



## GENDER EQUITY PROGRAMS 2021-22

The college community is actively engaged in the vision of “the perfect woman nobly planned”. All the departments plan their orientation programs and year wise activities keeping in mind the mission of women empowerment.

### Poster making and one minute video Competition-27-June-2021

#### *Theme- Right to live with Dignity*

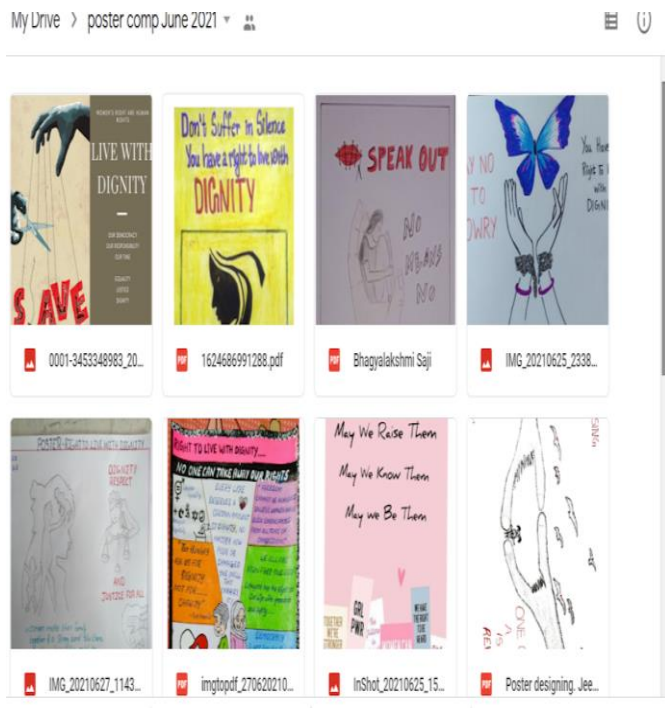
Women Cell and Anti-harassment committee conducted a Poster making and one minute video Competition on 27<sup>th</sup> June 2021 to promote an awareness among students on Gender Equity to develop mental strength in students to raise up their voice against gender inequality. The main theme of the program was **Right to live with Dignity**.



**ALPHONSA COLLEGE PALA**  
Women cell & Anti- Harassment  
committee  
organises competition on



Participants should send their entries to-  
womencellacp@gmail.com  
Last date of submission-27 June2021





# ALPHONSA COLLEGE

Palai, Kottayam

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My Drive > poster comp June 2021



My Drive > Video comp June 2021





## Essay writing competition on gender equality on 12th July 2021


Essay writing competition was conducted by the department of History on the topic “Until we get equality in education, we won’t have equality in society” on 12<sup>th</sup> July 2021 in order to celebrate **World Malala Day**.

**WORLD MALALA DAY**  
12 JULY 2021

**Essay Writing Competition**

Topic: " Until we get equality in education,  
we won't have an equal society "

Language : English or Malayalam



"EXTREMISTS HAVE SHOWN  
WHAT FRIGHTENS  
THEM MOST :  
A GIRL WITH A BOOK"

Send to  
acphistoryonline@gmail.com

Last date: July 12th



**A Webinar on “Penmaswathawam, Samkalpanam, Prathinidhanam” (Conceptualizing Women Identity and Representation) -14<sup>th</sup> July 2021**

Department of Malayalam, organized a webinar on “Penmaswathawam, samkalpanam, prathinidhanam” (**Conceptualizing Women Identity and Representation**). The Session was held on 14-07-2021 via Google meet. The resource person for the webinar was Dr.Mini Sebastian, Assistant Professor, Devamatha College Kuravilangad. The session was truly inspiring as the speaker encouraged the students to be self-motivated and independent.

**ALPHONSA COLLEGE PALA**  
DEPARTMENT OF MALAYALAM

RESOURCE PERSON :

*Organizes a webinar on*

**പെൺ: സ്വത്വം, സങ്കല്പം,  
പ്രതിനിധാനം**

**Dr.Mini.Sebastian**  
Asst.Professor,  
Devamatha College,  
Kuravilangad

Program coordinators :

Dr. Sr. Minimol Mathew  
Dr. Anila Thomas

**14.7.2021**  
**7 PM - 8 PM** | VIA G-MEET





# ALPHONSA COLLEGE

Palai, Kottayam

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## Gender Awareness Training Programme-KANAL on 24th July 2021

In association with the Department of Woman and Child Development & Mahila Sakthi Kendra, Kottayam District, the NSS unit of Alphonsa College in collaboration with the Departments of Chemistry, Zoology and Political Science, organized **Gender Awareness Training Programme-KAMAL** on July 24th 2021 led by Mrs. Babitha Jacob, a Gender Trainer.

