



ALPHONSA COLLEGE

Pala, Kottayam

RE-ACCREDITED TO A GRADE BY NAAC WITH CGPA 3.24

WOMEN CELL

REPORT OF ACTIVITIES
2020-21

INTRODUCTION

The women's cell of Alphonsa College Pala, since its establishment in 2002, functions with the objective of promoting the all round development of the students of Alphonsa College, particularly in their capacity as young women of today by making aware of their responsibility in building the society, cultivating in them a deeper interest in the cultural heritage of our country and bringing out the best in them. Towards this end, the women's Cell organizes various programmes, including talks, seminars, debates etc. The Cell endeavors to alleviate the negative forces that confront women, both on the campus and in the city. The Women's Cell handles issues related to women's welfare. Some of the themes which have been the focus of discussion have been with regard to women's empowerment, women's rights, legal awareness etc. Every year Women's Day is celebrated with an important issue or theme in mind, to be highlighted during the programmes. Women Cell, Alphonsa College, Pala has been selected for a grant of Kerala State Women's Development Co-orporation, Govt of Kerala during this academic year 2020-21. Women Cell organized various training Programmes, Seminars, workshops, community intervention programmes etc.

OFFICE BEARERS

Principal	:	Dr. Sr. Gigimol MG
Vice Principal	:	Dr. Sr. Regeenamma Joseph
Co-ordinators	:	Ms. Simimole Sebastian Ms. Teena James
Non-Teaching Staff	:	Ms. Beenamma Francis Ms. Bijimol Joseph
Student Representatives	:	Ms. Gouri S Krishna (I DC Zoology) Ms. Arunika R Nair (II DC Botany)

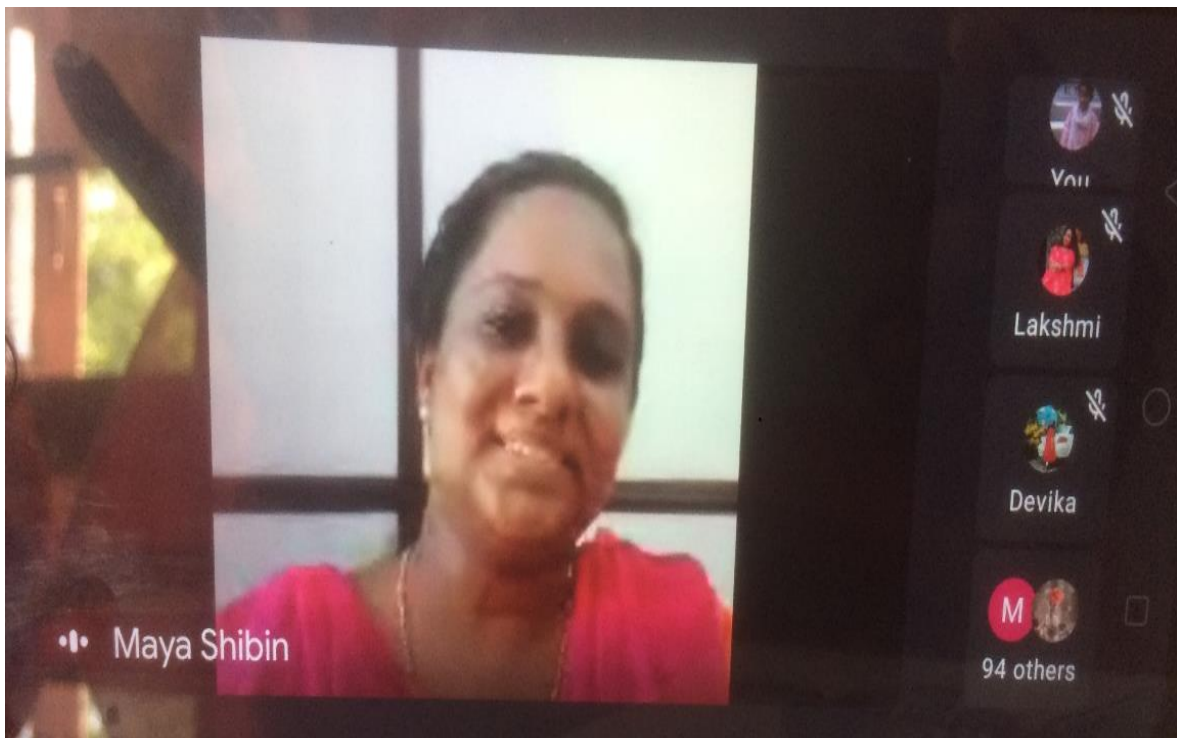
KSWDC WOMEN CELL, ALPHONSA COLLEGE PALA

2020-2021 ACTIVITIES

Due to Covid- 19, Women Cell of Alphonsa College Pala conducted its activities in online platform

WEBINAR ON GENDER EQUALITY AND WOMEN EMPOWERMENT

Activities of 2020-21 academic year started with a webinar on 5.1.2021 on the topic “Gender equality and women’s empowerment” with Dr. Maya Shibin, Consultant Psychologist as the Resource Person.



