



Estd. 1946

EXPRESSIONS

The Albertian Newsletter

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

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Editorial



Ms. Cuckoo Joy

Reflections in the Season of Joy

December arrives with the joyful spirit of Christmas, bringing a season of warmth, reflection, and togetherness. It is a time when we pause to look back at the experiences and achievements of the year and appreciate the efforts of our students, faculty, and staff who contribute to the vibrant life of our college.

The spirit of Christmas reminds us of the values of love, kindness, generosity, and peace. As we celebrate this festive season, it also inspires us to strengthen our bonds as a community and continue striving for excellence in academics and co-curricular activities.

This December edition of our newsletter captures some of the memorable events and accomplishments that have enriched our campus life. May the message of Christmas fill our hearts with hope and positivity as we move forward into the New Year with renewed enthusiasm and determination.

Wishing everyone a Merry Christmas and a happy and prosperous New Year.

St. Albert's College (Autonomous) and KSH Munich Forge International Partnership

In a significant move toward global academic integration, St. Albert's College (Autonomous), Kochi, has officially entered into a Memorandum of Understanding (MoU) with the Katholische Stiftungshochschule München (KSH Munich), University of Applied Sciences, Germany. The collaboration marks a milestone for both institutions, aiming to bridge the gap between Indian and European higher education through shared expertise and cultural exchange. The newly established partnership is strategically designed to foster a robust academic ecosystem, centered on several critical pillars of international cooperation. At its core is the promotion of Student and Faculty Mobility, which facilitates exchange programs that allow both students and educators to gain invaluable international perspectives while experiencing diverse pedagogical styles firsthand.

Beyond individual mobility, the agreement prioritizes Joint Research Initiatives, encouraging collaborative efforts on high-impact projects, particularly within the fields of social sciences,



health, and the humanities. This intellectual synergy is further bolstered by a dedicated commitment to Information Sharing, ensuring the seamless exchange of academic publications, scholarly materials, and institutional best practices. Together, these focus areas create a comprehensive framework for global academic excellence and cross-cultural innovation.

The agreement was formalized by Prof. (Dr.) Antony Thoppil, Chairman of St. Albert's College (Autonomous), and Prof. (Dr.) Andreas Schwarz, Vice President of KSH Munich.

Department of Logistics

EPIFANO 2025 Brings Christmas Cheer and Entrepreneurial Spirit to Campus

The Department of Logistics Management organized EPIFANO 2025 – Season 6, an intra collegiate exhibition cum sale, on December 23 at Papali Hall as part of the Christmas celebrations at St. Albert's College. The event aimed to enhance students' entrepreneurial, personality, and marketing skills through practical business exposure.

The programme was inaugurated by Principal Dr. Joseph Justin Rebello, who officially opened the event with a ribbon cutting ceremony and delivered the welcome address. He also inaugurated the stalls and made the first purchase, encouraging student entrepreneurs.

Rev. Fr. Jenson Livera, Bursar of the college, and Dr. Sajeesh T.H., Vice Principal, offered felicitation during the event. Students from the Department of Logistics also presented cultural performances on stage.

Students, teachers, and non-teaching staff actively participated in EPIFANO 2025, contributing to the success of the event.



Inter-departmental Carol Competition: Joyeux Noel - Season 5

The Department of English conducted an inter-departmental Carol Competition titled “Joyeux Noel – Season 5”. Approximately 11 teams registered online for the Competition. All registered teams ensured their participation. The competition was held on 18 December 2025, 10 am at the Papali Hall. Performances were judged by vocal experts from outside, Mrs. Cincy Babu Varghese and Mrs. Ann Kurien. The judges were given mementos as a token of appreciation for their service. The first prize was won by the Department of Logistics, second prize by the Department of English and the third prize by the Department of Social Work. The winning teams were given an opportunity to perform for the College Christmas Celebration. The competition was co-ordinated by Dr. Nisha Thomji Varghese, Dr Liz Mary Antony and Ms. Jomol.



Salute & Support: Honouring Service, Sharing Hope

On 20 December 2025, the Department of English at St. Albert's College (Autonomous), Ernakulam, in partnership with the Amar Saath Foundation, organized the Christmas outreach initiative “Salute & Support: Honouring Service, Sharing Hope.” Supported by sponsors Blossom Inners and Popy Umbrellas, the day-long programme translated festive joy into meaningful social action across Kochi.

