



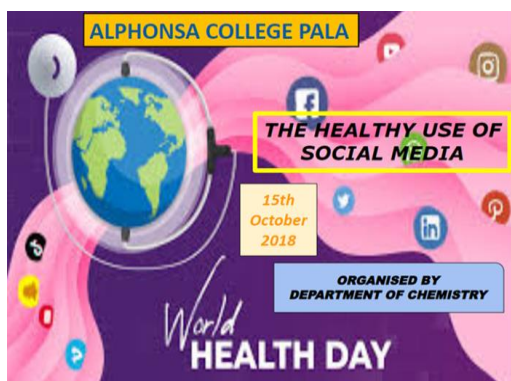
## ALPHONSA COLLEGE, PALA

### REPORT OF LIFE SKILLS PROGRAMMES 2018-2023

#### **LIFE SKILLS 2018-2019**

##### ➤ **WORKSHOP ON 'THE HEALTHY USE OF SOCIAL MEDIA'**

On 15 October 2018, in connection with 'World Mental Health Day', the Department of Chemistry organised an awareness class focusing on 'The Healthy Use of Social Media'. The session aimed to educate students about the potential impacts of social media on mental health and wellbeing. Through interactive discussions and informative presentations, participants gained insights into maintaining a balanced and positive relationship with social media platforms. The event served as an important initiative in promoting mental health awareness and fostering healthy habits among students in the digital age.



##### ➤ **LIFE SKILLS MANAGEMENT**

On March 19, 2019, the Department of Commerce organised a workshop in collaboration with the State Industrial Board on Life Skills Management. The workshop aimed to equip students with essential life skills necessary for personal and professional success. Sri. Abdul Razaq, a certified trainer and motivational speaker, led the workshop, providing valuable insights and practical



guidance. Approximately 50 students actively participated and benefited from the workshop, gaining crucial knowledge and skills to navigate various aspects of life effectively.



#### ➤ **A TALK ON "THE IMPORTANCE OF YOGA"**

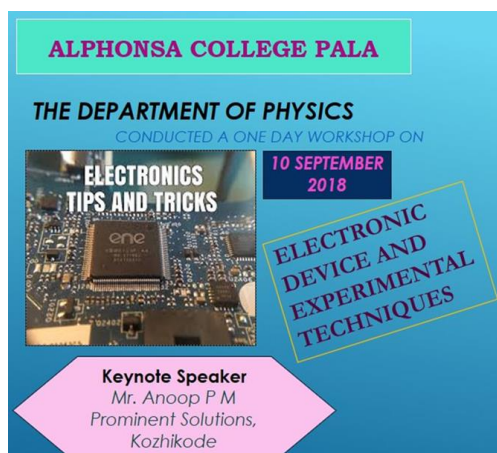
On June 22, 2018, the Department of Clinical Nutrition & Dietetics, in collaboration with JCI Poovarany, organised a talk on "The Importance of Yoga". The session aimed to enlighten students about the significance of yoga in maintaining physical and mental well-being. P.V. Jayakumar, Section Officer at M.G. University and President of JCI Poovarany, delivered the talk. Approximately 45 students attended the program and gained valuable insights into the benefits of incorporating yoga into their daily lives. The event successfully highlighted the importance of holistic health practices and provided students with practical knowledge for enhancing their overall well-being.

#### ➤ **ELECTRONIC DEVICE AND EXPERIMENTAL TECHNIQUES**

A one-day workshop on "Electronic Devices and Experimental Techniques" was organised by the Department of Physics on September 10, 2018. The workshop encompassed both theoretical classes and hands-on training sessions focused on equipment maintenance. Mr. Anoop P M, from Prominent Solutions, Kozhikode, served as the resource person, bringing his expertise in the field. Students of the Physics Department actively participated in the program

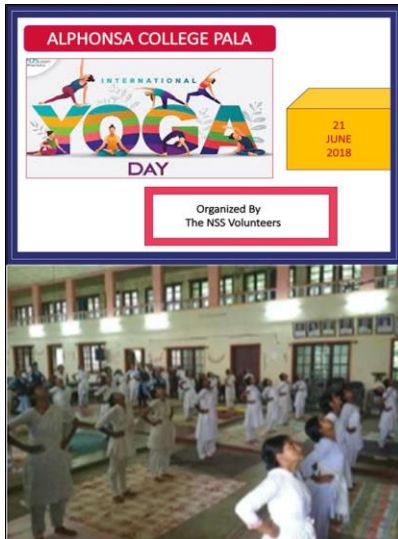


and greatly benefitted from the comprehensive sessions. The workshop provided valuable insights and practical skills to the students, enhancing their understanding of electronic devices and experimental techniques. Overall, the event was a successful endeavour towards enriching the academic experience of the students and preparing them for future endeavours in the field of physics.



