



INSTITUTION CELEBRATES / ORGANIZES NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS AND FESTIVALS-ANNUAL REPORT

Alphonsa College makes great efforts in celebrating the national and international days, events and festivals throughout the year. It is an integral part of learning and building a strong cultural belief in a students and spreading and retaining communal harmony. The main objectives of such activities are listed below.

1. To highlight the importance of the festivals and events and be a part of it.
2. To promote awareness of the day so that everyone gets basic knowledge of the event.
3. A conscious reminder for all of us about the day and evaluate ourselves.
4. To inspire everyone so that all of us in turn plunge into future oriented activities.

Month of June

World Environmental Day-June 5

As the part of World Environmental Day, various activities were organized in college, for encouraging awareness for the protection of the environment. Department of Botany conducted plant a sapling challenge “Ente Maram” in association with Unnath Bharath Abhiyan and IQAC. Department of Physics also initiated a plant a tree challenge as the part of it. Department of Botany conducted a National level Online environmental literacy quiz series in association with IQAC on 7/8/2020 & 17/8/2020. “Green bliss -beaming with green” is an initiative of Botany Department to know about the plants around us. Each week one plant was introduced to students with its scientific name and importance. Department of Chemistry organised ‘online card making competition’ on third week of June on the topic ‘Plant a Tree Sapling’. A tree plantation pakwada was organized on July 2020 by NCC. 74 cadets participated in the green initiative. Each cadet planted a sapling on the occasion. Department of Economics organized poster designing competition on June 5th. Department of History conducted an inter departmental quiz on ‘Conservation of Nature’ on 28th July 2020. NSS unit of our college organized - a selfie with nature contest.



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Alphonsa College Pala
WORLD ENVIRONMENT DAY 2020
 എന്റെ മരം
Plant a sapling challenge for Alphonsiens
Department of Botany
In association with UBA Cell and IQAC

Let's plant a tree for tomorrow and be a part in conserving our biodiversity on this JUNE 5th -World Environment Day. Take a photo of planting a sapling and write about the plant you have planted in maximum 50 words. Send it to acpuba@gmail.com from your own account mentioning your name, contact number and class.

Participate in this challenge and conserve our diverse ecosystem.

JUNE 5
WORLD ENVIRONMENT DAY

LET'S NURTURE THE NATURE SO THAT WE CAN HAVE A BETTER FUTURE

WHEN YOU REALIZE HEART & EARTH ARE SPELLED WITH THE SAME LETTERS, IT ALL STARTS TO MAKE SENSE.
 KEEP IT CLEAN, KEEP IT GREEN!
 LET THE EARTH SMILE.

ALPHONSA COLLEGE PALA
5 (K) Girls BN Changanacherry
TREE PLANTATION PAKHWADA JULY 2020

DEPARTMENT OF BOTANY
 ALPHONSA COLLEGE, PALA

In association with IQAC

VERDURE
 IT'S THE TIME TO THINK GREEN

INTERCOLLEGIATE QUIZ COMPETITION
 Online Environmental Literacy Quiz Series
 Theme of series 2-Climate change
 ON AUG 17, 2020
 SITE WILL BE OPEN FROM 10:00 AM TO 10:00 PM



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World Population Day-June 11

NSS unit of our college organised a poster making competition in connection with the **world population day** on 11th July on the theme “Population, Health and Covid 19”.



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കുറിപ്പ് എൻ-എസ്-എസ്
 അംഗീകൃതം.....

ജൂലൈ 11 ലോക ജനസംഖ്യ
 വിനോദസഞ്ചാരസംവിധി
 അൻപതാം വയസ്സ് കഴിഞ്ഞ്
 എൻ-എസ്-എസ് യൂണിറ്റ്
 വിനോദസഞ്ചാരം ഒരു
 പോസ്റ്റ് വിനോദസഞ്ചാരം
 സംഘടിപ്പിക്കുന്നു

📍 വിഷയം: ജനസംഖ്യ,
 ആരോഗ്യം, കോവിഡ്-19

📍 നിർദ്ദേശങ്ങൾ:

- പങ്കെടുക്കുന്നവർ എൻ-എസ്-എസ്
 അംഗീകൃതമായിരിക്കണം.
- പോസ്റ്റുകൾ ഓൺലൈനിലോ
 ഓഫ്ലൈനിലോ ഉപയോഗിച്ച്
 സമർപ്പിക്കേണ്ടതാണ്.
- ഒരു വിദ്യാർത്ഥിയിൽ നിന്ന്
 കൂടുതൽ 2 എൻ-എസ്-എസ്
 ഉണ്ടായിരിക്കണം.
- എല്ലാ വിനോദസഞ്ചാരം
 വിനോദസഞ്ചാരം (V.S.)
 വിനോദസഞ്ചാരം
 ആരോഗ്യകരമായ സമരങ്ങൾ
 ഉണ്ടായിരിക്കണം.
- വിനോദസഞ്ചാരം
 വിനോദസഞ്ചാരം.
- എൻ-എസ്-എസ് 11-7-2020
 വരെ 2020 ജൂലൈ 15
 നേടുന്ന
 സമരങ്ങളിൽ പങ്കെടുക്കണം.

📞 9447830253
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World Youth Skill Day-July 15

As part of the World Youth Skills Day on July 15, on 14 July the volunteers from the Dept. of English organized an RJ Hunt to find the best spontaneous speaker.



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DEPARTMENT OF ENGLISH

R J HUNT 2020

24/7/20
At: 4.00 pm

INSTRUCTIONS

- ★Topic will be given to the participants at 4 pm.
- ★Speak on the topic for one minute.
- ★Can use English/Malayalam.
- ★Send your video before 4.10 pm to: 6282706881,8078864656,8301874638
- ★Only for NSS volunteers.

WE EXPECT ACTIVE PARTICIPATION...

R J HUNT 2020

RESULTS

1st Prize - Agline Mary Tom (3rd DC English)

2nd Prize - Anakha Roy (2nd DC Economics)

3rd Prize - Alka Elizabeth Antony (3rd DC English)

Congratulations to the winners! 😊

Mandela Day-July 18

Mandela day was observed on 21/7/2020. Elsa Elizabeth of II DC History presented a Power Point Presentation on the life and activities of Nelson Mandela through online platform Google Meet.



Google meet Mandela day

Joining info

meet.google.com/xzz-eqby-sqy

 Share

Attachments (0)

Google Calendar attachments show up here

Reading Day-June 19

NCC unit our college organised an online quiz competition in connection with Reading Day Competition.

Yoga Day Celebration: June 21

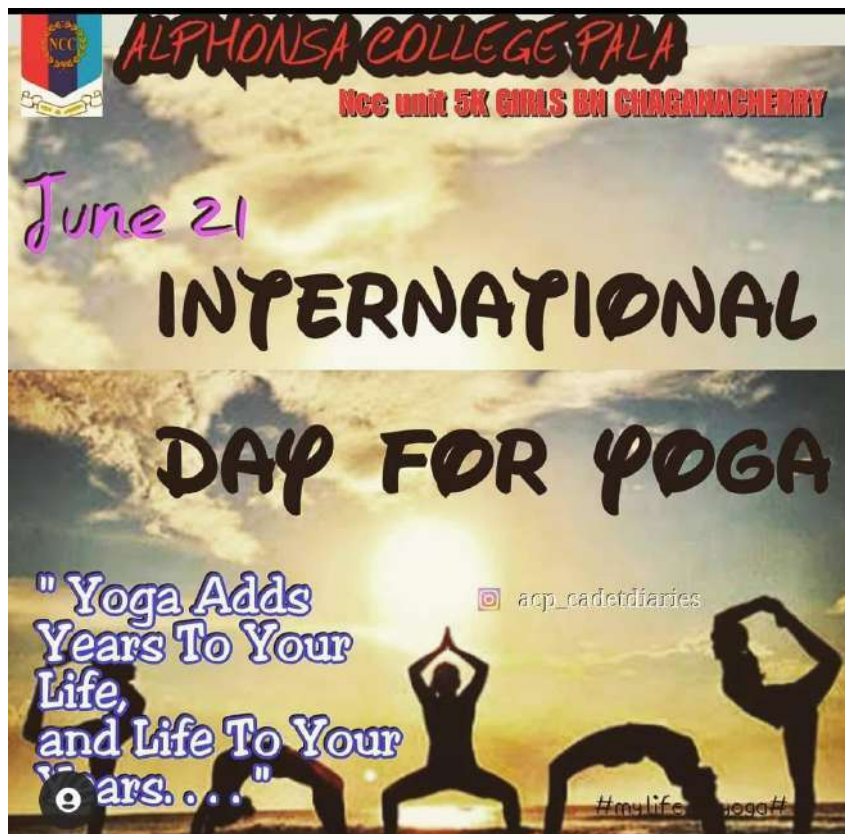


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International Yoga Day was celebrated on 21st June 2020 by NCC Cadets. 74 cadets performed Yoga with their family members.