ALPHONSA COLLEGE PALA  
NSS UNIT (001)

IN ASSOCIATION WITH  
DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT  
KOTTAYAM DISTRICT

DEPARTMENT OF ZOOLOGY  
DEPARTMENT OF CHEMISTRY  
&  
DEPARTMENT OF POLITICAL SCIENCE  
ORGANIZES

**GENDER AWARENESS TRAINING PROGRAMME**

Resource person



Mrs. Babitha Jacob  
( Gender Trainer)

DATE  
**24/07/2021**  
TIME 10 :30 AM

REV. FR. DR. SHAJI JOHN (VICE PRINCIPAL,  
HEAD, DEPT OF POLITICAL SCIENCE)  
DR. SR TESSY JAMES  
(HEAD, DEPT OF CHEMISTRY )  
DR SR MANJU ELIZABETH KURUVILA  
(HEAD, DEPT OF ZOOLOGY )

COORDINATORS:  
DR. MARIAMMA MATHEW  
DR. SIMMOL SEBASTIAN  
(NSS PROGRAMME OFFICERS)

District women and child Department  
& Mahila Shakthi Kendra  
KOTTAYAM



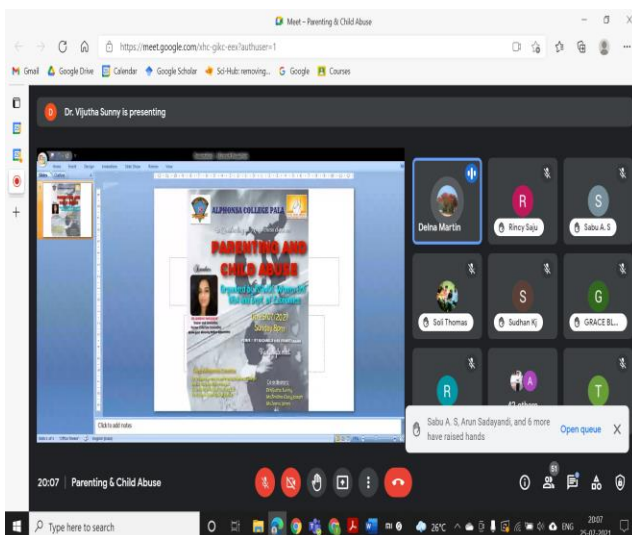
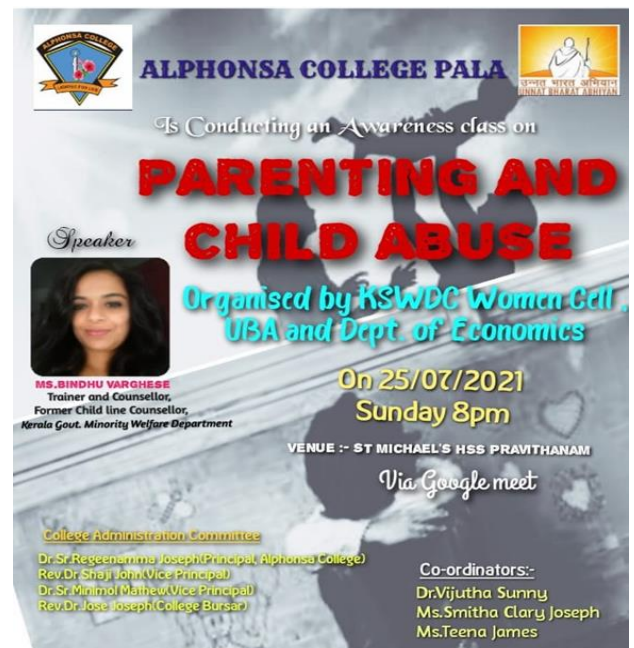
**ALPHONSA COLLEGE**

Palai, Kottayam

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**Awareness class on *Parenting and Child Abuse* – An extension activity in association with UBA, Department of Economics and Archana Women Centre Ettumanoor- 25<sup>th</sup> July 2021.**

An online awareness class on "Parenting and Child Abuse" to parents of St. Michaels Higher Secondary School, Pravithanam was conducted by Women Cell Alphonsa college Pala in association with **UBA, Department of Economics and Archana Women Centre Ettumanoor**. Ms. Bindhu Varghese, Trainer and Counsellor, Former Childline Counsellor, Kerala Govt. Minority Welfare Department served as the resource person.





## Poster Competition on No to Dowry-7<sup>th</sup> September-2021

Women Cell conducted a poster competition to promote awareness about the bad effects of Dowry in the current scenario on 7<sup>th</sup> September 2021. Twelve students participated in the competition. Jisha J (II DC CND), Janet Shajan Joy (II DC CND) and Navamy S Nair (II DC History) bagged first, second and third positions.

