



ALPHONSA COLLEGE PALA

CRITERION 3

RESEARCH, INNOVATIONS AND EXTENSION

EXTENSION ACTIVITIES (2021-2022)



CONTENTS

- Social Service Activities
- Community awareness programmes
- Surveys on community functioning
- Book donation initiatives
- Imparting subject knowledge to school students

Social Service Activities

HAIR DONATION CAMP

NSS organized Hair Donation camp in connection with World Rose Day on 30th October 2021. 10 NSS volunteers donated their hair to ‘Sargakshetra’ Cultural and Charitable Centre, Chethippuzha, Changanacherry for making wigs to cancer patients. Social Activist Smt. Nisha Jose K. Mani was the Chief guest and she inaugurated the hair cutting programme.



NSS Unit 001, Alphonsa College Pala
organizes
HAIR DONATION CAMP
ON OCTOBER 30
in connection with
WORLD ROSE DAY
WELFARE OF CANCER PATIENTS

NB : Minimum required hair length is 15 inch. Anybody can donate hair.

BENEVOLENT PRESENCE:


Smt. Nisha Jose K. Mani
Social activist


Dr. Sr. Reginamma Joseph
Principal

Kindly note: Time: 10 am
Venue: auditorium



FLOOD RELIEF ACTIVITIES

The NCC sub unit of Alphonsa College initiated flood relief activities in Mutholi gramapanchayath by distributing survival kits worth Rs. 16,000/- to 47 families affected by the flash flood.



CLEANING OF MEENACHIL RIVER AT KALARIAMMAKKAL CHECK DAM

NSS in association with Pioneer club Pala, Cleaned the Meenachil River at Kalariammakkal check Dam, Chethimattam on 31st December 2021. 100 NSS volunteers were participated in the cleaning programme.



NSS in association with Pioneer club Pala, cleaned Meenachil River at Kalariammakkal Check dam on 09th January 2022. 35 volunteers were participated.



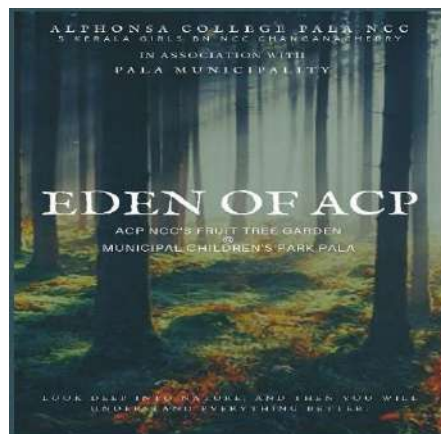
CHARITY CELL

Charity Cell runs on “One Rupee Challenge. During the last 14 months the NCC unit raised and distributed a sum of Rs. 1,61,723/. Financial assistance was given to meet requirements for medical care and house construction. Also sponsored a girl child and made contribution to CMDRF.



EDEN OF ACP

Eden of ACP is a green initiative launched by the NCC sub unit to plant fruit tree garden at public places. The project was inaugurated by the Municipal Chairman at Kumaranasan Children's Park Pala



DONATION OF CLOTHES TO MARIA SADAN

NSS volunteers collected new clothes from teachers, students and public and donated it to 'Maria Sadan Pala' on 11th December 2021. Our Principal, Dr. Sr. Regeenamma Joseph donated the collected dress materials.



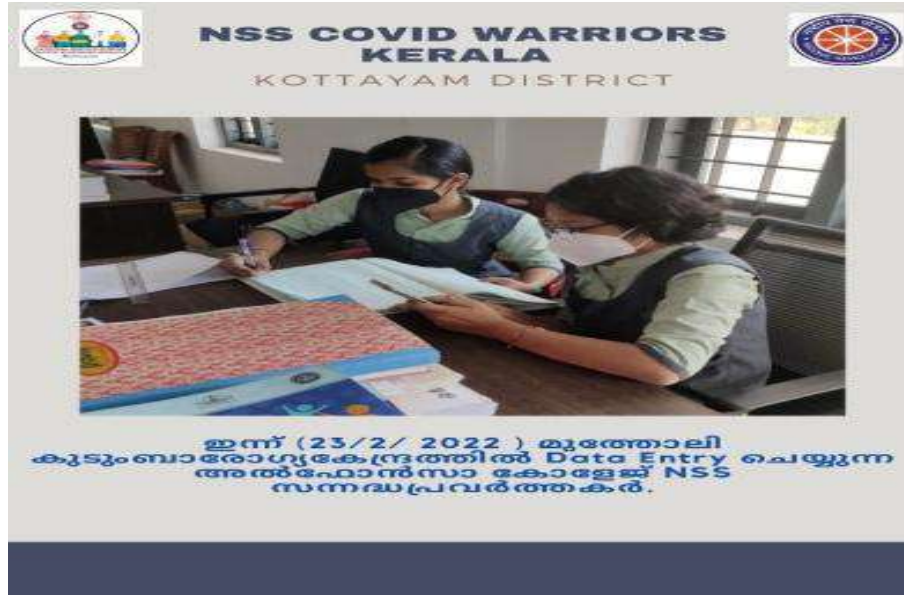
DONATION OF DRESS AND PERSONAL CARE ITEMS

Donated dress and personal care items to inmates of St. Rocky's Old age home in our adopted village, Poovarany on 29th December 2021.



