



ALPHONSA COLLEGE, PALA

REPORT OF ICT/COMPUTING SKILL PROGRAMMES 2018-2023

ICT/COMPUTING SKILL 2018-2019

➤ SEMINAR ON “SOFTWARE DEVELOPMENT IN NUTRITION”

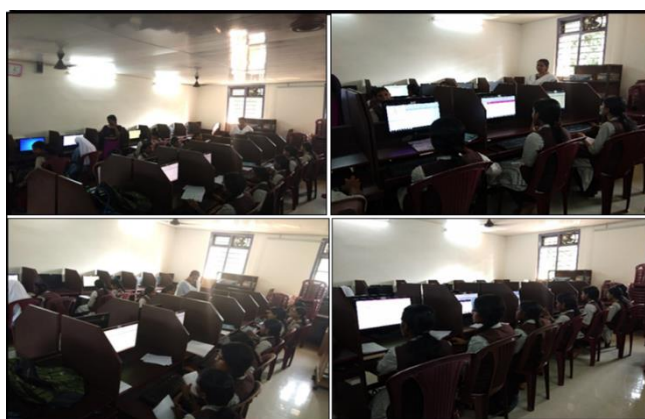
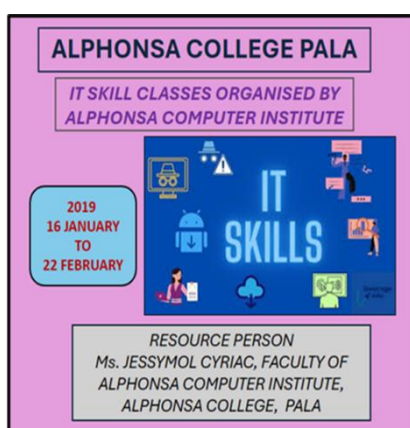
On July 25, 2018, the Department of Clinical Nutrition and Dietetics (CND) organised a seminar titled "Software Development in Nutrition". The seminar aimed to provide students with insights into the integration of technology in the field of nutrition. Dr. Gurdeep Kaur, Chief Dietitian at AIIMS, Delhi, delivered the seminar, sharing her expertise and experiences in software development for nutrition-related purposes. Approximately 100 students from the Department of Clinical Nutrition and Dietetics participated in the seminar, gaining valuable knowledge and understanding of the advancements in nutrition software. The seminar proved to be beneficial in enhancing students' understanding of the intersection between technology and nutrition, preparing them for future roles in the field.





➤ IT SKILL CLASSES

From January 16th to February 22nd, 2019, IT Skill classes were conducted for first-year students at Alphonsa College, Pala. Ms. JessyMol Cyriac from Alphonsa Computer Institute served as the resource person for the 24 classes held during this period. The classes covered both theoretical and practical aspects, focusing on basic computer operations essential for assignment writing, project work, and PowerPoint presentations. A total of 90 students benefited from these sessions, equipping them with valuable skills for their academic pursuits.



➤ SESSION ON “LATEX BASICS”

On 15 January 2019, the Department of Physics at Alphonsa College, Pala, organized a basic LaTeX class for B.Sc. Physics Model 1 and 2 students. The session was conducted by Dr. Sr. Sheena Mathew from the Department of Mathematics at Alphonsa College. The class aimed to introduce students to the fundamentals of LaTeX, a typesetting system widely used for scientific documents. Dr. Sr. Sheena Mathew provided a comprehensive overview of LaTeX, demonstrating its essential features and functionalities. Students learned how to create well-structured and professionally formatted documents. The session included practical exercises, allowing participants to gain hands-on experience with LaTeX. Feedback from the students was highly

positive, reflecting the class's effectiveness and relevance. Overall, the event enhanced the students' technical skills, contributing to their academic and professional development.



ALPHONSA COLLEGE PALA

A FIVE-HOUR WORKSHOP ON

LATEX BASICS CLASS

RESOURCE PERSON
Dr. Sr. SHEENA MATHEW
DEPARTMENT OF MATHEMATICS
ALPHONSA COLLEGE PALA

15 JANUARY 2019
10 AM
@SEMENAR HALL

ICT/COMPUTING SKILL 2019-2020

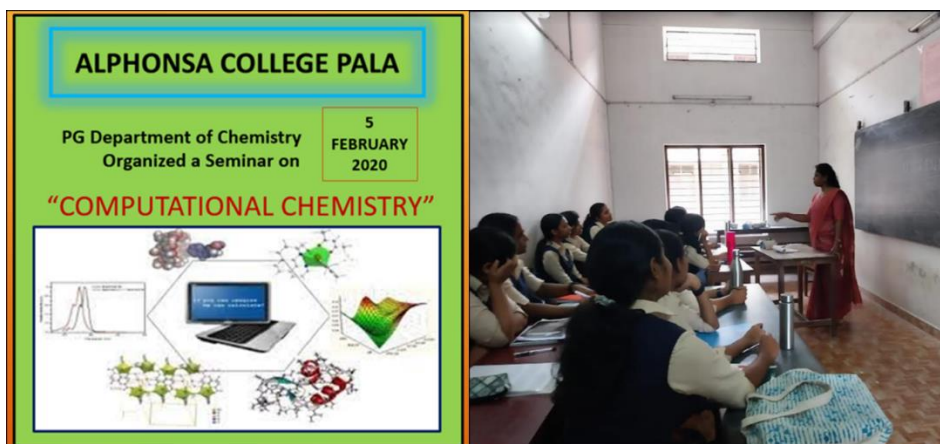
➤ SEMINAR ON “COMPUTATIONAL CHEMISTRY”

On February 5, 2020, the PG Department of Chemistry at Alphonsa College organised a seminar on Computational Chemistry. The seminar aimed to explore the application of computational methods in understanding chemical phenomena and solving complex chemical problems. Twenty students from the Chemistry department actively participated in the seminar, eager to enhance their knowledge in this specialised field. The seminar featured presentations by experts in computational chemistry, who discussed various computational techniques, software tools, and their practical applications in chemical research. Attendees gained valuable insights into the role of computational chemistry in drug design, materials science, and environmental studies. The seminar provided an enriching platform for students to learn about cutting-edge research methodologies and trends in the field of chemistry. Overall, the seminar on Computational

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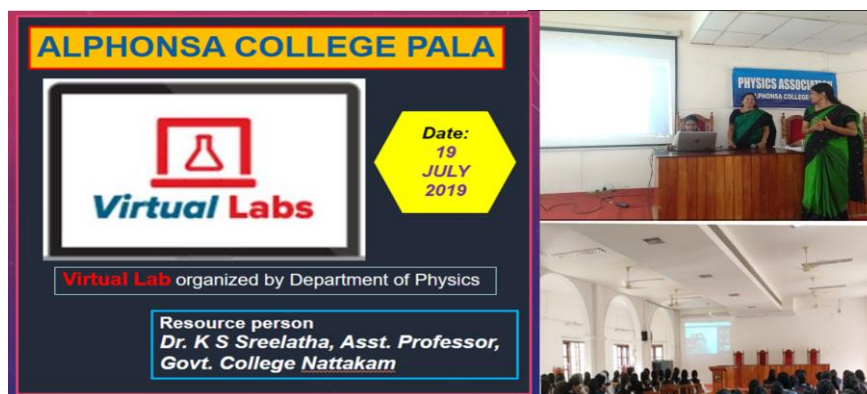


Chemistry was well-received by participants, fostering a deeper appreciation for the intersection of chemistry and computational science.