International Day Against Drug Abuse and Illicit Trafficking -June 26

Department of chemistry organised an online talk on 'Drug Abuse & addiction' on June 25 by Dr. Sr. Sheena Varghese-Guest Lecturer, Department of Chemistry.

Month of July

Moon landing day- July 21

In connection with the 51st anniversary of Moon landing day on 21 July 2020 a webinar 'Towards the Moon' was organised by the Dept of Physics. Students of the department Shelsey Shaji, Parvati Shekhar and Richu Liz Roy presented the seminar.

Kargil Vijay diwas -July 26



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On 7 th July, NCC celebrated the 21st anniversary of Operation Vijay 1999. Kargil Vijay diwas was celebrated on 26 July to commemorate the 21 anniversary of Operation Vijay. As tribute to the brave hearts, the cadets of the sub unit lighted candles. 74 cadets participated and they were congratulated for the effort by the Defence PRO through Twitter. An online video contest was also organized on the theme Operation Vijay.



World Nature Conservation Day-July 28

Department of History organized Quiz competition for students on July 28, as the part of World Nature Conservation Day.

Month of August

Hiroshima Day-August 6

To commemorate Hiroshima day the Sub unit Launched 1000 Origami crane Project on 6th August 2020. 74 cadets participated. Each cadet made 14 Origami Cranes. In Japanese culture Origami cranes are believed to be harbingers of good fortune during hard times.

Department of Physics, in connection with the observance of Hiroshima day, a poster designing competition, 'Vivere of Pace : Science for peace' was conducted on August 9th.

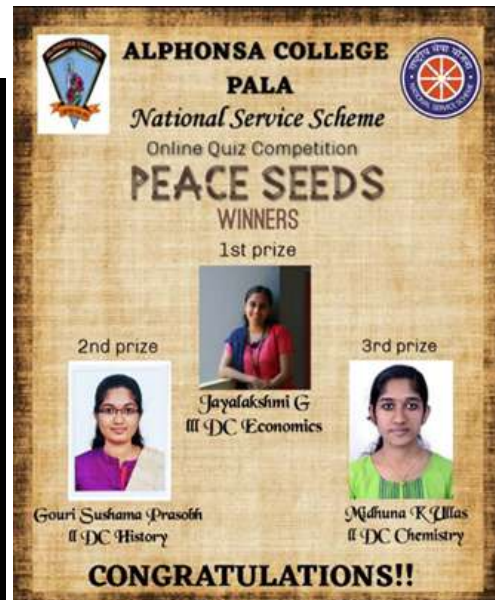


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Also, A caption writing competition 'HIBSKUSHA – the survivors' was conducted on 13th August. Department of History organized screening of documentary on August 5. NSS unit conducted an online quiz programme named *Peace Seeds*.



Athmanirbhar Bharat -August 9



The cadets of the sub unit took part in Athmanirbhar Bharat initiative by the Govt of India. They took Be Vocal About Local pledge and committed themselves to consciously support and promote products made in India. 74 cadets participated.



International girl Child day-August 11

International girl Child Day was observed on 11th Oct 2020 by NCC. Posters were made to raise awareness on the rights of the female child and the need to stop female foeticide.

International Day of World's Indigenous People-August 9

On 9th August 2021, an online quiz competition in relation to the International Day of World's Indigenous People was conducted by NSS.



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INTERNATIONAL DAY OF WORLD'S
INDIGENOUS PEOPLE

Open for all Alphonsians

TOPIC: INDIGENOUS PEOPLE

E-CERTIFICATE WILL BE PROVIDED
FOR THOSE WHO SCORE ABOVE
50%

Online quiz/competition
By Nss volunteers
Botany department
Alphonsa college palai
Time: August 9, 11am - 12pm
ALL ARE HEARTILY WELCOMED

Independence Day-August 15

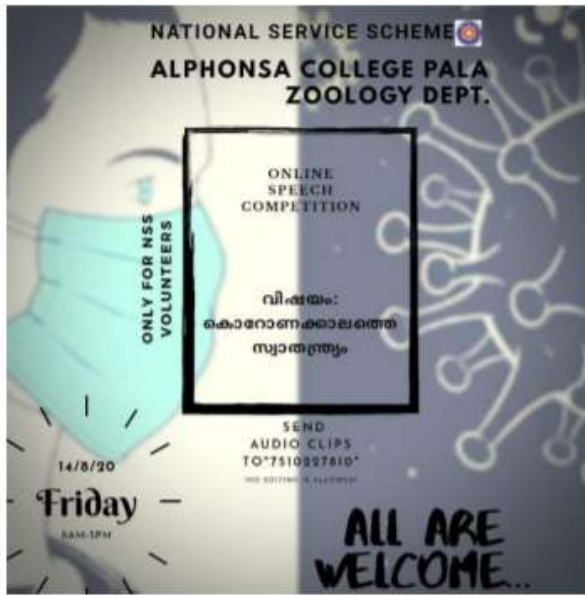
On Independence day, NCC cadets participated the flag hoisting ceremony take place in front of college. Department of History organized craft making competition with tricolor of national flag, as the part of Independence Day celebration on August 14. The NSS volunteers from the Dept. of Zoology organized an online speech competition on the topic "Freedom in the Time of Corona."



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Women Equality Day-August 26

The NSS unit organized a webinar in connection with Women Equality Day. Lt. Anu Jose, Asst. Professor of Alphonsa College led a session on “Samadarshan”

Fit India Webinar Series- August 29



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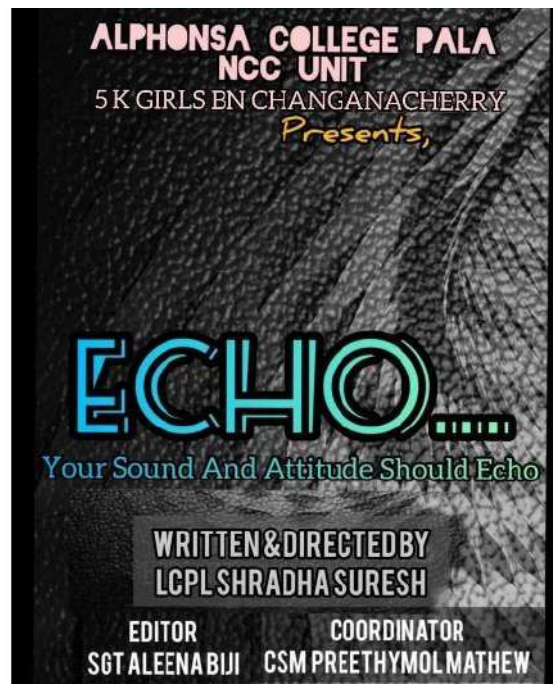
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FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. As part of the Fit India Programme launched by the Prime Minister, Five webinars were organized by the NCC sub Unit on the following topics

- Demonstration: Aerobics, Backbend, karate, Zoomba Dance, Classical dance: 2nd sept 2020
- Fitness and dietary Habits: Ms. Minu Mathews. 3rd Sept 2020
- Physique and Physical Fitness: Ms. Susan Florentina, National Basketball Player. 6th Sept 2020
- Heath and Physical Fitness : Mr. Pinto Mathew Internatinal Athlete. 7th Sept 2020

NSS and NCC organized a class on Essentials of Disciplined Physique: Mr. Amal Manohar, International Trainer and Athlete: 17 Sept 2020

ECHO: Short Film: 14 sept 2020-The cadets of the Sub Unit made a short film as part of the Fit India Movement. The plot highlights the importance of physical activities to keep oneself healthy and active.





