



Alphonsian Community College

An Initiative as part of the Diamond Jubilee Celebration
by

Alphonsa College, Pala

(Affiliated to Mahatma Gandhi University, Kottayam
Re-accredited by NAAC with A Grade, RUSA 2.0 Funded)
www.alphonsacollege.edu.in

PROSPECTUS





Forward....

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 our sixtieth anniversary with grand celebrations, I am thrilled to unveil a pioneering venture. In alliance with our commitment to education and community betterment, we are proud to introduce our latest endeavor – the Alphonsian Community College. This is a landmark moment as it not only signifies our institution's foresight but also serves as a testament to our ongoing dedication to extend beyond the traditional boundaries of imparting knowledge. With a profound reflection on our past achievements and an eagerness to embrace future, I am happy to invite you to be a part of our new undertaking, the Alphonsian Community College, all in line with our cherished motto: 'Lighted for Life.'

Shaji John

Dr. Shaji John

Principal



Mission of the College

**The perfect woman nobly planned'.
To create self-reliant and liberated young women
with traditional cultural values and moral integrity,
who will be agents of social transformation in their
families and society.**

Vision of the College

**To equip our students with deep knowledge and
globally acceptable skills. To develop values of
self-respect, tolerance, discipline, hard work and
patriotism. To promote learning that will contribute
to women empowerment by enabling women to
become self-reliant.**



Course Objectives

1. Women empowerment
2. Skill development through knowledge acquisition
3. Embracing nontraditional routes to impart Knowledge to less privileged women in and around local community
4. Enhancing ability for self-employment among women

Course Features

- Short duration certificate courses
- No age restrictions
- Curriculum can be adapted to respond flexibly to the evolving needs of society.
- Offers educational opportunities to marginalized and disadvantaged women with nil/basic education
- Minimal Fee



*C***OURSES OFFERED**



- 1. Language Academy**
- 2. English Language Training Centre**
- 3. Decorative Glass Painting**
- 4. The Art of Fabric Painting**
- 5. Origami Flower Making Craft**
- 6. Scrapbooking Craft**
- 7. Sew and Create: Stitching Class**
- 8. The Crochet Workshop**
- 9. Creative Needlework: Hand Embroidery**
- 10. Culinary Art**
- 11. Organic Waste Management**
- 12. Martial Arts Academy**
- 13. Driving Class**
- 14. Chess Academy**
- 15. Alphonsa Sports Academy**

Alphonsian Extension Services

- 1. Diet Counselling**
- 2. Fitness Centre**
- 3. Physio Therapy Consultation**

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

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

Phone : 8590819628



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.

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

Phone : 9656281441





Decorative Glass Painting

Aim:

Encourage participants to explore their creativity and offer opportunities for them to showcase their glass art creations.

Course Specifications

- Acrylic Painting Basics
- Water colour Techniques
- Basic Tools and Materials
- Glass Painting Techniques
- Basic Strokes and Brush Techniques
- Using Outliner and Contouring
- Design and Composition
- Planning Your Glass Painting Design
- Transferring Designs to Glass
- Colour Selection and Mixing

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





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**





Origami Flower Making Craft

Aim:

It provides both relaxation and skill development, making it a satisfying and enjoyable hobby or craft.

Course Specifications

- Introduction to Basic Paper Cutting Techniques
- Creating Handmade Greeting Cards
- Introduction to Origami
- Making Paper Flowers and Bouquets

Course Coordinator : **Ms. Saru Treesa Sunny**
Phone : **9747388334**





Scrapbooking Craft

Aim:

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.

Course Specifications

- Introduction to tools and materials
- Learning about types of papers and their purpose
- Basic scrapbook and DIY Journaling
- Different binding techniques

Course Coordinator : **Ms. Saru Treesa Sunny**
Phone : **9747388334**





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 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**





Creative Needlework: Hand Embroidery

Aim:

To master the art of Needlework and Embroidery and also learn how to turn it as a career.

Course Specifications

- Essential Embroidery Stitches
- Building Embroidery Skills
- Hands on Practise
- Repeated live demonstration classes

Course Coordinator: **Ms. Neenu Thomas**

Phone : **9400610795, 8590997402**





Culinary Art

Aim:

To enjoy and learn the art of cooking, garnishing and preserving by experimenting with food preparation.

