



Alphonsa College, Pala

ALPHA

NEWSLETTER 2023 NEWS

Vol. 19 No. 1 September 2023

Principal's Message 2022-23



Rev. Dr. Shaji John, Principal

Dear Students, Faculty and Staff,

Welcome to this edition of the Alphonsa Newsletter. As we embark on another academic term, I am reminded of the enduring commitment to excellence that characterizes our institution. Our college continues to be a place where intellectual curiosity and academic rigor meet, fostering an environment of learning and growth.

Last year had been marked by significant achievements across various departments. Our students demonstrated remarkable performance in the M.G. University examinations for the 2022-2023 academic year. Achieving 47 ranks and an impressive count of 79 A+ grades, our college has distinguished itself as a premier centre of learning in the state. Additionally, our students continued our legacy of excellence in sports and extracurricular activities, earning significant honours in the M.G. University Athletic Championship. This level of academic and athletic excellence is a direct result of the teaching prowess and dedication of our esteemed faculty.

Furthermore, it's important to highlight that our college places a strong emphasis on nurturing critical thinking skills among students, alongside their academic endeavours. The diverse departments and clubs within our institution organized a plethora of programs and competitions, witnessing enthusiastic participation from our students. They have achieved commendable success, securing numerous awards in both intra-collegiate and inter-collegiate events. Witnessing the burgeoning self-

sufficiency and fervour among our students stands as a vivid affirmation of our college's vision coming to life.

In the words of Nelson Mandela, "Education is the most powerful weapon which you can use to change the world." With this guiding principle, I extend my heartfelt appreciation to our faculty for their unwavering commitment and enthusiasm. They embody the idea that education is not just a profession, but a calling that enriches lives and transforms societies. I am profoundly grateful to our management, particularly to our esteemed patron, His Excellency Mar Joseph Kallarangatt, and our Manager, Msgr. Dr. Joseph Thadathil, for their relentless support and generous encouragement in all our college's endeavours. My sincere thanks also go to the Vice Principals, Rev. Dr. Sr. Minimol Mathew and Rev. Dr. Sr. Manju Elizabeth Kuruvila, as well as the Bursar, The Late Rev. Dr. Fr. Jose Joseph, for their invaluable assistance and support. Special gratitude is extended to the NAAC Coordinator, members of the IQAC, the Staff Council, the PTA, the College Union, and the non-teaching staff, who have all contributed significantly to our college's environment. Lastly, I must acknowledge the student community for their unconditional love and support, making our collective journey in education a truly fulfilling experience.

As we move forward, let us continue to uphold the values of our institution, striving for academic excellence and contributing positively to our community. Together, we can make this academic year both productive and rewarding. May God Bless.

OUR TORCHBEARERS



Patron
H. E. Mar Joseph Kallarangattu
Bishop of Pala



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



Newly appointed Manager
Rev. Dr. Joseph Thadathil
Protosyncellus, Eparchy of Pala



Principal
Rev. Dr. Reegenamma Joseph



Vice Principal
Rev. Dr. Shaji John



Vice Principal
Dr. Sr. Minimol Mathew



Bursar
Rev. Fr. Jose Joseph Pulavelil

COLLEGE UNION ELECTION 2022-23

ALPHONSA COLLEGE Students' Union 2022-23 List of Office Bearers

Chairperson



KEERTHANA REJI

Vice - Chairperson



ANNA J THERES

General Secretary



FYRUZA RAHIM

Arts Club Secretary



GOWRY S LAL

Student Editor to
College Magazine



TESS MERIN ABRAHAM

University Union
Councilor 1



JOANNE ELIAS

University Union
Councilor 2



RAJESWARY J

II PG
Representative



APZA MARY K JOBY

I PG Representative



ATHIRA SUNIL

III DC Representative



ALEENA MERIYA SAJI

II DC Representative



RONA SEBASTIAN

I DC Representative



ANNSARAH JOHNSON

INARA COLLEGE UNION REPORT 2022-2023

The college union of Alphonsa College Pala was elected on November 22, 2022. The election was held in parliamentary method in the presence of the Principal Rev Dr Sr Regeenamma, Vice Principal and others deputed for election. The representatives then elected the college union which consisted of twelve members.

INARA College Union Inauguration was held on 22nd December 2022 at the College Auditorium. The function was inaugurated by Ms.Priyanka Paul and Ms.Darshana S Nair. The newly elected members took their oath from college principal Dr.Sr.Regeenamma Joseph. The programme was followed by colourful performance of the students.

INARA College Union, in collaboration with CSM and Jesus Youth, celebrated a grand and eventful Christmas on 23rd December. Christmas Celebration was organized at college Auditorium. The function was presided over by the chief guest Rev.Fr.Jobv Vattakunnel Superior CFICAshramam, Kizhapparayar. Welcome Speech was delivered by Rev.Dr. Jose Joseph HOD, PG Department of English.

Under the leadership of College Union INARA, DEEKSHA 2023 College youth festival was conducted on 20/01/23 and 21/01/23 respectively. Around 56 items were conducted in which students actively participated to mature their talents. Our college team performed exceedingly well in the MG University Youth Festival ANEKHA 2023 held at Maharajas College, Ernakulum from February 8 to February 12, 2023. About 65 students were participated for more than 38 events. This year students came up with the best ever result in university youth festival.

INARA the College Union organized College day on 22nd March 2023 at 11:00 am in the College auditorium. The function was presided by our respected principle Rev.Dr.Sr. Regeenamma, College Chairperson Keerthana Reji and Dain Davis, a well known anchor and Malayalam actor were the chief guest for the ceremony.

The INARA College Union named arts day as ANANTHARI was inaugurated on 14 March 2023 at 11:00 am in college auditorium. The Chief guest of the programme was Sri.Indrans (Cine actor) who has won a national award for best acting. The inaugural meeting was chaired by our respected principle Rev.Dr. Sr Regeenamma, and our Arts Club secretary Gowri S Lal.

Students union are also responsible for providing a variety of services to students. From the feedback it can be safely said that this union was able to achieve its purpose. As mentioned, the purpose of the students union is to represent fellow students. We focused on providing students with facilities support and services. The outstanding performances of the students in university youth festival is an output of the well organized and well planned hardwork of the college union with dedication and sincerity.



NATIONAL SEMINAR ON LIFE WRITING FORM AND CHARACTERISTICS

The Departments of Malayalam and Hindi Alphonsa College, Pala in collaboration with the M.G.University Kottayam and Kurichithanam Sivaramapilla Memorial Library is Conducted a one day National Seminar on Life writing:form and Characteristics on 27 September 2022.The National Seminar was inaugurated by Dr. Deepesh Karimbunkara, the Eminent Writer, Head, Dept.of Malayalam, S.N.G College Chelannur Kozhikode. Dr.Natasha Sebastian, Dept.of Malayalam, Nesamony Memorial Christian College Marthandam was also the resource person for this National Seminar.



NATIONAL SEMINAR ON INDIAN CONSTITUTION AND SOCIAL JUSTICE

The Department of Political Science organized a One Day National Seminar on Indian Constitution and Social Justice Sponsored by the Institute of Parliamentary Affairs, Government of Kerala on 16th December 2022. Dr. Stany Thomas, a Member of the Kerala Public Service Commission Inaugurated the Seminar. Dr.Mohan Varughese, Director &Professor, at School of Public Policy and Governance, Bodhigram delivered the Keynote Address.



NATIONAL SEMINAR ON RECENT ADVANCEMENTS IN APPLIED MATHEMATICS

Department of Mathematics, Alphonsa College Pala, organized a one day National seminar on Recent Advancements in Applied Mathematics in collaboration with Department of Student Services, MG University Kottayam, Kerala Mathematical Association & Department of Mathematics, St George's College, Aruvithura on February 2, 2023. The Seminar was inaugurated by Dr. Sunny Kuriakose (Academic Secretary, Kerala Mathematical Association) at 10.15 am, in the esteemed presence of Mr. Abraham K Samuel (DSS Director, MG University), Dr.K K Jose (Director, School of Mathematics &



Statistics & School of Data Analytics, MG University Kottayam), Dr.Sr Reginamma Joseph(Principal, Alphonsa College Pala), Dr Sr Sonia K Thomas (HOD, Mathematics Department , Alphonsa College Pala) & Dr. Shiny K Jose (HoD, Mathematics Department, St. George College, Aruvithura).

Three seminar sessions were provided-The first session on the topic “Modelling using Fuzzy Mathematical Tools” by Dr.Sunny Kuriakose A (Academic Secretary ,Kerala Mathematical

Association); The second session by Dr.S. Prabhu(Professor, Rajalakshmi Engineering College Chennai) on “ Certain Distance based Problems in Graph” and the 3rd session on “New Notions in Graph Domination” by Dr.Bibin K Jose (Associate professor, PG & Research Department of Maths, Sanatana Dharma College, Alappuzha). Online & offline paper presentations were conducted in parallel to the last two seminar sessions.

NATIONAL SEMINAR ON EMERGING TRENDS IN LIFE SCIENCES

Department of Botany, Department of Zoology and Bhoomithrasena club, Alphonsa College Pala in association with College Development Council, Mahatma Gandhi University, Kottayam organized a National seminar on Emerging trends in life sciences on March 10, 2023. Dr. Satheeshkumar PK, Professor, Centre for advanced study in Botany, Banaras Hindu University, Varanasi inaugurated the seminar. Dr. Sr. Regeenamma Joseph, Principal Alphonsa College Pala presided over the inaugural ceremony and Dr. Jose Joseph, Bursar felicitated the gathering. Dr. Satheeshkumar PK, Professor, Centre for advanced study in Botany, Banaras Hindu University, Varanasi served as the resource person for the first session. He delivered a lecture on the topic “Genome Evolution- An environmental perspective”. The

research papers on various thrust areas of the seminar were presented by research scholars from within and outside the state. Dr. Toji Thomas , Professor, Department of Botany, St. Thomas College Pala chaired the first session and Dr. Pratheeshkumar, Department of Zoology, St. Thomas College Pala chaired the second session of paper presentations. Dr. Linu Thomas, Professor, School of Biosciences was the keynote speaker for the second scientific session. She delivered a lecture on the topic “Genome editing”. The seminar came to an end with the valedictory function. Dr. Shaji John, Vice Principal delivered the valedictory address. Dr. Linu Thomas distributed certificates to the participants.



DEPARTMENTAL ACTIVITIES

DEPT. OF ENGLISH

The English Association started its association activities on 15 June 2022 by honouring its rank holders and A+ holders in the program "Memorabilia" wherein the meritorious students were given an opportunity to interact and learn from the eminent retired faculty of the department. Reading Day competitions were conducted on 20 June under the name "Pridora Literata" and students from different departments won prizes. As part of the Independence Day celebrations, quiz competition, drawing competition and an online PowerPoint presentation competition was conducted. In relation to the Alphonsa Day celebrations, an elocution competition was conducted on the topic "Saint Alphonsa: A Journey from Passion to Salvation". The Department of English conducted a caption writing contest in connection with an anti-narcotics campaign from 12 to 14 October.

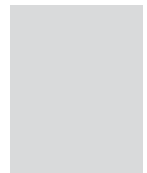
A seminar was conducted on the topic "Shakespeare Studies Today" on 27 October and Rev. Dr. Kurian Mattam, former principal, St. Thomas College Pala was the keynote speaker. An Online Alumni meet "Revenir" was conducted on 17 December 2022. The English Association inauguration was conducted on December 20, 2022 wherein Dr. Jilu Ani John, the Vice Principal of St. George's college Aruvithura was the chief guest. The Chief guest took a session on the evolution of feminist discourse. A national seminar was held on 31 January 2023- through blended mode- in collaboration with the School of Letters on the topic Anxiety of Convergence: The Meaning of Convergence. The sessions were conducted by Dr. Kshema Jose (Associate Professor, EFLU, Hyderabad), Dr. Sini Jose (Assistant Professor, Govt. College Kasargod) and Dr. Rajesh V. Nair (Assistant Professor, School of Letters, M.G. University). A Research Methodology workshop was conducted by Dr. Joby Mathew, Assistant Professor, Dept. of English, St. Thomas College Pala for the PG and final year students on 10 March 2023. A Life Skills session headed by Dr. Arijit Roy, Head of Department, MBA from St. Clare Institute of Management was conducted by the Department of English in collaboration with St. Clare College Bangalore on 13 March 2023.

Achievements of Students

Krishna Saju of II MA English cleared NET.



Nora Mary George of III DC English successfully completed NCC Para basic course at Paratroopers Training School conducted by Indian Air Force.



