



**WOMEN CELL**  
**ALPHONSA COLLEGE, PALA.**

**WOMEN CELL REPORT  
FOR THE YEAR 2023-2024**

**BY**

**ALPHONSA COLLEGE, PALA.**

*Affiliated To*

**MAHATMA GANDHI UNIVERSITY**

**KOTTAYAM-686574**

**KERALA**

## INTRODUCTION

Alphonsa College, Pala, Kottayam District is one of the pioneer institutions for higher education of women in the state of Kerala. It perpetuates the sacred memory of St. Alphonsa, the contemplative mystic whose saintly life of love and service has always been an inspiration and source of strength for the people of Pala. Established in 1964 as a junior college with 400 students and 13 teachers, Alphonsa College has now attained the stature of a first grade women's college. It is a religious minority institution owned and managed by the Catholic Diocese of Pala. The fundamental aim of the Alphonsa College is to impart spiritually-oriented and value-based education 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.

### Our Mission and Vision

Vision Statement of the College

*'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 Statement of the College

- *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.*

Our motto is '**Lighted for Life**,' that is, brightening the hearts and minds of young women with the light of wisdom, thereby equipping them to face the challenges of everyday life. To be true to our motto, the College provides enormous opportunities to the students to light up their souls and equip themselves to radiate the same in the community around them.

## 1. NAME AND ADDRESS OF THE COLLEGE:

College Name : *Alphonsa College, Pala*

Address : *Alphonsa College, Pala,*  
*Arunapuram (PO), Kottayam, Kerala*

Email : *womencellacp@gmail.com*

Website : [www.alphonsacollege.in](http://www.alphonsacollege.in)

PIN : *686574*

## 2. 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.

## Gender awareness -Legal Awareness Class

**Alphonsa College**  
Pala, Kottayam  
Reaccredited to Grade A by NAAC with CGPA 3.24

**WOMEN CELL**  
is organising  
**LEGAL AWARENESS CLASS**

**Resource Person**

**24 July 2023**  
**2:30 pm**  
**Seminar Hall**

**Adv. K Ravikumar, Pala**

**Principal**  
**Rev. Dr. Fr. Shaji John**

**Coordinators**  
**Ms. Teena James**  
**Ms. Smitha Clary Joseph**

The KSWDC Women Cell at Alphonsa College Pala organized a Legal Awareness Class on the 24th of July 2023, at 2:30 PM in the Seminar Hall.

The class aimed to empower students with legal knowledge and foster awareness about crucial legal issues affecting women. A brief introduction to the significance of legal awareness was presented, highlighting its role in promoting justice, equality, and protection of individual rights. Adv. K Ravikumar, a distinguished legal professional, served as the resource person for the session. His extensive experience in the field added value to the event. Adv. Ravikumar began by providing an overview of the Indian legal system and its relevance to women's rights. Key topics covered included: Women's Rights

and Legal Protections, Laws against Domestic Violence, Sexual Harassment at Workplace and Legal Remedies for Women. The students actively participated in a Question Answer session, posing questions on legal issues relevant to women. Adv. Ravikumar provided insightful answers, creating a dynamic and engaging environment. The Legal Awareness Class organized by the Women's Cell at Alphonsa College Pala was a commendable initiative. It not only equipped participants with valuable legal knowledge but also fostered a sense of empowerment and confidence. The session served as a stepping stone towards creating a more legally aware and informed community, particularly focusing on women's rights and issues.



Welcome Address by Rev. Dr. Shaji John, Principal Alphonsa College Pala



Adv. Ravikumar taking class





Vote of Thanks by Student Representative

**Social engagement program**



## "Save A Life, Save A Lifetime" - Basic Life Support - CPR Programme

**ALPHONSA COLLEGE PALA**  
PG & Research Dept of Zoology, KSWDC Women Cell  
In Association with  
Heart Care Foundation, India

**HEART CARE FOUNDATION**  
A heart to heart affair

**'Save A Life, Save A Lifetime'**

**"BASIC LIFE SUPPORT - CPR"**  
16 October 2023 – 9:45 AM onwards  
@ Seminar Hall

**College Administration Committee**  
Dr. Fr. Shaji John (Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Dr. Sr. Manju Elizabeth Kuruvila (Vice Principal)

**Co-ordinators**  
Dr. Cinnie Susan Antony  
Dr. Maya George  
Ms. Teena James  
Ms. Smitha Clary Joseph

On the 16th of October 2023, KSWDC Women Cell and Department of Zoology of Alphonso College Pala, in association with the Heart Care Foundation, India, conducted a comprehensive program titled "Save A Life, Save A Lifetime." The focus of this event was on teaching the crucial life-saving technique of Basic Life Support (BLS) and Cardio-Pulmonary Resuscitation (CPR).

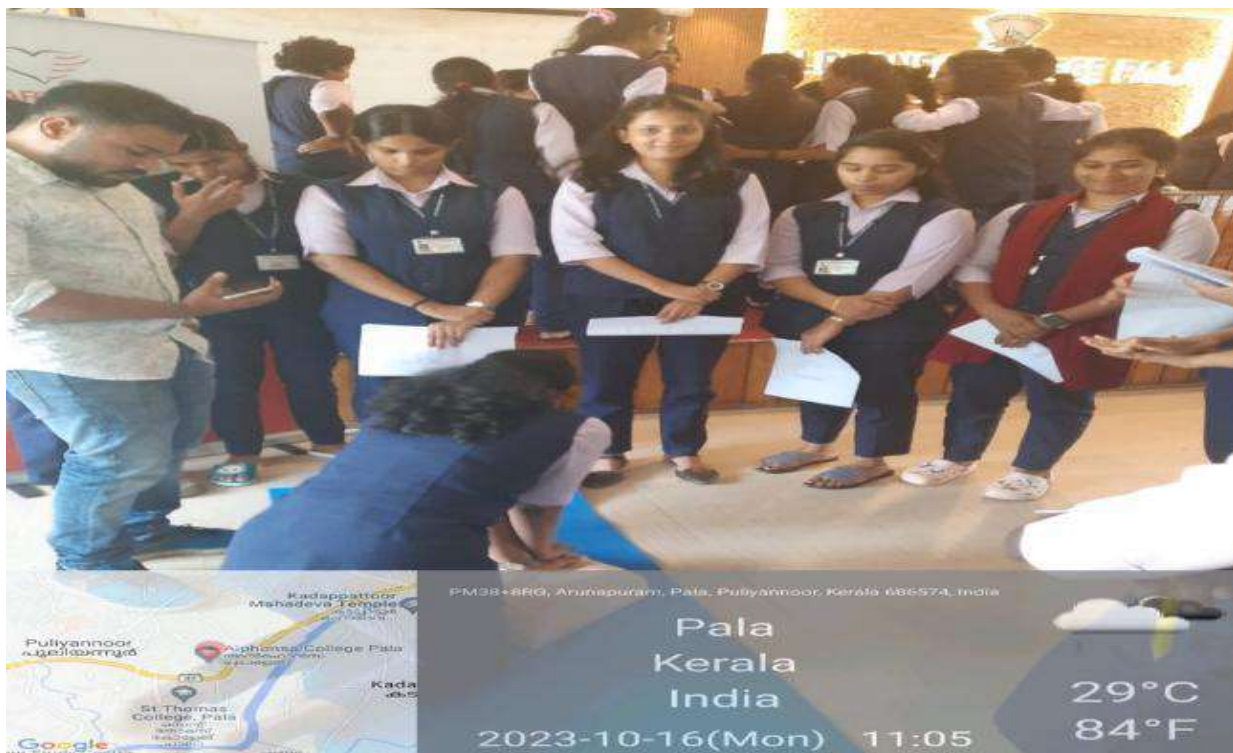
The program commenced at 9:45 AM in the Seminar Hall of the college. It was well-attended by both students and faculty members. There was an introductory session in which the trainer emphasized the importance of BLS and CPR training in today's world. The experts provided an in-depth understanding of BLS and CPR, explaining the techniques and the importance of rapid intervention during cardiac emergencies. The program also included practical sessions, where participants had the opportunity to practice CPR on mannequins. This hands-on training was a critical aspect of the event, ensuring that attendees gained the necessary skills and confidence to respond to real-life emergencies effectively. The event featured an interactive question and answer session, allowing participants to clarify doubts and seek further information from the experts. At the conclusion of the program, participants received certificates to recognize their completion of the BLS and CPR training. These certificates serve as a testament to their ability to provide crucial life support when required.

The "Save A Life, Save A Lifetime" program at Alphonso College Pala was a resounding success with 420 participants which included all II DC and I DC students and Faculty. It highlighted the commitment of the college and its administration to the safety and well-being of its students and staff. The knowledge and skills imparted during this event are invaluable, as they empower

individuals to save lives in critical situations. The collaboration with the Heart Care Foundation, India, enriched the program by providing expert guidance and resources. The participants left with not only certificates but also the confidence to act effectively during cardiac emergencies. This initiative aligns with the broader mission of promoting health and well-being within the academic community, and it serves as an excellent example of how educational institutions can contribute to public health and safety.