Course Specifications

- The Art of cooking
- Vegetable Carving
- Food Garnishing
- Food Preserves
- Deserts
- Snacks

Course Coordinator : **Ms. Swapna George**
Phone : **9495336884**





ORGANIC WASTE MANAGEMENT

Aim:

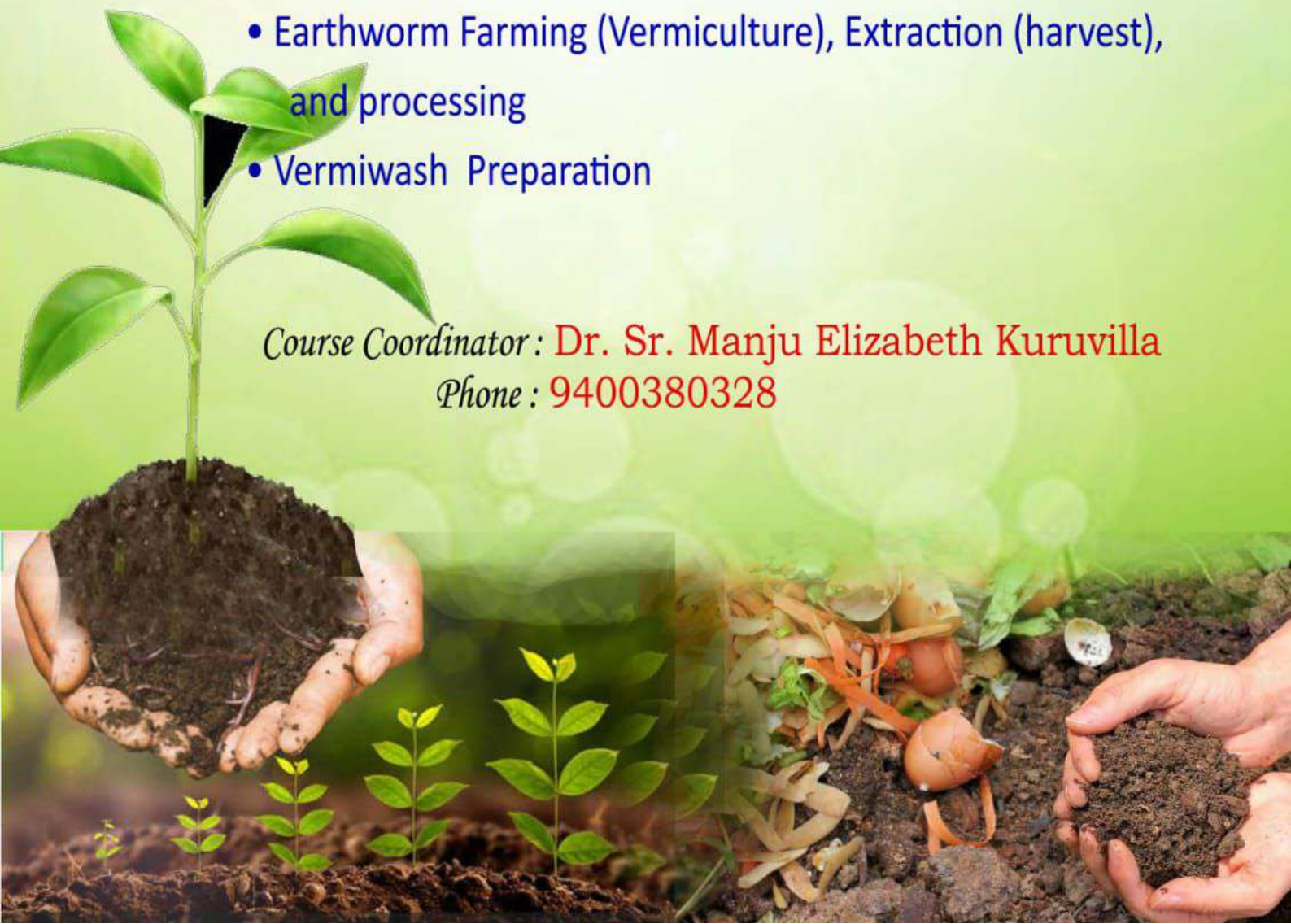
Equip students to construct their own compost farm and increase crop yield in an environment friendly manner. Both theory and practical classes will be conducted in offline mode.

Course Specifications

- Recycling of garbage
- production of organic fertilizers
- Small Scale Earthworm farming for home gardens
- Earthworm Farming (Vermiculture), Extraction (harvest), and processing
- Vermiwash Preparation

Course Coordinator : **Dr. Sr. Manju Elizabeth Kuruvilla**

Phone : **9400380328**





Martial Arts Academy

Aim:

. The course offers a path to personal growth and self-improvement through the mastery of martial techniques and principles.

