



ALPHONSA COLLEGE, PALA

REACCREDITED(4TH CYCLE)BY NAAC WITH A GRADE(CCPA3.24)

AFFILIATED TO MAHATMA GANDHI UNIVERSITY



ALPHA NEWS

NEWSLETTER 2020

Vol 16 No.1 August 2020

Principal's Message 2019-20

The academic year 2019-2020 is marked as another glorious one in the annals of Alphonsian history as the college proved itself best in both curricular and co-curricular activities during the year. Our students came out victorious in various university exams and 17 of them secured 1st/2nd/ 3rd positions in different programmes 139 students achieved A+ grades for their final exams. I appreciate my brilliant and hardworking students and the dedicated team of teachers for this outstanding academic record. The multitalented students of the college excelled in different intercollegiate fests and competitions and brought laurels to the institution. This year too our Department of Physical Education moulded the best sports stars and our students came out in flying colours, winning medals and championships at University, Inter University, State and National levels. Many of them got placement in various government departments as well.

All the departments of the college along with various cells and clubs organized diverse programmes for the overall development of the student community. We also have active NSS and NCC units to facilitate the sense of social responsibility and patriotism in the young minds. The Alphonsian fraternity is thankful to the selfless services rendered by two of our senior teachers, Ms. Vimala Emmanuel, Head of the Department of Mathematics and Dr. Mini John, Head of the Department of English. We are thankful to the valuable services of Ms. Lillykutty PA, our non-teaching staff.

We bow before the revered memory of Rev. Sr. Pious former faculty of Dept. of History and Sumathi S. Nair

former faculty of Dept of Physical Education who passed away this year. On behalf of this institution I place on record our gratitude for their long years of service and pray that God grants their souls eternal rest.

I thank all those who encourage us, creatively persuade us and contribute to our developments by their talents and time in all our endeavours. First and foremost I lift up my heart in gratitude to our Heavenly Father and our heavenly Patroness, St. Alphonsa for the never-ending showers of blessings on us. I bow my head before the revered memory of our founder patron, Late Mar Sebastian Vayalil. I acknowledge the enormous gratitude to His Excellency Mar Joseph Kallarangattu, our patron His Excellency Mar Jacob Muricken, our Manager, and to all other members of the Managing Body for their constant support and guidance. My special gratitude is also due to our Vice-Principals, Rev.Fr. Dr. Shaji John and Dr. Sr. Regeenamma Joseph and Bursar, Rev. Fr. Jose Joseph Pulavelil for their valuable and trustworthy assistance.

I express my heartfelt thanks to all the members of the staff, particularly to those who serve as advisors to the various clubs, College Union, IQAC, Staff Council and other Organizations functioning inside the campus. Let me take this opportunity to thank all the non teaching staff for their dedicated effort for the development of the college.

As Alphonsa College moves ahead into the future we rededicate ourselves to the task of enlightening the minds of the young women entrusted to our care. May the Almighty bless this institution and all Alphonsians to remain true to our motto "Lighted for Life."

Dr. Sr. Gigimol M G - Principal

OUR TORCHBEARERS



Patron
H. E. Mar Joseph Kallarangattu
Bishop of Pala



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



Principal
Dr. Sr. Gigimol M G



Vic Principal
Rev. Dr. Shaji John



Vice Principal
Dr. Sr. Regeenamma Joseph



Bursar
Rev. Fr. Jose Joseph Pulavelil

National Seminar On “ Green Growth Initiatives In India : Policies And Impacts”

The national seminar on “Green Growth Initiatives in India : Policies and Impacts” held on 23rd & 24th January 2020 focuses on the importance of the relationship between human and environment. The seminar was conducted in collaboration with Kudankulam Nuclear Power Project (KKNPP) and Bhoomika Poonjar and VICIB. Sri A.V. Satheesh, Senior Scientific officer, Kudankulam Nuclear Power Project, Nuclear Power Corporation of India Ltd (Topic:Climate Change and the Green Economy) inaugurated the seminar. Sri.P.R Suresh I.F.S, Managing Director of Kerala Forest Development Corporation Kottayam delivered keynote address. Smt. Nisha Jose K Mani (Topic:Growth for the

Future-Go back to Nature and go forth in Life), Sri. Eby Emmanuel (Topic:Green, Fair and Inclusive Economy), Environmentalist, Bhoomika Poonjar, Dr. A K Prasad, Director , School of Social Sciences, University of Kerala (Topic:Green Growth, Green Economy and Sustainable Development) and Dr. Muraleevallabhan T.V., International Resource Person of Sustainable development and Independent Director of the Public Sector Enterprises by the Government of India (Topic:Receiving the Costs and Benefits of Green Economy Policies) took various sessions.



Inaugural session of the national seminar “Green Growth Initiatives in India: Policies and Impacts

National Seminar on 'Diaspora in Films and Literature'

The Departments of Hindi and Malayalam Alphonsa College, Pala in collaboration with the Malayalam Mission of the Department of cultural affairs ,Govt. of Kerala organized a one day National Seminar on 31st January 2020 on the topic 'Diaspora in Films and Literature'. The famous language critic Dr. K. K. Sivasdas,(Dept of Malayalam, Kannur University) was inaugurated the seminar.

The seminar was a platform for the delegates and students to enlighten themselves of the latest trends. The valedictory function included the distribution of certificates to the delegates who took part in the seminar.



Book Releasing-Pravasam prathinidanavum Sargatmakathayum.



Valedictory session of the seminar

Two Day National Seminar On **BLURRING THE BOUNDARIES: THEORY AS AN INTERTEXT**

The Department of English conducted a two day National seminar on "Blurring the Boundaries: Theory as an Intertext" on 19th and 20th February 2020 in academic collaboration with School of Letters, Mahatma Gandhi University and in association with Department of Student Services, Mahatma Gandhi University Kottayam. The programme started with registration on 19 February at 9.15 am. It was followed by the inaugural session presided over by Dr. Sr. Gigimol MG, Principal, Alphonsa College. Dr. K.M Krishnan, Director, School of Letters inaugurated the programme and H.E Mar Jacob Muricken, Manager of the College delivered the benedictory address. Head of the Department Fr. Jose Joseph welcomed the gathering and Lt Anu Jose delivered the vote of thanks.

The inaugural session was followed by the plenary session on "The Concept of the Text" by Dr. K.M Krishnan. In the afternoon

Dr. Neethu Varghese, Assistant Professor, BCM College, Kottayam delivered an invited lecture on "Deestablishing the Notion of Malayali Womanhood through the Acts of Narrative Resistance: A reading of Women's Self Writing in Kerala" On the second day Dr. Rajesh VNair, Assistant Professor, School of Letters, Mahatma Gandhi University delivered a talk on "Mapping Cultures: Contexts and Debates". Another Key Note Address on "Genetic Conditions: The Deleuzian Concept of Life" was given by Dr. TJ Abraham, Associate Professor, Central University of Tamil Nadu, Thiruvavur. The programme was concluded in the afternoon of the second day with the valedictory function where Dr. TJ Abraham served as the chief guest. About ninety papers are presented by faculty, scholars and students from different institutions.



Inauguration of the national seminar



Dr. K.M Krishnan speaks on "The Concept of Text"

TOPPERS DAY

Our students made us proud by their exceptional performance in all the end semester university examinations. Seventeen students brought home University Ranks while 139 of them secured A+ Grades in the university examinations conducted in April/ May 2019. Toppers Day was conducted on 2nd September 2019 with His Excellency Mar Joseph Srampikal, the Bishop of Great Britain as the chief guest to honour them along with our

sports stars who excelled in various National and State Level Competitions. Mar Joseph Srampikal congratulated them in the meeting. Our Principal Dr. Sr. Gigimol MG presided over the meeting. Dr. Sr. Jilly James and Dr. Ambily TR felicitated the gathering.



Toppers with His Excellency Mar Joseph Srampikal, the Bishop of Great Britain, Principal Dr. Sr. Gigimol M.G and Bursar Rev. Fr Jose Joseph Pulavelil

RANK HOLDERS



DIYA SUSAN BABY
Economics
I Rank



ASWATHY PIUS
Economics
III Rank



GAHANA NAVYA JAMES
History
I Rank



TREESA CHERIAN
Physics Model II
II Rank



JULIA PRAKASH
Zoology
I Rank



RESHMA MARIYAM
SANTHOSH
CND - I Rank



MELIN THOMAS
CND
II Rank



MONICA STEPHAN
CND
III Rank



Lino Liz Paul
M.Sc CND
I Rank



VEENA H
M.Sc CND
I Rank



NEETHU SEBASTIAN
M.Sc CND
I Rank



SANDRA CHANDRAN
B.Voc FT
I Rank (2018)



JINCYMOL JOSEPH
B.Voc FT
I Rank



SREERANJINI SAGAR
B.Voc FT
II Rank



MEGHA VENU L
B.Voc SPT
I Rank



ARYA ANI
B.Voc SPT
II Rank



LAKSHMI PREMJITHN
B.Voc SPT
III Rank

A+ HOLDERS



Irine Theresa Dius
Botany



Aswathy Biju
Botany



Sneha Thomas
Botany



Aparna Antony
Botany



Nayana Francis
Botany



Vishnupriya N R
Botany



Annmariya Gimmy
Botany



Rinku Maria Joy
Chemistry



Sonia Raju
Chemistry



Ashna Santhosh
Chemistry



Jyothilekshmi S
Chemistry



Alphonsa K
Chemistry



Dona Thomas
Chemistry



Aleena Elizabeth Alex
Chemistry



Jeeva Saju
Chemistry



Akhila Anilkumar
Chemistry



Mariat Jaison
Chemistry



Denna Jose
Chemistry



Stephy Sunny
Chemistry



Christeena Shaji
Chemistry



Sandra Scaria
Chemistry



Dona Elizabeth
Emmanuel - Chemistry



Maria Joseph
Chemistry



Chithra K S
Chemistry



Ansu Somy
Chemistry



Sr. Anisha Kurian
Chemistry



Nithya R
Chemistry



Sreelekshmi Haridas
Economics



Amitha Kappen
Economics



Maria Cyril
Economics



Minna Mary Tom
Economics



Anns Thomas
Economics



Sneha George
Economics



Sandra C Jose
Economics



Reeja Toms
Economics



Jomol Jose
Economics



Archana Prakash
Economics



Navyamol K R
Economics



Riyana Hidayath
Economics



Anjaly Zacharias
Economics



Neethu Francis
Economics



Sandra Sabu
Economics

A+ HOLDERS



Meera Seby
Economics



Bismi Benny
English



Pearly S Thomas
English



Arya Mohan
English



Anakha Saji
English



Minu Mathews
English



Sneha Shaju
English



Alka Maria Simon
English



Liyosha Vincent
English



Shintu Manuel
Mathematics



Sayana Sabul
Mathematics



Anagha Baby
Mathematics



Theresa J Puzhakkara
Mathematics



Augeena Jayes
Mathematics



Panchami Anil
Mathematics



Tissa Kurian
Mathematics



Riya Jose
Mathematics



Mariat Grace
Mathematics



Seenu Thomas
Mathematics



Maria Prasad
Mathematics



Angela Rose Thomas
Mathematics



Dimple T
Mathematics



Anju Francis
Mathematics



Sona Titus
Mathematics



Maria Geo
Mathematics



Minnu Elizabeth Joe
Mathematics



Anjana A
Mathematics



Devika Manoj
Mathematics



Aiswarya Joy
Mathematics



Ashna E S
Mathematics



Anet Antony
Mathematics



Denimol Raju
Mathematics



Liya Antony
Mathematics



Angala M Antony
Mathematics



Alphonsa Shaji
Mathematics



Shilpa Murali
Mathematics



Arya Siji
Mathematics



Aiswarya K Jayan
Mathematics



Alna James
Mathematics



Maria Joseph
Mathematics



Jisna James
Model 1 Physics



Namitha Anns Tom
Model 1 Physics

A+ HOLDERS



Ganga Sreekumar
Model I Physics



Shilpa Thomas
Model I Physics



Parvathy Krishna
Model I Physics



Maria Prince
Model I Physics



Blessy Benny
Model I Physics



Vaishnavi A H
Model I Physics



Dintamol C U
Model I Physics



Aleena Jose
Model I Physics



Anaswara Babu
Model I Physics



Aleena Jose
Model I Physics



Krupa Benny
Model I Physics



Ayana Mary Kurian
Model I Physics



Deepthi Thankachan
Model I Physics



Nikhitha Binu
Model I Physics



Christy Joshy
Model I Physics



Stella Maria Benny
Model I Physics



Parvathy S Nair
Model I Physics



Aryalakshmi S
Model I Physics



Christeena Thomas
Model I Physics



Arya Narayanan
Model II Physics



Jugunu Roseben
Model II Physics



Leena Lalson
Zoology



Athiramol V S
Zoology



Honeymol Benny
Zoology



Sneha Jose
Zoology



Anjana Kappen
Zoology



Arya Ashok
Zoology



Sheryl Shaji
Zoology



Annu Martin
Commerce



Maria Ann Joys
Commerce



Megha Binoy
Commerce



Ani Sebastian
MA English



Neethu Antony
B Voc Sports Nutrition
& physiotherapy

NET QUALIFIERS



Ansu Tresa Mathew
English - NET



Daliya Maria Tom
English - NET



Sneha Joseph
English- NET



Gahana Navya James
Politics

**CATECHISM SCHOLARSHIP
RANK HODERS**



Irin Mary Joseph
II DC FIRST



Ms. Shelcy Shaji
II DC Physics

**SPORTS WOMEN
OF THE YEAR**



Aleena Jose

**BEST NSS
VOLUNTEER**



Aileen Mariya Kuriakose
English

UNIVERSITY YOUTH FESTIVAL WINNERS



Students from our college participated in various events in Mahatma Gandhi university arts fest 2020 – ARTICLE 14 held at Al-Azhar College Thodupuzha and won the following prizes.



