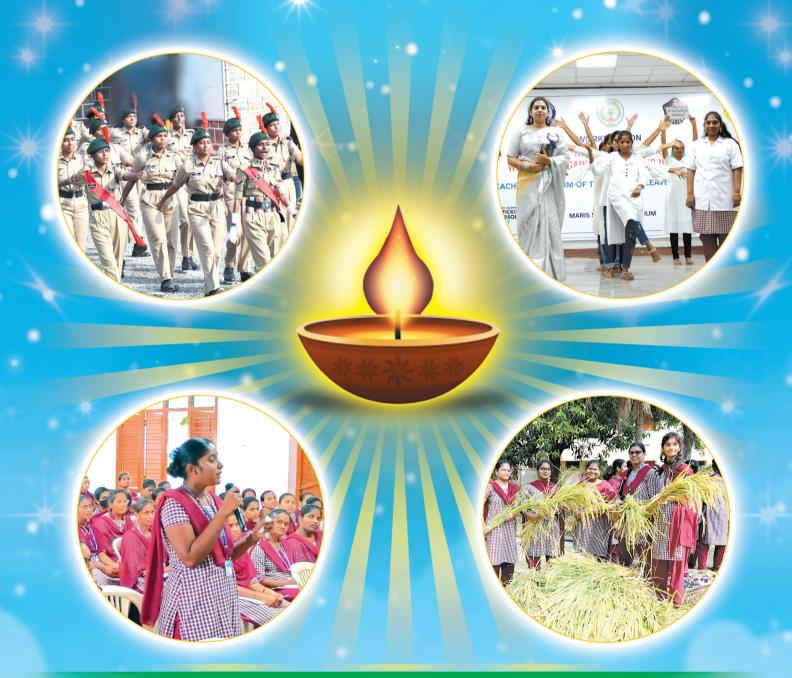


# MARIS STELLA COLLEGE

(AUTONOMOUS)

**VIJAYAWADA - 8** 



**Igniting Minds, Inspiring Change** 

COLLEGE MAGAZINE 2023-24

# **Prayer of St. Francis of Assisi** (Prayer for Peace)



Lord, make me an instrument of your peace:
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.

O divine Master, grant that I may not so much seek
 to be consoled as to console,
 to be understood as to understand,
 to be loved as to love.

For it is in giving that we receive,
 it is in pardoning that we are pardoned,
 and it is in dying that we are born to eternal life.

# **PATRON**



" If it is my work it will perish if it is God's work it will continue."

Bl. Mary of the Passion Foundress (1839-1904) Franciscan Missionaries of Mary

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- Ms.S. Nirmala, Dept. of Chemistry
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- · Ms.L. Susheela, Senior Office Assistant
- · Ms. Annie Nazareth, Dept. of English

#### Advertisements



# EDITORIAL BOARD







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D. Deepthi, I B.Sc. Biotechnology





Founded in 1962, Maris Stella College upholds the legacy of the visionaries who recognized the importance of women's education. Their spirit illuminates the way forward, guiding the college towards ongoing progress and development.

We consistently champion holistic education for young women, preparing them to thrive in diverse fields. Our meticulously designed curriculum, encompassing undergraduate and postgraduate programs in Arts, Commerce, Science, and Management, equips students with the knowledge and skills necessary to flourish in today's globalized world. We are dedicated to fostering not only academic excellence but also ethical and moral development.

Over six decades, Maris Stella has empowered countless young women to become esteemed professionals across diverse fields, from medicine and law to engineering and entrepreneurship. Our alumnae are living testaments to the lasting impact of Maris Stella's holistic education.

I encourage you, the readers of this magazine, to explore the rich history and contemporary achievements of our college. Let it inspire you, challenge you, and remind you of the transformative power of education.

Onward, to the next glorious chapter of Maris Stella College!

Dr. Sr. Jasintha Quadras FMM

# Maris Stella: Where the Sea Meets the Stars





aris Stella College, a Catholic Christian Minority Institution of Higher Education for Women is an autonomous institution affiliated to Krishna University and partly residential. It is managed by the Society of Franciscan Sisters of Mary, a Catholic religious congregation founded by Blessed Mary of the Passion (Helen de Chappotin) in Ootacamund, Tamil Nadu in 1877.

The College was founded on 16th July, 1962 with the primary objective of providing Higher Education for women. The College is committed to serve the economically and socially marginalized sections of society. Admission is open to all irrespective of caste and creed and their rights of conscience are respected.

The college's emblem, a ship navigating stormy waters guided by a star, is a powerful symbol of the journey of its students. It represents the challenges they face and the guidance they receive from Maris Stella, Mother Mary, the Star of the Sea, leading them through tempests to the shores of knowledge and wisdom. The motto of the college, 'Truth and Charity,' encapsulates the pursuit of knowledge in a quest for truth, a journey illuminated by the light of charity, which Maris Stella hopes will be the guiding principle in the lives of all its students.

The colours of the Maris Stella emblem, blue and gold, are more than just hues; they are emblematic of the values the college seeks to instill in its students. Blue, symbolizing truth, loyalty, and fidelity, and gold, representing love, zeal, and charity, together form the spectrum of the college's aspirations for its students.

Maris Stella College is not just an institution of higher learning; it is a place where the sea of knowledge meets the stars of aspiration, where the tempestuous journey of education is steered with the guidance of truth and charity. It is a testament to the enduring legacy of Blessed Mary of the Passion and the Franciscan Missionaries of Mary, a beacon for women seeking to illuminate their paths with the light of education and empowerment.

# GRATITUDE TO OUTGOING CORRESPONDENT &

# WELCOME TO NEW CORRESPONDENT

# Rev. Sr. Sleeva Thumma - An Able Administrator

Sr. Seelva Thumma, a seasoned school administrator until her retirement, brought passion and dedication as Correspondent at Maris Stella College. Eager to learn, adapt, and contribute, she embraced her role with enthusiasm and a commitment to excellence. Sr. Seelva was a familiar and welcoming presence on campus, greeting lecturers, support staff, and parents. Her inspirational speeches resonated with students, instilling motivation and a sense of purpose. Sister's love for nature was evident in her efforts to beautify the college campus along with the Department of Botany. She attended important official meetings, demonstrating her steadfast dedication to her role. As a pillar of support to the Principal and the management team, Sr. Seelva's contributions were invaluable. The Maris Stella family extends heartfelt gratitude to Sr. Seelva for her approximately 10 years of exceptional service at Maris Stella College.

Gratitude to Rev. Sr. Sleeva Thumma (June 2014 - November 2023)



# Hearty Welcome to Dr. Sr. Leena Quadras









# GRATITUDE TO NEW REGIONAL TEAM OF ASSUNTA REGION

Maris Stella College is part of the congregation "Franciscan Missionaries of Mary," which belongs to the Roman Catholic Church. In India, the congregation is divided into four regions. Our college falls under the Assunta region, with its head office located in Mumbai. The head of this region is the Regional Superior, who is assisted by three full-time councillors. In November 2023, a new regional team assumed responsibility. The team consists of Sr. Romaldina Rebello, the Regional Superior, and councillors Sr. Celia Fernandes, Sr. Babitha Abraham, and Sr. Anna Mary Thirumala Reddy. They visited the college on April 4, 2024. We thank them for their continuous guidance and support.



Dignitaries lighting the lamp



Faculty's soulful rendition



Sr.Babitha Abraham, Regional Councillor encouraging the staff



Sr.Romaldina Rebello, Regional Superior addressing the gathering



Leadership Team



Intermediate Student Sree Ram Leela welcoming the audience

# ANNUAL REPORT 2023-24

# "Education is the most powerful weapon which you can use to change the world" -Nelson Mandela

As yet another academic year draws to a close, it is my privilege to present to you an account of our progress, achievements, aspirations and challenges in this 62<sup>nd</sup> annual report of Maris Stella College.

College re-opened for the second and third year undergraduates on 3<sup>rd</sup> July, for Intermediate students on the 1<sup>st</sup> June and for the Post-Graduates on 12<sup>th</sup> June, 2023. A student Induction Programme was initiated on 19<sup>th</sup> June 2023 for the fresh undergraduate students. An orientation programme was organised on 5<sup>th</sup> August, 2023 for the new faculty.

# **New Appointments:**

New appointments have been made at the college, resulting in significant changes in leadership and administrative roles.

# **Administrative Changes:**

Rev. Sr. Sleeva Thumma, who served as the correspondent for 10 years, has been transferred to Telangana. She is succeeded by Dr. Sr. Leena Quadras. Principal Dr. Sr. Jasintha Quadras has taken a six-month leave, and Dr. Sr. Kulrekha Mudartha is now serving as the in-charge Principal.

# **Departmental Appointments:**

Ms. Usha Kumari, Head, Department of Mathematics, has been appointed as the Degree Vice Principal. Dr. Sr. Japamalai, Head, Department of Zoology and Dr. Vani Latha, Head, Department of Chemistry, have been appointed as the Dean of Academic affairs. Dr. Manga Devi, Head, Department of Telugu, has been appointed as the Dean of Student Affairs. Dr. Ravi Kumar Bommisetti, Department of MBA has been appointed as the Dean, R&D Cell, Commerce, Management and Humanities. Dr. Anila Kumari, has been appointed as the Director, Science Research Centre.

# Following faculty have been appointed as the heads of the departments:

Dr. Anila Kumari - Department of Biotechnology

Dr. Bhavani - Department of Food Science & Technology

Ms. Kiranmai - Department of Botany

Dr. Gangaraju - Department of Microbiology

Mr. Krishna Manohar - Department of Bio-Chemistry

# **Results:**

The Intermediate pass percentage was 65. Degree programmes registered the following results: B.A. 90%, B. Com. 74%, BBA 94% and B.Sc. 91%. All the PG programmes secured 100% results.

# **Highlights of the Academic Year:**

For the first time, Maris Stella introduced French as a second language for undergraduate students starting from the academic year 2023-24. Sixty-three UG students are pursuing the subject at present.

The college was awarded a certificate of merit for creating awareness on social issues by the NTR District Collector, Sri Dilli Rao, on Republic Day, 26<sup>th</sup> January, 2024.

The Week Hans Survey on the best colleges of India ranked the UG programmes for the year 2023: Arts 51, Sciences 54 and Commerce 89.

The college was granted autonomous status for PG programs from the academic year 2023-24 by Krishna University, Machilipatnam.

Anjali from III B.Com. Computers represented Krishna University in a virtual interaction with the honorable Chief Minister, marking a proud moment for the college.

Tejasree from III B.om. Computers was selected as one of the first participants to subscribe to edX in the presence of the honorable Chief Minister.

College premises were utilised for the Government Teachers Training in October 2023 and the Elections Training of Magistrates and Tahasildars in February 2024.

# **Grants:**

The college was selected for the prestigious US Department of State-sponsored English Access Microscholarship program for 50 underserved students from their third to sixth semesters. We are deeply grateful to US Consul General Jennifer Larson.

Under the RUSA 2.0 scheme, a new academic block was inaugurated on 13<sup>th</sup> October 2023, by Dr. Pola Bhaskar, IAS, Commissioner of Collegiate & Technical Education and State Project Director of RUSA, AP. Dr. Ch. Tulasi, AP Academic Guidance Officer and Deputy Project Director of RUSA, our proud alumna, was also present.

A computer lab has been equipped with 45 new computers under MPLAD Scheme extended generously by Sri Kesineni Srinivas (Nani), Member of Parliament, Vijayawada Constituency which was inaugurated on 12th March 2024. We express our profound gratitude to Sri Kesineni Nani.

In collaboration with Care to Action, India, the college initiated an English Language Bridge course for first-semester UG students and a Power Skills Programme, a subject-specific skills training programme for fifth-semester UG students in view of enhancing employment opportunities. Maris Stella profusely thanks Mr. Antonio, the Director.

The college received a grant of 10,000 US Dollars towards Service Learning for two years from the United Board, an international NGO committed to whole person education.

Two students, R. Divya Sri of II B.Sc. MBYC and S. Keerthi of II B.Sc. CBZ, received an international scholarship from the Wesley Zaidan Foundation in Tokyo, Japan.

The Cambridge English Language certificate was introduced for advanced learners of UG courses in the Odd Semester.

Dr. Sr. Lavanya, from the Department of MBA and the Dean of Student Affairs, attended the prestigious United Board Fellow Leadership Seminar at Singapore Management University, Singapore in November 2023.

## Research:

We acknowledge the research and the academic achievements of our faculty.

Ms. D. Vedavathi Saraja, Head, Department of Statistics submitted her doctoral thesis at Annamalai University, Chidambaram, Tamil Nadu.

Sr. S. Asha from the Department of Mathematics submitted her doctoral thesis at Bharathi Dasan University in Trichy, Tamil Nadu.

Sub. Lt. Swapna from the Department of Economics is in the process of submitting her doctoral thesis at Acharya Nagarjuna University, Guntur.

Ms.K.Poojitha, from the Department of Commerce and Management has been admitted to the Ph.D. program at Acharya Nagarjuna University, Guntur.

P. Sai Lakshmi Padmaja and K. Swetha Priya Kumari from the Department of Commerce and Management have been admitted to the Ph.D program at Andhra University, Visakahapatnam

Following faculty are pursuing Ph.D in different universities.

Ms. Santhisree from the Department of English and T. Naga Malleswari from the Department of Commerce and Management are pursuing their Ph.D in Krishna University, Machilipatnam.

Mr.Sarath Chandra from the Department of Journalism is pursuing from Acharya Nagarjuna University.

Ms.Bharathi from the Department of Electronics is pursuing from Amritha University, Bengaluru.

K.Krishna Manohar from the Department of Bio Chemistry is pursuing from Andhra University, Visakahapatnam.

Y.M.S. Likhita, P. Suvijna, and G. Divya from third year Agriculture and Rural Development program developed an Autonomous Smart Robotic Sprayer, which is used for spraying agrochemicals. They presented their innovation at the National Conference on Computational Sciences on 27 February 2024 conducted by the Department of Computer Science at Maris Stella College.

# **Publications:** (Research papers, Books, Book Chapters)

31 papers have been published by faculty in national journals, one in an international journal, 6 papers in Scopus-indexed journals, 3 book chapters, 5 book articles, 2 edited books, and 1 reviewed article.

Dr. Bharatha Jyothi, from the Department of Zoology, has been granted 2 patents; one for Monitored Chemical Dispensing System in June 2023 and another for Portable nanoparticle cytotoxicity test device for cancer treatment on 27 September 2023 at Munich, Germany. She was also awarded a certificate of appreciation for her significant contribution as an editor to "WORLD 2023," the Guinness World Record holder for the "Thickest Book in the World."

Dr. Ravi Kumar Bommisetti from the Department of MBA published two books titled Training and Development in IT Industry by String Production, Uttarakhand on 31 December 2023 and Mergers and Acquisitions in the Indian Banking Sector by FSP Media Publications, on 14 February 2024. Dr. Ravi received a Certificate of Excellence in Peer-Reviewing by BP International in recognition of his outstanding contribution to the quality of a book on 11 October 2023, and another Certificate of Excellence in Reviewing by the Asian Journal of Economics, Business and Accounting in recognition of outstanding contribution to the quality of the journal on 20 October 2023.

# **Faculty Development Programmes:**

Faculty are the backbone of any teaching institution. Their quality can make or mar the quality of the institution. In view of faculty development, following programmes have been organised by IQAC.

- A Three-Day National Workshop on the AI Educator's Toolkit: Enhancing Learning & Advancing Research from 21-23 November 2023.
- A Two-Day Capacity-Building Workshop on 'Andrew Furco's Self-Assessment Rubric for the Institutionalization of Service-Learning in Higher Education' on 4 and 5 December 2023.
- A One-Day Workshop on 'Research Insights and Publication' along with Research & Ethics Committee on 22 February 2024.
- A Green Audit on 21 February 2024, led by Ms. Nahida Abdulla, an Architect & Green Building Consultant.
- Two training sessions on ERP for faculty, administrative staff, and students by ReferenceGlobe Edutech Company.
- A One-Day Workshop on Values in Action: Cultivating a Positive Culture was organised for support staff on 29 January 2024.

