



Dr. Sr. Gigimol M G - Principal

## Principal's Message 2018-19

At the end of the academic year 2018-19, Alphonsa College Pala comes through in flying colours with great prestige and pride as she added another golden feather to her crown of laurels, securing 'A Grade' with CGPA of 3.24 in the fourth cycle of NAAC Peer Team visit. With immense pleasure and gratitude, I congratulate and thank the IQAC co-ordinator and team and the entire staff community on their earnest effort and sincere hard work behind the achievement.

The praiseworthy performance of our students has drawn our college closer to the pinnacle of success in the M. G. University examinations of April 2018, securing 21 ranks and 106 A+ grades. All the teachers duly deserve appreciation for their sincerity, hard work and dedication. This year also our sports students kept the flag flying high by winning medals and championships at the Inter university and the University levels. Alphonsa College hosted the 36th M. G. University Athletic Championship and our prestigious team won the 36th M.G. University Athletic Championship, for the 3rd consecutive year. Further, our College bagged M.G. University Cross- Country and Power-Lifting Championships. I take this opportunity to thank and wholeheartedly congratulate our sports stars and Dr. Thankachan Mathew, HOD, Department of Physical Education as well as the coaches of various events on their sincere efforts and earnest initiative. Under the auspices of various subject/department Associations and Clubs, our students participated in a large number of competitions and won numerous prizes. It is highly praiseworthy that most of the departments organized seminars, quiz competitions, exhibitions, extension activities and several intercollegiate competitions.

At the close of this academic year, Alphonsa College will be deprived of the valuable services of Dr. Mary Senterla (HOD, Department of

Political Science), Ms. Annie Mathew (Associate Professor, Department of English), Ms. Lysamma Thomas (Associate Professor, Department of Mathematics), Smt. Kochurani A. J. (Lab Assistant) and Mr. Francis George (Lab Assistant) who retire from their long and commendable service this year. I place on record our deepest appreciation for the enormously valuable service they have rendered to this institution.

Before I conclude, I thank all those who have wholeheartedly supported all our endeavours to help this institution reach the apex of success, fame and honour. With deep gratitude, I bow my head before God Almighty and our blessed patron, St. Alphonsa for the choicest blessings showered upon us. I bow before the revered memory of our founder patron, Late Mar Sebastian Vayalil. The constant support of the present beloved patron, his excellency Mar Joseph Kallarangatt our Manager, his excellency Mar Jacob Muricken is acknowledged with great pleasure and gratitude. I also extend my deep sense of gratitude to the Vice-Principal, Rev. Dr. Fr. Shaji John, Rev. Dr. Sr. Regeenamma Joseph and the Bursar, Rev. Fr. Jose Joseph for their support and guidance. Once again I express my sincere gratitude to the entire staff community, the IQAC Co-ordinator, Dr. Simimol Sebastian and the NAAC Co-ordinator Ms. Annu Paul and the members of the IQAC, the Staff Council, the PTA, the College Union and the student community for their loyalty and love towards the institution.

As we are at the end of another fruitful year, let us devote ourselves to the task we are entrusted with, to enable our institution to come up with exemplary results in the forthcoming days. Let us together endeavour to fulfill the vision and mission of our institution so as to bring up the perfect woman, nobly planned, who are 'Lighted for Life'. May God bless us all.

**OUR TORCHBEARERS**



Patron  
**H. E. Mar Joseph Kallarangattu**  
Bishop of Pala



Manager  
**H. E. Mar Jacob Muricken**  
Auxiliary Bishop of Pala



Principal  
**Dr. Sr. Gigimol M G**



Vice Principal  
**Rev. Dr. Shaji John**



Vice Principal  
**Rev. Dr. Sr. Regeenamma Joseph**



Bursar  
**Rev. Fr. Jose Joseph Pulavelil**



## RE-ACCREDITED BY NAAC WITH A GRADE (CGPA 3.24) IN 4th CYCLE

“Educating the mind without educating the heart is no education at all” - Aristotle

Education of the heart is what characterizes Alphonsa College. The college has been making giant strides in the recent past not only in mere academic excellence but also in the holistic development of the students. It is heartening to see that this institution is one of the most sought among educational institutions owing to its wonderful impact on the lives of the students.

This esteemed centre for learning promotes a graceful, peaceful and academically viable environment and milieu for

opportunities to excel themselves in academic as well as extra-curricular activities. This college which was established in 1964 under the constant and continuous efforts of Mar Sebastian Vayalil unravels a glorious past of legacy and erudition.

The College secured accreditation from The National Assessment and Accreditation Council (NAAC) with 'A' grade and a CGPA 3.24 on a 4-point scale, in the fourth cycle of accreditation, which is yet again a feather on the crown of Alphonsa College. The accreditation result is in fact a recognition to the college for its excellence in providing quality education and holistic development of the student community. The 'A' grade



students to mould themselves in every walk of life. Being a reputed Catholic institution for women, the college plays a pivotal role in shaping vibrant, brilliant minds and in producing self-reliant and liberated young women with traditional cultural values and moral integrity for the posterity. Named after the first woman saint from Kerala, Alphonsa College provides the conducive atmosphere for students especially those belonging to the economically weaker sections to utilize the plentiful

given to the college is valid for the next five years.

NAAC Peer Team comprising Dr. Narinder K. Dogra, Chairman (Director, Punjabi University, Patiala, Punjab), Dr. Jerinabi Ubaidulla, Member Co-ordinator, (Dean, School of Commerce & Management, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu) and Dr. Manmohan Kaur, Member (Principal, Guru Nanak Devkhalsa College, University of Delhi) visited our college on 21 and 22 March 2019.

The peer team was led to the college by offering Guard of Honour by our NCC unit under the leadership of Lt. Ms. Anu Jose.

The Peer Team members accompanied by Dr. Sr. Gigimol M.G., the Principal, Dr. Sr. Regeenamma Joseph, the Vice Principal, Dr. Fr. Shaji John, the Vice Principal, Fr. Jose Joseph, the Bursar, Dr. Simimol Sebastian, IQAC Co-ordinator, Ms. Annu Paul, NAAC Co-ordinator, IQAC members and Ms. Anu Augustine, the Union Chairperson visited and evaluated the various amenities of the college.

The peer team started evaluation by interacting with the College Principal, Dr. Sr. Gigimol M.G. in Principal's chamber where she presented the overall profile of the college. The presentation emphasized on admission procedure, year-wise student

enrolment and examination results, research facilities, departmental activities, students and faculty achievements including awards, research publications, infrastructure facility etc. Followed by this, IQAC Co-ordinator in the presence of all IQAC members presented all activities conducted by IQAC for the excellence of the college. All documents and other files related to various activities of the IQAC were verified by the team.

The peer team had assessed the quality sustenance and enhancement initiatives of the college in academics, administration and finance during the last five years. They also reviewed institutional values and best practices and teaching, learning and evaluation procedures. They visited all the



IQAC Members

Departments and class rooms and interacted with HODs, teachers and students. The facilities available in Laboratories, Main Library, Department Libraries, Computer laboratory, Computer Centre, English language lab, Hostels, Canteen, Games & Sports, Gymnasium, NCC, NSS, CGS, Counseling Centre, Bio-gas Plant, Solid Waste Management Facilities, Solar Panel, Rain Water Harvesting System, Fitness Centre, Dress Bank, Fruit Tree Garden, Vegetable Garden, Medicinal Plant Garden, Botanical Garden and Butterfly Garden were visited for evaluation. The College authorities were appreciated for providing all obligatory facilities for the holistic development of the students. Suggestions for future development were also given by the peer team members.

The team had better interaction with Board of Management during the luncheon meeting at Bishop's House Pala. During the afternoon session, Peer Team members interacted with students, parents and alumni separately and collected their feedbacks. The Coordinators of various Clubs and Cells functioning in the college made a brief note on the activities they have done so far and the documents and reports pertaining to

their activities also were verified.

The proceedings of the first day of visit culminated at 5:15 pm with the versatile cultural programmes performed by our students depicting the culture of Kerala. Dr. Manmohan Kaur, one of the peer team members congratulated the students and she has proclaimed that the students of this college are really empowered and highly talented. She has also pointed out that the students are absolutely oriented towards the Mission, Vision and Motto of the college. She wished all success to the students.

On the second day, the peer team visited Sports complex and swimming pool. They completed their report drafting and discussed it with the College Principal, College Bursar, IQAC Co-ordinator and NAAC Co-ordinator for finalization. The two day visit ended with 'Exit Meeting' held at 5:30 pm at the seminar hall which was attended by all teachers, non-teaching staff and student representatives of the college. College Principal Dr. Sr. Gigimol M.G. called upon all the members and she mentioned that the visit of the NAAC Peer Teams allways instigates the institution to perform SWOC analysis which consequently helps the college to march towards excellence. The Chairman of the



NAAC Peer Team, Dr. Narinder K. Dogra conferred the remarks, recommendations and observations made by the team members during the visit. He acknowledged that the team is extremely satisfied about the all-round performance of the college especially the discipline of the students, their academic performance and the spectacular cultural excellence they have presented before the NAAC team. He handed over the sealed Peer Team Report to the Principal and the meeting ended with the formal vote of thanks proposed by the IQAC Co-ordinator, Dr. Simimol Sebastian.

The college is grateful to all NAAC Officials including the Peer Team members, NAAC member Coordinator, and other NAAC administrative and technical staff for their constant and instant support during the SSR preparation and submission. The college will certainly sustain its quality in all the curricular and co-curricular activities. As it is said: Good, Better, Best; let us not rest, until good transforms into the best.



Reception to the Peer Team Members



Interaction with the Management



Discussion with the Management Board



Discussion with the IQAC



Visit to the Departments



## Visit to Lab and other Facilities



Lab visit



College Canteen



Smart Room



College Hostel



Creche



College Chapel



College Library

## Interactive Session



In Class Room



Interaction with Alumni & PTA





Interaction with the Office Staff



With the NCC Cadets



With the NSS Volunteers



Interaction with the Students



Interaction with the Sports Students



## Cultural Night





## NATIONAL SEMINAR - ECOZEPHYR 2018

The National Seminar ECOZEPHYR 2018 was conducted by the PG Department of Zoology on 19 and 20 June 2018 with the co-sponsorship of KSCSTE. The seminar was attended by 184 participants. The inaugural function was presided over by the College Principal Dr. Sr. Gigimol M.G. The official function was inaugurated by Dr. Mathan Ramesh of the Department of Zoology, Bharathiar University, Coimbatore. He delivered a talk on "Eco Toxicological Monitoring of Pharmaceutical and Personal Care Products in Aquatic Environments". The second session was on

"Mangrove Biodiversity and Its Conservation in Kerala" by Dr. Muhamed Jafer Palot, Senior Zoological Assistant, Zoological Survey of India, Calicut. The programme of the next day commenced with the technical session by Dr. Anilkumar N.C, State Remote Sensing Board, Trivandrum on "Geo- Spatial Technology in Environmental Management". In the afternoon session, Dr. Abin Varghese, Faculty, Dr. R Satheesh Centre for Remote Sensing and GIS, MG University, Kottayam delivered a talk on "Remote Sensing Fundamentals and its Environmental Applications".



Inaugural Session of ECOZEPHYR 2018



Talk by Dr. Muhamed Jafer Palot

## NATIONAL SEMINAR ON FILM & LITERATURE

The Departments of Malayalam and Hindi in collaboration with Kerala State Chalachithra Academy conducted a three-day National Seminar on "Film and Literature" from 18 to 20 July 2018. The seminar was a platform for the delegates and students to enlighten themselves about the latest trends as many of the literary works are being adapted into films.

The three day National Seminar was inaugurated by the famous language critic Dr. K. K. Sivadas, Asst. Professor, Dept of Malayalam, Kannur University.

Dr. K. K Sivadas, famous language critic and Asst. Professor, Dept of Malayalam, Kannur University, Dr. Jose K. Manuel, Asst. Professor, School of Letters, M. G. University, Dr. Shaju Varghese, HOD, Dept. Of Malayalam, St Peter's College, Kolencherry, Dr. Thomas Scaria, St.Thomas College Pala, D Santhosh, film song

writer and Senior Editor, Malayala Manorama, Dr. Sunil Jose, Poet, Dr. Bincy P.J, Faculty member of Catholicate College, Pathanamthitta, and Dr. P.S. Radhakrishnan, Dean, Faculty of Language and Literature, School of Letters, M.G University served as the resource persons.

The three day seminar received immense support from various universities including Kerala, Calicut, M.G, Kalady, Kannur, CUSAT, and Malayalam University. The seminar had 130 participants and 87 paper presentations from various colleges and universities by research fellows, research assistants, faculty members etc. The valedictory function included the distribution of certificates to the delegates and faculty members who took part in the seminar.



Inauguration of the National Seminar by Dr. K .K Sivadas



Valedictory Function



## NATIONAL SEMINAR ON THE ROLE OF ENVIRONMENTAL MANAGEMENT IN SUSTAINABLE DEVELOPMENT AND KERALA ECONOMY

The Department of Economics organized a Two Day National Seminar on 9 and 10 August 2018 in association with Koodankulam Nuclear Power Project (KKNP) on the topic "Role of Environmental Management in Sustainable Development and Kerala Economy". Dr. P. S. Easa, (Member, National Board for Wildlife) inaugurated the seminar. The resource persons were Prof. K. Sadasivom (Dept. of Environmental Science, Madurai Kamaraj University), Dr. K. K. John, (Prof. & HOD of Corporate Economics, Saintgits College of Applied Sciences, Pathamuttom), Dr. Muralivallabhan T.V, Director of Economics Programme, Marian College Kuttikanam and Sri. Eby Emmanuel, (Environmentalism, Bhoomika Poonjar). The sessions were very informative and enlightened the participants on the importance of environmental management in the development of economy. The seminar had participants and paper presentations by research fellows, research assistants and faculty members from various colleges and universities.



National Seminar inaugurated by Dr.P. S. Easa  
(Member, National Board for Wildlife)

## ROLL OF HONOUR

## RANK HOLDERS

Our students brought laurels of glory to the college by securing 20 university top meritorious positions(I, II and III) and 106 A + grades in the university examinations held during April/May 2018. Heartiest congratulations to the students on their outstanding results.



