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# EXPRESSIONS

The Albertian Newsletter

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

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## Editorial



**Ms. Liz Mary Antony**

### A Pocketful of Sunshine and Big Dreams

Welcome to 2026. There is a special magic in the air this semester—a sweetness that comes from realizing that while the world is big and fast, our little campus community is exactly where we are meant to be. We are seeing a beautiful “soft era” on campus where, from mental health relax days to peer-led workshops, we are looking out for each other more than ever. This year is not about rushing to a finish line; it is about enjoying the scenic route and celebrating the small milestones that make the journey sweet. Whether it is sharing late-night study snacks, building collaborative playlists that truly resonate, or simply supporting a friend, we are creating a future that is not just “smart,” but truly kind. So, take a deep breath, give yourself a pat on the back, and let’s make this year as wonderful as a sunny afternoon in the quad. We have a bright path ahead, and most importantly, we have each other.

## 38th Kerala Science Congress: A Grand Celebration of Innovation and Ecosystem Restoration

The 38th Kerala Science Congress (KSC), a premier event in the state’s scientific calendar, was held from January 30 to February 2, 2026, at the prestigious St. Albert’s College (Autonomous), Kochi. Organized by the Kerala State Council for Science, Technology and Environment (KSCSTE), the event was themed “Ocean Science for Blue Economy and Ecosystem Restoration,” reflecting a critical commitment to sustainable development and environmental preservation. The four-day congress served as a vibrant platform for scientists, researchers, and students to exchange ideas under the overarching vision of “Celebrating Science, Transforming Lives”.

The congress was officially inaugurated by the Honourable Chief Minister of Kerala, Shri Pinarayi Vijayan, who emphasized the state’s dedication to fostering a robust scientific temper and leveraging research for the welfare of the public. A National Science Expo was held at the Kalpana Chawla Science Centre, followed by a formal National Science Meet. The inaugural session featured distinguished speakers, including Prof. T. G. Sitharam (Former Chairman, AICTE) and Prof. K. P. Sudheer (Executive Vice President, KSCSTE), who emphasized the role of science in national impact and strengthening the Science, Technology, and Innovation (STI) framework. Key highlights of the first day included plenary talks on India’s bioeconomy, scientific infrastructure through the I-STEM vision, and climate security. A high-level panel discussion further explored the convergence of state-led science and commercialization for national progress.



The subsequent days were dedicated to intensive technical sessions across 13 diverse disciplines, ranging from Agriculture and Biotechnology to Mathematical Sciences and Physical Sciences. Each session was hosted in specially named “Science Zones” honoring legendary Indian scientists such as Kiran Mazumdar-Shaw, Asima Chatterjee, and Tessy Thomas. Beyond traditional research, the congress also focused on Scientific Social Responsibility, highlighting the importance of bridging the gap between laboratory research and societal needs. By fostering such a comprehensive dialogue, the 38th KSC not only showcased Kerala’s scientific prowess but also paved the way for future innovations in ecosystem restoration and the blue economy.

### Mini Marathon Flags Off 38th Kerala Science Congress

In a vibrant display of energy and communal spirit, a Mini Marathon was organized in Ernakulam as a grand prelude to the upcoming 38th Kerala Science Congress. The run, which aimed to bridge the gap between scientific inquiry and public engagement, commenced from the historic gates of St. Albert’s College (Autonomous) and concluded at the Kaloor Sports Campus. The event was officially flagged off by Ernakulam District Collector Ms. Priyanka G, IAS, who emphasized that such initiatives are vital for cultivating scientific awareness and promoting a culture of healthy living among the citizenry.

The marathon transformed into a true people’s movement, drawing an enthusiastic crowd of students, teachers, and sports enthusiasts. By bringing science out of the laboratories and onto the streets, the event successfully highlighted the theme of the Congress—“Ocean Science for Blue Economy and Ecosystem Restoration”—while fostering a sense of unity. As the participants paced through the heart of the city, the marathon served as a fitting curtain-raiser, signaling the state’s readiness to host one of its most significant scientific assemblies under the leadership of the Kerala State Council for Science, Technology and Environment (KSCSTE).



### Career Pathways in Tourism: Courses, Skills and Employment Opportunities in Aviation and Hospitality

The Department of Travel and Tourism at St. Albert's College (Autonomous), Ernakulam, hosted an insightful seminar titled "Career Pathways in Tourism: Courses, Skills, and Employment Opportunities in Aviation and Hospitality" on Tuesday, January 20, 2026. Held at the college's Mellano Hall at 04:00 PM, the event aimed to equip students with a comprehensive understanding of the evolving professional landscape within the global tourism and service industries. The session featured Mr. Jithmon George, Center Head of Hospitality AHMS, Kochi, as the primary resource person. Drawing from his extensive industry expertise, Mr. George provided students with a roadmap for success, detailing the specific academic courses and core soft skills—such as communication, adaptability, and cultural intelligence—required to excel in the competitive aviation and hospitality sectors. The seminar bridged the gap between classroom learning and industry expectations, offering a realistic view of current employment trends and the vast array of global opportunities available to aspiring tourism professionals.