Ms. Shelcy Shaji
II DC Physics Model 1
1st in Essay Writing- Hindi
II nd prize in Essay writing -
English & A grade in
Elocution English



Gahana Navya James
I M.A. Politics
1st prize with A grade in
Poetry Writing -English



Anju B Varghese
III DC Physics
II nd prize in English Recitation &
A grade in Malayalam Recitation



Juliet Varghese
I M.sc. Zoology
II nd prize with A grade
in Light Music



Economics Association - Overall champions in Sports 2019-20



English Association-Overall champions in Arts 2019-20

BEST DEBATOR IN ENGLISH



Anie George
III DC English

**BEST DEBATOR IN MALAYALAM &
BEST SPEAKER OF THE YEAR**



Anu Augustine
III DC English

**BEST
ACTRESS**



Ann Mariya Tom
English

**BEST SINGER
OF THE YEAR**



Juliet Anna Varghese
I M.Sc.Zoology

**BEST
LIBRARY USER
AWARD**



Irin Saji
II DC Physics

FACULTY CORNER

Paper Presentations

Dr. Teresa Joseph ,Dept of Politics

“Mediating Conflict: Mahatma Gandhi and the Press in India, 1917-1922”, International Conference on M.K.Gandhi and the Media organised by the School of History, University of St. Andrews, Scotland, 5-6 October 2019. “Gandhian Ethics and Human Nature”, National Seminar on Gandhian Principles and Environmental Sustainability: Relevance and Prospects organised by the Department of Political Science, NSS College, Changanacherry, 17-18 January 2020.

Dr.Sr.Minimol Mathew, Dept. of Malayalam

·Presented a paper in the National seminar on Diaspora in Films and Literature organized by the Depts of Hindi and Malayalam Alphonso College Pala in collaboration with the Malayalam Mission of the Dept of Cultural affairs ,Govt of Kerala on 31st January 2020.Title of the paper-Abhayarthithavum Pravasavum

·The two day National seminar on Blurring the Boundaries:Theory as an Intertext on 19-20 February 2020 organised by the Postgraduate Department of English Alphonso College Pala in academic collaboration with School of Letters Mahatma Gandhi University Kottayam .Title of the paper-Feminisavum post feminisavum athirukalum akalangalum

Dr Anila Thomas, Dept. of Malayalam

·Presented a paper in the National seminar on Diaspora in Films and Literature organized by the Depts of Hindi and Malayalam Alphonso College Pala in collaboration with the Malayalam Mission of the Dept of Cultural affairs ,Govt of Kerala on 31st January 2020. Title of the paper-Diaspora Charithravum Samskaravum

·The two day National seminar on Blurring the Boundaries:Theory as an Intertext on 19-20 February 2020 organised by the Postgraduate Department of English Alphonso College Pala in academic collaboration with School of Letters Mahatma Gandhi University Kottayam .Title of the paper-‘Aathmakadhaum jeevacharithravum mayunna athiruka!’

Dr.Jesty Emmanuel, Dept of Hindi

·Presented a paper in the National seminar on Diaspora in Films and Literature organized by the Depts of Hindi and Malayalam Alphonso College Pala in collaboration with the Malayalam Mission of the Dept of Cultural affairs ,Govt of Kerala on 31st January 2020.Title of the paper-pravasi jeevan puranom mein

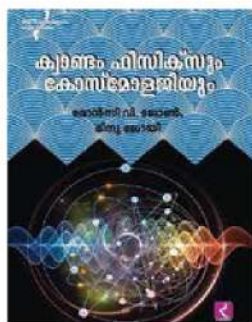
·The two day National seminar on Blurring the Boundaries:Theory as an Intertext on 19-20 February 2020 organised by the Postgraduate Department of English Alphonso College Pala in academic collaboration with School of Letters Mahatma Gandhi University Kottayam .Title of the paper-Dhumdhali Hoti Seemaem Bheeshma Sahani ke aaj ke Atheet.

Best Poster Award

Dr.Maya George , Dept of Zoology

Presented a poster titled Screening and partial purification of Amylase from soil microorganisms in the International Conference on Frontiers in Marine Science:Challenges and Prospects – MARICON 2019 organized by School of Marine Sciences,CUSAT and got the Best Poster Award

PUBLICATIONS



Dr.Minu Joy
Department of
Physics

AWARDS



Lt. Anu Jose
Best ANO (Associate
NCC OFFICER) 5 Kerala
Girls Battalion

Papers and Book chapters published by the faculty

Dr.Ambili T.R., Dept of Zoology

Paper Publication

Salu K. Sasi and Ambili T.R. 2019. A Study on Fish Diversity of Thodupuzha River, Idukki District, Kerala. Dev. J. Sci., 5(1): 33-48 (ISSN: 2454-2091).

Book chapter

Ambili, T.R. and Anjitha K.M. 2019. Toxicological effects of Amoxicillin on Oreochromis niloticus. In Sudakaran, M.V. (Eds.) Perspective in Life Sciences. Sahithya Pravarthaka Co-operative Society, Kozhikode, Kerala. Pp. 34-42. (ISBN: 978-93-88992-90-9).

Dr Anila Thomas, Dept of Malayalam

An article titled Pravasathintae vyakulathakal C V Sreeramantae Velutha Pakshiyayae kath with ISSN NO : 2320-8880 published in ThudiResearch Journal , Kannur University 2020 January -March ,Vol.8 , issue 1 pages 79-86.

Ms.Biby Annet Baiju, Dept of Botany

A study on drought responses of selected grasses. In Sudakaran, M.V. (Eds.) Perspective in Life Sciences. Sahithya Pravarthaka Co-operative Society, Kozhikode, Kerala. Pp. 34-42. (ISBN: 978-93-88992-90-9).

Ms.Diana Elizabeth Jose, Dept. of Chemistry

1. Cyclodextrin based palladiumcatalysts for Suzuki reaction: An overview published in Carbohydrate Research, <https://doi.org/10.1016/j.carres.2020.107954>.

2. Recent Developments and Perspectives in the C-Se Cross coupling Reaction published in Current Organic Chemistry, DOI: 10.2174/1385272824999200528130131

Dr. Sr.Minimol Mathew, Dept of Malayalam

1.An article titled Samoohika Yatharthyangal E Santhoshkumarintae Kathakalil with ISSN NO : 2320-8880 published in Thudi Research Journal, Kannur University 2019 October -December ,Vol.7 , issue 4. pages 46-61

2.An article titled Women the Distorted faces Behind Development:A Reading Of Selected Feminist Stories , with ISSN

NO : 2250-3890 published in Alfomine, 2019 December volume 6 No 8 pages 81-84.

Dr.Maya George, Dept of Zoology

Maya George, Abdul, A.A., Jasmin, C., Rahiman, M.K.M., Hatha, A.A.M. 2020. Phenotypic and Genotypic Characterization of Bioactive Actinomycetes (Actinomycetales) from Tropical Wetland Ecosystem. In," A Closer look at actinomycetes". A.A. Mohamed Hatha, P. Lakshman Perumalsamy (Eds). NOVA Science Publishers, New York. 225- 239. ISBN:978-1-53617-046-7.

Dr.Jesty Emmanuel, Dept of Hindi

1. An article titled Muktibodh ki kavita mein Samajik Chetana:uttar adhunikata ke sandarf with ISSN NO : 0523-1418 published in BHASHA Research Journal , Central hindi directorate 2020 January -February,ank-288 ,varsh59 issue 1 pages 31-35

2. An article titled Women Writings in Hindi Literature and Women Empowerment published in 'Alfomine'vol.6no.8December2019,ISSN2250-3870, page no.78-80

Ms. Nirupama Elzabath K , Dept of Politics

1.Role Of Amnesty International In The Protection Of Human Rights In India, Online International Interdisciplinary Research Journal, Volume-09 / Issue- 02 / Mar-Apr 2019 / ISSN 2249-9598.

2.BBBP Scheme: An Overview, Economic Empowerment (edited book), Swaranjali Publication, 2019.

Dr.Sr. Gigimol M.G , Dept of Chemistry

A brief overview of molecularly imprinted polymers supported on titanium dioxide matrices. Materials Today Vol. 11 (2019) Chemistry ISSN: 2468-5194

Dr. Sr. Manju Elizabeth Kuruvila

Effect of Seasonal Variations in Grasshopper Diversity at Selected High and Low Range Areas.International Journal of Advanced Scientific Research and Management

Orientation /Refresher/Short Term Course Attended by the Faculty

Dept of Botany

- Ms. Julie J Paramundayil attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.
- Ms. Julie J Paramundayil attended Faculty Development Programme in Philosophy of Science Sponsored by KHEC from 29/08/2019 to 02/09/2019.
- Dr. Dani Mathew M attended Faculty Development programme for Educational Administrators Sponsored by KHEC from 10/07/2019 to 14/07/2019.
- Dr. Jince Mary Joseph attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.
- Dr. Jince Mary Joseph attended Faculty Development Programme in Philosophy of Science sponsored by KHEC from 29/08/2019 to 02/09/2019.
- Ms. Biby Annet Baiju attended '18th Refresher Program on Life Sciences' organized by UGC-HRDC, Calicut university, Kerala 18/10/2019 to 31/10/2019.

Dept of Chemistry

- Dr. Kochurani George attended Faculty Development Programme in Philosophy of Science sponsored by KHEC from 29/08/2019 to 02/09/2019

Dept of Computer Science

- Ms. Annu Paul attended short term workshop on Research Methodology organised by DCDC, TVM, at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.

Dept of Economics

- Ms. Smitha Clary Joseph attended Faculty development one week programme in Social theory and Research in humanities and social sciences at MG University, Kottayam from 18/09/2019 to 22/09/2019.
- Ms. Smitha Clary Joseph attended Online Refresher Course In Economics (ARPIT) organised by MHRD from 01/09/2019 to 16/01/2020.
- Ms. Minu Mary Jose attended Online Refresher Course In Economics (ARPIT) organised by MHRD from 01/09/2019 to 16/01/2020.

Dept of English

- Fr. Jose Joseph attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.

Dept of History

- Ms. Sunitha Santhan attended Faculty development one week programme in Social theory and Research in humanities and social sciences at MG University, Kottayam from 18/09/2019 to 22/09/2019.

Dept of Mathematics

- Dr. Sonia K Thomas attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.
- Dr. Sonia K Thomas attended Faculty Development Programme in Philosophy of Science Sponsored by KHEC from 29/08/2019 to 02/09/2019.

Dept of Physics

- Ms. Rekha Mathew attended A Brief Course on Superconductivity, NPTEL-AICTE FDP, Swayam online course from 28/01/2020 to 22/02/2020.
- Ms. Cincila T Joy attended short term workshop on Research Methodology organised by DCDC, TVM, at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.
- Ms. Cincila T Joy attended 5 days Faculty Development Programme "How can teachers make a difference" by Teaching Learning centre, IIT Madras sponsored by Kerala State Higher Education Council (KSHEC) and organised by IQAC Sree Sankara College, Kalady, Kerala 26/05/2020 to 30/05/2020
- Dr. Vijutha Sunny attended 5 days Faculty Development Programme "How can teachers make a difference" by Teaching Learning centre, IIT Madras sponsored by Kerala State Higher Education Council (KSHEC) and organised by IQAC Sree Sankara College, Kalady, Kerala 26/05/2020 to 30/05/2020
- Dr. Sr. Sherly Joseph attended Winter School on Materials and Molecular Simulations using Open Source Softwares: From Theory to Practice at Bishop Moore College, Mavelikara, supported by CSIR & KSHEC from 16/10/2019 to 22/10/2019.

Dept of Politics

- Rev.Dr. Shaji John attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020

- Ms. Rubymol Philip attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020

Dept of Statistics

- Ms. Manju Jose attended short term workshop on Research Methodology at Mahatma Gandhi University Kottayam from 20/01/2020 to 24/01/2020.

- Ms. Manju Jose attended Faculty Development Programme in Philosophy of Science Sponsored by KHEC from 29/08/2019 to 02/09/2019.

Dept of Zoology

- Ms.Cinnine Susan Antony attended Refresher Program organized by UGC-HRDC, university of Kerala 11/7/2019 to 24/7/2019.

- Dr.Ambili T.R. attended '18th Refresher Program on Life Sciences' organized by UGC-HRDC, Calicut university, Kerala 18/10/2019 to 31/10/2019.

- Dr. Maya George attended Faculty Development Programme in Philosophy of Science sponsored by KHEC from 29/08/2019 to 02/09/2019.

- Dr. Maya George attended Faculty Development Programme from 23/05/2020 to 29/5/2020

FAREWELL

The following members of the teaching staff bid adieu to the college at the end of the academic year 2019-20 after many years of distinguished service.



DR. MINI JOHN,
Head of the Department
of English (1986-2020)



MS. VIMALA EMMANUEL
Head of the Department of
Mathematics (1983-2020)

Ms. Lillykutty PA , member of non-teaching staff retired from service during the academic year 2019-20 after many years of meritorious service.



Lillykutty P A
(1983-2020)

IN MEMORIAM

Two of our former teachers were called to eternal rest during this year. Rev. Sr. Pious former faculty of Dept. of History and Sumathi S Nair former faculty of Dept of Physical Education. They worked most sincerely for the development of the college and for the welfare of the students in various ways. We remember them gratefully and pray for the repose of their souls.

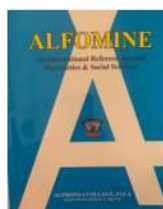


Rev. Sr. Pious FCC
Dept. of History (1967-1989)



Sumathi S. Nair
Dept. of Physical
Education (1964 -1991)

MANUSCRIPTS and PUBLICATIONS



ALFOMINE
College Journal



ALPHA 2019
College Journal



CHOONDA
College Magazine



HYGIEIA
CND



PAKUDY
Hindi



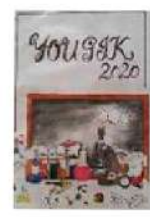
DALAM
Malayalam



HARMONICS
Physics



PLEROMA 2K19
Zoology



YOUNGK
Chemistry

Students' Achievements

DEPARTMENT OF ENGLISH

Anu Alphons Jacob of I BA English won 2nd Prize for Pencil Drawing competition conducted in accordance with Gandhi Jayanthi organized by Sree Sabareesa College, Punchavayal, Kerala

Aileen Maria Kuriakose and Anie George of 2nd BA won second prize in the debate competition conducted by Nehru Yuva Kendra. Aileen Maria Kuriakose was selected as the best debater too.

