



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



GENDER EQUITY PROMOTION PROGRAMMES

2019-2020

LIST OF PROGRAMMES

Sl. No.	Name
1.	Seminar on “Opportunities and Formalities of Abroad Study for Girls”
2.	Intra-collegiate Poster Designing Competition on 'Gender Equality'
3.	Intra-collegiate Quiz Competition on 'Gender Equality issues'
4.	Essay Writing Competition on "Women Empowerment"
5.	Poetry Writing Competition on "Mother is the Bank of Never-Ending Love"
6.	Short Story Writing Competition on "Mother: The Best Teacher in our Life"
7.	Seminar on Women Entrepreneurship
8.	Paryaptha-2019
9.	Orientation Class on Combined Defence Force Exam Especially for Girls
10.	Tableau competition with the theme Women Empowerment
11.	Self-Employment Programme
12.	Women Safety Awareness Seminar
13.	Lecture on Nationalism and Construction of Womanhood
14.	Seminar on WOMEN IN SCIENCE
15.	Seminar on "Role of Women in Family and Society"
16.	Awareness Class "Niravu 2020"

Seminar on “Opportunities and Formalities of Abroad Study for Girls”

Title of the Activity	Seminar on “Opportunities and Formalities of Abroad Study for Girls”
Organizing Agency/Department	Career and Placement Cell
Date	12 th July 2019
No. of students participated	50
Resource person	<ol style="list-style-type: none"> 1. Ms. Shabna Rajive, Team leader, AECC Global Education and Consultants, Kochi. 2. Mr. Krishnanand P, Business Development Executive, AECC Global Education and Consultants, Kochi.
Outcome	To make students aware about the opportunities and formalities for abroad studies

Career and Placement Cell conducted a half day seminar on abroad studies on 12th July 2019. Opportunities and formalities for abroad studies for girls were introduced to III DC students of our college by Ms. Shabna Rajive, Team leader and Mr. Krishnanand P, Business Development Executive AECC Global Education and Consultants, Kochi. The need for good IELTS score, necessity to improve communicative English, finding colleges and programmes, filling in application and processing applications, applying for educational loans, work options along with studies, stay back options, studies in college and university were stressed. Students gained intense information from the studies. 50 interested students participated in the program.



Seminar on “Opportunities and Formalities of Abroad Study for Girls” on 12th July 2019.

2. Intra-collegiate Poster Designing Competition on 'Gender Equality'

Title of the Activity	Intracollegiate Poster Designing Competition on 'Gender Equality'
Organizing Agency/Department	Department of Economics
Date	11 th July 2019
No. of students participated	17
Judges	Ms Alleymol Sebastian, Ms. Sunitha Santhan
Outcome	To creatively express and promote the principles of gender equality through visual art.

