



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

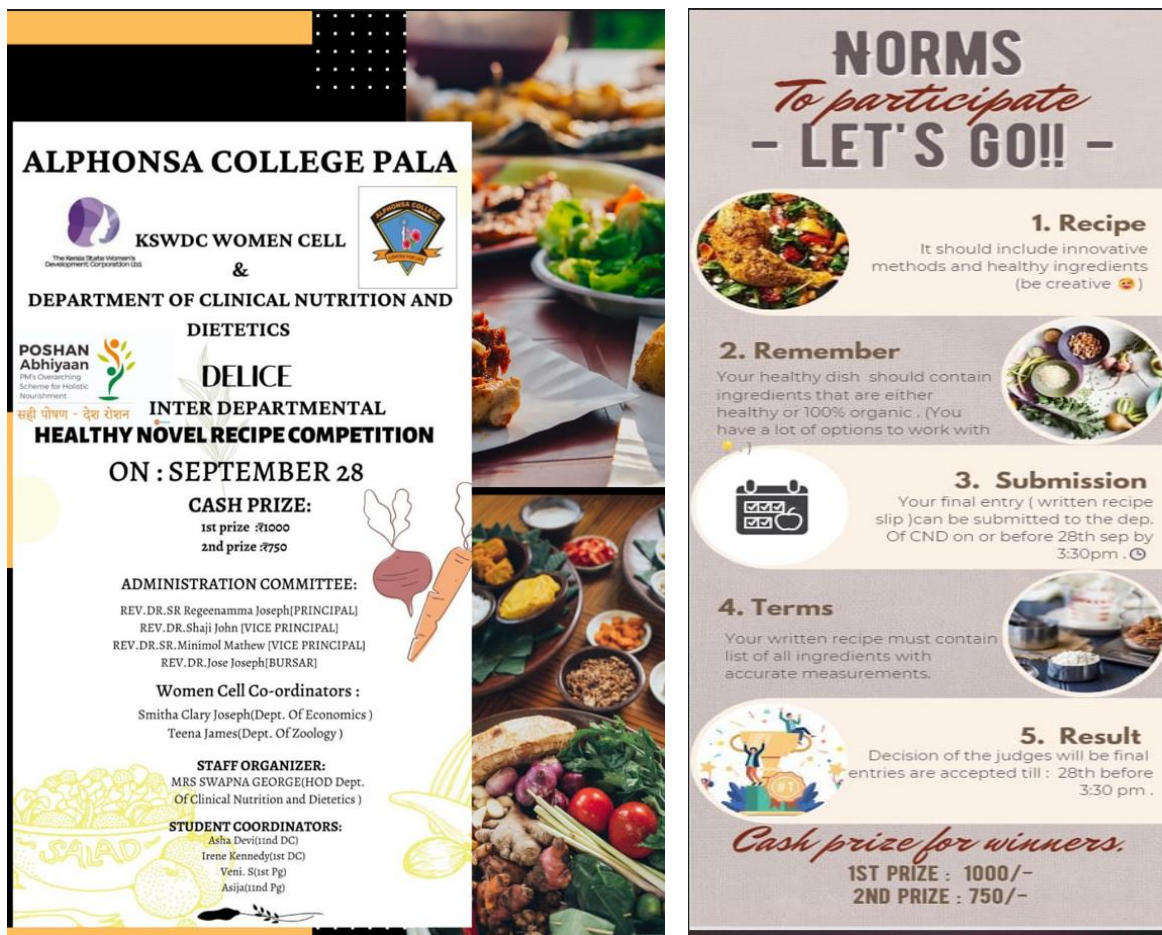
WOMEN CELL ACTIVITY REPORT: 2022 -2023



WOMEN CELL ACTIVITY REPORT: 2022 -2023

Interdepartmental Healthy Novel Recipe Contest - *DELICE*

An Interdepartmental Healthy Novel Recipe Contest was conducted by Women Cell of Alphonsa College Pala on 28th September 2022 in association with Department of Clinical Nutrition and Dietetics under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with “Poshan Abhiyaan Scheme” launched in 2018 by the Government of India with the aim of tackling the [malnutrition](#) problem prevalent in India. Poshan Abhiyaan is also known as the National Nutrition Mission (NNM).



ALPHONSA COLLEGE PALA

KSWDC WOMEN CELL
The Kerala State Women's Development Corporation Ltd.

