address, two faculty members of the Botany department, Dr. Faseela P. and Deepa P., interacted with the parents. They discussed the individual progress of the students and encouraged the parents to engage in open discussions about any concerns or suggestions. The faculties also addressed various teaching methodologies being employed and the strategies to support students in their academic challenges. The PTA meeting ended on a positive note, with parents expressing their satisfaction and appreciation for the department's dedication towards the holistic development of the students.

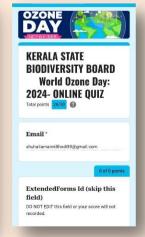






Ms. Shuhaila M., First-semester M.Sc. Botany, PG Department of Botany, participated in an online quiz competition organized by the Kerala State Biodiversity Board in Thiruvananthapuram on 20 September 2024, in celebration of World Ozone Day 2024.







PG 1st Semester Botany

Student Coordinator

Ayiasha Febin P.N.