## **Awards:**

Dr. Bharatha Jyothi from the Department of Zoology received the Women Educationist Excellence Award at the Guru Pratibha Puraskar International Award Ceremony, presented by the Sidvi Foundation on 2 September 2023.

Lt. N Sailaja from the Department of History was promoted to the rank of Captain during the Army and Navy Serial Ref course from September 4 to October 3, 2023, at Gwalior.

Sub Lt. Swapna from the Department of Economics was officially recognized and presented with an appreciation memento by Commandant Captain R. Srinivas Rao during the Annual Training Camp on 2 January 2024, in acknowledgment of her exceptional services and multitasking abilities.

# **Resource persons / Guests:**

The college places great value on the expertise of its staff, providing opportunities to share their knowledge and insights at various academic forums.

P. Sai Lakshmi Padmaja, Department of Commerce was invited as a resource person for a guest lecture on "Problems & Challenges faced by Startups" at St. Joseph's College for Women, Visakhapatnam, on 17 July 2023.

Ms. Karuna Harika, Head, Department of Hindi was the Guest of Honour at Andhra Loyola College, Vijayawada, on the occasion of Hindi Diwas on 13 September 2023.

Sr. Sahaya, Head, Department of Social work was invited as the resource person to address the first-year degree students of Andhra Loyola College on the occasion of World Day against Human Trafficking on 9 February 2024.

Dr. B. Ravi Kumar, PG Department of MBA was invited as a resource person to deliver a talk on Challenges and Strategies for International Competitiveness at the two-day National Seminar on "Emerging Issues in Global Economy, Commerce and Management: Challenges and Strategies for International Competitiveness," organized by the Department of Commerce and Business Administration – Acharya Nagarjuna University, held on 16 & 17 December 2023, sponsored by UGC. He was also invited as a resource person at a National Seminar on Rural Entrepreneurship: Building Self-Reliant Rural India organized by the Department of Management Studies, TJPS College, Guntur, on 8 and 9 February 2024.

Dr. Naga Sundari, Director & Head, PG Department of MBA serves as a resource person for an online invited lecture at Central University of Andhra Pradesh, Ananthapuram.

Dr.Ramakrishna, Head, Department of Sanskrit was invited as a resource person by Sahitya Academy, Delhi on 14 March 2024. He was also appointed as adjudicator and chairman to conduct viva-voice to the Ph.D Scholars by the Vice-Chancellor, National Sanskrit University, Tirupati during the year 2023-2024.

Dr. Manga Devi, Head, Department of Telugu was invited as a guest by NGO Bhumika Women's Collective, Hyderabad on 6 March 2024.

Dr.Srinivasa Rao, Department of Telugu was invited as a resource person by Govt. Degree College, Mandapeta, East Godavari District.

# **Conferences, Seminars, Workshops, Training Programmes attended:**

Faculty have attended 35 workshops, 17 national and 9 international conferences, 14 national and 2 international FDPs, 9 national and 2 international level webinars and seminars organized by other institutions. 28 faculty have presented papers in conference proceedings.

# **Programmes organized on the campus:**

Demonstrating their commitment to knowledge sharing and skill development, the college has hosted a wide range of programs on campus.

The Departments of Biotechnology and Food Science & Technology, in collaboration with the IPR Cell, organized a one-day International Webinar on promoting Intellectual Property Rights (IPR) culture in Higher Educational Institutes on 9 February 2024.

The Department of Computer Science organised a three-day National Conference on Recent Research Advancements in Computational Sciences from 27 to 29, February 2024.

Entrepreneurship Development Cell organised a session on Lean Manufacturing Workshop in collaboration with MSME and Confederation of Women Entrepreneurs, AP Chapter on 13 March 2024.

IPR Cell and PG Department of Business Administration, in collaboration with KL University Intellectual Property Rights Facilitation Centre, Guntur, organised a One-Day National Seminar on "Unleashing the Power of Intellectual Property in the Digital Era" on 20 February 2024.

The Departments of History, TTM, Political Science, and Economics, in collaboration with Ch.S.D. St.Theresa's Degree College, Eluru, have planned to organize a Conference on "Influence of India on Global Diplomacy: An Appraisal of its role in International Relations since 1947" from 26 to 28, March 2024.

# **Organised by various Departments:**

The Departments of Commerce and Management, Zoology, Political Science, Physics, Computer Science, English, Library and Information Sciences, Inspire Club, Women Empowerment Cell, NCC organized workshops, guest lectures, seminars and webinars.

Other programmes organised on the campus include Peace March on the occasion of 78th anniversary Nagasaki Day, Seminar on Organ Donation, Live Telecast of Chandrayaan-III's Soft Moon Landing, Musical Concert by international fame Fr.Rob Galea from Australia, sessions on Women's Safety, Gender Equality, Career Counselling, Stress Management, Swayam NPTEL courses, Taekwondo Self-Defense, Agri Expo, Talk With Author, Healthy Aging and Awareness Programme on CPR-First Aid.

# **Celebrations:**

At Maris Stella, several significant celebrations and traditions are observed, each carrying its own unique significance.

Holy Eucharist was celebrated on 4 August 2023 to inaugurate the new year with manifold blessings of God. Mother Mary's birthday, 8 September was celebrated as the Feast of Maris Stella. The annual Christmas fete and semi-Christmas have been long-standing traditions. Extending Christmas joy to hundred underprivileged and elderly individuals as honoured guests on the occasion is a unique feature of Maris Stella. Teachers Day is commemorated with reverence, offering heartfelt gratitude and appreciation to our esteemed teachers. The eagerly awaited Sports Day took place on 27 January 2024.

Many days of national and international significance were celebrated on the campus: World Environment Day, International Yoga Day, Women's Dignity Day, World Population Day, World Food Day, World Tourism Day, World Social Justice Day, International Day of the Girl Child, International Literacy Day, National Handloom Day, National Librarian's Day, National Constitution Day, National Consumer Day, National Science Day, Meri Maati Mera Desh, Sanskrit Day, Hindi Diwas, Telugu Bhasha Dinotsavam, Independence Day, Teachers Day and Republic Day.

# **Field Visits:**

Field visits play a vital role in enhancing the practical knowledge and exposure to students across various disciplines.

- Third-year Agriculture students went on a trip to the Palmyrah Research Station and KVK at Pandirimamidi, East Godavari District on 28 June 2023.
- Fifty-five students of the English Access Microscholarship program enjoyed a rare opportunity with a visit to the US Consulate in Hyderabad on 28 July 2023.
- Second and third BA, Second year Life Sciences and Senior Intermediate students visited Handloom Expo held at the College Indoor Stadium on 11 August 2023.
- Students pursuing Physics visited a Research Instrumentation Centre at Koneru Lakshmaiah Education Foundation on 12 August 2023.
- Third year BA students explored the scenic Coffee gardens and Tribal Markets at Araku valley on 6 September 2023.
- Continuing the journey of experiential learning, third-year B.Com. & BBA students toured six small-scale manufacturing units at ALEAP, Surampally on 27 September 2023.
- Second and third-year B.Sc. CBZ students explored the realms of silk reeling at Andhra Pradesh Silk Reeling Unit-II
  in Telaprolu and aquaculture at the Rajiv Gandhi Centre for Aquaculture Tilapia in Kandalampadu on 12 October
  2023.
- The fourth-year students of Agriculture and Rural Development enriched their understanding by attending Rythu Sadassu at Anakapally on 7 November 2023.
- First and Second B.A. Journalism students marked National Press Day with a visit to the Red FM Studio, Vijayawada on 16 November 2023.
- MBA students broadened their horizons during a four-day industrial visit to Bangalore and Mysore from 28 31 January 2024.
- Second-Year BA students explored the historical sites of Warangal on 16 February 2024.
- First and Second B.Sc. Bio-technology and Food Science & Technology students visited KCP Sugar Industry Pvt. Ltd., Uyyuru on 1 February 2024.

# **Holistic Education:**

The college is committed to holistic education as affirmed in our vision and mission statements. Tireless efforts are made to mould the young girls who come to us into articulate young women with strong personalities who espouse the cause of social justice and community service. Sports, literary and cultural activities are given due space in the curriculum. Skilling so that they are enabled to fit multiple roles as job creators, leaders, homemakers, educators, nurturers is another aspect of education at Maris Stella. Many of our activities are geared towards this end. Let me cite a few examples.

A one-day leadership workshop was organized for first and second-degree students on 22 February 2024. A total of 600 students benefited from it.

Students from the Departments of Chemistry, Zoology, Biotechnology, and Food Science & Technology, in collaboration with Little Flower Degree College, Hyderabad, Telangana, actively participated in a One-Day Symposium and Exhibition on the occasion of National Science Day with the theme "Indigenous Technologies for Viksit Bharat" on 28 February 2024.

The first and second Degree students had an opportunity to listen to APSCHE Vice-Chairman Prof. Ram Mohan Rao who spoke on the importance of global competence for students in the job market on 19 January 2024.

Students of Agriculture and Rural Development harvested a paddy crop on 30 October 2023 which they had sown in June of the same year. The news garnered widespread coverage in the mainstream media.

Students from different disciplines actively participated in the 57th AD Shroff Memorial Elocution Competition on 23 September, 2023 sponsored by Forum of Free Enterprise, Mumbai.

Fourteen students participated in a one-day workshop on 'MATLAB' conducted by the department of Physics and cosponsored by APCOST, Vijayawada on 20 July 2023.

Students pursuing BA with IAS were given sessions on diverse topics and by the eminent persons from the civils and industry. Some of these include organizational skills, awareness about Anti-Drug Trafficking, Indian History and Civil Services, Law and Order, Soft Skills, Webinar on "OPS vs NPS"

Intermediate students were part of a state government initiative providing clean and safe sanitation facilities for women on 18 November 2023.

An exhibition on Service Learning was organized by the Service Learning Committee on 8 February 2024. The event aimed to showcase the impactful community service projects undertaken by the students in the Nidamanuru village adopted by the college.

Luminate 2K24 a Commerce and Management Fest became a golden platform for talented B. Com. and BBA students to showcase their creativity and innovative thinking. It attracted as many as 200 students from across the state.

Another innovative way of reaching out to the society was the Blood Grouping Drive organised by Departments of Microbiology, Biotechnology, and A&R for 700 students of ZP High School, Nidamanuru, on 5 February 2024.

To ensure students have sweet memories of their alma mater a farewell party for outgoing Intermediate students was organised on 21 February 2024.

The Alumni Association conducted the first-ever Alumni Chapter at Kazipet, Telangana on 30 September 2023, and a good number of alumni turned up, making it a grand success.

# **Certificate Courses:**

All First Year Agriculture & Rural Development students attended Certificate training programme on value added products of Millets on 16 February 2024.

52 Commerce and Management Fifth Semester students completed a certificate course in Banking, Finance and Insurance supported by Bajaj Finserv as part of their Corporate Social Responsibility.

55 third Degree students completed two –year English Access Microscholarship Program supported by US Department of State.

52 third year Commerce students completed a certificate course in Tally, GST and Advanced Excel. 79 third year Physical Sciences students completed a certificate course in Web Development. 16 third year Management students completed a

certificate course in Digital Marketing and 98 third year Arts and B.Sc. MPC students completed a certificate course in Coaching for Competitive Exams. These certificate courses were supported by Care To Action, India.

40 Second Semester students completed the 12 Module Ecology certificate course as part of Energy Literacy week facilitated by AICTE.

11 Degree students completed UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development 12 Module Certificate Courses, SEEK: Self Directed Emotional Learning for Empathy and Kindness for CCE, Government of Andhra Pradesh and Social Emotional Learning for Youth Waging Peace.

Intermediate students were provided Computer Certificate course. They were given an orientation on Organ Donation and Eye Donation. A talk on Stress Management by Kim Somang from Korea was organised. They actively participated in Cookery Competition organised by Institute of Hotel Management.

# **Participation in outside Programmes:**

Eleven students of Journalism attended a workshop on "Cinema in the Age of Multimedia" at Shaft Academy of Media Arts, Vijayawada on 19 August 2023 on the occasion of World Photography Day.

The NSS students participated in a Mega Voluntary Blood Donation Camp organized by the District AIDS Control and Prevention Unit, Govt. of AP, as part of the Ayushman Bhava Seva Pakwada from 17 September to 2 October, 2023.

Nine students participated in Cynosure 5.0, hosted by the Department of Commerce KL University on 3 February 2024.

Three students from Second B.Sc. MPCS, participated in the Essay Writing and Quiz competitions organized by the Department of Physics, Andhra Loyola College, Vijayawada on 7 and 8 February 2024.

Three Second B.Sc. MPCs students participated in the Quiz competition and three more students took part in the Slide Decks competition organized by the Department of Computer Science, Andhra Loyola College, Vijayawada, on 15 February 2024.

Nine students from second and third-year B.Sc. MSCs participated in a Quiz competition conducted by the Department of Statistics at Nalanda Degree College on 21 February, 2024.

# **Achievements in Inter Collegiate Competitions:**

Three students Pavithra Reddy, M.Jagadeeswari, T.Jyothi Hepsiba from the Senior Intermediate MPC qualified for the JEE Mains entrance exam without any professional coaching.

Iqra Shaikk and her group from first year BBA won the third prize in the B-Quiz at Magnalite 2K23, a two-day national-level management meet conducted by Andhra Loyola College on 4 August 2023. Iqra Shaikk also won the first prize in HR Manager and Fashion Show at Magnalite 2K23. Additionally, she was the runner-up for Mr. and Miss Magnalite.

P. Mary Kamala and Y. Meghana from third B.Sc. MSCS won the second prize in the Technical Quiz at Sameksha 2K23 conducted on 11 and 12, August 2023. Y. Meghana, a third-year B.Sc. MSCS student, also secured the second prize in Web Design at Sameksha 2K23. SK. Shumyna from third B.Sc. MSCS won the second prize in Poster Presentation and PPT at Sameksha 2K23.

Y. Meghana, from a third B.Sc. MSCS won the third prize in the Western Group Song Competition at Tarang conducted on 1 December 2023, by Krishna University, Machilipatnam. Sanajana Priya and her group from I BA Economics also secured the third prize in the Western Group Song Competition at Tarang.

M. Yukta Priya, a student from Second B.Sc. MBYC, won the first prize in the Best Out of Waste Competition conducted by Chem-Cignizance at Andhra Loyola College on 20 December 2023.

P. Mary Kamala and her group from third B.Sc. MSCS won the third prize in the Statistics Quiz conducted by Nalanda Degree College on 21 February 2024.

M. Geethika and her group from Second B.Sc. MPCS won the third prize in the Statistics Quiz Scintilla 5.0 conducted by PB Siddartha College on 16 February 2024.

# NCC:

On 15 August 2023, nine of our Army Wing cadets participated in the LIDC at the Indira Gandhi Municipal Stadium. The event was graced by the Hon'ble Chief Minister, Jagan Mohan Reddy.

On the eve of the International Day of People with Disabilities on 3 December 2023, ten of our Army Wing cadets participated in the rally and contributed to poster making, reflecting our commitment to social service and community development.

NCC Army Wing cadets secured the first prize in the drill competition held during the NCC fest, VIJAYANTA 2024, at PB Siddhartha College on 4 January 2024.

Sahitya, Army Wing cadet from B.A. got selected for the SSB camp, undergoing physical, mental, and psychological tests to determine suitability for officer training.

One Army Wing cadet and three Naval Wing cadets participated in LRDC on 26 January 2024 Republic Day at the Indira Gandhi Municipal Stadium, with the Hon'ble Governor S.Abdul Nazeer as the Chief Guest.

As part of Puneet Sagar Abhiyan-Cleaning the River and Water Bodies, NCC cadets participated in a rally and Essay Writing competition held at Andhra Loyola College on 10 September, 2023.

