

Women's Cell

ALPHONSA COLLEGE, PALA
2013-2014

Women's Cell, Alphonsa College, Pala

OFFICE BEARERS

Principal	:	Dr. Sr. Elsa Tom
Vice Principal	:	Dr. Sr. Jansamma
Co-ordinator	:	Dr. Mary Senterela PS
		Dr. Dani Mathew. M
Non teaching staff	:	Ms Bennamma Francis
		Ms Bijimol Joseph
Student representatives	:	Ms. Varsha Maria Babu, III DC
Botany		

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INAUGURATION OF ACTIVITIES OF WOMEN'S CELL

Activities of women's cells for the academic year 2013-2014 were inaugurated by **Dr. Bijimol Thomas**, Asso. Professor, Dept of English, Newman College, Thodupuzha on 3rd September 2013. She also delivered a lecture on the topic *Women and Media*. Dr. Sr. Elsa Tom, Principal, Alphonsa College, Pala presided over the function.



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AWARENESS PROGRAMME ON WOMEN EMPOWERMENT BY JANAMAITHRY POLICE

Women's Cell and NSS unit conducted an awareness programme on women empowerment for students in Collaboration with **Janamaithry Police**, Pala on 12th November 2013. **Mr. Sanil Kumar PS** inaugurated the programme. **Fr. Jose Joseph**, Bursar, Alphonsa College presided over the function. **Mr. Shinto P Kurian**, Sub Inspector of Police, Kidangoor delivered the keynote address. He made the students aware of the dangers behind the use of mobile phones and social networking sites, and the things they should be careful about while using these. **Mrs. Renjini KP**, Women Civil Police Officer, Pala gave the Jagrada Nirdeshangal.



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TRAINING PROGRAMMES

Women's cell organized training programmes on mushroom cultivation, tailoring and fruit preservation.

Mushroom cultivation

Women's cell organized a one day training programme on 13 august 2014 about 'Mushroom cultivation and Spawn production'. **Mr. Unnikrishnan Kannampuzha** (Rtd staff. Agricultural University, Vellayani, Thrissur) took class on different methods of Mushroom cultivation especially by using Neopit (an imported medium – containing nitrogen, starch, magnesium, sugar and gypsum).



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Tailoring

Women's cell, of Alphonsa College, Pala conducted free tailoring classes for interested students. **Mrs. Renny George**, Fashion consultant, Renny G Fashions Pala., and **Ms. Menu Mathew** Department of Clinical Nutrition, Alphonsa College, Pala were the resource persons. The classes begin on **January 2013**. The students were grouped into batches of 10 students each and each batch was given a 10 hour class. Many students practiced tailoring and they finished small items such as kerchief, skirt, Churidhar, Blouse etc.

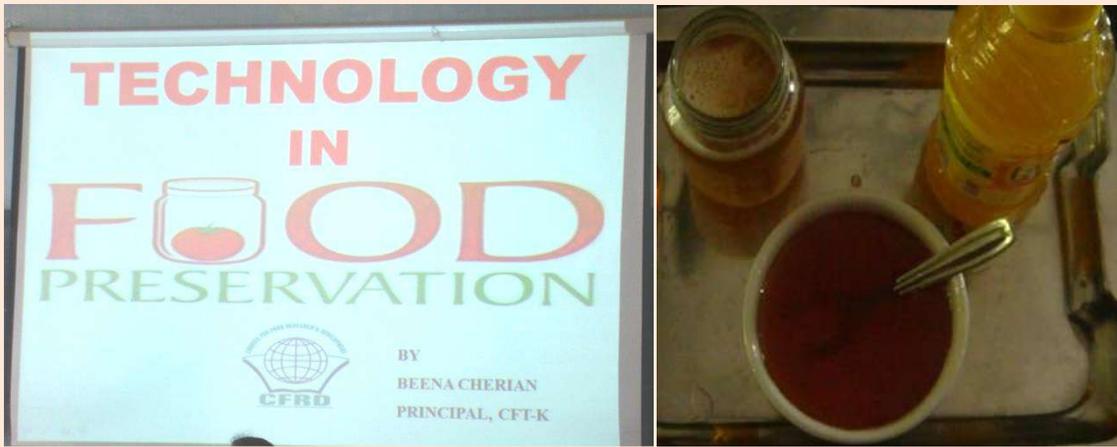


Fruit preservation

Women' cell organized a fruit preservation class on February 1st 2014. **Smt Beena Cherian** Principal, Centre for indigenous Food Technology Konni was the resource person. Students were interestingly participated and they got a

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hands-on training to various preserved food products such as Jam, Jelly, Squash etc.



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Work shop on Fabric painting

Women's Cell conducted one day workshop on fabric painting on January 28, 2014. Ms. Nicy Mathew, Dept of Botany, Alphonso College, Pala was the resource person. Students made different colourful designs.



