



Korambayil Ahamed Haji Memorial

UNITY WOMEN'S COLLEGE

Government Aided & Affiliated to University of Calicut
Accredited by NAAC with CGPA 2.77 & B++ Grade



AQAR 2022-23

Prepared by: -

Internal Quality Assurance Cell (IQAC)

**KORAMBAYIL AHAMED HAJI MEMORIAL
UNITY WOMEN'S COLLEGE, MANJERI.**

**7.1.1 Measures initiated by the Institution for the promotion of gender equity During
The Year.2022-23**

Report of Activities of Women Development Cell for the year 2022-23

Women Development Cell

Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri

Narukara P.O., Malappuram Dt., Kerala-676122



Name of the Institution : Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri

Name of Principal : Dr. Muhammed Basheer Ummathur

Name of Lecturer in charge : Aswathi M.P.

Total number of activities conducted under the auspices of WDC : 21

List of Activities : A separate sheet is attached (Annexure 1)

List of resource persons invited and the topics handled by them : A separate sheet is attached (Annexure 2)

Remarks of the lecturer in charge about the functioning of WDC : A separate sheet is attached. (Annexure 3)

Name and Signature
of the Principal

Name and signature of
of the lecturer in charge

Annexure 1

Activities of June 2022

1. Interventions: Blog of Women Cell

Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri started an online platform, a blog, titled *Interventions* to showcase the creative writings of the students and to share the updates on Women Cell events. The blog serves as an evolving platform to promote the creativity of the students and the teachers. Blog address is as follows: <https://womencellunity.blogspot.com/>

2. Memories of Women: Bicycle Stories: World Bicycle Day Celebration on June 3, 2022

WOMEN CELL, KORAMBAYIL AHAMED HAJI MEMORIAL UNITY WOMEN'S COLLEGE, MANJERI
IN ASSOCIATION WITH
THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION
LIMITED

Celebrates
WORLD BICYCLE DAY (JUNE 3)

*Tell your feel of the wheels...
Share your bicycle thoughts and stories
of not more than 500 words
typed in Malayalam or English...
Whats app your Bicycle Stories to 9961727951
Deadline for submission: June 10, 2022
Selected entries will be displayed on the blog of
Women Cell and the best write up will get a
prize.*

*A slow cycle race is organized for the students
on 8th June 2022, at 3.10. Those interested to
participate please register with Ms. Aswathi M.P
of Department of English .*

**Bicycle
Stories**

In the contest of writing Bicycle stories conducted as a part of World Bicycle Day Celebration by Women Cell, on June 3, Ms. Shahana Sherin of Second Year B.A. History grabbed the prize.

3. Women, Technology and Creativity: Campus Photography Competition:

World Environment Day Celebration June 5, 2022



WOMEN CELL, KAHM UNITYWOMEN'S COLLEGE, MANJERI
IN ASSOCIATION WITH KERALA STATE WOMEN'S DEVELOPMENT COORPORATION

JUNE 5: WORLD ENVIRONMENT DAY

Campus Photography Competition

Green Campus through Women's Lenses

"Being green is more than just buying 'eco'. It is an unshakable commitment to a sustainable lifestyle."

Dear students and women staff members,
Let us capture the visuals of our commitment to nature...
Let our shots speak the way how our environment supports the intellectual and aesthetic development at Unity college..
Share the visuals of nature taken from our campus with us and grab prizes. The best three photos of green campus captured by the students will get prizes. Zoom your mobile/ camera lens and see the magic around.

Submit campus images that you captured through whats app: 9961727951 (Aswathi M. P., Coordinator)
Photo courtesy: Ms. Loosiya K. P. and Dr. Krishna Sunder, (Faculty members of the college)

World Environment Day in the campus is celebrated on June 5 by Women Cell with a competition to capture the greenery in the campus of KAHM Unity Women's College. Out of the numerous entries received, the photographs taken by Shahna P- BA History, Ansheera CM Bsc FCS and Fathima Najva- BA History received first, second and third prizes respectively. Shabna Basheer of B. Sc. CS and Loosiya K P: Faculty member FCS Department received special Jury mention.



First Prize winning photograph

4. Get to know of MIND and Be Motivated: A Community Intervention Initiative

Kudamattam & Signing MOU:



An Invited lecture by Mr. Prajith has been arranged on June 17, 2022 by the Women Cell of the college to make the student empathetic towards the people suffering from Spinal Muscular Dystrophy. The display and sale of umbrellas created by the physically challenged members of the organization called “Mobility in Dystrophy (MIND)” was arranged on the Day. Collaborating with “MIND”, Women Cell organized a sale of umbrellas after embellishment done with the support of the students and teachers of FCS Department. Also, as a part of a joint initiative with “MIND” for the social empowerment an MOU has been signed between Mrs. Anitha Begum, Principal-in-charge and Mr. Prajith, the Treasurer of MIND. Adv. U.A. Latheef, MLA inaugurated the programme. Ms. M.K. Vineetha, Former Coordinator, Women Cell welcomed the gathering and Ms. Aswathi M.P., Coordinator, Women Cell, extended vote of thanks.

The image shows two posters for the MIND project. The left poster is titled "KUDAMATTAM sales of painted umbrellas" and the right poster is titled "GET TO KNOW MIND MOBILITY IN DYSTROPHY". Both posters feature logos for the Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri, and the Kerala State Women Development Cell. The right poster also includes the text "FOR NAIPUNYA PROJECT" and "A community intervention initiative".

Left Poster:

Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Cell
joining hands with
MIND
MOBILITY IN DYSTROPHY
FOR NAIPUNYA PROJECT
A COMMUNITY INTERVENTION INITIATIVE

KUDAMATTAM
sales of painted umbrellas
with the support of Department of FCS
On 17 June 2022
From 11.30 pm to 1.00 pm
At the college Auditorium

Let us make the lives of other better..
For more details contact: 9048911221 (M.K. Vineetha)
9447349388 (Aswathi M.P.)

Right Poster:

Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Cell

FOR NAIPUNYA PROJECT

GET TO KNOW
MIND
MOBILITY IN DYSTROPHY

A community intervention initiative

SIGNING OF MOU
On 17 June 2022
From 11.30 pm to 1.00 pm
At the college Auditorium

Let us make the lives of other better..
For more details contact: 9048911221 (M.K. Vineetha)
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5. Healthy Relationships: Father's Day Celebration on June 19



Women Cell, KAHM Unity Women's College, Manjeri,
Malappuram, Kerala
&
Kerala State Women's Development Corporation

My dear father/son/daughter,
Let us celebrate

Fathers' Day
19 June 2022

Write a Letter to your father
or
write a letter to your daughter if you are a father...
Let the beautiful bond be more visible
through the blog of Women Cell...

Dear Unity family members,
Please what's app your typed letters of not more than 500 words in Malayalam or in
English to 9961727951
on or before 21 June 2022.
Selected letters will find a place in the blog of Women Cell and the best three entries
from students will get prizes too..

For more details, please contact Ms. Aswathi M. P, Coordinator, Women Cell
(9961727951)
<https://womencellunity.blogspot.com>

(Students, former students, teachers, former teachers, non-teaching staff members,
former non-teaching staff members, management committee members or anyone
directly associated with KAHM Unity Women's College, Manjeri can participate.)

In association with Fathers' Day 19th June, Women Cell invited letters from the teachers, Nonteaching Staff, management committee members and the former staff members and Alumni members of KAHM Unity Women's College to write letters to their father/daughter on 19th June 2022. The letters were displayed on the blog of Women cell.

6. Women and Awareness on Health: Yoga Day Celebration: June 21, 2022



Women Cell, Korambal Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Cell

Organizes an online quiz on
INTERNATIONAL YOGA DAY

21 June 2022, From 8 pm to 8.30 pm
Winners will get prizes and certificates

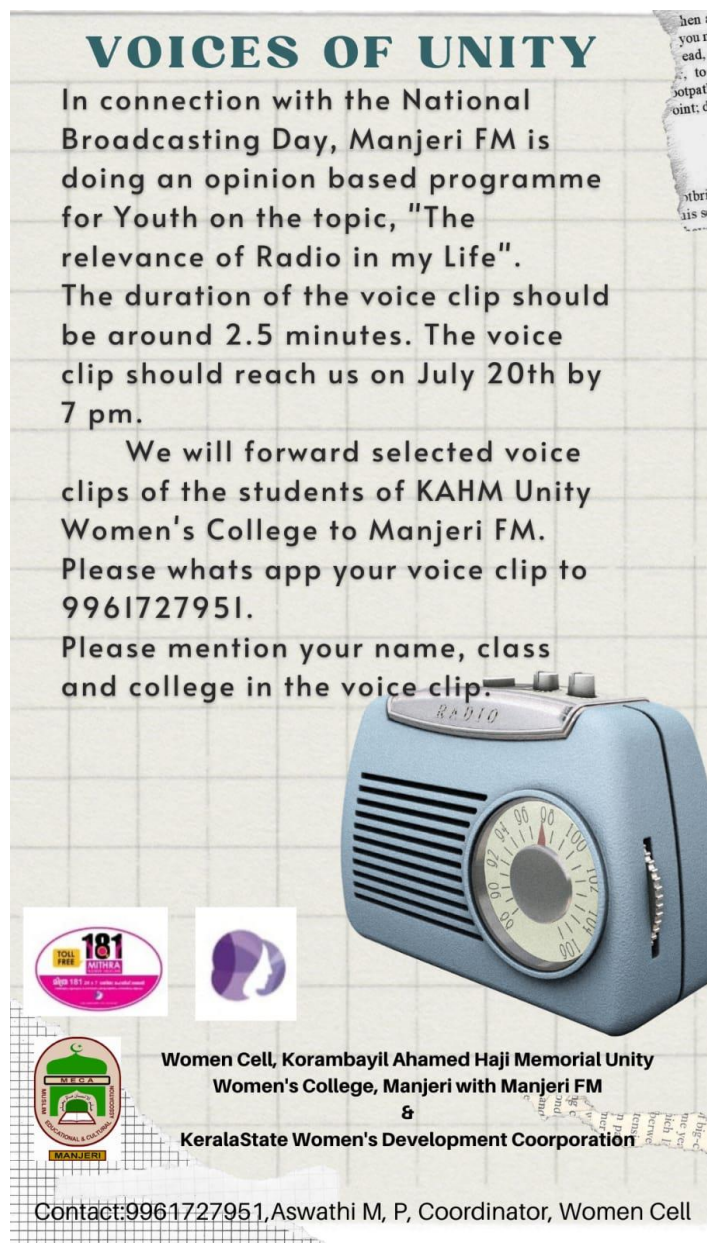
For more details contact: 9951727951 (Aswathi M.P.)

As a part of the celebration of Yoga Day 2022, Women Cell organized an online quiz competition to promote awareness about the significance of Yoga. Afla Hanna of B. Sc. Psychology got the first prize in the competition. Fathima Febna of BA History and Jumana Jabin of B.Sc. FCS shared the second prize.

Activities of July 2022

7. Voices of Unity

In connection with the Broadcasting day, Women Cell, in collaboration with Manjeri FM organized a competition in which the students are invited to prepare podcasts on the topic, "The Relevance of Radio in My Life". The entry of Ms Najiya T. K. of B. Sc. Psychology is selected by Manjeri FM to be broadcasted through their platform.



VOICES OF UNITY

In connection with the National Broadcasting Day, Manjeri FM is doing an opinion based programme for Youth on the topic, "The relevance of Radio in my Life". The duration of the voice clip should be around 2.5 minutes. The voice clip should reach us on July 20th by 7 pm.

We will forward selected voice clips of the students of KAHM Unity Women's College to Manjeri FM. Please whatsapp your voice clip to 9961727951. Please mention your name, class and college in the voice clip.

Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri with Manjeri FM & KeralaState Women's Development Cooperation

Contact:9961727951,Aswathi M, P, Coordinator, Women Cell

8. Lecture on Personal Growth: You Have a Choice by Shaida Ashraf: 25th July 2022

Women Cell, Korambayil Ahamed haji Memorial Unity Women's College, Manjeri organized an invited lecture on " You Have a Choice" on 25 July 2022. Ms. Shaida Ashraf, Former Employee of British Embassy in UAE and Motivational Speaker delivered the lecture. The session enlightened the students on how to set goals and achieve them despite the

hurdles and difficulties. Ms. Aswathi M.P. , Coordinator, Women Cell welcomed the participants, and Ms. Minnath Beevi, student, MA English extended vote of thanks.

