



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

2021-2022

LIST OF PROGRAMMES

SI. No.	Name
1.	Poster Making and One Minute Video Competition on “Right to Live with Dignity”
2.	Essay Writing Competition on Gender Equality
3.	Webinar on ‘Conceptualizing Women Identity and Representation’
4.	Gender Awareness Training Programme - KAMAL
5.	Extension Activity - Awareness Class on ‘Parenting and Child Abuse’
6.	Poster Competition on ‘No to Dowry’
7.	Essay Competition on ‘Women’s Property Rights’
8.	Awareness Class on ‘Menstrual Health and Hygiene Management’
9.	Extension Activity - Webinar on ‘Menstrual Hygiene’
10.	Documentary Release on the International Day for the Elimination of Violence Against Women
11.	Workshop on "First Aid"
12.	Positive Mental Attitude Development Training Programme
13.	Nammude Ponnomanakkal - Cyber Security Awareness Class
14.	Moral Education Class on ‘The Importance of Moral, Cultural and Social Values in Family’
15.	Mime Competition on “Break the Bias”
16.	Debate Competition on “Is Women Empowerment a Reality in India?”
17.	Awareness Class on ‘Women and Health’
18.	Athulya –A Meeting of Women
19.	Awareness Class on ‘Women Protection Laws and 181 Mithra Women Helpline’

Poster Making and One Minute Video Competition on “Right to Live with Dignity”

Title of the Activity	Poster Making and One Minute Video Competition on “Right to Live with Dignity”
Organizing Agency/Department	Women’s Cell and Anti-harassment Committee
Date	27 th June, 2021
Outcome	To raise awareness among students about the importance of upholding human dignity and promoting human rights for all individuals.

Women Cell and Anti-harassment committee conducted a Poster Making and One Minute Video Competition on 27th June 2021 to promote an awareness among students on gender equity and also to develop a mental strength in students to raise up their voice against gender inequality. The main theme of the program was **Right to Live with Dignity**. The event aimed to provide a platform for participants to express their perspectives creatively through visual art and video storytelling, highlighting the significance of the right to live with dignity in today's society. The competition witnessed participants to create posters and one-minute videos that conveyed powerful messages and visuals related to the theme of the right to live with dignity. Participants were encouraged to explore various aspects of human dignity, including respect, equality, justice, and empowerment, and to advocate for the protection and promotion of human rights for all individuals, regardless of background or circumstances. The competition received enthusiastic participation from students. The entries showcased a diverse range of artistic styles, creative expressions, and powerful messages, highlighting the importance of the right to live with dignity in promoting human rights and social justice.



ALPHONSA COLLEGE PALA
Women cell & Anti-Harassment
committee
organises competition on

**POSTER DESIGNING
&
EXPRESS YOUR VIEW -ONE MINUTE VIDEO**



**THEME-RIGHT TO LIVE
WITH DIGNITY**

Participants should send their entries to-
womencellacp@gmail.com
Last date of submission-27 June 2021

My Drive > poster.comp June 2021



A Poster Making and One Minute Video Competition on 27th June 2021

Essay Writing Competition on Gender Equality

Title of the Activity	Essay Writing Competition on Gender Equality
Organizing Agency/Department	Department of History
Date	12 th July, 2021
Outcome	To encourage participants to critically examine the relationship between education and social equality.

WORLD MALALA DAY
 12 JULY 2021
Essay Writing Competition

Topic: "Until we get equality in education,
 we won't have an equal society"
 Language : English or Malayalam



"EXTREMISTS HAVE SHOWN
 WHAT FRIGHTENS
 THEM MOST :
 A GIRL WITH A BOOK"

Send to
 acphistoryonline@gmail.com **Last date: July 12th**

Essay writing competition was conducted by the Department of History on the topic “**Until We Get Equality in Education, We Won’t Have Equality in Society**” on 12th July 2021 in order to celebrate **World Malala Day**. The event aimed to provoke thoughtful reflection, generate awareness, and stimulate dialogue on the pivotal role of education in fostering equality and addressing social disparities. The essay writing competition invited participants to explore the interconnectedness of education

and social equality, analysing the barriers, challenges, and opportunities in achieving equal access to quality education for all. Participants were encouraged to present their perspectives, insights, and arguments on how education can serve as a catalyst for social change and promote inclusive and equitable societies. The competition yielded insightful reflections and analyses on the nexus between education and social equality, shedding light on the complexities and nuances of this multifaceted relationship. Participants offered innovative solutions, actionable recommendations, and compelling arguments for advancing educational equity and social justice.

Webinar on ‘Conceptualizing Women Identity and Representation’

Title of the Activity	Webinar on ‘Conceptualizing Women Identity and Representation’
Organizing Agency/Department	Department of Malayalam
Date	14 th July, 2021
Resource person	Dr. Mini Sebastian, Assistant Professor, Devamatha College, Kuravilangad.
Outcome	To explore and analyze the multifaceted aspects of women's identity and representation in various spheres of society.



Department of Malayalam, organized a webinar on “Penma: Swathawam, Samkalpanam, Prathinidhanam” (Conceptualizing Women Identity and Representation). The Session was held on 14th July, 2021, via Google meet. The event aimed to provide a platform for participants to engage in critical

discussions, share perspectives, and deepen their understanding of the complexities surrounding women's identity formation and representation in diverse contexts. The resource person for the webinar was Dr. Mini Sebastian, Assistant Professor, Devamatha College, Kuravilangad. She shared her insights, and experiences related to women's identity and representation. The session was structured to cover a wide range of topics, including cultural, social, political, and media representations of women, as well as intersectional analyses of gender, race, class, sexuality, and other dimensions of identity. The webinar received enthusiastic participation from a diverse audience, including academics, students and members of the public. Participants engaged in thought-provoking discussions, shared insights and experiences, and deepened their understanding of the complexities surrounding women's identity and representation. The session was truly inspiring as the speaker encouraged all girls to be self-motivated and independent.

Gender Awareness Training Programme - KAMAL

Title of the Activity	Gender Awareness Training Programme - KAMAL
Organizing Agency/Department	Department of Woman and Child Development & Mahila Sakthi Kendra, Kottayam District, NSS and Departments of Chemistry, Zoology and Political Science
Date	24 th July, 2021
Resource person	Mrs. Babitha Jacob, Gender Trainer
Outcome	To equip participants with the knowledge, skills, and attitudes necessary to promote gender equality, challenge gender stereotypes, and foster inclusive leadership in various spheres of life.



ALPHONSA COLLEGE PALA
NSS UNIT (001)

IN ASSOCIATION WITH
DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT
KOTTAYAM DISTRICT

DEPARTMENT OF ZOOLOGY
DEPARTMENT OF CHEMISTRY
&
DEPARTMENT OF POLITICAL SCIENCE
ORGANIZES

GENDER AWARENESS TRAINING PROGRAMME

Resource person




KAMAL

DATE
24/07/2021
TIME 10 :30 AM

Mrs. Babitha Jacob
(Gender Trainer)

**REV. FR. DR. SHAJI JOHN (VICE PRINCIPAL,
HEAD, DEPT OF POLITICAL SCIENCE)**
DR. SR TESSY JAMES
 (HEAD, DEPT OF CHEMISTRY)
DR SR MANJU ELIZABETH KURUVILA
 (HEAD, DEPT OF ZOOLOGY)

COORDINATORS:
DR. MARIAMMA MATHEW
DR. SIMINDOL SEBASTIAN
 (NSS PROGRAMME OFFICERS)

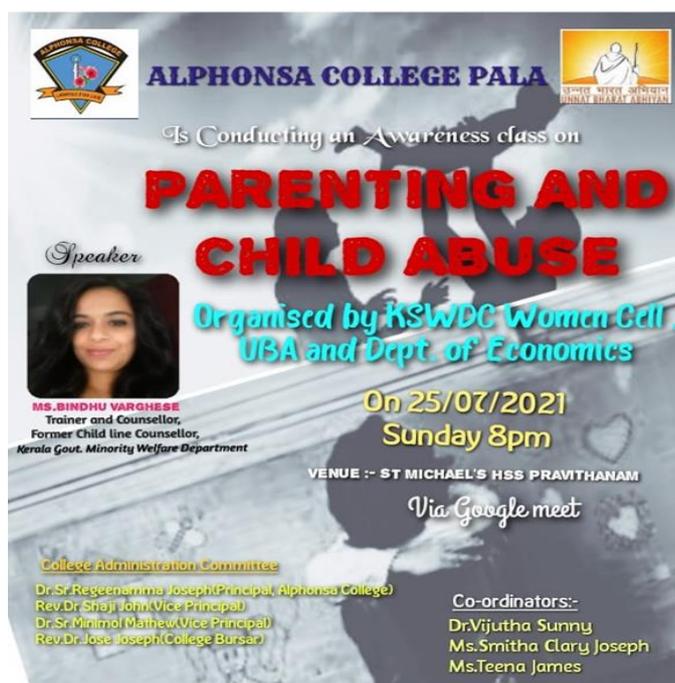
District women and child Department
& Mahila Shakthi Kendra
KOTTAYAM

