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EXPRESSIONS

The Albertian Newsletter

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

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Editorial



Dr. Liz Mary Antony

Finding Our Own Space

In a world that is always preoccupied, always connected, it is easy to get swept away. Our days are a constant stream of notifications, posts, and likes, pulling our attention in a thousand different directions. We are told to hustle, to optimize every moment, and to broadcast our lives for the world to see how happy we are. But have you taken a moment to review your life by simply... slow down?

Have you taken a moment to unplug yourself? If not, it is time to find a quiet corner of your own, and reconnect with yourself. Because true growth often happens in those silent moments! It is the daily little moments that add happiness to your life. You will find peace, in the calm after a long day, or in the genuine laughter shared with a friend, without a phone between you.

We believe that the most valuable connection we can foster is not with an algorithm, but with our own hearts. By giving ourselves the space to breathe

and reflect, we create room for something truly beautiful to blossom: self-compassion. This is not about ignoring the world; it is about building a strong foundation within ourselves so we can engage with it more mindfully and compassionately.

Greatness begins with small moments in time. Find a moment for yourself, a space to simply be, to love who you are, and to discover the quiet strength that lies within.

Welcome to a moment of calmness. I believe greatness begins today.

Academic Retreat & Strategic Planning (ARSP '25)

The event, dedicated to academic enhancement and strategic discussion, was organized by the IQAC & Office of the Dean Training and Development. It was conducted on June 13, 2025. The event was inaugurated by the Patron, Archbishop of Verapoly, Most Rev. Dr. Joseph Kalathiparambil. His presence underscores the institutional and spiritual significance of the retreat. The ARSP '25 featured a diverse panel of speakers covering key areas essential for institutional and professional development. Mr. Edison Franz a reputed Motivational Speaker took a session on 'Teaching with Purpose'. Dr. J. A. Charles, Deputy Principal, Loyola College, Chennai spoke about NAAC Assessment. A parallel session was arranged for office staffs on Office Procedures, Grace at Workplace, Office Etiquettes. Mr. Kunjumon C., Accounts Officer (Retd.), Education Collegiate, Ms. Indu George Assistant Professor, Albertian Institute of Management and Mr. Nidhin Johny Assistant Professor, Albertian Institute of Management took the sessions respectively. Sessions on Grace at Workplace, Office Etiquettes, and Office Procedures suggest a strong emphasis on improving administrative efficiency, professional conduct, and the overall work environment.

The retreat clearly aims to enhance the quality of teaching-learning processes and prepare for accreditation evaluations. The ARSP '25 appears to be a well-structured initiative by St. Albert's College (Autonomous) to engage its faculty and staff in critical discussions about academic excellence, accreditation readiness, and professional decorum. The blend of motivational, procedural, and strategic topics suggests a comprehensive approach to institutional advancement.

ST. ALBERT'S COLLEGE (AUTONOMOUS) ERNAKULAM
ARSP '25
ACADEMIC RETREAT & STRATEGIC PLANNING

INAUGURATION
Most Rev. Dr. Joseph Kalathiparambil
 Patron, Archbishop of Verapoly

13 JUNE 2025

FRIDAY 8.30 AM

VENUE: PAPPALI HALL

SPEAKERS
 Mr. Edison Franz, Motivational Speaker, Teaching with Purpose
 Dr. J. A. Charles, Deputy Principal, Loyola College Chennai, NAAC Assessment
 Mr. Konjamma C., Accounts Officer (Retd.), Education Collegiate, Office Procedures

SPEAKERS
 Ms. Indu George, Albertian Institute of Management, Grace at Workplace
 Mr. Nidhin Jobay, Albertian Institute of Management, Office Etiquettes

ORGANISED BY IQAC & OFFICE OF THE DEAN TRAINING AND DEVELOPMENT



"New Platform for Talent : St. Albert's College Inaugurates Brand New Stage"

In a poignant and celebratory event, St. Albert's College formally inaugurated its brand-new student stage on 7th June 2025 with a heartfelt blessing ceremony. The new stage, a modern and state-of-the-art facility, is a testament to the college's commitment to fostering a vibrant cultural and academic environment for its students. The ceremony was graced by the college's leadership, faculty, staff, and students. The blessing was done by the chairman of the college Rev. Dr. Antony Thoppil to sanctify the space and invoke positive energy for all future endeavors. The college community is excited about this significant addition, which is expected to enhance the overall student experience and provide a professional platform for showcasing their diverse talents.



