

WOMEN CELL  
ALPHONSA COLLEGE, PALA  
2021-2022



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 Cell organizes various programmes, including talks, seminars, debates etc. The Cell endeavors to alleviate the negative forces that confront women, both within the campus and in the nearby places. The Women Cell handles issues related to women's welfare. Some of the themes which have been the focus of discussion have been concerning women's empowerment, women's rights, legal awareness etc. International Women's Day is celebrated yearly with an important issue or theme in mind, to be highlighted during the programmes. Women Cell, Alphonsa College, Pala has conducted many programmes in online mode as students were not coming to college due to the Covid-19 pandemic in the academic year 2020-21. Women Cell organized various training Programmes, Seminars, invited talks, Online competitions etc

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**OFFICE BEARERS**

PRINCIPAL: DR.SR. REGEENAMMA JOSEPH

VICE PRINCIPAL

REV. DR. SHAJI JOHN

DR.SR.MINIMOL MATHEW

CO-ORDINATORS

:

MS .TEENA JAMES

MS.SMITHA CLARY JOSEPH

NON-TEACHING STAFF

:

MR.BINU JOSEPH

MS. BIJIMOL JOSEPH

STUDENT REPRESENTATIVES

:

KUM. ALEENA MERIYA SAJI

KUM. ARYAMOL S

- **Right to live with Dignity** - Poster and Video Competitions in association with Anti Harassment Committee



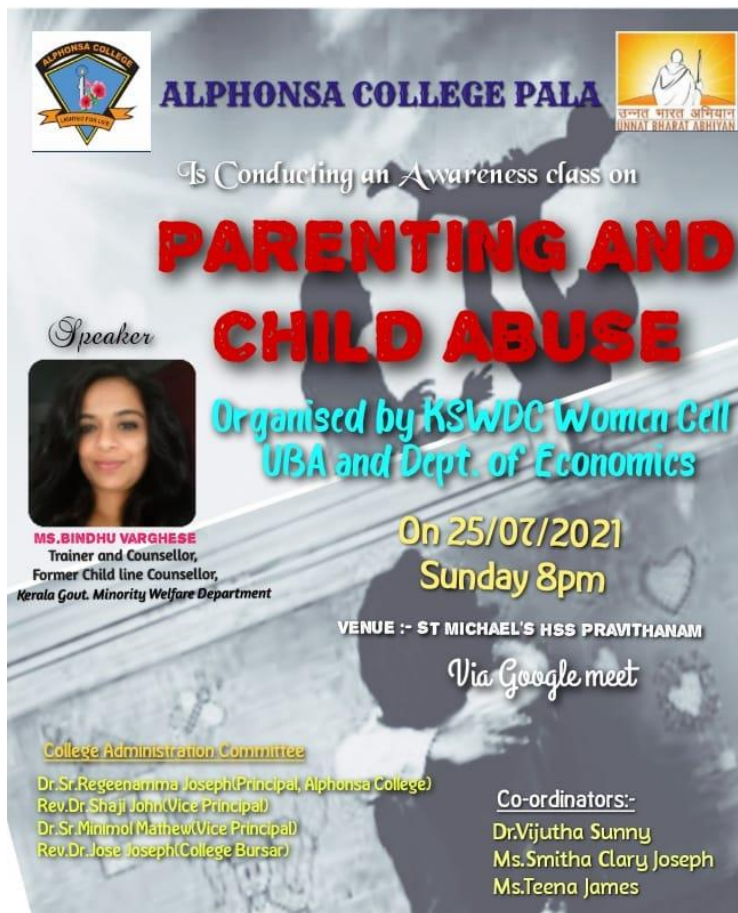
**ALPHONSA COLLEGE PALA**  
**Women cell & Anti- Harassment**  
**committee**  
**organises competition on**