Jyotsna Baby  
Botany  
(II Rank)



Ashtami S Nair  
Economics  
(III Rank)



Pearl Annie Sen  
History  
(I Rank)



Dilna Bose  
English  
(I Rank)



Jewel Jaise  
English  
(II Rank)



Amulya B  
Mathematics  
(II Rank)



Anit Jose  
Mathematics  
(II Rank)



Rany baby  
Mathematics  
(III Rank)



Mayadevi B  
Physics Model I  
(I Rank)



Divya Stani  
Physics Model I  
(II Rank)



Farzana M Ashruf  
Physics Model II  
(I Rank)



Chikku Elizabeth J  
Physics Model II  
(II Rank)



Rani Tom  
Physics Model II  
(III Rank)



Farisha Beegum  
MA Politics  
(III Rank)



Teena Mary T  
CND  
(I Rank)



Agnes Joseph  
CND  
(II Rank)



Fathima Sheji  
CND  
(III Rank)



Cicin Mariya J  
M Sc. CND  
(I Rank)



Betsy Anna K  
M Sc. CND  
(II Rank)



Krishnapriya G  
M Sc. CND  
(III Rank)



K Sandra Chandran  
B.Voc FASHION TECHNOLOGY  
(I Rank)



Ammu Lethison  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY (I Rank)



Ashna Mathew  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY (II Rank)



Rubeena Hussian  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY (III Rank)



# TOPPERS DAY

Our students brought success to the college by securing 21 university top positions and 106 A+ grades in the university examinations held during April/May, 2018. The Toppers Day was celebrated on 13 August 2018 and it was a moment of pride and prestige to honour the toppers of the university examinations of various departments during the previous academic year. The event was truly blessed by the presence of our Manager His

Excellency Mar Jacob Muricken, Auxiliary Bishop of Pala, who delivered the presidential address and also inaugurated the function. Our beloved principal Dr. Sr. Gigimol M G and Lt. Anu Jose (Assistant Professor, Dept. of English) felicitated the gathering. The event was graced by the presence of our former Principal, Dr. Alice Jose, who felicitated the students for their meritorious achievement.



## A+ HOLDERS



Bhanupriya R  
Botany



Aleenamol George  
Botany



Kripa John  
Botany



Limiya T Tom  
Botany



Pooja T P  
Botany



Angel Mary Dominic  
Chemistry



Tima Mathew  
Chemistry



Sharon Abraham  
Chemistry



Merlin Maria  
Chemistry



Uma S.  
Chemistry



Gopika M  
Chemistry



Tressa Raju  
Chemistry



Syamily Sasi  
Chemistry



Janet jose  
Chemistry



Riya Santhosh  
Chemistry



Athira P Ajith  
Chemistry



Aparna B  
Chemistry



Aleena Jose  
Chemistry



Neethu Mohan  
Economics



Meenakshi Jayan  
Economics



Vinu Siby  
Economics



Heizal Jose  
Economics



Thara Babu  
Economics



Irin Sara Joseph  
English



Indu B S  
English



Greethu Elizabeth  
English



Sandra Sebastian  
English



Anne Teresa S  
Mathematics



Annumol Jiji  
Mathematics



Riya George  
Mathematics



Greeshma Joseph  
Mathematics



Amala Anilkumar  
Mathematics



Sreelakshmi R  
Mathematics



Anusha Dominic  
Mathematics



Anju Satheesh  
Mathematics



Sherin Abraham  
Mathematics



Jinu James  
Mathematics



Risana P.A.  
Mathematics



Arunpriya Johny  
Mathematics



Mintu Jose  
Mathematics



Anna Zacharia  
Mathematics



## A+ HOLDERS



Anila Thomas  
Mathematics



Leena Shaji  
Mathematics



Fini Sabu  
Mathematics



Merita Alex  
Mathematics



Merin Rose Joy  
Mathematics



Jesna Babu  
Mathematics



Soorya Johny  
Mathematics



Sonia Jamison  
Mathematics



Devika P.R.  
Mathematics



Silpa Tony  
Mathematics



Bema Ramiza Khan  
Physics Model I



Alma Maria S  
Physics Model I



Lamiya Anas  
Physics Model I



Rose Maria V  
Physics Model I



Amita Shaji  
Physics Model I



Agnus Mary G  
Physics Model I



Jinu Treesa M  
Physics Model I



Renuka Ramesh  
Physics Model I



Divya George  
Physics Model I



Alphamol  
Physics Model I



Nimmy Sunny  
Physics Model I



Tintu Maria M  
Physics Model I



Rosamma V  
Physics Model I



Athira N  
Physics Model II



Annamma Chacko  
Physics Model II



Aleena Deepu  
Zoology



Anita Mathew  
Zoology



Milan Augustine  
Zoology



Sr. Asani Veronica  
Zoology



Neenu Maria James  
Zoology



Jesna Saji  
Zoology



Aleena Simon  
Zoology



Devalakshmi K  
Zoology



Teena George  
Zoology



Aiswarya Johney  
Commerce



Seena Jose  
Commerce



Karunamol Babu  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY



Amrutha T Kumar  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY



Aryamol T.M.  
B VOC SPORTS NUTRITION AND  
PHYSIOTHERAPY

## CATECHISM SCHOLARSHIP PRIZE WINNERS

In the Catechism Scholarship examination conducted by the Diocese of Pala during the academic year 2018-19 for the College students, the following students from our college won the prizes.



Irin Mary Joseph  
I DC Physics  
I Prize



Aleena Soji  
I DC Zoology  
II Prize



Navya Shaji  
IInd DC Physics  
II Prize



Sandra Maria Jose  
IInd DC Physics  
III Prize

## NET Qualifiers

The following Postgraduate students from the Department of English qualified the National Eligibility Test - NET held during June 2019.



Arsha Jaswant  
NET



Gintu Elias  
NET



Sreya Susan Chacko  
NET

## M. G. University Youth Festival Winners

Students from our College who participated in the Mahatma Gandhi University Youth Festival 2018 held at Maharajas College, Ernakulam, and won the following prizes.



Alka Maria Simon  
III DC English  
II prize & A Grade in Recitation English and  
III Prize & A Grade in Elocution English.



Jayalakshmi G  
I DC Economics  
II prize & A grade in  
Kavithaparanam



Anu Augustine  
II DC English  
A grade in Elocution  
in Malayalam



Gahana Navya James  
III DC History  
A grade in Essay writing  
in English



Gowri suresh  
II DC English  
A grade in Poetry  
Writing in English



Shelcy Shaji  
I DC Physics  
A grade in Essay writing in  
Hindi & Elocution in Hindi



Sneha Shaju  
III DC English  
A grade in Bharatanatyam  
& Folk Dance



Sreelakshmi Haridas  
III Dc Economics  
A grade in Aksharaslogam  
& Kavyakeli



Sreelakshmi J  
I M Sc Zoology  
A grade in  
Ottamthullal



# STARS OF THE YEAR

<p><b>BEST DEBATOR IN MALAYALAM</b></p>  <p>Diya Susan Baby (III DC Economics)</p>	<p><b>BEST DEBATOR IN ENGLISH &amp; BEST SPEAKER OF THE YEAR</b></p>  <p>Alka Maria Simon ( III DC English)</p>	<p><b>BEST NCC CADET</b></p>  <p>SUO Arathi K L (III DC English)</p>	<p><b>BEST LIBRARY USER AWARD</b></p>  <p>Greeshma Joseph (III DC Economics)</p>	<p><b>BEST NSS VOLUNTEER &amp; BEST CAMPER</b></p>  <p>Gowri Suresh (II DC English)</p>	<p><b>BEST SPORTS WOMEN OF THE YEAR</b></p>  <p>Sruthi M S (II MA Politics)</p>
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**BEST ENGLISH ARTICLE IN COLLEGE MAGAZINE**

 <p>Bismi Benny (III DC English)</p>	 <p>Gahana Navya James (III DC History)</p>
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**BEST MALAYALAM ARTICLE IN COLLEGE MAGAZINE**

 <p>Ansu Tomy (II DC English)</p>
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**BEST ACTRESS**

 <p>Shiffana Hassan (I DC English)</p>
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**BEST SINGER OF THE YEAR**

 <p>Alphy Jose (I DC Chemistry)</p>
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Economics Association-  
 Overall Champions in Sports 2018-19



English Association-  
 Overall Champions in Arts 2018-19

# FACULTY CORNER

## AWARDS, HONOURS AND RECOGNITIONS



**Lt Anu Jose**  
Best ANO (Associate NCC  
Officer) of 5 Kerala Girls Battalion



**Rev. Dr. Shaji John**  
Prof. Dr. M. V. Pylee  
Excellence Award 2019 in Arts



**Dr. Anila Thomas**  
Prof. Dr. M. V. Pylee  
Excellence Award 2019 in Literature

### Ph.D AWARDED

**Dr. Sonia Sebastian** (Assistant Professor, Dept. of English) was awarded Ph.D in English by Mahatma Gandhi University, Kottayam for her thesis entitled 'The Repressed Referent: The Ecological Unconscious of the Novels of Thomas Harris'. The research was carried out under the guidance of Dr. Siby James, Associate Professor, St Thomas College, Pala.



**Dr. Meera Mathews** (Guest Faculty, Dept. of English) was awarded Ph.D in English by Pondicherry Central University for her thesis entitled 'Experimentation in Post-Independence Indian Drama: A Study of Select Plays of Habib Tanvir, K. N. Panikar and Ratan Thiyam'. The research was carried out under the guidance of Dr. Ujjwal Jana, Associate Professor, Pondicherry Central University.



**Dr. Alphons George** (Guest Faculty, Dept. of History) was awarded Ph.D in History by Bharathidasan University, Tiruchirappalli for her thesis entitled 'Impact of Vaikom Satyagraha on the Socio Political History of Kerala and Tamil Nadu'. The research was carried out under the guidance of Dr. S. Xavier, Assistant Professor, Periyar EVR College, Tiruchirappalli



### AWARDED RESEARCH GUIDESHIP



**Dr. Sr. Manju Elizabeth Kuruvila**  
Head of the Department  
of Zoology



**Dr. Sr. Minimol Mathew**  
Head of the Department  
of Malayalam

### Teachers Holding Important Positions

1. **Dr. Mini John**, Head of the Department of English was nominated as the member of PG Board of Studies, Mahatma Gandhi University.
2. **Dr. Teresa Joseph**, Assistant Professor, Department of Political Science was nominated as the member of PG Board of Studies, Mahatma Gandhi University.
3. **Dr. Mini John**, Head of the Department of English served as the Subject Expert of Screening Committee for the promotion of the college teachers.



**PUBLICATIONS**

					
<b>ALFOMINE</b> Research Journal	<b>ALPHA NEWS 2018</b> College Newsletter	<b>College Magazine 2018</b>	<b>HYGIEA</b> CND	<b>KALIKA</b> Malayalam	
					<b>Text Book on Polymer Chemistry</b> written by <b>Dr. Sr. Gigimol M. G,</b> Principal
<b>CLARION</b> English	<b>HARMONICS</b> Physics	<b>YOUGIK</b> Chemistry	<b>SEGIURS</b> Zoology	<b>GULZAR</b> Hindi	

**REFRESHER/ORIENTATION ATTENDED BY THE FACULTY**

**English**

Ms. Anu Jose attended orientation course organised by UGC-HRDC at Kannur University from 11th July to 8th August, 2018.

**Hindi**

Dr. Jesty Emmanuel attended Two-week workshop on Research Methodology conducted by College Development Council, Mahatma Gandhi University, Kottayam from 3rd December to 17th December, 2018.

**Malayalam**

Dr. Sr. Minimol Mathew attended Two-week workshop on Research Methodology conducted by College Development Council, Mahatma Gandhi University, Kottayam from 3rd December to 17th December, 2018.

**Economics**

Ms. Smitha Clary Joseph attended orientation course organized by UGC-HRDC at Bharathidasan University, Trichy from 18th May to 14th June, 2018. She also attended Two-week workshop on Research Methodology conducted by College Development Council, Mahatma Gandhi University, Kottayam from 3rd December to 17th December, 2018.

**Zoology**

Dr. Ambili T. R attended orientation course organized by UGC-HRDC at Bharathiar University, Coimbatore from 17th May to 13th June, 2018.

Ms. Cinnie Susan Jacob attended orientation programme

organized by UGC-HRDC at Bharathiar University, Coimbatore from 17th May to 13th June, 2018.

**Physics**

Dr. Minu Joy attended Science Academies Refresher Course on 'Quantum Mechanics for Nuclear and Particle Physics' from 1st to 15th December 2018 held at BCM College, Kottayam.

Dr. Sr. Sherly Joseph attended Science Academies Refresher Course on 'Statistical Mechanics' from 2nd to 16th May 2018 held at Bishop Moore College, Mavelikkara.

Dr. Vijutha Sunny attended Science Academies Refresher Course on 'Statistical Mechanics' from 2nd to 16th May 2018 held at Bishop Moore College, Mavelikkara.

Ms. Cincila T Joy attended Science Academies Refresher Course on 'Statistical Mechanics' from 2nd to 16th May 2018 held at Bishop Moore College, Mavelikkara.

Ms. Rekha Mathew attended Science Academies Refresher Course on 'Statistical Mechanics' from 2nd to 16th May 2018 held at Bishop Moore College, Mavelikkara.

**Chemistry**

Dr. Sr. Jilly James attended Science Academies Refresher Course from 29th December to 20th January 2019 held at Kolkata.

Dr. Kochurani George attended Science Academies Refresher Course on 'Molecules and Materials for Applications in Synthesis and in Devices' from 7th May to 20th May 2018 organised by Saiva Bhanu Kshatriya College, Aruppukottai, Tamil Nadu.

## Students' Achievements

### ENGLISH

#### Alka Maria Simon (III DC English)



1. Secured the first prize and a cash award of Rs.6000 for the All Kerala Intercollegiate English debate competition conducted by the Department of Communicative English as part of the Inter-collegiate Fest 'Journlit 2018' at St.Thomas College, Pala (Extempore Debate).
2. Secured the first prize and a cash award of Rs.5000 for the Zonal round of the All Kerala Intercollegiate Maria Philip Memorial English Debate Competition held at Assumption College, Changanassery.
3. Secured the first prize and a cash award of Rs. 5000 along with the winner's shield for the District Level Declamation Contest on Patriotism and Nation Building as part of the Republic Day Celebrations hosted by Nehru Yuva Kendra Sangathan and thus represented the district of Kottayam at the State Declamation Contest at Thrissur.
4. Secured the First prize and a cash award of Rs.2000 along with an ever rolling trophy for the Prof. Sebastian Joseph Memorial Intercollegiate English Debate competition held at St. Aloysius College, Edathua.
5. Quarter finalist winning a cash award Rs.1500 for the 'Federal Bank Speak for India- Kerala Edition 2018', a state level intercollegiate debate competition.
6. Secured third prize and a cash award of Rs.3000 along with a plaque for the Centenary National Level English Elocution Competition, hosted by the Department of English, St. Thomas College, Thrissur.
7. Secured first prize and a cash award of Rs.7500 along with a winner's shield for the P.M Paily Pillai Memorial English Elocution Competition conducted by the Alumni Association & Oratory Club of St. Peter's College, Kolenchery.
8. Secured First Prize and a cash award of Rs.3000 for the Inter-collegiate English debate competition and was additionally adjudged as the Best Debater winning Rs.500, which was conducted as part of the Intercollegiate Economic Fest 'OIKNOMIA 2K19-ESTRELLA' hosted by the department of Economics, Assumption College, Changanassery.
9. Bagged the first prize and a cash award of Rs. 5000, for the All Kerala Intercollegiate 'Dialectic', Malayalam debate competition conducted as part of ATMOS-2K19 organized by Research and PG Department of Chemistry, St.Thomas College, Pala.
10. Bagged the first prize and a cash award of Rs.7000, along with a winner's trophy for the Intercollegiate English Extempore competition hosted by YMCA, Thiruvalla.

