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# EXPRESSIONS

The Albertian Newsletter

● ● ● ● ● **St. Albert's College (Autonomous)**

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● Banerji Road, Ernakulam, Kochi - 682 018, Kerala, India ● [www.alberts.edu.in](http://www.alberts.edu.in) ● [newsletter@alberts.edu.in](mailto:newsletter@alberts.edu.in) ● Ph : 0484 239 245 ●

## Editorial



**Mr. Sebastian A V**

### Finding Our Own Space

The month of July witnessed thousands of new aspirants seeking admission in the institution, and those who were admitted had a warm welcome to various departments. The departments' activities of the month, therefore, were mainly to induct the freshers with orientation classes and frosh week. This edition of the newsletter extends to all a taste of what the first-year students relished, along with many day observances.

## SCHOLA BREVIS- Student Induction Programme at St. Albert's College (Autonomous), Ernakulam

St. Albert's College (Autonomous), Ernakulam, welcomes its new batch of students with its annual flagship Student Induction Programme, "Schola Brevis", scheduled on Tuesday, July 01, 2025, 9:30 AM.

The event, which serves to orient the incoming students to the college's academic environment and ethos, is set to be a high-profile gathering featuring distinguished spiritual, academic, and civic leaders. The term "Schola Brevis" historically refers to a brief preparatory session, perfectly encapsulating the goal of the induction.

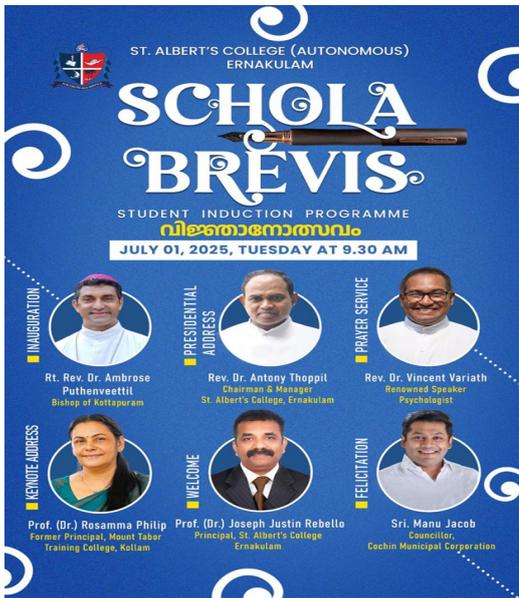
The programme was formally inaugurated by the Rt. Rev. Dr. Ambrose Puthenveetil, the Bishop of Kottapuram. His excellency is a highly respected figure known for his deep commitment to education and social causes, delivered the inaugural address. The Presidential Address was delivered by Rev. Dr. Antony Thoppil, the Chairman & Manager of St. Albert's College, Ernakulam, who oversees the strategic direction of this institution.

The Keynote Address for the induction was presented by Prof. (Dr.) Rosamma Philip, the former Principal of Mount Taber Training College, Kollam. Dr. Rosamma Philip is an eminent academician who shared her valuable insights on academic excellence and the transition to higher education. The day's proceedings also feature a dedicated Prayer Service led by Rev. Dr. Vincent Variath, who is a renowned speaker and psychologist. His session is anticipated to focus on mental well-being and holistic development for the students.

Adding a civic and governmental perspective to the event was by Sri. Manu Jacob, Councillor of the Cochin Municipal Corporation, who delivered the Felicitation address. The Welcome address was by the Principal

of St. Albert's College, Prof. (Dr.) Joseph Justin Rebello, formally setting the tone for the new academic year and extending a warm reception to the freshers.

The "Schola Brevis" is a long-standing tradition at St. Albert's College, designed to ensure a smooth transition for first-year undergraduate and postgraduate students by familiarizing them with the college's mission, vision, and opportunities for growth.



## Deeksharamb 2025

St. Albert's College (Autonomous), Ernakulam, successfully concluded its comprehensive one-week Student Induction Programme, 'Deeksharambh' (The New Beginning), held from July 2nd to July 14th, 2025. The UGC-mandated programme was meticulously designed to ease the transition for the newly admitted undergraduate and postgraduate students, orienting them towards the college's culture of academic excellence, social responsibility, and holistic development.

The event, which followed the formal inaugural session (Schola Brevis) on July 1st, was structured around Socializing, Associating, Governing and Experiencing. The students were given orientation on college regulations, various club activities, alumni interaction, human values and Indian knowledge system, benefits and opportunities in NCC/NSS, sports participation, career guidance and other confidence building mentorship programmes were arranged by all the departments exclusively for their student community.

The successful completion of 'Deeksharambh' 2025 has effectively integrated the new batch into the Albertian family, equipping them not only with an understanding of the academic demands but also the values necessary to become responsible citizens and future leaders. The college looks forward to a productive and enriching academic year with its newest cohort.



## INAUGURATION OF CULTURAL ACTIVITIES

St. Albert's College officially commenced its new series of cultural activities with a vibrant inaugural event, highlighted by the esteemed presence of renowned Indian artist and film director, Mr. Jis Joy. The ceremony, held on 18 July 2025, was a grand success, showcasing student talent and fostering inspiration among attendees.

The program began with a soulful prayer song by the college choir, followed by a traditional lamp-lighting ceremony led by Mr. Jis Joy and college officials, symbolizing the enlightenment of knowledge and creativity.