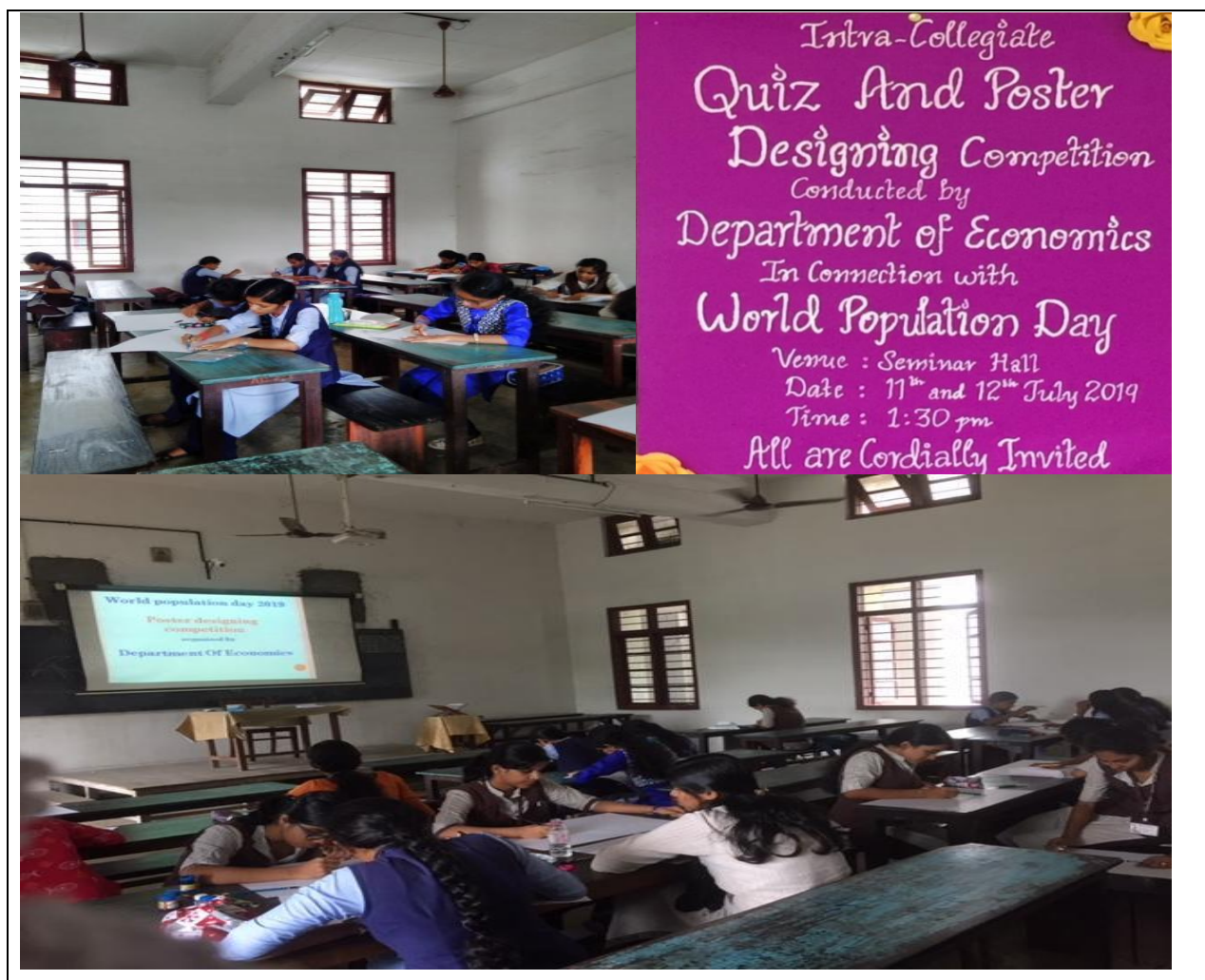
On 13th July 2019 the Department of Economics organized a poster designing competition on the theme 'Gender Equality' to commemorate World Population Day. The event aimed to engage students from various departments in creatively expressing and promoting the principles of gender equality through visual art. Students from diverse

academic backgrounds enthusiastically registered for the competition, showcasing their interest and commitment to addressing gender equality through artistic expression.

The results of the competition are as follows:

POSTER DESIGNING COMPETITION

- I. Gloria Mary George, I MA English
- II. Diya Mary Das, III DC English
- III. Anu Alphonse Jacob, I DC English



Intracollegiate Poster Designing Competition on 'Gender Equality' on 13th July 2019.

3. Intra-collegiate Quiz Competition on 'Gender Equality issues'

Title of the Activity	Intracollegiate Quiz Competition on 'Gender Equality issues'
Organizing Agency/Department	Department of Economics
Date	12 th July 2019
No. of students participated	9
Judges	Ms Minu Mary Jose
Outcome	To creatively express and promote the principles of gender equality through intellectual quiz.

Quiz Competition: On 12th July 2019, the quiz competition was held, with students forming pairs of two. The quiz questions were designed to test the participants' knowledge on gender equality issues, history, current affairs, and related topics. The competition provided an interactive platform for students to engage in intellectual discussions and enhance their understanding of gender equality issues.

QUIZ COMPETITION WINNERS

- I. Arunima MS, Megha M Nair, III DC Zoology
- II. Niyathikrishna M R, Sreelakshmi L, III DC Physics
- III. Sona Jacob, Angel George, II DC History

The prizes for the Intra Collegiate Quiz competition and Poster Designing competitions were distributed on Economics association inauguration day by our chief guest Prof. Shahvas Sheriff, Asst.Professor, Dept.of Economics CMS College Kottayam”.



Intracollegiate Quiz Competition on 'Gender Equality issues' on 12th July 2019.

