



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



ALPHONSIAN COMMUNITY COLLEGE

ALPHONSIAN COMMUNITY COLLEGE

Beginning its humble journey in 1964, Alphonsa College, as the 'Stella of Meenachil', was guided by a profound vision to educate and empower women. On the occasion of commemorating the sixtieth anniversary with grand celebrations, the college unveil a pioneering venture. In alliance with its commitment to education and community betterment, the college proudly introduced its latest endeavor - the Alphonsian Community College. This is a landmark moment as it not only signifies the institution's foresight but also serves as a testament to its ongoing dedication to extend beyond the traditional boundaries of imparting knowledge. With a profound reflection on its past achievements and an eagerness to embrace future, the college's new undertaking, the Alphonsian Community College, fall in line with its cherished motto: 'Lighted for Life'. The Community College fifteen courses aimed at skill development and three extension activities.

Objectives of the Community College


The main objectives of the Alphonsian Community College are:

- Women empowerment.
- Skill development through knowledge acquisition.
- Embracing non traditional routes to impart knowledge to less privileged women in and around local community.
- Enhancing ability for self-employment among women.

Inauguration

The inauguration of the Alphonsian Community College and the celebration of achievement of the G V Raja Award was held on 29th September, 2023. The event commenced with a solemn prayer song, setting a reverent tone for the celebration. Rev. Dr. Fr. Jose Joseph, Bursar and General Convenor of the Diamond Jubilee Celebrations at Alphonsa College Pala, delivered the welcome speech, extending warm greetings to all attendees. Rev. Dr. Fr. Joseph Thadathil, Manager of Alphonsa College Pala, delivered the presidential address, emphasizing the significance of the occasion and the college's commitment to excellence in education. His Excellency Mar Joseph Kallarangattu, the Patron of Alphonsa College Pala, delivered the inaugural address, inspiring the audience with his words of wisdom and encouragement. Sri Jose K Mani, Member of Parliament, Rajya Sabha, released the prospectus of the Alphonsian

Community College, marking a significant milestone in the college's journey. Padmasree Shiny

 ALPHONSA COLLEGE, PALA	
Celebrating the Achievement of G V Raja Award & Inauguration of Alphonsian Community College	
Programme	
Prayer Song	
Welcome Speech	: Rev. Dr. Fr. Jose Joseph (Bursar, General Convenor, Diamond Jubilee Celebrations Alphonsa College Pala)
Presidential Address	: Rev. Dr. Fr. Joseph Thadathil (Manager, Alphonsa College Pala)
Inaugural Address	: His Excellency Mar Joseph Kallarangattu (Patron, Alphonsa College Pala)
Releasing the Prospectus of Alphonsian Community College	: Sri Jose K Mani (Member of Parliament, Rajya Sabha)
Keynote Address	: Padmasree Shiny Wilson (General manager, Food Corporation of India & Former student)
Honouring Dr. Thankanchan Mathew	: Padmasree Shiny Wilson
Acknowledging outstanding achievements in sports	: His Excellency Mar Joseph Kallarangattu
Solo	
Felicitations	: Rev. Dr. Fr. Shaji John (Principal, Alphonsa College Pala) : Dr. Baiju Varghese (President, Kottayam District Sports Council) : Dr. Thankachan Mathew, (Retd Professor, Alphonsa College Pala & Director, Alphonsa Sports Academy) : Ms. Jaymol P. G. (Deputy Vice President & Regional Head, Federal Bank Pala)
Vote of Thanks	: Dr. Sr. Minimol Mathew (Vice Principal, Alphonsa College Pala)
National Anthem	

Wilson, General Manager of the Food Corporation of India and a former student of Alphonsa College, delivered the keynote address, sharing insights and experiences from her journey. She also had the honor of acknowledging the outstanding achievements in sports of Dr. Thankanchan Mathew, highlighting his contributions and dedication. Various dignitaries felicitated the occasion, including: Rev. Dr. Fr. Shaji John (Principal of Alphonsa College Pala), Dr. Baiju Varghese (President of the Kottayam District Sports Council),

Dr. Thankachan Mathew (Retired Professor of Alphonsa College Pala & Director of Alphonsa Sports Academy) and Ms. Jaymol P. G. (Deputy Vice President & Regional Head of Federal Bank Pala). Dr. Sr. Minimol Mathew, Vice Principal of Alphonsa College Pala, delivered the vote of thanks, expressing gratitude to all participants, sponsors, and organizers for making the event a success.

The programme acknowledged and underscored the college's commitment to excellence and its role in nurturing talent and promoting holistic development; and its ongoing dedication to extend beyond the traditional boundaries of imparting knowledge.