COVID RESUE SERVICES

NSS volunteers served as Covid warriors at PHC Mutholy for 2 months (February and March, 2022). They helped to call covid patients and registered their details.



SPECIAL SCHOOL VISIT

As part of Christmas Celebrations, the cadets of the NCC sub unit visited Shantinilayam Special School and gave Christmas gifts to the children.



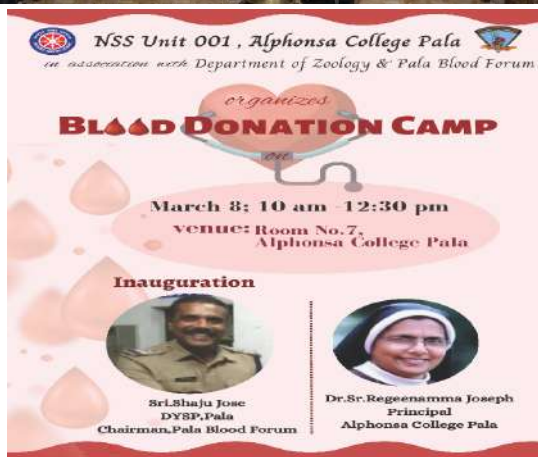
CLEANING OF MEENACHIL RIVER AT KAVALIPPUZHA MINI BEACH

32 NSS volunteers were involved in the cleaning of Meenachil River at Kavalippuzha Mini Beach on 26th February 2022. Sri. Josmon Mundakkal (President of Mutholy Grammapanchayath) inaugurated the programme. The organization ‘Save Meenachilar’ gave support to us.



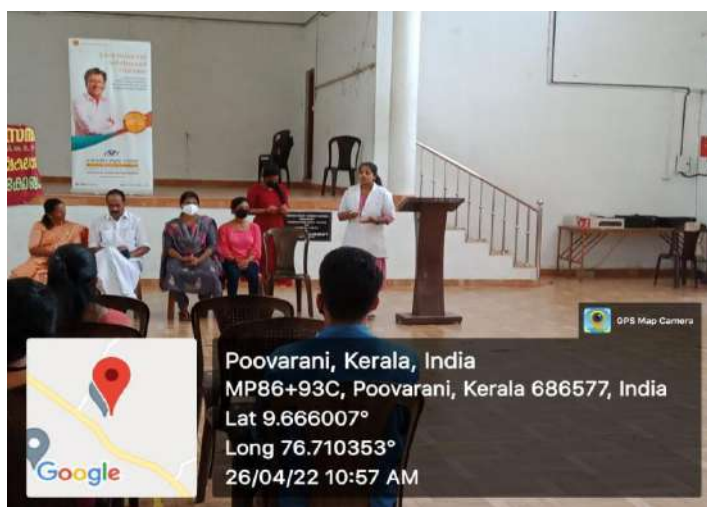
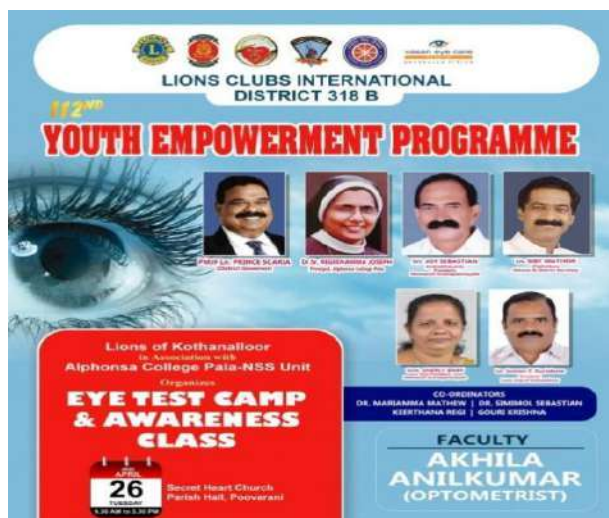
BLOOD DONATION CAMP

NSS in association with Blood Forum Pala organized a blood donation camp in connection with International Womens' Day on 08th March 2022 at Alphonsa college Pala. Sri. Shaju Joseph, DYSP Pala (Pala Blood Forum chairman) inaugurated the programme. Shri. Shibu Thekkemattam (Pala Blood Forum Secretary was) delivered a class on the importance of blood donation. Our Principal, Dr. Sr. Regeenamma Joseph and 50 students were donated blood to MaryGiri Hospital Bharanganam.



EYE TEST CAMP

NSS in association with Vasan Eye Care Kottayam and Lions Club International District 318 B conducted an Eye Test Camp on 26.04.2022 at Sacred Heart Church Parish Hall Poovarany. Sri. Joy Sebastian, President of Meenachil Gramapanchayath, inaugurated the programme. Ms. Akhila Anilkumar (Optometrist, Vasan Eye Care Kottayam) delivered a class on “Eye diseases, symptoms and new strategies to cure” on the same day at 10:00 am. 73 persons with eye problems were participated in the Eye test camp.



