



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.2 Best Practice 01 - PARYAPTHA

EXHIBITION CUM SALE

THE COLLEGE HOSTS VARIOUS EXHIBITION CUM SALE EVENTS FOR THE STUDENTS AND THE ALUMNAE TO APPRECIATE AND PROMOTE THEIR SKILLS

PARYAPTHA - PROMOTING ECO-FRIENDLY SELF RELIANCE

‘Reduce, Reuse, Recycle’ as well as providing students with the opportunity to **‘Earn While You Learn’**.

Paryaptha, an exhibition cum sale of handmade items organised by Centre for Gandhian Studies for students and teachers of our college with the objective of inculcating the ideals of self-reliance, women empowerment, and sustainable development among students. Traditional food items, handicrafts, bags, jewellery, clothing, towels, organic fruits and vegetables, recycled art items, homemade detergents, etc. were on sale. By participating in Paryaptha, students were able to not only showcase their creativity and talents but also earn income from the sale of their handmade products. This concept of earning while learning not only provides financial independence to students but also instills in them a sense of responsibility and self-reliance.

Moreover, Paryaptha encouraged students to think entrepreneurially, teaching them important lessons in marketing, sales, and customer service. By actively participating in the sale of their products, students learned firsthand about the challenges and rewards of running a business, preparing them for future entrepreneurial endeavors.

In addition to its focus on self-reliance and entrepreneurship, Paryaptha aimed to promote eco-friendly practices and sustainability. 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

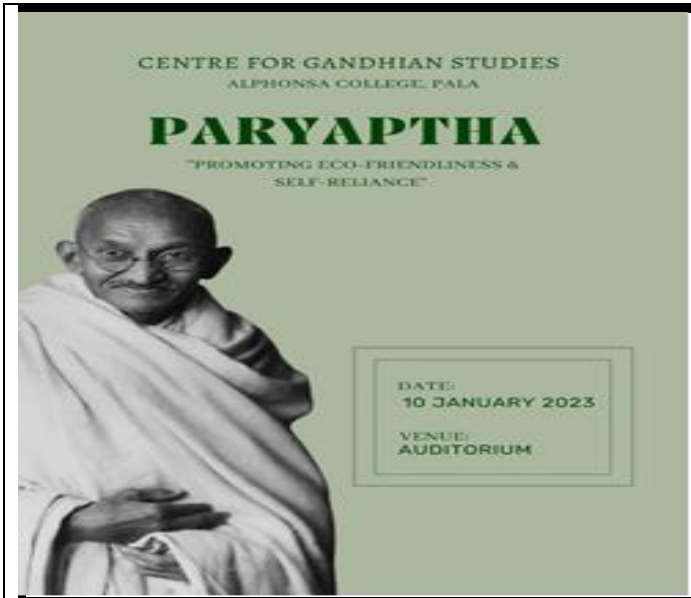
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beyond plastics and disposable packing material yet conduct a grand sale cum exhibition. Numerous innovative ideas for carrying forward the message of 'zero waste' were major attractions.

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. They can help students and teachers understand the value of traditional skills, appreciate the efforts behind handmade products, and grasp the importance of self-reliance and sustainability in today's world.

1. On January 10, 2023, Dr. Sr. Regeenamma Joseph, Principal of Alphonsa College, inaugurated Paryaptha 2023 where the Department of Botany emerged victorious. Devika Ajayakumar from III DC Economics was recognized as the individual winner.
2. On December 19, 2019, Dr. Sr. Gigimol M.G, Principal of Alphonsa College, inaugurated Paryaptha 2019 where the Department of Fashion Technology secured the top position. Diya Mary Das from II DC English and Akhila D. from II DC Physics were celebrated as individual winners.
3. On September 6, 2018, Dr. Sr. Gigimol M.G, Principal of Alphonsa College, inaugurated Paryaptha 2018 where the Department of Commerce triumphed. Elizabeth Thomas from I DC English stood out as the individual winner.