Glimpse of the inauguration ceremony

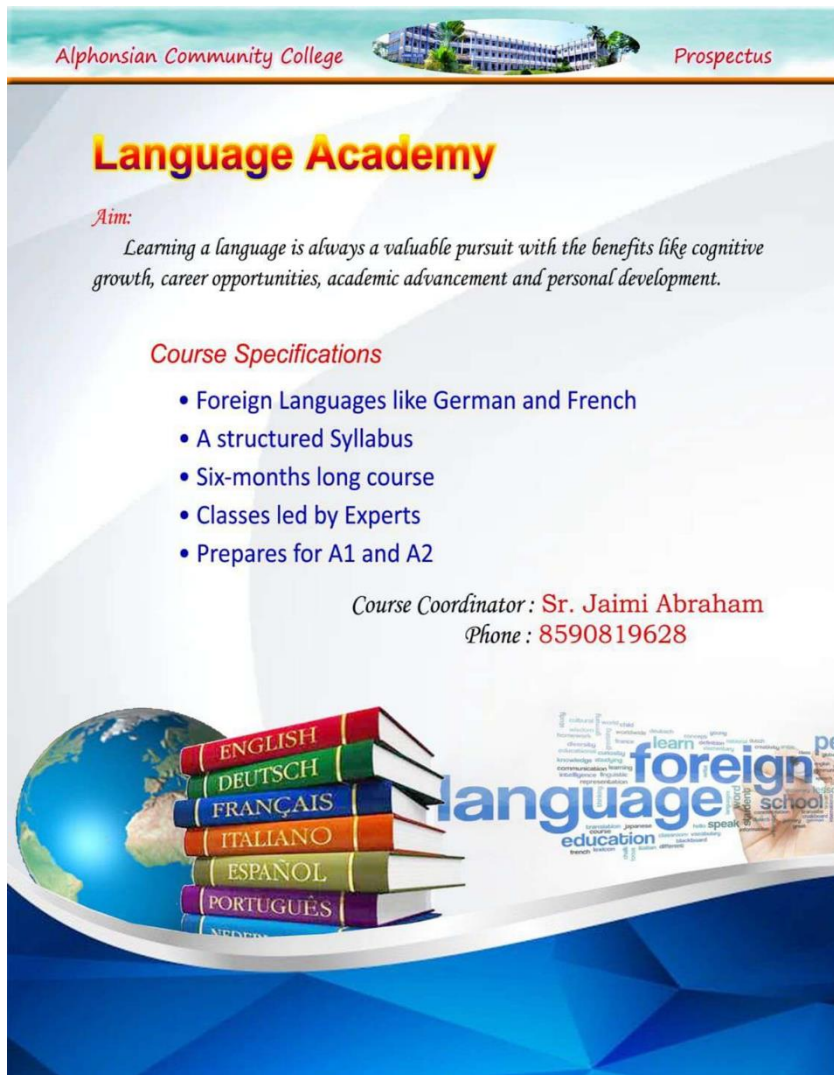
Courses Offered

The Community College fifteen courses aimed at skill development. The venture include the Language Academy, English Language Training Centre, Decorative Glass Painting, The Art of Fabric Painting, Origami Flower Making Craft, Scrapbooking Craft, Sew and Create: Stitching Class, The Crochet Workshop, Creative Needlework: Hand Embroidery, Culinary Art, Organic Waste Management, Martial Arts Academy, Driving Class, Chess Academy and Alphonsa Sports Academy.

Course Features

Short duration certificate courses are provided. No age restrictions are kept for enrollment. The curriculum of the courses can be adapted to respond flexibly to the evolving needs of society. The venture aims to offer educational opportunities to marginalized and disadvantaged women with basic or no education. Courses are provided at minimal fees.

LANGUAGE ACADEMY



Alphonsian Community College Prospectus

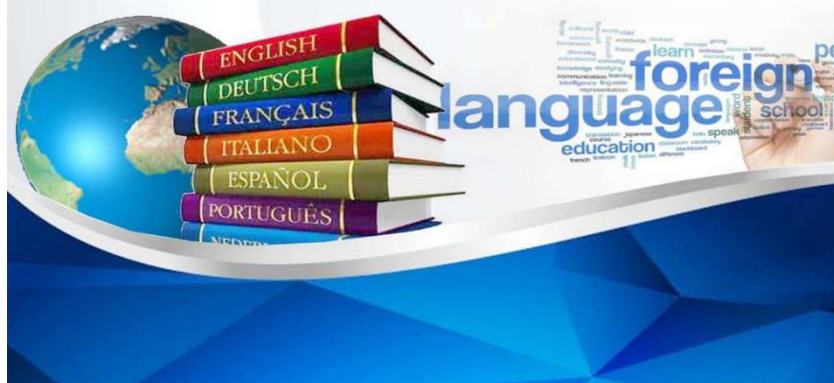
Language Academy

Aim:
Learning a language is always a valuable pursuit with the benefits like cognitive growth, career opportunities, academic advancement and personal development.

Course Specifications

- Foreign Languages like German and French
- A structured Syllabus
- Six-months long course
- Classes led by Experts
- Prepares for A1 and A2

Course Coordinator : **Sr. Jaimi Abraham**
Phone : **8590819628**



Learning a language is always a valuable pursuit with the benefits like cognitive growth, career opportunities, academic advancement and personal development. Language Academy, a division of Alphonsian Community College, is dedicated to provide high-quality language education and cultural enrichment to our students. Through a diverse range of courses and activities, the academy aim to foster linguistic proficiency, intercultural understanding, and personal growth among

our students.

Language Academy offers a comprehensive array of language courses designed to cater to learners of all proficiency levels. These courses include beginner language courses, intermediate language courses and advanced language courses. Beginner language courses are tailored for students with little to no prior knowledge of the language, these courses provide a solid foundation in vocabulary, grammar, and conversational skills. Intermediate language courses are designed for students with some basic knowledge of the language, these courses focus on building upon existing skills and expanding vocabulary through interactive activities and practical exercises. Advanced language courses are geared towards proficient speakers seeking to refine their language skills, these courses delve into complex grammar structures, idiomatic expressions, and cultural nuances through advanced reading, writing, and speaking tasks.



