



Website: www.stalphonsa.edu.in

Email: stalphonsa2014@gmail.com

Ph: 04651 - 255540

Mob: 94449 48223

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 Aroldasamy SDB,
Principal

Felicitations: Rev Fr. Ajin Jose
Campus Minister

Resource Person:

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




ST ALPHONSA COLLEGE
OF ARTS AND SCIENCE


An Institution run by the Syro Malabar Catholic Diocese of Thuckalay
 (Affiliated to Rosarymania Soudanese University, Trivandrum)
 Soosalpuram, Karinkal, Kanyakumari District, Tamilnadu - 629 157

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INAUGURATION PROGRAM SCHEDULE

A Guest Lecture

on

Fostering Positivity towards Optimal Performance

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

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

16	23BENG16	Dona J.M	
17	23BENG17	Gerisha Stephen	G Gerisha Stephen
18	23BENG18	Jesmi S.	
19	23BENG19	Jido Johnson J	Jido
20	23BENG20	Joshua C.	
21	23BENG21	Merlin Circatec. M.S	Merlin G. C.
22	23BENG22	Moheena S.J.	Moheena S.J
23	23BENG23	Paraneshwari M	Absent
24	23BENG24	Reena Singh R.V.	Reena Singh
25	23BENG25	Shulka Benz S.	
26	23BENG26	Uthitha N.	
27	23BENG27	Sajin S.	Sajin
28	23BENG28	Deepthi E.S	Deepthi E.S
29	23BENG29	Ashlin R.S.	Absent
30	23BENG30	Manchu R	Manchu R


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A Guest Lecture on Fostering Positivity towards Optimal Performance



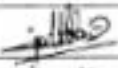
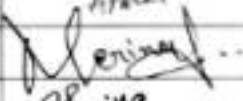
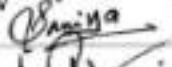




19th February 2024

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	A.A.A
4	22BENG04	AJOL A ALAN	
5	22BENG05	AKASH A S	Akash
6	22BENG06	ANGELIN MERINA V	
7	22BENG07	ANTROW SANIYA S	
8	22BENG08	ARNOLD SHANU K	
9	22BENG09	ASHIKA P	
10	22BENG10	ASIN THIARA P	P Asin Thara
11	22BENG11	ASWINI C	
12	22BENG12	AXLIN SILJA S	
13	22BENG13	BABUGANESH M	A.A.A

14	22BENG14	BENITY P	N/A
15	22BENG15	BRIGIL WINFERRY B J	Brigil Winferry
16	22BENG16	DEAR SHEN D	Dear Shen D.
17	22BENG17	DENI DEFPSIKA D	N/A
18	22BENG18	DERIN BLESSO D B	Derin Blessod B
19	22BENG19	FEMINA S M	Femina S M
20	22BENG20	HEMA M R	N/A
21	22BENG21	JAIYA SHIVAANI V S	shirvani
22	22BENG22	JEBISHA R	Jebisha R
23	22BENG23	JEFFRIN SHJO J	Jeffrin Shjo J
24	22BENG24	JEFINA JEROME J	Jefina Jerome J
25	22BENG25	JEFINA P	Jefina P
26	22BENG26	JESHIBHA K	Jeshibha K
27	22BENG27	NAGARAJ V	N/A
28	22BENG28	NINGSHA K	Ningsha K
29	22BENG29	RUBY J	Ruby J
30	22BENG30	SAHAYA DISMI PRIYA .A	Sahaya Dismi Priya .A
31	22BENG31	SEJAN PAUL S	Sejan Paul S
32	22BENG32	SHARON JESTUS J	N/A
33	22BENG33	SHYLA S	shyha
34	22BENG34	STEFY JEBISHA J	Stefy Jebisha J
35	22BENG35	VENKATESH B	N/A


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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

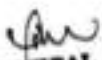
Class: B B A


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	Anisafra D A	Anisafra
5	21BENG05	Anuloyana	Anuloyana
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	Jenasha L	Jenasha
13	21BENG13	Jimisha A	Jimisha
14	21BENG14	LizraDasi V	Lizra
15	21BENG15	LovelIndosey K	LovelIndosey

16	21BENG16	Mary Sanjana E	Sanjana
17	21BENG17	Mary Saral X N	Sara
18	21BENG18	Pooja R	Pooja
19	21BENG19	Sajana M	Saij
20	21BENG20	Shabitha K R	Shabitha
21	21BENG21	ShaniyaMirsha M	Shaniya
22	21BENG22	SherlyJonesDyana J	Sherly
23	21BENG23	Siva Priya K	Priya
24	21BENG24	SweetoSathis S	Sathi
25	21BENG25	SwedhaSathis S	Sudha
26	21BENG26	Terrancia T	Terr
27	21BENG27	Thivisha T	Thi
28	21BENG28	Vin Mercilin S M	Vin
29	21BENG29	Wedlin S A	Wedlin
30			


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ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE DEPARTMENT
OF ENGLISH

A Guest Lecture on Fostering Positivity towards Optimal Performance

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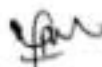
Class: I.M.A

VENUE: MULTI MEDIA

Attendance

Sl No	ROLL NO	NAME	SIGNATURE
1	23MA01	Abisha V	Abisha V
2	23MA02	Anlin T	Anlin T
3	23MA03	Anlin X, H Meffy	Anlin X, H Meffy
4	23MA04	Ansin Jerby R	Ansin Jerby R
5	23MA05	S. Ashika Rose	S. Ashika Rose
6	23MA06	T. Ashlin T	Ashlin T
7	23MA07	Ashmi T.M	T.M. Ashmi
8	23MA08	DemifaVictalin S	DemifaVictalin S
9	23MA09	Denolin Blessu D.B	Denolin Blessu D.B
10	23MA10	Jebu Sreya T	T. Jebu Sreya
11	23MA11	JoiceTresha Mn V	JoiceTresha Mn V
12	23MA12	Ladwin L	Ladwin L
13	23MA13	LauralMadona	LauralMadona
14	23MA14	Libisha Ruth L V	Libisha Ruth L V
15	23MA15	Mini R	Mini R
16	23MA16	Momisha M	Momisha M

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



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DEPARTMENT OF ENGLISH

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19th February 2024

TIME: 11.00 A.M.

Class: II M.A

VENUE: MULTI MEDIA

Attendance

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

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

[Signature]
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KANNIYAKUMARI DIST. TAMILNADU

[Signature]
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DEPARTMENT OF EDUCATION
SR. TECHNICAL EDUCATION OFFICE
BOOSAMPURAM, KARUNGAL-629 157





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	✓	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 Programmes

- No suggestion except time management
-

Thank you very much for your TIME

ST. ALPHONSA COLLEGE OF ARTS AND SCIENCE

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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

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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

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	✓	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
- Made 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