



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

2022-2023

LIST OF PROGRAMMES

S. No.	Name
1.	Awareness Program - POSHAN Maah “Importance of Healthy Food in Teenage”
2.	Awareness Program ‘Physical and Mental Well Being of Women’
3.	Essay Competition on Women Safety
4.	Flash Mob to Give Awareness Against Drug Abuse Among Youth
5.	Women Safety Awareness Program - "Acts for Women Safety, Various Schemes, and Services Implemented for Women Protection"
6.	Workshop on Mushroom Farming: Entrepreneurship Development Programme
7.	Invited lecture on 'Notion of Gender and Women'
8.	Exhibition on "Pro-Life”
9.	Talk on 'Gender Equality and Women Empowerment’
10.	Debate on Challenges Faced by Women from Society
11.	Two-wheeler Rally
12.	Women's Day Instagram Campaign on Theme: 'I Am Enough'
13.	Seminar on ‘Embrace Equity’
14.	International Women’s Day Celebration - Blood Donation Camp
15.	Anaemia Test Campaign
16.	Invited Talk on “Changing Status of Women”
17.	Seminar on “Laws and Women”
18.	Webinar on Prevention of Child Sexual Abuse
19.	Motivational Talk on "Empowering Women: Overcoming Challenges and Building Resilience"
20.	Release of Women Cell Manuscript 2022-2023 - "Valerie"
21.	Charity Initiatives

Awareness Program - POSHAN Maah “Importance of Healthy Food in Teenage”

Title of the Activity	Awareness Program - POSHAN Maah “Importance of Healthy Food in Teenage”
Organizing Agency/Department	Women’s Cell and Department of Zoology
Date	30 th September, 2022
Resource person	Ms. Swapna George, HOD of the Department of Clinical Nutrition and Dietetics
Outcome	To empower female students with essential knowledge about nutrition and the significance of maintaining healthy dietary practices.

On 30th September 2022, the Women Cell of Alphonsa College Pala, in collaboration with the Department of Zoology, conducted an exclusive awareness programme on the “Importance of Healthy Food in Teenage” for students. The event aimed to empower female students with essential knowledge about nutrition and the significance of maintaining healthy dietary practices. The technical session, led by Ms. Swapna George, HOD of the Department of Clinical Nutrition and Dietetics, focused on addressing the unique nutritional needs of young women during their teenage years. The session provided valuable insights into the importance of a balanced diet, essential nutrients, and the impact of healthy eating on overall well-being. The programme, tailored specifically for women students, highlighted the relevance of the "Poshan Abhiyaan Scheme" (National Nutrition Mission) in promoting better health and combating malnutrition. The event encouraged women to take charge of their nutritional choices and adopt sustainable and nourishing food habits.

കേരള സംസ്ഥാന വനിതാ വികസന കോർപ്പറേഷൻ (വനിതാ,ശിശുവികസന വകുപ്പ്, കേരള സർക്കാർ)

POSHAN Maah
ബോധ വൽക്കരണ പരിപാടി
ബഹുതരം സുസ്ഥപകര ധനകാര്യ വികസന കോർപ്പറേഷന്റെയും വനിതാ ശിശുവികസന വകുപ്പിന്റെയും സഹകരണത്തോടെ
30-09-2022
11:00 മണിക്ക്
അൽഫോൻസാ കോളേജ് സെമിനാർ ഹാൾ പാലാ.

PROGRAMME

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Inaugural Session
11:00 am -11:50 am

Prayer Song
Welcome speech
Presidential address
Inaugural address
Keynote address
Felicitations
Prize Distribution
Vote of thanks
TEA BREAK-11:50am to 11:40am
Technical Session

*:Dr. Sr. Manju Elizabeth Kuruvila,
HOD, PG & Research Department of Zoology,
Alphonsa College Pala*
*:Dr. Sr. Regeenamma Joseph,
Alphonsa College Pala*
:Smt. KC Rosakutty (Chairperson -KSWDC)
:Smt. Bindu V C (MD-KSWDC)
*:Smt. Pennemma Thomas
- Board Member KSWDC*
*:Shri. Rangan MR
-Regional Manager-Ernakulam*
*:Women Cell Coordinator ,
Alphonsa College Pala*
*: 11:40am to 12:40 pm
Ms. Swapna George
HOD, PG Department of Clinical Nutrition &
Dietetics,
Alphonsa College Pala*



Inauguration of Poshan Maah – Awareness Campaign



Technical Session by Ms. Swapna George, HOD, Clinical Nutrition and Dietetics, Alphonsa College, Pala

Awareness Program ‘Physical and Mental Well Being of Women’

Title of the Activity	Awareness Program ‘Physical and Mental Well Being of Women’
Organizing Agency/Department	Women’s Cell, Department of Economics and Kerala State Women’s Development Corporation <i>Ltd.</i>
Date	28 th October 2022
Resource person	<ol style="list-style-type: none"> 1. Dr. Anjana Chandran, Medical Officer (NAM), Seethalayam Unit, Govt Homeo Hospital, Kurichy 2. Mrs. Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy,
Outcome	To address the holistic health needs of women, focusing on both physical and mental aspects

The Women Cell and Department of Economics at Alphonsa College, Pala, in association with Kerala State Women's Development Corporation *Ltd*, conducted an impactful awareness program on the Physical and Mental Well-Being of Women. Dr. Anjana Chandran, Medical Officer (NAM) at Seethalayam Unit, Govt Homeo Hospital, Kurichy, and Mrs. Sneha Benny, Consultant Psychologist at Seethalayam Unit, Govt Homeo Hospital, Kurichy, led the session. With the active participation of almost 120 students from the department, the first session led by Dr. Anjana addressed crucial aspects of physical well-being, emphasizing the importance of regular exercise and a healthy diet. Dr. Anjana provided valuable insights on maintaining physical health. Mrs. Sneha's dynamic session revolved around self-love, self-confidence, and assertiveness. She highlighted the significance of saying 'no' in life and discussed the distinctions between cognitive and emotional brain power functions. The event fostered awareness, empowerment, and holistic well-being for women, imparting vital knowledge and empowering the participants to lead healthier and more fulfilled lives.



