

QUEEN MOTHER'S SPECIAL DAY AT TRSU

By: Banthita Thongwiwe English for Business Communication, Year 3

12, marking the birthday of Her mothers but also strengthen family pride, reflecting the strong ties that Majesty Queen Sirikit, The Queen bonds and reinforce the values of love, bind the St Teresa community. It also Mother. This special occasion serves as respect, and gratitude within Thai offered an opportunity to honor Her a meaningful reminder for Thai people society. love, gratitude, express and appreciation to mothers, who are regarded as the cornerstone of the family through their unconditional care and sacrifice. The day is traditionally observed with heartfelt activities such as presenting jasmine garlands—a symbol of pure love—accompanying mothers to make merit, sharing family meals, and participating in merit-

Thailand's National Mother's making or community service. These ceremony Day is celebrated annually on August cherished traditions not only honor atmosphere of warmth, unity,

> In this spirit, on August 8, St Teresa International University held its annual ceremony in tribute to Her Mother, Executives, August 12. and heartfelt appreciation.

was marked Majesty's tireless devotion and lifelong contributions to the well-being of the Thai people.

With the utmost respect, St Majesty Queen Sirikit, The Queen Teresa International University extends in celebration of Her its warmest wishes to Her Majesty Majesty's upcoming birthday on Queen Sirikit, The Queen Mother, on faculty the occasion of Her Majesty's birthday. members, and students gathered to May Her Majesty be blessed with express their deepest respect, loyalty, robust health, enduring happiness, and The longevity.





NURSING SCIENCE SOPHOMORE STUDENTS' CAPPING, PINNING AND NIGHTINGALE LAMP CEREMONY

By: Tatchaya Phothisen, English for Business Communication, Year 3

Nightingale second-year nursing students. This Wipawirachanee Foundation entering honorable profession.

presided by Dr. Wattanasan, President of TRSU, alongside Ms. Vipa Phengsengiam, keynote Dean of the Faculty of Nursing Science. representative

Faculty of Nursing Science at St Teresa faculty members, and proud parents, all the students' dedication to ethical and International University proudly held gathered to celebrate this important compassionate nursing practice. The its annual Capping, Pinning, and occasion. As part of the event, ceremony concluded with a lively Lamp Ceremony for academic scholarships funded by the Boom Circle, a traditional cheer cherished tradition marks a significant awarded to the highest-achieving year nursing students. milestone in their journey toward students from each academic year for nursing 2024. Additionally, certificates of pride, joy, and heartfelt celebration. recognition presented were The ceremony was graciously outstanding faculty and support staff for academic Piyada their excellence in various areas. represents a meaningful step forward in Following the address, led the Oath

On Friday, August 1, 2025, the Also in attendance were administrators, Professional Commitment, symbolizing were celebrating and honoring the second-

> The atmosphere was filled with to This ceremony not only signifies achievement but President's the students' path to becoming student competent and compassionate of professional nurses.

TIRING YET FUN PREPARATION FOR THE TRSU PRINCE AND PRINCESS AND FRESHMEN NIGHT 2025

By: Nathawadee Ophawarakul, English for Business Communication, Year 3



TRSU freshmen—a night of glamour, instills in its students. elegance, and celebration—as TRSUnatix TRSU community shines bright.

evening will also feature the Prince and rehearsed

Coronation of the most prestigious highlights of academic coronation celebrates beauty, intelligence

One Friday this September will but also embodies the values of leadership, mark one of the most-awaited evenings for confidence, and representation that TRSU

gather together for the annual TRSU both challenging and rewarding. Throughout memories that will last long after the lights Freshmen Night with the enchanting theme the month of August, our eight candidates of coronation night have dimmed. Masquerade. This much-anticipated event have devoted their time and energy to promises to be an unforgettable evening preparing for this remarkable event. Almost we extend our warmest wishes of success to where new bonds are strengthened, talents every evening, the Administration Building all the candidates. May you step on stage are showcased, and the vibrant spirit of the lobby has transformed into a hub of practice with confidence, shine with grace, and stand and passion, echoing with music, laughter, victorious—not only with crowns and titles Adding to the excitement, the and determination. Here, the candidates but with the pride of having given your very tirelessly—perfecting their best.

catwalk routines, refining their production numbers, sharpening their wit and eloquence for the Q&A portion, and polishing their Night, one talents for a captivating showcase.