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Farmer's Day and Word Photography Day-August 19

Department of Botany organized Photography competition 'DRISHTI' as the part of Farmer's Day and World Photography Day on 19 th August 2020.

**DEPARTMENT OF BOTANY
ALPHONSA COLLEGE PALAI**

ദൃഷ്ടി

*As a part of Farmers day
And World photography day*

Photography competition

THEME: മണ്ണിന്റെ കൈയൊപ്പ്

Date of submission:
FROM .AUGUST 17 TO AUGUST 19(4PM)

whatsapp your entries to:
+917012568298
+919747105416

Women equality day-august 29

The NSS unit organized a webinar in connection with Women Equality Day. Lt. Anu Jose, Asst. Professor of Alphonsa College led a session on “Samadarshan”



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Month of September

Teacher's day celebration-September 5

As the part of Teacher's Day celebration, Department of Chemistry released a musical short film "GURUVANDANAM", written and composed by Dr. Sr. Jilly James, HOD, Department of Chemistry. Students are played the characters in this film.

YOUTUBE LINK: <https://youtu.be/npJudonVX7o>

NSS unit organised an online drawing competition- Picasso's Eye on 5th September 2020 in connection with teacher's day.



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Month of October

Gandhi Jayanthi-October 2

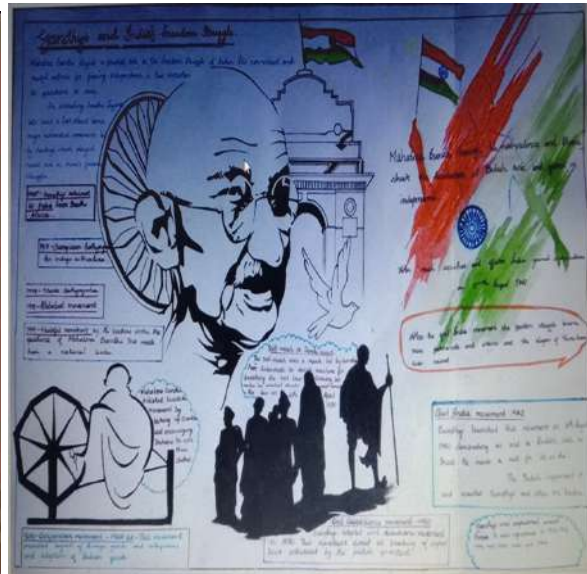
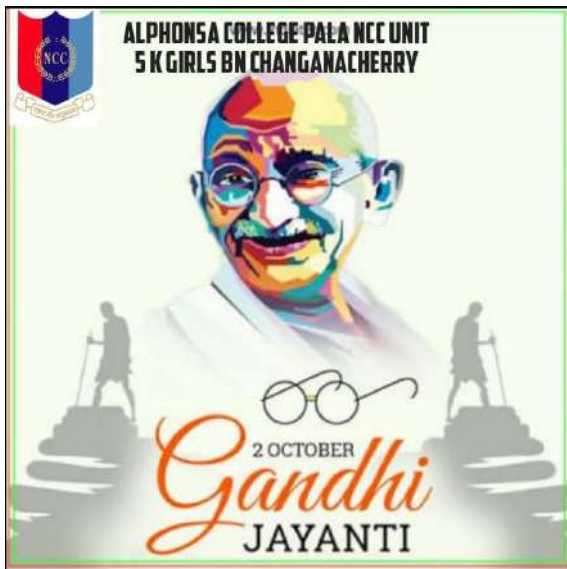
A short film was made by the NCC cadets to commemorate Gandhi Jayanthi. The video voiced the need to have personal and public hygiene. Department of History organized poster making competition about Gandhi Jayanthi Day on October 3. NSS volunteers cleaned the road in front of their house. Volunteers made a video of Gandhi and designed a poster and cover page.



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World Mental Hygiene day-October 10

World Mental Hygiene day was observed on 10th October 2020. Posters were made and displayed projecting measures to keep oneself psychologically sound.



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5K GIRLS BN CHANGANACHERRY



"Mental Health for All:
Greater Investment - Greater Access"

[golden_girls_of_ucp](#)

International Girl Child day -October 11.

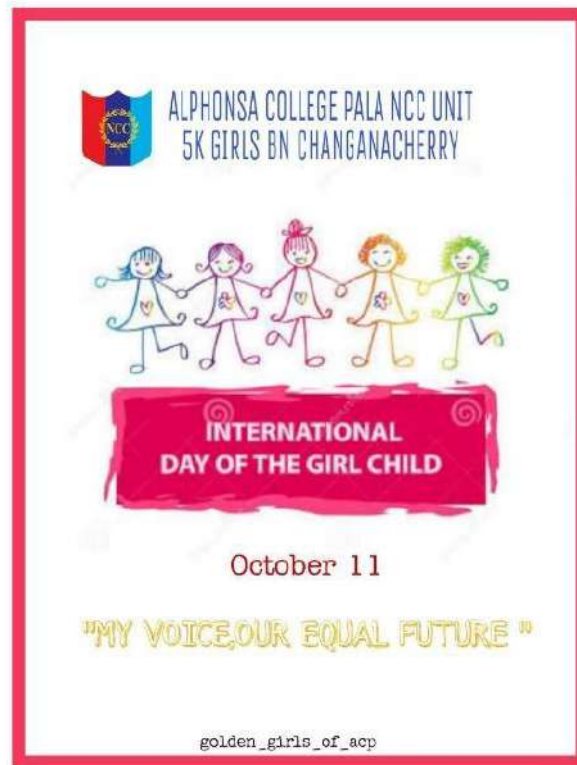
.International girl Child day was observed on 11th Oct 2020. Posters were made to raise awareness on the rights of the female child and the need to stop female foeticide



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Global Handwashing Day-October 15

Global handwashing day was celebrated on 15th oct 2020. In this pandemic situation videos and posters on the varied methods of handwashing were made and published by the cadets on varied social media platforms.



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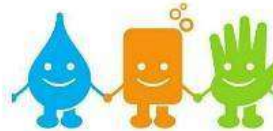


ALPHONSA COLLEGE PALA NCC UNIT
5K GIRLS BN CHANGANACHERRY

October 15 GLOBAL HAND WASHING DAY



" HAND
HYGIENE
FOR ALL "



[golden_girls_of_acp](#)

International rural women Day-October 15

As part of International Rural women empowerment Day, the sub unit launched 1 week rural WOMEN empowerment challenge from 15 october 2020 to 21 October 2020. Training were given to rural women by the cadets on Garment Making, Basic Office automation tools and in the use of e payment wallets. 62 cadets participated. 65 women benefitted by the training



Alphonsa College Pala NCC UNIT
5 K GIRLS BN CHANGANACHERRY

OCT 15

**INTERNATIONAL
RURAL WOMEN'S DAY**



**"PUSH YOURSELF BECAUSE, NO ONE
ELSE IS GOING TO DO IT FOR YOU!"**

gptr.gals.ct.ac

INTERNATIONAL RURAL
WOMEN'S DAY

DAY 4



#WOMEN EMPOWERMENT



CDT ELIZABETH GEORGE

Rashtriya Ektha Diwas-October 31

As part of National Integration day, greeting cards were sent to 17 NCC State directorates. Each card offers a brief account of all the States and Union territories of India. In addition a National integration video was also made. Cadets dressed up in the traditional attire of different Indian states offered a brief account of the cultural specificities of the state which they represent.