Dr. Anjana Chandran Medical Officer (NAM) Seethalayam Unit, Govt Homeo Hospital, Kurichy



Mrs. Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy.

Essay Competition on Women Safety

Title of the Activity	Essay Competition on Women Safety
Organizing Agency/Department	Janamaitry Police, Pala and Department of Political Science
Date	28 th October 2022
Outcome	To engage individuals in meaningful dialogue, stimulate critical thinking, and inspire action towards creating safer environments for women.



Essay Competition on Women Safety

Janamaitry Police in Pala organized an Essay Competition on Women Safety, Police, and LawCode on October 28, 2022, in collaboration with the Department of Political Science. The competition was organized with the aim of raising awareness about the critical issue of women's safety and empowering participants to express their perspectives, ideas, and solutions through written discourse. The essay competition invited participants to reflect on various dimensions of women's safety, including challenges, root causes, consequences of gender-based violence, and strategies for prevention and intervention. Participants were encouraged to explore the role of society, government, communities, and individuals in ensuring the safety and security of women in public and private spaces. The competition served as a platform for constructive dialogue and reflection on the multifaceted issue of women's safety. Participants contributed valuable insights, solutions, and perspectives, fostering greater understanding and awareness of the challenges and opportunities in promoting women's safety and well-being.

Flash Mob to Give Awareness Against Drug Abuse Among Youth

Title of the Activity	Flash Mob to Give Awareness Against Drug Abuse Among Youth
Organizing Agency/Department	NSS, Women Cell and Department of Zoology
Date	1 st November, 2022
Outcome	To engage and educate young people about the risks, consequences, and impact of drug abuse on individuals, families, and communities.

On November 1, 2022, NSS, Women Cell, and the Department of Zoology organized flash mobs at Govt. U.P. School, Poovarany village, Pala Town, and Govt. Hospital Pala to promote a drug-free world. Ms. Keerthana Reji, NSS Volunteer Secretary, concluded the performances with a speech condemning drug abuse, emphasizing the need for awareness and community action. The event aimed to use creative and interactive methods to deliver key messages, promote prevention strategies, and encourage positive behaviours among youth. The flash mob generated significant buzz and excitement among participants and spectators, sparking conversations and raising awareness about the issue of drug abuse among youth. The event succeeded in delivering its message in a memorable and impactful way, encouraging youth to reflect on their choices and seek help if needed.



Flash Mob Gov. Hospital Junction and Pala Town



Flash mob with students at Govt. U.P. School Poovarany

Women Safety Awareness Program

Title of the Activity	Women Safety Awareness Program - "Acts for Women Safety, Various Schemes, and Services Implemented for Women Protection"
Organizing Agency/Department	Women Cell, Department of Economics, Anti-Harassment Cell and KSWDC-Sakhi One Stop Centre Kottayam
Date	23 rd November, 2022
Resource person	<ol style="list-style-type: none"> 1. Smt. Helena Rajan Philip, Social Worker 2. Adv. Binella, Centre Administrator, Sakhi One Stop Centre Kottayam
Outcome	To foster awareness and understanding among the students about the various avenues available for women's protection and empowerment.

The Women Cell, Department of Economics, and Anti-Harassment Cell collaborated with KSWDC-Sakhi One Stop Centre Kottayam to conduct an impactful awareness program on Women's Safety. The program, held on 23rd November 2022, aimed to provide students with essential information about Acts, Schemes, and Services for Women's Protection and Empowerment. Smt. Helena Rajan Philip, a dedicated social worker, and Adv. Binella, the esteemed Centre Administrator of Sakhi One Stop Centre Kottayam, led the sessions. The students found the sessions highly useful, as they received detailed insights into various schemes and support systems designed for women's protection.

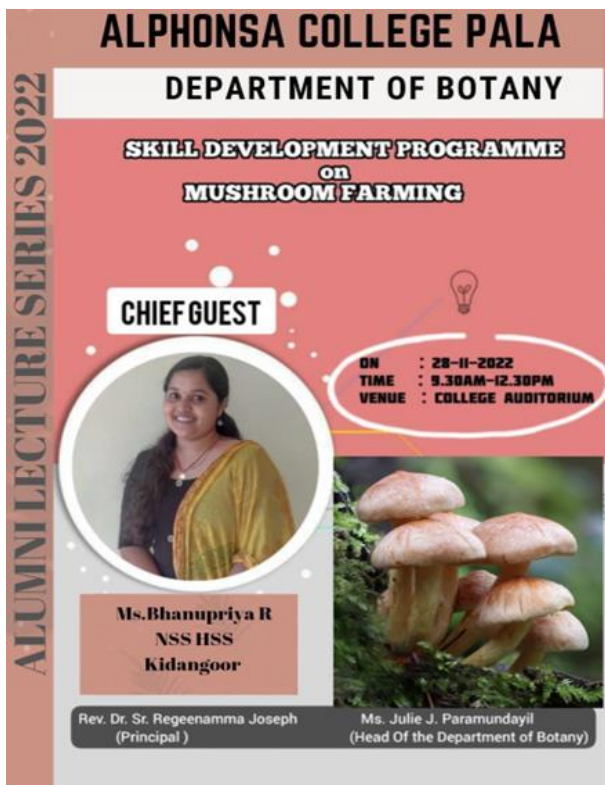
The program covered several significant initiatives, including Beti Bachao Beti Padhao Scheme, Women Helpline Scheme, UJJAWALA (Comprehensive Scheme for Prevention of Trafficking and Rescue, Rehabilitation, and Reintegration of Victims of Trafficking and Commercial Sexual Exploitation), SWADHAR Greh (A Scheme for Women in Difficult Circumstances), NARI SHAKTI PURASKAR, Stree Shakti Puruskar and Nari Shakti Puruskar Awardees, Mahila Shakti Kendras (MSK), NIRBHAYA, and Mahila Police Volunteers, among others. The informative sessions fostered awareness and understanding among the students about the various avenues available for women's protection and empowerment. By shedding light on these initiatives, the program aimed to inspire active participation in advocating for gender equality and women's safety.