The outreach began at the Amar Saath Foundation Migrant School, where students engaged migrant children with carols and games, reinforcing a sense of dignity through inclusive education. Simultaneously, another team visited The Borstal School in Kakkanad to share messages of hope and redemption with juvenile inmates, emphasizing the power of second chances.

The initiative concluded with a tribute to the Kochi Police Force at the Edapally Police Station. In the presence of ACP Ashraf Sir, Head of Department Dr. Nisha Thomji Varghese and Amar Saath members presented mementos and gift boxes to honor the officers' selfless

St. Albert's College(Autonomous), Ernakulam

The Department of English
in association with

AMAR SAATH FOUNDATION

Salute and Support
Department of English
Outreach Programme
*Honouring Service,
Sharing Hope*

10 WISDOM
4 SALTY
17 PARTISIPANTS
16 SMALL BARRIS

Salute and Support is a celebration of gratitude and giving. This season, we come together to honour the Kochi Police Force for their selfless service and share joy, warmth and hope- because dignity, care and kindness belong to all.

BLOSSOM **DECEMBER 20, 2025** **10 AM** **POPY**

Faculty Coordinator
Dr. Nisha Thomji Varghese (HoD)

Student Coordinators
Jinoy Manuel/ Drishya Dilip/ Sivanandhana B G
Elsa P J/ Anagha S/ Niveditha Bije

service. This gratitude extended to the streets, where students distributed thank-you cards to on-duty traffic police. Through these diverse engagements, the Department reaffirmed its commitment to socially responsive education, proving that the true spirit of Christmas is found in service and compassion.



Promoting Gender Equality: Stories from the United Nations

The Department of English, St. Albert's College (Autonomous), Ernakulam, hosted a profoundly enriching session titled Promoting Gender Equality: Stories from the United Nations on 4 December 2025 at Mellano Hall. Fr. Shine Pauly Kalathil, Vice Chairman and Registrar, offered the Presidential Address, underscoring the institution's commitment to fostering conversations on equity and justice. Dr. Nisha Thomji Varghese then formally introduced the guest of honour, Ms. Arpita Varghese, whose presence elevated the occasion. Felicitations were offered by Dr. Geo Jos Fernandez, Dean of International Affairs, who highlighted the significance of global perspectives in understanding gender equality.

The keynote address by Ms. Arpita Varghese, Humanitarian Affairs Specialist at UN Women, New York, formed the heart of the event. Arpita spoke with sensitivity and conviction about her years of working with women in humanitarian crises. She narrated powerful stories of Afghan, African, and South Asian women who rebuilt their lives with extraordinary resilience despite conflict, displacement, and systemic discrimination. She shared how witnessing their courage transformed her own understanding of empowerment, teaching her that gender equality begins with listening, empathy, and creating safe spaces for women's voices. She also discussed how the UN's work aligns with SDGs 4, 5, and 10, and stressed the need for youth engagement in equity-building efforts.

A vibrant Q&A session followed, where students asked about career paths in international organisations, strategies for grassroots empowerment, and everyday ways to challenge gender norms. Arpita responded thoughtfully, encouraging them to combine compassion with action.

St. Albert's College(Autonomous), Ernakulam

DEPARTMENT OF ENGLISH

Organises

Promoting Gender Equality: Stories from the United Nations

December 4th, 2025
11.30 AM

Mellano Hall

Ms. Arpita Varghese
Humanitarian Affairs Specialist
UN Women, New York

Faculty Coordinators
Dr. Nisha Thomji Varghese
Ms. Devika V

Student Coordinators
Alona Yohannan, I BA English
Varun Antony, II MA English



English Department Launches Children's Library

On December 16, 2025, the Department of English at St. Albert's College (Autonomous), Ernakulam, marked a significant milestone in its social outreach efforts by establishing a new children's library at RLV Govt. School, Tripunithura. The initiative focused on creating a warm and joyful reading sanctuary for young learners. Students of the department generously donated a diverse collection of books, driven by the belief that every child deserves a "shelf of dreams" to ignite their imagination and inspire their future. The initiative was successfully carried out under the leadership of Faculty Coordinators Dr. Nisha Thomji Varghese (HOD), Ms. Devika V, and Dr. Steffy Antony. By "turning pages and igniting imagination," the Department continues its commitment to community service and fostering a lifelong love for reading beyond the college walls.