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Month of November

National bird watching day-November 12


The National Bird watching day is celebrated on November 12th of every year to mark the birth anniversary of renowned ornithologist and naturalist Dr.Salim Ali also known as “The Birdman of India. In this context , Birds Club Internationalin collaboration with PG Department of Zoology , Alphonsa College Pala is organizing an Online project presentation competition on bird diversity and related topics



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**BIRDS CLUB INTERNATIONAL &
DEPARTMENT OF ZOOLOGY**

ALPHONSA COLLEGE PALA
Kottayam District, Kerala (NAAC Accredited with A Grade)

**Cordially invite all Zoology students
to celebrate the 'National Bird Watching Day' (12 November)
by participating online Project presentation competition
on bird diversity and related topics.**

Dr. Sr. Gigimol M.G (Principal)	<u>Organizing committee</u>
Dr. Sr. Manju Elizabeth Kuruvila (Convenor & Head of the Department)	Dr. Simimol Sebastian
	Ms. Cinnie Susan Antony
	Dr. Maya George
	Dr. Ambily T.R.
	Ms. Teena James
	Ms. poornima Baby

For details, contact: 9447288676
9526753504

Constitution Day Celebrations-November 26

The following programmes were organized to celebrate Constitution day 2020

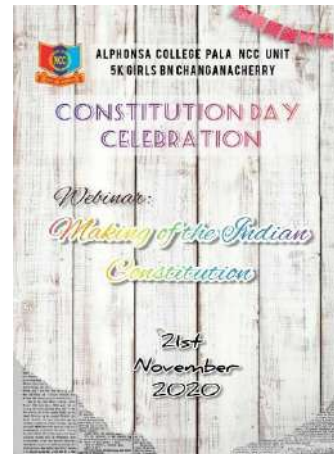
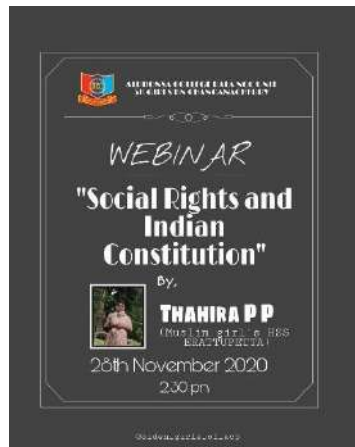
- ✓ Webinar on “Social Rights and Indian Constitution”: Ms. Thahira P P
- ✓ Webinar on “Right to Protection from Harassment”: Sri Saju Varghese, DYSP
Pala
- ✓ Webinar on “The Making of the Indian Constitution”: Adv Shaun George
- ✓ Translation of the Preamble to 18 Indian languages: the cadets translated the preamble to the Indian Constitution into 18 Indian language 108 cadets participated.



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WEBINAR on,

'Lessons from Indian Constitution'

10th December 2020
2:30 pm



by:
Adv. SHONE GEORGE

Golden girls of

Month of December

National Pollution control Day- December 2

Department of Botany organized national pollution control day on 2nd December 2020. Students made videos and E- posters to create an awareness about the need of pollution control.



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Operation Vijay 1971-December 16

To commemorate the 50th anniversary of Operation Vijay 1971 the following programmes were organized.

- Poster making: Cadets made posters highlighting the dedication of the brave soldiers of the 1971 war
- Documentary Streaming: Documentary on the exploits of the 1971 war were broadcasted for the cadets
- Operation Vijay Documentary: A documentary video was made by the cadets highlighting the details of the 1971 Operation Vijay



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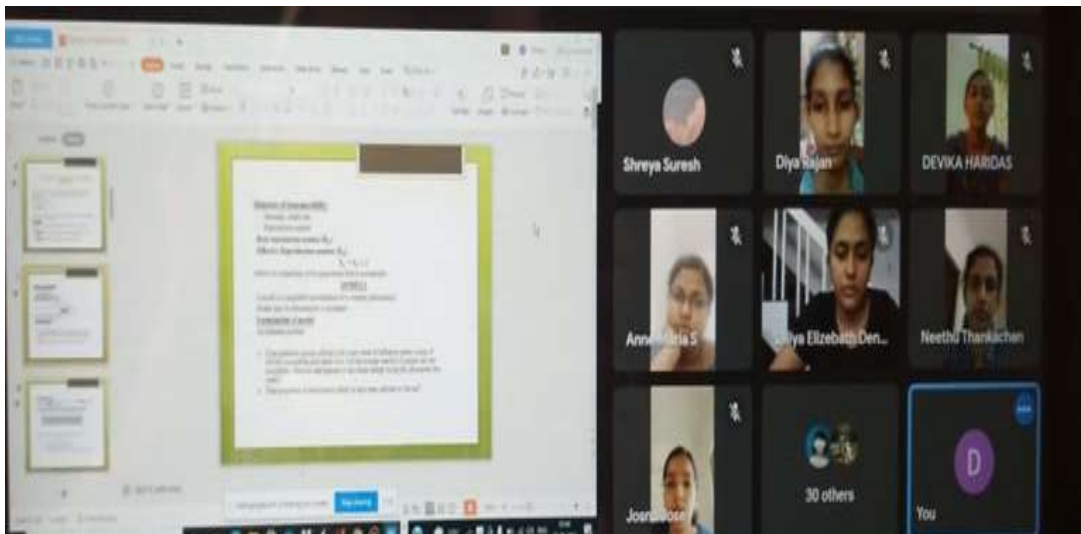
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National Mathematics Day celebration-December 16

Department of Mathematics organized National Mathematics Day on December 16, and a powerpoint presentation competition was coordinated.



Month of January

National Youth Day-January 12

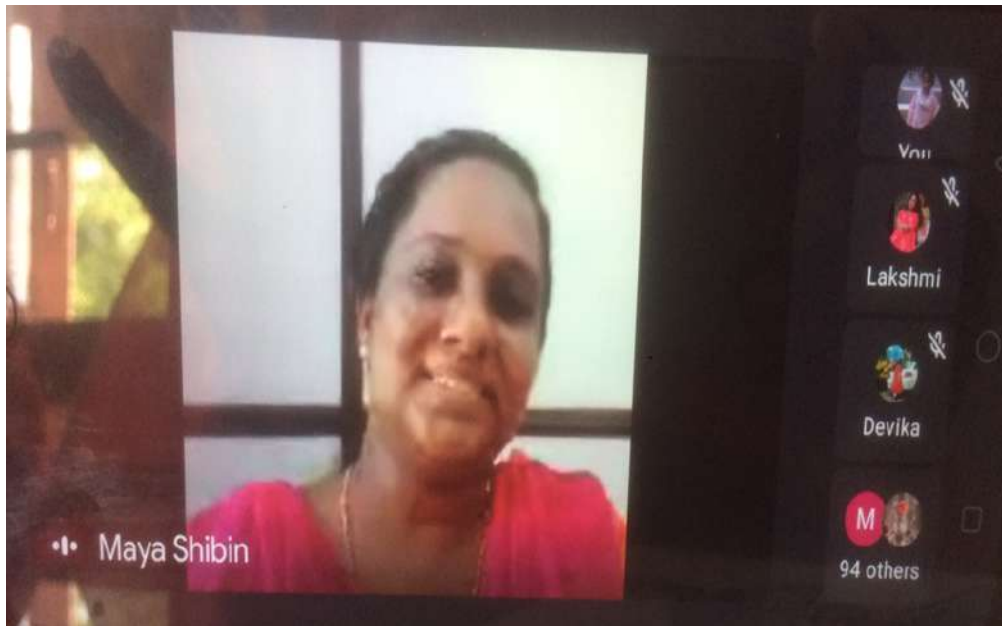
Women Cell organized a webinar on “Gender equality and women’s empowerment” by Dr. Maya Shibin (Consultant Psychologist) on 5th January.



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Month of February

World wetland day-February 2

Department of Zoology celebrated World Wet Land Day on 2 nd February 2021. Ms.Arunima M.S presented the topic.



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World Cancer Day-February 4

A Cancer awareness webinar was held on 22nd September. The resource person was Mr. K G Karthikeyan, Rtd. Junior Health Inspector. As part of cancer day group 1 conducted a cancer awareness programme and a cancer quiz on 6 February 2021

International Day of Women and Girls in Science-February 11

As part of International Day of Women and Girls in Science, NSS unit conducted a video competition and an interactive session in Google meet on February 12.

World water day-February 19

World water day was observed on 19 th March 2021 by conducting a presentation by our IIIDC student Aleena Soji at 2.00 P. M. All teachers, I P G students and III DC students were participated in this programme.



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World Social Justice Day- February 20

NSS unit organised a debate competition on Justice for Gender on February 20. In association with Lions club 318b, NSS unit conducted a mega on February 22 on Legal Awareness. The session was taken by Adv Usha Menon.

