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Champions Crowned

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Breaking Barriers, Building Legacies

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LIGHTS, CAMERA, YUVA FLARE!

Rachel Ankitha, Fiza Fatima, Snikitha Nadupalli



Roll Rida performing 'Patang' at SFC

A Celebration of Dreams in Motion

St. Francis College for Women, Begumpet, hosted its highly anticipated annual campus festival, Yuva Flare 2024, on November 29th, bringing together students and faculty in a vibrant celebration of talent, creativity, and diversity. The event was inaugurated by Mr. Rahul Kumar Velpula (Roll Rida), a renowned Indian rapper, songwriter, and actor in Telugu films and music. The inaugural ceremony began with a prayer song performed by the college choir, followed by an introduction to the fest by Ms. Indu Bhargavi, the Co-ordinator for Yuvaflare.

In his address to the enthusiastic crowd, Mr. Velpula emphasized the potential for women to excel in any field when they set their minds to it and show respect for their mentors. He shared his inspiring journey into the world of rap, performing three of his popular songs: Patang, Kakinada Kaja, and Arupu.

Following the inaugural speech, the student council members, along with the presidents and vice-presidents of various clubs, gathered for the Yuvaflare flag unfurling. The flag was unfurled by Mr. Rahul Kumar Velpula, Principal Dr. Uma Joseph, Vice Principal Dr. Sr. Sherly, and coordinators Ms. Mini Fernandez and Ms. Indu Bhargavi. The ceremony was followed by the rendition of the Yuvaflare an-

them, after which Dr. Uma Joseph officially declared the festival open.

The students eagerly participated in a variety of competitions throughout the day. From an inspiring Bizz Talk session where participants delivered motivational speeches from diverse fields, leaving a lasting impact on the audience to Aaja Nachle 2.0, organized by Ehsaas in collaboration with Spectrum, hosted an epic flash mob competition with themes being Indie Hip-Hop and Diverse Dance Styles. The Battle of the Bands, a collaboration between Coffee Club and Xpressions, featured talented bands competing fiercely, captivating audiences with their performances.

Around the World in 3 Games, organized by Krida in association with Xpressions, offered participants the chance to engage in traditional games from across the globe in three exciting rounds. Talaash, an escape room game organized by the Shastr Club had a Maze Runner theme challenging teams to solve puzzles in five rooms, which included the Zombie Room, Forest Room, Glade Room, Lab Room, and Aisle Room, with the fastest teams emerging victorious.

Bhool Bhulaiya, conducted by Coffee Club, put participants' business acumen, teamwork, and competitive spirit to test through three rounds: Break

the Vault, Market Mania, and Biz Baazigar. Yuva Idol offered talented students a platform to showcase their creativity, with the top 10 performers getting the opportunity to hold their own mini concert.

Epics and Enterprises, hosted by La Fiesta in partnership with Arista, featured a preliminary stage followed by two main rounds. The event merged literary creativity with management expertise, pushing participants to demonstrate their soft skills, manage pressure, and weave storytelling into their performances.

Other exciting events included Nukkad Natak, Nature's Storyboard, Stand-Up Showdown, Comicon 2.0, and the Fusion Dance Competition, organized by La Fiesta, Prakriti, Harivillu, and BVOC, respectively.

The festival concluded with a valedictory program, where certificates and prizes were awarded to the winners and participants.

Students Share Excitement at Yuvaflare Fest

Raga, a BA HLP student, shared her enthusiasm, saying, "It was a dream come true. It's my first time being a cheerleader, and I felt so excited." Yuva Flare continues to leave a lasting impression, bringing together talent, energy, and community spirit.

“Take pride in how far you’ve come and have faith in how far you’ll go.” – Christian Larson

CAPS IN THE AIR



“

This is a moment of reflection on the journey you’ve taken to reach here.”

Dr. Uma Joseph,
Principal



“

There is a big gap which can only be filled by the education and empowerment of women.”

Mr. M Dana Kishore, IAS,
Chief Guest



“

Women should form support groups and fight for what’s right.”

Ms. A Devasena, IAS,
Guest of Honor

Sania Tabassum

The highly anticipated 44th Graduation Day Ceremony of St. Francis College for Women, Begumpet, was held with grandeur on October 5, 2024. The event brought together an audience of enthusiastic graduates, proud families, faculty, and esteemed dignitaries to commemorate a significant milestone in the lives of the 998 graduates of the class of 2024.

The ceremony was graced by the presence of Sri M. Dana Kishore, IAS, who served as the Chief Guest, and Smt. A. Sri Devasena, IAS, along with Rev. Dr. Sr. Alphonsa Vattoly, as the Guests of Honor.

A Grand Commencement

The program began with a formal academic procession led by the faculty, marking the ceremonial entry of the Chief Guest and Guests of Honor. As the dignitaries took their places on stage, they proceeded with the traditional lamp-lighting ceremony, symbolizing enlightenment and wisdom, followed by a solemn prayer, by Mr. Ravi Kumar, invoking blessings for the graduates’ bright future.

Dr. Uma Joseph, the esteemed Principal of St. Francis College, warmly welcomed the guests and set the tone for the ceremony with an inspiring speech. She encouraged the graduates to reflect on their journey, stating, “As you stand on the threshold of your new beginning, remember that this is a moment of reflection on the journey you’ve taken to reach here.”

Convocation Address: Words of Wisdom

The Chief Guest, Sri M. Dana Kishore, IAS, who currently serves as the I/c Vice Chancellor of Osmania University and the Principal Secretary for Municipal Administration & Urban Development, was introduced by Dr. Sr. Sherly ED, the Vice Principal of St. Francis College.



Snapshots from the convocation ceremony

In his convocation address, Mr. Kishore delivered an insightful speech that resonated deeply with the audience. Addressing the ongoing gender disparity in various sectors, he stated, “There is a big gap which can only be filled by the education and empowerment of women.” He urged the graduates to take up leadership roles and become advocates for equality and dignity, inspiring them to contribute meaningfully to society.

Empowering Words from the Guests of Honor

The Guest of Honor, Smt. A. Sri Devasena, IAS, who serves as the Commissioner for Collegiate & Technical Education, delivered an empowering address that emphasizes personal growth and social responsibility. In her inspiring speech, she advised, “Groom yourself to become competent, sociable, and responsible individuals”

She further encouraged the graduates to form support systems and actively advocate for their rights, stating, “Women should form support groups and fight for what’s right.”

Celebrating Excellence and Achievement

The highlight of the ceremony was the presentation of degrees to the graduates, marking the culmination of years of dedication and hard work. Each of the 998 graduates received their certificates amid cheers from their faculty and peers.

