



# **ALPHONSA COLLEGE PALA**

**Reaccredited (4th cycle) by NAAC with A grade (CGPA 3.24)**

**ARUNAPURAM P.O., PALA, KOTTAYAM (Dist.)**

**KERALA STATE, INDIA – 686574**

**Website: [www.alphonsacollege.edu.in](http://www.alphonsacollege.edu.in)**

## **CRITERIA: 7**

**7.1.9 Sensitization of students and employees of the institution to the constitutional obligations: Values, rights, duties and responsibilities of citizens**



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## **ACTIVITIES THAT INCULCATE VALUES NECESSARY TO RENDER STUDENTS TO RESPONSIBLE CITIZENS**

### **1. BRIDGING CONSTITUTIONAL IDEALS WITH COMPASSIONATE ACTIONS: EMPOWERING CITIZENS, SUPPORTING SENIORS, PRO-LIFE MOVEMENT**

- 1.1 KEEPERS OF THE FLAME-BOOK DONATION CAMPAIGN
- 1.2 SPARSHAM- SUPPORTING INMATES OF OLD AGE HOME
- 1.3 FREE TUITION FOR STUDENTS
- 1.4 VISITED MARIASADANAM, A RESIDENCE FOR MENTALLY CHALLENGED INDIVIDUALS
- 1.5 CELEBRATING ONAM WITH DIFFERENTLY ABLED CHILDREN, SHALOM DCMR SCHOOL
- 1.6 OTHER CHARITY INITIATIVES
- 1.7 EXHIBITION ON "PRO-LIFE"- 22nd FEBRUARY 2023
- 1.8 LUNCH PACKETS FOR MARIASADHAN

### **2. ENVIRONMENTAL STEWARDSHIP INITIATIVES**

- 2.1 'KAVALIPPUZHA MINI BEACH'- CLEANUP AND GARDENING INITIATIVES
- 2.2 GREEN ENVIRONMENT- CLEANUP INITIATIVES
- 2.3 ECO-REVOLUTION THROUGH CLOTH BAGS- GREEN INITIATIVE IN ACTION
- 2.4 SAPLING SHARE: GREENING OUR TOMORROW
- 2.5 ENVIRONMENTAL AUDIT
- 2.6 AWARENESS PROGRAMMES OF RENEWABLE ENERGY
- 2.7 GREEN HARMONY: CULTIVATING ENVIRONMENTAL CONSCIOUSNESS THROUGH ACTIVITIES ON OUR GROUNDS

### **3. ACTIVITIES FOR PATRIOTIC EDUCATION**

- 3.1 NATIONAL SEMINAR ON INDIAN CONSTITUTION AND SOCIAL JUSTICE
- 3.2 INDEPENDENCE DAY CELEBRATION
- 3.3 AWARDS RECEIVED
- 3.4 NATIONAL UNITY DAY
- 3.5 COMMEMORATING THE HIROSHIMA NAGASAKI DAY

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3.6 COMMEMORATING MARTYRS DAY- PHOTO EXHIBITION

3.7 WORLD POPULATION DAY

**4. CELEBRATING REGIONAL FESTIVALS**

**5. ELECTORAL LITERACY CLUB- EMPOWERING VOTERS AND INSPIRING CITIZENSHIP**

**6. NATIONAL ETHNIC DAY CELEBRATIONS AND STATEHOOD DAY CELEBRATION**

**7. ANTI-DRUG WEEK CELEBRATIONS**

**8. ACTIVITIES TO INCULCATE GANDHIYAN VALUES**

## **1. BRIDGING CONSTITUTIONAL IDEALS WITH COMPASSIONATE ACTIONS: EMPOWERING CITIZENS, SUPPORTING SENIORS, PRO-LIFE MOVEMENT**

### **1.1 KEEPERS OF THE FLAME-BOOK DONATION CAMPAIGN**

In July 2023, the Department of Physics, in collaboration with the UBA cell, orchestrated a book donation drive to commemorate the death anniversary of St. Alphonsa. The students actively engaged in the initiative, wholeheartedly contributing used books and study materials. Subsequently, these donated resources were distributed to less privileged students within the college during the academic year 2022-23.



Book donation drive

### **1.2. SPARSHAM- SUPPORTING INMATES OF OLD AGE HOME**

The staff and students of the physics department take every chance to support the nearby old age homes. They make regular visits and help them by providing necessary grocery, stationary as well as medical items. This year students raised funds by conducting a cake fest to share their joy of Christmas with the inmates of Jubilee Bhavan, Chethimattom, Pala. Students and faculty members of the department, in association with UBA, contributed a sum of Rs.5000/- for the medical needs of the inmates of Jubilee Bhavan on 21/12/2022.

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Supporting Inmates of Old Age Home

### 1.3. FREE TUITION FOR STUDENTS

The Mathematics Department, in collaboration with the UBA cell, organized complimentary tutoring sessions for high school students in Meenachil village. Dedicated students from the mathematics department conducted these classes at the SH Provincial House premises in Pala. Each child received individualized attention, fostering an environment that facilitated improvement in their problem-solving skills, particularly in challenging subjects like Mathematics.

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Free Tuition for Students

#### **1.4. VISITED MARIASADANAM, A RESIDENCE FOR MENTALLY CHALLENGED INDIVIDUALS**

On October 19, 2022, a group comprising 40 NSS volunteers, along with Program Officers Dr. Simimol Sebastian and Dr. Mariamma Mathew, and Volunteer Secretaries Ms. Keerthana Reji and Ms. Gourikrishna S., visited Mariasadanam, a residence for mentally challenged individuals. This charitable institution provides care for approximately 475 men and women, typically ranging in age from 19 to 82 years. In an effort to alleviate the routine of their lives, the volunteers engaged with the residents, presented a cultural program, and contributed a donation of Rs. 6,500 to support their well-being.



### **1.5. CELEBRATING ONAM WITH DIFFERENTLY ABLED CHILDREN, SHALOM DCMR SCHOOL**

Students and teachers of the Department of Chemistry celebrated Onam with differently abled children, shalom DCMR School, Puliyanoor. Students organized various cultural programmes and activities for them and had 'Onam Sadhya' with them.



the Department of Chemistry celebrated Onam with differently abled children, shalom DCMR School, Puliyanoor



**1.6. OTHER CHARITY INITIATIVES**

- On September 2, 2022, a collection of both old and new clothing from students and teachers was gathered and subsequently distributed to the residents of Mariasadhan.
- On October 25, 2022, a collection of dresses from the Mannar parish found a meaningful purpose as shirts and dhotis when donated to the residents of 'Anandabhavan' in Chethimattam, Pala. This home for aged men, managed by the Sehagiri sisters, currently accommodates 55 inhabitants.
- On November 2, 2022, the NSS unit demonstrated its generosity by donating dresses to the children living in 'Girl Town,' Kozhuvanal. The beneficiaries of this kind gesture were 72 orphans who are under the guardianship of the Snehagiri sisters, the dedicated individuals overseeing the operations of the orphanage. Also, donated sarees to the inmates of "Jubilee Bhavan" at Chethimattam, Pala on 12th November 2022. 34 aged women are there.
- On the 8th of November 2022, a contribution of shirts and trousers was extended to the youngsters at "Boys' Town" located in Karoor. This donation specifically benefited 103 boys hailing from economically disadvantaged families. Also, donated a wheelchair to 'Mariasadan', a charitable organization at Pala on 13th November 2022.
- On November 13, 2022, a wheelchair was generously given to 'Mariasadan,' a charitable organization based in Pala. These acts of kindness reflect a commitment to supporting various communities and organizations in need.
- On November 12, 2022, sarees were donated to the 34 elderly women at "Jubilee Bhavan" in Chethimattam, Pala.
- As part of International Women's Day the NCC sub unit sponsored an orphan girl child taking care of her educational and medical needs.



Donated sarees to the inmates of “Jubilee Bhavan” at Chethimattam

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Donated a wheelchair to 'Mariasadan'

### 1.7. EXHIBITION ON "PRO-LIFE"- 22nd FEBRUARY 2023

On 22nd February 2023, the Women's Cell and Department of Zoology jointly organized a Pro-Life Exhibition in association with the Jesus Youth Ministry of Alphonsa College Pala. The exhibition was graced by the presence of Principal Dr. Sr. Regeenamma Joseph, accompanied by Vice Principals and the Bursar.

