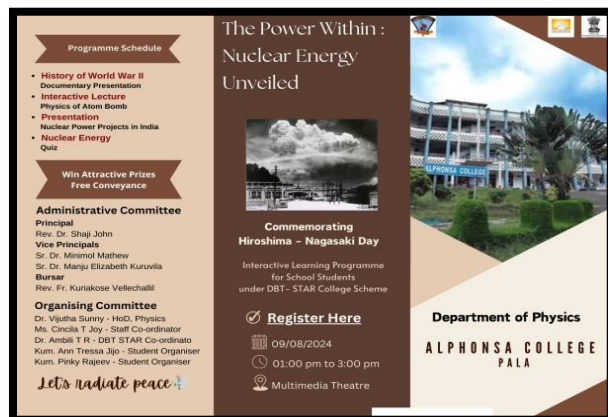


**ALPHONSA COLLEGE, PALA**  
**ANNUAL REPORT OF UBA ACTIVITIES 2024-2025**  
**AISHE Code: 11593**

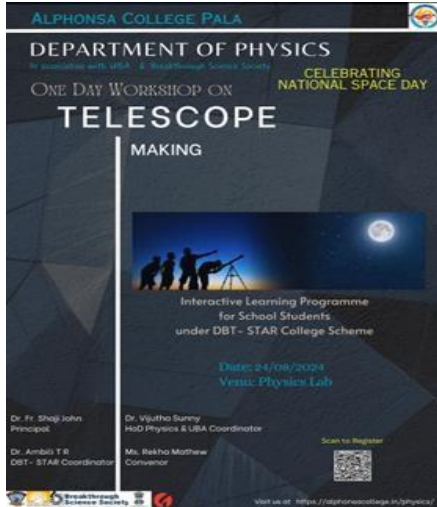
**REPORT OF INTERACTIVE LEARNING PROGRAM FOR SCHOOL STUDENTS**

An Interactive learning program for school students on nuclear energy entitled “The Power Within: Nuclear Energy Unveiled” was organized by the department of Physics in association with UBA on 9/8/2024. Fifty two school students from Holy Cross High School, Cherpunkal participated in the event. Ms Cincila T Joy, Convener of the program welcomed the gathering. This was followed by a documentary presentation about the Hiroshima Nagasaki bombing during World War II. The physics of the Atom bomb was explained by Ms. Lakshmi Jiji of II BSc Physics student which was followed by a presentation on Nuclear power projects in India. After giving a break the quiz competition was conducted for the participants. Ms Pinki Sajeev and Ms Varsha Kappen of III BSc Physics served as Quiz masters. Participants who came in top three positions were given reference books as prizes. The event motivated students to pursue science after schooling.



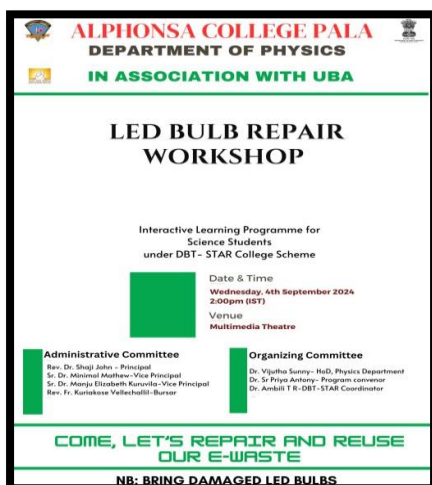
**REPORT OF WORKSHOP ON TELESCOPE MAKING**

A one day workshop on Telescope making for school students was organized by the department of Physics in association with UBA on 24/8/2024. The program was coordinated by Ms. Rekha Mathew, Assistant Professor, Alphonsa College Pala. Twenty Five students from nearby schools participated in the event. Students were provided with telescope making kit indigenously developed by the team of members from Breakthrough Science society lead by Prof. Thankachen P N. They were given a theory session on the image formation of lenses. Also a session was given for the working principle of the telescope. Students actively participated with great enthusiasm.



