



Alphonso College, Pala

ALPHA

NEWSLETTER 2022

NEWS

Vol. 18 No. 3 September 2022

Principal's Message

2021-22



Dr. Sr. Regeenamma Joseph, Principal

With another year progressing, Alphonso College, Pala proves its merit once again as an institution of academic excellence and accomplishment. Her high standards of education and outstanding achievements in teaching-learning, research and extension activities continue to bring home glory and honour.

Even though last year had been an exceptionally challenging one with Covid-19 crisis and online classes, it is quite commendable that the hard work and enthusiasm of the teachers and the wholehearted support of the parents helped the students hold out against the physical and psychological consequences of the pandemic. Even amidst such academic hostility, the students achieved outstanding results in the M.G. University examinations of the year 2021. With 51 ranks and 117 A+ grades, the college excels as one of the best centres of learning in the state. Such academic distinction is the outcome of the instructional expertise and commitment of our beloved teachers. The tradition of excelling in sports and extra-curricular activities was kept alive by our students bringing us laurels in the M.G. University Athletic Championship. I am proud to acknowledge the dedication and contribution of Dr. Thankachan Mathew, HOD, department of Physical Education as well as the coaches of various events in grooming our students to merit. It must also be noted that the college particularly focuses on the development of metacognitive skills in students along with facilitating their academic pursuits. The various departments and

clubs of the college offered numerous programmes and competitions which saw the active participation of students. Our students also won many prizes in both intracollegiate and intercollegiate events. It's quite delightful to see the vision of the college blooming in the zeal for self-reliance.

As John Dewey rightly points out, "education is not preparation for life; education is life itself." I would like to appreciate the efforts of our faculty and their continued passion and fervour throughout the pandemic crisis and thank them for considering the institution their life, and education their life's purpose. I'm grateful to the management, especially our beloved patron his excellency, Mar Joseph Kallarangatt and our Manager, his excellency Mar Jacob Muricken, for their constant support and boundless encouragement in all initiatives of the college. I also extend my sincere gratitude to the Vice Principals Rev. Dr. Fr. Shaji John and Dr. Sr. Minimol Mathew, and the Bursar Rev. Dr. Fr. Jose Joseph for their unstinted help and support. I am especially thankful to the NAAC Co-ordinator, IQAC members, members of the staff council, the PTA, the College Union, the non-teaching staff and the student community for their unconditional love and invaluable support.

As we are getting through these difficult times, let's not forget that the secret of change is to focus on building the new. Let us strive towards self-reliance and excellence and be agents of social transformation. Let us make the world new. May God Bless.

OUR TORCHBEARERS



Patron
H. E. Mar Joseph Kallarangattu
Bishop of Pala



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



Principal
Dr. Sr. Regeenamma Joseph



Vice Principal
Rev. Dr. Shaji John



Vice Principal
Dr. Sr. Minimol Mathew



Bursar
Rev. Fr. Jose Joseph Pulavelil

COLLEGE UNION ELECTION 2021-22

The college union of Alphonsa College was elected on 15 March 2022 in the parliamentary method under the guidance of our principal Rev. Dr .Sr. Regeenamma Joseph, Vice Principal Rev.Dr. Shaji John and Rev. Dr. Sr. Minimol Mathew, Electoral

officers, Dr. Dani Mathew, Ms. Diana Elizabeth Jose and Ms. Annu Paul and other teachers deputed for the election. Following students were elected as the office bearers of the college union for the year 2021-2022.

Alphonsa College Students' Union 2021-22 List of Office Bearers

Name of the Post	Name and Class of the Student
Chairperson	Geethika S, II DC English
Vice - Chairperson	Josnajojo, II DC Economics
General Secretary	Rhon Thomas, II DC English
Arts Club Secretary	Avanthika R Pillai, II DC Botany
Student Editor to College Magazine	Ann Lilly Jose, I DC English
University Union Councillor 1	Chandni Krishna, II DC B.Voc SPT
University Union Councillor 2	Anina Biju, II DC Zoology
II PG Representative	Ann Treesajoshiy, II M.A English
I PG Representative	Elaine Antony, I M. A English
III DC Representative	Gipsa George, III DC Economics
II DC Representative	Miliya T Tom, II DC Mathematics
I DC Representative	Anu Ann Ninan, I DC Physics

COLLEGE UNION INAUGURATION AND COLLEGE DAY CELEBRATION

The formal inauguration of the activities of the college union 2021-2022 EKETHRA and College Day celebrations were held on 25 March 2022. The event was named Dheeksha 2022. Ms. Geethika S, the college union chairperson presided over the function. Principal Rev. Rev. Dr. Regeenamma Joseph administered the oath to the union members. Kottayam sub collector, Mr. Rajeev Chaudhary IAS was the chief guest. He spoke about the importance of building up a career by executing the exact plans and his presence was really inspiring for the students. The chief guest released the college magazine 2020-2021 during the formal functions. The meeting was followed by myriad cultural events that showcased the talents of the students.



College Day & College Union Inauguration by
Kottayam sub collector, Mr. Rajeev Chaudhary IAS

MERIT DAY

Merit day was conducted on 25 March 2022 for honouring the students, who were the winners of different competitions held on previous academic years. The chief guest of the programme was Dr. Reji Varghese, Principal St. George College, Aruvithara. He congratulated the winners and motivated the students with his enlightening words. Ms. Arathy M. P, secretary of the students cabinet 2020-2021 presented the detailed report of the activities of the students cabinet, Trezire.



Merit Day 2022- Chief Guest Dr. Reji Varghese,
Principal St. George College, Aruvithara

FAREWELL TO FINAL YEARS

The common farewell, ALVIDA, for the final year students of UG and PG was conducted on 31 March, 2022. After the prayer song Vice Principal Rev. Dr. Sr. Minimol Mathew read the Holy Bible to fill the hearts with the divine words from the Holy Scripture. Bursar, Rev. Dr. Jose Joseph gave the message to the students. The Presidential address was done by Principal Rev. Dr. Sr. Regeenamma Joseph. Candle lighting and oath taking was also administered by Rev. Dr. Sr. Regeenamma Joseph. The programme featured plenty of cultural events by the final year students of UG and PG. representative students from the arts and science departments shared their beautiful experiences as Alphonsiens.

STUDENTS CABINET REPORT 2021-22

STUDENTS CABINET ELECTION

The Students Cabinet of Alphonsa College was elected on 16 July 2021 through an online election under the guidance of our principal Rev. Dr. Sr. Regeenamma Joseph, Vice Principal Rev. Dr. Shaji John and Rev. Dr. Sr. Minimol Mathew, Cabinet Advisors Ms. Diana Elizabeth Jose and Ms. Annu Paul and other teachers deputed for the election. Student Cabinet consists of seven office bearers and fifteen class representatives. The

posts of President, Cabinet Secretary and Arts Club Secretary were elected through Open Polls while the Posts of Vice President, Treasurer, Social Media Moderator and PG Delegate were directly nominated by the students. Following students were elected as the office bearers of the student cabinet for the year 2021-2022.

President : Ms. NihaHeadly, 3 DC English
Vice President : Ms. Aleena Kurian, 2 DC Mathematics
Cabinet Secretary : Ms. Arathy M P, 3 DC Economics
Treasurer : Ms. Anjali P Mathew,
2 DC Physics Model 1

Arts Club Coordinator : Ms. Jeess Monica George,
3 DC Physics Model 2
Social Media Moderator : Ms. Aiswarya J Nair, 2 DC Botany
PG Delegate : Ms. Merin Maria George, 1 PG English

ALPHONSA WEEK CELEBRATION

Alphonsa Week Celebration for the year 2021 was held on 21 to 27 July in online platform. Various competitions including Letter Writing Competition (to St. Alphonsa), Devotional Song Mashup Competition and Mega Quiz were organized. The students enthusiastically participated in the competitions.

Mega Quiz Competition was held in five levels arranged through different online platforms with each level being

conducted from July 21 to July 25, 2021. The Quiz was entirely based on St. Alphonsa's life events. The first to fourth rounds of the mega quiz competition were held on July 21, July 22, July 24 respectively. The final round was conducted on July 25 with the assistance of a Quiz Master Ms. Jayalekshmi G and Ms. Diana Elizabeth Jose as our Judge.

ST. ALPHONSA PLATINUM DEATH ANNIVERSARY COMMEMORATION PROGRAMME

Students Cabinet Trezure, organized St. Alphonsa Platinum Death Anniversary Commemoration Programme under the guidance of our College Administration Committee. The programme was held on 3rd August 2021 in online platform.

The Commemoration Programme was presided by His excellency Mar. Joseph Kallarangattu Bishop, Eparchy of Pala. Keynote address was done by Sri. Roshy Augustine, Minister for Irrigation, Command area Development Authority, Ground

water Department, Kerala State. Ms. Preeja Sreedharan (Olympian and Arjuna Awardee) & Ms. Sini Jose (Olympian Asian Games and Common Wealth Games Gold Medalist) alumnae of Alphonsa College, Pala Shared their experience about our college. Rev. Mother Ceelia (F.C.C Superior General at the time of Canonization), Ms. Cincila T Roy (Teacher representative), Ms. Alice. Sebastian (non teaching staff representative), Aleena Kurian (student representative) Commemorated St. Alphonsa.

INDEPENDENCE DAY CELEBRATIONS

Students Cabinet, Trezire organized "AZADI KA AMRIT MAHOTSAV" under the guidance of our College Administration Committee and Union Advisors. "AZADI KA AMRIT MAHOTSAV" is an event scheduled to celebrate the 75th Independence Day of our nation which spans over a Year. The formal Inauguration of the event was conducted on 28 August 2021 and as a part of the event Students Cabinet organized ALUMNI TALK SERIES in every month via online on the topic 'Different Spheres of Indian Independence' in connection with the commemoration of seventy five years of India's independence.

INDEPENDENCE DAY MASHUP

The Students Cabinet celebrated the 75th year of India's Independence by making an Independence Day Mashup by the students of our college.

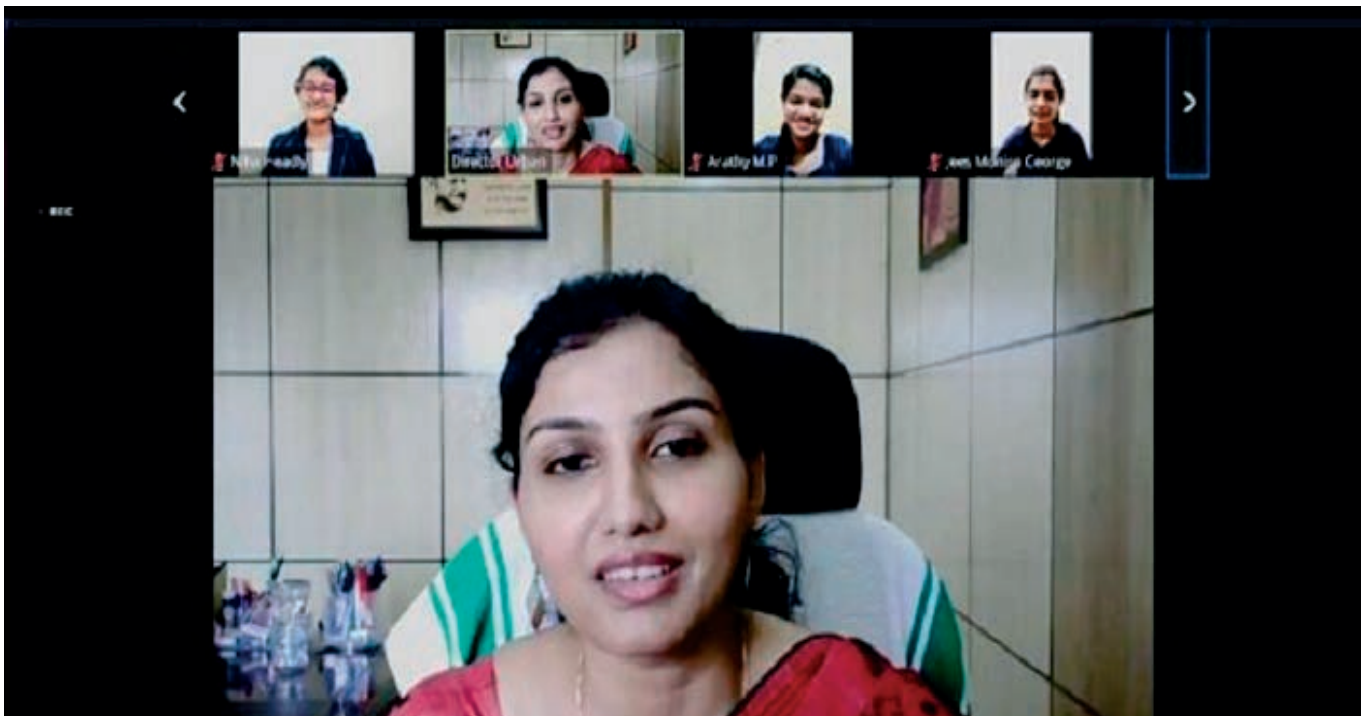
ONLINE ONAM CELEBRATION

Onam Celebrations for the year 2021 'KALAKIKKONAM' were held online. Various Competitions including Malayali Manka 2K-21, Casette Roll, Reelsoli 2K-21 were organized. The students actively participated in the competitions.

STUDENTS CABINET INAUGURATION

The formal inauguration of the Students Cabinet, Trezire was conducted on 6 September 2021 on the online platform. Urban Affairs Department, Director Dr.Renu Raj IAS was the chief guest of the function. Students Cabinet President, NihaHeadly presided over the function and Rev. Dr. Sr. Regeenamma Joseph felicitated the function. The principal Rev. Dr. Sr. Regeenamma Joseph administered the oath to the cabinet members.

Dr.Renu Raj IAS is a doctor who left her medical practice to achieve her dream of becoming an IAS officer and topped the UPSC exam in the first attempt scoring the second in the first attempt. She has been among the chosen few who have created a name for themselves, with her dedication and persistence. The students of our college actively interacted with Dr.Renu Ma'am. The meeting was followed by the cultural events of four students.



Students' Cabinet inauguration by Dr. Renu Raj IAS.jpg

MALAYALAM DEBATE COMPETITION

Students Cabinet, Trezire organized a Malayalam Debate Competition under the guidance of the College Administration Committee and Cabinet Advisors on 25 September 2021 on the topic - ' ' വീണ്ടും തുറക്കുന്ന വിദ്യാഭ്യാസ സ്ഥാപനങ്ങൾ : ആശങ്കകളും, പ്രതീക്ഷകളും'. The debate competition was conducted online through Google meet. Ten teams participated in the competition from different departments. Lt. Anu Jose was the judge. Winners were awarded a cash prize.

INDUCTION PROGRAMME

Induction Programme for the first year students 2021-22 was held on 28 September to 4 October in online platform under the guidance of our College Administration Committee and Cabinet Advisors. The Induction Programme was conducted for five days. The Programme began on 28 September 2021 with the Principal's message, Rev. Dr. Sr. Regeenamma Joseph followed by words of blessings by Vice Principal Rev. Dr. Shaji John and Teacher's Voice by Ms. Cincila T Joy. On the second day an Orientation class was taken by Dr. Alex George, Asst. Professor, St. Thomas College of Teacher Education, Pala on the topic "The Path of a Perfect and Noble Woman Towards Excellence" Dr. Alex George Sparked the student's minds with the fire of dreams and determinations.

ORIENTATION PROGRAMME

Orientation Programme for the first Year students 2021-22 was held on 25 October 2021 under the guidance of our College Administration Committee and Cabinet Advisors. The Orientation class was taken by Fr. Jojo Mathew Chennattu, Clinical Psychologist, Mar Medicity, Pala on the topic 'Youth and Mental Health'.

KERALA PIRAVI CELEBRATIONS

Kerala Piravi Celebrations for the year 2021 were held on 1 November 2021 under the guidance of our College Administration Committee and Cabinet Advisors. The celebration began with the message of the Principal, Rev. Dr. Sr. Regeenamma Joseph and a pledge was delivered by the principal to the students.

