



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the
4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.2 Best Practice 02 - SPARSH

NURTURE: ENDEAVOURS ON ADDRESSING HEALTHCARE NEEDS

1. ALPHONSIAN BLOOD DONATION FORUM

The Blood Donation Forum of Alphonsa College, Pala was established on 28th August 2022 under the guidance of our Principal, Dr. Sr. Reegenamma Joseph and Pala Blood Forum Chairman, Sri. Shibu Thekkemattam. The Blood Donation Forum maintains a database of the blood groups of donors and provides blood to Marygiri Hospital Bharananganam, Government Hospital Kottayam and needy persons during emergency.



2. BLOOD DONATION CAMP

A collaborative effort between NSS, the Department of Zoology, Blood Forum Pala, and Lions Club International resulted in a successful Blood Donation Camp on September 30, 2022. Taking place at Alphonsa College, Pala, 30 NSS volunteers generously donated blood to the District Hospital Blood Bank in Kottayam. The event also featured a lecture delivered by Sri. Shibu Thekkemattam, Chairman of Pala Blood Forum, highlighting the significance of blood donation in today's context.



3. BLOOD DONATION CAMP BY NSS, NCC, PALA BLOOD FORUM, AND HDFC BANK PALA

Continuing the spirit of altruism, NSS collaborated with NCC, Pala Blood Forum, and HDFC Bank Pala to organize another impactful Blood Donation Camp on November 28, 2022, at Alphonsa College, Pala. The event aimed to address blood shortages and promote humanitarian values among students. It saw active participation from various clubs and organizations, emphasizing the importance of community health and social responsibility.

4. BLOOD DONATION CAMP ON INTERNATIONAL WOMEN'S DAY

In celebration of International Women's Day, NSS joined hands with S.H. Medical Center Kottayam, Pala Blood Forum, and the Women Cell to organize a Blood Donation Camp on March 8, 2023. This event underscored the crucial role women play in healthcare and community service, highlighting their contributions to blood donation initiatives. It served as a testament to the inclusive and empowering spirit of the occasion.



5. BLOOD DONATION PROGRAM BY HDFC BANK AND MARIAN MEDICAL CENTRE PALA

A collaborative effort between HDFC Bank and Marian Medical Centre Pala culminated in a significant Blood Donation Program on November 29, 2023. With 260 registered donors, the program facilitated the donation of blood by 25 volunteers, reflecting the community's active engagement in promoting public health. The establishment of a WhatsApp group further streamlined communication with potential donors, ensuring timely responses to blood donation needs.



6. BLOOD DONATION CAMP COLLABORATION: NCC, NSS, AND PALA BLOOD FORUM

On November 28, 2022, the NCC Sub Unit, in collaboration with NSS and the Pala Blood Forum, organized a blood donation camp. This joint effort aimed to address blood shortages and promote the culture of voluntary blood donation within the community. By bringing together these organizations, the camp ensured a wide reach and increased participation, contributing to the noble cause of saving lives through blood donation. The event exemplified the spirit of cooperation and social responsibility upheld by these groups, underscoring their commitment to humanitarian service.



7. HEALTH CAMP AT ST. GEORGE PARISH HALL, CHITTAR

NSS, in collaboration with S.H Medical Centre Kottayam and Lions Club International, organized a Health Camp at St. George Parish Hall, Chittar, which is an adopted village. The camp aimed to provide essential healthcare services to the residents of the village. This initiative reflects the commitment of these organizations towards improving the health and well-being of underserved communities.



8. MEDICAL CAMP

The BVoc Sports Nutrition And Physiotherapy Department, in partnership with UBA and Karthas Huts of Wellness, conducted a free medical camp led by Dr. Gopakumar on November 29, 2019. The camp aimed to offer healthcare services to the public. With the participation of 4 teachers and 72 female students, the event emphasized the importance of holistic healthcare provision. Despite external funding, the college contributed INR 2,000 towards this impactful initiative.



