



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

**WOMEN'S CELL REPORT
FOR THE YEAR 2025-2026**

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	:	<i>Alphonsa College, Pala</i>
Address	:	<i>Alphonsa College, Pala, Arunapuram (PO), Kottayam, Kerala</i>
Email	:	<i>womencellacp@gmail.com</i>

Website : www.alphonsacollege.in

PIN : 686574

PROGRAMME INITIATED

A. TRAINING PROGRAMMES

1. ACADEMIC/PERFORMANCE SUCCESS PROGRAM

- Meet The Diplomat
- Missile Woman to Million Minds

1. SOCIAL BELONGING OR SOCIAL ENGAGEMENT PROGRAM

- Flash Mob – “Empower Her, End Violence”
- Session On Personal Health, Menstrual Hygiene, and Mental Wellness at school
- Christmas Cake Icing Workshop

2. AWARENESS

- Cancer Awareness Class
- Life Skill Education Programme

B. CULTURAL WING

- Flash mob
- Publishing Manuscript.
- Theme Dance

2. NAME & DESIGNATION OF CO-ORDINATORS:

1. *Ms. Smitha Clary Joseph, Assistant Professor,
Dept of Economics,
Alphonsa College, Pala
Kottayam, Kerala 686574*
2. *Ms Ponnu K Alphonse ,Assistant Professor
Dept. of Commerce
Alphonsa College, Pala
Kottayam, Kerala 686574*

Signature of the co-ordinator(s)

Ms. Smitha Clary Joseph

Alphonse

Ms Ponnu K

Place: Pala

Signature of Principal

Date

ALPHONSA COLLEGE PALA WOMEN CELL Report 2025-26

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.

Report on Flash Mob – “Empower Her, End Violence”

The Women Cell of **Alphonsa College, Pala** organized a vibrant and socially impactful Flash Mob on **22 August 2025 at 10:45 a.m.** in the **Front Courtyard** of the college. The programme was conducted in association with the **Kerala State Women Development Corporation (KSWDC)** as part of an awareness initiative against violence towards women.



ALPHONSA COLLEGE, PALA
Affiliated to Mahatma Gandhi university
Re-accredited with A+ grade by NAAC

Women Cell
Presents

181
WOMEN HELPLINE

FLASH MOB

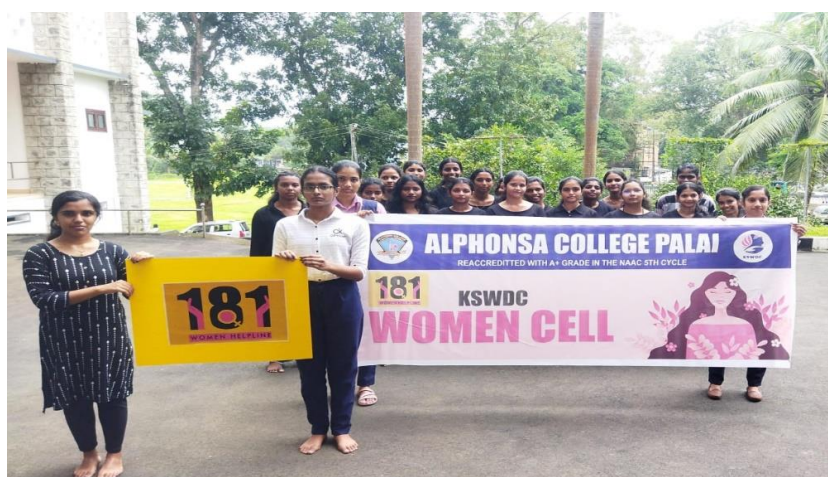
END VIOLENCE AGAINST WOMEN

" EMPOWER HER, END VIOLENCE. "
In association with Kerala State Women Development Corporation

 22 August 2025	 10:45 am	 Front Courtyard
Principal Dr. Sr Minimol Mathew	Co-ordinators Ms. Smitha Clary Joseph Ms. Ponnu Alphonse	



The event was organized under the powerful theme **“Empower Her, End Violence.”** The programme aimed to spread awareness about gender-based violence, promote women’s safety, and highlight the importance of empowerment and collective responsibility in building a violence-free society. The inclusion of the **Women Helpline 181** message reinforced the importance of accessible support systems for women in distress.



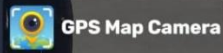
The Flash Mob was creatively performed by students of the college, capturing the attention of the campus community. Through expressive choreography, impactful visuals, and strong messages, the performance conveyed the emotional and social realities faced by women while emphasizing resilience, unity, and empowerment.

The Flash Mob served not only as a cultural performance but also as a meaningful social campaign, reinforcing the institution’s commitment to women’s empowerment and social justice. The event concluded with a strong message of solidarity, urging everyone to stand together to end violence against women and to promote dignity, equality, and respect in society.



