



ALL SAINTS' TIMES

Keeping Track of your time

Vol.19

**November 2018-March
2019**

**Newsletter brought to you
by
The All Saints' Times**

**Editorial Board
Dr. Siji V L**

**With Special Thanks to
The Management
The Principal
Members of Faculty
Non Teaching Staff
Students**

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FROM THE PRINCIPAL'S DESK

Our mission was to impart to our younger generation the right kind of education- excellence in the academic field and to uphold moral ethics. Today we have new technological skills at our command. We are also having more professionally qualified people. The world around us has changed so much that we have to equip our students better and give them the skills to live and serve their fellowmen in a highly competitive world. Let us take this opportunity to evaluate our performance and let us work together with faith, confidence and dedication to make great strides in our quest of excellence. The newsletter records various events and activities both academic and extracurricular from November 2018 to March 2019. Dr. Siji VL of the Department of Chemistry has put on her sincere efforts to make the newsletter a great success.

Principal,
Dr. Caroline Beena Mendez
All Saints' College



EDITORIAL



The second edition of the All Saints' Times brings a vibrant account of the College activities. The importance of higher education and the relevance of a socially committed institution like All Saints' becomes very clear when we account the contributions of the college to the society. Our foundational goal is empowerment through education which is assured to all. we sincerely thank the principal and all the faculty members who helped me to chronicle these efforts.

Editor
Dr. Siji VL
Assistant Professor
Department of Chemistry
Ms. Shalini.R.D
Student Editor



College Council

The College Council has as its Chairperson, the Principal Dr. Caroline Beena Mendz. The Board consists of the Heads of the various Departments, elected representatives from among the teaching staff, which includes the Management representative Sr. Dr. Pascoela Adelrich D' Souza. Important academic and administrative matters concerning the college are discussed at the council meetings. Decisions are also taken and the minutes book is maintained by the staff secretary.

UNION MEMBERS



Tina Jose
Chairperson



Sajitha Jayan
Vice Chairperson



Nivea Robin
General Secretary



Anaswara Valuparampil
Arts Club Secretary



Bhavya U.B
Sports Secretary



aeema Bintah Vahab
UUC1



Jassy
UUC2



Angel Jolly
Magazine Editor



Nanma Anna Priyan
DC2 General Representative



Anu Mary Thomas
DC1 General Representative

PTA

President-Principal
Dr. Caroline Beena Mendez

Vice President-
Mr. Shalu J R

Secretary-
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Treasurer-
Mrs. Sebina Mathew

Executive Members
Teachers-
Dr. Reshma R Prasad
Dr. Shaina
Dr. Parvathy Menon

Parents-
Mr. K P Suresh Kumar
Mr. K Sivaprasad
Mr. HariVarma
Mrs. Deepa V Nair



The PTA actively participates in all the activities of the college. The contribution from PTA to the student community is commendable. In the current academic year the PTA has given financial assistance to buy one high end system with printer for the examination purpose and two printers for the Departments of Malayalam and History. Financial aid was also given to the departments of Botany and Malayalam for conducting National seminars. One cupboard was also bought for keeping the PTA documents. During Christmas celebrations, the PTA makes its contribution by providing the students with various refreshments. Like every year PTA also contributed to the payment of railway gate keeping charges and the salaries of guest faculties .



ASSOCIATION ACTIVITIES

Department of BOTANY

- Study tour was conducted for the students of Final year B.Sc. Botany students to Thanshikar's Organic Spice Farm, Goa. Dr. Nisha K. K. and Dr. Sr. Shaina T. J. accompanied the students.



- Field study were conducted to the Open course Horticulture students to Botanic garden, Kuzhippalam on 1st December 2018



- Conducted two days Workshop on 'In-situ synthesis of bio-nanoparticles' Makeintern and E-Cell IIT, Kharagpur on 3rd and 4th January 2019



Principal Dr. Caroline Beena Mendez inaugurating two days Workshop on 'In-situ synthesis of bio-nanoparticles' conducted by the Department of Botany in association with Makeintern and E-Cell IIT, Kharagpur on 3rd and 4th January 2018



Dr.Nageswar Reddy, Scientist, St. John's Research Institute, Bangalore, giving hands on training for the delegates of the workshop



Dr.Nageswar Reddy, Scientist, St. John's Research Institute, Bangalore, delivering lecture on bionanoparticles



Dr.Nageswar Reddy, Scientist, St. John's Research Institute, Bangalore, delivering lecture on bionanoparticles

Department of CHEMISTRY

- Students of chemistry department witnessed the rocket launch held at ISRO on January 30 2019.
- A talk by Ade E. Yonath, Nobel Laureate in Chemistry 2009 has been attended by the students of department of chemistry on 4th February 2019 which was organised by the Kerala State Higher Education Council.
- The students of Chemistry department organised a food festival to raise fund for charity on 14th March 2019.



Department of ENGLISH

- An International Seminar was hosted by the Dept. of English from 10th December, 2018 to 12th December, 2018. The same was convened by the Principal, Dr. Caroline Beena Mendez and coordinated by the Head of the Dept. Ms. Sonya .J Nair. She also chaired one of the sessions in the Seminar. Ms. Kukku Xavier, Dr. Liji Varghese, Dr. Sr. Pascoela D'Souza, Dr. RajSree M.S , Ms. Diana V Prakash and Dr. Kavitha .N served as Chairs for the various sessions. The inaugural plenary session was presided over by Professor Emeritus Dr. William Earle and Professor Dr. Louis Bishop.

Department of COMMERCE

- On 1/12/2018, Department organises a workshop . 30 students participate in the programme and acquire the knowledge.



Department of MATHEMATICS AND STATISTICS

- The department organized an interactive session with Dr. Piers Bursill Hall, Department of pure Mathematics and Mathematical Statistics, Cambridge university, UK on countable and uncountable infinite and the truth of maths on 30/1/2019.



- Department organized an intercollegiate mathematics quiz competition In memory of late Prof. V S Mary on 5/3/2019. Students from 11 colleges participated.

Prof. Mary V S All Kerala Intercollegiate Quiz Competition

Quiz Master : Sumesh S (St Johns College Anchal)

Winners

Ist Prize- MG College Trivandrum

IInd Prize- KNM Arts & Science College Kanjiramkulam

IIIrd Prize- University College Trivandrum



Department of HISTORY AND POLITICS

- The Dept. of History expressed solidarity during the one day cricket match held at Trivandrum between India and Pakistan on 25th Jan 1988. A Poster Exhibition on Indian Cricket history was also conducted.



- On 10th December students and faculty members celebrated the Human Rights Day to honour the United Nations General Assembly's adoption and proclamation of the UDHR, The first global enunciation on Human Rights.



