

AALOKANA

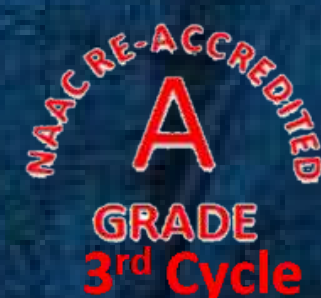
2021 - 2023



KASTURBA GANDHI DEGREE AND PG COLLEGE FOR WOMEN

(ESTD. 1973)

(Sponsored & Managed Jointly by the Osmania Graduates' Association and The Exhibition Society, Hyderabad)





KASTURBA GANDHI

(1869 - 1944)

*“Happiness is when what you think, what you say and what you do
are in harmony”*



The emblem of the College is the embodiment of the Vision, the Mission, and the Core Values of the Institution.

- **VISION - TO BE AN INSTITUTION WHICH CREATES WELL-INFORMED, DYNAMIC AND SELF-RELIANT AGENTS OF SOCIAL CHANGE**
- **MISSION - TO ACHIEVE EMPOWERMENT OF WOMEN THROUGH PROGRESSIVE LEARNING**
- **GOALS - TO INSTILL VALUE-BASED EDUCATION, CAREER-ORIENTED SKILLS, SOCIAL AWARENESS IN OUR STUDENTS**

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From the Chairman's desk...



**Sri Ashok GR
Chairman**

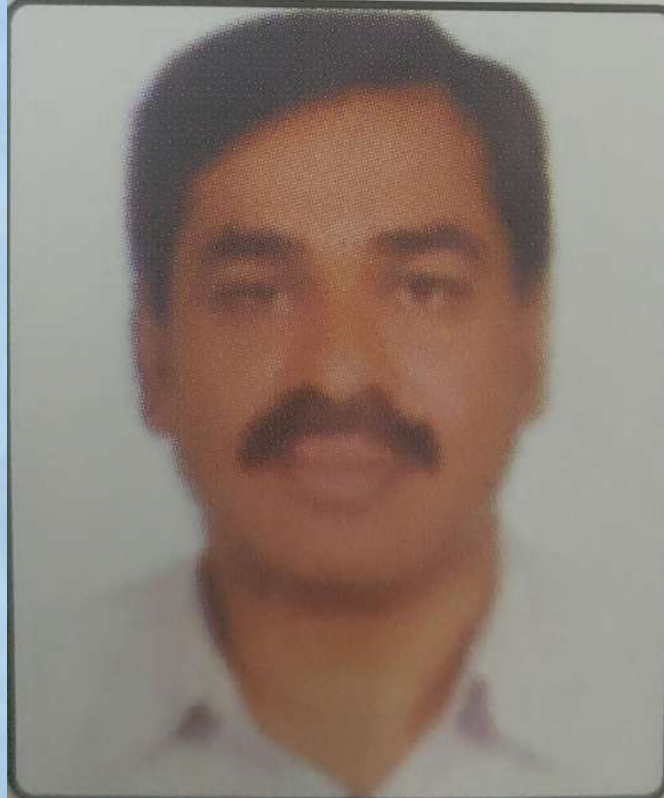
Education is the basis of all progress and Kasturba college is dedicated for overall development of its students.

It is a matter of immense pleasure that the students of our college are attaining excellence in all the fields of academics, cultural and sports.

The main aim is to serve the students of different economic and educational backgrounds in the society and provide opportunities and experience that enable students to learn, grow, prosper, and transform the world.

I wish the staff and the students success in all their endeavours.

From the Secretary's desk...



Sri Mohd Faheemuddin
Hon. Secretary-cum-Correspondent

I behold an institution providing value based education and professional skill development.

Let education help dear Kasturbans to empower themselves and transform into strong individuals. As I glance back at the performance of the students in various activities during the last academic year, be it curricular, co-curricular and extra curricular, I can confidently say that our students have certainly made us proud of their achievements.

I have seen, that at Kasturba, students strive hard to create more interesting and meaningful learning experiences through which they develop relevant skills, habits and character attributes.

May you all contribute to scale greater and insurmountable heights of excellence.

I take this opportunity to congratulate the Principal, Vice Principal, staff and students who have contributed towards making learning so meaningful.

Best Wishes to All.

From the Principal's desk...



Dr. P. Sunita
Principal

Kasturba Gandhi College for Women has been involved in the education and empowerment of women for almost five decades. Its aim has always been the holistic development of young girls, who in turn become the facilitators for the intellectual and spiritual growth of the family and society.

Instilling right values in the youth of today is the co-responsibility of both parents and teachers. In all our endeavours to ensure the all-round development of our students, their parents have been our active collaborators. We cannot emphasize the need for their involvement and cooperation. Our experienced faculty continue to provide consistent and conventional study of concepts upon which our students will build towers of knowledge in wisdom and integrity.

The media bombards the young minds with contrary values creating in them a craving for popularity and wealth, which can be obtained even through short cuts; however at Kasturba, we believe, all that is earned easily cannot last. True happiness and success are gifts that can be achieved only through genuine love and hard work. There is no substitute for hardwork.

We have been blessed to experience the generous co-operation of all the stakeholders, ensuring the achievement of the goals of this institution. In the real sense, it is not the academic achievements, successful events and programmes alone that make an institution good; it is the inculcation of the right attitude and sound values in the youth that is important. I pray and hope that our college continues to provide this value-based education for generations to come.

From the Vice Principal's desk...



Dr. Rajshree R.
Vice Principal

Greetings to All!!!

As you all are aware Kasturba Gandhi Degree and PG College for Women is synonymous with holistic education.

Our endeavor at Kasturba over the years, has always been to impart value based education by laying special emphasis not only on delivery of academic content but also providing a platform to nurture the innate talents of students through various activities like weekly assemblies, clubs, NCC, NSS, Sports etc., as we believe in the words of Aristotle – “We are what we repeatedly do, excellence then is not an act but a habit”.

Hopefully we have passed through turbulent years but it is adversity that makes one to excel and Kasturba has not retreated but has taken advantage of opportunities which were present online. Apart from delivery of academic curriculum our faculty organised webinars, conferences, competitions, counseling sessions on a regular basis to ensure students are abreast with the recent developments and ensure the pandemic is in no way an impediment to their progress.

While striving for academic excellence we at Kasturba have not forgotten our obligation towards society. Ethical concern and social responsibility have been a constant among Kasturbans. Government initiatives such as Swachh Bharat, Haritha Haram and societal concerns have also been addressed during the pandemic by creating awareness through videos, competitions etc.,

Michelle Obama has said “You should never view your challenges as a disadvantage. Instead, it’s important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.

This is reflected in excellence in academics, sports, NCC etc., consistently and this has been a hallmark of the institution.

I would like to conclude with a message especially to all my dear students.

It is reflected in the poem by Iqbal –

“Khud ko kar buland itna ki har taqdir se pahle.
Khuda bande se khud puchhe bta teri raza kya hai”

Keeping in line with the spirit of the poem my advice to you is – make yourself morally so strong that you can carve your own destiny.

KASTURBA GANDHI DEGREE & PG COLLEGE FOR WOMEN

GOVERNING BODY MEMBERS

<u>NAME OF THE MEMBER</u>	<u>POSITION</u>
Sri Ashok GR	Chairman
Sri G. Uma Maheshwar Rao	Vice-Chairman
Sri Mohd Faheemuddin	Hon. Secretary-cum-Correspondent
Dr. Shailaja Raj	Hon. Treasurer
Sri. D. Suresh Kumar	Joint Secretary
Smt. Vanasri Proddutur	Member
Smt. Jaishree Vinay Gopal	Member
Dr. Sandhya	Member
Dr. Beena Selvaraj	Member
Sri G. Shiv Shankar Ji	Member
Sri Sarwagna Samrat T K	Member
Sri N. M. Ramesh	Member
Sri A. Ravi Kumar	Member
Prof. P. Lakshmi Narayana	Member
Jt. Director, CCE	Govt. Representative
Prof. P. Leelavathi	O.U. Representative
Dr. P. Sunita	Principal
Dr. Rajshree R	Vice Principal

Certificate of Accreditation



THE EDITORIAL BOARD

KASTURBA GANDHI DEGREE & PG COLLEGE FOR WOMEN
(ESTD. 1973)
(Sponsored And Managed Jointly By Osmania Graduates Association And
The Exhibition Society, Hyderabad)
MARREDPALLY, SECUNDERABAD-500026



Sitting (L to R): Ms. Karunamai (HOD - Dept. of English), Ms. Julie (Dept. of English), Ms. Hema (Dept. of English), Dr. Rajshree R. (Vice Principal), Ms. Padmaja (Dept. of English), Ms. Nikitha (Dept. of English), Ms. Amtul (Dept. of English)
Standing (L to R): Geethika (B.Sc III), Noorain (B.Sc III), Preethi (B.Com III), Wilcina (B.Sc III), Priyamvada (BA III), Akanksha (B.Sc III), Puja (BA III)

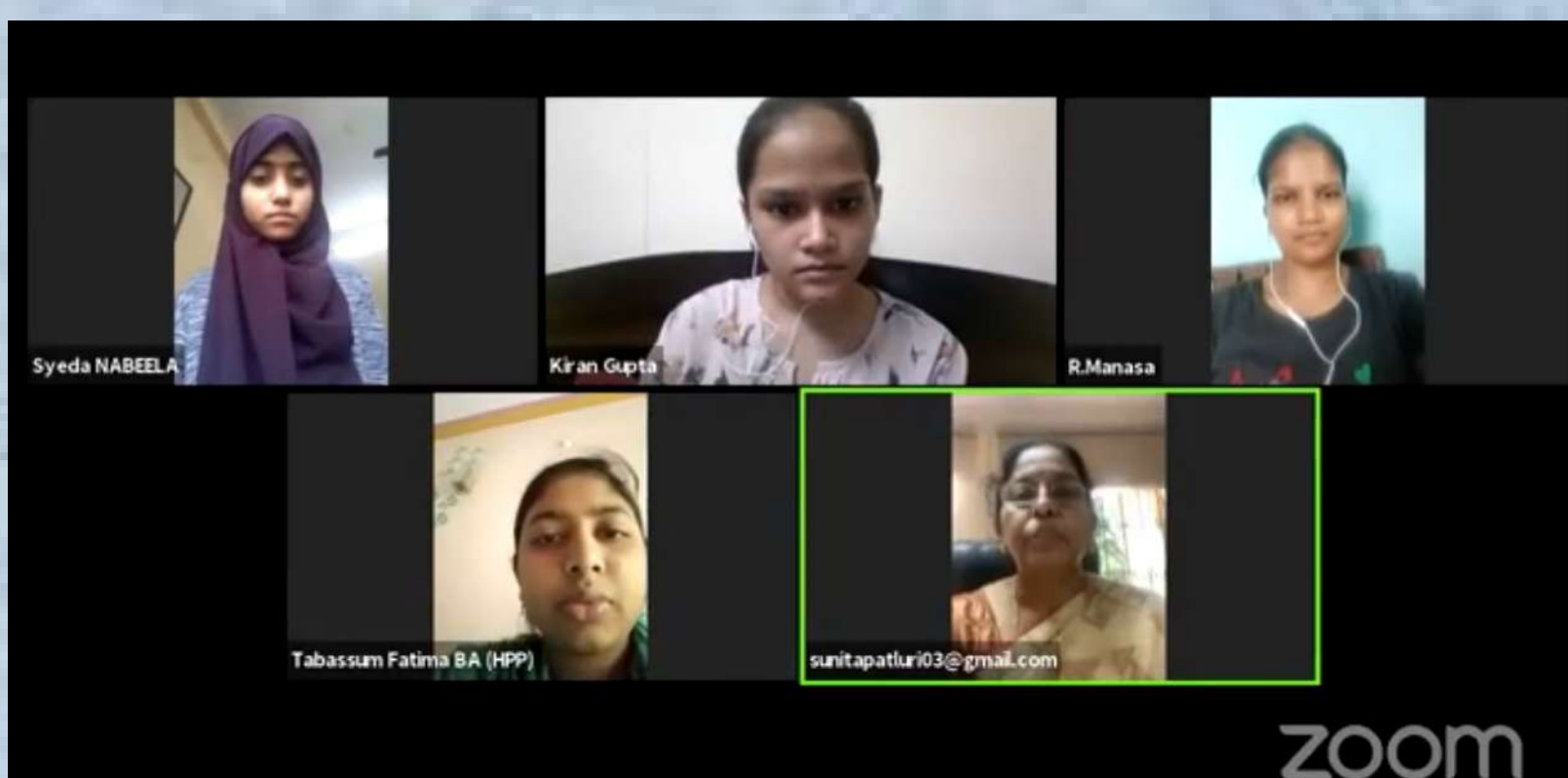
“*Aalokana*” meaning “*Insights*” encapsulates the journey of events at our college. Students are motivated to seize the varied opportunities that come their way to excel and achieve their goals. This magazine gives you a glimpse into the lively atmosphere at Kasturba Gandhi College for Women. It covers the plethora of events that dotted the academic years 2021-2022 and 2022-2023; two eventful years filled with awards and accomplishments, both academic as well as co-curricular obtained through innovative learning methods - all of which is reflected in the colourful pictures, engaging poems and articles in this magazine.

-- Nikitha N Gowda
Amtul Fatima
(Editors)

NAVARANG – THE INTERCOLLEGIATE FEST

NAVARANG 2021

The pandemic hit the world in March 2020, leading to people across the world having to adapt to a new way of life - Stay Home, Stay Safe. This change was the hardest for the student community as they had very few opportunities to interact with their peers or participate in any co-curricular activities. Kasturba Gandhi College for Women organised their annual fest 'Navarang' online in the year 2021 to provide some semblance of normalcy for the students and also give them a taste of college life virtually. Here are few glimpses of the event.



Hindi Quiz Competition

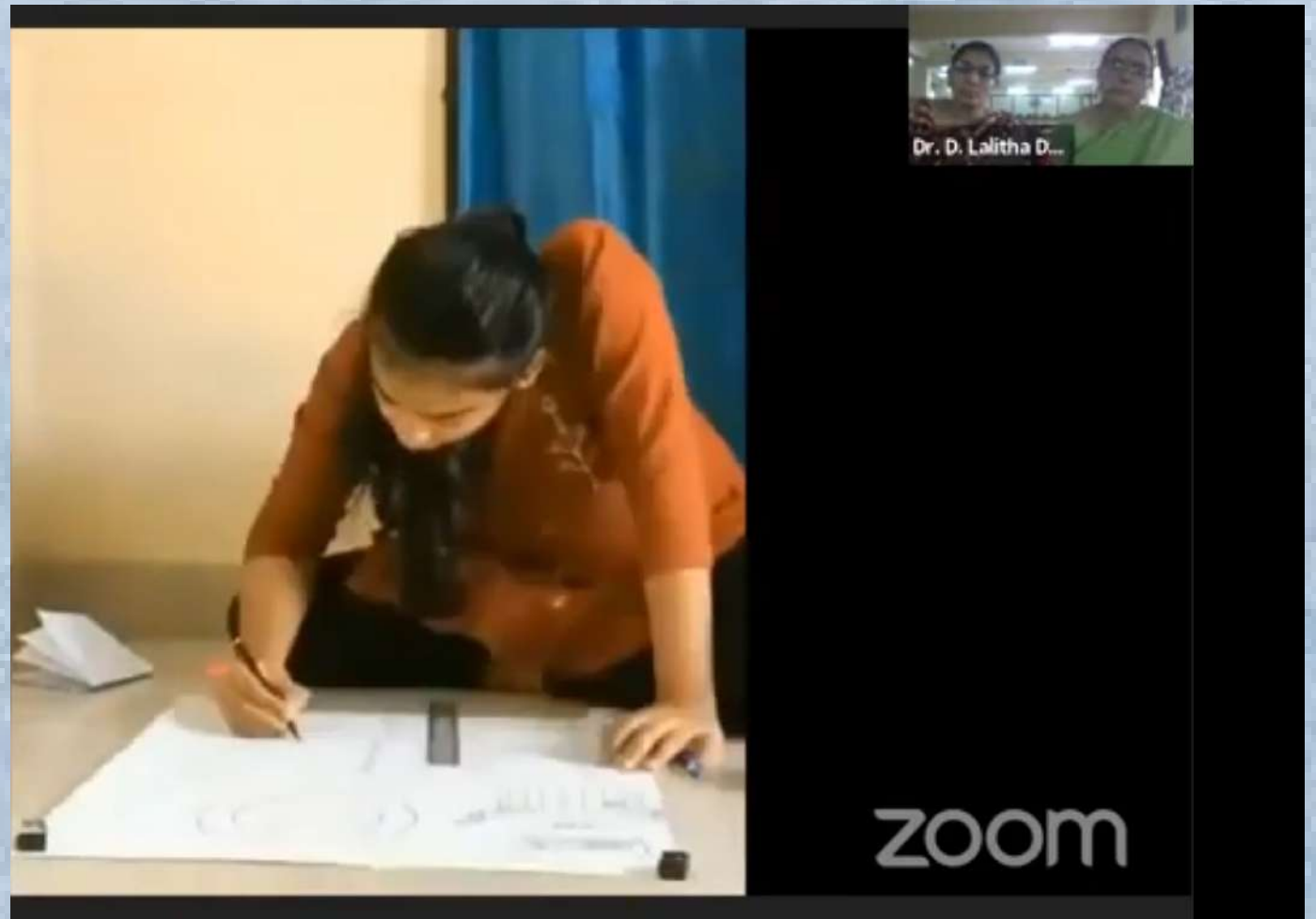
KASTURBA GANDHI DEGREE AND PG COLLEGE FOR WOMEN

NAVARANG 2K21

MATH MANIA

DATE : 21/09/2021 TIME : 12:30
 PLATFORM : ONLINE REG FEE : 50/-
 GPAY/PHONEPE : 7981409757
FOR REGISTRATION LINK CLICK HERE
 CASH PRIZE FOR 1ST AND 2ND PRIZE
 E-CERTIFICATES FOR ALL PARTICIPANTS
QUIZ LINK WILL BE SENT IN
WHATSAPP GROUP GIVEN IN THE
REGISTRATION FORM AND LINK WILL
BE ENABLED FROM 12:30-01:00pm
CO.ORDINATOR : MS.VIDYA JAYARAJ
9912545390

An online quiz on Aptitude and reasoning aptly titled “MATHMANIA”



Painting Competition by the Department of Statistics

KASTURBA GANDHI DEGREE & PG COLLEGE FOR WOMEN
 WEST MARREDPALLY, SECUNDERABAD, TELANGANA - 500026
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NAVRANG 2K21

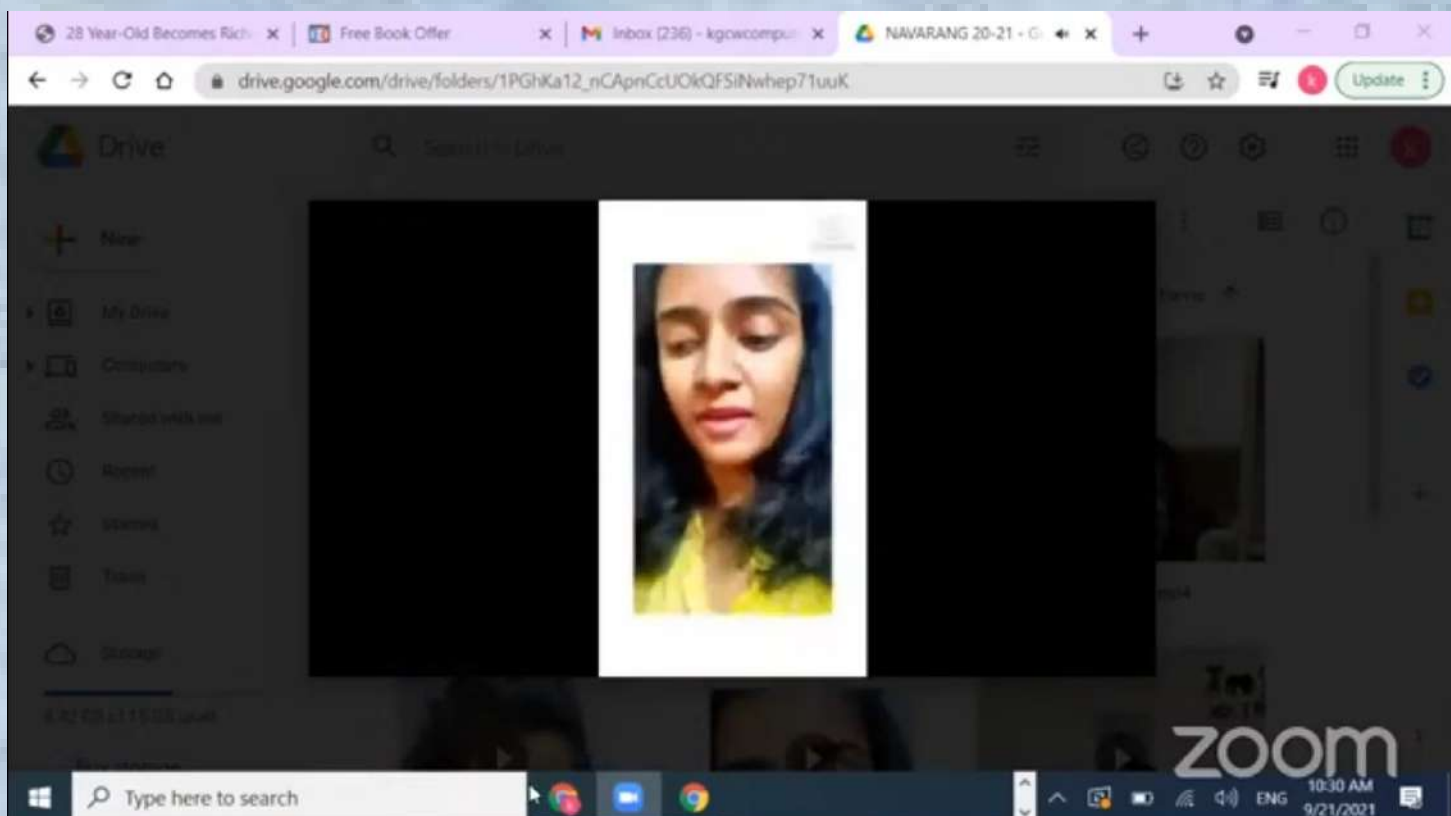
Intercollegiate Competition

MICRO AD's - AD MAKING COMPETITION

On 21st September 2021 @ 12pm

Theme: Advertising Microbial Products

Organised by
Department of Microbiology



Video Making Competition on “Lockdown Diaries” by the Department of Computer Science

NAVARANG 2023



05:18

ABN ఆంధ్రజ్యోతి

జీవితంలో సక్సెస్ అయ్యాక వివాహం చేసుకోవడం

నవరంగ్ 2కే23 కార్యక్రమంలో వక్రలు

మారేడుపల్లి, మే9 (ఆంధ్రజ్యోతి) : మారేడుపల్లిలోని కస్తూర్బా గాంధీ డిగ్రీ అండ్ పీజీ కళాశాల నవరంగ్ 2కే23 పేరిట మంగళ బుధవారం రెండు కోటలపాటు విద్యా సాంస్కృతిక ఉత్సవాన్ని మనంగా నిర్వహిస్తున్నారు. నవరంగ్ కన్వెన్షన్ కళాశాల వైస్ చైర్మన్ దాక్షర్ రాజశ్రీ ఆధ్వర్యంలో నిర్వహించిన ఈ కార్యక్రమానికి నగరంలోని 80 కళాశాలలకు చెందిన విద్యార్థులు పాల్గొని రాజింగ్ స్టాండ్ కామెడీ, డాక్యుమెంటరీ, సైన్స్ & మెమోరి, సమద్రీన, స్ట్రోబోస్కోపి, కాలిగ్రఫీ వంటి డిజిటల్ తుప్ప కార్యక్రమాలను వారిచే ప్రదర్శించారు. కార్యక్రమంలో ముఖ్యఅతిథిగా నింగల్ రమ్య జెహరా, బలగం పేమ్ రూపాలక్ష్మి, ప్రముఖ పాత్రికేయులు రాలు అంజలి వివేకారు. ఈ సందర్భంగా వారు మాట్లాడుతూ... ముఖ్యఅతిథిగా నింగల్ రమ్య జెహరా, బలగం పేమ్ రూపాలక్ష్మి, ప్రముఖ పాత్రికేయులు రాలు అంజలి వివేకారు. ఈ సందర్భంగా వారు అంతకుముందు విద్యార్థులకు మెంపొందించే నాటికలను, సాంస్కృతిక కార్యక్రమం ఉత్సాహభరితంగా కొనసాగి, క్రమంలో కళాశాల చైర్మన్ దాక్షర్, మెహమ్మద్ హుస్సేన్, జాయింట్ కార్యక్రమ ప్రధాన సునీత, ఎన్ఎస్సీ మేజర్ జయసుధ పాల్గొన్నారు.

