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EXPRESSIONS

The Albertian Newsletter

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

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Editorial



Ms. Cuckoo Joy

Closing One Chapter, Beginning Another

As March draws the curtains on another academic year, our campus is filled with both reflection and anticipation.

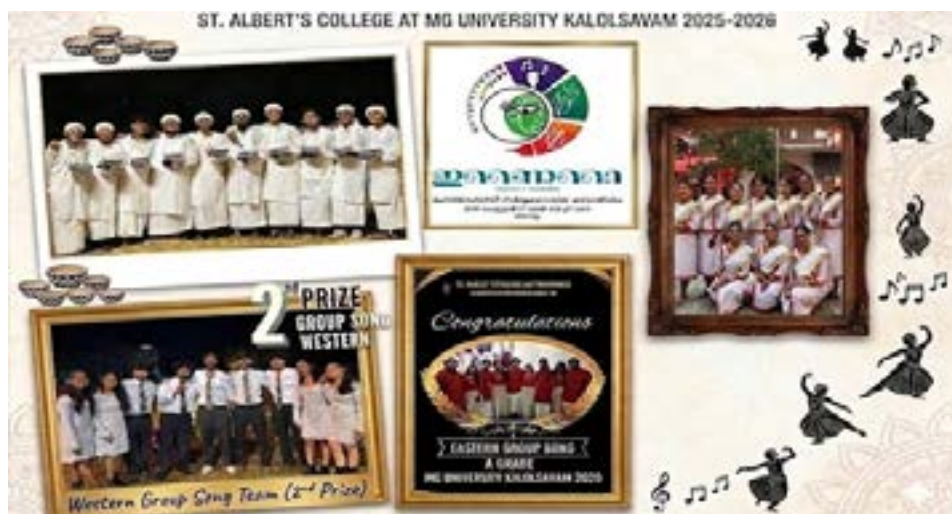
This year tested us. From late-night study sessions to cultural fests that lit up the quad, we learned that growth rarely happens in comfort zones. Our classrooms saw ideas challenged, labs saw innovation sparked, and our teams brought home trophies that made us proud.

To our final-year students: you arrived with questions and you leave with direction. The degree you carry is not just paper, but proof of resilience. As you step into new roles, remember that this college will always be your home ground. To those returning, March is not an end. It is a reset. Rest, reflect, and return ready to write the next chapter.

Thank you to our faculty, staff, and students for making 2025–26 a year of purpose.

The future is yours to create. Let's meet it well.

Albertians Shine Bright at INIMAI 2026



Teams of St. Albert's College (Autonomous), Ernakulam, after their prize-winning performances at INIMAI – MG University Kalolsavam 2026 in Thiruvalla.

Students of St. Albert's College (Autonomous), Ernakulam, delivered an impressive performance at INIMAI – MG University Kalolsavam 2026, securing the 12th position overall with 39 points at the prestigious university level cultural festival held in Thiruvalla from February 27 to March 5. The college actively participated in 49 individual and six group events conducted at venues including the Thiruvalla Municipal Stadium, Titus Teachers Training School, and Marthoma College. The achievement marks a significant milestone for the institution after many years, reflecting the dedication, artistic excellence, and competitive spirit of the students and mentors. St. Albert's College won first prizes in Duffmutt, Stringed Instrument (Eastern), and Mehendi competitions. The team also secured second prizes in Western Group Song, Wind Instrument (Western), Kathakali, and Hindi Poetry Writing. Third prizes were won in Margamkali, Hindi Essay Writing, and Rangoli. Apart from the prize winning performances, several students earned 'A' Grades in various classical dance, literary, and musical events, adding to the college's overall success at the festival. The week-long Kalolsavam concluded on March 5 with celebrations of pride and joy among the Albertian community, marking a memorable chapter in the college's cultural journey.

Honouring a Legacy: Dr. K. Madhusudhanan Bids Farewell

St. Albert's College (Autonomous), Ernakulam, hosted a heartwarming retirement function, "Aviramam," to honour the lifetime of contributions dedicated by Prof. (Dr.) K. Madhusudhanan, Head of the Department of Botany.

The event took place on 30th March 2026 at 11:00 AM in the Mellano Hall. Management, faculty, staff, and students gathered to celebrate Dr. Madhusudhanan's illustrious career, marked by academic excellence, impactful research, and unwavering mentorship. As he transitions into this exciting new chapter of life, the St. Albert's community extends its deepest gratitude for his invaluable years of service and wishes him a peaceful, joyful, and fulfilling retirement.