Introductory session of CPR Training





Hands on training

## National Seminar-Gender and Literature


A two-day National Seminar (7<sup>th</sup> and 8<sup>th</sup> September 2023) on 'Gender and Literature' conducted jointly by the Departments of Hindi and Malayalam and Women's Cell of Alphonsa College Pala in collaboration with the State Youth Welfare Board was inaugurated by Lt. Dr. Cynthia George Providence College, Coonoor, Tamil Nadu on 7<sup>th</sup> September 2023.



*Lamp Lighting ceremony of the National seminar by Dr. Cynthia George, in the presence of Manager Msgr.Rev.Dr.Joseph Thadathil. Guest of Honour Prof. Dr. R. V. M. Divakaran Principal Rev.Dr. Shaji John, Rev. Dr. Jose Joseph Bursar, Vice Principal Dr.Sr.Manju Elizabeth Kuruvilla, Faculty Members of Dept. of Malayalam and Hindi-Dr. Sr. Minimol Mathew, Dr. Anila Thomas and Dr. Jesty Emmanuel, Women Cell Co-ordinator Smitha Clary Joseph on 7<sup>th</sup> September 2023, at Alphonsa College Pala.*

Dr. Cynthia George, a French teacher at Providence College, Ooty, inaugurated the seminar and stated that Kerala was one of the first states to recognize and discuss gender issues. Dr. Cynthia George and Msgr.Rev.Dr.Joseph Thadathil, College Manager commented on the role of literature in creating awareness about gender issues in the society.



 GPS Map Camera

**Pala, Kerala, India**

PM38+PR9, Oorasala Rd, Arunapuram, Pala,  
Puliyannoor, Kerala 686563, India

Lat 9.704068°

Long 76.666961°

07/09/23 10:13 AM GMT +05:30

Google



Calicut University Department of Malayalam Prof. Dr. R. V. M. Divakaran-(*Linganirapeksha Bhasha*), Story writer and novelist Dr. C. Ganesh( *Lingabodhavum Linganeethiyum Rachayithavintae Prasnangal*), Prof. Dr. Jose K. Manual ( *Chalachitra Samskaravum Lingapadavium New Generation Cinemakalil*), Dr. A. Aravindakshan former Pro Vice chancellor of Wardha University (*Sthree Chinthan ka Itihas aur stri ka Sahity*) and Dr. Vandana B (*Lingapadaviyudae Pariprekshyam Rajalekshimiyudae Rachanakalil* )led the lectures in the seminar. Lecturers and research scholars from various colleges inside and outside Kerala presented papers in the seminar.



Brochure – Two Day National Seminar Both sides



Prof. Dr. R. V. M. Divakaran

Story writer and Novelist Dr. C. Ganesh





Dr. A. Aravindakshan



Dr. Jose K. Manuel



Dr. Vandana B



Distribution of Certificates



**NEWSPAPER REPORTS ON NATIONAL SEMINAR**

**കേരള കാമുദി**  
Kottayam SINCE 1911 08 Sep 2023



പാലാ അൽഫോൻസാ കോളേജിൽ ദ്വിദിന നാഷണൽ സെമിനാർ ലൈഫ് ഡോ. സിന്ത്യാ ജോർജ്ജ് ഉദ്ഘാടനം ചെയ്യുന്നു.

**പാലാ അൽഫോൻസാ കോളജിൽ ദേശീയ സെമിനാർ**

ഫലം: ലിംഗ പദവിയും സാഹിത്യവും എന്ന വിഷയത്തിൽ സംസ്ഥാന യുവജനക്ഷേമ ബോർഡുമായി സഹകരിച്ച് പാലാ അൽഫോൻസാ കോളജിലെ ഹിന്ദി, മലയാളം വിഭാഗങ്ങൾ കോളജ് വിമൻ സെല്ലിന്റെ ആഭിമുഖ്യത്തിൽ ഏഴ്, എട്ട് തീയതികളിൽ കോളജ് സെമിനാർ ഹാളിൽ ദേശീയ സെമിനാർ സംഘടിപ്പിക്കും.

കോളജ് മാന്വൽ മോൺ, ജോസഫ് തടത്തിൽ അധ്യക്ഷത വഹിക്കുന്ന യോഗത്തിൽ ഉറപ്പി കുന്നൂർ പ്രൊവിഡൻസ് കോളജ് ഫോർ വിമനിലെ ഫ്രഞ്ച് വകുപ്പ് മേധാവി ലഫ്. ഡോ. സിന്ത്യാ ജോർജ്ജ് ഉദ്ഘാടനം ചെയ്യും. പ്രിൻസിപ്പൽ റവ.ഡോ. ഷാജി ജോൺ, ബർസാർ റവ.ഡോ. ജോസ് ജോസഫ്, സംസ്ഥാന യുവജന ക്ഷേമ ബോർഡ് മെംബർ അഡ്വ. റോണി മാത്യു എന്നിവർ പ്രസംഗിക്കും. വിവിധ വിഷയങ്ങളിലായി ഡോ. ആർ.വി.എം. ദിവാകരൻ, ഡോ. സി.ഗണേഷ്, ഡോ. ജോസ് കെ മാത്യുവൽ, ഡോ.കെ. അരവിന്ദാക്ഷൻ, ഡോ. ബി. വന്ദന എന്നിവർ ക്ലാസുകൾ നയിക്കും. ഗവേഷകർക്കും അധ്യാപകർക്കും പ്രബന്ധങ്ങൾ അവതരിപ്പിക്കുവാനുള്ള അവസരം ഉണ്ടായിരിക്കുമെന്ന് സെമിനാർ കൺവീനർ ഡോ. സിന്ധുർ മിനിമോൾ മാത്യു, കോ-ഓർഡിനേറ്റർമാരായ ഡോ. ജെസ്സി ഇമ്മാനുവേൽ, ഡോ. അനില തോമസ്, സ്മിത ക്ലാരി ജോസഫ് എന്നിവർ അറിയിച്ചു.



പാലാ അൽഫോൻസ കോളജിലെ ഹിന്ദി, മലയാളം വിഭാഗങ്ങളും വിമൻ സെല്ലും ചേർന്ന് സംസ്ഥാന യുവജനക്ഷേമ ബോർഡിന്റെ സഹകരണത്തോടെ നടത്തിയ 'ലിംഗ പദവിയും സാഹിത്യവും' ദേശീയ സെമിനാർ കുന്നൂർ പ്രോവിഡൻസ് കോളജ് ലഫ്.ഡോ.സിന്ധിയ ജോർജ്ജ് ഉദ്ഘാടനം ചെയ്യുന്നു. പാലാ രൂപത മുഖ്യ വികാരി ജനറലും കോളജ് മാനേജറുമായ മോൺ.ഡോ.ജോസഫ് തടത്തിൽ, പ്രിൻസിപ്പൽ ഫാ.ഡോ.ഷാജി ജോൺ, ബർസാർ ഫാ.ഡോ.ജോസ് ജോസഫ് തുടങ്ങിയവർ സമീപം.