In association with the Department of Woman and Child Development & Mahila Sakthi Kendra, Kottayam District, the NSS unit of Alphonsa College in collaboration with the Departments of Chemistry, Zoology and Political Science, organized **Gender Awareness Training Programme - KAMAL** on 24th July, 2021. The event featured Mrs. Babitha Jacob, a Gender Trainer. The programme aimed to raise awareness about the importance of gender sensitivity and to empower participants to become agents of change in advancing gender equality and women's rights. The training programme consisted of interactive sessions, workshops, group discussions, and experiential learning activities focused on understanding gender dynamics, promoting gender equality, building inclusive leadership, addressing gender-based violence and promoting women's leadership.

The training programme received positive feedback from participants, who found the sessions informative, engaging, and impactful. Attendees reported gaining a deeper understanding of gender issues, developing new perspectives and skills, and feeling inspired and empowered to take action in promoting gender equality and women's rights.

Extension Activity - Awareness Class on 'Parenting and Child Abuse'

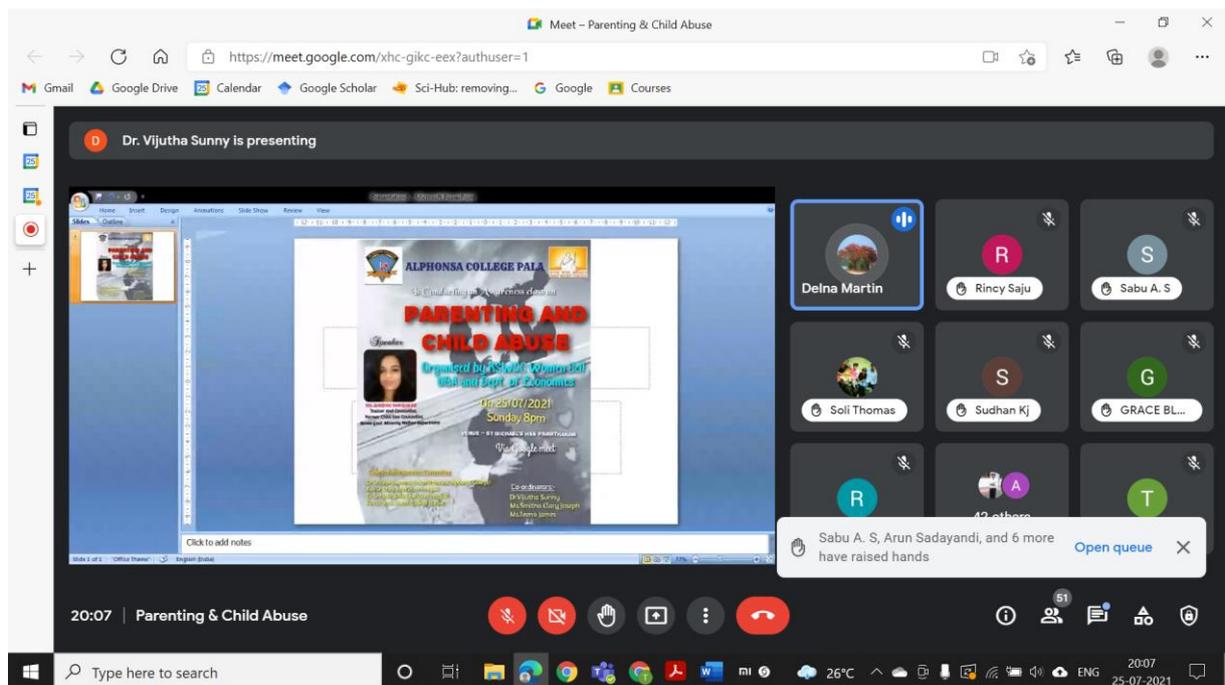
Title of the Activity	Extension Activity - Awareness Class on 'Parenting and Child Abuse'
Organizing Agency/Department	KSWDC, Women's Cell, UBA, Department of Economics and Archana Women Centre Ettumanoor
Date	25 th July, 2021
Resource person	Ms. Bindhu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department
Outcome	To provide participants with knowledge, skills, and resources to promote positive parenting practices and prevent child abuse.



An online awareness class on "Parenting and Child Abuse" to parents of St. Michaels Higher Secondary School, Pravithanam was conducted on 25th July 2021 by Women Cell Alphonsa college Pala in association with UBA, Department of Economics and Archana Women Centre Ettumanoor. Ms. Bindhu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department served as the resource person. The event aimed to raise

awareness about the importance of nurturing and supportive parenting, as well as to educate attendees about the signs, effects, and prevention strategies related to child abuse and neglect. The resource person shared her expertise and experiences in parenting and child welfare. The session was designed to cover various topics, including positive parenting techniques, recognizing and responding to signs of child abuse, understanding the impact of trauma on children, and accessing support services for families in need. The awareness class received

positive feedback from participants, who found the sessions informative, engaging, and empowering. Attendees gained valuable insights and practical strategies for promoting positive parenting practices, recognizing signs of child abuse, and accessing support services for families in need.



An awareness class on "Parenting and Child Abuse" to parents of St. Michaels Higher Secondary School, Pravithanam was conducted on 25th July 2021.

Poster Competition on 'No to Dowry'

Title of the Activity	Poster Competition on 'No to Dowry'
Organizing Agency/Department	Women's Cell
Date	7 th September, 2021
Outcome	To raise awareness about the harmful practice of dowry and to advocate for its elimination from society.

ALPHONSA COLLEGE PALA

WOMEN CELL
 Conducts
POSTER COMPETITION

Theme :
"NO TO DOWRY"

Instructions :

- *Posters must be hand drawn
- *Must use A4 size paper
- *Submission only in PDF format
- *Last date of entry : 07/ 09/ 2021

Kindly mail at :
womencellacp@gmail.com

"BEST 3 ENTRIES WILL BE SENT TO MG UNIVERSITY"

The poster features a woman in a red sari holding a scale of justice, with a stack of money and a hand holding a pen, symbolizing the balance between tradition and justice.

Women Cell conducted a poster competition to promote awareness about the bad effects of Dowry in the current scenario on 7th September 2021. The event aimed to engage participants in using their creativity and artistic skills to create compelling posters that convey messages of rejection towards dowry and promote gender equality and social justice. Participants were encouraged to use visual elements, symbols, and slogans to convey the negative consequences of dowry, challenge societal norms, and promote alternatives based on mutual respect and equality in marriage. The

" Raise your voice, don't suffer in silence " competition witnessed participants designing posters that effectively communicate the message of saying no to dowry. The poster competition received enthusiastic participation from students. The entries showcased a wide range of creative expressions, artistic styles, and powerful messages, highlighting the importance of raising awareness about the harmful impacts of dowry and promoting alternatives based on mutual respect and equality.

Essay Competition on ‘Women’s Property Rights’

Title of the Activity	Essay Competition on ‘Women’s Property Rights’
Organizing Agency/Department	Women’s Cell and Kerala State Women’s Development Corporation Ltd.
Date	25 th September, 2021
Outcome	To stimulate discussions and raise awareness about the importance of ensuring equal rights to property for women.



