

REPORT OF CAPACITY ENHANCEMENT PROGRAMME 2020-21

Soft skills

WORKSHOP ON *INTERPERSONAL SKILLS*

The department of Commerce organised a three day workshop on *Interpersonal Skills* from 22/09/20 to 26/09/20. Ms. Neena Saji and Ms. Abhirami Shibu were the resource persons. 49 students participated in the workshop.



WEBINAR ON “THE SUMMIT SUCESS STRATEGY”

NSS conducted a webinar on “The Summit Sucess Strategy” engaged by Mr Benny Kurien who was faculty of Sucess coach international on 28 th January 2021. 300 students participated in the webinar.



Organizes a Mega Program

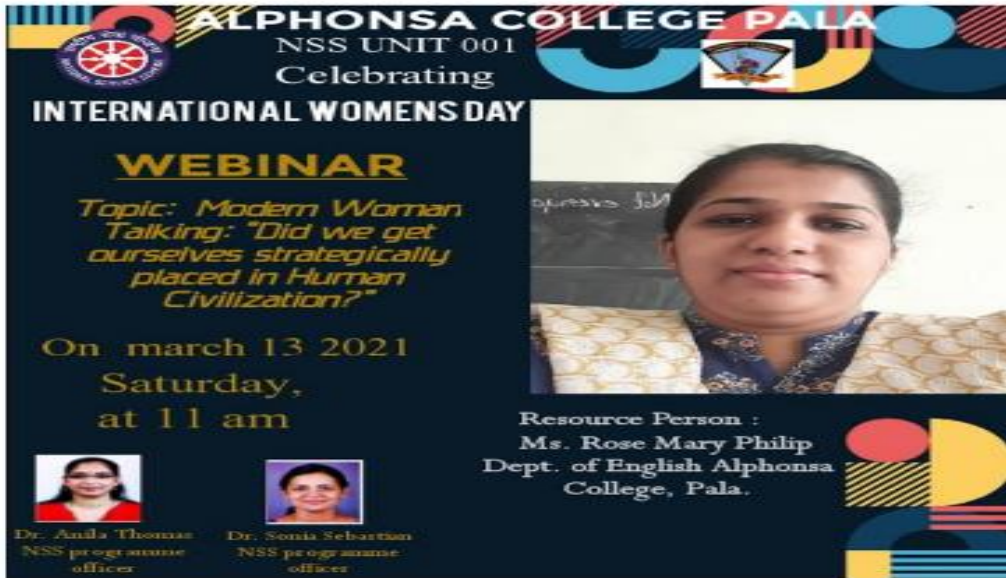
THE SUMMIT SUCCESS STRATEGY

on Thursday 28-01-2021 at 6.00 pm

			
M.J.F. Ln Dr C.P. Jayakumar (District Governor)	M.J.F. Ln Prince Scaria (1 st Vice District Governor)	M.J.F. Ln K.J. Thomas IPS (2 nd Vice District Governor)	Ln C.A. Alex Kuriakose (M D Co-Ordinator)
			
Dr. Sr. Theres Madukkakuzhi S.H (Principal, Alphonsa College, Pala)	M.J.F. Ln B. Sunil Kumar (Dist. Cabinet Secretary)	M.J.F. Ln P.C. Chacko (Dist. Cabinet Treasurer)	Ln Siby Mathew (District Co-Ordinator)

WEBINAR ON “MODERN WOMEN TALKING”

NSS organised a Webinar on the topic “Modern Women Talking” led by Ms. Rosemary Philip (Assistant Professor on contract, Department of English Alphonsa College Pala).198 students participated in the webinar.



ALPHONSA COLLEGE PALA
NSS UNIT 001
Celebrating
INTERNATIONAL WOMENS DAY

WEBINAR
Topic: Modern Woman Talking: "Did we get ourselves strategically placed in Human Civilization?"

On march 13 2021
Saturday,
at 11 am

Resource Person :
Ms. Rose Mary Philip
Dept. of English Alphonsa
College, Pala.

