



ALPHA NEWS

NEWSLETTER 2021

VOL. 17 NO. 1 AUGUST 2021

Principals Message 2020-21



The academic year 2020-2021 is marked as another glorious one in the annals of Alphonsian history. Even in the face of adversities and struggles in this academic year caused by the Covid 19 pandemic, our students performed well to accomplish their goals. Our students performed excellently well in the M.G. University examinations of May 2020 securing 9 ranks and 96A+ grade. Our results were well above the University average. I take this occasion to congratulate the rank holders and A+ holders, their respective teachers and HODs, and I wish the students all success in their future pursuits.

It is a matter of pride that we have started another aided PG course sanctioned by the Government of Kerala: M. A. Econometrics. I am very happy to announce that we have been selected as a Member of National Rural Entrepreneurship Mission, carried out by Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India.

Our College team won the first position in Senior National Federation Cup Volleyball Championship held at Bhuvaneshwar. Our students won the Kerala state Cross-Country Championship and participated the National Cross-Country Championship. The College won this year the title of "Best NCC subunit in Five Kerala Girls Battalion".

During this online period many of our students participated and won various competitions on online platform. I take this opportunity to congratulate all of them for their brilliant and commendable performance that bring honour to the College.

We are thankful to the valuable services of Ms. Beenamma Francis our non- teaching staff.

We bow before the revered memory of Ms.Lucy former HOD of Dept. of Chemistry who passed away this year

As I conclude, I thank all those who encourage us, gently persuade us and creatively contribute by their time and talents 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 incessant showers of blessings on us. I bow my head before the revered memory of our founder patron, Late Mar Sebastian Vayalil. I acknowledge my enormous gratitude to our beloved Patron His Excellency Mar Joseph Kallarangattu, our Manager His Excellency Mar Jacob Muricken, and to all other members of the Managing Body of Alphonso College for their guidance and constant support. My special thanks are also due to our Vice-Principals, Rev. Dr. Shaji John and Dr.Sr.Regeenamma Joseph and Bursar, Rev. Dr. Fr. Jose Joseph Pulavelil for their valuable assistance.

I express my heartfelt thanks to all the members of the staff of the College, 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 service for the life and smooth functioning of the college. I thank all my dear students who worked hard all through the year to raise the name and fame of Alphonso College in the academic field both in the state and in the country.

Let the Almighty bless all our efforts and commitments to educate and form women capable to mould the society. May God bless us all to be "Lighted for Life."

Dr.Sr. Gigimol M.G

OUR TORCHBEARERS



Patron
H. E. Mar Joseph Kallarangattu
Bishop of Pala



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



Principal
Dr. Sr. Gigimol M. G.



Vice Principal
Rev. Dr. Shaji John



Vice Principal
**Rev. Dr. Sr Regeenamma
Joseph**



Bursar
Rev. Fr. Jose Joseph Pulavelil

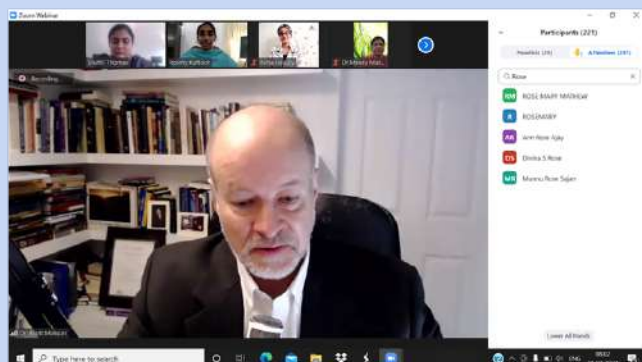
SEMINARS AND CONFERENCES

INTERNATIONAL WEBINAR ON "PHOTODYNAMIC THERAPY OF CANCER USING NATURAL PHOTOSENSITIZERS"

An International Webinar was conducted on the topic "PHOTODYNAMIC THERAPY OF CANCER USING NATURAL PHOTOSENSITIZERS" on 24th July 2020 at 12 P.M. The Resource person was Dr. Blosson P. George, Researcher, Faculty of Health Sciences, University of Johannesburg, South Africa.



INTERNATIONAL WEBINAR - KEATS BICENTENNIAL LECTURE



The Post Graduate Department of English conducted an International Webinar Series "KEATS BICENTENNIAL LECTURE" on 23rd February 2021.

NATIONAL WEBINAR ON THE TOPIC "GENETIC ENGINEERING TOOLS-RECENT ADVANCES"

Department of Zoology was conducted a national webinar on the topic "Genetic Engineering Tools-Recent Advances" on 25th September 2020 at 2.00 P.M. through Google meet. Resource person was P. Sreedevi, DBT Research Associate, Jawaharlal Nehru Centre for Advanced Scientific Research, Bangalore. It was organized by IQAC and P. G. Department of Zoology.



NATIONAL LEVEL E-WORKSHOP ON FUNDAMENTALS OF ECONOMETRICS AND RESEARCH DESIGN

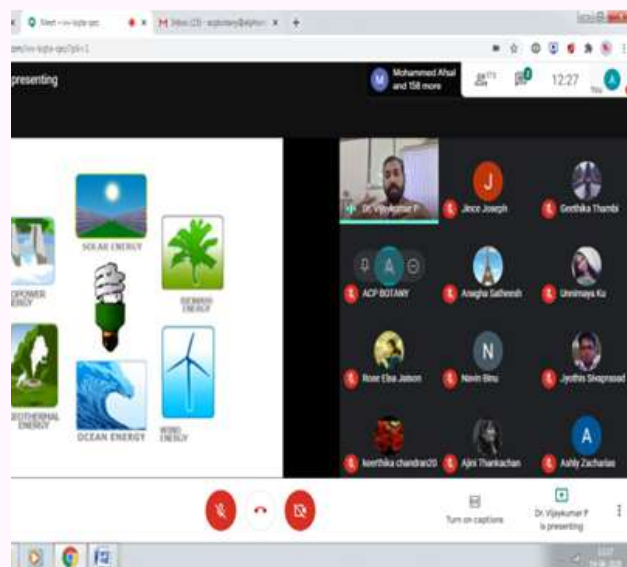
Aiming to provide an intense training on Fundamentals of Econometrics and Research design to all those who are interested to widen their economic research to a quantitative arena, Department of Economics of Alphonsa College Pala has organized a 15 hour long online workshop from 17th April to 22nd May, 2021. It was a first go event conducted under the newly sanctioned Masters Program of Econometrics in the college. The workshop was scheduled for 2 hour per day for five Saturdays. Rev. Sr Regeenmma Joseph, Head of the Department and Convener of the workshop, inaugurated the session. Around 50 participants has registered for the event from various parts of India, which included Academicians, Research scholars, Professional and students. The sessions were handled by Mr. Bryan Thomas and Kannan Narayanan who are experts in econometrics and are currently working in corporates. The session covered basic concepts in econometrics in a very practical as well as intuitive approach using Excel and R programming. The sessions covered are different econometric models and their estimation, treatment of data, research ethics etc. The workshop concluded on 22 May 2021. Ms. Minu Mary Jose and Miss Minnu Therese Sunny convened the workshop. An e- certificate has sent to participant's. The workshop has got an applaud able feedback from the participants.



IQAC WEBINAR SERIES

WEBINAR ON GLOBAL CLIMATE CHANGE: RE-OCCURANCE OF WEATHER EVENTS IN KERALA

As part of IQAC webinar series Department of Botany conducted a State level Webinar on the topic "Global climate change: Re-occurrence of weather events in Kerala" on 19th August 2020. Dr. Vijaykumar P. Scientist, Advanced Centre for Atmospheric Radar Research, Cochin University of science and Technology was the resource person.

**WEBINAR ON INTEGRATION TECHNIQUES FOR AREA AND VOLUME – AN OVERVIEW**

As part of IQAC webinar series Department of Botany conducted a State level Webinar on the topic "Global climate change: Re-occurrence of weather events in Kerala" on 19th August 2020. Dr. Vijaykumar P. Scientist, Advanced Centre for Atmospheric Radar Research, Cochin University of science and Technology was the resource person.