The event also celebrated academic excellence, recognizing 40 gold medalists for their outstanding achievements. Among them, Venkata Sai Taruni and Ragamayina were lauded for earning the highest number of gold medals, setting an inspiring example for their peers.

A Grand Farewell Celebration

As the formal proceedings concluded, the event transitioned into a lively celebration organized by the Francis Alumni Association (FAA). The graduates, along with their mentors and peers, enjoyed an afterparty filled with music, food, and heartfelt moments of camaraderie. The festive atmosphere served as a joyous farewell, marking the end of an unforgettable chapter in the lives of the graduates while celebrating the start of a promising future.

A Day to Remember

The 44th Graduation Day of St. Francis College was not just a ceremony but a celebration of perseverance, achievement, and empowerment. It highlighted the college’s commitment to fostering holistic education and equipping young women with the tools to thrive in an ever-evolving world.

The event will remain etched in the hearts of all attendees as a day of pride, reflection, and hope for a brighter future.

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Literary Luminary Lauded

Sindhu Sowmya G

Dr. Lingala Mangamma, Assistant Professor and Head of the Department of Telugu at St. Francis College for Women, Begumpet has been honored with the prestigious *Pan Indian National Award, 2024* on November 16, 2024. The award ceremony was held at Bhaskara Auditorium, Birla Planetarium, Hyderabad, and was organized by the Pan India Socio-Cultural Association, Telangana. The award was presented by eminent dignitaries, including Prof. M. Kodandaram, Chairman and Member of the Telangana Legislative Council, former Minister Royuru Seshasai, Mr. Jeevan Reddy, and noted Ghazal artist Mr. Ghazal Srinivas.

International Men’s Day @ SFC

R. Tejaswini

The Women’s Cell of SFC celebrated International Men’s Day on November 21, 2024. The theme of this year was “Celebrating the strength, resilience, and compassion of Men.” It was held at the Quadrangle at 10:00 AM, honouring the contributions of the male teaching and non-teaching staff of the college. The event carried forward with a special song rendered by the female faculty, a flashmob by the students and various fun games organised by the sports club ‘krida’.

Education, Adventure, and Memories

Mekala Sravani

The Department of Commerce at St. Francis College for Women organised a memorable study tour from 8-13th Nov 2024, blending educational insights with cultural exploration. The tour covered Pune, Lonavala, Adlabs Imagica, and Mumbai, offering students a well-rounded experience of both leisure and learning. The educational focus shifted to finance in Mumbai, where students attended sessions at the Bombay Stock Exchange (BSE) and National Stock Exchange (NSE). At BSE, the students learnt about analysing financial tools such as candlestick charts and market trends. At NSE, they were provided with insights into stock market dynamics and investment strategies.

On the Treadmill to Revolution: St. Francis Hosts Two-Day Seminar on Viksit Bharat

Elsy Priyanka

The Department of Commerce at St. Francis College for Women, Begumpet, organised a two-day national seminar titled “Towards Viksit Bharat: Synergising Human Intelligence and Artificial Intelligence in Commerce and Management for a Sustainable and Prosperous India” on Nov 19-20, 2024. Conducted in a hybrid format, the event witnessed enthusiastic participation from over 110 attendees. The seminar was inaugurated by Chief Guest Dr. B. Sudhakar Reddy, Head of the Department of Economics and Director, ICSSR-SRC, Osmania University. In his address, he highlighted the role of Artificial Intelligence (AI) in advancing research and urged scholars to pursue innovative projects through ICSSR-funded grants. Principal Dr. Uma Joseph underscored the seminar’s importance in India’s journey toward becoming a developed nation. She commended the Commerce Department for fostering meaningful discussions aligned with the vision of Viksit Bharat.



Principal during the official release of the ISBN book

The seminar featured six technical sessions led by distinguished speakers. Topics for day one ranged from “Intertwining Natural Intelligence and AI in Academics and Research” by Dr. Vijaya Kittu Manda where he emphasised on the ethical usage of AI for research to “AI for Rural Empowerment: Leveraging Technology for Sustainable Development” by Prof. K. Srinivas who highlighted successful AI applications in healthcare, education, and economic development. Ms. CMA KVN Lavanya, Practicing Cost

Accountant and Member of SIRC of ICMAI demonstrated how AI drives efficiency in financial decision-making in the third session. On day two, the seminar opened with the technical session by Mr. Budaraju Sudhakar, the former Joint President of HR at Adani Group, exploring AI’s transformative role in human resource management. Dr. Surjit Kumar Kar, Visiting professor of XIIM, Bhubaneswar presented innovative AI marketing strategies in the fifth session. The final session was taken by Mr. Abhirama Krishna, Director General, Badruka Group of Institutions, who discussed AI’s impact on personalized teaching methods and classroom dynamics. The seminar concluded with presentations across three venues and the valedictory session where the official release of the ISBN book took place. Participants shared their experiences and a group photo session, marked the success of the seminar.

Navigating The World of Intellectual Property : IPR Guest Lecture

Divya JS

DST wise Kiran Curie sponsored Guest lecture on IPR: Opportunities and Challenges coordinated by the IPR Cell was organised in the auditorium of St. Francis College for Women. On October 4th, 2024, Dr. Radhika V, IPR Manager, BITS - Hyderabad was the resource person who explained the core concepts of Intellectual Property Rights (IPR). The session was attended by M. Sc Microbiology students along with the MA English and MA Mass Communication students. Dr Radhika defined IPR and elaborated its different types, with a special emphasis on copyrights, which safeguards a creator’s creative works such

as literature, films, dramas, musicals, and artistic works. The students were introduced to the concept of “fair use,” which allows them to reproduce copyrighted work without permission, but only for educational and research purposes, not for commercial benefit. She used real-world examples to explain the concept of infringement, such as movie piracy, illegal screening, and the iconic “Monkey Selfie” case, which demonstrated how trespassing and stealing intellectual property may have serious legal consequences. Dr. Radhika highlighted the importance of trademarks and trade secrets in providing organizations with a competitive advantage. She also discussed

patents, using examples such as Michael Jackson’s anti-gravity shoes and Apple’s unlock feature to demonstrate how patents safeguard innovation. She encouraged the students to explore a career in intellectual property rights because it is both rewarding and never dull. The session concluded with a focus on opportunities in the IPR field, directing students to explore courses at Osmania University, IIT Kharagpur and platforms like swayam and Udemy for deeper understanding and career opportunities in intellectual property rights.

