

Teresian Impact

ISSUE: 18 | JULY 2024 | TERESIAN IMPACT NEWSLETTER

Inaugural Film Club and "Teresian Impact '23" Release Enthralls Audience at St. Teresa's College

- Aishwarya Urmila Bhaktha

On June 26, 2023, the Platinum Jubilee Auditorium of St. Teresa's College (Autonomous) pulsed with palpable excitement and anticipation, heralding the dawn of an extraordinary cultural event. In a meticulously orchestrated affair, the Communicative English Department, in harmonious collaboration with the esteemed Public Relations Department, unfurled the grand inaugural ceremony of the Film Club, seamlessly intertwined with the highly anticipated release of "Teresian Impact '23". This convergence of cinematic splendor and artistic fervor served as a beacon of inspiration, captivating the hearts and minds of all who graced the occasion.

The inaugural proceedings

commenced at the stroke of 11:30 am, resonating with the soul-stirring melody of a prayer song performed by Natasha Ann, a second-year undergraduate student whose mellifluous voice transported the audience into a realm of profound serenity and introspection. Maria, a second-year postgraduate student, assumed the mantle of the master of ceremonies with poise and grace, her eloquent words serving as a guiding light through the labyrinth of the day's festivities.

Amidst a sea of eager faces, Ms. Nikitha Shaji Thomas, Assistant Professor and PRO of the college, extended a gracious welcome to the luminaries of the occasion - the director and illustrious cast of "18+", including the enigmatic Arun D

Jose, The Saaf bros, the effervescent Meennakshi, and the captivating Naslen K Gafoor. The auditorium reverberated with applause as Principal Prof. Dr. Alphonsa Vijaya Joseph took to the stage, her impassioned address echoing the ethos of St. Teresa's College (Autonomous) and its unwavering commitment to excellence. The symbolic exchange of the "Teresian Impact" from Mr. Arun D Jose to Prof. Dr. Alphonsa Vijaya Joseph marked a poignant moment, emblematic of the symbiotic relationship between academia and artistic expression. The illustrious gathering was further graced by the esteemed presence of Ms. Allu Alfred, the venerable Head of the Communicative English Department, and the

venerable Mr. Arun D Jose, whose presence lent an aura of prestige and distinction to the proceedings. Following this, the film club was officially inaugurated by Naslen K Gafoor, a notable figure in the film industry, adding an air of prestige to the event. His presence and participation underscored the importance of the club's mission and aspirations, setting a promising tone for its future endeavors. It was his magnetic charisma and his impassioned words full of gratitude and reverence for the institution and its ardent admirers that truly illuminated the stage.

As the event reached its zenith, Tanisha, a luminary in her own right as a third-year undergraduate student, stepped forward to deliver a gracious vote of thanks,

her words resonating with sincerity and humility as she expressed gratitude to all who contributed to the resounding success of the event. With the spotlight now trained on the cast and crew of "18+", the auditorium brimmed with anticipation as the audience seized the opportunity to engage in an interactive session with their beloved icons, fostering an atmosphere of camaraderie and mutual admiration.

The grand inauguration of the Film Club and the triumphant release of "Teresian Impact '23" stand as a testament to the college's unwavering commitment to fostering creativity, nurturing talent, and transcending boundaries.



Renowned Director Mr. Arun D Jose releases the 17th edition of Teresian Impact



Acclaimed Actor Naslen inaugurates the film club at Elysium



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St. Teresa's College Elects Vibrant New Student Union for 2023-24

- Aishwarya Urmila Bhaktha

St. Teresa's College (Autonomous) Ernakulam successfully conducted its College Union Election for the academic year 2023-24, culminating in the election of new representatives across various key positions. The electoral process was marked by a series of well-coordinated events, ensuring a democratic and fair selection of the college union members. The election process commenced with a mandatory meeting for all potential candidates on the first day, where they were briefed on the essential rules and guidelines for their participation.

This preparatory session aimed to ensure that all participants were fully aware of the regulations and the responsibilities associated with running

for office. The following day, the candidates launched their campaigns. The vibrant campaign period saw enthusiastic participation, with candidates hanging posters, distributing flyers, and engaging in face-to-face interactions with students in classrooms. This grassroots campaigning was complemented by a robust online presence, as candidates leveraged digital platforms to reach a broader audience within the college community.

The college union comprises 12 seats, including the Chairperson, Vice Chairperson, General Secretary, Arts Club Secretary, Magazine Editor, and representatives for each year of undergraduate and postgraduate studies.

Additionally, two University Union Councillors (UUC) form part of the union.

In the lead-up to election day, a 'Meet the Candidate' program was held at the Platinum Jubilee Auditorium of St. Teresa's College (Autonomous). This event provided a platform for all candidates to present their qualifications and visions to the entire college, including both students and staff. Each candidate delivered a speech outlining their capabilities and plans, making a final appeal to the electorate. They captivated the crowd with their words and drew attention to the dreams they hoped to achieve once elected.

The election process at St. Teresa's College (Autonomous) reflects the

institution's commitment to fostering leadership and democratic values among its students. The newly elected union played a pivotal role in enhancing student life and addressing the concerns of the college community in the past year.

They were responsible for organizing events, advocating for student needs, and working closely with the administration to implement policies that benefit the entire student body. This team as anticipated brought fresh perspectives and innovative ideas, ensuring that the voices of all students were heard and represented effectively.

Their tenure undoubtedly contributed to the overall growth and development of

the college, strengthening the sense of unity and collaboration within the campus. Additionally, the union also fostered a vibrant campus culture by providing a variety of fun activities including cultural festivals, sports competitions and academic work-shops even bringing back the Teresian Week after a break to the grounds of St. Teresa's College (Autonomous) again!

The college union of 2023-24 is a remarkable group of personalities who have left a lasting mark on all of our hearts with their hard working characters. They did justice to their roles and successfully carried the academic year of 2023-24



The union members along with the Principal, Management and Chief Guest



Nikita Nayyar
Chairperson



Jwala Vasudevan
Vice Chairperson



Kezia George Thomas
General Secretary



Gargi Mohan
Arts Club Secretary



Anupama Nair
Magazine Editor



Joanne
UUC Representative



Fatima Beevi
UUC Representative



Annie Joseph
UG I Year Representative



Anjusha
UG II Year Representative



Liby Siby Baby
UG III Year Representative



Swaliha
PG I Year Representative



Sahya Sunny
PG II Year Representative

MANAGER'S MESSAGE



Rev. Dr. Sr. Vinitha CSST

It is with immense joy and profound gratitude that I pen this note for the eighteenth edition of the Teresian Impact, which is the bi-annual newsletter released by the second year Communicative English students.