Behind every graceful step and confident performance lies a story of perseverance. With the unwavering support the and guidance of Ajarn Willard Jeff Pada and Ajarn Leo Anthony Flores, our four pairs of year. This candidates have grown not only as performers but also as student leaders who only carry with them the pride and honor of their respective programs. Their journey has been a testament to patience, discipline, and the talent, and true spirit of teamwork. Indeed, August was a month filled with hard work, anticipation, nervousness, joy, and pride. Every moment spent in preparation has brought the candidates closer to one another and to the The road to coronation has been TRSU community, building friendships and

As the final evening approaches,





ATC'S TRIP TO LOPBURI

By: Methasit Chutchavet, Air Traffic Control, Year 2

On Wednesday, August 6, a used to manage air traffic. They were educational but also inspiring. Students group of enthusiastic students from Air guided through various control rooms expressed their excitement at seeing opportunity to visit the Srinakarin Intra how they coordinate flights, monitor and appreciated the opportunity to Military Camp, a key center for aircraft movements, and respond to connect theoretical knowledge with real Thailand's aviation and air traffic dynamic situations in the skies. -world applications. Many remarked control operations. The visit was In addition to the operational that the visit deepened their interest in organized to provide students with a overview, the students attended an aviation and highlighted the importance functions in real-time, focusing on the international aviation. They learned communication in this field. critical communication between pilots about the evolution of flight, key

Overall, the visit to Srinakarin and air traffic controllers that ensures milestones in global and Thai aviation, Intra Military Camp was a memorable efficient safe

observed live aviation operations and economic growth and international further studies or careers in aviation and gained firsthand insight into the connectivity. sophisticated technology and systems The

Control had the unique where skilled personnel demonstrated modern aviation technology up close

deeper understanding of how aviation informative session on the history of of flights. and how advances in this field have and enriching experience, leaving the During the tour, the students significantly contributed to Thailand's students motivated and eager to explore

experience only teamwork, precision,

related industries.

NURSING SCIENCE FACULTY HOLDS BAI SRI SU KWAN CEREMONY TO WELCOME STUDENTS

By: Soracha Sangkaman, Nursing Science, Year 1



meaningful event, deeply rooted in Thai nursing. culture, served as a heartfelt welcome to

On August 6, 2025, the Faculty promote well-being, happiness, and value of compassion, mutual respect, of Nursing Science at the St. Mary good fortune. Through blessings, words and encouragement—qualities essential Building came alive with warmth and of encouragement, and symbolic rituals, to both nursing and life. tradition as first- to fourth-year nursing participants were reminded of the students and faculty members gathered importance of caring for one another, smiles,

new students while fostering unity and warmly greeted the newcomers, offering renewed sense of connection, leaving friendship among all year levels. not only blessings but also personal participants inspired and ready to face The Bai Sri Su Kwan ceremony, support as they embark on their the year ahead together as one nursing an age-old tradition, symbolizes the act academic journey. For many attendees, family. of calling back the "khwan" or spirit to it was an opportunity to reflect on the

The atmosphere was filled with laughter, and heartfelt for the Bai Sri Su Kwan ceremony. This especially in the demanding field of exchanges, creating an environment where everyone felt valued Teachers and senior students supported. Thus event concluded with a



TRSU NS SPORTS DAY

By: Rutsada Patcharapaworraphat, English for Business Communication, Year 3

Teresa International University proudly and excitement. For alumni, it was a strengthened relationships, and created hosted the annual "TRSU Nursing valuable opportunity to reconnect with meaningful connections that extend well camaraderie strengthening the bonds among students, extended alumni, and faculty members. The ceremony was graciously presided over enthusiasm, and sense of unity among Nursing Science is our people, the by Ajarn Vipa Pengsa-ium, Dean of the participants were unmistakable. Smiles, students, alumni, and faculty who make highlighted the importance collaboration, mutual support, and the impressions and fostering a deep sense of mutual support that we continue to Nursing Science

The event featured a wide Science designed to encourage teamwork, healthy academic excellence but also to organizing more initiatives that promote competition, and joyful participation, cultivating an inclusive, supportive, and collaboration, nurture community spirit, Students and alumni enthusiastically vibrant community. By bringing together and foster lasting friendships among all joined in games, athletic challenges, and

