



# ALPHONSA COLLEGE, PALA

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

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**GENDER EQUITY PROMOTION PROGRAMMES**

**2020-2021**

### LIST OF PROGRAMMES

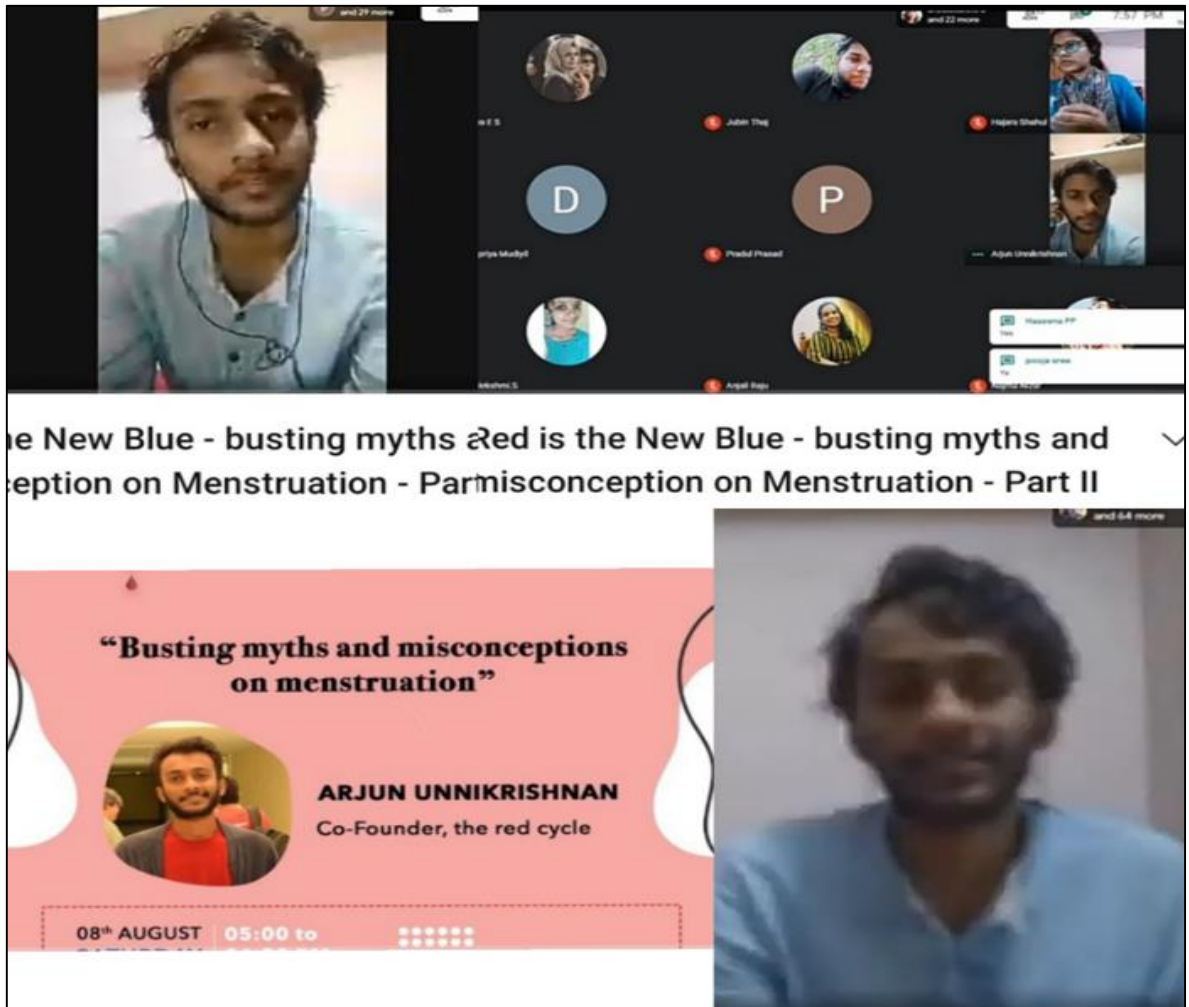
Sl. No.	Name
1.	Webinar on 'Red is the New Blue: Busting Myths and Misconceptions on Menstruation'
2.	Women Equality Day Celebrations
3.	Fit India Event: To make them Fit and Bold
4.	Webinar on “ആശുപത്രികളിലെ പെൺപഠനങ്ങൾ: Gender Sensitisation”
5.	Poster Designing Competition on Female Foeticide
6.	One-Week Rural Women Empowerment Challenge
7.	Invited talk on 'Women in Science'
8.	Webinar on “Gender Equality and Women’s Empowerment”
9.	Commemoration of International Day of Women and Girls in Science
10.	Debate competition on 'Justice for Gender'
11.	Mega Webinar on 'Legal Awareness'
12.	Webinar on “Problems of Women in the Present Scenario and Solutions”
13.	Webinar on “Laws for Women in India”
14.	Webinar on “We Choose to Challenge”
15.	Lecture on 'Women Entrepreneurship'
16.	Webinar on “Modern Women Talking”
17.	Webinar on 'Youth and Mental Health: Challenges Ahead'
18.	Webinar on 'Menstrual Hygiene: Let's Cup the Myths'
19.	Workshop on Women Entrepreneurship

**Webinar on ‘Red is the New Blue: Busting Myths and Misconceptions on**

<b>Title of the Activity</b>	Webinar on ‘Red is the New Blue: Busting Myths and Misconceptions on Menstruation’
<b>Organizing Agency/Department</b>	National Service Scheme and Red Cycle
<b>Date</b>	16 <sup>th</sup> August, 2020
<b>Resource person</b>	Mr. Arjun Unnikrishnan, Co-founder, The Red Cycle
<b>Outcome</b>	To educate participants about menstrual hygiene, break societal taboos

The NSS unit of Alphonsa College Pala in collaboration with the Red Cycle organized a webinar on 16<sup>th</sup> August 2020, on the topic ‘**Red is the New Blue: Busting Myths and Misconceptions on Menstruation**’. Mr. Arjun Unnikrishnan, Co-founder of the Red Cycle was the resource person. The event aimed to educate participants about menstrual hygiene, break societal taboos, and foster an inclusive environment where menstruation is discussed openly and without stigma. The webinar generated significant interest and engagement from participants, including students, faculty members, and external attendees. The session helped debunk myths and misconceptions surrounding menstruation, leading to increased awareness and understanding.