### Poster competition "No to Dowry"

on

7 September 2021.

ALPHONSA COLLEGE PALAI

**WOMEN CELL**  
Conducts  
**POSTER COMPETITION**

Theme:  
**"NO TO DOWRY"**

Instructions:

- \*Posters must be hand drawn
- \*Must use A4 size paper
- \*Submission only in PDF format
- \*Last date of entry: 07/09/2021

Kindly mail at:  
womencellacp@gmail.com

\*BEST 3 ENTRIES WILL BE SENT TO MG UNIVERSITY\*



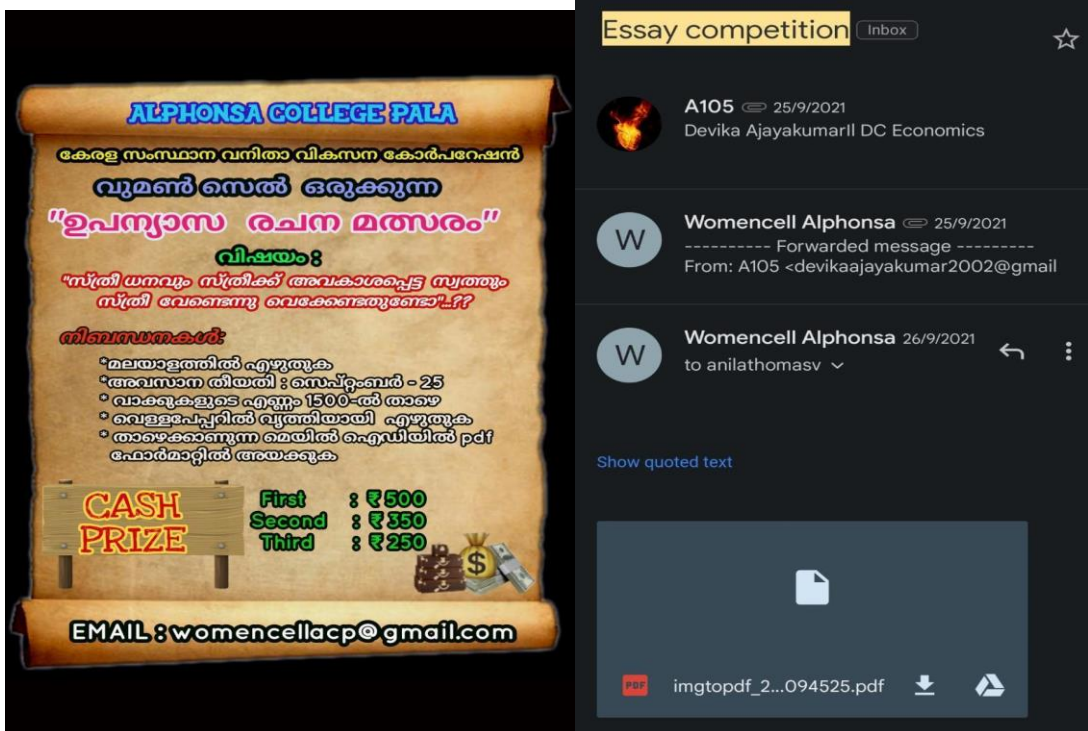
" Raise your voice, don't suffer in silence "





## Essay Competition on Women’s property rights – 25th September 2021

Women Cell conducted an essay competition on the topic ‘Women’s property rights’ on 25<sup>th</sup> September 2021. Many students participated in the competition. Among the seven participants, Devika Ajayakumar of II DC Economics bagged the first prize.

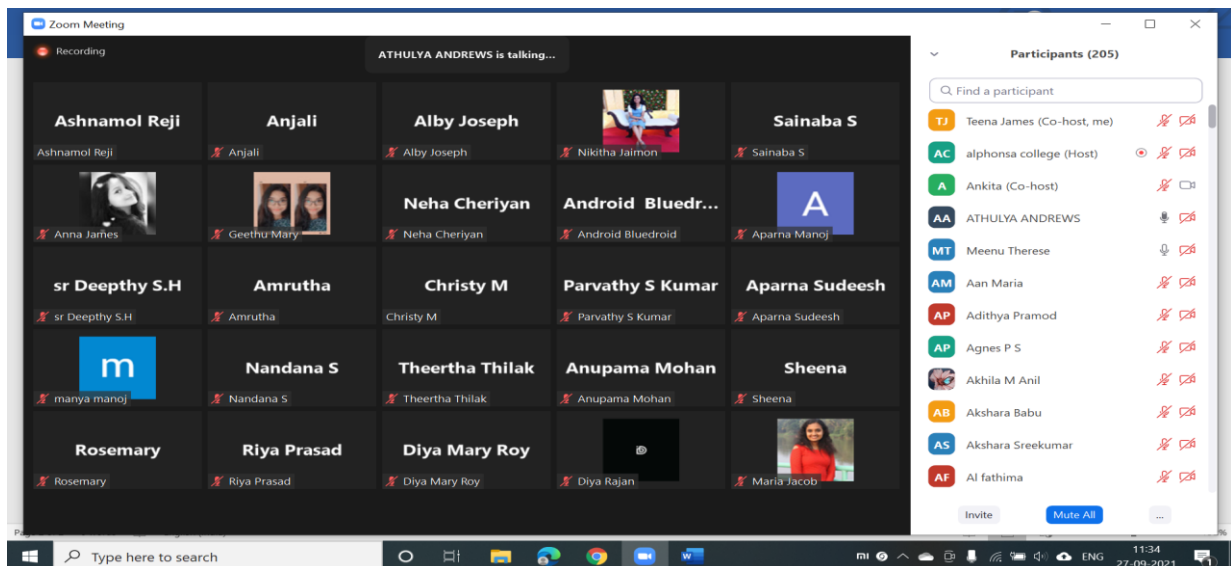
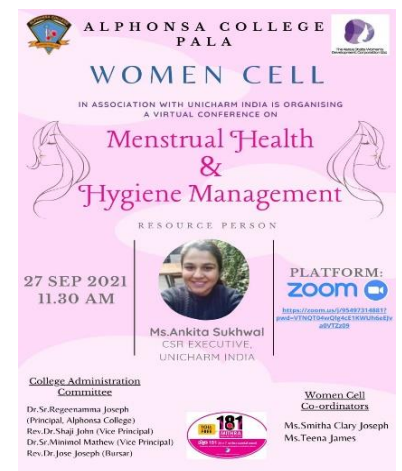
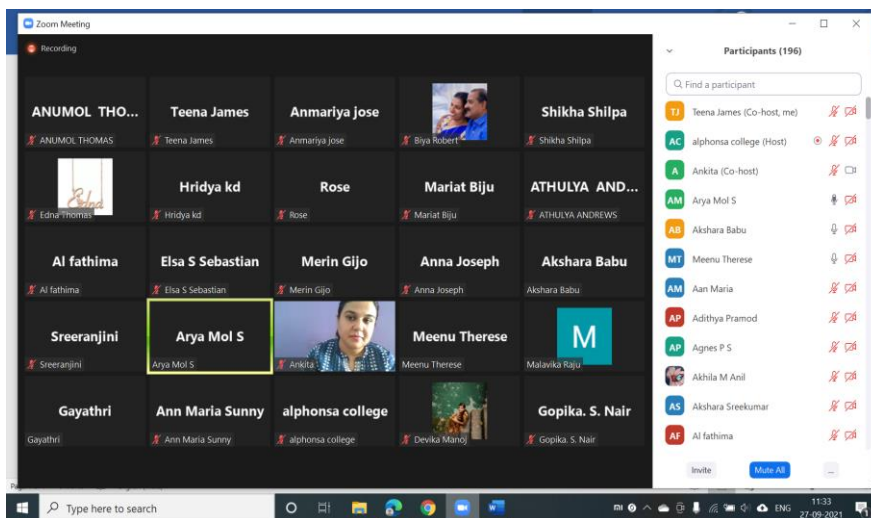