Department of PHYSICS

- Celebrated the Science Day on 28 February in association with the Kerala Academy of Sciences.
- Talks were conducted on "Advances in Raman Spectroscopy" by Dr. KN Narayanan Unni (Principal Scientist and Head, Photosciences and photonics section, CSIR-NIIST, Trivandrum), Dr Yoosaf Karuvath, (Scientist, Photosciences and photonics section, CSIR- NIIST, Trivandrum), Prof. Oommen V Oommen (Former President, Kerala Science Academy) and Dr. K B Ramesh Kumar (General Secretary, Kerala Science Academy).
- A demonstration of handheld Raman Spectrometer was given by ms. Neethu Emmanuel, research Scholar, Photosciences and photonics section, CSIR- NIIST, Trivandrum

Department of MALAYALAM

- Malayalam Association conducted one day theatre workshop on 17/12/18 to the students of Second Years. Sri. Satheesh G Nair the University Winner and Theatre Research Scholar inaugurated and led the workshop. After the workshop students presented a skit on the basis of one act play.
- The Department of Malayalam Conducted Two Day National Seminar on 7th and 8th of February on Bhavukathwa Parinamam Malayala Cherukadhayil. The Famous Critical Journalist Dr. P K Rajasekharan inaugurated the Seminar. The Principal Dr. Caroline Beena Mendez Presided the function. The Department of Malayalam honoured the famous Young Poet Sri. Sumesh Krishnan who won the First O N V Memmorial Young Poet Award and Vyloppilli Memmorial Poetry award. Famous writers Dr. M Rajeev Kumar, B Murali, Vinu Ebrahim, Bettimol Mathew etc were the moderators of various sessions. More than 40 research papers presented.
- The valedictory function of the National Seminar was inaugurated by the well known novelist Dr. George Onakkoor. The Famous writer Chandramathi delivered a speech about the 50 years of history of transformation in the Malayala Cherukadha. The students also actively participated in the discussions. The Co Ordinator of National Seminar Dr. C Udayakala delivered the vote of thanks.

Department of ENVIRONMENTAL SCIENCES

- A Two Day National Conference was organized in observance with the National Science Day observation 2019 on 26th and 27th February, 2019. The theme of the conference was "Science - Feeding the World and Protecting the Environment". Mr. Renjan Mathew Varghese, State Director, WWF- India and Dr. Beena Lawrence, Asst Professor, Dept. of Botany, Women's Christian College, Nagercoil were the Key speakers. An Inter collegiate quiz competition was also conducted as part of the programme. The programme was funded by KSCSTE.



- Department of Environmental Sciences organised a talk by Prof. Eric J Wolanski, Adjunct Professor, James Cook University, Australia as part of ERUDITE-Scholar In Residence Lecture series sponsored by Department of Environmental Sciences, University of Kerala and supported by Kerala State Higher Education Council, Govt. of Kerala on 19.03.2019 at Audio Visual Hall, All Saints' College, TVPM.



- Implemented the best practice of preparing Skills portfolio and Career portfolio for Post graduate students of the department, under the guidance of Dr. Reshma.J.K.
- Peer Observation and Evaluation, Presentation of News of Environmental Significance is a routine activity under the Scholastic student Support Hub (SSSH), the guidance of Dr. Ayona Jayadev.

Department of ZOOLOGY

- A 4-day field study trip from 11-2-19 to 14-2-19 was organized for the 44 nos of SEM -6 students. The students along with faculties Dr. D. Sherly from Department of Zoology and Dr. Divya from Department of Physical education and the Lab Assistant Renuka accompanied the students to the Wayanad Sanctuary, CMFRI at Kochi and the Zoological Survey of India at Kozhikode.



- A 1-day workshop on the theme 'Beat Plastic Pollution ' was jointly organized by the Kuruvi Nature Club and WWF for the nature club members on 13-3-19 at All Saints' College in the Conference Hall. The programme was inaugurated by Mr. Renjan Mathew Varghese, Director, WWF-India- Kerala State. Dr. Dhanalekshmy T.G., H.O.D., Department of Zoology delivered the welcome speech and Dr. Caroline Beena Mendez, Principal gave the Presidential address. Ms. Anusreedha Sivanandan, Project Officer, WWF-India gave the introductory speech about the workshop and Smt. Divya Grace Dilip delivered the vote of thanks. The programme was conducted from 10.30 am to 3.30 pm with various activity and presentation sessions. 37 students participated in the workshop. The feed back from the participants was extremely good. Certificate of participation was issued by WWF for the students.



Department of ECONOMICS

- .III rd DC Economics students celebrated Kerala Piravi on 1st November 2018 and conducted a talk on "Kerala Economy in the midst of restructuring".



Department of PHYSICAL EDUCATION

- Our college organized the Inter collegiate Handball tournament and secured the Runner up position from 12.11.2018-13.11.2018. STENY ANTONY (DCIII ECO), ANCY LAZAR (DCIIECO), DIANA SEBASTIAN (DC II ECO), FATHIMA.S(DC I ECO) got university selection.



- First Prize in the Inter collegiate Squash tournament at Palayam Squash stadium and Alphonsia M(DC III Maths),Roja bhanu(DC II BCOM FIN),Theertha Devan (DC III Bcom) got university selection on Nov 25&26, 2018.



- Second prize for Inter collegiate Rugby tournament on 08-12-2018 & 09-12-2018 held at University Stadium, TVPM. JULIET J (DCIII ZOOLOGY), JYOTHI JHONSON (DCIII ECO), AFRIN FRIMUSE (DC II HIST) got university selection.
- ASWATHY MS(MA ENG I)AND PRASEETHA P J(MCom I) participated in the Senior state Netball championship on 10&11 Nov 2018 at Pathanamthitta
- Aswathy MS(MA ENG I) became the Winner of south zone Senior state Netball championship on 20,21 Nov 2018 at Pathanamthitta.
- JWALA JOSE (DC I Physics) has been awarded the following
Strong Girl of Trivandrum (First) in Sub Junior District Power lifting Championship (57 category)
Seventh Position in Sub Junior World Power lifting Championship held at South Africa (57 category) during 2-9 September 2018.
- First Position in Sub Junior State Power lifting Championship (57 category) held at Kannur during 15-17 September 2018
- First Position in Sub Junior National Power lifting Championship (57 category) held at UtterPradesh during 26-30 September 2018
- Third Position (Overall Bronze medal) and Two Silver and One Bronze in Asian Classic Power lifting Championship (57 category) held at Mangolia.