#### Anu Augustine (II DC English)



1. Secured the first prize and a cash award of Rs.6000 for the All Kerala Intercollegiate English debate competition conducted by the Department of Communicative English as part of the Inter-collegiate Fest 'Journlit 2018' at St.Thomas College, Pala (Extempore Debate).
2. Secured the first prize and a cash award of Rs.5000 for the Zonal round of the All Kerala Intercollegiate Maria Philip Memorial English Debate Competition held at Assumption College, Changanassery.
3. Secured the First prize and a cash award of Rs.2000 along with an ever rolling trophy for the Prof. Sebastian Joseph Memorial Intercollegiate English Debate competition held at St. Aloysius College, Edathua.
4. Quarter finalist winning a cash award Rs.1500 for the 'Federal Bank Speak for India- Kerala Edition 2018', a state level Intercollegiate debate competition.
5. Secured First Prize and a cash award of Rs.3000 for the Inter-collegiate English debate competition which was conducted as part of the Intercollegiate Economic Fest 'OIKNOMIA 2K19-ESTRELLA' hosted by the Department of Economics, Assumption College, Changanassery.
6. Bagged the first prize and a cash award of Rs. 5000, for the All Kerala Intercollegiate 'Dialectic', Malayalam debate competition conducted as part of ATMOS-2K19 organized by the Research and PG Department of Chemistry, St.Thomas College, Pala.
7. First prize and a cash award of Rs. 6000 for the All Kerala Intercollegiate Debate competition 'Take de bait' held as part of the Carpe Diem Fest 2018, hosted by S.B College, Changanassery.

#### Agline Mary Tom (I DC English)



1. Second prize and a cash award of Rs.2000 for the All kerala Intercollegiate RJ Hunt Competition conducted as part of the fest Xpressions 2018, hosted by the Department of Communicative English, S.B College, Changanassery.
2. Became the Block level winner and participated in the District level competition of the 'Federal Bank Speak for India- Kerala Edition 2018', a state level intercollegiate debate competition.
3. Second prize and a cash award of Rs 2000/- in the Intercollegiate Literary and Media Fest conducted by the Department of English, SB College, Changanassery.

**Alma Joseph** of II MA English and **Arya Mohan** of III DC English won the second prize and a cash award of Rs 3000/- in the C.J. Thomas Memorial All Kerala Intercollegiate Literary Quiz Competition "Litt-Regatta" organized by the Post graduate & Research



## Students' Achievements

Department of English, Newman College, Thodupuzha.

**Alma Joseph** of II MA English and **Arya Mohan** of III DC English won the second prize and a cash award of Rs 2001/- in the All Kerala Intercollegiate Literary Quiz Competition organized by the Post graduate & Research Department of English, Deva Matha College, Kuravilangad.

**Minnu Maria Suresh** of II DC English won the first prize in debate at the State Motivation Camp for the mentees of WWS Programme organized by the Directorate of Collegiate Education at Rajagiri College of Social Sciences, Kalamassery.

### HISTORY

**Shafnamol Sheriff** of I DC History won the third prize and a cash award of Rs 3000 in the Quiz competition conducted by the Department of History, Assumption College, Changanassery.

**Varsha Kuttan** won second prize in Split screen performance in National Level Cultural Fest held at BCM College Kottayam on August 4th 2018.

### MATHEMATICS

**Maria Geo & Theresa J Puzhakkara** of III DC Mathematics secured the second position in the inter-Collegiate Mathematics Quiz Competition conducted by Deva Matha College Kuravilangad. They also won the third position in the Intercollegiate Mathematics Quiz Competition conducted by Alphonsa College Pala.

**Maneesha Manoj & Varsha R** of II DC Mathematics secured the first position in the U S Nair Memorial All Kerala Intercollegiate statistics Quiz Competition hosted by St. Thomas College Pala. They also won the second position in the Prof. Ramakrishna Pillai Memorial Statistics Problem Solving conducted by St. Thomas College, Pala.

### PHYSICS

**Anju B Nair** won the first prize in Malayalam Recitation and the second prize in Extempore in Chavara Fest held at Carmel Public School, Pala.

### B.Voc FASHION TECHNOLOGY

The students of B.Voc Fashion Technology won the first prize in the Intercollegiate Fashion Show 'vovopox-breaking the stereotype' on 19th January 2019 conducted at BCM College, Kottayam.

### ENGLISH SF



**Greeshma Joyal** of II MA English (SF) secured the third prize in Spot Dance and Short Story Competitions in the National Level Literacy Fest - SLATE 3 on 18th and 19th January, 2019 conducted by Don Bosco Arts and Science College Angadikadavu, affiliated to Kannur University.

### CLINICAL NUTRITION & DIETETICS

**Fathima S, Fathima Nadeer** and **Riya Kodaniyil** of III DC Clinical Nutrition & Dietetics won the first prize in the Intercollegiate Payasam Fest held at BCM College, Kottayam.

**Ann Maria Sebastian** and **Bushra Rasheed** of III DC Clinical Nutrition & Dietetics won the first prize in the Intercollegiate cookery competition held at Marian College, Kuttikkanam.

**Reshma Mariam Santhosh** of III DC and **Rasly KP** of II DC Clinical Nutrition & Dietetics won the first prize in the Intercollegiate quiz competition held at Assumption College, Changanassery.

### BOTANY

**Irine Therasa Dius** and **Aparna Antony** secured the first prize in the Prof. Filcy T. Baby Memorial All Kerala Intercollegiate Competition. They secured the second prize in the Intercollegiate Botany Quiz at Devamatha College Kuravilangad.



They also won the second prize in

Plant Snap at the Intercollegiate Botany Fest, held at K.E College Mannanam.

**Sr. Elizabeth T.S** won the third prize in Scrape to craft at Kayampoo - Intercollegiate Botany Fest, held at K.E College Mannanam.

**Devika Omanakuttan** and **Anitta Tomy** won the second prize in Face painting in Agarosh held at St. Berchmans College, Changanassery.

**Beegum Hasooriya** won the third prize in Section at Kayampoo - Intercollegiate Botany Fest, held at K.E College Mannanam.

### CHEMISTRY

**Sonia Raju** of III DC Chemistry and **Merin Joy** of II DC Chemistry won the second prize in Golden Jubilee Memorial All Kerala Chemistry Quiz Competition held at Assumption College, Changanassery.

**Maria Joseph** of III DC Chemistry won the first prize and cash prize of Rs.2000 in Chemistry Fest Chemergence 2K19 conducted by the PG Department of Chemistry, Devamatha College, Kuravilangad. She won the first prize and cash award of Rs. 3000 in PPT competition in Chemistry Fest ATMOS 2K19 conducted by the Research and PG Department of Chemistry, St Thomas College, Pala. She also won the third prize in Golden Jubilee Memorial All Kerala PPT presentation held at Assumption College, Changanassery.

**Sonia Raju** and **Rinku Maria Joy** of III DC Chemistry won the second prize and the cash award of Rs. 3000 in Science Quiz in Chemistry Fest ATMOS 2K19 conducted by the Research and PG

Department of Chemistry, St Thomas College, Pala.

**Ashly Jose** and **Mariat Jaison** of III Dc Chemistry won the second prize and cash prize of Rs.1001 in Chemistry Fest Chemergence 2K19 conducted by the PG Department of Chemistry, Devamatha College, Kuravilangad.

## ECONOMICS



**Archana Prakash** (III DC Economics)

1. Won the MG University best NSS Volunteer merit award.
2. Secured the second prize in State Level and First Prize in the District Level Malayalam Extempore Competition organised by the Directorate of Minority Welfare, Govt of Kerala.
3. Won the First Place in All Kerala Extempore Malayalam elocution competition held at BK College Amalagiri.
4. Secured the First Place in All Kerala Debate competition at St. Stephens College Uzhavoor.
5. Secured the First Place in All Kerala Debate competition at St. Thomas College Pala.
6. Attended District Youth Parliament organized by the Ministry of Youth Affairs and Sports, Govt of India.



**Diya Susan Baby**

1. Won the First prize and a cash award of Rs.3000 in Soliloquy as part of the All Kerala Intercollegiate Fest held at Assumption College, Changanassery.
2. Won the first prize and cash award of Rs. 6000 in Take de bait-Debate of CARPE DIEM 2018 held at St. Berchmans College, Changanassery.
3. Won the Second prize and cash award of Rs 1500 in the All Kerala Intercollegiate Malayalam Elocution Contest at Assumption College, Changanassery.
4. Won the Second prize and cash award of Rs 2000 in soliloquy as part of CELEBRAZIONE 2K19 held at BCM College, Kottayam.
5. Won in the district level Round of Speak for India-Kerala Edition 2018 a State-level Intercollegiate debate competition at Marthoma College, Thiruvalla.
6. Second in Elocution Malayalam at the College Cultural Fest 2018-19.

**Sini Sabu**



1. Secured the first place in All Kerala Debate competition held at St. Stephens College, Uzhavoor.
2. Won the first place in All Kerala Debate competition held at St. Thomas College, Pala.
3. Secured the first prize in Treasure Hunt Competition, held in connection with Ecofiesta, the National Level

Economics Festival of the PG Department of Economics, St. Thomas College, Pala.

4. Bagged the third prize in All Kerala Intercollegiate Elocution Competition, La Bella, held at St. Dominic's College, Kanjirappally.

**Brismileen Benny**



1. Won the first prize with a cash award of Rs. 4000 in "Magnum Opus 2019" General Quiz conducted by Marian College, Kuttikkanam.
2. Won the first prize and a cash award of Rs. 2000 in All Kerala Intercollegiate Economics Quiz conducted by Kuriakose Elias College, Mannanam
3. Secured the second prize and a cash award of Rs.2000 in General Quiz as a part of "METAMORPHOSIS" Zoology Fest conducted by the Dept of Zoology, St. Thomas College, Pala.
4. Won the first prize and a cash award of Rs.2000 in General Quiz as a part of "Zelos 2k19" conducted by the Dept of B.Voc St Thomas College, Pala.

**Jayalakshmi G**



1. Secured the third prize with a cash award of RS 1000 in "Mutiny To Millennium" Sr. Mary Kaithamattom-Memorial Intercollegiate History quiz conducted by the PG Dept of History and Research Centre, Assumption College Changanassery.
2. Won the third prize in General Quiz in connection with Al-Azhar Festival 2K19 conducted by Al-Azhar group of institutions, Thodupuzha.

## ZOOLOGY

1. **Liya Ann Justin** of I DC Zoology secured the third place in Just a minute at Intercollegiate Zoofest.
2. **Christy Devasia** of I MSc Zoology won the first prize in Report writing at Intercollegiate Zoofest.
3. **Sneha Elsa Paulose** of I MSc Zoology secured the first prize in Intercollegiate Just a Minute and PPT presentation competition.
4. **Josy Jose** of I MSc and Johnseena N.M. of I DC Zoology won the Second prize in Intercollegiate Quiz Competition.
5. **Arunima MS** of II DC Zoology won the third prize Intercollegiate Quiz Competition.
6. **Anu Maria Cyriac** III DC Zoology secured the first prize in Intercollegiate Extempore.
7. **Arya Askok** of III DC Zoology secured the second prize in Intercollegiate Split Screen Competition.



## CENTRE FOR GANDHIAN STUDIES

The Centre for Gandhian Studies continued its diverse initiatives for the promotion of Gandhian values among students and the society at large during the academic year 2018-19. In association with the School of Gandhian Thought and Development Studies of Mahatma Gandhi University Kottayam, the Centre organised a Special Lecture by Prof. Valerian Rodriguez from Ambedkar University, Delhi on the theme "Is there an Epistemic Bond Between Gandhi and Ambedkar?" on 24 October 2018. The Centre also organised on 17 September 2018, a special lecture on "The Little Known Aspects of Mahatma Gandhi" by Prof. John S. Moolakkattu, Professor of International Relations, Centre for Global Studies, Central University of Kerala, Kasargod and the Editor of *Gandhi Marg*.

In connection with the Independence Day celebrations, the Centre organised on 13 August 2018, a quiz competition for the students on the theme "*Mahatma Gandhi and India's Struggle for Independence*". Shafnamol Shereef of I DC History won the first prize. As part of celebrating the 150th birth anniversary of Mahatma Gandhi and to encourage students to read Mahatma Gandhi's autobiography, the Centre organised a weekly quiz competition "Discovering Gandhi". Each quiz based on five chapters of *The Story of My Experiments with Truth* was held on every Tuesday. Six members of the Gandhi Forum were deputed

to participate in the All India University Students Camp organised by the Institute of Gandhian Studies at Wardha, Maharashtra from 22 to 31 December 2018.

With the aim of promoting eco-friendly self-reliance, the Centre organised Paryaptha-2018, conducting its annual exhibition cum sale of items made by the students on 6 September 2018. A special feature of this year's 'Paryaptha' was the theme - "Celebrating 150 years of the Mahatma". The zero-waste exhibition focused on the concept of 'reduce, reuse, recycle' provided the students with the opportunity to 'earn while you learn'. Further, the Commerce Department won the ever-rolling trophy for the best department that reflected the spirit of Paryaptha and Elizabeth Thomas of I DC English won the prize for the best participant.

As part of its initiatives to restrict the use of plastic carry bags, the Centre organised a paper-bag making and screen printing class for the students by Sri. K.P.Chandran on 17 September 2018. On the occasion of the celebration of the Environment Day, members of the Gandhi Forum distributed the Centre's booklet on waste management among the students of the college. Saplings were also planted within the campus by the students. Gandhi Jayanthi was celebrated with a cleaning programme on 1st October 2018. An exhibition of photographs of Mahatma Gandhi



A special lecture on "The Little Known Aspects of Mahatma Gandhi" by Prof. John S. Moolakkattu

and a quiz based on the same were also organised on the occasion. Anupama Sebastian of II DC Physics won the first prize. In commemoration of the 'Martyrs' Day', members of the Gandhi Forum performed a mime on the topic of declining Gandhian

Kottayam on 30 August and distributed the kits to the needy families.

