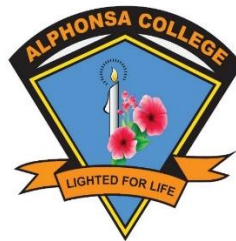




ALPHONSA COLLEGE PALA



WOMEN CELL

GENDER AUDIT REPORT
2022-23



Preface

Gender equality, besides being a fundamental human right, is essential to achieve peaceful societies, with full human potential and sustainable development, and discussions on women's emancipation and her rights are at the forefront of many worldwide formal and informal campaigns. As the awareness of gender issues increases, women spontaneously take action against women's oppression and exploitation.

Gender awareness allows women to move beyond other conventional gender stereotypes and rigid gender role definitions.

The gender audit was conducted to identify ways to make college campus safer for women. The audit process involved choosing how to conduct audit, selecting the participants, orientation to the participants, preparing the checklist and the sorting of data. Through an analysis of the data, it was possible to gauge the effectiveness of existing initiatives and areas for improvement in promoting gender equity and inclusivity within the institution.

INTRODUCTION

Alphonsa College, Pala is one of the pioneer institutions for higher education of women in the state of Kerala. Established in 1964 as a Junior, Women's College. The college is a standing monument of the farsightedness and pioneering leadership of late Mar. Sebastian Vayalil, the first Bishop of Pala. Though advanced in several respects, this area lacked in facilities for women's education. Fully convinced of the fact that total progress of a society is possible only through the education of women, His Excellency took the bold step of starting a women's college in Pala with the support of several eminent leaders of the locality. The institution at present is run under, Msgr. Dr. Joseph Thadathil the Manager and Rev. Dr. Shaji John the Principal. The College was declared as a Minority Educational Institution by the National Commission for Minority Educational Institution, Government of India.

VISION

The perfect woman nobly planned. To create self-reliant and liberated young women with traditional cultural values and moral integrity who will be agents of social transformation in their families and society.

MISSION

To equip our students with deep knowledge and globally acceptable skills. To develop values of self respect, tolerance, discipline, hard work and patriotism. To promote learning that will contribute to women empowerment by enabling women to become self-reliant.

AIMS AND OBJECTIVES

The fundamental aim of the college is to impart sound learning to young women under circumstances congenial to their all-round development. It encourages the students to aim at excellence not only in academic pursuits, but also in every aspect of human endeavour to achieve perfection. The students are prompted to strive for academic excellence so that in course of time they may take up suitable careers for the betterment of their lives and also of their families and society at large. The various cocurricular activities of the college especially the extension programmes provide them with a rare social consciousness that motivates them to reach out to their fellowmen particularly the needy and the marginalist.

UNICEF defined gender equality as "women and men, and girls and boys, enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, or women and men, be the same, or that they be treated exactly alike."

Gender equality, besides being a fundamental human right, is essential to achieve peaceful societies, with full human potential and sustainable development. Moreover, it has been shown that empowering women spurs productivity and economic growth. Gender Equality was made part of international human rights law by the Universal Declaration of Human Rights, which was adopted by the UN General Assembly on 10 December 1948. That milestone document in the history of human rights recognized that "*All human beings are born free and equal in dignity and rights*" and that "*everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, ... birth or other status.*"

The United Nations is now focusing its global development work on the recently-developed 17 Sustainable Development Goals (SDGs). Women have a critical role to play in all of the SDGs, with many targets specifically recognizing women's equality and empowerment as both the objective, and as part of the solution. The United Nation's Millennium Development Goals Report states that their goal is to "achieve gender equality and the empowerment of women"

Alphonsa College Pala has a well-functioning women cell.

WOMEN CELL aims at making women aware of their rights and duties. It also provides a platform for women to share their experiences/views about gender inequalities, their status in society and suggest ways to empower themselves. The Women Cell is the face of KSWDC in colleges. **The Kerala State Women's Development Corporation Ltd. (KSWDC)** is the empowerment of women by helping them overcome the constraints and challenges that hamper their growth and advancement. KSWDC seeks to bring women to the frontline of societal development.

1. OBJECTIVES OF WOMEN'S CELL

- To make the students aware of their responsibility in building the society students
- To provide them with a rare social consciousness that motivates them to reach their fellow-men, particularly the needy and the marginalized.
- To explore the talents and to utilize them to the maximum for the betterment of the society
- To develop values of self-respect, tolerance, discipline, hard work and patriotism.
- To promote learning that will contribute to women empowerment by enabling women to become self-reliant.

Girls are made aware of laws and by-laws by organizing lectures of eminent resource persons etc. Women Cell Anti-ragging Committee and Internal Complaints Committee are formed in the college. These committees arrange lectures of lawyers, social workers to give awareness the girls for their privileges and duties.

The Gender Audit was an attempt to study whether the college has good gender balance. It tries to see whether college follows government rules, policies and actions formulated for up-gradation of women in society. **The Gender Audit Report of Alphonsa College Pala** reveals valuable insights into the college's efforts towards gender sensitivity, leadership development, counseling support, and disposal mechanisms. Through an analysis of the data provided, it is possible to gauge the effectiveness of existing initiatives and areas for improvement in promoting gender equity and inclusivity within the institution.

Objectives of the Gender Audit

- To evaluate the college's policies, practices, and culture regarding gender equality and identify areas for improvement.
- To ensure that the college environment is inclusive and supportive, addressing any biases or discrimination.
- To enhance the educational experience for all students by creating a more equitable learning environment.