WORLD SOCIAL JUSTICE DAY
Group 2
of *Ignite*
presents
AGNI '21
DEBATE ON JUSTICE FOR GENDER

Dr. Sonia Sebastian
NSS Programme officer

Dr. Anila Thomas
NSS Programme officer

Let's put forward some progressive thoughts
via google meet
This Friday @ 5.00pm

LIONS CLUBS INTERNATIONAL
YOUTH EMPOWERMENT PROGRAMME

Lions District 318 B
in Association with
Alphonsa College Pala
PTA & NSS unit
Organising
MEGA WEBINAR On
LEGAL AWARENESS
PROGRAMME

Date: 22nd February 2021 Monday 6:00 PM

Lt. Dr. C.P. Jayakumar
District Governor

Dr. Sr. Thresa Mathakkochi S.K.
Principal, Alphonsa College Pala

M.J. Ln. Pince Scaria
Vice District Governor

M.J. Ln. Adv. K.J. Thomas IPS
Joint Vice District Governor

Lt. Siby Mathew
President, District 318B



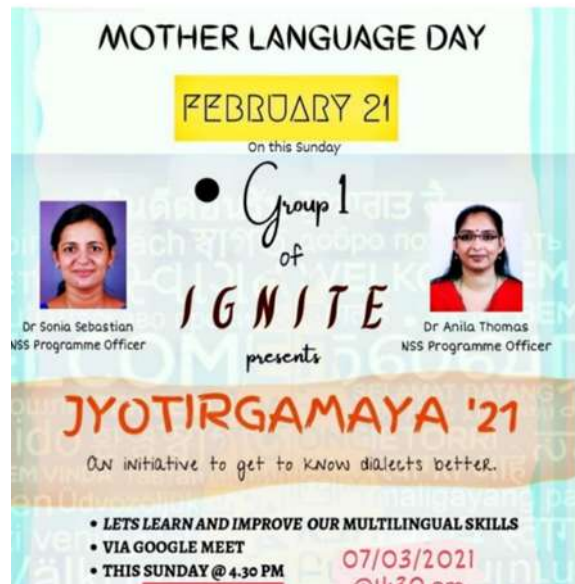
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International Mother Language Day -February 21

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



Commemoration of the Bicentenary of the death of John Keats-February 23

As the part commemoration of the Bicentenary of the death of John Keats department of English organized webinar on 'Keats' Spring Odes: His Season of -...Mellow fruitfulness' by Dr. Scott Masson, Associate Professor, Tyndale University, Canada on 23 February 2021.

The P G Department of English (S F) has organised a National Level Poetry Writing Competition for Students on 'Ruminations and Melancholy: Personal Vistas on Keats' on 28th February 2021 in commemoration of the Bicentenary of the death of John Keats.



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*"Heard melodies are sweet,
but those unheard are sweeter"*
Quest for Unheard Melodies

National Poetry Writing Competition for Students

OR
Ruminations and Melancholy:
Personal Vistas on Keats

In commemoration of the
Bicentenary of the Death of John Keats,
the PG Department of English (SF)
Alphonsa College, Palai is in search of
the flag bearers of Keats.

This competition aims to explore
how the blossoming bard revisits
the theme of Melancholy and
Ruminations in Keats.

Send entries to
acpenglitpg@gmail.com
before 28-02-2021

First Prize:
₹2000

Second Prize:
₹1000

Dr. Sr. Gajamal M. G. (Principal)
Mrs. Jessy K. Jose (HOD)
Mrs. Swasa Mary Varghese (Co-ordinator)

PG Department of English (SF)
Alphonsa College, Palai



National Science Day-February 28

Department of Physics celebrated National Science Day to honor the memory of the great Indian scientist Dr. C V Raman. Department of Physics organised an invited talk and discussion on the topic 'Women in Science' on 14/11/2020 by Dr. Chitra Nayak, Associate Professor, Tuskegee University, USA.

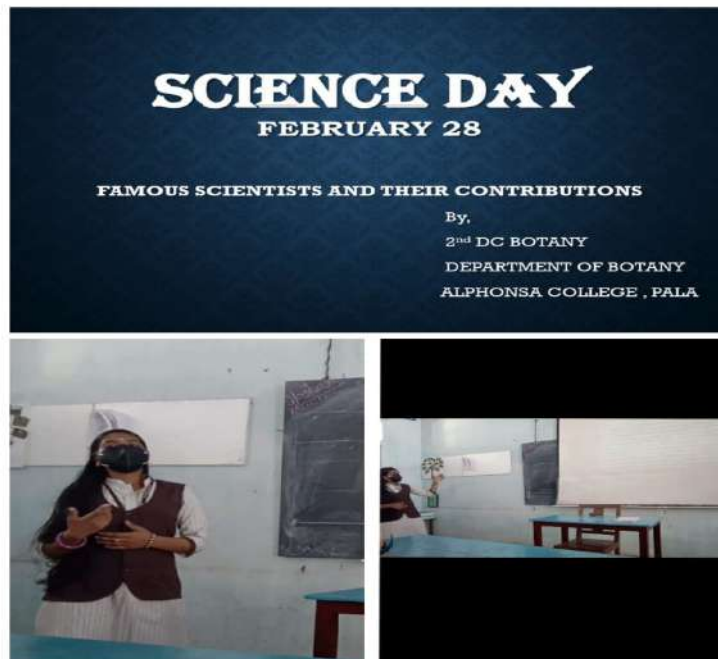
Department of Botany organised a webinar on "Famous Scientists and their contribution" presentation by Ambily C Nair, II DC Botany.



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Month of March

International Wild life Day-March 5

As part of International Wild Life Day NSS unit organized an awareness programme on March 5. Several videos and ppt slides are shared to make everyone sensitive towards the protection of wild life.



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International Women's Day-March 8

International Women's Day is observed globally every year on 8 March to celebrate the social, economic, cultural, and political achievements of women.

Webinar on Menstrual Hygiene

As part of International Women's Day Celebration, the College Union Organised an Online Webinar on 'Menstrual Hygiene: Let's Cup the Myths' by Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator on 15th March 2021. The webinar was conducted in Zoom platform. Most of our students participated in the webinar and cleared their doubts regarding the use of menstrual cup and its usage.



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ALPHONSA COLLEGE, PALA

College Union
AAGNEYA 2020


MENSTRUAL HYGIENE: *Let's 'Cup' the Myths*

Join us at  On
zoom


March 15th
@
6.00 pm



Ms. Swathy Jagdish
Lactation Counsellor
&
Sexuality Health
Educator




Department of Chemistry organized an webinar the topic ‘Youth and Mental Health: challenges ahead’ on 14th march 2021 by Dr. Lakshmi Lal who is currently doing her MD in ayurvedic psychiatry. The talk really helped the students to overcome their mental stress, to reduce exam fear and how to prepare for exams.



Chemistry Association

Alphonsa College , Pala

Talk on - Youth and Mental Health: Challenges Ahead



Dr. Lakshmi Lal
BAMS
Currently doing MD in Ayurvedic
Psychiatry

On 14/03/2021 , Sunday – 3 pm to 4 pm via
Google meet

Department of History conducted a lecture on ‘Women Entrepreneurship’ on 12 March by Ms. Elsa Rose George, Faculty of diploma in Entrepreneurship.



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Women Cell organised webinar on “Problems of Women in the present Scenario and solutions” by Sr. Ancy Kaduppil on March 8 and “Laws for women in India’ by Adv. Teena Cherian (High Court Ernakulam) on March 10.



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WOMEN CELL, ALPHONSA COLLEGE PALA
Kottayam District, Kerala. (NAAC Accredited with A Grade)

Celebrates **International Women's Day (March 8)**

Webinar on
"Problems of women in the present Scenario and solutions"

Date: 08.03.2021
Time : 3:30 pm

Sr. Ancy Kaduppil

Dr. Sr. Gigimol M.G. (Principal) Dr. Simimol Sebastian & Ms. Teena James (Coordinators)



Department of Economics celebrated Women's Day by conducting an webinar on 8 th March.

Department of Economics
Alphonsa College Pala

Celebrates
Women's day 2021

5pm

Via google meet

It is a day of hope and reflection ;
and a celebration of gender parity
in all walks of life. The day to
acknowledge women strength,
patience, inner strength and
courage

#wechoosetochallenge

Department History conducted an invited lecture by Ms. Elsa Rose about Women Entrepreneurship.