Smt. Helena Rajan Philip led the Women Safety Awareness Program

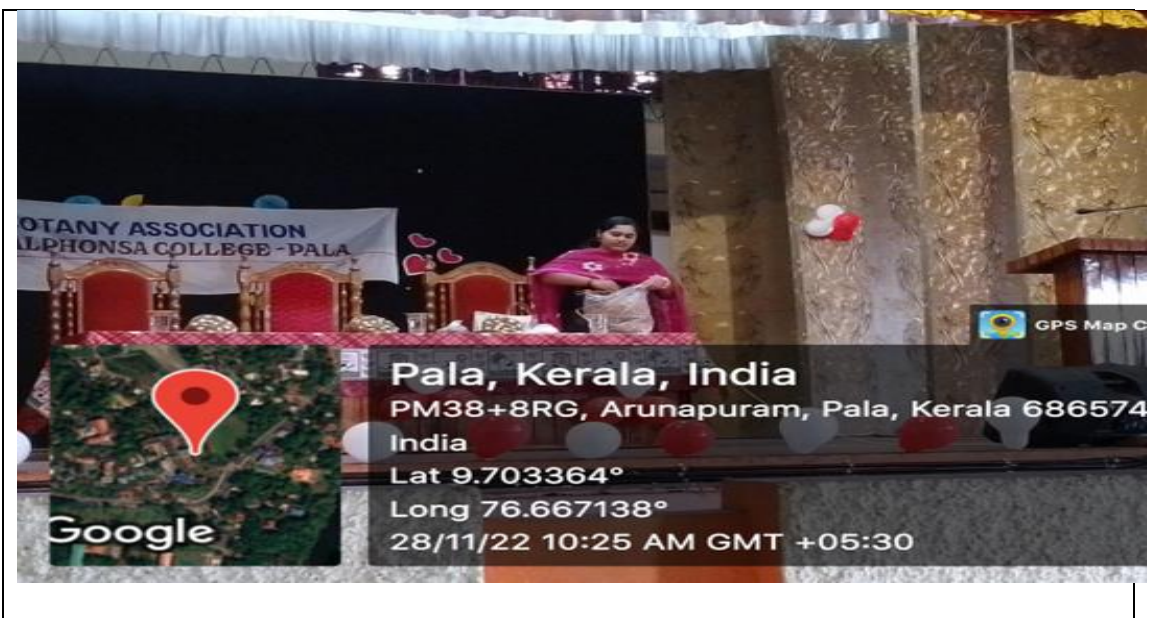
Workshop on Mushroom Farming: Entrepreneurship Development Programme

Title of the Activity	Workshop on Mushroom Farming: Entrepreneurship Development Programme
Organizing Agency/Department	Department of Botany
Date	26 th November 2022
No. of students participated	92
Resource person	Ms. Bhanupriya R, NSS HSS, Kidangoor
Outcome	To provide participants with practical knowledge, skills, and resources to start and manage mushroom farming enterprises.

The Entrepreneurship Development Programme on Mushroom Farming, held on 26th November 2022 organized by the Department of Botany, witnessed active participation of 92 students. Ms. Bhanupriya R, an expert in the field, delivered valuable insights into mushroom cultivation methods and facilitated hands-on training, emphasizing sustainable practices for aspiring agricultural entrepreneurs. The workshop featured presentations, demonstrations, hands-on training, and expert-led sessions on various aspects of mushroom cultivation, processing, marketing, and business management. Participants learned about



different types of mushrooms, suitable growing conditions, cultivation techniques, harvesting methods, post-harvest handling, value addition, market opportunities, and financial planning for mushroom farming ventures



Workshop on Mushroom Farming led by Ms. Bhanupriya R

Invited lecture on 'Notion of Gender and Women'

Title of the Activity	Invited lecture on 'Notion of Gender and Women'
Organizing Agency/Department	Department of History
Date	14 th December 2022
Resource person	Ms. Mithy K M, Assistant Professor from Henry Baker College, Melukavu
Outcome	To provide valuable insights into the complexities surrounding gender issues and evolving concept of womanhood in the modern world.



Alphonsa College
Pala, Kottayam

- Department of History -

SREE

Sharing Resources and
Expertise for Excellence

Invited Lecture 3

Topic : Notion of Gender and Women



Resource person:

Ms. Mithy K M

Assistant Professor
Department of History
Henry Baker College, Melukavu

Date : 14 December 2022
Venue : Room no: 36



Pala, Kerala, India
 PM38+8RG, Arunapuram, Pala, Kerala 686574,
 India
 Lat 9.703365°
 Long 76.667102°
 14/12/22 09:45 AM GMT +05:30

Lecture on the topic 'Notion of Gender and Women' by Ms. Mithy K M, Assistant Professor from Henry Baker College, Melukavu

On 14th December 2022, the Department of History at Alphonsa College Pala hosted an insightful lecture on the topic 'Notion of Gender and Women' by Ms. Mithy K M, Assistant Professor from Henry Baker College, Melukavu. The lecture was part of the ongoing SREE initiative, an MOU signed between the History Departments of various colleges

affiliated with MG University. During the session, Ms. Mithy engaged with the students, encouraging them to question stereotypical gender notions prevalent in contemporary society. She discussed the evolving concept of womanhood and emphasized the importance of understanding the diverse experiences of women in different historical and cultural contexts. The interactive session allowed the students to actively participate, gaining valuable insights into the complexities surrounding gender issues in the modern world. It facilitated critical thinking and inspired the students to develop a more enlightened outlook on the subject.