### Bridging Art and Industry: B.Voc Students Explore the Kochi–Muziris Biennale

In a move to blend academic theory with real-world cultural dynamics, the Department of Travel and Tourism at St. Albert's College (Autonomous) organized an immersive field visit to the Kochi–Muziris Biennale for students of the B.Voc Travel and Tourism program. As one of Asia's largest international contemporary art festivals, the Biennale served as a living laboratory, providing students with invaluable practical exposure to the flourishing sectors of cultural and heritage tourism.

The walk-through was meticulously designed to help students witness the seamless integration of art, history, and tourism within Kochi's iconic heritage spaces. Navigating through various exhibition venues and large-scale art installations housed in historic buildings across Fort Kochi, the students observed the concept of adaptive reuse—the practice of repurposing heritage structures for modern tourism and cultural exchange. This firsthand experience offered deep insights into experiential tourism, where the destination's narrative is told through its atmosphere and creative expression rather than just its landmarks.



Guided by faculty members, the group delved into the complexities of event-based tourism management. The curriculum came to life as students analyzed key industry pillars such as visitor management, destination branding, and sustainable tourism practices. The visit also sparked discussions on the significant economic and social impacts such global festivals have on local communities, transforming Kochi into a premier global cultural hub. By stepping out of the classroom and into the heart of the Biennale, the B.Voc students gained a sophisticated understanding of how large-scale cultural events drive the modern travel industry.

## National Tourism Day Conclave: Empowering the Next Generation of Travel Professionals

To commemorate National Tourism Day, the District Tourism Promotion Council (DTPC) Ernakulam, in collaboration with FutureWings Academy, organized a prestigious Tourism Students Conclave on January 27, 2026. Held at the Collectorate Conference Hall under the theme “Explore Your Future – Tourism Edition,” the event received key support from the Ministry of Tourism (Government of India, Kochi Office) and Kerala Tourism.

The conclave was formally inaugurated by Smt. Priyanka G., IAS, Honourable District Collector, who delivered an inspiring address



on the transformative power of the tourism sector. Highlighting tourism as a vital engine for economic growth and cultural exchange, she urged students to bridge the gap between academia and industry by honing professional skills and staying abreast of global trends.

A dedicated delegation of students from the Department of Travel and Tourism at St. Albert’s College (Autonomous) actively participated in the session. The conclave provided these aspiring professionals with a unique platform to engage with administrative leaders and industry experts, offering deep insights into the vast career landscape within the hospitality and aviation sectors. This initiative underscored the college’s commitment to ensuring its students are well-prepared for the dynamic future of global travel.

## Department of Retail Management

### Mastering the Art of Living: Personality Enrichment Programme for Retail Management

On January 21, 2026, the Department of Retail Management at St. Albert’s College (Autonomous), in association with the Departmental Quality Assurance Cell (DQAC), hosted a transformative session titled “Art of Living: Life Skills & Personality Development.” The programme, held from 3:00 PM to 5:00 PM, aimed to bolster students’ emotional intelligence, self-awareness, and professional readiness.

The session featured Ms. Kripa Mariya, a Research Scholar from Marian College, Kuttikkanam, as the resource person. She delivered an engaging discourse on the pillars of success: positive thinking, self-discipline, effective communication, and stress management. Through interactive discussions and reflective activities, students explored the vital role of value-based living in achieving both academic and career goals.

Under the leadership of Ms. Aleena Reetha M. J. (Head-in-Charge) and the coordination of Ms. Hazeena P. A. (Faculty Coordinator), the event was executed seamlessly. Supported by Student Coordinator Mr. Muhammed Sidhaan, the programme successfully advanced the institution’s mission of holistic, value-based education. The event concluded with high praise, leaving participants equipped with essential tools for personal and professional growth.

## Discovering Sustainability on Site: Retail Management Students Visit Sangeetha Bag

On January 23, 2026, the Department of Retail Management at St. Albert's College (Autonomous) organized an immersive industrial visit and orientation titled "Discovering Sustainability on Site." Held at Sangeetha Bag, Kaloor, at 2:30 PM, the programme was designed to provide students with a practical understanding of sustainable business models and the critical importance of responsible consumption and production in the modern retail sector.

During the visit, students were introduced to the lifecycle of eco-friendly products, exploring themes such as sustainable sourcing, ethical production methods, and the use of biodegradable materials. The orientation highlighted the significant role of handcrafted goods in supporting local artisans and preserving traditional craftsmanship. By observing these operations firsthand, participants gained valuable insights into how environmental consciousness can be successfully integrated into retail management and supply chain operations.

The initiative was organized under the leadership of Ms. Aleena Reetha M. J. (Head-in-Charge), with faculty coordination by Ms. Annmary and Ms. Hazeena P. A. Student coordinator Mr. Muhammed Sidhaan assisted in ensuring the smooth execution of the event. This enriching field experience successfully bridged the gap between classroom theory and industry practice, empowering students to become advocates for a greener retail future.