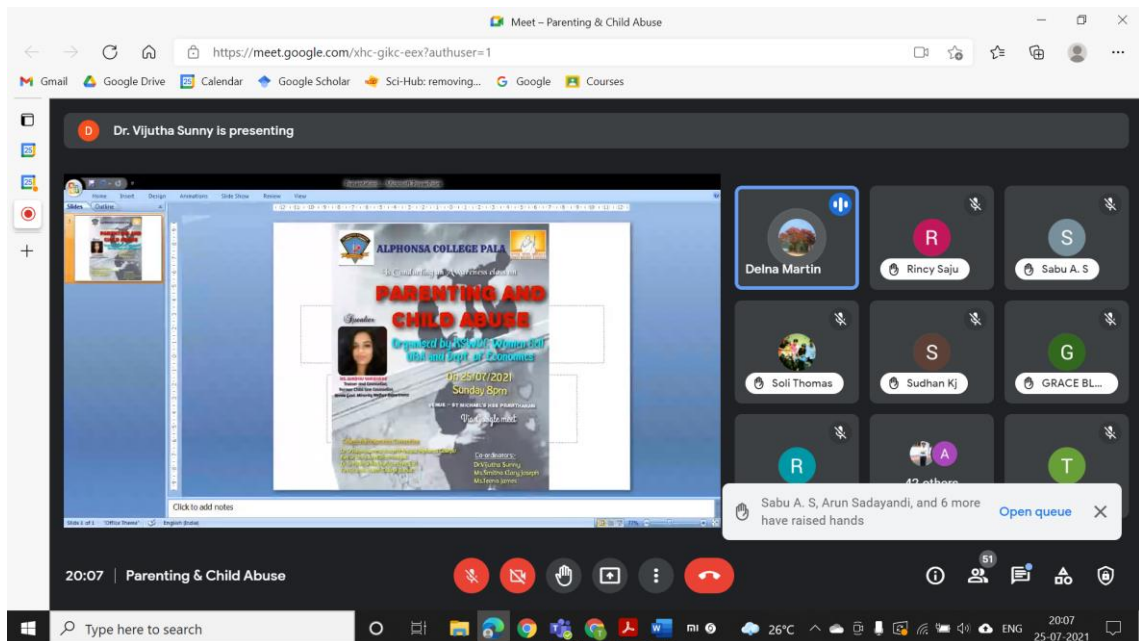
**Participants should send their entries to-**  
**womencellacp@gmail.com**  
**Last date of submission-27 June 2021**

Women Cell conducted a Poster making and 1 minute video Competitions on 27<sup>th</sup> June 2021 to promote an awareness among students on Gender Equity and also to develop a mental strength in students to raise up their voice against gender inequality.

- **Parenting and Child Abuse** – An extension activity in association with UBA, Department of Economics and Archana Women Centre Ettumanoor.



An online awareness class on "Parenting and Child Abuse" to parents of St. Michaels Higher Secondary School, Pravithanam. Class lead by Ms. Bindhu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department was conducted on 25<sup>th</sup> July 2021.



- **No to Dowry** - Poster competition

A **poster competition** was conducted according to the order given from MG university, to promote awareness about the bad effects of Dowry in the current scenario on 7<sup>th</sup> September 2021.

**ALPHONSA COLLEGE PALA**

**WOMEN CELL**  
Conducts  
**POSTER COMPETITION**

Theme :  
**"NO TO DOWRY"**

**Instructions :**

- \* Posters must be hand drawn
- \* Must use A4 size paper
- \* Submission only in PDF format
- \* Last date of entry : 07/ 09/ 2021

**Kindly mail at :**  
[womencellacp@gmail.com](mailto:womencellacp@gmail.com)

" BEST 3 ENTRIES WILL BE SENT TO MG UNIVERSITY "



**" Raise your voice, don't suffer in silence "**

- Essay Competition E - Topic: "Sthreedhanavum Sthreeku avakashapetta swatham sthree vendannu vekkendathundo?" on 25<sup>th</sup> September 2021

