



JMJ



ISO Certificate No.
Q9186414992

COLLEGE FOR WOMEN (AUTONOMOUS), TENALI - 522 202

Affiliated to Acharya Nagarjuna University



Rev. Fr. MATHIAS WOLFF S.J.
FOUNDER - SOCIETY OF JMJ



College Magazine

2021-2022

Ph : 08644 - 227994, 225994, 225997



Dr. Sr. MARY GLOWREY, M.D.
SERVANT OF GOD
(1887 - 1957)

Founder
JMJ HEALTH CARE INSTITUTIONS



**Rev. Sr. STANISLAUS
SWAMIKANNU PILLAI**
(1897 - 1975)

Architect
JMJ EDUCATIONAL APOSTOLATES



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Dr. Sr. THERESAMMA GADE
CORRESPONDENT



Dr. Sr. SHINY K.P
PRINCIPAL



Sr. ARUNA RANI
VICE - PRINCIPAL



College Management



Teaching Staff



Non Teaching Staff



Examination Cell



IQAC



B.Sc. CBZ



B.Sc. Home Science



B.Sc. MPC



Inauguration of Gymnasium



B.Sc. Computer Science



B.Sc. MSCS



B.Com. Computer Science



B.A.



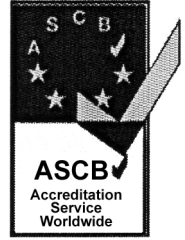
P.G. Students



Intermediate - MPC



Intermediate - Bi.PC



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JMJ COLLEGE FOR WOMEN

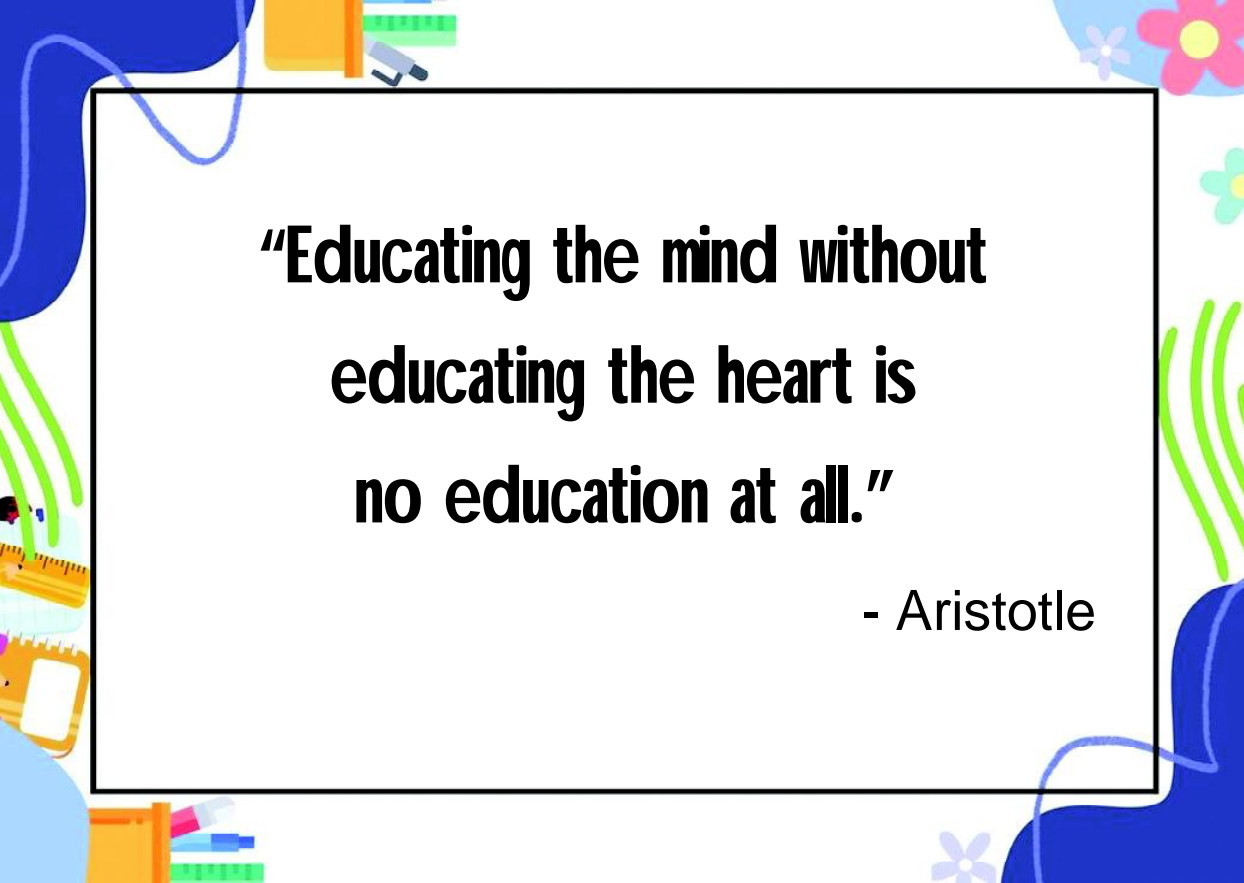
(AUTONOMOUS), TENALI - 522 202

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COLLEGE MAGAZINE

2021 - 2022

Ph : 08644 - 227994, 225994, 225997



**“Educating the mind without
educating the heart is
no education at all.”**

- Aristotle



VISION

To educate, enrich and empower the young girls to achieve academic excellence, spiritual growth and noble principles of life, to become integrated women force to lead home and society.



MISSION

JMJ Higher Education aims to promote the intellectual development of the rural youth who are socially and economically backward, and enable them to serve the society. The institution aims at enhancing the levels of competence, commitment and compassion to prepare the students as dynamic leaders and global citizens.

Editorial Board

Dr. Sr. Shiny K.P.

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Sr. Aruna Rani

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EDITORS-IN-CHIEF ADDRESS

While adversity may have knocked on our door, our response has been one of innovation and adaptability. This magazine is a product of a mix of emotions—laughter, tears, hope, facts, and dreams. The pandemic's grip on us is not yet fully released, but we remain steadfast in our commitment to moving forward with hope and optimism. As you peruse each page, you will discover the diverse range of activities that continued in the online mode despite the pandemic's challenges. Join us in taking a glimpse into the academic journey of the year.

Dr. N. Vimala Devi

Chief Editor

Department of English



PRINCIPAL'S MESSAGE

“Change is the process by which the future invades our lives, and it is important to look at it as an opportunity for growth” — Alvin Toffler

As we traverse the path of life, we often find ourselves facing moments of stagnation. However, it is crucial that we don't become captive to our past, but instead, embrace change as a gateway to a brighter future. The pandemic disrupted our lives, impacting our thoughts, emotions, spirit, behavior, and sense of security. It served as a stark reminder of our privileges and the potential for growth through helping others.

While the world slowly and cautiously returned to offices, schools, and colleges, it carried the weight of the past with it. Despite these challenging times, we remained steadfast in our commitment to education, recognizing its role in advancing India's evolution into a modern nation. Our pursuit of equity in offline learning spaces continues unrelenting.

Our dedicated staff and students actively engaged in numerous online activities that transformed lives and the world around us. Our institution has ICT-enabled classrooms, seminar halls, open spaces, and common rooms. We elevated the skills of both our staff and students through a series of webinars, workshops, training sessions, and Faculty Development Programs. We also introduced new diploma and certificate courses to enhance the professional knowledge and skills of our students.

In the year 2022, we inaugurated our Multipurpose Gymnasium. We conducted an awareness Program on Intellectual Property Rights (IPR) for our teaching staff and students. We organized an online training program for all Degree students, guiding them on planning for future career opportunities. The College initiated the Skill Hubs Program titled **Web Developer** under the Pradhan Mantri Kaushal Vikas Yojana (PMKVY) to empower dropouts. Our IQAC organized a range of valuable webinars, including topics like self-care techniques during the pandemic, applied digital skills with Google Workspace, soft skills development for students, and reproductive rights for women, among others.

During the pandemic, we engaged in numerous extension and outreach programs, supported by our NCC and NSS volunteers, who actively contributed to the neighboring community. Their efforts earned appreciation from the Municipal Commissioner and the public. Our students excelled in sports, participating and winning prizes in Inter University Tournaments, with several even achieving National recognition.

For the academic year 2021-22, our placement rate stands at an impressive 75%. This achievement owes much to the dedication and hard work of our placement officer and their team. Our faculty members continue to demonstrate unwavering commitment to upholding the quality of our institution, exhibiting professionalism and dedication.

We must not forget the invaluable contribution of our non-teaching staff and our hostel staff. Examination Cell has shown dedication and diligence in their respective roles. Our alumni, too, play a crucial part in supporting and contributing to the betterment of our institution.

In conclusion, JMJ College will forever remain an enlightened center of learning, where we push the boundaries of knowledge, nurture critical inquiry, forge democratic partnerships, and build a vibrant community. This magazine serves as a testament to our triumphs and challenges during the pandemic-accentuated academic year, reflecting the resilience and hope that have illuminated our path.

I extend my heartfelt gratitude to the editorial board for bringing this magazine to life. Their creativity and unwavering support have made this publication possible. With immense pride, we present to you the JMJ College magazine 2021-22, which not only documents academic excellence but also showcases our vibrant extracurricular and co-curricular activities.

“We do not need magic to transform our world.

We carry all the power we need inside ourselves already.” - J.K. Rowling

With warm regards

Dr. Sr. Shiny K.P.

Principal,

JMJ College for Women (A), Tenali

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PART - 1

ANNUAL REPORT

Honourable Chief Guests of the day, Sri. Annabathuni Sivakumar, MLA, Tenali & Dr. B. Karuna, (I/c), Registrar, ANU, Guest of honour Dr. V. Srinivasa Rao, Chief Executive Officer, Society of Training and Employment Promotion (STEP) & District Sports Authority (DSA), Guntur, distinguished dignitaries, Dr. Sr. Theresamma Gade, the Correspondent, Sr. Aruna Rani, Vice Principal, Ms. J. Pranyusha, the Student Representative, Officials of the college, members of the Governing Body, Academic Council, Deans of Arts & Science, respected Teaching fraternity, Non-teaching staff, Sisters, alumnae, parents, benefactors, Administrators of Hostel, Global School, SWADHAR, media personal and my dear students Good Evening and a warm welcome to everyone present here to the **59th Annual Day of JMJ College for Women (Autonomous), Tenali.**

JMJ College is committed to provide quality and holistic education to the young women despite of several challenges posed by the pandemic. The College is full of opportunities and we focus on our academics and developing good human beings and thereby creating a good society. We continue to strive towards innovation and for that the latest practices in the field of education are being continuously incorporated. All the possible efforts have been taken and, we will continue to take efforts, to ensure academic excellence in our college. We enhance the skills of our staff and students through various webinars, workshops, training and Faculty development Programmes. We have introduced new Diploma and Certificate courses to improve the professional knowledge and skills of the students.

We are proud to report that we have achieved good result for the academic year 2021. This was possible only because of the continuous efforts of our committed and dedicated staff. We greatly acknowledge the committed service of our Faculty, Non-teaching staff, Alumnae, benefactors, parents and students who play a vital role for the progress and development of the institution. We have produced thousands of young girls to the Society for the past 59 years who can live with commitment, competence and courage to face the challenges of the world. We thank God for His numerous blessings, guidance and directions that enabled us to impart quality and value based education to the young girls.

I place on record my sincere gratitude to Mr. Ch. R. N. Ram Prasad, Lecturer in Commerce who retired on 31st July 2021. We whole heartedly thank him for his dedicated service to the institution.

It gives me immense pleasure in sharing with you all various mile stones and achievements of our institution during the academic year 2021-22. The institution equally focused on curricular, co-curricular, and extra-curricular activities of the students for their holistic development. Apart from the regular academic activities, the institute focused on various long-term goals and quality initiatives for the overall development of the institution. I present to you some of the notable accomplishments of our JMJ College during the academic year 2021-22.

The academic year 2021-2022 commenced with the exclusive online classes initially due to COVID-19 pandemic and later we started offline classes from 16th August 2021 for all Inter, Degree and PG students.

ACHIEVEMENTS & AWARDS OF THE COLLEGE

- * Received Good Hygiene Practices certifications from HYM International certifications Pvt Ltd, Hyderabad on 28th July 2021.
- * Received ISO 50001:2011 Certification from HYM, Hyderabad for the Implementation of Energy Saving Practices on 10th November, 2021.
- * Received ISO 14001:2015 Certification from HYM, Hyderabad for the Implementation of Greenery and Environmental Promotion Activities on 9th November, 2021.
- * Education World India Autonomous Colleges Rankings 2021-22, our college got 122nd Rank in India and 19th Rank in Andhra Pradesh.
- * Inauguration of Multipurpose Gymnasium was held on 3rd January 2022.

ACHIEVEMENTS OF THE STAFF

The following Two Lecturers received Doctoral Degree;

- * Dr. B.MaryKumari, Dept of Telugu received her Doctorate on the topic ParuchuriVenkateswaraRaoNatakalu, Natikalu-Pariseelana from AcharyaNagarjunaUnivesity, Guntur on 13th September, 2021.
- * Ms.V.Sumalatha, Dept of Chemistry received the Doctorate on the title DNA Binding Propensity, Nuclease Efficacy,

Antioxidant and Antimicrobial Activities of Cu(II), Ni(II) and Co (II) Derived from 4-(Trifluoromethoxy) Aniline Schiff Bases: Synthesis and Characterization from Osmania University on 16th June,2021.

- * Our staff members were appointed as Board of Studies members of ANU and other institutions.

ACHIEVEMENT OF THE STUDENT

- * HarshithaDavaluri, III B.Sc CBZ student, the world record holder achieved International Book of Records for making a smallest painting of SamudraManthan on stone of size 5 cm on 25th September 2021.

COURSES AT JMJ COLLEGE

14 UG Courses and 4 PG Courses, 4 Intermediate Courses and 4 Diploma Skill Based Programmes approved by UGC under National Skills Qualifications Framework (NSQF) and 56 Certificate Courses and one Skill Hubs Initiative under Pradhan Mantri Kaushal VikasYojana (PMKVY).

COLLEGE EVENTS

- * Distributed Meals to 70 pavement dwellers in honor of Dr.Sr.MaryGlowrey on 23rd June 2021.
- * Organized Vaccination Drive for all the Teaching and Non-teaching staff by Dr. Prem Chand, Medical Officer, Govt. Hospital, Tenali and his team on 9th August 2021.

- * Dr.Sr.ViajayaUdumala, the General Councilor of JMJ Congregation visited our College for Orientation Programme on 9th August 2021.
- * DISHAAPP Awareness Programme was conducted for Final Degree students by Ms. Anugna, Police Constable, III Town Police Station and her team on 10th August 2021.
- * Conducted Mega Vaccination Drive for 500 students of our college under the guidance of Dr. Prem Chand, Medical Officer, Govt. Hospital, Tenali and his team on 28th August 2021.
- * DISHAAPP Awareness Programmewas conducted for all I & II Degree students by Constable Ms.K.Jayasree , Mahila Police , Ms.A.SanthiParimala, Mahila Police &Ms.V.Anusha, Mahila Police on6th October 2021.
- * Inauguration of Multipurpose Gymnasium was held on 3rd January 2022. The Chief Guest was Sr. Innamma Yeruva, Superior General, Blessed by Fr. T. Thomas, Director of Mukthi Society and Guest of Honours were Rev. Sr. Chandra, General Counsellor, Rev. Sr. Treasa KVM, Provincial Superior, Rev. Sr. Santha, Provncial Counselor, Rev. Sr. Mercy, Provncial Counselor, Dr. P. Johnson, Dean and Director of Physical Education, ANU.
- * Conducted AwarenessProgramme on Intellectual Property Rights (IPR)for all Final Degree students to sensitize the importance for the protection of Intellectual Properties in today's globali-
zing knowledge based economy on 8th October, 2021.The Resource Person was Dr. Ch. B. V. L. Sudheer, Assoc. Prof. Department of Management Studies at St.Mary's College of Engineering and Management, Chebrolu.
- * Organized one day workshop on NAAC awareness programme for Assessment and Accreditation Revised Frame Work for the Faculty by Dr.N.Srinivasarao, Founder, QSpireAccreducare Services, Hyderabad.
- * Organized ANUIC Hand Ball Tournament on 5th January 2022.
- * Organized ANUIC Kabbaddi Tournament on 7th January 2022.
- * Organized Vaccination Drive for all Intermediate students on 5th January 2021.
- * Celebrated Republic Day on 26th January 2022. The chief Guest was Ms.Deepthi Jain, Senior Advocate, Tenali.
- * Submitted the data forNational Institutional Ranking Framework(NIRF) Rankings on 5th February 2022.
- * Data for AISHE(All India Survey on Higher Education -2020-21) was submitted on 21st February 2022.
- * Organized an online Training programme for all Degree students on How to plan for Future Career Opportunities along with enjoying students' life on 26th February 2022 by Mr. Durga Prasad, Unacademy Hyderabad.

- * AQAR for the Year 2020-21 submitted online on 9th March 2022.
- * The JMJ Spirituality Committee members of Bicentenary year Sr. Maries and Sr. Hrudaya presented the historical facts of the Society of JMJ from 1822 to 2022 to all the staff and students on 9th March 2022.
- * Organized Swachh Survekshan Awareness Programme by Municipality Sanitary Inspector Mr. Ramchandra Rao and his team on 9th March 2022.
- * Department of Mathematics Conducted BoS Meeting on 8th March 2022.
- * Department of Physics Conducted BoS Meeting on 11th March 2022.
- * Department of Zoology Conducted BoS Meeting on 15th March 2022.
- * NCC BoS Meeting was held on 16th March 2022.
- * Department of English Conducted BoS Meeting on 17th March 2022.
- * Department of Computer Science Conducted BoS Meeting on 17th March 2022.
- * Department of Political Science Conducted BoS Meeting on 21st March 2022.
- * Department of History Conducted BoS Meeting on 21st March 2022.
- * Department of Economics Conducted BoS Meeting on 23rd March 2022.
- * Department of Telugu Conducted BoS Meeting on 23rd March 2022.

- * Department of Chemistry Conducted BoS Meeting on 26th March 2022.
- * Department of Home Science Conducted BoS Meeting on 28th March 2022.

ACADEMIC EXCELLENCE

I congratulate all the staff and students who have performed academically well and achieved good result for the academic year 2020-21.