മംഗോളിയയിൽ നടന്ന സബ് ജൂനിയർ ഏഷ്യൻ പവർ ലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ 57 കിലോ വിഭാഗത്തിൽ സ്വർണമെഡൽ



- Arya Krishna M (DC I Economics) won the gold medal in the intercollegiate Taekwondo championship on 16.01.2019 & 17.01.2019 at L N C P E Kariavattom and participated in the All India Inter university Teakwondo championship



- PUNYA SANTHOSH (DCIICHEMISTRY) got second prize for fighting (KUMITE) in the 39 th All Kerala senior state Karate championship held at BRM central school on 30-12-2018.
- Aswathy M S (MA ENG I) participated in the All India Inter university Netball championship held at Tamilnadu Sports university, Chennai
- Keerthi Krishna (DCII Hist) secured second place in the South Zone inter university Cricket competitions held at Andhra university.



LIBRARY

National Book Week Celebrations- 21/11/2018 to 25/11/2018

Book Talk

A book talk was organized in relation to the National Book week. Students were required to talk about their favourite books. They could bring a partner and talk about the book that inspired them or moved them for about five minutes. Their partner could then present a chart or write-up about the said book. The students seemed excited about the activity and participated actively. Two top presentations were chosen to be the winners and certificates were awarded.

Book Review

A book review was organised for three days with a different language being chosen for each day. One day was for English, one for Hindi and one for Malayalam. The submitted book reviews were evaluated and the top two entries were awarded with certificates.

Best User of Online and Offline Facilities

A best user who made the best use of the facilities provided by the library is chosen every month. Both online and offline users from the PG and UG section is chosen separately every month. At the end of every academic year, cash prizes are awarded for the best offline user from PG and UG.

EXTENSION ACTIVITIES

SCIENCE CLUB (DEPARTMENT OF CHEMISTRY)

- The students of Science club organised a food festival to raise fund for charity on 14th March 2019.



- Charity work at Deepthibhavan DSS Convent & St.Vincent old aged home and RCC
We, second year students of BSc. Chemistry department conducted a charity work on 30 March 2019. For that, we organised a food fest in our college and we collected 10,000/- from the food fest conducted on 14 March 2019. The money collected was given to Regional Cancer Centre, Trivandrum and to an old age home.
First we went to KANIVU CANCER CHARITABLE SOCIETY inside the Regional Cancer Centre Campus, Medical College P.O Thiruvananthapuram. We met two doctors who were in- charge of the charitable society. We handover 5,000/- to them and they added the money to the fund that they are handling to provide necessary facilities for the family of the patients. Then we visited the whole campus and met the patients there. We interacted with them and with the doctors there. They share their experiences with patients and also described about the present dangerous situations of our society.
Then we went to Deepthibhavan DSS Convent & St.Vincent old aged home. We utilised the remaining 5,000/- for purchasing grocery items for the home. We handover the items to the sisters who were in-charge of the organisation. Then we interacted with the people in the home, discussed their problems and entertained them. We had a talking session with the sisters and they discussed about the activities of the organisation.



HUMAN RIGHTS FORUM (DEPARTMENT OF HISTORY)

- The human Rights Forum of the Department of History organised various events to commemorate International Human Rights Day. Our students distributed food packets to the needy people in the coastal area of Vettukad. They also led a march in the campus displaying posters and placards based on this theme.



LITERARY AND DEBATE CLUB (DEPARTMENT OF ENGLISH)

- Professor Emeritus Dr. William Earle and Professor Dr. Louis Bishop. inaugurated the Literary and Debating Club of the Department of English on 10th December 2018.

KURUVI NATURE CLUB (DEPARTMENT OF ZOOLOGY)

- The activities for the Nature club started in November, 2019. 46 students were registered as members in the club. An introduction about the club activities was delivered by Dr.Dhanalekshmy.T.G.
- The members were registered with World Wide Fund for Nature-India, one of the leading science based conservation organizations in the country proactively encouraging environmental conservation by working with different stakeholders like NGOs, schools and colleges. The aim is to create an opportunity for the members to understand more about the various conservation issues facing the country.
- The members attended the Friday Forum, on 7, December, 2018, the open forum for students to share their views, concerns and ideas on environment related topics, a joint venture by WWF-India, Kerala State Office and Directorate of Museums and Zoos on first Friday of every month. Mr. Renjan Mathew Varghese, Director, WWF-India Kerala State Office delivered a talk on Ecological Footprint from 10.30 am to 12.30 pm. The topic was much interesting and useful for the students as it was highly interactive and on relevant time specific theme.

HEALTH , NUTRITION AND PHYSICAL FITNESS (DEPARTMENT OF MATHEMATICS)

- Students are divided into groups and they were given topics to take the class. They exhibit the newspaper cuttings on news regarding medical field.



PLANNING FORUM (DEPARTMENT OF PHYSICS)

- Giving a seminar can be a frightening proposition. Not a lot of people would recommend giving a public presentation that's interactive. Hence these presentations are very important & approach them with a positive mindset and reap the maximum benefits in terms of academic marks as well as personal knowledge enhancement. This in turn will be useful in the interviews at the end of the year where one can talk on the work that have done in a very authentic manner. Formal speaking in front of an audience can be challenging if you have not done this before, and plenty of preparation beforehand can help to increase your confidence if you are asked to do this. Conquer your fear of the unknown and get started planning an insightful seminar. By conducting debates, the preparation and delivery of argumentation provides students with the opportunity to think critically, develop their
- The Students' Planning Forum helps the students to
- ✓ Present any topic of their own interest among the peer group and help
 - ✓ students to interact with the audience without any stage fear
 - ✓ Enhance the craft of communicating effectively and listening deeply
 - ✓ Face interviews, group discussions etc. for their bright future
 - ✓ Improve their language and critical thinking skills
 - ✓ to gain experience in the critical assessment of the available scientific literature
 - ✓ to practice the use of various resources to locate and extract information using offline & online tools , journals

There are three components one must know in order to improve their presentation skills for better public speaking. According to the words of Elbert Hubbard, who said, "The only way to learn to speak is to speak and speak, and speak and speak, and speak and speak and speak." But while it's true that the only way to become good at anything is by repetition, over and over, until it becomes second nature, there are many things that one can do to be more effective speaking in front of audiences.

In this perspective the students were taught how to prepare for a talk. An introduction class was taken about the steps to be followed while doing a presentation. The first thing to do is to write out an objective statement of what one wish to accomplish as a result of presentation. Practice makes perfect, and perfect practice makes it even more perfect. If a person practices consistently, you will find that your presentation skills have dramatically improved over time. Based on this they were asked to repeat the activity such as taking seminars and as a result, the ability to speak effectively in front of people has been improved. It's normal and natural for you to be nervous about public speaking, Classes were also taken how to overcome that fear to improve the presentation skills. As a part of the activity open discussions were also conducted between students.

