**DEPARTMENT OF HOME SCIENCE**

**ANNUAL REPORT**

**2022-2023**



***CRITERIA I - CURRICULAR ASPECTS***

**1.1.3 Faculty Participation and Positions in various bodies**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Representation of Faculty** | **University of Calicut** | **Other University** | **Autonomous College**  | **College Level** |
| 1.  | Academic Council member | 1 |  |  |  |
| 2.  | BoS member  | 3 |  |  |  |
| 3. | PhD Doctoral Committee |  | 1 |  |  |
| 4. | Question paper setting | 3 | 1 | 1 |  |
| 5. | Chairperson for the theory and practical examination | 2 |  |  |  |
| 6. | BoS Certificate Course  |  |  |  | 3 |
| 7. | University Examination Invigilation |
| Theory |  |  |  | 7 |
| Practical |  |  |  | 4 |
| 8. | Subject expert |  | 1 | 2 |  |

|  |  |  |
| --- | --- | --- |
| **Sl. No** | **Name of Teacher participated** | **Name of the Body in which Full Time Teacher Participated** |
| 1. | A S Anitha Begum | Academic Council member |
| 2. | A S Anitha Begum | BoS member (Home Science) |
| 3. | Dr. Annie Ninan | BoS member (Home Science) |
| 4. | Dr. N V Fatimathu Zuhara | BoS member (Home Science) |
| 5. | Dr. Annie Ninan | PhD Doctoral Committee member |
| 6. | A S Anitha Begum | Question paper setting (Autonomous University) |
| 7. | A S Anitha Begum | Chairperson for the theory and practical examination (BSc Family and Community Science) |
| 8. | Dr. N V Fatimathu Zuhara | Chairperson for the theory and practical examination (MSc Home Science) |
| 9. | A S Anitha Begum | BoS Certificate Course  |
| 10. | Dr. Annie Ninan | BoS Certificate Course  |
| 11. | Dr. N V Fatimathu Zuhara | BoS Certificate Course  |

**1.2 Academic Flexibility**

Students from other departments were offered open course Food Science and Basic Cookery and students from home science department opted open course offered by other departments

**1.2.2 Number of Add on /Certificate programs offered during the year**

**Certificate Courses offered by the department during the year**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Name of Certificate Course** | **Course Code** | **Coordinator** | **No. of times offered during the year** | **Duration of the course** | **No. of students enrolled in the year** | **No. of students completed** |
| 1. | Certificate Course in Culinary Arts | FCSCC07 | Ms. Shahla Karuthedath | 1 | 30 Hours | 46 | 46 |
| 2. | Certificate Course in Food Preservation  | FCSCC08 | Ms. Nishidha Haridas | 1 | 30 Hours | 46 | 46 |
| 3. | Certificate Course in Reference Management using Mendeley | FCSCC09 | Dr. Annie Ninan | 1 | 30 Hours | 37 | 37 |
| 4. | Certificate Course in Make-up Arts | FCSCC010 | Dr. NV Fatimathu Zuhara | 1 | 30 Hours | 11 | 11 |
| 5. | Certificate Course in Denim Upcycling | FCSCC11 | Ms. A S Anitha Begum | 1 | 30 Hours | 39 | 39 |
| 6. | Certificate Course in Data Analysis using Excel | FCSCC12 | Ms. Bushaira V | 1 | 30 Hours | 18 | 18 |
| 7. | Certificate Course in Wellness and Fitness | FCSCC13 | Ms. Loosiya  | 1 | 30 Hours | 39 | 39 |

**1.2.3 List of Students Completed Online Certificate Course from other platforms**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Course** | **Platform and Duration** |
| 1. | Linsha TC | Maternal Infant Young Child Nutrition | Swayam12 Week CourseJan to April 2023 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Course** | **Platform and Duration** |
| 1. | Risba Sirin K | Office Automation | PG Dept. of Computer Science30 Hour CourseJan to March 2023 |
| 2. | Safwa T | Office Automation | PG Dept. of Computer Science30 Hour CourseJan to March 2023 |
| 3. | Nada Musthafa | Office Automation | PG Dept. of Computer Science30 Hour CourseJan to March 2023 |
| 4. | Hasna Jan CK | Office Automation | PG Dept. of Computer Science30 Hour CourseJan to March 2023 |
| 5. | Salma Faba | Office Automation | PG Dept. of Computer Science30 Hour CourseJan to March 2023 |
| 6. | Nasba K | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 7. | Risvana Dilna | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 8. | Jumana Jabeen C | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 9. | Athila K | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 10. | Rushda KT | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 11. | Mubashira  | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 12. | Irfana Sayyida | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |
| 13. | Inthishana | Quran and Modern Science | Dept. of Arabic30 Hour CourseSep to Oct 2022 |

**1.3 Curriculum Enrichment**

**1.3.2 Number of courses that include experiential learning through project work/field work/internship during the year**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Course Code and Name of the Course** | **Name of experiential learning (Project work, Field Work, Internship)** | **Name of the Programme** | **No. of students participated** |
| 1. | FCS6BPR - PROJECT | Project work | Project | 41 |
| 2. | HND4P01 - PROJECT | Project work | Project | 17 |
| 3. | HND3C11 – COMMUNITY NUTRITION | Field Work | Community Nutrition Camp | 18 |
| 4. | HNDI01 – HOSPITAL INTERNSHIP AND COMMUNITY NUTRITION EDUCATION PROGRAMM | Internship | Hospital Internship | 19 |

1. **Field Projects MSc Home Science (Nutrition and Dietetics)**

|  |  |  |  |
| --- | --- | --- | --- |
| **SL NO** | **NAME OF THE STUDENT** | **PROJECT GUIDE** | **FIELD PROJECTS** |
| 1. | AARITHA H | Dr. Annie Ninan | A Comparative Study on the Birth Weight and the Current Nutritional Status of Preschool Children in Manjeri Municipality |
| M | ANSHIYA C M | Ms. Loosiya K P | A Study on Dietary Intake and Nutritional Status of Tribal Adolescent Girls (13-19 Years) in Nilambur |
| 3. | AREEJ MEHJABEEN PARY | Ms. Shahla Karuthedath | A Study on the Dietary Pattern and Lifestyle Modification among Pre and Post Myocardial Infarction Patients |
| 4. | HASNA ABDUSSALAM P K | Dr. Annie Ninan | Nutritional and Psychological Challenges Faced by Mothers of Autistic and Cerebral Palsied Children |
| 6. | NIHALA BINTH NAZER | Ms. Bushaira V | A Study on the Prevalence of Anemia and Assessment of Nutritional Status among Adults (20-60 Years) of Manjeri Municipality. |
| 7. | RASHIDA BANU PP | Ms. Shahla Karuthedath | A Study on Intake of Nutrient Supplements, Dietary Habits and KAP of Fitness Clients in Manjeri Municipality |
| 8. | SHIRIN E K | Dr. N V Fatimathu Zuhara | Identification of High-Risk Groups of Diabetes using Indian Diabetes Risk Score in Nellikkuth Ward and Diabetes Education to High-Risk Group |

1. **Field Projects BSc Family and Community Science**

|  |  |  |  |
| --- | --- | --- | --- |
| **SL NO** | **NAME OF THE STUDENT** | **PROJECT GUIDE** | **FIELD PROJECTS** |
| 1. | FATHIMA SAFAMUFEEDA MOLNADA MUSTHAFASHIFNA THENGINTHODI | Ms. Bushaira V | Evaluation of Food Adulteration among Selected Food Items |
| 2. | AMNA PANSHEERA CMFATHIMA NIDA PFATHIMA RINSHA HAMNA KMKAVYA P | Ms. Loosiya KP | A Study Academic Performance and Nutritional Status of Pregnant Students of KAHM Unity Women’s College, Manjeri  |

1. **Field Work - Community Nutrition Camp**

As a part of the curriculum, the IIIrd semester M. Sc Home Science (Nutrition and Dietetics) students conducted a seven days community nutrition camp at Chokidi Kadappuram, Parappanangadi on 28/09/2022 to 04/10/2022. The objectives of community nutrition education programme were to assess the health and nutritional status of the fishing community in Parappanangadi, to check the blood pressure and Fasting Blood Sugar and to conduct diet counselling and to impart awareness on ‘Lifestyle Diseases and Proper Diet’ to fishing community. In the health checkup anthropometric measurements like height and body weight, body mass index, blood pressure and Random blood sugar of the local fishing community were assessed and based on this proper diet counselling was provided to them. A questionnaire was distributed to them to understand the socioeconomic background and food habits. Mrs. Sreeja (Anganwadi teacher) inaugurated the session and the ICDS supervisor and CDPO of the locality visited the camp. An awareness class on ‘Lifestyle Diseases and Proper Diet’ was provided by Mrs. Hasna Abdussalam and Mrs. Shirin. E.K., III Sem M Sc Home Science (Nutrition and Dietetics).