Intermediate students were promoted due to the COVID-19 pandemic, B.A 91%, B.Com 81% and B.Sc. 96% and all PG Courses got 100% result.

INTRODUCTION OF NEW COURSE

The College started one Skill Hubs Initiative Programme titled **Web Developer** for the dropouts under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) in this academic year 2021-22.

PROPOSAL FOR THE INTRODUCTION OF NEW UG COURSES

1. B.Sc. B.Ed, B.A. & B.Com B.Ed
2. B.Com Banking and Financial Services
3. B.Sc Data Science and Artificial Intelligence
4. BA English, Journalism and Psychology

MOOCs (Massive Open Online Courses)

Fifty of our PG students completed MOOC online Courses on various topics such as M.Sc Mathematics students on

Concepts of C-Programming, Life Skills, Cultural Tourism in India, M.A.English students on Life Skills and Introduction to Computer Science, M.Sc Chemistry students on Life Skills, Concepts of C Programming and M.Com students on Life Skills and Environmental Economics.

NEW APPOINTMENTS

Ms. E. Sheela in the Dept. of Commerce, Ms. G. Vasuki in the Department of Mathematics, Ms.P.Jessika in the Dept. of Home Science and Ms. Sk. Kareemu-neesain the Department of Computer Science has been appointed.

Prize Instituted

Dr. G. Sudhakaraiyah, Lecturer in Commerce, instituted **Memorial Cash Prize** Rs.1000/- in loving memory of his **late Father Gayam Yanadaiah** to the student who has achieved the highest marks among **1st B.Com General & B.Com Computer group** in 1st and 2nd Semesters.

Staff Acted as Resource Persons

- * Ms. P. Jessika, Lecturer in Home Science delivered a lecture online on Nutrition for pregnant and lactating Women and complications during pregnancy Nutrition Education Programme organized by Women & Child Development Department, Angalkuduru on 22nd September, 2021.
- * Ms. P. Jessika, Lecturer in Home Science delivered a lecture on the Importance of Nutrition and Causes of

Anemia organised by ICDS at Kalayana Mandapam, Angalakuduru on 30th September, 2021.

- * Mrs. P. Hemalatha, HoD of Home Science delivered a lecture on Gender Equality for 9th& 10th class School children on the occasion of National Girl Child Day at Thotakura Subbarayudu High School, Tenali on 24th January, 2022.
- * Dr. P. M. Padmalatha, Lecturer in Mathematics delivered a Guest Lecture on Quantitative Aptitude and Arithmetic Ability on 25th February, 2022 at A.C. College, Guntur.
- * Ms. G. Naveena, Lecturer in Home Science delivered a Lecture on the Importance of Education for Children with Special needs at Govt. School for children with Special needs at Balaji Rao, Tenali on 14th March 2022.

PUBLICATIONS:

Articles/Paper Presentation and Attended the Webinars -144

During the academic year 2021 - 22, 8 research articles were published by our Faculty in various reputed journals with highest impact Factor and most of the staff members participated in International and National Webinars and Workshops – total 144.

INTERNATIONAL & NATIONAL WEBINARS/WORKSHOPS ORGANIZED BY THE DEPARTMENTS -10

Under the guidance of IQAC, the following International and National & State Level Webinars & Faculty



Development Programmes were organized by various departments to improve the quality of teaching and learning.

- * Organized One Day online State level Seminar on Self Care Techniques Training in the Pandemic to Prevent Death rate on 2nd June 2021 by Dr.D.Sarada, SatyaSaiNursing Home , Sarada Service Society ,Tenali
- * Dept.of Computer Science organized a National Webinar on Applied Digital Skills for Learning with Google Workspace on 12th July 2021.
- * Dept.of English organized an online National Webinar for students on Soft Skills for strengthening tomorrow ambition for all students across India. The Resource person was Dr.Raja Kumar Guduru, Asst.Prof. School of Humanities, Social Sciences and Management, Indian Institute of Technology, Bhubaneswar on 3rd September 2021.
- * Women Empowerment Cell organized National Webinar on Reproductive Choice of Women: A Fundamental Rights sponsored by NCW, New Delhi on 25th November 2021.
- * Dept. of Botany organized one day online National Webinar on Current Trends and Challenges in Plant Science: Plant Human Interaction and Transforming our World on 4th December 2021.
- * Dept.of Political Science organized International Webinar on Emerging

Global Order on 23rd to 24th January 2022.

- * Dept.of Physics Organized a National Webinar on Integrated approach in Science and Technology for a Sustainable Future on 22nd February 2022.
- * IQAC along with the Dept.of Zoology and Mathematics organized Five Day International Webinar on Promoting Quality Research, Skills and Innovation in Higher Education from 7th to 11th March 2022.
- * Organized Two Day International Webinar on Intellectual Property Rights from 15th to 16th March 2022.
- * Organized Three Day International Webinar on Recent Innovation in Pharmaceutical and Applied Sciences from 17th to 19th March 2022.

STATE LEVEL COMPETITION

- * The Alumnae Association of JMJ College will be conducting a State level Elocution competition on 1st April, 2022.

EXTENSION ACTIVITIES & OUTREACH PROGRAMMES

The college has carried out the following extension activities;

- * Distributed provisions to 100 COVID affected families an amount Rs.63,600 contributed by the Teaching, Non-Teaching staff of our college on 10th June 2021.
- * Distributed Cakes and Sarees to the Slum people near bus stand and Kattavaram on 24th December 2021.

- * Visited a few families of nearby community affected by COVID-19 and extended financial support on 10th September 2021.
- * Conducted Philanthropic Activity (Distribution of Text Books) for poor students by the Dept.of Zoology on 23rd October, 2021.
- * Conducted World Youth Day Celebrations and took a Pledge against Drugs on 12th January 2022 at Govt.Hospital Tenali
- * Dept. of Political Science visited Swadhar Home and distributed sweets and fruits to the inmates on 27th January 2022
- * Dept.of Economics Visited Sabari Old Age Home and provided snacks to the inmates on 3rd March 2022
- * Dept.of History Visited Swadhar Home and distributed Sweets to the inmates on 11th March 2022.
- * Dept. of Political Science visited Sabari Old Age Home and distributed Fruits & Sweets to the inmates on 19th January 2022.
- * Visited Anganwadi Center and taught the toddlers about Traffic Rules on 3rd November 2021 at Angalakuduru
- * The Departments of Telugu took all Final Degree B.A. students to Eluru on 29th December 2021.
- * The Dept.of English visited Book Exhibition at Vijayawada on 10th January 2022.
- * The Department of Home Science arranged a field trip to Vijayawada Book Exhibition at PWD grounds Vijayawada on 5th January 2020.
- * The Dept.of Chemistry arranged a study tour to PERAL, MangaldasNagar , Guntur on 17th to 18th February 2022.
- * Dept.of Botany arranged a Field Trip to PERAL LABS for II CBZ students on 11th February 2022.
- * Dept.of Home Science arranged a Study Tour to Anganwadi Center at Angalakuduru on 3rd November 2021.
- * Dept. of Commerce arranged an Industrial visit to Naga Sai Food Products Tenali on 9th March 2022.
- * Dept.of Computer Science arranged a field trip to Annapurna Pickles & Powders, Angalakuduru on 31st July 2021

FIELD TRIPS & STUDY TOURS

- * Dept.of Zoology arranged a Study tour to Migratory Bird Sanctuary at Uppalapadu on 22nd October, 2021
- * Dept.of Zoology arranged a visit to Poultry at Kopalle and Gudiwada on 8th October, 2021
- * Celebrated International YOGA Day on 21st June, 2021.
- * Celebrated National Statistical Day on 29th June 2021.

CELEBRATION OF UNIQUE DAYS

The following important days were celebrated;

- * Celebrated the Birth Day of ALLURI SITA RAMA RAJU and Conducted Essay Writing competition on 4th July, 2021.
- * Celebrated BalGangadharTilak Birthday and conducted essay writing competition on 23rd July,2021.
- * Celebrated World Breastfeeding Week on 2nd to 7th August 2021.
- * Celebrated International Youth Day on 12th August, 2021.
- * Organized Independence Day on 15th August, 2021. Dr. Sarada M.B.B.S, D.G.O, was Chief Guest of the day.
- * Celebrated World Humanitarian Day on 19th August 2021.
- * Celebrated National Nutrition Week on 1st to 7th September 2021.
- * Celebrated Teachers day on 5th September 2021.
- * Celebrated Non -Teaching staff day on 7th September 2021.
- * Celebrated Ozone Day on 16th September, 2021.
- * Celebrated National Online Learning Day & Software Freedom Day and Conducted JAM Programme on 16th September 2021.
- * Celebrated World Tourism Day and conducted an Essay writing competition on 27th September 2021.
- * Celebrated International Translation Day on 30th September 2021.
- * Celebrated World Elderly Day on 1st October 2021
- * Celebrated Gandhi Jayanti and conducted Quiz Competition on 2nd October 2021.
- * Celebrated Birth Anniversary of R.K. Narayan on 10th October 2021.
- * Celebrated National Dictionary Day on 16th October 2021.
- * Celebrated UNO Day under the Theme 'Building Back Together for peace and Prosperity and conducted an essay writing competition on 'Peace and Prosperity on 21st October 2021.
- * Celebrated International Internet Day and Organized essay writing competition on Narrowing the Digital divide on 29th October 2021.
- * Celebrated National Unity Day on the Occasion of Sardarvallbai Patel's Birth Day and took pledge and conducted essay writing competition on 31st October 2021.
- * Celebrated AmartyaSen Birthday and conducted Essay writing Competition on 3rd November 2021.
- * Celebrated Minorities Welfare Day on the occasion of Janab Maulana Abul Kalam Azad Birth Day and conducted Elocution and Essay writing competition on the Role of Janab Maulana Abul Kalam Azad in development of Education in India on 11th November 2021.

- * Celebrated Children's Day on 14th November 2021
 - * Celebrated National Integration Day and conducted Elocution Competition on Importance of National Integration on 19th November 2021.
 - * Celebrated Constitutional Day and conducted Debate Competition on Rights Vs Duties on 24th November 2021.
 - * Celebrated International Computer Security Day and Conducted Quiz Competition on Computer Security on 30th November, 2021 .
 - * Celebrated World AIDS Day on 1st December 2021.
 - * Celebrated World Computer Literacy Day and Organized on Awareness Programme on Internet Literacy on 2nd December, 2021.
 - * Celebrated Human Rights Day Conducted Rally and Slogans on 10th December, 2021
 - * Celebrated Semi Christmas on 22nd December 2021.
 - * Celebrated Pongal on 11th January 2022
 - * Celebrated National Youth Day and the students took a pledge against Drugs on 12th January 2022
 - * Celebration of National Girl Child Day on 24th January 2022
 - * Organized National Voters Day and take a Pledge on 25th January 2022.
 - * Celebrated Republic Day on 26th January 2022.
 - * Celebrated National Women's Day on 13th February 2022.
 - * Celebrated the Birth Anniversary of Smt.Sarojini Naidu on 13th February, 2022 and Conducted Recitation of Poetry contest.
 - * Celebrated National Science Day on 28th February 2022.
 - * Celebrated National Grammar Day on 4th March 2022.
 - * Celebrated International Women's Day on 8th March 2022.
 - * Celebrated Birth Anniversary of Potti Sri Ramulu on 16th March 2022.
- GUEST LECTURES ARRANGED BY THE DEPARTMENTS**
- * Dept.of Chemistry organized a Guest Lecture on Analytical Methods in Chemistry on 12th July, 2021.
 - * Dept.of Home Science organized a Guest Lecture on Processing Techniques of Cookery for all Home Science Students on 23rd July 2021. The Resource person was Mrs. Swetha Rani, Lecturer in Govt. College for Women, Guntur.
 - * Department of Chemistry organized a Guest Lecture on Chromatography on 5th August 2021. The resource person was Dr.E.VijayaSubhashini, Hindu College, Guntur
 - * Department of Mathematics organized a Guest Lecture on Mathematics a Tool

- in Real Life on 28th August 2021. The resource person was Dr. Ch. Seshi Reddy,
- * Department of Economics organized a Guest Lecture on Creative Thinking Skills on 1st September 2021
 - * Department of Home Science organized a Guest Lecture on Building and Floor Materials on 9th September 2021
 - * Department of Chemistry arranged a Guest Lecture on 28th September 2021 on Instrumental Analytical Methods by Mr.S.Sambamurthy, KKR & MKD Degree College, Kazipalem.
 - * The department of Commerce arranged a guest lecture for all B.Com and BBA students on Entrepreneurship Development on 27th October 2021. The resource person was Dr.B. Penchalaiah Principal St.Mary's Group of Institutions, Chebrolu.
 - * CPPR arranged a Guest Lecture on 28th October 2021 on Developmental Journey of Student by Ms. Kannedari. Prabha, HR Recruiting Manager, SBI, Vijayawada.
 - * Consumer Club arranged a Guest Lecture on 28th October 2021 on Consumer Forms Awareness by Mr. K. Srinivasulu.
 - * Department of Home Science organized a Guest Lecture on Need for Environmental Consciousness in Schools & Colleges on 26th November 2021.
 - * Dept.of Botany organized a Guest Lecture on Pharmacognosy & Photo chemistry by Dr. D. Srinivasa Rao, Lecturer in Bio -Technology, ANU on 5th February 2022.
 - * Dept.of Telugu conducted a Guest Lecture on Improving Communication Skills by Dr. P. Srinivasulu, Govt. Degree Colege, Chebrolu, for all Degree students on 24th February 2022.
 - * Dept.of Zoology organized a Guest Lecture on Environment Indicators and Fish Health Management by Dr. K. Daniel, HoD of Zoology ,JKC College, Guntur for II & III CBZ students on 26th February 2022
 - * Arranged a Guest Lecture on Global Warming for all III B.Sc CBZ students by SK.HussainBhasha, A.P Model College , Guntur on 17th March 2022
 - * Department of History Conducted a Guest lecture on Indian Freedom Fighters by Dr.Venkaiah , VSR Govt Degree College, Movva on 22nd March 2022
 - * Deaprtment of Economics organized a Guest Lecture on Women Empowerment by Dr.B.Baby Rani, Andhra Loyola College , Vijayawada on 23rd March 2022
 - * Department of Political Science Conducted a Guest Lecture on Quality Education for Girls by Dr. Samuel Dayakar on 23rd March 2022
 - * Dept.of Mathematics organized a Guest Lecture on Basic Concepts in Real Analysis on 28th February 2022
 - * Dept.of Computer Science organized a Guest Lecture on Stack Designing on 25th March 2022.

ENDOWMENT LECTURES

- * Department of Chemistry Organized an Endowment Lecture on To Create the Awareness on Environmental Pollution by Dr. Kalyani. Ch.S.R.G. SVRM Degree College, Nagaram, on 9th February 2022
- * Dept.of Mathematics organized an Endowment Lecture on Integral Transforms and Career Guidance on 22nd February 2022
- * Organized an Endowment on Soft Skills- Positive attitude on 11th march 2022 by Dr. P. Sumitra, Assoc. Prof. Social Welfare Residential College, Vijayawada
- * Departement of Ecomics Organized an Endowment on Leadership Qualities – How to Set a Goal by Dr.Josphine Sandhya Rani, Marris Stella College , Vijayawada on 12th March 2022
- * Organized an Endowment Lecture on Enhancement of Quality in Women Education for all II & III B.SC CBZ students by Mr.B Charles Wesley , A.C College Guntur on 23rd March 2022

DEPARTMENT WISE ACTIVITIES

Department of English

- * Conducted Recitation of Poetry for II Degree students on 27th October 2021.
- * Organized Group Discussion on Social Media a Boon or a Ban for the Society on 10th November 2021.
- * Conducted Debate on Mobile Phones should be banned in Educational Institutions on 20th December 2021.

- * Students participated in taking E-Pledge “To Say Yes to Life No to Drug” against Drug abuse on 12th January 2022.
- * Organized a Workshop on Financial Management for III Degree students by Dr.K.Vijay Kumar, coordinator, NISM on 3rd February 2022.
- * Participated in National Poetry Recitation organized by JKC College Guntur on 21st March 2022, J.Pranayusha, II B.A got 5th Place in the Competition.

Department of Telugu

- * Conducted Essay writing competition on the occasion of Vyvaharika Basha Dinohasvam on Gidugu Rama Murthy on 28th August, 2021.
- * Conducted Recitation of Poems for all I Degree students to improve Telugu language on 25th November 2021
- * Conducted Musical and Singing Competition on the occasion of International Women’s day at Kopalle Village on 8th March 2022.

Department of Sanskrit

- * Conducted Recitation of Poems for all II Degree students to improve Sanskrit language on 25th November 2021.

Department of Mathematics

- * Conducted Online Certificate Course for Final Degree students on Elementary Number Theory from March to July 2021
- * Conducted Online Certificate Course Examination on 10th July, 2021.

- * Conducted a Competition on Fun with Mathematics on 7th March 2022
- * Conducted JAM Competition on 21st February 2022
- * Conducted Quotes on Mathematics on 21st February 2022

Department of Physics

- * Conducted an Elocution competition on Physics Scientist and their inventions on 26th February 2022

Department of Chemistry

- * Organized Faculty Forum Lecture on Soaps & Detergents on 13th July 2021.
- * Organized awareness programme on DISHA app guidelines for students on 10th August 2021
- * The meeting of Board Studies in Chemistry is convened on 26th August 2021
- * Conducted Motivational Talk on Better Future on 1st October, 2021
- * Organized an Orientation Programme for all the I Degree students to know the nature and facilities of the college on 4th October 2021
- * Conducted Cultural Fest on 29th January 2022
- * Started a New Start-up Programme "Eco Friendly Air Purifier" Project by III MPC, CBZ students on 10th February 2022

Department of Botany

- * Conducted Identification of Flora in the College Campus on 6th January 2022

- * Conducted New Start-up Programme on 9th to 10th February 2022.