- To identify opportunities to empower women within the college community, including leadership roles and academic achievements.
- To ensure compliance with legal requirements related to gender equality and non-discrimination in educational institution.
- To develop and enhance the self-confidence and self-esteem of girl students, women faculty and staff in the college.

The analysis of the responses of students with regard to programme planning and design in college and its activities revealed that most student members feel that the gender equity in policies, programmes of the college is adequate.

Qualitative Survey Questionnaire for Gender Audit at Alphonsa College, Pala

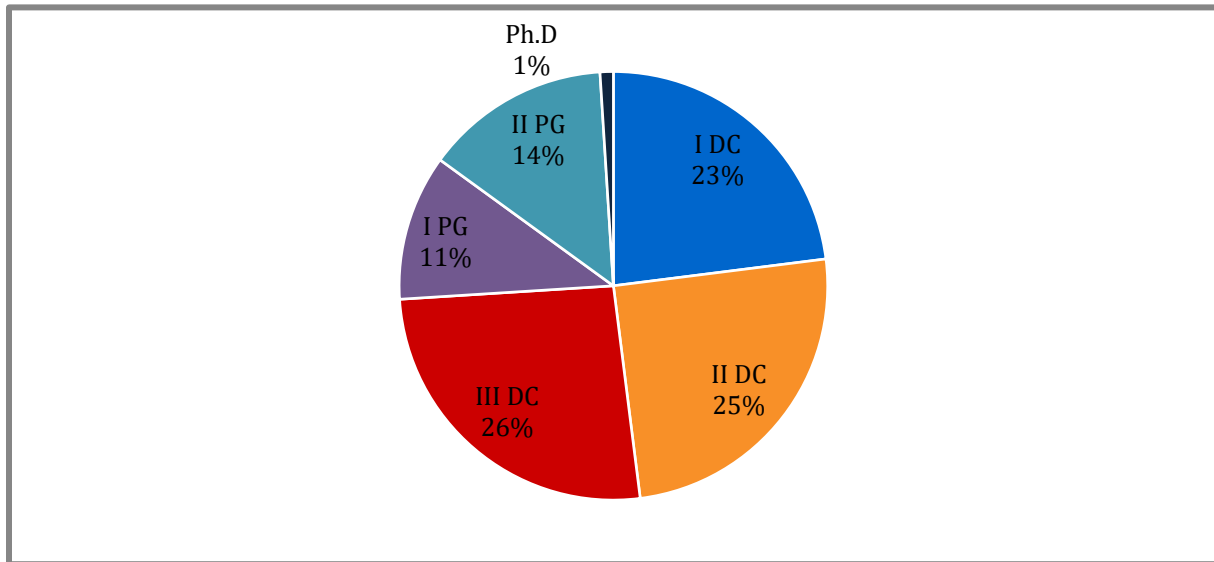
1. Name (Optional)
2. Class and Year of Study:
3. Department (optional)
4. Specify your gender
5. Does the institution have a Women Cell?
6. Does the institution organizes gender awareness sessions?
7. How aware are you about Grievance Redressal Cell and Internal Complaints Committee functioning in the institution?
8. Are you aware of the Anti-Harassment Committee set up by the institution?
9. How aware are you of the Anti-Ragging Cell established by the institution?
10. Are there adequate number of toilets available in the campus?
11. Are there adequate disposing mechanism available in the toilets?
12. Does the college provide counselling support to students?
13. How would you rate the availability and accessibility of gender-sensitive facilities and services on campus (e.g., washrooms, health services, counselling)?
14. Are you satisfied with the measures taken by the college to ensure gender safety, such as CCTV surveillance and security arrangements?
15. How safe and respectful do you consider the campus environment in Alphonsa College for women?
16. Do you think Alphonsa College provides you ample opportunities to better leadership and participation in decision-making processes?
17. How accessible are facilities and accommodations for differently-abled women within the college campus?
18. Do you feel safe and empowered enough to report instances of harassment or discrimination, if any?
19. Have you personally experienced or witnessed any form of gender-based discrimination or harassment on campus?
20. How would you rate the overall gender inclusivity and equality on campus?

21. Suggestions for Improvement:

How do you think Alphonsa College could further improve gender inclusiveness and address gender-related issues