Exhibition on "Pro-Life"

Title of the Activity	Exhibition on "Pro-Life"
Organizing Agency/Department	Women's Cell, Department of Zoology and Jesus Youth Ministry
Date	22 nd February, 2023
Outcome	To raise awareness among students about the rights of unborn babies to live in the womb and be born into this world, promoting a pro-life approach

On 22nd February 2023, the Women's Cell and Department of Zoology jointly organized a Pro-Life Exhibition in association with the Jesus Youth Ministry of Alphonsa College Pala. The exhibition was graced by the presence of Principal Dr. Sr. Regeenamma Joseph, accompanied by Vice Principals and the Bursar. The exhibition served as a platform to raise awareness among students about the rights of unborn babies to live in the womb and be born into this world, promoting a pro-life approach. Additionally, the event shed light on gender equity, advocating for equal rights and opportunities for all genders. Participants gained valuable insights into the sanctity of life and the importance of respecting the rights and dignity of every individual, irrespective of gender. The exhibition aimed to instil a sense of compassion and empathy, encouraging students to champion the cause of pro-life attitudes and gender equity in their lives. The exhibition effectively engaged the participants and provided a platform for meaningful discussions, leaving a positive impact on their understanding of pro-life values and the significance of gender equity.



Inauguration: Principal Dr. Sr. Reegenamma Joseph, Alphonsa College Pala and students visiting the Exhibition Hall

Talk on 'Gender Equality and Women Empowerment'

Title of the Activity	Talk on 'Gender Equality and Women Empowerment'
Organizing Agency/Department	Department of Chemistry
Date	24 th February, 2023
Resource person	Dr. Sr. Dolly Kurian, HOD of Social Work, BVM College, Cherpunkal
Outcome	To highlight the importance of gender equality and empower women to create a more inclusive and progressive society.

As part of the Women's Day Celebration, the Department of Chemistry hosted a thought-provoking talk on 'Gender Equality and Women Empowerment'. Dr. Sr. Dolly Kurian, HOD of Social Work at BVM College, Cherpunkal, was the guest speaker. The talk highlighted the importance of gender equality and empowering women to create a more inclusive and progressive society. Attendees were inspired to contribute actively towards fostering an environment of equal opportunities for all.



Talk on 'Gender Equality and Women Empowerment' by Dr. Sr. Dolly Kurian, HOD of Social Work at BVM College, Cherpunkal.

Debate on 'Challenges Faced by Women from Society'

Title of the Activity	Debate on 'Challenges Faced by Women from Society'
Organizing Agency/Department	Department of Zoology
Date	28 th February, 2023
No. of students participated	24
Moderator	Dr. Ambily T.R, Assistant Professor, Department of Zoology, Alphonsa College Pala
Outcome	To facilitate a critical examination and discussion of the various obstacles, prejudices, and inequalities that women encounter in society.

The Department of Zoology conducted a thought-provoking debate on 28th February 2023, focusing on the challenges faced by women in society. Divided into two teams, 24 students actively engaged in discussing various issues. The challenges identified included financial constraints, societal pressure to quit jobs after marriage, and obstacles in balancing work and family responsibilities. The debate was skilfully moderated by Dr. Ambily T.R, an esteemed Assistant Professor from the Department of Zoology. Under her guidance, the event highlighted the importance of financial independence for women and emphasized the need for greater societal support to help them achieve their dreams. The debate fostered awareness and encouraged constructive discussions, empowering participants to envision a more equitable and supportive environment for women.



Debate on Challenges Faced by Women from Society

Two-wheeler Rally

Title of the Activity	Two-wheeler Rally
Organizing Agency/Department	NSS, Pala Social Welfare Society and Caritas India
Date	7 th March, 2023
No. of students participated	
Outcome	To mobilize women as advocates and change agents in the fight against drug abuse.

In connection with International Women’s Day, NSS in association with Pala Social Welfare Society and Caritas India organized a Two-wheeler Rally for anti-drug awareness on 7th March 2023. The event aimed to raise awareness about the dangers of drug abuse, promote healthy lifestyles, and empower women to take a stand against substance misuse in their communities. NSS volunteers and Women from various organizations (Mathrujyothei, SMYM,

CRITERION 7.1.1

PSWS, KSSF) participated in this two-wheeler rally. The programme was inaugurated by H. E. Mr. Joseph Kallarangattu, College Patron, and the rally were flagged off by Sri. A. J Thomas, DYSP of Pala. The two-wheeler rally generated significant visibility, media coverage, and public attention, raising awareness about the issue of drug abuse and inspiring individuals and communities to take action. Participants and spectators alike were inspired and motivated by the collective efforts of women riders in promoting a drug-free society.



