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# EXPRESSIONS

The Albertian Newsletter

## St. Albert's College (Autonomous)

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### Editorial



**Ms. Anna Thomas**

#### Embracing a New Beginning

As June ushers in the warmth of summer, it also marks the dawn of a fresh academic year in our vibrant campus. It is a time when the air is filled not only with the scent of blooming flowers but with the promise of new friendships, boundless opportunities, and the unmistakable aura of positivity and love.

The start of a new academic year is akin to turning a page in a beautiful storybook. It is a chance to set new goals, make new memories, and craft a narrative that is uniquely ours. Our campus, known for its diversity and inclusivity, welcomes students from all walks of life; in this diversity, we find unity.

This June, as we return to the hallowed halls of learning, let's do so with hearts brimming with love and minds teeming with curiosity. The campus is abuzz with excitement as familiar faces reunite and newcomers find their footing. It's a time when smiles are abundant, and acts of kindness are the currency of the day.

One of the most beautiful aspects of our college is the sense of community that flourishes here. It is where strangers become friends, and friendships become lifelong bonds. Let's remember to spread love and positivity wherever we go, whether it's through a warm greeting to a fellow student or a helping hand to someone in need. Small acts of kindness can make a big difference.

The new academic year offers a clean slate for personal and academic growth. It's a time to challenge ourselves, explore uncharted territories, and cultivate our passions. Let's approach our studies with enthusiasm, embrace challenges as opportunities, and remember that every obstacle is a stepping stone to success.

In the midst of busy schedules and demanding coursework, let's not forget to take care of our mental and emotional well-being. Reach out to friends, seek guidance from mentors, and utilize the resources our college offers. Together, we can overcome any obstacle and create a nurturing and supportive environment for all.

As we embark on this exciting journey, let us carry the spirit of positivity and love with us. Let it be the guiding force that lights our path, the glue that binds our diverse community, and the source of inspiration that fuels our ambitions. May this June mark the beginning of a chapter filled with love, joy, and boundless possibilities for each and every one of us.

## The Department of Zoology

### World Environment Day

Department of Zoology, Department of Botany and NSS jointly Observed World Environment Day on June 5, 2023. The theme of this year's celebrations was 'Beat plastic pollution'.

The occasion was graced by the chief guest Mr. Mathew P Thomas, General Manager HSE- BPCL Kochi Refinery, Rev. Dr. Antony Thoppil, College Chairman and Manager, Dr. Bijoy V.M, Principal, Dr. Madhusudhanan, HoD, Botany, Dr. Francis M.C, NSS Program officer and Ms. Nimila P. J, HoD, Zoology.

To commemorate the occasion, saplings were planted by the esteemed chief guest Mr. Mathew P Thomas, alongside Rev. Dr. Antony Thoppil, emphasizing the significance of the day.



## The Research Department of Fisheries and Aquaculture

### World Ocean Day - Beach cleaning drive by St. Albert's College Students

By cleaning up the beaches, we can not only ensure a stunning coastline but also contribute to the preservation of a healthy marine ecosystem. In celebration of World Ocean Day, the Research Department of Fisheries along with Aquaculture (RDFA) actively participated in a Beach Cleaning drive at Edavanakkad Beach on June 8, 2023. This initiative was jointly organized by the School of Marine Sciences, CUSAT, the National Centre for Coastal Research (NCCR), and the Ocean Society of India (OSI).

A total of 21 students from the Industrial Fisheries Department, along with faculty coordinators, enthusiastically took part in the drive. The program was inaugurated by Mr. K.N Unnikrishnan, MLA, Vypin. The primary objective of this initiative was to raise awareness among students about the importance of keeping beaches and water bodies clean by refraining from polluting them with plastic waste and debris.





