



TRSU IGNITES UNITY AT TRSU SPORTS DAY 2025



On January 14, 2026, St Teresa International University (TRSU) launched its annual Sports Day—officially the TRSU Sports Day 2025—with electrifying energy at the university sports field. This dynamic event brought together students, lecturers, administrators, and staff in a celebration of athleticism, camaraderie, and anti-drug advocacy, directly supporting Thailand's national drug prevention agenda through sports-driven awareness and moral development.

The festivities ignited from 7:00–8:00 a.m. with a spirited opening assembly,

where athletes and color teams rallied in anticipation. A vibrant parade from 8:00–9:00 a.m. featured imaginative marches, leading into the flag-raising ceremony for national and sports flags at 9:00–9:30 a.m. University executives delivered a motivational speech, dramatically lighting the stadium torch to underscore sports' vital role in fostering health, discipline, sportsmanship, teamwork, and resilience.

Intense matchups ran from 10:00 a.m.–12:00 p.m., spanning football, volleyball, badminton, basketball, Sepak takraw, and innovative team-

building challenges across outdoor facilities. High-energy cheerleading routines and performances electrified the crowd, sustaining momentum for competitors and spectators throughout the day. The exhilaration peaked at 5:00 p.m. with a triumphant awarding ceremony, presenting trophies and medals amid cheers, before closing with the royal anthem.

By redirecting youthful vigor into sports, education, and core values like ethics and discipline, TRSU Games 2025 actively combats drug abuse. The university's dedicated monitoring and

proactive interventions in higher education continue to deliver impactful results, promoting productive leisure and forging unbreakable community ties.

The buzzing atmosphere - fueled by parades, edge-of-your-seat contests, and shared triumphs—left indelible memories and deeper bonds among all involved.

The Green Team dominated as Overall Champions, while the Yellow Team excelled to claim the Cheer Champion title. Congratulations to all victors.





CULTURAL INSPIRATION AT BACC: HUMANITIES STUDENTS' ARTISTIC ADVENTURE

BANGKOK — On January 17, students from the Faculty of Humanities and Social Sciences, accompanied by dedicated lecturers and faculty staff, embarked on an enriching educational visit to the Bangkok Art and Culture Centre (BACC). This vibrant outing offered a perfect blend of learning and leisure, immersing participants in Thailand's dynamic contemporary art scene.

The group marveled at an impressive array of artworks by

renowned Thai artists, from intricate installations exploring social themes to bold paintings bursting with cultural symbolism. Each piece showcased not just technical mastery, but profound creativity and artistic excellence that sparked lively discussions on Thai heritage and modern expression. "It was eye-opening to see how art bridges our past and present," shared one student, echoing the sentiment of the group.

The BACC's striking architectural design—a modern marvel of glass, steel, and open spaces—further captivated everyone, creating an aesthetic ambiance that felt both inspiring and welcoming. Cameras flashed nonstop as students captured candid moments: group selfies amid sculptures, thoughtful poses by abstract murals, and joyful reactions to interactive exhibits. These simple snapshots are destined to become treasured memories, evoking the day's

magic for years to come.

Despite falling on a weekend, our enthusiastic students gladly sacrificed their Saturday, bonding over shared discoveries and deepening their appreciation for the talent and passion fueling Thailand's artistic community. Activities like this not only enrich academic perspectives but also foster creativity and cultural awareness—key pillars of our faculty's mission.



COMMUNITY ENGAGEMENT IN ACTION: TRSU DELIVERS ENGLISH TUTORIAL

NAKORN NAYOK—On January 21, the Faculty of Humanities and Social Sciences (HuSo) at St Teresa International University (TRSU) conducted an academic outreach activity at Ban Chawakyaw School, Nakornnayok.

The initiative was led by six second-year students from the Department of English for

Business Communication—Miss Bootyaporn, Miss Keeratikarn, Miss Thansiri, Miss Methika, Miss Banthita, and Miss Jatuporn—under the guidance of Ajarn Brandon, Ajarn Omega Rose, Ajarn Leo Anthony, and Miss Chalita.

The program aimed to support Grade 5 and Grade 6 students in preparing for the

upcoming O-NET English examination. Through engaging and interactive teaching methods, the TRSU facilitators delivered tutorials designed to strengthen students' language skills while encouraging active participation in the learning process.