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

DELICE

INTER DEPARTMENTAL HEALTHY NOVEL RECIPE COMPETITION

ON : SEPTEMBER 28

CASH PRIZE:
1st prize : ₹1000
2nd prize : ₹750

ADMINISTRATION COMMITTEE:
REV.DR.SR Regeenamma Joseph[PRINCIPAL]
REV.DR.Shaji John [VICE PRINCIPAL]
REV.DR.SR.Minimol Mathew [VICE PRINCIPAL]
REV.DR.Jose Joseph[BURSAR]

Women Cell Co-ordinators :
Smitha Clary Joseph(Dept. Of Economics)
Teena James(Dept. Of Zoology)

STAFF ORGANIZER:
MRS SWAPNA GEORGE(HOD Dept. Of Clinical Nutrition and Dietetics)

STUDENT COORDINATORS:
Asha Devi(1stnd DC)
Irene Kennedy(1st DC)
Veni. S(1st Pg)
Asija(1stnd Pg)

NORMS
To participate
- LET'S GO!! -

1. Recipe
It should include innovative methods and healthy ingredients (be creative 🍴)

2. Remember
Your healthy dish should contain ingredients that are either healthy or 100% organic . (You have a lot of options to work with 🌱)

3. Submission
Your final entry (written recipe slip)can be submitted to the dep. Of CNd on or before 28th sep by 3:30pm . 🕒

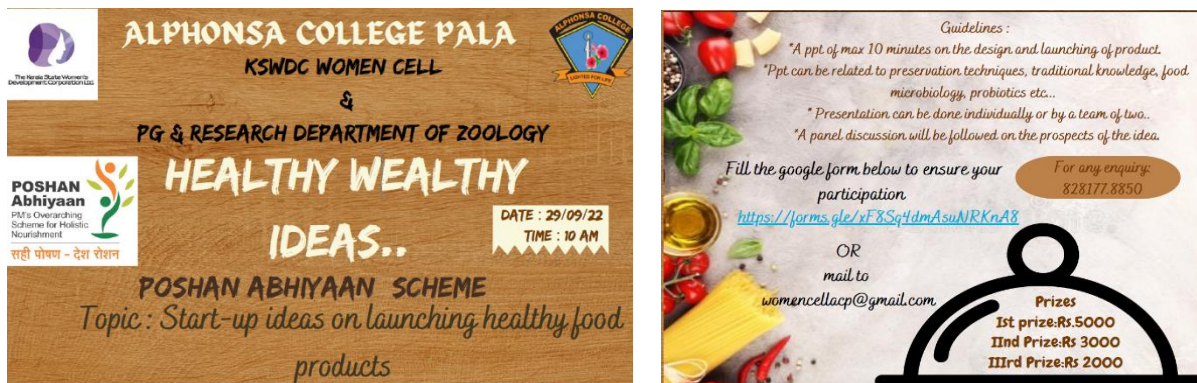
4. Terms
Your written recipe must contain list of all ingredients with accurate measurements.

5. Result
Decision of the judges will be final entries are accepted till : 28th before 3:30 pm .

Cash prize for winners.
1ST PRIZE : 1000/-
2ND PRIZE : 750/-

Intercollegiate Healthy Idea Contest- *HEALTHY WEALTHY IDEAS*

An Intercollegiate Healthy Idea Contest “Healthy wealthy ideas” PowerPoint presentation contest was conducted by Women Cell of Alphonsa College Pala and Department of Zoology on 29th September 2022 under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with “Poshan Abhiyaan Scheme” launched in 2018 by the Government of India with the aim of tackling the [malnutrition](#) problem prevalent in India. Poshan Abhiyaan is also known as the National Nutrition Mission (NNM). Seven teams from various colleges participated in the event.



The banner is divided into two main sections. The left section, on a wood-grain background, features the logos of the National Nutrition Mission (NNM) and the Poshan Abhiyaan Scheme. It prominently displays 'ALPHONSA COLLEGE PALA KSWDC WOMEN CELL & PG & RESEARCH DEPARTMENT OF ZOOLOGY' and 'HEALTHY WEALTHY IDEAS..'. The date and time are listed as 'DATE : 29/09/22 TIME : 10 AM'. The topic is 'POSHAN ABHIYAAN SCHEME Topic : Start-up ideas on launching healthy food products'. The right section, on a light background with food images, lists 'Guidelines' for the presentation, including a 10-minute limit and a focus on preservation techniques. It provides a Google Form link (<https://forms.gle/yF8Sq4dmAsuNRKnA8>) and an email address (womencellacp@gmail.com). Prizes are listed as 1st (Rs 5000), 2nd (Rs 3000), and 3rd (Rs 2000).



