

ALPHONSA COLLEGE, PALA

Re-accredited by NAAC (4th Cycle) with A grade (CG PA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



REPORT 2020-2021 NATIONAL SERVICE SCHEME

UNIT NO. KL.05.001



NSS UNIT NO: KL05.001
ALPHONSA COLLEGE PALA

Number of Volunteers : 200

Programme Officers : Dr. Anila Thomas
Dr. Sonia Sebastian

ADOPTED VILLAGE: CHITTAR. KAROOR PANCHAYATH

Chittar is about 7 kms away from Alphonsa College, Pala, Kottayam district. Most of the people belong to middle and low income groups. As part of campus – community partnership the NSS unit of Alphonsa College has adopted this village and initiated several programmes for the development of the people of this village.

ADOPTED INSTITUTIONS

Maria Sadan

Maria Sadan is a home for the mentally challenged people in KAnattupara, 3 kms away from Pala. There are 150 inmates of various age groups.

St. Pious Orphanage

St. Pious orphanage is a home for girls in the age group of 8 to 18, 3 kms away from the college. There are 80 school going children in the institution.

St. Vincent Providence Home

St. Vincent Providence Home is 3 kms away from the college. The inmates include 70 male and female senior citizens.

Anandabhavan.

Anandabhavan is a home for the physically challenged people, situated near our adopted village. There are 20 bed ridden people and 35 other inmates in this house.

NSS UNIT ADVISORY COMMITTEE

The advisory committee functions well to ensure the proper functioning of the NSS unit. The committee consists of college authorities, former and current programme officers, representatives from adopted village, Police officials etc. The meetings are conducted at least thrice a year. But if there is some important matter to discuss more meetings are conducted. The members of the committee are:

Dr. Sr. Gigimol MG (Principal)

Dr. Sr. Regeenamma Joseph (Vice-Principal)

Rev. Dr. Shaji John (Vice-Principal)

Rev. Dr. Jose Joseph (Bursar)

Sri. Benoy Thomas (CRO, Janamaithry Police)

Smt. Vineetha V Nair(Civil Exsise Officer)

Shri. Jayan Kollamparambil (Ward Member, Chittar)

Shri. Mathew Veranani (Former Ward Member, Chittar)

Smt. Alleymol Sebastian

Dr. Manju Elizabeth Kuruvilla

Dr. Sr. Minimol Mathew

Smt. Julie J Paramundayil

Smt. Manju Jose

Dr. Kochurani Geogr

Dr.Sr. Sonia K Thomas

Smt. Smitha Clary Joseph

Dr. Anila Thomas

Dr. Sonia Sebastian

Volunteer Secretaries and Union Chair Person



NATIONAL SERVICE SCHEME

ALPHONSA COLLEGE, PALA UNIT NO. KL.05.001



REPORT 2020-2021

NOT ME BUT THOU

2020-2021

The NSS unit, Alphonsa College had a unique year during 2020– 2021 even though the volunteers were unable to reach out to the community physically as in the previous years. Around two hundred highly motivated volunteers worked together for their personality development and the community they live in under the supervision of two well trained programme officers. The volunteers engaged in various skill development techniques and remained motivated to use it for the wellbeing of the community. During the lockdown days all the volunteers and two programme officers underwent Igot training for the mitigation of Covid. After the lockdown, the volunteers made cloth masks and handed it over to the concerned panchayath officials for distribution. The volunteers were given training in making soap, hand sanitizer, cloth bags, paper pens and door mats.

At the time of enrolment, the volunteers were asked to make a vegetable garden and to prepare cloth mask for free distribution. More than hundred students participated enthusiastically in it. They contributed the amount they have earned from this for various charity initiatives done by the NSS Unit.

The training of the Volunteer Force, which aimed to equip every volunteer to mitigate Covid 19, took place on September 19. The Pre-monsoon training of different batches held on 19, 20, 21, 22 and 23rd September. Nearly 50 volunteers attended this training to form a *Sannadhasena*.

During the lockdown period the volunteers engaged in the following programmes:

- The Programme Officers and volunteers attended igot training to fight Covid 19
- Vegetable garden
- Mask making
- Waste material crafts
- Awareness programmes through social media platforms
- SSLC tuition for visually impaired students in collaboration with Koottu
- Different contests and competitions
- Picture quiz
- RJ hunt
- "njane kandullo...njin mathre kandullo"

- International day of world indigenous people (quiz)
- Speech contest (Independence Day)

OBSERVATION OF DAYS

- On 5 June as part of World Environment Day a selfie with nature contest was organized.
- On 19 June as part of Reading Day, a quiz competition was conducted in association with the department of Malayalam.
- A poster making competition was conducted in connection with the world population day on 11th July on the theme Population, Health and Covid 19.
- In connection with Hiroshima Day the volunteers organized an online quiz programme named *Peace Seeds* on 8th August.
- A webinar on Women Equality Day on 29th August 2020
- Picasso's Eye- an online drawing competition conducted on 5th September 2020 in connection with teacher's day.
- As part of the World Youth Skills Day on July 15, on 14 July the volunteers organized an RJ Hunt.
- In connection with the Ozone day, the NSS unit of our College organized a poster making competition on 18th September.
- NSS day was celebrated by the volunteers of Alphonsa college NSS unit. The chief guest was Ms. Alleymol Sebastian, the former NSS program officer.
- On October 1, as part of the Gandhi Jayanti, all the volunteers cleaned the road in front of their house. Volunteers made a video of Gandhi and designed a poster and cover page.
- As part of cancer day group 1 conducted a cancer awareness programme and a cancer quiz on 6 February 2021.

- As part of International Day of Women and Girls in Science the volunteers conducted a video competition and an interactive session in Google meet on February 12.
- As part of International Mother Language Day (February 21) the volunteers conducted a competition to know about our dialects on March 3
- As part of Social Justice Day we conducted a debate competition on Justice for Gender.
- Onam, the national festival was celebrated with various activities
- Christmas was celebrated in a solemn way by the volunteers
- World Earth Day was celebrated by organizing an online photography contest.
- As part of International Wild Life Day the volunteers organised an awareness programme on March 5.
- As part of International Women's Day the unit organised various competitions including a webinar on the topic Modern Women Talking

OTHER AWARENESS PROGRAMMES

- The unit organized a webinar on 29th August 2020 in connection with Women Equality Day. Lt. Anu Jose, Asst. Professor of Alphonsa College led a session on "Samadarshan"
- A class on 'Essentials of Disciplined Physique' based on #fitindia by Amal Manohar.
- A Cancer awareness webinar was held on 22nd September. The resource person was Mr. K G Karthikeyan, Rtd. Junior Health Inspector
- A Gender Sensitisation webinar on the topic "ആഴമുള്ള പെണ്ണിറക്കങ്ങൾ: Gender Sensitisation" by Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha college was conducted on 7th October

- NSS unit with Lions club organised a webinar on 28 January 2021 on the topic The Summit Success Strategy. Session was engaged by Mr Benny Kurien (faculty success coach international trainer).
- Our NSS unit with Lions club 318b conducted a Mega webinar as part of youth empowerment programme on Feb 22 based on Legal Awareness. This session was led by Adv Usha Menon.
- The unit conducted a panel discussion on the topics pocso act and act against domestic violence on 24th February, 2021. The discussion was led by Lt. Anu Jose, Associate NCC officer ACP
- On 27th February we organised a webinar on the topic Relationship Management: The Secret of Happiness in Life. Dr. Ancy Joseph (Former principal and HOD Of Department of English St Dominic's College Kanjirappally) was the resource person.
- As part of International Women's Day the volunteers organized a webinar on the topic "Modern Women Talking" led by Ms. Rosemary Philip (Assistant Professor on contract, Department of English Alphonsa College Pala)

CAMPS

The seven day special camp was conducted as a mixture of online and offline modes from 20 to 26 December 2020 as instructed by the state cell

On 10 January 2021 there was a minicamp for first year volunteers from 7.30 am -12.30 pm consisting of 2 sessions – one session in the forenoon and another in the afternoon. Forenoon session was engaged by Mr Anish Joseph (MG university best programme officer 2019-20 winner and NSS co-ordinator Kottayam) on the topic National Service Scheme The Richness of Opportunities.

That was a wonderful session. Afternoon session was engaged by Mr Issac Thomas (MVI sub RDO) on the topic Safe on the Roads. This session was very helpful for everyone.

CHARITY INITIATIVES

During the lock down all the volunteers were confined to their houses and so they focused on vegetable garden making for the creation of a sustainable environment and healthy food habits. Each of them planted at least one fruit tree in their house premises during that time. It is also decided to use the amount they collect from their vegetables will be used for the benefit of the community. The volunteers also engaged in the making of cloth masks and through this we aimed at the creation of awareness among them and their families on the use of masks in public places. Skill development of the volunteers was also aimed at. For that, they were asked to make use of everything wasted around them to make craft materials and the volunteers earnestly participated in it.

SKILL HUNT

Esperanza

The unit organized an All Kerala Intercollegiate Skill Hunt Competition titled *Esperanza*. It was a series of four competitions and so many students participated in all four of the events

WhatsApp Chat:

ANOGHA: Recitation Malayalam

- 2 students from an institution is allowed to participate. In case of more registrations from an institution, the first two will be considered.
- Duration can be 3-5 minutes, would not exceed 5 minutes.
- Contestants must not use any voice altering app in the voice.
- Karaoke is not allowed and the videos should be in MP4 format.
- First prize will be Rs.1000/- and second prize will be Rs.500/-

Register here...

WhatsApp Chat:

NSS ACP 2019_21
Alphonsa College, Pala - National Service Scheme

ESPERANZA 2020

Hey friends,
We, NSS Unit of Alphonsa College, Pala along with Hindi, Malayalam departments welcomes you to the wonderful event, All Kerala Inter-Collegiate Skill Hunt Competition "ESPERANZA" 2020.

Here are the programmes

- Sarfarosh:** Patriotic Song - Hindi
- Only one team is allowed from an institution.
- A group of 7 members can participate in the competition.

Crecallium: Write Up

- Prepare a write up of the favourite travel experience of yours in 10 sentences. It should be in a creative and unique way.
- Upload 2 photos related to the same.
- You can write either in English or in Malayalam

Poster:

ESPERANZA
All Kerala Inter-Collegiate Skill Hunt Competition
The peak of Suburbanization Day & Staff Health Camp

ANOGHA
Poetry Recitation - Malayalam

SARFAROSH
Patriotic Song - Hindi

CRECALLIUM
Write up Competition

ASTAMATAT
Recreational Quiz

Lost Date: 19/07/2020
nssacp2020@gmail.com
alphonsa_college_official
nss_unit_alphonsa_college
Club members: all students except non-collegiate

ALPHONSA COLLEGE, PALA
National Service Scheme
Bhuvanagiri - Alappuzha District

Results of ESPERANZA
All Kerala Inter-college Skill Hunt Competition

Sarfarosh - Patriotic Song
Albena Sabu
(Alphonsa College, Pala)
Aditya Vijayakumar
(St Stephen's College, Uzhavoor)

Crecallium - Write Up
Malayalam - Alka Philip
(Alphonsa College, Pala)
English - Alka Elizabeth
(Alphonsa College, Pala)

Anogha - Malayalam Recitation
Jayalakshmi G
(Alphonsa College, Pala)
Devika Jayan N
(Newman College, Thodupuzha)

alphonsa_college_official
nss_unit_alphonsa_college

CAUTIONERS

During the lockdown days all the volunteers and two programme officers underwent Igot training for fighting against Covid.



