



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the
4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.3 INSTITUTIONAL DISTINCTIVENESS

Beyond the game...

THE ALPHONSA ATHLETIC ACADEMY

THE ALPHONSA ATHLETIC ACADEMY

The Alphonsa Athletic Academy is committed to enhancing the sports and fitness. Established with the vision of cultivating a vibrant sports culture, the academy serves as a beacon for aspiring athletes in the region. It strategically focuses on scouting and nurturing talent from local schools and colleges, ensuring that promising athletes receive the guidance and resources they need to excel. Central to the academy's mission is its dedication to preparing youth for the physical demands of various governmental departmental tests, such as those required for positions in railways, police, and excise departments. This preparation is not only about physical training but also about building discipline, resilience, and the mental fortitude necessary for such careers.

The Alphonsa Athletic Academy offers a comprehensive program that includes daily training sessions supervised by renowned physical education teachers, Dr. Sini Thomas and Dr. Thankachan Mathew. These sessions, held both in the early mornings and late afternoons, are designed to cater to various aspects of physical fitness and sports-specific skills. The academy also runs a specialized athletics program for children, aiming to instill a love for sports from a young age. In addition to physical training, the academy places a strong emphasis on educational growth, organizing seminars and workshops for school physical education teachers. These events are crucial in enhancing the overall quality of sports education that students receive at their respective schools. The academy also organizes competitive events for children, providing them with a platform to showcase their talents and compete at higher levels.

The achievements of the Alphonsa Athletic Academy are notable. It has consistently secured top positions in district and state-level competitions, underscoring its role as a leader in sports excellence. The academy proudly celebrated winning the overall Athletic Championship in both the Junior and Senior sections at the Kottayam District in the 2023-24 season, and in the Senior section in the previous year. Its students have also marked their presence on national platforms, with several participating in the National Inter District Athletic Championships and representing the state in national competitions. Through these efforts, the Alphonsa Athletic Academy not only shapes the physical abilities of its students but also prepares them for future challenges, ensuring they have the skills and confidence to thrive in any field they choose. This holistic approach to sports education makes the academy a pivotal institution in promoting fitness and athletic prowess among the youth of today.

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Aims and Objectives

The Alphonsa Athletic Academy is dedicated to fostering a robust sports and fitness culture within our community. It aims to identify and nurture talented sports students from nearby schools and colleges. Additionally, the academy prepares young individuals for the rigorous physical tests required in various departments like railways, police, and excise, helping them secure future employment in these sectors.

Training

The academy organizes a variety of programs to achieve its goals. These include daily physical training sessions held from 6:30 AM to 8:30 AM and from 4 PM to 6 PM under the expert supervision of our college physical education teachers, Dr. Sini Thomas and Dr. Thankachan Mathew. For younger enthusiasts, a kids' athletics training program is available. The academy also hosts seminars and workshops for school physical education teachers to enhance their teaching methods and effectiveness. Competitions are regularly organized for children to foster a competitive spirit and improve their athletic skills. Furthermore, special training programs are tailored for students who are preparing for physical tests required in various departmental jobs.

Major Achievements

The Alphonsa Athletic Academy has a commendable record of accomplishments. In the 2023-24 academic year, it won the overall Athletic Championship at both the Junior and Senior sections in the Kottayam District. In the previous year, it secured the overall Championship in the Senior section at the Kottayam District Athletic Championships. The academy has also made a mark on the national stage with ten students participating in the National Inter District Athletic Championship in Patna during 2023-24, and three students participating in the same event in 2022-23. At the state level, eight students participated in the School State Athletic Championship, with four winning medals. Furthermore, two students had the honor of representing Kerala at the School National Athletic Championship.

Placements

The following students got placements from the Academy:

1	Deepu T.S	Civil Excise Officer
2	Sandhya P.V	Women Police Constable
3	Kishore Sunny D	Sub Inspector Of Police
4	Gishnu Sivan	Police Constable
5	Nidhin T.R	Police Constable
6	Goutham Harry	Sub Inspector Of Police
7	Amal Sabu	Police Constable
8	Arun Sudarshan	Police Constable
9	Tony Alex	Police Constable
10	Bibin James	Civil Excise Officer
11	Sandra Baiju	Police Constable
12	B. Jayadevan R	Civil Excise Officer
13	Anandhu V. Mohan	Police Constable
14	Amal Biju	Army Havildar