YOU HAVE A CHOICE

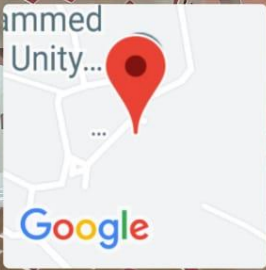
Invited lecture by
Shaida Ashraf
Motivational speaker

VENUE:
THE COLLEGE AUDITORIUM

25 July 2022
At 1.30 pm

Women Cell, KAHM Unity Women's College, Manjeri
and Kerala State Women Development Corporation
For more details: Contact Aswathi M. P., 9447349388

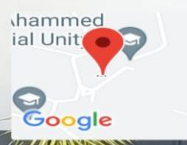
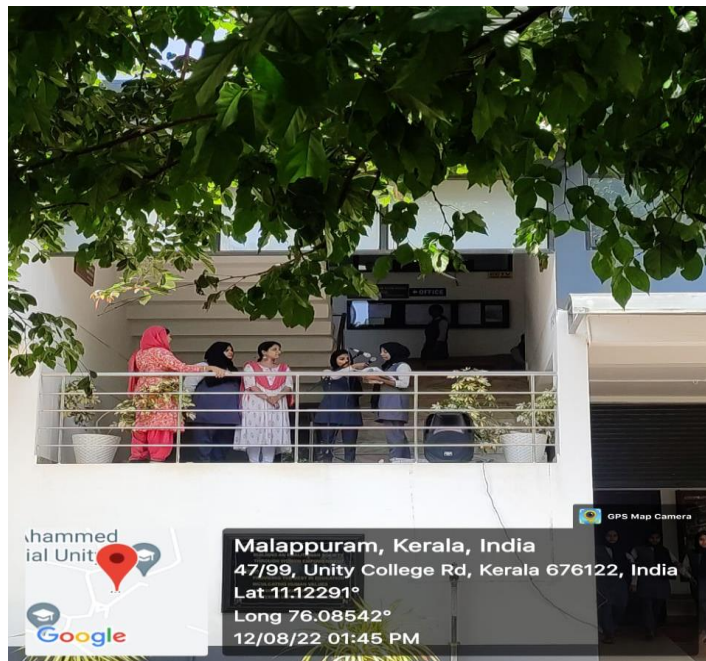




Manjeri, Kerala, India
43JM+4FM, Manjeri, Kerala 676122, India
Lat 11.129829°
Long 76.083596°
25/07/22 01:57 PM

Activities of August 2022

9. *Voice of Unity: The Campus Radio*



Malappuram, Kerala, India
47/99, Unity College Rd, Kerala 676122, India
Lat 11.12291°
Long 76.08542°
12/08/22 01:45 PM

In order to disseminate knowledge and support the students to improve their communication and presentation skills, Women Cell of the college restarted Campus radio, “Voice of Unity”. Voice of Unity was launched as a part of the Independence Day celebrations with the caption, “Voice of Freedom” on 12th August 2022 at 1.30 pm. The broadcast is scheduled on every Friday. Department of English hosted the inaugural programme and the Team of Department of Commerce took the charge of transmission on 19th August 2022.

10. *Ride Your Dream*: Bicycle Training Sessions



Women cell of the college started a Student Run Bicycle Training Programme *Ride Your Dream* to equip the students with necessary skills to become self-reliant and independent by learning to ride bicycle. The programme commenced on 12th August 2022. The student community of the college welcomed the initiative by joining voluntarily as trainers. Many students enrolled in the Training Programme coordinated by Jumana of 5th Semester B.Com CA.

11. Premarital Counselling



Women cell of the college organized a Premarital Counselling session to the students of the college on 29th August 2022 to educate them of the need for preparation to lead a successful marital life. Dr. Abdullakkutty A.P., National trainer and JCI Author and Premarital Counselling Faculty Member of Minority Welfare Department handled the session. He enlightened the students on the intricacies of relationships and provided insights on how to be successful when starting a new family.

Activities of September 2022

12. Lecture on How to Improve Employability Skills

Women Cell of the college organized an invited lecture titled “Introduction to IELTS” for the first year undergraduate students in collaboration with Additional Skill acquisition Programme Wing of the college on 27th September 2022. Adv. Sabitha Sivanandan trained from British Council on IELTS was the resource person. The session supported the students to understand the basic skills to be acquired for English language proficiency.



9.2. Campus Radio: Voice of Unity, An Initiative of Women Cell

With a perspective to inculcate confidence among the students to voice their ideas, the Campus radio programmes are broadcasted every week. Department of Mathematics and



Department of Botany hosted the programmes in September 2022.

Activities of October 2022

13. Course in Yoga





Women Cell, in collaboration with Department of Physical Education, organized a 30 hour Certificate Course in Yoga from 25th to 28th October 2022. Ms. Sayoojya K.B., winner of State Level Yoga Olympiad, was the instructor. 65 students successfully completed the course. The participant made the audience spellbound with a mesmerizing Yoga dance performance conducted during the closing ceremony of the course.

 The poster is primarily pink with white text and features a photograph of a woman in a black top on the left side. At the top left, there are logos for the Women Cell, Karambayil Ahmed Haji Memorial Unity Women's College, Manjeri, and the Kerala State Women Development Corporation. The text on the poster reads:

Women Cell, Karambayil Ahmed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Corporation
in Collaboration with
Department of Physical Education

Organizes
a Certificate Course in

YOGA

VENUE: CH AUDITORIUM
25-28 OCTOBER 2022
9.30 AM - 3.30 PM

INSTRUCTOR
Sayoojya K. B.
Winner, State Level Yoga
Olympiad (Sports Council)

For more details contact:
9961727951, 96457 28817

14. Breast Cancer Awareness Programme



Women cell of the college in collaboration with Govt. Medical College, Manjeri organized a Breast Cancer Awareness Programme for the staff and students of KAHM Unity Women's college, Manjeri on 25th October 2022. Dr. Sujina, Assistant Professor of Community Medicine, Shadiya Ishaque and Aysha Thabsheera, Third year MBBS Students were the resource persons.

9.3 . Campus Radio: Voice of Unity, An Initiative of Women Cell



With a perspective to voice student expressions, the Campus radio programmes are broadcasted every week. Department of Chemistry hosted the programmes in October 2022. Ms. Sumi, Ms. Sherin Alipra and Ms. Fahira presented the programmes.

Activities of November 2022

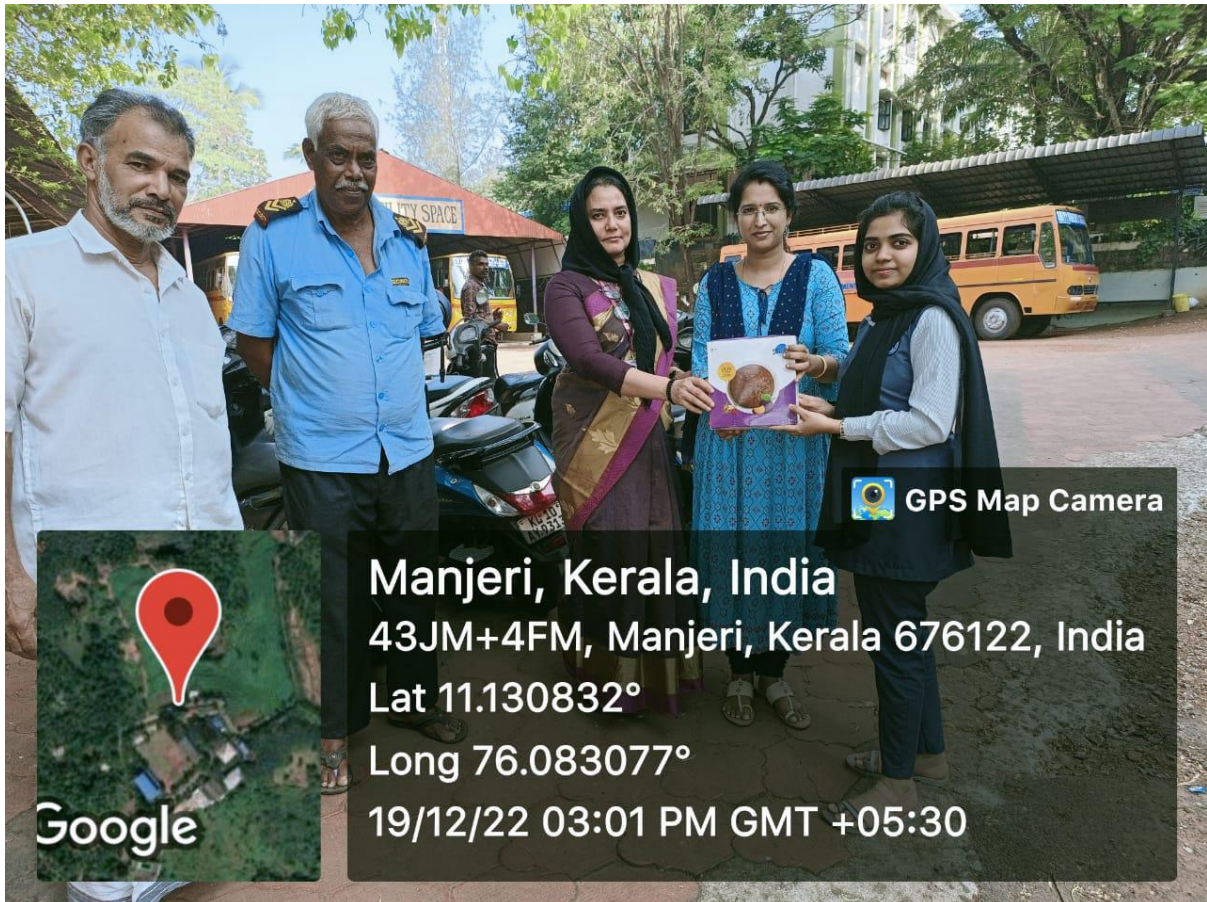
15. Anti-dowry Campaign



Under the initiative of the Women Cell of the college, the students took part in the Anti-dowry Campaign on 28th November 2022. As a part of creating awareness against the evil practice of dowry, the students took an oath that they would neither offer nor accept dowry.

Activities of December 2023

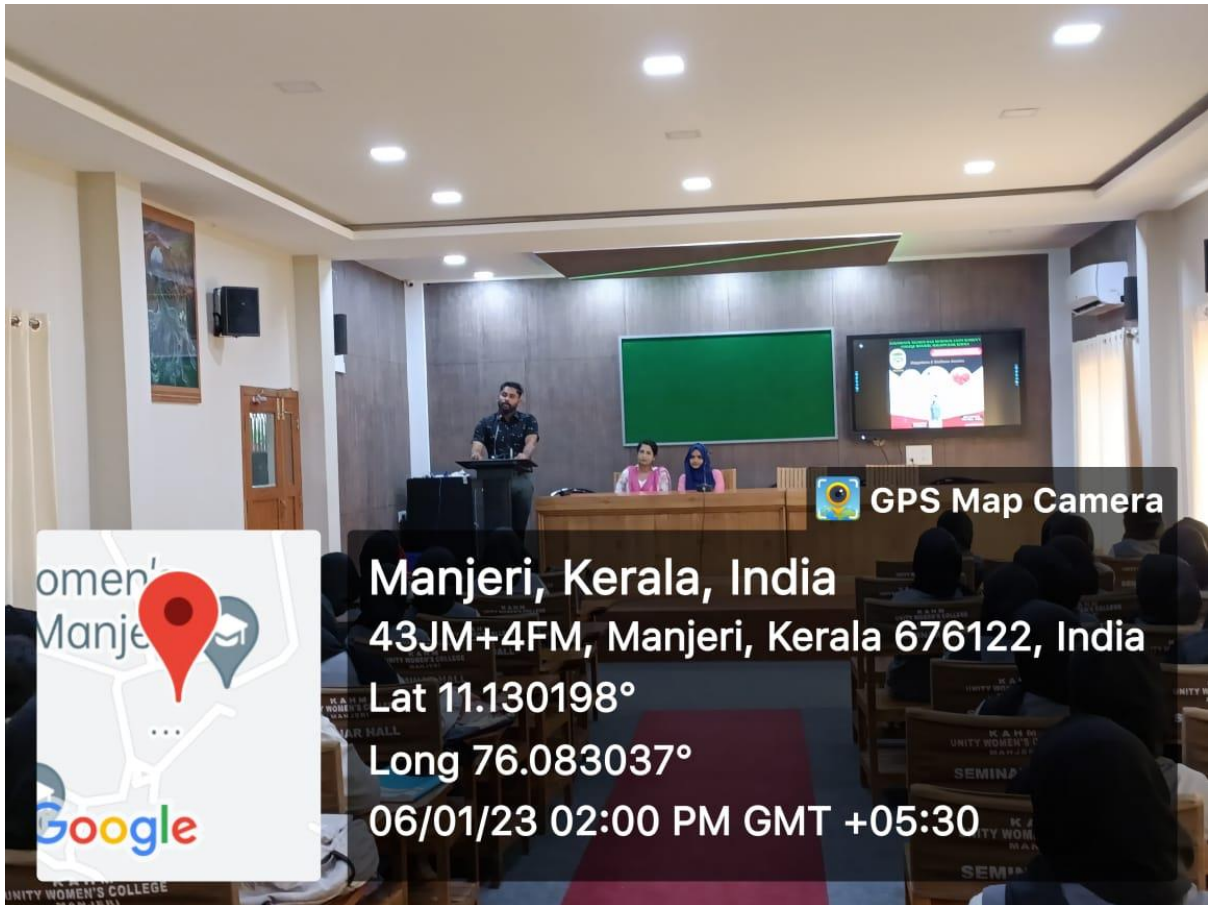
16. Supporting the physically challenged -Cake Challenge



Women Cell of the college conducted a cake challenge programme with MIND (Mobility in Dystrophy), an association for the welfare of the people who suffered from Muscular Atrophy, in the month of December. Students and teachers bought cakes to support MIND.