**ALPHONSA COLLEGE PALA**

**കേരള സംസ്ഥാന വനിതാ വികസന കോർപ്പറേഷൻ**

**വുമൺ സെൽ ഒരുക്കുന്ന**

**"ഉപന്യാസ രചന മത്സരം"**

**വിഷയം:**

**"സ്ത്രീ ധനവും സ്ത്രീക്ക് അവകാശപ്പെട്ട സ്വത്തും സ്ത്രീ വേണ്ടെന്നു വെക്കേണ്ടതുണ്ടോ"...??**

**നിബന്ധനകൾ:**

- \*മലയാളത്തിൽ എഴുതുക
- \*അവസാന തീയതി : സെപ്റ്റംബർ - 25
- \* വാക്കുകളുടെ എണ്ണം 1500-ൽ താഴെ
- \* വെള്ളപ്പേപ്പറിൽ വൃത്തിയായി എഴുതുക
- \* താഴെക്കാണുന്ന മെയിൽ ഐഡിയിൽ pdf ഫോർമാറ്റിൽ അയക്കുക

**CASH PRIZE**

<b>First</b>	<b>:</b>	<b>₹ 500</b>
<b>Second</b>	<b>:</b>	<b>₹ 350</b>
<b>Third</b>	<b>:</b>	<b>₹ 250</b>



**EMAIL : [womencellacp@gmail.com](mailto:womencellacp@gmail.com)**



- **Menstrual health and hygiene management** – An online class in association with Unicharm India

**ALPHONSA COLLEGE  
PALA**

**WOMEN CELL**

IN ASSOCIATION WITH UNICHARM INDIA IS ORGANISING  
A VIRTUAL CONFERENCE ON

**Menstrual Health  
&  
Hygiene Management**

RESOURCE PERSON

**27 SEP 2021  
11.30 AM**

**Ms. Ankita Sukhwal**  
CSR EXECUTIVE,  
UNICHARM INDIA

**PLATFORM:  
zoom**

[https://zoom.us/j/95497314881?  
pwd=VTNQTD04wQlg4cE1KWUhh6EjV  
hOVTZz09](https://zoom.us/j/95497314881?pwd=VTNQTD04wQlg4cE1KWUhh6EjVhOVTZz09)

College Administration  
Committee

Dr. Sr. Regeenamma Joseph  
(Principal, Alphonso College)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)


