



ALPHONSA COLLEGE

Pala, Kottayam

Reaccredited to A Grade by NAAC with CGPA 3.24



ANNUAL REPORT 2021-22

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This was the year that witnessed frequent changes, especially in the academic field, with constant shift in the mode of learning from online to offline and vice versa centered on the ebb and flow of COVID wave. Now, we are learning to adapt to the situation at hand and are striving forward with great energy and enthusiasm.

NEW OFFICE BEARERS

Rev. Dr. Sr. Regeenamma Joseph, Head of the Department of Economics and Dr. Shaji John, the Head of the Department of Political Science and Dr. Sr. Minimol Mathew, Head of the Department of Malayalam assumed office as Principal and Vice Principals respectively on 01/06/2021.

STUDENT STRENGTH

The college has at present 1697 students on its rolls in 7 PG and 13 UG courses. The college also offers 7 Add-On courses which can be pursued along with the regular courses. The Alphonsa Institute of Computer Studies has separate enrolments for various certificate and diploma courses.

FACULTY

The total staff strength of the College as on 01.03.2022 are as follows:

Teaching Staff: 82 (Permanent- Aided 38, Guest -44)

Non-Teaching Staff - 23 (Permanent - 19, Guest - 3)

ACHIEVEMENTS- ACADEMIC

Our students performed worthily in the M. G. University examinations. Our students bagged various ranks and there were 6 'S' grade holders and 74 A+ holders during the last academic year.

Program Name	Program Code	Number of students appeared in the final year examination	Number of students passed in final year examination	Pass Percentage
B.A. English language and literature	EN	64	59	92
B.A. Economics	EC	64	59	92
B. A. History	HY	57	33	58
B.Sc. Mathematics	MM	51	45	88
B.Sc. Physics model I	PH	40	33	83
B.Sc. Chemistry	CH	34	28	82
B.Sc. Botany	BO	52	34	65
B.Sc. Zoology	ZY	48	43	90
B. Sc. Physics Model II	PH-II	20	17	85
B.Sc. Clinical Nutrition and Dietetics(SF)	CND	35	28	80
B.Com. Taxation(SF)	CM	56	47	84
B.Voc. Fashion Technology(SF)	FT	27	13	48
B.Voc. Sports, Nutrition And Physiotherapy(SF)	SPT	22	19	86
M.Sc. Zoology	ZY	10	9	90
M.A. Political Science	PS	15	12	80
M.A. English	EN	14	12	86
M.Sc.Chemistry (SF)	CH	16	11	69
M.Sc. Clinical Nutrition and Dietetics(SF)	CND	27	17	63
M.A.English(SF)	EN(SF)	18	11	61
TOTAL		670	528	79

RANK HOLDERS

Sl. No.	Name of the Rank Holders	Name of the Department	Position
1.	ANNIE ROSE SEBASTIAN	B. Sc. Mathematics	7
2.	IRIN MARY JOSEPH	B.Sc Physics Model I	1
3.	AKHILA D	B.Sc Physics Model I	6
4.	LIMIYA THOMAS	B.Sc Physics Model I	7
5.	NEETHU ROSE LEYO	B.Sc Physics Model I	8
6.	SHELICY SHAJI	B.Sc Physics Model I	9
7.	ANJALI ANILKUMAR	B.Sc Physics Model II Computer Applications	5
8.	DARIA TESSA JEEN	B.Sc Physics Model II Computer Applications	6
9.	ANJU MARIA REJU	B.Sc Chemistry	2
10.	ARSHA.A.P	B.Sc Chemistry	10
11.	NANDHANA MURALI	B. Sc Botany	6

