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EXPRESSIONS

The Albertian Newsletter

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

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Editorial



Dr. Liz Mary Antony

October arrives not in a flurry of cold wind, but in the soft, persistent humidity of the receding drizzle. It is the season of preparation—a quiet shift within the campus routine. For many of us, the time of semester exams has settled in, much like the gentle, warm light that breaks through the cloud cover after a morning shower. This month asks us to turn inward, to consolidate the knowledge nurtured through the bustling opening weeks.

Think of this time not as a period of strain, but as one of focused growth. Just as the paddy fields are ready for harvest after the monsoon rains, let the persistent effort you put in now be the fruitful expression of your continuous learning.

Embrace the rhythm of this tropical season. Find a quiet spot beneath the shade of a heavy-leaved tree, where the air is still, and let that intense focus guide your studies. Let the steady, distant hum of the backwaters or the city be the background to your review.

The true reward is not just the marks you secure, but the patience and diligence you cultivate while striving for them. May your efforts be as deep-rooted as the banyan tree, and your concentration as unwavering as the current of the monsoon-fed river.

St. Albert's College Spearheads Mega Clean-up Drive in Kochi

St. Albert's College (Autonomous), Ernakulam, marked the culmination of the 'Swachhata Hi Seva 2025' campaign with a significant Mega Clean-up Drive and a promotional cycle event this morning, emphasizing the urgent need for community-led waste management and environmental consciousness in Kochi. The event, which highlights the urgent need for civic participation in cleanliness initiatives, was flagged off from the city centre.

The cycle drive was flagged off by MLA Mr. T J Vinod, marking the start of a major public awareness campaign. The core message of the drive was encapsulated in a strong pledge for a pollution-free society, which was administered by Senior Health Inspector Arun B. The pledge affirmed the commitment of the participants to responsible waste disposal and environmental protection.

Rev. Dr. Antony Thoppil, Chairman of St. Albert's College, delivered a message of support, emphasizing the role of youth in driving social change. Dr. Joseph Justin Rebello, Principal, and Fr. Shine Pauly Kalathil, Registrar, delivered felicitations, solidifying the college's dedication to community outreach. Following the formal ceremony, the students, teachers, and officials actively participated in cleaning various locations in Kochi city, underscoring the practical component of the drive and translating awareness into immediate action.



Women Empowerment Cell

Face to Face

The Women Empowerment Cell of St. Albert’s College (Autonomous), Ernakulam, in collaboration with the Kerala Women’s Commission, successfully organized a significant event titled “Face to Face” on October 16, 2025. This initiative aligns directly with SDG 5 (Gender Equality), demonstrating the institution’s commitment to fostering a gender-equitable and empowering environment. The program was formally inaugurated by Adv. Elizabeth Mammen Mathai, an Ex-MLA and former member of the Women’s Commission, bringing substantial political and social expertise to the proceedings. The event was further enriched by the insights of Adv. Prabha M, who served as the designated Resource Person. The workshop served as a crucial platform for dialogue and sensitization on topics vital to women’s empowerment and rights. Adv. Prabha M., the Resource Person, conducted a highly engaging group discussion which saw active and insightful participation from the students. The successful execution of the event was managed by a dedicated team of coordinators: the Faculty Coordinators included Asst. Prof. Mary Joseph, Asst. Prof. Rency Joseph, and Asst. Prof. Dr. Liz Mary, while the Student Coordinators were Ms. Sandra Thomas, Ms. Mayoosha TR, and Ms. Midhu Krishna. This collaborative effort between faculty and students ensured the institution’s commitment to practical engagement with social issues.



Faculty Workshop: Enhancing Institutional Quality

From October 6th to 7th, 2025, the Internal Quality Assurance Cell (IQAC) hosted a two-day Workshop for the faculty members of the college. This workshop was held at Bernard Hall. The workshop’s theme was “Enhancing Institutional Quality: A Faculty Perspective,” aimed at continuous improvement in teaching and learning standards.



Department of Business Administration (AN)

Expert Talk: Indian System of Health and Wellness

The Department of Business Administration (AN), in association with the Dean of Academics at St. Albert’s College (Autonomous), Ernakulam, organized an Expert Talk on the Indian System of Health and Wellness (IKS) on Friday, October 17, 2025, from 2:30 p.m. to 3:30 p.m. at Bernard Hall.

The session was conducted by experts Dr. Sankaradas K.U (BAMS) and Dr. Mary Safitha (BAMS, CDGO) from Prana Ayurveda. They shared valuable insights into traditional Indian health systems, particularly emphasizing the holistic approach of Ayurveda toward maintaining physical, mental, and emotional well-being. The speakers highlighted the significance of balance in lifestyle, diet, and mental health as crucial components of wellness. The event aimed to create awareness about India’s rich heritage of healthcare and encouraged students to incorporate simple Ayurvedic principles into modern living for overall well-being. The resource persons also addressed student queries.