## Department of Fisheries and Aquaculture

### Aquaculture Department Hosts Finishing School Training

The Research Department of Fisheries and Aquaculture of St. Albert's College (Autonomous), Ernakulam, conducted the Albertian Finishing School Training Programme on January 22, 23 and 27, aimed at equipping students with essential life skills, communication abilities and career-readiness competencies. The programme featured sessions by experts including Hareesh N. Ramanathan, Director, Office of International Relations, Cochin University of Science and Technology; P. N. Niju, Mind trainer and Assistant

Sub Inspector of Police and Bibin Kunjumon, CEO of Level Next.. The sessions focused on personality development, communication, leadership and career readiness through interactive discussions. The initiative provided students with valuable exposure to professional expectations and contributed to their overall personal and career development.



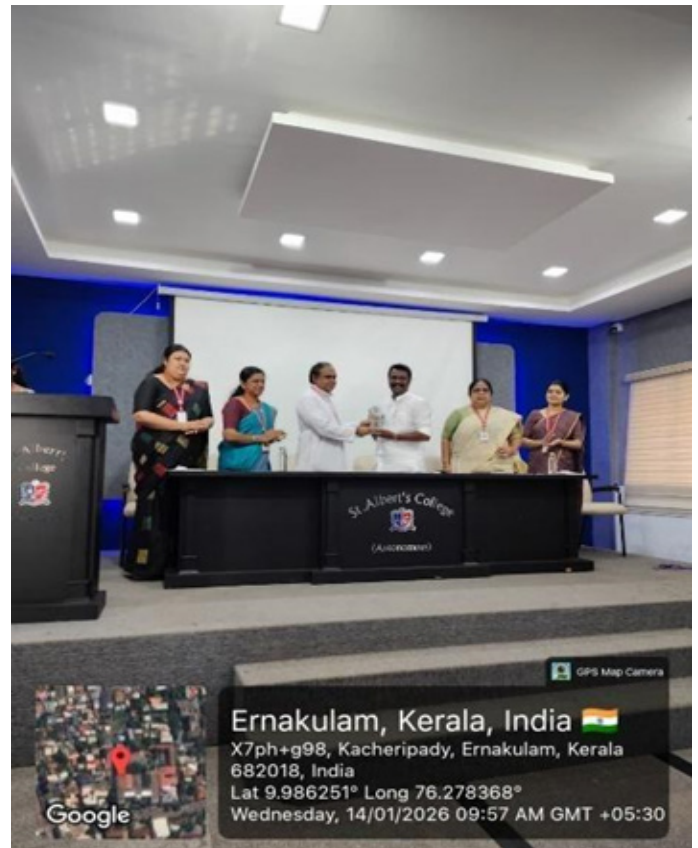
## Department of Commerce

### Commerce Department Hosts AKS 2026 on Sustainable Entrepreneurship

The Department of Commerce and Research Centre of St. Albert's College (Autonomous), Ernakulam, organised the Albertian Knowledge Summit (AKS) 2026 on January 14 at Mellano Hall, centred on the theme "Sustainable Practices in Entrepreneurship."

The programme began with a welcome address by Rosalind Gonzaga, Head of the Department, followed by the inaugural session led by Mr Baiju Nedumkery, Chairman of Agropark. The second session, conducted online, featured Mr Ryan Fernandez, Founder and Managing Director of Rymed Pvt. Ltd., who shared insights on sustainable entrepreneurship, innovation and technology driven growth.

The event also included paper presentations by students and research scholars, promoting academic discussion and active participation. The summit provided valuable perspectives on sustainable business practices and encouraged students to engage with emerging trends in entrepreneurship.



## Seminar on Indian Economy and Youth Development

The Consumer Club of St. Albert's College organized a seminar on 23rd January 2026 titled "Indian Economy Towards Youth and Enterprise Development." The session aimed to enhance students' understanding of India's economic growth and opportunities in entrepreneurship.

The programme was inaugurated with a welcome address by Dr. Rosalind Gonzaga, followed by the presidential address by Fr. Antony Thoppil. The session was led by Ms. Vineeta Hariharan, Policy Leader, who shared insights on India's economic evolution, liberalization, and government initiatives such as PMKVY, MUDRA, and Stand-Up India. The session highlighted the importance of innovation, youth empowerment, and sustainable entrepreneurship. Active student participation made the event engaging and informative.



## Commerce Department Conducts Financial Awareness Outreach for School Children

As part of the Academic Extension Programme, the Department of Commerce of the college, organised an outreach initiative titled “Financial Socialization among School Children” for Class III students. The sessions were held at Lady of Hope AIHS, Vypin on January 5 and St. Mary’s School, Ernakulam on January 21.

The programme introduced students to basic financial concepts such as money, needs, wants, saving and sharing through simple explanations and real life examples. Interactive games and quizzes were conducted to make the sessions engaging, with students actively participating and receiving small rewards for their performance.