Alaina George, Second DC English bagged the overall championship for Alphonsa College Pala in the Elaces Fest 2023 held at K.E. College Mannanam



Anakha Raju of Second DC English secured second prize and a cash award of Five Lakhs at the national level Deshbhakti Geet writing



- **Rishiba S.** of III DC English published her book titled "Dreams are too big".
- **Keerthana S.** of Second DC English bagged Third Prize with A Grade in Stringed Instrument (Eastern) in the MG University Youth Festival.
- **Jomol Varkey** of Second MA English got selected to participate in the State level seminar "Hemopol 2022" organized by Pol-Blood of Kerala Police in collaboration with Kerala State Aids Control Society.
- **Nikitha Nelson** of Third DC English received a cash prize of Fifteen Thousand Rupees in the Bishop Jerome Memorial National Level Inter College Paper Presentation competition.

Students who secured Rank and A + in the MG university exam.



Lida Johnson
Rank 1
CCPA 9.23



Anu Alphons Jacob
Rank 2
CCPA 9.14



Anu Alphons Jacob
Rank 3
CCPA 9.11



Emma Maria Joseph
Rank 6
CCPA 8.95



Rinu George
Rank 10
CCPA 8.9



Niharika Pramod
A Plus
CCPA 8.88



Devika Ramesh
A Plus
CCPA 8.84



Maria Lukose
A Plus
CCPA 8.81



Christy Susan Thomas
A Plus
CCPA 8.66



Sandra Rose Mary
A Plus
CCPA 8.65



Malavika S Nair
A Plus
CCPA 8.62



Bhadra G
A Plus
CCPA 8.58

DEPT. OF ECONOMICS

The Department of Economics celebrated World Environment Day on 6th June 2022 as part of the awareness for the protection of our environment. This year the department organized an Intra-Departmental Collage Competition on the theme -of ONLY ONE EARTH, a concern that is both urgent and existential. Department of Economics organized an Intercollegiate Quiz Competition POULAZIO in connection with world population day on 14 July 2022 led by Quiz Master-Mr.Tesin, Section Officer, Directorate Of Applied Short Term Programmes, M G University Kottayam. The programme was a great success, we had 28 teams for the event, thanks to the efforts of students and teachers of the department. Winners of the competition First prize -Zeam S Khan & Anandhu Kannan University of Hyderabad, Second Prize -Vishnu Mahesh A S & Rakshitha A J, University College, Thiruvananthapuram, Third prize -Bhanulal & Deepu Joseph, SB College. The Department of Economics entered into an academic collaboration with the International Institute of Migration, Trivandrum. The MOU was signed on 31 August 2022 by Dr, S Irudaya Rajan, Chairman The International Institute Of Migration And Development

IIMAD, and Dr. Sr.Regeenamma Joseph, Principal, Alphonsa College, Pala. Dr.S Irudaya Rajan, delivered a talk on the topic 'Social Cost of Migration' on 22nd August 2022, in the Seminar hall. In his invited talk on 'Social Cost of Migration', Dr. Rajan shed light on the challenges and complexities of migration and its impact on the social fabric of communities. The association activities of the Department of Economics for the year 2022-23 were inaugurated on the 11 of November 2022, by Mr. Tinu Iype Jacob, Head of the Department of Economics, CMS College, Kottayam. The program was followed by a talk on 'What is Economics' delivered by Mr. Tinu Iype Jacob.. As part of the extension activities, Christmas Fair was organized by the department with food counters, snap with Santa, and game zone students, and an amount of Rs5000/-was mobilized and contributed to the inmates of Dhaya Bhavan Old Age Home For women at Chethimattam on 23 December 2022, to make students realize their social responsibilities and develop in them a sense of compassion. The students also collected bath towels, and toiletry items as their Xmas gift to the inmates. In collaboration with Jyoti Nivas College Bangaluru organized an expert talk series on the topic of Career Opportunities In The Field Of Economics on 11th October 2022. The session was led by Ms. Surabh Suman Deputy Superintendent of Police, Patna, Bihar. This year we arranged Nature Education Camp to Eravikulam National Park, Munnar from 24/08/2022-26/08/2022, for the students of IIIDC ECONOMICS .Camp was uniquely poised to provide students with a high-quality, engaging experience outdoors that will equip them with the skills, mindset, and passion to continue their natural exploration when they go out. In March 2023, at MG UNIVERSITY BA DEGREE EXAM we had,1st, 2nd, 3rd,5th, and 10th ranks and, our students came out with flying colours. we had two S grades and 18 A+



Dr.S Irudaya Rajan, Chairman International Institute of Migration and Development (IIMAD), Talk on 'Social Cost of Migration' on the 31st of August,2022



Memorandum Of Understanding With The International Institute Of Migration, Trivandrum

DEPT. OF HISTORY

The Department of History observed Environment Day on 6/6/22 with a quiz competition. Book Review was conducted in connection with Reading Day celebration on 23/6/22..St Alphonsa Day was celebrated with an Interdepartmental Pencil Drawing competition on the theme 'Life of St Alphonsa' on 25/07/2022. Students were also taken to Alphonsa Shrine on 27/07/2022. Independence Day was celebrated by the department on 12/08/2022 with an interdepartmental elocution competition. National flags were distributed to students of the department in connection with Independence day celebrations on 11/082022. Documentary on Mahatma Gandhi was screened to commemorate Gandhi on 30/9/2022. Students of the department presented a drama 'Pukachurul' in the college to create an awareness on drug abuse among the students of the college on 19th October 2022. In connection with the National Unity Day the EBSB club of Alphonsa College and Department of History conducted a Symposium in honor of the birth anniversary of Sardar Patel on 31st October at 12pm in Room No 36. Students of I Dc presented papers on life and activities of Sardar Vallabhai Patel which was very informative.

Kerala Piravi was celebrated by traditional dance programme 'Kalakairali' on 1st November 2022. An interdepartmental quiz competition was also conducted in connection with Kerala Piravi on 4th November 2022 in association with Malayalam department. Quiz masters were Dr Anila Thomas, Assistant Professor Department of Malayalam and Anna Dominic III DC History student. History Association activities for the academic year 2022-2023 was inaugurated on 15th November 2022 by Dr. Sumi Mary Thomas , Assistant Professor, Department of History, CMS College, Kottayam. Dr. Sumi Mary Thomas also delivered a lecture on the Topic 'The Changing map of India from Meluha to Mughals'. Online Alumni Meet of the department was conducted on 4th December 2022. The main agenda was to inform former students on Job Fair to be conducted on 10th of December and to remind them of the upcoming offline Alumni meet on 26th January. Former students of the department and teachers had an informal meeting on 26th January 2023. Our Alumni shared their experiences in the gathering. Students of III DC donated Educational materials for the 50 students of Kalanikethan primary school, Puliyanoor Pala on 24th January 2023. This project was undertaken to commemorate National Youth Day, which is also Vivekananda Jayandhi. The aim is to propagate the ideals of Vivekananda who consider education as 'man-making'.

Students who secured Rank and A + in the MG university exam.



Anjumol S
Rank 1
CCPA 9.38



Athulyamol Benny
Rank 2
CCPA 9.35



Meenakshi Ullas
Rank 6
CCPA 9.25



Emma Maria Joseph
Rank 6
CCPA 8.95



Sona P Saju
Rank 7
CCPA 9.23



Arathy M P
Rank 9
CCPA 9.21



Annu Bimal
Rank 10
CCPA 9.12



Anakha Roy
A Plus
CCPA 9.06



Aparna Surendran
A Plus
CCPA 8.99



Malu V
A Plus
CCPA 8.98



Sreelashmi Sasi
A Plus
CCPA 8.93



Nise Martin
A Plus
CCPA 8.79



Anitta Vargheese
A Plus
CCPA 8.77



Dona Jose
A Plus
CCPA 8.74



Sona John
A Plus
CCPA 8.69



Freya Elsa Abraham
A Plus
CCPA 8.63



Rohitha Jaison
A Plus
CCPA 8.61



Gipsa George
A Plus
CCPA 8.60

SREE MoU lecture series was also conducted this year. Bino. P. Jose, Assistant Professor, St Dominics

college Kanjirapalli delivered a lecture on the Topic 'Idea of Human' on 25th October 2022. Dr. Cyriac Jose, Assistant Professor, St Thomas college Palai delivered a lecture on the Topic 'the Frame Work of Archaeology' on 10th November 2022. Ms Mithy, Assistant Professor, Henry Baker College, Melukavu, delivered a lecture on the Topic 'Notion of Gender and Women' on 14th December 2022. Ms Sunitha Santhan, Assistant Professor, Department of History, Alphonsa College, Pala took a class on 'Motherhood in India' at Henry Baker College, Melukavu on 6/3/23. A lecture on 'Issues of Trans Gender' was taken by Sunitha Santhan at St Thomas College Pala, on 24/3/23. Ms Alphons George, Assistant Professor, Department of History, Alphonsa College, Pala took a class on 'Methods of Research' at St Thomas College, Ranni on 24/3/23. Two one day workshops were conducted under the banner of SREE . First workshop was on 'Methods and Techniques of Designing Projects in History' at St Thomas College, Palai on 23/06/2022. It is intended to benefit the students of III DC of the constituent colleges of SREE, who have projects to be done in this academic year. Second was on 'Research Methods in Local History' at St Dominic's College, Kanjirapally on 27/03/2023.

Final Year students were taken for a historical site visit on 30/1/2023 to Karmadi, where a statue of Buddha known as Karuadi Kuttan is conserved by the Archaeological Department. They also visited historical Ambalapuzha temple, which was the seat of Chembakassery Raja Mizhavu, a musical instrument used by Kunjan Nambiar for his Ottam Thullal was kept there. A boat trip was also made to Kainikkari, where the house of Fr Chavara Kuriakose Elias, a visionary and social reformer and the museum associated with him was visited. Thaslima Rafi, Trainer, CCMY Institute, Kanjirapally, took a class on 'How to Crack Competitive Exams for the students of the department on 7/3/23. An Instagram campaign was conducted on International women's day on 8/3/2021. The Theme of the campaign was 'I Am Enough'. Department valedictory and farewell of III DC students was on 16th March 2023.



One day workshop on 'Methods and Techniques of Designing Projects in History' organized by History Department in association with SREE at St Thomas College, Palai .



Dr. Sumi Mary Thomas, Assistant Professor, Department of History, CMS College, Kottayam, delivering a lecture on the Topic 'The Changing map of India from Meluha to Mughals'.



Donating educational materials for the 50 students of Kalanikethan primary school, Puliyanoor Pala

Publications

Sunitha Santhan published an article on 'Nilakkal: The Genesis and Exodus of Christians' in *Alphomine : An International Refereed Journal Humanities and Social Sciences* ISSN 2250-3870, December 2022, published by Alphonsa College, Pala.

Achievements of Students



Anna Dominic

| Name of the Event | Position | Level |
|--|----------|----------|
| She Entrepreneurship in eminence 2k23 by Manarkad st. Marys college | First | State |
| Essay writing at St.Thomas College,Pala | First | national |
| Essay writing by Mochana De-Addiction Centre | Third | district |
| Elocution competition conducted by Meenachil Circle Co-operative Bank individual district cultural | Third | district |
| Quiz by Assumption College | Third | state |
| Poetry writing - -U.C.College,Aluva | Third | state |
| Elocution by Rubber Board 2022 | Second | state |
| Letter To Bapu -Second-U.C.College,Aluva | Third | state |
| Quiz U.C.College,Aluva | Second | state |

Students who secured Rank and A + in the MG university exam.



Elsa Elizabeth Joseph
Rank 3
CCPA 8.95



Gouri Sushama Prasobh
Rank 4
CCPA 8.88



Merin Pious
Rank 5
CCPA 8.68



Aswathy Jayan
Rank 6
CCPA 8.66

DEPT. OF MATHEMATICS

In connection with World Environment Day, Mathematics Association of Alphonsa College, Pala prepared a magazine named 'Maths in Nature' which was published by Principal Dr. Sr. Regeenamma Joseph on June 5, 2022. In connection with International yoga day, students of Mathematics department presented a yoga dance on 19/01/2023. As part of population day, on July 12th, Mathematics association of Alphonsa College Pala and Debate and Oratory Club conducted an Interdepartmental Debate Competition on the topic 'Whether population increase will affect the human rights of an individual?' Competition was held teamwise consisting of two participants. Ms. Alleymol Sebastian and Ms. Ashley, teachers of English department of Alphonsa College, Pala judged the competition. Rhon Thomas & Ann Maria Jose was selected as the best debating team and Ann Maria Jose was selected as the best debater. Students of mathematics department secured 2nd prize for Tableau competition conducted by College in connection with Ethnic day (June 17th). Maths Association of Alphonsa college conducted a seminar by our III DC Student Annu maria Varkryachan on the topic was READING APPS AND VIRTUAL READING. In connection with 76th death anniversary of St Alphonsa, Mathematics department conducted an interdepartmental group song competition. In connection with 75th independence day, Mathematics department conducted an online quiz competition. Anna Dominic of Department of history secured First prize and 2nd prize to Sandra Elizabeth of Mathematics department. Every student of our department hosted National flag in their house premises.