12.	AKSHAYA L	B.Sc Zoology	9
13.	SELMY JOSEPH	B.A Economics	2
14.	ARSHA JOSE	B.A Economics	9
15.	ANIE GEORGE	B. A English	2
16.	AILEEN MARIYA KURIAKOSE	B. A English	6
17.	SONA JACOB	B.A History	2
18.	ANGEL GEORGE	B.A History	5
19.	ALFIYA ISMAIL	B.A History	6
20.	SRUTHY KURIAN	B. Voc Fashion Technology	1
21.	SURUMY SALAM	B. Voc Fashion Technology	2
22.	BINDU BABU	B. Voc Fashion Technology	3
23.	NIDHUNA MOHAN	B. Voc Fashion Technology	4
24.	ANAGHA P SUBASH	B. Voc Fashion Technology	5
25.	SUNI MATHEW	B. Voc Fashion Technology	6
26.	VAISHNA MOHANAN	B. Voc Fashion Technology	7
27.	MINNA MATHEW	B. Sc. Clinical Nutrition and Dietetics	1
28.	VIDYA . M. NAIR	B. Sc. Clinical Nutrition and Dietetics	2
29.	ALIN MATHEW	B. Sc. Clinical Nutrition and Dietetics	3
30.	TEENA EDWIN	B. Sc. Clinical Nutrition and Dietetics	4
31.	ANGEL CHERUVATHOOR ANTO	B. Sc. Clinical Nutrition and Dietetics	5
32.	DEVINANDANA B	B. Sc. Clinical Nutrition and Dietetics	6
33.	ALISHA THAMPY	B. Sc. Clinical Nutrition and Dietetics	7
34.	TESSY MOL JAMES	B. Sc. Clinical Nutrition and Dietetics	8
35.	AGIYA ANN CYRIAC	B. Sc. Clinical Nutrition and Dietetics	9
36.	ANIT THOMAS	B. Sc. Clinical Nutrition and Dietetics	10

37.	ROSEMARY AUGUSTIN	B. Voc Sports Nutrition and Dietetics	1
38.	K M FATHIMA MIZAJ MAQSOOD	B. Voc Sports Nutrition and Dietetics	2
39.	TONA ELIZABETH JOSE	B. Voc Sports Nutrition and Dietetics	3
40.	ELNEENA JOSE	B. Voc Sports Nutrition and Dietetics	4
41.	ANAKHA VISWANATH	B. Voc Sports Nutrition and Dietetics	5
42.	ARUNDHATHY S	B. Voc Sports Nutrition and Dietetics	6
43.	SARAH SEBASTIAN	B. Voc Sports Nutrition and Dietetics	7
44.	SILPA SATHEESAN	B. Voc Sports Nutrition and Dietetics	8
45.	ASWATHY K U	B. Voc Sports Nutrition and Dietetics	9
46.	SWETHA	B. Voc Sports Nutrition and Dietetics	10
47.	Reshma Dominic	M.A. English	4
48.	Devika Suresh	MA English SF	6
49.	Melin Thomas	M.Sc Clinical Nutrition and Dietetics	1
50.	Riya Kodaniyil	M.Sc Clinical Nutrition and Dietetics	2
51.	Fathima S	M.Sc Clinical Nutrition and Dietetics	3

HIGHLIGHTS OF THE YEAR

This year Alphonsiens witnessed a great stride towards development.

Inauguration of RUSA funded Indoor volley ball court and renovated laboratories and classrooms

Construction of Indoor volley ball court and renovation of laboratories and classrooms funded by RUSA was completed. Our indoor volley ball court and renovation activities were inaugurated by the honourable State minister of Higher Education Dr. R Bindhu on 21st March 2022 was one among them.

Inauguration of Research centre of PG Department of Zoology

Yet another great milestone for the college was laid by the inauguration of the Research centre of P.G Department of Zoology conducted on 27th December 2021 by Dr.Sabu Thomas, honourable Vice Chancellor of Mahatma Gandhi University.

Achievements

- Ms. Rose Mary Philip, Department of English was awarded doctorate in English.
- Dr. Teresa Joseph, Department of Political Science published a book.
- A good number of teachers got their works published in various international and national journals.
- Several teachers attended seminars and conferences and presented papers. Staff members also attended refresher and orientation courses. As part of several subject associations and clubs, our students participated in a large number of competitions and brought home many prizes.
- In the field of sports, our students emerged in flying colours, winning medals and championships at University and Inter university levels. This year too our sportswomen kept the flag of Alphonsa flying high.
 - The college teams won the MG University Championships in Volleyball, Weightlifting and Power lifting.
 - The college swimming teams won the second position in MG University Swimming Championship.
 - The College team also won the third position in Athletics, Basketball, Table Tennis and Netball.
 - The college Cross Country team won the championship at Kerala state Cross Country championship held at Kothamangalam.
 - Our College Volleyball Team Won the Runners up position in the All Kerala intercollegiate Volleyball championship held at St. Joseph College Irinjalakuda in connection with women's day celebrations.
 - Our 8 Athletes represented M.G University in the All India Inter University Athletics championship.
 - Many of our students represented University in the all India Inter-University and national championship and won the medal in the national championships.
 - Alphonsa College organized 39th Mahatma Gandhi University Athletics Championship 2021-22 on 16th 17th and 18th of December 2021 at Pala Municipal Synthetic Stadium. About 800 Athletes from 98 colleges, affiliated to MG University, participated in the Championship.
 - College annual sports meet was held on 14th march 2022 and the students actively participated in the championship.
- Ms. Gopika Udayan, alumna of our college topped the KAS with rank 3.
- Ms. Sini Sabu , alumna of our college, represented Kerala in the National Youth Parliament Festival 2022.
- Ms. Biby Elza Binu of II Dc Economics won the title “Grand Master” in The Asia Book of Records for writing 700 English words of three to five letters on a single A4 sheet in 1 hour.
- The following Students received **Chief Minister's Pratibha Scholarship**

