



St. Francis
College for Women

METAMORPHOSIS

COLLEGE MAGAZINE 2024



EMBRACE TRANSFORMATION



St. Francis

College for Women

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(Autonomous & Affiliated to Osmania University)



Quest 2024

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FROM THE EDITOR

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.” (Romans 12:2)

The academic year 2023-24 has been a milestone in the history of St. Francis College for Women for entrusting responsibilities to lay leadership. The campus life for students is enhanced with an emphasis on research related programmes in addition to academic and extracurricular activities. The theme of this year’s magazine “METAMORPHOSIS” is specifically chosen to highlight the transformative journey of the college from its inception to the present day and to encourage students to reflect on their personal transformation. The collection of articles, poems, short stories and art works reveal the nature of our budding artistic scholars in formation. Articles in Sanskrit and Urdu are a new addition to celebrate the linguistic diversity on campus. We grow stronger when we face challenges and difficulties in our life’s journey with courage and resilience. Like the beautiful butterfly, let’s believe wholeheartedly in the transformation process allowed by God and hope for a better future.

I would like to thank the zestful Student Editorial Board of spectacular eleven led by Aru Bisht of II B.A. MLS for their tireless efforts in editing and designing this college magazine to perfection. I’m grateful to the faculty members of the College Magazine Committee, the incredible Five, for their valuable contribution in collecting the reports and editing the articles. I thank our College management, especially our Correspondent Sr. Carmely Thaniath, our Principal Dr. Uma Joseph, our Vice Principals, Dr. Sr. Sujatha Yeruva (Administration), Dr. Mallika Shetty (Academics), Dr. Shailaja Raj (Research & Development) for their guidance and constant encouragement. Above all, I thank our Lord and Saviour Jesus Christ for bestowing upon each and every member of our team the creative brilliance of King David who is the greatest psalmist of all times.

Ms. Carolyn Samuel
Assistant Professor, Dept. of English





A NOTE FROM THE PRINCIPAL

Dear Faculty and Students,

Congratulations on the next edition of the college magazine, Metamorphosis. As we reflect on the past academic year and celebrate our achievements, it fills me with great joy to connect with all of you through the pages of this magazine. The journey we have undertaken, marked by dedication, resilience, and a commitment to excellence, has propelled us forward in our pursuit of knowledge and personal growth.

Each one of you has played a vital role in ensuring the continuity of our academic mission. The unique atmosphere provided by the college led to truly a metamorphosis in areas of personal and intellectual growth, where students underwent profound changes in their perspectives, abilities, and aspirations.

As we look back on the accomplishments of the past year, let us also look forward with optimism and determination. The experiences we have gained, both inside and outside the classroom, have equipped us with the skills and insights necessary to navigate an ever-changing world.

I would like to extend my heartfelt gratitude to our faculty for their unwavering dedication and support. I would also like to thank our students for their hard work, perseverance, and enthusiasm. Your achievements are a testament to your talent and determination.

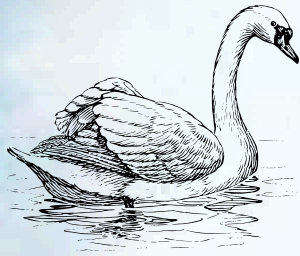
My special thanks to the Committee in charge of compiling this college magazine for all the efforts to make it such a memorabilia for our outgoing students. Let us continue to inspire, innovate, and excel.

Dr. Uma Joseph
Principal





English



SWANLAKE

Composed by one of the greatest Romantic-era music composers, Pyotr Ilyich Tchaikovsky's "Swan Lake" premiered in 1877 at the Bolshoi Theatre in Moscow, Russia.

Growing up, I was exposed to various forms of art, literature, and music, ranging from Jazz (arguably best experienced in New Orleans, in my opinion) to Western classical pieces that left its listeners in a daze, as it did me when I first heard this piece by Tchaikovsky. However, it was nothing compared to how I felt after I watched a YouTube video of the iconic Swan Lake performed by the American Ballet Theatre (although nothing beats the Mariinsky Ballet).

The entire ballet revolves around a beautiful young maiden named Odette, whom Prince Siegfried falls hopelessly in love with. Unfortunately, Odette is bound by a curse bestowed upon her by the evil sorcerer Rothbart. She is transformed into a swan by day and can only assume her human form at night. The curse can only be broken by true love.

Upon learning of Odette's plight, Prince Siegfried vows to break the curse by pledging his love to her. However, Rothbart, determined to sabotage their love, disguises his daughter, Odile, to resemble Odette. At a grand ball, Siegfried mistakes Odile for Odette and declares his love to her, unknowingly betraying Odette.

Realising his mistake, Siegfried seeks forgiveness from Odette and they fight Rothbart. Their love stands triumphant as in most fairytales and Odette breaks free from her curse. Among the themes of love, betrayal, redemption, and the battle between good and evil, one theme stands out prominently- metamorphosis. The performance can be seen as inherently deceptive, as exemplified by Prince Siegfried's unknowing betrayal of Odette. In the ballet act, two of the most famous sequences feature the prince with either maidens in the White Swan Pas De Deux (Odette) and the Black Swan Pas De Deux (Odile).

Odile's metamorphosis (transformation) into Odette's likeness is a deliberate scheme to deceive the Prince into falling in love with her. This act represents the duality of love and deception, as well as the struggle between good and evil. The performance is truly splendid. The ballet concludes with a powerful and emotional finale, where Siegfried and Odette overcome obstacles and break Rothbart's curse. It is a triumphant moment of redemption and love conquering evil with its intricate techniques (solo, pas de deux) by the dancers and Tchaikovsky's impeccable composition, making it a timeless masterpiece.

Ananya Dinesh
B.A. I MLP

CHANGE IS INEVITABLE AND NECESSARY

As Heraclitus, a Greek philosopher said some 2500 years ago – ‘Change is the only constant’. Though the quote was said hundreds of centuries ago, it is the truth that is applicable today and will be relevant forever. Metamorphosis- it serves as nature’s timeless symphony of change. The journey of a caterpillar to a butterfly is the first thing that comes into mind when we think of metamorphosis. From the humble beginnings of a tiny egg, through the voracious appetite of a caterpillar, to the miraculous emergence of a delicate winged creature, the journey of metamorphosis mirrors the cycle of life itself.

Metamorphosis extends beyond the realm of biology; it is a metaphor for the human experience- a testament to the capacity for personal growth and renewal. Like a caterpillar encased within its cocoon, undergoing a metamorphosis demands patience, resilience and an unwavering belief in the promise of transformation. A faith, that the challenges hurled at you, are there to make you stronger, to make your transformation worthwhile. Metamorphosis embodies the essence of transition. It is the process of shedding old skins, renouncing familiar comforts, and embracing the uncertainty of growth.

In nature, metamorphosis of creatures like butterflies symbolizes the beauty and resilience found in change. It teaches us the value of surrendering to the flow of existence, trusting in the unseen forces that guide us towards our fullest potential. Just as the caterpillar must dissolve into a formless mass before emerging as a butterfly, we must also confront the depths of our own uncertainties and fears before we can spread our wings and soar.

As humans, to reach our best, to be better than we were the day before, we need to learn to embrace the changes in our life, we need to welcome the transitions that push us out of our comfort zone, as stepping stones for a better future. We must stop resisting nature’s course and fight our fight of doing the best in every situation we are in.

In our own life, metamorphosis invites us to embrace change as an inevitable and essential aspect of our journey. It urges us to release the attachments that bind us to the past, to surrender to the currents of transformation, and to embrace the infinite possibilities that lie beyond the confines of our comfort zone. In the end, metamorphosis is not merely a process of change, it is a celebration of resilience and renewal, of creation and destruction that shape the essence of existence. As we navigate the winding paths of our lives, may we find solace in the knowledge that within every ending lies the seed of a new beginning, and within every metamorphosis, the promise of a brighter tomorrow

S.K.Shruthi
B.Com. II H



A CLIMATE CHANGE LED METAMORPHOSIS OF THE GLOB.A.L FINANCIAL SYSTEM

Comprehending the nitty-gritties of contemporary topics in the fast-paced domains of finance and economics not only allows leaders of tomorrow to anticipate and foresee opportunities but also helps them prepare for possible future challenges. One such interesting area of cross-sectional study is that of climate change and the global financial system or rather the global financial industry.

Undoubtedly, climate change is one of the most pressing and hotly debated topics and challenges facing the modern world. Rapid globalization, adoption of emerging technologies and the wider socio-economic impacts of pop-culture, entertainment and media have propelled individuals, governments and corporations worldwide to understand the environmental challenges that tag along as a result of climate change as well as the broader impact climate change has on the global financial system.

Aon (a NYSE listed global insurance broker) reports that in 2022 climate-related disasters caused \$313 billion in economic losses worldwide, with the European heat wave - which caused an estimated \$100 billion in losses – taking the crown for being the costliest climate-related disaster. Furthermore, economic losses from climate-related disasters are expected to continue to rise in the future. If estimates by The World Bank are to be followed, Climate change could cost the global economy up to 20% of GDP by 2050 – a substantial economic loss no less. Transitioning (albeit slowly), to a low-carbon economy (LCE), by countries and societies (a welcome move, in the light of climate change) coupled with the systematic and unsystematic risk prevailing in an economy can also affect the global financial system

. As businesses and governments continue to invest in renewable energy and other climate-friendly technologies, there will invariably be winners and losers in the financial markets. Companies that are ill-prepared or unsuited for the transition to a low-carbon economy could face financial losses. Fossil fuel companies, for example, could see their profits decline as demand for their products decreases. On the flip side, companies that are leading the transition to a low-carbon economy could see their profits grow disproportionately with renewable energy companies leading the race to rapid growth in the not so distant future.

Given that investors are now aware of climate risk there is an increased expectation and pressure on organisations to disclose their climate risk exposure, which also implies that pressure is mounting on companies to take action and reduce their climate risk exposure. This has also led to the growing interest and trend of Green Investments and Green investing practices that seek to generate financial returns while simultaneously positively impacting the environment. Certain interesting aspects or benefits of Green Investing include that of the fact that it can help reduce an investor's environmental impact, help support sustainable businesses and projects, facilitate creation of jobs in a green economy and all the while protect an investor's investment from climate risk. Financial institutions are also issuing Green-Bonds (a rather popular means for financing climate solutions) and other climate

linked financial products, typically to raise funds for environmentally friendly projects and services.

The financial industry is also playing a critical role in addressing climate change. By taking steps to manage climate risk, the financial industry can help protect the global economy from the impacts of climate change. Increasing regulations are also mandating Financial institutions to disclose their climate risk exposure (to help investors make informed decisions about their investments) and the measures they are taking to address them. Financial institutions are also investing in large-scale climate-friendly technologies and projects.

Many prominent financial institutions are also developing new tools and techniques to manage climate risk. The International Monetary Fund (IMF) is developing a climate risk stress test tool to help countries assess the impact of climate change on their financial systems. On the other hand, The World Bank is developing a climate risk database to help countries collect and share data on climate risk. The European Union is also developing a climate risk regulation that would require financial institutions to disclose their climate risk exposure. The Bank of England is developing a climate risk framework to help banks assess and manage their climate risk and The Federal Reserve is developing a climate risk toolkit to help banks assess and manage their climate risk. The financial industry also has the bandwidth and the power of influence to engage with policymakers and lawmakers to develop regulations and educate the public about the risks and opportunities of climate change, in order to further address climate change issues

. Driving this school of thought further , financial institutions are increasingly recognizing climate change as a systematic risk and are thus integrating climate risk assessment into their lending and investment decisions. This involves evaluating the potential financial impact of climate-related events on their portfolios , such as the physical risks of extreme weather events or the transition risks associated with shifting to a low-carbon economy (LCE).

On the whole, the global financial industry can help build a more resilient and sustainable global economy all the while addressing and remedying the challenges and threats posed by climate change and climate risks .Another equally exciting prospect to look out for is that there are several promising and new-age start-ups also working on addressing climate change effects on the economy. The advent and rise of Blockchain technology and mechanisms is being utilised for carbon credit tracking and several fin-tech start-ups are creating platforms for climate risk modelling . Verily, an Alphabet subsidiary, for example is developing technologies to help businesses and individuals reduce their environmental impact. Pachama is a company that uses satellite data to track forest cover and deforestation and helps businesses and governments offset their carbon emissions by investing in forest conservation projects. Regen Network is developing a blockchain-based platform to track and trade carbon credits which will make it easier for businesses to reduce their carbon emissions and offset their remaining emissions.

Shriya Reddy
BMS III

EMBRACING METAMORPHOSIS: A JOURNEY OF BECOMING

Metamorphosis, the miraculous transformation seen in nature, holds a profound significance beyond its biological context. It serves as a poignant metaphor for the human experience—a journey from one state to another, shedding old skins to reveal new possibilities. It's about transcending the past, embracing the fluidity of life, and evolving into our true selves. Picture the humble caterpillar, confined to a life of crawling, consuming, and mere survival.

Yet, within its seemingly simple existence lies the potential for something greater—a destiny beyond its current form. Metamorphosis begins with a leap of faith, as the caterpillar encases itself in a chrysalis, surrendering to the unknown. In this cocoon of transformation, the old dissolves, making way for the emergence of something entirely new. Similarly, in our lives, we often find ourselves trapped in routines, bound by expectations, or limited by self-imposed constraints. But within each of us lies the potential for profound change—a longing to break free and soar towards a brighter future. Metamorphosis calls us to shed old layers, embrace uncertainty, and trust in the process of becoming. The journey of metamorphosis is not devoid of challenges. Within the chrysalis, the caterpillar undergoes a process of dissolution, breaking down its tissues into formlessness. It's a period of darkness and vulnerability, where the familiar is stripped away, and the future remains uncertain. Yet, it's in these moments of darkness that transformation begins.

Similarly, in our own journey of metamorphosis, we often find ourselves confronting our deepest fears, letting go of the familiar, and embracing the discomfort of growth. It's a journey of self-discovery and acceptance, where we confront our shadows and embrace our imperfections. But just as the caterpillar emerges as a butterfly, so do we emerge from our trials, renewed, and transformed.

Metamorphosis is not a destination but a continual process—a journey of becoming that unfolds with each moment. As we spread our wings and take flight, we embody the essence of metamorphosis—the courage to change, the resilience to endure, and the beauty of becoming our true selves. In the cocoon of transformation, there is a profound lesson to be learned.

The caterpillar does not resist the process of metamorphosis; it surrenders to it completely. It trusts in the innate wisdom of nature to guide its transformation from one state to another. Similarly, in our own lives, we must learn to surrender to the process of change—to let go of the need for control and embrace the flow of life. The journey of metamorphosis also teaches us the value of patience and perseverance. Transformation does not happen overnight; it requires time, effort, and dedication.

Just as the caterpillar patiently awaits its metamorphosis within the chrysalis, so too must we cultivate patience as we navigate the twists and turns of our own journey. Moreover, metamorphosis invites us to embrace the beauty of impermanence—to recognize that change is the only constant in life.

The butterfly does not cling to its caterpillar form; it embraces its transformation and embraces the beauty of its new existence. Similarly, we must learn to let go of attachments to the past and embrace the ever-changing nature of life. Ultimately, metamorphosis is a journey of self-discovery and self-realization. It is about uncovering our true essence, shedding the layers of conditioning and societal expectations, and embracing the unique gifts that we each possess.

As we undergo our own process of metamorphosis, we come to realize that our true power lies not in conforming to external standards but in embracing our authenticity and living in alignment with our deepest values and desires. In conclusion, metamorphosis serves as a powerful metaphor for the human experience—a journey of transformation, growth, and self-discovery.

Just as the caterpillar surrenders to the process of metamorphosis and emerges as a butterfly, so too must we embrace the journey of becoming our true selves. Through patience, perseverance, and trust in the process, we can unlock our full potential and live a life of authenticity, fulfilment, and purpose.

S.Sindhuja
B.Sc. MPC II B



IN PURSUIT OF MY INFINITE HORIZONS

‘Dynamic’ perfectly encapsulates my journey in Francis. It was never in my plan, things worked out differently and that’s how I started off here. It moulded me into a completely different person. I met people, each having a completely different outlook on life, learnt a lot from each of them- about what I want to be, can be and don’t want to be.

“Women’s college isn’t fun” is what they said, but for me, it was not only fun but also played a significant role in shaping who I have become. Do I want this journey to end? Honestly, I want it to, not because I wouldn’t miss this college but because I feel content with my experiences in Francis.

For me, it’s not the college or the academics that I appreciated but rather the people I met in here. With the friends that I love and the lecturers that I cherish, I have made the fondest of memories in Francis. My dreams have slowly started to take the form of achievements and now I feel like I have a clear vision of my goals.

Looking back, the things I have wanted in life have completely changed, from what I want to do, where I want to be and what I want to become. For now, I am working towards them. Yes I am still very scared and unsure of how everything will turn out to be but then the Francis chapter has come to an end. Wonderful as it may be, I want to push myself towards a better place and to where I want to be.

Bhanuja Paladi
B.A. III MLP



CULTURAL CROSSROADS

The journey to the Youth Forum Leadership Summit 2024 in Colombo, Sri Lanka by the US Embassy as one of the six participants who represented India marked the beginning of a profound transformation within me. Despite the initial setback of a cancelled flight and an unexpected layover, the warmth and camaraderie of my fellow participants from Sri Lanka, India, Pakistan, Nepal, Bangladesh, and the Maldives quickly enveloped me upon arrival.

As we shared stories, bonded over our diverse cultures, and discovered common aspirations, I found myself undergoing a significant personal evolution. Cultural exchanges became more than just moments of connection; they became catalysts for profound shifts in perspective.

The Cultural Night, in particular, stands out as a pivotal moment in my journey. Representing Uttarakhand on stage, I was met with resounding cheers and support from my peers. Despite my initial nerves, the overwhelming encouragement propelled me forward, leading to a performance that exceeded my expectations and ignited a sense of empowerment within me.

In a session led by Patrick McNamara, we delved into the complexities of cultural intersections and the potential for meaningful change that they hold. McNamara's insights inspired me to reflect on my own cultural identity and embrace it as a source of strength and understanding. Throughout the summit, moments of cultural exchange transcended language barriers and social divides, uniting us in shared experiences and fostering a sense of belonging.

Observing our songs and dances, I noted remarkable similarities and the influence of social media transcended every boundary, making these cultural expressions global. It underscored the notion that, despite our differences, we are fundamentally alike. The man-made boundaries and distinctions we create only tell a fraction of the story. The climactic moment for me arrived as everyone, regardless of their background, joined in jumping and dancing to our collective performance of "IndiaWale"! This unexpected unity showcased the unique power of youthful energy – a spirit that seeks celebration and enjoyment rather than emphasising our differences. It transcended beyond our formal session, whether it was late-night conversations, impromptu outings, or collaborative performances, each interaction contributed to a deeper sense of connection and understanding among us.

As I reflect on the transformative impact of the summit, I am filled with gratitude for the meaningful connections forged and the lessons learned. It has reaffirmed my belief in the power of cultural exchange to inspire positive change and has instilled in me a renewed sense of purpose and determination.

Moving forward, I am committed to carrying forward the spirit of collaboration, compassion, and determination that defined my experience at the summit. It has ignited a spark within me to continue seeking out opportunities for growth and connection, both personally and within my community.

Aru Bisht
B.A. II MLS

EMBRACE CHANGES AND LET YOURSELF GROW

Change is an inevitable part of each individual's life and is relative. A big transformation for someone might be a change or merely a difference for someone else. Transformation can be an event or a series of events. These can completely transform a person's personality and the way of life. The earliest transformation an individual encounters is the teenage transformation. This might sound unimportant and is often dismissed easily, but is a very important topic. Going by the proper definition, teenage is the transitional phase in one's life where there are a lot of physical and psychological developments." This definition is too much for a twelve year old to soak in, but now each word stands true. Early teens feel confusing and a lot new; and late teens feel the same. This is the period where one gets to understand different things and what's happening all around.

Teenage is a great ride with ups and downs, and I personally have a bag full of memories and self learnt lessons which might seem obvious and nothing important to a twenty year old, but to the thirteenth year old inside oneself, these lessons are very important and have transformed me from a naive twelve year old to a twenty year old who is aware of things. Early teenage years are all about making new friends and hanging out to be cool, but there's the catch: friendship doesn't mean you have to hangout and look cool always and simply hanging out with someone doesn't make you friends. Choose people who radiate positivity and homely vibes.

Fun can become mischief and can take an ugly turn anytime. Everything seems to be too exciting for you during your early teens; but there's a thinnest and almost invisible line between having fun and committing mistakes.

These mistakes committed unknowingly end up being the worst decisions.

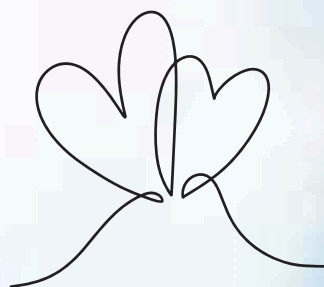
Social Media: A partial truth

Uploads on social media are not completely true. All the uploads are usually of happier times and people very rarely take to social media when they are not doing great. So it's completely inappropriate to compare lives. In fact there is no point in concluding that someone is having a great time just looking at their social media uploads.

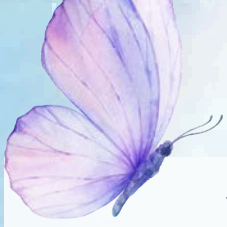
Your dreams and goals are meant to be kept to yourself and your closest ones. Not everyone is watching you as your well wisher and they do not need to know everything in advance. Let your success make the noise!!

These lessons are nothing compared to what adulthood teach you and there is a lot more to learn in this world but from a twelve year old being excited to turn eighteen to the teenager in me wanting to be young again, thoughts have evolved a lot, learnt and unlearnt different things.

Some might have had the best teenage years that they'll cherish forever and for others it has been nothing but a nightmare, but whatever it is, we are all doing a great job by learning from our mistakes and surroundings, in whatever phase of life we are and our transformation will be a part of our life that will highlight our journey.



Lakshmi Saahiti
B.Sc. I MSCs



MY FOGGY SPECTACLES

It wasn't the first time that Aisha's spectacles had fogged up, leaving a trace of a translucent smudge overlay. She let the stupid spectacles stay over her patchy dark circles and more or less bright red eyes that she hid away. She sniffed and sneezed at the printer station, on all the useless scrap she could find and replayed the scene of standing before her balding team manager, who yelled and snarked at her for the 3 minute late walk-in. She took several deep breaths in before letting her rage follow through in caution as instructed by her self-worth. It wanted to cause a splendid havoc, maybe turn over a few office chairs and pull at the last remainder of hair strands on the middle-aged freak of a boss's head. Though that rage never followed through, a depressed and overworked employee took the place of the devil's temper who always said, "Yes, I will do that. Yes, I can do that. I am sorry."

Aisha always snickered and scoffed when she was alone in the cafeteria, filling up her almost-moist paper cup with lukewarm coffee. She just couldn't do it, that is, speaking to someone with a free spirit and smiling like a Santoor Mom. Aisha recounted the times when she was trained at the tender age of 14, the to-do's of acing an interview in the concrete jungle of Delhi by her soccer mom, times when she learnt about how to type and attach images to an email or perhaps when she was gifted her first pair of spectacles although her vision was perfectly fine.

"You'd look smart and busy. That's a deadly combo for professionalism, you see? Always keep them on.", whined her mother as she placed the accessory on the bridge of her daughter's nose, which was comically too large for her.

Her mother had shown off her profound fluency in English at parent teacher meets, which caught the attention of the gossip gang of "influential" women, the wives of business founders and higher-ups. Then she'd get hold of every opportunity at invite-only kitty parties with the same women, narrating her sorrowful past, her busy present and a promising future for the family.

Aisha's mother, respectfully addressed by everyone as "Jayanti-ji.", constantly was pushed to be the best version of the son her both working, orthodox parents could never have. Mr. and Mrs. Agarwal commended themselves for raising a genius and were pleased with their daughter's early academic success.

"Spectacles, a neatly draped cotton saree, a stern countenance, and the mindset of a long-standing cement tower are all you need to be the best woman," urged her mother and numerous other inquisitive relatives during family gatherings.

She was the honor of the family, until she'd be 24 and pregnant, because of a love "affair" she'd promised Mummy and Papa to never even think of committing and that too, with a man several years older than her, with his left pocket holding a pack of cigarettes, and previous weathered receipts from a funky bar and restaurant somewhere in Old Delhi, in his right pocket.

"

“Have some shame, Jaya! Did you ever consider once before sleeping with a beggar of a man! He’s a scoundrel and so are you, now!” Her mother furiously walked back and forth while her father contemplated in silence, of the legacy he’d imagined being passed onto his offspring was now a distant thought of a madman.

“So, are you Maa, you slept with Papa just to give birth to a lame excuse of a daughter who took the place of the son you’d lost. You pampered my cousins, with a sweet smile and a warm embrace reserved for the male heirs of our academic family and still continued to do so even though they’re dating multiple ladies like on speed dial.”

“A slap, a tight one right on my face. I winced, it was such a tear-jerker. So, I left with your scoundrel father to visit his parents, to ask his hand in marriage, and paid my last paycheck from my job in dowry, in exchange for freedom. He promised to wed me in some village, and after that he’d left me.” Jayanti-ji rolled around in her bed, pulling her daughter into an uncomfortably close embrace, iterating the same story from ages on. She would silently whimper under the covers and then tell her only family in a stern stern voice, “So, hence, you have to be what I couldn’t be. An employee with a high-paying salary in a posh start-up.”