VEGETABLE GARDEN



MASK MAKING



CRAFT OUT OF WASTE MATERIALS



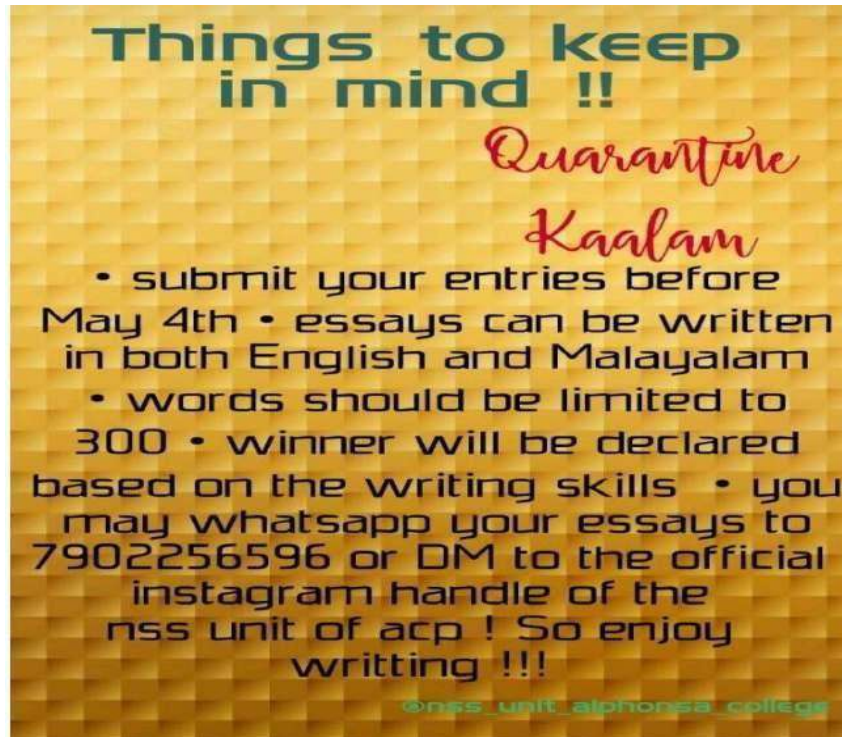
The volunteers also made many awareness posters on Covid during the lock down days and posted them in their social media accounts and WatsApp statuses. Also campaigns were conducted by means of videos and posters for enlightening the society. They shared their positive ideas to the maximum to help the world escape from the clutches of the pandemic. Also, various competitions were conducted for the volunteers and they actively participated in all the activities with the realization that a healthy mind formed out of social interactions only could create a healthy body.



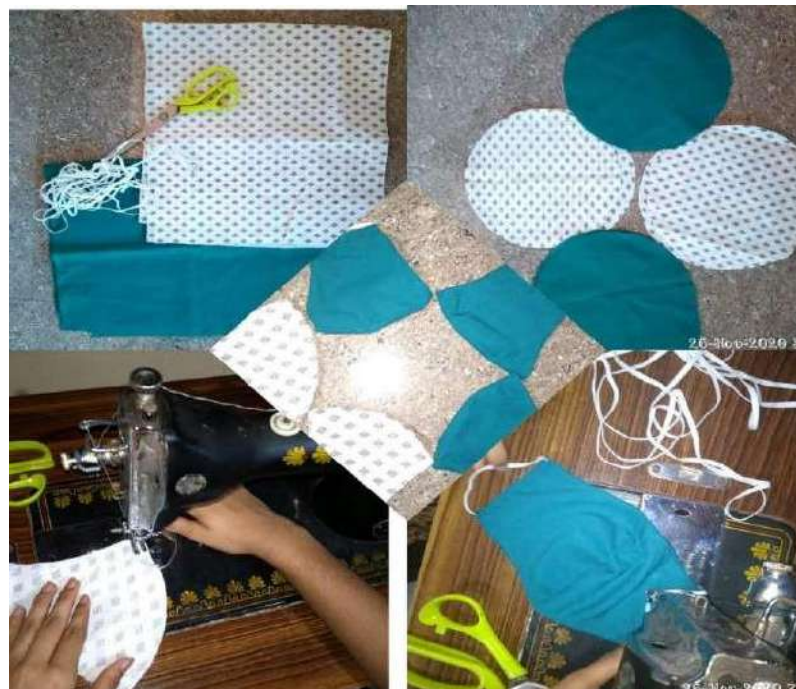
AWARENESS POSTERS



AWARENESS PROGRAMMES



During the days after the lockdown, the volunteers made cloth masks and handed it over to the concerned panchayath officials.



SANNADHASENA TRAINING

The training of the Volunteer Force, which aims to equip every volunteer to fight against Covid 19, took place on September 19.

Pre-monsoon training of different batches held on 19, 20, 21, 22 and 23rd September. Many students from our college actively participated in it.

* കൂടുതൽ പരിശീലനം
ബാച്ചുകൾ കാണാൻ വീണ്ടും
സന്ദർശിക്കൂ...

Please wait for SMS with details of the event in your registered mobile number, 1 hour before the event starts.!

Show 10 entries

Search:

#	Name	Trainer	Topic	Date	
1	Training Batch 136	Samoohika SannadhaSena	Pre-monsoon Training	22-09-2020 22-09-2020 15:30 - 17:15	Confirmed
2	Training Batch 137	Samoohika SannadhaSena	Pre-monsoon Training	23-09-2020 23-09-2020 15:30 - 17:15	Confirm Decline
3	Batch 138 Providence	Samoohika SannadhaSena	Pre-monsoon Training	19-09-2020 19-09-2020 11:00 - 12:15	Confirm Decline
4	Batch 139 Devagiri	Samoohika SannadhaSena	Pre-monsoon Training	21-09-2020 21-09-2020 11:00 - 12:15	Confirm Decline

Showing 1 to 4 of 4 entries

Previous 1 Next

OBSERVATION OF DAYS

- As part of the World environment day celebrations the volunteers conducted a selfie with nature, since only nature can be kept inseparable from human beings during the pandemic. The healing power of nature and its capacity to improve the mental health of the people with which it interacts were also recalled during the competition.

#	Name	Trainer	Topic	Date	
1	Training Batch 136	Samoohika SannadhaSena	Pre-monsoon Training	22-09-2020 22-09-2020 15:30 - 17:15	Confirmed
2	Training Batch 137	Samoohika SannadhaSena	Pre-monsoon Training	23-09-2020 23-09-2020 15:30 - 17:15	Confirmed
3	Batch 139 Devagiri	Samoohika SannadhaSena	Pre-monsoon Training	21-09-2020 21-09-2020 11:00 - 12:15	Confirm Decline



□ On 11th July the unit organized a poster making competition in connection with the World Population Day. The theme was Population, Health and Covid 19.

പ്രിയപ്പെട്ട എൻഎസ്എസ് വോളന്റിയർസ്.....

ജൂലൈ 11 ലോക ജനസംഖ്യ ദിനത്തോടനുബന്ധിച്ച് അൽഫോൻസ കോളേജ് എൻഎസ്എസ് യൂണിറ്റ് നിങ്ങളുടെയായി ഒരു പോസ്റ്റർ നിർമ്മാണ മത്സരം സംഘടിപ്പിക്കുന്നു

വിഷയം: ജനസംഖ്യ, ആരോഗ്യം, കോവിഡ് 19

നിർദ്ദേശങ്ങൾ:

പങ്കെടുക്കുന്നവർ എൻഎസ്എസ് വോളന്റിയർമാരായിരിക്കണം.

പോസ്റ്ററുകൾ കൊമ്പൈലോ കമ്പ്യൂട്ടറോ ഉപയോഗിച്ച് നിർമ്മിച്ചതായിരിക്കണം.

ഒരു ഡിപ്പാർട്ട്മെന്റിൽ നിന്ന് കുറഞ്ഞത് 2 എൻട്രികൾ എങ്കിലും ഉണ്ടായിരിക്കണം.

എല്ലാ മത്സരാർത്ഥികൾക്കും Working Hours നൽകും (1 hr) വിജയികൾക്ക് അകർഷകമായ സമ്മാനങ്ങൾ ഉണ്ടായിരിക്കും.

വിധികർത്താക്കളുടെ തീരുമാനം അന്തിമമാണ്.

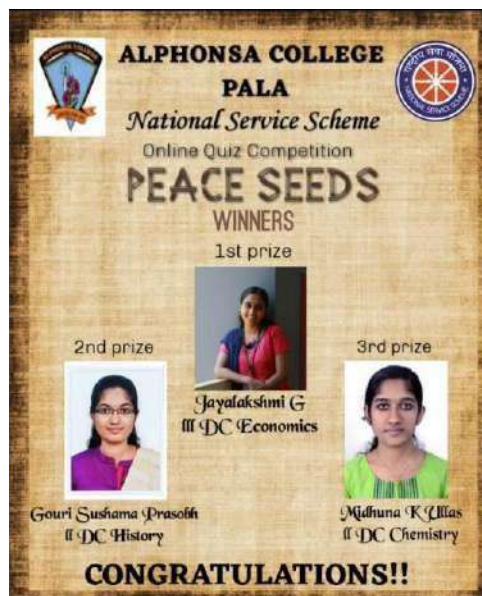
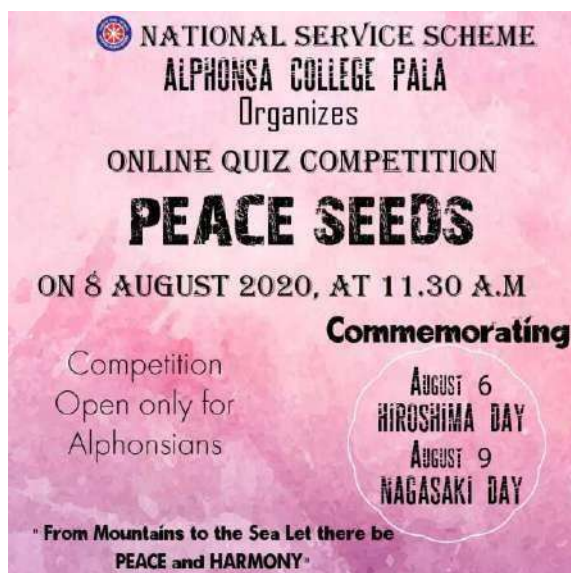
എൻട്രികൾ 11-7-2020 ശനിയാഴ്ച ഉച്ചക്ക് 12നു മുമ്പ് താഴെ കാണുന്ന നമ്പറുകളിൽ അയച്ചു തരിക.

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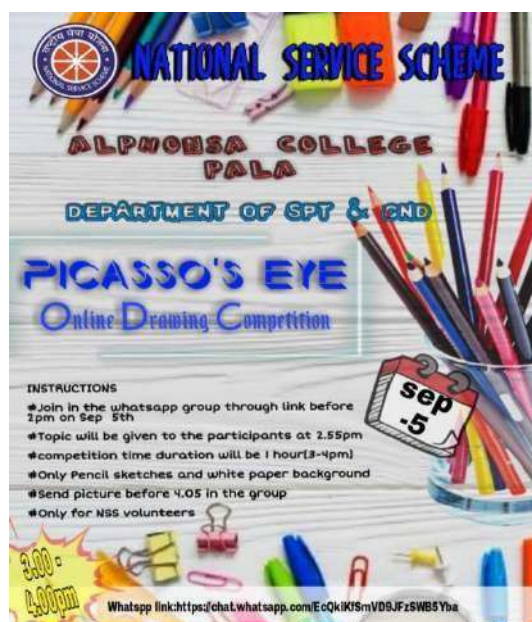
നന്ദി..... 17.08



- In connection with Hiroshima Day the volunteers organizes an online quiz programme named *Peace Seeds on 8th August*. The students actively participated in the competition and welcomed the message of peace.