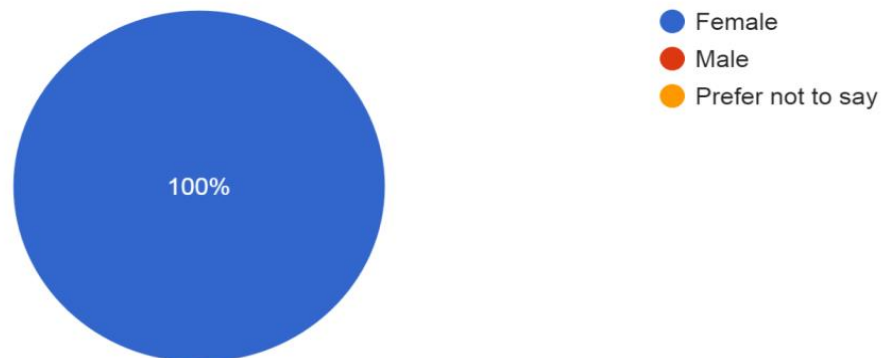
AUDIT REPORT

1. Name
2. Class and Year of Study:



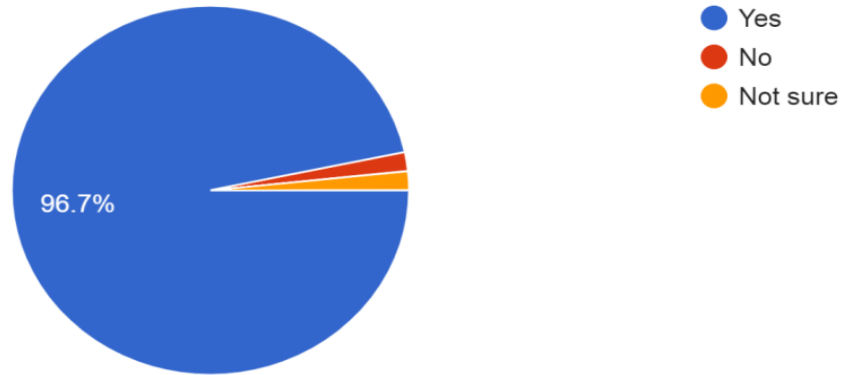
4. Specify your gender:

121 responses



5. Does the institution have a Women Cell?

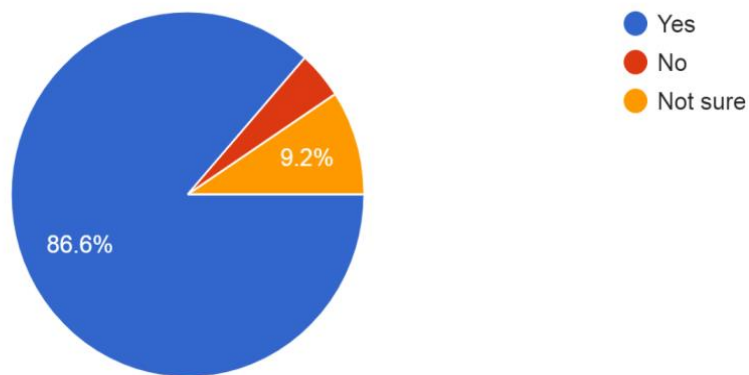
120 responses



With 96.7% awareness, it indicates that the Women Cell has established a significant presence and visibility among the target audience, showing it's well-known and active.

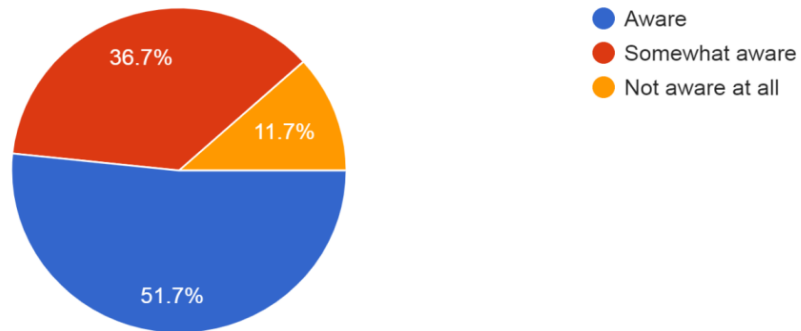
6. Does the institution organizes gender awareness sessions?

119 responses



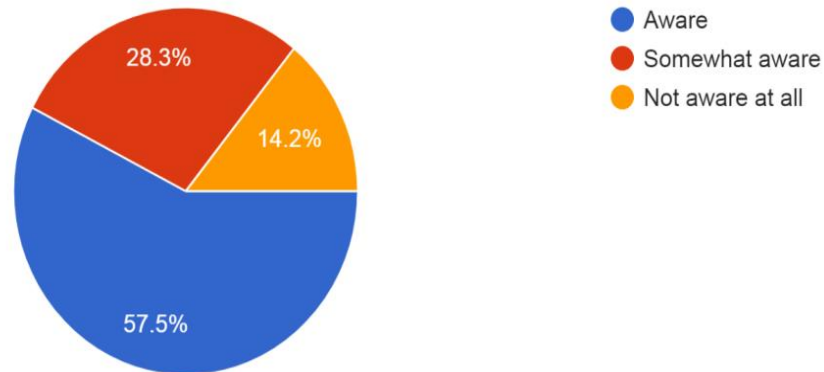
7. How aware are you about Grievance Redressal Cell and Internal Complaints Committee functioning in the institution?

120 responses



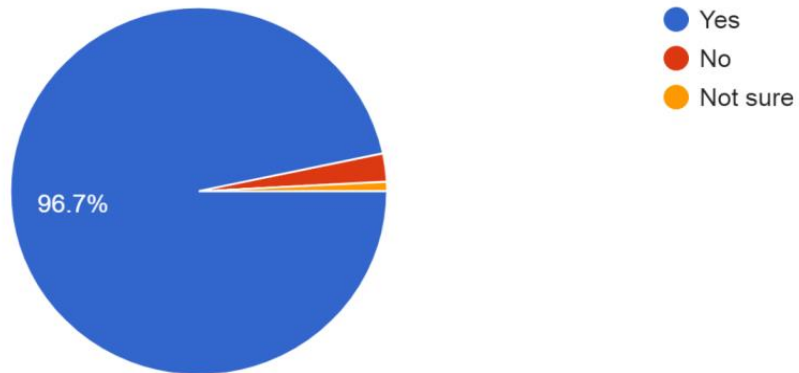
8. Are you aware of the Anti-Harassment Committee set up by the institution?