Women Cell  
Co-ordinators

Ms. Smitha Clary Joseph  
Ms. Teena James

**101**  
TOLL FREE  
MITHRA  
101 2017



ALPHONSA COLLEGE  
PALA




WOMEN CELL

IN ASSOCIATION WITH UNICHARM INDIA IS ORGANISING  
A VIRTUAL CONFERENCE ON

Menstrual Health  
&  
Hygiene Management

RESOURCE PERSON

27 SEP 2021  
2.30 PM




Ms. Ankita Sukhwal  
CSR EXECUTIVE,  
UNICHARM INDIA

PLATFORM:  
**zoom**

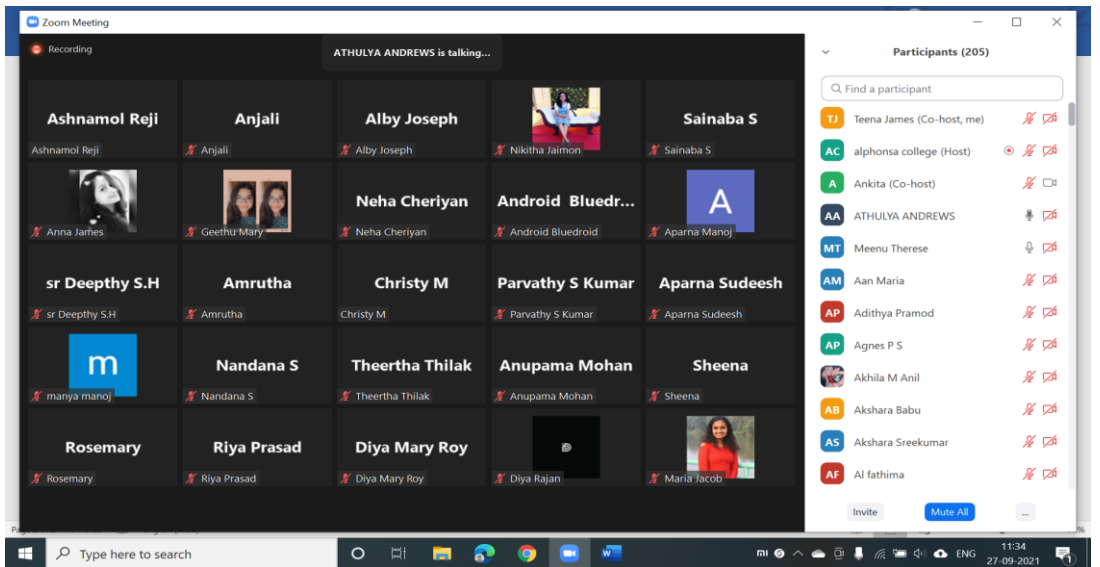
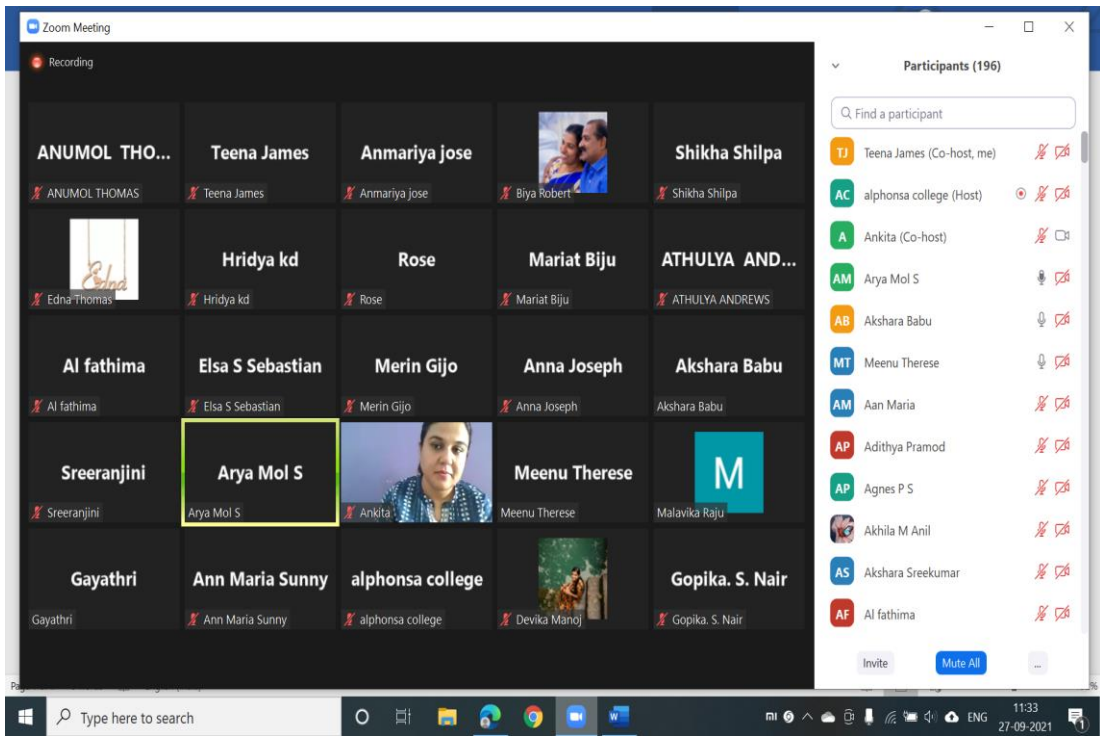
<https://zoom.us/j/954973148817>  
pwd=VTNQT04wQlg4cE1KWUheeEly  
a0VTz09

College Administration Committee  
Dr. Sr. Regeenamma Joseph  
(Principal, Alphonsa College)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)



Women Cell Co-ordinators  
Ms. Smitha Clary Joseph  
Ms. Teena James

Virtual conference separate session was held for science and arts students of our college on 27<sup>th</sup> September 2021. Ms. Ankita sukhwai, CSR executive unicharm India handled both the sessions and the students benefitted a lot from the class.