➤ VIRTUAL LAB

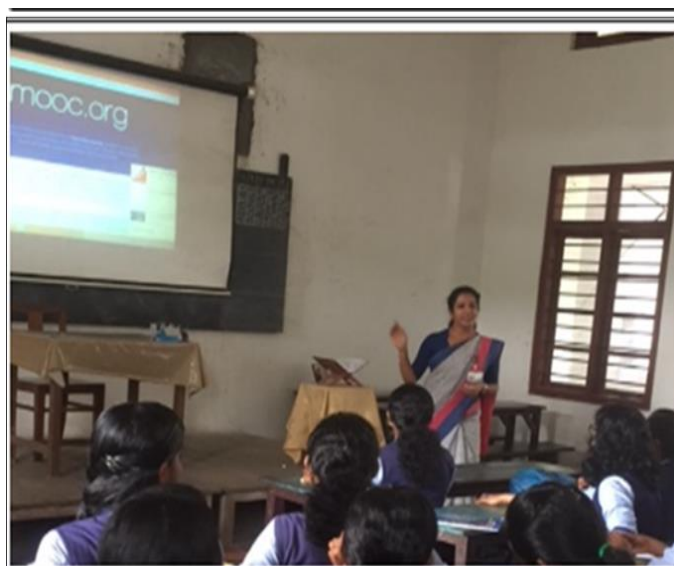
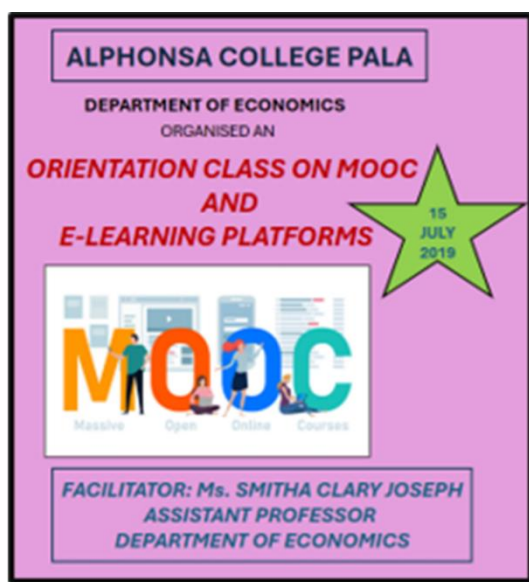
The Department of Physics at Alphonsa College, Pala, organised a Virtual Lab session on July 19, 2019. Dr. K S Sreelatha, Assistant Professor from Government College Nattakom, served as the facilitator for the session. The Virtual Lab provided students with an immersive learning experience, allowing them to conduct virtual experiments in various physics concepts. Through interactive demonstrations and hands-on simulations, participants gained practical insights into theoretical concepts. The session equipped students with valuable skills and knowledge to supplement their understanding of physics principles. Overall, the Virtual Lab session proved to be an engaging and effective educational tool, enhancing the learning experience for students of the Department of Physics, at Alphonsa College, Pala.





➤ **ORIENTATION CLASS ON “MOOC AND E- LEARNING PLATFORMS”**

On July 15th, 2019, an orientation class was conducted for second and third-year economics students (II DC and III DC) to introduce them to the benefits of MOOCs (Massive Open Online Courses) and e-learning. Emphasising their affordability, the session aimed to encourage students to explore online courses as a supplementary learning resource. Through the orientation, students were motivated to register for online courses, enhancing their educational experience and broadening their knowledge beyond traditional classroom settings. This initiative reflects a proactive approach by the institution to leverage digital resources for enriching students' learning opportunities.



➤ **SESSION ON “MS OFFICE”**

On August 12, 2019, the Alphonsa Computer Institute at Alphonsa College, Pala, organized a session on MS Office for students of the Department of Physics. The session aimed to provide 60 participants with fundamental knowledge of MS Word, PowerPoint, and Excel. Ms. JessyMol Cyriac led the sessions, introducing students to essential features and functions of these software applications. The interactive sessions offered hands-on experience, enhancing students'

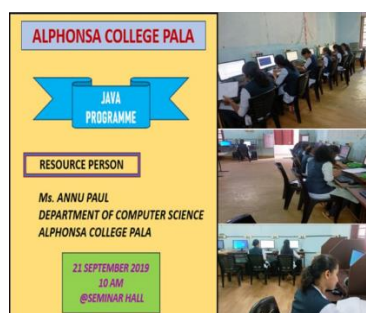


proficiency in document creation, presentation design, and data management. Overall, the session empowered students with practical skills essential for academic and professional pursuits.



➤ **SESSION ON “JAVA PROGRAMME”**

On 21 September 2019, the Department of Mathematics at Alphonsa College, Pala, organized a session on Java programming. The session was conducted by Ms. Annu Paul from the Department of Computer Science at Alphonsa College. This educational event aimed to introduce the fundamentals of Java to students. A total of 58 students from the Maths department participated. Ms. Annu Paul provided an in-depth overview of Java, covering its basic concepts and practical applications. The interactive nature of the session allowed students to engage and ask questions. Feedback from participants indicated that the session was highly informative and beneficial. Overall, the event successfully enhanced the students' programming skills and knowledge.





CLASS ON “COMPUTER AWARENESS”

On February 5, 2020, Ms. Minu Mary Jose conducted a computer awareness class for the students of the Department of Economics at Alphonsa College, Pala. This program, organized by the Department of Economics, aimed to enhance students' computer literacy and practical skills. A total of 60 students benefited from the session. Ms. Minu Mary Jose provided comprehensive instruction on essential computer concepts and applications. The class included practical sessions, allowing students to gain hands-on experience with various software tools. Feedback from the participants was very positive, highlighting the class's relevance and effectiveness. Overall, the program significantly improved the students' computer skills, contributing to their academic and professional development.

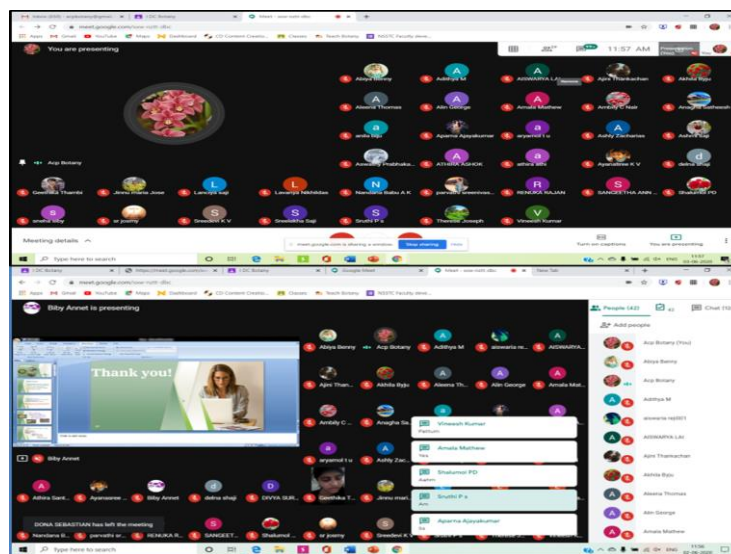




ICT/COMPUTING SKILL 2020-2021

➤ **WORKSHOP ON GOOGLE OFFICE APPLICATIONS**

The Department of Botany conducted a workshop on "How to use Google Classroom, Google Meet, Google Drive, and Google Office Applications" for III DC and II DC Botany students on June 2nd and 3rd, 2020. The workshop aimed to familiarize students with various Google tools essential for remote learning and academic collaboration. A total of 98 students participated in the session, benefiting from hands-on training and guidance provided by the faculty. The workshop proved to be instrumental in enhancing students' digital skills and facilitating seamless utilization of online platforms for academic purposes.



➤ **WORKSHOP FOR STUDENTS ON ONLINE TEACHING AND LEARNING TECHNIQUES**

On June 3rd, 2021, following the Principal's directives, each department successfully conducted a workshop in online mode. The workshop catered to the participation of all students from II DC, III DC, and II PG classes. Faculty members diligently introduced various online platforms such as Google Meet, Zoom, Google Classroom, and demonstrated their extensive utility to the students.



Furthermore, students received comprehensive training on utilizing Google-based applications like Google Drive, Google Docs, and Google Slides. This initiative aimed to equip students with the necessary skills for effective online collaboration and learning.