|  |  |  |
| --- | --- | --- |
| **SL NO** | **NAME OF THE STUDENT** | **SEMESTER** |
| 1. | AARITHA H | 3rd Semester MSc Nutrition and Dietetics |
| 2. | ANSHIYA C M | 3rd Semester MSc Nutrition and Dietetics |
| 3. | AREEJ MEHJABEEN PARY | 3rd Semester MSc Nutrition and Dietetics |
| 4. | AYISHA SHIFANA K | 3rd Semester MSc Nutrition and Dietetics |
| 5. | FADIYA FEBIN K | 3rd Semester MSc Nutrition and Dietetics |
| 6. | FATHIMA SHIFA KP | 3rd Semester MSc Nutrition and Dietetics |
| 7. | HASNA ABDUSSALAM PK | 3rd Semester MSc Nutrition and Dietetics |
| 8. | MUBASHIRA AK | 3rd Semester MSc Nutrition and Dietetics |
| 9. | NIHALA BINTH NAZER | 3rd Semester MSc Nutrition and Dietetics |
| 10. | NUSRIN K | 3rd Semester MSc Nutrition and Dietetics |
| 11. | RAHEELA TIBA KK | 3rd Semester MSc Nutrition and Dietetics |
| 12. | RASHIDA BANU PP | 3rd Semester MSc Nutrition and Dietetics |
| 13. | SAFANA SHARIN P | 3rd Semester MSc Nutrition and Dietetics |
| 14. | SAFEEDA SARIN KT | 3rd Semester MSc Nutrition and Dietetics |
| 15. | SHAMNA K | 3rd Semester MSc Nutrition and Dietetics |
| 16. | SHANA | 3rd Semester MSc Nutrition and Dietetics |
| 17. | SHIRIN EK | 3rd Semester MSc Nutrition and Dietetics |
| 18. | THASREEFA PM | 3rd Semester MSc Nutrition and Dietetics |

1. **Internship done by the students**

|  |  |  |  |
| --- | --- | --- | --- |
| **SL NO** | **NAME OF THE STUDENT** | **NAME OF THE HOSPITAL** | **TIME DURATION** |
| 1. | AYISHA FIDA K | Amala Hospital, Thrissur  | 02-05-2023 to 01-06-2023 |
| 2. | AYSHA FARAH | Aster MIMS, Kozhikode | 02-05-2023 to 02-06-2023 |
| 3. | BAHABOODIYYA C T | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 4. | BAHIRA M | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 5. | FARZEEN | Aster MIMS, Kozhikode | 02-03-2023 to 02-06-2023 |
| 6. | FATHIMA HEBA SHUKKOOR | Kannur Medical College & Super Specialty Hospital, Anjarakkandy  | 01-03-2023 to 30-03-2023 |
| 7. | HASNA M | Moulana Hospital, Perinthalmanna | 02-03-2023 to 31-03-2023 |
| 8. | HIBA HAMEED K | Amala Hospital, Thrissur  | 02-05-2023 to 01-06-2023 |
| 9. | LISHANA M | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 10. | MUNSILA S | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 11. | NASMA P | Kannur Medical College & Super Specialty Hospital, Anjarakkandy  | 01-03-2023 to 30-03-2023 |
| 12. | RISVANA P | Amala Hospital, Thrissur  | 02-05-2023 to 01-06-2023 |
| 13. | RIYANA NIMSHU U | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 14. | SAYYIDATH FATHIMA RIFA V | Aster MIMS, Calicut | 02-03-2023 to 02-06-2023 |
| 15. | SHAFNA C | Moulana Hospital, Perinthalmanna | 02-03-2023 to 31-03-2023 |
| 16. | SHAMEENA C T | Amala Hospital, Thrissur  | 02-05-2023 to 01-06-2023 |
| 17. | SHAMILA E S | Amala Hospital, Thrissur  | 02-05-2023 to 01-06-2023 |
| 18. | SHINANA SHERIN M | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |
| 19. | THAHSIN HANAN T P | Moulana Hospital, Perinthalmanna | 01-05-2023 to 31-05-2023 |

**List of Online Platforms Used**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Faculty** | **Platform Used for teaching, learning and evaluation** | **Total No. of e-communications** |
| 1. | Mrs. A S ANITHA BEGUM | Google class roomGoogle meetZoomWhatsApp | 30 |
| 2. | Dr. ANNIE NINAN | Google class roomGoogle meetZoomWhatsAppGmail | 40 |
| 3. | Dr. N V FATIMATHU ZUHARA | Google class roomGoogle meetZoomWhatsAppGmailYouTube | 60 |
| 4. | Mrs. BUSHAIRA V  | Google meetZoomWhatsAppGmailGoogle Classroom | 55 |
| 5. | Mrs. SHAHLA KARUTHEDATH | Google meetZoomWhatsAppGmailYouTube | 50 |
| 6. | Ms. LOOSIYA KP | Google meetZoomWhatsAppGmailYouTube | 40 |
| 7. | Mrs. NISHIDHA HARIDAS | Google meetZoomWhatsAppGmailYouTube | 40 |

***CRITERIA II - TEACHING, LEARNING AND EVALUATION***

No. of Teachers in the Department

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name** | **Designation** | **Year of Appointment** | **Nature of Appointment** |
| 1. | Ms. AS Anitha Begum | Associate Professor | 04-06-1992 | Permanent |
| 2. | Dr. Annie Ninan | Associate Professor | 15-02-1995 | Permanent |
| 3. | Dr. NV Fatimathu Zuhara | Assistant Professor | 23-09-1998 | Permanent |
| 4. | Ms. Bushaira V | Assistant Professor (Adhoc) | 01-10-2015 | Temporary |
| 5. | Ms. Shahla Karuthedath | Assistant Professor (Adhoc) | 08-01-2017 | Temporary |
| 6. | Ms. Loosiya KP | Assistant Professor (Adhoc) | 01-08-2021 | Temporary |
| 7. | Ms. Nishidha Haridas | Assistant Professor (Adhoc) | 10-01-2022 | Temporary |

**2.1 Student Enrollment**

**B. Sc Home Science**

Total no. of Students admitted - 40

Total no. of Sanctioned seats - 49

**M. Sc Home Science (Nutrition & Dietetics)**

Total no. of Students admitted - 20

Total no. of Sanctioned seats – 20

Drop outs - 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Class** | **SC/ST** | **OBC MUSLIM** | **GENERAL** | **OTHERS** |
| 1. | I Sem FCS | - | 40 | - | - |
| 2. | I Sem MSc  | - | 19 | - | - |

**Tutorial System**

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

**Dept Level Bridge Course**

|  |
| --- |
| **BSc FAMILY AND COMMUNITY SCIENCE** |
| **SL.NO** | **DATE** | **SESSION** | **FACULTY** | **TOPIC** |
| 1. | 12-09-2022 | 9.30 – 10.30 | Ms A S Anitha Begum | Introduction to Home Science |
| 2. | 12-09-2022 | 10.45 – 11.45 | Dr. Annie Ninan | Setting of human values |
| 3. | 12-09-2022 | 12.00 – 1.00 | Dr. N V Fatimathu Zuhara | Scope of Home Science |
| 4. | 15-09-2022 | 9.30 – 10.30 | Dr. N V Fatimathu Zuhara | Food and Nutrition |
| 5. | 15-09-2022 | 10.45 – 11.45 | Dr. Annie Ninan | Textiles and Fashion Technology |
| 6. | 15-09-2022 | 12.00 – 1.00 | Ms A S Anitha Begum | Resource Management |
| 7. | 19-09-2022 | 9.30 – 10.30 | Dr. Annie Ninan | Family Relation |
| 8. | 19-09-2022 | 10.45 – 11.45 | Ms A S Anitha Begum | Extension Education |
| 9. | 19-09-2022 | 12.00 – 1.00 | Dr. N V Fatimathu Zuhara | Child Development and Adolescent period |
| **MSc HOME SCIENCE (NUTRITION AND DIETETICS)** |
| **SL.NO** | **DATE** | **SESSION** | **FACULTY** | **TOPIC** |
|  | 12-09-2022 | 9.30-10.30 | Interaction with Students |
| 2. | 12-09-2022 | 10.45 – 11.45 | Ms Bushaira V | Exploring career in Dietetics |
| 3. | 14-09-2022 | 10.30 – 11.30 | Ms Shahla K | Opportunities in research |
| 4. | 19-09-2022 | 10.00 – 11.00 | Mrs. Loosiya K.P. | Career options in the industry |
| 45. | 19-09-2022 | 9.30 – 10.30 | Ms. Nishidha Haridas | Public Health Nutrition |

**Details of ICT Tools**

Google Class Room, WhatsApp, LMS, Moodle

**Innovative Practices used for Teaching, Learning and Evaluation**

Innovative methods adopted for promoting self-learning are Swayam, e PG Paathshaala, NPTEL, e Gyankosh.