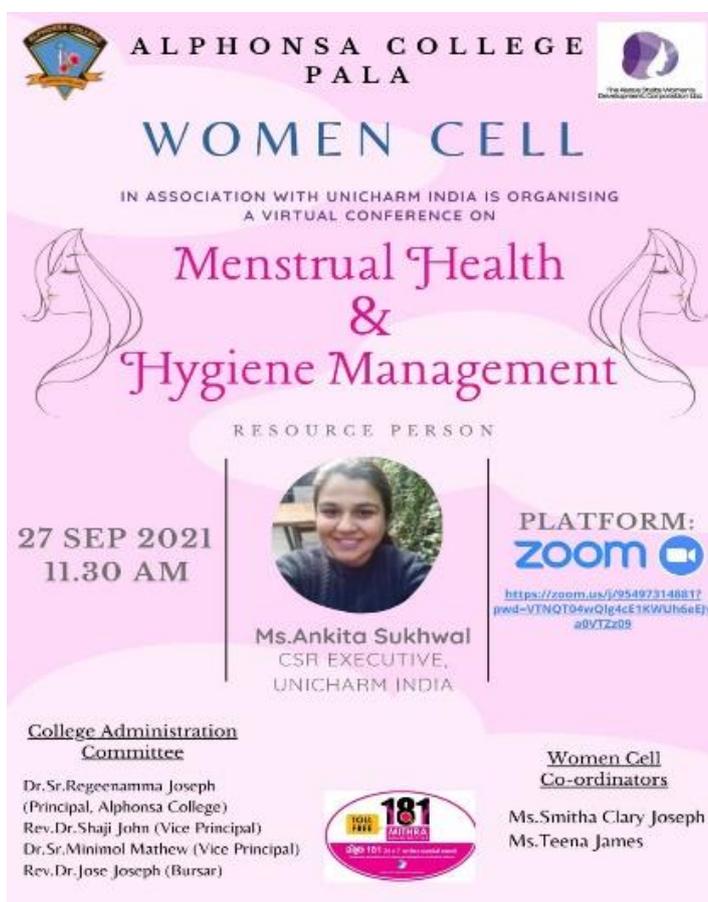
Women Cell conducted an essay competition on the topic ‘Women’s Property Rights’ on 25th September 2021. The event aimed to encourage participants to explore the significance of women's property rights in promoting gender equality, economic empowerment, and social justice. The essay competition invited participants to submit essays that addressed various aspects of women's property rights, including legal frameworks, cultural norms, challenges and barriers, impacts on women's lives, and strategies for

promoting and protecting women's property rights. Participants were encouraged to analyse the importance of women's property rights from different perspectives and propose recommendations for advancing gender equality in property ownership. The competition received a diverse range of submissions from students. The essays reflected a depth of understanding and analysis of the issues related to women's property rights, as well as a commitment to advancing gender equality and women's empowerment.

Awareness Class on 'Menstrual Health and Hygiene Management'

Title of the Activity	Awareness Class on 'Menstrual Health and Hygiene Management'
Organizing Agency/Department	Women's Cell and Unicharm India
Date	27 th September, 2021
Resource person	Ms. Ankita Sukhwal, CSR Executive, Unicharm India
Outcome	To educate participants about menstruation, menstrual hygiene practices, and the importance of maintaining menstrual health.

Women Cell organized a virtual conference on Zoom platform in association with Unicharm India on the topic '**Menstrual Health and Hygiene Management**'. Separate sessions were held for science and arts students of our college on 27th September 2021. The event aimed to dispel myths, break taboos, and promote positive attitudes towards menstruation, while providing practical information and guidance on managing menstrual hygiene effectively. Ms. Ankita Sukhwal, CSR Executive Unicharm India handled both the sessions and the students benefitted a lot from the class. The awareness class consisted of interactive session,



ALPHONSA COLLEGE
PALA

WOMEN CELL

IN ASSOCIATION WITH UNICHARM INDIA IS ORGANISING
A VIRTUAL CONFERENCE ON

**Menstrual Health &
&
Hygiene Management**

RESOURCE PERSON

27 SEP 2021
11.30 AM

Ms. Ankita Sukhwal
CSR EXECUTIVE,
UNICHARM INDIA

PLATFORM:
zoom

<https://zoom.us/j/95492314881?pwd=VTNQT04wQlg4cE1KWUhs6EJya8VTZz09>

College Administration Committee

Dr. Sr. Regeenamma Joseph
(Principal, Alphonsa College)
Rev. Dr. Shaji John (Vice Principal)
Dr. Sr. Minimol Mathew (Vice Principal)
Rev. Dr. Jose Joseph (Bursar)

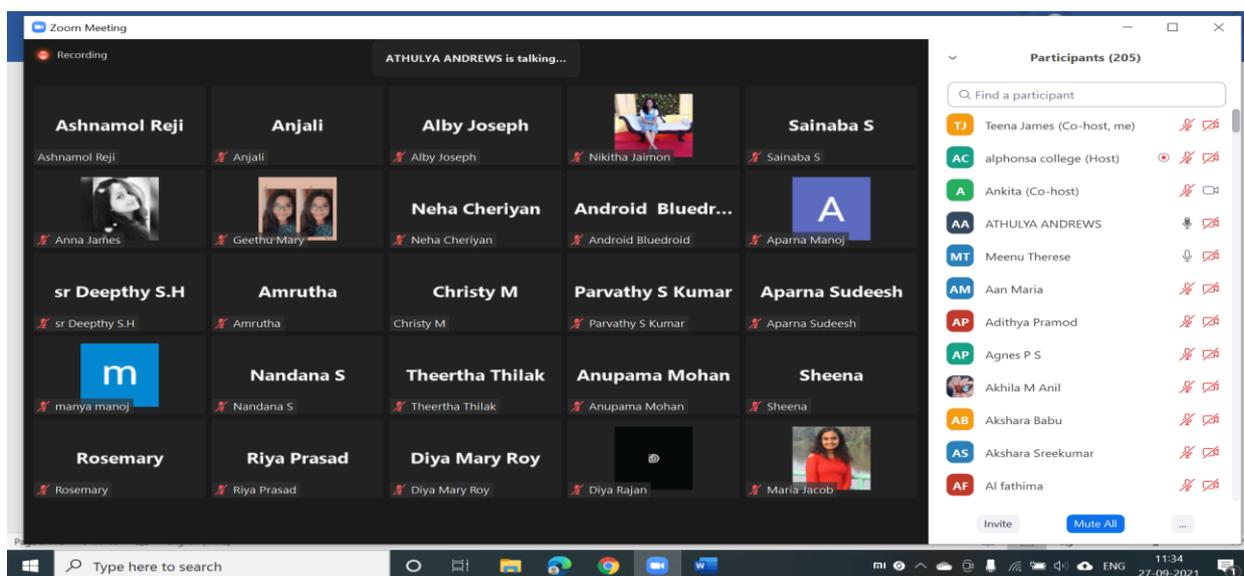
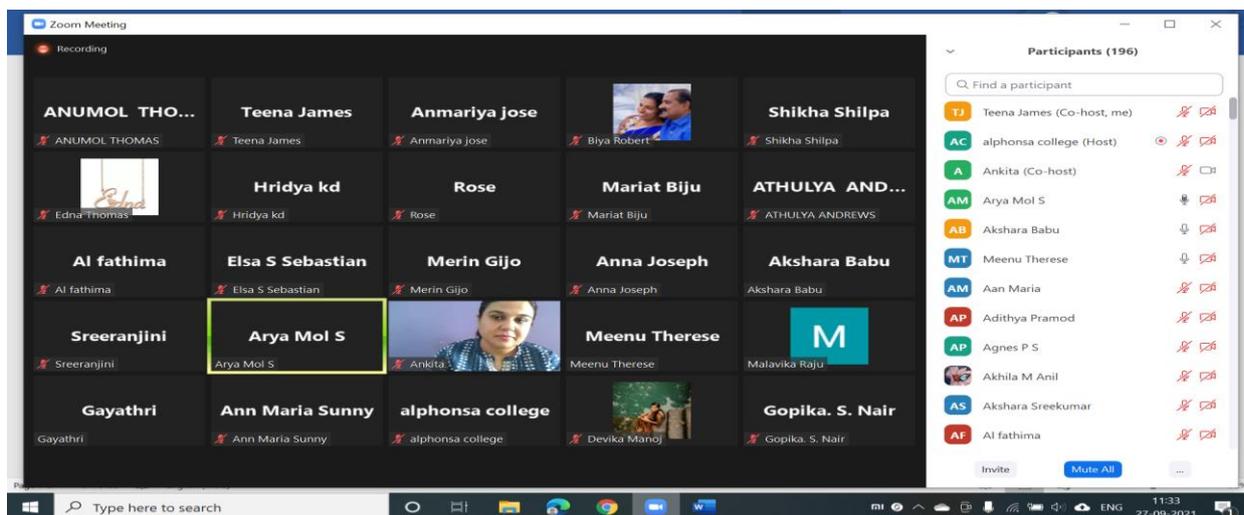
Women Cell Co-ordinators

Ms. Smitha Clary Joseph
Ms. Teena James

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TOLL FREE
HELPLINE

presentations, discussions, and demonstrations. The sessions covered a range of topics related to menstrual health and hygiene, including: the biological process of menstruation, menstrual hygiene practices, common menstrual disorders and health issues, discussions on cultural beliefs, myths, and taboos and information on accessing affordable and quality menstrual products. The awareness class received positive feedback from participants, who found the sessions informative, engaging, and empowering. Attendees gained valuable knowledge and

practical skills for managing menstrual hygiene effectively, while also feeling more confident and comfortable discussing menstruation openly.