ఈనాడు
epaper.eenadu.net

సందడిగా నవరంగ్

మారేడుపల్లి, స్యూనిటూడే: చదువు తోపాటు విద్యార్థులు క్రీడల్లో రాణించాలని బలగం చిత్రం పేమ్ రూపాలక్ష్మి, ప్రముఖ జర్నలిస్ట్ అంజలి, గాయని, కళాశాల పూర్వ విద్యార్థిని రమ్యజెహరా లు సూచించారు. ఎన్ఎస్సీ మేజర్ దాక్షర్ గాంధీ మహిళా డిగ్రీ, పీజీ కళాశాలలో నవరంగ్ 2కే 23 పేరున విద్యా సాంస్కృతిక కార్యక్రమాలు మంగళవారం కళాశాల ఆవరణలో ప్రారంభమయ్యాయి. కార్యక్రమానికి రూపాలక్ష్మి, అంజలి, రమ్యజెహరా అతిథులుగా విచ్చేశారు. కళాశాల కమిటీ చైర్మన్ జీ.ఆర్.అశోక్, సెక్రటరీ మహ్మద్ హమీదుద్దీన్, జాయింట్ సెక్రటరీ సురేష్, ప్రిన్సిపల్ దాక్షర్ పీ.సునీత, వైస్ చైర్మన్ దాక్షర్ రాజశ్రీలతో కలిసి వారు జ్యోతి వెలిగించి కార్యక్రమాన్ని ప్రారంభించారు. చదువుకొన్న కళాశాలలు తాను ముఖ్యఅతిథిగా రావడం ఎంతో ఆనందంగా ఉందని రమ్య జెహరా అన్నారు. విద్యార్థుల సాంస్కృతిక కార్యక్రమాలు ఆశీర్వాదించారు. పలు అంశాల్లో విజేతలకు బహుమతులు అందజేశారు. అధ్యాపకులు విడ, వరలక్ష్మి, ఎన్ఎస్సీ మేజర్ జయసుధ పాల్గొన్నారు.

విద్యార్థుల నృత్య ప్రదర్శనలు

Department of English and Modern Language(UG) conducted Essay Writing, Just A Minute, Poetry Recitation and Make-Up Competition



The Department of Sanskrit Conducted sloka Recitation Competition and Sanskrit Kathakathan Competition



Tech Crossword puzzle Crack' IT' conducted by the Department of Computer Science (UG)



BiotechShadz (Biotech-Rangoli) conducted by the Department of Biotechnology



Sudoku Competition conducted by the Department of Mathematics



“Summer Treats” Cookery contest conducted by the Department of Nutrition



Science-O-Memory Competition conducted by the Department of Botany & Zoology



STUDENT COUNCIL 2022-2023

“Student Council Takes Charge, Empowering Student Voices”



On 7th September, an auspicious event unfolded as the entire college gathered to witness the investiture ceremony of the ‘student council.

In a remarkable step towards student empowerment and democratic participation, [Kasturba Gandhi Degree and PG College For Women] proudly inaugurated its first-ever Student Council. It comprises passionate and motivated students from various courses, the council's establishment marks a significant milestone in fostering a collaborative and inclusive educational environment.

The primary objective of the Student Council is to bridge the gap between students and the college administration, ensuring that the perspectives and concerns of the student community are heard, acknowledged, and addressed effectively. It also gives students a platform to voice their opinions and actively participate in decision-making processes, the council aims to create a vibrant and inclusive learning environment that promotes personal growth, academic success, and overall well-being.

Structure and Representation:

The investiture ceremony of the ‘The Student Council’ is composed of a diverse group of student representatives elected through a fair and transparent process. The council members represent different courses, ensuring a broad spectrum of voices and experiences are included. The newly formed student council embodies the principles of inclusivity and representation.

The Elected Leaders for the Academic Year 2022-2023 are:

1. President: Wilcina Genevieve from Bsc [BTMC]
2. Vice President: Preethi Pramanik from B.com [Computer Applications]
3. Vice President: Uradi Priyamvada From B.A [EPP]
4. Secretary: Akanksha Nayak From Bsc [MSCS]
5. Secretary: Noorain Fathima From Bsc [CNDB]
6. Secretary: D.Poojitha From B.A [EPP]
7. Secretary: Annapurna Puravant From BBA

The establishment of the first Student Council has marked a significant milestone in empowering students and fostering a collaborative and inclusive educational environment. Through their advocacy, representation, and community engagement, the council has already made a positive impact on the student experience. As they continue their journey, the Student Council remains dedicated to amplifying student voices, championing student rights, and ensuring a holistic and enriching educational journey for all. Their pioneering efforts serve as an inspiration for future Student Council.

Priyamvada Uradi
BA III
Vice President

D Wilcina Genevieve - SC President

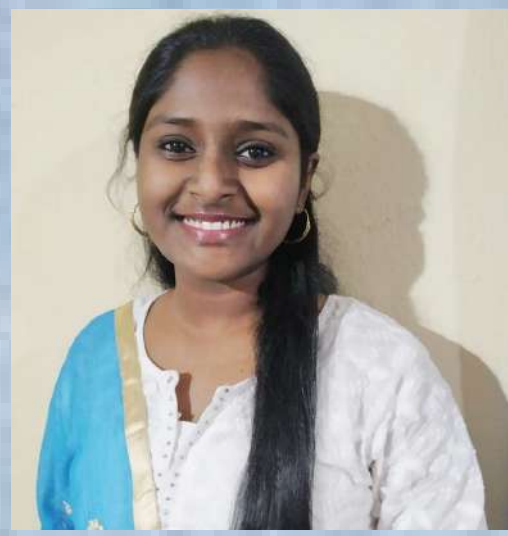
Greetings Dear ones,

I am D Wilcina Genevieve, final year student of B.Sc life sciences - BtMC and the Student Council President of Kasturba Gandhi Degree College.

Being a student council president is an important leadership role that comes with various responsibilities and opportunities to make a positive impact on any educational institution. One of the main responsibilities is to plan and organize events for the student body. Something I love the most is to serve as the voice of the student body and advocate for their interests and concerns. This involves actively seeking feedback from students, listening to their suggestions, and addressing their issues by communicating with teachers, administrators, and other relevant parties.

From my personal experiences as a student council president, I would encourage you to be courageous, bold, patient and kind. Do Everything with love.

"A noble leader answers not to the trumpet calls of self promotion, but to the hushed whispers of necessity" - Mollie Marti



Uradi Priyamvada - Vice President

Hello Everyone,

I am Uradi Priyamvada from B.A Final Year- Vice President of the Student Council.

Being a part of the Student Council has been an enriching experience, allowing me to witness the transformative power of effective leadership and student engagement.

Serving on the council has provided me with invaluable opportunities to engage with my peers, address their concerns, and work collaboratively towards organizing multiple events in the college.

I have witnessed a lot of growth in me through the past year, be it in terms of conviction, resilience or confidence. It served as a unique opportunity for my personal growth and my leadership development.

Lastly, I would like to say to all my fellow kasturbans, to keep pushing your boundaries, embrace challenges, and stand up for what you believe in. Make yourself visible. Put yourself out there and choose to explore your passion and interests.

Remember, you are the agents of change, and the world needs your voices.



Noorain Fathima - SC Secretary

Greetings to all.

I'm Noorain Fathima, a final-year B.Sc student at CNDB, and I'm also the student council secretary at Kasturba Gandhi Degree and PG College for Women. As the Student Council's secretary, it was my duty to work with the other council members to complete all of the responsibilities we were given. If I had to sum up my time on the student council, I would say it was both blissful and crazy. Being a council member is similar to serving as the faculty's liaison to the students. I had a lot to learn about handling the situations, and it was all in all a good experience. Everyone that reads this, just be strong enough, and you will get everything the world has to offer, is all I want to say.

“Follow your bliss and the universe will open doors where there were only walls” -Joseph Campbell



Akanksha Nayak - SC Secretary

Regards to all.

I am Akanksha Nayak, a final year student of B.Sc MSCS and the Student Council Secretary at Kasturba Gandhi Degree College. The year has now come to an end. In a few weeks we will be able to feel the sun warming us up and making us feel almost free from every worry, but bringing up new adventures in our life. It was worth going through all that we managed to learn about these years as a student council member. It's a way to understand what we have been able to get from the experiences we have been through. We have learned how to share our time and passion with others. We have been able to actively help people, and we have evidently made a difference. And this has changed us. It has made us become aware of other people's needs.



A famous quote goes "Kindness is language which the deaf can hear and the blind can see." We have managed to learn a lot even from apparently tough and harsh situations such as the end of year exams. We have understood how to set priorities and how to manage our study time effectively. But most of all we have learned that difficulties in life come and go, but that we have the opportunity to be in a college in which we are monitored and helped. Life often gives us hard times, but the education we are receiving is helping us to face them with a smile. This year has been a bit like a roller coaster, but we have gotten through it. So let's be happy about this! Personally, I am enthusiastic about the year that just flew by!

Annapurna Puravant - SC Secretary

Greetings to everyone

I'm Annapurna, second year student of BBA and the Student Council Secretary of Kasturba Gandhi Degree College. There are some things that can only be learnt by experience and, leadership is one of them. I was lucky enough to have been given an amazing opportunity to be a member of the student council and a chance to be the voice of the students. But the sad part here is I was the only junior in the council. That means as the year comes to an end my teammates will leave the college but I'll have another year to go without them and their support. I was very lucky to have them by my side, I got to learn so much and was overall a great leading and learning experience. It was definitely a roller coaster ride for me but I'll definitely try to get on this ride next year as well. This whole experience has taught me so much that no textbook could ever do. Lastly I would like to thank my lovely senior tolerating, teaching and supporting me and the college for giving me this opportunity.



"A life spent doing mistakes is not only more honorable but more useful than a life spent doing nothing"

-George Bernhard Shaw

GENERAL ASSEMBLY

Every week, Monday morning, the entire college, staff and students gather together for the Assembly. Each Department of the college gets an opportunity to showcase one outstanding feature or discovery to the rest of the college.



The background is a dark blue gradient with a subtle pattern of small white dots. In the corners, there are decorative illustrations of flowers and leaves. The top-left and bottom-right corners feature large, detailed white line-art flowers with multiple petals and a central circular pattern. The top-right and bottom-left corners feature smaller, simpler line-art leaves and stems. The text 'CLUB ACTIVITIES' is centered in the middle of the page in a white, bold, serif font.

CLUB ACTIVITIES

BIO CLUB

“SWAYAMSIDDA” to commemorate International Women’s Day



INVESTITURE CEREMONY
2022-2023



GREEN CLUB

"VANAVATIKA"



'Medicinal Plants' display on the occasion of National Science Day



Haritha Haram (Tree plantation program)



“Green Diwali” an awareness program on Green Crackers



World water day celebrations 'Sprinkler Irrigation'

SOCIAL SCIENCES CLUB

"MOCK PARLIAMENT"

The New Education Policy Bill: Pioneering the Kasturba Gandhi College

Introduction To The Bill : In a landmark achievement for the students of Kasturba Gandhi Degree and PG College For Women, the first-ever bill under the New Education Policy has been introduced in the college premises focusing on the improvement of education. This progressive legislation aims to revolutionize the educational landscape at Kasturba Gandhi College by incorporating essential reforms that foster holistic development, inclusivity, and innovation. The bill represents a collaborative effort by the students of B.A [Present Final Year] led by Uradi Priyamvada, Puja Rani Sahoo, Alluri Srija, Aprajitha Saikia, Sareena Ghale reflecting their shared commitment to creating a thriving and progressive educational environment.

Let us delve into the key features of the New Education Policy bill and its potential impact on Kasturba Gandhi College:

The bill prioritizes holistic development by promoting a balanced approach to education. It emphasizes the integration of academic, physical, and emotional well-being. Recognizing that education extends beyond the classroom, the bill advocates for the inclusion of extracurricular activities, sports, arts, and community engagement. This comprehensive approach aims to nurture well-rounded individuals who are equipped with the necessary skills and qualities to succeed in a dynamic world. It also takes steps towards experiential learning to incorporate both theoretical and practical approaches to on-ground realities.

Mock Parliament at Kasturba Gandhi College:

The mock parliament organized by the Department of Political Science and Public Administration for second and final years B.A Students [2022-2023] of KGCW, showcased their commitment to democratic principles and their understanding of the importance of civic participation. The mock parliament session served as a platform for the students to discuss and debate the key provisions of Kasturba Gandhi's first bill. Through this exercise, the students not only gained valuable insights into the legislative process but also expressed their opinions on the reforms necessary for the effective implementation of the bill in the college.

During the mock parliament session, the students assumed the roles of parliamentarians, representing various political parties and constituencies. They engaged in passionate debates, presenting their perspectives on different aspects of the NEP bill. The students had the opportunity to listen to diverse viewpoints and engage in respectful and constructive dialogue. They learned the importance of listening, persuasion, negotiation, and compromise - essential skills for effective governance and decision-making.

Through the mock parliament, the students gained a deeper understanding of the legislative process, democratic principles, and the role of public participation in policy-making. They were able to analyze the NEP bill from different angles, identify its strengths and weaknesses, and propose amendments and improvements.

---Priyamvada Uradi and Puja Rani Sahoo
BA III year



CULTURAL CLUB



Akanksha Nayak



Puja Rani Sahoo



K Greeshma Datta

CULTURAL CLUB MEMBERS



Maria Goldina



Tanishka Yadav



ETHNIC DAY CELEBRATIONS



INDEPENDENCE DAY CELEBRATIONS



ENGLISH BOOK CLUB (UG)

“Empowering Perspectives: Exploring South Asian Feminist Literature through the Book Questers Book Club”

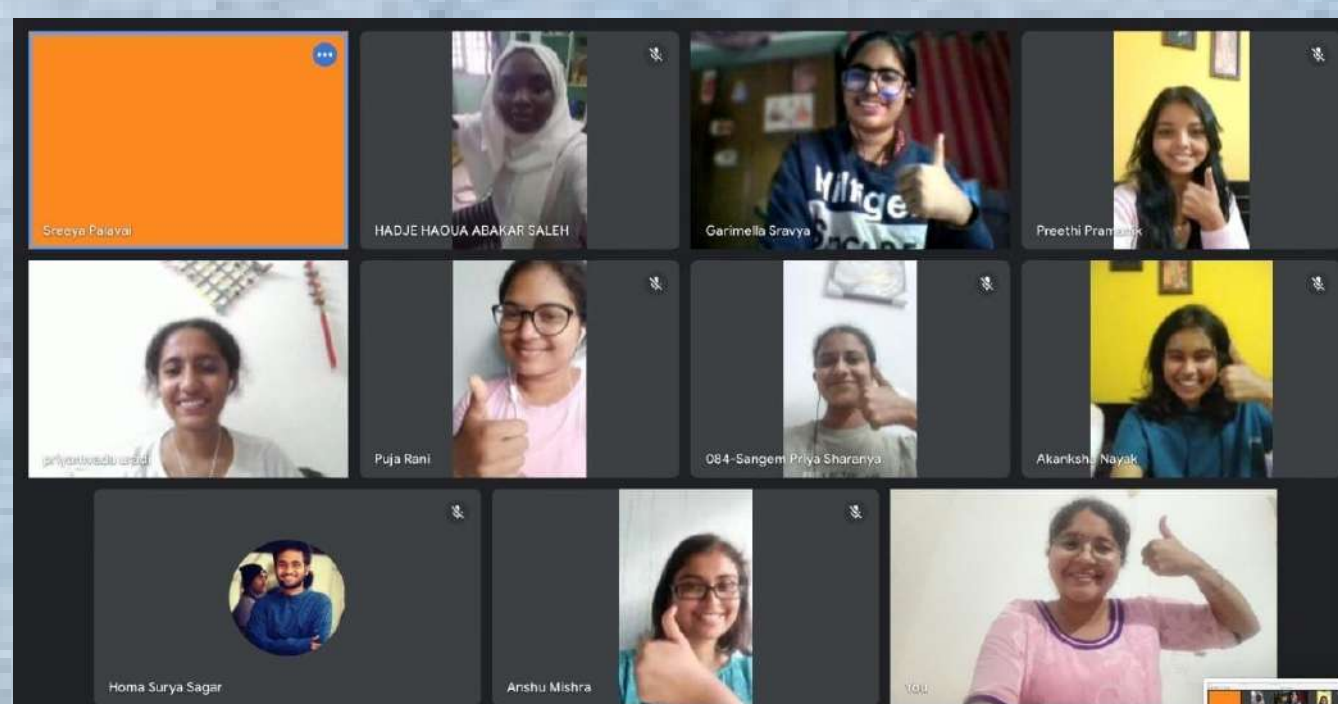


In an effort to promote diversity, inclusivity, and gender equality, the book Questers of English Literary Club(UG) led by Uradi Priyamvada(Student Coordinator) embarked on an enlightening journey, delving into the captivating realm of South Asian feminist literature.

This innovative initiative sought to expand members' understanding of gender issues, cultural contexts, and the experiences of South Asian women. Through thought-provoking discussions and engaging literary analysis, the book club not only fostered a deeper appreciation for literature but also empowered participants to challenge societal norms and advocate for gender equality.

The book club's focus on South Asian feminist literature was a conscious decision to shed light on narratives that often go unheard. To ensure a rich and diverse reading experience, the book club carefully curated a selection of novels, essays, and poetry written by prominent South Asian feminist authors. These works explored a wide range of themes, such as patriarchy, intersectionality, identity, and women's empowerment

Over the period of 1 year we read: Chup- Breaking the silence of Indian Women, Whole Numbers And Half Truths, ‘Lihaaf’, ‘Breast Stories’, Desperately seeking Shahrukh khan, ‘A Re-imagination of Sita’s Journey Etc. The book club started with a collaboration with a One Future Collective which primarily works on social justice led by communities of care. Post three book clubs many of the other college participants showed interest in participating in the book club.



The book club's exploration of South Asian feminist literature provided a transformative experience, fostering empathy, awareness, and a commitment to gender equality among its members.

It serves as a testament to the power of literature in challenging societal norms, promoting dialogue, and inspiring action for a more inclusive and equitable future.

Priyamvada Uradi
BA III year
Literary Club Coordinator

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DEPARTMENTAL EVENTS

DEPARTMENT OF COMMERCE (UG)

Students creating awareness on Medical negligence



Students visited Oral school for deaf and dumb at Marredpally where students explained the basic concepts of Consumer Rights



“Creativity for a Cause” event, where students exhibited various stalls which showcased their creative and innovative skills.

DEPARTMENT OF ENGLISH & MODERN LANGUAGE (UG)

ENGLISH LANGUAGE DAY CELEBRATIONS

The Department of English and Modern Language (UG) organized an academic and cultural event to commemorate the English Language Day (observed globally on April 23 every year) on April 26, 2023. The programme started with a brief talk on the importance of English language by Nandini of B.A-II. Priyamvada of B.A-III recited Shakespeare's sonnet 'Let Me Not to the Marriage of True Minds' and introduced the audience to the poetic talent of the greatest English playwright, William Shakespeare. The students of B.Com III C2 presented a skit on gender equality, inspired by the prose piece Third Suggestion written by Chimamanda Adichie. The competition 'Persona' saw enthusiastic participation of the students who dressed up as various English literary and pop-culture figures. Maria of BBA-II, Lubna of BBA-II and Syeda Nabeela of CNDZ-III wowed everyone present by reciting their original poems.



Dr. Anjali Malia, HOD Department of English (PG), judged the competition and in her address to the students, she encouraged them to inculcate the habit of reading which will not only develop their language skills but also introduce them to multiple cultures and types of people.



The students thoroughly enjoyed the event, especially the skit on gender equality, the original poetry recitals by our budding student poets, and the dress-up/enactment competition - Persona



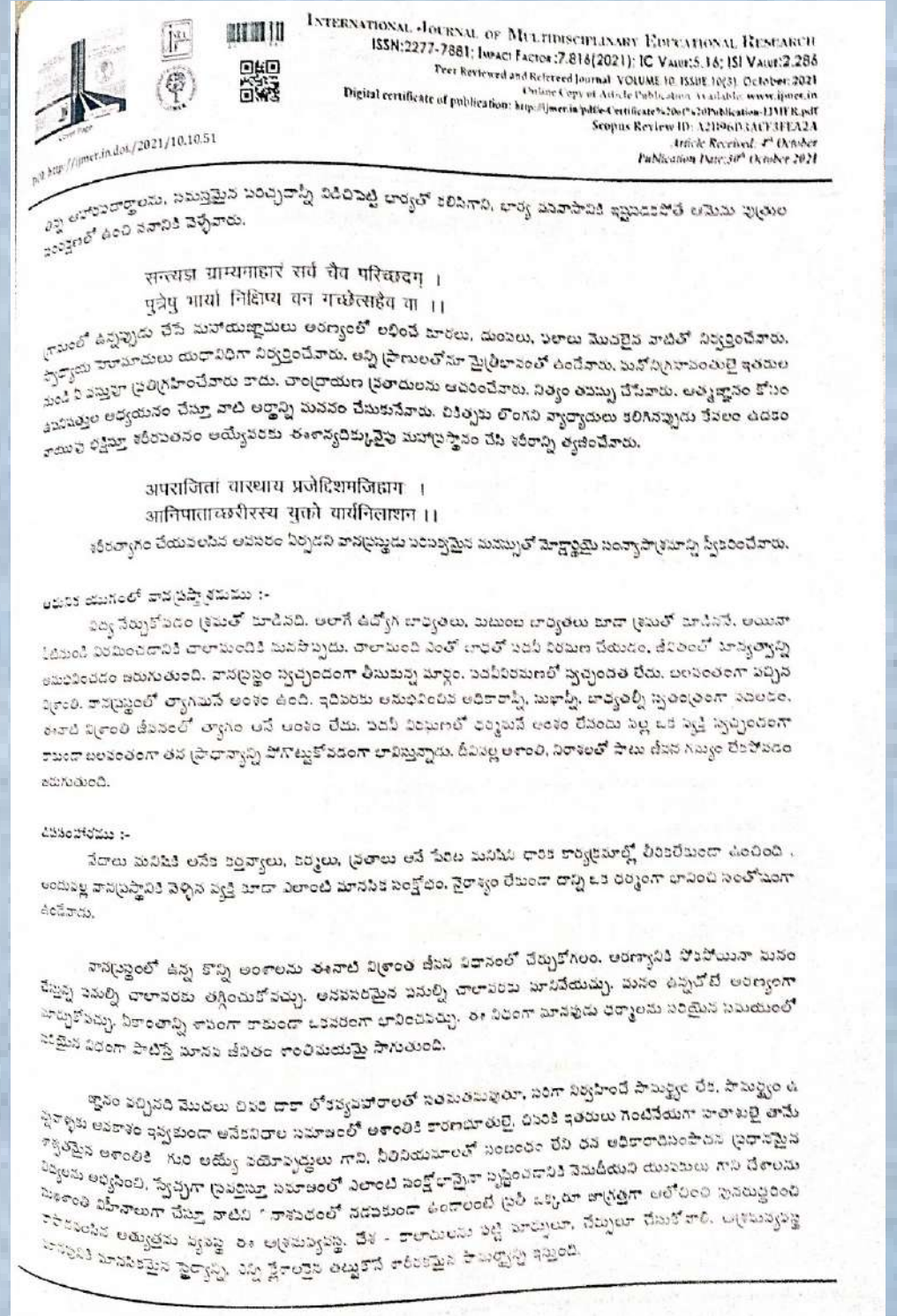
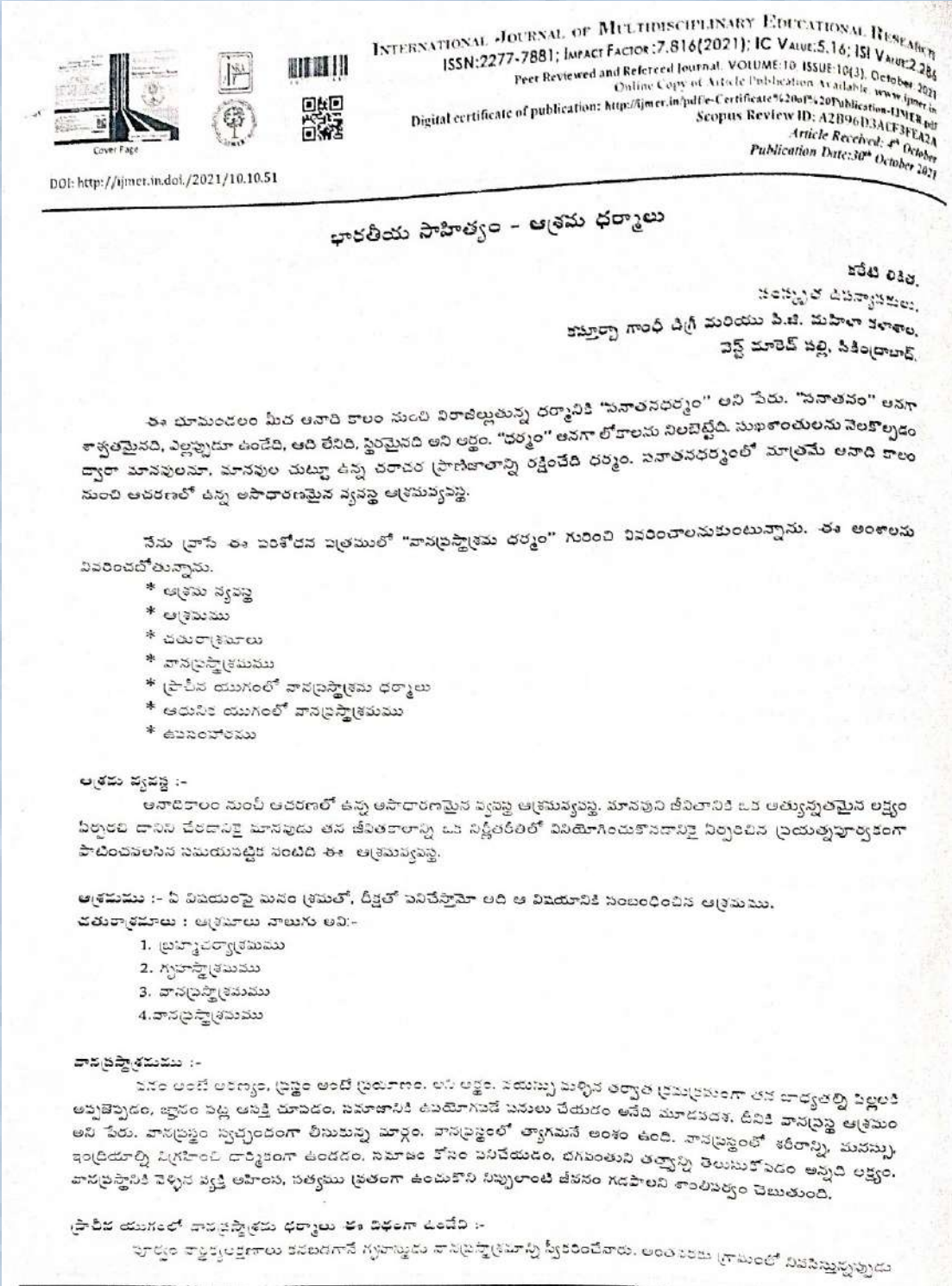
Debate Competition on the topic :
"India is a democracy not merely in form, but also in fact".