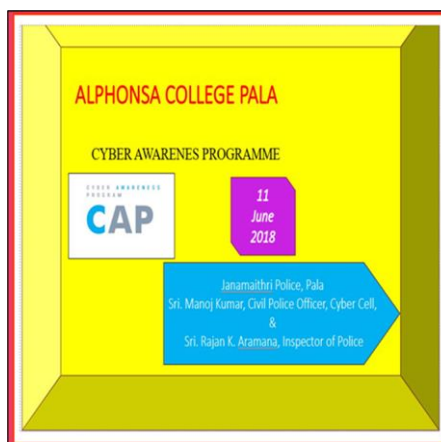
### ➤ **WORLD YOGA DAY**

On June 21, 2018, the NSS volunteers of Alphonsa College commemorated World Yoga Day by organising yoga sessions for interested students. The sessions aimed to promote holistic well-being, fostering reflection on the connection between the body and soul through yoga practice. Led by the NSS Unit of Alphonsa College, Pala, the event provided students with an opportunity to experience the physical, mental, and spiritual benefits of yoga. Through these sessions, participants gained insights into the importance of incorporating yoga into their daily lives for overall health and wellness.



### ➤ **CYBER AWARENESS PROGRAMME**

On June 11, 2018, the Women’s Cell at Alphonsa College, Pala, collaborated with Janamaithri Police, Pala, to organise a cyber-awareness programme. The session aimed to educate students about the importance of cyber safety and security in the digital age. Conducted by Sri. Manoj Kumar, Civil Police Officer from the Cyber Cell, and Sri. Rajan K. Aramana, Inspector of Police, the programme provided valuable insights into cyber threats and preventive measures. Approximately 50 students actively participated and benefited from the programme, gaining essential knowledge to navigate the online world safely and responsibly. The event served as a crucial initiative in promoting cyber awareness among college students.





### ➤ **CLASS ON “THE EVIL EFFECTS OF ALCOHOLISM”**

On June 26, 2018, in observance of the International Day against Drug Abuse, the NSS Unit conducted a class focusing on the detrimental effects of alcoholism. The session was led by Fr. Mathew Puthiyidam, Director of the ADART de-addiction centre in Pala. With the participation of 50 students, the class aimed to raise awareness about the adverse impacts of alcohol consumption on individuals and society. Fr. Mathew Puthiyidam's expertise shed light on the physical, psychological, and social consequences of alcohol abuse, empowering students to make informed decisions regarding substance use. The program served as a proactive initiative to combat alcoholism and promote a healthier lifestyle among students.

## **LIFE SKILLS 2019-2020**

### ➤ **AIDS AWARENESS PROGRAMME**

On November 27, 2019, the NSS of Alphonsa College, Pala, organized an AIDS awareness programme for 350 students. The session was conducted by Gayathri Ashokan, a Dietitian from Nutri-Solutions, Ernakulam. The programme aimed to educate students about AIDS prevention, transmission, and the importance of safe practices. Through informative presentations and interactive discussions, attendees gained a better understanding of HIV/AIDS and its impact on individuals and communities. Gayathri Ashokan provided valuable insights into maintaining good health practices and dispelled myths surrounding HIV/AIDS. The programme served as an important initiative in raising awareness and promoting responsible behavior among students regarding HIV/AIDS. Overall, the event was successful in fostering a sense of responsibility and empathy towards individuals affected by HIV/AIDS within the college community.



### ➤ AWARENESS PROGRAMME ON CORONAVIRUS

On February 14, 2020, Alphonsa College, Pala, organised an Awareness Programme on Coronavirus. The session was conducted by Dr. Anish Bhadrean, Resident Medical Officer (RMO) at the Government Hospital, Pala. The programme aimed to educate students about the Coronavirus outbreak, its symptoms, transmission, and preventive measures. Dr. Bhadrean provides comprehensive information on the importance of hygiene practices, such as handwashing and respiratory etiquette, to prevent the spread of the virus. Attendees were also briefed on the global and local efforts to contain the spread of Coronavirus. The programme served as a crucial initiative in raising awareness and dispelling myths surrounding the virus. Overall, the event equipped students with essential knowledge to protect themselves and their communities against the Coronavirus threat.