Due to the COVID-19 pandemic, Paryaptha events were not held in 2021 and 2020, as precautionary measures and restrictions on large gatherings were necessary for safety reasons.





Paryaptha, an exhibition cum sale of handmade items organised by Centre for Gandhian Studies in every year

COMMERCADO- AN EXHIBITION CUM SALE

The Department of Commerce, as part of the WEM Club's initiatives, organized COMMERCADO, an exhibition-cum-sale, on 8th October 2018 and 14th September 2023. This event aimed to enhance the entrepreneurial traits of students by providing them with a platform to showcase and sell their products. COMMERCADO was a resounding success, with students displaying creativity and business acumen in their entrepreneurial endeavors. The event not only

encouraged students to explore their entrepreneurial potential but also provided them with valuable hands-on experience in marketing and sales.



COMERCADO 2K18 on 8th October 2018



COMMERCADO 2K23 on 14th September 2023

SWESH PRODUCT LAUNCH AND SALES

On 9th June 2022, the WEM Club unveiled its latest offering, the 'SWESH' product line, including Dish wash, Hand Wash, and Liquid detergent. This initiative aimed to promote self-reliance and entrepreneurship among students. The launch event highlighted the product's eco-friendly and effective cleaning properties, receiving positive feedback from attendees.

Following the launch, the products were made available for sale to the public. The Entrepreneurship Development Club successfully marketed the 'SWESH' products, demonstrating their commitment to fostering entrepreneurial skills and promoting sustainable solutions. The sales venture proved to be a significant step towards practical entrepreneurship development within the club.



‘SWESH’ product line, including Dish wash, Hand Wash, and Liquid detergent on 9th June 2022.

CANDLE MAKING

WEM Club successfully produced scented candles by students on 28th February 2023



Scented candles by students on 28th February 2023.

The the WEM Club, continued its entrepreneurial journey by launching another set of products under the 'SWESH' brand. On 13th September 2023, they introduced Herbal Bathing Soap and Scented Candle to their product line. This expansion showcased their commitment to innovative ventures and sustainability. The launch event highlighted the unique features and benefits of

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these new products, emphasizing their herbal and aromatic qualities. The positive response from the audience further motivated the club to explore more entrepreneurial opportunities, solidifying their role in promoting self-reliance and eco-friendly solutions.



'SWESH' product line - Herbal Bathing Soap & Scented Candle on 13th September 2023

ALSTAGIA – ANNUAL MEGA ALUMNAE MEET- EXHIBITION-CUM-SALE BY ALUMNAE

ALSTAGIA,- the Annual Mega Alumnae Meet, is a significant event organized by the association on 26th January every year. It provides a platform for alumnae entrepreneurs to display their creative endeavors through an exhibition-cum-sale. This event celebrates the entrepreneurial

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spirit of the alumni and encourages networking among them. The participants at ALSTAGIA get the opportunity to showcase their businesses and products, allowing them to reach a wider audience and potentially attract new customers. Additionally, they can connect with other like-minded individuals, fostering a sense of community and collaboration. ALSTAGIA also provides a valuable learning experience, as participants can gain insights into the latest trends and developments in various industries.



EXHIBITION CUM SALE
In association with
Alstagia 2023 - Alphonsa Alumnae Meet
Alphonsa College, Pala
Free Entry

Sarees, Sdhars, Kids Wear, Home decor, Ethnic Jewellery, Food Stalls.....

For Stalls
Contact: 8921660367, 8281778850, 9946914037

Date: **26 January 2023**
Venue: College Auditorium
Time: 10 am - 4 pm

INAUGURATION
MIYA GEORGE
CINE ARTIST

Alstagia 2024
Exhibition cum sale
IN CONNECTION WITH
ALPHONSA ALUMNAE MEET
ON 26TH JANUARY 2024

Time: 10 AM - 4 PM
Venue: College Auditorium
Free Entry

- DRESS MATERIALS
- HOME DECOR
- FOOD STALLS
- GIFTS, COSMETICS
- JEWELLERY
- HOME LINEN
- BOOKS
- INDOOR PLANTS

COME, SHOP AND ENJOY

2018-2019 on 26 January 2019



2019-2020 on on 25 January 2020



2022-2023 on 26 January 2023



Alumnae entrepreneurs to display their creative endeavors through an exhibition-cum-sale as the art of the Annual Mega Alumnae Meet on 26th January every year.