The initiative was carried out by student volunteers in structured sessions of thirty minutes each. The programme helped young learners understand the value of money and encouraged the development of responsible financial habits at an early age.



## Commerce Department Conducts Finishing School Training Programme

The Department of Commerce and Research Centre of St. Albert’s College (Autonomous), Ernakulam, organised the Albertian Finishing School Training Programme for final year UG and PG students on January 19 and 20 at Bernard Hall. The sessions were focused on preparing students for the transition to the professional world.

The training was led by Ms. Arya Devi, Soft Skills and Employability Trainer, who conducted sessions on communication skills, professional etiquette, confidence building and overall employability. The interactive sessions encouraged active student participation and provided practical insights into workplace expectations. The initiative was well received and proved to be a meaningful learning experience for the participants.

ST. ALBERT'S COLLEGE (AUTONOMOUS), ERNAKULAM  
DEPARTMENT OF COMMERCE AND RESEARCH CENTRE

**ALBERTIAN FINISHING SCHOOL  
TRAINING PROGRAMME FOR FINAL  
YEAR UG AND PG STUDENTS**



**ARYA DEVI**  
Soft Skills and Employability Trainer

VENUE : BERNARD HALL  
DATE : 19 & 20 JANUARY 2026  
TIME : 8:30 TO 1:30

**4** **8**

FACULTY COORDINATORS :  
DR. ROSALIND GONZAGA (HOD)  
MS. NEETHA FRANCIS  
MS. RENCY JOSEPH

STUDENT COORDINATOR :  
MS. AVRIL DOTTY DSILVA



## Commerce Department Organises Research Orientation Programme

The Department of Commerce and Research Centre of St. Albert's College (Autonomous), Ernakulam, in association with the Office of the Dean Training and Development and Internal Quality Assurance Cell, organised a Hands-on Research Orientation Programme on January 15 and 16 at Bernard Hall.

The programme was led by Vineeth KM, Associate Professor of Commerce, Department of Collegiate Education, Government of Kerala, and provided practical exposure to research methodologies.

The first day focused on problem formulation, systematic literature review, and measurement and scaling techniques, while the second day covered data analysis using SPSS and report writing, including citation and referencing.

The programme enhanced students' research skills and strengthened their academic competence through hands-on learning.

ST. ALBERT'S COLLEGE (AUTONOMOUS), ERNAKULAM  
DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE

In Association with office of the Dean Training and Development,  
Internal Quality Assurance Cell(IQAC),CSDCCP

**HANDS ON RESEARCH  
ORIENTATION PROGRAMME**

**4** **8**

**DAY 1**  
Problem Formulation  
Systematic Review of  
Literature  
Measurement and  
Scaling

**DAY 2**  
Data Analysis using  
SPSS  
Report Writing -  
Citation and  
Referencing

VENUE: BERNARD HALL  
TIME: 8.A.M TO 1:30 PM  
DATE: 15 & 16 JANUARY  
2026



**DR. VINEETH KM**  
ASSOCIATE PROFESSOR OF COMMERCE  
AT DEPARTMENT OF COLLEGIATE  
EDUCATION, GOVERNMENT OF KERALA

**Students Coordinator**  
Ms. Claibyn Maria

**Faculty Coordinators**  
Dr. Tia Mathews  
Ms. Happymol Xavier  
Ms. Rajani Jayapalan

**HOD**  
Dr. Rosalind Gonzaga

## Department of BBA (AN)

### Session on Commodity Derivatives Explores Market Trends and Financial Insights

The Department of Business Administration (AN) of the college, in association with the Dean of Academics, organised a session on "Emerging Trends in Commodity Derivatives" as part of the SEBI SMARTS initiative.

The session was led by K. Prabhakaran, SEBI Security Market Trainer (SMARTS) and empanelled resource person of NISM, BSE, NSE, MCX, NCDEX and CDSL. He provided insights into the structure and functioning of commodity markets, recent developments in derivatives trading and the relevance of traditional Indian economic principles, particularly from the Arthashastra, in modern financial systems.

The programme aimed to enhance students' financial literacy and analytical skills by familiarising them with the fundamentals of commodity markets, trading practices and risk management. Through expert interaction and conceptual discussions, students gained practical knowledge of opportunities and challenges in the evolving derivatives market.



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 682018, India  
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**ST. ALBERT'S COLLEGE (AUTONOMOUS) ERNAKULAM**

DEPARTMENT OF BUSINESS ADMINISTRATION (AN)  
 IN ASSOCIATION WITH THE DEAN OF ACADEMICS

Organises

**SEBI SMARTS PROGRAM ON EMERGING TRENDS IN COMMODITY DERIVATIVES**

**Dr.K. PRABHAKARAN**  
 SEBI Security market trainer (SMARTS)  
 Empanelled Resource Person of NISM, BSE, NSE, MCX, NCDEX & CDSL

Learning Outcomes  
 Explore ancient Indian economic wisdom in modern markets  
 Understand Arthashastra principles in commodities and derivatives.