120 responses



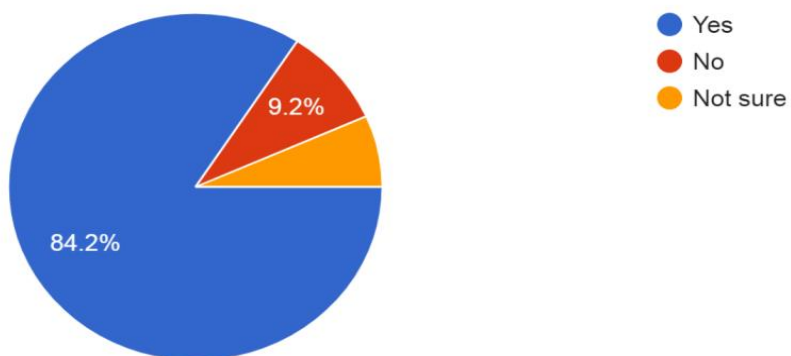
10. Are there adequate number of toilets available in the campus?

121 responses



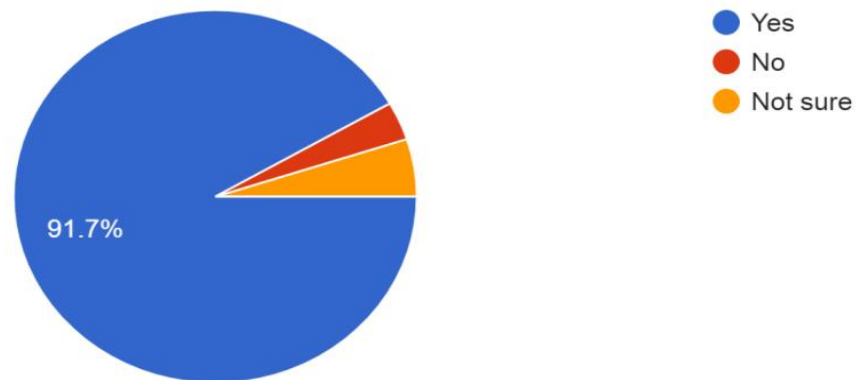
11. Are there adequate disposing mechanism available in the toilets?

120 responses



12. Does the college provide counselling support to students?

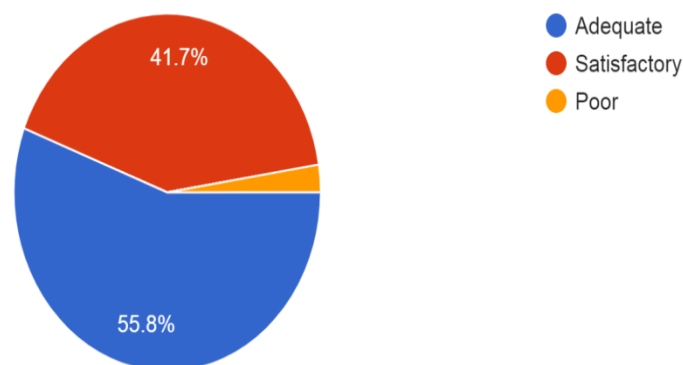
120 responses



The high positivity rate (91.7%) towards counseling support provided by the college reflects a commitment to addressing the mental health and well-being of individuals within the campus community.

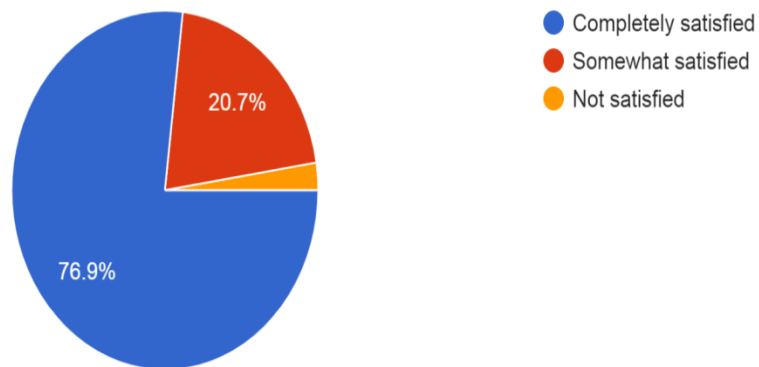
13. How would you rate the availability and accessibility of gender-sensitive facilities and services on campus (e.g., washrooms, health services, counselling)?

120 responses



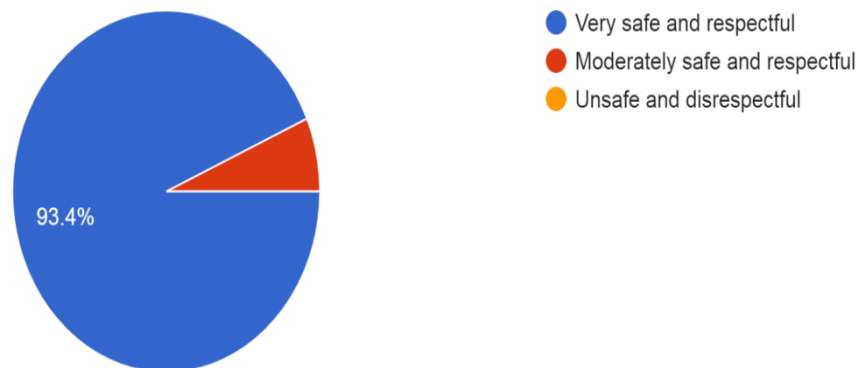
14. Are you satisfied with the measures taken by the college to ensure gender safety, such as CCTV surveillance and security arrangements?