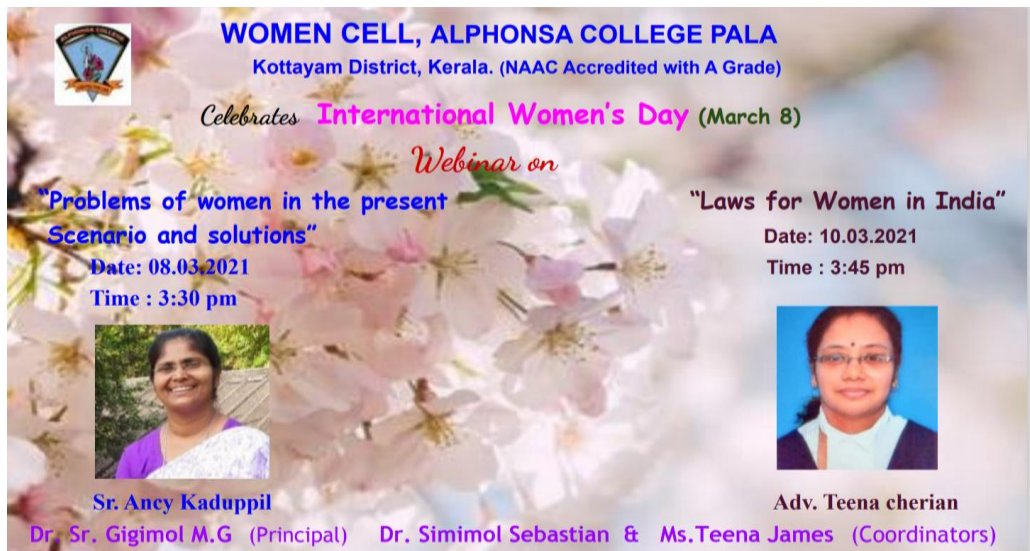
Dr. Maya Shibin

WEBINAR ON “Problems of Women in the present scenario and solutions”.

On 8th March 2021 Sr. Ancy Kaduppil gave an invited talk on “Problems of Women in the present scenario and solutions”. It was conducted through Google meet platform for the Women cell members of our college.

WEBINAR ON “Laws of Women in India”

On 10th March 2020, a class on the “Laws of Women in India” was taken by Adv. Teena Cherian, High Court – Ernakulam, on Google meet platform. Students eagerly participated in both the webinars.



WOMEN CELL, ALPHONSA COLLEGE PALA
Kottayam District, Kerala. (NAAC Accredited with A Grade)

Celebrates **International Women's Day (March 8)**

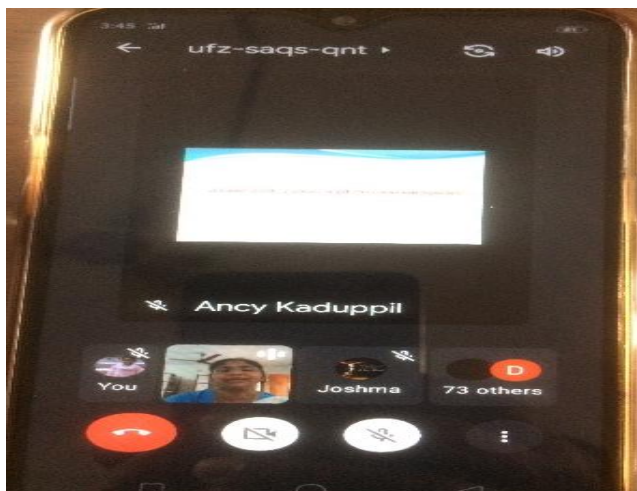
Webinar on

"Problems of women in the present Scenario and solutions"
Date: 08.03.2021
Time : 3:30 pm

"Laws for Women in India"
Date: 10.03.2021
Time : 3:45 pm

Sr. Ancy Kaduppil
Dr. Sr. Gigimol M.G (Principal) Dr. Simimol Sebastian & Ms. Teena James (Coordinators)

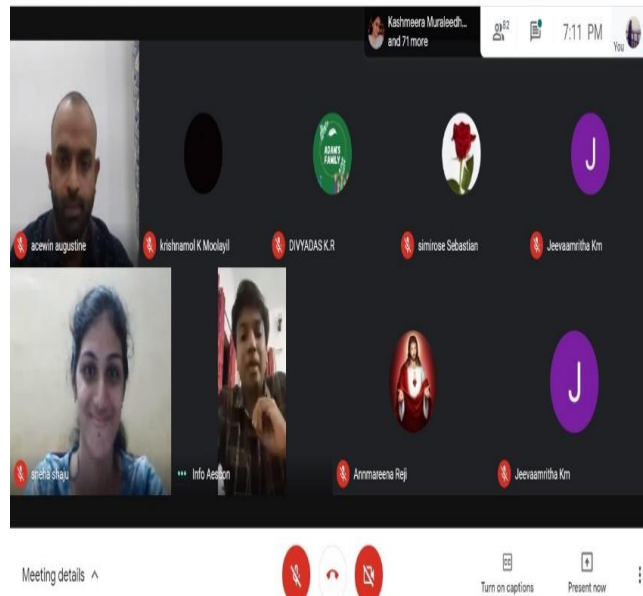
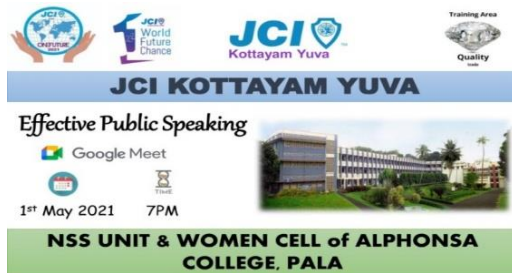
Adv. Teena cherian