MAINTENANCE OF BAMBOOS AT MEENACHIL RIVERBANK

The Bamboos which were planted by department of Zoology, at Meenachil river bank Chettimattom was monitored at regular intervals by the students of the Department.



COMMUNITY AWARENESS PROGRAMMES

Breast Cancer Awareness Programme - "Salabham"

Breast Cancer Awareness Programme - "Salabham"- of Mar Sleeva Medicity Pala launched in Alphonsa college Pala by the coordination of NSS. The programme was inaugurated by the famous writer Joseph Annamkutty Jose on 27th October 2021. NSS volunteers distributed leaflets on breast cancer to all students of our college for awareness.



സ്മതനാർബുദ ബോധവൽകരണവുമായി മാർ സ്ലീവാ മെഡിസിറ്റി



മാർ സ്ലീവാ മെഡിസിറ്റി പലായുടെ ആഘോഷത്തോടുകൂടി 'Salabham' എന്ന സ്തനാർബുദ ബോധവൽകരണ പരിപാടിയിലെ ഉദ്ഘാടനം ജോസഫ് അന്നകുട്ടി ജോർ നിർവഹിക്കുന്നു.

കോട്ടയം - മാർ സ്ലീവാ മെഡിസിറ്റി പലായുടെ 'Salabham' എന്ന സ്തനാർബുദ ബോധവൽകരണ പരിപാടി പാലാ ആൻഫോൺസാ കോളേജിൽ എഴുത്തുകാരൻ ജോസഫ് അന്നകുട്ടി ജോർ ഉദ്ഘാടനം ചെയ്തു.

സ്തനാർബുദബോധവൽകരണ പരിപാടിയിലൂടെ രോഗം കണ്ടെത്താനും ചികിത്സിക്കാനും 95 ശതമാനവും സൗജന്യമായിരിക്കും.

സ്കൂൾ, കോളേജ് വിദ്യാർത്ഥികളിലൂടെ അമ്മമാരിലേക്കും മറ്റു സ്ത്രീകളിലേക്കും ബോധവൽകരണപരിപാടിയെക്കുറിച്ച് അറിയാൻ പരിപാടിയിലെ 'മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ' മാനേജർ സയറാജ് മോൻ, എബ്രഹാം, കൊല്ലിത്താനത്ത് മലയിൽ, മെഡിക്കൽ സയറാജ് മോൻ, ലിസി തോമസ്, സിസ്റ്റർ ഷീനാമ്മ ജോസഫ് (പ്രിൻസിപ്പൽ - ആൻഫോൺസാ കോളേജ്), ഡോ. സിസ്റ്റർ ബെലിൻ ജോർജ് (സിനിയർ കൺസൾട്ടന്റ് റീ-ജനറൽ സർജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ), ഡോ. റോണി ബെൻസൺ (കൺസൾട്ടന്റ് - മെഡിക്കൽ ഓങ്കോളജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ), ഡോ. ജോഹിൻ കെ. ജോണി (കൺസൾട്ടന്റ് - സർജിക്കൽ ഓങ്കോളജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ) എന്നിവരും ചടങ്ങിൽ പങ്കെടുത്തു.

നത്തുലേഖയിൽ പറഞ്ഞു.

മാനേജർ സയറാജ് മോൻ, എബ്രഹാം, കൊല്ലിത്താനത്ത് മലയിൽ, മെഡിക്കൽ സയറാജ് മോൻ, ലിസി തോമസ്, സിസ്റ്റർ ഷീനാമ്മ ജോസഫ് (പ്രിൻസിപ്പൽ - ആൻഫോൺസാ കോളേജ്), ഡോ. സിസ്റ്റർ ബെലിൻ ജോർജ് (സിനിയർ കൺസൾട്ടന്റ് റീ-ജനറൽ സർജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ), ഡോ. റോണി ബെൻസൺ (കൺസൾട്ടന്റ് - മെഡിക്കൽ ഓങ്കോളജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ), ഡോ. ജോഹിൻ കെ. ജോണി (കൺസൾട്ടന്റ് - സർജിക്കൽ ഓങ്കോളജി, മാർ സ്ലീവാ മെഡിസിറ്റി പാലാ) എന്നിവരും ചടങ്ങിൽ പങ്കെടുത്തു.

27/10/2021 VAIKOM Pg 04



WEBINAR ON ROAD SAFETY

NSS in association with UBA and Department of History conducted a webinar on Road safety on 12th August 2021. Anoopal T. (Safety Riding trainer) was the Resourse person.