IQAC WEBINAR SERIES

TOPIC: INTEGRATION TECHNIQUES FOR AREA AND VOLUME-AN OVERVIEW

RESOURCE PERSON

DR. ANJALY JOSE
ASSISTANT PROFESSOR
ST. JOSEPH'S COLLEGE, DEVAGIRI
KOZHIKODE

On 8th September 2020
9:30-10:30 A.M.

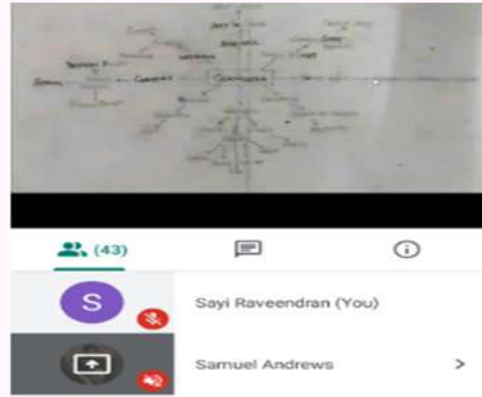
FREE REGISTRATION
E-CERTIFICATE TO ALL THE
PARTICIPANTS

Register here
<https://meet.google.com/dov-weaw-dep>

Organised by
DEPARTMENT OF MATHEMATICS

WEBINAR ON 'ILLUSTRATION AND PORTFOLIO'

Department of Fashion Technology conducted two days seminar about 'Illustration and Portfolio for our IIIDC and IIDC students and it held on 19 - 20 October 2020. The classes were taken by Mr. Andrews Samuel (Asst. Professor, Mar Basalious College, Kothamangalam).



WEBINAR "WOMEN IN SCIENCE"

Physics department conducted a webinar on Women in Science on 14/11/2020. Dr. Chitra R Nayak was the resource person and 150 students participated in the webinar



SEMINAR ON WOMEN ENTREPRENEURSHIP

Ms. Elsa Rose George, Faculty of Diploma in Entrepreneurship, Alphonsa College Pala gave a seminar on Women Entrepreneurship in connection with Women's day on 12/3/2021.



WEBINAR ON INDIAN ARCTIC EXPEDITION

A webinar on Indian Arctic Expedition was conducted by the Department of Physics in association with Deva Matha College Kuravilangad and St. Stephen's College Uzhavoor.



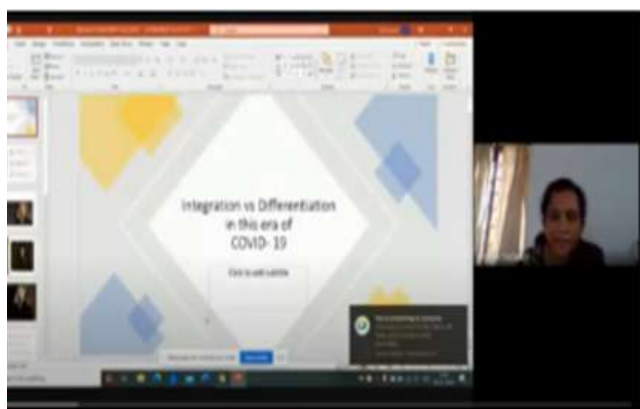
"SOCIAL, HISTORICAL AND CULTURAL BACKGROUNDS OF ENGLISH LITERATURE"

The seminar "Social, Historical and Cultural Backgrounds of English Literature" was conducted on 9 thMarch, 2021. The programme started at 9.30 am and was officiated by Rev. Dr. Jose Pulavelil, HOD, English Department with a welcome address. The key speaker of the day was Dr. Mathew Joseph, former Vice-Principal and HOD, St.Thomas College, Pala. He elaborated on every period in the English literary history from the Old English to the Modern and showered greater insights in this field. Those students attending offline classes participated as the audience and others attended via online mode as we offered live streaming in Zoom. The session extended till 12.30pm and the faculties and students were equal beneficiaries of this fruitful endeavour,



INTEGRATION VS DIFFERENTIATION IN THIS ERA OF COVID- 19

The resource person for the seminar in 2020-21 was Ms Jyothy Thomas, Head ofthe Department of Mathematics, Devamatha College, Kuravilangad. The topic was "Integration vs Differentiation in this era of COVID- 19". The talk was very much helpful for the students and encouraged them to have good interest in other branches of mathematics.



STARTED M.A ECONOMETRICS COURSE

The inauguration of the new 'MA Econometrics' Programme in the Department of Economics was arranged on 19th February 2021, at 2:30 pm in the Seminar Hall. The inauguration was done by Dr.Vijayamohan Pillai N, and as was presided over by H.E Mar Jacob Muricken, Manager and Auxilliary Bishop of the Diocese of Palai. The keynote address was given by Dr.A Jose (Syndicate member MG University).



Inauguration of the new 'MA Econometrics' Programme



Inauguration of the new 'MA Econometrics' Programme

ROLL OF HONOUR

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RANKHOLDERS



Amala Babu

Mathematics

Ist Rank & S Grade, CCPA - 9.69



Irin Saji

Physics Model II

Ist Rank & S Grade, CCPA - 9.54



Ponnu Maria Baby

Botany

Ist Rank & A Plus, CCPA- 9.41



Rasly K.P.

Clinical Nutrition &Dietetics

Ist Rank & A Plus, CCPA - 9.31



Aleena Shine Babu

Mathematics

2nd Rank & S Grade, CCPA - 9.60



Nesrin P. Fasim

Economics

2nd Rank & S Grade, CCPA-9.58



Chanjal Bright

Clinical Nutrition &Dietetics

2nd Rank & A Plus, CCPA-9.03



Abhirami A.

Economics

3rd Rank & A Plus, CCPA-9.38



Chandana Reghuraj

Clinical Nutrition &Dietetics

3rd Rank & APlus, CCPA- 8.95

FACULTY CORNER

Research papers in the Journals and Papers published in national/ international conference proceedings

- 1.U.S. Kanchana, Diana Elizabeth Jose, Thomas V. Mathew, Gopinathan Anilkumar : Palladium-catalyzed cross-coupling reactions of coumarin derivatives: An overview ,Applied Organometallic Chemistry,2020, 1099-0739.
2. Diana Elizabeth Jose, U.S. Kanchana, Thomas V. Mathew, Gopinathan Anilkumar ; Recent developments in the metal catalysed cross-coupling reactions for the synthesis of the enone system of chalcones, Applied Organometallic Chemistry, 2020,0022-328X.
- 3.U.S. Kanchana, Diana Elizabeth Jose, Thomas V. Mathew, Gopinathan Anilkumar ; Palladium-Catalyzed C-P Bond Forming Reactions: An Overview, Chemistry Select, 2365-6549.
4. Teresa Joseph, Combating women in the armedForces: Negotiating Inclusion/ exclusion, Gender, Militarism and Security, Gandhi Marg, 2020, 0016-4437.
- 5.Sheena George, Assessing the level of Retail therapy among retail shoppers in Kerala, Anvesak,2020, 0378-4568.
- 6.Sheena George, Retail therapy: Hedonic intension as the major reason to shop from shopping malls, NIU International journal of human rights, 2021 2394-0298.
7. Dr. Simimole Sebastian, Encyclopedia of animal cognition and behaviour, Arthropod Morphology, 2020,978-3-319-47829-6.
8. Dr. Maya George, 'A closer look at actinomycetes', Phenotypic and genotypic characterization of bioactive actinomycetes from tropical wetland ecosystem,2020, 978-1-53617-047-4.
9. Dr. Kochurani George, Cobalt substituted copper chromites: an effective catalyst for oxidative dehydrogenation of ethyl benzene to styrene, ALFOMINE: Int. Journal Part A (Sciences) Nov. 2020, ISSN 2250-3870.
10. Dr. Dani Mathew M, Recent Trends in Plant Science, Tree Diversity and Carbon Sequestration Potential – A Study In Alphonso College Campus,2020, 978-81-950842-0-3.