Aileen Maria Kuriakose secured first prize in the speech competition conducted by Nehru Yuva Kendra.

Anie George and Shiva Ramesh won Third position in the event Quarentem (quiz) conducted as part of the Inter Collegiate literary fest JournLit 2019 by St. Thomas College Pala

Anu Augustine III DC English



1. First prize in the Debate competition organized by the Department of English St Aloysius College, Edathua. She also got the best debator award in the competition.
2. First prize in the extempore competition organized by St Aloysius College, Edathua in connection with the All Kerala Intercollegiate Literary Fest.

3. First prize in the Debate competition organized by the Research and PG department of Chemistry , St Thomas college Pala.

4. First prize in Malayalam Debate competition held at St Thomas College Pala.

5. First prize in the intercollegiate debate competition organized by the Department of Economics Assumption college Changanassery. She also got the best debator award in the competition.

6. First prize in Malayalam Debate competition held at CMS College, Kottayam.

7. District level winner of Federal Bank - Speak for India- 2019 held at Baseliious College, Kottayam

8. First prize in the P. T Chacko memorial All Kerala Malayalam Debate Competition.

9. First prize in Prof Sebastian Joseph memorial All Kerala Debate at St Aloysius College, Edathua

DEPARTMENT OF ECONOMICS

Sini Sabu, III DC Economics

1. First prize in the Sr.Mary Xavier memorial intercollegiate Speech c ompetition oranised by B.K College, Amalagiri.



2. First prize in the intercollegiate Debate competition organized by the Department of Economics, K.G College , Pampady.

3. First prize in Debate competition organized by Department of Economics held at CMS College, Kottayam.

4. First prize in Debate competition organized by Department of Economics held at St Thomas College Pala.

5. First prize in the intercollegiate Debate competition organized by the Department of Economics, St.Stephen's Uzhavoor.

6. First prize in the P. T Chacko memorial All Kerala Malayalam Debate Competition.

7. First prize in Prof Sebastian Joseph memorial All Kerala Debate at St Aloysius College, Edathua.

Brismileen Benny and Jayalakshmi G



1. Won Second Prize in 20th anniversary of Operation Vijay Quiz Conducted by NCC unit of Alphonsa College, Pala.

2. Won first prize with a cash award of

2000 in quiz with connection to 70th anniversary of the formation of Kottayam conducted by Collectorate Kottayam.

3. Won First Prize with a cash award of Rs 2000 in Dinero Economic Quiz conducted by PRDS College Amarapuram.

4. Runners-up in Campus Literary Quiz Conducted by Mathrubhumi.

Anisha Mary John won first prize for La Cola Spin a yarn Story Telling competition conducted by St Stephen's College Uzhavoor

Arsha Jose ,Vaishnavi Subash, Binipriya Babu and Jasmine Jacob won first prize in the Group Dance competition VERVE 2K19 organized by BVM College, Cherpunkal.

Arsha Jose, Binipriya Babu and Jasmine Jacob won second prize Group Dance competition ECOFIESTA organized by St.Thomas College Pala.

Arsha Jose, Binipriya Babu, Jasmine Jacob and Aleena Biji won second prize COSMOS,Dance competition organized by St.George College,Aruvithura.

Anjaly T.E.and Cicily Rose won second prize for Duet

competition held at SB College, Changanasserry.

Anjaly T.E. and Cicily Rose won second prize for Duet competition held at St. Stephens College, Uzhavoor.

DEPARTMENT OF BOTANY

Shaharban T and Anjana Elizabeth George



Shaharban T of III DC Botany won the 1st Prize in All Kerala Intercollegiate powerpoint presentation conducted by Department of Botany, Assumption College Changanacherry.

Shaharban T and Anjana Elizabeth George of III DC Botany won I Prize in All Kerala Intercollegiate Quiz competition conducted by Department of Botany, Devamatha College Kuravilangadu.

Shaharban T and Anjana Elizabeth George of III DC Botany won I Prize All Kerala intercollegiate Botany Quiz Competition conducted by Department of Botany, CMS College Kottayam.

DEPARTMENT OF ZOOLOGY

Arunima M.S., IIIC Zoology



1. First Prize in the Quiz competition organized by Talento, ENBRIDG institute of Management & Technology.
2. Third Prize, in the BioQuiz organized by OIKOS - BIOFEST, SB College Changanacherry.
3. Second Prize in the Zoology Quiz Zrishti - 2020 organized by SB college Changanacherry.

4. First prize in the Quiz 'Emerald Quest 2020' organized by K.G College, Pampady.

5. Third Prize in the Quiz competition organized by Government of Kerala Forest and Wild Life Department.

6. First Prize in the Quiz competition organized by Department of Economics, Alphonsa College, Pala.

Megha N Nair IIIC Zoology

1. Second Prize in the Zoology Quiz Zrishti - 2020 organized by SB college Changanacherry.

2. Second Prize in the Crossword Puzzle competition in Zrishti - 2020 organized by SB college Changanacherry.

3. Third Prize in the BioQuiz OIKOS - BIOFEST organized by SB college Changanacherry.

4. First prize in the Quiz 'Emerald Quest 2020' organized by K.G College, Pampady.



5. First prize in the Crossword competition in 'Emerald Quest 2020' organized by K.G College, Pampady.

6. Third Prize in the Quiz competition organized by Government of Kerala Forest and Wild Life Department.

Arsha Joshi IIIC Zoology

First prize in the Quiz competition organized by Talento, ENBRIDG institute of Management & Technology.

Athulya Dev P IIIC Zoology

1. First prize in the Dance competition COSMOS, Dance competition organized by St. George College, Aruvithura.

2. Second prize in the Group Dance competition ECOFIESTA organized by St. Thomas College Pala.

Derlin Jose IIIC Zoology

1. First prize in the Group Dance competition VERVE 2K19 organized by BVM College, Cherpunkal.

2. First prize in the Group Dance competition ECOFIESTA organized by St. Thomas College Pala.

Sneha Elsa Paulose, I.M.Sc. Zoology



1. First prize in the Power point presentation competition 'Into the woods 2K19' organized by Kuriakose Elias College Mannanam on 15th February 2019.

2. First prize in the Just a Minute competition 'Into the woods 2K19' organized by Kuriakose Elias College Mannanam on 15th February 2019.

3. Participated the Online Bio-Quiz organized by Indian Academy Department of Genetics and Zoology.

Christy Devasia, IIM.Sc. Zoology

First Prize in the Specimen Identification competition Zrishti - 2020 organized by SB college Changanacherry

Josy Jose II M.Sc. Zoology

1. Scored 85% in the All Kerala Environment Quiz 2020 organized by Sreesankara College Kalady

2. Scored 100% in the All Kerala lets break the chain online quiz competition organized by Kuriakose Elias College Mannanam.

DEPARTMENT OF PHYSICS

Ms. Akhila D and Ms. Shelly Shaji of II DC got 2 nd prize in a quiz competition conducted by the Physics department of Henry Baker's college, Melukav as a part of Ozone day celebrations.

Ms. Bibina Joseph and Ms. Rosna Prince of II DC got 2 nd prize for the seminar presentation competition held by Physics department of St. Stephen's College, Uzhavoor.

Ms. Richu Liz Roy of IDC got 3 rd prize in our college for Nehru YuvaKendara Sangathan Nationwide Declamation contest on 'Patriotism and Nation building'.

Ms. Richu Liz Roy and Ms Alka Philip of I DC got selected to district level Speak for India competition.

Ms. Richu Liz Roy of I DC got 1 st prize in a debate competition organized by Assumption College.

Ms. Ann Mariya Sebastian and Ms. Kochurani Laalu of II DC Physics got selected for the annual Vardha trip organised by Gandhi

Forum.

Ms. Lipsa Shibu and Ms. Sophia Reji of III DC Physics won third prize for the seminar competition held at DevaMatha College, Kuravilangad.

P.G DEPARTMENT OF CHEMISTRY (SF)

Two of our I PG students got second prize in debate competition held at St. Thomas College, Pala organising on All Kerala Infotainment and Exhibition 'ATMOS 2020' on 24 th January 2020.

JESUS YOUTH

The activities of the movement for the year began in Alphonsa college with the core team reconstitution on 10th March 2018. Jesus youth prayer meetings are conducted on every Tuesdays. An intercession chain and subsequently an intercession chart were placed by the Jesus Youth notice board for this purpose, which received huge support from students and teachers alike.. All first years were welcomed into the college by tying a welcome band on their arms, prepared by Jesus Youth members.

On fresher's day Jesus Youth presented before the college the joy of being with Jesus, with a musical drama and dance in which almost all Jesus Youth members participated. Jesus youth along with CSM has arranged the Christmas celebration in a spiritual atmosphere Sandra Alphonse of III DC Zoology released her 1st devotional CD on behalf jesus youth and CSM. Ruth the annual one day programme was held on 18th of January at seminar hall of our college. Fr. Justin Panachickal MSFS shared on how to

rejoice in Christ through his life experience in the following hour.

As part of evangelization through media we introduced our official Instagram account. Various Zonal programmes were organised and participated by the Jesus Youth members of our college. The team from Bhutan and Odisha reached Pala zone on 21st Saturday. They were given hearty welcome at Alphonsa College. Beyond the borders is an initiative of mission 2020. We adopted St.Marys women's college Pala. And there we conducted a campus cross and other intercessions in order to develop a JY family in St Marys College Pala Jesus youth members of the college along with Principal Sr.Gigimol MG and Animator Sr.Elsin SH visited Mariasadan on 27th of February 2020.We sponsored the tea and snacks on the day of visit and had a cultural programme session in which we entertained the residents there. The new core was elected on 25th February 2020 and the initiative was taken by the Campus core team of Pala zone.



Welcome day celebrations



RUTH - one day programme



NATIONAL SERVICE SCHEME (NSS)

The NSS unit of Alphosa College has the strength of 200 highly motivated volunteers and two dedicated Programme Officers. The unit, with the motto "Not Me, But Thou", had a productive year during 2019-2020. An initial orientation was conducted for



the first year volunteers by the programme officers on 22nd July. The plan of action for the current academic year was introduced and discussed. The volunteers contributed innovative ideas.

CAMPS

- The programme officers have given a camp orientation for the volunteers on 3rd September. The seven day NSS camp was conducted in the adopted village Chittar, focusing on organic farming and preservation of nature and through this, the personal growth of each volunteer. Apart from this, a house was renovated in Chittar, a medical camp and old age home visit were arranged and the walls of a school was beautified with pictures and paintings. Classes and awareness programmes on different issues an individual might face in future are imparted to the volunteers and they were given opportunities to share it with the community.
- The Three Day Orientation cum Mini Camp was conducted on 26, 27 and 28th of July. Prof. Sini Jacob, Best Programme Officer Awardee led sessions on "NSS and Student Community" and "NSS and Society".

OBSEVANCE OF DAYS

- The NSS unit, in collaboration with the college library observed Reading Day by organizing a book review competition and poster designing competition on 19th June 2019.
- The NSS unit, in collaboration with the Quiz Club observed World Population Day by organizing a quiz competition on

19th June 2019.

- To express our sense of sympathy for the masses who suffer after nuclear attacks the volunteers made sadako cranes and took pledge against nuclear weapons on 7th July, to commemorate Hiroshima Day.
- NSS Day was celebrated on 24th September by honouring the former Programme Officers of the College. MG University NSS Coordinator Prof. MJ Mathew was the guest of honour.
- NSS Unit Alphonsa College Pala observed National Integration Day with various activities on 19th November and during the third week of November with an aim to inculcate unity, peace and brotherhood in all the students, and through them in the society. NCC unit and the Department of Political Science joined hands along with the NSS unit to organize various programmes. On 19th, the Principal, teachers and volunteers took the integrity pledge. Kumari Navya Gahana James of IMA Political Science led a classroom lecture on National Integration on the same day. The session was followed by a group discussion. NSS and NCC together organized a flash mob and cultural fiesta by arranging a show where all states of India are represented by students wearing their conventional costumes and make up. A detailing of the cultural aspects of our states was also arranged.
- On Constitution Day, 26 October, a preamble reading and pledge was conducted.
- A patriotic song competition was organized on 27 January as part of republic day celebrations.

AWARENESS PROGRAMMES AND INVITED TALKS

- To sensitize the public on the evil effects of drugs a street play was performed at Municipal Bus Stand Pala and a flash mob was conducted at the college on 26th June 2019.
- A Cancer Awareness Class on 5th September 2019 by



Dr. Boben Thomas, MD,DNB, Oncologist, Caritas Hospital, Thellakam, Kottayam.

On 27th November an AIDS awareness programme was conducted. Gayathri Ashokan, Dietitian, Nutri-solutions Ernakulam led the session. On 28 November a class on menstrual hygiene was arranged for the students. Officials deputed by Coleen Health Care Ltd led the session.

On 18th and 19th December the unit organized a two day seminar on "Female Health and Hygiene" where expert doctors from India and abroad led various sessions. On 18th December, a free eye check up camp was also organized, where students were offered a free trial of contact lenses.

A one day seminar S.A.F.E (Secure Active Functional Environment) was conducted on 8 February. Sessions on Disaster Management, Alcohol and Drug Abuse, First Aid and Safety Procedures. Pala Fire Force Officers and Excise Officers led different sessions. They also distributed leaflets among the students. Smt. Jija, Asst. Professor, Dept. of Physiotherapy, Alphonsa College led a session on First Aid.

On 14 February an awareness programme on Corona Virus was conducted by Dr. Anish Bhadran, RMO, Govt. Hospital Pala. As a continuation of this, an awareness programme for the public was conducted by the students at KSRTC bus stand Pala.

FLOOD RELIEF

- The volunteers actively engaged in reconstructing Kerala after the fatal flood the state has faced a second time. This time help was extended to the state of Assam as well. The students actively participated in the flood relief activities and the materials collected for Assam was handed over to the collection centre at St, GITS College, Pathamuttom. The materials for Wayanad have been handed over to the collection centre in the university.