RESEARCH ACTIVITIES

Participation in Seminars/ conference/ workshops/Orientation Programmes

Sl. No.	Name	Department	Title of the Seminar/ Conference/ Workshop	International / National	Organised by	Date
1.	Dr. Cinthya Christopher	Botany	Workshop on Techniques for Chromosome Analysis	National	Department of Botany, University of Kerala	21st-23rd November 2018
2.	Dr. Anju V Jalaj	Botany	International Conference on Conservation of Natural Resources and Traditional Siddha Pharmacological Approach for your Future	International	William research Centre, Nagercoil	December 12-14
3.	Dr. Sindhu Yesodharan	Chemistry	National seminar on "Theoretical and Computational Chemistry	National	Govt. College for Women	November 29-December 01
4.	Dr. Sindhu Yesodharan	Chemistry	International Conference on "Water : From Pollution to Purification	International	Kottayam Kerala	December 07-10.
5.	Dr. Sunita Kurur	Chemistry	National Seminar on Recent Trends in Chemistry	National	Government College, Karaivattom, Thiruvananthapuram	5-7, February , 2019.

DEPARTMENT OF ENVIRONMENTAL SCIENCES

- Dr. Ayona Jayadev attended a two Day National Workshop on 'In situ synthesis of Bionanoparticles' jointly organized by the Department of Botany, All Saints' College and IIT Karakhpur on 4th and 5th January, 2019.
- Dr. Ayona Jayadev attended a 'Training for NSS Programme Officers' as part of implementation of 'Green Protocol' in institutions.
- Dr. Smitha Asok V participated in the NISAR Science Workshop organized at Space Applications Centre, Indian Space Research Organization, GoI at Ahmedabad from 15th to 17th November, 2018 and also presented the status and progress of the SAC funded MRP at the Review Meeting convened along with the Workshop.
- Dr. Reshma.J.K., Dr. Ayona Jayadev and Dr. Smitha Asok. V. along with the students of the department participated in "Interaction with the Eminent Scholar Programme" Lecture sees, led by Dr. Takashi Asaeda, Saitama University, Japan, which was funded by IQAC, University of Kerala and organized by Department of Environmental Sciences, University of Kerala on 04.02.2019 and 05.02.2019.
- Dr. Reshma. J.K., Dr. Ayona Jayadev and Smt. Rajani.V., attended the seminar entitled 'Advances in Raman Spectroscopy' jointly organized by Department of physics and Kerala Academy of Sciences on 28.02.2019 at Audio Visual Hall, All Saints' College, TVPM.
- .Faculty and students of the department participated in the National Conference on 'Science, Feeding the World and Protecting the Environment' organised by the Department of Environmental Sciences, All Saints' College on 26th and 27th February, 2019 as part of the national Science Day Celebrations- 2019.
- .Dr. Smitha Asok V. participated in the National level Hands – on Training Workshop on 'Data Analysis using SPSS (Advanced)' conducted by the Nodal Office, Christ University, Thiruvananthapuram during 4th to 6th March, 2019.

DEPARTMENT OF MATHEMATICS AND STATISTICS

- Sebina also attended two day workshop at University college on 22/11/2018 to 23/11/2018 at University college on Computer Programming-- SAGE.
- Renjini Raveendran P attended one day Seminar for Nodal officers AISHE at Department of Statistics, University of Kerala ,Kariavattom on 25.01.2019
- 7Renjini Raveendran P attended two day workshop on Counselling at Christ University Nodal Office Trivandrum on 25th and 26th February 2019

DEPARTMENT OF HISTORY AND POLITICS

- Dr.VidyaNair Participated in the International Seminar of 'Thrice Told Tales: Reconfiguring the Canon' organised by the PG and Research Department of English, All Saints College on 10-11 December 2018.
- Dr.VidyaNair Participated in the three day National Seminar of Society, Politics and Environment in Kerala: A Reassessment' organised by the department of Political Science, University College and Sponsored by Directorate of Collegiate Education, Government of Kerala on 17-19 December 2018 at University College.



PAPER PRESENTATION IN SEMINARS AND CONFERENCES

Sl. No.	Name	Department	Title of the paper	Name of the seminar/ conference	International / National	Organised by	Date
1	Dr. Anju V Jalaj	Botany	Apoptosis Induction Capacity of an Active Fraction from Operculinaturpethum (L.) Silva Manso (Convolvulaceae)	International Conference on Conservation of Natural Resources and Traditional Siddha Pharmacological Approach for your Future	International	William Research Centre, Nagercoil	December 12-14

- Dr Raj Sree M S presented a paper titled Guests and Aliens: Reconfiguring the Lives of Refugees at the International Seminar on “Thrice Told Tales: Reconfiguring the Canon”, All Saints’ College, Trivandrum 10-11 December 2018
- Nishel Prem Elias presented a paper titled Orhan Pamuk and his Huzun for his city Istanbul at the International Seminar on “Thrice Told Tales: Reconfiguring the Canon”, All Saints’ College, Trivandrum 10-11 December 2018
- Diana V Prakash presented a paper titled What’s in a Name? : RE- Negotiating the First and the War in the First War of Independence at the International Seminar on “Thrice Told Tales: Reconfiguring the Canon”, All Saints’ College, Trivandrum 10-11 December 2018.
- Dr Lekha Rani M L Presented a Paper at the Kerala History Congress- 4th International Session at Department of History on 22nd December 2018.
- Dr Lekha Rani M L Presented a Paper in One day National Seminar organized under the auspices of Mahatma Ayyankali Chair, Department of History, University of Kerala on 13th December 2018.

PAPERS PUBLISHED IN PEER REVIEWED JOURNALS

Sl. No.	Name	Department	Title of the paper	Journal (with vol and page numbers)	International/ National
1.	Dr. Cinthya Christopher	Botany	Cytology in the systematics, phylogeny and evolution in plants. III Liliales.	J Cytol Genet 19 (NS): 71-81	NATIONAL
2.	Dr. Cinthya Christopher	Botany	Cytology in the systematics, phylogeny and evolution in plants. IV Rubiaceae.	J Cytol Genet 19 (NS): in press	NATIONAL
3.	Dr. Cinthya Christopher	Botany	Cytology in the systematics, phylogeny and evolution in plants. V Asteraceae.	J Cytol Genet 19 (NS): in press	NATIONAL
4.	Dr. Cinthya Christopher	Botany	Cytology of seven apogamous fern taxa from Kerala.	J CytolGenet 19 (NS): in press	NATIONAL
5.	Siji, V. L	Chemistry	Spectral, Structural and Theoretical Studies of α-Methyl Trans Cinnamaldehyde Semicarbazone”	Journal of Molecular Structure, (1182) 2019, 329-339.	INTERNATIONAL
6.	Dr Carvalho Fausti	Commerce	Complaint Redressal: The Role Of Ombudsman In The Insurance Sector .	International research Journal of multidisciplinary research 18,Volume II December	INTERNATIONAL
7.	Dr Carvalho Fausti	Commerce	Trade Unions and Labour Welfare Measures-A Study on PSUs in Kerala	International Journal of Management Studies	INTERNATIONAL
8.	Dr Carvalho Fausti	Commerce	Labour Welfare Measures and Its Influence on Socio-Economic Conditions of Labourers	Journal of Management (JOM)	INTERNATIONAL