Induction programmes/Orientation programmes attended by the faculty

Ms. Biby Annet Baiju attended Online Induction Programme by UGC- HRDC, University of Kerala from 28/09/2020 - 27/10/2020.

Ms. Diana Elizabeth Jose attended Online Induction Programme by UGC- HRDC, University of Kerala from 28/09/2020 - 27/10/2020.

Refresher courses attended by faculty

Ms. Annu Paul attended Refresher Course in Techno Pedagogy Tools Towards Digital Era of Teaching by S D College ,Alappuzha and UGC- HRDC , University of Kerala from 28/09/2020 - 11/10/2020.

Dr.Anila Thomas attended Refresher Course In Malayalam & Kerala Studies conducted by UGC- HRDC , University of Calicut from 30/10/2020 - 12/11/2020.

Ms. Rosmy Kattoor attended Online Refresher Course on English Language Teaching by UGC- HRDC , JNTU, Hyderabad from 09/11/2020 - 23/11/2020.

Dr. Maya George attended Refresher Course in Environmental Sciences by UGC- HRDC, University of Kerala from 10/02/2021 - 23/02/2021.

Ms.Teena James attended Online Refresher course on Environmental Studies by Central University, Kasaragod and PMMMNTT from 09/03/2021 - 22/03/2021.

Ms. Poornima Baby attended Online Refresher course on Environmental Studies by Central University, Kasaragod and PMMMNTT from 09/03/2021 - 22/03/2021.

Dr.Simimole Sebastian attended Online Refresher course on Environmental Studies by Central University, Kasaragod and PMMMNTT from 09/03/2021 - 22/03/2021.

FDP/ Short term courses attended by the faculty

Dr.Regeenamma Joseph attended STTP on Emerging trends in Research Methods from 08/06/2020 - 13/06/2020.

Ms. Cincila T. Joy attended MOOC FDP on Implementation of Information and Communication Technology in Teaching by CUSAT and KSHEC from 18/07/2020 - 24/07/2020.

Dr. Dani Mathew M attended FDP on Online Teaching- Learning And Research Methodology by Govt. P. G. College, Bilaspur Rampur - Uttar Pradesh from 18/07/2020- 29/07/2020.

Ms. Smitha Clary Joseph attended FDP on Online Education in Higher Education Institutions by Kerala State Higher Education Council from 03/08/2020- 07/08/2020.

Dr. Jesty Emmanuel attended FDP on Online Education in Higher Education Institutions by Kerala State Higher Education Council from 03/08/2020- 07/08/2020.

Ms. Sunitha Santhan attended FDP on Online Education in Higher Education Institutions by Kerala State Higher Education Council from 03/08/2020- 07/08/2020.

Dr. Sonia Sebastian attended FDP on Online Education in Higher Education Institutions by Kerala State Higher Education Council from 03/08/2020- 07/08/2020.

Dr. Sr.Jilly James attended Short term FDP on How teachers can make a difference by St. Teresa's College, Ernakulam and TLC, IIT Madras from 03/08/2020 - 07/08/2020.

Rev. Dr.Shaji John attended MOOC FDP on Pedagogical and e-learning tools for teaching by S D College, Alappuzha and KSHEC from 04/08/2020- 10/08/2020.

Ms. Manju Jose attended MOOC FDP on Pedagogical and e-learning tools for teaching by S D College, Alappuzha and KSHEC from 04/08/2020- 10/08/2020.

Ms. Rubymol Philip attended MOOC FDP on Pedagogical and e-learning tools for teaching by S D College, Alappuzha and KSHEC from 04/08/2020- 10/08/2020.

Ms. Minu Mary Jose attended National level E- workshop on Econometric Applications , School of Management Studies, CUSAT from 08/08/2020- 12/08/2020.

Ms. Julie J Paramundayil attended MOOC FDP on Towards a Digital Era of Teaching and Learning by KSMDDB College, Sasthamcotta and UGC- HRDC, University of Kerala from 12/08/2020 - 18/08/2020.

Dr.Jince Mary Joseph attended Short Term Course in Student Counselling and Mentoring by UGC- HRDC, University of Kerala from 20/08/2020 - 26/08/2020.

Ms. Rekha Mathew attended FDP on Python Programming by BMS College of Engineering, Bengaluru and Spoken Tutorial Project, IIT Bombay from 24/08/2020 - 29/08/2020

Dr.Kochurani George attended FDP on ICT Tools in Teaching Chemistry by St.Teresa's College, Ernakulam from 02/09/2020 - 06/09/2020.

Dr.Vijutha Sunny attended FDP on Entrepreneurship Skill Development by UGC- HRDC , M. G. University, Kottayam from 23/11/2020- 28/11/2020.

Dr. Sr. Sonia K Thomas attended Short term course in Advanced Group Theory, UGC- HRDC, University of Kerala from 16/12/2020 - 22/12/2020.

Dr.Sr. Sherly Joseph attended FDP on Research Ethics and Plagiarism by UGC - STRIDE , M G University , Kottayam from 26/12/2020 - 30/12/2020.

Dr. Manju Elizabeth Kuruvila attended FDP on Research Ethics and Plagiarism by UGC - STRIDE , M G University , Kottayam from 26/12/2020 - 30/12/2020.

Dr.Minimol Mathew attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Dr. Teresa Joseph attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Dr. Sheena Mathew attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Dr.Mariamamma Mathew attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Rev. Dr. Jose Joseph attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Dr.Ambili TR attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

Ms. Cinnie Susan Antony attended FDP on Moodle Learning Management by Alphonsa College, Pala and Spoken Tutorial Project, IIT Bombay from 04/01/2021 - 08/01/2021.

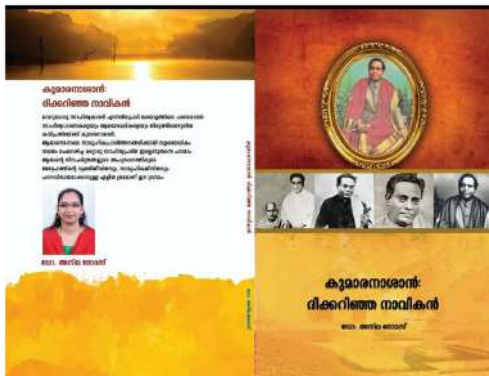
Dr. Minu Joy attended FDP on Positive Psychological Capital Of College Students And Role Of Teachers by UGC- STRIDE, M. G. University, Kottayam and IUCDS from 08/02/2021 - 12/02/2021.

Lt. Anu Jose attended FDP on Positive Psychological Capital Of College Students And Role Of Teachers by UGC- STRIDE, M. G. University, Kottayam and IUCDS from 08/02/2021 - 12/02/2021.

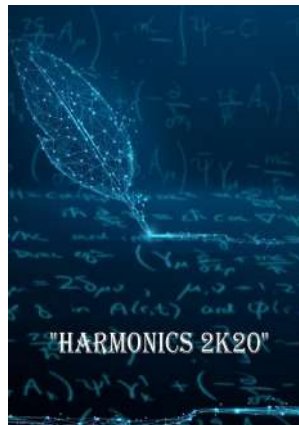
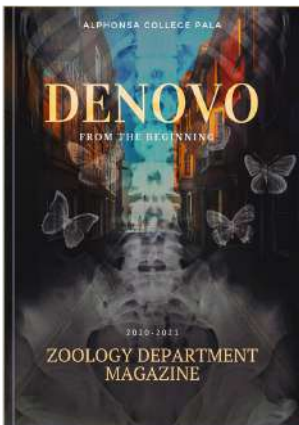
Dr.Thankachan Mathew attended FDP on Innovation and Entrepreneurship Development by K E College Mannanam and UGC- STRIDE , M.G. University, Kottayam 15/04/2021 - 21/04/2021.

