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INSPIRING LEADERSHIP AND EDUCATIONAL TRANSFORMATION

An interview with the principal of St. Francis College for Women, Dr Uma Joseph

Amidst the bustling halls of St. Francis College for Women, a captivating conversation took place between our esteemed principal, Dr. Uma Joseph, and Subodhini, a Mass Communication and Journalism student. Dr. Joseph's insightful responses shed light on her unwavering commitment to empowering students and transforming education at the college.

Subodhini: Can you share with us your journey from being a student at St. Francis College to becoming the principal?

Dr. Joseph: My journey has been deeply rooted in this institution. I pursued my graduation in History, Public Administration, and Political Science here and subsequently served as a lecturer for 33 years. Leadership was not initially my goal, but the responsibilities that came my way compelled me to develop the necessary skills. Looking back, I realized that I never aspired to be a leader, but rather, I strived to be a good leader who inspires others.

Subodhini: In one of your interviews, you mentioned a "Researched-based syllabus for students." Can you elaborate on the initiatives you plan to take to achieve this goal?

Dr. Joseph: Indeed! The foundation of research lies in the desire to learn and think critically. Rather than imposing research on everyone, I believe in identifying interested students and encouraging their participation in student projects, seminars, and interactions with teachers. Moreover, we are fostering student participation outside the college to broaden their research experiences.

Subodhini: Are there any improvements or changes planned for the college that students should be aware of?

Dr. Joseph: Absolutely! Our focus is not only to maintain but also to enhance the quality of education. We aim to sharpen students' skills and readiness to face the world. To achieve this, we've established an "Innovation Hub" on campus to help students explore and enhance their talents.

Subodhini: Do you have a favourite motivational quote or saying that you'd like to share with students?



Dr. Uma Joseph, Principal of St. Francis College for Women, addressing the students. (FILE)

Dr. Joseph: One quote that resonates with me is by Maxwell: "A leader knows the way, goes the way, and shows the way." It emphasizes that a true leader not only knows the path but walks it as well.

Subodhini: How do you plan to integrate technology with academics in the college?

Dr. Joseph: Technology is already an integral part of our educational approach. We've successfully utilized it for evaluation and attendance, and during the pandemic, our transition to online classes was seamless. We're now implementing outcome-based education to map and evaluate students' performance, enabling them to access e-learning resources and informative journals for holistic learning.

Subodhini: Mental health is crucial for a student's academic success. Are there any plans to expand services related to this aspect?

Dr. Joseph: Certainly! We understand that students may not always ask for help directly. To address this, we are working on providing students access to counsellors and collaborating with the psychology department and Aasra. This partnership will effectively identify students who need support and ensure they receive the necessary care.

Subodhini: "A woman's education is incomplete without the knowledge of the world," said Mary Wollstonecraft. How do you propose to prepare students for real-world competition?

Dr. Joseph: It is indeed essential for our students to have a window to the outside world. We plan to achieve this by organising guest lectures, field trips, internships, and interactive sessions with industry professionals. Additionally, our placement cell will pave the way for students to explore the real-life work environment before they graduate.

Subodhini: What was the most unexpected thing you learned as a student at St. Francis College?

Dr. Joseph: Discipline and academic focus were some of the most unexpected yet valuable lessons I imbibed during my time as a student. St. Francis College is renowned for these qualities, and we are dedicated to preserving them while offering students additional opportunities to explore their talents.

Subodhini: What key advice would you like to convey to the students for their future success?

Dr. Joseph: Our college's motto is women empowerment, and to succeed, I encourage students to give their best regardless of who is watching. Integrity and determination will be the keys to their success. Avoid shortcuts and take the lead in a positive direction. Dr. Uma Joseph's vision for empowering students and transforming education at St. Francis College reflects a student-centric approach. With a strong emphasis on research, mental health, and integrating technology, the college is poised to nurture well-rounded individuals who will make a meaningful impact in the world. The students are fortunate to have such an inspiring leader guiding them on their academic journey.



A student of Mass Communication and Journalism, interviewing Dr. Uma Joseph, Principal of St. Francis College for Women

~ Subodhini Purohit

The Most Awaited Moment of St. Francis College Student council election 2023



The newly elected members of student council (2023-2024)

The election for the Student Council was held at St. Francis College, on 4th July 2023. The aim of appointing the Student Council is to provide a platform for the students to develop leadership qualities by organising and carrying out college activities and service projects. Additionally, the Student Council is also the voice of the student body. They help students share ideas, interests and concerns with the college-wide community. The elections were held in an online mode. Initially, the candidates were required to complete the application form and include photocopies of the certificates they had received for their cultural activities over the past two years. Based on the applications received, participants were

shortlisted for the available positions. Final year students were eligible to nominate themselves for the positions of President, Vice-President, General Secretary (UG), General Secretary (PG), Treasurer, Cultural Secretary and Sports Secretary. In the second round, candidates were evaluated by the Principal and Vice Principal based on their merit as per the selection criteria which included parameters such as academic excellence, involvement in sports, and overall behaviour within the academic block, no active backlogs, and not being a member of any club. Overall, the student council elections were a success, and the newly elected student council members are looking forward to a productive year.

~ Tahreen Tabassum

UNITE YOUR BODY, MIND AND SPIRIT THROUGH YOGA

Empowering students to find inner peace and wellness through yoga in St.Francis

The 9th International Yoga Day was joyously celebrated on 21st June 2023, in the indoor stadium of St. Francis College for Women. The event was organised by the NCC, NSS, and Sports Wings to promote mental and physical wellness among students. The morning sessions, from 7 a.m. to 10 a.m., witnessed enthusiastic participation from 250 students representing the three wings. The event was led by UG's final years and the mentors of each wing. During the hourly sessions, participants practised various yoga asanas, including standing and sitting postures, Savasana, lying down asanas, and Surya Namaskar performed thrice.

The session concluded with a serene meditation and hearty laughter, leaving the students feeling energised and refreshed as they resumed their class schedules. One of the attending NCC cadets, Vibha Shambhu from BA 2 PPP, shared her positive experience, emphasising the importance of yoga for leading a healthier life and coping with stress.



Attending students doing Vrikshasana;
Source credit: G. Jagdeeshwar

The event served as a valuable reminder for students to prioritize their health through regular exercise, be it yoga or gym workouts. It was an excellent initiative to inspire students to integrate yoga into their daily routines for overall well-being and fitness.

~ Sukruti

College Investiture Ceremony Embraces Future Leaders

The investiture ceremony at St. Francis College held on 14th July 2023 was a momentous occasion that celebrated academic excellence and leadership capturing the essence of accomplishment and the bright future that lies ahead. The ceremony was a grand affair, filled with pride and anticipation. Distinguished guest, Dr. L. Joji Reddy- Principal of Loyola Academy, esteemed faculty members and enthusiastic students convened in the indoor stadium, which was adorned with decorations and an atmosphere of excitement.



Student Council members ready pledge their oath

Dr. Reddy whose expertise and achievements inspired all, stated "A leader is the one who knows the way, goes the way, and shows the way but that's not all, a leader is the one who can transform the vision into action." The speaker's words resonated with the audience, encouraging them to continue striving for excellence. Faculty members and administrators took to the stage to recognize and honour those individuals whose academic expertise, leadership skills, and extracurricular achievements had set them apart. The investiture ceremony served as a significant platform for bestowing leadership roles upon the students within the college community.

The newly appointed student council members, club presidents, and core committee members took an oath to uphold their duties with integrity and contribute positively to the development of the college. Our freshly chosen student council members are :

- **President - Sheeba Delighta B.com A&F**
- **Vice President - P.Sugandhini Reddy BA HPP**
- **General Secretary Ug -P. Meghana BA EPSM**
- **General Secretary Pg-Ishini Rani MA English**
- **Treasurer -Darshita Agarwal B.com (honors)**
- **Cultural Secretary - Sudam Keerthika B.com CAP**
- **Sports Secretary - Ananya Erugu BA EPP**

~ Suraiya Begum

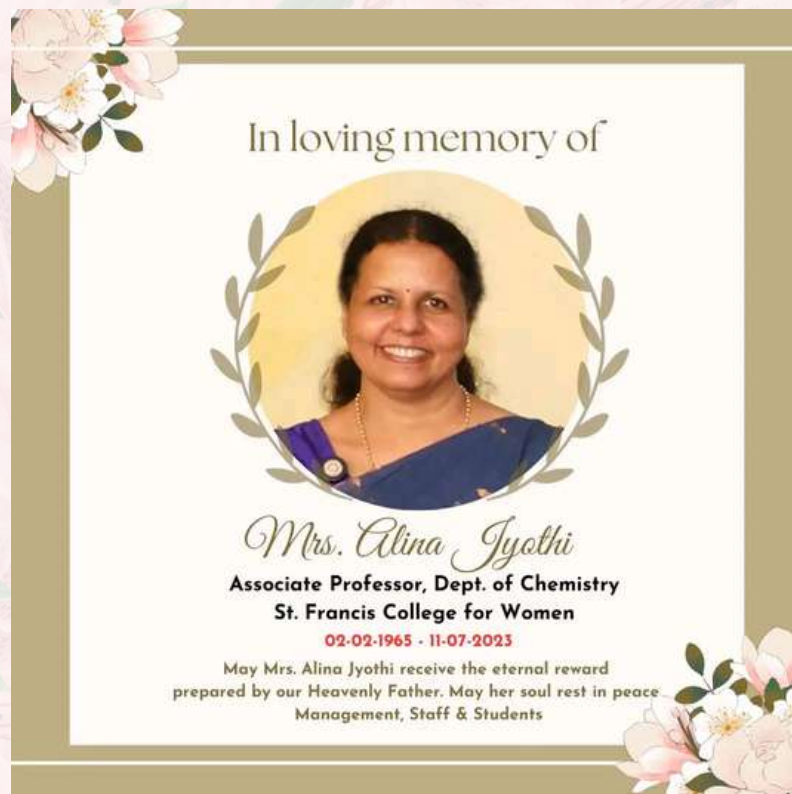
GONE BUT NOT FORGOTTEN

You will always be remembered

With profound sadness, the family of Mrs. Alina Jyothi Joseph announces her peaceful passing on July 11th, 2023, at the age of 58, after bravely fighting cancer for a year. Mrs. Alina Jyothi was born on 2nd February 1965, in Kerala.