CHRISTMAS CELEBRATION

The Christmas celebration 'Silver Bells' was organized by the College Student Cabinet, Trezire, jointly organized by CSM and Jesus Youth of Alphonsa College, Pala. The programme was held with great vigour in our college as a one-week programme. An official function was organized on 23rd December 2021 and Rev. Fr. Pazheparambil Sebastian, Director, Catechism, Pala Dioceses, and Director, Shalom Centre Pala, gave the Christmas message. Various competitions were organized as the part of it.

SEMINAR ON CAREER GUIDANCE

College Union in association with Career and Placement cell of our college organized a seminar on Career Training and recruitment workshop on 13-January 2022 in Seminar Hall. Dr. Muralee Thummarukudy, Chief of Disaster Risk Reduction in the UN Environment Programme was the resource person. He inaugurated the Training and Recruitment Cell of our college and conducted an interactive session about career opportunities with students.

MOTIVATIONAL TALK

College Student Cabinet organized a motivational talk for the first and third-year students on 9 February 2022. The motivational class was taken by Dr. Ancy Joseph (Former Principal in charge & HOD of English, St. Dominic's College, Kanjirapally), Dr. Mathew Kanamala (Counsellor & Motivational Speaker, HOD of MSW, St. Joseph's College, Moolamattam), Ms. Reena James (Faculty, Dept. of Counselling, Mahatma Gandhi University, Kottayam) on the topic 'Dare to Dream'.

COLLEGE YOUTH FESTIVAL 2021- 2022

The College Youth Festival for the year 2021-22 was conducted on 24, 25 February and 11, 12 March 2022. Individual items competitions were held on 24, 25 February 2022 and group items competition were held in the month of March 11 and 12. In this spectrum of art, 24 events are staged including literary and theatre events. The cultural fiesta come to an end with the group dance competition which received great applause. Around 1000 students participated in various competitions. Those who won the first position were given extra training for University Youth Festival Participation.

SPORTS DAY 2022

The Annual Sports Meet for the Academic year 2021-22 was held on 14 March 2022 in the college ground to give chance for youth to enhance their physical and social skills. The Sports Meet began with the March Past of various departments. College Principal Rev. Dr. Sr. Regeenamma Joseph received the salute accompanied by the senior teacher Dr. Sr. Sherly Joseph, HOD, Department of Physics, Vice Principals,

College bursar and Cabinet Members. Principal hosted the flag, thereby flagging off the events of the day. Students participated in various events with great vigour, energy and spirit. The Department of B. VocSports and Nutrition and Physiotherapy emerged as the champions and Department of B.com became the first runner followed by the Department of English.



sports Day celebrations

DEPARTMENTAL ACTIVITIES

DEPT. OF ENGLISH

As part of the activities this year, the department conducted a talk on Correct and Effective use of English. The students of the department conducted a programme namely FLIP(Fluency Enhancement Programme) for the students of St.Joseph UPS, Ullanadu as part of community extension activities. The department also conducted a seminar on "Exercise is medicine for total fitness" in collaboration with Indian Academy of Pediatrics led by Dr.Sebastian Lukose.

Our faculty members and students brought home many laurels. Lt Anu Jose, Asst. Prof of our Department bagged Silver medal in the NCC Refresher Course held at NCC Training Academy, Gwalior. Dr. Rosemary Philip, Guest Lecturer of our Department was awarded her Phd Degree on June 14 2021. Our alumni Rajasree S. Nair (2018-20 MA English) cleared UGC NET Exam this February.

Dona Rosy Shine(2019-21 M.A English) and Siona Jacob(I MA English) cleared GATE.All first year postgraduate students presented papers in various National Seminars held in several institutions across Kerala.Final year BA students went on an excursion to Kodaikanal on 31st March 2022 . II MA students went on a two days trip to Thiruvananthapuram on 4th of April.

Students who secured rank and A + in the MG university exam in the order of their scores.



Agline Mary James



Aida Shaji
A+ BA English



Aileen Maria Kuriakose
6th Rank



Alfia Akbar



Alka Elizabeth Antony



Anie George
2nd Rank BA



Anjaly Maria Johns



Aparna S
Eng A+(1)



Delna Shan



Elizabeth Thomas



Gopika Omanakuttan



Jewel Ann James



Reshma Dominic
MA English 4th Rank

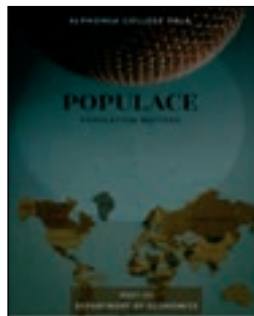


Sr. Tintu Titus

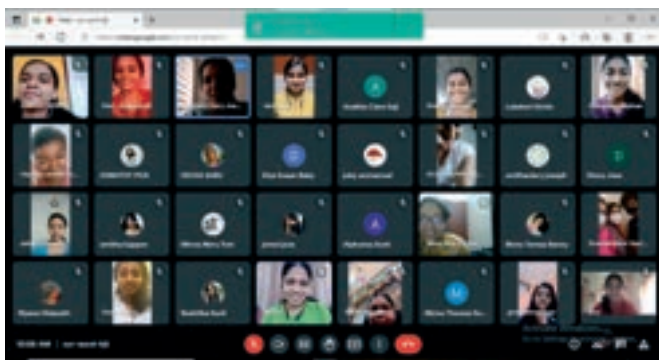


DEPARTMENT OF ECONOMICS

The Department of Economics organized an Intradepartmental essay writing competition in connection with World Environment Day on June 5th 2021 on the topic **“The effects of human action on biodiversity”**. Department organized a Presentation on the topic **“Comparison of the Performance of Kerala and Himachal Pradesh on SDGs goals on the NITI index”** an Awareness programme in association with EBSB Club on June 23rd 2021. Anakha Roy and Devika Santhosh of IIIIDC Economics made a presentation comparing the data of NITI INDEX..In connection with World Population day, Department of Economics, Alphonsa College Pala organised an **Intercollegiate online quiz competition** online quiz competition on facts of population on 11 th July 2021 in which there were 185 entries from 30 college. **POPULACE** an eBook was released which was compiled by our students -A short academic reference book where you can have quick reference on matters related to population facts and topics of interest in connection with world population day On 12th July 2021.



An Invited Talk on **Introduction To Econometrics** was organised on 13/08/2021 **Santhosh T Varghese, Maharajas College Ernakulam**, Convenor Expert committee MA Econometrics MG University led the session. **ALUMNI LECTURE**



Alumni Meet

SERIES 1- was organized, an interactive program with the alumni MsDelta Kurian Asst.Professor BCM College Kottayam on the topic **New Normal In Economics** was held on 20/09/2021. Alumni lecture series II was organised on the topic: FRBM Act, by Krishna Nair J, Research Scholar, IIT Kharagpur on 13th November 2021 Economics Association inauguration and invited talk - This year's Economics Association

inauguration was done by Rumaiza Fathima, IRS Assistant Commissioner IT and was followed by a talk on **“Economics Beyond Theories”** on 06/11/2021. Xmas sale was organised by the department with handmade products of the students and an amount of Rs10000/- was mobilized and contributed to the inmates of Jublie Bhavan old Age Home For Women At Chethimattam on 23rd December 2021, to make



Xmas sale and visit to Jublie Bhavan old Age Home For Women At Chethimattam

students realise their social responsibilities and develop in them a sense of compassion. Workshop And Lecture Series - Statistical methods for Econometrics was conducted by department of economics, resource person - **Dr. K. K. Jose Hon. Director School of Mathematics and Statistics MG University Kottayam** on 11 an 2022. Young Economist competition - department of economics organized



Workshop And Lecture Series - Statistical methods for Econometrics

Jan **YOUNG ECONOMIST** competition which included several rounds of tasks, that will test memory, speaking, creative and analysing skills. The student who secures the maximum point together in all these tasks is awarded the 'Young Economist' title. The **YOUNG ECONOMIST 2022** was won by Dona Jose of III DC Economics.



Students who secured rank and A + in the MG university exam in the order of their scores.



Selmy Joseph
Second rank CCPA 9.13



Arsha Jose
9THrank CCPA 8.93



Ansu Jose
CCPA 8.77



Elsa Maria George
CCPA 8.74



Lekshmi Priya NR
CCPA 8.72



Liya Sunny
CCPA 8.70



Cicily Rose Monipally
CCPA 8.66



Neha Rengith
CCPA 8.58



Biby Elza Binu
On July 12, 2021
in Asia Book of
Records



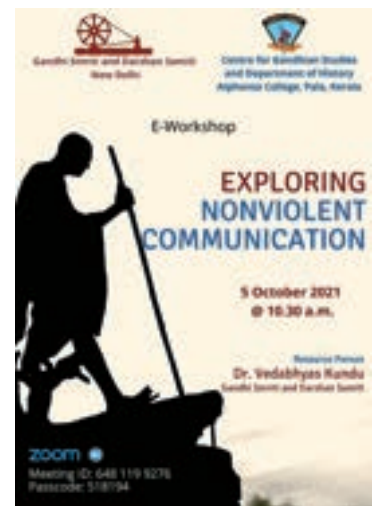
Vani Pradeep
MG University Youth
Festival -Quiz competition
Third position

DEPARTMENT OF HISTORY

SPEAK UP - A Discussion / Debate Forum, which is an initiative of the Department of History, Alphonsa College, Pala started this year to upskill the various competencies of students like better communication skills, self-confidence, public speaking skills, critical thinking, teamwork, etc. This Programme is conducted every Saturday and Sunday through Online Mode. Department of History organized a program Challenge Restoration Vitea ie Tree planting challenge on 5th June 2021 in connection with World Environment Day Celebration. Ayyankali Day was celebrated on 18th June with a quiz competition. Reading Week was celebrated from 19th June with reading day pledge and Book review competition. Mandela day was commemorated on 19th June 2021. Students

of the department made a short video of Nelson Mandela and presented it on 19th June. On June 20 a presentation on Refugee crisis in India and the world was organized by the department in connection with World Refugee Day. International Yoga Day was celebrated with the presentation of a short video on Yoga by the students of the department on 21st June 2021. Department of History in collaboration with Departments of Hindi and Malayalam conducted a Collage competition on the topic "Share facts on drugs, save lives" in connection with International day against drug abuse and trafficking on 26th June 2021. Essay writing competition was conducted by the department on the topic "Until we get equality in education, we won't have equality in society" on 12th July 2021 in connection with Malala day. Department of History organized a painting competition on the theme "Life of St Alphonsa" to commemorate 75th death anniversary of our college patron saint St Alphonsa.

Department of history in association with UBA and NSS of Alphonsa college Pala, conducted a webinar on Road safety for the higher secondary students of St Augustine, Higher secondary school, Ramapuram on 12th August 2021 through Google Meet. In association with NSS of Alphonsa College, Department of History conducted patriotic song competition and poster making competition to celebrate India's 75th Independence day. Department of History in association with Gandhi Smriti and Darshana Samiti, New Delhi and Centre for Gandhian Studies, Alphonsa college Pala conducted an E-National Workshop on the topic 'Exploring Non Violence Communication' via Zoom platform on 5th October 2021. In association with EBSB club of Alphonsa College our department organized a presentation for the students of the college on the topic 'History and Culture of Himachal Pradesh' through Zoom platform on 22/9/2021. Department of History in association with Gandhi Smriti and Darshana Samiti, New Delhi and Centre for Gandhian Studies, Alphonsa college Pala organized a Nonviolent communication campaign for the college students. Kerala Piravi was celebrated on 1st Nov 2021 by screening documentary on Kerala State formation.



The Department of History along with St Thomas College Pala, Henry Baker college Melukavu, St Dominics college Kanjirapally and St Thomas College Ranni organized an intercollegiate quiz competition on Indian Constitution and its History on 29th November 2021. The Winners were Alphonsa College Pala. Human Rights Day was observed on 12th December 2021 with a movie review competition. Association



Intercollegiate Quiz Competition on Indian Constitution

Inauguration and Merit day was conducted on 20th December 2021. Dr. Jojy Thomas, Assistant Professor, St Dominics college Kanjirapalli was the resource person and he delivered a lecture on the Topic 'Objectivity in Historical Research' on that day. Dr



Invited Talk By Dr Deepa Roslin, Assistant Professor, St Thomas College, Ranni 2

Deepa Roslin, Assistant Professor, St Thomas College, Ranni delivered lecture on the Topic 'Different Kinds of History' on 16th December 2021. Ms. Lakshmi S Nair, Assistant Professor on contract, Henry Baker College delivered lecture on the Topic "Aikya Kerala Movement" on 10th January 2022. Online Department Alumni Meet was conducted on 15th January 2022. Meet the Alumni Programme was conducted on 8th February 2022. Maria Sandra , Relationship Manager, Mfine, Bangalore ,Pass out of 2018-2020 batch delivered a talk on

New Career opportunities to the students of the Department. Republic Day was celebrated with a photography competition on 25th January 2022. Online Workshop on Documentation in Research Methodology was conducted for the Students of St Thomas College, Ranni on 10th March 2022. Resource Person was Monisha George, Assistant Professor on Contract, Alphonsa College, Pala. Department PTA Meeting was conducted on 12th March 2022. Study tour for III DC students was on 4th April 2022. Valedictory of departmental activities and farewell of III DC Students were conducted on 30th March 2022.



Movie Review competition on Human Rights Day 2

Students who secured rank and A + in the MG university exam in the order of their scores.



Sona Jacob
CCPA-9.11
A+ Rank 2



Angel George
CCPA-8.63
A+ Rank 5



Alfiya Ismail
CCPA- 8.51
A+ Rank 6

DEPARTMENT OF MATHEMATICS

Maths department organized an environment day programme by planting trees on their house premises. In connection with Reading day, the department conducted a book review programme for all the department students on 19th June, 2021. In connection with National Statistics Day on Jun 29th 2021', department published an e-book 'Statistika, including few famous 17th century statisticians. In connection with Yoga Day, students of the mathematics department exhibited the different yoga postures and clubbed all in a video. In connection with world population day and the platinum death anniversary of St Alphonsa, the mathematics department conducted a poster making competition and

distributed cash prizes. First prize – Master Alen Chacko(SD College, Kanjirappally). The Department of Mathematics organized a talk series for school students named - QUAINTELLE in online mode. It was aimed to nurture Mathematical taste in school students through informative, attractive and entertaining online classes taken by our students. The session was hosted by Ms.Josna Jose & Ms. Minnu Lisbath Sebastian,who are the graduate students of Alphonsian Mathematics Department. We selected St Joseph High School Manathoor for the talk series and the talk was about women mathematicians. The First selected Mathematician was Shakuntala Devi,(known as Human Computer) and revelations about her personal life. It was a new experience for the school students as well as for our students as it created a new concept about Mathematics, its various tricks and the way of making Mathematics as a career. " EXPLORE & ELEVATE " is the slogan that we emphasize throughout our talk series and the upcoming ones. Mathematics department celebrated the 75th year of Independence Day by publishing an e-book "SWARAJ" commemorating few freedom fighters.

Department organized an awareness webinar for the students on the topic "Drug Abuse & Trafficking". The department conducted an online PTA. A talk By Dr Deepa from Devamatha Hospital was arranged on the topic "Common Neurological diseases ". Mathematics department celebrated National Mathematics day with School of Mathematics & Statistics, MG University on 21st December2021. MG University Vice-chancellor Dr Sabu K Thomas inaugurated the function. IMA breakout research fellow Mr Sayooj Aby Jose led a class on the topic "Mathematics- The Language of the Universe: To Infinity and Beyond. Department conducted Association inauguration, Freshers day and Merit day together on 13/11/2021. Also the department honoured KAS winner and our alumna Kum. Gopika Udayan (2016 batch). Department conducted an online alumni meet for three pass-out batches 2016-19,2017-20,2018-21.

Students who secured rank and A + in the MG university exam in the order of their scores.