The exhibition served as a platform to raise awareness among students about the rights of unborn babies to live in the womb and be born into this world, promoting a pro-life approach. Additionally, the event shed light on gender equity, advocating for equal rights and opportunities for all genders. Participants gained valuable insights into the sanctity of life and the importance of respecting the rights and dignity of every individual, irrespective of gender. The exhibition aimed to instill a sense of compassion and empathy, encouraging students to champion the cause of pro-life attitudes and gender equity in their lives. The exhibition effectively engaged the participants and provided a platform for meaningful discussions,

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leaving a positive impact on their understanding of pro-life values and the significance of gender equity.



Inauguration: Principal Dr. Sr. Regeenamma Joseph, Alphonsa College Pala.

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Students visiting the Exhibition Hall

### 1.8. LUNCH PACKETS FOR MARIASADHAN

Collaborating with Jesus Youth, the NSS (National Service Scheme) launched a noon meal initiative called "PADHEYAM" for Mariasadhan residents. Commencing from July 24, 2022, every Tuesday sees the collection and distribution of noon meals contributed by both students and teachers. Approximately 150 meals are provided to Mariasadhan weekly. Volunteers from Mariasadhan are actively involved in organizing and arranging the meal boxes for distribution.

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The volunteers from Alphonsa are packing the boxes.



## 2. ENVIRONMENTAL STEWARDSHIP INITIATIVES

### 2.1. 'KAVALIPPUZHA MINI BEACH'- CLEANUP AND GARDENING INITIATIVES

NSS took the responsibility of adopting the 'Kavalippuzha Mini Beach,' situated along the Meenachil River, a charming natural locale. On the 21st of September 2022, a comprehensive cleaning program was launched, inaugurated by Ms. Sheelarani Chandran, the recipient of the Nightingale Award for the year 2022. The event witnessed the enthusiastic participation of 22 volunteers, dedicated to the day-long initiative.



'Kavalippuzha Mini Beach' - cleaning program

NSS volunteers marked the NSS Day this year with a cleanup and gardening initiative at the 'Kavalippuzha Mini Beach' along the Meenachil River on September 24. The cleaning program was inaugurated by Sri. Josemon Mundakkal, the President of Mutholy Gramma



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Panchayath. Sri. Soman, ASI at Kidangoor Police Station, inaugurated the gardening session where volunteers planted various species of flowering plants around the beach. The cultural program, initiated by NSS volunteers, was inaugurated by Principal Dr. Sr. Reegenamma Joseph. Distinguished guests including Sri. Josmon Mundakkal, Smt. Sheelarani Chandran (Nightingale award winner), Smt. Chithra (Police Officer, Kidangoor Police Station), Sri. Ramesh Kidangoor (Environmentalist), and members of the Meenachil River Protection Committee were in attendance.

Again, on February 18, 2023, a group of 10 NSS volunteers, led by Program Officer Dr. Simimol Sebastian, undertook the cleaning of Kavalippuzha Mini Beach.



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Cleanup and gardening initiative at the 'Kavalippuzha Mini Beach'

## 2.2. GREEN ENVIRONMENT- CLEANUP INITIATIVES

On December 28, 2022, NSS volunteers engaged in a cleanup initiative in the vicinity of St. George L.P. School in Chittar, the adopted village. The program was inaugurated by Rev. Dr. Fr. Shaji John, Vice Principal of Alphonsa College Pala.

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Cleanup initiative in the vicinity of St. George L.P. School in Chittar

The following day, on December 29, 2022, NSS volunteers extended their efforts to clean the Chittar-Valavoor Road in the adopted village. Dr. Sr. Regeenamma Joseph, Principal of Alphonsa College Pala, inaugurated the cleaning program, witnessing the participation of 100 volunteers.



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Clean the Chittar-Valavoor Road in the adopted village.

NSS volunteers cleaned the classrooms and surroundings of Govt. U.P. School at Poovarany on 30th December 2022. This school is near to the adopted village. Sri. Sajo Mathew (Member of ward 9, Meenachil Gramma panchayath) inaugurated the cleaning programme. 70 NSS volunteers participated in this cleaning programme.



Cleaned the classrooms and surroundings of Govt. U.P. School at Poovarany

NSS volunteers cleaned the road in front of Govt. U.P. School at Poovarany and collected waste plastics from the road on 30th December 2022. Sri. Shibu Mathew (Headmaster, Govt. U.P. School, Poovarany) inaugurated the cleaning programme. 30 NSS volunteers Participated.

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The cleaning programme was inaugurated by Sri. Shibu Mathew, Headmaster, Govt. U.P. School, Poovarany

Gandhi Jayanti on October 2, 2022, was commemorated by arranging a cleaning initiative within the college campus. Both students and teachers actively took part in the cleaning program facilitated by NSS volunteers.



Cleaning initiative within the college campus

### 2.3. ECO-REVOLUTION THROUGH CLOTH BAGS- GREEN INITIATIVE IN ACTION

The NCC (National Cadet Corps) sub-unit organized a commendable Anti-Plastic Campaign on July 26, 2022, aiming to raise awareness about the detrimental effects of plastic on the environment and encourage sustainable practices within the community. Cadets distributed pamphlets and engaged in one-on-one conversations with residents, highlighting the environmental hazards associated with plastic usage. A practical step towards reducing

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plastic usage, the NCC sub-unit distributed cloth bags to households in the vicinity. The bags, branded with anti-plastic slogans, serve as a tangible reminder of the campaign's message.



Distribution of cloth bags to households

To reduce plastic consumption and plastic waste on our campus NSS volunteers stitched cloth carry bags and distributed them to students. Principal Dr. Sr. Reegenamma Joseph inaugurated the programme on 9th June 2022.

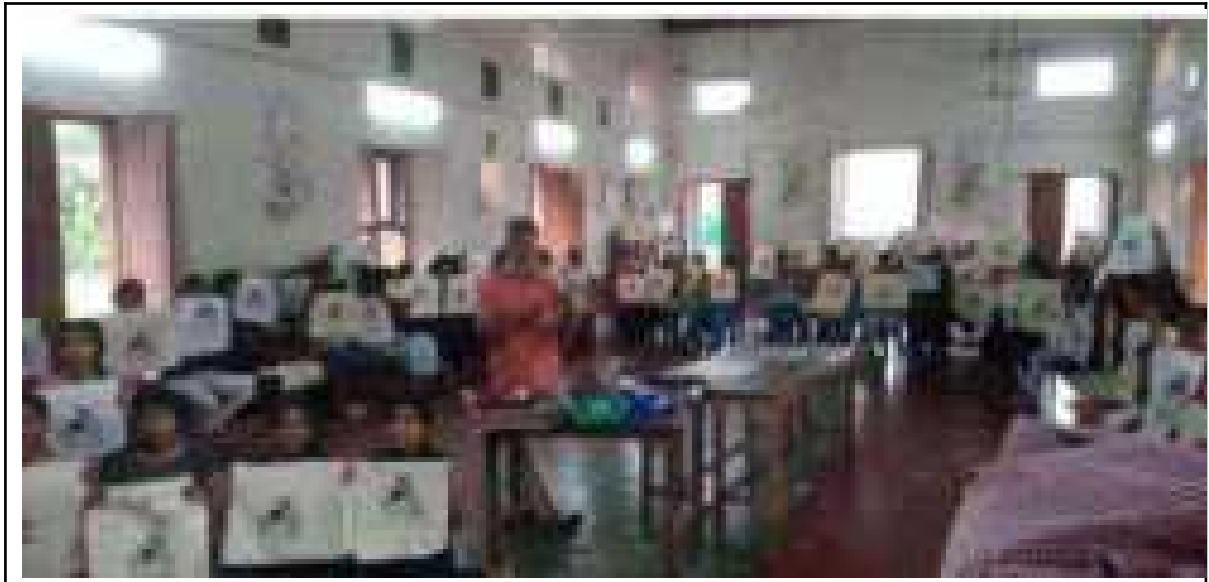


NSS volunteers stitched cloth carry bags and distributed them to students.

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On 31<sup>st</sup> December 2022, a hands-on workshop on Screen Printing and Paper Bag Making was conducted by the esteemed Sri. Chandran Payappar. The workshop aimed to empower and educate the 100 NSS volunteers who eagerly participated, fostering creativity, environmental consciousness, and a sense of community engagement.



A workshop on Screen printing and Paper bag making was conducted by Sri. Chandran Payappar.



A workshop on Screen printing and Paper bag making was conducted by Sri. Chandran Payappar on 31st December 2022.