Sl. No.	Name of the Department	Resource Person	Date	Number of Participants
1	Department of Mathematics	Dr. Sr. Sheena Mathew	03-06-2021	89
2	Department of Zoology	Dr. Ambili TR	03-06-2021	100
3	Department of Botany	Mrs. Biby Annet Baiju	03-06-2021	98
4	Department of Economics	Ms. Minu Mary Mathew	03-06-2021	131
5	Department of History	Ms. Alphons George	03-06-2021	116
6	Department of Physics	Dr. Vijutha Sunny	03-06-2021	113
7	Department of English	Lt. Anu Jose	03-06-2021	141
8	Department of Politics	Ms. Ruby mol Philip	03-06-2021	15
9	Department of Chemistry	Ms. Diana Elizabeth Jose	03-06-2021	59
10	Department of B.Voc Fashion Technology	Ms. Chinnu Anitta Joseph	03-06-2021	35
11	Department B VOC Sports Nutrition and Physiotherapy	Mr. Jishnu G Kartha	03-06-2021	39



12	Department of Clinical Nutrition and Dietetics	Ms. Minu Mathews	03-06-2021	90
13	Department of Commerce	Ms. Sheena George	03-06-2021	103
14	P G Department of English (S F)	Ms. Kripa Vijayan	03-06-2021	15
15	P G Department of Chemistry	Ms. Maria Sebastian	03-06-2021	23



ICT/COMPUTING SKILL 2021-2022

➤ **ACADEMIC CONTENT CREATION-HANDS-ON LEARNING**

The Academic Content Video Creation classes were conducted for students, providing them with a hands-on learning experience. Thirty enthusiastic students actively participated in this program, demonstrating keen interest in enhancing their skills in video content creation for academic purposes. The sessions were designed to equip students with practical knowledge and techniques necessary for creating engaging and informative videos. Through hands-on sessions, students had the opportunity to apply theoretical concepts and learn essential video editing tools and software. The program aimed to empower students with the ability to produce high-quality academic content videos, catering to the evolving needs of modern education. Overall, the initiative received positive feedback from participants, indicating its effectiveness in fostering creativity and digital literacy among students.





➤ **SEMINAR ON “ADVANCED TOOLS IN BIOLOGICAL SEQUENCE ANALYSIS:
COGNITIO 22”**

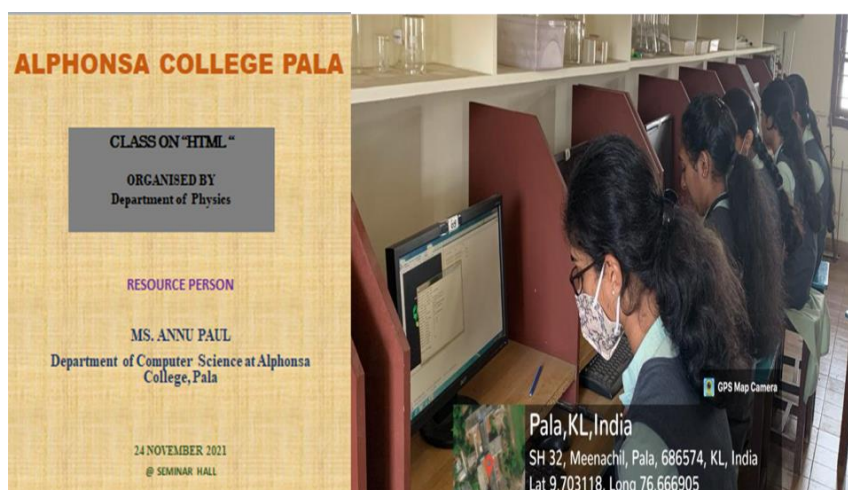
The Department of Zoology organized a hands-on training session titled "ICT/Computing Skills: Advanced Tools in Biological Sequence Analysis- CONITIO 22”" on March 8, 2021. Dr. Shibin Mohanan, Assistant Professor from the Department of Botany at Nirmala College, Muvattupuzha, graciously served as the resource person for the event. The session focused on equipping students with advanced tools and techniques for analyzing biological sequences using computational methods. A total of 60 students actively participated in the session, demonstrating their enthusiasm for enhancing their skills in this interdisciplinary domain. Through practical demonstrations and interactive discussions, Dr. Mohanan adeptly guided the students, providing them with valuable insights and hands-on experience with the latest computational tools relevant to biological sequence analysis. The event was a testament to the department's commitment to fostering interdisciplinary learning and equipping students with essential ICT and computing skills applicable to their field of study.





➤ **CLASS ON HTML**

In November 2018, Ms. Annu Paul from the Department of Computer Science at Alphonsa College, Pala, delivered an informative class on HTML. The session was specifically organized for students from the Department of Physics at Alphonsa College. A total of 52 students actively participated in this engaging and educational program. Ms. Annu Paul provided a thorough introduction to HTML, covering its basic concepts and practical applications. The class included hands-on exercises, allowing students to practice coding in real-time. Feedback from participants indicated that the session was highly beneficial and well-received. The event, organized by the Department of Physics, significantly enhanced the students' understanding of HTML and web development basics. Overall, it was a successful initiative that broadened the participants' technical skills.

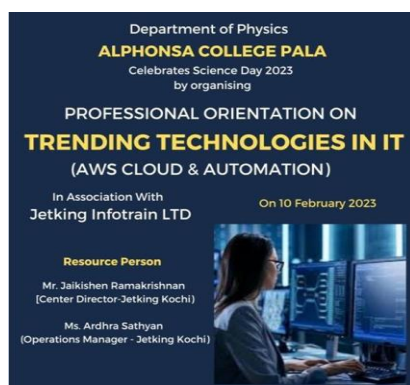




ICT/COMPUTING SKILL 2022-2023

➤ PROFESSIONAL ORIENTATION ON TRENDING TECHNOLOGIES IN IT

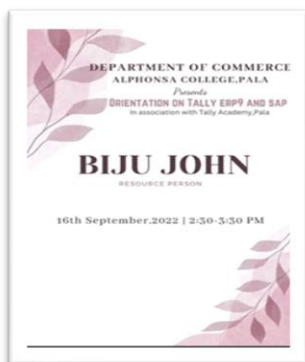
Department of Physics organised a capacity enhancement program on ICT skills in association with Jetking infotrain Ltd, Kochi, on February 10, 2023. The session was handled by Mr. Jaikishen Ramakrishnan, Centre Director. He discussed the importance of networks, especially digital networks in the current world. He talked about the vast influence hardware industries are going to make in revolutionising connectivity. The class summarised about networking and the fields of networking, cloud computing and cyber security. It gave students an orientation about opportunities and options in these fields. 36 students participated in the program.





ORIENTATION CLASS ON TALLY ERP 9 AND SAP

On 16th September 2022, the Department of Commerce at Alphonsa College, Pala, organized an orientation on TALLY ERP 9 and SAP. The session was conducted by Biju John, who aimed to improve ICT skills and provide awareness about these programs. A total of 34 students participated in this informative event. Biju John delivered a comprehensive overview of both TALLY ERP 9 and SAP, emphasizing their importance in modern business practices. The orientation included practical demonstrations, helping students understand the functionalities and applications of these tools. Participants found the session highly beneficial for their academic and professional development. Feedback was positive, indicating an increased interest in learning these valuable software programs. Overall, the event successfully enhanced the students' ICT skills and knowledge of TALLY and SAP.





➤ **SESSION ON “MS OFFICE”**

On 22 November 2022, the Department of History at Alphonsa College, Pala, organized an awareness program on MS Office. The session was led by Ms. Monisha George from the same department. The program aimed to provide History students with practical skills in using MS Office applications. A total of 58 students participated in this hands-on session. Ms. Monisha George covered essential features and functionalities of MS Office tools like Word, Excel, and PowerPoint. The practical approach allowed students to actively engage and practice what they learned. Feedback from the participants was overwhelmingly positive, highlighting the session's usefulness. Overall, the event significantly enhanced the students' proficiency in MS Office, contributing to their academic and professional skill set.