Healthy Wealthy Idea Power Point Competition

POSHAN Maah

An awareness programme on the “Importance of Healthy food” was conducted by Women Cell of Alphonsa College Pala on 30th September 2022 in association with Department of Zoology under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with “Poshan Abhiyaan Scheme” launched in 2018 by the Government of India with the aim of tackling the [malnutrition](#) problem prevalent in India. Poshan Abhiyaan is also known as the National Nutrition Mission (NNM). The technical session was an awareness class on the “Importance of Healthy Food in Teenage” by Miss Swapna George, HOD of the Department of Clinical Nutrition and Dietetics. Miss Swapna explained about the importance of taking a variety of different food items available in our locality, including differently coloured vegetables and fruits in our diet, about the correct proportions of major nutrients and also on the importance of breakfast in our lives.

Brochure and Programme Sheet



Inauguration of Poshan Maah – Awareness Campaign



Prize Distribution of the Intercollegiate and interdepartmental competitions conducted on 28 and 29 of September 2022



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

Awareness class on Physical And Mental Well Being of Women

Women cell and Department of Economics Alphonsa College, Pala in association with Kerala State Women's Development Corporation Ltd, organised an awareness program on Physical and Mental Well Being of Women on 28/10/2022. Dr. Anjana Chandran Medical Officer (NAM) Seethalayam Unit, Govt Homeo Hospital, Kurichy And Mrs Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy led the session Which was held in seminar hall. Almost 120 students of the department participated in the class. The session led by Dr. Anjana gave awareness to the students, about physical wellbeing and the need of regular exercise, healthy diet etc. the second session of Mrs Sneha was quite vibrant and talked about self-love and self-confidence. Pointed out the importance of saying 'no' in life. she also talked about the difference between cognitive and emotional brain power functions.

**WOMEN CELL & DEPARTMENT OF ECONOMICS
ALPHONSA COLLEGE, PALA**

In association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.

**181
MITHRA**

An awareness class on
**PHYSICAL AND MENTAL
WELL BEING OF WOMEN**

28 October 2022

10:30 AM - 12:30 PM

Seminar Hall

COLLEGE ADMINISTRATION COMMITTEE
Rev. Dr. Sr. Regeenamma Joseph (Principal)
Rev. Dr. Shaji John (Vice Principal)
Rev. Dr. Sr. Minimol Mathew (Vice Principal)
Rev. Dr. Jose Joseph (Bursar)

CO-ORDINATORS
Ms. Teena James
Ms. Smitha Clary Joseph

RESOURCE PERSONS

Dr Anjana Chandran
Medical officer(NAM)
Seethalayam Unit
Govt Homoeo Hospital, Kurichy

Mrs. Sneha Benny
Consultant psycologist
Seethalayam Unit
Govt Homoeo Hospital, Kurichy



Pala, KL, India
SH 32, Meenachil, Pala, 686574,
Lat 9.703380, Long 76.667001
10/28/2022 10:50 AM

Dr.

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



Pala, KL, India
SH 32, Meenachil, Pala, 686574,
Lat 9.703356, Long 76.667203
10/28/2022 11:51 AM

Mrs

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

Anti - Drug Campaign - Flash mob

Women Cell and the Department of Zoology, Alphonsa College Pala under the sponsorship of Kerala State Women Development Corporation conducted an Anti Drug Campaign Flash mob in three different sites around Pala, on 1st November 2022.