Department of Fisheries and Aquaculture

Beach Cleaning Activity



In observance of World Oceans Day 2025, a Beach Cleaning Activity was successfully held on 10th June 2025, from 9:00 AM to 11:30 AM at Edavanakkad Beach. The event was jointly organized by:

- School of Marine Sciences, Cochin University of Science and Technology (CUSAT)
- Centre for Marine Living Resources and Ecology (CMLRE), Kochi
- CUSAT-NCPOR Centre for Polar Sciences
- Ocean Society of India (OSI), Cochin Chapter
- Ministry of Earth Sciences (MoES), Government of India

In association with:

- Society of Marine Biologists
- Marine Biology Alumni Association
- Research Department of Fisheries and Aquaculture, St. Albert’s College (Autonomous), Ernakulam
- Association of Fisheries Graduates
- Kumara Panicker Memorial High School, Edavanakkad



The event was coordinated by the Research Department of Fisheries and Aquaculture, St. Albert’s College (Autonomous), Ernakulam, as part of the global theme: “WONDER: Sustaining What Sustains Us”. Dr. A. A. Muhammed Hatha, a distinguished academic, delivered a speech on the importance of ocean stewardship. The event was formally inaugurated by Dr. R.S. Mahesh Kumar, Director of CMLRE. Participants actively engaged in cleaning the Edavanakkad shoreline, focusing on collection and segregation of marine litter, particularly plastic debris. The hands-on activity served to sensitize the participants on the ecological impacts of marine pollution and the urgent need for community-led conservation efforts.

‘Poster Making Competition’ on World Drug Day Celebration 2025

The Research Department of Fisheries and Aquaculture organized a ‘Poster making competition’ in connection with World Drug Day 2025. The competition aimed to encourage students to creatively express the theme of ‘Breaking the Chains: Prevention, Treatment and Recovery for all’ through visual representation. The event witnessed enthusiastic participation from undergraduate (UG) and postgraduate (PG) students across various academic streams. The competition was helpful in raising awareness about the harmful effects of drug abuse. It encourages participants to creatively promote a drug-free lifestyle and educate others through visual expression. The Theme of Competition was ‘BREAKING THE CHAINS: PREVENTION, TREATMENT AND RECOVERY FOR ALL’.



Department of Mathematics and Statistics

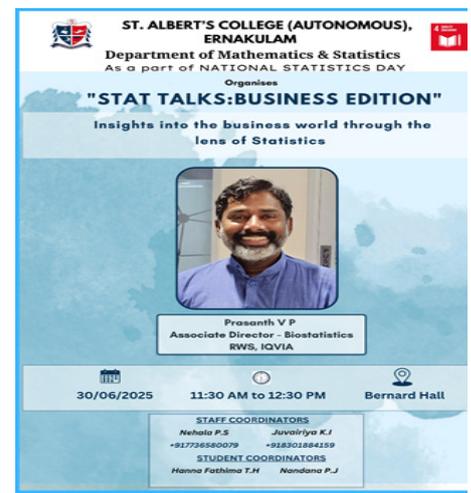
Statistics Day Poster Competition

The Inter-Departmental Digital Poster Making Contest was conducted as a part of Statistics Day. The theme was 'Statistics in Daily Life'. Students were asked to mail the posters before June 30, 2025 before 9 am. The best entries were awarded with E- certificates. The entries were evaluated by a panel of faculty members based on creativity, originality, relevance to the theme etc. Second year Integrated MSc Student Binna Rojan and third year Integrated MSc student Asma Ul Usna won the first and second positions respectively.