Annie Rose Sebastian
Rank 7, 9.64



Aparna Suresh
9.47



Anitta Maria Joy
9.34



Jissmol Jose
9.3



Shilpa Jose
9.25



Anna Soji
9.22



Anjelin Mariya Johnson
9.18



Aiswarya M
9.14



Liya George
9.14



Ann Mary Danty
9.1



Ann Maria Sebastian
9.03



Malavika Rajeev
9



DeepaThomas
8.89



Anita Xavier
8.88



Ammu B Tharappel
8.88



Ashly Benny
8.86



Megha Madhu
8.84



Riya Mathew
8.82



Jesna Sebastian
8.78



Riya George
8.73



Geethu Sunny
8.64



Merin Biju
8.54



Dona Boby
8.53

DEPARTMENT OF PHYSICS

Inauguration of the activities of Physics Association 2021-22 was held on 17-7-2021. The chief guest and the resource person Dr Susan George K, Scientist E, Ministry of Env't, Forest and Climate Change gave a talk on 'Exploring Avenues' followed by the release of Annual Student Science Magazine Harmonics 2020. Webinar on Space Weather was conducted on 23-10-2021 in association with Devamatha College in connection with space week. Dr. Smitha V Thampi, Scientist/Engineer



SF, VSSC was the keynote speaker. Annual quiz competition BRAINIAC 3.0 was held on 17 December 2021. Sparkz, the



Annual Science Exhibition was conducted on 10-03-2022 to exhibit the laboratory and organisational skills of the students. The physics association conducted a series of student seminars entitled "TALK SERIES" every month. SOUVENTRE -Alumni Meet and farewell to Dr. Sr Sherly Joseph was held on 08-01-2022. Elocution competition was conducted in connection with the national science day celebrations on 02-03-2022.



Anjali Silven
9.33

Biya Tomy
9.32

Amiclare T
9.26

Dona Joy
9.24



Hridya Sojan
9.22

Cibella Mary Joseph
8.96

Kochurani Lalu
8.95

Sinta Biju
8.93



Anjali Anil Kumar
8.73 Sixth Rank

Bibina Joseph
8.68

Students who obtained awards/prizes in intercollegiate/inter university/state/national level literary/cultural/merit competitions.

Students who secured rank and A + in the MG university exam in the order of their scores.



Irin Mary Joseph
9.7, First Rank



Akhila D
9.5, sixth rank



Anjali Anil Kumar
8.73, Sixth Rank



Daria Tessa Jeen,
8.58 Seventh Rank



Limiya Thomas
9.49 Seventh Rank



Neethu Rose Leo
9.48 Eighth Rank



Shelcy Shaji
9.46 Ninth Rank



Ajmal Parveena
9.43



Anakha T.x
9.43



Parvathy Sekhar
9.4



Rosna Prince
9.37



Therese S Mathew
9.34



Dona Joy,
BSc Physics Model I
(2018-2021)

Therese S Mathew,
BSc Physics Model I
(2018-2021)

Irin Mary Joseph,
BSc Physics Model I
(2018-2021)

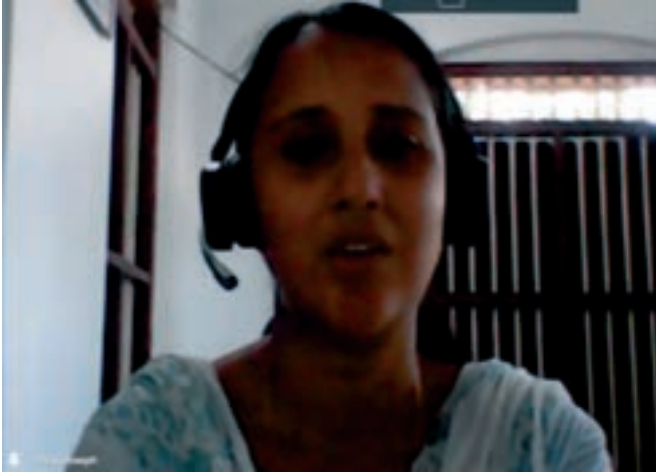
Publications

A. Ringing non-Gaussianity from inflation with a step in the second derivative of the potential, R RAKHI, MINU JOY Pramana - Journal of Physics,(2022) 96:56

B. Structural, thermal, linear and nonlinear optical and cytotoxicity studies of a novel organic stilbazolium salt: 4-[2-(4-hydroxyphenyl)ethenyl]-1-methylpyridinium 4-styrenesulfonate, Journal of Molecular Structure, Priya Antony, S.Bharanidharan, R. Jerald Vijay, S. John Sundaram, Albin John P, Paul Winston, Ligimol Louis, Jilly James, P.Sagayaraj, 1264 (2022) 133196 (Impact factor: 3.196)

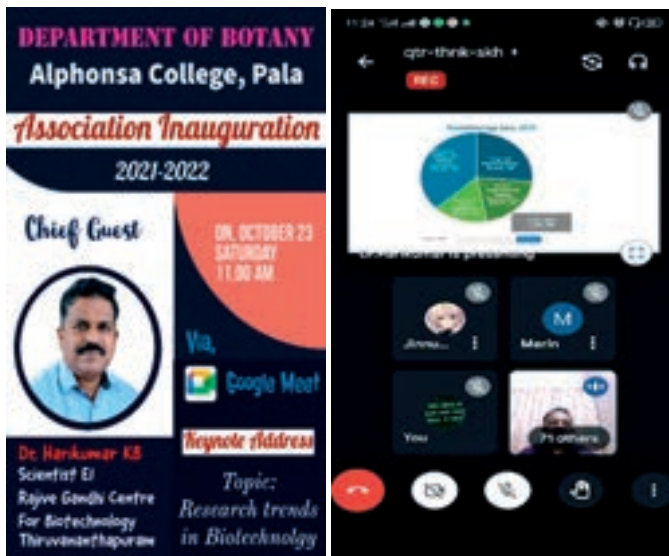
DEPARTMENT OF BOTANY

In connection with Environmental day celebrations , an online invited talk was arranged on June 7th 2021, which was hosted by Ms.Theja Joseph ,Assistant professor, Department of Botany, K.E College Mannanam. Ms.Theja Joseph delivered a very informative talk on 'Ecosystem Restoration'. After the talk Ms.Theja Joseph release our digital manuscript magazine



Ms.Theja Joseph delivering talk on 'Ecosystem Restoration'

named "Cynefin". On June 5th 2021, the teachers and students of Botany department decided to celebrate World Environment Day amidst of covid pandemic. We planned to conduct a challenge named "Plant tree, Save tree";for taking part of this challenge all teachers and students planted a tree on their premises and took a picture along with it. As part of The National Reading Day celebrations 3rd year students created a narrative video of different books and shared it with others.



Dr. Harikumar K.B delivering a talk on Research trends in Biotechnology

Department of Botany conducted Ozone Day celebration on 16th September 2021.Smt Julie J Paramundayil Head of the Department of Botany inaugurated the Blog of our Department on the same day. The inauguration of Botany Association of the academic year 2021-2022 was held on 09th October 2021, Dr. Harikumar K.B Scientist Rajeev Gandhi Centre for Biotechnology was the chief guest. He delivered an invited talk on Research trends in Biotechnology. In connection with National science day, the Department of Botany Alphonso College Pala conducted a science quiz competition on 28 th February 2022. Students prepare various informative videos on Global Wind Day, Blood Donors Day and Farmers Day and shared it with others. Department Activities for the year 2021-22 come to an end on 31st March 2022 with valedictory

Students who secured rank and A + in the MG university exam in the order of their scores.



Nandhana Murali
9.23 Rank 6



Aleyamma Jomy
8.87



Reena Siby 8.79



Anagha Priya 8.76



Gloriamol Mathew
8.73



Mili Mary Joseph
8.68



Keerthi K
8.58

DEPARTMENT OF ZOOLOGY

World Environmental day was observed on June 5 by conducting E-poster competition (AMETHYST 2021). Students from various colleges participated. A 'Janma NAKSHATHRAVANAM' was inaugurated on July 2nd by Sri.Mani C Kappen, M.L.A. Twenty seven plants representing 27 'Janma Nakshatra' were planted in the College Campus. Mega webinar on time management was conducted on 10th July, Prof.Vargeese Vaidyan PDG, Trainer, LCIP, FDI lead the sessions. Ms.Amrita Merin Mathew (Alumni), delivered a talk on 'Higher study opportunities and career prospects in Zoology' on 23/07/2021. As part of Alphonso day celebrations a Nasranimanga competition was conducted. Digital magazine



Inauguration of 'JANMA NAKSHATHRAVANAM' by Sri.Mani C Kappen, M.L.A.

release and open forum was conducted via online platform on 24th July 2021. An awareness talk on 'de addiction' was delivered by Ms.Bindu Varghese, Former child line counselor, Kerala Govt. Minority Welfare dept on 19/08/202. Teachers day was celebrated on 6/09/2021. A welcome programme was arranged to the IDC students on 29/09/2021 through the online platform. 'Zoonam' (Onam celebration) was conducted on 20/08/2021. As part of the Kerala Piravi celebrations, a quiz competition 'Know our wild' was conducted on 1/11/ 2021. 'Environmental conservation-necessities and challenges' an international webinar was conducted on 5- 6 November 2021 in association with Birds club International. Webinar on Menstrual hygiene was conducted for students of St.Mary's G.H.S.S Pala. Ms. Greeshma M Lecturer, Dept of OBG Nursing delivered the talk. A Freshers day was conducted on December 17th 2021. Inauguration of the Research centre was conducted on 27th December 2021 by Dr.Sabu Thomas, honourable Vice Chancellor of Mahathma Gandhi University.



Inauguration of the Zoology Research centre by Dr. Sabu Thomas

College Manager Mar Jacob Muricken presided over the function. An alumni meet was organized on January 14th 2022 in the online mode. In connection with World Wild Life Week a webinar on 'Animal welfare and its role in human life' was arranged in association with animal welfare department of Kerala on 25th January 2022. Research department of zoology organized lecture series on Research Methods in Life Sciences

'Cognitio - 22' lecture series -1,2 &3 on 03.02.2022, 21-02-2022 & 08.03. 202. Dr. Justin K. James, CAAM Govt. College Thrissure, Dr. Ron Sunny, Department of Botany, St. Joseph's College, Devagiri, Calicut and Dr. Shubin Mohanan, assistant Professor, Department of Botany, Nirmala College Muvattupuzha were delivered the talks. Anumaria Cyriac, Medical transcriptionist delivered a talk on medical coding and its Job opportunities on 04.03.2022. In association with TIES, our students participated in the Meenachil odonate survey on March 12 - 13. A Blood donation camp was conducted on March 8th 2022. Association organized a farewell meeting to the out going students on March 10th. Our students participated a nature camp and on March 22nd at Periyar Tiger Reserve. A study tour was organized for PG and UG students on 22& 23 March at Thekkady & Kodaikanal.

Students who secured rank and A + in the MG university exam in the order of their scores.



Divya Gopan
10th Rank



Akshaya L
9th Rank



Aleena Soji
9.03



Johnseena N M
8.95



Athulya Dev P
8.73



Thasleema Beegum
8.73



Jasmin Saji
8.59



Leiann Jestine
8.55

Students who obtained awards/prizes in intercollegiate/inter university/state/national level literary/cultural/merit competitions.

1. Panchami B -3rd DC Zoology

● Mg University kalolsavam-Wake up call 2022 - Quiz 3rd prize Venue : Catholicate college pathanamthittaKA Thomas memorial quiz Organized by Department of Zoology, SB college changanassery -First prize



● Litgala Quiz Conducted by : postgraduate and research department of English ,St Thomas college Pala -2nd prize

● Inter collegiate Gandhi jayanti quiz Organized by : Malabar

Christian college - 5th prize

2. K. Rajasree Rathnakaran - 1st P.G. Zoology

National Level Grand Idea Challenge Contest conducted by the PG department of Botany Catholicate college Pathanamthitta- First prize and a cash award of Rs.20,000/-



3. Maria Roy Padipurackal - 1st P.G. Zoology

National Level Grand Idea Challenge Contest conducted by the PG department of Botany Catholicate college Pathanamthitta- First prize and a cash award of Rs.20,000/-



4. Sherin C Baby - 3rd DC Zoology

Hunky Brain Quiz Contest organized by Prayana First prize



5. Manya Manoj - 3rd DC Zoology

Inercollegiate online Quiz Competition conducted by Department of Economics Alphonsa College Pala 3rd prize



6. Arunima M.S.- 2nd P.G. Zoology

Prof. K.A. Thomas Memorial intercollegiate quiz competition conducted by S.B College Changanacherry First Prize



Publications

1. Simimole Sebastian and Riya Jose, Influence of four plant based carotenoids on the colouration of two ornamental fishes, Koi carp (Cyprinus carpio) and Molly fish (Poecilia sphenops). Book - Frontiers in Biological Sciences International, 2022, ISBN-13: 979-8886296082, Notion Press.
2. Cinnie Susan Antony and Thomas, A.P., Effect of heavy metals (lead and cadmium) on the activity of antioxidants and metabolic enzymes in Oreochromis nyloiticus: A comparative and synergistic study. Pollution research, 2021, ISBN-20210257-8050.
3. Ambili, T. R., Studies on butterfly diversity insitu and exsitu environment. Devagiri Journal of Science, 2021, ISBN-2454-2091.

5. National seminars/ workshops/invited talks organised by the dept

1. MEGA WEBINAR ON TIME MANAGEMENT - 10.07.2021
2. ZIRCON 21- WEBINAR-19/08/2021
3. INTERNATIONAL WEBINAR - 'ENVIRONMENTAL CONSERVATION-NECESSITIES AND CHALLENGES' -5. 11.2021 TO 6.11.2021
4. WEBINAR ON ANIMAL WELFARE - 25.01.2022
5. RESEARCH METHODS IN LIFE SCIENCES (COGNITIO '22) LECTURE SERIES-1 'INFERENCE STATISTICS'-03.02.2022
6. RESEARCH METHODS IN LIFE SCIENCES (COGNITIO '22) LECTURE SERIES-2 'IN TO THE UNKNOWN - LESSONS LEARNT FROM RESEARCH IN THE WILD' -
7. RESEARCH METHODS IN LIFE SCIENCES (COGNITIO '22) LECTURE SERIES-3 'ADVANCED TOOLS IN BIOLOGICAL SEQUENCE ANALYSIS' - 08.03.2021

Title won by the faculty member :

Dr. Sr. Manju Elizabeth Kuruvila - P.G. Board of Study member



CHEMISTRY DEPARTMENT

The activities of the Chemistry Association were inaugurated on 10 August 2021 by Dr. Sr Jilly James, Head of the Chemistry. In the final year B. Sc degree examination 2020-21, Department of Chemistry secured 1 S and 10 A+ grades out of the 34 students who appeared in the final year examination. Kum. Anju Maria Reju won the second rank in MG university. As the part of extension programme, Department of Chemistry organized science lecture series for nearby school students named 'SCIENTIA' by aiming to inculcate scientific temper in school students. Department of Chemistry organized 3 days webinar on 'Recent Trends in Catalysis' on 8, 10, 13 September 2021. The resource persons are Prof. Nikolaos Dimitratos, Dept of Industrial Chemistry, University of Bologna, Italy, Dr. Atul Bansode, Assistant Professor, Catalysis Engineering, Netherlands and Dr. M. Sankar, Cardiff Catalysis Institute, School of Chemistry, Cardiff University, UK.