Naval wing cadets commemorated Quit India Day on 8 August 2023 by taking oath to preserve unity and integrity of Mother India. They observed Vigilance Week on 28 November 2023 by taking part in slogan competition on "say no to corruption." Cadets participated in world AIDS Day rally inaugurated by NTR District Collector Sri Dilli Rao.

# **Sports:**

Maris Stella students showcased outstanding talent and secured victories in various intercollegiate tournaments. Notably, twelve players represented Krishna University at both the South Zone Inter-University level and the National level.

Maris Stella College hosted the Krishna University Inter-Collegiate Basketball Tournament and Team Selections on 12th December 2023 where our college proudly secured the 1st place.

Five of our outstanding players, B. Mounika, P. Haritha, A. Jasmine, N. Durga, and P. Sravya, represented Krishna University at the South Zone Inter-University tournament held at Jain University, Bangalore from 24-28 December 2023.

The college achieved another milestone by securing the 2nd place in the Krishna University Inter-Collegiate Handball Tournament and Team Selections, held at L.H.R Government Degree College, Mylavaram on 7th January 2024.

M. Naga Sai Deepthi, K. Angel Sathvika, and E. Prasanna Kumari, represented Krishna University at the South Zone Inter-University Handball Tournament held at Periyar University, Salem from 10-14 January, 2024.

In the Krishna University Inter-Collegiate Volleyball Tournament held at L.H.R Government Degree College, Mylavaram, on 25 November 2023 Maris Stella College exhibited great sportsmanship and secured the 4th place.

In the South Zone Inter-University Volleyball Tournament held at Padmavathi Mahila University, Tirupathi, Andhra Pradesh from 8-12 December 2023, K. Prasanthi I BA Political Science was selected to represent Krishna University.

At the South West Zone Inter-University Shooting Championship held at Kurukshetra University from 2-7 January 2024, Ch. Vaishnavi, a student of I B.A. English Literature, participated.

In the Under 19 category, during the 67th SGFI Volleyball tournament held at Chittoor from 4-6th, November 2023, L. Swetha, Jr. Inter HEC, and M. Jagadeeswari, Sr. Inter MPC, secured the first place.

In Under 19 category, during the 67th SGFI Badminton tournament held at PB Siddartha College, Vijayawada from 7-9 November 2023, K. Harshitha, of Jr. Inter MPC won first place.

Maris Stella is proud to announce that Iswarya, a student of Sr. Inter MPC, secured the first place in five events in the Under 19 category, 67th SGFI Gymnastics held at Kakinada from 3-5 November 2023. She has been selected to represent Andhra Pradesh in the national-level tournament at New Delhi.

In Under 19 category, 67th SGFI Rifle Shooting held from 28 - 30 October 2023 at Raja Mahendravaram, East Godavari District, Satti Naga Anuradha of Jr. Inter HEC won third place. She was selected to represent Andhra Pradesh at national level and participated in Rifle Shooting at Bhopal from 25 December 2023 to 2 January 2024.

The Department of Physical Education organized the Khelo India Basketball matches from 27-29 August, 2023, a thrilling

event that saw the active participation of 30 teams from various colleges across Andhra Pradesh. Maris Stella College displayed exceptional prowess, securing the first-place in both three-on-three and five-on-five categories.

The Department of Physical Education organized the 3 X 3 Senior Inter District Basketball Championship men and women from 11–12 September 2023. Thirteen districts actively participated.

The Department of Physical Education organized Netball selections in collaboration with SGF on 10th October, 2023. Nine Maris Stella students got selected for Netball tournament on behalf of Krishna District.

The Department of Physical Education organized selections for Rugby for School Games on 16th November, 2023. Students from different schools in NTR district participated.

The Department also organized Netball Tournament 67th SGFI from 19-21 November 2023. Boys and girls from 13 districts under 14 age category and under 19 age category participated. In Under 19 four Maris Stella students got selected to participate at national level Netball tournament at Delhi.

The Department of Physical Education organized selections for Sub Junior Netball on 18th December 2023 in which students from different schools of NTR and Guntur districts participated.

To inspire health and fitness among staff and students, the Department organized a Medical Camp on 22 August, 2023. This noble initiative was sponsored by Union Hospital, Vijayawada.

# **Conclusion:**

As we reflect on the remarkable achievements of this academic year, I am reminded of the words of William Butler Yeats: "Education is not the filling of a pail, but the lighting of a fire." The collective achievements of our staff and students have indeed ignited a passion for excellence and learning within our college community. We are proud of our shared successes and eagerly anticipate the great strides we will continue to make together in the future.

My heartfelt thanks to Vice-Principals, Deans, HoDs and all the staff who have willingly shared with us, the Management, the responsibility of running this institution with efficiency and care, to steer it to greater heights. Thank you to each one of you.

Thank you dear parents, benefactors and well-wishers for your support and goodwill.

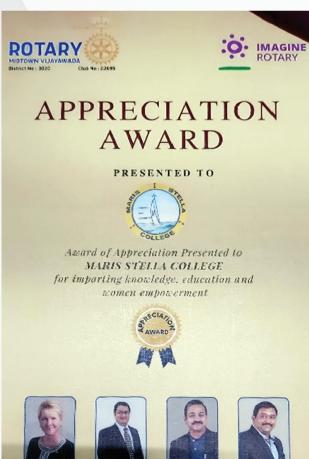
The future is challenging, but with faith in divine providence and you beside us, we shall move ahead.

Thank you. God bless.



# CERTIFICATES OF APPRECIATION







# **RANKING**



# **VISIT OF EMINENT PERSONS**



Jennifer Larson, US Consul General, US Consulate, Hyderabad



Sri Kesineni Srinivas (Nani), Member of Parliament, Vijayawada Constituency



Col. Svyasachi Das, Director General of NCC, Kakinada



Prof. K. Hemachandra Reddy, Chairman, APSCHE



Sri Dilli Rao, NTR District Collector



Prof. Rama Mohana Rao, Vice Chairman, APSCHE



Dr.Pola Bhaskar IAS, Commissioner of Collegiate & Technical Education & SPD RUSA A.P.



Prof.G.Gnana Mani, Vice Chancellor Krishna University



Prof. K.Sobhan Babu, Registrar, Krishna University



CID SP Saritha



Mr.Antonio Benci, Director, Care To Action



Col. Srinivas Reddy, Head, National Disaster Management Authority, India

# FUNDED PROJECTS

In 2018, our college secured a Rs. 200 lakh grant under RUSA 2.0's Component 9 for infrastructure and equipment upgrades. The funds were utilized to build new classrooms, renovate existing ones, and equip labs and classrooms with digital technology. The Microbiology lab received modern equipment, and a digital lab was established. E-campus management software was implemented, and the H-Block was renovated. Construction of a new RUSA building began in 2019 for use in the 2023-24 academic year onwards. This initiative has significantly enhanced our educational facilities and digital capabilities.



Dr. Pola Bhaskar, IAS, Commissioner of Collegiate & Technical Education & State Project Director, RUSA, AP inaugurating the block funded as part of RUSA 2.0



Dr. Pola Bhaskar, IAS, Commissioner of Collegiate & Technical Education & State Project Director, RUSA, AP addressing the gathering



Dr.Ch.Tulsi, AP Academic Guidance Officer & Deputy Project Director, RUSA, an Alumna, highlighting the significance of education



Dr.Ch.Krishnaveni, RUSA Coordinator presenting the RUSA report



Chief Guest Dr. Pola Bhaskar, IAS felicitated by the Management



Students during the Programme



13 October, 2023

Ms. Sarada, Technical Staff with the Team

# **FUNDED PROJECTS**

# MP LOCAL AREA DEVELOPMENT (LAD) SCHEME

cknowledging the critical role of technical education in advancing women's empowerment, Sri Kesineni Srinivas (Nani), the esteemed Member of Parliament, Vijayawada Constituency, generously donated 45 computers through the MP Local Area Development (LAD) Scheme. This philanthropic gesture highlights his dedication to promoting gender equality within the field of technology.

On 12 March 2024, he officially inaugurated a fully-equipped computer laboratory, signifying a significant achievement for the institution. The inauguration ceremony was attended by a distinguished gathering of management, faculty, and students, all of whom were united in their appreciation of this transformative initiative.



Sri Kesineni Srinivas, M.P., Vijayawada Constituency being greeted by the Management



The Chief Guest enlightening the students on importance of technical education



Interacting with the students



Sri Kesineni Srinivas inaugurating the Computer Lab



Observing the performance of Systems



Sri Kesineni Srinivas being received with due honour

# **FUNDED PROGRAMMES**

# ENGLISH ACCESS MICROSCHOLARSHIP PROGRAM

Fifty undergraduate students successfully completed the prestigious English Access Microscholarship Program, a two-year course from July 2022 to February 2024. Sponsored by the U.S. Department of State and facilitated by the U.S. Consulate in Hyderabad and the Regional English Language Office at the U.S. Embassy in New Delhi, this unique program aims to enhance English language skills among underserved students aged 13 to 20 worldwide. It provides a foundation in English language, leadership, professional skills, and exposure to U.S. culture and democratic values, thereby improving their job and educational prospects.

Throughout the program, students engaged in meaningful interactions, cooperative learning strategies, and real-life applications to develop effective English communication and critical thinking skills. Additionally, the service-learning component empowered students to address community issues positively, contributing to social development.

Jennifer Larson, Consul General at the U.S. Consulate General in Hyderabad, inaugurated the program in 2022 and attended the graduation ceremony in February, 2024.





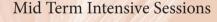
Students during regular classes







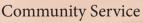


















Visit of US Consulate Officials

# **GRADUATION CEREMONY**



Guests being received with due honour



Consul General Jennifer Larson, US Consulate, Hyderabad, interacting with Principal Dr.Sr.Jasintha Quadras



Consul General Jennifer Larson, addressing the gathering



Chief Guest Jennifer Larson distributing Certificates of Completion to students



Access Program students performing a skit '



Access Program students proudly singing the Access Anthem





'Access Program students with Dignitaries

# **BAJAJ FINSERV'S CPBFI PROGRAMME**

Maris Stella College proudly marks five years of collaboration with Bajaj Finserv, successfully training students through the Certificate Programme in Banking, Finance, and Insurance (CPBFI) from 2019 to 2023. Initially open to all students, the programme has focused on Commerce and Management students in the past two years.

CPBFI, a 100-hour programme designed by Bajaj Finserv, targets graduates, especially first-generation ones, aiming to make them employable in the BFSI sector. Addressing the industry challenge where less than 50% of graduates are job-ready, CPBFI equips students with essential skills, the right attitude, and industry knowledge.

The programme employs an experiential learning approach with discussions, role plays, and group activities. Delivered by experienced trainers, CPBFI prepares students for customer-facing roles in sales, service, and operations, offering excellent career prospects. Its short, practical, and affordable nature makes it accessible to all students.

We extend our heartfelt thanks to the Bajaj Finserv team, including Chairman and MD, Pallavi Gandhalikar, Senior Manager, Mr. Rajasekar Reddy A.P., Regional Head, and our college coordinators over the years, Ms. Sobha, Dr. G. Malathi, and Ms. Madhavi Latha. Their support and dedication have been instrumental in the success of this programme.

As we celebrate this milestone, Maris Stella College anticipates continuing this valuable partnership, enhancing our students' employability and professional growth in the BFSI sector.



Certificate Programme in Banking, Finance & Insurance

Ms. Madhavi, Coordinator presenting memento to Managing Director, Ms. Pallavi Gandhalikar



Students during the Certificate Distribution Ceremony

# **POWER SKILLS**

# Supported by Care to Action, India

Recognizing the gap between academic knowledge and practical skills, and the urgent need for students to acquire industry-relevant competencies, Care to Action, India, a distinguished NGO, launched the transformative "Power Skills" program at Maris Stella College as part of their School4Future initiative. This program was developed in collaboration with esteemed institutions such as MN Rao & Associates, Sridhar's CCE, and Digital Gurus, specifically tailored for students in their fifth semester from various disciplines, including Arts, Science, Commerce and Management.

For Arts students, the program included subjects in English, Reasoning, and Arithmetic. Science students were trained in Web Development. BBA students received instruction in Digital Marketing, while Commerce students were taught Tally Accounting Software, GST, and MS Excel. Each subject comprised 150-200 hours of training.

Students underwent initial testing before starting the course and another assessment after completing three-quarters of the program. These evaluations measured student progress and allowed for necessary adjustments to ensure the program's success.

Upon completing the program, students had the opportunity to participate in internships and receive job placement guidance through our esteemed partners. Care to Action committed to monitoring and evaluating each student's progress, providing regular assessments and constructive feedback to both trainers and the college.

# **Classes in Progress**



Arithmetic classes



Tally & Advanced Excel classes

# **Launch of Programme**





Dr. Sr. Jasintha Quadras, Principal addressing the gathering



Web Development sessions



Care to Action staff interacting with the students

# SERVICE LEARNING: HOLISTIC EDUCATION IN ACTION

Maris Stella College's mission to cultivate leaders for a just and equitable society found practical expression in a two-year service-learning project: 'Towards Transformed and Emancipated Communities through Whole Person Education: From Pedagogy to Praxis'. Funded by The United Board for Christian Higher Education in Asia, the project aimed to empower students and faculty through a holistic learning experience.

Beyond traditional learning, students applied their knowledge through workshops, and studies of societal issues in the selected village. These experiences equipped both faculty and students to tackle real-world challenges, promoting a transformative process that developed academic understanding as well as personal and social skills.

The holistic approach encompassed intellectual, spiritual, and ethical dimensions. Students honed critical thinking, leadership, and problem-solving skills. Through hands-on projects, they didn't just learn; they developed empathy, compassion, and civic responsibility. Projects covered a broad spectrum, from public health and financial literacy to environmental sustainability.

Maris Stella's service-learning initiative epitomizes the college's mission by nurturing a lifelong commitment to service in a just society. This project equips students with the knowledge, skills, and values that reflect the college's core principles of truth and charity, fostering holistic learning.



Dr. Sr. Innyasamma, Co-ordinator, giving an overview of the Service Learning Project and its initiatives



Students enlightening Government School children on environmental issues.



Students conducting a survey on healthy drinks





Students during awareness campaigns in Nidamanuru village

# **NEW INITIATIVES**

# • French- Second Language at UG Level

Maris Stella College has introduced French as a second language from the 2023-24 academic year, aiming to provide students with a gateway to a world of cultural, intellectual, and professional opportunities that the language offers. Proficiency in French can unlock doors to international careers, particularly in diplomacy, international business, and the arts, given France's significant influence in these fields. This initiative not only enriches the college's curriculum but also prepares students to engage with the global community more effectively, reflecting the institution's commitment to fostering a diverse and internationally-minded student body.

# • Cambridge English for Advanced Learners

Maris Stella College has launched a Cambridge English course this academic year, in partnership with Cambridge University. Designed for advanced learners, the program aims to enhance students' proficiency in English, providing them with the advanced linguistic skills essential for success in both academic and professional settings where English is predominantly used.

# A Semester Long Communicative English Bridge Course

Maris Stella College has introduced a semester-long Communicative English Bridge Course for first-year undergraduate students. This initiative is designed to support students from vernacular backgrounds and those from English-medium schools who may have weak communication skills in English. The college is going the extra mile to facilitate a smooth transition for these students into their undergraduate studies. With this special training, students are better equipped to concentrate on their main subjects, ensuring a stronger foundation for their academic journey.