The Mathematics department started a new add-on course: Data Entry and Office Automation in the academic year 2021-22. This NSQF course was later approved as an O' level NIELIT certificate course (affiliated to NIELIT, New Delhi and regional Centre is in

Calicut). Online theory and practical exam of 1st batch was on 16th and 17th August 2022. III DC students attended an outbound 1-day training program organized by the MBA department of the Marian college on 7th October 2022 at Marian College Kuttikanam. Mathematics Association Inauguration was done by Dr. Shiny Jose, HoD, Department of Mathematics, St. George College, Aruvithura On 19th October 2022. Department fresher's day was arranged on the same day. As part of the state-wise campaign against Drug abuse by the Government of Kerala, department of Mathematics conducted a flash-mob and awareness session was delivered. Students of our department give free tuition for the students of St. Pious Orphanage, Pala on every Saturday and Sunday. Our students attended interactive sessions of Mathematics Aspirants Groups to learn tips and tricks to crack competitive exams like JAM exam, CSIR NET, GATE. Department organize batch-wise alumna meet for the following batches: 2016-19, 2015-18, 2014-17, 2013-16, 2012-15, 2009-12, 2007-10, 2005-08, 1985-88.

Mathematics department of Alphonsa college started an MoU with Jyoti Nivas College, Bangalore in this academic year and conducted an international webinar on the topic 'A Gateway to the Innovation World of Electronics and Mathematics' on 10th September 2022. Our Alumna Kum Gopika Udayan (KAS holder and 2013-2016 batch) interacted with our students on 14/11/2022. Department celebrated National mathematics Day by conducting a competition 'Cracking the cube' in college level and an invited talk on "Introduction to Operation Research" for our degree students. Department conducted a food fest as a fund raising programme for the inmates of St. Pious orphanage Pala. Department of Mathematics offered a certificate course (10 hours of theory and 20 hours of practical classes) on LaTeX Training Programme during the academic year 2022-2023. 33 students were enrolled and all completed the course successfully. Department of Mathematics conducted a session on "How to become an actuarial experts" by Allianz Services on 28th February 2023 at Seminar hall. Department conducted a Maths fest named 'Numeros' on 3rd March 2023 with an Intercollegiate Mathematics Quiz Competition and Maths Relay. DR SR TEENA THUDIYAMPLACKAL, Gynaecologist, Devamatha college Koothattukulam delivered a talk on the topic "Importance of Feminine Hygiene in Our Society". A talk on "Mental Health of a Woman In Present Scenario" by Dr Sr Dolly Kurian, HoD, Department of Social Work, BVM Collge, Cherpumkal.



Outbound Training Program



Anti-Drug Programme

Achievements of Students

Our Alumna **Kum. Tiby Maria Thomas** published a Malayalam book "Kudikadam" and association honored her.

Students who secured Rank and A + in the MG university exam.



Anupa Sajjan
Rank 2
CCPA 9.61



Shreya Suresh
Rank 2
CCPA 9.61



Josna Jose
Rank 7
CCPA 9.53



Diya Rajan
Rank 10
CCPA 9.48



Alja Gifty T
A Plus
CCPA 9.38



Alby Joseph
A Plus
CCPA 9.37



Aleena Benny
A Plus
CCPA 9.34



Anupama Mohan
A Plus
CCPA 9.33



Sona Rajesh
A Plus
CCPA 9.27



Sethu Prakash
A Plus
CCPA 9.23



Rosemary S
A Plus
CCPA 9.22



Devika Haridas
A Plus
CCPA 9.19



Tessa Joshy
A Plus
CCPA 9.18



Diliya Elizebath Denny
A Plus
CCPA 9.01



Minnu Lisbath Sebastian
A Plus
CCPA 8.96



Essa Raincy
A Plus
CCPA 8.83



Anne Maria S
A Plus
CCPA 8.66

DEPT. OF PHYSICS

The Physics Department Association 2022-23 was officially inaugurated on 18 October, 2022 by Rev Dr. Sr. Regeenamma Joseph, Principal, Alphonsa College Pala. Harmonics, the Annual Scientific magazine of Physics Association was released on the same day. Several literary and scientific events were organised by the department of physics during the year to drive the students to excellence in par with the global standards. Brainiac is an annual intercollegiate quiz competition for the undergraduate students was organised on 10-01-2023. The programme was sponsored jointly by Prominent, A Perfect Solution and the Physics alumni association.



Brainiac, annual intercollegiate quiz competition for the undergraduate students



Workshop on repair of LED bulbs

As part of going towards zero waste, the department of physics conducted a workshop on repair of LED bulbs on 22-02-2023. Hands-on training was given to students and laboratory staff of the department on how to repair and reuse the damaged LED bulbs. This training workshop for students helped them to imbibe the habit of reusing electronic gadgets which would have ended up as e-waste. During the academic year 2022 - 23, the department of Physics conducted 4 seminar presentations by the students as part of the 'Enrichment programs for the students, by the students'. These online seminars helped to imbibe scientific temper in students.

The final year students visited the National Institute for Rubber Training, Kottayam on 28 October. They visited Technical Consultancy Lab, Rubber Technology Lab, NIRT lab and interacted with scientists of concerned departments

To attain additional subject knowledge on General, students were taken to Museum of Geology Department, Govt. College, Nattakom, Kottayam on 30th September 2022. Several talks by eminent physicists were arranged by the department to develop scientific temper in students during the academic year.



Novia Sunny
A Plus
CCPA 9.37



Remya Rajagopal
A Plus
CCPA 9.34



Nandana das V A
A Plus
CCPA 9.19



Amaliya Elizabeth
A Plus
CCPA 9.13



Cinfy K
A Plus
CCPA 9.05



Keerthy Raj
A Plus
CCPA 9.00



Janet Elizabeth James
A Plus
CCPA 8.91



Elizabeth Jose
A Plus
CCPA 8.9



Anusri Saji
A Plus
CCPA 8.89



Carol Sunny
A Plus
CCPA 8.89



Aswathy K S
A Plus
CCPA 8.87



Dona Mariya Biju
A Plus
CCPA 8.80



Divya B
A Plus
CCPA 8.79



Aiswarya Joby
A Plus
CCPA 8.79



Ashly K Rarichan
A Plus
CCPA 8.72



Anjali Babu
A Plus
CCPA 8.65



Fiona Alex
A Plus
CCPA 8.65



Vishnupriya K G
A Plus
CCPA 8.64

Achievements of Students

Selection to Kerala team - through balls



Nanda P J
BSc Physics Model I 2021-2024

MG University Youth Festival ANEKHA 2023
A Grade in Kavyakeli



Hrithika Renjith
BSc Physics Model I 2020-2023

Students who secured Rank and A + in the MG university exam.

Physics Model I



Devika Raj
Rank 9
CCPA 9.57



Neethu Sebastian
A Plus
CCPA 9.48



Karishma S
A Plus
CCPA 9.4



Sneha Sabu
A Plus
CCPA 9.37

Physics Model II Computer Applications



Alka Philip
Rank 1
CCPA 9.26



Richu Liz Roy
Rank 2
CCPA 9.18



Sona Rajesh
Rank 4
CCPA 9.06



Dona Alphonsa John
Rank 5
CCPA 9.03



Parvathi Krishna
Rank 6
CCPA 8.99



S Gowri Krishna
Rank 7
CCPA 8.88



Devika R
Rank 8
CCPA 8.85



Jisna Mathew
Rank 9
CCPA 8.56

DEPT. OF BOTANY

During the year 2022-23 Botany Association conducted various programs for the all round development of the students. In connection with World Environment Day a Green Campus campaign, "Thaliru 2022" on 6th June. Eco click 2022, an online Photography contest was conducted on 19th August. In connection with "Azadi Ka Amrit Mahotsav" a community extension program "THALIRU 2022" a painting competition and 'plant a tree' campaign was organized in a school. World Ozone Day was celebrated on September 16th 2022 by creating a wallpaper display. In connection with World Coconut Day 'COCO DIAS' was conducted which included an exhibition, food fest and game sections. An elocution competition on the topic 'No to Drugs, Yes to Life' was organized in connection with the antidrug campaign on October 27, 2022. A Skill Development Programme was conducted on Mushroom farming by our alumnae Miss Bhanupriya R, on 26th November 2022. In connection with Farmers Day Click my "Kitchen garden" photography contest and free vegetable seed distribution was conducted. In connection with Pollution Control Day a pencil drawing competition was conducted. Dept of Botany organized a quiz competition on 31st January, 2023. In connection with International Women's day an invited talk was conducted on Embrace Equity on 8th March, 2023. Ms Jayalakshmi B, PRO, National health Mission, Ullanad served as the resource person. The Department of Botany conducted a one day workshop on research methodology on 3 March, 2023.



A painting competition and 'plant a tree' campaign in Govt.New LPS,Puliyanoor

Achievements of Students

1. **Ms Anupama** of II Dc Botany participated in the All Kerala Intercollegiate PowerPoint Presentation held in Assumption College on 6th February 2023.
2. **Kum Annmariya Saji** of II DC Botany has won third prize in Prof Filcy T baby Memorial All Kerala intercollegiate Quiz competition held at CMS College Kottayam on 03/03/2023 organized by Department of Botany
3. **Kum Devika Vijayan** of III DC Botany has won third prize in Prof Filcy T baby Memorial All Kerala intercollegiate Quiz competition held at CMS College Kottayam on 03/03/2023 organized by Department of Botany
4. **Kum Annmariya Saji** of II DC Botany has won first Prize Reading competition organized by Kerala state library Council
5. **Ms Arunika U Nair** of III Dc Botany participated and was awarded third prize in All Kerala Intercollegiate PowerPoint Presentation held in Assumption College on 6th February 2023.



Kum Annmariya Saji of II DC Botany and Kum Devika Vijayan of III DC Botany

Students who secured Rank and A + in the MG university exam.



Aswathy Prabhakaran
Rank 3
CCPA 9.33



Aiswarya Lai
Rank 3
CCPA 9.33



Jinnu Maria Jose
Rank 8
CCPA 9.23



Parvathi Sreenivasan
A Plus
CCPA 9.11



Sangeetha Ann Thomas
A Plus
CCPA 9.10



Aryamol T U
A Plus
CCPA 9.02



Ashmi Saji
A Plus
CCPA 8.97



Akhila Byju
A Plus
CCPA 8.88



Aparna Ajayakumar
A Plus
CCPA 8.81



Ambily C Nair
A Plus
CCPA 8.65



Amala Mathew
A Plus
CCPA 8.57



Ashly Zacharias
A Plus
CCPA 8.52

PG & RESEARCH DEPT. OF ZOOLOGY

Department of Zoology observed various days of ecological relevance. As part of World environment day celebration, a signature campaign against plastic use was organised on June 5th 2022. An exhibition was conducted and saplings were distributed to students of the college. A visit to Mariasadan – an abode for the homeless and helpless was arranged on July 22nd and students contributed Rs 10000 for the wellbeing of the inmates. Students also visited St Alphonsa tomb on the same day to commemorate the death anniversary of our heavenly patron St Alphonsa and also took part in a Pro Life exhibition. The final year students prepared a short film on Nature conservation and released it on July 29th. A You tube channel was also launched by the department on the same day. Students prepared an awareness video on Tiger population in connection with the International Tiger day on July 29th. Onam was celebrated by the students of the department on Sept 1st by preparing the traditional onam sadya. An Intercollegiate Healthy Idea contest was also organised in association with Women's cell of our college on Sept

29th , 2022 under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with “Poshan Abhiyaan Scheme” launched by the Government of India with the aim of tackling the malnutrition problem prevalent in India. The Department in association with NSS unit organised a blood donation camp on Sept 30th. Various activities in connection with Anti drug was also organised like Anti drug quiz and Panel discussion on Oct. 14th, Flash mob on Nov 1st. As part of the field trip students visited Kumarakom bird sanctuary and Research station (RARS) on Nov 7th , Thattekkadu bird sanctuary on Nov 29 & 30. As part of study tour from Jan 23rd to 26th ,2023, students visited Periyar Tiger reserve Thekkady, CMFRI Tuticorin, Mandapam and Rameshwaram and CMFRI Kochi. Alumni meeting of B. Sc batch 2016-2019 and M Sc batch 2010-2012 were organised on Oct 24th and Nov 6th respectively. A general alumni meet was also arranged on Jan 26th 2023. As part of extension activity, an exhibition was conducted at Jyothi Public School Paika on 11-12 November, 2022 for the school students. An invited talk on product development led by Najeeb Bin Haneef, the CEO of Zara biotech was arranged on Dec 16th. A Department PTA meeting was arranged on February 11,2023. A two day Workshop on Advanced Microscopy and Microphotographic techniques was conducted on February 20 & 23. The sessions were handled by Mr. Relief Ramakrishnan, Manager Sales, Olympus Optosystems India Pvt.Ltd. The Department of Zoology in association with the Botany Department, College Development Council, MGU Kottayam and Bhoomithra Sena Club organised a National Seminar on 10th March, 2023. It was inaugurated by Dr. Satheeskumar P K, Professor, Centre of Advanced Study in Botany, Banaras Hindu University, Varanasi. Session on the topic “ Genome editing technique” was handled by Dr Linu Mathew (Professor, School of Bioscience, MG University). Paper presentations were carried out through online and offline mode. An Intercollegiate power point competition was conducted on February 23, 2023 in association with wetland day observation. Eight teams from various Colleges participated in the competition. The department and Ocean Society of India –Cochin Chapter jointly organised a talk on “Alternatives to antibiotics in aquaculture” on 23th March 2023. The keynote speaker was Dr Anas Abdulazis, Principal Scientist, CSIR, National Institute of Oceanography, Kochi. A farewell meeting of the Final year PG students was arranged on September 1, 2022. The department also mourned the sad demise of Edna Thomas, second year student of the department of Zoology. A condolence meeting was held on 5th August ,2022.