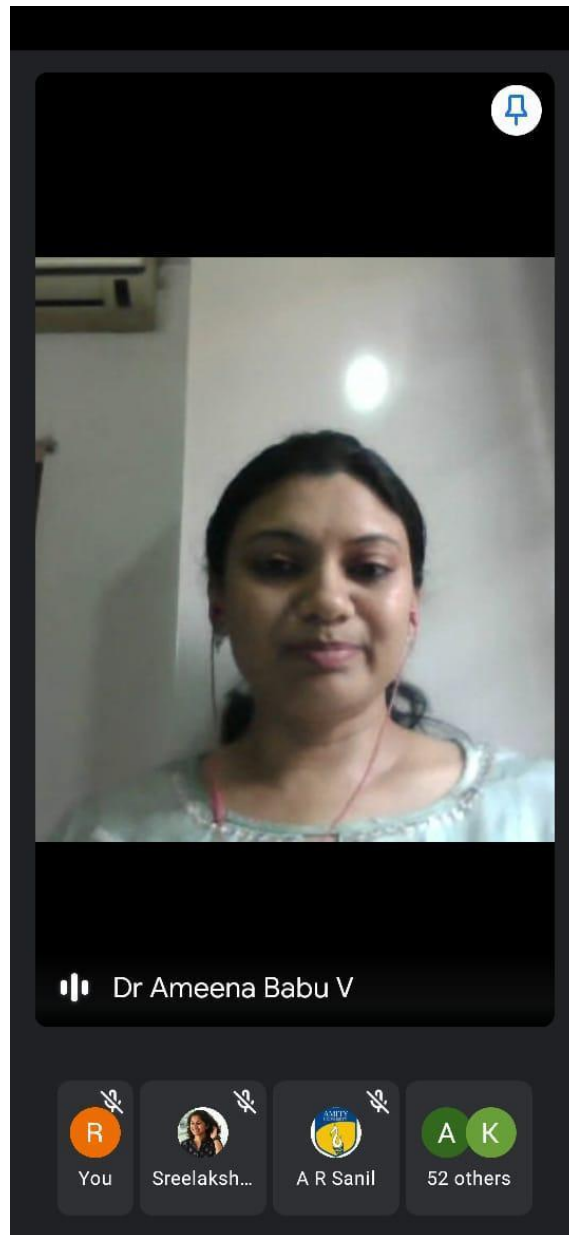
Dr. Anila Thomas
NSS pr ogr ammat
officer

Dr. Sonia Sebastian
NSS pr ogr ammat
officer

The poster features a central photograph of Ms. Rose Mary Philip, the resource person, speaking. The background is dark blue with colorful geometric patterns in red, yellow, and white. The text is in white and yellow, providing details about the webinar's topic, date, and organizers.

SOFT SKILL AND PLACEMENT TRAINING WEBINAR

The Career Club organised a Soft Skill and Placement training webinar for III DC students on 12 December 2020. The session was on group discussion and personal interview. Dr Ameena Babu V, HOD, BBA department, Amity Global Business School, Kochi was the Resource Person and a total number of 54 students participated.



WORKSHOP ON WOMEN ENTREPRENEURSHIP – 24-26 MARCH 2021

Department of Economics organized workshop on Women Entrepreneurship from 24-26 March 2021. Resource person- Nirmala Jimmy (District Panchayat President), Mrs. Sherly Regimon (Chief guest; CEO of Milan). An online session was also conducted by Ms. Mary Sebastian and Mr Santhosh Kumar Saha from UGC-NSQF-MEPSC.

Classes taken by following resource persons-

Rani Thomas (Regional Manager, Catholic Syrian Bank), KC Thankachan (VICIB), and Ambily VKVK Tailoring centre Manimala, Ruby Thomas (Entrepreneur), Jose Joseph Cheruvallil (Entrepreneur), and Sruthy Krishna (Entrepreneur), Maggi Menampampil (Entrepreneur), Sri. Varghese Paul(Centre for Alternative Learning and Living, Chalakkudy).





Language and communication skills

Effective Public Speaking

Women cell conducted a webinar on “Effective Public Speaking” on 01-05-2021. Mr. Acewin Augustine, Trainer, JCI Kottayam Yuva was the resource person. 82 students participated in the session.