On Wednesday, 13 August 2025, team-building exercises, creating an current students, graduates, and faculty, the Faculty of Nursing Science at St atmosphere filled with laughter, energy, the event celebrated achievements, Science Sports Day," an event dedicated peers and mentors, while students beyond campus life. and enjoyed meaningful experiences that beyond the

Faculty of Nursing Science, who cheers, and supportive interactions our community vibrant and strong. It is of echoed across the venue, leaving lasting through our shared experiences and lasting connections that define the TRSU pride in being part of the TRSU Nursing inspire excellence and build lifelong community. Science family. The "TRSU Nursing bonds." Sports Day" not only variety of sports and interactive activities underscored the faculty's commitment to Nursing Science is committed to

Reflecting on the occasion, Dean classroom. Vipa Pengsa-ium remarked: "Events like Throughout the day, the warmth, this remind us that the heart of TRSU

> Looking ahead, the Faculty of members of the TRSU family.







TRSU GOT VACCINATED

promoting health and wellness nursing students. among all members of the TRSU University organized an Influenza Vaccination (Quadrivalent) event on Friday, August 22, from 12:00 noon to 2:00 p.m. at the Faculty of Nursing Science Building. This free vaccination program was led by medical staff from Somdet Ya 84 Health Promotion Hospital, with

With the aim of continuously support from some of our senior

Students, lecturers, and staff community, St Teresa International lined up to receive the vaccine, demonstrating their enthusiasm for this important health initiative. Recipients expressed their gratitude for TRSU's commitment to promoting health and well-being within the campus community.



DIGITAL MEDIA SEMINAR WITH AMARIN TV

By: Keeratikan Rueangkla, English for Business Communication, Year 2

Supachoke Opasakun, distinguished news anchor "Understanding Media, Messages, and Current Events"

On August 18, 2025, the students and faculty members of the question-and-answer session, which Faculty of Humanities and Social Digital Media Program. Drawing from made the seminar highly engaging and Sciences at St Teresa International his extensive experience in the mass interactive. University had the honor of welcoming media industry, Mr. Supachoke shared a practical techniques, professional warm and welcoming atmosphere, from approaches, and valuable perspectives fostering a strong connection between Amarin TV, as a guest speaker. He that can guide students in both their the speaker and the audience. His talk delivered an insightful lecture on the academic journey and future careers. left a lasting impact, inspiring students He also encouraged active and lecturers alike with fresh ideas and to participation through a

The event was conducted in a

dynamic meaningful insights.



NIGHT MARKET AT TRSU

Affairs Office launched the very first and wearable goodies. **TRSU** Night

Although the space was modest several of our in size, it was filled with vibrant stalls showcased their offering food, drinks, creatively managed by our very own staff

On the evening of August 20, students who stepped into the role of showing their support and enjoying the the open ground in front of the Joseph- entrepreneurs. Excitement filled the air spirited vibe of the event. Marie Building (JMB) was transformed as TRSU students eagerly flocked to the into a lively night market as the Student market, purchasing both edible treats truly an evening of success—filled with ery first and wearable goodies. To fun, laughter, and unforgettable Market. make the atmosphere even more festive, moments. It not only created lasting musical clothing, performing songs dedicated to everyone community. With such a positive accessories, and many other items, all present. Administrators, lecturers, and response, we look forward to seeing this also joined

The TRSU Night Market was fun, talented students memories but also strengthened bonds abilities, of friendship within the TRSU the celebration, event held more frequently in the future.

NEW KTB ATM NOW SERVING TRSU COMMUNITY

upgraded to ensure that the TRSU family everyone. enjoys convenient and reliable services. These improvements reflect

the is the replacement of the Krung Thai Bank of our campus community.

institution's commitment to providing a (KTB) ATM located near the main gate. supportive environment where students, With this new machine in place, members faculty, and staff can focus on their of the TRSU community can now carry academic and professional pursuits out their financial transactions with greater without unnecessary disruptions. Every ease and security, right within the campus enhancement, whether big or small, vicinity. This improvement not only saves Utilities and facilities around the contributes to making daily life on campus time but also strengthens the accessibility TRSU campus have been gradually more comfortable and efficient for of banking services for all. We extend our sincere appreciation to KTB for their One of the most recent upgrades continued support in addressing the needs



Majesty Oueen Mother birthday and Thailand's Mother's Day, day educational trip for all students. spot with a warm and relaxing This trip not only gave me new Although it lasted only a single day, the atmosphere. There, we enjoyed knowledge but also strengthened my explore.