Inauguration of the one day Seminar on 'Alternative methods to reduce antibiotics in aquaculture' by our Principal, Dr Sr Rageenamma Joseph. Chief guest Dr Anas Abdulaziz, Principal Scientist, CSIR, National Institute of Oceanography, Kochi.



Participant presenting in the "Intercollegiate powerpoint competition" in connection with World wetland day organised by the Zoology Department.

Achievements of Students

Ms. Angel Elsa Jose. Best paper award under student category in 'Quaesitio 2022-23' A multidisciplinary online International Conference organised by St Stephen's College Uzhavoor from 15th -22nd December 2022.



Angel Elsa Jose
(II M Sc Zoology)

Ms. Sherin C Baby. Third Position for the paper under student category in 'Quaesitio 2022-23' ' A multidisciplinary online International Conference organised by St Stephen's College Uzhavoor from 15th - 22nd December 2022.



Sherin C Baby
(II M.Sc Zoology)

Ansu James Second Position in Drawing Competition in "ZOONOMIA 2023" organised by St Thomas College Pala on March 3,2023.

Navya Maneesh Third Position in Drawing Competition in "ZOONOMIA 2023" organised by St Thomas College Pala on March 3,2023.

Sherin C Baby Third Position in Crossword puzzle Competition in ZOONOMIA2023 organised by St Thomas College Pala on March 3,2023.

Meera V. S. Third Position in Poster Designing Competition in "ZOONOMIA 2023" organised by St Thomas College Pala on March 3,2023.

Maria John. Third Position in Just a Minute in in "ZOONOMIA 2023" organised by St Thomas College Pala on March 3,2023.

Publications

Reema Rose Mani , Simimol Sebastian , Athira A S (2023). Studies on Length-weight relationship of two Cichlid fish species, Oreochromis mossambicus (Peters, 1852) and Etroplus suratensis (Bloch, 1790) from the downstream region of Meenachil River, Kerala, India. Journal of Survey in Fisheries Sciences. 10(1S) 3999-4007

Reema Rose Mani and **Simimole Sebastian.** (2023). Phytoplankton Diversity in Midstream Region of Meenachil River, Kerala during Premonsoon and Monsoon Season. Uttar Pradesh Journal of Zoology. Volume 44, Issue 5, Page 10-14, Article no.UPJOZ.2491 ISSN: 0256-971X (P).

Book Chapter

Ambili. T.R., Manju Elizabeth Kuruvila and Teena James. A review on the relationships, threats and conservation strategies of Mangrove fishes. Biodiversity and Conservative research. 2023. Publisher Dr P Ponmurugan and Dr D Arunkumar Integrated Publications. New Delhi. pp13-24.

Achievements (Teachers)

Dr Simimole Sebastian Award of certificate of appreciation for her outstanding performance as NSS programme officer in 2022



Dr Simimole Sebastian

Students who secured Rank and A + in the MG university exam.



Nova Siby
Rank 5
CCPA 9.39



Sherin C Baby
Rank 8
CCPA 9.30



Jyothi Roy
Rank 9
CCPA 9.29



Anns Mary Kuriakose
A Plus
CCPA 9.23



Nandana S Kumar
A Plus
CCPA 9.08



Panchami B
A Plus
CCPA 9.08



Manya Manoj
A Plus
CCPA 9.07



Dona J Kappen
A Plus
CCPA 8.98



Sneha Prakash
A Plus
CCPA 8.95



Greeshma Sonny
A Plus
CCPA 8.91



Athira B
A Plus
CCPA 8.61



Naveena Elizabeth
A Plus
CCPA 8.61

DEPT. OF CHEMISTRY

The Department of Chemistry at Alphonsa College, Pala had an outstanding academic year 2022-23, marked by numerous achievements and initiatives that fostered to academic excellence, environmental awareness, and cultural celebrations. Eleven students from the Chemistry department were recognized for their exceptional performance, achieving A+ grades with 88% pass percentage. As part of Environmental Day celebration, the Department of Chemistry released an impactful video on June 5, titled "Importance of Environmental Conservation" on the department YouTube channel, educating students and the community about the critical role of chemistry in addressing environmental challenges. Environmental consciousness and sustainability remained at the forefront as the department signed an agreement with Faith Mission in association with IQAC of college on June 28 for paper waste management. A visit to Saint Alphonsa's tomb marked the commemoration of Saint Alphonsa's Feast Day. As part of Independence Day celebrations, the department conducted a National Anthem competition to instil a sense of patriotism among students. On Onam, the department organized a

heartwarming event in collaboration with differently-abled children at Shalom DCMR School, Puliyanoor, on August 12, fostering a spirit of inclusivity and cultural exchange.

Academic enrichment continued with the organization of an Outbound Training Programme (OBT) on October 7. This experiential learning opportunity, led by Dr. Bose George from Marian College Kuttikanam, provided valuable insights and practical knowledge to third-year students, enhancing their overall learning experience. On October 17, Department of chemistry conducted an Inter-Department Card Making Competition based on the theme "Quit Drugs, Choose Life," encouraging active participation from students to raise awareness about the detrimental effects of drugs. As part of the academic enrichment, the department released an organic practical video on department YouTube channel, enhancing accessibility to educational resources and reinforcing their commitment to academic excellence. To provide students with exposure to real-world applications, the department organized an industrial visit to the Rubber Institute for third-year students on November 17. The Department of Chemistry organized a three-day Nature Study Camp in association with the Zoology department to Thattekkad Bird Sanctuary from 29th November to 1st December 2022. Furthermore, the department celebrated National Youth Week on 13th January 2023, in association with Nehru Yuva Kendra, Kottayam. The event was inaugurated by Sri. G. Padmakumar, Magistrate of Pala, and featured a keynote address on "VIVEKANADHANUM ADHUNIKA BHARATHAVUM" delivered by Prof. B. Vijayakumar. In conclusion, by nurturing knowledge, creativity, and social consciousness, the department continues to play a pivotal role in shaping well-rounded and responsible individuals prepared for future challenges.



Department of chemistry in association with IQAC signed the agreement with FAITH MISSION on June 28 to the paper waste management.



Three days Nature Study Camp to Thattakkad Bird Sanctuary

Winners in various competitions held outside College

1. **Kumari Neha Benny**, I DC Chemsitry secured II prize in Taluk wise ad I prize in district wise- Elocution competition connected with 69 th akhilenthya (All India) saharana varakosham.



2. Kumari Neha Benny secured I prize CYMA Thathapally With Certificate, trophy and a cash prize of 2000/- The award was given by Goa governor Shri P.S. Sreedharan Pillai.

List of Publications

Diana Elizabeth Jose

1. Title of Paper

Synthesis and characterization of surface-modified ultrafine titanium dioxide nanoparticles with an antioxidant functionalized biopolymer as a therapeutic agent: Anticancer and antimicrobial evaluation

Name of Journal

Colloids and Surfaces B: Biointerfaces 220 (2022): 112949

2. Title of Paper

Recent developments of supported Palladium nanocatalyst and magnetically separable supported Palladium nanocatalysts for Heck cross-coupling reactions

Name of Journal

Journal of Nanoparticle , Research 24, no. 5 (2022): 89.

3. Title of Paper

Recent Trends in Nickel-Catalyzed C– S Bond Formation

Name of Journal

Asian Journal of Organic Chemistry 11, no. 6 (2022): e202200038.

4. Title of Paper

Recent advances in the Nickel-catalysed electrochemical coupling reactions with a focus on the type of bond formed

Name of Journal

Asian Journal of Organic Chemistry 12 (2) (2023): e202200593.

5. Title of Paper

Ruthenium-Catalyzed Direct Reductive Amination of Carbonyl Compounds for the Synthesis of Amines: An Overview

Name of Journal

European Journal of Organic Chemistry (2023): e202300035.

Students who secured Rank and A + in the MG university exam.



Gopika G Nair
Rank 7
CCPA 9.44



Midhuna K Ullas
Rank 10
CCPA 9.38



Amala S
A Plus
CCPA 9.13



Anjali Krishna
A Plus
CCPA 9.08



Ankitha Jacob
A Plus
CCPA 8.93



Minu Satheesh
A Plus
CCPA 8.88



Ammu Manoj
A Plus
CCPA 8.83



Gowri Babu
A Plus
CCPA 8.81

PG DEPT. OF POLITICAL SCIENCE

Department of Political Science observed Environmental Day on June 8, 2022 at St. George's LPS Chittar. Renowned Environmentalist Sri. Aby Poondikkulam delivered keynote address on ' Nature and Lifestyle". Teachers , students and parents attended the class .Fruit tree saplings were planted in the surroundings of school compound and saplings were distributed to teachers, students and parents. PG Department of Political Science conducted extension

activity at St. George's LPS Chittar on 08-06-2022. Alphonsians conducted an effective session on Spoken English. The students also nurtured the vegetable plants they planted earlier as a part of the department extension activity of Bio Farming. P.G. Department of Political Science organized an essay competition in connection with Alphonsa Day Celebrations. It was conducted on 21st July 2022. The theme of the Essay competition was Alphonsa – The Flower of Suffering. As part of the 75th Independence Day celebrations, PG Department of Political Science and College Union jointly organized a seminar on 12/08/2022. Dr. M. M Mathew, the resource person delivered a lecture on the topic of "India @ 75". PTA meeting was organized on 23-08-2022 at the Department. An anti Drug awareness class was organized by the College for the parents. Anti Drugs Day seminar was organised by Department of Political Science in connection with Anti Drugs Day on 13th October, 2022 at 9.30 in the Seminar Hall. Rev. Fr. Vincent Moongamackal, Director, ADART served as the Resources Person. PG Department of Political Science organized a Quiz competition on 31 October 2022, in connection with National Unity Day and Birth Anniversary of Sadar Vallabhai Patel. Department of Political Science conducted a two days study tour to Munnar on 10th and 11th November 2022. It opened up an opportunity to the students to experience the cultural, and linguistic diversities within Kerala itself. The EBSB club of Alphonsa College, Pala Co-ordinated by Miss. Rekha Mathew in association with the Department of Political Science of the college, celebrated the statehood day of Himachal Pradesh, on 25th January 2023, at the seminar hall of Alphonsa College, Pala at 1:30 PM. The programme conducted by the students of the Political Science Department was Presided over by the Co-ordinator Mrs. Rekha Mathew, Assistant Professor, Department of Physics. On January 26, 2023 alumnae of the Department of Political Science gathered together and cherished their memories. Peer teaching was conducted I MA student Elizabeth George presented a topic on Making of the Indian Constitution to II MA students. II MA student Merin Emmanuel presented topic on Rural Reconstruction in the Gandhian Perspective to the IMA students.