Economics

1. Selmy Joseph
2. Elsa Maria Jose
3. Lekshmi Priya NR

Physics

1. Irin Mary Joseph
2. TheresS Mathew
3. Dona Joy

History

1. Sona Jacob
2. Angel George

Clinical Nutrition and Dietetics

1. Minna Mathew

Commerce

1. Angel George
2. Sona Jacob

The college works towards the all-round development of the students. Orientation programs and bridge course for I DC and I PG students were organized. Value education programmes including Catechism and Moral Instruction were conducted for students. Soft skill development programmes were also initiated by various subject associations.

All the departments have subject associations which organize a number of activities for their members and motivate the students to participate in inter collegiate competitions. Most of the departments organized programmes, competitions and exhibitions for the whole college. Several of the departments organized intercollegiate competitions.

Along with the PTA, the college also has Mothers PTA in most of the departments which work towards bringing a greater involvement of the mothers of the students. The Staff Association and Retired Teachers Forum serve to deepen the ties between the staff and the institution.

The college provides a number of opportunities for extracurricular activities. **Various clubs** are active in the campus.

The career club and placement cell conducted various programs for the students in order to inform them about the possible areas in higher education, various career opportunities and also classes on self-improvement. Classes on effective Communicative English, Workshop on Career and Empowerment, the training for various competitive examinations were organised.

Equal Opportunity Cell was established mainly to address the issues faced by SC/ ST, OBC, minorities and the differently abled students. An Internal Committee has been constituted in the college for the effective functioning of the Cell. The college provides infrastructural facilities that cater to the needs of the differently abled, including a ramp in the college courtyard and an elevator to enable the easy movement of students across various floors.

EBSB- Ek Bharat Shreshtha Bharat is an MHRD initiative for promoting national integration through systematic exchange between paired States in the cultural, literary and linguistic fields. In this year, EBSB conducted seminars which gave an insight to students about different aspects of our paired state Himachal Pradesh.

Centre for Gandhian Studies organized various programmes this year to promote an understanding of Mahatma Gandhi and the values and ideals that he stood for. Several national webinars, workshops etc were organized in association with various organizations. Different programmes like Video competition, online quiz programme, National Documentary Film Competition etc were conducted. Members of the Gandhi Forum collected 139 books for the library of the Sub Jail Pala. A visit to the Sub Jail was also organized where the books were handed over to the Jail Superintendent.

Alumnae Association - Another remarkable event was the Mega Alumni meet conducted online, which received record participation. The annual alumnae meet Alstagia 2022 was held on 26 January 2022 in Zoom platform. Mrs. Mariamma Jacob, Headmistress, Govt. L P School, Thengeli, Thiruvalla was the chief guest and the resource person. The meeting felicitated our alumna Miss. Gopika Udayan, KAS 3rd Rank Holder.

SC/ST Monitoring Cell - SC/ST monitoring cell of the college organised an induction cum orientation program for the SC/ST students of Alphonsa College, Pala on 12/02/2022. SC/ST monitoring cell also organised awareness program for the SC/ST students of Alphonsa College, Pala on 15/02/2022.

QUIZ CLUB- Bishop Vayalil Memorial all kerala quiz competition was conducted on 27th November 2021. The teams of University College Trivandrum, Newman College, Thodupuzha And NSS College, Changanacherry bagged 1st, 2nd and 3rd positions respectively.