4. Essay Writing Competition on "Women Empowerment"

Title of the Activity	Essay Writing Competition on "Women Empowerment"
Organizing Agency/Department	Women's Cell
Date	19 th September, 2019
No. of students participated	8
Judges	Dr. Sr Manju Elizabeth Kuruvila, Asst Prof, Dept of Zoology and Dr. Anila Thomas Asst Prof, Dept of Malayalam
Outcome	To encourage critical thinking and reflection on the challenges and opportunities faced by women in society

On September 19, 2019, an essay writing competition on the theme "Women Empowerment" was organized by Women Cell, providing a platform for students to express their thoughts and perspectives on the empowerment of women. The competition aimed to encourage critical

thinking and reflection on the challenges and opportunities faced by women in society. Participants, representing various academic disciplines, engaged in the essay writing session. The theme "Women Empowerment" encouraged them to explore diverse aspects, including social, economic, and political dimensions of empowering women.

The winners of the competition:

Elizabeth George from I DC History secured the first prize

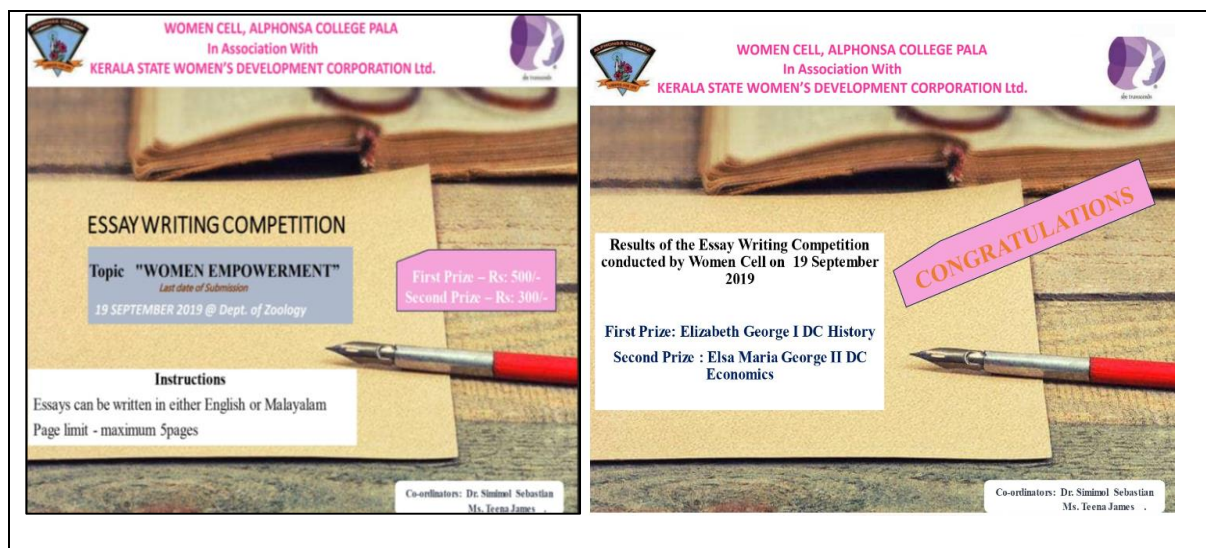
Elsa Maria George from II DC Economics won the second prize

Kochurani Lalu from II DC Physics received the third prize.

The essay writing competition on "Women Empowerment" served as a valuable platform for students to express their ideas and contribute to the discourse on gender equality and empowerment. The insightful essays showcased the depth of understanding and commitment of the participants to the cause of women's empowerment.

Participants

1. Christy Mariat Thomas II DC English
2. Kochurani Lalu from II DC Physics
3. Anitta James II DC Economics
4. Jyothi Roy I DC Zoology
5. Ashly Zacharias I DC Botany
6. Elsa Maria George II DC Economics
7. Jinnu Jose I DC Botany
8. Elizabeth George I DC History



On September 19, 2019, an essay writing competition on the theme "Women Empowerment" was organized by Women Cell

5. Poetry Writing Competition on "Mother is the Bank of Never-Ending Love"

Title of the Activity	Poetry Writing Competition on "Mother is the Bank of Never-Ending Love"
Organizing Agency/Department	Women's Cell
Date	15 th October, 2019
No. of students participated	7
Judges	Ms. Poornima Baby, Asst Prof, Dept of Zoology and Ms Diana Elizabeth Jose, Asst Prof, Dept of Chemistry.
Outcome	To provide students with a platform to express their feelings and appreciation for their mothers through the art of poetry

