**DEPARTMENT OF HOME SCIENCE**

**KAHM UNITY WOMEN’S COLLEGE, MANJERI**

**ANNUAL REPORT 2021-2022**

**INVOLVEMENT IN CURRICULUM DESIGN: UNIVERSITY LEVEL**

**Mrs. A. S Anitha Begum**

* Elected as Home Science Board member (UG & PG) in Calicut University.
* Appointed as board member MG University (UG & PG).
* Elected as academic council member and attended academic council meeting.
* Appointed as University Examination chairperson by the University of Calicut.
* Member in editorial board of Laboratory manual for students of Home Science

**Dr. Annie Ninan**

* Elected as Home Science Board member (UG & PG) in Calicut University and Kannur University.
* Acted as Home Science doctoral committee chairperson in MG University
* Acted as subject expert in qualifying examination for master’s degree in Kerala Agriculture University
* Elected as Home science Board member (UG & PG) in St. Teresa’s college Ernakulum, Kerala.

**Mrs. N.V Fatimathu Zuhara**

* Elected as Home Science Board member (UG & PG) in Calicut University.
* Attended 3 days’ workshop on MHRD –TLC online Training Programme on CBCSS- UG Regulations-2019
* Attended Faculty Development Programme on Online Education in HEI'sfrom 13.07.2020 TO 17.07.2020
* Extension advisor of the extension wing of Thassim Beevi Abdul Kader College for Women, Kilakarai.

**PUBLICATIONS:**

Book Name: Functional Foods

Published by: PG Department of Home Science, KAHM Unity Women's College, Manjeri

ISBN: 978-93-5493-052-2

**EVENTS ORGANIZED**

**Demonstration/ Exhibition**

* **21-06-2021:** Posters of different types of asanas were created by PG students and circulated through social media to create an awareness on Yoga on the day of International Yoga Day.
* **11-12-2021:** A live online demonstration was conducted in collaboration with Nestle “Magic in Minutes” for the department students. Sera Paul, Activation Consultant, Nestle India demonstrated various recipes using magi noodles.
* **04-02-2022:** Different types of charts were prepared regarding different aspects of cancers and nutrition in cancer in the auditorium and a day’s menu for a cancer patient and antioxidant rich foods were also exhibited in connection with World Cancer Day.
* **04-02-2022:** Video presentation on cancer was displayed in the auditorium for the students in connection with World Cancer Day.
* **01-12-2022:** Posters were exhibited Infront of academic block and created an awareness on cancer in celebration of World AIDS day**.**

**Webinar/ Seminar**

* **14-06-2021:** Department of Home Science conducted a webinar on ‘Donate Blood, Save Life’ in celebration of World Blood Donor Day. Dr. Anisha R (MBBS, DNB, Dept. of Anesthesia, MIMS Hospital, Kozhikode), acted as resource person.
* **30-09-2021:** Department of Home Science conducted a webinar on ‘Take the Road to Healthy Heart’ in connection with World Heart Day Celebration. Ms. Fathima K (2nd MSc Student), acted as resource person.
* **17-10-2021:** Department of Home Science conducted a talk on ‘Better nutrition, Better environment and a better life’ in celebration of World Food Day in association with JCI Calicut. Ms. Navya Santhosh (2nd MSc Student), acted as resource person.
* **30-10-2021:** As part of World Stroke Day, Dept. of Home Science organized a talk on ‘Awareness on Stroke”. Dr. Haris Khan M (General Practitioner, Karuna Care clinic, Karakkunnu) acted as resource person.
* **14-11-2021:** Dept of Home Science conducted an outreach programme as part of World Diabetes Day on ‘Diabetes (Type 2): Prevention and Management. Dr. N V Fatimathu Zuhara (Assistant Professor, Dept of Home Science, KAHM Unity Women’s College, Manjeri) acted as resource person.
* **19-01-2022:** Dept of Home Science conducted a seminar on ANGANA (Programme for women empowerment) in association with Vaidyaratna Ayurveda group.
* **04-02-2022:** Dept of Home Science conducted a talk on Cancer in association with NSS wing of college. Dr. N V Fatimathu Zuhara (Assistant Professor, Dept of Home Science, KAHM Unity Women’s College, Manjeri) acted as resource person.

**Competitions**

* **1-7/08/2021:** Conducted National level caption contest competition in connection with World Breastfeeding Week celebration for students. E-Certificate provided to all the participants. Faculty Coordinator was Ms Najma Chokli and Student coordinators was Ms. Fathima.
* **19-08-2021:** Online Onam celebration (Phononam 2k21) conducted by the department of home science students and organized different competitions for both students and staffs.
* **02-09-2021:** Conducted State Level Competitions for Schools and Colleges students in Kerala on embracing the world moral day in association with World Humanitarian Drive and KAHM Unity Women’s College, Manjeri. The theme of the competitions was ‘Why Morality Matters’.
* **1-7/09/2021:** Conducted My Plate Photography Contest in celebration of National Nutrition Week for students.E-Certificate provided to all the participants. Faculty Coordinator was Bushaira V and student coordinators were Ms. Fathima.