Department of Zoology

- * Conducted various games competitions for all Non-Teaching Staff on the occasion of Non-Teaching Staff Day Celebration on 6th September, 2021.
- * Talk on Discipline and Its Importance to all students by Ms. M. Aruna on 4th October 2021
- * Conducted a Pledge -to Say Yes to Life – No to Drugs on the Occasion of National Youth Day on 12th January 2022
- * Conducted a Start-up Programme on PM-WANI Wi-Fi Scheme for III B.Sc Students on 10th February 2022
- * Conducted JAM Programme (Enhancement of Quality in Higher Education) on 24th February 2022

Department of Home Science

- * Organized a Demonstration on Flower arrangement on 13th July 2021
- * Conducted Role Play Competition for all students on 13th July 2021
- * Conducted Poster Presentation Competition on Way to Communicate and Understanding the Message for all the students on 3rd August 2021
- * Organized a workshop on Tie & Die by Ms. J. Keerthi for all the students on 4th August 2021
- * Conducted a competition on Presentation of Charts on 5th August 2021

- * Debate on Bottle Feeding and Breast feeding on 6th August 2021
- * Conducted BUZZ Session on 2nd September 2021
- * Conducted Slogan Competition on 4th September 2021
- * Organized a session on Find Out the Mistake to develop critical thinking to the students on 6th September 2021
- * Valedictory Function of Nutrition Month on 30th September 2021
- * Staff and Students participated in National Webinar on Reproductive choice of Women-A Fundamental Right Organized by YVU, Kadapa on 11th November 2021
- * Organized a Career Guidance Programme by our Alumni Manish for all Home Science Students on 4th January 2022
- * Interaction with Alumni on 9th November 2021
- * Staff participated in two day workshop on Psychological Counseling on 8th to 9th February 2022 at ANU , Number

Department of History

- * Conducted Elocution Competition for All B.A students on 15th December 2021
- * Conducted School activity NSSM High School ,Ithanagar on 27th December 2021
- * Distributed Fruits & Sweets at Sabari Old age home, Tenali on the Community Development Activity on 19th January 2022.

Department of Economics

- * Conducted Poster making Competition on Environmental Protection on 10th August 2021
- * Conducted School activity NSSM High School, Ithanagar on 27th December 2021
- * Conducted Community Development activity and distributed Sweets and Fruits at Sabari Oldage Home, Tenali on 19th January 2022

Department of Political Science

- * Conducted Poster Making Competition on Environmental Protection on 10th August 2021.
- * Conducted Skit Competition for all students by Anti Ragging , Anti Sexual Harassment Committee on 11th September 2021
- * Conducted Rally and Slogans on Human Rights Day on 10th December 2021
- * Conducted School Activity at MPPS School, Angalakuduru on 25th January 2022
- * Visited Swadar Home and Distributed Notebooks & Pens for Children's on 27th February 2022

Department of Commerce

- * Arranged a work shop on Intellectual Property Rights. The resource person was Dr. P. Sudheer Associate Professor, St. Mary's Group of Institutions, Chebrolu on 8th October 2021.

- * Arranged an online Faculty Development Programme on Intellectual Property Rights on 9th October 2021. The resource person was Mrs. M. Jyothi St. Joseph College for Women, Visakhapatnam.
- * Department of Commerce Organized 7 day training Programme for all Final Degree B.A., B.Com and B.Sc students in 3 Batches from 3rd to 9th February 2022 from 12 PM to 5.30 PM in Collaboration with NISM (National Institute of Securities Markets –An **Financial Education initiatives** of the **SEBI**). The Resource Person was Mr. Chilukuri Vijay Kumar, Managing Director, MUVES Consultancy Services Pvt.Ltd, Vijayawada. 288 students participated in this programme.

Department of Statistics

- * Conducted online competition on Graph Theory on 14th September 2021

Department of Computer Science

- * Conducted Debug Coding Competition Programming in “C” on 14th September, 2021
- * Conducted Drawing Competition in MS-Paint on 22nd January 2022
- * Conducted Puzzle Competition in Computer Words on 28th February 2022

COMMITTEE ACTIVITIES

Cultural Cell

- * Conducted Best out of Waste programme for II & III Degree students on 17th August 2021

- * Conducted Clay Modelling Competition for All Final Degree students on 7th September 2021
- * Conducted a Poster Painting Competition on Impact of COVID-19 on Education on 13th October 2021 at M.B.A seminar Hall for all I Degree Students
- * Conducted Essay Writing Competition for all Degree students on 23rd October 2021.
- * Conducted Singing Competition for I Degree students on 12th November 2021
- * Conducted Singing Competition on Patriotic & folk songs on the occasion of Children’s Day on 14th November 2021
- * Organized Cultural Fest on 28th and 29th January 2022
- * Conducted a Poster Painting Competition on 14th December 2021 for all the Degree students
- * Conducted a Competition on How to brand Advertisement for all Degree students on 24th February 2022

Placement & Career Guidance & Public Relations Cell

I am happy to inform you that 75% of our students got placements in various companies. The minimum monthly salary is Rs 15,000 and the maximum is Rs 30,000 for the selected candidates.

- * 28 students were participated in Infosys Online Examination in Collaboration with APSSDC was held on 3rd October 2021.

- * Organized Graduate Employability Module Programme on Goal Setting by Mrs.UdayaBharathiShrivasthava on 9th October 2021.
- * APSSDC has organized Digital Literacy Workshop by Microsoft Global Skills Initiative on 21st October 2021.
- * Organized a training programme for students on Maintaining LinkedIn account and Profile, Interview skills and applying for jobs online on 29th October 2021.
- * Organized Graduate Employability Module Programme on Taking Time to Know Yourself and Managing Yourself by Mrs.Udaya Bahraini Shrivasthava on 23rd October 2021.
- * Wipro has conducted an Online Examination through CPPR Cell on 29th October 2021. All Final Degree students participated and the placement order has to receive yet.
- * All final Degree students participated in online workshop on Employability skills by APSSDC from 29th October to 10th November 2021.

Red Ribbon Club

- * Conducted Orientation programme for I Degree students on 5th October 2021
- * Organized Health Awareness Programme on 7th October 2021

Consumer Club

- * Conducted an essay writing competition programme on the Consumer Rights and Duties on 16th October, 2021.

AICUF

- * Visited Swadhar Home and delivered a talk on Health and Hygiene by Ms. K. Arunodaya on 4th September 2021.
- * Visited Sub-Jail Tenali and celebrated Semi Christmas with the prisoners on 10th December 2021.

Heritage Club

- * Conducted Essay writing competition on Indian Culture and tradition on 20th October 2021.
- * Conducted Quiz Competition on Indian Heritage and Culture on 15th November 2021.

Eco Club

- * Conducted Essay writing competition on Environmental Protection for all Degree students on 16th September 2021.
- * Conducted Elocution competition on Air Pollution on 11th November 2021.

Youth Red Cross

- * Conducted a Rally on Dengue Fever on 4th July 2021.
- * Distributed Sweets to the Swadhar inmates on 26th July 2021.
- * Distribution of Bicycles to School Children at ZPH School, Kollipara on 8th September 2021.
- * Distributed Soaps to sanitary workers on 6th December 2021.
- * Students participated in taking E-Pledge "to Say Yes to Life No to Drug" against Drug abuse on 12th January 2022.

Women Empowerment Cell

- * Conducted Workshop On Tie And Dye on 4th August 2021
- * Conducted Training Programme on Renovation of Old Garments – Method Demonstration on 28th August 2021
- * Conducted Nutrition Education Programme to ICDS functionaries on 22nd September 2021
- * Participated in Faculty training programme on POSH Act -2013 by Mr. Ratna Kumar, DLSA, Guntur, at ANU Campus, Numbur on 12th December 2021
- * On the occasion of National Girl Child Day, Mrs.P.Hemalatha delivered a talk at ChenchuRamanaidu Municipal High School, Tenali in collaboration with ICDS on 24th January 2022

Anti-Ragging and Anti-sexual Harassment Committee

- * Anti-Ragging conducted Just A Minute (JAM) online competition on 24th August 2020,
- * Conducted a skit competition on Ragging and Violence against Women on 11th August 2021.
- * Conducted a Rally and Essay Writing Competition for all Degree students on Human Rights Day on 10th January 2022.

Faculty Forum

- * Mrs M.Shakeena Kumari, Dept. Of Chemistry delivered a Lecture on Detergents & Soaps on 13th July 2021

- * Mrs K.Bhavani Devi, HoD of Botany delivered a Lecture on Economic Botany on 9th September 2021
- * Dr.P.Bujamma, Department of Zoology gave a Lecture on Know Thyself on 19th February 2022.
- * Ms.M.Gayatri, Lecturer in Physics gave a lecture on Electro Magnetic Induction on 10th March 2022
- * Ms.M.Bhavani delivered a Lecture on Use of Mathematics in Real Life on 14th March 2022
- * Mrs.Ch.Visranthamma HoD of Political Science gave a Lecture on Federalism in India on 17th March 2022.

NCC

- * Distributed B Certificates to III Degree NCC Cadets on 15th July 2021
- * Conducted Clean & Green Programme on 12th August, 2021
- * Conducted Swachha Bharat Abhiyan Programme on 13th August, 2021
- * Ms.P.keerthana participated in NCC Conference for all College ANO's on 2nd September, 2021 at 10(A), Girls BN, Guntur
- * Participated in competition on Firing conducted by the 10(A), Girls BN, Guntur on 8th September, 2021, 5 of our cadets received participation Certificate
- * IGC Section was conducted by the 10(A), Girls BN, Guntur on 28th September, 2021. Three of our cadets got selected

- * Practical Exam for NCC Elective paper was conducted by the 10(A), Girls BN Guntur on 29th September, 2021
- * Plastic Free Awareness Programme was conducted on 6th October, 2021
- * 17 NCC cadets participated in CATC-II Camp from 9th to 18th October, 2021 at ANUCampus Guntur.
- * 1 NCC Cadet participated in AGC Camp from 17th to 26th October, 2021 at Veritas Sainik School, Thirupathi
- * 1 NCC Cadet Participated in Pre RDC Camp-I from 10th to 19th November, 2021 at Bison Ground, Secunderabad.
- * J.Pranayusha III B.A. was selected for Pre RD(Republic Day) camp that was held from 19th to 29th November, 2021 at Anurag University, Ghatkesar, Hyderabad.
- * First Year Degree NCC Cadets selection was conducted and enrolled on 11th November, 2021
- * Celebrated NCC Day on 28th November, 2021, Dr.J.UshaKranthi, ANO was the Chief Guest.
- * 27 NCC Cadets participated in CATC-III Camp from 17th to 23rd November, 2021 at 22(A), BN Tenali at Sree Rama Rural Academy Chilumuru.
- * Conducted Cadre Camp B & C Certificate Examination in our college campus 21st & 22nd January 2022.
- * Cleansed the Statue of Seven Stoopas at Tenali Ranarang Chowk on 4th January 2022
- * NCC Camp was held from 21st January to 22nd February 2022.
- * Conducted 'B' Certificate Programme by 10(A) Girls Commander Sir.Lt.Col R.P Singh for II Degree NCC Cadets in our College on 19th January to 20th January 2022.

NSS

- * Conducted an awareness programme on Precautions and Prevention for COVID-19 on 4th August, 2021
- * Organized Vaccination Drive for the neighbouring Community on 9th August, 2021.
- * Organized Vaccination Drive-II for Staff and Students on 28th August, 2021.
- * Clean and Green Programme in the Campus on 5th October, 2021.
- * Conducted awareness programme on Health and Hygiene on 7th October, 2021.
- * Conducted AIDS awareness programme on 1st December, 2021.
- * NSS volunteers extended their hands to distribute bed sheets for poor people near bus stand on 21st December, 2021.
- * Dr.K.Aruna Sujatha, the NSS Programme Officer attended a District level Training for NSS Programme Officers organized by ANU on 23rd February 2022.
- * NSS volunteers participated in Pulse Polio Programme on 27th February 2022.

Games and Sports

- * ANUIC Volleyball Tournament was held at D.S Govt College, Ongole on 5th and 6th December 2021. J.Pranyusha, III B.A was selected for south zone Inter University tournaments held at Alagappa University.
- * ANUIC Wrestling selections were held at ANU, on 3rd January 2022. K. Sumathi of 2ndB.Sc was selected for All India Inter University Tournaments that was held at BansiLal University.
- * Our College organized ANUIC Handball Tournament on 5th January 2022. Our college secured 3rd place and Sk.Shahina and G.Lalitha were selected for South Zone Inter University Tournaments held at BharathiDarshan University.
- * Our College organized ANUIC Kabadi Tournament on 7th January 2022. 17 teams were participated. J.Pranyusha was selected for Inter University tournaments.
- * ANUIC Softball Tournament was held at ANU Campus on 4th March, 2022. Our college secured 3rd place.
- * ANUIC Kho-Kho Tournament was held at Dhanalakshmi College of Physical Education on 9th and 10th March 2022. From our college K.Meghana 1st B.Com was selected for Inter University Tournament that was held at Kakatiya University.
- * Dr.K.Aruna Sujatha, Lecturer in Physical Education was nominated as Member

of the Selection Committee to select the following Tournaments namely Wrestling, Volleyball, Kho-kho, Handball, Kabaddi, Chess and Softball of Acharya Nagarjuna University Women Teams to participate in the Inter - University Tournaments during the year 2021-22.

Parent Teacher Committee

- * Conducted Parents meet to create awareness about the safety measures to be taken during COVID-19 pandemic on 3rd June 2021.
- * Conducted Parents meet for all Intermediate students on 24th November, 2021.
- * Conducted Parents meet for all Degree students on 17th March 2022.

Hostel Activities

Events like Fresher's Day, Diwali, Christmas, Sankranti, Retirement Function of Hostel Employee Mrs. Ratna kumari and Farewell Party Celebrations and motivational talks and Yoga and Karate practice were organized for the hostellers.

CONCLUSION

I would like to acknowledge and place on record the achievements of the students and staff and express my sincere thanks to all those who have contributed towards making this year a fruitful year and taking forward the vision of the college. I sincerely appreciate the hardwork of IQAC Coordinator Ms. M. Aruna, IQAC members, Deans Dr. S. Uma Mahes-wari, Dr. G. Sudhakar, Controller of Examinations

Dr. P. M. Padmalatha, Heads of the Departments, NCC Officer, NSS Programme Officer, the Director of Physical Education, various Committee members, all teaching and Non-teaching staff, Student Representative, Student Council, College and Class leaders, NCC, NSS & AICUF volunteers and all the students for extending their support for the smooth functioning of the institution.

We are ever grateful to the officials of the University Grants Commission, NAAC, AcharyaNagarjuna University, Andhra Pradesh State Council of Higher Education, Commissionerate of Collegiate Education (CCE), RJD office members, Government of Andhra Pradesh, Sector Skill Council of India, Governing Body, Academic Council, Boards of Studies, and other statutory bodies for their support and encouragement.

I honestly thank our Provincial Superior of Guntur Province Dr.Sr.Tresa K.V.M., members of the Provincial Council, our Correspondent Dr. Sr. Theresamma Gade, and Vice-Principal Sr.Aruna Rani, Community Sisters, Print and Electronic Media, parents, alumnae, well-wishers, benefactors and all other stakeholders for their assistance to run the institution effectively.

I wholeheartedly thank the Academic Committee and the Cultural Committee and all staff members who have worked

hard to make this Annual Day celebration a remarkable one.

We are proud of our prize winners, meritorious students of the Annual Year 2021-22 for bringing laurels to the institution and all the students for joining the celebration. We wish all the success and progress in life ahead.

I would like to conclude with the words of Dr.A.P.J.AbdulKalam, the Former President of India, which captures the essence of lifelong learning- "Learning gives creativity, Creativity leads to thinking, thinking provides knowledge and knowledge makes you great". We look forward to take our institution to new heights believing that the world offers endless possibilities and these possibilities have to be explored with ingenuity, passion, creativity and hardwork.

Thank you

have worked hard to make this Collegeday celebration success.

❖ I appreciate and congratulate all the **prize winners, meritorious students** of the Annual Year 2020-21 for bringing laurels to the institution **and all the participants** for joining the celebration.

We strive forward with the blessings of the Lord to reach the new heights. Thank you. **Stay Safe and Stay Blessed.**
Thank You all.

Dr. Sr. Shiny K.P, Principal

PART - II

ARTICLES

CONVERSATIONS WITH THE UNSEEN FOE: A DIALOGUE WITH CORONA VIRUS

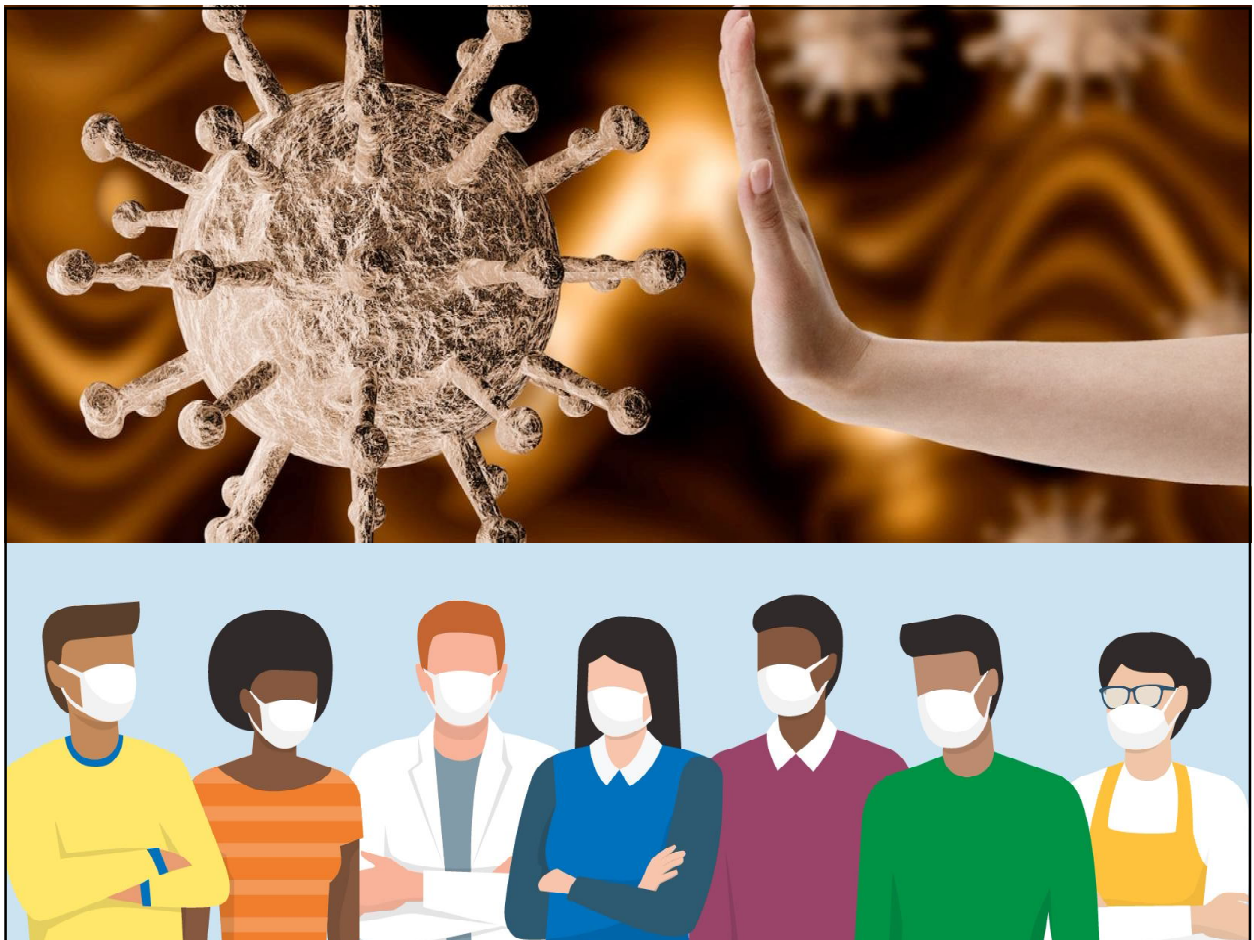
Human : (Sighs) Oh, it's you again, Coronavirus.