Pala, Kerala, India

Pm28+xrg, Arunapuram, Pala, Kerala 686574, India
Lat 9.703078° Long 76.667146°
22/08/2025 10:51 AM GMT +05:30



Pala, Kerala, India
Pm28+xrg, Arunapuram, Pala, Kerala 686574, India
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22/08/2025 10:48 AM GMT +05:30

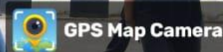


Pala, Kerala, India
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22/08/2025 10:48 AM GMT +05:30



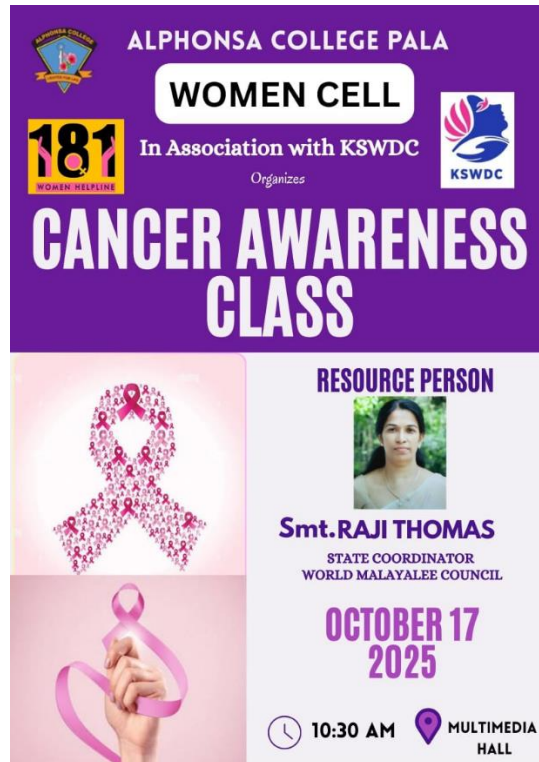
Pala, Kerala, India

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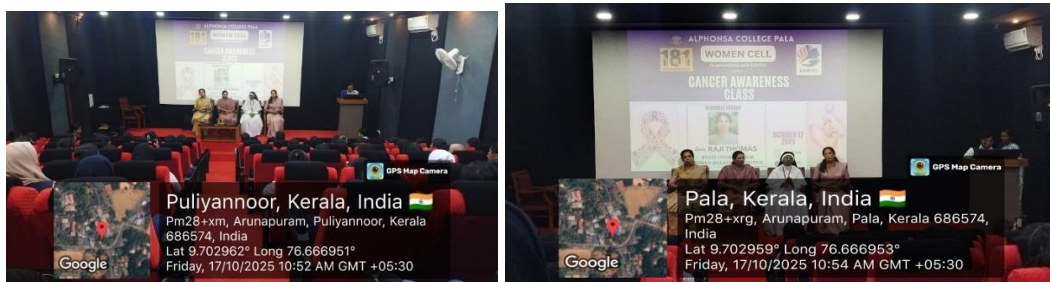


Cancer Awareness Class

The Women Cell of Alphonsa College Pala, in association with the Kerala State Women's Development Corporation (KSWDC), organized a Cancer Awareness Class on 17th October 2025.



The programme was conducted with the objective of creating awareness among students about cancer prevention, early detection, and the importance of timely medical intervention. The session aimed to educate young women about lifestyle changes, regular screening, and the significance of self-examination in preventing cancer-related complications.



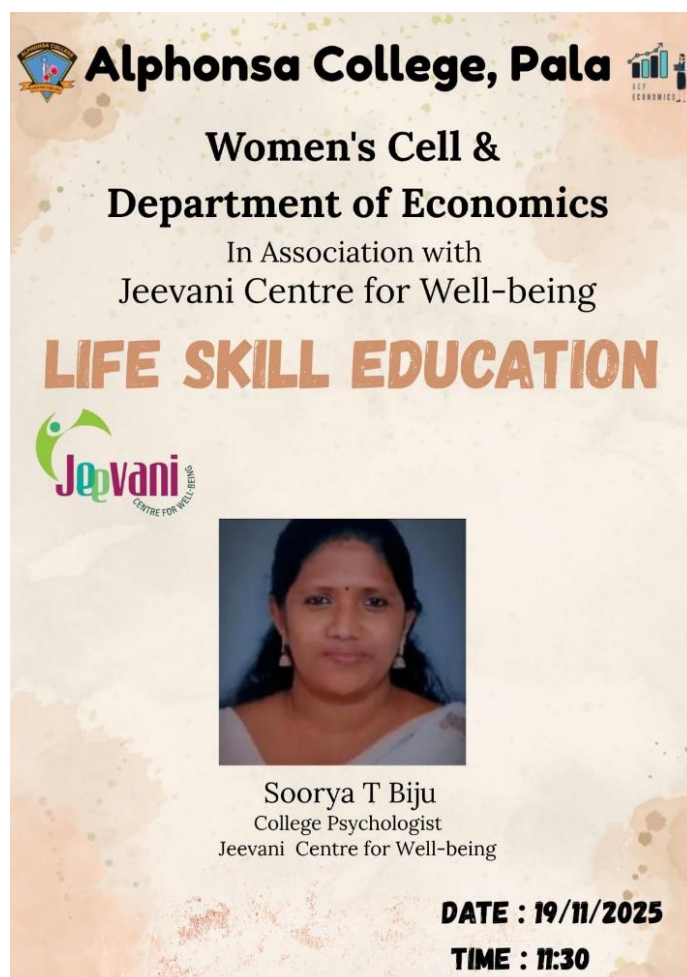
The resource person for the session was Smt. Raji Thomas, State Coordinator of the World Malayalee Council. She delivered an informative and impactful talk highlighting the common types of cancers affecting women, particularly breast and cervical cancer. She emphasized the importance of early diagnosis, regular health check-ups, and adopting a healthy lifestyle.