Mrs. Alina Jyothi has a Bachelor's degree from the University of Kerala and a Master's degree in Organic Chemistry from Mahatma Gandhi University, Kottayam, Kerala. She was married to Mr. Joseph George Konnullu for 35 years who she lost just 40 days before her passing and was a loving mother to their two sons, Susheel and Suneet.

Mrs. Alina Jyothi began teaching at St. Francis College in 1990. Throughout her 33-year tenure, she held significant roles, including HOD at the Junior College and later at St. Francis College.



As an Associate Professor in the Department of Chemistry, she left a remarkable impact on the institution. Her colleagues fondly remember her for her love and skill for the culinary arts. Mrs. Alina Jyothi's candid and trustworthy nature made her a confidante to everyone she met. Her radiant smile brightened every room, leaving a mark on those around her.

As a mentor, role model, and guide, she inspired countless lives, leaving behind cherished memories.

Though her absence brings tears, her life is celebrated with smiles, knowing that she has lived an extraordinary journey of love, dedication, and inspiration.

May her soul find eternal peace.

A prayer held for our beloved teacher

~ P.Rani

TO NEW BEGINNINGS

A new academic year, a new set of challenges and loads of fun. The newly elected members of Communis Club 2023-2024 organized their first event on 31st July 2023. The day began with an investiture followed by the fresher's party to welcome the first year students of the mass communication. Communis club is one of the initiatives of the department to encourage students to hone their skills. The event began with the Bible reading and followed by prayer. The investiture ceremony was conducted in order to give an official rank and as a mark of appreciation to the elected students of the club and the Newsletter Production team.



Core Committee of the Communis Club, with the faculty of Mass Communication and Journalism Department



Invitation for the Freshers Party, Department of Mass Communication and Journalism

Ms. Suzan Spurthi and Ms. Sandeepa Smarani honoured both the teams with badges which was followed by the taking an oath. The event then proceeded with the fresher's party.

With huge excitement the BA II and III students started the event with a dance performance, which was a mix of classical beats and Hindi, Telugu and Tamil songs. It was followed by a satirical skit highlighting the fun facts about the college in the form of a news report which left the audience in splits. Another skit based on Koffee with Karan was performed which was the most appreciated by the freshers.

~B.Samyuktha

"Build a Community that is positive": Dr. Vidya Sravanthi, President (FAA)

FAA is all set with its new core committee and student body for the year 2023-2024.

St. Francis College for Women held its prestigious FAA Induction Ceremony on 19th July 2023, at Capitanio Hall. The event commenced with a soulful prayer by the college choir, followed by an inspiring cultural dance performance. The core committee of FAA, led by President Dr. Vidya Sravanthi, pledged to promote gender equality and empower the student body. During the ceremony, Principal Dr. Uma Joseph highlights "We have not just grown in Quantity but we have also grown in Quantity" as she lists the milestones of college and called for an expanded network to give back to the alma mater.

The annual report showcased a year of successful events and initiatives, including guest lectures, celebrations, and community projects. Looking ahead, FAA plans to organise study abroad programs, reunions, seminars and more.

Dr. Vidya Sravanthi delivered a compelling speech, emphasizing character development and building a positive community. The ceremony concluded with an energetic dance performance and a vote of thanks. The FAA Induction Ceremony marked a significant step towards unity and progress at St. Francis College for Women.



FAA working committee for the year 2023-2024

~ Anagha Apsingi

Student Induction Program; Finally Unveiled



St. Francis College commenced its long-awaited annual Student Induction Program (SIP) with a cheerful burst of balloons. The event began with an assembly that symbolizes unity, marked by the formation of the SIP attendees from the clubs in the college. In true St. Francis way, it began with a cultural program that showcased the talents of the students through dance performances. Transitioning to the formal induction, the college auditorium resonated with enthusiastic applause as the first years were welcomed.

Following this, the focus shifted to the introduction of the college's sub-clubs. Xpressions, along with their core committee, gave an overview of each club's offerings. The diverse array of sub-clubs, including Rhetoric (Political Science club), Communis (Mass Communion) Chanakya (Public Administration club), Psycon (Psychology), Francis Talkies (Film club), Quest Hour (History club), and Smile (Social Management club), were presented through a thoughtful display by their respective core committees.

The event offered interactive activities like a treasure hunt, ice breakers, and guess the movie/song quizzes, building camaraderie among attendees. A karaoke session filled with throwbacks, illuminated by flashlights added a boost of fun. As the event neared its end, the students came together for photographs and laughter. It concluded with a sense of accomplishment as the Xpression club members put their all into organizing and planning out every little detail. As the students dispersed, the atmosphere buzzed with positive energy and a shared sense of readiness for the upcoming academic journey.



Students illuminating the hall with flashlights during the karaoke

~ Khadija Irfan Rahim

IGNITING A BRIGHT ACADEMIC JOURNEY

St. Francis College's Vibrant Freshers Event



The Freshers Event at St. Francis College for Women, Begumpet stands out not only for its scale but also for its inclusivity. This year, the theme of the event was fairy tale which was uniquely designed to bring together students from both postgraduate and undergraduate courses. The event

commenced with the word of God and a heartfelt prayer led by the college choir, followed by an elegant classdance performance. The Judges for the event included Dr. Likhita Yalamanchili, a distinguished MBBS graduate and recipient of Femina Miss India AP 2022 and Times Beauty with a Purpose title.

Another judge was Miss Anika Khara, a multifaceted professional in fashion, branding, and nutrition. Our Principal Dr. Uma Joseph inaugurated the event and felicitated the esteemed judges. The competition for Miss Freshers was a highlight, featuring 18 participants.

It included ramp walk, talent round and an engaging question-answer session with the judges. It underscores the institution's dedication to a vibrant and inclusive learning environment. By bringing together students from postgraduate and undergraduate programs, the event not only kick-starts the academic year but also lays the foundation for lasting connections and memorable experiences. As the campus buzzes with anticipation, one thing is clear: the future at St. Francis is bright, and the journey ahead is nothing short of extraordinary.

~ Krishika Gupta

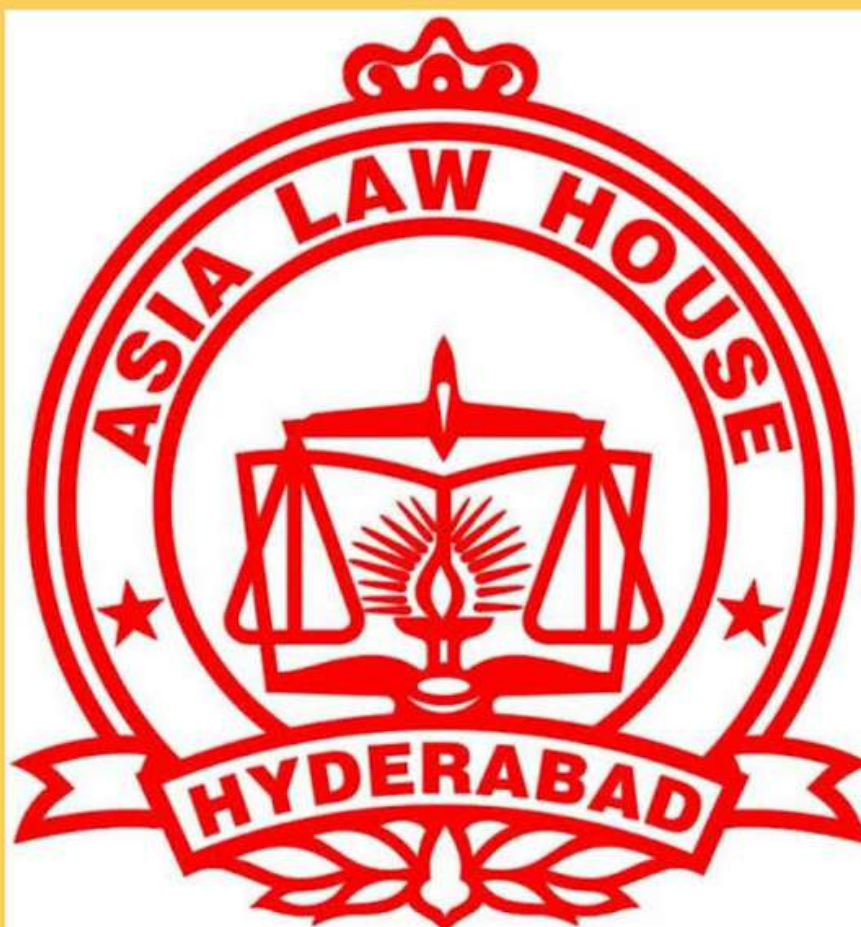
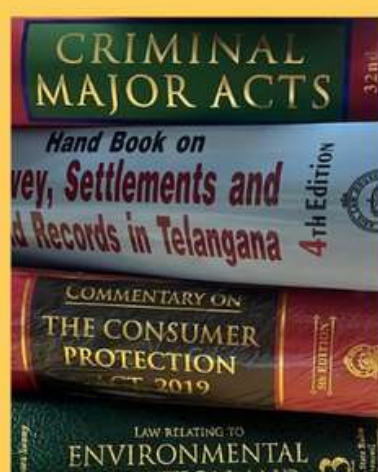
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EK SAAL EHSAAS KA!