- Agona Jagadev, Jisha K (2018) A comparative analysis of phytochemicals in three different varieties of onions International Journal of Innovative Knowledge Concepts, 6(12) pp. 22 – 27 (December, 2018)
- Neena P.T., Smitha Asok V. and Arya Unnikrishnan S U (2019). ‘Trophic State Index determination and its spatial variation in Vellayani Lake, Thiruvananthapuram, Kerala – a study using GIS Techniques’ International Journal of Innovative Knowledge Concept, Vol.VII, Issue 1, January, 2019.
- Arya Unnikrishnan S. U., Smitha Asok V and Neena P. T. (2019). ‘assessment of Water Quality Index based on nutrient status in the Akkulam – Veli Lake, Thiruvananthapuram, International Journal of Innovative Knowledge Concept, Vol.VII, Issue 1, January, 2019.
- Dr. Reshma.J.K. presented a paper entitled, ‘A Review on the Applications of Environmental Friendly Drug Delivery Systems in Medicine with Special Reference to Nanopatches’ in the National Seminar on ‘Climate Change Impacts on Biodiversity, Environment and its Management’, CBEM – 2019 organized by the Department of Environmental Sciences, St. John’s College, Anchal, on 19th and 20th February, 2019.
- Dr. Smitha Asok presented a Paper entitled ‘Anthropogenic activities in and around Akkulam – Veli lake and its impact on the lake ecosystem over the last three decades – an Analysis using GIS and RS tools’ in the National Seminar on ‘Environmental Status of Estuarine and Coastal Ecosystems in India, ECEI – 2019 organized by the Department of Environmental Sciences, University of Kerala on 14th and 15th March, 2019.

AWARDS

- Dr. G. Shirmila Jose, honoured with Dr. APJ Abdul Kalam Award for Young Scientist – 2018 (Instituted by Marina Labs Research and Development).
- Smt. Lekha Rani M L was awarded PhD in History by the University of Kerala.

SEMINARS ORGANIZED

Sl. No.	Name of the convenor	Department	Title of seminar/ workshop	Internat ional / National	Funding agency	Date
1.	Dr. Cinthya Christopher	Botany	Two days Workshop on ‘In-situ synthesis of bio-nanoparticles’	National	Makeintern and E-Cell IIT, Kharagpur	3rd and 4th January 2018

ORIENTATION PROGRAMME AND REFRESHER COURSES ATTENDED

SL. NO.	NAME	DEPARTMENT	ORIENTATION/REFRES HER	UNIVERSITY
1	Dr. Cinthya Christopher	Botany	Refresher course in Life Sciences	Kerala university
2	Dr. Nisha K.K.	Botany	Short-term course on Mentoring and student counselling	Kerala university
3.	Dr. Smitha Asok V	Environmental Sciences	Refresher Course in Environmental Sciences	Kerala university

RESOURCE PERSON

- Dr. Beenakumari K.S. handled a session on water Quality for NSS Program officers of Vocational Higher Secondary Schools at Govt. VHSS Pettah, TVMP conducted by CCDU a training of TOT on 18-12-2018.
- Dr.Reshma.J.K., delivered a lecture on the topic ‘India and Climate Change’ to the students of Civil Service Foundation Course of Vlathankara Forane Education Ministry on 11.11.2018.
- Dr. Smitha Asok V. chaired a Session on ‘Ecology and Environment’ and judged the contest papers at the National Seminar on ‘Advances and Applications in Plant Science’ organized by the Department of Botany, University of Kerala on 6th and 8th February, 2019.
- Dr. Reshma.J.K delivered an invited lecture on ‘Women in Biodiversity’ in the National Seminar organised by Department of Botany, Women’s Christian College, Nagercoil on 08.03.2019.

RESEARCH COLLABORATIONS

.Dr. Smitha Asok V initiated an International Mentorship support Collaboration with Dr. Vishnu Nandan of the Cryosphere Climate Research Group, University of Calgary, Canada for the PhD Project entitled ‘Above ground volume/biomass estimation and validation using airborne S and L band NISAR data and Radiative transfer modeling’ funded by ISRO.

COLLABORATIVE OUT-REACH PROGRAMME

- Dr. Smitha Asok V as Institutional Co-ordinator conducts a Collaborative Off-campus Outreach Programme with the Indian Institute of Remote Sensing, Dehradun for online training course on Remote Sensing and GIS applications.



MAJOR RESEARCH PROJECTS

Name of Project	Funding agency	Outlay Rs In lakhs	PERIOD	STATUS	PRINCIPAL INVESTIGATOR
Above ground volume/ biomass estimation and validation using air-borne S and L band NISAR data and Radiative transfer modelling'	Space Applications Centre, Indian Space Research Organization, Ahmedabad	Rs. 20,22,000	2017-20 (3 yrs)	Ongoing	Dr. Smitha Asok V
Landscape level vegetation classification using High Resolution Remote Sensing data for the conservation and planning of Western Ghats – a pilot study in Neyyar Wildlife Sanctuary, Thiruvananthapuram, Kerala'	Kerala State Council for Science, Technology and Environment	Rs. 14,14,985	2016-18 (2 yrs) Extended for 8 months upto January, 2019	Ongoing	Dr. Smitha Asok V

COLLABORATIVE RESEARCH PROJECTS

Name of Project	Funding agency	Collaborating Agency	Period	Status	Collaborating Investigator
'Landscape ecology and Biosphere Characterization of Western Ghats-A GIS based Decision Support System for biodiversity management'	Planning Board, Government of Kerala	International and Inter University Centre for Natural Resources Management (IIUCNRM), University of Kerala	3 years	Ongoing	Dr. Smitha Asok V

PUBLICATIONS IN PROCEEDINGS

Dr P S Anjana,Department of Physics

- Synthesis and characterization of dysprosium doped borosilicate glasses, International conference on optoelectronic and nano materials for advanced technology (icONMAT2019) on January 3- 5, 2019.
- Synthesis And Characterization Of Strontium Gallate Ceramic Phosphor, International conference on optoelectronic and nano materials for advanced technology (icONMAT2019) on January 3- 5, 2019.
- Photoluminescence and dielectric studies of BaGa2O4:1%Eu3+, International conference on optoelectronic and nano materials for advanced technology (icONMAT2019) on January 3- 5, 2019.
- Synthesis and luminescence properties of gallate based phosphor, International conference on Luminescence and Applications [ICLA-2019], January 7-10, 2019
- Photoluminescence studies of europium doped ZnAl2O4 phosphor, International conference on Luminescence and Applications [ICLA-2019], January 7-10, 2019
- Mechanoluminescent properties of mixed aluminate systems, International conference on Luminescence and Applications [ICLA-2019], January 7-10, 2019



THE SIXTH SENSE QUIZ CLUB

- In connection with the International Festival of Letters, Mathrubhoomi conducted a campus literary quiz competition college on 25 January 2019. Mr. Biju Mohan was the quiz master. Keerthi Moses and Surya Nandana of DC III English bagged the first prize. A Neeraja and Gadha U Thampi came in second. The third prize went to Ashitha A A and Krishna Priya C P of DC III English.