CHARITY INITIATIVES

- Fifty NSS volunteers visited Govt. Children's home at Thiruvananthapuram on 5th July 2019 to spend time with the children and to encourage them. The volunteers also conducted various entertainment programmes for the inmates and



created opportunities for them to be active individuals.

The students, under the initiatives of the NSS volunteers collected money towards the living expenses and studies of few of our students.

The NSS unit organized "Thanalidam" an exhibition cum sale of hand embroidery fabrics done by the NSS volunteers on 20th August to raise fund for a proposed house maintenance to be done during the special camp.

The volunteers collected dress materials for the inmates of Mariasadanam, a rehabilitation centre for mentally challenged and handed it over to the administrators.

On 11 December the volunteers visited Mariasadanam and bought 200 new plates and glasses for the inhabitants.

On 12 February the unit, in association with red cross organized a food fest to raise fund for house construction.

OTHER ACTIVITIES

- With the aim of promoting self employment a skill development programme on embroidery was offered to the volunteers on 22nd June 2019. An exhibition of craft works made out of waste materials was conducted and prizes were distributed for the students on 25th June 2019.

College bursar Fr. Jose Joseph inaugurated Plant a Volunteer Plant a Tree Programme by Planting Chamba tree in the college compound.

On 23rd October a class on "computer literacy" by Dr. Vidhu Narayan, Assistant Professor, UC College, Aluva was organized for office staff of Alphonsa College.

On 29 November, in association with HDFC bank, the unit conducted a blood donation programme where 25 of our volunteers donated blood.

On 13th a programme officer and 10 students visited and took practical lessons on LED bulb making, cloth bag making etc at Thuruthikara.

NSS Unit of Alphonsa College Pala participated in the pulse polio immunization in different centres under Primary Health Center, Ullanadu on 19 January 2020.

The unit cooperated with Pala municipality in collecting plastic waste from public places and roads from Kottaramattom private bus stand to Marian Medical Centre, Arunapuram on 25 January 2020. The volunteers also involved in Clean Pala Campaign by performing a street play at Pala town on 25 January 2020. On the same day, a medical camp by AllMed was organized at Alphonsa college. Staff, students and alumni of the college were the beneficiaries.

A medical camp by DDRC was conducted on 11 February 2020 which focused on various blood tests to diagnose diseases

The unit collaborated with employment exchange to release "Careerjalakam" published by State Skill Mission on February 13



REPORT OF THE NCC ACTIVITIES 2019-20

Alphonsa College NCC unit has a strength of 108 cadets and an officer. 58 cadets were enrolled this year. CPL Binupriya Babu attended the Tal Sainik Camo held at New Delhi and won gold Medal in Obstacle Course. UO Thressyamma Joseph, CQMS Ann Mary Pious, Sergeant Aswathy Manoj, Sergeant Sreepriya KR, CSM Preethymol Mathew and Sergeant Aleena Biji attended EkBharath Sresht Bharath camp held at Kasaragod. CPL Liya Sunny attended the Inter Group Competition of the Tal sainik Camp held at Kozhikode. Cadet PreethyJayan attended the Republic Day Preparatory camp held a Edathwa. 53 cadets attended various Annual Training Camps this year. This year also the cadets of the sub unit actively involved in a number of social service activities including flood relief, blood donation camps and swatch bharaath activities.

The cadets of the Sub unit performed exceptionally well during the flood relief activities. We raised a sum of Rs. 10,000 and distributed Survival kits to three Flood Relief Camps in and around Pala on 6th August. On 17th August we opened a collection centre at the College to help the flood survivors at wayanad. Other than food grains and other materials, we raised a sum of Rs. 20,000 for Wayanad. On 1 December cadets visited St. Joseph's Orphanage Kummannoor and gifted the children school stationaries and Rs. 10,000. The amount was raised by collecting scraps and selling it to vendors.



International Yoga Day



NCC Cadets 2019-20



Blood Donation Camp



St. Joseph orphanage visit



Wayanad Flood Relief

PRO Defence Trivandrum @Def... - 13h
#KeralaFloods2019 #KeralaFloodRelief2019
33 #NCC cadets of Alphonsa College #Pala,
5 Kerala Girls Bn NCC,
#Changanacherry, visited the three major
relief camps in and around Pala town.

They prepared essential Food Kits and
distributed to many families.
@adgpi



National Cadet Corps and ADG (M&C) DPH

Defence PRO's comment on the flood relief activities

Department Activities

BOTANY

In connection with World Environment Day celebrations the Department of Botany organized a class on current year's



environment day theme "Beat Air Pollution" for the students on June 16, 2019. Dr. Satheesh Kumar P.K, Associate Professor,



Department of Botany, Banaras Hindu University served as the resource person. The class was highly informative and interesting.

CHEMISTRY

The activities of the Chemistry Association were inaugurated by Dr. Suraj Soman, Scientist, Photo sciences and Photonics section,



Dr. Suraj Soman Delivering talk on "solar cells"

NIIIST, Thiruvananthapuram on 16th September 2019. He delivered a scholarly lecture on the topic "Solar Cells". In connection with the Environment Day celebrations, card making competition was organized on 5th June.



Intercollegiate science quiz "ADANWO 2020"

ECONOMICS

The activities for the academic year 2019-20, started with a 'Used Book Collection' organised by the Department as part of World Environment Day on June 5, 2019. The collected books were distributed among the first year students of the Department. The Department arranged a Budget Analysis session, on July 9 2019, following the Annual Budget of the Government of India. The session was headed by Dr. Tojo Jose,



National level K M Mani memorial Quiz competition on 10th Jan. 2020

Assistant Professor, Department of Economics, T.M Jacob Memorial Government College, Manimalakunnu. In connection with the World Population Day, the Department organized an Intra Collegiate Poster Designing on theme 'Gender Equality' and



a Quiz Competition on 11th & 12th July respectively. As an extension of the celebration of the feast of St. Alphonsa, on July 29th, 150 food packets were collected by our students for distribution to the inmates of 'Mariansadanam'. An orientation class was provided for the 2nd and 3rd DC students on July 15th on MOOC and E-Learning platforms. Mrs. Smitha Clary Joseph

headed the session. The representatives of the Hedge School of Applied Economics visited the Department and introduced its various certificate and diploma courses and several employment opportunities to the students. The activities of Economics Association for the academic year 2019-2020 were inaugurated by Prof. Shahvas Sheriff, Assistant Professor, Department of Economics, CMS College, Kottayam. The Department celebrated Christmas on 20th December, and the New Year on Jan 1st 2020.

The Department organized the All India K.M Mani Memorial Quiz Competition, Dakshatha 2020, in association with K.M Mani Centre for Budget Research and Analysis on January 10, 2020. Over 65 teams from across the country registered for the competition. The overall trophy, certificates and cash prizes were distributed by Shri. P K Hormis Tharakan (Former DGP & RAW Chief). As its extension programme the department conducted Tuition classes for 9 students in the colony from 9.30 am to 3.30 pm. Deepthy Baby, alumni of the Department and I DC students took classes for the students.

Students visited adopted institutions at Maria sadanam and Anthinadu on 31 st January 2020. Bhashya Arogya, a seminar was conducted at VICIB. The seminar was inaugurated by Shri Shaji Kedaram, Wayanad. He took Classes related to the importance of leaves and tubers. River rejuvenation and Neerchal punarJeevana programme was conducted with Bhoomika Poonjar on September 9th and was inaugurated by Dr. Roy Paul. Mariasadan visit and distribution of paper carry bags prepared by Mariasadan inmates were organised and was inaugurated by Sri HormeseTharakan, former DGP.



Workshop on Pen Makingt

Seminars and lectures organized by the department included an invited lecture by Sri.Mathew Cheriyanalayil, UN official, Vienna, a one day international seminar by Dr. Michael Warren Sonnleitner, Wichita, Kansas, USA on Gandhian Economics, one day seminar on Financial Market-class by Dr.K K John, Bank Literacy Seminar by State Bank of India and Federal Bank , a seminar on Practical banking by a team of five Federal Bank officers, Add on course for III DC by three teachers from CND Department, and a lecture on Health Economics by Dr. Vishu G Kartha, Kartha's Huts of Wellness, Pala.

A Self employment programme on pen making was organized for III DC Students under the leadership of NSS volunteers in the department. Among the various competitions organised are Theme Based Book Exhibition and Quiz Competition and an Intra department Elocution competition in association with UBA. The students of the 3rd year Economics were taken for a Nature Camp in the Chimmony Wildlife Sanctuary. They also visited the Hill Palace Museum, Thripunithura. The Department also organised a field trip to Kudamkulam Nuclear Power Plant (KKNPP). The students also visited the Centre for Development Studies (CDS), Trivandrum. A Nature Education Camp was conducted at Vellappara, Idukki with 52 students. III DC students went on a field trip to Palaikkari as part of add on course, environmental study and spiritual economics. They also visited Mannanam, Vechoor and Chempu.

The usual activities like Department farewell to III DC Students, Alumni association meeting, alumni class and PTA meeting were conducted with much enthusiasm during this year too

ENGLISH

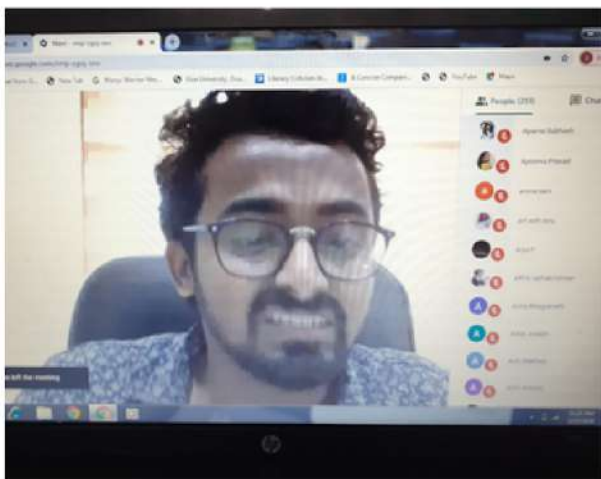
The activities of the English Association were inaugurated on 6 August 2019 by Prof. Subin Varghese, Asst. Prof Dept of English, Devamatha College Kuravilangad. He also delivered a scholarly lecture on "Recent Trends in Literary Theory". The association organized a reception for the rank holder and 8 A Plus Holders of 2016-19 BA English batch and the two UGC NET Holders. As a part of the outreach programme conducted by Association, students along with faculty members visited Juvenile Home at Thiruvanchoor on 6 July 2019. UGC NET Coaching for our PG students was inaugurated by H.O.D Rev. Fr. Jose Joseph Pulavelil on 1 August 2019.

A Free eye checkup camp along with cosmetic contact and power lens trial was conducted by our association on 18 December 2019. Final year BA students went on an excursion to Coorg, St. Mary's Island and Malpe from 5 to 8 January 2020. II MA students went on a one day trip to Malampuzha and Palakkad on 30 January 2020. Our association conducts free tuition classes for the inmates of St. Joseph's Orphanage Kummannoor as part of our extension activities.



Free eye check up camp

This year, our faculty members and students brought home many laurels. Lt Anu Jose, Asst. Prof of our Department was awarded as the best ANO, 5(K) Girls BN NCC. Three of our students, Sneha Joseph (I MA English), Ansu Tresa Mathew and Daliya Maria Tom (2017-19 MA English) cleared UGC NET Exam this year. Aileen Maria Kuriakose (II DC English) was selected as the Nasrani Manka 2019. Gowri Suresh and Diya Marydas (III DC English) won prize in intercollegiate quiz competition. Gayathri.S, Aksamol Sagi and Lis Maria Sebastian won prize in Treasure Hunt organized by St. Thomas College, Pala.



Webinar on Recent Trends in English Literary Studies

English Association conducted an English debate competition in collaboration with Oratory Club on 16 January 2020. Annie George and Aileen Maria Kuriakose won the first prize and Annie George was selected as the best debater in English. Anu Augustine (II DC English) bagged many prizes in various intercollegiate Debate and Extempore competitions conducted by various colleges. I MA students presented papers in various National Seminars held in several institutions across Kerala.

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The Department organized a National seminar on Blurring the Boundaries: Theory as an Intertext on 19-20 February 2020 in association with School of Letters and Department of Student Services MG University Kottayam. On 27 May the Department has organized a webinar on Recent Trends in English Literary Studies with Dr. Mohammed Aslam, Asst. Professor MAANU, Hyderabad.

HINDI

During the academic year 2019-20, the department of Hindi conducted various activities to encourage and develop the skills of the students in hindi literature. The Departments of Malayalam and Hindi Alphonsa College, Palain collaboration with the Malayalam Mission of the Department of cultural affairs, Govt. of Kerala conducted a one day National Seminar on 'Diaspora in Films and Literature' on 31st January 2020. The seminar was a platform for the delegates and students to enlighten themselves of the latest trends, Diaspora in Films and Literature. The National Seminar was inaugurated by the famous language critic Dr. K. K. Sivadas, Dept of Malayalam, Kannur University Dept. of Malayalam and Hindi in collaboration with EBSB conduct translation competition on mother tongue of Kerala and Himachal Pradesh on 20th February 2020.



Translation Competition

In collaboration with Nehru Yuvakendra, Kottayam and Oratory club of Alphonsa College, Pala department of Hindi celebrated Pakvada Samaroh (Hindi week celebrations). In connection with the celebrations Hindi Department conducted an Elocution competition. Dept. of Hindi conducted an invited talk on "Official Language Hindi" on June 30th 2019 Dr T K Anish Kumar Hindi Officer and P.R.O. Central University, Kasargode was the resource person



Invited Talk on "Official Language Hindi" by Dr T K Anish Kumar

HISTORY

History Association activities for the academic year 2019-2020 was inaugurated on 29th July 2019 by Dr. Krishnakumar M V , Assistant Professor and Head of the Department of History, Newman College, Thodupuzha. Gahana Navya James, First rank holder of MG University BA Degree of 2019 and Alphons George Assistant Professor on contract who achieved PhD degree were honoured during the occasion. Dr. Krishnakumar M V delivered a lecture on 'Importance of Environmental History'. In connection with Environmental Day on 5th June students of the Department undertook cleaning of their premises. An essay writing competition was conducted in connection with World Refugee Day on 21st June 2019.