EXHIBITION CUM SALE BY DEPARTMENTS AND VARIOUS CLUBS

In recent times, the pursuit of financial independence has become a crucial aspect of personal and professional development. In this endeavour, students are not exempted. Recognizing the significance of financial literacy and entrepreneurship, students have increasingly taken initiatives to organize events that not only showcase their talents but also contribute to their financial independence. One such initiative is the Food Fest and Exhibitions conducted by students, serving as a testament to their entrepreneurial spirit and drive for self-sufficiency.

Departments and clubs organized an Exhibition cum Sale fundraiser with the aim of supporting departmental programs, activities, and student initiatives. The event empowered students to take charge, as they set the menu, arranged the stall, fixed prices, and managed finances independently. This initiative not only raised funds but also provided a platform for students to showcase their culinary skills, creativity, and entrepreneurial spirit. The event highlighted the students' ability to organize and manage tasks effectively, fostering a sense of responsibility and entrepreneurship among participants.

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CHRISTMAS SALE-DEPARTMENT OF ECONOMICS

On December 21, 2023, the students of the Economics Department organized a vibrant Christmas Sale near Room Number 07, radiating festive cheer and community engagement. The event featured an enticing array of offerings, including handmade decors, cute tote bags, Xmas-themed kitchen decors, and delectable food counters. Attendees were further delighted with opportunities for photos with Santa, themed shots, Xmas-themed face painting, and intricate mehndi designs, creating an immersive and enjoyable experience for all.

Beyond the festive revelry, the true spirit of giving shone brightly through the benevolent gesture of the Economics Department students. In a heartwarming display of altruism, the proceeds from the sale, amounting to 6000 rupees, were generously donated to local old age homes on December 22, 2023. This act of compassion exemplifies the department's commitment to social responsibility and solidarity with the community's vulnerable members, leaving a lasting impact on both recipients and contributors.





Christmas sale on December 21, 2023 by Department of Economics.

FILL CORNER-COLLEGE UNION

On 25th January 2020, the College Union organized "Food Corner" named "FILL CORNER" during the Annual Alumni Meet, Alstagia 2020, to raise funds for the activities of College Union AAGNEYA 2020. The event successfully raised Rs 12,000, contributing to the Union's initiatives. The Food Corner offered a variety of delicious food items, attracting a large number of attendees who generously supported the cause.



The College Union organized "Food Corner" named "FILL CORNER" during the Annual Alumni Meet, Alstagia 2020

SALE DURING SPARKS PHYSICS EXHIBITION- DEPARTMENT OF PHYSICS

Home made food items and handicrafts were sold during the physics exhibition Sparks every year. During 2018-19 exhibition was conducted on 18/2/2019. An amount of Rs. 2000/- was collected as profit amount which was distributed among the students as their earnings. During

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SPARKZ 2022 held on 10/2/2022, an amount of Rs. 2500/- was collected which was donated to the needy people of old age home at Jubilee Bhavan Chethimatom.



Sale during physics exhibition Sparks every year.

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CAKE FEST DURING CHRISTMAS- DEPARTMENT OF PHYSICS

Cake fest was conducted by the students of physics Department in 2022 and 2023 December. An amount of Rs. 2000/- and Rs. 2200/- was obtained as profit during 2022 and 2023 respectively which was donated to the Jubilee Bhavan old age home at Chethimattam.