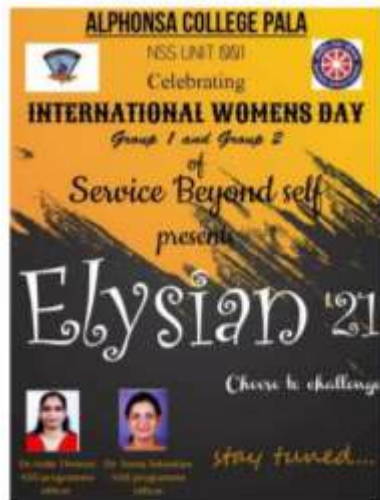
As part of International Women's Day, NSS volunteers organized a webinar on the topic "Modern Women Talking" led by Ms. Rosemary Philip (Assistant Professor on co ntract, Department of English Alphonsa College Pala). As the part of it, various competitions was organised.



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World water day observation-March 19

World water day was observed on 19 th March 2021 by conducting a presentation by our IIIDC student Aleena Soji at 2.00 P. M. All teachers, I P G students and III DC students were participated in this programme. Department of Zoology conducted Water Audit to estimate the total water wastage at Alphonsa College Pala.

Spider day observation-March 15



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In association with spider day a power point presentation was conducted by our I st P.G student Merin on 15th March 2021



Month of April

Plog Run-April 13

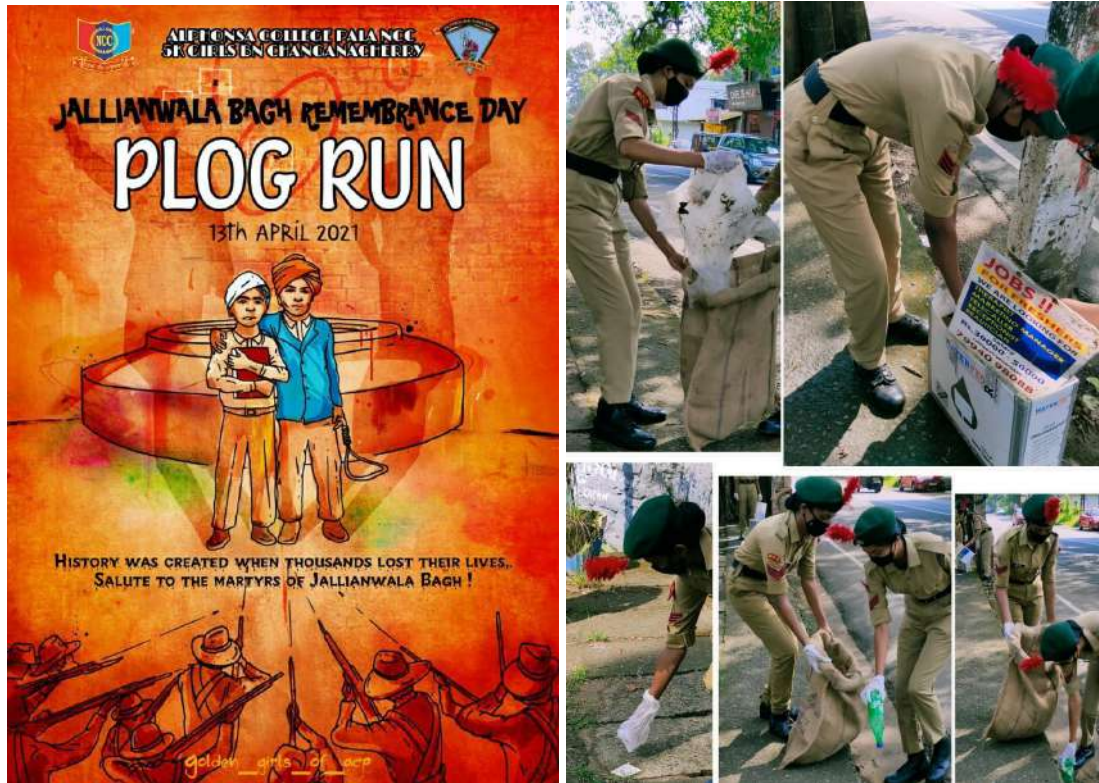
To commemorate Jallianwallah Bagh Massacre a plog run was organized on 13 April 2021 by the sub unit to collect plastic waste from public places



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Earth Day-April 22

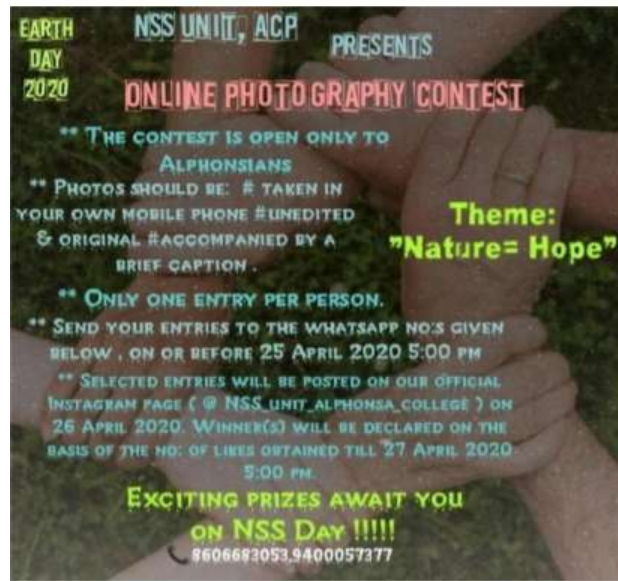
Earth day was celebrated on 22 April by making posters and videos organised by NCC unit of our college. In connection with the World Earth Day the NSS volunteers organized an online photography competition on the theme “Nature = Hope”.



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World Book Day- Audio Book Release-April 23

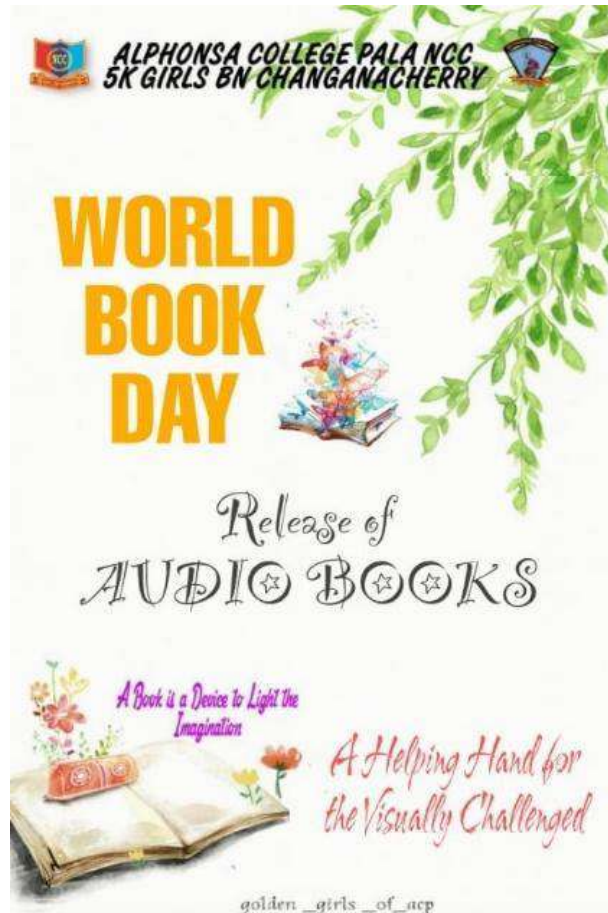
As part of World Book day, the cadets of Alphonsa College released Audio Books to offer a helping hand to the visually challenged on 23 April 2021



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National Panchayati raj day-April 24