Students from Ban

Chawakyaw School demonstrated remarkable enthusiasm, energy, and determination throughout the session. Despite its short duration, the activity proved to be both meaningful and rewarding for all participants, underscoring the importance of knowledge-sharing and community engagement in fostering educational development.



Happy NEW YEAR!

MAY 2026 OPEN DOORS TO STRONGER CONNECTIONS, RENEWED HOPE, EXCITING DISCOVERIES, AND THOUGHTFUL ACTIONS THAT UPLIFT AND BENEFIT OUR ENTIRE COMMUNITY.



HUSO HOLIDAY CHEER: CHRISTMAS & NEW YEAR'S PARTY LIGHTS UP ST. CHRISTOPHER SPORTS CLUB

On January 7, from 3:00 to nearly 5:00 p.m., St. Christopher Sports Club buzzed with festive joy as the Faculty of Humanities and Social Sciences hosted its annual Christmas and New Year's Party. This potluck celebration brought together the faculty dean, vice-dean, lecturers, staff, and students in a heartwarming display of inclusivity, transforming the venue into a hub of laughter, music, and shared traditions.

with a mouthwatering potluck spread—dishes lovingly prepared, purchased, and shared by students and lecturers alike. From savory finger foods to sweet Filipino treats every bite embodied the warmth and togetherness of the HuSo community. "It's these shared meals that make us feel like family," noted one attendee, savoring the flavors amid twinkling lights and holiday decorations.

lineup of lively games—think relay races, mind and body coordination and roll the die—that had everyone cheering and competing in high spirits. The raffle draw was the ultimate thrill, with prizes unveiling squeals of delight and lucky winners clutching goodies from gift cards to festive hampers.

A standout moment was the exchange gift activity, where wrapped surprises passed hand-to-hand, sparking peals of laughter over quirky picks and

heartfelt notes. TikTok videos captured the infectious energy—dancing, singing carols, and group poses—while photos snapped nonstop preserved it all. These digital keepsakes promise to bring smiles and a rush of nostalgia whenever revisited.

Heartfelt thanks to every participant and contributor for making this event a resounding success. Here's to continued joy, success, and all the best in 2026!

The afternoon kicked off

Excitement ramped up with a



CULTIVATING GLOBAL LEADERS: THE WORLD PEACE INTERNATIONAL YOUTH AMBASSADORS CAMP



PRACHIN BURI — On January 23 to 25, 2026 students from our university joined an immersive and transformative experience at the World Peace International Youth Ambassadors Camp, held from at the Ing Tawan Seminar Center in Prachin Buri.

The intensive three-day camp, designed to foster global citizenship and ethical leadership, provided participants with a unique curriculum blending personal development, mindfulness, and cross-cultural collaboration. Our students engaged in a rigorous schedule that began with an opening ceremony and orientation upon their Friday evening arrival.

Saturday’s agenda was packed with enriching activities. It featured an opening speech by Dr. Petcharat, followed by sessions on basic meditation and ethical development using the “Family

Day by Day” framework. The afternoon centered on collaborative learning, with students working in groups to prepare and deliver presentations for a camp contest. The day concluded with practical activities on developing good habits, an evening meditation on basic ethics, and a vibrant “Cultural Night”, allowing participants to share and celebrate their diverse backgrounds.

The final day emphasized reflection and commitment. After early morning meditation and group exercises, students participated in a symbolic “Peace position” activity. The camp culminated with a comprehensive exam on the principles covered, followed by a formal closing ceremony.

“Overall, I enjoyed the camp and found it meaningful. Although the

schedule was quite tiring, I learned new things, gained valuable insights, and made new friends. One highlight was Culture Night, which was enjoyable and helped participants connect across cultures. However, I believe the group activities could be improved—working by chapters rather than separate parts of the book would make learning more coherent. Additionally, the assessment relied too heavily on a 100-item multiple-choice test. The camp would be more engaging and effective with more creative, project-based activities.”

- Nathalia Martinez, Education English

“At the start of the camp, I felt excited yet a little nervous because everything was new. As the days progressed, the activities and meditation helped me feel calmer and more confident. During the exam, I was slightly worried but stayed focused and gave my best effort. Afterward, I felt relieved and satisfied with my performance. When it was time to go home, I felt both happy and sad. Overall, the camp helped me become more peaceful, confident, and responsible.”