Alphonso College Pala

Conducting a webinar on
ROAD SAFETY

Organized by UBA, NSS and
Department of History

On 12/8/2021
Thursday 1:30 PM

Venue-St. Augustine's Higher
Secondary School Ramapuram

Via Google Meet

SPEAKER

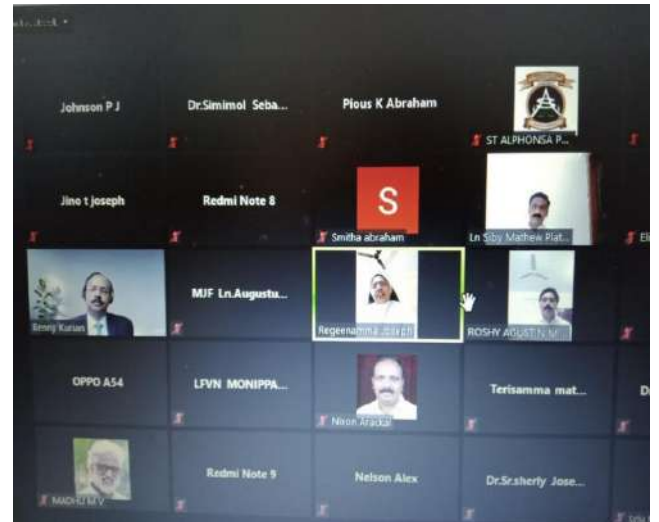
ANOOPAL T.
Safety Riding Trainer,
Honda Safety Driving
Education Centre,
Calicut

College Administration Committee
Dr. S. Robinson Jose (Principal),
Alphonso College,
Dr. S. J. John (Vice Principal),
Dr. St. Muneer Mathew (Vice Principal),
Rev. Fr. Jose Joseph (College Bursar)

Co-ordinators
Dr. Vijiya Suresh - UBA coordinator
Dr. Summi S. S. - NSS coordinator
Ms. Suratha Santhan - HOD of History

MEGA WEBINAR FOR COLLEGE AND SCHOOL TEACHERS

NSS in association with Lions Club International organized a Mega Webinar for college and School teachers on Teachers Day, 5th September 2021. Sri. Roshi Augustin (Minister for water Resources, Govt. of Kerala) inaugurated the webinar. Adv. Benny Kurian (International Trainer) delivered a class on “The Teacher Leader”.

A promotional poster for a webinar. At the top, it features the Lions Clubs International logo and the text "LIONS CLUBS INTERNATIONAL". Below this, there are several portraits of speakers and organizers. The main text reads: "Inauguration: Sri. ROSHY AUGUSTINE (Minister for Water Resources, Govt. of Kerala)". It also mentions "YOUTH EMPOWERMENT PROGRAMME" and "On The Occasion of Teachers Day Lions District 318 B In Association with Alphonsa College Pala-NSS Unit Organizes a MEGA WEBINAR FOR TEACHERS on 'THE TEACHER LEADER'". A graphic shows a chalkboard with "Happy Teachers Day" and "Above 1000 Participants". At the bottom, it lists the date "Date: 5th September 2021 Sunday 2.30 PM" and the Zoom link. The faculty is listed as "Ln. Adv. Benny Kurian, Success Coach, International Trainer".

FLASH MOB-WORLD AIDS DAY

In connection with World AIDS Day, NSS volunteers organized flash mob at different places of Meenachil Grama Panchayath (Mutholy, Kottaramattam Bus stand, Pala Town, Govt. Hospital junction Pala, Govt. U.P. School Poovarany and Alphonsa college Pala) on 1st December 2021. 35 NSS volunteers participated in this programme. NSS volunteers distributed badges to all students and teachers of Govt. U.P. School Poovarany. Dr. Simimol Sebastian (NSS Programme Officer) delivered a talk on 'AIDS disease - Causes and Symptoms'. Ms. Mekha Vincent (NSS volunteer Secretary) delivered speech on AIDS in each places.



RALLY FOR WORLD PEACE

NSS organized a Rally for world peace on 11th March 2022 against Russia – Ukraine war. A total of 300 students and teachers with pluck cards were participated. Dr. Simimol Sebastian (NSS programme Officer) delivered a message at Municipal bus stand Kottaramattam. Dr. Sr. Reegenamma Joseph, Principal, released one white ‘peace dove’ at the Municipal bus stand. Vice Principals Dr. Fr. Shaji John , Dr. Sr. Minimol Mathew and bursar Dr. Fr. Jose Joseph were present .



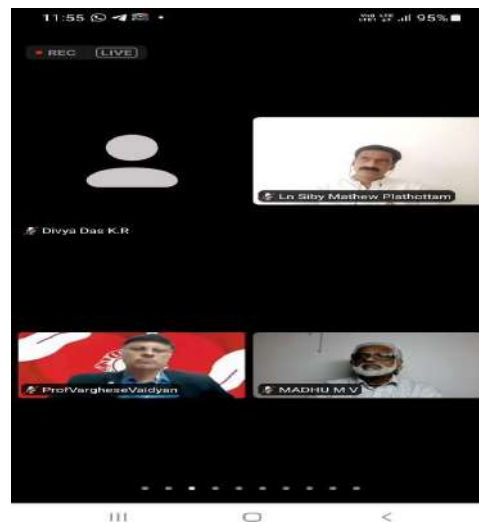
RALLY AGAINST DOWRY

NSS volunteers organized a rally against dowry on 1st January 2022 from Alphonsa college to Pala Govt. Hospital junction. Flash mob was arranged at Pala Govt. Hospital junction and Kottaramattam Bus stand. 100 NSS volunteers were participated with pluck cards. Kum. Keerthana Reji delivered a speech on ‘Dowry problems in India’.