Alphonsian Community College

Prospectus

English Language Training Centre

Aim:
 To prepare and help aspirants in scoring high for English Language Tests and thereby help them to build a bright educational as well as work career on the global platform.

Course Specifications

- IELTS Training
- Structured Preparation
- Focuses on all the four required skills
- Value addition classes
- Expert Team
- Advanced Language Lab facilities
- Mock Tests

Course Coordinator : Dr Rose Mary Philip
Phone : 9656281441




The center offers a wide range of English language courses tailored to meet the needs of students at various proficiency levels. These courses include

The courses are designed for learners with varying levels of proficiency and the center focuses on developing fundamental language skills such as reading, writing, listening, and speaking. Emphasize is also given for academic writing, critical thinking, research skills, and presentation techniques. Comprehensive test preparation courses for standardized English language proficiency exams such as IELTS is also provided, equipping students with the skills and strategies needed to excel on these assessments. In addition to language instruction, the center offers a range of support services to assist students in achieving their language learning goals. These services include individualized tutoring, conversation partners program and writing center

DECORATIVE GLASS PAINTING



The Decorative Glass Painting course offered by the community college is designed to provide learners with the skills and techniques necessary to create stunning works of art on glass surfaces. The aim of the programme is to encourage participants to explore their creativity and offer opportunities for them to showcase their glass art creations.

The programme aims to teach learners, the fundamental techniques of glass painting, including outlining, shading, blending, and detailing. It also foster students' creativity and artistic expression through the

creation of original designs and motifs. Required safety guidelines on the proper handling and use of glass painting materials, including paints, brushes, and solvents, are provided.

The Decorative Glass Painting course covers a comprehensive range of topics to provide students with a solid foundation in glass painting techniques. Instruction on the selection, preparation, and care of glass surfaces, paints, brushes, and other essential tools are provided. It also offers hands-on practice in basic painting techniques, such as outlining, shading, blending, and stippling, using acrylic or enamel paints. Guidance on the design process, including sketching, composition, and color theory, to create visually appealing and cohesive artworks; and exposure to advanced techniques, such as glass etching, embossing, and reverse painting, to enhance students' artistic repertoire is also offered. The course employs a combination of instructional methods including demonstrations and hands-on practice to cater to diverse learning styles and preferences.

THE ART OF FABRIC PAINTING



Alphonsian Community College *Prospectus*

The Art of Fabric Painting

Aim:
Learning glass painting is a creatively enriching experience, offering an outlet for artistic expression and a means to create personalized, decorative items.

Course Specifications

- From Basic Brush Techniques
- Expert Instruction
- Hands-On Practice
- Flexibility
- Explore wide range of Fabric Painting Techniques

Course Coordinator: **Ms. Sayi P.P.**
Phone : **8590819628**

The Fabric Painting course offered by our community college is designed to provide learners with the skills and techniques necessary to create beautiful and personalized artworks on fabric surfaces. Learning glass painting is a creatively enriching experience, offering an outlet for artistic expression and a means to create personalized, decorative items

The course enrich learners with a variety of fabric painting techniques, including brush painting, stamping, stenciling, and embellishment, to enable them to create visually

appealing designs on fabric. It also foster learners' creativity and artistic expression by encouraging experimentation with different painting techniques, color combinations, and design motifs.

The course covers a comprehensive range of topics to provide students with a solid foundation in fabric painting techniques. Instruction on the selection, preparation, and care of fabric surfaces, paints, brushes, stamps, stencils, and other essential tools used in fabric painting is provided. Hands-on practice in basic fabric painting techniques, such as brush painting, stamping, stenciling, and resist dyeing, using fabric paints, dyes, and markers are also offered. Guidance is provided on the design process, including sketching, composition, and color theory, to create original and visually appealing designs on fabric surfaces. Exposure to advanced fabric painting techniques, such as screen printing, batik, Shibori, and freehand painting, to expand students' artistic repertoire and creativity is also provided.

ORIGAMI FLOWER MAKING CRAFT



The Origami Flower Making Craft course offered by the Alphonsian Community College aims to teach learners the art of creating intricate and beautiful flowers through the ancient Japanese paper-folding technique known as origami. It provides both relaxation and skill development, making it a satisfying and enjoyable hobby or craft.

The course enrich learners with the fundamental techniques of origami, including folding, creasing, and shaping, to create lifelike and aesthetically pleasing paper flowers. It also fosters students' creativity and artistic expression through the exploration of different

origami flower designs, patterns, and color combinations. It also provides learners with a relaxing and meditative activity that promotes mindfulness and stress relief through the repetitive and focused nature of origami folding. The course also equips students with the knowledge and skills to use origami flowers for decorative purposes, such as home decor, event embellishments, and gift wrapping.

The Origami Flower Making Craft course covers a variety of topics to provide students with a comprehensive understanding of origami flower making. Instruction on the basic folds and techniques used in origami, including valley folds, mountain folds, reverse folds, and squash folds, to create different flower components are provided. Exploration of color theory and composition principles to create visually appealing and harmonious origami flower arrangements are encouraged. Learners are introduced to advanced origami techniques, such as wet folding, shaping, and assembling, to add depth, realism, and dimensionality to origami flowers.

SCRAPBOOKING CRAFT



The Scrapbooking Craft course offered by our community college is designed to introduce learners to the art of preserving memories and creating personalized keepsakes through the creative and versatile medium of scrapbooking. It also provide a knowledge about various techniques, material exploration, colour palette and different texture of papers, thus help to develop a new merchandise with some creativity.