JCI KOTTAYAM YUVA

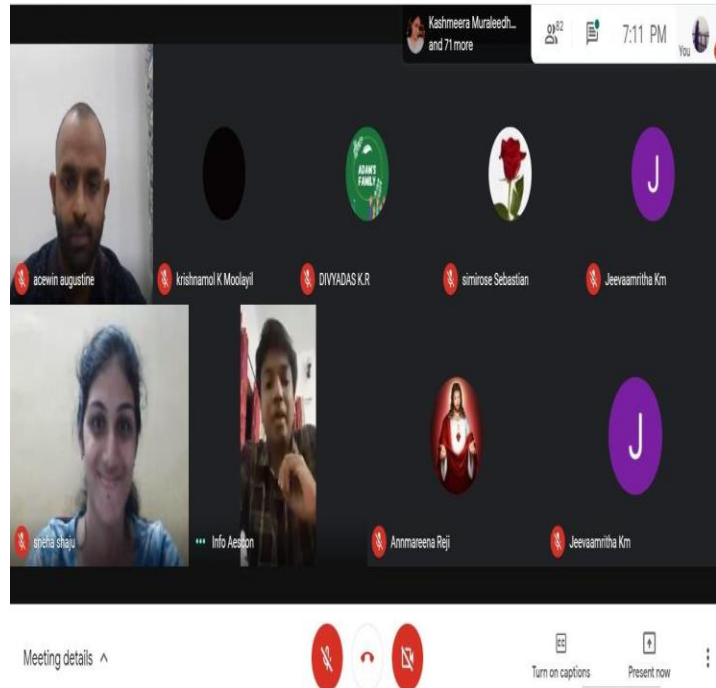
Effective Public Speaking

Google Meet

1st May 2021 7PM

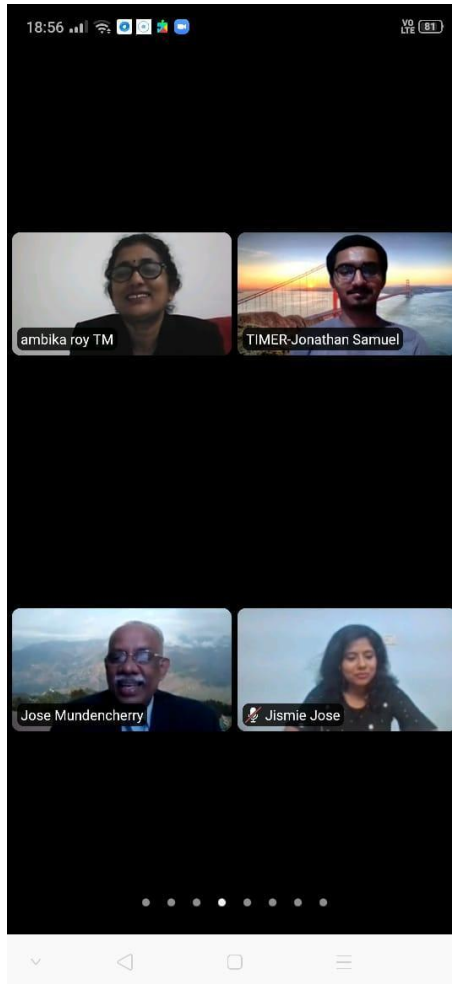
NSS UNIT & WOMEN CELL of ALPHONSA COLLEGE, PALA

 Rev. Dr. Sr. Gigimol M.G. Principal	 JCI Sen. Acewin Augustine Trainer	 JCI Sen. Benu Varghese Zone President
 Dr. Simimol Sebastian NSS Programme Officer	 Teena James Women Cell Coordinator	 JC Sneha Shaju LOM President



