

24 GLORIOUS YEARS CELEBRATED

Kavya Chengte

Marie Beri

In an engaging dialogue, Ms. Jaysheela Simon takes us down the memory lane of her 24 years of service and shares valuable insights on life.

Ms. Simon begins by sharing how her family has been her biggest support in her success story. Born into a family of six and being the youngest of four sisters, she exclaims “I have been blessed with the most encouraging family.”

Owing to the immense support she received from her family and her impeccable work ethic, she has gained unmatched experience and professional growth over the years. Having worked for 12 years prior to being employed in Francis, she already had an impressive history in her professional life.

Dr. Sr. Alphonsa Vattoly was a family friend through whom she was employed in the college as a secretary to Dr. Sr. Christene Rebello in 1998. When asked about how she felt when she first joined, she confidently said, **“I was not nervous, I was just looking forward to doing any kind of work that was assigned to me.”**

Ms. Simon worked with 4 principals from 1998 to 2022, starting from Dr. Sr. Christene Rebello (1998 - 2007), then Dr. Sr. Alphonsa Vattoly (2007 - 2015), Dr. Sr. Christene Fernandes (2015 - 2018) and finally, Dr. Sr. Sandra Horta (2018 - present).



Working with such learned and experienced women undoubtedly made an impact on her, she said, **“It was a different experience with each principal and I learnt so much from them and from working with them. However, I enjoyed the most with Dr. Sr. Christine Rebello. The work part; I learnt a lot from her. She had different ideas. But they all guided me very well.”**

“I always love working and I do not like wasting time. We must all work. Not only for financial stability, but working is good. You must always keep working, for as long as you can.” Ms. Simon said strongly.

She had a nostalgic glint and a fervor for her work burning in her eyes as she recounted the most enjoyable years of her work life. Work was Ms. Simon’s driving force and her happiest memories over the years are associated with her work.

She recalled the days when they had worked day and night for the NAAC assessment that was conducted in the college in the year 1999. And another memory was when the college was awarded the CPE (College for Potential with Excellence) in 2004, and they had to make proposals and work round the clock for the same.

24 years is a long time, and Ms. Simon has witnessed the college evolve majestically over these years. She divulged into detail about the tremendous evolution that the college had undergone in her years here in terms of students’ strength, infrastructure, courses, and so much more. She herself had become a part of the brilliant history that has been carved into the very crevices of this college.

If there is anything that she loves more than her work, it would be her dogs. Ms. Simon is an absolute pet lover, and her pet stories took over a major part of the interview. She has 5 pets at the moment, and has had over 11 dogs over the years.

She loves her dogs and her love birds immensely. **“I am a dog lover. I have 5 pets. As of now, it is 5. Before it was 11 dogs. We had dogs in my childhood, and then since 2000 we have had pets again.”** Ms. Simon said happily.

Professional life or personal, life is challenging no matter what road is taken. But Ms. Simon had a piece of wisdom to impart; **“You have to be confident. In everyone’s lives there are more ups and downs. I see today’s generation’s lifestyle, it’s very easy to give up.**

I suggest you face challenges, try and fail but giving up and looking back is never an option. Especially as women we must never leave our passion behind. I always took all my downs very challengingly.

You should never look back on the past and only look at your future. God has given us everything. We just need to be grateful and keep going.”



Retiring from service after 24 long years, after being a part of this stunning institute, she plans on simply relaxing, spending time with her dogs, planting, cooking and enjoying her retirement.

“I believe I have dedicated my life to my work and my passion, I want to spend most of the time with my family and my pets. I have 5 dogs and a few love birds, spending time with them works like therapy for me. I also love cooking. I am waiting to be relieved from the daily tensions.” She laughed.

Ms. Simon claimed that she anticipated her journey with Francis to be long and elaborate, she said that she had that confidence that the end of her career would be marked in this prestigious institute. Sure enough, 24 years of prodigious service bore fruit, and she bid farewell with the utmost respect, heavy hearts and wishes for a peaceful retirement.

Edited by Marie Beri



National Statistics Day

The "Father of Statistics," Prasanta Chandra Mahalanobis, whose birthday is on June 29th, is commemorated by St. Francis College for Women as National Statistics Day.

The event features various activities such as presentation, dance performance and followed by the most awaited event of the day - the Games Arena. The final game was an individual quiz round where the participants had to guess a statistician. Treasure hunts and other games were held by the department to make the celebration exciting. The moment when Dr. Sr. Sandra referred to Yugandhar as "Mahalanobis of Francis" was the event's high point.

When asked what aspect of the event most everyone thought was the most memorable, the planning committee said, *"The games and treasure hunt we conducted gained a lot of attention. All the games were interesting and subject-oriented."*



We made statistics sound fun. Not only participants but the audience also thoroughly enjoyed the event. We added a laughter element to the event by asking tongue twisters. We conducted a treasure hunt for the statistics students. They had fun solving the questions and finding the treasure!"

The wonderful faculty, technicians, working staff, the planning committee consisting of 18 students and all the participants of the programme from various courses made the events honouring the 'National Statistics Day' possible and fun for all who were involved in it.

-Jennifer, Suzanne

SOCIAL MEDIA DAY



On the occasion of Social Media Day on 30th June, the department of Mass Communication had a celebration. An energetic dance performance was given by the PG Mass Communication students, which was followed by a play. In the skit, students played the role of prominent social media apps - Facebook, WhatsApp, Twitter and Instagram, having a conversation about the influence and impact they have on humans.

Through the skit, they highlighted certain issues that are prevalent on these platforms like stalking, invasion of privacy, fake news, etc.

A survey was conducted, in which 269 students participated as well as members of the teaching and non-teaching staff. The results showed that Instagram was the most favourite social media app among the students whereas, WhatsApp got the highest votes with the teachers.

"Social media plays a crucial role in our lives and it's important to be aware of the effect it has on us. On the whole, it was a great experience to organise the event. The department faculty and students made it a huge success." said Sreelekha, a PG student from the department.

-Rashmika, Praneetha

Leaders Sworn In.



The SFC Student Council Investiture ceremony, 2022-23 was held on 1st July, 2022 in the quadrangle. This was to officially transfer power to the newly elected Student Council members, Class representatives, Vice Class representatives, Student Quality Check representatives and to shed light on their duties. The event commenced with the college prayer which was followed by scripture reading by Ms. Elisa and Dr. Shiny Rajan.

All elected council members were, then, introduced to the college along with the positions they held, by Ms. Swetha Rachel. The college was delighted to announce Dr. Sister Sandra Horta felicitated them with their badges. The oath was taken by the student council members, proceeded by the class representatives, vice class representatives, and SQC representatives.

The college choir sang a congratulatory song to wish the members for their endeavours throughout the year. Dr. Sr. Sandra Horta also wished the council and imparted a few words of wisdom. Furthermore, T. Sindhuja Reddy, the newly elected president addressed the new leaders and the students, while conveying her gratitude for being elected as the President.

The ceremony concluded with a vote of thanks and the college anthem, sung by the choir.

-Saahithi E, Pragnya

TAKES A STEP FORWARD TO MAKING OUR WORLD GREENER!

The 'Save Soil' campaign was organised on the 8th of June by the Department of Environment Studies. The Prakriti Club Core committee members along with volunteers, and Ms. G. Dhanalakshmi Bhaskar, the Head Coordinator of Team Prakriti, conducted the event. Various other schools, colleges, and NGOs were also a part of this event.

With the goal of "each one reaching one," the "Save Soil" team visited the campus. Folk songs and a dance performance that celebrated the love of soil and the natural world opened the programme. The Save Soil volunteers from a popular music band did a flash mob at this incredibly interesting occasion.

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Later, the team planned an interactive session to promote Sadhguru's mission and objectives. They were also given information on the value of soil, and a documentary was shown. Along with other volunteers, Vaishnavi and Chaitanya raised awareness among the students

"I knew how impactful the event would be ever since we first collaborated with Vaishnavi! Doing our bit for the environment instilled a wave of pride in me." Kulsum Namazie, President of the Prakriti Club said.