Ever since she was a toddler, Aisha Agarwal had dreams of flying in the sky. She wanted to be an air hostess, because she had the aspiration of putting a smile on people’s faces when they were to travel to far-off lands. “A normal office worker is the entree of the corporate world whereas the role of an air hostess was often served as a leftover to desperates females who worked a side-job as a B-grade actress in the exploitative filmy field of Bollywood.

That’s what my mother used to tell me.” Jayanti-ji expressed in hushed tones, rejecting the child’s only aspiration, when she served a freshly microwaved meal kit containing chole bhature and a stale sample of mixed vegetable pickle to teenager Aisha. Her eyes filled up to the brim to commence the explosive waterworks.

Hence then, she pursued what her mother instructed to be, an employee of a big company who stuffed herself and her things in a cubicle and typed away all day long, made proposals that were ultimately to be rejected and setted up schedule calendars for upcoming projects. She was huddled and hurried with household chores when she was home and felt muffled and mugged with panic-inducing levels of stress and performance appraisals at work. Aisha could never rest. She could never love and laugh.

“Hold onto that nose right there, don’t want it to fly off, do we now?”, a loud voice of an older woman broke the chain of Aisha’s sniffs. She turned her head swiftly, her spectacles still foggy and her face, just as miserable as it was minutes ago. “Yes? How can I help you, ma’am?”, her voice trembled as it tried to settle down to cover up her whimpers. She turned her head to face the floor, a place where she felt the most comfortable looking at, but tried to peek at the person in front of her, now curiosity at a minimum.

“I really don’t think you can replace the job of a printer, Miss Agarwal.”, the voice chuckled and only then did she realize she was possibly making conversation with another employee. An employee. An affectionate smile is what she imagined to put on, but it turned out to be a funky shape made of her tightly pressed lips.

She finally looked up to see the glowing countenance of a forty-something woman, dressed up in a neat-cut suit. Aisha gushed and giggled long enough that she felt comfortable making small talk. The small talk ran on through the day until they were about to get off work and only then did Aisha talk about her childhood dream and how much she hated her present job.

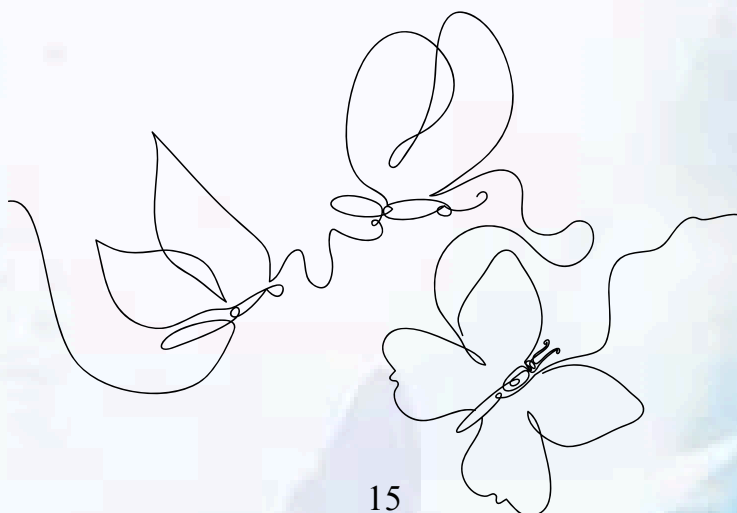
“I think you’d want to see this, my dear.”, the lady showcased a bright poster that encompassed details for a training course, to be specific, a How-to guide to be a flight attendant. “Let’s keep it hush-hush, but this is my side hustle. If you’re interested, I could sign you up for a discount.” Oh my, did Miss Agarwal fall head over heels for the concept of seeing and being the daring version of her. She was about to nod a very resilient yes, when she received a phone call.

“Hello? Is this the daughter of Miss Jayanti Agarwal? You’ll have to come to BLK Hospital at.. Hello?”

* * *

“A middle aged woman, aged 49, passed away at BLK Hospital as she suffered a massive blow to her head as her car collided into a metro pillar near the Karol Bagh Metro Station. It is alleged that the victim, a mother of one, was on the way to her office when she swung her steering wheel towards the pillar in order to avoid collision with on-going traffic...” The television set buzzed along the white, lone corridors of the hospital as Aisha settled onto the cold metal chair. Her flight of dreams that was preparing for take-off, came crashing down onto the hard slab of concrete of realization. Fate itself played a bitter game with her, biting her down with its sharp teeth of truth. She looked to her left, a window in her sight that offered the reluctant view of the concrete jungle. A sigh, after which a tear slid down her face, her spectacles fogged up in an instant.

Shanmukha Sukruti
B.A. II MLS



THE METAMORPHOSIS

In the heart of a quaint little town nestled among rolling hills, lived a girl named Eliza. Unlike her peers who marveled at the fluttering wings of butterflies, Eliza harbored an inexplicable fear of these delicate creatures. To her, they represented change—something she dreaded with every fiber of her being. Eliza's fear of butterflies mirrored her fear of change in life. She clung to familiarity, shunning anything that threatened to disrupt the tranquility of her existence. While her friends eagerly embraced new experiences and challenges, Eliza remained stagnant, imprisoned by her apprehensions. One sunny afternoon, as Eliza wandered through a lush meadow on the outskirts of town, she stumbled upon a hidden grove, adorned with vibrant blooms and dancing butterflies. Trembling with fear, she froze in place, unable to tear her gaze away from the kaleidoscope of colors swirling around her. In that moment of paralyzing fear, Eliza felt a stirring within her—a whisper of longing for something more than the confines of her comfort zone. With trembling hands, she reached out tentatively, her fingertips grazing the delicate wings of a passing butterfly. And in that fleeting touch, something shifted within her—a spark of recognition, a glimmer of understanding. As she watched the butterfly flit away, Eliza realized that her fear was not of the butterflies themselves but of the change they symbolized. Like the caterpillar confined within its cocoon, she had been clinging to the safety of her cocoon, afraid to embrace the transformative power of change.

With newfound courage, Eliza ventured deeper into the grove, allowing herself to be enveloped by the beauty and serenity that surrounded her. As she basked in the warmth of the sunlight filtering through the leaves, she felt a sense of liberation wash over her—a release from the shackles of fear that had held her captive for so long. In that moment of clarity, Eliza understood that change was not something to be feared but embraced—a journey of growth, renewal, and transformation. Just as the caterpillar undergoes metamorphosis to emerge as a butterfly, so too did Eliza realize that she was capable of shedding her old self and embracing the infinite possibilities that lay before her. With a newfound sense of purpose, Eliza returned home, her heart brimming with hope and determination. Armed with the courage to face the unknown, she embarked on a journey of self-discovery, embracing change with open arms and welcoming each new experience as an opportunity for growth. And as she watched the butterflies dance in the meadow outside her window, Eliza smiled, knowing that she too had undergone her metamorphosis—a transformation of fear into courage, of stagnation into growth, and doubt into unwavering belief in the beauty of change.

S.Sindhuja
B.Sc. MPC II B



FROM ZERO TO HERE

It's been months,
I have been living in assumptions, In my
assumptions,
Which I would call a site of goosebumps, A
girl runs,
From her so-called near ones,
Just because she wants to identify herself,
Just once.

She has been trying,
To overcome her overthinking,
However, she has not got anything except
weeping
Under the pillows,
And behind the bathroom doors, She keeps
crying,
And each of her eyes swell,
And when everyone asks if she has cried, She
says no,
Perhaps her answer would be a yes, Only if
they ask
“Is your heart heavy and bleeds with
sorrow?”
But let her know and understand,
That these days are just like sand dunes,
Which would never stay forever like a stamp.
But,
There will be days,
Where she would remember all her sad
moments, And realize that she was strong
and courageous, And moved on,
And so the rainbow of happiness has now
bowed down.

This rainbow of happiness, Is just a token
of respect, To the girl who never let
Her weakness and loneliness,
Come in the path of finding herself.

She was the one who was shy and introvert,
Who weeped when her heart used to bloat.
But now,
She is peaceful,
And courageously faces the deceitful,
And although the fairy of happiness has
arrived lately, Her improvement graph will
vary greatly.

-Lavisha Balani
B.Sc. BTMBC I C



CHANGE OF PERSPECTIVE

Dear Reader,
How are you?
A question often asked, but not meant.
I hope you find peace soon.
I am your friend.
And this is my eulogy to myself.

I have always found it difficult to be gentle.
Before I could understand what it was
and put in effort to practice it
to be the epitome of tenderness,
rage was thrown at me.
And eventually, I became a mirror.

Kindness was not a word I knew the
meaning of.
He was a stranger.
My father always told me to keep
off strangers.
Therefore, Kindness was kept off.

"Why?", they asked me.
An excuse found itself flow out
of my chapped lips.
"I'm just misunderstood, that's
all", I answered.
Because an excuse is visible, dear reader.
My thoughts, on the other hand, are not.
You wouldn't believe in something
invisible, would you?

I have always liked to think of myself
as a God.
The one who who knows everything.
The one who is never wrong.
The one who understands everyone.

Now, I realise that I'm merely a human.
Apologies, dear readers.
I'm not merely a human,
I am Human.

I used to think,
I was beyond love, anger, jealousy,
beyond joy and nostalgia,
beyond beauty.
Oh! How wrong I was!

I sit in my blue cage now.
And regret.
I sit and regret my indifference towards the
beauty of the world.
I sit and regret my inability to love and be
compassionate.
I sit and regret my absence from it all.

The end is near, I know.
As I walk towards the black ocean,
I think to myself,
"What could I have done differently?"
A million things fill my mind like the stars
on a clear night sky.
Among them, the brightest one whispers to
me,
"Forgive".
Thus, I forgive myself and wait for the waves
to take me.



Shruti Chakraborty
B.A. III MLS

FRIENDSHIP.....

Isn't it such a strange yet beautiful relationship?

Isn't it unique where there ain't any necessity for blood or thread?

Isn't it beautiful, how two souls come together and suddenly they're related?

Isn't it wonderful, how do we get to choose a person for life?

Isn't it magical, with how a relation could be formed with unspoken truths and promises?

But, it also has its 'yin' to the 'yang'.

Isn't it tragic how such beautiful relations get ruined? Causing a heart-wreck?

Isn't it bitter, when such relations turn out to be nothing but shallow?

Isn't it hurting, when the emotions and actions aren't reciprocated?

Isn't it agonising, when the person we choose doesn't choose us back?

Friendships aren't the easy bonds to make, we shall work for it like any other. People who are blessed with such lifetime friends are the luckiest, and not everyone has such privilege, so we gotta cherish them.



Meghana Lakkineni
B.A. III EPP

EVERGREEN EMBRACE: A LOVE'S METAMORPHOSIS

In fields of gold where wildflowers sway,

Beneath the azure sky, where dreams hold sway,

Two hearts entwined in a dance divine,

In whispered vows, their love shall shine.

Ayra, a spirit pure as morning dew,

With eyes that mirror skies of blue,

Her laughter, a melody, soft and bright,

Guiding Rahul through the darkest night.

Rahul, an artist, with hands of grace,

Paints the world with every embrace,

His soul ablaze with passion's flame,

In Ayra's love, he finds his aim.

Together they roam, through forests green,

Where nature's wonders remain unseen,

In every leaf, in every breeze,

They find the essence of their ease.

Through trials and storms, they stand as one,

Their love a beacon, never undone,

In metamorphosis, they find their truth,

Embracing change with fearless youth.

So let the stars above bear witness true,

To Ayra and Rahul, forever anew,

In love's eternal dance, they find their home,

In each other's arms, they'll never roam.

Sarayu Katangoor
B.A. III MLP

CHANGE IS CONSTANT!

Change is always constant,
It happens every day
Makes us take another way.

It can also take place,
In obstacles you may face,
Doesn't matter if you're wrong
Someone else can hit the gong.
It's called a CHANGE.

It happens everywhere,
No one knows if it is fair,
It can also be in your food,
Or your everyday mood.

It can be the phoenix,
Or it can be the tricks,
It can be the phantom,
Or it can be your chum.
It's called a CHANGE.



~Kunjana Ganguly
B.Sc. I MSCS

EMERGENCE

In chrysalis dreams, secrets unfurl,
Chrysanthemum whispers, and petals swirl.

A bud, cocooned in silent grace,
Awaits the call of metamorphosis' embrace.

Butterfly, ethereal dancer in flight,
Through realms of transformation, takes its plight.

Pages turn, tales of metamorphosis writ,
In every flutter, every gentle twist.

Bridges burn in the alchemy of change,
As old selves shatter, rearrange.
Break open the pupa, unveil the true,
In the crucible of becoming, find the due.

Show the world who you are, radiant and bold,
In the tapestry of life, your story's told.
Soar high with your wings, painted with desire,
Embrace the metamorphosis, ignite the fire.

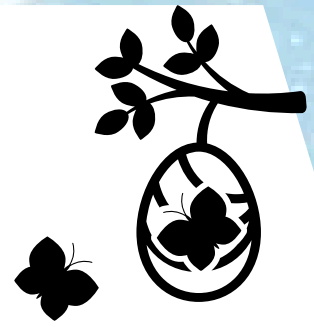
Sindhuja.S
B.Sc. II B MPC

BEYOND COCOON

The echoes we bear
A manifestation to inner wars, bravely won
The weight that stays, a burden we can't escape
Confines us, waiting for dreams to take wings
Hope lies hidden, like wings beneath our skin

We hold the key to break from this self-made cocoon
To stretch these wings wide, beneath a vibrant moon
Storms rage around us, but a melody breaks through, we show our toughness, a win
will overdue
We'll rise, with strength, our own light to ignite
Flight high above, bathed in the sun's golden light.

Lasya Toleti
M.A. I English



OH!

It was the first time my heart ever broke, and all I remember was saying 'Oh'.
I remember the way my lungs struggled to breathe,
and all my heart wanted to do was scream.
I can still hear my brain hollering at me for not letting it shout,
but all I ever wanted was to let it all out. My brain knew it ended even before it began,
but my heart felt it wouldn't touch the wind if I ran.
So I ran with the thought of flying far away to help ease the ache
and by when I stopped even my heart couldn't ignore the pain that made me cave.
So I just gave in,
and allowed the agony to finally sink in.
You'd think after being through the same thing time and again,
I'd know exactly what to say and how to comprehend
But at this point I was all but just a cautionary tale
Because no matter how many times my
heart broke,
'oh' was always the only word I ever spoke.

Aarushi Usha
B.Com. I (IB)



French

LA MÉTAMORPHOSE

Dans le jardin des rêves, une chenille s'épanouit,
Dévorant feuille après feuille, son appétit sans fin.
Jusqu'au jour où, fatiguée, elle s'endort dans la nuit,
Pour se réveiller, dans un éclat, transformée en butin.

Ses ailes délicates battent dans l'air du matin,
Symphonie de couleurs, danse éphémère et gracieuse.
La chenille est partie, l'envol est son destin,
Une métamorphose, une nouvelle vie précieuse.

Dans chaque être, un potentiel caché, mystérieux,
Un pouvoir de transformation, un élan vers l'inconnu.
Comme la chenille devient papillon radieux,
Nous aussi, nous pouvons changer, nous renouveler,
être éperdus.

Que chaque métamorphose soit un hymne à la vie,
Un voyage intérieur, une renaissance infinie.
Dans ce cycle sans fin, où tout se métamorphose,
Nous dansons avec le vent, libres comme des papillons
en prose.

METAMORPHOSIS

In the garden of dreams, a caterpillar blooms,
Devouring leaf after leaf, its appetite endless.
Until the day when, tired, she falls asleep in the
night, To wake up, in a burst, transformed by the
fruits of labour.

Its delicate wings beat in the morning air,
Symphony of colors, ephemeral and graceful
dance. The caterpillar is gone, flight is its destiny,
A metamorphosis, a precious new life.

In each being, a hidden, mysterious potential,
A power of transformation, a momentum towards
the unknown.
As the caterpillar becomes radiant butterfly,
We too can change, renew ourselves, be
distracted.

May each metamorphosis be a hymn to life, An
inner journey, an infinite rebirth.
In this endless cycle, where everything is
transformed,
We dance with the wind, free as butterflies in
prose.

- Ms. Swetha Rachel Deshbandhu
Asst. Prof & Head, Department of French

LA CROISSANCE À PARTIR DES ERREURS

La métamorphose, selon ma compréhension, signifie le changement, la croissance, la transformation. Lorsque j'entends ces termes, en tant qu'étudiant, la première chose qui me vient à l'esprit est la croissance que l'on connaît en commettant des erreurs. Peu importe à quel point nous sommes préparés, nous faisons tous des erreurs. Nous nous sentons coupables et nous nous punissons, mais nous ne pouvons grandir que lorsque nous considérons chaque erreur comme une leçon. Les échecs mènent au succès et les erreurs mènent à la croissance. Parfois, en raison du stress, nous oublions certains mots, règles ou chiffres pendant les examens, et cela nous coûte des points. Lorsque nous commettons de telles erreurs, nous apprenons à nous pardonner et nous comprenons mieux qui nous sommes. Nous pouvons également renforcer nos relations en nous tournant vers nos proches et en leur parlant des erreurs qu'ils ont commises et des leçons qu'ils ont apprises. Ainsi, les erreurs dans les études, le sport ou dans tout autre domaine nous aident à apprendre et à progresser dans ce domaine. Les erreurs nous aident à construire et à transformer nos relations, et elles conduisent à une croissance personnelle en nous permettant de mieux nous comprendre. Par conséquent, les erreurs sont ce qui nous rend humains et elles sont nécessaires pour la croissance, le changement et la transformation.

GROWTH FROM MISTAKES

Metamorphosis to my understanding means change, growth, transformation. When I hear these terms, as a student the first thing that comes to my mind is the growth that one undergoes by making mistakes. No matter how prepared we maybe, we all make mistakes. We feel guilty and punish ourselves but we can grow only when we look at every mistake as a lesson. Failures lead to success and mistakes lead to growth. sometimes, due to a lot of stress we forget certain words, rules, or numbers while writing exams and this costs us marks. When we make such mistakes we learn to forgive ourselves and we understand more about ourselves. We can also build relationships by turning to our loved ones and talking to them about the mistakes they made and the lessons they learnt. Hence, mistakes in academics, sports or in any area help us learn and grow in that field. Mistakes help us build and transform our relationships and they lead to personal growth by letting us understand ourselves. Hence, mistakes are what make us human and they are necessary for growth, change and transformation.

Sri Vandana Kammula
B.A. II PLP

MA PASSION POUR LE FRANÇAIS : DE L'ENCOURAGEMENT PATERNEL À LA DÉCOUVERTE DE PARIS

J'ai choisi le français comme matière quand j'étais en 11ème standard . C'est mon père qui m'a encouragé et motivé à choisir le français. Il a toujours voulu que j'apprenne cette langue, sachant que j'aimerais beaucoup ce sujet. J'avais très peur au début car c'était un sujet complètement nouveau pour moi. Mais au fil des jours, lorsque j'ai commencé à apprendre le français, je suis tombé complètement amoureux de cette langue . J'étais tellement obsédé par le sujet que j'ai commencé à regarder quelques webséries en français. Après avoir terminé mes études en 12ème, j'ai décidé de suivre des cours de français même pendant mes études, afin d'apprendre encore plus de nouvelles choses sur la langue. Mon expérience et mon amour pour la langue française ne s'arrêteront pas simplement en tant que sujet. Je préfère toujours en apprendre davantage sur le français et la France, et j'espère pouvoir visiter la France un jour. C'est mon rêve de visiter la France et Paris un jour, et de parler français là-bas !

MY PASSION FOR FRENCH : FROM DAD'S ENCOURAGEMENT TO DISCOVERING PARIS

I chose French as a subject when I was in the 11th grade. It was my father who encouraged and motivated me to choose French. He always wanted me to learn this language, knowing that I would enjoy it greatly. I was very scared at first because it was a completely new subject for me. But as the days went by, when I started learning French, I fell completely in love with this language. I was so obsessed with the subject that I started watching some web series in French. After completing my studies in the 12th grade, I decided to continue taking French classes even during my studies, in order to learn even more new things about the language. My experience and love for the French language will not just end as a subject. I still prefer to learn more about French and France, and I hope to visit France one day. It is my dream to visit France and Paris one day, and to speak French there!

Akula Srikanth Sahithi
B.Com. I (IB)

LA BEAUTÉ DE LA VIE

La vie est ce qui nous distingue de la mort. La vie est l'aspect principal de notre survie. C'est la notion de notre gagne-pain. La vie est belle... À mon avis, la façon dont nous percevons la vie est ce qui la rend belle. Beau ne veut pas seulement dire qu'elle est jolie et parfaite. Rien n'est jamais parfait, nous devons regarder et observer notre vie pour voir quelle est la raison pour laquelle nous nous efforçons si durement, ce qui peut être fait pour rendre ma vie heureuse et belle. Nous sommes de simples êtres humains essayant de naviguer dans notre vie, d'en profiter tant qu'elle dure et vous verrez alors le but le plus beau et le plus heureux de votre vie... La beauté de la vie est qu'elle est une amie proche de votre bonheur, une ennemie dans vos moments les plus difficiles et surtout un mentor qui vous guide dans vos hauts et vos bas. La vie est imprévisible... c'est sûr, alors en profiter au maximum est ce qui nous fait réaliser que la vie est aussi belle que le coucher de soleil près des montagnes. Une fois que vous vous serez habitué à la vie, vous verrez son vrai et plein sens et sa beauté incroyable et éternelle.

THE BEAUTY OF LIFE

Life is what distinguishes us from death. Life is the main aspect of our survival. It is the notion of our livelihood. Life is beautiful... In my opinion, the way we perceive life is what makes it beautiful. Beauty doesn't just mean it's pretty and perfect. Nothing is ever perfect, we must look and observe our life to see what is the reason why we strive so hard, what can be done to make my life happy and beautiful. We are simple human beings trying to navigate through our life, to enjoy it as long as it lasts and then you will see the most beautiful and happiest purpose of your life... The beauty of life is that it is a close friend to your happiness, an enemy in your toughest moments, and above all, a mentor that guides you through your ups and downs. Life is unpredictable... that's for sure, so making the most of it is what makes us realize that life is as beautiful as the sunset near the mountains. Once you get used to life, you will see its true and full meaning and its incredible and eternal beauty.

CH. Nishka
B.Com. I (IB)

LA CUISINE: UN ART

La cuisine, comme son titre l'indique, est une forme d'art. La cuisine fait partie de notre quotidien depuis l'Antiquité. La cuisine se fait différemment selon les régions. L'acte de préparer des aliments a toujours occupé une place particulière dans la culture humaine et la société. À la base, la cuisine est à la fois un art et une science, combinant créativité et technique pour transformer les ingrédients bruts en repas délicieux et nourrissants. La cuisine offre des possibilités infinies à ceux qui souhaitent expérimenter et explorer la diversité culinaire. De nos jours, de nombreux jeunes s'intéressent au domaine de la cuisine. Il n'y a pas de préjugés sexistes en cuisine, toute personne passionnée par la cuisine peut apprendre à cuisiner. Depuis les temps anciens, on s'attendait à ce que les femmes cuisinent tandis que les hommes travaillaient à l'extérieur de la maison. Avec la participation accrue des femmes au marché du travail, les hommes ont également commencé à contribuer à la cuisine. La cuisine peut être professionnelle ou personnelle. En d'autres termes, quelqu'un peut faire carrière dans les arts culinaires ou simplement aimer cuisiner à la maison. Il y a eu une augmentation de l'éducation culinaire ces derniers temps. Une étude récente de 2022 montre que les gens du monde entier cuisinent en moyenne 6,4 repas par semaine. La pandémie post-Covid a augmenté le nombre de repas cuisinés à la maison. Cuisiner à la maison offre de nombreux avantages pour la santé. La recherche scientifique indique que la consommation de repas cuisinés à la maison réduit le risque de contracter des maladies. La cuisine nous permet de personnaliser nos plats et procure un sentiment de satisfaction. Il y a eu beaucoup d'innovations dans le domaine culinaire. Qu'il s'agisse de manger au restaurant ou de commander de la nourriture en ligne, beaucoup de choses ont été développées. Les dernières tendances nous offrent un régime alimentaire sain et différentes cultures alimentaires. En conclusion, cuisiner est bien plus qu'une corvée quotidienne. Grâce à la cuisine, nous nourrissons notre corps, exprimons notre créativité et nous nous connectons avec les autres à un niveau profondément personnel. Nous continuons d'embrasser la nourriture et la cuisine pour leur diversité, qui améliore nos esprits et nos esprits.

COOKING: AN ART

Cooking, as the title suggests, is a form of art. Cooking has been part of our daily lives since ancient times. Cooking varies from region to region. The act of preparing food has always held a special place in human culture and society. At its core, cooking is both an art and a science, combining creativity and technique to transform raw ingredients into delicious and nourishing meals. Cooking offers endless possibilities for those who wish to experiment and explore culinary diversity. Nowadays, many young people are interested in the field of cooking.