9. MEDICAL CAMPS BY ALLMED AND DDRC

AllMed organized a medical camp at Alphonsa College on January 25, 2020, benefiting staff, students, and alumni. Subsequently, on February 11, 2020, DDRC conducted a camp focusing on various blood tests for disease diagnosis. These camps showcased the unit's commitment to providing comprehensive healthcare services to its community



10. MEDICAL CAMP BY ALLMED IN CHITTAR

Further extending medical assistance to the community, Allmed organized a medical camp in Chittar. This initiative highlighted the unit's dedication to reaching out to underserved areas and providing essential healthcare services.



11. EYE CHECK-UP CAMP IN COLLABORATION WITH KURIAN'S OPTICALS PALA

In collaboration with Kurian's Opticals Pala, the unit organized an eye check-up camp on December 20th. The camp provided free eye testing and offered a complimentary trial of power glasses and contact lenses, addressing both corrective and cosmetic needs. This initiative underscored the unit's commitment to promoting vision health and accessibility to eye care services within the community.



12. PPE KIT DISTRIBUTION

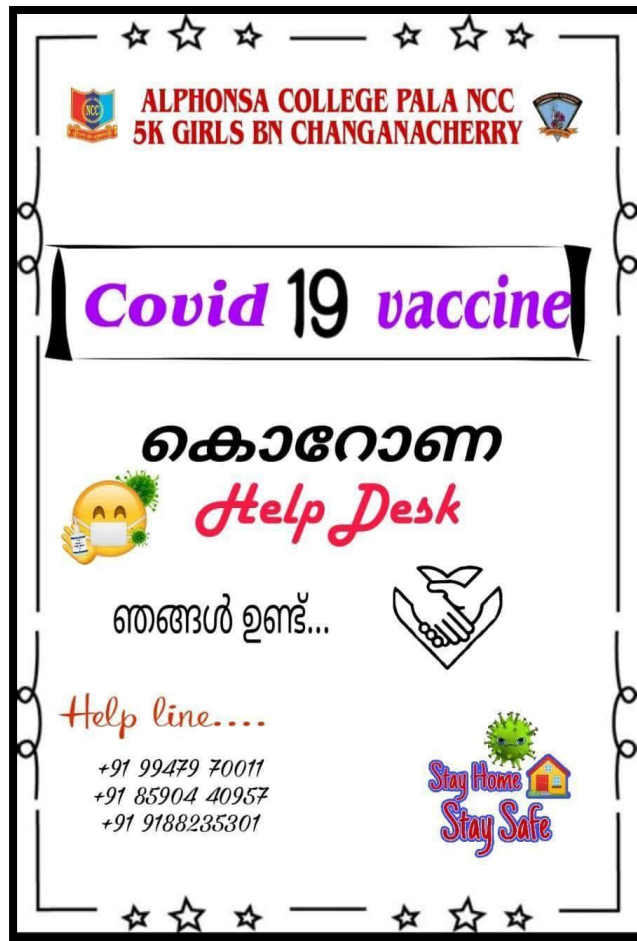
To impart social responsibility among students ,the NCC Sub Unit distributed PPE Kits to Good Samaritan Task Force Pala and Janamaithri Police Erattupetta. This initiative was really helpful to build an attitude among students to positively respond to the needs of the society.





13. COVID VACCINE HELP DESK

The NCC Sub Unit run a help desk to assist the public in registering for COVID Vaccine. The cadets made the public aware about the urgent need for vaccination and helped them to register online in COWIN portal. Vaccination certificates were also downloaded from the website and handed over to the concerned persons.



14. MASK MAKING AND DISTRIBUTION TO PUBLIC

The NSS unit conducted online sessions of mask making for NSS volunteers and the cloth masks which were designed by the volunteers were distributed to the panchayat officials.