13th JANUARY 2026  
 04:00PM TO 05:30PM  
 VENUE MELLANO HALL

STUDENT COORDINATORS  
 YEDHU KRISHNA  
 6282020419

FACULTY COORDINATOR  
 ANJANA PS  
 9744904311

## Department of Zoology

### Zoology Club 'Zootopia' Inaugurated at St. Albert's College

The Department of Zoology at St. Albert's College (Autonomous) inaugurated its domain club, "Zootopia," on January 15, 2026, at Mellano Hall, aiming to promote academic engagement beyond the classroom.

The programme featured a keynote session by Dr. Jissa G. Krishna, who spoke on "Venom: Nature's Deadliest Weapon and Humanity's Lifesaver" and highlighted the expanding scope of zoological sciences, encouraging students to pursue research and innovation.

The event was presided over by Rev. Dr. Fr. Antony Thoppil, who released the department yearbook and urged students to actively participate in academic forums. Dr. Joseph Justin Rebello, the principal, commended the initiative as a platform for student development. An oath-taking ceremony inducted the club's office bearers, while student achievements were also recognised during the event.

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

**INAUGURATION OF DOMAIN CLUB ZOOTOPIA**

**"VENOM: NATURE'S DEADLIEST WEAPON AND HUMANITY'S LIFESAVER"**

TALK BY  
**DR. JISSA G KRISHNA**  
 ASSISTANT PROFESSOR  
 ASSUMPTION COLLEGE  
 CHANGANASSERY

MELLANO HALL 11.30 AM **15** THURSDAY  
 JANUARY, 2026

FACULTY COORDINATORS  
 MS. NIMLA P J  
 DR. ANOOJA V V

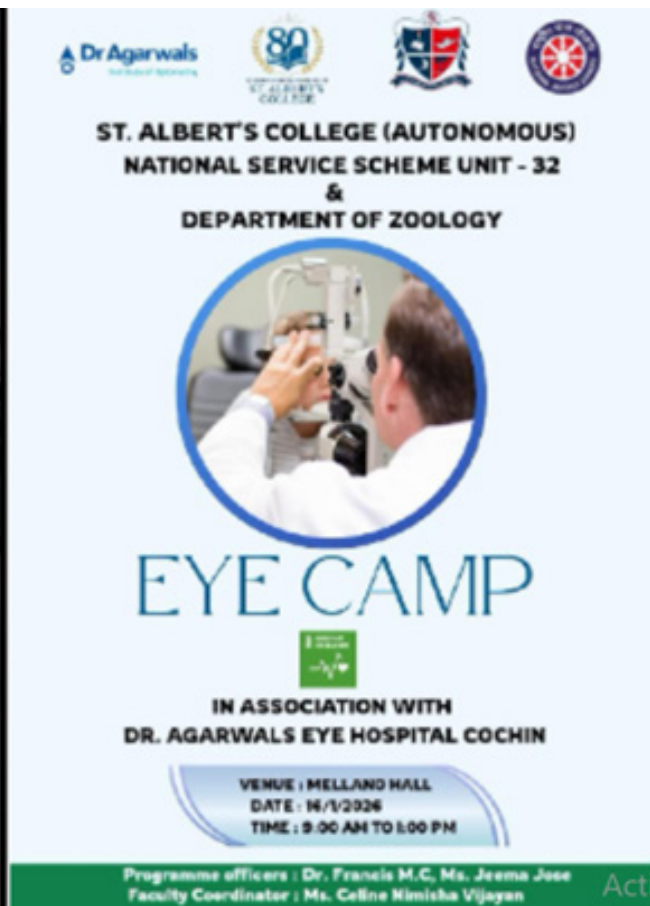
STUDENT COORDINATORS  
 MR. ARJUN B NAIR  
 MS. NELDRINA D'SOUZA



## Zoology Dept Organises Eye Camp at College

The National Service Scheme (NSS) Unit 32 of St. Albert's College (Autonomous), in collaboration with the Department of Zoology, organised an eye camp on January 16, 2026, benefiting over 150 participants. Conducted with the support of Dr. Agarwal's Eye Hospital, the programme aimed to provide professional eye screening and raise awareness about ocular health.

A team of ophthalmologists carried out vision tests and consultations, identifying common eye issues and promoting preventive care, making the initiative beneficial for the college community.



## Faculty Achievements



The Albertian Institute of Management (AIM), a premier department of St. Albert's College (Autonomous), Ernakulam, has reached a significant academic milestone during the college's 80th-anniversary celebrations. Fr. William Charles (MBA Student AIM) and Dr. Manju Das have been distinguished with the Best Paper Award at the ICHMRA 2026, an International Conference hosted by Bharata Mata College, Thrikkakara.

Their award-winning research focused on the critical role of soft skills and professional commitment within the healthcare sector. The study specifically examined how interpersonal communication, partnership, and individual effectiveness among ward staff contribute to overall organizational success. By addressing

these nuanced human factors in management, the researchers provided valuable insights into improving service delivery and professionalism in health-related environments.