There are no gender biases in cooking; anyone passionate about cooking can learn to cook. In ancient times, women were expected to cook while men worked outside the home. With increased female participation in the workforce, men have also started contributing to cooking. Cooking can be professional or personal. In other words, someone can pursue a career in culinary arts or simply enjoy cooking at home. There has been an increase in culinary education in recent times. A recent 2022 study shows that people worldwide cook an average of 6.4 meals per week. The post-Covid pandemic has increased the number of meals cooked at home. Cooking at home offers many health benefits. Scientific research indicates that consuming home-cooked meals reduces the risk of contracting diseases. Cooking allows us to customize our dishes and provides a sense of satisfaction. There have been many innovations in the culinary field. Whether dining out at restaurants or ordering food online, many advancements have been made. The latest trends offer us healthy diets and diverse food cultures. In conclusion, cooking is much more than a daily chore. Through cooking, we nourish our bodies, express our creativity, and connect with others on a deeply personal level. We continue to embrace food and cooking for their diversity, which enhances our minds and spirits.

P. Tanuja Srivalli
B.Sc. II MSCS

L'IMPACT DU CHANGEMENT CLIMATIQUE SUR L'ENVIRONNEMENT ET LES MESURES À PRENDRE

Le changement climatique est l'un des défis les plus pressants auxquels l'humanité est confrontée au XXI^e siècle. Avec l'augmentation des émissions de gaz à effet de serre résultant des activités humaines telles que la combustion de combustibles fossiles et la déforestation, la planète subit des changements climatiques rapides et sans précédent. Ces changements ont des répercussions profondes sur l'environnement, menaçant la biodiversité, altérant les écosystèmes et exacerbant les phénomènes météorologiques extrêmes. Dans cet article, nous examinerons en détail l'impact du changement climatique sur l'environnement et les mesures d'adaptation nécessaires pour atténuer ses effets néfastes.

Impact sur la Biodiversité

Le changement climatique perturbe les écosystèmes naturels, entraînant la disparition d'espèces animales et végétales ainsi que la perte de diversité biologique. Les habitats naturels tels que les forêts, les récifs coralliens et les zones humides sont particulièrement vulnérables aux changements climatiques, menaçant la survie de nombreuses espèces. Par exemple, la fonte des glaciers et la hausse des températures océaniques affectent les habitats des animaux polaires tels que les ours blancs et les pingouins, tandis que l'acidification des océans menace les coraux et les espèces marines qui en dépendent.

Altération des Écosystèmes

Climate change disrupts natural ecosystems, leading to the disappearance of animal and plant species as well as the loss of biological diversity. Natural habitats such as forests, coral reefs, and wetlands are particularly vulnerable to climate change, threatening the survival of many species. For example, glacier melting and rising ocean temperatures affect the habitats of polar animals such as polar bears and penguins, while ocean acidification threatens corals and marine creatures that depend on them.

Effets sur les Ressources Naturelles

Le changement climatique affecte également les ressources naturelles essentielles à la vie humaine, telles que l'eau, l'air et le sol. Par exemple, les modèles de précipitations modifiés peuvent entraîner des sécheresses prolongées dans certaines régions et des inondations soudaines dans d'autres, compromettant la disponibilité en eau douce et en terres agricoles. De plus, la pollution de l'air causée par les émissions de gaz à effet de serre contribue à la détérioration de la qualité de l'air et à l'augmentation des maladies respiratoires chez les humains et les animaux.

THE IMPACT OF CLIMATE CHANGE ON THE ENVIRONMENT AND ADAPTATION MEASURES

Climate change is one of the most pressing challenges facing humanity in the 21st century. With the increase in greenhouse gas emissions resulting from human activities such as the burning of fossil fuels and deforestation, the planet is undergoing rapid and unprecedented climate changes. These changes have profound repercussions on the environment, threatening biodiversity, altering ecosystems, and exacerbating extreme weather phenomena. In this article, we will examine in detail the impact of climate change on the environment and the necessary adaptation measures to mitigate its harmful effects.

Impact on Biodiversity

Climate change disrupts natural ecosystems, leading to the disappearance of animal and plant species as well as the loss of biological diversity. Natural habitats such as forests, coral reefs, and wetlands are particularly vulnerable to climate change, threatening the survival of many species. For example, glacier melting and rising ocean temperatures affect the habitats of polar animals such as polar bears and penguins, while ocean acidification threatens corals and marine creatures that depend on them.

Alteration of Ecosystem

Climate change alters the composition and distribution of terrestrial and marine ecosystems, resulting in changes in species distribution, ecosystem productivity, and the availability of natural resources. For example, the reproductive cycles of plants and animals may be disrupted by changes in precipitation and temperature patterns, affecting species interactions and energy flows within ecosystems. Additionally, extreme weather events such as droughts, floods, and storms can destroy natural habitats and result in irreversible biodiversity loss.

Effects on Natural Resources

Climate change also affects natural resources essential to human life, such as water, air, and soil. For example, altered precipitation patterns can lead to prolonged droughts in some regions and sudden floods in others, compromising the availability of freshwater and agricultural land. Furthermore, air pollution caused by greenhouse gas emissions contributes to deteriorating air quality and an increase in respiratory diseases in humans and animals.

MESURES D'ADAPTATION

Face à ces défis, des mesures d'adaptation sont nécessaires pour atténuer les effets néfastes du changement climatique sur l'environnement. Cela inclut la conservation et la restauration des habitats naturels, la création de corridors écologiques pour faciliter la migration des espèces, et la mise en place de zones protégées pour préserver la biodiversité. De plus, des stratégies d'adaptation au niveau local, telles que la gestion durable des ressources naturelles, la promotion de pratiques agricoles résilientes et la mise en œuvre de mesures d'atténuation des risques de catastrophes naturelles, sont essentielles pour renforcer la résilience des communautés face aux changements climatiques.

En conclusion, le changement climatique a des répercussions profondes sur l'environnement, menaçant la biodiversité, altérant les écosystèmes et affectant les ressources naturelles essentielles à la vie sur Terre. Pour atténuer ces effets néfastes, des mesures d'adaptation sont nécessaires à tous les niveaux, de la conservation des habitats naturels à l'adoption de pratiques agricoles durables. En travaillant ensemble pour protéger notre planète et ses précieuses ressources, nous pouvons espérer de préserver la beauté et la diversité de notre monde pour les futures générations.

Adaptation Measures

While facing challenges, adapting appropriate measures are necessary to mitigate the harmful effects of climate change on the environment. This includes the conservation and restoration of natural habitats, the creation of ecological corridors to facilitate species migration, and the establishment of protected areas to preserve biodiversity. Additionally, local-level adaptation strategies, such as sustainable natural resource management, promotion of resilient agricultural practices, and implementation of disaster risk mitigation measures, are essential to enhancing community resilience to climate change.

In conclusion, climate change has profound repercussions on the environment, threatening biodiversity, altering ecosystems, and affecting natural resources essential to life on Earth. To mitigate these harmful effects, adaptation measures are needed at all levels, from the conservation of natural habitats to the adoption of sustainable agricultural practices. By working together to protect our planet and its precious resources, we can hope to preserve the beauty and diversity of our world for future generations.

Aleena Santosh
B.Com. I (IB)



Hindi

रूप

अंधकार में कहानी बुने,
प्राचीन और गम्भीर।
शब्दों की अपरिमितता में बचाव,
सूक्ष्म सुरों की सूचना।

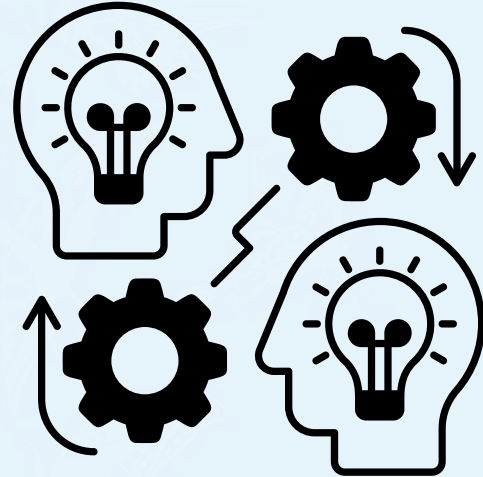
धरती के गोद में विकसित,
प्राणी बदलने का जीवन।
अंतर्निहित सांस्कृतिक महत्व,
समय की गहराईयों में छिपा रहस्य।

परिवर्तन की मधुर सुरीली ध्वनि,
अनदेखा और अद्वितीय।
आत्मा का अनंत उत्साह,
सत्य की खोज में गुम।

अपनी अनंत प्रकृति के दर्शन,
निरंतर संवेदनशीलता का साहित्य।
अज्ञात का अभिव्यक्ति,
संगीत की स्वादिष्ट बेहतरीन।

प्रेरणादायक और अतीत के विचार,
स्वाभाविक रूप से मजबूतियों का निर्माण।
विकसित व्यक्तित्व की सत्यान्वेषण,
अद्वितीयता का साहसी अभिव्यक्ति।

जीवन की महापरिवर्तन,
उत्सव का उत्साही आरंभ।
स्वयं का पुनर्जन्म,
कहानी की अनंत कथा।



-Sakina Fatima
B.Com. II (CAP)

रूपांतरण

परिवर्तन जीवन का नियम है, यह हम सुनते हैं आए
काल की चाल अनुसार हम मुड़ते हैं दाएँ-बाएँ
प्रगति लगातार भविष्य की ओर करे हमें अग्रसर
हम बढ़ें इस अनोखे पथ पर पग आगे धर

उन्नति की राह पर बदलते हैं वजूद
बदलती है सृष्टि, बदलते हैं स्वरूप
टस-से-मस जो न हो, करें हठ
सुधार के ख्वाब की न लगाएँ रट
क्रांति होगी कैसे जब हो हाथ पर हाथ
जब बेहतर कल की ओर हम बढ़े न साथ-साथ?
संस्करण की चाह हो पर न्योछावर न हो सब कुछ
विचार हों विशाल किंतु कदम रहें तुच्छ?

कमियों को दृष्टि की अग्नि में समर्पित
त्याग की तलवार से बहानों को पराजित
रात्रि के काले अंधकार में दृढ़ता का दीप लिए
निराश जगत के साये को करें उज्ज्वलित

Shubhangi Sharma
B.A. II PLP



कभी तो चिरैया आएगी ही

कभी तो चिरैया आएगी ही
तुम पानी रखो उसके लिए...
वो जरूर आएगी इक दिन..
तुम इंतजार तो करो उसके लिए..
वो निस्संदेह आएगी इक दिन...
तुम दाना डालो उसके लिए...
वो चुगने जरूर आएगी इक दिन...
वो चिरैया है...
पिघल जाएगी तुम्हारी अच्छाई से...
वो तुम्हारी दोस्त जरूर बनेगी इक दिन...
तुम इंतजार तो करो...
वो जरूर आएगी इक दिन...
पहले दिन ना आये..
अगर दूसरे दिन भी ना आये...
तब भी निराश मत होना तुम ...
वो चिरैया है..
वो जरूर आएगी इक दिन...
तुम दाना पानी रखो उसके लिए...
वो जरूर आएगी इक दिन....



सुबह और शाम

सुबह से शाम और शाम से सुबह
कुछ इस तरह मिलने को दौड़ती है
मानो सालो से बिछड़े दो आशिक हो
शाम के गम को मिटाने जो आता है
वो उसका हमदर्द सवेरा ही तो है
सवेरे से जो काम पर िगा है
उसकी थकान दूर करने वाली शाम ही तो है
ये दोनों ही सबके लिए जरूरी हैं
मगर ये दोनों कभी आपस में लमि नहीं सकते हैं
ये दोनों इस बात से भलीभांति वाकिफ हैं
क्योंकि इनको दूसरो की खैरियत के लिए बिछड़ना
ही पड़ा
हर थकी आंख को सोने के लिए अंधेरा चाहिए
मगर अंधेरा होने के लिए शाम चाहिए
शाम अंधेरे को नहीं चाहती
वो तो सवेरे की मेहबूबा है
पर अंधेरा शाम को बांध के रखता है
सवेरे और शाम की दास्तान ए इश्क का विलेन है अंधेरा
जो कभी उन्हें मिलने नहीं देगा
आखखर उज्जो का िशुमन है अंधेरा
मगर शाम और सवेरा इक दिन जरूर मिलेंगे
वो रात कयामत की रात होगी जब वो मिलेंगे
और जब ये दोनों आशिक मिलेंगे
ये मिलान इस दुन्या में कहर ढा देगा
जिसमे वो दोनों आशिक मिलकर खत्म हो जाएंगे..

एक पेड़ और एक कोयल

इक दफा हम इक पेड़ को निहार रहे थे
एक पेड़ जिसके बहुत सरे पत्ते हैं ज़मीन पर
और आधे जड़े हैं अभी भी टहनियों पर
उस पेड़ को देखकर लगता है
वो तन्हाई में खड़ा है
शायद वो किसी के इंतजार में है
जो आज उसकी उदासी का कारण बन गया
आस पास उसके ऊँची इमारतें हैं
वो बिचारा घुट घुटकर कर अधमरा सा हो गया
मगर उसके अकेलेपन को एक कोयल ने बांटा है
अब उस पेड़ को उस बेवफा की जरूरत नहीं है
जिसने उसको तन्हाई में डुबोया है
अब उसको सिर्फ उस कोयल का ही इंतजार रहता है
कब कोयलिया वो कूहाने उस पर आए
और कब वो उसके गीत में मग्न हो जाए
ये सोचती हु अब नज़र उन्हें किसी की न लग जाये
अब वो दोनों ही एक दूसरे का सहारा हैं
मिलकर उन्होंने अपनी अपनी तन्हाई को मारा है
न जाने रोज कैसे वो पेड़ मेरी नजरे खींच लेता है
और मेरी मस्तानी आंखो को दीवाना बना देता है
अब उस पेश को देखकर जी चाहता है
की मैं वहां जाऊ
और गौर से उनकी बातें सुनू
कुछ पल सुकून के मैं भी महसूस करू
दास्तान ए इश्क है ये
इक पेड़ और इक कोयल की ।



खुशी

खुशी ना मांगने से मिलती है
ना ही छीनने से मिलती है
तुम खुशी को महसूस करो
तुम्हें वह खुद ब खुद मिल जाएगी
हर चीज़ में खुशी छिपी होती है
उसे तुम ढूँढ निकालो
और उसे महसूस करो
हा कभी-कभी उसे ढूँढने में वक्त लगता है मगर
तुम संयम करो
अच्छी चीज़ों में वक्त तो लगता है
खुशमिजाजी बनो तुम इतने
की खुशी कितनी ही गहराई में छिपी हो
तुम उसे ढूँढ ही निकालो
और फिर तुम उस खुशी को महसूस करो
तुम्हें वह खुद ब खुद मिल जाएगी ।



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नए विचार

मानव जाति ने इतिहास के अनेक युगों में अलग-अलग जीवन शैलियों और सामाजिक गतिविधियों को अपनाया है। विभिन्न परिस्थितियों के प्रभाव के कारण, विश्व में मौजूद नाना प्रकार की संस्कृतियों ने कुछ प्रथाओं को उचित माना है और कुछ प्रथाओं को अस्वीकरणीय। धर्म, संस्कृति, परम्परा तथा रिवाज के अनुसार समाज के लोगों में पनप रहे विचारों और भावनाओं को आकार देने का लगातार प्रयत्न किया गया है। यदि किसी व्यक्ति के विचार सामाजिक परंपरा से मेल खाते हो तो उन्हें अपना लिया जाता है। परन्तु किसी व्यक्ति के विचार सामाजिक प्रथाओं के विपरीत हो और उनका विरोध करते हो, तो ऐसे विचारों को अनदेखा कर दिया जाता है और उस व्यक्ति का सामूहिक बहिष्कार किया जाता है। ये प्रक्रिया विश्व के हर समाज में सामान्य तौर पर पायी जाती है।

भारतीय समाज में भी यही रवैये को हमेशा तरजीह दी गई है। यदि नवीन विचारों की अभिव्यक्ति के खिलाफ समाज हो जाये, तो इस प्रकार के समाज में विकास नहीं हो पाता। समाज के अपनाए गए तौर-तरीके एक हद तक साधारण जनता को फायदा पहुंचा सकते हैं, लेकिन यदि समय और परिस्थिति के अनुसार इन तौर-तरीकों को परिवर्तित नहीं किया गया तो ये कुप्रथाओं में बदल जाती है। जिस समाज में बदलाव को नकारा जाता है, उसी प्रकार के समाज में लोगों का उन्नति करना कठिनाइयों से खाली नहीं होता। इसलिए ये अति आवश्यक है की जैसे समाज में प्रगति होती है और हालत में बदलाव आता है, वैसे ही परंपराओं में भी बदलाव आना चाहिए।

इस विषय की मिसाल एक नदी की तरह है। यदि नदी हमेशा बहती रहती है, तो उसमें पाया जाने वाला पानी स्वच्छ होता है और मनुष्यों तथा अन्य प्राणियों के लिए लाभदायक होता है। अगर किसी वजह से नदी के बहने में रुकावट पैदा होती है और नदी का बहाव थम जाता है तो नदी में मौजूद पानी में गंदगी आने लगती है। इस अशुद्ध पानी से बदबू आने लगती है और कीड़े लगने लगते हैं जिसके कारण इस पानी का उपयोग करने वाले लोगों और अन्य प्राणियों में बीमारियां फैलती हैं। इसी प्रकार यदि परम्पराओं को समय और परिस्थिति अनुसार न बदला गया तो कई प्रकार के अन्याय समाज में फैलने लगेंगे। एक सभ्य समाज इस बात को स्वीकार नहीं कर सकता कि उसके रिवाज में कभी कोई परिवर्तन न लाया जाये। जब मनुष्य समयानुसार बदलाव लाने के लिए तैयार होंगे, तब समाज में भी वास्तविक रूप से खुशहाली और समृद्धि होगी। लेकिन इतिहास गवाह है कि कई बार, सामाजिक प्रथाओं में परिवर्तन लाने का प्रयत्न करने वाले लोगों को अनेक समस्याओं से जूझना पड़ा है, और कई मौकों पर उन्हें अपनी लगन और आस्था का भयंकर परिणाम मिला है।

भारत में जातिवाद और छुआछूत की समस्या प्राचीन काल से पायी गई है। इक्कीसवीं सदी में पहुँचते-पहुँचते भारत ने अन्य क्षेत्रों में अधिक विकास कर लिया है। भारतवासी आज एक उन्नत देश के नागरिक है। परन्तु जाति से सम्बंधित रूढ़िवादिता और कठोरता आज भी भारतीय समाज के विकास में बाधा उत्पन्न कर रही है। इसका कारण ये है की धर्म और परम्पराओं से प्रभावित होकर ज्यादातर ऊँची जाति के लोग आज भी एक श्रेष्ठता मनोग्रंथि का शिकार है। इस परिस्थिति का परिणाम ये होता है की जाति प्रथा का खंडन करने वाले लोगों को समाज अपना और अपनी संस्कृति का विरोधी मानने लगता है।

भारतीय समाज ने इसी कारण अन्तर्जातीय विवाह को अनुचित माना है और इस प्रकार के विवाह का सम्बन्ध बनाने वाले युवक-युवतियों का बहिष्कार किया है। इस बहिष्कार ने सम्मान हेतु हत्या का खौफनाक रूप कई मौकों पर धारण किया है। लेकिन इस प्रकार की सोच से आगे बढ़ने के लिए समाज में इस विषय की पहचान होना आवश्यक है की आधुनिक भारत का संविधान धर्म, मूलवंश, जाति, लिंग या जन्म स्थान के आधार पर होने वाले भेदभाव का निषेध करता है। यदि जातिवाद से संबंधित कुप्रथाओं का खात्मा करना है तो, समाज की परंपरागत सोच को संविधान के अनुसार परिवर्तित करना होगा। इसी प्रकार भारतीय समाज इस ऐतिहासिक समस्या के समाधान की ओर बढ़ पायेगा।

भारतीय समाज की महिलाओं से संबंधित सोच आधुनिक काल में भी पिछड़ी है। महिलाओं को हमेशा से अक्षम, असमर्थ, कमज़ोर अथवा निर्भर माना गया है। इस प्रकार की सोच से उत्पन्न होने वाली पितृसत्तात्मकता एक दमनकारी रूप धारण कर लेती है। इस वजह से भारतीय महिलाएं कई तरह के अत्याचार से पीड़ित हुई हैं। सामाज में फैली हुई बुराइयां जैसे दहेज़ प्रथा, बाल-विवाह, बलात्कार, घरेलू हिंसा, कन्या ब्रूण हत्या आदि सभी पितृसत्तात्मक सोच के नतीजे का हिस्सा हैं। प्रकृति ने स्त्री और पुरुष में केवल शारीरिक अंतर किया है। परन्तु समाज की कुप्रथाओं ने सदा स्त्री को असमान और कमतर घोषित किया है। भारतीय परिवारों में सदा लड़कों को तर्जी दी जाती है क्यों की उनसे वंश के आगे बढ़ने की उम्मीद होती है। लेकिन लड़कियों को हमेशा एक बोझ समझा जाता है।

इस विचारधारा के प्रचलन से समाज में उपस्थित लैंगिक भेदभाव और संगीन हो गया है। एक समय था जब महिलाओं को शिक्षा के लिए अयोग्य मानकर, समाज महिलाओं के शिक्षित होने के अधिकार को छीन लेता था। कई वर्षों के घोर संघर्ष के पश्चात कुछ महिलाओं को आज शिक्षा प्राप्त करने का अवसर मिल रहा है। लेकिन आज भी ग्रामीण और पिछड़े इलाकों में औरतों को ये जन्मसिद्ध अधिकार प्राप्त नहीं हैं। महिलाओं को मुक्त करने के लिए समाज को पितृसत्तात्मक सोच से बराबरी की ओर कदम बढ़ाने होंगे। यदि समाज ने अपना नज़रिया न परिवर्तित किया तो भारत की जनसँख्या का आधा हिस्सा कभी भी आगे बढ़कर भारत के विकास में सम्पूर्ण योगदान नहीं दे पायेगा। इस विषय में भी ये कहा जा सकता है की सामाजिक परम्पराओं में समयानुसार बदलाव आना बहुत जरूरी है।

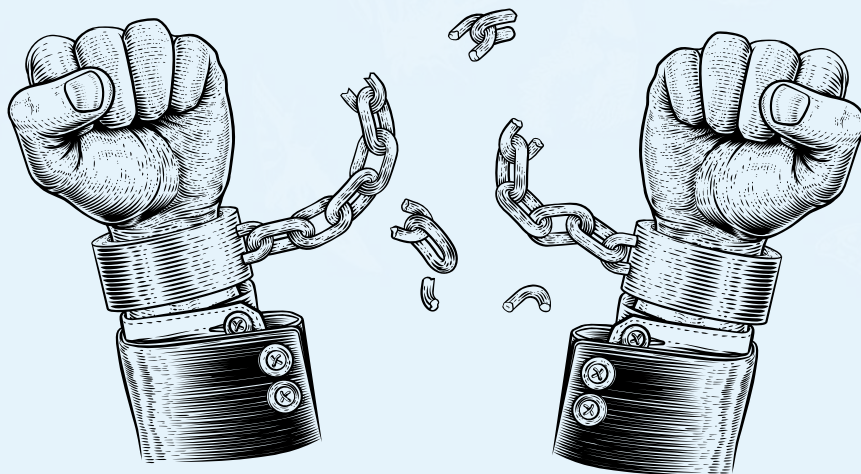
भारतीय समाज की मानसिकता आज भी पूरी तरह अंधविश्वास और कट्टरता से आज़ाद नहीं हुई है। भारत के कई इलाकों में आज भी अन्यायपूर्ण कुरीतियों का प्रचार-प्रसार होता है। लेकिन कई भारतवासियों में हालात को बदलने की चाह है। वे सभी लोगों में आशा की उमंग जगाने की इच्छा रखते हैं।

आधुनिक भारत में लगातार उन्नति तभी मुमकिन हो पायेगी जब सामाजिक गतिविधियां प्रगतिशील बनेंगी। समाज में सभी प्रकार के लोगों और विचारधाराओं के लिए स्वीकृति होनी चाहिए। तभी समाज को एक सभ्य समाज के रूप में देखा जा सकता है। सामाजिक परिवेश को व्यक्तिगत विकास में विघ्न न बनकर उसकी प्राप्ति का माध्यम बनना चाहिए। यदि भारतीय समाज में इस प्रकार की सोच का प्रचलन हो, तो भारत के विकास की राह में आने वाली कई विडंबनाएँ विलुप्त हो जाएँगी।

अंत में हम ये निष्कर्ष पर पहुँचते हैं, कि भारत को अँगरेज़ शासन से स्वतंत्रता हासिल किये पचहत्तर साल गुज़र चुके हैं। परंतु भारतीय समाज वास्तव में आज़ाद तभी हो पायेगा जब उस में पनप रही कुप्रथाओं का पूरी तरह नाश किया जायेगा। किसी भी समाज को अपनी परंपराओं का सम्मान करना चाहिए। लेकिन अगर वही परंपराएँ रूढ़िवादिता का शिकार होजाये थो उन्हें परिवर्तित करना भी समाज के सभी सदस्यों की बुनयादी जिम्मेदारी है।