എറണാകുളം സെന്റ് ആൽബർട്ട്സ് കോളേജ് ഇംഗ്ലീഷ് വിഭാഗം തൃപ്പൂണിത്തുറ ആർ.എൽ.വി ഗവൺമെന്റ് സ്കൂളിൽ കുട്ടികൾക്കായി ഒരുക്കിയ ലൈബ്രറി.

Mapping the Future: Career Strategies for Literature Students

On December 5, 2025, the Department of English hosted an insightful career orientation session titled "Mapping Your Journey: Career Strategies for Literature Students." Held in room D205, the event featured Dr. Kalyani Vallath, Founder and CEO of Vallath, as the resource person. A renowned teacher and entrepreneur, Dr. Vallath has carved a unique niche in India by training literature students for competitive exams and advanced research.

The program commenced with an introduction of the chief guest by Ms. Jomol, followed by felicitations from Dr. Nisha Thomji, Head of the Department. During the engaging session, Dr. Vallath expanded the students' horizons by discussing diverse career trajectories beyond traditional teaching. She provided practical guidance on identifying job opportunities, understanding corporate requirements, and effectively approaching companies.

The event, coordinated by Mr. Sebastian A.V. and Dr. Cavya Deekshith M, was a resounding success. Students participated enthusiastically in various

activities, with winners receiving prizes for their performance. The session concluded with a formal Vote of Thanks delivered by Ms. Nila Satheesh (I MA), leaving the participants better equipped to navigate their professional futures.



Department of Business Administration (AN)

Career Launchpad: Empowering Future Professionals

On November 19, 2025, the Department of Business Administration (AN) at St. Albert's College (Autonomous), in collaboration with the Centre for Career Innovation and Resources (CCIR), organized a specialized placement readiness program titled "Career Launchpad." The session, held from 2:00 PM to 3:30 PM, was led by CA Binoy Thomas, Director of BeeTees Academy, Edappally. The primary objective of the program was to bridge the gap between academic learning and industry expectations. CA Binoy Thomas shared expert insights into strategic career planning and the essential skill sets required to navigate today's competitive job market. Students received practical guidance on enhancing their employability, mastering professional etiquette, and preparing effectively for upcoming campus recruitment drives. Coordinated by Ms. Jency Cheriyan, the event proved to be a vital stepping stone for the participants. By the end of the session, students gained a clearer roadmap for their professional journeys and a renewed confidence in their ability to meet industry standards.

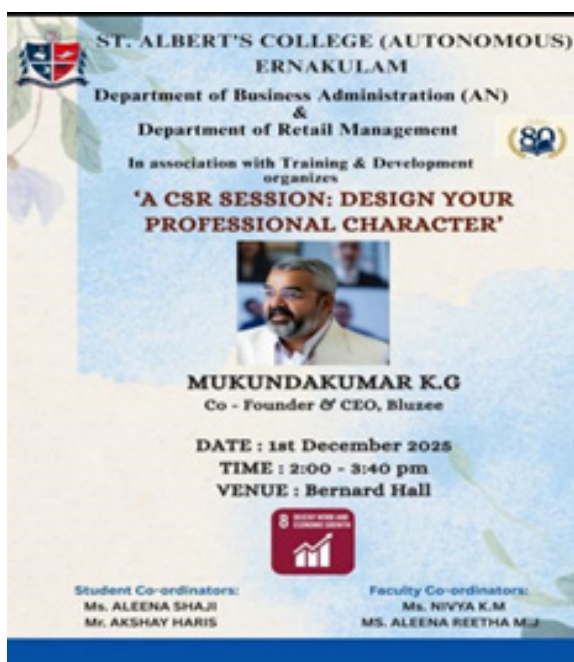


Cultivating Professional Excellence: A CSR Initiative by BBA and Retail Management

On December 1, 2025, the Department of Business Administration (AN) and the Department of Retail Management at St. Albert's College (Autonomous), Ernakulam, joined forces with the Training & Development Division to host an impactful Corporate Social Responsibility (CSR) session titled "Design Your Professional Character."

The event, held at Bernard Hall, featured Mr. Mukundakumar K.G., Co-Founder & CEO of Bluzee, as the keynote speaker. With his extensive industry experience, Mr. Mukundakumar provided students with a comprehensive roadmap for personal and professional growth. The program aimed to equip students with insights into building a strong professional character, workplace ethics, personality development, and the skills required for future career success.