## The Department of Mathematics

### Half-Yearly Report Presentation by Ph. D Scholars

The research scholars of Rev. Dr. A O Konnully Memorial Research Center, under the guidance of Dr. Pramada Ramachandran, recently conducted their half-yearly report presentation at St. Albert's College, Ernakulam, on June 30, 2023. The presentations were delivered by Ms. Surya S, Ms. Natasha Baby, and Ms. Rachel Paul. The meeting was attended by Dr. Sabu M C (HOD), Dr. Pramada Ramachandran (Research Guide), and Dr. Divya Mary Daise S (Research Coordinator).



### Faculties attended FDP's



Ms. Jeema Jose of Mathematics department participated in one week online FDP on “How to create your own MOOCs” organised by Teaching Learning Centre, Ramanujan College, University of Delhi.



Dr. Divya Mary Daise S, mathematics department participated in Seven Day National Level Online Faculty Development Program on ChatGPT & AI Tools for Educators, organized by Marian College Kuttikkanam (Autonomous) in association with KSHEC.



Dr. Binu M, Department of mathematics, participated in the Five day workshop and FDP on Optimization Techniques for AI/ML/DS Models organized by the Department of Computational Science and Humanities, IIIT Kottayam.

## The Department of Economics

### Certificate Distribution Ceremony for Agricultural Census Held at Melano Hall

The 111th Agricultural Census Certificate Distribution Scheme concluded with a grand ceremony at Melano Hall of St Alberts College under the guidance of Maria Tabitha Sona Soni Varghese. The students who participated in the Economics and Statistics Section Census were awarded certificates for their remarkable contribution. The event commenced with a solemn prayer, setting a reverent tone for the occasion. Dr. Francis M C, the NSS Program Officer, warmly welcomed the esteemed guests on the stage.

Mr. Dr. Bijoy V M, the Principal of St Alberts College, delivered an inspiring speech, encouraging the students to pursue excellence in their endeavours. The highlight of the ceremony was the distribution of certificates to the deserving participants. The presence of Mr. K S Vishwanath, Taluk Statistical Officer, Mr. Sabu T S, Statistical Inspector, Mr. P Shojan, Deputy Officer from the Economics and Statistics Department, and Mrs. Laya Josephine from the Department of Economics and Statistics added grace to the event.



## The Department of Fitness Management

On 21 June, 2023, St. Albert's College hosted a vibrant celebration in honor of International Yoga Day 2023. The event, themed 'Yoga for vasudheva kudumbakam,' was organized by the BVoc Fitness Management and Personal Training department, in collaboration with the Department of Sports Science and Fitness Management, 'Yogapoornima,' and with the support of NSS, NCC, and student affairs.

The program commenced with a soulful prayer song performed by Miss Ancy Antony, a first-year BVoc Fitness Management student. Asst. Prof. Deena Joseph Arakkal delivered a warm welcome speech, setting the tone for the day's activities.

The prestigious event was graced by the presence of Rev. Fr. Dr. Antony Thoppil, Chairman and Manager of St Alberts College (Autonomous), who delivered the presidential address. The program was officially inaugurated by Prof. K V Thomas, former Minister of the Government of India and the Official Representative of the Government of Kerala in New Delhi.

Dr. Bijoy V M, the Principal of St Alberts College, extended felicitations to the organizers and participants. Mr. Shabeer, Chairman of Yogapoornima, delivered a keynote speech highlighting the significance of yoga in our daily lives.

The highlight of the celebration was a captivating yoga display presented by students from the Fitness Management, NCC, and NSS departments. Their graceful movements and dedicated performance showcased the power and beauty of yoga.

The program concluded with a Vote of Thanks delivered by Mr. Joseph K P, student coordinator for BVoc Fitness Management and Personal Training. The International Yoga Day celebration at St Alberts College left participants inspired and motivated to embrace yoga as a means to promote physical and mental well-being.

### Virtual Pledge Marks World Blood Donor Day 2023 Celebrations

On June 14, 2023, in commemoration of World Blood Donor Day 2023, NSS volunteers adopted a virtual approach to raise awareness about blood donation. They organized a distinctive pledge campaign where volunteers created collages, holding placards that advocated for blood donation. These collages were then shared as virtual status updates on various social media platforms, effectively spreading the message and inspiring others to participate in this noble cause.



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