The formal proceedings commenced with a welcome address by Dr. Jincy Joseph K, setting an inviting tone. This was followed by the Presidential Address delivered by Rev. Dr. Antony Thoppil, Chairman and Manager of St. Albert's College. Mr. Jis Joy then graced the occasion with an insightful Inaugural Address, adding significant prestige to the event.

A key highlight was the interactive Q&A session, which allowed students to directly engage with Mr. Jis Joy, gaining valuable insights and inspiration from his artistic journey.

The event also featured captivating student performances, underscoring the diverse talents within the college. It was a truly memorable experience for all present and marked a promising start to a series of cultural activities designed to showcase the rich talents and creativity of St. Albert's College students.



## St. Albert's College Marks 80th Year with Foundation Stone Laying for New Academic Block

St. Albert's College (Autonomous), Ernakulam, officially kicked off its 80th-year celebrations on Wednesday, July 16, 2025, with the solemn blessing and laying of the foundation stone for its new academic block. The event, held at 11 AM, marked a significant milestone in the institution's continued commitment to expansion and excellence in education.

The ceremony was graced by His Grace, Most Rev. Dr. Joseph Kalathiparambil, Metropolitan Archbishop of Verapoly and Patron of the college, who performed the inauguration and the blessing and laying of the foundation stone. His presence underscored the institution's deep-rooted connection to its founding legacy as it rises to meet future academic demands.

The event also featured a felicitation ceremony. Most Rev. Dr. Joseph Manu C. Jacob, Corporation Councillor, who offered felicitation, acknowledging the college's rich history and its vital role in nurturing young minds in the region.

The event served as the formal launch for a year of special events celebrating "80 years of nurturing minds, inspiring hearts, transforming lives." The establishment of the new academic block signifies the college's vision for the future, providing enhanced facilities to accommodate its growing student body and diverse academic programs.

St. Albert's College, an autonomous institution, has been a pillar of higher education in Ernakulam since its founding, with this latest development reflecting a strong dedication to its motto: "Rooted in Legacy, Rising in Vision."

**ST. ALBERT'S COLLEGE**  
(AUTONOMOUS)  
**AT 80**

ROOTED IN LEGACY. RISING IN VISION

**WED, 16 JULY 2025**  
**AT 11 AM**

**THE BLESSING & LAYING OF THE FOUNDATION STONE OF THE NEW ACADEMIC BLOCK AND THE SOLEMN INAUGURATION OF THE 80TH YEAR CELEBRATIONS**

BY HIS GRACE  
**MOST REV. DR. JOSEPH KALATHIPARAMBIL**  
PATRON,  
METROPOLITAN ARCHBISHOP OF VERAPOLY

INAUGURATION: MOST REV. DR. JOSEPH KALATHIPARAMBIL  
FELICITATION: MOST REV. DR. JOSEPH MANU C. JACOB (COUNCILLOR)  
FELICITATION: K. CHANDRAN PILLAI (GCCA CHAIRMAN)

80 YEARS OF NURTURING MINDS, INSPIRING HEARTS, TRANSFORMING LIVES!!!



### International Day against Drug Abuse and Illicit Trafficking

June 26, 2025 is observed as International Day against Drug Abuse and Illicit Trafficking, a significant initiative aimed at raising awareness about the dangers of substance abuse. The event was observed by the Department of English guided by HoD in-charge Dr. Mary Sapna Miranda, who is also the tutor of the class, initiated the discussion by highlighting the importance of the day among II BA students. The III BA students were led in a discussion by Dr. Liz Mary Antony, tutor.

The sessions began with an interactive discussion, where the students of II and III BA English were encouraged to share their personal experiences and perspectives related to the Day. Mr. Sebastian A.V., Assistant Professor, also shared his advice to the students. Students actively participated, expressing their understanding of the day's significance and meaning.

Various suggestions were put forward like

- Promoting awareness through peer education
- Conducting awareness programs
- Vigilance in the class and campus
- Vigilance in the College premises
- Presence of a full-time trained Counsellor on Campus, etc.

Following the classroom discussion, all the BA English students were asked to gather together. A solemn oath against drug abuse was administered by a third year student.

The event concluded with a collective viewing of the State Level programme conducted by the Higher Education Department of the Government of Kerala and presided over by the Honourable Minister of Education Dr. K.R. Bindu. This live telecast, watched by all the students and staff present, further underscored the critical issues surrounding drug addiction and provided valuable insights into the need for prevention and rehabilitation efforts.



### Industry Expert Talk: “Voice Acting”

The Department of English at St. Albert's College (Autonomous), Ernakulam organized an enriching Industry Expert Talk on the topic ‘Voice Acting’ on July 17, 2025, from 9:30 AM to 10:30 AM at Mellano Hall. This initiative was part of the department's commitment to enhancing student engagement with real-world applications of their academic disciplines.