CRITERION 7.1.1



Webinar on 16<sup>th</sup> August 2020, on the topic ‘Red is the New Blue: Busting Myths and Misconceptions on Menstruation’

### Women Equality Day Celebrations

<b>Title of the Activity</b>	Samadarshan
<b>Organizing Agency/Department</b>	National Service Scheme
<b>Date</b>	26 <sup>th</sup> August, 2020
<b>Resource person</b>	Lt. Anu Jose, Asst. Professor, Dept. of English, Alphonsa College Pala
<b>Outcome</b>	To provide a deeper understanding of the issues surrounding gender equality

The NSS unit of Alphonsa College Pala organized a webinar in connection with Women Equality Day celebrations on 26<sup>th</sup> August, 2020. Lt. Anu Jose, Asst. Professor, Department of English, Alphonsa College Pala, led the session on the topic “Samadarshan”. She shared her insights and experiences on the importance of gender equality and the need for creating an inclusive environment. The webinar discussed about the challenges faced by women in society, strategies for promoting gender equality, success stories of women breaking barriers and the importance of equal opportunities in education and employment. The webinar received an overwhelming response from participants, including students, faculty members, and external attendees. The insightful discussions and the thought-provoking session provided a deeper understanding of the issues surrounding gender equality and inspired individuals to take action. The webinar provided a platform for meaningful discussions and reflections on the journey towards gender equality.

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Webinar in connection with Women Equality Day celebrations on 26<sup>th</sup> August, 2020 led by Lt. Anu Jose, Asst. Professor, Department of English, Alphonsa College Pala.



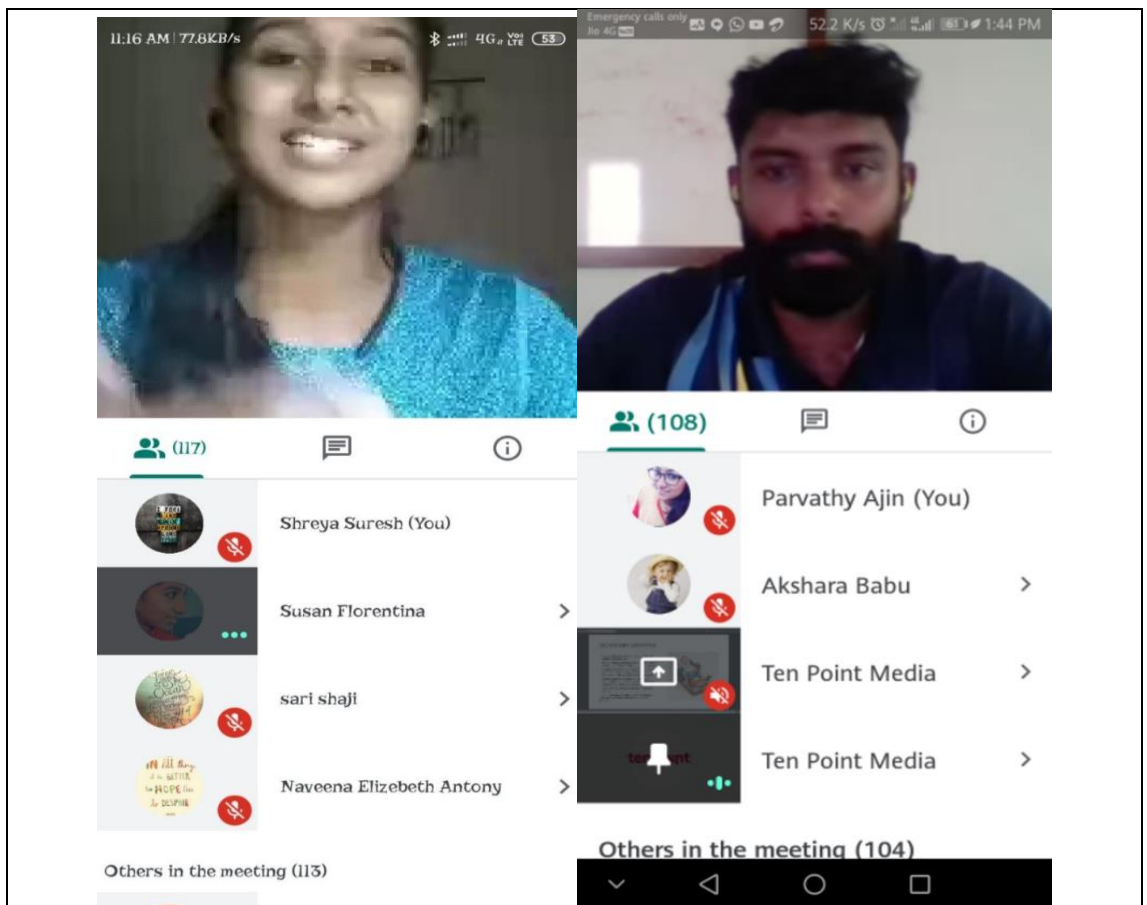
### Fit India Event: To make them Fit and Bold

<b>Title of the Activity</b>	Fit India Event: To make them Fit and Bold
<b>Organizing Agency/Department</b>	NCC and NSS
<b>Date</b>	6 <sup>th</sup> and 17 <sup>th</sup> September, 2020
<b>Resource person</b>	<ol style="list-style-type: none"> <li>1. Ms. Susan Florentina S</li> <li>2. Mr. Amal Manohar, Fitness Trainer and National Athlete</li> </ol>
<b>Outcome</b>	To provide participants with insights into the importance of maintaining a healthy, disciplined physique and physical fitness.

As part of the Fit India Event, NCC and NSS Units of Alphonsa College Pala, jointly organized two webinars in the month of September. Webinar held on 6<sup>th</sup> September, 2020, on the topic '**Physique and Physical Fitness**' featured Ms. Susan Florentina S. The event aimed to educate attendees on various aspects of physical fitness, including exercise routines, nutrition, lifestyle habits, and mental well-being, to help them lead healthier and more active lives. The resource person shared her knowledge, experiences, and practical tips for achieving optimal physical fitness and well-being. The session was interactive, allowing participants to ask questions, share their own experiences, and engage in discussions on topics related to physique and physical fitness.

Webinar held on 17<sup>th</sup> September, 2020, on the topic '**Essentials of Disciplined Physique**' featured Mr. Amal Manohar, Fitness Trainer and National Athlete. The event focused on providing practical insights, strategies, and techniques for developing healthy habits, adopting disciplined lifestyle choices, and optimizing physical fitness for long-term well-being. The resource person shared his expertise and experiences in cultivating disciplined physique. The session was structured to cover various aspects, including exercise routines, nutrition guidelines, mindset strategies, and lifestyle habits, all aimed at fostering discipline and consistency in pursuit of physical fitness goals.

## CRITERION 7.1.1



Webinar held on 6<sup>th</sup> September, 2020, on the topic **‘Physique and Physical Fitness’** featured Ms. Susan Florentina S. Webinar held on 17<sup>th</sup> September, 2020, on the topic **‘Essentials of Disciplined Physique’** featured Mr. Amal Manohar, Fitness Trainer and National Athlete.