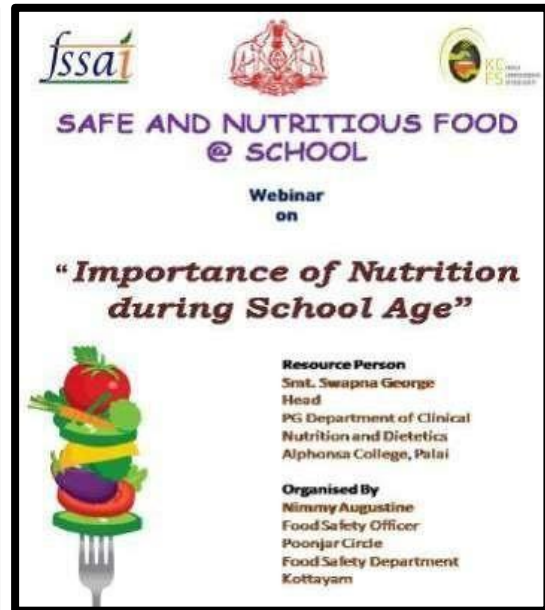
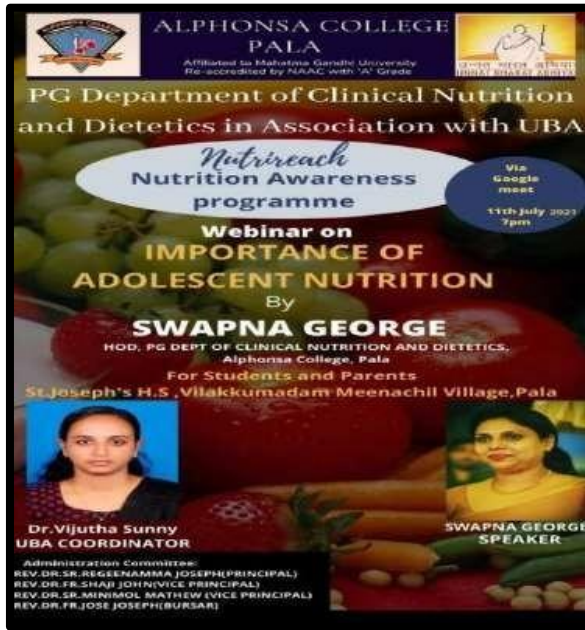
15. AWARENESS CLASS ON WOMEN AND HEALTH

To create awareness on Women and Health among our students, the department of English organized an awareness class in association with Kerala State Women's Development Corporation Ltd. and Women's Cell, Alphonsa College on 8 March 2022 by Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala. Dr. Anit spoke at length on Health habits to be followed and interacted with the students