DELICATESSEN-DEPARTMENT OF DEPARTMENT OF CLINICAL NUTRITION & DIETETICS

Sandwich fest and exhibition conducted by the CND UG students as part of the observance of World sandwich Day on 3/11/2018. Students exhibit their creativity by presenting a diverse range of sandwiches inspired by global cuisines, regional flavours, and contemporary culinary trends. From gourmet grilled cheese sandwiches to vegan wraps, there's something to tantalize every taste bud.

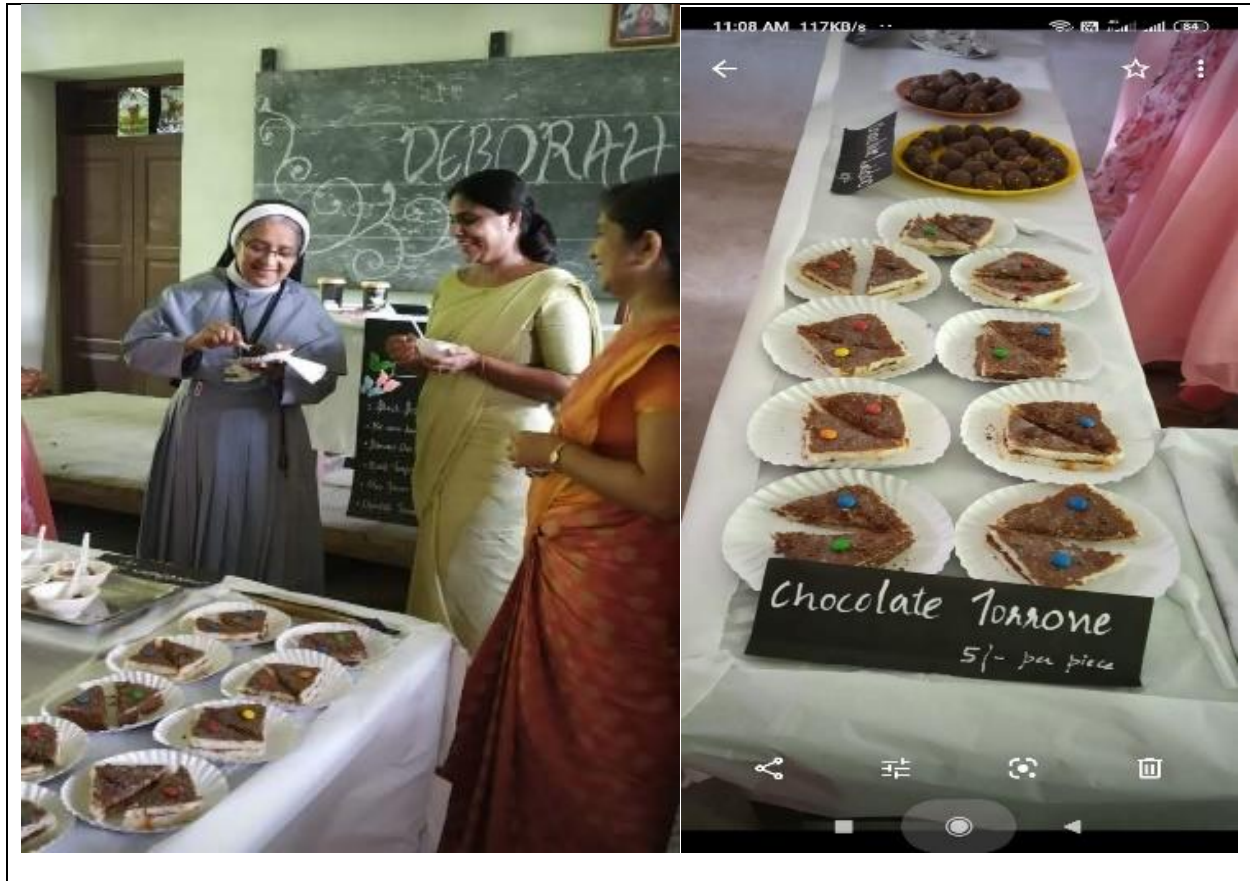
This exhibition features entrepreneurial ventures by students who aspire to turn their passion for food into viable business ventures. Students set up stalls to sell their signature sandwiches, homemade condiments, or artisanal ingredients, providing them with real-world business experience.