From Campus to CEO: Eureka Hosts Nama Water’s Deepika Phakke

H. Manasvi

The Innovation Hub of the Department of Commerce, organised an insightful talk on 08 Oct 2024 at Capitanio Hall, from 1:00 pm to 2:00 pm, featuring Ms. Deepika Phakke, founder and CEO of Nama Water, San Francisco. The session aimed to guide students on navigating their post-college journey, whether they choose the corporate or entrepreneurial path. The event began with an introduction by Nidhi Prabhu, President, and Suhani Jain, Vice President of the Eureka Hub, who set the tone by engaging

the students in a conversation about their future careers. Ms. Phakke shared her remarkable journey, highlighting seven key lessons for personal and professional growth. These lessons focused on the importance of self-value, confidence, and creativity, encouraging students to keep pushing forward and believe that their destined opportunities will come. She recounted her career trajectory, from landing a job at Google at the age of 20 to becoming a successful entrepreneur with over 11 years of



Dept. of Commerce at the lecture

experience. Ms. Phakke stressed the importance of recapping on one’s journey and finding one’s Ikigai—the deeper purpose that drives success and perseverance. The event wrapped up with a vote of thanks by the president of the club and a photo session to commemorate the remarkable talk.

A New Chapter Begins: SFIMS Inaugurates MBA Programme

Festive Welcome Party Marks the Launch of the Institute’s Flagship Program
Fiza Fatima



Sri Chintapally Rajashekhar along with the dignitaries inaugurating the MBA block.

The St. Francis College for Women embarks on a new journey with the launch of its first ever MBA programme in October 2024. The blessing and inaugural of the newly renovated MBA block was held on Oct 10, 2024 amidst an aura of sacred devotion. The St. Francis Institute of Management Studies (SFIMS) oriented the first batch of MBA at SFC on Oct 16, 2024. Sasi Vadana, a I year MBA student said, “The orientation day was amazing! Its so exciting to be the first batch of MBA at SFC. Today, as I heard from the inspiring faculty, I can’t wait to start this journey”. In a momentous celebration, the SFIMS hosted its inaugural Freshers’ Welcome party on Nov 26, 2024.

The event brought together students, faculty, and distinguished guests in a vibrant atmosphere of camaraderie and excitement. Highlighting the occasion, former senior diplomat Sri Chinthapally Rajashekhar, a member of the Indian Foreign Services, 1990 batch, addressed the incoming students, offering insights from his extensive career in diplomacy. His presence added a touch of prestige to the event, inspiring the freshers as they embark on their academic journey. The celebration featured significant milestones, including the formal release of the SFIMS Handbook by Dr. Uma Joseph, Principal, of St. Francis



College and the launch of the SFIMS website by Dr. Sr. Sherley E.D., Vice Principal of St. Francis College. These initiatives are set to guide students and enhance their learning experience at the institute. The festivities culminated in a lively awards ceremony, where Ms. Prachi was crowned as Ms. Fresher, with Ms. Harjas Kaur and Ms. Mercy Jerusha securing the runner-up positions. The event provided an opportunity for students to showcase their talents and connect with one another, fostering a sense of community among the new cohort. As SFIMS embarks on this new chapter, the institution is poised to cultivate the next generation of leaders, equipping them with the skills and knowledge necessary for success in the dynamic world of business.

SFC takes top honour- wins award for excellence
Sindhu Sowmya G

St. Francis College for Women has been honored with the Excellence in Educational Standards Adaptability and Implementation Award at the Indian Elite Education and Institutional Excellence Awards Conference, 2024. The recognition, awarded as the Leading and one of the Trusted Degree College of the Year, 2024 category for Telangana, highlights the institution’s commitment to quality education, efficient administration, and meaningful social contributions. The award ceremony took place on Friday, October 25, 2024, at the Taj West End in Bengaluru, Karnataka. This prestigious honor is a testament to the dedication and excellence that defines St. Francis College for Women, and also continuing to inspire the institution to continue striving for greater heights in education and community impact.



The principal Dr. Uma Joseph and Dr. Sr Shirley ED with the award.

Craving something new?
Campus canteen’s got you covered!

Korine Sharon

St. Francis College for Women on November 14, 2024 inaugurated its new canteen. Marking the beginning of a new chapter in enhancing campus life. The ceremony was held with great enthusiasm and active participation from the management and staff. The principal Dr. Uma Joseph , the Vice Principal, Dr.Sr.Sherly and Dr. Sr. Mary Jacintha, Secretary of the college, graced the ocaasion and inaugurated the new facility. The newly established canteen offers a variety of food options, including Chinese cuisine and fresh juices, alongside nutritious and affordable meals. Designed with both functionality and comfort in mind, the space features welcoming seating arrangements, providing a relaxed environment for students and staff to enjoy their meals. The inauguration concluded with a prayer followed by refreshments and snacks. The positive feedback from

the guests marked the successful start of this new facility, and it is expected to become an integral part of daily campus life, catering to the diverse needs of the college community.

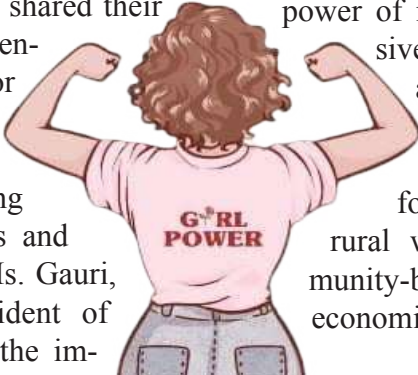


New Stalls at the Canteen

Empowering Women:
Insights and Innovations

J. Bhargavi Saraswathi

The American Corner at St. Francis College for Women recently held a significant event focused on empowering women and girls through education, professional training, and technology on October 16, 2024. Esteemed panelists from various fields shared their experiences with an engaged audience eager for societal change. The session began with panelists sharing their personal journeys and impactful initiatives. Ms. Gauri, Co-Founder and President of UMEED, emphasized the importance of professional training in guiding women into leadership roles, setting an inspiring tone. Discussions then addressed the challenges girls face in accessing education and career opportunities.



Panelists called for targeted policies and collaborative efforts between governments and NGOs to create equitable environments globally. Ms. Lyn Ola, CEO of Chimes Consulting, highlighted the transformative power of mentorship and inclusive digital spaces for advancing women in technology. Ms. Ruthvika Kavuru focused on empowering rural women through community-based education and economic initiatives.

The event concluded with a dynamic Q&A session, further exploring strategies for empowerment and leaving attendees inspired to drive change.



Rachel Ankitha,
Editor-in-Chief

Are the days of winter sunshine just as sad for you, too?... - Gustave Flaubert.

We too find ourselves pondering upon the same question, as we come to the end of this November.

The month of November heralds the arrival of winter and marks the end of yet another academic year.

The temperatures drop and tensions rise as students near the exam season, ushering in the true test of the individual's ability to balance competing demands. Assignments pile up, revisions take center stage and the pressure to meet expectations, both self imposed and external can feel overwhelming. Along with the heavy demands of the

'Tis the Season to Repose'

academic world, many women also juggle family responsibilities, part-time jobs and cultural expectations are sure to amplify their worries. The stress, though, takes a different shape through sleepless nights, skipped meals and growing self doubt taking a toll on their physical and mental health. Anxiety and burnout become frequent visitors, and the desire to learn is replaced by the unrelenting pressure to simply survive the semester.