## REPORT OF LED BULB REPAIR WORKSHOP

A workshop on LED bulb repair for undergraduate students of the adopted villages was organized by the department of Physics in association with UBA on 4/9/2024. The program was coordinated by Dr. Sr. Priya Antony, Assistant Professor Department of Physics, Alphonso College Pala. Dr. Vijutha Sunny, Head & Assistant Professor Department of Physics, Alphonso College Pala served as the resource person for the program. Nineteen students participated in the event. Students brought damaged LED bulbs from their home. Hands-on training was given to students during the workshop. Various components in the bulb circuit were explained. Training was also provided to solder the wire and electronic components. Nine bulbs were repaired out of fourteen bulbs they brought. The program gave students the skill to repair LED bulbs and hence a sense of reusing the e-waste.



## FACULTY PARTICIPATION IN WORKSHOP

Ms Annu George, Assistant professor, Department of Commerce participated in the workshop titled “WASH-Strengthening Social outreach through water, sanitation and hygiene” held at capacity Building centre, social-economic unit foundation, Alappuzha from 7/11/2024 to 8/11/2024 organized by UBA cell, Kerala Agricultural university, Palakkad.



## REPORT ON WORKSHOP ON SKILL DEVELOPMENT

A program on skill development was conducted by the department of Fashion Technology on 21<sup>st</sup> November 2024 at Little Flower High School, Kanjiramattom. 30 students of classes 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> had participated in various skill training workshops such as hand embroidery, flower making and fabric painting taught by the staff and students of our department.





## REPORT ON SEMINAR ON ESSENTIALS OF FOOD HYGIENE

Department of Botany organized an awareness programme for students of St Augustine Higher Secondary School Ramapuram on the topic 'The Essentials of Food hygiene' on 3<sup>th</sup> December 2024. Smt. Julie J Paramundayil, and Dr Jince Mary Joseph were the resource persons. Whether we are eating at home, in a restaurant, or from street vendors, the hygiene of our food directly impacts our health. Poor food hygiene can lead to foodborne illnesses, infections, and long-term health issues. So, it is our responsibility to ensure that the food we consume is clean, safe, and nutritious. The session focused Proper Food Handling like Washing fruits, vegetables, and cooking surfaces. Tips on Safe Cooking Practices like Avoiding cross-contamination, cooking at the right temperature were discussed. The class also highlighted safe Food Storage methods like preventing spoilage and foodborne illnesses.



## REPORT ON SEMINAR ON EMOTIONAL INTELLIGENCE

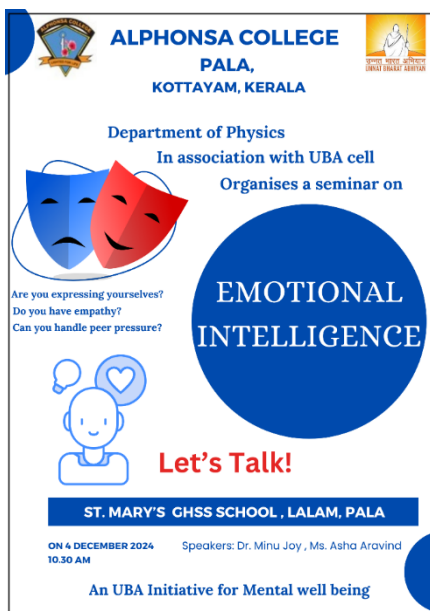
The department of Physics organized a seminar on Emotional Intelligence for School Students on 4 December, 2024 at St. Mary's GHSS, Pala. The seminar was organized for school students to enhance their understanding of emotions, improve self-awareness and develop healthy interpersonal relationships. The session aimed to equip them with the necessary skills to manage emotions effectively, build resilience and foster empathy in their daily lives.

The seminar was organized for school students to enhance their understanding of emotions, improve self-awareness and develop healthy interpersonal relationships. The session aimed to equip them with the necessary skills to manage emotions effectively, build resilience and foster empathy in their daily lives.