-Manogna, Aishwarya

MATHCAD

The department of mathematics held a session on June 8th, 2022, to educate postgraduate students and mathematics professors about the Mathcad programme. Mr. Kishor from Adroit, an expert in Mathcad was invited by the college to create awareness about the program. Mr. Kishor gave insights on various features available in Mathcad.

It is a software set that is specially made for presenting equations and mathematical models, this also helps in laying out algebraic equations with variables, and describing their uses. At the end of the program, the faculty and post-graduate students in the second year expressed their gratitude to Mr. Kishor who addressed them and the mathematics faculty.

-P Priya, Shivatmika



NPTEL ONLINE CERTIFICATION COURSE

An online workshop was conducted at the college on 29th June. The workshop was intended to educate the faculty and students about a new online certification course by NPTEL (National Program on Technology Enhanced Learning).

NPTEL is a platform under the SWAYAM program that the government initiated. It is an umbrella platform that offers courses from all the IITs in India. It helps college students improve their skills and learn the basics of programs other than their mainstream subjects. The courses are designed for the students to self-learn.



The workshop was conducted simultaneously for St. Francis College for Women and Guru Nanak Institute of Technology. The workshop was arranged by Dr. Mallika Shetty from the management department and Koduganti Venkata Rao, director of GNIT.

A presentation was shown to the students to help them understand the program and courses better. Dr. Mallika Shetty had spoken in the workshop about the initiatives taken by the college to popularize the courses that NPTEL offers. *"In the past year, we have had many students and faculty members register for the courses and certify. The progress seen is very encouraging,"* said Dr. Mallika Shetty.

The platform offers 90% engineering and IIT courses and 10% arts and humanities courses. Students from any educational background can avail the courses. NPTEL also allows students to take up multiple courses at a time.

-Jayti, Aaria

NON - TEACHING STAFF DAY OUT

The Non - Teaching Staff members of the college had a day out at the Dream Valley Resorts on the 17th of June. Around 100 staff members were on this outing. The annual picnic was organised by the Principal, Vice - Principal, and the management of the college.

The day began with a prayer led by Dr. Sr. Sandra Horta. In Bandlaguda, they had a pit stop to visit the convent, where they visited the church, and strolled around the building. Additionally, there was a museum that featured the history, endeavours, laurels, and lives of the sisters of charity. They also had the opportunity to meet the senior nuns, who were reportedly equally ecstatic to meet them. The staff arrived at the resort, where they had a good time. They enjoyed several rides and water slides. In addition to playing outdoor games like kho-kho and basketball, they had a great time in the pool. The staff enjoyed a great lunch served at the resort.

For the non-teaching staff, it was a memorable day as they had a change of pace from their usual day and spent time with each other. *"Picnics are a great time to catch up with friends. The staff was eagerly looking forward to spending a day with Food, friends, and sunshine, especially post-pandemic."* Ms. Mary Dias, the receptionist said.

-Nikita, Sneha

Teachers Take a Day Out!

The college's faculty spent their Friday afternoon at the adventure park District Gravity on June 10, 2022. The tour was planned and facilitated by Ms. Mary Kavitha of the Botany department. They took part in various adventure water sports. Activities like ziplining, rock climbing, and go-karting were for the more adventurous ones. Other indoor activities which were enjoyed by the teachers were carrom, chess, and other board games.

"Quite a lot of the teachers enjoyed the indoor games," said a source, who also relished the opportunity to indulge in these indoor games. The purpose of the trip was to give the teachers that much-needed break from continuous classes so they could relax in an environment with like-minded people.

This would allow them to reorient themselves and come back refreshed to work. As one of the sources said, *"The day out was an opportunity that helped me to just be myself, relax and enjoy the day with my friends and colleagues."*

-Hitanshi, Aditi



COLLECTING WASTE FOR A WORTHY CAUSE

As part of their "Value of the Month" effort, the Prakriti Club sponsored a waste collection drive at Shubhram from June 28 to July 1. It was meant to encourage the habit of waste management and segregation in order to lead a sustainable lifestyle. The event's opening theme was **"Care for Creation."**

People were asked to bring dry garbage and deposit it in the cotton boxes and containers beside the canteen at Shubhram (Campus Waste Management Area), from 8:20am to 3:30pm. The scrap dealer will purchase the gathered dry garbage, and the earnings will be sent to Nachiketa Tapovan School, a nonprofit devoted to educating and uplifting poor children.



"As we all know the Earth is our only home together we must defend it and cherish it while we maintain it clean and green along with assisting the poor in an every manner possible," said Kulsum Namazie, the club's president and a final-year BA PPP student, encouraging all students and staff to participate.

-Powlomi, Isha

CLUB INVESTITURE CEREMONY

An Investiture ceremony was held for all the clubs and their core committees on 8th July in the indoor stadium of the college. Dr. Saveen Sauda, an esteemed member of faculty at Osmania University graced the event as the chief guest. A total of 13 clubs were present during the ceremony, two of which were newly established clubs, namely Ehsaas Club and Commedia Club.

The event began with a short prayer and a prayer song. After which, the dignitaries hoisted the college flag, followed by the College Anthem sung by the choir. The core committees of the 13 clubs marched forward holding their respective flags, led by their respective Presidents and Vice – Presidents. These educational as well as recreational clubs belong to the different departments of the college. The oath for the students was administered by the principal, Dr. Sr. Sandra Horta. Dr. Sauda addressed the students.



-He spoke about various Freedom Fighters and the contribution of Dr.B.R. Ambedkar to our Country and his inspiring life story. Dr. Sauda is the associate professor, Department of English in Osmania University and he also served as the program coordinator, National Service Scheme (NSS) Osmania University in 2007. The program concluded with the revered National Anthem.

-Deekshitha, Sathwika, Jwala, Nimishka

FAA IN ACTION!

An investiture ceremony was held for the Francis Alumnae Association (FAA) on the 4th of July at 10am in the quadrangle. The first ever student body was sworn in as the core committee of the FAA.

The ceremony was commenced by Ms. Kirti Rao, who introduced the FAA champions. She emphasised on the motives of the association, and their objective to bridge the gap between the current students and the alumni. Dr. Sr. Sandra Horta, the principal, welcomed the alumni committee and presented the core committee.



The candidates took an oath to participate actively and help the alumni even after they graduate from college after being sworn in and given their badges. As the ceremony came to an end, a speech was delivered by the President of the FAA council to express her gratitude.

Ms. Kirti, one of the internal coordinators for FAA said, *"I think that with this investiture, we took a positive step towards increasing student engagement in the activities of the alumnae association. Hoping to increase the alumni connect even after these students leave the portals of our college!"*

-Rita, A.S Sahithi

Celebrating Biryani!



The World Biryani Day was celebrated on July 5th in the college which was organised by the NCC and NSS students. The event was named 'Aaswad'. The main purpose of the event was to relish the taste buds with varieties of Biryani. The event was successful with the help of NCC cadets and NCC members.

Everyone within the college enjoyed Biryani Day which made Aaswad successful in reaching its goal. *"World's first Biryani Day is finally here. Biryani is food for the soul, emotion and simply a state of happiness for all of us. Biryani isn't just food, it's love for many."* Sindhu Veerannigari, a second year student from B.Sc. said.

There were many other delicacies along with biryani that everyone enjoyed.

-Sanjana, Gargi



BETHEL RETAIL STORE OPENING

The Bethel Retail Store was inaugurated in the college on July 5th. It was established by the department of B.Voc with the purpose of giving retail management students a real-world experience.

In the presence of the honorable Principal Dr. Sr. Sandra Horta, the B.Voc Head of Department, Dr. Subi Varghese, with Ms. Shalini William, Mr. Venkat Mutyala, and Ms. V Pavani officially opened the store after leading a prayer to invoke God's blessings. Principal Sandra Horta acknowledged and praised the students' efforts.