Krishnakumar M V inaugurates the association activities

The Department organized an orientation class for the students of first year on 25th June 2019. A documentary on Hiroshima incident was screened in the smart class on 7th August 2019 to commemorate Hiroshima and Nagasaki Day. Department conducted "Meet the Alumni" programme on 25th September 2019. Ms Aby Joseph of 2012 batch gave a talk on Learning Skills. Gandhi Jayanti was celebrated by organising an essay writing competition on 1st October 2019. Third year students went on a study tour to Goa and Hampi from 16th to 18th November 2019.

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Department of History signed an MOU for academic collaboration in Sharing Resources and Expertise for Excellence (SREE) with St Thomas College Pala, St Dominic College Kanjirapally, St Thomas College Ranni, and Henry Baker College Melukavu on 19th November 2019. Our department started a lecture series named SREE LECTURE

SERIES in association with this programme. First lecture in the series was conducted in connection with Constitution Day by Sri Bino P Jose, Asst. Professor, St Dominic College Kanjirapally. He gave an informative lecture on the Drafting of Constitution on 26th November 2019. The second lecture in the series was taken by Maneesh Varghese, HOD of History, St Thomas College, Palai on 31st January 2020 on the topic Sree Narayana Guru and Social Reform Movements. The third lecture was taken by Dr. Deepa Roslin, HOD of History, St Thomas College , Ranni on 8th February 2020 on the topic Cold War. The next lecture in the series was led by Dr. Beena Paul, HOD of History, Henry Baker College, Melukavu on 14th February 2020 on the topic Nationalism and Construction of Women hood. Our faculty members took classes in other colleges as well. Ms, Alphons George delivered a lecture on Vaikom Sathyagraha at St Dominic College Kanjirapally on 16th December 2019 and at St Thomas College, Ranni on 27th January 2020. Sethulekshmi V M took class on the topic Green Revolution at Henry Baker College, Melukavu on 5th February 2020 and at St Thomas College, Palai on 18th February 2020.

Alumni meet of the department was conducted on 25th January 2020. A theme based book exhibition was organized during the month of January 2020 on the topic 'Historiography of India'. A Quiz competition was also conducted in connection with it on 5th February 2020. As part of extension activities the Final year students of the Department of History visited DCMR, a school for intellectually disabled students at Puliyanoor, Pala and spent a quality time with the students and entertained them. Second year students were taken to Kayamkulam Palace as a part of Historical site visits on 6th March 2020. Farewell to III DC and Valedictory programme of the department were conducted on 2nd March 2020.



Signing of MOU for academic collaboration in Sharing Resources and Expertise for Excellence

MALAYALAM

During the academic year 2019-20 Department of Malayalam organised various activities for the students. To commemorate the Environment Day, a poetry writing competition based on the theme -Nature was conducted for the students. The Reading week was commemorated with

competitions on Poster Designing and Book Review on 19th June 2019 and an Extempore Speech competition on 20th June, 2019. Dr. Kuriakose Kappilparambil, Assistant professor, St. Thomas College Pala empowered the students on the value and importance of Reading through his inspiring speech on 21st June. November 1st 'Keralapiravi' was celebrated as the Language Week. To familiarize words of 'Administration' in the vernacular, five words per week were exhibited. Students took the Language oath in the college as a whole and in the class in particular.



Reading Day Celebrations

The Malayalam and Hindi Departments of the college in collaboration with 'Malayalam Mission' conducted a one day National Seminar on 'Diaspora in films and Literature' on 31st January 2020. Dept. of Hindi and Malayalam in collaboration with EBSB conduct translation competition on 20th February 2020. A quiz on Literature was conducted for the students of our college under the auspices of Mathrubhumi. S.DSatheeshan Nair, Sub editor of Mathrubhumi served as the quiz master. Seven teams participated in the final round. To foster the creativity, artistic and literary talents of the students a manuscript magazine Dalam was released on 4th March 2020.

MATHEMATICS

The Department of Mathematics secured good results in the final year B.SC degree examination of M.G University. Out of 41 students appeared for the examination 32 passed in A+ grade, 6 in A Grade with 100 percentage of pass.

On 11th July 2019, our department celebrated World Population Day and conducted a collage competition. To make the students aware and informed about the recent trends in the subject, the Department has been conducting atleast one invited lecture in every academic year. This year, it was given by Ms. Ann Mary Philip of Assumption College Changanassery on the topic Graph Theory.

The Mathematics Association arranges an All Kerala inter-Collegiate Mathematics Quiz every year. Students of CMS College Kottayam, St. Stephen's College Uzhavoor and St.

Joseph's college Moolamattom secured the first, second and third positions respectively in this year. Trophy, Certificates and cash awards are given to the winners.



All Kerala inter-Collegiate Mathematics Quiz Winners

Our Department introduced a new certificate course, "LATEX Training programme". Many students were benefited by the programme. It helped them a lot to prepare their project. Our eminent alumnae Ms Sunitha Jacob ISS interacted with our students. The interaction was very effective and informative.



Interaction with Ms Sunitha Jacob ISS

St Pious orphanage, Pala is adopted by the Department for social work. Tuition classes are given to the inmates of the high school classes by the final year students on holidays. Department celebrates Onam and Christmas with the inmates and also provide small financial help to them. In connection with World Mathematics Day, our department conducted a Project presentation competition. Also our students participated in many quiz competition conducted by various colleges.

PHYSICS

Inauguration of the activities of Physics Association 2019-2020 was held on 19th July 2019. The chief guest and the resource person of the program was Dr. K S Sreelatha, Asst. Professor, Govt. College Nattakam. The inaugural ceremony was followed by a lecture on 'Virtual Lab'. As a part of enrichment programme, a talk series 'LET IT SPARK' was launched on 26th September 2019. The talk series focused on various general topics for

physics aspirants and were moderated by 3rd DC students. Physics association launched a blog 'Poetry of Reality' on 14th June 2019 dealing with simple and easily comprehensible articles focusing mainly on Pseudoscience. Ms. Anna Babu and Ms. Atheena Jain of 3rd DC are the bloggers. Topics include: Kirilian photography, Science fiction movies in Indian context, Science fiction movies: Criticisms etc. Physics association started



a discussion platform 'Resonance' with the motto 'Always Question, Always Wonder', for students from various colleges who want to talk science, share their opinions, voice their concerns and learn something new. Students from Physics department contributed to the intercollegiate exhibition held at St. Joseph College of Engineering and Technology during 28th and 30th November 2019. Various exhibits made by the



SPARKZ-'2020

students were presented to help higher secondary students for understanding the physics behind everything.

Quiz competition Brainiac2K19 was conducted for Physics students on 30th August 2019, dealing with general physics. Miss Diya Joby, Association President was the Quiz master. Students from Dept. of Physics played leading role in the UBA's house hold survey conducted at Maryland village, Kadanad under the guidance of Dr. Vijutha Sunny and Rev. Dr. Sr. Sherly Joseph. Dept of Physics maintains a Science and Technology display, Beats, dealing with articles and newspaper cuttings on important events, discoveries, scientists etc. SPARKZ-'2020 Physics based exhibition was conducted on 15th January 2020 for the students, teaching staff, non-teaching staff, parents and students from nearby schools. Students presented models of hydraulic dam, non Newtonian fluids, smoke absorber, supernova

explosion etc. Presentations on Schrödinger's cat, sub atomic particles etc. were also done.

Annular solar eclipse, nicknamed "The Ring of Fire" was this year's most awaited moment for all. Students from our department attended a workshop on the same at Deva Matha College, Kuravallangad. 3rd year students of our department conducted various workshops on the same at nearby schools and localities in order to encourage the public and to raise awareness against superstitions.

POLITICAL SCIENCE

Political Science Association was formally inaugurated by Dr. M.M.Mathew, Former HOD, Department of Political Science, Mar Thoma College, Tiruvalla on 27th August 2019 and he delivered a key-note address on "Democracy as a way of life." Principal Rev. Dr. Sr. Gigimol M.G presided over the meeting. PTA Meeting was organised on 26th September and Sri. Binoy Joseph, SHO, Janamaithri Police, Pala delivered a class on "How to be an effective Parent." As a part of the extension programme, H.O.D, Rev. Dr. Shaji John delivered a class on "Effective Parenting" to the mothers of the students of St. George's L.P.S, Chittar on 9th October 2019. Our I MA students, Gahana Navya James and Aneena George conducted a spoken English class to the students



Extension Programme at St. George's L. P School, Chittar

of St. George's L.P.S Chittar on 9th October 2019. In connection with the commemoration of Constitution Day (26th November 2019), I MA Student Gahana Navya James delivered a lecture on Preamble of the Indian Constitution to IIDC Economics students. In connection with the Human Rights Day (10th December



Dr. Michael Warren Sonnleitner, delivers a lecture in Gandhian Economics

2019), the students of I MA participated in the state level seminar on "Lokpal and Human rights" at Lourde Hall, Kottayam conducted by Human Rights Protection Council. On January 1st a meeting was convened to felicitate Gahana Navya James, who

qualified UGC- NET, JRF in December 2019.

Extension Programme of the Department of Political Science was held on 17th January, 2020 at St. George's L. P School, Chittar. Library books and rack provided by the Department of Political Science. Vegetables such as cabbage, cauliflower, lettuce, tomato, green chilly etc are cultivated through bio farming at St. George's L.P School, Chittar. On 6th February 2020, a quiz competition on Himachal Pradesh organised for the Political Science PG students by the department in connection with the Ek Bharat Sreshta Bharat (Kerala meets Himachal Pradesh). Dr. Michael Warren Sonnleitner, Fulbright Scholar in India (November 29, 2009 to May 29, 2020) delivered a lecture in Gandhian Economics on 2nd March 2020.

ZOOLOGY

As a part of promoting an eco-friendly way of life and reducing the use of plastics, the department distributed cloth bags to the students of the college 10th June 2019. B.Sc IIIrd year students and I PG students of the Department of Zoology visited Tropical



"Meenachilar Samrakshana Padhathi"-
Students planting Bamboo seedlings along the banks of
Meenachil River at Chethimattam region of Pala.

Institute of Ecological Sciences (TIES) on 22nd August 2019. They had one hour lecture on biodiversity and its importance. "Meenachilar Samrakshana Padhathi" was carried out in association with Forestry club on the remembrance of 150th birthday of Mahatma Gandhi on 4th October 2019.

B.Sc second year students and third year students planted Bamboo seedlings along the shores of Meenachil River at Chethimattam region of Pala. Association activities for the year 2019-2020 was inaugurated by Dr. Jobin Mathew (Head, Department of Zoology, CMS College, Kottayam) on 15th January 2020 and delivered an igniting talk on 'How to describe a new species'. III DC Zoology students had a study tour to Wayanad and Coorg on 18th to 21st December 2019.

The students and faculty of our department participated in Vembanadu Odonate Survey, conducted by TIES, Pambadi and Forestry Club of Kottayam on 5th December 2019. The 3rd DC students visited apiculturing field at Illickathazhe, a demonstration on apiculturing was given by Kumari Beena Tom

on 23rd January 2020. The manuscript magazine "PHLEROMA 2K19" was released by Dr. Gigimol M.G, Principal, Alphonsa College, Pala on 15th January 2020. Our students conducted Science exhibition in Association with St. Joseph's Engineering



Inauguration of Cloth bag distribution by Department of Zoology

College Choondacheri from 28th and 30th November 2020. The department conducted Mothers PTA of 3rd DC students on 4th October 2019. A workshop on Odonate identification with field survey was conducted on 7th March 2020 by Dr. Abraham Samuel (Rtd. Associate Professor, CMS College). As a part of outreach programme our I DC and II DC students made a visit to Children's home at Kummannoor on 4th March 2020 and distributed various stationary items. The students also contributed to St. Joseph's Children's Home Library, at Kummannoor.

As a part of observation of wetland day a power point presentation was organized on 3rd February 2020. Our students conducted an exhibition in connection with Science Day celebrations on 2nd March 2020. Valedictory function of the zoology association was conducted on 3 March 2020. A value added talk was delivered by Rev. Dr. Shaji John, Assistant Professor of Politics, Alphonsa College Pala. Our 3rd DC students visited an aquaculture farm at Poonjar on 2nd March 2020. As part of Vanya competitions an Intercollegiate Project presentation competition was conducted by the department on 17th February 2020.

PG DEPARTMENT OF CHEMISTRY (SF)

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 "Application of group theory in chemical bonding", on 12th August, 2019. We saw a lot of enthusiasm 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, Cardamom Research Centre,



Exhibition

Myladumpara, Idukki, Kerala Agricultural University, Mannuthi.

Two of our I PG students got second prize in debate competition held at St. Thomas College, Pala organising on All Kerala Infotainment and Exhibition 'ATMOS 2020' on 24 th January 2020.



The final year MSc students bid adieu to their alma-mater. The department achieved very good result in the 2017-2019 batch.

PG DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS (SF)

The department organized a chocolate fest "DEBORA" on 9th July in connection with international chocolate day. The III DC students visited the Anganwadi at Lalam, Pala on August 12th 2019. On September 5th teachers day was celebrated and selected the office bearers of the association. Onam was celebrated by the teachers and students of the department on September 6th. The students made payasam and distributed among the teachers and students. The association observed World Food Day on September 19th. The students visited G.L.P.S, Arunapuram and took part in the mid day meal programme. The nutritional status of the school children was also assessed. The II DC students visited the five star hotel, Ramada, Alappuzha on September 21st 2019. As part of observing World AIDS day the department organized an awareness class by Smt. Gayathri Ashok, Nutrisolutions, Ernakulam. The second year degree students of Clinical Nutrition & Dietetics had undergone ten days training at Dairy Training Centre, Kottayam from December 16th -20th. The Christmas and New Year celebration and gift

exchange by the association was conducted merrily on 20th December. The department organized a talk on "Ketogenic diet" by Mrs.Jyothi, Chief dietitian Believers Hospital, Thiruvalla on 27th January.