➤ **CANCER AWARENESS CLASS**

On September 5, 2019, Alphonsa College, Pala, organised a Cancer Awareness Class for its students. The session was conducted by Dr. Boben Thomas, an expert in the field of oncology. The programme aimed to educate students about cancer, its causes, symptoms, prevention, and treatment options. Dr. Boben Thomas shared valuable insights into the importance of early detection and lifestyle modifications to reduce the risk of cancer. The class provided attendees with essential knowledge and awareness to make informed decisions regarding their health and well-being. A total of 100 students benefited from the programme, gaining a better understanding of cancer-related issues and contributing to the promotion of health awareness within the college community.

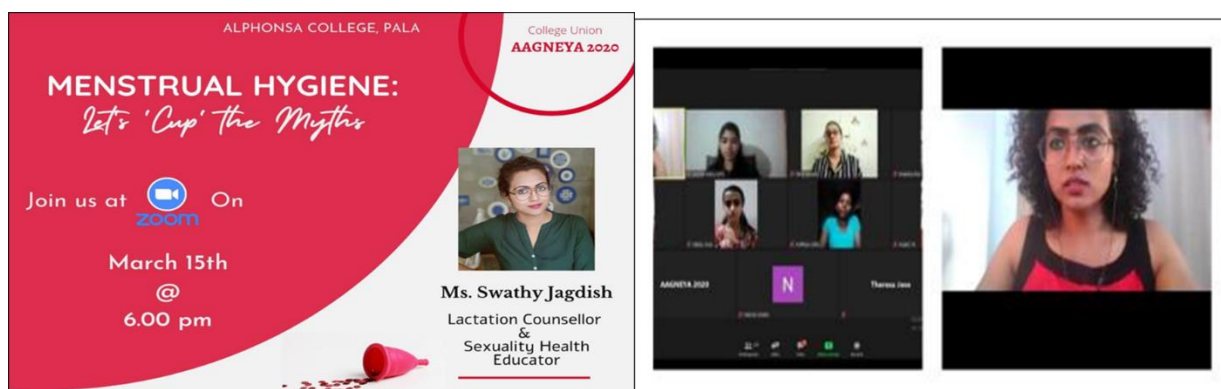




## LIFE SKILLS 2020-2021

### ➤ WEBINAR ON 'MENSTRUAL HYGIENE'

The College Union, as part of the International Women's Day Celebration, organized an online webinar titled 'Menstrual Hygiene: Let's Cup the Myths' on March 15th, 2021. The webinar was conducted by Ms. Swathy Jagdish, a Lactation Counsellor and Sexuality Health Educator. The session aimed to address misconceptions surrounding menstrual hygiene and promote awareness regarding effective menstrual management practices. Attendees gained valuable insights into menstrual health, hygiene, and the use of menstrual cups as an eco-friendly alternative. The webinar served as an important platform for fostering discussions and breaking taboos related to menstruation, contributing to the empowerment of women.



### ➤ INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day was celebrated on 21 June 2021 with enthusiasm and dedication. Cadets actively participated in the event, showcasing their commitment to health and wellness. A special training session in yoga was organized as part of the celebrations. Experienced instructors guided the cadets through various yoga postures and breathing exercises. The training aimed to enhance physical fitness and mental well-being among the participants. A total of 70 cadets took part in the



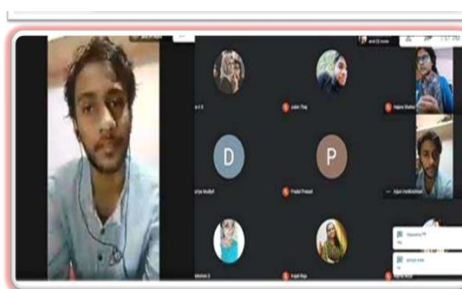


yoga session. Their participation reflected the growing importance of yoga in promoting a healthy lifestyle. The event concluded with a sense of accomplishment and rejuvenation among the cadets.