The course enrich learners with a variety of scrapbooking techniques, including layout design, photo cropping, embellishment, and journaling, to create visually appealing and meaningful

scrapbook pages. It also foster students' creativity and self-expression through the selection of photos, papers, embellishments, and themes that reflect their personal style, interests, and memories. The course provide students with the knowledge and skills to organize and preserve their photographs, memorabilia, and mementos in a format that can be cherished and shared for generations.

The Scrapbooking Craft course covers a comprehensive range of topics to provide students with a solid foundation in scrapbooking techniques and principles. Instruction on the selection, preparation, and care of scrapbooking materials and tools, including papers, adhesives, cutting tools, embellishments, and albums is provided. Hands-on practice in basic scrapbooking techniques, such as page layout design, photo cropping, matting, layering, and collage composition is also offered. Guidance on incorporating embellishments, such as stickers, ribbons, buttons, and brads, to enhance the visual appeal and thematic coherence of scrapbook pages is also provided. Instruction on the importance of journaling and storytelling in scrapbooking, including techniques for documenting memories, emotions, and anecdotes to complement photos and layouts are given.

SEW AND CREATE: STITCHING CLASS



Sew and Create: Stitching Class

Aim:
To encourage students with the confidence and skill to be self-employed after learning and mastering this art.

Course Specifications

- Basic Stitching and Sewing Tools and Notions
- Fun and Practical Stitching Classes
- From Stitching Essentials to Beautiful Creations
- Learn from experts in state of art Stitching studios

Course Coordinator : **Ms. Chinnu Anitta Joseph**
 Phone : 7025554461



The Sew and Create: Stitching Course offered by the Alphonsian Community College is designed to introduce learners to the art of sewing and stitching, empowering them to create beautiful and functional handmade items through the use of fabric, thread, and needle. The aim of the programme is to encourage participants with the confidence and skill to be self-employed after learning and mastering this art.

The course enrich learners with a variety of sewing and stitching techniques, including hand stitching, machine sewing, embroidery, and appliqué, to enable them to create a range

of handmade projects. It also foster students' creativity and artistic expression through the selection of fabrics, colors, patterns, and embellishments that reflect their personal style and interests. Thee course provide students with the knowledge and skills to sew and stitch a variety of functional items, such as clothing, accessories, home decor, and gifts, for personal use or as thoughtful handmade gifts. The center also promote sustainability and environmental consciousness by encouraging students to repurpose and upcycle fabric scraps and materials in their sewing projects, reducing waste and promoting responsible consumption.

The Stitching Course covers a comprehensive range of topics to provide students with a solid foundation in sewing and stitching techniques. Instruction on basic hand stitching techniques, such as running stitch, backstitch, whipstitch, and blanket stitch, to join fabric pieces, sew seams, and add decorative embellishments are provided. Hands-on practice in operating and troubleshooting a sewing machine, as well as basic machine sewing techniques, such as straight stitching, zigzag stitching, and seam finishing are also delivered. Guidance on embroidery stitches, such as satin stitch, chain stitch, and French knot, to add texture, pattern, and embellishment to fabric surfaces is offered. Instruction on appliqué and patchwork techniques, such as raw-edge appliqué, turned-edge appliqué, and quilt piecing, to create layered and dimensional designs on fabric is also given.

THE CROCHET WORKSHOP

Alphonsian Community College Prospectus

The Crochet Workshop

Aim:
To learn a skill set to get introduced from basics to the advanced skill of crochet making.

Course Specifications

- Learning from the Basics
- Crochet Essentials
- Learn from Experts
- Hands on Experience and Live Practical Sessions

Course Coordinator: **Ms. Neenu Thomas**
Phone: **9400610795, 8590997402**



reflect their personal style and preferences. The course also provides students with the knowledge and skills to crochet a variety of functional and decorative items, such as garments, accessories, home decor, and gifts, for personal use or as thoughtful handmade gifts for others.

The Crochet Workshop course covers a comprehensive range of topics to provide students with a solid foundation in crochet techniques and principles. Instruction on basic crochet stitches, such as chain stitch, single crochet, double crochet, and treble crochet, to create fabric, texture, and shape in crochet projects is provided. Guidance on advanced crochet techniques, such as increasing, decreasing, shaping, and joining, to create complex patterns, motifs, and structures in crochet work are offered. Instruction on reading and interpreting crochet patterns and charts, as well as guidance on designing and modifying patterns to suit individual preferences and project requirements is also given.

The Crochet Workshop course offered by the Alphonsian Community College is designed to introduce learners to the art of crochet, empowering them to create beautiful and intricate fabric designs using yarn and a crochet hook.

The course enriches learners with a variety of crochet stitches, techniques, and patterns, enabling them to create a wide range of crochet projects with confidence and proficiency. It also fosters students' creativity and artistic expression through the selection of yarns, colors, textures, and patterns that

CREATIVE NEEDLEWORK: HAND EMBROIDERY



The Creative Needlework: Hand Embroidery course offered by our community college aims to introduce learners to the art of hand embroidery, providing them with the skills and techniques to create intricate and beautiful designs using needle and thread. The course helps to master the art of Needlework and Embroidery and also to turn it as a career.

The course introduce learners a variety of hand embroidery stitches, techniques, and patterns, enabling them to create decorative and embellished designs on fabric. It foster students' creativity and artistic expression through the selection of thread colors,

textures, and design motifs that reflect their personal style and interests. The course also equip learners with the knowledge and skills to apply hand embroidery to a variety of projects, such as garments, accessories, home decor, and artwork, for personal use or as thoughtful handmade gifts for others.