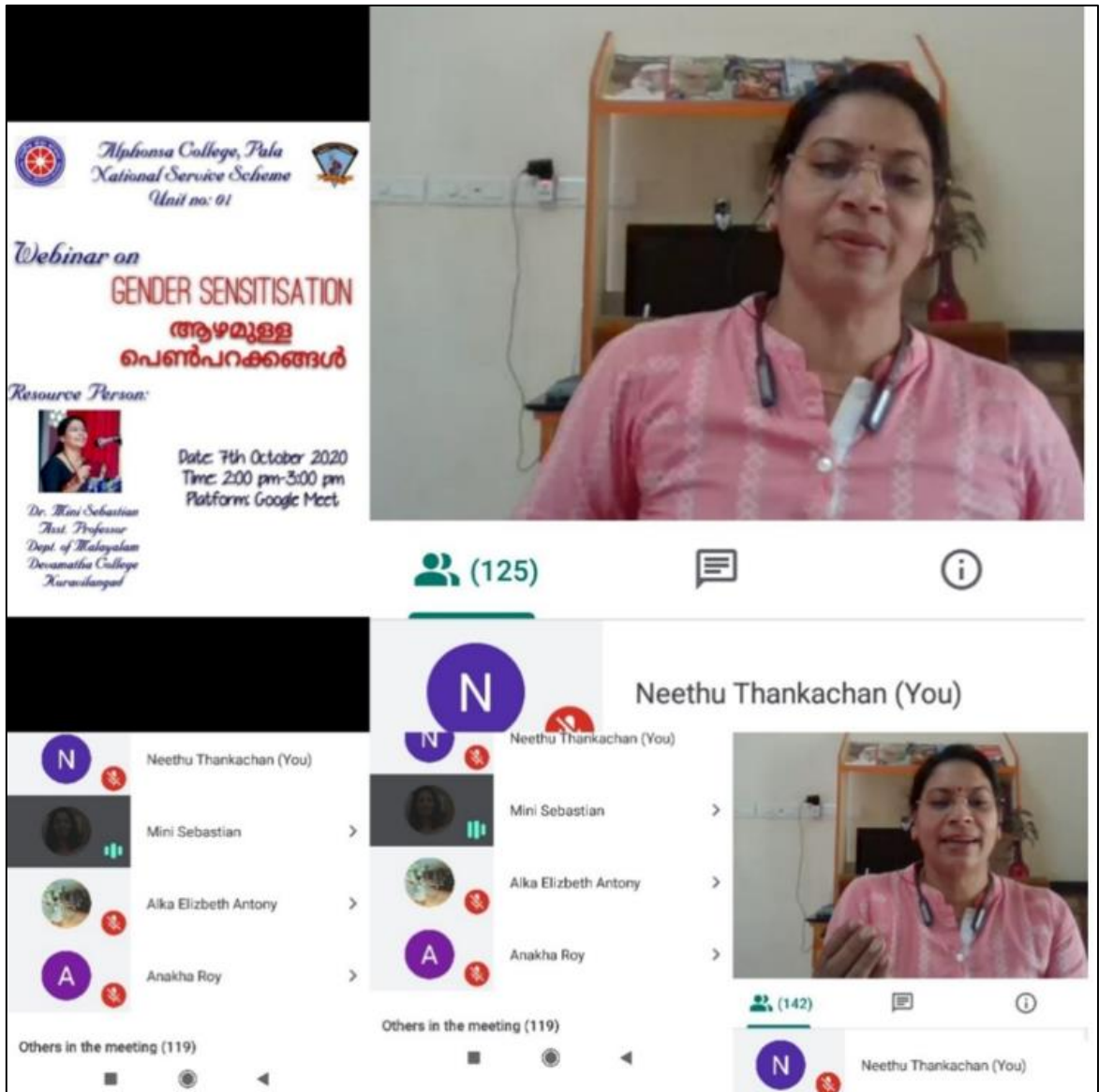


**Webinar on “ആഴമുള്ളപെൺപറക്കങ്ങൾ: Gender Sensitisation”**

<b>Title of the Activity</b>	Webinar on “ആഴമുള്ളപെൺപറക്കങ്ങൾ: Gender Sensitisation”
<b>Organizing Agency/Department</b>	National Service Scheme
<b>Date</b>	7 <sup>th</sup> October, 2020
<b>Resource person</b>	Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha College
<b>Outcome</b>	To raise awareness and promote gender sensitivity among participants

The NSS unit of Alphonsa College Pala organised a Gender Sensitisation Webinar on the topic “ആഴമുള്ളപെൺപറക്കങ്ങൾ: Gender Sensitisation” on 7<sup>th</sup> October 2020. Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha college was the resource person. The event aimed to address stereotypes, biases, and societal norms that perpetuate gender inequality and discrimination. The session discussed on various topics including, gender spectrum, stereotypes and biases, women empowerment, role of education in gender sensitisation and on the need to build inclusive communities. The webinar received enthusiastic participation from a diverse audience, including students, faculty members, and external attendees. The session helped the volunteers to examine their personal attitudes and beliefs and question the ‘realities’ they know. The webinar served as a platform to promote awareness, dialogue, and action towards gender equality and sensitivity.

CRITERION 7.1.1



Gender Sensitisation” on 7<sup>th</sup> October 2020 led by Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha college

### Poster Designing Competition on Female Foeticide

<b>Title of the Activity</b>	Poster Designing Competition on Female Foeticide
<b>Organizing Agency/Department</b>	NCC
<b>Date</b>	11 <sup>th</sup> October 2020
<b>Outcome</b>	To raise awareness about the issue of female foeticide and its consequences, and to encourage participants to express their perspectives and ideas creatively through visual art.

The NCC unit of Alphonsa College Pala commemorated the International Girl Child Day on 11<sup>th</sup> October 2020, by organizing a Poster Designing Competition on Female Foeticide to raise awareness about the issue of female foeticide and its consequences, and to encourage participants to express their perspectives and ideas creatively through visual art. The competition aimed to engage students in advocating against gender-based violence and promoting gender equality and the rights of the girl child. Posters were made to raise awareness on the rights of the female child and the need to stop female foeticide. The competition witnessed participants creating posters that conveyed powerful messages and visuals addressing the issue of female foeticide. Participants were encouraged to explore themes such as gender discrimination, women's rights, empowerment, and the value of the girl child. The competition provided a platform for artists to use their creativity and talent to advocate for social change and raise awareness about this pressing issue. The competition received enthusiastic participation from students. The submitted posters showcased a diverse range of artistic styles, themes, and messages, reflecting the participants' creativity and commitment to addressing the issue of female foeticide.



As the part of International Girl Child Day, NSS organized Poster Designing Competition on 'Female Foeticide' 11<sup>th</sup> October 2020.

