



BEST PRACTICES

Best Practice 1: Sensitized Women for Emancipated Society

1. **Goal** – It aims to foster social sensitivity among young women to promote societal transformation.
2. **The Context**- This programme envisions to bind the young Alphonsians to the world around them and to promote in them service mindedness beyond normative practices
3. **The Practice** – Alphonsa College has dedicated itself to mould and empower generations of women and provide holistic education that would enable them to actively participate in community life. Various social service and outreach programmes have been organized by the departmental associations and other to connect the students to the society around them and encourage them to provide services beyond conventional limits to rural community.

Unnat Bharat Abhiyan which functions in the college is inspired by the vision of transformational change in rural development process to help build the architecture of an inclusive India. With its prim focus on the development of Rural India, the UBA of the college has adopted 5 villages and has been contributing commendably towards the holistic development of the rural populace there, by educating them in the need to promote Green living and fight plastic, by giving training to the members of Kudumbasree and conducting medical camps. The Centre for Gandhian Studies is the only one of its kind in Kerala. The centre promotes and disseminates Gandhian values among the youth.

National Service Scheme plays a pivotal role in materializing the institution's vision to mould the next generation, socially committed. The NSS volunteers of the college live up to the motto of NSS, “not me but you”. The social service activities initiated by the unit are driven by this sense of selflessness and social commitment. Flood Relief activities, contributions made to old age homes and orphanages, various awareness campaigns are all designed to keep the students socially committed.



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The NCC subunit of the college glorifies the vision of the college, by training the youth in discipline and unity to become the disciplined human resource for the betterment of the nation. The training offered by NCC helps them to consider nation first and to strive and to make themselves available for the needs of others. They served as human resource during flood relief activities and assisted the district administration in fighting and managing the crisis caused by COVID19.

Youth Red Cross unit of the college lays its prime focus on assisting the less privileged in meeting their basic requirements like housing. Most of the Subject associations have adopted colonies and they carry out social service activities there, with an eye to improve the living standards of the people living there.

Evidence of success – The Unnat Bharat Abhiyan, Centre for Gandhian Studies, National Service Scheme and National Cadet Corps of the college have been performing commendably well and are rated top in their respective fields. Good numbers of extension and outreach programmes are being carried out by the subject associations. Free tuition classes are offered by our students to the inmates of orphanages and children of adopted colonies. Alphonsians go to these places and help the children in learning. Assistance has been given to various house construction/renovation projects. They also joined hands with the disaster management system of the district by offering helping hands during the floods and COVID 19 pandemic.

Street plays were organized to generate awareness among public on social havocs like Drug abuse and uncontrolled use and careless handling of plastic. Free Medical camps and seminar on Mental Health of the Senior citizens were organized in collaboration with local self-governments with as eye on improving and sustaining public health. Meenachil River Project



has been launched to protect Meenachil river. Planting of Attuvanchi saplings and cleanliness drive along the river side to make it plastic free are all carried out as part of the project. Regular visits are being paid to orphanages and old age homes. Students are keen in celebrating festivals like Onam and Christmas with the inmates of these orphanages and old age homes. Books are collected to setup libraries at the adopted colonies and orphanages.

Students raise funds to gift the children at the orphanages with study materials. By volunteering and making themselves available to the needs of others, the Alphonsians live up to the vision 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 societies”.

Problems encountered, and resources required- students face certain constraints and challenges with regard to their engagement with extension and outreach activities. One of the greatest challenges is the constraints of time to conduct social service activities because of their academic responsibilities. While students are able to generate awareness and interest, sustainability is a threat in some cases.

Best Practice 2: Holistic Development

1. **Goal** – It aims to cater the demand for quality education enhancing physical and intellectual potentialities
2. **The Context-** This programme is in line with the college’s vision to mould the perfect woman through noble planning.
3. **The Practice** – Strongly convinced of the fact that education is nothing but an art to bring out the best in a child’s mind, body and spirit, Alphonsa College promulgates facilities for intellectual, physical and social development of its students.

Being a premier institution in the higher education sector of the state, the college ensures best results in all its academic programmes. During the academic year the students of the



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college secured 29 ranks and 96 A+ grades in the university examination. Special initiatives like Walk with the Scholar and Scholar Support Programmes are designed for advanced and slow learners. The Career and Placement Cell looks after and ensures placement of students. A befitting research environment is also provided by the college.

Besides regular academic programmes, the college ensures a well-designed pattern for physical training also. Regular and fastidious training is offered to the students throughout the year. The training takes place across three venues namely the college campus: Municipal Stadium, Pala and Sports Complex at St Thomas College, Pala. Students can utilize the in campus facilities offered such as, Indoor Court for basketball, Standard Gymnasium, Sports Practice Ground, Long Jump Pit. In addition to these facilities the college has signed an MOU with the municipality in making the facilities at the Municipal indoor stadium, which is of international standards, available to the students of the college. The students are also trained in swimming at the Sports Complex at St Thomas College, Pala which offers state of the art facilities.

During the summer vacation, special Summer Coaching Camp in volleyball, basketball, athletics, and swimming are organized and students from other institutions are also accommodated. This indicates how the college follows a well thought out plan in designing the younger generation energetic and fit for a young India Hostel facility is arranged by the college ensuring free accommodation for the sports students. Since the government funding is inadequate to meet the expenses of all the students, the institution offers financial support to around 40 sports students.

Also, every year the PTA gives special prizes to the medal winners in the state, national and international events. The college bestows talented students with district, state, national and international platforms where they can test, train and enhance their talents, skills



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and capabilities. The winners in national and inter-university competitions are encouraged to apply for scholarships. Around 15 students receive the University Sports Merit Award annually.

Evidence of success – the Alumnae bear testimony to the versatile, all-encompassing education the college provides. ‘Alphonsian’ has become a familiar and quality name in the fields of Sports and games, Civil Services and Public administration, Medical and education, film and playback singing. The college team emerged as champions in South Zone Inter District Volleyball Championship, All Kerala Inter-Collegiate Basketball Championship, All Kerala Inter-Collegiate Volleyball Championship, Kottayam District Athletic Championship, MG University Weightlifting and Power lifting Championship and Overall Championship in the Kerala State Cross Country Championship. They also won Runners Up titles in Volleyball, Basketball, Netball, Cross Country and Swimming. A good number of students represented MG University in the All-India Inter-University championship and were members of the state team in the National championships.

Our outstanding athlete Ms. Lizbeth Karoline Joseph has been awarded a U.S scholarship of 1.64 crores for her studies and coaching at Liberty University. 15 sports students got placed in varied government and service wings including CRPF, BSF, Railways and KSEB. 25 of our students participated in various national championships during the academic year.

Problems encountered, and resources required- The time available is limited in a semester system. It is a challenge to manage both sports and academics. The schedule of the University exams clash with sports competitions is a major challenge.