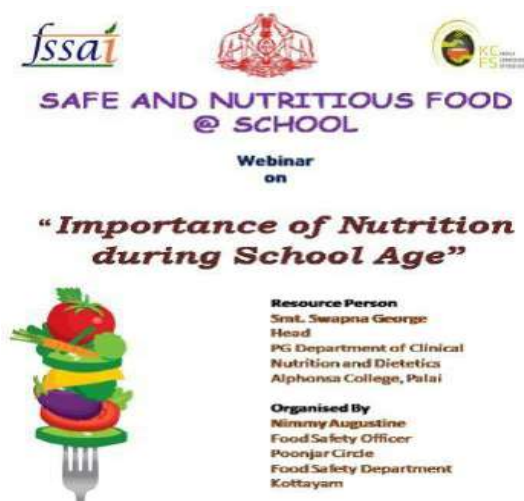
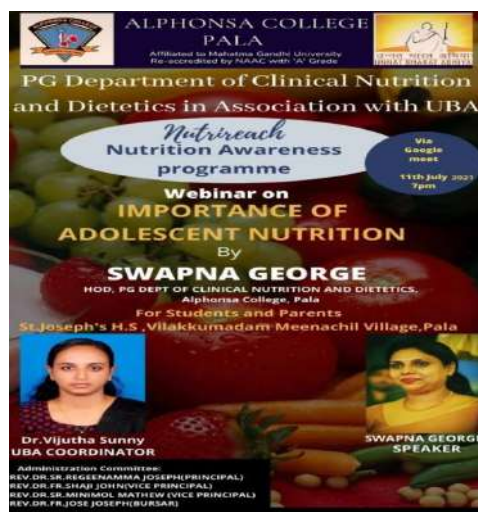
MEGA WEBINAR FOR TEACHERS

NSS in association with Lions Club International District 318 B Conducted a mega webinar for teachers on “Hybrid Learning and Thinking Classrooms” on 13th February. Dr. Jayaraj MLA (Chief Whip, Govt. of Kerala) inaugurated the webinar. Prof. Varghese Vaidhyan (International Trainer) was the resource person.



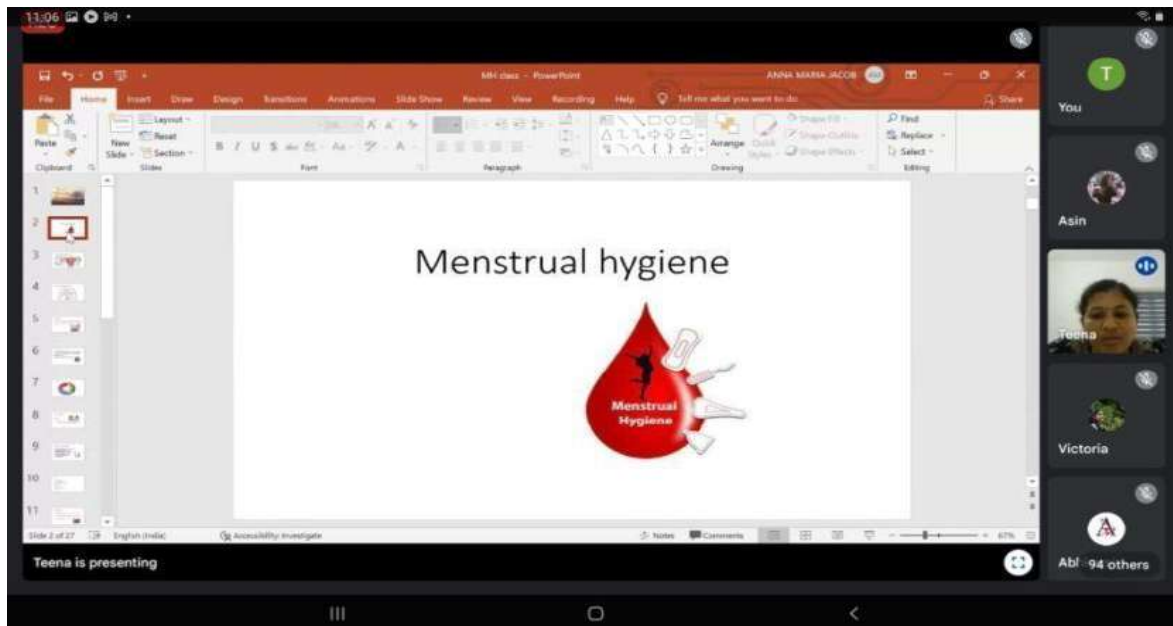
NUTRITIONAL AWARENESS PROGRAMME

Department of Clinical Nutrition and Dietetics conducted lecture series in various schools St. Agnes H. S Muttucira, St. Joseph's H. s, Vilakkumadam, FSSAI, KTJM H. S, Edamattan, SKV L. P. S, Kaippuzha, CMS High School Mundakayam, Govt.LPS Kanakkary, Govt. LPS Kekzhukamkulam and St.Albert's College, EKM. The lecture series was intended to make the people aware about healthy diet plans and healthy life style.