Recovery in November begins with learning to insert a comma. A quick 10-minute pause from your books or screens can make a big difference. A short walk, some deep breathing, or a sip of a warm cup of your favourite drink by the window can make you feel so much better. These small moments of calm through all the chaos can help you refocus. You can also break up big projects into smaller blocks and tackle them one at a time. You can then dwell on those that matter the most.

Above all, don't strive for perfection. It is perfectly okay to just do your best,



how big or small it is. Give yourself some grace and remember, you don't have to do it all on your own. Reach out to the friends who understand what you're going through; maybe even those who are going through it themselves. Share your burdens to make them lighter.

The upcoming December holidays give us the perfect chance to flip the reset switch. They give us the time to step back, rest and recharge.

First and foremost, sleep becomes your best friend. After weeks of catching up with assignments and tests, letting

your body fall into a natural rhythm of rest again can be incredibly restorative. Give yourself permission to sleep in and truly prioritize rest without any guilt.

Along with physical rest, December is also a chance to nourish yourself both physically and emotionally. Take the time to enjoy delicious and nourishing meals that are good for your body. This is an excellent opportunity to pick up those hobbies or interests you've had to set aside. Engaging in activities that bring you joy can help reset your mind.

Most importantly, The holidays remind us that spending time with loved ones can truly bring one back home and be a reminder of what truly matters.

Lastly, Make a mental note to reflect on the challenges you've faced over the year and the ways you have overcome them all. Consider how you can approach the next year with healthier habits, a better approach to academics and a stronger sense of self-care.

3AM: The Hour of Paradigm Shift



Sania Tabassum,
Asst. Editor-in-Chief

Hinduism, Islam and Christianity, the final third of the night—around 3 AM—is considered a time of heightened energy and potential for transformation. In Hinduism, this period, known as Brahma Muhurta, is seen as an auspicious time for meditation and connecting with the divine. In Islam, it is the hour of Tahajjud, when prayers are believed to be most powerful and accepted. Christianity also views this time as a moment for deep reflection and prayer. While much of the world sleeps, those awake during this time harness its stillness and transformative energy to create change in their lives. This mystical hour serves as a powerful metaphor for societal transformation—the darkest moment before the dawn.

One of the most significant examples of this is the ongoing struggle for women's rights, which has been a long fight for recognition and equality. From ancient times to key moments in history, their perseverance reflects the enduring effort needed to overcome systemic oppression. A notable chapter in this journey occurred in the late 1900s, a time when the struggle began

to enter its final, decisive phase.

During this time, the slogan "Beti Bachao, Beti Padhao" (Save the Daughter, Educate the Daughter) echoed across the streets of India, resonating deeply with every parent of a daughter. It became more than just a campaign—it sparked a wave of hope and change. As a result, infant mortality rates began to fall, and the female literacy rate saw an unprecedented rise. Girls were no longer just a part of the education system—they excelled in kindergarten, pre-primary, secondary, and high school, and many even pushed boundaries to pursue higher education. The female literacy rate in India has increased from around 39% in 1991 to 70% in 2021.

For a while, it seemed like a new dawn for women. Their access to education and opportunities was growing at an incredible pace. But then, something shifted. When the time came for women to step into the workforce and showcase their talents, the momentum they had built began to stall, and in some areas, even reverse. Instead of being celebrated for their capabilities, many found themselves confronted with a familiar refrain: "It's the perfect time for you to get married now." Expectations shifted from professional aspirations to marriage milestones, imposing a glass ceiling just when women were ready to ascend in their careers. "Why do you need to work? Your place is at home, taking care of the family." Despite these pressures, she somehow

manages to balance on a tightrope, juggling both career and family, often at the expense of her own well-being. Moreover, it is well-established that in heterosexual relationships, women often take on the hidden labor—the mental load of anticipating, planning, and organizing tasks that keep family life running smoothly.

They may offer superficial comments like, "We let her work," "She can wear what she wants," or "We're very progressive." While these remarks are often made in social settings, I'm sure these shallow reassurances wouldn't make up for all the sleep she gave up! No matter how you slice the data—whether by urban vs. rural, rich vs. poor, formal vs. informal sector, or literate vs. illiterate—the outcome remains the same. Women's economic participation remains constrained, with scant career opportunities and a low workforce participation rate. Even when women achieve success, they may encounter backlash for outshining male counterparts, facing the threat of bruising patriarchal egos.

With each new case like Anna Sebastian Pareyil, it becomes increasingly evident that a shift is underway. The struggles of pioneering women like Malala Yousafzai, Frida Kahlo, Rosa Parks, and Savitribai Phule have paved the way for a transformative societal shift, as more women take on leadership roles across various fields. It's an achievement that women writers no longer need to adopt neutral

pen names to be published. Yet, when women like Atishi who is highly qualified with two masters degrees from Oxford University became CM, she chose not to sit in the official chair. Does this reflect a lingering sense of being lesser than men, even in positions of power?

Kolkata has witnessed women like Mamata Banerjee rise in the tough political arena without male mentorship, yet what about the tragic incidents, such as the case of the young junior doctor at R.G. Kar College?

The Paris 2024 Olympics marked the first time in history that gender representation among athletes is fully balanced. But at the same time is it necessary for Vinesh Phogat to advocate for women's rights to gain support and validation, rather than simply being celebrated for her wrestling achievements?

While many remain entrenched in the deep sleep of patriarchal mindsets and outdated, orthodox beliefs, there are those who are rising at this darkest hour—challenging the status quo and forging a path toward a more equitable future.

The dawn will undoubtedly come—let us embrace that belief, even if it feels like a delusion. Sooner or later, it will arrive. And when it does, we will witness the true light of Beti Bachao, Beti Padhao, Aur Beti Ko Kamyab Banao—empowering daughters to not only survive, but to thrive and succeed.

‘Quiet Quitting’ College Culture

Elsy Priyanka

In recent years, a phrase emerged in workplace culture that seemed to capture the mood of a generation: “Quiet quitting.” No, It isn’t about quitting jobs without telling anyone but about pushing back. Deliberately choosing not to over exert oneself at work, it is just, fulfilling your role as defined. And now, this ethos has seeped into college campuses, where students face mounting pressure to excel in every corner of their lives. For-long, college life has been synonymous with overachievement. The modern student is expected to be a high performer in academics, a leader in multiple student committees, a volunteer for worthy causes, and, ideally, an intern gaining professional experience. It’s a high-wire act that leaves many students burned out and disillusioned. Mental health struggles, sleepless nights, and feelings of inadequacy have become the norm. Quiet quitting challenges this cycle. It says—‘enough’. It’s the student who steps down from a club presidency to reclaim their weekends. It’s the one who skips an unpaid internship that promises prestige but little else. It the conscious decision to prioritize well-being over appearances.