Corona virus : Hey there! Missed me?

Human : Not one bit. You've caused so much trouble in the past couple of years.

Corona virus : Well, you know, I'm just doing my thing. I can't help it.

Human : But you've infected millions of people and caused so much suffering.



Corona virus : I don't discriminate, you know. I'll infect anyone I can.

Human : That's the problem! You don't care about age, race, or anything. You're an equal-opportunity troublemaker.

Corona virus : (Shrugs) I'm just trying to survive and replicate. Can't blame me for that.

Human : But look at the havoc you've caused. People have lost their jobs, businesses have closed, and so many have died.

Corona virus : I didn't ask for all that. It's not my fault humans didn't take me seriously at first.

Human : Well, you certainly made us take notice. We've had to change our way of life, wear masks, and social distance.

Corona virus : Adaptation is a good thing, right? Survival of the fittest?

Human : (Annoyed) You and your Darwinian principles. But you've also shown us the importance of science and global cooperation.

Corona virus : See? I'm not all bad.

Human : (Sighs) I suppose you've reminded us that we're all connected, and we need to take care of each other.

Corona virus : Exactly. Maybe one day, you'll even thank me.

Human : (Rolls eyes) Let's not get carried away. But I hope we've learned our lesson about preparedness and taking care of the planet.

Corona virus: That's the spirit! Now, if you'll excuse me, I have more hosts to find.

Human : (Watches Coronavirus disappear) Just remember, we'll be ready for you next time.

- Dr. Sr. Shiny K.P.

Principal

NAVIGATING THE NEW NORMAL: THE IMPACT OF COVID - 19 ON STUDENTS RETURNING TO COLLEGE 2021-22

Introduction:

As the world cautiously reopened offices, schools, and colleges during the 2021-22 academic year, it did so with a unique set of challenges. The lingering impact of the COVID-19 pandemic continued to shape the way students returned to their college campuses, altering their academic and social experiences. In this article, we will explore the profound impact of COVID-19 on students' return to colleges and the measures taken to adapt to the "new normal."

The Emotional Transition:

Returning to college after the extended hiatus brought with it a range of emotions. Students grappled with a mix of excitement, anxiety, and uncertainty. The abrupt shift to online learning during the previous year had disrupted traditional routines, and many had to reacquaint themselves with in-person classes and social interactions.

Academic Adaptations:

The pandemic accelerated the adoption of technology in education. Online learning tools and platforms became integral to the academic experience, requiring students to adapt to new modes of learning, time management, and the challenges of reduced in-person interactions with professors.

Social and Mental Well-being:

The return to campus life also raised concerns about mental well-being. The isolation experienced during the pandemic had taken a toll on many students' mental health. Colleges and universities implemented various support services and resources to help students cope with these challenges. Additionally, students were encouraged to prioritize self-care and engage in open dialogues about their emotional well-being.

Adherence to Health and Safety Protocols:

The pandemic wasn't over, and the return to campuses meant that students and institutions had **to continue adhering to strict health and safety protocols. Mask-wearing, social distancing and vaccination campaigns were a part of daily life on college campuses to ensure the safety of the college community and mitigate the spread of the virus.**

Conclusion:

The return to college in the 2021-22 academic year was marked by resilience and adaptation. Students, faculty, and institutions demonstrated their ability to respond to unprecedented challenges, serving as a catalyst for innovative approaches to education and a renewed focus on mental well-being.

- Dr. Sarojini, Leture in the department of Zoology

HUMAN RIGHTS AND CHILDREN : A CASE STUDY OF INDIA

India, a nation known for its democratic ideals and diverse population, has made significant strides in protecting human rights, particularly those of children. However, it is crucial to examine the actual state of children's rights in India.

Challenges in Education: Despite seven decades of independence, India struggles to provide quality education to its children. The right to education is fundamental, yet the system falls short. An Annual Status of Education Report (ASER) from 2016 revealed that only 42.5% of third-grade students could read at the first-grade level, and just 73.1% of eighth-grade students could read at the second-grade level. Child marriages, often driven by poverty and a lack of awareness, lead to the squandering of valuable human potential.

Limited Freedom in Education: Children's right to choose their education path is frequently overshadowed by parental and societal expectations. Students often pursue education to fulfill the desires of their elders, indicating a lack of freedom in educational choices. Prestige of institutions often determines what children study, undermining their rights.

Torture and Lack of Freedom: Child torture is alarmingly prevalent in India. Children are denied the freedom to sleep, play, or express themselves as they wish. Many children are subjected to menial jobs or even forced to beg, with instances of sexual abuse and physical torture among domestic workers reported.

Child Trafficking and Exploitation: Child trafficking is a grave violation of human rights. Minor girls are often procured, sold, and bought for prostitution. The National Crime Records Bureau (NCRB) reported a disturbing increase in child trafficking cases in 2015. Child mortality rates, neonatal causes, pneumonia, and malnutrition remain significant health challenges.

Slavery and Forced Recruitment: India ranks among the top countries affected by slavery, with millions of men, women, and children engaged in forced labor. Some children are even recruited by armed forces and extremist groups. Child homelessness and their involvement in the informal economy further exacerbate their plight.

In conclusion, the status of children's rights in India raises significant concerns, from child trafficking to limited educational freedom, health challenges, and widespread slavery. Governments, non-governmental organizations, and civil society must address these issues to safeguard the rights and well-being of Indian children.

References:

1. National Crime Records Bureau (NCRB) reports
2. Annual Report of the Department of Health and Family Welfare (2015-16)
3. World Health Organization (WHO) Report (2012)
4. United Nations Population Fund reports
5. Reports from international organizations like Human Rights Watch

- Dr. V. Sumalatha

Lecturer in the Department of Chemistry



THE EVERLASTING BONDS OF PARENTAL LOVE



Parents play a vital role in shaping the physical, mental, social, financial, and career development of their children. They are truly a precious gift in our lives, offering guidance and support through life's challenges and changes.

The term "parents" carries with it a profound sense of care and responsibility. We are fortunate to

have loving and caring parents, who serve as the solid pillars of our lives. They impart valuable life lessons, steering us down the right path, and they strive to fulfill our needs and wishes because of their deep love for us.

Parents have high hopes for their children, always wishing for them to excel. A recent story that I came across raised some compelling questions in my mind.

One day, an elderly woman sat behind her son while he was working in his office. She noticed a gopher sitting on the window sill. She asked her son, "What is that, son?" He replied, "It's a gopher." After half an hour, she asked the same question again, to which he gave the same response. However, when she asked the question a third time, he responded with irritation and frustration, exclaiming, "Can't you understand it's a gopher? Why do you keep asking the same question?" His mother felt deeply hurt but chose to remain silent. She simply stood up, said, "Sorry," and walked away.

Later, she asked her son to sit beside her and shared a story about a 5-year-old boy. This little boy played while his mother worked in the kitchen. A bird landed on the window, and he repeatedly asked his mother, "What is that, Mom?" She patiently and sweetly responded each time, "It's a bird." She kissed his forehead to appreciate his innocence and his need for her attention. The mother told her son that he was that same innocent and sweet boy, who had received a good education and achieved success in life, thanks to his mother's hard work and love. She reminded him that he had forgotten how to treat his loving mother with kindness, just like that little boy who hadn't hurt her with his innocent questions.

This story serves as a reminder that we should always respect and care for our aging parents and grandparents. The love, sacrifices, and support they have provided us throughout our lives should be repaid when the time comes. There is nothing greater than the love of a mother and the care of a father.

- Ms. G. Naveena

Lecturer in the Department of Home Science

THE DIGITAL DILEMMA : UNVEILING THE IMPACT OF SOCIAL MEDIA ON YOUTH

In the age of digital connectivity, social media platforms have emerged as a dominant force, reshaping the way people interact, share, and communicate across the globe. These online networks, ranging from Facebook and Twitter to WhatsApp and Snapchat, have revolutionized the way we engage with each other. While almost everyone is connected to at least one social media platform, it is the youth and teenagers who are often the most ardent users, integrating social networking into nearly every aspect of their lives, from classrooms to places of worship.

The Positive Aspects of Social Media :

Global Connectivity: Social media transcends geographical boundaries, fostering connections across the world.



Automation: It simplifies various aspects of our lives by automating tasks and providing convenient solutions.

Self-Expression: Social media empowers the youth to express themselves, enhancing self-confidence.

Inspiration: It offers a wealth of inspirational stories, movies, and documentaries.

Educational Opportunities: Social media serves as a platform for education and learning.

The Negative Impacts of Social Media:

Mental Health: Excessive use of social media can negatively impact the mental health of the youth.

Violent Behaviors: Some studies suggest a link between social media and violent behaviors among young users.

Reduced Physical Activity: Prolonged screen time is associated with poor academic performance, sleep deprivation, and reduced physical activity.

Health and Developmental Issues: Excessive social media usage may lead to various health and developmental problems.

Fake News and Biased Information: Social platforms can be breeding grounds for the spread of biased information and fake news.

Despite the potential negative consequences, social media does not have to be a cause for alarm. By instilling good digital etiquette and fostering open discussions about online safety, we can help keep our youth safe in the digital realm. The key is to strike a balance between the advantages and pitfalls of social media to ensure its positive impacts outweigh the negative ones.

- Dr. Uma Maheswari

HoD of Maths Department

NURTURING AGRICULTURAL GROWTH : ANALYZING SOIL ORGANIC CARBON

Introduction: In recent decades, India has witnessed a rapid increase in agricultural production, primarily attributed to the Green Revolution and the widespread use of chemical fertilizers and hybrid seeds. However, in recent times, a decline in agricultural productivity has become evident, despite continued reliance on chemical inputs. This decrease can be attributed to the diminishing levels of organic carbon in our soils. Organic carbon plays a crucial role in soil structure, as it contributes to its amorphous and porous nature, facilitating efficient nutrient uptake by plants. Earthworms play a vital role in soil pulverization and nutrient enrichment, and their population is directly influenced by the organic carbon content in the soil.

Sample Collection: To analyze organic carbon content in soil, samples are collected systematically from various fields. In each field (2-3 acres), seven samples are collected



in a Z-shaped pattern. A small hole ($\frac{1}{2}$ feet by $\frac{1}{2}$ feet) is dug at each collection point, and the soil is carefully collected from these holes. Approximately 500 grams of soil is obtained from each hole, and all seven samples are mixed together and stored in a polythene bag. These samples are then ground and sieved through a 72-mesh sieve for organic carbon analysis.

Experiment: One gram of the soil sample is taken in a hard glass test tube. To this, 2 ml of 1N potassium dichromate ($K_2Cr_2O_7$) solution and 2 ml of concentrated H_2SO_4 are added. The test tube is shaken well and left to stand for 30 minutes. The color of the soil sample in the test tube is observed. Based on this color, the quantity of organic carbon in the soil sample is determined.

Result (Organic Carbon Ranges):

- * Light yellow - Very low (< 0.3)
- * Yellow - Low (0.3-0.5)
- * Orange - Medium (0.5-0.75)
- * Olive green - High (0.75-1.0)
- * Bluish green - Very High (> 1.0)

Conclusion: The analysis of soil samples collected from various farmers' fields indicates varying levels of organic carbon content. Farmers with low organic carbon levels should consider applying at least 1 ton of organic manure per acre. Those with medium levels can opt for $\frac{1}{2}$ ton of organic manure per acre, while those with high levels can apply one or two quintals of organic manure per acre. Organic manure enhances the organic carbon content in the soil, making it nutrient-rich and porous, which, in turn, boosts nutrient absorption by plants. Despite the use of chemical fertilizers, plants are unable to efficiently absorb nutrients from the soil, resulting in reduced agricultural yields. Hence, the application of organic manure is vital to enhance organic carbon levels and improve agricultural production.

- Mrs. M. Shakeena Kumari

Lecturer in the Department of Chemistry

A YEAR OF CHALLENGES AND HOPE

In the year twenty-one-twenty-two,
Colleges opened life anew.
Yet fear still lingered, ever near,
A world in chaos, far from clear.



Through masks we spoke, with cautious eyes,
As COVID's shadow touched the skies.
But hope remained, a guiding star,
We stood together, near and far.

In midst of trials, we found our grace,
With strength and love, we'd win the race.
Though fear was present, courage too,
In twenty-one-twenty-two, we grew.

The year of challenge, lessons learned,
In unity, our spirits burned.
And as we faced the darkest night,
We knew that we would see the light.



- **B. Kavya**, IIInd B.Sc CBZ

THE ENIGMATIC BEAUTY OF NATURE



Nature envelops us, an irresistible force, both nurturing and impenetrable. She cradles us in her ceaseless dance, twirling us until we're spent, and then gently releasing us.

In her endless creativity, she sculpts new forms and breathes life into the old. Everything is and yet transformed. She surrounds us, speaks to us, guides our actions, but her essence remains elusive.

Nature appears to seek individuality, yet she's indifferent to individuals. She constructs and dismantles, yet her workshop is concealed. Her artistry knows no bounds, each creation unique, each phenomenon distinctive, yet all harmoniously intertwined.

She orchestrates a grand spectacle, perhaps only for herself, yet her performance is for us. Life, growth, and change course through her, relentless, and perpetually advancing. Rest is alien to her; she thrives on perpetual motion. She contemplates, not as a person, but as Nature, conceiving ideas beyond our grasp.

Humanity resides within her, and she within us. She plays a game with us, a game of love, delighting in our victories. Her moves are often clandestine, ending before we realize. Even in the most unnatural, her essence is present. Only those who see her everywhere understand her.

She adores herself, her countless eyes and affections fixed upon us. She divides herself to be her own delight, endowing us with ever-new capacities for joy. She revels in illusion, chastising those who shatter it, embracing those who follow her faithfully.

Her children are countless, each with a unique place in her heart. She blesses some with abundance, making great sacrifices for her favorites, while guarding the shield over greatness.

Nature births her creatures from nothingness, withholding the knowledge of their origin and destination. Her mechanism, with a few eternal springs, never wears out.

The spectacle of nature never grows old, as she continually renews her audience. Life is her finest creation, death her masterstroke to ensure an abundance of life.

She veils us in darkness, igniting our longing for light. She binds us to the earth, awakening our desire to explore. Her wisdom is boundless, and her teachings invaluable.

We must protect our mother, our nature, our haven. Nature offers us wisdom, solace, and beauty. Let us cherish her, preserve her, and draw inspiration from her.

Nature, the source of life and knowledge, teaches us profound lessons. Let us tread softly upon the earth, for nature is our mother and our heaven.

- **B. Keerthi Soujanya**, II B.Sc., (CBZ)



HYDRATION : THE LIFELINE FOR YOUR BODY

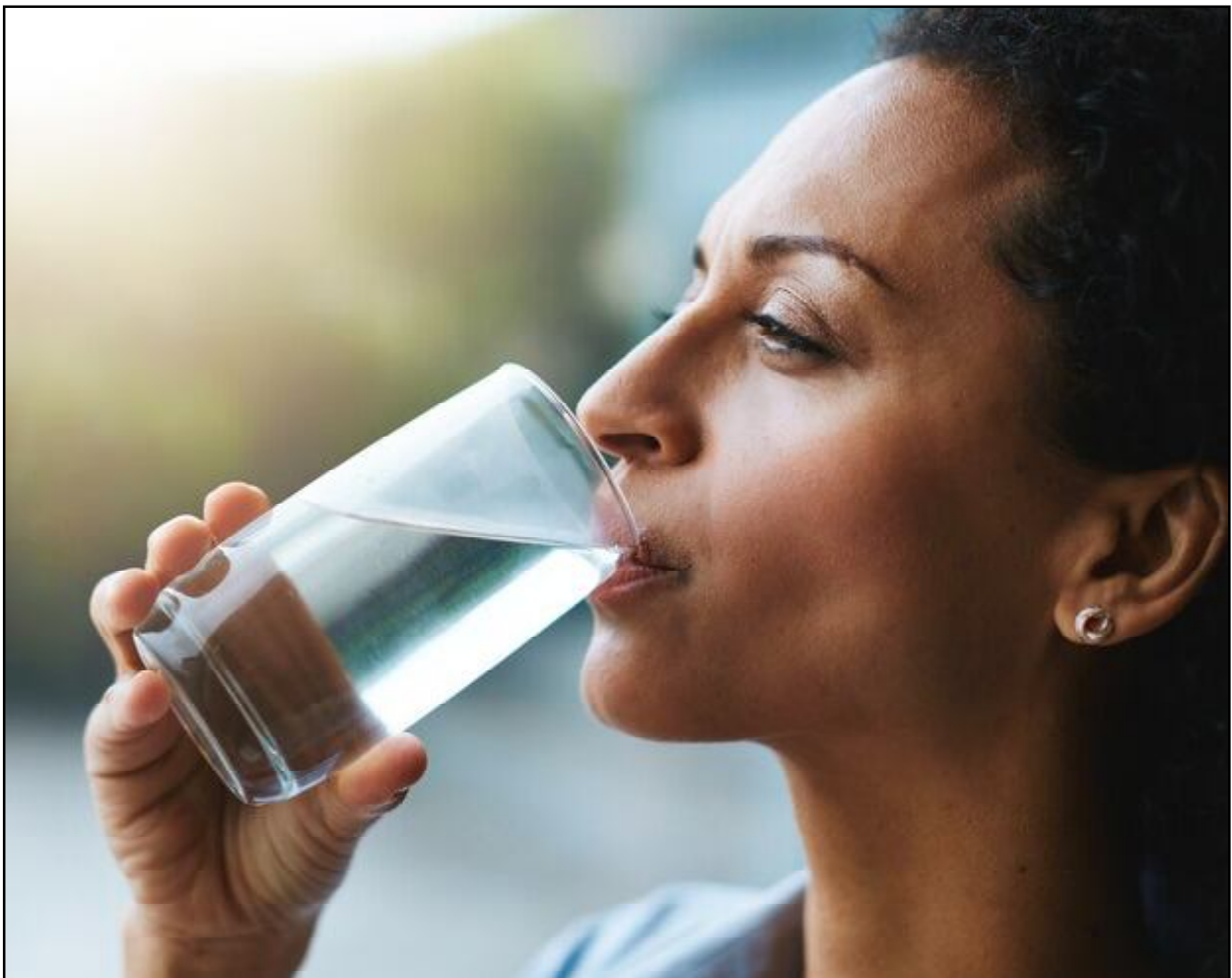
Water is not just essential; it's the life force that keeps your body functioning optimally. It plays multiple vital roles within your body, ensuring your well-being and vitality.