The program was a testament to the college's commitment to holistic education, moving beyond textbooks to shape the "professional character" of its graduates. Thanks to the seamless efforts of the student and faculty coordinators, the session was highly interactive, leaving participants with actionable insights to fuel their future careers.



Digital Horizons: Navigating the Future of Marketing

On December 2, 2025, the Department of Commerce (SF) (AN) and the Department of Business Administration (AN) of St. Albert's College (Autonomous), Ernakulam, collaboratively hosted an insightful session titled "Explore Your Future in Digital Marketing." Held at Bernard Hall, the event featured Mr. Gibin Paul, Senior Instructor at DIGITALX Marketing Academy, as the primary resource person.

As the global business landscape undergoes a rapid digital transformation, this session was designed to bridge the gap between academic theory and industry practice. Mr. Paul provided a comprehensive overview of the digital ecosystem, focusing on essential pillars such as online branding, strategic social media management, and the power of data analytics. Through a blend of real-world case studies and practical insights, the speaker effectively mapped out the diverse career trajectories and high-



demand skill sets required to thrive in the modern marketing industry.

The program was executed seamlessly under the guidance of faculty coordinators Ms. Nivya KM and Ms. Rajani Jayapalan. By the end of the session, participants gained a clearer understanding of the evolving role of digital tools in business, leaving them highly motivated to explore this dynamic and promising professional path.



Empowering the Citizen: Navigating Law in Business and Life

The Department of Business Administration (AN), in collaboration with the National Service Scheme (NSS) at St. Albert's College (Autonomous), Ernakulam, successfully hosted an insightful session titled "Law in Everyday Business & Life: Legal Awareness – Responsible Citizenship and Careers in Law." The program featured Advocate Antony M. George of the High Court of Kerala as the resource person, who provided a masterclass on the intersection of legal frameworks and daily civic life.

Throughout the session, Advocate George demystified fundamental legal concepts, emphasizing the practical relevance of law in both personal conduct and business operations. By utilizing relatable real-life examples, he illustrated the rights and duties of a citizen, common legal challenges faced by organizations, and the critical importance of legal compliance and ethical conduct. Beyond mere awareness, the session fostered a sense of "Responsible Citizenship," urging students to act as informed and ethical members of society.

A significant highlight of the program was the exploration of diverse career opportunities within the legal field, encouraging students to consider interdisciplinary paths and informed professional choices. The interactive nature of the event ensured high levels of student engagement, transforming complex legal theory into actionable knowledge. This initiative stands as a vital step in the college's mission to produce socially conscious and professionally versatile graduates.

St. Albert's College (Autonomous) Ernakulam
Department of Business Administration (AN)
In association with
National Service Scheme
Organises

**LAW IN EVERYDAY BUSINESS & LIFE:
LEGAL AWARENESS: RESPONSIBLE
CITIZENSHIP, AND CAREERS IN
LAW**

ANTONY M. GEORGE
Advocate
High Court Of Kerala

Student Coordinator:
ALLEN ANTONY
AARON MJ

Faculty Coordinator:
ROSMY JOHNSON
SUMI BENZIGER

VENUE MELLAND HALL
18/12/2025
4:30 PM TO 5:30 PM



Department of Commerce (SF)

Enhancing Project Report Quality: A Systematic Approach to Writing and Review

On 5 December 2025, the Department of Commerce at St. Albert's College conducted an academic session titled "Enhancing Project Report Quality: A Systematic Approach to Writing and Review." Held from 10:00 AM to 12:00 PM in Room 106 B, the program aimed to equip students with the technical skills necessary for high-quality academic documentation.

The session was led by Sherin Chacko, a research scholar from St. Michael's College (University of Kerala), who shared practical insights into the research process. She meticulously detailed the essential components of a report—from the initial literature review and methodology to data analysis and final conclusions. Central to her presentation was the importance of academic integrity, specifically focusing on proper citation styles, logical coherence, and the use of digital tools for reference management.

The workshop was highly interactive, allowing students to resolve specific queries regarding plagiarism and formatting. By the end of the session, participants gained a clearer understanding of how to transform raw research into a polished, professional report. The event concluded with a vote of thanks, acknowledging Ms. Chacko's valuable contribution to the students' academic development.