Inauguration and flagging off two-wheeler rally

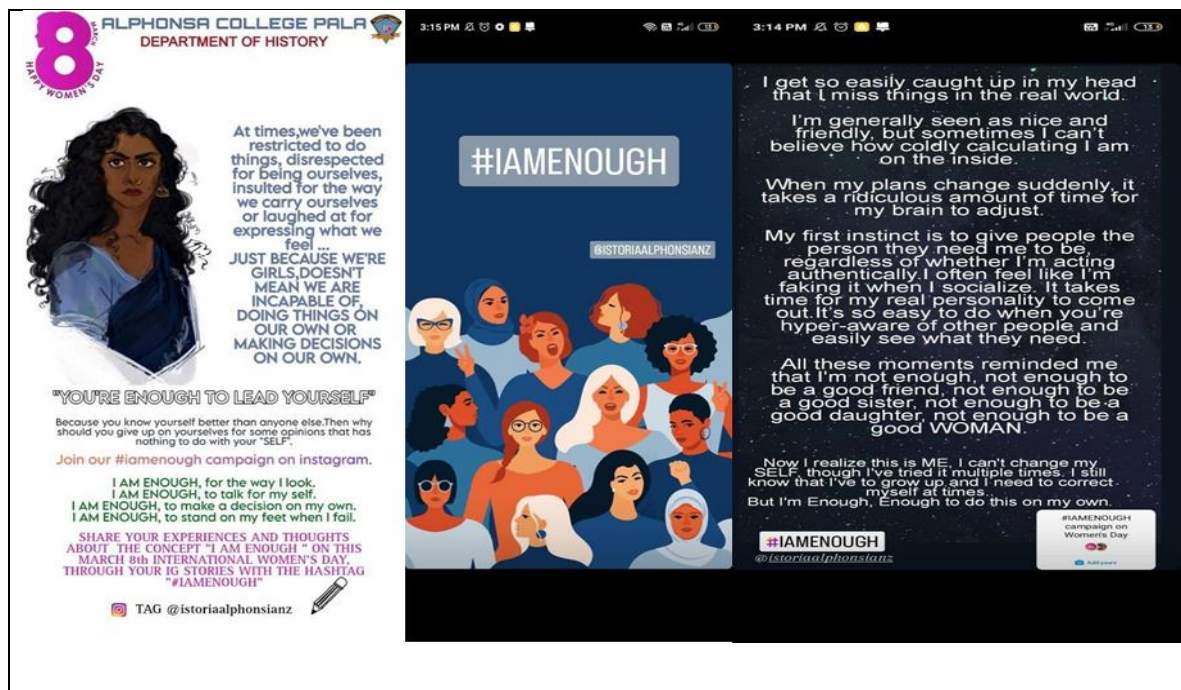


Two-wheeler rally

Women's Day Instagram Campaign on Theme: 'I Am Enough'

Title of the Activity	Women's Day Instagram Campaign on Theme: 'I Am Enough'
Organizing Agency/Department	Department of History
Date	8 th March, 2023
No. of students participated	
Outcome	To promote self-confidence and celebrate the inherent worth of women

On Women's Day, 8th March 2021, the Department of History organized an empowering Instagram campaign with the theme 'I Am Enough.' The campaign aimed to promote self-confidence and celebrate the inherent worth of women. Participants were invited to share their personal stories, reflections, affirmations, and expressions of self-love and empowerment, using the designated hashtag #IAMEnough to join the conversation and contribute to the collective message of empowerment. Participants shared inspiring posts, fostering a positive and inclusive online space. The campaign received widespread engagement, participation, and positive feedback from followers and participants. The campaign succeeded in creating a supportive and empowering online space for women to celebrate themselves, connect with others, and amplify their voices.



Seminar on 'Embrace Equity'

Title of the Activity	Seminar on 'Embrace Equity'
Organizing Agency/Department	Department of Botany
Date	8 th March, 2023
No. of students participated	
Resource person	Ms. Jayalakshmi B, PRO of National Health Mission, Ullanad
Outcome	To raise awareness about the importance of embracing equity, dismantling barriers, and promoting fairness, justice, and equal opportunities for all individuals, irrespective of their background or identity.

In celebration of International Women's Day, the Department of Botany, Alphonsa College Pala, organized a thought-provoking seminar on 'Embrace Equity' on 8th March 2023. Ms. Jayalakshmi B, the PRO of National Health Mission, Ullanad, served as the esteemed resource person. The seminar shed light on the importance of embracing equity, promoting gender equality, and empowering women in all spheres of life. Participants gained valuable insights and were encouraged to take proactive steps toward building a more equitable society.



Seminar on 'Embrace Equity' by Ms. Jayalakshmi B, the PRO of National Health Mission, Ullanadu

International Women's Day Celebration - Blood Donation Camp

Title of the Activity	International Women's Day Celebration - Blood Donation Camp
Organizing Agency/Department	NSS, Women's Cell, S.H. Medical Center Kottayam and Pala Blood Forum
Date	8 th March, 2023
No. of students participated	
Outcome	To emphasize the crucial role of blood donation and motivate individuals to voluntarily contribute to life-saving efforts

In observance of International Women's Day, a collaborative effort between NSS, S.H. Medical Center Kottayam, Pala Blood Forum, and Women Cell led to the organization of a meaningful Blood Donation Camp on March 8, 2023. The primary objective was to emphasize the crucial role of blood donation and motivate individuals to voluntarily contribute to life-saving efforts. The event commenced with a registration process, during which students expressed their willingness to donate blood provided personal information, and underwent a preliminary health screening to ensure their eligibility. A dedicated team of qualified medical professionals conducted a thorough examination of the donors, ensuring their physical well-being and suitability for donation. Through such impactful initiatives, the Women Cell, Alphonsa College Pala, and Pala Blood Forum demonstrated their unwavering commitment to social welfare and community service, contributing to the broader cause of promoting health and well-being in the community.



Blood donation camp

Anaemia Test Campaign

Title of the Activity	Anaemia Test Campaign
Organizing Agency/Department	NSS, Women Cell, and Pala Blood Forum
Date	8 th March, 2023
No. of students participated	
Outcome	To proactively address and raise awareness about anaemia.

In a collaborative effort, the NSS, Women Cell, and Pala Blood Forum, orchestrated a noteworthy 'Anaemia Test Campaign,' aligning with the Anaemia Mukt Bharat program. The programme was inaugurated by cine artist Kum. Anju Krishna Ashok. This initiative aimed at

CRITERION 7.1.1

proactively addressing and raising awareness about anaemia, a critical health concern. The campaign involved organized testing to identify cases, emphasizing the importance of early detection and intervention. By combining the efforts of the NSS and Women Cell, this campaign played a vital role in contributing to the overarching goal of achieving anaemia-free communities as part of the Anaemia Mukta Bharat initiative.