## Awareness class on Menstrual health and hygiene management on 27th September 2021

Women Cell organized a virtual conference on Zoom platform in association with Unicharm India on the topic **Menstrual Health and Hygiene management**. Separate sessions were held for science and arts students of our college. Ms. Ankita Sukhwai, CSR executive unicharm India handled both the sessions and the students benefitted a lot from the class.





# ALPHONSA COLLEGE

Palai, Kottayam

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## Webinar on Menstrual hygiene- 13th November 2021

To create awareness among students on the hygienic practices to be followed during the menstruation time, a webinar on **Menstrual hygiene** was conducted by Women Cell in collaboration with Unnat Bharat Abhiyan for students of St.Marys G.H.S.S Pala. **Ms. Greeshma M Lecturer, Dept of OBG Nursing** delivered the talk on 13<sup>th</sup> November 2021 from 11 AM to 1 PM. 98 students participated in the webinar.

**WOMEN CELL, UBA & DEPARTMENT OF ZOOLOGY, ALPHONSA COLLEGE PALA**

In Association With

**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.**



An Online Awareness class on  
**"Menstrual Hygiene"**  
For students of St Mary's GHSS Pala  
13 NOV 2021 – 11 AM Via Google meet



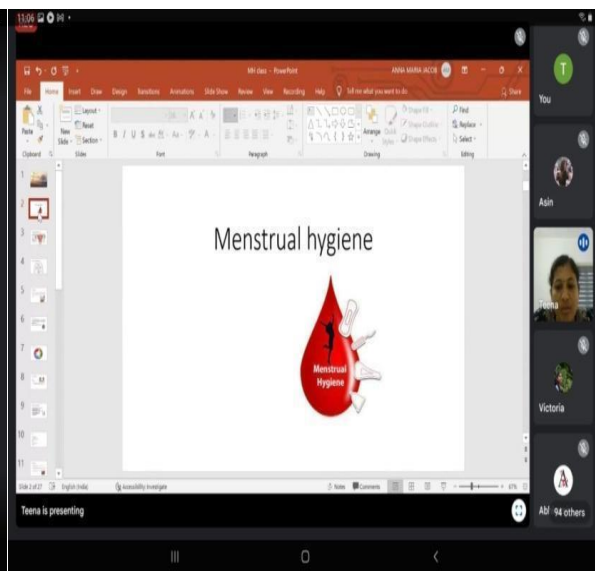
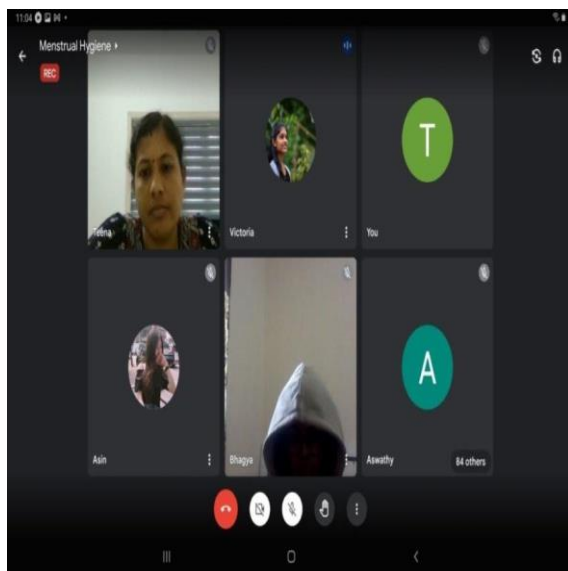
**Ms. Greeshma M**  
Lecturer, Dept of OBG Nursing