- Myint Paing Soe, Aeronautics

“I had a meaningful experience at the World Peace Youth Camp. We did morning exercises and team cleaning activities, which taught me discipline and teamwork. I also made new friends and learned how

to cooperate with others. Meditation helped me calm my mind and reflect on myself.”

- Nang Susu, Public Health

“The World Peace Ethics Camp was a truly meaningful experience for me. Every morning, we started with invigorating group exercises that kept us healthy, energized, and disciplined. We also delivered presentations and drew valuable lessons from the book, “Family Day by Day”, which offers practical guidance on cultivating good values in children and resolving conflicts between couples through mutual understanding and respect. Culture Night stood out as a highlight, where we shared our diverse cultures, forged new friendships, and built mutual respect. Overall, the camp’s activities united us like one big family, deepening our understanding of ethics, peace, and harmony.”

- Paing Khant Kyaw, Airline Business

The university community extends its congratulations to our student ambassadors for representing us with distinction. Their participation underscores our institutional commitment to developing well-rounded leaders equipped to contribute positively to both local and international communities. We look forward to seeing how they integrate these valuable lessons into their campus





NURSING FACULTY BUILDS WISDOM FOUNDATIONS AT MORAL DEVELOPMENT CAMP AT WAT PHRA DHAMMAKAYA

PATHUM THANI - On January 23 - 25, 2026, first-year nursing students of Class 19 participated in a three-day Moral Development Camp at Wat Phra Dhammakaya, World Youth Development Institute in Khlong Luang District, Pathum Thani Province. The camp aimed to enhance moral values, discipline, and personal development for future healthcare professionals.

We arrived at 9:30 a.m. and attended an orientation session followed by the official opening ceremony (10:00-11:00 a.m.). After lunch, we participated in group activities and received our first Dhamma lecture on the three virtues: morality (Sīla), concentration (Samādhi), and wisdom (Paññā), as well as Garava-dhamma (six forms of respect) and the Eight Precepts. We met our group mentors and surrendered our phones to focus on the camp. The evening session (7:00-9:30 p.m.) included chanting, a Dhamma talk on positive speech, and loving-kindness meditation before bedtime at 10:00 p.m.

We woke at 5:00 a.m. for morning chanting and meditation, followed by light exercise and breakfast. Throughout the day, we attended Dhamma lectures on cultivating

good habits, the Law of Karma, and gratitude toward parents and teachers. The evening included chanting, candle-lighting activity, and loving-kindness meditation.

After the usual morning routine and offering alms to nine monks, we had breakfast. The final Dhamma topic focused on applying Buddhist teachings in daily life. The closing ceremony was held at 10:30 a.m., followed by a reflection session at 11:00 a.m. We, then helped with cleaning duties before departing at 2:30 p.m.

Menghor Man: *The camp taught mindfulness, self-discipline, and moral principles. Meditation and observing the Eight Precepts increased my calmness and focus. I praised the supportive mentors who inspired my personal growth.*



Warakorn Klahan: *Despite initial boredom with meditation and restrictions like phone*

confiscation, I found increased focus and organization afterward.



Kanokpit Kaewma: *The camp emphasized punctuality, cleanliness, and responsibility. Dhammakaya meditation combined with physical discipline promoted a calmer, more ethical mindset.*



Phattariya Saiyotha: *Observing the Eight Precepts and disconnecting from my phone improved patience, integrity, and concentration. I gained five core values: honesty, punctuality, cleanliness, mindfulness, and respect.*



Pornnutcha Wongkaenphet: *The retreat included meditation, Dhamma teachings, chanting, and making merit by offering alms to monks and scattering flowers during the alms-round. I found the experience enriching and memorable.*

The camp served as a foundation for building character and moral compass, equipping nursing students with the values necessary to become compassionate and responsible healthcare providers. The lessons learned and friendships forged during these three days will remain with them throughout their academic and professional journeys.