The session was highly interactive, with students actively participating in the discussion and clarifying their doubts regarding symptoms, myths, and preventive measures. The speaker also encouraged students to become ambassadors of awareness in their families and communities.

The programme concluded with a vote of thanks expressing gratitude to the resource person and KSWDC for their valuable support and collaboration. The Cancer Awareness Class was a meaningful initiative that empowered students with knowledge and reinforced the importance of health consciousness and preventive care.



REPORT ON LIFE SKILL EDUCATION PROGRAMME



The poster features a light beige background with a subtle watercolor pattern. At the top left is the Alphonso College logo, and at the top right is a small bar chart icon. The text is centered and reads: 'Alphonso College, Pala', 'Women's Cell & Department of Economics', 'In Association with Jeevani Centre for Well-being', 'LIFE SKILL EDUCATION' in large orange letters, the 'Jeevani CENTRE FOR WELL-BEING' logo, a portrait of Soorya T Biju, her name and title, and the date and time: 'DATE : 19/11/2025' and 'TIME : 11:30'.


Alphonso College, Pala

**Women's Cell &
Department of Economics**

In Association with
Jeevani Centre for Well-being

LIFE SKILL EDUCATION

Jeevani
CENTRE FOR WELL-BEING



Soorya T Biju
College Psychologist
Jeevani Centre for Well-being

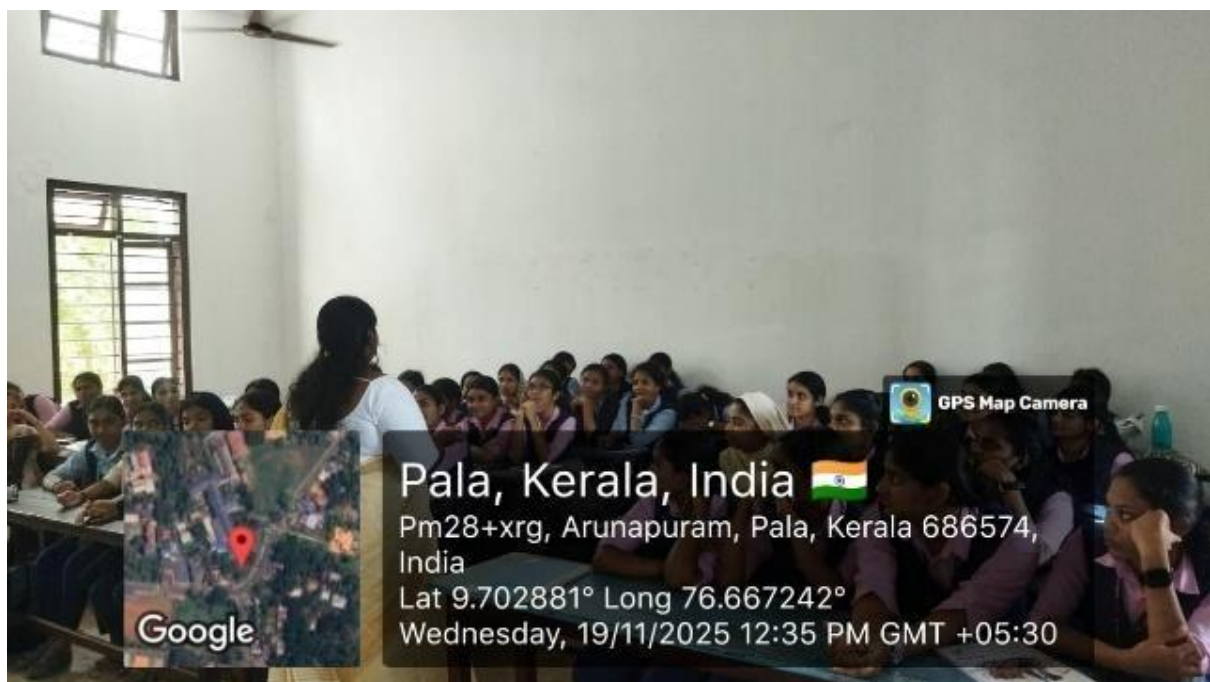
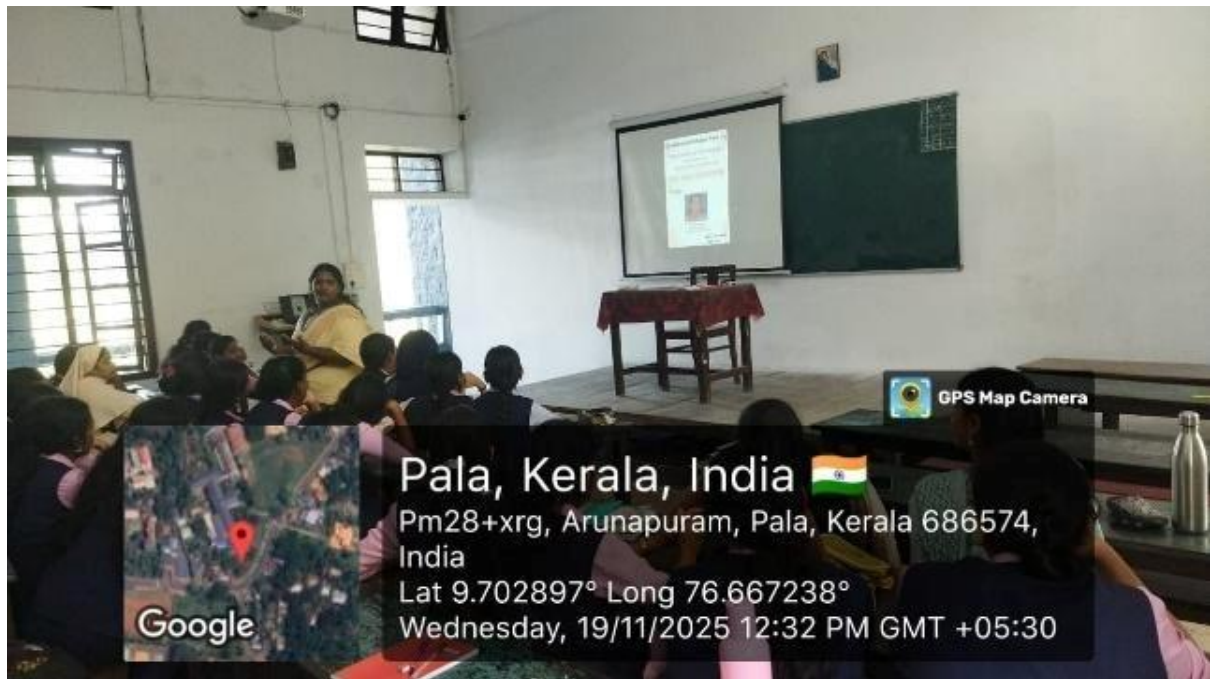
DATE : 19/11/2025
TIME : 11:30