➤ **RED IS THE NEW BLUE: BUSTING MYTHS AND MISCONCEPTIONS ON MENSTRUATION**

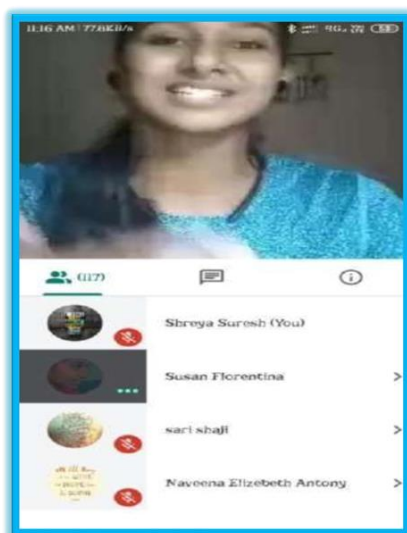
On 16th August 2020, volunteers participated in an insightful session on menstruation. The webinar, organized by Rekindled Youth, aimed to address and dispel common myths and misconceptions about menstruation. Mr. Arjun Unnikrishnan from The Red Cycle served as the resource person for the event. He provided clear and informative answers to the participants' questions and concerns. The session, titled "Red is the New Blue: Busting Myths and Misconceptions on Menstruation," was well-received by the attendees. A total of 40 volunteers took part in the webinar. The interactive format allowed for an engaging and educational experience. By the end of the session, participants felt more informed and empowered regarding menstrual health. The event highlighted the importance of open dialogue and education on this crucial topic.





### ➤ PHYSIQUE AND PHYSICAL FITNESS

As part of the Fit India event, a webinar on physique and physical fitness was held on September 6, 2020. The session was led by Susan Florentina S., a respected expert in the field. This event was a collaborative effort by the NCC and NSS units of Alphonsa College. Susan Florentina S. shared her expertise on the importance of maintaining physical fitness and a healthy physique. She provided practical tips and strategies for integrating fitness into daily routines. The webinar included an interactive Q&A session, allowing participants to engage directly with the speaker. Attendees found the session highly informative and motivating. The event successfully highlighted the significance of physical fitness as part of the broader Fit India initiative.



### ➤ 'ESSENTIALS OF DISCIPLINED PHYSIQUE'

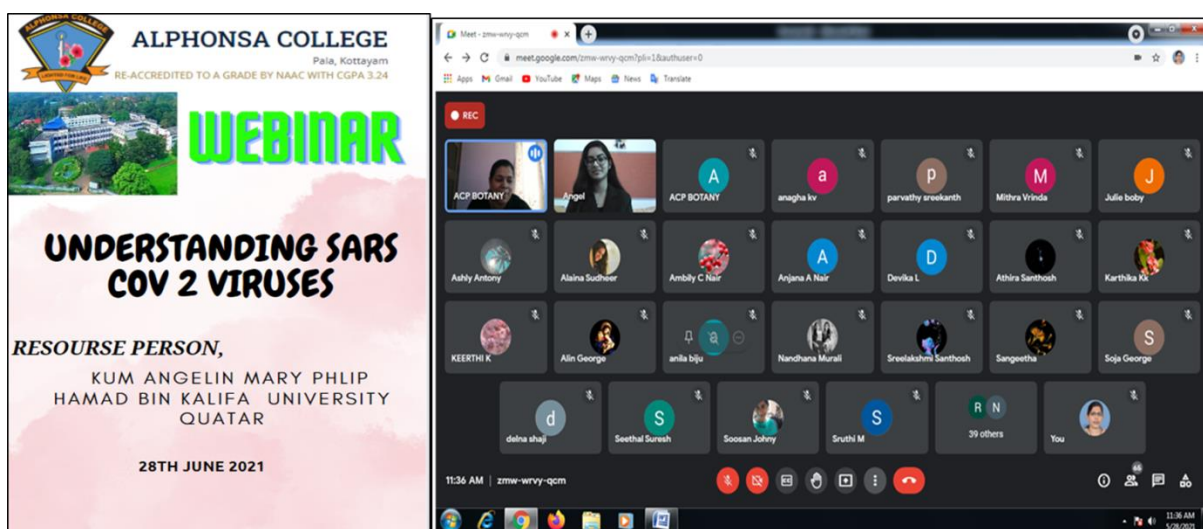
On 17th September 2020, the NSS and NCC units of Alphonsa College, Pala, organized an enlightening class titled "Essentials of Disciplined Physique." The session was conducted by Amal Manohar, a renowned fitness trainer and national athlete. This initiative was part of the Fit India Movement, aiming to promote physical fitness and a disciplined lifestyle among students. Amal Manohar shared valuable insights on maintaining a healthy and disciplined physique. He emphasized the importance of regular exercise, balanced nutrition, and mental well-being. The

interactive session allowed students to ask questions and receive personalized advice. The event was well-received, with participants gaining practical knowledge and motivation to improve their fitness routines. Overall, the class reinforced the significance of a disciplined approach to physical health in achieving overall well-being.