Ehsaas Committee Celebrates 1st Anniversary with Spectacular Event

The Ehsaas Committee of St. Francis College for Women celebrated a momentous milestone as they marked their first anniversary with a grand and memorable event on 5th July 2023. The anniversary event commenced with a captivating singing performance by the talented students. The audience was then treated to an enlightening speech by Dr. Sir Azad and the esteemed Professor Alok Pandey, from the prestigious Department of Hindi at the University of Hyderabad, who graced the occasion as the Chief Guest.

Professor Alok Pandey's speech centred on the theme "Career Opportunities in Hindi," shedding light on the immense potential and diverse avenues available in the domain of the Hindi language. One of the highlights of the evening was an exceptional dance-drama performance, thoughtfully crafted by the students, showcasing the remarkable journey of the Committee.



Group Picture of the core committee of Ehsaas Club 2023 with Dr. Surekha and Dr. Azaad (Hindi Faculty and Ehsaas Club Coordinators) and with Prof. Alok Pandey (chief guest).

The spellbinding performance left the audience moved and filled with awe. Further adding to the evening's charm, a heartwarming video presentation titled 'A Glimpse of the Journey of Ehsaas

from Inception till Date' was displayed, featuring heartfelt testimonies from past Ehsaas club members and other participants.

The event culminated with an Investiture ceremony, where the core committee members were invested in their positions for the upcoming year 2023-2024. In her inspiring speech, Manju Kumari, the President of the Ehsaas club, expressed her gratitude and emphasized the value of teamwork, proclaiming, "Agar meri team mere saath hai toh kuch bhi namumkin nahi hai" (If my team is with me, nothing is impossible).

"Ek Sal Ehsaas ka" showcased the inclusivity, dedication, and innovative spirit of the Ehsaas Committee, comprising aspiring minds who strive to give their best at every step.

~ Harshita Tharad

YOUTH UNITES AGAINST DRUG ABUSE

Mission Parivartana Celebrates International Day Against Drug Abuse and Illicit Drug Trafficking

The Telangana State Police Command and Control Centre in Banjara Hills hosted Mission Parivartana on 26 June 2023 for the NCC cadets and NSS students of St. Francis College of Women. The International Day against Drug Abuse and Illicit Drug Trafficking was observed during the event, which Cyberabad police officers organized to spread awareness of the dangers of drug misuse.

Numerous NCC Cadets and students from many colleges enthusiastically participated in the activity, showcasing their dedication to stopping drug abuse and trafficking. The energetic program included dancing performances, sketches, and other amusing events that successfully commanded the audience's attention.

Mission Parivartana had educational booths with helpful information on the potential hazards of drug abuse, giving youngsters the information they needed to make informed choices.

During the campaign, the chief guest, renowned actor Nikhil, delivered a powerful speech emphasizing the importance of collective action in combating the drug menace and urged the youth to abstain from drugs. Actor Priyadarshi, who also took part in the launch event, entertained the audience

with his wit while stressing the importance of remaining vigilant against drugs. The Hyderabad Police Commissioner CV Anand addressed the gathering and highlighted the stringent measures the Telangana Government took to combat drugs and urged everyone to join the ranks of the anti-drug soldier.



The event Mission Parivartana is in progress on International Day against drug abuse and illicit drug trafficking.

He expressed his gratitude to all the guests and appreciated the TSNAB team for organizing such an impactful campaign. In conclusion, Mission Parivartana proved to be an inspiring platform for the youth, encouraging them to stand against drug abuse and illicit drug trafficking. With their collective efforts and unwavering determination, they are set to build a drug-free society.

~Adeeba Fatima

THE WINNING ACT

Franciscans' Skit Triumphs at Cluster College Event

Koti Women's College witnessed a commendable performance by its talented students at the recent cluster college event. The Franciscans excelled in the skit category, securing the top honours and earning accolades for their captivating presentation. The skit, skillfully performed by T. Likhitanjali, Esha Sripada, Varsha Vardhini, M. Deekshitha, and T. Raghavi, all second-year students of the college, poignantly portrayed the narrative of a 16-year-old girl who had tragically lost her parents in an unfortunate accident.

The storyline depicted her life under the guidance of her aunt, shouldering household responsibilities with determination and resilience. During an encounter with two mentors from Khairatabad Zilla Parishad, acquaintances of the girl's aunt, her lack of formal education was questioned, igniting a thought-provoking conversation. The Franciscans' dedication and collaborative efforts were evident in their riveting performance, which garnered widespread

admiration. Their triumph in the skit competition brought immense pride to St. Francis College for Women and emphasized the institution's commitment to harnessing artistic expressions for promoting meaningful social messages. The performance stood as a testament to the potential of creative storytelling in fostering positive change and inspiring the youth to aspire to a brighter future. It showcased the Franciscans' passion for the arts and their earnest endeavour to raise awareness about the significance of education.

In conclusion, the Franciscans' triumphant skit at the cluster college event exemplifies the profound impact of creative expression and storytelling in advocating essential social messages.

The Franciscans' triumph stands as a proud representation of St. Francis College for Women's commitment to nurturing artistic talents and promoting values that uplift humanity.

~ Thota Raghavi



Participants posing for a group photograph after winning the competition. Photo credits: Ragavi

Bio Enzymes: Paving the Way Towards a Greener Future

Broadening better understanding of bio enzymes and its uses.

The Bio Enzymes Entrepreneurs Academy of India conducted a workshop on "Preparation of Bio Enzymes", with Ms. Revathi Macherla a renowned expert in the field, as the resource person and Chief Guest Speaker. The event took place on 23rd January 2023 at Gerosa Hall along with the SFGC (St. Francis Green Corps) members, coordinators, and supporting staff.

In a world where sustainability and eco-friendliness have become paramount concerns, industries are turning to innovative solutions to minimize their environmental impact. One such groundbreaking development is the rise of bio enzymes, a new class of enzymes derived from living organisms, like bacteria, fungi, and plants.

The workshop focused on sustainable waste management, shunning the use of chemically formulated detergents, and investing in low-cost eco-friendly cleaners. Ms. Revathi introduced the characteristics and importance of bio enzymes and their various types and functions.

Ms Revathi exclaimed, "I firmly believe that bio enzymes represent the perfect amalgamation of eco-friendliness and a boundless source of renewable energy for a sustainable future". She also emphasised waste management and cost-effective methods and switching from mass-produced detergents to using bio enzymes as natural cleaners.

Enthusiastic participation from the corps and the supporting staff was witnessed as they actively produced their bio enzymes using food wastes and kitchen scraps from their homes. Ms. Revathi ensured that the students not only gained knowledge but also relished the experience of participating in the workshop, leading to positive feedback and responses from the attendees. The event concluded with a live interaction between the speaker and the students, paving the way for future workshops and fostering connections with various research initiatives.



Students engaging in the workshop.

In conclusion, the workshop provided invaluable knowledge and insights, empowering the participants to actively contribute to a greener future. The acquired skills from this transformative workshop have left a lasting impact on the attendees, opening their eyes to the immense potential of bio enzymes in shaping a sustainable and environmentally conscious world.

~ Modoyini Peter

"Shattering Myths: Demystifying Queer Blood Donation"

St. Francis IRCU wing celebrating Pride Month with an intuitive session

SFC Red Cross Unit organised an insightful event titled 'Debunking Myths About Queer Blood Donors' in honour of Pride Month on 30th June 2023 in Capitanio Hall, UG block. The Guest Speaker for the session was Dr. Neeti Ravindra (they/them), Queer activist, House Surgeon at Apollo General Hospitals, and Co-founder of "The Firefly Community".



Dr. Neeti Ravindra (they/them) interacting with the audience at the session

The session was opened by Principal, Dr. Uma Joseph and IRCU Chief Coordinator, Ms. Margaret Selvaraj welcoming the guest speaker, Dr. Neeti which was then followed by the college prayer and soulful cultural performances by the IRCU unit. Dr Neeti took over the session with a question towards the audience "What are the general concerns that are raised when it comes to queer blood donors?"

The session was attended by about 160 IRCU unit members who were engaged throughout the lecture. During this enlightening event, common misconceptions surrounding queer individuals and blood donation were addressed through a Q&A session, engaging and encouraging the audience to inquire about their doubts regarding the subject. The event aimed to make people aware and provide accurate information to help dispel myths. Ms. Geeta Gianchandani, Coordinator of IRCU, shared her thoughts from her experience as a social worker. The halls outside the venue were lit with pride-themed stalls set up by the IRCU unit which sold handmade accessories like bookmarks, keychains and home-baked treats.

Dr. Neeti wrapped up the session by stating "Changes are made by starting small conversations on these issues". The session enabled the youngsters to understand and create an environment where everyone feels comfortable and empowered to donate blood regardless of their sexual orientation or gender identity.

PRIDE!