This edition's theme, 'Inclusivity - Where every story finds a place,' depicts their hard work and dedication. In this day and age, inclusivity is vital and our students have reflected this beautifully in their supplementary edition titled 'Redefine'.

Teresian impact displays a wide variety of student perspectives on inclusivity along with reports of various events, awards, and other activities conducted throughout the year in our college. Over the years, Teresian Impact has set a benchmark in creative excellence and gained recognition.

I hope this edition highlighting the achievements of our students and teachers will be a pleasant reading experience for you. Best wishes for their continued success. May God bless you all!

AVANI 2023: Grand Onam Celebrations Bring Joy and Unity

-Leona M Vinoy

Onam, the annual harvest festival of Kerala is a celebratory time for keralites all over the world. It is an occasion to bond over our shared culture and heritage, and a day for all of us to come together to dance and sing about the arrival of our beloved King Mahabali. The cultural significance of the festival of Onam is a matter understood by all including the students and faculty of St. Teresa's College (Autonomous), Ernakulam. On 23rd August 2023, the

grounds of the college hosted Onam celebrations under the title 'Avani 2023', a term synonymous to the malayalam month of 'Chingam', the month in which the harvest festival is always commemorated. Students and faculty alike, took this opportunity to adorn their homeland attire from sarees to mundu, thus adding to the vibrant atmosphere that hung over the institution on the day. Numerous programmes were organized by the College Union which

involved Chenda Melam, Uriyadi and Tug of War which were all held outdoors along with the enthusiastic participation of the students in these events, thus ensuing a friendly competition among one another. Later, everyone was ushered inside the auditorium for more energetic cultural programs that included the Onam traditional dance 'Thiruvathira' performed by the students in a year-wise manner. STC Fashion Team also made their mark on this day by exhibiting the

different styles of traditional Kerala fashion with much grace, poise and suave, thus amplifying the sentiment of Onam and what it represents.

The events ended with a bash with the arrival of the star Malayalam actor Arjun Ashokan and his team, who further energized the crowd with their presence and charisma. Onam 2023 at St. Teresa's College (Autonomous), Ernakulam was truly one that left an indelible mark on both the students and the faculty members.



The STC fashion team showcases traditional Kerala attire with their unique touch



A captivating 'Chenda Melam' performance

"KALEIDOSCOPE"- The Graduation Show Of Creativity

- Missba Aisha. S

Kaleidoscope' 2023 is the annual graduation show of the fashion designing department, this year conducted on 30th of June, 2023, at Platinum Jubilee Auditorium, St. Teresa's College,

(Autonomous), Ernakulam. Kaleidoscope' is an event of colorful reflection and unique designs. The show is based on individual themes where students created

beautiful collections of 5-6 garments that portray their talent and hard work. It is based on the fundamentals of the design thinking project. The second-year undergraduate students

also displayed a collection of transformable garments. The design and creativity were highly praised by the audience and media.



Graduation fashion show named 'Kaleidoscope' by students of fashion designing, showcasing creative designs and gorgeous models.

Teresian Week: First Years grab the trophy in an Intense Inter-Year Competition

- Nihla Jalal

In a week-long extravaganza of talent, wit, and competitions, students from different years engaged in an exciting battle of skills and creativity during Teresian Week. This annual event, which was revived in 2023 after a break since 2020, saw participants from the first years, second years, third years, and postgraduate levels competing in a variety of on-stage and off-stage competitions. From October 11th to 13th, 2023, the campus buzzed with energy as students showcased their talents in various domains. Off-stage competitions including bridal makeup, mehendi art, rangoli

art, and multilingual literary competitions such as essay writing, short story writing, and poetry composition added a cultural and intellectual flair to the event. Meanwhile, on-stage activities brought the auditorium to life with riveting performances ranging from elocution and dance to drama and fashion ramp walks inspired by the iconic decades of the 70s, 80s, and 90s. Each year selected a theme to infuse their performances with a unique touch, culminating in a gorgeous display of talent and creativity. The competition was fierce, with participants

vying for the coveted ever-rolling trophy. After a week of intense battles, the first years emerged victorious, securing the top spot with their spectacular performances across various categories. Closely following the first years, the second years secured second place, the third years took third place, and the postgraduates claimed the fourth place. Adding an extra layer of excitement, a point leaderboard was maintained throughout the event, updating after each program to keep track of each year's performance. Cheerleading points were also awarded, injecting an element of team

spirit and encouragement into the competition. In a dramatic manner, the first two days saw the second years dominating both on-stage performances and cheerleading points. However, the momentum shifted on the third day as the first years staged a remarkable comeback, securing the cheerleading points and solidifying their position as the overall champions of Teresian Week 2023. The victory of the first years was a testament to their teamwork and determination, enabling them to excel across all categories. Their victory symbolised the unity and spirit put forward by

Teresian Week. The second years, third years, and postgraduate students also deserve commendation for their strong performances and participation, which made the event memorable for everyone. Teresian Week, with its blend of talent and competition, serves as a testament to the vibrant spirit of student life at St. Teresa's College (Autonomous). As the curtains close on another successful week, participants and spectators alike eagerly anticipate the next Teresian Week to cherish this tradition.



St. Teresa's College Celebrates Intellect and Beauty at Miss Teresian 2023

- Nihla Jalal

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Megha Maria Jose wins the title of second runner-up



Maxlin M Maxy is crowned Miss Teresian



Maria celebrates her victory as the first runner-up

Few events can be as spectacular as 'Miss Teresian 2023' was. 'Miss Teresian' the pageant competition exclusive to St. Teresa's College (Autonomous), Ernakulam, was conducted during Teresian Week 2023. As news about Teresian Week spread within the college, the anticipation for this spectacular event began. As the arts auditorium overflowed with spectators, all eyes were set on this event.

The pageant competition, which also highlights the aspect of intellect, was a great show for all. Undergraduate students from 1st year, 2nd year, 3rd year, and postgraduate students dressed in their breathtaking outfits took

us through an exhilarating multiple-round event. Competition rounds included a ramp walk, a question-answer session, and the final round being a one-minute write-up to the question asked by the judges.

The title winner for Miss Teresian 2023 was Maxlin M Maxy, whereas the first and second runner-ups were Megha and Megha Maria Jose. The show was hosted by two wonderful anchors, Dona Denny and Bonny Mary Mathew, who kept the spectators on their feet the whole time while ensuring that all the participants were comfortable and at their best. The esteemed judges, Arati Podi, Sangeetha Janachandran, and Renju

Renjimar meticulously assessed the contestants' overall presentation and inner strengths.

