

தரமாய் சுற்று வளமாய் வாழ..!

ST ALPHONSA COLLEGE OF ARTS AND SCIENCE

An Institution run by the Syro Malabar Catholic Diocese of Thuckalay

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

Soosaipuram, Karinkal, Kanyakumari District, Tamilnadu - 629 157

Website: www.stalphonsa.edu.in

Email: stalphons2014@gmail.com

Ph: 04651 - 255540

Mob: 94449 68233

INVITATION

A Guest Lecture

on

Fostering Positivity towards Optimal Performance

Academic Year 2023-24

We cordially invite you to the Guest Lecture on 'Fostering Positivity towards Optimal Performance' to be held on 19/02/2024, Monday at 11 am in the College Multimedia Hall.

Presidential Address: Very Rev. Fr. Antony Jose,
Secretary & Correspondent

Inaugural Address: Rev. Dr. Michael Arokiasamy SDB,
Principal

Felicitation: Rev Fr. Ajin Jose
Campus Minister

Resource Person:

Dr. A. Nirmala
Former Principal & Secretary,
Ethiraj College for Women,
Chennai.



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INAUGURATION PROGRAM SCHEDULE

A Guest Lecture

on

Fostering Positivity towards Optimal Performance

- MC* : **Jeffrin Shijo (II BA); Thivisha (III BA)**
- Prayer Song* : **Department Choir**
- Welcome Address* : **Jolce Tresa (I MA)**
- Presidential Address* : **Very Rev. Fr. Antony Jose**
Secretary & Correspondent
- Inaugural Address* : **Rev. Dr. Michael Arokiasamy SDB**
Principal
- Felicitation Address* : **Rev Fr. Ajin Jose**
Campus Minister
- A Note on the Guest Lecture* : **Dr. R. Pranesh Kumar**
Head of the Department, English
- Introducing the Resource Person* : **Ms. Adline Jereena Mary S**
Assistant Professor of English
- Vote of Thanks* : **Mini (I MA)**

ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE
Soosaipuram, Karinkal 629157

'Nothing thrills the heart more than hope and positivity.'

The Department of English conducted a guest lecture on the topic 'Fostering Positivity towards Optimal Performance' at the multimedia hall today (19.02.2024). The Resource Expert for this event was Dr. Nirmala (Former Principal & Secretary, Ethiraj College for Women, Chennai).

The inaugural address was given by the Principal of the institution, Rev. Dr. Michael Aro SDB. In his speech, the Principal drew upon the wisdom of the ancients in the form of interesting anecdotes to emphasize on the power of positive thinking.

In the felicitatory oration, Campus Minister Rev. Fr. Ajin Jose reiterated the need for staying positive during stormy times.

The Head of the English Department Dr. R. Pranesh Kumar delivered a humorous speech that was peppered with semi-autobiographical musings and philosophical observations.

An accomplished speaker and seasoned academician herself, Dr. A. Nirmala engaged the session at the grassroots level to touch the hearts of the English Department students. She roped in the audience into a pleasantly bright world wherein they realized that their dreams could be transmuted into reality. After an hour and half session that was sandwiched with mind games, the motivational lecture came to a close. This guest lecture was initiated by Ms. Adline Jereena Mary, Asst. Professor of English Department.


CONVENOR


HOD


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THE HEAD
DEPARTMENT OF ENGLISH
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SOOSAIPURAM, KARUNGAL-629 157
KANYAKUMARI DIST-TAMILNADU

**ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE DEPARTMENT
OF ENGLISH**

A Guest Lecture on Fostering Positivity towards Optimal Performance

19th February 2024


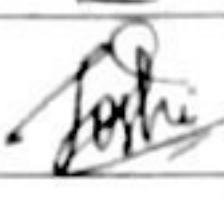
TIME: 11.00 A.M.

