



## MOU BETWEEN TRSU AND UCC (UNION CHRISTIAN COLLEGE, PHILIPPINES)

By: Chinnawat Meemana, Education English, Year 2



primary focus of the meeting was to discuss and finalize a Memorandum of Understanding (MOU) designed to foster collaboration in several key areas:

- **Research Initiatives:** Enhancing joint research projects and resource sharing to advance academic inquiry and innovation.
- **Academic Management:** Streamlining academic programs and methodologies to elevate the quality of education offered by both institutions.
- **Student Experiential Learning:** Providing students with enriched learning opportunities, including internships, practical training, and real-world projects.
- **Cultural Exchange:** Facilitating programs to broaden students' perspectives and promote a deeper understanding of global cultures.

This collaborative meeting represents a milestone in our efforts to build strong, mutually beneficial relationships with international institutions. By working closely with Union Christian College, we aim to create a dynamic and interconnected academic environment that benefits both our students and faculty.



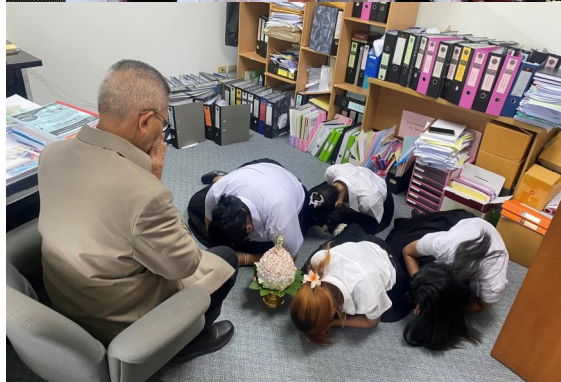
We are pleased to share an exciting development at St Teresa International University. On July 10, 2024, Dr. Piyada Wattanasan, President of St Teresa International University, along with our esteemed administrators and faculty, warmly welcomed a delegation from Union Christian College, Philippines. The delegation was led by Professor Teofilo B. Damoco, Director of the Center for Research Development, Marketing, and Alumni, and Dr. Emma A. Ganuelas, Program Head for Business Education.

### A Fruitful Visit and Collaborative Efforts

The visit marked a significant step in strengthening the partnership between our institutions. The

### Strengthening Ties for Mutual Benefit





## TRSU'S WAI KRU CEREMONY 2024

By : Supawadee Meechai, Education English, Year 2

On July 4, 2024, St Teresa International University held a Wai Kru ceremony, with Dr. Piyada Wattanasan honored as the presiding guest. The event began with Dr. Piyada Wattanasan, the ceremony's chairperson, lighting incense and candles on the altar. A student representative then delivered a tribute speech, expressing gratitude and respect for the teachers' guidance.

The President of the Student Council, Mr. Sarayut Khong-iad, led the oath-taking. Special songs were performed by our talented students, followed by student representatives from each faculty presenting flower trays and incense candles to the university administrators and faculty members as a sign of respect.

Subsequently, the university administrators and teachers participated in tying sacred threads on the students' wrists, symbolizing their

acceptance as children under their teachers' love and care. The ceremony continued with the blessing of books.

The ceremony concluded with an address by the chairperson and university president, Dr. Piyada Wattanasan, who offered words of wisdom to the students participating in the Teachers' Appreciation Day ceremony for the academic year 2024.

This Teachers' Appreciation Day ceremony is a longstanding Thai tradition. In Thailand, it is believed that the beginning of any academic pursuit should start with a ceremony to pay respects to teachers, as good students must respect their teachers to successfully complete their studies. The annual Teachers' Appreciation Day at TRSU ended with high hopes for a successful academic journey for our students this year.

## ED'S WAI KHURU CEREMONY

By: Supawadee Meechai, Education English, Year 2



On July 4, 2024, the Faculty of Education held a Wai Khru ceremony to honor and appreciate the grace and kindness of teachers towards their students. Flower trays with incense sticks and candles were offered to the teachers, followed by the giving of garlands. The ceremony concluded with all the teachers joining together to tie sacred cords on the students of the Faculty of Education.