This recognition at an international forum underscores the high caliber of research and scholarship encouraged at the Albertian Institute of Management. The accolade not only brings prestige to the faculty members but also reinforces the institution's reputation as a center for excellence in management studies and impactful academic contribution.

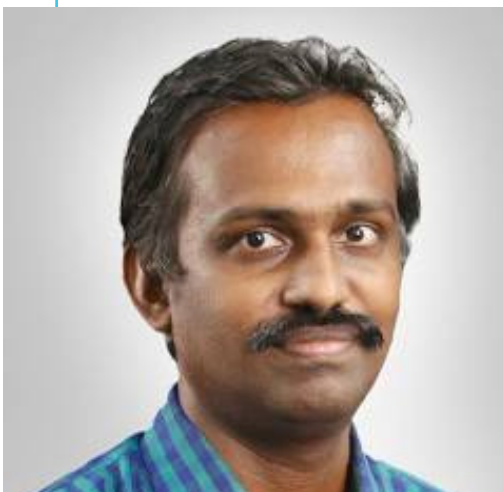


St. Albert's College (Autonomous), Ernakulam, extends its heartiest congratulations to Mr. Anty T. J. for his exceptional leadership and successful execution of the All India Inter-University Yogasana Championship 2025-26.

Serving as the Joint Convenor for this prestigious national event, Mr. Anty T. J. played a pivotal role in organizing the championship hosted at the renowned S-VYASA University (Deemed to be University), Bengaluru. His vision and administrative excellence ensured

the seamless conduct of the competition, which brought together top athletic talent from across the country.

In recognition of his outstanding contributions to the promotion of sports and yoga, he received formal appreciation from the Ministry of Youth Services and Sports, Bengaluru, Karnataka. This high-level commendation not only reflects Mr. Anty's dedication to athletic excellence but also brings immense prestige to the Albertian community. We are proud to have such distinguished leadership representing our institution on the national stage.



St. Albert's College (Autonomous), Ernakulam, is proud to announce a significant scientific contribution by C R Renjithkumar. In a newly published research article in the prestigious international journal Aquatic Research (Vol 9, 2026), Renjithkumar and his co-author, Roshni K, have provided vital insights into the demographic patterns of the endemic cichlid, *Etroplus suratensis*, commonly known as the Pearlsport (Karimeen).

The study titled "Demographic patterns of an endemic cichlid, *Etroplus suratensis*, across five rivers in the Western Ghats Biodiversity Hotspot, India," explores the population dynamics of this commercially important food fish. This publication marks a high point for the department, showcasing the institution's commitment to high-level environmental

research and biodiversity conservation. As St. Albert's College celebrates its 80th year, Renjithkumar's achievement serves as a testament to the rigorous academic standards and impactful scientific inquiry fostered within the Albertian research community. We extend our heartiest congratulations to him for this stellar contribution to aquatic science.

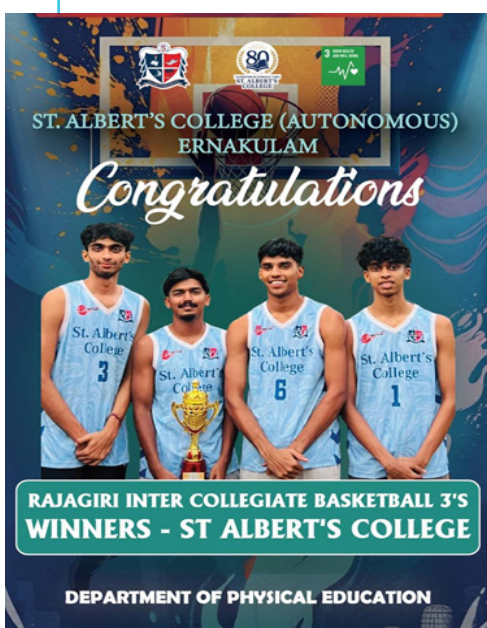


St. Albert's College (Autonomous), Ernakulam, is delighted to share the news of a significant career milestone for one of our esteemed faculty members. We extend our warmest congratulations to Dr. Nisha Thomji Varghese on her well-deserved promotion to the rank of Associate Professor in the Department of English. The entire St. Albert's family joins in celebrating Dr. Nisha Thomji Varghese's success and looks forward to her continued leadership and inspiration in the years to come.



Heartiest congratulations to Dr. Joseph Justin Rebello, Principal of St. Albert's College (Autonomous), on the publication of his research paper, "Shrinkage Estimation of the TTT of the Lomax Distribution under Progressive Type II Censoring," in the Far East Journal of Theoretical Statistics (March 2026). This achievement highlights your continued dedication to academic excellence and high-level statistical research. The Albertian community takes great pride in your scholarly contribution!