Sindhu, the creative head of B.Voc department said that *"The store provides quality products at affordable prices. Scrunchies are the best sellers"*. The shop is located right next to Rock Point and offers a variety of merchandise that includes handmade goods like candles, beaded bracelets and apparel straight from local wanderers.

-Veena, Mahalakshmi

BLOOD DONATION CAMP

A blood donation camp was organised by the NSS on Tuesday, 14th June to raise awareness among students with regard to blood donation. The camp was inaugurated in the presence of principal Dr. Sr. Sandra Horta. In order to raise awareness about this life-saving procedure, the world observes 14th June as Blood Donor Day.

The NSS had conducted a small rally in and around the college;. A skit was performed by the students on the importance of blood donation followed by a speech by the principal.

Many students and teachers went forward and donated blood later on. "I was really scared initially to donate blood but the nurses were very comforting and that gave me a boost of energy." said one of the students who donated blood.

"It was a good experience and it took about 10 minutes to complete the procedure. I was given a bottle of juice for strength after the process", said another donor.

The campaign was well-received by the college and its community members who lined up to donate blood. A large number of donors participated in the camp.

-Bhoomi, Sarayu

SFC LAUGHTER CLUB



On the 13th of June, SFC became the first college in Telangana to introduce a comedy club in an educational

The club aims at bringing up many interesting events such as movie and sitcom screenings, watch parties, stand up comedies and much more in the college campus in areas like the canteen, Aaram-viram and other places where students spend their free time.

institution. The club's main motive is to change the monotony of college life and to create a more positive environment for the staff and students. The idea was conceptualised by the students in an attempt to help the students and management with their mental health. The club was inaugurated by standup comedian Avinash Agarwal, who performed a routine in the quadrangle during the assembly hour.

"Thoda haso, thoda hasao" said Taanvi Agarwal. Students said this is a great initiative by the college for better mental health for management and students.



-Mahitha, Keerthi

Say 'NO' to Drugs!

Drug Abuse awareness week was celebrated at college from 27th - 30th June, organised by the Social Management department to educate the students about the negative effects of drugs on one's life.

Several informative events were held with enthusiastic participation from all the students. The first day commenced with the inauguration ceremony, starting with the welcome address and a nukkad natak, followed by a rally of 72 students, each one of them holding a placard with inspiring slogans written on them. Additionally, a zoom meeting was conducted in collaboration with ARCO, India by Dr. Devika Rani Kankarala and Sumit Arya on 'Drug Abuse and Illicit' which was organised by NSS and NCC.

A JAM (Just a minute) session and an essay writing competition were held on the second day in the Capitanio hall. They were judged by Ms. Geeta Gyanchandani, a faculty member of the Social Management Dept. and Subhkruthi Kasturi, a PG student. Students participated actively and came up with innovative and informative essays and portrayed their spontaneity in the JAM Session. Slogan writing and Collage making competitions were held on the third day on the topic



"Consequences and Solutions of Substance Abuse".

On the last day, a Rally on Drug abuse awareness took place at Umanagar, in Begumpet wherein, college students, NCC, NSS and the faculty members participated and spread awareness among the public by chanting the slogan "Jan Jan Ka Yahhi Sandesh, Nasha Mukht Hamara Desh".

"Every event that we organised filtered our veins with enthusiasm and a desire to eradicate this societal evil called Drug abuse from our nation", said Rizu Thakur, the president of the SMILE Club. All the events conducted in the Drug Abuse Awareness week were participated in with great zeal and fervour, making the whole program a huge success.

-Hansa, Kamyra

WORLD MICROBIOME DAY

The Department of Microbiology attended a National Seminar at Osmania university, Hyderabad commemorating World Microbiome day.

On the June 27th, the faculty of the department of Microbiology along with 2nd-year PG students attended a National seminar on “Ascent of Microbiome Research for nutrition & Health” held at the Osmania University. The panel spoke about how management of beneficial microbes can be helpful in saving soil, promoting plant health and ecological restoration.

This year’s theme is “Sustainability” and it is focused on how microbes can contribute to a sustainable future and how imbalances in the microbiota (wide variety of microorganisms that exist in a certain environment) are linked with a number of pathologies such as Crohn’s disease, inflammatory bowel disease and Cancer.



The one-day National conference was held by the OU faculty of Science with Dr. Venkateshwar as chief guests. The keynote speakers, Dr. Rupjyoti Talukdar, Director and Head, Microbiome Div. Clinical Pancreatologist (Fellowship, Mayo Clinic, Rochester, USA), AIG and Dr. Gautam Das, Co-Founder and managing partner miBiome Therapeutics, Mumbai, Maharashtra and several other speakers addressed the gathering.

“Seminars and conferences as such are crucial for students as they inspire them to develop interest in research.” The chief guest said.

The seminar provided the faculty and students with valuable insights and provided opportunities for video presentations. The students were educated on different aspects of this new emerging field of research and how it could help solve various problems related to human health & immunity.

“We could unlock many different areas of research which could change the aspect of living for the future generations.” said Syeda Tahniyat Fatima of 2yr MSc Microbiology.

-Elsy, Sirisha

INVESTITURE CEREMONY FOR THE CRs, VCRs AND SQC, STUDENT COUNCIL

The investiture ceremony was held on the 1st of July to officially transfer power to the newly elected Student Council members, class representatives, vice class representatives, and Student Quality Check representatives and shed light on their duties. The event commenced with the college prayer which was followed by wishes for all the students by the host Sr. Miss Swetha Rachel.



Elected council members were introduced along with the positions they held. The college announced T. Sindhuja Reddy as the President, Sheerie Tamkeen as VP, Esha Jain as the Cultural Secretary, Sowmya Reddy as Sports Secretary, Nadia as UG General Secretary, J. Ananya as Treasurer, and Milan S. Dhavan as PG General Secretary.

Dr. Sr. Sandra Horta felicitated them with their respective badges, followed by oath taking. The college choir sang to wish all members the best for their endeavours. Dr. Sr. Sandra Horta offered her wishes to the council and exchanged a few inspiring words of wisdom. Furthermore, T. Sindhuja Reddy conveyed her gratitude for being elected as the President. The event ended with a vote of thanks.

-Riddhi, Ananya

DOMESTIC WORKERS MATTER



The college celebrated the 11th Anniversary of International Domestic Workers’ Day on June 16th as a tribute to the Domestic workers. Twelve domestic workers were invited to attend the event and were asked to share their problems and what they sought for their betterment. The Chief Guest of the event, Sr. Lissy Annamma Joseph, Director of the National Workers Movement, Telangana, discussed pensions, medical services, housing, etc., that enlightened the domestic workers.

Dr. Sr. Lissy raised certain demands on behalf of the domestic workers and explained how it will benefit them. The demands included providing Employees’ State Insurance (ESI) to the domestic workers, allocating double bedroom housing, providing comprehensive legislation for domestic workers, ratifying ILO convention C-189, granting pension and maternity benefits. The event held at the college had quite a few programs.

The NSS students performed a dance as a tribute to the domestic workers and also presented an insightful skit portraying their daily lives and problems.

At the end of the event, Dr. Sr. Lissy invited the domestic workers to a programme which was conducted by the Members of Telangana Domestic Workers at Sundarayya Vignana Kendram, Hyderabad. Towards the end of the program, the principal, Dr. Sr. Sandra Horta and Dr. Sr. Lissy felicitated the Domestic workers and thanked them for their services

-Siri, J. Sahithi

JUBILEE UTSAV MASS



The Jubilee Utsav of departments commenced on a religious note on 24th June, in the auditorium and was led by Dr. Rev. Fr. Sagaya Raj. The theme for the event was ‘Come Holy Spirit, We Need Thee’ emphasising on the seven gifts of the Holy Spirit. The ceremony began with the HODs placing candles on the altar followed by a prayer of blessing from Fr. Sagaya Raj.