Class: I B.A


VENUE: MULTI MEDIA

Attendance

Sl. No	ROLL NO	NAME	SIGNATURE
1	23BENG01	Aariya	Absent
2	23BENG02	Aadarsha.D	Absent
3	23BENG03	Allen Christo.C	Allen Christo .C
4	23BENG04	Aparna. A.G.	Aparna .
5	23BENG05	Arish Dona.R	R. Arish Dona
6	23BENG06	Arul Sherina. A	Sherina .
7	23BENG07	Ashbika Mol. N.S.	N.S. Ashbika Mol.
8	23BENG08	Ashlyn Jesmi. J.S.	Absent
9	23BENG09	Benishma Theres. SB	Benishma
10	23BENG10	Bershiya Joe. JA	Bershiya Joe
11	23BENG11	Bivin Chrishto.C	Bivin
12	23BENG12	Brightlin Liji. L	Brightlin Liji .L.
13	23BENG13	Cordelia L.S.	Cordelia
14	23BENG14	Diffani. G	Diffani.
15	23BENG15	Divine Nishiya. P	Divine Nishiya .

16	23BENG16	Dona. J.M	
17	23BENG17	Genisha Stephen.	G. Genisha Stephen
18	23BENG18	Jesmi.S.	Jesmi
19	23BENG19	Jido Johnson. J	Jido
20	23BENG20	Joshiba.C.	
21	23BENG21	Merlin Greatee. M.S.	Merlin Greatee
22	23BENG22	Mobeena S.J.	Mobeena S.J.
23	23BENG23	Parameshwaran. M	Absent-
24	23BENG24	Reena Singh.R.V.	Reena Singh
25	23BENG25	Shalia Benz.S.	Shalia
26	23BENG26	Uthithu.N.	Uthithu
27	23BENG27	Sajin.S.	Sajin
28	23BENG28	Deepthi. E.S.	ES Deepthi
29	23BENG29	Ashlin. R.S.	Absent-
30	23BENG30	Manchu. R	Manchu.R


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OF ENGLISH**

A Guest Lecture on Fostering Positivity towards Optimal Performance




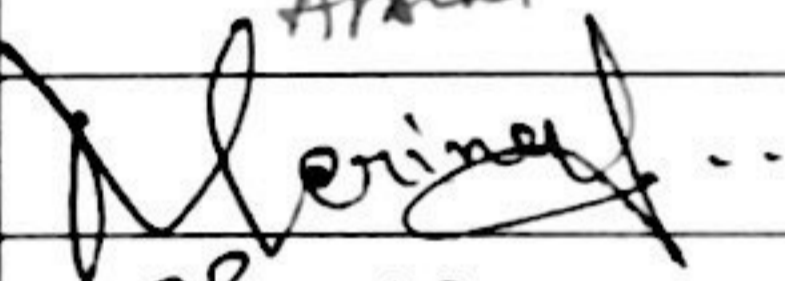
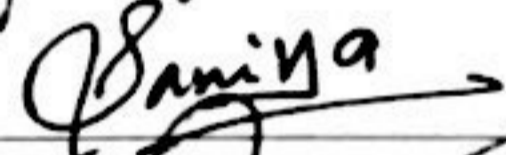

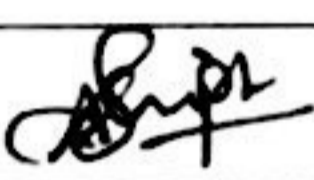
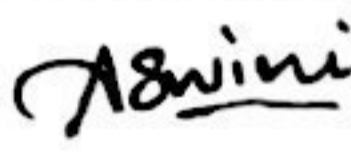