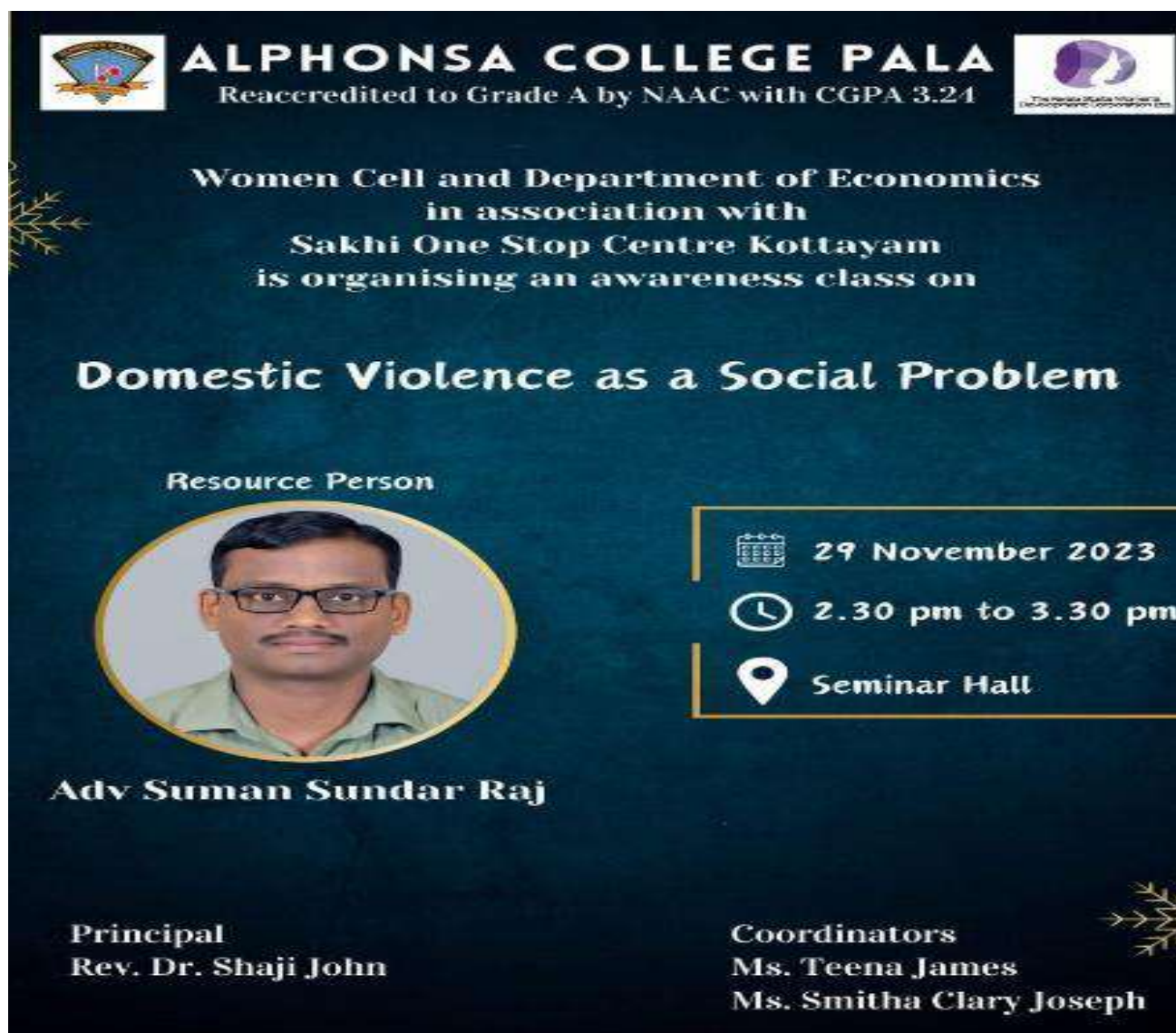
### അൽഫോൻസ കോളജിൽ ദേശീയ സെമിനാർ

പാലാ • അൽഫോൻസ കോളജിലെ ഹിന്ദി, മലയാളം വിഭാഗങ്ങളും വിമൻ സെല്ലും ചേർന്ന് സംസ്ഥാന യുവജനക്ഷേമ ബോർഡിന്റെ സഹകരണത്തോടെ നടത്തിയ 'ലിംഗ പദവിയും സാഹിത്യവും' ദേശീയ സെമിനാർ കുന്നൂർ പ്രോവിഡൻസ് കോളജ് ലഫ്.ഡോ.സിന്ധിയ ജോർജ്ജ് ഉദ്ഘാടനം ചെയ്തു. പാലാ രൂപത മുഖ്യ വികാരി ജനറലും കോളജ് മാനേജറുമായ മോൺ.ഡോ.ജോസഫ് തടത്തിൽ അധ്യക്ഷത വഹിച്ചു.

പ്രിൻസിപ്പൽ ഫാ.ഡോ.ഷാജി ജോൺ, ബർസാർ ഫാ.ഡോ.ജോസ് ജോസഫ്, വൈസ് പ്രിൻസിപ്പൽമാരായ ഡോ.സിസ്റ്റർ മിനിമോൾ മാത്യു, ഡോ.സിസ്റ്റർ മഞ്ജു എലിസബത്ത് കുരുവിള, ഡോ.ജസ്റ്റി ഇമ്മാനുവൽ, ഡോ. അനില തോമസ്, സ്മിത ക്ലാരി ജോസഫ്, ഡോ.ആർ.വി.എം.ദിവാകരൻ, ഡോ.സി.ഗണേഷ്, ഡോ. തോമസ് സ്കറിയ, ഡോ. സിബി കുര്യൻ എന്നിവർ പ്രസംഗിച്ചു.

Gender Awareness Class

**“Domestic Violence as a social problem” in association with Saki One Stop Centre Kottayam**




**ALPHONSA COLLEGE PALA**  
Reaccredited to Grade A by NAAC with CGPA 3.24

**Women Cell and Department of Economics**  
in association with  
**Sakhi One Stop Centre Kottayam**  
is organising an awareness class on

**Domestic Violence as a Social Problem**

Resource Person



**Adv Suman Sundar Raj**

29 November 2023  
2.30 pm to 3.30 pm  
Seminar Hall

Principal  
Rev. Dr. Shaji John

Coordinators  
Ms. Teena James  
Ms. Smitha Clary Joseph

**The Women's Cell and the Department of Economics**, in collaboration with **Sakhi, One Stop Centre, Kottayam**, organised an impactful awareness class on "**Domestic Violence as a Social Problem**" as part of the International Day for the Elimination of Violence against Women. Notably, overall program coordination was undertaken by first-year students.

The session commenced with a solemn prayer song, setting a contemplative tone for the discussion on the sensitive topic of domestic violence. A warm welcome was extended to the audience by Annmariya of first DC Economics, creating an inclusive atmosphere for the participants. Rev. Father Shaji John addressed the session, emphasizing the importance of acknowledging and addressing domestic violence within our society. His insightful words laid the foundation for the subsequent discourse.



**Resource Person - Advocate Suman Sundar Raj:**

Advocate Suman Sundar Raj, an eminent legal expert, engaged the first-year undergraduate students in a comprehensive discussion on "Domestic Violence as a Social Problem." His expertise shed light on legal dimensions, societal implications, and avenues for support.

Agenda and Flow:

Introduction to Domestic Violence: The session commenced with an overview of domestic violence, addressing its various forms and prevalence in society.



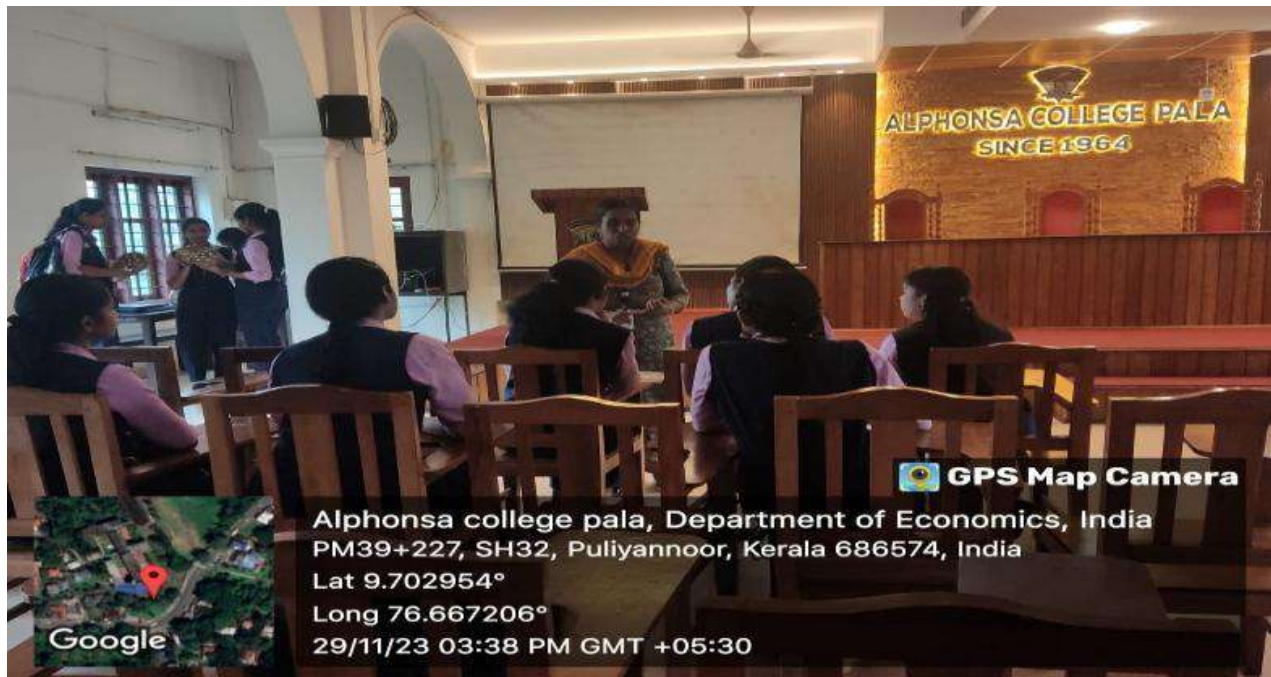
Legal

**Perspectives:** Advocate Suman Sundar Raj delved into the legal aspects of domestic violence, providing the audience with a comprehensive understanding of rights, remedies, and legal recourse available to victims.