Poster Presentation



DEPARTMENT OF SANSKRIT



Ms. Likitha Kareti (Lecturer) published a paper on “Bharateeya Sahithyam - Aashrma Dharmapuri in “International Journal of Multidisciplinary Educational Research”



135 Sanskrit students participated in "Andhra Mahabharata Padya Sumarchana" organized by kanchi kamakoti peetam, jagadguru sri sankaracharya swamigal mutt

STUDENTS ACHIEVEMENT



D.Devishree secured First prize in Aananda -A joy of competing,An Intercollegiate Musical Competitions Organized in Connection with Thyagaraja swami 256 th Jayanti Utsavam by Keshav memorial Educational Society



Students participated in Inter collegiate Literary competitions in Sarojini Naidu VanitaMahavidyalaya

DEPARTMENT OF CHEMISTRY



Illustration of Drug mechanism by Pictorial and Creative models



Highlighting the advantages of Organic pesticides to the farmers of Kolanupaka Village, Telangana



Ms. S. Saritha(Faculty) published a paper on Extraction of PPO Enzyme from Ridge Gourd and its Potential Use in Decolorizing Dyes used in Laboratories at Undergraduate Level to Reduce Organic Pollutants in International Journal of Science and Research (IJSR)



Ms. B.Priyanka (Faculty) published a paper on Attitudes & Awareness, Problems & Solutions Related to Traffic in Hyderabad in International Journal of Science and Research (IJSR)



N.V Swathi (Faculty) published a paper on Extraction of PPO Enzyme from Ridge Gourd and its Potential Use in Decolorizing Dyes used in Laboratories at Undergraduate Level to Reduce Organic Pollutants in International Journal of Science and Research (IJSR)

DEPARTMENT OF MATHEMATICS(UG)



Students of B.Sc Final year handled mathematics classes of 6-8 for one week at Burgula Ramakrishna Rao Girls high school, Barkathpura ,Hyderabad



Community Connect Programme

SITEMaP-THE PHYSICAL SCIENCES club organized SITEMaP Fest and Investiture Ceremony



Students and staff in " Helping Hands Humanity"-an orphanage in west Maredpally regarding the children interest levels towards maths



Thematic Book Exhibition and Poster presentation in UG Library



DEPARTMENT OF COMPUTER SCIENCE(UG)



**Essay Writing Competition on “Ethical Hacking”
conducted on Computer Literary Day**



**Career Councelling Seminar - CAMPUS TO CORPORATE by Dr.
Sreecharan and Dr.Fakhruddin from Gitam University**



**IT Exhibition where students
showcased their models**



**Guest Lecture by Mr. Anil Rachamalla on “Social
engine Cyber crimes & digital intelligence**

DEPARTMENT OF BOTANY



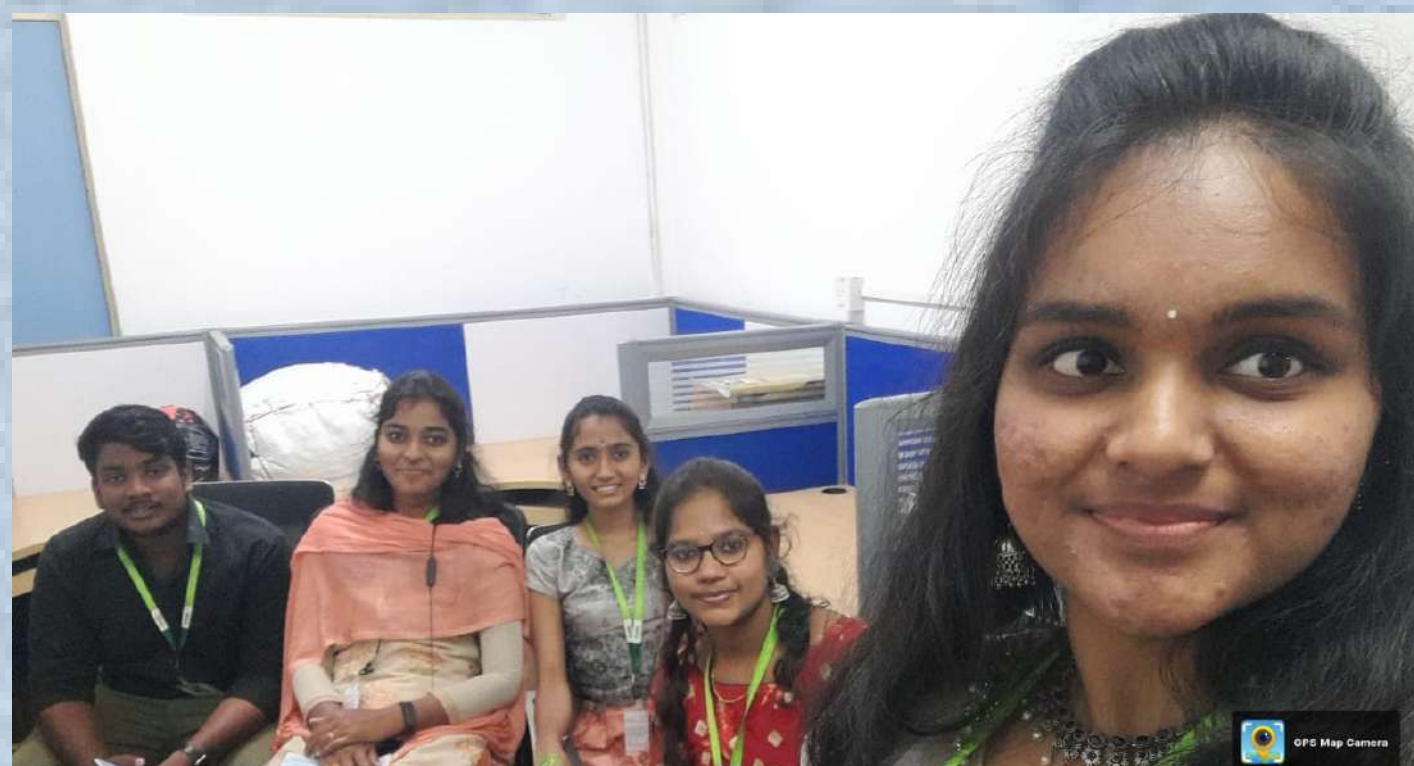
Guest lecture by Dr.A.Rachna , Assistant professor , Government Degree college ,Malkajgiri on “ Bio diversity”



Students participated in Inter collegiate competitions organised by Department of Botany Sardar Patel College and won prizes .



Mehek participated in a 2 day seminar on” Science and technology in India : Achievements and challenges organised by Department of Botany, Osmania University and won the second prize in Poster competition



Students completed their internship program with IRRI SA hub as a research intern in ICRISAT and IPM Techniques in Amytina Agritech Pvt .Ltd



DEPARTMENT OF BIOTECHNOLOGY



D. Wilcina Genevieve from BTMC 3rd year, Greeshma and Drasti from BTMC II year attended the final round of Make Intern Zonal Center Program of IIT Kharagpur held in Delhi

Student from BTMC (2022 batch) T. Aishwarya laxmi secured gold medal.



International Journal of Plant and Environment		
An Official Publication of International Society of Environmental Botanists (ISEB)		
Decision letter		
ISSN No.	UGC CARE- ISSN No. 2454-1117 (Print)	ISSN No. 2455-202X (Online)
NAAS Score & NAAS ID	NAAS Score 4.46	NAAS ID 1324
Subject:	International Journal of Plant and Environment (IJPE): Decision letter for MS No. IJPE/2023/1439	
From:	editor@ijplantenviro.com; ijpeeditors@gmail.com	
To:	koppula.prawan@gmail.com, koppula.prawan@osmania.ac.in	
Manuscript No.	IJPE/2023/1439	
Title	Therapeutic and Biological Aspects of Leaf Extracts from Indian Copperleaf Plant (<i>Acalypha Indica</i>)	
Authors	Srilatha Reddy Gantala, Shilpa Kalukuri, Wilcina Genevieve Dommat, Vaishnavi Volukula, Srijitha Gangi, Varshitha Saval and Prawan Koppula	

Dr.G.Srilatha, K.Shilpa faculty from Department of Biotechnology Completed Departmental Research project “Therapeutic and Biological Aspects of Leaf Extracts from Indian Copperleaf Plant (*Acalyphaindica*)” and paper accepted for publication in International Journal of Plant and Environment with impact factor-1.82 UGC CARE- ISSN NO-2454-111



Dr.G.Srilatha faculty from Department of Biotechnology has attended a National Seminar on “IMMUNOLOGY TALKS TO PUBLIC HEALTH” on 29 April 2023 on the occasion of International day of immunology-2023 and secured second Position in oral presentation.

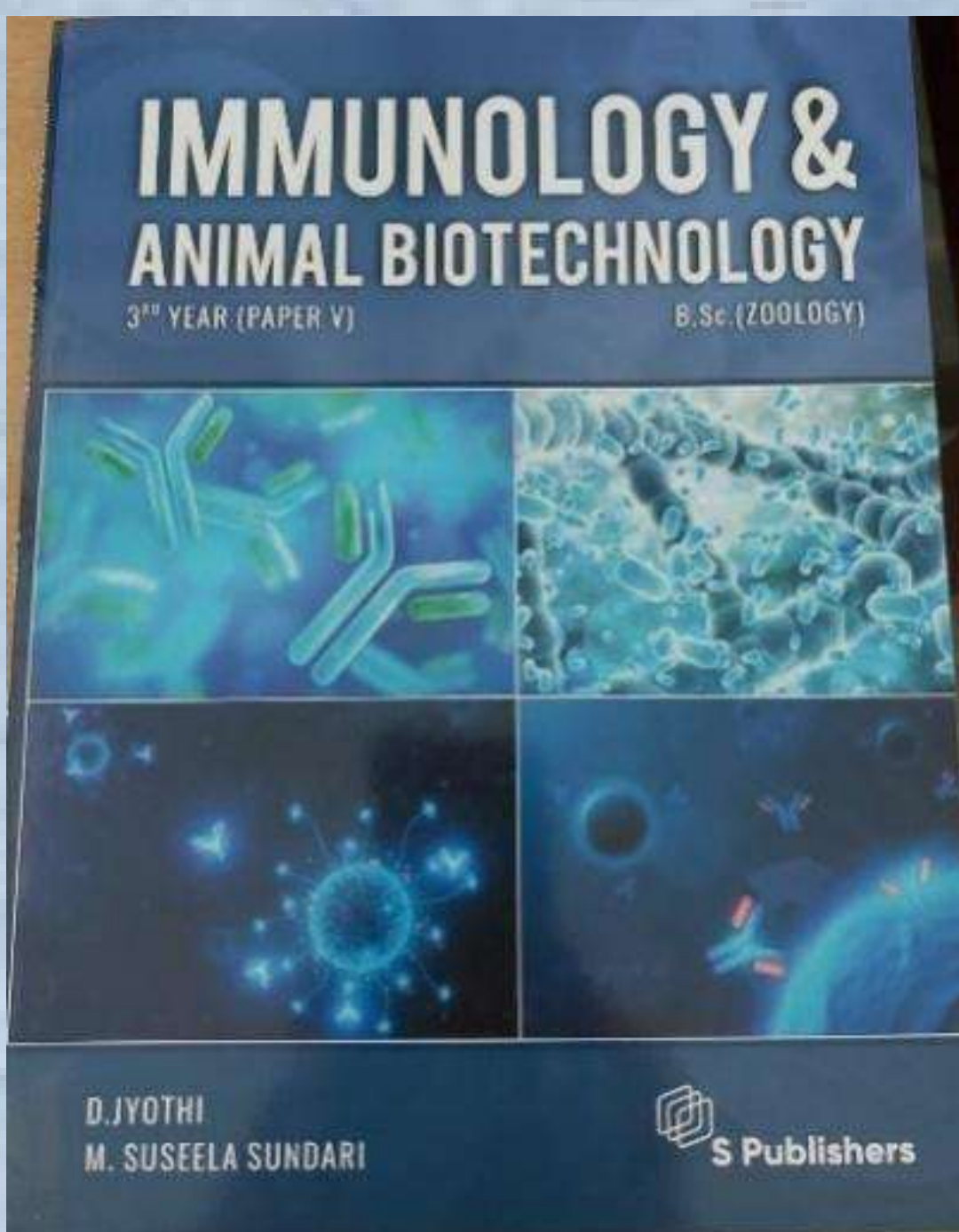
DEPARTMENT OF ZOOLOGY



A Community connect program to create awareness on Mosquito borne diseases like Dengue, Chikungunya, and Malaria to the students of Sardar Patel College



Health camp in association with Vijaya Diagnostic Centre at Kasturba Gandhi Degree & P.G College for Women for faculty, non-teaching staff and parents



**Ms. D.Jyothi and Ms. Suseela Sundari
M published a book "Immunology and
Animal Biotechnology" by S
Publications**

One day workshop “Walk out of Diabetes” was organised. The profit gained from the workshop was donated to Amrutha Varshini Deaf and Dumb school, West Marredpally.



Department of Zoology conducted an awareness program on Mosquito Borne disease to Non-teaching staff. The students explained about diseases like Dengue, Chikungunya, and Malaria in Telugu to the non teaching staff



DEPARTMENT OF NUTRITION (UG)

NUTRITION RIDDLES:

1. A container without hinges, lock or a key, yet a golden treasure lies inside me. What am I?
2. What kind of cup doesn't hold water?
3. Although I may have eyes, I cannot see. I have a round brown face with lots of acne. What am I?
4. I am a bird, I am a fruit and I am a person. What am I?
5. It's a symbol and a fruit, For man's folly, evil's root. But also for great inspiration, and famous application.
6. Farmer Brown came to town with some watermelons. He sold half of them plus half a melon and found that he had one whole melon left. How many melons did he take to town?
7. A little pool with two layers of wall around it. One white and soft and the other dark and hard, amidst a light brown grassy lawn with an outline of a green grass. What am I?
8. What fruit never ever wants to be alone?
9. I am a fruit with seeds on the outside. What am I?
10. What is orange and sounds like a parrot?
11. I'm a green veggie that looks like a tiny tree.
12. I come out of the earth, I am sold in the market. He who buys me cuts my tail, takes off my suit of silk, and weeps beside me when I am dead.
13. I am sometimes green, sometimes red, and sometimes yellow. But I almost always have a bell shape.
14. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?
15. What is common to eat before it's born and after it's dead?
16. I'm a lot like a pancake, except I'm a little crisper, and I'm square, with square patterns all over.
17. Give it a toss, and it's ready, but not until it's dressed. What is it?
18. Strip the skin under my skin, and my flesh you'll reveal. It tastes sweet and tart, now throw out the peel. What is it?
19. I stink up your breath and fights evil vampires. What am I?
20. Despite having long teeth, every bit of food it grabs gets taken from it.

Answers: 1) Egg 2) Cupcake 3) Potato 4) Kiwi 5) Apple 6) Three 7) Coconut 8) Pear
9) Strawberry 10) Carrot 11) Broccoli 12) Onion 13) Pepper 14) Meat 15) Chicken
16) Waffle 17) Salad 18) Orange 19) Garlic 20) Fork)

-- Bushra Fatima Amjad
Faculty, Clinical Nutrition and Dietetics

VEGAN AND DIABETIC FRIENDLY CHICKPEA SALAD!



HEALTHY SNACK!!!!!!

Snacks provide energy in the middle of the day or when you exercise. A healthy snack between meals can also decrease your hunger and keep you from overeating at meal time. Choosing a healthy snack is important to prevent indulging in junk food.

A healthy snack can be nutritious and can also be tasty....how you might ask?

Our student Adiba Farah, from CNDZ 2nd year got you one. Check the recipe below:



Ingredients: (Serving for 2 people)

Chickpea – 120 grams

Onion – 1 small

Tomato- 1 small

Cucumber – ½

Oil – 1 tsp

Turmeric powder – ¼th tsp

Chilli powder – ¼th tsp

Coriander powder – ¼th tsp

Green chilli – 1

Salt – to taste

Lime – ½

RECIPE:

1. Soak chickpeas overnight. Pressure cook the chickpeas the following day until soft.
2. To a pan, add oil, turmeric powder, chilli powder and coriander powder.
3. Roast the spices until its mixed well.
4. Add the pressure-cooked chickpeas to the pan and mix well with the spices. Off the flame.
5. To a bowl add chopped cucumber, tomatoes and green chilli. Add salt to taste.
6. Add the roasted chickpeas to the bowl. Squeeze some fresh lime on it.
7. Give it a final toss and here you have your **HEALTHY SNACK READY TO BE SERVED!!!!!!!!!!**

Our Student, Shaziya Saba of batch 2021-2022, has won second prize in the Summer Treats, a Departmental competition conducted during the Navarang 2023. The food was yum! So try it for yourself.



MANGO BISCOFF CAKE! – an easy delectable dessert

INGREDIENTS (SERVES 6) :

Mangoes – 200 grams
Hung Curd – 1 kg
Lotus Biscoff biscuits– 10 number
Condensed Milk – 150 ml
Melted butter – 15 ml
Vanilla essence – 5-6 drops

FUN FACT!

Hung curd is also known as Greek Yogurt. The whey water is completely drained to get hung curd which makes the mango cake soft in texture. It is also extremely beneficial in digestion.

RECIPE:

1. Take 1 kg of curd and hang it overnight to prepare hung curd.
 2. Prepare a mango puree by cutting the mangoes in cubes and grinding it into a soft paste.
 3. To prepare the batter, to this hung curd add half of the mango puree, condensed milk, vanilla essence. Whisk it and keep aside.
 4. Crush the biscuits (Lotus biscoff), add melted butter and layer it in a creased baking dish.
 5. Pour the prepared batter over this layer.
 6. Bake it or steam it for about 35 minutes at medium temperature.
 7. Let it cool down. Garnish it with the left-over mango puree and mango slices.
- TADA! HERE YOU HAVE YOUR MANGO BISCOFF CAKE READY!!!!!!
PERFECT TO SATISFY SUGAR CRAVING IN A HEALTHY WAY!!!!!!!!!!**