### One-Week Rural Women Empowerment Challenge

<b>Title of the Activity</b>	One-Week Rural Women Empowerment Challenge
<b>Organizing Agency/Department</b>	NCC
<b>Date</b>	15 <sup>th</sup> to 21 <sup>st</sup> October, 2020
<b>No. of students participated</b>	62
<b>Outcome</b>	To empower women in rural areas by providing them with skills, resources, and opportunities

As part of International Rural Women Empowerment Day, NCC launched One-Week Rural Women Empowerment Challenge from 15<sup>th</sup> to 21<sup>st</sup> October, 2020. The programme was organized with the aim of empowering women in rural areas by providing them with skills, resources, and opportunities to enhance their socio-economic status and contribute to their communities' development. The challenge consisted of a series of activities, workshops, and training sessions designed to address the specific needs and challenges faced by rural women. It focused on building their capacity, fostering

CRITERION 7.1.1

entrepreneurship, promoting financial literacy, and enhancing their access to information and resources. Training was given to rural women by the cadets on Garment Making, Basic Office Automation Tools and in the use of E-payment Wallets. 62 cadets participated. 65 women benefitted from the training.



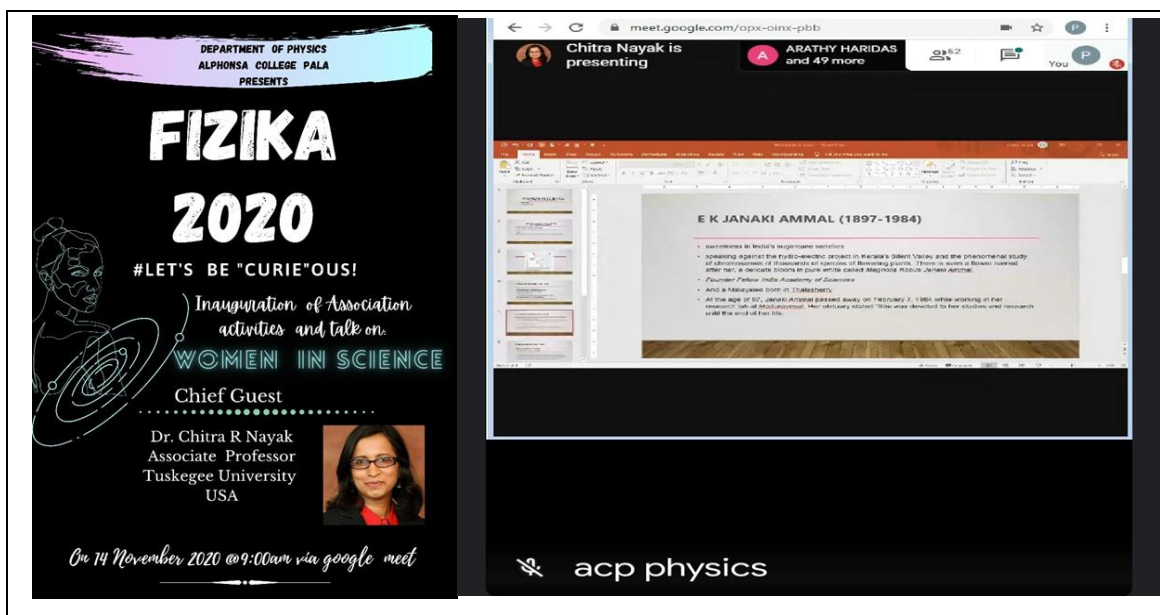
International Rural Women Empowerment Day, NCC launched One-Week Rural Women Empowerment Challenge from 15<sup>th</sup> to 21<sup>st</sup> October, 2020

**Invited talk on 'Women in Science'**

<b>Title of the Activity</b>	Invited talk on 'Women in Science'
<b>Organizing Agency/Department</b>	Department of Physics
<b>Date</b>	14 <sup>th</sup> November, 2020
<b>Resource person</b>	Dr. Chitra Nayak, Associate Professor, Tuskegee University, USA
<b>Outcome</b>	To inspire and empower participants, especially women, to pursue careers in science and overcome barriers to gender equality in STEM fields.



The Department of Physics, Alphonsa College Pala, organized an invited talk on the topic ‘**Women in Science**’ on 14<sup>th</sup> November, 2020. The event featured Dr. Chitra Nayak, Associate Professor, Tuskegee University, USA. The programme was organized to shed light on the experiences, challenges, and contributions of women in the field of science. Dr. Chitra Nayak shared her insights and experiences as a woman in the field of science, highlighting the importance of diversity and inclusion in scientific research and innovation. She discussed the unique challenges faced by women in STEM, including gender bias, stereotypes, and systemic barriers, and offered strategies for overcoming these challenges and succeeding in male-dominated fields. The talk received enthusiastic participation from attendees, who found Dr. Nayak's insights and perspectives inspiring and thought-provoking. Participants gained a deeper understanding of the challenges faced by women in science and the importance of promoting gender equality and diversity in STEM fields.



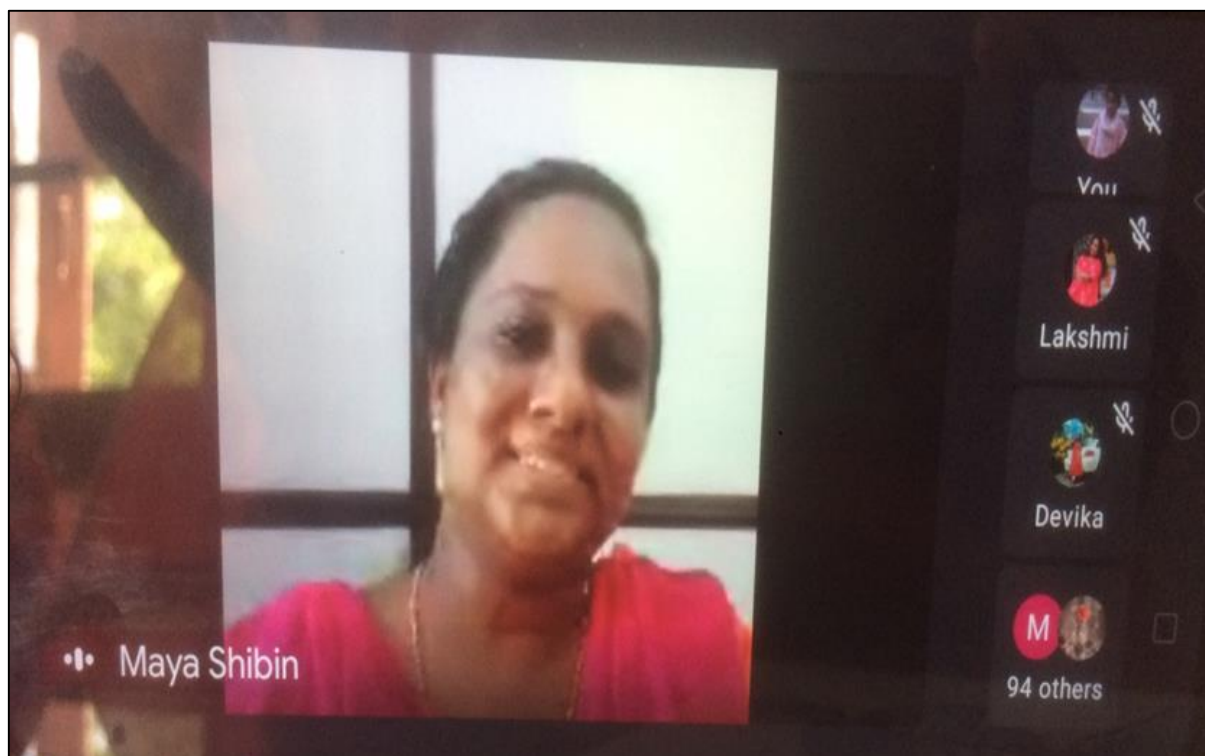
An invited talk on the topic ‘**Women in Science**’ on 14<sup>th</sup> November, 2020 led by Dr. Chitra Nayak, Associate Professor, Tuskegee University, USA.