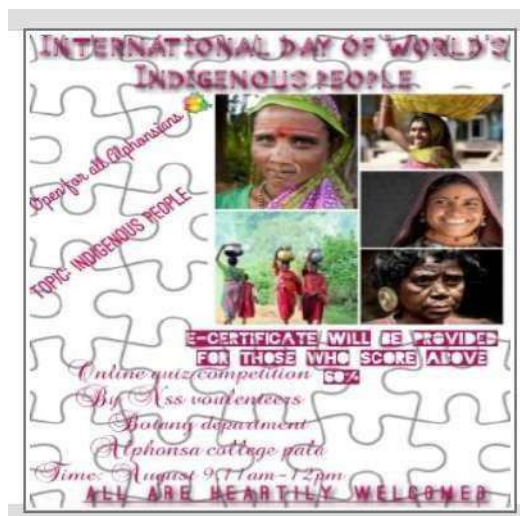
- An online drawing competition titled *PICASSO'S EYE* was conducted by the volunteers from the Departments of SPT and CND on 5th September 2020 in connection with Teacher's Day.



- As part of the World Youth Skills Day on July 15, on 14 July the volunteers from the Dept. of English organized an RJ Hunt to find the best spontaneous speaker. The event was filled with energy and enthusiasm and helped the volunteers to relieve from the tedium of lockdown days.



- On 9 Aug 2021 an online quiz competition in relation to the International Day of World's Indigenous People was conducted. The volunteers from the department of Botany led this programme.



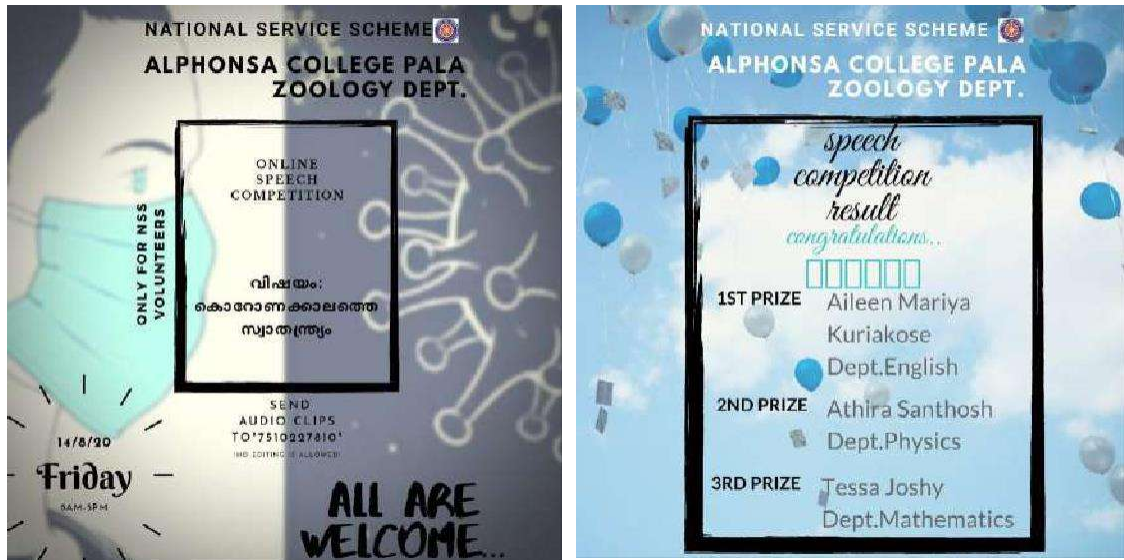
NSS volunteers of the botany department of Alphonsa College Pala is conducting an online quiz competition on the behalf of The International Day of World's Indigenous People.

- It is an exclusive competition for Alphonsons
- All the Alphonsons are invited to participate in the competition
- It is conducting on August 9 at 11am - 12 am
- after the given one hour time will be expired
- Any Alphonsons can participate
- The quiz is based on indigenous people -adivasis
- 10 questions are given to each one
- you can participate in the competition using the following link

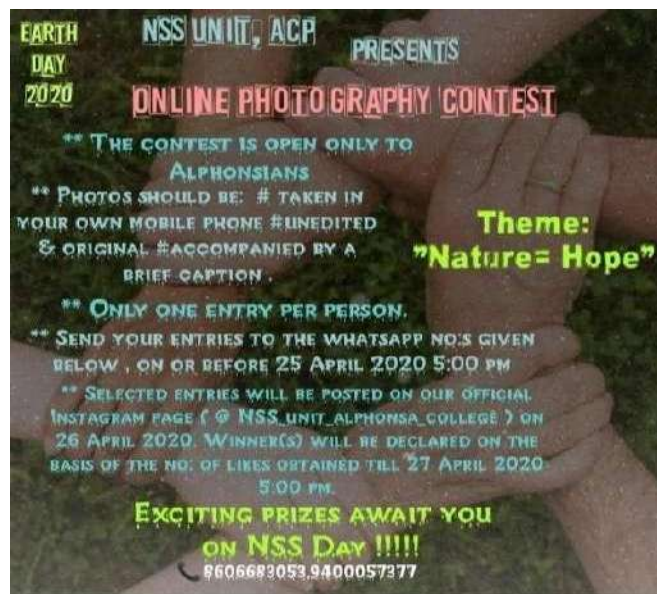
<https://forms.gle/mna7qQANbDWWGQYHA>

E-certificate will be provided through respective e-mail id given, to those who score above 60%

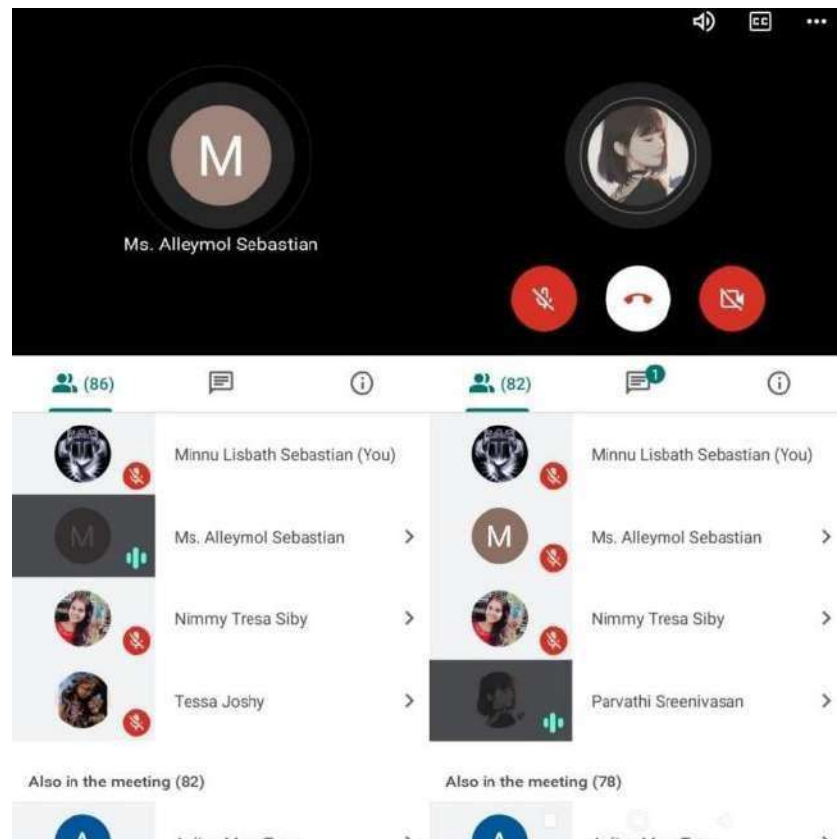
- As part of Independence Day Celebrations the volunteers from the Dept. of Zoology organized an online speech competition on the topic “Freedom in the Time of Corona.” The students have seen the topic from the right perspective and expressed their views befitting a public speaker.



- In connection with the World Earth Day the volunteers organized an online photography competition on the theme “Nature = Hope”. The students responded positively and so many entries on the theme were received.



- A part of earth day a **World Photography Contest** was conducted on April 22
- **NSS day** was celebrated by the volunteers of Alphonsa college NSS unit. The chief guest was Ms. Alleymol Sebastian, the former NSS program officer. NSS volunteer Nimmy welcomed everyone. Parvathi Sreenivasan, a second year NSS volunteer, shared her experience. State level webinar conducted by SSV College on 'National service scheme for enlightenment leadership' in connection with NSS day and the volunteers attended thattoo.



- This year's **Onam celebration** was completely different from the traditional ones. Onam was celebrated entirely online on 31st August 2020 with the title *Kaliyolam*. The festival lasted from 3 pm to 4.30 pm and the volunteers performed various programmes. NSS program officers delivered the message.



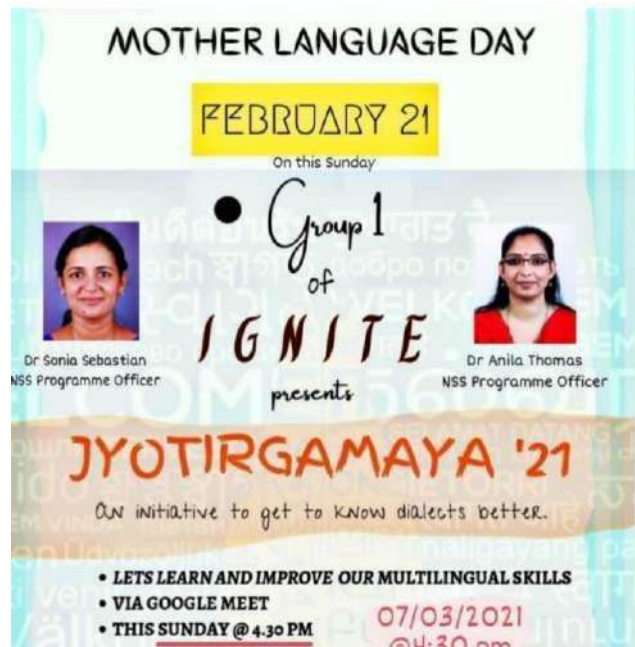
- On Gandhi Jayanthi, October 2nd day, as part of the NSS activities, all the volunteers cleaned the road in front of their house. Volunteers made a video of Gandhi and designed a poster and cover page. Assumption College organized a state level webinar on Gandhian principles in today's India in connection with Gandhi Jayanti. The resource person was Professor Bino P. Jose of St. Dominic's College.