The Creative Needlework: Hand Embroidery course covers a comprehensive range of topics to provide learners with a solid foundation in hand embroidery techniques and principles. An overview of the history, principles, and tools of hand embroidery, as well as the different types of threads, needles, and fabrics used in embroidery is given. Instruction on basic hand embroidery stitches, such as running stitch, backstitch, satin stitch, and French knot, to create lines, shapes, textures, and patterns on fabric is provided. Guidance on advanced hand embroidery techniques, such as shading, blending, and dimensional stitching, to add depth, realism, and complexity to embroidery designs is offered. Instruction on reading and interpreting embroidery patterns and charts, as well as guidance on designing and modifying patterns to suit individual preferences and project requirements is also given.

CULINARY ART



The Culinary Art course offered by the Alphonsian Community College is designed to provide learners with a comprehensive understanding of culinary techniques, principles, and practices, preparing them for careers in the culinary industry or simply enhancing their culinary skills for personal enrichment. It enables learners to enjoy and learn the art of cooking, garnishing and preserving by experimenting with food preparation.

The course introduces learners to a variety of culinary techniques, including knife skills, cooking methods, flavor development, and

plate presentation, enabling them to create delicious and visually appealing dishes. It also provides students with a solid foundation in culinary theory, including food safety, nutrition, menu planning, ingredient selection, and kitchen management, to ensure their success in professional kitchens. The course fosters learners' creativity and innovation in the kitchen, encouraging experimentation with ingredients, flavors, and culinary styles to develop their own culinary identity and signature dishes. It also prepares participants for careers in the culinary industry by equipping them with practical skills, industry knowledge, and professional attitudes required for success in various culinary roles, such as chefs, cooks, caterers, and food entrepreneurs.

The Culinary Art course covers a comprehensive range of topics to provide students with a well-rounded education in culinary arts. Instruction on fundamental culinary techniques, such as knife skills, mise en place, sautéing, braising, roasting, baking, and pastry making, through hands-on cooking labs and demonstrations is provided. Exploration of culinary theory and principles, including food safety and sanitation, nutrition and dietary considerations, flavor profiles and seasoning, menu planning and development, and kitchen organization and

management is offered. Study of diverse culinary traditions and cuisines from around the world, including their cultural influences, ingredients, cooking methods, and signature dishes, to broaden students' culinary knowledge and appreciation is ensured. Guidance on menu planning, recipe development, and plate presentation techniques to create balanced, creative, and visually appealing menus for various dining occasions and culinary settings is provided.

ORGANIC WASTE MANAGEMENT



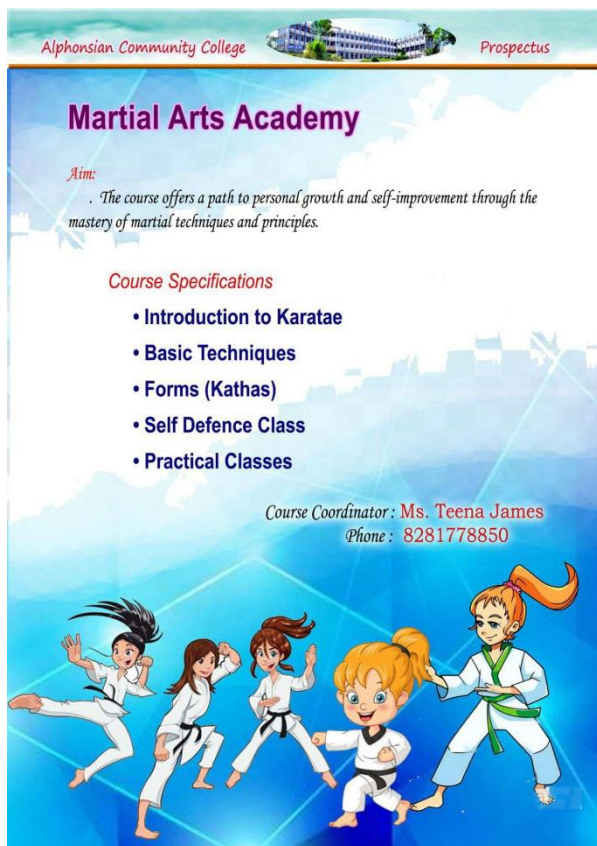
The Organic Waste Management course offered by the Alphonsian Community College addresses the critical need for sustainable waste management practices, particularly concerning organic waste. The aim of the programme is to equip learners to construct their own compost farm and increase crop yield in an environment friendly manner. Both theory and practical classes are provided in offline mode.

The course educate learners about the various types of organic waste generated in households, businesses, and communities, including food waste, yard waste, and agricultural

residues. It provide awareness about the environmental consequences of organic waste accumulation, such as greenhouse gas emissions, soil and water pollution, and landfill space depletion. The course introduce participants to waste reduction methods like source reduction, composting, anaerobic digestion, and vermicomposting to minimize organic waste generation. It also teach participants practical techniques for managing organic waste, including composting, mulching, bioconversion, and biogas production, to divert waste from landfills and promote resource recovery.

The Organic Waste Management course covers a comprehensive range of topics, including: principles and methods of composting, aerobic and anaerobic processes, compost pile management, and troubleshooting, techniques for vermicomposting with earthworms to convert organic waste into nutrient-rich compost, and utilization of organic waste for bioenergy production, biofuels, and bioproducts through biochemical and thermochemical conversion processes.