121 responses



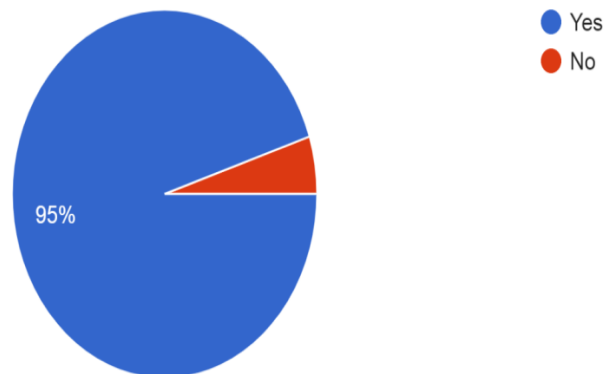
15. How safe and respectful do you consider the campus environment in Alphonsa College for women?

121 responses



16. Do you think Alphonsa College provides you ample opportunities to better leadership and participation in decision-making processes?

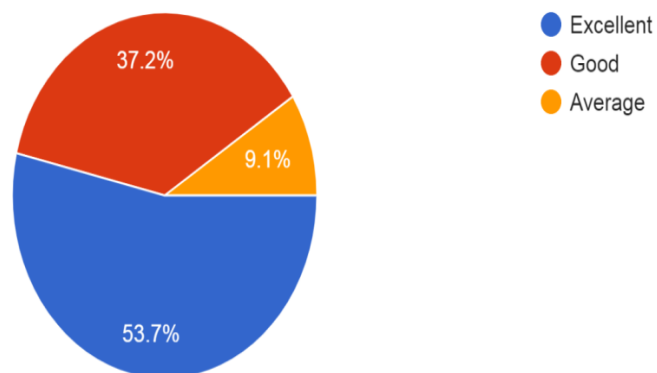
119 responses



The overwhelmingly positive response (95%) regarding ample opportunities for leadership and participation in decision-making processes indicates a proactive approach by the college in fostering empowerment and inclusivity among its members.

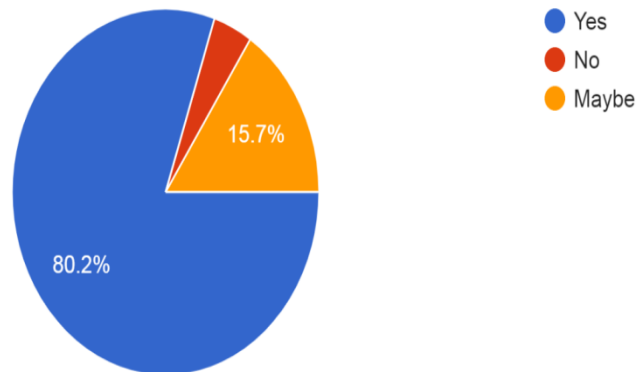
17. How accessible are facilities and accommodations for differently-abled women within the college campus?

121 responses



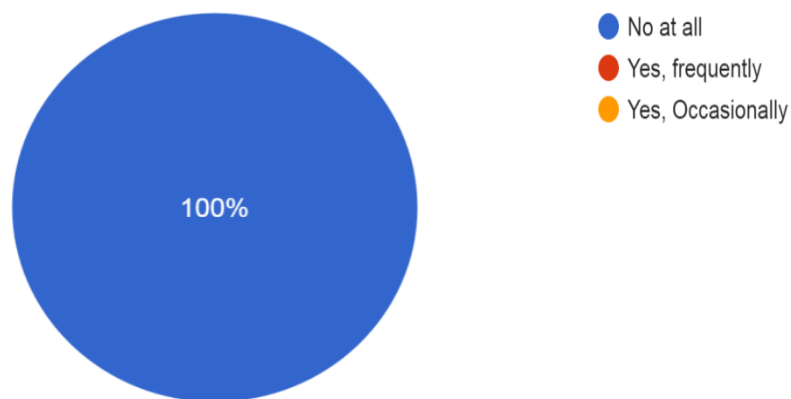
18. Do you feel safe and empowered enough to report instances of harassment or discrimination, if any?

121 responses



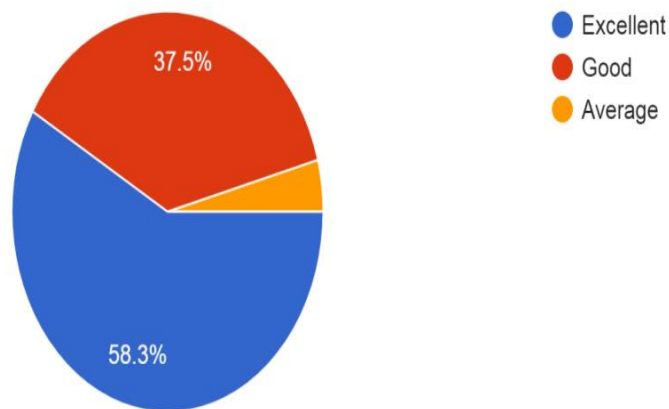
19. Have you personally experienced or witnessed any form of gender-based discrimination or harassment on campus?

