



ALPHONSA COLLEGE, PALA

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

ARUNAPURAM P.O., PALA,
KOTTAYAM (Dist.) KERALA
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GENDER EQUITY PROMOTION PROGRAMMES

2018-2019

LIST OF PROGRAMMES

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17.	Seminar on "Healthy Mothers, Healthy Society" and Publication of Handbook

International Women's Day Celebrations

Title of the Activity	International Women's Day Celebrations
Organizing Agency/Department	NSS, NCC and Women Cell
Date	6 th March, 2018
No. of students participated	All students
Resource person	Dr. Sunil MS, Rtd. Professor and Social activist
Outcome	To honour the social, economic, cultural, and political achievements of women.

International Women's Day celebrations were inaugurated on 6th March, 2018 by Dr. Sunil MS, Rtd. Professor and Social activist. The day was celebrated to honour the social, economic, cultural, and political achievements of women. In line with the global celebration of the day, our college organized a series of events to commemorate International Women's Day. The aim was to recognize the contributions of women in various fields and to promote gender equality and women's empowerment within our college community. A thought-provoking panel discussion, art exhibition showcasing the works of female artists from our college, several workshops and interactive sessions and cultural programmes were organized. The events not only honoured the achievements of women but also served as a platform to address gender inequalities and advocate for positive change. Moving forward, the programmes committed to promoting gender equality and creating an inclusive environment where every individual, regardless of gender, can thrive and succeed.



International Women's Day celebrations on 6th March, 2018 by Dr. Sunil MS, Rtd. Professor and Social activist.

2. Elocution Competition on “Gender and Religion”

Title of the Activity	Elocution Competition on “Gender and Religion”
Organizing Agency/Department	Women Cell
Date	7 th March, 2018
No. of students participated	7
Judges	Dr. Jince Mary Joseph and Ms Alleymol Sebastian
Outcome	To foster critical thinking, dialogue, and awareness regarding issues related to gender equality and religious norms

On March 7, 2018, an elocution competition on the topic of "Gender and Religion" was held at the Seminar Hall, providing a platform for participants to express their perspectives on the intersection of gender and religious beliefs. The competition aimed to foster critical thinking, dialogue, and awareness regarding issues related to gender equality and religious norms. Students from diverse backgrounds participated in the competition, showcasing their eloquence and insights on the topic.



An elocution competition on the topic of "Gender and Religion" on March 7, 2018.

3. Leadership Training Programme

Title of the Activity	Leadership Training Programme
Organizing Agency/Department	Women Cell
Date	8 th June, 2018
No. of students participated	200
Resource person	Mr. Jiji Joseph, JCI International
Outcome	To empower individuals with the knowledge and skills necessary to lead effectively in personal and professional contexts

On June 8, 2018, a comprehensive *Leadership Training Programme* was conducted, featuring Mr. Jiji Joseph, a distinguished trainer from JCI International, as the resource person. The event aimed to equip participants with essential leadership skills, fostering personal and professional development. The primary objective of the Leadership Training Programme was to empower individuals with the knowledge and skills necessary to lead effectively in various personal and professional contexts. Participants were expected to gain insights into contemporary leadership theories, practical tools for effective decision-making, and strategies for motivating and managing teams. The resource person, Mr. Jiji Joseph emphasized on the significance of leadership in today's dynamic and competitive environment. He shared his experiences and insights gained from years of serving as a trainer with JCI International. The programme featured interactive sessions where participants engaged in group discussions, case studies, and role-playing exercises. These activities allowed attendees to apply theoretical concepts to real-world scenarios, enhancing their understanding and retention of key leadership principles. A significant focus was placed on communication skills, as effective communication is a cornerstone of successful leadership. The training programme addressed the importance of building cohesive and motivated teams. Mr. Jiji Joseph facilitated discussions on effective decision-making processes and problem-solving techniques. Attendees were equipped with tools to make informed decisions, considering both short-term and long-term implications.



Leadership Training Programme on June 8, 2018.

4. Interdepartmental Essay Writing Competition

Title of the Activity	Interdepartmental essay writing competition
Organizing Agency/Department	Economics
Date	11 th July, 2018
No. of students participated	28
Judges	Ms. Manju Jose, Sr. Deepa K Thomas
Outcome	To creatively express and promote the principles of gender equality through intellectual competitions.