With the postgraduates taking the lead in this high-scoring competition, the Teresian Week spirit of friendly competition among all years intensified. Miss Teresian 2023 served as a testament to the college's commitment to empowering students and celebrating their multifaceted personalities.

The event proved the fact that pageant contests at St. Teresa's College is not just a beauty contest but rather a portrayal of being a true Teresian woman, a woman who embodies both beauty and intellect.



Participants of Miss Teresian gathered together, showcasing their elegance and grace



The St. Teresa's College (Autonomous), Ernakulam in-house pageant competition, 'Miss Teresian,' celebrates both beauty and talent.

The MG University Kalotsav for the year 2024 comes to an end with a flourish

- Hiba Ummer

The MG University Kalotsav for the year 2024 comes to an end with a flourish. Kottayam town had spruced up to host the Mahatma Gandhi University annual Arts Fest 2024, named 'We, the people of India'. The vibrant hues of cultural diversity converged at MG University as Kalotsav 2024 unfolded, showcasing a kaleidoscope of talent from across the region. The annual cultural extravaganza, held from February 26 to March 3, brought together students from various colleges under the banner of creativity and camaraderie.

The festival began with the inauguration ceremony, held at Baselius College Auditorium in Kottayam. The festival was inaugurated by the District Panchayat President, K.V. Bindu. Rahul Mon Rajan, Chairperson of the University Union and Syndicate members including Adv. Reji Zachariah, Dr. Biju Thomas and many other esteemed guests and dignitaries also attended the event.

Chief Minister Pinarayi Vijayan unveiled the logo and name of the Mahatma Gandhi University Arts Festival at a function held in Thiruvananthapuram. The festival is named "We, the people of India," a name coined by Meenakshi from Muvattupuzha, indicating the responsibility of the young generation to uphold the secular values of India, as explained by the Chairperson. The logo was designed by Rahul Raghu from Ernakulam. The week-long celebration was held from February 26,

Monday, to March 3, Sunday. The intricate footwork of Kathakali to the soul-stirring melodies of Carnatic music reverberated across the four main stages of the programme. The main stages were Secular (Thirunakkara Ground), Socialist (CMS College ground), Democratic (Baselius College) and Justice (BCM College). St. Teresa's College exhibited a wild array of colourful performances and bagged 1st for events including 'Folk Dance Single', 'Poetry Recitation Tamil', 'Classical Music Vocal' in the Transgender category and many others.

Cultural events were a sight to behold with how intricately all the participants had mastered the art forms. In the 'Group Song (Indian category)' St. Teresa's College (Autonomous), Ernakulam bagged the second prize with their larger than life performances. In the category of 'Other forms of Classical Dances', Nair Saranya Rajan from St. Teresa's College was placed first. In 'Mappilapattu' competition, participants portrayed a rather fierce competition that resulted in Adharva RP from St. Teresa's College. In 'Oppana', St. Teresa's College

se-

cured first prize along with other colleges. Students of St. Teresa's College (Autonomous), Ernakulam also showcased their talent in the literary events. In 'Poetry Recitation (Tamil)', Anusree R from St. Teresa's College (Autonomous), Ernakulam got the first prize. For 'Elocution (Tamil)' Neethu Febial M bagged the second prize.

On the first and second days, RLV College of Music and Fine Arts, Thripunithura and Sacred Hearts College, Thevara were among the leads which were closely followed by St. Teresa's College, (Autonomous), Ernakulam. On the final day Maharajas College, Ernakulam, trounced their rivals by a whopping 129 points while St. Teresa's College

(Autonomous), Ernakulam with 111 points came closely behind. Sacred Hearts College, Thevara, and RLV College of Music and Fine Arts, Thripunithura, shared the third spot by scoring 102 points each. The fierce competition produced Sethu Lakshmi KS of St Teresa's College (Autonomous), Ernakulam and Nandana Krishnan P of Sacred Hearts Thevara as the joint winners of the Kalathilakam award. Vishnu S of RLV College won the Kalaprathibha award. Sanjana Chandran, a transgender student from St. Teresa's College (Autonomous), Ernakulam secured the Prathibha Tilak Award, which was an honour given to the out-

standing performers in the transgender category. Colleges in Ernakulam had dominated the scoreboard during the competitions with vigour but Maharajas College, Ernakulam, had climbed their way to the top during the final days of the competition. The vigorous competition was a result of tireless practice and hard work by the teams that had participated.

While the competitions are undoubtedly the highlight of Kalotsav, the festival offers much more than that. It is also a platform for students to unleash their creativity and push their artistic boundaries. Kalotsav also pays homage to the rich cultural heritage of Kerala. Traditional art forms like Kathakali, Mohiniyattam, and Thiruvathirakali take centre stage, allowing participants to delve into the roots of their culture and showcase the beauty of their traditions. It is also a time for students to come together, forge new friendships, and create lasting memories. From late-night jam sessions to impromptu dance-offs, Kalotsav is an ex- peri-

ence that goes beyond the stage.



A conversation with an Oppana performer

- Hiba Ummer

Q. Congrats to all of you! How does it feel now that you have bagged the first prize for our college?

A. We feel tremendous joy that our months of hard work have finally paid off. There are a lot of people to thank, our Oppana teacher, Insamam Sir, the College Union Members, student volunteers and everybody who has worked behind the scenes for the Kalotsav. Oppana is deeply rooted in the cultural fabric of Kerala, so it had been an honour performing an art form like that on the stage. The first prize was very unexpected, fortunately everything turned out well.

Q. What inspired you to be-

come involved in Oppana?

A. I was captivated by the beauty and elegance of Oppana since childhood. Witnessing its grace and cultural significance at weddings and festivals inspired me to become involved. I felt compelled to preserve and promote this traditional art form, ensuring it continues to thrive for future generations.

Q. How long have you been performing Oppana, and how did you learn it?

A. I've been performing Oppana for 7 years. I learned it from school for school festivals. Over the years, I've dedicated myself to honing my skills through practice,

dedication, and a deep appreciation for the art form.

Q. Could you describe the typical attire worn during an Oppana performance?

Sure! Traditional attire for Oppana includes a white mundu called 'Kachimundu', head covering called 'Thattam' and long blouse with full sleeves. They are adorned with gold borders and bangles and hand designed with mehandi.

Q. What are the key elements of a successful Oppana performance?

A. : A successful Oppana performance requires synchronized movements, rhythmic clapping, me-

lodious singing, and expressive gestures. The coordination among team members is crucial to create a harmonious and captivating performance that resonates with the audience.

Q. How do you select the music and songs for your Oppana routines?

A. Interviewee: To be honest, our Sir, Insamam did most of the selecting. Oppana generally selects most of the songs that align with the theme and mood of our performance. Traditional Oppana songs are chosen for their lyrical beauty and cultural significance, adding depth and authenticity to our heritage.