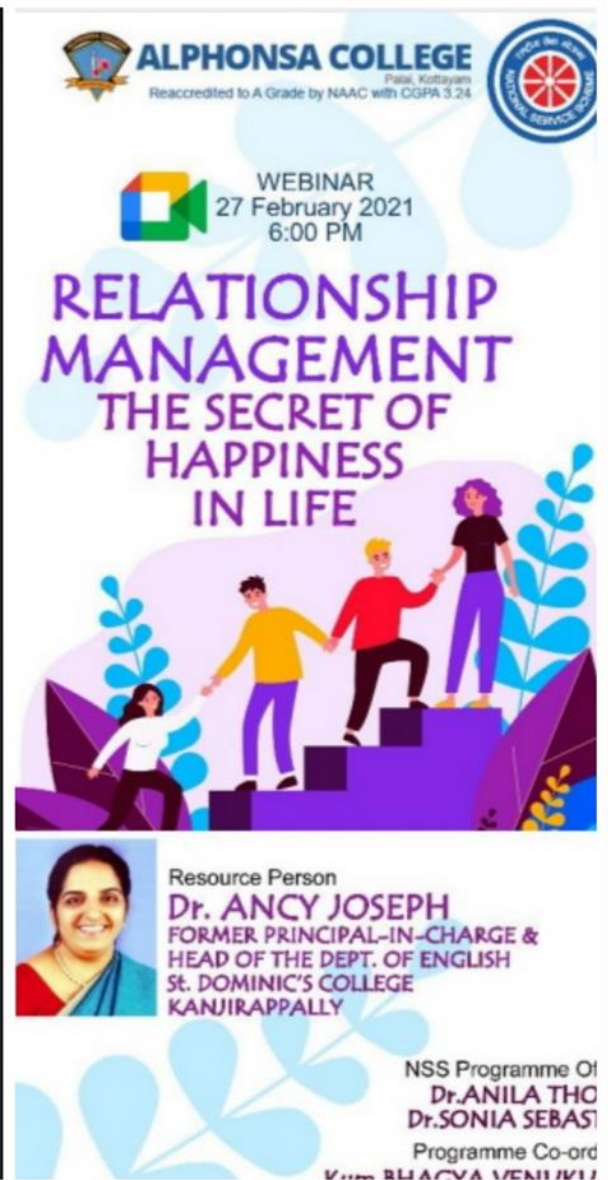
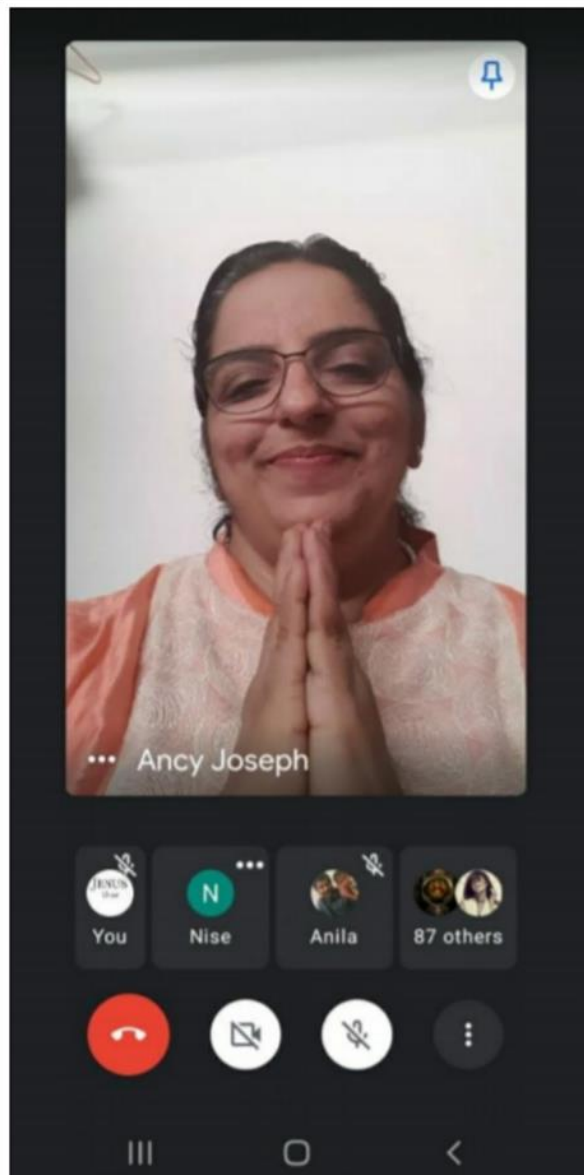
WEBINAR ON COMMUNICATION SKILLS

Career Club in association with Toastmasters International organised a webinar on 10 January 2021.