TRSU SHINES AT NATIONAL ANTI-CORRUPTION FORUM, SHOWCASING STUDENT EXCELLENCE

On January 29, 2026, St Teresa International University (TRSU) underscored its dedication to integrity and good governance by co-hosting a high-profile national academic forum on anti-corruption. Held at the Joseph Marie Building, the Public Forum—part of the 2026 fiscal year project for proactive corruption surveillance in government agencies—opened with remarks from the Deputy Governor of Nakhon Nayok Province.

stirring welcome address, joined by TRSU executives, faculty from across disciplines, and student leaders. The event fostered dynamic knowledge exchange and collaboration among public sector officials, citizens, and youth, spotlighting strategies to cultivate zero-tolerance cultures and boost civic engagement.

Shining brightly was Ms. Kunthicha Siriboon (“Ormsin”), a fourth-year Digital Media student from the Faculty of

Humanities and Social Sciences. Selected as TRSU's student representative, Ormsin actively contributed to discussions on corruption prevention and suppression, advocating for youth-driven solutions. Her participation exemplified how TRSU empowers students to engage in national dialogues, sharing bold ideas for transparency and accountability.

Organized jointly with the Office of the Public Sector Anti-Corruption Commission (PACC), the forum united

commissioners and experts to emphasize participatory decision-making, collective action, and open awareness-building. It created vital space for higher education voices to shape anti-corruption efforts, equipping young leaders with practical tools for a corruption-free society.

TRSU's initiative highlights its role as a catalyst for ethical leadership and national progress, inspiring participants to champion honest governance in their communities and beyond.

University President Dr.

student from the Faculty of

(PACC), the forum united



STUDENT ORGANIZATION (SO) ELECTION USHERS IN NEW LEADERSHIP ERA

On January 28, 2026, The campus buzzed with democratic energy as the Student Organization Election wrapped up successfully at 4:30 p.m. on January 28, marking a pivotal milestone for student governance. This meticulously organized event showcased a fair, transparent voting process that empowered students to select their representatives for the 2026 term, fostering a vibrant culture of

accountability and voter turnout highlighted impressive engagement, with peers demonstrating thoughtful consideration in choosing leaders committed to positive change. The election not only reinforced core values of responsibility and inclusivity but also set the stage for innovative initiatives, from event planning to advocacy efforts that amplify

and student voices across campus. Heartfelt congratulations to the newly elected leaders! We eagerly anticipate their fresh perspectives, collaborative spirit, and impactful contributions that will elevate the student organization throughout 2026. Here's to a year of unity, bold ideas, and shared triumphs!





TRSU STUDENTS SHINE AT CHRISTASONGKROH SCHOOL'S ENGLISH DAY

NAKORN NAYOK — On February 3, 2026, the Students from the Faculty of Education of St Teresa International University (TRSU) made a splash at Christasongkroh School's vibrant two-day English Day celebration, supporting Primary 1 to Mathayom 3 students (P.1–M.3) in a fun-packed push to boost

English communication skills. University volunteers teamed up with school teachers to run six dynamic stations packed with vocabulary drills, educational games, and hands-on challenges. They handled decorations, activity rotations, prize giveaways, and constant English encouragement, creating a

confidence-building buzz with interaction.

The event launched with a high-energy opening: student speeches, and musical numbers from teachers and the principal set the perfect tone.

“English Day was a hit – our students loved practicing real

vibe conversations while having a blast,” said one volunteer. The collaboration left lasting impressions, sparking P.1–M.3 students' excitement for English in daily life.

TRSU proudly champions community outreach, blending service with hands-on learning for future educators.



CA SHOWCASE 2025 “BACK TO THE 90’S” CAPTIVATES AUDIENCES

On January 28, 2026, The Communication Arts (CA) Department, Major in Digital Media Program under the Faculty of Humanities and Social Science (HuSo) at St Teresa International University (TRSU) wrapped up its spectacular CA Showcase 2025 “Back to the 90’s” celebrating student creativity with a nostalgic nod to the era’s iconic style and storytelling.

The event drew teachers, peers, seniors, juniors, and special guests who filled the screenings with enthusiasm, creating an electric atmosphere of applause and discussion. Organizers expressed profound gratitude for the overwhelming support, calling it “a wonderful memory that the entire CA community will cherish forever.” **Students’ Films Steal the Spotlight**

Year 4 shone brightly with their short films, earning rave reviews across all three packed screenings. “Love Log” by Ms. Kunthicha Siriboon charmed viewers with its heartfelt, retro-infused romance, blending emotional depth with 90’s flair. Meanwhile, Ms. Phumin Kamjaroen’s “The Last Session” gripped audiences through intense drama and thoughtful character exploration, sparking

lively post-screening buzz. This enthusiastic feedback has ignited even greater motivation among CA students, validating their skills and inspiring bolder projects ahead. The CA Showcase promises an epic return next year—mark your calendars for more cinematic brilliance from St Teresa’s rising creative talents!