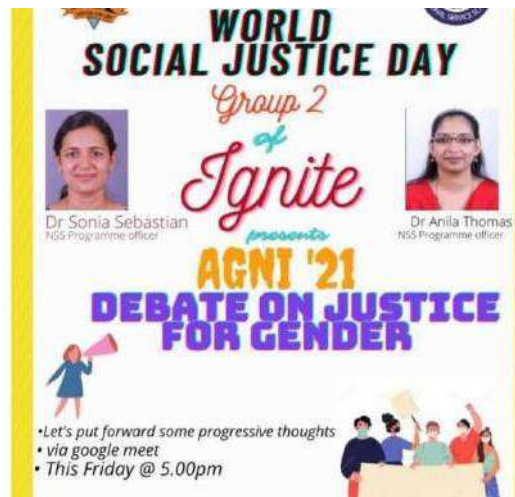
- As part of Christmas second year volunteers of the Dept. of Mathematics conducted various competitions and first year volunteers of group 1 conducted various programmes.



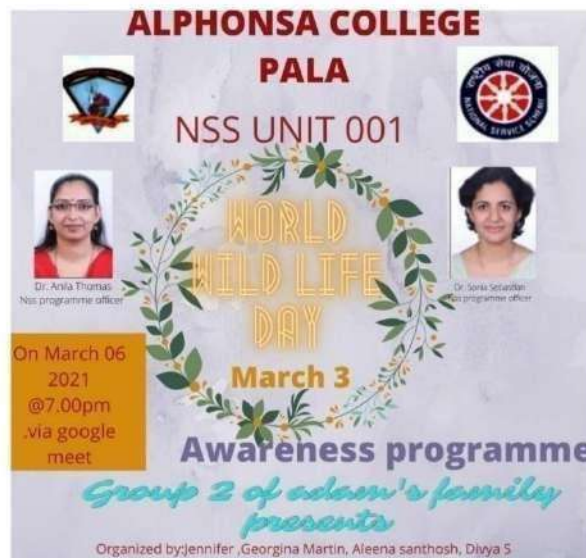
- As part of International Mother Language Day (February 21) group 3 conducted a competition to know about our dialects on March 3.



- As part of Social Justice Day the volunteers conducted a debate competition on Justice for Gender.

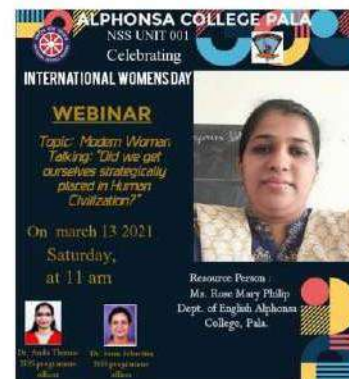
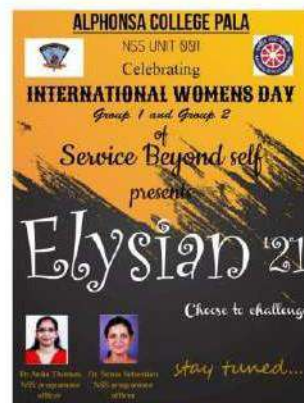


- As part of International Wild Life Day group 2 organised an awareness programme on March 5. Different videos and ppt slides are shared to make everyone sensitive towards the protection of wild life.



- As part of International Women's Day Group 4 organised various competition including a webinar on the topic "Modern Women Talking" which was headed by Ms Rosemary Philip (Assistant Professor, Department of English, Alphonsa College, Pala) on March 13 and a selfie

with super women competition on March 11 and an interactive session on March 14.



- A webinar on Women Equality Day was conducted on 29th August 2020. The resource person was Lt. Anu Jose, Dept. of English Alphonso College.



MORE WEBINARS

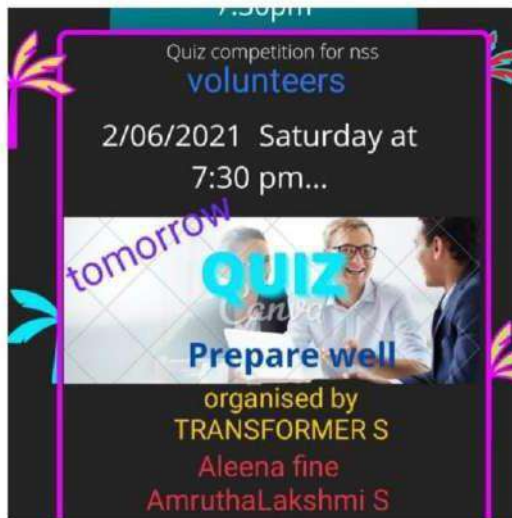
- A webinar on the topic Gender Sensitisation was conducted on 7th October,
“ആഴമുള്ളപെൺകൊക്കങ്ങൾ”. Dr. Mini Sebastian Asst. Professor Dept. of Malayalam, Devamatha college was the chief guest. Gender Sensitization is a basic requirement to understand the sensitiveneeds of a particular gender. It helped the volunteers to examine their personal attitudes and beliefs and question the ‘realities’ they know.



- Our NSS unit with lions club organised a webianr on 28 January 2021 based on the topic The Summit Success Strategy. Session was engaged by Mr. Benny Kurien(faculty sucess coach international trainer).



- As part of cancer day group 1 conducted a cancer awareness programme and a cancer quiz on 6 February 2021. As part of International Day of Women and Girls in Science group 2 conducted a video competition and an interactive session in Google meet on February 12.



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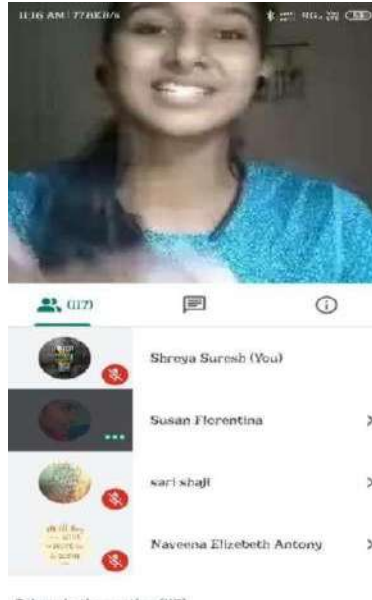
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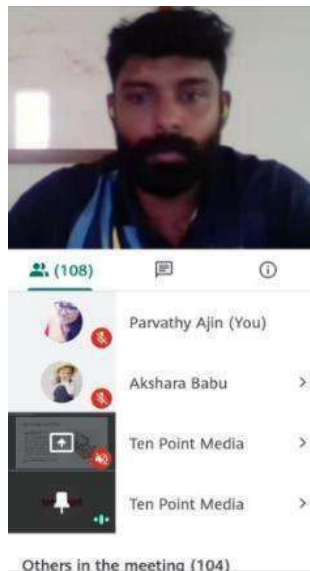
- On 27 February under the leadership of group 4 the unit organised a webinar on the topic “Relationship Management: The Secret of Happiness in Life”. Dr. Ancy Joseph (Former Principal and HOD of the Department of English, St. Dominic’s College Kanjirappally) as our resource person.



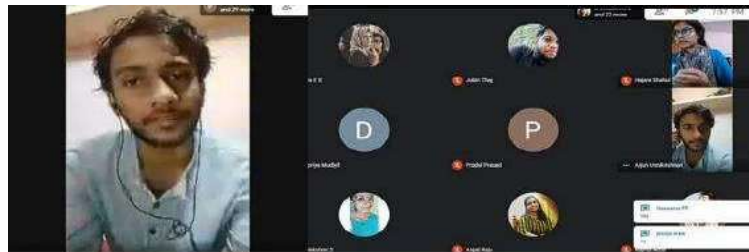
- As part of the Fit India event, a webinar on physique and physical fitness was held on September 6, led by Susan Florentina S. The event was jointly organized by NCC and NSS Units of Alphonsa College.



- NSS and NCC units of Alphonsa College, Pala organized a class on 'Essentials of Disciplined Physique' based on #fitindia by Amal Manohar, fitness trainer and national athlete, on 17 September.



- Vimukthi webinar was conducted on 26th August 2020. It was conducted by Excise Vimukthi Mission and SH Social Work Institution, Pala, inaugurated by Sri. A R Sulfikkar (Deputy Excise Commissioner, Kottayam). Awareness class was led by Sri. N M Sebastian (Project Director, Adart). Fifty of our volunteers participated.
- On 16th August the volunteers participated in a session which deals with menstruation. The guest made it wonderful and he tried to clear our doubts and misconceptions on menstruation. The resource person was Mr. Arjun Unnikrishnan, from the red cycle. The webinar was organized by Rekindled Youth. Forty volunteers participated. Topic - Red is the new Blue: Busting myths and misconceptions on menstruation in collaboration with the red cycle.



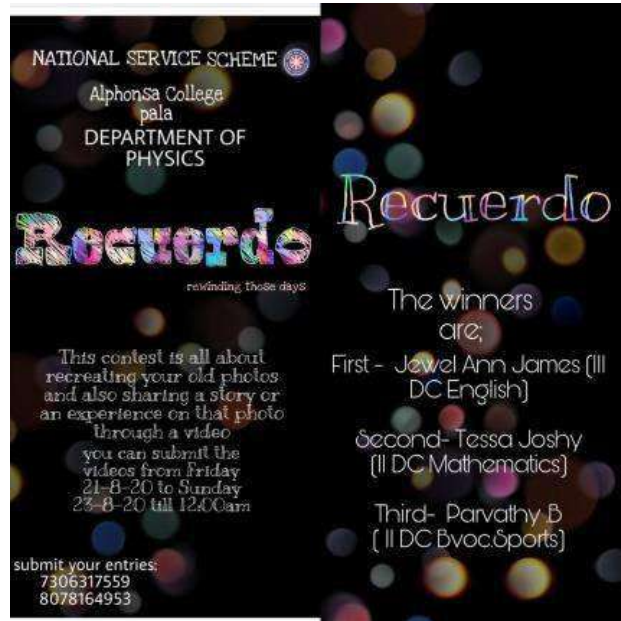
Red is the New Blue - busting myths and misconceptions on Menstruation - Part II



- The volunteers of our college participated in "Naadum Naadinte Paithrukavum", a webinar organized by Baseline College as part of the 'Be Positive' program. The class was led by Eddy Pappachan.
- A webinar on Mental Health Issues – A Concealed reason for suicide was conducted by Baseline College Kottayam. The resource person was Abhishad Aziz (Trainer and Motivational speaker). Volunteers from our college participated in the webinar.

MORE SKILL DEVELOPMENT ACTIVITIES & COMPETITIONS

The volunteers from the Department of Physics organized a photography competition on 23rd August 2020 to callback the nostalgia of bygone days as all the volunteers are still at home unable to move out in the pandemic situation.



KELKU KELKU KETTUKONDE IRIKKU

On 11th September 2020, Department of History conducted this competition as part of their weekly program. The competition was quite entertaining!



POSTER MAKING COMPETITION

In connection with the Ozone day, the NSS unit of our College organized a poster making competition and slogan writing competition on 18th September on the importance of Ozone.



WEBINAR NATIONAL EDUCATION POLICY 2020

A webinar is being organized for volunteers of UBA/NYKS/ NSS/ NCC on National Education Policy 2020 on 16th September 2020, from 1 pm to 3 Pm. In this special webinar Defense Minister, Education Minister and Youth Affairs Minister addressed the New Education Policy to make students aware of it. Most of our volunteers participated in it.

Role of NSS In Personality Development: 26th September

Baselios College organized a webinar on the topic, The Role of NSS in Personality Development. All volunteers participated.

Webinar : 27th September

The NSS Unit of Sree Sabareesa College organized a national level Webinar on NSS community intervention approaches in preventing Covid 19.