Water in Every Cell: Water is the universal traveler within your body. It delivers nutrients, oxygen, and eliminates waste, ensuring your cells and organs function at their best.

Cooling System: Your body relies on water to regulate its temperature. It's your natural coolant system, keeping you from overheating.

Joint Cushion and Protector: Water acts as a cushion for your joints, safeguarding your tissues and organs from shocks and damage.

Lubrication and Digestion: It's a natural lubricant for your joints, mouth, and digestive system. Water's presence in saliva, mucus, and other bodily fluids is pivotal for digestion and food absorption.



Weight Management: Maintaining a healthy weight becomes easier when you're well-hydrated. Water helps control your appetite, keeping you from overindulging.

Your body loses 2-3 quarts (8-12 cups) of water daily through sweat, urination, and evaporation. This loss can increase when you exercise, stay in hot, low-humidity conditions, consume high-fiber diets, or drink caffeinated or alcoholic beverages. To keep your body healthy and prevent heat-related issues, aim for 8-10 cups of water each day.

Fun Fact: Water has zero calories! It's convenient, mess-free, won't stain your clothes, and is refreshingly pure.

Stay Hydrated:

- * Drink plain water with a twist of lemon or lime.
- * Opt for non-calorie or low-calorie flavored water.
- * Choose fruits and vegetables with high water content: cucumbers, watermelon, and more.
- * Include non-fat milk in your diet.
- * Create a sparkling, low-calorie drink by mixing seltzer with a small amount of 100% fruit juice.
- * Blend ice and fruit for a delicious slushy treat.
- * Select decaffeinated beverages since caffeine is a diuretic.
- * Always have a water bottle on hand, wherever you go.
- * When dining out, remember to ask for water.

Final Tip : Don't wait until you're thirsty to drink water; you might already be mildly dehydrated. Thirst is your body's way of telling you it needs hydration. Stay ahead by drinking water before you feel parched and keep your body in peak condition.

Drink water regularly, and embrace a healthier you!



- **B. Venkayamma**, IInd B.Sc. (MPCs)



THE JOURNEY TO PSYCHOLOGICAL MATURITY

In psychology, maturity is more than just a measure of age. It encompasses a profound level of psychological functioning that goes beyond the mere passage of years. While instruments like the Wechsler Intelligence Scale for Children can help quantify cognitive development, psychological maturity delves deeper.

One aspect of maturity involves the integration of personality. This intricate process harmonizes a person's behavioral patterns, motives, and traits, fostering effective cooperation among them. The goal is to create a cohesive, organized whole where motives align to give life a clear purpose. In essence, maturity is about bringing the various facets of one's self into meaningful unity.

Adult development and maturity theories underline the concept of having a purpose in life. True maturity hinges on a deep understanding of life's purpose and the intentional pursuit of that purpose. This contributes to a profound sense of life's meaning. Maturity also comes with a distinct shift away from the need for constant guardianship and the oversight of adults in decision-making.

As we journey through life, we transition from dependence to independence, finally reaching a state of autonomy and self-determination. Maturity marks the point at which we take the reins of our lives, guided by a clear sense of purpose. It is a state where our actions are driven by our internal compass, leading us towards a meaningful and fulfilling existence.



- **Ch. Purna Chandrika**, 1st Inter (MPC)

CONQUERING HARDSHIPS ON THE PATH TO VICTORY

Once in a small town, seven boys embarked on a remarkable journey to success. Among them was a middle-class boy, a topper in class who harbored a dream of becoming a singer. His path was marked with taunts of 'ugly' and jeers from friends. Another was an ardent music enthusiast, while the third, although passionate about music, faced parental pressure to focus on studies.

In this group, there was a fantastic dancer with a keen interest in singing and dancing, a lovable boy nicknamed 'pig' due to his physique, and a sixth boy whose family were farmers, leading to societal betrayals. The seventh was a multi-talented all-rounder.

Initially scattered, their lives converged when they were trained as professional singers and later offered an opportunity to work as a team. On July 6, 2013, they officially formed a boy band. Starting humbly, they gave away free concert tickets, hoping for viewers.

Initially, the fourth boy struggled to gain a single fan. Overwhelmed, he contemplated leaving the group but was convinced to stay. The sixth boy's mother transformed his simple clothes into fashionable ones, aiming to help him gain acceptance.



However, their journey was not without its hardships. The third boy endured a shoulder injury, which prevented him from performing for three months. This separation was agonizing. Tragically, he even attempted suicide, but the other members rallied to pull him out of his depression.

In 2017, they faced a crisis that nearly disbanded them. Despite this, they persevered. Through sheer hard work and resilience, they rose to become the world's number one boy band, triumphing over renowned artists and even claiming the Grammy Awards in 2021.

Their story serves as a powerful inspiration to everyone. Chart-topping music has the power to inspire and uplift countless individuals, offering a source of solace and strength in the battle against depression. The journey of these musicians is a testament to the belief that unwavering dedication, teamwork, and hard work can lead to triumph.

Moral : Unyielding dedication coupled with relentless hard work paves the path to the pinnacle of success. Effective teamwork and coordination are the keys to certain achievement.



- D. Mounika, B. Sc. (CBZ)

LOVE YOUR ESSENCE

Release the expectations that hold you tight
Reveal the miracles within your light.
Cherish your uniqueness, let it bloom,
Follow your dreams, banish the gloom.

Surrender to life, let the river flow,
Listen to your spirit, let your inner self glow.
Comprehend others with empathy's art,
Renew, rejuvenate, and let joy fill your heart.

Nurture body, mind, and the depths of your soul,
Speak your truth, make your being whole.
Love people and nature, in their embrace,
Feel the divine love, a special kind of grace.



- K. Subhashini
IInd B.Com.(Gen.)

ENHANCING PERSONALITY THROUGH LIFE SKILLS

Personality development also includes crafting a positive self-image, as how you perceive and present yourself significantly impacts the impressions you leave on others. Developing self-confidence, grooming, and maintaining a positive self-image plays a pivotal role in building a strong and enduring personality.

Life Skills Concept: Life skills are abilities that empower individuals to tackle daily life's demands effectively.



There are ten core life skills that contribute to personality development:

- ❖ **Self-awareness:** Understand yourself, your strengths, weaknesses, desires, and skills. It's crucial for a positive attitude.
- ❖ **Empathy:** Apply empathy in relationships to resolve conflicts and improve the quality of life.
- ❖ **Critical thinking:** Analyze information objectively to assess factors that influence attitudes and behavior.
- ❖ **Creative thinking:** Generate new ideas by recombining existing ones, fostering adaptability.
- ❖ **Effective communication:** Express yourself verbally and non-verbally, adhering to cultural norms.
- ❖ **Problem-solving skills:** Tackle life's problems constructively.
- ❖ **Decision making:** Choose from various options based on knowledge, considering consequences.
- ❖ **Interpersonal relationships:** Establish positive relationships, nurturing friendly interactions.
- ❖ **Coping with emotions:** Recognize and respond to emotions appropriately.
- ❖ **Coping with stress:** Identify stress sources, understand their effects, and manage stress through lifestyle changes and relaxation techniques.



- E. Sravya, IInd B.Sc. (MPCs)





UNLOCKING THE POWER OF MOBILE PHONES : IMPACT ON YOUTH AND EDUCATION

Mobile phones have undoubtedly revolutionized how young people interact, both socially and academically. They provide convenience by offering instant access to information and technology, helping students stay organized and connected. Furthermore, these devices have become indispensable in adapting to the modern world, preparing students for the digital age.

However, it's essential to be mindful of the negative effects mobile phones can have on students. They can be significant sources of distraction, potentially impacting academic performance. Moreover, prolonged usage may pose health risks, and the prevalence of issues like cyberbullying and academic dishonesty is a growing concern.

In conclusion, the impact of mobile phones on youth is profound, shaping their relationships, families, and schools. To maximize the benefits and minimize the drawbacks, a balanced approach is necessary. Young people must be educated about responsible mobile phone use, and schools and families should work together to create a safe and conducive environment for learning and growth in this digital age.



- **G. Anjali**, IInd B.Sc. (MPCs)



REVOLUTIONIZING EDUCATION : A GLIMPSE INTO THE POST-PANDEMIC ERA

The post-pandemic period has ushered in a new era for education, one that continues to evolve as we adapt to a transformed world. While the challenges have been significant, the resilience and innovation within the education system have been remarkable. Here, we explore fresh insights into the post-pandemic effects on education.

Hybrid Learning: The Enduring Education Model: The pandemic accelerated the adoption of hybrid learning models, combining in-person and online education. This approach offers flexibility, enabling students to access resources and interact with educators, regardless of their location. It also promotes personalized learning, allowing students to progress at their own pace.

Digital Literacy as a Core Skill: The digital divide became glaringly apparent during the pandemic. In response, there's been a concerted effort to improve digital literacy among students. Ensuring that all students have the skills to navigate the digital world is now a top priority.

Global Collaboration: The pandemic demonstrated that challenges like a global health crisis require global solutions. Students worldwide engaged in collaborative projects, connecting with peers from different countries. This cross-cultural collaboration fosters a deeper understanding of global issues and cultural diversity.

Emphasis on Well-being: The mental health impact of the pandemic has highlighted the need for a stronger focus on well-being. Schools now prioritize emotional and mental health, with counselors and well-being programs becoming integral to the education experience.

Re-thinking Assessment: The traditional examination-focused assessment has come under scrutiny. Many educators are moving towards alternative assessment methods, like project-based evaluations and continuous assessment. These methods provide a more holistic view of a student's abilities.

Inclusivity and Accessibility: The pandemic exposed inequalities in access to education. This has driven efforts to make education more inclusive and accessible to all, including those with disabilities. Schools are investing in assistive technologies and creating content that accommodates diverse learning needs.

Education Technology Innovation: EdTech has made great strides. Augmented and virtual reality, AI-powered tutors, and gamified learning platforms are changing the way students interact with educational content. These technologies enhance engagement and deepen understanding.

Parent-School Collaboration: The pandemic brought parents closer to their children's education. This shift has sparked greater collaboration between parents and schools. Parents are more actively involved in their child's learning journey.

Sustainable Education: The environmental impact of traditional education is under scrutiny. Schools are adopting eco-friendly practices, from reducing paper use to incorporating environmental education into the curriculum.

Life Skills Emphasis: Beyond academics, there's a growing emphasis on teaching life skills such as problem-solving, critical thinking, and emotional intelligence. These skills are considered essential for success in the post-pandemic world.

In conclusion, the post-pandemic era is a period of transformation and adaptation for the education system. The insights gained during this time have paved the way for a more flexible, inclusive, and technology-driven approach to learning. As we navigate this new landscape, it's clear that the education system is evolving to better prepare students for the challenges and opportunities of the future.



- **G. Manasa**, IInd B.Com. (Comp.)

UNLOCKING THE POWER OF SPORTS AND FITNESS FOR A HEALTHY LIFE



In today's fast-paced world, achieving and maintaining good health has become a top priority. With the rise of sedentary lifestyles and the increasing prevalence of chronic diseases, it's more important than ever to incorporate sports and fitness into our daily routines. Engaging in physical activities not only boosts physical health but also has a significant impact on mental well-being.

The Physical Benefits of Sports and Fitness: Regular exercise offers a multitude of physical health benefits. It enhances cardiovascular health, lowers the risk of obesity, and improves muscular strength. Exercise also plays a pivotal role in regulating blood pressure, reducing the risk of type 2 diabetes, and maintaining healthy bones and joints.



Boosting Mental Health: Physical activity doesn't only benefit the body; it's equally essential for mental health. Engaging in sports and fitness activities helps reduce stress, anxiety, and depression. The release of endorphins during exercise contributes to an overall sense of well-being. Whether it's going for a jog, hitting the gym, or practicing yoga, exercise can be a great stress-reliever.

Building Strong Social Connections: Many sports are team-based, offering the opportunity to build strong social connections. Being part of a sports team promotes teamwork, communication, and cooperation. Friendships forged on the field or in the gym often extend into other areas of life, providing a robust support network.

Enhancing Cognitive Function: Physical activity isn't just about working up a sweat. It's also a workout for the brain. Engaging in sports and fitness activities enhances cognitive function. It sharpens memory, improves concentration, and increases creativity. Regular exercise has been linked to a lower risk of cognitive decline in later life.

Setting Achievable Goals: Sports and fitness are a fantastic way to set and achieve goals. Whether it's running your first 5K, mastering a new yoga pose, or improving your tennis serve, these milestones provide a sense of accomplishment that can spill over into other areas of life.

Embracing a Balanced Lifestyle: A healthy lifestyle is a combination of good nutrition, adequate rest, and regular exercise. Sports and fitness activities can be a motivating factor for adopting a balanced lifestyle. When you invest in your physical health, you're more likely to make healthier choices in other aspects of life.

Making it a Habit: Creating a habit is essential for reaping the long-term benefits of sports and fitness. To enjoy the long-term benefits of sports and fitness, it's important to make it a habit. Incorporate physical activity into your daily or weekly routine. It might be a 30-minute walk in the park, a weekly game of basketball, or morning yoga sessions. The key is consistency.

In conclusion, sports and fitness aren't just about building a strong body; they're about nurturing a healthy mind, developing social bonds, and fostering a balanced lifestyle. By prioritizing sports and fitness in your life, you can unlock the path to good health and happiness. So, grab your running shoes or your yoga mat and start your journey toward a healthier and more fulfilling life today.



- **G. Vijaya**, IInd B.Sc. (CBZ)

అమ్మ

అమ్మ అంటే ఒక పదం కాదు.

ఒక ప్రకృతి బిడ్డకు జన్మనిచ్చే అవకాశం ఉంది అంటే అది అమ్మకు మాత్రమే

తన జీవితం మొత్తం కుటుంబానికి అంకితం చేసేది అమ్మ

తనకు ఎన్ని కోరికలు ఉన్న తన కుటుంబం కోసం త్యాగం చేసేది అమ్మ

తను తినకపోయినా కుటుంబానికి కడుపు నిండా పెడుతుంది

మనం తప్పు చేసిన అర్థం చేసుకుని క్షమించేది అమ్మ మాత్రమే

తనకి అనారోగ్యంగా ఉన్నా చెప్పదు ఎవరికీ ఏ అవసరం ఉన్నా చూసేది

ఏ ఆపద రానికుండా చూసుకునేదే అమ్మ

అలాంటి తల్లి విలువ తెలుసుకోకుండా వాళ్ళని అనాధాశ్రమంలో వదిలేస్తున్నారు.

అలా చేయకూడదు తల్లి మనల్ని ఎంత ప్రేమగా చూసుకున్నదో

అంతకు మించి మన తల్లిని చూసుకోవాలి అనేదే నా ఈ కోరిక.

ప్రపంచంలో స్వచ్ఛమైన ప్రేమ మాత్రం అమ్మది మాత్రమే.



- K. Gopika , 1st B.Com.



జె.ఎం.జె. తల్లి

ఒక సంధ్యావేళలో అనుకొని సందర్భంలో నీ చెంతకి చేరాను, కన్నతల్లిలా అక్కణ్ణ హాస్టల్లో చేర్చుకున్నావు. అడుగులు వేస్తూ తడబడినప్పుడు వెన్నుతట్టి తరగతి గదులు వరకు నడిపించావు. గోరుముద్దలాంటి పాటలు నేర్పావు తప్పటడుగుల నుండి ప్రారంభం అయిన నా అడుగులతో కళాశాల వరకు నడిపించావు, నా కన్నతల్లి నన్ను తొమ్మిది నెలలు మోస్తే నన్ను పెంచిన నువ్వు మాత్రం మూడు సంవత్సరాలు చదివించావు. నా కన్నతల్లి నాకు మాటలు నేర్పితే ఆ మాటలను మరోతల్లిలాంటి నువ్వు అక్షరరూపంలో దిద్దావు. నీలిఆకాశం లాంటివాటిలో నుండి వర్షం లాంటి చదువును మాపై కురిపించి వెలుగులో వేగంగా పరిగెత్తే విద్యను చుక్కలులా మమ్ములను స్థార్లుగా తయారుచేశావు. ఆలయం లాంటి ఈ కళాశాలలో అద్భుతంమైనటువంటి అధ్యాపకులను మాకు ఇచ్చావు. స్పందించలేని మా మనసులను స్పందనలు స్పందించేలా చేశావు. స్ఫూర్తిలేని మా జీవితాల్లో ఎన్నో గొప్ప స్ఫూర్తులను నింపావు. నీ దగ్గర ఆడిన ఆటలు, పాడిన పాటలు, వేసిన డాన్సులు, నాటకాలు, అన్నిటినీ కలిపి కనులపండుగలా చేసి కంటికి ఆహ్లాదాన్ని, మనసుకు ఎంతో ఆనందాన్ని, తల్లి ముసిముసి నవ్వులాంటి ఎన్నో మధురానుభూతులను ఇచ్చావు.