The Department of English at St. Albert's College (Autonomous), Ernakulam organized an enriching Industry Expert Talk on the topic ‘Voice Acting’ on July 17, 2025, from 9:30 AM to 10:30 AM at Mellano Hall. This initiative was part of the department's



commitment to enhancing student engagement with real-world applications of their academic disciplines. The session was led by the esteemed Ms. Ashadevi T S, a renowned theatre artist celebrated for her versatile contributions to performance arts. With her vast experience in theatre and voice modulation, Ms. Ashadevi offered a deeply insightful and interactive session that bridged academic learning with practical application in the field of voice acting. The expert talk aimed to introduce students to the nuances of voice acting, including vocal techniques, character adaptation, and expressive modulation. Ms. Ashadevi also shared personal anecdotes from her professional journey, highlighting the importance of voice training in theatre, radio, and multimedia storytelling. The event was efficiently coordinated by faculty members Mr. Sebastian A V and Lt. John Sinoj, along with student coordinators Indira Priya K S and Dinay M J, ensuring a well-organized and engaging experience for all participants. The session concluded with an interactive Q&A, where students got the opportunity to clarify their doubts and seek guidance from the expert. The talk proved to be highly beneficial, especially for students aspiring to explore careers in theatre, media, or voice-based performances.

## Department of English signs an MoU with Amar Saath Foundation

On the 17th of July 2025, St. Albert's College (Autonomous), Ernakulam, entered into a significant Memorandum of Understanding (MoU) with the Amar Saath Foundation, Ernakulam. The MoU, signed by Rev. Dr. Antony Thoppil, Chairman of St. Albert's College, and Dr. Sudhakar Muthyala, Founder and Trustee of Amar Saath Foundation, marks the beginning of a purposeful collaboration aimed at bridging academic knowledge with grassroots social engagement. Amar Saath Foundation is a non-profit organization registered under REG NO: 382/IV/2023. It consists of professionals and committed individuals from various walks of life who work to uplift marginalized and migrant communities through sustainable and inclusive development initiatives.



## Environment Awareness Programme – GREEN STEP

To celebrate the spirit of environmental protection and to cultivate a sense of responsibility towards nature among young learners, an Environmental Awareness Session titled “Green Step” was conducted by the final year students of BA English Language and Literature at St. Antony's L.P School for the students of Class 4 on July 7th 2025 at 1:30 pm.

The event was coordinated by students Sivanandana BG and Prathewsh L, along with faculty coordinators Dr. Mary Sapna Peter Miranda and Dr. Liz Mary Antony. The session aimed to educate students about the importance of conserving natural resources, reducing pollution, and promoting sustainable living. It began with an interactive presentation titled “Our Planet Our Future”, which included colorful slides to engage the young minds. Topics such as reduce, reuse, recycle, planting trees, avoiding plastic, and saving water and electricity were covered.



After the presentation, a quiz was conducted where the students actively participated and shared their own ideas on how they can contribute to protecting the environment. The session concluded with fun games such as words scrambled and word search. The session encouraged the students to become young ambassadors of the environment and motivating them to make responsible choices.



## Artificial Intelligence for Smarter Education

The Department of English hosted a workshop on Artificial Intelligence for Smarter Education on July 30, 2025. The workshop was co-ordinated by Dr. Liz Mary Antony and Ms. Jomol. The event was held for (UG) students to introduce them to the potential of AI as a tool for academic and personal growth. Mr. Joshua Varghese Thomji, Delivery Data Analyst,

Turing Global India Pvt Ltd was the resource person for the workshop. The workshop commenced at 11:30 AM with a welcome address from Prathewsh L (Student Co-ordinator), who highlighted the growing importance of AI in various fields, including education. Mr. Joshua Thomji's session was both informative and interactive. He began by demystifying AI, explaining its core concepts in an accessible way for the students. He then demonstrated how AI tools can be used for:

- \* Effective Research
- \* Enhanced Writing and Editing
- \* Personalized Learning

He discussed how AI can help create personalized study plans and provide instant feedback on practice questions, allowing students to learn at their own pace.

The interactive Q&A session at the end was particularly engaging. Students raised questions about the ethical implications of using AI, the risk of plagiarism, and the future of AI in the job market. Mr. Joshua Thomji addressed these concerns thoughtfully, promoting a balanced and responsible approach to using technology.

The workshop concluded at 1:15 PM with a vote of thanks from a student representative. The event was a success, leaving the students with a clearer understanding of how to leverage AI to enhance their learning experience while also being mindful of its limitations and ethical considerations.



# The Department of Economics

## Workshop: Financial Education for Young Citizens

The Department of Economics, St. Albert's College Autonomous, successfully organized a two day workshop on "Financial Education for Young Citizens" on July 21, 2025, and August 18, 2025. This initiative was part of the Memorandum of Understanding (MoU) with Apex Academy. The workshop was conducted in association with the National Institute of Securities Markets (NISM) and Vivriti Capital. Mr. Manoj T. Neelakantan, Former AGM, IDBI Bank, and BFSI Sector Skills Trainer & Securities Market Trainer, delivered an engaging and informative session. Key Topics covered are - SEBI and its components, SIP (Systematic Investment Plan) and its compounding benefits and Reliable SIP apps and websites. The workshop included various games and activities designed to encourage student participation and make the learning experience more interactive. The workshop aimed to equip young citizens with essential knowledge and skills in financial education, enabling them to make informed decisions in the securities market. The workshop was well-received by the students, who gained valuable insights into financial markets and instruments. The interactive nature of the sessions helped students understand complex concepts in an engaging manner.



## Renewal of MoU between Department of Economics, St. Albert's College Autonomous and Apex Academy

The Department of Economics at St. Albert's College Autonomous, Ernakulam, renewed its Memorandum of Understanding (MoU) with Apex Academy on July 18, 2025. This academic collaboration aims to enhance awareness and practical knowledge of financial and securities markets among students through interactive and hands-on training sessions.