119 responses



20. How would you rate the overall gender inclusivity and equality on campus?

120 responses



Concluding Remarks:

The Gender Audit of the College, after an exhaustive examination of all the aspects of gender sensitivity and adequacy of facilities, indicates a positive and eminently satisfactory situation. The Alphonsa College has always had a reputation for providing a safe and encouraging atmosphere for women's education. It is one of the pioneer institutions for higher education of women in the state of Kerala. The College maintains its atmosphere of healthy interaction among the students. Under the present leadership of college principal and staff, the College maintains its tradition of gender sensitivity.

**Programmes related with Gender Sensitization conducted in the college during
2018 – 2023**

2018-19

Sl. No.	Date	Title of the Program	Resource Person/ Judges
1.	6th March, 2018	International Women's Day Celebrations	Dr. Sunil MS, Rtd. Professor and Social activist
2.	7th March, 2018	Elocution Competition on "Gender and Religion"	Dr. Jince Mary Joseph Asst Prof , Botany Department and Ms Alleymol Sebastian Asso. Prof, Dept of English
3.	8th June, 2018	Leadership Training Programme	Mr. Jiji Joseph, JCI International
4.	11th July, 2018	Interdepartmental Essay writing competition on the theme of "Women and Environment"	Ms. Manju Jose Asst Prof , Statistics, Sr. Deepa K Thomas, Asst Prof on contract , Dept of Economics
5.	11th June, 2018	Cyber Awareness Programme was organized by Women's Cell on Cyber Crimes against Women and the legal steps to be taken.	Sri. Manoj Kumar, Civil Police Officer from the Cyber Cell in Kottayam
6.	31st July, 2018	Seminar on "Adolescent Health"	Dr. Namitha John, Gynecologist, General Hospital, Pala
7.	3rd August 2018	Midukki 2k18 - The event evaluated the intellect, personality and problem-solving skills	Mr. Allen (Lecturer, Department of Social work, Marian College, Kuttikkanam) & Ms. Assanu (Lecturer, Department of Mathematics, Marian College, Kuttikkanam).
8.	31st October, 2018	Legal Awareness Class in collaboration with Archana Women Centre, Ettumanoor	Adv. Shyni Gopi
9.	11 th December 2018	Legal Awareness Quiz Competition on the topic, "Constitutional and Legal Provisions for Girls and Women"	Adv. Shyni Gopi
10.	2nd and 3rd January, 2019	Women Self Defence Training Programme	Janamaitthri Police, Kottayam

11.	11th to 18th January, 2019	Commemoration of Women Safety Week organized a Poster Designing Competition and an Essay writing competition on Women Safety and a novel campaigning initiative “Sthree Surakshakku Oru Kaiyyoppu”	Department of English in collaboration with the Anti-harassment Cell
12.	18th January, 2019	Intercollegiate Seminar on “Adolescent Health and Hygiene”	Dr. Raisa Sen, Resident Medical Officer at Government Hospital Pala, Mr. Bijil. M. Rajan, Director of Soul Training and Development Centre & Dr. Jyothi Nayar, a Gynecologist at MKM Hospital, Pravithanam
13.	31st January, 2019	Inter Collegiate Paper Presentation Competition on “Deconstructing Bodies of Pleasure: A Redoing of Gender, Space and Identity”	Dr. Vimal Mohan John, Assistant Professor, SB College Changanassery & Dr. Aswathy Balachandran, Assistant Professor, Mar Athanasius College, Kothamangalam
14.	21st February, 2019	Golden Girl Competition provided a platform for talented young women to showcase their skills and talents in various categories. Participants demonstrated excellence in areas such as arts, sports, and leadership.	Malabar Gold and Diamonds
15.	7th March, 2019	Debate on “Gender Equality”	Ms. Maria George, Department of English
16.	8th March, 2019	Mime Competition on “ Gender Equality”	Women Cell
17.	8th March, 2019	Seminar on “Healthy Mothers, Healthy Society” for the rural women and Publication of Handbook	Smt. Binu Emmanuel and Sri. Bijil M Rajan

2019 - 2020

Sl. No.	Date	Title of the Program	Resource Person/ Judges
1.	12 th July 2019	Seminar on “Opportunities and Formalities of Abroad Study for Girls”	Ms. Shabna Rajive, Team leader, AECC Global Education and Consultants, Kochi. Mr. Krishnanand P,

			Business Development Executive, AECC Global Education and Consultants, Kochi.
2.	11 th July 2019	Intra-collegiate Poster Designing Competition on 'Gender Equality'	Ms Alleymol Sebastian Asso. Prof, Dept of English, Ms. Sunitha Santhan Asst Prof, Dept of History
3.	12 th July 2019	Intra-collegiate Quiz Competition on 'Gender Equality issues'	Ms Minu Mary Jose Asst Prof on contract , Dept of Economics
4.	19 th September, 2019	Essay Writing Competition on "Women Empowerment"	Dr. Sr Manju Elizabeth Kuruvila, Asst Prof, Dept of Zoology and Dr. Anila Thomas Asst Prof, Dept of Malayalam
5.	15 th October, 2019	Poetry Writing Competition on "Mother is the Bank of Never-Ending Love"	Ms. Poornima Baby, Asst Prof, Dept of Zoology and Ms Diana Elizabeth Jose, Asst Prof, Dept of Chemistry.
6.	22 nd November 2019	Short Story Writing Competition on "Mother: The Best Teacher in our Life"	Ms Smitha Clary Joseph Asst Prof, Dept of Economics and Dr. Jesty Emmanuel Asst Prof, Dept of Hindi
7.	22 nd November, 2019	Seminar on Women Entrepreneurship	Dr. Brijesh George John, Assistant Professor, Marian College Kuttikanam
8.	19 th December, 2019	Paryaptha-2019- opportunity to 'earn while you learn'	Centre for Gandhian Studies
9.	6 th January, 2020	Orientation Class on Combined Defence Force Exam Especially for Girls	Brig. K. D. Chacko, Team leader, Eduhub, Kottayam
10.	13 th January, 2020	Tableau competition with the theme Women Empowerment	Alphonsa Alumni Association
11.	18 th January, 2020	Self-Employment Programme	NSS volunteers
12.	3 rd February, 2020	Women Safety Awareness Seminar	Sri. Benoy Thomas, Assistant Sub-Inspector