DIRECTOR'S MESSAGE



Rev. Sr. Emeline CSST

I am happy about the release of the edition of Teresian Impact, the bi-annual news letter published by the second year students of the Communicative English Department. The theme taken up is one of high relevance in the present scenario which is 'Inclusivity - Where Every Story Finds a Place'. It brings to the forefront the need to bring to the limelight the marginalized groups in our society. Their voices also deserve to be heard as they are part of the warp and weft of this glorious carpet of life.

This newsletter explores diverse perspectives and highlights the importance of creating an environment where every individual feels valued and represented. I congratulate the students and faculty for selecting this unique theme and presenting it through the supplementary newsletter 'Redefine'

I hope and pray that this edition of Teresian impact inspires meaningful conversations and encourages a deeper understanding of inclusivity in our community. May God bless you.



Our college triumphs with first prize for Oppana Competition at MG University Kalolsavam.



TERESIAN MEDIA CENTRE
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Discussion on 'Kara', A Novel by Sarah Joseph.

-Ann Jomon

The Malayalam Departments of St. Teresa's College (Autonomous) and Maharaja's College, along with Thrissur Current Books, held a discussion on Sarah Joseph's novel "Kara" on December 12, 2023. The event featured the renowned feminist writer and captivated audiences of all ages.

Public Relations Department Inauguration & Logo Launch

- Zehra B Abdulla

The inauguration of the Public Relations Department, marking a significant milestone in our journey towards effective communication and outreach, took place on the 18th of December 2023 at 10 am in the Arts Auditorium. This event was graced by the presence of distinguished guests and dignitaries, making it a memorable occasion.

The chief guest for the day was Ms. Manju Gopinath, the PRO of FEFKA, who brought her extensive expertise and insights to the event. The daily

was also honored by the presence of Principal, Dr. Alphonsa Vijaya Joseph, Dr. Sajimol Augustine, Senior Administrator, Ms. Nikitha Shaji Thomas, Assistant Professor and PRO, and Zehra B Abdulla, the President of the Public Relations Department.

The highlight of the event was the official logo launch for the Public Relations Department. Ms. Manju Gopinath had the privilege of unveiling the logo, symbolizing the new identity and vision of the department. In her address to the audience,

Ms. Gopinath spoke about the essence of Public Relations, emphasizing its importance in building and maintaining the image and communication of an organization.

In a special segment of the ceremony, The Principal, Dr. Alphonsa Vijaya Joseph, along with Ms. Manju Gopinath, awarded badges to the core team of the Public Relations Department. Following the badge distribution, the inaugural ceremony concluded with a vote of thanks, expressing gratitude to all those who contributed to the successful

organization of the event. The formal proceedings were then followed by vibrant cultural programs performed by students from various departments, adding a festive and celebratory atmosphere to the occasion.

The event was a resounding success, reflecting the collective effort and enthusiasm of everyone involved. The new chapter in the Public Relations Department promises enhanced communication strategies and outreach initiatives, paving the way for a dynamic and engaging future.

PRINCIPAL'S MESSAGE



Dr. Alphonsa Vijaya Joseph

St. Teresa's College (Autonomous) has continuously maintained admirable standards in academics and extracurricular activities. It gives me immense pleasure to introduce the eighteenth edition of the Teresian Impact, the biannual newsletter devised by the second year students of the Communicative English Department.

The theme of the newest edition is 'Inclusivity - Where Every Story Finds a Place'. The supplementary newsletter, named 'Redefine', encompasses all aspects of inclusivity needed and present in our society. As our college enters its 100th year, this newsletter highlights the immense values of inclusivity our college has upheld and fostered throughout its history. The inner pages of the newsletter enlighten readers about the important milestones the College has achieved, as well as the events conducted by various departments. The efforts put in by the team are commendable. The enthusiasm and avidity displayed by the entire Department, supported by a bunch of competent teachers and a team of passionate students, are worth great accreditation. I wish them all the best.



Inauguration of the Public Relations Department and enlightening the audience about the PR world by the chief guest, Ms. Manju Gopinath.



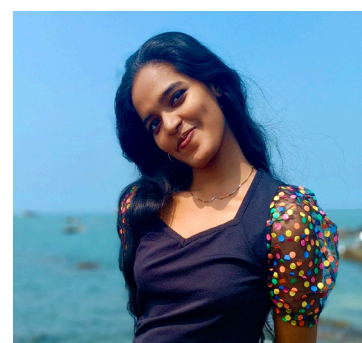
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Public Relations Officer



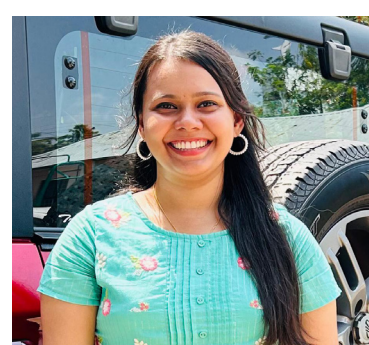
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TERESIAN MEDIA CENTRE
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

HOD'S MESSAGE



Ms. Allu Alfred

The Department of Communicative English is delighted to present the 18th edition of our college's biannual newsletter, *Teresian Impact*. Keeping in mind contemporary issues, the theme chosen for this edition is 'Inclusivity - Where Every Story Finds a Place'. The supplementary newsletter, 'Redefine', serves as a showcase for inclusivity present around us. This edition aims to highlight the diverse voices within our community, reflecting our dedication to creating an environment where everyone feels valued. It includes a range of articles, interviews, and creative pieces that explore different experiences, offering a comprehensive view of the inclusivity we strive to achieve.

Our students have shown remarkable enthusiasm and commitment in producing this edition. I would like to extend my heartfelt appreciation to our team of students and faculty members, especially Ms. Gayathri M., for her invaluable guidance and mentorship. Their hard work and creativity have truly brought this edition to life. I sincerely wish them all the best and continued success in their future endeavors.



Master Eldhose P Aby demonstrates Taekwondo to the students

FRENCH FEST 2023: A Feast of Language, Culture, and Delicious Delights

- Vaishnavi Ganesh

The French Department's "La Fête Francophone" for the 2023-2024 edition captivated attendees on November 7th. Organized by 3rd UG students with support from PG students and 1st & 2nd UG students, the festival showcased remarkable creativity. Vice-Principal, Dr. Kala M S and French Department Head, Madame Sabeena Bhaskar inaugurated the event with gracious words.