The WOMEN Cell & Department of Economics, Alphonso College, Pala, conducted a Life Skill Education session on **19 November 2025** in collaboration with the **Jeevani Centre for Well-being**. The programme aimed to enhance the emotional, social, and behavioural competencies of students and equip them with essential skills for personal and academic growth. The session began with a brief introduction by the faculty, highlighting the importance of life skills in the holistic development of young adults.

The resource person for the session was the college psychologist **Soorya T Biju** from the Jeevani Centre for Well-being, who led an interactive and highly engaging workshop. She discussed crucial life skills such as communication, stress management, emotional regulation, decision-making, confidence building, and coping strategies. Through real-life examples, reflective activities, and simple practical exercises, students were encouraged to identify their strengths and recognise areas requiring improvement. The interactive approach helped students open up and participate actively in group activities.

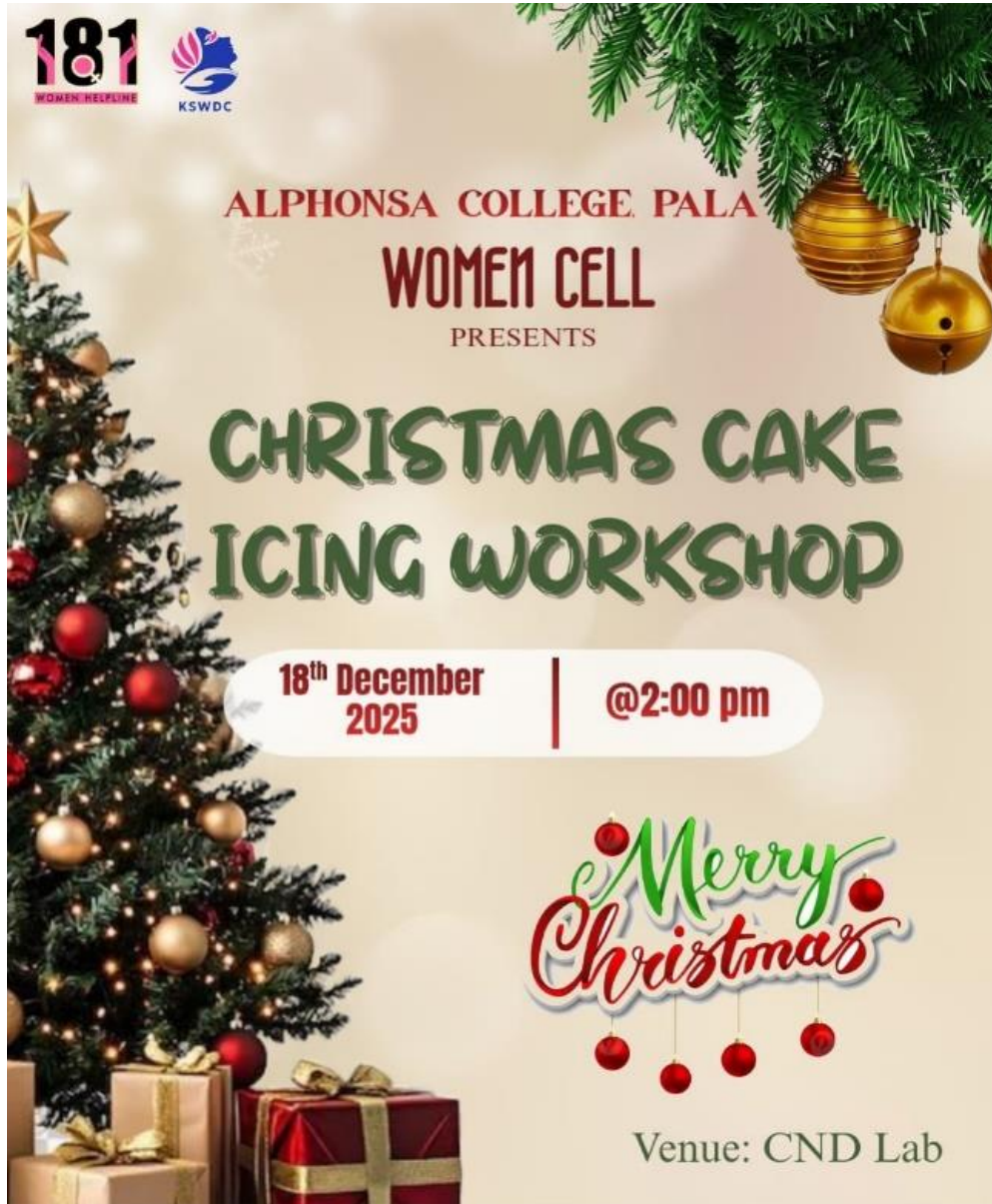
The programme received an enthusiastic response from the students. Participants shared that the session helped them understand their emotions better, manage academic pressure effectively, and build a positive mindset. The department expressed its gratitude to the Jeevani