The event featured various performances to show respect for the

educators. First-year students performed a song, followed by the second-year students presenting the Bai Sri Su Khwan Dance. The ceremony concluded with a singing performance by third-year students, dedicated to the teachers of the Faculty of Education. The program highlighted the skills and talents of our future educators, especially in the performing arts. All the performances received loud applause from the audience, and our beloved teachers expressed their appreciation

and admiration.

During the event, students who had demonstrated exceptional academic performance were recognized for their dedication and hard work.

These traditional gestures, practiced nationwide during the month of June were heartfelt by both students and lecturers, embodying a long-standing tradition of respect and gratitude.





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By: Shilmie Rosales, Education English, Year 3

## THE TRADITION OF LIGHT: A BUDDHIST LENT DAY AT THE TEMPLE

On the morning of Saturday, July 21st, a group of 20 students from St Teresa University gathered to observe a cherished tradition: offering candles to the temple on Buddhist Lent Day. This day, known as "Khao Phansa", marks the beginning of a three-month period during which monks traditionally remain in their monasteries to meditate and study.

As the sun began to rise, the student representatives arrived at the temple, carrying two candles as symbols of light and wisdom to offer as part of their devotions. The temple courtyard buzzed with activity as Buddhists from all walks of life came to participate in the ceremony.

Guided by the temple's head monk, the students carefully placed the candles in front of the Buddha statue. They bowed in reverence, hands pressed together in a gesture of respect, as they made their offerings. This act was not just a religious ritual but also a symbol of their commitment to spreading light and knowledge in their community.

After the candle offering, the group explored the nearby morning market. The air was filled with the scents of fresh flowers, incense, and an array of traditional Thai foods. The students enjoyed tasting local delicacies and purchasing small souvenirs, adding to the festive atmosphere of the day.

Returning to the temple, the

students settled in to listen to a sermon by the head monk, which focused on the importance of mindfulness, compassion, and the teachings of the Buddha. The students listened attentively, reflecting on the lessons and how they could apply them in their daily lives.

The day concluded with a sense of fulfillment and peace. The students left the temple feeling enriched by the experience and more connected to the spiritual traditions of their culture. The offering of candles on Buddhist Lent Day had not only been a symbolic gesture but also a meaningful experience that deepened their understanding of Buddhism and their place in the world.

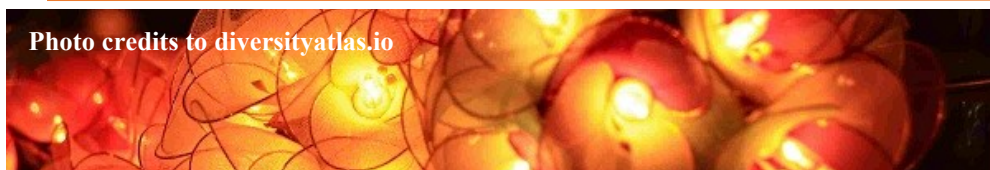


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## STUDENTS EMBRACE BUDDHIST LENT WITH DEDICATION AND COMMUNITY

By: Chinnawat Meemana, Education English, Year 2

Buddhist Lent, a revered three-month period beginning on the full moon day of the eighth lunar month, is a time when Buddhist monks remain in their monasteries to meditate, study the teachings of the Buddha, and engage in spiritual practices. For lay people, it is a period to intensify their religious observances, including making offerings, attending temple services, and practicing self-discipline.

### Student Activities and Rituals:

Students at St Teresa International University have embraced this period with dedication and enthusiasm, participating in various activities and rituals:

- **Meditation and Reflection:** Students gather for group meditation sessions, providing an opportunity for mindfulness and inner peace.
- **Merit-Making Ceremonies:** Organized offerings to monks,

including food, robes, and other necessities, are conducted regularly.