"An inspiring teacher leaves a trace of themselves in the minds of their students forever."

Thank you, Professor, for being our guiding light!



Women Empowerment Cell

Wall of Inspiration: St. Albert's Celebrates Women's Day

To celebrate inspiring women, the Women Empowerment Cell of St. Albert's College (Autonomous), Ernakulam, organized "The Appreciation Wall" on 9 March 2026 at Baccinelli Hall. The initiative aimed to foster a culture of gratitude by creating a vibrant space for students and staff to express admiration for the remarkable women shaping their lives.

The event was officially inaugurated by the Chairman and Manager, Rev. Dr. Fr. Antony Thoppil, who pasted the first symbolic message. Principal Prof. (Dr.) Joseph Justin Rebello, along with faculty members and enthusiastic students, soon joined in—filling the wall with colourful sticky notes dedicated to mothers, teachers, and mentors.

Coordinated by faculty members Dr. Liz Mary Antony and Ms. Jeseetta Mol Jero, alongside student coordinators Navya Joseph and Angeleena Shibu, the program successfully created a positive campus atmosphere, offering a heartfelt tribute to the invaluable role of women in society.



Department of English

Art with a Mission: Department of English and KSICL Host Mega Anti-Drug Painting Competition

On 03 March 2026, the Department of English at St. Albert's College (Autonomous), Ernakulam, in collaboration with the Kerala State Institute of Children's Literature, successfully hosted a district-level Anti-Drug Awareness Campaign and Drawing Competition at Papali Hall. Inaugurated by Shri. P. Rajeev, Hon'ble Minister for Industries, Law, and Coir, the event served as a vital platform for social advocacy under the aegis of the Kerala Government's Department of Cultural Affairs. A definitive highlight of the proceedings was a comprehensive educational discourse by the Circle Inspector of Excise Shri. Saddique A, who detailed the severe hazards of substance abuse to an audience of students and parents, followed by a high-engagement interactive session designed to strengthen community-based prevention. The proceedings were further distinguished by the presence of Shri. B. S. Pradeep Kumar, Office Manager of the Kerala State

Institute of Children's Literature, whose participation underscored the institutional support for the initiative. The initiative met with an overwhelming response, recording over 200 registrations from across the district. This led to a remarkably tight competition where winners were ultimately selected based on their thematic depth and technical execution. In the Senior Category, Amanjeet M.S. (PM Shri Kendriya Vidyalaya, Ernakulam) secured the first prize, followed by Anushka A.K. (St. Mary's HSS, Morakkala). In the Junior Category, top honours were awarded to Alfie Pinheiro (St. Mary's UP School, Njarakkal) and Agnay Ajith (St. Ann's HSS, Eloor). Coordinated by Dr. Nisha Thomji Varghese, Devika V., and Dr. Liz Mary Antony, the programme effectively utilized creative expression and expert dialogue to reinforce a collective commitment toward a drug-free society.