~ K.Anjali

SPREADING AWARENESS, SAVING LIVES

Empowering communities through Blood Donation Awareness rally



NSS Programme officers and student volunteers display their posters for the awareness rally.

The NSS wing of St. Francis College for Women recently conducted a remarkable blood donation rally in the community around the college campus at 9:00 a.m. on 14th June 2023 on the occasion of World Blood Donor's Day. To foster awareness about the critical importance of blood donation, the event not only served as a platform to save lives but also encouraged students to participate in community service actively.

"Uniting for Life: Spreading the Gift of Blood Donation" was the theme chosen for the rally. With vibrant enthusiasm, the NSS student volunteers took to the streets, carrying banners and placards while spreading the message of saving lives through blood donation. A formidable force of nearly 200 NSS student volunteers actively participated in the rally, creating impactful posters and placards that adorned the college campus, further amplifying the significance of blood donation.

The overwhelming response from students, faculty, and staff, coupled with the appreciation from the college management, exemplified the spirit of selflessness and social responsibility within the college community.

"Give blood, give plasma, share life, share often."



NSS student volunteers participate and display their posters.



~ Paviki Yadav

The clock is ticking on this exciting and exclusive offer for students



NVS Reddy, MD, HMRL and KVB Reddy, MD and CEO, L&TMRHL, launching the student pass offer.

To encourage accessibility of transport for students of Hyderabad and reduce their commuting expenses, The L&T Metro Rail (Hyderabad) Limited (LTMRHL) embarked upon a new student metro pass scheme.

Starting 1st July, students may purchase smart cards to be able to travel 30 trips throughout all fare zones, by paying for only 20 tickets. NVS Reddy, MD, HMRL, KVB Reddy, MD and CEO, LTMRHL, launched the Student Pass- 2023 offer on 1st July 2023, at Ameerpet Metro Station.

The Student Pass is a limited edition offer, lasting from 1st July 2023 to 31st March 2024. Students born after 1 April 1998, are eligible to avail this offer.

Moreover, the students can also take advantage of discount coupons from different retail brands associated with Hyderabad Metro Rail such as 24/7 convenience stores, Reliance Trends etc.

Students can get their passes from station counters at select stations, from 11 am to 5 pm. "The offer is part of our continued efforts to serve young metro rail passengers with the best value for money travel option," said Mr Reddy. St. Francis College along with other educational institutions, have started to raise awareness about this cost-effective, sustainable transport programme, encouraging students to benefit from this eco-friendly commute option.

~Nikki Mohan

Navigating Opportunities for Overseas Education

Guest Lecture on Opportunities and Challenges in Pursuing Higher Education Abroad



Dr. Alice Samson founder & chief of Prep Works Global sharing her insights with the audience during the session.

The Department of Mass Communication of St. Francis College for Women organized an enlightening guest lecture titled "Opportunities for Overseas Education" on 23rd June 2023

The event featured Dr. Alice Samson, Founder and Chief of Prep Works Global, as the guest speaker. The session focused on various aspects of overseas education, shedding light on opportunities, future trajectories, and strategies to harness the potential of the different countries.

During the lecture, Dr. Samson listed several excellent destinations for pursuing higher education. The lecture discussed higher education prospects in various countries, highlighting New Zealand's affordability and strong education, Australia's quality education and friendly cities, the USA's diverse universities, and Canada's top-ranking study abroad options with jobs and scholarships.



Dr. Samson also addressed the challenges in overseas education, including funding, weak industry linkages, and lack of financial resources. She emphasized that true cultural immersion can only be experienced by physically being in a foreign country.

The session proved highly beneficial for students aspiring to pursue further studies abroad, providing essential insights and guidance for their academic journey.

~Faiza Fatima

FEMINISM THROUGH A LITERARY LENS

Ted talk on feminism from a English professor's point of view

St. Francis College for Women conducted a thought-provoking seminar on "Introduction to Feminism: A Literary Perspective," featuring Madhumeeta Sinha, an esteemed Assistant Professor of English and Foreign Languages at the University of Hyderabad. The seminar shed light on feminism as a diverse range of political movements and ideologies, all striving for the establishment of political, economic, personal, and social equality between genders.

The aim was to instil ethical and profound aspects of feminism in the minds of students, empowering them to advocate for equal rights as they shape the future. She highlighted the complex relationship between feminism and anti-caste assertions in the Indian context, providing a deeper understanding of its roots and significance. The seminar, complemented by informative PowerPoint presentations, equipped students to grasp the key principles and types of feminism, inspiring them to become knowledgeable and powerful advocates for gender equality.



Dr Madhumeeta Sinha, Assistant Professor of English, University of Hyderabad addressing the crowd on feminism

~Lakshitha Dinakar

EMBRACING THE POWER OF POSITIVE THINKING

Enlightening the minds of the students and imbibing a positive outlook.

St. Francis College conducted a session on 7th July 2023 on the value of the month which was positive thinking. The main objective of the session was to take a step forward towards student's self-development. The session started with an interaction where students expressed their ideas on positive thinking. According to them 'It is more than just wishful optimism; it is a mindset that empowers individuals to approach life with resilience, hope, and unwavering belief in their abilities'.

The seminar did not just emphasize what we think but also what we say to people. To create more impact the students were asked to make certain affirmations.



Ms. Sandeepa, faculty of mass communication addressing the students about the topic.

The seminar was useful for students as it improved mental health, increased self-confidence, enhanced physical Health improved Relationships, and increased happiness and Life Satisfaction. Henceforth, students got an opportunity to expand their knowledge of the importance of positive thoughts in life. Overall, the message that was given through the lecture was that positive thinking has a transformative impact on our lives. By embracing positive thinking, we can create a more purposeful life and inspire others to do the same.

~Umme Aiman

Change Towards a Better and Greener Future

Youth working as agents of change- debris to beauty.



Teachers and students taking steps towards a conserving environment.

St. Francis Green Corps, a wing of St. Francis College for Women organised a student volunteering day on 7th July 2023 in Shubhram to take part in the campus green activities for better solid waste management. It was assisted by Ms. G Dhanalakshmi and Dr. Asha Joseph. The primary objective was to make students participate, adapt to a lifestyle for the environment, and bring awareness to the green activities to be practised by everyone for a healthy planet and people. Green Corps and volunteers participated in leaf composting in metal leaf composter, batch

composting in the composting blocks and prepared 18 kgs of citrus peel bio enzyme. One of the special features of the event was making a potting mix for vertical farming to incorporate urban farming and reduce the land footprint. They had hands-on experience in learning to manage the wet waste and biodegradable dry waste on the campus.

A total of 30 participants took an active part and enjoyed the whole process throughout.



They also created reels to bring awareness to their green activities. Students enjoyed doing the activity and well interacted with the teachers and the other students. On the whole, the event was very interesting and an opportunity for the students to experience and know the importance of waste management. They look forward to conducting more such volunteering activities in future.

~ Rashida

FUN ZONE

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PRELICIOUS OUR PRODUCTS



INDIAN GRAVY MIX:

DAL MAKHANI PREMI
MUGHALAI GRAVY PREMIX
MATAR PANEER PREMIX
KOFTA PREMIX
RAJMAJCHOLE MASALA PREMIX MAHARASHTRIAN
GRAVY PREMIX
METHI MATAR MALAI PREMIX
CORN PALAK PREMIX
ALOO PALAK PREMIX
MIXED VEGETABLE SUBZI PREMIX NAVARATNA
KORMA PREMIX
HARIYALI KOFTA PREMIX
PALAK PANEER PREMIX
PAV BHAJI PREMIX
PANEER MAKHANWALA GRAVY PREMIX
KAJU CURRY GRAVY PREMIX
SHAHI PANEER PREMIX
VEG KURMA PREMIX
VEG MILONI PREMIX
DUM ALOO PREMIX
DHABA STYLE GRAVY PREMIX
KADAI PANEER GRAVY PREMIX
MALAI KOFTA PREMIX
ALL-PURPOSE GRAVY PREMIX
BIRYANI GRAY PREMIX
VEG HANDI PREMIX
MUSHROOM MASALA PREMIX
SHEV BHAJI PREMIX
MISAL PREMIX

COFFEE PREMIX:

CAPPUCCINO COFFEE PREMIX
CITRUS FRAPPUCCINO PREMIX
FRENCH VANILLA COFFEE PREMIX
VANILLA STRAWBERRY FRAPPUCCINO
CHOCOLATE HAZELNUT FRAPPUCCINO
COOKIES N CRÈME MOCHA
BANANA CARAMEL FRAPPUCCINO
HOT CHOCOLATE PREMIX
ICED MOCHA LATTE
CHOCO MOCHA COFFEE PREMIX
CREAMY COLD COFFEE PREMIX
PUMPKIN SPICED LATTE PREMIX WHITE
MOCHA PREMIX
SPICED COFFEE PREMIX
CARAMEL MACCHIATO PREMIX
DOUBLE CHOCOLATE MOCHA

CHINESE PREMIX:

MANCHURIAN PREMIX
PANEER CHILLI PREMIX
CHOW MEIN HAKKA NOODLES
PREMIX
FRIED RICE PREMIX
SCHEZWAN NOODLES PREMIX
VEG CRISPY PREMIX
CHILLY GARLIC NOODLES
SCHEZWAN FRIED RICE PREMIX
HONG KONG NOODLES PREMIX
VEG LOLLIPOP PREMIX
PANEER DRAGON PREMIX
PANEER SCHEZWAN PREMIX
HOT GARLIC FRIED RICE PREMIX
NOODLES SOUP PREMIX
CHOUPSEY PREMIX
CHILLY GARLIC SOUP PREMIX

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9676826913



ST. FRANCIS BAGS A DOUBLE

A triumphant sweep by St. Francis in Handball and Volleyball



St. Francis title winners of handball and volleyball pose for a picture.