“ परिवर्तन
हमेशा विकास नहीं ला सकता है, लेकिन
परिवर्तन
के बिना कोई विकास नहीं होता है। ”

Umaimah Aijaz
B.A. II HLP



साधारण रूपांतरण

परिचितता। वह जो ज्ञात हो। घर, परिवार, पड़ोस, वही दोस्त और वही मैदान। आगे क्या होगा यह जानने की सुरक्षा। आपकी गली के अंत में बिकने वाली गर्म अदरक वाली चाय का वही स्वाद, या खेल के मैदान में बड़े पुराने बरगद के पेड़ का परिचित चेहरा। जो ज्ञात है वह हमारी दिल को शांत करने की विशेषता रखता है। सुबह जैसे ही आप अपने बिस्तर से उठते हैं, वही गौरैया की कोयल की आवाज़, कूकर की सीटी बजने की आवाज़, आपके कमरे के फर्श की ज़मीन पर वही ठंडी गर्माहट का एहसास। यदि आप उन लोगों में से हैं जो अलार्म का उपयोग करते हैं, तो अलार्म का बजना, या उन लोगों में से हैं जो आपकी देरी को दोष देते हुए आपके माता-पिता की क्रोधित चीख को पसंद करते हैं, तो वह। वास्तव में, यहां तक कि आप जहां रहते हैं वहां मिलने वाली सुगंध भी किसी और जगह से मिलती-जुलती नहीं है। आपके लिए इसका जो भी अर्थ हो, जो ज्ञात है वह आपको सुरक्षा की भावना प्रदान करता है। और प्राचीन मनुष्य के लिए, यही वह आदर्श जीवन था जिसे उन्हें प्राप्त करना था। एक ऐसा जीवन, जहां वे जीवित रहने के विचारों से उबर सकते हैं और आराम और सुरक्षा के जीवन का आनंद ले सकते हैं। उन विचारों को आग की खोज ने प्रज्वलित कर दिया, जब मनुष्य एकांत और अंधेरी गुफाओं से बाहर निकला और आज देखाजाने वाला सामाजिक मानव बन गया। उसके बाद, मानवता उन चीज़ों का आविष्कार करती रही जो उनके जीवन, उनके व्यापार और समृद्धि को बढ़ा सकती थीं। प्रत्येक आविष्कार के साथ, मानवता और दुनिया ने परिवर्तन का एक नया चरण प्राप्त किया। धीरे-धीरे, जीवन के प्रत्येक पहलू में ये परिवर्तन होने लगे और मानवता अब खुद को उस आधुनिक दुनिया में पाती है जिसमें हम रहते हैं।

आज हम इस विकास को “कायापलट” की संज्ञा देते हैं। एक शब्द जिसका उपयोग मूल रूप से जीव विज्ञान में एक कीट के जीवन में उस प्रक्रिया का वर्णन करने के लिए किया जाता है जब वह लार्वा से तितली में परिवर्तित हो जाता है। लेकिन जब साहित्य, कविता, कला और दर्शन की बात आती है तो यह शब्द प्रतीकात्मक रूप धारण कर लेता है। सदियों से इस शब्द का प्रयोग वृद्धि और विकास के प्रतीक के रूप में किया जाता रहा है। अपनी कहानियों और कविताओं में लेखकों ने एक बड़े दृश्य या बड़े क्षण को चित्रित करने के लिए कायापलट/रूपांतर का उपयोग करना शुरू कर दिया जो उनके पात्रों के प्रक्षेप पथ को बदल देता है। पुराणों और प्राचीन ग्रंथों में भी कायापलट के ये क्षण मौजूद हैं जो उन्हें उनकी यात्रा में सही रास्ते पर ले जाते हैं। जंगल में भटकते एक राजा को अपने जीवन का असली उद्देश्य मिल जाता है, एक युवा राजकुमार, जो चौथी बार अपने महल से बाहर निकलने पर एक साधु को देखता है, एक आवाज़, जो ज़मीन जीतने के लिए बलिदान देने की पुरानी परंपरा के विरुद्ध बोलती है, एक युवा धनुर्धारी जो अपनी जाति के कारण अपमानित होता है।

या वो शब्द जो एक धनुर्धर को धनुष पर प्रत्यंचा चढ़ाने के लिए प्रेरित करते हैं, एक गोपी जो पूर्णिमा की रात को अपने घर से निकलकर यमुना के तट पर जाती है, एक गरीब चोर, जिसे रेत की गुफाओं में जिन्न वाला चिराग मिल जाता है, एक महिला का युद्धघोष जो अपने देश की रक्षा के लिए लड़ती है, एक वकील, जिसे ट्रेन से धक्का देकर बाहर फेंक दिया गया, वो पहली कुछ महिलाएं जिन्होंने आसमान की ओर देखने के लिए अपना घूंघट हटाया।

ये सभी परिवर्तन और कायापलट के क्षण थे जहां परिवर्तन के क्षणों के बाद न तो कहानी, न ही चरित्र और न ही दुनिया एक जैसी रहती है। इन उदाहरणों और अनगिनत अन्य उदाहरणों के आधार पर दुनिया ने परिवर्तन को एक सकारात्मक चीज़ के रूप में देखना शुरू कर दिया, लोग इस समाज में परिवर्तन का वाहक भी कहने लगे।

पुराने समाजों का पतन हुआ, पुराने साम्राज्यों का पतन हुआ, पुराने कानून बदल गए, कठोर पुराने मानदंडों ने जीवन के अधिक शांतिपूर्ण तरीकों को रास्ता देना शुरू कर दिया। इससे कोई अंतर नहीं पड़ता कि शासकों का वंश कितना शक्तिशाली और अजेय है, एक योद्धा की शक्ति कितनी अपराजेय है, समय हर चीज़ में बदलाव लाता है। नई दुनिया को मार्ग देने के लिए पुरानी दुनिया को धीरे-धीरे रूपांतरित किया जाता है। लेकिन कई विचारकों की समझ यह है कि यह प्रक्रिया तब होती है जब कोई व्यक्ति, जो ज्ञात है उससे बाहर निकलने को तैयार होता है।

एक लार्वा रेशम का खोल बनाने के लिए खुद पर भरोसा करता है और कई दिनों में तितली के रूप में बाहर आता है। अंग्रेजी में इसे “कम्फर्ट जोन”; कहा जाता है। शायद बदलाव की यही अचानक और ज़बरदस्त मांग हमें भयभीत और बेचैन कर देती है। यह विचार कि परिवर्तन तुरंत होना चाहिए, आज रात ही, अभी। अब हम बदलाव को इसी द्रष्टिकोण से देखते हैं। हम परिवर्तन के विचार को अपने जीवन के केवल एक अत्यधिक असाधारण क्षण तक ही सीमित रखते हैं और किसी अन्य क्षण तक नहीं। इस समझ का पालन करते हुए, एक जीवित प्राणी अपने संपूर्ण जीवन काल में केवल एक बार रूपांतरित हो सकता है। क्या हम इस परिवर्तन को केवल एक बार ही अनुभव करते हैं, जिसे देवत्व की समान तुलना की जाती है? क्या बदलाव का अवसर हमें जीवन में केवल एक बार ही मिलता है? लेकिन क्या यह जीवन रूपी पुस्तिका हमारे द्वारा लिखित नहीं है? हमारे जीवन के डोर थोड़े हमारे हाथों में ही तो हैं। तो क्या हम अपने जीवन के प्रत्येक क्षण को रूपांतरण का क्षण बनाने का अवसर का प्रयास नहीं कर सकते? कायापलट/परिवर्तन को उसी के रूप में पहचानने जाने के लिए बहुत बड़ा और असाधारण होना जरूरी नहीं है। वास्तव में, जब गौर से देखा जाए, हमारे सबसे छोटे कार्यों में भी रूपांतरण पाया जाता है। यह आवश्यक नहीं है कि इनमें से प्रत्येक कार्य/घटना हमारे जीवन में तुरंत कोई बड़ा बदलाव लाये। कई कार्य हमारे जीवन की एक अवधि में अपना प्रभाव दिखाते हैं।

और ये हर किसी के लिए एक जैसा भी नहीं रहता है। किसी के लिए यह अपने जीवन में यथासंभव अधिक से अधिक किताबें पढ़ना हो सकता है, तो किसी के लिए यह सिर्फ एक किताब पढ़ना हो सकता है। कुछ के लिए, यह सहायता देने का कार्य हो सकता है और दूसरे के लिए यह आवश्यकता पड़ने पर सहायता को स्वीकार करने का कार्य हो सकता है। कभी यह मौन रहने की क्रिया है, तो कभी बोलने की। इस प्रकार सामान्य प्रतीत होने वाले कार्यों या विचारों के पीछे कायापलट छिपा होता है। जरूरत सिर्फ भ्रम से परे देखने की है। जीवन का हर पल हमें कुछ न कुछ सिखाता है, ब्रह्माण्ड का प्रत्येक कण हमें एक सीख देता है।

इसलिए कायापलट हमें जीने का अवसर प्रदान करता है, एक पूर्ण सत्य की तरह, जिसका मूल तथापि एक ही है, किंतु हर बार अलग तरह से अवतरित होता है। बहती नदी के समान जो अपने उद्गम स्थान पर वापस आती है, वैसे ही रूपांतरण व्यक्ति को स्वयं को खोजने का मार्ग प्रदान करता है। वास्तव में, हमारे जीवन के बड़े कायापलट के क्षणों में कुछ भी गलत नहीं है, लेकिन आज सही काम करने के अवसर से इनकार क्यों किया जाए? बदलाव को हर एक के लिए एक जैसा क्यों देखा जाये, जबकि यह हममें से प्रत्येक के लिए अलग है, इसे अपनी गति से शामिल और स्वीकार करनी चाहिए। वह मूर्ति जो हमेशा स्थिर रहती है, समय बीतने के साथ हममें से प्रत्येक द्वारा अलग-अलग तरीके से देखी जाती है और वही मूर्ति हर एक की आंखों में अपनी छवि बदल देती है। ऐसे समय में, जहां परिवर्तन के विचार ही समय के साथ परिवर्तित होते रहता है, कायापलट को केवल एक ही प्रकार का क्यों माना जाए?

M. Deekshitha Saraswati
B.A. II PLP





Sevgi

మొదటి మార్పు

గోరుముద్దలు తిన్నప్పుడు చూసిన వెన్నెల్లో,
మచ్చలు కనపడినప్పుడు మొదలవుతుంది ఈ మార్పు
అదే మార్పు.

భూమికి దగ్గరగా ఉన్న వయసులో,
కన్నీళ్లు ఆకలికి ఆగలేనప్పుడు మాత్రమే రావని
తెలిసినప్పుడు మొదలవుతుంది.

ఆలోచనల్లోని బృందావనం,
కురుక్షేత్రంగా మారి కల్లోలం సృష్టించినప్పుడు
మొదలవుతుంది.

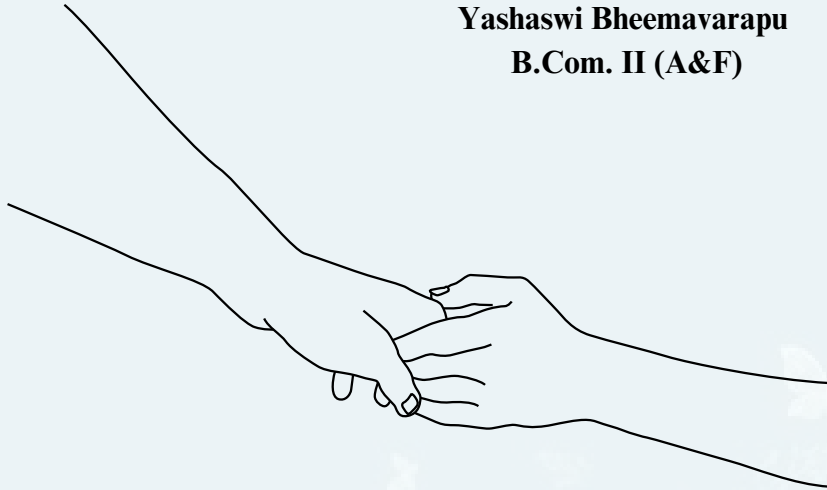
కలలు కనే కన్నులు రేపటి కల కోసం నిద్దుర
మానినప్పుడు మొదలవుతుంది.

కన్నవాళ్ళ బాధ్యత పాత్రల్లోకి మనం
ఇమిడిపోయినప్పుడు మొదలవుతుంది.

మొదటి మెట్టు లోనే ముగింపు కనపడదని
ముందుకి అడుగేసినప్పుడే మొదలవుతుంది.

ఈ చిన్నపాటి ప్రపంచంలో చివరికి మిగలని
అతిథులమని తెలుసుకున్నప్పుడు ముగిసిపోతుంది.

Yashaswi Bheemavarapu
B.Com. II (A&F)



మార్పు

మారిన ఓ గొంగలి పురుగును అడుగు
సీతాకోక గా మరడానికి ఎన్ని దశలు దాటుకొని వచ్చిందో...

మారిన ఓ అమ్మాయిని అడుగు
తల్లిగా తన అనుభూతి ఎలా ఉందనీ...

సమాజపు వివక్షను దాటిన ఓ మగువను చూపి అడుగు
స్త్రీ ఇన్నాళ్లు ఏం కోల్పోయిందో తెలుసుకొమ్మని...

ఎదిగిన నీ వయస్సును అడుగు
సమాజ శ్రేయస్సుకై ఏం పాటు పడ్డావని...

మలినమంటని నీ మనసును అడుగు
పరిపక్వత చెందిన నీ మననలు చెప్తాయి,ఎంత ఎదిగావాని...

శ్రమ ఓర్చాక నీ కృషికి చెప్పు
నీ జీవితంలో మార్పుని స్వీకరించమని...

తల్లిదండ్రుల పట్ల నీకున్న గౌరవాన్ని అడుగు
జీవితంలో నీకున్న విలువ చెప్తుంది...

అనుభవంతో మారిన మనిషిని అడుగు
మార్పు ప్రస్థానం మంచికా లేదా చేడుకా అని...

మారిన ఈ సమాజాన్ని అడుగు
దేశ నాగరికత అంటే ఇదేనా అని...

G. Bhumika Reddy
B.Sc. II MPCs

మళ్ళీ పుడుతాను - పునర్జీవిస్తాను!

అనుమానాల సెగకి
మనోళ్ళనుకున్న పగకి
పల్లమై నిలిచిన ఈ సొట్టబడ్డ గుండెకి
ఈ నొప్పి ఒక సొప్ప కిందికి కూడా రాదు...

పైటవేయగానే పది కసాయి నోర్లని విన్న
వయసు రాగానే వొయలొలికించే నీచపు వంకుతిరుగుల్లని జూసిన
అట్లాంటిది నాకు ఈ నొప్పి ఒక సొప్ప కిందికి కూడా రాదు...

సారువై చెప్పమంటే సరసాలు అన్నవ్
సావైనా సస్తనంటే స్థనాలకేసి చూసినవ్
అట్లాంటిది నాకు ఈ నొప్పి ఒక సొప్ప కిందికి కూడా రాదు...

అన్న వై భుజానికెత్తిన
అనురాగ ఆలయం నువ్వనుకున్న
అణువు జూసి భుజం దాటి బజారు బంక బుద్ధిని చూపినవ్
అట్లాంటిది నాకు ఈ నొప్పి ఒక సొప్ప కిందికి కూడా రాదు...

మనసుకు మౌన భాష మబ్బింది
కండ్లకు కరోర చీకటి అడ్డింది
బాటేమో ముళ్ల కంపను చూపింది...
కానీ,
మనసు విరిగినా...
తనువు కాలినా...
నెత్తురావిరైనా...
నరాలు చితికినా...
ప్రవాహమాగదు...
పిడికిళ్ళు దించను...!

Sathvika Nanneboina
B.A. II HPP

మార్పు

మార్పు అనేది మానవుకి సహజం. మరుతున్న కాలానికి అనుగుణంగా, మానవుడు తన జీవనశైలిని, ఆహారపు ఆలవాట్లను, ఆలోచనలను “మార్పు” కోవాలి. తను కాలానికి అనుగుణంగా మారాలి, ప్రస్తుతం వున్న ఈ సాంకేతిక రంగంలో ఉద్యోగ రీత్యా ఎన్నో మార్పులు వస్తూ వుంటాయి. వాటిని అధిగమించి ముందుకు సాగిపోవాలి. ఇక పాతకాలం పద్ధతులను, ఆలోచనలను మార్పు కోవాలి. చదువుకునే పిల్లలలో “మార్పు” అనేది రావాలి. వాళ్లు మంచి సంస్కారాన్ని, విద్యను నేర్చుకోవాలి, పెద్దలను గౌరవించాలి. వీళ్లతో నాకేంటి అనుకోకుండా పెద్ద వాళ్ల మాటను గౌరవించాలి. చదువు నేర్చే గురువుకు గౌరవం, విలువను ఇవ్వాలి, ఇలా ప్రతి మానిషిలో మంచి ప్రవర్తనతో కూడిన మార్పును కోరుకుందాం. ఈ మార్పుతో ఈ దేశాన్ని, మన సంస్కృతి - సాంప్రదాయ - విలువలను కాపాడుకుందాం.

Sreeja
B.Sc. I ANZC



మార్పు - అంతిమ సత్యం

మార్పు సమాజంలో మంచి లేదా చెడు కోసం పరివర్తన. అనేక అంశాలలో మార్పు, చిన్నదైనా పెద్దదైనా, చివరికి 21వ శతాబ్దానికి ప్రతీక అయిన ఆధునిక సాంకేతిక సమాజం ఆవిర్భావానికి దారితీసింది. వ్యక్తి యొక్క ఆత్మాశ్రయ దృష్టి నుండి చూస్తే, ప్రతి ఒక్క జీవాత్మ తప్పనిసరిగా మార్పు యొక్క భావాన్ని కలిగి ఉండాలి. మార్పు అనేది స్థిరమైన వాటిలో ఒకటిగా ఉంటుంది. ఇది కాలాన్ని ఎదుర్కొని అజేయంగా నిలుస్తుంది. అయినప్పటికీ చాలామంది ఈ ఆలోచనకు విముఖత చూపుతున్నారు.

మనమందరం సీతాకోకచిలుక నుండి చాలా నేర్చుకోవచ్చు. గొంగళి పురుగు దశలు మార్చుకుంటూ సీతాకోకచిలుక అవుతుంది అలాగే మనం కాలానుగుణంగా కొనగని పాత పద్ధతులను వదిలేస్తూ ప్రయోజనకరమైన మంచి కొత్త అలవాట్లను నేర్చుకుంటూ మన జీవన మార్గాన్ని సుగమం చేసుకోవాలి. కాబట్టి సీతాకోకచిలుక లాగా రూపాంతరాన్ని ఆలింగనం చేసుకుందాం.

Vibha Shambhu
B.A. II PPP

మార్పు

మార్పు ఒక అంశం కాదు, అది ఒక జీవన గతి. “మార్పు మంచికే” అనే మాట ఎన్నిసార్లు మనకు మనం చెప్పుకుంటామో, కానీ నిజ జీవితంలో మార్పుని అంత తేలికగా స్వీకరించము.

సమాజం నేడు ఇలా ఉందంటే అది ఎన్నోసార్లు ఎన్నో రకాల మార్పుకు గురవడం జరిగింది. ప్రతి చిన్న మార్పు పెద్ద మార్పులో ఒక భాగం. నాడు రాతి యుగంలో సృష్టించిన నిప్పు నేటి నవనీత యుగానికి పునాదిగా నిలిచింది. ఆనాడు ఆ మార్పు అప్పటి వారికి, మనుగడను సులభంగా చేసే ఒక వరంగా అనిపించింది. కానీ అది కనుక్కోవడానికి కొన్ని వందల సంవత్సరాలు పట్టింది.

జీవితంలో మార్పు కోసం తహతహలాడని వాడు ఎవడు ఉండడు. పుట్టుక నుండి చావు వరకు మార్పు అనేది మనిషి జీవితంలో ఒక భాగం. చిన్నప్పుడు త్వరగా పెద్ద అవ్వాలని, యవ్వనంలో తన కాళ్ళ మీద తాను నిలబడాలని, ఇట్లా ఒక్కో దశలో ఒక్కో మార్పును కోరుకుంటాము.

మనం ఇక్కడ అడగవలసిన ప్రశ్న ఏంటంటే మార్పు ఎప్పుడూ మంచిదేనా? నా వరకు మాత్రం మార్పును మంచో చెడో అని నిర్ణయించేది కాలం. కాలమే చెబుతుంది ఏ మార్పు ఎటు దారితిస్తుందని. నాటి రాతియుగం నుండి నేటి ఆధునిక యుగం వరకు జరిగిన పరివర్తనల కూడికే ఈ మార్పు. జీవం మొదలైనప్పుడు మనిషి లేడు! ఆదిమానవుడు తన మనుగడను వేటాడుతూ, తర్వాత పశుపాలనను చేస్తూ, ఆ తరువాత పంట పండించడం ద్వారా మార్పును స్వాగతించాడు. మన ముందు ఏదీ స్థిరంగా ఉండదు, ప్రతిదీ ఎప్పుడూ మార్పు కోరుకుంటుంది. కాలం మార్పుకి అతి దగ్గరి చుట్టం.

ఈ సమాజంలో ఉంటున్నందుకు మనం కూడా మార్పుని స్వాగతించాల్సివస్తుంది. అసలు మారనిది అంటూ ఉందంటే అది ఈశ్వరుడు మాత్రమే. సమాజంలోని మార్పును మంచిగా ఉండేలా చూడడం మాత్రమే మన ధర్మం. మనం తెచ్చే మార్పులు ఇంకో మనిషి యొక్క అస్తిత్వానికి సంకెళ్లు వేయొద్దు. కాలం మన చేతిలో ఉండదు. అలాగే కాలం మారక మానదు. కాలంతో పాటు మనం మారడం మాత్రమే మనం చేయగలిగిన పని.

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ప్రకృతి గురువులు

భగవంతుడు నిజానికి ఈ ప్రకృతిలో ఎన్నో రహస్యాలను గుప్తంగా నిక్షిప్తం చేసారని చెప్పొచ్చు. బుద్ధిజీవి అయిన మనిషిని సృష్టించి, అతని చుట్టూ అడుగడుగునా ఎన్నో విషయాలను బోధించే ప్రకృతి గురువులను దైవంగా ఏర్పరిచాడు.

చీమ ను చూసి కష్టించి పనిచేయడం ఎలాగో నేర్చుకోవచ్చు..!

పడిలేచే కడలి కెరటాలను చూసి పడినా కూడా తిరిగి ప్రవహిస్తూ పరుగులు తీయడమెలాగో గ్రహించవచ్చు...!

లోకమంతా పురుగని విదిలించినా, తన గూడులో తనే తపస్సు చేసి, తపించి, లోకాన్ని తనవెంట పరుగులు పెట్టించడం ఎలాగో కాలానుగుణంగా మారగల దశలను సీతాకోకచిలుకను చూసి నేర్చుకోవచ్చు...!

చిన్న చిన్న పువ్వుల నుంచి తేనె చుక్కలను తెచ్చి, పరిశ్రమతో ఒకచోటికి చేర్చే తేనెటీగలను చూసి, కృషికి ఉన్న గొప్పదనం తెలుసుకోవచ్చు...!

ఎన్ని సార్లు భంగపడ్డా తిరిగి తన గూడును అల్లుకునేందుకు యెంత పట్టుదల కావాలో సాలీడు ను చూసి నేర్చుకోవచ్చు...!

విరిసే కుసుమాన్ని చూసి వాడిపోతామని తెలిసినా, పరిమళాలను వెదజల్లుతూ పరులకోసం పాటుపడటం ఎలాగో వివరించవచ్చు...!

కోయిలను చూసి, బాహ్యరూపం ఎలా ఉన్నా, మధురంగా పలికితే, విలువ పొందగలమని చెప్పవచ్చు... !

చిన్న చెట్టుని చూసి, తాను ఎండలో ఉంటూ నలుగురికి నీడనిస్తూ నిశబ్దముగా నిలబడటం ఎలాగో చెప్పవచ్చు ...!

వీచే గాలిని చూసి నిస్వార్థ సేవకు నిదర్శనం అంటే ఏమిటో విలువ తెలుసుకోవచ్చు ...!

పండువెన్నెలను పంచే చందమామను చూసి పరులకు ఆహ్లాదం కలిగించడంలోని పరమార్థం ఏమిటో విలువ కట్టవచ్చు ...!

అస్తమించే సూర్యుడిని చూసి ఆశే శ్వాసగా రేపటికోసం ఎదురుచూస్తూ జీవించడమెలాగో అర్థం చేసుకోవచ్చు...!

కొవ్వొత్తిని చూసి త్యాగంలో ఉన్న గొప్పతనమెంతో అలవర్చుకోవచ్చు...!

చిరుతను చూసి, లక్ష్యంపై గురి పెట్టి, వేగంగా పరిగెత్తడం ఎలాగో తెలుసుకోవచ్చు...!

ఒక్కసారి ఆలోచించండి... అల్ప ప్రాణులే ఇన్ని అద్భుతాల్ని చెయ్య గలిగినప్పుడు, అత్యుత్తమమైన మానవ జన్మ పొందిన మనిషి కాలానుగుణంగా మార్పు చెంది ఏదైనా సాధించలేమా ?