The department also conducted various community extension programmes like Nutritional Assessment of Sedentary Women ,Nutritional Assessment of Adolescent Boys ,Nutritional Assessment of Adolescent Girls, Nutritional Assessment of Pregnant Women, 25- 35 years, IHM, Bharananganam, Kottayam; Planning, implementation and evaluation of nutrition



Talk on Ketogenic diet by Mrs.Jyothi,
Chief dietitian Believers Hospital, Thiruvalla

intervention program in Elakkadu colony, Vayala, Kottayam; Development of cost effective Vit. C- rich recipes for sedentary women; Nutritional Assessment of School children(10- 12 years) and imparting Nutrition Education at Marymatha Public School, Pala and St. Thomas TTI Pala; Prevalence of Under nutrition among Adolescent Girls (14- 16) in Pal;. Nutritional Assessment and Nutrition Education of Adolescent Boys (15- 18 years) at St. Thomas HSS, Pala; Qualitative Assessment of Adolescent Girls perception towards being healthy, eating healthy and its relationship with their nutritional status (Aged 15- 18 years) at St. Mary's GHSS, Pala; Prevalence of Diabetes Mellitus among Middle Aged Women and their dietary pattern influencing it(Aged 40- 60 years), in Palakuzha Panchayat, Kottayam and Assessment of nutritional status of Pregnant Women in Govt. Hospital Muvattupuzha (aged 20- 35 years).

COMMERCE (SF)

The department also conducted various community extension programmes like Nutritional Assessment of Sedentary Women ,Nutritional Assessment of Adolescent Boys ,Nutritional Assessment of Adolescent Girls, Nutritional Assessment of Pregnant Women, 25- 35 years, IHM, Bharananganam, Kottayam; Planning, implementation and evaluation of nutrition intervention program in Elakkadu colony, Vayala, Kottayam; Development of cost effective Vit. C- rich recipes for sedentary women; Nutritional Assessment of School children(10- 12 years) and imparting Nutrition Education at Marymatha Public School, Pala and St. Thomas TTI Pala; Prevalence of Under nutrition

among Adolescent Girls (14- 16) in Pal; Nutritional Assessment and Nutrition Education of Adolescent Boys (15- 18 years) at St. Thomas HSS, Pala; Qualitative Assessment of Adolescent Girls



perception towards being healthy, eating healthy and its relationship with their nutritional status (Aged 15- 18 years) at St. Mary's GHSS, Pala; Prevalence of Diabetes Mellitus among Middle Aged Women and their dietary pattern influencing it (Aged 40- 60 years), in Palakuzha Panchayat, Kottayam and Assessment of nutritional status of Pregnant Women in Govt. Hospital Muvattupuzha (aged 20- 35 years).

Department of Commerce inaugurated activities of our registered Women Entrepreneurship Motivation Club on 22nd November 2019 by Fr. Shaji John (Vice Principal, Alphonsa College Pala). The club organized a career oriented seminar on the same



Career orientation workshop by Dr. Brijesh George John

day in association with State Industrial Board. The session was led by Dr Brijesh George John (Assistant Professor, Marian College Kuttikanam).

An Internship Programme was offered for commerce students. 20 students have completed their internships from various institutions such as Co-operative Banks, Industries etc. The internship was conducted during summer vacation. This programme was very helpful for the students to acquire a practical exposure in accounting.

Department organized a leaf identification competition LAHOJA ID as part of world environment day on June 10th 2019. The department organized an Industrial Visit to Glenrock Rubber Products Pvt. Ltd., Mallikassery, Pala. The students took this opportunity to understand the various functional activities related to the running of an Industry. The WEM club of our

department conducted a one day workshop on Scope and Marketability of Dairy Products on 26th November 2019 as part of National Milk Day for the club members and general public. The session was led by Dr. MG Vijayakumar, Dairy Extension Officer.

PG DEPARTMENT OF ENGLISH (SF)

The activities of the P G Department of English (S F) in the Academic year 2019-20 were instrumental in the overall development of the staff and students of the department. The association named Monde Literaria was officially inaugurated by Dr. Jyothimol P, Assistant Professor and HOD, Department of English, Baselius College, Kottayam on 26th August 2019. The entire department warmly welcomed the freshers of the Department.

An Orientation class was organized by the Department on 17th June 2019. An Invited Lecture was conducted for PG students, by the P G Department of English (S F) on the topic "Modernism and



Department Association Inauguration

Postmodernism: An Interface" by Dr. Jyothimol P, Assistant Professor and HOD, Department of English, Baselius College, Kottayam on 26th August 2019. A Workshop on "Research Methodology and Research Paper Writing" was organized by the P G Department of English (S F) on 11th December 2019. It was delivered by Shri Bibin Thomas, Research Scholar, NIT, Kozhikode. The Alumni Meeting of the Department was



Community Extension Activity - Prohibition of Plastics

conducted on 26th July 2019. The Department held a PTA Meeting on 10th January 2020. A farewell was given to the 2017-19 batch on 19th June 2019. Trophy and a cash prize of Rs 500 were given to the Best Outgoing Student in the Department. A meeting was organized to congratulate Miss Arsha Jaswanth of

the 2017 -19 batch who cleared UGC NET on June 2019.

As part of the Community Extension Activities, the students of the P G Department of English (SF) along with The Arunapuram Residents Association and The Nature Club of St.Thomas College Pala conducted a rally on the Prohibition of Plastics. The teachers along with the students of the Department went to a Study Tour to Malampuzha, Palakkad on 30th January 2020.

B. Voc FASHION TECHNOLOGY

DeptOur students proved their mettle in diverse areas during the year 2019-2020. A "Workshop on Thematic Line Development" was conducted for our final year students. The classes were led by Mr. Andrews Samuel, Asst. Professor, Yeldo Mar Basalious College Kothamangalam. As part of "National Skill Day" the department of B.Voc Fashion Technology conducted various competitions including Mehendi Design, Hair Styles, Face



Industrial Vist to: "Handloom Industry" in Balaramapuram Trivandrum

painting and Doodle Art for the students of Alphonsa College. Our Department conducted a "P.P.T competition" connected to Indian and International Designers. We also conducted an Industrial Visit



to "Handloom Industry" in Balaramapuram Trivandrum for our students to gain more knowledge and practical information about weaving.

They participated in the fashion show VOVOPOX-Breaking the Stereotype, an intercollegiate event conducted at B.C.M College Kottayam and won first prize and a cash award of Rs.10,000/-

Ms. Surumi Salam of II DC B.Voc FT participated in "Campus Vibes" organized by Grihalakshmi Magazine August 2019 issue. Dept of B.Voc FT participated actively in the cleaning programme conducted in the college as part of Gandhi Jayanthi celebrations. B. Voc Association won overall 2nd runner up in the college sports meet. We also won the best department award on "Paryaptha" organized by the Center for Gandhian Studies. As part of the Christmas celebrations the students of our department constructed 20 garments as a gift to the kids of Bala Bhavan, Ponkunnam.

We also conducted a card making competition on Christmas. The Department conducted a Fashion Show PASADIZO 2020 in our College to introduce 85 designer garments of our 17 designers.

B.Voc SPORTS NUTRITION AND PHYSIOTHERAPY

Department activities of the year started with association inauguration. B.Voc.Sports nutrition and Physiotherapy students secured First, Second ,Third and Fourth ranks in University degree examinations. Department conducted a seminar on "Diabetes and Physiotherapy " in connection with World diabetes day .Students of the department also done a poster presentation associated with this. In association with UBA cell our department



Medical Camp conducted by the department

conducted a free medical camp on 29th November 2019 for the public at Karthas hut of wellness, Meenachil, Pala. Students of the department participated in science exhibition conducted by St.Thomas college of engineering ,Choondachery. First year students participated in University youth festival. Students actively participated in science day celebration. Department is always ready to give first aid support to all students of the college and conducting free BP check up in every week. Farewell to the final year students was on 4th March 2020.

COLLEGE UNION REPORT 2019-2020

21 August 2019 marked a wave of change in the history of Alphonsa College as a new union took charge. Just as soon as we had caught our breath from the thrill of campaigning and elections we started putting together our plans straight away for the 2019-2020 academic year

COLLEGE UNION ELECTION

The college union of Alphonsa College was elected on 21 August 2019 in the parliamentary method under the able guidance of our principal Rev. Dr. Sr Therese Madukkakuzhy, Vice Principal



COLLEGE UNION INAUGURATION

Rev. Dr. Shaji John and Rev. Dr. Sr. Regeenamma Joseph, union advisors Dr. Diana Jose and Dr Annu Paul and other teachers deputed for the election.

Following students were elected as the office bearers of the college union for the year 2019-2020.

Chairperson	: Ms. Anisha Mary John
Vice Chairperson	: Ms. Anjaly T.E
General Secretary	: Ms. Alphy Jose
University Union Councillors	: Ms. Theresa Jose
	: Ms. Adithya NA
Arts Club Secretary	: Ms. Sreelakshmi.R.Menon
Magazine Editor	: Ms. Fathima Mizaj Maqsood
II PG Representative	: Ms. Maria Sharol
I PG Representative	: Ms. Reenu Rose Cyriac
III DC Representative	: Ms. Rahna Roy
II DC Representative	: Ms. Derline Jose
I DC Representative	: Ms. Arathy M.P

INVESTITURE CEREMONY 2019 2020

The formal Inauguration of the activities of the college union was conducted on 27th September 2019. Pathanamthitta District Collector P.B Nooh IAS was the chief guest. Ms.Anisha Mary John, the college union chairperson presided over the function.The principal administered the oath to the union members.Mr.Nooh, who was also a union member during his college days, not only

inspired by with his speech but also sparked in our minds the fire of dedication and determinations.The meeting was followed by myriad cultural events that showcased the talents of the students.

COLLEGE YOUTH FESTIVAL 2019-2020

The College Youth Festival for the year 2019-2020 was conducted on 10th and 11th of October 2019. Several Writing



College Youthfestival

competitions and arts competitions were conducted.The students energetically participated in the competitions.The Youth Festival created a wave of energy and strength to the students.

CHRISTMAS CELEBRATION

The festivities of Christmas were celebrated with great vigour in our college.Santa Soire held on a week. Pala Co-operative Secretary Rev.Fr.Berchmans Kunnumpuram was the chief guest and he gave the Christmas message.We conducted Dancing Santa competition, Christmas



X'mas Celebration

tree decoration, Carol song competition, Christmas card making and letter writing competitions were students readily participated.It was indeed a blessed day filled with joy and merriment.

ARTS CLUB INAUGURATION

Arts speaks what words cannot, January 7 2020 saw Alphonsa

College being decked up for Kalaagni 2020, the much awaited arts club inauguration. Ms. Anna Katharina Valayil, the famous



Arts Club Inauguration

singer, song writer and composer was the chief guest for the event. She was cordially received by our principal Rev.Dr.Sr.Therease Madukkakuzhy. Ms. Sreelakshmi.R.Meno the Arts Club Secretary presided over the function and our principal Rev.Dr.Sr.Therease

Madukkakuzhy felicitated the gathering. The chief guest rocked the stage and captured the attention of the audience by her mesmerizing performance. The curtains of the inaugural function rolled out with commencement of cultural fiesta.

WOMEN SAFETY AWARENESS SEMINAR

The college union in co-ordination with Janamaitri Police conducted a seminar about women safety on 3 February 2020. Pala Sub Inspector Sri.Kuriakose P.J inaugurated the seminar and our Vice principal Rev.Dr.Shaji John presided over the function. Pala Assistant Sub Inspector of Police Sri.Binoy Thomas intrigued the students with a talk. This was indeed a great learning experience.

SPORTS DAY 2020

A platform for students to bring out their skills. Sports day was held on 4 February 2020 in the college ground. It was a day when the campus was filled with energy and excitement. The day



began with the march past of various departments. Our principal Rev.Dr.Sr.Therease Madukkakuzhy received the salute along with Vice principal Rev.Dr.Sr. Regeenamma Joseph, HOD of mathematics Miss.Vimala and Union members. She hoisted the



flag to formally declare the sports meet open. This was followed by several sporting events which was indeed an opportunity for the students to showcase their talents. The department of



Economics emerged as the overall champions. The department of Physics was the first runner up followed by the department of Mathematics.

DEBATE COMPETITION

The college union organised a debate competition on the topic of Maradu flat demolition which was conducted on 5 February 2020. Five teams participated in the competition from different departments. The students from PG Department of Chemistry got the first prize.

MERIT DAY

The merit day for the year 2019-20 was held on February 10, 2020. Pala Municipal Chairperson Ms. Mary Dominic was the chief



X'mas Celebration

guest of the day. Prizes were distributed to students who excelled in their studies and extra curricular activities. It was a beautiful day, full of joy and pride.

COLLEGE DAY

College Day is the reflection of activities of the past year. It was a day of celebration for every Alphonsian. The college day 'ARANG' was conducted on February 11, 2020. Famous actor Sri. Venkatesh



College Day Inauguration

V.P inaugurated the function. Our Principal Rev. Dr. Sr. Therese Madukkakkuzhy presided over the function. After the meeting a mentalism show was held under the leadership of Dr. John, who is a Mentalist, with each student on the verge of excitement and curiosity. The meeting was followed by cultural events which showcased the talents of the students.

FAREWELL

March 5, 2020 was the day which Alphonsians said goodbye to their dear seniors. SAMEERANA was held to say goodbye to the loving siblings who touched every pillar and rust of Alphonsa and made Alphonsa their passion.



PARENT TEACHER ASSOCIATION

Alphonsa College Pala has an active PTA that participates dynamically in the smooth functioning of the college. The first executive meeting of the PTA was held during the month of June. Three executive meetings were conducted during the academic year 2019-20.