మా పసి మనసులు చూసి కన్నతల్లిలా చేతులు చాచి, నీ కౌగిలిలో చేర్చుకున్నావు. ఎంత దూరం వెళ్ళినా నీ జ్ఞాపకాలే గుర్తొస్తున్నాయి. ఎక్కడ చూసినా నీ గుర్తులే కనిపిస్తున్నాయి. ఏమి విన్న నీ అలజడలే వినిపిస్తున్నాయి. ఒకరోజు నీ వడిని వదిలి వెళ్ళడానికి బిక్కుబిక్కుమంటూ రోదిస్తున్నాను. నీ చెంతకు కన్నీటితో ప్రారంభమైన నా ప్రయాణం అదే కన్నీటిరూపంలో ఉన్నటువంటి ఆనందభాష్యాలతో ముగుస్తున్నాను. సృష్టికి ప్రతిరూపం అమ్మ. నీ దగ్గర మూడు సంవత్సరాలు విద్యాభ్యాసం చేసినందుకు చాలు తల్లి ఈ జన్మ జీవితం నీ వడిలో ఉండలేకపోయినా జీవితాంతం నీకు ఋణపడి ఉంటాను.



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రాయంచ హాస

చెలి పువ్వులెందుకు నీ నవ్వులుండగా

మల్లెలెందుకు నీ మనసే ఉండగా.....

కలువలెందుకు నీ కన్నులుండగా.....

మెరుపులెందుకు నీ సోగాస్సుండగా.....

కోకిల పాటేందుకు నీ మధురస్వరముండగా.....

పండువెన్నెలెందుకు నీ కళ్ళలో వెలుగు ఉండగా

చందమామ ఎందుకు చంద్రబింబం వంటి నీ మోహం ఉండగా

తారలెందుకు నీ మేనిమెరుపు ఉండగా

చల్లని గాలి ఎందుకు చల్లని నీ చూపు ఉండగా

సెలయేరు గలగలలెందుకు నీ గాజుల గలగలలుండగా

హరివిల్లు ఎందుకు నీ కనుబోమ్మలుండగా

ముత్యాలెందుకు నీ మెరిసే పళ్ళు వరున ఉండగా

నల్లనిమబ్బులెందుకు నీ నీలికురులుండగా

నెలవంక ఎందుకు నీ నడువంపుఉండగా

చామంతులేందుకు నీ ఎర్రటిపెదాలు ఉండగా.....

తామరతుడులెందుకు నీ కోమలమైన వేళ్ళు ఉండగా

సంపెంగలెందుకు నీ సన్నటి నాసిక ఉండగా

శంఖంమెందుకు నీ పొడవాటి మెడ ఉండగా

రాయంచహాసలెందుకు నీ చక్కటి నడక ఉండగా

వెచ్చటి భానుడి కిరణాలెందుకు నీ నులివెచ్చటి స్వర్ణ ఉండగా

భూతలస్వర్ణమెందుకు నీవు నా చెంత ఉండగా



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అమ్మ

అమితమైన ప్రేమ అమ్మ

అంతులేని అనురాగం అమ్మ....

అలుపెరగని ఓర్పు అమ్మ....

అద్భుతమైన స్నేహం అమ్మ....

అపురూపమైన కావ్యం అమ్మ....

అరుదైన రూపం అమ్మ....

మాటలకు అందని అమ్మ గురించి ఎంత చెప్పినా తక్కువే.

పొత్తుళ్ళలో పసికందును చూసి ప్రసవవేదన మరచిపోయేది అమ్మ.

బ్రహ్మ సృష్టించిన వాటిలో అమ్మను మించిన అపురూపం లేదు.

మనిషి మెదడుకు అందనిదే అమ్మ అనురాగం.

అమ్మ...! ఆపదలో ఆప్యాయత, అనురాగం, ఆనందం, ఆత్మీయత, ఆదర్శం, కమ్మదనం, తీయదనం, ఇంకా ఎంత చెప్పినా తక్కువే. మాటలకు అందనిది అమ్మప్రేమ కడుపులో నలుసు పడిన నాటినుండి నవమాసాలు మోసి ఎన్నో సంఘటనలు ఎదుర్కొని తన రక్తమాంసాలను పంచి అమ్మ బిడ్డకు జన్మనిస్తుంది. పొత్తులలో పసికందును చూసి ప్రసవవేదనను మరచిపోతుంది.

అమ్మంటే తెలుసుకో, జన్మంతా కొలుచుని ఎవరు రాయగలరు అమ్మ అను కమ్మని కావ్యం, ఎవరు పాడగలరు అమ్మ అనురాగం తీయని రాగం, అంటూ మరొకరు అమ్మ గొప్పతనాన్ని తన పాటల ద్వారా వ్యక్తం చేశారు. అమ్మను మించిన దైవం ఉందా ?

అమ్మ ప్రేమ ఈ ప్రపంచానే మరిపింపచేస్తుంది. ఆ పదానికి అంతటి మహత్యం ఉంది. అంతేకాదు దేవుడు అన్నిచోట్ల తాను ఉండలేక, అమ్మని సృష్టించారు. అలాగే ఇంట్లో తన బిడ్డలవల్ల వచ్చే సమస్యలను తన మనస్సులోనే దాచుకుంటూ ఉంటుంది. ఎంత బాధ తన బిడ్డ వల్ల కలిగిన నోరు మెదిపి ఇంట్లో ఉన్న నాన్నకి, కానీ చుట్టుపక్కలవాళ్ళకిగాని చెప్పదు. ఈ విషయం తెలుసుకొని మనకి జన్మనిచ్చి, ఇంతటివారిని చేసిన దేవతను కళ్ళముందు ఉంచుకొని, కనిపించని ఆ దేవుడికోసం గుళ్ళు, గోపురాలు చుట్టూ తిరుగుతాం.

బ్రహ్మదేవుడు సృష్టించిన వాటిలో అమ్మను మించిన అపురూపం లేదు. వాస్తవానికి బ్రహ్మ అమ్మను సృష్టించలేదు. అమ్మే బ్రహ్మను సృష్టించింది. అమ్మలేనిదే బ్రహ్మ ఎక్కడ నుండి పుట్టాడు???? మన భారతీయ సమాజం సైతం, మాతృదేవోభవ, పితృదేవోభవ అంటూ అమ్మకే అగ్రస్థానం ఇచ్చింది. ప్రపంచంలో ఏ ప్రాంతాలోనైనా, ఏ దేశంలోనైనా సంస్కృతులు మారవచ్చు కానీ అమ్మప్రేమ మారదు. మనకు ఏ చిన్న బాధ కలిగినా అమ్మనే తలుచుకుంటాం. నాన్న అని అనము..... అలా అని నాన్న ఏం చెడ్డవాడు కాదు. అమ్మ స్థానం అంత గొప్పది. అమ్మంటే ఓ అనుభూతి... ఓ అనుబంధం... ఓ ఆప్యాయత... ఓ ఆత్మీయత....

బిడ్డకు బాధ కలిగిందన్న విషయము మనకంటే ముందు అమ్మకే తెలుస్తుంది. ఆకలి అవుతున్న విషయం మనకంటే ముందు అమ్మే పసిగడుతుంది. తన బిడ్డ విజయాలు సాధించినప్పుడు అమ్మ ఆనంద పరవశురాలవుతుంది.... అందుకే అమ్మ పిచ్చితల్లి. మనం తిరిగితిరిగి ఇంటికి వెళితే గుమ్మంలోనే మనకోసం కళ్ళల్లో

వత్తులు వేసుకుని ఎదురు చూస్తుంది. ఏం నానా ఇప్పటిదాకా తిరిగితే ఆరోగ్యం ఏవైపోతుంది..... రా! .. ఓ ముద్ద తిందువుగాని అంటుంది, అర్ధరాత్రిదాకా ఎక్కడ తిరిగి వస్తున్నావురా అని ప్రశ్నించదు. అందుకే అమ్మ ఓ అమాయకురాలు. పరీక్షల్లో తప్పిన కోపంతో నాన్న తిడుతుంటే, పోనీలే ఈసారి కాకపోతే వచ్చే ఏడాది చదివి పాస్ అవుతాడు మనల్ని వెనుకేసుకుని వస్తుంది. అందుకే అమ్మ మనకు కంచుకవచం.

మనకు ఏ మాత్రం ఒంట్లో నలతగా ఉంటే చాలు విలవిలలాడి పోతుంది, నిమిషానికోసారి బుగ్గమీద పొట్టమీద చేయి పెట్టి చూస్తూ అమ్మో! బిడ్డ ఒళ్లు కాలిపోతుంది. అంత మాత్రానికే ప్రార్థించని దేవుడు ఉండడు. అందుకే అమ్మ చాదస్తురాలు. ఏ సంగీత విద్వాంసుడు అమ్మలా పాడి నిద్ర పుచ్చగలడు??? అందుకే అమ్మ సంగీత కాలనిది. స్కూలు ఫీజులు కట్టాలన్న, మనకు ఇష్టమైనవి కొనుక్కోవాలి అన్న, మన తరపున నాన్నతో నానాతిట్లు అన్ని అవసరాలు సరదాలు తీరుస్తుంది.... అందుకే అమ్మ రాయబారి.



అమ్మ గురించి ఎంత చెప్పినా ఇంకా మిగిలిపోతూనే ఉంటుంది. ఆమె ప్రేమలో, ఎప్పుడు మన గురించి ఆలోచన, మన మీద ధ్యాస. అందుకే అమ్మ ఓ గొప్ప స్నేహితురాలు. ప్రపంచంలో అతి పేదవాడు ధనంలేనివాడు కాదు, అమ్మ లేనివాడు. అమ్మ ప్రేమ దక్కినవాడు అత్యంత కోటేశ్వరుడు. బిడ్డను ప్రేమగా చూసే ప్రతి తల్లి మదర్ థెరీసాయే. నడక కాదు నాగరికతను కూడా నేర్పిస్తుంది అమ్మ.

ప్రపంచంలోనే ప్రతి మనిషి లోకాన్ని చూస్తూ, ప్రపంచంలో తిరుగుతూ ఆనందిస్తూ ఉంటాడు. కానీ అమ్మ మాత్రం తన భర్త, బిడ్డలే తనకు ప్రపంచం వాళ్ళని చూస్తూ ఆనందిస్తూ ఉంటుంది. వాళ్ళ ఆనందాన్ని తన ఆనందంగా మలుచుకుంటుంది. పిచ్చి తల్లి. అమ్మ గురించి ఎంతచెప్పినా తక్కువే, కాబట్టి స్నేహితులారా దయచేసి అమ్మానాన్నలను వృద్ధాశ్రమాల్లో వేసి ఎవరులేని అనాధలుగా మార్చకండి. అమ్మ ఊపిరి, త్యాగం వల్ల మనం భూమి మీద ఉన్నాం.



- N. Uma Maheswari, Illrd CBZ

నాన్న

ఒక మిత్రుడు నాతో ఇలా అన్నాడు...

నీకేంట్రా డబ్బు , ఆస్తి , ఐశ్వర్యం అన్ని ఉన్నాయ్ అదృష్టవంతుడివి అని... అక్కడ మొదలయ్యింది ఈ కథ.....

నేను : ఒక వ్యక్తి జీవితం లో అన్నిటికంటే అదృష్టమైనది ఏంటో తెలుసా. ఎన్ని కష్టాలొచ్చినా వెన్నెముకలా నిలబడి, ఏది ఏమైనా నీకు నేను ఉన్నాను అని నడిపించే ఒక బలమైన నాన్న ఉండటం

మరి అన్నిటికంటే దురదృష్టమైనది.....?

అలాంటి నాన్న లేని ఇంట్లో భాద్యతలు మోసే పెద్ద కొడుకుగ పుట్టడం....

డబ్బు, ఆస్తి, ఐశ్వర్యం ఇవేమీ లేకపోయినా ఒక బలమైన నాన్న ఉండడం ఎందుకంత ప్రత్యేకం ?

నాన్న అంటే ఒక ధైర్యం, పడిపోతే పట్టుకుంటాడనే నమ్మకం, మనం వెళ్లే దారి సరైందో కాదో చెప్పే ఒక గురువు.. కష్టం వస్తే తలా వాల్చుకునే ఒక భుజం.....

నే ఎప్పుడు గెలవాలని కష్టపడలేదు.... ఒక నాన్నగా పిల్లలు దగ్గర ఓడిపోకూడదని కష్టపడ్డాను....





వాడు : రెండిటికి తేడా ఏంటో?

నేను : ఒకటి గెలుపు కోసం పరిగెత్తడం...

రెండోది ఎన్ని ఒడిదుడుకులు ఎదురైనా చెక్కు చెదరకుండా నిలబడడం.....

నాకు మొదటిది ఇష్టమైన, రెండోది అవసరం.... ఈ రెంటి మధ్య నలగటమే జీవితమేమో....

వాడు : మరి నీకంటూ ఆశలు లేవా?

నేను : చిన్న వయసు నుండి బాధ్యతలు మోసే కొడుకుకి ఏముంటాయిరా ఆశలు, ఏముంటాయి ఇష్టాలు....

చేతిలో డబ్బున్న ఖర్చు చేయాలనే ఆశ ఉండదు, ఎప్పుడైనా ఆశ కల్గిన పిల్లల కోసం మనం కనే కలలో ఆ ఆశ కొట్టుకు పోతుంది.....

పిల్లలికి మనం ఇచ్చే ఆస్తి ఏముంటది రా.. వాళ్ళ ఆశల కోసం పరిగెత్తే స్వేచ్ఛ, పడిపోతే పట్టుకునే చేయి, ప్రయత్నించినా ఓడిపోతే నేను ఉన్నాను అనే ఒక భరోసా....

ఒక తండ్రిగా మనం పిల్లలకు ఇంత కన్నా ఏమి ఇవ్వగలం....

తన కొడుక్కి ఒక బలమైన నాన్నగా మిగలటం తప్ప.....

అది చేసిన రోజు తనకు దొరకని బలం తన రూపంలో తన పిల్లలకి ఇస్తే..

అదే కదా నిజమైన విజయం.....

ఒక బలహీనమైన కొడుకు బలమైన నాన్నగా మారిన రోజు.....

బాధ్యతగా ఉండే ప్రతి కొడుకుకి ఇది అంకితం.....



- P. Aparna
IInd B.Sc.MPCs

రైతున్న జీవనచిత్రం

ఆరుకాలము శ్రమించే రైతు - శ్రమైక జీవితం
నిత్యం అతివృష్టి అనావృష్టితో సాహసం
నకిలీ విత్తనాలతో ఏర్పడిన దారుణ కష్టం
కల్తీ ఎరువులతో మొత్తం నష్టం
జీవనయానంలో దక్కుతున్న ప్రతిఫలం
అడుగడుగునా దళారులు చేస్తున్న మోసం
అప్పులకు అధిక వడ్డీలు కడుతున్న వైనం
కడకు జీవితం కాదా అన్నింట పెనుభారం
రాత్రింబవళ్లు వ్యవసాయం గురించి ధ్యాస
నాలుగు వర్షం చినుకులైన పడాలని చిరు ఆశ
చారెడు గింజలకై స్వేదాన్ని చిందించి
అన్నదాత అవనిపై అందరికి అన్నాన్ని సృష్టించే
అపర విధాత తన కుటుంబానికి
పట్టినప్పటి గ్రహణం మళ్లీ నేలతల్లిని నమ్ముకుంటాడు
శరణం అంటూ రైతు జీవితం పడుతుంది భారతావనికి దర్పణం
మనం ఎప్పటికీ తీర్చుకోలేము కర్షకుని రుణం



- P. Indira
IInd B.Sc (MPC)

ఆశ - నిరాశ

నిరాశవాదిని నేను. ఆశ నాలోనూ ఉంది. నిత్య ఆశావాది బ్రతుకులు నవవసంతం వెల్లి విరిస్తే నిరాశవాది బ్రతుకులో నిట్టూర్పు వేదనల సెగలే, నీరు గారిన నిస్పృహతో నిరాశవాది అడుగు వేయలేని ఆసక్తితో నిస్తేజమైన కళ్ళతో నిలబడి చూస్తుంటే ఆశావాది ఆకాశంవైపు మెరిసే నక్షత్రాల వంక చూస్తూ తకుక్కుమనే ఆలోచనలతో అభ్యుదయ మార్గానికి వంతెన కడతాడు అందరి ఆనందమంతా తనదేనని అబ్బుర పడుతూ వెలిగిపోతాడు సూర్యునిలా. ఈసురోమని మనుషులుంటే దేశమేగతి బాగుపడునోయ్ అన్న గురజాడ మాటలను గుర్తుకు తెచ్చుకొని ఆశతో అడుగు ముందుకేడ్దాం. కనిపించని ఆనందాన్ని మన కళ్ళ ముందుకు తెచ్చుకుందాం - ఆశతో నిరాశను ప్రారదోలుదాం.



- P. Roja Rani
IInd M.P.C.

స్నేహం

రెండు హృదయాల కలయిక ప్రేమ అయితే
రెండు అంతరంగాల ఆత్మీయతే స్నేహం
ప్రతిఫలం ఆశించని పవిత్రత మంచితనం
మానవత్వం మమకారం త్రిగుణాత్మకమై
త్రివేణి సంగమమై మరువలేని
మరుపురాని మధురమైనది ఆకర్షణతో పుట్టేది కాదు
అనురాగబంధంతో పెన వేసుకొని
హెచ్చుతగ్గులను లెక్కించనిది
ఆర్థిక అసమానతలను పరిగణించనిది అందచందాలను వెక్కిరించనిది ఆలోచనాత్మకమైన విశ్లేషణలతో
చేయూతనిచ్చే అమృతహస్తం నేస్తం



- P. Sravanthi
IInd M.P.C.