Ms. Minnu Therese Sunny attended National level Workshop on Fundamentals of Econometrics & Panel Data Analysis by Christ (Deemed to be) University, Thiruvananthapuram from 17/04/2021 - 15/05/2021.

PUBLICATIONS



Dr Anila Thomas
Department of Malayalam
published a book named KUMARANASSAN
DIKKARINJA NAVIKAN (ISBN:978-93-
84282-35-9), Ascend
Publications, Kottayam 2021.

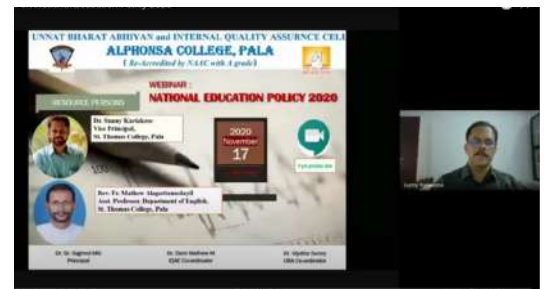


INTERNAL QUALITY ASSURANCE CELL (IQAC)

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 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.

IQAC in association with UBA Cell Alphonsa College Pala, organized a webinar on National education policy to faculty, students and parents. Dr. Sunny Kuriakose, Vice Principal, St. Thomas College Pala and Rev. Fr. Mathew Alappattumedayil, Assistant Professor, Department of English, St. Thomas College Pala served as resource persons.



Dr. Sunny Kuriakose speaking in the Webinar on National Education Policy



Nidhin Raj P IPS speaking in the civil service orientation course

IQAC, Alphonsa College Pala organized a webinar on Civil Service Examination in collaboration with St. Thomas College Pala and Civil Service Institute Pala on December 1, 2020. Shri Nidhin Raj P, IPS served as the resource person.

IQAC, Alphonsa College Pala Collaborated with the Health Infonet- health literacy initiative, St. Stephens College Uzhavoor for enhancing the health literacy among faculty members and students.

As a part of this health literacy initiative, a series of webinars were arranged on various topics like

- "Good food to reverse Diabetes" by, Dr Sreejith N Kumar, Chairman, IMA Food Safety Initiative
- "Why Obesity Matters – Live Light, Live Right" - "All You Need To Know About Eating Healthy" by Ms. Madhumita. R, Dietitian, National Institute of Physical Medicine and Rehabilitation
- "Developmental Pediatrics" .by Dr. Susan Mary Zachariah DCh, MD (Paeds), FIAP (Neurodevelopmental and Behavioural Paediatrics), Senior Specialist, Aster KIND (Kids Integrated Neuro-Developmental Center), Aster Medcity, Kochi and Dr. Maya Bose Vinod, MD Pediatrics, FIAP, Board-certified in Gen Pediatrics (USA), Developmental and Behavioral Pediatrician, National Institute of Physical Medicine and Rehabilitation (NIPMR), Irinjalakuda.



NATIONAL CADET CORPS (NCC)

Alphonsa College NCC sub unit has a strength of 108 cadets and an officer. The sub unit actively engages in and contributes to society, environment and people around. To help fight COVID 19 the cadets of the sub unit made and distributed face masks to voluntary organizations and households. They also donated PPE Kits to Good Samaritan Task Force Pala and Janamaithri Police Erattupetta. The sub unit also launched a COVID vaccination Help desk to assist people in registering for the COVID vaccine. The ANO and the cadets also completed IGOT training for COVID volunteers.

The Charity Cell of Alphonsa College NCC was inaugurated on 17 February 2021. The sub unit also launched a Rural Women empowerment programme to enhance e-literacy among rural women and to train them in the use of various e payment wallets. To cater the needs of the visually challenged , the sub unit released series of audio books . to commemorate Jallianwallahbag massacre the cadets undertook a plog run cleaning plastic waste. Series of webinars were organized as part of Constitution day and Fit India campaign. The sub unit was awarded the Best NCC sub Unit by Kottayam NCC group.



Best Unit Award



Charity cell Inauguration





NATIONAL SERVICE SCHEME (NSS)

The NSS unit, Alphonsa College had a unique year during 2020– 2021 even though the volunteers were unable to reach out to the community physically. Around two hundred highly motivated volunteers worked together for their personality development and the community they live in under the supervision of two well trained programme officers. The volunteers engaged in various skill development techniques and remained motivated to use it for the well being of the community. During the lockdown days all the volunteers and two programme officers underwent training for fighting against Covid. After the lockdown, the volunteers made cloth masks and handed it over to the concerned panchayath officials for distribution. The volunteers were given training in making soap, hand sanitizer, cloth bags, paper pens and door mats.

At the time of enrolment the volunteers were asked to make a vegetable garden and to prepare cloth mask for free distribution. More than hundred students participated enthusiastically in it.

The training of the Volunteer Force, which aimed to equip every volunteer to fight against Covid 19, took place on September 19. The Pre-monsoon training of different batches held on 19, 20, 21, 22 and 23rd September. Nearly 50 volunteers attended this training to form Sannadhasena.

Observation of Days:

- A poster making competition in connection with the world population day on 11th July on the theme was Population, Health and Covid 19.
- In connection with Hiroshima Day the volunteers organized an online quiz programme named Peace Seeds on 8th August.
- A webinar on Women Equality Day on 29th August 2020
- Picasso's Eye- an online drawing competition conducted on 5th September 2020 in connection with teacher's day
- In connection with the Ozone day, the NSS unit of our College organized a poster making competition on 18th September.
- NSS day was celebrated by the volunteers of Alphonsa college NSS unit. The chief guest was Ms. Alleymol Sebastian, the former NSS program officer.
- On October 1, as part of the NSS activities, all the volunteers cleaned the road in front of their house. Volunteers made a video of Gandhi and designed a poster and cover page.
- As part of cancer day group 1 conducted a cancer awareness programme and a cancer quiz on 6 February 2021
- As part of International Day of Women and Girls in Science group 2 conducted a video competition and an interactive session in google meet on February 12.

- As part of International Mother Language Day (February 21) the volunteers conducted a competition to know about our dialects on March 3
- As part of Social Justice Day we conducted a debate competition on Justice for Gender.
- As part of International Wild Life Day the volunteers organised an awareness programme on March 5.
- As part of International Women's Day Group 4 organised various competition including a webinar on the topic Modern Women Talking.

Webinars

- The unit organized a webinar on 29th August 2020 in connection with Women Equality Day. Lt. Anu Jose, Asst. Professor of Alphonsa College led a session on "Samadarshan"
- A class on 'Essentials of Disciplined Physique' based on #fitindia by Amal Manohar.
- A Cancer awareness webinar was held on 22nd September. The resource person was Mr. K G Karthikeyan, Rtd. Junior Health Inspector
- A Gender Sensitisation webinar on the topic "ആശയമുള്ളവെണ്ണപറക്കങ്ങൾ : Gender Sensitisation" by Dr. Mini Sebastian, Asst. Professor, Dept. of Malayalam, Devamatha college was conducted on 7th October
- NSS unit with Lions club organised a webinar on 28 January 2021 on the topic The Summit Success Strategy. Session was engaged by Mr Benny Kurien (faculty success coach international trainer).
- Our NSS unit with Lions club 318b conducted a Mega webinar as part of youth empowerment programme on Feb 22 based

on Legal Awareness. The session was led by Adv Usha Menon.

- On 27 February we organised a webinar on the topic Relationship Management: The Secret Of Happiness in Life. Dr. Ancy Joseph (Former principal and HOD Of Department of English St Dominic's College Kanjirappally) was the resource person.
- As part of International Women's Day Group the volunteers organized a webinar on the topic "Modern Women Talking" led by Ms. Rosemary Philip (Assistant Professor on contract, Department of English Alphonsa College Pala)

Camps

The seven day special camp was conducted as a mixture of online and offline modes from 20 to 26 December 2020 as instructed by the state cell.