## LIFE SKILLS 2021-2022

### ➤ WEBINAR ON DEADLY DISEASES “UNDERSTANDING SARS COV 2 VIRUSES”

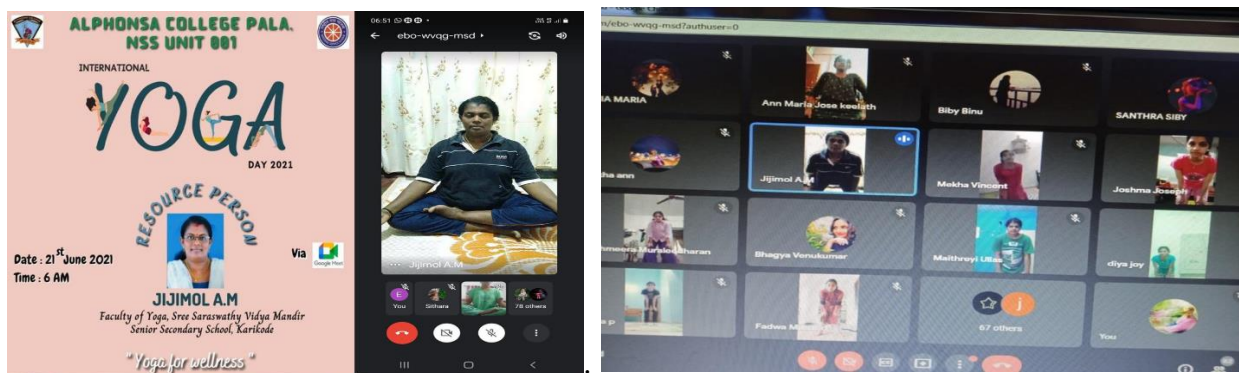
The Department of Botany organized a webinar titled "Understanding SARS COV 2 Viruses" on June 28th, 2021. The webinar was conducted by Kum Angelin Mary Philip, a research fellow at the College of Health and Life Science, Hamad Bin Khalifa University, Qatar Foundation, Doha, Qatar, and an alumna of the department. A total of 83 students participated in the webinar, which provided valuable insights into the deadly disease, aiding students in comprehending its causes and implications. This initiative underscores the department's commitment to facilitating learning beyond the classroom and promoting awareness of critical global health issues among students.





### ➤ INTERNATIONAL YOGA DAY CELEBRATION

On June 21, 2021, NSS (National Service Scheme) celebrated International Yoga Day at 6 AM through Google Meet by organizing a Yoga Training class for NSS volunteers. The session was conducted by Mrs. Jijimol A.M., a faculty member of Yoga at Sree Saraswathy Vidhya Mandir S.S. School, Karikode. The event likely provided participants with an opportunity to engage in physical and mental well-being activities while promoting the importance of yoga in maintaining a healthy lifestyle, thereby contributing to their holistic development.



### ➤ ONLINE TALK ON 'YOGA AND MEDITATION'


The Department of Chemistry and B Voc Sports Nutrition and Physiotherapy observed Yoga Day by hosting an online talk titled "Yoga and Meditation" on June 19th, 2021. The talk was delivered by Dr. S Sarith Kumar, a Homeopathy Doctor and Yoga Specialist. A total of 59 students participated in the webinar, which aimed to promote the importance of yoga and meditation for physical and mental well-being. This event exemplifies the department's commitment to holistic education and fostering healthy lifestyles among students.