As the part of World Environmental Day celebration, students and teachers from department, planted tree saplings at their home. The photos are collected and uploaded in department YouTube channel. In World Music Day, Department

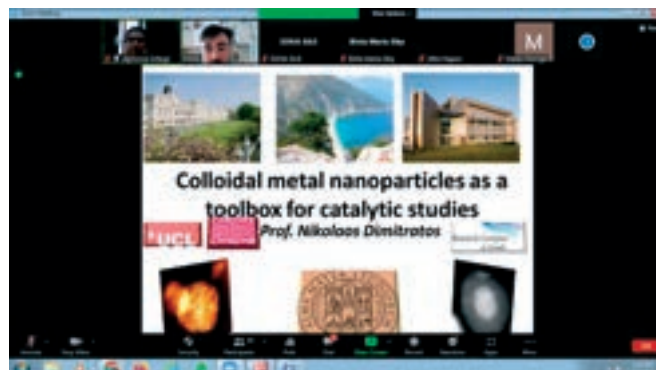
of Chemistry released a music album named **SANTHIGEETHAM-Song of Peace**. Yoga Day was observed by Department of Chemistry and B Voc Sports Nutrition and Physiotherapy by organizing an online talk on 'Yoga and Meditation' by Dr.S Sarith Kumar, Homeopathy Doctor and Yoga Specialist on 19-6-2021. Department of Chemistry in association with NSS, NCC and Mahatma Gandhi National Foundation & Vimukthi De-addiction Centre, Pala jointly organised a webinar on 'Drug abuse & Impacts' on 26 June 2021. Sri. Mani C Kappen, MLA, inaugurated



Sri. Mani C Kappen, MLA, inaugurated the webinar on Drug abuse _ Impacts on 26 June 2021.

the seminar and Smt. Sini Elsa Jose, clinical Psychologist, Vimukthi De-addiction Centre, Pala conducted an awareness class. On July 28, the feast Day St Alphonsa, heavenly Patron of our College, Chemistry Department and teachers of Alphonsa College published a musical Album named-**MAHATHVAROOPINI**-about St Alphonsa. As the part of Teacher's Day celebration Department of Chemistry & UBA in association with 15 schools, released a musical album '**GURUVANDANAM**'-A TRIBUTE TO TEACHERS. Students from 15 schools performed in videos and presented the song. As the part of World Peace Day-September 21, Department of Chemistry released a musical album **SONG OF PEACE-'SANTHIGEETHAM'** on 25 th September 2021 and 13 teachers from various schools sang the song. The Department of Chemistry released videos for welcoming Christmas season. Students from our department acted in the video. Chemistry department of Alphonsa College in connection with **MARIASADANAM** Charitable Trust, Pala created a Musical Album '**KAVALAYI**' and released on December 1, 2022 in Sophia Times Online Media. As the part of National Science Day, department of chemistry organized Science -Card making competition about the topic 'Make Peace, No War' on 28 th February 2022. Department farewell for III Dc students was conducted on 31 st March 2022 in basketball court.

Department of Chemistry organized 3 days webinar on 'Recent Trends in Catalysis'



Department of Chemistry organized 3 days webinar on 'Recent Trends in Catalysis'



Students who secured rank and A + in the MG university exam in the order of their scores.



Anju Maria Reju
Second Rank
and S holder



Arsha A P
A+ holder



Neeraja M Kaimal
A+ holder



Neeraja M Kaimal
A+ holder



Treesa Sani
A+ holder



Arundhadhy
Unnikrishnan
A+ holder



Riya Sony
A+ holder



Kavya Rajesh
A+ holder



Sari Shaji
A+ holder



Anu Thomas
A+ holder

Winners of Intercollegiate Competition

Kum. Shibila Mariyam K. K and Kum. Gopika G. Nair won second prize in the all Kerala intercollegiate quiz competition **CHEMQUIZ 2022**, organized by the Department of Chemistry, Assumption College, Changnancherry on 11 March 2022.

Kum. Ria Robins won first prize in all Kerala intercollegiate paper presentation competition SPARK 2022 organized by the department of chemistry, Assumption College, Changanacherry on 11 March 2022.

Kum. Shibila Mariyam K. K and Kum. Gopika G. Nair won second prize in science quiz SCIENTIA 2022 conducted by Research and PG Department of Chemistry, St Thomas College Pala.

Paper publication-Diana Elizabeth Jose

Sl. No	Title of Paper	Name of Journal/Publisher in case of Book	Date of Publication and Impact factor if any	Volume number and Pages
1	Current developments in the synthesis of 4-chromanone-derived compounds	Organic & Biomolecular Chemistry	20-08-2021 3.876	19, 7995-8008
2	Recent developments of Palladium nanocatalyst and magnetically separable supported Palladium nanocatalysts for Heck cross-coupling reactions	journal of Nanoparticle Research	21-04-2022 2.253	24(5), 1-27
3	Recent trends in Nickel-Catalyzed C-S Bond Formation	Asian Journal of Organic Chemistry	31-3-2022 3.319	yet to come

Department of Chemistry organized 3 days International webinar on 'Recent Trends in Catalysis' on 8, 10, 13 September 2021. The resource persons are Prof. Nikolaos Dimitratos, Dept of Industrial Chemistry, University of Bologna, Italy, Dr. Atul Bansode, Assistant Professor, Catalysis Engineering, Netherlands and Dr. M. Sankar, Cardiff Catalysis Institute, School of Chemistry, Cardiff University, UK.

PG DEPARTMENT OF POLITICAL SCIENCE

Department of Political Science conducted a webinar on 28-07-2021 at 10.30 a.m on the theme 'Youth and Drugs'. Rev. Fr. Vincent Moongamackal, Director, ADART, Pala delivered the keynote Address.

P.G. Department of Political Science organized an online PTA meeting on August 28, 2021. Almost all parents of our first and final year students attended the meeting. Smt. Lissy Antony, Head Mistress (Rtd), Sacred Heart High School, Pangada delivered the keynote address on 'Effective Parenting'. In her speech, she pointed out that children are gift

of God. Parents and Teachers should keep in mind that it is their sacred duty to help the growth of the students with self confidence and courage to face various challenges in life. The meeting came to a close with Vote of Thanks proposed by Sri. Sunil P. Thampi, Parent of Sandra P. Sunil, IMA student.

In connection with Independence Day, Department of Political Science organized webinar on 'Indian Democracy'. Adv. Job Michael, Hon. MLA, Changanacherry delivered the keynote address.

P.G. Department of Political Science organised an online Onam celebration on 18-08-2021. Onam programmes commenced with Prayer song. Rev. Dr. Shaji John, Vice Principal and HOD, delivered the Onam message. Faculty members - Ms. Rubymol Philip, Dr. Mariamma Mathew and Dr. Tresa Joseph extended Onam greetings to the students. Solos on Onam were performed. Students shared their memories associated with Onam. Group song on Onam was performed by II MA students. Programme ended with National Anthem.

II MA students Sruthy A.S and Jayalakshmi S. won 1st and II Prize. A Felicitation meeting was organized by the Police Department on 31 October, 2021 at Kottayam and D. Silpa, Superintendent of Police, Kottayam presented mementos to the winners.

Department of Political Science, celebrated Kerala Piravi with much vigour and enthusiasm. The Department organized an invited lecture on the Topic "Nava Keralam." - Nava Malayalam (New Kerala and New Malayalam). Dr. Thomas Scaria, Associate Professor, Department of Malayalam, St. Thomas College, Pala delivered the keynote address.

Political Science Association was formally inaugurated on 23rd December 2021 by Dr. Sijo K. Manuel, Head, Department of Political Science, St. Thomas College, Pala.

The programme commenced at 1.30 p.m with Prayer Song. Dr. Shaji John, Vice Principal and HOD formally welcomed the Chief Guest and the gathering. Dr. Sijo K. Manuel delivered the Inaugural Address on the Relevance of Learning Political Science being a Master Science. The programme ended with National Anthem.

Department of Political Science organised Freshers Day and Christmas celebration jointly on 23rd December, 2021. Vice Principal cum HOD delivered Christmas message and cut the cake. II MA students accorded a warm welcome to the juniors.

Department of Political Science organized Camaraderie 2022, online alumnae meeting on January 15, 2022 at 10.00 a.m on Google Meet platform. As many as Forty two students of



various batches attended the meeting. Retired Faculty members of the Department were also present in the gathering.

Both Teachers and Alumnae shared their memories



associated with the College and Department. The meeting lasted for two hours. The Alumnae apprised everyone of their respective positions and professions. They expressed their love and gratitude towards the College and the Department. It was truly a cherishable gathering.

In association with Unnath Bharath Abhiyan, Department of Political Science conducted extension activities on January 10th, Monday 2022 at St. George's LPS Chittar. I MA and II MA students painted cartoon characters on the walls of the school

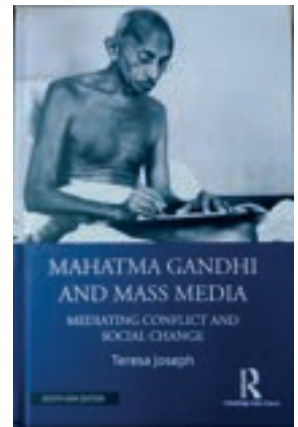


to make the school more attractive to the children PG students conducted spoken English class, performed action songs with the active participation of the school children and also organized several games for them.

Departmental PTA Meeting was organised on March 12, 2022 at 2 p.m. Vice Principal and HOD, Dr. Shaji John held a session on Effective Parenting.

BOOK(s) authored by the faculty member(s) - Dr. Teresa Joseph

Mahatma Gandhi and Mass Media: Mediating Conflict and Social Change, London and New York: Routledge, 2022.



ARTICLES

- 1) "Mahatma Gandhi and the Harmony of Music," Gandhi Marg, 43 (3), October-December, 2021.
- 2) "Negotiating Questions of Communal Harmony, Nonviolence and Justice: Mahatma Gandhi and the Malabar Rebellion of 1921," Mainstream, LV (4), 15 January, 2022.

3) "Contextualising Gandhi, the Plague and Public Health in Pandemic Times, Social Action, 72 (1), January-March, 2022.

DEPARTMENT OF PHYSICAL EDUCATION

Sports Achievements 2021-2022

This year too our sportswoman kept the flag of Alphonsa flying high. The college teams won the MG University Championships in Volleyball, Weightlifting and Power lifting. The college swimming teams won the second position in MG University Swimming Championship. The College team also won the third position in Athletics, Basketball, TableTennis and Netball. The college athletic team won the overall championship in the first Olympic Games held at municipal synthetic stadium Pala. The college cross country team won the championship at Kerala state Cross Country championship held at Kothamangalam. Our College Volleyball Team Won the Runners up position in the All Kerala intercollegiate Volleyball championship held at St. Joseph College Irinjalakuda in connection with women's day celebrations.

Our 8 Athletes Bismi Joseph , Aswathy Binu, Nivya Antony, Emily K.T, Anna Thomas, Ann mariya Joseph, Sofiya sunny and Riyamol Joy represented M.G University in the All India Inter University Athletics championship held at KIIT University Bhubaneswar. Many of our students represented University in the all India Inter-University and national championship and won the medal in the national championships. The team consisting of Dayana Thomas, Aneeta Antony, Nivedhitha Jayan and Sushama.P won the Third position in the All India Inter University Volley Ball championship held at KIIT University Bhubaneswar. Our Volley Ball team members Nivedhitha Jayan, Jayalakshmi B.P, Annanya Vinod, Abhirami P.S and Nandana P were represented Kerala state in the Junior National Volleyball Championship held at Calcutta. The team consisting of Abit Jacob, Annmary Joseph, Deepa Gopi, Rosmi Chacko, Sophiya sunny and Veena Vijayan won the medals at MG University Weight lifting and Power lifting Championships held at S.D college Kanjirappally. Angela Mathew selected as the best Women Swimmer in MG University Swimming Championship held at M.A College Kothamangalam.

Alphonsa College organized 39th Mahatma Gandhi University Athletics Championship 2021-22 on 16 th 17 th and 18th of December 2021 at Pala Municipal Synthetic Stadium. About 800 Athletes from 98 colleges, affiliated to MG University, participated in the Championship. College annual sports meet was held on 14th march 2022 and the meet inaugurated by our Principal Dr.Sr. Regeenamma Joseph, the

students were actively participated in the championship. Dr. R. Bindhu Hon. Minister for Higher Education has inaugurated our newly constructed volleyball indoor stadium on 21st March 2022 and H.E Mar Joseph Kallarangatt Bishop of Pala Diocese presided over the function.





DEPARTMENT OF MALAYALAM

On June 5th, we organised a Malayalam recitation competition 'Mathruvandanam'.

On reading day, we organised competitions like poster making, short video making, quiz, book review, recitation and a live program 'Vayanaveedi' on youtube channel.

As a part of International Day against drug abuse, an inter-departmental collage making competition was conducted.

The Malayalam and Hindi departments organised an Intercollegiate Essay Competition on the occasion of the Platinum Death Anniversary of St Alphonsa on the topic "St Alphonsa-voice of the era".

We organised a webinar on "Penmaswathwam: samgalpanam, prathinidhanam". The resource person was Dr. Mini Sebastian, assistant professor, Devamatha college Kuravilangadu.

We had conducted a webinar on "Maarunnaparistitikapaadangal" with the resource person Dr. T. K Santhosh Kumar, University of Kerala on 17th July.

In connection with the 75th Independence Day an inter departmental video making competition was conducted.

An inter departmental onapattu competition was conducted on 21st August.

A Letter writing competition "Sneha poorvam" was conducted as a part of celebrating Teachers Day on 5th September.

On Gandhi Jayanti, an elocution competition on the topic "Gandhi darshanagaludesamakalikaprasakti" was conducted.

Online webinars on the topics "Kadhayudevazhikal",

“Chalachithravumsamskarikakhadagangalum” and “ AtmakadhayumAakhyanaavum”was conducted by Mrs. Anujames,Ms. Sony Johny and Mrs. Anna Shinturespectively.

On 1st November an inter departmental elocution competition was conducted on the topic “kovidanandharaKeralam

To foster the creativity, artistic and literary talents of the students a manuscript magazine Minukk was released.



Department of Hindi Conducted Two Invited talks in comomoration of PremChand Jayanti on 4th August 2021and 5 August 2021.Dr Anish Cyriac Assistant professoPG and Research Department of Hindi St Thomas College Pala delivered Talk on Novelist Premchand.Dr Dinimol ND Assistant professor PG and Research Department of Hindi St Thomas College Pala delivered Talk on PremChand Ghar mein

In connection with World Environment day Hindi Department conducted an Essay Writing Competition in Hindi on June 5, 2021. In connection with world reading Day Hindi department conducted reading competition in Hindi on2021 June 19.



Premchand Jayanti Webinar
Dr Anish Cyriac



Premchand Jayanti Webinar
Dr Dinimol ND

DEPARTMENT OF HINDI

Dr Jesty Emmanuel participated in an Online FDP Programme(five days)conducted by Guru Nanak College affiliated to University of Madras on 14/06 2021-18/06 2021

Publications

1. Article titled “Naari Shakteekaran Aur Anamika ki Kavita’ in Bohal Shodh Manjusha Peer Reviewed and Referred Jornal impact factor 3.811 in June 2021
2. Muktibodh ka Sahityik Darshan Ajkal patrika August 2021
3. Agjey ki Kavita meinParistithik Samvedana Bohal Shodh Manjusha Peer Reviewed and Referred Jornal impact factor 3.811in September 2021 Pag-287-291)
4. Swathanthra Antholan Aur Nirala ki Kavita UGC Care listed Journal



Remya Abraham Prize winner of Intercollegiate Elocution competition in Hindi conducted by Dept. of Hindi andNSS Unit Alphonsa college Pala

Intercollegiate Elocution Competition conducted by the department on 25 September 2021.

In connection with Platinum Death Anniversary of St Alphonsa, Department of Hindi in Collaboration with Malayalam department conducted an Intercollegiate Essay Competition on 24/07/2021. Topic ST ALPHONSA THE VOICE OF THE ERA.

Hindi department in collaboration with Malayalam and History department conducted an interdepartmental Collage making competition in connection with International day against drug abuse and trafficking on. Theme Share Facts on Drugs, Save Lives.

Hindi department celebrated National Hindi Day by conducting different College level competitions ie. Cinema Sameeksha Pratiyogita aur Kavita Lekhan Pratiyogita.

In connection with World Reading Day Hindi department conducted reading competition on 19/06/2021.

Department of Hindi conducted a Patriotic song competition in Hindi on 20 th August 2021 in connection with 75th Independence day. Total Eight participants in the competition. Alaina Sudeer of II DC win First Prize and Abhirami Bose III DC English and Sr Bismi IIDC English win Second Prize.