On the 15th of October 2019, a poetry writing competition titled "Mother is the Bank of Never-Ending Love" was organized at by Women Cell. The competition aimed to provide students with a platform to express their feelings and appreciation for their mothers through the art of poetry. The event witnessed enthusiastic participation, with students showcasing their creativity and emotional connection with their mothers. A diverse group of students from various disciplines participated in the competition. The participants displayed a range of

writing styles and perspectives, making the event a celebration of the unique bond between mothers and their children.

Participants

1. Sneha Jose I DC Chemistry
2. Meenakshi Ullas I DC Economics
3. Maria Timmichan II DC English
4. Sandra Alphonse John III DC Zoology
5. Recy Mathew II DC History
6. Anumol Boban III DC Zoology
7. Elsa Maria George II DC Economics

Winners:

Sandra Alphonse John from III DC Zoology won the First Prize and Elsa Maria George of II DC Economics won the second Prize.

The "Mother is the Bank of Never-Ending Love" poetry writing competition on October 15, 2019, was a resounding success, capturing the essence of maternal love through the lens of poetic expression. The event not only recognized the literary talents of the participants but also celebrated the profound and enduring bond between mothers and their children.



WOMEN CELL, ALPHONSA COLLEGE PALA
In Association With
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.



POETRY WRITING COMPETITION

Topic "MOTHER IS THE BANK OF NEVER-ENDING LOVE"

Last date of Submission: 15 OCTOBER 2019
 @ Dept. of Zoology

**First Prize – Rs: 500/-
 Second Prize – Rs: 300/-**

Instructions
 Poetry can be written in either English or Malayalam

Co-ordinators: Dr. Simimol Sebastian
 Ms. Teena James

On the 15th of October 2019, a poetry writing competition titled "Mother is the Bank of Never-Ending Love" was organized at by Women Cell.

6. Short Story Writing Competition on "Mother: The Best Teacher in our Life"

Title of the Activity	Short Story Writing Competition on "Mother: The Best Teacher in our Life"
Organizing Agency/Department	Women's Cell
Date	22 nd November 2019
No. of students participated	7
Judges	Ms Smitha Clary Joseph Asst Prof, Dept of Economics and Dr. Jesty Emmanuel Asst Prof, Dept of Hindi
Outcome	To provide a platform for students to express their perspectives and showcase their creativity through storytelling styles

On the 22nd of November 2019 a short story writing competition was conducted by Women Cell on the theme, "Mother: The Best Teacher in Our Life." The competition aimed to explore the diverse ways in which mothers play the role of educators in the lives of their children. Students from various disciplines enthusiastically participated in the competition, bringing a wide range of perspectives and storytelling styles to the event. The entries reflected the deep admiration and gratitude students hold for their mothers as primary teachers in life.