#### **2.4. SAPLING SHARE: GREENING OUR TOMORROW**

The Political Science Department marked Environmental Day on June 8, 2022, at St. George's LPS Chittar. Renowned environmentalist Sri. Aby Poondikkulam delivered a keynote address on 'Nature and Lifestyle.' The session was attended by teachers, students, and parents. As part of the event, fruit tree saplings were planted in the school compound, and additional saplings were distributed to teachers, students, and parents.



### 7.1.9



Environmental Day on June 8, 2022, at St. George's LPS Chittar.

NSS volunteers cultivated vegetables such as cabbage and cauliflower in the month of September for the students of St. George L.P. School Chittar (one of our adopted villages). A total of 100 saplings were cultivated and harvested.

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NSS volunteers cultivated vegetables for the students of St. George L.P. School Chittar

A similar attempt was conducted on the college campus where 100 vegetable saplings (cabbage and cauliflower) were planted. The fund generated from selling the vegetables on College premises was given to the family of one of our NSS volunteers.



NSS volunteers cultivated vegetables

On June 8, 2022, NSS, in collaboration with the Kerala Forest Department, marked World Environment Day by distributing 250 fruit tree saplings to teachers, non-teaching staff, and students at our college. The program was inaugurated by Principal Dr. Sr. Regeenamma Joseph and College Bursar Rev. Dr. Jose Joseph. They jointly distributed tree saplings to NSS

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volunteer Secretary Keerthana Reji. On June 9, 2022, NSS volunteers took part in a tree planting initiative, introducing 100 saplings including Bamboo, Mahogany, Cassia (Konna), Myristica (Jathi), and Ungu, among others, within the college campus.



Distributing 250 fruit tree saplings to teachers, non-teaching staff, and students at our college

## **2.5. ENVIRONMENTAL AUDIT**

In collaboration with the Periyar Tiger Conservation Foundation Thekkady, NSS conducted an Environmental audit on our campus. All NSS volunteers actively participated, gathering data on energy conservation, water conservation, and Green audit from June 21 to June 25, 2022. The comprehensive report was submitted to Dr. Asharani K., the Nature Education Officer at Periyar Tiger Conservation Foundation Thekkady, and to IQAC Alphonsa College, Pala.



Volunteers actively involved in the Environmental audit- 2023

Following the audit, NSS, in partnership with Periyar Tiger Conservation Foundation Thekkady, organized a seminar on Environmental protection on June 27, 2022. Dr. Asharani K., the Nature Education Officer from Periyar Tiger Reserve, Thekkady, served as the resource person, leading a discussion on environmental audit. Various volunteer groups actively engaged in the dialogue. Dr. Asharani K. awarded a memento to the Principal in recognition of the successful completion of the program.



A seminar on Environmental protection on June 27, 2022 Awareness Prgrammes.

## **2.6. AWARENESS PROGRAMMES OF RENEWABLE ENERGY**

NSS conducted a webinar on ‘Energy Conservation’ on 6th February 2022. Ann Maria Jose (Former NSS volunteer, at Alphonsa College, Pala) delivered a class on “Strategies for energy conservation”. All NSS volunteers pledged to adopt ways to reduce the use of electricity in their homes and thereby current bill.

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A webinar on ‘Energy Conservation’ on 6th February 2022.

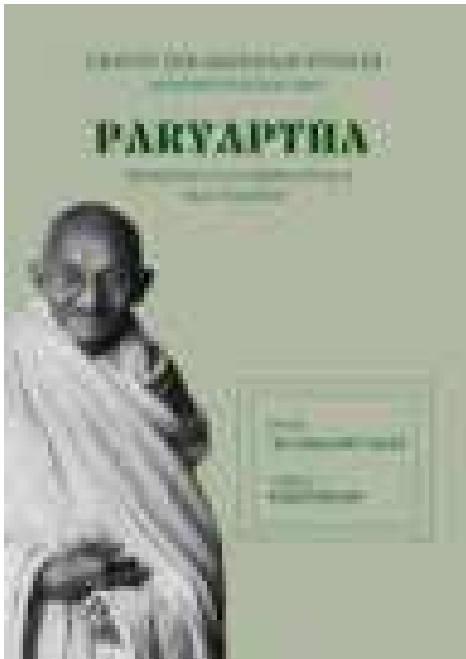
## 2.7. GREEN HARMONY: CULTIVATING ENVIRONMENTAL CONSCIOUSNESS THROUGH ACTIVITIES ON OUR GROUNDS

### 2.7.1 “PARYAPTHA 2023” PROMOTING ECO-FRIENDLY SELF RELIANCE

The Centre organized *Paryaptha 2023*, an exhibition cum sale of handmade items by students and teachers on 10 January 2023 with the objective of inculcating the ideals of self-reliance, women empowerment, and sustainable development among students. The programme was inaugurated by Dr. Sr. Regeenamma Joseph, Principal, Alphonsa College. Traditional food items, handicrafts, bags, jewelry, clothing, towels, organic fruits and vegetables, recycled art items, homemade detergents, etc. were on sale. As in the previous year, the focus on organizing an exhibition with ‘zero waste’ was a prime objective. Items like plastic bags, disposable plates, cups and spoons, tissue papers, and paper posters were prohibited. Our students proved that it is possible to think beyond plastics and disposable packing material yet conduct a grand sale cum exhibition. Numerous innovative ideas for

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carrying forward the message of ‘zero waste’ were major attractions. Another highlight of the programme was a stall by teachers, exhibiting items they had made themselves, which provided motivation to the students. The programme was able to highlight the possibility of organizing such events in an eco-friendly manner. The Department of Botany won the prize for the Department that best embodied the spirit of *Paryaptha* and Devika Ajayakumar of III DC Economics won the prize for the student with the most innovative idea.



## **2.7.2. OTHER ACTIVITIES TO BUILD ENVIRONMENTAL CONSCIOUSNESS**

As part of the Environmental Day celebration, the Department of Chemistry released a video related to the “Importance of Environmental Conservation” on the Department's YouTube channel. <https://youtu.be/2EmSTjptXwY>

On June 6, 2022, the Department of Zoology marked World Environment Day by organizing an event that included an exhibition and the creation of an artificial forest by undergraduate students. The initiative aimed to raise awareness about environmental conservation, emphasizing the importance of preserving diverse ecosystems. As part of the Environment Day celebration, a signature campaign against plastic use was conducted. Furthermore, on June 8, in collaboration with the NSS unit at Alphonsa College Pala, the department distributed saplings to teachers and students, contributing to the World Environment Day festivities.



Environment Day celebration- - An exhibition and the creation of an artificial forest



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Environment Day celebration- A signature campaign against plastic

The Commerce Department organized a leaf identification competition, titled "LAHOJA ID," as a component of the World Environmental Day celebration on June 6,

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2022.



A leaf identification competition, titled "LAHOJA ID,"

The Department of Economics observed World Environment Day on June 6, 2021, with a dedicated initiative to raise awareness for the protection of our environment. In line with the global theme of environmental consciousness, the department continued its commitment in 2022 by organizing an Intra-Departmental Collage Competition, aligning with the broader theme of 'ONLY ONE EARTH.' This theme not only encapsulates the urgency of addressing environmental issues but also emphasizes the existential importance of preserving our planet.

### 7.1.9



Intra-Departmental Collage Competition, with the theme of 'ONLY ONE EARTH.'

As a part of the Environment Day celebration on June 5, students from the Department of Physics actively participated in cleaning the college premises. Additionally, they were involved in recycling electronic components in the Physics laboratory. The physics department conducted interdepartmental competitions on Digital Poster Making and photography Competition with the focal theme “Only One Earth”

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**DEPARTMENT OF PHYSICS**  
Alphonsa College Pala

Contest

**WORLD ENVIRONMENT DAY 2022**

**“Organize and change the world  
through the only force we have  
and that is people.”**

**CONTEST**

**DEPARTMENT OF PHYSICS**  
**ALPHONSA COLLEGE, PALA**  
**INTER DEPARTMENTAL COMPETITIONS**  
**ON**  
**WORLD ENVIRONMENT DAY**  
**ON THE THEME**  
**“ONLY ONE EARTH”**

**CONTESTS**

**1. Digital Poster Competition**  
**2. Photography Competition**

**SEND YOUR RESPONSE TO**

**1. DIGITAL POSTER : POC@PHYSICS**  
**2. PHOTOGRAPHY COMPETITION: POC@PHYSICS**

**LAST DATE OF ENTRY IS 15/06/22**



Recycling electronic components in the Physics laboratory

To commemorate World Environment Day, the Mathematics department has released a magazine titled 'Maths in Nature'. In a collaborative endeavor to delve into the mathematical intricacies found in the natural world, every student in the department engaged in the study of diverse mathematical phenomena in nature and contributed articles on their respective topics.



the Mathematics department has released a magazine titled 'Maths in Nature'.