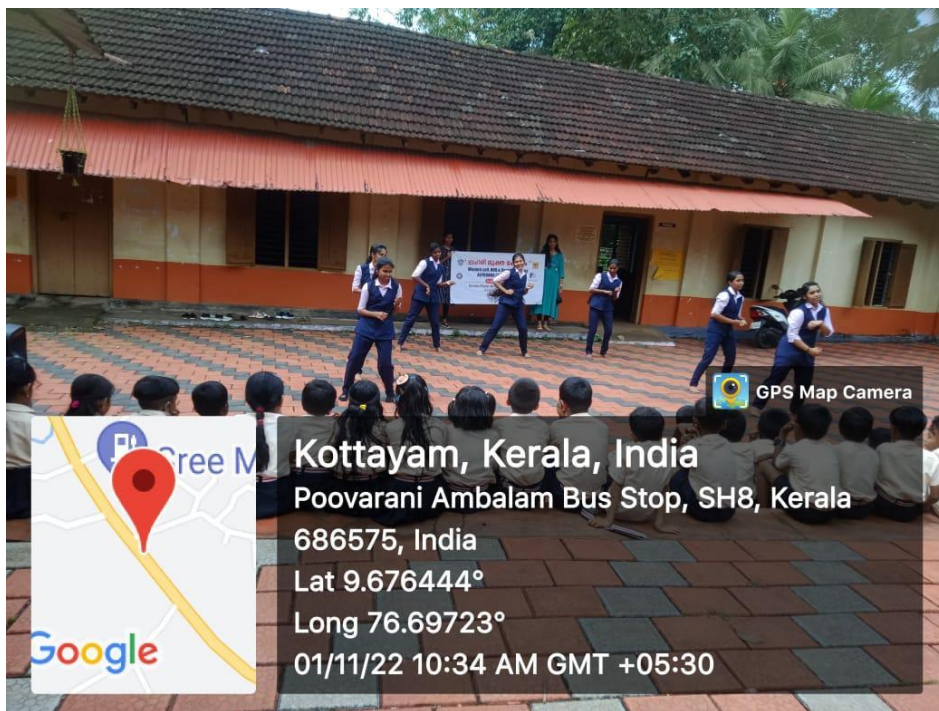
ദേശാഭിമാനി TVM

ലഹരിവിരുദ്ധ ഫ്ലാഷ് മോബുകൾ ഒന്നിന് തിരുവനന്തപുരം

സംസ്ഥാനത്തെ കോളേജുകളിൽ സംസ്ഥാന വനിതാ വികസന കോർപ്പറേഷന് കീഴിലെ വിമൻസ് സെല്ലിന്റെ നേതൃത്വത്തിൽ നവംബർ ഒന്നിന് ലഹരിവിരുദ്ധ ഫ്ലാഷ് മോബുകൾ സംഘടിപ്പിക്കും. 14 ജില്ലയിലെ വിവിധ കേന്ദ്രങ്ങളിൽ കോളേജുകളിൽ നിന്നുള്ള വിദ്യാർത്ഥിനികളാണ് ഫ്ലാഷ് മോബ് അവതരിപ്പിക്കുക.

സംസ്ഥാനത്തെ 96 കോളേജിൽ വിമൻസ് സെൽ പ്രവർത്തിക്കുന്നുണ്ട്. ഇവിടെ നിന്നുള്ള വിദ്യാർത്ഥികൾ ഫ്ലാഷ് മോബിന് നേതൃത്വം നൽകും.

ANTI - DRUG CAMPAIGN (FLASHMOB) DISTRICT WISE LIST				
SL.No	DISTRICT	NAME OF COLLEGE	LOCATIONS	TIME
1	TRIVANDRUM	All Saints College, Kochuveli	East Fort, Transport Bhavan Gandhi Park, East Fort Ayyankali Hall, Palayam	02:30pm 03:00pm 03:30pm
2	KOLLAM	S.N College for Women	Chinnakkada PVT Bus Stand Chinnakkada Main Bus Stand KSRTC Bus Station, Kollam	10:45am 11:00am 11:30am
3	PATHANAMTHITTA	St. Thomas College, Kozhencherry	Aranmula Althara Junction Thekkemala, Junction Kozhencherry Junction	03:00pm 04:00pm 05:00pm
4	ALAPPUZHA	St. Joseph College of Women	Alappuzha PVT Bus Stand Alappuzha Collectorate Alappuzha Beach	02:00pm 03:00pm 04:00pm
5	KOTTAYAM	Alphonsa College, Pala	Poovarani, Vilakkumarathu Pala Town General Hospital Junction	10:00am 12:00pm 02:00pm
6	IDUKKI	Govt. College, Idukki	Kattapana Bus Stand Idukki Kavala	02:30pm 03:30pm
7	ERNAKULAM	Sree Shankaracharya College, Kalady	PVT Bus Stand College Campus	10:00am 11:00am
8	THRISSUR	Govt. Engineering College	Shakthan Stand Vadakke Stand Thekkegopuranada	02:30pm 03:30pm 04:30pm
9	PALAKKAD	Victoria College	PMG School Junction Palakkad Stadium Bus Stand Olavakkode (PKD Railway Station)	02:00pm 03:00pm 3:30pm
10	MALAPPURAM	Thunchan College	Tirur Town Tirur Rialway Station College Junction	09:00am 10:00am 11:00am
11	KOZHIKODE	Devagiri College	Mananchira Square Puthiya Bus Stand KSRTC Bus Station	10:00am 11:00am 12:00pm
12	WAYANAD	Kerala Veterinary Animals Science University	En Ooru Center KVASU College Gate College Premises	11:30am 12:30pm 01:30pm
13	KANNUR	S.N College	Thottada College Junction Thazhechovva Melechovva	12:00pm 12:30pm 01:00pm
14	KASARGODE	Nehru Arts & Science College	Kanhangad Town Neeleshwaram Town College Ground	11:30am 12:30pm 01:30pm