College Administration Committee

Dr. Sr. Regeenamma Joseph (Principal)  
Rev. Dr. Shaji John(Vice Principal)  
Dr. Sr. Minimol Mathew(Vice Principal)  
Rev. Dr. Jose Joseph(Bursar)

Co-ordinators

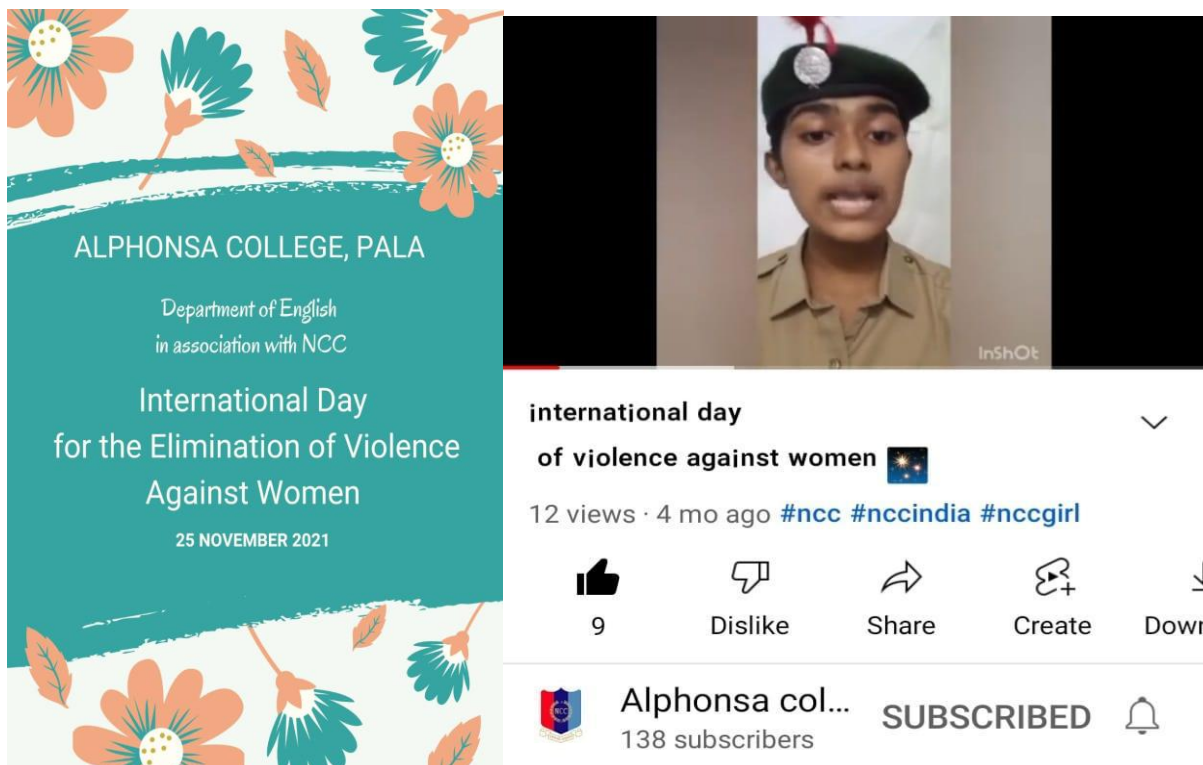
Dr. Sr. Manju Elizabeth Kuruville  
Dr. Vijutha Sunny  
Ms. Smitha Clary Joseph  
Ms. Teena James





## International Day for the Elimination of violence against women-25<sup>th</sup> November 2021

The Department of English in collaboration with NCC released a documentary on 25-11-2021 as part of International Day for the Elimination of violence against women. Department of English in collaboration with NCC released a documentary as part of International Women's Day.





# ALPHONSA COLLEGE

Palai, Kottayam

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## Workshop on "First Aid" on 3<sup>rd</sup> December 2021

A workshop was conducted for Women Cell Members of our college for giving training on First Aid. Dr.Gija Jose, Senior Physiotherapist and member of IAP(India), ISCP(Ireland) and HCPC (UK) handled the sessions.



WOMEN CELL, ALPHONSA COLLEGE PALA  
In Association With  
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.