The world beyond college remains competitive, and success often requires going above and beyond. Employers, graduate schools, and scholarship committees still value candidates who show initiative, leadership, and resilience. So where’s the balance? How do students resist toxic overachievement without sacrificing ambition? The truth, as always, lies somewhere in between. Quiet quitting doesn’t have to mean giving up on success. It can mean redefining it. Instead of spreading yourself thin across a dozen commitments, focus on one or two that truly matter. Strive for excellence in what matters most rather than perfection in everything. This approach doesn’t reject ambition; it tempers it with purpose.. Moreover, Quiet quitting isn’t a one-size-fits-all solution. The pressure to overachieve is real, but so is the opportunity to explore your potential. Finding where exactly the line lays for you, makes it liberating or self-sabotaging. So I leave you with these to ponder upon: What do we value? What does it mean to succeed? And how can we create spaces on campus and beyond—where ambition and well-being coexist.

Does Imposter Syndrome Help or Harm?

Aditi Nair

If you’ve ever walked into a classroom, workplace, or meeting and felt like a fraud waiting to be exposed, you’re not alone. Imposter syndrome, the nagging sense that you don’t deserve your achievements and are only fooling others, is remarkably common. While traditionally seen as a barrier to success, some argue that it might have hidden benefits—pushing people to work harder, learn more, and strive for excellence. So, does imposter syndrome help or harm? The answer might be more nuanced than we think. At its core, imposter syndrome undermines confidence. It convinces high-achieving individuals that they are unworthy of their positions or success. This self-doubt can lead to stress, anxiety, and burnout, as individuals work tirelessly to “prove” themselves, often at the expense of their mental health. Consider a student who scores well in exams but believes their success is due to luck rather than ability. This mindset might prevent them from applying for prestigious scholarships or leadership positions, reinforcing a cycle of self-limitation. Yet, for all its drawbacks, some argue that imposter syndrome isn’t entirely

negative. For one, it can foster humility. Those who question their abilities are less likely to become complacent or overconfident. They approach challenges with a willingness to learn, which can be a powerful driver of growth and improvement. To strike a balance, it’s essential to distinguish between healthy self-doubt and destructive self-criticism. Self-doubt can inspire reflection and effort, but when it escalates into chronic anxiety or avoidance behaviors, it becomes harmful. Addressing imposter syndrome starts with reframing how we view it. Instead of interpreting it as a personal failing, we should see it as a natural response to stepping outside our comfort zones. After all, the very presence of imposter syndrome often signals that someone is achieving something meaningful. Imposter syndrome, like any phenomenon, exists on a spectrum. Ultimately, whether imposter syndrome helps or harms depends on how we respond to it. By reframing it as a sign of growth rather than a verdict of inadequacy, we can harness its energy while mitigating its damage. In doing so, we may find that even our self-doubt has something valuable to teach us.

Importance of Self-Care

N. Snikitha

Self-care is more important than ever in today’s hectic environment, especially for students juggling the demands of school, social life, and future goals. Self-care is not just a catchphrase; it is a vital habit that enables people to rejuvenate, refocus, and reestablish a connection with their health. When students prioritize their own well-being, they are better equipped to engage with friends, family, and peers in a positive manner. This improved emotional state allows for more meaningful connections and effective communication, which are essential components of a supportive social network. By nurturing their own health, students can cultivate empathy and understanding, making them more available to support others in their lives. Many students unintentionally disregard their emotional and physical health in favour of their coursework and extracurricular activities. Burnout, worry, and a decline in general performance might result from this disregard. Students can develop resilience and improve their capacity to handle stress by integrating self-care into their daily routines. Simple routines like taking breaks, working out, or hanging out with friends can have

a big impact on productivity and mood. Furthermore, incorporating self-care practices can lead to long-term benefits that extend beyond academic life. Developing a self-care routine helps students build valuable skills such as time management, mindfulness, and self-discipline. As students transition into their careers, the ability to manage stress and maintain a healthy work-life balance will serve them well. By prioritizing self-care now, students are laying the groundwork for a successful and fulfilling future. Students are encouraged to establish boundaries and understand that taking time for oneself is acceptable and guilt-free. Journaling, meditation, or even engaging in a favourite pastime can offer a much-needed break from the demands of college. In the end, self-care is essential and not a luxury. It gives youngsters the confidence to put their health first, which enhances concentration, creativity, and academic performance. Let us keep in mind that the first step to reaching our objectives and leading satisfying lives is taking care of ourselves as we continue to negotiate the difficulties of student life.

Intersectional Feminism

Fiza Fatima

Being busy in a fight for gender equality “Feminism” is considered as a movement which has its focus only on women rights. “Intersectional feminism” was first used by Scholar Kimberlé Crenshawin in the late 1980s, and since then it has become a crucial paradigm for comprehending gender inequality. By acknowledging that oppression is multifaceted and interconnected, with race, class, sexual orientation, and other identities exacerbating the discrimination women experience, it challenges conventional feminism. Mainstream feminism has been criticised for a long time for ignoring the hardships faced by women from marginalised backgrounds and emphasising the experiences of white, middle-class women. By recognising that Black women, Indigenous women, queer women, and people with disabilities experience particular types of oppression that call for different responses, intersectional feminism aims to close this gap. It makes the case that addressing these various forms of oppression is essential to achieving gender equality. For instance, when gender and race interact, a Black woman’s experience of employment discrim-

ination may be very different from a white woman’s. In a similar way, traditional feminist movements sometimes ignore the obstacles that transgender women and women with disabilities confront while accessing healthcare, safety, and equal opportunities. By advocating for policies that address gender inequality as well as other types of inequality which includes racism, poverty, and ableism, intersectionality asks for a more inclusive approach to feminist activism. In order to guarantee that the movement genuinely represents all women, from every background, it also highlights the necessity of having a variety of voices at the table. In this sense, intersectional feminism develops a vision of social justice that acknowledges the richness of the human experience rather than only advocating for gender equality. As we continue to push for gender equality, let’s ensure that we do so with an intersectional lens, embracing the fullness of every individual’s identity and addressing the systemic inequalities that persist in our society. In doing so, we can create a feminism that is truly transformative, inclusive, and just for all.

The Newsmakers' Trail

Insights from the newspaper

Aditi Nair

The Department of Mass Communication and Journalism at St. Francis College For Women, hosted a guest lecture for its students on October 5th, 2024. The guest lecture was headed by Mr. Ravi Reddy, Resident Editor of Telangana, at The Hindu.