- The Sixth Sense Quiz Club organised "Panorama," a Campus G.K. Quiz in connection with the Kriya cultural week on 28 February. The quizmaster was Mr. Mahendra Balu P. The First Prize was secured by S Neelanjana and Gauthamy Murali of DC I English. Amina A S of DC I Economics and Nandana S Balaji of DC I History bagged the Second Prize. The Third Prize went to Diya Santhosh of DC I Mathematics and Amrutha K U of DC I Physics.



NSS

- CLEANING DRIVE AT PALAYAM CAMPUS**



- NATIONAL CANCER AWARENESS DAY**

The Regional Cancer Centre Trivandrum, in association with Kerala State Health Service Department conducted an cancer awareness program on 7th November 2018.



- TB AWARENESS**

ANSS coordinated a TB awareness programme organised by Kerala State Health Department. Mr. Sathyakumar, Senior Treatment Supervisor, District TB Centre, Trivandrum along with his team performed a kathaprasangam regarding awareness on TB.



- 09/12/2018-16/12/2018: NATIONAL INTEGRATION CAMP**



- 29/01/2019: WOMEN SELF DEFENCE TRAINING**

- Women self-defence training program was inaugurated at All Saints' College on 29th January 2019. This program was in association with Snehajwala and Swasthi foundation. Swasthi foundation trains women in self-defence techniques. Two training sessions were held in our college.



- 15/03/2019: SAHAPATIKKORU VEEDU**

NSS unit of All Saints' College along with college union and management constructed a house for a flood affected degree student of our college who lost her house in Karumam. The key was handed over to the family by Principal, All Saints' College.



BHOOMITRA SENA CLUB

- Activities conducted in relation to the Observance of UN Observed Days



- The club members distributed small fruit bearing tree saplings to some of the houses of the locality.



- The World Water Day 2019 was observed on 27th March, 2019. The observance included an invited lecture on “Water Conservation – leaving no one behind”.



- A poster designing competition was also organized in this connection. Of the participants of the competition, Jessy Johny came first, Athulya T. S. came second and Parvathy came to the third position. Cash prizes and certificates were given to the winners at the valedictory.



ENTREPRENEURSHIP DEVELOPMENT CLUB

- On 1/12/2018, ED club organises a workshop on fabric painting with the material type of cotton by the Fevicryl Specialist Mrs. Rekha Anil Kumar). 30 students participate in the programme and acquire the knowledge.



KRIYA

The essence of *Kriya* proves its true significance when every year the college fest is celebrated with the best spirits of all times & gives us the most beautiful memories to cherish for ever.

Kriya, the cultural week of All Saints' college began on 25 February, 2019.

The following events were conducted in connection with Kriya 2019.

Day 1: 25 February, 2019 - Various outdoor events like rangoli, mehendi designing, face painting and painting were held on that day.

GOLDEN GIRLS – 26.01.2019



Day 2: 26 February, 2019 - The event was galaxy of talents performing & showcasing their skills. Our College hosted the audition for 'Golden Girls' a talent hunt show, an initiative by The Times of India which was sponsored by Malabar Gold and Diamonds. The show



helped the girls to showcase their unique talents and radiate their innate glow. Anaswara Valuparambil (DC II Economics), PunyaSanthosh (DC II Chemistry), Reshma S Nair (DC III Mathematics),



Nandhitha B Krishnan (DC I Chemistry) and Gopika B S (DC I Chemistry) were selected from the auditions. The winners were offered a scholarship worth Rs. 20,000/-, which will be sponsored by the organisers.

Day 3: 27 February, 2019- Cartooning, poster making, pencil drawing, collage, best out of waste and various literary events like essay writing, short story writing, versification, recitation and debate were conducted.

Day 4: 1 March, 2019- Light music, classical music, eastern music and western solo music were conducted in the recreation hall. At the same time, solo dance, dance doubles, spot choreo, fancy dress competition, RJ hunt and Tiktok were conducted in the auditorium.



MISS ALL SAINTS' 2019



SSTH COLLEGE DAY CELEBRATIONS 2018-19



UNIVERSITY YOUTH FESTIVAL



CAREER GUIDANCE CELL

- Jetking Infotrain Ltd conducted a technical seminar on “CAREER PLANNING AND GOAL SETTING” on 31st January 2019. They introduce modular course programs to students to develop their technical skills. The number of students attended is 260.



- IDP Education India pvt Ltd organized a talk on “STUDY ABROAD AND SCHOLARSHIPS” on 6th February 2019. They selected students to attend IDP’s biggest Australian Education Fair on 9th February 2019. The number of students attended is 275.



- Language And Life, Career And Education delivered a talk on “PLACEMENT, COMMUNICATIVE SKILLS AND INTERVIEW SKILLS” on 4th February 2019. The number of students attended is 190.



- A talk on “CAREER AFTER DEGREE” for 1st year students, organized by PERFORMX Global on 12th February 2019. The number of students attended is 230.



- Jyothis Civil Services Academy organized Civil Services Orientation Programme on 22nd March 2019. The number of students attended is 180.

LIBRARY

National Book Week Celebrations - 21/11/2018 to 25/11/2018

Book Talk

A book talk was organized in relation to the National Book week. Students were required to talk about their favourite books. They could bring a partner and talk about the book that inspired them or moved them for about five minutes. Their partner could then present a chart or write-up about the said book. The students seemed excited about the activity and participated actively. Two top presentations were chosen to be the winners and certificates were awarded.

Book Review

A book review was organised for three days with a different language being chosen for each day. One day was for English, one for Hindi and one for Malayalam. The submitted book reviews were evaluated and the top two entries were awarded with certificates.

HARMONY CLUB

- The students of HARMONY- THE MUSIC CLUB actively participated in all the cultural programmes conducted in the College. A poster Exhibition was titled HASEEN SITHARE highlighting Women in Indian Cinema was organised in association with FILM CLUB of the College.