### Webinar on “Gender Equality and Women’s Empowerment”

<b>Title of the Activity</b>	Webinar on “Gender Equality and Women’s Empowerment”
<b>Organizing Agency/Department</b>	Women’s Cell
<b>Date</b>	5 <sup>th</sup> January, 2021
<b>Resource person</b>	Dr. Maya Shibin, Consultant Psychologist
<b>Outcome</b>	To engage participants in exploring strategies, initiatives, and policies to promote gender equality and empower women in various spheres of life.

Women Cell organized a webinar on the topic “**Gender Equality and Women’s Empowerment**” on 5<sup>th</sup> January, 2021 by Dr. Maya Shibin, Consultant Psychologist. The programme was organized to facilitate discussions and raise awareness about the importance of gender equality and women's empowerment in achieving sustainable development and social progress. The resource person shared her insights, experiences, and best practices related to gender equality and women's empowerment. The sessions were structured to cover a wide range of topics, including the importance of gender mainstreaming, women's rights, access to education and healthcare, economic empowerment, and political participation. The webinar received enthusiastic participation from a diverse audience, including academics, students, and community members. Participants engaged in lively discussions, shared insights and experiences, and exchanged ideas for advancing gender equality and women's empowerment in their respective contexts.



A webinar on the topic “**Gender Equality and Women’s Empowerment**” on 5<sup>th</sup> January, 2021 led by Dr. Maya Shibin, Consultant Psychologist.

### Commemoration of International Day of Women and Girls in Science

<b>Title of the Activity</b>	Commemoration of International Day of Women and Girls in Science
<b>Organizing Agency/Department</b>	National Service Scheme
<b>Date</b>	12 <sup>th</sup> February, 2021
<b>Outcome</b>	To raise awareness about the importance of diversity and inclusion in science and to inspire the next generation of women scientists.

The commemoration of the International Day of Women and Girls in Science was organized to celebrate the achievements of women and girls in the field of science and to promote gender equality and opportunities for women in STEM (Science, Technology, Engineering, and Mathematics). The event featured a series of activities, including keynote speeches, panel discussions, workshops, competitions and interactive sessions, designed to

highlight the contributions of women in science, address gender disparities in STEM fields, and explore strategies for promoting greater participation of women and girls in scientific careers. As part of the event, NSS unit conducted a video competition and an interactive session in Google meet on February 12, 2021. The programme received overwhelming support and participation from a diverse range of stakeholders, including educators, students, and members of the public. The event succeeded in raising awareness about the achievements of women in science and inspiring girls to pursue careers in STEM.

### Debate Competition on 'Justice for Gender'

<b>Title of the Activity</b>	Debate competition on 'Justice for Gender'
<b>Organizing Agency/Department</b>	National Service Scheme
<b>Date</b>	20 <sup>th</sup> February, 2021
<b>Outcome</b>	To promote awareness, stimulate dialogue, and inspire advocacy for gender justice and equality

As a part of commemoration of World Social Justice Day, the NSS unit of Alphonsa College Pala organised a debate competition on 20<sup>th</sup> February 2021, on the topic '**Justice for Gender**'. The programme was organized to provide a platform for students to engage in critical discourse and debate on issues related to gender equality, women's rights, and social justice. The event aimed to promote awareness, stimulate dialogue, and inspire advocacy for gender justice and equality. The competition featured teams of students who debated on topics pertinent to gender justice, including but not limited to gender-based violence, discrimination, equal opportunities, reproductive rights, and LGBTQ+ rights. Participants presented arguments, countered opposing viewpoints, and engaged in constructive dialogue under the guidance of experienced adjudicators. The Debate Competition generated meaningful discussions and raised awareness about gender-related issues among participants and the audience. It provided a platform for students to voice their opinions, challenge stereotypes, and advocate for positive change.



A debate competition on 20<sup>th</sup> February 2021, on the topic ‘**Justice for Gender**’

### Mega Webinar on ‘Legal Awareness’

<b>Title of the Activity</b>	Mega Webinar on ‘Legal Awareness’
<b>Organizing Agency/Department</b>	National Service Scheme and Lions club 318b
<b>Date</b>	22 <sup>nd</sup> February, 2021
<b>Resource person</b>	Adv. Usha Menon
<b>Outcome</b>	To bridge the gap in legal awareness among women and equip them with the information needed to navigate legal systems effectively.

In association with Lions club 318b, the NSS unit of Alphonsa College Pala conducted a mega webinar on 22<sup>nd</sup> February 2021 on ‘**Legal Awareness**’. The webinar was organized with a special focus on women to empower them with knowledge about their legal rights, protections, and avenues for seeking justice. The event aimed to bridge the gap in legal awareness among women and equip them with the information needed to navigate legal systems effectively. The session was taken by Adv. Usha Menon. She shared her insights, expertise, and gave practical advice on various legal topics relevant to women's lives. It covered a wide range of subjects, including but not limited to women's rights, domestic

violence, property rights, workplace harassment, and access to justice. The webinar received overwhelming participation from women across diverse backgrounds, including students, faculty and community members. The event succeeded in raising awareness, empowering women with knowledge, and fostering a sense of agency and empowerment.