			(ASI), Janamaithri Police, Pala
13.	14 th February, 2020	Lecture on Nationalism and Construction of Womanhood	Dr. Beena Paul, Head of the Department of History at Henry Baker College, Melukavu.
14.	2 nd March, 2020	Seminar on WOMEN IN SCIENCE	Dr. Sindhu E. R, Assistant Professor, Malabar Centre, Thalassery and Dr. Sunny Kuriakose, Head of the Department of Chemistry, St. Thomas College Pala
15.	6 th March, 2020	Seminar on "Role of Women in Family and Society"	Mrs. Sijitha Anil, Story Writer
16.	6 th March, 2020	Awareness Class "Niravu 2020"	Janamaithiri Police, Pala

2020-2021

Sl. No.	Date	Title of the Program	Resource Person/ Judges
1.	16 th August, 2020	Webinar on 'Red is the New Blue: Busting Myths and Misconceptions on Menstruation'	Mr. Arjun Unnikrishnan, Co-founder, The Red Cycle
2.	26 th August, 2020	Women Equality Day Celebrations	Lt. Anu Jose, Asst. Professor, Dept. of English, Alphonsa College Pala
3.	6 th and 17 th September, 2020	Fit India Event: To make them Fit and Bold	Ms. Susan Florentina S Mr. Amal Manohar, Fitness Trainer and National Athlete
4.	7 th October, 2020	Webinar on "ആഴമുള്ളുപെണ്ണിപറക്കങ്ങൾ: Gender Sensitisation"	Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha College
5.	11 th October 2020	Poster Designing Competition on Female Foeticide	The NCC unit of Alphonsa College Pala
6.	15 th to 21 st October, 2020	One-Week Rural Women Empowerment Challenge	NCC
7.	14 th November, 2020	Invited talk on 'Women in Science'	Dr. Chitra Nayak, Associate Professor,

			Tuskegee University, USA
8.	5 th January, 2021	Webinar on “Gender Equality and Women’s Empowerment”	Dr. Maya Shibin, Consultant Psychologist
9.	12 th February, 2021	Commemoration of International Day of Women and Girls in Science	NSS unit of Alphonsa College Pala
10.	20 th February, 2021	Debate competition on ‘Justice for Gender’	NSS unit of Alphonsa College Pala
11.	22 nd February, 2021	Mega Webinar on ‘Legal Awareness’	Adv. Usha Menon
12.	8 th March, 2021	Webinar on “Problems of Women in the Present Scenario and Solutions”	Sr. Ancy Kaduppil,
13.	10 th March, 2021	Webinar on “Laws for Women in India’	Adv. Teena Cherian (High Court Ernakulam)
14.	10 th March, 2021	Webinar on “We Choose to Challenge”	Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship.
15.	12 th March, 2021	Lecture on ‘Women Entrepreneurship’	Department of History
16.	13 th March, 2021	Webinar on “Modern Women Talking”	Ms. Rosemary Philip (Assistant Professor, Department of English, Alphonsa College, Pala)
17.	14 th March, 2021	Webinar on ‘Youth and Mental Health: Challenges Ahead’	Dr. Lakshmi Lal, BAMS
18.	15 th March, 2021	Webinar on ‘Menstrual Hygiene: Let’s Cup the Myths’	Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator
19.	24 to 26 th March, 2021	Workshop on Women Entrepreneurship	Mrs. Rani Thomas (Regional Manager, Catholic Syrian Bank) Mr. KC Thankachan (VICIB)) Mrs. Maggi Menampampil (Entrepreneur),Mr. Varghese Paul (Centrefor Alternative

			Learning and Living, Chalakkudy). Ms. Mary Sebastian (UGC-NSQF-MEPSC), Mr. Santhosh Kumar Saha (UGC-NSQF-MEPSC)
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2021-22

Sl. No.	Date	Title of the Program	Resource Person/ Judges
1.	27 th June, 2021	Poster Making and One Minute Video Competition on "Right to Live with Dignity"	Women's Cell and Anti-harassment Committee
2.	12 th July, 2021	Essay Writing Competition on Gender Equality	Department of History
3.	14 th July, 2021	Webinar on 'Conceptualizing Women Identity and Representation'	Dr. Mini Sebastian, Assistant Professor, Devamatha College, Kuravilangad.
4.	24 th July, 2021	Gender Awareness Training Programme - KAMAL	Department of Woman and Child Development & Mahila Sakthi Kendra, Kottayam District
5.	25 th July, 2021	Extension Activity - Awareness Class on 'Parenting and Child Abuse'	Ms. Bindhu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department
6.	7 th September, 2021	Poster Competition on 'No to Dowry'	Women Cell
7.	25 th September, 2021	Essay Competition on 'Women's Property Rights'	Women Cell, Kerala State Women's Development Corporation Ltd.
8.	27 th September, 2021	Awareness Class on 'Menstrual Health and Hygiene Management'	Ms. Ankita Sukhwai, CSR Executive, Unicharm India
9.	13 th November, 2021	Extension Activity - Webinar on 'Menstrual Hygiene'	Ms. Greeshma M, Lecturer, Dept of OBG Nursing