The college choir was led by Ms. Angelina from the department of BMS along with the staff members celebrating their jubilees. The mass was conducted to invoke God’s blessing for the academic year and the Departments celebrating their milestones in the college. All the Catholic, Christian staff and students along with the Jubilee departments attended the mass.

The Holy Mass was coordinated by Ms. X. Stella Martina, Head-Dept of English and Dr. Alice, Head-Dept of Economics.

The college conducted the Holy Mass for the three major reasons: to preach the seven gifts of the Holy Spirit, to bless the departments celebrating their Jubilees, as well as the feast of the Sacred Heart of Jesus.

The priest conveyed a thought-provoking message where he quoted: ‘Mata Pita Guru Daivyam’ which means teachers come before God, hence students need to have a special bonding with their teachers, and students should be self-disciplined, diligently and respectful towards their teachers. Fr. Sagaya Raj also shared his experience of being a principal.

Ms. X. Stella Martina, HOD of English shared memories of her experience as a teacher in the college who has and will continue to make a difference in other’s lives for the betterment of the society. She affirmed that the teacher’s role was to become a guiding light to their students.

-Anna, Sunena

MANAGERIAL MAGNIFICIENCE



Divya Ranka, a B.Com 3rd-year Francisian, was awarded as the ‘Best Manager’ in the Primicerius National Level Management Fest, held on the 7th and 8th of June 2022 and won first place in a gruelling 12-round competition, which included practical scenarios, analysis of past case studies and a final round of press interviews.

This year’s fest was held by Bhavan’s Vivekananda College. The fest was highly competitive, with over 30 colleges from across the nation taking part, ranging from Christ University, Bangalore to

NMIMS Mumbai. Ranka came up against 31 contenders in her category and was awarded INR 10,000 in cash and INR 2,500 in coupons, upon victory.

On winning, Ranka stated, “*I entered this competition, solely with the goal to reach the final round, and prove to myself that I can compete at this level. I never imagined walking away with the winner’s medal around my neck.*” Ranka is experienced in this department, having previously competed in several similar events, both online and in-person; this event marked her first appearance in the national level competition. She also piled praise on her competitors, saying, “*The quality of all participants was high, and the winner’s award could have gone in any direction in the final round. At one stage, we went sleepless for 42 hours whilst analyzing case studies, it was a tiresome yet fantastic experience.*”

-Suzan, Shreya

EHSAAS – A FEELING OF BEING ONE WITH LANGUAGES



The Hindi club ‘EHSAAS’, was launched with a grand celebration on the 5th of July. The treasurer of club, Chrystal Alexander, offered a prayer to start the inauguration, which was followed by a brief introduction about the club by the club’s coordinator, Ms. Surekha Chavan. Ehsaas club, as its name suggests, aims to increase group engagement by holding a variety of cultural events that will foster students’ creativity and help them grasp the fundamentals of Hindi.

“EHSAAS is the abbreviation for Ekta, Harsh, Saahas and Safalta, which means unity, happiness, strength, and success, respectively.” said club president, Akankshya Sundaray. A flash mob and the unveiling of the banner added cheer to the event. The club members then received badges from the principal, Dr. Sr. Sandra Horta. The inauguration came to an end with the release of helium balloons in the sky initiated by Dr. Sr. Sandra Horta and the vice principal, Dr. Sr. Sherly.

The aim of initiating this club is to provide a sense of belonging and togetherness to the students and to help them pave their way towards a path that leads to their success.

-Sakshi, Divya

Campus Herald

August, 2022

EPI – A WAKE UP CALL!

The EPI was first established in 2002 as an index that measures the environmental sustainability of various countries. It was established as a global parameter in association with the World Economic Forum and Columbia University. The EPI assessment carried out by Yale and Columbia universities with an emphasis on climate change mitigation and the results turned out to be shocking for India.

The fact that the country is ranked at last position of EPI and is predicted to emit 50% of greenhouse gasses by 2050 is a huge disappointment. Unsurprisingly, the EPI ranking and scores have been rejected by the Union Government as based on “unfounded assumptions”, “surmises” and “unscientific methods”. The government must do anything that they can to control the emission of these gasses and control the pollution. Recently the decision of 19 types of single-use plastic to be banned has been implemented on July 1st. Combating pollution is a great initiative so far but will it cut down the emission and pollution?

According to the World Bank report, India's score is 18.9. Many countries in the report are less developed than India, such as Bangladesh, Myanmar, Vietnam, and Pakistan, but they still received high scores. India was ranked 168th out of 180th in 2020, but this year there is a decline in rank for a variety of reasons including deteriorating air quality, increased greenhouse emissions, waste management, destroying nature for development, and climate and environmental policies that prioritize economic growth over sustainability.

The ministry rejected the report and said the weight of the indicators in which India performed well has been reduced and the reasons for such change have not been explained in the report. The country's forests and wetlands are important carbon sinks, but they were not taken into account when EPI 2022 calculated the projected GHG emissions trajectory up to 2050. While rejecting the analysis, the ministry stated that historical data on the lowest emission trajectory had been ignored in the computation. The Index does not include indicators on water quality, water use efficiency, and waste generation per capita, which are all closely related to sustainable consumption and production.

Despite the rejection being justified, there are many factors that can be taken into account when the reasons for the poorest ranking of India in the Environmental Performance Index is in question. From having a capital which has a pollution index that is gravely frightening, to the effects of plastic and to combat that, the recent ban on the very same in the country, and of course, the factor of climate change, must come into discussion as well.

Our environment impacts every aspect of our daily existence. Nature is a major part of our lives and we belong to it. Everything on our planet is connected. If one is disturbed it directly or indirectly affects the other and this in turn causes an imbalance in our entire Ecosystem. Research says rapid industrialization has caused a continuous increase in emission of greenhouse gasses despite widely promised climate actions promised

by the world's biggest carbon polluters (developed countries), global warming increase of 1.5 degrees celsius above pre-industrial levels, a target set by the world leaders when the Paris Agreement was signed in 2015, could be reached by 2030 possibly sooner. Limiting global warming to 1.5 degree Celsius is clearly a huge challenge that can be accomplished only if global action is taken.

Great global organizations are working day and night to save the planet by introducing strategies & action plans that need to be followed on a day to day basis. Countries like Denmark, UK, Finland have adopted impressive measures such as sanitation facilities second to none and almost 100% of the country's waste being recycled, composted or incinerated are one the greatest indicators for them to be on top and lead by example. Destruction of our nature has caused a great deal of disturbance to our climatic conditions.

Change is one of the most difficult existential problems. Pollution of rivers, emission of greenhouse gasses, rise in pollution levels, deforestation to fulfill human greed, generating electricity by heat & burning fossil fuels are increasingly influencing our climate and Earth's temperature. A pragmatic step was taken by the Indian government to lessen the effects of this environmental tragedy. Starting from the 1st of July, there was a ban on 12 kinds of single-use plastic. Now, an arrant efface of pollution cannot be banked upon this decision to ban single-use plastic. Plastic pollution is a human health issue, with grave effects on not only the environment but also on people as a whole.

According to FICCI (Federation of Indian Chambers of Commerce & Industry), an average Indian uses around 11kgs of plastic in one year. If calculated according to the population of India, annually, India alone produces 3.5 million tonnes of plastic. lifecycle of plastic is the most tremendously terrible thing – with something as simple as straw taking 500 years to decompose, and a plastic bottle we drink water in taking 450 years to decompose, and the numbers just continue to shock us.

Do we, mere human beings, have the ability to cause this much damage? Yes, yes we do. Plastic produces millions of micro-plastics which are merely a few millimeters in size that are harmful to the environment as well as human health. With all these factors taken into consideration, plastic, over the past decades has contributed enormously to the pollution tribulation that has landed the Indian subcontinent at the lowest in the EPI.