Dr.Buelah, French Teacher during the class



Mr. Srinivas, Cambridge English faculty during the class



Ms. Lakshmi Rao, demonstrating communicative English skills





# **CONGRATULATIONS**

# Ph.D. Awarded



Sr. S. Asha, Dept. of Mathematics

# **AP SET QUALIFIED**



Ms. B. Santhi Sree, Dept. of English



Ms. K. Poojitha, Dept. of Commerce & Management



Ms. Malathi,

Dept. of Computer Science

# PROMOTED TO THE RANK OF CAPTAIN



Lt. N. Sailaja, Dept. of History & TTM

# QUALIFIED FOR INTERNATIONAL LEADERSHIP TRAINING PROGRAM



Dr. Sr. Lavanya. K, Dept. of MBA

# **PATENTS**

# Dr. N. Bharata Jyothi Dept. of Zoology



#### Certificate of Registration for a UK Design

Registration date: 08 May 2023

in pursuance of and subject to the provision of Registered Designs Act 1949, the design of which a representation or specimen is attached, had been registered as of the date of registration shown above in the name of

n Pasumarthi, Malini devi Masilamani, Nakka Venkata Naga Jyothi, DR Naladi Baratha Jvothi. Dr Aruna Kumari Nakkella

in respect of the application of such design to:

Device for Production of Cancer Vaccines

International Design Classification: Version: 14-2023 Class: 24 MEDICAL AND LABORATORY EQUIPMENT Subclass: 01 APPARATUS AND EQUIPMENT FOR DOCTORS, HOSPITALS AND LABORATORIES





Adam Williams
Comptroller-General of Patents, Designs and Trade Marks
Intellectual Property Office
The attention of the Proprietor(s) is drawn to the important notes overleaf.









Dr. P. Jayaprada **Dept. of Physics** 



# RESEARCH PUBLICATIONS

#### **DEPT. OF MBA**

Dr. K. Naga Sundari - Green Advertisements Vs Green Washing: An Empirical Analysis on Consumer Perceptual Gap", in the Communication and Management Journal, Vol. 8 Issue 11, ISSN No: 2269-7195, 2023, Pages: 340-350.

#### Dr. Ravi Kumar B.

- "Assessment of Job Stress and its Impact on Work-Life Balance and Professional Commitment A Case Study", "Asian and Pacific Economic Review", ISSN: 1000-6052, pp. 164-177, Vol. 16, Special Issue No. 4 (Management Nexus: Integrating Strategies Across Disciplines, published by ya tai jing ji bian ji bu November 2023. (Indexed in ABDC Rating C)
- "Empowering Financial Inclusion: Government Schemes and Fintech Innovations", "Asian and Pacific Economic Review", ISSN: 1000-6052, pp. 142-152, Vol. 16, Special Issue No. (Management Nexus: Integrating Strategies Across Disciplines, published by ya tai jing ji bian ji bu –November 2023. (Indexed in ABDC Rating C).
- "Framework for examining the influence of social media content on consumer engagement in the digital marketing landscape", "Asian and Pacific Economic Review", ISSN:1000-6052, pp. 102-123, Vol. 16, Special Issue No. 4 (Management Nexus: Integrating Strategies Across Disciplines, published by ya tai jing ji bian ji bu November 2023. (Indexed in ABDC Rating C).
- "Design and Analysis of Human Resources Using Artificial Intelligence", 'Journal of Law and Sustainable Development, EISSN: 2764-4170, pp. 1-21, Vol. 11, No. 9, October-2023 USA.

#### Dr. Ramana K.

- "A Study on Competency Gap Analysis with Reference to Heritage", in the Organization Development Journal, Vol. 29 Issue 09, ISSN No: 0889-6402, September-2023, Pages: 81-87.
- "Envisioning the Future of Research at the Intersection of Human Resource Management and Technology", International Journal of Research Publication and Reviews" ISSN No: 2582-7421, Volume 4, Issue 12, pp 127-132, December-2023.
- "Knowledge Management in Road Accident Detection based Developed Deep Learning," published in Advanced Engineering and Intelligence Systems. December 2023, Vol 02, Issue 04, No. 05

#### Dr.N Anupama

- "Mobile Misery and Downsizing of Productivity at Geographical Points: A Study," "Gradiva Review Journal" ISSN No: 0363-8057, Volume 9, Issue 10, pp: 187-196. October -2023.
- "Envisioning the Future of Research at the Intersection of Human Resource Management and Technology", International Journal of Research Publication and Reviews" ISSN No: 2582

**Dr. K. Naga Sumalatha** - "A Study on Competency Gap Analaysis with Reference to Heritage", in the Organization Development Journal, Vol. 29 Issue 09, ISSN No: 0889-6402, September-2023, Pages: 81-87.

## **DEPT. OF ZOOLOGY**

#### Dr. N. Barath Jyothi, Dr. Ramani and Dr. Sr. Japamalai

- A Study on the Applications and Scope of IoT in Health Care Sector, Emerging Trends & Technologies in Life Sciences. Pages: 52-61, ISBN: 978-93-93636-03-4
- Exploring the Potential of Thymol as a Remedy for Respiratory infections and early Symptoms of COVID- 19 Emerging Trends & Technologies in Life Sciences. Pages: 94-102. ISBN: 978-93-93636-03-4

#### Dr. R. Ramani and Dr. Sr. P. Japamalai

- A Study on Multispectral Sensors for IoT Applications, Emerging Trends & Technologies in Life Sciences. Pages: 142-151. ISBN: 978-93-93636-03-4
- A brief review on Medical Equipment and Medication Control and IOT uses. Emerging Trends & Technologies in Life Sciences. Pages: 177-190. ISBN: 978-93-93636-03-4

## Dr. N. Baratha Jyothi

Publication with reference to Patent:

- High-performance thin-layer chromatography (HPTLC) device for analysis of chemical compounds". Published on 2024-03-26 by Indian Patent Rights.
- Portable Auto Analyser for Detection of Cholestrol level in Blood. Published on 2024-04-09 by Indian Patent Rights.
- Portable nanoparticle cytotoxicity test device for cancer treatment. Published on 2023-09-27 by Indian Patent Rights.

#### Reviewed article:

- Sustained Ventricular Tachycardia: A Review of Treatment and Prognosis. Journal of Advances in Medicine and Medical Research, Volume 35, 2023, Pages 46-53.
- Clinical uses of Molecular Biology in the Treatment of Infectious Diseases. Journal of Critical Reviews. Volume: 10, Issue: 03, Pages: 276-287

## **Research Paper Publications**

- A Thorough Overview of Current Developments in the Creation of Diagnostic Parasitology Assays Based on Aptamers. DOI:10.48047/IJIEMR/V12/ISSUE05/51, 2023-05-27 | page no .523-536.
- Studies on Effects of Nitrogen and Phosphorus on Wheat Crop Growth and Production, July 2023, DOI:10.47750/pnr.2022.13. S10.752, page no.6084-6089.
- Survey of critically endangered flora of Western Ghats of India. Journal of Pharmaceutical Negative Results [ISSN: Print -0976-9234, Online 2229-7723], Volume, Year 2023.page no.1-5.

#### **Book Articles**

- COVID-19 in Patients with Hepatocellular Carcinoma (HCC): A Case Study. Emerging Trends & Technologies in Life Sciences. Pages: 37-44, ISBN: 978-93-93636-03-4
- A Brief Review on Lumpy Skin Disease in Cattle Ethno-Medicine. Majji. Emerging Trends & Technologies in Life Sciences. Pages: 61-70, ISBN: 978-93-93636-03-4
- Study on the Determination of Milk Adulterants, Emerging Trends & Technologies in Life Sciences. Pages: 70-77, ISBN: 978-93-93636-03-4
- HIV-Related Shame, Stigma and the Mental Health, Functioning of Adolescents Living with HIV from Rural Areas. Emerging Trends & Technologies in Life Sciences. Pages: 77-84. ISBN: 978-93-93636-03-4
- A Study on Thyroid: The Culprit. Emerging Trends & Technologies in Life Sciences. Pages: 84-94. ISBN: 978-93-93636-03-4

#### **Book Editor**

Recent Innovation in Multidisciplinary Research for Innovation sustainability and global transformation. Volume 1, Year 2023, Pages 1-150.
 Medical, Safety and Health care. Medical, Safety and Health care, Volume 1, Year 2023, Pages 1-194.

## **DEPT. OF PHYSICS**

#### Patents

#### Dr. Jayaprada

- Development of Zinc oxide nanoparticles induced liquid crystals for display device. Application 36/2023. Publication Date: 08-09-2023
- Development of Smart Security System with Speech Recognition. Application No.202341087960 A. Publication Date: 12-01-2024

## **DEPT. OF COMMERCE & MANAGEMENT**

**Ch. Madhavi Latha, K.Swetha, PSL Padmaja** - "A Study on Factors Influencing Work-Life Balance among Employed Women in Vijayawada" ISBN journal in National Conference on Design Thinking: Trans-disciplinary Challenges & Opportunities.

Dept. of Computer Science

P. Malathi, E. Grace Lydia, P. Vidhyavathi - "A study on impact of social media addiction of students" in the National Conference on Emerging Trends in Computational science & technology-2023 organised by the department of Computer Science & Applications, KBN College in collaboration with Krishna University on 29th, 30th September, 2023. ISBN: 978-81-958673-8-7 Page No: 100 to 105.

## **DEPT. OF JOURNALISM**

K. Sarah Chandra - "Social Media Top Source of News for Journalists and Public" 53. 8-16. Anvesak, Sardar Patel Institute of Economic and Social Research June (2023). -7421, Volume 4, Issue 12, pp 127-132, December-2023.

## **DEPT. OF POLITICAL SCIENCE**

#### Dr. Valluri Prasadarao

- A Case Study on Article 15 of the Constitution- Prohibits any Discrimination on the Basis of Sex. International Journal of Multidisciplinary Advanced Experimental Research. ISSN 2349-9648
- Indian Polity- An Introduction to Constitution, Political Processes and Institutions. (BOOK) Mittal Publications(International), London (UK). ISBN 978-81-19291-41-0
- The act of 1986 Panchayatiraj System in India and Andhra Pradesh. International journal of Multidisciplinary Empirical Research. ISSN 2349-9656

## **DEPT. OF HINDI**

B.Karuna Harika- A Brief Review on Lumpy Skin Disease in Cattle – Ethno-Medicine. Emerging Trends & Technologies in Life Sciences. Pages: 61-70, ISBN: 978-93-93636-03-4

# **DEPT. OF CHEMISTRY**

V. Javali, N. Uma Maheswari - Study on the Determination of Milk Adulterants, Emerging Trends & Technologies in Life Sciences. Pages: 70-77, ISBN: 978-93-93636-03-4

#### **DEPT. OF SOCIAL WORK**

Sr. Sahaya Mary –HIV Related Shame, Stigma and the Mental Health, Functioning of Adolescents Living with HIV from Rural Areas. Pages: 77-84. Emerging Trends & Technologies in Life Sciences. ISBN: 978-93-93636-03-4

# **DEPT. OF ENGLISH**

Ms. B. Santhi Sree - "Submersion of Soil: An Ecocritical Reading of Land in Na D'Souza's Dweepa", Literary Oracle, A Peer Reviewed International Interdisciplinary Journal of Literary Insight Vol. 8 Issue 1, ISSN 2348 – 4772, May 2024.

Ms. L.M.R. Swarupa Rani - "Importance of English as a World Language", International Journal of Multidisciplinary Empirical Research (IJMER), A Peer Reviewed International Journal Vol. X, Issue1(3), ISSN 2349-9656, March 2024.

# STUDENTS INNOVATION

# AUTOMATIC SMART ROBOTIC SPRAYER

Students of Agricultural and Rural Development invented the Smart Robotic Sprayer, a groundbreaking advancement in agricultural technology, designed to revolutionize the way agrochemicals are applied to crops. This autonomous system is equipped with advanced Bluetooth technology, enabling it to navigate through fields with precision. It is capable of identifying crop health issues and adjusting its spraying patterns accordingly, ensuring that only the necessary amount of chemicals are used.

This innovative device not only enhances the precision of chemical application but also significantly minimizes the amount of agrochemicals used, thereby reducing the environmental impact. By doing so, it contributes to sustainable farming practices and

helps in the conservation of natural resources.

remarkable

future

Their

Congratulations the students and their mentors of Agricultural and Rural Development Department this achievement. smart robotic sprayer is not just a technological breakthrough but also a beacon of hope for a more sustainable and productive agriculture.





Proud inventors: Y.M.S. Likhita, P. Suvijna, and G. Divya III B.Sc., Agriculture and Rural Development

# STUDENTS ACHIEVEMENTS

# JEE QUALIFIED

# Without Formal Coaching



**M. Jagadeeswari** Sr. Inter, MPC

Makke Namratha

16

17

Thurla Jayasri

Sambhana Priya Harika



**T. Jyothi Hebsiba** Sr. Inter, MPC



**Pavitra Reddy** Sr. Inter, MPC

# **GOLD MEDAL WINNERS**

B.A HEP

# Academic Year 2020-2023

| 2  | Mupparapu Sudha Grace | B.A Lit    |
|----|-----------------------|------------|
| 3  | Erigi Sathwika        | B.A TTM    |
| 4  | Asha Kiran Ekka       | B.A SW     |
| 5  | Gaddam Vedavarshini   | B.A Jour   |
| 6  | Pamarthi Gayathri     | B.Com CC   |
| 7  | Garnepudi Sannidhi    | B.Com TPP  |
| 8  | Govindu Mary Mounika  | B.Com Comp |
| 9  | Vatala Kalyani        | BMS        |
| 10 | Dagam Keerthi         | BBA - DM   |
| 11 | Pothakamuri Mrunali   | B.Sc MPC   |
| 12 | Shaik Rizvana Tahasin | B.Sc Comp  |
| 13 | Gadde Haveela         | B.Sc MSCs  |
| 14 | Paidala Pavani        | B.Sc CBZ   |
| 15 | Bellagubba Tejaswi    | B.Sc MECs  |
| /  |                       |            |

# Academic Year 2017-2020

| 1  | Shaik Shama                     | B.A HEP      |
|----|---------------------------------|--------------|
| 2  | Nakka Beulah                    | B.A Lit      |
| 3  | Parappurath Ann Antonite        | B.A TTM      |
| 4  | Naru Swetha                     | B. A SW      |
| 5  | Kagitha Abhinya                 | B A JOUR     |
| 6  | Bommakanti Nitya Lakshmi Pragna | B A MES      |
| 7  | Uppuluri Rama Devi              | B A HEP TM   |
| 8  | Periyanayagi S                  | B.Com CC     |
| 9  | Palli Sneha                     | B.COM TPP    |
| 10 | Gali Preethi                    | B.COM COMP   |
| 11 | Nikshiptha Saroj Kondru         | BMS          |
| 12 | Anwesha Chakraborty             | B.Sc MPC     |
| 13 | Billa Durga Devi                | B.Sc Comp    |
| 14 | Katakam Gayathri                | B.SC MSCS    |
| 15 | Anusha Pulipaka                 | B.Sc CBZ     |
| 16 | Ramella Bhavani                 | B.SC MECS    |
| 17 | Madduri Gayatri                 | B SC BIOTECH |
| 18 | Dittakavi Sarvani               | B SC FMC     |
|    |                                 |              |

B.Sc FMC

B.Sc FMBC

# **GOLD MEDAL WINNERS**

# Academic Year 2018-2021

| 1  | Nookala Deepthi              | B.A HEP      |
|----|------------------------------|--------------|
| 2  | N Kanaka Maha Lakshmi        | B.A Lit      |
| 3  | K V Naga Sai Bhagyasree      | B.A TTM      |
| 4  | Vishnubhatla Srividya        | B. A SW      |
| 5  | Vuyyuru Anusha               | B A JOUR     |
| 6  | Chintha Sruthi               | B A HEP TM   |
| 7  | Kanderi Bhavya Sri           | B.COM CC     |
| 8  | Lingamagunta Sai Sri Nymisha | B.Com TPP    |
| 9  | Yakasiri Priscilla           | B.COM COMP   |
| 10 | Cheemala Kalpana             | BMS          |
| 11 | Ravinuthala Mahimapriya      | B.SC MPC     |
| 12 | Gudipati Mounika Sri         | B.Sc Comp    |
| 13 | Gujjula Lohitha              | B.Sc MSCs    |
| 14 | Ganta Mounika                | B.SC CBZ     |
| 15 | Shaik Sabiha Sultana         | B.Sc MECs    |
| 16 | Petlu Naga Manjusha          | B SC BIOTECH |
| 17 | Morsa Swetha                 | B SC MCCS    |
| 18 | Shreegrishma Atluri          | B SC FMC     |

Due to the COVID situation, the 2017-20 and 2018-21 batches could not be awarded gold medals during their respective years. Therefore, they received their medals on March 16, 2024, on College Day. However, the 2019-22 batch received their gold medals on July 15, 2022, during the Diamond Jubilee celebration.