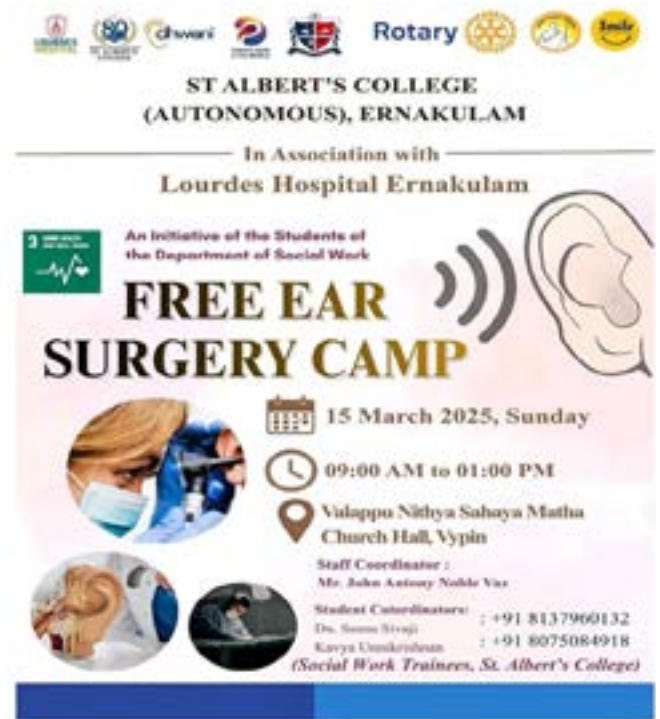
Department of Social Work

Free Medical Outreach/ Health Screening Camp, Vypin

The Department of Social Work at St. Albert's College, in collaboration with Lourdes Hospital and the Rotary Club, organized a Free Ear Surgery Camp on March 15, 2026, at Valappu Nithya Sahaya Matha Church Hall, Vypin. The camp aimed to address ear-related health concerns among the local community, especially those lacking access to specialized healthcare services. The programme was inaugurated by Dr. Tinu Abin. A total of 134 people benefited from expert medical consultation and guidance provided



during the camp. The initiative was coordinated with active support from Social Work trainees who volunteered throughout the programme. The camp reflected the Department's commitment to community engagement and social responsibility by promoting early detection and timely intervention for ear-related conditions, which are essential for maintaining communication ability, social participation, and overall quality of life.



Department of Renewable Energy

Renewable Energy Department Organises Intercollegiate Project Competition

The Department of Renewable Energy, in association with the Renovare Club, organised an Intercollegiate Project Competition on March 2, 2026, bringing together students from various colleges to present innovative ideas focused on renewable energy and environmental sustainability.

The competition featured project proposals related to renewable energy technologies, energy efficiency, green solutions, and sustainable development. Students submitted project abstracts in advance, following which shortlisted teams were invited to present their concepts before an expert evaluation panel.

The presentations were assessed based on originality, technical feasibility, environmental impact, and societal relevance. The event provided participants with an opportunity to showcase their technical knowledge, exchange innovative ideas, and receive constructive feedback from faculty members and industry oriented evaluators.

The presence of industry sponsors further enhanced the programme by strengthening academia industry collaboration and familiarising students with practical expectations in the field of renewable energy and sustainability.





Department of Economics

Mock Parliament

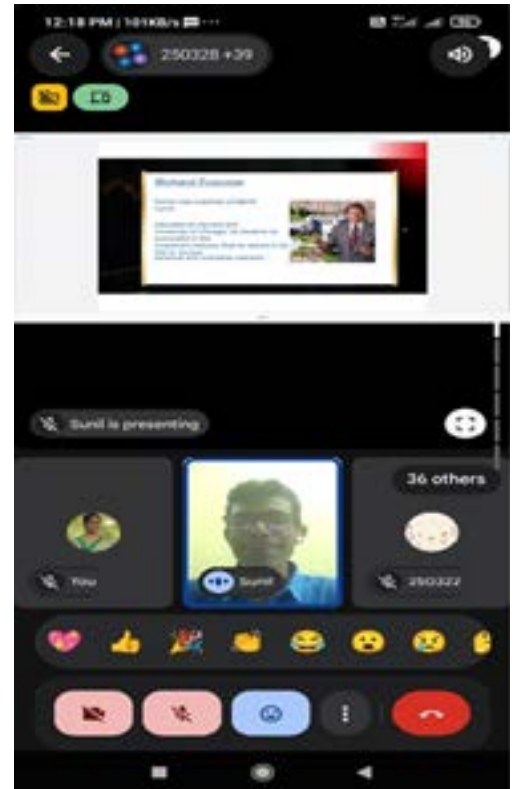
A Mock Parliament Session was organized by the Post Graduate Department and Research Centre in Economics, St. Albert's College (Autonomous), Ernakulam, on 13 March 2026 at 11:00 AM in Mellano Hall. The programme was conducted as part of the Political Science Minor course syllabus and aligned with Indian Knowledge Systems (IKS) under the theme "Governance and Polity." The session aimed to provide students with practical exposure to parliamentary procedures and democratic governance through a simulated Parliament setting. Students actively assumed roles such as Speaker, Ministers, and Members of Parliament, replicating the functioning of a real parliamentary session. The discussions focused on the Union Budget, covering important aspects such as budgetary allocations, fiscal policies, taxation, and public expenditure along with their socio-economic impact. The activity encouraged active participation, critical thinking, and informed debate among students. The Mock Parliament significantly enhanced students' analytical and communication skills while deepening their understanding of democratic institutions and civic responsibilities.