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International Women's Day celebrations

In Association with International women's day celebrations, Women's Cell organized a college level-debate competition, an intercollegiate debate competition, symposium and an invited talk on "*The role of women in the welfare of the family, society and nation*"

Debate Competition

Women's cell organized a debate competition on 5th March 2014 for the students on the topic "Kerala – a safe place for women to live". Students from various departments were participated. Annu Maria Michael and Priya Alphonsa Mathew secured I Prize and Priya Alphonsa Mathew, I DC English was the best debater. Krishna Nair J and Kum.Leena Mathew of II DC Economics and Kum.Gilu Anna Johny and Kum. Sona Sunny of I DC English secured II & III places respectively.



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Invited talk

The fundamental aim of Alphonsa College Pala is to impart spiritually oriented and value based education to young women under circumstances congenial to their all round development. To inculcate these basic things to make empowered women, women cell organized an invited talk on “*The role of women in the welfare of the family, society and nation*” on 6th March 2014 by Dr. Brincy Mathew, Assistant Profesor, Devamatha College, Kuravilangadu.

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Symposium

Empowering women is a proven and indispensable tool for advancing development and reducing poverty. To create awareness about the role of women in the welfare of society, Women's Cell organized a symposium on the topic "Women-the maker of nation" on March 10 2014. Smt. Roslin Eapen, Rtd Prof., SD College, Kanjirapally chaired the sessions. Kum. Mettin Jacob, I DC English, Kum. Deepa Tojan, I DC Mathematics and Kum. Kiran Michael presented papers.



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All Kerala intercollegiate Debate competition

All Kerala intercollegiate debate competition was organized by Women's cell of Alphonsa College, Pala on 18th March 2014. The topic of debate was "Equality for women is progress for All" which is the theme designated by the United Nations for International Women's Day, 2014. Kum. Ashly Thomas and Kum.Ancy Cyriac, St Thomas college Pala won first prize and a cash award of Rs.2000/-. Kum. Gopika Udayan and Kum. Gilu Treesa George, Alphonsa College, Pala and Kum. Bhagyalakshmi B and Kum. Ann Maria Joy, KE College, Mannanam secured II prize and III Prize respectively. Kum. Ancy Cyriac was selected as the *best debater*.



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Manuscript publication

To encourage the unrevealed talents of growing Alphonsiens, Women's Cell released a manuscript entitled '**FORTES FEMME**'. Kum. Amalu Kattunilam of I DC Mathematics was the student editor. This was the most suitable attempt to exhibit the creativity and literary talents of students. Students from all subjects were actively participated in the Endeavour.

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A study on waste management problems faced by local women around the college campus

Solid waste management is one of the most challenging issues in urban cities, which are facing a serious pollution problem due to the generation of huge quantities of solid waste. To analyze the solid waste problems and the various methods for the collection, processing and disposal of solid waste in Pala municipality, we selected the 23rd ward in which our college is situated. This ward consist of about two hundred houses, hundreds of shops, many educational institutions, and one hospital too. In the present study an attempt was made to study the problems faced by women in the disposal of solid wastes, especially domestic wastes in the 23rd ward of Pala municipality. To investigate the waste disposal mechanism followed by people in this ward, a survey is conducted using a semi structured questionnaire. Information is collected by direct personal interview and field visits.

The present study revealed that currently there are many problems in waste management system. Majority of people in this ward is educated. Also pala municipality has initiated many steps towards the disposal of solid wastes in all the 26 wards under the municipality. Pipe composting, vermicomposting, biogas plants etc. are highly promoted and measures are taken to provide necessary training to people.

The survey conducted in the 23rd ward of pala municipality, revealed that more than 70 % people still dump their domestic wastes in the premises of their house. Garbage are either dumped open or buried. Polythene ,plastics, textiles etc. are burned. Other wastes such as glass, metal pieces, construction wastes etc are dumped in open places. 30% people adopted composting, 10 % biogas and 5% adopted waste water treatment and vermicomposting.

Analyzing the data collected, the most common method adopted by the people for waste management is burning, open dumping of wastes, composting, land fillilng etc. Least common methods are biogas, waste water treatment etc.

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The people in this ward and the municipality council together took many measures for the collection, processing and disposal of solid waste in this ward, such as "Pipe Compost", but only small percentage people still continue it. The municipality council should also conduct awareness programmes, to give correct informations to people about the importance of waste management.

Women are traditionally responsible cooking, sweeping and general cleaning of the environment. She can actively and readily participate in the segregation of domestic wastes at the household level. The proper integration of women at the house hold solid waste management is highly recommended for effective solid waste managment in the study area.

Segregation of wastes at the source level should be parcticed. Wastes should be segregated into toxic and non toxic wastes. Toxic wastes such as batteries, chemicals,paints etc. should be stored in covered storege facility and kept out of reach of children. Municipality should take measures for the proper disposal of hazardous wastes with out harming the people and the environment.

Though municipality has implemented pipe composting in every houses, it is practiced by only a small percentage of people. So immediate measures should be taken to make people aware of the importance of composting and biogas plants. Study classes on the tehniques of composting are highly recommended. Municipality should take steps for the installation of biogas plants in houses and institutions.