Workshop on

*"First Aid"*

03 DEC 2021 – 10: 30 AM



Dr. Gija Jose(PT)  
Senior Physiotherapist  
Member of IAP(India),  
ISCP(Ireland), HCPC(UK)

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

Co-ordinators  
Ms. Smitha Clary Joseph  
Ms. Teena James





## Positive Mental Attitude Development Training Programme - 22<sup>nd</sup> February 2022

A training session was given to our students on how to develop a positive outlook in their day today lives. 50 students participated. Ms Bindu Varghese, Trainer and Counsellor, Former Child line counsellor, Kerala Govt. Minority Welfare department was the resource person for the session. The session was very interesting with active participation of students.

**ALPHONSA COLLEGE PALA**  
**WOMEN CELL**  
IN ASSOCIATION WITH  
THE KERALA STATE WOMEN'S DEVELOPMENT  
CORPORATION

Organises A  
**POSITIVE MENTAL ATTITUDE  
DEVELOPMENT TRAINING  
PROGRAMME**

*Speaker*  
  
**Ms. Bindu Varghese**  
Trainer & Counsellor  
Former Child line Counsellor  
Kerala Govt. Minority Welfare  
Department

**22  
FEB  
2022**

Zoology Seminar Hall | 2 : 30 PM

**College Administration Committee**  
Dr. Sr. Regeenamma Joseph (Principal)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)

**Women Cell Co-ordinators**  
Ms. Smitha Clary Joseph  
Ms. Teena James





## NAMMUDE PONNOMANAKAL-CYBER SECURITY AWARENESS CLASS on 25<sup>th</sup> February 2022

Women cell in association with Janamaithri Police, Pala and NSS organised a seminar on Cyber Security. Dr.B Sandya IPS (DGP, FireForce) inaugurated the programme. Dr.Sr.Regeennamma Joseph, Principal presided over the function. Sri S Sureshkumar Additional SP Kottayam, Sri.Shaju Joseph, DYSP Pala carried on the felicitation, which was followed by an awareness class by Ragesh Manimala ,Officer Kottayam Crime Branch in which he exhorted the students to be aware of the risks that they can face with online activities and how to ensure security of networks.

**നമ്മുടെ പൊന്നോമനകൾ**  
*An Innovative Initiative of*  
**Women cell & NSS unit,**  
**Alphonsa College, Pala in Association**  
**with Pala Police**

**INAUGURATION**  
  
**Dr. B Sandhya, IPS**  
DGP (Director, Fireforce)

**On 24<sup>th</sup> February 2022 at 11 am**  
**Venue: Seminar Hall**

**College Administration Committee**  
Dr. Sr. Regeennamma Joseph (Principal)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)

**NSS & Women Cell Coordinators**  
Dr. Simimol Sebastian  
Dr. Mariamma Mathew  
Ms. Smitha Clary Joseph  
Ms. Teena James





# ALPHONSA COLLEGE

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## The Importance of Moral, Cultural and Social Values in Family -3<sup>rd</sup> March 2022

To keep up the values we have inherited from our heritage and to pass it on to the next generation, Women Cell has conducted a moral education class in collaboration with the Department of Zoology. The programme was conducted on 3<sup>rd</sup> March 2022. Dr. Simimol Sebastian, Asst. Professor in the Department of Zoology was the resource person. 200 students eagerly participated in the programme.



WOMEN CELL & DEPARTMENT OF ZOOLOGY, ALPHONSA COLLEGE PALAI  
In Association With  
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.



### An Awareness class on

“The Importance of Moral, Cultural and Social Values in Family ”

On 03-03-2022 at 12 PM in College Auditorium



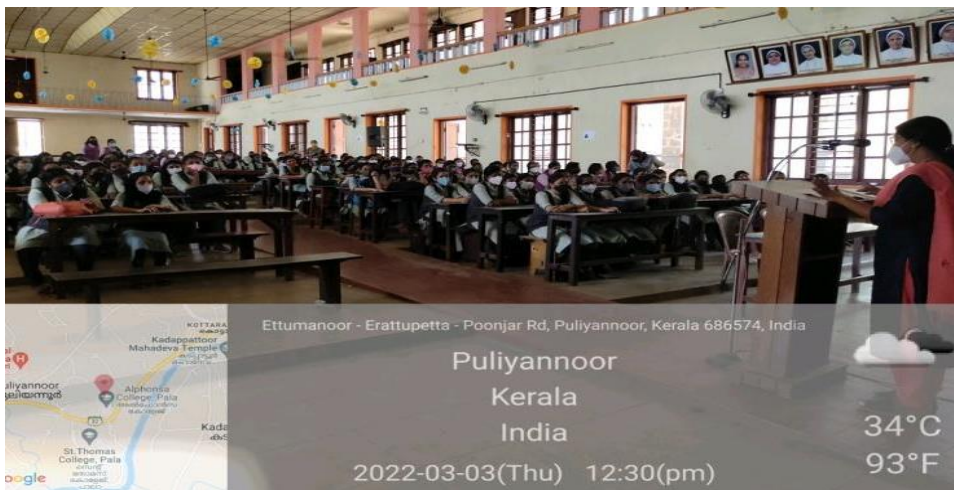
**Dr. Simimole Sebastian**  
Asst. Professor, Dept of Zoology

#### College Administration Committee

Dr. Sr. Regeenamma Joseph (Principal)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)

#### Co-ordinators

Dr. Sr. Manju Elizabeth Kuruvila  
Ms. Smitha Clary Joseph  
Ms. Teena James



Ettumanoor - Erattupetta - Poonjar Rd, Puliyanoor, Kerala 686574, India

Puliyanoor  
Kerala  
India

2022-03-03 (Thu) 12:30 (pm)

34°C  
93°F



## International Women's Day Celebrations on 8<sup>th</sup> March 2022

As part of International Women's Day celebration, Women Cell conducted a Mime competition on the topic **Break the Bias** in association with Kerala State Women's Development Corporation Ltd.