Coordinated by Ms. Nivya K M (Faculty Coordinator) and Mr. C.M. Mohammed Junaiz (Student Coordinator), the talk successfully promoted the importance of health and wellness, aligning with the United Nations Sustainable Development Goal (SDG) 3 – Good Health and Well-being. The talk was highly informative and engaging, providing students with valuable knowledge on holistic health practices rooted in the Indian tradition.



Orenda : The Success Mantras –Student Alumni Interactive Session

The Department of Mathematics recently hosted an inspiring expert session featuring alumna Ms. Kalyani Sojan (Batch 2021), who is currently pursuing her post-graduate studies at the prestigious Indian Institute of Technology (IIT) Hyderabad.

The session, aimed at students of I B.Sc. Mathematics and I Integrated M.Sc. Statistics commenced at 10:30 AM. Dr. Divya Mary Daise S, Head of the Department of Mathematics, welcomed the audience and the speaker. Ms. Golda Mary Joseph, Faculty of Mathematics and tutor of Kalyani's former batch, provided a brief and heartfelt introduction to the accomplished alumna.

Ms. Sojan shared her valuable journey at IIT Hyderabad, detailing the challenges and rewards of the rigorous curriculum, the guidance offered by supportive faculty, and the extensive research opportunities available. The session fostered excellent interaction, with students clarifying their doubts and gaining significant motivation toward achieving their career goals.

St. Albert's College (Autonomous), Ernakulam

DEPARTMENT OF MATHEMATICS AND STATISTICS

organizes
ORENDA
THE SUCCESS MANTRAS
Student Alumni Interactive Session
in association with
MATHINFINITY CLUB & STATSPHERE CLUB

Kalyani Sojan
B.Sc Mathematics 2022-25 Batch
First Year M.A. Developmental Studies, IIT, Hyderabad

27/10/2025 10.30 am St. Albert's College

Student Coordinators: Evan James, Ann Sunil
Faculty Coordinators : Dr. Divya Mary Daise S (HOD), Ms. Meghana Rajeev, Ms. Sohana Rasheed



Invited Talk on IKS – Mathematical Contributions of Ancient India

The Department of Mathematics hosted a compelling session featuring Dr. Gautam Hathiwala, Associate Professor from Marwadi University, Gujarat, whose talk traced the historical evolution of mathematical systems.

The session began with first-year M.Sc. Mathematics students Sheena welcoming and Anusha introducing Dr. Hathiwala. In his address, Dr. Hathiwala detailed the foundational contributions of Indian scholars, emphasizing their pivotal role in inventing the modern numeral system, including the crucial concept of zero and the place-value system. He elucidated the historical transmission of these digits: invented in India, they traveled to the Arab world, and subsequently diffused into Europe. Dr. Hathiwala clarified that while often called "Arabic numerals" in the West, Arab scholars themselves historically referred to them as "Hindu numerals," making "Indo-Arabic numerals" the most accurate term reflecting this transmission path.

The lecture was highly engaging, providing students with a deep sense of pride in their Indian heritage and its contribution to global mathematics.

St. Albert's College (Autonomous)
Banerji Road, Ernakulam, Kochi - 682 018, Kerala

DEPARTMENT OF MATHEMATICS AND STATISTICS

**INVITED LECTURE
ON
INDIAN KNOWLEDGE SYSTEM
(VIRTUAL MODE)**

“Mathematical Contributions of Ancient India”

Venue: B204
Time: 10:00AM-11:00AM
Date: 6 October 2025

Dr. Gautam Hathiwala
Associate Professor
Department of Mathematics
Marwadi University
Gujarat, India

Faculty Co-ordinators:
Dr. Anto AM (9366032572)
Soozaj Kiran (9349169671)

Student Co-ordinators:
Mellipon Mathias (II BSc Mathematics)
Anjana R Nair (I MSc Mathematics)



Department of English

Talk on Hamlet – “Masks, Mirrors and Madness : The many modes of Hamlet”

The Department of English organized an expert talk titled “Masks, Mirrors and Madness: The Many Modes of Hamlet” on Thursday, October 9, 2025. The program commenced at 11:50 a.m. in Room No. 205 D. The session was formally initiated by a warm welcome from faculty member Ms. Devika V, followed by a detailed welcome address delivered by Dr. Nisha Thomji Varghese, Head of the Department of English.