TEACHERS RECOGNITIONS

- Dr. Cinthya Christopher delivered a lecture on 'Career opportunities for Science students' at Muslim Girls Higher secondary School, Kaniyapuram on 29th November 2017
- Dr. Cinthya Christopher is an invited faculty for civil service guidance programme organised by NGOs
- Dr. Smitha Asok V. Assistant Professor, Department of Environmental Sciences, All Saints' College is an approved Supervising Guide in Environmental Sciences under the University of Kerala vide U.O No. Ac.E1/A1/52897/2017 dt. 23/01/2018 and has got a student (Ms. Faseela V. S.) registered for PhD under her guidance, in the July, 2018 session.
- Dr. Smitha Asok V as approved Research Supervisor in Environmental Sciences, participated in the Doctoral Committee meeting conducted on 1st October, 2018, in the Department of Environmental Sciences, University of Kerala, Kariavattom for the July, 2018 session of PhD Registration under the University of Kerala.
- Dr. Ayona Jayadev was appointed as Member, Board of Question Paper Setters in CUSAT M Phil Degree Examination in Ecological Informatics, November, 2018
- Dr. Ayona Jayadev is appointed as Member, Board of Studies in Environmental Sciences with effect from 28.11.2018
- Dr. Ayona Jayadev is the Chief and Academic Editor of the Journal 'Archives of Current Research International'
- Dr. Ayona Jayadev served as reviewer of 6 international journals.
- Dr. Smitha Asok V co-ordinated 3 online out-reach courses in collaboration with Indian Institute of Remote Sensing, Dehradun
- Dr. Smitha Asok V. co-ordinated the Institutional Participation in Telecasting of the Live Lecture under 'Beyond Syllabi programme of the Meghnad Saha Center for Content Development (MSCCD) of Online Resources Initiatives of Collegiate Education (ORICE) on 25th October, 2018 by Hon. Minister for Higher Education, Dr. K. T. Jaleel on the Topic 'Pluralistic Culture'.
- Dr. Smitha Asok V is a Member of the Network of Researchers of the International and Inter University Centre for Natural Resources Management of the University of Kerala for the period 2018-19 in executing the Project 'Landscape ecology and Biosphere Characterization of Western Ghats-A GIS based Decision Support System for biodiversity management' (funded by Planning Board, Government of Kerala).
- Dr. Reshma J.K., Dr. Ayona Jayadev, Dr. Smitha Asok V. and Smt. Rajani were appointed as Trainers for Disaster Management course offered by IGNOU (Indira Gandhi National Open University).
- Dr. Reshma J.K., served as Judge in Climatia-2019 of the first Climate Ambassadors Conclave on 03.02.2019 at State Central Library Auditorium. The programme was part of Project 'Sthithi' under 'Change Can Change Climate Change' (C5). Proactive solutions proposed to tackle climate change by 15 selected teams from various Schools and Colleges were evaluated and judged.
- Dr. Lekha Rani M L, Department of History, chaired a Session at the National Seminar on Gender in Every Day Life, Learning And Doing towards De gendering organized by University College Thiruvananthapuram on 2nd November 2018.
- Dr. Lekha Rani M L, Department of History chaired a Session at the international session of Kerala History Congress at Department of History on 21st December 2018.
- Dr. Parathy Menon chaired a session for the seminar "Varied cultural traditions: An Endeavour to Revisit the Forgotten Past" held at Government college, Attingal on December 13, 2018.
- Dr. P S Anjana is a visiting faculty of Institute for Intensive Research in Basic Sciences (IIRBS), offering MS Programme and Integrated Ph. D. Programme, MG University, Kerala.
- Dr. P. S. Anjana has been appointed as Member, Board of Studies in the Department of Optoelectronics.
- Dr. P. S. Anjana Chairman, Board of Question paper Setters for BSc. Instrumentation (CUCBCSS) I-IV semesters, University of Calicut, Thenjippalam
- Dr. P. S. Anjana served as the Question Paper setter for B. Sc. Electronics, University of Calicut, Thenjippalam and Kannur University
- Dr. P. S. Anjana Served as a member in the Interview panel for selection of students for M. S programme in Institute for Intensive Research in Basic Sciences (IIRBS), MG University, Kerala
- Dr. P. S. Anjana and Dr. Veena Suresh Babu served as the question papers setters for UG Examinations, M G University.
- Dr. C Udayakala delivered a speech on Mother Tongue on 1st of November at AIR, Thiruvananthapuram.
- Dr. Vijayalatha, Department of Malayalam published her research thesis.
- The Joint Council of Public Office Honoured Dr. C Udayakala for the write ups in various journals on women empowerment on March 8 2019.
- Dr. C Udayakala was invited as the guest by the Dooradarshan Malayalam Channel on International Women's Day 2019.

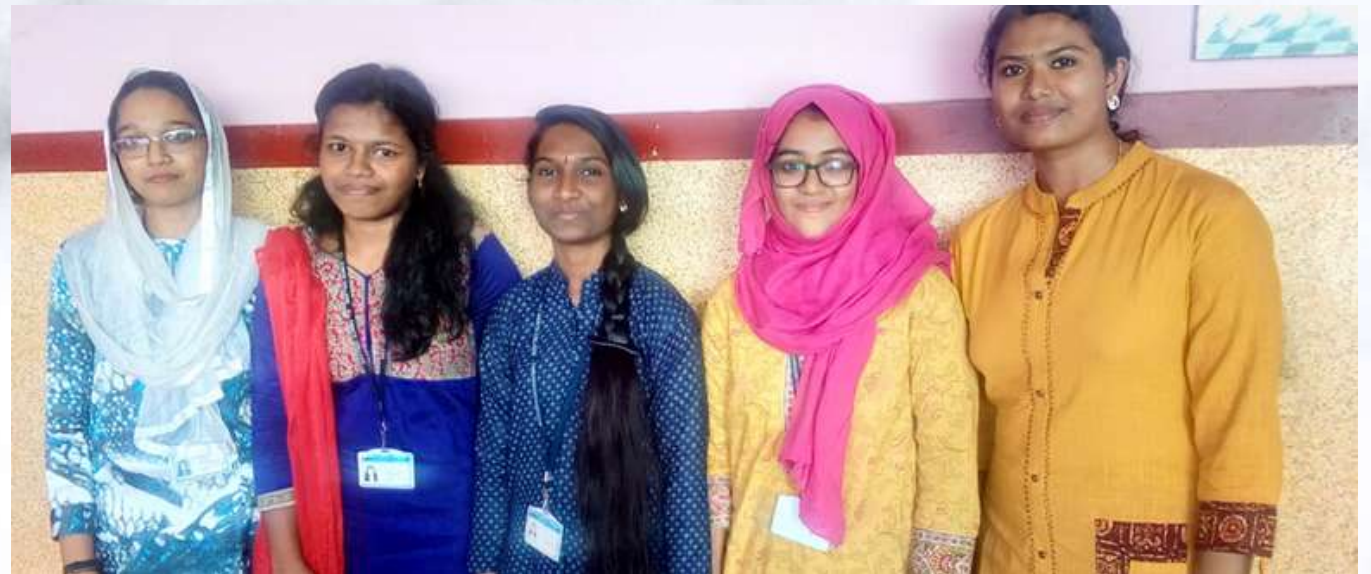


Dr. C Udayakala Receiving Nandita Puraskaram from Sri Gopinath Muthukad



Safwana Sajid Ahmed (DC II Botany) receiving the certificate for being first in the competition conducted by makeintern and IIT Kharagpur.