19th February 2024

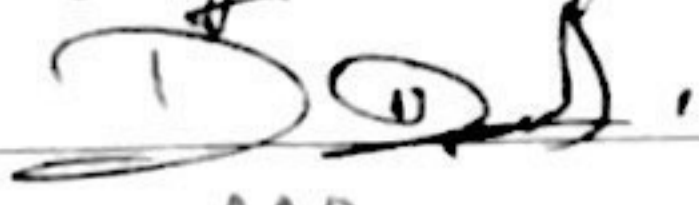
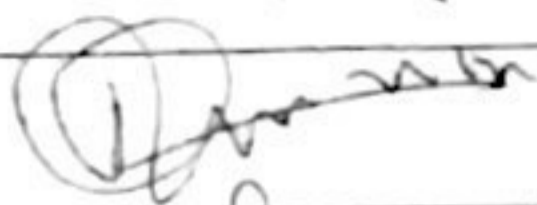
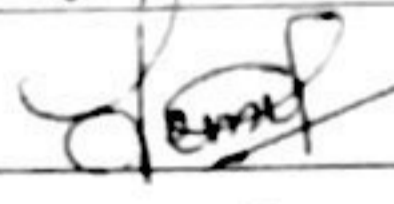
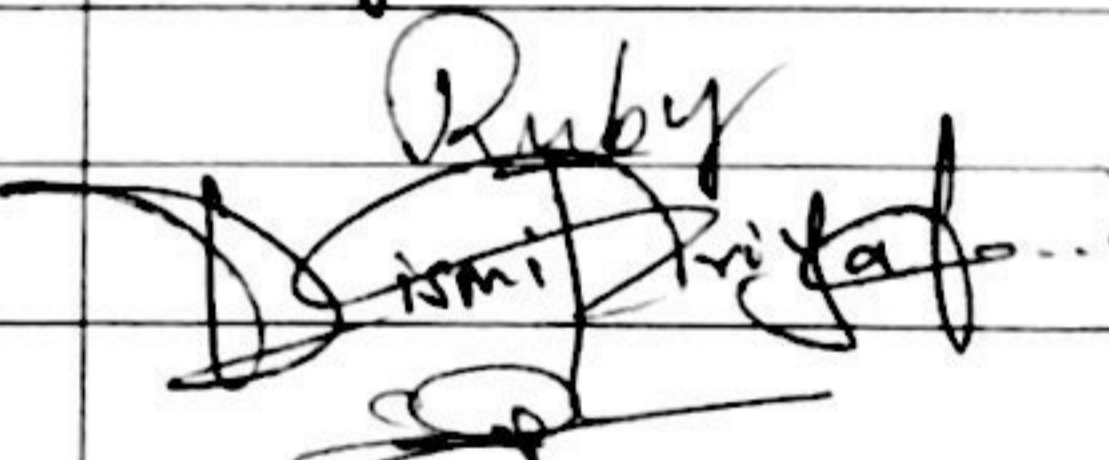
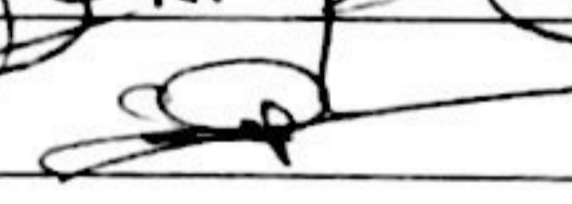
TIME: 11.00 A.M.

Class: II B.A

VENUE: MULTI MEDIA

Attendance

Sl. No	ROLL NO	NAME	SIGNATURE
1	22BENG01	AALFEE MILCAH MILFORD	
2	22BENG02	AFNITHA T M	
3	22BENG03	AJIL RAM K V	AAA
4	22BENG04	AJOL A ALAN	
5	22BENG05	AKASH A S	Absent
6	22BENG06	ANGELIN MERINA V	
7	22BENG07	ANTROW SANIYA S	
8	22BENG08	ARNOLD SHANU K	
9	22BENG09	ASHIKA P	
10	22BENG10	ASIN THARA P	P.Asin Thara
11	22BENG11	ASWINI C	
12	22BENG12	AXLIN SILJA S	
13	22BENG13	BABUGANESH M	AAA

14	22BENG14	BENITY P	AAA
15	22BENG15	BRIGIL WINFERRY B J	Brigil Winferry
16	22BENG16	DEAR SHEN D	
17	22BENG17	DENI DEEPSIKA D	AAA.
18	22BENG18	DERIN BLESSO D B	
19	22BENG19	FEMINA S M	
20	22BENG20	HEMA M R	AAA
21	22BENG21	JAIYA SHIVAANI V S	shivaani
22	22BENG22	JEBISHA R	Jebisha
23	22BENG23	JEFFRIN SHIJO J	Jeffrin
24	22BENG24	JEFINA JEROME J	Jefina
25	22BENG25	JEFRINA P	Jeferina
26	22BENG26	JESHIBHA K	Jeshiba
27	22BENG27	NAGARAJ V	AAA
28	22BENG28	NINGSHA .K	Ningsha
29	22BENG29	RUBY J	Ruby
30	22BENG30	SAHAYA DISMI PRIYA .A	
31	22BENG31	SEJAN PAUL S	
32	22BENG32	SHARON JESTUS J	AAA
33	22BENG33	SHYLA S	shylh
34	22BENG34	STEFY JEBISHA J	Stefy
35	22BENG35	VENKATESH B	AAA