The distinguished resource person for the event was Prof. Josy Joseph, Associate Professor, Department of English, S.B. College, Changanacherry. Prof. Joseph’s extensive expertise in Shakespearean works provided students with a comprehensive and nuanced overall understanding of Hamlet. Following the lecture, an interactive question-and-answer segment was held, during which students actively participated and clarified complex queries regarding the text. This engaging session successfully enhanced the students’ critical appreciation of the play.

ST. ALBERT'S COLLEGE (AUTONOMOUS)
ERNAKULAM

DEPARTMENT OF ENGLISH

**MASKS, MIRRORS AND MADNESS :
THE MANY MODES OF HAMLET**

PROF. JOSY JOSEPH
ASSOCIATE PROFESSOR
DEPARTMENT OF ENGLISH
ST. BERNHARD'S COLLEGE, CHANGANACHERRY

VENUE : 205 D
DATE - 09/10/2025
TIME - 11.30 AM - 01.00 PM

STAFF COORDINATORS:
MR. ANVESHNA DHAJI
MR. NISHA THOMJI VARGHESE

STUDENT COORDINATOR:
SREERATHAN ARJUN C S



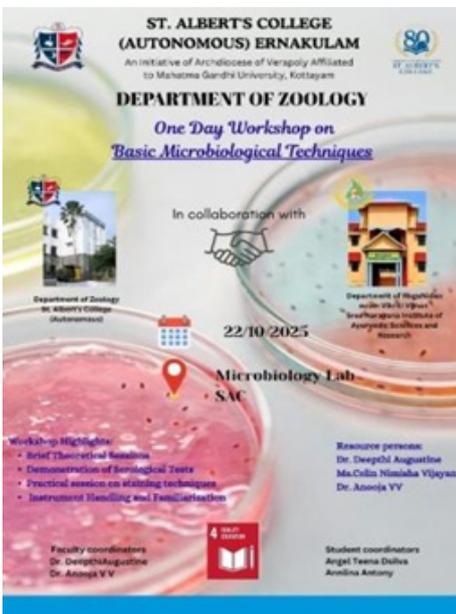
Department of Zoology

Hands-on Workshop on Basic Microbial Techniques

The Department of Zoology successfully organized a one-day hands-on workshop on 'Basic Microbial Techniques' for 22 students of the Second Professional BAMS (2022 batch) from SNIASR, Puthur, Kollam, on October 22, 2025.

This professional development program was conducted as a student exchange initiative under the existing MoU between the Department of Zoology and SNIASR. Coordinated by Dr. Deepthi Augustine and Dr. Anooja V. V., the session included demonstrations and hands-on training in Serological Techniques (Dr. Augustine), Staining Techniques (Dr. Anooja V. V.), and Familiarization with Laboratory Instruments (Ms. Celin Nimisha Vijayan).

Advanced M.Sc. Zoology students assisted the participants, who were also given a tour of the Zoology Museum. The highly productive workshop successfully enhanced the students' practical understanding of fundamental microbiology and fostered strong academic collaboration.



Department of Social Work

Department of Social Work Signed MoU with Maher Foundation, Pune

Department of Social Work signed an MoU with Maher Foundation on 25 October 2025 at Maher Ashram, Mulanthuruthy. The MoU focuses on students exchange and other social welfare programmes. The MoU was signed in presence of Rev. Fr. Shine Pauly, (Registrar), Sr. Lucy Kurian (Founder, Maher Foundation), Rev. Fr. Jenson Levera (Bursar), Ms. Dinu Simon (HOD) and other faculties in the Department.



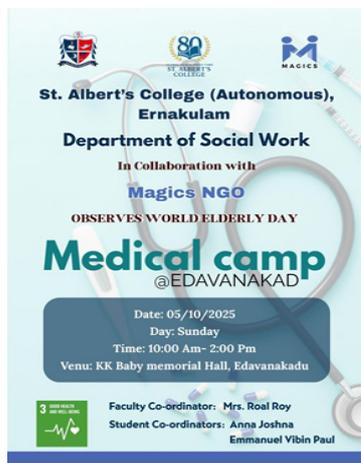
Elderly Observation Week

The Department of Social Work, St. Albert's College (Autonomous), Ernakulam, in collaboration with MAGICS NGO, observed Elderly Observation Week with a series of community-engaged programmes aimed at promoting active aging, digital empowerment, and accessible healthcare.

Under the guidance of Dr. Praveen G. Pai, Chairman of MAGICS NGO, and Ms. Roal Roy, Assistant Professor and Faculty Coordinator, the initiatives brought together senior citizens and Social Work trainees through meaningful intergenerational learning experiences.

Social Work trainees played a vital role by teaching digital skills, assisting elderly participants, and organizing events. Student organizers Akshaya V.B., Anjana N., Sara Biju, Sara Sherly, Emmanuel Vibin Paul, Dixy George, Anna Josna, and Niya Umesh ensured smooth coordination of the programmes.