The festival commenced

with a lively ceremony hosted by Azna and Shireen of III UG, featuring a fusion of Indian and French cultures through dance and a fashion show. Competitions, including spell bee, quiz, salad making, essay writing, group song, and fashion show, engaged participants of all ages.

The crowning of Miss and Mister Francophonie and a stand offering delectable French food such as

croissants, pains au chocolat,

quiches végétariennes et non-végétariennes, vol-au-vent, mousses au chocolat ou à la fraise, éclairs, choux et gâteaux faits maison, added to the festive spirit.

The event concluded with a ceremonious prize distribution, leaving students eagerly anticipating next year's edition. Feedback from participants and attendees were overwhelmingly positive, highlighting the meticulous planning and execution

by the organizing team. This year's "La Fête Francophone" not only celebrated the beauty of the French language and culture but also fostered a sense of community and camaraderie among students, faculty, and guests.

The festival's success underscored the collaborative spirit and dedication of the department, promising even more engaging and enriching experiences in the future.



The dancers moved with passionate intensity, blending traditional Spanish flair with French artistry. The music created a unique, captivating atmosphere.

Department of Physical Education Hosts Taekwondo Workshop

- Zehra B Abdulla

On September 15, 2023, the Department of Physical Education held a Taekwondo self-defence workshop at the Platinum Jubilee Auditorium for 1st DC students. Led by Master Eldhose P Aby, General Secretary of the Taekwondo Association of Ernakulam. The session aimed to equip students with essential self-defence skills. Principal Dr. Alphosa Vijaya Joseph inaugurated the event, emphasizing the institution's commitment to student safety.



Commerce department sets the stage for Riqueza fest 2024

- Nihla Jalal

The Department of Commerce of St. Teresa's College (Autonomous), Ernakulam organised Riqueza fest on 30 January 2024. Riqueza is the commerce fest which was held at the arts auditorium of the college with the attendance of multitude of spectators from various places. The fest featured a variety of artists portraying their talents along with various inter-collegiate competitions. Competitions included treasure hunt, ad reel creation, dance, business quiz and a mystery game along with various enjoyable stalls and booths. Attendees were presented with stalls like face paint-

ing stalls, custom jewellery creation, live sketching, mehendi stalls and more. An exclusive poetry recitation was presented by Lady Lazarus and a booth for fortune telling became one of the centres of the event's attraction. A pre-event banner reveal was conducted at the arts block on 23 January at 11:30 am featuring stellar music performance by Arjun KK and George Austin. The commerce fest held on 30 January featured an open mic opportunity open to all and included a fantastic artist lineup including Dominic Baby, Vikings, a collaborative performance from Anjana Sagar and Ashbel

Peter as well as Ashwin Kumar and Maithreyee. A striking performance by Annette Elizabeth Jefry, Rachel Ann Ajith, Steven Ajith Varkey stunned the audience. The fest also featured a show by the band, Chyaapi and the guest performer was Joseph Vinu. Riqueza 2024 truly lived up to its name, a treasure trove of artistic and intellectual brilliance. With electrifying performances, captivating competitions, and vibrant stalls, Riqueza 2024 left a lasting impression on all who attended.



Variety of cultural events stunned the audiences at the Riqueza fest 2024

Debate Sparks Enthusiasm at Federal Bank Speak for India Kerala Edition 2023-24

- Nidha Fathima

The Federal Bank Speak for India Kerala Edition 2023-24, organized by Mathrubhumi, witnessed a highly enthusiastic debate at its Ernakulam district-level competition held at St. Teresa's college. The event was inaugurated by District Development Commissioner M.S. Madhavikutty, whose question on aspiring civil service entrants was met with a wave of raised hands and roaring enthusiasm from the audience, truly embodying the tagline 'ideas illuminate like a lighthouse.'

Participants for the district-level competition were selected from block-level and the topic for district level was "Will artificial intelligence surpass human intelligence". Following the vigorous debate, four participants advanced to the semifinals: P.

Anagha (School of Legal Studies, CUSAT), Adiya Nair (NUALS), K. Mithilaj (Hidaya Islamic Academy), and Susan Vinod (St. Teresa's College). The panel of judges included C. Anoop Lal (Federal Bank Deputy Vice President & Branch Head), N.R. Anil Kumar (former Head of the English Department, Kerala Varma College, Thrissur), and Jijo Syriac (Chief Sub-Editor, Mathrubhumi).

The event also featured speeches by P.V. Mini (Vice President, Public Relations, Mathrubhumi), Vishnu Nagappalli (AGM, Media Solutions), P. Sindhu (Regional Manager), Dr. Alphonsa Vijaya Joseph (Principal, St. Teresa's College), Dr. M.S. Kala (Vice Principal), and Nikitha Nair (College Union Chairperson).



International Yoga Day

- Prisciilla Martin

Natya Yoga workshop conducted by department alumna Varsha Venugopal. Natya Yoga integrates dance with traditional yogic practices, establishing an amalgamation of movement and spirituality. Participants engaged in fluid movements and breath-focused postures, fostering a meditative state of mind. Miss. Varsha emphasized the importance

of breath awareness and the transformative potential of yoga, promoting physical well-being, mental clarity, emotional equilibrium, and spiritual connectivity. The event aimed to highlight the profound benefits of yoga and its capacity to cultivate a healthier and more unified community, thereby leaving a lasting impact on all participants.

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AURUM 2024: A Resplendent Celebration of Management and Culture

- Aishwarya Urmila Bhaktha

The Department of Management Studies hosted AURUM, a vibrant management fest, on the 14th and 15th of February 2024. This grand event, named after the Latin word for gold, truly shone with an array of activities, guest appearances, and competitions that captivated participants and spectators alike.

AURUM 2024 featured notable performances and appearances by several stars. Renowned artists Tirumali and Thudwiser graced the stage, enchanting the audience with their stellar performances. Their presence added a touch of glamour and excitement to the fest. Additionally, the STC fashion team delivered a power-packed performance that was nothing short of spectacular. The team's presentation was a perfect blend of elegance and energy, leaving the audience in awe. The fest also featured the much-anticipated corporate walk, a highlight that showcased the poise and professionalism of the participants. Celebrities such as Anna Prasad, Shyam Doc, and B with Ben also made appearances, further elevating the fest's allure. The star-studded lineup was rounded off

with a special appearance by the cast of the upcoming movie "Marivillin Gopurungal." Their visit not only promoted their film but also electrified the atmosphere of the event.