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**ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE DEPARTMENT
OF ENGLISH**

A Guest Lecture on Fostering Positivity towards Optimal Performance

19th February 2024

Time: 11 AM

Class: III B.A

VENUE: MULTI MEDIA

Attendance

Sl. No	ROLL NO	NAME	SIGNATURE
1	21BENG01	Abisha S	Abisha
2	21BENG02	Abitha R A	Abitha
3	21BENG03	Ancy M	Ancy
4	21BENG04	Anisafirin D A	Anisafirin
5	21BENG05	AnuJoyana	J.A. Anu Joyana
6	21BENG06	DhivyaDharshini	Dhivya
7	21BENG07	Gopiga G	G. Gopiga
8	21BENG08	Jaffrin J	Jaffrin
9	21BENG09	Jasmi J S	Jasmi.
10	21BENG10	Jerbin B R	Jerbin
11	21BENG11	Jerrisha J	Jerrisha.
12	21BENG12	Jerusha L	Jerusha
13	21BENG13	Jinisha A	Jinisha
14	21BENG14	LizraDani V	Lizra
15	21BENG15	LovelinJosey K	Lovelin

16	21BENG16	Mary Sanjana E	Sanjana
17	21BENG17	Mary Saral X N	Sary
18	21BENG18	Pooja R	Pooja
19	21BENG19	Sajana M	Saj
20	21BENG20	Shabitha K R	Shabitha
21	21BENG21	ShaniyaMirsha M	Shaniya
22	21BENG22	SherlyJoiesDyana J	Sherly
23	21BENG23	Siva Priya K	Priya
24	21BENG24	SweetySathis S	Sweety
25	21BENG25	SwethaSathis S	Swetha
26	21BENG26	Terrancia T	Terrancia
27	21BENG27	Thivisha T	Thivisha
28	21BENG28	Vin Mercilin S M	Vin
29	21BENG29	Weshlin S A	Weshlin
30			

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OF ENGLISH**

A Guest Lecture on Fostering Positivity towards Optimal Performance

19th February 2024

TIME: 11.00 A.M.

Class: I M.A


VENUE: MULTI MEDIA

Attendance

Sl. No	ROLL NO	NAME	SIGNATURE
1	23MA01	Abisha Y	Abisha. V
2	23MA02	Anlin T	Anlin
3	23MA03	Anlin X. H Meffy	Anlin X. H Meffy
4	23MA04	Anslin Jenfy R	Anslin Jenfy R
5	23MA05	S. Ashika Rose	Ashika Rose
6	23MA06	T. Ashlin T	Ashlin T
7	23MA07	Ashmi T.M	T.M. Ashmi
8	23MA08	DenifaVictalin S	DenifaVictalin S
9	23MA09	DenolinBlessaD.B	Denolin
10	23MA10	JebaSnega T	J. Jeba Snega T
11	23MA11	JoiceTresha Mn V	Joice
12	23MA12	Ladwin L	Ladwin
13	23MA13	LauralMadona	LauralMadona
14	23MA14	Libisha Ruth L V	Libisha Ruth
15	23MA15	Mini R	Mini R
16	23MA16	Monisha M	Monisha M

17	23MA17	Nanthiny M	M. M. M.
18	23MA18	Princess Esther J	J. Princess Esther
19	23MA19	SangwinRiniR.S	Sangwin Rini R. S.
20	23MA20	Saranya S	Saranya S.
21	23MA21	Shalini P	Shalini P.
22	23MA22	Toji Sebastian	Absent
23	23MA23	Vidhya C	Vidhya C.