At the beginning of the academic year, members of the Gandhi Forum collected note books, stationery items, school bags and



Bag making class

values in contemporary society on 30 January 2019. Members of the Gandhi Forum made their own contributions to alleviate the suffering of the people affected by the worst floods in the history of Kerala. Members succeeded in achieving the target of collecting 400 kits each containing a bucket, 1 bottle of drinking water, 5 kg rice, 500 grams dal, 500 grams green gram, 1 kg sugar and 1 packet of sanitary napkins. The people of Thiruvarpur Panchayat in Kottayam were in dire need of basic essentials. Twenty one students and two teachers visited the flood affected Ward No. 13 of Thiruvarpur Panchayat in

umbrellas and donated them to the inmates of Snehabhavan, a care home for orphaned girls in Melukavumattom. As part of the Centre's mission of promoting a sense of social commitment among the students as well as contributing to the development of the society, this year also members of the Gandhi Forum visited the sub jail at Pala on 29 January 2019 and donated 85 books to the jail library and conducted several indoor games for the inmates. Copies of Mahatma Gandhi's autobiography and booklets on RTI Act, green living, the hazards of plastic and waste management published by the Centre were also distributed to all the inmates and officials of the jail.



Flood Relief activities at Thiruvarpur Panchayat



Paryaptha 2018





## NATIONAL CADET CORPS (NCC)

Alphonsa College NCC unit has a strength of 108 cadets headed by an officer. 44 cadets were enrolled in this year. As part of the Swachh Bharat Abhiyan, our cadets were engaged in cleaning the campus and the footpath along the Pala-Kottayam road once in every month. The cadets also participated in the campus beautification project by cleaning the campus and planting trees. The cadets of the institution initiated a mass awareness programme on Swachh Bharath by organizing an awareness rally. They also observed National Leprosy Day by popularizing slogans against leprosy.

This year also our cadets attended a number of national camps. SUO Arathi KL attended the Republic Day Camp held at New Delhi. U/O Silby Benny attended National Integration Camp held at Maharashtra. CQMS Alphonsa Varghese attended National Integration Camp held at Kozhikode. SGT Krishnapriya PB attended National Integration Camp held at Alappuzha. U/O Silby Benny attended Inter Group Competition of Tal Sainik camp at Kozhikode. SGT Krishnapriya PB attended Inter Group Competition of Tal Sainik camp at Kozhikode. 57 cadets attended the Annual Training Camps.



Swachh Bharat Abhiyan



Demonstration on Hydroponics



SUO ARATHI K L attended Republic Day Camp held at New Delhi in January 2019. She was also selected as the Best NCC Cadet of Kerala and Lakshadweep Directorate





## NATIONAL SERVICE SCHEME (NSS)

The NSS unit of Alphonsa College has the strength of 200 highly motivated volunteers and two dedicated Programme Officers. The unit with the motto "Not Me, But Thou", had a productive year during 2018-2019. The volunteers actively engaged in reconstructing Kerala after the fatal flood the state faced in August 2018. Since then, the unit has focused on the task of making Kerala as neat and beautiful as it was. The seven day NSS camp was conducted in the flood affected ward V of Mutholy Panchayat and along with the struggle to rebuild Kerala, the unit was dedicated to the personal growth of every volunteer. Classes and awareness programmes on different issues an individual might face in the future days were imparted to the volunteers and they were given opportunities to share it with the community.

The unit officially started its activities for the academic year 2018-19 by observing World Environment Day by organizing a talk on "Plastic Pollution" by Shri. Ajay Jose, Co-ordinator, Shuchithva Mission, Pala Municipality on 5 June 2018. The unit distributed vegetable seeds among the houses in Pala municipality. Also, a One Day State Level seminar on "Causes, Effects and Solutions of Plastic Pollution" was organized on 20 June with the support of KSCSTE. Dr. Punnen Kurian, Principal, St. Mary's College Manarcad, Prof. Claramma Jacob and Dr. Raju D Krishnapuram led various sessions. A signature campaign that calls for a clean, zero-waste area, was organized jointly with Pala Municipality and an exhibition cum competition on the craft materials made out of used plastic also was conducted in connection with the seminar. The NSS Unit inaugurated the mission of planting jackfruit trees by planting one jackfruit tree in the campus and 100 more jackfruit trees, mostly at the house of the volunteers. Ms. Mary Dominic, Municipal Councillor, Pala and Dr. Sr. Therese Madukkakkuzhy jointly inaugurated the programme.

### Camps

Three Days' Mini Camp was conducted on the theme "Cleanliness and Self Defense", as every girl should practice these in their lives. Mr. Philip Joseph, District coordinator, Shuchitva Mission , District Police, Kottayam. Mr. Sanju, Lecturer, Saintgits College of Engineering led various sessions. A half day was dedicated to campus cleaning.

The special camp was held at the flood affected ward 5, Mutholy on the theme "Green Village, Clean Village". The camp was inaugurated by Sri KM Mani MLA . Classes on "Waste Disposal and



Inauguration of Seven Day Special Camp

its Various Methods" , "Cleaning the River", "Waste Disposal", "Making Nature Friendly Materials" and " Confidence Building" were organized. LED bulbs, paper carry bags and paper pens were made and distributed in the community by the volunteers and seeds and plant saplings were supplied to the village community. Surveys and awareness programmes on waste disposal methods were conducted. Plastic waste was collected from the houses and Meenachil river and was handed over to the Haritha Karma Sena.

### Report of Flood Relief Activities

Our unit has collected and distributed food and dress materials for the affected people in Mutholy Panchayat on 24 July 2018 after the first flood. Twenty five volunteers cleaned the road using bleaching powder from Kottaramattom bus stand to the College. Our unit offered a helping hand to the affected people in Kuttanadu and Kumarakom by collecting two loads of food and cloth materials and provided to the distribution points. Our team of two hundred volunteers offered their selfless service in collecting, sorting and packing the materials on that day. Twenty of our volunteers participated in the massive cleaning programme organized by Shuchithva Mission at Vaikom municipality on 27 August 2017. Ten of our volunteers copied notes for the students of flood affected areas. One hundred and fifty volunteers of our unit participated in collecting plastic waste that accumulated after the flood. Further note books and other study materials were provided to the students who lost it in the flood.

### Observance of Days:

- World Yoga Day: Yoga sessions for the interested students were conducted.



- Blood Donor's Day: A motivation class was conducted on Blood Donation by Dr Ceena V. Netto, doctor-in-charge of the Blood Bank. The students who donated blood at least three times last year were also honoured on the occasion.
- International Day against Drug Abuse: Class on the "Evil Effects of Alcoholism" by Fr. Mathew Puthiyidam, Director, ADART, Pala also was conducted.
- Teacher's Day: In the Teacher's Day celebrations, Prof. Siju Joseph, St. Thomas College, Pala was the chief guest. Dr. Vijutha Sunny who got patent for her research and Lt. Anu Jose who won the Sharma's Cup from the NCC trainer's academy at Gwalior were honoured on that day. Three lucky teachers were also selected and honoured on the same day.
- NSS Day: As the part of the NSS Day Celebrations, hair donation programme was held. Fourteen of our students along with Anila Thomas of the Department of Malayalam who was also the NSS Programme Officer, donated their hair for making wigs for cancer patients in the meeting presided over by the activist, Nisha Jose K. Mani.
- Republic Day: As the part of the observance of Republic Day there was Flag hoisting followed by the Principal's message and a Hindi patriotic song competition.
- The unit observed martyr's day on 30 January by performing a mime.

#### Charity Initiatives

- The students collected books and other study materials for the inmates of orphanage and handed it over to them on 21 June 2018.
- The NSS volunteers collected study materials and books as part of the charity initiatives of Dalit Foundation on 27 June 2018.
- On 24 July, the volunteers collected food materials and

clothes for the flood affected people of Mutholy Panchayat, ward 5 and distributed it there.

- On 6 January 2019, 100 of our volunteers participated in the Road Safety Awareness Programme conducted at St. Thomas College, Pala by Lions Club. After the class they also aided in giving Road Safety instructions to the public.
- In connection with Gandhi Jayanthi, our volunteers actively participated in cleaning selected areas in Pala Municipality including Pala town. The volunteers collected plastic waste from public places and declared their support to the "Clean Kerala" project, Shuchithva Mission.
- A one day intercollegiate seminar on adolescent health was organized in collaboration with the Women's Cell of our college. Mr. Bijil M Rajan, Dr. Jyothi Nayar and Dr. Raisa Sen led different sessions. Nearly 200 students participated in the programme.
- Dr. M.S Sunil, Naree Shakti Awardee and Social Activist inaugurated Women's Week Celebrations on 6 March 2019. In collaboration with Women's Cell, the unit organized various competitions like mime and elocution during the week.
- NSS volunteers donated blood on Women's Day for the blood bank in Marian Medical Centre, Pala.

#### Talks and Awareness Programmes

- A talk on "State Fruit: Jackfruit" by Sr. Feble CMC, Dept. Of Clinical Nutrition and Dietetics was conducted on 13 July 2018.
- A talk on vermi-composting was delivered to NSS volunteers by Dr. Sr. Manju Kuruvilla, HOD of Zoology.
- The unit arranged a lecture on "Adolescent Health" for the first year students of the college. Dr. Namitha John, Gynaecologist, General Hospital, Pala, led the session on 31 July.



Dr. Punnen Kurian inaugurating the seminar on Plastic Pollution

- After the continuous screening conducted on 30, 31 July and 1 August, 100 new volunteers were selected to the NSS. On 5 August, an orientation class by Mr. S Babu Sankar, Assistant Professor, St. Joseph's College of Engineering, Choondacherry was conducted for the newly selected volunteers.

### Other activities

- The NSS unit of the College organized a blood donation programme in association with Blood Bank, Kottayam.
- Eye camp that provided free eye check up after a session on "Eye Care" by the doctors of Chaithanya Eye Hospital, Kottayam was also conducted.
- The unit had vigilant monitoring to make plastic-free campus.
- As instructed by the university, the unit conducted film shows of the movie "Samaksham" to promote the theme of "organic farming".
- The unit collected and distributed study materials for the students at orphanages and poor homes.
- Thirty volunteers from our college assisted in conducting JCI meet for the mentally challenged on 12 January 2019.
- The NSS volunteers actively participated in the survey as instructed by Unnat Bharat Abhiyan in different nearby

panchayats on 19 January 2019 and assisted in uploading the collected data.

- A flash mob on substance abuse was conducted by the volunteers at the college on 30 January 2019.
- The unit organized on 31 January 2019 a poster designing competition for the students of our college on the theme "Woman: Yesterday, Today and Tomorrow".



Material Collection for the flood-affected people in Kuttanad and Kumarakom

## FAREWELL

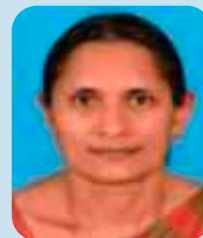
The following members of the teaching staff bid adieu to the College at the end of the academic year 2017-18 after many years of distinguished service.



**Dr. Mary Senterla P.S.**  
Head, Dept. of Politics  
(1996-2019)



**Smt Annie Mathew**  
Dept. of English  
(1992-2019)



**Smt. Lyssamma Thomas**  
Dept. of Mathematics  
(1986-2019)

## FAREWELL

The following members of the non-teaching staff retired from service during the academic year 2018-19 after many years of meritorious service.



**Smt. Kochurani A J**  
(1983-2019)



**Sri. Francis George**  
(1987-2019)

## In Memoriam

K. C Annees, former Lab Assistant, Dept. of Chemistry was called to eternal rest on 15 February 2019. The institution remembers her service with gratitude and pray for the repose of her soul.



**Smt. K C Annees**  
Former Lab Assistant  
in Chemistry

# Department Activities

## **BOTANY**

The inauguration of the Botany Association in the academic year 2018 - 2019 was held on 17 September 2018. Dr. Harsha H. T. Faculty of School of Environmental Sciences, Mahatma Gandhi University, Kottayam was the chief guest and she delivered the keynote address. In connection with the World Environmental Day celebrations, the Department organized a class on "Mangroves in Kerala-Current Scenario". Smt. Prasanna Rajan,



Dr. Harsha H T inaugurates the association activities

Asst. Professor, Dept of Botany, Government College, Nattakam, Kottayam served as the resource person. The Department organized a one day programme in connection with the World Ozone Day on 17 September 2018 supported by the Kerala State



Ozone Day Celebration

Council for Science, Technology and Environment. The programme included an invited talk by Dr. Harsha H. T on the topic "An Introduction to Ozone" and an Intercollegiate Poster Making Contest on the topic "Keep Cool and Carry on Montreal Protocol".

To create awareness of the climate change among the students, the Department conducted a talk on "Climate Change and Weather Extremes" by Dr. Sabu T, the Programme Director, Natural Resources and Environment Management at the Centre for Environment and Development, Thiruvananthapuram. Further, the Department conducted a theme-based books exhibition and a quiz based on the topic 'Plant Diversity'. The Department also conducted a quiz for the degree students of Botany of this college on 13 February 2019 for improving their knowledge on the subject.

## **CHEMISTRY**

The activities of the Chemistry Association were inaugurated on 10 October 2018 by Dr. Jollyamma Mathew, Associate Professor



Dr. Jollyamma Mathew inaugurates Chemistry Association Activities

and Head of the Research and PG Department of Chemistry, K. E College Mannanam. The Association organized a congratulatory function for the rank holders and A+ holders in the B. Sc Degree



Arts Festival II Runner up - Department of Chemistry & Mathematics

examination, 2018. The Department of Chemistry stood first in the final year B.Sc degree examination 2017-18 in the MG University, with 13 A+ grades and 16 A grades out of the 37 students who appeared for the final year examination. A poster presentation competition was organized on 5 June, as a part of the World Environmental Day celebration. In connection with the World Mental Health Day, the Department organized an awareness class on 15 October on the topic "The Healthy Use of



Social Media". A theme-based books exhibition and quiz on the topic "Environmental Chemistry" was conducted on 31 October. Ms. Anju Mariya Raju of IDC Chemistry won the first prize. As part of the Ozone Day celebration, students planted saplings in the college campus on 17 September. Their annual excursion was conducted on 15 December 2018. The Department celebrated Christmas on 21 December 2018. The meeting of the Department PTA was conducted on 27 October 2018 and Department Alumni Meet was held on 26 January 2019. The Department organized a one day seminar on 2 February 2019. Sri. Krishnaraj S, Trainer in ICT Academy of Kerala took class on the topic "Personality Development" and Sri. Brijesh George John, Associate Professor from Marian College Kuttikkanam led a talk on "Soft Skills Development". The Chemistry association shared third position with mathematics Association in the College Arts Festival in the academic year 2018-19.