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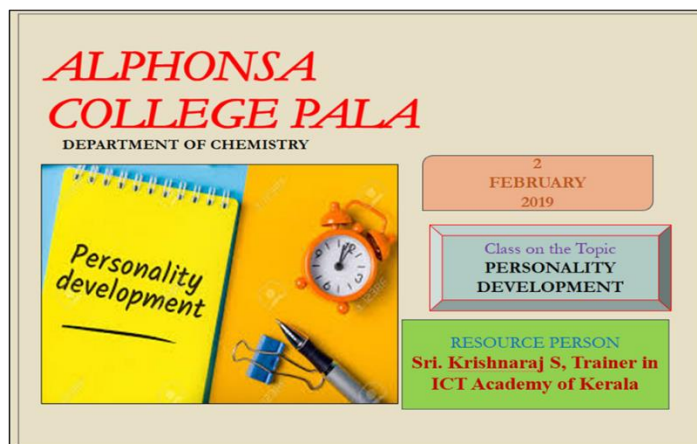
ALPHONSA COLLEGE, PALA

REPORT OF SOFT SKILLS PROGRAMMES 2018-2023

• **SOFT SKILLS: 2018-2019**

➤ **PROGRAMME ON “PERSONALITY DEVELOPMENT”**

On February 2, 2019, the Department of Chemistry hosted a "Personality Development" class aimed at refining soft skills among students. Conducted by Sri. Krishnaraj S, a seasoned trainer from ICT Academy of Kerala, the workshop focused on enhancing communication, interpersonal skills, and leadership development. Fifty students actively participated in the session, which provided valuable insights and strategies for personal and professional growth. Sri. Krishnaraj S effectively guided the students towards cultivating a well-rounded personality.

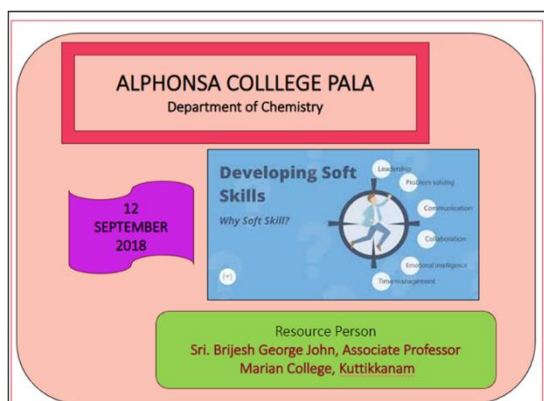


➤ **SESSION ON “SOFT SKILLS DEVELOPMENT”**

Sri. Brijesh George John, Associate Professor from Marian College Kuttikanam, delivered a talk on "Soft Skills Development" at the Department of Chemistry, Alphonsa College, Pala, on October 12, 2018. The talk was attended by 30 students. During the session, students gained insights into the importance of soft skills in personal and professional development, emphasising communication,

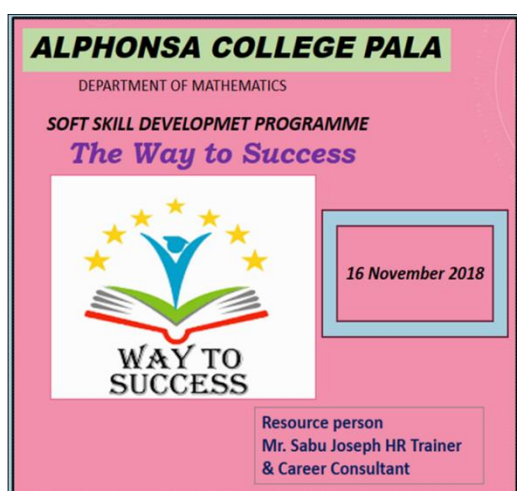


teamwork, and leadership abilities. Sri. Brijesh George John provided practical strategies for enhancing these skills to excel in academic and professional endeavours.



➤ WORKSHOP ON "THE WAY TO SUCCESS"

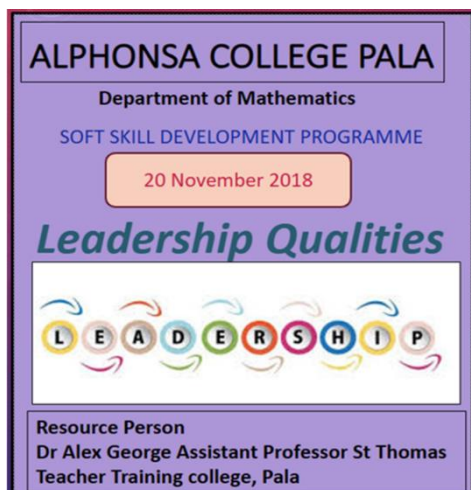
On November 16, 2018, a workshop titled "The Way to Success" was conducted, focusing on providing practical strategies and insights for achieving personal and professional success. Led by Mr. Sabu Joseph, the workshop aimed to guide participants towards success in various aspects of their lives. With 40 students in attendance, the comprehensive initiative served as a catalyst for personal and professional growth, equipping participants with the necessary tools to navigate their journey towards success.





➤ SESSION ON “LEADERSHIP QUALITY”

An impactful leadership quality program was conducted on 29/11/2018 by Dr. Alex George. The program aimed to cultivate and enhance leadership skills among participants, empowering them to excel in various professional and personal domains. The program consisted of interactive workshops, seminars, and experiential activities designed to engage participants actively. He utilised a combination of lectures, case studies, group discussions, and role-playing exercises to facilitate learning and skill development. Emphasis was placed on real-world applicability, allowing participants to translate theoretical knowledge into actionable strategies. The program empowers them to thrive in today’s dynamic and competitive landscape.



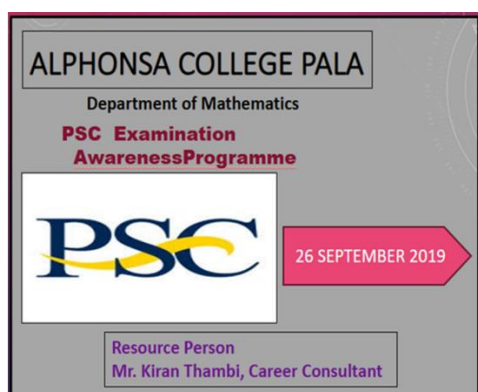
➤ PROGRAMME ON “CAREER PLANNING AND GOAL SETTING”

The class on Career Exploration and Goal Setting was designed to provide students with essential skills and knowledge to navigate the transition from academia to the professional world successfully. The class was conducted on 01/02/2019 and lead by Mr. George Karunackal. The class provided final year students with valuable insights, practical skills, and resources to navigate their transition from academia to the professional world successfully. By fostering self-awareness, goal clarity, and confidence, the class empowered students to pursue their chosen career paths with determination and purpose.



➤ PSC EXAMINATION AWARENESS PROGRAMME

A specialised coaching programme aimed at preparing candidates for the Public Service Commission (PSC) examination was conducted on 26/09/2019 by Mr. Kiran Thambi. The personalised approach, comprehensive curriculum, and effective teaching methodologies contributed to the remarkable outcomes achieved by participants. The programme not only facilitated academic excellence but also inspired and empowered aspirants to pursue a career in public service with zeal and dedication.



➤ TALK ON 'SOFT SKILLS DEVELOPMENT'

On September 26, 2019, an invited lecture on soft skill development was conducted for students at the Department of Economics. The lecture was delivered by Dr. Usha B, Associate Professor at JNU. Approximately 150 students benefited from the program, gaining valuable insights into the importance of soft skills and strategies for enhancing them.

➤ SESSION ON MANAGEMENT SKILLS DEVELOPMENT

On December 11, 2018, final year students were privileged to attend a session on Management Skills Development facilitated by Vishnu Lona Jacob from Steps Academy, Kottayam. With 50 students in attendance, the session focused on imparting practical knowledge and techniques essential for effective management. Participants gained insights into various aspects of management, including leadership, decision-making, and organisational skills. Vishnu Lona Jacob's expertise proved invaluable in equipping students with the necessary skills for their future endeavours.

- **SOFT SKILLS: 2019-2020**

➤ **SEMINAR ON SOFT SKILLS AND PRESENTATION SKILLS**

The Department of Chemistry organised a seminar on "Soft Skills and Presentation Skills" on October 12, 2019. Dr. Brijesh George John, Associate Professor at Marain College Kuttikanam, served as the resource person for the seminar. The event aimed to equip students with essential soft skills and effective presentation techniques necessary for their academic and professional development. A total of 54 students actively participated in the seminar, engaging in interactive sessions and practical exercises conducted by Dr. Brijesh George John. Through this seminar, students gained valuable insights and practical knowledge, enhancing their communication and presentation abilities for future endeavours. The event proved to be instrumental in preparing students to excel in various academic and professional settings.