In case of a violation of this ban, a sum of Rs. 100,000 or a jail sentence of 5 years will be imposed. Now, with all this in action, we must only wait and watch, reading into the implications of this ban and how seriously it will affect the use of single – use plastics in the country.

It's high time to not only refer to our environment as "Mother nature" but also treat, respect & take care of it like our mother. We must be in harmony with our nature. The true essence of education lies in bringing small changes in our daily lives that will contribute to the greater cause as every tiny drop makes the mighty ocean.

A VOICE IN THE WILDERNESS



Kavya Chengte, Editor

India a Country of culture, morals and traditions. “We are one of the last surviving Goddess-worshipping cultures,” says Renown Author Amish Tripathi while writing about Indians still carrying the memories of the country's ancient cultures. It is a never-ending debatable topic where a few call it culture and pseudo- feminists use it to show the wrong happenings with women and question the integrity of the practices. Women in India and their treatment is situated on two face of a coin, one side is treated, and nurtured by poets, historians, and another side their rights, opportunities and will to live are shredded into pieces. According to the 2019 annual report of the National Crime Records Bureau (NCRB), 32033 rape cases were registered across the country, or an average of 88 cases daily, An estimated 99.1% of sexual violence cases are not reported.

The National Family Health Study (NFHS) is a nationally representative survey of almost 700,000 women. Between 2015 and 2016, a sub-sample of 79,729 women were answered detailed questions on sexual and physical assault. In the absence of a national crime victimisation survey, the NFHS is the most reliable source of information on crimes against women. Even when marital rape and assault are excluded from the analysis, the extent of reporting sexual violence remains low. Only around 15% of sexual assaults perpetrated by others (other than the present husband) are reported to the authorities.

Four gang rapes in under three months, with the latest victims being minors, have turned the spotlight on the need for enhancing safety for women and strengthening law and order. In a society where sex education is still not openly provided and practised freely in educational institutions, it becomes very important for society to prepare minors to build a way to communicate mishappenings or any ill behaviour to their guardians. Three classmates in the Cuddalore area blackmailed and raped a Class 10 student. A little girl was reportedly gang-raped by three minors in the district during a heinous incident. A 40-year-old man was charged of attempting to rape a two-year-old female descendent at Kunchumamba Colony, which is located inside the Gajuwaka station boundaries. The case was sent to the Disha station. The 17 year old girl was gang raped by the five juveniles, they were transferred from Juvenile Home to Jubilee Hills.

These are a few snapshots from all over the country this month, what they have in common is that none of these atrocities is at all out of ordinary in the societies that they were perpetrated, in a few of the safest cities. This shows a very mere example of Indian practice i.e. when a problem is common to such a great extent it's not a problem anymore, it becomes a part of the society, and one must adjust to living with it. Unfortunately, the Epidemic of violence against women has increased to such an extent and yet has been ignored and needs a political or communal controversy to reach audiences. All the cases mentioned above cannot only be solved by education or development alone, the state was culpable, either out of negligence or direct involvement in the grotesque treatment of women.

To make matters worse, a horrible crime against women is always followed by sexist, misogynist, survivor-blaming words and ineffective actions. Girls are stopped and questioned for wearing torn jeans and being out late. In their twisted logic, some members of society believe that the survivor might have avoided the assaults by dressing conservatively, foregoing gatherings, and getting home by sundown. Parents are accused of not instilling ‘Indian values’ in their daughters. Following the Mysuru rape, a similar pattern emerged. In general, India must work to change a society that frequently devalues women. Many are forced to marry as young brides, and many suffer at the hands of spouses and family members, including acid assaults and burning. India, the world's largest democracy and a rising economic force, could never attain its full potential if half of its people lives in terror of horrible crime.

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SFC, The Corridors of Memories For The Alumni

From walking into the college gates as a fresher, to walking out of the same gates on the farewell, teary-eyed holding memories of a lifetime. The times spent together with friends make for memories to be cherished for a lifetime. The corridors of St. Francis have a lot of stories to tell.

They have heard endless conversations and chatter, have experienced the exam stress, the thrill of bunked classes, the pressure of last-minute assignments and activities, and lastly the goodbyes with bleak promises to meet, SFC corridors have seen it all. The transition from school life to college is a huge one, and life changes a lot between these two. The students are transitioned from dependent, young, children, to independent, matured, and confident adults ready to face the world but in the middle of all this, they also find people who support their growth and become an integral part of the rest of their lives. Amidst this growing up they somehow find themselves, and live some of the best moments of their lives, creating stories that will pass on from generation to generation.

The best times of life are lived here, being free from the clutches of the outside world, free from



all types of pressures of the world. Living their passions, and doing everything they love without the fear of being judged. For most people college was the only place where their passions were met. Many amazing singers from the physics students, graceful dancers from the business administration department, great chefs from the economics students, and lovely photographers from the English departments, have been bloomed here as passion has no boundaries and none is confined to one thing. Tania Maseera a 2020 pass-out student re-lives her days in college saying, "Those were definitely the days when we actually lived our lives for ourselves! Stepping into the outside world we sometimes can

-not even hear our own heart." Without realising what the outside world holds for them the students wait for it eagerly, with eyes full of dreams and hopes, but as soon as they step out of this cozy, friendly, and non-judgemental environment of the college they realise the best is left behind in the rush of the hazy future. Most of students' miss college life just because they are in a hurry to jump into the future of adulthood, not realising that the future, unlike the present, is full of responsibilities and clutches of time and constraints. What most miss out in life is a simple theory to enjoy and live every moment to the fullest. Asnia Ahmed a 2016 batch student recalls, "College times are the times I miss most nowadays.

Shifting to a new country has made me value the memories of the places I have left behind, and my time at SFC is something I miss the most." The corridors of college are the corridors of memories of the alumni which they keep revisiting to relive the best moments of their lives, where there were no major responsibilities and pressures, they cherish moments spent on the campus even though they are in different countries now. During the college days, most fail to realize the opportunity. Taking deadlines and college responsibilities very harshly, forgetting that there are harder battles to fight outside these gates. Let's not forget that each moment a Francisian lives through these corridors of SFC are going to be a beautiful memory to cherish later and each day here is going to be an adventurous story in the future to tell. So let's not forget to live each moment to its fullest without worrying too much about what the future holds for us. Because once we have stepped out from the gates from here, there is no looking back. All these exams, assignments and deadlines will look easy when the real test of life begins.

-SYEDA AFIFA

You got Money Moves?

Ugh! Not ready for this much responsibility yet? But life, at this point, calls for it. As students, our incomes are either from pocket money or from stipends or part-time salaries. And being introduced to your own wallets, your own monetary responsibilities can be overwhelming. Money is for a few, if not all – the objective of life. Making that money is an art. And maintaining it, a task that leaves you bamboozled. Beginning with, how to make money as someone who is already packed with classes, homework, assignments, clubs, projects and a happening social life. It is hard alright. But, internships come to the rescue. Looking for paid internships can be immensely helpful. Internships are designed for students to fit their schedules. LinkedIn, connections, with the guidance of your faculty or placements. Other ways of making money can also include rendering your services as a freelancer or working part-time in your field. Sophia Shireen, a post-grad student from the department of psychology said, "As a student financial planning is very overwhelming for me. I often feel like I am spending someone else's hard earned money, so I recently got a job and I try to use it for all necessary expenses and save a little bit. I usually take out a little amount in the start and the rest I use it for my activities. I feel this helps me feel a little bit better."

The next part of the plan is planning out. Being a student comes with many responsibilities and obligations, especially that of being a part of a social circle. Transportation, a pair of earbuds that you were waiting to be launched, or a warm meal. Now all these expenses need to be planned out. In the present times, with inflation on such a rise which doesn't only affect the working class, but also students saving and spending becomes challenging. Planning can begin with simply grabbing a diary and writing down all your expenses and tallying it with your income, is a perfect way to start. Allocation of cost figures for each activity can do wonders. But as it was established earlier, it can take unbelievable amounts of self-control and determination to stick to it.