**WOMEN CELL**  
**ALPHONSA COLLEGE PALA**  
In association with  
THE KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.

**181**

**08**  
March

First prize ₹ 1000  
Second prize ₹ 750

Open for Alphonsians

# MIME

COMPETITION Theme : Break the Bias  
in connection with International Women's Day

## Instructions

1. Each team can have 6 members.
2. Time limit is 7-10 minutes for each team. Consuming of additional time causes negative marks.
3. The act should not contain any dialogues/lip sync.
4. Face should not be identified.
5. Facial expression is must.
6. Points will be given on the basis of theme, team work, expressions and costumes.
7. The act should not contain any offensive/disrespectful gestures. This may lead to disqualification of the team.
8. Judges' decision will be final.
9. Participants must register with Ms Teena James Zoology department on or before 3rd March 2022.

**181**





# ALPHONSA COLLEGE

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## Debate Competition-8th March 2022

History department in connection with International Women's day conducted a debate on the topic 'Is Women Empowerment a Reality in India?' on 8<sup>th</sup> March 2022

**ALPHONSA COLLEGE**  
Palai, Kottayam  
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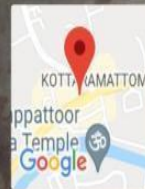
DEPARTMENT OF HISTORY  
CELEBRATES  
*International Women's Day*  
2022

Conducting a debate on the topic:

**'Is Women Empowerment  
a  
Reality in India?'**

MODERATOR: Ms. SHILLY JIMMY  
DATE : 08/03/2022  
TIME : 2PM  
VENUE. : ROOM NO 36

*All Are Welcome!*



**Pala, Kerala, India**

Kottaramattom Private Bus Stand, Pala - Marangattupilly -  
Kozha Road, (no name), Vellappadu, Pala, Kerala 686575,  
India

Lat 9.708823°

Long 76.673215°

08/03/22 02:08 PM



## Awareness class on Women and Health on 8<sup>th</sup> March 2022

Awareness class on **Women and Health** was organised by women cell in association with Kerala State Women's Development Corporation Ltd and the Department of English. Dr. Anit Antony, Consultant Rehabilitation Physician, General Hospital Pala served as the resource person.

**WOMEN CELL & DEPARTMENT OF ENGLISH, ALPHONSA COLLEGE PALA**

In Association With  
**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.**

**181 MITHRA**

An awareness class on  
*Women and Health*

**DR. ANIT ANTONY**  
CONSULTANT REHABILITATION  
PHYSICIAN AT GENERAL HOSPITAL,  
PALA

On 08-03-2022 at 11 AM in Seminar Hall

**College Administration Committee**  
Dr. Sr. Regeenamma Joseph (Principal)  
Rev. Dr. Shaji John (Vice Principal)  
Dr. Sr. Minimol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)

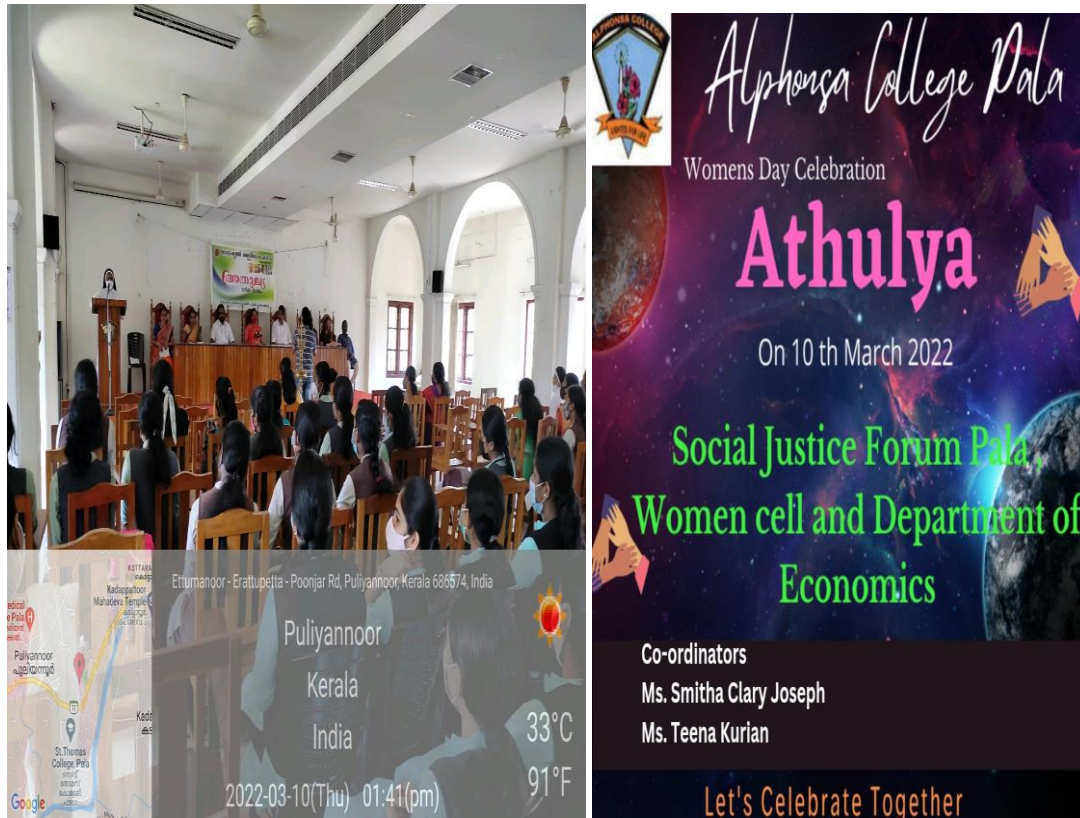
**Co-ordinator**  
Dr. Sonia Sebastian  
Ms. Teena James  
Ms. Smitha Clary Joseph