St. Francis College for Women achieved a remarkable feat by clinching both the handball and volleyball titles in the tournament held on the occasion of International Women's Day at the St. Francis College indoor stadium. The event was graced by the Honorary Consulate General of the Republic of Korea, Suresh Chukkapalli, and the Public Diplomacy and Cultural Secretary, Rosann, along with other esteemed guests including the college's Principal, Dr. Sr. Sandra Horta and other dignitaries.

The tournament commenced with an oath-taking ceremony, where all the players pledged to uphold the spirit of true sportsmanship and abide by the rules and regulations. Honourable Chief Guest, Suresh Chukkapalli, emphasised the significance of fitness in daily life and lauded sports as the best means to achieve it.

Results

Handball:

St Francis bt St Ann's 18-5

St Francis bt RDC Team A 18-16

St Francis Team A bt St Francis Team B 4-0

St Francis bt RDC Team B 12-2

Volleyball:

St Francis bt OUCW Koti 25-10, 25-8

St Francis bt GDCW Begumpet 25-8, 25-5

St Francis bt Little Flower College, Uppal 25-07, 25-08

St Francis bt Vignana Bharathi Institute of Technology Ghatkesar 25-15, 25-11

The tournament provided an excellent platform for the students to exhibit their talents and explore new opportunities.

~G.Bavana

Empowering Digital Vigilance

Navigating the Digital Landscape with Caution and Intelligence



Department of Mass Communication and Journalism assemble together to celebrate World Social Media Day

On the occasion of World Social Media Day, the faculty of Mass Communication and Journalism at St. Francis College organised a special program to highlight the significance of social media in today's digital landscape.

The students from the department showcased informative charts related to various social media apps in the quadrangle. The highlight of the event was a captivating guest lecture by Anil Rachamalla, a radio jockey, public policy enthusiast, and digital wellbeing expert.

Mr. Rachamalla, in his engaging talk, delved into the world of social engineering crimes and digital intelligence, aiming to raise awareness about cyber crimes and their processes.

He shared the inspiring story of his journey to establish the non-profit organization, 'End Now Foundation.' Despite facing challenges and minimal support initially, the foundation now actively advocates for better internet ethics, digital well-being, and online safety. Focusing on social engineering crimes.

Mr Rachamalla highlighted their alarming prevalence, accounting for approximately 97% of recorded crimes in India, compared to cyber crimes, which make up only 4-5%. Moreover, Mr Rachamalla cautioned against the manipulation of data by companies for financial gain, revenge, and other malicious purposes. He urged the audience to exercise caution while sharing personal information online.

~ Khadija Irfan Rahim

Embracing Unity

The Rangers' Journey at Bharat Scouts and Guides Camp

In an atmosphere brimming with excitement, the Rangers gathered at the much-anticipated Day 1 of the Bharat Scouts and Guides camp. Adorned with names symbolizing nature's beauty - Lavender, Rose, Lily, and others - they embarked on a journey filled with enthusiasm and purpose.

Day 1 began with a deep exploration of their collective ethos and the transformative stages that lay ahead. United in purpose, they immersed themselves in the enchanting melodies of the Flag Song and the reverential Prayer Song, their voices harmonizing as a testament to their unity. Engaging in invigorating activities like the B3 Exercise, the Rangers showcased their physical prowess, fostering camaraderie and spirited competition.

Games such as Kho-Kho and Relay Race further ignited their enthusiasm. The day culminated with a wholesome feast, nourishing their bodies and fostering a sense of togetherness. Guided by experienced mentors, the post-lunch hours saw the young adventurers learning the intricacies of the V Formation, refining their coordination through diligent practice.



All the rangers gather together and formed groups.



Rangers participate in various activities organised in the camp.

Day 2 celebrated the Rangers' diversity of faiths, as heartfelt prayers and chants from various traditions echoed harmoniously, transcending cultural boundaries and affirming their unity. Skilled students from Bhavans College taught essential knotting techniques, empowering the Rangers with valuable skills. With hearts brimming with anticipation and newfound unity, they looked forward to embracing future challenges.

~ G.Keerthi

Independence Day with Patriotic Zeal and Unity

St. Francis College Commemorates 77th Independence Day



Principal Dr. Uma Joseph addressing the crowd.

St. Francis College marked the 77th Independence Day with fervour and patriotism, commemorating the sacrifice of freedom fighters. The college had organised multiple competitions leading up to the 15th of August, and winners were honoured during this celebration. The festivities commenced with a resonant choir rendition of the patriotic anthem "Vande Mataram," followed by the solemn hoisting of the national flag and the collective singing of the national anthem.

A thoughtfully curated choir ensemble presented a poignant song performance, which was followed by an energetic dance tribute to the freedom fighters. As the event concluded, a heartfelt vote of thanks was extended to all attendees for their participation. St. Francis College's Independence Day celebration encapsulated the spirit of unity, respect for history, and the acknowledgement of the sacrifices that paved the way for the nation's independence.



Vishal Venugopal, Lieutenant Colonel addressing the gathering.

A splendid march past featured students from various wings of the college, including Rangers, Rotaract, Greencops, NCC, NSS, Sports, and the Red Cross. Addressing the gathering, Dr. Uma Joseph, the college's principal, emphasised the significance of commemorating Independence Day. The event's chief guest, Lieutenant Colonel Sir Vishal Venugopal, a former Indian Army officer, was then introduced and honoured. His motivational address touched on various subjects, including women empowerment, applauding the participation of students in co-curricular activities.



NCC Cadets and other wings participates in the march past.

~Vaishnavi

Celebrating Leadership and Aspiration

Xpressions Club's Grand Investiture Ceremony



On the 11th of August 2023, the Xpressions Club orchestrated a significant Investiture Ceremony for the club and its sub-clubs, including Rhetoric, Quest Hour, Fire, Smile, Chanakya, Communis, Psycon, and Francis Talkies.

Hosted by Kripa Poosa and Pragnya Atluri, the event commenced with the resonating voices of the choir singing the college anthem, followed by a Bible reading.

The cultural committee then graced the stage with an eloquent classical dance performance.

In an act of recognition and honour, the esteemed Vice Principals were felicitated by Ms. PVS Lakshmi, the club coordinator. This was followed by one of the event's highlights, the pinning of the badges onto the Xpressions Core Committee and Sub-Core Committee members, a symbolic gesture signifying their

commitment and responsibility. A photography session with dignitaries captured moments of camaraderie and respect. Vice Principal, Dr Sr Sujatha Yerava led a solemn oath-taking ceremony, affirming members' commitment to the club's values. President Sreemayukha took the stage to reflect on the club's journey, achievements, and upcoming events.



The poster unveiling for the upcoming first edition of the fest "Xordium" added an air of excitement.

Vice President Janvi Singhi's vote of thanks brought the evening to a gracious close, expressing gratitude to all who contributed to the event's success. The Investiture Ceremony stood as a testament to Xpressions Club's unity, aspirations, and commitment to excellence.

~Aru Bisht

'BARBIE' AND THE COMPLEXITIES OF IDENTITY



The captivating film "Barbie" artfully challenges conventional beliefs by delving into the intricacies of gender roles. It goes beyond simple pro-women or anti-men narratives, examining the influence of patriarchy on both sexes.

The movie presents a raw and unsettling depiction of the human experience, shedding light on the necessity for societal transformation. Margot Robbie strikes the ideal harmony between sincerity and sarcasm in her role as the movie's leading lady. As he savors Ken's himbo fragility, Ryan Gosling consistently steals the show, he transforms from Barbie's desperate boyfriend into a swaggering, macho doofus. The movie's wardrobe is a captivating fusion of aesthetics and meaning. The movie has an excellent fashion exhibition, which is a real treat for fashion lovers.

~ Yagna Shikha

OPPENHEIMER

"Oppenheimer" directed by Christopher Nolan, is a film based on the biography "American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer." The film showcases the invention of the atomic bomb and his personal life, with strong drama and performances from Cillian Murphy, Robert Downey Jr, Matt Damon, and Emily Blunt. The non-linear screenplay deceives the audience with subjective and objective storytelling and the chemistry between characters is superbly shot. Ludwig Göransson composed excellent music for the film. This movie teleports the audience into the world of vivid imagination with its realistic storytelling and visualisation.



~ Thota Raghavi

CURIOSITY KILLED THE CAT, AS WELL AS EVERYONE ELSE

Evil Dead Rise: Unleashing the Gruesome Legacy



The film features a reunion of estranged sisters impeded by flesh-possessing demons, showcasing the eternal nature of evil. It caters to all the horror flick enthusiasts with its thrilling, gut-churning violence. It keeps alive the usual routine of characters never ending curiosity while they are embroiled in evil's court play and upholds the legacy of cliché slasher film accompanied with hopelessness. "Evil Dead Rise" is a 2023 horror film directed by Lee Cronin, it is considered a reboot of the 1981 picture "Evil Dead" and its franchise developed by Sam Raimi.

~ Shanmukha Sukruti

WHAT HAPPENS WHEN GODS GET FURIOUS?



"Shazam! Fury of the Gods" is a 2023 American superhero film directed by David F. Sandberg, it is a sequel to the film Shazam (2019), following the story of Billy Batson and his foster siblings, who are trying to juggle their teenage lives with their adult superhero alter egos.