WEBINAR ON MENSTRUAL HYGIENE

To create awareness among students on the hygienic practices to be followed during the menstruation time, a webinar on Menstrual hygiene was conducted for students of St. Marys G.H.S.S Pala. Ms. Greeshma M. Lecturer, Dept of OBG Nursing delivered the talk on 13th November 2020 at n11 AM to 1 PM. 98 students participated in the webinar.



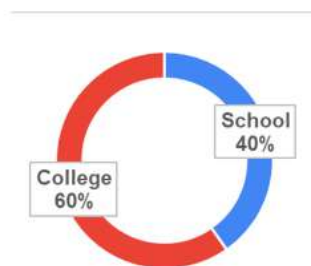
SURVEYS ON COMMUNITY FUNCTIONING

Department of Botany conducted a study on the problems of cardamom cultivation and cardamon farmers in Idukki district. The survey was conducted by III DC Botany students under the guidance of Dr. Dani Mathew M. The present study was conducted in randomly selected cardamom estates in Idukki district, coming under Adimaly, Kattappana and Nedumkandam blocks. The planters with 1-3 hectares of land were selected for the study. Information about the sample planters was collected through **a field survey using a structured questionnaire.**



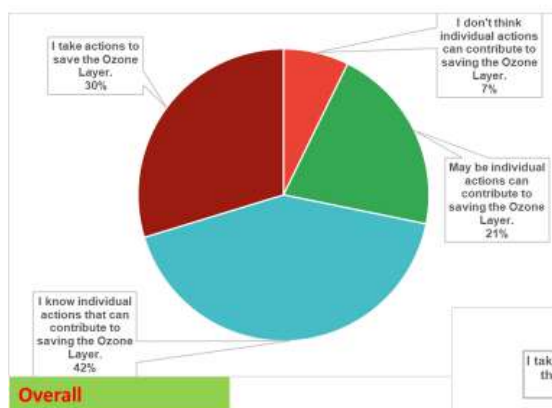
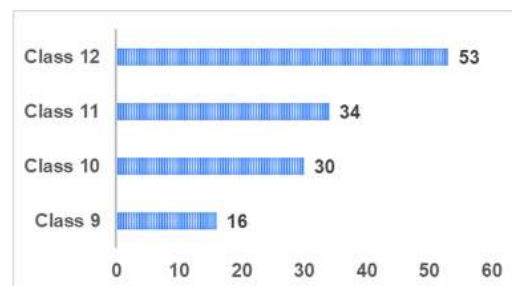
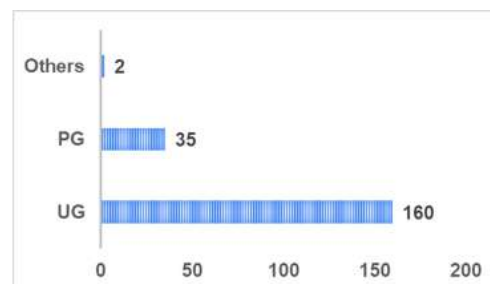
OZONE DAY: POPULARISING OZONE PROTECTION

The department of physics conducted a survey on "Awareness of Ozone Layer in Students" in association with Dr. Susan George K, Scientist E, Ministry of Environment, Forest and Climate Change and Unnat Bharat Abhiyan to assess the awareness of Ozone Layer and its importance among students. Students from various schools and colleges of Kerala took part in this survey by filling the google form and helping to to understand how much more has to be done in popularising Ozone Protection. The survey was launched on Ozone day September 16th for 6 days.

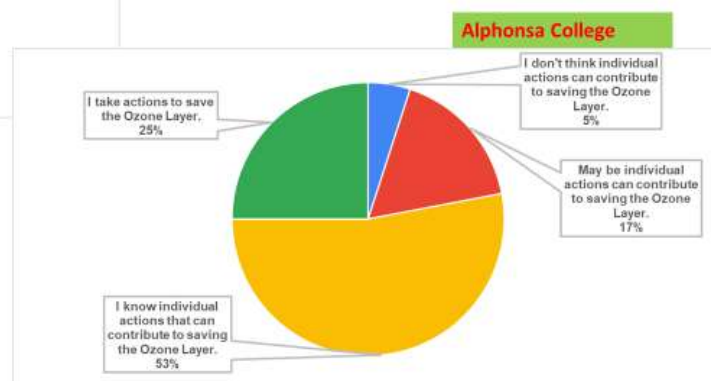


	Number of participating institutions	Number of students
Schools	16	133
Colleges	39	197

Number of participants from Alphonsa College, Pala = 72



Students also self-evaluated themselves in terms of action taken to protect Ozone Layer.



MEENACHIL ODONATE SURVEY

To nurture the interest among students for studies in biodiversity, our 10 students participated in the Meenachil odonate survey on March 12 – 13, 2022 in association with TIES, Kottayam and Department Forests and Wildlife, Govt. of Kerala.