AURUM 2024 was a hub of competitive spirit and creativity. The fest organized a variety of competitions that tested the skills and ingenuity of participants. Among these were 'the best manager' competition, best management team competition, marketing games, treasure hunts, reel-making competitions, and photography contests. Each competition was designed to challenge the participants' strategic thinking and creativity. The winners of these competitions were awarded cash prizes, adding an extra incentive for participants to put forth their best efforts. The competitive events were a major draw, attracting students and enthusiasts who were eager to showcase their talents and gain recognition. In addition to the competitions, AURUM 2024 offered a range of engaging services that allowed attendees to explore their creative side. Services such as hair braiding, nail art, face painting,

and henna designing were available at affordable rates, making them accessible to all. These activities provided a relaxing and enjoyable break from the competitive events, allowing participants to unwind and indulge in some personal pampering. AURUM 2024 was a resounding success, seamlessly blending entertainment, competition, and creativity. The fest not only highlighted the organizational prowess of the Department of Management Studies but also provided a platform for students to exhibit their talents and skills. With its diverse array of events and star-studded lineup, AURUM 2024 set a new standard for management fests, leaving attendees with unforgettable memories and a renewed enthusiasm for future editions. The Department of Management Studies has once again demonstrated its commitment to fostering a dynamic and inclusive environment for learning and growth. AURUM 2024 will undoubtedly be remembered as a golden chapter in the annals of the department, shining brightly as a testament to the power of collaboration, creativity, and celebration.



The chief guests addressing the audience at the Aurum fest



Inter-collegiate fashion show left the audience speechless

The National Handloom Day Celebration 2023 - "SWADESHI"

- Missba Aisha. S



Adorable little kids showcasing the works of designers

The National Handloom Day celebration 2023- "SWADESHI" by the fashion designing department was conducted on 8th August 2023 at Platinum Jubilee Auditorium, St. Teresa's College (Autonomous), Ernakulam.

The event took place as a part of the National Handloom Day celebration. The event featured three programs: "TESARO", a children's fashion show introducing the kid's wear segment un-

der the Tesaro, an exhibition named "ONAM RENDEZVOUS" showcasing alumni ventures, and a handloom saree contest titled "LAVANYA" for the faculty of St. Teresa's college.

All the events raised awareness among the audience to understand the importance of handloom culture and encouraged them to use sustainable fabrics to create an eco-friendly environment.

STC Dance Club Sets the Stage Ablaze: A Saga of Success

- Ameya Krishna Nambiar

The STC Dance Club has once again wowed audiences with their stunning performances at several major events.

Union Inauguration (August 17th, 2023):

The STC Dance Club kicked off their series of standout performances at the Union Inauguration. With incredible precision and passion, the club members ignited the atmosphere, leaving a lasting impression on everyone present.

Arts Club Inauguration (October 12th, 2023):

Building on their momentum, the STC Dance Club delivered another breathtaking performance at the Arts Club Inauguration. Their flawless moves and creative choreography brought fresh excitement to the event, earning them widespread

praise and admiration. Taking their talents to a competitive stage, the STC Dance Club entered the Thrissur Deepika Fest Competition (October 28th, 2023). Despite facing tough competitors, the club members showcased their skills and determination, earning a well-deserved consolation prize. This achievement not only highlights their talent but also proves their ability to excel in larger arenas.

The club's recent successes have generated a buzz of excitement and anticipation for what's next. The STC Dance Club has set a high bar for performance excellence and created a strong sense of unity among its members. Their journey is a testament to dedication, teamwork, and creative expression.

Looking ahead, the club is gearing up for more performances and competitions, eager to continue their legacy of excellence and inspire others with their artistry. With each event, they push the boundaries of what they can achieve, solidifying their reputation as one of the premier dance groups in the region. The STC Dance Club's commitment to their craft promises even more spectacular shows and achievements in the future.

The STC Dance Club's journey is a testament to the power of passion and teamwork in achieving success. Their story is not just about dance but about the transformative impact of pursuing one's passion with unwavering determination.



Captivating grace and motion: The STC dance club mesmerises with their performance, embodying passion and artistry.

Panache 2023- 'Kochella: The Colours of Kochi'

- Niranjana K A



The Department of English and Centre for Research marked the 13th edition of its annual literary festival and intercollegiate competition, with Panache, on October 11, with the theme 'Kochella: The Colours of Kochi,' the event unfolded at the prestigious Platinum Jubilee Auditorium, formally inaugurated by the eminent music director, Ranjin Raj, at 10:30 AM. A total of 250 participants from diverse institutions registered for the competition, showcasing their literary prowess and artistic talents across various categories such as poetry writing, pencil sketching, flash fiction, photography, group dance, JAM (Just a Minute),

group song, solo with instruments, and debate. The festivities were further enriched by guest performances from the bands, the Octaves, and Karwaan. The overall trophy was secured by SCMS, Kalamassery, and St. Paul's College, Kalamassery, earned the well-deserved second prize. The fest concluded with an enchanting performance by the band Karwaan at 5:45 PM, leaving participants with a memorable conclusion to the 13th edition of Panache. Panache 2023 not only celebrated the rich literary tapestry but also showcased the vibrant cultural spirit thriving within the academic community.

Empowering Women: Breast Cancer Awareness Program

- Ashwathy Ramesh

On July 27, 2023, the Department of History took pride in organizing a Breast Cancer Awareness Program, collaborating with six dedicated students and two teachers. The event involved the participation of nine beneficiaries, fostering a meaningful interaction among elderly women about the importance of early detection and treatment for breast cancer. Recognizing breast cancer as one of the predominant types affecting women, the students and faculty of The Department of History orchestrated an impactful awareness session specifically tailored for the Kudumbashree members of Cheranelloor

Panchayat. The informative class was conducted by final year students of History Department.

The session included discussions on the latest advancements in breast cancer research, preventive measures, and self-examination techniques. The attendees, consisting of Kudumbashree members, acknowledged the value of the session and expressed satisfaction in gaining knowledge to carry back to their respective homes. They also appreciated the interactive format, which allowed them to ask questions and share their own experiences.

St. Teresa's College (Autonomous), Ernakulam, Hosts Spectacular Annual Sports Meet 2023

- Zehra B Abdulla

In a dazzling display of athleticism and camaraderie, St. Teresa's College, (Autonomous) Ernakulam, orchestrated the Annual Sports Meet 2023 on November 3rd at the Maharajas College Ground. The event, a collaborative effort by the Department of Physical Education and the Student Union, provided a vibrant platform for students and faculty to showcase their sporting prowess.

The inauguration ceremony

was graced by the esteemed Principal, Dr. Alphonsa Vijaya Joseph, emphasising the holistic development that sports contribute to individuals. Adding a touch of glamour, the sports meet welcomed the movie team of "Rajani," featuring Kalidas Jayaram, Namitha Pramod, and Aswin K Kumar, who interacted with students, sharing experiences and promoting their upcoming movie.