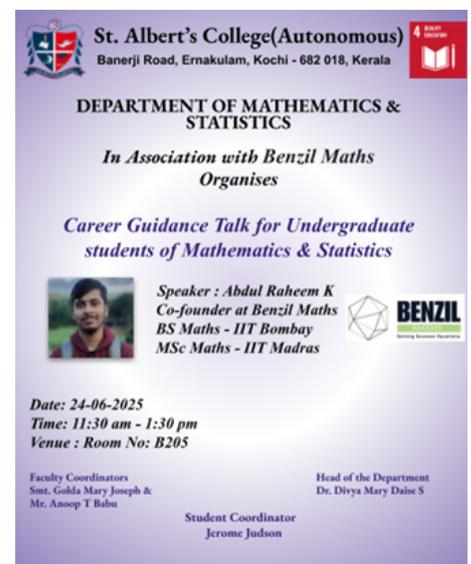
Statistics Day Talk

The National Statistics Day celebration of the Department of Mathematics and Statistics featured an engaging talk by Mr. Prasanth V P , Associate Director-Biostatistics, RWS, IQVIA. The theme of the session was "STAT TALKS:BUSINESS EDITION" -Insights into the business world through the lens of Statistics. It was conducted on 30th June,2025 at 11.30 am in Bernard Hall. The event successfully underscored the contemporary relevance of statistics in the business world.



Benzile Math Talk

On June 24, 2025, the Department of Mathematics and Statistics conducted a Career Guidance class for second and third-year B.Sc. Mathematics and Integrated M.Sc Statistics students. The event began at 11:30 a.m. in Room No. B205. The session was led by Sri. Abdul Raheem, IIT Madras. Sri. Abdul Raheem explained the opportunities and prospects for Mathematics, as well as the GATE and JAM tests. He introduced Benzil Chemistry Academy and discussed its academic success. He also referred to the Benzil Mathematics branch. The session was really engaging and informative to all of the students.





Department of Logistics

Global Career Opportunity in Logistics

The Department of Logistics Management, St. Albert's College (Autonomous), Ernakulam organized a seminar on "Global Career Opportunity in Logistics" on 19th June 2025 at Bernard Hall. The session was led by Mr. Martino Ottimofiore, Vice President – Human Resources, Hellmann Worldwide Logistics, Germany, who shared valuable insights on international career prospects in the logistics industry.

ST. ALBERT'S COLLEGE (AUTONOMOUS), ERNAKULAM
DEPARTMENT OF LOGISTICS MANAGEMENT

SEMINAR ON:
GLOBAL CAREER OPPORTUNITY IN LOGISTICS

Mr. Martino Ottimofiore
Vice President – Human Resources
Hellmann Worldwide Logistics,
Germany

TIME: 9:30 am to 11:00 am
VENUE: Bernard Hall, St. Albert's college (Autonomous) Ernakulam.
DATE: 19-06-2025 Thursday

FACULTY COORDINATOR: ANJANA V.A
+91 9744010508

STUDENT COORDINATOR: AISHWARYA RAJ
+91 9633138112



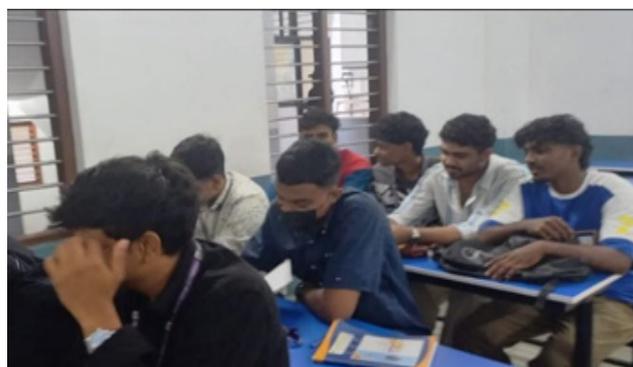
Department of Chemistry

Students pen ideas to beat plastic pollution

The Department of Chemistry and Research Centre observed World Environment Day on June 5, by organizing an essay competition on the theme "Beat Plastic Pollution." The event aimed to raise awareness about the harmful effects of plastic pollution and promote sustainable practices.

Students from various departments participated, presenting creative ideas and practical solutions to address the issue. Essays highlighted the impact of plastic waste on human life and climate, while suggesting measures such as adopting reusable materials, effective waste segregation, stricter policy enforcement and the need for individual responsibility and collective community action.

The winners received certificates and eco-friendly prizes. The competition proved to be a meaningful platform for students to express their concern and reaffirmed the importance of environmental consciousness in daily life.