➤ **SELF EMPLOYMENT PROGRAMME-PEN MAKING WORKSHOP**

The Department of Economics organised a Self-Employment Programme focusing on pen making for third-year DC students on January 18, 2020. The workshop aimed to empower students with self-reliance and entrepreneurship skills, particularly targeting women for small-scale business initiatives. A total of 65 students actively participated in the workshop, engaging in practical sessions and learning the art of pen making. Through this initiative, the department sought to equip students with the knowledge and skills necessary for creating self-employment opportunities and fostering economic

REPORT OF SOFT SKILLS PROGRAMMES 2018-2023

independence. The workshop underscored the college's commitment to promoting entrepreneurship and empowering students for a sustainable future.



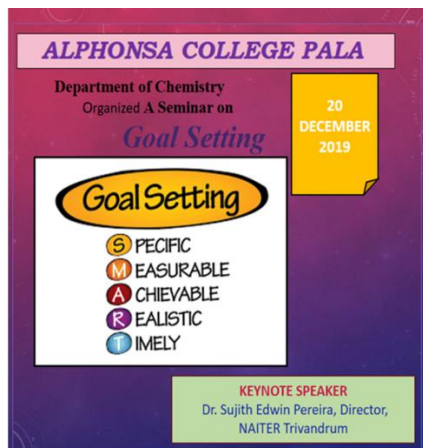
➤ VALUE EDUCATION PROGRAMME

The Value Education Committee of Alphonsa College, Pala, initiated a 10-day Value Education Programme, commencing on January 20, 2020. This program aimed to instil moral values and ethical principles among students. All departments and students actively participated in the sessions, emphasising the importance of values in personal and professional life. A total of 1800 students engaged in the program, reflecting the widespread interest and commitment to nurturing values-based education within the college community. The Value Education Programme served as a commendable effort towards fostering holistic development and ethical awareness among the students of Alphonsa College, Pala.

➤ SEMINAR ON “GOAL SETTING”

The Department of Chemistry organised a seminar on Goal Setting, led by Dr. Sujith Edwin Pereira, Director of NAITER, Trivandrum, on December 20, 2019. The seminar aimed to provide students with valuable insights and strategies for setting and achieving personal and academic goals. A total of 53 students actively participated in the seminar, benefiting from Dr. Pereira's expertise and guidance. Through interactive discussions and practical exercises, students gained a better understanding of the

importance of goal setting and learned effective techniques to pursue their aspirations. The seminar proved to be a valuable opportunity for students to enhance their goal-setting skills and work towards personal and professional success.



➤ SEMINAR ON “GROUP DISCUSSION AND INTERVIEW SKILLS”

The Department of Chemistry organised a seminar on "Group Discussion and Interview Skills" on 11 January, 2020. Dr. Sujith Edwin Pereira, Director of NAITER, Trivandrum, served as the resource person for the seminar. The objective of the seminar was to equip students with essential skills and techniques required to excel in group discussions and job interviews. A total of 90 students actively participated in the seminar, benefiting from Dr. Pereira's expertise and guidance. Through interactive sessions and practical exercises, students gained insights into effective communication, interpersonal skills, and interview preparation strategies. The seminar proved to be highly beneficial in enhancing the employability and professional readiness of the students.

➤ CLASS ON "ACADEMIC BOOK REVIEWS."

On October 12, 2019, Alphonsa College, Pala, organised a class titled "How to Read and Review an Academic Book" for its students. The session aimed to equip students with the skills necessary for effectively reading and reviewing academic literature. Bose George P, Assistant Professor at Marian College Kuttikkanam, served as the facilitator for the class. Through insightful discussions and practical exercises, students learned strategies for comprehensively understanding academic texts and providing



critical reviews. The class provided valuable guidance on navigating scholarly literature, enhancing students' academic proficiency and analytical abilities. Overall, the session proved to be an enriching experience for the participants, empowering them to engage more deeply with academic materials.

➤ **WORKSHOP ON SELF-AWARENESS AND PERSONAL DEVELOPMENT PLANNING**

On October 10, 2019, Alphonsa College, Pala, conducted a workshop on "Self-awareness – SWOT Analysis and Making Personal Development Plan (PDP)." The workshop aimed to empower students with self-awareness and equip them with tools to create personalised development plans. Babu Kuruvila, Professor in Media & Communication Studies, led the workshop, guiding students through SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis and the creation of Personal Development Plans (PDP). Thirty students actively participated in the workshop, engaging in self-reflection and goal-setting exercises under the expert guidance of Prof. Babu Kuruvila. The workshop provided a valuable opportunity for students to assess their strengths, identify areas for improvement, and chart a path towards personal and professional growth. Overall, the event contributed to fostering self-awareness and empowering students to take charge of their personal development journey.





➤ **WORKSHOP ON ART AND SELF-DEVELOPMENT: EXPLORING THEATRE AND EXPRESSIVE ART FORMS**

On October 11, 2019, Alphonsa College, Pala, hosted a workshop titled "Art and Self-Development: Theatre and Expressive Art Forms as Mediums of Self-Expression." The workshop aimed to explore the role of theatre and other expressive art forms in personal growth and self-expression. Babu Kuruvila, Professor in Media & Communication Studies, led the workshop, guiding students through various artistic activities and discussions. Thirty students actively participated in the workshop, immersing themselves in creative exercises and reflective discussions facilitated by Prof. Babu Kuruvila. Through this interactive session, students had the opportunity to harness the power of art for self-expression, personal exploration, and emotional development. The workshop fostered a deeper appreciation for the arts as a tool for self-discovery and personal growth among the participants. Overall, the event provided a nurturing environment for students to explore their creativity and enhance their self-awareness through artistic expression.

➤ **WORKSHOP ON LEARN SOFT SKILLS, PRESENTATION SKILLS**

On October 12, 2019, the Department of Chemistry at Alphonsa College, Pala, organised a workshop on "Soft Skills and Presentation Skills" for 54 students. Dr. Brijesh George John, Associate Professor at Marian College Kuttikanam, facilitated the workshop. The session aimed to enhance students' soft skills and equip them with effective presentation techniques. Through interactive activities and practical exercises, students learned about various aspects of soft skills, including communication, interpersonal skills, and leadership. Dr. Brijesh George John provided valuable insights and guidance on delivering impactful presentations, emphasising the importance of clarity, confidence, and engagement. The workshop was well-received by the participants, who actively participated in discussions and activities. Overall, the event proved to be a valuable learning experience, empowering students with essential skills for their personal and professional development.

➤ **WORKSHOP ON GOAL SETTING AND ACTION PLANNING**

On October 12, 2019, a workshop on "Goal Setting – Setting Realistic Goals and Making Action Plans to Achieve Goals" was conducted. Dr. Brijesh George John, Associate Professor at Marian College, Kuttikkanam, led the workshop. The session aimed to empower participants with the skills to set achievable goals and develop actionable plans to attain them. Through insightful discussions and practical exercises, attendees learned the importance of setting realistic goals and creating step-by-step action plans for success. Dr. Brijesh George John's expertise guided participants in crafting effective strategies to pursue their aspirations. Overall, the workshop provided valuable tools and insights to help individuals navigate their path towards personal and professional fulfilment.



➤ **SEMINAR ON UNDERSTANDING THE CONSTITUTION AND DEMOCRATIC VALUES**

On December 20, 2019, a seminar titled "Understanding the Constitution and Democratic Values" was organised. Dr. Sujith Edwin Pereira, Director of NAITER Trivandrum, served as the keynote speaker for the event. The seminar aimed to deepen participants' understanding of the Indian Constitution and democratic principles. Through insightful discussions and engaging presentations, Dr. Pereira elucidated the foundational concepts and values enshrined in the Constitution. Attendees gained valuable insights into the functioning of democratic institutions and the importance of upholding constitutional values in contemporary society. Overall, the seminar provided a platform for meaningful dialogue and reflection on key aspects of democracy and governance.



- **SOFT SKILLS: 2020-2021**

- **WORKSHOP ON INTERPERSONAL SKILLS**

The Department of Commerce hosted a three-day workshop on Interpersonal Skills from September 22nd to September 24th, 2020. Ms. Neena Saji and Ms. Abhirami Shibu served as resource persons for the event. A total of 49 students actively participated in the workshop, benefiting from the expertise shared by the facilitators. The workshop aimed to enhance students' interpersonal abilities, fostering effective communication and collaboration skills.