- **Menstrual Hygiene** – An extension activity in association with UBA and Dept of Zoology

WOMEN CELL, UBA & DEPARTMENT OF ZOOLOGY, ALPHONSA COLLEGE PALA

In Association With  
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.



An Online Awareness class on  
**"Menstrual Hygiene"**  
For students of St Mary's GHSS Pala  
13 NOV 2021- 11 AM Via Google meet

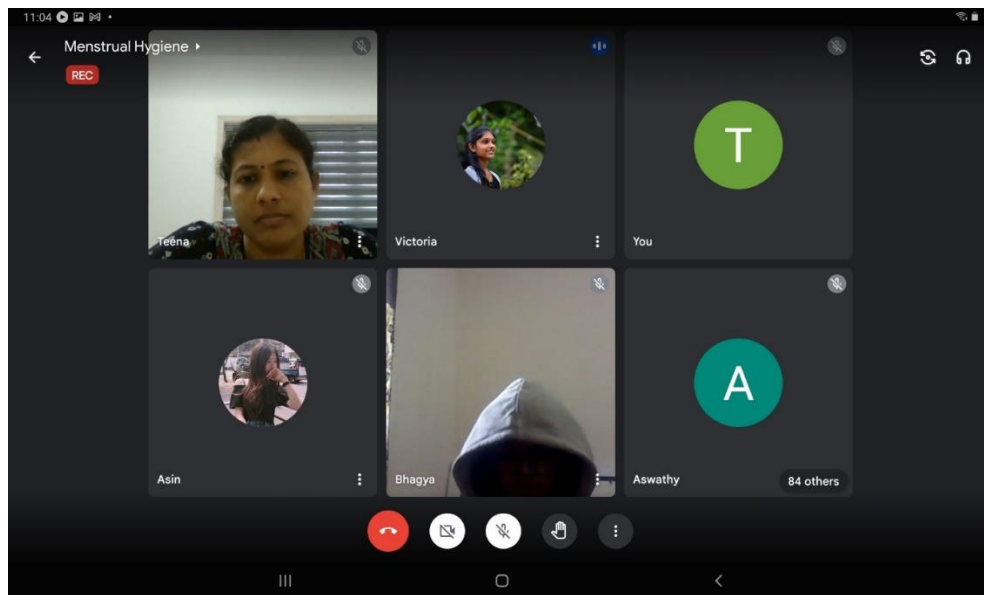


**Ms. Greeshma M**  
Lecturer, Dept of OBG Nursing

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)

Co-ordinators  
Dr. Sr. Manju Elizabeth Kuruvila  
Dr. Vijutha Sunny  
Ms. Smitha Clary Joseph  
Ms. Teena James

An online awareness class for students of std IX of St. Mary's GHSS Pala, in online mode on Google meet conducted on 13<sup>th</sup> November 2021. The students actively participated by clarifying their doubts and sharing the problems they face. Ms. Greeshma M, Lecturer, Dept of OBG Nursing, LLM Hospital Kidangoor



## Workshop on "First Aid"



WOMEN CELL, ALPHONSA COLLEGE PALA  
In Association With  
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.



Workshop on

*"First Aid"*

03 DEC 2021 – 10: 30 AM



Dr. Gija Jose(PT)  
Senior Physiotherapist  
Member of IAP(India),  
ISCP(Ireland), HCPC(UK)