Virtual conference on the topic ‘Menstrual Health and Hygiene Management’ on 27th September 2021.

Extension Activity - Webinar on 'Menstrual Hygiene'

Title of the Activity	Extension Activity - Webinar on 'Menstrual Hygiene'
Organizing Agency/Department	Women's Cell, Department of Zoology, UBA and Kerala State Women's Development Corporation Ltd.
Date	13 th November, 2021
No. of students participated	98
Resource person	Ms. Greeshma M, Lecturer, Dept of OBG Nursing
Outcome	To educate participants about the importance of menstrual hygiene management, dispel myths and misconceptions surrounding menstruation, and promote positive attitudes towards menstruation.

WOMEN CELL, UBA & DEPARTMENT OF ZOOLOGY, ALPHONSA COLLEGE PALA
 In Association With
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.






An Online Awareness class on
"Menstrual Hygiene"
For students of St Mary's GHSS Pala
 13 NOV 2021 – 11 AM Via Google meet

College Administration Committee
 Dr. Sr. Regeenamma Joseph (Principal)
 Rev. Dr. Shaji John (Vice Principal)
 Dr. Sr. Minimol Mathew (Vice Principal)
 Rev. Dr. Jose Joseph (Bursar)

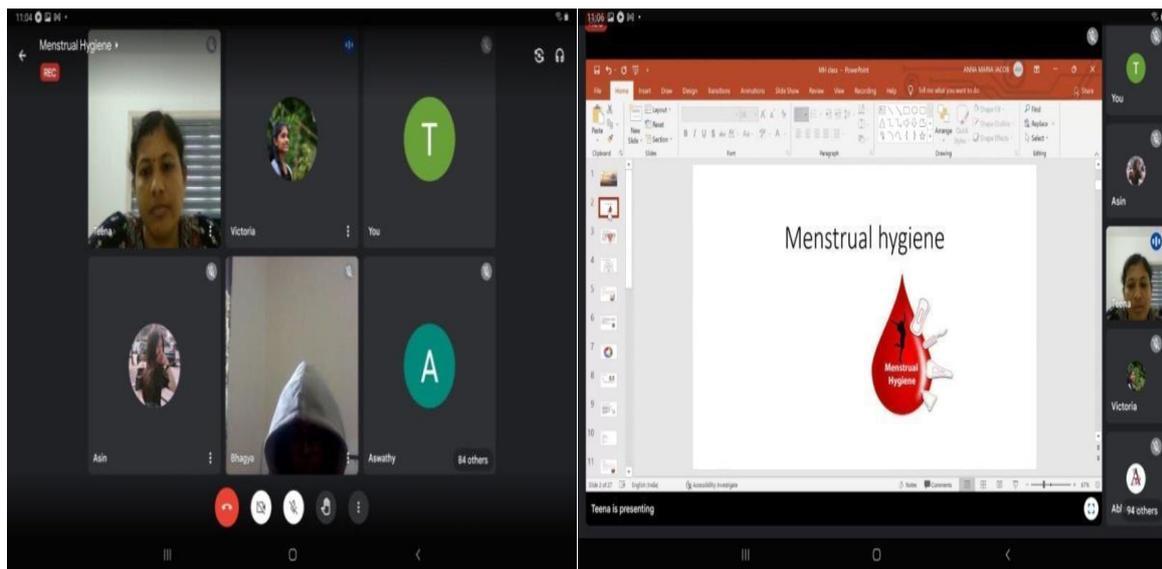


Ms. Greeshma M
Lecturer, Dept of OBG Nursing

Co-ordinators
 Dr. Sr. Manju Elizabeth Kuruvila
 Dr. Vijutha Sunny
 Ms. Smitha Clary Joseph
 Ms. Teena James

To create awareness among students on the hygienic practices to be followed during the menstruation time, a webinar on 'Menstrual Hygiene' was conducted by Women Cell in collaboration with Unnat Bharat Abhiyan for students of St. Marys G.H.S.S. Pala. The event aimed to raise awareness about menstrual health and hygiene, address challenges faced by menstruating individuals, and advocate for access to menstrual products and facilities. Ms. Greeshma M Lecturer, Dept of OBG Nursing delivered the talk on 13th November 2021 from 11 AM to 1 PM. The resource person shared her knowledge, experiences, and insights on various aspects of menstrual hygiene. The session covered topics such as menstrual health education, menstrual hygiene practices, menstrual disorders, and menstrual waste management.

98 students participated in the webinar. The webinar received positive feedback from participants, who found the sessions informative, engaging, and empowering. Attendees gained valuable knowledge and practical tips for managing menstrual hygiene effectively and promoting menstrual health and well-being.



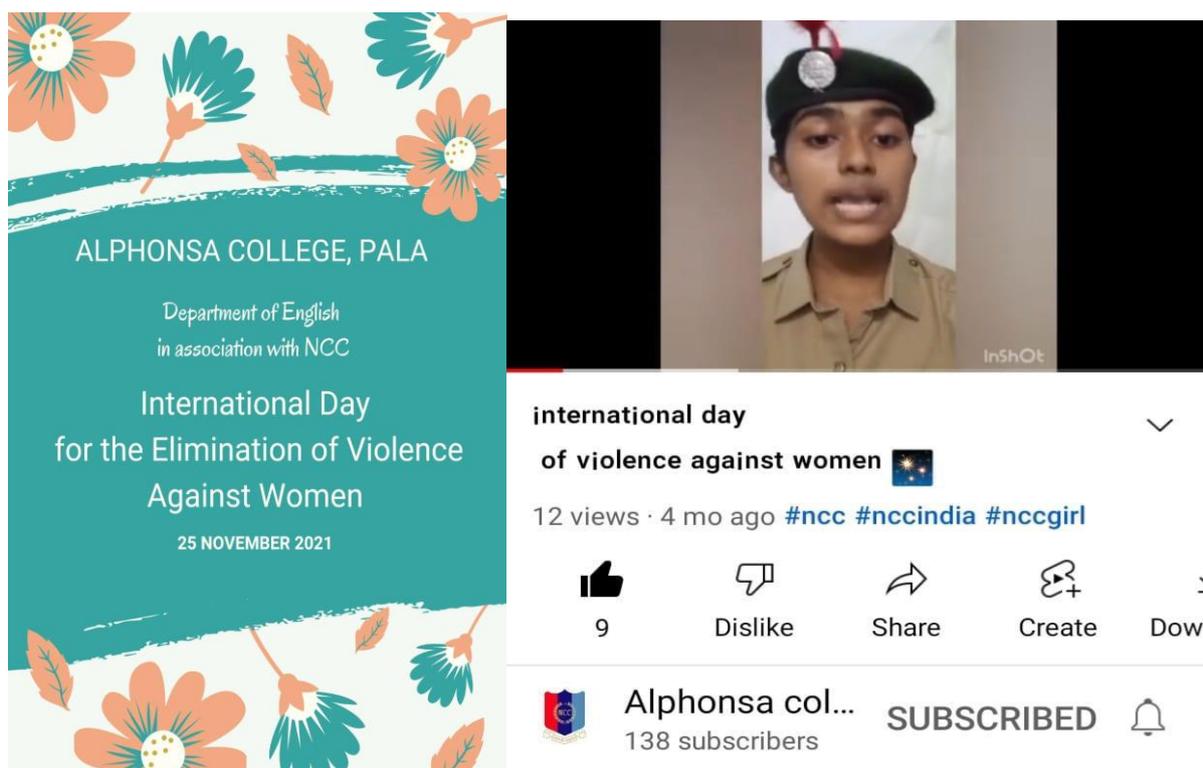
A webinar on ‘**Menstrual Hygiene**’ was conducted by Women Cell in collaboration with Unnat Bharat Abhiyan for students of St. Marys G.H.S.S. Pala.