Flash Mob in Poovarani



Flash Mob conducted in General Hospital Junction Pala



Flash Mob conducted in Pala Town Near Old Municipal Complex

Women Safety Awareness Class

An awareness programme was organized by Women Cell, Department of Economics and Anti harassment cell in association with Kswdc -Sakhi One Stop Centre Kottayam on 23rd November 2022, to provide information to students on “Acts For Women Safety, Various Schemes And Services Implemented For Women Protection”

Smt.Helena Rajan Philip, social worker and Adv.Binella, Centre Administrator Sakhi one stop centre Kottayam led the sessions. The sessions were highly useful to the students they provided detailed information to the students of various schemes provided for the support of women protection and various women related acts.They mentioned about Beti Bachao Beti Padhao Scheme, Women Helpline Scheme UJJAWALA : A Comprehensive Scheme for Prevention of trafficking and

Rescue, Rehabilitation and Re-integration of Victims of Trafficking and Commercial Sexual Exploitation, SWADHAR Greh (A Scheme for Women in Difficult Circumstances),

NARI SHAKTI PURASKAR,

Awardees of Stree Shakti Puruskar, 2014

& Awardees of Nari Shakti Puruskar,

Women Helpline Scheme, Mahila

Shakti Kendras (MSK), Mahila police

Volunteers etc.



കേരള സർക്കാർ
വനിതാ ശിശുവികസനവകുപ്പ്



SAKHI ONE STOP CENTRE, KOTTAYAM

IN ASSOCIATION WITH

WOMEN CELL, DEPARTMENT OF ECONOMICS AND
ANTI HARASSMENT CELL



ALPHONSA COLLEGE PALA

Awareness Programme

Topic :

ACTS FOR WOMEN SAFETY, VARIOUS SCHEMES
AND SERVICES IMPLEMENTED BY THE
DEPARTMENT

Resource person :



HELENA RAJAN PHILIP

Social Worker



23-11-2022



SEMINAR HALL



11:30 AM - 12:30 PM




women safety awareness class



An awareness programme on Acts For Women Safety, Various Schemes And Services Implemented For Women Protection”

Prolife Exhibition

A prolife exhibition was organized by the Women cell and Department of Zoology on 22nd February 2023, in association with the Jesus Youth Ministry of Alphonsa College Pala. 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.

A poster for a prolife exhibition. The background is a grayscale image of many hands cupped together, holding a small baby. At the top left is a purple and white circular logo. In the top center is the Alphonsa College logo, which is a shield with a cross and a banner. At the top right is a circular logo with a cross and a figure. Below these logos is a white rounded rectangle containing the text "An Initiative of KSWDC Women Cell, Jesus Youth, Department of Zoology" and "Alphonsa College Pala". The main text "PROLIFE EXHIBITION" is in large, bold, white letters, with "PROLIFE" in orange. Below that is "YES to LIFE" in white, with "to" in orange script. At the bottom left is a white box with "FEB 22, 2023" and at the bottom right is a white box with "ROOM No:07".

An Initiative of KSWDC Women Cell, Jesus Youth, Department of Zoology
Alphonsa College Pala

PROLIFE EXHIBITION

YES *to* **LIFE**

FEB 22, 2023 **ROOM No:07**

prolife exhibition



Inauguration : Principal Dr. Sr. Regeenamma Joseph, Alphonsa College Pala.





Kadappat Mahadeva Temple
PM38+722, SH32, Arunapuram, Pala, Kerala 686563, India

Paliyannoor പലിയന്നൂർ
St. Thomas College, Pala
2023-02-22(Wed) 10:00(am)

Pala
Kerala
India

30°C
86°F



Kadappat Mahadeva Temple
PM38+722, SH32, Arunapuram, Pala, Kerala 686563, India

Paliyannoor പലിയന്നൂർ
St. Thomas College, Pala
2023-02-22(Wed) 09:59(am)

Pala
Kerala
India

30°C
86°F

Prolife exhibition

Motivational Class

The Women Cell of Alphonsa College, Pala, in association with Kerala State Women's Development Corporation Ltd., organized a "Motivational Class" on 31st March 2023, at Room No: 10. The event started at 10 AM and was conducted by Lt. Anu Jose, Associate NCC Officer, and Assistant Professor in the department of English Alphonsa College, Pala. The aim of the motivational class was to inspire and encourage women to pursue their dreams and achieve their goals. The speaker shared her own life experiences and the challenges she faced in her journey to become a successful professional. The motivational class emphasized the importance of self-belief, hard work, and determination in achieving one's goals. The speaker highlighted the need for women to overcome the societal barriers and gender stereotypes that often restrict their growth and success. She also stressed the need for women to support and uplift each other and work towards creating a more gender-inclusive society. The interactive session provided an opportunity for the participants to share their own experiences and seek guidance and advice from the speaker. The session provided valuable insights and guidance to the participants and motivated them to pursue their dreams and goals with confidence and determination