Dan Prakarn Chon Dam, a breathtaking landmark surrounded by lush green Maneewong, a serene temple adorned shots to treasure forever. Though it was forests and crisp mountain air. Standing with stunning architecture and a only a day, it felt like a meaningful on the dam, I gazed at the vast expanse tranquil spiritual aura. Walking around chapter of my life—a story I will of calm water stretching into the its sacred grounds, I felt a deep sense of cherish in my heart always. horizon. The cool breeze, the gentle respect and calmness while learning sound of flowing water, and the

On August 12, 2025, Her embrace of nature filled me with peace more Sirikit's and renewal.

After immersing ourselves in our school organized a memorable one- nature, we visited Laura Café, a cozy was full of happiness and gratitude. schedule was filled with enriching delicious cakes, refreshing drinks, and friendships and activities and beautiful places to lively conversations. Laughter and memories. To preserve these moments, cheerful moments with friends made I captured countless photos, joyful

about Buddhism traditions.

By the end of the day, my heart created Our first destination was Khun the experience even more delightful. group pictures with friends, cheerful akarn Chon Dam, a breathtaking Our final stop was Wat snapshots with teachers, and a few solo

SPORT CLUB **18 AUSGUST** 17:00-19:00 REGISTER NOW **14 AUGUST** St. Teresa International University

TRSU 3X3 BASKETBALL GAMES

By: Methika Chaithatthanapol, English for Business Communication Year 2

Most late afternoons winning came alive excitement as students from strategy, coordination, different faculties gathered for never-give-up attitude. the 3x3 Basketball Games. The beyond victories, every team playing with passion participation. and determination.

paced demonstrated celebration Players impressive perseverance,

environment that inspired everyone to give their best. While all teams competed admirably, squad—Ratchata evenings throughout (Aeronautics, Year 2), Methasit August, from 5:00 PM to 7:00 (Air Traffic Control, Year 2), PM, the university basketball and Kanyakit (Airline Business, with Year 2) stood out for their Yet, atmosphere was electric, with highlight was the spirit of

The 3x3 Basketball The matches were fast- Games were more than just a action-packed. competition; they became a of. teamwork, teamwork, fitness, and university pride. and Special thanks go to the Student sportsmanship, making each Affairs Office and the Student thrilling to watch. Association for organizing this Spectators added to the energy memorable event, with the with loud cheers, creating a promise of more to come in the supportive months ahead.

STUDY TOUR AND TRIP OF ATC AND AR STUDENTS TO U-TAPAO INTERNATIONAL AIRPORT

By: Wai Phone Maung, Aeronautics, Year 1



accompanied by some of our beloved with chicken. lecturers. We departed TRSU campus around 5:20 a.m. and arrived at the airport at approximately 8:40 a.m., after a journey of about three and a half hours.

Upon arrival, we first went to the briefing room, where a military officer explained the history of the airport, including when it was built and when it began operations. Our teachers took photos with the officer before we returned to the bus and headed straight to Terminal 2. At the terminal, ground staff and officers guided us through the facility,



our students from Aeronautics and Air shops, and boarding gates. We also visited themselves, a procedure similar to Don Traffic Control programs, both third and the arrivals hall and took several photos Mueang fourth years, participated in a study tour inside Terminal 2. During this time, I had Unfortunately, we were not allowed to and trip to U-Tapao International Airport, breakfast on the bus, enjoying fried rice access the airside due to security



Around 11:00 a.m., we arrived at showing us the check-in counters, security the Air and Coastal Defense Command. We explored the area, took pictures, and also visitAed the Sea Turtle Conservation Center, run by the Royal Thai Navy. Lunch was provided on the bus in the form of rice boxes with seafood curry.