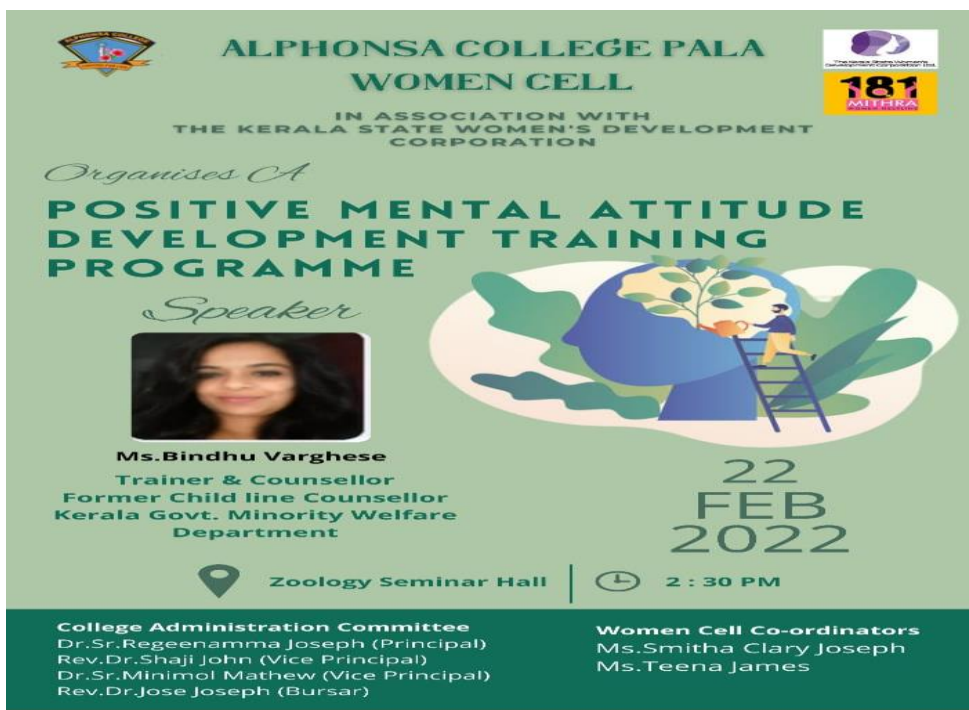
College Administration Committee  
Dr. Sr. Reegenamma Joseph (Principal)  
Rev. Dr. Shaji John(Vice Principal)  
Dr. Sr. Minimol Mathew(Vice Principal)  
Rev. Dr. Jose Joseph(Bursar)

Co-ordinators  
Ms. Smitha Clary Joseph  
Ms. Teena James

A workshop was conducted for Women Cell Members of our college for giving training on First Aid on 3<sup>rd</sup> December 2021. Dr. Gija Jose, Senior Physiotherapist and member of IAP(India), ISCP(Ireland) and HCPC (UK) handled the sessions



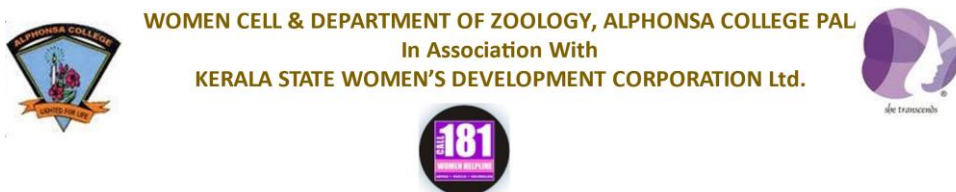
**Positive Mental Attitude Development Training Programme - Capacity Enhancement Programme conducted on 22<sup>nd</sup> February 2022**



A training session was given to our students on how to develop a positive outlook in their day-to-day lives. 50 students participated. Ms Bindu Varghese, Trainer and Counsellor, Former Child line counsellor, Kerala Govt. Minority Welfare department was the resource person for the session. The session was very interesting with active participation of students.




**The Importance of Moral, Cultural and Social Values in Family - Moral Education class in association with the Department of Zoology**



**An Awareness class on**  
**“The Importance of Moral, Cultural and Social Values in Family ”**

*On 03-03-2022 at 12 PM in College Auditorium*



**Dr. Simimole Sebastian**  
*Asst. Professor, Dept of Zoology*

**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)

**Co-ordinators**  
 Dr. Sr. Manju Elizabeth Kuruville  
 Ms. Smitha Clary Joseph  
 Ms. Teena James

To keep up the values we have inherited from our heritage and to pass it into next generation, women cell has conducted a moral education class on 3<sup>rd</sup> March 2022 with Dr. Simimole Sebastian, Asst. Professor, Department of Zoology as the resource person.