Cool clubs to join in St. Francis

St. Francis College aims to fulfil the vision of 'Holistic Education for Empowerment of Women'. The college focuses on all-round development of students and the student club is one such platform to develop their organisational and leadership skills. There are various student clubs in college out of which five, managed by respective concerned departments and the other five, which are common clubs of the college. 'Xpressions club' is the Arts and Humanities club. It comprises of 7 vivacious clubs and together they make the Xpressions Club! "As the President of the club I want to ensure that

we encourage them to keep creating." said Abigail Emmaneul, BA III HLP (President of the Xpressions club). Amalgamation of talents along with dedication, hard work, vigilance and cordiality defines 'Spectrum.' This science club encompasses thirteen departments of sciences. 'Commerce Organization for Emerging Entrepreneurs' (COFEE) was initiated in the year 2002, and has established itself as the largest club on campus. "We have learnt so much together, we have grown so much together!" said Diva Ranka, B.Com III (President of the COFEE club). 'Arista' was established in 2009. The



-MARIE BERI

Happiness on four wheels



Want to hear a joke? What is the most haunted place by students during vacant periods and break time?

It's the canteen! Haha.

Canteen is the most visited, popular, busiest and crowded place in a college. People can be seen wandering about near the canteen and inside the canteen eating or talking about college, fashion, films, government, politics, news and what not! the conversations are endless. Students find an escape from reality and it's a part of their college life. They cannot think of college life without a college canteen. It's like their refreshment centre. Everyone's presence makes it a jolly place. Gone are the days when the typical canteen used to be stationary. Now at SFC, there are two well-equipped canteens; a brand new truck canteen and a typical canteen hall which are run by Mrs. Radhika.

From tea coffee to fancy foods like momos and french fries, the college canteen provides a wide range of food options. Students say they love spending their time at the canteen while enjoying tasty food. Situated at the rare of the college, the canteen hall accommodates 30 students, outdoor seating is available as well. This canteen offers all types of food, from packed ones to freshly cooked items, juices, ice creams etc. Established in July 2022, the truck canteen is located at the entrance of the college and it provides snacks, tea, coffee, chocolates and ice creams. Students and teachers are seen standing and sitting around the truck while enjoying the bite and chitchatting. The surroundings are

kept clean. Mrs. Radhika expressed her gratitude towards the management of the college for giving her this opportunity.

When asked about her philosophy of setting up canteen truck, she said "Students rely on canteen for smallest of the little things, sometimes it can get hard for them to take a stroll till the canteen hall which is situated on the posterior of the college, I wanted to make it easy for them so I took permission from the college management to arrange a canteen truck. After my plan got implemented, I made it convenient for everyone to access canteen food. We get 60 to 80 customers every day and it's helping them".

The college canteen has evolved from canteen hall to canteen truck, attracting everyone in the college. Isha, an Economics student said that "Although the truck canteen has lesser options compared to the stationery canteen, it is easy to grab a snack whenever I want, whereas it is hard to take a stroll every time till the stationary canteen hall because it is situated on the posterior of the college".

The truck canteen is the future of the food business, it is accessible and convenient. College canteens are pleasant spaces which contribute to the development and improvement of students and mirror a positive environment. On the whole, the truck canteen is an amazing initiative taken by the college and has become the centre of attraction.

-L. SREELEKHA

club's activities are mainly focused on preparing them to tackle the corporate world. The student club of 'VocTalent' (RM & IT) portray epitome of unity, teamwork and near-perfect coordination. Now you will see some of the common clubs of college. "We don't want to protect the environment, We want to create a world where the environment doesn't need protection." This is best described as 'Prakriti club's aim. Next is 'FACE' (Francisian Association for Christian Endeavours) club. Its motto is spreading the love of Christ and glorifying him in all endeavours. 'La Fiesta' is a Literary and Cultural Club under the English department that believes in the magic of art in life.

'Harivillu Club' was initiated by the Department of Telugu in 2010. The main motto of the department is "E=MC2" which means through education one must gain morals and form character.

'Shastr Club' is The Library Club. Shastr club was founded in 2016 by Geetha Ma'am. The club organises various social outreach programs and fabulous and fun-filled events. The above-mentioned clubs are very interesting and illuminating because they teach many moral values along with strengthening the core values of the students and preparing them for the future.

-GARGI SINGH

Share and Travel

Do you drain in the monsoon season while walking towards the college, and same on the sweltering summer day? What do you all think can help us out? Sharing Auto! This can cut short the traveling time and be cost efficient for the students to reach the college on time without any exhaustion. The lane that connects the metro station to our college makes the students feel that they are in a battlefield surrounded by two wheelers, cars, autos, and this makes them feel insecure to walk. Many students travel long distances by different means of transport to reach the college on time. But they need to walk into the lane which is very tiring and the auto charges are very high as they usually don't get any ride on their way back.



An auto driver Ramesh said “There is a hike in petrol prices and taking a single kid to the college and coming back without passenger is a loss so that’s the reason we cost the students more for the travel”. One of the Students of Francis said “Normally, I walk from the metro station to the college, but the monsoon season makes this difficult. The auto charges are excessive, and booking a Rapido for such a short distance is difficult. Because so many people drive to college, it is sometimes impossible to arrive on time.” This is the struggle the Francians are facing everyday while coming to the college. If the students get together while traveling and take the initiative to negotiate and arrange the sharing autos from the main road to the college it would make student life easier. As they say, sharing is caring which will make traveling a more pleasant experience.

-SREEJA ADDLA

Importance of Student To Teacher Feedback

The term 'Feedback' is derived in the sense of returning to an earlier position in a mechanical process. Soon it took shape and derived importance in all other fields as well. Today life without feedback feels an invitation to chaos & confusion. One of the most important roles feedback plays in today’s world is in the field of education. Feedback about students’ performance is provided in traditional forms such as report cards, parent teacher interactions, teacher’s grade assessments etc. At the same time student to teacher feedback has gained its own value & importance in today’s world of education. It begins with “student reaction”. Its observed teacher’s put in their heart & soul while teaching in classrooms. They are highly attentive to students’ facial expressions & body language. This in itself many times is enough for teachers to comprehend the attention & interest levels of students in the classroom. Its first form of feedback teacher’s receive in their day to day classes.

“Involvement” is another form of feedback for effective learning that plays a crucial role to enhance attention levels & increase participation levels. By asking students to communicate their understanding of a topic makes pupils feel involved and responsible to listen during teaching hours and also provides teachers the responses of students attentiveness & understanding levels.

Another interesting method used is activities with on the spot deadlines. Interesting class activities that require submission in the particular class itself and are not based on grades leads to students feeling engaged and creative. Time plays a crucial role in order to receive accurate feedback. Interesting practices such as one to one interaction with students to discuss their queries and answer their questions can help teachers understand grasping levels of students.



Digital presentations, surveys, open-ended feedback forms, group discussions, and asking students to perform skits/acts can also help pupils develop further understanding of subjects as well as enhance creativity. As a result these methods help teacher’s gain clear feedback as to how well students are learning during the teaching hours. When keenly observed teacher’s who asked for direct feedback for their teaching practices after every class had students feeling involved and interested, leading to an increase in student participation levels as well as better understanding levels which reflects both in classroom as well as in their answer sheets. Teaching & learning is a two way process. The role of meaningful feedback from students to teachers is as important as the role of feedback from teachers to students because when one teaches two learn.

-DIVYASHRI IYER

A Journey of Togetherness

If you are an introvert trying to adjust to your new surroundings at Francis. There are a number of new opportunities, possibilities, and activities for you to explore. An introvert is a person who is not afraid to be in a crowd but just like to be alone. They think of oceans but want to keep them in a shell. They need to concentrate alone and do not like group work, prefer to write rather than talk, and are self-aware of their actions. They take time to make decisions after a careful evaluation and choose comfort over chaos.