MEENACHIL ODONATE SURVEY
12-13 March 2022; From Adukkam to Malarickal

12-13 March 2022

Unique Field Experience for Amateurs with experts from all over Kerala

Online Training Session on 12th March 2022
(link will be sent to all those registered)
Field survey on 13th March 2022 (at 12 river points)
PASSIONATE NATURE LOVERS CAN JOIN
Organised by:
TROPICAL INSTITUTE OF ECOLOGICAL SCIENCES (TIES)
Velloor P.O., Kottayam 686 501. Tel.: 0481 2957050
tropicalschool@gmail.com; www.ties.org.in
In Collaboration with:
DEPARTMENT OF FORESTS & WILDLIFE (SOCIAL FORESTRY), GOVT. OF KERALA

Contact: 9496794305 Register online: <https://forms.gle/6oinKPazuFCitZkF6>



SURVEY ON WATER QUALITY

The Post graduate Students of the Department of Zoology collected water samples from selected sites of meenachil River and conducted a study on the various water quality parameters.



SKILL DEVELOPMENT PROGRAMME

An online training course in Fabric painting, Liquid embroidery, Glass painting and Tie & Die for poor unemployed women was started on 25th August 2021. 25 women participated and completed the course. Mrs. Rekha Anilkumar (Pedilite Industries, Mumbai) was the Trainer.



Alphonsa College Pala
NSS Unit 001
ORGANIZES
**Certificate course in
Creative crafts**

Inauguration

Dr. Sr. Regeenamma Joseph
Principal,
Alphonsa College Pala

Trainer

Rekha Anilkumar
Trainer Specialist
Teacher,
Pedilite Industries,
Mumbai

via 

07/08/2021
6.00PM-7.30PM



BOOK DONATION INITIATIVES

MINI LIBRARY

As part of Keralapiravi Celebrations, NCC unit contributed a mini library to SHLPS Ullanad. 150 books were donated by launching Sponsor a Book challenge where individuals could contribute by donating or sponsoring a book.



BOOK DONATION

As part of World Book Day celebrations, NCC unit donated books to Panapuzha Ankanvady.



'GIFT A BOOK IGNITE KNOWLEDGE'

As part of the Community Extension Activity the P G Department of English (S F) in collaboration with UNNATH BHARAT ABHIYAN donated 152 Books to Prathibha Kendram Library, Arunapuram under Samagra Shiksha Kerala, BRC, Pala at 10.30am on 19th July 2021.

Alphonsa College, Pala
PG Department of English (SF)
in Collaboration with UBA

GIFT A BOOK IGNITE KNOWLEDGE

**BOOK DONATION TO
PRATHIBHA KENDRAM LIBRARY
ARUNAPURAM**
SAMAGRA SHIKSHA KERALA BRC, PALA

at 10.30 am on 19th July 2021

 Sreekala K.B. A.E.O. Pala	 Rajkumar K. Block Programme Coordinator	 Shibumon George Head Master Govt. L.P.S. Arunapuram	 Athira Sabu Educational Volunteer
 Dr. Vijatha Sunny UBA Coordinator	 Jessy K. Jose HOD PG Dept. of English (SF)		

College Administrative Committee
Dr. Sr. Regeshamma Joseph (Principal)
Rev. Dr. Shaji John (Vice Principal)
Dr. Sr. Minimol Mathew (Vice Principal)
Rev. Dr. Jose Joseph (Bursar)

Our Sponsors
H&C Stores
Sincere Book Stall



IMPARTING SUBJECT KNOWLEDGE TO SCHOOL STUDENTS

Department of Chemistry organized science lecture series for school students-SCIENTIA. It is aimed to inculcate scientific temper in school students through informative attractive and entertaining online classes, taken by our students. Classes were given to the students of ST Thomas UP School Arakulam, ST Sebastian S HSS Kadanadu, S H G H S Ramapuram and ST Marys HSS Teekoy.

ALPHONSA COLLEGE, PALA
Affiliated to Mahatma Gandhi University
Re-accredited by NAAC with 'A' Grade

Department of Chemistry
Organizes
SCIENTIA
Science Lecture Series for School Students
A novel attempt to inculcate scientific temper in school students through informative, attractive and entertaining online lectures

Lecture - 1
Ankita Jacob
26 June 2021, 8.30 AM

Venue : ST.Thomas UP School, Arakulam
Platform : Google meet

Dr.Sr. Rejeenamma Joseph, Principal
Dr.Sr. Jilly James, Head of the Department

ALPHONSA COLLEGE
PALA
Affiliated to Mahatma Gandhi University
Re-accredited by NAAC with 'A' grade

DEPARTMENT OF CHEMISTRY IN ASSOCIATION WITH
UNNAT BHARAT ABHIYAN

ORGANIZES
SCIENTIA
Science lecture series for school students
A novel attempt to inculcate scientific temper in school students through informative, attractive and entertaining online lectures

Lecture - 5
Ria Robins
09/09/2021, 8.15 am onwards

Venue: S H G H S, Ramapuram
Via, Google Meet

Dr.Vijaya Suniti
UBA, Coordinator

1
one

While preparing a lighting mixture, a match which had been dipped in it, took fire by an accidental friction upon the hearth.