Department of Commerce

Online Session on Stock Market Trading

An online session on Stock Market Trading was conducted by the Department of Commerce on 17 March 2026 via Google Meet, with 29 participants. The session was led by Mr. Sunil P. George, a mutual fund advisor. The speaker explained the fundamentals of trading and investment, distinguishing between short-term trading and long-term wealth creation. He discussed active and passive investment strategies and emphasized the importance of discipline, consistency, and investor behavior in financial decision-making. The session also highlighted the benefits of long-term investing, the power of compounding, and common psychological biases affecting investors, including recency, confirmation, and emotional bias. Basic concepts of call and put options were also introduced. Overall, the session provided valuable insights into stock market practices and improved students' financial awareness.



Department of Space Science

Finishing School Programme

The Department of Space Science at St. Albert's College (Autonomous), Ernakulam, organized a two-day Albertian Finishing School Training Program on March 12 and 13, 2026, for M.Sc. Space Science students. The programme focused on life skills, communication, career readiness, and research opportunities, aiming to equip students with both academic and professional competencies.

The first online session was handled by Mr. Biyo Thomas, PhD Scholar at IIT Delhi, who spoke about career opportunities in astronomy and shared his research experiences. The second session was led by Ms. Sreelakshmi R.G., doctoral student at Clemson University, USA, who provided insights into atmospheric science research and higher studies abroad.

The concluding offline session was conducted by Dr. Nidhin Johnny, Assistant Professor, Department of Management, St. Albert's College. He focused on soft skills, communication strategies, life skills, and interview preparation techniques essential for professional growth.

All the sessions were highly interactive and informative, offering students practical guidance on academic progression, research opportunities, and personal development. The programme reflected the institution's commitment to holistic education and helped students enhance their confidence, leadership qualities, and communication skills for future careers in the scientific community.





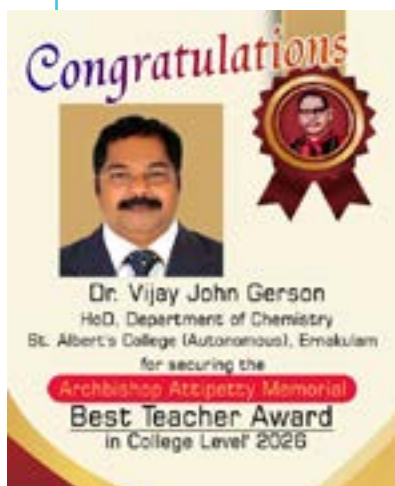
Department of Sports Science and Fitness Management

Community Health Awareness Programme

As part of a social outreach activity, a visit was conducted to Pournami Anganwadi, Ward 15, Edavanakkad, Vypin, with the participation of 27 community members. The programme began with an interactive workshop on nutrition and balanced diets, focusing on locally available foods such as seafood, millets, and seasonal vegetables to promote immunity and prevent malnutrition. Hygiene kits containing soap, sanitizers, and awareness materials on handwashing and disease prevention were also distributed. A fitness session followed, featuring yoga, Zumba, breathing exercises, and simple group games to encourage physical activity among children and adults. Basic health screenings, including BMI, blood pressure, and vision checks, were conducted, with referrals provided where necessary. The programme also emphasized mental well-being and healthy lifestyle practices. The session concluded with a feedback session, recording high participant satisfaction and encouraging the adoption of healthier habits, making the outreach a meaningful and impactful community engagement initiative.



Faculty Achievements



St. Albert's College (Autonomous), Ernakulam, proudly congratulates Dr. Vijay John Gerson, Head of the Department of Chemistry, on being awarded the prestigious Archbishop Attipetty Memorial Best Teacher Award (College Level) for the year 2026.

This coveted honour recognizes his outstanding dedication, academic excellence, and inspiring mentorship, which have significantly impacted the student community. The management, faculty, and students of St. Albert's College extend their heartiest congratulations to him on this remarkable achievement and wish him continued success in all his academic and professional endeavors.



St. Albert's College (Autonomous), Ernakulam, proudly celebrates the prestigious academic appointments of its distinguished faculty members to the Mahatma Gandhi (MG) University, Kottayam, Boards of Studies.