The film follows a trio of ancient gods seeking magic, and the heroes must defeat them to save the world. The movie was an overall good watch, taking the audience on a cinematic adventure filled with action, fun and comedy.

~ Kalisetti Soumya

IMAGINING VS. EXPERIENCING: DAISY JONES & THE SIX IN BOOK AND SHOW

Daisy Jones and The Six is a novel to television adaptation that tells the story of a fictional 70s rock band's rise and fall. The novel is written in a unconventional format, it is a compilation of interviews from the band members, their family and friends exploring characters' thoughts and feelings, book on one hand inspires imagination, while the television adaptation features stunning visuals, captivating



performances and brings music and period to life. Both stories are exceptional storytellers, showcasing the band's growth and decline, creating a symphony of feelings and a sad narrative of fame, love and music.

~ Yagna Shikha

ROCKSTAR- A TIMELESS MASTERPIECE

Rockstar released in 2011 has proven to stand the test of time, a cult classic movie showing the bittersweet journey of an artist captures the rise, heartbreak, downfall of a singer portrayed by Ranbir Kapoor who does justice to the role with his ground-breaking performance. The exceptional direction by Imtiaz Ali creates a different world for its viewers to escape their reality. A special appreciation for the music each and every song of the movie reaches directly to the heart with their exceptional lyrics sung by Mohit Chauhan in ever so melodious voice. Dialogues are thoughtful and gut wrenching.

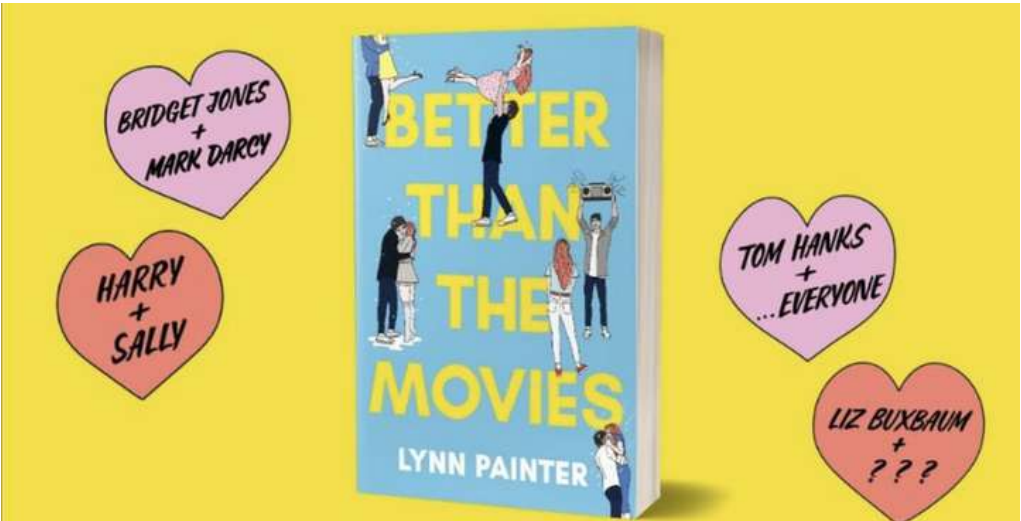
We can find solace in the quote used in the movie "Pata hai... Yahan se bahut door, ghalat aur sahi ke paar, ek maidan hai, main wahan milunga tujhe" - Rumi, ("Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there.") This movie will forever stay a personal favourite with incredible, heart wrenching story, acting, and music.



~ Netal Agarwal

"Better Than The Movies"

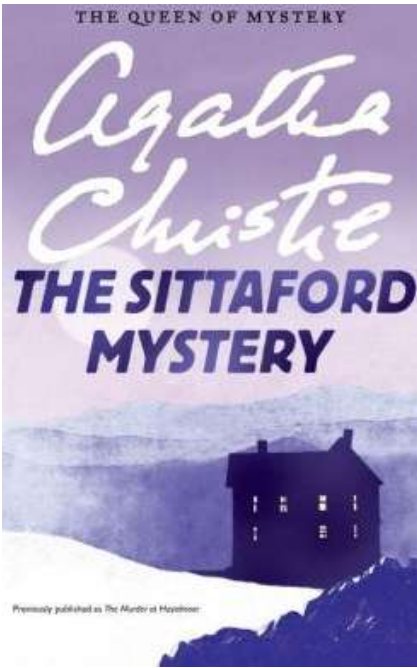
You'll fall in love with the charming contemporary romance book Better Than the Movies. The protagonist of the story dreams of having a flawless love tale, just like in the movies. When she becomes involved in a true love triangle, the plot takes an intriguing turn. This book will keep you engaged from beginning to end with its clever dialogue, lovable characters, and surprising turns.



Lynn Painter brilliantly strikes a balance between comedy, heart, and vulnerability. You will come away from this lovely voyage of love and development with a warm heart and a smile on your face. Overall, "Better Than the Movies" is an enjoyable and touching read that is ideal for lovers of modern romance. You will be inspired by this book to believe in the power of love, both on and off the big screen.

~ Ria Susan Abraham

"THE SITTAFFORD MYSTERY"



By Agatha Christie

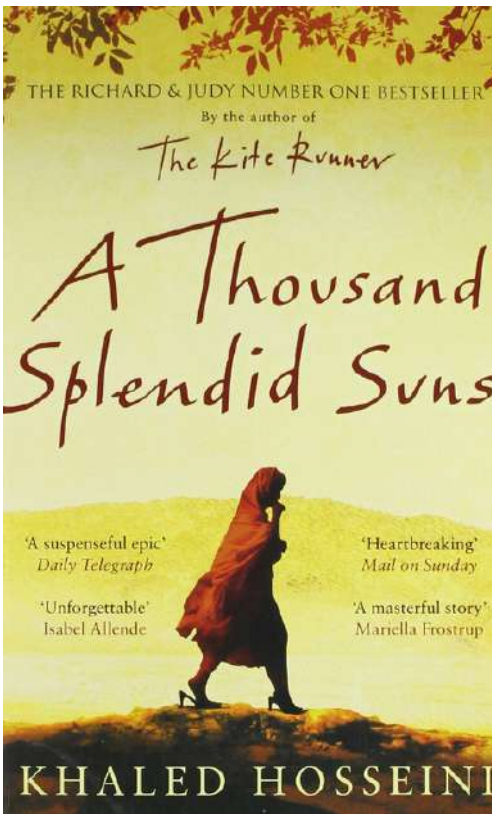
Dame Agatha Mary Clarissa Christie (1890-1976) was a renowned mystery writer known for her unique plots and theories combining crime and psychoanalysis. Her crime fiction novel, "The Sittaford Mystery," takes place in a snowbound village in Dartmoor, where a scene unfolds a chilling murder mystery. The murder of Captain Trevelyan is revealed and Emily Trefusis takes on investigating the truth as her husband James's name gets entangled with the murder. The novel features plot twists and red herrings, making it a thrilling murder mystery with a touch of paranormal elements. If you are in the mood for a riveting murder mystery then look no further as this tale has the perfect amalgamation of the sort and is a must-read for you.

~ Modoyini Peter

"A THOUSAND SPLENDID SUNS" BY KHALED HOSSEINI.

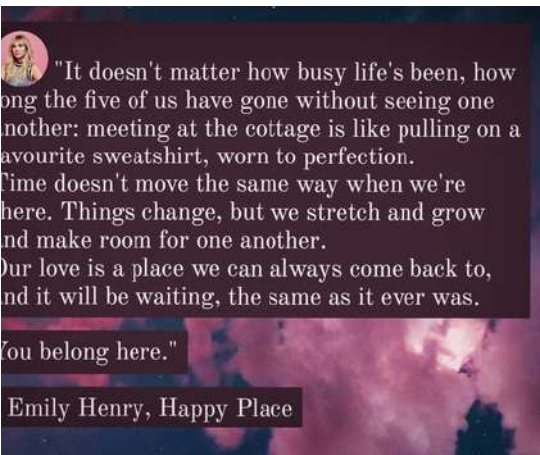
Khaled Hosseini's "A Thousand Splendid Suns" is an emotionally powerful novel about two Afghan women, Mariam and Laila, navigating their lives in war-torn Afghanistan. The story explores their struggles, sacrifices and friendship amidst the patriarchal society and brutality. Hosseini skillfully weaves historical events into the narrative, showcasing the resilience and courage of these women. The novel touches on themes of love, redemption and hope in the face of adversity. This book leaves a bittersweet impression on the reader with its gripping storyline which gives us a life-changing experience.

~ Kammari Anjali



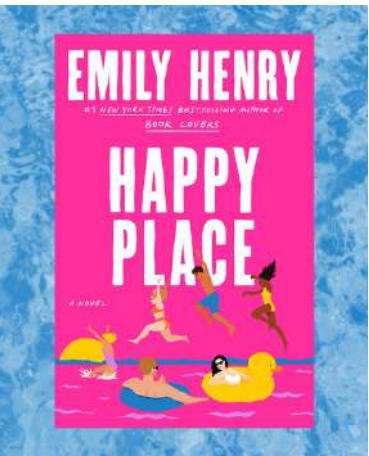
"HAPPY PLACE" BY EMILY HENRY

A Heartwarming Journey. Delighting Readers with Profound Wisdom and Witty Charm



"Happy Place" by Emily Henry is a captivating tale about Harriet, a flawed character on a journey of self-discovery and healing. The novel beautifully portrays Harriet's bond with her best friends, showcasing the power of human connections, forgiveness and personal growth. Emily Henry's writing style is nothing short of magical, effortlessly transporting readers into the depths of Harriet's emotions and experiences. The well-crafted plot and heartfelt realities keep readers turning the pages, making it a must-read for anyone seeking a captivating tale.