It is not that simple to define and understand an introvert. It takes a lot of time for them to open up but with the right people they will be able to share. They just need friends who do not judge and are okay to help.



It is difficult for an introvert to make friends because they do not easily mingle with anyone. When their thoughts do not align, they find it difficult to connect with others. It takes a long time to trust someone. Some people prefer to make friends with similar interests, while others are drawn to opposing interests because they find them fascinating

St. Francis brings people from a variety of backgrounds together. Since its inception, the college has been involved in various activities. Throughout your time at Francis, there are numerous clubs to join and activities to participate in. You name it, and you have Francis for you. It makes no difference whether you are an introvert, extrovert, or ambivert because Francis provides equal opportunities and necessary support for everyone to step outside of their comfort zone.

“Francis helped me to come out of my comfort zone as it provided students with ample opportunities to take part in the various activities. I took the initiative to take part in one such event which is participating in the student council elections and I got selected as a General secretary which boosted my confidence to take a step toward the upcoming events” said Milan Dhawan, student of MA Mass Communication and Journalism.

If you enjoy singing and dancing like there’s no tomorrow, expressing yourself through words and art, and many other activities, Francis has something for you to open like Christmas present through its clubs. If you want to see what it’s like to work for a country, Francis has a national cadet corps and a national service scheme. If sports make you happy, we have a variety of teams for you to join.

“When I decided to continue my studies, I had my doubts; over the years, I went from being an overjoyed enthusiast to struggling with an inferiority complex. I volunteered for Social media day, which allowed me to reconnect with my classmates and my former self. I also learned how to lead a team by serving on the editorial board. To summarise, Francis made me believe in myself again.” exclaimed Kavya Chengte.

-TADURI SANJANA

Don’t Make a Phase a Serious Case!!

Has dealing with any issue that arises ever been as difficult? Do people really need to refer to it as an “ongoing phase”? Do you know what stress is? Whether it be psychological, mental, or physical. The stress of everyday living is common. Stress is a feeling of emotional or physical tension. Any circumstance or idea that gives you cause for annoyance, rage, or anxiety can trigger it. Your body’s response to a demand or challenge is stress.

Many of us might have heard of ‘exam fever’ but how many of you have heard of exam stress? The main question is how many of you had to deal with exam pressure and stress? Exam stress is the term used to describe the emotional, physical, and behavioural reactions brought on by upcoming tests or exams. It may be caused by a bad prior exam experience, a lack of preparation, anxiety over failing, or performance-related pressure. College students are more likely to perform poorly academically if they believe their academic burden to be higher. Children and teenagers who experience anxiety and stress related to exams and schoolwork may:

- Reflect physical health issues (example, stomach aches, headaches etc)
- Not getting enough rest or food.
- Experience mood swings like crying, getting furious, or withdrawing.
- Be excessively critical of their errors and of themselves.



Aamani, a student of B.Com. IPP, claimed that because of everything happening on around her, she was unable to think clearly about how to lessen the stress and negativity she was feeling after failing her CA exams by 10 points and falling just short of the cut off. She continued, “At that time in my life, I was under a lot of stress from academic pressure and the worry that I would let everyone down who had supported me. I talked to my professor about the issues I was having. She helped me along the way and gave me the willpower to keep pursuing my objectives with the help of my parents.”

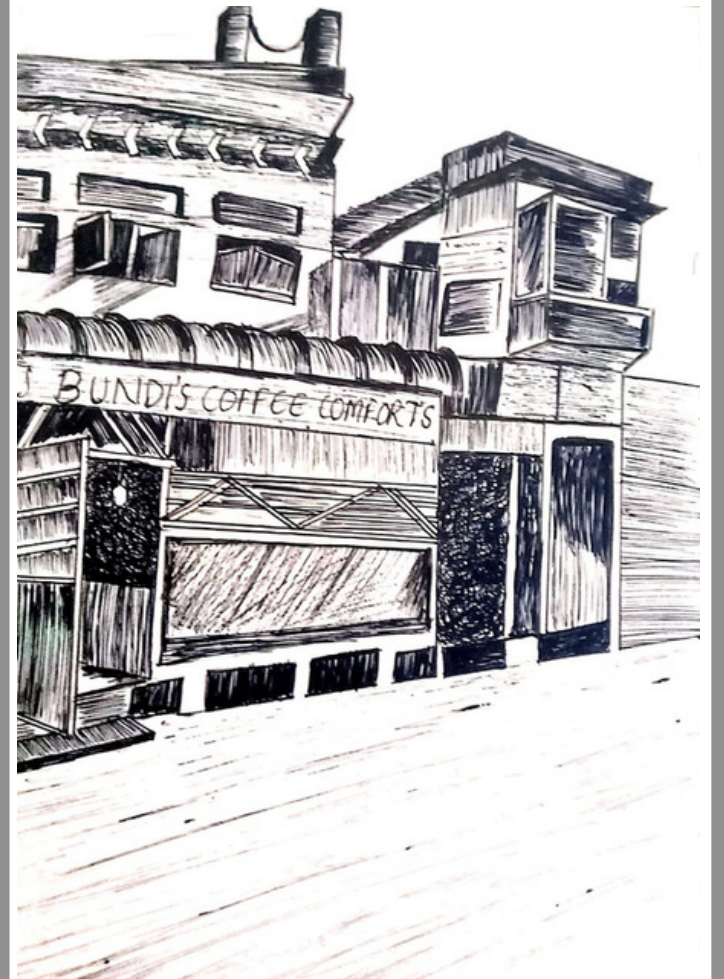
Some of the students indicated that they frequently forget to eat when a deadline is near, which has led to them losing sleep and decreasing their productivity. Additionally, they had encountered circumstances in which they displayed signs of annoyance and worry. Some of them dismissed it, claiming that it must be related to dead- lines, but they subsequently realised that it was progressively becoming a habit, which was impairing their ability to handle stress on a mental level.

Mrs. Aparna, a mother of two daughters says, “My daughters have experienced a lot of stress throughout exams. We as parents never pressured our children to achieve high grades, but it doesn’t stop them from working hard every day. We often advise them that strain could cause them to become exhausted.” Sometimes students knowingly take up all the academic stress to make sure that they don’t lag in their understanding of a particular subject but they never realise that every individual’s way of learning and responding is different from the others. Yet, they go ahead and strain themselves till the time they collapse. Why do that when you have better and efficient ways of dealing with your stress levels.

PM Modi advised the young students not to be stressed. “In a way you are exam-proof. You have successfully overcome such exams before,” he said. PM Modi said that the experience they had got from previous examinations would help them overcome the upcoming examinations.

-SAKSHI PANDYA

Urban Sketching



Taduri Sanjana

The Poetry Hub

Fear of Fears

Deep down there grows
A tornado in my heart
As the days pass
I feel scared
I fear the fear
The fright as an emotion
In the way it grows and leaps
From the minutest of experiences
The gasp of the moment captured
To be my companion till the end
I shiver seeing the feared say
Of the facing, the battle
The future of unknown is uncertain
And so are the fears it holds for me
From things to situations
I am scared to be scared of them
But they talk of this light in the dark
A happy ending, a ray of hope
That makes these battles turn to victory
That pride of scars and experience
In the wounds and wrinkles
It glows more than the fear
There blooms a purple iris in the tornado
That hope, that even if fear comes
I hold within me what it means
To be strong
So I am still feeling
The fear of fears
But I know
I can and will
Bloom even in the dark
With me by my side.