ఈ ప్రకృతిలో మనమూ ఒక అద్భుతము కాలేమా ?

“ఒక ఆలోచనను (పనిని) చేపట్టండి.

దానినే మీ జీవితముగా మలచుకోండి.

దానినే తలపోయండి.

దాని గురించే కలలు కనండి. దానిమీదే జీవించండి.

మీ మెదడు,

కండరాలు,

నరాలు,

మీ శరీరంలోని ప్రతి భాగం అదే ఆలోచనతో నిండి పోనివ్వండి.

దానిని తప్ప మిగిలిన అన్ని ఆలోచనల్ని విడిచిపెట్టండి. ఇదే దారిని అవలంబిస్తూ, గొప్ప గొప్ప సత్పురుషులు రూపొందారు.

విజయానికి ఇదే అత్యుత్తమ రహదారి. కాలానుగుణంగా మారని వ్యక్తి ఉండదు. కావున మార్పు మానవ సహజం. మంచి మార్పు ద్వారానే మనిషి అద్భుతాలు సృష్టించగలడు. మార్పు ద్వారానే ఏదైనా సాధ్యం. కావున మానవుడు రూపాంతరం చెందడం అనివార్యం. అనివార్యమగు పనులు గురించి చింతించాల్సిన పని లేదు. మార్పు మనిషి మంచి కొరకే అని గమనించి తన జీవితాన్ని పరిపూర్ణం చేసుకోవాలి.

Dr. Lingala Mangamma
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Dept. of Telugu



Sanskrit

1 परिवर्तनमहति ।

Importance of Transformation

"उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत।

क्षुरस्य धारा निशिता दुरत्यया दुर्गं पथस्तत्कवयो वदन्ति॥"

परिवर्तनं संसारे सर्वेषां जीवानां स्वाभाविकं गुणं अस्ति। तद्यथा, जन्मान्तरे पशुः मृगत्रयं भवति, सर्पः पशुत्रयं भवति, तथा जीवानां संसारचक्रे जननं मरणं च भवति। एवं परिवर्तनं जीवने सदा अनिवार्यमस्ति। तथा हि, संसारे नानाविधानि विकाराणि जीवेषु दृश्यन्ते। एषा परिवर्तनस्य स्वाभाविकता सदा अदृश्यताम् आपादयति, अतः विदुषां मनसः सदा संवृत्तमात्रं परिवर्तनं प्रतिभाति। परिवर्तनं जीवने आवश्यकं स्यात्, किम् उपायेन? इदम् तु यथा नवीनं साधनं प्राप्यते, नवीनं अनुभवं प्राप्यते, अतः आत्मविश्वासं वर्धति, लक्ष्येषु उत्कृष्टतां प्राप्नोति। यदि परिवर्तनं न भवति, तदा जीवने स्थितिः अनिवर्तिता भवति, समयस्य अनुरूपं प्रगतिः न लभते, तदा स्थाग्यं अपि उत्पन्नं स्यात्। परिवर्तनस्य उदाहरणानि संस्कृते:

1. पशुनां जन्मान्तरं: गौरः मृगः भवति, गोधा सर्पः भवति।
2. पुस्तकस्य परिवर्तनं विद्यार्थिनः छात्रः भवति, प्राध्यापकः भवति।
3. पर्वतः परिवर्तनं: शिखरम् उन्नतिं प्राप्नोति, अपशान्तं गिरिः प्रसन्नतां प्राप्नोति।
4. पुरुषस्य परिवर्तनं युवकः वृद्धः भवति, वृद्धः तपःशीलः भवति। अतः जीवने परिवर्तनम् आवश्यकमेव।

मनुष्यजीवनं तु अतिव लघु अस्ति । एतत् विषये "परिवर्तनम्" अथवा उत्क्रान्ति स्वभाविकं जीवनस्य अभिन्नांशः अस्ति, यथा संस्कृत ग्रन्थेषु तथा साहित्ये दृश्यते। यथा उदाहरणानि च श्लोकाश्च प्रतिपादयन्ति, परिवर्तनम् स्वाभाविकं विकासस्य, प्रगतेः च मूलभूतं भागं भवति। अनुभवेन च परिवर्तनस्य महत्त्वं स्पष्टं भवति, जीवनं आत्मिक विकासाय तथा उच्चतराणि लक्ष्याणि प्राप्नोति। तस्य अर्थस्य अभिवादनीयता तथा सक्रियता जीवने महत्त्वपूर्णं भवति।

परिवर्तने जगति स्थितिरेषा, या सा स्थितिः परिवर्तिता च।
तस्मात्तमेवं विचिन्तयामः, को वान्यस्तिति समुपैति मे॥

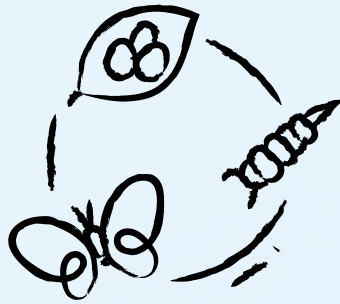
"In change lies the stability of the world; that which is stable, undergoes change. Therefore, contemplating on this, what other stability can one find?"

Here's a Sanskrit shloka that captures the essence of metamorphosis:

"उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत।

क्षुरस्य धारा निशिता दुरत्यया दुर्गं पथस्तत्कवयो वदन्ति॥"

"Arise, awake, and stop not till the goal is reached. The path is difficult like walking on the edge of a sharp sword, but the wise say that it is attainable." This shloka from the Katha Upanishad symbolises the transformative journey of self-realisation and spiritual awakening, akin to the metamorphosis of a caterpillar into a butterfly. In this way, I conclude by emphasising that transformation or change is necessary in the journey of human life. Transformation, or parivartan, is the essence of life's journey. It signifies the constant evolution, growth, and adaptation that we undergo, leading to profound changes within ourselves and in the world around us. Through embracing transformation, we discover new perspectives, unlock hidden potential, and embark on a path of self-discovery and fulfilment. Ultimately, transformation serves as a catalyst for progress, enabling us to navigate life's challenges with resilience, courage, and a sense of purpose.



Ms. Manjiri Prashant
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॥जीवने रूपान्तरणस्य आवश्यकता ॥

प्राणिषु जन्मतः आरभ्य रूपान्तरणस्य प्रक्रिया शारीरिक, मानसिक रूपाभ्यां च प्रचलति। किन्तु मनवाना विषये मानसिक रूपान्तरणं अत्यन्त आवश्यकं इति वक्तुं एकां कथां पश्यामः।

एकदा एकः चोरः एकस्मिन् दिने चौर्यार्थं राजभवनं प्रविष्टवान्। तत्र महाराज्ञी राजा तयोः सम्भाषणं परस्परं प्रचलति।

राज्ञी - महाराज ! पुत्री विवाहवयस्का इति स्मरति किल भवान् ? विवाहः युक्ते काले एव भवेत् तदर्थं शीघ्रं वरान्वेषणं करणीयम्।

राजा - प्रिये ! स्मरामि, चिन्ता मास्तु ! अस्माकं पुत्री सुन्दरी अस्ति। अतः तस्याः कृते वरान्वेषणं न कष्टकरम्। नगरस्य समीपे ऋष्याश्रमः अस्ति किल ? तत्र योग्याः ऋषिकुमाराः निवसन्ति। ते विद्यावन्तः, धीमन्तः, सभ्याः च। तेषु कञ्चित् योग्यम् ऋषिकुमारम् अन्विष्य तेन सह पुत्र्याः विवाहं करिष्यामः। मम इदानीं राजकार्याणि सन्ति पञ्चदश दिनानि अनन्तरं गमिष्यामः।

चोरः एतत् सर्वं श्रुत्वा चिन्तितवान् - अहम् इदानीं ऋष्याश्रमं गच्छामि। ऋषिकुमारः इव आचरामि। राजा आगमिष्यति। मां द्रक्ष्यति। मम पुत्र्याः एषः एव वरः भवतु' इति मां पृच्छति, अनन्तरं राजपुत्र्याः पतिः भविष्यामि, समग्रं राज्यम् एव लप्स्यते किल ? इति।

चोरः ऋष्याश्रमं गतवान्। तत्र ऋषिकुमारः इव व्यवहारं कृतवान्। आचरणे सहजता भवेत् इति मत्वा, चोरः प्रातःकाले उत्तिष्ठति स्म। नदीजले स्नानं करोति स्म। सर्वदा देवध्यानं, पूजनम्, अध्ययनम् इत्यादिकम् अपि अनुसरति स्म। एवम् एव सप्ताहद्वयम् अतीतम्। चोरः इदानीम् ऋषिजीवने रूपान्तरणं अभवत्।

एकपक्षानन्तरं राजा आगतवान्। सर्वान् अपि ऋषिकुमारान् परिशीलितवान्। चोरं दृष्ट्वा - 'एषः एव वरः भवतु' इति मनसि निर्णीतवान्। चोरसमीपम् आगत्य प्रार्थितवान्। तदानीं चोरः उक्तवान् - "पूर्वम् अहम् एतदर्थम् एव प्रयत्नं कृतवान्। पञ्चदश दिनानि ऋषिजीवनस्य अनुकरणेन वसनेन च सारासारविवेकं प्राप्तवान्। चोरः इदानीम् ऋषिकुमारः इव रूपान्तरं प्राप्तवान्।

एवम् उत्तमजन सहवासेन चोरः अपि ऋषिकुमारः इव रूपान्तरं सज्जातः।

THE NEED FOR TRANSFORMATION IN LIFE

In the life of humans, the process of transformation will be physical and mental. But mental transformation is needed. Let's know the small story regarding this-

There was a thief. One day he entered the royal palace to steal. The Queen & king are having a conversation with each other.

The Queen: Do you remember that our daughter is now ready to get married? We must find a bridegroom for that soon.

King: "Dear! I remember that. You Don't worry! Our daughter is beautiful. So it is not difficult to find a husband for her.

There is a sage's ashram near the city. There are worthy sage's sons who are staying. They are learned, intelligent and civilised. Let's find a suitable sage boy among them. We will do our daughter's marriage. I have royal duties now. We'll go after 15 days. Having heard their conversation, the thief thought to himself that I don't steal now. I go to the sage's ashram. I act like a sage's son. The king will come and ask me to marry his daughter. If I somehow become the husband of the princess, I will get the whole kingdom so far.

The thief went to the sage's hermitage. There he behaved like a sage's son. The thief got up early in the morning for that. He used to take a bath in the river water. He always meditated on the demigods. He also worshipped and studied. After two weeks the thief's mind was now attached to the life of the sage. A fortnight later the king arrived. He also examined all the sons of the sages. Seeing the thief, he decided in his mind, He came to the thief and asked Sir! Please take my daughter's hand. Then the thief said, "In the past, I tried to do this. I imitated the life of a sage. I stayed here for fifteen days. Now I am not interested in such wrong activities.

Thus, by living with the sages, even the thief became as desireless as the son of a sage. so transformation in life is very important to reach the highest goal.

Dr. G. Dhananjaya Naidu
Assistant Professor
Dept. of Sanskrit



Uzdu

THE TRANSFER OF BLAME

Like ancestral homes,

ancient though, i will disintegrate,
strong though, i will break down,
then i will be yearned for, by
homeless hearts

Like a sock,
i protect the human from the filth
of the world,
and I protect the world from the
filth of the human,
then all alone I'm left behind

As it happens,
the body is mine, so is the stick,
the face is mine, so is the black
ink,
the burnt flesh is mine, and so is
the fire.

Why blame the world then, Ali?

Why blame the world then?
If you wish to blame someone
Blame (who you are) your
ownself.

حول-ے-غیلا

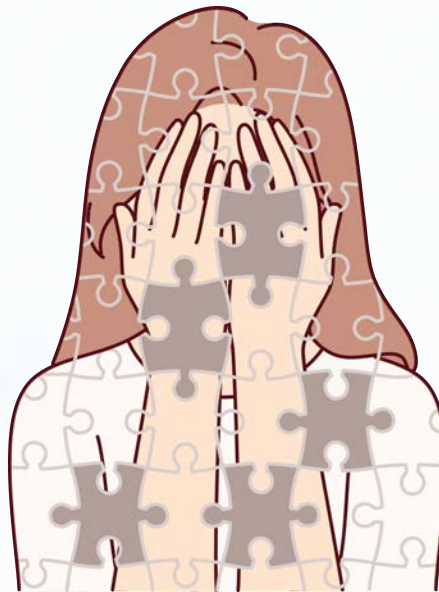
پُشتینی عمارتوں سا
قدیم سہی بکھر جاؤنگا
مضبوط سہی ٹوٹ جاؤنگا
پھر بے گھر دلوں کو یاد آؤنگا

اک موزے جیسے
محفوظ انسان کو غلاظہ-ے-دنیا سے رخوں
گا

محفوظ دنیا کو غلاظہ-ے-انسان سے بھی
رخوں گا
پھر اکیلا چوط جاؤنگا

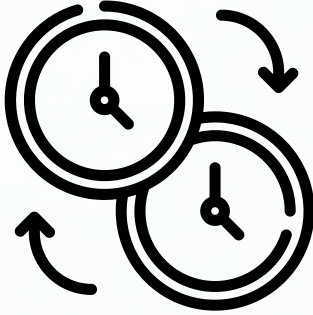
چناچہ
جسم بھی میرا لطف بھی میری
چہرہ بھی میرا کالک بھی میری
جلا بھی میرا اور آگ بھی میری
تو کیا غیلا زمانے سے آلی
کیا غیلا زمانے سے

غیلا کیئے تو اپنی ہستی



Kounane Fatima
M.A. I English

بدلتے وقت



THE CHANGING TIMES

1 There is a new colour to life
everyday
Presenting us with a unique
perspective everyday

2. The path to change is strewn with
enlightenment
The path to realising one's dreams
is strewn with reality

3. It is the essence of life, to keep
changing
It is the heart that needs to keep up
with it

1.
بدلتا ہے رنگ زندگی کا سفر، ہر قدم پہ کچھ
نیا ہوتا ہے پیشہ و کار۔

2.
تبدیلی کی راہوں میں، روشنی کی روشنی
ہے، خوابوں کی اڑان میں، حقیقتوں کی
تماشا

ہے۔

3
زندگی کی تقاضا ہے تبدیلی کی راہ میں،
بدل جائے دل، تو بدل جائے دنیا بھی

Dr. Mahnoor Sahrash
Assistant Professor and Head
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زندگی کی حقیقت

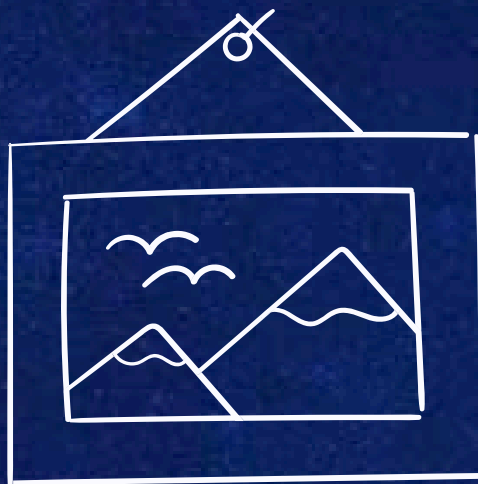
زندگی کی حقیقت زندگی انسان کو بہت کچھ سکھاتی ہے۔ تبدیلیوں کو قبول کرنے کے بعد ایک طریقہ سے دوسرے طریقہ پر چلنا سکھاتی ہے۔ تبدیلی کبھی انسان کے سونچ کے مطابق ہوتی اور کبھی اسکے برعکس۔ جس کو جو بھی حاصل کرنا ہوتا ہے اسکے لیے کوشش کرتا چلا جاتا ہے۔ اسی طریقہ سے طلبا بھی اپنے مقصد کو حاصل کرنے بہت محنت کرتے ہیں، لیکن بنا نتائج کی پروہ کیے۔ کچھ حاصل کرنے کیلئے انسان کو پہلے یہ سونچنا چاہیے کہ انیوالی زندگی میں اسکو کتنا فائدہ ہوگا۔ کتنا وہ اپنے مقصد سے اس مقام کو پہنچے گا جس کا وہ دل میں سونچ رکھی ہے۔ ظاہری طور پر بہت فائدے نظر آتے ہیں لیکن وہ حقیقت میں فائدے سے بہت دور ہوتے ہیں۔ اسی بات کو مدنظر رکھ کر ہمکو چاہیے کہ اپنی سونچ میں تبدیلی لائیں جو ہمکو حقیقتاً وہ مقام دے جس کے ہم حقدار ہیں۔ اس تبدیلی کیلئے طلبا کو بہت محنت کرنے کی ضرورت ہے۔ بغیر محنت، بے یقینی اور عدم تحفظ کے ساتھ حقیقت میں کوئی بھی مقصد حاصل نہیں ہو سکتا۔ تبدیلی ایک آزمائش کی طرح ہوتی ہے اور ان مشکلات اور آزمائشوں کو خود اعتمادی اور مضبوطی کے ساتھ سامنا کرنا ہی اصل زندگی ہے۔ عفیہ نورعین

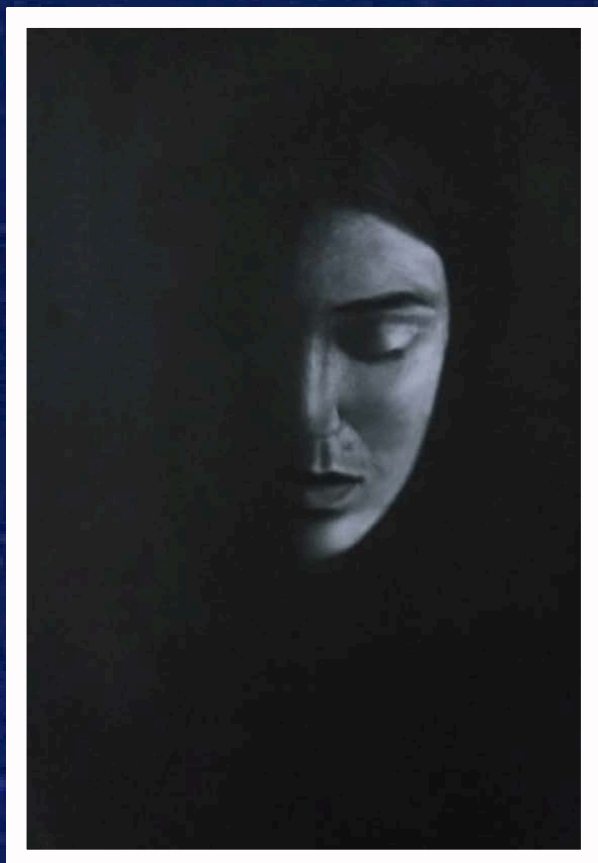
A FACT OF LIFE

Life teaches a lot of things. It teaches a person to accept changes and learn to behave from one way to another. Change is sometimes in accordance with the wishes of a person and sometimes it is the opposite. Anyone who wants to get anything goes on trying. In the same way, students also work hard to achieve their goal, but do not focus on the results. To achieve something, a person should first think about how much it will benefit him in this life. How much will he achieve his goal. Outwardly, many benefits are seen, but in reality they are far from benefits. Keeping this in mind, we should change our thinking which will give us the position we deserve. Students need to work hard for this change. Without hard work, with uncertainty and insecurity, no goal can be achieved in reality. Change is like a test and facing these difficulties and tests with self-confidence and strength is the real life.

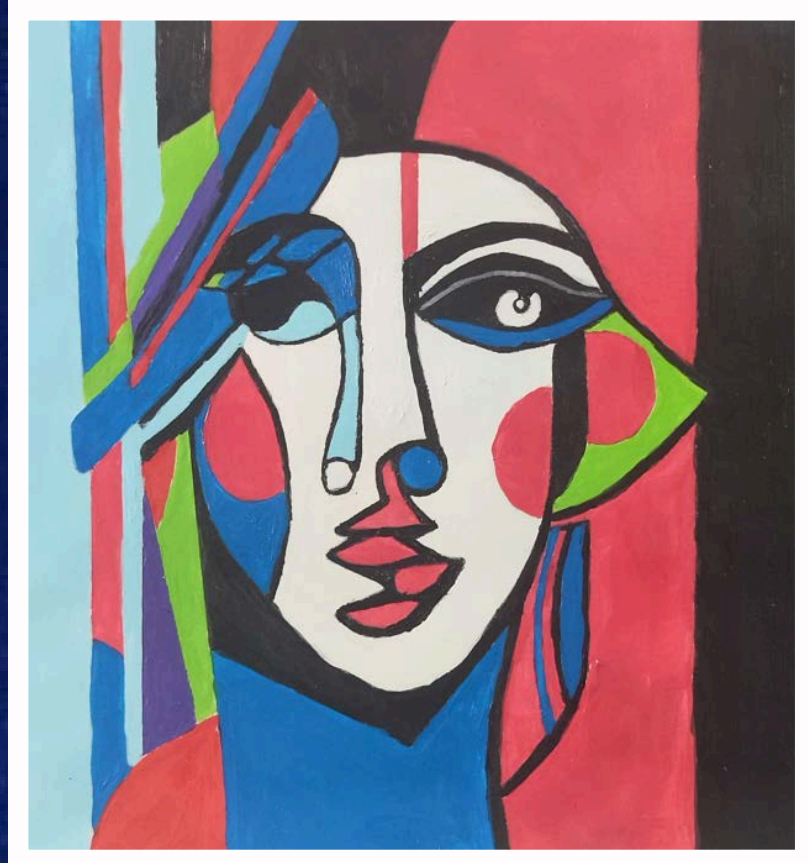
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Art Works



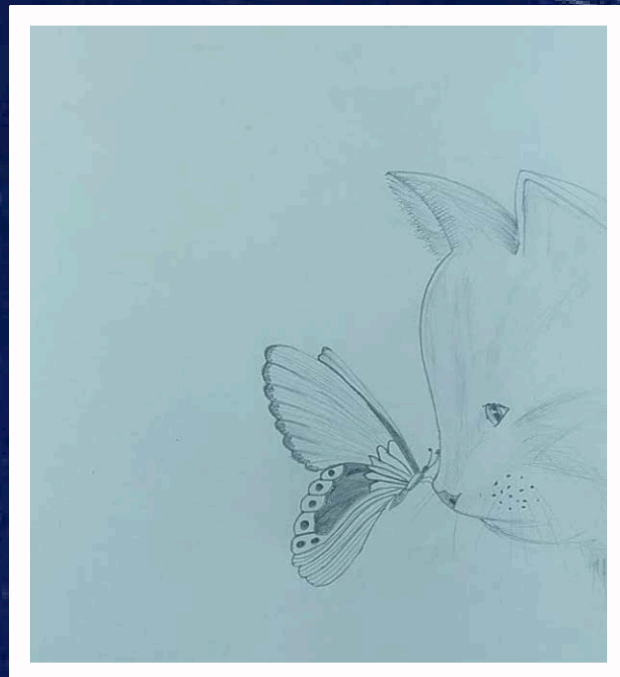


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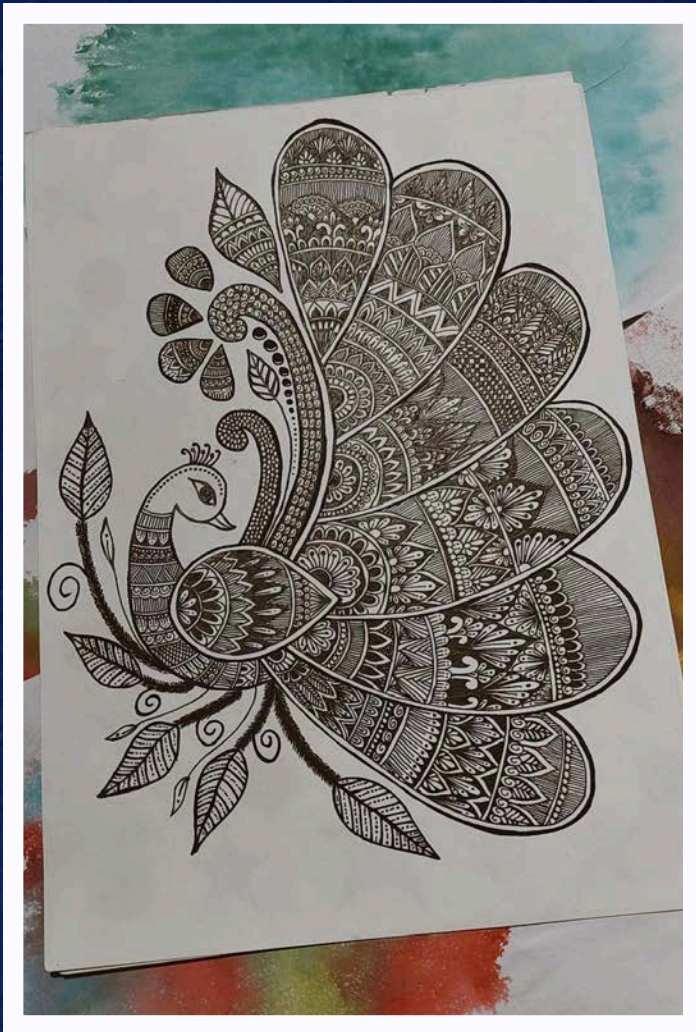




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College Events

FRESHER'S DAY

Welcoming New Beginnings



The fresher's day event buzzed with excitement as students gathered to celebrate the beginning of a new academic journey. The evening kicked off with three electrifying dance performances, each showcasing the vibrant talents of the newcomers. The stage pulsed with energy as the performers moved to the rhythm, setting the tone for an unforgettable night.