# NATIONAL AND UNIVERSITY **PLAYERS 2023-24**

# **Best Outgoing Students**

| 1. | B Mounika          | - II MBA      |
|----|--------------------|---------------|
| 2. | N Durga            | – III B A TTM |
| 3. | A Jasmine          | – III B A TTM |
| 4. | P Haritha          | – III B A TTM |
| 5. | K Sai Naga Deepthi | – III BBA     |
| 6. | K Angel Sathwika   | - III B Com   |

Ishwarya

G Siri

11.

12.

| 6.  | K Angel Sathwika | - III B Com                      |
|-----|------------------|----------------------------------|
| Uni | versity Players  |                                  |
| 1.  | P Sravya         | – II B Sc                        |
| 2.  | Ch Vaishnavi     | – I B A Lit                      |
| 3.  | K Prasanthi      | – I B A                          |
| 4.  | E Prasanna       | – I B Com                        |
| 5.  | P Sravya         | - Sr Inter MPC                   |
| 6.  | K Maneesha       | - Sr Inter MPC                   |
| 7.  | K Tulasi         | - Sr Inter CEC                   |
| 8.  | P Asha           | <ul> <li>Jr Inter MPC</li> </ul> |
| 9.  | M Brinda         | – Jr Inter HEC                   |
| 10. | S Naga Anuradha  | – Jr Inter HEC                   |

# **BEST CADETS AWARDS IN NCC**

# NAVAL

| 1. | K Srinidhi | – III B A |
|----|------------|-----------|
| 2. | Deeksha    | – II B A  |

# ARMY

| 1. | B Maheswara Sai | – III BCAP     |
|----|-----------------|----------------|
| 2. | V Lasya Priya   | – II BCAP      |
| 3. | J Priyanka      | - II B Sc MSCS |

# BEST CADETS AWARDS **IN NSS**

| 1. | A Keerthi | – III B A HEP  |
|----|-----------|----------------|
| 2. | B Blessy  | - III B Sc FMB |

- Sr Inter MPC

- Sr Inter MPC

# DIAMOND JUBILEE SCHOLARSHIPS INSTITUTED FOR MERITORIOUS AND DESERVING STUDENTS

- 1. Fr. Jeeva Kumar's Scholarship Padala Lavanya I B COM COMPUTERS
- 2. Sri Gokaraju Gangaraju's Scholarship Patan Ruksana I B COM COMPUTERS
- 3. Ms. Laila's Scholarship Palavai Sowmya II B COM COMPUTERS
- 4. Sri. T. V. Krishna Rao's Scholarship Abbu Venkata Suhasini I B COM COMPUTERS
- 5. Dr. Y. Vijayakumari's Scholarship Pullapa Sneha Latha I BA HIS
- 6. Dr. P. N. Parvathi's Scholarship Gudapati Dali Navya, III BA HEP
- 7. Mr. Gopala Krishna's Scholarship B Mounika II MBA
- 8. Mr. V. Kanaka Mohan Rao's Scholarship Vajrapu Jhansi I B SC COMP
- 9. Dr. Girija Nambiar's Scholarship Maremandla Annamani I B A HIS
- 10. Mrs. Surya Kumari's Scholarship Junapudi Nissy I B SC COMP
- 11. Ms. Emiliana Quadras & Mr. Leo Quadras Scholarship K Kruparani I B A HIS
- 12. Chava Seetamma's scholarship Shaik Shabnam I B SC COMP
- 13. Icon Maruthi Industries' Scholarship Pagolu Bhargavi I B A POL SCI
- 14. Dr. Kanaka Medala Rama Koteswara Rao's Scholarship Abdul Naziya Begum I B A POL SCI.
- 15. Mother Proinsias Scholarship T V Venkata Sindhu Priya I B SC COMP
- 16. Sr. Teresita Polycarpose Scholarship A Sai Rohitha I B SC BIOTECH
- 17. Sr. Jeyam Subramaniam Scholarship S Sarena Grace I B SC BIOTECH
- 18. Sr. Cecilia Reddem Scholarship Shaik Humera I B SC MICROBIOLOGY
- 19. Sr. Lourdu Mary Thumma Scholarship D Papa Sri I B SC MICROBIOLOGY
- 20. Sr. Thresiamma Ittiyavira Scholarship K Chandana I B SC ZOOLOGY
- 21. Sr. Leena Quadras Scholarship P Rama Lakshmi I B SC ZOOLOGY
- 22. Sr. P. Japamalai Scholarship Konda Anna Gladis I BBA

### OTHER MEMORIAL SCHOLARSHIPS / PRIZES

Padma Shyamala and Hari Karra Endowment prize was awarded to the best student in B. Sc. both academic and extra-curricular - Utakuttu Kusuma – III B. SC. MPC

### Yenduri Seetha Maha Lakshmamma Memorial Scholarships for the year 2023-2024

- For securing highest marks in Mathematics Utakuttu Kusuma III B. SC. MPC
- For securing highest marks in Physics Utakuttu Kusuma III B. SC. MPC
- For securing highest marks in Chemistry Chillagiri Venkata Naga Sridhara III B. SC. CBZ
- For securing highest marks in Botany & Zoology Chillagiri Venkata Naga Sridhara III B. SC. CBZ
- For securing highest marks in Accountancy Giduthuri Gnaneswari III B. COM GENERAL
- For securing highest marks in Economics Sreelekha Beeraka III BA HEP

## **INTERNAL QUALITY ASSURANCE CELL (IQAC)**

A t Maris Stella College, the Internal Quality Assurance Cell (IQAC) plays a crucial role in upholding the institution's commitment to excellence in higher education. As a dedicated unit, IQAC is mandated to ensure the quality of educational processes, focusing on developing a robust quality system that addresses deficiencies, promotes best practices, and enhances the overall accreditation of the college.

The IQAC at Maris Stella College is instrumental in fostering a culture of quality across the institution. It serves as a catalyst for coordination among various departments, motivating both faculty and students to strive for excellence in their respective fields. By promoting a quality culture, IQAC ensures that the college's educational and administrative practices are aligned with the highest standards, contributing to the institution's reputation for academic rigour and excellence.

# Workshop on Andrew Furco's Self-Assessment Rubric for the Institutionalisation of Service Learning in Higher Education from 04 – 05 December 2023





Service Learning Deputy Coordinator Sr.Sahaya addressing the staff

Faculty participating in the activity

### Workshop on Research Insights and Publication on 22 February 2024



Dr. B. Ravi Kumar, Coordinator – Research & Ethics Committee addressing the gathering during the workshop



Resource Person Dr. Ch. Balaji, Deputy HOD & Asst. Director for CRT in K.L.E.F., A.P., presenting on Publication Process'

# National Workshop on 'The AI Educator's Toolkit: Enhancing Learning & Advancing Research' from 21-23 November 2023



Hands-On Sessions during National Workshop



Session by Dr. Thiyagu, Resource Person

# Departments of Telugu, Hindi & Sanskrit

# **Departmental Activities**

# Telugu Bhasha Dinotsavam - 29 August 2023



Honouring the Resource Person Dr. Adimulam Lakshmanao, Author, Editor & Classical Dance Teacher



Students excited about the skit

## Hindi Diwas - 14 September 2023



Dr. P.Santhi, Resource Person, Nobel College, Machilipatnam, addressing on the occassion



Hindi Second Language Students with Resource Person Dr. Santhi

# Samskruta Bhasha Dinotsavah - 30 August 2023



Dr. P. Srivalli, Head, Department of Sanskrit, SKR Govt. Degree College for Women, Rajahmundry addressing on the occassion



Audience during the session



Eye Donation Awareness Session on 6 September 2023

## **Department of English**

# Departmental Activities

# **International Literacy Day - 8 September 2023**

Workshop on Soft Skills, Life Skills, Peoples' Skills 04 October 2023



Students enacting the importance of literacy to individuals, communities & societies at Municipal Corporation High School, Mogalrajpuram, Vijayawada



Dr. Candy D Canha, Resource Person, illustrating the need for skills

## **Department of Political Science**

### Workshop on Secular Democracy & Future of India - 29 September 2023



Resource Person Prof. SK. Suleman, Former GM (EdCIL) Ministry of HRD, Govt. of India, New Delhi sharing his views



Participants during the session

### National Voters Day - 25 January 2024



Dr. Prasada Rao, Head, Dept. of Political Science highlighting the Role of Youth in Voting

### National Constitution Day - 26 November 2023



Students rendering the patriotic number on the occasion

# **Department of Social Work**

# **Departmental Activities**

# Women's Dignity Day - 7 July 2023



Rally on the occassion

# National Girl Child Day - 24 January 2024



Awareness Session

# **Department of Economics**

# World Population Day - 11 July 2023



Resouce Person Mr.K.Kiran Kumar enlightening the audience



Felicitation to Resouce Person

# Competitions in memory of AD Shorff - 23 September 2023



Student participating



Winners with Certificates

# **Department of History & TTM**

# **Departmental Activities**

### **International Conference 26 - 28 March 2024**



Dr. G. Koppuram Govindarajan Dept. of History and Archeology, Turkana University, Lodwar Northern Kenya delivering keynote address



Prof.C. Sheela Reddy, Professor & Head, Dept. of Political Science, Central University of A.P, Anantapur presenting a paper



Honouring the Krishna University Registrar Prof. Sobhan Babu



Organisers with International participants



Unveiling the Conference Proceedings book
Tourism Day Celebrations

International Conference on

"Influence of India on
Global Diplomacy"

An appraisal of its role in
International Relations since 1947.



Selfie with Tourism Minister Ms. R. K. Roja on the occassion



**National Handloom Day** 



Celebrating cultures



Visit to weavers place

# **Department of Commerce & Management**

# **Departmental Activities**

# Lumniate: Inter-Collegiate Fest - 6 February 2024



Invoking God's presence by the Chief Guest

Winners of Luminate

## **Industrial Visit - 27 September 2023**



**ALEAP Surampally Manufacturing Units** 

## Guest Lecture on Career Counselling 25 January 2024



Mr. Venkateswara Rao, ICMA Vijayawada Chapter addressing students

## Service Learning Open House -8 February 2024



# **Training Programme on Securities Market Operations - 29 & 30 September 2023**



Mr. D. Srinivasa Rao, Resource Person with the students

# Workshop on E-Filing of Returns - 28 August 2023



# **Department of Computer Science**

# **Departmental Activities**

# National Conference on Recent Research Adavancements in Computational Sciences - 27 to 29 February 2024



Krishna University Vice Chancellor Prof.G. Gnana Mani delivering Keynote Address



Dignitaries unveiling the Conference proceedings book



Ms. Grace Lydia, Head, Dept. of Computer Science giving the overview of the Conference



Audience in rapt attention



Dr. Thyagarajan, Associate Professor, Central University of Tamilnadu



Dr. C. Balakrishnan, Asst. Professor, Christ University





Participants receiving Certificate of Appreciation

## **Department of Physics**

# **Departmental Activities**

Workshop on "Technologies and Insights through Simple Experiments for the Prosperity of Society" - 26 February 2024.



Prof. Y. S. Rao,
Vice-Principal, Dean R&D,
Sardar Patel Institute of
Technology, Mumbai &
Mr. Upadrashta Lakshmana
Suri, Member, Indian
Association Physics
Teachers, addressing
students

Two-day workshop on "Phosphors: Synthesis, Characterization, and Applications" - 11 August 2023

P. Pardhasaradhi,
Professor, KLEF, Prof. M.
Ramakrishna Nanchara
Rao, Co-ordinator
Advanced Analytical
Laboratory (AAL), Andhra
University, and Dr.Giridhar,
Acharya Nagarjuna
University during the
session.



# An extension of the Course - 21 September 2023



Mr. M. Sekar, Pump Engineering Enterprises, Hyderabad-36 explaining 'the principles and parts of Electric Generator'

Long 80.659909°

Visit to Research Instrumentation Centre - KLEF - 12 August 2023



Visit as part of a two-day workshop on Phosphors Synthesis, Characterization, and Applications



Live-Telecast of Chandrayaan Soft Moon Landing -23 August 2023

# Department of Agriculture & Rural Development | Departmental Activities



Students harvesting paddy on 31 Oct., 2023



Meeting the farmers at Rythu Sadassu on 7 Nov., 2023



Maize harvesting



Baby Corn harvesting



Celebration World Food Day on 16 Oct., 2023



Demonstration during Agri Expo on 22 Dec., 2023



Visit to Finger Millet Company, Guntur on 16 Feb., 2024



Visit to Palmyrah Research Station and KVK on 1 March 2024

# **Department of Biotechnology**

# **Departmental Activities**

# **International Webinar on Promoting IPR Culture in Higher Educational Institutions - 9 February 2024**





Correspondent Dr. Sr. Leena Quadras, welcoming the gathering

Students during the Virtual Sessions

# Science Fair - 28 February 2024





Students' demonstration

# **Educational Tour - 1 February 2024**



# **Department of Zoology**

# **Departmental Activities**

### **Educational Tour - October 2023**

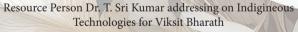




Students at A.P. Silk and Reeling Unit-II in Telaprolu.

## Science Fair - 28 February 2024







Active participation in the Fair

## **Guest Lecture - September 2023**



Resource Person Dr.Sivaranjan presenting on Sustainable Aquaculture Management and the Scope of Aquaculture in September 2023

# **Department of Botany**

# **Departmental Activities**



Student from Little Flower Degree College, Hyderabad sharing on the significance of Science Day



Students demonstrating the experiments



Students participate in Science Fair

# **Department of Microbiology**



Blood Grouping Drive at Government High School, Nidmanuru on 5 February 2024



Students involved in blood grouping of 500 students

## **Department of MBA**

# **Departmental Activities**

### National Consumer Day -22 December 2023

# **Guest Lecture on Career Prospectus in Power BI - 12 December 2023**



OM25+NWG opposite METE Stella Codege, RTC Colory, Schagour, Anders Pradech 520008, India

Sahajpur

Andhra Pradesh

India

Students demonstrate how consumers need to protect themselves

Resource Person Mr.Sampurna Kumar during the session

# National Seminar on Unleashing the Power of Intellectual Property in the Digital Era - 20 February 2024

### Meri Maati Mera Desh -7 October 2023





Dr.Sr.Kulrekha Mudartha encouraging the faculty to apply for IPR

Students celebrating the occasion creatively

## Industrial Visit to Bangalore -January 2024

# Student Induction Programme - December 2023





After having observed manufacturing process of electronics

Dr.K.Naga Sundari, Director & Head, Dept. of MBA giving orientation on MBA course

# **Department of Library & Information Science**

# **Departmental Activities**

# National Library Week - 14 to 19 November 2023





Guest Lecture on How to Inculcate Reading Habits by Dr. V. Veeralakshmi, Author

Essay Writing and Poster Making Competitions during Library Week



Outreach Programme to Government School during Library Week

# National Librarians Day - 12 August 2023



Honouring Dr. S. R. Ranganathan, Father of Library Science

Exhibition on the occasion



Student receiving prize

# **Department of Physical Education**

41 Senior National Netball championship held at Haryana from 19 - 26 September 2023



**Departmental Activities** 

Krishna University BasketBall Tournament organised by Maris Stella College 12 December 2023. Secured Gold Medal and 5 got selected for IUT



First Three on Three Senior Inter-District Basketball Championship organised by Maris Stella College on 11 & 12 September 2023



Fast Five Senior Netball Championship Tournament



South Zone Inter University Basketball Championship held at Jain University Bangalore from 24 -28 December 2023



67 AP SGFI Netball State Meet from 19 - 21 November 2023 organized by Maris Stella. Krishna District secured gold medal



Khelo India Basketball Championship organized by Maris Stella College from 28 - 29 August 2023



First City Level Basketball Tournament organised by Maris Stella College and won first place

## **RELEVANT INITIATIVES**

# INTERNSHIPS : BRIDGING THE GAP BETWEEN EDUCATION AND EMPLOYMENT

In a significant move towards practical education, the Andhra Pradesh State Council of Higher Education (APSCHE) has introduced a mandatory internship program for all undergraduate students. This program is structured into two phases: a short-term internship after the completion of the 4th semester, followed by a semester-long internship



during the 6th semester. This innovative approach designed to enrich students' learning experiences, providing them real-world with exposure and skill development that complements their academic studies.