Activities of January 2023

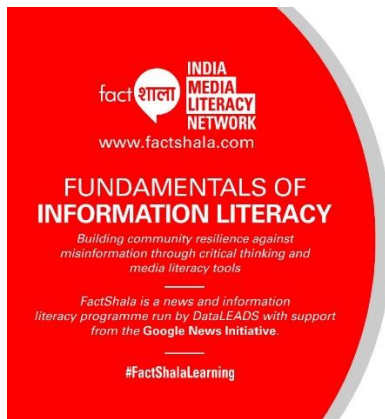
17. A Session on *Happiness and Wellness*



Women cell of the college, in collaboration with the Department of Psychology, organized a session on “Happiness and Wellness” on 06th January 2023. Mr. Shabeerali, UNICEF and WHO Certified speaker handled the session. Companionship, love and friendship, mercifulness, passion, mission and vision, acceptance etc. were the topics discussed during the session.

18. Workshop on Fundamentals of Information Literacy





Women Cell in collaboration with FactShala, a community for truth checking, organized a one day workshop on Fundamentals of Information Literacy on 21st February 2023. Mr. Habeeb Rahman PY who works in All India Radio was the resource person. The programme was a Google News Initiative. Ms. Aswathi M. P. coordinated the event.

19.Pre-marital Counselling



Women Cell of the college supported Manjeri Municipality to conduct a Pre-marital Counselling session held at the Municipal Council Hall on 22 January 2023 at 10 am. 76 students of the college and Ms Nayana, faculty member of the Department of English, attended the event. Mrs. V. M. Subaida, the Chairperson, Manjeri Municipality inaugurated the programme and Mr. Lukman Areekode handled the session.

20. Career with Reserve Bank of India



Reserve Bank of India with the Women Cell of the college conducted a career guidance session titled "Career with Reserve Bank of India" on 23rd February 2023 at 1.30 pm. Mr. V. Hari Prasad, Deputy General Manager, Reserve Bank of India was the Resource person. Ms. Durganandini and Mr. Savio Jose, Assistant Managers, RBI also attended the programme. The programme helped the students to know about the career prospects in RBI and the recruitment process.

21. Uniform Bank Initiative

Women Cell started a repository of used uniforms in good condition from which the needy students can take uniforms. The students whose uniforms are damaged, or the students who struggle financially can get uniforms from Uniform bank free of cost. Many students utilized this service.

Annexure 2

List of resource persons

Sl No.	Name and designation	Title of the Event	Date of the event
1	Mr. Prajith , Member of the organization titled Mobility of Dystrophy	Get to Know MIND: Mobility in Dystrophy	17 June 2022
2	Ms. Shaida Ashraf, Former Employee of British Embassy in UAE and Motivational Speaker	You Have a Choice	25 July 2022
3	Dr. Abdullakkutty A.P., National trainer and JCI Author and Premarital Counselling Faculty Member of Minority Welfare Department	Premarital Counselling	29 August 2022
4	Adv. Sabitha Sivanandan trained from British Council on IELTS	Introduction to IELTS	27 September 2022
5	Ms. Sayoojya K.B., winner of State Level Yoga Olympiad	Certificate Course in Yoga	25-28 October 2022
6	Dr. Sujina, Assistant Professor of Community Medicine, Shadiya Ishaque and Aysha Thabsheera, Third year MBBS Students	Breast Cancer	25 October 2022
7	Mr. Shabeerali, UNICEF and WHO Certified speaker	Happiness and Wellness	6 January 2022
8	Mr. Habeeb Rahman PY who works in All India Radio	Fundamentals of Information Literacy	21 February 2023
9	Mr. V. Hari Prasad, Deputy General Manager, Reserve Bank of India	Careers in Reserve Bank of India	23 February 2023

Annexure 3

Remarks of the lecturer in charge about the functioning of WDC

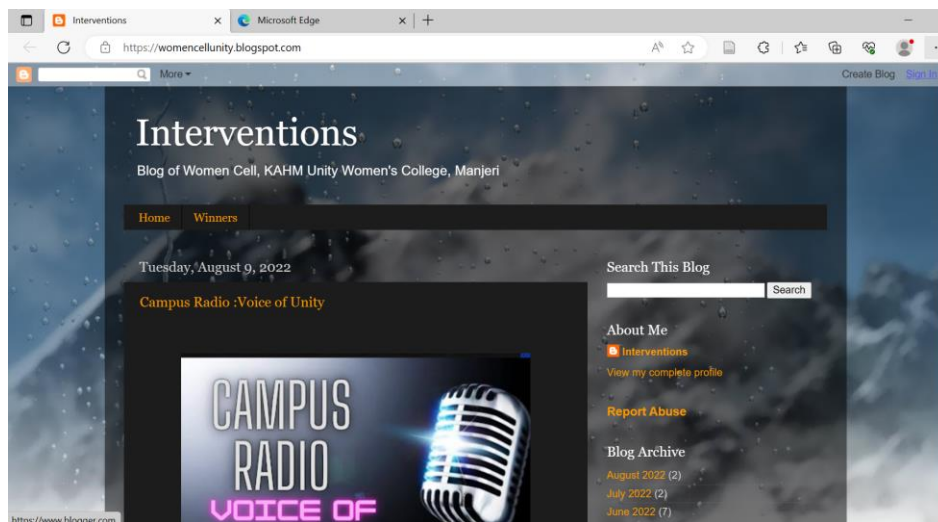
Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri is an institution which functions with a vision of "building an egalitarian society through women empowerment". Encouraged by this vision and to bring women to the frontline of societal development as envisaged by KSWDC, Women Cell of Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri, Malappuram, Kerala acts as one of the change agents in the institution by instilling confidence in the female student community by conducting various programmes under training wing, cultural wing and community intervention wing. Student run Bicycle training, Campus Radio, Uniform Bank etc .are a few of the best practices of the cell helping the students to overcome the constraints related with mobility, expression and money. Women Cell considers physical and spiritual wellbeing as important in the lives of women and conducted a series of programmes taking this idea into consideration. Certificate course in Yoga, sessions on "happiness and Wellness" are helpful to ensure physical and spiritual wellbeing. As far as women are concerned health must be treated as utmost priority. Due to the lack of awareness and shame, many women die of breast cancer. This is the context when women Cell conducted a session on Breast cancer awareness. Success in IELTS will provide wings to the dreams of women who wish to have a career abroad. Women Cell conducted a session on cracking IELTS to meet the challenge of many students who dream a career abroad. In the world of profusion of crimes associated with internet, information literacy ensure safety of women. Hence we arranged a session on Fundamentals of information literacy. Marital sphere is where women are exploited a lot. Pledge on Dowry and premarital counselling are meant to make women think. Only empowered women can make choices. The session on "You have a Choice" enlighten the women of the college on the importance of choice. Economic stability is a part of empowerment. In order to provide awareness about opportunities, career guidance sessions are conducted at the college. Life of women will be happy if they are free to express their feelings. Blog helps them to write about them and relationships. To acknowledge the creativity of the students, along with conveying the message on protecting environment photography contest was conducted. Female solidarity is what makes the world better for women. Uniform bank is a project that envisages this idea of female solidarity to support the sisters who are needy. Empathy is one of the most significant qualities to be developed in women. Collaborating with the people suffering from Muscular Dystrophy, the college

spreads the message through Women Cell that empathy must be our life motto. A talent show of the students and a session on Self Defense are planned in connection with Women's Day Celebrations in March 2023. The series of programmes conducted by Women Development Cell of the college definitely created sparks in the students who provide testimonials about our activities. So, the feedback received from the students about the activities made me optimistic that in future we could see an egalitarian world. We can attain it through women empowerment.

Detailed Reports of Activities

KAHM Unity Women's College, Manjeri

Interventions: Blog of Women Cell



Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri started an online platform, a blog, titled *Interventions* to showcase the creative writings of the students and to share the updates on Women Cell events. The blog serves as an evolving platform to promote the creativity of the students and the teachers. Blog address is as follows: <https://womencellunity.blogspot.com/>

Objectives

Empowerment and Awareness: A blog can be a powerful tool to empower women and create awareness about their rights, challenges, and achievements. It can provide a platform to discuss and address issues related to gender equality, discrimination, and women's empowerment.

Education and Information: The blog can serve as an educational resource by providing information on various topics such as career guidance, personal development, health and well-being, women's rights, and social issues. It can offer insights, tips, and resources to help women in their personal and professional growth.

Outcome

Community Building: The blog can help foster a sense of community among women in college. It can provide a space for them to connect, share experiences, and support each other. By encouraging discussions and interactions through the blog's comment section or dedicated forums, women can build networks and find solidarity.

Showcasing Achievements: The blog can be a platform to highlight the achievements, talents, and success stories of women in various fields. It can feature interviews, profiles, or articles about women who have made significant contributions in academia, sports, entrepreneurship, arts, and other domains. This can inspire and motivate other women to pursue their goals.

Skill Development: Managing and writing for a blog can help develop various skills such as writing, research, communication, content creation, and digital marketing. Women involved in the blog can enhance their skills, which can benefit them personally and professionally.

Advocacy and Activism: The blog can serve as a platform for advocating for women's rights, gender equality, and social justice. It can raise awareness about issues such as domestic violence, sexual harassment, reproductive rights, and equal opportunities. By sharing informative and thought-provoking content, the blog can encourage discussions and activism on these matters.

Networking and Collaboration: The blog can provide opportunities for collaboration with other organizations, individuals, or initiatives that share similar goals. It can help forge partnerships with local NGOs, women's groups, or other student organizations, creating a broader network for women's development and empowerment.

KAHM Unity Women's College, Manjeri

Memories of Women: Bicycle Stories: World Bicycle Day Celebration on June 3, 2022

Objectives:

Promote Creativity and Writing Skills: The competition aims to encourage participants to explore their creativity and showcase their writing skills. It provides an opportunity for individuals to express themselves through storytelling, enhancing their literary abilities.

Encourage Environmental Awareness: By focusing on bicycles as the central theme, the competition can raise awareness about the benefits of cycling and its positive impact on the environment. It aims to promote sustainable transportation alternatives and encourage participants to reflect on the importance of eco-friendly modes of travel.

Foster a Love for Cycling: The competition aims to inspire a love for cycling among participants and the wider community. Through storytelling, it can highlight the joy, freedom, and adventure that comes with riding a bicycle, encouraging more people to take up cycling as a mode of transportation or recreation.

Community Engagement: The competition can bring together individuals who share an interest in writing and cycling. It creates a sense of community among participants, fostering connections and exchanges of ideas. It can also serve as a platform for participants to engage with other cyclists and organizations that promote cycling in their communities.

Cultural Exchange: A story writing competition on bicycles can attract participants from diverse backgrounds and cultures. It provides an opportunity for people to share their unique

perspectives and experiences related to cycling, enriching the cultural exchange and promoting understanding among participants.

Outcomes:

Creative and Inspiring Stories: The competition can generate a collection of creative and inspiring stories centered around bicycles. These stories can be shared and published, serving as a source of inspiration for others and promoting the joy of storytelling.

Increased Awareness of Cycling Benefits: Through the competition, participants and the wider audience can gain a better understanding of the benefits of cycling, such as improved health, reduced carbon footprint, and enhanced connectivity within communities. This increased awareness can potentially lead to more individuals embracing cycling as a sustainable mode of transportation.

Strengthened Writing Skills: Participants can improve their writing skills through the process of creating and refining their stories for the competition. Constructive feedback and evaluation can help them develop their abilities further.

Community Building and Engagement: The competition can foster a sense of community among participants and supporters, creating connections and networks that extend beyond the competition itself. This engagement can lead to further collaborations and initiatives related to cycling or writing.

Encouragement of Cycling Initiatives: The competition can inspire and encourage the development of cycling-related initiatives, such as community bike-sharing programs, cycling events, or advocacy campaigns. The stories and ideas generated through the competition can contribute to the broader promotion of cycling culture and infrastructure.