- **WEBINAR ON “THE SUMMIT SUCCESS STRATEGY”**

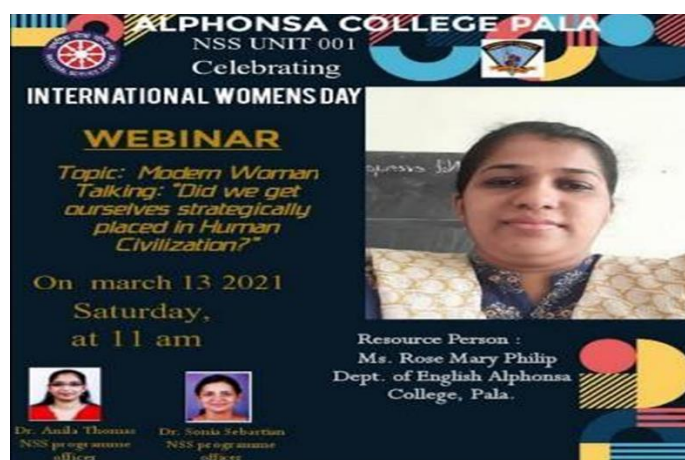
The NSS organized a webinar titled "The Summit Success Strategy" on January 28th, 2021, featuring Mr. Benny Kurien, a faculty member of Success Coach International. The webinar attracted participation from 300 students. Mr. Kurien shared valuable insights and strategies aimed at helping students achieve success, contributing to their personal and professional development.





➤ **WEBINAR ON “MODERN WOMEN TALKING”**

Alphonsa College NSS Unit 001 conducted a webinar titled "Modern Women Talking" on March 13th, 2021, Saturday, at 11 am to commemorate International Women's Day. The webinar was led by Ms. Rosemary Philip, an Assistant Professor on contract in the Department of English at Alphonsa College, Pala. A total of 198 students actively participated in the event, engaging in discussions and gaining insights into contemporary issues relevant to women.



➤ **SOFT SKILL AND PLACEMENT TRAINING WEBINAR**

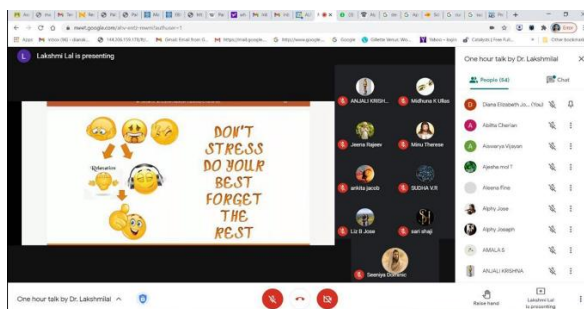
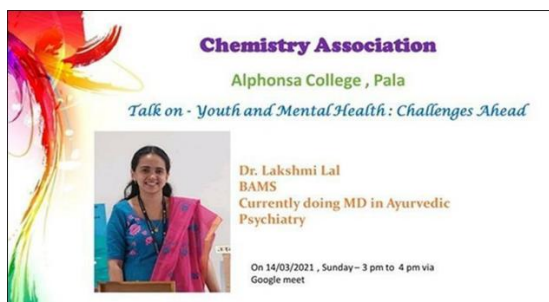
The Career Club hosted a Soft Skill and Placement training webinar for III DC students on December 12th, 2020. The session focused on group discussion and personal interview skills. Dr. Ameena Babu V, HOD of the BBA department at Amity Global Business School, Kochi, served as the resource person. A total of 54 students actively participated in the webinar, gaining valuable insights to enhance their employability and professional skills.

➤ **WEBINAR ON "YOUTH AND MENTAL HEALTH"**

The Department of Chemistry organized a talk on "Youth and Mental Health" on March 14th, 2021. The event was conducted via Google Meet, with a total of 64 participants in attendance. The talk likely addressed the importance of mental health awareness and provided insights into coping strategies and

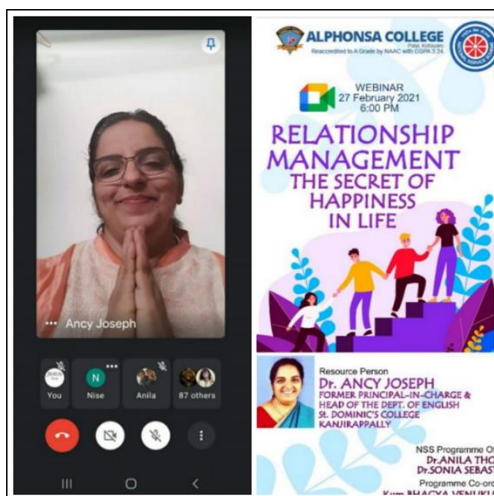


resources available to young individuals facing mental health challenges. It served as an informative session, fostering discussions and promoting mental well-being among the participants.



➤ **WEBINAR ON "RELATIONSHIP MANAGEMENT: THE SECRET OF HAPPINESS IN LIFE"**

The NSS unit organized a webinar titled "Relationship Management: The Secret of Happiness in Life" on 27th February 2021. Dr. Ancy Joseph, Former Principal and HOD of the Department of English at St. Dominic's College, Kanjirappally, led the session. The webinar attracted 89 students who actively participated in exploring the significance of relationship management for achieving happiness in life. Dr. Joseph's expertise and insights enriched the discussion, providing valuable perspectives on fostering meaningful connections. The webinar was a success, leaving attendees with actionable strategies to enhance their interpersonal relationships and overall well-being.





➤ **WEBINAR ON ON "MENTAL HEALTH."**

The Women Cell organized a webinar on May 7th, 2021, focusing on "Mental Health." Ms. Divya Ajay, a Clinical Psychologist, led the session, providing valuable insights and guidance on mental well-being. The webinar attracted participation from 85 students who actively engaged in discussions and learned about various aspects of maintaining good mental health. Topics such as stress management, coping strategies, and seeking help were discussed, contributing to raising awareness and promoting mental health awareness among participants.

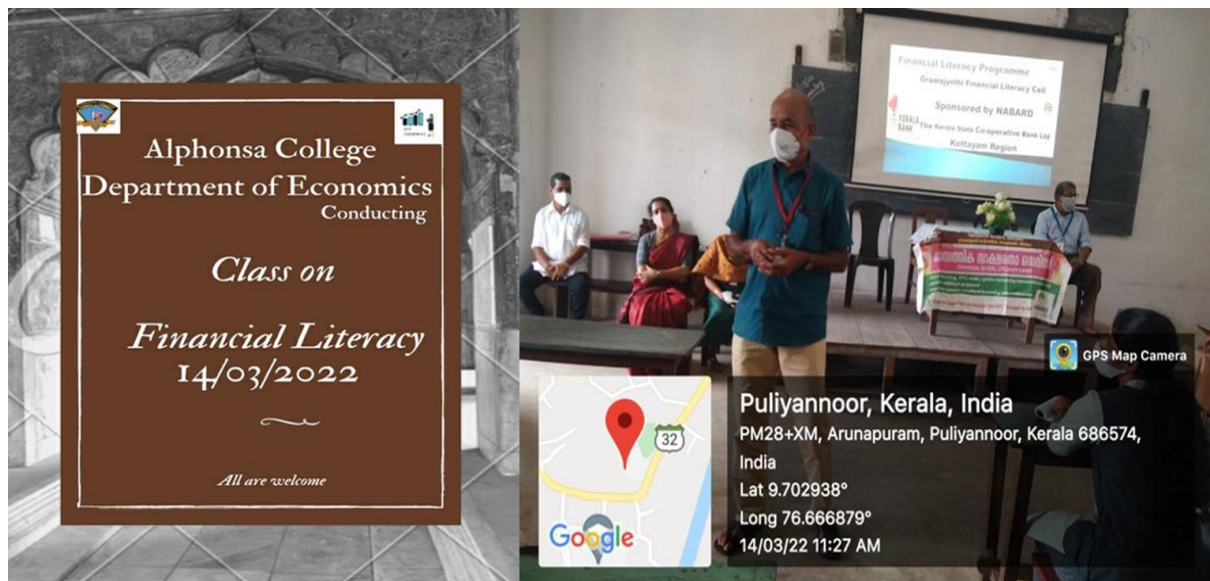




- **SOFT SKILLS: 2021-2022**

➤ **A SESSION ON "FINANCIAL LITERACY"**

On March 14, 2022, a session on "Financial literacy" was conducted for 125 students of the Department of Economics aimed at improving their comprehension of financial matters. The session was led by Financial Literacy Counselor Pressanan Panikar from Lalam block and Binnismol George, Senior Manager at Kerala Bank Pala, providing valuable insights and guidance to the students. This initiative likely contributed to empowering students with essential knowledge and skills for making informed financial decisions in the future.