-Sumayyah Ali



REAL LIFE TARZAN

Passionate for Wildlife



Dean Schneider, a 30-year-old founder of an animal sanctuary has made wild animals his best friends. In 2017, he moved to South Africa to establish the "Hakuna Mipaka Oasis", a wildlife sanctuary and rehabilitation centre. With financial support from his family, he developed the sanctuary for two years without relying on other income sources. Two years later, he launched the "Dean Schneider Foundation", a donation program. Dean, a banker and financial planner,

dedicated his life to protecting wild animals, inspiring thousands to care for these dangerous creatures. Dean emphasises the importance of loving animals as they are, not as we wish them to be. The Oasis is home to lions, hyenas, giraffes, zebras, leopards, reptiles and birds. It is not open to the public and does not organise animal activities.

Social media has made Dean a celebrity with over Ten (10) million Instagram

followers and 8 million subscribers on YouTube. Inspired by Steve Irwin, Dean shares videos of him playing with lions and other animals in the Oasis.

He visits sanctuary, engages with the public and educates younger generations about animal kingdom beauty.

He believes kids make up 30% of the population but are 100% of future and personal interactions like these build stronger wildlife movements.



~ Ishika

UNVEILING THE HIDDEN STRUGGLE: ADHD IN ADULthood



Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects millions of individuals worldwide. While commonly associated with childhood, ADHD often persists into adulthood. Undiagnosed or untreated ADHD can significantly impact various aspects of an individual's life, from personal relationships and education to professional growth. Recognizing the symptoms, understanding the consequences of undiagnosed ADHD in adulthood, and exploring effective treatment options is crucial for both affected individuals and society as a whole. Over 8 million adults are believed to be affected by ADHD, and a significant number of them are unaware of their condition. Research indicates that less than 20% of adults with ADHD are conscious of having it, and

even among those who are aware, only about a quarter are receiving treatment. ADHD is not merely a childhood disorder but an ongoing challenge that can significantly impact one's life if left undiagnosed and untreated. Recognizing the symptoms, understanding its consequences on adulthood, and exploring effective treatment strategies is essential. By seeking professional help, embracing appropriate therapy, and implementing necessary lifestyle changes, individuals with ADHD can successfully navigate their daily lives, improve relationships, excel academically or professionally, and lead fulfilling lives despite the challenges posed by this neurodevelopmental disorder. Let us strive towards raising awareness, providing support, and fostering understanding to empower those affected by ADHD on their journey to success and well-being.



~ Sanchi Agarwal

Exploring Food Culture

Where every flavour tells a story



Culinary imagination is a way for culture conceptualization through food, with Indians being a complex group that has diverse options which can be segregated seasonally and locally. Exploring food culture allows us to discover a community's essence, understand its beliefs and enjoy its diversity. Some regions exhibit cultural blending, with historical influences leaving an obvious stamp on local cuisine.

NORTH INDIAN FOOD

Kashmiri cuisines showcase Central Asian influences in North India, with rice being the main course and "o with Hak". Punjab, Haryana and Uttar Pradesh consume chapatis as staple dishes and there are a wide range of breads like Tandoori, Rumali and Naan. Mughlai food influences are evident in the northern region.

Maharashtra blends north and south's cooking methods, with rice, wheat and fish being popular in their staple eats. Famous dishes include "Bombay Prawn" and "Pomfret".

SOUTH INDIAN FOOD

Southern India's coastal kitchens use spices, fish and coconuts extensively, "Tamarind" in Tamil Nadu and "Chillies" in Andhra Pradesh are widely used to give them their native touch. Food traditions connect generations and represent a community's past, expressing values and heritage.

EAST INDIAN FOOD

Bengali and Assamese cuisines are prevalent in Eastern India, featuring rice and fish dishes like "Hilsa" and "Bamboo Shoot". These regions also produce milk based sweets like "Rasgulla", "Sandesh" and "Cham Cham." These dishes showcase the creativity and passion for food, highlighting the environmental and societal impact of food choices.

WEST INDIAN FOOD

Rajasthan and Gujarat are known for "Dals and Achars" which replace fresh vegetables due to their scarcity.

~ Deevana Georgiana

Exploring the Enchanting Wonders of India

India, a country rich in cultural heritage and diverse landscape, is a popular destination for travellers worldwide. The country's tourism industry is rising by offering unique experiences through its breathtaking attractions and hidden gems. Here are some of the must visit places.

Andaman and Nicobar Islands

Known for their pristine beaches and lush greenery, the "Andaman and Nicobar Islands" offer a unique blend of relaxation and adventure. Visitors now have more options for luxury stays with the recent addition of new resorts.



An ariel view of the islands



Lake overlooking rocky hills in Arittapatti village.

Explore the islands' history, culture and cuisine, indulge in scuba diving and take guided walks through the rainforests. Don't miss the chance to visit Barren Island, home to India's only active volcano.

Arittapatti village

Arittapatti village in Tamil Nadu has been declared the state's first biodiversity heritage site. This unique landscape of rocky hills, 72 lakes, natural spring ponds and 2,000-year-old, temples is a haven for nature lovers and history buffs.

Arunachal Pradesh

Arunachal Pradesh, with its newfound accessibility and untouched natural beauty, is a retreat for those seeking solitude and tranquility. The breathtaking scenery, diverse birdlife and hidden waterfalls make it a paradise for nature lovers.

India is home for several hidden gems which offers unique experiences and a glimpse into the country's raw beauty. From ancient traditions to modern wonders, these lesser-known destinations tell stories that captivate the soul.



Nuranang waterfalls, Arunachal Pradesh

~ Usheetaa Rani

TRANS RIGHTS OVERSHADOWING WOMEN'S RIGHTS!

Biological men are being awarded the Women of the Year and many such titles, is this okay?

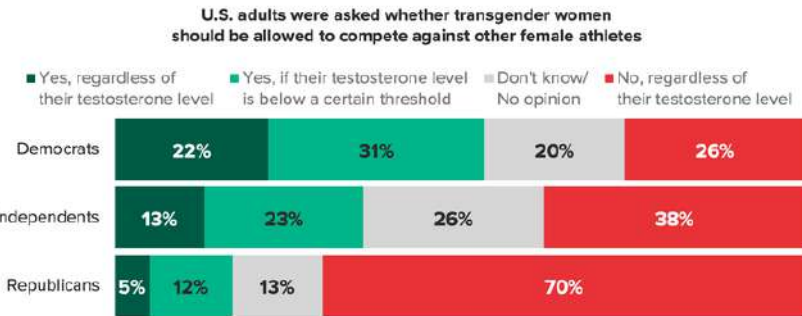
In today's progressive world, acceptance is common, but the driving force behind it is feminism. Feminism has created a welcoming atmosphere for women, promoting freedom of voting and equal opportunity. However, it's important to question why biological men now identify as women are taking women's rightful places.

In 2015, former Olympian Bruce Jenner won the Woman of the Year award, causing confusion and a question about why women continue to let this happen. The internet's reaction and the work of former feminists who died for equality and recognition were questioned, leading to a resurgence of gender equality. Modern-day acceptance blinds women to the changing roles and agendas, reading to trans women taking the rightful positions of women, including Caitlyn Jenner. Riley Gaines, a University of Kentucky swimmer, discussed the impact of transgender participation in sports, particularly Lia Thomas's appearance at the recent NCAA championships.

Gaines shared a fifth-place podium with Thomas, but an NCAA representative informed her that only one fifth-place trophy was given. Gaines expressed upset over the NCAA prioritising transgender athletes. Female athletes face unfair disadvantages in competitions, often losing to biological men with greater advantages. To promote inclusivity, women must understand their feelings and consider their feelings. This has led to serious situations in the United States and India, and it is crucial to develop better ways to incorporate inclusivity into these forums.



More Than Half of Democrats Support Allowing Transgender Women to Compete in Women's Sports



~ Amtul Hanifa

FROM HOD'S DESK FOR CAMPUS HERALD

NEW/NEWNESS is the order of the day.

To be specific,

St Francis College for Women has a NEW Principal, NEW Correspondent, and NEW Vice-Principals; The Department of Mass Communication has a New HOD and has recruited three NEW faculty; The subject 'Newspaper Production' is handled by the NEW faculty; The learning students are NEW to the process of Newspaper Production "Campus Herald".

In general,

- A studious student longs to learn NEW insights from the subjects taught to better oneself.
- A committed faculty desires to acquire NEW knowledge to show progress in API.
- A loving parent offers something NEW to her children to express her love.
- A mobile consumer seeks to know about NEW features of the products to upgrade himself/herself.

NEW/NEWness enriches one's personality and enhances one's skills. I am sure that BA II Mass Communication students must have had NEW learnings from this NEW experience of working on NEWspaper Production.

It has enriched your personality in terms of logical thinking, cohesive writing and enhanced your production skills. Certainly, the NEW experience has improved yourself and helped you grow in the field of Designing and layout. Hence focus more on learning NEW things related to the media industry.