Overall, a bicycle story writing competition can serve as a platform to celebrate the art of storytelling, promote cycling as a sustainable mode of transport, and inspire individuals to explore their creativity while fostering a sense of community and engagement.

WOMEN CELL, KORAMBAYIL AHAMED HAJI MEMORIAL UNITY WOMEN'S COLLEGE, MANJERI
IN ASSOCIATION WITH
THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION
LIMITED

Celebrates
WORLD BICYCLE DAY (JUNE 3)

*Tell your feel of the wheels...
Share your bicycle thoughts and stories
of not more than 500 words
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Whats app your Bicycle Stories to 9961727951
Deadline for submission: June 10, 2022
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*A slow cycle race is organized for the students
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of Department of English .*

**Bicycle
Stories**

In the contest of writing Bicycle stories conducted as a part of World Bicycle Day Celebration by Women Cell, on June 3, Ms. Shahana Sherin of Second Year B.A. History grabbed the prize.

KAHM Unity Women's College, manjeri

Women, Technology and Creativity: Campus Photography Competition:

World Environment Day Celebration June 5, 2022



Objectives

Raising awareness: The competition aims to increase public awareness about environmental issues and concerns through the medium of photography. It encourages participants to capture and showcase the beauty of nature or highlight environmental challenges.

Encouraging engagement: The competition provides a platform for photographers of all levels to actively engage with environmental issues. It encourages participants to observe their surroundings, explore nature, and document environmental stories through their lenses.

Fostering creativity: The competition fosters creativity and artistic expression by challenging participants to find innovative ways to communicate environmental messages through their photographs. It encourages photographers to think critically about the environment and its preservation.

Promoting positive change: By showcasing powerful and impactful images, the competition aims to inspire positive action and change. It can motivate individuals and communities to take steps towards conservation, sustainable practices, or advocacy for environmental causes.

Building a community: The competition brings together photographers, environmental enthusiasts, and the wider community. It provides a platform for networking, sharing ideas, and fostering a sense of collective responsibility towards the environment.

The outcomes of the competition can include:

Exhibition and recognition: The winning photographs and selected entries may be exhibited in galleries, public spaces, or online platforms, gaining recognition for the photographers and their work. This exposure helps amplify the environmental messages conveyed through the photographs.

Education and learning: The competition can serve as an educational tool by showcasing diverse environmental issues and perspectives. It encourages participants and viewers to learn about the environment, fostering a deeper understanding and connection with nature.

Awareness and advocacy: The photographs can be used for promotional purposes, raising awareness about specific environmental concerns. They may be shared on social media, in publications, or during environmental campaigns, amplifying the reach and impact of the messages.

Inspiration and motivation: The competition can inspire others to take up photography or become more involved in environmental initiatives. It can encourage individuals to explore the environment, observe its beauty, and become active advocates for its protection.

Collaboration and partnerships: The competition may foster collaborations between photographers, environmental organizations, and communities. It can create opportunities for partnerships to address environmental challenges, initiate conservation projects, or organize future events focused on environmental awareness.

Overall, a photography competition on Environment Day seeks to leverage the power of visuals to inspire change, raise awareness, and foster a deeper appreciation for the environment.

Report

World Environment Day in the campus is celebrated on June 5 by Women Cell with a competition to capture the greenery in the campus of KAHM Unity Women's College. Out of

the numerous entries received, the photographs taken by Shahna P- BA History, Ansheera CM Bsc FCS and Fathima Najva- BA History received first, second and third prizes respectively. Shabna Basheer of B. Sc. CS and Loosiya K P: Faculty member FCS Department received special Jury mention.



First Prize winning photograph

KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Get to know of MIND and Be Motivated: A Community Intervention Initiative
2.Aim, Objectives, and Scope of the	The objective of a program to help people

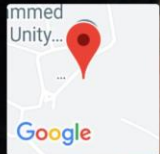
programme	struggling with physical disabilities is to improve their overall well-being, enhance their quality of life, promote their independence, and facilitate their integration into society. The program aims to address the specific challenges faced by individuals with physical disabilities and provide them with the necessary support and resources to overcome these obstacles.
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	June 17, 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	40
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	An Invited lecture by Mr. Prajith has been arranged on June 17, 2022 by the Women Cell of the college to make the student empathetic towards the people suffering from Spinal Muscular Dystrophy. The display and sale of umbrellas created by the physically challenged members of the organization called "Mobility in Dystrophy (MIND)" was arranged on the Day. Collaborating with "MIND", Women Cell organized a sale of umbrellas after embellishment done with the support of the students and teachers of FCS Department. Also, as a part of a joint initiative with "MIND" for the social empowerment an MOU has been signed between Mrs. Anitha Begum, Principal-in-charge and Mr. Prajith, the Treasurer of MIND. Adv. U.A. Latheef, MLA inaugurated the programme. Ms. M.K. Vineetha, Former Coordinator, Women Cell welcomed the gathering and Ms. Aswathi M.P., Coordinator, Women Cell, extended vote of thanks.

11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	<p>The proposed outcome of the programme include:</p> <p>Enhanced Functional Abilities: The program should aim to improve the functional abilities of individuals with physical disabilities. This can be achieved through various means such as providing assistive devices, mobility aids, and rehabilitation services. The outcome would be increased independence and improved ability to perform daily activities.</p> <p>Increased Accessibility: The program should strive to improve accessibility for individuals with physical disabilities in various aspects of life. This includes accessibility in public spaces, transportation, buildings, and communication. By removing barriers and ensuring equal access, the outcome would be greater participation and inclusion for people with disabilities.</p> <p>Empowerment and Education: The program should empower individuals with physical disabilities by providing them with education, skills training, and employment opportunities. By equipping them with the necessary knowledge and skills, the outcome would be increased self-confidence, economic independence, and improved social integration.</p> <p>Social Support and Community Engagement: The program should foster a sense of community and provide social support networks for individuals with physical disabilities. This can be achieved through support groups, peer mentoring, and community engagement activities. The outcome would be reduced feelings of isolation and improved social connections.</p> <p>Advocacy and Policy Influence: The program should work towards advocating for the rights and needs of individuals with physical disabilities. By raising awareness, influencing policies, and promoting inclusivity, the outcome would be a more inclusive and accessible society for people</p>

	<p>with disabilities.</p> <p>Psychological and Emotional Well-being: The program should address the psychological and emotional well-being of individuals with physical disabilities. This can be done through counseling, mental health support, and recreational activities. The outcome would be improved mental health, resilience, and overall well-being.</p> <p>Overall, the program aims to improve the lives of people struggling with physical disabilities by addressing their unique challenges, promoting inclusion, and empowering them to lead fulfilling lives.</p>
14. Signature of the organizing secretary	

Kudamattam & Signing MOU:





Manjeri, Kerala, India
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GPS Map Camera

KAHM Unity Women's College, Manjeri

Healthy Relationships:

Father's Day Celebration on June 19



Women Cell, KAHM Unity Women's College, Manjeri,
Malappuram, Kerala
&
Kerala State Women's Development Corporation

*My dear father/son/daughter,
Let us celebrate*

*Fathers Day
19 June 2022*

*Write a Letter to your father
or
write a letter to your daughter if you are a father...
Let the beautiful bond be more visible
through the blog of Women Cell...*

Dear Unity family members,
Please what's app your typed letters of not more than 500 words in Malayalam or in
English to 9961727951
on or before 21 June 2022.
Selected letters will find a place in the blog of Women Cell and the best three entries
from students will get prizes too..

For more details, please contact Ms. Aswathi M. P, Coordinator, Women Cell
(9961727951)
<https://womencellunity.blogspot.com>

(Students, former students, teachers, former teachers, non-teaching staff members,
former non-teaching staff members, management committee members or anyone
directly associated with KAHM Unity Women's College, Manjeri can participate.)

Objectives:

Celebrate Father's Day: The primary objective of conducting this competition is to honor fathers and celebrate the significance of their role in our lives. Father's Day is a special occasion to express gratitude and appreciation for fathers, and a writing competition can serve as a meaningful way to do so.

Encourage creativity and self-expression: The competition can foster creativity among participants by encouraging them to write heartfelt letters expressing their emotions, thoughts, and experiences with their fathers. It provides an opportunity for participants to explore their writing skills and express their feelings in a creative manner.

Strengthen parent-child bonds: By reflecting on their relationship with their fathers and putting their emotions into words, participants can deepen their bond with their fathers. The act of writing a letter allows individuals to express their love, admiration, and gratitude, fostering a stronger connection between fathers and their children.

Outcomes:

Emotional connection and appreciation: The letters written by participants can have a profound impact on fathers, evoking strong emotions and fostering a sense of appreciation. Reading heartfelt letters from their children can make fathers feel valued, loved, and acknowledged for their efforts and sacrifices.

Improved communication: The competition can encourage participants to communicate openly and honestly with their fathers. Writing a letter provides a platform to express thoughts and feelings that might be challenging to convey verbally. This exercise can facilitate better communication and understanding between fathers and their children.

Building a collection of memories: The letters submitted for the competition can become a collection of cherished memories for both fathers and children. These letters capture moments, stories, and sentiments that can be revisited in the future, serving as a reminder of the love and connection shared between fathers and their children.

Community engagement: Organizing a writing competition on Father's Day can bring the community together. It can serve as a platform for participants to share their stories and experiences, creating a sense of unity and a shared celebration of fatherhood. Additionally, the competition can involve judges, sponsors, or organizers from the community, fostering community engagement and support.

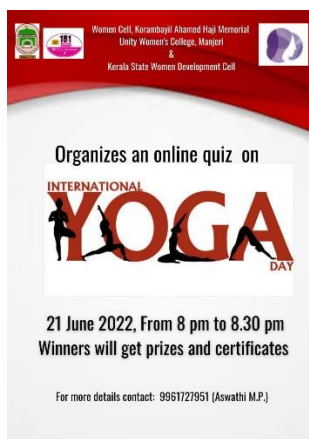
Overall, conducting a writing letter competition on Father's Day can help foster appreciation, strengthen relationships, and create lasting memories for both fathers and their children.

Report

In association with Fathers' Day 19th June, Women Cell invited letters from the teachers, Nonteaching Staff, management committee members and the former staff members and Alumni members of KAHM Unity Women's College to write letters to their father/daughter on 19th June 2022. The letters were displayed on the blog of Women cell.

KAHM Unity Women's College, Manjeri

Women and Awareness on Health: Yoga Day Celebration: June 21, 2022



Objectives

Raising Awareness: The quiz can help raise awareness about the significance and benefits of practicing yoga. It can educate participants about the history, philosophy, and various aspects of yoga, such as asanas (poses), pranayama (breathing exercises), and meditation.

Promoting Health and Well-being: Yoga is known for its positive effects on physical, mental, and emotional health. By conducting a quiz, organizers can encourage participants to learn about the different ways yoga contributes to overall well-being, including stress reduction, improved flexibility, increased strength, and enhanced mindfulness.

Encouraging Participation: The quiz can serve as a platform to motivate people to engage in yoga-related activities. It can inspire individuals to incorporate yoga into their daily routine and experience its transformative effects. Additionally, the quiz can motivate participants to attend yoga classes or workshops and explore different styles and approaches to yoga.

Outcome:

Enhancing Knowledge: The quiz offers an opportunity for participants to expand their knowledge about yoga. It can cover a wide range of topics, including yoga history, philosophy, famous yoga practitioners, different yoga traditions (such as Hatha, Vinyasa, or Kundalini), and the benefits of specific yoga poses or breathing techniques. By participating, individuals can deepen their understanding of yoga and its holistic principles.

Building Community: The quiz can bring people together who share an interest in yoga. It creates a sense of community and fosters a supportive environment for learning and sharing experiences. Participants can interact with each other, exchange ideas, and create connections with fellow yoga enthusiasts.

Celebrating International Yoga Day: The quiz can be conducted as part of the celebrations for International Yoga Day, which is observed on June 21st each year. By organizing the quiz, organizers can contribute to the global movement of spreading awareness about yoga and its benefits, aligning with the broader objective of promoting health, harmony, and peace worldwide.

Overall, conducting a Yoga Day quiz can serve as a fun and interactive way to promote the practice of yoga, educate participants, and encourage a healthy lifestyle while celebrating International Yoga Day.

Report

As a part of the celebration of Yoga Day 2022, Women Cell organized an online quiz competition to promote awareness about the significance of Yoga. Afla Hanna of B. Sc. Psychology got the first prize in the competition. Fathima Febna of BA History and Jumana Jabin of B.Sc. FCS shared the second prize.

KAHM Unity Women's College, Manjeri

Voices of Unity





In connection with the Broadcasting day, Women Cell, in collaboration with Manjeri FM organized a competition in which the students are invited to prepare podcasts on the topic,

“The Relevance of Radio in My Life” . The entry of Ms Najiya T. K. of B. Sc. Psychology is selected by Manjeri FM to be broadcasted through their platform.