Ettumanoor - Erattupetta - Poonjar Rd, Puliyanoor, Kerala 686574, India

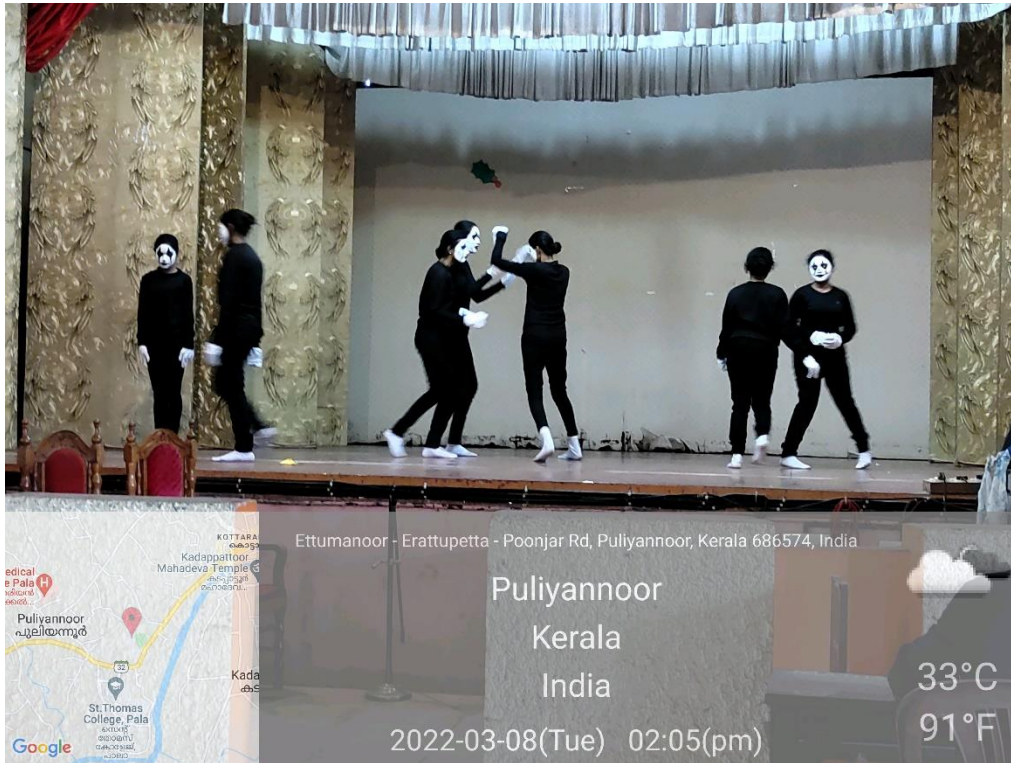
**Puliyanoor**  
 Kerala  
 India

2022-03-03(Thu) 12:30(pm)

34°C  
 93°F

**Mime competition – Topic “Break the Bias”**

As part of International Women’s Day celebration a Mime competition was conducted on 8<sup>th</sup> March 2022.





**Athulya** – In connection with International Women’s Day along with Social Justice Forum, a meeting of Women was conducted on 10<sup>th</sup> March 2022.

Fifty eminent women personalities were honoured, it included teachers, students and women with outstanding performance in various fields other than academic field.



## NAMMUDE PONNOMMANAKKAL-

Women cell in association with Pala Police and NSS organised a seminar on Cyber Security on FEB 25<sup>TH</sup> 2022. Dr. B Sandya IPS (DGP DIRECTOR FireForce) inaugurated the programme. Dr. Sr. Regeenamma Joseph Principal presided over the function. Sri S Sureshkumar Additional SP Kottayam, Sri. Shaju Joseph DYSP Pala carried on the felicitation, which was followed by an awareness class by Ragesh Manimala, Officer Kottayam Crime Branch in which he exhorted the students to be aware of the risks that they can face with online activities and how to ensure security of networks.