P G DEPARTMENT OF ENGLISH (S F)

The PG Department of English (SF) had contributed many activities during the year 2021-2022. As part of the World Environment Day the PG Department of English (S F) under the slogan "Love Green, Save Environment" on 5th June 2021 encouraged the students to plant trees. This was a green initiative outside the campus.

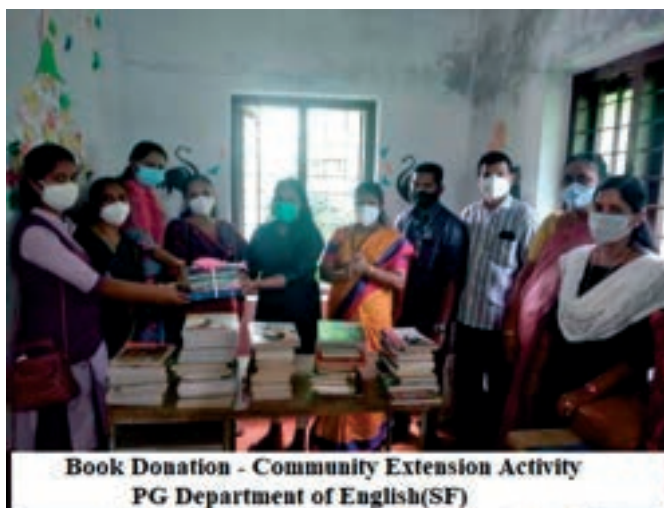
The Department gave a welcome to I PG students on 23rd June 2021 through Google Meet. A Workshop on 'Yoga: A Ray of Hope' was organized on 19 th June 2021 by the department in collaboration with Lekshmi Yoga Centre, Adoor as part of the World Yoga Day. The workshop was conducted by Mrs. Meenakshi Shivaja, Certified Yoga Instructor, Ayush India.

The Department organized an online Intra Collegiate Poetry Writing Competition on the topic "St. Alphonsa : The Fragrance of Sanctity" on 26th July 2021 in commemoration with the 75th Death Anniversary of St. Alphonsa. Anna Dominic, II DC History secured first prize with a cash prize of Rs. 500 and Amalu Thomas, I M.Sc Chemistry bagged second prize with a cash prize of Rs. 300 for the Poetry Writing Competition held in

commemoration of the 75 th Death Anniversary of St. Alphonsa.

An online Farewell was given to the II PG Students (2019-2021 batch) on 12th July 2021.

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



The P G Department of English (S F) has conducted a Webinar in collaboration with TRADA (Total Response to Alcohol and Drug Abuse) on 24th July 2021 in commemorating the International Day against Drug Abuse and Illicit Trafficking. 34 students participated in the Webinar. The resource person of the Webinar was Shri Sigi Antony, Course Director, TRADA Institute of Social Sciences, Kottayam. The webinar was useful and informative.

An Alumni Meeting was organized on 04/08/2021 by the Department. 16 students participated amidst the Covid Pandemic. They shared their nostalgic memories.

The Department organized an online Onam Celebration through Google Meet on 18/08/2021 at 10.00 am.

The students of the P G Department of English (S F) has participated in the College Level Essay Writing Competition on the topic " Navamaadhyamangalude Swaadheenam Yuvajanangalil" conducted by the Kottayam District Police (Janamythri Police) as part of Police Smrithidhinam on 28th October 2021.

Aleena Benny II M A English (S F) secured third position in the Essay writing Competition conducted by the Kottayam District Police and received a Memento and a cash prize of Rs

150 from the District Police Chief, Kottayam Smt. Shilpa Dyavaiah IPS as part of Police Commemoration and National Unity Day on 31/10/2021 at 4 pm on District Head Quarter Camp, Kottayam.

As part of Kerala Piravi Day the P G Department of English (S F) organized a Light Music Competition on 1st November 2021. 16 students participated in the competition. Lekshmi Prasad II MA English (S F) secured 1st prize and Shilpa Nair II MA English (S F) bagged II nd Prize. The department also organized a Quiz programme including both students and teachers related on Kerala Piravi.

A Freshers Day for 2021-2023 batch was organized by the Department on 20th December 2021. The Department warmly welcomed the students.

The Department celebrated Christmas on 23rd December 2021 by singing carol songs, cutting Christmas cake and exchanging Christmas gifts to Christmas friends.



The students of the P G Department of English (S F) cleaned the premises behind the main block as part of Cleaning on 7/01/2022. This was a green initiative inside the campus.

The P G Department of English (S F) organized a P T A Meeting on 18th March 2022. During the meeting the teachers discussed and analysed the students academic progress with the parents. The progress reports are signed during the meeting. An evaluation of the Department was also made in the P T A Register that was kept in the Department.

The PG Department of English (S F) organized a Webinar on "Glimpses on Posthumanism and New Research Areas in Literature" on 28th March 2022 through Google Meet at 5pm. The Webinar was presented by Maria Sharol Cherian , Research Scholar, Stella Maris College, Chennai.

Devika Suresh (2019-2021 Batch) of PG Department of English(S F) secured Sixth Rank (A Grade , CGPA 4.06) in M A English Language and Literature in the PGCSS Examination June 2021 conducted by MG University.



Swapna Mary Varghese, faculty of P G Department of English(S F) published a chapter Mapping the Differences; Intersectionality in Audre Lorde's Select Works in the Book titled Intersectional Feminism Crossroads of Empowering Differences ISBN978-93-90891-37-5 published by Author's Press.

A Workshop on 'Yoga: A Ray of Hope' was organized on 19 th June 2021 by the department in collaboration with Lekshmi Yoga Centre, Adoor as part of the World Yoga Day. The workshop was conducted by Mrs. Meenakshi Shivaja , Certified Yoga Instructor , Ayush India.

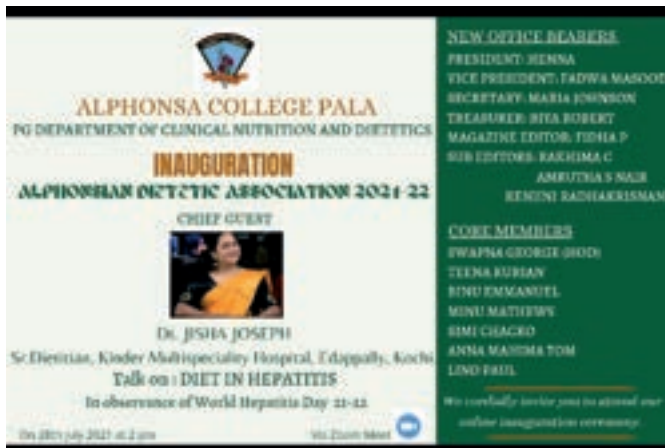
The P G Department of English (S F) has conducted a Webinar in collaboration with TRADA (Total Response to Alcohol and Drug Abuse) on 24th July 2021 in commemorating the International Day against Drug Abuse and Illicit Trafficking. 34 students participated in the Webinar. The resource person of the Webinar was Shri Sigi Antony, Course Director, TRADA Institute of Social Sciences, Kottayam. The webinar was useful and informative

The PG Department of English (S F) organized a Webinar on "Glimpses on Posthumanism and New Research Areas in Literature" on 28th March 2022 through Google Meet at 5pm. The Webinar was presented by Maria Sharol Cherian , Research Scholar, Stella Maris College, Chennai.

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

The Department of Clinical Nutrition and Dietetics organized an interdepartmental chocolate recipe competition on July 7th as part of the observance of international chocolate day. On June 12 th the final year BSc students created a video to make an awareness about the ill effects of plastics as part of the observance of national plastic free day. In association with UBA the department organized a nutrition awareness programme for students and parents of st. Joseph's H. S, Vilakkumadam. On July 23 rd an interdepartmental slogan writing competition was organized as part of commemorating

international day against drug abuse and trafficking. On 28th July Observance of World Hepatitis day And association inauguration was conducted and a talk on Diet In Hepatitis by Dt.Jisha Joseph, Sr.Dietitian, Kinder Multispeciality



Dietetic Association Inauguration

Hospital, Edappally, Kochi. As part of the observance of national breast feeding week various intercollegiate competitions were conducted in the first week of August. In association with UBA the department organized a webinar on Importance of breast feeding by Dr. George F Moolayil, Consultant paediatrician and lactation management consultant for lactating mothers at Meenachil Taluk on August 7th. The department organized various



Webinar on Importance of breast feeding

community extension programs in the month of August. MSc students conducted various nutrition assessment programs and diet counseling at Ramaya Hospital Bangalore, Father Mueller Medical College, Mangalore, Baptist Hospital, Bangalore and Sagar Hospital, Bangalore. Rajagiri Hospital,

Kochi, Believers Church Medical College, Thiruvalla. In the third month of September, BSC 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.

Students who secured rank and A + in the MG university exam in the order of their scores.



Melin Thomas.
I Rank



Riya S Kodaniyil.
II Rank



Fathima S.
III Rank



Minna Mathew
1st Rank , 9.05



Vidya M. Nair
2nd Rank ,8.91



Alin Mathew
3rd Rank, 8.81



Teena Edwin
4th Rank, 8.77



Angel Cheruvathoor Anto
5th Rank\ - 8.63



Devinandana. B
6th Rank, 8.53

P.G DEPARTMENT 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 key note lecture on the topic "BASIC CONCEPTS IN ORGANIC CHEMISTRY" on 15th July, 2021. We saw a lot of enthusiasm, unity and vigour from students in Onam and Christmas.

We Provide opportunities for students to attend Seminars, Workshops etc. 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 , Amaljiyothi Engineering College .

Our students conducted a power point presentation in association with Anti-Drug day on 27 June 2021.As a part of St.Alphonsa day celebration we conducted interdepartmental Collage competition on July 28.Our II PG student, Mariya Jacob won the "Miss ALPHONSIAN 2021" title organized by college union as part of 'Kalakki Onam and she also won 1st prize in 'Miss thulasi' malayalimanga competition conducted by English Department, Our II PG student Amalu Thomas won second prize in poetry writing competition and won third prize in catchword writing competition conducted by English department and CND respectively. We organized an essay writing competition on November 1st 2021 on the topic 'Keralam nammude naadu'.



Aaliya Haris (2018-20 batch) qualified CSIR UGC NET june 2021, and GATE 2022

The final year MSc students bid adieu to their alma-mater. 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%



DEPT OF COMMERCE

Department of Commerce organized a webinar on GST structure; Indian Scenario on 9th July 2021. Resource person was Mr. Thomas R V Jose (Director, Good Shepherd College, Kottayam). The Webinar was conducted to provide an awareness on GST among students. Around 72 students participated. In collaboration with NSQF and IQAC of the

college,, the department conducted an International Webinar on Personal Financing and Budgeting after College on 12 th July 2021. Mr. David G Yablonsky (BSN, RN, CCRN Mount Sinai Hospital New York) was the key speaker.

Department of commerce conducted a webinar on SAY NO TO DRUGS: BE SMART AND SAY NO TO DRUGS on 23rd July 2021. Adv. Sony Thomas (Notary), an active worker in anti- drug movement was the speaker.It was scheduled as part of anti drug day on June 26th. Around 72 students participated. The Department conducted a webinar of Stock Market on 26th July 2021. Resource person was Mr. Sri Harsha, Certified Stock Market Analyst and Macro-Economic Expert. Around 72 students participated.



Department of Commerce in association with Lions Club of Bharananganam organized a youth empowerment programme as webinar named CHEERS: SKILL TO BUILD RELATIONSHIP AND MAINTAIN. The programme was held on 6th August 2021 and Mr. Cherian Varghese Life coach, Motivation & International Trainer Faculty was the key speaker. Around 72 students participated.

WEM Club of Department of commerce in association with Taluk Industrial Board, Meenachil conducted a workshop on Entrepreneurship as a profession on 21st October 2021.



Mr. Chandran. P Industrial Development officer Palai was the key speaker. Around 72 students participated. Department of Commerce in association with Logic School of Management conducted a webinar on opportunities and challenges in

commerce on 26th October 2021. The key speaker was Mr. Midhun Mitwa. Around 72 students participated.

Department of commerce conducted keralapiravi day celebrations on November 1st 2021. All first year students participated. The department in association with AVODHA conducted a seminar on job oriented skill development program on 29th November 2021. Ms. Gopika R was the key speaker. An orientation class was held on December 3rd 2021 by Biju John to provide awareness on tally programme. Commerce Association was inaugurated on 10th December 2021. The inauguration was done by Dr. Sunny Joseph, Self Financing Course Director, Alphonsa College, Pala. Students of the Department of Commerce participated in cleaning the campus on 7th January 2022. Department organized a Virtual Alumni Reunion on 8th January 2022

Commerce Department in association with IMS Cochin organized a webinar on career in Logistics and Supply chain Management on 1st February 2022.

Commerce Department conducted a Webinar on Budget Analysis 2022-2023 with chief Guest Dr. k.J. Joseph, The Director of Gulati Institute of Finance and Taxation, Trivandrum.

On 1st March 2022. Department Organized a Game on Stock Market Trade on 2nd March 2022.

Department organized a seminar on women entrepreneurship whose chief guest was Elsy John on 9th March 2020.

Students who secured rank and A + in the MG university exam in the order of their scores.



Alfonse Rose
Rank IV ,9.34



Aparna Satheesh
(A+)9.04



Anila Mathew
(A+) 8.88



Sandra S
(A+) 8.75

DEPARTMENT OF FASHION TECHNOLOGY

The activities of the Fashion Technology for the year January-2021-March-2022 are the following:

As part of the world embroidery day our department conducted a interdepartmental embroidery competition about

the theme - Floral Fantasy on 30th July 2021.

First prize- Sr. Mersilin Mathew-II DC Fashion Technology.

Second prize- Aleena Thomas- IIDC Fashion Technology.

Third Price- Janet Shan Joy- II DC CND.

WORLD EMBROIDERY DAY

As part of the world nature conservation department of B.Voc fashion technology conducted a interdepartmental painting competition about the theme- "Green life style" on 28th July 2021.

First prize- Anjana Jagadeeshan-II DC Fashion Technology.

Second prize- Alphons Mary Noby- IIDC Fashion Technology.

Third Price- Adrija Ullas- II DC CND.



world embroidery day

WORLD CONSERVATION DAY

In connection with the International day against Drug Abuse and Illicit Trafficking department of B.Voc fashion technology conducted an Interdepartmental Poster Making competition about a theme- :Think Health Not Drugs on July 28th 2021.



World Conservation Day

DRUG ABUSE AND ILLICIT TRAFFICKING

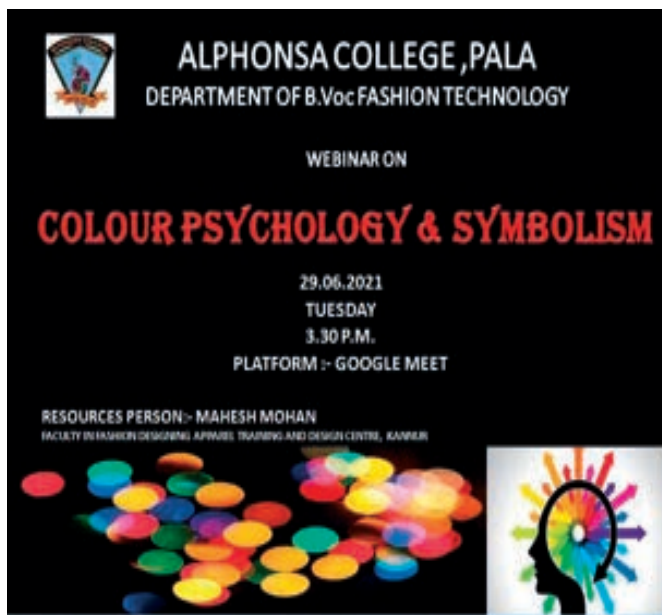
The department conducted an online webinar about Colour Psychology & Symbolism for our students on 29th July 2021. The classes were taken by Mr. Mahesh Mohan, Assistant Professor in Apparel Training and Fashion Design center, Kannur.