**Invited Lectures/ Meeting Industrial Experts/ Meeting Academic Experts**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Invited Lecture by** | **Programme** | **Topic Discussed** | **Date** | **No. of Participants** | **Collaborating Organization** |
|  | Dr. Habeeb Rahman, Medical Director, Senior Consultant, ABC Orthopaedic Hospital, Manjeri | Osteoporosis Day Celebration | Preventive measures for bone health | 20-10-2022 | 125 | ABC Orthopaedic Hospital, Manjeri |
|  | Dr. Shimili Jas, Gynecologist, Aster Mother Hospital, Areacode | Breast Cancer Awareness Programme | Breast Cancer and its symptoms and treatment | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Dr. Malik, Consultant Oncologist, Aster Mother Hospital, Areacode | Breast Cancer Awareness Programme | Cancer, Diagnosis and its prevention | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Ms. AryaDietician, Aster Mother Hospital, Areacode  | Breast Cancer Awareness Programme | Role of food and lifestyle factors in cancer prevention | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Dr. Nethra M, Gynecologist, Aster Mother Hospital, Areacode | Association Inauguration | Menstrual Problems and Hygiene | 10-02-2023 | 150 | Aster Mother Hospital, Areacode |
|  | Dr. Jency C, Gynecologist, Aster Mother Hospital, Areacode | Association Inauguration | PCOD and related Problems | 10-02-2023 | 150 | Aster Mother Hospital, Areacode |
|  | Dr. Meenakshi Bajaj Dietician, Tamil Nadu Govt. Multi Super Specialty Hospital, Chennai | National Webinar on Millet | Importance of inclusion of millets in daily life  | 23-09-203 | 103 | Indian Dietetic Association (IDA), Kerala chapter |

**Industrial Experts/Academic Experts/ Experiential Learning**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Activity** | **Industrial Experts/Academic Experts/ Experiential Learning** | **Number of Students Benefited** |
| 1. | Visit to Malabar Cancer Center, Thalasseri, Kannur  | Ms. Reena, Chief Dietitian, MCC Kannur | 33 |
| 2. | Visit to AGRI Incubation Center, Thrissur | Ms. Shahnas E | 11 |
| 3 | Webinar on NutriCal | Mr. Nikesh Jain | 110 |
| 4 | Visit to DFRL | Mr. Shekara Reddy | 25 |
| 5. | Industrial visit to Public Health Foundation of India03-02-2023 | Ms. Veena | 34 |
| 6. | Visit to Zoological Survey of India (ZSI), Kozhikode21-09-2022 | - | 35 |
| 7. | Nesto Hypermarket, Kozhikode03-02-2023 | - | 18 |
| 8. | Visit to Malappuram Co-operative Spinning Mill, Malappuram24-02-2023 | - | 41 |

**Experiential Learning**

1. Collaboration with reputed agencies
2. Internship
3. Field trips
4. Project/Problem solving
5. Team project
6. Industrial visit
7. Invited talks
8. Lectures by students
9. Practical sessions
10. Power point presentations
11. Certificate programmes
12. Nutrition Quiz

**Participative Learning**

1.Seminar Presentation

2.Exhibition

3.Case study

4. Participation in seminar/ webinar/ visits

5. Group Discussion

6. Debates

**Evaluation and Reforms**

|  |  |  |  |
| --- | --- | --- | --- |
|  **Programme Name** | **Semester/ year** | **Last date of the last semester-end/ year- end examination** | **Date of declaration of results of semester-end/ year- end examination** |
| B S c Family and Community ScienceM Sc Home Science (Nutrition and Dietetics) | VI SEMII SEM | APRIL 202315 JULY 2023 | 23/05/202324/05/2023 |

**Slow Learners and Advanced Learners**

**B Sc Family and Community Science**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Class** | **Slow Learners** | **Programme for Slow Learners** | **Advanced Learners** | **Programme for Advanced Learners** |
| 1. | III BSc FCS | AS Hridya | * Extra Classes
* Assessments
* Peer Learning
* Additional study materials
 | Mufeeda Mol M | * Group discussions, quizzes to develop analytical and     problem-solving abilities
* NET Coaching
* Sessions on article writing and higher education opportunities
 |
| 2. | Adithya K | Nada Musthafa |
| 3. | Rasha Smijas | Shifna T |
| 4. | II BSc FCS | Harsha M | Najiya Nasreen P |
| 5. | Shahla P | Famna Shari KT |
| 6. | Shifa P | Shahla Sherin |
| 7. | I BSc FCS | Jamna Nidha | Linsha TC |
| 8. | Hida Umair | Saada |
| 9. |  | Sarafiya Fathima TK |

**Faculty Ph D Status**

No. of Faculty with Ph D: 02

Faculty undergoing Ph D: 03

**Result Analysis**

**BSc FAMILY ND COMMUNITY SCIENCE**

|  |  |
| --- | --- |
| **Number of students** | **PASS %** |
| **Appeared** | **Passed** | **A+** | **A** | **B+** | **B** | C+ | **C** |
| 42 | 32 | 7 | 18 | 7 | - | - | - | 76% |

**MSc HOME SCIENCE (NUTRITION & DIETETICS)**

|  |  |
| --- | --- |
| **Number of students** | **PASS %** |
| **Appeared** | **Passed** | **O** | **A+** | **A** | **B+** | **B** | **C+** |
| 18 | 16 | 6 | 10 |  |  |  |  | 89% |

***CRITERIA III - RESEARCH INNOVATIONS AND EXTENSION***

**Seminar/Webinar/Workshops Conducted**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Webinar Conducted** | **Topic** | **Resource Person** | **Date** | **No. of Participants** | **Collaboration with** |
| 1. | National Webinar as part of National Nutrition Month 2022 | Miracle Millets-The Crops of Future | Dr. Meenakshi Bajaj Dietician, Tamil Nadu Govt. Multi Super Specialty Hospital, Chennai | 23-09-2022 | 103 | Indian Dietetic Association (IDA), Kerala chapter |
| 2. | NSR-Nutri Cal Webinar | NSR-Nutri Cal | Mr. Nikesh Jain, CEO, NSR NutriEduTech Solutions (P) Ltd | 20-07-2023 | 110 | NSR NutriEduTech Solutions (P) Ltd., Delhi |

**Invited Lectures**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Invited Lecture by** | **Programme** | **Topic Discussed** | **Date** | **No. of Participants** | **Collaborating Organization** |
|  | Dr. Habeeb Rahman, Medical Director, Senior Consultant, ABC Orthopaedic Hospital, Manjeri | Osteoporosis Day Celebration | Preventive measures for bone health | 20-10-2022 | 125 | ABC Orthopaedic Hospital, Manjeri |
|  | Dr. Shimili Jas, Gynecologist, Aster Mother Hospital, Areacode | Breast Cancer Awareness Programme | Breast Cancer and its symptoms and treatment | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Dr. Malik, Consultant Oncologist, Aster Mother Hospital, Areacode | Breast Cancer Awareness Programme | Cancer, Diagnosis and its prevention | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Ms. AryaDietician, Aster Mother Hospital, Areacode  | Breast Cancer Awareness Programme | Role of food and lifestyle factors in cancer prevention | 19-10-2022 | 199 | Aster Mother Hospital, Areacode |
|  | Dr. Nethra M, Gynecologist, Aster Mother Hospital, Areacode | Association Inauguration | Menstrual Problems and Hygiene | 10-02-2023 | 150 | Aster Mother Hospital, Areacode |
|  | Dr. Jency C, Gynecologist, Aster Mother Hospital, Areacode | Association Inauguration | PCOD and related Problems | 10-02-2023 | 150 | Aster Mother Hospital, Areacode |
|  | Dr. Meenakshi Bajaj Dietician, Tamil Nadu Govt. Multi Super Specialty Hospital, Chennai | National Webinar on Millet | Importance of inclusion of millets in daily life  | 23-09-203 | 103 | Indian Dietetic Association (IDA), Kerala chapter |

**3.3 Journal Articles Published by the Faculties**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  **Title of Paper** | **Name of the author/s** | **Name of book/Journal** | **ISSN/ISBN**  | **Year of Publication** |
| Prevalence of lifestyle disease among the regular eatery consumers in Malappuram District | A S Anitha Begum | International Journal of Innovative Research in Technology. | ISSN: 2349-6002 | 2022 |