## ECONOMICS

The Department of Economics celebrated the World Environment Day on 5 June 2018 by distributing 2000 saplings from the Forest Department of Kerala to the teachers, students and the non-teaching staff of the college. In the M. G University B.A Degree Exam 2018, Ashtami S Nair of this Department secured the third rank and six students secured A+ grade bringing laurels of glory to the college. In association with Koodankulam Nuclear Power Project (KKNP), the Department organized Two Day



Nature Education camp for III DC students at Shendurney

National Seminar on 9 & 10 August 2018 on the topic "Role of Environmental Management in Sustainable Development and Kerala Economy". On 21 June in collaboration with VICIB and Nehru Yuv Kendra, Yoga Day was celebrated by the Department. The activities of the Economics Association for the academic year 2018-19 were inaugurated on 7 September by Dr Murali Vallabhan, Director of Economics Programme, Marian College Kuttikkanam.

In the M.G University Youth Festival, Archana Prakash of III DC secured A grade in Malayalam elocution and Sreelakshmi Haridas bagged A grade in Aksharaslokam and Kavyakeli. III DC Economics students conducted a field visit to Kudamkulam Power Plant and Tropical Botanical Garden, Palode on 13 & 14 August. As Kerala witnessed the catastrophic flood in 2018, the Department

contributed Rs 25,000 and other materials like rice, clothes and other essential items towards flood relief operations in Mundar colony Kallara.

Roshitha Sunil of II DC and Anns Thomas of III DC was elected as the General Secretary and as the III DC representative of the College Union respectively. Further, the Department organized Alumni Lecture Series and Krishna S Nair, Research Scholar, IIT Kharagpur, and Heizal Jose, Jayasree Sivasadas interacted with the students. A value education class was given to the students by Mathew Varghese, UN Centre Austria. Students and teachers visited the adopted Parel colony and celebrated Christmas by



World Environment Day celebration 2018-19

distributing cakes. Invited lecture was delivered to the students on "Soft Skill Development" by Dr Usha B, Associate Professor JNU . A State level campaign with the title "Save Meenachilar" was organized on 22 January 2019 by the Department in collaboration with Bhoomika Poojar which was presided over by the Malayalam poet V. Madhusoodanan Nair . Adhering to the Green Mission of the Department, 40 students accompanied by the teachers were taken for a two day Nature Education Camp at Shendurney Wildlife Sanctuary in Thenmala on 1 February 2019. Further, the Association won the overall championship in Annual Sports Meet and first runner up in the College Arts Festival. Valedictory programme of the Department and farewell to the III DC outgoing students were conducted on 26 February 2019. On 5 June, the Dept. of Economics distributed seedlings to each student in the college; around 2000 saplings were distributed. The programme was conducted in collaboration with VICIB, Kodumpidy. The saplings were collected from the Forest Department.

## ENGLISH

The activities of the English Association were inaugurated by Dr Siby James, Associate Professor, St.Thomas College Pala on 13 August 2018. He delivered a scholarly lecture on the topic "Modern Literary Theory". The Association organized a reception for the rank holders and A Plus holders in the BA English Examination, 2018. In connection with the Environment Day celebrations, poetry writing competition was organized on 5 June. A literary quiz competition Lit Quiz 2K19 was conducted on 24 January 2019. Anu Augustine of II DC was elected as the Chair

Person of the College Union and Aneeta Joji was elected as the Arts Club Secretary. The College Union released the audio CD of the College Anthem composed by Dr Mini John. Adding to the laurel of glory to the college as a whole, Sneha Shaju and party won the first prize and cash award of Rs 5000/- in the Dance Fest organized by the Alumnae Association. Alka Maria Simon of III DC won the third position in the National Level English Elocution



Principal and Dr Mini John releasing the audio CD of the College Anthem

Competition organized by St Thomas College, Thrissur. Alka Maria Simon and Anu Augustine won more than ten prizes for debate and elocution in various All Kerala Intercollegiate Competitions. Alka Maria Simon won the Best Debater title. Further the PG students were immensely enlightened by attending the Erudite Lecture by Gayatri Spivak of Columbia University conducted at SB College Changanassery, Invited Lecture by Prof. Jonathan Dollimore sponsored by the KSHEC at the School of Letters of MG University and also the Invited Lecture by Rev. Dr Philip



Say No to Abuse-Observing Women Safety Week on the campus

Wadakkalam at Alphonsa College on 11 October 2018. PG students participated in a two-day National Seminar on Postmodernism at KE College Mannanam held on 11 and 12 February 2019. The Department in collaboration with the Anti-harassment Cell observed Women Safety Week in the campus during 11-18 January 2019. Anti-harassment pledge was taken

by the entire staff and students. The Department organized a Poster Designing Competition and an Essay writing Competition on Women Safety and a novel campaigning initiative "Sthreesurakshakku oru kaiyyoppu" during the Women Safety Week. The English Association won the overall championship in the College Arts Festival in the eleventh consecutive year. The Association honoured Smt Annie Mathew, Lt Anu Jose and Dr Sonia Sebastian in the valedictory meeting.

## HINDI

During the academic year 2018-19, the Department of Hindi conducted various activities to encourage and develop the skills of students in Hindi literature. The Departments of Hindi and



Releasing Hindi Manuscript Magazine 'Gulzar'

Malayalam in collaboration with Kerala State Chalachithra Academy organized a three-day National Seminar on "Film and Literature" from 18th to 20th July 2018. Hindi Department in association with NSS unit of our college collected books and



Distribution of books and stationeries to St. Pious Orphanage Pala

stationeries and distributed among the inmates of National Dalit Federation Charitable Society on 13th June and St. Pious Orphanage, Pala on 14th June 2018. As the part of National Reading Day, the Department conducted Reading Competition for the students. An Essay Writing Competition was conducted for students on World Environment Day. The Manuscript Magazine 'Gulzar' compiled by the students was released by Rev. Dr. Sr. Gigimol M. G., Principal Alphonsa College, Pala.



## HISTORY

History Association activities for the academic year 2018-2019 was inaugurated on 14th September 2018 by Dr. Ani Tresa Ephram, Associate Professor of History, Trivandrum Regional Centre of Sree Sankaracharya Sanskrit university, Kalady. Pearl Anee Sen First rank holder of MG University BA Degree History examination of 2018 was honoured in the function. Dr. Ani Tresa Ephram delivered a lecture on 'Importance of Historical Studies'.



Lecture on 'Importance of Historical Studies' by Dr. Ani Tresa Ephram

The Department celebrated the Environment Day on 7th June 2018 with a poster competition for the students of the Department. "Meet the Alumni" programme of Alumni association of the Department was conducted on 25th July 2018. Ms Anu



Invited talk on 'Kerala Culture' by Ms Soumya Jose

Raju, former student met the students and gave a guidance class. Independence Day was celebrated by organising Craft making competition based on Tricolour of National flag on 14th August 2018. The Department organised pencil drawing competition on 3rd October 2018 on the life of Mahatma Gandhi to commemorate 150th birth anniversary of Mahatma Gandhi. The second year students went for a historical site visit to Trivandrum on 19th September 2018. Essay writing competition was conducted in connection with Quit India Movement on 9th August 2018. Invited talk on 'Kerala Culture' was organised on 1st November 2018 in connection with the Keralapiravi Celebration. Ms Soumya Jose, Assistant Professor, Department of Malayalam, St Thomas College Pala was the resource person. The Department celebrated Christmas with the students of Shalom DCMR-special school at Puliyanoor on 18th December 2018. Third year students went for a study tour to Bangalore and

Hampi from 21st to 25th January 2019. Valedictory meeting of the Department was conducted on 13th February 2019.

## MALAYALAM

The events of the Dept. of Malayalam commenced with the Essay writing competitions held on Environment day and Reading week. The Department collected books and stationeries for the



Book Exhibition cum Sale

orphans of National Dalit Federation Charitable Society and St. Pious orphanage Pala during the Reading Week. The Malayalam Department along with the Dept. of Hindi hosted a National



Release of manuscript magazine - 'Kalika'

Seminar on "Film and Literature" from 18th to 20th July in collaboration with the Kerala State Chalachithra Academy, on adaptations of Literature in Indian Cinema. Based on this seminar, the faculty of the Department Dr. Sr. Minimol Mathew and Dr. Anila Thomas edited the books Cinemayudae Lavanyasastram and 'Cinema-Samkalpanavum Vyavaharavum'. A book exhibition cum sale was organized in co-ordination with National Book Stall in October and an extempore speech competition was organized on Keralapiravi 2018. Further, the Dept. of Malayalam published a manuscript magazine, titled 'Kalika' this year. Dr. Sr. Minimol Mathew was granted Research Guideship from M.G. University in November 2018. Dr. Anila Thomas received an award of Excellence for her Ph.D thesis from Padmabhusan Prof. M.V Pylee forum for higher education, Kottayam.

## MATHEMATICS

The Department of Mathematics had a remarkable academic year in 2018-19 excelling both in academic and extra-curricular activities. On the academic front, the Department continued its tradition of securing excellent results in the B.Sc. degree



Intercollegiate Quiz Competition 2019

examination and also the Department achieved the best B.Sc. degree result in the M.G. University by bagging all the first ten ranks. Out of the 54 students who appeared for the examination 27 students passed with A+ grade, 13 with A grade and 8 with B grade with an overall pass percent of 96. The first, second and third ranks were secured by our students Amulya B Njarukulam, Anit Jose and Rany Baby respectively. The other activities included invited lectures, soft-skill development programme, and Intercollegiate quiz competition. Dr. Sunil C Mathew, Associate Professor of Mathematics of St. Thomas College, Pala delivered a lecture on the 'Fundamentals of Fuzzy Logic'. The soft skill development programme involved general knowledge classes, mock interviews, and communication skill development programmes. In the yearly Intercollegiate quiz competition conducted under the auspices of the Mathematics Association, St Thomas college, Pala secured the top position, and Devamatha college, Kuravilangad and Alphonsa college, Pala won the second and third positions respectively. Further, our students provided free tuitions on Mathematics to the inmates of St. Pious Orphanage, Pala, as an extension programme. More over this year the Department of Mathematics secured an overall third position in the sports events and in extra-curricular activities of the college.

## PHYSICS

In collaboration with IUCAA, Pune, the Department of Physics organised a Three Day Workshop on Astronomy and Astrophysics during September 13 - 15, 2018. The objective of the workshop was to motivate more women to take up this stream of science and explore the exciting possibilities in this field. The Department

conducted a One Day Workshop on Electronic Device and Experimental Techniques on September 2018. Mr. Anoop P M of Prominent Solutions, Kozhikode led the classes and the hands on training sessions on equipments maintenance. The Department conducted an awareness programme on Energy Conservation led by Mr. Aneesh Kumar P S, Assistant Professor, Department of Electrical Maintenance, K E College Mannanam on 18th December 2018 in connection with the Energy Conservation Week. The programme was co-sponsored by the NSS unit of Alphonsa College. Around 160 students from different Departments participated in the event. In the afternoon session, training for LED bulb assembling was given to 57 students from different Departments. Later, these bulbs were donated to families with



LED assembling workshop

low income during the NSS camp of Alphonsa College. Quiz competition for Physics Association students was conducted on November 28, 2018 on the topic of Astrophysics. Physics Exhibition 'SPARKZ-'19 was organized on 13th of February 2019 for the students, teaching staff, non-teaching staff, parents, and students from nearby schools. Final year students accompanied by two teachers went for 2 days pleasure trip to Coimbatore & Ooty, during January 16 -18, 2019. Dr. Minu Joy, Dept. of Physics



WinAstro Group

completed UGC sponsored Major Research Project - 'Estimation of Cosmological Parameters by CMB Anisotropy Observations'. In 2019, seven final year Physics students did research-oriented projects at IIST, Trivandrum. Motivated students of B.Sc Physics Model I and Model II were taken for a 'Open House' programme at the Department of Physics, CUSAT. Students got a chance to visit the laboratories of national and international standards. They



interacted with the research scholars and professors of the Department and the students were able to build interest in the subject. Around 50 students along with two teachers visited St. Roche Assylum, a psycho-social Rehabilitation Centre on 7th December 2018 and celebrated Christmas with the inmates of the institution.

## POLITICAL SCIENCE

The activities of the Political Science Association for the academic year 2018 -19 were formally inaugurated by Sri. Riju Simon, Assistant Professor, Department of Political Science,



Sri. Riju Simon inaugurates association activities

Government College, Nattakam on 14th August, 2018. On the inaugural day the Association organised Independence Day celebration too. Sri Riju Simon delivered a keynote address on Freedom, Parliamentary Democracy and Secularism. He also gave a motivational speech to our students. Our students presented a patriotic song on the occasion. The P.G. Department



Sri. Murali Gopal Pandalai, hand overs a copy of the Indian Constitution of Political Science, Alphonsa College, Pala commemorated the 150th Birth Anniversary of Mahatma Gandhi, Father of our Nation by organizing an Invited Lecture on 'Gandhian Principles and its Relevance in the Contemporary World'. Dr. Regi Varghese,

Associate Professor and the Head of the Department of Political Science, St. George's College, Aruvithura served as the resource person. He mainly focused on Gandhian principles and its relevance in the contemporary world. On 26th November 2018, the Department celebrated Constitution Day. The chief guest on the occasion was Sri. Murali Gopal Pandalai, Judge, Family Court, Pala. He handed over a copy of the Indian Constitution to the Principal and stressed on the urgency to protect the unity and integrity of our country.

## ZOOLOGY

A National Seminar ECOZEPHYR 2018 was conducted by the PG Department of Zoology on 19th and 20th June 2018 with the co-sponsorship from KSCSTE. VANYA'19, the third edition of intercollegiate Zoological Fest was organized by the Zoology Association of the Department on 2nd February 2019. The theme of this year was 'Save Nature, Save Future'. The fest comprised competitions such as Memory Test, Poster Designing, Photography, Simple Identification and Ecogreen (Power Point Presentation). C.M.S College, Kottayam won the ever rolling trophy. A prize money of Rs.7500 was distributed in the fest.