## Department of Commerce SF FN

### Industry Expert Talk- 2025

To provide industry-relevant knowledge and career guidance to the students, an Industry Expert Talk was successfully organized by Miles Education Private Ltd. on Monday, August 11, 2025, at 10:00 AM. The session aimed to create awareness among students about the significance of pursuing professional certifications in addition to academic degrees, with a particular focus on the globally recognized CMA USA (Certified Management Accountant – USA) qualification.

The session commenced with a warm and courteous welcome address by Ms. Devikrishna P, student of I B. Com Taxation (Self-Finance), who graciously introduced the theme of the session and emphasized the relevance of industry interactions in enhancing the academic experience. Her opening remarks effectively set the tone for an informative and thought-provoking session.

Following the welcome, the session was taken over by the distinguished speaker, Ms. Shamcy, who serves as the Academic Head at Miles Education. A seasoned professional with vast experience in academic mentoring and professional course training, Ms. Shamcy C I engaged the audience with an in-depth presentation that covered multiple dimensions of professional education. Her primary focus was on the CMA USA qualification, a certification that has been gaining popularity among commerce and management students due to its international relevance and robust career prospects.

Ms. Shamcy C I elaborated on the diverse career opportunities that open up for students who pursue such qualifications in parallel with their undergraduate programs. She outlined how professional certifications serve as a value addition to a conventional degree, thereby enhancing employability and opening doors to global job markets. She further addressed the common challenges faced by students in preparing for professional exams and provided strategic advice on balancing academics with certification preparation. Throughout the session, Ms. Shamcy maintained an interactive approach, encouraging students to ask questions and clarify their doubts, thereby ensuring a highly engaging and participative learning environment.



## Department of Fisheries and Aquaculture

### Growing Up Safe and Strong

An anti-drug awareness class was organized by the Research Department of Fisheries and Aquaculture on 31st July 2025. The event took place at Bernard Hall, St. Albert's College, Ernakulam, with participation from students of I BSc Aquaculture, I BSc Industrial Fisheries, and I & II MSc Applied Fisheries and Aquaculture programs.

The program commenced with a prayer song performed by Ms. Krishna Priya and Ms. Jesna from I BSc Aquaculture. Dr. Bijoy V. M., Head of the Department, delivered the welcome address, followed by the presidential address by Rev. Fr. Shine Pauly Kalathil, Principal of the college. Dr. Justin Joseph Rebello addressed the gathering as well.



The highlight of the event was an expert session led by Mr. Niju P. N., Assistant Sub-Inspector from the Special Investigation Team, DIG Office, Ernakulam, who shared valuable insights on drug prevention and enforcement, anti-abuse, cyber and mental health. The program concluded with a vote of thanks delivered by Assistant Professor Dr. Ambily V.

## Mangrove Fest -2025

The Research Department of Fisheries and Aquaculture of St. Albert's College (Autonomous), Ernakulam, in association with SEA Club, organised Mangrove Fest 2025 on 28th July 2025 at Mellano Hall. The Mangrove Fest 2025 commenced precisely at 11:00 AM, featuring an inaugural session attended by several key academic and administrative leaders. The distinguished panel included Rev. Fr. Shine Pauly Kalathil, Assistant Manager and Registrar; Dr. Joseph Justin Rebello, Principal; Dr. Bijoy V. M., Head of the Research Department of Fisheries and Aquaculture; Dr. Renjithkumar C. R., HoD in-charge of the SF Forenoon Batch; and Dr. Sree Renjima G., HoD in-charge of the SF Afternoon Batch. The seminar's Chief Guest was Senior Professor Dr. S. Bijoy Nandhan, Dean of the Faculty of Marine Sciences, CUSAT, and former Vice Chancellor of Kannur University. Also, present was Shri Reghuraj K. K., Mangrove Specialist and Retired Farm Superintendent, KUFOS.

As a concrete measure of commitment to conservation, participants transitioned from the theoretical session to practical engagement with a Mangrove Afforestation Programme at Valappu Beach, Vypin, at 4:00 PM. The planting activity, executed by students and faculty, symbolized the critical shift from awareness to proactive environmental stewardship. This exercise was designed to empower students to serve as effective custodians of the coastal environment.

The Fest successfully integrated environmental education with creativity by organizing a series of competitions designed to engage students and young learners. These events, which aimed to combine artistic expression with conservation awareness, were spread across late July and concluded in August. The Face Painting Competition, themed "Expressions of the Estuary," was conducted live on July 29, 2025, followed by the live Elocution Competition, focused on "Protecting Wetlands for Our Future," on July 30, 2025. To maximize participation, the Photography Contest ("Mangroves Through My Lens") and the Drawing Competition ("Mangrove Magic" for students below 10 years) were held online, accepting entries until July 31, 2025. The results of these enthusiastically contested events were formally announced, and certificates along with the trophy were distributed to the winners on August 22, 2025.

The event successfully delivered a meaningful amalgamation of knowledge dissemination, creative engagement, and practical, hands-on conservation. Its primary objective of sensitizing participants to the crucial role of mangroves as vital coastal guardians was fully achieved, inspiring active involvement in environmental protection initiatives.