UG LIBRARY

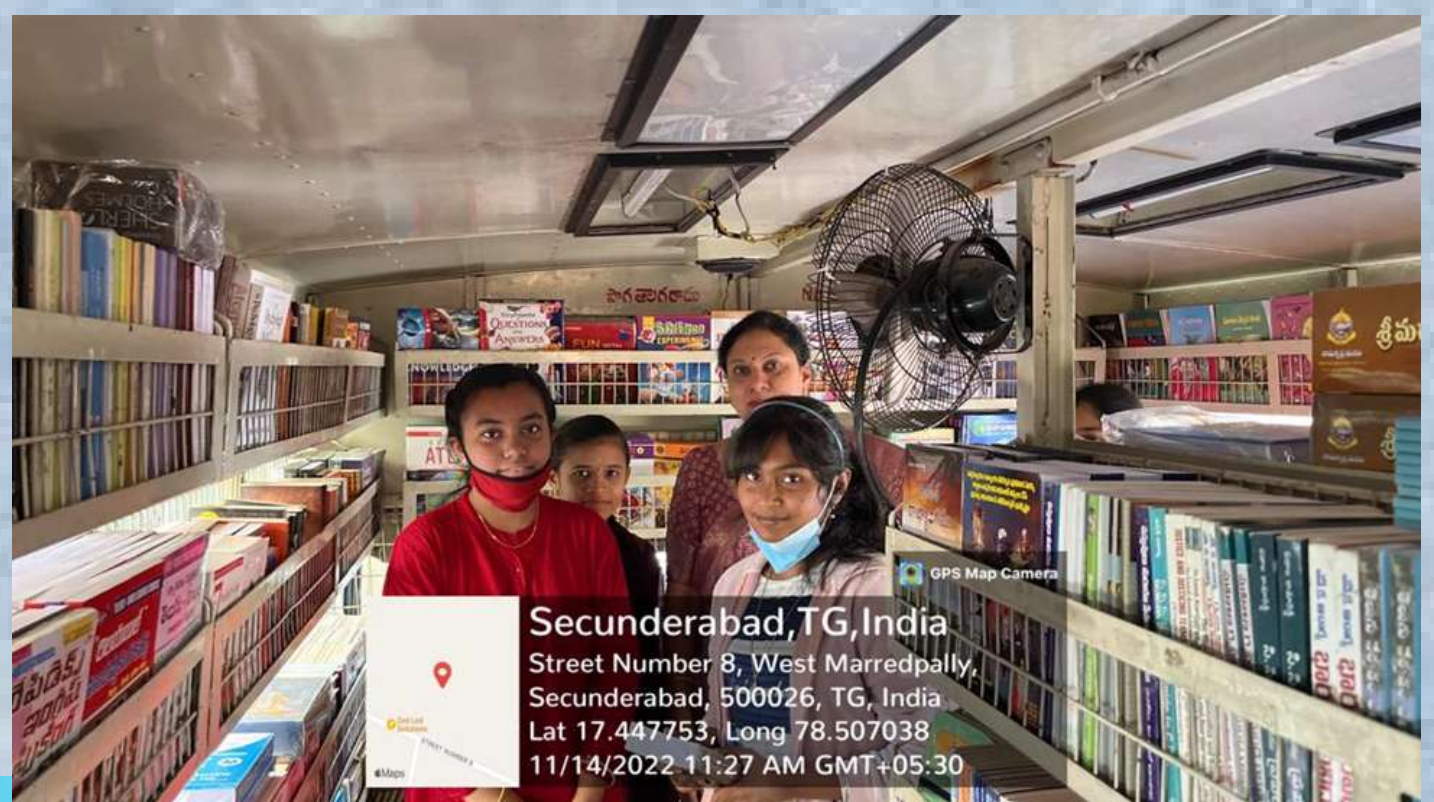
KGCV UG e-library



Thematic Exhibition on Mathematics Day organised in the UG Library



Library Week Celebrations

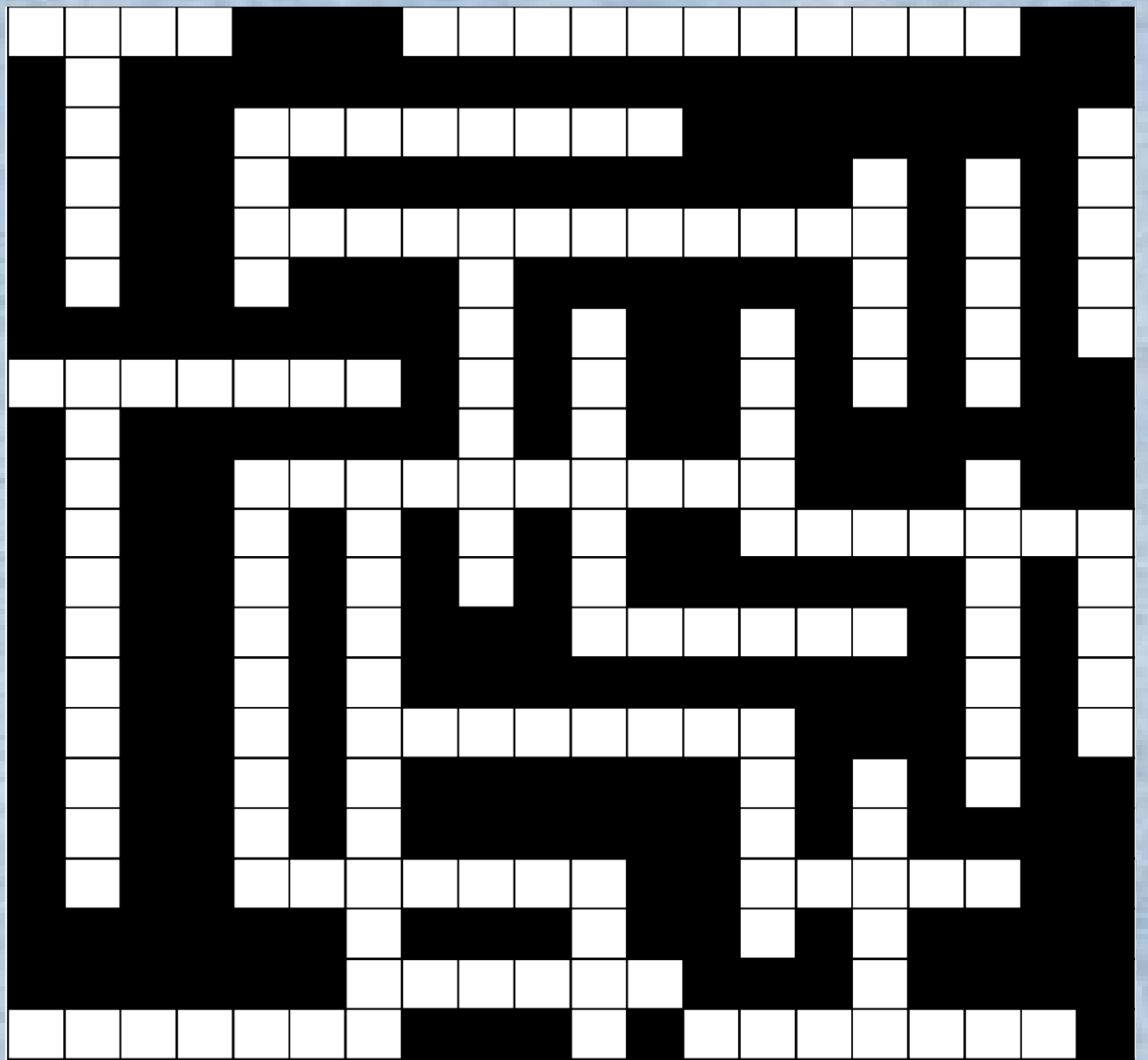


LIBRARY WEEK CELEBRATIONS (14TH NOV - 20TH NOV 2022) VENUE : DEGREE LIBRARY



MBA DEPARTMENT

CROSSWORD PUZZLE



CLUES

Across

- 1 Life blood of a business, liquid (4)
- 3 Income-Savings= _____ (11)
- 4 customer expectation when bought in bulk (8)
- 8 A word for credit purchases (12)
- 12 A book in which articles are published (7)
- 14 Gayab (10)
- 16 A person with down 4 (7)
- 18 Wages paid to (6)
- 19 Danda (8)
- 22 Transactions between two merchants (7)
- 24 Opposite to exit (5)
- 25 Opposite to down 6 (6)
- 26 Income, Profit..... (7)
- 27 A new bakery is shortly _____ (7)

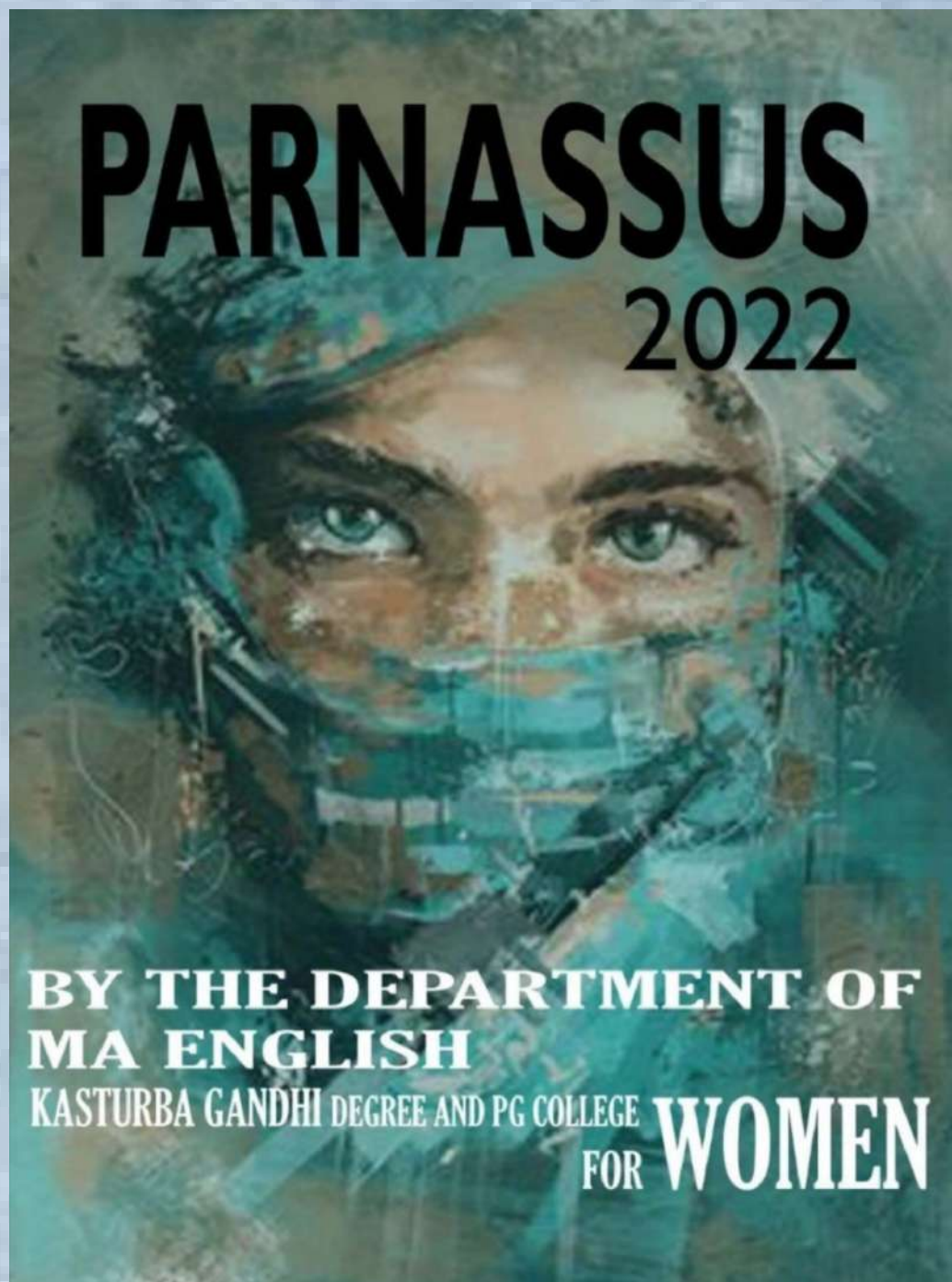
Down

- 2 Property (6)
- 4 Amount of money that you owe to someone (4)
- 5 First 4 letters are popular German car brand, inspection of accounts (5)
- 6 Card used to withdraw money from ATM (5)
- 7 Type of train (5)
- 9 Excitement regarding film climax (8)
- 10 New Delhi, Hyderabad, Chennai, Mumbai..... (7)
- 11 Permanent (5)
- 13 Messi's performance was (11)
- 15 Coupon used for non cash transactions (7)
- 17 Hen, goat, sheep..... (5)
- 20 Ashadam special (6)
- 21 Turn and turn (6)
- 23 Worried about weight _____ (4)

Crossword Puzzle Key

c	a	s	h				E	x	p	e	n	d	i	t	u	r	e			
	s																			
	s			D	i	s	c	o	u	n	t							A		
	e			e										D			g		u	
	t			b	i	l	l	s	p	a	y	a	b	l	e		o		d	
	s			t				u						b		o		i		
								s		c			f	i	d			t		
J	o	u	r	n	a	l		p		a			i	t		s				
	u							e		p			x							
	t			I	n	t	a	n	g	i	b	l	e				v			
	s			n	r		s			t			d	e	b	t	o	r	s	
	t			s	i		e			a						u		t		
	a			o	a					l	a	b	o	u	r		c		o	
	n			l	l												h		c	
	d			v		b	u	s	i	n	e	s	s				e		k	
	i			e		a							a		r		r			
	n			n		l							l		e					
	g			t	r	a	d	i	n	g				e	n	t	r	y		
						n				a			s		u					
							c	r	e	d	i	t				r				
r	e	v	e	n	u	e				n				o	p	e	n	i	n	g

DEPARTMENT OF ENGLISH (PG)



The Department of MA English has started a Literary Journal with a vision to provide the students of UG and PG from different departments, a platform to present their creative literary and artistic abilities, where they explore a writer and an artist within them.

FEMINISM

A STRUGGLE FOR FREEDOM AND EQUALITY



There are people who believe that we do not need feminism today, but the truth is that women have struggled for equality and against oppression for centuries, and although some battles have been partly won - such as the right to vote and equal access to education - women are still affected by all forms of violence and by discrimination in every aspect of life. In my personal opinion there is a difference between equality (egalitarianism) and equity (feminism). Equity is about social Justice which means that we have to start at different places and focus on solving the problems of systematic injustice in the personal lives of the victims of sex injustice. But egalitarianism looks at equality of opportunity only. It misses the point even though you may treat people equally it won't translate into the marginalised groups, be it marginalised castes/classes/gender/ getting there due because they have more obstacles to remove in their path to equality. This anti-oppression based environment does not exist in the concept of egalitarianism.

So the question remains, why Feminism?

Because we need to name the oppression, name the oppressor and name the oppressed. Egalitarianism is a form of political philosophy that advocates all human beings are fundamentally equal and therefore equally entitled to resources. Feminism is given its name because it began as a socio-political movement to achieve equality for females. A movement that solely concentrates on bringing up the status of women on the same platform as that of man, there will never be any equality for her and that NAMING FOCUS on women is FEMINISM.



Quiz time:

1. First three women who got licenced as doctors.
2. Who was the first woman writer?
3. Who is called the first female teacher of India?
4. Who is the richest woman in India?
5. In which country, women are prohibited from driving a vehicle?

Unknown facts:

1. Women see 20% more colour than men because of genetic mutation. Dare I say whose life seems more colourful here.
2. Miami is the only major US City that was founded by a woman. We really owe her one.
3. Women have a larger pupil than men and blink 19 times in a minute whereas men only blink 11 times, I can see better already!
4. Women are more rational than men because of a thicker cerebral cortex than men.
5. Women spend nearly one year of their lives deciding what to wear.

Tongue Twisters:

Read them as fast as you can

1. Caterpillars
If colored caterpillars could change their colors constantly could they keep their colored coat colored properly?
2. Cannonball Caramels
How much caramel can a canny cannonball cram in a camel if a canny cannonball can cram caramel in a camel?
3. Fish
Fresh fried fish,
Fish fresh fried,
Fried fish fresh,
Fish fried fresh.



FEW PUBLISHED WORKS OF STUDENTS

DEPARTMENT OF NUTRITION (PG)



Food Sale as part of “Earn While You Learn initiative”



World Health Day Celebrations



Nutrition Education Programme on account of International Women’s Day

DEPARTMENT OF COMPUTER SCIENCE (PG)



The department organized an Extension activity on “Online Services ” in Govt Girls high School - Marredpally to Educating school students on various apps by the students



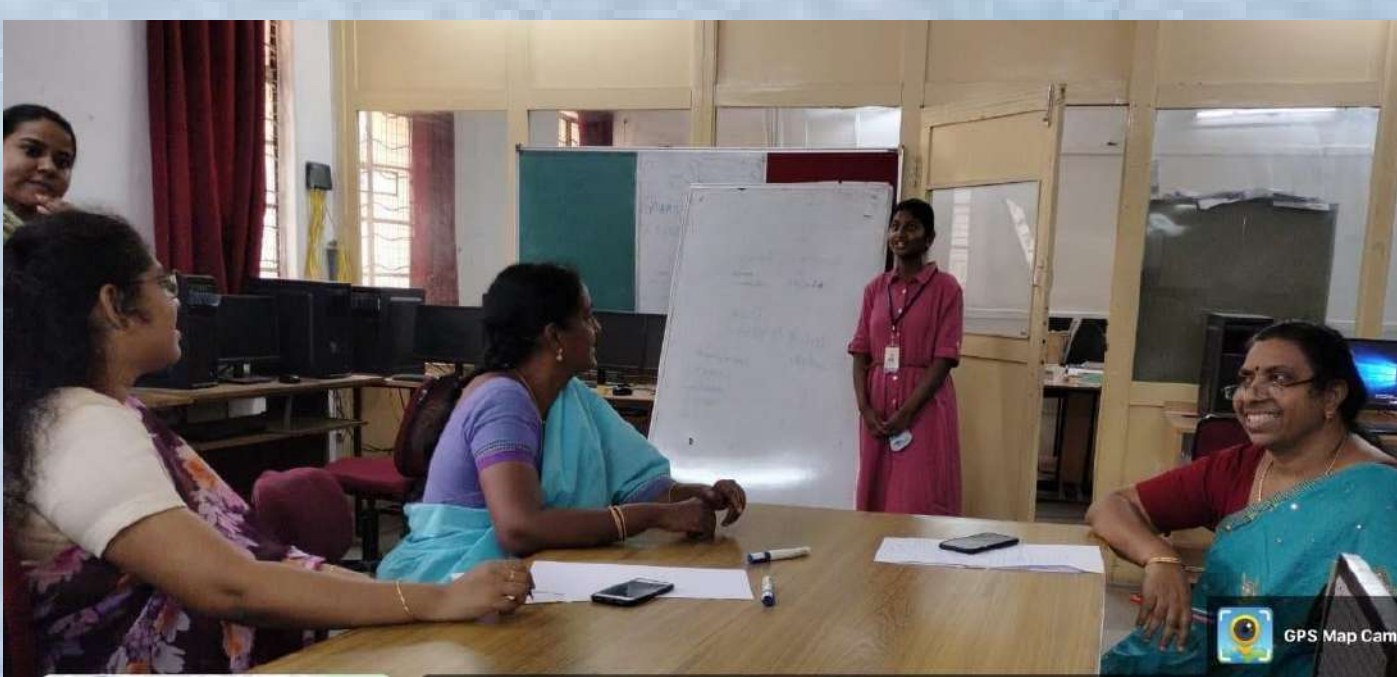
The Department organized a quiz on” GENERAL AWARENESS IN COMPUTERS “on occasion of National Internet Day



Ms B.Indraja yadav has been awarded a Gold Medal from OGA for scoring highest marks in M.sc Computer science



Seminar on “Social Media Day” by students



A seminar on “World Robotics week” to celebrate the robotics week and to know the latest techniques, improvising in the world through coding by students of Msc computer science

PLACEMENT OFFICE

The Placement Office of Kasturba Gandhi College for Women provides full-time, part-time jobs and also internship opportunities for the students. The final year students can get placed in reputed companies on the campus itself.

PLACEMENTS THROUGH COLLEGE				
PERIOD	NO. OF STUDENTS REGISTERED IN PLACEMENT OFFICE		NO. OF STUDENTS SELECTED	
	DEGREE	PG	DEGREE	PG
2022-2023 (On Going)	180	70	45	41
2021-2022	300	95	115	63

JOB MELA on-campus in collaboration with MAGICBUS



ADP Inc (AUTOMATIC DATA PROCESSING INC.) : Hiring team, interactive sessions, company presentation



The page features a dark blue background with a subtle pattern of small white dots. In the corners, there are decorative illustrations of flowers and leaves. The top-left and bottom-right corners contain large, detailed white line-art flowers with multiple petals and a central circular pattern. The top-right and bottom-left corners feature smaller, simpler line-art leaves and stems. The text is centered in the middle of the page.

CO-CURRICULAR ACTIVITIES

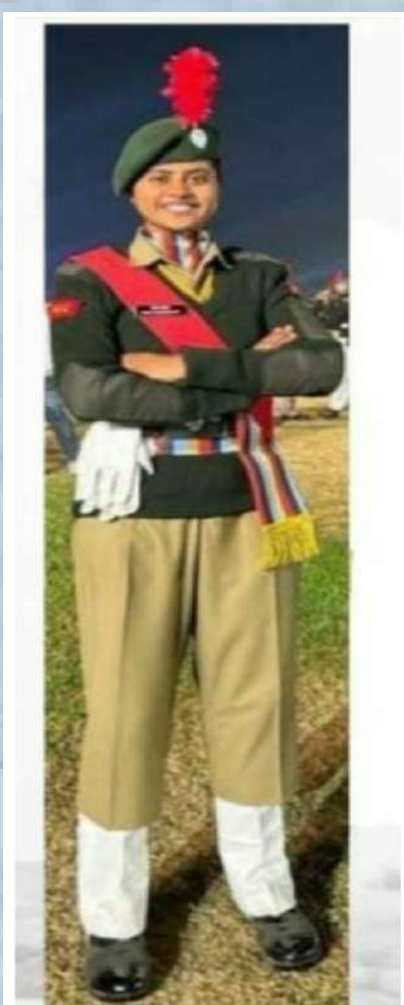
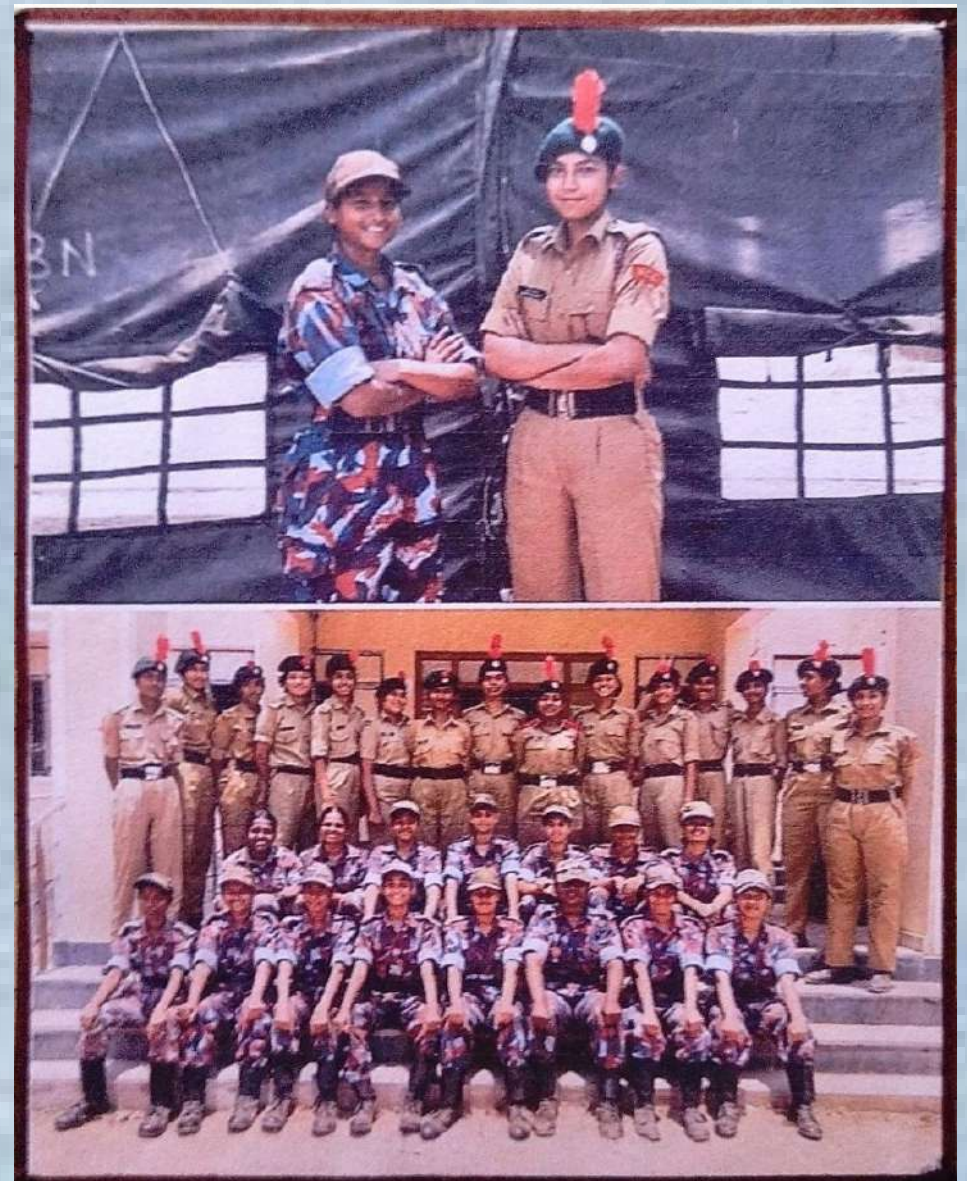
NATIONAL CADET CORPS

The National Cadet Corps is the Tri-Services youth wing of Indian Armed Forces with its Headquarters at New Delhi, Delhi, India. It is open to school and college students on a voluntary basis. Its aim is to groom the youth of the country into disciplined and patriotic citizens. NCC is the largest uniformed youth organization. Its motto is 'Unity and Discipline'. In living up to its motto, the NCC strives to be and is one of the greatest cohesive forces of the nation, bringing together the youth hailing from different parts of the country and moulding them into united, secular and disciplined citizens of the nation.

The NCC unit at Kasturba Gandhi Degree and PG College for Women is headed by Major Jayasudha. Our cadets have attended various camps and initiated many social outreach activities.

THAL SAINIK CAMP (IUC)

The camp was held at JNGP Ramanthapur from 1 June 2022 to 10 June 2022. It was attended by CPL GEETHIKA AND CDT NAVYASRI.



REPUBLIC DAY CAMP DELHI

The camp was held at DELHI at DGNCC CANTONMENT from 29 December 2022 to 29 January 2023 by JUO SONY CHOUDARY by she passed out all the following:-

- PM RALLY AND GIRLS CONTINGENT
- IUC AT RAMANTHAPUR



EK BHARAT SHRESHT BHARAT
 The Camp was held at AVADI,
 CHENNAI from 9 May 2023 to 13
 May 2023. It was attended by LCPL
 NIKITHA representing AP&T
 DIRECTORATE.

Social Activities

2021 - 2022

FREE ONE DAY DIABETIC CAMP

Event date: 14th Sep, 2021
Event place: KSS Charitable
 Health Care Center, Rasoolpura.
 Which is organised by Kriya
 Singh Society.
Event Occasion: To conduct a
 Free Diabetic Camp.
Cadets Participated: 5
 And our cadets received a
 certificates.