Life skills

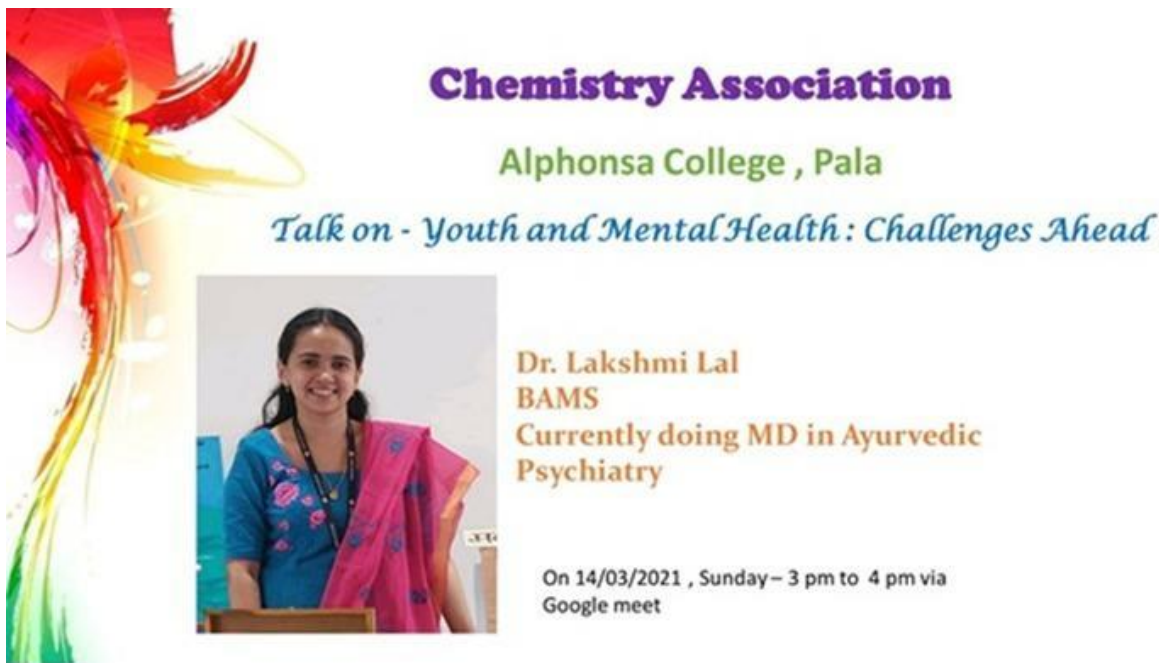
NSS conducted a Webinar on the topic *Relationship Management: The Secret of Happiness in Life*. Dr. Ancy Joseph, Former principal and HOD Of Department of English St Dominic's College Kanjirappally lead the session in which 89 students participated.




Youth and Mental Challenges

Department of Chemistry conducted a talk on Youth and Mental challenges on 14th March 2021.

Dr. Lakshmi Lal, Ayurvedic Psychiatry served as the resource person.