**International Tiger Day** -On July 29, 2022, International Tiger Day was commemorated. Kum. Chinchu Savo and Kum. Anjali Paulose, a student from III DC Zoology, created an informative video highlighting the current status of the tiger populations and conservation efforts in India. Additionally, the students pledged their commitment to the cause of tiger conservation.

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International Tiger Day -Awareness video highlighting the current status of the tiger populations and conservation efforts in India.

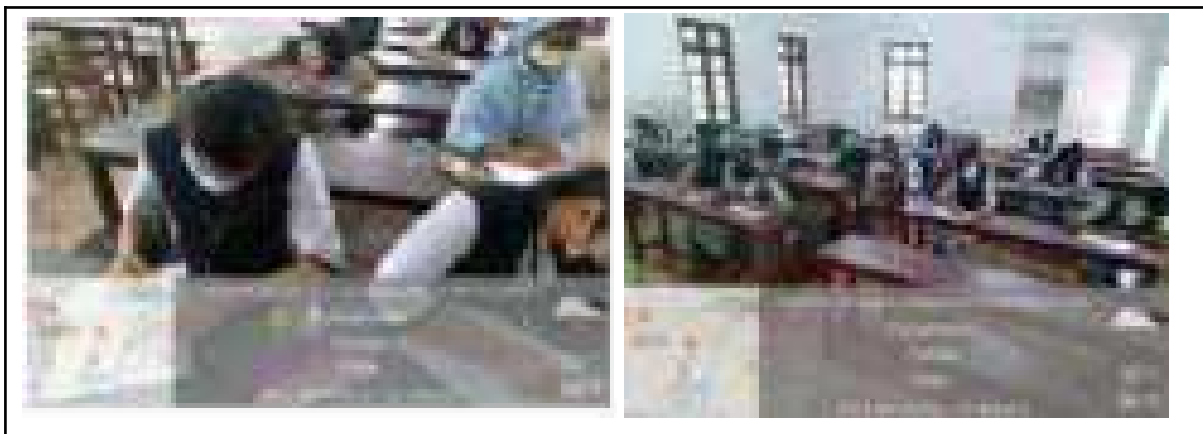
**Wetland day**-On February 23, 2023, the Department of Zoology organized an Intercollegiate PowerPoint competition in conjunction with the observance of Wetland Day. The competition attracted participation from eight teams representing different colleges.

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Intercollegiate PowerPoint competition in conjunction with the observance of Wetland Day

In celebration of World Environment Day, the College Union 'EKATHRA 22' arranged a meaningful observance through two engaging competitions. The first, an essay writing competition, challenged participants to explore the profound question, 'Does development affect the environment?' The second, a cartoon-making competition, delved into the theme of 'Reduce, Reuse, Recycle,' inspiring artistic expression and environmental consciousness. Both competitions, conducted on June 3rd, 2022, attracted a diverse range of participants eager to contribute their perspectives on the crucial intersection of development and environmental impact. The essay competition encouraged thoughtful reflection on the implications of progress, fostering critical thinking and eloquence. Simultaneously, the cartoon-making contest provided a visually compelling platform for students to advocate for sustainable practices and environmental responsibility.





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World Environment Day observation -an essay writing competition and a cartoon-making competition

## **3. ACTIVITIES FOR PATRIOTIC EDUCATION:**

### **3.1. NATIONAL SEMINAR ON INDIAN CONSTITUTION AND SOCIAL JUSTICE**

The Department of Political Science conducted a One Day National Seminar on 'Indian Constitution and Social Justice' on December 16, 2022. Sponsored by the Institute of Parliamentary Affairs, Government of Kerala, the seminar was inaugurated by Dr. Stany Thomas, a Member of the Kerala Public Service Commission. The keynote address was delivered by Dr. Mohan Varughese, Director and Professor at the School of Public Policy and Governance, Bodhigram.



National Seminar on Indian Constitution and Social Justice inaugurated by Dr. Stany Thomas, a Member of the Kerala Public Service Commission

### **3.2. INDEPENDENCE DAY CELEBRATION**

Independence Day celebrations can indeed be part of activities that contribute to instilling values necessary to shape students into responsible citizens. Independence Day provides an opportunity for students to learn and reflect on the history and significance of their country's

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independence. Here are some ways Independence Day celebrations can contribute to the development of responsible citizenship:

#### **3.2.1 Invited Lecture on ‘Reflections on 75 Years of Independence’ on 17.08.2023**

Commemorating 75 years of Indian Independence, the Centre organised an Invited Lecture on the theme ‘Reflections on 75 Years of Independence’ on 17 August 2023. The resource person for the programme was Dr. John S Moolakkattu, Editor, *Gandhi Marg* and former Professor, Department of International Relations and Politics, Central University of Kerala. Dr. Moolakkattu elaborated on the notions of freedom and swaraj, focusing on the question of nationalism, particularly the views of Tagore and Gandhi.





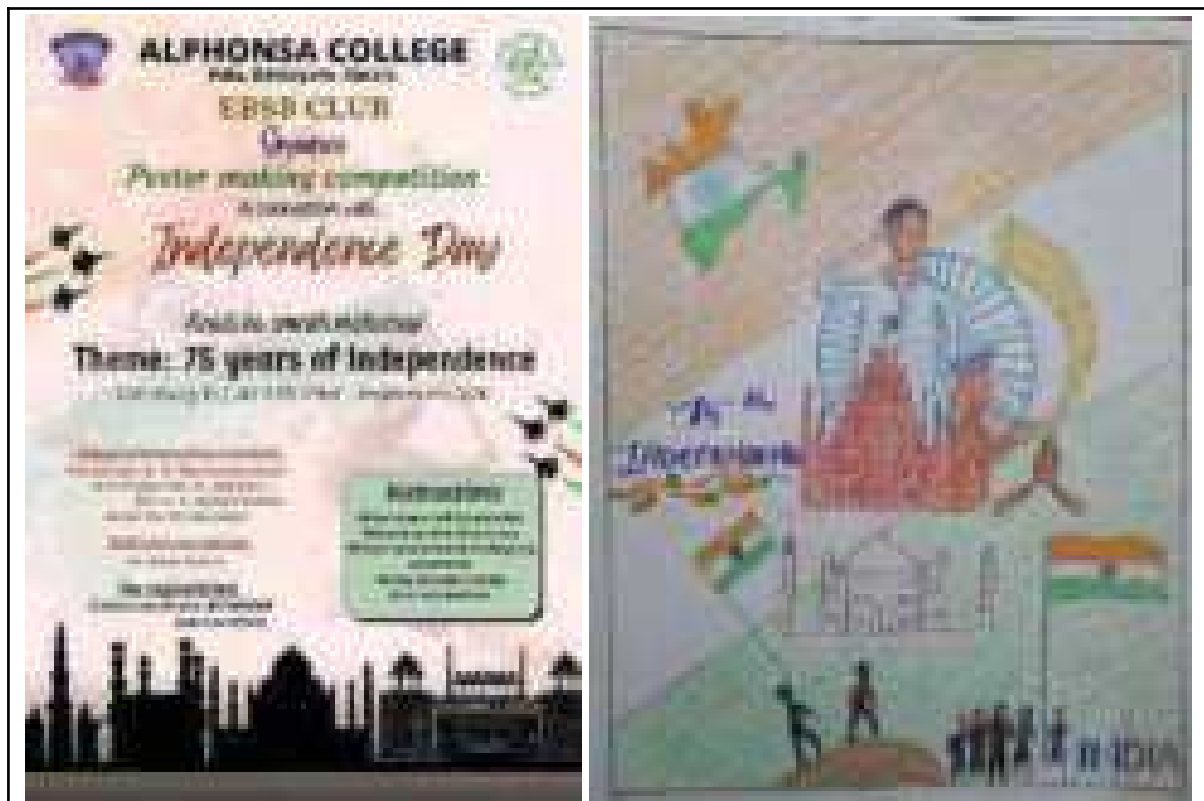
Class led by Dr. John S Moolakkattu, Editor, *Gandhi Marg* and former Professor, Department of International Relations and Politics, Central University of Kerala.