**EXTENSION ACTIVITIES**

* Dr. Annie Ninan has acted as a resource person and handled the topic ‘Healthy Eating Tips’ on 16 October 2021 organized by Bishop Moore College.
* Dr. N V Fatimathu Zuhara acted as a resource person on a webinar conducted by District ICDS Cell, Malappuram on the topic ‘Nutrition Services’ on 14, 02, 2022.
* Mrs. Najma Chokli acted as resource person on a live online awareness class on ‘Nutrition’ conducted by KMHS School, Kuttoor North as part of Poshan Assembly on 20-09-2021.
* Ms Loosiya KP acted as a resource person and handled the topic ‘Good food for good health’ Conducted by NSS wing of KAHM Unity Women’s College.

**TEACHER’S PARTICIPATION**

Teachers have participated various national and international seminars and conferences conducted by our institution and other institutions.

**INNOVATIVE PRACTICE**

Community service programme**- Pothichoru** is continuing in an appreciable manner. Due to the pandemic situation 2021-2022 the programme was not able to conduct, so that an amount of Rs 6000 was given to the matron of the shalomatha bhavan in order to meet their food expense.

**STUDENT PARTICIPATION**

Nineteen students from 2nd MSc Nutrition and Dietetics were participated in E-Nutrition Counselling for GV RAJA sports school and Kannur sports school in association with IDA, Kerala Chapter and Directorate of Sports as part of National Nutrition Month 2021.

**CERTIFICATE COURSE CONDUCTED**

* A certificate course on Surface ornamentation was organized. 42 students enrolled in this certificate course. The duration of course was 30 hours. Ms Bushaira V was the programme coordinator and programme instructor were shahna Jinu K (2nd M.sc Student).

**STUDENTS PARTICIPATION IN SPORTS**

A S Ardra of IInd semester BSc FCS bagged first prize in long jump and second prize in high jump in annual sports meet conducted in KAHM Unity Women’s College, Manjeri.

**FREESHIP**

1. Athira M P (IV semester M. Sc Nutrition and Dietetics)
2. Husna P A (VI semester B. Sc Family and Community Science)

**BEST OUTGOING STUDENT**

* Bahira M (VI semester B. Sc Family and Community Science)

**COMPLEMENTARY PRIZE**

* Shameena C T (VI semester B. Sc Family and Community Science)

**INDUSTRIAL VISIT**

* Flight Kitchen Visit
* Oriental College of Hotel Management
* National Institute of Nutrition
* Pochampally weaving and dying centre
* Super Nova Curry Powder
* Malappuram Co-operative Spinning Mill

**UNIVERSITY EXAMINATION RESULTS**

**BSc FAMILY AND COMMUNITY SCIENCE 2020-2021**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of students** | | | | | | | | **PASS %** |
| **Appeared** | **Passed** | **A+** | **A** | **B+** | **B** | C+ | **C** |
| 37 | 29 | - | 11 | - | 13 | - | 5 | 78% |

**MSc HOME SCIENCE (NUTRITION & DIETETICS) 2020-2021**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of students** | | | | | | | | **PASS %** |
| **Appeared** | **Passed** | **O** | **A+** | **A** | **B+** | **B** | **C+** |
| 15 | 13 | 7 | 4 | 1 | 1 | - | - | 87 % |

**ALUMNI ACTIVITIES**

* Ms Najma Chokli (Alumnae 2013-15) interacted with students on Opportunities in Home Science on 25-01-2022.

**TUTORIAL SYSTEM**

|  |  |
| --- | --- |
| **BATCH** | **CLASS TUTOR** |
| **B. Sc FCS** | |
| I & II Sem | Dr. N V Fatimathu Zuhara |
| III & IV Sem | Dr. Annie Ninan |
| V & VI Sem | A.S Anitha Begum |
| **M. Sc N&D** | |
| I & II Sem | Ms Bushaira V |
| III & IV Sem | Ms Shahla Karuthedath |

**LIST OF TEACHING METHODS ADOPTED**

Experiential learning, peer learning, article writing, demonstration, flipped class room, videos, practicals, group discussions.

**LIST OF ONLINE PLATFORMS USED**

Zoom, Google quiz, gnomio-moodle, Edmodo, google classroom, YouTube video, WhatsApp, Google meet.