A mega webinar on 22<sup>nd</sup> February 2021 on ‘Legal Awareness’

**Webinar on “Problems of Women in the Present Scenario and Solutions”**

<b>Title of the Activity</b>	Webinar on “Problems of Women in the Present Scenario and Solutions”
<b>Organizing Agency/Department</b>	Women's Cell
<b>Date</b>	8 <sup>th</sup> March, 2021
<b>Resource person</b>	Sr. Ancy Kaduppil
<b>Outcome</b>	To address the multifaceted challenges faced by women in contemporary society and to explore actionable solutions to empower and uplift women

Women’s Cell organised webinar on “**Problems of Women in the Present Scenario and Solutions**” by Sr. Ancy Kaduppil on March 8, 2021. The event aimed to foster awareness, dialogue, and collaboration towards creating a more equitable and inclusive environment for women. The resource person shared insights, experiences, and



### CRITERION 7.1.1



strategies for addressing the diverse problems faced by women in the present scenario. It provided a platform for participants to engage in discussions, exchange ideas, and identify concrete actions to support women's rights and well-being. Topics discussed include gender-based violence, gender pay gap and economic empowerment, healthcare and reproductive rights of women, education and women empowerment and policy advocacy efforts. The webinar received active participation from a diverse audience, including educators, students and community members. It facilitated meaningful discussions, raised awareness about pressing issues affecting women, and inspired attendees to take action towards positive change.

The poster is for a webinar organized by the Women Cell of Alphonsa College Pala. It features a background of pink cherry blossoms. At the top left is the college's logo. The text in the center reads "WOMEN CELL, ALPHONSA COLLEGE PALA" in blue, followed by "Kottayam District, Kerala. (NAAC Accredited with A Grade)" in a smaller blue font. Below this, it says "Celebrates International Women's Day (March 8)" in pink and red. The word "Webinar on" is written in red cursive. Two topics are listed: "Problems of women in the present Scenario and solutions" and "Laws for Women in India". For the first topic, the date is 08.03.2021 and the time is 3:30 pm. For the second topic, the date is 10.03.2021 and the time is 3:45 pm. There are two photographs of women: Sr. Ancy Kaduppil on the left and Adv. Teena cherian on the right. At the bottom, the names of the organizers are listed: Dr. Sr. Gigimol M.G (Principal), Dr. Simimol Sebastian, and Ms. Teena James (Coordinators).

A webinar on “**Problems of Women in the Present Scenario and Solutions**” by Sr. Ancy Kaduppil on March 8, 2021.



### Webinar on “Laws for Women in India”

<b>Title of the Activity</b>	Webinar on “Laws for Women in India”
<b>Organizing Agency/Department</b>	Women's Cell
<b>Date</b>	10 <sup>th</sup> March, 2021
<b>Resource person</b>	Adv. Teena Cherian (High Court Ernakulam)
<b>Outcome</b>	To provide an overview of the legal framework pertaining to women's rights and protections in India

Women’s Cell organised webinar on “**Laws for Women in India**’ by Adv. Teena Cherian (High Court Ernakulam) on March 10, 2021. The event aimed to educate participants about key laws, policies, and regulations that safeguard women's rights, prevent gender-based discrimination, and promote gender equality in various spheres of life. The resource person shared insights, interpretations, and practical implications of laws relevant to women in India. It provided a platform for participants to engage in discussions, ask questions, and clarify doubts regarding their legal rights and protections under Indian law. Topics discussed include constitutional safeguards, women-specific legislation, criminal laws, family laws, legal aid and support services. The webinar received enthusiastic participation from a diverse audience, including women, students, educators and community members. It facilitated meaningful discussions, clarified misconceptions, and empowered participants with knowledge about their legal rights and avenues for seeking justice.



A webinar on “**Laws for Women in India**’ by Adv. Teena Cherian (High Court Ernakulam) on March 10, 2021

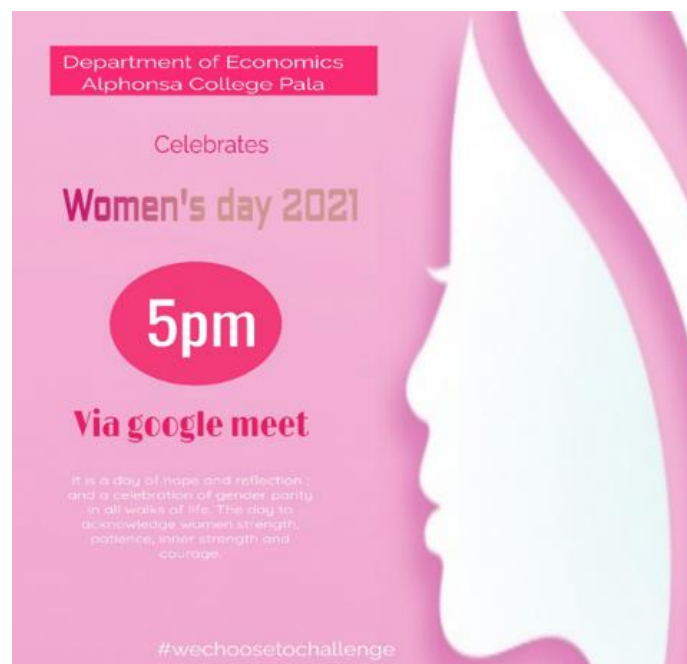
### Webinar on “We Choose to Challenge’

<b>Title of the Activity</b>	Webinar on “We Choose to Challenge”
<b>Organizing Agency/Department</b>	Women's Cell
<b>Date</b>	10 <sup>th</sup> March, 2021
<b>Resource person</b>	Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship
<b>Outcome</b>	To inspire individuals to challenge gender stereotypes, biases, and discrimination and champion women's rights and empowerment.

Department of Economics celebrated Women’s Day by conducting a webinar on 8<sup>th</sup> March, 2021, on the topic “**We Choose to Challenge**”. The event featured Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship. The programme was organized in honour of International Women's Day to celebrate the achievements of women, raise awareness about gender equality, and promote collective action towards a more inclusive

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and equitable society. The resource person shared her experiences, insights, and strategies for challenging gender norms and driving positive change. It provided a platform for participants to engage in dialogue, share stories, and explore actionable steps towards gender equality. The webinar received enthusiastic participation from a diverse audience, including students and community members. It facilitated meaningful discussions, inspired reflection, and galvanized individuals to commit to challenging gender norms and working towards gender equality in their personal and professional lives. The webinar served as a powerful platform for celebrating women's achievements, raising awareness about gender inequality, and inspiring collective action towards a more inclusive and equitable world. By choosing to challenge gender stereotypes and biases, participants demonstrated their commitment to creating a future where all genders are valued, respected, and empowered.



A webinar on 8<sup>th</sup> March, 2021, on the topic **“We Choose to Challenge”** led by Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship.

### Lecture on 'Women Entrepreneurship'

<b>Title of the Activity</b>	Lecture on 'Women Entrepreneurship'
<b>Organizing Agency/Department</b>	Department of History
<b>Date</b>	12 <sup>th</sup> March, 2021
<b>Resource person</b>	Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship
<b>Outcome</b>	To promote gender equality in the business world and empower women to overcome barriers and succeed as entrepreneurs.