Sr. Ancy Kaduppil and Adv. Teena Cherian

ONLINE TRAINING ON Effective Public Speaking

- Women cell in association with NSS Unit of Alphonsa College Pala conducted an online training on “Effective Public Speaking” by JCI Sen. Acewin Augustin on 1st May 2021. It was a very interactive session with active participation of students



JCI Sen. Acewin Augustin

Webinar on Mental Health

Women Cell in association with NSS unit of Alphonsa College Pala conducted an interactive session on “Mental Health” on Zoom Platform, on May 7th 2021. Ms. Divya Ajay, Clinical Psychologist of Lourdes Hospital was the resource person.

The image is a composite of two parts. On the left is a promotional poster for a webinar. The poster has an orange background and features the following text: "ALPHONSA COLLEGE PALA" in large blue letters, "NSS UNIT 001 & WOMEN CELL" in smaller blue letters below it, "An interactive session on" in a cursive font, "MENTAL HEALTH" in large, colorful, block letters, and a quote: "What mental health needs is more sunlight, more candor, and more unshamed conversation." - Glenn Close. Below the quote is a small portrait of Ms. Divya Ajay, a woman with dark hair wearing a black and white saree. To the right of the portrait, it says "RESOURCE PERSON : Ms. Divya Ajay Clinical psychologist Lourdes Hospital". At the bottom left of the poster is a blue Zoom icon, the date "07.05.2021", the time "4:00 PM", and the word "ZOOM". At the bottom right is a white silhouette of a head with gears inside, and the hashtag "#breakthestigma". On the right side of the composite is a screenshot of a Zoom mobile app interface. The top status bar shows the time "4:49", signal strength, Wi-Fi, and a 70% battery icon. The Zoom interface includes a "Leave" button in red, a "Zoom" label with a dropdown arrow, and a "Share" button. Below these are several small thumbnail images. At the bottom of the Zoom interface, there are icons for "Unmute", "Stop Video", "Share", "Participants", and "More".

Ms. Divya Ajay

Competitions

for the celebration of important days such as Photography competition on May 2nd World Laughter day, Essay competition for World Press Freedom Day May 3rd, Selfie with mother competition on May 9th International Mother's Day, Essay competition on World Menstrual Hygiene Day May 28th and Poster competition on May 31st Anti-Tobacco Day.

<p>WORLD LAUGHTER DAY MAY 2</p> <p>PHOTOGRAPHY COMPETITION</p> <p>I: Anmy Jose (II DC Maths) & Romarin Regi (II DC B.Com)</p> <p>II : Arunika U Nair (II DC Botany)</p> <p>III: Santhra Siby (II DC Botany)</p> <p>I Prize - Rs.300/- II Prize - Rs.200/- III Prize - Rs.100/-</p>	<p>WORLD PRESS FREEDOM DAY MAY 3</p> <p>ESSAY COMPETITION</p> <p>I: Alka Philip (III DC Physics Model II)</p> <p>II: Riya Tom (II DC Zoology)</p> <p>III: Elizabeth Maria Jose (II DC Maths)</p> <p>I Prize - Rs.500/- II Prize - Rs.300/- III Prize - Rs.200/-</p>	<p>INTERNATIONAL MOTHER'S DAY MAY 9</p> <p>'SELFIE WITH MOTHER' COMPETITION</p> <p>I Sanjana Shaju (II DC English)</p> <p>II: Anna Dominic (II DC History)</p> <p>III: Remya Rajagopal (III DC Physics Model I)</p> <p>I Prize: Rs.500/- II Prize: Rs.300/- III Prize: Rs.200/-</p>
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<p>WORLD MENSTRUAL HYGIENE DAY MAY 28</p> <p>ESSAY COMPETITION</p> <p>I: Delna M Joseph (I IDC Physics Model II)</p> <p>II : Alka Philip (III DC Physics Model II) & Devika Vijayan (I IDC Botany)</p> <p>III: Nikitha Nelson (II DC English) & Alu Shaji (II DC Physics Model I)</p> <p>I Prize: Rs.500/- II Prize: Rs.300/- III Prize: Rs.200/-</p>	<p>ANTI-TOBACCO DAY MAY 31</p> <p>POSTER COMPETITION</p> <p>I : Miliya T Tom (II DC Maths) & Chinchu Sabu (II DC Zoology)</p> <p>II : Manya Manoj (III DC Zoology)</p> <p>III: Romarin Regi (II DC B.com)</p> <p>I Prize: Rs.500/- II Prize: Rs.300/- III Prize: Rs.200/-</p>
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