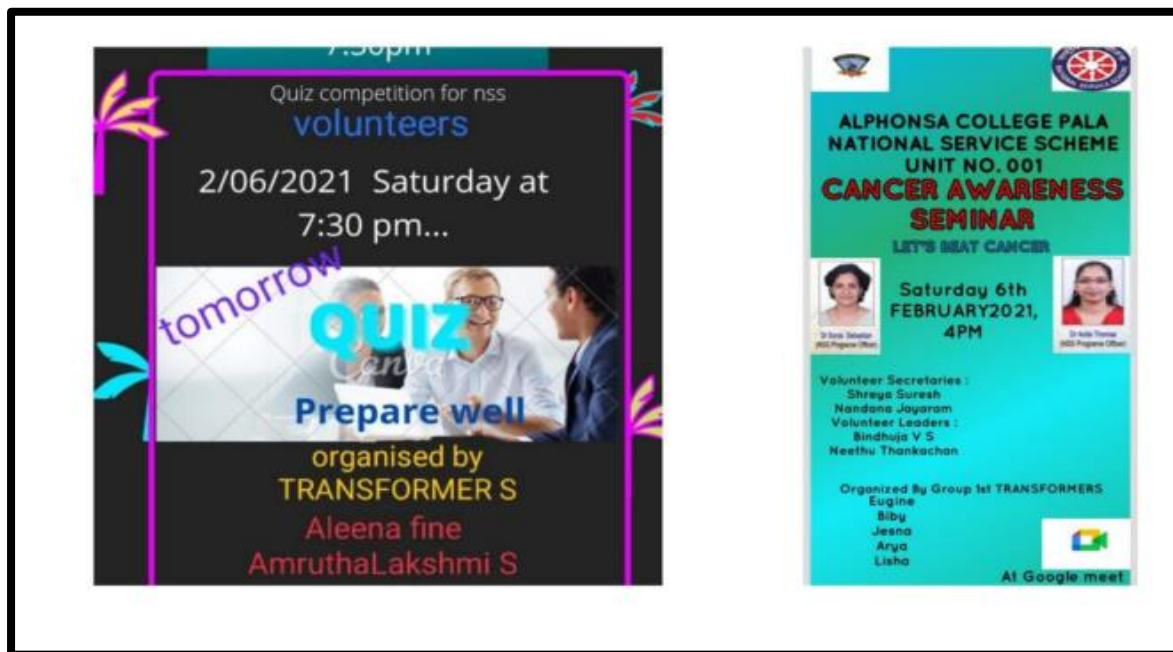
16. NUTRITIONAL AWARENESS PROGRAMME

Department of Clinical Nutrition and Dietetics conducted lecture series on 11 July 2021 in various schools St. Agnes H. S Muttucira, St. Joseph's H. S, Vilakkumadam, FSSAI, KTJM H. S, Edamattan, SKV L. P. S, Kaippuzha, CMS High School Mundakayam, Govt. LPS Kanakkary, Govt. LPS Kekzhukamkulam and St. Albert's College, EKM. The lecture series was intended to make the people aware about healthy diet plans and healthy life style.



17. CANCER AWARENESS PROGRAMME

As part of cancer day NSS UNIT conducted a cancer awareness programme and a Cancer Quiz on 6 February 2021.



18. “SALABHAM”- BREAST CANCER AWARENESS PROGRAMME

Breast Cancer Awareness Programme - “Salabham”- of Mar Sleeva Medicity Pala launched in Alphonso college Pala by the coordination of NSS. The programme was inaugurated by the famous

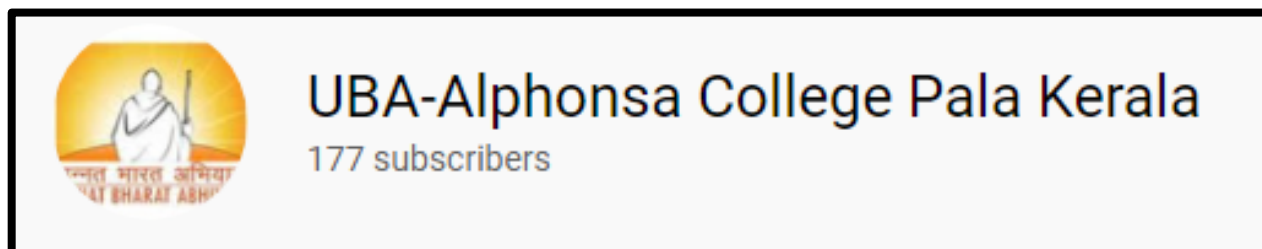
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writer Joseph Annamkutty Jose on 27th October 2021. NSS volunteers distributed leaflets on breast cancer to all students of our college for awareness.



19. COVID AWARENESS PROGRAMME

The UBA cell of Alphonsa college, launched a YouTube channel during Covid Lockdown days to conduct the Covid awareness campaign. Students from all the departments actively participated in framing short videos.