> During this trip, I learned a great operations. I noticed that the check-in valuable insights into airport operations, process at U-Tapao International Airport security protocols, and the technology differs from other international airports. used at U-Tapao International Airport,

On Tuesday, August 19, 2025, checks, immigration counters, duty-free their luggage to the X-ray machine International Airport. regulations, as the airport is operated by the Air Force and also houses fighter aircraft. The strict security measures were further heightened by the ongoing situation with Cambodia. The airport also operates direct flights to Russia and charter flights.



Overall, the trip was highly about airport technology and educational and enjoyable. I gained After checking in, passengers must carry making it a truly memorable experience.



MY TOEIC EXAMINATION **EXPERIENCE**

By: Pubet Bunprakhen, Education Mathematics, Year 4

On August 16, senior students four faculties:

Social Sciences, and Public Health took the texts, required careful attention and strong official TOEIC examination at the TRSU vocabulary. Time management was a real campus.

mixed emotions: some test-takers looked writing immediately once time was up. nervous, others were excited, a few Personally, I realized I need to appeared stressed, while many seemed well -prepared.

From my perspective, the real TOEIC exam felt very formal. Before the this exam, I found it difficult. Interestingly, test began, examiners clearly explained the rules and regulations. Following these rules take in class, the real exam actually felt was strictly required, as failure to do so slightly easier in some parts, but still would result in scores not being released. required stronger preparation.

During the Listening Section, the Business The passages, often presented in the form achieve a score of 800+.

Administration, Education, Humanities and of emails, advertisements, and other written challenge; I was unable to finish three The atmosphere was filled with items because the rules required us to stop

> expand my vocabulary and develop better techniques to answer questions more quickly. Since I did not prepare much for compared to the practice TOEIC exams we

Overall, I would consider the real audio was loud and clear, making it easy to TOEIC to be of intermediate difficulty. follow the recordings. However, the With more focused preparation, especially Reading Section was more challenging. for the reading section, I believe I could



HEALTH PROMOTION AND DISEASE PREVENTION PROGRAM FOR AT-RISK GROUPS

By: Monthira Kitham, Nursing Science, Year 1 and Keeratikan Rueangkla, English for Business Communication, Year 2

organized a special event on August 25, year. 2025 at the Joseph-Marie Building, under the theme "Health Promotion and various health exhibition booths were

was a health talk titled "Never Be Again" delivered Overweight Pornpen Pongsathuntham. Benjapak Sanghuayphrai serving as the importance of balanced eating, responsibility and good health. moderator. In addition, outstanding consuming good fats, and engaging in students were recognized and awarded regular physical exercise. They learned

The Faculty of Nursing Science for their exemplary health management to make at St Teresa International University practices during the 2024 academic practiced

To enrich the experience, healthy lifestyle. One of the event's highlights pesticide-free vegetables.

Participants composed by students, lecturers and staff took part in jobs, as with interactive activities that emphasized candidates

healthier food choices. simple workouts. exchanged ideas on maintaining a

Overall, the event reinforced Disease Prevention Program for At- set up, focusing on nutrition, mental the message that proper nutrition and Risk Groups." The program aimed to health, and physical exercise. There was regular exercise are key not only to equip students with valuable knowledge also a Health Promotion Market where preventing diseases but also to boosting about proper health care and effective participants could explore and enjoy energy, confidence, and self-discipline. disease prevention in today's society. healthy OTOP food products and It was also highlighted that maintaining a healthy Body Mass Index (BMI) can of be an advantage when applying for employers often value who demonstrate



VEENA'S DETERMINATION TO WIN

Praveenar "Veena" Singh of competed in Miss Universe Thailand Saraburi has been crowned Miss in 2018 and 2020, placing second and Universe Thailand 2025 in a glittering first runner-up, and in 2023 as Miss finale held on August 23 at MGI Hall, Universe Thailand Phuket, where she Bravo BKK in Bangkok.

beauty The 32-year-old triumphed over contestants from all 77 Praewwanich provinces. with Ruangthong of Bangkok named first runner-up and Narumon Pimphakdee represent Thailand of Phuket second runner-up.

Veena's win marks the peak of a determined journey. She previously

finished as second runner-up again. This year, after winning the provincial crown for Saraburi, she finally claimed the national title.

Veena will now go on to the at Miss Universe 2025 pageant, where she aims to bring home the global crown.

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