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PROGRAMMES ORGANIZED

WORKSHOP FOR SCHOOL TEACHERS 05/01/2023



WORKSHOP ON KIDS ATHLETICS





WORKSHOP ON KIDS ATHLETICS 19/12/2023





COMPETITIONS FOR THE KIDS





10 students participated in the National Inter District Athletic Championship 2023-24



Student Enrolment 2019-20

	BOYS
1	JOSEPH JOSEPH
2	ADINATH S
3	FIYON DOMNIC
4	DERIN ALEXANDER
5	ALFIN SAJI
6	ALBY BAIJU
7	KIRAN
8	GAUTAM S
9	AMAL ANDREW
10	EMMANUEL THOMAS
11	SWALIH MOHAMMED
12	MILAN SABU
13	JOYAL PAUL
14	SABIN GEORGE
15	GHANASHYAM
16	AJIT HARI KUMAR
17	JOYAL BENNY
18	VISHNU AJI
19	DEEPU T.S
20	KISHORE SUNNY D
21	GISHNU SIVAN
22	NIDHIN T.R
23	GOWTHAM HARI
24	AMAL SABU
25	ARUN SUDHARSAN
26	TONY ALEX
27	BIBIN JAMES

28	SANDRA BAIJU
29	B. JAYADEVAN R
30	ANANDHU V/ MOHAN
31	AMAL BIJU
	GIRLS
1	GLORYMOL JOSE
2	ANIL SHEBIN
3	ANDREY VINCENT
4	AND MARIA BINOY
5	NANDANA BAIJU
6	MARIA CHRISTINA TONY
7	ANN MARIA SIJU
8	NAYANA BIJU
9	ANGELA JOSEPH
10	ALENA BABU
11	SRI LAKSHMI VS
12	ASHLYN SHAJI
13	ALPHONSA TOM
14	NIRANJANA
15	SENA BABY
16	SARAYA JOSHI

Student Enrolment 2020-21

	BOYS
1	JOYAL BENNY
2	SWALIH MOHAMMED
3	SABIN GEORGE
4	KISHORE SUNNY D
5	DERIN ALEXANDER

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6	ALFIN SAJI
7	KIRAN
8	GAUTAM S
9	AMAL ANDREW
10	EMMANUEL THOMAS
11	AMAL SIBY
12	MILAN SABU
13	JOYAL PAUL
14	FIYON DOMNIC
15	GHANASHYAM
16	AJIT HARI KUMAR
17	ADINATH S
18	VISHNU AJI
19	DEEPU T.S
20	JOSEPH JOSEPH
21	GISHNU SIVAN
22	NIDHIN T.R
23	GOWTHAM HARI
24	AMAL SABU
25	ARUN SUDHARSAN
26	TONY ALEX
27	BIBIN JAMES
28	SANDRA BAIJU
29	B. JAYADEVAN R
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4	AND MARIA BINOY
5	NANDANA BAIJU
6	MARIA CHRISTINA TONY
7	ANN MARIA SIJU
8	NAYANA BIJU
9	ANGELA JOSEPH
10	ALENA BABU
11	SRI LAKSHMI VS
12	ASHLYN SHAJI
13	ALPHONSA TOM
14	NIRANJANA
15	SENA BABY
16	SARAYA JOSHI

Student Enrolment 2021-22

	BOYS
1	KARTHIK PRASAD
2	SADATH S
3	JUBIL MATHEW VINCENT
4	AMAL ANDREW THOMAS
5	FIYON DOMNIC
6	JOYAL LIJU
7	DANIEL SAJI
8	ANANDU A
9	GEORVIN BINU
10	AMAL G VAS
11	ANANDHU KRISHNAN
12	ARJUN SAREESH

13	AMAL B NAIR
14	ADITHYAN S
15	CAROL JOSEPH T
16	AMAL KRISHNA M
17	AKASH KJ
18	ABEL BIJU
19	AKHIL PRASAD
20	ARUN SATHEESH
21	SOLOMEN BIJU
22	DEVISH B
23	HARIKRISHNAN S
24	ADITHYAN V
25	ABY MATHEW KURIAN
26	ABHISHEK MADHAVAN
27	MELBIN BINOY
28	MIDHUN JAYAN
29	JOSEPH JOSEPH
30	SABAR
31	NAVANEETH A NAIR
	MUHAMMED SWALIH
	GIRLS
1	MELBA MARY SABU
2	ANTREESA MATHEW
3	AGNUS JOSEPH
4	PRIYANA PROMOD
5	NIMISHA PRASANNAN
6	NANDANA DAS
7	NIVEDA NAGARAJ
8	AKHILA SAJI
9	SONA SANTHOSH