Documentary Release on the International Day for the Elimination of Violence

Title of the Activity	Documentary Release on the International Day for the Elimination of Violence Against Women
Organizing Agency/Department	Department of English and NCC
Date	25 th November, 2021
Outcome	To educate, inspire, and mobilize viewers to take action in support of ending violence against women and promoting gender equality and women's rights.

The Department of English in collaboration with NCC released a documentary on 25th November, 2021 as part of the International Day for the Elimination of violence against women.

The event served as a platform to raise awareness about the prevalence, impact, and consequences of gender-based violence, as well as to highlight efforts and initiatives aimed at combating violence against women globally. The documentary featured compelling narratives, personal stories, and expert insights into the various forms of violence against women, including domestic violence, sexual assault, harassment, trafficking, and harmful practices such as child marriage and female genital mutilation. Through powerful visuals and testimonials, the documentary shed light on the root causes of violence, and the urgent need for comprehensive responses and solutions. The documentary release received widespread acclaim and positive feedback from viewers, who found the film informative, moving, and thought-provoking. The documentary succeeded in raising awareness about the issue of violence against women, sparking conversations, and mobilizing action among viewers to support efforts to end violence and promote gender equality.



The Department of English in collaboration with NCC released a documentary on 25th November, 2021 as part of the International Day for the Elimination of violence against women.

Workshop on "First Aid"	
Title of the Activity	Workshop on "First Aid"
Organizing Agency/Department	Women's Cell and Kerala State Women's Development Corporation Ltd.
Date	3 rd December, 2021
Resource person	Dr. Gija Jose, Senior Physiotherapist and member of IAP(India), ISCP(Ireland) and HCPC (UK)
Outcome	To equip participants with essential knowledge and skills to provide immediate assistance and care in medical emergencies or accidents.



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



Workshop on
"First Aid"
03 DEC 2021 – 10: 30 AM

College Administration Committee
 Dr. Sr. Regeenamma Joseph (Principal)
 Rev. Dr. Shaji John(Vice Principal)
 Dr. Sr. Minimol Mathew(Vice Principal)
 Rev. Dr. Jose Joseph(Bursar)



Dr. Gija Jose(PT)
Senior Physiotherapist
Member of IAP(India),
ISCP(Ireland), HCPC(UK)

Co-ordinators
 Ms. Smitha Clary Joseph
 Ms. Teena James

A workshop was conducted for Women Cell Members of our college for giving training on First Aid on 3rd December 2021. The event aimed to empower participants to respond effectively to common medical emergencies and injuries, thereby potentially saving lives and reducing the severity of injuries before professional medical help arrives. Dr. Gija Jose, Senior Physiotherapist and member of IAP (India), ISCP (Ireland) and HCPC (UK) handled the sessions. The workshop consisted of interactive session, demonstrations, practical exercises, and discussions. The sessions covered a wide range of topics related to first aid, including: basic life support, relieving choking, wound care, recognizing and immobilizing fractures and

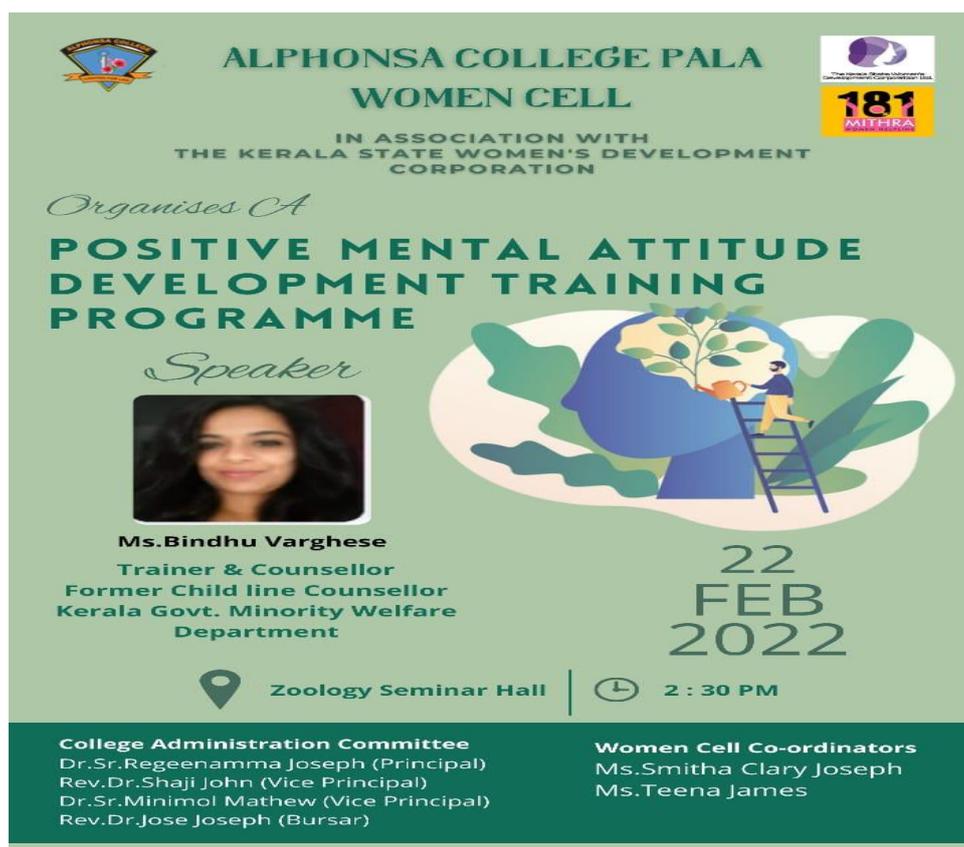
sprains and recognizing and responding to common medical emergencies such as heart attacks, strokes, seizures, allergic reactions, and diabetic emergencies. The workshop received positive feedback from participants, who found the sessions practical, informative, and empowering. Attendees gained valuable knowledge and confidence in their ability to respond effectively to medical emergencies and provide basic first aid care when needed.



A workshop was conducted for Women Cell for giving training on First Aid on 3rd December 2021.

Positive Mental Attitude Development Training Programme

Title of the Activity	Positive Mental Attitude Development Training Programme
Organizing Agency/Department	Women's Cell and Kerala State Women's Development Corporation
Date	22 nd February, 2022
No. of students participated	50
Resource person	Ms. Bindu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department
Outcome	To empower participants with the tools, techniques, and mindset necessary to cultivate a positive mental attitude and enhance their overall well-being.




ALPHONSA COLLEGE PALA
WOMEN CELL
 IN ASSOCIATION WITH
 THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION



Organises A

POSITIVE MENTAL ATTITUDE DEVELOPMENT TRAINING PROGRAMME

Speaker



Ms. Bindu Varghese
 Trainer & Counsellor
 Former Child line Counsellor
 Kerala Govt. Minority Welfare Department



22
FEB
2022

 **Zoology Seminar Hall** |
  **2 : 30 PM**

College Administration Committee
 Dr. Sr. Regeenamma Joseph (Principal)
 Rev. Dr. Shaji John (Vice Principal)
 Dr. Sr. Minimol Mathew (Vice Principal)
 Rev. Dr. Jose Joseph (Bursar)

Women Cell Co-ordinators
 Ms. Smitha Clary Joseph
 Ms. Teena James

A training session was given to our students on how to develop a positive outlook in their day today lives. The event aimed to provide participants with practical strategies for managing stress, building resilience, and fostering a positive outlook on life, even in

challenging circumstances. 50 students participated. Ms. Bindu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department was the resource person for the session. The training programme consisted of interactive workshops, presentations, group discussions, and experiential exercises facilitated by mental health professionals, life coaches, and motivational speakers. The sessions covered a range of topics related to positive mental attitude development, including: understanding mental health, positive thinking, stress management, mindfulness and relaxation and self-compassion. The session was very interesting with active participation of students. The training programme received positive feedback from participants, who found the sessions enlightening, inspiring, and transformative. Attendees gained valuable insights, tools, and perspectives to enhance their mental well-being, foster a positive mindset, and navigate life's challenges with resilience and optimism.