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EXPLORING CREATIVITY AND STRATEGY: “ARTS AND SCIENCE OF ADVERTISING” SEMINAR



On January 20, 2026, St Teresa International University (TRSU), Faculty of Humanities and Social Science (HuSo) and Communication Arts Department (CA) hosted an engaging academic seminar titled “*Arts and Science of Advertising*,” bringing together students and faculty for an insightful exploration of modern advertising practices.

The event featured Ms. Nattaya Taweearn as the guest speaker, who shared her expertise and professional

experiences in the dynamic field of advertising. Held at the Administrative Building 305 C.A. Room from 13:00 to 17:00, the seminar provided participants with a comprehensive understanding of how creativity and strategic thinking intersect in the development of effective advertising campaigns.

Throughout the session, Ms. Nattaya highlighted the importance of blending artistic creativity with data-driven decision-making. She discussed

current industry trends, audience engagement techniques, and the role of storytelling in building impactful brand communication. Students were encouraged to think critically, ask questions, and actively participate in discussions, making the session both interactive and enriching.

The seminar also emphasized practical applications, offering students valuable insights into career opportunities within the advertising and media industries. Participants gained a deeper appreciation of how advertising

shapes consumer behavior and influences modern society.

This event reflects the university’s continued commitment to providing students with real-world learning experiences and opportunities to engage with industry professionals. By bridging academic knowledge with professional practice, St Teresa International University aims to equip its students with the skills and perspectives needed to succeed in today’s competitive global environment.

A JOURNEY THROUGH TIME: THE HISTORY AND TRADITIONS OF NEW YEAR CELEBRATIONS

New Year celebrations, as observed around the world today, have a rich and diverse history that dates back over 4,000 years. From ancient civilizations to modern global traditions, the marking of a new year has long symbolized renewal, hope, and new beginnings.

The earliest recorded New Year festivities can be traced to ancient Babylon around 2000 B.C. During this time, the Babylonians celebrated the festival of Akitu, a multi-day event held in March that coincided with the first new moon after the spring equinox. This celebration was deeply connected to agricultural cycles and the renewal of life.

Similarly, ancient Egypt observed the New Year around

the autumn equinox, aligning the celebration with the annual flooding of the Nile—an event crucial to their agricultural prosperity. In the Roman Republic, the New Year was also initially celebrated in March. However, in 46 B.C., Julius Caesar introduced a significant reform by establishing January 1 as the official start of the year. The date was symbolically linked to Janus, the Roman god of beginnings and transitions, often depicted with two faces looking to the past and the future.

During the Middle Ages, New Year observances in Europe shifted temporarily to various religious dates, including March 25 and December 25. It was not until 1582 that Pope Gregory XIII, through the introduction of the

Gregorian calendar, restored January 1 as the official New Year’s Day. This reform helped correct discrepancies between the calendar and the solar year, ensuring greater seasonal accuracy.

Despite the widespread adoption of January 1, New Year celebrations continue to vary across cultures and religions. Chinese New Year, for example, is celebrated between late January and early February based on a lunar-solar calendar. Rosh Hashanah, the Jewish New Year, takes place in the fall, while Nowruz, the Persian New Year, is celebrated during the spring equinox.

Many modern traditions also have ancient origins. The practice of making New Year’s resolutions dates back thousands

of years, when people made promises to their gods as a way to seek favor and forgiveness. The image of the “Baby New Year,” symbolizing renewal and the passage of time, originated in ancient Greece. Meanwhile, the tradition associated with April Fools’ Day is believed to have emerged from those who continued to celebrate the New Year in spring and were mocked after the calendar reform.

Today, New Year celebrations reflect a blend of historical influences and cultural diversity. Whether marked by fireworks, family gatherings, or personal resolutions, the New Year remains a universal moment for reflection, celebration, and hope for the future.