On 10 January 2021 there was a minicamp for first year volunteers from 7.30 am -12.30 pm consisting of 2 sessions – one session in the forenoon and another in the afternoon. Forenoon session was engaged by Mr Anish Joseph (MG university best programme officer 2019-20 winner and NSS co-ordinator Kottayam) on the topic National Service Scheme The Richness of Opportunities. That was a wonderful session. Afternoon session was engaged by Mr Issac Thomas (MVI sub RDO) on the topic Safe on the Roads. This session was very helpful for everyone

Charity Initiatives

- The Unit managed to buy two wheel chairs and one washing machine for Ananda Bhavan, a charity home for mentally retarded.
- The unit adopted a student of 50+ age who was struggling to earn a livelihood along with her studies. She was assisted to start an Akshaya Kendra by the time she complete her graduation from our college.
- Deepthi DCMR school hostel was supplied with a few beds by the joint efforts of volunteers, programme officers and Principal.
- The unit handed over a wheel chair for the inmates of Dhayabhavan, Vellilapalli which they have brought by the money raised from different activities.



UNNAT BHARAT ABHIYAN (UBA)

The journey of Alphonso College Pala with Unnat Bharat Abhiyan began with the submission of proposal on 28th of September 2018. This was followed by the acceptance of the proposal by selecting our college as a participating institution in UBA 2.0. Five villages selected in the Meenachil Thaluk of Kottayam district, Kerala are namely Ramapuram, Kadanadu, Meenachi, Meenachil Part and Bharanaganam for the rural development activities. The activities of UBA cell of the college during 2020-21 was mostly done in online mode during the lockdown period. The students from the respective villages were selected and the online activities were coordinated.

The UBA cell of Alphonso college launched a YouTube channel during Covid Lockdown days to conduct the Covid awareness campaign. Students from all the departments actively participated in framing short videos.



Covid -19 awareness program in UBA's Youtube channel



Environment day celebrations-Ende
Maram- Sapling planting challenge

Department of Botany in association with UBA Cell and IQAC Alphonso College Pala Organised by "ENDE MARAM" Sapling planting challenge for Alphonsoians on JUNE 5th 2020–World Environment Day. As part of conserving our biodiversity students were asked to plant a tree sapling, take a photo of planting a sapling and write about the plant they have planted in maximum 50 words. The photos of the best five entries were displayed in the college website.

Webinar on the new National Education Policy-2020 was jointly organised by IQAC and UBA cell of Alphonso College, Pala on 17th November 2020. The present perspectives of new education system and the need of change required for development of the nation through education was analysed in the second session. A fruitful discussion on the queries from the audience was done at the end of the talk. The programme was recorded and published in Youtube channel of Alphonso College (https://youtu.be/fA_bvsPs7kY).

CENTRE FOR GANDHIAN STUDIES

The Centre for Gandhian Studies organized a national webinar on "Gandhi and Knowledge Society" on 29 September 2020 as part of celebrating Gandhi Jayanthi. The resource person for the webinar was Dr. M.P.Mathai, Professor of Gujarat Vidyapith, and editor of Gandhi Marg. Participants from thirteen colleges and institutions participated in the programme. The webinar helped to promote an understanding of Mahatma Gandhi and provided a contemporary perspective to his thoughts and philosophy. As part of Gandhi Jayanthi celebrations the Centre also organized an online quiz competition Gandhi Smriti Quiz on 1 October 2020. Participants from 49 colleges and universities all over India participated in the programme.



Dr. M.P.Mathai,
Professor of Gujarat Vidyapith

EK BHARAT SHRESHTHA BHARAT EBSB

Ek Bharat Shreshtha Bharat is a MHRD initiative for promoting national integration through systematic exchange between paired States in the cultural, literary and linguistic fields. Kerala state is paired with Himachal Pradesh which gave us an opportunity to know more about the northern state.

In the year 2020-21 the students made an active contribution to the spirit of EBSB in online mode through presentation videos: Himalayan recipe contest by dept of CND, Flora of HP by dept of Botany, History and culture by dept of History, state bird of HP by dept of Zoology, Art and architecture by dept of Mathematics, Yoga postures by NCC cadets, Statehood day celebration with song and dance etc.

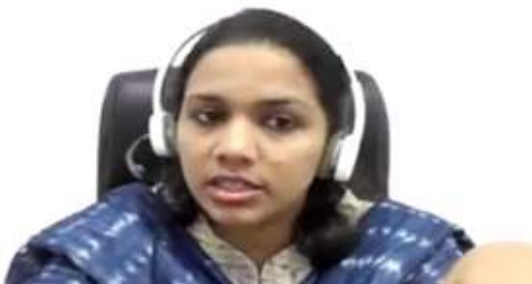
The club also conducted Himachali songs rendition, online quiz and letter writing competitions, Hindi language tutoring and Webinar on 'Development and Industrial growth in HP' by department of Commerce. All these activities involved student participation thereby promoting the spirit of EBSB.

WOMEN CELL

Activities of 2020-21 academic year started with a webinar on 5.1.2021 on the topic "Gender equality and women's empowerment" with Dr. Maya Shibin, Consultant Psychologist as the Resource Person. On 8th March 2021 Sr. Ancy Kaduppil gave an invited talk on "Problems of Women in the present scenario and solutions".

On 10th March 2021, a class on the "Laws for Women in India" was taken by Adv. Teena Cherian, High Court – Ernakulam. Women cell in association with NSS Unit of Alphonso College Pala conducted an online training on "Effective Public Speaking" by JCI Sen. Acewin Augustin on 1st May 2021.

Women Cell & NSS unit of Alphonso College Pala conducted an interactive session on "Mental Health" on May 7th 2021. Ms. Divya Ajay, Clinical Psychologist of Lourdes Hospital was the resource person.



Talk on "Mental Health" by Ms. Divya Ajay competition on World Menstrual Hygiene Day May 28th and Poster competition on May 31st Anti-Tobacco Day.



"Effective Public Speaking" by JCI Sen. Acewin Augustin

Women Cell conducted many competitions with cash prize for the students of our college in the online mode for the celebration of important days such as Photography competition on May 2nd World Laughter day, Essay competition for World Press Freedom Day May 3rd, Selfie with mother competition on May 9th International Mother's Day, Essay

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.

Every day is a chance to do something different and make a difference. Being disabled comes with its difficulties. So during this pandemic period staff association cancelled all its celebrations and contributed two wheel chairs to the inmates of Annadabhavan Pala, a home for the orphans and disabled.



Contributing two wheel chairs to the inmates of Annadabhavan Pala

CATHOLIC STUDENTS MOVEMENT

Students of Alphonsa College are actively taking part in the activities of CSM.. CSM aims at the Catholic value formation of the catholic students.CSM unit of Alphonsa College works with the motto 'Change the world by changing me' and aims at the overall personality development in both spiritual and mental well being of the students.On 12th November the virtual gathering of CSM was conducted via Google meet at 10am. 26 students participated in the meeting. Orientation for the first year students was conducted on 28th November. Orientation for the first year students was conducted on 28th November. CSM prayer meetings are conducted once in a week either on Second Saturdays or on Sundays. Because of Covid-19 adverse conditions this year we couldn't have any outdoor programmes. Through prayer, students are keeping thorough relationship with the person Jesus and are preparing for a life illuminating others also.