MARTIAL ARTS ACADEMY



The courses offered by Martial Arts Academy of the Alphonsian Community College provides learners with a comprehensive training program in various martial arts disciplines, emphasizing physical fitness, self-defense skills, mental discipline, and personal development. The course offers a path to personal growth and self-improvement through the mastery of martial techniques and principles.

The programme enhance students' physical fitness, strength, flexibility, and coordination through martial arts training, exercises and drills. It also teach students practical self-defense techniques and strategies to protect themselves and others in real-life situations.

The course aims to cultivate mental focus, concentration, self-discipline, and emotional resilience through meditation, mindfulness, and martial arts practice. It also foster personal growth, confidence, leadership, and character development through goal setting, perseverance, and positive reinforcement.

The curriculum is structured to accommodate students of all levels, from beginners to advanced practitioners, with progression pathways and belt ranking systems tailored to each martial arts discipline. The Martial Arts Academy employs various instructional methods to deliver effective and engaging training sessions.

detailed instruction on martial arts techniques, stances, strikes, blocks, kicks, and defensive maneuvers are provided by expert instructors. Strength, conditioning, agility, and flexibility exercises are incorporated to enhance physical fitness and martial arts performance. Real-life self-defense scenarios are simulated and students are taught how to react effectively to threats and attacks. Meditation, mindfulness, and mental visualization techniques are introduced to cultivate focus, concentration, and mental resilience.

DRIVING CLASSES

Alphonsian Community College Prospectus

Driving Classes

Aim:
To make the learner an independent and confident driver

Course Specifications

- In collaboration with Popular Driving School
- With Proper Safety Measures
- Two-Wheeler and Four Wheeler
- All assistance from Learners to Drivers Licence
- Flexible Training Hours

Course Coordinator: Dr. Sr. Jilly James
Phone : 9497874279

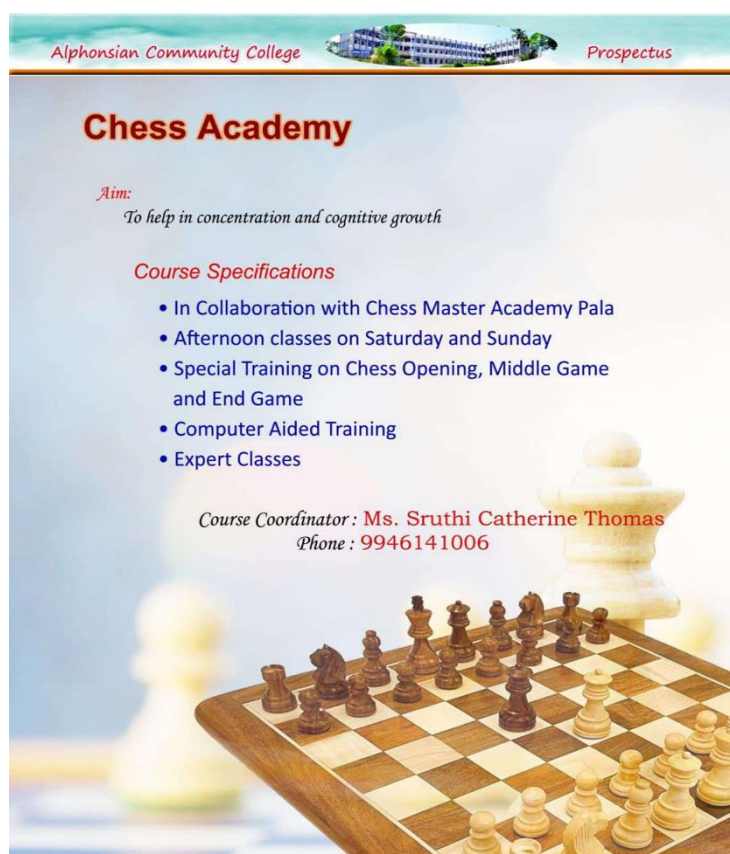
The Driving course offered by the Alphonsian Community College provides learners with comprehensive training in safe driving practices, road rules, and vehicle operation. The aim of the programme is to make the learner an independent and confident driver

The class help to instill in students a deep understanding of road safety principles, defensive driving techniques, and hazard awareness to minimize the risk of accidents and injuries. It also equip students with the knowledge and skills necessary to operate a motor vehicle safely

and confidently in various traffic conditions and environments. The course educate students about traffic laws, regulations, and signage, ensuring compliance with legal requirements and promoting responsible driving behavior. It also teach learners how to identify and respond to potential driving hazards, emergencies, and adverse weather conditions effectively. The classes prepare students for the written and practical components of the driver's license examination, facilitating their successful attainment of a driver's license.

The Driving Classes utilizes a variety of instructional methods to engage students and facilitate their learning. Classroom instruction, simulation exercises on driving simulators to replicate real-world driving scenarios and practice hazard perception and risk management skills in a safe environment; behind-the-wheel training sessions with certified driving instructors to provide hands-on practice in vehicle operation, maneuvering, and defensive driving techniques, etc. are provided.