NCC- Alphonsa College NCC unit has a strength of 108 cadets and an officer. 30 cadets were enrolled this year. Several cadets attended online camps and participated in Inter Battalion Camp and Competition. 76 cadets attended Annual NCC cadre this year. This year also the cadets of the sub unit actively involved in a number of social service including planting of trees, awareness programmes, contribution of money to the needy, food distribution to the flood stricken etc. NCC unit of the college contributed Rs.12400 to Chief Minister's Distress Relief Fund.

NSS- undertook different activities like contribution of washing machines and wheelchairs to orphanages, the circulation of a newsletter named *Magna Dies*, mega webinar for teachers, webinars for the students on various topics, intercollegiate and intra collegiate competitions, flash mobs, eye camp, blood donation camp, free certificate course in arts and crafts for rural women, volunteering as Covid Warriors etc .

Women Cell- conducted programmes like online training programme on Public Speaking, an interactive session on Mental Health, workshop on First Aid training, and conducted several competitions.

At the close of this academic year, Alphonsa College will be deprived of the valuable service of Dr. Sr. Sherly Joseph (HOD, Department of Physics). I place on record our deepest appreciation for the enormous selfless services she has rendered to this institution, especially for her invaluable contributions for enhancing both academic and spiritual life of the students. On behalf of all Alphonsians, both past and present, I thank her, for all her services to this institution and wish her a happy and fruitful life after retirement.

THE STUDENT'S CABINET 2021-22

The Students Cabinet of Alphonsa College was elected on 16 July 2021 through an online election. Student Cabinet under the leadership of Ms. Niha Headly, consists of seven office bearers and fifteen class representatives. The formal inauguration of the Students Cabinet, Trezure was conducted on 6 September 2021 on the online platform with Dr. Renu Raj IAS, Director, Urban Affairs Department, as the chief guest. The Cabinet took the initiative to lead the student activities in the college.

DEPARTMENTS

Department of Botany -The department conducted activities like invited talks, release of digital manuscript magazine named "**Cynefin**", release of videos with images and details of common medicinal plants and in connection with Global Wind Day, Reading Day and Blood Donor Day, planting trees, inauguration of Department Blog, science quiz competition and so on.

Department of Chemistry- conducted several programmes during the academic year. The release of music albums named *Santhigeetham*- a song of Peace, *Mahatwaroopini* on St. Alphonsa, '*Guruvandanam*'-A Tribute to Teachers, "*Kavalayi*", videos in connection with Teacher's day and Christmas, a tribute namely "*Ormacheppu*" dedicated to former HOD Lt. Dr. Lucy Mathew P on her death anniversary were prominent among them. The organization of several national and international webinars, day observations, online talks, awareness classes, Gender awareness programme named *Kamal*, science card making competition, extension programmes like science lecture series for school students-SCIENTIA were also part of the activities this year.

P.G Department of Chemistry(SF) - The department provides opportunities for students to attend Webinars, Workshops and creates research aptitude in students by sending them to do projects in different institutions and industries. The department undertook activities like essay writing competition, a power point presentation, interdepartmental Collage competition etc.

The Department of Clinical Nutrition and Dietetics organized various community extension programs in August. II MSc students conducted various nutrition assessment programs and diet counseling at various hospitals. In the third month of September, BSc students provided online nutrition education to housewives in Mutholi Grama Panchayat. The department held intercollegiate and collegiate competitions on collage and Himalayan cooking. Various week-long competitions and awareness programs were conducted as part of the National Breastfeeding Week celebrations. National Hepatitis Day and Drug Free Day were observed. Teachers also conducted awareness classes in various schools.

Department of Commerce- The department undertook several endeavours like international webinars on several topics, Youth Empowerment Programme, workshop on Entrepreneurship, celebrations, seminars, Orientation programme on Tally ERP9, Virtual Alumni ReUnion, Budget Analysis, Game on Stock Market Trade etc.

Department of Economics - The department organized activities like intradepartmental and interdepartmental competitions, presentations, department compilation of a list of must read books for economics students, intercollegiate competitions, compilation of an ebook named POPULACE, awareness classes as part of extension activities, a video release on the life of St. Alphonsa, invited talks, enrolment of students in Aspiring Entrepreneurship programme, organisation of ALUMNI LECTURE SERIES, workshops, Young Economist Competition etc. Xmassale was organised by the department with handmade products of the students and an amount of Rs10000/-was mobilized and contributed to an old age home. AEP motivational session, online Alumni meet, Budget analysis session, Financial literacy class were also conducted.

