



ALPHONSA COLLEGE

Pala, Kottayam

RE-ACCREDITED TO A GRADE BY NAAC WITH CGPA 3.24

WOMEN CELL

REPORT OF ACTIVITIES
2018-19

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 and received Rs.25,000/- during this academic year 2017-18. 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	:	Dr. Dani Mathew. M Ms. Teena James
Non-Teaching Staff	:	Ms. Beenamma Francis Ms. Bijimol Joseph
Student Representatives	:	Krishnapriya MM, (II DC Zoology) Jayalakshmi KS (I DC Economics)

LEADERSHIP TRAINING PROGRAMME

Women's Cell organized a one day Leadership-training programme for women cell members on 8th June, 2018. Mr. Jiji Joseph, JCI International trainer served as the resource person.



CYBER AWARENES PROGRAMME

In collaboration with Janamaithry Police, Pala, Women's Cell organized a cyber-awareness programme on 11th June, 2018. Sri. Manoj Kumar, Civil Police Officer, Cyber Cell, Kottayam delivered a lecture on *Cyber Crimes against Women and the legal steps to be taken*. Sri. Rajan K. Aramana, Inspector of Police, Pala delivered the inaugural address.



TEACHER'S DAY CLEBRATIONS 2018

Women's Cell and NSS of Alphonsa College, Pala organized "Guruvandanam" to respect the teachers on Teacher's Day, September 5, 2018. Mr. Siju Joseph, Assistant professor, Dept. Of Malayalam served as the chief guest. Dr. Sr. Gigimol MG, Principal presided over the function. Various cultural events were presented by the students.



LEGAL AWARENESS CLASS

Women Cell organized a legal awareness class for all students on 31.10.2018 in collaboration with Archana Women Centre, Ettumanoor. Adv. Shyni Gopi served as resource person. The class provided awareness about the laws related to women safety, domestic violence, and cyber laws etc.



Legal Awareness Quiz Competition

Women Cell organized a written competition in the form of Multiple Choice Questions (MCQs) on the topics related to *Constitutional and Legal Provisions* for Girls and Women. 62 students participated in the competition. The following students secured prizes

I Prize : Ansu Tomy, III DC English

II Prize :Aparna S Kumar, IIICD Zoology

III Prize :Maria Sunny, III DC Zoology &

Treesa Cherian, IIICD Physics Model II



Intercollegiate seminar

Women's Cell in collaboration with NSS organised a one day seminar on ADOLESENT HEALTH AND HYGIENE.

PROGRAMME

9.45 AM: INAUGURATION

Prayer

Welcome Speech : Roshitha Sunil

Presidential Address` : Dr. Shaji John (Vice Principal, Alphonsa College, Pala)

Inauguration & Lighting the lamp

10.00 AM : Session I - Adolescents: Health risks and Solution

Resource Person: Dr. Raisa Sen (RMO, Govt. Hospital Pala)

11.00 AM-11.15 AM : Break

11.15 AM-12.45 PM : Session II – Adolescent Mental Health

Resource Person: Mr. Bijil. M. Rajan, MSW, M.Phil (Director Soul Training and Development Centre)

12.45 PM-1.30PM : Lunch break

1.30PM-3.30PM : Section III – Adolescent Gynecology

Resource Person: Dr. Jyothi Nayar (Gynaecologist, MKM Hospital, Pravithanam)



**INTERCOLLEGIATE SEMINAR ON
ADOLESCENT
HEALTH AND HYGIENE**

Supported by:
Kerala State
Women's Development
Corporation &
National Health Mission
Kottayam

**18
JAN
2019**

ALPHONSA COLLEGE, PALA



Women self defence training programme

Women's cell and NSS in collaboration with Janamaithry Police, Kottayam conducted a three day self defence programme for NSS and Women's cell members. Simple techniques for self defence were demonstrated and students were given training to do the same. Women civil police officers served as resource persons for the training programme.



National Voters Day

In connection with national Voters day, women's cell in collaboration with Electoral Literacy club organized an invited talk on electoral procedures of India. Dr. Staney Thomas, Dept of Politics, St. Thomas College, Pala served as the resource person.



International Women's day Celebrations

International Women's day celebrations were inaugurated on 6th March, 2018 by Dr. Sunil MS, Rtd. Professor and social activist.



Elocution Competition

Women Cell conducted an Elocution competition on the topic Gender and religion on 7th March 2018.



Debate

Women's Cell organized a debate on "gender equality" on 7th march 2019.

Ms. Maria George, Dept of English served as moderator. Sini Sabu, II DC Economics won the best debater award.



Mime Competition

A Mime competition on gender equality was conducted on 8th March 2019.



Seminar on Healthy Mothers, healthy Society

Women's cell in collaboration with NHM APHC, Manathoor and Kadanad Gramapanchayathu, organized a One day Seminar on **Healthy Mothers, Healthy Society** for the rural women. Smt. Binu Emmanuel and Sri. Bijil M Rajan served as resource person. Sri. Jaison George, President, kadanadu Panchayath inaugurated the programme. A hand book on the “diet to be followed by pregnant women, lactating mothers and infants” were published and distributed.



AWARENESS PROGRAMME AGAINST ALCOHOLISM

In Collaboration with Archana Women's Centre, Ettumanoor, Excise dept, Pala, and Pala Municipality, women cell conducted an awareness programme against alcoholism and drugs on 11th March 2019. The awareness class was followed by a skit presented by Archana Women's Centre.