- Five students, Safwana Sajid Ahmed (DC II Botany), Safana R. (DC III Botany), Priyanka M.S. (DC III Botany), Sreelekshmi B (DC III Botany) and Priyanka T. (DC II Botany) were selected for internship at IIT Kharagpur.



- Najula Nazeer N., and Aleesha Fathima S L., participated in the Poster presentation session as part of National Seminar entitled Climate Change Impacts on Biodiversity, Environment and its Management (CBEM-2019) organised by Department of Environmental Sciences, St. Johns College, Anchal, on February 19th 2019.
- III DC student Priya sunny is a member of NGO named "Green Army" and selected for a project conducted by Thiruvananthapuram Corporation on "Waste disposal"



- Economics students got selection in University Hand ball team.



- Lekshmy J, Arathy & Bincy, won first prize in the intercollegiate chess competition organized by the university of Kerala. Lekshmy S was selected for the university chess team.
- Abida Paulson and Arathy of S3 Mathematics participated in the inter Collegiate Statistics quiz competition organized at Govt. Arts college Trivandrum.
- Jwala Jose (DC I Physics) has been awarded
- Third Position in Intercollegiate Power lifting Championship held at Adoor (55 category) on 1 December 2018.



Keeping track of your time

STUDENT ACHIEVEMENTS

- Ms. Saranya T. of First year Botany attended the CATC camp conducted by National Cadet Corps 2 Kerala Battalion at CRPF group Centre, Pallipuram from 6th to 15th December 2018
- Ms. Safwana Sajid Ahmed and Ms. Sruty Krishnan G. DCII Botany won first prize for the Intercollegiate Power point presentation competition conducted during the Two day National workshop on 'Keep Cool and carry on: The Montreal Protocol' organized by the Department of Environmental Sciences, All Saints' College, Thiruvananthapuram.

WALK WITH A SCHOLAR

EXTERNAL MENTORING SESSIONS

TEACHER INCHARGE: DR. SIJI V L



INTERNAL MENTORING SESSIONS



- The first year Walk With a Scholar students were taken to the Vikram Sarabhai Space Centre, Thumba to witness rocket launch on 30th January 2019.
- Anagha P, DC I Physics and Shilpa J S, DC I Chemistry attended WWS District Level one day Motivational Camp at Government Arts College, Thycaud, Thiruvananthapuram on 22nd February 2019



- Two handwritten magazines were prepared and released by WWS scholars, first year scholars "NEW DAWN" and second year scholars "EARTHMATE".



- The Walk With a Scholar Poster Exhibition "Say 'No' to DRUGS" conducted by first and second year WWS mentees on 26th February 2019 as part of awareness.



- Safwana Sajid Ahamed, DC II Botany attended Walk With a Scholar State Motivational Camp at Loyola College, Sreekaryam, Thiruvananthapuram on 28th February 2019 to 2nd March 2019. She secured second position in the quiz competition conducted in WWS State Motivational Camp 2019



WALK WITH A SCHOLAR- MOTIVATIONAL CAMP

- The programme started off with an inaugural session. Chief guest of honour for the day was Dr. T P D Rajan, Principal Scientist, Material Science and Technology Division, CSIR National Institute for Interdisciplinary Science and Technology, Thiruvananthapuram, a dedicated scientist and a laureate of several awards inaugurated the function in the graceful presence of the respected college Principal Dr. Caroline Beena Mendez and the WWS Coordinator Dr. Siji V L.



INVITED TALKS Releasing of Hand Written Magazine "EARTHMATE"



- The session was taken by the renowned author of 'Butterfingers' Khyrunnisa A, Former Professor, All Saints' College, Thiruvananthapuram, the popular literary figure and a great teacher. Her topic for motivational camp was "Health and Living Healthy".



- The students visited the Vettucaud church nearby and offered food packets to the needy.



WALK WITH A SCHOLAR- MOTIVATIONAL VISIT REPORT



KRISHNAPURAM PALACE



- Dr. Reji Jacob, Scientist, CPCRI, Kayamkulam also explained about the various hybridisation techniques in a simpler way and took the students to the incubation lab where the tools used and the procedure for the same were explained to the students.



JESUS YOUTH



- Christmas was celebrated and as part of the Christmas sharing a Bag and gifts were distributed to kids in the locality



- World sick day was observed on 11th February and all prayer were offered for sick



ANTI-NARCOTIC CLUB

The Antinarcotic Club functioning under Thiruvananthapuram City Police Commissioner and Vimukthi under Excise Department had arranged a talk for the Semester I and V students, the faculty and administrative staff of our college on 30.01.2019 at 11.30 am. The Principal, Antinarcotic Convenors and Vimukthi Convenors were present at the function. The talk was led by Mr. Bijukumar and Mr. Anilkumar, Range Protective officers of Excise Department. The talks envisaged to promote abstinence and create comprehensive awareness against drug abuse. They emphasized the importance of selfless love and open hearted discussion among family members to reduce the use of narcotics. The talk came to an end at 1:30 pm.



SPORTS



• Our college participated in the Kerala University Athletics championship held at University stadium, Tvpm from 07-11-2018 to 09-11-2018.



മംഗോളിയയിൽ നടന്ന സബ് ജൂനിയർ ഏഷ്യൻ പവർ ലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ 57 കിലോ വീടാഗത്തിൽ സ്കോട്ട് ഇനത്തിൽ വെങ്കല മെഡലും ബഞ്ച് പ്രസ് ഇനത്തിൽ വെള്ളി മെഡലും ഡെഡ് ലിഫ്റ്റ് ഇനത്തിൽ വെള്ളി മെഡലും നേടിയ ജ്യാല ജോസ്. കരിക്കം സ്വദേശിയായ ജ്യാല സ്പോർട്സ് കൗൺസിൽ ജിമ്മിയിലെ ട്രെയിനിയും ആൾ സെയിന്റ്സ് കോളേജിലെ ഫസ്റ്റ് ഇയർ ബി.എസ്സി ഫിസിക്സ് വിദ്യാർത്ഥിനിയുമാണ്.



• Aswathy MS(MA ENG I) became the Winner of south zone Senior state Netball championship on 20,21 Nov 2018 at Pathanamthitta.





Miss All Saints!