**Book Chapters Published by the Faculties**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name of the Teacher** | **Title of the book /chapters published** | **Title of the paper** | **National/****International**  | **Year of Publication** | **ISBN**  | **Name of the Publisher** |
| A S Anitha Begum | Trends in Food Chemistry, Nutrition and Technology in Indian Sub-Continent | Health Benefits of Non-nutrients, Dietary Fibre and Water | International | 2022 | ISBN:978-031-06304-6 | Springer Cham |
| A S Anitha Begum | Research Trends in Nutrition and Dietetics | Bioactive Components in Banana | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| A S Anitha Begum | Research Trends in Nutrition and Dietetics | Picky Eating in Children | State | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| A S Anitha Begum | Innovations in Home Science | Transforming Old Jeans to Valuable Products | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Dr Annie Ninan | Research Trends in Nutrition and Dietetics | Quinoa: The Nutrition Source | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr Annie Ninan | Research Trends in Nutrition and Dietetics | Pomegranate- Health Benefits, Nutrition Values and Uses | State | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr Annie Ninan | Innovation and Incubation Opportunities through Home Science. | Development and Evaluation of Value-added Food Products using Tender Tamarind (Tamarindus indica L) | National  | 2022 | ISBN-978-93-93876-52-2 | Romanson Printing and Publishing House Pvt.Ltd |
| Dr Annie Ninan | Innovation and Incubation Opportunities through Home Science. | A Study on the Work Life Balance of Working Women  | National | 2022 | ISBN-978-93-93876-52-2 | Romanson Printing and Publishing House Pvt. Ltd |
| Dr Annie Ninan | Research Innovations in Food, Nutrition and Dietetics | Traditional Medicine: Role in Healthcare System | National | 2022 | ISBN: 978-93-91923-01-3 | Infinity Indica Publishers |
| Dr Annie Ninan | Research Trends in Nutrition and Dietetics | Childhood Obesity band Academic Performance in School going Children | State | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr Annie Ninan | Innovations in Home Science | Benefits of Face Masks | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Dr Annie Ninan | Innovations in Home Science | Hair Accessories from old clothes | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Dr N V Fatimathu Zuhara | Research Trends in Nutrition and Dietetics | Flaxseed: Potential Source for Value addition | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr N V Fatimathu Zuhara | Research Trends in Nutrition and Dietetics | Value Added Hypoglycemic Products | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr N V Fatimathu Zuhara | Research Trends in Nutrition and Dietetics | Dietary Risk Factors and Dental Caries | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Dr. N V Fatimathu Zuhara | Innovations in Home Science | Health Benefits of Chaya Mansa | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Bushaira V | Research Trends in Nutrition and Dietetics | Cardiovascular Diseases | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Bushaira V | Research Trends in Nutrition and Dietetics | Gastritis: Types, Symptoms, Complications and Dietary Management | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Bushaira V | Research Trends in Nutrition and Dietetics | Health Benefits of Kefir; The Fermented Health drink | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Bushaira V | Innovations in Home Science | Food Extrusion Technology: An Over View | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Bushaira V | Innovations in Home Science | Health Benefits of Ficus Carica  | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Shahla Karuthedath | Research Trends in Nutrition and Dietetics | Geriatric Malnutrition | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Shahla Karuthedath | Research Trends in Nutrition and Dietetics | Therapeutic Values of Stevia Rebaudiana | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Shahla Karuthedath | Research Trends in Nutrition and Dietetics | Papaya Seeds: Treasure of Nutrients. | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Shahla Karuthedath | Innovations in Home Science | Dietary Habits and Life Style Changes During Covid-19 | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Shahla Karuthedath | Innovations in Home Science | Green Leafy Vegetable: A Potent Food Source  | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Loosiya K P | Research Trends in Nutrition and Dietetics | Nutritional And Medicinal Importance of Roselle Calyces | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Loosiya K P | Research Trends in Nutrition and Dietetics | Dietary Pattern in Northern Kerala and Kongu Region Of Tamil Nadu | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Loosiya K P | Innovations in Home Science | Nutritional Problems in Adolescents | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |
| Nishida Haridas | Research Trends in Nutrition and Dietetics | Health Benefits of Coconut Spikelet Inflorescence | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Nishida Haridas | Research Trends in Nutrition and Dietetics | Dietary Habits and Stress on Migraineurs | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Nishida Haridas | Research Trends in Nutrition and Dietetics | Nutritional Status and Anxiety Level of Pre and Post Pubertal Girls | State  | 2022 | ISBN:978-93-5717-859-4 | Unity Publishers |
| Nishida Haridas | Innovations in Home Science | Wastage of Cooked Food in Houses | State | 2022 | ISBN:978-93-5717-858-7 | Unity Publishers |

**Proceedings Publications by the Faculties**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name of the Teacher** | **Title of the paper** | **Title of the proceedings of conference** | **Name of the Conference** | **National/International** | **Year of publication** | **ISBN**  | **Name of the publisher** |
| Bushaira V | Milk; The Potential Health Benefits | International Conference on Indian Dairying - Sustainability and Nutritional Security | International Conference on Indian Dairying - Sustainability and Nutritional Security | International | 2022 | 978-93-92032-23-3 | Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil nadu, Indian Dairy Association Tamilnadu Chapter, Chennai and Nutrition Society of India, Coimbatore Chapter |
| Bushaira V | Development and Evaluation of Extruded Products incorporated with selected Green Leafy Vegetables | Multidisciplinary Perspective in Sustainable Research | RICERCA National Conference 2022 | National | 2022 | 978-93-89817-86-7 | IQAC & Research and Development Cell, St. Joseph’s College for Women, Alappuzha |
| Loosiya KP | Milk and Dairy products can help prevent chronic diseases | International Conference on Indian Dairying - Sustainability and Nutritional Security | International Conference on Indian Dairying - Sustainability and Nutritional Security | International | 2022 | 978-93-92032-23-3 | Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil nadu, Indian Dairy Association Tamilnadu Chapter, Chennai and Nutrition Society of India, Coimbatore Chapter |
| Nishidha Haridas | Soy Yogurt as a functional dairy product | International Conference on Indian Dairying - Sustainability and Nutritional Security | International Conference on Indian Dairying - Sustainability and Nutritional Security | International | 2022 | 978-93-92032-23-3 | Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil nadu, Indian Dairy Association Tamilnadu Chapter, Chennai and Nutrition Society of India, Coimbatore Chapter |

**Extension Lectures**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name of the Faculty** | **Topic Presented** | **Date** | **Organized by** |
| 1. | Ms. AS Anitha Begum | Functional Foods | 13-12-2022 | Staff Club, KAHM Unity Women’s College, Manjeri |
| 2. | Dr. Annie Ninan | Importance of Donating Blood | 02-06-2022 | NSS, KAHM Unity Women’s College, Manjeri |
| 3. | Dr. NV Fatimathu Zuhara | Keys to Healthy Life | 29-07-2022 | Staff Club, KAHM Unity Women’s College, Manjeri |
| 4. | Ms. Bushaira V | Maintaining and Professional Legal Conduct | 21-02-2023 | GVHSS for girls, BP Angadi, General Education Department, Government of Kerala. |
| 5. | Ms. Bushaira V | Understanding Nervous System | 14-06-2022 | Avinashilingam Institute for Home Science and Higher Education, Coimbatore |
| 6. | Ms. Shahla Karuthedath | Record keeping and documentation in Dietetic Aide | 16.2. 2023 | GVHSS for girls, BP Angadi, General Education Department, Government of Kerala. |
| 7. | Ms. Loosiya KP | Introduction to Dietetics and Five Food Groups | 13-02-2023 | GVHSS for girls, BP Angadi, General Education Department, Government of Kerala. |
| 8. | Ms. Nishidha Haridas | Food Preservation: Methods, Importance and Conservation of Nutrients | 02-11-2022 | GVHSS for girls, BP Angadi, General Education Department, Government of Kerala. |

**Functional MoU**

The PG Department of Home Science and Women cell of the college have jointly signed a MoU with Mobility in Dystrophy (MIND) Trust, Kerala. Kudamattam - A Community Intervention Initiative - Signing of MoU -Umbrellas were purchased and painted by the students of Home Science Department.

**Awards and Honors received by the Department**

* The Department of Home Science received an Appreciation Award for the active involvement as an organising partner of the 34th Biennial National Conference of Home Science Association of India on Innovation and Incubation Opportunities in Home Science for Self-Reliant India, organized by HSAI Kerala Chapter, held at St. Teresa's College, Ernakulum on 15,16&17 December 2022.

**Awards and Honors received by the Department**

|  |  |  |
| --- | --- | --- |
| **Sl. No** | **Name of the Faculty** | **Honoring (Special Appreciation)** |
| 1. | A S Anitha Begum | Appreciation for the member of academic council and Board of Studies |
| 2. | Dr. Annie Ninan | Appreciation for the member of Board of Studies |
| 3. | Dr. NV Fatimathu Zuhara | Appreciation for the member of Board of Studies |
| 4. | Loosiya KP | Appreciation for commissioned as ANO with the rank of Lieutenant in NCC  |
| 5. | A S Anitha BegumDr. Annie NinanDr. NV Fatimathu ZuharaMs. Bushaira VMs. Shahla KMs. Loosiya KPMs. Nishidha Haridas | Certificates of appreciation for the publication of ISBN book, ISSN Journals and Conference proceedings |

**Achievements of Teachers**

* Ms. Loosiya KP won the badminton (Singles) and first runner up badminton (Doubles) in TM Shoukathali Memorial Badminton Championship for Staff
* **Community Outreach Programmes**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Activity** | **No. of Participants** | **Collaborating Agency/Centre** |
| 1. | Nutritional Status Assessment | 20 | HMSAUPS, Thurakkal, Manjeri |
| 2. | Pothichoru | 80 | Shalom Matha Bhavan |
| 3. | Nutritional Status Assessment of Fishing Community | 20 | Fishing Community of Chokidi Community |
| 4. | Nutritional Assessment and Health Checkup | 20 | Trend Pre School, Elayur |
| 5. | Awareness Class on Arthritis and its remedial measures. | 20 | Koolamadom Anganwadi, Narukara (Local Women) |