### **3.2.2 Poster making competition on 11.08.2022**

EBSB club organised a poster making competition in connection with Independence Day on August 11, 2022. The Theme of the competition was '75 years of Independence'. The program was an initiative to bring out the students view of independence of our country. The program was conducted as part of the celebration of Azadi ka Amrith Mahotsav. 14 students from various departments participated in the competition. The poster by Ms. Athulya Rajan

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of II BA Economics won the first prize. Ms. Rekha Mathew, coordinator of EBSB organised the programme.





A poster making competition in connection with Independence Day on August 11, 2022

### **3.2.3- Dance performance featuring traditional dance forms from various states in India**

As the part of Independence day celebration, the zoology department students presented a dance performance featuring traditional dance forms from various states in India. The showcase conveyed a message of unity, solidarity, and national integrity to the audience.

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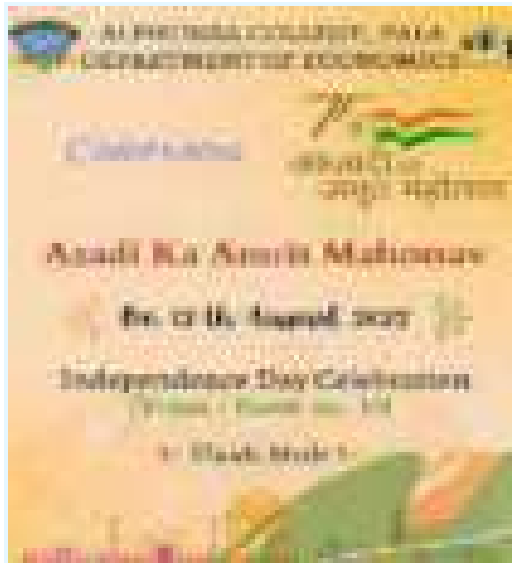
Independence Day celebration- Dance performance featuring traditional dance forms from various states in India

#### **3.2.4 Programmes to tribute to our heroes and freedom fighters**

The Economics department marked Independence Day by paying tribute to our heroes and freedom fighters who sacrificed for the nation, fostering freedom, peace, and joy. The lively events commenced with an enthusiastic flash mob organized by economics students, taking place in front of the principal's room. The college echoed with patriotic fervor as students danced to the tunes of patriotic songs and wore tri-colored clothes to mark the occasion. The celebrations began with various speeches highlighting the significance of the day to make the students aware that the future of their country lies in their hands. Hence, they need to inculcate good values in life, which will help them to be good citizens of the country. Link of the flash mob performed by the students on Independence celebration.

<https://youtu.be/C2JmklzR--g>

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### 3.2.5 Seminar on the subject of "India @ 75"

In commemoration of the 75th Independence Day, the PG Department of Political Science collaborated to host a seminar on August 12, 2022. Dr. M. M Mathew, the resource person, delivered a lecture on the subject of "India @ 75."



Dr. M. M Mathew, the resource person, delivered a lecture on the subject of "India @ 75."

### **3.2.6 Conducting various competitions to raise patriotic spirit**

To mark the 75th Independence Day, the Mathematics department organized an online quiz competition. In a show of patriotic spirit, each student from our department proudly hoisted the National flag in the premises of their homes.



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As part of the Independence Day festivities on August 15, 2022, the Physics Department arranged various contests, including the Tricolour Selfie Contest and Food Plating competitions.



An interdepartmental elocution competition was organized by the Department of History in connection with Independence Day Celebrations on 12th August 2022. The theme for the

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elocution was Our Nation, Our Voice. Students from various departments participated in the competition. A panel of judges, selected from other departments, was invited to assess and evaluate the participants' performances.



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In commemoration of Independence Day celebrations on August 11, 2022, the Department of History distributed the Indian National Flag to students. The students were enthusiastically encouraged to hoist the flag on Independence Day itself. The primary objective of this initiative was to foster a deep sense of national pride and instill a profound respect for the National Flag among the student community.



The P G Department of English (S F) conducted a Patriotic Song Competition as part of (AAZAADHI KA AMRITH MAHOTHSAV )75th year of Independence Day Celebration on 12/08/2022 at 10.30 pm.





As the part of Independence Day celebration, Department of Chemistry organized National Anthem competition (Inter-department). To invoke the feeling of patriotism in the hearts of the students, National Flag was distributed to students. We must respect the National Flag and National Anthem, obey the laws of our country, protect the country's power, unity, and integrity, safeguard public property, pay our taxes honestly and promptly, protect and preserve cultural heritage sites, and protect, preserve, and improve the natural environment as citizens of India, according to the constitution. The incorporation of such pledges into the Constitution is critical for the country's growth, peace, and prosperity.

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This year the college and the department of English conducted various programmes in association with Independence day. In 2022 at the auspicious occasion of the 75th anniversary of independence, as per the instructions of the central government we celebrated

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the event as Asadhi Ka Amruth Maholsavu. Students and teachers on the day did flag hoisting at their houses. Our students were also part of the freedom wall painting. The department conducted many competitions on the occasion.



Department of Commerce conducted a college level patriotic song competition as part of Independence Day Celebration on 12/8/2022.






**Letter Writing Competition** - A letter to Mahatma Contest was organised by the Centre in connection with Independence Day. The prize winners were Anna Dominic of III DC History, Vani Pradeep of II DC Economics and Delna Martin of III DC History.

### 3.3 AWARDS RECEIVED

Our II DC student English Anakha Raju won second place and a cash prize of five lakhs in the national level Deshbhakti Geet Writing Competition.




# ALPHONSA COLLEGE PALA

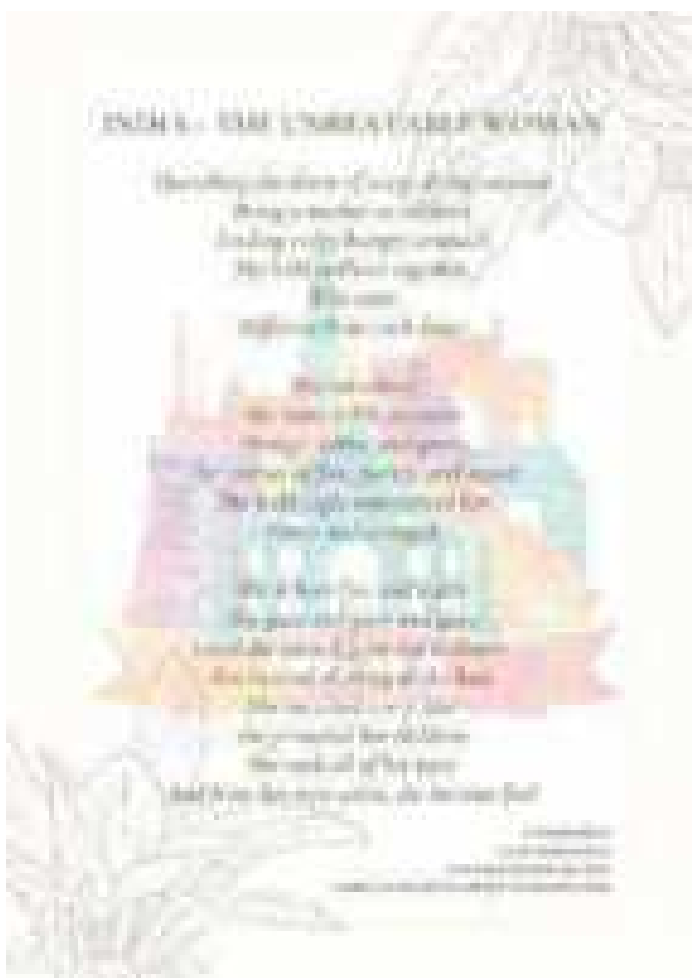
*Congratulates*

## Cadet **Anakha Raju**

(2nd DC English)



for securing National Level  
**2<sup>nd</sup> prize and a Cash Award of 5 Lakhs**  
in the Deshhathi Geet Writing Competition





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### 3.4 NATIONAL UNITY DAY

In commemoration of the birth anniversary of Sardar Vallabhbhai Patel on October 31, the Department of Political Science arranged a Quiz Competition on National Unity Day.