Mr. Reddy, a renowned journalist with nearly three decades of experience in the field, delivered an inspiring and insightful lecture on his work, explaining about his experience as a journalist and as an editor with the paper.

Mr. Reddy also provided valuable input on the qualities, values and ethics of being a journalist, emphasizing on explaining the technicality of the field and inciting discussion on prevailing issues and the ways to elaborate on them to invoke public attention. He explained the dos and don'ts of the field, taking inference from his own experiences and explaining the drastic change in navigating the field on paper and on the field. He went on to explain his life lessons he learnt in his entire

career trajectory, from the perspective of a journalist, who held true respect and passion for the field.

Mr. Reddy also demonstrated on how to structure and elaborate on stories, explaining about multiple approaches to a single news story. The students were provided with an insightful and informative session, which was enhanced with an interactive session, where they asked Mr. Reddy questions and engaged with enthusiasm and vigor.



Mr. Ravi Reddy, the Resident Editor at The Hindu

Build, Distribute, Appreciate

Sindhu Sowmya G



Mr. Suraj Rayaprolu and Neeraj Matta with PG 1st and 2nd year students and faculty.

On September 27, 2024, the Department of Mass Communication and Journalism at St. Francis College for Women organized a workshop on "Digital Marketing and Local SEO" exclusively for MA I and MA II students. Held in Mass communication lab-1, the workshop was led by Mr. Suraj Rayaprolu, CEO/BMF of MNV Digital marketing, and Mr. Neeraj Matta, CEO of Qressy Solutions.

Mr. Suraj Rayaprolu began the session with an engaging presentation on digital marketing strategies. He discussed the creation of compelling content, effective use of social media platforms,

and methods for building meaningful connections with the audiences. His presentation included a hands-on activity where students explored Instagram Stories to understand follower engagement.

He also encouraged students to pursue creative careers confidently, motivating them to raise above societal pressures.

Mr. Neeraj Matta introduced the "build, distribute, appreciate" strategy and explained how SEO boosts online visibility and profits. Drawing from his experience, he shared successful industry practices.

The workshop combined theory with practical insights, guiding students on campaign planning and brand building. An interactive Q&A session allowed for idea exchange and doubt clarification. The workshop provided students with a practical understanding of digital marketing and inspired them to explore this dynamic field further.

Field Visit to The Hindu

On Saturday, September 28, the Department of Mass Communication and Journalism organized a field visit to the printing press of The Hindu newspaper for the students of BA II and MA I. The students were guided by an official of the organization, Mr. Premchand during the course of the visit. The production process was seen in three stages: pre-press, press and post-press.

The students saw the pre-press process first, which included converting formatted pages into PDF form, then converting the PDF to plates via CTP (computer-to-plate) in which different coloured text used in a newspaper i.e., CMYK (Cyan, Magenta, Yellow & Black) gets printed on different plates of each colour. This is done to check the final print of the entire newspaper before starting the production process. These plates are then transferred to the printing machines through which the news gets printed on the newspaper roll which is 55 inches wide with a varying GSM between 40, 42 and 51 depending on the requirement. The paper moves through the different plates to obtain the colours required.

The maximum potential of a printing press to print is 3 lakh copies. However, due to the decrease in circulation, the number of newspapers printed each day has decreased considerably to 75,000. According to Mr. Premchand, a major reason for this decrease is COVID-19, which also aided social media platforms and online news sources to take over the market.

The objective of this visit was for students to understand the printing process of a newspaper that takes place on a daily basis and to interact with trained personnel, which proved to be fruitful as students acquired first-hand knowledge from industry professionals while enquiring about various aspects.



The students from the department of Mass Communication and Journalism at The Hindu press, Uppal.

The Siasat Daily Field Visit

The first year students of Mass Communication Department visited The Siasat Daily on 13th September, 2024. The students were welcomed and guided through the workings around the establishment by Mr. Zahed Farooq, who provided valuable insights into each department of the newspaper. The students also met the newspaper editor-in-chief Mr. Amer Ali Khan, who shared the history and significance of the Urdu publication.

The students of SFC toured the newsroom, printing press, broadcasting studio taking in deeper knowledge about the production process. The 1949 established newspapers' coverage of local issues was highlighted as a key factor in its popularity.

Crafting futures in creativity and media

Snikitha Nadupalli



Ms. Navya Sree having a chat with the students of Mass Communication.

The department of Mass Communication and Journalism has organized a Chat with Alumna on "Building a creative career: Opportunities in Arts and Media", on November 22, 2024. The resource person for the same was Ms V.Navya Sree, Mass Media Men-

tor and Media Coordinator at Suchitra Academy International School. The lecture was organized for BA and MA students in the Mass Communication lab.

Ms. Navya Sree, who teaches mass media and communications at the high school level, shared her journey and insights during the session. She emphasized that pursuing a career in media is not just about studying the field but also about understanding its essence and power.

She stated that she initially saw teaching as a chance rather than a choice, but that it has since developed into a passion.

*Breaking Barriers, Building Legacies***Vaishnovi Madupu's Inspiring NCC Journey from Pilani to Kazakhstan**

Mekala Sravani

This is an inspiring story of Senior Under Officer Vaishnovi Madupu, a young woman who has shown incredible determination, resilience, and leadership. From learning to play the trumpet in an all-girls band in Pilani to representing India on an international stage, her journey with the National Cadet Corps (NCC) is a story of breaking barriers and achieving remarkable milestones.

"Jai Hind!"

My NCC journey began in 9th grade during my time at BITS Pilani. Being part of the Pilani Band, an all-girls ensemble of 51 cadets, was my initiation into this transformative journey. Within a year, I mastered the trumpet and earned the honor of representing the Rajasthan Directorate at the Republic Day Camp (RDC) in 2019. Marching down the Kartavya Path and performing at the Prime Minister's Rally were defining moments of my early NCC days. It was a privilege to be part of the first band in history invited to the Rashtrapati Bhavan, where I met the then-president Shri Ram Nath Kovindji a memory I will always cherish.



Defence Minister Rajnath Singh speaking with Vaishnovi

Returning to Hyderabad due to my mother's transfer, I completed my 10th grade at St. Michael's School, Alwal. There, I broke barriers as the first girl to play the trumpet in an all-boys band, inspiring a wave of inclusivity among junior girls. My journey took a new turn when I joined St. Francis College. Encouraged by Lt.

Marie Thomas Ma'am, who believed in my ability to balance studies, family, and NCC, I embarked on a new chapter. Her guidance pushed me to take bold steps that I never regretted.