Elderly Observation Week featured three major activities—Digital Literacy Programme, Intergenerational Open Mic, and a Medical Camp—each contributing to enhanced social engagement, emotional well-being, and improved healthcare access for older adults.



Department of Logistics

Seminar on Career Development

The Department of Logistics Management, St. Albert's College (Autonomous), Ernakulam, in association with the Office of the Dean, Training and Development, organized a seminar on Career Development on 15th October 2025 at St. Albert's college (Autonomous) Ernakulam. The session aimed to enhance students' understanding of career planning, industry readiness, and professional skill development relevant to logistics and business sectors. The seminar featured Mr. Hrithik Chakraborty, Business Outreach Associate, and Mr. Amit Pradhan, Vice President, LIBF India, who shared valuable insights on the evolving employment landscape and emerging opportunities in logistics, finance, and technology. Key discussions included career planning, employability skills, professional certifications, upskilling, and aligning academic

learning with industry expectations. The interactive session encouraged active student participation and career-focused discussions. Overall, the seminar enriched students' perspectives, emphasized continuous learning and adaptability, and motivated them to pursue internships, certifications, and networking.



Faculty Achievement

Research Excellence



St. Albert's College (Autonomous) is proud to announce a significant academic achievement by our respected Principal, Dr. Joseph Justin Rebello. Demonstrating a continued commitment to high-level research alongside administrative leadership, Dr. Joseph Justin Rebello has co-authored a new paper published in the prestigious Asian Journal of Statistical Sciences (Vol. 5, No-1, 2025). The paper is titled as Shrinkage Based Estimation for Stress Strength Reliability $SP[Y < X < Z]$ for the Exponential Distribution. The entire St. Albert's community congratulates Dr. Joseph Justin Rebello and his team on this contribution to the field of Statistics.

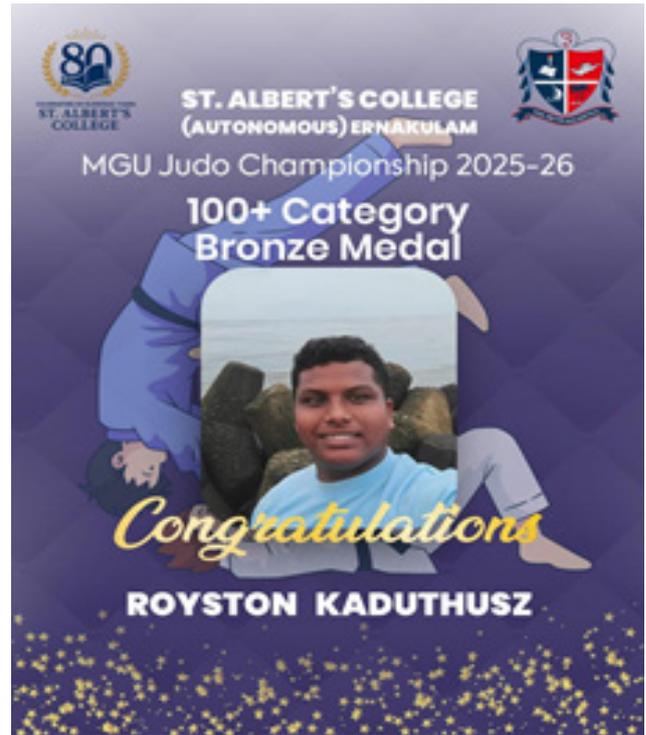
Student Achievement

Basketball Team Secures Third Prize at Kongu Trophy 2025



St. Albert's College (Autonomous), Ernakulam is proud to celebrate the success of our College Basketball Team on the national stage. The team secured a prestigious 3rd Place finish at the Kongu Trophy 2025, an All-India Basketball Tournament held in Tamil Nadu. In a competitive playoff match, our team clinched victory over SB College, Changanacherry to take home the trophy. This victory is a testament to the hard work of our players and the Department of Physical Education, adding another accolade to our institution's history as we celebrate our 80th year. Congratulations to our players and their coaches!

Bronze Medal Victory at MGU Judo Championship



St. Albert's College (Autonomous), Ernakulam is pleased to announce a proud achievement by our students, Joseph Stevo Jose and Royston Kaduthusz at the university level. Joseph Stevo, a student of III B.Voc MPSW, secured the Bronze Medal in the 75kg Category and Royston Kaduthusz a student of II B.Voc Logistics & Management, secured the Bronze Medal in the 100 kg Category at the MG University Judo Championship 2025-26. The championship was held from October 6th to October 7th, 2026, at Morning Star College, Angamaly. This accomplishment highlights the dedication and sporting spirit thriving within our student community. The College extends hearty congratulations to the students on this well-deserved success.