**Extension Activities conducted by the departments**

* As part of World Mental Health Day, the PG Dept. of Home Science conducted a survey to assess stress among the fifth-semester degree students of the college using the Perceived Stress Scale. The Perceived Stress Scale questionnaire developed in google form was circulated among the students through their class tutors. The data collected from the 332 respondents were consolidated
* As part International Day of Older People this day, Manjeri municipality organized a get-together and honored older persons of Manjeri Municipality on 3rd October 2022 at Town hall, Manjeri. NCC Cadets and second year Home Science students of KAHM Unity Women's College Manjeri joined them. The Home Science students played an Oppana, as a part of the cultural activities held.
* Fourteen postgraduate students of the PG Department of Home Science participated in the International Conference on “Indian Dairying- Sustainability and nutritional security” and presented a poster on 14/10/2022 organized by the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Nutrition Society of India, Coimbatore Chapter and Indian Dairy Association, Tamil Nadu Chapter, Chennai.
* Ms. Bushaira V, Ms. Loosiya KP and Ms. Nishidha Haridas presented a poster in the International Conference on “Indian Dairying- Sustainability and nutritional security” on 14/10/2022 organized by the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Nutrition Society of India.
* Thrikkalangode Gram Panchayat and ICDS Wandoor Additional Project conducted a ‘POSHAN MELA’ at Naas Auditorium, Karakkunnu on 24 September 2022 from 9.30am to 1.00pm as part of National Nutrition Month 2022. Nutritious Recipes Competitions, Medical camp, Nutrition Clinic and Class on Services of ICDS were the ‘POSHAN MELA’ programs. Mrs. Bushaira V and Ms. Loosiya KP, Faculties of the department of Home Science acted as judges for budget menu competition.
* Nutrition Clinic was conducted by the 3rd semester MSc Home Science (Nutrition and Dietetics) students namely Mrs. Hasna Abdulssalam, Mrs. Nihala Binth Nazer and Mrs. Nusrin K for providing nutritional counselling to the people as part of National Nutrition Month 2022
* Ms. Loosiya KP, Assistant Professor Ad hoc, PG Department of Home Science acted as a member in the judging panel of the food fest named ‘Rujiyude Kalavara’ conducted by Badariyya Islamic English Medium School, Makkarapparamba on 11th February 2023. A total of 11 classes participated in the competition.
* PG department of Home Science conducted diet counselling clinic on Fridays (1 to 2 pm) with the purpose of extending awareness and knowledge about healthy diet and lifestyle to the public.
* As part of International Day of Drug Abuse and Illicit Trafficking, Ms Fathima K, IV semester MSc Home Science (Nutrition and Dietetics) student handled a session on ‘Drug Abuse and its consequences’ in a programme ‘Share Drug Facts to Save Lives’ conducted by NSS Unit, KAHM Unity Women’s College, Manjeri on 27 June 2022 in the college Auditorium.

**CRITERIA IV - INFRASTRUCTURE AND LEARNING RESOURCES**

**Infrastructure Facilities**

|  |  |  |
| --- | --- | --- |
| **Class** | **Type of ICT Facility** | **Block** |
| UG I/II | No | Dr. APJ Abdul Kalam Block- B |
| UG III/IV | 60UIS Smart TV | Dr. APJ Abdul Kalam Block- B |
| UG V/VI | 60UIS Smart TV | Dr. APJ Abdul Kalam Block- B |
| PG I/II | Projector | Dr. APJ Abdul Kalam Block- B |
| PG III/IV | No | Dr. APJ Abdul Kalam Block- B |
| FCS Department | Computer with Printer and Wi-FiPortable Projector | Dr. APJ Abdul Kalam Block- B |
| FCS Head Room | No | Dr. APJ Abdul Kalam Block- B |
| Nutrition Lab | No | Administrative Block |
| Textile Lab | No | Dr. APJ Abdul Kalam Block- B |
| Biochemistry Lab | No | Dr. APJ Abdul Kalam Block- B |
| Association Hall | No | Dr. APJ Abdul Kalam Block- B |

***CRITERIA V - STUDENT SUPPORT AND PROGRESSION***

**PROGRESSION TO HIGHER STUDIES**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of student enrolling into higher education** | **Program graduated**  | **Name of programme admitted to** | **Name of institution joined** |
| SHIFNA T  | BSc Family and Community Science  | MSc Clinical Nutrition and Dietetics | St. Terasa’s Women's College, Ernakulam  |
| AMNA P | BSc Family and Community Science  | MSc Nutrition and Dietetics  | Vimala College, Thrissur |
| NITHASHA T | BSc Family and Community Science  | D.EI. Ed | MCT Training College |
| RUSHDA KT | BSc Family and Community Science  | D.EI. Ed | MCT Training College |
| RASHA SIMJAS C | BSc Family and Community Science  | D.EI. Ed | MMET  |
| KAHDEEJA SUMIN KT  | BSc Family and Community Science  | Early Childhood and Foundational Stage Education | IGNOU |
| ANSHEERA CM | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| MAJIDA M | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| NADA MUSTHAFA  | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| RISBA SIRIN K | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| FATHIMA SAFA  | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| SALMA FABA  | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| LIYANA ABDUL JABBAR E | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| NASBA K  | BSc Family and Community Science  | MSc Home Science - Nutrition and Dietetics | KAHM Unity Women's College, Manjeri |
| BINSHA MOL  | BSc Family and Community Science  | Diploma in Hospital Administration | ISSD, Kochi |
| JUMANA JABEEN C  | BSc Family and Community Science  | Diploma in Hospital Administration | Medisus, Manjeri |
| AYISHA NISHANA ENGALAMPURATH | BSc Family and Community Science  | Medical Coding  | Cardea Healthcare Solution, Manjeri |
| FATHIMA NIDA P  | BSc Family and Community Science  | Diploma in Hospital Administration |  |
| HASNA JAN CK  | BSc Family and Community Science  | Medical Coding  | Avoda, Infopark Kochi |
|  |  |  |  |

**STUDENT PLACEMENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Batch** | **Post** | **Institution** |
| 1. | HASNA ABDUSSALAM | 2021-2023 | MTTC Trainer | Model College, Edavanna |
| 2.  | ATHIFA THASNI | 2020-2023 | Medical Coder, | Nyx Medical Solutions Pvt Ltd, Bengaluru, Karnataka |
| 3. | LASNA A | 2018-2020 | Nutritionist | ICDS Malappuram |
| 4. | RAMEESA | 2019-2021 | Dietitian | Meitra Hospital, Kozhikode  |
| 5. | SAJLA MOL  | 2015-2017 | Dietitian | Maanu Memorial Hospital, Manjeri |
| 6. | JAYASREE  |  | Dietitian  | Malabar Hospital, Manjeri |
| 7. | SHANA JINU K | 2020-2022 | Lecturer | Grace Valley Islamic College (Wafiyya), Wadirrahma, Marvattam |
| 8. | NADIYA ISHRATH C | 2020-2022 | Dietitian | EMS Memorial Co-operative Hospital, Perinthalmanna  |
| 9. | HIBA M | 2020-2022 | Dietitian | elMelone, Wellness Valley, Manjeri |
| 10. | ATHIRA MP | 2020-2022 | Clinical Dietitian  | Baby Memorial Hospital, Kozhikode |
| 11. | SNEHA K | 2020-2022 | Dietitian  | Metromed International Cardiac Centre (MICC), Kozhikode |
| 12. | JUMANA P | 2020-2022 | Dietitian  | Sun Pharma Medical Company |
| 13. | RIMSHY SHERIN C | 2020-2022 | Dietitian | FITREAT COUPLE Online Transformation Journey |
| 14. | ASIYA MURSHIDA | 2020-2022 | Dietitian | elMelone, Wellness Valley, Manjeri |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **CH Muhammed Koya Scholarship** | **Name of Students** | **Amount** |
| Nihala Binth Nazer | 13,000 |
| Najiya Nasreen P | 13,000 |
| Jumana Beevi | 13,000 |
| Fathima Dilraz KC | 5,000 |
| Najba UK | 5,000 |
| Rasha Mariyam | 5,000 |
| Shahla K | 5,000 |
| Saada | 5,000 |
| Husna Lubaba | 4,000 |
| Sarafiya | 5,000 |
| Anshida Sherin | 5,000 |
| Fathima Nida P | 5,000 |
| Ayisha Nishana | 5,000 |
| Nada Musthafa | 5,000 |
| Hiba Parvin | 5,000 |
| Riswana Dilna | 5,000 |
| Sahla P | 5,000 |
| Nasba | 5,000 |
| Risba Sirin | 5,000 |
| Binsha Mol | 13,000 |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Post metric Scholarship** | **Name of Students** | **Amount** |
| Raheela Tiba KK | 6,000 |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Central Sector** | **Name of student** | **Amount** |
| Bahira M | 20,000 |
| Shamila ES |
| Sayyidath Fathima Rifa V |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Norka Roots** | **Name of student** | **Amount** |
| Ayisha Fida K | 15,000 |
| Thahsin Hanan TP |
| Riyana Nimshu U |
| Shamila ES |
| Shinana Sherin MT |
| Hasna M |
| Shameena CT |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Suvarna Jubilee** | **Name of student** | **Amount** |
| Fathima Shifa KP | 10,000 |
| Ayisha Shifana | 10,000 |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Joseph Mundasseri** | **Name of student** | **Amount** |
| Munsila S | 18,000 |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **E Grant** | **Name of Students** | **Amount** |
| Nayana M | 3,200 |
| Fathima Dilraz KC | 3,150 |
| Shahla K | 950 |
| Asna V | 950 |
| Fathima Thesni | 3,150 |
| Najba UK | 3,150 |
| Fathima Farsana C | 950 |
| Famna Shari KT | 950 |
| Najiya Nasreen P | 950 |
| Safhana Thesni | 950 |
| Muhsina | 950 |
| Fathima Murshida | 3,150 |