**ALPHONSA COLLEGE**

Palai, Kottayam

Reaccredited to A Grade by NAAC with CGPA 3.24


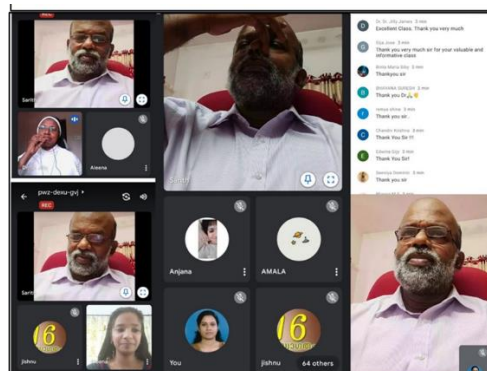


**Alphonsa College , Pala**  
**TALK ON : YOGA AND MEDITATION**

By : **Dr. S . SARITH KUMAR**  
 Homeopathy Doctor and Yoga Specialist

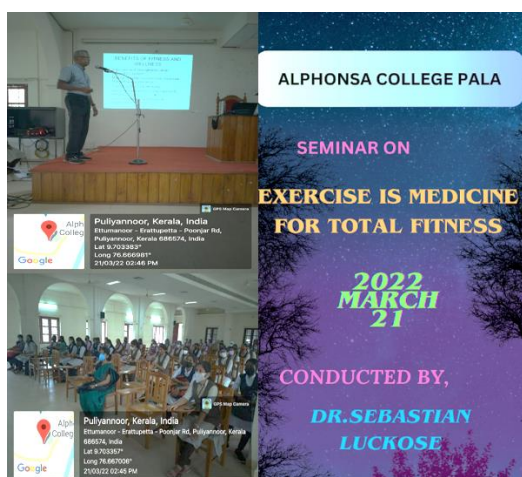
Organised by the Departments of  
 Chemistry & B.Voc Sports Nutrition  
 and Physiotherapy

Via Google meet on 19/06/2021  
 9.00 am to 10.00 am

➤ **SEMINAR ON "EXERCISE IS MEDICINE FOR TOTAL FITNESS"**

A seminar titled "Exercise is Medicine for Total Fitness," featuring Dr. Sebastian Luckose, was held on March 21, 2022. Sixty students participated in the session, which was conducted in collaboration with the Indian Association of Pediatrics. The seminar provided valuable insights into methods for maintaining fitness and health, offering students practical knowledge and strategies to lead active and healthy lifestyles. This event underscored the department's commitment to promoting holistic well-being among its students through educational collaborations and informative sessions.

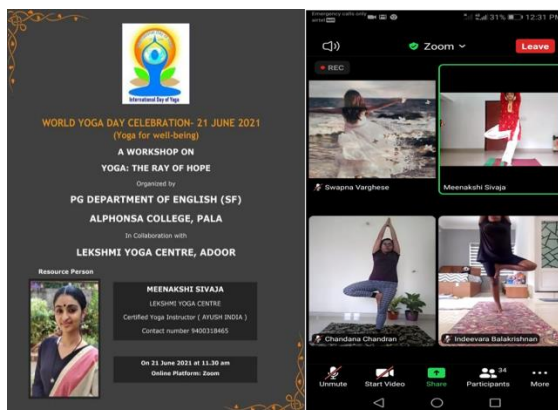


➤ **WORKSHOP ON "YOGA: A RAY OF HOPE"**

On June 19th, 2021, the department organized a workshop titled "Yoga: A Ray of Hope" in collaboration with Lekshmi Yoga Centre, Adoor, to commemorate World Yoga Day. The workshop, conducted by Mrs. Meenakshi Shivaja, a Certified Yoga Instructor from Ayush India,

**REPORT OF LIFE SKILLS PROGRAMMES 2018-2023**

aimed to promote the benefits of yoga for physical and mental well-being. With 34 participants in attendance, the workshop provided practical insights and techniques for integrating yoga into daily life, emphasizing its role as a source of hope and holistic wellness. This event highlighted the department's commitment to fostering health and mindfulness among its participants through educational collaborations and experiential workshops.

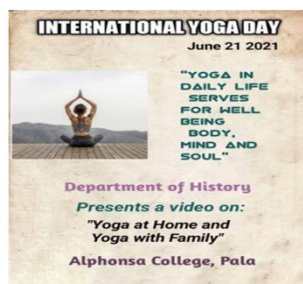


➤ **ONLINE YOGA SESSION CONDUCTED AND VIDEO CREATION BY STUDENTS ON YOGA ON INTERNATIONAL YOGA DAY**

The students of the Department of History celebrated International Yoga Day on June 21st by creating an informative video showcasing different yoga poses. The video, accessible through the provided link

[https://www.instagram.com/tv/CQaVvvrH94f/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CQaVvvrH94f/?utm_source=ig_web_copy_link)

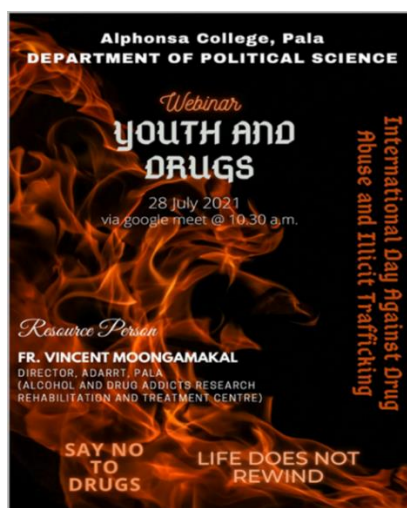
demonstrated various yoga postures, promoting the importance of yoga for physical and mental well-being. This initiative exemplifies the department's commitment to promoting holistic health practices and cultural awareness among its students.