Amidst laughter and camaraderie, the Antakshari game brought everyone together, testing their knowledge of Bollywood tunes. Participants eagerly guessed songs from just the lyrics, with each correct answer met with cheers and applause. It was a delightful blend of music and nostalgia, evoking memories of favourite melodies and cherished moments. The dance game injected an extra dose of fun into the festivities, challenging students to match their moves with the infectious beats of popular tracks. From classic dance numbers to chart-topping hits, participants grooved to the music, showcasing their creativity and enthusiasm. It was a testament to the spirit of unity and joy that defines the fresher's day celebration. Highlighting the evening was the eagerly anticipated Miss Freshers contest, where contestants exuded confidence and grace as they vied for the coveted title. With poise and charisma, each participant captivated the audience, making the task of selecting a winner no easy feat. Yet, amidst the tough competition, one contestant shone brightest, crowned as the epitome of freshness and charm.

Overall, the fresher's day event was a resounding success, brimming with talent, laughter, and camaraderie. It marked the beginning of an unforgettable journey for the newcomers, forging bonds that would last a lifetime.

Aamirah Ahmed

Sub-editor

INDEPENDENCE DAY

Honouring Our History of Struggle



On August 15th, the Indian Independence Day celebration unfolded with a sequence of events that epitomized the spirit of freedom and unity. The program commenced with a solemn Prayer Service, setting a reflective tone for the day's proceedings. This was followed by a soul-stirring Prayer Song, invoking blessings and inspiration for the nation. The atmosphere became charged with reverence as distinguished guests were felicitated, acknowledging their contributions to the community and the nation at large. Then came the symbolic and momentous Flag Hoisting ceremony, a poignant reminder of India's hard-fought journey to independence.

Following the hoisting of the flag, the audience eagerly awaited the Speech by the guest of honor, who delivered a stirring address highlighting the significance of freedom, unity, and progress. The cultural aspect of the celebration came alive with vibrant Cultural Dance performances, showcasing the rich diversity and heritage of India.

Concluding the event, a heartfelt Vote of Thanks was delivered, expressing gratitude to all participants, organizers, and attendees for their unwavering support and enthusiastic participation in commemorating this historic day. As the festivities drew to a close, the echoes of unity and patriotism lingered, reminding everyone of the enduring values that bind the nation together.

Aamirah Ahmed
Sub-editor





STUDENT COUNCIL INVESTITURE

A New Era of Leadership Begins



The investiture ceremony of the student council at St Francis College For Women was a testament to the spirit of leadership and responsibility among the student body. Held on 14th July, the ceremony unfolded with a sense of anticipation and excitement, symbolising the dawn of a new era in student governance. Graced by the presence of Dr. Fr. L. Joji Reddy, President of Xavier Board.

The highlight of the ceremony was the oath-taking moment, where the newly elected council members pledged to serve with integrity, dedication, and diligence. Their voices resonated with confidence and determination, echoing their promise to represent their peers effectively and work towards the betterment of the college community.

As the investiture ceremony concluded, a sense of optimism and enthusiasm filled the air. The newly elected student council, armed with their responsibilities and driven by their shared vision, embarked on their journey with zeal and determination. Their commitment to service and leadership set a promising tone for the academic year ahead, promising a vibrant and dynamic campus life for all.

The seven of the Wings had separate Investiture Ceremonies later, throughout the month of February, with Chief Guests and Guests of Honour from their respective State and Sector Offices.

Amina Godil
Sub-editor

YUVA FLARE

Yuvaflare 2023, the annual youth festival of our esteemed college, was held on November 25th, 2023, at the SFC Quadrangle. Under the dedicated guidance of Ms. Manjiri and Ms. Mini Fernandes, along with the collaboration of heads of various departments, faculty club coordinators, the student council, and eleven vibrant student clubs, the event aimed to celebrate youth culture and talent, providing an enriching platform for students to exhibit their skills and creativity.

The festival featured an array of captivating competitions meticulously organized by club coordinators. From the Nature's Palette face painting contest to the exhilarating Comicon cosplay event, from the adventurous Talaash 2.0 treasure hunt to the culturally rich Samskruthi Express, there was something for everyone to participate in and enjoy. Other competitions such as Aaja Nachle flash mob contest, Yuraidol singing competition, Animate Your Imagination, Kathaararali storytelling contest, Nukkad Naatak street play contest, Battle of the Bands, and Bizipedia business contest added to the diverse and dynamic nature of the event. Mr. Tharun Bhascker Dhaassyam, a renowned movie director, was the chief guest for the event. Additionally, the presence of the Joruga Husharuga Telugu movie team added further excitement and glamour to the festivities. The festival witnessed enthusiastic participation from approximately 1000-2000 undergraduate and postgraduate students from various colleges across Hyderabad. Their active involvement and spirited performances contributed to the vibrant atmosphere of Yuvaflare 2023.

In conclusion, Yuvaflare 2023 emerged as a resounding success, embodying the vibrant talent, creativity, and cultural richness of the student community. It served as a platform for fostering camaraderie, celebrating youth culture, and encouraging the holistic development of the students.



Aru Bisht
Editor

CLUSTER COLLEGE COMPETITIONS



The cluster college system was initiated by the Telangana State Council for Higher Education (TSCHE) in 2021. With the motive of enhancing collaboration and resource optimization within the higher education sector, the Telangana State Council of Higher Education (TSCHE) introduced the concept of Cluster Colleges. These Cluster Colleges aim to foster teamwork, exchange of ideas, and joint collaborations among the selected 10 institutions.

St Francis College for women is one among the selected for the cluster college program. These intercollegiate competitions which were held, had one of the events, named “Take One-Short Film Production Competition” organized by St. Francis College For Women on June 16th, 2023. Five cluster colleges participated in this competition representing their short films. Similarly, St. Francis College students also participated in various competitions and won several prizes. Furthermore, numerous departments of our college collaborated with their counterparts from other Cluster Colleges to organize guest lectures, workshops, and competitions. This collaborative effort not only enriched the learning experience but also promoted interdisciplinary interactions among students and faculty members. The valedictory ceremony for the intercollegiate cluster college competitions took place on March 27, 2024, at the durbar Hall in TMV. The ceremony was graced by esteemed dignitaries, including Sri. Burra Venkatesam, Principal Secretary of the Telangana Government, Prof. R Limbadri, Chairman of TSCHE, and Prof. Ravinder, Vice-Chancellor of Osmania University, who served as the Guests of Honor. Dr. Shiny Rajan, the Cluster College Coordinator, represented our institution at the ceremony, which was attended by principals and coordinators from 10 Cluster Colleges. During the ceremony, all prize winners were duly recognized for their outstanding achievements.

The successful organization of intercollegiate cluster college competitions and collaborative efforts among Cluster Colleges have significantly benefited St. Francis College by optimizing resource utilization, fostering innovation, creativity, and academic excellence among students and faculty members, thereby enhancing its educational landscape, and promoting holistic development

Anshra Fatima
Sub-editor



PARAMPARA 2024

A Celebration of Diversity - a Cultural Fusion



On 20th January, 2024, St. Francis College for Women celebrated its ethnic day, 'PARAMPARA 2024', for the second time. Organised by the Deans of Student Affairs and the Student Council, the event aimed to appreciate and celebrate the rich diversity of the Indian cultures, with students dressed in vibrant ethnic attire representing various cultural backgrounds. It was held in the college's Quadrangle to accommodate the large audience.

The chief guest of the celebration was Mr. Sri Krishna Vishnubhotla, a notable South Indian playback singer, with the special guests including the Team of 'Bootcut Balaraju' and Akhil Sanjoy, J. V. Sudhanshu, Sai Sri Charan from Sa Re Ga Ma Pa, a reality singing television show. The program began with an impressive musical concert by the renowned Sa Re Ga Ma Pa singers, and then the atmosphere quickly enlivened due to the appearance of the 'Bootcut Balaraju' Team. As the day progressed, the attendees enjoyed multiple cultural events and an array of food stalls which provided them with a wide range of culinary experiences. A Punjabi Dhol performance and a lively DJ session with the students dancing their hearts out brought the celebrations to a satisfactory end.

With the estimated attendance of 1000-2000 students, PARAMPARA 2024 was a memorable success. It proved the college's commitment to foster cultural appreciation and inclusivity, providing the attendees with an immersive cultural experience.

A. Jennifer Christina
Sub-editor



CHRISTIAN UNITY OCTAVE

Embracing Spiritual Growth Together

The Christian Unity Octave was organised to be held on 18th January, 2024 at St. Francis College for Women. The program, dedicated to foster a sense of spiritual unity and growth among the attendees, was specifically conducted for the Christian staff and students in the college auditorium during the zero hour.

Fr. K. Marreddy and Pastor David Mende, notable figures in the Christian community of Hyderabad, led the event, guiding attendees through prayers, hymns, reflection and sharing their personal testimonies. Their presence and enthusiastic involvement aimed to inspire the faculty and students to deepen their spiritual commitments. They had shared insights from their own personal journeys in faith, hoping it would resonate with the audience, emphasizing on the importance of unity in the Christian community irrespective of denominations.

The program served as a sincere opportunity for the Christian faculty and students in the college to come together and engage in pray. The interactive activities also encouraged them to share their collective experience of spiritual growth in their everyday lives. The guest speakers of the event, Fr. K. Marreddy and Pastor David Mende, contributed to making the event's aim of promoting unity a success.

The focus on the message of the event was enhanced by the participation of faculty and students making it a meaningful and enlightening experience for everyone involved.

A. Jennifer Christina
Sub-editor





CAPACITY BUILDING PROGRAMME



The capacity building programme was coordinated by the FDP cell for the non teaching and the support staff of the college. Three sessions were conducted by different departments.

The first session “Effective Communication and Body Language” was conducted on 15th July 2023 by Ms. PVS Lakshmi, faculty member from the Department of English, explained about communication it’s various elements and different types of body language and its importance.

The Department of Psychology in collaboration with AASRA Counseling Centre had conducted the second session on 'Team Spirit in the Workplace' with Ms Maurvi Kapoor, Ms Soujanya and the faculty of the department as the facilitators. The workshop aimed at highlighting team spirit, cooperation and compassion in the workplace through engaging activities. “Working together” and “Victory in Togetherness” were the major takeaways from the session.

On 18th November 2023, the department of Computer Science organized a session on “Digital Empowerment Cyber Security Awareness & Best Practices”. Ms Jyoti Reddy and Ms. Preethi Geetla were the speakers for the session and provided awareness on web browsing and discussed the importance of mobile privacy and security concerns. Later, Ms. Preethi demonstrated online transactions and safety measures to ensure while making online transactions. Additionally, Ms. Persis offered practical insights into the updates features of WhatsApp for efficient organization of college activities.

M. Lakshmi Saahiti
Sub-editor



INTERNATIONAL MEN'S DAY

"Celebrating the men who stand tall in the face of challenges, who show compassion without boundaries, and who redefine what it means to be strong."



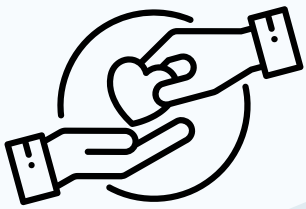
International Men's Day at our institution was celebrated with zest and joy. The event commenced with a warm welcome to the esteemed Dignitaries. The theme revolved around celebrating accomplishments, promoting awareness of men's health, and acknowledging the strength and unity that men bring to society. The male staff of the institution were presented with personalized badges as a symbol of greeting.

The celebration began with a rendition of the college song followed by a Bible reading by Dr. Roselin and later a prayer by Sr. Carmely. Dr. Uma Joseph, the principal, addressed the gathering, inspiring everyone with her words. Followed by which Ms. Rupali, the Coordinator of the Women's Cell, provided valuable insights into the significance of International Men's Day. The cultural programmes included two group songs by the college choir and Women's Faculty respectively. Later, two exciting games: Tug of War and Catch the Cone were organized for the male staff members.

During the afternoon session, the Women's Cell organized a guest lecture for the male faculty featuring Mr. Manav Gecil Thomas, a name partner at Thomas George and Associates. Additionally, Customized resin keychains were distributed to them as thoughtful tokens of appreciation and gifts.

Overall, the International Men's Day celebration at our institution was a resounding success. The event was a testament to the collaborative efforts of the organizing committee and the enthusiastic participation of the entire community.

M. Lakshmi Saahiti
Sub-editor



DAAN UTSAV



Spreading Joy through Generosity and Compassion

Every December, St. Francis College for Women organizes a significant Social Outreach Program called DAAN UTSAV, with the goal of instilling the value of supporting the underprivileged among its students. This year, during the first and second weeks of December, the program brought together all classes to participate in activities designed to spread the "Joy of Giving."

The initiative involved visits to over 50 homes across the twin cities, where students provided assistance in cash or kind to those in need. A total of ₹4,03,023 was raised, which was used to support these homes and institutions. Each class had the opportunity to visit a specific location, where they not only delivered aid but also spent valuable time with the residents, fostering connections and sharing experiences. In addition to visiting homes, the National Service Scheme (NSS) units of the college extended their outreach to two cancer care centres and Munjampally Village in the Kumuram Bheem Asifabad district, Telangana.

Through their collective efforts, they were able to spread hope and embody the spirit of giving, making the annual program a cornerstone of the college's commitment to social responsibility.

Panyala Sukumari
Sub-editor





CONVOCATION CEREMONY

Honouring Our Scholars

St. Francis College for Women in Begumpet celebrated its 43rd Convocation on Saturday, September 23, 2023, honoring the achievements of its graduates. Prof. R. Limbadri, Chairman of the Telangana State Council of Higher Education (TSCHE), served as the Chief Guest, presiding over the ceremony and presenting degrees to the 2020-23 undergraduate and 2021-23 postgraduate batches. A total of 53 gold medals were awarded for academic excellence. Dr. Uma Joseph, our Principal, expressed her gratitude to Prof. Limbadri for his support and congratulated the graduates on their achievements. She acknowledged the challenges posed by the COVID-19 pandemic

The convocation ceremony concluded with an oath-taking, led by Dr. Joseph, instilling a sense of duty and love for their alma mater among the graduates. The event culminated with the award of degrees and gold medals, with 926 students receiving their graduation certificates. Gudipudi Sai Priya, a B.COM (H) graduate, stood out by earning four gold medals in all subjects and languages.

Panyala Sukumari
Sub-Editor



NATALE FEST

A festive tradition deeply ingrained in SFC's ethos

St. Francis College's annual Christmas extravaganza, NATALE, was celebrated with fervor and joy this year. Organized by the FACE Club, the event spanned the month of December, featuring a diverse range of online and offline competitions like Bible quizzes, Rangoli making, and Christmas charades.

The highlight was the main event on December 21st, 2023, where the college was adorned with festive decorations. The day began with an inaugural session followed by the distribution of prizes for various contests. Students set up stalls offering food, accessories, and entertainment. Competitions like crib making and group carol singing added to the festive atmosphere.

The valedictory ceremony honored winners and participants, concluding the day on a high note. NATALE brought together the college community, spreading joy and love both on and off-campus.



S.K. Shruthi
Sub-editor

REPUBLIC DAY

St. Francis College for Women celebrated Republic Day 2023 with profound respect and vibrant energy, commemorating the Indian Constitution and its principles of sovereignty and democracy. Led by esteemed dignitaries like Chief Guest Capt. Suniti Chamoli and Principal Uma Joseph, the flag unfurling ceremony commenced with pride and reverence, echoing the spirit of independence and sovereignty.

The day continued with an inspiring March Past by the NCC and student council, showcasing unity, discipline, and teamwork. Students demonstrated impeccable coordination, embodying the values synonymous with Republic Day.

Guest speeches highlighted the significance of patriotism and civic responsibility, urging students to uphold the values of the Indian Constitution.

The festivities concluded with a captivating cultural program, featuring diverse performances that showcased India's rich cultural heritage. From vibrant dances to soulful music, students displayed their talent and passion, reinforcing their commitment to preserving India's traditions.



Sathvika Nanneboina
Sub-editor

COLLEGE DAY



St. Francis College for Women celebrated its annual day on 13th February 2024 with grandeur and enthusiasm. The event commenced with a Guard of Honour by the college's NCC cadets, followed by a traditional lighting of the lamp and a welcome dance.

Principal Dr. Uma Joseph presented the college's Annual Report, emphasizing the shift towards personalized learning and a multidimensional approach under the New Education Policy. She congratulated student achievers and highlighted the college's achievements in academics, research, and extracurricular activities.

Mr. Anand Pillai, Leadership Coach, and Organisational Transformation Guru, reflected on life lessons in his speech. Ms. Uma Sudhir, Executive Editor of NDTV, praised the college's achievements and emphasized the importance of demographics, diversity, and democracy in national development.

Rev. Dr. Sr. Alphonsa Vattoly, Provincial Superior of Sisters of Charity, Secunderabad Province, commended the college's accomplishments and reflected on her tenure as the college's Principal.

Students were awarded 19 Gold Medals, 14 Trophies, and 76 Proficiency Prizes for their outstanding achievements. The cultural program "DARPAN - Nature Mirrors You" showcased the importance of nature through captivating performances by the cultural committee. The event concluded with a vote of thanks and the national anthem.

Umaimah Aijaz
Sub-editor



SHENANDOAH UNIVERSITY VISIT

Fostering Learning and Collaboration Across Continents

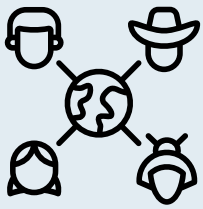
St. Francis College for Women warmly welcomed students and faculty from Shenandoah University, USA, who were in India as part of a study abroad program. The visit was a significant occasion marked by cultural exchange and mutual learning, with three departments—Mass Communication and Journalism, English, and Psychology—hosting sessions with the visiting members.

Department of Psychology

In the Department of Psychology, an Interactive Session led by Dr. Kimberly Newberry, a Cognitive Psychologist and Assistant Professor, along with her students, aimed to offer practical insights into Applied Psychology while nurturing a spirit of cultural exchange. The session began with a comprehensive review of final-year students' dissertations, exploring various learning techniques and faculty practices. Dr. Newberry initiated engaging discussions covering topics such as learning methodologies in American universities, innovative research methodologies, and the evolving role of AI in education. Throughout the session, participants actively engaged in dialogue, seeking guidance on specialization choices and practical applications in community settings. Dr. Newberry shared personal experiences, encouraging students to explore diverse research avenues, thereby enriching their academic journey.

Department of Mass Communication and Journalism

Meanwhile, the Department of Mass Communication celebrated the visit by showcasing its projects and achievements to the guests. Amidst reminiscing about the department's inception and its accomplishments, faculty, staff, and students enthusiastically interacted with the visitors. Discussions ranged from media courses in the US to career paths in journalism and media ethics, offering valuable insights to both faculty and students. The exchange of ideas between the students and faculty of



Shenandoah University and St. Francis College for Women created a conducive environment for learning, fostering growth and mutual understanding.

Department of English

In the Department of English, the visit commenced with a warm welcome extended to the visitors, highlighted by traditional dances and songs that showcased the rich cultural heritage of St. Francis College for Women. The lively performances set a vibrant tone for the day's events, creating an atmosphere of excitement and camaraderie. Throughout the visit, students from both colleges actively engaged in conversations, discussions, and various activities aimed at exploring each other's traditions and cultures. Open dialogue sessions provided opportunities for students to share personal experiences, beliefs, and cultural nuances, promoting cross-cultural awareness and meaningful connections.

The visit concluded on a positive note, with both institutions expressing appreciation for the enriching experience. The exchange of knowledge, ideas, literary, and cultural expressions during this interaction undoubtedly contributed to a deeper understanding and appreciation of global diversity. Overall, the visit served as a testament to the importance of cultural exchange in fostering mutual respect, learning, and collaboration among educational institutions.



STAR DBT



The Star College Scheme was initiated by DBT in 2008 to support colleges and universities offering undergraduate education to improve science teaching across the country. This Scheme was launched to improve critical thinking and encourage 'hands-on' experimental science at the undergraduate level in basic science subjects. The scheme was initiated envisioning that it shall encourage more students to take up higher education in science. Through this scheme, the Department identifies colleges with potential for excellence and provides support for developing infrastructure for academics and laboratory activities. To strengthen the academic and physical infrastructure for achieving excellence in teaching and training.

At the 12th meeting of the task force on the star college scheme, the committee recommended the proposal with financial support for the eight Science Departments of St. Francis College for Women with a total project cost of Rs. 158.51 lakhs for three years, with Dr M. Shailaja Raj as the coordinator. DBT as a strengthening component has given a wider opportunity for the Departments to improve the infrastructure with the latest instrumentation facilitates, thereby providing research opportunities for the students to carry out minor projects at the undergraduate level. Various activities like Hands-on training, workshops, guest lectures and National seminars, projects were organised for the improvement of knowledge among students. The scheme also helped to augment the curriculum with add-on practical sessions in the respective areas to abreast the students with the latest procedures and techniques. Experiential learning through industrial and field visits was encouraged. An interface between academics, research institutes and industries with one-to-one interaction among the experts, faculty and the students was established

INTERNATIONAL WOMEN'S DAY

A Tribute to Undying Potential



St. Francis College for Women celebrated International Women's Day on 7th March 2024 with a vibrant cultural program organized by the male faculty. The event showcased energetic dance performances and melodious music, celebrating the contributions of women across all spheres of life.

Following the cultural program, a series of games were organized for students and female faculty members, eliciting enthusiastic participation. The "Tug of War" emerged as a highlight, reflecting the spirited energy of the participants and creating lasting memories.

A heartfelt Vote of Thanks was delivered to acknowledge the efforts of the organizers in bringing the event to life with creativity. The celebration concluded with refreshments for all attendees, fostering a sense of camaraderie and appreciation for women's achievements.

Umaimah Aijaz
Sub-editor



TEACHER'S DAY

Honouring Our Mentors



The Teacher's Day celebration at St. Francis College for Women aimed to honour and appreciate the hard work, dedication, and contributions of our esteemed faculty members towards shaping the future of students.

The event began with the lighting of the lamp followed by a prayer song and Bible reading to bless the gathering. The celebration began with a warm welcome speech by the college principal, highlighting the significance of teachers in the students' lives and acknowledging their pivotal role in them achieving academic excellence. Distinguished faculty members with exemplary achievements were honored and felicitated during the ceremony. Students expressed their gratitude and shared heartwarming testimonials about how their teachers have positively impacted their lives, academically and even personally.

The day was filled with loads of gratitude, love, and affection.

Amina Godil
Sub-editor



*Silver Jubilarians
of the Year*

DR. SHAILAJA RAJ

Dr. M. Shailaja Raj's remarkable career in academia and research, spanning over 25 years as the Head of the Department of Microbiology at St. Francis Degree and P.G College for Women, is a testament to her exceptional leadership and commitment to excellence. With a Ph.D from Goa University in Microbiology, her expertise lies in Microbial Biochemistry & Nanotechnology.



Under her guidance, numerous students have excelled, with four completing their Ph.D, three submitting their theses, and one currently pursuing a Ph.D, showcasing her adept mentorship skills. Her involvement in prestigious research projects funded by organizations like DST and UGC underscores her significant contributions to advancing scientific knowledge.

Dr. Shailaja Raj's commitment to academic excellence is evident through her participation in various committees and professional bodies. She has received numerous awards, including the Dr. APJ Abdul Kalam Lifetime Achievement National Award in 2018 and the Telangana State Best Teacher Award in 2021.

Her dedication to education extends beyond the classroom, as she aims to foster mastery, critical thinking, and lifelong learning among her students. Actively engaged with scientific communities, Dr. Shailaja Raj serves as an inspiration for aspiring students, scientists, and educators alike, embodying the ideals of excellence and passion for knowledge dissemination.



MS. KAVITHA

Your 25 years of service in academia stand as a testament to your unwavering dedication and passion for education. Your diverse roles, from faculty member to head of department and dean, highlight your versatility and leadership prowess. Your pursuit of a PhD alongside your professional duties showcases your commitment to continuous learning and growth.

Your willingness to embrace new challenges and pursue specialized training, such as becoming a Cisco-certified faculty member, sets a shining example for your colleagues and students alike. Your openness to collaboration and innovation fosters a culture of progress within the department, making you a pillar of academic excellence.

We extend our heartfelt gratitude for your contributions to our institution. Your leadership and tireless efforts have propelled us to new heights, leaving an enduring legacy of excellence. Congratulations on this remarkable milestone, and here's to many more years of success and inspiration ahead.



MS. D. B. REKHA



Celebrating your 25 years of dedicated service, we honor your commitment to academia and excellence. As a distinguished faculty member and leader, your multifaceted contributions have shaped our institution profoundly. Your quiet diligence and friendly nature create a welcoming atmosphere, fostering collaboration and growth. Your involvement in syllabi revision and student guidance showcases excellence and reliability. Balancing a PhD pursuit with professional duties reflects your dedication and resilience. We extend heartfelt gratitude for your unwavering commitment and enriching contributions.