My first Senior Wing camp, the Ek Bharat Shreshtha Bharat camp in 2023, was a cultural exchange that deepened my appreciation for diversity. Later that year, I aspired the prestigious RDC 2024. Clearing eight rounds of rigorous selection over several months, I represented the Andhra Pradesh & Telangana Directorate as a trumpeter in the Cultural Team. Our group song secured All India First Rank, and performing for dignitaries like the President and Defense Minister remains a surreal memory.

The apex of this journey was my selection for the Youth Exchange Programme (YEP), where I represented India in Kazakhstan in August 2024. This honor allowed me to celebrate Independence Day abroad, explore Kazakh culture, and present India's rich heritage. From showcasing Indian dances to sharing traditional cuisines, it was an enriching experience that cemented lifelong bonds. NCC

has been a journey of resilience, discipline, and unity. Every moment has been a step towards growth, and I owe my transformation to this incredible organization. I remain deeply grateful to my family, especially my mother and grandfather, both former NCC cadets, whose stories and encouragement have been my guiding light.

Through these experiences, I have not only found my calling but have also embraced the essence of NCC: to lead, inspire, and excel" concluded Vaishnovi.



Vaishnovi in Indian combat uniform on a military tour to Kazakhstan.

From Guarding Gates to Guarding Library

Divya JS



Mr. B. Jagathaiah, the library attendant at St. Francis College for Women.

In the silent spaces of the library, where knowledge flows as freely as conversations in whispered tones, he stands out not for his loud presence but for his quiet dedication. Mr. B. Jagathaiah, fondly called Jagan by his colleagues, is our college's library attendant. His journey in the college began more than a decade ago, initially as a security guard and now to a library attendant.

The non-teaching staff of any educational institution are like the backbone, playing a very crucial role in maintaining a smooth functioning of the academic environment. From administrative assistants and lab technicians to janitors and security personnel, their contributions are very important in creating a functional and

supportive space for students and faculty alike. Their dedication and support are foundational to the success and smooth running of an institution.

His journey with the institution has been one of dedication and adaptability. In those many years standing near the gate, he has seen batches of students come through that gate everyday in the morning and leave in the afternoon.

Upon being asked about his memories from his experience as a security guard he said, the job was hectic and came with its own challenges like crowd controlling and traffic management but at the end of the day he liked what he did. Many people liked his way of working and his professionalism for which he was very happy and proud.

Regarding the work he does now and how it is different from before, he says the current role is less tiring than the long standing hours, when asked him which is better he responded with a smile saying he likes them both. Apart from all this his favorite hobby includes reading newspapers, he said he enjoys reading news everyday.

As we move forward in our lives, let us take a moment to appreciate their vigilance, resilience, and the quiet strength they bring to everyday lives.

Students and Social Media: A Delicate Balance

Sindhu Sowmya G

In our generation, social media is an essential part of life, impacting how we communicate, learn, and build careers. Platforms such as Instagram, YouTube, Snapchat, Facebook, and Twitter offer significant benefits but also present challenges for students. Social media can foster growth and connection. It allows students to learn through educational resources available on platforms like YouTube and Instagram.

Students can also use LinkedIn for career development and networking, while Twitter and Reddit facilitate intellectual discussions and collaboration on academic projects. It helps build an online portfolio to showcase talents and find professional opportunities.

However, there is pressure to always be present online, leading to burnout as students try to balance academics and an active social media presence. This creates a culture of comparison, resulting in self-doubt and anxiety that can negatively affect mental health and academic performance.

Privacy and cyber threats are serious risks of social media. Sharing personal information can expose students to identity theft, hacking, and scams.

AI-generated content like deepfakes raises concerns about personal harm, while misinformation spreads easily, influencing decisions based on false information.

Social media can also harm mental health and self-esteem, as the pressure to maintain a perfect online image can lead to feelings of inadequacy.

Excessive screen time contributes to health issues like eye strain and poor posture, while prioritizing virtual interactions can leave real-life relationships neglected. Cybercrimes and social media addiction are pressing issues, making it crucial for students to interact cautiously online. Finding the right balance in using social media is essential, allowing students to enjoy its benefits while managing its risks effectively.

"Social media is here to stay; let's use it to enhance our lives, not hinder them."



Small changes, Big Impact: Prioritizing Women's Health Today

Sindhu Sowmya G

In today's fast-paced world, health often takes a backseat. This is especially true for women, who juggle multiple responsibilities and tend to overlook their own well-being. However, ignoring health issues can lead to severe long-term consequences. Conditions like hormonal imbalances, PCOS, thyroid disorders, and menstrual health problems are becoming increasingly common. These health concerns impact not only physical health but also mental and emotional well-being. It's essential to address these issues early on and adopt healthier habits to prevent future complications.

Hormonal Imbalance: A Growing Issue

Hormonal imbalances can be triggered by various factors, including stress, poor eating habits, lack of physical activity, and irregular sleep. Over time, exposure to harmful chemicals, found in everyday items like plastics and cosmetics, can further exacerbate these imbalances. If left unchecked, hormonal issues can lead to conditions like Polycystic Ovarian Syndrome (PCOS), which affects fertility, metabolism, and mental health. PCOS also increases the risk of diabetes, obesity, and heart disease. Managing hormonal health involves adopting lifestyle changes such as regular exercise, balanced nutrition, and stress management. Early diagnosis is crucial to prevent the progression of conditions like PCOS and to keep them manageable. Seeking medical advice as soon as symptoms arise can make a big difference in long-term outcomes.

Menstrual Health and Hygiene: More Than Just Comfort

Proper menstrual hygiene is often overlooked but plays a critical role in preventing infections and other complications. Women in rural areas or those with limited access to sanitary products are at higher risk for health issues due to inadequate hygiene. Conditions like endometriosis, which causes painful periods, are often ignored, leading to unnecessary suffering. Ensuring menstrual hygiene by using clean, breathable materials and changing sanitary products regularly is essential to prevent infections. Additionally, early medical intervention

for conditions like endometriosis can alleviate pain and help manage symptoms, improving quality of life.

Thyroid Disorders: A Widespread Concern

Thyroid disorders, once primarily seen in women over 30, are now increasingly diagnosed in younger women. These disorders, such as hypothyroidism and hyperthyroidism, can cause symptoms like fatigue, weight fluctuations, hair loss, and mood changes.



"Your body deserves more care than any outfit."

Factors such as stress, autoimmune diseases, and poor nutrition contribute to the rising incidence of thyroid conditions.

Monitoring thyroid function through regular tests is key to managing thyroid health. Early detection, proper medication, and adjustments to diet and lifestyle can help keep symptoms under control. Adequate iodine intake, reducing stress, and seeking professional care are effective preventive measures.

The Mental Health Impact: The Silent Struggle

The physical symptoms of hormonal imbalances, PCOS, and thyroid disorders are just part of the picture. These conditions can have a profound effect on mental health, leading to anxiety, depression, and mood swings. Women often face societal pressures related to issues like infertility or visible physical changes, which can lead to isolation and shame.