VOICES OF UNITY

In connection with the National Broadcasting Day, Manjeri FM is doing an opinion based programme for Youth on the topic, "The relevance of Radio in my Life". The duration of the voice clip should be around 2.5 minutes. The voice clip should reach us on July 20th by 7 pm.

We will forward selected voice clips of the students of KAHM Unity Women's College to Manjeri FM. Please whatsapp your voice clip to 9961727951. Please mention your name, class and college in the voice clip.



Women Cell, Korambayil Ahamed Haji Memorial Unity Women's College, Manjeri with Manjeri FM & Kerala State Women's Development Cooperation

Contact: 9961727951, Aswathi M, P, Coordinator, Women Cell

Objectives and Outcome

Preparing a podcast for radio involves adapting the podcast content and format to suit the radio medium. The objective of preparing a podcast for radio is to create an engaging and compelling radio program that captures the attention of the radio audience and delivers a meaningful listening experience. The outcome of this process is to successfully transmit the podcast content through radio channels, reaching a wider audience and potentially attracting new listeners to the podcast.

Here are some specific objectives and outcomes to consider when preparing a podcast for radio:

Objective: Enhance the audio quality and production value. Outcome: Improve the overall sound quality and clarity of the podcast episodes, ensuring that it meets the broadcasting standards of radio. This may involve editing, mixing, and mastering the audio, removing any background noise or distractions, and using professional equipment to achieve a polished result.

Objective: Adapt the podcast format for radio programming. Outcome: Restructure the podcast episodes to fit within a specific time slot or program schedule. This may involve condensing or splitting longer podcast episodes to fit the radio's time constraints, ensuring a smooth transition between segments, and incorporating jingles, intros, and outros that align with the radio station's branding.

Objective: Consider the target audience and radio station's preferences. Outcome: Tailor the podcast content and style to resonate with the radio station's target audience. This could involve adjusting the language, tone, and delivery style to match the radio station's demographic and programming preferences. Adapting the content to address local or timely topics can also help connect with the radio audience.

Objective: Integrate interactive elements and listener engagement. Outcome: Incorporate interactive segments, interviews, or call-ins that encourage listener participation and engagement. This can create a more dynamic and interactive experience for the radio audience, fostering a sense of community and increasing their involvement with the podcast content.

Objective: Promote the podcast and cross-promotion opportunities. Outcome: Leverage the radio platform to promote the podcast and increase its visibility. This can involve mentioning the podcast's name, providing information about how listeners can access and subscribe to it, and creating opportunities for cross-promotion between the radio station and the podcast, such as featuring radio personalities as guests on the podcast or vice versa.

By preparing a podcast for radio with these objectives in mind, the outcome is a compelling radio program that effectively delivers the podcast's content to a wider audience, increases engagement, and potentially attracts new listeners to the podcast.

Korambayil Ahamed Haji Memorial

UNITY WOMEN'S COLLEGE MANJERI

Programme Report

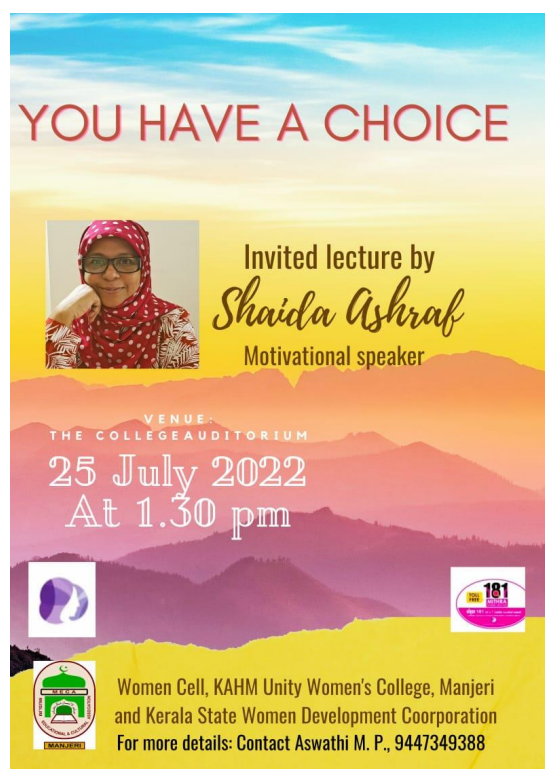
Programme Name	Invited Lecture on "You Have a Choice"
Programme Type	Lecture
Level of the Programme	Local

Name & Designation of the Coordinator	Aswathi M.P. Assistant Professor of English, Coordinator, Women Cell
Date of the Program	25 July 2022
Duration in days	½ day
Venue / Platform	CH Auditorium
Total Number of Attendees	300
Organizing Body	Women Cell
Date: 14 November 2022	Signature of the Programme Coordinator

Check List

Sl. No	Name of the item	Yes / No
1	Programme Notice / Brochure	Yes
2	Aim / Objectives of the Programme	Yes
3	Scope of the Programme	Yes
4	Programme Outcome and Results	Yes
5	Detailed Programme Schedule	Yes
6	Abstracts of the Keynote Speeches	No
7	Programme Summary	Yes
8	Students Involvement in the Programme	Yes
9	Programme Recordings (Screenshots, Photos, Videos, etc.)	Yes
10	Presentation Details (PPT, PDF, Videos, Audios, etc.)	No
11	Sample copy of the certificates issued	No
12	Copies of Bills & Payment details	Yes
13	Participants Feedback Analysis Report	Yes
14	Registration Details	Yes
15	Participants Details	Yes
16	Publication Details	No
17	Linkage Details	No
18	Certificates Issue List	No
19	Income & Expenditure Statement	Yes
20	Audit Report	No

1. Programme Notice / Brochure



2. Aim / Objectives of the Programme

To enlighten the students about the agency of women and to motivate them to take informed choices.

3. Scope of the Programme

The programme enables the participants to imagine their future as framed by themselves by analyzing the possible opportunities and their comparative merits.

4. Programme Outcome and Results

The participants got awareness on making informed choices for better future.

5. Detailed Programme Schedule

Lecture on Personal Growth: You Have a Choice by Shaida Ashraf: 25th July 2022

Time: 1.10 pm-3.40pm

Welcome: Aswathi M.P.

Coordinator, Women Cell

Inaugural Address: Dr. Muhammed Basheer Ummathur, Principal

Invited Lecture: Shaida Ashraf

Motivational speaker

Discussion:

Vote of Thanks: Aneesha Minnath Beevi

7. Programme Summary

Lecture on Personal Growth: You Have a Choice by Shaida Ashraf: 25th July 2022

Women Cell, Korambayil Ahamed haji Memorial Unity Women's College, Manjeri organized an invited lecture on "You Have a Choice". Ms. Shaida Ashraf, Former Employee of British Embassy in UAE and Motivational Speaker delivered the lecture. The session enlightened the students on how to set goals and achieve them despite the hurdles and difficulties. Ms. Aswathi M.P., Coordinator, Women Cell welcomed the participants, and Ms. Minnath Beevi, student, MA English extended vote of thanks.

8. Students Involvement in the Programme

Students asked thought provoking questions and participated actively in the discussion followed by the speech.

9. Programme Recordings (Screenshots, Photos, Videos, etc.)



1. *Ride Your Dream: Bicycle Training Sessions*



The objective of providing bicycle training in a women's college is to empower and promote physical well-being among the female students. By offering bicycle training, colleges aim to achieve the following outcomes:

Enhanced mobility and independence: Learning how to ride a bicycle enables students to gain a practical and sustainable mode of transportation. It allows them to move around more freely, giving them a sense of independence and the ability to explore their surroundings conveniently.

Promote physical fitness: Cycling is an excellent form of exercise that improves cardiovascular health, muscle strength, and overall fitness. By incorporating bicycle training into the college curriculum, students have an opportunity to engage in regular physical activity and lead a healthy lifestyle.

Environmental sustainability: Bicycles are an eco-friendly mode of transportation as they produce zero emissions and require no fuel consumption. By encouraging bicycle use, colleges can contribute to reducing carbon emissions, promoting sustainability, and creating a greener campus.

Safety awareness and skills: Bicycle training programs also focus on teaching students about road safety, traffic rules, and responsible cycling practices. By equipping students with the necessary knowledge and skills, colleges help them become confident and responsible cyclists, reducing the risks of accidents and injuries.

Building confidence and self-esteem: Learning a new skill like riding a bicycle can boost students' confidence and self-esteem. It provides them with a sense of accomplishment, empowering them to overcome challenges and broaden their horizons.

Community engagement and social interaction: Cycling can foster a sense of community among students. It encourages social interaction, group rides, and collective activities, which can lead to stronger bonds and a supportive network within the college community.

Empowerment and gender equality: By offering bicycle training specifically in a women's college, there is an emphasis on promoting gender equality and empowering women. It breaks stereotypes and barriers by encouraging women to engage in activities traditionally considered male-dominated, thereby fostering a more inclusive and equal environment.

Overall, the objective of providing bicycle training in a women's college is to empower female students, promote physical well-being, enhance mobility, and create a sustainable and inclusive campus environment

Report

Women cell of the college started a Student Run Bicycle Training Programme *Ride Your Dream* to equip the students with necessary skills to become self-reliant and independent by learning to ride bicycle. The programme commenced on 12th August 2022. The student community of the college welcomed the initiative by joining voluntarily as trainers. Many students enrolled in the Training Programme coordinated by Jumana of 5th Semester B.Com CA.

KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Premarital Counselling
2.Aim, Objectives, and Scope of the programme	To enable the students to face the complexities of marriage with confidence. To help the students to know about their body and their mind To support the student to lead a peaceful and healthy marital relationship
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	29 th August 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	250
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Women cell of the college organized a Premarital Counselling session to the students of the college on 29 th August 2022 to educate them of the need for preparation to lead a successful marital life. Dr. Abdullakkutty A.P., National trainer and JCI Author and Premarital Counselling Faculty Member of Minority Welfare Department handled the session. He enlightened the students on the intricacies of relationships and provided insights on how to be successful when starting a new family.

11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	<p>Premarital counselling are meant to make women think. Only empowered women can make choices. This enabled women at Unity to make informed choices. Other outcomes include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Improved communication: Couples who engage in premarital counseling often report improved communication skills, leading to a greater understanding and connection with each other. <input type="checkbox"/> Stronger conflict resolution skills: Counseling equips couples with effective strategies for addressing conflicts and solving problems together, reducing the likelihood of persistent and escalating conflicts in the future. <input type="checkbox"/> Increased relationship satisfaction: Through the counseling process, couples can gain insights into their relationship dynamics, identify areas of growth, and work towards strengthening their bond. This can lead to increased relationship satisfaction and happiness. <input type="checkbox"/> Prevention of future problems: Premarital counseling can help couples identify potential areas of conflict or disagreement early on and develop strategies to address them proactively. By addressing these issues before marriage, couples can reduce the likelihood of future relationship problems or crises. <input type="checkbox"/> Enhanced commitment and readiness for marriage: Engaging in premarital counseling shows a commitment to investing in the relationship and preparing for the challenges of marriage. It can enhance the couple's readiness to navigate the complexities of married life and increase their confidence in their decision to marry.
14.Signature of the organizing secretary	



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Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
&
Kerala State Women Development Corporation



PREMARITAL COUNSELLING

Resource person

**29th August 2022
10.30 am
Venue: College Auditorium**



**Dr Abdullakutty AP
BHMS MSc psy
National trainer JCI Author
Premarital counselling faculty (minority welfare department)**

**For more information contact: Aswathi M. P,
Women Cell Coordinator 9961727951**

KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Lecture on How to Improve Employability Skills
2.Aim, Objectives, and Scope of the programme	To help the students to pass IELTS To enable the students employable in foreign countries
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	27 th September 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	200
7.Organizing body	Women Cell and ASAP
8.Organizing committee members	Aswathi M.P., M.K. Vineetha
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Women Cell of the college organized an invited lecture titled "Introduction to IELTS" for the first year undergraduate students in collaboration with Additional Skill acquisition Programme Wing of the college on 27 th September 2022. Adv. Sabitha Sivanandan trained from British Council on IELTS was the resource person. The session supported the students to understand the basic skills to be acquired for English language proficiency.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.