FAREWELL TO MS. LALITHA



Dr. P. Lalitha former Head, Department of Mathematics had been working in St. Francis College for Women, Begumpet since 1993. During her 30 years of dedicated service, she published more than 20 books at the intermediate and degree level. She truly is a dynamic and versatile person. She was conferred with the best teacher award in 2014. She was awarded a PhD in 2015. She also published several papers in various national and international peer-reviewed journals. She retired in the month of August 2023.



FAREWELL TO MS. NAYAN TARA



Mrs. Tara has spent 33 long years in service as a Non- Teaching Staff. She is one of the strong personality in the library who has been rendering various services. Quiet by nature, she has been taking care of the cleanliness of the library. She performs her daily work on time which resides the students and staff to sit in a clean environment. She has been with us like a family and put in lots of hard work.

Dear Mrs. Tara we truly are grateful to you for all your hidden services, your keen interest in all the well-being of the service you rendered in the library. May God reward you generously in all your hidden services.



FAREWELL TO MS. MARGARET



Dr. Margaret Francis joined the department of social work in 1995 when the Management decided to start the MSW program. Having served the institution for 28 years Margaret maam was instrumental in starting the B.A. - Social Management program in 2007 onwards. Margaret maam served as the HOD of SM since its inception till her retirement in 2024. During her tenure Dr. Margaret is credited with starting the IGNITE PROJECT which sponsors 2 underprivileged girl children in their education program from KG to PG. It has been running successfully since 11 years now. Dr. Margaret served as the IQAC coordination, NSS coordinator in charge for B.A. section, and was part of Relief measures for natural calamities - TSUNAMI(2004) KERALA FLOODS (2016), ETC and COVID-19 Support measures. Always in the forefront for serving the needy and the poor. Dr. Margaret has truly embraced social work as her life's mission.

Ms. Geeta Gianchandani
Assistant Professor
Dept. of Social Management

FAREWELL TO MR. MIYAN



Md. Miyan was appointed as watchman of the college in the year 1992 and has put in 31 years' service and retired on 31st December 2023. During his tenure in college he worked in various capacities including, Watchman of the college, general works man and lift operator. During his service, he was hard working, humble and sincere. He received BEST NON-TEACHING STAFF award in the year 2022.





Faculty & Student Achievements

FACULTY ACHIEVEMENTS



Dr. Savitha Sukumar was nominated to represent the college as a part of the BFSI - TS Course Curriculum Development Committee



Dr. K. Sirisha has been recognised as a research guide in the department of economics in BEST UNIVERSITY



Mr. K. Ravi Kumar has been awarded with a Certificate of appreciation for strengthening US - INDIA partnership through effective management of American Corner Hyderabad from August 2018 - July 2023 by Jennifer Larson, CG, US Consulate General Hyderabad on 19th July 2023.



Dr. Uma Joseph, Principal & Associate Professor received the National Educationist Award 2023 from Avishkar Foundation, Solapur for her dedication and diligence in the field of Education and Research



Dr. Vanisree Talluri - I - Foundation Best Teacher Award - Presented by Mrs Sabitha Indra Reddy, Hon. Minister for Education of Telangana State



Dr. Mallika Shetty received the Certificate of Appreciation for her instrumental role as SPOC for SWAYAM -NPTEL Local Chapter Awards



Dr. Sinjini Bhattacharya was selected for the US State Department, Bureau of Education and Culture Sponsored Study of US Institutions for Scholars - American Political Development at University of Massachusetts, Amherst which was a 6 - week program from June to July 2023.



Ms. Jyothi, Dept.of Computer Science has been awarded the Book of World Records.



Dr. Lingala Mangamma has been awarded with Ushodaya Foundation Best Seva Award - 2023 by Ushodaya Foundation, Bakarapet, Tirupathi, Andhra Pradesh on 15-10-2023. She has been awarded with National Best Women Researcher Ward-2023 by Avishkar Achievers Award-2023, Aviskhar Foundation, Solapur on September 09, 2023, in the field of Education & Research.



Dr Shailaja Raj

*Vice Principal- R&D
Department of Microbiology*

Awarded the senior
scientist award by
the Microbiology
Society of India

Mr Farroq Kamal

*Head
Dept. Physical Education*

Telengana State
Best Teacher
Award 2023

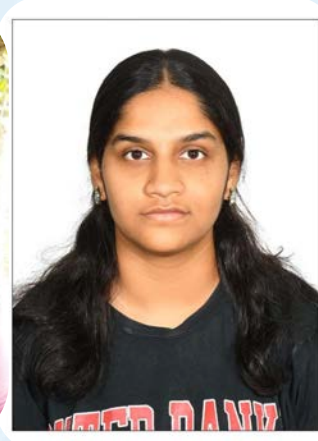




STUDENT ACHIEVEMENTS



S. Sindhuja, of B.Sc. II MPC has presented a paper on 'Strengthening Early Warning Systems for Extreme Weather Events' under the guidance of Dr. Usha Praveena in an International Conference on "Resilient Futures: Adapting to Climate Variabilities in Agriculture, Economy, and Environment. organized by S.C.V.B. Government College, Himachal Pradesh on 29th December, 2023.



Ms. Sreemayukha Nyayapathi, B.A. III HLP, Abigail D'Silva B.Com III & Saahithi Enagala B.A. MLS III have been selected as UGC NEP Saarathi.



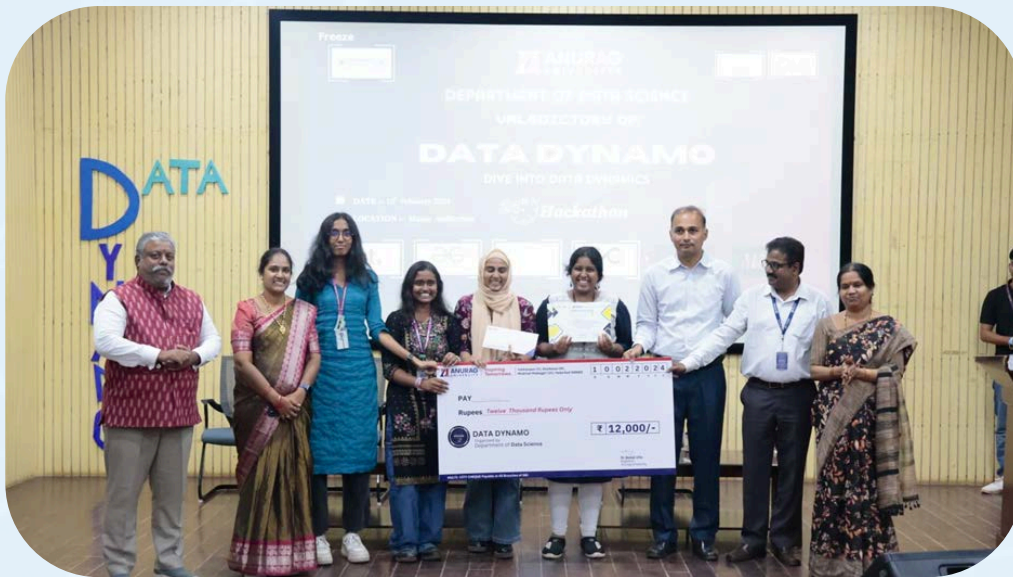
Ms. A Jayalaxmi, B.A. II EPSM has been selected for Gandhi - King Scholarship Programme. This Initiative is administered by United States - India Education Foundation(USIEF).



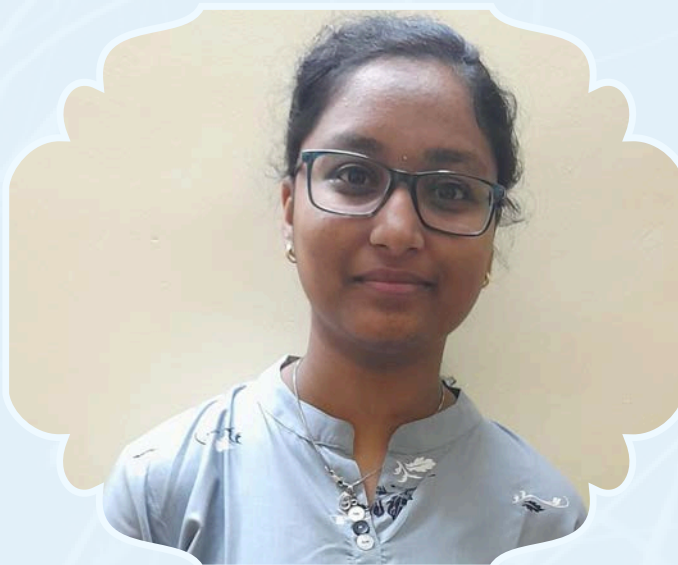
Ms. Asma Afreen, M.A. I Mass Communication awarded Women Icon of the year 2023 (Youngest Entrepreneur in Writing)



Ms. Korlapati Jessica B.A. II HPP (NSS volunteer) represented OU at National Integration Camp (NIC) held at Madurai from 11th to 17th December. She secured first prize in poem writing



Ms.Faria, Ms.Lakshmi, Ms.Sophia and Ms.Sahasrini of B.Sc. III H (SE) participated in a Hackathon (24 hours event) organised by Anurag University and won FIRST PRIZE with a cash prize of 12000/-.



Ms.Palak Singhal from B.Com. III (IPP) has been declared as outstanding performer in the National Accounting Talent search examination conducted by the Indian Accounting Association.

Club Reports



XPRESSIONS

The Arts Club



The Club commenced its activities for the year through the organization of the Investiture Ceremony on 11th August 2023. Dr Sr Sujatha Yeruva, Dr Mallika Shetty and Dr Shailaja Raj pinned the badges of the Xpressions committee members. The event progressed with the Vice Principal Dr. Sr Sujatha Yeruva leading the oath taking ceremony.

The Club organised its vibrant fest XORDIUM on 21st and 22nd September, 2023 for the students through an online medium. The club curated a series of successful events, notably Reel it, The Ultimate Film Quiz, Build your wings 2.0, Eunoia and Chance to Change in collaboration with the various sub clubs.

The club organised Samskruthi Xpress, as a part of the annual college fest 'Yuvaflare' on 25th November 2023. The event was held both online and offline. Samskruthi Xpress successfully provided a platform for cultural expression, encouraging creativity and diversity.

The Xpressions club bid adieu to an amazing chapter on March 7th, 2024, celebrating a journey filled with laughter, learning, and creativity. The valedictory event, graced by Principal Dr. Uma Joseph, HODs, faculty from social sciences departments, and students, was a resounding success. The ceremony concluded with the heartfelt acknowledgement of the office bearers' dedication, as they were awarded certificates and mementos, as a token of appreciation for their invaluable contributions to the club's endeavours, for the academic year 2023 -24

SPECTRUM



The Science Club

Spectrum's journey started with the Investiture Ceremony on 14th July 2023 where the club members took an oath. On August 8th, 2023, the club organized a Student Induction Program where students attended orientations. Value of the month for July "Positive thinking" and for August "Justice" were presented. On August 14th, 2023, SPECTRUM and the Life Sciences Departments hosted the Freshers event for the academic year 2023-2024 with the theme of 'Your Fairytale Fantasy'.

As a part of "Yuvaflare", Spectrum in collaboration with Ehsaas, organized a flash mob competition 'AAJA NACHLE' on November 25, 2023 with special guests like Mr. Tharun Bhasker Dhaassyam and the team of "Joruga Hushaaruga". The club also spread Christmas cheer on December 6, 2023, through Carol singing, and a book donation drive, 'REVIVE', from November 24 to December 4, 2023, as part of the GLEE social outreach program. Sci-Trail, an open day, was held on 22 January, 2024, to provide insights into the education opportunities offered by the college in the domain of science.

Constellation 2024, was organized on 23 February, 2024 an intercollegiate fest. This included events such as MasterChef, art therapy, ethics debate etc. Spectrum commemorated National Science Day on February 28, 2024. The club's valedictory ceremony honored the winners, volunteers, representatives, and core committee members for their contributions to the club. The club was also involved in hosting the Farewell for the 2024 graduating batch on March 13th, featuring the theme of "Safarnama: A Filmy Saga", bidding farewell to the final years.



COFEE

The Commerce Club

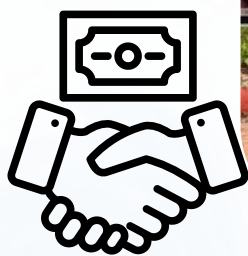


In the academic year 2023-24, St. Francis's COFEE club made significant strides in promoting holistic student development. Notable achievements included launching a Spotify podcast aimed at amplifying marginalised voices, organising a series of intra-departmental competitions such as Talent Tango and Entrepreneurial Edge to enhance human resources and business acumen, and hosting events like Logolympics and Brainstorm Brawl to foster creativity and critical thinking among students.

The club also played a pivotal role in fostering a sense of community and teamwork through initiatives like the Student Induction Program and KAIROS, which showcased holistic student growth through various competitions. Furthermore, events like Battle of Bands and BIZIPEDIA provided platforms for students to showcase their musical talents and entrepreneurial skills.

Additionally, the club fueled entrepreneurial aspirations through workshops and business model competitions like Udyamita 2.0. Moreover, it provided a platform for women entrepreneurs through the Hyderabad Women Cohort of AWE, facilitating the exchange of ideas and expertise among aspiring female business leaders.

Overall, St. Francis's COFEE club played a vital role in nurturing a well-rounded student body, promoting innovation, creativity, and social responsibility throughout the academic year.



The B-voc club



The Department of B.Voc (RM & IT) celebrated a significant milestone on July 3rd, 2023, as they marked their 10th year of academic excellence. This occasion set the tone for a vibrant semester. Among the highlights was the 8th International Management Fest, "Recroi," themed "Shadyantra: What's Your Move?"

Emphasizing entrepreneurial development, the annual seminar "Retail Mantra" delved into sustainability, inspiring future leaders with eco-conscious business practices. "Utkrishti," a collaborative endeavor, convened innovators to explore sustainable solutions, fostering dialogue and innovation.

During Yuvaflare, the VocTalent and Prakriti clubs organized a Comicon competition, infusing creativity and excitement into the campus atmosphere. The pinnacle of fashion took center stage with "Indradhanush" on December 7, 2023, showcasing a diverse range of designs and concepts. In February 2024, second-year students organized Venditio, a mini intra-department fest named "Prospero: League of Legends," offering students a platform to showcase their strategic acumen and leadership prowess.

This bustling year exemplified the department's commitment to academic excellence, creativity, and community building, fostering a strong sense of camaraderie among students, faculty, alumni, and parents alike.

PRAKRITI

The EVS club



Throughout the academic year, Prakriti Club organized impactful activities to champion awareness on Mission LIFE's 7 themes. 'Monsoon Masti' on July 14, 2023, offered hands-on waste segregation and composting. Plastic-free July saw participants creating reels advocating against single-use plastic. Cleanup drives at Ameenpur lake and Mushki cheruvu raised awareness on lake rejuvenation.

Orientation during SIP on August 8, 2023, introduced first-year students to Prakriti's green initiatives. Collaborative efforts with Bottles for Change and Bisleri promoted waste segregation and composting. Participation in Swachhatha Hi Seva on October 1, 2023, showcased collective efforts in environmental preservation.

'Nature's Palette' face painting competition on November 25, 2023, celebrated nature's beauty. Collaborating with EPTRI on September 21, 2023, Prakriti promoted Mission LIFE. Christmas celebrations at St. Jude's Childcare Centre aimed to spread joy to children with cancer.

Participation in the Energy Walk on December 17, 2023, observed National Energy Conservation Week. Avani 2024, the nature fest on February 15, 2024, featured competitions and workshops on sustainable practices, fostering a deeper connection with nature.



LA FIESTA

The English Club



In the academic year 2023-24, La Fiesta, the college's English club, hosted a multitude of engaging activities. Weekly sessions, led by various wings including Drama, Francis Poets Society, Literary and Cultural, and Bibliophile, offered a diverse range of events such as 'Blind Date with a Book' and 'Reading Party,' along with film screenings and literary tributes.

During Yuvaflare 2023, La Fiesta organized a successful Nukkad Natak competition and 'Animate your Imagination' event, showcasing active participation. The Drama wing's performance of 'The Shepherd' served as a captivating curtain raiser for Natale 2023.

Team Bedaari's commendable achievements included securing fourth place at IIT Madras and winning second place, along with a cash prize, at NIFT Hyderabad.

The club's annual fest, Art Boulevard 2024, featured Literary MUN, Open Mic, and Nazm-e-ada competitions, drawing enthusiastic participation and support from the audience. Dr. Rekha Pande's inspiring speech added to the grandeur of the valedictory ceremony, marking the culmination of a fruitful academic year for La Fiesta



HARIVILLU

The Telugu Club



Throughout the academic year 2023-2024, Harivillu Club organized a diverse range of events aimed at celebrating Telugu literature. Starting with a Guest Lecture and Investiture Ceremony, they embraced monsoon with "Ruthupavana Swagatham" and welcomed new students with SIP. Independence Day was marked by a patriotic Slogan Writing Competition, followed by Telugu Day Competitions and a grand celebration featuring cultural recitations and tributes.

For Yuvaflare, Harivillu Club hosted singing and storytelling competitions. An educational field trip to OU enriched students' understanding of Telugu literature and heritage. Sankranti Celebrations included kite flying and rangoli competitions. Lastly, Guest Lecture on "Youth and Literature" and the Valedictory Ceremony marked the successful conclusion of the academic year. The club's activities exemplified its commitment to promoting Telugu literature making the academic year 2023-2024 a resounding success.





EHSAAAS



The Hindi Club

The Ehsaas Club, is the Hindi language club of our college. The club organized many engaging activities throughout the academic year.

On July 5, 2023, the Ehsaas Club celebrated its first anniversary. In recognition of this, a guest lecture was organized and Professor Alok Pandey from the University of Hyderabad was the guest speaker. The lecture was followed by entertaining cultural performances and the core committee was presented with badges.

Various events were attended by the faculty members of the Hindi Faculty such as Workshop on Leadership, “Issues and challenges in paper publication” etc

On 14th September, Hindi Diwas was celebrated to commemorate the adoption of Hindi as one of the official languages of India. It is a significant day to promote and celebrate the rich cultural heritage of the Hindi language and was celebrated with great joy. The Students represented every part of the country in different costumes.

As a part of YuvaFlare 2023 , the club organized a dance competition “Aaja Nachle” in collaboration with the Specturm club . The participants delivered captivating performances throughout and made the event a grand success.

In January, a series of inter-college events were organized to celebrate the Hindi Diwas such as “Shabdo ki Hera Pheri”, Open Mic, Hunarbaaz. Hunarbaaz was a treasure hunt filled with enthusiasm and camaraderie whereas Open Mic was a talent show. The valedictory was conducted on 13th of January 2024 . Dr Rajeev Kumar Singh was the chief guest of the Valedictory event who imparted the idea of how Hindi is important for a nation like India to bind it's people together and keep them united. Overall, this academic year was fruitful for the Ehsaas Club.



SHASTR

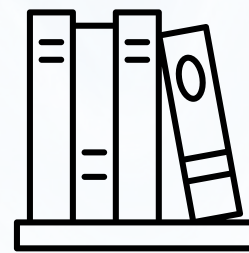
The Library Club



The Shastr Club at our college organized a series of engaging activities and events throughout the 2023-24 academic year. It commenced with a memorable talk on National Reading Day, featuring Dr. Vijaya Gowri, former HOD of the Department of Telugu, on June 16th, 2023. Following this, Atheneum on August 7th, 2023, showcased three exciting events: Bookmark Making Competition, Book Cover Making Competition, and Cosplay Mania.

On August 8th, 2023, the college welcomed first-year students with a Student Induction Program. In November, the collaboration between Shastr Club and La Fiesta brought forth Yuvaflare, highlighted by the Nukkad Naatak competition and Taalash 2.0, the club's signature event. Demonstrating their commitment to community service, the club visited Prashanti Old Age Home as part of the Daan Utsav program on December 8th, 2023. January 12th, 2024, saw a guest lecture on soft skills by Ms Atiya, Assistant Professor and Soft Skills Trainer at St. Joseph's Degree and PG College.

Wrapping up the year, Athaeneum Encore took place on February 26th, 2024, featuring two sub-events: Khitab Kho and Guess Gala. Throughout the year, the Shastr Club enriched the college experience with its diverse range of activities, leaving a lasting impact on students and staff alike.



The BMS Club

During the academic year 2023-2024, the Department of Management Studies (BMS) in collaboration with the student-led club ARISTA orchestrated a series of impactful events. The year commenced with INQUIZITION, an inter-college business quiz competition drawing participants from various disciplines across the twin cities.

Following this, the department hosted INGENIUM, an annual inter-college management fest tailored for undergraduate students in commerce and management fields. This platform allowed participants to demonstrate their managerial prowess across diverse portfolios.

A significant highlight was the organization of a NATIONAL-LEVEL CONFERENCE, attracting academicians, industry professionals, research scholars, and both postgraduate and undergraduate students in commerce and management disciplines. It provided an enriching platform for knowledge exchange and networking.

Additionally, the department celebrated its first ALUMNI MEET, bringing together graduated students to reminisce and celebrate 15 years of academic excellence.

The year culminated with the department's flagship event, CRESCENTIA, a national-level management fest that garnered praise for its well-executed rounds and received positive feedback from participants.



FACE CLUB



In the heart of our Face Club community, the calendar year of 2023-2024 was distinguished by a rich array of spiritual gatherings that fostered unity in faith, fellowship, and service. Through a variety of initiatives, including weekly Faith Gathering Time (FGT), an annual retreat, commemorative celebrations, and educational sessions, we endeavoured to deepen our collective understanding of faith and cultivate a vibrant community of spiritual growth.

The weekly FGT sessions served as a cornerstone of our community life, providing members with a sacred space for prayer, reflection, and dialogue. The highlight of our calendar year was the annual retreat held from 31st August to 2nd September 2023. Participants embarked on a transformative journey of prayer and introspection. Throughout the year, we observed significant milestones within our faith tradition, including Natale, Holy Mass, and the Feast of St. Francis of Assisi. Our commitment to lifelong learning was evident in the diverse array of faith formation sessions offered to members. Covering topics such as scripture study and social justice issues. A particularly profound moment occurred during our prayer session with the relic of Pope John Paul II on August 1.



NIGHTINGALES



Choir of SFC



The Choir embarked on a melodious journey throughout the academic year 2023-2024, gracing a myriad of events with their enchanting harmonies. In July, the Nightingales held auditions for the 2023-2034 academic year, welcoming new voices. Throughout the year, the choir delighted the college with performances at notable college events including Freshers, Club Investiture Ceremonies, Seminars, and National Workshops. In December, the nightingales dedicated themselves to training for two months in preparation for the Carol Singing Competitions held at different colleges and churches. They secured first place at institutions such as Loyola Academy, St.Joseph's King Koti, St. Mary's Basilica, and St.Ann's Mehdipatnam and third place at St.Mary's Yousufguda.

They serenaded the beloved Principal, Dr. Uma Joseph, on her birthday, and bid heartfelt farewells to Correspondent Sr. Mary Glory and other retiring faculty members. Investiture ceremonies were elevated by the choir's presence, with their harmonies adding grandeur to the installations of the Student Council, Core Committees, and the Francis Alumnae Association. Throughout the year, the Nightingales remained steadfast in their commitment to musical excellence and community engagement.



The Innovation Hub



The Innovation Hub organised various activities for the budding entrepreneurs of SFC in the academic year 2023-24. To begin with, SCFpreneurs meet was held where students registered with Eureka were invited to network with fellow members. This interaction gave an opportunity for the students sharing entrepreneurial passion to come together, share their experiences and learn from each other as they embark on their entrepreneurial journey. To help SFCpreneurs gain better understanding of the entrepreneurial foundation, a workshop on Business Model Canvas was held in the month of December. With an aim to amplify the reach of small businesses of the SFCpreneurs, a video featuring their products was released on official youtube channel of the college. Aligning with the same objective of providing a platform to the SFCpreneurs, EUREKA SHOWCASE was organised where the student entrepreneurs put up the stalls of their products for display and sale. They exhibited varied product categories ranging from lifestyle and home décor, fashion and accessories to snacks and deserts. The activities for the year were concluded with another workshop on 'Scaling up a small business'. During the year, SFCpreneurs participated in various competitions and brought laurels to college. Three students of Eureka successfully completed a week long We Alpha program organised by We Hub.



FAITH FORMATION REPORT



The college places great emphasis on the spiritual development of its students alongside their academic pursuits. Throughout the academic year 2023-24, the college remained committed to maintaining high standards of faith formation for its Catholic and Christian students. Faith formation activities commenced in June with monthly Holy Eucharist celebrations and dedicated sessions during zero hour. The involvement of Catholic teaching and non-teaching staff contributed to their significance, with priests from various churches invited to lead the ceremonies.

The three-day annual retreat, 'ABLAZE 2023,' led by the YC4U team and national coordinators Mr. Ajin Joseph and Sr. Pauline Melite MSMI was held from 31st August to 2nd September 2023. Special Masses and novenas, including the Novena to Holy Infant Mary, were observed with fervent prayers for peace and unity.