CHESS ACADEMY



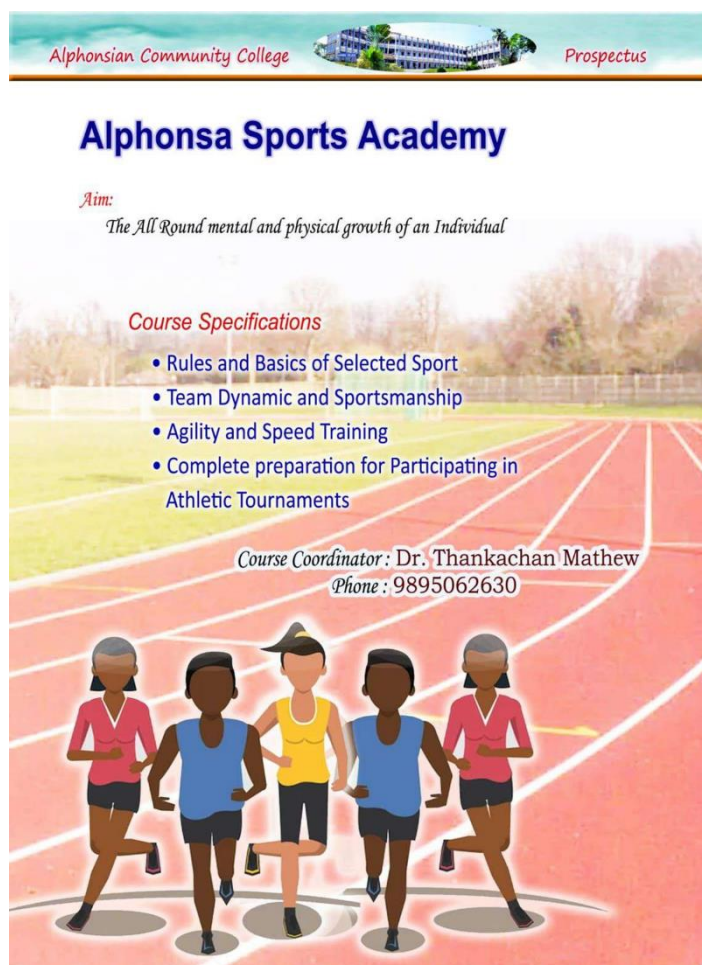
The Chess Academy offered by the Alphonsian Community College provides learners with a structured program for learning and mastering the game of chess. It also strives to help in improving concentration and cognitive growth.

The academy teach students the rules, strategies, and tactics of chess, enabling them to improve their chess playing abilities and compete at various levels. It also develop students' critical thinking skills, decision-making abilities, and analytical reasoning through

the study and practice of chess. The course endeavours to cultivate students' problem-solving skills, creativity, and resourcefulness by confronting them with complex chess positions and challenges. It also instill in students the values of sportsmanship, fair play, respect for opponents, and adherence to the rules of chess competition. It foster students' enjoyment and appreciation of the game of chess as a mentally stimulating and intellectually rewarding pursuit.

The Chess Academy covers a comprehensive range of topics. Introduction to the rules, mechanics, and basic principles of chess, including how the pieces move, capture, and interact on the chessboard, instruction on fundamental opening principles, strategies, and variations, including popular opening systems and their purposes, study of middle game concepts, such as piece activity, pawn structure, development, control of the center, and tactical motifs (e.g., pins, forks, skewers), exploration of endgame techniques, including pawn endings, piece coordination, king activity, and basic checkmating patterns, etc. are provided. Analysis of tactical combinations, positional maneuvers, and strategic plans through the study of classic and modern chess games are also offered.

ALPHONSA SPORTS ACADEMY



The Alphonsa Sports Academy, an initiative of the Alphonsian Community College, is dedicated to providing students with comprehensive sports training and development opportunities. The all round mental and physical growth of an individual is prioritized.

The academy facilitate the holistic development of student-athletes by providing training in various sports disciplines, including athletics, football, basketball, volleyball, cricket, and more. It also enhance students' athletic skills, techniques, and physical fitness through structured training programs and

coaching from experienced professionals. It also endeavours to instill in students the values of sportsmanship, teamwork, discipline, perseverance, and leadership through sports participation and competition. The academy strives to identify and nurture talented athletes with the potential for competitive success at the local, regional, national, and international levels. To engage with the local community and schools; outreach programs, sports camps, clinics, and tournaments, etc. promoting active lifestyles and youth development are held.

The Alphonsa Sports Academy offers a variety of programs and training sessions tailored to students' interests, skill levels, and athletic goals. Intensive training camps during school breaks and holidays, focusing on specific sports disciplines and skill development are organized. Structured after-school programs providing coaching, practice sessions, and competitions in various sports for students of all ages are offered. Specialized training programs and support services are provided for elite athletes with the potential for high-level competition and performance. Educational clinics and workshops led by professional coaches and athletes on sports-specific skills, techniques, and strategies are organized. Strength and conditioning

programs designed to improve athletes' physical fitness, agility, speed, endurance, and injury prevention are also provided. Complete training for participation in inter-school, inter-collegiate, district, state and national level sports events and tournaments is also provided. The Alphonsa Sports Academy is equipped with state-of-the-art facilities to support athletes' training and development.

ALPHONSIAN EXTENSION ACTIVITIES

Besides providing fifteen courses focused on skill development, Alphonsa College offers certain programs and initiatives that extend the institution's resources, expertise, and educational services reaching out to the broader community for addressing societal needs. These activities serve several purposes, including community engagement, social responsibility, and practical application of knowledge. They include diet counselling, fitness centre and physio therapy consultation.

DIET COUNSELLING



Diet Counselling

Aim:
 Diet counselling is a personalized service that aims to provide individuals with expert guidance and support to make healthier food choices, meet specific dietary goals, and improve overall well-being. It typically involves assessments of nutritional needs, development of customized meal plans, education on proper nutrition, and ongoing monitoring and adjustments to help clients achieve and maintain their desired health outcomes.