The Department conducted an interdepartmental essay writing competition on the theme of “Women and Environment” in collaboration with the Mathematics Department to commemorate World Population Day on 11th July 2018. A total of 28 students from various departments participated in the competition, showcasing their insights and perspectives on the intersection of women’s issues and environmental concerns.

The following students were awarded prizes for their exceptional essays:

1. First Prize: Diya Susan Baby III DC Economics.
2. Second Prize: Diya Joby II DC Physics
3. Third Prize :Sneha Jose II DC Mathematics



Interdepartmental essay writing competition on the theme of “Women and Environment”

5. Cyber Awareness Programme

Title of the Activity	Cyber Awareness Programme
Organizing Agency/Department	Women's Cell and Janamaithry Police, Pala
Date	11 th June, 2018
No. of students participated	All students
Resource person	Sri. Manoj Kumar, Civil Police Officer from the Cyber Cell in Kottayam
Outcome	To educate and empower students, with a particular focus on Cyber Crimes against Women and the legal steps to be taken

On June 11, 2018, a *Cyber Awareness Programme* was organized by Women's Cell in collaboration with Janamaithry Police, Pala. The event aimed to educate and empower participants, with a particular focus on Cyber Crimes against Women and the legal steps to be taken. Sri. Manoj Kumar, Civil Police Officer from the Cyber Cell in Kottayam, served as the key speaker, delivering a comprehensive lecture on cyber threats and legal measures. The inaugural address was given by Sri. Rajan K. Aramana, Inspector of Police, Pala. The primary

objective of the Cyber Awareness Programme was to raise awareness about the increasing prevalence of cyber-crimes, particularly those affecting women, and to equip participants with the knowledge and skills needed to protect themselves online. The programme sought to educate attendees on the legal steps to take in case of cyber-crimes and foster a safer digital environment. Sri. Rajan K. Aramana, Inspector of Police, Pala, set the tone for the programme with an insightful inaugural address. He highlighted the importance of cyber awareness in today's digital age and emphasized the role of individuals in safeguarding themselves against cyber threats. Sri. Manoj Kumar, a seasoned expert from the Cyber Cell in Kottayam, delivered a detailed lecture on cyber-crimes affecting women. He discussed common types of cyber threats, including online harassment, identity theft, and financial fraud, providing practical tips on prevention and mitigation. The session by Sri. Manoj Kumar also covered the legal aspects of cyber-crimes. Participants gained insights into the legal steps to be taken

in the event of cyber victimization and were informed about available remedies and support systems. The programme included an interactive question-and-answer session where participants had the opportunity to seek clarification on specific concerns related to cyber safety. This facilitated a dynamic exchange of information and enhanced participant engagement.



Cyber Awareness Programme on June 11, 2018

6. Seminar on “Adolescent Health”

Title of the Activity	Seminar on “Adolescent Health”
Organizing Agency/Department	National Service Scheme
Date	31 st July, 2018
No. of students participated	All I DC students
Resource person	Dr. Namitha John, Gynecologist, General Hospital, Pala
Outcome	To raise awareness about the unique health challenges faced by adolescents and to explore strategies for promoting their physical, mental, and emotional well-being

The NSS unit arranged a lecture on “Adolescent Health” for the first-year students of the college. Dr. Namitha John, Gynecologist, General Hospital, Pala led the session on 31 July, 2018. The seminar aimed to raise awareness about the unique health challenges faced by adolescents and to explore strategies for promoting their physical, mental, and emotional well-being. Dr. Namitha John commenced the lecture with an overview of adolescent health, emphasizing the importance of addressing the specific health needs of this age group. Drawing from her extensive experience in gynecology and adolescent medicine, she provided valuable insights into the physical, emotional, and social aspects of adolescent health. The lecture covered a wide range of topics relevant to adolescent health, including nutrition, sexual and reproductive health, mental health, substance abuse, hygiene, and preventive healthcare practices. She also addressed common misconceptions, risk factors, and preventive measures associated with each topic, engaging the audience with her expertise and knowledge. The lecture featured an interactive Q&A session, allowing attendees to seek clarification on specific topics and engage in discussions with Dr. Namitha John. Participants actively participated in the session, asking questions and sharing their experiences and concerns related to adolescent health issues.