DEPT. OF PHYSICAL EDUCATION

Sports Achievements 2022-2023

This year too, our sportswoman kept the flag of Alphonsa flying high. This year we were able to win the G.V. Raja award for the best college in Kerala. The college teams won the MG University Championships in Athletics and Volleyball. The college won second place in the MG University Weightlifting and Swimming Championship. The College team also won the third position in Netball. The college cross country team won second place in the MG University Inter Collegiate Championship held at Kothamangalam and the Kerala State Junior Cross Country Championship held at Kassargod. Also, our senior team won the Kerala state cross-country championship held at Kangangad. Our College Volleyball Team Won the Championship in the All Kerala intercollegiate Volleyball championship held at St. Stephens College, Uzhavoor, St. Thomas College, Pala, and Kasargod. Our 16 Athletes represented M.G University in the All India Inter University Athletics championship. Many of our students represented University in the all India Inter-University and national championship and won the medal in the national championships. Alphonsa College organized 40th Mahatma Gandhi University Athletics Championship 2022-23 from 3rd December to 5th December 2022 at Pala Municipal Synthetic Stadium. About 800 Athletes from 98 colleges, affiliated to MG University, participated in the Championship.

Also this year we are the Runners-up in the Kerala State Inter Club Athletic Meet held at Calicut. Our 6

Athletes represented Kerala in the National Inter Club Athletic Meet held at Andhra Pradesh. More over our 6 Athletes represented Kerala in the National Cross Country Women Championship held at Guwati.



Receiving G.V Raja Award



College Annual Sports Meet 2022-23



40th M.G University Intercollegiate Athletic Championship 2022-23 flag hosting ceremony



All India Inter University Athletics Championship at Chennai



M.G University Inter collegiate Athletic Champion



40th M.G.University Inter Collegiate Volley Ball Champions



College Annual Sports Meet 2022-23



College Cross Country Team



Khelo India-4x400Mtr Relay Gold



Khelo India-4x100Mtr Relay Gold



Tug of War Team



College Netball Team



College KhoKho Team



Swimming Team

DEPT. OF MALAYALAM

In connection with the Env't. Day Dept. of Malayalam conducted an Inter Departmental Poetry Competition on 6th June 2022. Alphonso college, Pala, celebrated the 27th National reading day on 19th and 20th June, 2022. Various activities including inter-department competitions were organized by the Dept. of Malayalam in collaboration with the Alphonso college library. Both online and offline competitions were successfully conducted. Online competitions such as Book review, introducing an author and recitation competition was held on 19th June, via g-meet. Offline competitions; twist the tale, newspaper making and quiz competition was held on 20th June, 2022 at Alphonso college library. Also a session by Ms. Ashly Thomas was also organized for the students. An interdepartmental Patriotic song competition (single) was conducted by the Department of Malayalam and Hindi as a part of the Independence day Celebrations. In Connection with 'Lahari Vimuktha Keralam' Depts. of Hindi & Malayalam conducted a poetry writing competition for the Students of Alphonso College Pala on 14th October 2022. In Connection with 'Kerala Piravi Dept of Malayalam conducted a Keralaganalaapana competition for the Students of Alphonso College Pala on 3rd Nov 2022. Dr. Thomas Scaria, Asso. Professor, St Thomas College Pala empowered the students on the origin of Kerala, compare the ancient & present situation of Kerala etc through his inspiring speech on 02/11/2022. On the occasion of Kerala Piravi Celebrations, Departments of Malayalam and physics jointly organized a travelogue writing competition for college girls and a Quiz based on Kerala Culture, Literature and History was jointly organized by the Departments of Malayalam and History. The Manuscript Magazine 'edukal' published on 24th March 2023.



DEPT. OF HINDI

Hindi Department in collaboration with Malayalam Department, MG University Kottayam and P SivaramaPilla Memorial Peoples Library Kurichithanam conducted a one day National Seminar on JEEVITAMEZHUTH SWAROOPAVUM SWABHAVAVUM on 27/9/2023. Hindi Dept. conducted an Intercollegiate Elocution Competition in Hindi on 31/01/2023 Anna Dominic IIIDC History Alphonso College Pala WON First Prize, Kavya Gopakumar IIIDC Hindi Ettumanoorappan College Ettumanoor won Second Prize and Anagha Raju IIDC English Alphonso College Pala won Third Prize. Rev. Dr Shaji John our Vice Principal Deliver cash prizes, Prof. KJ Mary sponsored trophy and certificate to the winners. Department of Hindi conducted an invited talk on Modern Trends in Hindi Literature .Dr. Sr. Kochurani Joseph Head of the PG and Research Department of Hindi St. Thomas College Pala was the Resource Person. She delivered Lecture on the Different perspectives of Hindi Literature. Faculty of the Department always give inspiration to the students to enhance their writing abilities .This year Second year Degree students of the Department release a manuscript Magazine in Hindi Language.



PG DEPT. OF ENGLISH (SF)

As the new academic year commences, the Department Staff Meeting was conducted to discuss the plans of the department for the coming academic year. As part of the World Environment Day celebrations the students of the P G Department of English (S F) planted plant saplings in the college premises on 6th June 2022. This is a green initiative inside the campus. The students of the department cleaned Nakshathra vana as part of the Cleaning Day and Room No.64 on 29/09/2022. The P G Department of English (S F) conducted various competitions Legere Librum as part of Reading Day on 20th June 2022. The competitions include Chapter Chat (Book Review Competition), Read and Reap (Translation Competition) and Between the Lines (Reading Competition). The students of PG Department of English (S F) practiced Yoga on 21st June 2022 as part of International Yoga Day. A Farewell was organized on 17/09/2022 for the students of II MA. During the occasion

various prizes were distributed to students. Shilpa Nair A was selected as The Best Outgoing Student and Aleena Benny was selected as The Best Student in Academics. An Alumni Meeting was organized on 26/09/2022. The alumnaes shared their nostalgic memories.

An Inter departmental Short Story Competition was organized in connection with the Anti-Drugs Campaign on 17/10/2022 at 2.30pm in Room No. 84. 24 students from various departments participated in the competition. The topic for the competition was You don't need Heroin to become a Hero. The P G Department of English (S F) has organized a Seminar on the topic Home as Escapism in Select Poems of Kamala Das on 21st November 2022. The Resource Person was Mrs. Pooja Thulasan (Research Scholar, Amity University, Chhattisgarh) Assistant Professor, Shanthigiri College, Vazhithala. The Fresher's day of the department was celebrated on 21/11/2022. An ice-breaking session was held and the students of the II PG gave a warm welcome to the Juniors and many cultural programmes were held . The P G Department of English (S F) organised an online Intercollegiate Article Writing Competition on 31 st December commemorating the hundred years of T.S Eliot's Wasteland. The topic for the competition is Re-Reading Wasteland @100. A cash prize of Rs 2000/- and Rs 1000/- are given for the first and second prize winners and the best articles are published in the International Refereed Journal , Alfomine. A P T A Meeting of II MA English(S F) students (2021-2023batch) was held on 22/11/2022. The academic progresses of the students are evaluated and the parents signed the progress reports as well as P T A Meeting Register which is kept in the department. The Annual PTA Meeting of the college was held on 11/02/2023. The department conducted a PTA Meeting of the I MA students on 11/02/2023. The progress reports of the students were signed and the feedback was collected from the parents. Along with the Old Students Welfare Association, St.Thomas College, Pala the P G Department of English(S F) conducted a Community Extension activity on 30/01/2023. The Staff Meetings of the department were held once in two months and the minutes of the staff meetings were recorded in the Minutes Book.



Seminar on Home as Escapism in Select Poems of Kamala Das.

Achievements of Students



First Prize winner **Alphonsa J Mampilly** receiving a cash prize of Rs 2000 as part of online Intercollegiate Article Writing Competition conducted by the P G Dept. of English (S F) commemorating the hundred years of T.S Eliot's Wasteland.

Arsha Krishna II MA English (S F) secured third prize in Jaxxy Squiggle(Spot Drawing) at the Intercollegiate fest Flary Palooza conducted by the Dept. of English of B K College for Women , Amalagiri on 7th November 2022.

DEPT. OF CLINICAL NUTRITION AND DIETETICS

The Department of Clinical Nutrition and Dietetics organized an interdepartmental chocolate recipe competition on July 7, 2022 as part of the observance of international chocolate day. On July 21, 3DC students visited the star hotel Ramada, Alappuzha as part of their field visit. The students and teachers of CND department visited the tomb of St. Alphonsa on July 26 as part of Alphonsa day celebration. Onam celebration of the

department was on September 2, 2023. As part of the observance of national breast feeding week various intercollegiate competitions were conducted in the first week of August. The department organized various community extension programs in the month of August. On September 28 a Food fest was organized by 2DC students and on September 29. Healthy recipe contest was organized by the department in association with the women cell and state nutrition board as part of the observance of national nutrition month. Students of I DC make posters and distribute leaflets about CVD among the students and teachers to create awareness about heart disease as part of the observance of world heart day. On September 30 a nutrition awareness program was organized for the students of this college in Association with women cell and state nutrition board as part of the observance of national nutrition month. The talk was given by Smt. Swapna George, HOD of CND, Alphonsa College, Pala.

On October 6, 2022 an interdepartment poster competition was organized to create an awareness about the harmful effects of drugs and its abuse. Kerala piravi was celebrated on November 1 and conducted malayali manga contest. On November 9 Flameless recipe competition was organized as part of the observance of world food day. On November 15, a flash mob was organized by I MSc students as part of the observance of world diabetes day. Nutrition awareness program was organized on November 28 in association with Lions Club, Aruvithura. B.Sc. students provided online nutrition education to housewives in Mutholi Grama Panchayat. They have developed low-cost nutritional recipes for different sections of society, including breastfeeding mothers, teenage girls, school children, and pregnant women. Teachers also conducted awareness classes in various schools in connection with national nutrition month.



Inauguration of nutrition awareness program in association with Lions Club, Aruvithura



Inauguration of food fest

Student Achievements

Minna Mathew and **Teena Edwin** of I Msc Clinical Nutrition and Dietetics won the I prize in the inter collegiate nutrition Quiz competition organized by the food safety department.

Agiya Ann Cyriac and **Olivia George** of I Msc Clinical Nutrition and Dietetics won the I prize in the inter collegiate Millet based healthy recipe competition organized by the food safety department.

Annamary Tomlin of II MSc Clinical Nutrition secured the I prize in the intercollegiate ppt presentation competition organized by Women cell and state nutrition board as part of observing national nutrition month.

Veni S of I MSc Clinical Nutrition secured the I prize in the intercollegiate novel recipe competition organized by Women cell and state nutrition board as part of observing national nutrition month.

Vineetha Mary Mathew of I MSc Clinical Nutrition secured II prize in the intercollegiate novel recipe competition organized by Women cell and state nutrition board as part of observing national nutrition month.

Students who secured Rank and A + in the MG university exam.



Theertha Thilak
Rank 1
CCPA 9.63



Geethu Mary Praveen
Rank 2
CCPA 9.42



Henna
Rank 3
CCPA 9.29



Ani K Johny
Rank 4
CCPA 8.88



Anna James
Rank 5
CCPA 8.74



Aarcha V
Rank 6
CCPA 8.68



Athira S Raj
Rank 7
CCPA 8.66



Devapriya M S
Rank 7
CCPA 8.66



Maria Liz Thomas
Rank 7
CCPA 8.66

PG DEPT. OF CHEMISTRY

The activities of the P.G Chemistry Association started off 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 and delivering the keynote lecture on the topic "BASIC CONCEPTS IN ORGANIC CHEMISTRY" on 15th July, 2021. The department provide opportunities for the students to attend Seminars, Workshops etc. Our IPG students participated in national seminar conducted by St Dominics college, Kanjirappilly. Creating research aptitude in students by sending them to do projects in institutions and industries like MG University, Kottayam, CUSAT, Kerala Agricultural University, Mannuthi, Kerala, Minerals And Metals Ltd(KMML), Travancore Cements Ltd Nattakom, Amaljyothi Engineering College. We arranged one week skill development programme - YOGA for both I PG and II PG as part of international Yoga day. We arranged an industrial visit for II PG students to Doddabetta Tea and chocolate factory on 26/02/2023. The Department achieved a glorious victory in 2019-2021. Among the 16 students, who registered and attended the examination, 11 emerged victorious. The pass percentage was 69%. We Conducted a quiz competition on 12/08/2022 for 1st MSc Chemistry students as part of 75 th Independent Day celebration. Also the department conducted an essay writing competition on the topic 'KERALAM ENTE NAADU' on 27/10/2022 for 1st MSc Chemistry students as part KERALAPIRAVI Day celebration.

Achievements of Students

Sruthy S (2019-21 batch) qualified Gate 2023



Essay Writing Competition



Industrial Visit

DEPT. OF COMMERCE

As part of Entrepreneurship Development Club, we have launched a new product named 'SWESH,' (Dish wash, Hand Wash and Liquid detergent) in our department on 9th June 2022. Also, the Department of commerce produced scented candles in the department on 28th February 2023



Department of commerce in association with KERALA STATE INDUSTRIAL BOARD conducted a Seminar on Entrepreneurship Development Awareness Class on 15/6/2022.