**Interactive Discussion:** A key feature of the program was an engaging discussion where participants actively shared their perspectives, contributing to a dynamic exchange of ideas.



**Representatives from Sakhi, One Stop Centre, Kottayam interacting with students**





Role of Sakhi, One Stop Centre: Representatives from Sakhi, One Stop Centre, Kottayam, elucidated their pivotal role in supporting victims of domestic violence. Information on available services, counseling, and legal assistance .

The event was meticulously coordinated by Ms. Teena James and Ms. Smitha Clary Joseph, ensuring the smooth execution of the program. Their organizational skills and commitment played a pivotal role in the success of the awareness The seminar hall saw an impressive turnout, with active participation from students, faculty members, and staff. The interactive nature of the session fostered an atmosphere of collective learning and awareness.

#### Programme Conclusion:

The awareness class concluded at 3:30 pm, leaving the first-year undergraduate students with heightened awareness of domestic violence, equipped with knowledge on seeking help and promoting change, and Emil of first DC Economics expressed gratitude to all participants, organizers, and Advocate Suman Sundar Raj for their contributions to the enlightening session.

#### Impact and Future Initiatives:

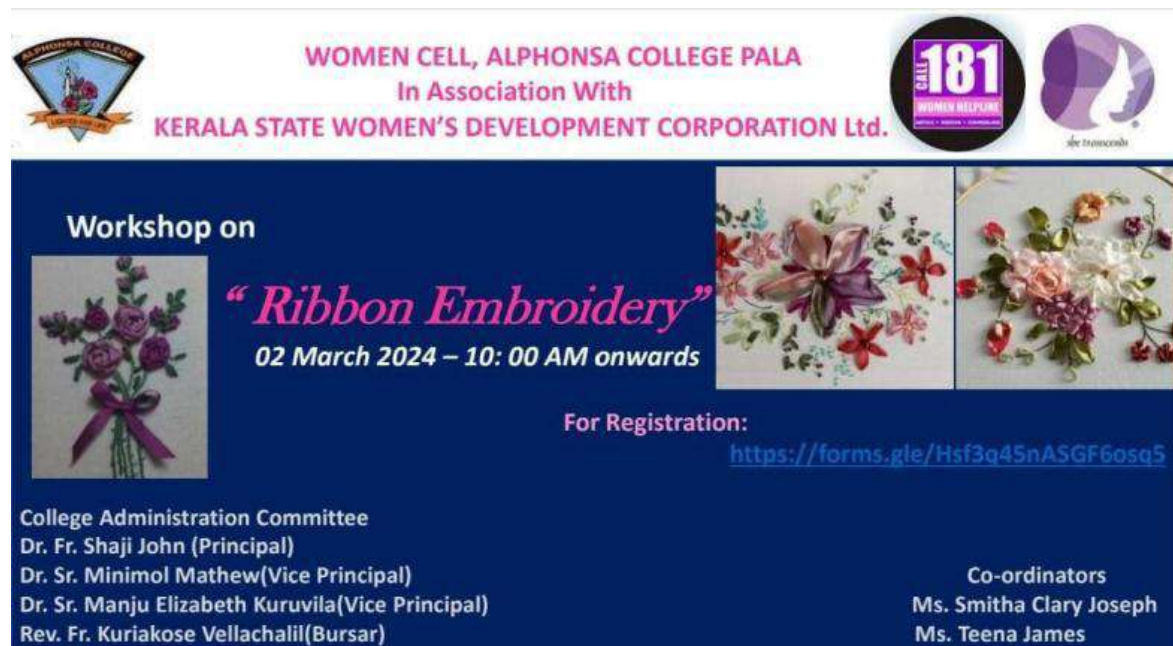
The program succeeded in fostering awareness among the students, thanks to the collaborative efforts of the Women's Cell, the Department of Economics, and Sakhi, One Stop Centre, Kottayam. The engagement of first-year Economics students in program coordination reflects the commitment of Alphonsa College Pala to involve students actively in addressing societal issues. Special thanks to all organizers, the resource person, Rev. Father Shaji John, and the first-year Economics students for their dedication and contribution to making the awareness class a meaningful and impactful event.

#### Conclusion:

The awareness class on "Domestic Violence as a Social Problem" was a resounding success, aligning with the mission to raise awareness and eradicate violence against women. The collaborative efforts of all stakeholders underscore the commitment of Alphonsa College Pala to address societal challenges through informed dialogue and education.

## Training programme

### Ribbon Embroidery Workshop



The poster features the Alphonsa College logo on the left. The main text reads: 'WOMEN CELL, ALPHONSA COLLEGE PALA In Association With KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.' To the right are logos for 'CALL 181 WOMEN HELP LINE' and 'she transcends'. The central text says 'Workshop on "Ribbon Embroidery" 02 March 2024 – 10: 00 AM onwards'. Below this is a registration link: 'For Registration: https://forms.gle/Hsf3q45nASGF6osq5'. At the bottom, it lists the College Administration Committee members and Co-ordinators. Two images of ribbon embroidery designs are shown on the right side of the poster.

Workshop on  
**“Ribbon Embroidery”**  
02 March 2024 – 10: 00 AM onwards

For Registration:  
<https://forms.gle/Hsf3q45nASGF6osq5>

College Administration Committee  
Dr. Fr. Shaji John (Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Dr. Sr. Manju Elizabeth Kuruvila (Vice Principal)  
Rev. Fr. Kuriakose Vellachalil (Bursar)

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

On March 2, 2024, the Women Cell organized a ribbon embroidery workshop aimed at promoting creativity, skill development and empowerment among women. The workshop provided a platform for participants to learn and enhance their embroidery skills. The primary objective of the workshop was to empower women by equipping them with a traditional yet innovative skill that can be utilized for personal expression and potential income generation. The ribbon embroidery workshop commenced at 10:00 AM and lasted until 4:00 PM. The workshop was facilitated by Ms. Neenu Thomas, well known for her hand embroidery skills, guided the participants through various ribbon embroidery techniques, including basic stitches, advanced designs, and creative applications. Twenty participants were present, which included students and faculties too.

The workshop began with an introduction to ribbon embroidery, highlighting its history, significance, and contemporary relevance. Participants were introduced to different types of ribbons, needles, and fabrics suitable for embroidery. Following the introduction, participants engaged in hands-on training, practicing basic ribbon embroidery stitches such as the straight stitch, loop stitch, and French knot under the guidance of skilled instructors. As the workshop progressed, participants were introduced to more advanced techniques, including creating three-dimensional effects and layering ribbons. Participants were encouraged to explore their creativity and experiment with various designs and patterns. They were provided with design templates and personalized guidance to help them express their artistic vision through ribbon embroidery. Towards the end of the workshop, participants had the opportunity to showcase their creations and

share their experiences with fellow participants. This session facilitated peer learning and mutual inspiration.



Ms. Neenu Thomas giving Hands on training on Ribbon Embroidery

Participants gained proficiency in ribbon embroidery techniques, enabling them to create intricate and visually appealing designs. The workshop empowered women by providing them with a valuable skill that can be utilized for personal expression and potential income generation. The workshop fostered a sense of camaraderie and mutual support among the participants, creating a supportive community of artisans. The ribbon embroidery workshop organized by the Women Cell on March 2, 2024, was a resounding success, achieving its objectives of promoting creativity, skill development, and empowerment among women.