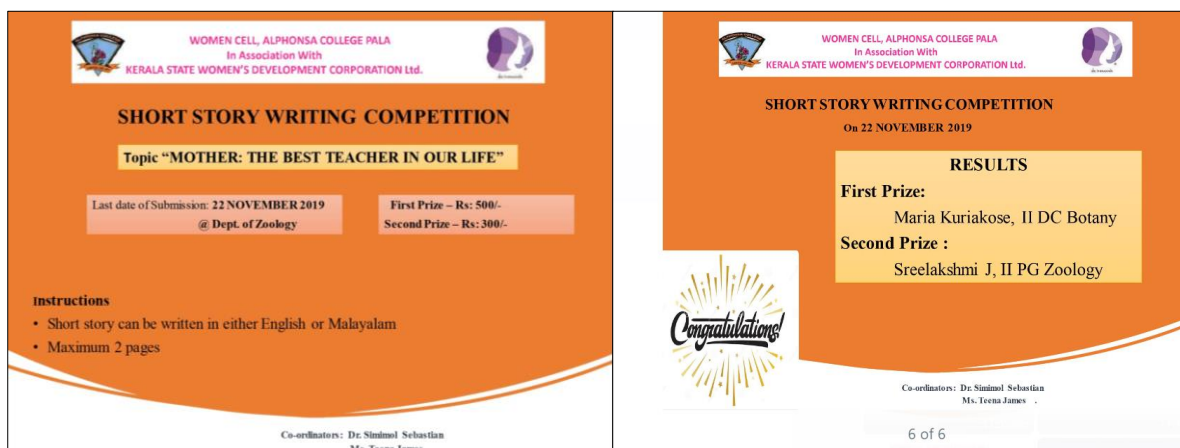
Participants



1. Irine Biju II DC English
2. Neha Ranjith II DC Economics
3. Aleedamol Antony II DC Mathematics
4. Tessa Mathew II DC Chemistry
5. Elizabeth George I DC History
6. Ambili C Nair III DC Botany
7. Maria Kuriakose II DC Botany

Winners:

Maria Kuriakose of II DC Botany won First Prize and Sreelakshmi J of II PG Zoology won the Second Prize.

The event celebrated the literary talents of the participants and underscored the invaluable role mothers play as the first and best teachers.




WOMEN CELL, ALPHONSA COLLEGE PALAI
 In Association With
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.


SHORT STORY WRITING COMPETITION

Topic "MOTHER: THE BEST TEACHER IN OUR LIFE"



Last date of Submission: 22 NOVEMBER 2019
@ Dept. of Zoology

First Prize – Rs: 500/-
Second Prize – Rs: 300/-

Instructions

- Short story can be written in either English or Malayalam
- Maximum 2 pages

Co-ordinators: Dr. Siminul Sebastian
Ms. Teena James



WOMEN CELL, ALPHONSA COLLEGE PALAI
 In Association With
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.


SHORT STORY WRITING COMPETITION
On 22 NOVEMBER 2019

RESULTS

First Prize:
Maria Kuriakose, II DC Botany

Second Prize :
Sreelakshmi J, II PG Zoology



Co-ordinators: Dr. Siminul Sebastian
Ms. Teena James

6 of 6

7. Seminar on Women Entrepreneurship

Title of the Activity	Seminar on Women Entrepreneurship
Organizing Agency/Department	Department of Commerce and the State Industrial Board
Date	22 nd November, 2019
No. of students participated	87
Resource person	Dr. Brijesh George John, Assistant Professor, Marian College Kuttikanam
Outcome	To foster awareness, inspiration, and empowerment among women to explore and excel in entrepreneurial ventures.

On November 22, 2019, a seminar on Women Entrepreneurship was organized by Department of Commerce in association with the State Industrial Board. The objective of the seminar was to foster awareness, inspiration, and empowerment among women to explore and excel in entrepreneurial ventures. Dr. Brijesh George John, Assistant Professor at Marian College Kuttikanam, led the session as the main speaker. He delivered a comprehensive keynote address on the various facets of women entrepreneurship. He discussed the challenges and opportunities faced by women in business, highlighted successful women entrepreneurs, and emphasized the role of education and mentorship in fostering entrepreneurship. The collaboration with the State Industrial Board brought valuable insights into government policies, schemes, and resources available to support women entrepreneurs. Representatives from the board shared information on funding opportunities, skill development programs, and initiatives aimed at promoting women-led businesses. The Women Entrepreneurship Seminar proved to be a significant and impactful event, bringing together enthusiastic participants, expert speakers, and valuable resources. Dr. Brijesh George John's insightful keynote address, coupled with the collaboration with the State Industrial Board, contributed to the seminar's success.



Seminar on Women Entrepreneurship on November 22, 2019.

8. Paryaptha-2019

Title of the Activity	Paryaptha-2019
Organizing Agency/Department	Centre for Gandhian Studies
Date	19 th December, 2019
Outcome	To inculcate the ideals of self-reliance, women empowerment and sustainable development among students

Paryaptha-2019, an exhibition cum sale of items made by students was organized by the Centre of Gandhian Studies on 19 December 2019 with the objective of inculcating the ideals of self-reliance, women empowerment and sustainable development among students. The exhibition focused on organising a zero-waste programme, based on the concept of ‘reduce, reuse, recycle’ as well as providing students with the opportunity to ‘earn while you learn’. A highlight of the programme was the sale of cloth bags designed by the Centre for Gandhian Studies. The Department of Fashion Technology won the prize for the Department that best embodied the spirit of Paryaptha and Diya Mary Das of II DC English and Akhila D. of II DC Physics won the first and second prizes for the most innovative ideas.