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)



Motivational Class" by Lt. Anu Jose, Associate NCC Officer,



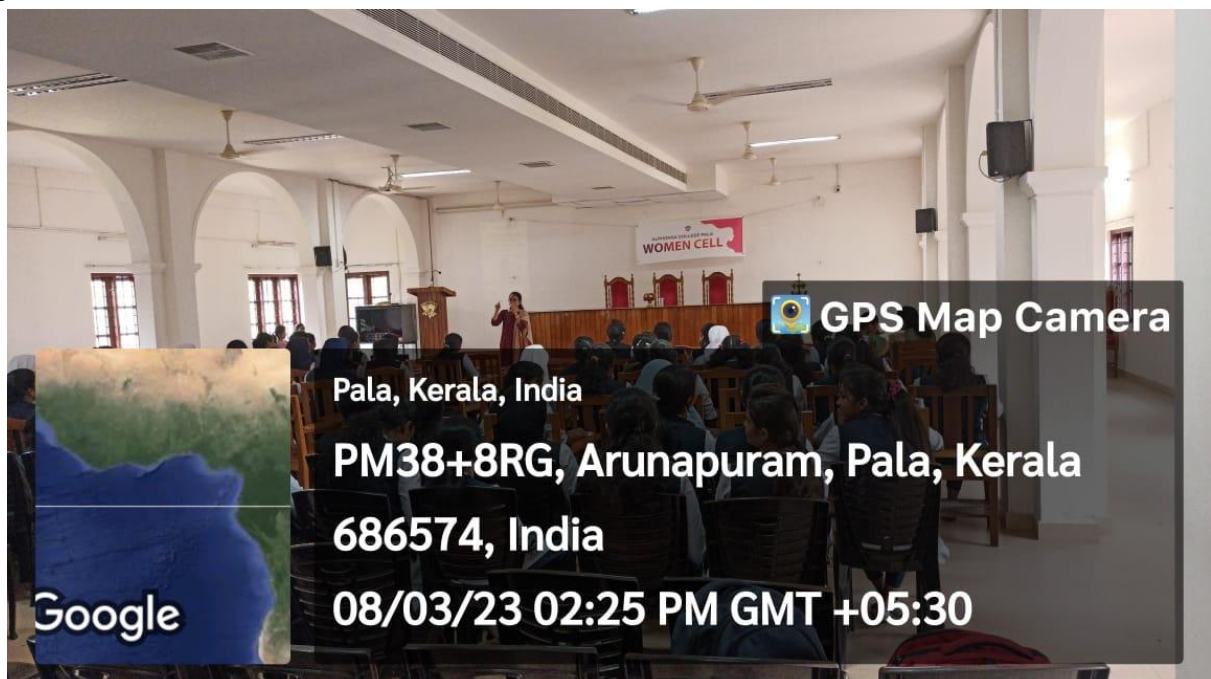
Motivational Class

Invited Talk On Changing Status Of Women

In connection with celebration of International Women's Day, **the Women Cell of Alphonsa College Pala**, in collaboration with Sakhi One Stop Centre Kottayam, organized an insightful invited talk by **Rincy Elizabeth Jacob** a renowned social worker **on Changing Status of women. on 8th March 2023**. The event aimed to shed light on the changing status of women in society and empower participants to actively contribute to gender equality and women's empowerment. The talk took place at Alphonsa College Pala, Kottayam, and witnessed an enthusiastic audience comprising students and faculty.



Rincy Elizabeth Jacob commenced her talk by providing a historical overview of the challenges faced by women and how their status has evolved over time. She discussed the struggles of the women's suffrage movement, highlighting the achievements and milestones that paved the way for gender equality today

Rincy Elizabeth Jacob concluded her talk by providing practical strategies for empowering women at an individual and collective level. She encouraged participants to promote inclusivity, support each other, and actively engage in initiatives that foster gender equality. The event left the audience motivated and equipped with a deeper understanding of gender equality issues, inspiring them to contribute to the empowerment of women in their respective spheres






Rincy Elizabeth Jacob -social worker invited talk on **Changing Status of women.**