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DEPARTMENT OF ENGLISH

A Guest Lecture on Fostering Positivity towards Optimal Performance



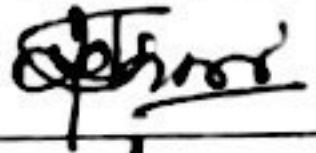


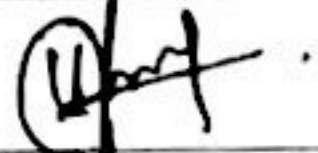
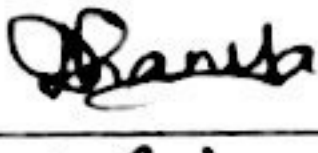
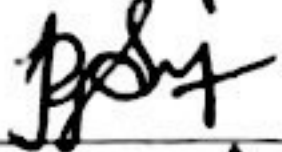
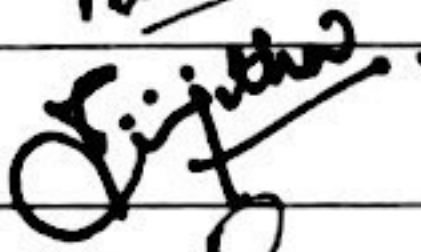

19th February 2024

TIME: 11.00 A.M.

Class: II M.A


VENUE: MULTI MEDIA

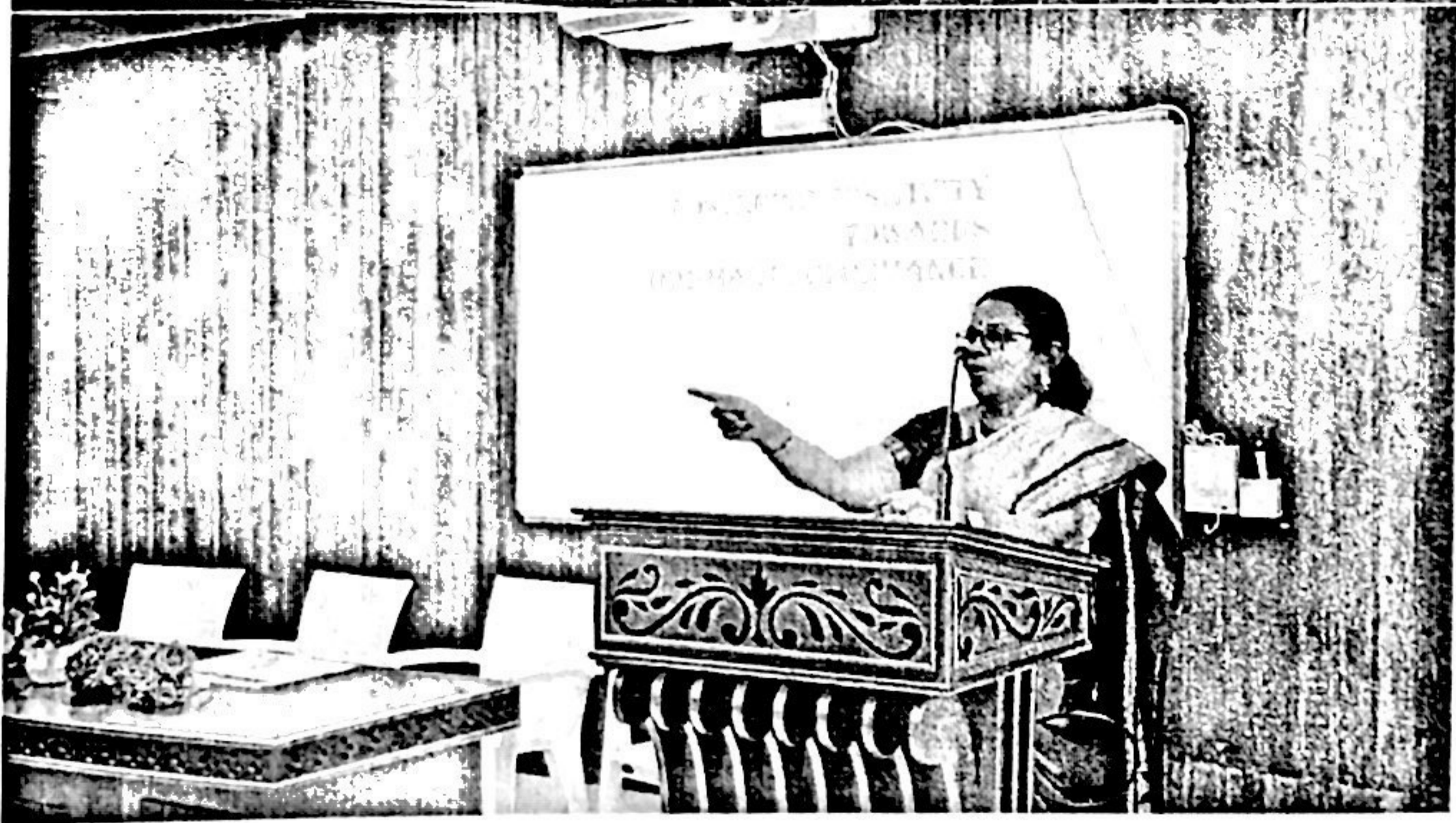