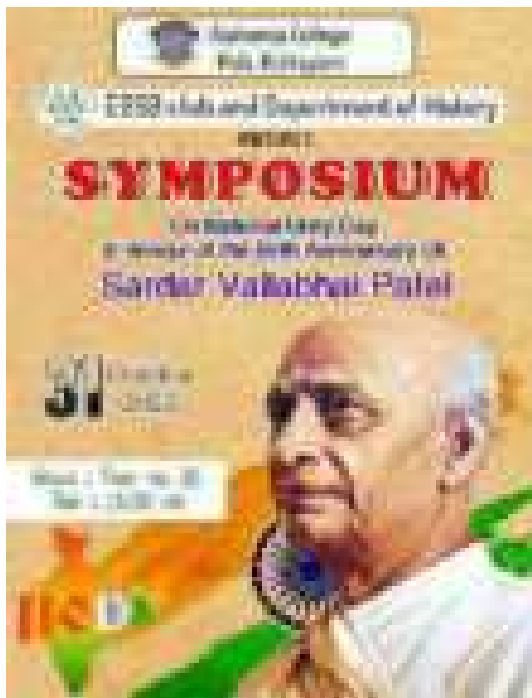
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In connection with the National Unity Day, the EBSB club of Alphonsa College and Department of History conducted a Symposium in honour of the birth anniversary of Sardar Patel on 31<sup>st</sup> October at 12pm in Room No 36. Students of I DC presented papers on life and activities of Sardar Vallabhai Patel. Ms. Sunita Santhan, Dr. Alphons George and Ms. Monisha George of Department of History were the faculty organisers. Following topics were presented in the Symposium.

- Who is Sardar Vallabhai Patel - Neha Jais
- Early life of Sardar Vallabhai Patel – Jewel Maria Simon
- The role of Sardar Vallabhai Patel in Freedom Movement – Anupama C.H
- Sardar Patel’s principal role in cabinet mission and in the partition - Sheetal E.V
- Sardar Vallabhai Patel’s contribution in the integration of states – Ganga M
- Sardar Patel ‘Iron Man of India’ – Donna Saji

Symposium was very informative. Students got to learn more about Sardar Vallabhai Patel.



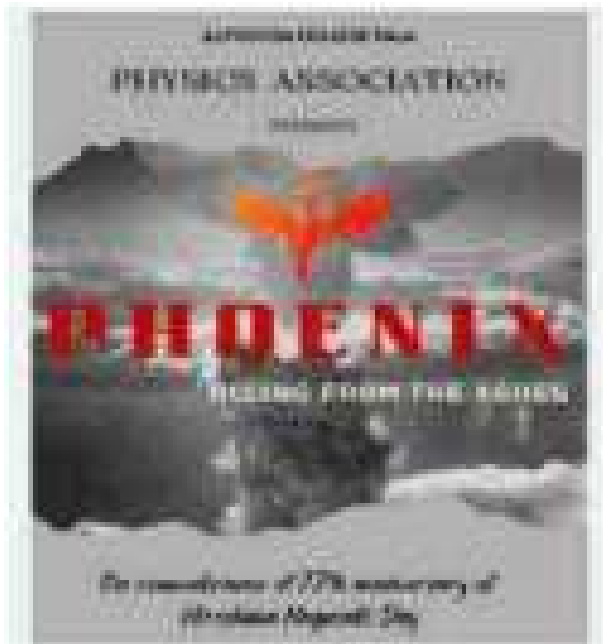


### 3.5 COMMEMORATING THE HIROSHIMA NAGASAKI DAY

To commemorate the Hiroshima Nagasaki day, the Physics Department hosted a range of competitions, encompassing Newspaper Writing, Poster Making, and Poetry Writing. These interdepartmental contests occurred on August 6, 2022, coinciding with the 77th anniversary of the Hiroshima incident.

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### 3.5 COMMEMORATING MARTYRS DAY- PHOTO EXHIBITION

A photo exhibition of Mahatma Gandhi as well as posters depicting his philosophy was held on 30 January to commemorate 75 years of his martyrdom.

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### 3.6. WORLD POPULATION DAY

World Population Day was observed on July 11th, aimed at increasing awareness of global population issues. In conjunction with this event, on July 12th, the Mathematics Association of Alphonsa College Pala, in collaboration with the Debate and Oratory Club, organized an Interdepartmental Debate Competition. The chosen topic for the debate was 'Whether the increase in population will impact the human rights of an individual?'

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## 4. CELEBRATING REGIONAL FESTIVALS

Participating in regional festivals cultivates cultural understanding, unity, and social responsibility among students. These celebrations, rich in historical and cultural significance, foster civic engagement and awareness, including environmental conservation. Regional

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festivals provide a valuable platform for students to learn essential values for responsible citizenship in a diverse society.

#### 4.1 ONAM CELEBRATIONS

Alphonsa College Pala celebrated its cultural diversity with vibrant festivities, especially during the traditional Kerala festival of Onam. The Onam festivities were marked by a myriad of activities, including the vibrant flower carpet, known as “Athapoo”, and the graceful traditional dance of “Thirivathira”. The campus buzzed with enthusiasm as students and faculty came together to partake in these cultural expressions, fostering a sense of unity and celebration. Also, Onam was celebrated with a traditional 'Onam Sadya,' and organized various games.

Students from different departments also marked the occasion with department-wise celebrations. on August 30, the Department of Chemistry extended their Onam celebrations to Shalom DCMR School, Puliyanoor, sharing cultural programs and activities with differently-abled children, concluding with a heartwarming 'Onam Sadhya.'n September 1, the Zoology department marked Onam with a traditional 'Onam Sadya,' along with captivating 'Onapattu' performances and engaging games as part of their festive activities.



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Onam Celebrations

#### **4.2 CHRISTMAS CELEBRATION**

The Christmas festivities at Alphonsa College were a delightful and vibrant affair, marked by lively events that brought a sense of joy and festivity to the campus. The charming presence of a dancing Santa added a whimsical touch, spreading smiles and creating a cheerful atmosphere among students and faculty. Another noteworthy aspect was the artistic endeavor of crib making, where creative expressions flourished, capturing the essence of the Christmas spirit. The campus came alive with the warmth of the season, fostering a sense of togetherness and community spirit. The celebrations not only added a festive touch to the campus ambiance but also served as a testament to the college's commitment to embracing and cherishing diverse cultural festivities. In essence, these Christmas celebrations became a memorable and inclusive occasion, reflecting the college's dedication to creating a vibrant and culturally rich environment for its students and faculty.



Christmas celebrations

## **5. ELECTORAL LITERACY CLUB- EMPOWERING VOTERS AND INSPIRING CITIZENSHIP**

The activities of the Electoral Literacy Club at Alphonsa College serve as a commendable initiative in aligning students and employees with constitutional obligations. The club not only imparts essential knowledge, as demonstrated through classes on linking Aadhar and Voters ID but also actively engages in practical endeavors like the Voters Enrolment Drive. By instilling a sense of civic duty through activities such as the National Voters Day Pledge and Poster Designing Competition, the club contributes significantly to our shared understanding of values, rights, duties, and responsibilities as citizens.

### **5.1 Inauguration of Electoral Literacy Club**

The Electoral Literacy Club of Alphonsa College was inaugurated by Municipal Councilor Jimmi Joseph on October 14<sup>th</sup>, 2022. Ms. Sindhu VS, the Tahasildar of Pala, along with Deputy Tahasildar Mr. Manjith and Election Deputy Tahasildar Mr. Syamaprasad, graced the auspicious occasion with their presence.

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The Electoral Literacy Club of Alphonsa College was inaugurated by Municipal Councilor Jimmi Joseph on October 14<sup>th</sup> 2022.

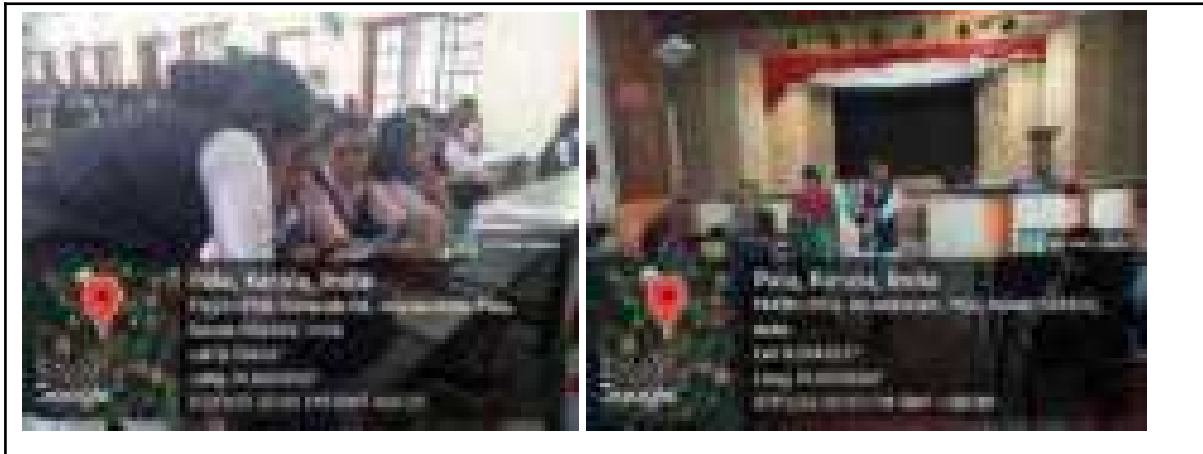
### 5.2 Class on Linking Adhar and Voters ID

On October 14, 2022, a session on connecting Aadhar and Voters ID took place at the college, with guidance provided by Ms. Sindhu V S, the Tahasildar of Pala. Fifty students from the college actively participated in the class.