- **Temple Visits:** Groups of students visit local temples to participate in prayers, listen to Dharma talks, and engage in communal worship.
- **Environmental Initiatives:** In the spirit of Buddhist Lent, students are also involved in environmental conservation projects, emphasizing the importance of harmony with nature.

### Student Experiences and Reflections:

To capture the personal experiences of our students, we conducted interviews to hear their thoughts and reflections during this sacred time.

- **Interview with Student:** "Observing Buddhist Lent has given me a chance to slow down and connect more deeply with my spiritual practices. The meditation sessions have been particularly

enlightening, allowing me to find a sense of calm amidst the busy academic schedule."

- **Interview with Student:** "Participating in merit-making ceremonies has been a humbling experience. It reminds me of the importance of generosity and community support. It feels wonderful to be part of something greater than myself."

### Community Involvement and Support:

The observance of Buddhist Lent extends beyond the university, involving the broader community in various ways. Local temples and community leaders have been instrumental in guiding and supporting our students' activities. Additionally, several community service projects have been initiated, reinforcing the strong bond between St Teresa International University and the surrounding community.

We commend our students for their dedication and active participation in these meaningful activities. Their involvement not only enriches their personal growth but also strengthens our university's commitment to fostering a compassionate and spiritually aware community.



## KING RAMA X'S 72ND BIRTHDAY AT TRSU

By: Chinnawat Meemana, Education English, Year 2

On Friday, July 26, 2024, St Teresa International University organized a heartfelt ceremony to honor His Majesty King Maha Vajiralongkorn Bodindradebayavarangkun's 72nd birthday anniversary. The event, held at the Joseph-Marie Building, was led by Ajarn Suwat Benjathammathorn, Vice President for Administrative Affairs,

along with university executives, lecturers, and students. The ceremony featured the laying of a wreath, symbolizing the university community's respect and admiration for His Majesty.

A highlight of the event was a special dance performance by our talented student representatives. The students' graceful movements were a

tribute to His Majesty, acknowledging his royal grace and benevolence.

The university community's participation in this ceremony underscores the deep reverence and loyalty felt towards His Majesty King Maha Vajiralongkorn. St Teresa International University remains committed to honoring and celebrating the contributions and leadership of the monarchy.

## TRSU STUDENTS JOINED THE SUFFICIENCY ECONOMY PHILOSOPHY CAMP 2024

By: Tyra D. Tan, Education English, Year 4



The International Youth Representatives in Experiencing Sufficiency Economy Philosophy was held from July 2 to July 8, 2024 which was organized by the Office of the Permanent Secretary, the Prime Minister's Office (OPM) of Thailand and hosted by the Golden Jubilee Agricultural Museum in Pathum Thani. This is an initiative inspired by the philosophy of sufficiency economy. This camp aims to educate participants on sustainable living and self-reliance, providing them with practical knowledge and skills for a balanced and sustainable life. The camp emphasizes moderation, wisdom, and social responsibility.

### Event Details:

- **Dates:** July 2, 2024 - July 8, 2024
- **Location:** The Golden Jubilee

Agricultural Museum, Pathum Thani Province

- **Target Audience:** Open to students, professionals, and anyone interested in sustainable living
- **Cost:** Free of charge
- **Accommodation:** Grand Howard Hotel, Bangkok
- **Registration:** Online registration available; limited slots to ensure an immersive experience

### Main Objectives:

- To promote understanding of the sufficiency economy philosophy.
- To provide hands-on experience in sustainable practices.
- To encourage a balanced lifestyle focused on moderation and resilience.

### Activities:

- **Lectures and Discussions:** Led by

experts in sustainable development, covering key topics such as "How to Apply the SEP Concepts to the Creative Economy" by Por Laew Dee and "The Creator" Project at Sivatel Bangkok Hotel.