**St. Albert's College (Autonomous), Ernakulam**  
RESEARCH DEPARTMENT OF FISHERIES AND AQUACULTURE  
In Association with  
SEA CLUB

# MANGROVE FEST - 2025

Seminar  
on  
"Mangroves: Guardians of the Coast"

**Dr. S. Bijoy Nandhan**  
Dean Faculty of Marine Sciences  
CUSAT, Kochi  
Former Vice Chancellor  
Kannur University

**Shri. Reghuraj K K**  
Farm Superintendent (Ret.) KUFOS  
Tampal, Member CUSAT & KUFOS

28<sup>th</sup> July 2025 | Mellano Hall | 11.00 AM  
Seminar | Elocution Competition | Photography Contest  
Drawing Competition | Face Painting

Faculty Coordinators  
Dr. Bijoy V. M. (HOD), Dr. Renjithkumar C. R. (HOD In-Charge SF-FN),  
Dr. Sree Renjima G. (HOD In-Charge SF-EN),  
Dr. Radhika E., Dr. Niju Benny

Student Coordinators:  
Mr. Jithesh Benny, Ms. Neeraja M. R.

Registration & Submission Details  
Email: [stalberty@alberts.edu.in](mailto:stalberty@alberts.edu.in)  
Contact Numbers: 9847228498, 9847228499

Elocution & Face Painting: Before 29<sup>th</sup> July 2025  
Photography and Drawing: Before 31<sup>st</sup> July 2025 <https://forms.gle/8K3W7qz9m5L3m399>

Followed by Mangrove Afforestation Programme at Valappu Beach, Vypin





## National Fish Farmer’s Day 2025: from Water to Wisdom: A student-farmer-school connect program

The Research Department of Fisheries and Aquaculture, in association with the Sea Club, successfully organized National Fish Farmers’ Day 2025 on July 10th. The event, held at the college fish farm and St. Francis U.P. School, Pizhala, from 9:00 AM to 1:00 PM, commemorated the pioneering work in carp breeding by Dr. Hiralal Chaudhuri and Dr. K.H. Alikunhi. The theme was “From Waters to Wisdom: A Student-Farmer-School Connect Program.”

A total of 32 students and four faculty members from various Aquaculture and Fisheries programs participated. The program was structured into three phases:



1. Fish Farm Visit: Commencing with a visit to the College fish farm, the session included a lecture by Dr. Bijoy V. M. (HoD) on applied fish farming techniques.
2. Student-Farmer Interaction: The formal meeting, presided over by Fr. Thomas, Manager of St. Francis U.P. School, addressed regional challenges like industrial pollution impacting the fishery sector. This was followed by an interaction where farmer Mr. E. D Joseph shared various aquaculture technologies.
3. Awareness Campaign: Led by Dr. Vipin M., college students conducted educational classes for schoolchildren on fisheries-related subjects.

The event honored six active fish farmers from the Pizhala–Moulampilly region for their contributions. Overall, the program successfully fostered a link between students, farmers, and the local community, aiming to inspire the next generation in fish farming and drive positive change in the fishery sector.

## Industrial Visit–School of Environmental Science, CUSAT

On July 15, 2025, the Value Added Course (VAC) on “Microplastics and Environment,” offered by the Biochemistry faculty of the Research Department of Fisheries and Aquaculture, organized an industrial and research visit for the second-year students.

The visit, a mandatory part of the curriculum, was arranged at the School of Environmental Science (SES), CUSAT, Kalamassery. The primary objective was to provide students with an in-depth, practical understanding of microplastic pollution by linking their theoretical knowledge to real-world research.

This included observing current mitigation strategies and understanding the full environmental impact of microplastics.

A total of 48 students from diverse programs—B.Sc. Aquaculture, B.Sc. Physics, B.Sc. Chemistry, B.Com. Taxation, B.Com. Computer Application, and B.Sc. Computer Science (FYUGP)—participated. They were accompanied by two Biochemistry faculty members, Asst. Prof. Dr. Vibin M and Asst. Prof. Nayana O. V.

During the visit, students attended an interactive session led by Mr. Abhinav Borah, a Research Scholar at SES, CUSAT. The students actively engaged with the expert, initiating discussions and posing questions related to the challenges posed by microplastics in the environment. This direct interaction, coupled with laboratory exposure and the observation of real-time research, served as a critical eye-opener for the participants.

The industrial visit successfully provided detailed insights into the sources, impacts, and mitigation of microplastic pollution. It enhanced the students' practical exposure, reinforcing their course material through direct engagement with experts and current research.

## Department of Chemistry

### Junior Scientist

The Junior Scientist Programme for the current academic year began on 12th July 2025. Twenty-one students from various schools studying in the 9th standard attended the session. Dr. Nisha V. S. coordinated the programme with the support of a final-year B.Sc. student coordinator.

Dr. Nisha introduced the students to the preparation of some organic compounds, followed by a hands-on session where students prepared various dyes and learned about the chemistry of colours. The second session focused on separation techniques, providing students with an understanding of various methods used in inorganic chemistry.

In the final session, Mr. Joseph Prince D. demonstrated a series of physical chemistry experiments. The students thoroughly enjoyed all the activities and gained valuable practical knowledge.