'Anaemia Test Campaign,' was inaugurated by cine artist Kum. Anju Krishna Ashok



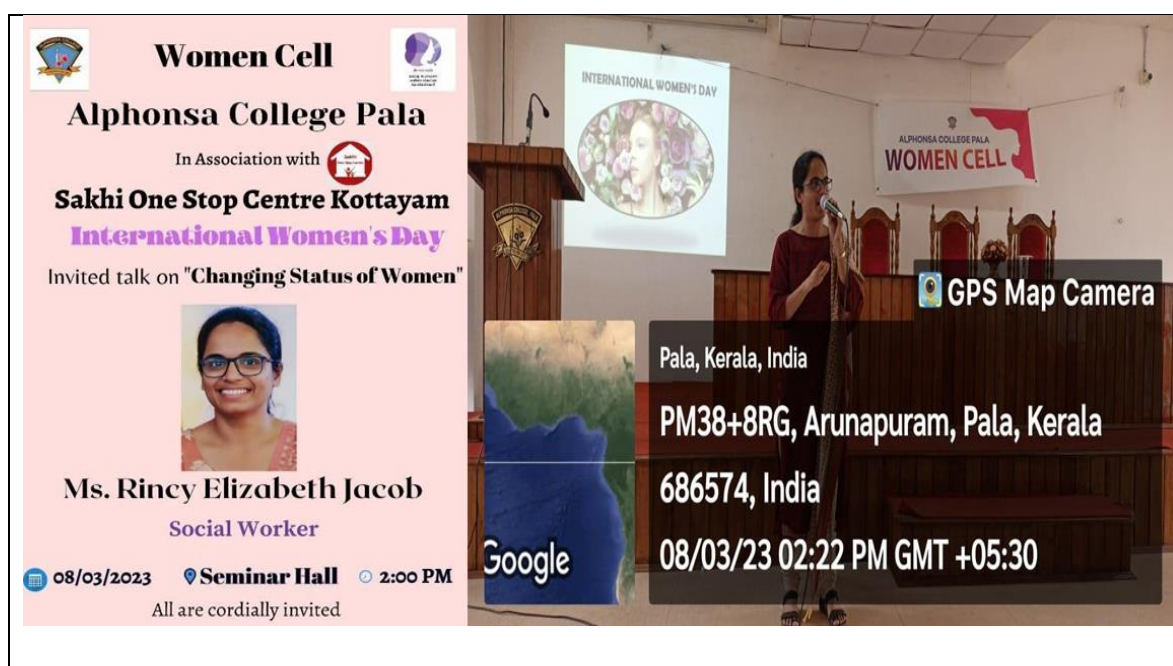
'Anaemia Test Campaign,' aligning with the broader Anaemia Mukta Bharat program

Invited Talk on “Changing Status of Women”

Title of the Activity	Invited Talk on “Changing Status of Women”
Organizing Agency/Department	Women’s Cell and Sakhi One Stop Centre Kottayam
Date	8 th March, 2023
No. of students participated	
Resource person	Ms. Rincy Elizabeth Jacob, Social Worker
Outcome	To illuminate the dynamic changes in the societal standing of women and empower attendees to actively promote gender equality and women's empowerment.

In commemoration of International Women's Day, the Women Cell at Alphonsa College Pala, in partnership with Sakhi One Stop Centre Kottayam, arranged an invited talk on “**Changing Status of Women**” by Ms. Rincy Elizabeth Jacob, a distinguished social worker on March 8, 2023. This talk aimed to illuminate the dynamic changes in the societal standing of women and empower attendees to actively promote gender equality and women's empowerment. The audience, consisting of both students and faculty, displayed keen interest

and enthusiasm throughout the talk. Ms. Rincy Elizabeth Jacob initiated her presentation with a historical perspective, delving into the challenges women have historically faced and tracing the evolution of their status. She highlighted pivotal moments, particularly from the women's suffrage movement, underscoring the achievements that have contributed to the current landscape of gender equality. Concluding her talk, Ms. Rincy Elizabeth Jacob offered practical strategies for empowering women on both individual and collective levels. She urged participants to champion inclusivity, provide support to one another, and actively engage in initiatives fostering gender equality. The event left a lasting impact, motivating the audience and equipping them with a deeper understanding of gender equality issues, inspiring active contributions to the empowerment of women in their respective spheres.



Ms. Rincy Elizabeth Jacob delivering talk on ‘Changing Status of Women’

Seminar on “Laws and Women”

Title of the Activity	Seminar on “Laws and Women”
Organizing Agency/Department	National Service Scheme
Date	9 th March, 2023
Resource person	Adv. Suman Sundarraj, Legal Cell Pala
Outcome	To provide participants with a comprehensive understanding of the legal landscape concerning women's rights and issues.

National Service Scheme (NSS), Alphonsa College Pala, organized a seminar on "Laws and Women" which was held on March 9, 2023. The distinguished resource person for the event was Adv. Suman Sundarraj from the Legal Cell Pala. The seminar aimed to provide participants with a comprehensive understanding of the legal landscape concerning women's rights and issues. Adv. Suman Sundarraj, an eminent legal expert, initiated the seminar by exploring various laws and regulations relevant to women in contemporary society. She addressed crucial aspects such as women's rights, protection against discrimination, and legal mechanisms available for addressing issues like harassment and violence. The session included interactive discussions, allowing participants to pose questions and seek clarifications on legal matters impacting women. The seminar served as a platform for informed discussions on the intersection of laws and women's rights, aligning with NSS's commitment to promoting awareness and empowerment in the college community.

Webinar on Prevention of Child Sexual Abuse

Title of the Activity	Webinar on Prevention of Child Sexual Abuse
Organizing Agency/Department	NSS, Rakshin Project Foundation and Sakshi Pune.
Date	25 th March, 2023
No. of students participated	
Resource person	Experts from the Rakshin Project Foundation
Outcome	To raise awareness and empower participants with knowledge on safeguarding children against sexual abuse.

In a dedicated effort towards community welfare, NSS unit of Alphonsa College Pala organized a profound webinar on the prevention of Child Sexual Abuse, conducted by the

esteemed Rakshin Project foundation in collaboration with 'Sakshi', Pune. The webinar, held on March 25, 2023, served as a crucial initiative to raise awareness and empower participants with knowledge on safeguarding children against sexual abuse. The webinar focused on the Protection of Children from Sexual Offences (POCSO) Act, provided comprehensive insights into recognizing, preventing, and addressing child sexual abuse. Renowned experts from the Rakshin Project Foundation facilitated the session, sharing invaluable information and practical strategies for safeguarding children. The participants, comprising students, faculty, and members of the community, actively engaged in the webinar, posing questions and seeking guidance on this critical issue. The interactive nature of the session enhanced understanding and ensured that participants were left equipped with knowledge and resources to contribute to the prevention of child sexual abuse.