Seminar on “Adolescent Health” on 31 July, 2018.

7. Midukki 2k18

Title of the Activity	Midukki 2k18
Organizing Agency/Department	College Union EKTA 2K18
Date	3 rd August 2018
Judges	<ol style="list-style-type: none"> 1. Mr. Allen (Lecturer, Department of Social work, Marian College, Kuttikkanam) 2. Ms. Assanu (Lecturer, Department of Mathematics, Marian College, Kuttikkanam).
Outcome	To find Midukki 2k18 by evaluating the intellect, personality and problem-solving skills by breaking the conventional notion of beauty and glamour

Midukki was the most glamorous and promised event conducted by the college union EKTA 2K18 on 3rd August 2018. 'Midukki' was an innovative event that took a different path to access the concept of being beautiful by breaking the conventional notion of beauty and glamour. Imparting a new enthusiasm and vigour among Alphonsiens, the event proved to be an exemplar of the maxim, "beauty is not skin deep". The event evaluated the intellect,

personality and problem-solving skills - the attributes that make one beautiful. The event was judged by Mr. Allen (Lecturer, Department of Social work, Marian College, Kuttikkanam) and Ms. Assanu (Lecturer, Department of Mathematics, Marian College, Kuttikkanam). Diya Susan Baby of III DC Economics bagged the title of Midukki 2k18. Roshitha Sunil of II DC Economics and Sreelakshmi Haridas of III DC Economics were declared as the first and second Runner up respectively. MIDUKI on 3rd August 2018

8. Legal Awareness Class

Title of the Activity	Legal Awareness Class
Organizing Agency/Department	Women's Cell and Archana Women Centre, Ettumanoor
Date	31 st October, 2018
No. of students participated	All students
Resource person	Adv. Shyni Gopi
Outcome	To provide students with a comprehensive understanding of laws related to women's safety, domestic violence and cyber laws

On October 31, 2018, the Women Cell organized a *Legal Awareness class* for all students in collaboration with Archana Women Centre, Ettumanoor. The event aimed to provide students with a comprehensive understanding of laws related to women's safety, domestic violence and cyber laws. The primary objective of the legal awareness class was to educate students about their rights and the legal framework in place to protect women. The session aimed to empower participants with knowledge about laws related to women's safety, domestic violence prevention and cyber laws, fostering a sense of awareness and responsibility. Advocate Shyni Gopi, with her expertise in the field of law, served as the resource person for the legal awareness class. Her vast experience and insights added significant value to the session. The class delved into the various laws and regulations designed to ensure the safety and well-being of women. This included discussions on legal provisions against harassment, stalking, and assault, providing students with a clear



understanding of their rights. The Advocate shed light on the legal aspects of domestic violence, explaining the provisions and legal recourse available to victims. The session also made an awareness among students to report domestic violence cases. Given the increasing prevalence of cybercrimes, the legal awareness class addressed the relevant laws pertaining to cyber safety, online harassment, and privacy breaches. Students were educated on preventive measures and legal actions that can be taken in case of cyber threats. The programme included an interactive question-and-answer session, allowing students to seek clarifications and guidance on specific legal concerns. This interactive format facilitated a deeper understanding of the legal concepts discussed. It is anticipated that the knowledge gained from this legal awareness initiative will empower students to navigate legal complexities, make informed decisions and contribute to creating a safer and more supportive environment for women. The Women's Cell remains committed to organizing such informative sessions for the holistic development and well-being of the student community.



Women Cell organized a *Legal Awareness class* on October 31, 2018.