Course Specifications

- **Introduction to Karatae**
- **Basic Techniques**
- **Forms (Kathas)**
- **Self Defence Class**
- **Practical Classes**

Course Coordinator : **Ms. Teena James**

Phone : **8281778850**





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**





Chess Academy

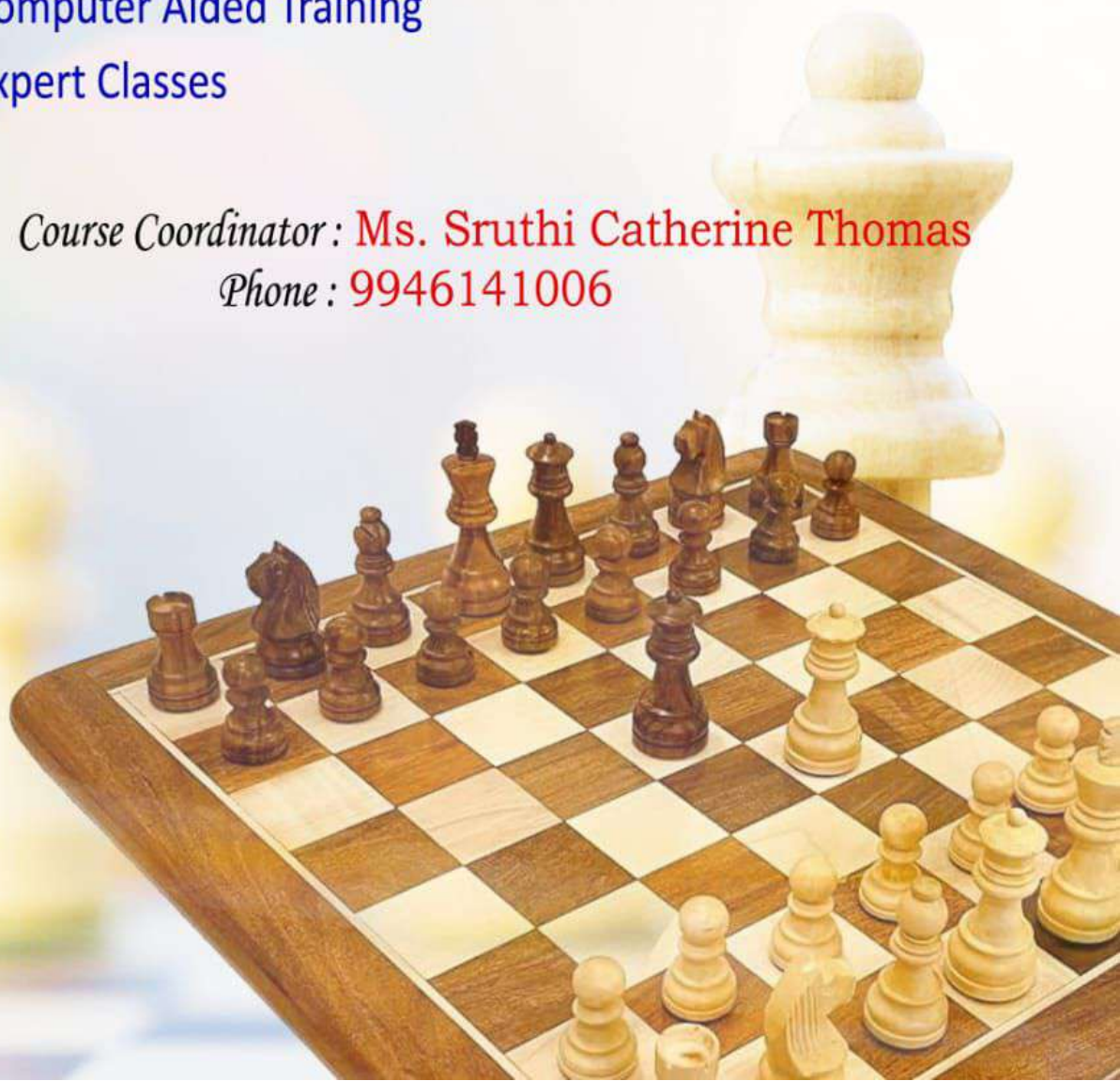
Aim:

To help in concentration and cognitive growth

Course Specifications

- In Collaboration with Chess Master Academy Pala
- Afternoon classes on Saturday and Sunday
- Special Training on Chess Opening, Middle Game and End Game
- Computer Aided Training
- Expert Classes

Course Coordinator : **Ms. Sruthi Catherine Thomas**
Phone : **9946141006**





Alphonsa Sports Academy

Aim:

The All Round mental and physical growth of an Individual

Course Specifications

- Rules and Basics of Selected Sport
- Team Dynamic and Sportsmanship
- Agility and Speed Training
- Complete preparation for Participating in Athletic Tournaments

Course Coordinator: Dr. Thankachan Mathew

Phone : 9895062630





Alphonsian Extension Services

Alphonsian Extension activities

refer to programs and initiatives that extend our institution's resources, expertise, and educational services reaching out to the broader community or addressing societal needs. These activities serve several purposes, including community engagement, social responsibility, and practical application of knowledge.

Three such activities we are opening our gates to:

Course Specifications

1. Diet Counselling

2. Fitness Centre

3. Physio Therapy Consultation





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 Dieticians
- Nutritional Assessment
- Meal Planning
- Nutritional Education
- Weight Management
- Nutritional Counselling
- Minimal Charge

Counsellor : Ms. Binu Emmanuel
Phone : 9446122439





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





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**



LIGHTED FOR LIFE