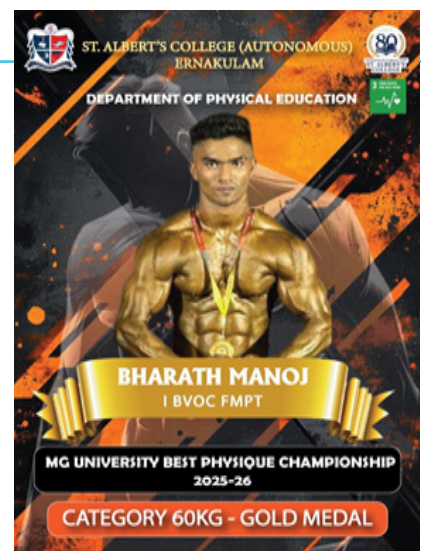
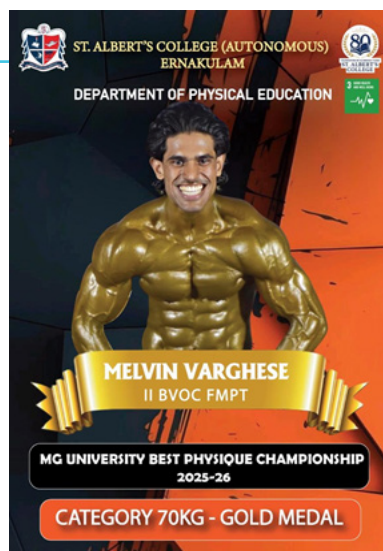
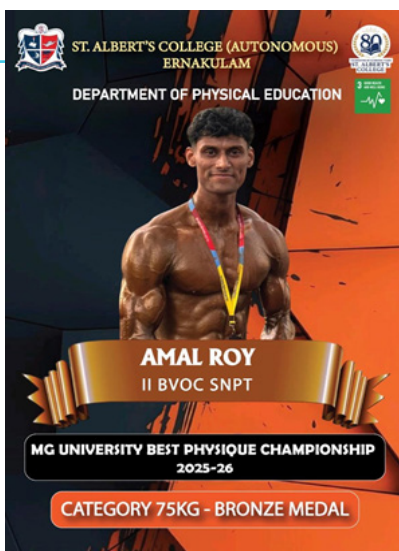
## Student Achievements



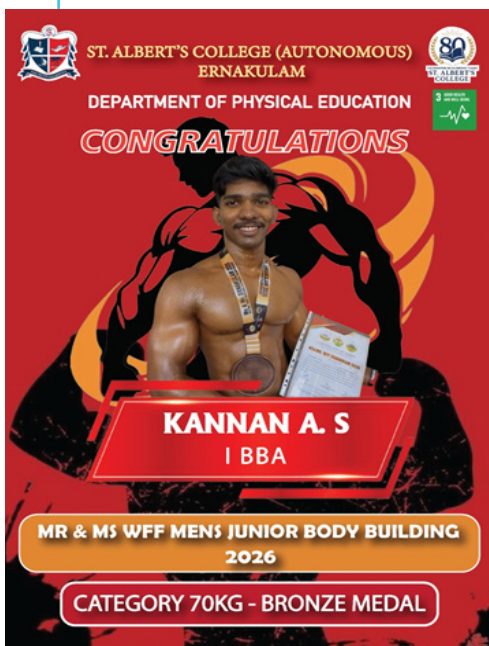
The basketball team from St. Albert's College (Autonomous) has emerged victorious at the Rajagiri Inter-Collegiate Basketball 3's tournament. Competing against top regional talent, the Albertian squad showcased exceptional skill and teamwork to secure the championship trophy. This accomplishment further distinguishes the college as it celebrates 80 years of excellence.



The football team of St. Albert's College (Autonomous) has secured the second position at the Inter-Collegiate Football Tournament organized by the Bhavans Institute of Management. Displaying remarkable grit and sportsmanship throughout the competition, the "Albertian" squad reached the finals, ultimately clinching the Runner-Up title. Along with the trophy, the team was awarded a cash prize of Rs. 5,000. This latest victory further solidifies the college's reputation for excellence in the regional collegiate sports circuit.



In a remarkable display of strength and discipline, students from St. Albert's College (Autonomous) secured multiple top honors at the MG University Best Physique Championship 2025-26. The institution's Department of Physical Education celebrated a stellar performance as three of its athletes reached the podium across various weight divisions. Leading the charge, Bharath Manoj (I BVOC FMPT) and Melvin Varghese (II BVOC FMPT) delivered powerhouse performances to clinch Gold Medals in the 60kg and 70kg categories, respectively. Adding to the medal tally, Amal Roy (II BVOC SNPT) earned a well-deserved Bronze Medal in the competitive 75kg category. This triumphant outing serves as a crowning moment in the institution's 80th-anniversary celebratory year, highlighting the college's continued commitment to excellence in sports and physical fitness. The dedication shown by these athletes not only brings pride to the Albertian community but also solidifies the college's reputation as a dominant force in university-level athletics.



The sporting legacy of St. Albert's College (Autonomous) continues to reach new heights as Kannan A. S., a first-year BBA student, clinched the Bronze Medal at the Mr. & Ms. WFF Mens Junior Body Building Championship 2026. Competing in the highly contested 70kg category, Kannan's achievement highlights his rigorous training and exceptional physical conditioning. Congratulations to him for his podium finish, noting that such individual accolades significantly contribute to the institution's vibrant sports culture.