రేపు



గతం వాడిపోయిన పువ్వు
ఈ క్షణం విరిసిన గులాబీ
రేపు మాత్రం పొడవైన ఆశల దారాలతో
అల్లుకున్న పూలమాల
అందుకే అది పుట్టబోయే
పాపలాగా అతి మనోహరమైనది
అందరూ ఎదురుచూసేది



- R. Anuindra Bai
IInd B.Sc (CBZ)

మానరోదన

ప్రకృతి పరవశించే తన చెంతకు
వసంతం వచ్చేందుకు కానీ
కలవరపాటుతో కలత బారుతుంది
మానవుడి చూపు తన మీద
పడినందుకు ప్రకృతిని కృత్రిమంగా
నరికేస్తున్న మానవ నైజానికి
మనసులోనే మధనపడుతూ
మానరోదన చేస్తుంది. పచ్చదనం పరిశుభ్రత అంటూ
పదిమందిలో చాటుతున్న
నాగరిక మానవుడు పచ్చనిచెట్లను
పట్టపగలే నిట్టనిలువునా చీల్చుతూ
తలలులేని మొండాలుగా
వేరు నుండి చెట్లను వేరుచేస్తూ
వికృతంగా వినోదం చూస్తున్న
మనిషిపై రగిలేహృదయం
నరుకుతూ గుసగుసమని
పొంగుతూ ప్రళయాగ్ని బీభత్సం సృష్టించాలని
ఉన్న ప్రకృతి తన సహనగుణమునే సంస్కారాన్ని చంపుకోలేక
తనను తానే చంపుకుంటూ మానవుడికి
తననుతానే సమర్పించుకుంటూ
మెడలో వంచి మౌనంగా తలలు బలిసిస్తూ
తరలిపోతున్నాయి తరువులు
చల్లగాలులను తరిమేస్తూ వేడుకలను
ఎరువు తెచ్చుకుంటూ ఏసీలు అంటూ
ఎగబడుతూ సహజ ప్రకృతి వాయువును సమాధి చేస్తున్న
మానవుడు నిజంగా మేధావైనా లేక మేధలేనివాడేనా



- R. Deepika Bai
1st S.E.C.

కరోనా వైరస్

ప్రపంచ మానవాళిని
కమ్ముకొస్తున్న కరోనావైరస్
ప్రపంచం అంత ప్రయాణించి
ప్రాణాలను హరిస్తుందనీ
కరోనా వైరస్ కంగారులో
కంటి మీద కునుకు మాయం
కాళ్ళు కదపటానికి జంకిన వైనం
అనుక్షణం ఆందోళన అణువులు
ప్రాకి ఆయువు తీస్తుందని
ముత్యమంత ఉన్న వైరస్
మృత్యుకెరటమై ముంచేస్తుందని
జనసందోహంలో ప్రయణమంటే
జనాలు జంకే వైనం



ప్రతి నోటా కరోనా మాటే
గాలి ద్వారా వ్యాపిస్తుంది అని
గాలి వార్త చక్కెర్లు కొడుతుంది కరచాలనంతో కరోనా సోకుతుందని
సంస్కారంగా నమస్కారం చేస్తున్నారు
ముసుగు లేకపోతే ముప్పు వస్తుందని
ముచ్చెమటలు పడుతున్నాయి
మాట్లాడాలంటే మాస్కులు
తుమ్మితే తువ్వాలు
దగ్గితే దస్తులు
కరాన్ని కడగటం మాటిమాటికీ
ఎందుకంటే కరోనా సోకితే వైద్యం
లేదని కలతతో జాగ్రత్త చర్యలు
కరోనా వైరస్ చల్లదనంలో చాలాసేపు ఉంటుంది
వెచ్చదనంలో హరించుకుపోతుంది
కరోనాకి నివారణ పరిశుభ్రత
పరిశుభ్రతే పరమ ఆయుధం



- R. Pavithra
IInd B.Sc.(MPC)



మనసులోని బాధ

మన చుట్టూ ఎంతమంది ఉన్నా.....

నా అన్న ఒక్క మనిషి లేకపోతే

ఆ జీవితం నరకం.....

మన సంతోషాన్ని అందరితో పంచుకోగలరు

కానీ మన బాధని నా అన్నమనిషి

తోటే పంచుకోగలరు.....

మన మనసులో ఉన్న భారం దించుకోగలరు

వాళ్ళ నుంచే మనం ఓదార్పుని కోరుకోగలుగుతాము

వాళ్ళ నుండి సాయాన్ని తీసుకోగలుగుతాము

అలాంటి వాళ్ళు మనకు ఉంటే మన

అంత అదృష్టవంతులు లేరు అనిపిస్తుంది



- R. Supriya Grace
IInd M.P.C.



భారతదేశంలో సైబర్ క్రైమ్

వెబ్ ప్రపంచం లేదా సైబర్ స్పేస్ అనేది మిలియన్ల మరియు బిలియన్ల కొద్దీ వినియోగదారులు మరియు వెబ్ సైట్ల యొక్క భారీ సంఘం. అలాగే, ప్రజలు షాపింగ్, చలనచిత్రాలు, సంగీతం, వీడియోగేమ్లు, లావాదేవీలు మరియు ఇ-కామర్స్ మొదలైన విభిన్న ఉపయోగాల కోసం దీన్ని యాక్సెస్ చేస్తారు.

ఈ సాంకేతిక యుగంలో మరియు ఇంటర్నెట్ కు సులభంగా యాక్సెస్, ఎవరైనా సులభంగా చేరుకోవచ్చు. గత దశాబ్దం కంటే ఈ వేగవంతమైన వృద్ధి కారణంగా. అంతేకాకుండా, ఇంటర్నెట్ ఎవరైనా కనెక్ట్ చేయగల సమాచార ప్రపంచాన్ని తెరిచింది.

దీనికారణంగా నేరాల రేటు ముఖ్యంగా సైబర్ నేరాల రేటు చాలా రెట్లు పెరిగింది. అంతేకాకుండా, ఇంటర్నెట్ యొక్క అధికవేగం కారణంగా డేటా సర్క్యూలేషన్ రేటు కూడా చాలా రెట్లు పెరిగింది. అన్నింటికంటే మించి, ఈ సమస్యలన్నింటి కారణంగా, సైబర్ సెక్యూరిటీ సమాజానికి ప్రధాన ఆందోళనగా మారింది.

సైబర్ నేరాలకు సంబంధించిన చట్టాలు

సైబర్ క్రైమ్ వ్యాప్తిని అరికట్టడానికి మరియు ప్రజల ప్రయోజనాలను కాపాడటానికి ప్రభుత్వం సైబర్ క్రైమ్లకు సంబంధించి అనేక చట్టాలను రూపొందించింది. అలాగే, ఈ చట్టాలు సైబర్ క్రైమ్ నుండి రక్షణగా పనిచేస్తాయి. అంతేకాకుండా, సైబర్ క్రైమ్ సమస్యను వీలైనంత వేగంగా ఎదుర్కోవడానికి ప్రభుత్వం పోలీసు స్టేషన్లలో సైబర్ సెల్లను కూడా ప్రవేశపెట్టింది.

సైబర్ నేరాలను అరికట్టడానికి మార్గాలు

సైబర్ క్రైమ్ అనేది మనం మనతో వ్యవహరించలేని విషయం కాదు. అలాగే, మన ఇంగితజ్ఞానం మరియు లాజిక్లను తక్కువగా ఉపయోగించడం ద్వారా, సైబర్ నేరాలు జరగకుండా ఆపవచ్చు.

ముగింపులో, సైబర్ క్రైమ్ అనేది ఒకరి గోప్యతకు లేదా ఏదైనా మెటీరియల్ కు ప్రమాదకరమైన నేరమని మేము చెప్పగలం. అలాగే, మనం కొన్ని ప్రాథమిక తార్కిక విషయాలను అనుసరించడం ద్వారా మరియు మన ఇంగితజ్ఞానాన్ని ఉపయోగించడం ద్వారా సైబర్ క్రైమ్ ను నివారించవచ్చు. అన్నింటికీమించి, సైబర్ క్రైమ్ అనేది చట్టానికే కాకుండా మానవ హక్కులను కూడా ఉల్లంఘించడమే.



- Syamala Gouri
M.Sc. MAT

लालची राजा



यूरोप में यूनान नाम का एक देश है | यूनान में पुराने समय में मिदास नाम का एक राजा राज करता था | राजा मिदास बड़ा ही लालची था | उसकी पुत्री को छोड़कर उसे दूसरी कोई वस्तु संसार में प्यारी थी तो बस सोना ही प्यारा था | वह रात में सोते - सोते भी सोना इकट्ठा करने का स्वप्न देखा करता था |

एक दिन राजा मिदास अपने खजाने में बैठा सोने की ईंटे और अशर्फियां गिन रहा था | अचानक वहां एक देवदूत आया उसने राजा से कहा - "मिदास ! तुम बहुत धनी हो |"

मिदास ने मुंह लटकाकर उत्तर दिया - "मैं धनी कहां हूं मेरे पास तो यह बहुत थोड़ा सोना है |"

देवदूत बोला - "तुम्हें इतने सोने से भी संतोष नहीं है कितना सोना चाहिए तुम्हें |"

राजा ने कहा – “मैं तो चाहता हूँ कि मैं जिस वस्तु को हाथ से स्पर्श करूँ वही सोने की हो जाए ।”

देवदूत हंसा और बोला – “अच्छी बात है ! कल सवेरे से तुम जिस वस्तु को छूवोगे वह सोने की हो जाएगी ।”

उस दिन और रात में राजा मिदास को नींद नहीं आई । वह सुबह उठा उसने एक कुर्सी पर हाथ रखा वह सोने की हो गई । एक मेज को छुआ वह सोने की बन गई । राजा मिदास प्रसंता के मारे उछलने और नाचने लगा वह पागलों की भांति दौड़ता हुआ अपने बगीचे में गया और पेड़ों को छूने लगा फूल , पत्ते, डालिया, गमले छुए सब सोने के हो गए । सब चमाचम चमकने लगा । मिदास के पास सोने का पार नहीं रहा ।

दौड़ते-उछलते में मिदास थक गया । उसे अभी तक यह पता ही नहीं लगा था कि उसके कपड़े भी सोने के होकर बहुत भारी हो गए हैं । वह प्यासा था और भूख भी उसे लगी थी । बगीचे से अपने राजमहल लौटकर एक सोने की कुर्सी पर बैठ गया । एक नौकर ने उसके आगे भोजन और पानी लाकर रख दिया । लेकिन जैसे ही मैं दास ने भोजन को हाथ लगाया वह भोजन सोने का बन गया । उसने पानी पीने के लिए गिलास उठाया तो गिलास और पानी सोना हो गया । मिदास के सामने सोने की रोटियां, सोने के चावल, सोने के आलू आदि रखे थे । वह भूखा था -प्यासा था सोना चबाकर उसकी भूख नहीं मिट सकती थी ।

मिदास रो पड़ा उसी समय उसकी पुत्री खेलते हुए वहां आई । अपने पिता को रोते हुए देखकर पिता की गोद में चढ़ कर उसके आंसू पहुंचने लगी । मिदास ने पुत्री को अपनी छाती से लगा लिया , लेकिन अब उसकी पुत्री वहां-कहां थी । गोद में तो उसकी पुत्री की सोने की इतनी वजनी मूर्ति थी कि उसे वह गोद में उठाए भी नहीं रख सकता था । बेचारा मिदास सिर पीट-पीट कर रोने लगा । देवता को दया आ गई वो फिर प्रकट हुआ उसे देखते ही मिदास उसके पैरों पर गिर पड़ा और “गिड़गिड़ाकर प्रार्थना करने लगा अपना वरदान वापस लौटा लीजिए ।”

देवता ने पूछा – “मिदास अब तुम्हें सोना नहीं चाहिए । अब बताओ एक गिलास पानी मूल्यवान है या सोना, कपड़ा, रोटी मूल्यवान है या सोना ।”

मिदास ने हाथ जोड़कर कहा – “मुझे सोना नहीं चाहिए मैं जान गया हूँ कि मनुष्य को सोना नहीं चाहिए । सोने के बिना मनुष्य का कोई काम नहीं अटकता । एक गिलास पानी और एक टुकड़े रोटी के बिना मनुष्य का काम नहीं चल सकता । अब सोने का लोभ नहीं करूंगा ।

देवदूत ने एक कटोरे में जल दिया और कहा – “इसे सब पर छिड़क दो ।”



मिदास ने हाथ जोड़कर कहा – “मुझे सोना नहीं चाहिए मैं जान गया हूं कि मनुष्य को सोना नहीं चाहिए | सोने के बिना मनुष्य का कोई काम नहीं अटकता | एक गिलास पानी और एक टुकड़े रोटी के बिना मनुष्य का काम नहीं चल सकता | अब सोने का लोभ नहीं करूंगा |

देवदूत ने एक कटोरे में जल दिया और कहा – “इसे सब पर छिड़क दो |”

मिदास ने वह जल अपनी मेजपर , कुर्सीपर, भोजनपर, पानीपर और बगीचे के पेड़ों पर छिड़क दिया | सब पदार्थ पहले जैसे थे , वैसे ही हो गए |

Moral Of The Story:

दोस्तों, इस कहानी से हमें यह शिक्षा मिलती है | कि मनुष्य चाहे कितना भी अमीर और कितना भी गरीब हो उसे कभी भी लालच नहीं करना चाहिए | अत्यधिक लालच करने से उसके पास जो होता है वह उसे भी गवा देता है !!!



- T. Chaitanya Sri, M.Sc. MAT

यह लेख आपकी जिंदगी बदल सकता है।

“हर कोई जन्म से ही किसी ना किसी काम में Champion होता है। बस पता चलने की देर होती है।”
जीवन (Life) में हमारे पास अपने लिए मात्र 3500 दिन (9 वर्ष व 6 महीने) ही होते है।

अगर बात वर्ल्ड बैंक की किया जाये तो World Bank ने एक इन्सान की औसत आयु 78 वर्ष माना है।
तथा इसके आधार पर यह आकलन किया जिसके अनुसार हमारे पास अपने लिए मात्र 9 वर्ष और 6
महीने ही होते है।

“हर कोई जन्म से ही किसी ना किसी काम में Champion होता है। बस पता चलने की देर होती है।”
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महीने ही होते है।

संसार की सबसे मूल्यवान वस्तु समय होता है लेकिन वर्तमान में ज्यादातर लोग खासकर Students
इस बात को भूल चुके है। क्योकि अधिकतर विद्यार्थीयो को देखा जाये तो वे नई नई टेक्नोलॉजी के आ
जाने से उनकी जिंदगी बहुत बीजी हो गए है। खासकर मोबाइल ने उनके करियर में बड़ा बांधा बन
गया है। कोई फिल्म देखने में तो कोई गेम खेलने में तो कोई सोशल मीडिया पर व्यस्त है।

इससे आप उनके भविष्य का अंदाजा लगा सकते है। इस तरह वे अपना अनमोल समय गवा देते है और
बाद में वे इंतजार कर रहे होते है कि उनके जीवन में कोई चमत्कार होगा, जो उनकी निराशामय
जिंदगी को बदल देगा।



- T. Rajitha, IInd B.Com. (Gen.)



M.B.A. Chaiwala Story



आज हम बात करेंगे श्री नरेंद्र मोदी जी के बाद देश के दूसरे सबसे मशहूर चाय वाले की 'प्रफुल्ल बिल्लोरे' जिन्हें लोग MBA चाय वाला नाम से भी जानते हैं।

2014 ये वह वर्ष है जिसे आप शायद लोकसभा चुनाव और सत्ता परिवर्तन के लिए याद करते हों।

पर इसी साल भारत का Future Millionaire अहमदाबाद में आपने सफर की शुरुवात कर चुका था | MBA में Admission पाने की ख्वाहिश से लेकर , MBA चाय वाला को एक ब्रांड बनाने तक , चाय वाला कहकर चिढ़ाए जाने से लेकर लाखों युवाओं की प्रेरणा बनने तक , प्रफुल्ल बिल्लोरे की ज़िन्दगी आपने आप में पूरी काहानी है , सपनों की, संघर्षों की और सफलता की |

वर्ष 2014 अहमदाबाद:- प्रफुल्ल ' ' नाम का एक साधारण सा लड़का आपने साधारण से सपनों के साथ MBA Entrance Exam की तैयारी में लगा हुआ था | हर ग्रेजुएट लड़के तरह प्रफुल्ल का सपना भी किसी बड़े से MBA College में Admission लेकर एक ठीक-ठाक सी तनख्वाह और एक सामान्य सी जीवन शैली हासिल करना था | पर नियति को कुछ और ही मंजूर था | तो बस यही से शुरू हो चुकी थी प्रफुल्ल बिल्लोरे की MBA चाय वाला बनने की काहानी | MBA chai wala story

उन दिनों प्रफुल्ल दिन में 8-10 घंटे पढ़ाई में ही लिप्त होता , साथ होता तो बस किताबों का Maths, Reasoning, English, सवाल जवाब और एक प्याली चाय की जो था बस यही था न कोई दोस्त ना ही परिवार और यही सब प्रफुल्ल की पूरी दुनिया बन चुके थे |

तीन लगातार साल मेहनत और दो Fail कोशिशें इसी के साथ हज़ारों चाय की प्यालियाँ | अब प्रफुल्ल पूरी तरह से टूट चुका था | तीन साल की मेहनत और प्रफुल्ल किसी भी मुकाम पर नहीं पहुंच पाया | उस वक़्त प्रफुल्ल ने आपने कमरे का दरवाज़ा बंद किया और पूरा दिन-पूरी रात सोता रहा | इसी तरह अगले दो हफ्ते निकल गए | प्रफुल्ल को कोई अंदाज़ा नहीं था की वह आगे ज़िन्दगी में क्या करेगा |

जब आप तीन लगातार सालों तक किसी चीज़ को पाने की कोशिश करें और वह आपको ना मिले ताब आप ऐसा महसूस करते हैं जैसा कुछ बचा ही नहीं और सब खुश ख़त्म हो चुका है परंतु ये जीवन का अंत नहीं होता यही तो वक़्त होता है खुद को जानने का और सोचने का की आगे हम क्या कर सकते हैं।

उस वक़्त प्रफुल्ल ने भी यही किया प्रफुल्ल ने आपने पिताजी से कहा की अब वह ज़िन्दगी में कभी किताबों को

तीन लगातार साल मेहनत और दो Fail कोशिशें इसी के साथ हज़ारों चाय की प्यालियाँ | अब प्रफुल्ल पूरी तरह से टूट चुका था | तीन साल की मेहनत और प्रफुल्ल किसी भी मुकाम पर नहीं पहुँच पाया | उस वक़्त प्रफुल्ल ने अपने कमरे का दरवाज़ा बंद किया और पूरा दिन-पूरी रात सोता रहा | इसी तरह अगले दो हफ़्ते निकल गए | प्रफुल्ल को कोई अंदाज़ा नहीं था की वह आगे ज़िन्दगी में क्या करेगा |

जब आप तीन लगातार सालों तक किसी चीज़ को पाने की कोशिश करें और वह आपको ना मिले ताब आप ऐसा महसूस करते हैं जैसा कुछ बचा ही नहीं और सब खुश ख़त्म हो चुका है परंतु ये जीवन का अंत नहीं होता यही तो वक़्त होता है खुद को जानने का और सोचने का की आगे हम क्या कर सकते हैं |

उस वक़्त प्रफुल्ल ने भी यही किया प्रफुल्ल ने अपने पिताजी से कहा की अब वह ज़िन्दगी में कभी किताबों को हाथ नहीं लगाएगा और प्रफुल्ल निकल पड़ा एक सफ़र पर एक सफ़र खुद की तलाश में शुरु वात Bangalore, Delhi, Mumbai, Gurgaon, आखिर प्रफुल्ल एक शहर में आराम मिला जो था अहमदाबाद. अब प्रफुल्ल के मन ने प्रफुल्ल से सवाल पूछा के कब तक वह यँ ही घूमेगा, ज़िन्दगी में आखिर कुछ करना भी है की नहीं ?