Resource person was Dr. Joby Sabu, Madurai Institute of Social Science and our volunteers participated in that.

SHEETHAKALA PACHAKKARI KRISHI

The volunteers participated in a webinar organized by KVK Kottayam on 18th October to make students aware about the importance of agriculture. Shri. Thiruvanchoor Radhakrishnan addressed the students and delivered the inaugural address.

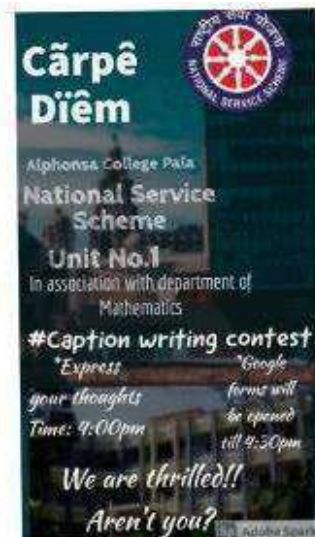
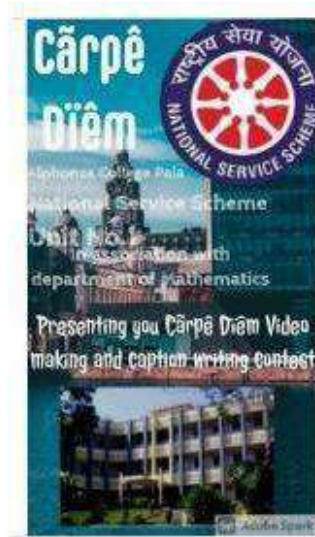
CONUNDRUM

The volunteers from English department conducted a treasure hunt called CONUNDRUM as part of their weekly program on 26th September.



CARPE DIEM : 9th October

Caption writing competition named Carpe Diem was conducted by the volunteers of Mathematics Department of Alphonsa College. The competitions included in it were caption writing and video making. Caption writing was based on the given picture and video making was based on the topic: Blood is a life, passit on.



Scr obhsc alta

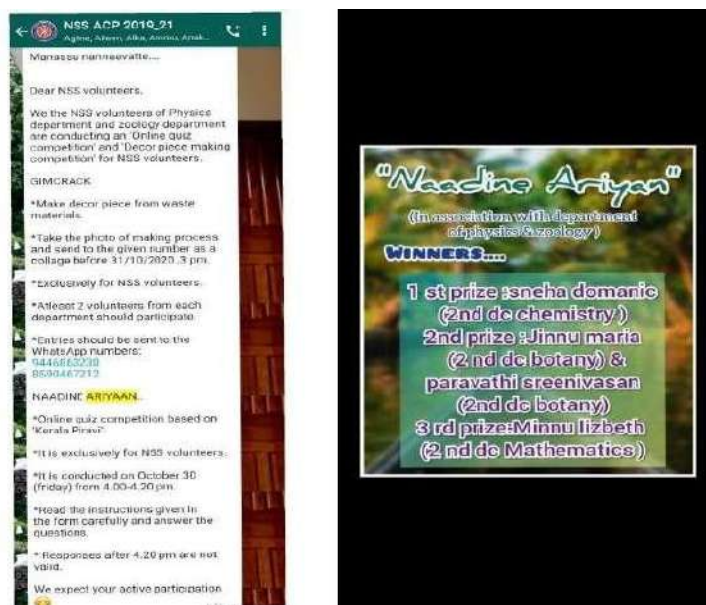
Scr obhsc alta is a short story writing competition conducted by the volunteers from Botany Department, which was held on 16th October 2020. The competition was to write a story based on the picture given to the contestants. Nova Ciby (2

DC Zoology) won first place, Novia Sunny (2 DC Physics) won second place and Shreya Suresh (2 DC Maths) won third prize.



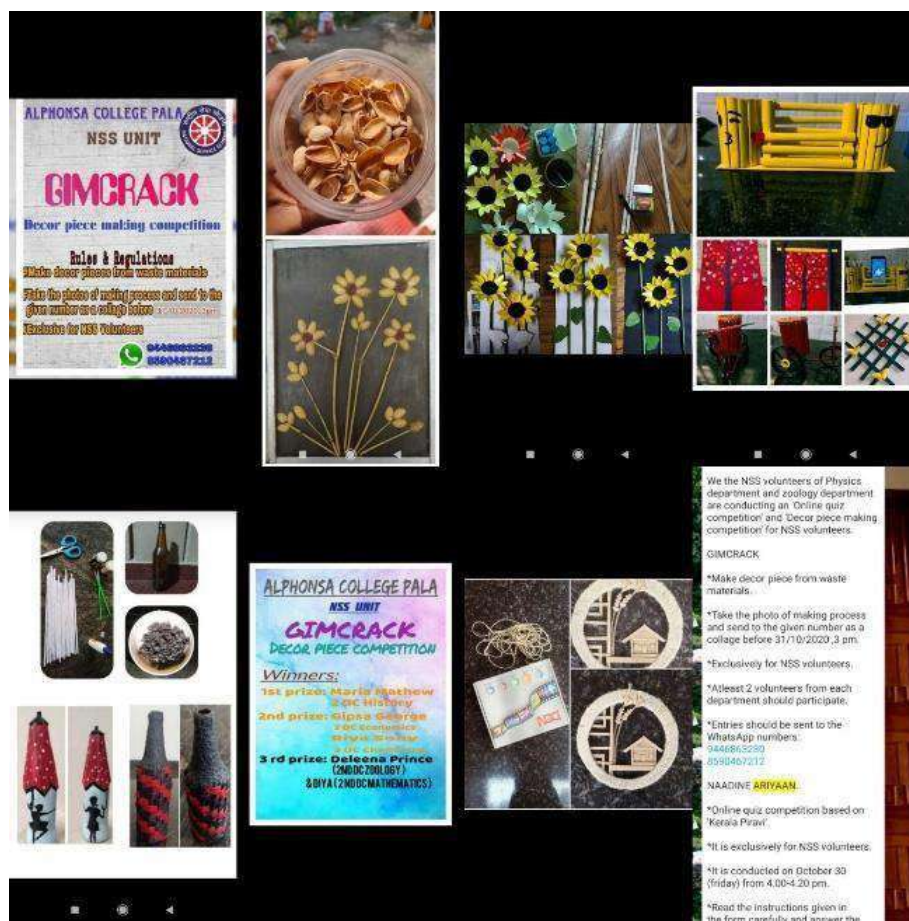
QUIZ : 30th October

The volunteers of Zoology and Physics Departments conducted a quiz competition under the name 'Naadineariyaan' as part of their weekly program



GIMCRACK

GIMCRACK : Decor making competition was conducted by the Departments of Zoology and Physics on 31/10/2020.



CHERMOLYPI

Department of Chemistry conducted this competition as part of their weekly program. The due date was on 14th November. The competitions included are:

- A letter to your mother
- A video with your mother



COVID PLEDGE : 8th October

Volunteers vowed to wear a mask and maintain social distance to prevent Covid 19.



CHARITY INITIATIVES

The unit adopted a student of 50+ age, who was struggling to earn a livelihood along with her studies. She resumed her studies after a gap of so many years because of her passion for studies. She is a single mother of two children, one doing B.Tech and the other +2. The volunteers decided to collect ten rupees per month for her so that they can contribute 4000 towards her daily expenses. In addition the unit contributed Rs. 75,000/- in different installments for her during the last two years. She was assisted to start a Janaseva Kendram by the time she complete her graduation from our college. The Kendra is to start functioning by 15 July 2021 after her final year BA Exams.



പ്രായം മറന്ന് റെസി, ചരിത്രം കുറിച്ച് പഠനം..

53കാരിയായ റെസി മാതൃന്റെ പഠന ജീവിതം ഡോക്യുമെന്ററി രൂപത്തിൽ

■ സുനിൽ പാലാ

പാലാ: ഇത് ചരിത്രത്തിൽ നിന്ന് ചരിത്രത്തിലേക്കുള്ള യാത്രയാണ്. കൈയിൽ പാഠ്യ പുസ്തകവും ബാഗുമായി പാലാ അൽഹോൻസാ കോളേജിന്റെ പരിസരത്തുനിന്ന റെസി മാതൃ എന്ന 53കാരി എനാംപുതുക്കുന്നതായാണ്. പ്രായം മറന്നുള്ള ഈ യാത്ര ക്ലാസ് മുറിയിലേക്കാണ്. ചരിത്രം പഠിച്ച് ചരിത്രത്തിന്റെ ഭാഗമാകാനുള്ള യാത്ര. കോളേജിലെ ബി.എ രണ്ടാംവർഷ ചരിത്ര വിദ്യാർത്ഥിനിയായ റെസിയുടെ ജീവിതം ദേശീയ സാക്ഷരതാ മിഷൻ ഇപ്പോൾ ഡോക്യുമെന്ററിയായിക്കൊണ്ട്. ക്ലാസ് മുറിയിൽ നിന്ന് പകർത്തിയ



ദേശീയ സാക്ഷരതാ മിഷന്റെ നേതൃത്വത്തിൽ പാലാ അൽഹോൻസാ കോളേജിൽ നടന്ന ഡോക്യുമെന്ററി ചിത്രീകരണം

ശ്രദ്ധേയ 7 ന് വയസ്സിലായി പ്രദർശിപ്പിക്കും. അനുപചാതിക വിദ്യാഭ്യാസത്തിലെ കേരള മോഡൽ രാജ്യത്തിന് തന്നെ മാതൃകയാകുന്ന പശ്ചാത്തലത്തിലാണ് റെസി മാതൃവിന്റെ ജീവിതത്തെ പഠനത്തെയും ആസ്പദമാക്കി ഡോക്യുമെന്ററി നിർമ്മിക്കുന്നത്. ജീവിതസാഹചര്യങ്ങളെയും പ്രായത്തെക്കുറിച്ചും തോൽവികളും സ്മരണകളും എഴുതിയ റെസി, ഏതൊരു വ്യക്തിക്കും പ്രചോദന

മാണെന്ന് സാക്ഷരതാ മിഷൻ അധികൃതർ പറയുന്നു. രണ്ട് കളുടെ അമ്മയായ റെസി വിട്ടുപോയി ചെല്ലാൻ കഴിയാതെ പൂർണ്ണമായും ഭർത്താവിന്റെ അധീനതയിൽ കഴിയേണ്ടി വന്നു. 84-86 കാലഘട്ടത്തിൽ പാലാ അൽഹോൻസാ കോളേജിൽ പ്രീ ഡിഗ്രി വിദ്യാർത്ഥിനിയായിരുന്നു റെസി. എന്നാൽ ജീവിതസാഹചര്യങ്ങൾ പ്രതികൂലമായപ്പോൾ മുന്നോട്ടുള്ള പഠനം തുടങ്ങി.

സാക്ഷരതാ മിഷന്റെ മൂന്ന് ടൂർ ഇല്ലാതാ പഠനത്തിന് ശേഷമാണ് ബിരുദത്തിന് ചേർന്നത്. സാക്ഷരതാ മിഷൻ ഏറ്റുമാനൂർ കേന്ദ്ര കോഡിനേറ്റർ ബിനാകുമാരിയുടെ മേൽനോട്ടത്തിലായിരുന്നു മൂന്ന് ടൂറും. ഏറ്റുമാനൂർ പുന്നത്തൂർ മൂലപ്പള്ളി ക.ട.ബാഗ് മായ റെസിയും കേരള ഇപ്പോൾ വാടകവീട്ടിലാണ് താമസം. കൾ അഞ്ചലി എൻജിനീയറിംഗിനും കൾ ആഗ്രിക്ച്ചറിലും പഠിക്കുന്നു.