Department of History organized a lecture on '**Women Entrepreneurship**' on 12<sup>th</sup> March, 2021. The lecture was organized to shed light on the role of women in entrepreneurship, discuss the challenges and opportunities they face, and inspire aspiring female entrepreneurs to pursue their entrepreneurial dreams. Resource person of the event was Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship. She shared insights, personal experiences, and best practices related to women entrepreneurship, covering various aspects such as ideation, startup challenges, funding, networking, and balancing work-life priorities. The lecture served as a valuable platform for promoting awareness, empowerment, and support for women entrepreneurs. The lecture received positive feedback and engagement from participants, including students, educators and aspiring entrepreneurs. It facilitated insightful discussions, raised awareness about the importance of gender equality in entrepreneurship, and inspired attendees to explore entrepreneurial opportunities. By highlighting the challenges, opportunities, and success stories in women entrepreneurship, the event contributed to advancing gender equality and fostering a more inclusive and innovative entrepreneurial ecosystem.



A lecture on '**Women Entrepreneurship**' on 12<sup>th</sup> March, 2021 by was Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship.

### Webinar on “Modern Women Talking”

<b>Title of the Activity</b>	Webinar on “Modern Women Talking”
<b>Organizing Agency/Department</b>	National Service Scheme
<b>Date</b>	13 <sup>th</sup> March, 2021
<b>Resource person</b>	Ms. Rosemary Philip (Assistant Professor, Department of English, Alphonsa College, Pala)
<b>Outcome</b>	To facilitate participants to amplify their voices, celebrate their achievements, and foster dialogue on issues relevant to contemporary women in various spheres of life.

As part of International Women’s Day NSS organised a webinar on the topic “**Modern Women Talking**” which was headed by Ms. Rosemary Philip, Assistant Professor, Department of English, Alphonsa College, Pala on March 13, 2021. The resource person shared her journey, challenges faced, lessons learned, and aspirations for the future, offering inspiration and wisdom to the audience. The webinar encouraged participants to engage in interactive discussions, ask questions, and exchange ideas. The webinar received enthusiastic participation from a diverse audience of women and allies, including students, educators and community members. It provided a platform for meaningful dialogue, inspiration, and empowerment, leaving participants feeling motivated and uplifted. They also conducted a selfie competition captioned “**Selfie with Superwoman**” and a video competition named “**Lignite**”.



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A webinar on the topic “**Modern Women Talking**” led by Ms. Rosemary Philip. Assistant Professor, Department of English, Alphonsa College, Pala on March 13, 2021.

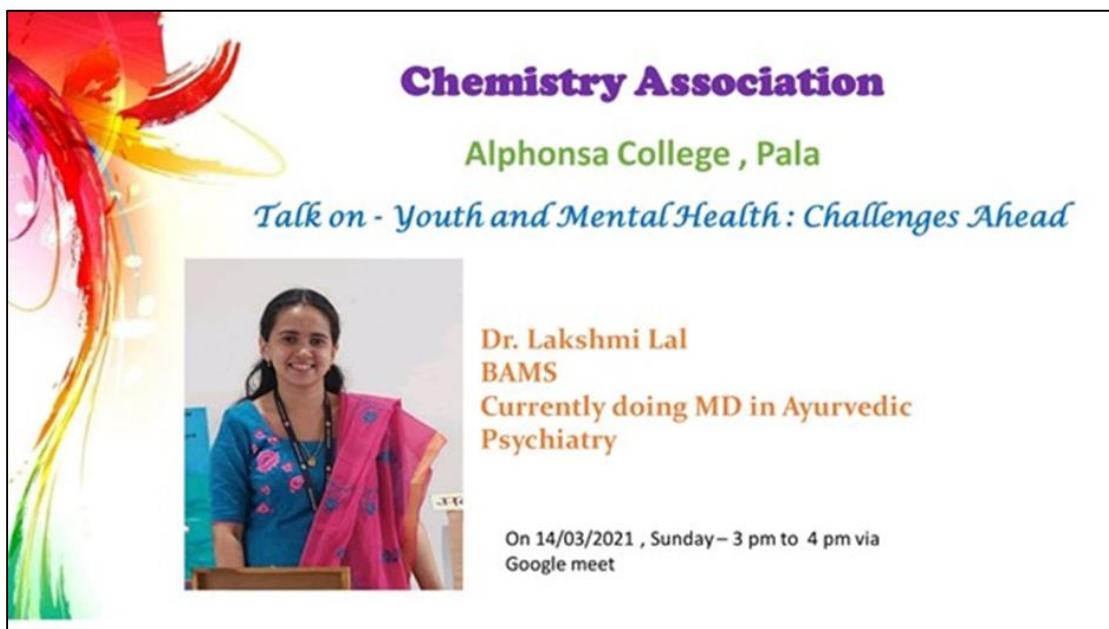
### Webinar on 'Youth and Mental Health: Challenges Ahead'

<b>Title of the Activity</b>	Webinar on 'Youth and Mental Health: Challenges Ahead'
<b>Organizing Agency/Department</b>	Department of Chemistry
<b>Date</b>	14 <sup>th</sup> March, 2021
<b>Resource person</b>	Dr. Lakshmi Lal, BAMS
<b>Outcome</b>	To raise awareness, foster dialogue, and promote strategies for addressing mental health challenges among youth.

The Department of Chemistry organized a webinar on the topic '**Youth and Mental Health: Challenges Ahead**' on 14<sup>th</sup> March 2021. The webinar was organized to address the growing concerns surrounding mental health issues among young people and to explore the challenges they face in accessing support and resources for their mental well-being. Dr. Lakshmi Lal, BAMS, who is currently doing her MD in ayurvedic psychiatry was the resource person of the event. She shared insights, research findings, and practical strategies for promoting mental health and well-being among young people. It provided a platform for participants to engage in discussions, share experiences, and learn about resources available for addressing mental health challenges. The talk really helped the students to overcome their mental stress, to reduce exam fear and how to prepare for exams. The webinar received significant participation from students, educators and parents. It

### CRITERION 7.1.1

facilitated meaningful discussions, raised awareness about youth mental health issues, and promoted a greater understanding of the challenges and barriers faced by young people in accessing mental health support.



A webinar on the topic '**Youth and Mental Health: Challenges Ahead**' on 14<sup>th</sup> March 2021 led by Dr. Lakshmi Lal, BAMS, who is currently doing her MD in ayurvedic psychiatry.