13.Outcome, Evaluation, and results of the programme	Students could improve their communication skills Students could face IELTS exam with more confidence The employability skills of the students improved
14.Signature of the organizing secretary	





Improve your Employability Skills

INVITED LECTURE

INTRODUCTION TO IELTS



VENUE:
COLLEGE AUDITORIUM
TARGET AUDIENCE:
FIRST SEMESTER UNDERGRADUATE
STUDENTS

27 September 2022
2 pm-3.40 pm

Adv Sabitha Sivanandan

B.Sc Zoology, LL.B, LL.M rank holder(Criminal Law), NET in law,
BEd (English & Social Science), IELTS Training (British
Council), Business English (E Maester)



Women Cell, KAHM Unity Women's College, Manjeri
and Kerala State Women Development Cooperation
in collaboration with

Additional Skill Acquisition Programme



For more details: Contact Ms.Aswathi M. P., 9447349388 and
Ms. M. K. Vineetha,90489 11221



CKAHM Unity Women's College, Manjeri

Campus Radio: Voice of Unity, An Initiative of Women Cell

With a perspective to inculcate confidence among the students to voice their ideas, the Campus radio programmes are broadcasted every week. Department of Mathematics and



Department of Botany hosted the programmes in September 2022.

Objectives:

Communication: To enhance communication within the campus community by providing a platform for sharing information, news, and announcements about events, activities, and important updates.

Entertainment: To offer entertainment and recreational content such as music, talk shows, interviews, and podcasts, catering to the diverse interests of students, faculty, and staff.

Engagement: To promote student engagement and involvement by providing opportunities for students to host shows, participate in discussions, and showcase their talents, fostering a sense of community and belonging.

Skill Development: To provide a platform for students interested in radio broadcasting, journalism, media production, or related fields to develop and refine their skills through hands-on experience.

Awareness and Advocacy: To raise awareness about social, cultural, and academic issues relevant to the campus community and serve as a platform for advocacy and discussion.

Outcomes:

Improved Communication: The campus radio can facilitate effective and timely communication among students, faculty, and staff, ensuring important information reaches the target audience efficiently.

Community Building: By providing a platform for students to express themselves and share their interests, the campus radio can foster a stronger sense of community, connecting individuals with shared passions and experiences.

Enhanced Engagement: The radio shows, interviews, and interactive discussions can increase student engagement with campus activities and events, leading to higher participation rates and a more vibrant campus life.

Skill Enhancement: Students involved in the campus radio can develop skills in areas such as broadcasting, content creation, production, communication, teamwork, and time management, which can benefit their personal and professional growth.

Platform for Expression: The campus radio can serve as a medium for students, faculty, and staff to express their ideas, opinions, and perspectives, encouraging open dialogue, creativity, and freedom of expression.

Promoting Campus Culture: By featuring music, discussions, and content related to the campus community, the radio station can contribute to the promotion and preservation of campus culture, traditions, and values.

Networking Opportunities: The radio station can provide networking opportunities for students interested in media, journalism, broadcasting, and related fields, connecting them with professionals, alumni, and potential employers

KAHM Unity Women's College, Manjeri



Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Certificate Course in Yoga
2.Aim, Objectives, and Scope of the programme	To educate the students of the benefits of Yoga To teach them basic yoga techniques To improve the health of the students by motivating them to do physical exercises.
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	25 th to 28 th October 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	100
7.Organizing body	Women Cell and Department of Physical Education
8.Organizing committee members	Aswathi M.P., Hamraz Ahamed
9.Students' involvement in organizing the programme	Students actively participated in the programme. They run a demonstration after the programme
10.Detailed report of the programme	Women Cell, in collaboration with Department of Physical Education, organized a 30 hour Certificate Course in Yoga from 25 th to 28 th October 2022. Ms. Sayoojya K.B., winner of State Level Yoga Olympiad, was the instructor. 65 students successfully completed the course. The participant made the audience spellbound with a mesmerizing Yoga dance performance conducted during the closing ceremony of the course.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.

13.Outcome, Evaluation, and results of the programme	The students learned the methods of attaining physical and mental wellness through Yoga.
14.Signature of the organizing secretary	





Women Cell, Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri

&

Kerala State Women Development Corporation
in Collaboration with
Department of Physical Education



Organizes
a Certificate Course in

YOGA

VENUE: CH AUDITORIUM

25-28 OCTOBER 2022

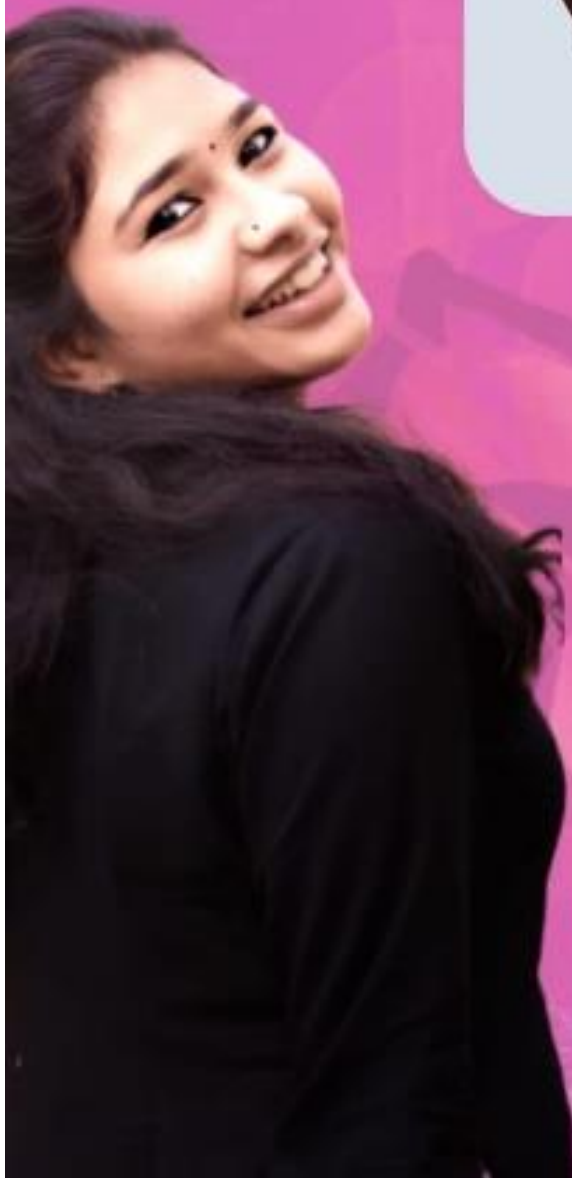
9.30 AM -3.30 PM

INSTRUCTOR

Sayoojya K. B.

Winner, State Level Yoga
Olympiad (Sports Council)

For more details contact:
9961727951, 96457 28817



KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Breast cancer awareness programme
2.Aim, Objectives, and Scope of the programme	To make the students aware of health hazards To create awareness among the students about Breast Cancer
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	25 th October 2022
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	80
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Women cell of the college in collaboration with Govt. Medical College, Manjeri organized a Breast Cancer Awareness Programme for the staff and students of KAHM Unity Women's college, Manjeri on 25 th October 2022. Dr. Sujina, Assistant Professor of Community Medicine, Shadiya Ishaque and Aysha Thabsheera, Third year MBBS Students were the resource persons.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	The programme helped the students to understand the methods of diagnosing

	breast cancer by self-evaluation. The programme enabled the students to make the women community around aware of breast cancer
14. Signature of the organizing secretary	

14. Breast Cancer Awareness Programme





**Women Cell, KAHM Unity Women's College
In Collaboration with Govt. Medical College, Manjeri**



Breast Cancer Awareness programme

**25TH OCTOBER 2022
2. 15 PM
AC SEMINAR HALL**



Dr. Sujina
Assistant Professor,
Community Medicine
GMC Manjeri



Shadiya Ishaque
3rd year MBBS
student
GMC Manjeri



Aysha Thabsheera
3rd year MBBS
student
GMC manjeri

For more details contact:

ASWATHI MP (9447349388)

14. Anti-dowry Campaign



Under the initiative of the Women Cell of the college, the students took part in the Anti-dowry Campaign on 28th November 2022. As a part of creating awareness against the evil practice of dowry, the students took an oath that they would neither offer nor accept dowry.

The objective of an anti-dowry pledge is to combat the social practice of dowry, which is the giving of gifts, property, or money from the bride's family to the groom's family at the time of marriage. Dowry practices can lead to financial burdens, exploitation, and various forms of abuse against women and their families. By taking an anti-dowry pledge, individuals commit to refusing and discouraging the acceptance or exchange of dowry during marriages.

The primary objectives of an anti-dowry pledge are:

Promoting gender equality: Dowry practices reinforce traditional gender roles and contribute to the subordination of women. By rejecting dowry, the pledge aims to promote equal treatment and respect for women in marriage.

Empowering women: The pledge encourages women and their families to stand against the pressure to give dowry, empowering them to assert their rights and maintain their dignity.

Combating financial exploitation: Dowry demands can place a significant financial burden on the bride's family, leading to economic hardship and debt. The pledge aims to alleviate the financial strain on families and prevent exploitation.

Raising awareness: Taking the pledge helps raise awareness about the negative impacts of dowry and promotes discussions around gender-based discrimination and violence.

Challenging societal norms: The pledge challenges deeply entrenched societal norms and expectations related to dowry, encouraging individuals to question and reject these practices.

The expected outcomes of an anti-dowry pledge include:

Reduction in dowry-related violence: By refusing to accept or demand dowry, the pledge contributes to reducing instances of domestic violence, harassment, and abuse that may occur when dowry expectations are not met.

Economic empowerment: Families are relieved from the financial burden of dowry, allowing them to invest their resources in education, healthcare, and other productive activities. This contributes to the overall empowerment of women and their families.

Change in societal attitudes: Taking the pledge can influence wider societal attitudes towards dowry, challenging the social acceptance of this practice and encouraging a more egalitarian view of marriage.

Enhanced legal protection: Anti-dowry pledges can create awareness about existing legal protections against dowry and support efforts to enforce laws that criminalize dowry-related offenses.

Promotion of alternative marriage practices: The pledge encourages individuals to explore alternative marriage practices that prioritize love, respect, and equal partnership rather than material exchange.

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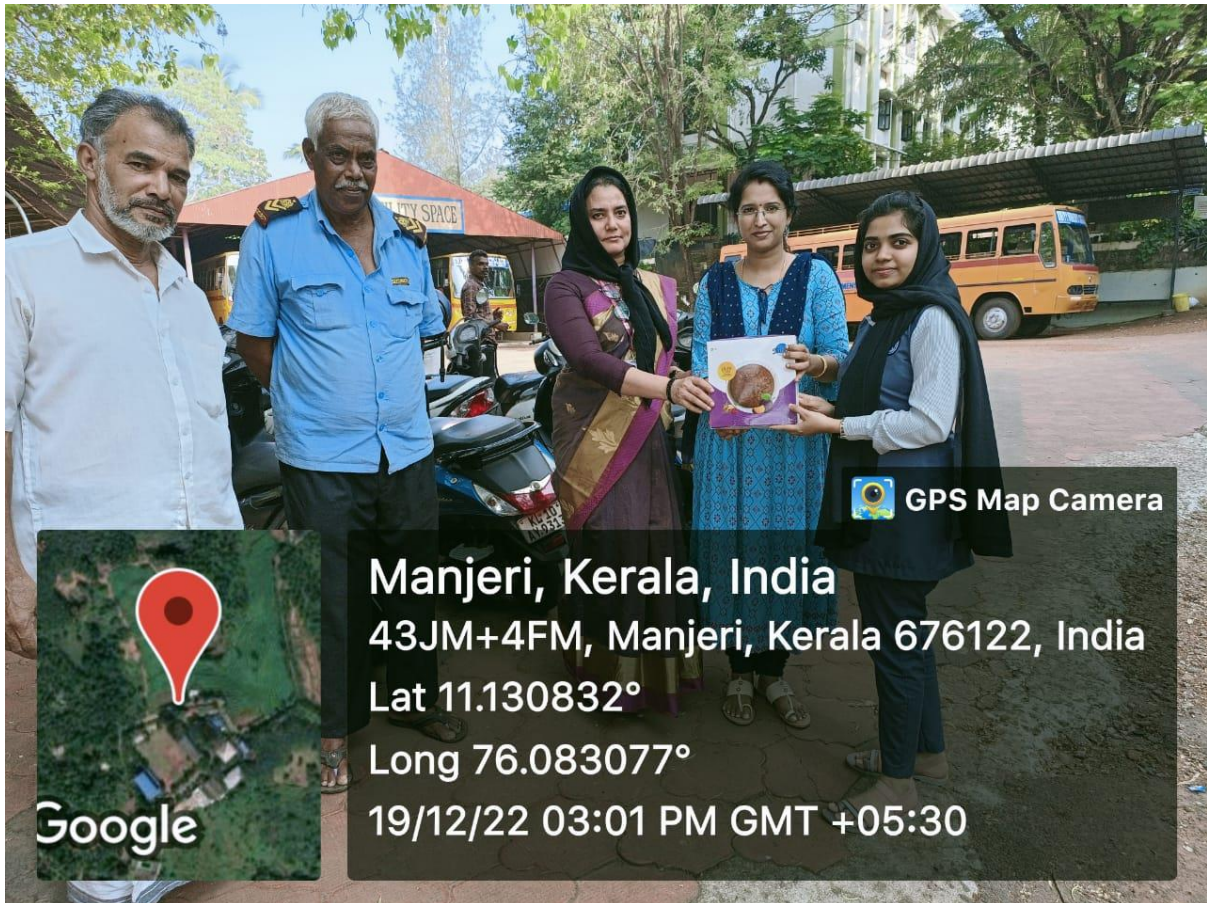
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KAHM Unity Women's college, Manjeri
Supporting the physically challenged -Cake Challenge



Women Cell of the college conducted a cake challenge programme with MIND (Mobility in Dystrophy), an association for the welfare of the people who suffered from Muscular Atrophy, in the month of December. Students and teachers bought cakes to support MIND.