A few designs created by participants in the workshop



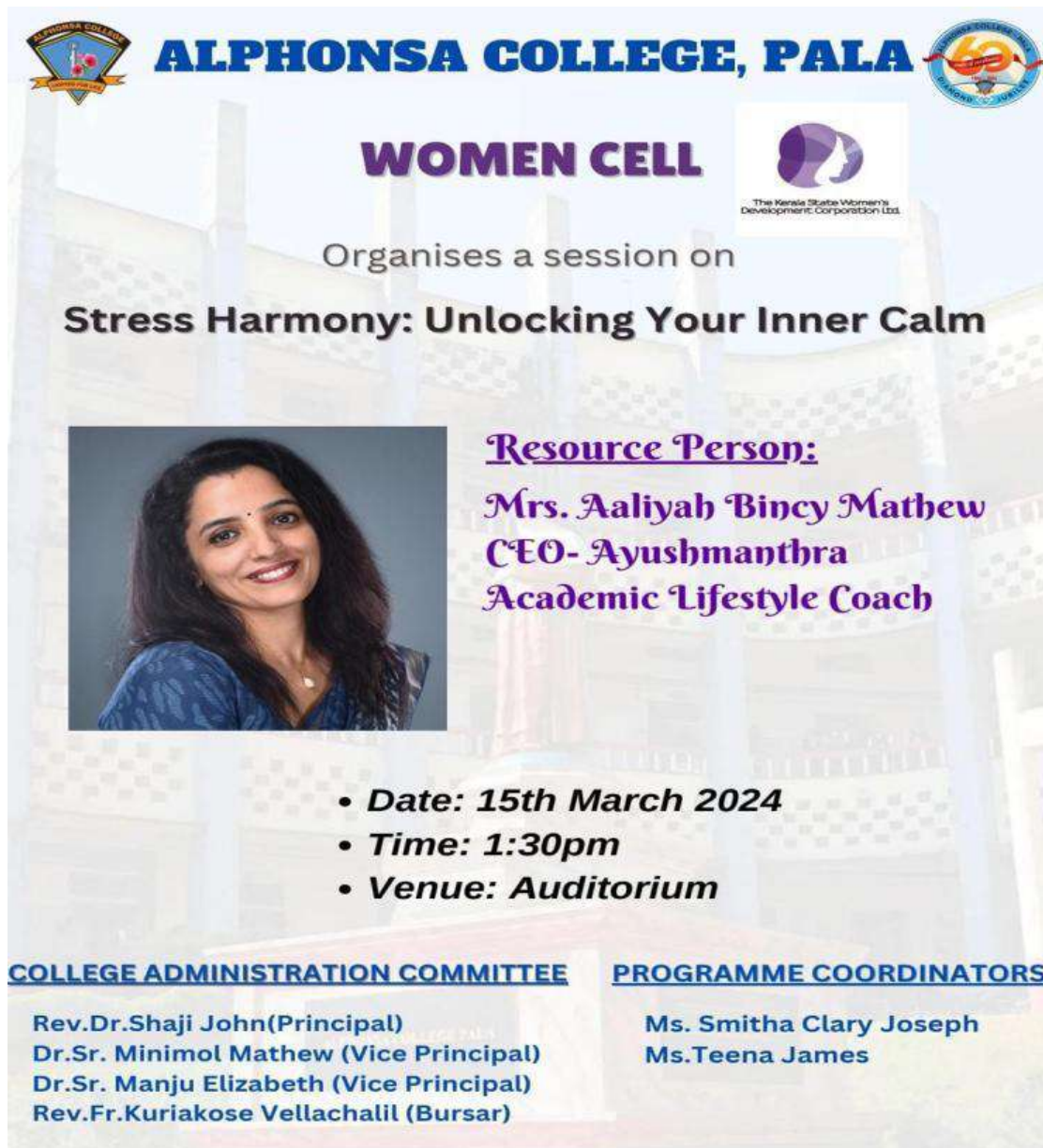
Ms Neenu Thomas giving the Basic instructions

## Stress Management Class For Women Cell Members Of The College

### Stress Harmony: Unlocking Your Inner Calm

15<sup>th</sup> March , 2024

Kerala State Women Development Corporation Ltd, in collaboration with Alphonsa College




**ALPHONSA COLLEGE, PALA**

**WOMEN CELL**

The Kerala State Women's Development Corporation Ltd.

Organises a session on

**Stress Harmony: Unlocking Your Inner Calm**



**Resource Person:**  
**Mrs. Aaliyah Bincy Mathew**  
**CEO- Ayushmanthra**  
**Academic Lifestyle Coach**

- **Date: 15th March 2024**
- **Time: 1:30pm**
- **Venue: Auditorium**

**COLLEGE ADMINISTRATION COMMITTEE**

Rev.Dr.Shaji John(Principal)  
Dr.Sr. Minimol Mathew (Vice Principal)  
Dr.Sr. Manju Elizabeth (Vice Principal)  
Rev.Fr.Kuriakose Vellachalil (Bursar)

**PROGRAMME COORDINATORS**

Ms. Smitha Clary Joseph  
Ms.Teena James

Women cell

The session on “Stress Harmony: Unlocking Your Inner Calm” was organized by the Kerala State Women Development Corporation Ltd in association with the Women Cell of Alphonsa College,

Pala. The event aimed to address the prevalent issue of stress among women and equip them with strategies to cultivate inner calm amidst the challenges of modern life.

The event commenced with a warm welcome extended by the college administration committee, emphasizing the importance of mental well-being in today's fast-paced world. Mrs. Aaliyah Bincy Mathew, the esteemed resource person, delivered an insightful keynote address focusing on the significance of stress management and techniques to achieve inner calm. She drew from her expertise as a CEO-Ayushmantra Academic Lifestyle Coach to provide practical tips and strategies. Following the keynote address, an interactive session was conducted where participants had the opportunity to engage with Mrs. Aaliyah Bincy Mathew directly. Attendees shared their experiences with stress and received personalized guidance on coping mechanisms. The program also featured a question and answer session, allowing participants to seek clarification on various aspects of stress management and mental well-being.



**Commenced with a prayer song**



**Resource Person: Mrs. Aaliyah Bincy Mathew, CEO-Ayushmanthra Academic Lifestyle.**





**Outcome:**

1. **Increased Awareness:** The session increased awareness among participants regarding the importance of prioritizing mental well-being and adopting strategies to manage stress effectively. Attendees felt empowered with practical tools and techniques shared by the resource person, enabling them to proactively address stressors in their lives.
2. The event fostered a sense of community among participants, providing a platform for sharing experiences and supporting one another in their journey towards inner calm.
3. Participants were encouraged to continue practicing the techniques learned during the session and to seek further support from resources available both within the college and externally.



The session on “Stress Harmony: Unlocking Your Inner Calm” was a resounding success, leaving a lasting impact on all attendees. By equipping women with the knowledge and tools to manage stress effectively, the event contributed towards promoting overall well-being and resilience in the college



## CULTURAL WING

### Mime Competition: Celebrating International Women's Day

Women cell, Alphonsa College Pala, in association with the Kerala State Women's Development Corporation Ltd., organized a Mime Competition on 12<sup>th</sup> March in celebration of International Women's Day.