### ➤ **WEBINAR ON YOUTH AND DRUGS**

The Department of Political Science organized a webinar on July 28, 2021, at 10:30 a.m., focusing on the theme 'Youth and Drugs'. Rev. Fr. Vincent Moongamakal, Director of ADART, Pala, delivered the keynote address. Sixteen students actively participated in the webinar, which aimed to address the critical issue of drug abuse among youth, providing valuable insights and fostering awareness within the academic community. This event underscores the department's commitment to addressing contemporary societal challenges through informative discussions and expert perspectives.

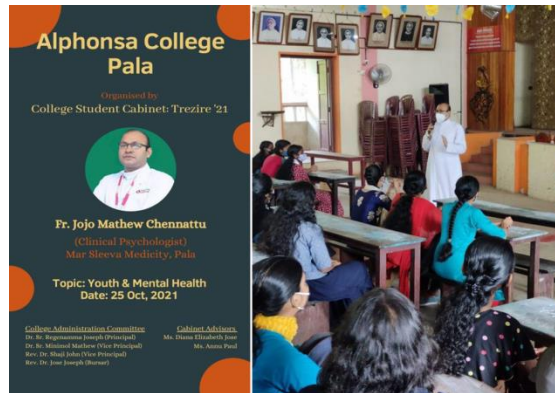


### ➤ **ORIENTATION PROGRAMME ON YOUTH AND MENTAL HEALTH**

The Orientation Programme for the first Year students 2021-22 was held on 25 October 2021 under the guidance of our College Administration Committee and Cabinet Advisors. The Orientation class was taken by Fr. Jojo Mathew Chennattu, Clinical Psychologist, Mar Medicity, Pala on the topic 'Youth and Mental Health'. Fr. Jojo Mathew explained about the mental stress and problems faced by the youth and suggested methods to overcome the stress among the youth. Mar SleevaMedicity, Pala offered counselling for the students of our college on a monthly basis to

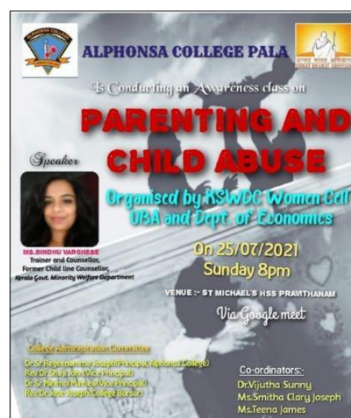


increase the mental health of our students. 412 first year students participated in the orientation class.



➤ **WEBINAR ON “PARENTING AND CHILD ABUSE”**

A webinar titled "Parenting and Child Abuse" was organized by the UBA Cell in collaboration with the Women's Cell and KSWDC on July 25th, 2021. Ms. Bindu Varghese, Former Child Counselor of KSWDC, led the session, imparting valuable insights on the topic. The webinar particularly benefited over 60 students from the teenage group of St. Michael’s HSS Pravithanam in Kadanadu village, emphasizing the importance of awareness and prevention of child abuse within the community. This initiative reflects the commitment of the organizing bodies to address crucial societal issues and promote child welfare through informative discussions and expert guidance.







## LIFE SKILLS 2022-2023

### ➤ HEALTHY FOOD”

An awareness programme on the “Importance of Healthy food” was conducted by the Women Cell of Alphonsa College Pala on 30. September 2022 in association with the Department of Zoology under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with “Poshan Abhiyaan Scheme” launched in 2018 by the Government of India with the aim of tackling the malnutrition problem prevalent in India. Poshan Abhiyaan is also known as the National Nutrition Mission (NNM). The technical session was an awareness class on the “Importance of Healthy Food in Teenage ” by Miss Swapna George, HOD of the Department of Clinical Nutrition and Dietetics. Miss Swapna explained about the importance of taking a variety of different food items available in our locality, including differently coloured vegetables and fruits in our diet, about the correct proportions of major nutrients and also on the importance of breakfast in our lives.





### ➤ SEMINAR ON YOGA & AEROBICS

On 2nd June 2022, an awareness program on Yoga and Aerobics was conducted for students. The event was organized by the Yoga and Aerobic Club of Alphonsa College, Pala. Over 120 students actively participated in this program. The primary objective was to promote the benefits of Yoga and Aerobics for physical and mental well-being. In addition to practical sessions, the program included informative discussions and demonstrations. Following this, a seminar related to the awareness program was held on 21st June. Both events received enthusiastic participation and positive feedback from students. Overall, the program successfully highlighted the importance of incorporating Yoga and Aerobics into daily routines.