~ **Mr. Ravi Kumar Kakamanu**
HOD, Mass communication



"WHAT IS WRONG WITH BEING NUMBER TWO"

Scrolling through LinkedIn can be overwhelming due to the remarkable achievements of young individuals. While pride is evoked, it also triggers feelings of inadequacy, sparking anxiety and self-doubt. In today's competitive world, where youth excel in every domain, college can feel like trying to keep up with a rapidly moving escalator, inducing pressure to find answers about the future and identity. Queries like "What's your plan?" breed panic, pushing the notion that everything should already be mapped out. Yet, let's pause and reflect—we're still in our teens and early 20s.

A quote from "Letters to a Young Poet" resonates: "Be patient toward all that is unsolved in your heart... love the questions themselves." It urges patience, embracing our internal questions, and not rushing towards answers that may not yet be ready to reveal themselves because, ultimately, we might not be able to live them fully yet. Society links self-worth to success, fueling perpetual dissatisfaction through comparison. When did our value become tied to achievements? Why do we always fall short on our mental scale?

The obsession with this culture of relentless hustle, of constantly striving to be the best, leaves many burnt out and disillusioned. It's as though we're running a race where the finish line keeps moving further away, no matter how

fast we run. The belief that we must always be the best has crippled our ability to appreciate our achievements because even in our successes, there's a lurking feeling that there's something more to attain.

The notion of failure becomes particularly paralyzing in this context. We hesitate to step into uncharted territories because the fear of not being the best, the fear of failing, looms larger than the excitement of discovery. Yet, there's liberation in competing with oneself.

Embracing failure as part of growth is key. A life filled with "Oh wells" rather than "What ifs" is more fulfilling. Embracing uncertainty and trusting intuition can lead to profound growth. The question, "What if I fail?" shouldn't deter us; failure is a learning experience.

So, as we navigate this fast-paced world, let's remember that we don't need to conform to society's timelines or definitions of success. Our paths are unique, and our journeys are distinct. No universal playbook dictates where we should be at a certain age. The true essence of life lies not in racing against others, but in embarking on a journey of self-discovery, growth, and fulfillment. Let's permit ourselves to be patient, embrace the uncertainties, live through the questions and ask ourselves- "What's wrong with being number two?"

~ **Aru Bisht**
Editor in Chief

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Crossword CENTRAL

Where words intersect



Who?



ACROSS

5. Iconic Indian director of the films like 'Lagaan' and 'Dil Chahta Hai'
6. Bollywood's version of 'Romeo and Juliet'
7. The first Indian film to win the Palme d'Or at the Cannes Film Festival
8. The famous choreographer who directed 'Koi Mil Gaya' and 'Krrish'
9. The Indian film that won the Academy Award for Best Foreign Language Film
11. Famous Indian Actor known as the 'King of Bollywood'
12. The Famous Composer duo behind 'Dilwale Dulhania Le Jayenge'

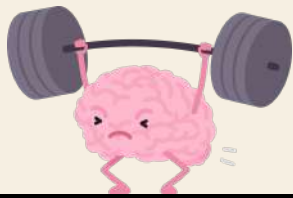


DOWN

1. The movie with the famous line 'Mogambo khush hua'
2. The highest-grossing Bollywood film of all time
3. The first Indian film to win an Oscar for the Best song
4. Legendary playback singer known as the 'Nightingale of India'
10. The highest-grossing Indian film of all time



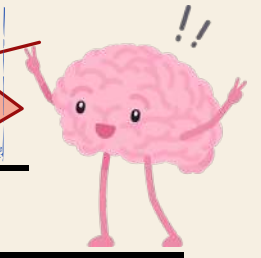
~Shanmukha



BRAIN

TEASERS

Activate your Neurons



Word Search Puzzle

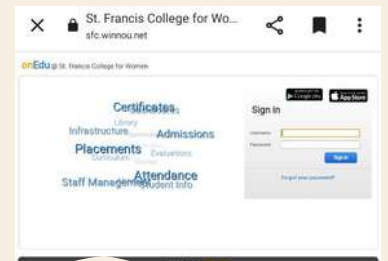


The words appear UP, DOWN, BACKWARDS AND DIAGONALLY

ST. FRANCIS COLLEGE



CLUBS
COMMUNIS
GRADUATION
ATTENDANCE
EIGHTY PERCENT



AUDITORIUM
SFC WINNOU
ADD ON COURSES
ODD SEMESTER
HIDEAWAY



Sudoku Puzzle

How to solve:

FILL IN THE BLANK SQUARES SO THAT THE NUMBERS 1-9 APPEAR ONCE IN EVERY ROW, COLUMN, AND 3×3 BOX. NOTE THAT THERE IS ONLY ONE SOLUTION PER PUZZLE.



4							1	
						5		
							8	
		3	2	5				9
				1		7	6	
		1						3
	9			7	8			
8				6		4		5
	1	2	5		4			8

COLLEGE LIFE AT ST. FRANCIS

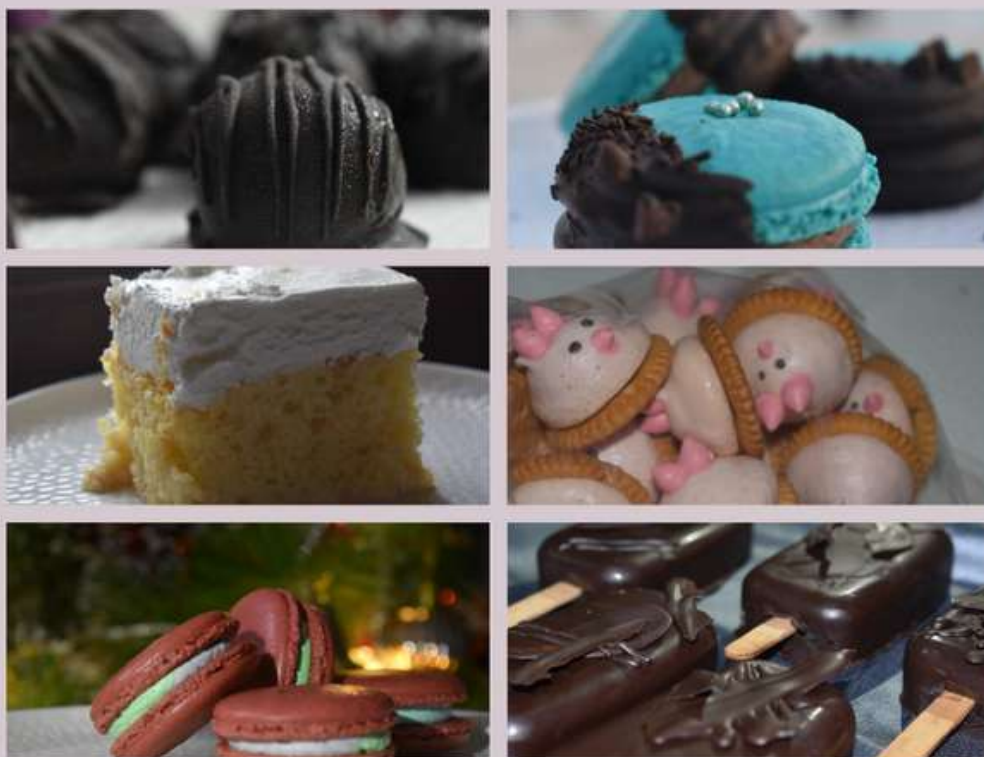
At St. Francis, we learn that every day can be celebrated if we first learn to become a better version of ourselves in every way!



-Stills of college life at St. Francis.

~Mhoksha

La Patisserie by Blessi



This Bakery is NON-PROFITABLE unlike others

HOW WE WORK:

- Choose your favorites from our delectable menu
- Place your pre-order via Call/ WhatsApp of 8341734341
- Your order gets delivered
- We will get your bill donated to charity, whilst you savor the delicacy

 the_la_patisserie

LA PATISSERIE
BY BLESSI

Do You Know, You Can Impact Impact Lives by Your Buys



DR. ESTHER NAOMI
BSc. ANZC 2 Year

Dr Esther Naomi studied MBBS at CMC Vellore, and She's now here at Sfc as our fellow student and friend.

You might have seen her in the Red Cross, in the library or on the walkways with hearty hugs and endless giggles. She speaks multiple languages, sketches, bakes, designs, sings, plays music, reads, fought cancer and loves people. She has been running these two impactful stores for 3 years.

Arag took conception, from a desire to keep the authenticity & delicate craft alive by giving back to the craftsmen, weavers, karigars and their families across our land. They're not just insanely skilled but extensively in need of our attention.

Starting La Patisserie as a bakery with zero profits, on the other side is a little girl's story who waited for all of her childhood to be able to help the needy. I wouldn't call them businesses, they're just the ways God has enabled me to impact little lives." she said.

CONTACT: +91 8341734341

ARAG by Blessi

WE BRING THE LUXURY & COMFORT OF INDIAN HANDLOOMS FROM THE HOMES & LOOMS OF OUR MASTER WEAVERS & ARTISANS, TURNING THEM INTO CONTEMPORARY EVERYDAY CLOTHING & EVEN BRIDAL COUTURE.

How We Work:

- DROP US YOUR DESIRE, DOUBT, AND DESIGN
- TELL US YOUR REQUIREMENTS & MEASUREMENTS
- PLACE THE ORDER FOR YOUR DREAM DRESS/ SAREE/ KURTI ANYTHING & EVERYTHING
- WE WILL DIRECT THE PROCEEDS OF YOUR BILL TO OUR WEAVER FAMILIES WHILE YOU CHERISH YOUR DREAM DRESS.

 label_arag

ARAG
by Blessi