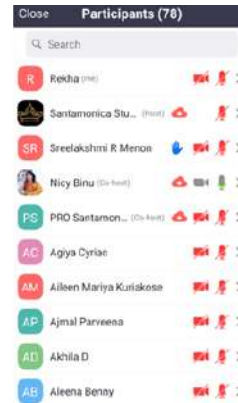
JESUS YOUTH

The new core was elected on 25th February 2020 and the initiative was taken by the Campus core team of Pala zone. Veritas was a three day retreat conducted by Pala Zone on 15,16,17 of January from 4:30-7 pm via Zoom. About 35 students from Alphonsa College attended this programme which was blessed with many resources. Jesus youth prayer meetings are conducted on every Tuesday. The college Jesus youth team is divided into different ministries that function with the core team. The audio visual ministry ascertains the movement's active participation in college programs. The intercession and prolife ministry intercedes for the college. The mobilization ministry ensures active participation in prayer meetings. Mariyasadan ministry supervises food collection for Mariyasadan and the creative ministry takes care of Jesus youth notice board.During lockdown online prayer meetings were held on Sundays at 4 PM. BETHIAH - A series of online contests, were conducted during the lockdown period. A mega Marian meet was organised on 31 October to celebrate the end of the Rosary month. Fresher's day 2020 was conducted on 15th of November 2020 at 4 PM. A prolife webinar was conducted on 21 February at 3 PM. Dr.Mammen P Cherian, Coordinator of Kerala Prolife Team led the class on the topic Love and Relationships which was followed by a question and answer session



CAREER CLUB

The Career Club in association with Santa Monica Academy organised a webinar on overseas education on 12th September 2020. The session dealt with topics namely the benefits of overseas education, requirements and application procedures, scholarships etc.



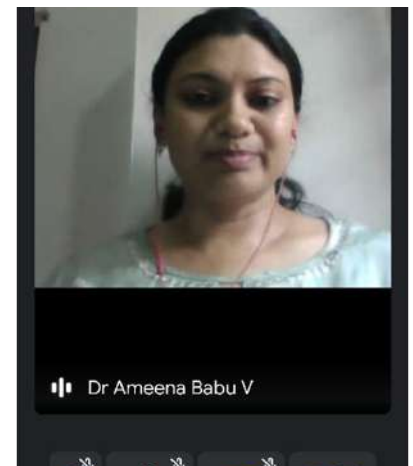
The Career Club in association with The Walnut Training Academy conducted a Career Induction Program for the First-year students.

Webinar on Overseas Education

of the college on 28th October 2020. Geevarghese K. Mathews inspired the first years to develop a concrete plan with the aim of building up a career.

The Career Club organised a webinar on Indian Defence Services As A Career Option For Ladies on 17th October 2020. The Career Club in association with The British Council organised an IELTS orientation session for all the second and third year students on 11th November 2020.

The Career Club organised a Soft Skill and Placement training webinar for III DC students on 12th December 2020. The session was on group discussion and personal interview (especially on how to handle the commonly asked questions in an HR interview). Dr Ameena Babu HOD, BBA department, Amity Global Business School, Kochi was the resource person.



Dr Ameena Babu speaks at the Soft Skill and Placement training webinar

The Career Club in collaboration with United Training Services India(UTSI)organised a Financial Literacy Workshop for all faculty members and final year students on 19th December 2020. UTSI is a training company working for NSE, BSE, AMC projects initiated and organised by Securities and Exchange

Board of India. The Securities Exchange Board of India (SEBI) has mandated Stock Exchanges & Mutual Fund Companies to conduct an Investor Awareness program (IAP). The main objective of the session was to educate and empower individuals by driving Investor Awareness Workshops to create financial literacy so that they can make sound decisions with respect to their personal finances.

Career Club in association with Toastmasters International organised a webinar on 10th January 2021. The session inspired participants to become more effective communicators and leaders.

UNION REPORT 2020-21

Online Talent Hunt

This was aimed to provide a chance to showcase the talents of Alphonians during the COVID-19 lock down period. The details of the competition were distributed among students through the official Instagram page of the College Union. All Alphonians showed utmost interest in participating in the competition.



Online Onam Celebration

Despite the limitations, the Onam celebrations of 2020 'LOCKONAM' were held online. Various competitions like Malayalimanka, Onappattu, Onam Special Variety Dish Preparation, and Onappookalam Design were held.

Online Christmas Celebration

Christmas Celebration for the year 2020 was held online. Various competitions such as Carol Song competitions, Christmas Makeover, Christmas Card making and Christmas Experience sharing were conducted. The children enthusiastically participated in competitions.



Fresher's Day

Due to the COVID-19 lock down, the College Union couldn't offer a welcome to the Fresher's of 2020-2021 academic year at the nostalgic college auditorium. Instead the College Union and its activities were introduced to the I DC students as a You Tube video on 27th October 2020.

You Tube Video Link:
<https://www.youtube.com/watch?v=e9caR8zO1AY&t=25s>

Webinar on Menstrual Hygiene

As part of International Women's Day Celebration, the College Union Organised an Online Webinar on 'Menstrual Hygiene: Let's Cup the Myths' by Ms. Swathy Jagdish, Lactation Counsellor and Sexuality Health Educator on 15th March 2021.

'Navakeralam-Yuvakeralam' Student Meet with Chief Minister

On 8th February 2021, Mahatma Gandhi University hosted 'Navakeralam-Yuvakeralam' - Students Meet Chief Minister of the state Sri. Pinarayi Vijayan where students were given chance to share innovative ideas and suggestions directly with the Chief Minister, which will help in policy making in the field of higher education. Kum. Arathy M P was one among the selected students who were given chance for direct conversation with our Chief Minister.



DEPARTMENT ACTIVITIES 2020-21

BOTANY

As part of Environmental day celebrations on June 5th 2020 Department of Botany conducted a Plant a sapling challenge "Ente Maram" exclusively for alphonsiens in association with UBA cell and IQAC. Our students of Botany prepared various videos on gardening techniques in association with UBA cell of college and the videos were uploaded in youtube. Department of Botany conducted an Online intercollegiate environmental literacy quiz series 'Verdure' in association with IQAC on 7th and 17th August 2020.

As part of IQAC webinar series Department of Botany conducted a Webinar on "Global climate change: Re- occurrence of weather events in Kerala" on 19th August, 2020. Dr. Vijaykumar P. Scientist, Advanced Centre for Atmospheric Radar Research, Cochin University of science and Technology was the resource person.

Botany department conducted an online photography competition 'Drishty' on 8th August 2020 in connection with Farmer's day and World photography day.

"Green bliss#beaming with green" is an initiative of Botany Department to know about the plants around us. Each week one plant was introduced to students with its scientific name and importance. To generate an awareness about the fauna of Himachal Pradesh among the students Department of Botany conducted a presentation on flowering plants of Himachal Pradesh in association with EBSB club.

Activities of the department for the academic year 2020-21 was Inaugurated by Sri.Joby Joseph, HOD, Department of Botany, St.George's College, Aruvithura on 14th December 2020. He gave a class on "Career oppurtunities for Botany Graduates" for the students.

As part of the Alumni lecture series Department of Botany conducted a talk on May 28, 2021 by Angelin Mary Philip, Research Fellow, Hamed Bin Khalifa University, Qatar in the topic "Mechanism of SARS Cov-2 Transmission And Pathogenesis"

Department of Botany observed various national /international commemorative days and prepared many videos and posters to make awareness among students.



Association Inauguration



Alumni LectureSeries

ZOOLOGY

As part of Environment day celebration Online documentary competition conducted by the Department of Zoology. 8 students participated from various colleges. PSC coaching was started on 13th August 2020. They created a Google classroom for sharing study materials and weekly exams were conducted. Coaching for CSIR NET exam was started on 26th July 2020 under the guidance of our former student Nikhila Sudhakaran.

A national webinar was conducted on the topic "Genetic Engineering Tools-Recent Advances" on 25th September 2020 at 2.00 P.M. through Google meet. Resource person was P. Sreedevi, DBT Research Associate, Jawaharlal Nehru Centre for Advanced Scientific Research, Bangalore. It was organized by IQAC and P. G. Department of Zoology.