Centre for their continued support in promoting student well-being. The Life Skill Education session successfully contributed to creating an emotionally healthy, supportive, and student-friendly learning environment on campus.



Christmas Cake Icing Workshop

The Women Cell of Alphonsa College, Pala organised a Christmas Cake Icing Workshop on 18th December 2025 at 2.00 PM in the CND Lab. The programme was conducted as part of the Women Cell's initiatives to promote skill development, creativity, and entrepreneurial orientation among students.



Objectives of the Programme

- To provide hands-on training in cake icing and decoration techniques.
- To enhance practical skills related to baking and cake presentation.
- To encourage self-employment and entrepreneurship among students.
- To promote creativity and confidence through experiential learning.

Resource Person

The session was led by Ms. Retty Renjith, founder of Bakes by Retty. She shared her professional experience in baking and cake decoration and demonstrated various icing



The workshop began with an introduction to Christmas-themed cake decoration. The resource person demonstrated basic piping techniques, floral designs, border patterns, and colour blending. Students actively practiced icing cupcakes and cakes under her guidance. The session also covered hygiene practices, costing, pricing, and marketing tips for home-based baking ventures. Students from different departments participated enthusiastically. The interactive nature of the session helped students clarify doubts and gain confidence in cake icing and decoration.

MEET THE DIPLOMAT

The Women Cell of Alphonsa College Pala, in association with the Mahatma Gandhi National Foundation, organized an insightful interactive session titled “Meet the Diplomat” on 2nd February 2026 at 11:00 AM in the College Seminar Hall. The programme featured Ms.

Roshni Thomson, IFS, First Secretary, High Commission of India, Sri Lanka, as the distinguished resource person. The programme was graced by the presence of Kum. Diya Binu, Chairperson, Pala Municipality. The session aimed to provide students with exposure to diplomatic services, international relations, and the functioning of India’s foreign missions.



ALPHONSA COLLEGE PALA
WOMEN CELL
in association with
MAHATMA GANDHI NATIONAL FOUNDATION
presents
MEET THE DIPLOMAT

RESOURCE PERSON:
Ms. ROSHNI THOMSON IFS
FIRST SECRETARY, HIGH COMMISSION OF INDIA, SRI LANKA

Women Cell Coordinators:
Ms. Smitha Clary Joseph
Ms. Ponnuk Alphonse

02/02/2026 11:00 AM Seminar Hall



In her address, Ms. Roshni Thomson shared her journey into the Indian Foreign Service, explaining the responsibilities and challenges of representing India abroad. She spoke about India–Sri Lanka relations, diplomatic negotiations, cultural exchange, and the importance of soft power in strengthening bilateral ties. She encouraged students to aim high, remain disciplined, and cultivate global awareness.

The interactive session that followed allowed students to raise questions about civil service preparation, international diplomacy, and career opportunities in foreign services. The interaction was inspiring and informative, especially for students aspiring to join the civil services.