Additionally, the college community came together for special occasions such as the Novena to Holy Infant Mary, marked by fervent prayers. Mass celebrations honoring significant events like the Birthday of Blessed Virgin Mary, Jesus' birthday, and the start of Lent were observed with reverence and devotion. The college also emphasized Christian unity through events like the Christian Unity Octave Prayer. Stations of the cross were conducted during the season of Lent twice a week by different groups from 14th February to 28th March 2024.





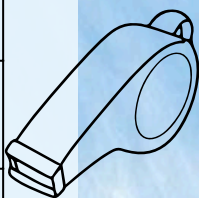
KRIDA - The Sports Club

STUDENT/ PLAYER	ACHIEVEMENTS
Aditi Are, B.COM III and Paavani Pathak, B.A III	Attended the Selection Trials at Jain University, Bangalore for World University Games held at Chengdu, China
L.Dharani, B.A. I	Gold Medal in the Mysore Junior Nationals Ranking Event
L.Dharani, B.A. I	5th position in the senior nationals held at Mumbai
L.Dharani, B.A. I	GOLD Medal in the Junior Nationals at Mumbai
M Rachel, B.Com. I (IPP)	1st Position in Indo – Thailand Cesto ball Matches held at Bangkok
M Rachel, B.Com. I (IPP)	Gold Medal in the International Cestoball Tournament held at Srilanka
Pavaanii Pathak, B.A III EPS	Gold Medallist in the International Tennis Federation, All India Tennis Ranking Association matches cum Khelo India University games Gold Medallist during the Academic year 2022-2023 and 2023-2024
Pavaanii Pathak, B.A III EPS, Ashritha P, B.Com. I (IB)	Secured 4th position in South zone Inter University Tennis women tournament held at Jain University, Bangalore
Hasti Jayesh Shah, B.Com. (CAP) II	Participated in the AICFB National Women's Championship to be held at Valsad, Gujrat
Ashritha P, B.Com. I	Participated in All India Tennis women team of Osmania University held at DCRM UNIVERSITY MURTHAL HARYANA





Abigail Lazarus, B. VOC III, Rekha Thapa, B.Com. (A&F)	Represented Telangana State in 73rd Senior National Basketball Championship held at Ludhiana, Punjab
M Rachel, B.Com. I (IPP)	3rd position in 5th Senior National Cesto Ball Championship held at Punjab
Basketball Team	Represented Osmania University in the South Zone Inter University Basketball Tournament held at Jain University, Bangalore
Abhirami M, B.Com. IB III, Sahithya G, B. A PLP III	Participated in the South Zone Inter University Chess Tournament held at Ambedkar University, Chennai, Tamil Nadu
CH. Naga sai Hamsika B. Com. II (CAP), G.Bavana B.A.II .MLP, S.Rakshitha B.Com. II (CAP), C.S.Snighdha B.Com.II A&F	Participated in the South Zone Inter University Handball Tournament held at Periyar University, Tamil nadu.
CH. Naga sai Hamsika, B. Com. II (CAP), G.Bavana, B.A.II .MLP, T. Tejashwini, B.Com. II (A&F)	Participated in Junior National Handball Tournament to be held at Saran, Bihar
Nishka Aggarwal M.A. English I, Nysha Aggarwal B.Com. I (A&F), Sharon K Mathew B. Com. I (CAP), Ananya Erugu B.A. III EPP	Participated in the 45th Senior National Throwball Championship (women) held at Delhi.
Ashritha P, B.Com. I	Participated in Khelo India University games were held at Guwahati, Assam
G.Bavana B.A.II .MLP, P.Siri B.Com. I A&F	Participate in the Senior National Handball Tournament to be held at Dadra Nager Haveli
Anjali Rai B.A. III, Hiba Mahveen B.A. II	Represented Telangana Team in Senior National Korfball Championship held at Agra, U.P
L Dharani, B.A. I	Participated in 2nd YAI North east Regatta 2024 Junior National Ranking Event at Shillong, Assam
Yashika Kapoor B.Com. I, Sanjana B. Com. III, Aashritha B.Com. I	Represented in Soft Tennis Senior Nationals at Madhya Pradesh





Divyanshi, Mallesh champs

Dharani, Vadla, Nikhil, Akash, Eklavya, Shubham also shine at Secunderabad Club Regatta

SURBHI PATNY | DC
HYDERABAD, JULY 15

Divyanshi Mishra of National Sailing School (Bhopal) and G. Mallesh from Navy Boys Sports Company (Goa) wrested the overall trophies as the 1st Secunderabad Club Youth Regatta drew to a close at the Secunderabad Sailing Club here on Saturday.

Divyanshi and Mallesh took the top honours in ILCA 4 girls and boys categories respectively.

Laveti Dharani and Vadla Mallesh (420 Class); Nikhil & Akash (29er); Eklavya Batham (Optimist, main) and Shubham Yadav (Optimist, green) were the others who finished on top in different categories.

In Saturday's races, Eklavya Batham of National Sailing School won the first race in the Optimist Class while 12-year-old Shreya Krishna of Tamil Nadu Sailing Association won her maiden race in the second one.

In the 420 Class, Laveti Dharani of Yacht Club of Hyderabad and Vadla Mallesh of Navy Boys Sports, Goa got one win and a second to take gold. Nancy Rai and Aniraj of National Sailing School finished second and third. Cheers and cheers filled the room at the prize distribution with medals



Laveti Dharani (right) and Vadla Mallesh flash victory signs after winning the 420 Class race at the Secunderabad Club Youth Regatta at Hussainagar Lake in Hyderabad on Saturday. They also emerged overall champions in the category.

being awarded to the achievers and mementos presented to jury members, race officers, rescue team and the support staff. There was a burst of laughter as the sailor who captained the most was also acknowledged.

"This is the first event where had a gender equal jury — three women and three men. We also organ-

ised live footage through drones and cameras on water. However, I would like to add that the water conditions are not quite ideal and there is a lot that can be done," said Arjun Pradiptak, Commodore of the Secunderabad Sailing Club.

Divyanshi echoed his sentiment. "The water conditions

were bad but, because of the light winds I could finish off easily as I weigh less," she said.

Akshaya Coondoo, who is bound for the 420 Class Worlds in Spain along with teammate Akhil Pilli next week, felt there still was room for improvement. "The winds were shifty and fairly light so it was challenging, but that's

what made it exciting for me and Akhil. We have to work on our skills to have smooth finishings," she said.

Secunderabad Club vice president Sharath Choudary addressed the gathering and congratulated the sailors while chief guest Major General Ajay Sharma made a note of the hard work put in by officials and the zeal and spirit of all participants.

FINAL STANDINGS

■ **ILCA 4 (girls):** 1. Divyanshi Mishra (NSS Bhopal), 2. Sheetal Shendhav (NSS), 3. Soniya Singh Patel (NSS).

■ **ILCA 4 (boys):** 1. G. Mallesh (NBSC, Goa), 2. Akshat Kumar Dohare (NSS), 3. Vishwanath Padadala (NBSC, Goa).

■ **420:** 1. Laveti Dharani/Vadla Mallesh (YCH/NBSC), 2. Nancy Rai/ Aniraj Sandhar (NSS), 3. Akshaya Coondoo/ Akhil Pilli (SSC).

■ **29er:** 1. Nikhil Dilip Handavkar/ Akash (NBSC, Goa), 2. Sunil Mudavath/Satyam Jha (NBSC, Goa), 3. Sachin/ Berthamala/Ramsant (NBSC, Goa).

■ **Optimist (main):** 1. Eklavya Batham (NSS, Bhopal), 2. Bongur Banny (YCH), 3. Sharanya Jadhav (NBSC, Goa).

■ **Optimist (green):** 1. Shubham Yadav (NSS, Bhopal), 2. Dhandu Vood (YCH), 3. Vasu Chandravanshi (NSS).



THE AMERICAN CORNER

American Corner Hyderabad is a youth-oriented space that serves as a first stop for understanding American culture. It has organized several programs addressing themes including STEM education, entrepreneurship, the English language, American culture, and women's empowerment. This academic year, the space has facilitated meaningful engagements between students and teachers with their peers in the United States, the Philippines, Malaysia, and Sri Lanka through regional virtual engagements. Their audience interacts with several American experts, including diplomats. Additionally, five students and one faculty member from the college travel to the United States to participate in State Department-facilitated exchange programs such as the Community College Initiative Program, SUSI, the Global UGRAD program, and the SUSI Scholar Program.



THE AMERICAN CORNER



From the top: A Panel Discussion on International Education at St. Francis College for Women, Hyderabad; Workshop on E-Sports, Film Screening and Discussion on SELMA with "Chat with a Diplomat", Workshop on Robotics -Phase I, Workshop on Robotics-Phase II, Workshop on Entrepreneurship



From the top, anti-clockwise: American Corner Hyderabad organised a One Day Workshop on Board Games; Consulate General's interaction with the students of St.Francis College for Women who visited the California Baptist University, USA; Two day Workshop on Media Literacy - Countering Disinformation; a Two Day Workshop on Media Literacy - Countering Disinformation at the Telangana Social Welfare Degree and PG College, Budvel.

My Tryst with a New England Summer

In June of 2023, I had the privilege of spending six weeks with the Study of US Institution For Scholars (SUSI), School on American Political Development (APD). SUSI is an amazing program that blends academic and cultural exchange. In March 2023, I got the email confirmation of my participation in the program. The program is run by the US State Department, Bureau of Education and Culture through the University of Montana in partnership with six other institutions across the US. I attended APD school at the University of Massachusetts, Amherst. After the selection process we had several rounds of orientations conducted by the Consulate as well as University of Montana and UMass to prepare us for what we could expect living in the US for six weeks. Soon it was the 7th of June and I flew 32 hrs on four different flights to reach Hartford, Connecticut which is a short drive away from Amherst. On day one I got introduced to 16 scholars from various countries who would be my fellow mates. We spent four weeks at Amherst attending various academic sessions, meeting several professors, discussing several aspects of the American political system as well as our own country contexts.



The cultural experiences included a visit to the Basketball hall of fame, museums, concerts and baseball games and a day trip to Boston. We explored the beautiful New England landscape and bonded over shared meals at the dining hall. We enjoyed the fourth of July parade in Chesterfield, met with the Mayor of Northampton, Police Chief and State Senator (all women!). After four weeks it was time to say goodbye to Amherst and move to the last leg where we traveled to New York, Virginia and Washington DC. The trip ended on a high note as we met and interacted with Congressman Jim McGovern (Massachusetts State) at the Cannon House opposite the Capitol Hill in DC. This experience has left a lasting impression on me and the relationships I built have been life altering. Last, but certainly not least I must mention that St. Francis College for Women made this possible for me, for which I will forever be grateful.

Dr. Sinjini Bhattacharya
Assistant Professor
Dept. of Political Science

FACULTY DEVELOPMENT CELL

The FDP Committee members met in the beginning of the academic year in June for FDP activities. The first session was the orientation session for the newly recruited staff. They were welcomed by the principal, Dr. Uma Joseph.

The Principal and Vice Principals of Academics and Administration provided valuable insights into the student-teacher relationship, functioning of the institution and academics and spoke about technical details with respect to the SFC web portal.

A one day workshop was organised on “Emotional Leadership” on June 5th, 2023. The resource person, Dr. Angela Morjani was an alumnus of our college and worked as faculty in Kasturba Gandhi College for 20 years and has also served as an examiner for the British Council of India.

Dr Angela gave useful tips on how the classroom environment can be turned into a sharing session by encouraging the students to talk. Dr Subi Varghese, Head of Department B.VOC.(RM&IT), was the resource person for the “Professional Ethics session”. The session emphasised moral values and strives for excellence. Various faculty induction programs were organised with respect to the functioning of the exam branch, invigilation and evaluation for examinations, CO-PO mapping and calculating CO PO as per their course modules. This helped the newly recruited faculty. The session “IQAC Accreditation and Importance” conducted by the IQAC (Internal Quality Assurance Cell) highlighted the importance of IQAC, its functions, criteria and the role of the working committee.

The NIRF (National Institutional Ranking Framework) session provided insights on parameters such as research and professional practice, perception, and various weightages. Additionally, a session was conducted by the research cell of the college coordinated by Dr. Shailaja Raj, Vice Principal (Research and Development).



Centre for Career Guidance and Placements

Throughout the 2023-2024 academic year, the Centre for Career Guidance and Placements (CCGP) at St. Francis College for Women, organised a series of seminars and workshops aimed at preparing students to take on their career paths. These initiatives included a varied range of sessions, such as a tax workshop led by industry experts from Deloitte Hyderabad, career guidance sessions for different streams, and orientation sessions highlighting the functioning of the CCGP for final-year students. Additionally, aptitude and Campus Recruitment Training (CRT) classes were conducted to prepare students with essential skills for securing placements in top companies, with experts from Brainwiz and MASLO Academy leading the sessions.

The CCGP also facilitated sessions conducted by renowned organizations like Goldman Sachs and ISB, focusing on students' professional skills and providing insights into higher education opportunities.

The culmination of these initiatives was evident in the successful placement drive of 2023-2024, which saw the participation of esteemed companies like D.E. Shaw, KPMG, and Dell, among others. With over 600 students registering for placements and 136 students already placed in diverse roles ranging from 3 Lakhs to 22.5 Lakhs per annum, the CCGP's efforts have yielded significant outcomes. Moreover, the dedication and hard work of the placement ambassadors were recognized and celebrated during the Placement Ambassadors Appreciation Day, emphasizing their invaluable contribution to the CCGP's mission of guiding students towards fulfilling and rewarding career paths.



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Francis Alumnae Association

Building Community for Student Growth

St. Francis College for Women, founded in 1994, is renowned for its commitment to holistic student development. Central to this mission is the active involvement of its Alumnae Association, which has played a significant role in shaping the college's young community.

Throughout the academic year of 2023-24, the Alumnae Association planned and executed a wide range of engaging programs and activities. These initiatives aimed not only to enhance students' academic experiences but also to provide opportunities for their personal and professional growth.

The "Induction Program" is an annual event marking the start of students' journey with FAA, aimed at fostering connections between the students, faculty, and alumni. The "T-Hub Industrial Visit" was a full-day exploration of T-Hub's facility for 30 students, which provided insights into production processes and technology involved in their operations. The "Student Induction Program (SIP)" presented FAA's mission and initiatives, aimed to empower students for future endeavors. The "Fly High-Study Abroad" was an event for the students informing them about opportunities regarding studying abroad and addressing their logistical concerns. The "Graduation After Party" was a celebratory event aimed at strengthening bonds between the alumni and graduating students. The "Guest Lecture on Career Counselling" was an event that highlighted post-graduation career paths and empowering students to make informed choices. The "Annual General Body Meeting" was organised for the approval of reports and discuss future plans. The "Alumni Association's Games Stall at Yuvaflare" was an FAA contribution to the yearly inter-collegiate fest through games stall which raised funds for social causes. The "Community Service Programme" was a collaboration with the SFC Rangers unit for a Christmas-themed community service program. The "Distinguished Alumnae Guest Lecture Series" was organised for insights to be shared by distinguished alumni on life lessons and achieving balance. The "FAA Reunion 2024" welcomed around 700 enthusiastic alumni for an evening of celebration. The "Valedictory Program for FAA Champions" was a recognition ceremony honouring outstanding FAA Champions and acknowledging the reunion media team's contributions.





SFC Wings



National Cadet Corps



The National Cadet Corps is a voluntary, tri-service organisation, comprising the Army, the Navy and the Air Force. It grooms the cadets as disciplined and responsible individuals through various camps and activities. Some of the events conducted during the academic year 2023-2024 are as follows:

The Annual Training Camp was organized at our institution where cadets got a chance to learn various subjects such as drill, weapon training, map reading, first aid and military history. The Independence Day event was graced by Lt. Col. Vishnu Gopan. The event commenced with a guard of honour by two wings- army and navy, followed by a drill by NCC, NSS, and other SFC wings, followed by a cultural program. The Cadets also actively participated in many awareness programs and drives throughout the academic year such as Blood Donor's Day, Anti Drug Abuse Event, Puneet Sagar Abhiyan, Lake Clean Up Drive, Cleanliness Drive and World Aids Day. The cadets also actively participated in the Energy Conservation Awareness Walk and Traffic Awareness Programs Nari Shakti Rally and Armed Forces Flagship Day. Republic Day commenced with the guard of honour, followed by a Drill by NCC, NSS, and other SFC wings, followed by a cultural program. On the occasion of this day, 5 cadets of NCC participated in the Republic Day Camp held in Delhi. A 'Community Hands only Cardio Pulmonary Resuscitation (CPR)' event was organised at Gandhi Medical College by the Alumni of Gandhi Hospital. The cadets from our college actively participated in various camps throughout the year.



National Service Scheme

The National Service Scheme (NSS) units I, II, III, and IV of our college had an eventful academic year 2023-2024, engaging students in a diverse range of activities focused on community service, awareness, and social outreach.

The year began with a World Blood Donors' Day rally on 14th June, with 200 NSS volunteers, raising awareness about the importance of blood donation. About 325 volunteers participated in an event to mark the International Day against Drug Abuse and Illicit Trafficking. Yoga enthusiasts celebrated International Yoga Day on 21st June with 60 volunteers, followed by a Yoga for Youth session on 28th June with 40 volunteers. The same day, a blood donation camp was organized, supported by 30 NSS volunteers, encouraging the student body to contribute to this noble cause. NSS volunteers visited the Don Bosco Orphanage in Ramanthapur, bringing joy and support to the children. National NSS Day was observed on 23rd September, with 150 volunteers participating in various activities. On 1st October, 300 volunteers joined in for the Swachata Hi Seva mass cleaning drive, promoting environmental responsibility. The NSS program continued to make strides in health and social awareness with the World AIDS Day seminar and interaction with doctors on 1st December, attracting 200 volunteers. The year concluded with a range of awareness sessions, including one on cancer by Dr. Sri Harsha Talluri on 17th January, engaging 250 NSS volunteers. The celebration of Independence Day and Republic Day also saw active participation, with 100 volunteers taking part in the march past. The National Youth Day on 12th January featured a road safety awareness walk by NYK, engaging 165 volunteers.



St. Francis Green Corps

The academic year 2023-24 at St. Francis Green Corps witnessed a series of enriching events and initiatives aimed at fostering holistic development and environmental consciousness among students and faculty members. Through a diverse range of competitions, workshops, guest lectures, and community engagement activities, SFGC remained committed to promoting sustainable practices and social responsibility.

The college hosted competitions like the JAM and Reel It contests, providing platforms for students and faculty to showcase their talents. "Ruthu Prema - Menstrual Hygiene and Zero Waste Periods" by Dr. Meenakshi Bharat raised awareness about sustainable menstrual practices, with significant participation from students and faculty. A guest lecture on "Littering and Educated Youth" by Ms. Medha N highlighted the importance of collective responsibility in environmental conservation, drawing a large audience. SFGC collaborated with the American Corner, Hyderabad, to conduct a workshop on "Decoding Global Sustainable Practices and their Impact in Combating Climate Change," offering valuable insights into climate change mitigation strategies. In community service efforts, SFGC participated in a lake clean-up drive and the Swachhatha Hi Seva cleanup program, demonstrating its commitment to environmental stewardship. Educational visits and workshops, including field visits, bioenzymes preparation, and e-waste collection drives, provided practical learning experiences for students. SFGC also actively engaged in community events like Christmas celebrations and Wetlands Day, contributing to social causes and environmental awareness. Notably, Hiranya Das from SFGC received recognition for the best project presentation at the World Wetlands Day. The academic year concluded with the college's participation in the LiFE-A-Thon walkathon, promoting lifestyle changes for environmental sustainability.

The events and initiatives hosted by SFGC throughout the academic year 2023-24 underscored the college's commitment to fostering environmental consciousness, social responsibility, and holistic development among students and faculty members.



Rangers

Throughout the academic year 2023-24, the SFC Rangers unit, guided by its motto of service to mankind and protection of nature, engaged in a range of activities:

A 2-day camp in July 2024 focused on orienting students about their roles and responsibilities as rangers, including physical activities and survival techniques like knotting and lashing for trekking. Participation in International Yoga Day celebrations in June 2023 at the district headquarters of Bharat Scouts and Guides. A trek camp to Matheran in September 2023, where students trekked up to 6 kms to reach a mountain peak. Involvement in the Ganesh temple service in September 2023. Contribution to the Swachhata Hi Seva program in October 2023 at Tank Bund, involving cleaning activities and an awareness walk.

- Participation in a peace rally organized by Bharat Scouts and Guides in October 2023. Involvement in the U.B.A. Survey program in December 2023, surveying households in Thandi Village. Contribution to a community service program in December 2023 at Prashanthi Nilayam, Palem, Telangana. Participation in various competitions at the district headquarters of Bharat Scouts and Guides in February 2024, commemorating Thinking Day. Involvement in a girl child awareness walk organised by CRY organisation in January 2024.





Rotaract

Rotaract, a youth-centric service club sponsored by Rotary International, thrives on the principles of community engagement and social impact. At St. Francis College for Women, the Rotaract Club epitomizes these ideals, spearheading various initiatives aimed at fostering positive change and meaningful connections.



The installation ceremony marked the induction of passionate leaders into key roles within the Rotaract Club, setting the stage for impactful projects and initiatives. The "Caring Hands" event exemplified the club's commitment to community health, organizing a health checkup drive for the specially-abled and elderly individuals at the Sadhana Institute. The dental camp organized at Sumukha Hospitals underscored the club's dedication to promoting oral health awareness and access to healthcare services. The vibrant movie screening event titled "Jab We Met" served as a platform for community engagement and entertainment. Moreover, the Desi Groove dance workshop and "Choti Choti Baatein" workshop provided avenues for skill development, cultural exchange, and personal growth.

A noteworthy initiative undertaken by the Rotaract Club was the cloth donation drive, spanning from September 5th to 16th, culminated in the distribution of clothes to underprivileged individuals in the Singereni colony slums in Champapet, Hyderabad.

In essence, the Rotaract Club at St. Francis College for Women stands as a beacon of youth empowerment and social responsibility, embodying Rotary International's ethos of "Service Above Self." Through its diverse array of initiatives, the club continues to inspire positive change and foster a spirit of service among its members and the community at large.

The SFC-IRCUCU Wing witnessed a dynamic array of activities throughout the academic year 2023-2024, aimed at fostering holistic development among students and promoting social responsibility. This report encapsulates the diverse initiatives undertaken during this period.

Drug Abuse Awareness Week:

The academic year commenced with the observance of Drug Abuse Awareness Week, marked by engaging competitions and a grand finale mega rally, attracting participation from 500 students.

Community Outreach:

Students actively participated in community service initiatives, including the Swachh Bharat Program, and the Green Drive Program, showcasing their commitment to environmental sustainability. Additionally, volunteers contributed to a Musical Concert fundraiser organized by a local NGO.

Specialized Workshops:

A group of 30 students attended a comprehensive Geriatric Care Workshop at the Sanskruti Institute of Dravidian Culture and Research Centre, spanning five days.

Guest Lectures:

A series of enlightening guest lectures were organized, featuring esteemed speakers such as Dr. Neethi, who debunked myths surrounding queer blood donors, and Ms. Bhamani, who discussed topics related to gender, sexuality, and women empowerment.

CPR Workshops:

To equip students with essential life-saving skills, CPR workshops were conducted in three phases, including sessions held within the college premises and at Rashtrapati Nilayam, Bolarum.

The SFC-IRCUCU Wing remains committed to nurturing well-rounded individuals poised to make meaningful contributions to society.



Photo Gallery

B.A. III EPP & EPS



B.A. III HLP & PLP



B.A. III HPP & PPP



B.A. III MLS & MLP



B.Com. III (A&F)



B.Com. III (CAP)



B.Com. III (HONOURS)



B.Com. III (IB)



B.Com. III (IPP)



B.Sc. III A



B.Sc. III B



B.Sc. III C



B.Sc. III D



B.Sc. III E



B.Sc. III F



B.Sc. III N



B.Sc. III H



BMS III



B.Voc. III (RM & IT)



M.A. Mass Communication



M.Sc. Organic Chemistry



M.Sc. Computer Science



M.Sc. Microbiology



M.Sc Psychology



M.Sc. Nutrition & Dietetics



M.Sc. Data Science



M.Com. (Applied Finance)



M.A. English



PGD HRM



PGD Business Analytics



PGD Psychological Counselling skills



PDG FT



Arista Club



Choir



COFEE Club



Ehsaas Club



Eureka Innovation Hub



FAA



Harivillu Club



La Fiesta Club



Prakriti Club



Shastr Club



Spectrum Club



Voclatent Club



Xpressions Club



Krida Club



NCC



NSS



Student Council



Yearbook Committee



FACE Club



CCGP



Faculty of Arts



Faculty of Commerce



Faculty of Life Science



Faculty of Physical Science



Faculty of Management



IQAC



Non-Teaching Staff



In Memoriam



Dear Ms. Alina Jyothi Joseph



John 11:25-26, "Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die."

On July 11th, 2023, our college community bid farewell to a cherished member, Ms. Alina Jyothi. Her unwavering dedication spanned over three decades, during which she made valuable contributions to our college community, especially her dedicated service in the Department of Chemistry. Her presence graced our college life, leaving behind memories of a smiling, dedicated, and sincere soul. As we mourn her untimely departure, we honour her legacy and find comfort in the refuge of God.

May Mrs. Alina Jyothi receive the eternal reward prepared by our Heavenly Father. May her soul rest in peace.

Management, Staff & Students