10.	25 th November, 2021	Documentary Release on the International Day for the Elimination of Violence Against Women	Department of English and NCC
11.	3 rd December, 2021	Workshop on "First Aid"	Dr. Gija Jose, Senior Physiotherapist and member of IAP(India), ISCP(Ireland) and HCPC (UK)
12.	22 nd February, 2022	Positive Mental Attitude Development Training Programme	Ms. Bindu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department
13.	24 th February, 2022	Nammude Ponommanakkal - Cyber Security Awareness Class	Mr. Ragesh Manimala, Officer Kottayam Crime Branch
14.	3 th March, 2022	Moral Education Class on 'The Importance of Moral, Cultural and Social Values in Family'	Dr. Simimole Sebastian, Asst. Professor, Department of Zoology
15.	8 th March, 2022	Mime Competition on "Break the Bias"	Women's Cell
16.	8 th March, 2022	Debate Competition on "Is Women Empowerment a Reality in India?"	Department of History
17.	8 th March, 2022	Awareness Class on 'Women and Health'	Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala
18.	10 th March, 2022	Athulya –A Meeting of Women	Women's Cell and Social Justice Forum
19.	26 th March, 2022	Awareness Class on 'Women Protection Laws and 181 Mithra Women Helpline'	Adv. Drishya V K, Team Member of 181 WHL

2022-23

Sl. No.	Date	Title of the Program	Resource Person/ Judges
1.	30 th September, 2022	Awareness Program - POSHAN Maah "Importance of Healthy Food in Teenage"	Ms. Swapna George, HOD of the Department of Clinical Nutrition and Dietetics
2.	28 th October 2022	Awareness Program 'Physical and Mental Well Being of Women'	Dr. Anjana Chandran, Medical Officer (NAM), Seethalayam Unit, Govt Homeo Hospital, Kurichy&

			Mrs. Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy,
3.	28 th October 2022	Essay Competition on Women Safety	Janamaithri Police, Pala and Department of Political Science
4.	1 st November, 2022	Flash Mob to Give Awareness Against Drug Abuse Among Youth	NSS, Women Cell
5.	12 th November 2022	Charity Initiatives- sponsored an orphan girl child taking care of her educational and medical needs.	NCC and NSS
6.	23 rd November, 2022	Women Safety Awareness Program - "Acts for Women Safety, Various Schemes, and Services Implemented for Women Protection"	Smt. Helena Rajan Philip, Social Worker Adv. Binella, Centre Administrator, Sakhi One Stop Centre Kottayam
7.	26 th November 2022	Workshop on Mushroom Farming: Entrepreneurship Development Programme	Ms. Bhanupriya R, NSS HSS, Kidangoor
8.	14 th December 2022	Invited lecture on 'Notion of Gender and Women'	Ms. Mithy K M, Assistant Professor from Henry Baker College, Melukavu
9.	22 nd February, 2023	Exhibition on "Pro-Life"	Women's Cell, Department of Zoology and Jesus Youth Ministry
10.	24 th February, 2023	Talk on 'Gender Equality and Women Empowerment'	Dr. Sr. Dolly Kurian, HOD of Social Work, BVM College, Cherpunkal
11.	28 th February, 2023	Debate on Challenges Faced by Women from Society	Dr. Ambily T.R, Assistant Professor, Department of Zoology, Alphonsa College Pala
12.	7 th March, 2023	Two-wheeler Rally for anti-drug awareness	NSS, Pala Social Welfare Society and Caritas India
13.	8 th March, 2023	Women's Day Instagram Campaign on Theme: 'I Am Enough'	Department of History
14.	8 th March, 2023	Seminar on 'Embrace Equity'	Ms. Jayalakshmi B, PRO of National

			Health Mission, Ullanad
15.	8 th March, 2023	International Women's Day Celebration - Blood Donation Camp	Women's Cell, S.H. Medical Center Kottayam and Pala Blood Forum
16.	8 th March, 2023	Anaemia Test Campaign	NSS, Women Cell, and Pala Blood Forum
17.	8 th March, 2023	Invited Talk on "Changing Status of Women"	Ms. Rincy Elizabeth Jacob, Social Worker, Sakhi One Stop Centre Kottayam
18.	9 th March, 2023	Seminar on "Laws and Women"	Adv. Suman Sundarraj, Legal Cell Pala
19.	25 th March, 2023	Webinar on Prevention of Child Sexual Abuse	Experts from the Rakshin Project Foundation
20.	31 st March, 2023	Motivational Talk on "Empowering Women: Overcoming Challenges and Building Resilience"	Lt. Anu Jose, Associate NCC Officer, and Assistant Professor, Department of English, Alphonsa College Pala.
21.	31 st march 2023	Release of Women Cell Manuscript 2022-2023 - "Valerie"- promoting gender equality and women's empowerment	Dr. Sr. Manju Elizabeth, the Vice Principal of Alphonsa College Pala,



Shaji John
Dr. Fr. Shaji John
Principal
Alphonsa College, Pala