The meticulously planned schedule featured various activities, including the

March Past, Flag Hosting, Prayer, and Inaugural Address. Dr. Alphonsa Vijaya Joseph inaugurated the event, and Meenakshi U, Senior Sports Secretary, led the Oath Taking ceremony. Mary Athulya Anil, Junior Sports Secretary, delivered a gracious Vote of Thanks.

The competitions embraced inclusivity, featuring a range of events for both students and teaching staff. Student events included sprints, walks, jumps, throws, relays, and tug of war, with the third-

year students emerging as overall champions. Faculty members also showcased their athletic prowess in events categorized by age groups.

The closing ceremony witnessed Principal Dr. Alphonsa Vijaya Joseph presiding over the prize distribution, recognizing outstanding performances and team spirit. Chairperson Nikitha Nair welcomed attendees, and Miss A. R. Resmin

Bai from the Department of Physical Education extended gratitude in the vote of thanks.

The Annual Sports Meet 2023 at St. Teresa's College not only showcased athletic talent but also highlighted the significance of teamwork, discipline, and holistic growth through sports activities, embodying the spirit of excellence and camaraderie within the academic community.



Sports Day at Maharaja's Ground, actors Kalidas Jayaram, Namitha Pramod, and Aswin Kumar presented the trophy.

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Revolutionary S.L.A.T.E. Project Launched in Kunnathunad: Transforming Education for a Sustainable Future

- Jitha Jithu

The S.L.A.T.E. initiative in Kunnathunad project was inaugurated on the 21st of July by the honourable Speaker Shri. A.N. Shamseer. The project aims to benefit all the High school and Higher Secondary school students of the entire Kunnathunad constituency. S. L. A. T. E. a collaboration between St. Teresa's College and Vidyajyothi scheme, powered by the visionary support of Bharat Petroleum Corporation Limited, aims to foster the future of the upcoming generation through innovative components like English for communication,

Gamified math, Curiosity-driven learning and more. S.L.A.T.E. is a revolutionary educational initiative, ushering in a transformative learning experience aligned with the principles of Project-Based Learning (PBL) from the National Education Policy 2020.

Beyond traditional education, S.L.A.T.E. is a visionary approach, actively bridging educational gaps and contributing to the United Nations' goals of Promoting Education for Sustainable Development (ESD). For the crucial targets and goals of

the 2030 Agenda for Sustainable Development to be accomplished, the entire educational system needs to be reconfigured to support and foster learning. The new education policy must provide all students, especially the historically marginalized, disadvantaged, and underrepresented groups quality education. The best means of attaining inclusiveness, economic and social mobility, and fair playing field is undoubtedly education. As per the UNESCO framework, ESD (Education for Sustainable Development) aids in the development of cognitive,

socio-emotional, and behavioral learning outcomes as well as the cross-cutting sustainability critical competencies required to accomplish all of the SDG.

Addressing the nation's numerous, expanding developmental imperatives is the goal of the National Education Policy 2020. This Policy strives to establish a new framework that is in line with the aspirational goals of 21st-century education, particularly SDG 4, and places a focus on the enhancement of each person's creative potential. It is founded on the idea that

education must foster the development of not only cognitive skills—both the “foundational skills” of literacy and numeracy and “higher-order” cognitive skills, including critical thinking and problem solving—but also of social, ethical, and emotional skills and dispositions. S.L.A.T.E. in Kunnathunadu proposes to map the NEP and UN SDGs to create a roadmap bringing out the changes envisioned by both milestone policies to take the lead's effective implementation. S.L.A.T.E. successfully continues its activities and is reaping remarkable outcomes.



Students and members of the SLATE project gather together for the launch



The SLATE team and honoured guests stand together, calling upon God for blessings

The Bharatanatyam Department Champions Women Empowerment in Independence Day Performance

- Elsa Maria Antony

The Bharatanatyam department of the college performed a stirring Independence Day tribute centred on women empowerment. The captivating event unfolded in front of the college office, enthralling onlookers with a poignant celebration of independence and gender equality.

The graceful dancers from Bharatanatyam department took centre stage, expertly weaving together movements that told the story of women's empowerment. The performance, set

against the backdrop of Independence Day, reflected themes of freedom, equality, and the indomitable spirit of women. Through the artistry of Bharatanatyam, the dancers conveyed a profound message that transcended traditional boundaries. The story flowed smoothly, highlighting women's struggles and triumphs across generations.

The performance's significance was enhanced by its timing, which coincided with the patriotic fervour of Independence Day. As

the performance came to a close, the audience was left with a profound appreciation for the fusion of art and societal significance. On this Independence Day, the Bharatanatyam department's tribute to women empowerment served as a poignant reminder of the ongoing journey towards equality. The event not only celebrated the spirit of independence, but it also prompted thought about women's roles in shaping a progressive and empowered society.



The dancers of the bharatnatyam department deliver a wonderful performance

Communicative English Department Association 2023-24 begins with a performative celebration of Indian Cinema

- Nihla Jalal

The Communicative English Department Association 2023-24 was inaugurated on 14 August 2023 at the Arts Auditorium, St. Teresa's College (Autonomous), Ernakulam, by the esteemed Indian actor and screenwriter, George Kora. The event named Communicative English Department Association Inauguration (CEDAI) had the theme - 'The House of Indian Cinema'.

The Communicative English Department

students from each year showcased their talents, presenting scenes and performances inspired by Malayalam, Hindi, and other regional cinema. These performances highlighted the rich diversity and cultural heritage of Indian cinema, with students demonstrating their proficiency in various languages and acting skills.

Following the inauguration, there was an interaction session with the esteemed guest George Kora where students had the

opportunity to ask and gain insights into the cinema field. The inaugural speech by George Kora, who shared his experiences in the film industry and encouraged students to pursue their passions with dedication and creativity.

Throughout the day, attendees enjoyed a variety of programs including dances, reenactments, group performances and more. The student's enthusiasm and dedication were evident in their performances,

which received resounding applause from the audience.

The CEDAI event concluded with a jamming session and a ramp walk where the department faculties showcased their creativity and style. The event was a tremendous success, leaving both participants and attendees inspired and motivated to further explore the world of cinema.