Department of Medical and Psychiatric Social Work

Workshop on MSE and Case history taking, Learning disability screening, and Basic to Advanced counselling skills

The Department of Medical and Psychiatric Social Work, St. Albert's College (Autonomous), Ernakulam, organized a Workshop on MSE and Case History Taking, Learning Disability Screening, and Basic to Advanced Counselling Skills on 22nd December 2025 at Bernard Hall. The workshop was conducted with the objective of equipping students with essential clinical assessment skills required in mental health and psychosocial practice.

The session was led by Mr. TP Jawad, RCI Licensed Clinical Psychologist, who provided comprehensive training on the practical and theoretical aspects of Mental Status Examination (MSE), systematic case history taking, screening for learning disabilities, and the application of basic to advanced counselling skills. The resource person emphasized the importance of structured assessment, ethical practice, and professional competence in mental health settings.

The workshop offered an interactive learning environment through case discussions, practical illustrations,

and real-life clinical examples. Students actively participated in the sessions, which enhanced their understanding of clinical observation, diagnostic reasoning, rapport building, and documentation skills essential for effective psychosocial intervention. The programme was coordinated by Ms. Gayathri Lal T M, Faculty Coordinator, Department of Medical and Psychiatric Social Work, with the support of student coordinators Abhiram Anil and Joyal Joseph. The event was well-received by the participants, who reported that the workshop significantly strengthened their practical knowledge and preparedness for clinical and field-based work.



Department of Social Work

JAGRITHI – World Minority Rights Day Observance

Empowering Gender Minorities: A Social Work Perspective on Transgender Rights

The Department of Social Work, St. Albert’s College (Autonomous), Ernakulam organized “Jagrithi” in observance of World Minority Rights Day on 19 December 2025 at 2:00 pm in Mellano Hall. The programme focused on the theme “Empowering Gender Minorities: A Social Work Perspective on Transgender Rights.” The session was led by Mr. Sakhya S. Priyamvada, Project Coordinator of Ekatva, who shared his personal experiences as a member of the transgender community and spoke about the challenges faced by gender minorities, including discrimination, lack of family support, and barriers in education, employment, and healthcare. He also introduced Ekatva, an organization working for the welfare and empowerment of gender minorities through counselling, skill development, legal support, and advocacy. The interactive session encouraged students to reflect on their role as future social workers in promoting equality, dignity, and human rights.



Department of Computer Science

Workshop on PC Hardware and Assembling

The Department of Computer Science, St. Albert's College (Autonomous), Ernakulam organized a workshop on PC Hardware and Assembling on 19 December 2025 at Block D-310. The session was conducted by Mr. Adithyan Gireesh, a third-year senior student. The workshop helped students understand the basic components of a personal computer and provided practical knowledge on how to assemble a PC. It was an informative and useful session, especially for students interested in computer hardware and system maintenance.



Albertian Institute of Management

LEEP 2025 Focuses on Leadership and Entrepreneurial Skills

The Albertian Institute of Management (AIM) of St. Albert's College (Autonomous), Ernakulam, organised LEEP 2025 – Leadership and Entrepreneurship Enrichment Programme on December 17. The programme, conducted in collaboration with Mission Better Tomorrow and Ernst & Young, was attended by students of MBA, M.Com and B.Com.

The event featured a Fireside Chat and soft skills session led by industry professionals including Bijo Mathew Philip, CEO of Mission Better Tomorrow, along with EY representatives Kurian Xavier, Nimmy Joseph, Avin Thomas, Subash Balan and Minitha Titus. The speakers shared insights on leadership development, entrepreneurship, professional ethics and career preparedness, while interacting with students on various aspects of career growth. In the afternoon session, students took part in interactive activities aimed at developing entrepreneurial skills. The programme offered students valuable industry exposure and practical insights into workplace expectations, leadership challenges and entrepreneurial thinking.



Department of Retail Management

Festum Natalis 2025 Celebrated at the College

The Departments of Retail Management and Travel & Tourism of St. Albert's College (Autonomous), Ernakulam, organised Festum Natalis 2025 on December 4 at Baccinelli Hall as part of the institution's 80th anniversary celebrations. The event held from 11 am brought together students and faculty for a festive programme featuring games, food stalls, crafts and cultural activities.