Positive Mental Attitude Development Training Programme on 22nd February, 2022 by Ms. Bindu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department.

Nammude Ponnomanakkal - Cyber Security Awareness Class

Title of the Activity	Nammude Ponnomanakkal - Cyber Security Awareness Class
Organizing Agency/Department	Women’s Cell, Janamaithri Police, Pala and NSS
Date	24 th February, 2022
Resource person	Mr. Ragesh Manimala, Officer Kottayam Crime Branch
Outcome	To empower students with the knowledge and skills to protect themselves and their digital assets from cyber-attacks and fraud.



Women cell in association with Janamaithri Police, Pala and NSS organised a seminar on Cyber Security on 25th February, 2022. Dr. B Sandya IPS (DGP, Fire Force) inaugurated the programme. Dr. Sr. Regeenamma Joseph, Principal presided over the function. Sri. S. Sureshkumar Additional SP Kottayam, Sri. Shaju Joseph, DYSP Pala carried on the felicitation, which was followed by an awareness class by Mr. Ragesh Manimala, Officer Kottayam Crime Branch in which he exhorted the students to be aware of the risks that they can face with online activities and how to ensure security of networks. The event was organized to educate participants about the importance of cyber security, raise awareness about common cyber threats and risks, and provide practical tips and strategies for staying safe and secure online.

The cyber security awareness class comprised interactive presentations, demonstrations, case studies, and Q&A sessions. The class received positive feedback from participants, who found the sessions informative, engaging, and practical. Attendees gained valuable knowledge and awareness about cyber threats and risks, as well as practical strategies for mitigating risks and protecting themselves online. By empowering individuals with the tools and resources to stay safe and secure online, the event contributed to building a more resilient and cyber-aware community.



Nammude Ponnomanakkal - Cyber Security Awareness Class on 24th February, 2022

Moral Education Class on ‘The Importance of Moral, Cultural and Social Values in

Title of the Activity	Moral Education Class on ‘The Importance of Moral, Cultural and Social Values in Family’
Organizing Agency/Department	Women’s Cell and Department of Zoology
Date	3 th March, 2022
No. of students participated	200
Resource person	Dr. Simimole Sebastian, Asst. Professor, Department of Zoology
Outcome	To emphasize the significance of instilling moral, cultural, and social values within the family unit.



WOMEN CELL & DEPARTMENT OF ZOOLOGY, ALPHONSA COLLEGE PALAI
In Association With
KERALA STATE WOMEN’S DEVELOPMENT CORPORATION Ltd.


An Awareness class on
“The Importance of Moral, Cultural and Social Values in Family ”
On 03-03-2022 at 12 PM in College Auditorium


Dr. Simimole Sebastian
Asst. Professor, Dept of Zoology

College Administration Committee

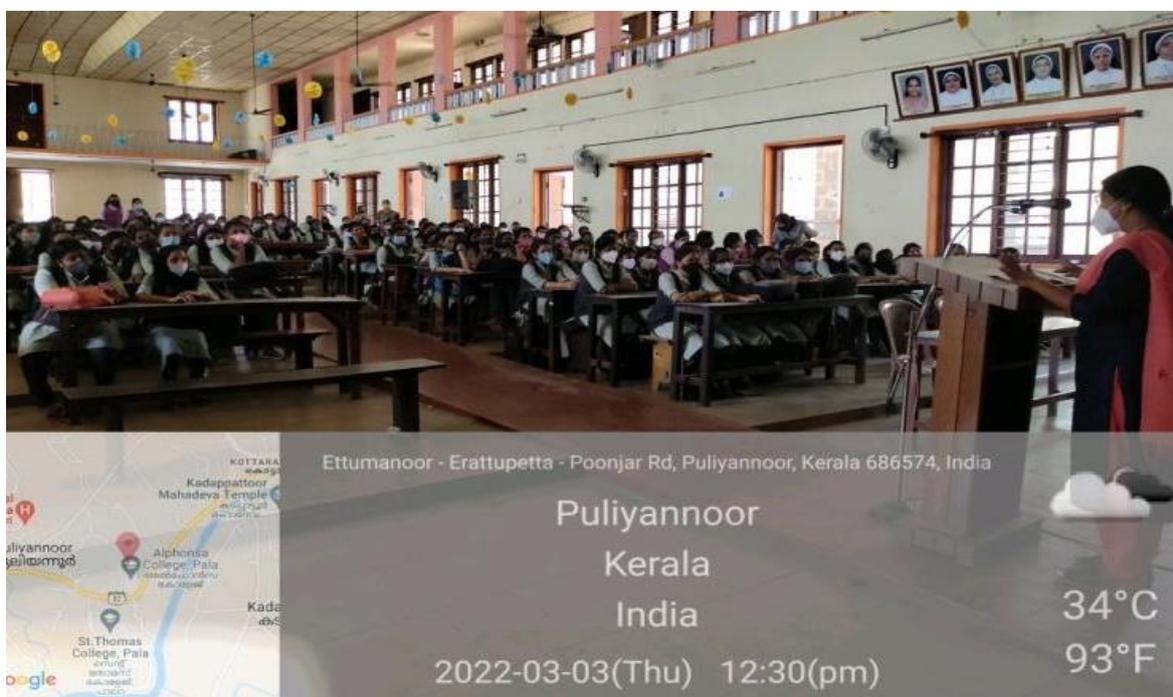
Dr. Sr. Regeenamma Joseph (Principal)
 Rev. Dr. Shaji John (Vice Principal)
 Dr. Sr. Minimol Mathew (Vice Principal)
 Rev. Dr. Jose Joseph (Bursar)

Co-ordinators

Dr. Sr. Manju Elizabeth Kuruvila
 Ms. Smitha Clary Joseph
 Ms. Teena James

To keep up the values we have inherited from our heritage and to pass it on to the next generation, Women Cell has conducted a moral education class in collaboration with the Department of Zoology. The programme was conducted on 3rd March 2022. Dr. Simimole Sebastian, Asst. Professor in the Department of Zoology was the resource person. 200 students

eagerly participated in the programme. The event aimed to educate participants about the role of the family in shaping individuals' character, behaviour, and identity, as well as promoting harmony, cohesion, and well-being within society. The moral education class comprised interactive discussions, presentations, storytelling, and reflective exercises. The sessions explored various aspects of moral, cultural, and social values within the family. The class received positive feedback from participants, who found the sessions enlightening, thought-provoking, and inspiring. Attendees gained valuable insights, perspectives, and practical strategies for promoting moral, cultural, and social values within their families and communities.



Moral Education Class on ‘The Importance of Moral, Cultural and Social Values in Family’ on 3th March, 2022.

Mime Competition on “Break the Bias”

Title of the Activity	Mime Competition on “Break the Bias”
Organizing Agency/Department	Women’s Cell and Kerala State Women’s Development Corporation Ltd.
Date	8 th March, 2022
Outcome	To provide a creative platform for participants to express and raise awareness about gender bias, stereotypes, and discrimination through the art of mime.



WOMEN CELL
ALPHONSA COLLEGE PALAI
In association with
THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.

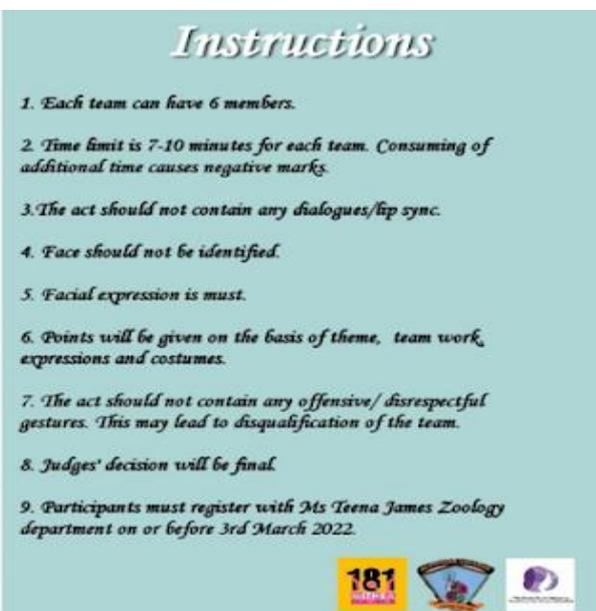
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KUTIRA

08
March

First prize ₹ 1000
Second prize ₹ 750

Open for Alphonsians

MIME
COMPETITION Theme : Break the Bias
in connection with International Women's Day



Instructions

1. Each team can have 6 members.
2. Time limit is 7-10 minutes for each team. Consuming of additional time causes negative marks.
3. The act should not contain any dialogues/lip sync.
4. Face should not be identified.
5. Facial expression is must.
6. Points will be given on the basis of theme, team work, expressions and costumes.
7. The act should not contain any offensive/ disrespectful gestures. This may lead to disqualification of the team.
8. Judges' decision will be final.
9. Participants must register with Ms Teena James Zoology department on or before 3rd March 2022.