Economic Empowerment: Objective: To provide income-generating opportunities for physically challenged individuals. Outcome: By purchasing their cakes, you contribute to their financial independence and empower them economically. This helps them gain a sense of dignity and self-worth, and reduces their dependence on others for financial support.

Social Inclusion: Objective: To promote the inclusion of physically challenged individuals in society. Outcome: By supporting their cake-making endeavors, you encourage their participation in the community and help break down social barriers. This can lead to greater acceptance, respect, and understanding of their abilities and potential, fostering a more inclusive society.

Skill Development: Objective: To enhance the skills and talents of physically challenged individuals. Outcome: By buying their cakes, you provide an incentive for them to continue honing their baking skills. This can lead to improved craftsmanship, creativity, and expertise, opening doors to future opportunities in the culinary field. Additionally, the experience of running a small business can enhance their entrepreneurial and management skills.

Self-Confidence and Well-being: Objective: To boost the self-confidence and overall well-being of physically challenged individuals. Outcome: When you appreciate and support their

cake-making efforts, it positively impacts their self-esteem and self-belief. It shows them that their contributions are valued, which can significantly improve their mental and emotional well-being. This increased confidence can also spill over into other areas of their lives, empowering them to pursue their goals and aspirations.

Awareness and Advocacy: Objective: To raise awareness about the abilities and potential of physically challenged individuals. Outcome: By purchasing and enjoying their cakes, you become an advocate for their capabilities. Sharing your positive experiences and recommending their products can help create a ripple effect, encouraging others to support and appreciate their talents. This increased awareness can challenge stereotypes, reduce stigma, and promote a more inclusive society.

Overall, supporting physically challenged individuals by buying the cakes they make can contribute to their empowerment, inclusion, skill development, self-confidence, and societal awareness. It is a meaningful way to make a positive impact and promote equality and dignity for all individuals, regardless of their physical abilities.

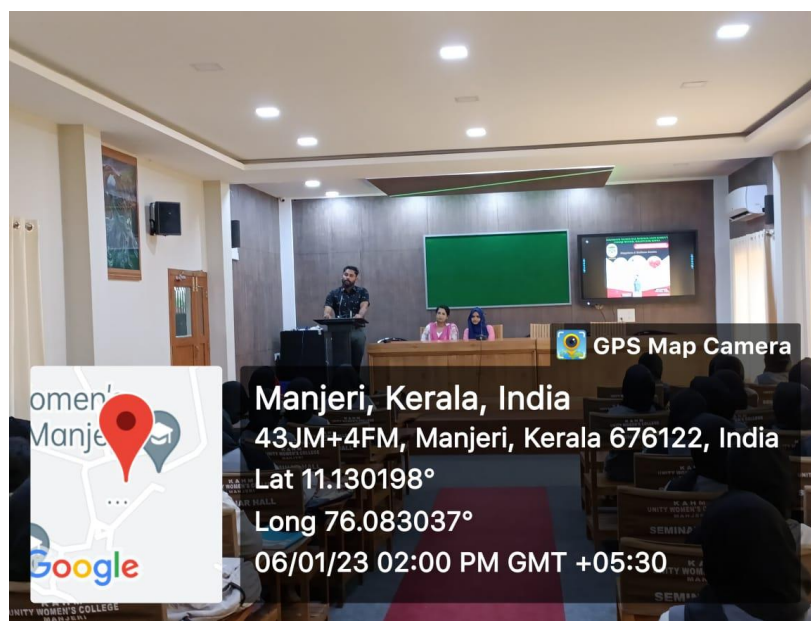
KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	A Session on <i>Happiness and Wellness</i>
2.Aim, Objectives, and Scope of the programme	To help the students think deeply about happiness, companionship, mercifulness, passion, vision. To instil confidence in the students to face tears
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	06 th January 2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	90
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.

10.Detailed report of the programme	Women cell of the college, in collaboration with the Department of Psychology, organized a session on “Happiness and Wellness” on 06 th January 2023. Mr. Shabeerali, UNICEF and WHO Certified speaker handled the session. Companionship, love and friendship, mercifulness, passion, mission and vision, acceptance etc. were the topics discussed during the session.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	The session supported the students to follow their dreams to attain happiness and face challenges with confidence.
14.Signature of the organizing secretary	



KORAMBAYIL AHAMED HAJI MEMORIAL UNITY WOMEN'S COLLEGE MANJERI, MALAPPURAM, KERALA



MANJERI

WOMEN CELL IN COLLABORATION WITH DEPARTMENT OF PSYCHOLOGY

Happiness & Wellness Session



*"Thinking of you keeps me awake.
Dreaming of you keeps me asleep.
Being with you keeps me alive."* a way to health namaste



TOPICS

- ✓ Companionship
- ✓ Love & friendship
- ✓ Mercifulness
- ✓ Passion
- ✓ Mission & vision
- ✓ How to face our tears
- ✓ Acceptance



Resource Person
Mr. Shabeerali

DATE: 06/01/2023
TIME: 1.30pm - 3.30pm

for more info
www.kelkkoo.com


KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Fundamentals of Information literacy
2.Aim, Objectives, and Scope of the programme	To make the students aware of the scams on internet To help the students to use internet with confidence
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	21st February 2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	50
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students actively participated in the activities.
10.Detailed report of the programme	Women Cell in collaboration with FactShala, a community for truth checking, organized a one day workshop on Fundamentals of Information Literacy on 21st February 2023. Mr. Habeeb Rahman PY who works in All India Radio was the resource person. The programme was a Google News Initiative. Ms. Aswathi M. P. coordinated the event.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	The programme helped the students learn how to do fact checking on internet.
14.Signature of the organizing secretary	




**INDIA
MEDIA
LITERACY
NETWORK**
www.factshala.com

FUNDAMENTALS OF INFORMATION LITERACY

Building community resilience against misinformation through critical thinking and media literacy tools

FactShala is a news and information literacy programme run by DataLEADS with support from the Google News Initiative.

#FactShalaLearning



FactShala Trainer



HABEEB RAHMAN YP
 Researcher & Fact-checker

Training hosted by:



Women Cell
KAHM Unity Women's College
 Manjeri, Kerala

Date: 21 Feb 2023 Tuesday | Time: 10am



KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Premarital Counselling
2.Aim, Objectives, and Scope of the programme	To enable the students to face the complexities of marriage with confidence. To help the students to know about their body and their mind To support the student to lead a peaceful and healthy marital relationship
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	22 January 2023
5.Mode of the programme(offline/online)	Offline

6.Total number of attendees/participants	75
7.Organizing body	Women Cell
8.Organizing committee members	Aswathi M.P.
9.Students' involvement in organizing the programme	Students participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Women Cell of the college supported Manjeri Municipality to conduct a Pre-marital Counselling session held at the Municipal Council Hall on 22 January 2023 at 10 am. 76 students of the college and Ms Nayana, faculty member of the Department of English, attended the event. Mrs. V. M. Subaida, the Chairperson, Manjeri Municipality inaugurated the programme and Mr. Lukman Areekode handled the session.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.
13.Outcome, Evaluation, and results of the programme	<p>Premarital counselling are meant to make women think. Only empowered women can make choices. This enabled women at Unity to make informed choices. Other outcomes include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Improved communication: Couples who engage in premarital counseling often report improved communication skills, leading to a greater understanding and connection with each other. <input type="checkbox"/> Stronger conflict resolution skills: Counseling equips couples with effective strategies for addressing conflicts and solving problems together, reducing the likelihood of persistent and escalating conflicts in the future. <input type="checkbox"/> Increased relationship satisfaction: Through the counseling process, couples can gain insights into their relationship dynamics, identify areas of growth, and work towards strengthening their bond. This can lead to increased relationship satisfaction and happiness.

	<ul style="list-style-type: none">□ Prevention of future problems: Premarital counseling can help couples identify potential areas of conflict or disagreement early on and develop strategies to address them proactively. By addressing these issues before marriage, couples can reduce the likelihood of future relationship problems or crises.□ Enhanced commitment and readiness for marriage: Engaging in premarital counseling shows a commitment to investing in the relationship and preparing for the challenges of marriage. It can enhance the couple's readiness to navigate the complexities of married life and increase their confidence in their decision to marry.
14. Signature of the organizing secretary	



KAHM Unity Women's College, Manjeri

Programme Report

(The format is prepared and circulated by IQAC)

1.Name of the programme	Career with Reserve Bank
2.Aim, Objectives, and Scope of the programme	To help the students to pass tests to get posted in Reserve Bank of India
3.Name of the coordinator/organizing secretary	Aswathi M.P.
4.Date of programme	23rd February 2023
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	60
7.Organizing body	Women Cell and ASAP
8.Organizing committee members	Aswathi M.P., M.K. Vineetha
9.Students' involvement in organizing the programme	Students actively participated in the discussion and extended vote of thanks.
10.Detailed report of the programme	Reserve Bank of India with the Women Cell of the college conducted a career guidance session titled "Career with Reserve Bank of India" on 23rd February 2023 at 1.30 pm. Mr. V. Hari Prasad, Deputy General Manager, Reserve Bank of India was the Resource person. Ms. Durganandini and Mr. Savio Jose, Assistant Managers, RBI also attended the programme. The programme helped the students to know about the career prospects in RBI and the recruitment process.
11.Feedback of the programme	Attached
12.Feedback analysis	Attached.


13.Outcome, Evaluation, and results of the programme	Students learned about the opportunities in Reserve Bank of India
14.Signature of the organizing secretary	

**WOMEN CELL
KAHM UNITY WOMEN'S COLLEGE & KSWDC ORGANIZE
A CAREER GUIDANCE SESSION IN COLLABORATION
WITH
RESERVE BANK OF INDIA**

**CAREER
WITH RESERVE BANK
OF INDIA**

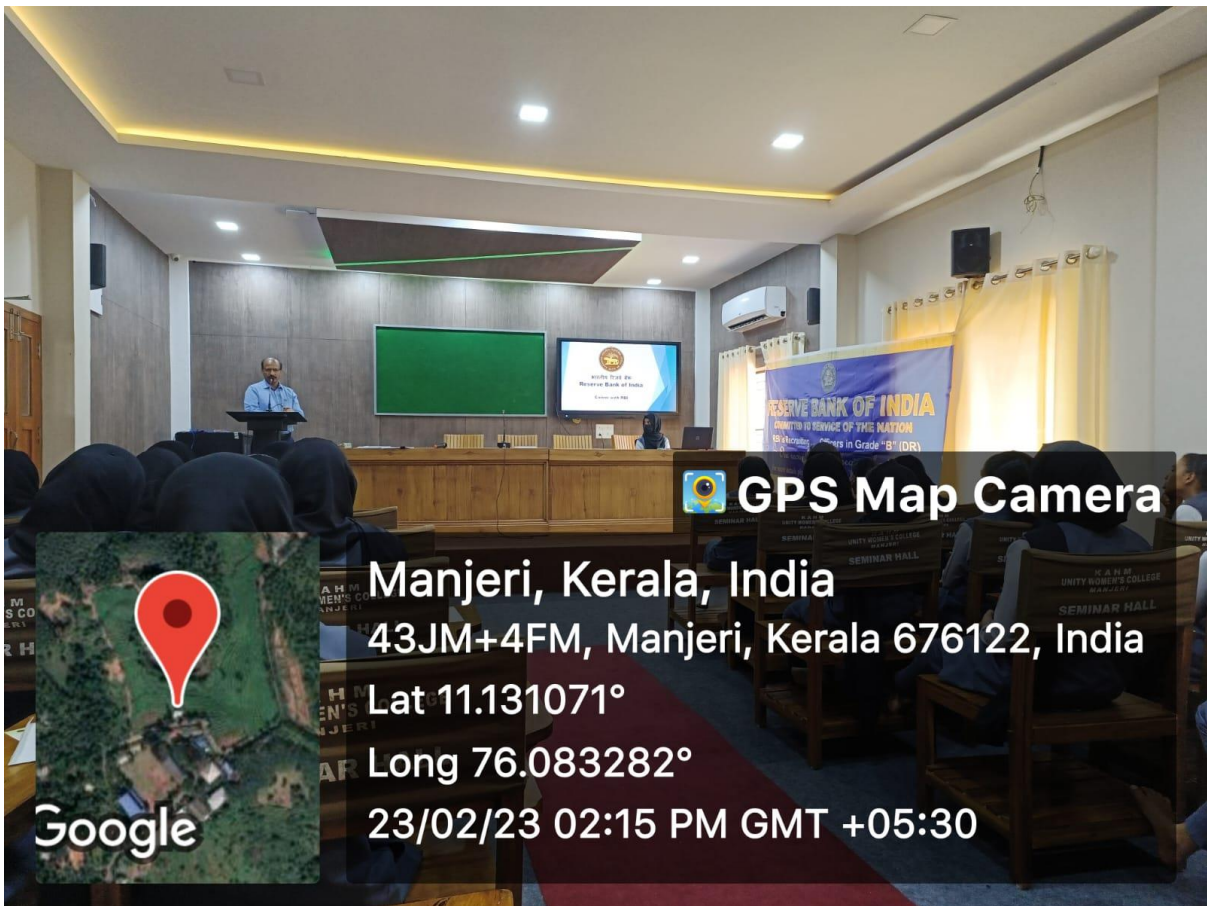
On 23rd February 2023
At 1.30 pm in AC Seminar Hall