The unit raised funds for the charity initiatives from the activities like exhibitions and food fest conducted in the previous years as well as from the vegetable gardens maintained by the volunteers.

The Unit managed to buy two wheel chairs and one washing machine for Ananda Bhavan, a charity home for mentally retarded, near Chittar, our adopted village.



The unit extended help to the inmates of St. Rockey's Home. Adult diapers and material support was offered from time to time



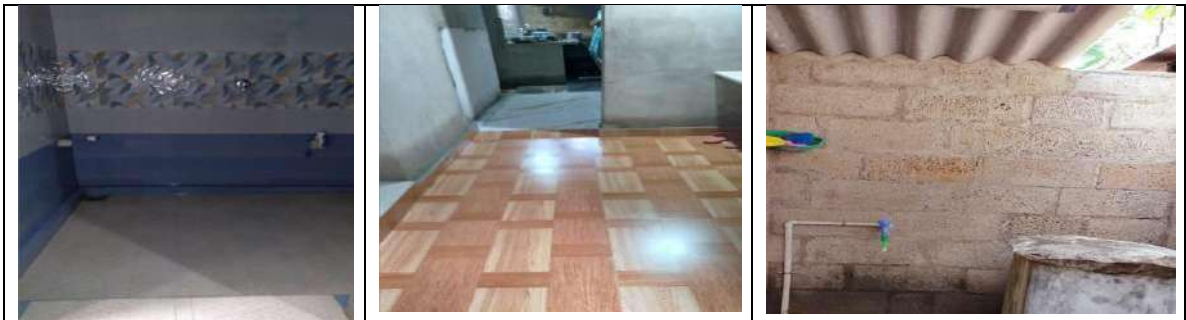
Deepthi DCMR school hostel, which was built newly for mentally retarded boys, was supplied with a few beds by the joint efforts of volunteers, programme officers and Principal. The aid was handed over to the Principal of the school by Dr. Sr. Gigimol MG, Principal, Alphonsa College.



The unit handed over a wheel chair for the inmates of Dhayabhavan, Vellilapalli which they have brought by the money raised from different activities.



The volunteers collected money for the house renovation of a student of our college and as a result of the joint effort a kitchen, a room and toilet are built.



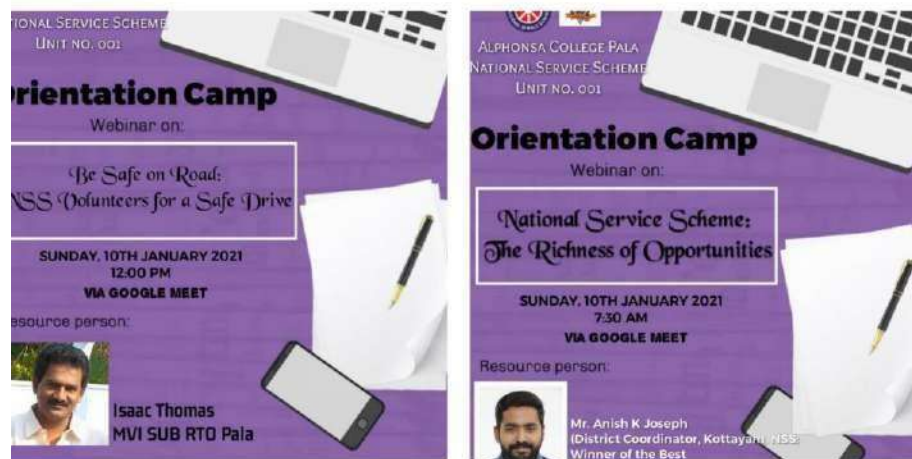
A family near our adopted village has two children who are blind, deaf and dumb. One of them cannot even stand up. This family was offered support by our unit as supply of medicines and essential things and sometimes as monetary help.



ENROLMENT AND CAMPS

During the month of November new NSS volunteers are enrolled for the year 2020 – 2022. At the time of enrolment they are asked to start a vegetable garden with at least five vegetables. The growth and maintenance of the garden was monitored by the volunteers secretaries and POs regularly

On 10 January 2021 there was a mini camp for first year volunteers from 7.30 am -12.30 pm consisting of 2 sessions. One session was conducted in the forenoon and another in the afternoon. Forenoon session was engaged by Mr. Anish Joseph (MG university best programme officer 2019-20 winner and NSS coordinator Kottayam) on the topic National Service Scheme: The Richness of Opportunities. Afternoon session was engaged by Mr. Issac Thomas (MVI sub RDO) on the topic “Safe on the Roads”. This session was very helpful for everyone.



First year volunteers were given a group activity to conduct weekly programmes starting from the month of January. There were 5 groups of 18 members each. The programme is divided into 3 cycles. In the first cycle each group is divided into 2 sub-groups consisting of 5 members each

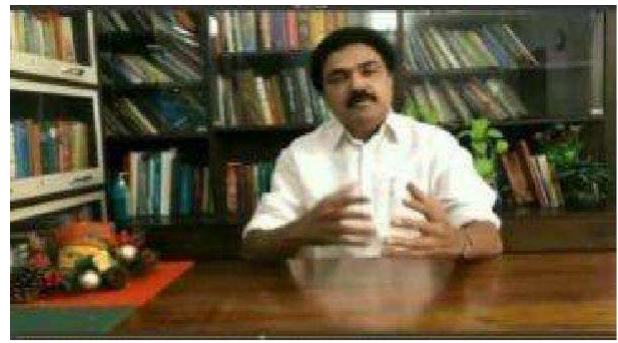
SEVEN-DAY ANNUAL SPECIAL CAMPING PROGRAMME 2020-2021 20th December 2020 – 26th December 2020

The newly selected NSS volunteers had a 7 day online camp through Google meet on 20-26 December. All volunteers co-operated for the successful

completion of the camp. Volunteers have been divided into 5 groups and they have done all programs on group basis.

The NSS special camp for the year 2020 was conducted from 20- 26 December 2020 on the theme Prevention and Mitigation of Covid-19. Due to the Covid pandemic situation this year the camp was conducted by making use of modern technologies and was a combination of both online and offline modes. Lectures and classes were conducted via Googlemeet while various field activities were conducted at their respective areas.

The special camp was inaugurated on 20/12/2020 by Sri. Jose K Mani M.P at 4.00 pm. Principal of the college Dr.Sr. Gigimol M G delivered the Presidential Address and Dr. Rekha Raj, NSS Coordinator , MGU delivered the Key note address. Vice Principal Dr.Sr. Regeenamma Joseph and Bursar Fr. Jose Joseph felicitated the gathering.. he first day was dedicated for meeting the members and dividing them into groups. The programme officers gave necessary instructions to the volunteers.



Presidential Address :Dr.Sr. Gigimol
M G

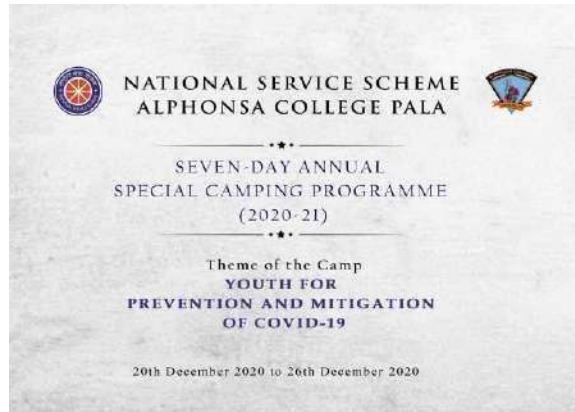
Inaugural Address: Sri. Jose K Mani M.P



Key Note Address: Dr. Rekha Raj



Felicitations: Dr.Sr. Regeenamma Joseph and Fr. Jose Joseph



SCHEDULE OF THE SPECIAL CAMPING PROGRAMME (2020-21)

DAY	TIMING	ACTIVITES
Day I 20/12/2020	4.00 pm - 4.30 pm	Inaugural Function [Virtual Mode] <i>Presidential Address</i> : Dr. Sr. Gigimol M G, Principal, Alphonsa College, Pala <i>Guest of Honour</i> : Dr. Rekha Raj NSS Coordinator, MGU <i>Inauguration</i> : Shri. Jose K Mani MP
	4.30 pm - 6.00 pm	Ice Breaking & Group Formation [Virtual Mode]
	6.00 pm - 6.30 pm	Providing Camp Rules & Disbursing the camp [Virtual Mode]

<p>Day II 21/12/2020</p>	<p>7.30 am - 8.30 am</p>	<p>Assembly [Virtual Mode]</p> <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day <p>Shramdhan [offline]</p>
	<p>10.30am - 12 noon</p>	<ul style="list-style-type: none"> - Cleaning Project in the neighbourhood & locality

	<p>3.00 pm - 3.45 pm</p> <p>7.00 pm - 8.00 pm</p>	<p>Awareness Session: “NSS for Moulding a Socially Committed Youth”</p> <ul style="list-style-type: none"> - <u>Dr. Ciby Kurian</u>, NSS State Award Winner, Head, Department of Malayalam, Devamatha College, Kuravilangadu Cultural Programmes [Virtual Mode]
<p>Day III 22/12/2020</p>	<p>7.30 am - 8.30 am</p> <p>10.30am - 12 noon</p> <p>3.00 pm - 3.45 pm</p> <p>7.00 pm - 8.00 pm</p>	<p>Assembly [Virtual Mode]</p> <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day <p>Preparation of a Healthy Diet: Cooking Experiment at Home [offline]</p> <p>Awareness Session: “Cyber Crimes: Use and Misuse of Social Media”</p> <ul style="list-style-type: none"> - <u>Shri. Manoj Kumar VS</u> (Cyber Cell Kottayam) - <u>Shri. Vinod Sopanam</u> (District Crime Branch) <p>Cultural Programmes [Virtual Mode]</p>
<p>Day IV 23/12/2020</p>	<p>7.30 am - 8.30 am</p> <p>10.30am - 12 noon</p> <p>3.00 pm - 3.45 pm</p>	<p>Assembly [Virtual Mode]</p> <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day Organic Farming [offline]

7.00 pm - 8.00
pm

Awareness Session: Role of NSS Volunteers in
Present Social Circumstances

- *Prof. Sini Jacob*, NSS State
award winner, Asst. Professor,
St. George College Aruvithura

Cultural Programmes [Virtual Mode]

Day V 24/12/2020	7.30 am - 8.30 am	Assembly [Virtual Mode] <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day field survey
	10.30am - 12 noon	Skill Training: “Martial Arts and Keeping Fit” <ul style="list-style-type: none"> - <u>Sreelakshmi Biju</u>, Shehensai Okinawa Horin Ryu
	3.00 pm - 3.45 pm	<ul style="list-style-type: none"> - Cultural Programmes [Virtual Mode]
	7.00 pm - 8.00 pm	
	7.30 am - 8.30 am	Assembly [Virtual Mode] <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day

Day VI
25/12/2020

10.30am - 12
noon

- **Report Presentation**
 - Survey Report Presentation
 - Camp Report Presentation
 - COVID 19 Experience Report Presentation
- **Christmas Message:** Fr. Devasiachan Vattappalam,
HSST. St Sebastian's HSS Kadanad

3.00 pm - 3.45
pm

- Awareness Session:** "NSS Volunteers to Mitigate Covid"
- Jayalakshmi Vijayan. District Covid Control Cell Kottayam

7.00 pm - 8.00
pm

Cultural Programmes [Virtual Mode]

Day VII 26/12/2020	7.30 am - 8.30 am	Assembly [Virtual Mode] <ul style="list-style-type: none"> - NSS Anthem - Thought for the Day - Camp Paper Presentation - Evaluation of previous day
	8.30 am – 12 pm	Digital Magazine Release Craft and Drawing Exhibition Feedback & Valedictory Session

Day 2 – 21/12/2020

Yoga and parade are demonstrated to the volunteers and they practiced it at their homes under the online supervision of the Programme Officers. Thus assembly was conducted in the formal pattern. After that the volunteers are sent for a Shramdhan Project, to clean the vegetable garden they have been maintaining right from the day of their enrollement as an NSS Volunteer. The details of the work done, along with photos and videos of the events are sent to the POs before the next session

കൃഷിയിടം വൃത്തിയാക്കൽ



- Shramdhan Project { 10:30 am – 12 noon }

In the afternoon an Awareness Session “ NSS for Moulding a Socially Committed Youth” by Dr. Ciby Kurian , NSS State Award Winner and Head of the Dept. of Malayalam, Devamatha College , Kuravilangad. He discussed the role of NSS Volunteers in all spheres of life, especially in the current scenario.