പാലാ അൽഫോൻസാ കോളജ് വിമൻസ് സെൽ, മഹാത്മാഗാന്ധി നാഷണൽ ഫൗണ്ടേഷൻ എന്നിവയുടെ തേതൃത്വത്തിൽ അൽഫോൻസാ കോളജിൽ നടത്തിയ 'മീറ്റ് ദ് ഡിപ്ലോമാറ്റ്' പരിപാടിയിൽ ശ്രീലങ്കയിലെ ഉത്തമൻ ഹൈക്കമ്മീഷൻ ഫസ്റ്റ് സെക്രട്ടറി റോഷ്ണി തോംസൺ ഉദ്ഘാടനം ചെയ്യുന്നു.

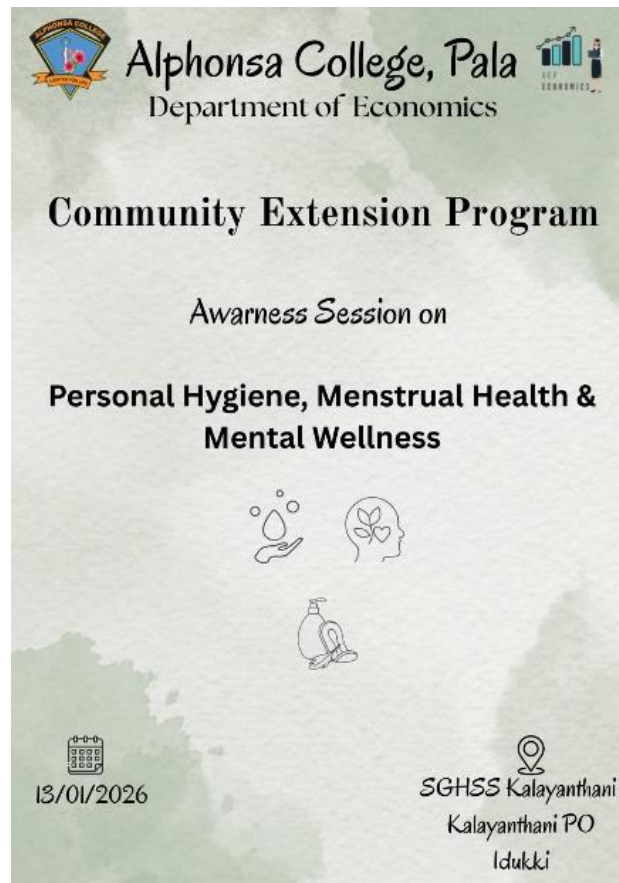
അൽഫോൻസാ കോളജിൽ 'മീറ്റ് ദ് ഡിപ്ലോമാറ്റ്' പ്രോഗ്രാം

പാലാ • അൽഫോൻസാ കോളജ് വിമൻസ് സെൽ, മഹാത്മാഗാന്ധി നാഷണൽ ഫൗണ്ടേഷൻ എന്നിവയുടെ തേതൃത്വത്തിൽ നടത്തിയ 'മീറ്റ് ദ് ഡിപ്ലോമാറ്റ്' പരിപാടിയിൽ ശ്രീലങ്കയിലെ ഉത്തമൻ ഹൈക്കമ്മീഷൻ ഫസ്റ്റ് സെക്രട്ടറി റോഷ്ണി തോംസൺ വിദ്യാർത്ഥികളുമായി സൗഹൃദം വിഭജിച്ച് ഇതര്യയുടെ ശബ്ദമാകാൻ കഴിയുക എന്നതാണ് ഏറ്റവും വലിയ അഭിമാനമെന്ന് റോഷ്ണി തോംസൺ പറഞ്ഞു. കൃത്യമായ കാഴ്ചപ്പാടും രാജ്യത്തോടുള്ള അർപ്പണബോധവുമുള്ള യുവാവ്കളെ ഈ രംഗത്തേക്ക് കൂടുതൽ കടന്നുവരണമെന്നും അവർ പറഞ്ഞു.

പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ മിന്നിമോൾ മാത്യു അധ്യക്ഷത വഹിച്ചു. മഹാത്മാഗാന്ധി നാഷണൽ ഫൗണ്ടേഷൻ ചെയർമാൻ എബി ജെ. ജോസ് റോഷ്ണി തോംസനു ഉപഹാരം സമ്മാനിച്ചു. നഗരസഭാധ്യക്ഷ ദീയ ബിനു, ഫൗണ്ടേഷൻ ചെയർ ചെയർമാൻ ഡോ. സിന്ധുമോൾ ജേക്കബ്ബ്, അനുപ് ചെറിയാൻ, വിമൻസ് സെൽ കോഓർഡിനേറ്റർ സ്മിത ക്ലാരി ജോസഫ്, അലോന സോജൻ, അലോന സോജൻ, അലിൻ മരിയ ഷിബു, പൊന്നു കെ. അൽഫോൻസാ എന്നിവർ പ്രസംഗിച്ചു. സിവിൽ സർവീസ് വിദ്യാർത്ഥികളുടെ 300 ലേറെ വിദ്യാർത്ഥികൾ പരിപാടിയിൽ പങ്കെടുത്തു.