An International Webinar was conducted on the topic "PHOTODYNAMIC THERAPY OF CANCER USING NATURAL PHOTOSENSITIZERS" on 24th July 2020 at 12 P.M. The Resource person was Dr. Blasson P. George, Researcher, Faculty of Health Sciences, University of Johannesburg, South Africa

An Intercollegiate Zoology quiz series were conducted from 2nd June 2020 to 12th June 2020. Questions from various topics like developmental biology, field ecology etc. were selected for each day's competition.

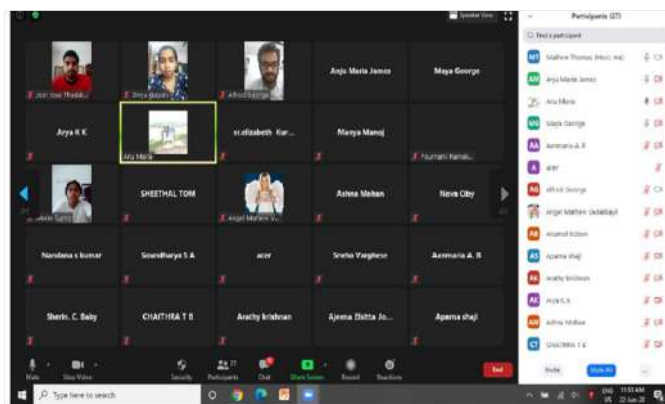
"Mother PTA and Association inauguration were conducted on 14th November 2020 at 10.30.A.M. Dr. T. C. Thankachan (Vice Principal, St. Thomas College of Teacher Education, Pala) was the chief guest and delivered a talk on the topic "Responsible Parenthood". Association election was also conducted. 85 people were participated in the function. National bird watching day was observed by conducting an intercollegiate online project presentation competition on bird diversity on 12th November 2020. Seven students of different colleges participated in the competition.

A vermicompost unit is maintained properly under the guidance of Dr. Sr. Manju Elizabeth Kuruvila. Alumni meet was conducted on 3rd and 7th March 2021. Eight former students shared their experiences and gave a talk on their job field. It was conducted as two sections and forty five students participated in each session.

Documentary competition was conducted on the topic "Ethology of wild animals" on 5th June 2020 in association with Bhoomithra Sena club. World wetland day was observed on 2nd February 2021 Water Audit was conducted to estimate the total water wastage at Alphonsa College Pala due to problems in water supply system and thereby to invite the attention of concerned authorities to conserve water as a part of World Water Day by the Department of Zoology. The report was submitted to the Principal Dr. Sr. Gigimol M.G



Association Inauguration



Alumni meet

CHEMISTRY

As part of COVID 19 awareness campaign, students prepared two videos on the very important factors Why 20 sec hand wash with soap? ,COVID 19: Home isolation and self-quarantine. Department launched a You Tube channel JMJS PHASE. As part of Teachers day celebration, a musical fiesta depicting the importance of teachers in students' lives was released. In order to help all the Chemistry students, Department faculty prepared a series of Organic Chemistry Practical videos and made it public via You Tube. Chemistry Association and Jesus Youth together published 3 beautiful videos on moral values in You Tube .

ECONOMICS

Department organized a virtual Merit Day for the outgoing students to honour rank holders and A+ winners in the university examinations, on 15th September 2020, Sri Nidhinraj P IPS (ASP, Mananthavadi) was the guest of honour. The department association inauguration was organized on 4th November 2020 and was inaugurated by Dr K C Biju, Head of the department of Economics, St Thomas College, Pala. In association with National Stock exchange (NSE) conducted an online Investor Awareness Programme, on the topic 'Introduction to Securities Market' by Sanil Abraham on Wednesday, 4th November 2020. On the 19th of February 2021, the Department of Economics organized a Special Lecture on 'Applications of Econometrics' by Dr Vijayamohan Pillai N, Rtd Associate professor CDS , Thiruvanthapuram. Department organized a 15-hour workshop for PG students National Level E-Workshop On ' Fundamentals Of Econometrics And Research Design' on Saturdays from 17th April To 15th May 2021.

PHYSICS

In connection with the 51st anniversary of Moon landing day on 21 July 2020 a webinar 'Towards the Moon' was organised by the Dept of Physics.

Students of the department Shelly Shaji, Parvati Shekhar and Richu Liz Roy presented the seminar on Moon. Also, an online poetry writing competition was held on 6th August 2020 with the title ചന്ദ്രന്മാർ എവിടെയാ??. As part of Hiroshima day observance, a poster designing competition, 'Vivere of Pace : Science for peace' was conducted on 9 August exclusively for Alphonians. A caption writing competition 'HIBSKUSHA – the survivors' was conducted on 13 August as a part of the commemoration of Hiroshima Nagasaki day.

Webinar on Indian Arctic Expedition by Dr. Mahesh Mohan, School of Environmental Studies, M G University was organised in collaboration with Department of Physics, Deva Matha College, Kuravilangad on 17th August 2020.

Inauguration of the activities of Physics Association 2020-21 was held on 14 November 2020. The chief guest and the resource person of the program was Dr. Chitra Nayak, Associate Professor, Tuskegee University, USA. The inaugural ceremony was followed by a talk on 'Women in Science'. Physics association conducted a Quiz competition LUMIERE BRILLIENTE on 16th November 2020 with the topic as 'Light'. Quiz competition EOLAS was conducted for 1 year Physics students on 01st December 2020, dealing with general physics. VESMIR–Space quiz was conducted on 23rd December 2020 for the members of Physics association.



FIZIKA
2020
#LET'S BE "CURIE"OUS!
Inauguration of Association activities and talk on
WOMEN IN SCIENCE
Chief Guest
.....
Dr. Chitra R Nayak
Associate Professor
Tuskegee University
USA

HINDI

Department of Hindi conducted reading competition in connection with World Reading Day Translation Competition from Hindi to Malayalam conducted on 28th December 2020

In connection with Independence Day Celebration Intercollegiate Patriotic song Competition SARFAROSH conducted in collaboration with NSS. As the part of National Hindi Day Celebration Hindi Department conducted three Competitions- Recitation Competition on 22nd September 2020, Elocution Competition on 23rd September 2020, Poetry Writing Competition on 24th September 2020.

MALAYALAM

In connection with the Reading Day Dept. of Malayalam conducted an Online Quiz competition on 19th June 2020.

An all-Kerala intercollegiate skill hunt competition titled Amogha (poetry recitation in Malayalam) was conducted as part of Independence Day and international youth day celebration in association with National Service scheme and Dept. of Hindi on 19-8-2020.

Students made a paper presentation on 20th October 2020 and on 18th January 2021 in connection with the Akkitham and the Sughatakumari remembrance programme respectively.

Dept. of Hindi and Malayalam in collaboration with EBSB conduct translation competition on mother tongue of Kerala and Himachal Pradesh on 17-02-2021

To foster the creativity, artistic and literary talents of the students a manuscript magazine Dhyuthi was released on 16th March 2021.

POLITICS

The activities of Political Science Association for the academic year 2020-21 was formally inaugurated by Dr. Stany Thomas, HOD, Department of Political Science, St. Thomas College, Pala on 2nd March, 2021.



PG DEPARTMENT OF ENGLISH

An Orientation Programme was given on 4th January 2021 to I MA students for the detailed syllabus discussion and preparing for Paper presentations in National Seminars as part of their academics.

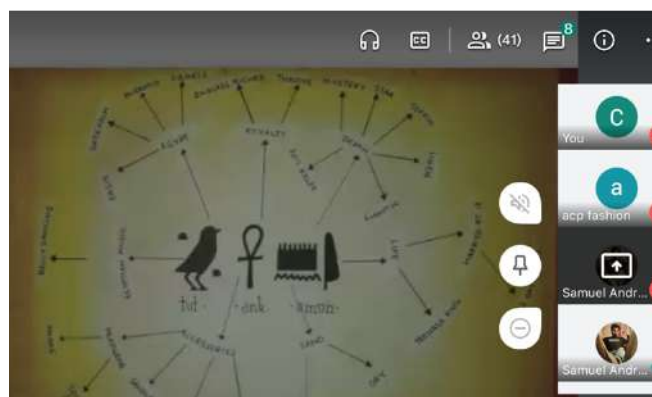
The P G Department of English (S F) has organised a National Level Poetry Writing Competition on 'Ruminations and Melancholy: Personal Vistas on Keats' for Students on 28 th February 2021 in commemoration of the Bicentenary of the death of John Keats. We received 39 Entries from students of various colleges inside as well as outside Kerala. Staff meetings are held once in two months.