Department of English – As part of the activities this year, the department conducted a talk on Correct and Effective Use of English. The students of the department conducted a programme namely FLIP (Fluency Enhancement Programme) for the students of St. Joseph UPS, Ullanadu as part of community extension activities. The department also conducted a seminar on "Exercise is medicine for total fitness".

The PG Department of English(SF)- The Department conducted various programmes including Workshop, Webinar, Community Extension Activity, competitions and Alumni meet during the year.

Department of B Voc Fashion Technology- The Department conducted programmes like interdepartmental embroidery competition, painting competition, Poster Making competition, webinars, Font Art Designing competition, poster designing competition etc. The students of the department won second prize in Khadi Expo, inter collegiate fashion show competition conducted at SB College Changanacherry.

Department of Hindi- faculty attended online FDP course and published articles in journals enlisted in UGC care List. The department conducted online invited talks, Intercollegiate Elocution Competition, Intercollegiate Essay Competition and Inter Departmental Collage Competition and celebrated world reading day, National Hindi Day, Independence Day by conducting different College level competitions.

Department of History - Association Inauguration and Merit day was conducted on 20th on December 2021. SPEAK UP – A Discussion / Debate Forum an initiative of the Department was started this year to improve the various skill sets of history students and make them excel in different areas. The department organised programmes like Challenge Restoration Vitea, competitions, making of short videos, presentations, webinars, PTA meeting, National e-Workshop, Nonviolent communication campaign, screening documentaries, Meet the Alumni programme, invited talks, Online Workshop on Documentation etc.

Department of Malayalam- The department organised several programmes like Intercollegiate Elocution Competition, Intercollegiate Essay Competition and Inter Departmental Collage Competition, poster making competition, and observation of days.

Department of Mathematics- Association inauguration and honouring of KAS winner Kumari Gopika Udayan (our alumnus) was held on November 13th. The Department conducted several programmes including Commemoration of World Environment, book review programme in connection with reading day, publishing e-books, intercollegiate competitions, conducting talk series, invited talks.

Department of Physics-The inauguration of the activities of the academic year was held on 17.7.2021, followed by a talk on Exploring Avenues. The department undertook different programmes like online seminars, day observations and Onam and Victory Day celebrations, collegiate competitions, exhibition named Sparkz etc.

Department of Political Science- the Department conducted numerous programmes like webinars, alumnae meet, PTA meeting, celebrations, extension activities in association with *Unnath Bharath Abhiyan*, bio farming etc.

Department of b voc. Sports nutrition and physiotherapy-

The Department was vibrant this year with the activities like webinars, intercollegiate games and competitions, video presentation, silent drama, poster presentation, Red Ribbon Campaign in association with World Aids Day, active participation in college youth festival and sports day.

Department of Zoology had a fabulous academic year with fruitful activities. The most illustrious achievement of the department was the inauguration of the Research centre of P. G Department of Zoology conducted on 27th December 2021 by Dr. Sabu Thomas, honorable Vice Chancellor of Mahatma Gandhi University. The department brought forth several programmes like intercollegiate competitions, establishment of '*Janma nakshatra Vanam*', Mega webinars, invited talks, releasing of digital magazine named TANSANITE, day observations, celebrations, International Webinars, alumnae meet, Research Methods in Life Sciences Lecture Series, Meenachil Odonates Survey, Blood Donation Camp, NatureCamp etc.

A Word of Gratitude

This year was fruitful with steady steps towards filling the void created by the onslaught of Covid pandemic. I wholeheartedly appreciate the combined efforts of the staff, students and parents in steering forward. As I conclude, I thank all those who shore up and persuade us in all our endeavors. First and foremost, I lift up my heart in thanksgiving to our Heavenly Father and our blessed patron, St. Alphonsa for the continued blessings showered on us. I bow my head before the revered memory of our founder patron, Late Mar Sebastian Vayalil. I also acknowledge my obligation of gratitude to our beloved patron His Excellency Mar Joseph Kallarangattu, our Manager, His Excellency Mar Jacob Muricken, and all other members of the Managing Board.

31-3-2022



Regina
PRINCIPAL
ALPHONSA COLLEGE
PALA