- **Group Activities and Projects:** Promoting teamwork and community building.
- **Visits to Five Different Provinces:** Participants will tour local farms and sustainable enterprises for real-world insights into sustainable practices.

This camp offered a unique opportunity for individuals to learn and live by the principles of sufficiency economy, fostering a deeper connection to the environment and community. Our three participating students gained valuable insights into sustainable living and self-reliance and were equipped with the tools needed to make a positive impact on their own lives and the world around them.





## A MEMORABLE EDUCATIONAL TRIP THROUGH CULTURE, CUISINE, AND NATURE

By: Shilmie Rosales, Education English, Year 3

On July 27, 2024, Education freshmen students and international students from the Faculty of Business Administration embarked on an unforgettable journey filled with cultural discovery, culinary delights, and breathtaking scenery. The day was packed with activities and learning experiences that left everyone inspired and enriched.



The adventure began at Thai Puan Village, where the local community warmly welcomed us. This cultural immersion started with an introduction to the rich heritage and traditions of the Thai Puan people. The villagers graciously shared their customs, and we had the fortune to participate in a cooking demonstration of a traditional dessert. Under their guidance, we learned to prepare this delicious treat, savoring the unique flavors and ingredients integral to their cuisine.

Adding to the experience, we



dressed in traditional Thai costumes, giving us a glimpse into the beauty and elegance of their attire. It was a wonderful opportunity to connect with the culture on a deeper level, and many of us cherished the chance to take photos in our traditional outfits.

Our next destination was the charming Phu Ta Lueng Café, where we enjoyed a delightful lunch. The café offered not only delicious food but also a stunning view of the surrounding landscape. As we dined, we marveled at the picturesque scenery, which provided the perfect backdrop for capturing memorable moments. The blend of tasty dishes and the serene environment made this lunch a truly relaxing and enjoyable experience.

The final leg of our journey took us to the impressive Khun Dan Prakarn Chon Dam. This massive structure is not only a marvel of engineering but also a testament to human ingenuity and the power of

nature. We had the chance to learn about the dam's history and its significance to the region. The expansive views from the dam were awe-inspiring, and we couldn't resist taking numerous photos to commemorate the experience.

This trip was a perfect blend of cultural education, culinary exploration, and natural beauty. We left each destination with a deeper appreciation for the local traditions, delicious food, and stunning landscapes. It was a day filled with joy, learning, and unforgettable memories.





## AVIATION PINNING CEREMONY EMPHASIZES COMMITMENT TO EXCELLENCE



By: Tyra D. Tan, Education English, Year 4

St Teresa International University held its pinning ceremony, honoring first- and second-year students across three aviation majors: Airline Business, Aeronautics, and Air Traffic Control. This ceremony, steeped in tradition and significance, symbolizes the assignment of responsibility in aviation education and underscores the critical importance of applying this knowledge with precision and care in airline operations.

The pinning ceremony, traditionally held annually, has been adjusted to a biennial schedule in response to the COVID-19 pandemic and the evolving student enrollment numbers. Faculty members from the respective aviation departments presented the pins to the students, signifying their commitment to their chosen fields. This ceremony serves as a powerful reminder of the vital role aviation professionals play in ensuring traveler safety and maintaining international relations.

The event featured speeches from senior students in the three majors,

the Dean of Business Administration, and faculty members. They highlighted the importance of the aviation sector, the critical role of aviation personnel, and the diverse career opportunities available to graduates. The speakers encouraged the students to remain dedicated to their studies and to embrace the responsibilities that come with their future roles in the aviation industry.

### Event Highlights:

- **Introduction of Recent Graduates:** The ceremony showcased recent graduates who have secured positions in various airlines, providing inspiration and a glimpse into the future for current students.
- **Quotes and Reflections:** Graduates and faculty members shared their journeys and the significance of reaching this milestone, offering motivational insights to the attendees.