इस सफ़र के दरमियान प्रफुल्ल ने कई अरब पतियों काहानियाँ पढ़ी , उन सभी अरब पतियों ने अपने जीवन में McDonald's में वेटर का काम किया था | प्रफुल्ल ने भी यही काम करने की सोचा और McDonald's में वेटर की नौकरी की जहां उसे ३७ रुपया प्रति घंटा मिलता था | यहाँ प्रफुल्ल सिख रहा था काम को जान रहा था | यह पूर्णता एक नया अनुभव था प्रफुल्ल के लिए , अनुभव CAT की पढ़ाई से लेकर Burger बनाने तक, इसी तरह प्रफुल्ल काम करता रहा लेकिन एक दिन आया जब प्रफुल्ल ने खुद से सवाल पूछा की आखिर कब तक वह ऐसी बिना पहचान की ज़िन्दगी जीयेगा | लोग प्रफुल्ल को आवाज़ लगाकर Burger का Order तो दे रहे थे पर प्रफुल्ल की खुद की कोई पहचान नहीं थी | अब प्रफुल्ल जान चुका था की उसे अपनी पहचान बनानी होगी | शुरु वात में प्रफुल्ल ने खुद का Burger stall खोलने की सोची पर प्रफुल्ल किसी ऐसी चीज़ की तलाश में था जो पूरे देश को जोड़ती हो, जो सुबह दोपहर शाम हर वक़्त पर हो जाये और ऐसी एक ही चीज़ थी वह है चाय |

जिस वक़्त प्रफुल्ल ने चाय की दुकान खोलने की सोची उस वक़्त प्रफुल्ल के सामने एक बर्तन की दुकान थी पर फिर भी प्रफुल्ल को चाय बनाने का समान खरीदने का साहस जुटाने में 45 दिन लग गए | अब वक़्त आ चुका था की प्रफुल्ल अपने चाय का ठेला खोले पर कैसे कहा से आएंगे ? ये सवाल बरकरार था | प्रफुल्ल ने अपने पिताजी से झूठ कहा की उसे एक इंटरनेशनल कोर्स करने के लिए 15000 रुपये की आवश्यकता है और इन्हीं पैसो से प्रफुल्ल ने अपना पहला चाय का ठेला खोला |

पहले दिन प्रफुल्ल के पास कोई ग्राहक नहीं आया | प्रफुल्ल जानता था की जब तक वह अपनी मदद खुद नहीं करेगा कोई उसकी मदद नहीं करेगा | प्रफुल्ल खुद ही लोगों के पास अपनी चाय लेकर जाया करता और कहता की “Hi I've Started My Chai Ki Dukaan, Would You Like To Taste It” लोग हैरान होते की अंग्रेज़ी बोलने वाला चाय वाला आखिर है कौन ? दूसरे दिन प्रफुल्ल ने 150 रुपये कमाए अगले दिन 600 कस धंदा और धीरे-धीरे लोगों की उत्सुकता प्रफुल्ल के बारे में बढ़ती गयी, लोग प्रफुल्ल के बारे में जानना चाहते थे | लोग जान चुके थे की यह चाय वाला कोई साधारण चाय वाला नहीं है |



इसी तरह 1200, 4000, 5000 करते-करते प्रफुल्ल का बिज़नेस चल पड़ा | इसी वक़्त प्रफुल्ल को आपने पिताजी का फ़ोन आया उन्होंने पूछा की बेटा आप MBA करने वाले थे उसका क्या हुआ? आपने पिताजी की इच्छा पूरी करने के लिए प्रफुल्ल ने एक लोकल MBA College में Admission लिया | पर प्रफुल्ल का मन उस College में नहीं लगा इस वक़्त प्रफुल्ल ने सोचा की क्यूँ ना वह आपने चाय की दुकान को पूरे दिन चलाये , प्रफुल्ल ने खुद से कहा " NO MBA Only Chai" और इसी विचार के साथ College के सातवें दिन ही प्रफुल्ल ने College छोड़ दिया |

पर प्रफुल्ल आपने ज़िन्दगी में आने वाली अगली चुनौतियों से अनजान था | लोग प्रफुल्ल की दुकान से जलने लगे और उन्होंने और उन्होंने ज़बरदस्ती प्रफुल्ल की दुकान हटा दी | मात्र दो महीनों में ही प्रफुल्ल का चाय का धंदा बंद हो चूका था | अब की बार प्रफुल्ल ने आपने चाय का ठेला इस तरीके से लगाया की कोई उसे हटा न सके | प्रफुल्ल ने एक डॉक्टर से बात की और उसके हॉस्पिटल के आगे आपने ठेला लगाया इसके बदले प्रफुल्ल उस डॉक्टर को 10000 रुपये महीना देता था | प्रफुल्ल ने अपने दुकान से ही Social Service शुरू की | प्रफुल्ल ने आपने दुकान पर एक बोर्ड लगाया और उसपर लिखा के यदि किसी को जॉब चाहिए तो वह आपने नाम या हां लिख दे , जब किसी को Employee की जरूरत होती तो वह उस बोर्ड पर लिखे नंबर पर संपर्क करता | इसी तरह प्रफुल्ल के दुकान की बढ़ो लत कई लोगों को जॉब मिली तो कुछ लोगों की शादियाँ भी होने लगी | अब तक प्रफुल्ल ने अपनी दुकान का कोई नाम नहीं रखा था | प्रफुल्ल के सभी ग्राहकों की मांग थी की दुकान का कोई नाम रखा जाये | इसी वक़्त प्रफुल्ल ने अपनी दुकान को नाम दिया

जिसे संक्षिप्त में कहते थे MBA चाय वाला | इसी तरह शुरु वात हुई एक ब्रांड MBA चाय वाला की 15000 से शुरू हुआ धंधा आज ३ करोड़ का हो चूका है |



- D. Mounika, B.Sc., CBZ



Intermediate - CEC



Sports Committee



NCC



NSS



Gym



Inaugural address by Principal



Table Tennis Tournament



Multi Purpose Gymnasium



Botany Endowment Lecture



Zoology Endowment Lecture



Book Festival



Debate Competition



National Grammar Day



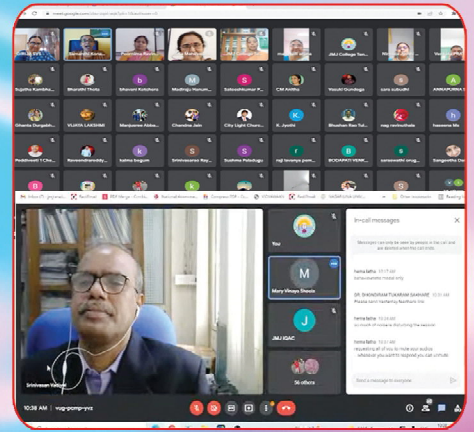
Participation in National Poetry Recitation



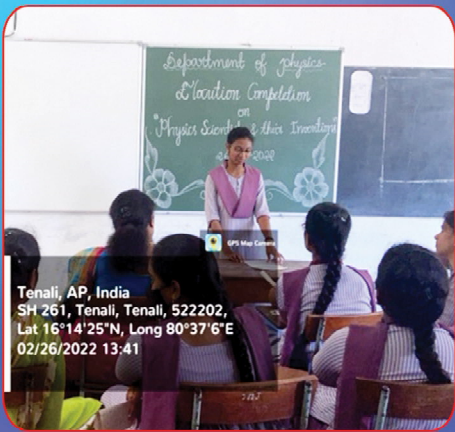
Workshop on Financial Management



International Women's Day



International Webinar



Elocution Competition



Identification of Flora



Eco Friendly Air Purifier Programme



Enhancement of Quality Education



Workshop of Self Care Techniques to Prevent Death Rate in Pandemic



Study Tour



Programme on PM-WANI



Enhancement of Quality in Higher Education



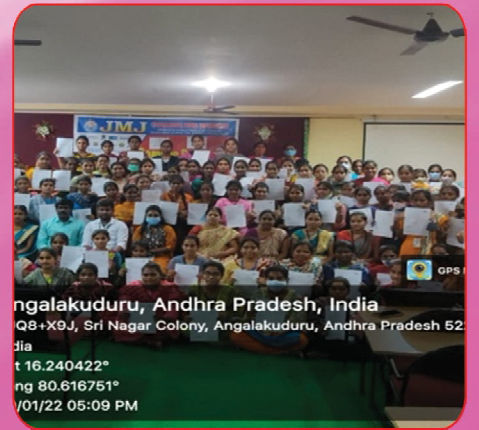
Valedictory Function



National Girl Child Day



Pongal Celebrations



Placement Cell



Potti Sriramulu Vardhanthi



Kho-Kho Tournament



Elocution Competition



Tenali, Andhra Pradesh, India
7M32+FJ4 NSSMH School, Ithanagar, Tenali, Andhra
522201, India
Lat 16.253692°
Long 80.651467°
27/12/21 03:58 PM

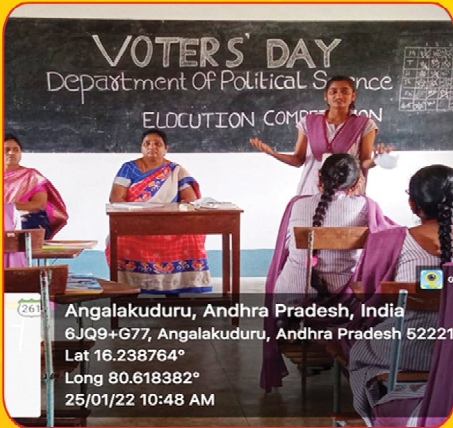
Community Development Programme



Guest Lecture on Creative Thinking Skills



Kabaddi Tournament



Angalakuduru, Andhra Pradesh, India
6JQ9+G77, Angalakuduru, Andhra Pradesh 52221
Lat 16.238764°
Long 80.618382°
25/01/22 10:48 AM

National Voters Day



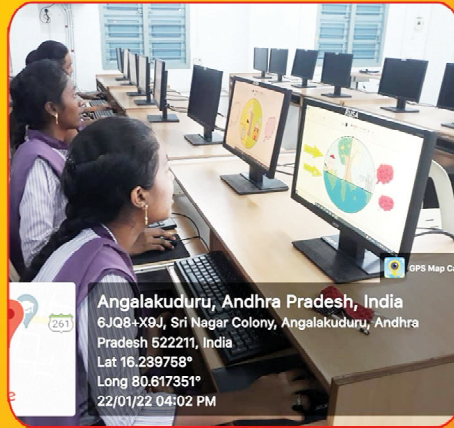
Quiz Competition



Workshop on Entrepreneurship Awareness Programme



Independence Day Celebrations



Angalakuduru, Andhra Pradesh, India
6JQ8+X9J, Sri Nagar Colony, Angalakuduru, Andhra
Pradesh 522211, India
Lat 16.239758°
Long 80.617351°
22/01/22 04:02 PM

Drawing Competition



Singing Competition



angalakuduru, Andhra Pradesh, In
JMJ College
Lat 17.51815°

Cultural Fest



Parent Teacher Association Meet



CATC - III Camp

JMJ in NEWS

నైపుణ్యంతో కూడిన విద్యను అలవర్చుకోండి

ఎవనియూ లిజిస్ట్రార్ డాక్టర్ జి.అరుణ

తెనాలి అర్బన్ నైపుణ్యంతో కూడిన విద్యను ప్రతి ఒక్కరూ అలవర్చుకోవాలని ఆచార్య నాగార్జున యూనివర్సిటీ లిజిస్ట్రార్ డాక్టర్ బి.అరుణ సూచించారు. జీఎంజీ కళాశాల 59వ వార్షికోత్సవం మంగళవారం ఆమె ప్రారంభించారు. ఈ సందర్భంగా కళాశాలలో ఏర్పాటు చేసిన సమావేశంలో ఆమె మాట్లాడుతూ విద్యార్థులందరూ ఉన్నత లక్ష్యాలను ఏర్పాటు చేసుకొని వాటిని సాధించేందుకు కృషి చేయాలన్నారు. కష్టపడి చదివేటే వారు ఏ రంగంలోనైనా రాణించే అవకాశం ఉందన్నారు. విద్యార్థి దశ నుంచి సేవా దృక్పథాన్ని అలవర్చుకోవాలన్నారు. యువత దేశ భవిష్యత్తుకు పునాది అని, మంచి పాఠాలుగా అందరూ ఎడగాలని సూచించారు. ప్లెన్ వీడ్ ఎగ్జిక్యూటివ్ ఆఫీసర్ డాక్టర్ వి.శ్రీనివాసరావు



వార్షికోత్సవంలో మాట్లాడుతున్న లిజిస్ట్రార్ డాక్టర్ జి.అరుణ

మాట్లాడుతూ విద్యార్థులను సక్రమైన మార్గంలో పెంచాలన్నారు. చిట్టుదలతో చదివితే సాధించతగినది ఏమీలేదన్నారు. అనంతరం ముఖ్యఅతిథులను ఘనంగా సన్మానించారు. కార్యక్రమంలో కళాశాల కరస్పాండెంట్ డాక్టర్ ఠెరిస్సామ్మ, ప్రిన్సిపాల్ డాక్టర్ పైసీ, ప్లెన్ ప్రెసిపాల్ అరుణాణి, తదితరులు పాల్గొన్నారు.

సమాజంపై విద్యార్థినులు బాధ్యత కలిగి ఉండాలి



విజేతలకు బహుమతులు అందజేస్తున్న కరస్పాండెంట్ ఠెరిస్సామ్మ

తెనాలి అర్బన్, మార్చి 30 : విద్యార్థినులు విద్యతో పాటు సమాజంపై బాధ్యత కూడా కలిగి ఉండాలని జీఎంజీ మహిళా కళాశాల కరస్పాండెంట్ ఠెరిస్సామ్మ చెప్పారు. కళాశాలలో పైనలియర్ విద్యార్థులకు ఫేర్వెల్ నిర్వహించారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ ఉపాధి అవకాశాలు అందుకునే విధంగా విద్యార్థులు నైపుణ్యాలను పెంచుకోవాలన్నారు. కళాశాలలో నిర్వహించిన పోటీల్లో విజేతలకు బహుమతులు అందజేశారు. ప్రిన్సిపాల్ పైసీ, అధ్యాపకులు అరుణాణి, పాటి బండ్ల హేమలత, అరుణసుజాత, విజయలక్ష్మి, భవానీదేవి పాల్గొన్నారు.

జీఎంజీలో వక్రత్వ పోటీలు

తెనాలి అర్బన్: పూర్వ విద్యార్థినిల కమిటీ ఆధ్వర్యంలో జీఎంజీ కళాశాలలో శుక్రవారం రాష్ట్ర స్థాయి వక్రత్వ పోటీలు నిర్వహించారు. అపర్చు నిటీస్ అండ్ చాలెంజ్స్ ఆఫ్ డిజిటల్ లెర్నింగ్ అనే అంశంపై దీనిని నిర్వహించినట్లు నిర్వాహకులు



బహుమతులు అందుకున్న విద్యార్థులతో అధ్యాపకులు

హాకులు తెలిపారు. గెలుపొందిన వారికి బహుమతులతో పాటు సర్టిఫికెట్లు అందజేశారు. కార్యక్రమంలో విజ్ఞాన విశ్వవిద్యాలయం అధ్యాపకులు డాక్టర్ పి.గౌతమి, జీఎంజీ కళాశాల అధ్యాపకులు డాక్టర్ ఆర్.పూర్ణిమ, పి.హేమలత, ఎ.నిర్మలాశ్యామి, కె.అరుణసుజాత, పూర్వవిద్యార్థినిల కమిటీ కన్వీనర్ డాక్టర్ ఆర్.నాగశ్యామి, సభ్యులు ప్రణవి, వసజ్ పాల్గొన్నారు.



జీఎంజీ మహిళా కళాశాల వద్ద యాప్ గురించి వివరిస్తున్న డీఎస్సీ ప్రవంతిరాయ్

దిశా యాప్ ఇన్స్టాల్ చేసుకోవాలి

● మహిళలకు, విద్యార్థినులకు డీఎస్సీ ప్రవంతిరాయ్ పిలుపు

తెనాలి డ్రెం, మే 23 : మహిళలు, కళాశాల విద్యార్థినులకు దిశా యాప్ ఒక భద్రత వలయాన్ని అందిస్తుందని తెనాలి డీఎస్సీ ప్రవంతిరాయ్ పేర్కొన్నారు. సోమవారం డీఎస్సీ స్వయంగా మహిళా కళాశాల, మార్కెట్, జనసమర్థ ప్రాంతాల్లోని మహిళలను కలిసి దిశా యాప్ అవశ్యకత గురించి వివరించారు. అనంతరం వారి మెబెల్ ఫోస్టల్లో దిశా యాప్ ఇన్స్టాల్ చేయించారు. మహిళలు, విద్యార్థినులు తప్పనిసరిగా ఈ యాప్ ఇన్స్టాల్ చేసుకోవాలని ఆపద సమయాలలో ఇది ఎంతగానో ఉపయోగంగా ఉంటుందన్నారు. రకరకాల సమస్యలైన మోసాలు, అయిపూత్యాలు, దోపిడీలు, నేరప్రవృత్తి వంటివి సమాజంలో పెరుగుతున్నాయనీ, ఇలాంటి సమయంలో వీటిని ఎదుర్కోవాల్సిన పోలీసులకు వెంటనే సమాచారం అందించడానికి ఈ దిశా యాప్ మేగంగా ఉపయోగపడుతుందని డీఎస్సీ తెలిపారు.

Thank You!



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