The internship program is job-oriented, offering students the chance to acquire essential skills and explore career opportunities in their chosen fields. Interns gain hands-on



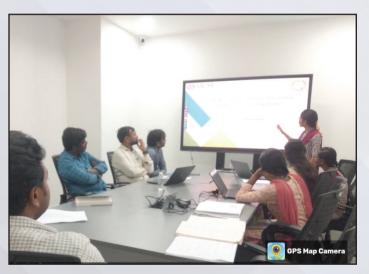
experience by working alongside industry professionals, gaining technical knowledge and practical insights. The program also offers research experience, mentorship, and the opportunity to network with professionals, all of which are crucial for career development.



The college plays a crucial role in facilitating internships with various organizations through Memoranda of Understanding (MoUs). Students are placed in diverse fields based on their preferences and are given the chance to work on in-house projects.

This academic year (2023-24), a total of 115 companies and organizations provided semester-long internships to our students. These internships commenced in the first week of December 2023 and concluded in the last week of April 2024, with the submission of reports and viva voce examinations.

By providing students with practical experience, the program equips them with the skills and confidence needed to succeed in their future careers.



**D.Santha Kumari**Dept. of Chemistry

# **BUILDING COMMUNITY THROUGH SERVICE**

Taris Stella College is renowned for its dedication to nurturing students Linto responsible citizens who are actively involved in their community. The college's mission is unequivocal: it aims to inspire students to engage with their community and create a positive impact. This commitment is demonstrated through practical activities that bridge the gap between academic learning and real-world application. A prime example of such an initiative was the college's project in the village of Nidamanur, where students dedicated six weeks to various community service activities. These included organizing medical camps and educating the local community about critical issues. This immersive experience was of immense value, as it provided students with insights into the challenges faced by different communities and equipped them with the knowledge of how they could contribute effectively. Moreover, these projects were carefully aligned with the students' fields of study, ensuring that they could apply their academic expertise to address the most pressing needs. Through such initiatives, Maris Stella College not only promotes academic growth but also cultivates a sense of social responsibility and civic duty among its students.









**Ms.B.Karuna Harika** Head, Dept. of Hindi

# PLACEMENT & CAREER GUIDANCE

placement cell at Maris Stella College serves as a vital bridge between students and potential employers, facilitating connections and opportunities for professional growth. It operates as a centralized hub offering guidance, resources, and support to students as they navigate the transition from academia to the workforce.

Through career counselling, resume building, and networking events, the placement cell empowers students to explore diverse career paths and hone their skills. Additionally, it collaborates closely with industry partners to understand their hiring needs and facilitate recruitment processes. Ultimately, the placement cell plays a crucial role in helping students secure internships and full-time employment opportunities.

In this academic year 183 students got placed in various prestigious organizations.



Syncreon Drive Orientation



NICE Education Group Discussion Round



Innov Source Group Discussion Round



NICE Education selected students

### Ms.Madhavi Latha

Placement Officer Dept. of Commerce & Management Studies

# **Leadership Taining Programmes**

Maris Stella College is at the forefront of leadership development, offering workshops that empower students to become effective leaders. In September 2023, the Department of Economics, in partnership with the Forum of Free Enterprise, Mumbai, hosted a two-day leadership training program for Arts students. The event featured expert speakers who shared insights on goal setting, success, skill mastery, decision-making, and problem-solving.

Following this, a workshop titled Fostering Leadership: Empowering Tomorrow's Leaders' was held in February 2024 for first and second-year students. The session focused on developing a leadership mindset through interactive activities and case studies.

These initiatives at Maris Stella College demonstrate a commitment to holistic education, preparing students to lead with confidence and compassion.





Arts students attending the Training Programme supported by M.R. Pai Foundation, Mumbai, February 2024





Second Degree students taking active part in workshop, 22 February 2024

# **Gender Equity**

Maris Stella College emphasises the importance of gender equity in its academic programs. In July 2023, the college hosted a workshop on Gender Equity for final year students, aiming to raise awareness and promote understanding of gender issues.

The workshop was designed to challenge stereotypes, enhance gender sensitivity, and cultivate a culture of respect and fairness. Students engaged in discussions and interactive sessions to explore the concept of gender equity and its implications.

By integrating gender equity into its educational framework, Maris Stella College is nurturing a generation of informed and proactive change-makers.



Ms.Monisha, CEO, Rubaroo, Hyderabad, during Gender Leadership workshop on 29 July 2023



# EMPOWERING WOMEN AT MARIS STELLA COLLEGE

In a rapidly evolving world, the role of women has transcended traditional boundaries, making strides in various fields and proving their mettle in every sphere of life. Maris Stella College stands as a testament to this evolution, nurturing and empowering young girls from diverse backgrounds.

This article delves into the essence of women empowerment within our college and its impact on our students, faculty, and society at large.

Maris Stella College, since its inception, has been a sanctuary of learning, growth, and empowerment for women. Our institution is not just a college but a community where every student is encouraged to dream big, break barriers, and lead with confidence. The empowerment journey here is not limited to academic excellence but extends to holistic development, ensuring our students are well-equipped to face the challenges of the modern world.

Education is a powerful tool for empowerment, and at Maris Stella, we prioritize quality education that fosters critical thinking, creativity, and leadership. Our diverse range of programs ensures that every student finds her niche and develops the skills necessary for her chosen field.

However, empowerment at Maris Stella goes beyond textbooks. We emphasize extracurricular activities, leadership programs, and community service, enabling our students to gain practical experience and develop a sense of responsibility towards society.

Our faculty, predominantly women, serve as role models, showcasing what empowered women can achieve. They bring a wealth of knowledge, experience, and dedication to their roles, inspiring students daily. These lecturers are

not just educators but mentors who guide, support, and motivate students to reach their full potential.

A crucial aspect of empowerment is providing a supportive environment where students feel safe, respected, and valued. Maris Stella is committed to fostering such an environment through various initiatives, including counseling services, mentorship programs, and workshops on mental health and well-being.

Our campus is a space where students can express themselves freely, explore their identities, and develop the confidence to stand up for their rights and beliefs.

The true measure of our empowerment efforts is reflected in the success stories of our alumni. Maris Stella graduates are making significant contributions in various fields, including business, science, arts, and social work. Students who passed out recently are pursuing their higher studies in prestigious national & international universities. Their achievements serve as an inspiration to current students, proving that with the right education and support, the possibilities are limitless.

Empowerment also means giving back to the community. Our students are actively involved in various community service projects, addressing issues such as literacy, health, and environmental sustainability. These initiatives not only help those in need but also instill a sense of social responsibility and empathy in our students.

At Maris Stella College, women empowerment is not a mere concept but a lived reality. Through quality education, supportive faculty, and a nurturing environment, we are shaping the leaders of tomorrow. Our commitment to empowering women is dynamic, as we continue to inspire, educate, and transform lives, ensuring that our students are well-prepared to contribute positively to society and lead with confidence and integrity.

**Dr. K. Swaroop Kumar**Dept. of Economics



## YOGA: A WAY TO A HEALTHY LIFE

The world is increasingly gravitating towards a healthier lifestyle, one that not only aids in pain management but also reduces stress. Various styles of yoga incorporate physical postures, breathing techniques, and meditation. Yoga, believed to have originated in India, is an ancient practice.

Yoga has the remarkable ability to diminish the physical effects of stress hormones, which have become an integral part of our lives in this globalized world. With little time for ourselves and an inability to focus on personal care due to our changing lifestyles and relentless schedules, stress and stress-related ailments have become widespread. In light of this, we all need to explore techniques that can help maintain our mental and physical well-being by promoting relaxation, lowering blood pressure, enhancing heart rate, bolstering the immune system, and improving digestion. Furthermore, yoga has proven effective in alleviating symptoms of depression, asthma, anxiety, and fatigue.



- Improved Heart Health
- Increased Flexibility
- Pain Relief
- Stress Reduction
- Spinal Health Protection
- Enhanced Joint and Bone Health

Yoga offers relief from various types of pain and promotes the well-being of our joints and bones. It also enhances blood circulation. You can practice renowned yoga asanas under the guidance of a trained yoga guru. Some of these include the Mountain pose, Standing Forward Bend pose, Bound Angle pose, Cobra pose, and Corpse pose, among others.

Sub. Lt. Swapna,

Dept. of Economics



### HIGHER EDUCATION: FOSTERING PROGRESS THROUGH EDUCATORS

Experienced educators are instrumental in societal progress. Years of dedication refine their skills, knowledge, and confidence, allowing them to inspire and guide the next generation. Unlike many professions, a career in higher education demands a lifelong commitment to self-improvement. This intellectual growth is exemplified by a junior lecturer's journey.

Initially focused on teaching, she/he gradually expands into research, potentially pursuing a Ph.D. This long-term commitment benefits not just the educator but also the academic community through shared knowledge and innovation.

However, financial constraints threaten this cycle. Educators may leave academia for more lucrative opportunities,

risking the quality and continuity of higher education.

To retain talent, a supportive career path is crucial. This requires collaboration from all stakeholders especially Government, philanthropists and industries. Financial

incentives, research opportunities, and recognition programs can make academic careers more attractive.

Investing in educator development strengthens the academic community, attracting more individuals passionate about fostering intellectual growth. By prioritizing educator well-being, we ensure that higher education remains a cornerstone of societal progress.

Dr. Sr. Lavanya K., Dept. of MBA





### **COMPUTER VIRUS**

omputer
viruses can
attack in various ways,
often exploiting vulnerabilities
in computer systems or taking
advantage of human behavior.
Here are some funny and playful names
for fictional computer viruses:

### **ILOVEYOU**

Arriving via email with the subject line "ILOVEYOU" and an attachment called "LOVE-LETTER-FOR-YOU. txt.vbs", victims could hardly be forgiven for thinking they had a genuine, if slightly-too-forward secret admirer. They would live to regret their curiosity, as the virus deleted all image and audio files before forwarding itself to everyone in their e-mail inbox. The total cost of the virus was about \$10 billion - a high price for lonely hearts.

### **MACMAG**

One of the more thoughtful viruses was the MacMag virus, created by editor and publisher of MacMag Richard Brandow. After delivering its hopeful message of world peace (but exclusively for Mac users!) it kindly deleted itself from the host computer. The virus' effect on international conflict remains unknown.

### **CREEPER**

Designed in 1971, all the way back before the term 'virus' was even coined, Creeper is acknowledged as the first computer virus, simply displaying the above text. A program called Reaper was designed to remove the pest, but some say he's still lurking out there somewhere.

### **PIKACHU**

The Pikachu virus was the first to aim its sights directly at children. In stilted English (what do you expect from a creature that spends its existence reciting its own name) the little yellow fellow asks the child to remember him always. Though designed to delete crucial Windows files from hard drives, the virus mistakenly asked permission before doing so. How considerate...

### **STONED**

Created in 1987 by a student from New Zealand, this virus would cause the phrase "Your PC is now Stoned!" to appear, with "Legalise Marijuana" found in the code. Its

other effects rendered your computer hungry, sluggish and paranoid.

### **SKULLS TROJAN HORSE**

This was the first Trojan to exclusively target mobiles. It boarded Nokias during 2004, raising the Jolly Rodger and claiming a number of vital applications as booty. Rumours spread



that soaking your phone in rum overnight would reclaim it from these unwelcome invaders.

### **IKA-TAKO**

Created in Japan in 2010, this virus replaces files with thousands and thousands of images of this cute red squid. Disguising itself as a music file, it infected between 20,000 and 50,000 computers through file-sharing networks. Because if your files are going to be destroyed, it may as well be by something adorable.

### HAPPY99

One of the more festive viruses that one could hope for, Happy99 opened a window with a fireworks display and the caption "Happy New Year 1999." Quite innocuous compared to the Y2K panic of the next new year.

### **PING PONG**

This retro-styled virus was created at the University of Turin in 1988. Half an hour after booting from an infected floppy disk (there's a throwback!), a ping pong ball would appear, bouncing across the screen. Sounds quite soothing really.

### INDEPENDENCE DAY

Perhaps the most important virus of all was the one used to destroy the alien mothership in 'Independence Day'. Who knew that humanity would be saved by the contents of a single floppy-disk? Jeff Goldblum, that's who!

Remember, while these names are whimsical, real computer viruses can cause serious harm to your devices and data. Always ensure you have reliable antivirus software and practice safe browsing habits to minimize the risk of infection.

Malathi Puligadda

Dept. of Computer Science



# MARIS STELLA: NURTURING GROWTH AND DREAMS

In 2005, I joined Maris Stella College as a Statistics lecturer, bringing subject expertise but facing challenges in project guidance, NAAC accreditation, and linguistic transition. Little did I know, Maris Stella would not only hone my professional skills but also enrich my life in unexpected ways. My initial apprehensions about integrating into the college atmosphere soon faded as Maris Stella embraced me warmly. I quickly learned the intricacies of guiding students a task that initially seemed daunting.

Beyond academia, my role as the In-charge of dance introduced me to a spectrum of experiences—some delightful, others challenging. It was here that I encountered diverse student mentalities, each teaching me valuable lessons in patience and understanding. The COVID-19 pandemic posed unforeseen challenges. Overnight, classrooms shifted online. What seemed like a steep learning curve initially soon became an opportunity to engage students in new, meaningful ways.

Amidst these challenges, my dream of pursuing a Ph.D. seemed distant dream. However, Maris Stella's continuous support enabled me to cross these hurdles, eventually realizing my aspiration. Reflecting on my journey, I can confidently say that Maris Stella has been more than an alma mater—it has been my guiding star. The college's dedication to holistic education, coupled with its nurturing environment, has shaped me into the educator I am today. Maris Stella has not just illuminated my professional path but also enriched my life with countless memories and lessons.

**Ms. D. Vedavathi Saraja**Dept. of Statistics



# BALANCING OF MENTAL AND PHYSICAL HEALTH FOR BETTER ACADEMIC PERFORMANCE

Balancing mental and physical health is crucial for optimizing the academic performance of students. Both aspects of health significantly influence cognitive functions, emotional stability, and overall well-being, which directly impact a student's ability to learn, retain information, and perform academically.

The integration of mental and physical health strategies creates a holistic approach that supports academic performance. Here are some practical steps for achieving this balance:

- Regular Exercise: Incorporate physical activities such as sports, gym sessions, or even daily walks to improve both physical and mental health.
- Healthy Diet: Maintain a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to support overall health.
- Sleep Hygiene: Ensure adequate and quality sleep by establishing a regular sleep schedule and creating a restful sleep environment.
- Stress Management: Practice mindfulness, meditation, or other relaxation techniques to manage stress and maintain mental well-being.
- Social Connections: Foster positive relationships with peers, family, and educators to build a supportive network.
- Time Management: Develop effective time management skills to balance academic workload with health-promoting activities.

By addressing both mental and physical health, students can create a foundation that supports academic achievement and overall well-being

**Ms. Manjula** Dept. of MBA



# MENSTRUATION - A DIGNITY OR DISGRACE?

The strength of women is an indomitable force, shaping families, communities, and societies throughout history. Puberty and menstruation are natural processes that mark physical transitions and cultivate a profound bond between mothers and daughters, extending to grandmothers, aunts, and mentors. This collective resilience provides a foundation of love and support that is both empowering and transformative.

