



ALPHONSA COLLEGE

Palai, Kottayam

Reaccredited to A Grade by NAAC with CGPA 3.24

DEPARTMENT OF PHYSICAL EDUCATION

This year too our sportswoman kept the flag of Alphonsa flying high. The college teams won the MG University Championships in Weightlifting and Powerlifting. 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 a 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 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 Kolkata. 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. 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.

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.



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Inauguration of Mahatma Gandhi University Athletics Championship 2020-21



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Weightlifting and Powerlifting Team



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Volleyball team receiving Kerala State North Zone Volleyball Championship



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Netball Team



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Volleyball Team



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Basketball Team-MG University Runners



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LIBERTY UNIVERSITY

Dear Lizbeth Karoline Joseph,

Congratulations! You have been officially accepted to Liberty University for the Spring 2021 semester.

We're committed to building a campus community made up of high academic achievers, and we're honored you've chosen to join us. We're confident you will be an outstanding addition to our student body – your academic performance and personality speak for themselves.

At Liberty, you'll find a major that will prepare you for the calling on your life. With more than 200 residential undergraduate degree programs, you'll gain the knowledge, experience, and skills you need to make a lasting impact in your career and community.

During your time here, you will be mentored by faculty who bring real-world experience to the classroom and take a personal interest in your success as a student. Your professors will invest in your life because they want to help you realize your God-given potential.

An admissions counselor will reach out to you soon to answer any questions you have. You can also explore [Liberty.edu/International](https://liberty.edu/International) to learn about life on campus, scholarships, visit opportunities, and academic programs.

We share in your excitement as you take this important step toward your future success. Take a photo with this letter and share your big news with friends on Instagram or Snapchat, and tweet about your acceptance @ExperienceLU using #WeTheFuture.

Lizbeth Karoline Joseph, the entire Liberty family congratulates you! Now is your time to train as a **Champion for Christ**.

Sincerely,

THE OFFICE of RESIDENT ADMISSIONS
LIBERTY UNIVERSITY

LIBERTY.EDU | 1971 UNIVERSITY BLVD. LYNCHBURG, VA. 24515 | (434) 582-2000

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INTER-UNIVERSITY AND NATIONAL MEDAL WINNERS



ABIT JACOB
WEIGHT LIFTING



AKHILA M.R.
ATHLETICS



ALPHONSA THOMAS
ATHLETICS



ANJALY SHABU
ATHLETICS



ANJALY THOMAS
ATHLETICS



ARSHA BABU
ATHLETICS



ASWATHY BINU
ATHLETICS



DAYANA THOMAS
VOLLEY BALL



**LISBETH CAROLINE
JOSEPH, ATHLETICS**



MARIA VINCENT
WEIGHT LIFTING



NIVIYA ANTONY
ATHLETICS



RESHMA G.
ATHLETICS



RIYAMOL JOY
ATHLETICS



RIZANA P.A.
ATHLETICS



SNEHA THOMAS
BASKET BALL



SOPHIYA SUNNY
ATHLETICS



SRUTHI M.S.
ATHLETICS



TESNA JOSEPH
ATHLETICS



VIGNA K.B.
VOLLEY BALL



ATHULYA U.
VOLLEY BALL



DEENA MATHEW
WEIGHT LIFTING



ANGELA MATHEW
SWIMMING



SOUMYA V.S.
WEIGHT LIFTING



SAAYA C.S.
NET BALL



ANITTA ANTONY
VOLLEY BALL





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SPORTS QUOTA - APPOINTMENTS 2020



SHIBINA SOBY
KERALA GOVT.



REMYA RAJAN
KERALA POLICE



SIMI N.S
RAILWAYS



SRUTHI M.S.
CRPF



PRASSETHA PRASANAN
KERALA GOVT.



NIMMI V.O
CRPF



MELVA JOSE
BSF



MAREENA GEORGE
KERALA POLICE



JOMI GEORGE
KERALA GOVT.



CHRISTY JACOB
KERALA POLICE



SUSAN FLORENTINA
KSEB



MARY MARGARET K
CRPF



JINU MARIA MANUEL
KERALA GOVT.



ANGEL JAMES
BSF



ATHIRA SOMARAJ
KERALA POLICE



ATHIRA K.P
RAILWAYS



ANGEL P DEVASIA
RAILWAYS



ALEENA JOSE
KERALA POLICE



ATHULYA U.
RAILWAYS