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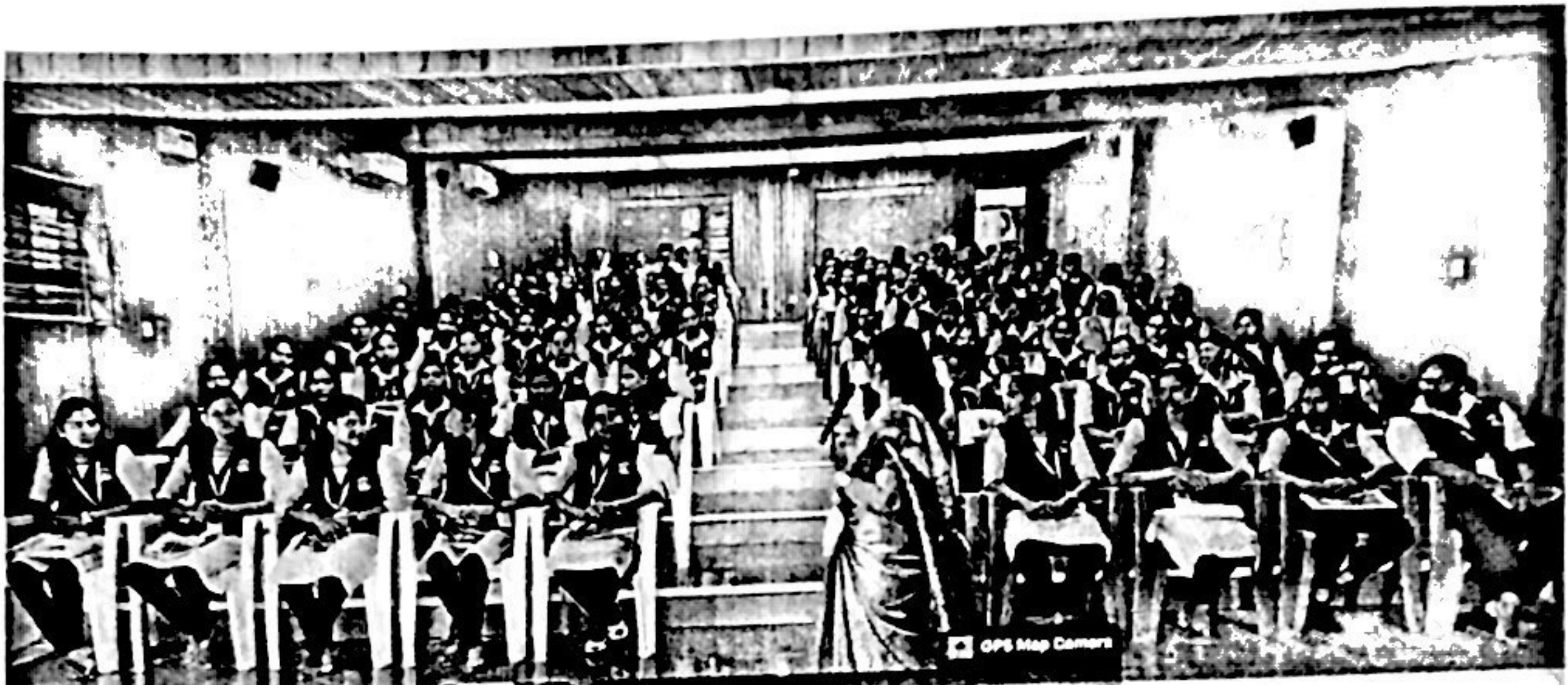
Sl. No	ROLL NO	NAME	SIGNATURE
1	22MA01	Abinaya.J.K	
2	22MA02	Abineka.J	
3	22MA03	Abisha.F	Abisha.
4	22MA04	Asha Reshmi.J	
5	22MA05	Ashlin.J	
6	22MA06	Ashmi Reeja.J	
7	22MA07	Aswini. P	
8	22MA08	Baby Suba. J	Absent
9	22MA09	Bemisha.S	Bemisha.
10	22MA10	Benita Nishi.V	Benita
11	22MA11	Dhanya. P	
12	22MA12	Geo Sherin. P	
13	22MA13	Jesmi.A	Jesmi
14	22MA14	Jijitha.G	
15	22MA15	Libisha.S	
16	22MA16	Sheena.S	S.sheena.