Paryaptha-2019, an exhibition cum sale on 19 December 2019.

9. Orientation Class on Combined Defence Force Exam Especially for Girls

Title of the Activity	Orientation Class on Combined Defence Force Exam Especially for Girls
Organizing Agency/Department	Career and Placement Cell
Date	6 th January, 2020
No. of students participated	380
Resource person	Brig. K. D. Chacko, Team leader, Eduhub, Kottayam
Outcome	To enhance awareness about career opportunities for women in Army, Navy and Air Force

A career orientation class on combined defence force exam options especially for girls were introduced for final year degree and post graduate students by Brig. K. D. Chacko on 6th January 2020 in the college auditorium. He talked in length about the different opportunities in defence stream. The qualifications for various exams, eligibility criteria, exam requirements, exam pattern, growth and career options in the Army, Navy and Air Force streams were all explained to the students. Brig. M.D. Chacko, a defence analyst, motivator and soft skill trainer is currently the team leader at Eduhub, Kottayam.



Orientation Class on Combined Defence Force Exam Especially for Girls on 6th January 2020.

10. Tableau competition with the theme Women Empowerment

Title of the Activity	Tableau competition
Organizing Agency/Department	Alphonsa Alumni Association
Date	13 th January, 2020
No. of teams participated	7 teams with minimum of 7 students in each team
Outcome	The Seminar provided Insights to the students on the role of women in science and motivated them to come forward to do the scientific research.

The alumnae association conducted a tableau competition for the final year UG students on 13 January 2020 with the theme as Women Empowerment. The Department of Chemistry got the first prize and a cash award of Rs. 2500 and the departments of Physics and English won the second and third prizes respectively.



A tableau competition for the final year UG students on 13 January 2020.

11. Self-Employment Programme

Title of the Activity	Self-Employment Programme
Organizing Agency/Department	National Service Scheme and Department of Economics
Date	18 th January, 2020
No. of students participated	60
Resource person	Ms. Nesrin P Fasim
Outcome	To impart practical skills and encourage entrepreneurship among the students

On the 18th of January 2020, a self-employment program focused on pen making was organized for III DC students under the leadership of NSS volunteers in the Economics department. The initiative aimed to impart practical skills and encourage entrepreneurship among the students. The primary objective of the self-employment program was to empower students with a practical skill – pen making – that could potentially serve as a source of income, fostering a spirit of entrepreneurship and self-reliance among the participants. A training session was conducted to provide students with hands-on experience in pen making. Ms. Nesrin P Fasim were engaged to guide the participants through the process, from selecting raw materials to the intricacies of pen assembly. The training included both theoretical explanations and practical demonstrations. Participants were given the opportunity to create their own pens under the supervision of the trainers, allowing them to apply the knowledge gained during the session.



A self-employment program on the 18th of January 2020.

12. Women Safety Awareness Seminar

Title of the Activity	Women Safety Awareness Seminar
Organizing Agency/Department	Women's Cell and Janamaithri Police, Pala
Date	3 rd February, 2020
No. of students participated	All IDC Students
Resource person	Sri. Benoy Thomas, Assistant Sub-Inspector (ASI), Janamaithri Police, Pala
Outcome	To enhance awareness about personal safety tips, self-defence techniques, and the role of law enforcement in ensuring the well-being of women

On February 3, 2020, a Women Safety Awareness Seminar was organized in association with Janamaithri Police, Pala. The seminar aimed to educate and empower women on issues related to their safety and well-being. Sri. Benoy Thomas, Assistant Sub-Inspector (ASI) from Janamaithri Police, Pala, served as the resource person for the event. He brought his expertise in law enforcement to guide and educate participants on women's safety. The seminar began with an inaugural session, emphasizing the importance of women's safety and the need for awareness and preparedness. A warm welcome was extended to all participants. Sri. Benoy Thomas, ASI, delivered a comprehensive keynote address focusing on various aspects of women's safety. He covered topics such as personal safety tips, self-defense techniques, and the role of law enforcement in ensuring the well-being of women in the community. An interactive session allowed participants to engage with Sri. Benoy Thomas, asking questions and seeking practical advice on personal safety. This session facilitated a more personalized and engaging learning experience. The knowledge gained from this seminar is expected to contribute to a heightened sense of awareness and preparedness among women in the community.