## Department of Social Work

### Skill Training Workshop

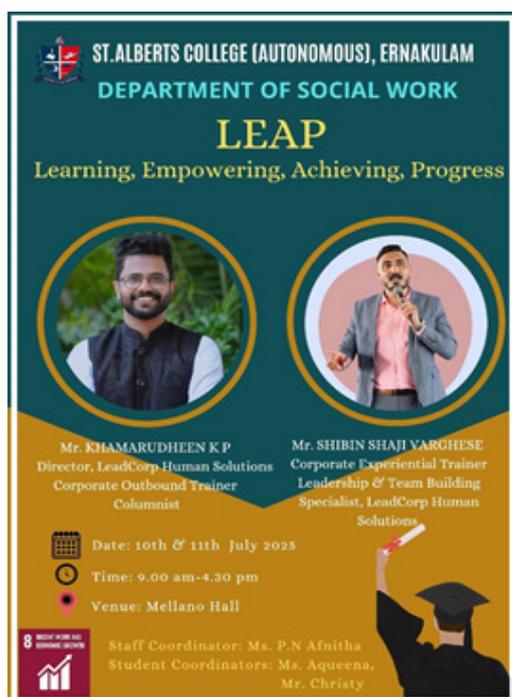
The Department of Social Work successfully organized a two-day placement workshop titled LEAP – Learning, Empowering, Achieving, Progress on 10th and 11th July 2025 at Mellano Hall. The sessions were facilitated by Mr. Khamarudheen K P, Director of LeadCorp Human Solutions, Corporate Outbound Trainer and Columnist, along with Mr. Shibin Shaji Varghese, Corporate Experiential Trainer and Leadership & Team Building Specialist at LeadCorp Human Solutions.

The aim of the workshop was to prepare social work trainees for future placement opportunities by enhancing their professional skills, communication, and leadership qualities. Throughout the two days, the trainers engaged the participants in a variety of interactive activities and team-building games that encouraged cooperation, collaboration, and problem-solving, creating a lively and participatory environment.

The sessions offered professional development guidance, focusing on creating and utilizing LinkedIn accounts for career networking and building a strong online professional presence. Students also received practical inputs on efficient career planning, emphasizing time management, adaptability, and setting realistic goals.

The interactive approach of the trainers ensured that students actively participated in discussions and activities, while also reflecting on their strengths and areas for improvement. By the conclusion of the workshop the students reported improved confidence in teamwork, greater awareness of networking strategies, and enhanced clarity in career planning.

Overall, the LEAP Placement Workshop was a comprehensive and enriching program that effectively combined theory with practical training. It equipped students with valuable skills for their personal and professional development, making them better prepared for future career opportunities.



### “Social Work Guru Talks”: From Classroom To Real World:

The Department of Social Work, St. Albert’s College (Autonomous), Ernakulam, organized a session titled “Social Work Guru Talks”. The session was held on Wednesday, July 3, 2025, from 9:30 AM to 11:00 AM. This event was aimed at bridging the gap between classroom knowledge and real-world social work practice. The session featured Dr. Praveen G. Pai, Chairman of Magics NGO, as the esteemed speaker. Dr. Pai shared insights from his extensive experience in the field of social work, emphasizing the challenges and opportunities faced by professionals working on ground-level social transformation. His talk, titled “From Classroom to Real World”, was highly engaging and thought-provoking for the students. Students actively participated in the Q&A session that followed, making the session lively and interactive. The talk was a valuable experience for budding social workers, providing them with practical insights into community engagement, NGO operations, and real-life applications of classroom theories. It also motivated students to explore innovative and empathetic approaches to fieldwork and internships.



## 'Swachhta Pakhwada' Campaign

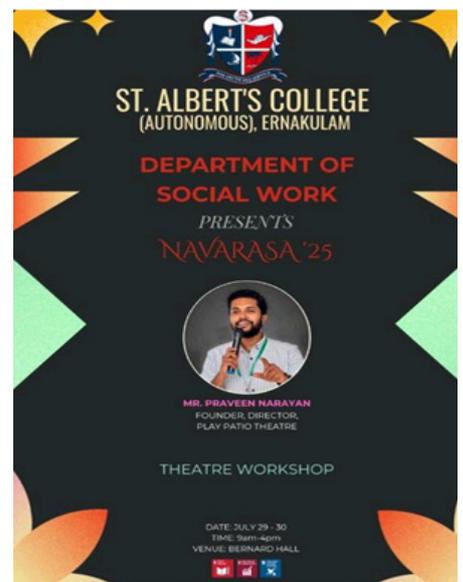
The Department of Social Work, St. Albert's College (Autonomous), Ernakulam, in association with the Cochin Corporation and Bharat Petroleum Corporation Limited (BPCL), has conducted the Valedictory function of the 'Swachhta Pakhwada' Campaign on Tuesday, July 15, 2025. The event was held at Mellano Hall at 11:30 AM and was aimed at acknowledging the collective efforts undertaken to promote cleanliness and environmental responsibility within the community. This initiative was also supported by c-hed (Centre for Heritage, Environment and Development), and aligned with the broader vision of sustainable civic practices. The session commenced with a welcome address by Mr. Joshi Varghese, Pranayikhabhoomiye Coordinator. The Presidential Address was delivered by Mr. V. A. Sreejith, Chairman, Education-Sports Standing Committee who highlighted the significance of student involvement in nation building like Swachhta Abhiyan. The event was officially inaugurated by Rev. Fr. Antony Thoppil, Chairman & Manager of St. Albert's College. This was followed by a felicitation address by Mr. T. K. Ashraf, Health Standing Committee Chairman, Cochin Corporation, who appreciated the collaborative spirit shown by the college and the student body. Later, there was certificate distribution to the students who have won in the competitions which were conducted during the campaign. The ceremony concluded with a Vote of Thanks by Ms. Jeni Johnson, Program Coordinator and Assistant Professor of MSW Department. She expressed her gratitude to all the dignitaries, faculty, students, and partners who made the campaign a grand success. The 'Swachhta Pakhwada' closing ceremony was a reflection of the power of collective action and inter-agency collaboration, highlighting the role of educational institutions in driving social change.