The team of Communicative English Department on its association inauguration with the esteemed guest, George Kora

STC Fashion Team's stellar performance on the stage of Rajagiri

- Leona M Vinoy

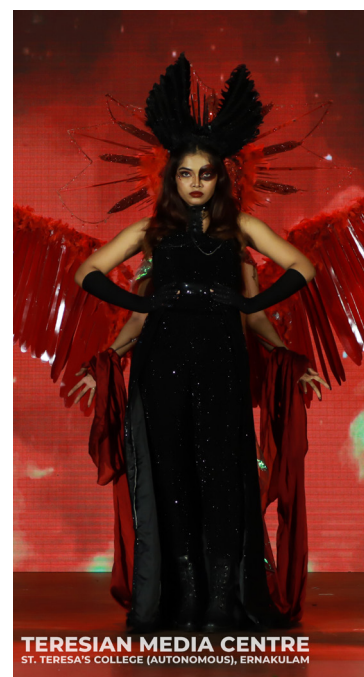
The exuberant Fashion Team of the College took up the stage at the annual fest 'Inflora' hosted by Rajagiri Business School and Rajagiri College of Social Sciences on October 13th. The 19th edition of this Management fest witnessed the mystique and glamour of the STC Fashion Team as they performed and bagged the 2nd prize amid tight competition. The theme of the competition was "Bellona: Viva España Verde," a beautiful tribute to the Goddess of War. "Ashes to Phoenix" was



the central idea of STC Fashion Team and it was portrayed extraordinarily through their intricate attires and ornaments. Their exhibition gave a stark characterization of the hurdles a woman burn through in their life and how these ashes

stand as stepping stones for her to break through as her most powerful self, just as a Phoenix would rise through its ashes. The Fashion Team left their mark among other colleges and they truly stand as a legacy of St. Teresa's College, always

leaving the audience speechless with awe and admiration.



EDITORS' MESSAGE



Dear Readers,

As we bring you the 18th edition of Teresian Impact, we reflect on the journey that has brought us here. This newsletter is the culmination of hours of dedication, creativity, and collaboration.

Our newsletter is divided into two parts: the main newsletter, highlighting college activities throughout the year, and our special supplement, Redefine. This year's theme, 'Inclusivity: Where Every Story Finds Its Place,' celebrates the diversity of experiences and voices within our community. As you immerse yourself in Teresian Impact, we hope you find not only information but also inspiration.

We are truly grateful to the team who worked tirelessly, especially the designers who perfected every detail. We also thank our mentor, Ms. Gayathri M., for guiding us through every step.

Thank you for being part of this journey with us. We look forward to your feedback and hope you enjoy this edition as much as we enjoyed creating it.

Inspiring through Faith and Grace: An exclusive interview with the college union 2023-24

- Zehra B Abdulla

Q. What was your role in the union and what motivated you to join the union initially?

A. My role within the union was of the General Secretary and I've been a serving member for the academic year 2023-24. I saw the college union as a chance to present myself in a constructively challenging position that would help me enhance my skills and an undying desire to work for my college made me motivated to join the union. I've always wanted to do something and what's a better option other than being in the college union. So yes, that was what has motivated me to join the union initially.

Q. What are the primary objectives of a college union?

A. The primary objectives of a college union is to undertake all major activities of the college on behalf of the students and teachers and conduct them according to the standards and principles outlayed by the college. Also the college union stands as a mediator between the students and the management of the college.

Q. What are the biggest challenges faced by union members equally?

A. One of the primary challenges faced by all union members, including myself as the general secretary, is the significant demand on our time and personal lives. Being deeply involved in the college union often means sacrificing personal time and managing a busy schedule. This commitment can sometimes leave little room for personal activities and academic responsibilities. The dedication required to fulfill our roles effectively is a common challenge that every member of the union experiences equally.

Q. How does the union address issues of diversity and inclusion within its membership and leadership?

A. Within our union, we manage and promote diversity and inclusion by fostering an environment where every member feels valued and respected. We achieve this through several approaches. Firstly, we hold regular meetings where all members are encouraged to share their perspectives and experiences. This open communication helps us understand and appreciate the diverse backgrounds and viewpoints within our group. Secondly, we ensure that responsibilities and leadership roles are distributed equitably. This means actively promoting equal opportunities for all members to take on significant tasks and lead various initiatives, regardless of their background.

Q. Can you tell us about the planning and execution of the youth festival? What challenges did you face, and how did you overcome them?

A. The youth festival is the mammoth event every Union member looks forward to from the time she joins the union. It is ideally that one main event where everyone wishes to prove their commitment and skill in its highest form. The youth festival is basically a whirlpool of experiences, learning's and understandings all transforming into achievements which the college so proudly has been able keep up for years. It is an emotion for the union and a pride for the college. Challenges have been many, but more than the challenges, what I would like to highlight is the experience of working for the Youth Festival. From the very beginning, finding students to participate in

each event and training them was a significant part of our journey. Being with them throughout the process, providing them with food, comfort, and care, especially when they were in bad health, was incredibly rewarding. We took on the responsibility to ensure their well-being, going above and beyond to support them. Seeing these students perform on stage and watching them bag the prizes was an indescribable feeling. Sometimes, it's not even about the prizes; it's about witnessing them give their best on stage. That has been a truly wonderful experience. Working for the Youth Festival was one of the greatest experiences anyone can get during their college years, and we were fortunate enough to have that opportunity at the college. The sense of accomplishment and pride we felt as a union, watching our efforts culminate in such a successful event, is something we will always cherish.

Q. Can you share an example of a valuable connection or mentorship that has come from your union work?

A. The union, not only provides opportunities for organizing events and making a difference but also fosters invaluable connections and mentorship. Personally, I've formed deep friendships with all my union members but there's one connection that stands out—the bond with my best friend for life, forged through our shared experiences in the union. This connection is something I'm immensely grateful for, as it has enriched my college experience in countless ways. Moreover, I can't speak about mentorship without mentioning my deans of the year, Ushamani ma'am, Liya ma'am, and Raji ma'am.

They have been more than just deans to us—they've been our truest friends, mentors, teachers, and even parental figures. In the union, where we spend so much of our time, college becomes our second home, and they have been our pillars of support. Their guidance, encouragement, and unwavering support have been invaluable, shaping not just our union experience but also our personal growth. I will forever cherish the profound impact they've had on my life.

Q. What advice would you give to new members or those considering joining the union?

A. The union is one hell of a rollercoaster ride. For those who are considering it, I would say that it will be an experience of a lifetime. To the young, fierce woman out there, it'll be your chance to unveil the real you!

Q. What have was your personal experience being a union member and what did you personally gained through your experience as a union member and leader, both in terms of skills and personal growth?

A. The phase of my life being the Union member of St. Teresa's college is a time I would never trade for anything else in this world. It moulded me to become the person of my dreams and set fire to many ambitions and laid a strong foundation to many skills and talents I developed during the college years. Throughout the journey in my life and for what is to come, I'll forever be grateful for both the good and bad experiences I've witnessed. The learnings are plenty but insightful and the experiences are rich but unforgettable. The union has left a lasting impression in my life.

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