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KUTIRA




As part of International Women’s Day celebration, Women Cell conducted a Mime competition on 8th March 2022 on the topic ‘**Break the Bias**’ in association with Kerala State Women’s Development Corporation Ltd. The event aimed to encourage participants to challenge societal norms, promote gender equality, and inspire positive change through artistic expression and storytelling. The mime competition featured performances by groups of students who used gestures, facial expressions, and body language to convey powerful messages and narratives related to breaking gender bias and stereotypes. Participants were encouraged to explore various themes, such as gender roles, stereotypes, empowerment, and inclusivity, in their mime performances. The competition received enthusiastic participation from students who showcased a diverse range of creative interpretations and performances.

Attendees were captivated by the emotive and thought-provoking mime acts, which stimulated discussions and reflections on gender bias and stereotypes.

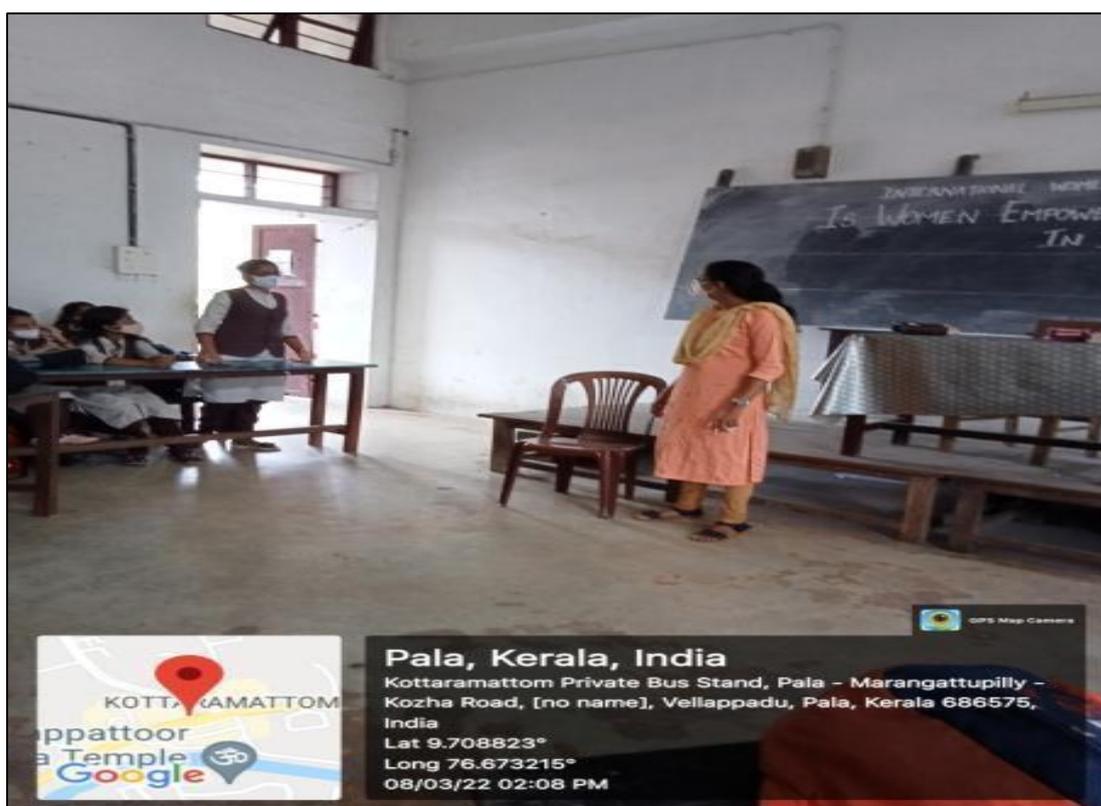


A Mime competition on 8th March 2022 on the topic ‘**Break the Bias**’ in association with Kerala State Women’s Development Corporation Ltd.

Debate Competition on “Is Women Empowerment a Reality in India?”

Title of the Activity	<i>Debate Competition on “Is Women Empowerment a Reality in India?”</i>
Organizing Agency/Department	Department of History
Date	8 th March, 2022
Outcome	To facilitate a critical examination and discussion of the progress, challenges, and prospects of women empowerment in the Indian context.

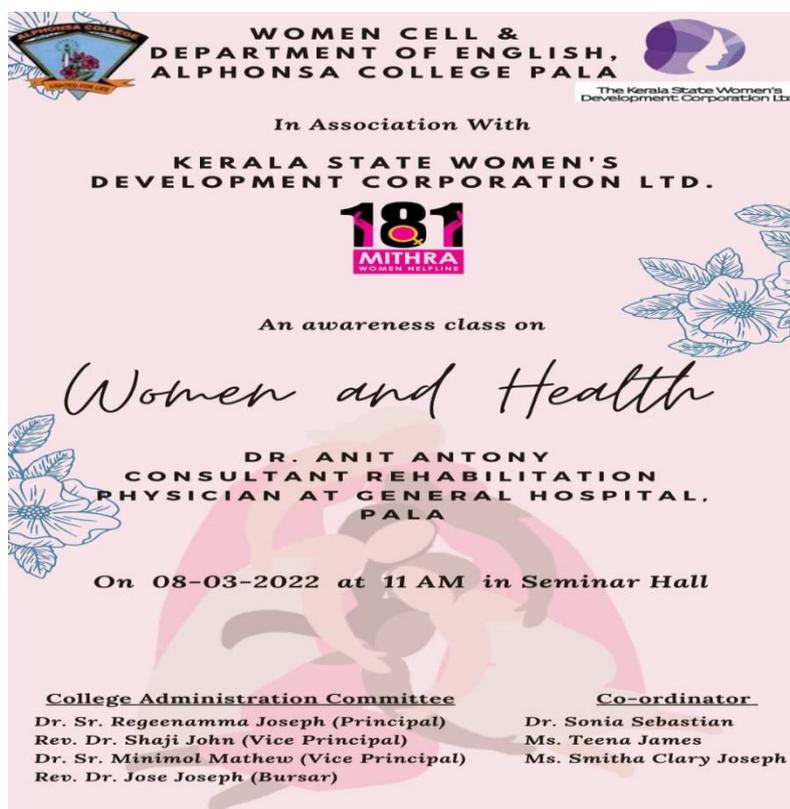
The Department of History in connection with the International Women's Day conducted a debate on the topic '**Is Women Empowerment a Reality in India?**' on 8th March 2022. The event aimed to engage participants in thoughtful discourse, raise awareness about gender equality issues, and explore strategies for advancing women's rights and empowerment in India. The debate competition featured teams of participants presenting arguments and counterarguments on the topic of women empowerment in India. Participants were tasked with articulating their perspectives, providing evidence and examples to support their arguments, and engaging in rebuttals and cross-examinations with opposing teams. The competition sparked insightful discussions and reflections on the complex and multifaceted nature of women empowerment in India. Participants and audience members gained a deeper understanding of the challenges and opportunities for advancing gender equality and women's rights in the country.



A debate on the topic '**Is Women Empowerment a Reality in India?**' on 8th March 2022

Awareness Class on 'Women and Health'

Title of the Activity	Awareness Class on 'Women and Health'
Organizing Agency/Department	Women's Cell, Kerala State Women's Development Corporation Ltd and Department of English
Date	8 th March, 2022
Resource person	Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala
Outcome	To educate participants about the unique health needs, challenges, and disparities faced by women, and to promote proactive health-seeking behaviours and practices.