3DC and 2 DC students and teachers of the Department of Commerce visited N.K. Kurian MD of Mango meadows as a part of the Entrepreneur program on 17/6/2022. As part of Entrepreneurship Development Club,

Department of commerce organized an industrial visit for first year students to Teyla, kuttikkanamon 22nd November 2022. An INTERCOLLEGIATE BUSINESS QUIZ was conducted by the Department of Commerce on 11/10/2022. Total no. of participants : 89 teams

Department Of Commerce conducted An Interschool Business Quiz Competition on National Education Day, 25/11/2022 for the Higher Secondary School Students All over Kerala.



Publications

Name of the Author: **Sheena Sebastian**

(a) RESEARCH PAPERS

| Sl. No | TITLE | JOURNAL | ISSN NO. | YEAR |
|--------|--|---|-----------|------|
| 1 | Repayment of Education Loan | PESQUISA | 2455-0736 | 2023 |
| 2 | Social Entrepreneurship : A Critical Review of Concept | INTERNATIONAL JOURNAL OF SCIENCE & ENGINEERING DEVELOPMENT RESEARCH | 2455-2631 | 2023 |
| | | | | |

Students who secured Rank and A + in the MG university exam.



Alphonsa Rose Jose
Rank 4
CCPA 9.34



Anila Mathew
A Plus
CCPA 8.88



Aparna Satheesh
A Plus
CCPA 8.68



Sandra S
A Plus
CCPA 8.75

DEPT. OF FASHION TECHNOLOGY

Department of B.Voc Fashion Technology celebrated World Environment Day under the theme- "Prakrith" on 5 June 2022. The students planted a tree in their own homes to commemorate the day. In connection with the International sewing Day, our department conducted a workshop about the latest sewing machine demonstration classes for our students and it's held on 7th June 2022. The classes were taken by Mr. Joby Kurian, the all Kerala promoter of Singer Company. In commemoration of St. Alphonsa, our department conducted an Interdepartmental greeting card making competition about the theme: - ST. ALPHONSA on July 25th 2022 and also our students and faculties of our department visited the famous pilgrim center of St. Alphonsa Church, Bharananganam on 27th July 2022. In connection with world embroidery day our department conducted an intradepartmental embroidery competition on 30th July 2022 on the theme - Faces of women. The international yoga day was celebrated on 21st June 2022, our department of fashion technology students created a postures magazine that includes various yoga poses. As part of "Youth Skills Day" on 2nd August- 2022, the Department of B.Voc Fashion Technology conducted competitions for all the students of Alphonsa College and the competitions included: - Mehendhi, Hair Styles, and Nail art. On the 75th Independence Day celebration, department of B.Voc students host the national flags in their own homes. On 2nd September 2022 we celebrated departmental Onam Celebration. Teacher's day celebration conducted on September 5th 2022. Dept of B.Voc Fashion Technology participated in a cleaning program

which is conducted in college by the Gandian Studies in the month of October 2022. As part of the International day against Drug Abuse and Illicit Trafficking, the Department of B.Voc fashion technology conducted an Interdepartmental Calligraphy Lettering competition on 19th October 2022 on the theme- : SAY NO TO DRUGS. As a part of the Kerala Piravi Day celebration, our department of B.Voc fashion technology students made 40 handloom traditional attire and presented those designer garments on a ramp at the college campus on 1st November 2022.

Department of Fashion Technology's "LA-CREATIVO" designer club organized a CHRISTMAS CRAFT FAIR exhibition cum sales on 23rd December 2022. As part of our Christmas celebration the students of our department constructed 30 garments and gifted them to the Snehagiri orphanage, Ullanoor, Pala. Our department conducted a Christmas celebration on 23rd December-2021. We participated Paryaptha 2022, which is organized by Centre for Gandhian studies, Alphonsa College on 10 January 2023. Department organized a workshop about Tie and Dye techniques for our final year students on 12th January 2023. The classes were taken by our faculty member Ms. Sayi .P.P. Department participated and exhibit their craft related items in an exhibition about global Academic Carnival conducted by M.G university kottayam on January2023. Dept. of B.Voc FT conducted an Industrial Vist to W.F.B Braid and Company Kakkanad for our students 45 under the supervision of our 4 faculties on 10th February 2023. The visit helped them to learn about fabric finishes, chemical processing, Weaving and Dyeing process. Ms. Amanda Simon won 1st Rank in 2022. Moreover 3 students won A-grade and 1 student won B+ grade in 2022.

Student's Achievements

- Fashion Technology students participated in the fashion show "Kadhi Expo" intercollegiate event conducted at S.B. College Changanacherry and won second prize and received a cash award of Rs.15,000/-.
- Participated a fashion show "Mangalam Fest" intercollegiate event conducted at Mangalam College of management studies, Ettumanoor and won first prize and rewarded of Rs.10,000/-

- Third year student Ms. Nakshathra Jaichand won first prize in the Angel Gabriel Competition conducted by Economics department in our college on 22nd December 2022.



Fashion Show of Traditional attire on Kerala Piravi Day



"Mangalam Fest" intercollegiate event conducted at Mangalam College of management studies, Ettumanoor

DEPT. OF SPORTS NUTRITION AND PHYSIOTHERAPY

The Department of BVoc Sports Nutrition and Physiotherapy in connection with National ethnic day presented the costumes and rituals of state Arunachal Pradesh on 17/06/2022. On 21/06/2022 students celebrated INTERNATIONAL YOGA DAY with practising different yoga postures. In connection with St Alphonsa day celebration students and teachers of the department visited St.Alphonsa Shrine at Bharananganam on 27 th July 2023. In connection with the 75 th Independence day celebration, the Department of Sports nutrition and Physiotherapy conducted an exhibition of stamps of freedom fighters and independence movements on 17 August 2022. Teachers and students from other departments

visited the exhibition. Department conducted a healthy drink making and salad making competition in connection with International food day on 20 October 2022. In connection with Kerala government Anti drug campaign we conducted "Walkathon-walk away from drugs" a walking competition on October 26, 2022. 128 students participated in the competition. In connection with INTERNATIONAL PHYSIOTHERAPY DAY students of the department organised a demonstration of stretching exercises in front of the college campus on November 7 2022. Department of B.Voc.Sports Nutrition

and Physiotherapy organised a medical camp for the public on 8 November 2022 at college auditorium. Deputy director of Collegiate education Dr. R. Pragash Inaugurated the programme. Teachers and students of other colleges and the public visited the camp. On the same day seminars on 'Hearing and learning disabilities' by Mr.Linson Mathew,Ave sound clinic and Importance of Vitamins and Minerals by Mrs.Prabhula, Allmed were also conducted.



Medical camp inauguration by Dr.R. Pragash, Deputy director of Collegiate education on 8th November 2022 at college auditorium.



"Walkathon-walk away from drugs" as a part of Anti drug campaign

CLUB ACTIVITIES

CENTRE FOR GANDHIAN STUDIES

The Centre for Gandhian Studies of Alphonsa College, established in July 2008, continued its efforts to promote an understanding of Mahatma Gandhi and inculcate the values and ideals that he stood for. Commemorating 75 years of Indian Independence, the Centre organised an Invited Lecture on the theme 'Reflections on 75 Years of Independence' led by Dr. John S Moolakkattu, Editor, Gandhi Marg on 17 August 2023. An invited lecture on 'Gandhi and Postcolonial Thought' led by Dr. Mathew Joseph, Professor, Jamia Milia Islamia, New Delhi was held on 5 January 2023. An invited lecture on the theme 'Gandhi: A Contemporary Reading' was organised by the Centre on 14 January 2023. Dr. Sunil P.Elayidom, Professor, Sree Sankaracharya University of Sanskrit, recipient of the Kerala Lalithkala Akademi Kesari Award and two time recipient of the Kerala Sahitya Akademi Award, was the resource person and the session was chaired by Dr. K.M.Seethi, ICSSR Senior Fellow, Mahatma Gandhi University. The programme was organised to honour Dr. Teresa Joseph, Director of the Centre for Gandhian Studies on the occasion of her retirement. The Centre organised a seminar on 'Gandhi's Way: The Hope for Development in the 21st century' in collaboration with Meenachil Taluk Library Council on 5 July 2022. Dr. M.P. Mathai (Professor, Gujarat Vidyapeeth, Ahmedabad) was the key speaker. The Centre gifted a collection of 46 books written on and by Mahatma Gandhi to the Municipal Library, Pala. Ms.Ashly Thomas, Coordinator, CGS led a session as part of anti alcoholism drive in the Pala Sub-Jail. Copies of the booklet on the Problems of Alcoholism and Drug Abuse published by the Centre were distributed among the inmates of the jail. The Centre organized Paryaptha 2023, an exhibition cum sale of handmade items by students and teachers on 10 January 2023. A photo exhibition of Mahatma Gandhi was held on 30 January to commemorate 75 years of his martyrdom. A quiz competition series –

Prayaana 2K22, Letter Writing Competition and Caption Writing Competition were organised for the students of the college. An alumnae meeting of Gandhi Forum members and a farewell meeting in honour of Dr. Teresa Joseph, Director, Centre for Gandhian Studies, was held on 17 January 2023.



Distributing Booklet on the Problems of Alcoholism and Drug Abuse published by the Centre at Pala jail.



Ms.Ashly Thomas, Coordinator, CGS leading a session as part of anti alcoholism drive in the Pala Sub-Jail.





Lecture led by Dr. Sunil P. Elayidom organised to honour retiring faculty Dr. Teresa Joseph (Director, CGS)

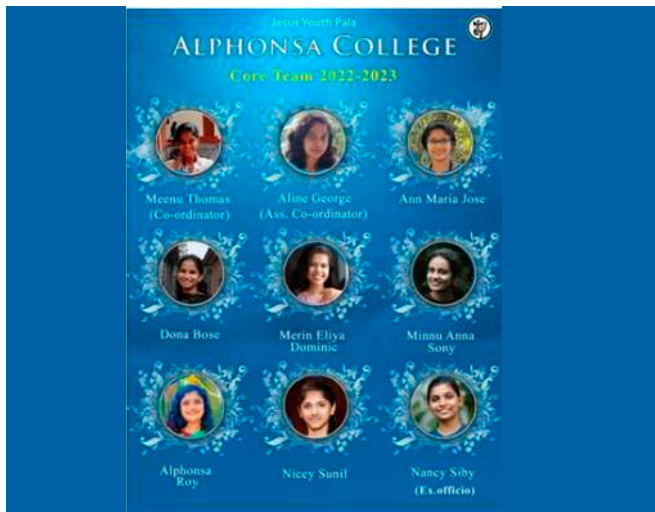
JESUS YOUTH

The Jesus Youth community at Alphonsa College has flourished as a spiritual movement, bringing students closer to the never-ending love of Jesus Christ. The New Year in Jesus Youth calendar began in Alphonsa College with the core team reconstitution on 27th June 2022. The new core team elected were Meenu Therese Antony (Coordinator), Aline George (Assistant Coordinator), Dona Bose (Intercession Coordinator), Nancy Siby (Ex Officio), Ann Maria Jose, Merin Eliya Dominic, Minnu Anna Sony, Alphonsa Roy, Nicey Sunil. First years were welcomed into the college by giving a small welcoming card for every student at the gate and also conducting a fresher's day at our college chapel. Very energetic and enthusiastically God guided the day all the people who came for the meeting were given a word of God to nurture their relationship with God. As

part of evangelization through media we are actively posting contents in our Instagram page. Through our Instagram account we inform our programmes to all and keep our account active. Jesus Youth prayer meetings are conducted on every Tuesdays where students gather together in the name of Christ and study the Bible, share their God experiences, praise and worship the glory of the Lord, thus attaining growth in spirit. The college Jesus Youth team is divided into different ministries that function with the core team. The intercession ministry intercedes for the college. Apart from fellowship gatherings we are conducting musical adoration and online adoration. Jesus Youth in our college collects lunch packets for Mariasadhan on every Tuesday. By this we are trying to spread an act of love and uphold our sixth pillar "OPTION FOR THE POOR". The Mariasadhan ministry is successfully running with new initiatives. In the initiative of Jesus Youth, Christmas was celebrated in our college. We had created a beautiful crib and organised several events to celebrate the birth of our saviour. With God's enduring mercy Eden ProLife Exhibition was held at Alphonsa college. Pala around 300 students visited the exhibition. Ruth was the college one day program held on 18th March 2023. It's a program of the theme rediscover your true hero. Students actively participated in it and realised God's love and joined Jesus Youth.