Full screen (f)

12:28 / 46:47

TALK SERIES FOR SCHOOL STUDENTS QUAINTELLE

Department of Mathematics organized an talk series for school students named - QUAINTELLE. It was aimed to nurture Mathematical taste in school students through informative, attractive and entertaining online classes taken by our students. The session was hosted by Ms.Josna Jose & Ms. Minnu Lisbath Sebastian,who are the graduate students of Alphonsian Mathematics Department. The venue was at St Joseph High School Manathoor and the talk was about women mathematicians. The First selected Mathematician was Shakuntala Devi,(known as Human Computer) and revelations about her personal life. It was a new experience for the school students as well as for our students as it created a new concept about Mathematics , it's various tricks and the way of making Mathematics as a career.

" EXPLORE & ELEVATE " is the slogan that we are emphathizing throughout our done talk series and the upcoming ones. Talk series video : [Click here.](#)

ALPHONSA COLLEGE PALA
Mathematics Association
organizes
QUAINTELLE
In association with Unnat Bharat Abhiyan (UBA)
Talk series on:
Shakuntala Devi

By:
Josna Jose Minnu Lisbath Sebastian

via Google Meet
On 29th July 2021

Meet link:
qsr-mrmn-szm

Time: 3 pm
Place: St. Joseph's HS, Manathoor

Shakuntala Devi

INVITED TALK ‘MOON WALK’

In connection with the Moon landing day celebrations of KTJM High School, Idamattom, Dr. Minu Joy, Department of Physics delivered an invited talk entitled ‘Moon Walk’ on July 21, 2021.



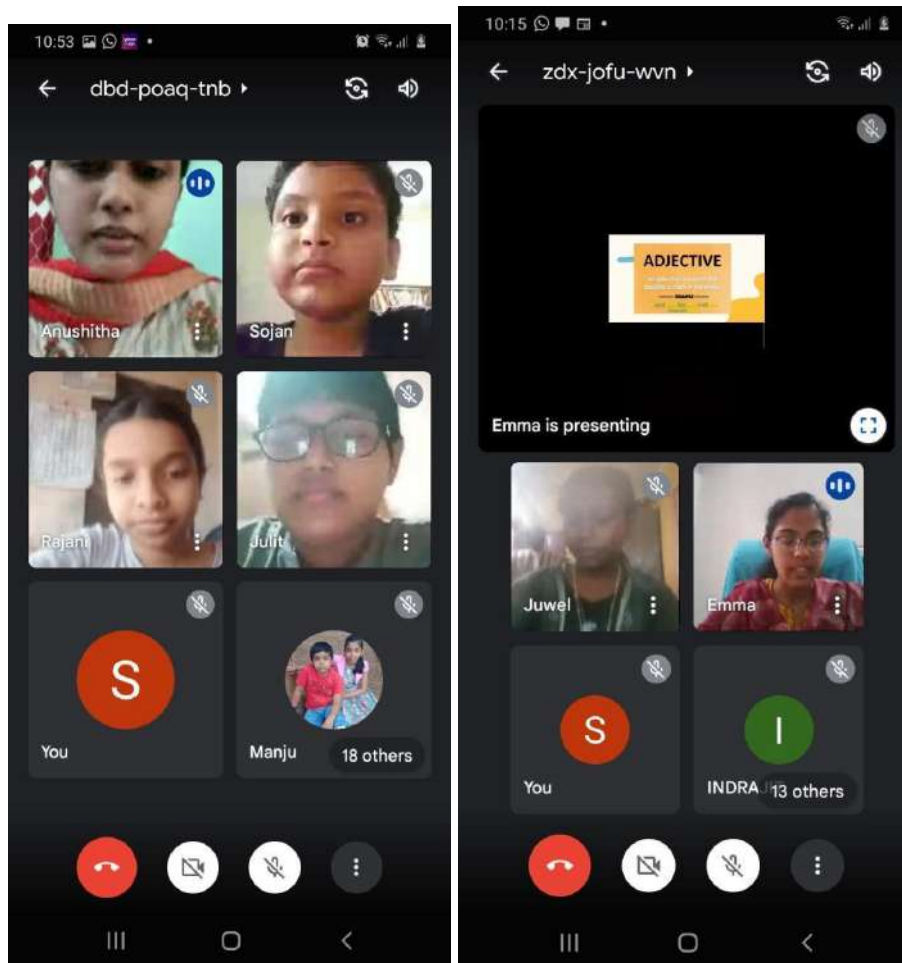
INVITED TALK ‘AFTER THE FIRST THREE MINUTES’

Dr. Minu Joy served as a resource person for the webinar organised by the Department of Physics, Kuriakose Gregorios College, Pambady on 29 September 2021 and delivered a talk on the topic ‘After the first three minutes’.



FLUENCY ENHANCEMENT PROGRAMME

As part of the community extension activities of the department, twelve of our III BA students conducted Fluency enhancement classes for UP School students of Sacred Heart UP School Ullanadu, which is located at a rural area in Bharananganam Panchayathu –one of our UBA adopted villages. The students offered 24 online classes from 17 September 2021 to 31 March 2022.



AWARENESS CLASS ON WOMEN AND HEALTH

To create awareness on Women and Health among our students, the department organized an awareness class in association with Kerala State Women's Development Corporation Ltd. and Women's Cell, Alphonsa College on 8 March 2022 by Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala. Dr. Anit spoke at length on Health habits to be followed and interacted with the students.