"GANGA UTSAV'

A River Festival

- **Event Date :** 1st Nov, 2021
- **Event place :** Kasturba Gandhi
 Degree College For Women, West
 Marredpally
- **Event Occasion :** To celebrate a
 Ganga utsav- A River festival
- **Cadets Participated :** 110
- **Chief guest:** Sri V. Prakash
 Rao(Chairman of Telangana Water
 Resource Development
- **Special Guest :** Col.Ramanuj Singh
 sir (Commanding Officer of 1(T)
 Girls Bn Ncc



Swatch bharat

- **Event date:** 13th Dec, 2021
- **Event place:** KGCW
 Premises
- **Event Occasion:** Cleaning
 of college premises
- **Cadets participated:** 98



RALLY ON "SAY NO, TO PLASTIC"

- **Event date :** 13th Dec, 2021
- **Event Place :** KGCW
 Premises
- **Event Occasion :** Rally to
 spread awareness for" Say
 no to plastic"
- **Cadets Participated:** 98



SPECIAL OLYMPICS BHARAT

- **Event Date** : 7th April, 2022
- **Event place** : Balamrai, Malakpet, BHEL, Bowenpally, Vidhya nagar, Uppal
- **Event Occasion** : Health screening on the occasion of 75th Azadi ka Amrit Mahotsav
- **Cadets Participated** : 75 cadets



DISTRIBUTING SANITARY PADS

- **Event date** : 9th April, 2022
- **Event place** : Sadhana Kuteer, Ibrahimpatnam
- **Cadets Participated** : 30 cadets



2022 - 2023

HAR GHAR TIRANGA WALK

- **EVENT DATE**: 12 August 2022
- **EVENT PLACE**: Kasturba Gandhi Degree And PG College
- **CADETS PARTICIPATED**: 30



RALLY AT LION'S CLUB

- **EVENT DATE**: 13 August 2022
- **EVENT PLACE**: Lion's club, Amberepet
- **CADETS PARTICIPATED**: 25



75 METERS FLAG RALLY AT CANTONMENT AREA

- **EVENT DATE**: 14 August 2022
- **EVENT PLACE**: Rissala Bazaar Cantonment
- **CADETS PARTICIPATED**: 27



RALLY AT SHE TEAM HEADQUARTERS

- **EVENT DATE**: 16 August 2022
- **EVENT PLACE**: Lakdi-ka-pool
- **CADETS PARTICIPATED**: 20



NATIONAL COMMISSION FOR PROTECTING CHILD RIGHTS

- **EVENT DATE**: 08-11-2022
- **EVENT PLACE**: VISVESVARYA BHAVAN, KAIRTHABAD
- **CADETS PARTICIPATED**: 32



132ND AMBEDKAR JAYANTI

- **EVENT DATE**: 14-04-2023
- **EVENT PLACE**: PICKET SECUNDERABAD
- **CADETS PARTICIPATED**: 52



FIELD TRIPS



Mrigavani national park
(GREEN CLUB)

Indira Park



Hyderabad, Telangana, India
1-2-597/42, Ramakrishna Math Marg, Vidya Nagar, Lower Tank Bund,
Kavadiguda, Hyderabad, Telangana 500029, India
Lat 17.412744°
Long 78.480459°
28/10/21 12:02 PM

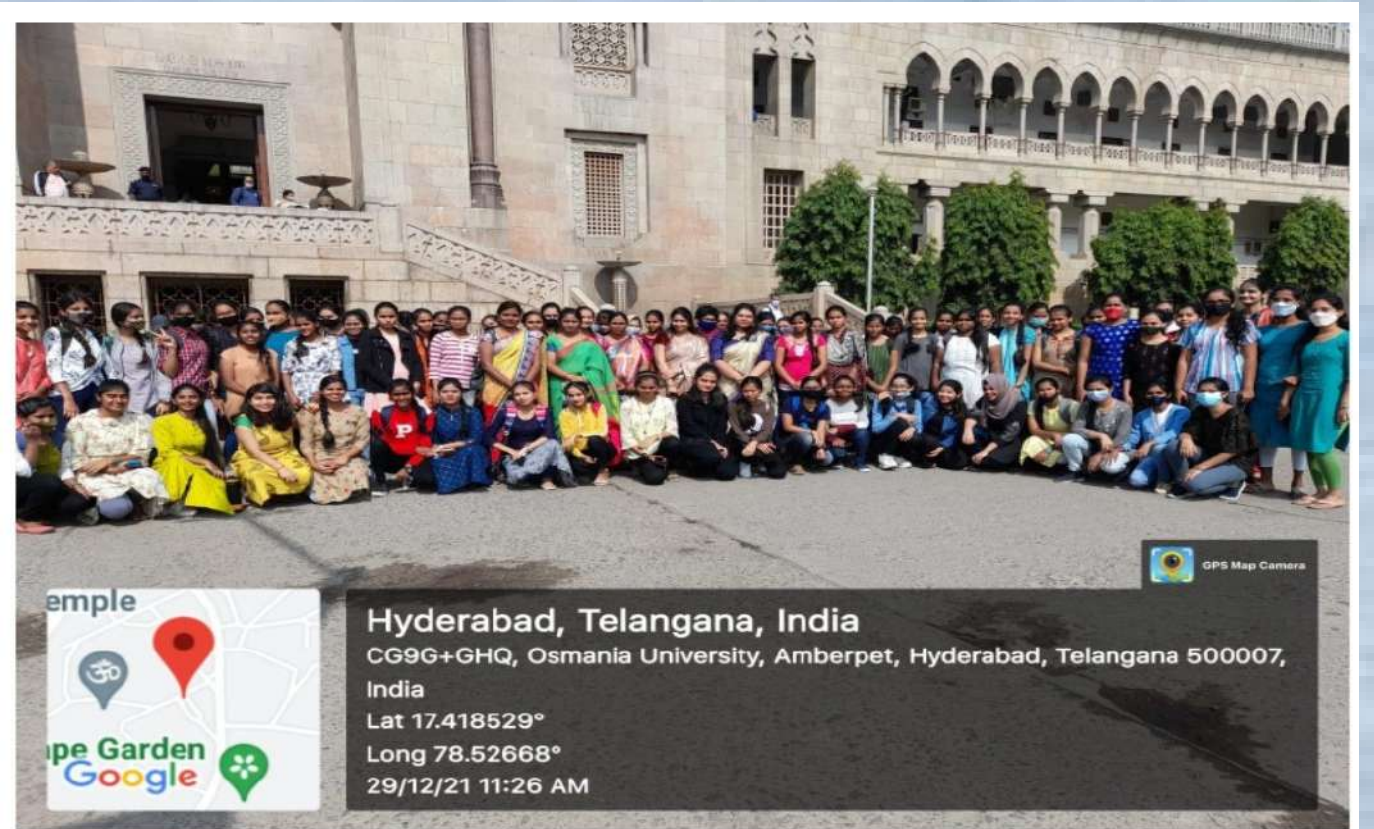


Field Trip to Masqati Dairy
Unit & Parle Biscuit Factory
(PG NUTRITION)

Field trip to the 34th
National Book Fair at the
NTR Stadium



Field trip to Arts college - it's library, manuscripts library, it's preservation center, Sanskrit Academy



Field trip to the Hyderabad Literary Festival 2023 at Vidyaranya High School



NATIONAL SERVICE SCHEME (NSS)



The NSS unit conducted survey on the vaccination status of the Secunderabad Monda market vegetable vendors



The NSS unit cleared out the single use plastics in the locality surrounding the college as per the directives of the Central Government during Azadi ka Amrit Mahotsav



The NSS unit organised a National Webinar to educate girls on how to keep themselves safe at all times of the day, how to take help from Telangana Police and the role they play in making the city safe.



The NSS unit participated in a yoga event organised by Malla Reddy Engineering College for Women on the occasion of the International Yoga Day



The NSS unit performed a street play titled 'Hara Hai Toh Bhara Hai' (at the weekly market) to spread awareness on stopping of single use plastic, encouraging people to carry their own bags and not to throw garbage and pollutants into the water bodies



The NSS unit paid homage to the martyrs who laid down their lives for the state on the occasion of Telangana Liberation Day

SPORTS ACHIEVEMENTS

INTERNATIONAL CHAMPIONSHIP

GOA INTERNATIONAL TAEKWONDO TOURNAMENT

**The tournament was held at GOA from 31st may to
2nd June 2022**

**Participated by PALLAVI
SECURED 1ST PLACE**



NATIONAL LEVEL TOURNAMENTS

INDIA NATIONAL TAEKWONDO CHAMPIONSHIP

The tournament was held at Bangalore on 26th and 27th August 2022

Participated by Pallavi (Bsc 1st year)

INDIA NATIONAL TAEKWONDO CHAMPIONSHIP

The tournament was held at Nasik from 7th February to 9th February 2023

Participated by pallavi (Bsc 1st year)

INDIA NATIONAL JUNIOR TAEKWONDO CHAMPIONSHIP

The tournament was held at Uttarpradesh from 5th to 9th January 2023

Participated by pallavi (Bsc 1st year)

UNIVERSITY LEVEL TOURNAMENT

ALL INDIA INTER UNIVERSITY SOFTBALL TOURNAMENT

The tournament was held at Chandigarh Punjab on 15th and 16th March

Participated by Neha tak (Ba 2nd yr)

Advitha (B.Com 3rd yr)

ALL INDIA EXHIBITION TOURNAMENT



82ND ALL INDIA INDUSTRIAL EXHIBITION

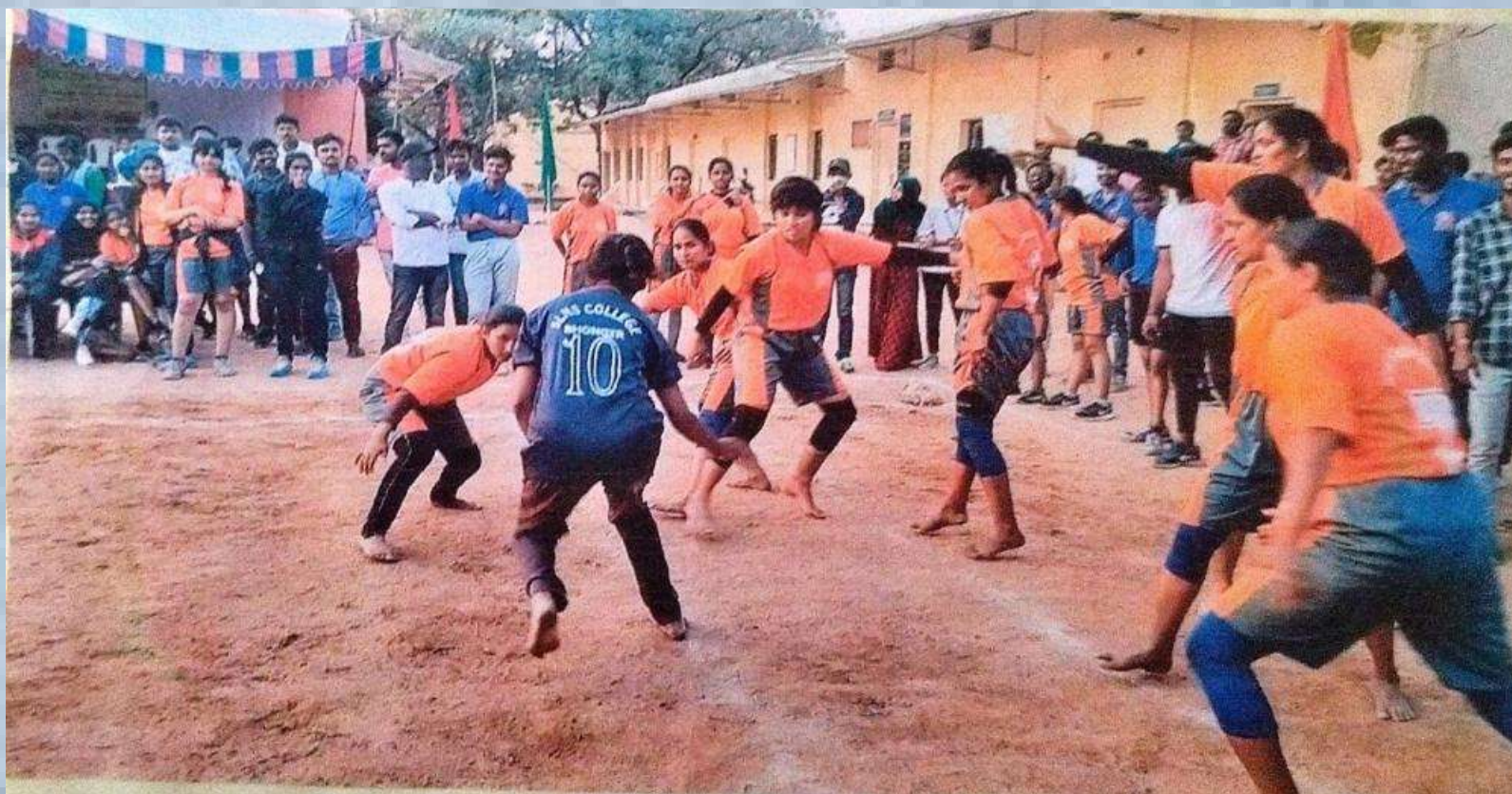
The tournament was held at SRI LAXMI NARASIMHA DEGREE COLLEGE IN BHONGIR ON 6TH FEBRAURY 2023

SECURED 1ST PLACE IN OVERALL CHAMPIONSHIP EVENTS :-

CARROMS - SECURED 2ND PLACE

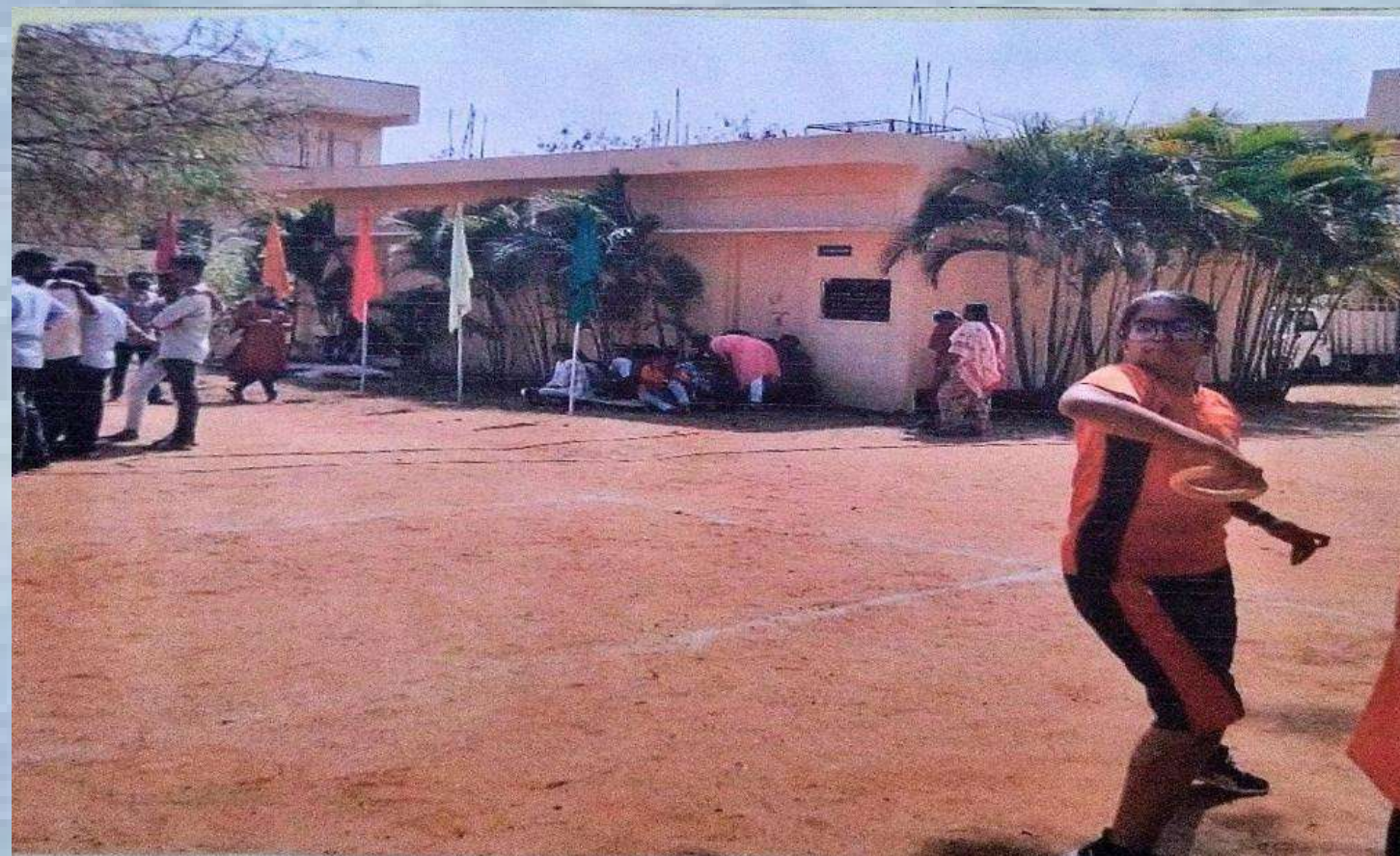
TABLE TENNIS - SECURED 1ST PLACE

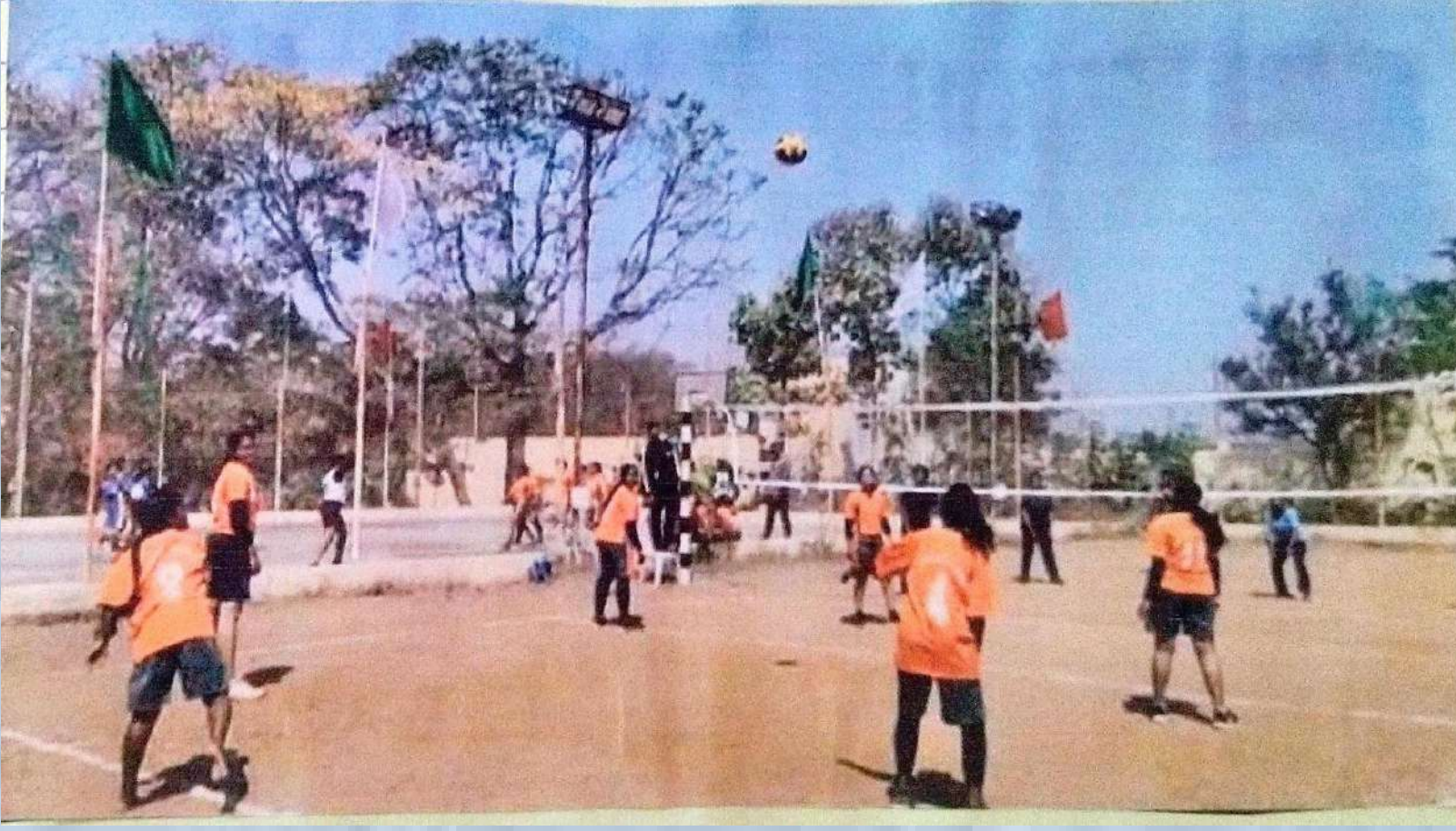
ATHLETICS - SECURED 1ST PLACE



**KABADDI
SECURED 1ST PLACE**

**TENNIKOIT
SECURED 1ST PLACE**





**VOLLEY BALL
SECURED 2ND PLACE**

SENIOR STATE MEET

Held at NIRMAL

EVENTS :-

SOFTBALL HELD AT MAHABUBNAGAR AND SECURED 2ND PLACE

BASEBALL HELD AT HYDERABAD

HANDBALL HELD AT WARANGAL AND SECURED 2ND PLACE

1ST OPEN STATE YOGASANA COMPETITION



The competition was held at NAMPALLY

PLAYERS :-

SNEHIKA

P DEEPIKA

M NANDINI

PATTA GEETHIKA

GREESHMA

SONY CHOUDARY

INTERCOLLEGIATE COMPETITIONS

OU INTER COLLEGE KABADDI TOURNAMENT



The competition was held at **NOBLE DEGREE AND PG COLLEGE**

PLAYERS :-

SAI VAISHNAVI (b. Com 2nd yr)

NEHA TAK (Ba 2nd yr)

D SINDHU (bsc 1st yr)

T KOKILA (b. Com 1st yr)

M SRIVANI (bsc 1st yr)

S APOORVA (bsc 1st yr)

K PRANAYA (bsc 1st yr)

NAGAMANI (bsc 1st yr)

N NIKITHA (bsc 1st yr)

OU INTER COLLEGE CHESS TOURNAMENT



The tournament was held at **VILLA MARIE COLLEGE ON 25TH NOVEMBER**

SECURED 4TH PLACE

PLAYERS :-

TEJASRI (b. Com 2nd yr)

WASIYA (b. Com 3rd yr)

SWETHA (bsc 1st yr)

POOJITHA (b.com 1st)

OU INTER COLLEGE TAEKWONDO TOURNAMENT



**The tournament was held at NOBLE DEGREE COLLEGE ON 22ND DECEMBER
SECURED 2ND PLACE**

PLAYERS :-

TULASI (b.com 1st yr)

R VAISHNAVI (b.com 1st yr)

KEERTHI (Ba 3rd yr)

SAILEELA (bsc 1st yr)

APOORVA (Ba 3rd yr)

OU INTER COLLEGE CARROM TOURNAMENT



**The Tournament was held at BADRUKA COLLEGE OF ARTS AND COMMERCE ON
30TH AND 31ST JANUARY**

SECURED 3RD PLACE

PLAYERS :-

TANIYA (bsc 2nd yr)

SANIYA(bsc 2nd yr)

D TEJASRI (b.com 2nd yr)

BHUVANESHWARI (b. Com 2nd yr)

VAISHNAVI (b. Com 1st yr)



**POEMS, ARTICLES
& MORE**



English



LET'S CELEBRATE EQUITY!

Let's celebrate equality we say ,
To keep the horrors of our guilt at bay .
I say, let's celebrate equity ,
Nay, it ain't no anomaly...

Have you ever seen a bouquet?
Can the flowers ever look lively without the leaves?
Or can the leaves ever bring forth the fragrance
without them to make us adore and sway?
Nay, it will be an anomaly in what we believe .

Then why do we expect the role of one gender ,
To take a break, sit back and ponder...
When one is raised, appraised and celebrated ;
And the others are denied, dismissed and
demotivated?
But isn't this an abnormality?
Nay, this is not the best of our ability .