Dr. Minu Joy, Ms. Asha Aravind were the speakers. The speakers conveyed the importance of recognizing and understanding their own emotions and need to develop empathy and improve social interactions. They also encouraged the students to be self-motivated and have a positive mindset. 110 students of Class IX and XI were the beneficiaries.

To engage the students more, session included self-reflection exercises helping them to analyze their emotional responses, role-play to practice real-life situations and group discussions to share personal experiences and learning from peers.

The seminar received positive feedback from students and teachers. Many students expressed that the session helped them better understand their emotions and improve their ability to communicate effectively. There were suggestions to conduct regular workshops on improving mental well-being.



**ALPHONSA COLLEGE**  
PALA,  
KOTTAYAM, KERALA

Department of Physics  
In association with UBA cell  
Organises a seminar on

**EMOTIONAL INTELLIGENCE**

Let's Talk!

ST. MARY'S GHSS SCHOOL, LALAM, PALA

ON 4 DECEMBER 2024 10.30 AM Speakers: Dr. Minu Joy, Ms. Asha Aravind

An UBA Initiative for Mental well being

Are you expressing yourselves?  
Do you have empathy?  
Can you handle peer pressure?

Are you expressing yourselves?  
Do you have empathy?  
Can you handle peer pressure?



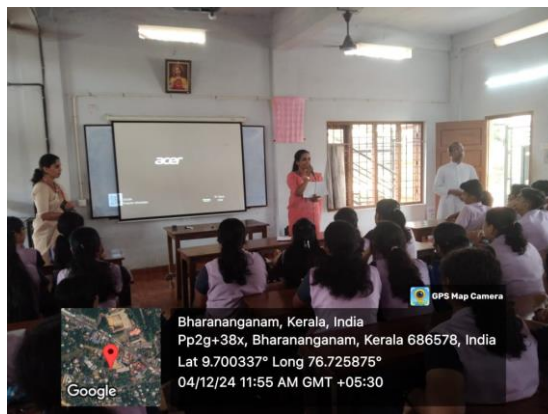
## **REPORT ON PREVENTIVE HEALTHCARE: SIMPLE STEPS FOR A HEALTHIER LIFE**

As part of the Unnat Bharat Abhiyan, a Community Awareness Programme was conducted by Department of Zoology on Preventive Healthcare: Simple Steps for a Healthier Life at St. Mary's H.S.S.S, Bharananganam, on December 4, 2024, at 10:30 AM by The session was led by Dr. Ambily T.R., Assistant Professor, Department of Zoology, who provided valuable insights into simple yet effective ways to maintain good health and prevent common diseases.

The program focused on the importance of a balanced diet and regular exercise, personal hygiene and sanitation to prevent infections, mental well-being and stress management techniques, the role of vaccination and routine health check-ups in disease prevention.

The interactive session engaged students through discussions and demonstrations, promoting awareness about adopting a healthy lifestyle from an early age. The event was well-received, with active participation from students and teachers.

The program concluded with a vote of thanks, emphasizing the importance of preventive healthcare in ensuring a healthier future for all.

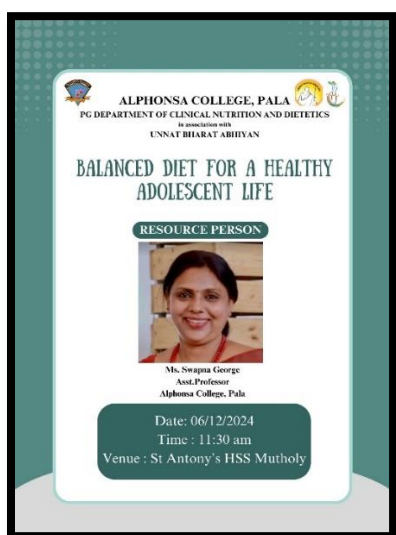


## **REPORT ON BALANCED DIET FOR A HEALTHY ADOLESCENT LIFE**

The PG Department of Clinical Nutrition and Dietetics, in association with Unnat Bharat Abhiyan, organized a talk on “Balanced Diet for a Healthy Adolescent Life” at St. Antony’s HSS Mutholy on December 6, 2024. The session aimed to educate participants on the significance of nutrition and well-being, offering practical strategies for maintaining a healthy lifestyle. It was designed to raise awareness about various aspects of nutrition and promote healthy eating habits and lifestyle choices while providing actionable guidance on better nutrition.