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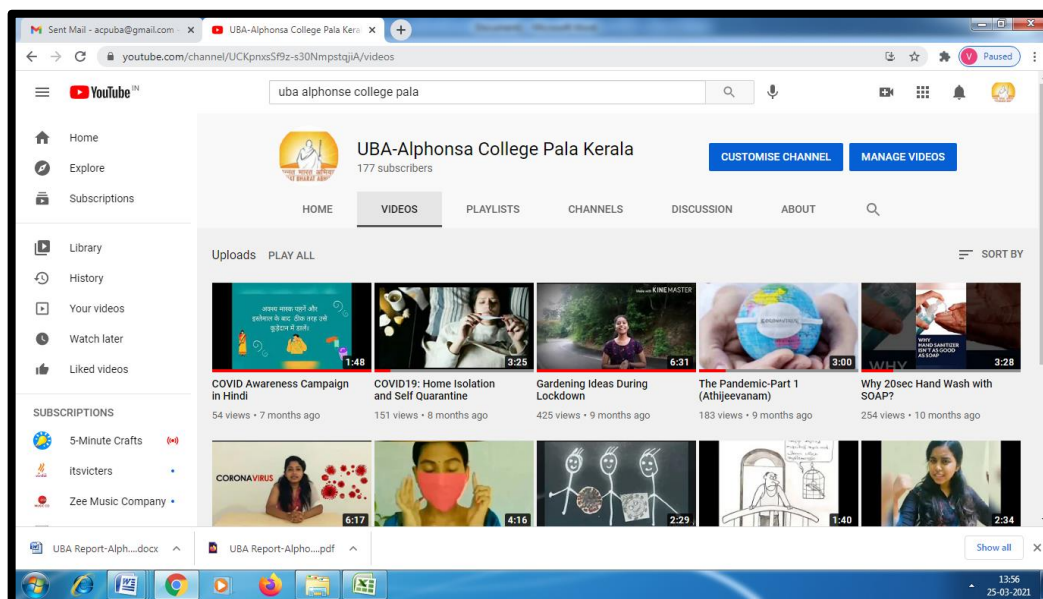


Department of Chemistry:

<https://youtu.be/FRE6NW-gHzU>

Department of CND:

<https://youtu.be/OBhuX4oLQMc>



20. ANTI-DRUG AWARENESS RALLY

An Anti-Drug Awareness Rally was conducted on January 2, 2023, as part of ongoing efforts to combat substance abuse.