TUESDAY, JULY 15, 2025 / VENUE: MELLANO HALL / 11:30 AM

## Navarasa 2025- Play Patio

A two-day theatre workshop was successfully conducted on 29th and 30th July 2025 at Bernard Hall, offering the social work trainees a platform to explore their creativity and performance skills. The event began with an inaugural ceremony that included a prayer, followed by a welcome speech by Mr. Emmanuel Vibin Paul. Principal, Dr. Joseph Justin Rebello, delivered the presidential address, highlighting the importance of the theatre workshop. Dr. Augustine K J, Academic Coordinator of the college, shared his thoughts on the initiative, and the resource person, Mr. Praveen Narayan gave an introduction. Mr. Mathews Gijo Vettikkattil concluded the inauguration with a vote of thanks. The first day included engaging activities such as self-introduction sessions, warm-ups, and brainstorming start-up ideas. Students were then divided into four groups to encourage teamwork and collaboration. They took part in various group activities including a ramp walk and a lively dance session, which boosted energy and creativity among the participants. This day helped the social work trainees to develop interpersonal relationships. On the second day, the groups continued their activities using different props. Each group was given unique situations to act out, allowing them to engage in role plays that tested their spontaneity and expression. Techniques like mirroring were introduced, enhancing their theatrical skills. The workshop concluded with a valedictory session, where the efforts of all participants were appreciated. An evaluation session followed, allowing students to reflect on their experiences and receive constructive

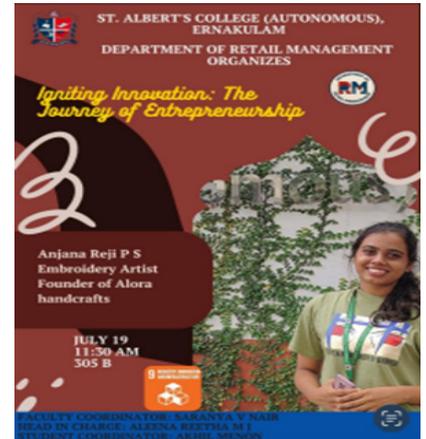


feedback. Overall, the workshop was a great success, improving confidence, creativity, and various skills among the social work trainees.

## Department of Retail Management

### Igniting Innovation: The Journey of Entrepreneurship

The Department of Retail Management conducted an engaging session titled “Igniting Innovation: The Journey of Entrepreneurship” to inspire students through the personal journey of Ms. Anjana Reji P S, a young embroidery artist and founder of Alora Handcrafts. The session highlighted the role of creativity, perseverance, and innovation in entrepreneurship. The objective of the Event was to encourage students to explore entrepreneurship as a viable career path. To provide insights into building a brand from scratch using personal talent and passion. To connect academic knowledge with real-world entrepreneurial experiences. Ms. Anjana shared her experiences starting Alora Handcrafts as a homegrown brand. She explained the process of creating and marketing handmade embroidery products. A live Q&A session allowed students to clarify doubts and seek advice on entrepreneurship. Students gained valuable insights into the challenges and opportunities of starting a business in the creative industry. The event successfully bridged the gap between classroom learning and entrepreneurial realities. The event was aligned with UN SDG Goal 9: Industry, Innovation, and Infrastructure, promoting innovation-driven entrepreneurship.



## Department of Logistics Management

### LOGISCHAIN QUEST – Intercollegiate Logistics quiz

The Logistics Department organized the Logischain Quest quiz competition in Bernard Hall at St. Albert’s College on July 28, 2025, as a key component of Logistics Week. The event, which commenced at 10:30 AM, saw the participation of 13 teams. Ms. Indu George, Assistant Professor from the Albertian Institute of Management (AIM), served as the Quiz Master. The competition comprised three structured rounds: an initial written test, followed by a visual round segmented into three parts, and concluding with a decisive rapid-fire round. The team of Aadikesh Dhanayan and Gokul Gopalakrishnan from Reliant Institute clinched first place, earning a cash prize of 2,000, a trophy, and certificates. Second place was secured by Heera K. S. and Freeja Francis from SLMT Institute after a closely contested tie-breaker round, for which they received 1,000 and certificates. Following the conclusion of the event, participation certificates were distributed to all competitors.





## Department of Business Administration

### Power of the Equity Market

The Department of Business Administration (AN), St. Albert's College (Autonomous), Ernakulam, in collaboration with the Albertian Incubation Centre (AIC), Institution's Innovation Council (IIC), and the Innovation and Entrepreneurship Development Centre (IEDC), session titled organized an expert "Power of Equity Market" on 23rd July 2025. The event was designed to enhance the financial literacy of students and provide practical insights into the dynamics of the equity market.

The primary objective of the session was to:

- Educate students on the fundamental concepts of equity markets.
- Highlight the long-term benefits of investing in equities.
- Explain the role of financial planning in personal and professional life.
- Encourage youth participation in sustainable economic growth, in line with UN Sustainable Development Goal 8: Decent Work and Economic Growth.

The session was led by Mr. Bimi Jose, Vice President, Choice Equity Broking Pvt. Ltd., a distinguished professional with extensive experience in equity trading, broking services, and financial advisory. The session began with a formal welcome note followed by Mr. Bimi Jose's session.