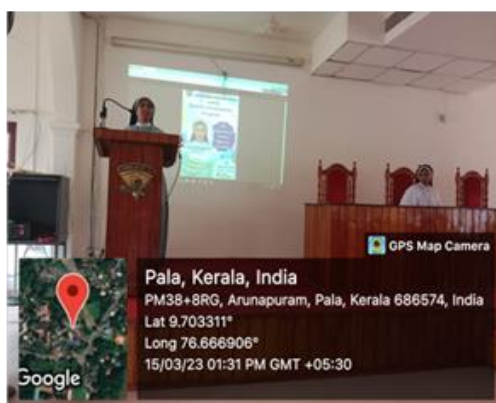
### ➤ LIFE SKILL ENHANCEMENT THROUGH YOGA

The students of the college participated in a life skill enhancement initiative through Yoga week observation in the month of June 2022. The sessions were coordinated by Ms. Nandana Jayakumar, a yoga practitioner. It included breathing exercises, stretching, and certain postures. These activities helped students to realise the importance of yoga. 154 students participated in the program.



➤ **INVITED TALK ON ‘IMPORTANCE OF FEMININE HYGIENE IN OUR SOCIETY’**

As we all know hygiene is two-third of health. In the present scenario, the Department of Mathematics of Alphonsa College Pala organizes the holistic development program, led by Sr Teena Thudiyamplackal, gynecologist at Devamatha Hospital Koothattukulam on the topic of importance of feminine hygiene. The seminar, which was one hour long, was held at the seminar hall of Alphonsa College Pala on 15th March 2023 from 1:30 pm to 2:30 pm. 72 students of first year, second year and third year of mathematics department gathered for the seminar.





➤ **AWARENESS PROGRAMME ON “PHYSICAL AND MENTAL WELL BEING OF WOMEN”**

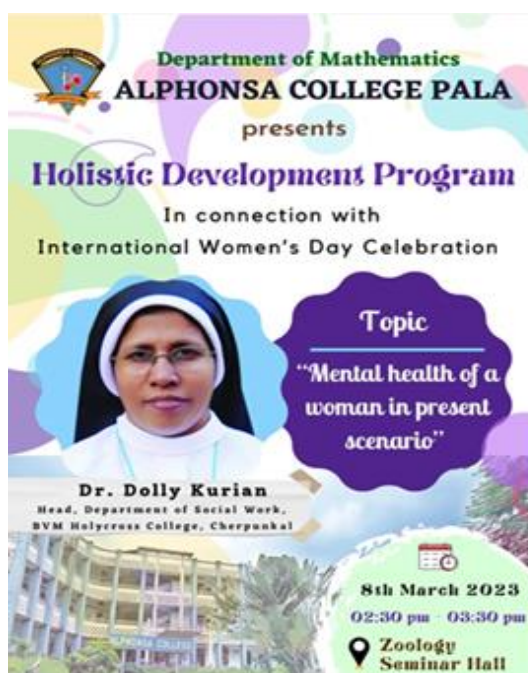
Women cell and Department of Economics Alphonsa College, Pala in association with Kerala State Women’s Development Corporation Ltd., organised an awareness program on Physical and Mental Well Being of Women on 28/10/2022. Dr. Anjana Chandran Medical Officer (NAM) Seethalayam Unit, Govt Homeo Hospital, Kurichy And Mrs Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy led the session Almost 120 students of the department participated in the class. The session led by Dr. Anjana gave awareness to the students on the need for regular exercise and a healthy diet. The second session by Mrs Sneha was quite vibrant and talked about self-love and self-confidence. She pointed out the importance of saying ‘no’ in life. She also talked about the difference between cognitive and emotional brain power functions.





➤ **INVITED TALK ON “HOLISTIC DEVELOPMENT OF WOMAN IN PRESENT SCENARIO”**

“Self-care is not self-indulgence, it is self-preservation”. On the occasion of the international women's day, invited talk on the topic ‘Holistic Development of a Woman In Present Scenario’ was organized by the department of Mathematics of Alphonsa college Pala which was led by Dr Dolly Kurian, Head of the social work department, BVM Holy cross College Cherpunkal on the topic mental health of a woman in present scenario. The aim of the program was to brighten the spirit of empowerment among young women and make them capable of facing the obstacles.



**Dr. Dolly Kurian sharing her views on holistic development of Women**



*Shaji J. J.*  
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