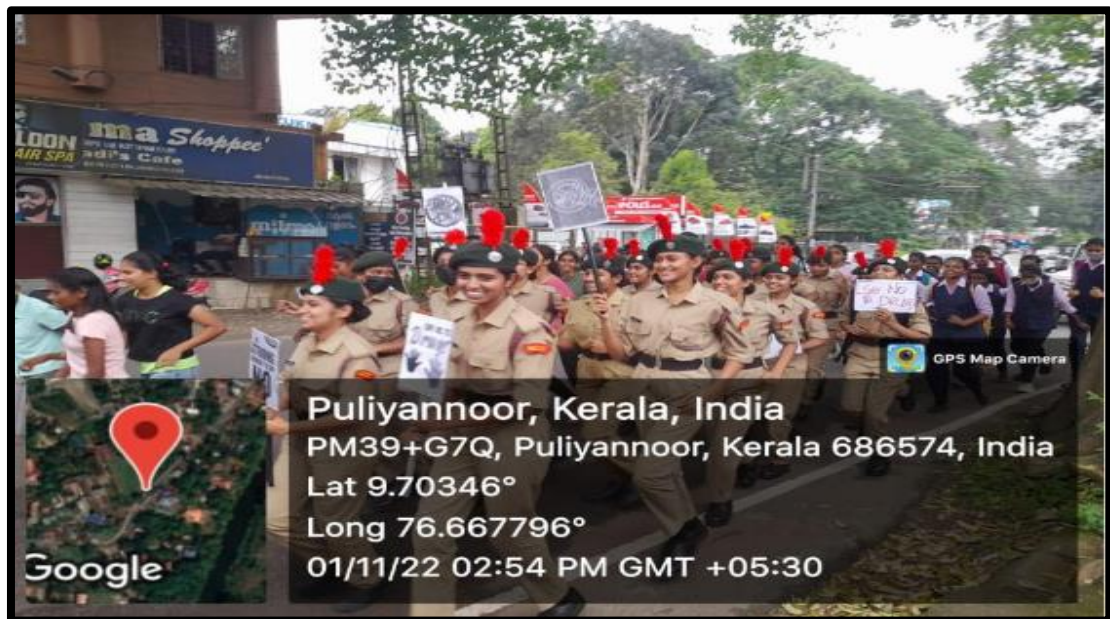
21. DRUG ABUSE SENSITIZATION EVENT

On June 26, 2019, the NSS Club organized a Drug Abuse Sensitization event at the zonal level. Conducted in collaboration with the Excise Department and NCC Unit ACP, the program aimed to educate participants about the dangers of drug abuse, emphasizing community efforts to combat substance abuse.



22. ANTI-DRUG CAMPAIGN BY NCC SUBUNIT

An anti-drug campaign organized by the NCC subunit aimed to spread awareness about the health hazards of drug abuse among the public on November 1, 2022.



23. FLASH MOB FOR ANTI-DRUG CAMPAIGN

The Department of Zoology, in collaboration with the Women's Cell at Alphonsa College Pala and sponsored by the Kerala State Women Development Corporation, organized an Anti-Drug Campaign Flash Mob across three locations in Pala on November 1, 2022.



24. DRUG AWARENESS STREET PLAY AND FLASH MOB

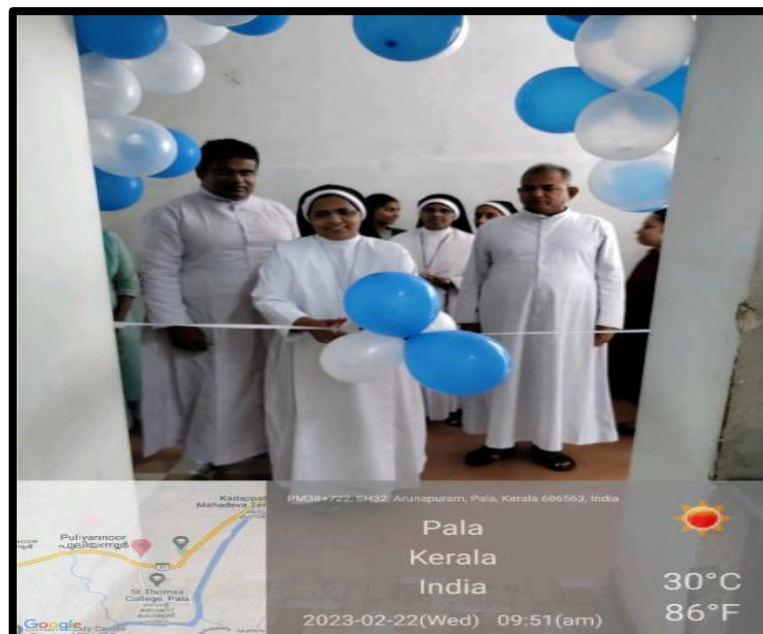
An impactful initiative took place on June 26, 2019, to raise awareness about the detrimental effects of drug abuse. Coordinated by the Excise Department and the NCC unit of Alphonsa College Pala, a thought-provoking street play was performed at the Municipal Bus Stand in Pala, engaging the community, followed by a dynamic flash mob on the college premises targeting students directly with the message of drug prevention.