Awareness Session On Personal Health, Menstrual Hygiene, and Mental Wellness at St George HSS Kalayanthani in association With Department Of Economics



An insightful and informative awareness session on “**Personal Health, Menstrual Hygiene, and Mental Wellness**” was conducted for the **Plus Two** students of **St. George Higher Secondary School, Kalyanthani** on 13 January 2026. The session aimed to promote health awareness, encourage open discussions, and address important physical and mental well-being concerns among adolescents.

The session was conducted by Ms. Chaithra C. Biju and Emil Siby, students of IIIDC Economics, who demonstrated commendable dedication and responsibility in addressing sensitive topics with clarity and confidence.



Emil Siby IIIDC Economics session on Mental Wellness

Topics such as personal hygiene, menstrual health management, emotional changes during adolescence, stress management, and mental well-being were discussed with great sensitivity and relevance. The presenters used simple language, relatable examples, and interactive discussions, which helped students understand the concepts better.



Ms. Chaithra C. Biju student of IIIDC Economics session on Personal Health, Menstrual Hygiene




Special emphasis was given to menstrual hygiene, addressing misconceptions and promoting hygienic practices, while ensuring a respectful and comfortable learning environment. The discussion on mental wellness helped students recognize the importance of emotional health, self-care, and seeking support when needed. Such awareness programs play a vital role in promoting holistic health and well-being among adolescents.



International Womens Day Celebration

2025-2026


The Women Cell of Alphonsa College, Pala, in association with the Science Day Committee, organized a special programme on 23rd February 2026 in connection with International Women's Day and National Science Day. The programme, titled "**Missile Woman to Million Minds**," aimed to inspire students by highlighting the achievements of women in science and promoting gender equality.

  **ALPHONSA COLLEGE PALA** 

Celebrating

INTERNATIONAL WOMEN'S DAY & NATIONAL SCIENCE DAY

MISSILE WOMAN TO MILLION MINDS



Dr. TESSY THOMAS
Vice Chancellor, NICHE
Former Director General, DRDO

Woman Cell Coordinators
Ms. Smitha Clary Joseph
Ms. Ponnu K Alphonse

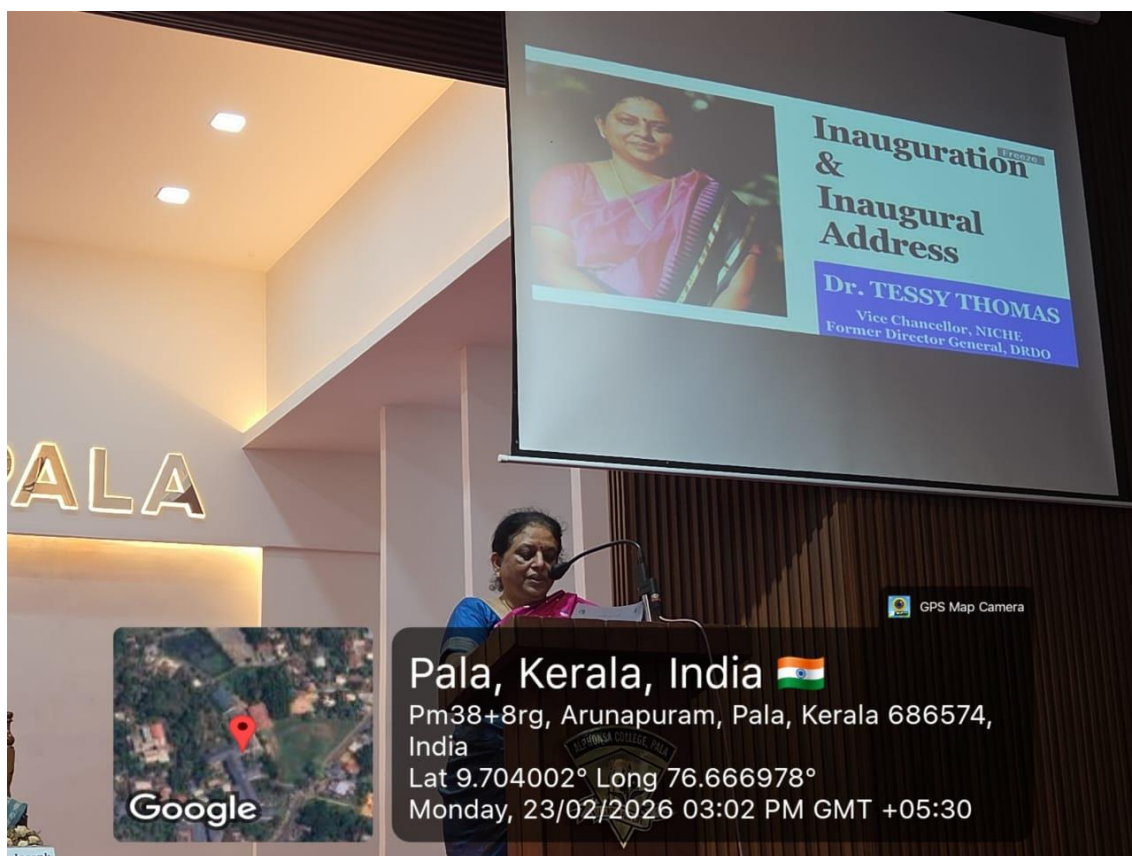
February 23rd 2026 | 2:30 PM

Science Day Coordinator
Dr. Sr. Jilly James
HOD, Department of Chemistry



The highlight of the programme was an enlightening session by **Dr. Tessy Thomas, Vice Chancellor of NICHE and former Director General of DRDO, widely known as the “Missile Woman of India.”** The programme began with a formal inauguration and traditional lamp lighting ceremony in the presence of faculty members, coordinators, and students.