No, I am not here to focus on one gender,
I urge us all to actually wonder,
To not suppress, oppress and cancel the roles of a
Man, a woman and a transgender.

“She” and “ her ”, we refer to a woman,
Why do we think that our job to respect,
acknowledge and appreciate; just by saying that...is
it done?
They are mothers,
They are sisters,
They are daughters,
They the nations power,
Many unspoken struggling roles they play,
And keep all the excuses at bay.

We call a woman, as beautiful as a rose
Yet we overlook the thorns around her like its no
skin of our nose?
Just like a flower blooms better when taken care
of,
A woman can become a bright daisy,
When she is looked beyond her beauty.
And as history proves, to believe and to give
opportunities to Her, gives the nation gifts like
Shakuntala Devi.
(Precious human calculator of India)

“He” , “she” ,” it” , “they “ we refer to a
transgender
We make fun, we neglect and forget to ponder ..
They are as human as we are ,
Yes, they are just another flower in the bouquet
called “ society “ ,
They are equally a beautiful creation of God the
almighty .
And as history proves, to believe and to give
opportunities to them, gives the nation gifts like
Joyita Mondal, yes, they are our equal.
(India's precious first transgender judge)

“He and him “ to a Man we refer,
Just as the Adam is incomplete without the Eve,
do we ever fathom : what's an Eve without an Adam?
"He " is our Father,
He is a son,
He is a brother.
“He” is the nations strength,
The one working tirelessly until the night for his
parents, his kids and his wife;
“ He ” is the one who guards through the night and
the daylength,
To ensure safety and peace at the Siachen.
Men, Many unspoken struggling roles they play,
And keep all the excuses at bay.
A man is always expected to be shining ambitious
Sunflower.
Though easily told to go and earn,
He sets out to stand strong and burn.
And as history proves, to believe and to give
opportunities to Him, gives the nation gifts like
Mahatma Gandhi,
Rashtrapita,
His undying inspiration is alive till date from the
Satyagraha until the Dandi .

Let's celebrate equality we say,
To keep the horrors of our guilt at bay.
I say, let's celebrate equity...
Let's be just when we discuss equality,
And clear the ambiguity with the ultimate EQUITY !
We will surely then be free,
When there is a HE for SHE & a SHE for HE!

-- Syeda Nabeela
B.Sc CNDZ III

LIKE THE PHOENIX FROM THE ASHES

People will break you,
They'll break you so hard that
you'll not be able to recover,
 People will defeat you,
 They'll defeat you so badly
 that you'll feel like giving up.

People will burn you,
They'll burn you so harsh
that you can feel the pain of burning alive,
 People will beat you,
 They'll beat you so hard
 that your bruises start to bleed.

People will insult you,
They'll insult you so bad that
you'll never recover from those words.
 But it's you, you need to overcome
 you need to crawl, rise, run, and do anything
 that won't let you to fall down.

But you're a Phoenix;
You will raise through the ashes.
You will rise from all your troubles and hardships.



-- Dasari Supriya
B.Com II (Computer Applications)

IN THE REALM OF STRENGTH AND GRACE...

In the realm of strength and grace,
A force that cannot be erased,
Stands a woman, fierce and bold,
Her spirit shining, unconstrained and untold.

She rises above societal chains,
Breaking free from oppressive reins,
Empowered by her dreams and desires,
Setting the world ablaze with her fires.

Her voice echoes, a resounding call,
Challenging the norms, breaking down the wall,
No longer confined by limits of the past,
She forges her own destiny, steadfast.

In her eyes, a flame of resilience burns,
A passion for equality, she yearns,
She fights for justice, her battle cry loud,
Paving the way for a liberated crowd.

She embraces her flaws, her scars, her might,
Embracing her true self, shining bright,
For she knows her worth, her strength profound,
She wears her crown, forever unbound.

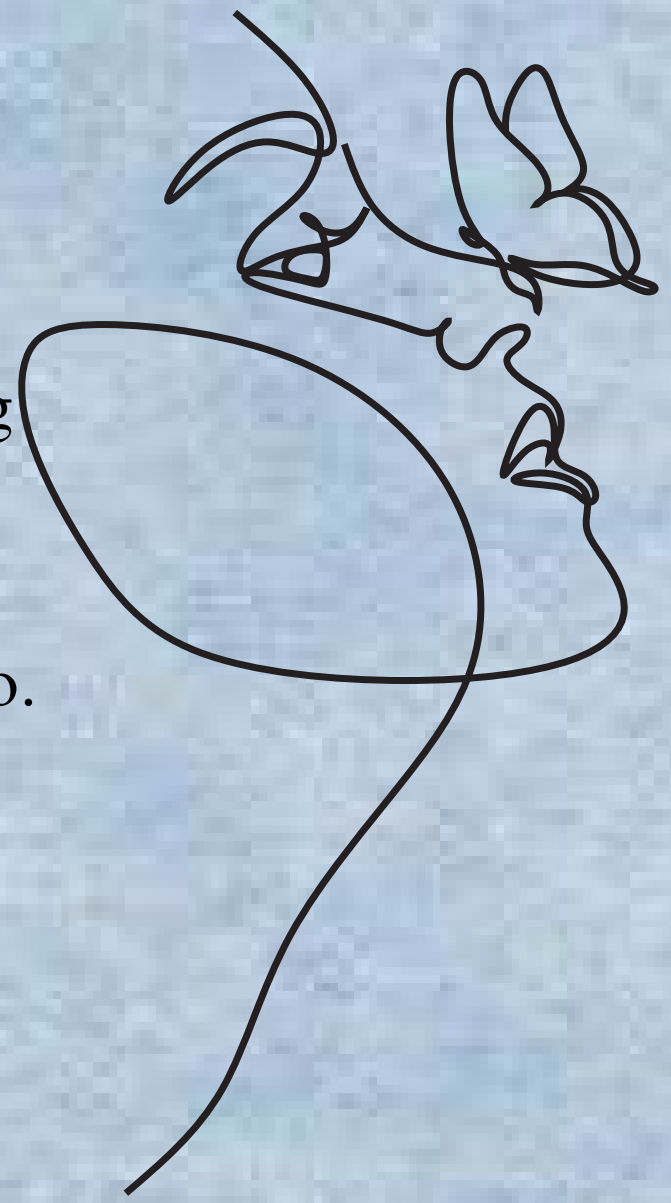
In unity, she finds her power,
Lifting others in their darkest hour,
Supporting each other, hand in hand,
Together, they rise, an unbreakable band.

For women are warriors, born to thrive,
Their spirits unyielding, forever alive,
They conquer the world with love and grace,
Women empowerment, their eternal embrace.

--Puja Rani Sahu
BA III (HPP)

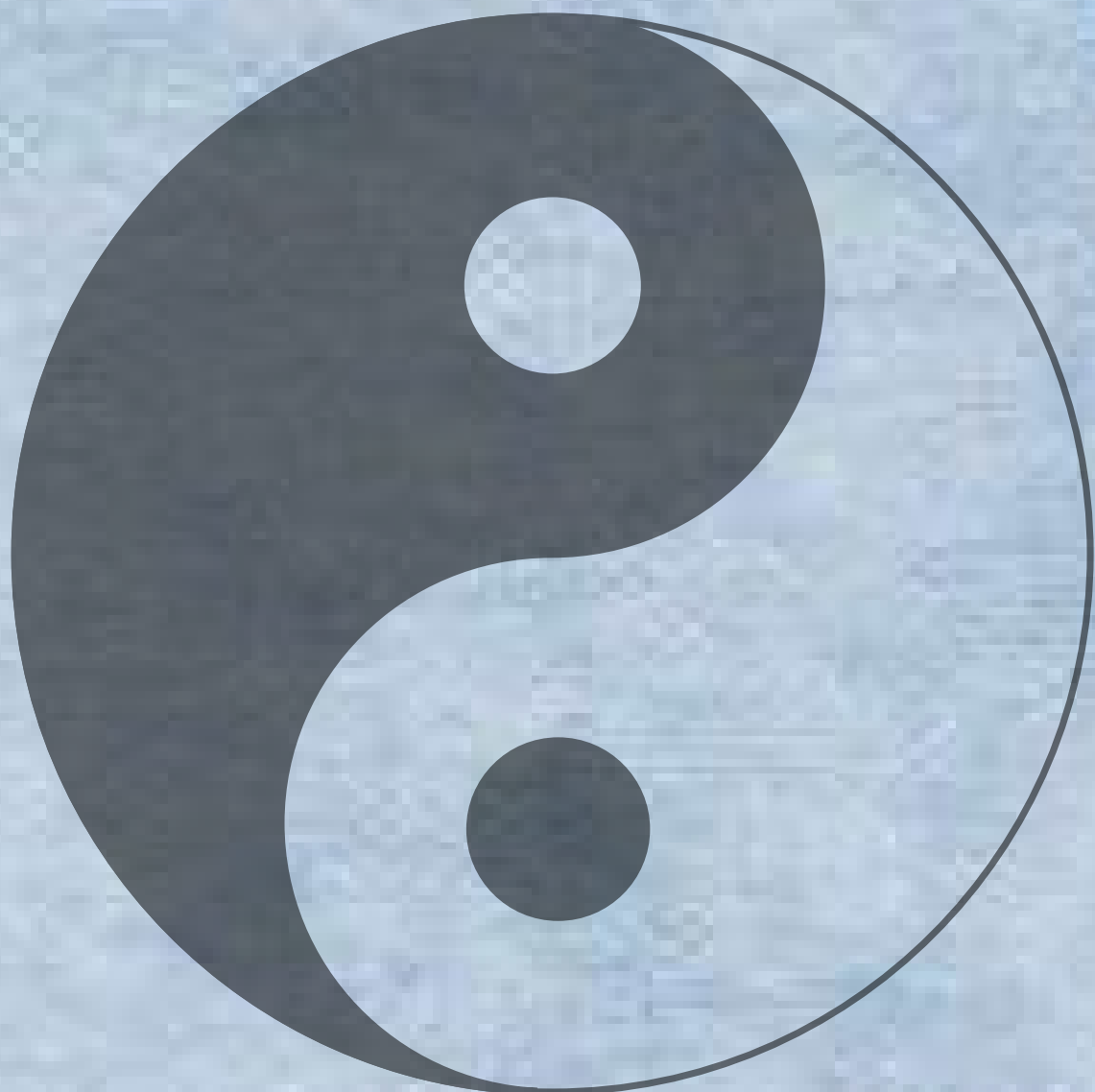
THE SPECTRUM WITHIN WOMAN

'Woman' isn't a word or a gender role. It's a feeling, a responsibility.
The responsibility not just of herself, but roles she has to play in others' life too. Not every girl born, wants to be a woman.
Not every woman wants to be same. It is fine and real.
But the willpower and strength they depict to play their role is something worth achieving and to emblazon.
No occupation defines her.
She isn't bound to any gender role. She can be a mother, or choose not to.
She can be a wife or choose not to.
She can choose whatever she feels like.
Yet again she will be the soul and basic element for running this mankind.
The role of women as contriver is till eternity without uncertainty.



-- Muskaan
B.Sc MZC II

BEAUTY OF OPPOSITES



Sky is black, Moon is white
mix of both touches the heart.
Sun is hot, Moon is cool
but without the sun there is no moon.
Sky on the top, land at the bottom
have a lot to know from the both.
Birth was happy, Death will be sad
but after the birth there will be a death.
Noise of birds, Silence of nature
together makes the mind fresh and cool.
Rainbow is colourful, waterdrop is colourless
but without waterdrop there is no rainbow.
Light and darkness are nothing without each other
There is no light without the darkness.

-- Manusha Sharma

LOST MYSELF

Created so many versions of myself,
Trying to please everybody else,
Now that I try to accept my true self,
Looks like I have lost myself.

Talked about how beauty is within oneself,
But cried looking in the mirror myself,
Now that I try to put on a brave face
Looks like I have lost myself.

I spent hours trying to love everyone
So that I don't hurt anyone
But never spent an hour to heal myself
Now that I try to love myself
Looks like I have lost myself.

They say fake it until you make it
Now I wonder what's even real
Now that I try to look at my true self
Looks like I have lost myself.

-- Annapurna Shashidhar Puravant
BBA II



Father, not just a relation, but the most precious emotion.

I have many people around,
I have many people to surround.

I had tears, I had smiles.

But I had never thought about him, who always held my hand.

But I had never noticed him, who always endured Pain.

Every page of my life is filled with something beautiful,

Every second of my life is filled with something memorable,

Only when I started building my self, I realised something that-

He lied to me that life isn't painful,

He lied to me that bruises ain't painful,

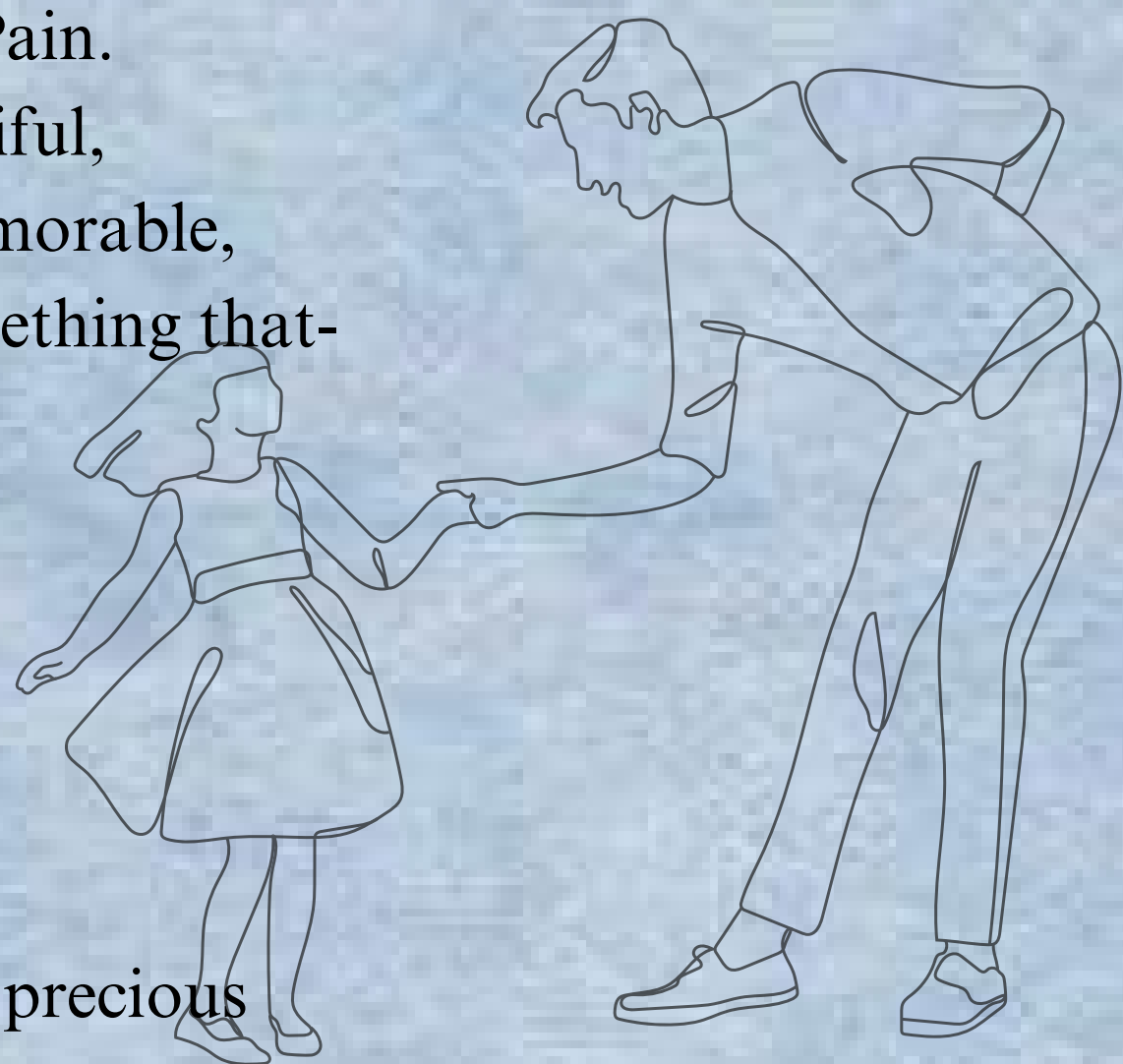
He, the one who held me always in his hands,

He, the one who held me always in his hands,

Protected me with all his might,

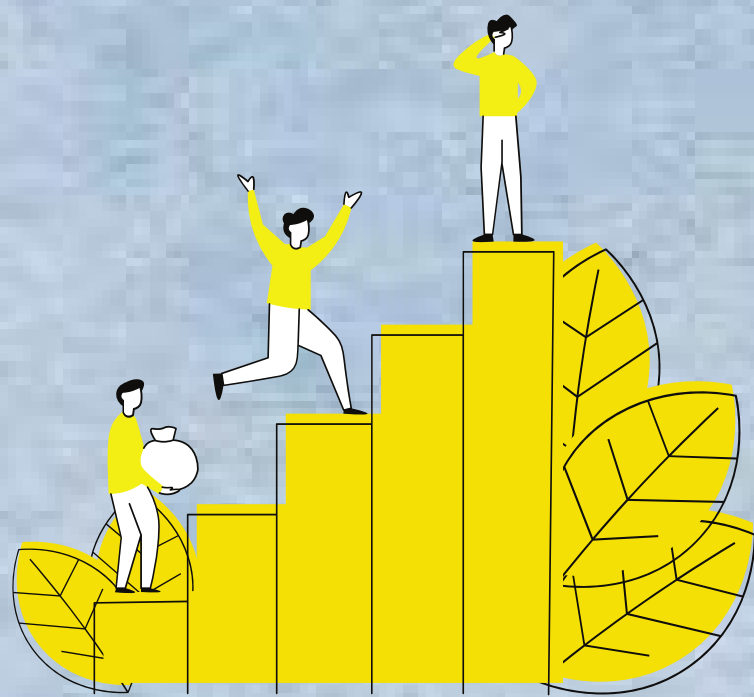
Since the day I started taking my flight,

Yes it's my Father, not just a relation, but the most precious
emotion.



-- M. Sri Harshitha
B.Sc CNDB III

SACRIFICE, SUFFER, SHINE!



What does success require?
Pain, hurdles, sacrifice, and
All, that needs to aspire.
Sacrifice feels uncomfortable,
Its hard, just to give up,
To make our dreams nightmare.
Its unstable, to get that label,
You need to be tamed,
To show your brightest flame.
From parent's renouncements,
To our hard work spent,
They are all the same,
Till the world know your name.
They have done the deed,
To give you that fastest speed,
Its now time to run miles,
No matter how bad it bleeds.
Tired enough, and heart's pounding,
Cant even stand, legs are stumbling,
The back burns, heavy shoulders,
And nuisance,
But still a long way to go,
Just have patience,
Have a movement of silence,
Deep in your veins,
Know you're a champion.
A Heart of steel starts to grow,
Looking at the obstacles
You left below,
The fire in your eyes,
To see this high,
The heroes that made you built,
Away from all the commits,
To have you a free sky,
To fly in the clouds high,
Gifted them what they wished,
Prove them what you are,
Turn every day, every hour,
And every pain into power.

-- Lubna Sameeth
BBA II

MISUNDERSTANDING

Misunderstanding is like a seed
when it is arrived;
It will start to grow,

when we try to suppress it;
It is already a big tree.

How would you save that?
There is only one end...
The end of a beautiful relationship.

EXAM PHOBIA

Exams are on the way;
sleep is going away.

There is so much to learn;
but no interest to ascertain.

Mind is full of stress;
how to overcome it makes me anxious.

Think positive you can do it;
'Cause there is nothing you can't do.

Keep your mind relaxed;
As well as your body hydrated.

Hard work can give you stress;
But at the end it will lead to success.

So say bye to exam phobia;
start preparing for the best!

-- E. Sai Poojitha
B.Com (Computer Applications)

ISN'T THAT AMAZING

Isn't that amazing, just to go on your way.

Isn't that amazing, just to go on your way.

From your highs and lows, good and bad,
You are just beautiful my girl with all you scars and curves.
Don't regret to lose the present in your hands now,
Because if you lose it, you are losing the key for your happiness.
Isn't that amazing, just to go on your way.

Please be selfish just for this time, no ifs and buts.
Believe in the magic which you are born with,
Then the world shall knell down to you with respect.
Isn't that amazing, just to go on your way.

Kick out the toxic people from your life, even if it costs your relationships.
Because life can end within a blink my girl.
Be more dedicated to your work, not towards people.
People come to test you, harm you, and leave you at your worst.
Enjoy your life when its young, as you don't have another like this my girl.
Isn't that amazing just to go on your way.
Isn't that amazing just to go on your way.

-- B. Chinmayi
M.A. English

TRIED AND CRIED

Days and nights feels the same
The demons inside of me
Are taming me
Feels like I'm stuck in some game
And it's just me trying to say this
Without any shame.