Jesus Youth members actively participated in Zonal Programmes. 2022, an initial retreat programme conducted for teenagers on 15th to 19th May 2022 at TabOr retreat centre. About 300 teenagers took part in this retreat. Those days were blessed with graceful sessions, games and a musical praise and worship. Many JY members of our college are involved in various ministries associated with this program. Core Team Training 2022 was held at Carmel Public School, Pala from 12th to 15th of August. About 50 campus core team members from various colleges across Pala participated in the programme. The training was an enriching experience for many and ignited the spirit of evangelisation in the participants. Our college core also actively participated in CTT. With God's endearing mercy, Veritas 2k22 was held at St. Thomas College Pala, from October 21-24, in which around 350 zestful participants and 100+ volunteers experienced the love

of God. The program was inaugurated by Fr. Sebastian Vethanath (Vicar General Of Pala diocese) and Fr. Vincent MOngamakal (Director Pala Jesus Youth), the presence of *Mar JOseph Kallarangat, Bishop Of Pala diocese added grace to the program. There were many participants and volunteers from Alphonsa College. Campus leaders training programme was conducted at Chavara CMI public school from 29th December 2022 to 2nd January 2023. There were participants and volunteers from our college.



Jesus Youth core team



Ruth 2022

ELECTORAL LITERACY CLUB

The Electoral Literacy club of Alphonsa College was inaugurated by Municipal Councilor Jimmi Joseph on October 14th 2022. Pala Tahasildar Ms. Sindhu VS, Deputy Tahasildar Mr. Manjith, Election deputy Tahasildar Mr Syamaprasad were also present on the auspicious occasion. A class on linking Adhar and Voters ID was conducted in the college on 14th October 2022. Class was led by Pala Tahasildar Ms Sindhu V S. Fifty

students of the college participated. Electro literacy club organised a voter's enrolment drive in the college on 7th December 2022. National Voters Day was observed in the college by taking voters' pledge by the students, teaching and non teaching staff of the college on 26th January 2023. In connection with National Voters Day Poster designing competition was conducted on 24th January 2023.



Inauguration of Electoral Literacy Club



Class on Linking Adhar and Voters ID

EK BHARAT SHRESHTHA BHARAT (EBSB)

Ek Bharat Shreshtha Bharat is a MHRD initiative for promoting national integration through systematic exchange between paired States in the cultural, literary and linguistic fields. In the year 2022-23, EBSB conducted a poster making competition in connection with India's 75 Independence Day. Ms. Athulya Rajan of II BA Economics won the first prize. A Symposium on Sardar Vallabhai Patel was conducted by the Department of History in connection with National Unity Day. This year the Statehood day of Himachal Pradesh on 25 January was organised by the Department of Political Science with colour and pomp.



Poster- First prize



Statehood day of HP

QUALITY CIRCLE

Quality Circle of Alphonsa College is a platform of student representatives from each class with excellence in academic as well as non-academic activities. In the year 2022-23, Quality circle conducted a 'One day Workshop on Personality Development' led by Dr. Mini Sebastian, Department of Malayalam, Devamatha College, Kuravilangadu. It was an interactive program with value talks, sharing life experiences, story telling and activities involving participants.



Workshop on Personality Development

CAREER & PLACEMENT CELL

The Career and Placement Cell at Alphonsa College is dedicated to enhancing the employability of its students and ensuring their successful integration into the workforce. It serves as a bridge between the academic world and the job market, connecting students with potential employers and offering valuable career guidance.

SEMINAR ON "CAREER OPPORTUNITIES IN THE AVIATION SECTOR"

An Online seminar in collaboration with the Ministry of Rural Development was held on 2 June 2022. The session introduced the project Skill India Training of the Government of India through the Ministry of Skill Development & Entrepreneurship (MSDE). Ms. Vandana S, Project Coordinator led the session. Under this project the students can get skill training in the Aviation Aerospace sector skill council from Aimfill International (A Division of DGITO Technical Training Services Pvt. Ltd), and 100% placement assistance. Students can attend 6 months to 9 months of Aviation training in different departments like Airline Customer care, Airline Cabin Crew (air hostess), Travel Management, Airline Hospitality etc on a scholarship basis.

SEMINAR ON "CAREER OPPORTUNITIES IN ANIMATION, VFX & MULTIMEDIA"

A seminar in collaboration with MAAC Institute, Kottayam was held on 20 June 2022. Mr. Abhijit M K led the session. MAAC Kottayam is a high-end Animation VFX brand of Aptech based in Mumbai with more than 100 centres across India. The session gave an orientation about short term and long-term career oriented courses in the field of Media & Entertainment like Animation, Visual Effects, Game Designing, Graphic Designing, Web

Designing, Interior Designing, Video Editing, Virtual & Augmented Reality and Broadcasting.

SEMINAR ON “CAREER OPPORTUNITIES AFTER GRADUATION”

A seminar in collaboration with Time Institute, Kottayam was held on 14 July 2022. The session was led by Mr George C Thayil and Mr. Bino Mathew, Faculty members, TIME, Kottayam. It covered several career pathways for graduates and gave them an overview of entrance exams and preparation methods to crack the tests.

RECRUITMENT DRIVE BY RELIANCE NIPPON

A recruitment drive for the students of Batch 2022 was held by Reliance Nippon, Pala on 18 July 2022. 6 students were placed as Executive ARDM (2.8- 3 L CTC).



SEMINAR ON “CIVIL SERVICES AS A CAREER OPTION”

A seminar in collaboration with Civil Services Institute, Pala was held on 28 October 2022. Fr. Sebastian Vethanath, Director and Mr. Jubin James, Coordinator engaged the session. The session gave an overview of the different posts in the Civil Services and also guidance on how to focus on preparation for exams.

SEMINAR ON “JOB OPPORTUNITIES ABROAD”

An Online Seminar in collaboration with Medcity Institute, Pala was held on 17 September 2022. Ms.

Aswathy Vijayan led the session. It covered the procedures to migrate for job/study to foreign countries.

LEADERSHIP TRAINING WORKSHOP

A leadership training workshop in collaboration with Rotary Club of Pala was held on 12 November 2022. The session was led by Prof. Tommy Cherian and Mr. George Karunnekal who are reputed trainers. The workshop focused on topics like Personality Development, Goal Setting and Confidence Building.



BANK & SSC ONLINE PREPARATORY CLASS

A Bank & SSC online preparatory class was held in collaboration with TIME Institute, Kottayam on 12 November 2022. Mr. Peter Varghese (Director) led the session.

ONLINE MOCK EXAM FOR FEDERAL BANK RECRUITMENT

An Online Mock Exam for Federal Bank Recruitment was held in collaboration with TIME Institute, Kottayam on 16 November 2022.

FEDERAL BANK RECRUITMENT DRIVE

Federal Bank recruitment for Officer in Junior Management Grade I (9.83 L-13.58 L)

was organised for Postgraduate students on 17 November 2022. 47 students participated in the drive.

PUBLIC SERVICE CLUB

Students of the institution joined an Online Public Services Club for Government Job Aspirants, an initiative of KAS Mentor, Trivandrum. The weekly classes are led by Mr. Varun K and Mr. Mathew T Thomas. 72 students have joined the Club.

ORIENTATION PROGRAMME

An Orientation class was organised for the students on November 22 and 23 2022. Dennis Jose, MBA having 16 years of experience in teaching for UGC NET, Campus Placements aptitude exams & Soft skills engaged in the sessions

NIYUKTHI 2022

"Niyukthi 2022" Mega Job Fair conducted by Employment Exchange, Employability Centre Kottayam 10-12-2022.

| | |
|--------------------------------------|------|
| No of Employers Participated | 55 |
| Total No of Vaccancies Reported | 4624 |
| Total No of Candidates Participated | 5288 |
| Total No of Candidates Spot Selected | 345 |
| Total No of Candidates Shortlisted | 2257 |



WORKSHOP ON EFFECTIVE COMMUNICATION AND PRESENTATION SKILLS

A workshop on Effective Communication and Presentation Skills was organised on January 30 & 31, 2023 by Kottayam District Employment Exchange Employability Centre. Mr Abin C. Ubaid served as the Resource Person. 74 students attended the sessions.

CATHOLIC STUDENTS MOVEMENT (CSM)

A religious movement called CSM inspires young people to lead productive, imaginative, and fulfilled lives. This life begins with a tender, one-on-one encounter with Jesus and continues as they develop spiritually within a group of youths who share their values. Every member of the movement is expected to practise their religion daily by spreading the good news in today's multicultural society. The CSM programme at Alphonsa College in Pala attempts to help Catholic students grow spiritually. The CSM unit's activities assist students in living up to the motto "Change the world by changing me" in every aspect of their lives. CSM representatives were elected from each class. CSM executive members were elected from these class representatives on 3rd November 2022. The animators of the CSM unit of Alphonsa College are Rev. Dr. Jose Joseph Pulavelil and Dr. Sr. Sheena Mathew. Alaina George is elected as president, Theresa Rajanas as the vice president and other executive team members were also elected. The 2022-2023 CSM unit was inaugurated on 26 July 2022. Alphonsa College by Principal Dr. Sr. Regeenamma Joseph and spread the light of spirituality in the lamp lighting ceremony. The oath was recited by the executive members. Prayer meeting was conducted for the spiritual development of the students. The college prayer meeting was held regularly on Thursdays at 3.30 pm. The members of CSM visited Ave Maria, Mental Rehabilitation Centre on 8th December 2022 at Aruvithura. The visit was intended with the purpose of celebrating Christmas with them. Food stalls under the surveillance of Jesus Youth and CSM were conducted on 10 Dec. Juice, coffee, chappathi, meat roll and fruit salad were supplied in the stall. Inter-Eparchial inauguration and Christmas celebration was conducted on 17-12-22 at Assumption College, Changanacherry. It was inaugurated by Archbishop of Changanacherry, H.G Mar Joseph Perumthottam. The Article VITA NOVA of the Inter -Eparchial Publications was published by Archbishop of Changanacherry H.G Mar Joseph Perumthottam during the programme. Christmas Day Celebrations in Alphonsa College was conducted under the leadership of CSM members on 22-12-23. They

organised various competitions like Carol song Competition, Star making Competition etc. The students enthusiastically participated in the event. Next day, they held a dancing Santa contest in which Santas from different departments participated in the contest. Live crib competition was also conducted, where creative models of Live crib were exposed. CSM along with Jesus Youth helped in coordinating the programmes. CSM of Alphonsa College successfully conducted an Inter collegiate recitation and versification contest on 8th February. CSM students of our college attended Inter eparchial camp 'YUVI' at Adilabad from 17 April 2023 to 23 April 2023.



Inauguration of CSM



Visit to Ave Maria, Mental Rehabilitation Centre at Aruvithura

blood donation camp as part of NCC day celebrations. Audio books were released to aid the needs of Visually challenged. As part of Azadi ka Amrit Mahotsav the cadets of the sub unit distributed National Flag to 50 households in and around Pala. The sub unit also organised an Anti Plastic campaign and distributed cloth bags to nearby households. The sub unit also organised an anti drug campaign to spread an awareness among the public on the health hazards drug abuse can lead to. The Charity Cell of Alphonsa College NCC unit has been contributing to the financial needs of the less privileged to meet their medical expenses.

AWARDS & ACHIEVEMENTS

Lt Anu Jose, Associate NCC Officer of the College received Silver medal for Over All Merit in the refresher Course held at Officers' Training Academy Gwalior.

CPL Nora Mary George completed Basic Course in Para jumping at Paratroopers Training School Agra and completed 3 jumps from Airforce Aircraft.