Motivational Talk on "Empowering Women: Overcoming Challenges and Building Resilience"

Title of the Activity	Motivational Talk on "Empowering Women: Overcoming Challenges and Building Resilience"
Organizing Agency/Department	Women's Cell and Kerala State Women's Development Corporation Ltd.
Date	31 st March, 2023
No. of students participated	
Resource person	Lt. Anu Jose, Associate NCC Officer, and Assistant Professor, Department of English, Alphonsa College Pala.
Outcome	To inspire and empower women to pursue their aspirations.

The Women Cell at Alphonsa College, Pala, collaborated with the Kerala State Women's Development Corporation Ltd. to conduct a Motivational Class on "Empowering Women: Overcoming Challenges and Building Resilience" on March 31, 2023. The session was led by Lt. Anu Jose, Associate NCC Officer, and Assistant Professor in the English department at Alphonsa College, Pala. The purpose of the motivational class was to inspire and empower women to pursue their aspirations. Lt. Anu Jose shared personal life experiences and the hurdles she encountered on her journey to professional success. Emphasizing the significance of self-belief, diligence, and determination, the class underscored the importance of overcoming societal barriers and gender stereotypes that can hinder women's progress. The speaker also highlighted the need for women to support each other, fostering a more inclusive society. The interactive session provided a platform for participants to share their experiences and seek guidance, offering valuable insights and motivation to confidently pursue their dreams and goals.

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

"If you can dream it, you can do it."
- Walt Disney

"MOTIVATIONAL CLASS"
31 March 2023 – 10 AM
@ Room No: 10


Lt. Anu Jose
Associate NCC Officer & Asst. Professor
Alphonsa College, Pala
Co-ordinators
Ms. Smitha Clary Joseph
Ms. Teena James

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)



Lt. Anu Jose, Associate NCC Officer, leading the motivational class

Release of Women Cell Manuscript 2022-2023 - "Valerie"

Title of the Activity	Release of Women Cell Manuscript 2022-2023 - "Valerie"
Organizing Agency/Department	Women's Cell
Date	
No. of students participated	
Outcome	To provide a platform for Women Cell members to articulate their thoughts, share experiences, and express creativity on a range of topics related to women's issues, gender equality, and social empowerment

The Women Cell at Alphonsa College Pala unveiled their annual manuscript for the year 2022-2023, titled "Valerie." Dr. Sr. Manju Elizabeth, the Vice Principal of Alphonsa College Pala, presided over the event. "Valerie" aimed to spotlight the talents and perspectives of Women Cell members while promoting gender equality and women's empowerment. The primary objective of the manuscript was to provide a platform for Women Cell members to articulate their thoughts, share experiences, and express creativity on a range of topics related to women's issues, gender equality, and social empowerment. "Valerie" is expected to serve as a source of inspiration and empowerment, encouraging individuals to become advocates for women's rights and actively contribute to the creation of a more inclusive and equitable society. During the event, Women Cell members were afforded the opportunity to present their contributions from the manuscript, which encompassed poems, essays, short stories, and artwork—all revolving around the central theme of women's empowerment.



The poster features a light beige background with decorative elements like hearts and diamonds. At the top left are the logos of Alphonsa College and The Kerala State Women's Development Corporation Ltd. The main title 'Rules and Regulations' is in a large, dark green font. Below it, a list of rules is provided. The text 'International Women's Day' is written in a large, stylized font. The coordinators' names and departments are listed below. A dark green box at the bottom left contains the submission deadline. Illustrations of women and flowers are scattered throughout the design.

Women's Cell, **Alphonsa College Pala** is releasing a manuscript magazine in connection with

International Women's Day

Rules and Regulations

- Articles are invited from all classes
- You may contribute poems, stories, articles, paintings, drawings and cartoons
- Works can be in English, Malayalam or Hindi
- You are requested to submit your works in a white paper
- Articles must be submitted to the Women's Cell Coordinators on/before 25/02/2023

Coordinators

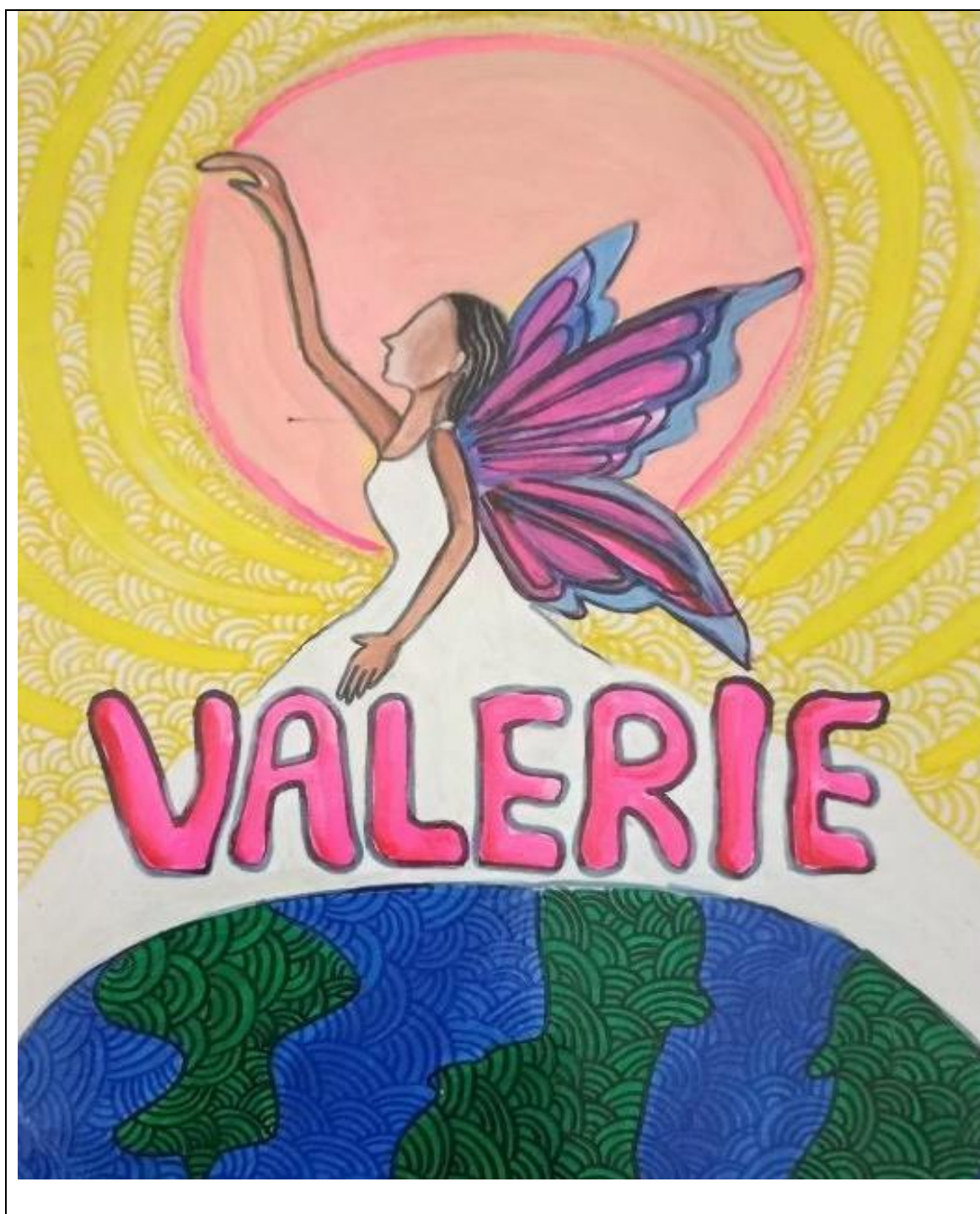
Smitha Clary Joseph
Department of Economics