Science Village Program Launched at Chouldari under Unnat Bharat Abhiyaan

The Dept of Chemistry of St. Albert's College (Autonomous), Ernakulam in collaboration with the Indira Gandhi National Open University (IGNOU) Regional Centre, Port Blair, organized the Science Village program at Chouldari village, Ferrargunj Block, South Andaman, as part of the Government of India's flagship initiative, Unnat Bharat Abhiyaan.

The event was inaugurated in the presence of Ms. Lalita Tigga, Block Development Officer, Ferrargunj; Ms. Tapasi Saha, Panchayat President, Chouldari; the Director of IGNOU; and Assistant Regional Directors Dr. Uday Kumar and Dr. Sudarshan Raja. Rev. Dr. Antony Thoppil, Manager of St. Albert's College, delivered the keynote address, highlighting the role of science in sustainable community development.

The Department of Chemistry team from St. Albert's College, led by Dr. Vijay John Gerson (Head of Department), along with Dr. Nisha V.S. and Dr. Krishna Kumar K.S., served as resource persons. They conducted hands-on workshops on preparing everyday household products such as soap, detergent, pain balm, and lotion. The sessions detailed the used raw materials, proportions, and essential safety measures to be taken on the preparation of the household products.

Chief Guest Ms. Tigga praised the initiative as a commendable effort toward grassroots scientific empowerment. The program particularly aims to encourage the formation of Self-Help Groups (SHGs), thereby empowering women and tribal communities while fostering sustainable livelihoods in the Andaman and Nicobar Islands.

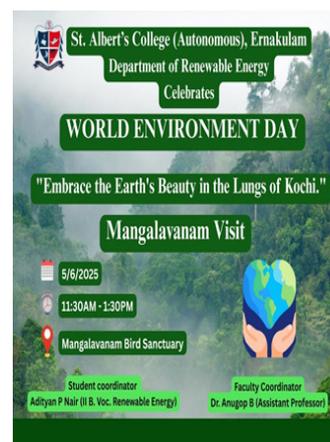
The event concluded with a Vote of Thanks by Dr. Uday Kumar, Assistant Regional Director of IGNOU and Coordinator of the Unnat Bharat Abhiyaan program, who acknowledged the contributions of dignitaries, faculty, and participants.



Department of Renewable Energy

Mangalavanam Visit – World Environment Day 2025

In connection with World Environment Day on 5th June 2025, the Department of Renewable Energy, St. Albert's College (Autonomous), Ernakulam, organized a visit to Mangalavanam Bird Sanctuary. A total of 12 students and 2 faculty members participated in this eco-awareness initiative, held from 11:30 AM to 1:30 PM. The visit offered a nature-immersive experience, where students explored the mangrove ecosystem, observed multiple species of birds, and experienced the refreshing ambiance of a natural green space in the heart of the city. The sanctuary, known as the "green lung of Kochi," provided an excellent opportunity to understand the role of urban biodiversity in maintaining ecological balance. This visit aligned with the department's commitment to promoting environmental sustainability and highlighted the importance of conserving natural habitats as part of broader green initiatives.



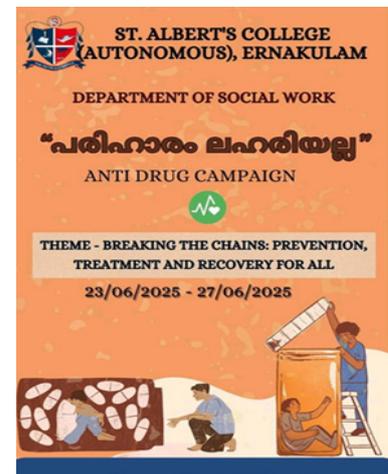


Department of Social Work

Anti-Drug Awareness Campaign

The Social Work Department successfully conducted an Anti-Drug Campaign on June 23, 2025, in Mellano Hall. The event began at 11:00 AM, with students from both the Social Work and Commerce departments in attendance. The highlight of the campaign was the participation of chief guests, Assistant Collector Ms. Parvathy Gopakumar and Assistant Commissioner of Excise Mr. Muhammad Harish K.S. Ms. Gopakumar delivered an impactful speech about the importance of refusing drugs, drawing on her personal experiences with peer pressure during her college days. She emphasized the value of choosing friends wisely and discussed the negative effects of giving in to peer pressure.