Although the recent graduates were not present, as the ceremony focused on first- and second-year students, the Dean of Business

Administration delivered a compelling address. He encouraged the students to stay committed to their dreams, remain focused and determined, and to persist in their aspirations until they become reality.

The pinning ceremony at St Teresa International University continues to be a pivotal event, instilling a sense of duty and pride in the next generation of aviation professionals. As the students embark on their educational journey, they carry with them the values and responsibilities essential for a successful career in the aviation industry.

Also, on June 28, 2024, St Teresa International University hosted a pin presentation ceremony for graduates of the Arts and Research (AR) program in the University's Simulator Room. The ceremony was presided over by Ajarn Praveen Shaju.

The event honored students who are enrolled in the AR program. The AR pins presented to them symbolized the beginning of their academic journey. Ajarn Praveen Shaju remarked, "The graduates receiving their AR pins today have shown exceptional dedication and commitment to their studies. Their enrollment in this program is a testament to their potential and capabilities."

It was a moment of success and pride among all the students under the abovementioned programs. The university is looking forward to seeing more students' personal achievements and academic excellence.

## PARIS OLYMPICS 2024

By: Miangkamol Pimchampa,  
Education English, Year 3

The Paris Olympics 2024 promises to be an extraordinary event, marking the return of the Summer Games to France after a century. From July 26 to August 11, Paris will welcome over 10,000 athletes from more than 200 nations, competing in 32

sports across 329 events. The games will take place in iconic locations such as the Stade de France, the Eiffel Tower, and the Champs-Élysées, blending historical grandeur with modern athleticism.

New sports like surfing, skateboarding, and sport climbing will debut, adding excitement to the traditional lineup. The mascot, Phryge, embodies the French revolutionary spirit

and the values of liberty, equality, and fraternity. Paris 2024 is also committed to sustainability, featuring eco-friendly infrastructure and initiatives aimed at reducing the event's carbon footprint.

Tickets are available online, offering a chance to witness history in the making. Join us in celebrating global friendship, respect, and athletic excellence at the Paris Olympics 2024.

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**By: Tyra D. Tan, Education English, Year 4**

Meet Tyra

**Year and Major:**

Fourth-Year Bachelor of Education,  
Majoring in English

**Hometown:**

Bangkok, Thailand

**About Me:**

Hello! I'm Tyra from Bangkok, Thailand, a fourth-year student in Education majoring in English. My academic journey here has been rich with growth and cultural exchange.

**Academic Interests:**

I'm passionate about educational technology, child development, and language acquisition. The curriculum and faculty support have deeply enriched my learning.

**Cultural Exchange:**

As an international student, I value the diverse perspectives I encounter. I enjoy pursuing knowledge, pleasure reading, and living well.

**Future Goals:**

I aim to teach at a private international

## MORE OF OUR INTERNATIONAL STUDENTS

school, using my skills to make a meaningful impact on my students' lives and meet their parents' expectations.

**Message to Students:**

Focus on the students, not yourself. Be brave to try creative methods during your internships; they can bring new energy to the classroom. Providing these experiences for our students propels us to become beloved and effective educators.

**Thank You:**

Thank you to my professors, peers, and the university community for a memorable and transformative experience.



**By: Shilmie Rosales, Education English, Year 3**

Meet Shilmie

**Year and Major:**

Third-Year Bachelor of Education,

Majoring in English

**Hometown:**

Dinagat Islands, Philippines

**About Me:**

Hello! I'm Shilmie from Dinagat Islands, Philippines, a third-year student in Education majoring in English. My academic journey here has been full of fruitful knowledge.

**Academic Interests:**

I'm passionate about learning techniques and strategies relating to English teaching. The curriculum, along with the guidance from faculty, has significantly enhanced my educational journey.

**Cultural Exchange:**

As an international student, I value the diverse perspectives I encounter. I enjoy exploring and trying new things except eating exotic foods.