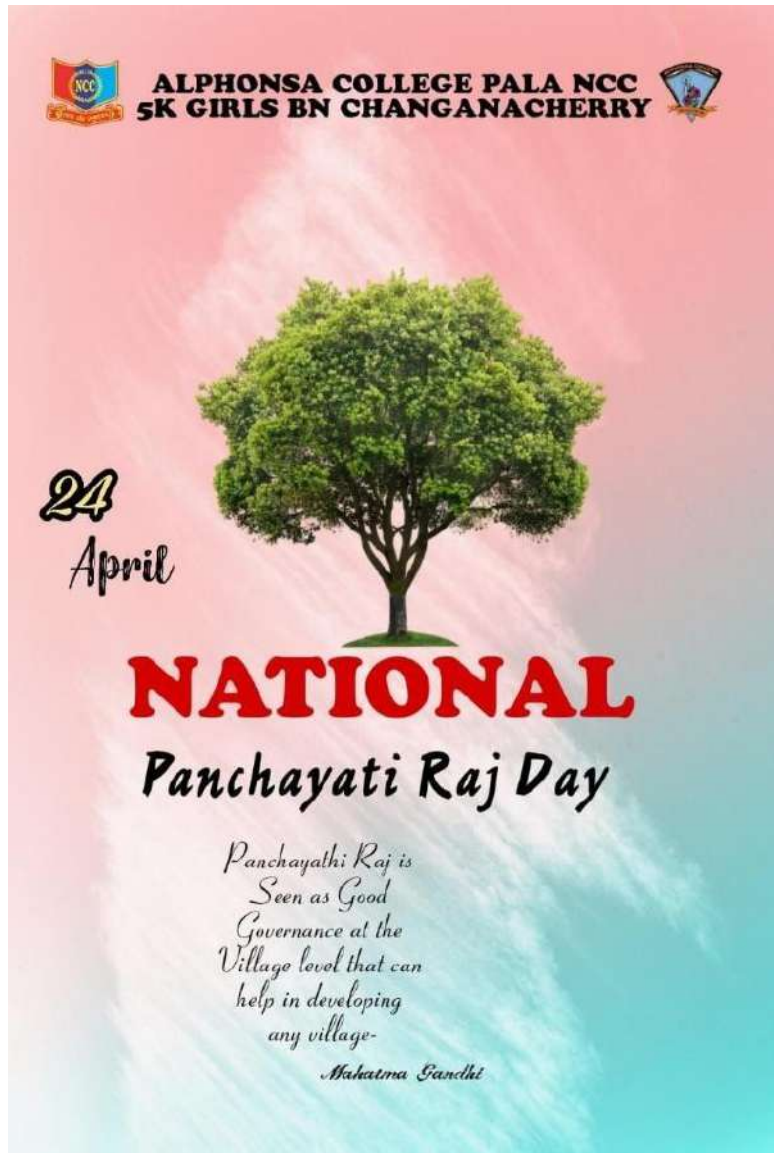
National Panchayati raj day was observed on 24 April 2021. As part of the celebrations the cadets made a video narrating the history, aims and objectives of Panchayati raj



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Month of May

International labour day- May 1

International labour day with the “Maintaining safety and security at workplace” was observed on 1 May 2021. Cadets made posters to commemorate the same.



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ALPHONSA COLLEGE PALA NCC
5K GIRLS BN CHANGANACHERRY



World Laughter Day (first Sunday of May)- May 2

World Laughter Day is celebrated on the first Sunday of May every year. Women Cell organised photography competition on 2nd May 2021.

WORLD LAUGHTER DAY
MAY 2

PHOTOGRAPHY COMPETITION

I: Anmy Jose (II DC Maths)
& Romarin Regi (II DC B.Com)

II : Arunika U Nair (II DC Botany)

III: Santhra Siby (II DC Botany)

I Prize - Rs.300/-
II Prize - Rs.200/-
III Prize - Rs.100/-

Press Freedom Day - May 3



Every year Press freedom Day or World Press Freedom Day is observed on 3rd May to evaluate press freedom around the world and to pay tribute to journalists who have lost their lives in the exercise of their profession. Women Cell organised Essay Writing Competition in connection with press Freedom Day.

Mother's Day (Second Sunday of May)

Mother's Day is celebrated every year on the second Sunday of May to honour motherhood and is observed in different forms throughout the world. Women Cell of our college organised 'Selfie with mother' competition on 9th May 2021.

WORLD PRESS FREEDOM DAY MAY 3	INTERNATIONAL MOTHER'S DAY MAY 9
ESSAY COMPETITION	'SELFIE WITH MOTHER' COMPETITION
I:Alka Philip (III DC Physics Model II) II:Riya Tom (II DC Zoology) III:Elizabeth Maria Jose (II DC Maths)	I Sanjana Shaju (II DC English) II:Anna Dominic (II DC History) III: Remya Rajagopal (III DC Physics Model I)
I Prize-Rs.500/- II Prize-Rs.300/- III Prize-Rs.200/-	I Prize:Rs.500/- II Prize:Rs.300/- III Prize:Rs.200/-

World Nurses' day- May 12

World Nurses' day was observed on 12 May 2021. Posters and videos were made and published in varied social media platforms as a tribute to the selfless service the Nurses have been rendering to our society.



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World Hypertension Day-May 17

This day is celebrated by World Hypertension League (WHL) on 17 May annually. The day promotes awareness about hypertension and to encourage people to prevent and control this silent killer epidemic. The theme of World Hypertension Day 2021 is "Measure Your Blood Pressure Accurately, Control It, Live Longer." As the part of World Hypertension Day Women's Cell organised a webinar on 'Mental Health' May 7-2020.



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ALPHONSA COLLEGE PALA
NSS UNIT 001 & WOMEN CELL

An interactive session on
MENTAL HEALTH

*"What mental health needs is more sunlight, more candor, and more unacknowledged conversation."
- Glenn Close*

RESOURCE PERSON :
Ms. Divya Ajay
Clinical psychologist
Lourdes Hospital

07.05.2021
4:00 PM | ZOOM

#breakthestigma

4:49 4G LTE 70%
Zoom Leave
Liamule Stop Video Share Participants More

Anti terrorism day-May 21

Anti terrorism day was observed on 21 May 2021. Posters and videos were made and shared on varied social media platforms as a tribute to the brave hearts who laid down their lives for protecting the unity and integrity of the nation.

World menstrual hygiene day-May 28

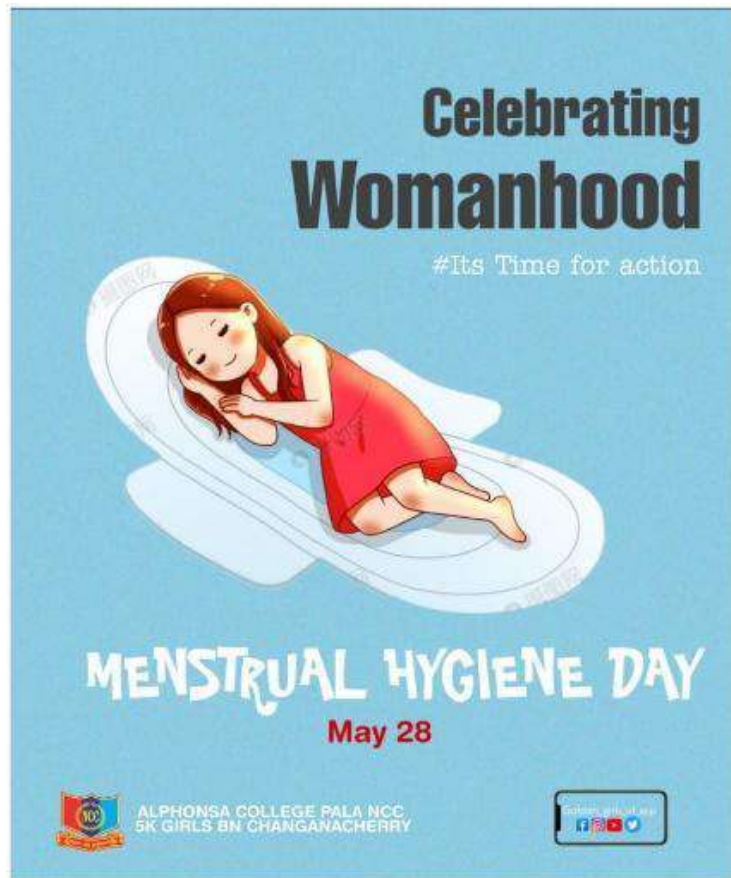
World menstrual hygiene day was observed on 28 May 2021. Cadets shared their views and experiences on the taboos associated with Menstruation and shared it in varied social media platforms.