Sandwich fest and exhibition as part of the observance of World sandwich Day on 3/11/2018.

DEBORAH- DEPARTMENT OF DEPARTMENT OF CLINICAL NUTRITION & DIETETICS

Chocolate food fest and exhibition conducted by students of II DC, CND as part of the observance of World Chocolate Day on 9/07/2019. The Chocolate Food Fest exemplify the power of passion, creativity, and collaboration to create memorable experiences and drive positive impact. Through their culinary creations and entrepreneurial ventures, students not only satisfied sweet cravings but also showcased their talents, fostered innovation, and championed important causes. As these events continue to grow in popularity and influence, they serve as shining examples of the transformative potential of food-centric initiatives in education and beyond.



Chocolate food fest and exhibition on 9/07/2019

TOAST & TOSS-DEPARTMENT OF DEPARTMENT OF CLINICAL NUTRITION & DIETETICS

A food fest and exhibition conducted by students of II DC as part of the observance of World Food Day on 16/10/2022. Food fest exhibitions organized by students are vibrant showcases of culinary creativity, cultural diversity, and entrepreneurial spirit. These events provide platforms for students to explore their passion for food, develop organizational skills, and engage with their communities.



A food fest and exhibition on 16/10/2022.

CLOTH BAG EXHIBITION AND SALE-DEPARTMENT OF ZOOLOGY

The Cloth bags made by the students of Zoology department was put to sale on 10/06/2019.100 cloth bags were brought for sale.It was inaugurated by Dr. Sr. Gigi mol M.G, Principal, Alphonsa College Pala.The sale of cloth bags was a significant initiative to encourage sustainable living and combat the use of plastic bags. By offering cloth bags to students, the department provided a practical alternative that aligns with eco-friendly principles. This initiative not only reduces plastic waste but also promotes awareness and education about the environmental impact of single-use plastics.



Sale of cloth bags

GREEN STATIONERY EXHIBITION AND SALE- DEPARTMENT OF ZOOLOGY

The Department of Zoology conducted an exhibition and sale of paper pens and files manufactured by the students of the department. The initiative was inaugurated by Dr. Abin Varghese, Faculty in Charge at the Dr. R Satheesh Centre for Remote Sensing and GIS. School of Environmental Science, MG University, Kerala on 20th June 2018.



Sale of paper pens on 20th June 2018.

AN EXHIBITION CUM SALE- THANALIDAM-NSS

On 20th August 2019, the NSS unit organized "Thanalidam," an exhibition cum sale of hand-embroidered fabrics done by NSS volunteers. The event aimed to raise funds for a proposed house maintenance during the special camp and to enhance the students' skills in earning while learning.

The exhibition featured a variety of hand-embroidered fabrics, showcasing the talent and creativity of the NSS volunteers. Visitors had the opportunity to purchase these unique and beautifully crafted items, contributing to the noble cause of house maintenance. The event was a great success, with the NSS unit raising Rs.

35000 from the sale of the hand-embroidered fabrics. This amount was handed over to a deserving family, fulfilling their need for house maintenance and showcasing the NSS unit's commitment to serving the community. "Thanalidam" not only raised funds for a worthy cause but also provided a platform for NSS volunteers to enhance their skills and earn while learning. The event exemplified the NSS unit's dedication to community service and skill development, setting a positive example for others to follow.



"Thanalidam," an exhibition cum sale of hand-embroidered fabrics done by NSS volunteers on 20th August 2019

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HANDMADE PRODUCTS SALE-DEPARTMENT OF ECONOMICS

Christmas sale was organised by the department of Economics with handmade products of the students and an amount of Rs10000/-was mobilized and contributed to the inmates of Jublie Bhavan old age home for women at Chethimattam on 23rd December 202, to make students realise their social responsibilities and develop in them a sense of compassion.