Modern revolutionary thoughts and scientific approaches have transformed the age-old notion that a girl is a burden or a curse into recognizing that she is a blessing and a precious being. The journey through puberty and the onset of the menstrual cycle is a significant milestone, triggering hormonal changes that affect physical growth, emotional regulation, and cognitive development. These changes lay the foundation for womanhood and overall well-being.

Historically, ancient cultures viewed menstruation as a powerful and sacred process. For example, ancient Egyptians and Greeks saw menstrual blood as a source of life and healing. In Nepal, the tradition of the Kumari reveres young girls as living goddesses, embodying the goddess Taleju until they reach puberty.

Different religions have varied perspectives, with some viewing menstruating women as impure and restricting their participation in rituals. Today, there is a growing movement to reclaim and honour the menstrual cycle as a powerful spiritual experience reflecting a deep connection to nature, cycles of renewal, and feminine energy. Feminist theologians and



activists advocate for more inclusive practices, emphasizing menstruation as a natural biological process and advocating for the inclusion of women and equal participation in all aspects of religious life.

The menstrual cycle is a complex interplay of hormones preparing the body for pregnancy each month. It includes the menstrual phase of bleeding, which typically lasts 3-7 days. The shedding of the uterine lining symbolizes the body's natural cleansing and renewal process. The follicular phase, the body prepares for ovulation. Hormones like estrogen rise, leading to the growth of ovarian follicles. Ovulation phase is around the middle of the cycle, an egg is released from the ovary. This phase is often associated with heightened energy and creativity. During the luteal phase, the body prepares for a possible pregnancy. If the egg is not fertilized, hormone levels drop, leading to the next menstrual phase. While some physical and emotional challenges are normal, severe menstrual pain and disorders like dysmenorrhea, endometriosis, and PCOS should be addressed with medical advice.

Scientifically, menstrual blood is simply a mix of blood and uterine tissue. Menstrual blood, once considered a waste product, is now recognized for its rich source of stem cells with potential medical applications. Menstrual bloodderived stem cells (MenSCs) are being explored for their regenerative capabilities in treating conditions like heart disease, neurodegenerative disorders, musculoskeletal injuries, autoimmune disease treatment like multiple sclerosis and rheumatoid arthritis, wound healing and burn injuries, and cosmetic therapies, including anti-aging therapies and skin rejuvenation. The use of MenSCs requires rigorous testing and regulatory approvals to ensure safety and efficacy. Developing methods to scale up the collection, processing, and application of MenSCs for widespread clinical use is a significant challenge that researchers are working to overcome.

Menstrual blood is a readily available and renewable source of stem cells, with the average woman producing a significant amount each month. MenSCs can be collected non-invasively, making the process easier and less painful.

MenSCs have the potential to differentiate into a variety of cell types, including cardiac, neural, and cartilage cells, making them highly versatile for medical applications. This groundbreaking approach highlights Nature's brilliant insight into providing life-saving medical treatments and contributing to sustainability.

Puberty and menstruation can thus be seen as pivotal and precious, with women not only as life givers but also as life sustainers. Modern scientific approaches and revolutionary thoughts have transformed perceptions, recognizing the potential of women. By providing necessary support, education, and resources, and promoting awareness can help women navigate this transition with confidence and dignity, ensuring that the preciousness of puberty and menstruation is celebrated and respected. Girls should treat this period as a normal body rejuvenation process and not as an excuse to procrastinate responsibilities or be absent from duties.

**Dr. G. Little Flower**Dean of Student Affairs & Head, Dept. of Physics



# RIPPLES OF CONNECTION WITH POWER OF WORDS

Every word that tumbles out of my mouth is like a tiny platform. It carries a spark of my thoughts, a flicker of my emotions, and a hint of my intentions. It soars through the air and has the power to uplift someone's day. My words have the power to be a beacon of inspiration, a gentle force of encouragement, and a wellspring of empowerment. As I use them to empower others, I find myself feeling empowered too.

These words open my heart to another person. They are a bridge reaching out, connecting my deepest feelings to theirs. They allow me to truly see them, to accept them for who they are, and to walk a mile in their shoes for a moment. These bundles of thoughts are the tools that build the language of my connection with the other.

The words I choose ripple outward, shaping the dynamics of the world around me. When I use them with care, they foster gratitude, empathy, understanding, and connection to my higher self. They become the threads that weave together the web of my relationships, the very fabric of society.



**Dr.Sr.Innyasamma**Dept. of English



# TURNING FOOD WASTE INTO NUTRITIONAL GOLD: HOW INDUSTRIES CAN HELP FIGHT HUNGER

Every day, tons of food waste pile up in factories around the world. But what if this waste could be transformed into something valuable, something that could help fight hunger and malnutrition? This is exactly what food scientists are working on! By processing food scraps into value-added products, we can create a win-win situation for both the environment and human health.

# The Problem: Food Waste and Nutritional Deficiencies

Food waste is a major global problem. It's estimated that nearly one-third of all food produced is wasted. At the same time, millions of people around the world suffer from hunger and malnutrition. These deficiencies can lead to serious health problems, especially for children.

### The Solution: Turning Scraps into Superfoods

Many parts of food that are usually discarded – like fruit peels, seeds, and animal bones – are packed with nutrients. By processing these leftovers, we can create a variety of healthy and affordable food products.

### Here are some examples:

### 1. Meat and Meat Products

- **Blood Products:** Blood from animals after veterinary inspection can be processed into safe and nutritious products like blood sausages, puddings, and plasma protein supplements.
- Bones and Hides: These can be used to produce gelatin, a common ingredient in jellies and aspics. Additionally, meat and bone meal, derived from bones, is an excellent source of protein and minerals for animal feed.

• Tallow and Lard: These fats can be used in food preparation, such as margarine, shortening, and deep-frying.

### 2. Fruits and Vegetables:

- Mango Seed Flour: This flour, derived from discarded seeds, is high in protein and can be used in biscuits, breads, and even infant formula (in some countries).
- Mango Peel Powder: Rich in fiber and antioxidants, mango peel powder can be used in instant drinks, jellies, or even lactic acid production (a common food additive).
- Avocado: Avocado seed flour can be used in the production of candies with a boost of minerals and antioxidants.
- Jackfruit Rind Flour: This flour, made from the discarded rind, is rich in calcium and pectin. It can be used in meat analogues (plant-based meat substitutes), jellies, biscuits, cookies, and bread.

### 3. Dairy Products:

• Whey: A byproduct of cheese production, whey can be transformed into various products with high protein content, such as whey drinks, yogurt, sports drinks, and even dietetic beverages.



### 4. Fish:

- **Fish Meal:** Made from fish bones, fishmeal is a concentrated source of protein and essential vitamins and minerals for animal feed or even human consumption.
- **Fish Liver Oil:** Rich in vitamins A and D, fish liver oil can help address micronutrient deficiencies.
- **Fish Protein Hydrolysate:** Produced from fish waste through enzymatic action, FPH can be used as a milk replacer or even has cancer-inhibiting properties (depending on the fish source).
- Gelatin: Fish skin and bones can be used to produce gelatin, a gelling agent used in various food applications.
- Hyaluronic Acid: Extracted from fish eyeballs, hyaluronic acid finds use in eye surgery, wound healing, and osteoarthritis treatment.

### The Benefits: A Sustainable Solution

By utilizing food scraps, we can reduce waste going to landfills, conserve resources, and create new food sources for those in need. These value-added products are often rich in nutrients and can help improve the nutritional status of people around the world.

# The Future: A World with Less Waste and More Nourishment

Food waste reduction and the development of valueadded products from food scraps is a promising approach to a more sustainable and equitable food system. With continued research and innovation, we can create a world where less food goes to waste, and everyone has access to the nutrients they need to live healthy lives.

**Ms. Saikalyani Kasarabada**Dept. of Food Science and Technology

## A JOURNEY OF GRATITUDE AND GROWTH: MY MARIS STELLA STORY

Once upon a time, there was a girl who harboured an ambition to become a teacher capable of transforming lives. As she progressed through her education, from schooling to graduation, her dream of becoming an effective leader remained just that—a dream. After encountering numerous missed opportunities and regrets, the words of her English lecturer—"Never miss an opportunity. It is very expensive"—prompted her to re-evaluate the decisions she had made. She then made a life-altering decision: she enrolled in Maris Stella College for her post-graduation.

The empathetic and knowledgeable lecturers, along with the management of Maris Stella, guided her through the most pivotal phase of her life—a phase brimming with opportunities, instilling confidence to express her views, fostering a love for her subject, and igniting a passion to become a lecturer herself.

The very institution that had imparted such valuable life lessons then presented her with a memorable opportunity to begin her journey as a lecturer. On January 18, 2021, she stepped in to campus of Maris Stella, not as a student, but as a faculty member ready to shape the future of many students like herself.

This is my journey—the journey of K. Swetha Priya Kumari, Lecturer in the Department of Commerce & Management Studies, who cherishes every moment spent at Maris Stella College. The day I began my journey in the college as a lecturer is the day I started exploring myself. The knowledge and confidence I have acquired are



invaluable assets I will carry with me throughout my life.

The smiles from the faculty, the warm wishes from the sisters as we cross paths, the friendliness of my colleagues, and the relationships with the students are treasures I will always cherish. Maris Stella provided a platform for my passion and taught me to be dynamic, bold, strong, empathetic, and joyful. The footprints of Maris Stella College are forever etched in my heart.

All I can say is, "Dear Maris Stella College, thank you for the beautiful journey. Thank you for allowing me to be one of the stars that shines for society."

**K. Swetha Priya Kumari** Dept. of Commerce & Management Studies



### Mr. K. Krishna Manohar Dept. of Biochemsitry

# AUTISM: IT'S NOT A DISABILITY...... IT'S A DIFFERENT ABILITY

Autism is a lifelong neurological and developmental disorder typically manifesting within the first three years of life. In India, approximately one in every hundred children under the age of 10 is affected by autism, and nearly one in eight is diagnosed with at least one neurodevelopmental disorder. Moreover, the overall number of diagnosed cases of autism in India stands at 20 million, marking a 178% increase since 2000. These statistics reveals that autism is not a rare or uncommon disorder.

# Why neuro developmental disorders more common in the Modern Era.....?

- Busy schedules and work pressures can limit the amount of quality time parents can spend with their children.
- Due to the prevalence of nuclear families, children may experience limited interaction with elder family members, resulting in lack of emotional support, inclusive family environment, traditional values and social skills development.
- Overuse of digital media by parents alters the nurturing and stimulating environment that promotes healthy neurodevelopment in babies.
- Additionally, Increased levels of pollution and the presence of toxic compounds in food are significant risk factors.

Children with autism may possess skills, but their development pattern is not related with typical age-related expectations. So, a person may be able to do basic arithmetic, but unable to communicate verbally. Unfortunately, the root cause of autism remains uncertain, though research indicates both genetical and environmental factors play a pivotal role in assessing the condition.

### World-famous Autistic persons who motivate us:

- Pablo Picasso (the greatest painter of the world)
- Isaac Newton (Pioneer of Physics)
- Albert Einstein (Greatest Scientist & Mathematician)
- Charles Darwin (Father of Modern biology)
- Nikola Tesla (Inventor of Alternative current)
- Pranav Bakshi (Indian first model with autism)

Autism is significantly more common in boys than in girls. The reason is that in females, if one gene has a mutation, the other one can often compensate. However, in males, no compensation occurs.

### Six Sutras to Improve the Lifestyle of Children with Autism:

- Behavioural therapy
- Communication therapy
- Educational therapy
- Occupational therapy
- Sensory therapy
- Physical therapy

Finally, in this AI era, in machine language Autism is not a processing error..... it's a Different operating system



# A YEAR OF TRANSFORMATION: MY JOURNEY WITH THE ACCESS MICROSCHOLARSHIP PROGRAM

For almost a year, I've walked alongside a group of remarkable young women at Maris Stella College.

Not just as their teacher, but as a fellow traveller on a path of discovery. It all began with a fire in my belly – a burning desire to empower underprivileged girls with the magic of English and communication skills. Armed with activity-based learning, I embarked on this adventure, never suspecting the profound impact it would have on both them and me.

### **Unveiling the Gems Within:**

The most rewarding treasure wasn't found in textbooks, but in the eyes of my students. Building connections with these curious minds allowed me to tailor lessons to their unique needs. Every giggle during a grammar game, every "aha!" moment during a debate – these were testaments to their personal growth, and my greatest joy.

### A World Beyond Textbooks:

The Access program transcended language barriers. We celebrated American holidays like Halloween, transforming classrooms into spooky wonderlands or overflowing cornucopias for Thanksgiving. These weren't just cultural exchanges – they were windows to new worlds, fostering inclusivity and expanding the horizons of both students and myself.





### A Memory Etched in Time:

One experience stands out like a sparkling gem – our visit to the Hyderabad Consulate in July. It was a bridge from the familiar to the unknown, a chance for these girls to see the possibilities that awaited them beyond the pages of their books. Their wide-eyed wonder fueled my own sense of purpose.

### **Beyond the Classroom Walls:**

While shaping young minds, the Access program also nurtured my own professional journey. I participated in a virtual exchange program, a whirlwind of international connections! To top it all off, I aced my TESOL course, equipping myself with even more tools to be a stellar educator.

## A Legacy of Learning:

Looking back, my year as an Access Microscholarship teacher has been a gift beyond measure. It wasn't just about imparting knowledge; it was about shared growth, purpose, and the power of education to transcend boundaries. Witnessing the blossoming of these young women has ignited a deeper fire within me – a fire to keep reaching out, bridging gaps, and cultivating dreams, one classroom, one connection at a time. May this story inspire others to join this incredible journey, for every moment spent nurturing young minds is a seed sown for a brighter future.

Ms. Rini Anand Nallagatla

Access Teacher

## **CHILDHOOD MEMORIES**

Recently, I found myself returning to my grandparents' village on an official duty, a place I hadn't visited in over 20 years. After my grandparents passed away, I saw no reason to return, and I approached this trip with reluctance, as the work I had to do was complex and demanding. However, upon reaching the village, I was overwhelmed by a flood of childhood memories.

As a child, my brothers and I spent my summer vacations in this village, a place that held countless cherished moments. The sight of the familiar landscapes and the warm, rustic ambiance brought back vivid recollections of those carefree days. I remembered playing with the local children, and savouring the simple, delicious meals prepared by my grandmother. The village, with its timeless charm and the echoes of my past, rekindled a sense of nostalgia and longing for those simpler times.

My childhood, deeply rooted in the cultural and social fabric of the time, stands in stark contrast to the experiences of today's generation. In those days, the rhythm of life was slower and more deliberate. I remember waking up to the sound of the cock crowing. Mornings were filled with the aroma of freshly cooked idlis and dosas, lovingly prepared on traditional stone grinders by my grandmother. We didn't have the luxury of instant mixes or fast food; everything was made from scratch, and that made the food taste even better. The hot summer didn't bother us much as we played our favourite games like hide and seek, kancha, cricket and marbles. We spent hours in the open fields or on the quiet streets, free from the worry of traffic or the intrusion of technology. Television was a rare luxury. Owning a set was considered a status symbol, and families would gather around to watch Doordarshan, the only channel available. Programs like "Chitrahaar" and Sunday evening movies were a communal experience, often leading to animated discussions the next day. We spent more time outdoors, exploring nature and engaging



in imaginative play. The concept of digital entertainment was non-existent; our creativity and social skills flourished through direct interaction with the world around us. On any special occasion, I remember every household would open its doors to neighbours and relatives, sharing sweets and laughter. The sense of unity and collective celebration fostered strong bonds and a feeling of belonging.