 **Women Cell** 


Alphonsa College Pala

In Association with 




Sakhi One Stop Centre Kottayam

International Women's Day

Invited talk on "Changing Status of Women"



Ms. Rincy Elizabeth Jacob
Social Worker

 08/03/2023  **Seminar Hall**  2:00 PM

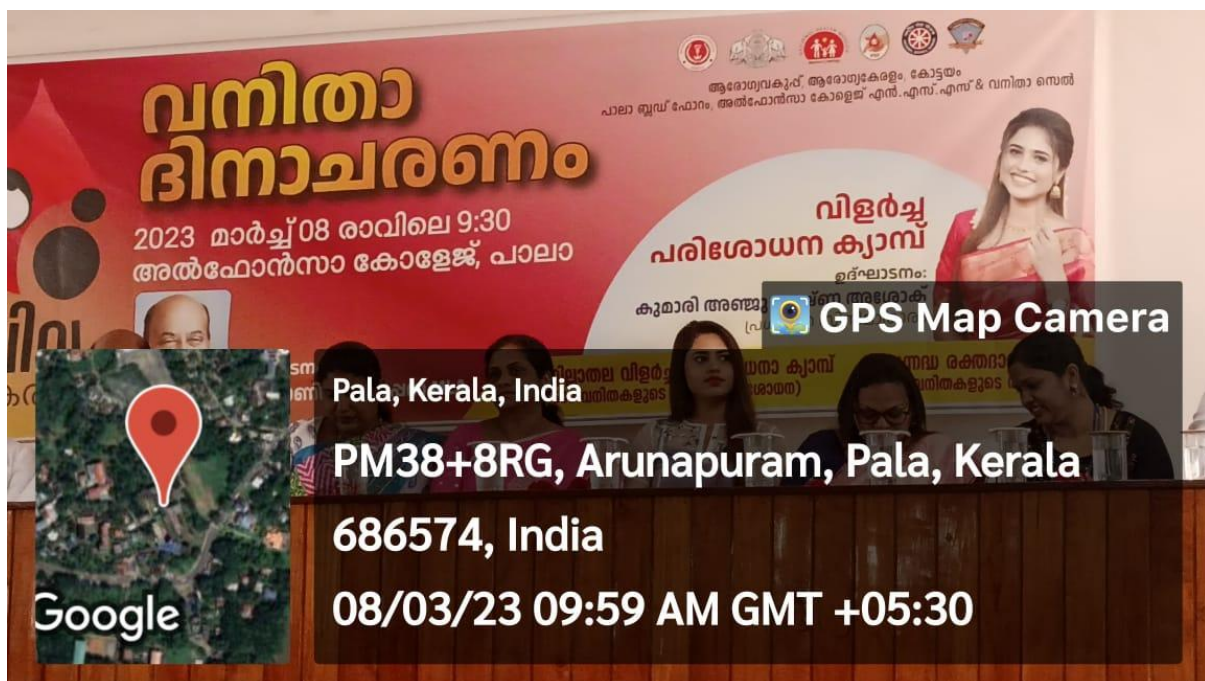
All are cordially invited

Blood Donation Camp

Women Cell of Alphonsa College Pala, in collaboration with the Pala Blood Forum organised blood donation camp in Connection With International Womens Day on March 8th 2023. The event aimed to raise awareness about the importance of blood donation and encourage individuals to contribute to saving lives through voluntary blood donation. The event began with a registration process where students willing to donate blood provided their personal information and underwent a preliminary health screening to ensure their eligibility for donation. A team of qualified medical professionals conducted a thorough medical examination of the donors to ensure their physical well-being and eligibility for donation.

Following the donation, the donors were provided with refreshments and a designated rest area to relax and recover their strength

By organizing such events, the Women Cell, Alphonsa College Pala, and Pala Blood Forum demonstrated their commitment to social welfare and community service.



Blood Donation



- **Release Of Women Cell Manuscript 2022-2023 - "Valerie"**

Women Cell of Alphonsa College Pala released their manuscript for the year 2022-2023 titled "Valerie." The event was presided over by the Vice Principal of Alphonsa College Pala, Dr. Sr.Manju Elizabeth. The manuscript aimed to showcase the talents and perspectives of the members of the Women Cell and promote gender equality and women's empowerment primary objective of the manuscript "Valerie" was to provide a platform for the members of

the Women Cell to express their thoughts, experiences, and creative expressions on various topics related to women's issues, gender equality, and social empowerment

Release of Women Cell Manuscript

It is anticipated that "Valerie" will inspire and empower individuals to advocate for women's rights and work towards creating a more inclusive and equitable society.