Cash prize distributing to the Winner of the National Poetry Writing Competition

FASHION TECHNOLOGY

As part of the Onam celebration our department conducted an intradepartmental pookalam designing competition on 28th August 2020. Dept of B.Voc Fashion Technology conducted two days online "Workshop" about the topic of Thematic Line Development for our final year students on 19th and 20th October 2020. The classes were taken by Mr. Andrews Samuel, Asst.Professor of Yeldo Mar Basalious College, Kothamangalam.



Class by Andrews Samuel,

COMMERCE

Investor awareness Program: an investor awareness program was conducted on November 4th 2020 by Mr. Pankaj Mathkar (expert in capital market and multiple investment products). Career guidance program was conducted by Logic school of management, Kochi on 25th November 2020 for final year students. The session was held by Mr. Jomy Thomas. Webinar on development and industrial growth in Himachal Pradesh: commerce department in association with EBSB club conducted a webinar on the topic Development and Industrial Growth in Himachal Pradesh on 26th November 2020. The resource person was Ms. Aswini.S (B.com final year student, Alphonsa College, Pala). The program was conducted through Google Meet.

Workshop on skill development: A skill development program for group discussion and mock interview was conducted by Ms. Neena Saji and Ms. Abhirami Shibu (B.com final year students) for third and second year students on 22nd September 2020 to 24th September 2020 and 30th September 2020 to 3rd October 2020 respectively. Department organized an industrial visit for first year students to Glenrock Rubber Products Pvt. Ltd. Mallikasserry, Pala on 31st January 2019



CLINICAL NUTRITION AND DIETETICS

Department of clinical Nutrition and dietetics organized various community extension programs during the month of August. The students of II MSc have done various Nutrition assessment programs and diet counseling in Ramaiah hospital Bangalore, Father Muller Medical College Manglore, Baptist Hospital Bangalore, Sagar Hospital Bangalore, Rajagiri Hospital Kochi and Believes church Medical College, Thiruvalla. During the month of September third BSC students gave online nutrition education to the housewives in Mutholy grama panchayat. They also developed cost effective nutritious recipes for various sections of the society like lactating mothers, adolescent girls, school going children and pregnant mothers. The department observed world heart day on September 29 th by conducting an intercollegiate collage competition. In association with EBSB club the department organized a Himalayan recipe competition on October 16 th as part of observing world food day.

PG CHEMISTRY (S.F)

The activities of PG chemistry association were inaugurated on September 02, 2020. We provided opportunities for students to attend Seminars, Webinars, Workshops etc. In order to create research aptitude in students we send them to do projects in institutions and industries like MG University, Kottayam, CUSAT, Kerala Agricultural University, Mannuthi, Kerala Minerals and Metals Kollam, The Travancore Cements Kottayam, The Western India Plywood Ltd, Kannur.

As part of the green initiatives we clean the premises outside the campus and planted trees on 1 st October 2020. Students celebrated onam and Christmas through online. An Alumni meet was conducted on 26 th January 2021.

We conducted an awareness programme about "green chemistry and its application -Green Synthesis are eco friendly, less toxic and safe" on 03/02/2021. The department organized one week workshop based on the topic " BINARY MIXTURE SEPARATION IN ORGANIC CHEMISTRY" on 22 march 2021- 27 march 2021. The final year MSc students bid adieu to their alma-mater. The department achieved very good result in the 2018-2020 batch.

Alphonsa Institute of Computer Studies (AICS)

ACCR No: O0982

Full O No: 00275

Alphonsa Institute of Computer Studies (Established in 1996), functioning in the Alphonsa College Campus is fully accredited by NIELIT with A+ Rating (Formerly DOEACC Society) to conduct 'O' Level course with revised syllabus including Programming Language Python and IoT & its Applications. It offers other courses like PGDCA, DCA, DOA, DOM, M S Office, DTP, Photoshop, C, C++, ASP.NET, VB .NET, C#.NET, Internet & E-mail etc. The 'O' Level course is conducted on full time basis (1 year from June to May) for outstation students and on part time basis (2 years) for the regular students of the College. Those who pass 'O' Level exam, get the Business Professional Programmer Certificate, which is recognized by the UPSC, Kerala PSC, UGC, Banks, Public Sector Industries and Multinational Companies. Our students performed commendably in the 'O' Level examination. Last year (2020), 15 students secured a scholarship of Rs.12000/- and 5 students secured Rs. 6000/- each in the 'O' level examination.

SPORTS ACHIEVEMENTS 2020-21

This year too our sportswoman kept the flag of Alphonsa flying high. The college team won the MG University Championships in Weightlifting and Power lifting. College team also won the runner's up title in Volleyball, Basketball, Net ball, Cross Country and Swimming. Our college Athletic team won the overall championship in Kottayam District Athletic Championship. College Volleyball Team and Basketball team won all Kerala Inter-Collegiate Championships held at S. H College Thevara and St. Xavier's College, Aluva. Our Volleyball team won the All Kerala Inter-Collegiate Volleyball Championship held at St. Stephen's College Uzhavoor. Our Volleyball team won the South Zone Inter

District Volleyball Championship. Our college Cross Country team won the overall championship in the Kerala state cross country championship held at Thrissur. Many of our students represented University in the all India Inter-University championship and were members of the state team in the national championships. Ms.Vigina K.B (II M.A Political Sciences) won the gold medal in Senior National Volley ball championship held at Kolkota. Our athletes Ms.Emily K.T (II M.A Political sciences) and Ms. Riyamol Joy (II DC Economics) won the Bronze medal in 4x400 M Relay at Senior National Athletic Championship held at Patiyala.

Alphonsa College organized 38th Mahatma Gandhi University Athletics Championship 2020-21 at Pala Municipal Synthetic Stadium. About 600 Athletes from 98 colleges, affiliated to MG University participated in the Championship.



Inauguration - M G University Athletics Championship 2020-21



VOLLEYBALL TEAM-RECEIVING KERALA STATE NORTH ZONE
WINNERS TROPHY



Volleyball Team



Basketball Team



Netball Team



Weightlifting and Powerlifting Team



Our outstanding Athlete **Ms.Lizbeth Karoline Joseph** (III D.C English) has been awarded **U.S scholarship** of 1.64 crores for her studies and coaching at Liberty University.

INTER-UNIVERSITY AND NATIONAL MEDAL WINNERS



VIGNA K.B
VOLLEYBALL - SENIOR
NATIONAL GOLD MEDAL
WINNER



EMILY K.T
ATHLETICS



RIYAMOL JOY
ATHLETICS



ATHULYA U
VOLLEYBALL



ARSHA BABU
ATHLETICS



ABIT JACOB
WEIGHTLIFTING



ANNMARY JOSEPH
WEIGHTLIFTING



ARATHY A
ATHLETICS



CHANDRALEKHA B
ATHLETICS



ASWATHY BINU
ATHLETICS



NANDITHA UDAYARAJ
ATHLETICS



SOPHIYA SUNNY
ATHLETICS



AKHILA M R
ATHLETICS



MARIA VINCENT
WEIGHTLIFTING



SONIYA JIJI
BASKETBALL



ANEETA ANTONY
VOLLEYBALL



ASWATHY P K
VOLLEYBALL



RENJU JACOB
VOLLEYBALL



SNEHA S
VOLLEYBALL



SUSHAMA P
VOLLEYBALL



SAYA C S
BASKETBALL