A Women Safety Awareness Seminar on February 3, 2020.

13. Lecture on Nationalism and Construction of Womanhood

Title of the Activity	Lecture on Nationalism and Construction of Womanhood
Organizing Agency/Department	Department of History
Date	14 th February, 2020
Resource person	Dr. Beena Paul, Head of the Department of History at Henry Baker College, Melukavu.
Outcome	To explore the intersection of nationalism and the construction of womanhood and women's role in the nationalist movements.

On the 14th of February 2020, the Department of History organized a lecture by Dr. Beena Paul, Head of the Department of History at Henry Baker College, Melukavu. The lecture aimed to explore the intersection of nationalism and the construction of womanhood, providing valuable insights into the historical context of women's roles in the nationalist movements. Dr. Beena Paul, an esteemed academic and Head of the History Department at Henry Baker College, Melukavu, brought a wealth of knowledge and expertise to the lecture. She explored how women have played significant but often overlooked roles in nationalist movements, contributing to the shaping of national identities.



Lecture on Nationalism and Construction of Womanhood by Dr. Beena Paul, Head of the Department of History at Henry Baker College, Melukavu.

14. Seminar on WOMEN IN SCIENCE

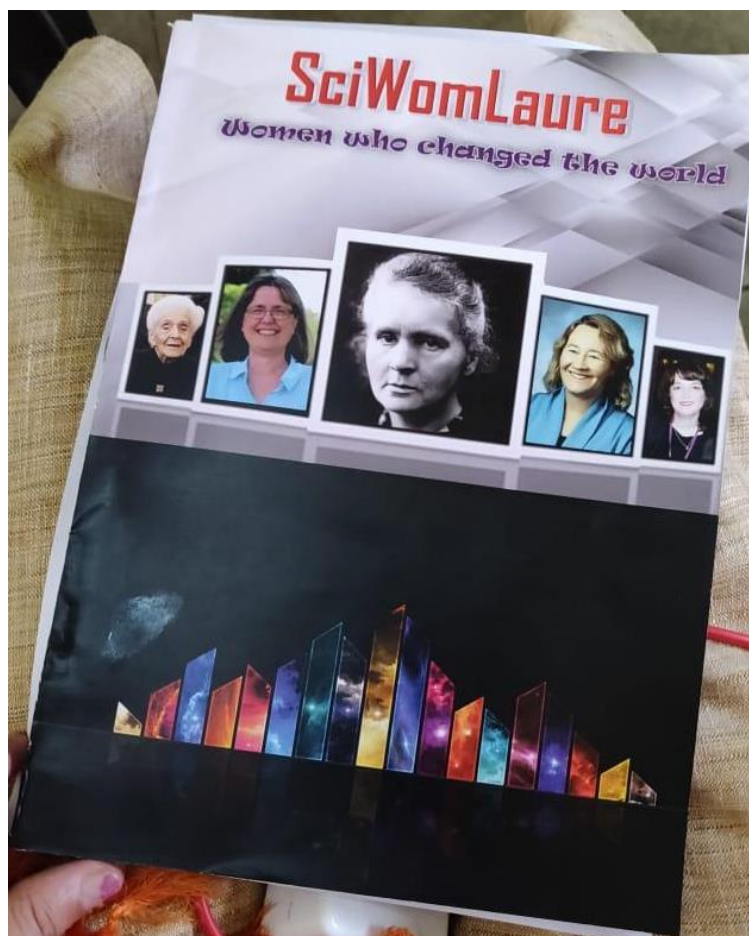
Title of the Activity	Seminar on WOMEN IN SCIENCE
Organizing Agency/Department	All Science Departments
Date	2 nd March, 2020
No. of students participated	All Science students
Resource person	Dr. Sindhu E. R, Assistant Professor, Malabar Centre, Thalassery and Dr. Sunny Kuriakose, Head of the Department of Chemistry, St. Thomas College Pala
Outcome	The Seminar provided Insights to the students on the role of women in science and motivated them to come forward to do the scientific research.