**WOMEN CELL**  
**ALPHONSA COLLEGE PALA**  
In Association With  
The Kerala State Women's Development Corporation Ltd.

**MIME COMPETITION**  
OPEN FOR ALL ALPHONSIANS

**12 MARCH**  
Time 1:30 PM  
VENUE: AUDITORIUM  
FIRST PRIZE RS.2000/-  
SECOND PRIZE RS.1000/-

**THEME: INVEST IN WOMEN: ACCELERATE PROGRESS**

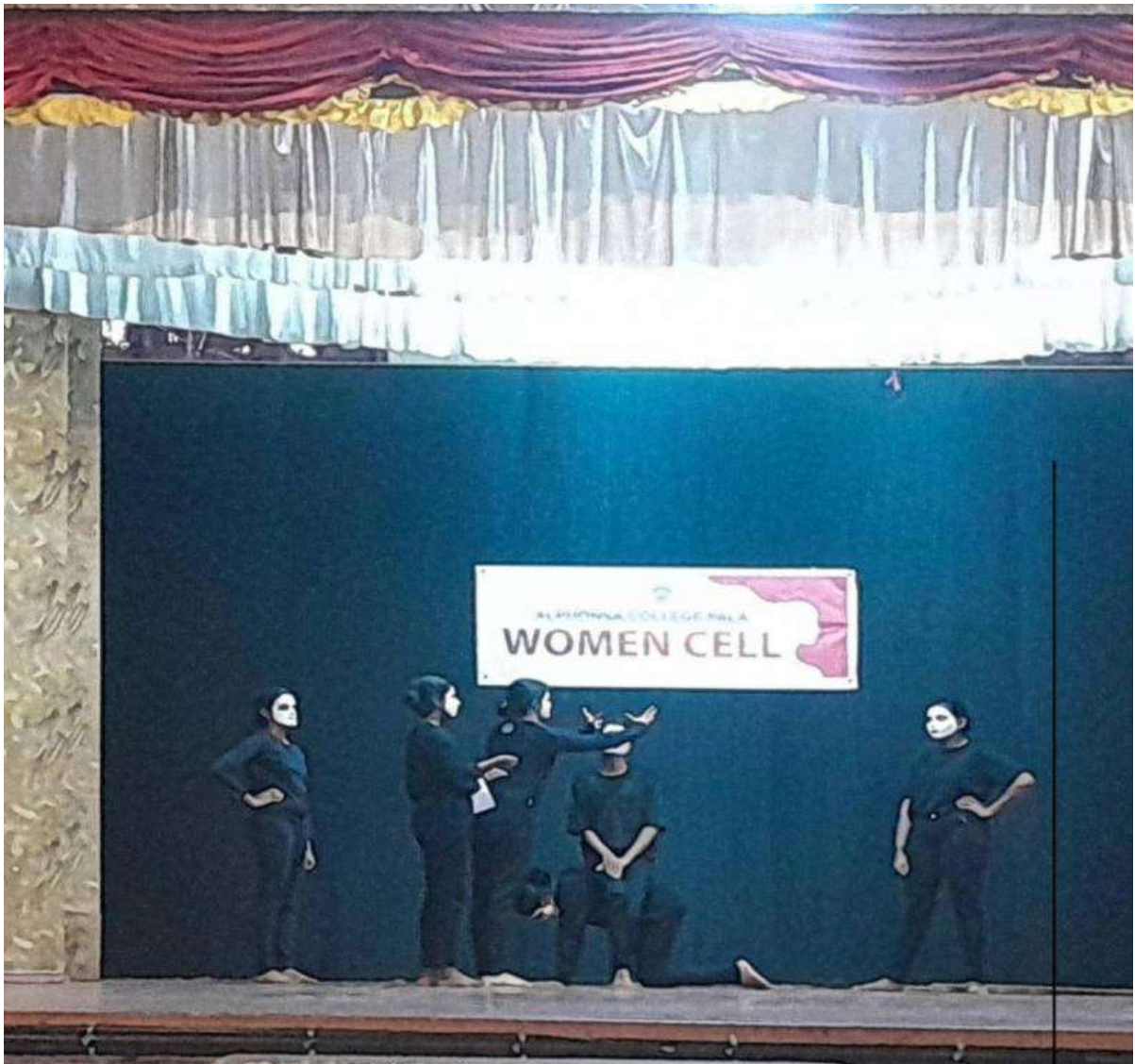


**International Women's Day**

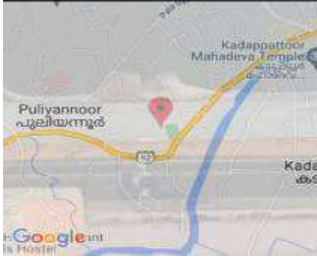
**INSTRUCTIONS**

1. Each team can have 6 members.
2. Time limit is 7-10 minutes for each team.
3. The act should not contain any dialogues/lip sync.
4. Face should not be identified.
5. Facial expression is must.
6. Points will be given on the basis of theme, team work, expression and costume.
7. The act should not contain any offensive/ disrespectful gestures. This may lead to disqualification of the team.

The event aimed to promote gender equality and women's empowerment through the creative medium of mime. The competition took place on 12<sup>th</sup> March at 1:30 PM in the college auditorium. The competition was open to all Alphonsians, with each team consisting of 6 members. The theme of the competition was "Invest in Women: Accelerate Progress," aligning with the spirit of International Women's Day.



**Students performing on stage**



PM38+PR9, Oorasala Rd, Arunapuram, Pala, Puliyannoor, Kerala 686563, India

Pala  
Kerala  
India

2024-03-12(Tue) 02:04(pm)

38°C  
100°F



The Mime Competition witnessed enthusiastic participation from students, showcasing their talent and creativity in conveying powerful messages without words. The performances effectively highlighted the importance of investing in women's empowerment for societal progress. Teams demonstrated exceptional teamwork, utilizing expressive gestures and costumes to convey poignant narratives aligned with the theme. The competition fostered awareness and dialogue surrounding gender equality and the role of women in driving positive change in

The event served as a meaningful tribute to International Women's Day, providing a platform to celebrate the achievements and contributions of women worldwide. Through mime, participants communicated the need to invest in women's education, employment, and leadership opportunities to accelerate societal progress. The competition echoed the global call to action for gender equality and women's empowerment, emphasizing the pivotal role women play in building inclusive and sustainable communities

Mrs. Nisha Jose, a renowned Social Enabler and author, graced the occasion and presided over the prize distribution ceremony. With her esteemed presence, she added prestige to the event and encouraged the participants to showcase their talents with confidence.

The winners of the competition were awarded as follows:



1. 1<sup>st</sup> Prize IIDC Botany- The deserving recipient was honored with a cash prize of ₹2000, recognizing their outstanding performance and creativity

2. 2<sup>nd</sup> Prize Ildc Economics The second-place winner received a cash prize of ₹1000, acknowledging their commendable effort and skill displayed during the



competition.



Mrs. Nisha Jose, in her address, commended the participants for their dedication and talent in portraying the essence of womanhood through mime. She emphasized the importance of recognizing and celebrating the contributions of women to society, urging everyone to continue supporting and empowering women in all spheres of life.

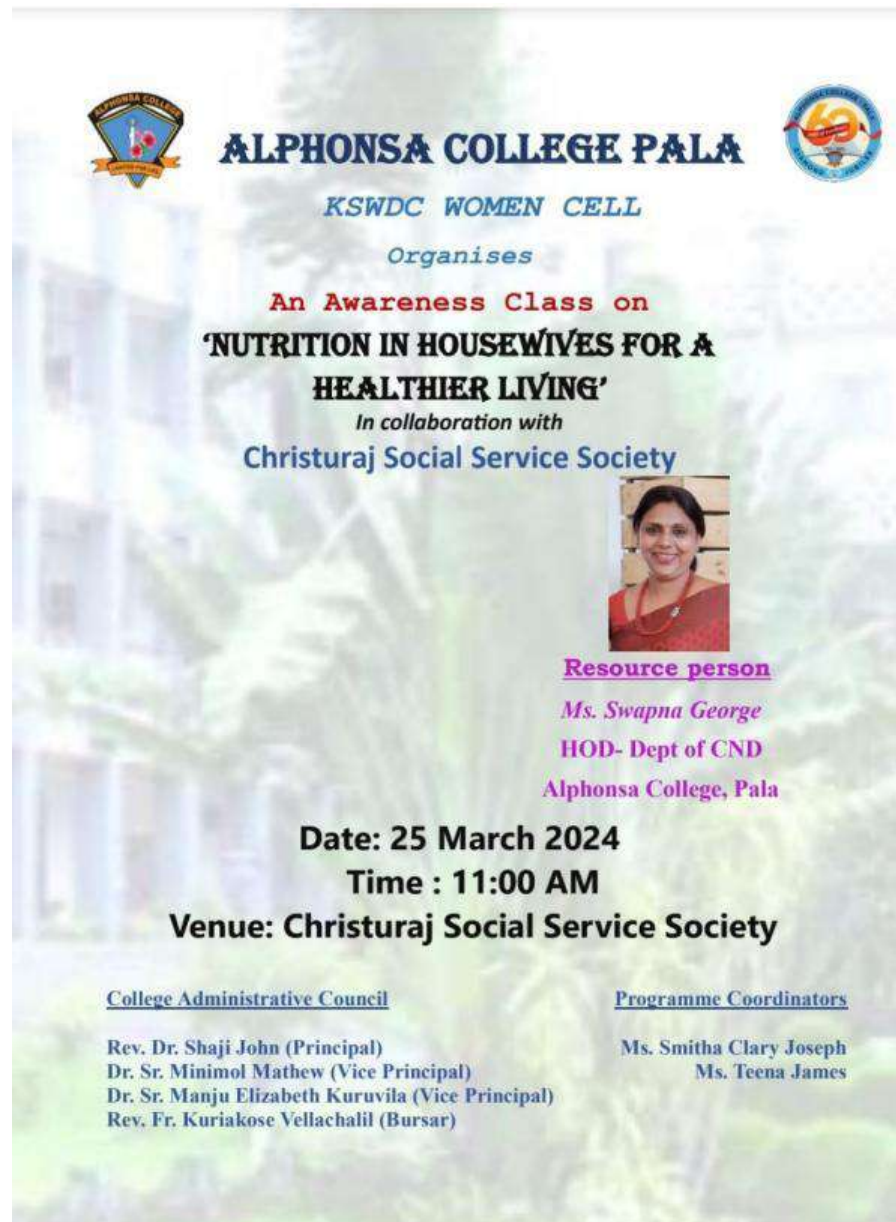
The event concluded on a high note, leaving a lasting impression on the audience and inspiring them to uphold the spirit of equality and empowerment. Mrs. Nisha Jose's presence and words of encouragement added significance to the occasion, making it a memorable celebration of International Women's Day at Alphonsa College Pala.

The Mime Competition organized by Women cell Alphonsa College Pala was a resounding success, resonating with the theme of International Women's Day and advocating for the empowerment of women. Through creative expression and thoughtful performances, participants conveyed powerful messages that inspired reflection and action towards creating a more equitable and inclusive society. The event underscored the college's commitment to promoting gender equality and fostering a culture of respect and empowerment fo



## Community Engagement And Outreach Programme

The awareness class on "Nutrition in Housewives for Healthier Living" organized by the KSWDC Women Cell in collaboration with Christuraj Social Service Society by Alphonsa College, Pala, was held on March 25, 2024, at 11:00 AM.