Following her, Muhammad Harish K.S. spoke about the destructive impact of drug consumption on individuals and society. He later conducted a detailed and informative session, explaining the different types of drugs, their classifications, and various drug offenses. He also provided insight into the punishments for narcotic crimes and why people turn to drug dealing as a source of income. The session, which concluded at 1:30 PM, provided students with a comprehensive understanding of drug-related offenses and their legal consequences.



Research Methodology Workshop

The Department of Social Work recently organized a comprehensive Workshop on Research Methodology to enhance the academic skills of its students. The event took place on June 30, 2025. The resource person for the event was Dr. Jose Antony, Head of the Department of Social Work at Sree Sankaracharya University of Sanskrit, Kalady. Dr. Antony led the sessions with a primary objective of familiarizing social work trainees with the fundamentals of research methodology. He provided a detailed explanation of both quantitative and qualitative research, discussing their applications and relevance in social science. He also guided students step-by-step through the entire research process, from choosing a topic and formulating a problem to gathering, analyzing, and interpreting data. A key part of his guidance was on how to identify and refine research topics, giving students practical tips on creating relevant and feasible research questions. The sessions were highly interactive, allowing students to ask questions, share

their ideas, and discuss the challenges they face in their research. By the end of the day, participants had a deeper understanding of the various research steps and methods. The workshop proved to be an enriching experience, equipping students with the confidence and tools necessary for effective research in the field of social work.



Department of Physics

Walkathon and Awareness Program

As part of the World Environment Day Celebrations 2025, second-year postgraduate Physics students recently took a proactive step to address the critical issue of plastic pollution. In collaboration with the United Nations Environment Programme (UNEP), the students organized a successful awareness program and walkathon focused on the hazards of plastics, particularly microplastics, on environmental and human health.

The core of the initiative was an awareness session held at St. Mary's Higher Secondary School, Vallarpadam. The session was led by Assistant Professor Augustine Sumesh C J, who is also a Steering Committee Member of The Life Cycle Initiative hosted by UNEP. In the presence of Headmistress Ms. Kochuthresia T. J. Prof. Sumesh's session critically highlighted the dangers of microplastics, with a specific focus on those detected in low-cost bottled water available in the market. The interactive discussion included brief presentations and practical guidance on adopting environmentally responsible lifestyles.

The awareness session was preceded by a walkathon that commenced from St. Albert's College and concluded at the picturesque Mangalavanam Bird Sanctuary. This impactful initiative effectively conveyed the importance of environmental conservation and the urgent need to minimize plastic usage. The program serves as a strong testament to St. Albert's College's ongoing commitment to sustainability and its proactive role in promoting environmental education within the community. The organizers hope the success of this initiative will inspire both college students and the broader public to adopt more eco-conscious lifestyles.





News paper report on the event

ആൽബർട്ട്സിൽ വോക്കത്തോണും ബോധവൽക്കരണവും

കൊച്ചി: പതിനേഴിനടന്നു. കേരളത്തിലെ ആദ്യത്തെ സാഹചര്യം സാധനങ്ങൾ വിൽപനയ്ക്കായി മാർക്കറ്റിംഗ് കമ്പനികളെത്തിയത് പ്രത്യേകിച്ചു കൈമാറ്റം ചെയ്യുന്ന സാഹചര്യം - അപകടങ്ങളെക്കുറിച്ച് അനുഭവം വളർത്തുന്നതിനായി, എറണാകുളം സെന്റ് ആൽബർട്ട്സ് കോളേജിലെ വോക്കത്തോണും ബോധവൽക്കരണവും വിദ്യാർത്ഥികൾക്ക്, കേരളത്തിലെ സഹായകരമായ പരിപാടിയായി സഹകരിച്ചു വളർത്താനും സെന്റ് ആൽബർട്ട്സ് കോളേജിലെ സെന്ററിൽ ഒരു പരിപാടിയായി കോളേജിലെ സെനിയർ സഹായകരമായ പരിപാടിയായി സെന്റ് ആൽബർട്ട്സ് കോളേജിൽ നിന്ന് മലയാളം, പക്ഷിസംരക്ഷണത്തിലേക്ക് നടത്തിയ വോക്കത്തോണോടെ ആരംഭിച്ച പരിപാടികൾ കോളേജിലെ മറ്റ് വോക്കത്തോണിനോടൊപ്പം നടന്നു. കോളേജിലെ പ്രതിപാദ്യമായ സെന്റ് ആൽബർട്ട്സ് കോളേജിൽ നിന്ന് മലയാളം, പക്ഷിസംരക്ഷണവും, കോർഡിനേഷനുമായും സഹകരിച്ചു. സെന്റ് ആൽബർട്ട്സ് കോളേജിൽ നിന്ന് മലയാളം, പക്ഷിസംരക്ഷണവും, കോർഡിനേഷനുമായും സഹകരിച്ചു. സെന്റ് ആൽബർട്ട്സ് കോളേജിൽ നിന്ന് മലയാളം, പക്ഷിസംരക്ഷണവും, കോർഡിനേഷനുമായും സഹകരിച്ചു.