Drug Abuse And Illicit Trafficking

COLOUR PSYCHOLOGY

In commemoration of the platinum death anniversary of St. Alphonsa, our department conducted an Interdepartmental Font Art Designing competition about the font word:- ST. ALPHONSA on July 28th 2021.



Colour Psychology And Symbolism

PLATINUM DEATH ANNIVERSARY OF ST. ALPHONSA

In connection with the International Handloom Day our department conducted a webinar about Relevance of Handlooms as a contemporary for our students and its held on 7th August 2021. The classes were taken by Miss. Drishya.V.C, Assistant Professor, Department of fashion technology, National Institute of Fashion Technology, Dharmasala, Kannur.



Platinum Death Anniversary of St. Alphonsa

INTERNATIONAL HANDLOOM DAY

Our department conducted a Christmas celebration on 23rd December-2021.

In the college level Christmas celebration, department of B.Voc fashion technology won the first prize for the Christmas tree decoration on 23rd December 2021.

In connection with the Kerala Piravi Day celebration our department of B.Voc fashion technology conducted a Intra departmental poster designing competition about the theme- Ente Nadu on 1st November 2021.



International Handloom Day

RANK LIST-2021

Ms. Sruthy Kurian won 1st Rank in 2021. Moreover 5 students won A- grade and 5 students won B grade in 2021.



Ms. Sruthy Kurian A+, CCPA - 0.06

Dept of B.Voc fashion technology and Dept of B.Voc sports nutrition and physiotherapy of Alphonsa College inaugurated the Association on 7th December 2021. Mr. C.T. Thankachan, Principal and Associate Professor in St. Thomas College of Teachers Education, Pala was the chief guest of the function.

Our department conducted an Alumni meeting on 26th January 2022.

Alphonsa College department of B.Voc Fashion Technology won second prize in Kadhi Expo, intercollegiate fashion show competition conducted at S.B College, Changanacherry.

DEPT OF SPORTS NUTRITION AND PHYSIOTHERAPY

On 19/06/2021 in connection with INTERNATIONAL YOGA DAY we organised a webinar on YOGA AND MEDITATION by Dr. S Sarith Kumar, Homeopathy doctor and Yoga specialist via Google meet online platform, in association with the department of Chemistry. On 26/07/2021 in connection with INTERNATIONAL DAY AGAINST DRUG ABUSE and illicit trafficking conducted a webinar on "SAY NO TO DRUGS" by Dr. P K Sreekumar, Rtd. Deputy Drugs Controller (M.Pharm, PhD) with inaugural address of Dr. Sr. Regeenamma Joseph (Principal) via Google meet.

On 28/07/2021 in connection with the 75TH COMMEMORATION OF ST.ALPHONSA, we conducted various inter collegiate competitions.

On 19/08/2021 in connection with ONAM CELEBRATION named as "ONAMADHURAM 2021" we conducted various games and programs, via google meet.

On 08/09/2021 in connection with INTERNATIONAL PHYSIOTHERAPY DAY we conducted a video presentation on 'the importance of physical therapy (Exercises) in our daily life'.

On 01/11/2021 in connection with KERALAPIRAVI, named as "KELIKOTTU 65" we conducted intercollegiate games and competition.

On 14/11/2021 in connection with WORLD DIABETES DAY, students performed a silent drama in front of the college campus and conducted a poster presentation on diabetes.

On 01/12/2021 in connection with WORLD AIDS DAY we conducted a whole college RIBBON CAMPAIGN. Program was inaugurated by Rev. Dr. Shaji John (Vice-principal). Red ribbon



Diabetes Day Silent Drama

was distributed to all the students, teachers and non-teaching staff members to provide awareness about AIDS.

B Voc Association Inaugurated by Dr. T C Thankachan (Principal, St. Thomas college of Teacher education) on January 6th 2022.



DEPASSOCIATION DAY

Our Department won many prizes in College Youth festival and won overall championship in Sports day events on 14th march 2022.

Students who secured rank and A + in the MG university exam in the order of their scores.



Rosemary Augustine



Fathima Mizaj



Fathima Mizaj Maqsood



Tona Elizebath Jose



Elneena Jose

Orientation/ Refresher/ Faculty Development Programmes attended by faculty

Dr. Ambili T R attended Refresher Course in 'Modern Biotechnology tools and techniques in Biodiversity Conservation' by Sponsored by Indian Academy of Sciences conducted by Bharathiar University, Coimbatore from 12/04/2022-25/04/2022

Ms. Cinnie Susan Antony attended Refresher course on "Managing online classes and Co creating MOOCS 13.0" organised by Teaching Learning Centre, Ramanujan College, New Delhi from 06/04/2022-20/04/2022

Dr. Sr. Manju Elizabeth Kuruvila attended Refresher course on "Environment and Human Health". Organised by Teaching Learning Centre Ramanujan College, Delhi from 28/03/2022-11/04/2022

Ms. Teena James attended Refresher course on "Environment and Human Health". Organised by Teaching Learning Centre Ramanujan College, Delhi from 28/03/2022-11/04/2022

Lt. Anu Jose attended Refresher Course Army, NCC Officers Training Academy, Gwalior from 01/03/2022-30/03/2022

Ms. Priya Mary John attended on Contract Two days FDP on Statistical Data Analysis using R studio from 05/02/2022-06/02/2022

Ms. Sheena Sebastian attended FDP for the College Teachers conducted by the College Development Council, Mahatma Gandhi University from 20/12/2021-24/12/2021

Dr. Simimole Sebastian attended FDP for the College Teachers conducted by the College Development Council, Mahatma Gandhi University from 20/12/2021-24/12/2021

Ms. Swapna Mary Varghese attended FDP for the College Teachers conducted by the College Development Council, Mahatma Gandhi University from 20/12/2021-24/12/2021

Ms. Sheena George attended FDP for the College Teachers conducted by the College Development Council, Mahatma Gandhi University from 20/12/2021-24/12/2021

Ms. Monisha George attended FDP on ICT and Internet of Things organised St. George College, Aruvithura and by UGC – STRIDE, Mahatma Gandhi University, Kottayam from 06/12/2021-12/12/2021

Dr. Minu Joy attended FDP on ICT and Internet of Things organised St. George College, Aruvithura and by UGC – STRIDE, Mahatma Gandhi University, Kottayam from 06/12/2021-12/12/2021

Ms. Priya Mary John attended FDP on ICT and Internet of Things organised St. George College, Aruvithura and by UGC – STRIDE, Mahatma Gandhi University, Kottayam from 06/12/2021-12/12/2021

Dr. Vijutha Sunny attended FDP on ICT and Internet of Things organised by UGC – STRIDE, Mahatma Gandhi University, Kottayam, from 06/12/2021 - 12/12/2021

Ms. Manju Jose attended Hands on Training on LaTeX Software (SIAS Research Forum) from 04/12/2021-14/12/2021

Dr. Anila Thomas attended Refresher Course in Malayalam and Kerala Studies, conducted by UGC HRDC, University of Calicut from 02/12/2021-15/12/2021

Ms. Rosmy Kattoor attended Online Refresher course in English conducted by UGC-HRDC, Pondicherry University from 01/12/2021-14/12/2021

Ms. Ann Maria Thankachan attended Online FDP on Outcome Based Education conducted by IQAC, Auxilium College (Autonomous) Vellore from 22/11/2021-27/11/2021

Ms. Diya Frankson attended Online FDP on Outcome Based Education conducted by IQAC, Auxilium College (Autonomous) Vellore from 22/11/2021-27/11/2021

Ms. Minu Mary Jose attended Online FDP on Outcome Based Education conducted by IQAC, Auxilium College (Autonomous) Vellore from 22/11/2021-27/11/2021

Orientation/ Refresher/ Faculty Development Programmes attended by faculties

Outcome Based Education" from 22/11/2021 - 27/11/2021

Dr. Jince Mary Joseph attended Refresher Course in Human Rights (Multidisciplinary) conducted by UGC HRDC , University of Calicut from 25/10/2021 - 06/11/2021

Ms. Kripa Vijayan attended One week Online FDP in 'New Vistas in English Studies' organised by Presidency University, Bangalore from 20/09/2021-26/09/2021

Ms. Biby Annet Baiju attended Refresher Course in Biotechnology conducted by UGC HRDC , University of Calicut from 16/09/2021 - 29/09/2021

Ms. Jessy K Jose attended Online FDP on LMS Moodle and Course Design organised by KSHEC, Thiruvananthapuram from 01/09/2021-06/09/2021

Ms. Deepamol Varghese attended National level Intercollegiate Faculty Development Program on Outcome Based Education organised by St. Philomena's College (Autonomous), Mysore from 30/08/2021- 04/09/2021

Dr. Sonia Sebastian attended Refresher Course in Media Studies (Multidisciplinary) ,conducted by UGC HRDC , University of Calicut from 26/08/2021- 09/09/2021

Dr. Vijutha Sunny attended One week FDP on' Learning management system (Moodle) and course design' conducted by KSHEC from 09/08/2021-13/08/2021

Sunitha Santhan attended One Week Faculty Development Programme on Learning Management System (Moodle) and course design conducted by Faculty Development centre of the Kerala State Higher Education Council Thiruvananthapuram through online mode from 09/8/2021 – 13/8/2021

Dr. Sr. Priya Antony attended Inter Disciplinary online two -week refresher course /Faculty development programme on “Managing Online Classes & Co- creating MOOCS 7.0” organised by TLC, Ramanujan College, University of Delhi from 05/08/2021-19/08/2021

Dr. Thankachan Mathew attended Faculty Development Programme (Interdisciplinary) on “DIGITAL TECHNOLOGIES FOR E-LEARNING” organised by Kerala State Higher Education Council and Sree Narayana Mangalam College, Maliankara, Ernakulam from 05/08/2021- 11/08/2021

Dr Anila Thomas attended Digital technologies forE-learning(short term faculty Development programme inter disciplinary} organised by Kerala State Higher Education Council from 05/08/2021 -11/08/2021

Dr. Sr. Jilly James attended Faculty Development Programme (Interdisciplinary) on “DIGITAL TECHNOLOGIES FOR E-LEARNING” organised by Kerala State Higher Education Council and Sree Narayana Mangalam College, Maliankara, Ernakulam from 05/08/2021- 11/08/2021

Ms. Diana Elizabeth Jose attended Faculty Development Programme (Interdisciplinary) on “DIGITAL TECHNOLOGIES FOR E-LEARNING” organised by Kerala State Higher Education Council and Sree Narayana Mangalam College, Maliankara, Ernakulam from 05/08/2021- 11/08/2021

Dr. Kochurani George attended Faculty Development Programme (Interdisciplinary) on “DIGITAL TECHNOLOGIES FOR E-LEARNING” organised by Kerala State Higher Education Council and Sree Narayana Mangalam College, Maliankara, Ernakulam from 05/08/2021- 11/08/2021

Ms. Manju Jose attendedS hort term Workshop on Statistical Methodology, Department of Statistics ,University of Calicut from 30/07/2021-07/08/2021

Ms. Rubymol Philip attended Online one week FDP on 'Outcome Based Education' organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 15/07/2021-21/07/2021

Ms. Smitha Clary Joseph attended Online one week FDP on 'Outcome Based Education' organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 15/07/2021-21/07/2021

Orientation/ Refresher/ Faculty Development Programmes attended by faculties

Dr. Maya George attended FDP on Best Practices for Online Teaching: Classrooms, Courseware and Tools. organised by Faculty Development Centre from 08/07/2021-14/07/2021

Dr. Cinnie Susan Antony attended FDP on "Best practices for Online teaching: Classrooms, Coursewares and Tools". Organised by The Kerala State Higher Education Council from 08/07/2021- 14/07/2021

Ms. Rekha Mathew attended Online One Week FDP on 'Outcome Based Education- Framing Questions Using's Bloom's Taxonomy', by Sree Sankara College, Kalady, under UGC- STRIDE - MGU from 21/06/2021-25/06/2021

Dr. Jesty Emmanuel attended FDP on 'Scope of Research in Hindi :Varied Fields; organised by Guru Nanak College, Chennai from 14/06/2021-18/06/2021

Dr. Sr. Sheena Mathew attended Online two week refresher course in Mathematical Science organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 14/06/2021- 28/06/2021

Dr. Sr. Sonia K Thomas attended Online two week refresher course in Mathematical Science organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 14/06/2021- 28/06/2021

Ms. Cincila T Joy attended FDP on Art of framing questions- Blooms Taxonomy organised by Sree Sankara College, Kalady and UGC- STRIDE, MG University, Kottayam from 07/06/2021-12/06/2021.

Ms. Monisha George attended 6 days National Level Intercollegiate Online Faculty Development Program on Outcome Based Education from 22/11/2021-27/11/2021

Ms. Saru Tresa Sunny attended One week online International FDP on 'Teaching, learning and evaluation:a paradigm shift' organized by IQAC Yeldo Mar Baseliouse College, Kothamangalam from 05/07/2021-11/07/2021

Ms. Neenu Thomas attended One week online International FDP on 'Teaching, learning and evaluation:a paradigm shift' organized by IQAC Yeldo Mar Baseliouse College, Kothamangalam from 05/07/2021-11/07/2021

Ms. Chinnu Anitta Joseph attended One week online International FDP on 'Teaching, learning and evaluation:a paradigm shift' organized by IQAC Yeldo Mar Baseliouse College, Kothamangalam from 05/07/2021-11/07/2021

Ms. Sunitha Santhan attended One month online internship in Research Training organized by MSME-Technology Development Centre, Government of India from 05/07/2021 - 05/08/2021

Dr Sr Manju Elizabeth Kuruvila attended FDP-Education Technology Hands-on Online Workshop organised by The Kerala State Higher Education Council from 23/06/2021-28/06/2021.

Ms. Poornima Baby attended Online two week refresher course in Zoology organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 15/12/2021-29/12/2021

Dr. Sr. Sheena Mathew attended Online Faculty Development Programme on Outcome based education(Auxilium College) from 22/11/2021-27/11/2021

CLUB ACTIVITIES

CENTRE FOR GANDHIAN STUDIES

Report of Activities: 2021-22

During the academic year 2021-22, the Centre for Gandhian Studies organized various programmes to promote an understanding of Mahatma Gandhi and the values and ideals that he stood for.

Several national webinars were organized in association with various organisations. Dr. Ram Prakash Dwivedi, Founder Director of Gandhi Adhyanpith, Mahatma Gandhi Kashi Vidyapith University, Varanasi was the main resource person for the Webinar on Mahatma Gandhi on Seven Social Sins held on 17 July 2021. Prof. Vidyut Joshi, Former Vice-Chancellor, Bhavnagar University, Gujarat was the resource person for the webinar on New Value System for the 21st Century: Gandhian Perspective held on 28 August 2021. Prof. Anamik Shah, former Vice Chancellor of Gujarat Vidyapith, Ahmedabad was the resource person for the webinar on Gandhi and Science held on 25 September 2021. Dr. Anoop Swaroop, Chair, Centre for Global Nonkilling and former Vice Chancellor of Jagran Lakecity University, Bhopal was the resource person for the webinar on Prospects for Future Nonkilling and Nonviolent World Peace: Learnings from Bishop Desmond Tutu held on 5 February 2022. Dr. Papia Sen Gupta of Jawaharlal Nehru University, New Delhi was the resource person for the webinar on Gandhi and Common Language in India held on 25 February 2022. Adv. Geetha Saras, State Co-ordinator, Kerala Women for Social Metamorphosis and Dr. Thomas Abraham, Former Director, Department of Life Long Learning, Mahatma Gandhi University were the resource persons for the webinar organized in connection with International Women's Day on 8 March 2022. Dr. Anand Kumar, former Professor of Jawaharlal Nehru University, New Delhi was the resource person for the webinar organized on the occasion of Martyrs' Day on 30 January 2022.

On the occasion of Gandhi Jayanthi, the Centre organized a workshop on Nonviolent Communication in association with Gandhi Smriti and Darshan Samiti, Ministry of Culture, Government of India, New Delhi. Dr. Vedabhyas Kundu of GSDS was the resource person for the programme.