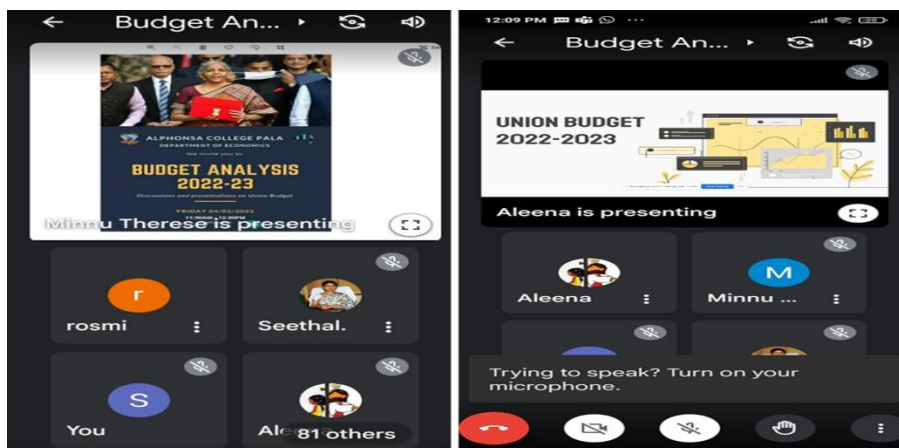
➤ **A TALK ON “ECONOMICS BEYOND THEORIES”**

On November 6, 2021, as part of the Economics Association inauguration, Rumaiza Fathima, IRS Assistant Commissioner IT, delivered a talk titled "Economics Beyond Theories." She emphasized the significance of studying economics and elucidated the diverse career opportunities available to students within the field. With 172 participants in attendance, the event likely played a crucial role in fostering the soft skills development of the students, offering them valuable insights into the practical applications of economic principles.



➤ **SESSION ON BUDGET ANALYSIS**

On February 4, 2022, students from the Economics department organized a Budget Analysis session, where participants from II and III DC Economics presented key announcements from the budget and engaged in discussions on the feasibility and implementation of various policies. Additionally, students offered suggestions for improving the state of the economy and proposed remedial measures. With 117 students participating, this event likely contributed significantly to the skill development of the students by honing their analytical, critical thinking, and communication skills as they delved into real-world economic issues and proposed solutions.



➤ **EXPERTISE, ONLINE SKILL DEVELOPMENT PROGRAMME**

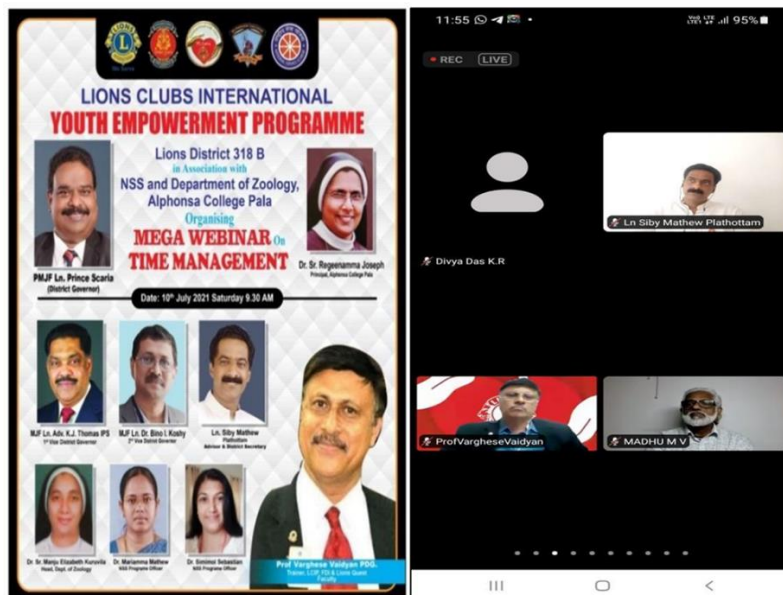
On July 15, 2021, Alphonsa College, Pala, in collaboration with the 5 Kerala Girls Battalion NCC Changanassery, organized an online skill development program titled "EXPERTISE." A total of 181 NCC cadets participated in the program, which aimed to enhance their skill set and empower them with valuable expertise for personal and professional growth. Through interactive sessions and specialized training modules, the program provided a platform for cadets to acquire essential skills necessary for their future endeavors, fostering holistic development among participants.





➤ **WEBINAR ON “TIME MANAGEMENT”**

On July 10, 2021, NSS in collaboration with Lions Club International and the Department of Zoology at Alphonsa College, Pala, organized a webinar focused on "Time Management." The session featured Prof. Varghese Vaidyan, an International Trainer, as the resource person. Attendees likely gained valuable insights and strategies for effectively managing their time, enhancing productivity, and achieving personal and professional goals, thereby contributing to their overall skill development and success.



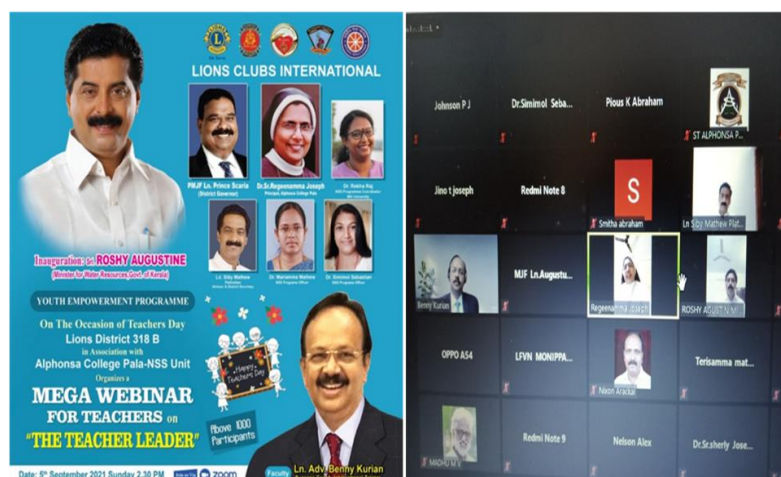
➤ **‘CERTIFICATE COURSE IN CREATIVE CRAFTS’**

The Certificate Course in Creative Crafts for NSS volunteers commenced on August 7, 2021, with Mrs. Rekha Anilkumar from Pidilite Industries, Mumbai, serving as the trainer. A total of 60 volunteers participated in and successfully completed the course. This initiative likely provided volunteers with practical skills and knowledge in creative crafts, fostering their creativity and enhancing their abilities in this domain, thereby contributing to their personal development and potentially opening avenues for entrepreneurial or hobby pursuits.



➤ **MEGA WEBINAR FOR COLLEGE AND SCHOOL TEACHERS ON TEACHERS DAY**

On September 5, 2021, NSS, in collaboration with Lions Club International, organized a Mega Webinar dedicated to college and school teachers on the occasion of Teachers Day. The event was inaugurated by Sri. Roshi Augustin, Minister for Water Resources, Government of Kerala, likely setting an inspiring tone for the session. Adv. Benny Kurian, an International Trainer, delivered a class titled "The Teacher Leader," potentially providing valuable insights and guidance on leadership roles within the teaching profession. This webinar likely served as a platform for professional development and networking among educators, fostering a culture of continuous learning and growth in the education sector.