**Future Goals:**

I aim to teach at a private or public school, using my skills to create an inclusive and engaging learning environment where every student feels valued and motivated to learn.

**Message to Students:**

Be passionate about what you're into and enjoy the journey of becoming who you want to be. Embrace challenges as opportunities for growth and learning. Most importantly, savor every moment and celebrate each milestone and your progress along the way.

**Thank You:**

I would like to give appreciation to my dear teachers, friends, faculty staff, and administrators who gave me memorable experiences. I'm also grateful for their unwavering support and guidance which fuels my desire to achieve my goals in life.



## 1ST MIDTERM EXAMS ON A.Y. 2024

**By: Tyra D. Tan, Education English, Year 4**

Midterm exams are a critical component of the academic calendar, serving as a key measure of students' comprehension and mastery of course material covered in the first half of the semester. Scheduled from July 23 to 26,

2024, these exams assess knowledge across all major subjects taught during the current semester.

**Exam Format and Content**

The midterm exams encompass a range of formats, including multiple-choice questions, short answers, essays, and practical assessments. This comprehensive approach ensures a thorough evaluation of students' understanding and application of the material.

**Preparation Strategies**

To excel in the midterms, students are encouraged to review their class notes, textbooks, and any supplementary materials provided by their instructors. Effective preparation strategies include:

**Creating a Study Schedule:** Organize study time efficiently to cover all subjects.

**Forming Study Groups:**

Collaborate with peers for a more interactive learning experience.

**Taking Regular Breaks:** Avoid burnout by incorporating short breaks into study sessions.

**Grading and Support**

The midterm exams significantly impact the final grade for each course. To support their preparation, students can utilize various resources, including office hours with professors, study guides, and online materials.

**Stress Management**

Maintaining a balanced diet, engaging in regular physical exercise, and ensuring adequate sleep are essential for managing stress and performing well during the exam period.

As students prepare for these important assessments, implementing these strategies and maintaining overall well-being will be crucial for success.



## FRESHMEN RUB NONG ACTIVITY 2024



By: Phaewilai Kaikaew, Education English, Year 2

On July 4, 2024, St Teresa International University organized the Welcoming Freshman Activity 2024, also known as Rub Nong, to strengthen the relationship between new and current students.

The event began at 1:00 in the afternoon on the university's football field, where senior student groups led various activities and games that emphasized fun and

collaboration.

The freshmen expressed their satisfaction and happiness in participating in this event, which provided them the opportunity to get to know new friends and seniors from different faculties.

The Welcoming Freshman Activity is a significant event at St Teresa International University,

designed to build strong relationships among students and promote a warm and friendly learning atmosphere.

The organizers hope that the freshmen had a positive experience and feel fully prepared to start their studies at our university.



## SEMINAR IN AVIATION BUSINESS

By: Phaewilai Kaikaew, Education English, Year 2

On July 9, 2024, St Teresa University hosted an aviation business seminar in the Mock-Up Room on the first floor of the Administration Building. Captain Saksaru Nakkaraj, our distinguished speaker, shared his extensive experience in the aviation industry. Captain Nakkaraj served as a pilot for Thai Lion Air on the A330 from July 2019 to February 2021. Prior to this, he was the Captain of the B737-800 and B737-900ER from

September 2016 to June 2019, and he first served as a co-pilot on these aircraft from November 2014 to August 2016. Earlier in his career, he was the first co-pilot on the A320-200 from May 2011 to November 2014 and worked as a cabin crew member from April 2001 to May 2011. His career in the airline industry began as a service representative in 2000 and 2001.

The seminar's opening

ceremony was honored by Dr. Chaipat Wattanasan, who served as the chairman. The seminar aimed to provide students with valuable insights into the current state of the aviation business, preparation for internships and future careers in the industry. Discussions covered future trends in aviation, including job risks and the impact of artificial intelligence on the roles of crew members and pilots.