Cadet Anakha Raju won 2nd prize and 5 lakhs Rupees in the National level Deshbhaktigeet writing competition



Charity cell

NATIONAL CADET CORPS (NCC)

The NCC Sub unit of Alphonsa College Pala has a strength of 108 cadets and an officer. 50 cadets attended various Annual Training Camps this year. Cadets also got selected for Special National Integration Camps, Ek Bharat Shresht Bharat Camps, Army Attachment, Tal Sainik and Republic day preparatory camps. Being a group of socially committed youth the sub unit initiates various social service activities. The sub unit organized



Har Ghar Chanda



Azadi ka Amrit Mahotsav



Blood donation camp



Anti drug Campaign



Cloth Bag Counter s part of Anti Plastic campaign



Nora Mary George attended basic course in Para Jumping at Agra



Distribution of cloth bags to households

WOMEN CELL

An Interdepartmental Healthy Novel Recipe Contest and an awareness programme on the "Importance of Healthy food" was conducted by Women Cell of Alphonsa College Pala on 28th September 2022 under the sponsorship of Kerala State Women Development Corporation Ltd. It was organized in connection with "Poshan Abhiyaan Scheme" launched in 2018 by the Government of India with the aim of tackling the malnutrition problem prevalent in India. Women cell and Department of Economics Alphonsa College, Pala in association with Kerala State Women's Development Corporation Ltd, organised an awareness program on Physical and Mental Well Being of Women on 28/10/2022. Dr. Anjana Chandran Medical Officer (NAM) Seethalayam Unit, Govt HomeoHospital, Kurichy And Mrs Sneha Benny, Consultant Psychologist, Seethalayam Unit, Govt Homeo Hospital, Kurichy led the session, which gave awareness to the students, about physical wellbeing and the need of regular exercise, healthy diet. An awareness programme was organised by Women Cell, Department of Economics and Anti harassment cell in association with KSWDC-Sakhi One Stop Centre Kottayam on 23rd November 2022, to provide information to students on "Acts For Women Safety, Various Schemes And Services Implemented For Women Protection". Smt. Helena Rajan Philip, social worker and Adv. Binella, Centre Administrator Sakhi one stop centre Kottayam led the sessions. The sessions were highly useful to the students. They provided detailed information to the students of various schemes provided for women protection and various women protection related Acts.



Inauguration of PoshanMaah – Awareness Campaign



Women safety awareness class

NATIONAL SERVICE SCHEME (NSS)

No: of NSS units - 2, No of NSS volunteers: 200

Adopted Villages :

1. Poovarany (7 Kms away from Alphonsa college Pala)
2. Chittar (7 Kms away from Alphonsa college Pala)

Programme Officers: Dr. Simimole Sebastian and Dr. Mariamma Mathew

Volunteer Secretaries: Keerthana Reji and Gourikrishna S.

● NSS, in association with the Kerala Forest Department, celebrated World Environment Day on 8th June 2022 by distributing 250 fruit tree saplings to teachers, non-teaching staff, and our college students. Principal Dr. Sr. Regeenamma Joseph and College Bursar Rev. Dr. Jose Joseph jointly inaugurated the programme by distributing tree saplings to NSS volunteer Secretary Keerthana Reji.



- To reduce the plastic consumption and waste on our campus, NSS volunteers stitched cloth carry bags and distributed them to students. Principal Dr. Sr. Regeenamma Joseph inaugurated the programme on 9th June 2022.



- Ahead of the 76th Independence Day, NSS, in association with NCC, organized a rally from our college to Pala town on 12th August 2022. The rally was part of the celebration under the Azadi Ka Amrit Mahotsav campaign. 12 NSS volunteers dressed as freedom fighters. All students participated in the rally with flags.



- NSS, in association with the Department of Zoology, Blood Forum Pala, and Lions Club International, organized a Blood Donation Camp on 30th September 2022. 30 NSS volunteers donated blood to the Blood Bank of District Hospital, Kottayam. Sri Gireesh P. Saradhy, DySP Pala, inaugurated the camp.



- 40 NSS Volunteers along with Programme Officers (Dr. Simimol Sebastian and Dr. Mariamma Mathew) and Volunteer Secretaries (Ms. Keerthana Reji and Ms. Gourikrishna S.) visited Mariasadanam (Home for mentally challenged persons) on 19th October 2022. This non-profit organization accommodates nearly 475 mentally challenged men and women, generally aged between 19- 82 years. To break the monotony of their lives, volunteers interacted with the inmates, performed cultural programme for them, and donated Rs. 6,500/- to them.



- As a part of the anti-drug awareness programme, NSS, in association with Pala Social Welfare Society and Caritas India, organized a Two Wheeler Rally on 7th March 2023. NSS volunteers and Women from various organizations, such as Mathrujyothi, SMYM, PSWS, and KSSF, participated in the Two-wheeler rally. The programme was inaugurated by H.E. Mar Joseph Kallarangattu (Patron of our College), and Sri. A. J. Thomas (DySP of Pala) flagged the rally.



SC/ST MONITORING CELL

SC/ST monitoring cell of the college organised awareness programme for the SC/ST students of Alphonsa College, Pala on 10/02/2023 at 2.30pm. Mr. Anoop Kumar P C, Tribal Extension Officer, Melukavu served as the resource person. He talked and discussed in detail regarding all permissible scholarships, financial assistance and other privileges for SC/ST students. Total 77 students and the coordinators of the SC/ST monitoring cell participated in the programme. The students had a useful interactive session with the expert resource person. The coordinators assured that the weaker section students would not be left behind in the learning as well as overall academic development processes.



EQUAL OPPORTUNITY CELL

The main objective of the Equal Opportunity Cell is to help and empower persons with disabilities, and students to participate fully in the academic, intellectual, social, and cultural life of College on an equal basis. Our college is ensuring the following facilities to the students - promoting diversity and inclusive practices on the campus & provide disadvantaged groups with adequate

opportunities, ensure barrier-free access to all buildings of Colleges, Departments, Libraries, Hostels and offices, provide counseling for psychological support and fulfill the needs of PWDs in all categories including Visual, Hearing, Orthopaedic, Neurological, etc. Scribe facilities have been arranged for pwd students. They are given opportunities to sing morning prayers in the college.



Scribe facilities for pwd students

College had organised cultural competitions such as pencil Drawing, solo music performance etc for the pwd students. A scholarship titled Sri. Boby Thomas Kottukappally Puthumana Memorial Scholarship is instituted for providing financial assistance to one First Year Degree pwd student. Anju Benny I BA English has been selected for the scholarship during the academic year 2022-23. Awareness classes are organized for both the students and their parents regarding scholarships, freeships, etc provided by the Government for their well-being. Prizes were given to the winners of cultural competitions for Divyangjan students on Merit Day by the Chief Guest Ms. Mariamma Joseph, H.M. Govt. L.P.S. Kuttoor, Tiruvalla.



IQAC

The College IQAC organised an Induction Programme for the eight newly appointed teachers on 15th October 2022. Principal Rev. Dr. Sr. Regeenamma Joseph presided over the function. The first session of the programme was led by Dr. T. C. Thankachan, Associate Professor, St. Thomas College of Teacher Education, Pala and the second session by Dr. Dani Mathew, IQAC coordinator. A training session for the administrative staff was conducted by Department of Collegiate Education on November 11, 2022. Dr. R. Pragash, Deputy Director of Collegiate Education, Kottayam interacted with the staff. A workshop on Outcome Based Education was organised by IQAC in association with Kerala State Higher Education Council on 29 October 2022. Dr. Shefeeque V, Research Officer, KSHEC, was the resource person. He talked in detail about the necessity of implementing OBE in higher education institutions. The follow up session was

conducted on 26 May 2023 with Dr. T.C. Thankachan, Vice Principal, St. Thomas College of Teachers Training, Pala as the resource person. The workshop aimed at preparing the Alphonsian manual on Outcome Based Education. The Academic audit for the year 2022-23 was conducted on 18 March 2023. Dr. Sony Kuriakose, IQAC Coordinator, Nirmala College, Muvattupuzha and Dr. Sunny Kuriakose, Former Vice Principal, St. Thomas College, Pala were the external auditors. Principal Dr. Sr. Regeenamma Joseph presided over the session. The departments were evaluated based on their performances and suggestions for improvement were



Administrative staff training program





Pala, Kerala, India
 PM38+8RG, Arunapuram, Pala, Kerala
 686574, India
 Lat 9.703372°
 Long 76.667109°
 29/10/22 09:44 AM GMT +05:30

Workshop by Dr. Shefeeque V, Research Officer, KSHEC

ALPHONSA ALUMNAE ASSOCIATION

Alphonsa College has a registered Alumnae association and it is functioning effectively which provides an opportunity for former students and retired teachers to continue their bond with the college. The executive committee members met on 30 November 2022 and decided to conduct the Annual Alumnae meet on 26 January 2023.

The annual alumnae meet Alstagia 2023 was held on 26 January 2023 at the college auditorium. Rev. Dr. Sr. Reegenamma Joseph, Principal of the college welcomed the gathering. Ms. Ruby Thomas, 1st batch Alumna,

Agriculturist and State award winner was the chief guest and the recourse person. Alphonsa college alumna, Cine artist Miya George inaugurated the function. Alumae association president Dr. Ancy Joseph, Rtd Principal, S.D College, Kanjirappally presided over the function. The meeting honoured prominent alumnae from various departments. To make the get together more attractive and memorable, we conducted various games and competitions. Rev. Dr. Jose Joseph, Bursar & Head, Dept. of English proposed the vote of thanks.



STAFF ASSOCIATION

Staff Association of Alphonsa College provides a sense of oneness among the staff with various welfare and leisure activities. Staff association organised a one day programme for the students to cater various adolescent problems. The session was handled by Dr. Alex George, Assistant Professor of General education, St. Thomas College of Teacher Education, Pala. He contributed one of his books on the topic of "Education for Future" to our General Library. Staff association organises Onam Celebration with an Onam Sadya on 02/09/2022, The Principal, Dr. Sr. Regeenamma Joseph presided the function and Dr. Shaji John delivered the Onam message. Staff Association welcomes our New Manager, Dr. Joseph Thadathil and the activities of the staff association was inaugurated by the Manager on 06/10/2022. College Manager, Dr. Joseph Thadathil delivered a brief talk on balancing position of a teacher in the present educational scenario.



Staff Association organised Christmas Celebration on 23/12/2022 with a colourful gathering with Christmas carols and cakes. College Principal Dr. Sr. Regeenamma Joseph inaugurated the celebration and Rev. Dr. Jose Joseph (Bursar, Alphonsa College, Pala) delivered the Christmas message. The Christmas cake was cut by the retiring teachers of this academic year.

Staff Association organised a staff tour on 04/02/2022 on behalf of bidding farewell to the retiring teachers Dr.Sr. Regeenamma Joseph, Dr. Thankachen Mathew, Ms. Alleymol Joseph and Dr. Teresa Joseph.

The retirement programme was organised by the staff association on the retirement of Dr.Sr. Regeenamma Joseph (Principal), Dr. Thankachen Mathew (HoD, Department of Physical Education), Ms. Alleymol Joseph (Associate Professor, Department of English) and Prof. Dr. Teresa Joseph (Professor, Department of Political Science) on 30/03/2023.

PARENT TEACHER ASSOCIATION (PTA)

The Parent-Teacher Association of Alphonsa College extended its whole hearted support and encouragement to all the activities and initiatives of the college during the academic year 2022-3. The Executive Committee of the Parent Teacher Association of Alphonsa College met several times over the academic year. An important decision of the PTA was to approve the suggestion to change the uniform pattern of students from churidar to trousers. Discussions on the development of the college and on enhancement of scholarships were also held. The Annual General Body

Meeting of the PTA was held on 11 February at 10.00 a.m. and was presided over by Dr. Sr. Reegenamma Joseph, Principal. Vice Principal Dr. Sr. Minimol Mathew welcomed the gathering and Dr. Sr. Sonia K.Thomas, Assistant Professor, Department of Mathematics proposed the vote of thanks. The PTA Report was presented by Dr. Ambili T.R., PTA Secretary and Assistant Professor of the Department of Zoology. The keynote address for the meeting was made by Dr. Sunny Kuriakose, former Vice Principal, St. Thomas College, Pala. The election of new office bearers for the academic year 2023-24 was also held on the occasion.



TEACHERS RETIRED IN MARCH 2023



Dr. Thankachan Mathew, Associate Professor, Department of Physical Education, **Ms. Alleymol Sebastian**, Associate Professor, Department of English; **Dr. Teresa Joseph**, Professor, Department of Political Science and **Dr. Sr. Reegenamma Joseph**, Principal.

Editorial Team

Dr. Minu Joy, Dept. of Physics
Ms. Sunitha Santhan, Dept. of History

Printed and Published by,

Rev. Dr. Shaji John, Principal,
Alphonsa College, Pala
Arunapuram P O,
Kottayam Dt, Kerala, India - 686574
alphonsaoffice@gmail.com



Alphonsa College, Pala

ALPHA
NEWSLETTER 2023 NEWS

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.
- 2018 - Blessing and inauguration of Chemistry PG laboratory
- 2019 - College re-accredited (4th Cycle) by NAAC with A grade (CGPA 3.24). RUSA 2.0 funded
- 2020 - Construction of Open Auditorium cum Volleyball Court, M A Econometrics course started
- 2021 - RUSA funded Volleyball court construction. P G Dept. of Zoology upgraded as Research center
- 2022 - New rain water harvesting pit constructed. Started construction of class rooms in the 3rd floor

MOULDING THE COMPLETE WOMAN