St. Albert's College (Autonomous), Ernakulam, is proud to celebrate a monumental achievement in the field of athletics and physique sports. Amal Roy, a dedicated student of II BVOC SNPT (Sports Nutrition and Physiotherapy), has been crowned "Mr. Kerala" at the prestigious Den Classic Open Kerala Body Building Championship 2026. This victory marks a significant milestone for the student and brings immense pride to the institution's Department of Physical Education. The competition, which draws elite athletes from across the state, serves as a rigorous test of discipline, symmetry, and physical conditioning. Amal's success in securing the top title is a testament to his grueling training regimen and his deep understanding of sports nutrition—a field he is currently pursuing academically. His win is not only a personal triumph but also a reflection of the high standards of athletic excellence fostered at St. Albert's College. As the college continues its 80th-anniversary celebrations, Amal Roy's achievement stands as a shining example of the "Albertian" spirit of perseverance and excellence. The college

extends its heartiest congratulations to Amal for his stellar performance on the state stage, recognizing him as an inspiration to fellow students and aspiring athletes within the community.



ഡൽഹിയിലെ റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ അർഹത നേടിയ പ.എച്ച്.ഹരിത (റിപ്പബ്ലിക് ദിന പരേഡിനു ശേഷം എടുത്ത ചിത്രം)

## റിപ്പബ്ലിക് ദിന പരേഡിൽ മഞ്ഞുരുളൽ ശേഷം കാമുദി

കളമശ്ശേരി: ഡൽഹിയിൽ റിപ്പബ്ലിക് ദിന പരേഡിൽ രാഷ്ട്രപതി പ്രാർത്ഥനയ്ക്കിടയിൽ പങ്കെടുക്കാനായി തിരഞ്ഞെടുക്കപ്പെട്ട പ.എച്ച്.ഹരിതയുടെ സന്തോഷം അറിയിക്കുന്നതിനായി കാമുദിയിൽ റിപ്പബ്ലിക് ദിന പരേഡിന്റെ സവിശേഷതകൾ പരിചയപ്പെടുത്തിയിരിക്കുന്നു. റിപ്പബ്ലിക് ദിന പരേഡിന് തിരഞ്ഞെടുക്കപ്പെട്ട 124 പേർ

പങ്കെടുക്കുന്ന സെലക്ഷനിലൂടെ എയർ വിംഗ് ഫ്ലൈംഗ് ക്യാഡറ്റുകളുടെ വിഭാഗം പരേഡിൽ പങ്കെടുക്കാനുള്ള ഭാഗ്യമാണ് ഹരിതയ്ക്കു ലഭിച്ചത്. റിപ്പബ്ലിക് ദിന പരേഡിനുള്ള പരിശീലനത്തിന്റെ ഭാഗമായി കഴിഞ്ഞ മാസം 25 മുതൽ ഹരിത ഡൽഹിയിലാണ്. പതിനഞ്ചുവയസ്സുള്ള ഹരിത പത്താം ക്ലാസ്സിലും പ്ലസ് ടുവിനും 98 ശതമാനം മാർക്ക് നേടിയിരുന്നു. സ്റ്റാർട്ടിംഗിലും കഴിവതെ ഉയിർച്ചിട്ടുണ്ട്. പെലറ്റാകുന്നതാണ് ആഗ്രഹം. മഞ്ഞുരുളൽ പുത്തൻപുഴയിൽ ഹരിതയുടെയും സുധയുടെയും കുടുംബമാണ്.

KERALA KAUMUDE EPAPER  
Clipping Kerala Kaumudi - Ernakulam

P.H. Haritha, a second-year B.Sc. Physics student and NCC Air Wing Flying Cadet at St. Albert's College (Autonomous), has brought great honor to the institution by being selected for the 2026 Republic Day Parade in New Delhi. Emerging successful after ten grueling selection stages across Kerala, Haritha is one of only 124 cadets nationwide chosen for this prestigious opportunity. Haritha balances her academic brilliance with a passion for sports and a lifelong dream of becoming a pilot. Her participation in the national parade is a testament to her dedication and the robust training environment provided by the college's NCC unit.



St. Albert's College (Autonomous), Ernakulam, is delighted to announce the exceptional sporting achievement of one of its talented student-athletes. Under the aegis of the Department of Physical Education, Adithya V. Nayar has delivered a standout performance in the recently concluded Budolin Cricket Tournament. Adithya, a third-year student of B.Voc Sports Nutrition and Physiotherapy, showcased remarkable skill and composure on the field. During a critical juncture of the tournament, he played a decisive role by scoring a half-century, a feat that anchored his team's performance. In recognition of his technical prowess and match-winning contribution, he was officially honored as the "Player of the Match." Adithya's success serves as an inspiration to the Albertian sporting community and reinforces the college's standing as a hub for nurturing top-tier athletic talent.