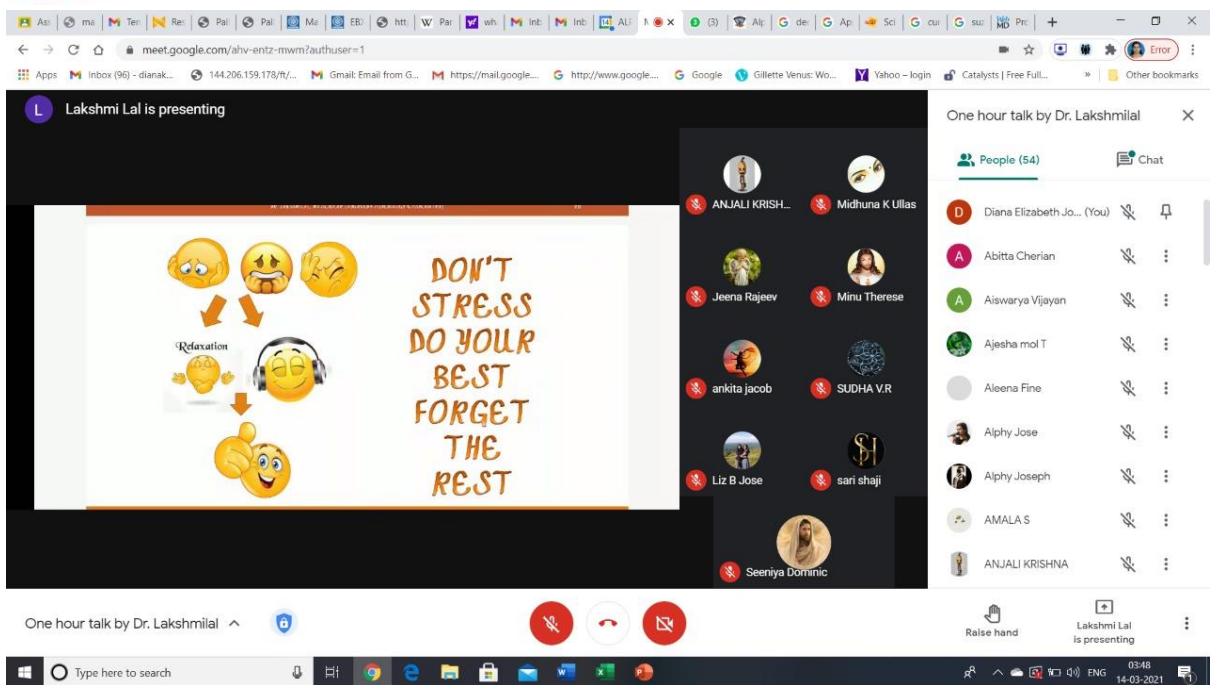


Chemistry Association
Alphonsa College , Pala
Talk on - Youth and Mental Health : Challenges Ahead



Dr. Lakshmi Lal
BAMS
Currently doing MD in Ayurvedic Psychiatry

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



Lakshmi Lal is presenting

One hour talk by Dr. Lakshmilal

People (54)

Chat

Relaxation

**DON'T STRESS
DO YOUR
BEST
FORGET
THE
REST**

ANJALI KRISH... Midhuna K Ullas
Jeena Rajeev Minu Therese
ankita jacob SUDHA V.R
Liz B Jose sari shaji
Seeniya Dominic

Diana Elizabeth Jo... (You)
Abitta Cherian
Aiswarya Vijayan
Ajesha mol T
Aleena Fine
Alphy Jose
Alphy Joseph
AMALA S
ANJALI KRISHNA

One hour talk by Dr. Lakshmilal

03:48
14-03-2021

Mental Health

Women Cell conducted a webinar on 7th May 2021 on “Mental Health”. Ms. Divya Ajay, Clinical Psychologist, led the session which consisted of 85 students.

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 unshamed conversation."
- Glenn Close.*

RESOURCE PERSON :
Ms. Divya Ajay
Clinical psychologist
Lourdes Hospital

07.05.2021
4:00 PM | ZOOM

#breakthestigma

4:49 129 MB/s 70%

Zoom Leave

Unmute Stop Video Share Participants More

Menstrual Hygiene:



As part of International Women's Day Celebration, the College Union Organized 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.

ALPHONSA COLLEGE, PALA


College Union
AAGNEYA 2020

MENSTRUAL HYGIENE:


Let's 'Cup' the Myths

Join us at  On 

March 15th
@
6.00 pm

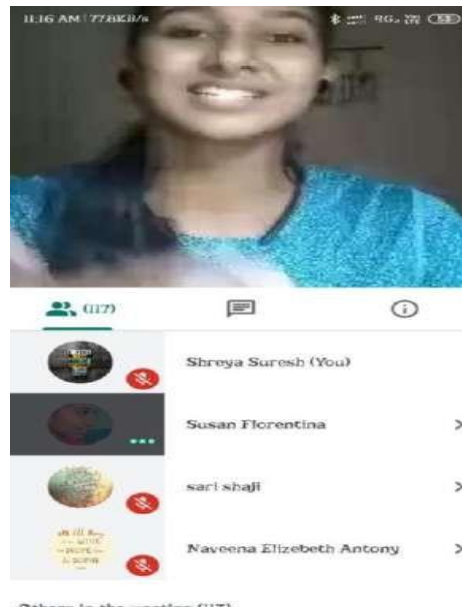


Ms. Swathy Jagdish
Lactation Counsellor
&
Sexuality Health
Educator



Physique and physical fitness

Class on physique and physical fitness was held on September 6, led by Susan Florentina S. The event was jointly organized by NCC and NSS Units of Alphonsa College.



'Essentials of Disciplined Physique'

NSS and NCC units of Alphonsa College, Pala organized a class on 'Essentials of Disciplined Physique' by Amal Manohar, fitness trainer and national athlete, on 17 September.