Christmas sale was organised by the department of Economics on 23rd December 2021.

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COCO DIAS' - EXHIBITION AND FOOD FEST-DEPARTMENT OF BOTANY

The Botany Association organized 'COCO DIAS' in connection with World Coconut Day, observed worldwide on September 2nd. The event, held on August 30th, 2022, from 10am to 1:30pm, featured an exhibition, food fest, and game sections. The exhibition took place in the Botany lab, showcasing various aspects of coconut cultivation and its importance. The food fest, held in the 3rd DC classroom, not only offered a range of coconut-based delicacies but also provided students with an opportunity to earn through their culinary skills. This event aimed to raise awareness about the benefits of coconut cultivation, promote its sustainable growth, and support student entrepreneurship.



'COCO DIAS' in connection with World Coconut Day held on August 30th, 2022

'IR VERDEI'-ECOFRIENDLY EXHIBITION & DRINK FEST-DEPARTMENT OF BOTANY

On June 9th 2023, Department of Botany conducted an exhibition "IR VERDEI" and drink fest. Principal Rev.Dr Shaji John inaugurated the fest. Students participated with great enthusiasm. They exhibited many crafts made from waste materials and distributed many organic drinks.



Exhibition “IR VERDEI” and drink fest on June 9th 2023.

CHRISTMAS FAIR -DEPARTMENT OF ECONOMICS

As part of the extension activities, Christmas Fair was organised by the department with food counters, snap with Santa and game zone students and an amount of Rs5000/-was mobilized and contributed to the inmates of Ddhaya Bhavan old Age Home For men At Chethimattam on 23rd December2022,to make students realise their social responsibilities and develop in them a sense of compassion.The students all collected bath towels ,toiletry items as their xmas gift to the inmates.





Christmas Fair was organised by the department of Economics.

FOOD FEST By NSS AND RED CROSS

On 12th February 2020, the NSS unit, in association with the Red Cross, organized a food fest fundraiser to raise funds for house construction. The event aimed to not only raise funds but also enhance the students' skills in earning while learning. The food fest featured a variety of delicious dishes prepared by volunteers and participants, showcasing their culinary skills and creativity. Visitors had the opportunity to enjoy a wide range of food items while contributing to the noble cause of house construction.



NSS unit, in association with the Red Cross, organized a food fest on 12th February 2020.

In an effort to reduce plastic consumption and waste on our campus, the NSS volunteers undertook a program to stitch cloth carry bags and sale it to students. The program was inaugurated by Principal Dr. Sr. Regeenamma Joseph on 9th June 2022, and aimed to enhance

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the students' skills in earning while learning by promoting the use of eco-friendly alternatives to plastic bags. The program started with a team of dedicated NSS volunteers who were trained in stitching cloth carry bags. These volunteers then worked tirelessly to produce a large number of bags, ensuring that an ample supply was available for sale.



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

REFUEL CAFÉ ANNUAL SPORTS DAY -DEPARTMENT OF HISTORY

The Department of History organized a refreshment stall named 'Refuel Café' on Sports Day, 10th February 2022, for self-earning. The stall featured cool drinks and snacks, showcasing students' teamwork and organizational skills. This initiative not only added to the event's ambiance but also promoted entrepreneurship among students, allowing them to gain practical experience in managing business operations.



Refuel Café' on Sports Day, 10th February 2022

FOOD FEST- B. VOC. SPORTS NUTRITION AND PHYSIOTHERAPY

On November 8th 2022 ,students from B. Voc. Sports Nutrition And Physiotherapy successfully conducted a food fest generating a substantial income of 4550/-,showcasing their dedication and entrepreneurial spirit.



A food fest on November 8th 2022 by students from B. Voc. Sports Nutrition And Physiotherapy.