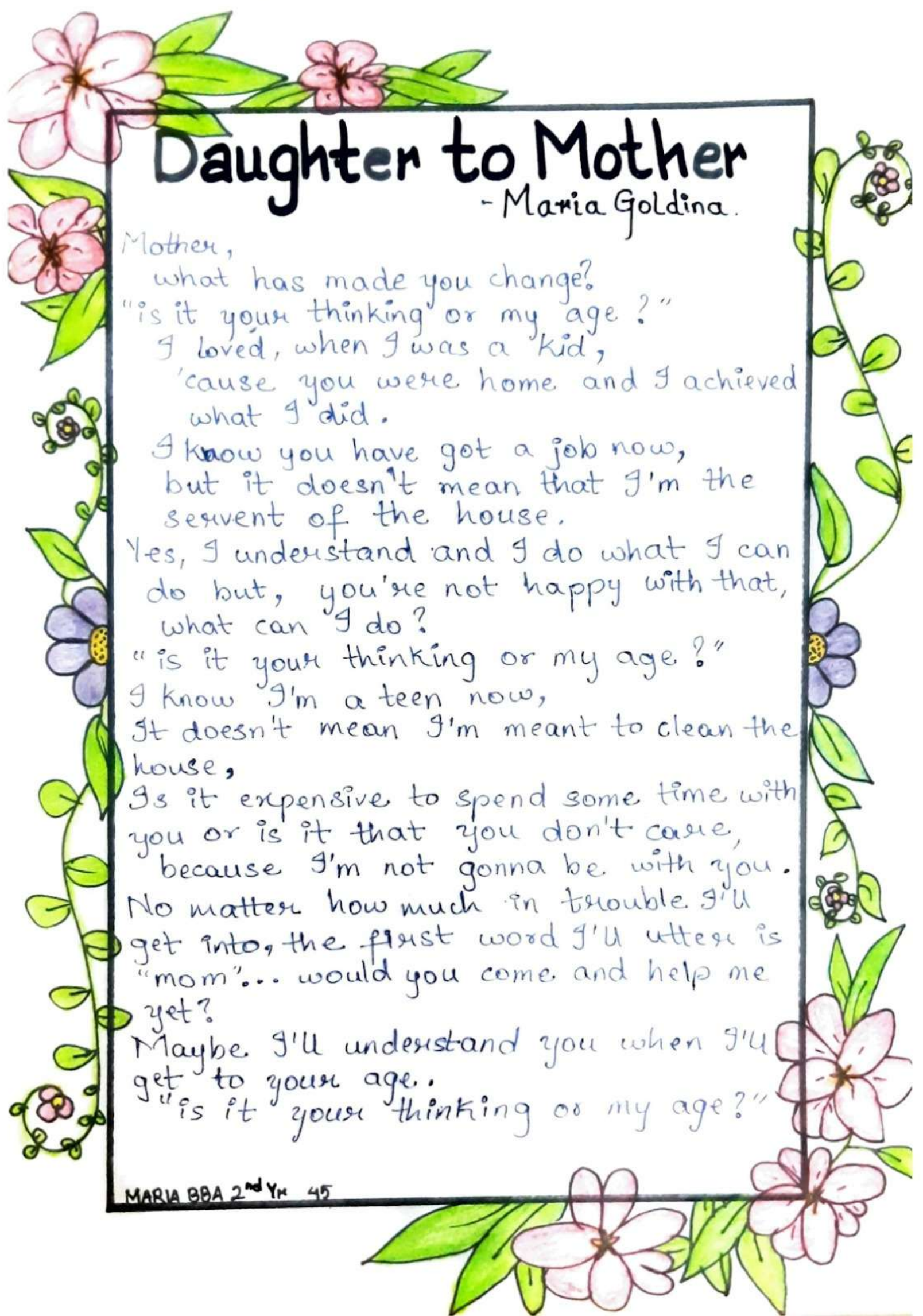
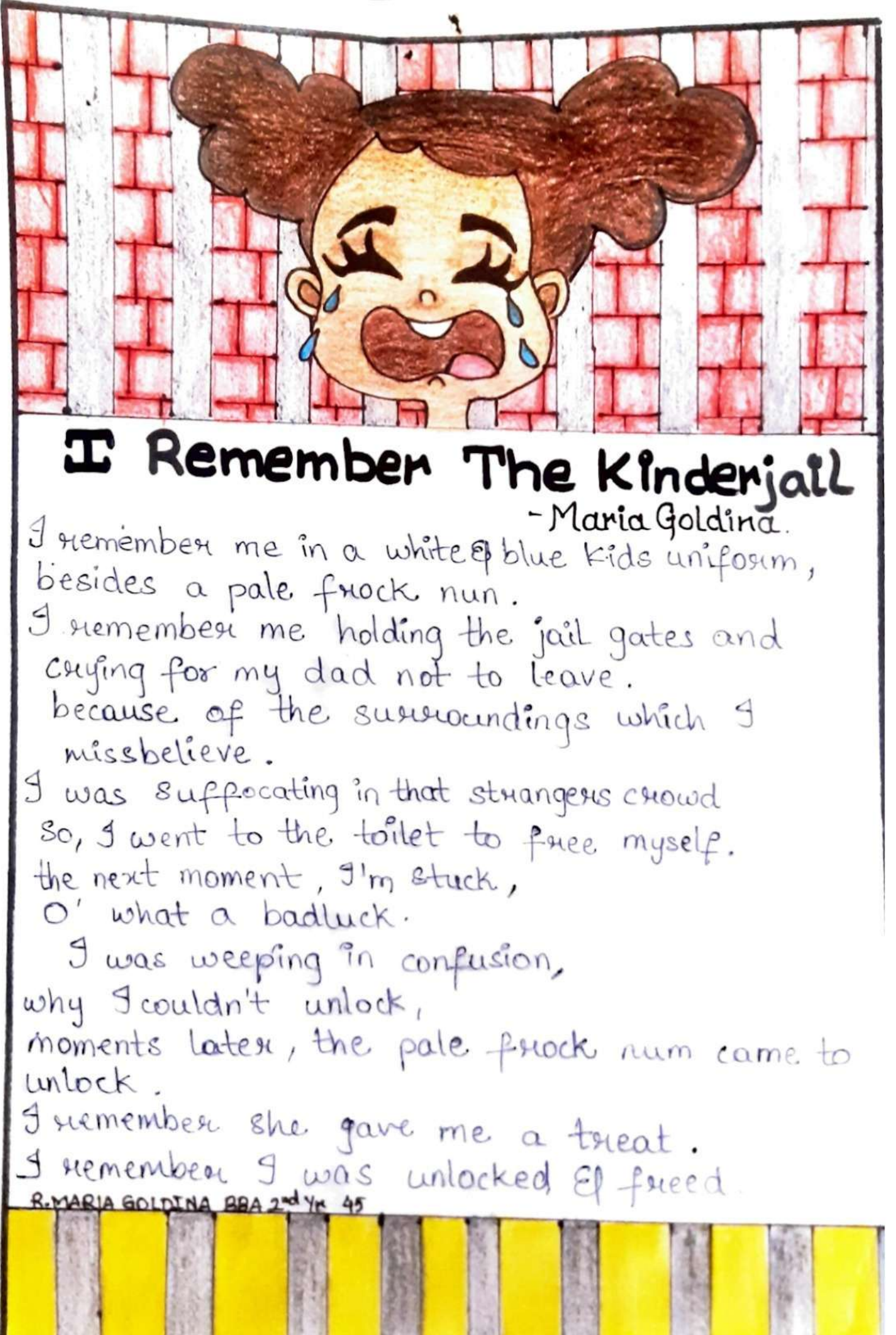
Yes, I've tried
And yeah I've cried
Trying to fight this feeling
Trying to fill this emptiness
I've kept inside
The emptiness which I try to hide
But can't deny
These feelings I keep inside...
I wanna fight but I ask
Myself why!
Is it always just me
Or do you also cry.

The frown I hide
And how I show it as a smile
Laying there on my bed
My mind ran a thousand miles
Maybe that's what they call
Overthinking
Hundreds of scenes without even blinking

But
No I'm not done yet
I know it's still not too late!
I'll just keep swimming
Towards the horizon hoping and smiling....

-- Sabreen Shaik
M.A. English II

Poems written and illustrated by Maria Goldina of BBA II



To:
Dear selenophile's ,

Can't always be seen, but never leave...
Obscured by the grey clouds and the
sunshine...
Can again be seen in the dusky hours of
nine...
The darker it gets, the brighter I shine...
Surrounded by many glittering flash of
light, but in the distance I have a gleam
of mine. .
Covered with huge dark spots all
around...
Go through different phases of mine...
Yet the most alluring figure in the night
sky...
The only constant u will ever find!

Yours lovingly,
Moon

**Can we normalise
failing in life? Can we
normalise and teach
our kids to try and fail,
rather than stopping
them to try or
pressurising them just
to succeed in it.
Can we teach our kids
to fight back? Rather
than restricting them
in life just in the name
of keeping them safe!
Can we teach our kids
to find a solution of
their issues by
themselves? Instead of
pointing them out
every single time.
Find a way rather than
ending anything!**

-Ak

Poems written by Akanksha Nayak of B.Sc MSCS III

YEH DIL MANGE MORE...

"Either I will come back after hoisting the tricolor, or I will come back wrapped in it, but I will be back for sure." (Capt. Vikram Batra)

Our chests swell in pride and respect when we talk about the Indian army. The glory and the passion of the Indian army go beyond words, which one can only feel. Joining Army is not a job it gives you life. The Indian army is a prestigious segment of our nation that has ensured India's national security, pride, and unity. The army secures our international border to provide peace for our country since many decades. The Indian Army is an integral and inseparable part of our Nation, and we have the 4th strongest Military capacity in the world.

The Indian Army was formed in 1895 alongside the long established presidency armies of the East India Company, which too were absorbed into it in 1903. 26th January 1950, was the year when Indian Army was officially founded in India after Independence. It is one of the most iconic military establishments the history. Until the independence of India, the "Indian Army" was a British-commanded force. Post the Independence, the Army day is celebrated on 15 January every year in India, in recognition of Lieutenant General K. M. Cariappa's taking over as the first commander-in-chief of the Indian Army from General Sir Francis Butcher, the last British commander-in-chief of India, on 15 January 1949.

The Indian Army's Headquarter is located in New Delhi and functions under the Chief of Army Staff (COAS), who is responsible for the command, control, and administration as a whole. The predecessors to the contemporary Army of India were many: the sepoy regiments, native cavalry, irregular horse, and Indian sapper and miner companies raised by the three British presidencies. The British Indian Army fought in both World Wars.

The Indian armed forces fought in all four wars against Pakistan and two wars against People's Republic of China in 1962 and 1967. India also fought in the Kargil War with Pakistan in 1999, the highest altitude mountain warfare in history. The battle, with the concomitant battle for the adjoining peak of Tololing, culminated in Indian forces capturing Tiger Hill, Kargil, with many soldiers fighting till their last breath to hoist the national flag on top of Tiger Hill. Captain Vikram Batra was one of the brave souls martyred in that war.

Our flag does not fly because the wind moves it, it flies with the last breath of each soldier who died protecting it. Indian Military persons are called JAWAN even if they are in their 50s or 60's, this is the heritage and legacy which is continued since decades. The Indian Army soldiers have proudly gone into battle in every part of the world & left their names etched in blood & sweat.

In Army there is no religion, Indian Army is itself a religion. They have their own culture, tradition and imbibe the Spirit of Selfless Sacrifice. The tradition is never to question, but to do or die for the three "N's"; 'Naam', 'Namak', 'Nishan'. i.e. name-honour- of the unit/Army/Nation, 'Namak'(salt) i.e. loyalty to the Nation, and 'Nishan', i.e. the insignia or flag of his unit/regiment/Army/Nation which the soldiers hold afloat willingly. There exists a spirit of comradeship and brotherhood among the soldiers, regardless of caste, creed or religion. The motto is, "One for all and all for one"!

The values of the army are infused in the soldier through the years of training, which is a part of their life. The safety, honour and welfare of their country always comes first. The Indian Army has time and again lived up to its tradition of valour, heroism, sacrifice, and fortitude.

The ethos of the Army is ingrained in all soldiers with an unwavering will to succeed, accepting their grave responsibility and an unbridled ability to give their lives for others; confident that in return the nation will look after them and their families. The key success of the Army is Discipline, discipline and integrity impart the feeling of patriotism, honesty, and courage under all circumstances, however strong be the provocation otherwise.

Not all people get a chance to serve in the Indian army, if they get they are lucky to serve their motherland. "Service Before Self," which means "Seva Asmakam Dharma," is the motto of Indian Army.

The Indian army is a feeling, an emotion which lives in the hearts of the people of India. Words are not enough to express the significant position it holds.

"Warriors are not born, they are made in the Indian Army"

Jai Hind!

-- Puja Rani Sahoo
BA III (HPP)



Puja with her father Sub. Pabitra Kumar Sahu

SOUL FRIEND....

Friendship is born at the moment when one person says to another: 'What! You too? I thought I was the only one'.

Fortunately, I found the one in “KGCW”.

I Still remember how we first met...02 July 2018, when I entered the class [as usual, I was late] and the first rows were almost filled I had to go back to the last bench. As I was walking suddenly a girl from the third row pulled my hand and asked me to sit... I was shocked, who was she? Why did she pull me? So many questions in my head and no answers found!!

Initially, we were very formal. As days passed, we learned so many things about each other and found out that our taste in music and fashion was so similar. Since then, there has been no stopping us. We spent all our time together and our friendship became the talk of the class. We used to help each other out in studies and visited each other's homes as well. We made sure to have lunch together. We also used to watch movies together. We stood for each other in tough times.

When the storm of the future comes to test our bond, the road seems rocky, and the distance threatens to tear us apart. I am sure the memories we build together now will be strong enough to help us win over these challenges and keep our friendship strong forever.

In short, the bond I share with my best friend is one of my most prized possessions. Both of us inspire each other to become better humans. We push each other to do our best and we are always there in need. A best friend is indeed a precious gem, and I am fortunate to have found that gem of my life.

And my soul friend is P. Gayatri Niharika



-- Roshni Thakur
B.Com III

ELEVENTH OF JULY

It was that night of the year where she wouldn't remember what happened and wake up the next morning feeling tired. Chitra had just got home after a tiring day at work. She stood in front of the sink turned the tap on and washed her face with cold water. She was angry and was fuming. Last evening, a guy who followed her on the way for about two minutes really pissed her off. She lashed out at him shouting and accusing him of stalking her while he denied and reasoned saying he was only walking to the bus stand and called her crazy. She was furious and felt like scratching his face off with her nails. She was a pretty calm person and it was so unlike her. But, seeing him again had triggered her and she followed him without realising it. She looked into the mirror above the sink and her eyes were red and gave a burning sensation so she splashed some more water on her face. She then changed and went to bed.

Two hours later at around eleven thirty, Chitra walked out of the house unnoticed. She was dressed in black from top to toe. She took a cab to the other side of the city. After another hour, she was standing outside house no.202 of the last apartment in the lane. She rang the bell three times in a row and a man shouted, "Who the hell is it?" from inside. The door opened and the guy from the before evening stood tall in his trousers and shirtless. He was half asleep. She pointed a gun to his head and said, "Hi, I am Meera." Next thing he knew he was smacked on the head with the gun and blacked out.

By the time Ashok could figure out what had happened he was kneeling down by the edge of the lake two kilometres away from the apartment. It was dark, his hands were tied and his knees felt heavy. Looking down he found two big rocks tied around each knee with iron chains. He looked up horrified to find the same gun pointed at him yet another time. Panic struck in and he moved back and almost missed falling into the lake. He was trembling and sweating all over. "Who are you? What do you want?" he asked and all he got was a smile, a creepy sinister smile as an answer. She stepped forward and he flinched in fear. "It's you! Crazy lady! Oh my god, I am really sorry. Please let me go.", he pleaded.

"This is exactly how I pleaded.", she said in a plain, spooky tone and he still looked at her horrified and unable to think. "But you killed me. Didn't you?" she asked. "What?! No! I didn't kill anyone. You are right here! Oh my god! What are you?" Ashok panicked even more sensing his death nearing. It was so quick he didn't see it coming even with his eyes wide open. She kicked him in the shoulder and Ashok fell into the lake. The water was deep and with the weights tied to his knees pulling him down and with his hands tied he was helpless. He struggled for three full minutes and then sucked in water which filled his lungs. With no air to breathe his heart stopped beating.

On the way back home, she threw the gloves she was wearing and the fake gun in a dumpster and reached home after an hour and a half. She walked up to her room, changed into the clothes she left on the bed, made a tick on 11th July on the calendar and went to bed. Next morning, during breakfast, the news channel was reporting a murder case of a man named Ashok who was killed last night. "Oh my god!" she gasped looking at the picture. Chitra had no idea but Meera knew it all. Meera wouldn't show up again for a year and Chitra wouldn't know about this personality of hers.

--Vaishnavi Preethi
MA English

The image features a light blue and white background with a subtle floral pattern. In the center, a gold-colored double-lined circle contains the Hindi word 'हिंदी' (Hindi) in a bold, black, sans-serif font. The background is decorated with various floral elements: a large white flower with a dark center in the top left, a blue flower bud in the top center, a large blue rose in the bottom right, and a white flower in the bottom left. There are also some small gold dots scattered throughout the background.

हिंदी

वो हूँ मैं...

गुजार दिए होंगे तुमने, कई दिन, महीने, साल...
जो काट ना सकोगे वो एक रात हूँ मैं।

की होगी गुफ्तगु , तुमने कई दफा कई लोगों से,
दिल पर जो लगेगी वो एक बात हूँ मैं।

भीड़ मे जब तन्हा, खुदको तुम पाओगे,
अपनेपन का एहसास जो करा दे, वो एक साथ हूँ मैं।

बिताये होंगे तुमने कई हसीन पल सबको साथ मे,
जो भुला नहीं पाओगे, वो एक याद हूँ मैं।

-- अमृता बगाड़ी
हिंदी विभाग, कस्तूरबा गांधी कॉलेज



वो बचपन के दिन

वो बचपन भी कितना सुहाना था ;
जिसका रोज एक नया फसाना था।

कभी पाप के कंधों का ;
तो कभी माँ के आँचल का सहारा था।

कभी बेफिक्रे मिट्टी के खेल का ;
तो कभी दोस्तो के साथ मस्ताना था।

कभी नंगे पाँव वो दौड़ का ;
तो कभी पतंग ना पकड़ पाने का पछतावा था।

कभी बिना आँसू रोने का;
तो कभी बात मनवाने का बहाना था।

सच कहूँ तो वो दिन ही हसीन थे ;
ना कुछ छिपाना और दिल मे जो आए बताना था।

-- अमृता बगाड़ी
हिंदी विभाग, कस्तूरबा गांधी कॉलेज

पिता का परिचय

गुस्सा जिसका खोलते लावे जैसा,
ताप जिसका कोई सेह ना पाएँ।
ठंडा जब लावा हो तो ऊसर भी उपवन बन जाएं।
प्रेम जिसका सागर जैसा विशाल और गहरा है।
प्रेम करना जानते है, पर जता कहाँ पाते हैं।
हृदय यूँ तो फौलादी है, पिघलकर देखो मोमबत्ति हैं।
ना जाने यह कैसी पहेली है ?
धरा नही है ये धरा से सहनशील है।
कर्तवयो का पर्वत उठाकर शान से चलते ये वीर हैं।
ऊँगली पकड़कर चलना सीखते हैं।
कंधे पे बिठाकर दुनिया दिखाते हैं।
यूँ तो ये शेर हैं, पर बच्चो के खेल में घोड़ा बनजाते हैं।
आँसू माँ के होते है, पर पिता कहाँ रोते हैं ।
अपने सपनों को सुलाकर, रात भर जागते हैं।
बेसुरी लोरी गाकर मीठी नींद सुलाते हैं।
खाना बनाना कहा जानते है ? पर पकवानों से थाली भर देते हैं।
पिता खुद बरखा , धूप मे रहते है, हमें छत की छाया देते हैं।
कंजूसी को किफायत की तमीज़ पहनाकर , खुद सालों तक एक ही कमीज़ पहनते है।
पिता से घराना बनता है, पिता घर बनाते हैं।
मान , सम्मान , पहचान पिता है। जीने का अर्थ पिता हैं।
कैसे दूँ पिता का परिचय? मेरा परिचय ही मेरे पिता हैं।

-- द्रष्टी पटेल

B.Sc.BTMC II

जिंदगी में कहीं रंग है
कहीं खुशी है तो कहीं गम है

इंसान के पास सब कुछ रह कर भी कम है
सब कुछ है तो दुनिया है ये उसका ब्रह्म है

किसी की जुबां पे लेट्स हैव फन है
तो किसी के जुबान पर I'm done है

कोई खुश है किसी के संग
कोई उनकी यादों से खुश कर रहा है अपना मन

इंसान को चाहिए होता है जिंदगी जीने का धंग
करनी होती है कुछ चीजें हजम
एक दूसरे के बराबर है हम

जिंदगी के हैं कई सारे रंग

भागो मत, माजे करो !!

-- खुदसियाह शरीफ
B.Sc CND II



मां है तो जहां है बिन मां के पूछो कोई कहा है

बिन बताए मेरा हर दुख जान लेती है मां मेरी हर ख्वाहिश को पूरा करने
का थान लेती है

मां है मेरी आंखों का तारा मां तू मेरा एक ही सहारा

मां हर छोटे बड़े को समान देती है हर इंसान को खुद से अच्छा मान लेती
है

मां मेरे खाने से लेकर पानी तक का ख्याल रखती है
मेरी तकलीफ में मेरे साथ जगती है

इतना काम करने के बाद भी नहीं थकती है हमारे रोने पर रोटी है हमारे
हसने पर हस्ती है

जी हा सिर्फ मां ही एक ऐसी हस्ती है जो हर बच्चे के दिल में बस्ती है

-- खुदसियाह शरीफ
B.Sc CND II

बेटी के जन्म पर

पैदा होते ही क्यों मेरे घर में मातम छाया था :

सदियों से चुप बैठी आज मुंह खोलूंगी।
तोड़ के दरवाजे सारे आज सच बोलूंगी
सहनशीलता को मेरी कमजोरी न समझो तुम
पीड़ा हो गई पर बच्ची मैं कब तक झेलूंगी
आज मांगूंगी जवाब मैं अपने सवालों के
दर्द दिखाऊंगी सारे बीते लाखों सालों के
पैदा होते ही क्यों मेरे घर में मातम छाया था
जन्म लिया बेटी ने चेहरा सबका मुरझाया था
मार-मार के ताने सबने मम्मी को रुलाया था
कुल को चलाने वाला बेटा नहीं आया था
डस्टबिन में फेंक के भी शर्म नहीं आई थी
कुत्तों ने जब नोंचा मुझको कितना मैं चिल्लाई थी
कभी झाड़ियों में फेंका कभी गंदे नालों में
ऐसा स्वागत होगा मेरा आया न खयालों में
डॉक्टर की छुरी कांटों से जो हम बच पाए हैं

अब रोज नई मौत मरने दुनिया में हम आए हैं
दर्द सहना तो हमने गर्भ से ही सीखा है
सलूका तो हमारे साथ जानवर सरीखा है
बंदिशें हमारे ऊपर बचपन से ही जारी है
घर के अंदर-बाहर हर आंख शिकारी है
बेटी यहां जाना नहीं, बेटी ये सब खाना नहीं
ऐसे नहीं चलना है, ये नहीं पहनना है
हंसना नहीं जोर से सुन लो बातें गौर से
तू पराया धन है और हमारे सर का बोझ है
जहर में डूबे ये ताने मिलते हमें रोज हैं
जंग हमारी होगी तब तक बेटी नहीं सुरक्षित जब तक
जब बेटी के आने पर ढोल बजाएंगे जाएंगे
देने को आशीष मंगल चार गाए जाएंगे
बेटी बचाओ बेटी पढ़ाओ नारा जब हकीकत होगा
उसी रोज हमारा ये महायज्ञ पूरा होगा।

-- निगार बेगम
B.A. ESL II

ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो

ज्ञान जो चाहें सरस्वती तुम, मान जो चाहें लक्ष्मी हो तुम
अपराधों का साया छाये धरती पर, तो काली-दुर्गा का रूप हो तुम
ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो।

खुशियों का संसार तुम्हीं से, जीने के आधार तुम्हीं से
बंद होते और खुलते भी हैं, दुनिया के दरबार तुम्हीं से
ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो।

प्रेम की शुरुआत तुम्हीं से, जीवन का आगाज तुम्हीं से
ये जहां है जगमग सूरज से, सूरज की चमकार तुम्हीं से
ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो।

कभी कठोर-कभी नेक हो तुम, हर रिश्ते में हरि एक हो तुम
ममता-शक्ति और मुहब्बत, नारी तुम एक हो मगर अनेक हो तुम
ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो।

आन-बान और शान तुम्हीं से, संस्कारों की खान तुम्हीं से
दर्द-त्याग और ममता की है, संसार में पहचान तुम्हीं से
ओ नारी ! कैसे कह दूं, तुम कुछ नहीं हो।

-- पूजा रानी साहू
B.A. EPP III

माँ

उसे माँ कहो या अम्मा माँ के मुँह से निकला हर शब्द है प्यार भरा चुम्मा
बचपन से लेकर अब तक जब भी मैंने भूख के मारे किया आ जिस हाथ
ने मुझे खिला या

वो है माँ

हमसे पहले जागती हमारे बाद सोती हमारे सुख में हँसाती हमारे में रोती
'दुःख ओ माँ तुम्हारे कंगन और पायल की खनक मुझे लोरी जैसी लगती
है। तू हँसती है तो दुनिया हँसती है।

जब तू रोती है तब तुनिया सोती है। भगवान हर घर नहीं जा सकते
इसलिए उन्होंने माँ को बनाया माँ तुम्हारे पैरो में स्वर्ग उतर आया।

-- वीर संजना



తెలుగు

గురువు

మానవ జీవిత మనుగడలో తల్లిదండ్రుల తరువాత అంధ గొప్ప స్థానం గురువుదే.గురువంటే మానవ జీవితం లో మనిషికి విధ్యా బుధులు నేర్పించి విలువైన జీవితాన్ని ప్రసాదించువాడు .గురుబ్రహ్మ ,గురుర్విశ్వు,గురుదేవో మహేశ్వర అను ఆర్యోక్తులను మరువరాదు.మహాభారత కాలం లో భీష్మ ఆచార్యుల వారు కౌరవ పాండవులకు విధ్యా బోధన(విలువిద్య) చేసెను అట్టి విద్యాలయంలో ఏకలవ్యుడు కూడా ఉండెను గురువు విధ్యా బోధన చేయకున్నా అతని విగ్రహం ముందు విద్యను అభ్యసిస్తు విలువిద్యలు ఎన్నో నేర్చుకున్నాడు అనితర సాధ్యమైన విలుకాడుగా మారడు అట్టి ఏకలవ్యుడు గురువైనా భీష్మునికి అంత విలువని ఇచ్చాడు గురువంటే అజనన్ని అంధకారన్ని తొలగించి భ్రంహ విద్య అనే ప్రకాశాన్ని శిష్యులకు అందించేవాడు ,మరియు

గురుపూర్ణిమ ,ఉపాధ్యాయుల దినోత్సవం జరుపుకోవడం హరహనీయం

1. మన గురువులను పూజిద్దాం ,మన గురువులను గౌరవిద్దం.
ఎగిరే గాలిపటం విద్యార్థి ఆయితే ఆధరమైన దారం గురువు.