The poster features a background image of a building with greenery. At the top left is the Alphonsa College logo, and at the top right is the KSWDC Women Cell logo. The text is centered and reads: 'ALPHONSA COLLEGE PALA' in large blue letters, followed by 'KSWDC WOMEN CELL' in smaller blue letters. Below that, it says 'Organises' in blue, 'An Awareness Class on' in red, and 'NUTRITION IN HOUSEWIVES FOR A HEALTHIER LIVING' in large black letters. It then says 'In collaboration with' in blue, and 'Christuraj Social Service Society' in blue. A portrait of Ms. Swapna George is shown, with her name and title 'Resource person' in purple. Below her name, it says 'Ms. Swapna George' in purple, 'HOD- Dept of CND' in purple, and 'Alphonsa College, Pala' in purple. At the bottom, it lists the date 'Date: 25 March 2024', time 'Time : 11:00 AM', and venue 'Venue: Christuraj Social Service Society'. At the very bottom, it lists the 'College Administrative Council' and 'Programme Coordinators'.

**ALPHONSA COLLEGE PALA**  
KSWDC WOMEN CELL  
Organises  
An Awareness Class on  
**'NUTRITION IN HOUSEWIVES FOR A  
HEALTHIER LIVING'**  
In collaboration with  
Christuraj Social Service Society

**Resource person**  
Ms. Swapna George  
HOD- Dept of CND  
Alphonsa College, Pala

**Date: 25 March 2024**  
**Time : 11:00 AM**  
**Venue: Christuraj Social Service Society**

College Administrative Council  
Rev. Dr. Shaji John (Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Dr. Sr. Manju Elizabeth Kuruvila (Vice Principal)  
Rev. Fr. Kuriakose Vellachalil (Bursar)

Programme Coordinators  
Ms. Smitha Clary Joseph  
Ms. Teena James

The session, led by Ms. Swapna George, Head of the Department of CND, focused on promoting healthy dietary habits among housewives. Attendees from various areas and walks of life participated, indicating a diverse and inclusive turnout. Ms. Swapna George engaged the audience through an interactive session, encouraging participants to share

their dietary challenges and concerns. This facilitated an open dialogue and exchange of ideas, enriching the learning experience. The session provided practical tips on meal planning, portion control, and incorporating nutritious foods into daily meals, tailored to suit the lifestyle and dietary preferences of housewives. The class raised awareness about common health issues prevalent among women, such as iron deficiency, calcium deficiency, and the importance of adequate hydration, empowering attendees to take proactive steps towards preventive healthcare.

The collaborative effort between KSWDC Women Cell and Christuraj Social Service Society fostered community engagement and outreach, extending the benefits of the program to a wider audience.



### **The session, led by Ms. Swapna George, Head of the Department of CND**

The outcome of the session highlighted increased awareness and understanding among attendees regarding the importance of nutrition for maintaining a healthy lifestyle. Participants gained insights into crafting balanced diets tailored to their needs, fostering a culture of wellness within their households.



### **Attendees from various areas at Christuraj Social Service Society**

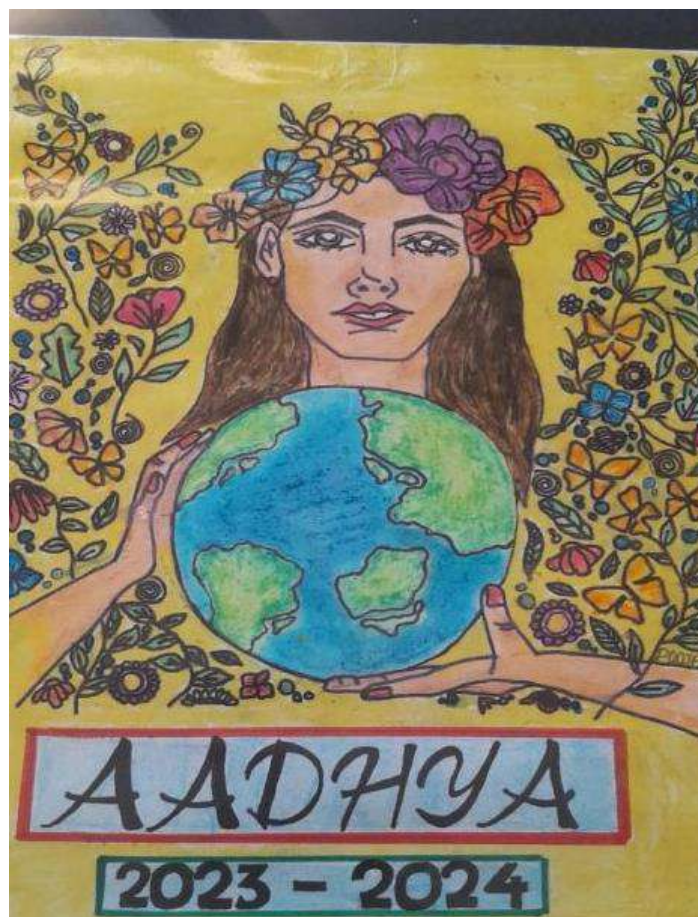
Programme coordinators, Ms. Smitha Clary Joseph and Ms. Teena James, facilitated the smooth execution of the event, ensuring its success in empowering women with valuable knowledge for healthier living.



## **CULTURAL WING :**

### **THE RELEASE OF THE MANUSCRIPT FOR THE YEAR 2023-2024 TITLED “AADHYA.”**

The Women Cell of Alphonsa College, Pala, marked a significant milestone with the release of the manuscript for the year 2023-2024 titled “Aadhya.” The event, held on April 4, 2024, was graced by the esteemed presence of Rev. Dr. Shaji John, the Principal of Alphonsa College, Pala, who presided over the occasion.



The manuscript "Aadhya" serves as a platform to showcase the multifaceted talents and diverse perspectives of the Women Cell members. With a primary objective to promote gender equality and women’s empowerment, the manuscript provides a space for members to articulate their thoughts, share personal experiences, and express

creative interpretations on various issues pertaining to women, gender equality, and social empowerment.

Throughout the release event, attendees were enlightened by the insightful narratives, thought-provoking reflections, and artistic expressions encapsulated within the pages of “Aadhya.” It not only fosters dialogue but also serves as a catalyst for raising awareness and advocating for positive change in society.

Manuscript Editor Poojaleshmi taking principals message



The manuscript release of “Aadhya” stands as a testament to the collective efforts and dedication of the Women Cell towards advancing the cause of gender equality and empowering women. It embodies the spirit of inclusivity, empowerment, and resilience, inspiring individuals to contribute towards building a more equitable and just society.

As “Aadhya” finds its way into the hands of readers, it is poised to spark conversations, challenge perspectives, and ignite action towards creating a world where every woman and girl can thrive and realize their full potential



**Release of manuscript by Rev. Dr. Shaji John, the Principal of Alphonsa College,**



**Pala**



**ALPHONSA COLLEGE PALA**



**WOMEN CELL**

and

**KATHIKA THE COLLEGE UNION**

presents

# #SAGA

A Competition  
open for all Alphonsians

**WHERE DREAMS TAKE FLIGHTS**

"Share what Alphonsa College,  
as a women's-only college, has added to your life."

First prize

**5000**

Second Prize

**2000**

comment on



[alphonsa\\_college\\_official](#)



EDUCATING, EMPOWERING AND INSPIRING WOMEN



Liked by [neha\\_kolady](#) and 1,199 others

[alphonsa\\_college\\_official](#) "Share what Alphonsa College, as a women's-only college, has added to your life."

[View all 152 comments](#)





alphonsa\_college\_official

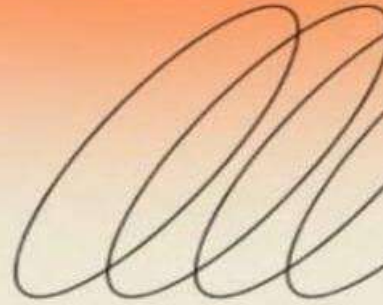
May 1



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# INSTRUCTIONS

- 1 Competition is open for Alphonsians only
- 2 Both English and Malayalam medium can be used
- 3 Your writings should be posted on the comment section
- 4 Last Date - 15 May 2024
- 5 First prize 5000 and Second prize 2000
- 6 Writings should be less than 400 words
- 7 Judgement is done on the basis of content and Number of likes



Liked by neha\_kolady and 1,199 others

**alphonsa\_college\_official** "Share what Alphonsa College, as a women's-only college, has added to your life."

[View all 152 comments](#)

Alphonsa College Pala, Women Cell in collaboration with its the college union, Kathika, recently organized a unique competition titled "#SAGA." This event

aimed to provide a platform for Alphonsians to express and share the transformative impact of their college experience. The theme for the competition was "Share what Alphonsa College, as a women's-only college, has added to your life." The event was designed to celebrate the values of education, empowerment, and inspiration that the institution upholds as women's only college.

### **Event Details**

The competition was open to all alphonsens students of Alphonsa College. Participants were encouraged to reflect on their personal journeys and articulate how the college has influenced their lives. This introspective exercise aimed to highlight the positive effects of a women's-only educational environment on personal and professional growth.