Ms. Swapna George, Assistant Professor at Alphonsa College, Pala, an expert in the field of nutrition, led the session with a detailed discussion on essential aspects of nutrition and well-being. The key topics covered included the importance of balanced nutrition, the role of macronutrients and micronutrients in maintaining health, the impact of dietary habits on overall well-being, effective strategies for healthy meal planning, and preventive measures for nutrition-related disorders.

The session was highly interactive, with a dedicated question-and-answer segment that allowed participants to clarify doubts and receive expert guidance. Around 30 students, along with faculty members and other participants, actively engaged in discussions and shared their perspectives. The attendees, including students, faculty, and professionals, found the session highly informative and expressed interest in similar future programs.



## REPORT ON SEMINAR ON HEALTH AND HYGIENE

The Department of Chemistry, Alphonsa College Pala, in association with Unnat Bharat Abhiyan (UBA), organized a seminar on Health and Hygiene. It was held on Friday, 14th February 2025, from 2:00 PM to 3:00 PM at St. Sebastian's HSS, Kadanad. Dr. Sr. Jilly James, HOD of the Department of Chemistry, delivered the seminar, emphasizing the importance of hygiene and health. The seminar was conducted for students of the eighth standard, aiming to educate them on essential hygiene practices.



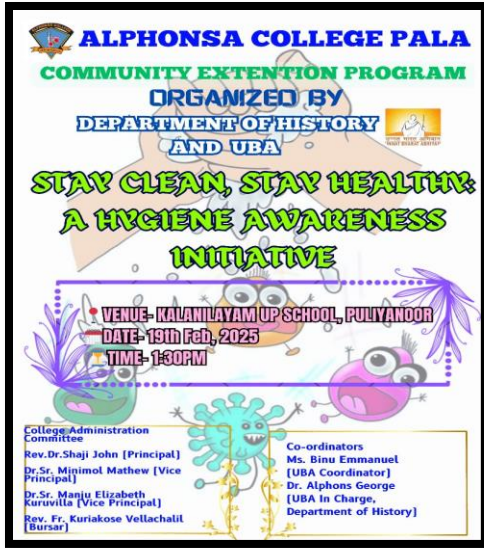
## **REPORT ON AWARENESS PROGRAMME ON HEALTH AND HYGIENE FOR SCHOOL CHILDREN**

As part of the Department of History's community outreach initiatives, students conducted a Health and Hygiene Awareness Program at Kalanilayam UP School, Puliyanloor, Pala on 19/02/2025 in collaboration with UBA of Alphonsa College. Thirty students and two teachers were involved in this programme. The program aimed to educate school students on essential hygiene practices, disease prevention, and healthy living, fostering awareness and responsible habits among young learners. Students from the Department of History delivered engaging presentations on the significance of hygiene, demonstrating proper hand washing techniques and oral care. Posters and visual aids were used to enhance understanding. Demonstrations on proper hand washing using soap and water, as well as maintaining clean surroundings, were conducted with student participation. Basic hygiene kits containing soap, toothpaste, toothbrushes, and hand sanitizers were distributed to the school students.

This programme increased awareness among school students about personal hygiene and its role in preventing illnesses. It ensured active participation and enthusiasm in learning about cleanliness and healthy living. This activity strengthened community engagement and social responsibility among History Department students.