| **Year** | **Name of the Scheme** | **Number of students benefited by government scheme and amount** |
| --- | --- | --- |
| **2022-23** | **Panchayat Meritorial Scholarship** | **Name of Students** | **Amount** |
| Nayana M | 3,200 |

| **Year** | **Name of the Scheme** | **Number of students benefited by the institution’s schemes and amount** |
| --- | --- | --- |
| **2022-23** | **Freeship** | **Name of Students** | **Amount** |
| Irfana Sayyida KP | 1,500 |

| **Year** | **Name of the Scheme** | **Number of students benefited by the institution’s schemes and amount** |
| --- | --- | --- |
| **2022-23** | **PTA Merit Scholarship** | **Name of Students** | **Amount** |
| Rashida Banu PP | 2,000 |
| Bahira M | 2,000 |
| Linsha TC | 2,000 |
| Najiya | 2,000 |
| Mufeeda Mol | 2,000 |

**ASSOCIATION ACTIVITIES**

|  |  |  |
| --- | --- | --- |
| **Sl. No** | **Association Activities** | **Date** |
| 1. | Cultural Programmes by students | 14-07-2022 |
| 2. | Debate on Women, the Family and Freedom | 11-08-2022 |
| 3. | Communication Skill Enhancement | 13-10-2022 |
| 4. |  Workshop on Pencil Carving | 27-10-2022 |
| 5. | Film Show on ‘The Earth’ | 17-11-2022 |
| 6. | Paper Bag Making Workshop | 24-11-2022 |
| 7. | Nutrition and Developmental Disabilities | 05-01-2023 |
| 8. | Association Inauguration | 10-02-2023 |
| 9. | Freshers Day | 18-10-2022 |
| 10. | Farewell Party | March 2023 |

**DETAILS OF STUDENTS WON COMPETITIVE EXAMINATIONS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Register Number** | **Competitive Exam** |
| 1. | Shakeela K | KL12000504 | NET & JRF |
| 2. | Lasna A | KL13400395 | NET |
| 3. | Dilfa KP | KL13400885 | NET |

**STUDENT ACHIEVEMENTS AND AWARDS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Achievement** | **Organizing Institute** |
| 1. | Misba Asmi | Mehendi FestFirst Prize | Department of Arabic, KAHM Unity Women’s College, Manjeri |
| 2. | Nayana M | Folk MusicSecond Prize | C- Zone, Calicut University |
| 3. | Farzeen | EmbroideryThird Prize | C- Zone, Calicut University |
| 4. | Farsina Sheril | Block Level WinnerSpeak for India CompetitionIntercollegiate Debate Competition |  |
| 5. | Farzeen | Packed Lunch CompetitionSecond Prize | Department of Home Science, KAHM Unity Women’s College, Manjeri |
| 6. | Majida M | Packed Lunch CompetitionThird Prize | Department of Home Science, KAHM Unity Women’s College, Manjeri |
| 7. | Fathima Dilraz KC | Poster Making CompetitionSecond Prize | Department of Home Science, KAHM Unity Women’s College, Manjeri |
| 8. | Bahira M | Mobile Photography CompetitionFirst Prize | Photography Club, KAHM Unity Women’s College, Manjeri |
| 9. | Bahira M | Conceptual Photography CompetitionFirst Prize | Department of Home Science, KAHM Unity Women’s College, Manjeri |
| 10. | Sarafiya | Poster Making Competition | C-Zone, Calicut University |
| **Active Employability Award** |
| 16. | Fathima Afla III BSc Family & Community Science | Active Student AwardFirst Prize | Employability skills training conducted by Mahindra Pride Classroom |
| 17. | Nasba KIII BSc Family & Community Science | Active Student AwardSecond Prize  | Employability skills training conducted by Mahindra Pride Classroom |

**AWARDS FOR THE STUDENTS**

|  |  |  |
| --- | --- | --- |
| **Sl. No** | **Name of the Student** | **Award for** |
| **Meritorious Award** |
| 1. | Riya Muhammed, MSc Home Science | First Rank in University |
| 2. | Lulu Narghese, MSc Home Science | Second Rank in University |
| 3. | Fathima K, MSc Home Science | Second Rank in University |
| 4. | Sneha, MSc Home Science | Third Rank in University |
| 5. | Asiya Murshida, MSc Home Science | Third Rank in University |
| 6. | Bahira M, BSc Family & Community Science | First Rank in University |
| 7. | Shinana Sherin, BSc Family & Community Science | Second Rank in University |
| 8. | Hasna MM, BSc Family & Community Science | Third Rank in University |
| **Proficiency Award** |
| 9. | Rashida Banu PP, II MSc Home Science |  |
| 10. | Nasma P, I MSc Home Science |  |
| 11. | Mufeeda Mol M, III BSc Family & Community Science |  |
| 12. | Najiya Nasreen, II BSc Family & Community Science |  |
| 13. | Linsha TC, BSc Family & Community Science |  |
| **Best Outgoing Student Award** |
| 14. | Nithasha T, III BSc Family & Community Science | Best out Going student in UG |
| 15. | Hasna Abdussalam, II MSc Home Science | Best out Going student in PG |

**CAPACITY BUILDING PROGRAMMES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name of the capability enhancement program** | **Date of Implementation**  | **Number of students enrolled** | **Name of the agencies/consultant involved**  |
| 1. | International Yoga Day Celebration (Life Skills) | 21-06-2022 | 28 | Nil |
| 2. | Six days training programme on Employability Skills for Women | 12-11-2022 to 17-11-2022 | 40 | IQAC and Mahindra Pride Class room |
| 3. | Communication Skill Enhancement | 13-10-2022 | 85 | Nil |
| 4. |  Workshop on Pencil Carving | 27-10-2022 | 76 | Nil |
| 5. | Certificate Course in Food Preservation  | 25-09-2022 | 46 | Nil |
| 6. | Certificate Course in Reference Management using Mendeley | 22-06-2022 | 37 | Nil |
| 7. | Certificate Course in Make-up Arts | 16-09-2022 | 11 | Nil |
| 8. | Certificate Course in Denim Upcycling | 10-12-2022 | 39 | Nil |
| 9. | Certificate Course in Data Analysis using Excel | 25-12-2022 | 18 | Nil |
| 10. | Certificate Course in Wellness and Fitness | 25-12-2022 | 39 | Nil |

**ALUMNI ACTIVITIES**

1. **Alumni Talk Series**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **Name of the Alumnae** | **Batch** | **Designation** | **Topic** | **Date** | **No. of Participants** |
| 1. | Ms. Nikitha | 2104-2017 | Dietitian | Significance of Breastfeeding | 31-08-2022 | 90 |
| 2. | Ms. Sajla Mol | 2009-2012 | Assistant Professor (Adhoc), MES College, Mampad | Career Opportunities in Home Science | 20-09-2022 | 85 |
| 3. | Ms. Najma Chokli | 2013-2015 | ICDS Supervisor, Manjeswaram, Kasargod | How to Prepare for Competitive Examinations | 26-10-2022 | 70 |
| 4. | Ms. Maheeda Salim | 1995-1998 | ICDS Supervisor, Wandoor, Malappuram | Disability in Children | 30-11-2022 | 67 |
| 5. | Dr. Noora Beevi | 2009-2012 | Nutritionist, Fittreat Couple, Perinthalmanna | Research Opportunities in Home Science | 31-12-2022 | 90 |
| 6. | Ms. Misna Parveen | 2009-2012 | Nutritionist, ICDS Tirur | Safe and Nutritious Food | 28-01-2023 | 55 |
| 7. | Ms. Shahna Jinu K | 2010-2013 | Lecturer, Grace Valley Waffiyya College, Kadampuzha | Get Started as an Entrepreneur | 29-02-2023 | 65 |

1. **Stall by Alumna on Grand Alumni Meet 2022**

Salmath Bindhiya (2006-2009 Batch), young entrepreneur, Brandon Scented Candles arranged stall at the college auditorium on 8 October 2022 during Grand Alumni Meet

1. Entrepreneur guidance session and experience sharing
2. Alumni Interaction
3. Alumni Entrepreneurs Mela ‘Teamio 2K23’

**Competitions organized by the Department**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of Activity** | **Level** | **No. of Participants** |
| 1. | Poster Making Competition | Intercollegiate | 5 |
| 2. | Packed Lunch Competition | Intercollegiate | 20 |
| 3. | E-Quiz Competition | Intercollegiate | 85 |

**Awards and Honors received by the Department**

* The Department of Home Science received an Appreciation Award for the active involvement as an organising partner of the 34th Biennial National Conference of Home Science Association of India on Innovation and Incubation Opportunities in Home Science for Self-Reliant India, organized by HSAI Kerala Chapter, held at St. Teresa's College, Ernakulum on 15,16&17 December 2022.