### 5.3 Voters Enrolment Drive

Alphonsa College took an active stance in civic participation by organizing a voter's enrollment drive on December 7, 2022. This initiative aimed to encourage and facilitate the registration of eligible voters within the college community, fostering a sense of responsibility and engagement in the democratic process.

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voter's enrolment drive on December 7, 2022

### 5.4 Voters Day Pledge

On January 26, 2023, Alphonsa College commemorated National Voters Day by having students, as well as the teaching and non-teaching staff, pledge their commitment to the democratic process. This observance served to reinforce the significance of active citizenship and the collective responsibility of ensuring a robust electoral system.



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Taking Voters Day Pledge on January 26, 2023

#### 5.5 Poster Designing Competition

As part of the National Voters Day celebration, a poster designing competition was held at Alphonsa College on January 24, 2023. This creative initiative encouraged students to visually express the importance of civic participation and voting rights in a democratic society.



Poster designing competition as part of the National Voters Day celebration

## 6. NATIONAL ETHNIC DAY CELEBRATIONS AND STATEHOOD DAY CELEBRATION

The various departments at Alphonsa College actively participated in programs aimed at promoting cultural harmony and tolerance. The celebration of National Ethnic Day and Statehood Days showcased the vibrant tapestry of India's diverse cultures.

The Department of English made significant contributions to the Ethnic Day celebrations held on June 17, 2022. Through a variety of cultural presentations, students

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immersed themselves in the richness of Indian culture. The event served as a mesmerizing journey through the cultural differences that make our nation both spectacular and unique.



As part of the National Ethnic Day celebrations, students from the B Voc Sports Nutrition and Physiotherapy program showcased the traditional costumes and rituals of Arunachal Pradesh. The participants, hailing from the second and third years, added to the cultural diversity on display.

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Postgraduate students from the Political Science department celebrated Ethnic Day by donning traditional Odisha attire, offering a visual representation of the state's culture. This initiative played a crucial role in promoting National Integration.



**Statehood Day celebration on 25.01.2023**



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The Statehood Day of Himachal Pradesh, observed on January 25, was commemorated with enthusiasm by the Ek Bharat Shreshtha Bharat (EBSB) club of Alphonsa College, Pala, Kottayam. In collaboration with the P.G. Department of Political Science, a celebratory event took place on January 25, 2023. Dr. Tresa Joseph, Associate Professor, delivered the keynote address, emphasizing the significance of the Ek Bharat Shreshtha Bharat program in fostering awareness of different states through state pairings. The program aims to promote Unity in Diversity, the Spirit of National Integration, and a shared national identity.

The event featured diverse cultural programs, including dance performances, Pahari songs, an informational slideshow, a quiz, and a ramp walk showcasing traditional Himachal costumes. The activities were not only informative but also entertaining, providing a comprehensive understanding of Himachal Pradesh's cultural heritage. Ms. Rubymol Philip, Assistant Professor in the Department of Political Science, served as the faculty coordinator for the event. The celebration successfully combined education and entertainment, contributing to the college's commitment to cultural enrichment and national integration.





## **7. ANTI-DRUG WEEK CELEBRATIONS**

As we strive to cultivate a community aligned with constitutional principles, the observance of Anti-Drug Day emerges as a crucial touchpoint. This initiative not only underscores the immediate concern of substance abuse but also serves as a gateway to instill values, rights, and responsibilities essential for fostering informed and responsible citizens. By integrating Anti-Drug Day, we embark on a collective journey toward a healthier, more conscientious community

### **7.1 ANTI DRUG DAY FLASH MOB ON 24 JUNE 2022**

The Department of Commerce conducted a flash mob on 24/6/2022 as a part of Anti-Drug Day with the thought of promoting the idea of saying no to drugs.

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Anti-drug flash mob

### 7.2 ANTI-DRUG AWARENESS RALLY ON 30 SEPTEMBER 2022

NSS organized an anti-drug awareness rally on 30th September 2022 to raise awareness about drug abuse and to strengthen action and cooperation in achieving the goal of a world free of drug abuse. More than 300 students participated in the rally and administered the pledge. Principal Dr. Sr. Regeenamma Joseph flagged off the rally.



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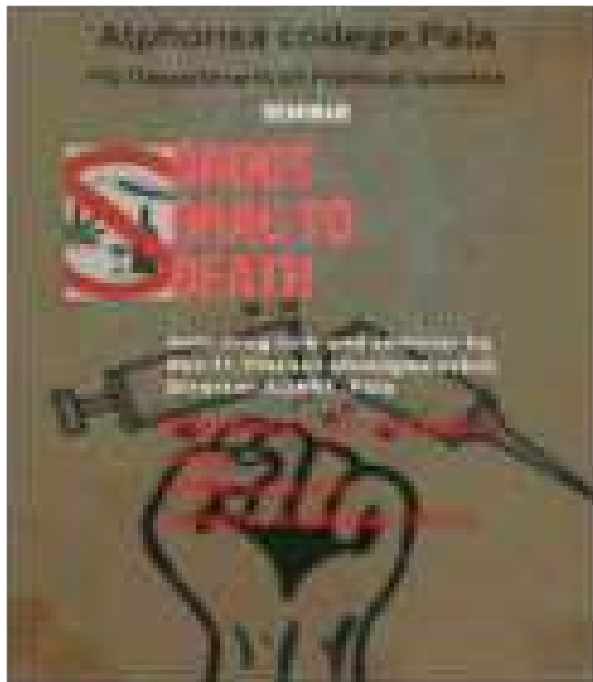


Anti-drug awareness rally on 30th September 2022

### 7.3. SEMINAR ON ANTI DRUGS DAY ON OCTOBER 13, 2022

A seminar on Anti-Drugs Day was arranged by the Political Science Department on October 13, 2022. Rev. Fr. Vincent Moongamackal, the Director of ADART, served as the resource person.

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Rev. Fr. Vincent Moongamackal, the Director of ADART delivered the talk

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### 7.4 ANTI-DRUG QUIZ- OCTOBER 14 2022

The Zoology department organized an interdepartmental quiz competition as part of the Anti-Drug Week observance. Ms. Parvathy Vijayan from the first year of the Mathematics department clinched the top prize.



Anti-drug Quiz organized by Department of Zoology

### 7.5 PANNEL DISCUSSION OCTOBER 14 2022

The Zoology department's students conducted a panel discussion addressing the negative impacts of drug abuse in society. During the discussion, students expressed their perspectives on drug abuse and discussed potential measures to control its prevalence among the youth.

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### 7.6. ANTI-DRUG CAMPAIGN ON 15 OCTOBER 2022

As the part of anti-drug campaign The Department of English conducted a caption writing competition about “LAHARI VIMUKTHA KERALAM” on 15 October 2022.