During his address, Mr. Bimi Jose elaborated on the following key areas:

- Basics of stock markets and equity instruments
- Risk-return trade-off and the importance of diversification
- Practical investing tips for beginners
- The impact of economic factors on market trends
- Investor psychology and behavioral finance

The session was interactive and well-received by the audience. The speaker effectively engaged with students by presenting real-life examples and addressing their queries during the Q&A session.



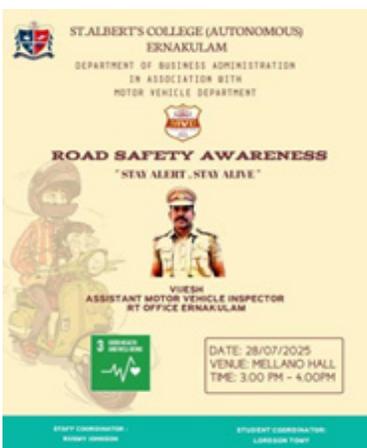
## Road Safety Awareness

To promote responsible road behavior and ensure the well-being of young citizens, the Department of Business Administration at St. Albert's College, Ernakulam, organized a Road Safety Awareness Session on 28th July 2025. This session was conducted in collaboration with the Motor Vehicle Department (MVD), with the objective of educating students on the importance of road safety, traffic rules, and preventive measures to reduce road accidents. The program started with an official welcome address.

The resource person for the session was Mr. Vijesh, Assistant Motor Vehicle Inspector, RT Office Ernakulam, who shared valuable insights into the common causes of road accidents, the significance of wearing helmets and seat belts, the dangers of drunken and distracted driving, and the legal consequences of traffic violations.

The session was held at Mellano Hall from 3:00 PM to 4:00 PM, and it emphasized the theme: "Stay Alert, Stay Alive." The program aligned with UN Sustainable Development Goal 3: Good Health and Well-being, encouraging students to adopt safe and responsible road habits for a healthier, accident-free future.

The event was coordinated by Rosmy Johnson (Staff Coordinator) and Lordson Tomy (Student Coordinator), and saw enthusiastic participation from students who pledged to be more responsible on the road.



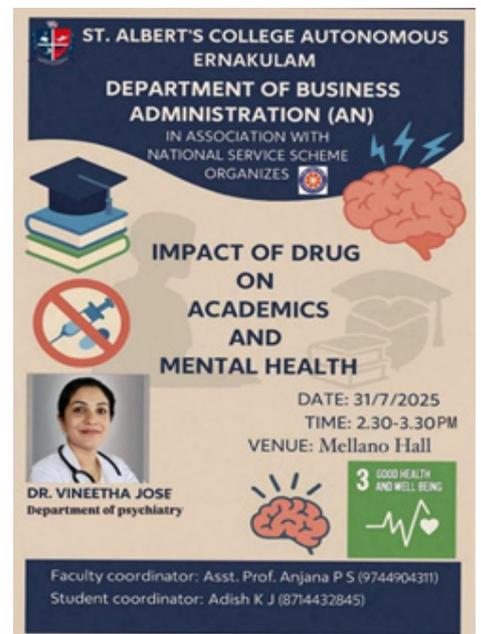
## Impact of Drug on Academics and Mental Health

The Department of Business Administration (AN) at St. Albert's College (Autonomous), Ernakulam, in association with the National Service Scheme (NSS), organized a one-hour awareness session on "Impact of Drug on Academics and Mental Health" on 31st July 2025, from 2:30 PM to 3:30 PM, at Mellano Hall.

The session was led by Dr. Vineetha Jose, an expert from the Department of Psychiatry, who delivered an insightful and impactful talk on the psychological, cognitive, and academic consequences of drug use, particularly among youth. Emphasizing the connection between substance abuse, declining academic performance, and deteriorating mental health, Dr. Vineetha Jose addressed:

- The neurological effects of commonly abused substances on the developing brain.
- The link between drug use and anxiety, depression, and attention deficits.
- How addiction interferes with memory, motivation, and academic outcomes.
- Practical strategies for resisting peer pressure and managing stress in healthy ways.
- Early warning signs of substance abuse and how to seek help.

The session aimed to promote awareness, encourage healthy lifestyle choices, and align with the United Nations Sustainable Development Goal 3 (Good Health and Well-being).



The program was coordinated by Asst. Prof. Anjana P S (Faculty Coordinator) and (Student Coordinator), and was well-received by students for its relevance, clarity, and importance in today's academic and social context.



## Student Achievement



Rishikesh S. Menon, a third year student of BVoc Fitness Management participated in the Hero Futsal National Championship held in Uttarakhand and was selected to play for Minerva FC, Punjab.

## Faculty Achievement



Ms. Mary Akshaya P. J., Assistant Professor of B.Voc Fitness Management and Personal Training, secured first place in the District Level Senior Women's Team Baseball Championship.



Dr. Jincy Joseph K, Assistant Professor, Department of Economics published a new paper titled "Economic Impact of Bank Amalgamation," featured in the prestigious Southern Economist (ISSN 0038-4046), issue date July 1-15, 2025.



Dr. Benly B, Assistant Professor, Department of Economics, published a chapter titled "River Sand Mining in India: Environmental and Human Rights Impact" in the book Politics and Society in South Asia (ISBN: 9789360957148), published by Authors Press.

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