**Awards and Honors received by the Department**

|  |  |  |
| --- | --- | --- |
| **Sl. No** | **Name of the Faculty** | **Honoring (Special Appreciation)** |
| 1. | A S Anitha Begum | Appreciation for the member of academic council and Board of Studies |
| 2. | Dr. Annie Ninan | Appreciation for the member of Board of Studies |
| 3. | Dr. NV Fatimathu Zuhara | Appreciation for the member of Board of Studies |
| 4. | Loosiya KP | Appreciation for commissioned as ANO with the rank of Lieutenant in NCC  |
| 5. | A S Anitha BegumDr. Annie NinanDr. NV Fatimathu ZuharaMs. Bushaira VMs. Shahla KMs. Loosiya KPMs. Nishidha Haridas | Certificates of appreciation for the publication of ISBN book, ISSN Journals and Conference proceedings |

**Achievements of Teachers**

* Ms. Loosiya KP won the badminton (Singles) and first runner up badminton (Doubles) in TM Shoukathali Memorial Badminton Championship for Staff

***CRITERIA VI - GOVERNANCE, LEADERSHIP AND MANAGEMENT***

**Teacher’s Participation in FDPs and Orientation**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name of Faculty** | **Programme** | **Date** | **Institution/ Organization** |
| **1.** | Mrs. A S Anitha Begum | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **2.** | Dr. Annie Ninan | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **3.** | Dr. NV Fatimathu Zuhara | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **4.** | Ms. Bushaira V | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **5.** | Ms. Shahla K | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **6.** | Ms. Loosiya KP | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **7.** | Ms. Nishidha Haridas | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **8.** | Mrs. A S Anitha Begum | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **9.** | Dr. Annie Ninan | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **10.** | Dr. NV Fatimathu Zuhara | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **11.** | Ms. Bushaira V | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **12.** | Ms. Shahla K | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **13.** | Ms. Loosiya KP | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **14.** | Ms. Nishidha Haridas | Faculty Orientation Programme on Management Information System | 25.07.2022 | IQAC, Unity Women’s College, Manjeri |
| **15.** | Mrs. A S Anitha Begum | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |
| **16.** | Dr. Annie Ninan | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |
| **17.** | Dr. NV Fatimathu Zuhara | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |
| 18**.** | Ms. Bushaira V | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |
| **19.** | Ms. Shahla K | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |
| **20.** | Ms. Loosiya KP | FDP on Moodle Based Learning Management System and Course Design | 13-03-2023 to 17-03-2023 | Faculty Development Centre of KSHEC and Learning Centre of SNGS College, Pattambi |

**Teacher’s Participation in seminars, webinars, workshops, trainings and Conferences**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No** | **NAME** | **DATE** | **TITLE** | **PARTICIPANT/****RP** | **LEVEL** | **ORGANIZING INSTITUTION** |
| 1. | Mrs. A S Anitha Begum | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 2. | Mrs. A S Anitha Begum | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 3. | Mrs. A S Anitha Begum | 3.11.2022 | Quality Enhancement & Accreditation: Role of HEIs | Participant & RP (ASA) | Regional | IQAC, KAHM Unity Women’s College |
| 4. | Mrs. A S Anitha Begum | 13 December 2022 | Functional Foods | Resource Person | Regional  | IQAC, KAHM Unity Women's College, Manjeri |
| 5. | Mrs. A S Anitha Begum | 15,16&17 December 2022 | Innovation and Incubation Opportunities in Home Science for Self-Reliant India | Participant | National(34th Biennial National Conference of Home Science Association of India) | Home Science Association of India, Kerala Chapter |
| 6. | Dr. Annie Ninan | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 7. | Dr. Annie Ninan | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 8. | Dr. Annie Ninan | 25.07.2022 | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | Participant | Regional | The Governing Body & IQACKAHM Unity Women’s College, Manjeri |
| 9. | Dr. Annie Ninan | 25.07.2022 | Faculty Orientation Programme on Management Information System | Participant | Regional | The Governing Body & PG Dept. of Computer ScienceKAHM Unity Women’s College, Manjeri |
| 10. | Dr. NV Fatimathu Zuhara | 15.07.2022 -17.07.2022 | Three Days Online Workshop on “Data Analysis using Advanced Microsoft Excel” | Participant | Regional | Center for Skill Development & innovative Research |
| 11. | Dr. Annie Ninan | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 12. | Dr. Annie Ninan | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 13. | Dr. Annie Ninan | 25.07.2022 | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | Participant | Regional | The Governing Body & IQACKAHM Unity Women’s College, Manjeri |
| 14. | Dr. Annie Ninan | 25.07.2022 | Faculty Orientation Programme on Management Information System | Participant | Regional | The Governing Body & PG Dept. of Computer ScienceKAHM Unity Women’s College, Manjeri |
| 15. | Dr. Annie Ninan | 29.07.2022 | Faculty Workshop on Learning Management System | Participant | Regional | The Governing Body & IQACKAHM Unity Women’s College, Manjeri |
| 16. | Dr. Annie Ninan | 29.07.2022 | Keys to Healthy Life | RP | Regional | Staff Club, KAHM Unity Women’s College, Manjeri |
| 17. | Ms. Bushaira V | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 18. | Ms. Bushaira V | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 19. | Ms. Bushaira V | 29-07-2022 | Webinar on “Making Confectionary Tasty Yet Healthy” | Participant | National | Protein foods and Nutrition Development Association of India and Avinashilingam Institute for Home Science and Higher Education, Coimbatore |
| 20. | Ms. Bushaira V | 04.08.2022 | How to design an Add-on Course | Participant | Regional | Al Shifa College of Arts & Science, Perinthalmanna |
| 21. | Ms. Bushaira V | 06-09-2022 | Webinar on Author Profile Analysis on Scopus | Participant | National | Library, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in collaboration with Elsevier |
| 22. | Ms. Bushaira V | 07-09-2022 | Webinar on Improving research writing using Grammarly  | Participant | National | Library, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in collaboration with Bridge People Technology Solutions Pvt. Ltd, Bangalore.  |
| 23. | Ms. Bushaira V | 08-09-2022 | Webinar on Nutrition Management in PCOS | Participant | National | Dept. of Foods and Nutrition, The Maharaja Sayajirao University of Baroda as part of National Nutrition Month |
| 24. | Ms. Bushaira V | 09-09-2022 | Value of EBSCO Business Source and eBook Academic Collection in Research and Career Development | Participant | National | Library, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in collaboration with EBSCO Information Services |
| 25. | Ms. Bushaira V | 18 to 20-10-22 | Three Day Online Workshop on Statistical Data Analysis using SPSS | Participant | Regional | Center for Skill Development & Innovative Research |
| 26. | Ms. Bushaira V | 14-10-2022 | International Conference on Indian Dairying- Sustainability and Nutritional Security | Participant | International | Dept of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Indian Dairy Association, Tamil Nadu Chapter, Chennai  |
| 27. | Ms. Bushaira V | 24.11.2022-26.11.2022 | Quality Research for Sustainable Future | Participant | State | Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore |
| 28. | Ms. Shahla K | 20.07.2022 | Webinar on NSR-NutriCal | Participant | State | PG Department of Home Science and NSR-NutriCal |
| 29. | Ms. Shahla K | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 30. | Ms. Shahla K | 29-07-2022 | Webinar on “Making Confectionary Tasty Yet Healthy” | Participant | National | Protein foods and Nutrition Development Association of India and Avinashilingam Institute for Home Science and Higher Education, Coimbatore |
| 31. | Ms. Shahla K | 20/07/2022 | Lunar day special-Lunar Show | Participant | Regional | NSS and IQACKAHM Unity Women’s College, Manjeri |
| 32. | Ms. Shahla K | 14-10-2022 | International Conference on Indian Dairying- Sustainability and Nutritional Security | Participant | International | Dept of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Indian Dairy Association, Tamil Nadu Chapter, Chennai  |
| 33. | Ms. Shahla K | 15,16&17 December 2022 | Innovation and Incubation Opportunities in Home Science for Self-Reliant India | Participant | National(34th Biennial National Conference of Home Science Association of India) | Home Science Association of India, Kerala Chapter |
| 34. | Ms. Shahla K | 24.11.2022-26.11.2022 | Quality Research for Sustainable Future | Participant | Regional | Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore |
| 35. | Ms. Shahla K | 26.2.2023 | Training course Industrial training on food microbiology techniques | Participant |  International | Uyir tech international  |
| 36. | Loosiya KP | 14-10-2022 | International Conference on Indian Dairying- Sustainability and Nutritional Security | Participant | International | Dept of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Indian Dairy Association, Tamil Nadu Chapter, Chennai  |
| 37. |  | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 38. |  | 02.07.2022 | Workshop on ‘Case Study in Dietetics’ - Skill Enhancement Workshop | Participant | Regional | Dept. of Clinical Nutrition, VPS Lakeshore Hospital, Kochi in association with NetProFan |
| 39. |  | 20/07/2022 | Lunar Day Special-Lunar Show | Participant | Regional | NSS and IQACKAHM Unity Women’s College, Manjeri |
| 40. |  | 29.07.2022 | Faculty Workshop on Learning Management System | Participant | Regional | The Governing Body & IQACKAHM Unity Women’s College, Manjeri |
| 41. | Ms. Nishidha Haridas | 20.07.2022 | Webinar on NSR-NutriCal | Participant | Regional | PG Department of Home Science and NSR-NutriCal |
| 42. | Ms. Nishidha Haridas | 20.07.2022 | Lunar day special-Lunar Show | Participant | Regional | NSS and IQACKAHM Unity Women’s College, Manjeri |
| 43. | Ms. Nishidha Haridas | 23.07.2022 | Live cooking demonstration | Participant | Regional | PG Department of Home Science and Nestle Maggi |
| 44. | Ms. Nishidha Haridas | 25.07.2022 | Faculty Orientation Programme on Total Quality Enhancement: A Vision Plan for Progressive Future | Participant | Regional | The Governing Body & IQACKAHM Unity Women’s College, Manjeri |
| 45. | Ms. Nishidha Haridas | 25.07.2022 | Faculty Orientation Programme on Management Information System | Participant | Regional | The Governing Body & PG Dept. of Computer ScienceKAHM Unity Women’s College, Manjeri |
| 46. | Ms. Nishidha Haridas | 14-10-2022 | International Conference on Indian Dairying- Sustainability and Nutritional Security | Participant | International | Dept of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Indian Dairy Association, Tamil Nadu Chapter, Chennai  |
| 47. | Ms. Nishidha Haridas | 15,16&17 December 2022 | Innovation and Incubation Opportunities in Home Science for Self-Reliant India | Participant | National(34th Biennial National Conference of Home Science Association of India) | Home Science Association of India, Kerala Chapter |