A highlight of the celebration was "The Henna Artistry – A Mehandi Design Stall", organised by the Department of Retail Management. The stall showcased intricate henna designs and attracted enthusiastic participation from students and visitors, adding a traditional and artistic element to the festivities.

The event provided students with opportunities to showcase creativity, organisational skills and teamwork while also gaining practical exposure to stall management, customer interaction and event coordination.

The programme was coordinated by Saranya V Nair, with student coordination by Fardheena S.

Festum Natalis 2025 successfully combined celebration with learning, creating a vibrant atmosphere that reflected the spirit of community and creativity among the Albertian community.





Department of Hindi

Talk on Gender Equality Raises Awareness on Transgender Rights

The Department of Hindi (SF) of St. Albert's College (Autonomous), Ernakulam, organised a talk on Gender Equality on December 11 to create awareness about the transgender community and their rights. The programme was presided over by Fr. Shine Pauly Kalathil, Registrar and Assistant Manager of the college and inaugurated by the Principal, Dr. Joseph Justin Rebello.

The keynote address was delivered by Shakhiya S. Priyamvada, who spoke about the challenges faced by the transgender community. Speaking from personal experience as a transman, he shared insights into issues related to identity, social acceptance and rights, helping students gain a deeper understanding of gender equality.

The session concluded with an interactive discussion where students engaged with the speaker and clarified their queries.

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

SENSE OF SELF

RESOURCE PERSON
SHAKHIYA S PRIYAMVADA
CONSULTANT AND COUNSELOR IN
GENDER EQUALITY

COORDINATOR - DR. MARY RIA DCOUTH
JOINT COORDINATOR - DR. AISWARYA C.K

DATE - 11/0/12/2025
TIME - 12 PM
VENUE - BERNARD HALL

STUDENT COORDINATORS
GAURISANKAR S
DIVINETA JOHNSON



Department of Mathematics

Students Reach Out with 'Gift of Magi' Initiative

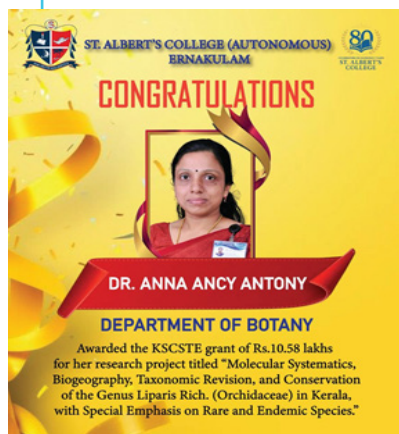
The Department of Mathematics and Statistics of St. Albert's College (Autonomous), in association with the National Service Scheme, organised "Gift of Magi", a social outreach programme, on December 20 at Boys Home, Koonammavu.

The team received a warm welcome from the authorities of the home and interacted with the inmates during the visit. As part of the programme, the students gifted board games such as carrom, chess and snakes and ladders, along with stationery items and chocolates.

The initiative aimed to spend time with the children and bring them joy through friendly interaction and small gifts.



Faculty Achievement



Student Achievement



The Department of Physical Education at St. Albert's College (Autonomous), Ernakulam, is thrilled to celebrate the outstanding achievement of **Jishnu V. M. (I BCom Tax)**. Jishnu has been crowned the "Best Player" at Kalopsia, the All Kerala Inter-Collegiate Basketball Tournament organized by Rajagiri Viswajyothi College of Arts and Applied Science, Perumbavoor.

Jishnu's exceptional performance on the court not only led to this individual honor but also brought great pride to our institution. His dedication, sportsmanship, and agility serve as an inspiration to all budding athletes on campus. We congratulate Jishnu on this well-deserved recognition and look forward to witnessing many more victories in his sporting journey.



St. Albert's College (Autonomous), Ernakulam, is incredibly proud to announce the stellar achievement of **Jyolsna A. R. (I BCom Tax)**. Jyolsna has secured the Gold Medal in the Asmita Kickboxing State Championship 2025-26 in the (-48) Low Kick category. Her victory is a testament to her rigorous discipline, physical prowess, and unwavering determination. By excelling in such a demanding combat sport, Jyolsna has set a high standard for her peers and brought immense honor to the department. We congratulate her on this remarkable feat and wish her continued success in her future athletic and academic pursuits.