Taking care of mental health is just as important as addressing physical

health. Therapy, support groups, and activities like yoga and meditation can help manage stress and improve emotional well-being. It's essential to recognize that mental health is closely tied to physical health, and both should be given equal attention.

Prevention and Awareness: Empowering Women

Taking preventative measures is the key to long-term health. Regular screenings and early detection can

tive can have significant benefits.

Stress Management: Chronic stress can exacerbate health problems, including hormonal imbalances. Incorporating relaxation techniques such as deep breathing, mindfulness, and meditation can reduce stress and improve overall well-being.

Sleep Hygiene: Sleep is crucial for regulating hormones and supporting overall health. Getting adequate rest—around 7-9 hours per night—helps the body recover and maintain proper hormonal function.

Education and Awareness: Empowering women with knowledge about their health is one of the most important steps in prevention. Awareness campaigns can educate women about common health conditions and encourage them to seek medical advice when necessary.

"Take Charge of Your Health"

Women's health should always be a priority. By taking proactive steps such as regular check-ups, a healthy diet, exercise, and stress management, women can prevent many health issues and lead fulfilling, healthy lives. The changes may seem small at first, but they add up over time and can have a profound impact on both physical and mental well-being.

Your body is your most valuable asset. Treat it with respect and care, and it will support you in return. By prioritizing health today, women can secure a brighter, healthier future for themselves and those around them.



Maya Angelou
Memoirist and Poet

“

“When women take care of their health, they become their best friend.”



Champions Crowned

Highlights of NCC week festivities at SFC

Lily Grace

The NCC Week celebrations were held at St. Francis College for Women, from November 19 to 22, 2024. The week-long event, designed to promote team building, discipline, and healthy competition, teamed the students into three groups based on their academic years: Alpha Company (1st Year), Bravo Company (2nd Year), and Charlie Company (3rd Year) where the Bravo Company secured victory by just one point after a series of intense competitions.

NCC Week festivities

The festivities began on Nov 19, 2024 with a sports event that tested the physical strength and endurance of the cadets. This was followed by competition drills and a quiz on Nov 20th 2024. The next day, cultural activities took centre stage, allowing students to showcase their talents in singing and dancing. The final score saw Bravo Company narrowly defeat their competitors to claim the title of champion. The celebrations culminated on Nov 22, 2024, with the hoisting of the NCC flag. Medals and certificates were awarded to participants who had excelled in various events, with Bravo Company taking home the coveted trophy. Individual achievers were also recognised for their outstanding performances. The successful NCC Week celebrations highlighted the importance of teamwork, discipline, and competitive spirit among the cadets. The event's success was a result of the dedication and collaboration of both the students and organisers in upholding the core values of the National Cadet Corps.

Empowering Women's Sports: A Celebration of Talent and Teamwork

Two-day women's tournament reveals new basketball champions.

J. Bhargavi Saraswathi

The much-awaited Osmania University Inter-College Basketball Tournament for Women saw the best of college basketball talent, culminating in an exciting final between Villa Marie College and St. Francis College for Women. Where Villa Marie College took their titles as the champions. The tournament organized by St. Francis College for Women, Begumpet, attracted some of the best basketball talents from ten different local colleges from October 15-16, showcased an exhilarating array of talent. The tournament was graced with the presence of the esteemed guests of honor Dr. Uma Joseph, Principal of St. Francis College for Women, and Professor K. Deepla, Secretary of IUT(M&W) and ICT(W), Dean of the Palamuru University Department of Physical Education, OU. The games were intensely contested, showcasing the true gamespirit of these players.

These teams clashed fiercely in a total of 19 matches over two days. In the semifinal round, Villa Marie faced Loyola College in a nail-biting contest, ultimately winning 40-31, thanks to Jahnavi's outstanding performance, contributing 10 crucial points, the final showdown against St. Francis College was nothing short of a nail-biter. Both teams showcased exceptional skill and determination throughout the match. Jahnavi scored an impressive 14 points for Villa Marie, while Pari led St. Francis with a remarkable 23 points. However, it was Villa Marie's robust defense and timely plays that secured a narrow 59-58 victory, clinching the championship title. As the tournament concluded, applause resonated through the arena, recognizing the talent, dedication, and sportsmanship exhibited by all teams involved. The Osmania University Inter College Basketball Tournament for Women has undoubtedly set a benchmark for future events and inspired a new generation of female athletes.



Commencement of the match

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Pick your options and we'll recommend the next song for your playlist

1. Which genre makes you want to hit repeat?	2. What's your go-to listening scenario?	3. What kind of lyrics do you vibe with the most?	4. If your life had a soundtrack, it would be:
A. Indie vibes – soothing and unique	A. A rainy day curled up with a book	A. Deep and poetic – makes me think and feel deeply	A. Unique and full of surprises.
B. Pop– funky and high-energy	B. At sunset, chilling with friends on a rooftop	B. Fun and quirky – something playful and light-hearted	B. Energetic and adventurous
C. RnB – groovy and rhythmic	C. A road trip through winding roads	C. Beautifully romantic – lyrics that make me blush	C. Dreamy and introspective
D. Soft ballads – emotional and romantic	D. Late night when the world is quiet	D. Raw and honest – lyrics that cut straight to the heart	D. Raw and emotional

Scan these codes to find your song!



Mostly A



Mostly B



Mostly C



Mostly D

Can you guess the bollywood movie from the emojis?

1. 🍷👩👩👩	_____	
2. 😊😄😞😞	_____	
3. 🍷⭐	_____	
4. 🏠🌸	_____	
5. 🛩️👉🅑	_____	
6. 🐼❤️😞🚗	_____	

Answers:

1. 3 idiots

2. Kabhi khushi kabhie gham

3. Rockstar

4. Housefull

5. Uda Punnjab

6. Maine pyaar kyun kiya



Shayari Corner

Rashmita Kamat PLP

“You were my favourite book
I smiled every time I took a look
I read all the lines
over and over a hundred times
But I always skip the end
Ignoring the torment
But turning away doesn't rewrite the tail
By the end our love crumbles and fails
Pages grow heavy and ink starts to fade
So do the memories we made
The story is done the last words were said
Now I must close the book and put our love to bed”

—Rumsha Arafat B.Com A & F

“I stood, gazing at the land
As I found myself on a river bank.
I felt something warm tap my hand
A few minutes before, my soul just sank.
I gazed at the sky painted orange and purple
And the land in green grass.
I was relaxed being far away from people.
The river stood in front as still and clear as glass.
A stare did it all, it changed my mood The stillness
brought the peace I desired.
No longer had the day being rued And I set out on my way all fired.”