The Women Cell Coordinators, Ms. Smitha Clary Joseph and Ms. Ponnu K Alphonse, organized the programme efficiently, while the Science Day Coordinator, Dr. Sr. Jilly James, Head of the Department of Chemistry, extended academic support.

In her address, Dr. Tessy Thomas shared her inspiring journey in the field of defence research, emphasizing perseverance, hard work, and dedication. She encouraged students, especially young women, to pursue careers in science and technology and to contribute meaningfully to national development. The session was interactive and engaging, with active participation from students.



Release of Women Cell Magazine-“Tejaswini”



"Give to Gain" -Celebrating the spirit of giving, sharing, and empowerment. The Women's Cell at Alphonsa College Pala marked Women's Day with the release of a manuscript compiled around this inspiring theme. The release was done by Dr. Tessy Thomas

Dr. Tessy Thomas honoring the women achievers who brought laurels to Alphonsa College Pala a proud moment celebrating excellence, dedication, and empowerment



NSS STATE AWARD FOR BEST PROGRAMME Officer Dr Simimole Sebastian



Patent for Portable Audio Recording Device -Dr Rosemary Philip



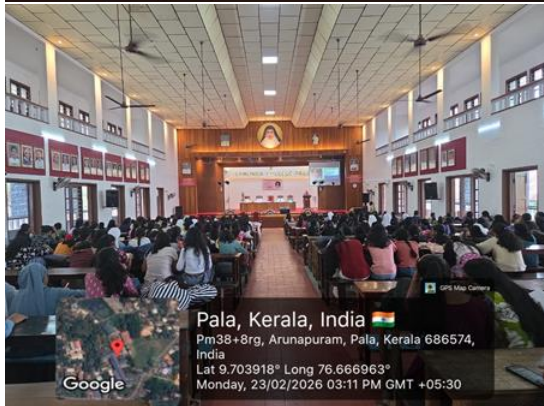
Sports Stars



Dr. Tessy Thomas honouring the retiring Faculty members



Pala, Kerala, India 🇮🇳
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 India
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Pala, Kerala, India 🇮🇳
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Theme Dance – Essence of Empowerment Science Theme Dance – Fusion of Elements

Outcome of the Programme


The programme had a significant impact on the participants:

- Enhanced awareness among students about women’s role in science and technology
- Motivated students to pursue STEM careers with confidence and determination
- Promoted gender equality and empowerment values among the student community
- Provided real-life inspiration through the achievements of a leading woman scientist
- Encouraged critical thinking and active participation in academic and research fields




- The programme concluded with a vote of thanks, expressing sincere gratitude to the resource person, management, faculty members, and students for their support and participation.





ALPHONSA COLLEGE PALA



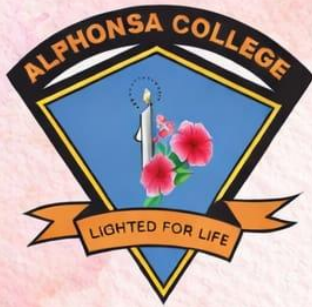
MISSILE WOMAN TO MILLION MINDS
Celebrating International Woman's Day & National Science Day
 Date: February 23rd 2026 Time: 02:30 PM

PROGRAMME

Prayer Song	: Kum. Lynn Rose Sojan <i>(II DC Economics)</i>
Welcome Speech	: Dr. Sr. Jilly James <i>(HOD Department of Chemistry)</i>
Presidential Address	: Prof. Dr. Sr. Minimol Mathew <i>(Principal, Alphonsa College Pala)</i>
Inauguration and Inaugural Address	: Dr. Tessa Thomas <i>(Former Director DRDO, Vice Chancellor of Noorul Islam Centre for Higher Education (NICHE) in Kanyakumari)</i>
Felicitation	: Dr. Sr. Manju Elizabeth Kuruvilla <i>(Vice Principal – Alphonsa College Pala)</i>
Honouring Ceremony of Teachers and Sports Stars	: Memento Presentation by Dr. Tessa Thomas <i>(Led by Women Cell Co-ordinator Ms. Smitha Clary Joseph)</i>
Women Cell Manuscript Release	: Dr. Tessa Thomas to Dr. Sr. Manju Elizabeth Kuruvilla
Cultural Programme	: Theme Dance – Essence of Empowerment : Science Theme Dance – When Science Dances for the Earth
Vote of Thanks	: Kum. Richa Saju <i>(I DC B.com)</i>
National Anthem	

Women Cell Magazine-Tejaswini





Alphonsa College Pala
— *Women Cell* —

Wishing you all a

**HAPPY
WOMEN'S DAY**

2026 theme:

“GIVE TO GAIN”

*“She believed
in her strength,
and the world
believed in her.”*