ESHNA DASHOTTAR
BA 3 PLP

FEAR

When I look into the future, far beyond my imagination
Am I still who I am?
Do I still chase perfection?
Do I still fear rejection?
Am I still making all the adjustments,
Still scared of commitments?
Do I still fear the possibility of failing a task?
Or the risk of taking a chance
Am I still crying over an opportunity missed?
Or did I check off most things on my bucket list
Do I still take the pressure of being a letdown?
Or have I gotten my best suited crown?
Did I lose the bond that was forever meant to be?
Or do all my sentences still start with a 'we'?
Is being vulnerable, now an easier case
Or are words still my safe space?
Am I still insecure with the way I look
Or have I thrown those beauty standards into the brook?
Did I actually have the ability to fulfil all my dreams
Or did I lose my voice in worldly screams?
Hopefully, I always survived the cyclone
But my anxious heart fears,
It fears the future which is unknown.

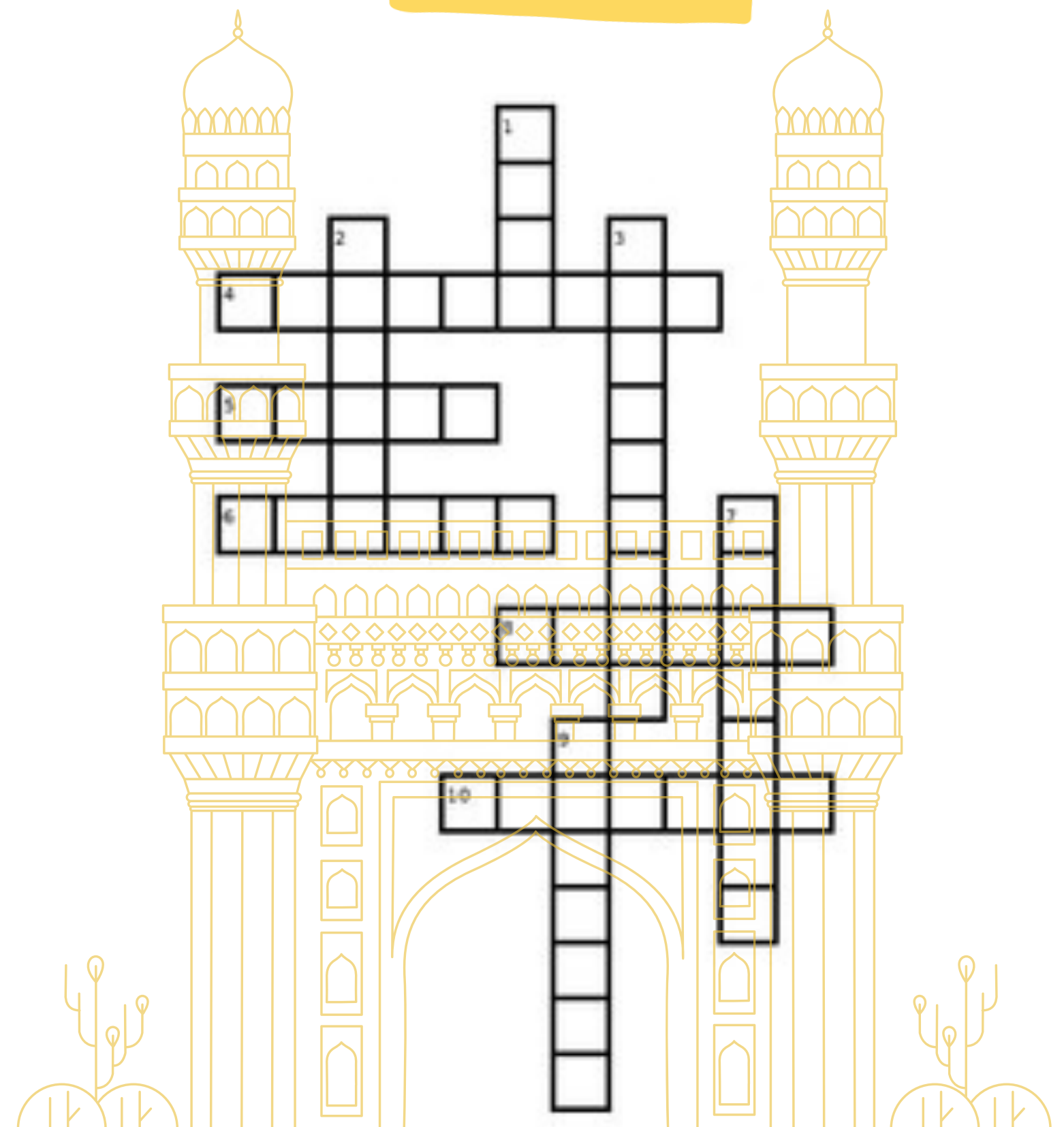
ESHITA PUROHIT
B.COM 3 CAP

FEAR

I've seen you sleep ,
Dreaming about something good and deep .
The smile you had ,
Will surely make me go mad .
You looked pretty and peaceful ,
To God I am grateful .
I have plans and places to go ,
When you wake up and glow .
Drifting apart from you ,
Is a fear, nightmare come true .
I wait for you to wake up ,
To look fresh and put make up .
I feel deep in my stomach ,
Coming of a bad luck .
I call out your name ,
You don't move which seemed lame .
I pick you in my arms ,
Thought I'll wake you up with my charms .
You don't bat your eye lid ,
I wonder what I did .
I put my head on your chest ,
Realised your heart was at rest .
I felt my fear, nightmare come true ,
I wish you would rue .
I felt tears coming ,
Surely my soul drowning .
I want you to breathe and talk ,
We will go under the shimmering Eiffel Tower for a walk .
I want you to cook and dance ,
Watching you I will go in a trance .
I hold you tight ,
Wishing you will wake up and smile bright .
But I know I've lost you,
You will still be my most beautiful view

RAKSHITHA MATH
BSc BTMBC 2C

FUN CORNER



Down

1. On the banks of which river is the city of Hyderabad located?
2. Which famous Hyderabadi delicacies is particularly consumed in the month of Ramadan during Iftar?
3. What was the name of Hyderabad before it was named Hyderabad?
7. In which fort in Hyderabad was the Kohinoor diamond kept before the British took it away?
9. Which IMAX in Hyderabad has one of the largest screens in India?

Across

4. What was built to commemorate the end of the plague in the city
5. What is the main ingredient that acts as the base of the Famous Hyderabadi dessert, Double Ka Meetha?
6. What is the name of the Largest Film Studio in the world that is located in Hyderabad?
8. Hyderabad is known as the 'City of _____.'
10. What historical and royal rice and meat dish does Hyderabad pride itself upon?

Answers:
Down:
1. Musi
2. Haleem
3. Baghnagar
7. Golconda
9. Prasads
Across:
4. Charminar
5. Bread
6. Ramoji
8. Pearls
10. Biryani



Francis Speaks

 Just now

Thoughts and Opinions on the US Supreme Court's landmark decision to overturn the law protecting a Woman's liberty of having an abortion.



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Subhakruti Kasturi

Posing a ban on abortions does not necessarily reflect decrease in abortions but it might lead to some grave dangers like unsafe abortions where women lack basic care during the whole process. There are many factors which ultimately leads to the decision of undergoing an abortion which might include poverty and economic reasons and relationship problems. My take would remain the same that it should be a woman's call to make as they are the ones who endure the whole process and they must have a choice to rejoice or call off.

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Comment



R. Preethi

It is extremely heartbreaking to see the direction humanity is taking. To witness a couple of men taking such an important decision regarding women's body and her mental health without having a pinch of an idea of the consequences of it on women is infuriating. People across the world need to take a stand.

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Comment



Sikinam Nissi Supriya

I believe America has made a wise choice since I firmly feel that only God has the power to decide whether or not a person should live.

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Comment



Gazelle Keerthi Rachel

Every law, according to me, has its own pros and cons. There are two sides to every coin! Everybody has a right to life/body, even the unborn foetus.

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Comment



Neha kabra

I think this rule is very nice . To be honest there is no right for a human to kill or abort a living life inside them.

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Comment



Manaswini

This is a devastating news for all the women around the world. It makes me feel like we women are unprotected in every way. Everyone deserves access to the care they need and this is absolutely not right.

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Comment