**Grand received by the faculty members from management for participating in Conference**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Name of the Teacher** | **Name of the workshop/Conference Attended for Which the Financial support is Provided** | **Name of the professional Body for Which Membership is Provided**  | **Amount of Support** |
| 1. | Mrs. Anitha Begum, Dr. Annie Ninan, Dr. NV Fatimathu Zuhara, Ms. Bushaira V, Ms. Shahla Karuthedath, Ms. Loosiya KP and Ms. Nishidha Haridas | 34th Biennial conference of Home Science Association of India | Home Science Association of India | Rs 1450/- |

***CRITERIA VII - INSTITUTIONAL VALUES AND BEST PRACTICES***

1. **ACTIVITIES RELATED TO GENDER EQUITY**
2. **Debate on Women, The Family and Freedom –A Gender Sensitization Programme**

Around 42 students participated in the programme and the best debater was Anshiya CM and Mubashira AK of II Sem MSc Home Science (Nutrition and Dietetics). The programme was organized by the Association Secretary- in- charge Ms. Rishana, III Sem. BSc Family & Community Science

1. **Counselling Session to Students on Tackling Women’s Nutritional Problems and Health Issues**

During the diet counselling programmes conducted on every Friday, counselling on the ways to prevent or overcome the various nutritional problems and health issues prevalent among adolescent girls and women was given.

1. **ENVIRONMENTAL AWARENESS PROGRAMMES BY THE DEPARTMENT**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Name of the Activity** | **Date of Programme** | **No. of Participants** |
| 1. | Film Show on Earth | 17/11/2022 | 50 |
| 2. | Paper Bag Making Workshop | 24/11/2022 | 45 |
| 3. | Poster Making Competition on “A World Of 8 billion: Ensuring Rights and Choices for All” | 11/07/2022 | 5 |
| 4. | Community Intervention Programme on School Health Day | 18/07/2022 | 100 |
| 5. | Awareness Programme on Nutrition and Developmental Disabilities | 05/04/2023 | 45 |
| 6. | National Child Health Day-Community Outreach Programme | 03/10/2022 | 70 |
| 7. | Waste Water Management | - | - |
| 8. | Community Awareness Programme | - | - |
| 9. | Audit Course on Environment Science | - | - |
| 10. | Plastic Reuse - Innovative Products from Plastic Waste | - | - |
| 11. | Promotion of Utilization of Locally Available Underutilized Foods and Coconut Oil Cake | - | - |
| 12. | Popularization ofproduct made from coconut shell | - | - |

**Energy Conservation Policy and Programmes**

1. Wall notices on instructions for energy conservation in classrooms, department and labs
2. Student representatives were allotted in each class for monitoring the proper usage of electrical devices in the class room
3. **DAY CELEBRATIONS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl. No** | **Day Celebrations** | **Name of the Activity** | **Date of Programme** | **No. of Participants** |
| 1. | Osteoporosis Day Celebration | Invited Lecture | 20-10-2022 | 125 |
| 2. | Breast Cancer Awareness Month Celebration | Awareness Class | 19-10-2022 | 199 |
| 3. | World Population Day | Poster making competition | 11-07-2022 | 5 |
| 4. | World Food Day  | Packed Lunch Competition | 17-10-2022 | 20 |
| 5. | World Blood Donor Day | Awareness Class | 14-06-2022 | 50 |
| 6. | International Day Against Drug Abuse and Illicit Trafficking | Flash Mob | 26-06-2022 | 25 |
| 7. | International Yoga Day  | Demonstration of Yoga | 21-06-2022 | 25 |
| 8. | World Hepatitis Day | Exhibition | 29-07-2022 | 25 |
| 9. | World Breastfeeding Week | Intercollegiate E-Quiz Competition | 03-08-2022 | 85 |
| 10. | School Health Day | Nutritional Assessment Programme | 18-07-2022 | 100 |
| 11. | World Mental Health Day | Survey to asses stress among students | 10-10-2022 | 332 |
| 12. | World Heart Day Celebration | Zumba Class | 30-09-2022 | 40 |
| 13. | National Child Health Day | Community Outreach Programme | 03-10-2022 | 70 |
| 14. | World Arthritis Day | Community Outreach Programme | 25-10-2022 | 47 |
| 15. | National Nutrition Month | Poster Exhibition | 29-09-2022 | 100 |

1. **BEST PRACTICES**
* **Earn While Learn Programme**

Earn while learn programme is an initiative by the PG Dept. of Home Science for the students with the objective to make the students self-sustained during their time of studies for getting work experience and providing hands-on training while studying. In this programme, the students have the facility to put their stalls on every Friday from 12.30 to 2 pm.

* **Pothichoru**

The “Pothichoru” – Packed lunch was launched by clicking the logo by Jb. Munawar Ali Shihab Thangal (President, College Management Committee) at the Home Science fest held on 2nd March 2017. It was implemented as a community welfare program with the motive of distributing “Pothichoru” to Shalomatha Bhavan, Cherani Manjeri. It belongs to the Franciscan Missionary Sisters Association. It is a home for mentally ill and destitute women. Presently, 68 inmates are there. The age range of people who stay there is 30 to 95 years. Only five sisters and two supporting staff members work there.  Every Tuesday, the students were asked to bring Pothichoru from their homes. It was distributed to the above-mentioned old-age home. An amount of 10 rupees was also collected from those who were not able to bring Pothichoru.

* **Diet Clinic**

The Department of Home Science conducted a diet counselling centre on all Fridays (1 to 2 pm) with the purpose of extending awareness and knowledge about healthy diet and lifestyle to the public. The students are also trained to provide counselling to various health related issues with the view to train them as health ambassadors. Important day’s specific to nutrition and health are observed to create awareness among students and the public. All the sectors like students, teachers and staff are covered with special emphasis on lifestyle disorders and non-communicable diseases.

* **Peer Learning in Planning Normal & Therapeutic Diets**

Peer groups, each with a leader, were formed in V semester B Sc Family & Community Science class in order to facilitate and guide the students in planning normal and therapeutic diets. Planning a balanced diet with adequate supply of nutrients for different stages of life and the dietary modifications for different disease conditions is a laborious process and it needs expertise and patience. In order to simplify the process and for providing effective training in planning such diets, peer groups were formed in V semester B Sc Family & Community Science class. The students who are good at diet planning and nutritive value calculation were identified as peer group leaders.

* **Promoting Alumni Entrepreneurs Through Extension Counter - Alumni Entrepreneurs Mela- Teamio 2k23**

The alumni who are entrepreneurs in various fields were promoted by providing opportunities to sell their products inside and outside college. The PG department of Home Science offers Extension Counter on Friday, once in a month for the sale of popularization of their products. Apart from that, their products have been promoted by recommending and purchasing them for various purposes in and around the department.

* **PG Thesis Proposal Presentation**

The Home Science department conducted the PG thesis proposal presentation on 3rd January, 2023. All the students of II-year M.sc Home Science (Nutrition and Dietetics) presented their own research proposal before the faculty members. The scope, objectives and methodology of their proposed thesis topics were discussed and finalized.