17	22MA17	Shimi F.S.	<i>f.s. Shimi</i>
18	22MA18	Sowmiya.M	<i>Absent</i>
19	22MA19	Aashika	<i>Absent</i>

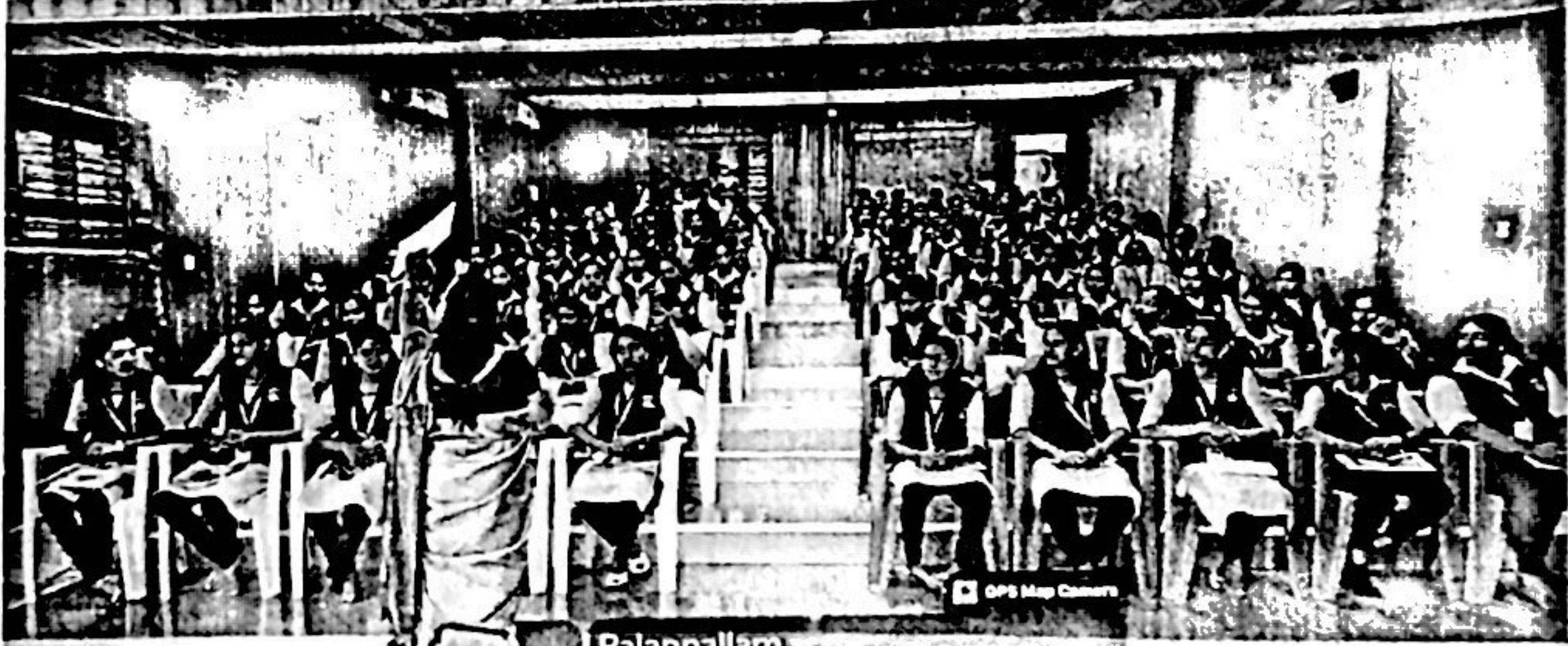

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Palappallam
Kanyakumari, TN, India
Killyoor, Palappallam Kanyakumari, 629159, TN,
India
19/02/24 11:44 AM GMT-05:30
Note : Guest Lecture



Palappallam
Kanyakumari, TN, India
Killyoor, Palappallam Kanyakumari, 629159, TN,
India
19/02/24 11:44 AM GMT+05:30
Note : Guest Lecture

ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

A Guest Lecture on "Fostering Positivity towards Optimal Performance"
19th February 2024

FEEDBACK

Note: Just Tick (1= insufficient, 5= excellent)

Venue & Arrangements					
Facilities at Lecture Venue	1	2	3	4	5 ✓
Refreshments during short breaks	✓ 1	2	3	4	5
Technical Facilities	1	2	3	4 ✓	5
Programme Effectiveness					
Content & Justice to topic	1	2	3	4 ✓	5
Effectiveness of Delivery	1	2	3	4	5 ✓
Knowledge gained from this lecture	1	2	3	4	5 ✓

What did you like most about the Programme?

- Change positive experience into positive emotion
-

Your suggestion for betterment of such Programme.

- No suggestion except time management
-

Thank you very much for your TIME

ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

A Guest Lecture on "Fostering Positivity towards Optimal Performance"
19th February 2024

FEEDBACK

Note: Just Tick (1= insufficient, 5= excellent)

Venue & Arrangements					
Facilities at Lecture Venue	1	2	3	4	5 ✓
Refreshments during short breaks	1 ✓	2	3	4	5
Technical Facilities	1	2	3	4	5 ✓
Programme Effectiveness					
Content & Justice to topic	1	2	3	4 ✓	5
Effectiveness of Delivery	1	2	3	4	5 ✓
Knowledge gained from this lecture	1	2	3	4 ✓	5