9. Legal Awareness Quiz Competition

Title of the Activity	Legal Awareness Quiz Competition
Organizing Agency/Department	Women's Cell
Date	11-December-2018
No. of students participated	62
Quiz Master	Adv. Shyni Gopi
Outcome	To enhance awareness and understanding of the constitutional and legal rights guaranteed to girls and women

Women Cell organized a quiz competition on the topic, “Constitutional and Legal Provisions for Girls and Women”. The quiz comprised multiple-choice questions covering various aspects of constitutional and legal provisions related to girls and women's rights. The questions addressed topics such as fundamental rights, gender equality, laws against discrimination, protection against violence, reproductive rights, and affirmative action measures. The objective of the quiz was to enhance awareness and understanding of the constitutional and legal rights guaranteed to girls and women, promoting empowerment and advocacy for gender equality within our college community. 62 students participated in the competition. The following students secured prizes:

I Prize : Ansu Tomy, III DC English

II Prize :Aparna S Kumar, III DC Zoology

III Prize :Maria Sunny, III DC Zoology & Treesa Cherian, III DC Physics Model II



A quiz competition on the topic, “Constitutional and Legal Provisions for Girls and Women”.

10. Women Self Defence Training Programme

Title of the Activity	Women Self Defence Training Programme
Organizing Agency/Department	Women’s Cell and National Service Scheme
Date	2 nd and 3 rd January, 2019
No. of students participated	200
Resource person	Janamaithri Police, Kottayam
Outcome	To empower students with practical self-defence techniques and enhance their confidence in ensuring personal safety

On February 2-3, 2019, the Women’s Cell and NSS, in collaboration with Janamaithri Police, Kottayam, organized a two-day self-defence programme for NSS and Women’s Cell

members. The event aimed to empower participants with practical self-defence techniques and enhance their confidence in ensuring personal safety. On February 2nd the programme began with an inauguration ceremony. The officials highlighted the importance of self-defence skills, encouraging active participation. The Police officers demonstrated simple yet effective self-defence techniques, emphasizing the importance of awareness, quick reflexes, and strategic movements. Participants engaged in practical sessions where they were actively involved in learning and practicing the demonstrated self-defence techniques. The hands-on training allowed for personalized guidance and feedback from the resource persons.

The second day (3rd February 2019) began with a review of the techniques learned on the first day. The resource persons then introduced more advanced self-defence techniques, building on the foundation laid the previous day. To simulate real-life situations, participants took part in mock scenarios and role-playing exercises. This practical application of self-defence skills aimed to instil confidence and readiness to respond effectively in various situations.

The two-day self-defence programme conducted by the Women's Cell and NSS, in collaboration with Janamaithry Police, Kottayam, was a resounding success. The active participation of NSS and Women's Cell members, coupled with the expert guidance from Janamaithry police officers, contributed to the effectiveness of the training. The knowledge gained during the programme is expected to have a lasting impact, promoting a safer and more secure environment within the community.



Two-day self-defence programme on February 2-3, 2019.

11. Commemoration of Women Safety Week

Title of the Activity	Commemoration of Women Safety Week
Organizing Agency/Department	Department of English and Anti-harassment Cell
Date	11 th to 18 th January, 2019
Outcome	To raise awareness about the importance of women's safety

The Department of English in collaboration with the Anti-harassment Cell observed Women Safety Week on the campus during 11-18 January 2019. Anti-harassment Pledge was taken by the entire staff and students. The Department organized a Poster Designing Competition and an Essay writing competition on Women Safety and organized a novel campaigning initiative "Sthree Surakshakku Oru Kaiyyoppu" during the Women Safety Week. The primary objective of this initiative was to raise awareness about the importance of women's safety and to promote a safe and secure environment for all members of our college community. Through a series of activities and events, we aimed to empower women, educate the community on safety measures, and advocate for gender equality. Various workshops and training sessions were conducted focusing on self-defense techniques, personal safety strategies, and bystander intervention. These sessions provided practical knowledge and skills to female students and faculty members, empowering them to protect themselves and support others in unsafe situations. An extensive awareness campaign was carried out across the college campus, utilizing posters, banners, flyers, and digital media platforms. The campaign aimed to educate the college community on issues related to women's safety, including sexual harassment, domestic violence, stalking, and cyberbullying. Information about support services and reporting mechanisms was also disseminated. Interactive panel discussions and talks were organized featuring experts from various fields, including law enforcement, psychology, social work, and gender studies.