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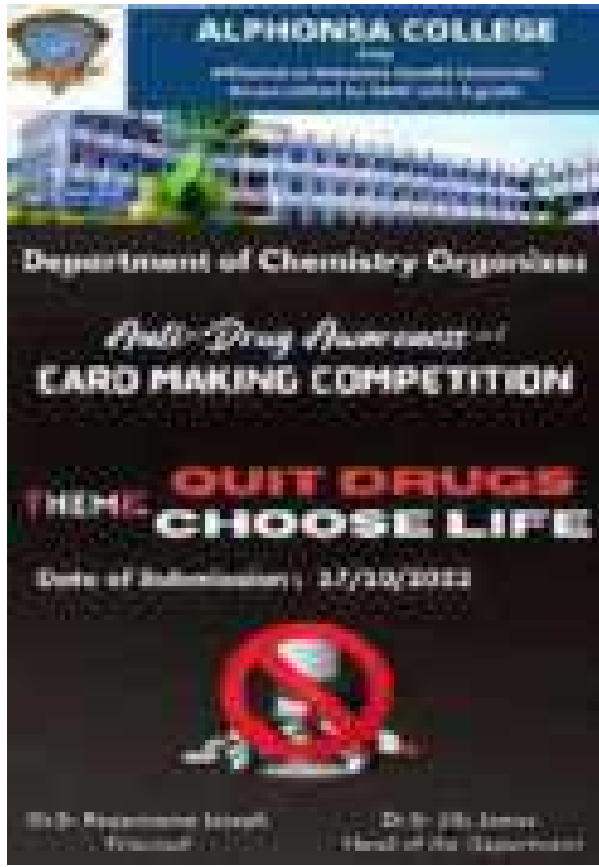


A caption writing competition about “LAHARI VIMUKTHA KERALAM” on 15 October 2022.

### 7.7 ANTI-DRUG DAY CELEBRATION CARD MAKING COMPETITION -OCTOBER 17-2022

As part of the Anti-Drug Awareness program, the Department of Chemistry organized an Inter-departmental Card Making Competition on 17/10/2022. Students from various department actively participated in the competition. The theme of the competition is “QUIT DRUGS, CHOOSE LIFE”.



**7.1.9**


**ALPHONSA COLLEGE**  
 Higher Secondary & Graduate Department

Department of Chemistry Organizes  
*Anti-Drug Awareness*  
**CARD MAKING COMPETITION**

**THEME: QUIT DRUGS, CHOOSE LIFE**

Date of Submission: 27/10/2022

Dr. B. Rajamohan Reddy, Professor  
 Dr. B. Jyoti Jyoti, Head of the Department

**Rules and guidelines**

- Each participant can submit only one poster.
- The poster must be on the theme (Quit drugs, Choose life).
- Acceptable tools for drawing/painting include pencil, water colour, oil paint, markers etc. Photographs, art, clay, wire, other 3D objects are not acceptable. The poster should be original and handmade.
- Name and roll no. of the participant must be clearly mentioned on the right side bottom of the page.
- The theme – **Quit Drugs, Choose Life** should be the main focus of the poster.



Card Making Competition on the theme “QUIT DRUGS, CHOOSE LIFE”.

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**7.8 FLASH MOB FOR A DRUG FREE WORLD ON 1 NOVEMBER 2022**

On 1st November 2022, NSS in association with Women Cell and Department of Zoology, performed Flash mob for a drug free world. The flash mobs were conducted at Govt. U.P. School, near the adopted village Poovarany, Pala Town and Govt. Hospital Pala. At the end of the performance, Ms. Keerthana Reji, NSS Volunteer Secretary delivered a speech against Drug abuse.



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### 7.9 A SEMINAR ON 'SAY NO TO DRUGS' ON 29 DECEMBER 2022

A seminar on 'Say no to drugs' was conducted by Fr. James Moongamakkal (Director, ADART, Pala) on 29th December 2022. 107 NSS volunteers participated.

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A seminar on ‘Say no to drugs’ was conducted by Fr. James Moongamakkal

### **7.10 TALK AND DISTRIBUTION OF BOOKLETS AGAINST ALCOHOLISM IN PALA SUB-JAIL**

CGS Coordinators Ms. Rosmy Kattoor and Ms. Ashley Thomas spoke at the valedictory function of the anti-alcoholism drive in the Pala Sub-Jail. Copies of the booklet on the Problems of Alcoholism and Drug Abuse published by the Centre were distributed among the inmates of the jail.

### 7.1.9



Booklet on the Problems of Alcoholism and Drug Abuse published by CGS were distributed among the inmates of the jail.

### 7.11 TWO-WHEELER RALLY ON 7 MARCH 2023

As a part of anti-drug awareness programme, NSS in association with Pala Social Welfare Society and Caritas India, organized Two-wheeler Rally on 7 th March 2023. NSS volunteers and Women from various organizations such as Mathrujyothi, SMYM, PSWSand KSSF participated in the Two wheeler rally. The programme was inaugurated by H.E. Mar Joseph Kallarangattu (Patron of our College) and rally was flagged off by Sri. A. J. Thomas (DySP of Pala).

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## **8. ACTIVITIES TO INCULCULATE GANDHIAN VALUES**

### **8.1 A JOURNEY THROUGH THE LIFE OF MAHATMA- PRAYANA 2K22**

A quiz competition series – Prayana 2K22 based on Mahatma Gandhi's autobiography was organised by the Centre for the students of the college. Anna Dominic of III DC History was the overall winner of the series.



A quiz competition series – Prayana 2K22

### **8.2. SEMINAR ON 'GANDHI'S WAY: THE HOPE FOR DEVELOPMENT IN THE 21ST CENTURY'-5 JULY 2022**

The Centre for Gandhian Studies organised a seminar on 'Gandhi's Way: The Hope for Development in the 21st century' in collaboration with Meenachil Taluk Library Council on 5 July 2022 at the Pala Municipal Library Hall. Dr. M.P. Mathai (Professor, Gujarat Vidyapeeth, Ahmedabad) was the key speaker at the seminar. The programme was inaugurated by Sri Anto Jose Padinjarakara, Pala Municipal Chairman. Other speakers included Dr. Sindhumol Jacob, Meenachil Taluk Library Council; Sri Babu K. George,

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President, Kottayam District Library Council; Sri Roy Francis, Secretary, Meenachil Taluk Library Council; Sri Thomas Peter, Standing Committee for Education, Pala Municipality; and Sri C.K.Unnikrishnan, Joint Secretary, Meenachil Taluk Library Council.

Booklets published by CGS on the Right to Information Act, Waste Management, Living with Nature, Hazards of Plastic and the Problems of Alcoholism and Drug Abuse were given to all the participants of the programme. The programme was organised as part of the CGS objective of promoting an understanding and awareness of the message of Mahatma Gandhi among the public.



A seminar on 'Gandhi's Way: The Hope for Development in the 21st century'

### 8.3 GANDHI JAYANTI CELEBRATION- DOCUMENTARY SCREENING-30TH OCTOBER 2022

A documentary on Mahatma Gandhi was screened to commemorate Gandhi Jayanthi on 30th October 2022. The screening was conducted in classroom 36 for the students of the Department of History. The documentary screening inculcated in our students the zeal to cherish the national ideals given by our father of the nation. The documentary inspired our students to value and follow the noble principles of our national struggle for freedom.





A documentary on Mahatma Gandhi

#### 8.4 INVITED LECTURE ON 'GANDHI AND POSTCOLONIAL THOUGHT' ON 5 JANUARY 2023

An invited lecture on 'Gandhi and Postcolonial Thought' was organised by the Centre on 5 January 2023. The resource person for the programme was Dr. Mathew Joseph C. Professor, MMAJ Academy of International Studies, Jamia Milia Islamia, New Delhi. In the overall framework of the theoretical notions of postcolonialism and Eurocentrism, Dr. Joseph

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put forth his arguments as to why Mahatma Gandhi needs to be taken into account as one of the first postcolonial thinkers and how he differed from other early postcolonial thinkers.



An invited lecture on ‘Gandhi and Postcolonial Thought’

### **8.5 INVITED LECTURE ON ‘GANDHI: A CONTEMPORARY READING’ ON 14 JANUARY 2023**

An invited lecture on the theme ‘Gandhi: A Contemporary Reading’ was organised by the Centre on 14 January 2023. Dr. Sunil P. Elayidom, Professor, Sree Sankaracharya University of Sanskrit, recipient of the Kerala Lalithkala Akademi Kesari Award and two time recipient of the Kerala Sahitya Akademi Award, was the resource person and the session was chaired by Dr. K.M. Seethi, ICSSR Senior Fellow, Mahatma Gandhi University. The programme was organised to honour Dr. Teresa Joseph, Director of the Centre for Gandhian Studies on the occasion of her retirement. Dr. Sunil P. Elayidom gave a fresh life to Gandhian principles as he spoke on Gandhi's views on modern civilization (which shifted focus from nature to natural resources, from human beings to citizens, from people to population, from knowledge to expertise); Gandhi's views on nationalism, and on religion.

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Providing a detailed account of the intricacies of Gandhi's last days, he emphasised the importance that Gandhi gave to the discovery of truth, even if it was at the cost of being inconsistent.



An invited lecture on the theme 'Gandhi: A Contemporary Reading'