Association activity for the year 2018-19 was inaugurated by Dr. Prasanth Narayanan, School of Environmental Sciences, M.G. University on 15th September 2018 followed by a lecture on 'Taxonomy of Earthworms'. A study tour to Mysore - Rameswaram, Thuthukkudy and Kodaikanal for 48 students of III DC Zoology and II P.G. Zoology was conducted from 18- 22 December 2018. As a part of promoting an eco-friendly way of life and reducing the use of plastics, the department distributed paper pen and paper file to the zoology students. It was inaugurated by Dr. Abin Varghese, Faculty in Charge, Dr. R Satheesh Centre for Remote Sensing and GIS, School of



Vanya - Intercollegiate Zoo Fest

Environmental Science, MG University, Kottayam on 20th June 2018.

As a part of 'Live with Nature Programme' the department organized training for making cloth bags at CRSS Pala, on 11-08-2018. Twenty five students from various Departments participated in the programme. III DC and I P.G students of our Department (39) accompanied by the teachers Dr. Maya George



and Ms. Teena James spent 3 days with nature in Pampadumchola National Park from 28-30 November 2018. A poster exhibition on 'Public Health and Sanitation' was organized for the III DC open course students on 3rd October 2018. An Alumni meet of P.G.



Distribution of paper pen and paper files

students of 2016-18 batch was conducted on 5th October 2018. In order to inculcate social commitment II DC and III DC students made a visit to an old age home at Chethimattam. Students collected Rs.10000/- and purchased and distributed various items such as clothes, soap, paste etc. 48 students and 2 teachers participated in the programme. As a part of the outreach programme I DC students made a visit to an old age home at Paika. Students collected Rs.40000/- and purchased and distributed various stationery items to the inmates. Students entertained the inmates by their various stage performances. 47 students and 3 teachers participated in the programme. After 36 years of service Mrs Kochurani A J, Lab Assistant of the Zoology Department retired on 31st January 2019. All the former teachers and non-teaching staff of the Department participated in the send off function conducted on 21st January 2019.

### PG DEPARTMENT OF CHEMISTRY (SF)

The activities of the P.G Chemistry Association commenced with the grand inaugural function in which Prof. George Francis (Rtd. HOD of Chemistry, St. Thomas College, Pala), inaugurated the programme by lighting the lamp on 8th August, 2018. Most



Association inauguration

modern well equipped P.G Chemistry lab was inaugurated by H. E. Mar Jacob Muricken, Auxiliary Bishop of Pala on September 13

th2018. Many students actively participated in the cleaning programme which was conducted in our college in association with Gandhian studies in the month of October. The final year MSc students bid adieu to their almamater. The farewell party



H. E. Mar Jacob Muricken blessing the Lab

was organised on 27th February, 2019 at the college to felicitate the outgoing students. The college wished them success for their future endeavours.

### PG DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS (SF)

The Department organized a workshop on the "Importance of Yoga" by Dr. P.S Jayakumar on 22nd June in connection with International Yoga Day. On July 25th the Department organized a seminar on "Software Development in Nutrition" and the resource person was Dr. Gurdeep Kaur, Chief Dietitian, AllIMS, Delhi. The association observed World Food Day on October



Seminar on "Software Development in Nutrition by Dr. Gurdeep Kaur

16th. The students visited G.L.P.S, Arunapuram and organized a mid-day meal programme. The nutritional status of the school children was also assessed. The III DC students visited the Anganwadi at Lalam, Pala on 15th January 2019. The second year degree students of Clinical Nutrition & Dietetics participated in ten days training at Dairy Training Centre, Kottayam and visited the Milma plant at Alappuzha from 6th to 16th February. The Department conducted various community extension programmes like survey among the PCOD-affected students and their nutritional assessment, assessment of nutritional status

among the school children at St. Dominic’s School, Kanjirapally, Carmel Public school, Pala, Sacred Heart High School, Bharananganam and St. Thomas College, Pala. The Students visited Devadan Old age Home, Chethimattam. The Christmas and New Year celebration was organized by the Association on 29 December with gift exchange and merriment. Teachers of the Department participated in the model question paper-setting workshop held at B.K College, Amalagiri on 25th & 26th October and the PG syllabus restructuring workshop conducted at C.M.S College, Kottayam on 6 & 7 December 2018.

## COMMERCE (SF)

The Department of Commerce commenced its activities by forming our registered Women Entrepreneurship Motivational Club which was inaugurated by the Principal Rev. Dr Sr. Gigimol M.G on 8th October 2018. The club conducted an exhibition-



Inauguration of the Women Entrepreneurship Motivational Club

cum-sale ‘COMMARCADO 2K19’ for the students, teachers and the public. It was inaugurated by Dr.Sunny Joseph, the Co-ordinator in the presence of our Principal, Rev. Dr. Sr. Gigimol M.G. On 1st August 2018. The club conducted a seminar for the



‘COMMARCADO 2K19’

blooming entrepreneurs as a part of the Department Association in collaboration with the State Industrial Board. The seminar was inaugurated by Rev. Dr. Sr. Gigimol M.G, the Principal of the College and several officials of the Industrial Board led the

session. Seven of our students participated in the 3 days training programme conducted by KIED Kalamassery from 9th to 12th October 2018. Further, the Department conducted a LAHOJA ID (Leaf Identification) competition in connection with the World Environment day.

## PG DEPARTMENT OF ENGLISH (SF)

The activities of the P G Department of English (S F) commenced with the inauguration of its Association “Monde Literaria” on 11th October 2018. It was inaugurated by Msgr. Rev Dr Philips Wadakkalam, the former Principal Marian College



Association Inauguration by Msgr. Rev Dr Philips Wadakkalam

Kuttikkanam and St Berchmans College Changanassery, followed by his Lecture on the topic “T S Eliot’s Poems, Novels and Critical essays”. As part of the World Environment Day (WET), the Department organised a Poetry and Collage competition on 7 th June 2018 at the Seminar Hall. Further, the Department



Inter Collegiate Paper Presentation Competition DAKSHATA 2K18

organised an Inter Collegiate Paper Presentation Competition DAKSHATA 2K18 on “Deconstructing Bodies of Pleasure: A Redoing of Gender, Space and Identity” at the Seminar Hall on 31st January 2019. Eleven candidates from different colleges participated in the competition. Dr Vimal Mohan John, Assistant Professor, S B College Changanassery and Dr Aswathy



Balachandran, Assistant Professor, Mar Athanasius College, Kothamangalam were the judges. Anurag N.T of St Thomas College Pala bagged the First Prize and a cash award of Rs 5001, Maria Saju of BCM College, Kottayam won the Second Prize and a cash award of Rs 2001 and Beena Shiju of Kristhu Jyothi College, Changanassery secured the Third Prize and a cash award of Rs 1001. The students of the I PG and II PG cleaned the premises of the New Block on 1st October 2018 as part of Gandhi Jayanthi. The students of the Department celebrated the Teachers' Day on 5th September 2018. The students exchanged gifts to the teachers as a token of their love and gratitude.

### **B. Voc. FASHION TECHNOLOGY**

The Dept of B.Voc. Fashion Technology Association of Alphonsa College was inaugurated on 20th AUGUST 2018. Ms. Maya Joy, founder of ZIVA maternity wear was the chief guest of the



DAKSH-2K18

function. LA - CREATIO DESIGNER CLUB comprising 10 designers who can make the garment satisfying according to the demands of the wearer was started by our Department. On 20th August



Ms. Maya Joy inaugurates the association activities

2018, the Department conducted a craft-based Fashion Show 'DAKSH-2K18' in the College by introducing 30 designer garments of 26 designers. This craft-based fashion show demands the manufacturing of garments in accordance with the

craft they selected. Further, the Department held an Alumni meeting on 3rd October 2018. A study tour to Bangalore was conducted on 20th November 2018. On 19 December 2018, the students of the third DC did a mini project MODISTO-2K18. They manufactured 63 garments and gifted them to St. Joseph Children's Home at Kummannoor. On 20th January 2019, our students made fashion accessories and garments with the use of eco-friendly materials and provided the valuable message about the re-use of waste material. On 19th January 2019, our students participated in the fashion show 'Vovopox-breaking the Stereotype', inter-collegiate event conducted at BCM college Kottayam and won the 1st prize and a cash award of Rs.10,000. Further the B.Voc. Association won the overall 3rd runner up in sports 2019. Adding glory to the crown of laurel to this prestigious institution, Ms. K Sandra Chandran secured the 1st Rank and five students got A- Grade in the final examination of 2018.

### **B.Voc. SPORTS NUTRITION AND PHYSIOTHERAPY**

The Department Association was inaugurated on September 25th by Fr. Salvin Kappilparambil, Asst. Professor of St. Thomas College, Pala. In connection with world Physiotherapy Day, the third DC Students conducted a mini Medical camp which was inaugurated by the Principal, Dr. Sr. Gigimol M.G on September 12th. The Department conducted a Blood Donation camp in collaboration with the college NSS and the HDFC Bank on 12th October 2018. The third DC & the second DC students went on an excursion to Wonderla Kochi on Dec 6th 2019. The students of the Department visited an old age home, Karunya Bhavan at Kozhuvanal and celebrated Christmas with its inmates. In collaboration with the RIMS Hospital, Erattupetta, five third DC students were included in the medical team for 'Vagamon Ultrail 19' organized by Soles of Cochin, which included a marathon race



Association inauguration by Fr. Salvin Kappilparambil

conducted on 5th January 2019. Before the programme, they had given post event exercises and stretching to the participants. Further, the students actively participated in the Sports Day 2019 and won overall Third Prize in association with B.Voc. Fashion Technology. The Farewell function of the 2016 Batch was conducted in February 2019.



## PARENT TEACHER ASSOCIATION

Alphonsa College Pala has an active PTA that participates dynamically in the smooth functioning of the college. The first executive meeting of the PTA was held during the month of June. Three executive meetings were conducted during this academic year.



PTA General Body Meeting

The general body meeting was presided over by Prof. Pramod Joseph (PTA President). Mr. Binoy Thomas (CRO, Janamythri police, Pala) was the chief guest and he delivered a talk on "Problems of the Youth in the Modern World". Ms. Julie J. Paramundayil presented the PTA report of the year 2018-19. Dr. Ambily T.R welcomed the gathering and Ms. Biby Annet Baiju proposed vote of thanks.

PTA executive committee organised a farewell programme to the teachers who were to retire from the service in 2018-19. The PTA awarded proficiency prize to the meritorious students and scholarships to the rank holders and A plus holders. The Association also donated a sum to the green initiatives of the college.

## STAFF ASSOCIATION

Staff Association aims at ensuring positive interaction between the teachers of the various Departments of the college. Meetings of the association provides a platform for teachers to discuss and share their ideas and take suitable decisions for the betterment of the student community, quality improvement of the teachers and thereby the standard of the college.

Activities of the Staff Association for the academic year (2018-19) commenced with a colourful inaugural session by Adv. Biju Parayannilam, Global President, AKCC. Adv. Biju stressed the importance of quality education in colleges. The Vice Principal Fr. Shaji John presided over the function.

Commendable achievements of the teachers were honoured during the function. Lt. Anu Jose who successfully completed the training programme at Gwalior with a gold medal was duly honoured with a memento. Dr. Vijutha Sunny who got a patent for

her research work on nano onion was also honoured.

Onam sadhya was cancelled due to flood and natural calamities, and an amount of Rs.10,000/- was given to the NSS unit for flood relief activities. The staff association celebrated Christmas with all its splendour and glory. Fr Jose Thadathil CST delivered the Christmas message.



Adv. Biju Parayannilam, Global President, AKCC inaugurates activities of Staff Association

Staff Association arranged a meeting on 29 March 2019 with the agenda of giving send off to Dr. Mary Sentrela, HOD Department of Politics, Ms. Lysamma Thomas, Department of Mathematics,



Alumnae Meet

Ms. Annie Mathew, Department of English. Fr. Dr. Shaji John, the Vice Principal welcomed the gathering and the Manager Mar Jacob Muricken presided over the meeting. As a token of love and respect, Manager presented mementoes to the retiring teachers and conveyed best wishes in their future endeavours.

## ALPHONSA ALUMNAE ASSOCIATION

Alphonsa Alumnae Association aims at fostering a spirit of loyalty to our Alma Mater and strengthening bond between alumnae and teachers. Departmental alumnae meetings and annual general body meetings provide a platform for the alumnae to come back to the college again.

The Annual Alumnae Meet 'ALSTAGIA 2019' was held on January 26th, 2019. Rev Sr. Thresiamma Mathew, Director, Archana



Winners of Dance Competition 'NATYA' organised by the Alumnae Association for the students of the college

Women's Centre, Ettumanoor was the chief guest of the function. Dr Ancy Joseph (President Alumnae Association) presided over the function. This year the alumnae meet served as a platform for honouring distinguished alumnae. Special cash award was given to the Best Sports Women of the Year. An exhibition cum sale was also arranged on Jan 26th which was the special attraction of the day. It opened a platform for the young entrepreneurs and provided an opportunity for many alumnae to exhibit their talents. The exhibition was open to the public.

The special event of the year was a 'Dance Competition' conducted by the Alumnae Association for the students of the college. Cash Prizes of Rs 5000, Rs 3000 and Rs 2000 were awarded to the winners. The Association arranged a lecture series for the students for their holistic development.

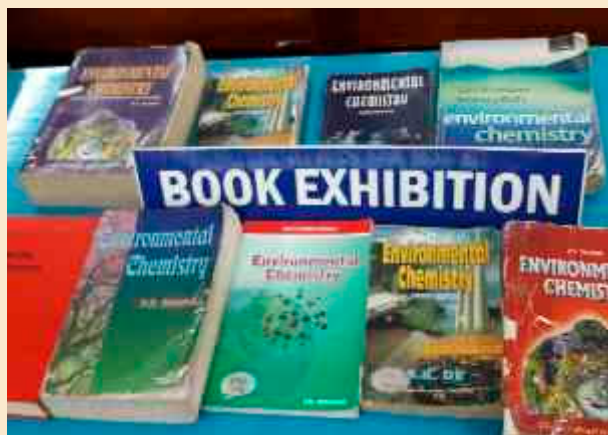
## VALUE EDUCATION 2018-19

Alphonsa College is a blessing in the education field of Kerala, especially for the girls in the Meenachil Taluk. Our College always takes keen interest in the spiritual and moral development of the students along with their intellectual growth and achievements. This year also Catechism and Moral classes were conducted in the month of January. For first and second year Degree students, Catechism classes were conducted using the text books prescribed by the Diocese of Palai. For third year students, classes were engaged by the experienced teachers, on topics which are relevant to their daily life. Moral classes were conducted for the non-Catholic students. The resource persons were Mr. Santhosh Joseph (Director, Mariasadanam, Palai), Mr. Siju, Assistant Professor, St. Thomas College, Palai and our faculty members Rev. Dr. Shaji John, Ms. Alleymol Sebastain and Ms. Anu Jose. Examinations were conducted on 4 February 2019 and prizes were given to five students who scored top marks both for Moral and Catechism. Our students participated in the catechism scholarship examination conducted by the Diocese of Palai. Irin Mary Joseph of I DC won the first position, Navya Shaji of II DC and

Aleena Soji of IDC won second position and Sandra Maria Jose of II DC secured the third position in the scholarship examination. Our college won overall in the college level scholarship examination. We hope that our students will be formed well morally and spiritually to lead a life which will be lighted for their family as well as our society.