The Health and Hygiene Awareness Program was a successful initiative that significantly contributed to spreading essential health education among school children. The collaboration between the Department of History and the local school proved effective in fostering responsible hygiene habits and reinforcing the importance of a clean and healthy lifestyle. The department aims to conduct similar programs in the future to further strengthen community well-being.



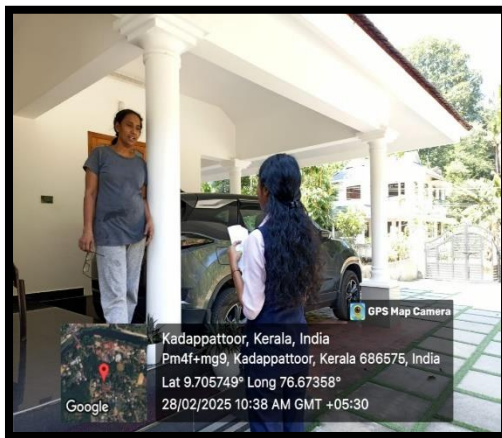


## REPORT ON FINANCIAL LITERACY SURVEY AND CAMPAIGN THROUGH HOUSEHOLD VISITS

Unnat Bharat Abhiyan (UBA) is a flagship program of the Government of India aimed at bringing transformational change in rural development through the active participation of higher educational institutions. As part of this initiative, the IIIDC Economics students of Alphonsa College, Pala, conducted a financial literacy campaign focusing on the importance of digital transactions, particularly Unified Payments Interface (UPI), through household visits on 28<sup>th</sup> February in connection with 10<sup>th</sup> edition of the Reserve Bank of India's (RBI) 'Financial Literacy Week 2025' from February 24 to 28, 2025 to promote financial awareness.

## Objectives of the Survey and Campaign

1. To assess the level of financial literacy among households.
2. To educate residents on the benefits of digital transactions and UPI services.
3. To promote the safe and secure use of digital payment systems.
4. To bridge the digital divide and encourage financial inclusion in rural areas.



Students as different groups visited households in Meenachil part, interacted with families, and gathered information about their financial habits, awareness of digital payments, and banking accessibility. A structured questionnaire was used to assess knowledge about digital transactions, mobile banking, and UPI usage. Informative discussions were conducted to explain the advantages of UPI, its security features, and steps to use it safely.

A majority of respondents showed interest in learning more about digital payments. The campaign successfully educated residents about the advantages of UPI, such as convenience, security, and government incentives for digital payments. Hands-on sessions were conducted to teach

participants how to set up and use UPI applications. The survey and awareness campaign under Unnat Bharat Abhiyan were highly beneficial in promoting financial literacy and digital payment adoption in rural areas. The initiative not only empowered residents with knowledge but also fostered confidence in the digital economy. Further efforts are needed to sustain and expand this impact for long-term financial inclusion.

## REPORT ON SPEECH COMPETITION

The Department of English, Alphonsa College Pala, organized a speech competition for school students on 01/01/2025 at St. Augustine's Higher Secondary School Kadanadu. The topic of the competition was "The Role of Schools in Promoting Health and Hygiene Awareness". This initiative was part of the development efforts for Kadanadu village under the Unnat Bharat Abhiyan (UBA) scheme.

The programme commenced at 1:45 PM and concluded at 2:45 PM. Students actively participated in the event, showcasing their knowledge and perspectives on the importance of health and hygiene in school environments. The competition provided a platform for young minds to express their thoughts and awareness regarding hygiene practices and their impact on overall well-being. The event was well-received, with an enthusiastic response from participants and attendees. Judges evaluated the speeches based on clarity, content, presentation, and relevance to the theme. The winners were awarded certificates and prizes as a token of appreciation for their efforts.

Through this event, the Department of English, Alphonsa College Pala, successfully contributed to raising awareness about health and hygiene while promoting the UBA scheme's objectives in Kadanadu village. The competition emphasized the crucial role of schools in instilling hygiene habits in students and fostering a healthier society. The programme concluded on a positive note, leaving a lasting impact on both the participants and the audience.