--Indira Bhuranpuram



అమ్మ నాన్న

సృష్టిలో తల్లి తండ్రులు పిల్లలు లేరు అనే భాద తొ మొదలు పిల్లలకు జన్మను ఇచ్చిన తరువాత వాళను పెంచి పోషించి వారికి విధ్యా బుధులు నేర్పించి వారి బ్రతుకుతెరువు కోసం,వారి ఆనందం కొసం తల్లిదండ్రుల శ్రమ (సేవ)వర్ణనాతితీయం, లెక్క లేనిది దేనికీ సరితూగనిది,తల్లిదండ్రులు పిల్లల మీద ఎలంటి ఆశ లేకుండా నిస్వార్థం తొ ఎన్నో కష్టాలను ఒర్చి పిల్లలను పెంచి పోషిస్తారు ముక్యంగా దేవుడు ఉన్నడో లేడో తెలియదు కాని మనకు మనకు కనిపిస్తున్న దేవుళ్లు తల్లి దండ్రులు అలాంటి వారి సేవకు పిల్లలూ వారు రుణం తీర్చుకోలేనిది ప్రస్తుతం ఈ రోజుల్లో కొంతమంది పిల్లలు తల్లిదండ్రుల ఆలోచనకు విరుధంగా ప్రవర్తిస్తున్నారు తల్లిదండ్రులు చెప్పిన మాట పిల్లలూ వినాలి తల్లిదండ్రుల ఎప్పుడు పిల్లల మంచినె కోరుకుంటారు వారి ఆశలను వమ్ము చెయారాదు.మధర్స్ డే ,ఫాదర్స్ డే జరుపుకోవడం మంచి పరిణామం ,మరియు తల్లి తండ్రుల గురించి ఎంత చెప్పిన తక్కువే

1. తల్లి తండ్రులు మన తొలి గురువులు
2. ఒక వైపు బంధాన్ని మరొక వైపు భాధ్యతలను సరిసమానంగా మొయగలిగె వ్యక్తి "అమ్మ"

--Indira Bhuranpuram

అమ్మ ప్రేమ కోసం

ఆకాశం పుట్టింది నక్షత్రాల కోసం,
నీరు పుట్టింది అలాల కోసం,
పువ్వు పుట్టింది పరిమళం కోసం,
సూర్యుడు పుట్టింది వెలుతురు కోసం,
చంద్రుడు పుట్టింది చల్లని వెన్నెల కోసం,
కాని నేను పుట్టింది మాత్రం అమ్మ ప్రేమ కోసం.

-- Parvathi Bavugi

జోకులు

రాము: ఈ షాంపూ పై ఏమైనా ఫ్రీ ఉందా!

దుకాణదారు: లేదండి.

రాము: అబద్ధం ఇక్కడ డాండ్రప్ ఫ్రీ అని ఉందిగా!

తండ్రి: ఎన్ని మార్కులు వచ్చాయి?

కొడుకు: మా స్నేహితుడి కన్నా నాలుగు మార్కులు తక్కువ వచ్చాయి.

తండ్రి: అతనికి ఎన్ని?

కొడుకు: నాలుగు!

డాక్టర్: మీరు బయట తినకండి లేకపోతే ఎలర్జి తగ్గదు.

కుమార్: అలాగేనండి బయట కొనుక్కున్న ఇంటికి తెచ్చుకొని తింటాను.

టీచర్: రాము ! 10 పెంపుడు జంతువుల పేర్లు చెప్పు

లీల: ఐదు కుక్కలు ఐదు పిల్లులు.... టీచర్ !

-- N. Keerthana

B.Com 1 C2



संस्कृत

विद्यायाः औन्नत्यम्

एकस्मिन् ग्रामे एकः धनिकः आसीत्।सः धर्मबुद्धिः सुशीलः च।किन्तु अहमेव धनिकः इति सर्वदा अहङ्कारं प्रदर्शयति।धनं भवति चेत् किमपि कर्तुं शक्यते इति चिन्तितवान्।एकदा सः चिन्तितवान् -'धने मम समानः कोपि नास्ति' इति।एवं चिन्तयतः तस्य मनसि अहङ्कारः प्रवृद्धः।

कस्मिंश्चित् दिने सः अन्य ग्रामात् आगच्छन्तं मित्रं दृष्ट्वा तं आहूय -भवान् किमर्थं पद्भ्यां आगच्छति?कार्यानं नास्ति वा?ओ! अहं विस्मृतवान् भवान् धनहीनः इति।अहं तु धनिकः अस्मि अतः अहं किमपि क्रीणामि किमपि ददामि।भवन्तं अपि दास्यामि किं दातव्यं पृच्छतु इति उक्तवान्।भवान् दातुं न शक्यते सा धनेन न सम्भवति इति उक्तवान्।धनेन न सम्भवति वा? इति कुतूहलेन पृष्ठवान्।सः शान्तिस्वरेण उक्तवान् -"विद्या" इति।यदि वयं धनं व्ययं करोति चेत् धनं लुप्तः भवति परन्तु विद्यां व्ययं करोति चेत् ज्ञानस्य अभिवृद्धिः भवति।धनं अस्ति चेत् विद्या न आगच्छति।वाग्देव्याः कृपा भवति चेत् एव विद्या आगच्छति।जनाः विद्वांसम् एव पूज्यन्ते न तु धनिकम्।धनिकः विद्वान् भवितुं न सम्भवति किन्तु विद्वान् धनिकः भवितुं सम्भवति।विद्या समं किमपि नास्ति इति उक्तवान्।

मित्रस्य उत्तरं श्रुतवतः धनिकस्य अहङ्कारं नष्टः अभवत्।सः तस्य पादौ गृहीत्वा क्षमां याचितवान्।पुनः कदापि धनविषये सः अहङ्कारं न प्रदर्शितवान्।

-- के.लिखिता

संस्कृत अध्यापिका

स्वजीवने एताः अंशाः वर्धनीयाः

- ◆अस्मासु मुख्यतया सत्प्रवर्तना भवितव्यम्।
- ◆वयं धर्माचरणं करणीयम्।
- ◆गुणेषु दानगुणं श्रेष्ठः अतः अस्मासु दानगुणं भवितव्यम्।
- ◆यथाशक्ति वयं अन्येषां सहायं करणीयम्।
- ◆यत् किमपि विषये दृढसंकल्पेन भवितुं आवश्यकम्।
- ◆वयं धैर्येण भवितव्यं किमर्थं इत्युक्ते धैर्यं विजयस्य सङ्केतम्।
- ◆अस्मासु आत्मविश्वासं भवितव्यम्।
- ◆सर्वेषु सहनं भवितव्यम्। सहनं भवति चेत् बृहत् कार्यम् अपि साधयामः।
- ◆अस्मासु सत्त्ववहारं, सद्गुणानि भवितव्यम्।
- ◆यदि कश्चनः अयं सन्मार्गम् आचरतु इति वदति चेत् वयं एकदा विचिन्तय आचरणं करणीयम्। किमर्थं इत्युक्ते सन्मार्ग सूचनजनाः अल्पतया भवन्ति।
- ◆वयं यथार्थं सत्यभाषणं वदनीयम्।

--K.Anusha
B.Sc MSCS III



Art





Sai Vyshnavi
B.Com III C1



K.Mani Varshini
B.Sc MZC I

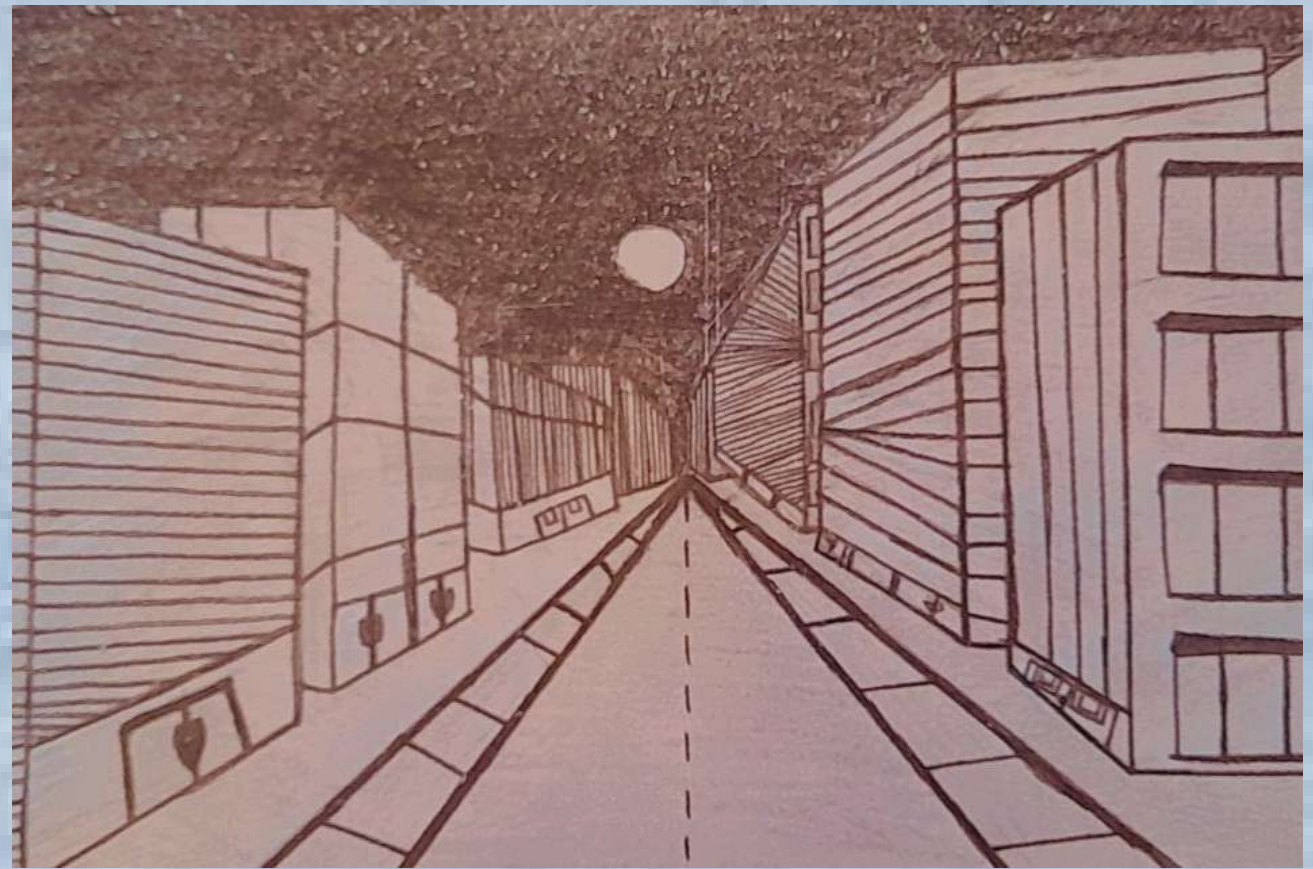
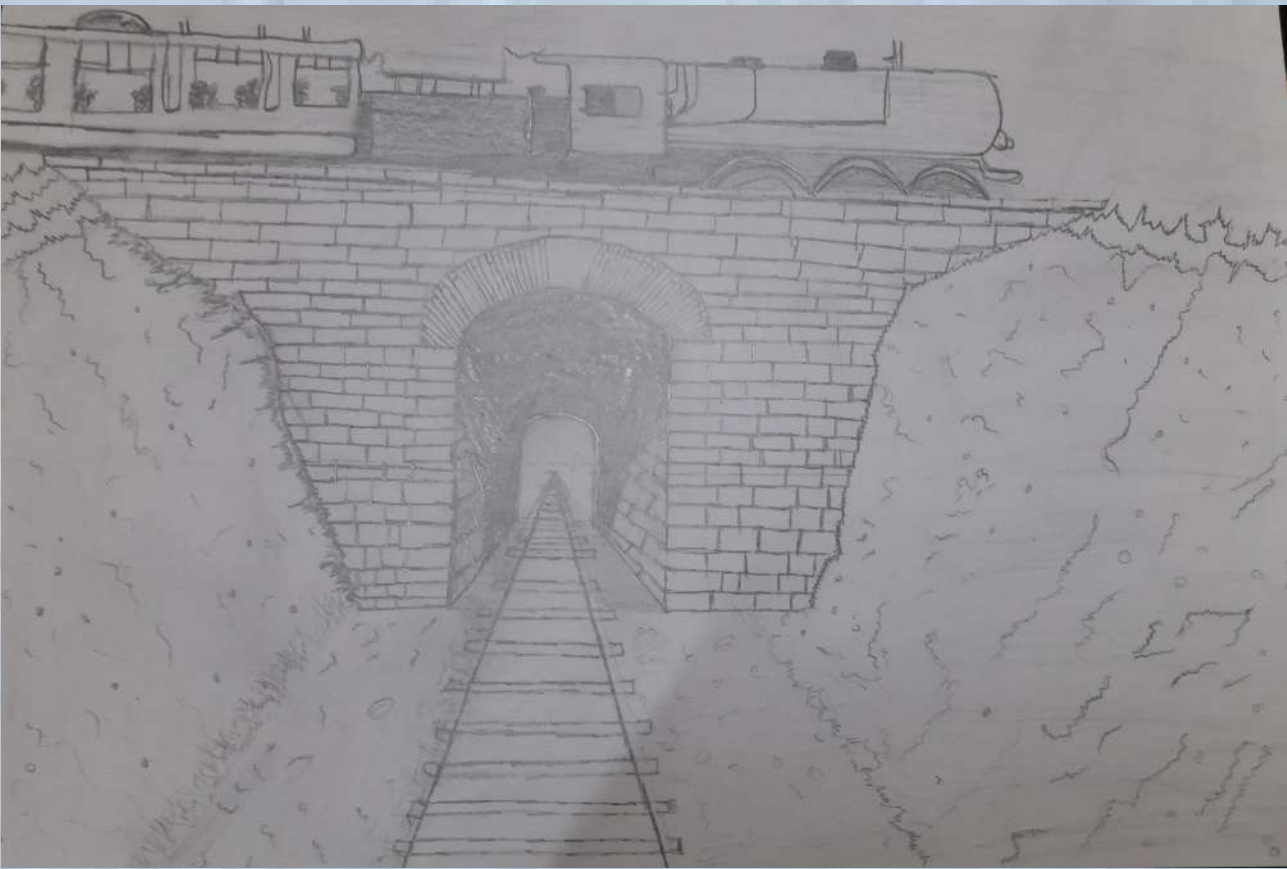


G. Priyanka
B.A. EPP III





M.Tanusree
B.Sc MZC III



M.Preethi
BBA I

M.Pushpa Latha
B.Sc MPCS I





Y.Ooha
B.Sc MPCS III



V. Kavya
B.Sc MECS III



Puja Rani Sahoo
B.A. HPP III



Women: Risk Factors for Breast Cancer

Dr. G. Srilatha Reddy
Department of Biotechnology

As we belong to Women's Fraternity College, we should illuminate on the fact of self awareness and care associated with our own health and also with the problem concerning worldwide.

Our study on breast cancer mainly focuses on various epidemiological characteristics associated with pathology of breast cancer (BC). Breast development is an essential part in the human female reproduction. It occurs in different stages throughout a women life, starts before birth, then at puberty and during the motherhood. The breast undergoes changes also during menstruation and at after the menopause. The human breast is a bilateral organ that in the female undergoes dramatic changes in size, shape, and function in association with infantile growth, puberty, pregnancy, lactation, and age.

Breast cancer is a major public health problem worldwide and is the leading cause of death in India. The number of cases in developed and developing countries has significantly augmented since the 1970s, a phenomenon partly attributed to the modern lifestyles, environmental predisposing factors, genetic and epigenetic susceptibility of individuals and level of intervention. The total number of new cancer cases is expected to be around 14.5 lakh and the figure is likely to reach nearly 17.3 lakh new cases in 2020.

The breast cancer etiology is complex multifactorial, resulting from the interplay of genetic and environmental factors. Mutations in BRCA1, BRCA2, and p53 as well as in DNA repair genes such as ATM and PALB2 have shown significant association with BC development.

Geographical difference in the prevalence of BC can be ascribed to exposure to multiple environmental risk factors. Among these, the well-established risk factors are early menarche, late menopause, nulliparity, no lactation, late first full-term pregnancy and family history of breast cancer (first-degree relative). The other risk factors include obesity in postmenopausal women, smoking, excessive alcohol intake, exposure to low-dose radiation and hormone replacement therapy (HRT).

A risk factor for cancer is anything that has the potential to increase the risk of developing cancer. Many of the most important risk factors for BC are beyond one's control, such as age, family history, gender, estrogen exposure (early menstruation, late menopause), estrogen receptors (ER) and progesterone receptors (PR) etc. However, there are some risk factors that can be controlled, such as weight, physical activity, smoking, alcohol consumption etc.

Non-Modifiable Risk Factors

1. Age

Age is one of the important determinants of breast cancer risk. The individual average risk for a woman developing breast cancer was approximately 1 in 1,500 by the age of 30 years and 1 in 173 by the age of 40 years. In women, the incidence of breast cancer increases with increasing age until 45 to 50 years. Chronological age could be a crude equivalent for breast tissue age, adding to the severity of the disease. Our study revealed that most of BC patients were above the age of 40 years (71%), and the mean age at onset was 47.98 ± 10.80 years, indicating that women above the age of 40yrs are more prone to BC in our population.

2 .Body Mass Index (BMI)

Overweight and obesity are major public health problems in both developed and developing countries. Earlier reports suggest that the great proportion of all cancer mortality can be attributed to overweight or obesity in adults older than 50 years. These effects are independent of other metabolic and cancer risk factors, including mechanisms underlying a possible link between BMI and cancer progression. Our study revealed that about 37% of BC patients had a higher BMI compared to that of controls (15.6%), suggesting that BMI contributes to enhanced risk of BC in our population.

3 .Reproductive Characteristics

During women's reproductive years (broadly the time between menarche and menopause) the ovary produces steroid hormones that directly affect development and function of the breast. Menarche and menopause mark the onset and cessation respectively of ovarian activity associated with reproduction also have a key role in the etiology of BC.

Women with early menarche at a younger age below 12 years have an increased risk for breast cancer development in later part of life. The same is true for women who have menopause at an older age greater than 55 years. The increase in risk may be due to a longer lifetime exposure to the hormones estrogen and progesterone. Our study, in breast cancer patients were grouped into 3 categories based on the age at menarche as early stage (<12yrs), middle stage (12-14yrs) and late stage (>14yrs).

The frequency of the BC patients who had attained early stage menarche (<12yrs) was 16% and late stage menarche (>14yrs) was 27%, whereas among controls about 10.3% and 18.7% had early and late stage menarche respectively, which indicated that the early stage menarche (<12yrs) and late stage menarche (>14yrs) onset might confer increased risk for development of BC.

The frequency of women with irregular menstrual cycles was high in BC patients when compared to that of controls, indicating that menstrual cycles history might be a risk factor for breast cancer development. Higher proportion of premenopausal breast cancer cases was observed (59%) compared to postmenopausal breast cancer cases (41%).

4. Parity and Pregnancy history

Women who have had no children, or who were pregnant later age in life (>35 yrs) may have a greater chance of developing breast cancer. However, the relationship between parity and breast cancer is complex, and it depends on age and timing of the pregnancy.

5. Nulliparity

The proportion of nulliparous women was high in breast cancer group (8.34%) as compared to controls (2%), suggesting that parity might have a protective role against BC in our population. The nulliparous women may be more vulnerable to the carcinogenic effects of oestrogens, and therefore, the indication for a possible antagonism between a late age at menopause and nulliparity women on BC risk.

6. Lactation

It has been hypothesized that changes occurring during lactation protect women from breast cancer. These protective effects result from the release of cells transformed by milk production. Although the exact mechanism of protective effect of oxytocin on breast cancer is not fully elucidated, low oxytocin exposure during gestation, delivery, or lactation is possibly associated with cancer development through several mechanisms. In the present study, 9% of BC patients have history of no lactation while about 3% of control women were found to be non-lactating, suggesting that parity and lactation in women might have a protective role against BC in our South Indian population.

7. Parental consanguinity and Family history

Offspring of biologically related parents are more often homozygous by descent than those of non-consanguineous parents. The probability of homozygosity (coefficient of inbreeding) is the same for all genes on autosomal chromosomes, including those related to cancer development. In homozygotes, the doubling of a cancer-susceptibility gene dose may theoretically affect cancer risk and alter tumor phenotype.

Our study includes approximately 37% of the BC patients (n=112), had positive parental consanguineous history, indicating that the parental consanguineous also play an important role in development of breast cancer.

Modifiable risk factors:

1. Lifestyle habits (Smoking and alcohol consumption)

In Indian population, frequency of women having smoking habit or alcohol consumption has been relatively low. The use of alcohol is linked to an increased risk of developing BC. Similarly, in our study, comparatively higher frequency of women with smoking habit was observed in BC subjects (18.3) compared to that of controls (9%) and habit of alcohol consumption also was observed in 40.4% of BC patients compared to that of controls (19%) suggesting that habit of smoking and alcohol consumption might increase the risk of BC development in our population.

Women who were on smoking and alcohol consumption have increased risk of developing breast cancer, which might be due to the formation of known carcinogens such as polycyclic aromatic hydrocarbons, aromatic amines, N-nitrosamines and alcohol metabolites known to be toxic and are hypothesized to cause DNA modifications that may ultimately lead to breast cancer development.

2. Area of living

Breast cancer incidence rates are high in western countries and in developing countries including India. Within India, there are substantial differences in the incidence rates of breast cancer in rural and urban areas. The distribution of BC patients with respect to area of living has shown that people living in the rural area were found to be more frequently affected (62.7%) than those residing in the urban regions (37.3%). Thus there was a difference in the frequency of rural and urban area patients. The reason could be the occupational exposure of people in rural areas to various chemicals including pesticides as most of them observed to be agricultural labors. Lack of breast cancer awareness, especially in low socioeconomic class could be the other reason for high prevalence of BC in rural population.

3. Occupation

Increasing evidence has identified an association between breast cancer and occupational factors, including environmental stimuli and stress. Occupation exposure of the people to the radiations, chemical and biological, or physical agents that could influence breast cancer risk are highly prevalent in the general environment, consumer products, or the workplace. There has been an increasing evidence of association between pesticide use and occurrence of breast cancer across the world. In our study, we have observed that the frequency of agricultural farmers was found to be prominent in breast cancer patients followed by white collar jobs signifying that agricultural farmers, who were generally exposed to chemicals used in farming including pesticides etc., and shift workers with circadian disruption, were at greater risk for breast cancer.

4. Diet

Diet may play a role in both promoting and inhibiting human BC development. It was reported that women who were on non-vegetarian diet have increased risk of developing breast cancer, which might be due to the formation of known carcinogens such as heterocyclic amines and polycyclic aromatic hydrocarbons (PAH) released due to smoking, barbecuing, frying of animal tissues, etc.

Hence, consumers of such products are at greater risk for breast cancer (Collaborative Group on Hormonal Factors in Breast Cancer et al., 2002). Further, non-vegetarian diet in particular those derived from the meat of lactating animals was a potential source of hormones because of exogenous hormones used in induction of milk production. The risk contributed by exogenous hormonal sources is profound especially in individuals with susceptibility to tumorigenesis.

Our study also confirmed that the majority of breast cancer patients (86%) followed non-vegetarian diet compared with vegetarian diet (14%), suggesting that non-vegetarian diet might confer risk towards breast cancer development. Hence, the role of diet in BC etiology has been suggested as a promising modifiable risk factor.

5. Radiation exposure: Women who, as child or young adult, had radiation exposure to the chest area have an increased risk for breast cancer.

6. Birth control pills: Using oral contraceptives/ birth control pills in the earlier period (10 years) may possibly enhance the risk of breast cancer development. The risk reduces once the pills are stopped over time.

Discussed in this article is the present survey on epidemiological parameters both non-modifiable and modifiable risk factors, we can evade some of the modifiable risk factors like being on safe side while working in fields by using personal protective equipment like face shields, gloves, masks etc., avoid smoking and alcohol consumption, dodge the marriages between consanguineous history of BC families, avoiding radiation exposure, environmental pollution and find alternates towards using birth control pills, limiting the dose and usage of hormone replacement therapy, do depend on healthy diet and daily physical activity. This might to some extent decrease the risk towards development of breast cancer thus keeping women's on safe side.

LAUGHTER CORNER

- Why did the chicken cross the playground?
To get to the other slide!
- Why did the actor fall through the floorboards?
They were going through a stage!
- Why did a scarecrow win a Nobel prize?
He was outstanding in his field!
- Why are peppers the best at archery?
Because they habanero!
- What did the duck say after she bought chapstick?
Put it on my bill!
- Why did an old man fall in a well?
Because he couldn't see that well!
- What do you call a fake noodle?
An impasta!
- What did the three-legged dog say when he walked into a saloon?
"I'm looking for the man who shot my paw!"
- What's red and smells like blue paint?
Red paint!
- What happened when the world's tongue-twister champion got arrested?
They gave him a tough sentence!



The End