## COLLEGE LIBRARY

As part of Reading Day celebration the college library organised various competitions on 19 June 2018. Theme base quiz competition 'INSPIRE' was conducted every month in association with various departments. 'Best Library User Award' was awarded to Ms. Greeshma Joseph (III DC Economics)





## SPORTS ACHIEVEMENTS - 2018-19

Our sports stars have left an indelible imprint in the history of Alphonsa College, bagging laurels of victory for upholding the glory of the college by adding yet another golden feather to the cap. The college teams won the MG University Championships in Athletics, Cross Country, Weightlifting and Powerlifting. The college team also secured the runners up title in Volleyball, Basketball and Swimming. Our Athletic team won the Championship with 212 points. The college volleyball team and

basketball team won All Kerala Intercollegiate Championships held at S. H. College Thevara and St. Xavier's College Aluva. Our volleyball team also bagged All Kerala Intercollegiate Volleyball Championship held at St. Stephen's College Uzhavoor. Many of our students represented the University in the All India Inter University Championship and were members of the state team in the National Championships.

### ALPHONSA COLLEGE HOSTED 36th MAHATMA GANDHI UNIVERSITY ATHLETICS CHAMPIONSHIP 2018-19

Alphonsa College organized 36th Mahatma Gandhi University Athletic Championship from 12 to 14 November 2018 at the Municipal Synthetic Stadium, Pala. About 600 athletes from 98 colleges affiliated to the MG University participated in the Championship. Adv. P.K Harikumar, the Syndicate Member inaugurated the Championship in the presence of Rev. Dr. Sr.Gigimol MG the Principal, Alphonsa College and Sri. Kuriakose Padavan, the Vice Chairman, Municipal Council Pala. Prof. Tomichen Joseph, the Syndicate Member, MG University

inaugurated the valedictory function and distributed the trophies to the winners. Alphonsa College and M.A College, Kothamangalam emerged as the champions in the women category and in the men category respectively. Dr. A. Jose, the Syndicate Member, MG University, Dr. Binu George Varghese, the Director, Dept. Of Physical Education, MG University, Fr. Jose Joseph, the Bursar, Fr. Shaji John, the Vice Principal, Rev. Dr. Sr. Regeenamma Joseph, the Vice Principal were present on the auspicious occasion.



Athletic team 2018-19

### RECORD-BREAKING PERFORMANCES

It is very proud to note that Simi N S III DC English created a new meet record in 100 mts at All India Inter university Athletic Championship held at Mangalore with the timing of 11.54 sec. She

Athira Somaraj III DC Physics - High Jump  
Tesna Joseph II MA Politics - 20km walk  
Simi N S III DC English - 100m, 200m

broke the 24 year old record created by Aswami Nachpapa of Bombay University. The other record holders in the MG University Championships are as follows:

**INTER UNIVERSITY ATHLETICS CHAMPIONSHIP MEDAL WINNERS AND PARTICIPANTS (MANGALORE)**

1. SIMI N S	100 M	GOLD
	200M	SILVER
2. NIMMY V O	HEPTATHLON	SILVER
3. JERIN JOSEPH	400M	BRONZE
	4 X 400M R	SILVER
4. AKHILA K S	4 X 100M R	GOLD
5. ALEENA JOSE	TRIPLE JUMP	PARTICIPATION
6. LISBETH KAROLINE	TRIPLE JUMP	PARTICIPATION
7. ANJU BABU	HIGH JUMP	PARTICIPATION
8. ARATHY A	4 X 100M R	PARTICIPATION
9. ASHILY JOSEPH	SHOTPUT	PARTICIPATION
10. REMYA MATHEW	JAVELIN THROW	PARTICIPATION
11. EMILY K	400M,200M	PARTICIPATION
12. ALPHONSA THOMAS	400M	PARTICIPATION
13. SRUTHI M S	3000M STEEPLE CHASE	PARTICIPATION
14. TESNA JOSEPH	20KM WALK	PARTICIPATION
15. ANJALY SHABOO	20KM WALK	PARTICIPATION
16. RIZANA P V	5000M	PARTICIPATION
17. DRISYA P V	HALF MARATHON	PARTICIPATION
18. DEBI SEBASTIAN	100M HURDLES	PARTICIPATION
19. ANJALY THOMAS	HEPTATHLON	PARTICIPATION
20. ARSHA BABU	POLE VAULT	PARTICIPATION
21. ALEENA JOSE	TRIPLE JUMP	PARTICIPATION

**INTER UNIVERSITY VOLLEYBALL MEDAL WINNERS (KURUSHETRA UNIVERSITY)**

1. DIANA THOMAS	SILVER MEDAL
2. SHANI M S	SILVER MEDAL
3. RINTA ROY	SILVER MEDAL
4. ATHIRA K P	SILVER MEDAL

**INTER UNIVERSITY BASKETBALL TEAM MEMBERS (CHENNAI)**

1. SNEHA THOMAS
2. SUSAN FLORENTA
3. CHRISTY JACOB
4. SYLVIA GRACE SHIBU

**INTER UNIVERSITY WEIGHTLIFTING AND POWERLIFTING TEAM MEMBERS (GUNTUR)**

1. MARIA VINCENT
2. EBIT JACOB
3. SOUMYA V S
4. JISHA JOHN

**INTER UNIVERSITY SWIMMING TEAM MEMBERS (CHANDIGARH)**

1. JOMY GEORGE

**INTER UNIVERSITY CROSS COUNTRY CHAMPIONSHIP (GULBARGA)**

1. RIZANA P A
2. SRUTHI M S

Arsha Babu won the Bronze Medal in the Pole Vault at Khelo Indian Championship held at Pune. Diana Thomas represented Kerala State in the Youth National Volleyball Championship and won the Silver Medal.

**NATIONAL CROSS COUNTRY CHAMPIONSHIP (AGRA)**

- |               |                |                  |
|---------------|----------------|------------------|
| 1. RIZANA P A | 3. ATHIRA SASI | 5. NIBIYA JOSEPH |
| 2. SRUTHI M S | 4. JISMOL B    |                  |

**College Annual Sports Meet**





## ALPHONSA COLLEGE - HOSTING M.G UNIVERSITY ATHLETIC CHAMPIONSHIP



Inauguration - MG University Athletics Championship 2018 - 19



MG University Athletic Champions 2018-19







Kerala State Inter Club Athletics Championship Winners 2019



Basketball Team



M.G. University Winners  
Weight Lifting And Power Lifting Team



Volleyball Team



Swimming Team



**INTER-UNIVERSITY & NATIONAL LEVEL MEDAL WINNERS**



ABIT JACOB  
WEIGHT LIFTING



ALEENA JOSE  
OUTSTANDING  
PERFORMER



ALPHONSA THOMAS  
ATHLETICS



ANJALY SHABU  
ATHLETICS



ANJALY THOMAS  
ATHLETICS



ANJU BABU  
ATHLETICS



ARSHA BABU  
ATHLETICS



ATHIRA K.P  
VOLLEYBALL



ATHIRA SOMARAJ  
HIGH JUMP



DIBI SEBASTIAN  
ATHLETICS



ASHLY THOMAS  
ATHLETICS



NIMMI V.O  
ATHLETICS



REMYA RAJAN  
ATHLETICS



AKHILA K.S  
ATHLETICS



ATHIRA SASI  
ATHLETICS



SUSAN FLORENTINA  
BASKETBALL



CHRISTY JACOB  
BASKET BALL



DIANA THOMAS  
VOLLEY BALL



EMILY K.T  
ATHLETICS



JERIN JOSEPH  
ATHLETICS



JOMI GEORGE  
SWIMMING



LISBETH C. JOSEPH  
ATHLETICS



MARIA VINCENT  
WEIGHT LIFTING



RESHMA M. SANTHOSH  
CHESS



RIZANA P.A  
ATHLETICS



SHANI M.S.  
VOLLEYBALL



SIMI N.S.  
ATHLETICS



SNEHA THOMAS  
BASKET BALL



SRUTHI M S  
ATHLETICS



TESNA JOSEPH  
ATHLETICS



ATHULYA U  
ATHLETICS

# CLUB ACTIVITIES

## CAREER CLUB AND PLACEMENT CELL

The cell conducted various programmes for the students in order to familiarize them with the possible areas in higher education,



Alphonsa College recognised as partner institute by British Council IELTS

the scope of the career opportunities and self-improvement. Sessions on career guidance were conducted by Brigadier K. D. Chacko, Prof. Soman Nambiar of Presidency University, Bangalore and Prof. Tommy Cherian. Classes on resume preparation,



Two-day training programme on Improving Employability Skills

interview tips and group discussion were given by Mrs. Shamsi Sukumaran of Amity Business School, Kochi. A two-day training programme on "Improving Employability Skills" was held by Praxis Training Consultants, Angamaly. Seminar on overseas education was conducted by M&G Immigration Consultants, Pala and on IELTS + by British Council. Alphonsa College was recognised as a partner institution by the British Council through their certification process. Ten students were selected as part of campus placement conducted by Infosys, Bangalore while three students were selected by Wipro.

## BHOOMITHRA SENA CLUB

As a part of promoting an eco-friendly way of life and reducing the use of plastics, Bhoomithra Sena club of Alphonsa College



Dr. Abin Varghese inaugurates distribution of paper pens and files

distributed paper pen and paper files. It was inaugurated by Dr. Abin Varghese, Faculty in Charge, Dr. R Satheesh Centre for Remote Sensing and GIS, School of Environmental Science, MG University, Kottayam on 20 June 2018. A training programme for



Three day nature camp at Pampadumchola National Park

the manufacturing of paper pen was also conducted on the same day for the club members. Workshop for making cloth bags was conducted at CRSS Pala, on 11 August 2018. Twenty five students participated in the programme. A three day nature camp for III DC and I PG students of the College was conducted at Pampadumchola National Park from 28 November 2018 to 30 November 2018. Thirty nine students participated in this camp which was meant to live with nature.



## JESUS YOUTH

Jesus Youth is an International Catholic Movement approved by the Holy See. Jesus Youth movement in Alphonsa College is very active under the guidance of our animators, Sr. Elsin S.H and Ms.Sunitha Santhan. It consists of Core team, Intercession



Jesus Youth members with Rev. Fr. Kurian Mattam, Director of Jesus Youth, Diocese of Pala

ministry, Audio visual ministry, Mobilisation ministry and Creativity ministry. The movement invites youth to follow a lifestyle based on the life of Jesus Christ. The activities of the movement for the year commenced with the constitution of the core team on 10 March 2018. The new core team elected Amrita



Thanks Giving Day

Merin Mathew of II DC Zoology as co-ordinator and 7 core members. The core team actively participates in all the initiatives of Pala Zone. Prayer meetings are usually held on every Tuesday followed by core meeting on Wednesdays. The first year students were given a grand welcome at the college chapel. Jesus Youth members performed a musical drama on the College Freshers' Day Celebration. They also collect food packets on every Thursday to the inmates of Mariasadan, the home for the differently abled. The Creative ministry makes use of the Jesus Youth notice board by exhibiting inspirational messages and pictures. An Intercession Day Celebration was organized by Jesus Youth of Alphonsa College on 20 November 2018. The day started with the Way of the Cross around the college followed by praise and worship at the chapel. Jesus Youth initiated an

outreach to Vallyachan Mala SYMPONIA'19 followed by a gathering on 17 February 2019. Core team member Divya George was added to the sub region team and Arya K K was included in the Campus Co-ordinating team. Second line member Mariamol Joseph was added to Zonal Parish Ministry. The activities of the core team 2018-19 ended with thanksgiving on 15 March 2019.

## WOMEN'S CELL

The activities of the Women's Cell for the academic year 2018-19 commenced with the inauguration and a cyber-awareness programme conducted on 11 June 2018 in collaboration with Janamaithry Police, Pala. Sri. Manoj Kumar, Civil Police Officer, Cyber Cell, Kottayam delivered a lecture on "Cyber Crimes against



Inaugural session of One Day Seminar "Healthy Mothers, Healthy Society"

Women" and enlightened the audience with the legal steps to be taken against culprits. Sri. Rajan K. Aramana, Inspector of Police, Pala delivered the inaugural address.

The Women's Cell and the NSS of Alphonsa College, Pala organized "Guruvandanam" to respect the teachers on Teachers' Day, 5 September 2018. Mr. Siju Joseph, Assistant professor, Dept. Of Malayalam served as the chief guest. Dr. Sr. Gigimol M.G,



Awareness Programme against "Alcoholism, Drug Abuse and Atrocities Against Women"

the Principal presided over the function. Various cultural events were performed by the students. Women Cell organized a legal

awareness class for all the students on 31 October 2018 in collaboration with Archana Women Centre, Ettumanoor. Adv. Shyni Gopi served as the resource person. The class provided awareness about the laws related to women safety, domestic violence, cyber laws etc. Women cell in collaboration with NSS organized a one day seminar on "Adolescent Health and Hygiene" on 18 January 2019. Dr. Raisa Sen (RMO, Govt. Hospital, Pala), Mr. Bijil M. Rajan (Director, Soul Training and Development Centre, Thrissur) and Dr. Jyothi Nayar (Gynaecologist, MKM Hospital, Pravithanam) served as the resource persons.

Women's Cell in collaboration with the NSS and the College Union organized one week long programmes in connection with the International Women's Day Celebrations 2019. Women's Day Celebrations were inaugurated by Dr. M.S Sunil, social activist and philanthropist on 6 March, 2019. Mime, elocution and debate competitions were conducted on the topic "Gender Equality" on 7 and 8 March 2019. Women's cell in collaboration with the NHM APHC, Manathoor and Kadanad Gramapanchayat, organized a one day seminar on "Healthy Mothers, Healthy Society" for the rural women on 8 March 2019. Sri Jaison George, President, Kadanad panchayat, inaugurated the programme. Smt. Binu Emmanuel and Sri. Bijil M. Rajan served as the resource persons. A handbook on the "Diet to be Followed by Pregnant Women, Lactating Mothers and Infants" was published and distributed. Women cell received financial support from the Kerala State Women's Development Corporation to conduct various programmes. In collaboration with the Excise Department and Archana Women Centre, Ettumanoor, the Cell conducted an awareness programme against "Alcoholism, Drug Abuse and Atrocities Against Women" on 11 March 2019.