- Dr. Nisha Thomji Varghese – appointed as the Chairperson, Board of Studies, English (PG).
- Prof. Dr. Madhusudhanan K – appointed as a Member, Board of Studies, Botany (PG).
- Ms. Drishya K Reghuvaran – appointed as a Member, Board of Studies, Botany (PG).
- Dr. Tia Mathews – appointed as a Member, Board of Studies, Commerce (UG).

In their new roles, these educators will contribute directly to shaping and refining the university's academic curricula, bringing valuable insights from their respective fields. The management, staff, and students of St. Albert's College extend their heartiest congratulations and wish them the absolute best in their university roles.



St. Albert's College (Autonomous), Ernakulam, extends its hearty congratulations to Dr. Sree Renjima G, Assistant Professor in the Research Department of Fisheries and Aquaculture, on her latest academic achievement.

Dr. Sree Renjima has successfully published a research paper titled "Identifying potential spawning sites and factors underlying the habitat selection of Indian Scad, *Decapterus russelli*, in the south eastern Arabian Sea during non-summer monsoon periods" in the prestigious Journal of Marine Systems (an Elsevier journal with an Impact Factor of 2.5). The management, faculty, and students wish her continued success in her future academic and research endeavours.

Student Achievements

INIMAI 2026: A Celebration of Albertian Talent

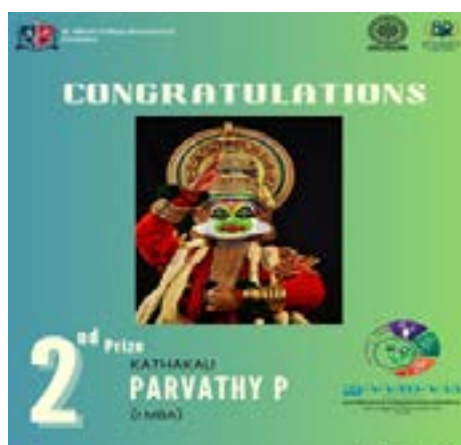
With talent, hard work, and enthusiasm, the students of St. Albert's College (Autonomous), Ernakulam, made a remarkable mark at INIMAI – MG University Kalolsavam 2026. Their outstanding performances and achievements brought great pride and recognition to the Albertian family.

Hearty congratulations to all the winners and participants who made the Albertian family proud!

First Prize Winners



Second Prize Winners



Third Prize Winners



The following students secured 'A' Grades in various events at INIMAI – MG University Kalolsavam 2026.

Item	Student Name & Department
Eastern Group Song	Group event
Keralanatanam	Anibha K J – 2nd Year BVoc Medical and Psychiatric Social Work
Bharathanatyam	Anibha K J – 2nd Year BVoc Medical and Psychiatric Social Work
Mohiniyattam	Anibha K J – 2nd Year BVoc Medical and Psychiatric Social Work
Kuchippudi (Female)	Anibha K J – 2nd Year BVoc Medical and Psychiatric Social Work
Classical Music (Male)	Karthik C Bhat – 1st Year BSc Chemistry
Monoact	Devika Sathilal – 2nd Year MCom Finance
Elocution Tamil	Febin Babu – 1st Year BSc Physics
Western Vocal Solo	Ainton Jose Abraham – 1st Year MVoc Logistics and Supply Chain Management
Short Story Writing Hindi	Mahipal Singh – 3rd Year BBA (FN)
Elocution Hindi	Mahipal Singh – 3rd Year BBA (FN)
Mappilappattu	Rajyashri K – 2nd Year BCom Finance and Taxation
Kavithaparayanam	Gopika P V – 3rd Year BCom Taxation (AN) (SF)
Folk Dance (Male)	Adhirath M Manoj – 3rd Year BVoc Medical and Psychiatric Social Work
Short Story Writing Malayalam	Harichandana S – 2nd Year MSc Chemistry
Elocution English	Agnes Thomas – 2nd Year MSW (SF)
Light Music Male)	Charuduth B – 1st Year BSc Zoology
Standup Comedy	Twahira Sartaj – 2nd Year BSc Physics
String Instrument Western	Samuel George V – 1st Year BCom Taxation