Department of Travel and Tourism & Retail Management

The Department of Travel and Tourism & Retail Management organized an insightful seminar titled “Turning Passion into Profession: How to Start Your Own Company and Build a Global Travel Brand” on 12th June 2025 from 04:00 PM to 05:00 PM at Mellano Hall. The resource person for the session was Mr. Neelakanth Pararath, Managing Director of Web CRS Travel Technological Pvt. Ltd, who shared his inspiring journey of building a global travel brand. The session provided practical insights into entrepreneurship in the travel and tourism sector, emphasizing the importance of vision, branding, and strategic decision-making. Mr. Neelakanth engaged the students with real-life examples, startup strategies, and career guidance. The interactive session left students motivated to explore entrepreneurial paths and deepen their industry awareness.



Walkathon and Awareness Program

As part of the World Environment Day Celebrations 2025, the Urja Club, Department of Physics, in association with the NSS Unit No.1 (A & B) of All Saints' College, Thiruvananthapuram, organized a series of online sessions on the theme "Energy Conservation and Water Pollution." The programme was designed to raise awareness among students about critical environmental challenges and to promote sustainable practices. The sessions were held on 19th June 2025 in virtual mode, Dr. Niya Benny, Assistant Professor, Research Department of Fisheries and Aquaculture, St. Albert's College (Autonomous), Ernakulam, who presented on Choking the Blue Heart: How Eutrophication, Algal Blooms, Dead Zones, and Oil Pollution Are Suffocating Our Seas. The online event witnessed active participation from students across disciplines. Engaging discussions and feedback reflected the enthusiasm of participants in adopting eco-friendly practices and contributing towards environmental conservation.

ALL SAINTS' COLLEGE
THIRUVANANTHAPURAM
RE-ACCREDITED BY NAAC WITH 'A+' GRADE
KIRF RANK 39
(AFFILIATED TO UNIVERSITY OF KERALA)

As part of World Environmental Day Celebrations
Urja Club, Department of Physics
in association with
the NSS Unit No.1(A&B)
organizes
online sessions on
ENERGY CONSERVATION

Resource Person
Ms. Dhanya Jose
Assistant Professor
Department of Physics
All Saints' College, Thiruvananthapuram

Date: 19/06/2025
WATER POLLUTION

Resource Person
Dr. Niya Benny
Assistant Professor
Research Department of Fisheries and Aquaculture,
St. Albert's College (Autonomous), Ernakulam

PATRON: REV.MOTHER MOLLY ATTULLY
PRINCIPAL: PROF.(DR).RESHMI R.PRASAD

PROGRAM OFFICERS:
DR.PRATHYUSHA S. NAIR
MS. DHANYA JOSE

PROGRAM COORDINATORS:
ANASWARA S.J. (VS)
MS.ARYAMITHRA A.S.(VVS)

Faculty Achievements



Dr. Jithu Paul Jacob, Assistant Professor, Research Department of Fisheries and Aquaculture, St. Albert's College (Autonomous), Ernakulam, appointed as Research Guide of KUFOS under the faculty of Ocean Science and Technology.

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