The general body meeting of the academic year 2019-20 was held on 8th February 2020 at the Seminar Hall. The meeting was presided over by Sri. Pious Kurian (PTA Vice President). Smt. Anamma Thomas (Rtd. Princiial, AMHSS, Kalaketty) was the chief guest and she delivered a talk on "Role of parents in the value education of students". Ms. Julie J. Paramundayil presented the PTA report of the year 2018-19. Dr. Ambily T.R welcomed the gathering and Ms. Biby Annet Baiju proposed vote of thanks. The PTA awarded proficiency prize to the meritorious students and scholarships to the rank holders and A plus holders.



Talk on Role of parents in the value education of students by Smt. Anamma Thomas



COLLEGE ACTIVITIES 2019 - 20

FRESHERS DAY

The Fresher's Day 'Kodiyettu 2019' was a perfect beginning for the freshers. The presence of the Chief Guest Ms. Miya George, Cine Artist and the Alumini of the college made the function a



joyous one. She mesmerised the students by sharing her experiences in the college. The Principal Rev. Dr. Sr. Gigimol M. G presided over the function. The freshers were given lighted candles and an oath was administered to them by the Principal. The official function was followed by a cultural performance by each of the departments and they extended a warm welcome to the freshers.

TALENT DAY

The Talent Day 'Kalasakottu 2019' was a day full of vibrant music and dance and was held on 23rd July 2019. The students performed on the stage with such vigour and energy.

ALPHONSA WEEK 2019

The feast of St. Alphonsa was celebrated in the college for a whole week with the students engaging in various competitions including group song, quiz, tableau and Nasrani Manka. The formal function was held on July 24 th,2019 and was presided by



our Principal Rev Dr. Sr. Gigimol M. G. The guest of honour for the day was Rev.Fr. Kuriakose Kappiliparambil, Assistant Professor, Department of Malayalam, St.Thomas College Pala. He enriched the students with a thoughtful speech about the life of St.

Alphonsa and also inaugurated the activities of CSM and Jesus Youth for the academic year. On the same day, Ms. Sandra Alphons John of III DC Zoology presented her music album 'Thiruvosthi' and was released by Rev . Fr. Kurian Mattam. The official function was followed by the final round of Nasrani Manka Competitions and Ms. Aileen Mariya Kuriakose of II DC English bagged the title with Ms. Anisha Mary John of II DC Economics and Ms. Annmaria Mathew of III DC History emerging as the first and second runner -ups respectively. The day marked the official end of the events conducted by the college union and the Chairperson Ms. Anu Augustine gave a speech thanking everyone who paved our way all throughout the journey.



Nasranimangha Competetion



Nasranimangha Competetion

INTERNAL QUALITY ASSURANCE CELL (IQAC)

Internal Quality Assurance Cell (IQAC) has been established in Alphonsa College Pala as a post-accreditation quality sustenance measure for performance evaluation, assessment and accreditation and quality up-gradation of the institution. Over the



Seminar on MOOC courses by S. Jasimudeen

years it has evolved mechanisms and procedures to ensure efficient, effective and progressive performance of academic and administrative tasks and to maintain relevance and quality of the academic programs.

With the successful completion of the 4th cycle of reaccreditation by NAAC, culminating in award of A-grade, IQAC has rebooted to take quality activities to the next level for the 5th cycle, due in 2024. The reconstituted IQAC started off with a 5 year perspective plan. IQAC has co-ordinated a no. of activities in the college including Academic and Administrative Auditing, Green Auditing, Self appraisal of Faculty, student satisfaction survey, collecting and analysing Students' feedback on various academic programmes, Organisation of faculty development programmes at regular intervals etc.

Faculty Development Programmes Conducted by IQAC

Invited Talk on 28th May, 2019 by Rev. Dr. Augustine Palackaparambil.



Invited Talk on Alternative model of reality by Dr. Shibu Karippai

Invited Talk on UGC Regulations 2018 and pay fixation of the Seventh CPC scale on 24th October 2019 at Seminar hall, Alphonsa College Pala. Resource Person was Prof. Jogy Alex,

Associate Professor, Dept of Chemistry, St. Thomas College, Pala.

Seminar on MOOC Courses and online academic information sources for teachers on 31.10.2019. Resource Person: S. Jasimudeen, Librarian, St. Stephens' College, Uzhavoor.

- Invited Talk on Alternative model of reality by Dr. Shibu Karippai, D. Psych and Dr. Theresa Karippai, D.Psych, Co-founder and director of Terapia Consultancy, London.

IQAC conducts annual presentations that cover the activities and achievements of all departments. The discussions that ensue facilitate modifications, improvements and rectifications. The annual Academic and Administrative Auditing helps in realizing the current status of the institution in these areas and helps in improving the same. The feedback system also ensures remedial measures and consequent improvements.

COLLEGE LIBRARY

As part of the Reading Day celebration, the college library organised various competitions on 19th June, 2019. Theme based quiz competition 'INSPIRE' was conducted in association with various departments. 'Best Library User Award (2019-2020)' was awarded to Irin Saji, III DC Physics Model II.



Book Exhibition



Theme based quiz competition

STAFF ASSOCIATION

Staff Association aims at ensuring positive interaction between the teachers of various departments of the college. Meetings of

the association provides a platform for teachers to discuss and share their ideas and take suitable decisions for the betterment of the student community, quality improvement of the teachers and thereby the quality of the college. The staff association of



Onam Celebrations by the staff association

Alphonsa College 2019-2020 started functioning from June 2019 with Smt. Alleymol Sebastian as Secretary, Dr. Ambily T R as Joint Secretary and Smt. Smitha Clary Joseph as Treasurer.

Activities of the staff association for the academic year (2019-20) started with the inaugural session by Prof. Mary Mathew, retired professor Baseliious College Kottayam on 19th July 2019. Prof Mary Mathew pointed out the qualities of dedicated teacher and their role in moulding the character of a student. Principal Dr. Sr. Gigimol M G presided over the function. The association honoured and presented mementos for the commendable achievements of the teachers during the function. Lt. Anu Jose (Asst. Prof. Dept. of English) for acquiring the Best ANO (Associate NCC Officer) of 5 Kerala Girls Battalion, Rev. Dr. Shaji John and Dr. Anila Thomas for the achieving the Prof. M.V. Dr Pylee Excellence



Award 2019 in Arts and the other in Literature, Dr. Sonia Sebastian (Asst. Prof.) and Dr. Meera Mathews (Guest Faculty), Dept. of English, Dr. Alphons George (Guest Faculty), Dept. of History for completing PhD, and for Dr. Thankachen Mathew for his commendable service in physical education. The staff association celebrated Onam and Christmas with all its splendor and glory

ALUMNAE ASSOCIATION

Alphonsa College has a registered Alumnae association and it is functioning effectively to provide an opportunity for former students and retired teachers to maintain their bond with the college. The alumnae association conducted a tableau competition for the final year UG students on 13th January 2020 with the theme Women Empowerment. The Department of Chemistry won the first prize and a cash award of Rs. 2500 and the Departments of Physics and English won the second and third prizes respectively. As a curtain raiser of Alstagia 2020 we conducted an online nostalgic photograph contest exclusively for



Annual Alumnae meet Alstagia 2020

alphonsonian alumnae. Our alumnae could upload pictures related to their college life on their facebook page and the selection was based on the relevance of the picture and likes & comments. Ms. Amalu Kattunilam and Mrs. Grace Joy received the first and second prizes.

The annual alumnae meet Alstagia 2020 was held on 25th January 2020. Our alumna Ms. Sunitha Jacob, Deputy Director General, Kerala & Lakshadweep, Ministry of Statistics and Programme Implementation, Govt. of India was the chief guest of the day. Alumnae association president Dr. Ancy Joseph, Head, Dept. of English, S.D College, Kanjirappally presided over the function. During the meeting Ms. Emily K A received the award of



Games during Alstagia 2020

the Best Sportswoman of the year. To make the get together more attractive and memorable, this year we conducted various games and competitions like musical chair, ball passing, spot

dance, laughing competition etc for different age groups of old students and attractive prizes were distributed.

Same day itself we arranged an exhibition and sale of home decor, dress materials, homemade food etc at the college auditorium.

VALUE EDUCATION

Alphonsa College always gives keen interest in the spiritual and moral developments of the students along with their intellectual growth and achievements. This year also catechism and moral classes were conducted in the month of January. For the first and second year Degree students, catechism classes were taken by the allotted teachers of the College using the text books prescribed by the Diocese of Palai. For III year students, classes were taken by experienced teachers, on topics which are

relevant to their daily life. Moral classes were conducted for the non-Catholic students and classes were taken by Rev.Dr.Shaji John. Rev.Fr.Joel Pandarappampil. Ms.Alleymol Sebastain, Ms.Maria George and Dr.Alex Kavukattu based on topics such as personality development, time management, problems of the youth, use of media etc. Examinations were conducted on 27th January 2020 and prizes were given to five topmost students in each year for both moral and catechism. Our students participated in the catechism scholarship examination conducted by the Diocese of Palai. Irin Mary Joseph II DC, Shelyc Shaji II DC and Sinta Biju II DC won first, second and fourth position respectively and Maria Lukose 1 DC won fourth position in the scholarship examination. We hope our students will be formed well morally and spiritually to lead a life which will be lighted for their family as well as our society.

CENTRE FOR GANDHIAN STUDIES

The Centre for Gandhian Studies organized several programmes to commemorate the 150th birth anniversary of Mahatma Gandhi. In order to promote an understanding of Gandhi's life and philosophy among the public through various media, the Centre organized Gandhidarshan - 2019, a multimedia exhibition on Mahatma Gandhi on 21 and 22 August 2019. The exhibition included over 400 photographs, film screenings and sale of books



Adv. Mons Joseph MLA inaugurates Gandhidarshan 2019

relating to the Mahatma. It also included the display and demonstration of the charka and thari which was a major attraction. Handloom and handicraft items were also put on sale. A quiz competition for school and college students based on the posters exhibited was also organised. The exhibition was inaugurated by Adv. Mons Joseph, MLA and was organised in collaboration with Khadi Board; Poornodaya Book Trust, Kochi; Pala Social Welfare Society and Changanacherry Social Service Society.

The Centre organised a special lecture on Federalism in India by Prof. John S. Moolakkattu, Head, Department of International

Relations, School of Global Studies, Central University of Kerala and Editor, Gandhi Marg on 9 December 2019.

As part of the Centre's mission of promoting a sense of social commitment among the students as well as contributing to the development of society, 28 members of the Gandhi Forum visited



Gandhidarshan 2019

the District Jail, Kottayam on 3 February 2020. Several indoor games for the inmates and 84 books were donated to the Jail library. Copies of Mahatma Gandhi's autobiography and booklets published by the Centre on green living, the hazards of plastic, waste management and RTI were also distributed to the inmates and officials of the jail. Several potted plants were also contributed to the jail.

With the objective of encouraging students to read Mahatma Gandhi's autobiography, The story of My Experiments with Truth, the Centre organised a quiz competition series -Discovering Gandhi, based on the autobiography. The Centre commemorated the International Day Against Drug Abuse and Illicit Trafficking on

26th June with members of the Gandhi Forum performing a mime to generate awareness about the ill effects of drug abuse. The Centre commemorated Gandhi Jayanthi with a campus cleaning programme and a mime highlighting the contemporary relevance of Mahatma Gandhi. An exhibition cum sale of books written on and by Mahatma Gandhi was also organised by the Centre.

Paryaptha-2019, an exhibition cum sale of items made by students was organized by the Centre on 19 December 2019 with the objective of inculcating the ideals of self-reliance, women empowerment and sustainable development among students. The exhibition focused on organising a zero waste programme, based on the concept of 'reduce, reuse, recycle' as well as providing students with the opportunity to 'earn while you learn'. A highlight of the programme was the sale

of cloth bags designed by the Centre for Gandhian Studies. The Department of Fashion Technology won the prize for the Department that best embodied the spirit of Paryaptha and Diya Mary Das of III DC English and Akhila D. of II DC Physics won the first and second prizes for the most innovative ideas.

Three members of the Gandhi Forum, Rajalakshmi C.R, Ann Maria S. and Kochurani Lalu were deputed to participate in the All India University Students Camp organised by the Institute of Gandhian Studies in Wardha, Maharashtra from 22nd to 30th December 2019. The Centre also maintains a Library and Reading Room with over 1300 books, and displays a Gandhian Thought for the Day on the Notice Board of the Centre in order to promote an understanding of Mahatma Gandhi and inculcate Gandhian values among the student community.



Gandhi Forum members in Wardha, Maharashtra



Prof. John S. Moolakkattu speaks on Federalism in India



Visit to district jail Kottayam

EK BHARAT SHRESHTHA BHARAT (EBSB)

Ek Bharat Shreshtha Bharat is a programme for promoting national integration through systematic exchange between paired States in the cultural, literary and linguistic fields. The MHRD has selected our institution for pairing with a



corresponding institution in Himachal Pradesh – Government College, Kotsheera, under the EBSB.

The expectation is that the students of our institution should learn the linguistic and cultural aspects of Himachal Pradesh covering history, culture, language, cuisine, festivals, clothing etc. and impart our own positive nuances to their HP Counterparts.



Elocution Competition

As instructed by the RUSA Project Directorate, EBSB club was formed in Alphonsa College with Ms. Rekha Mathew, Asst. Professor, Dept. of Physics as the Coordinator and Ms. Arathy M.P of I DC Economics as the student coordinator. The official inauguration of EBSB was done on 17th January 2020 by Dr. Sr. Therese Madukkakuzhy, Principal and Lt. Anu Jose; Associate NCC Officer gave the presidential address.

It was followed by cultural programs on Himachal Pradesh, our paired state. Under the initiative of the EBSB club, many programs have been conducted in the college to help the students to know more about the culture, language and people of Himachal Pradesh.

UNNAT BHARAT ABHIYAN (UBA)

Alphonsa College Pala has five adopted villages, Ramapuram,

Kadanadu, Meenachil, Meenachil and Bharanaganam under Unnat Bharat Abhiyan for rural development activities under MHRD.



Inauguration of activities of Unnat Bharat Abhiyan for the year 2019-20

The activities of UBA for the academic year 2019-2020 were inaugurated by Rev Dr Sr Gigimol M G, principal on the 1st of October 2019.