Teena James
Department of Zoology

We are inviting creative works for the Women's Cell Manuscript Magazine 2023

Prizes will be awarded for the best works

Last Date of Submission : 25/02/2023



Annual manuscript for the year 2022-2023, titled "Valerie."

Charity Initiatives

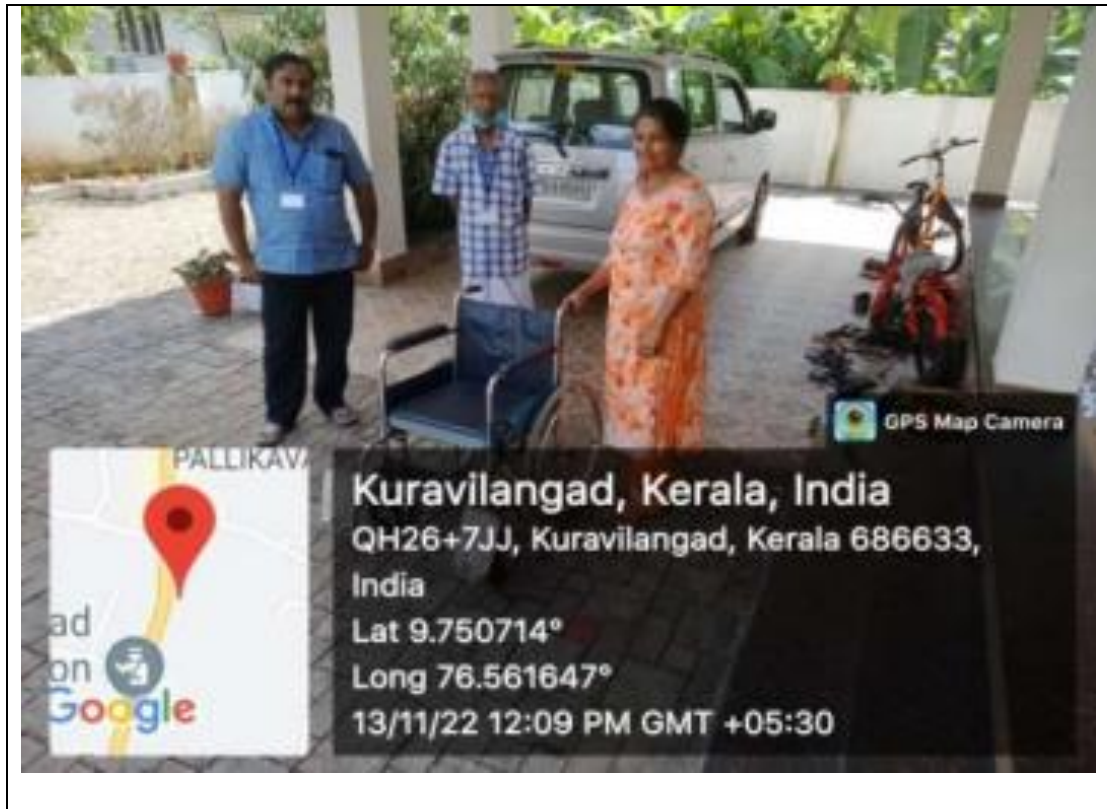
Title of the Activity	Charity Initiatives
Organizing Agency/Department	NCC and NSS
No. of students participated	
Outcome	To empower female students with essential knowledge about nutrition and the significance of maintaining healthy dietary practices.

As part of International Women’s Day, the NCC sub unit sponsored an orphan girl child taking care of her educational and medical needs.

On November 2, 2022, the NSS unit demonstrated its generosity by donating dresses to the children living in 'Girl Town,' Kozhuvanal. The beneficiaries of this kind gesture were 72 orphans who are under the guardianship of the Snehagiri sisters, the dedicated individuals overseeing the operations of the orphanage. Also, donated sarees to the inmates of “Jubilee Bhavan” at Chethimattam, Pala on 12th November 2022. 34 aged women are there. On the 8th of November 2022, a contribution of shirts and trousers was extended to the youngsters at "Boys' Town" located in Karoor. This donation specifically benefited 103 boys hailing from economically disadvantaged families. Also, donated a wheelchair to ‘Mariasadan’, a charitable organization at Pala on 13th November 2022.



Donated sarees to the inmates of “Jubilee Bhavan” at Chethimattam



Donated a wheelchair to 'Mariasadan'



Shaji John
PRINCIPAL
PRINCIPAL
ALPHONSA COLLEGE
PALA