“ NSS for moulding a Socially Committed Youth”: Dr. Ciby Kurian



In the evening cultural programmes were conducted in the online mode after camp evaluation and discussion by the Programme officers and Volunteers. Instructions and duties for the next day are distributed.

Day 3 – 22/12/2020

After yoga, parade and assembly the volunteers are sent to their own kitchen to prepare healthy dishes for themselves and family. The time assigned was 10:30 am – 12 noon

Cooking Experiment at Home :

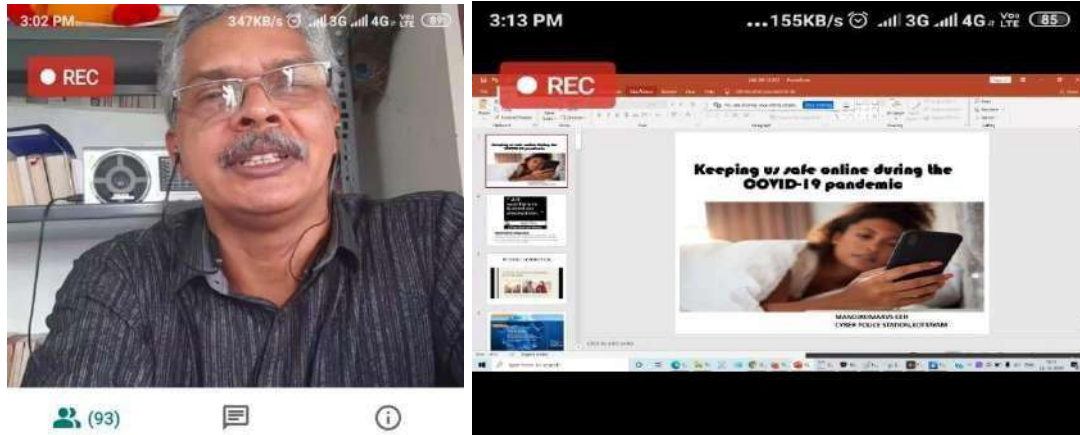
Kovakka thoran



SWEET BANANA SNACK



The afternoon session was on “Cyber Crimes : Use & Misuse of Social Media.” The class was led by Sri. Manoj Kumar VS, Cyber Cell Kottayam and Sri. Vinod Sopanam (District Crime Branch). They talked about the impact of social media on youth and children in the pandemic situation.



The evening session followed the usual pattern of camp reports for the day, evaluation, instructions and cultural programmes.

Day 4 – 23/12/2020

In the next day after the assembly the morning session was assigned for the identification of locally available medicinal plants and organic farming- especially medicinal plants. Each volunteer planted at least three fruit trees also.

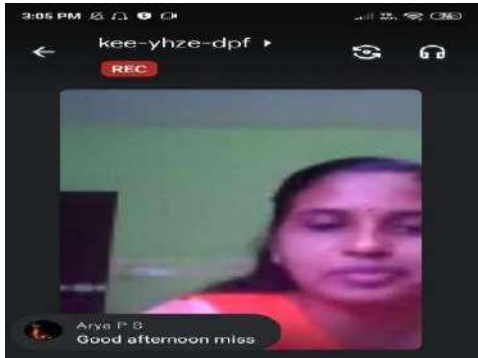
Organic Farming:



ഫലവൃക്ഷം തൈ നടീൽ



The Awareness Session in the afternoon was on “ Role of NSS Volunteers in present social circumstances” Prof. Sini Jacob –NSS State Award Winner ; Asst. Professor , St. George College Aruvithura led the session. She focused on the social commitment as well as character development.



The day ended with reports and cultural programmes.

Day 5 – 24/12/2020

After the usual routine in the morning the students went for the field survey to evaluate the impact of Covid 19 Pandemic in their respective areas. The questionnaire provided by the NSS authorities was strictly followed. Those who live in the containment zone and less safe areas, conducted the survey via phone.

Field Survey – Covid 19 { 10:30 am – 12 noon }



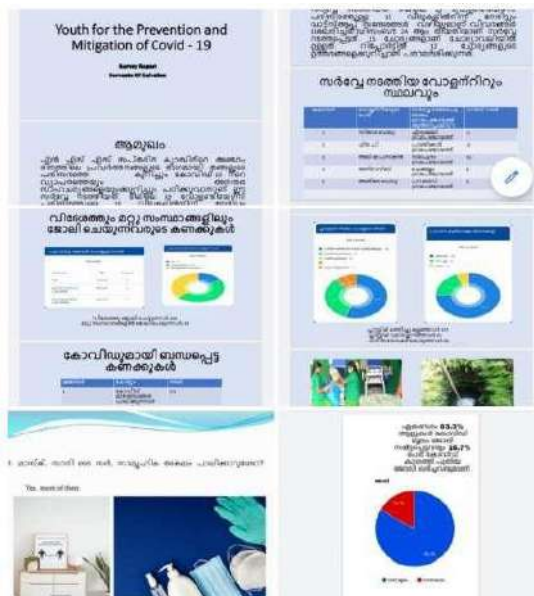
In the afternoon a Skill Training on “Martial Arts & Keeping Fit” was conducted with a twofold aim of keeping fit and healthy in the pandemic situation. Sreelakshmi Biju instructed the volunteers by giving demonstration as well.



Day 6 – 25/12/2020

The meet was dispersed after assembly and morning programmes. The forenoon session was dedicated for the presentation of the field survey. Leaders of the groups presented the consolidated report obtained after the survey. It was specially noted that the Pandemic has affected people of all sects, socially and economically. The death rate due to Covid is less but the real aftereffect was on the social life of the people.

Report Presentation:



The Awareness Session in the afternoon, “ NSS Volunteers to Mitigate Covid” was given by Smt. Jayalakshmi Vijayan of District Covid Control Cell Kottayam. The methods we can adopt and suggest to others are discussed and the doubts about the disease as well as the vaccine are clarified.



Day 7 – 26/12/2020

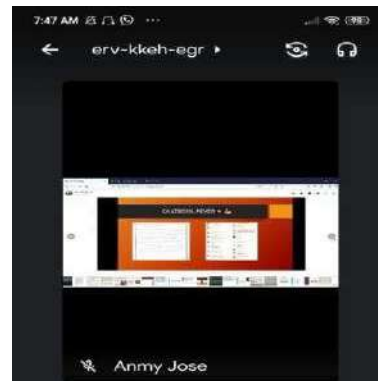
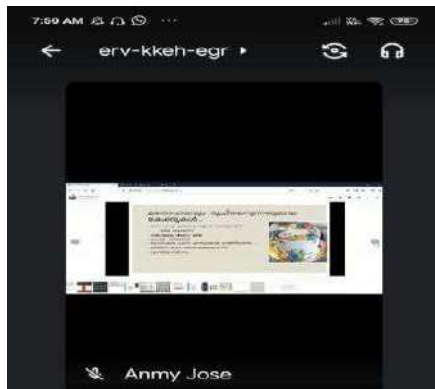
The last day witnessed the release of the Digital Magazine prepared by the volunteers. Everyone contributed their share to make the magazine rich in content and matter. Also an exhibition of the craft work and drawings done by the students were conducted. The creative outcome was really stunning even though it is done through online mode.

The camp dispersed by 1 pm after camp evaluation from the part of volunteers and programme officers.

Craft & Drawing Exhibition:



Cultural Programmes, Camp Papers ...



YOGA



NEWSPAPER CUTTINGS:

ഓൺലൈൻ എൻഎസ്എസ് ക്യാമ്പ്

പാലാ: അൽഫോൻസാ കോളജി
ലെ എൻഎസ്എസ് സ്ഥാപിത
ഓൺലൈൻ എൻഎസ്എസ് ക്യാമ്പ്
26 ന് ജോസ് കെ. മാണി എംപി
ഉദ്ഘാടനം ചെയ്തു. ഏഷ്യാ
ണിവേഴ്സിറ്റി എൻഎസ്എസ്
പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ
ഡോ. രമേശ്, കോളജ് പ്രിൻ
സിപ്പൽ ഡോ. സിസ്റ്റർ തെരേസ്
മക്കുക്കുഴി എസ്എച്ച്. വൈസ്
പ്രിൻസിപ്പൽമാരായ റവ. ഡോ.
ഷോണി പുന്നത്തറത്തുകുറേന
യർ, ഡോ. സിസ്റ്റർ റെജിനാമ്മ
ജോസഫ്, ബർസാർ ഹോ. ജോ
സ പുലയവലിൽ എന്നിവർ പ്ര
സംഗിച്ചു. എൻഎസ്എസ് പ്രോഗ
്രാം ഓഫീസർമാരായ ഡോ. അ
നില തോമസ്, ഡോ. സോണിയ
സെബാസ്റ്റ്യൻ, വോളന്റിയർ സെ
ക്രട്ടറിമാരായ ഗ്രേസ, നന്ദന ജയ
റാം എന്നിവർ നേതൃത്വം നൽ
കും. നൂറോളം വോളന്റിയർമാർ
ഓൺലൈൻ സെഷനുകളിൽ പ
ങ്കെടുക്കുകയും പരിസരപ്രദേശ
ങ്ങളിൽ സാമൂഹിക പ്രവർത്തന
ങ്ങളിൽ ഏർപ്പെടുകയും ചെയ്യും.
26 നു ക്യാമ്പ് സമാപിക്കും.