Women Safety Week on the campus during 11-18 January 2019

12. Intercollegiate Seminar on “Adolescent Health and Hygiene”

Title of the Activity	Intercollegiate Seminar on “Adolescent Health and Hygiene”
Organizing Agency/Department	Women Cell and National Service Scheme
Date	18 th January, 2019
No. of students participated	200
Resource person	<ol style="list-style-type: none"> 1. Dr. Raisa Sen, Resident Medical Officer at Government Hospital Pala 2. Mr. Bijil. M. Rajan, Director of Soul Training and Development Centre 3. Dr. Jyothi Nayar, a Gynecologist at MKM Hospital, Pravithanam
Outcome	To address the crucial aspects of adolescent well-being focusing on health risks, mental health, and gynaecological aspects

On 18/01/2019 an insightful Intercollegiate Seminar on *Adolescent Health and Hygiene* was organized. The event aimed to address the crucial aspects of adolescent well-being, focusing on health risks, mental health, and gynecological aspects. The seminar provided a platform for students and professionals to gain valuable insights from expert

speakers in the field. The seminar commenced with a prayer, followed by a warm welcome speech by Roshitha Sunil, setting the tone for the seminar. Dr. Fr. Shaji John, Vice Principal of Alphonsa College, Pala, delivered the Presidential Address, emphasizing the significance of addressing adolescent health issues. The inauguration was marked by the ceremonial lighting of the lamp.

Session I - Adolescents: Health Risks and Solutions

The first session, led by Dr. Raisa Sen, Resident Medical Officer at Government Hospital Pala, delved into the health risks faced by adolescents and proposed solutions. Dr. Sen's expertise provided attendees with valuable insights into the physical health challenges prevalent among adolescents and the necessary interventions.

Session II - Adolescent Mental Health

Mr. Bijil. M. Rajan, Director of Soul Training and Development Centre, conducted the second session on adolescent mental health. The session explored the psychological aspects of adolescence, focusing on mental health challenges and strategies for support. Attendees gained a deeper understanding of the importance of mental well-being during this critical stage.

Session III - Adolescent Gynecology

Dr. Jyothi Nayar, a Gynecologist at MKM Hospital, Pravithanam, led the final session on adolescent gynecology. The discussion covered topics related to reproductive health, menstrual hygiene, and gynecological well-being. Attendees received valuable information to promote a healthy understanding of gynecological aspects in adolescents.

The Intercollegiate Seminar on Adolescent Health and Hygiene was a comprehensive and enriching event, providing participants with a holistic perspective on the challenges and solutions related to adolescent well-being. The collaboration of esteemed resource persons, insightful sessions, and active participation from attendees contributed to the success of the seminar. The knowledge gained from this seminar is expected to play a crucial role in promoting the overall health and hygiene of adolescents within the community.



Intercollegiate Seminar on “Adolescent Health and Hygiene”

13. Inter Collegiate Paper Presentation Competition on gender, space, and identity

Title of the Activity	Inter Collegiate Paper Presentation Competition
Organizing Agency/Department	Post Graduate Department of English (SF)
Date	31 st January, 2019
No. of students participated	11
Judges	<ol style="list-style-type: none"> 1. Dr. Vimal Mohan John, Assistant Professor, SB College Changanassery 2. Dr. Aswathy Balachandran, Assistant Professor, Mar Athanasius College, Kothamangalam
Outcome	To provide a platform for students to critically analyze and present their research on gender, space, and identity from diverse disciplinary perspectives

The P G Department of English (S F) has organised an An Inter Collegiate Paper Presentation Competition DAKSHATA 2K18 on “Deconstructing Bodies of Pleasure: A Redoing of Gender, Space and Identity” at the Seminar Hall on 31st January 2019. The competition aimed to provide a platform for students to critically analyze and present their research on gender, space, and identity from diverse disciplinary perspectives. Eleven candidates from different colleges participated in the competition. The presentations covered a wide range of topics, including but not limited to: gender representation in media and popular culture, spatial politics and the construction of identity, intersectionality and the complexities of gendered experiences, queer geographies and the politics of space, embodiment and performances of gender identity, etc. A distinguished panel of judges including Dr. Vimal Mohan John, Assistant Professor, SB College Changanassery and Dr. Aswathy Balachandran, Assistant Professor, Mar Athanasius College, Kothamangalam evaluated the presentations based on criteria such as originality, coherence, theoretical framework, methodology, and clarity of expressions. Following each presentation, there were interactive sessions during which participants engaged in discussions and answered questions from the audience and the judging panel. These sessions provided an opportunity for intellectual exchange and constructive feedback. The competition concluded with an award ceremony to recognize outstanding presentations. Anurag N T of St. Thomas College Pala bagged First Prize and a cash award of Rs 5001, Maria Saju of BCM College won Second