Highlights:

- Expert Dietitians
- Nutritional Assessment
- Meal Planning
- Nutritional Education
- Weight Management
- Nutritional Counselling
- Minimal Charge

Counsellor : Ms. Binu Emmanuel
Phone : 9446122439



Diet counselling offered by the college is a personalized service that aims to provide individuals with expert guidance and support to make healthier food choices, meet specific dietary goals, and improve overall well-being. It typically involves assessments of nutritional needs, development of customized meal plans, education on proper nutrition, and ongoing monitoring and adjustments to help clients achieve and maintain their desired health outcomes.


The facility serves to raise awareness about the importance of balanced nutrition, healthy eating habits, and their impact on

overall health and well-being. It also provide personalized diet counseling sessions tailored to the unique needs, preferences, and goals of individuals, addressing concerns such as weight management, dietary restrictions, and health conditions. It strives to educate participants about dietary guidelines, food sources, portion control, meal planning, label reading, and other essential nutrition-related topics. Support is also provided for individuals in making sustainable lifestyle changes by promoting positive eating behaviors, mindful eating practices, and

strategies for overcoming barriers to healthy eating. It also endeavours to promote disease prevention, management, and optimal health through evidence-based nutrition recommendations, lifestyle modifications, and holistic approaches to wellness.

The Diet Counseling Service offers a variety of services and resources to meet the diverse needs of individuals of community. Personalized diet counseling sessions to assess dietary intake, address nutritional concerns, set goals, and develop individualized nutrition plans are offered. Comprehensive assessments of dietary habits, nutritional status, health history, and lifestyle factors are carried out to identify areas for improvement and provide targeted interventions. Tailored weight management programs, including goal setting, behavior modification strategies, dietary recommendations, and ongoing support for achieving and maintaining a healthy weight are offered. Counseling for specific dietary needs and health conditions, such as vegetarianism, veganism, food allergies, intolerances, digestive disorders, diabetes, cardiovascular disease, and eating disorders are also provided. Educational workshops, seminars, and cooking demonstrations on various nutrition topics, such as label reading, healthy cooking techniques, smart snacking, and eating for energy, etc. are organized.

FITNESS CENTRE



Alphonsian Community College *Prospectus*


Fitness Centre

Aim:
 Staying fit can empower you to lead a healthier lifestyle, improve your physical well-being. Our Fitness centre services for:

Highlights:

- Regular Workouts
- Setting Personal Fitness Goals
- Workout Planning
- Nutrition and Safety Measures
- State of art Gym facilities – Indoor and Outdoor
- Nominal Fee
- Time: Forenoon: 9 – 12, Afternoon: 2 - 5

Fitness Centre Coordinator : Dr. Sini Thomas
Phone : 6238083384





The Fitness Center Service offered at the college provides people with access to state-of-the-art exercise facilities, fitness programs, and wellness resources. The center strives to promote physical fitness, health, and well-being of people through regular exercise and physical activity. It provides accessible and inclusive fitness facilities that accommodate individuals of all fitness levels, abilities, and interests. The center offers a variety of fitness programs, classes, and activities that cater to diverse interests and preferences, including cardio, strength training, group exercise, and recreational sports. It also endeavours to educate participants about

the principles of exercise physiology, proper exercise technique, injury prevention, and the benefits of regular physical activity. It also provide support to individuals in achieving their fitness and wellness goals, whether they are focused on weight management, stress reduction, performance enhancement, or overall health improvement.

The Fitness Center Service offers a range of amenities, programs, and services to meet the needs of the community. Access to a variety of exercise equipment, including cardio machines (treadmills, ellipticals, stationary bikes), strength training machines, free weights, and functional training equipment are offered. Scheduled group exercise classes led by certified instructors, including yoga, Zumba, etc. are organized. Personalized fitness assessments, goal setting, and one-on-one training sessions with certified personal trainers to provide individualized guidance and support are also provided. Educational workshops, seminars, and presentations on various wellness topics, such as nutrition, stress management, sleep hygiene, and mental health awareness are organized. Flexible hours of operation and access to fitness center facilities, amenities to accommodate busy schedules and promote convenience and accessibility are ensured.

PHYSIO THERAPY CONSULTATION


Alphonsian Community College  Prospectus

Physio Therapy Consultation

Aim:
To promote better understanding of one's body and the adoption of preventive measures to maintain long-term physical health.

Highlights:

- Exercise Prescription
- Posture Correction
- Balance and Coordination Training
- Neurological Rehabilitation
- Cardiovascular Rehabilitation
- Geriatric Care
- Sports Injury Rehabilitation
- Home Exercise Programs



Consultant in Charge: **Ms. Remya P.M.**
Phone : 9961050200



help individuals manage pain and discomfort, allowing them to function more comfortably in their daily lives. Training to restore and improve individuals' functional mobility, strength, flexibility, and balance are also provided.

The Physiotherapy Consultation service provided at the college offer people access to professional guidance, assessment, and treatment for musculoskeletal issues, injuries, and rehabilitation needs. The venture strives to promote better understanding of one's body and the adoption of preventive measures to maintain long-term physical health.

The Physiotherapy Consultation Service offers a range of offerings and benefits. personalized treatment plans tailored to each individual's unique needs, goals, and preferences are provided. Manual therapy techniques, therapeutic exercises, and modalities are demonstrated to