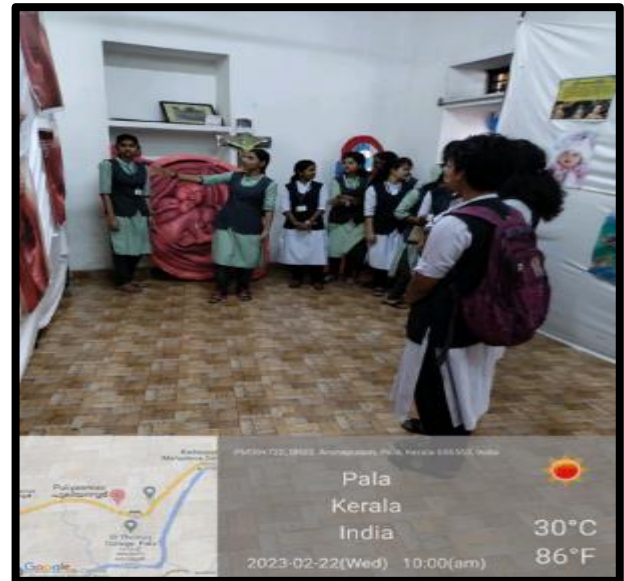


25. PROLIFE EXHIBITION

A prolife exhibition was organized by the Department of Zoology in association with the Women cell and the Jesus Youth Ministry of Alphonsa College Pala on 22nd February 2023. The exhibition was inaugurated by Principal Dr. Sr. Regeenamma Joseph, accompanied by Vice Principals and Bursar. The exhibition helped the students to get an awareness about the rights of an unborn baby to live in the womb and be born into this world. The sufferings undergone by the foetus during an abortion was also explained during the exhibition.



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26. WEBINAR ON MENSTRUAL HYGIENE

A webinar on Menstrual Hygiene was conducted for students of St. Mary's G.H.S.S Pala on November 13, 2020. Ms. Greeshma M. (Lecturer, Dept. of OBG Nursing) delivered the talk, with 98 students participating in the webinar.



27. AIDS AWARENESS

In connection with World AIDS Day, NSS volunteers organized flash mob at different places of Meenachil Grama Panchayath (Mutholy, Kottaramattam Bus stand, Pala Town, Govt. Hospital

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junction Pala, Govt. U.P. School Poovarany and Alphonsa college Pala) on 1st December 2021.35 NSS volunteers participated in this programme. NSS volunteers distributed badges to all students and teachers of Govt.

U.P. School Poovarany. Dr. Simimol Sebastian (NSS Programme Officer) delivered a talk on ‘AIDS disease - Causes and Symptoms’. Ms. Mekha Vincent (NSS volunteer Secretary) delivered speech on AIDS in each places.



28. FACE MASK DISTRIBUTION

In response to the pandemic, the N.C.C Club initiated a mask-making project. Three cadets crafted and distributed 600 masks to youth organizations and households. Led by Lt. Anu Jose of the 5 Kerala Girls Battalion, this district-level effort occurred on March 28, 2020, demonstrating community support during challenging times. Though not externally funded, the project highlighted the importance of local initiatives in addressing global crises.



29. PULSE POLIO IMMUNIZATION PARTICIPATION

On January 19, 2020, the NSS Unit of Alphonsa College Pala actively participated in the pulse polio immunization program across various centers under the Primary Health Center, Ullanadu. Twelve students, organized into groups of four, engaged in the program under the coordination of Program Officers. This initiative demonstrated the unit's commitment to public health and disease prevention by contributing to the nation's efforts to eradicate polio. Through their involvement, the students played a vital role in promoting immunization and ensuring the well-being of children within the community.



30. HEALTH SURVEY

The CND Department conducted a range of community extension programs, including surveys among PCOD-affected students and nutritional assessments among school children. Additionally, they visited the Devadan Old Age Home in Chethimattom, Pala, fostering community engagement and social responsibility.



31. ASSESSMENT OF NUTRITIONAL STATUS AMONG SCHOOL CHILDREN

Nutritional status assessments were conducted among students at various schools, including St. Dominic's School in Kanjirappaly, Carmel Public School in Pala, Sacred Heart High School in Bharananganam, and St. Thomas College in Pala. These assessments aimed to identify any nutritional deficiencies and promote healthier dietary habit.