### ENCON CLUB

ENCON Club organized various competitions for students as part of SAKSHAM- 2018 celebrations. In the quiz competition, Treesa



Theme based painting competition

Cherian (III DC Physics Voc.) secured the first prize, Tessa Mathew (I DC Chemistry) bagged the second prize and Johnseena N. M. (I DC Zoology) secured the third prize for the same.

Essay writing competition on the theme "My School /College - A Model for Energy Efficiency" was held and Treesa Cherian (III DC

Physics Voc.), Anju Maria Reju (I DC Chemistry), Anie George (I DC English) secured first, second and third positions respectively. A theme-based painting competition was held for students on the topic "Bio Refinery for Bio fuels". The winners were Malavika Sekhar (II DC Mathematics), Aiswarya Joy (II DC Chemistry) and Leiann Jestin (I DC Zoology)

### ORATORY CLUB

The activities of the Oratory Club commenced with a meeting of the members on the 11<sup>th</sup> of July 2018. The gathering selected Alka Maria Simon (III DC English) and Diya Susan Baby (III DC Economics) as the team captains and Anu Augustine (II DC English) and Agline Mary Tom (I DC English) as the Club President and Secretary respectively.

Two intra collegiate debate competitions were held for the academic year 2018-19. In the Malayalam debate competition held on 17 July 2018, Diya Susan Baby (III DC Economics) and Anu Augustine (II DC English) secured the first prize, Sini Sabu (II DC Economics) and Brismileen Benny (II DC Economics) bagged the second prize and Anie George and Aileen Maria Kuriakose (both from I DC English) secured the third prize for the same. Diya Susan Baby was chosen as the Best Debater in Malayalam.

In the English debate competition held on 24 July 2018, Alka Maria Simon (III DC English) and Anu Augustine (II DC English) bagged the first prize, Anie George and Aileen Mary Kuriakose (both from I DC English) secured the second prize and Sini Sabu along with Brismileen Benny (both from II DC Economics) won the third prize for the same. Alka Maria Simon was selected as the Best Debater in English.

Diya Susan Baby of III DC Economics also bagged the title winner of MIDUKKI, an intra collegiate Persona Competition organized by the College Union EKTA 2K18.

In order to improve the oratorical skills of the students, the club arranged corner meetings on every Thursday and it proved to be an elegant platform for the students to express their views on a variety of subjects. Our students also participated in several inter collegiate competitions and brought home laurels of glory.

### QUIZ CLUB

Alphonsa College has an active Quiz Club. The club meets twice a month. The Bishop Vayalil Memorial All Kerala Intercollegiate Quiz



Bishop Vayalil Memorial All Kerala Intercollegiate Quiz Competition



Competition was held on 22 January 2019. 15 teams participated in the competition and Mar Ivanios College, Trivandrum won the first prize. The Quiz Club members participated in various inter collegiate Quiz Competitions and won various prizes. The team consisting of Jayalakshmi G of I DC Economics and Brismileen Benny of II DC Economics bagged prizes by participating in 6 inter collegiate quiz competitions this year..

**YOUTH RED CROSS(YRC)**

Youth Red Cross is active in Alphonsa college. During the academic year 2018-19 two students from each class were



House Building Assistance was provided to one of our students

elected for coordinating the activities. House building assistance was provided to one of the students of our College.

**CATHOLIC STUDENTS' MOVEMENT (CSM)**

CSM members visited the houses of teconomically backward families nearby our College. CSM conducted Christmas celebration of our College with a beautiful play of nativity. Many CSM members actively participated in the UBA household survey conducted by the college.



House Visit by CSM members



X'mas Celebration

**COLLEGE NEWSLETTER RELEASE**

Alphonsa College Newsletter is published annually at the beginning of every academic year. Ms Diana Elizabeth Jose (Department of Chemistry) and Dr. Sonia Sebastian (Department of English) were the chief editors of the Newsletter for 2018-19. College Newsletter 2018 was released on Topper's Day, 13 August 2018 by our College Manager His Excellency Mar Jacob Muricken, the Auxiliary Bishop of Pala.



## Activities of the College

### ALPHONSA WEEK CELEBRATION

St. Alphonsa feast celebration spanned for a week from 23 to 27 July to commemorate the Patron Saint of the college, St. Alphonsa. Several competitions were conducted including Group Song, Alphonsa Quiz, Tableau and Nazrani Manka. The formal



function was held on 27 July and the function was presided over by our Principal, Dr. Sr. Gigimol M G and the Chief Guest for this auspicious occasion was Rev. Fr. Joseph Puthenpurackal. He



enriched the function with his thought provoking yet humorous message. The final round of Nazrani Manka competition was conducted on the same day and Ms. Preethymol Mathew, I DC History bagged the title of 'NAZRANI MANKA'.

### MIDUKKI 2k18

Imparting a new enthusiasm and vigour among Alphonsians,



College Union organized an event 'Midukki' on 3 August 2018. The event was judged by Mr. Alen Kuriakose (Lecturer, Dept. of

Social Work, Marian College, Kuttikkanam) and Ms. Assanu Augustine (Lecturer, Dept. of Mathematics, Marian College, Kuttikkanam). Diya Susan Baby of III DC Economics bagged the title of Midukki 2k18. Roshitha Sunil of II DC Economics and Sreelakshmi Haridas of III DC Economics were declared as the first and second runners up respectively.

### FRESHERS DAY AND COLLEGE ANTHEM RELEASE

The Fresher's day 'PATTAM 2k18', was celebrated on 6 August, 2018. College Principal, Dr.Sr.Gigimol M G presided over the



function and administered the oath to the freshers. The Chief Guest of the day was Prof. Samson Thomas, Dean, Marian International Institute of Management, Kuttikkanam. The audio of college anthem written by Dr. Mini John, Head, Department of English was released on this occasion.

### TALENT DAY

The Talent Day 'DHAWANI RELOADED' for I DC, II DC and III DC students was held on 14 August 2018. The students from all the departments rocked the stage and showed their talents.

### COLLEGE MAGAZINE RELEASE

College Union EKTA2k18 released the College Magazine



'CHUVARUKAL VENAM CHITHRAM VARAKKAN' on 1 August 2018 by S Joseph, Poet and Assistant Professor, Department of Malayalam, Maharajas College, Ernakulam.



## COLLEGE UNION REPORT 2018-2019

Elections to the College Union were conducted in the parliamentary mode on 19 September 2018. The office-bearers of the College Union were: Ms. Anu Augustine (II B.A English)- Chairperson, Ms. Livia Mathew (II B.Sc. Mathematics) - Vice Chairperson, Ms. Roshitha Sunil (II B.A Economics) - General Secretary, Ms. Sophia Regi (II B.Sc.Physics) & Ms. Gloria Merin



Kuriakose (II B.Com) - University Union Councillors, Ms. Aneeta Joji (II B.A English) - Arts Club Secretary, Ms. Gouri Dev (II B.Voc Fashion Technology) - Magazine Editor. Ms. Greeshma Joyal (II M.A English), Ms. Anns Thomas (III B.A Economics) Ms. Christeena Varghese (II B.Sc. Zoology) Ms. Hridhya Sojan (I B.Sc Physics) were elected as year wise representatives.

The College Union functioned under the guidance of the College Union Advisors, Dr. Dani Mathew and Mrs. Diana Elizabeth Jose. The activities of Arts Club were co-ordinated by Mrs. Manju Jose & Mrs. Annu Paul.

### INVESTITURE CEREMONY 2018-19

The formal inauguration of the activities of the College Union was conducted on 19 September 2018. The District Collector of Idukki, Sri. Jeevan Babu IAS was the chief guest. The meeting was presided over by the College Union Chairperson Ms. Anu Augustine. Dr. Gigimol M G, Principal of the college administered the oath to the College Union members. The official logo of College Union 'Zephyr 2019' was launched on this occasion.

### SARGAM 2018

The College Youth Festival 'SARGAM 2018' was held on 11 and 12 of October 2018. The students proved their talents and bagged many prizes. In this spectrum of art, 33 events including literary and theatrical were staged.

### TARANGAM 2018

The Kerala Piravi Celebration 'Tarangam 2018' was held on 1 November 2018. The legacy of the Keralites was echoed on the stage through various performances. The students attended the function wearing traditional dresses. The College Union launched their Music Band 'Deeksha' on the same day.

### NOOPURA 2018

The activities of Arts Club 'Noopura 2018' was inaugurated on 14 November 2018. The guest of honour of the day was Sri. Joseph Annamkuttu Jose, the motivational speaker and Radio Jockey. The Arts Club Secretary Ms. Aneeta Joji presided over the function.



The curtains of the inaugural function rolled out with the commencement of the Music Band 'Deeksha'. The music club members rocked the stage with their brilliant performance which was followed by the cultural fiesta.

### GABRIELLA 2018

The Christmas Celebration 'Gabriella 2018' was held on 21 December 2018. Rev. Fr. Jose Thadathil, Director of Divine Mercy Shrine, Bangalore gave the Christmas message. Dancing Santa competition and Carol Song competitions were held on the same day.

### CLUB ACTIVITIES

With an aim to develop the diverse talents of the students, a variety of onstage and offstage competitions were organized by the College Union. Various clubs like Music and Instrument Club, Drama Club, Painting and Calligraphy Club, Literary Club, Dance Club were actively functioned under the guidance of College Union to achieve the goal. An Inter-departmental Painting Competition was conducted by the College Union and the

Painting and Calligraphy Club on the topic 'Kaalam' on 29 October, 2018. An Inter-departmental Photography competition on the theme 'Open your Eyes, Take a Look' was held on 10 November 2018. An Inter-departmental Dance Fest 'Natya 2019' sponsored by the Alumnae Association was conducted on 17 January, 2019. College Union along with the members of Dance Club facilitated well for the success of this event. A workshop on painting and calligraphy was conducted on 8 February, 2019 by Sri. Mathai Scaria and Sri. Rishi Govind from the School of Architecture.

## SPARDHA 2019

The Annual Sports Meet for the Academic Year 2018-19 was held on 12 February 2019 in the college ground. The day began with the march past by various subject associations. Rev. Dr. Sr. Regeenamma Joseph, Vice Principal of the College received the



salute accompanied by the senior teachers Ms. Annie Mathew, Ms. Lyssamma Thomas and Dr. Mary Senterla P.S. The vice Principal hoisted the flag to formally declare the sports meet open. The students from various departments participated in the events with great vigour, energy and spirit. The Department of Economics won the overall Champions in the Sports Meet. The Department of Physics became the first runner up and the Departments of Sports Nutrition and Physiotherapy and the Department of Fashion Technology secured the third position.

## MERIT DAY

Merit Day was conducted on 15 February 2019 for honouring the winners of various competitions held in the academic year 2018-19. The Chief Guest of the day was Dr. T M Joseph, Principal, Nirmala College, Muvattupuzha, who enriched the students with his enlightening words. The meeting was presided over by the

College Principal Rev. Dr. Sr. Gigimol M G. Ms. Roshitha Sunil, the General Secretary of the College Union presented the College



Union Report of the Academic year 2018-19. The Chief Guest distributed the prizes to the winners of various Arts and Sports events. The English Association received the trophy for overall championship in Arts and Economics Association for the overall championship in sports meet.

## COLLEGE DAY

The College Day 'Theja 2019' was conducted on 19 February 2019. The formal meeting was presided over by Ms. Anu Augustine, College Union Chairperson. Sri. Vayalar Sarath



Chandra Varma, the Malayalam Film Lyricist was the Chief Guest of the day. The annual report of the college was presented by Rev. Dr. Sr. Gigimol M G, the Principal of the College. The formal meeting was followed by a variety of cultural programmes performed by the students which added colour to the day.



## Milestones

- 1964 Founding of the College. Our Founder Patron : Mar Sebastian Vayalil. Rt. Rev. Msgr. Philip Valiyil appointed as the Manager. Rev. Dr. N. M. Thomas appointed as the Principal. Rev. Fr. Joseph Kurias appointed as the Bursar.
- 1967 B.Sc. Mathematics, B.Sc. Physics, B.Sc. Chemistry, B.Sc. Botany, B.Sc. Zoology, B.A. English and B.A. Economics courses started.
- 1970 Inauguration of the Library and Auditorium Block.
- 1981 B.A. History and M.Sc. Zoology courses started.
- 1983 Inauguration of the Bishop Vayalil Block.
- 1988 Celebration of the Silver Jubilee of the College.
- 1989 Inauguration of the Silver Jubilee Memorial Block.
- 1993 Computer Courses Started. Inauguration of the Conference Hall.
- 1994 Inauguration of the new Alphonsa Book Stall & Co-operative Store.
- 1996 Alphonsa Institute of Computer Studies started.
- 1998 B.Sc. Clinical Nutrition and Dietetics course started. Diploma course in Fashion Technology and Garment Designing started.
- 1999 College accredited by the NAAC.  
O' Level Computer Course with recognition from Govt. of India started.
- 2000 B.Sc. Physics - Vocational with Computer Application started.
- 2001 Inauguration of the Alphonsa Fitness Centre.
- 2004 Inauguration of the Basketball Court.
- 2005 Inauguration of the College Website.  
M. Sc. Clinical Nutrition course started.  
Career oriented Add-on courses started.  
All Kerala Bishop Vayalil Birth Centenary Memorial Intercollegiate Volleyball Tournament for Women instituted.
- 2007 College re-accredited by the NAAC.
- 2008 Inauguration of the UGC sponsored Centre for Gandhian Studies.
- 2009 Inauguration of the St. Alphonsa Birth Centenary Memorial Basket Ball Indoor Stadium.
- 2010 Construction of the new Administrative Block.
- 2013 College re-accredited by the NAAC.  
M.A. English (SF), M.Sc Chemistry (SF) and B.Com (SF) Courses Started.
- 2014 Construction of the Golden Jubilee Memorial Building.  
M.A. English Aided Course started.  
Introduction of B.Voc Courses.
- 2015 Blessing and Inauguration of Golden Jubilee Memorial Block.
- 2017 Blessing and Inauguration of Elevator and Dress Bank.  
B.Voc Courses were shifted to self financing stream.
- 2019 College re-accredited by the NAAC with A Grade (CGPA 3.24) in IV Cycle.

Moulding the complete woman

### Editorial Team

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Dept. of Chemistry  
Ms. Minu Mathews  
Dept. of CND

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