അൽഫോൻസാ കോളജിൽ വെബിനാർ

പാലാ: ഓൺലൈൻ എൻഎസ്എസ് ക്യാമ്പ്
നൂറോളം പാലാ അൽഫോൻസാ കോളജി
എൻഎസ്എസ് യൂണിറ്റും സംയുക്തമാ
യി ജില്ലാ സെബർ ഹോളിസ് സ്കൂൾ
ന്റെ സഹകരണത്തോടെ ലയൺസ് ഡി
സ്ട്രിക്ട് 318 ബിഡിലെ യൂത്ത് എംപവർ
മെന്റ് ടീമിന്റെ നേതൃത്വത്തിൽ 'ഇന്റർനെ
റ്റ് ഗുണങ്ങളും ദോഷങ്ങളും' എന്ന വിഷ
യത്തെ ആസ്പദമാക്കി വെബിനാർ
നടത്തും. 22 ന് 2.30 നു നടക്കുന്ന
വെബിനാർ ഡിസ്ട്രിക്ട് ഗവർണർ ഡോ.
സി.പി. ജയകുമാർ ഉദ്ഘാടനം നിർവഹി
ക്കും. എംപവർമെന്റ് ഡിസ്ട്രിക്ട് കോ-ഓ
ർഡിനേറ്റർ സിബി മാത്യു പൂരത്തോട്ടം
അധ്യക്ഷത വഹിക്കും.
കോളജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ
തെരേസ് മക്കുക്കുഴി എസ്എച്ച്. മുഖ്യ
പ്രഭാഷണം നടത്തും. പ്രവിത്താനം ലയ
ൺസ് കൂബ് പ്രസിഡന്റ് സെബാസ്റ്റ്യൻ
തെരേസാമാട്ട്, അൽഫോൻസാ കോ
ളജി എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീ
സർമാരായ ഡോ. സോണിയ സെബാ
സ്റ്റ്യൻ, ഡോ. അനില തോമസ് എന്നിവ
ർ പ്രസംഗിക്കും. ജില്ലാ സെബർ ഹോ
ളിസ് ടീമിലെ വി.എസ്. മനോജ്കുമാർ,
ജില്ലാ കോ-ഓർഡിനേറ്റർ വിമതാൾ സോ
പാനം എന്നിവർ ക്ലോസുടുകയും.
വെബിനാർ നടത്തി

ഇടതുപക്ഷം കെടിക്കും എൻഎസ്എസ് ക്യാമ്പിൽ സ
യൻസ് എൻറിച്ചകുട്ടി പ്രോഗ്രാം- സ്പെ
ക്ട്രലി നേതൃത്വത്തിൽ 'ശാസ്ത്രപാ
നം കോവിഡ് കാലത്ത്' എന്ന വിഷയ
ത്തിൽ വെബിനാർ നടത്തി. ദേശീയ അ
ധ്യാപക ജേതാവു ഗ്രന്ഥകാരനുമായ
ബാബു ടി. ജോൺ മുഖ്യപ്രഭാഷണം ന
ടത്തുകയും കുട്ടികളുമായി സംവദിക്കു
കയും ചെയ്തു. ഹോഡ്വിൻട്രസ് എബി
ൻ കൃഷ്ണമണിയിൽ. കോ-ഓർഡിനേറ്റർ
ബിനി അഗസ്റ്റിൻ എന്നിവർ പ്രസംഗിച്ചു.



മുത്തോലി ഗ്രാമപഞ്ചായത്ത് അഞ്ചാം റാൻഡിൻ ആരംഭിച്ച പാലാ അൽഫോൻസാ കോളജി എൻഎസ്എസ് ക്യാമ്പിന്റെ ഉദ്ഘാടനം കെ.എം. മാണി എംപി നിർവഹിക്കുന്നു. പഞ്ചായത്ത് വൈസ് പ്രസിഡന്റ് രാജൻ മുണ്ടേറ്റം, പ്രസിഡന്റ് രുബി ജോസഫ്, കോളജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ ജിജിതോൾ, മുത്തോലി സഹകരണബാങ്ക് പ്രസിഡന്റ് ടോബിൻ കെ. അലക്സ്, പഞ്ചായത്ത് ഓൺലൈൻ മിനി മനോജ് എന്നിവർ സമീപം.



പാലാ അൽഫോൻസാ കോളജ് എൻഎസ്എസ് യൂണിറ്റ് സ്വീതദിന ക്യാമ്പിന്റെ ഉദ്ഘാടനം ചിറ്റാർ സെന്റ് ജോർജ് എൽപി സ്കൂളിൽ പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ തെരേസ് മടുകക്കുഴി നിർവഹിക്കുന്നു. ബർസാർ ഫാ. ജോസ് ജോസഫ്, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. അനില തോമസ്, ഡോ. സോണിയ സെബാസ്റ്റ്യൻ എന്നിവർ സമീപം.

ചുറിയൽ കാർഡ്, ഹാൾട്വിന്റെ എന്നിവ സഹിതം എത്തി.

സുവർണജൂബിലി

നാഷണൽ സർവീസ് സ്കീമിന്റെ (എൻഎസ്എസ്) സുവർണ ജൂബിലി ആഘോഷങ്ങളുടെ എംജി സർവകലാശാലാതല ഉദ്ഘാടനം ഇന്ന് 10ന് പാലാ അൽഫോൻസാ കോളജിൽ നടക്കും. എൻഎസ്എസ് പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ പ്രഫ. എം.ജെ. മാത്യു ഉദ്ഘാടനം നിർവഹിക്കും. സുവർണ ജൂബിലിയുടെ സംസ്ഥാനതല ഉദ്ഘാടനം ഇന്ന് രണ്ടിന് കോട്ടയം സിഎഎസ് കോളജിൽ സംസ്ഥാന എൻഎസ്എസ് ഓഫീസർ പ്രഫ. കെ. സാബുക്കുട്ടൻ നിർവഹിക്കും.



നാഷണൽ സർവീസ് സ്കീമിന്റെ സുവർണജൂബിലി ആഘോഷങ്ങളുടെ സർവകലാശാലാതല ഉദ്ഘാടനം പാലാ അൽഫോൻസാ കോളജിൽ എംജി സർവകലാശാല എൻഎസ്എസ് പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ പ്രഫ. എം.ജെ. മാത്യു നിർവഹിക്കുന്നു. കോളജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ തെരേസ് മടുകക്കുഴി, വൈസ് പ്രിൻസിപ്പൽ ഡോ. ഷാജി ജോൺ, എൻഎസ്എസ് മുൻ പ്രോഗ്രാം ഓഫീസർ പ്രഫ. മേരിയമ്മ സഖറിയാസ്, ലഫ്. അനൂ ജോസ് തുടങ്ങിയവർ സമീപം.

കർമ്മവും ബോധവൽക്കരണവുമായി രക്തദാനനിനാചരണം

പട്ടയം: രക്തദാന ക്യാമ്പുകളും ബോധവൽക്കരണവും പ്രമർശനവും ഉൾപ്പെടെ വിവിധമായ പരിഷ്കരണങ്ങളിലൂടെ രക്തദാനനിനാചരണത്തിൽ നടന്ന മെഗാ രക്തദാന ക്യാമ്പിൽ കോളം സബ് കളക്ടർ ഗോപാലൻ, പാലാ രൂപത സർവ്വകലാശാലയിൽ രക്തദാന ക്യാമ്പിൽ മുൻനിരയിൽ പങ്കെടുത്തു. ക്യാമ്പിൽ രക്തദാന ക്യാമ്പിൽ മുൻനിരയിൽ പങ്കെടുത്തു. ക്യാമ്പിൽ രക്തദാന ക്യാമ്പിൽ മുൻനിരയിൽ പങ്കെടുത്തു. ക്യാമ്പിൽ രക്തദാന ക്യാമ്പിൽ മുൻനിരയിൽ പങ്കെടുത്തു.

ലോഷം

മെഗാ വെബിനാർ ഇന്ന്

പാലാ: ലയൺസ് ഡിസ്ട്രിക്ട് 318 ബിയും പാലാ അൽഫോൻസാ കോളജ് എൻഎസ്എസ്, എൻസിസി യൂണിറ്റുകളും സംയുക്തമായി ഇന്ന് മെഗാ വെബിനാർ നടത്തും. വൈകുന്നേരം ആറിന് അൽഫോൻസാ കോളജ് പ്രിൻസിപ്പൽ സിസ്റ്റർ ഡോ. തൈരേസ് മടുകൈച്ചി എസ്എച്ചിന്റെ അധ്യക്ഷതയിൽ ചേരുന്ന യോഗത്തിൽ ഡോ. സി.പി. ജയകുമാർ വെബിനാർ ഉദ്ഘാടനം ചെയ്യും. പ്രിൻസ് സ്കൂൾ, അഡ്വ. കെ.ജെ. തോമസ് ഐപിഎസ്, അലക്സ് കുര്യാക്കോസ്, സുനിൽകുമാർ, പി.സി. ചാക്കോ, സിബി മാത്യു പ്ലാത്തോട്ടം, എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. സോണിയ സെബാസ്റ്റ്യൻ, ഡോ. അനില തോമസ്, എൻസിസി ഓഫീസർ ലഫ്. അനു ജോസ് എന്നിവർ പ്രസംഗിക്കും. ബെനി ക്യൂരൻ ക്ലാസ് നയിക്കും. ഫോൺ: 9447213027.

മെഗാ വെബിനാർ ഇന്ന്

പാലാ • ലയൺസ് ഡിസ്ട്രിക്ട് 318 ബിയും അൽഫോൻസാ കോളജ് എൻഎസ്എസ്, എൻസിസി യൂണിറ്റുകളും ചേർന്നു നടത്തുന്ന മെഗാ വെബിനാർ ഇന്ന് 6 നു നടത്തും. ഡോ.സി.പി.ജയകുമാർ ഉദ്ഘാടനം ചെയ്യും. കോളജ് പ്രിൻസിപ്പൽ ഡോ.സിസ്റ്റർ തൈരേസ് മടുകൈച്ചി അധ്യക്ഷത വഹിക്കും. ബെനി ക്യൂരൻ ക്ലാസ് നയിക്കും. ഫോൺ: 9447213027.

10 നാട്ടുവിശേഷം

അൽഫോൻസാ കോളജിൽ മെഗാ വെബിനാർ

പാലാ: ലയൺസ് ഡിസ്ട്രിക്ട് 318 ബിയുടെ യുത്ത് എംപവർമെന്റ് ട്രിപ്പിന്റെ നേതൃത്വത്തിൽ പാലാ അൽഫോൻസാ കോളജിലെ പിടിഎയും എൻഎസ്എസ് യൂണിറ്റും ചേർന്ന് സ്മിത്യക്ഷേപണ വിഷയത്തെ ആസ്പദമാക്കി 22 നു വൈകുന്നേരം ആറിന് മെഗാ വെബിനാർ നടത്തും. പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ തൈരേസ് മടുകൈച്ചി എസ്എച്ചിന്റെ അധ്യക്ഷതയിൽ ചേരുന്ന യോഗത്തിൽ ഡിസ്ട്രിക്ട് ഗവർണ്ണർ സി.പി. ജയകുമാർ ഉദ്ഘാടനം നിർവഹിക്കും. പ്രിൻസ് സ്കൂൾ, അഡ്വ. തോമസ് ഐപിഎസ്, സിബി മാത്യു പ്ലാത്തോട്ടം എന്നിവർ പ്രസംഗിക്കും. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. സോണിയ സെബാസ്റ്റ്യൻ, ഡോ. അനില തോമസ്, പിടിഎ സെക്രട്ടറി ജൂലി ജെ. പവറുണ്ട എന്നിവർ നേതൃത്വം നൽകും. അഡ്വ. ഉപേന്ദ്രനോൽ ക്ലാസ് നയിക്കും. ഫോൺ: 9447213027.