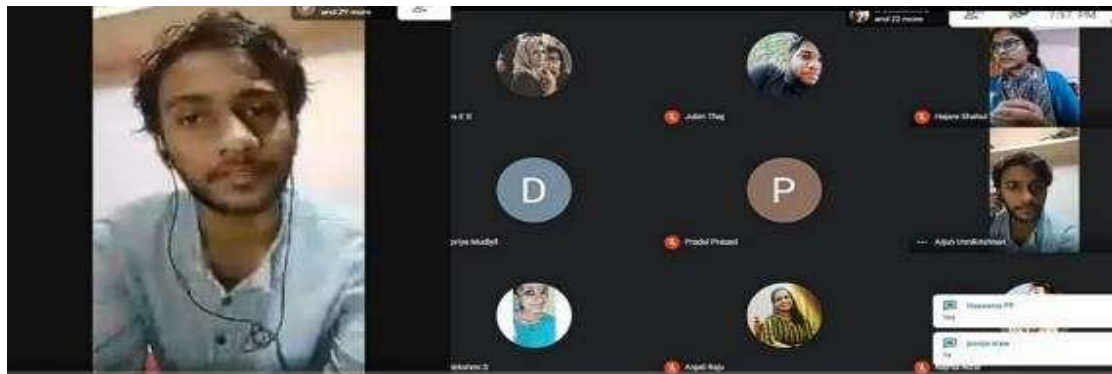


ALPHONSA COLLEGE

Palai, Kottayam

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On 16th August the volunteers participated in a session which deals with menstruation. The guest made it wonderful and he tried to clear our doubts and misconceptions on menstruation. The resource person was Mr. Arjun Unnikrishnan, from the red cycle. The webinar was organized by Rekindled Youth. Forty volunteers participated. Topic - Red is the new Blue: Busting myths and misconceptions on menstruation in collaboration with the red cycle.



Red is the New Blue - busting myths and misconceptions on Menstruation - Part II





ICT/computing skills

Workshop for students on online teaching and learning techniques

As per the instructions given by the Principal each department conducted a workshop on 3rd June 2021. Each department ensured the participation of all students of II DC, III DC and II PG classes. Faculty members from each department introduced the online platforms and explained the extensive use of the same to the students. Students were given training on the use of Google meet, Zoom, Google classroom, Video recording and Google based applications like google drive, google doc and google slides.

SL NO	NAME OF THE DEPARTMENT	RESOURCE PERSON	DATE	NUMBER OF PARTICIPANTS
1	Department of Mathematics	Dr. Sr. Sheena Mathew	03-06-2021	89
2	Department of Zoology	Dr. Ambili TR	03-06-2021	100
3	Department of Botany	Mrs. Biby Annet Baiju	03-06-2021	98
4	Department of Economics	Ms. Minu Mary Mathew	03-06-2021	131
5	Department of History	Ms. Alphons George	03-06-2021	116
6	Department of Physics	Dr. Vijutha Sunny	03-06-2021	113



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7	Department of English	Lt. Anu Jose	03-06-2021	141
8	Department of Politics	Ms. Ruby mol Philip	03-06-2021	15
9	Department of Chemistry	Ms. Diana Elizabeth Jose	03-06-2021	59
10	Department of B.Voc Fashion Technology	Ms. Chinnu Anitta Joseph	03-06-2021	35
11	Department B VOC Sports Nutrition and Physiotherapy	Mr. Jishnu G Kartha	03-06-2021	39
12	Department of Clinical Nutrition and Dietetics	Ms. Minu Mathews	03-06-2021	90
13	Department of commerce	Ms. Sheena George	03-06-2021	103
14	P G Department of English (S F)	Ms. Kripa Vijayan	03-06-2021	15
15	P G Department of Chemistry	Ms. Maria Sebastian	03-06-2021	23



ALPHONSA COLLEGE

Palai, Kottayam

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Class on “Cyber Crimes : Use & Misuse of Social Media.”

The class was led by Sri. Manoj Kumar VS, Cyber Cell Kottayam and Sri. Vinod Sopanam (District Crime Branch). They talked about the impact of social media on youth and children in the pandemic situation.