## Athulya –A meeting of Women on 10<sup>th</sup> March 2022.

In connection with International Women’s Day, Women Cell in association with Social Justice Forum conducted a meeting to honour women on their achievements. Fifty eminent women personalities were honoured, including teachers, students and women with outstanding performance in various fields other than academic field.

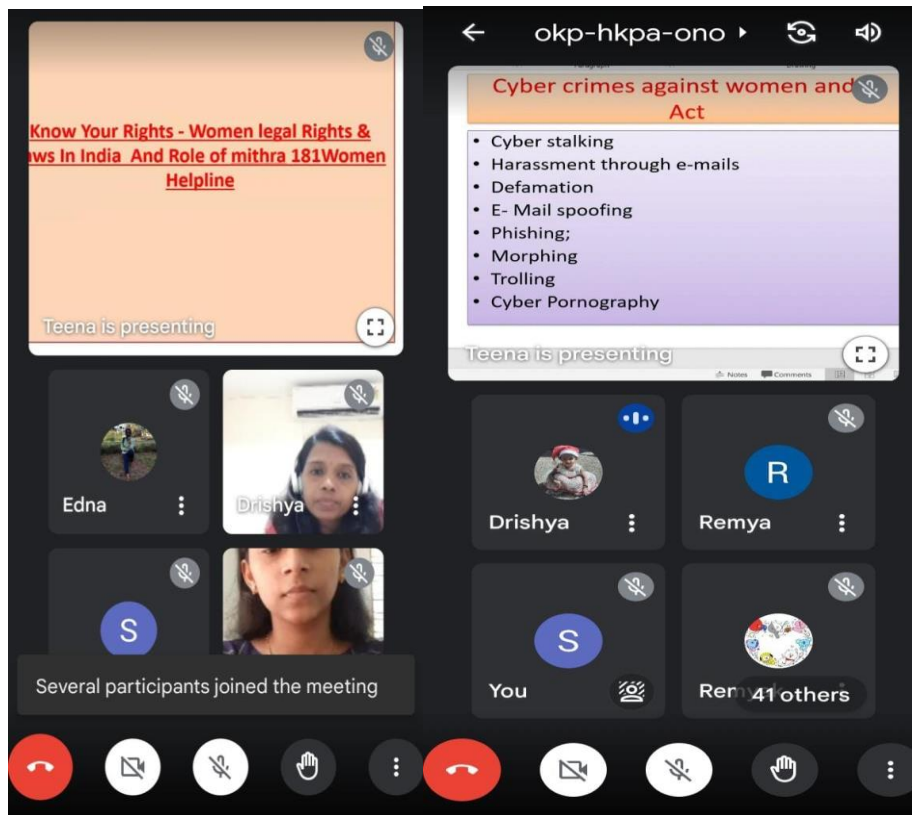




## Awareness class on Women Protection Laws and 181 Mithra Women Helpline

26th March 2022

An online awareness class on **Women Protection Laws** and 181 Mithra Women Helpline was conducted on 26th March 2022 under the initiative of Women's Cell and Anti-harassment committee in association with Kerala State Women's Development Corporation. Adv. Drishya V K, Team Member of 181 WHL led the class.





**WOMEN CELL & ANTI HARASSMENT COMMITTEE**  
**ALPHONSA COLLEGE PALA**  
In Association With  
**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION Ltd.**



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Awareness Class on  
***"Women Protection Laws & Mithra 181 WHL"***  
26 March 2022 via google meet  
10:00 -11:00 AM



**Adv. Drishya V K**  
Team Member  
181 Mithra WHL

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

Co-ordinators  
Ms. Smitha Clary Joseph  
Ms. Teena James