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CELEBRATION OF FESTIVALS

Online Onam Celebration

Despite the limitations, the Onam celebrations of 2020 'LOCKONAM' were held online. Various competitions like Malayalimanka, Onappattu, Onam Special Variety Dish Preparation, and Onappookkalam Design were held. Departments also organised various activities to students in online mode. Department of physics conducted onam selfi contest, letter to maveli, and tongue twister game. Department of Zoology conducted onam celebration "veetilirunnonam" on 30th august 2020 at 10 a.m. Various competitions were conducted like live quiz, cooking competition, malayali manka competition etc.



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Department of Zoology
Alphonsa college, pala
presents....
വിദ്യാലയനോണം 2020
30-8-2020 11.00 AM ONWARDS

Events :

- * COOKING COMPETITION
- * ATHAPOOHHALAM
- * THIRUVATHIRA
- * DANCE
- * MUSIC
- * QUIZ

DEPARTMENT OF BOTANY
ALPHONSA COLLEGE, PALA

Presents

Meet-ഓണം

പിള്ളേരുടെയും ടീച്ചർമാരുടെയും
ഓണക്കളികളുമായിട്ട് അങ്ങ്
കൂടിയാലോ  

GOOGLE
MEET-ൽ
കാണാട്ടാ!

On Aug 27, 2020
11.30 AM Onwards

IIIIRD DC ECONOMICS
PRESENTS

ECOണം 2020

VANNONAM ZOOMONAM POLICHONAM

തീയതി : 27/08/2020
സ്ഥലം : ZOOM ആപ്പ്

Poster Market



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ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

ഉടൻ ചരമം...

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

സാമ്പത്തികതലം

ഡിമോസ്ട്രേഷൻ

ഡിമോസ്ട്രേഷൻ നമുക്ക് നിന്നും നൽകിയിരിക്കണം.

വെളുത്ത പ്രതലം ഉപയോഗിക്കുക.

അയക്കേണ്ട അമ്പസാന തീയതി : 29 ആഗസ്റ്റ് വൈകുന്നേരം 4.00.

അയക്കേണ്ട നമ്പർ : 9847400412 9446478050

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

മത്സരത്തിൽ പങ്കെടുക്കുവാൻ ആഗസ്റ്റ് 29 വൈകുന്നേരം 4 ന്നാൽ ഏകദേശം ഏഴ് മണിക്ക് നിർദ്ദിഷ്ട ഫോൺ നമ്പറുകളിലേക്ക് അയക്കേണ്ടതാണ്.

നിടകളിൽ നിങ്ങളുടെ ഡെമോ, പേരും, ഡിമോർഷൻ ഉണ്ടായിരിക്കാൻ പാടുള്ളതല്ല.

പേരും ഡിമോർഷൻ പ്രത്യേകം അയക്കേണ്ടതാണ്.

നിർദ്ദിഷ്ട ഫോൺ നമ്പറുകളിലേക്ക് ഖത്രിയം ഏഴ് മണിക്ക് അയക്കുക. അല്ലാത്തവ പരിഗണിക്കുന്നതല്ല.

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

ബോധമതി മണം

പരമ്പരാഗത വേഷധാരണം ആയിരിക്കണം.

മധ്യ തികവും മലയാളം മാത്രം ആയിരിക്കണം.

വിധിയോ 2 മിനിറ്റിൽ കവിയാൻ പാടുമ്പോൾ (സുരയും പരിചയപ്പെടുത്തൽ ഉൾപ്പെടെ).

വിധിയോ അയക്കേണ്ട അമ്പസാന തീയതി : 29 ആഗസ്റ്റ് വൈകുന്നേരം 4.00.

അയക്കേണ്ട നമ്പർ : 8301016105 9061851690 9746037589

നിടകളും പാർട്ടിപ്പന്റിനും കൈകൾക്കും വേദകൃത്യമോ? ഹിന്ദുവുമോ? മതംപരമം.

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

ബോധമതി മണം

പരമ്പരാഗത വേഷധാരണം ആയിരിക്കണം.

മധ്യ തികവും മലയാളം മാത്രം ആയിരിക്കണം.

വിധിയോ 2 മിനിറ്റിൽ കവിയാൻ പാടുമ്പോൾ (സുരയും പരിചയപ്പെടുത്തൽ ഉൾപ്പെടെ).

വിധിയോ അയക്കേണ്ട അമ്പസാന തീയതി : 29 ആഗസ്റ്റ് വൈകുന്നേരം 4.00.

അയക്കേണ്ട നമ്പർ : 8301016105 9061851690 9746037589

നിടകളും പാർട്ടിപ്പന്റിനും കൈകൾക്കും വേദകൃത്യമോ? ഹിന്ദുവുമോ? മതംപരമം.

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

ലോക്-റാണം 2020

സാമ്പത്തികതലം

ഒരു ഡിമോർഷൻ നമുക്ക് നിന്നും 4 പേരായി ഏഴ് മണിക്ക് ഖത്രിയം 2 മിനിറ്റിൽ കവിയാതെ വിധിയോ ആയിരിക്കണം.

ഒരു പാട്ടിന്റെ 2 സ്റ്റാമ്പിന്റേൽ ഉള്ളതായി അനുവദിക്കുന്നതല്ല.

വിധിയോ അയക്കേണ്ട അമ്പസാന തീയതി : 29 ആഗസ്റ്റ് വൈകുന്നേരം 4.00.

അയക്കേണ്ട നമ്പർ : 8157905607 8943670824

ദേശീയ-മാതൃകാ മത്സരങ്ങൾ, മാർച്ച് 2020

DEPARTMENT OF MATHEMATICS
ALPHONSA COLLEGE PALAI

Presents

മാവേലി
tested negative

ഓണായിട്ടോ.....
ഓൺലൈൻ ആയിക്കോ....

@Google meet on Aug 27,2020
9:30 AM Onwards



Online Christmas Celebration



ALPHONSA COLLEGE

Palai, Kottayam

Reaccredited to A Grade by NAAC with CGPA 3.24

College Union organized Christmas Celebration in online mode. Various competitions such as Carol Song competitions, Christmas Makeover, Christmas Card making and Christmas Experience sharing were conducted. The children enthusiastically participated in competitions. Also NSS unit organised various competitions for volunteers.

The collage features five 'Santa Soirée 2.0' rule cards and a video thumbnail. The cards are:

- Competitions:** Christmas Card, Christmas Experience sharing, Christmas Makeover, Christmas Card Designing.
- Christmas Card Designing:** Decorative items can be used; Creativity and message will be counted for points; Card must be sent as a single PDF file.
- Christmas Makeover:** Makeover can be for yourself or members of family of those who; Theology video should be of max 5 minutes; Participants must choose any one of the given makeover categories: Christmas Carol, Christmas Carols, The Advent, The Nativity, The Nativity, The Nativity.
- Christmas Experience Sharing:** Share your most special or unforgettable Christmas memory or experience (it can be happy or sad or anything); Video should not exceed 3 minutes.
- Christmas Carol:** Held as Solo Competition; Video should not exceed 3/4 minutes; Musical instruments and Karaoke are not allowed; Voice editing is not allowed; Carols of any language and mixing can be used.

Each card includes the instruction: "Send Your Entries Before 20th December 2020 To The Respective Contact Numbers" and "Send Your Entries Before 20th December 2020 To: 9847230000".

The video thumbnail shows a Christmas tree with a clock displaying "DEC 24" and the text "XPLOSION 1DC Economics Guest:-Dr.Sr Regeenamma Joseph (Head of eco. Dept. and Vice principal of Alphonsa college) ALL STUDENTS ARE WELCOME For more information contact: 9847230000".

Selfie with Crib

Instructions

- * Candidates have to send selfie with their crib.
- * Editing is not allowed in the picture.
- * Dress code related to Christmas.

Last date for submission

Selfie with Crib WINNERS

FIRST : Nise Martin (II DC Economics)

SECOND: Jinnu Maria Jose (II DC Botany)

Aleyamma Jomy (III DC Botany)

THIRD : Tessa Joshy (II DC MATHS)

CONGRATULATION!

Additional text on the poster: "card should be made by folding a A 4 size paper card should be one handedly (using dried leaves etc.) artificial items like"