10	ALADIN LORANCE
11	BIYONA BIJU
12	RIYA MARIYA ROY
13	ASWATHI E.
14	ANANYA N.
15	AYANA LIKE
16	ZIONA MARIYA SHIJU

Student Enrolment 2022-23

	BOYS
1	GISHNU SIVAN
2	NIDHIN T.R
3	GOWTHAM HARI
4	AMAL SABU
5	ARUN SUDHARSAN
6	TONY ALEX
7	BIBIN JAMES
8	SANDY BAIJU
9	GEORVIN BINU
10	AMAL G VAS
11	ANANDHU KRISHNAN
12	ARJUN SAREESH
13	AMAL B NAIR
14	ADITHYAN S
15	CAROL JOSEPH T
16	AMAL KRISHNA M
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18	ABEL BIJU
19	AKHIL PRASAD

20	ARUN SATHEESH
21	SOLOMEN BIJU
22	DEVISH B
23	HARIKRISHNAN S
24	ADITHYAN V
25	ABY MATHEW KURIAN
26	ABHISHEK MADHAVAN
27	MELBIN BINOY
28	MIDHUN JAYAN
29	JOSEPH JOSEPH
30	SABAR
31	NAVANEETH A NAIR
32	MUHAMMED SWALIH
	GIRLS
1	MELBA MARY SABU
2	ANTREESA MATHEW
3	AGNUS JOSEPH
4	PRIYANA PROMOD
5	NIMISHA PRASANNAN
6	NANDANA DAS
7	NIVEDA NAGARAJ
8	AKHILA SAJI
9	SONA SANTHOSH
10	ALADIN LORANCE
11	BIYONA BIJU
12	RIYA MARIYA ROY
13	ASWATHI E.
14	ANANYA N.
15	AYANA LIKE
16	ZIONA MARIYA SHIJU

Student Enrolment 2023-24

	BOYS
1	NITHIN KUTTAPPAN
2	AKHI KRISHNA P.
3	BIJIN BIJU
4	AKSHAY CHACKOCHAN
5	GALEEL BINS
6	ANAND BAIJU
7	VISMAY DEV
8	ABHIRAM K BINU
9	MUHAMMED FARHAN
10	SIVANAND R SEKHAR
11	ABEL K JOHN
12	JUWEL THOMAS
13	JOHN STEPHEN
14	ADITHYAN S
15	CAROL JOSEPH T
16	AMAL KRISHNA M
17	AKASH KJ
18	ABEL BIJU
19	AKHIL PRASAD
20	ARUN SATHEESH
21	SOLOMEN BIJU
22	DEVISH B
23	HARIKRISHNAN S
24	ADITHYAN V
25	ABY MATHEW KURIAN
26	ABHISHEK MADHAVAN
27	MELBIN BINOY

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28	MIDHUN JAYAN
29	JOSEPH JOSEPH
30	SABAR
31	NAVANEETH A NAIR
32	DEEPU T.S
33	KISHORE SUNNY D
34	GISHNU SIVAN
35	NIDHIN T.R
36	GOWTHAM HARI
37	AMAL SABU
38	ARUN SUDHARSAN
39	TONY ALEX
40	BIBIN JAMES
41	SANDRA BAIJU
42	B. JAYADEVAN R
43	ANANDHU V. MOHAN
44	AMAL BIJU
45	MUHAMMED SWALIH
	GIRLS
1	SRUTHI RAJ D
2	THALEETHA KUMMI SUNIL
3	ABHISREE SABU
4	KRISHNA VINOD
5	ANJU MURUKAN
6	ASHA.P DEVASIA
7	ALEENA T.SAJI
8	TREESA MATHEW
9	RIYA SREENIVASAN
10	SILPA.K.S
11	BIYONA BIJU

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12	NIVEDA NAGARAJ
13	AKHILA SAJI
14	SONA SANTHOSH
15	AMRUTHA M S
16	ADITHYA P
17	SANDRA BAIJU
18	SANDHYA P.V