The members of the Women Cell were given the opportunity to present their writings and artistic contributions from the manuscript. This included poems, essays, short stories, and artwork, all centered around the theme of women's empowerment.



ALPHONSA COLLEGE
WOMEN'S CELL

The Kenya State Women's Development Corporation Ltd

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

International Women's Day

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

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

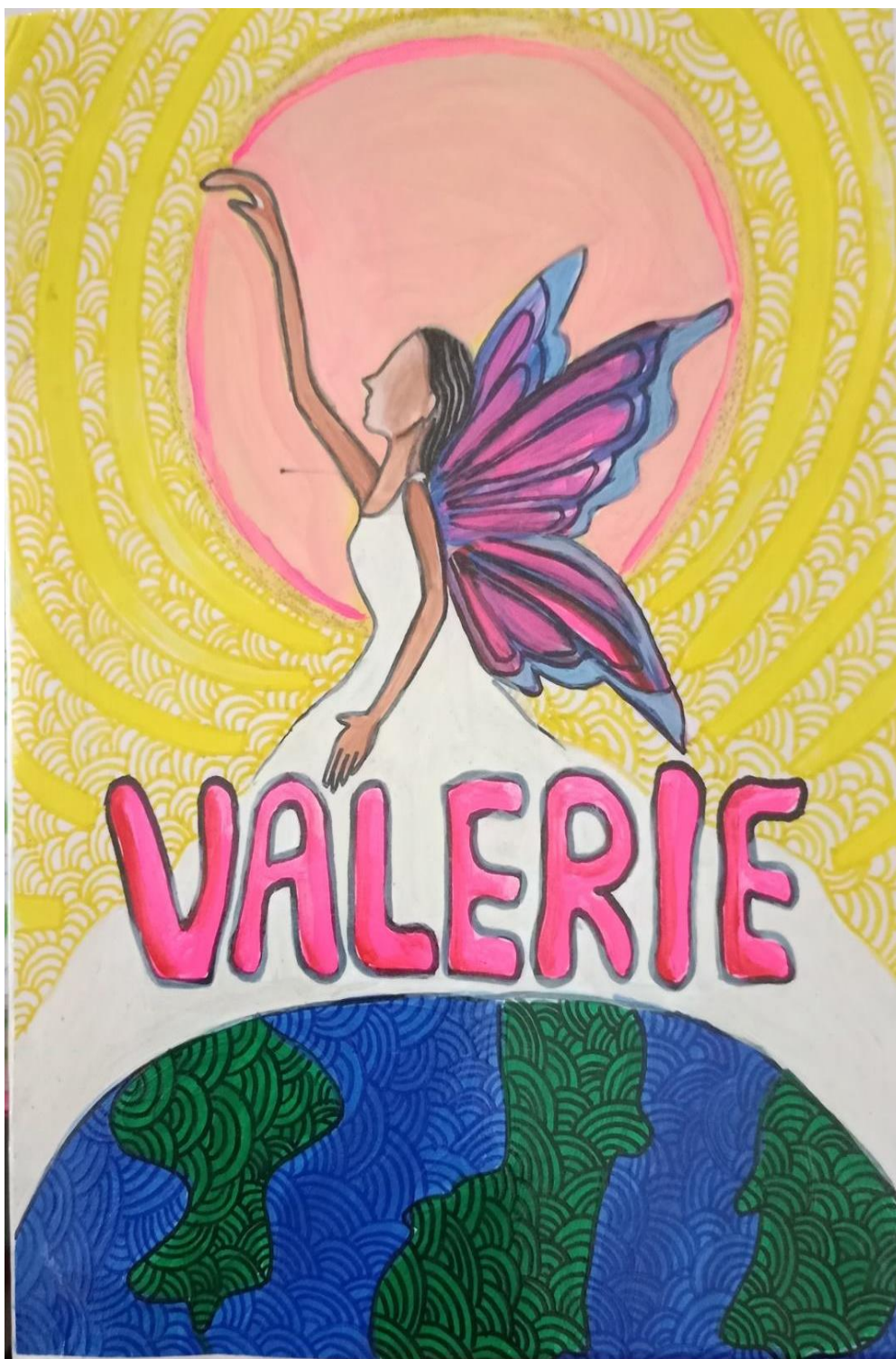
Coordinators

Smitha Clary Joseph
Department of Economics

Teena James
Department of Zoology

Call for articles to manuscript

The Vice Principal provided an overview of the manuscript, "Valerie," highlighting its content, themes, and the efforts put in by the Women Cell members to bring the publication to fruition.



Women cell Manuscript 2022-23, "Valerie,"