### **Prizes**

To incentivize participation and reward insightful contributions, the organizers announced two attractive prizes:

- \*First Prize:\* ₹5000
- \*Second Prize:\* ₹2000

Winners were to be selected based on the quality and depth of their reflections.

### **Participation and Engagement**

The competition saw enthusiastic participation from students across various disciplines. Entries were submitted through comments on the official Instagram handle of Alphonsa College (@alphonsa\_college\_official). There was altogether 152 comments. This approach not only facilitated ease of submission but also encouraged a vibrant online engagement, allowing participants to read and interact with each other's entries.

### **Themes and Reflections**

Participants' submissions revealed a rich tapestry of experiences and reflections. Common themes included: Many students highlighted how Alphonsa College's academic rigor and supportive environment helped them gain confidence and excel in their studies. Several entries described how the college nurtured their leadership skills, providing numerous opportunities for taking initiative and leading projects.

Students shared personal anecdotes of growth, discussing how the college helped them overcome challenges and develop a stronger sense of self. The sense of community and mutual support among students was a recurring theme, with many participants expressing gratitude for the friendships and networks they built.

**Winners:**

1<sup>st</sup> prize

jeen.el.izabeth – Jeena Elizabeth

2<sup>nd</sup> prize

Manjusuresh67 – Manju suresh

The #SAGA competition successfully showcased the profound impact Alphonsa College has on its students. It served as a testament to the college's mission of educating, empowering, and inspiring women. The reflections shared by the participants not only celebrated individual achievements but also reinforced the collective spirit of Alphonsa College.

The event concluded with the announcement of the winners on the college's official Instagram page, celebrating their insightful contributions and further fostering a

sense of pride and accomplishment within the Alphonsian community

← Comments



jeen.el.izabeth 11h



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വായനയിൽ മാത്രം ചേക്കേറിയ ചിന്തകളിൽ നിന്നക്ഷരങ്ങളെ സ്നേഹിക്കാനെന്നെ പഠിപ്പിച്ച വിദ്യയുടെയും വായനയുടെയും സ്വർഗ്ഗമൊരുപോലെയുണ്ടായ പ്രിയപ്പെട്ട ഇന്നലകൾ സമ്മാനിച്ച ബിരുദകാലം. അക്ഷരങ്ങളെനിക്കും പ്രിയപ്പെട്ടതെന്നു തിരിച്ചറിഞ്ഞ പൂക്കളും പൂല്ലും കാറ്റാടികളും കൂടെ നിന്നു. ഇടനാഴിയിലെ കാലോച്ചകളിലൊന്നു എന്റേതുമായിരുന്നു. കീറ്റ്സിനെയും യീറ്റ്സിനെയും തന്ന ഗ്രേസിമിസ്സിന്റെ ക്ലാസുകളിൽ തുടങ്ങിയതത്രെ ഈ അക്ഷരഭ്രാന്ത്. ഫാ. ഗിലിഗനിൽ പറഞ്ഞ ദൈവസാന്നിധ്യത്തിൽ നിന്നുള്ളിന്റെയുള്ളിൽ നടത്തിയ യാത്രകൾ ഇപ്പോളും സുന്ദരമായി തന്നെ തുടരുന്നു. വർഷങ്ങളൊരുപാട് കടന്നുപോയിരിക്കുന്നു. ഇടനാഴികൾ കടന്നു അതിന്റെ വലതേ കോണിലെ പുസ്തകപുരയിൽ എന്റെ ഹൃദയം കവർന്നൊരിടമുണ്ട്. ചില ദിവസങ്ങളിൽ നല്ല വിശപ്പ് തോന്നുന്ന ഉച്ചനേരങ്ങളിൽ കൂട്ടം വിട്ടു ഞാൻ അവിടുത്തെ പുസ്തകങ്ങൾക്കിടയിൽ ഒളിക്കാറുണ്ടായിരുന്നു. ഷെൽഫിലെ പുസ്തകങ്ങളുടെ ഗന്ധം ഇന്നുമെനിക്കു ചുറ്റുമുണ്ട്. വൈകുന്നേരങ്ങളിൽ വീട്ടിലേക്കു കൂട്ട് വരുന്ന ആ പുസ്തകങ്ങളിലൂടെ കടന്നുപോയപ്പോൾ മാത്രമാണ്



Add a comment...



← Comments



jeen.el.izabeth 11h



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വായനയിൽ മാത്രം ചേക്കേറിയ ചിന്തകളിൽ നിന്നക്ഷരങ്ങളെ സ്നേഹിക്കാനെന്നെ പഠിപ്പിച്ച വിദ്യയുടെയും വായനയുടെയും സ്പർശനമൊരുപോലെ യുണ്ടായ പ്രിയപ്പെട്ട ഇന്നലകൾ സമ്മാനിച്ച ബിരുദകാലം. അക്ഷരങ്ങളെനിക്കും പ്രിയപ്പെട്ടതെന്നു തിരിച്ചറിഞ്ഞ പൂക്കളും പൂല്ലും കാറ്റാടികളും കൂടെ നിന്നു. ഇടനാഴിയിലെ കാലോച്ചകളിലൊന്നു എന്റേതുമായിരുന്നു. കീറ്റ്സിനെയും യീറ്റ്സിനെയും തന്ന ഗ്രേസിമിസ്സിന്റെ ക്ലാസുകളിൽ തുടങ്ങിയതത്രെ ഈ അക്ഷരഭ്രാന്ത്. ഫാ. ഗിലിഗനിൽ പറഞ്ഞ ദൈവസാന്നിധ്യത്തിൽ നിന്നുള്ളിന്റെയുള്ളിൽ നടത്തിയ യാത്രകൾ ഇപ്പോളും സുന്ദരമായി തന്നെ തുടരുന്നു. വർഷങ്ങളൊരുപാട് കടന്നുപോയിരിക്കുന്നു. ഇടനാഴികൾ കടന്നു അതിന്റെ വലതേ കോണിലെ പുസ്തകപുരയിൽ എന്റെ ഹൃദയം കവർന്നൊരിടമുണ്ട്. ചില ദിവസങ്ങളിൽ നല്ല വിശപ്പ് തോന്നുന്ന ഉച്ചനേരങ്ങളിൽ കൂട്ടം വിട്ടു ഞാൻ അവിടുത്തെ പുസ്തകങ്ങൾക്കിടയിൽ ഒളിക്കാറുണ്ടായിരുന്നു. ഷെൽഫിലെ പുസ്തകങ്ങളുടെ ഗന്ധം ഇന്നുമെനിക്കു ചുറ്റുമുണ്ട്. വൈകുന്നേരങ്ങളിൽ വീട്ടിലേക്കു കൂട്ട് വരുന്ന ആ പുസ്തകങ്ങളിലൂടെ കടന്നുപോയപ്പോൾ മാത്രമാണ്



Add a comment...



## Comments



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ഞാൻ SHAFIYAMOL JALEEL. 3 DC ENGLISH വിദ്യാർത്ഥിനിയായാണ്.2 വർഷത്തെ എന്റെ അൽഫോൻസാ കോളേജ് ജീവിതം മനോഹരമായി കടന്നുപോയി.'LIGHTED FOR LIFE' എന്ന അൽഫോൻസാ കോളേജിന്റെ ആപ്തവാക്യം ഞാൻ ഈ നിമിഷം ഓർത്തുപോവുകയാണ്. ഇവിടെ നിന്ന് ലഭിച്ച മൂല്യങ്ങൾ എന്റെ ജീവിതത്തിൽ ഒരുപാട് മാറ്റങ്ങൾ സൃഷ്ടിച്ചിട്ടുണ്ട്.ചെറിയ കാര്യങ്ങളിലൂടെ വലിയ നേട്ടങ്ങൾ കൈവരിക്കാൻ സാധിക്കുമെന്ന് എനിക്ക് ബോധ്യപ്പെടുത്തിത്തന്നത് എന്റെ കലാലയമാണ്.കോളേജിലെ എല്ലാ പരിപാടിയും മുന്നിലും പിന്നിലും നിന്ന് നയിക്കുന്നത് വിദ്യാർത്ഥിനികളാണ്. ബാനർ കെട്ടുന്നത് മുതൽ എല്ലാ അലങ്കാര പരിപാടികളും പൂർത്തീകരിക്കുന്നതും, കൂടാതെ പ്രാർത്ഥന മുതൽ കൃതജ്ഞത വരെയുള്ള കാര്യങ്ങൾ വിദ്യാർത്ഥിനികളുടെ കരങ്ങളിലാണ്.ഓരോ ചെറിയ കാര്യങ്ങളും ഏറ്റെടുക്കുന്നതിലൂടെ ഉത്തരവാദിത്വം, കൃത്യനിഷ്ഠ,



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