A video competition was also organized by the Centre in association with Gandhi Smriti and Darshan Samiti, as part of a Nonviolent Communication Campaign. Anna Dominic of Alphonsa College won the first prize.

The Centre organized an Online Quiz Programme on Mahatma Gandhi and India's Struggle for Freedom as part of Independence Day celebrations. Jovin Chacko of JCET, Palakkad; D.Jeevan Kumar of Karnataka State Rural Development and Panchayat Raj University; and Akhilesh R. of Government Secretariat, Thiruvananthapuram won the first, second and third prizes respectively.

In association with Sevagram Ashram Pratishsthan, Wardha, the Centre also organized a National Documentary Film Competition to commemorate Martyr's Day. Kuldeep Kannojiya of Swantatra Talim Foundation, Lucknow; Sohom Roy of Khudiram Bose Central College, Kolkata; and Tabassum Khan of Dr. Rammonahar Lohia Avadh University, Ayodhya won the first, second and third prizes respectively.

Members of the Gandhi Forum collected 139 books for the library of the Sub Jail Pala. A visit to the Sub Jail was also organized where the books were handed over to the Jail Superintendent.



JESUS YOUTH REPORT 2021-2022

By the grace of God, 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 8th August 2021. Media Ministry of Alphonsa College is doing their best to spread gospel and his love using various social media platforms. As part of evangelization through media we are actively posting contents in our Instagram page. On realising the importance of intercession, we had strengthen the intercession ministry in our college. We have our own prayer box and we have a intercession team itself to initiate ministry programs. Jesus Youth in our college had arranged a virtual Onam celebration named Das Fest via Google Meet on 23rd August 2021. Compass was an online program conducted by Jesus youth of Alphonsa College on 26th September 2021. It was a program in which all the alumni of Jesus youth came together and shared their experiences in Jesus youth. First year students were welcomed into the college by conducting a fresher's day at our



Jesus Youth Ruth Programme

college chapel. Ruth was a one day programme held on 5th March 2022 at the seminar hall of our college. Jesus youth fellowship gatherings are conducted every Tuesday at college chapel. During the time of pandemics we used to conduct fellowship gatherings every Sunday via Google Meet.. Campus warriors is a program conducted by TASC (team for arts and science College) from May 29 2021 in which our students participated. Blooming Roses 2021, an initial retreat programme conducted for teenagers on 5th to 7th November

2020, via Zoom. Many JY members of our college are involved in various ministries associated with this program. Veritas is an initial program conducted by Pala zone Jesus youth on 11th to 13th February 2022. Root was the Veritas follow up gathering held at St Joseph Church Kizhathadiyoor, there were 100+ participants. There were 18 participants from our college. CLTP was a four day training program for the first year campus students selected from the previous online Veritas. It was held at Mutholy TCC. About 30 students from various campuses went on a grace filled pilgrimage to Kurishmala, Vagamon on 19th March 2022 under the initiative of Pala Campus Ministry. There were students from our college also. IIDC students of our college had arranged a are well to our dearest seniors on 22nd March 2022.



Jesus Youth core team

ALPHONSIEN ELECTORAL LITERACY CLUB

Alphonsien Electoral Literacy Club is a platform to engage our students through interesting activities and hands-on experience to sensitise them on their electoral rights and familiarise them with the electoral process of registration and voting. At ELCs, learning meets fun where activities and Games are designed to encourage and inspire students that provoke them to think and raise questions. Through ELC, Election Commission of India, aims at strengthening the culture of electoral participation among young and future voters. To enroll as an authorised ELC, we have already submitted the online request this year and received an acknowledgment saying that our request will be forwarded to the District Election Officer of your district who will examine the eligibility of our institution for establishing an ELC. As part of Electoral Literacy Day commemoration, the Alphonsien ELC conducted a

poster designing competition on 25th January 2022. Kum. Reena Rajendran of III.DC Chemistry won the first prize and Kum. Hrudhika Renjith of II DC Physics Model II won the second prize. Our students also participated in various National Voter Awareness contests conducted by Election Commission of India.

EBSB REPORT 2021-22

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 2021-22, EBSB conducted seminars in association with various departments. A presentation on the topic " Comparison of the performance of Himachal Pradesh and Kerala on SDG's based on the Niti index " was conducted on June 23rd by Miss. Anakha Roy of the Department of Economics. A talk on "History and culture of Himachal Pradesh" was conducted on September 22nd by Miss. Goury Sushama Prasobh of the Department of History . A webinar on the subject of "Unboxing Food Culture of Himachal Pradesh" was given on October 23rd by Miss. Chanjal Bright of the PG Department of Clinical Nutrition and Dietetics.



Brochures of EBSB activities

CAREER & PLACEMENT CELL

The Career and Placement Cell organised numerous events to enhance the skills of the student community and to give information about opportunities for jobs and higher education. The 'Elevate' Team of the Cell organised a Career and Empowerment Workshop It's My Turn To Be Me (3 July 2021). The session was conducted by Mr. Praveen Varghese Thomas (Academic Director, Centre for Life Skills Training and Research, Trivandrum; Recipient of Commonwealth Young Professional Fellowship; Global Goodwill Ambassador, World Humanitarian Group). The next session (18 July 2021) was led by Ms. Melbin Toms (Squadron Leader, Indian Air Force) on career and job opportunities in the Indian Air Force.

The 'Social Campaign' Team launched a campaign "Money Matters Honey" (September 3) on the importance of financial freedom. The official launch was inaugurated by Ms. Sudha Namboothiri(Senior Journalist, The Times of India). The interactive session with Mr. Jithu Koshy, Chief Financial Officer of Vivarthana Ventures provided the students with practical solutions to attain financial freedom.

The 'Alums Engagement' Team organised events to get the alums on board to support the career growth of the students. Alma Fiesta'21(31 July) brought together the B.A. English batch of 2010-13 . Aksharadeepangal (5 September) celebrated Teacher's Day with alums of our college who have taken up the teaching profession. Fr. Prasad Kuzhively, SVD (Diocese of Khandwa), inaugurated the session. The event Dharm (15 Sept) honoured our alum Ms R.C. Kavitha (Principal, Aravinda Vidya Mandiram, Pallickathodu) for being the winner of the C. V. Raman Award Educational Award.

'When Chai Met Cookies' team is an English speaking platform that aims at building our students confidence in speaking English as well as to improve their speaking skills. Several meeting were conducted where participants were given opportunities to speak in English on simple topics without any fear of mistakes in grammar or vocabulary. An orientation program for all Ist DC students to improve their language skills was conducted (Nov 2) by Overseas English Training Centre, Cochin.

The Placement Team organised several sessions to highlight career opportunities. Some of them are: Career Planning and Generation Z (13 Jan 2022) by Dr. Muralee Thummarukudy, (Chief of Disaster Risk Reduction, UNEP); Emerging Careers Post Covid (28 June) by Prof. Seeboli Ghosh (Faculty, IBS, Bangalore); Employer Interactive Session by Digi

Suvidha Pvt Ltd (22 July) by Ms. Anitta Babu V (Promoter) and Ms. Rose Mary Jose (Manager Admin); Chat With Alums At Wipro (13 August) by Ms. Athira Shaji (CIS Administrator, WIPRO) and Ms. Aleena Jose (Network Engineer, Wipro) ; Decoding Career (12 September) by Brigadier MD Chacko (Former director General, Army Recruitment Chief Administrator, IIM Bodh Gaya) and Allen Kannatu (Director, Career Launcher & Prep Academy).

Understanding the scope of opportunities abroad, many sessions were arranged to support the students: Global Career Opportunities with Scholarship Options (14 January 2022) by Mr. Sony Akkara (Internationally Certified Career Coach Executive, Eazy Link Academy, Pala); Building a Career in Canada (14 September) by Ms. Mintu Maria James (Direct Support Worker at Alan Stewart Homes Ltd., Canada); Building a Career in the UK (21 September) by Ms. Linta Raju (Scholar, University of East Anglia, Norwich, UK); Building a Career in Australia (1 October) by Ms. Neethu Roy (Domestic Violence Case Manager at Women's Safety Services South Australia), Ms. Teenu Roy (Volunteer, Treatment intervention program at the Adelaide Magistrate's Court) and Ms. Anita Thomas (Social Worker for the Suicide Prevention and Postvention at Pika Wiya Aboriginal Health Services, South Australia). In addition, the team organized two workshops : Be Employable: 2 day Career and Empowerment Workshop (26-27 November) by Ms Aakantha Singh (Senior Personality Development Instructor at Prime Step, Gurgaon) and Workshop on Content Writing (4 February 2022) by Ms. Shrestha Joy (Content Writer, Scrape Hero).



Career Club members with Dr. Muralee Thummarukudy, Chief of Disaster Risk Reduction, UNEP

CSM REPORT 2021-2022

CSM is a religious movement that encourages young people to live a fruitful, creative and fulfilling life. CSM unit in Alphonsa College, Pala, aims at the spiritual development of Catholic students. The activities of CSM unit helps students to achieve the motto "Change the world by changing me "in their life. The animators of CSM unit Alphonsa College are

Rev. Dr. Jose Joseph Pulavelil and Dr. Sr. Sheena Mathew. Aleena Biju is elected as president, Ashina Shaji as vice president and Delna Martin as the secretary.

Inauguration

2021-2022 CSM unit was inaugurated on 23 December 2022

Prayer Meeting

Prayer meeting was conducted for the spiritual development of the students. During corona pandemic, the meetings were held on Saturdays in online mode. When the college was reopened, it was held regularly on every Thursdays at 3.30 pm.

Christmas Celebration

CSM members coordinated the Christmas day programmes along with the college union on 23 December 2021.

Farewell

CSM conducted a farewell party for the senior students under the name 'Vale'.

Camp

A three day inter eparchial camp was conducted from 1 April 2022 to 3 April 2022 with the name 'YUVI' at Alphonsa College, Pala. The camp was inaugurated by Bishop Mar Joseph Kallarangattu. The camp was spiritual , intellectual and socially refreshing.

NATIONAL CADET CORPS (NCC)

Alphonsa College NCC sub unit has a strength of 108 cadets and an officer. The sub unit actively engages in and contributes to society, environment and people around. As part of National Youth Skills Day the Sub unit launched Expertise, an online skill development programme. As part of Keralapiravi Celebrations the sub unit donated a Mini library consisting of 150 books to SH UP School Ullanad. The cadets of the sub unit actively

participated in the flood relief activities by supplying Survival Kits worth Rs. 16,000 to 47 families affected by the flash flood. As part of International Women's day the sub unit sponsored a Girl child taking care of her educational and medical needs. Eden of ACP is a green initiative launched by the sub unit to plant fruit tree garden at public places. The project was inaugurated by the Municipal Chairman at



eden of ACP

Kumaranasan Children's Park Pala. ACP NCC Charity cell run by the sub unit celebrated its first anniversary and so far we raised a sum of 1,73,000 Rs for assisting the needy in meeting their medical needs. The sub unit received Letter of Appreciation from the Group Commander for its contribution to the organization and society. Lt. Anu Jose won Silver Medal for over all merit during NCC refresher Course held at Officers Training Academy, Gwllior

WOMEN CELL

This year Women Cell has conducted various online and offline programmes. A workshop was conducted for giving training on First Aid. Classes on "Positive Mental Attitude Development Training Programme", "The Importance of Moral, Cultural and Social Values in Family" and "Women AND Health" was conducted. In connection with International Women's Day along with Social Justice Forum, a meeting was conducted and honoured 50 eminent women. Women cell in association with Pala Police and NSS organised a seminar on Cyber Security Dr. B Sandhya IPS (DGP DIRECTOR FireForce) inaugurated the programme. In online mode two classes were organized "Menstrual health and hygiene management" and "Women protection Laws and 181 Mithra Women Helpline". "Parenting and Child Abuse" to parents of St. Michaels Higher Secondary School, Pravithanam and online awareness class on "Menstrual Hygiene" for students of St. Mary's GHSS Pala was conducted. Various competitions were also conducted.



Dr. B Sandhya IPS (DGP Director FireForce)
inaugurating the seminar on Cyber Security

NATIONAL SERVICE SCHEME (NSS)

NSS is a Central Sector Scheme of Government of India, Ministry of Youth Affairs and Sports. It provides opportunity to students to take part in various government led community service activities and programmes. Aim of NSS is to provide hands on experience to young students in delivering community service.

The NSS unit of Alphonsa College has the strength of 200 dedicated volunteers and two Programme Officers. NSS unit started its activities for the academic year 2021-22 based on its motto 'NOT ME BUT YOU' and successfully completed with more meaningful and community involvement programmes. The programmes are mainly aimed to inculcate the spirit of service among the volunteers through sustained community interactions and promote personality development. The activities and programmes focused mainly on identifying the needs and problems of campus and community. All the events organized by the units for the academic year 2021-22- are intended to motivate the student community to become socially responsible human beings.

Report of various activities carried out by the NSS unit during the academic year 2021-22

NSS unit started its activities for the academic year 2021-22 by observing the World Environment Day by organizing a webinar on 'Valuing mother Earth- our mission for Eco restoration' on 4th June 2021. Dr. Asharani K. (Nature Education Officer, Periyar Tiger Reserve) was the Resource person. Tree sapling plantation competition was also conducted and Department of Chemistry won the first prize. Students and Teachers from various Departments participated in the

competition and more than 300 tree saplings were planted at their homes.

NSS in association with the Department of Zoology planted 'Nakshatra Vanam' inside the college campus. Sri. Mani C. Kappen (MLA, Pala) inaugurated the programme by planting a tree sapling. 27 species of trees that are related to 27 Nakshatras of Indian Astrology were planted.

In association with Department of Women and Children Development, Govt. of India, the NSS unit organized a webinar on 'Anemia Disease' on 19th June 2021. Dr. Rony T. Vempeny, Medical Officer, PHC Mutholy was the Resource person.

Introduced E-leaflet "MAGNA DIES - Today is the Day" on 11th July 2021 to inform all about the important days to be observed. Dr. Sr. Regeenamma Joseph (Principal, Alphonsa college Pala) inaugurated our first E-leaflet. A Quiz corner is also included in the e-leaflet.

An orientation programme was organized for the newly selected NSS volunteers in order to provide them awareness about the responsibilities of NSS volunteers. Dr. T.T. Michael, winner of state award for 'Best NSS Programme Officer' led the class.

Special Camp

Organized Seven Days NSS special Camp "Aakar" from 27.12.2021 to 02.01.2022 at Alphonsa College Pala. Sri. Mani C. Kappen MLA Pala inaugurated the camp. Various eminent personalities visited the camp and conducted classes on various topics including Effective Publicspeaking,



Inauguration Seven Day Special Camp

Communication skill, Responsibilities of NSS volunteers, Personality Development, Values in our life, Cyber security Awareness, Unity for success in our life. Training on Seed pen making was organized for the volunteers. During camp days, the volunteers cleaned college campus and kalariammakkal check dam in Meenachil River.

Charity Initiatives

- As part of Christmas Celebration, NSS Conducted a lucky dip in order to raise fund for charity programmes. Using the money, volunteers purchased dresses and personal care items and distributed the same to inmates of St. Rocky's Old age home in our adopted village, Poovaryan.
- NSS volunteers collected new clothes from teachers, students and the public and donated it to 'Maria Sadan Pala' on 11th December 2021.

Cleaning Programmes

- NSS in association with Pioneer club Pala, cleaned the Meenachil River at Kalariammakkal Check dam on 1st and 9th January 2022.
- In Association with the organization 'Save Meenachilar' NSS volunteers cleaned Meenachil River at Kavalippuzha Mini Beach on 26th February 2022.



Meenachil River Cleaning

Seminars, Webinars and Awareness Programmes

- A webinar on "Time Management" was organized on 10th July 2021.
- NSS unit organized a Mega webinar for teachers on 'Converting Conventional Classrooms to Thinking Classrooms' on 8th August 2021.