As part of National Science Day 2020, a seminar on women in science was held by all science departments together on March 2, 2020. The seminar was inaugurated by Dr. Sunny Kuriakose, Head of the Department of Chemistry, St. Thomas College Pala. He also gave a

motivational speech about the contribution of women to the advancement of science and pushed for a shift in society's patriarchal views regarding women. Women scientists who have made significant contributions to scientific history were the subject of a discussion given by Dr. Sindhu E. R., Assistant Professor at the Malabar Centre in Thalassery. Additionally, students published a manuscript journal, 'SciWomLaure-Women which changed the world'. The magazine focused on the accomplishments of female Nobel laureates.



A seminar on women in science on March 2, 2020.



A manuscript journal, 'SciWomLaure-Women which changed the world'

15. Seminar on "Role of Women in Family and Society"

Title of the Activity	Seminar on "Role of Women in Family and Society"
Organizing Agency/Department	Women Cell
Date	6 th March, 2020
No. of students participated	II DC and I PG students
Resource person	Mrs. Sijitha Anil, Story Writer
Outcome	To empower students with insights into the pivotal role women play in shaping families and societies

On March 6, 2020, a seminar was conducted to celebrate International Women's Day, focusing on the "Role of Women in Family and Society." The event aimed to shed light on

the significant contributions of women in various spheres and empower the audience with insights into the pivotal role women play in shaping families and societies. The resource person for the seminar was Mrs. Sijitha Anil, a renowned story writer. The seminar commenced with an opening ceremony, welcoming participants and emphasizing the importance of recognizing and celebrating the achievements of women. Mrs. Sijitha Anil delivered a compelling keynote address, drawing from her experiences and expertise to illuminate the audience on the multifaceted roles that women play in family and society. She emphasized the power of storytelling in conveying the struggles, triumphs, and resilience of women throughout history. The seminar delved into the integral role women play within the family structure. Discussions centered around the evolving dynamics of family life and the changing expectations placed on women. The seminar also examined the broader impact of women on societal development. Mrs. Sijitha Anil discussed how women contribute to the economic, cultural, and political fabric of society. The seminar included interactive sessions, allowing participants to share their thoughts, experiences, and insights. Overall, the seminar on the "Role of Women in Family and Society" proved to be an enlightening and empowering event, providing a platform for meaningful discussions and reflections on the contributions of women to the betterment of families and society at large.



Seminar on "Role of Women in Family and Society" on March 6, 2020 by Mrs. Sijitha Anil, Story Writer.

16. Awareness Class "Niravu 2020"

Title of the Activity	Awareness Class "Niravu 2020"
Organizing Agency/Department	Women's Cell and Janamaithiri Police, Pala
Date	6 th March, 2020
No. of students participated	134
Outcome	To enrich students with insights into women empowerment, cybersecurity and online safety, community policing initiatives and substance abuse prevention

On March 6, 2020, an awareness class titled "Niravu 2020" was organized by Women Cell in collaboration with Janamaithiri Police Pala. The event aimed to address various societal issues and create awareness among the community. The class was formally inaugurated by seven eminent women who brought their expertise to the forefront. The event began with a formal inauguration ceremony. Seven eminent women, Dr. Sr. Gigimol M. G.(Principal, Alphonsa College, Pala), Mrs. Mary Dominic (Pala Municipal Chairperson), Mrs. Mercykutty Kuriakose (Meenachil Grama panchayath President), Mrs. Omana Blakrishnan (Karooor Grama panchayath President), Mrs. Binimol (Kozhuvanal Grama panchayath President), Mrs. Molly Baby (Bharananganam Grama panchayath Vice president) and Mrs. Beena Baby (Mutholy Panchayath Former President; Standing Committee Chairman- Development Board) representing different fields such as education and social work were invited to inaugurate the awareness class. Their presence symbolized a diverse range of perspectives and expertise. The dignitaries collectively emphasized the importance of community awareness and active participation in addressing social issues. The main topics discussed were Women's Empowerment, Cybersecurity and Online Safety, Community Policing Initiatives and Substance Abuse Prevention. Overall, "Niravu 2020" served as a platform for knowledge exchange, community building, and collective efforts towards a safer, more informed, and empowered community.



An awareness class titled "Niravu 2020" on March 6, 2020.



Shaji John
PRINCIPAL
PRINCIPAL
ALPHONSA COLLEGE
PALAI