Prize and a cash award of Rs 2001 and Beena Shiju of Kristhu Jyothi College, Changanasserry got Third Prize and a cash award of Rs 1001 respectively.



An Inter Collegiate Paper Presentation Competition DAKSHATA 2K18 on “Deconstructing Bodies of Pleasure: A Redoing of Gender, Space and Identity”

14. Golden Girl Competition

Title of the Activity	Golden Girl Competition
Organizing Agency/Department	Alphonsa College Pala and Malabar Gold and Diamonds
Date	21 st February, 2019
Outcome	To provide a platform for talented young women to showcase their skills and talents in various categories

On February 21, 2019, Alphonsa College collaborated with Malabar Gold and Diamonds to organize the Golden Girl competition. This event provided a platform for talented young women to showcase their skills and talents in various categories. Participants demonstrated excellence in areas such as arts, sports, and leadership. The competition garnered significant attention and participation from students, highlighting the college's commitment to promoting holistic development among women. Overall, the Golden Girl competition was a resounding success, fostering a sense of empowerment and celebration of achievement among all involved. Golden Girl Competition on 21st February, 2019.

15. Debate on “Gender Equality”

Title of the Activity	Debate on “Gender Equality”
Organizing Agency/Department	Women's Cell
Date	7 th March, 2019
No. of students participated	10
Moderator	Ms. Maria George, Department of English
Outcome	To provide a platform for students to articulate their perspectives, fostering awareness and dialogue on issues related to gender equality

On March 7, 2019, the Women's Cell organized a thought-provoking debate on the theme of "Gender Equality." The event aimed to provide a platform for students to articulate their perspectives, fostering awareness and dialogue on issues related to gender equality.

Students from various disciplines enthusiastically participated, bringing diverse viewpoints to the discussion on gender equality. The debate showcased a range of



perspectives, illustrating the complexity of gender equality issues. Students drew from personal experiences, academic research, and global examples to support their arguments, contributing to a rich and nuanced dialogue. The Women's Cell debate on "Gender Equality" served as an effective platform for students to express their thoughts and engage in meaningful discussions on a topic of paramount importance. By fostering dialogue and raising awareness, such events contribute to the ongoing efforts to promote gender equality and challenge

stereotypes. Ms. Maria George, Dept of English served as moderator. Sini Sabu, II DC Economics won the best debater award.



Debate on "Gender Equality" on March 7, 2019

16. Mime Competition on "Gender Equality"

Title of the Activity	Mime Competition on "Gender Equality"
Organizing Agency/Department	Women's Cell
Date	8 th March, 2019
No. of students participated	6 teams
Outcome	To creatively convey the importance of gender equality and provide a deeper understanding of the challenges faced by individuals in achieving equality

On March 8, 2019, in celebration of International Women's Day, a captivating Mime Competition on the theme of "Gender Equality" was organized by Women Cell. The event aimed to creatively convey the importance of gender equality through the powerful medium of mime. Students from various departments enthusiastically participated, showcasing their mime skills to convey messages related to gender equality. By encouraging creative expressions, the competition contributed to a deeper understanding of the challenges faced by individuals in achieving equality. The Women's Cell remains committed to organizing innovative events that promote awareness and dialogue on important societal issues. The Mime Competition not only celebrated International Women's Day but also inspired a collective commitment to fostering a more inclusive and equitable society.

Mime Competition on "Gender Equality" on March 8, 2019.