- A webinar on Road safety was conducted on 12th August 2021.
- The unit organized a Mega Webinar for college and School teachers on “The Teacher Leader” on 5th September 2021 as part of teachers day celebrations.
- NSS unit conducted a webinar on ‘Energy Conservation’ on 6th February 2022.
- A mega webinar for teachers on “Hybrid Learning and Thinking Classrooms” was organized on 13th February.
- The unit conducted a Gender Awareness Training programme “KANAL” on 24th July 2021.
- NSS unit organized a webinar on ‘Domestic violence Act and Dowry Prohibition Act’ on 27th July 2021.
- In association with MarSleeveMedicity Pala, NSS unit organized Breast Cancer Awareness Programme “Salabham” on 27th October 2021. NSS volunteers distributed leaflets on breast cancer to all students and teachers of the college.
- NSS volunteers organized a rally against dowry on 1st January 2022. Flash mob was conducted at various places of the town. Kum. Keerthana Reji delivered a speech on ‘Dowry problems in India’.



Flashmob as part of AIDS awareness

Observance of Days

- Commemoration day of famous Indian Ornithologist Shri. Induhoodan: NSS unit organized a webinar.
- International Yoga Day: NSS unit conducted Yoga Training class for NSS volunteers via Google meet.
- International Day against Drug Abuse: The unit organized a Class by Smt. Sini Elsa Joseph, Clinical Psychologist, Vimukthi De addiction Centre, Pala. A video was prepared for awareness and circulated among the students. A Skit competition was also organized.
- Independence Day: The unit organized Patriotic song competition, Poster making competition, intercollegiate Essay competition and Quiz competition
- Hindi week: NSS unit organized a poetry writing competition and an intercollegiate elocution competition.
- World Tourism Day: Documentary Competition – “Explore the unseen” was organized by the unit.
- World Rose Day: In connection with World Rose Day, NSS unit Organized Hair Donation camp. Ten volunteers donated their hair. Social activist Smt. Nisha Jose K. Mani delivered a class.
- ‘Keralappiravi Dinam’: NSS unit conducted an online Elocution competition.
- World AIDS Day: NSS volunteers conducted flash mob at different places of Meenachil Grama Panchayath, Pala Municipality and Poovarany Panchayat. NSS volunteers distributed badges to all students and teachers of Govt. U.P. School Poovarany. Dr. Simimol Sebastian (NSS Programme Officer) delivered a talk on ‘AIDS disease - Causes and Symptoms’.
- World Forestry Day: NSS int organized a webinar on “Technology in Conservation- An Integrated Approach” by Dr. Asha Rani K. (Nature Education Officer, Periyar Tiger Reserve).
- International Women’s Day: The unit organized a blood donation camp. Principal Rejeenamma Joseph and 50 students donated blood. A flash mob was played by the NSS volunteers in front of the college to impart awareness against dowry.

Other Activities

- Free online training course in Fabric painting, Liquid embroidery, Glass painting and Tie & Die was organized for the poor unemployed women in the neighborhood and 25 women completed the course.
- A Certificate course in Creative crafts’ for NSS volunteers was organized and 70 volunteers completed the course.
- NSS unit in association with Vasan Eye Care Kottayam conducted an Eye Camp on 21st January 2022 at Alphonsa College Pala.



Inauguration of the programme 'nammudeponnomanakal 'by DGP Dr. B Sandhya IPS

- In association with Women cell of the college and Pala Police the NSS unit started an innovative programme – 'NammudePonnomanakal' – for the protection of our students on 24th February 2022. Women cyber protection seminar was also arranged for students on the same day.
- NSS unit organized a blood donation camp on 08th March 2022 at Alphonsa college Pala. Our Principal, Dr. Sr. Regeenamma Joseph and 50 students donated blood
- A'Rally for World Peace'was organized by the unit on 11 th March 2022 against Russia - Ukraine war.
- NSS unit Conducted an Eye Test Camp on 26th April 2022 inPoovarany Panchayath. An awareness class on "Eye diseases, symptoms and new strategies to cure" was also conducted at Sacred Heart Church Parish Hall Poovarany by Ms. AkhilaAnilkumar, Optometrist, Vasan Eye Care Kottayam.
- An Eye Test Camp for the inmates of St. Rockey's old age home in our adopted village, Poovarany was also conducted on the same day.
- NSS volunteers served as Covid warriors at PHC Mutholy for 2 months (February and March, 2022).

Our volunteers immensely benefited from these programmes. It provided diversified opportunities to develop their personality through community service and helped in acquiring leadership qualities and democratic attitude. It provided them a sense of involvement in the task of nation building. Volunteer's interaction with the villagers exposed them to the realities of life and bring about a change in their social perception.

BHOOMITRA CLUB MONITORING PERFORMA

BMC NO. 031/KTM/03/09

ENVIRONMENT DAY CELEBRATION- E-POSTER COMPETITION –AMETHYST - 2021

E-poster competition (AMETHYST 2021) was conducted in connection with World Environmental day, June 5. The topic of the competition was Environmental Issues of Past decades. Fifteen students from various colleges were participated. First and second prize winners won cash prizes and certificate. First prize awarded to Femina F.N. Department of Chemistry, University of Kerala. And Arya. T. B., Department of chemistry, Morning Star Home Science College Angamaly, won the second prize.

'NAKSHATHRAVANAM'-Star tree planting in the college campus

Every 'Nakshatra' (birth star) has a symbolic plant that defines its connection with eternal nature. As per the Hindu philosophy and belief, planting, nurturing and maintaining his or her birth star plant can bring prosperity to a person. Bhoomithra sena club of Alphonsa College, Pala has taken this belief as a conservatory programme, which envisages the establishment of a 'Janma nakshatra vanam' (Birth Star Grove). Twenty seven plants representing the 27 'Janma Nakshatra' are planted at the backyard of the College Campus on July 2nd. Sri.Mani C Kappen,M.L.A, Pala and Forest Range Office Sri.Prasad inaugurated the programme.

NATURE CAMP

43 students of our College participated in a nature camp on March 22nd 2022 at Periyar Tiger Reserve.



audit was conducted for a period of one month in our Campus. This water audit was conducted to invite attention of students for the conservation of water.



APICULTURE

Apiculture is a profitable rural based industry and it is developed as an agro-based cottage industry. It provides employment and honey bee is domesticated. An Apiculture unit was established in our college campus on 04/12/2021. Training for bee keeping was conducted for a period of 3 months by Mr. Biju of Meenachil Bee Garden, Pala. 20 students were participated in the training programme.



GREEN INITIATIVES WITHIN THE CAMPUS - WATER AUDIT

In order to estimate total water use and water wastage an audit was conducted for a period of one month in our Campus. This water audit was conducted to invite attention of students for the conservation of water.

ENCON CLUB

TRAINING IN BEE KEEPING

Training for bee keeping was provided for IDC students. An Apiculture unit was established in our college campus. Training for bee keeping was conducted for a period of 3 months by Mr.

Biju of Meenachil Bee Garden, Pala. 20 students were participated in the training programme.



GREEN INITIATIVES WITHIN THE CAMPUS - WATER AUDIT

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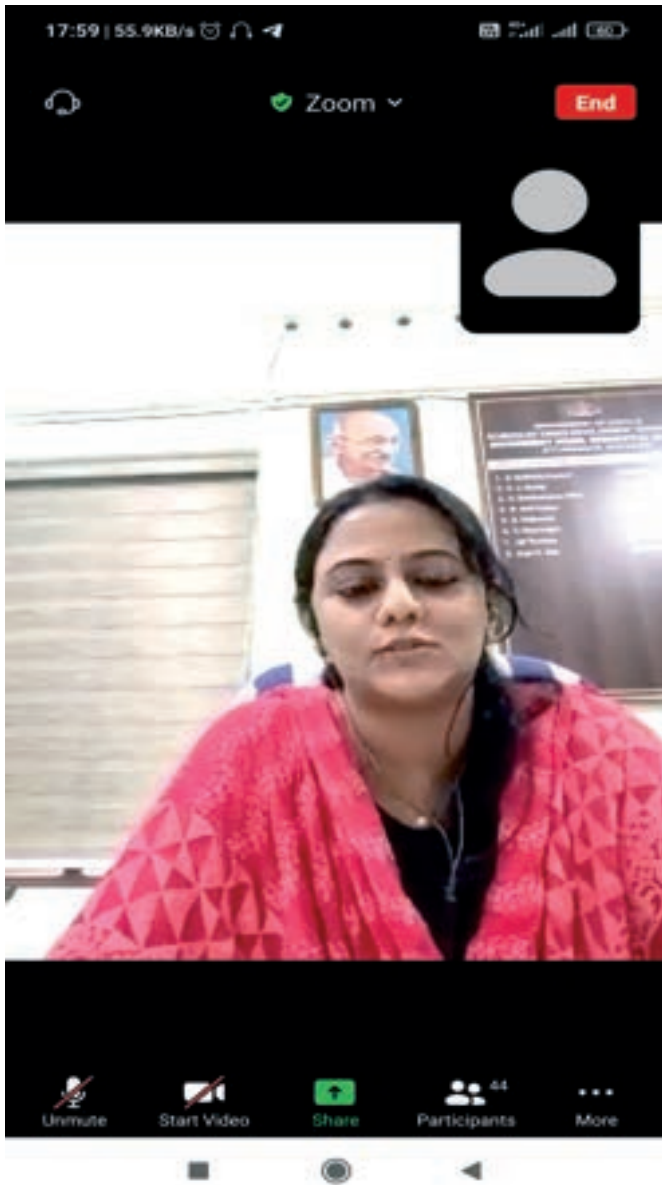
SC/ST MONITORING CELL

Induction program on 12/02/2022

SC/ST monitoring cell of the college organised an induction cum orientation program for the SC/ST students of Alphonsa College, Pala on 12/02/2022 at 5.30pm in online mode. Dr. Simimole Sebastian, Asst Professor, Dept of Zoology, Alphonsa College served as the resource person. She explained and discussed the purpose and activities of the SC/ST monitoring cell. Total 75 students and the coordinators of the SC/ST monitoring cell participated in the program. The coordinators assured that the weaker section students would not be left behind in the learning as well as overall academic development processes.

Awareness programme 'Prosper' on 15/02/2022

SC/ST monitoring cell of the college organised awareness program for the SC/ST students of Alphonsa College, Pala on 15/02/2022 at 5.45pm in online mode. Mrs. Anju. S. Nair, Senior Superintendent, GMRS Ettumanoor, Scheduled Tribe Development Department, Kottayam served as the resource person. She talked and discussed in detail regarding all permissible scholarships, financial assistance and other privileges for SC/ST students. Total 45 students and the coordinators of the SC/ST monitoring cell participated in the program. The students had a useful interactive session with the expert resource person.



ALPHONSA COLLEGE, PALA

SC/ST Monitoring Cell and College Union

Organizes

Prosper

Awareness program
On

All permissible scholarships, financial assistance and other privileges for reservation category

Resource person



Mrs. Anju. S. Nair
Senior Superintendent
GMRS Ettumanoor
Scheduled Tribe Development Dept.
Kottayam

Date: 15 February 2022

Time: 5:45 pm

PLATFORM

zoom

<https://zoom.us/j/97522058651?pwd=ZWVZVktZODpnaGlnbjBrNVpMbnVjOj02>

COLLEGE ADMINISTRATION COMMITTEE

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

PROGRAM COORDINATORS

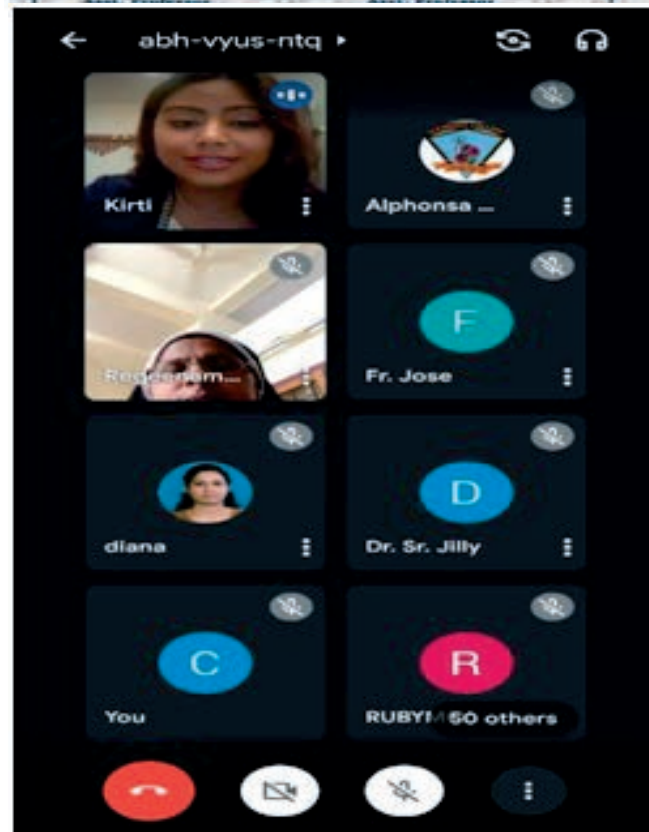
- Ms. Manju Jose
- Dr. Minu Joy

ALPHONSA ALUMNAE ASSOCIATION

SC/ST monitoring cell of the college organised an induction cum orientation program for the SC/ST students of Alphonsa College, Pala on 12/02/2022 at 5.30pm in online mode. Dr. Simimole Sebastian, Asst Professor, Dept of Zoology, Alphonsa College served as the resource person. She explained and discussed the purpose and activities of the SC/ST monitoring cell. Total 75 students and the coordinators of the SC/ST monitoring cell participated in the program. The coordinators assured that the weaker section students would not be left behind in the learning as well as overall academic development processes.

The annual alumnae meet Alstagia 2022 was held on 26 January 2022 in Zoom platform. Mrs. Mariamma Jacob, Headmistress, Govt. L P School, Thengeli, Thiruvalls was the chief guest and the recourse person. Alumae association president Dr. Ancy Joseph, Rtd Principal, S.D College, Kanjirappally presided over the function. The meeting

felicitated our alumna Miss. Gopika Udayan, KAS 3rd Rank Holder. To make the get together more attractive and memorable, we conducted various online games and competitions.



Staff Association

The activities of the staff association of the academic year 2021-2022 was inaugurated by Dr. Kirti Jatin, Occupational Therapist, Western New England University, Springfield, USA on 28.06.2021. Chief Guest delivered a brief talk on the art of balancing the multiple roles of the lady teachers in the COVID pandemic situation under work from home method. In view of the pandemic situation, the inauguration was conducted in online mode via Google Meet. The Staff Association in association with IQAC of Alphonse College, Pala organised a one day online webinar on minority rights and the problems faced by the minority group and its solutions on 06.07.2021 via



Google Meet. Dr. T. T. Michael, Rtd. Professor, Devamatha College, Kuravilangadu was the key speaker of the day. The webinar focussed on the problems and rights of the minority group in the present scenario. Staff Association celebrated

Christmas on 23/12/2021 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. Staff Association bid farewell to the



PARENT TEACHER ASSOCIATION (PTA)

The Parent-Teacher Association of Alphonsa College has always extended whole hearted support and encouragement to all the activities and initiatives of the college. An Executive Committee meeting of the PTA was held on 12 March 2022 at 11.30 a.m. The Committee members expressed their appreciation for the activities of the college and approved the statement of income and expenditure to be presented before

the Annual General Body meeting. The Committee felicitated Dr. Sr. Sherly Joseph, Head of the Department of Physics, who was to retire on 31 March 2022. The Annual General Body Meeting of the PTA was held on 12 March at 2.00 p.m. and was presided over by the President Lt. Pramod Joseph. Dr. Sr. Regeenamma Joseph, Principal, welcomed the members and Rev. Dr. Shaji John, Vice Principal, offered felicitations. The PTA Report was presented by Dr. Ambili T.R., PTA Secretary and Assistant Professor of the Department of Zoology. A special mention of the University Rank Holders





who were awarded special prizes by the PTA was also made on the occasion. The keynote address for the meeting was made by Sri. Georgekutty Augusthy, renowned speaker and Chairman,

KINFRA Film and Video Park, on the theme: "How to be a Modern Parent". The election of new office bearers for the academic year 2023-24 was also held on the occasion.

Editorial Team

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

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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