➤ **MEGA WEBINAR FOR TEACHERS ON “HYBRID LEARNING AND THINKING CLASSROOMS”**

On February 13, NSS in collaboration with Lions Club International District 318 B organized a Mega Webinar for teachers focusing on "Hybrid Learning and Thinking Classrooms." The webinar was inaugurated by Dr. Jayaraj MLA, Chief Whip of the Government of Kerala, likely bringing esteemed leadership to the event. Prof. Varghese Vaidhyan, an International Trainer, served as the resource person, potentially offering valuable insights and strategies to educators on implementing hybrid learning methods and fostering critical thinking in classrooms. This initiative likely facilitated professional development among teachers and promoted innovative teaching practices in the education sector.



➤ **MEGA WEBINAR FOR TEACHERS ON ‘CONVERTING CONVENTIONAL CLASSROOMS TO THINKING CLASSROOMS’**

On August 8, 2021, NSS collaborated with Lions Club International to organize a Mega webinar aimed at teachers, focusing on "Converting conventional classrooms to thinking classrooms." The session featured Prof. Varghese Vaidyan, an International Trainer, as the resource person, likely providing valuable insights into innovative teaching methodologies. Additionally, the program felicitated esteemed guests, including Smt. K.K. Shylaja MLA, Former Health Minister of Kerala, and Dr. Rekha



Raj, an Activist, Writer, and NSS Programme Coordinator at MG University, recognizing their contributions to education and community development.



➤ **A DISCUSSION ON THE CONDUCT OF THE NEWLY INTRODUCED NEW GENERATION POST GRADUATE COURSE ON ECONOMETRICS**

On August 13, 2021, Santhosh T Varghese, Associate Professor at Maharajas College, Ernakulam, and convenor of the Expert Committee on MA Econometrics at MG University, visited the department to discuss the implementation of the newly introduced New Generation Post Graduate Course on Econometrics. During the session, he engaged with faculty members to ensure the smooth conduct of the course and emphasized the significance of learning econometrics to the students. Additionally, he addressed grievances raised by the 9 participating students, likely providing them with valuable insights and guidance, thereby contributing to their skill development by fostering a deeper understanding of econometrics and addressing their concerns effectively.

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➤ **SKILL DEVELOPMENT PROGRAMME**

Throughout the academic year, the NCC unit of Alphonsa College, in association with the UBA cell, provided a diverse range of courses to students and interested individuals in the adopted villages. These courses included communication skills, dance, cooking, music, craft, calligraphy, yoga, and Kalari. Aimed at holistic development, these offerings provided participants with opportunities to enhance their skills, foster creativity, promote physical well-being, and cultivate traditional art forms, contributing to both personal growth and community engagement.





- **SOFT SKILLS: 2022-2023**

- **WORKSHOP ON "TIME MANAGEMENT, TEAMWORK AND GOOD COMMUNICATION SKILLS"**

OBT (outbound training) Programme was organized by Marian College, Kuttikanam and Alphonsa College, Pala, conducted at Marian College Kuttikanam on 7-10-2022. Class was led by Dr. Bose George, Assistant Professor, Marian College Kuttikanam. He delivered a talk on “Time management and Teamwork”, and “good communication and interpersonal skills”. Students were engaged in various activities and learned these skills through group works. 27 students participated in the programme.



Dr. Bose George conducting Practical Sessions on Interpersonal skills

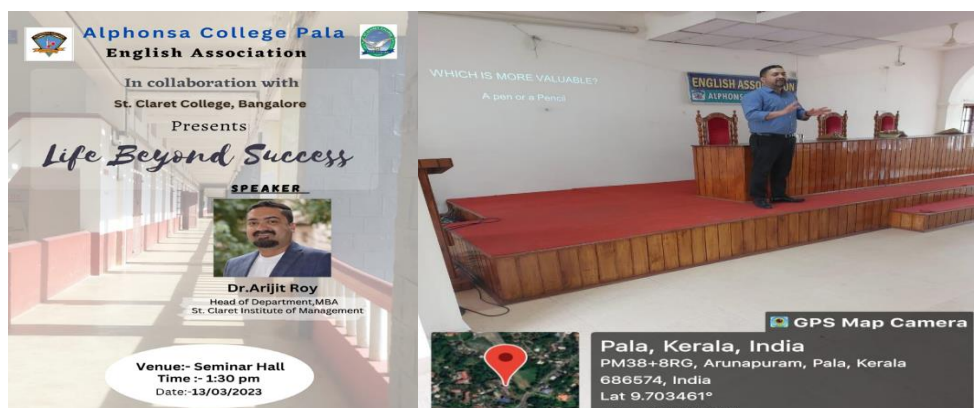
- **RAINING ON JOB ORIENTED SKILL**

Department of commerce in association with Reliance Life Insurance Company Ltd. Pala organized a job orientation Programme to train students to develop job oriented skills on 19th August 2022. Mr. Abdul Haseeb was the key speaker. Topics on how to face an interview, enhancement of leadership qualities, communication skills, teamwork & goal setting were discussed in the sessions. 36 students participated in the program.



➤ **MOTIVATIONAL TALK ON "LIFE BEYOND SUCCESS"**

The English Association of the College in collaboration with St. Claret College, Bangalore conducted a workshop on a motivational topic to help our final-year students to redefine their ideas on what is success and how to consider themselves as a successful person outside your academia. The session was led by Dr Arijit Roy, Head of the Department, MBA at St. Claret Institute of Management, Bangalore on 13th March 2022. The students were asked several questions and were made to write about their past achievements which have made them proud was brainstormed on their future and how to go toward success. 126 students participated in the programme.





➤ WORKSHOP ON “PERSONALITY DEVELOPMENT”

Workshop was conducted on 22nd August 2022. The resource person for the workshop was Dr. Mini Sebastian, Assistant Professor, Department of Malayalam, Devamatha College, Kuravilangadu. 49 students of various classes and departments participated in the program. It was an interactive program with value talks, sharing life experiences and activities involving participants.



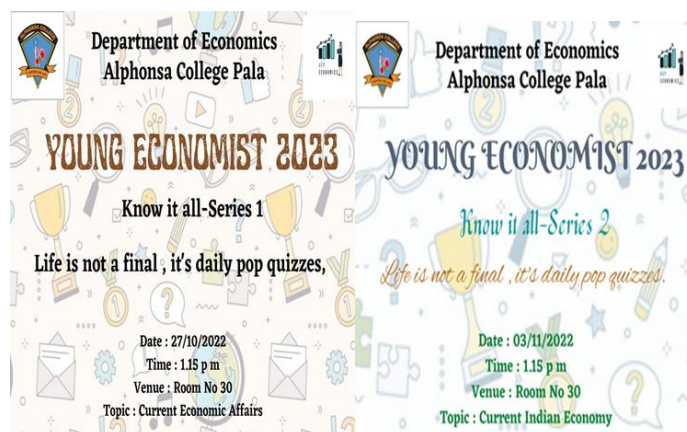
➤ WORKSHOP ON “DISCOVER ME: UNVEILING YOUR POTENTIAL”

Workshop on “Discover me: Unveiling your potential” for the 2022-25 UG batch was organised on 12th September 2022. It was held in two sessions. The morning session was a class by Dr Regi Varghese Mekkatt, former Principal of St. George College Aruvithura and the afternoon session was led by Dr Alex George Kavukkatt, Assistant Professor, St. Thomas Teacher Training Institute Pala. The programme was a journey of self-discovery focusing on exploring the unique strengths and it provided the first year UG students with valuable tools to navigate the academic journey with heightened potential.



➤ **SEARCH FOR “YOUNG ECONOMIST 2023”**

The Programme is organized by the Department of Economics. The students of both undergraduate and postgraduate streams participated in the programme which included a series of quizzes, presentations, and interviews conducted every Friday over a period from October 2022 to March 2023. Multiple rounds of tasks that will test the student’s memory, speaking, creativity and analyzing skills were included in the programme. The student who secures the maximum points in all these tasks was awarded the 'Young Economist ' title.





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➤ **LEADERSHIP TRAINING WORKSHOP**

A leadership training workshop in collaboration with Rotary Club of Pala was held on 12 November 2022. The session was led by Prof. Tommy Cherian and Mr. George Karunneckal who are reputed trainers. The workshop focused on topics like Personality Development, Goal Setting and Confidence Building.



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