17. Seminar on “Healthy Mothers, Healthy Society” and Publication of Handbook


Title of the Activity	Seminar on “Healthy Mothers, Healthy Society” and Publication of Handbook
Organizing Agency/Department	Women's Cell, NHM APHC, Manathoor and Kadanad Gram Panchayat
Date	8 th March, 2019
Resource person	Smt. Binu Emmanuel and Sri. Bijil M Rajan
Outcome	To raise awareness about the importance of maternal health and its impact on the well-being of society

Women's cell in collaboration with NHM APHC, Manathoor and Kadanad Gram Panchayat, organized a One-day Seminar on Healthy Mothers, Healthy Society for the rural women. The seminar aimed to raise awareness about the importance of maternal health and its impact on the well-being of society as a whole. Through expert presentations and discussions, the seminar explored various aspects of maternal health, including maternal care, reproductive rights, and the role of healthcare systems in ensuring healthy outcomes for mothers and their children. Smt. Binu Emmanuel and Sri. Bijil M Rajan served as resource person. Sri. Jaison George, President, Kadanad Panchayat inaugurated the programme. The seminar covered a wide range of topics, including: maternal nutrition and prenatal care, access to maternal healthcare services, maternal mental health and psychosocial support, maternal mortality and morbidity rates, reproductive rights and family planning initiatives, etc. A hand book "DIET TO BE FOLLOWED BY PREGNANT WOMEN, LACTATING MOTHERS AND INFANTS" was published and distributed. By raising awareness, sharing knowledge, and fostering collaboration, the seminar contributed to advancing maternal health agendas and promoting the well-being of mothers and families in our society.

hand book published by Women cell- "DIET TO BE FOLLOWED BY PREGNANT WOMEN, LACTATING MOTHERS AND INFANTS"

ഇന്നി സുരക്ഷ പോളിയോപതിയിലൂടെ

ഇന്ത്യയിലെ ആരോഗ്യപരിരക്ഷ (Public health through homoeopathy) എന്ന സമ്പ്രദായത്തിലൂടെ ഉന്നിതരായ മനുഷ്യരുടെ ആരോഗ്യവും ആയുർ പ്രാർത്ഥനയും പ്രയോജനപ്പെടുത്തുന്നതിനും പ്രോത്സാഹിപ്പിക്കുന്നതിനും വേണ്ടി ഇന്ത്യയിലെ പ്രസിദ്ധമായ ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്. ഇതിലൂടെ ഇന്ത്യയിലെ പ്രസിദ്ധമായ ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്. ഇതിലൂടെ ഇന്ത്യയിലെ പ്രസിദ്ധമായ ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്. ഇതിലൂടെ ഇന്ത്യയിലെ പ്രസിദ്ധമായ ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്.

തീർച്ചപ്പെടുത്തലുകൾ

പ്രായപൂർത്തിയായവർക്കായി മാത്രമായിരിക്കണം പങ്കെടുക്കേണ്ടതും. കൂടുതൽ വിവരങ്ങൾക്ക് വിനോദ് കുമാർ അഭ്യർത്ഥിക്കുക.

വിവിധ പദപദങ്ങളുടെ മത്സരം

മത്സരം - 1

ക്രമം	അവസരം	മത്സരം	പ്രാർത്ഥന
11	10.10.2019	ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്.	പ്രാർത്ഥന
12	10.10.2019	ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്.	പ്രാർത്ഥന
13	10.10.2019	ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്.	പ്രാർത്ഥന
14	10.10.2019	ഹോമിയോപ്പതിയിലെ അദ്ധ്യക്ഷന്മാർക്ക് നൽകിയിരിക്കുന്ന അവാർഡ്.	പ്രാർത്ഥന

ഗർഭിണികളുടെയും മുലയൂട്ടുന്ന അമ്മമാരുടെയും ശിശുക്കളുടെയും ആരോഗ്യ സംരക്ഷണത്തിന് ഉതകുന്ന ഭക്ഷണക്രമങ്ങൾ

ആലോചന
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അസിസ്റ്റന്റ് പ്രൊഫസർ
കുറിശ്ശി സ്റ്റേറ്റ് റിസർച്ച് സെന്റർ ഓഫ് ഹോമിയോപ്പതി
അൽഫോൺസ കോളേജ് ഓഫ് ഹോമിയോപ്പതി

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Seminar on “Healthy Mothers, Healthy Society” and Publication of Handbook



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