#### Webinar on 'Menstrual Hygiene: Let's Cup the Myths'

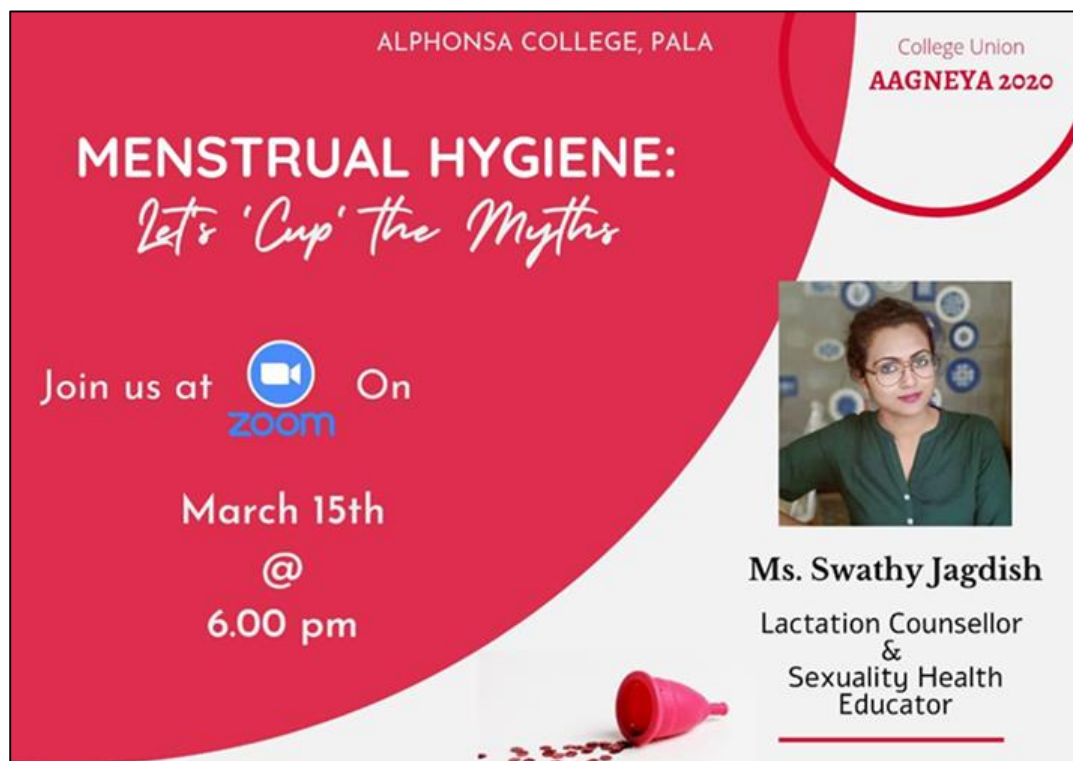
<b>Title of the Activity</b>	Webinar on 'Menstrual Hygiene: Let's Cup the Myths'
<b>Organizing Agency/Department</b>	College Union
<b>Date</b>	15 <sup>th</sup> March, 2021
<b>Resource person</b>	Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator
<b>Outcome</b>	To educate participants, challenge stigma, and empower individuals to make informed choices about menstrual health and hygiene.

As part of International Women's Day Celebration, the College Union Organised a Webinar on 15<sup>th</sup> March 2021, on the topic '**Menstrual Hygiene: Let's Cup the Myths**'.

### CRITERION 7.1.1



The webinar was organized to address misconceptions, taboos, and myths surrounding menstruation and promote awareness about menstrual hygiene practices, with a focus on the use of menstrual cups as a sustainable and hygienic alternative. Resource person of the session was Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator. She shared her insights, research findings, and practical tips related to menstrual hygiene and the use of menstrual cups. The webinar was conducted in Zoom platform. The webinar received enthusiastic participation from a diverse audience. Students cleared their doubts regarding the use of menstrual cup and its usage. The discussions and presentations facilitated greater understanding, awareness, and acceptance of menstrual cups as a viable option for menstrual hygiene management.



Webinar on 15<sup>th</sup> March 2021, on the topic ‘**Menstrual Hygiene: Let’s Cup the Myths**’ led by Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator

### Workshop on Women Entrepreneurship

<b>Title of the Activity</b>	Workshop on Women Entrepreneurship
<b>Organizing Agency/Department</b>	Department of Economics, Alphonsa College Pala
<b>Date</b>	24 to 26 <sup>th</sup> March, 2021
<b>No. of students participated</b>	
<b>Resource persons</b>	<ol style="list-style-type: none"> <li>1. Mrs. Rani Thomas (Regional Manager, Catholic Syrian Bank)</li> <li>2. Mr. KC Thankachan (VICIB)</li> <li>3. Mrs. Ambily VKVK Tailoring centre Manimala</li> <li>4. Mrs. Ruby Thomas (Entrepreneur)</li> <li>5. Mr. Jose Joseph Cheruvallil (Entrepreneur)</li> <li>6. Mrs. Sruthy Krishna (Entrepreneur)</li> <li>7. Mrs. Maggi Menampampil (Entrepreneur),</li> <li>8. Mr. Varghese Paul (Centre for Alternative Learning and Living, Chalakkudy).</li> <li>9. Ms. Mary Sebastian (UGC-NSQF-MEPSC)</li> <li>10. Mr. Santhosh Kumar Saha (UGC-NSQF-MEPSC)</li> </ol>
<b>Outcome</b>	To provide participants with the knowledge, skills, and resources needed to start and grow successful businesses.

The Department of Economics, Alphonsa College Pala organized **Workshop on Women Entrepreneurship** from 24 to 26<sup>th</sup> March 2021. The inauguration of the workshop featured the presence of Mrs. Nirmala Jimmy (District Panchayat President) and Mrs. Sherly Regimon (Chief guest; CEO of Milan). Classes taken by following resource persons: Rani Thomas (Regional Manager, Catholic Syrian Bank), KC Thankachan (VICIB), and Ambily VKVK Tailoring centre Manimala, Ruby Thomas (Entrepreneur), Jose Joseph Cheruvallil (Entrepreneur), and Sruthy Krishna (Entrepreneur), Maggi Menampampil (Entrepreneur), Sri. Varghese Paul (Centre for Alternative Learning and



Living, Chalakkudy). An online session was also led by Ms. Mary Sebastian and Mr. Santhosh Kumar Saha from UGC-NSQF-MEPSC.

The workshop aimed to address the unique challenges faced by women in entrepreneurship and empower them to overcome barriers and pursue their entrepreneurial aspirations. The workshop featured interactive sessions, presentations, panel discussions, and hands-on activities designed to cover various aspects of entrepreneurship, including business planning, financial management, marketing strategies, and networking. It provided a platform for participants to learn from experienced entrepreneurs, industry experts, and mentors, as well as to connect with fellow aspiring entrepreneurs.

Key topics covered in the workshop include introduction to entrepreneurship, business planning and strategy, financial management, marketing and branding, networking and collaboration. The workshop received positive feedback and engagement from participants, including students, educators and community members, who found the sessions informative, practical, and inspiring. Attendees gained valuable insights, skills, and connections to support them on their entrepreneurial journey, and many expressed confidence and motivation to take the next steps towards starting or growing their businesses.

CRITERION 7.1.1



CRITERION 7.1.1



Workshop on **Women Entrepreneurship** from 24 to 26<sup>th</sup> March 2021.



*Shaji John*  
PRINCIPAL  
ALPHONSA COLLEGE  
PALAI