Resource Person



**Mr. V Hari Prasad
Deputy General Manager
Reserve Bank of India**

**For more details, contact 9447349388,
Aswathi M. P. (coordinator)**



KAHM Unity Women's College, Manjeri

Uniform Bank Initiative

Women Cell started a repository of used uniforms in good condition from which the needy students can take uniforms. The students whose uniforms are damaged, or the students who

struggle financially can get uniforms from Uniform bank free of cost. Many students utilized this service.

Objectives and outcome

The objective of collecting old college uniforms in good quality to be given to needy students is to address the issue of financial constraints that some students may face in acquiring appropriate clothing for their educational pursuits. By collecting and distributing these uniforms, several positive outcomes can be achieved:

Improved Access to Education: Providing uniforms to needy students removes a financial barrier that might otherwise hinder their ability to attend college. Uniforms can be expensive, and by offering them to those in need, we promote equal educational opportunities and ensure that students can focus on their studies without the added stress of financial strain.

Boosted Self-Confidence: Wearing a uniform helps create a sense of belonging and identity among students. For needy students who might not have been able to afford a uniform otherwise, receiving one can enhance their self-esteem and confidence. When students feel good about themselves, it positively impacts their overall educational experience and performance.

Enhanced Social Integration: Wearing a uniform helps students blend in with their peers, reducing the visibility of economic disparities. By providing uniforms to needy students, we promote inclusivity and equal treatment within the college community. This fosters a supportive environment and encourages social integration among students from different backgrounds.

Sustainable Resource Utilization: Collecting and reusing old college uniforms promotes sustainability. Instead of letting these uniforms go to waste, they are repurposed and utilized by other students who need them. This reduces the demand for new uniforms and minimizes the environmental impact associated with their production.

Community Engagement and Empathy: Collecting old college uniforms involves the participation of various stakeholders, including students, faculty, alumni, and the wider community. It encourages empathy and a sense of social responsibility among individuals who contribute to the cause. This fosters a culture of giving back and strengthens community bonds.

Overall, the objective of collecting old college uniforms in good quality to be given to needy students is to create a more inclusive and supportive educational environment, ensuring that financial constraints do not hinder a student's ability to pursue their education. By providing uniforms, we promote equal opportunities, confidence, social integration, sustainability, and community engagement, thereby benefiting both individual students and the college community as a whole.

NSS Activities on International Women's Day celebration

1. Women's Day Webinar -March 8, 2023

M K Vineetha, Assistant Professor, Department of English, delivered the keynote speech. She likely shared insights on the importance of International Women’s Day and the role of women in society. With over 100 NSS volunteers in attendance, it effectively conveyed the message of Women's Day and provided a platform for meaningful discussions on women's rights, achievements, and challenges. The event celebrated the spirit and contributions of women in society, fostering awareness and empowerment among the participants.



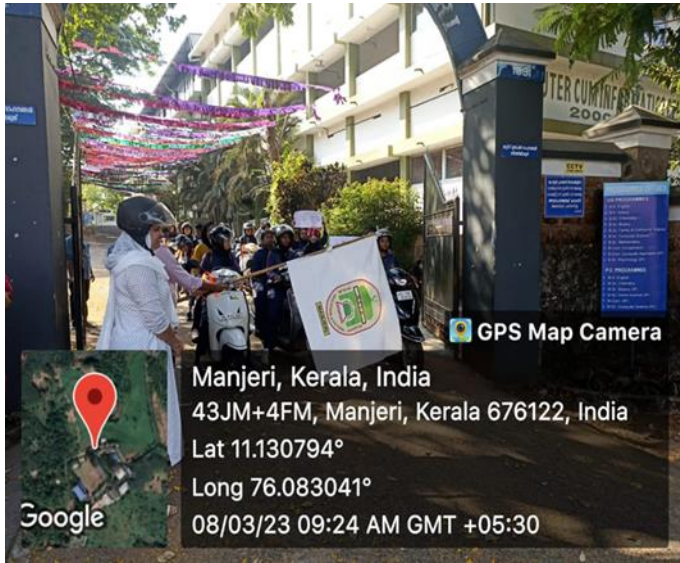
2. Educare Vanitha Marathon -March 5, 2023

NSS Volunteers participated in the Educare Vanitha 5km Marathon organized by Educare Institute of Dental Sciences in association with Malappuram District Sports Council on 5th march 2023 from 6:00 am to 9:00 am at Malappuram kottappady stadium . This Marathon was conducted as a part of International Women’s Day celebration. The well known fashion designer Ms.Zehera Cimi and Ms.Majiziya Bhanu , the Indian body builder and power lifter together flagged off the marathon .The program was inaugurated by Ms.Sreemathy, former member of the Lok sabha. After that, The winners were felicitated with cash awards. A certificate of appreciation was given to every runner



3. Bike Rally on International Women's Day - March 8, 2023

On the occasion of international women's day, KAHM Unity women's college manjeri in collaboration with Internal Quality Assurance Cell (I.Q.A.C), physical education department and NSS organized a bike rally 'Bike thon' for girls from the college to manjeri town



Watching the movie *Ayisha* An inspiring story of a remarkable woman, Coordinated by Film Club, Malayala Vedi, and Theatre Club at KAHM Unity Women's College

On January 30th, 2023, Film Club, Malayala Vedi, and Theatre Club at KAHM Unity Women's College jointly organized a film study program. The program included a screening of the Malayalam film "Ayisha" An inspiring story of a remarkable women nilambur ayisha. The program aimed to provide students with an opportunity to study and appreciate the art of cinema and to enhance their understanding of the importance of women empowerment.





PG DEPARTMENT OF HOME SCIENCE

2022-23

VII-2-Gender Equity Promotion Programmes by the Department

I. ACTIVITIES RELATED TO GENDER EQUITY

Home Science places a considerable emphasis on gender sensitization, gender equity in - family life, food security and nutritional adequacy, rights of women, gender issues and their management in different stages of life and diseased conditions, work places and laws pertaining to the welfare of women.

Courses of Home Science that deals with gender equity/issues: Human Development, Concepts in Family Relations, Diet in Health, Dietetics and related project works.

II. DEBATE ON WOMEN, THE FAMILY AND FREEDOM –A GENDER SENSITIZATION PROGRAMME

1. Aim

To sensitize women about their role in family and society by providing a platform to express their thoughts and opinions on women and freedom.

Objectives

1. To understand the perspective of women students about women, family and freedom
2. To hone public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions
3. To facilitate critical thinking skills, reasoning abilities and
4. To widen the knowledge related to the topic

Scope

It helps students to share their own experiences and vision of challenges and will open up a discussion on emerging solutions for women empowerment.

2. Name of the coordinator/ organizing secretary:

Mrs. Shahla Karuthedth, Assistant Professor Ad hoc

3. Date of Programme: 11 August 2022

4. Mode of the programme: Offline

5. Total number of attendees/participants:42

6. Organizing body: Home Science Department

Organizing committee members: A S Anitha Begum, HoD (Convener)

Joint Coordinators

Dr Annie Ninan, Associate Professor

Mrs Bushaira V, Assistant Professor (Adhoc)

Ms Loosiya KP, Assistant Professor (Adhoc)

Mrs Nishida Haridhas, Assistant Professor (Adhoc)

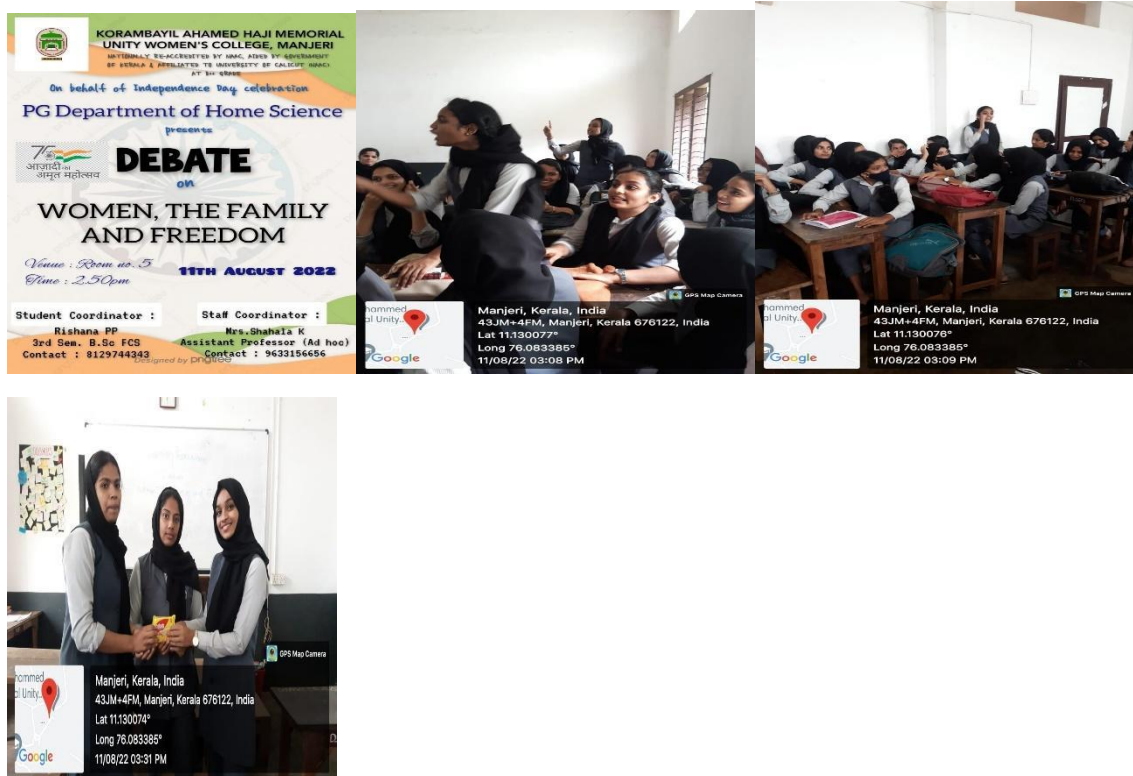
7. Student's involvement in organizing the programme:

1. 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).

2. The programme was organised by the Association Secretary- in- charge Ms. Rishana., III Sem. BSc Family & Community Science

8. Detailed report of the programme:

The PG Department of Home Science, on 11th August 2022, conducted a debate on the topic 'Women, The Family and Freedom' on behalf of the Independence Day celebration at 2.50 pm in room no.5. The aim of the programme was to hone public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions. The debate revealed many aspects of women's freedom. The programme was conducted as an activity of the Home Science Association for both UG and PG students of Home Science. 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 organised by the Association Secretary- in- charge Ms. Rishana., III Sem. BSc Family & Community Science and Mrs. Shahla Karuthedath, Assistant Professor (Adhoc).



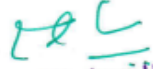
III. COUNSELLING SESSION TO STUDENTS ON TACKLING WOMEN'S NUTRITIONAL PROBLEMS AND HEALTH ISSUES

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.

Postmarital counselling by the department of psychology on 29.08.2022.



Dr. SHAHINA MOL. A. K.
IQAC Co-ordinator
KAHM Unity Women's College,
Manjeri, Malappuram, Kerala.



Prof. (Dr.) Muhammed Basheer Ummathur
Principal
Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
Narukara (PO), Malappuram (DT), Kerala
PEN: 469626