Light Music (Female)	Rajyashri K – 2nd Year BCom Finance and Taxation
Short Story Writing English	Niveditha Biju – 1st Year BA English
Percussion Instrument Eastern	Jayasurya A Panicker – 1st Year MSc Chemistry
Poster Designing	Harinandhana M A – 2nd Year BSc Industrial Fisheries (SF)
Film Review	Binoy Koshy – 2nd Year MSW (SF)
Poetry Recitation English	Neha Sumesh – 3rd Year BVoc Logistics Management (SF)
Poetry Recitation Hindi	Aswathy N R – 1st Year BCom Taxation
Elocution Malayalam	Binoy Koshy – 2nd Year MSW (SF)



St. Albert's basketball team put on a stellar performance to clinch the prestigious championship title at the All-Kerala Inter-Club Invitational Basketball Tournament. The tournament, held at Sacred Heart CMI Public School in Thevara, concluded with an exhilarating final match. St. Albert's secured the title by defeating Sree Kerala Varma College, Thrissur, with a decisive score of 78–66 to lift the Denson Vincent Memorial Ever Rolling Trophy. The management, faculty, and students of St. Albert's College (Autonomous) congratulate the entire team on this magnificent sporting triumph!

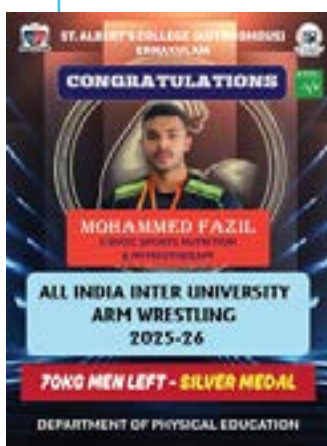


The basketball team of St. Albert's College (Autonomous), Ernakulam, put up a stellar performance to secure the Runner-Up position at the Inter-Collegiate Basketball Tournament held as part of INFLORE '26, organized by Rajagiri College of Social Sciences, Kalamassery. Competing against several formidable teams from across the region, the Albertian squad showcased exceptional court strategy, teamwork, and athletic grit throughout the tournament. Supported by the Department of Physical Education, this achievement adds another glorious feather to the college's rich sporting legacy. The management, faculty, and students of St. Albert's College extends their heartfelt congratulations to the players for bringing laurels to the institution and wish them continued success in the upcoming tournaments!



The Department of Physical Education at St. Albert's College (Autonomous), Ernakulam, proudly celebrates a magnificent medal haul at the All India Inter-University Arm Wrestling Championship 2025-26. Demonstrating exceptional strength and elite technique on the national stage, the college's athletes secured an impressive total of two Gold, three Silver, and one Bronze medal.

Leading the stellar campaign was Akzha S. Aji from I BVoc Fitness Management & Personal Training, who achieved a phenomenal double victory by capturing the Gold medal in both the Right Hand and Left Hand formats of the 90kg Women's category. In the 90+kg Women's category, her department peer, Freya Sibin, delivered an equally formidable performance to win the Silver medal in the Left Hand format and the Bronze medal in the Right Hand format.



The institution's success continued across divisions with Mohammed Fazil (II BVoc Sports Nutrition & Physiotherapy) securing a hard-fought Silver medal in the 70kg Men's Left Hand category, and Durga S. (I BA English) claiming the Silver medal in the 50kg Women's Left

Hand category. The management, faculty, and students extend their heartiest congratulations to these remarkable athletes for their dedication, sportsmanship, and for bringing immense laurels to the institution.



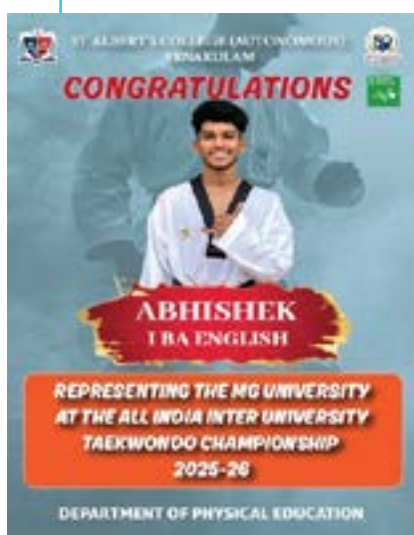
St. Albert's College (Autonomous), Ernakulam, proudly congratulates Mary Juliet (I BSc Maths) on being selected to represent Mahatma Gandhi (MG) University, Kottayam, at the prestigious All India Inter-University Karate Championship 2025-26.