As part of eradication of plastic from day to day life of the villagers, an awareness class was conducted on the same day to



Awareness class on Plastic free lifestyle by Ms. Neethu Rose Leon (II DC Physics)

the Kadambari members of Meenachil village. Ms Neethu Rose Leon (II DC Physics, Alphonsa College) explained the adverse effects of excess use of plastic in day to day life. Handouts were also distributed by the NSS unit to provide tips to reduce plastic



waste. "Reduce, Reuse and Recycle" thoughts were conveyed to the villagers. The participants pledged to use self made cloth carry bags to reduce and recycle waste at the source itself.

airing with a corresponding institution in Himachal Pradesh – Government College, Kotshera, under the EBSB.

The expectation is that the students of our institution should



Inauguration of the free Ayurveda Physiotherapy medical camp by the Panchayath President Mrs. Jismol Thomas

learn the linguistic and cultural aspects of Himachal Pradesh covering history, culture, language, cuisine, festivals, clothing etc. and impart our own positive nuances to their HP Counterparts.

As instructed by the RUSA Project Directorate, EBSB club was formed in Alphonsa College with Ms. Rekha Mathew, Asst.



Professor. Dept. of Physics as the Coordinator and Ms. Arathv M.P (Dr. K Gopakumar (Ayurvedarathnam, ND, CCH) leading the medical camp inauguration of EBSB was done on 17/01/2020 by Dr. J. Therese Madukkakuzhy, Principal and Lt. Anu Jose; Associate NCC Officer gave the presidential address.

It was followed by cultural programs on Himachal Pradesh, our paired state. Under the initiative of the EBSB club, many programs have been conducted in the college to help the students to know more about the culture, language and people of Himachal Pradesh.

CAREER CLUB AND PLACEMENT CELL

The club conducted various programs for the students to educate them about the possible areas in higher education, career opportunities and self improvement. A communicative English class was organised for the all I DC students to help them overcome their stagnancy for English speaking. Roshan Roy Kattakayam led a class on career design for the I DC students. A career orientation class on the opportunities for girls in combined

defence force was given by Brig. K.D. Chacko to the final year degree and post graduate students.



Talk by Brig. K D Chacko

Seminar on overseas education was conducted for the III DC students by AECC global. Exam pattern of IBPS and various aptitude tests for management exams were explained to III DC students by TIME Institute, Kottayam. Session on career



Career and placement cell activity

orientation was conducted by Prof. Mathew Korah under the aegis of Presidency University, Bangalore. ALS, Delhi introduced the revised syllabus for civil service exam, the strategies to be adopted and confidence building tips to final year students.

WOMEN CELL

As part of World Environment Day celebration, Women Cell organized a class for final year students on 17th June 2019. Dr. Ambili T. R (Assistant Professor, Alphonsa College Pala) delivered a class on "Biodiversity and Environmental Issues". An essay writing competition on "Women Empowerment" was organized on 19th September 2019 for students of this college. 15 students participated in the programme. Women Cell organized a poetry writing competition on "Mother is the bank of never ending Love" on 15th October 2019. A short story writing competition on "A mother is the best teacher of our life" for college students was conducted by Women Cell on 22nd November 2019. A class on "Research Methodology" was organized by the Women Cell for second year B. Sc Zoology students on 12th December 2019 with Dr. Simimol Sebastian (Assistant Professor, Alphonsa College Pala) as the resource person.

A talk was organized by the Women Cell for the students of this college on the topic "Importance of values in our life" on 20th January 2020. It was delivered by Dr. Alex George Kavukattu, Asst. Professor of St Thomas Training College Pala. Women cell in association with Department of Zoology conducted a field training on Apiculture at 'Honey garden' Illikkathazhe on 23/01/2020. 45 students participated in this training programme. Mrs. Beena Tom demonstrated the various techniques, equipment and management of an Apiary.

A Women Safety Awareness Seminar in association with Janamaithri Police, Pala was conducted on 3rd February 2020. A Book exhibition cum sale was organized by Women Cell in association with Department of English on 3rd March 2020. As part of World Womens Day, Women cell organized a seminar on



Dr. Alex George Kavukattu talk on "Importance of values in our life"

"Role of women in Family and Society" on 6th March 2020. Mrs Sijitha Anil, a famous story writer served as the resource person.

On 6th March 2020 Women cell celebrated World Womens Day - "Niravu 2020", in coordination with Janamaithiri Police Pala. It was formally inaugurated by Dr. Sr. Gigimol M. G.(Principal, Alphonsa College, Pala), Mrs. Mary Dominic (Municipal Chairperson), Mrs. Mercykutty Kuriakose(Meenachil Gramapanchayath President), Mrs. Omana Blakrishnan(Karoo Gramapanchayath President), Mrs. Binimol(Kozhuvanal Gramapanchayath President), Mrs. Molly Baby(Bharananganam Gramapanchayath Vice president) and Mrs. Beena Baby (Mutholy Panchayath Former President; Standing Comittee Chairman-Development Board). It was followed by various cultural activities of the students.



World Womens Day Celebrations - "Niravu 2020"

QUIZ CLUB

The college quiz club activities promote general knowledge among our students. Students of any discipline can become members of the Quiz Club.. The quiz club screens and selects students to participate in intercollegiate quiz competitions. This year the quiz club has organized Bishop Vayalil Memorial Intercollegiate Quiz Competition on 21 January 2020. In addition, the quiz club organized a population quiz on World Population Day for the students of Alphonsa college. In Collaboration with Mathrubhumi, a Literature Quiz was also organized.



Bishop Vayalil Memorial Intercollegiate Quiz Competition

ORATORY CLUB

The activities of the oratory club for the academic year 2019-20 started with a meeting of the students on 19th July 2019. The gathering selected Anu Augustine (III DC English), Sini Sabu(IIIDC Economics)and Annie George (II DC English) for the smooth functioning of the club. Two intra-collegiate debate competitions were held in the college - one in English and the other in Malayalam. Students actively participated in the competitions.

In order to improve the oratory skills of the students, the club arranged corner meetings on every Wednesday and it proved to be an elegant platform for the students to express their views on a variety of subjects. Speak for India Contest sponsored by Federal Bank and Malayala Manorama zonal competitions was held in our college and thirty students from the college participated in the competition. Seven of our students got selected to the district level round competition. Our students also participated in several intercollegiate competitions and brought home laurels.

Sports Achievements 2019-2020

This year too our sportswomen kept the flag of Alphonsa flying high. The college teams won the MG University Championships in Cross Country, Weightlifting and Powerlifting Competition. College team also won the runner's up title in Athletics, Volleyball, Basketball, Netball and Swimming. Our 15 Athletes represented M.G University in the All India Inter University Athletics championship. Our College Volleyball Team Won the Runners up

position in the South Indian Volleyball championship held at Salem. College Volleyball Team and Basketball team won All Kerala Inter-Collegiate Championships held at S.H. College Thevara and St. Xavier's College Aluva. Many of our students represented University in the All India Inter-University and National Championships and won the medal in the National Championships.

Alphonsa College organized 37th Mahatma Gandhi University Athletics Championship 2019-20

Alphonsa College organized 37th Mahatma Gandhi University Athletic championship on 12th, 13th and 14th of December 2019 at Pala Municipal Synthetic Stadium. About 600 Athletes from 98 colleges, affiliated to MG University, participated in the Championship. Sri Mani C. Kappan MLA inaugurated the championship in the presence of Rev. Dr. Sr.Gijimol, M.G Principal, Alphonsa College and Sri. Kuriakose Padavan, Vice Chairman, Municipal Council Pala. Sri Jose K Mani M.P inaugurated the valedictory function and distributed the trophies to the winners. Dr. A. Jose, Member Syndicate, Mahatma Gandhi University Kottayam, Rev. Dr. Sr. Regeenamma Joseph, Vice Principal Dr. Binu George Varghese, Director, Dept. of Physical Education were present on the auspicious occasion.



Inaugural ceremony of Mahatma Gandhi University Athletic Championship organized by Alphonsa College

RECORD BREAKING PERFORMANCE

It is very proud to note that Kumari Tesna Joseph II MA Politics has created a new meet record in 20 KM Walk Race at MG University Athletics Championship. Kumari Nivia Antony created a new meet record in Pole Vault at MG University Athletics Championship.

Department of Physical Education has creditable achievements in the field of sports and games.

1. M.G. University Inter-Collegiate Cross Country Championship – Winner
2. M.G. University Inter-Collegiate Weightlifting Championship – Winner
3. M.G. University Inter-Collegiate Powerlifting Championship – Winner
4. M.G. University Inter-Collegiate Volleyball Championship – Runners up
5. M.G. University Basketball Championship – Runners up
6. M.G. University Inter-Collegiate Athletics – Runners up
7. M.G. University Netball Championship – Runners up
8. M.G. University Inter-Collegiate Swimming Championship – 3rd Position
9. M.G. University Inter-Collegiate Shuttle Badminton Championship – 3rd Position
10. Dayana Thomas, Anitta Antony, Vigna N.B. were represented Mahatma Gandhi University in the South Zone Inter-University Volleyball Championship held at Chennai and won the Silver Medal
11. Sylvia Grace Shibu, Sneha Thomas and Liya Joseph were represented Mahatma Gandhi University in the All India Inter-University Basketball Championship at Chennai
12. Nibia Joseph, Rizana P.A. and Sruthi M.S. were represented Mahatma Gandhi University in the All India Inter-University Cross Country Championship were held at Mangalore.
13. Nivia Antony of IDC won the Gold Medal in Pole Vault at Junior National Athletics Championship held at Lucknow and Lizbeth Karoline Joseph of II DC English won the Gold medal in Triple Jump
14. Sophia Sunny of IDC won the gold medal in 4x100 M Relay at Junior National Athletics Championship held at Lucknow.
15. Sneha Thomas of III DC Economics won the gold Medal in basketball and Lisbeth Karoline Joseph of II DC English won the Bronze medal in Triple Jump at Khelo India National Athletics Championship held at Bhuvaneshwar.
16. Riyamol Joy of IDC History won the Gold Medal in 4x400m Relay at Junior National Athletics Championship held at Lucknow.
17. Reshma G of IDC Economics won the Silver Medal in Heptathlon at Junior National Athletics Championship held at Lucknow.
18. Aswathy Binu, Chandralekha B and Akhila M.R. were also represented Kerala State in the Junior National Athletics Championship held at Lucknow.
19. Our college team won the Kerala State Cross Country team Championship held at Palghat on 27th Dec. 2019. Jissmol B. Akhila M.R and Alphonsa Peter were selected to represent Kerala State in the National Cross Country Championship.
20. The following students are selected to represent Mahatma Gandhi University in the All India Inter-University Athletics Championship to be held at Mangalore from 2nd to 6th January 2019.

1. Arathy A	100M
2. Akshalatha P.S.	100M
3. Anupama Biju	Long Jump
4. Anjaly Thomas	100M Hurdles
5. Arya Saji	400M Hurdles
6. Nibia Joseph	3000M Steeple Chase
7. Nivia Antony	Pole Vault
8. Alphonsa Thomas	400M
9. Emily K.T.	400M
10. Tesna Joseph	20KM Race walk
11. Anjaly Shabu	20KM Race walk
12. Reshma G	Heptathlon
13. Lisbeth Karolin	Triple Jump
14. Alphonsa Peter	Marathon
15. Aswathy Binu	800M
21. Soumya V.S., Mariya Vincent and Deena Mathew were selected to represent Mahatma Gandhi University in the All India Inter-University Weight Lifting Championship held at AP from 26-28 Dec. 2019
22. Angela Mathew represented Mahatma Gandhi University in the All India Inter-University Swimming Championship and won the Bronze medal in 4x200M Freestyle Relay.
23. Sona Jiji, Sayya C.S and Chandralekha B were selected to represent Mahatma Gandhi University in the All India Inter-University Netball Championship.

PLACEMENT IN SPORTS QUOTA 2019 AND 2020



Shibina Soby
Kerala Government



Praseeda Prasannan
Kerala Government



Aleena Jose
Kerala Police



Angel P. Devassia
Southern Railway



Athira Somaraj
Kerala Police



Angel James
B.S.F.



Jinu Maria Manuel
Kerala Government



Mary Margaret
S.S.B



Susan Florentina S
K.S.E.B



Mareena George
Kerala Police



Remya Rajan
Kerala Police



Nimmy V.O
C.R.P.F



Simi N.S.
South Central Railway



Sruthy M.S.
C.R.P.F



Athira K.P.
Western Railway



Christy Jacob
Kerala Police



Jomy George
Kerala Police



Melva George
B.S.F



Athulya U.
Southern Railway



Sini Alex
Kerala Government



Agnes Sebastian
Kerala Government

INTER UNIVERSITY AND NATIONAL LEVEL MEDAL WINNERS



ABIT JACOB
WEIGHT LIFTING



AKHILA M.R.



ALPHONSA THOMAS
ATHLETICS



ANJALY SHABU
ATHLETICS



ANJALY THOMAS
ATHLETICS



ARSHA BABU
ATHLETICS



DIANA THOMAS
VOLLEY BALL



EMILY K.T
ATHLETICS



LISBETH C. JOSEPH
ATHLETICS



MARIA VINCENT
WEIGHT LIFTING



RIZANA P.A
ATHLETICS



SNEHA THOMAS
BASKET BALL



SRUTHI M.S
ATHLETICS



TESNA JOSEPH
ATHLETICS



ATHULYA U
VOLLEYBALL



All kerala intercollegiate volley ball championship winners (S. H COLLEGE THEVARA -Bertholomia trophy winners) 2019 -20



Cross country M.G University Winners 2019 -20



First Position Holders of M. G University Intercollegiate Weight lifting and Power lifting



M. G University Intercollegiate Weight lifting and Power lifting Winners



Basketball Team M.G university Runners up 2019-20



Kottayam District Basketball Tournament Inauguration at Alphonsa College Pala BY H.E Mar. JACOB MURICAN



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 College re-accredited by the NAAC with A Grade (CGPA 3.24) in IV Cycle.

Moulding the complete woman

Editorial Team



Mrs. Rubymol Philip



Mrs. Biby Annet Baiju

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