What did you like most about the Programme?

- Really Inspiring
- gesture of the resource person

Your suggestion for betterment of such Programme.

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Thank you very much for your TIME

ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

A Guest Lecture on "Fostering Positivity towards Optimal Performance"
19th February 2024

FEEDBACK

Note: Just Tick (1= insufficient, 5= excellent)

Venue & Arrangements					
Facilities at Lecture Venue	1	2	3	4	5
Refreshments during short breaks	1	2	3	4	5
Technical Facilities	1	2	3	4	5
Programme Effectiveness					
Content & Justice to topic	1	2	3	4	5
Effectiveness of Delivery	1	2	3	4	5
Knowledge gained from this lecture	1	2	3	4	5

What did you like most about the Programme?

- Positive attitude of Chief guest.
-

Your suggestion for betterment of such Programme.

- Group activities.
-

Thank you very much for your TIME

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DEPARTMENT OF ENGLISH

A Guest Lecture on "Fostering Positivity towards Optimal Performance"
19th February 2024

FEEDBACK

Note: Just Tick (1= insufficient, 5= excellent)

Venue & Arrangements					
Facilities at Lecture Venue	✓	2	3	4	5
Refreshments during short breaks	✓	2	3	4	5
Technical Facilities	✓	2	3	4	5
Programme Effectiveness					
Content & Justice to topic	✓	2	3	4	5
Effectiveness of Delivery	✓	2	3	4	5
Knowledge gained from this lecture	✓	2	3	4	5

What did you like most about the Programme?

- Confidence and relevance of topic to one's life.
- Make us to exercise our own negativity and positivity.

Your suggestion for betterment of such Programme.

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Thank you very much for your TIME