WOMEN CELL & DEPARTMENT OF ENGLISH, ALPHONSA COLLEGE PALA


In Association With
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.



An awareness class on
Women and Health

DR. ANIT ANTONY
 CONSULTANT REHABILITATION
 PHYSICIAN AT GENERAL HOSPITAL,
 PALA

On 08-03-2022 at 11 AM in Seminar Hall

<u>College Administration Committee</u> Dr. Sr. Regeenamma Joseph (Principal) Rev. Dr. Shaji John (Vice Principal) Dr. Sr. Minimol Mathew (Vice Principal) Rev. Dr. Jose Joseph (Bursar)	<u>Co-ordinator</u> Dr. Sonia Sebastian Ms. Teena James Ms. Smitha Clary Joseph
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An awareness class on the topic '**Women and Health**' was organised by Women's cell in association with Kerala State Women's Development Corporation Ltd and the Department of English on 8th March, 2022. The event aimed to empower women with knowledge and information to make informed decisions about their health, seek timely medical care, and prioritize self-care and wellness. Dr. Anit Antony, Consultant

Rehabilitation Physician, General Hospital Pala served as the resource person. The awareness class comprised presentations, discussions, interactive activities, and Q&A sessions. The sessions covered a range of topics related to women's health, including: reproductive health, maternal health, preventive care, mental health and the impact of lifestyle factors. The class received positive feedback from participants, who found the sessions informative, empowering,

and practical. Attendees gained valuable knowledge and resources to better understand and address their health needs, make informed health decisions, and adopt healthier lifestyles.



An awareness class on the topic '**Women and Health**' on 8th March, 2022 led by Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala.

Athulya –A Meeting of Women

Title of the Activity	Athulya –A Meeting of Women
Organizing Agency/Department	Women's Cell and Social Justice Forum
Date	10 th March, 2022
Outcome	To celebrate and recognize the outstanding contributions, achievements, and leadership of women in various fields and sectors.

In connection with the International Women's Day, Women Cell in association with Social Justice Forum conducted a meeting on 10th March, 2022, to honour women on their achievements. The event provided an opportunity to acknowledge and pay tribute to the remarkable accomplishments of these women, while also inspiring and empowering others to

strive for excellence and make a positive impact in their respective domains. The meeting featured speeches, presentations, panel discussions, and felicitation ceremonies honouring eminent women for their notable achievements and contributions to society. The event highlighted the diverse accomplishments of the honourees across fields such as academia, business, science, arts, sports, social activism, and public service. Fifty eminent women personalities were honoured, including teachers, students and women with outstanding performance in various fields other than academic field. The meeting was a resounding success, leaving a lasting impact on participants and attendees. The event served as a source of inspiration, empowerment, and motivation, while also promoting greater recognition and appreciation for the achievements and contributions of women in society.



Athulya –A Meeting of Women on 10th March, 2022

Awareness Class on ‘Women Protection Laws and 181 Mithra Women Helpline’

Title of the Activity	Awareness Class on ‘Women Protection Laws and 181 Mithra Women Helpline’
Organizing Agency/Department	Women’s Cell, Anti-harassment Committee and Kerala State Women’s Development Corporation
Date	26 th March, 2022
Resource person	Adv. Drishya V K, Team Member of 181 WHL
Outcome	To educate participants about the legal rights and protections available to women under Indian law and to raise awareness about the 181 Mithra Women Helpline.


WOMEN CELL & ANTI HARASSMENT COMMITTEE
ALPHONSA COLLEGE PALA
 In Association With
KERALA STATE WOMEN’S DEVELOPMENT CORPORATION Ltd.




Awareness Class on
“Women Protection Laws & Mithra 181 WHL”
 26 March 2022 via google meet
 10:00 -11:00 AM

College Administration Committee
 Dr. Sr. Regeenamma Joseph (Principal)
 Rev. Dr. Shaji John (Vice Principal)
 Dr. Sr. Minimol Mathew (Vice Principal)
 Rev. Dr. Jose Joseph (Bursar)

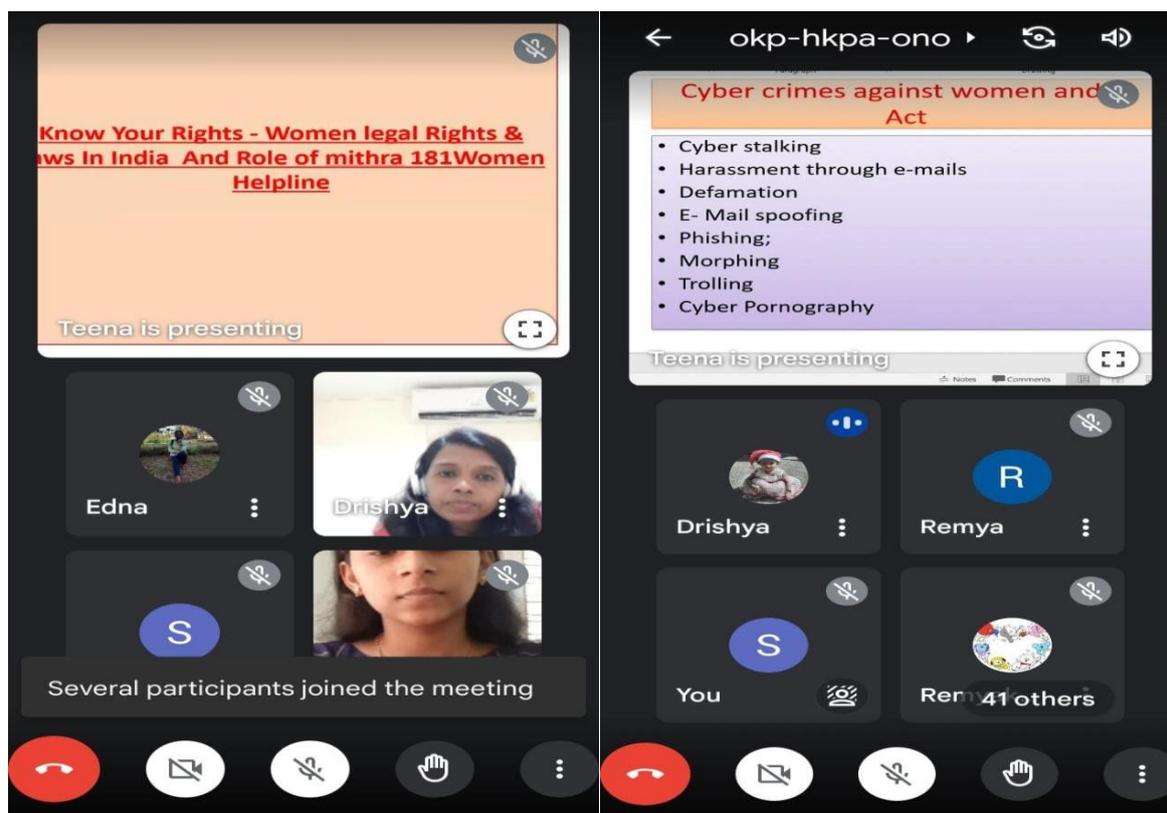


Adv. Drishya V K
 Team Member
 181 Mithra WHL

Co-ordinators
 Ms. Smitha Clary Joseph
 Ms. Teena James

An online awareness class on ‘**Women Protection Laws and 181 Mithra Women Helpline**’ was conducted on 26th March 2022 under the initiative of Women’s Cell and Anti-harassment committee in association with Kerala State Women’s Development Corporation. The event aimed to empower participants with knowledge and information to access support services, seek redressal for grievances, and promote women's safety and well-being. Adv. Drishya V K, Team Member of 181 WHL led the class. The session consisted of presentations, discussions, question-and-answer sessions, and interactive activities. The programme covered a range of topics related to women's protection laws and services, including: key legal provisions and protections available to women under Indian law, Information about the 181

Mithra Women Helpline, guidance on how to report incidents of violence, harassment, or discrimination against women to the appropriate authorities and the importance of seeking timely assistance and support. The awareness class received positive feedback from participants, who found the sessions informative, empowering, and practical. Attendees gained valuable knowledge and resources to navigate legal protections, access support services, and promote women's rights and safety.



An online awareness class on ‘Women Protection Laws and 181 Mithra Women Helpline’ was conducted on 26th March 2022.



Shaji S M
PRINCIPAL
ALPHONSA COLLEGE
PALA