**നമ്മുടെ പൊന്നൊമ്മനങ്ങൾ**  
*An Innovative Initiative of*  
**Women cell & NSS unit,**  
**Alphonso College, Pala in Association**  
**with Pala Police**

**INAUGURATION**  
  
**Dr. B Sandhya, IPS**  
DGP (Director, Fireforce)

**On 24<sup>th</sup> February 2022 at 11 am**  
**Venue: Seminar Hall**

**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)

**NSS & Women Cell Coordinators**  
Dr. Simimol Sebastian  
Dr. Mariamma Mathew  
Ms. Smitha Clary Joseph  
Ms. Teena James



- An awareness class **on Women AND Health** was organised by women cell in association with the Department of English on march 8<sup>th</sup> 2022,Dr.Anit Antony ,Consultant Rehabilitation Physician ,General Hospital Pala handled the class

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

The Kerala State Women's Development Corporation Ltd

In Association With

**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.**

**181 MITHRA**  
WOMEN HELPING WOMEN

An awareness class on

*Women and Health*

**DR. ANIT ANTONY**  
CONSULTANT REHABILITATION PHYSICIAN AT GENERAL HOSPITAL, PALA

On 08-03-2022 at 11 AM in Seminar Hall

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)

Co-ordinator  
Dr. Sonia Sebastian  
Ms. Teena James  
Ms. Smitha Clary Joseph

• An awareness class **on Women AND Health** was organised by women cell in association with the Department of English on march 8<sup>th</sup> 2022,Dr.Anit Antony ,Consultant Rehabilitation Physician ,General Hospital Pala handled the class



**Puliyanoor, Kerala, India**

Ettumanoor - Erattupetta - Poonjar Rd, Puliyanoor,

Kerala 686574, India

Lat 9.703384°

Long 76.667023°

08/03/22 12:08 PM

GPS Map Camera

- **181 WHL Awareness Class**

An online awareness class on women protection Laws and 181 Mithra Women Helpline was conducted on 26th March 2022. Adv. Drishya V K, Team Member of 181 WHL lead the class. The class was very informative.

	<p align="center"><b>WOMEN CELL &amp; ANTI HARASSMENT COMMITTEE</b>  <b>ALPHONSA COLLEGE PALA</b>          In Association With  <b>KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.</b></p>		
<p><b>Awareness Class on</b>  <b><i>“Women Protection Laws &amp; Mithra 181 WHL”</i></b>          26 March 2022 via google meet          10:00 -11:00 AM</p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="178 1361 593 1527"> <p>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)</p> </div> <div data-bbox="1251 1084 1417 1263">  </div> <div data-bbox="1251 1263 1417 1361"> <p><b>Adv. Drishya V K</b>  <b>Team Member</b>  <b>181 Mithra WHL</b></p> </div> <div data-bbox="1232 1429 1487 1527"> <p><b>Co-ordinators</b>  <b>Ms. Smitha Clary Joseph</b>  <b>Ms. Teena James</b></p> </div> </div>			

Know Your Rights - Women legal Rights & Laws In India And Role of mithra 181 Women Helpline

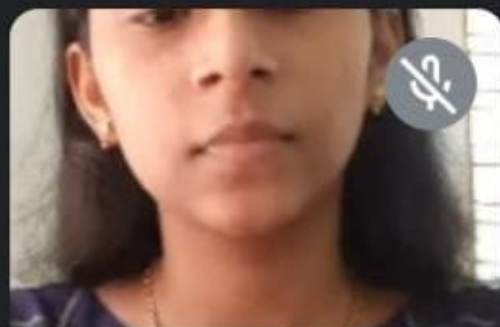
Teena is presenting



Edna



Drishya



Several participants joined the meeting



okp-hkpa-ono ▶



## Cyber crimes against women and Act

- Cyber stalking
- Harassment through e-mails
- Defamation
- E- Mail spoofing
- Phishing;
- Morphing
- Trolling
- Cyber Pornography

Teena is presenting

Notes

Comments



Drishya



Remya



S