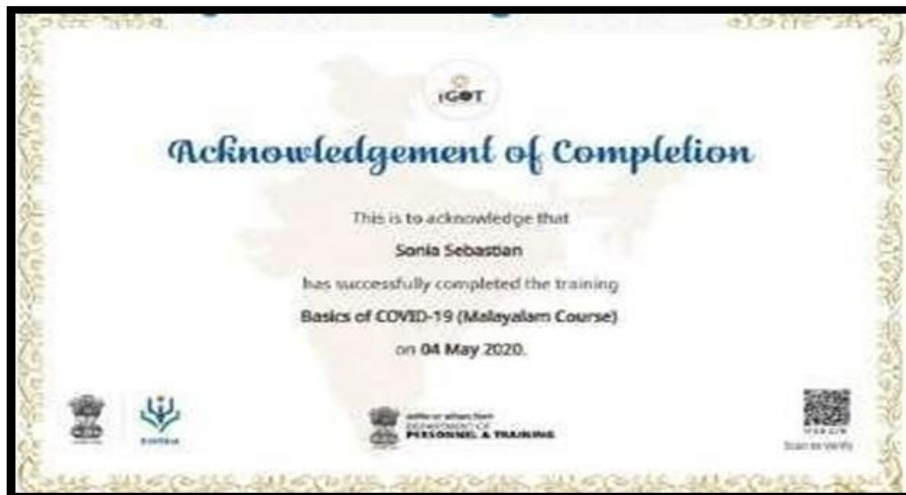


32. HEALTH SEMINAR

The Women's Cell, in collaboration with NHM APHC, Manathoor, and Kadanad Gramapanchayath, organized a one-day seminar focusing on the health of mothers, which directly impacts society. Key resource persons, Smt. Binu Emmanuel and Sri. Bijil M Rajan, contributed valuable insights, while Sri. Jaison George, President of Kadanadu Panchayath, inaugurated the program, emphasizing the importance of maternal health. A handbook outlining dietary guidelines for pregnant women, lactating mothers, and infants was published and distributed, aiming to promote healthy nutrition practices within rural communities.

33. TRAINING FOR COVID VOLUNTEERS

In alignment with the state's efforts in combating the COVID-19 pandemic, the National Service Scheme (NSS) and the NCC sub-unit, including its Cadets and ANO, successfully completed IGOT (Integrated Government Online Training) training for COVID Volunteers. Equipped with essential knowledge and skills, they actively participated in various corona rescue programs, providing invaluable assistance to those in need during the pandemic. Notably, NCC cadets volunteered in government domiciliary care units, showcasing their dedication to serving the community in times of crisis. This initiative exemplifies their commitment to public service and underscores the crucial role of youth volunteers in mitigating the impact of the pandemic.



34.SANNADHASENA TRAINING

The training of the Volunteer Force, which aims to equip every volunteer to fight against Covid 19, took place on September 19. Pre-monsoon training of different batches held on 19, 20, 21, 22 and 23rd September. Many students from our college actively participated in it.

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#	Name	Trainer	Topic	Date	
1	Training Batch 136	Samoohika SannadhaSena	Pre-monsoon Training	22-09-2020 22-09-2020 15:30 - 17:15	Confirmed
2	Training Batch 137	Samoohika SannadhaSena	Pre-monsoon Training	23-09-2020 23-09-2020 15:30 - 17:15	Confirm Decline
3	Batch 138 Providence	Samoohika SannadhaSena	Pre-monsoon Training	19-09-2020 19-09-2020 11:00 - 12:15	Confirm Decline
4	Batch 139 Devagiri	Samoohika SannadhaSena	Pre-monsoon Training	21-09-2020 21-09-2020 11:00 - 12:15	Confirm Decline

Showing 1 to 4 of 4 entries

Previous 1 Next