Supported by the Department of Physical Education, Mary's selection to the university squad highlights her exceptional martial arts skill, discipline, and commitment. The management, faculty, and students extend their heartiest congratulations to Mary Juliet on this outstanding athletic milestone and wish her the absolute best as she competes on the national stage.

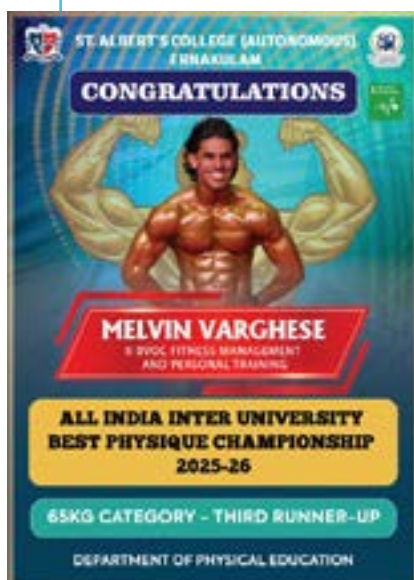


St. Albert's College (Autonomous), Ernakulam, extends its heartiest congratulations to Fidha Sajeer (I BSc Chemistry) for her stellar performance at the national sporting level. Representing the Kerala state team, Fidha secured the Bronze Medal at the 17th South Zone Throwball National Championship.

Supported by the college's Department of Physical Education, Fidha's achievement stands as a proud milestone for the institution's athletic community, showcasing her dedication, skill, and sportsmanship. The management, faculty, and students congratulate Fidha Sajeer on this remarkable triumph and wish her continued success in her future athletic endeavors!



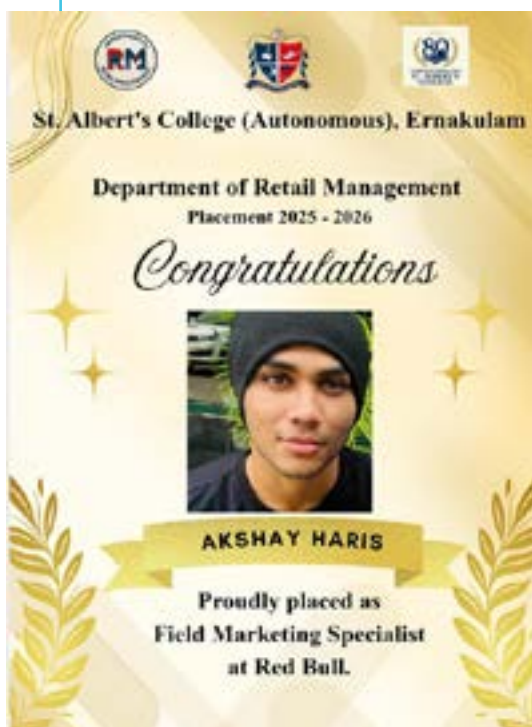
St. Albert's College (Autonomous), Ernakulam, extends its warmest congratulations to Abhishek (I BA English) on earning a spot to represent Mahatma Gandhi (MG) University, Kottayam, at the upcoming All India Inter-University Taekwondo Championship 2025-26. This proud achievement, backed by the college's Department of Physical Education, highlights Abhishek's elite skill, discipline, and dedication to martial arts. The management, faculty, and student community celebrate this remarkable milestone and wish Abhishek the absolute best.



St. Albert's College (Autonomous), Ernakulam, congratulates Melvin Varghese of II B.Voc Fitness Management and Personal Training for securing the Third Runner-Up position in the 65 kg category at the All India Inter University Best Physique Championship 2025-26. His achievement reflects dedication, discipline, and excellence in sports and fitness. The Department of Physical Education proudly applauds his success and wishes him greater accomplishments in the future.



St. Albert's College (Autonomous), Ernakulam, proudly congratulates Ashna T A of II B.Com for winning the Gold Medal at the Khelo India Asmitha Kick Boxing Zonal League 2025–26. Her remarkable achievement reflects dedication, perseverance, and sporting excellence. The Department of Physical Education takes pride in her achievement, which serves as an inspiration to aspiring student athletes.



St. Albert's College (Autonomous), Ernakulam, congratulates Akshay Haris of the Department of Retail Management on his successful placement as Field Marketing Specialist at Red Bull. His achievement reflects the department's commitment to academic excellence and career development. The college wishes him continued success in his professional journey.