In contrast, today's generation is growing up in a world that is faster, more connected, yet paradoxically, more isolated. The internet and smartphones have revolutionized communication and information access, but they have also diminished face-to-face interactions. While technology has brought undeniable advancements and conveniences, it has also altered the essence of childhood. The tactile experiences of our past—writing letters, making toys from scratch, and playing in the dirt—are being replaced by digital screens. The simplicity and slower pace of life that allowed for deeper personal connections and a strong community spirit are becoming rarer.

Reflecting on my childhood, I feel a sense of nostalgia for those days of simplicity, warmth, and communal living. It was a time when the world was smaller yet richer in human connection. As we move forward, it's essential to blend the benefits of modern advancements with the timeless values of our past, ensuring that the essence of childhood remains intact for future generations.

**P.Padma Latha**Dept. of Physics



# BEAUTY OF MANAGEMENT EDUCATION

A midst the confusion of choosing between a career in Life Sciences or Management, my passion for management education ultimately guided my path. Initially an introvert, unaware of my hidden talents, my 23-year journey in educating young minds in management has unearthed qualities of leadership, teamwork, integrity, and resilience within me.

From meeting people in diverse fields, guiding students in organizing management fests (Samanvay) and seminars, to being an administrator for the prestigious US Department of State Sponsored English Access Microscholarship Program, my experiences have been rich and varied. Interacting with diplomats, organizing numerous events, and witnessing students develop their communication skills and self-confidence has been incredibly rewarding.

Managing the entire Access Program showcased my real capabilities in management. The joy and satisfaction I



derive from being in the field of education are unparalleled. My greatest pride comes from inspiring my management students over the years.

I am deeply grateful to Maris Stella College for the opportunities it has provided me, making it an integral part of my beautiful journey. Embracing management education has allowed me to harmonize my personal and professional life, revealing its true beauty.

**Dr. K. Naga Sundari**Director & Head, Dept. of MBA

## BEAUTIFUL MEMORIES-INVALUABLE LIFE LESSONS

The 6-year journey at Maris Stella College has always been a nourishing one. All through the journey from an intermediate student to securing two jobs in campus placement, Stella always gave me a sense of family that always cared for my future.

One such memorable opportunity is meeting the Hon'ble Chief Minister Sri Jagan Mohan Reddy in the launch event of the EdX courses, a significant educational event in our state. Meeting such an inspirational leader was beyond my dreams.

Despite my initial nervousness, Mr Srirangam Mathew from APSCHE made me feel comfortable during the visit to the CM's office. The experience of interacting with officials, including Sri Botsa Satyanarayana, the education minister was surreal. I will always cherish the conversation I had with the Chief Minister where he inquired about my academics, plans and the edX courses I had chosen.



I am deeply thankful to Ms Madhavi Latha, Lecturer, Dept. of Commerce & Management Studies, and Ms. Vanilatha, Student Dean for their constant support. This unforgettable experience has strengthened my gratitude towards Maris Stella College, especially the Commerce and Management Department, for their support and encouragement.

**Tejasri,** III B.Com., Comp.



# ACADEMIC EXCELLENCE AND ENVIRONMENTAL MANAGEMENT AT MARIS STELLA COLLEGE

Tam Dr. G. Ponni, holding an M.Sc., MPhil., and PhD in Pollution Control and Environmental Technology from Pondicherry Central University, Puducherry. As an environmental consultant at Maris Stella College, I am delighted to share my experiences and insights into the college's excellent environmental initiatives and its significant contributions to societal well-being.

Upon my arrival at Maris Stella College, I was immediately impressed by its commitment to sustainability, shown by the organic farming sales counter. This initiative not only showcases the college's dedication to environmentally friendly practices but also provides the community with access to affordable, high-quality organic produce. I personally purchased mangoes and drumsticks at a fraction of the cost compared to external organic markets, supporting my positive impression of the institution.

Maris Stella College actively supports pollution mitigation and the development of sustainable technologies. The college has embarked on numerous eco-friendly research works, including:

Vermicomposting: Utilizing earthworms to convert organic waste into nutrient-rich compost, promoting soil health and reducing landfill waste.

Grey Water Recycling: Innovating methods to recycle greywater for agricultural purposes, conserving water resources and enhancing irrigation efficiency.

Rain Water Harvesting: Utilizing rainwater effectively by using storage tanks in a college is remarkable.

Biogas Production: Developing systems to convert organic waste into biogas, providing a renewable energy source and reducing greenhouse gas emissions.

These initiatives not only highlight the college's progressive approach towards environmental sustainability but also inspire students to think critically about pollution reduction and environmental conservation.

The lush, sixty-two-year-old trees on campus stand as a testament to the college's long-standing commitment to education and environmental preservation. The peaceful and green campus provides an ideal atmosphere for learning, promoting both academic and personal growth among students.

The college's success is further improved by its dedicated faculty and supportive administration. The faculty members are approachable and student-focused, while the administration continuously seeks innovative ways to improve student development and career prospects through various add-on courses and programs.

Maris Stella College shows the integration of academic excellence and environmental sustainability. Its initiatives in organic farming, pollution mitigation, and sustainable technology development prove its role as a leader in environmental education. The college's supportive community and forward-thinking administration ensure that it remains a nurturing ground for future environmentalists and socially responsible students.

"The earth, the air, the land, and the water are not an inheritance from our forefathers but on loan from our children. So we have to handover to them at least as it was handed over to us." – Mahatma Gandhi

**Dr. G. Ponni** Environmental Consultant



# PLANTS CAN BE SMART TOO: HOW PLANTS THINK AND REACT

Do plants have brains or can they think? It seems like they can do some smart things. For example, goldenrod plants can tell when other plants are nearby without touching them. They do this by looking at the light that bounces off leaves. And if something eats them, they change how they react based on what's around them.

Most people think that to be smart, you need a brain that sends electric signals around. Some scientists who study plants think that plants have something like a brain, but it's their whole body instead of just one part. They use chemicals instead of electricity to talk to each other and decide what to do.

When bugs eat goldenrod leaves, the plant sends out a message that tells the bugs to go away because it's not good to eat. Other goldenrod plants nearby can hear this message and get ready for the bugs too. This way, the damage from

the bugs gets spread out, and the plants can help each other. Plants can also tell when their neighbours are in trouble. If one plant sends out a warning message, the others can get ready for danger. This is like they can think about what might happen next and get ready for it.

Thinking about plants as smart can help us understand how they talk to each other and why they do the things they do. It also makes us think about what it means to be smart in different ways.

A cool idea from a long time ago is that plants work like beehives. Each part of the plant is like a bee, and the whole plant is like the hive. This means that the whole plant is like a big brain, and it doesn't need one special part to be in charge. Instead, every part can feel things and talk to the other parts using chemicals.

Plants are really good at knowing what's going on around them. Every single part of the plant can feel things and talk to the other parts to decide what to do next. Even though each part has its own job, they all work together to help the plant grow and stay healthy.

T. Kiranmai, Dept. of Botany

# MY VIDEO CONFERENCE WITH HON'BLE CHIEF MINISTER

My eyes beaming with joy & heart filled with pride, I sat amidst the stalwarts of education across the state. 16th February 2024, gave me a lifetime memory as I met the person who always inspired me. I had the esteemed opportunity of meeting the Chief Minister, Y.S. Jagan Mohan Reddy. Though it was a virtual meet, it was a precious moment as thousands of people across the state watched me as I expressed my gratitude for paving an unprecedented in educating women.

This event was a significant milestone in my academic journey at Maris Stella College, where I have always held the privilege to study. Sitting beside the Vice-Chancellor and Registrar of Krishna University, I experienced a profound sense of honour and responsibility. The Vice-Chancellor introduced me to the panel, highlighting my achievements which was a moment of pride and motivation.

The conference was meticulously organized, and the anticipation among the participants was palpable. Carrying my identity as a student of Maris Stella College double-folded the sense of pride. The Chief Minister's presence on the screen with his welcome smile set a positive tone for the interaction.



As I spoke on the enhancement of Education in Andhra Pradesh, internship Programs for Undergraduates and the launch of the EDX Platform, the Chief Minister listened and responded with thoughtful insights, reaffirming his commitment to these educational initiatives. I am truly honoured to have had the opportunity to speak with the Chief Minister and to represent Maris Stella College in such a prestigious forum. This experience has inspired me to continue striving for excellence and to actively participate in initiatives that contribute to the betterment of our society.

**G. Anjali,** III B. Com. Computers

# MY INTERNATIONAL EXPERIENCE

Q u a l i f y i n g
for international
programmes demands
immense hard work, sincerity,
focus, commitment, and intense
passion. The initial nomination
by our authorities is a testament to
these qualities being recognized in us.
Once selected, staying vigilant to every
communication, online meeting, and assignment
is crucial.

I am profoundly grateful to the United Board for selecting me for the International Leadership Training Program, which spanned an entire year. As part of this program, I had the incredible opportunity to visit Tokyo, Japan, for a study trip in April 2023, and attend a concluding seminar in Singapore in November 2023. These experiences were nothing short of transformative, allowing me to engage with faculty and administrators from nine different countries; India, Philippines, China, Korea, Bangladesh, Thailand, Hong Kong, Indonesia and Vietnam.

During the eight months of online sessions, I honed my technological skills and adapted to learning in a virtual environment. The sessions were intense and required me to stay alert and active, leaving no room for complacency. We delved into highly relevant and contemporary topics, including research, networking, and fundraising, which were crucial in my professional development.

As Fellows, we explored various aspects, such as:

- Styles of leadership, organizational structure, and educational management.
- Alternative pedagogical styles.
- Developments in our academic fields.
- Self-care, ethics, and spiritual nurturance.

The United Board's program aims to develop dynamic leaders committed to advancing whole-person education and building strong, resilient academic institutions. I am especially thankful to Dr. Sr. Jasintha Quadras, Principal for her encouragement and support throughout this journey.

I am hopeful that in the years to come, many faculty members from Maris Stella will seize the opportunities provided by the United Board and continue to grow professionally and personally. In reflecting on this journey, I realize how each moment, each interaction, and each challenge has contributed to my growth. The international exposure, coupled with the rigorous training, has equipped me with skills and insights that are invaluable in today's educational landscape. I look forward to applying these learnings and contributing to the development of a more enriched and dynamic academic environment.









Dr. Sr. Lavanya K, Dept. of MBA

## "AI AI CAPTAIN..!

"Can a machine think?"

Never did Alan Turing, the British Polymath would have imagined that a question he asked himself in 1950 will churn the world in 21st century. Indeed, according to many intellectuals AI is leading the world towards possible destruction in the near future.

I was a post-graduate management student when I first heard this term AI that I remembered it as the technology that always says 'ai ai captain..!' to the instruction given. Finding parallels with Alan Turing, I didn't foresee AI playing an essential role in my life- my PhD topic is on AI.

However, it all started when I was a child when the Tom boy in me thoroughly fantasised Star Wars and Power Rangers series where robots impersonated humans. I admired the quest for science and technologies the westerners have towards the tech driven society. Almost 25 years later I was left in awe when I read an article stating "Description of Artificial Intelligence in Ancient Indian Texts". Are ancient Indians the first to use AI technology?

Many researches discussed that it was 2,700 years ago in ancient Indian scriptures like The Ramayana, Mahabharata

and Vedas mentioned robots. Mythology mentioned the name of engineer God Vishwakarma and his creations like Automatons, an AI driven mechanical device.



Indian philosophers and scholars also developed a concept known as "mechanical man," which was essentially a robot that could mimic human behaviour. One of the most well-known examples of a mechanical man is Yantra Sarvasva, mentioned in the book written by Bharata Muni in the  $2^{\rm nd}$  century BCE.

It's clear that the ancient Indian philosophers and scholars were ahead of their time in their understanding of the possibilities of machines, and their work has had a lasting impact on the development of AI and robotics to this day.

**PSL Padmaja**Dept. of Commerce & Management Studies

# THE URGENCY OF ADDRESSING CLIMATE CHANGE FOR FUTURE GENERATIONS

"If you really think that the environment is less important than the economy, try holding your breath while you count your money." - Guy McPherson

With this quote in mind, let's reflect on the urgency of addressing climate change and its profound impact on our future generations!! As we keep moving forward, we need to stop and think about what we're leaving behind for the future. Are we giving them a world full of life and hope, or are we leaving them with a sad one?



Let's be honest, we've been tough on our planet. Cutting down forests, polluting, and messing with the climate have

hurt it. But it's not just about us; it's about what we're leaving for our kids and grandkids. What we do today affects tomorrow. Messing up habitats and dirtying our air

and water isn't good for the people who come after us. Climate change is a big problem too, and it messes with life on Earth.

But here's the good part: we can still fix things. Planting trees, cleaning our oceans, and using renewable energy can help. We need to make sure our leaders do their part too. And let's teach our kids to love nature.

It's up to us. Do we want to leave a mess or make things better? We have the power to choose. Let's make the right choice and make the future bright.

> Ms.K.Poojitha Head, Dept. of Commerce and Management

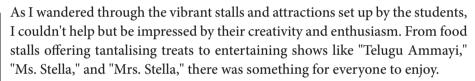


#### CHRISTMAS FETE WITH A PURPOSE

Stepping into the vibrant campus of Maris Stella College during the Christmas season was like entering a world of enchantment. As a new faculty member, I was eager to immerse myself in the traditions of the institution, and what awaited me at the Christmas fete exceeded all expectations. The air was filled with the infectious spirit of celebration, and I couldn't help but marvel at the unique and heartwarming way in which the college embraced the festive season.

From the moment I arrived, it was evident that the college's management had cultivated a warm and welcoming atmosphere. Their friendliness and hospitality set the tone for what would be an unforgettable experience.

True to its motto of "truth and charity," the college's Christmas fete was not just about merry-making but also about embodying the spirit of giving. The tradition of collecting donations and distributing them to the less fortunate symbolised the essence of Christmas – spreading joy and kindness to those in need.



But beyond the fun and entertainment, the fete served as a platform for students to develop invaluable skills. Through organising and managing various activities, they honed their leadership abilities, fostered teamwork, and learned the importance of collaboration – all essential qualities for their future endeavours.

The college itself was adorned in festive decorations, and the students, dressed in colourful attire, added to the joyous atmosphere. It was a sight to behold – a community coming together to celebrate and create cherished memories.

One of the most heartwarming aspects of the fete was the opportunity for students to share the experience with their loved ones. With entrance tickets available on the day of the fete, students eagerly brought their parents, siblings, and friends, extending the celebration beyond the college walls and into the wider community.

In essence, the Christmas fete at Maris Stella College was more than just a festive event – it was a celebration of unity, generosity, and the joy of giving. It left an indelible impression on me as a new faculty member, reminding me of the true spirit of the season and the remarkable community I had become a part of.





Mr.K.Sarath Chandra

Dept. of Journalism

#### CELLS & CLUBS

#### **WOMEN'S CELL**



Childline Ramesh awakening the audience with thematic song on the occasion of Women's Day



Dr.Kanchana, resource person delivering her address on Women's Day

#### ANTI HUMAN TRAFFICKING CLUB



Workshop on World Day Against Trafficking in Persons on 31 July 2023



Stree Shakthi- A Skit

#### ENTREPRENEURSHIP DEVELOPMENT CELL (EDC)





Awareness programme on LEAN Manufacturing on 13 March 2024





45 days Basic Fashion Designing Course from 1 April to 15 May, 2024

#### CELLS & CLUBS

#### **GREEN CLUB**





World Environment Day on 5 June 2024





World Water Day on 22 March 2024





Green Audit on 21 February 2024

#### **INSPIRE CLUB**



Peace March on 9 August, 2024

#### **RED RIBBON CLUB**



Demonstration of CPR-Cardiac Pulmonary Resuscitation on 5 August, 2023

#### **EXTRA CURRICULAR ACTIVITIES**

## NSS



Awareness session on health and well being on 16 Oct. 2023



Drawing Competition on the occassion of World Water Day



Free Medical Camp



Plantation drive on the occassion of Meri Maati Mera Desh on 12 Oct. 2023



Taking pledge as part of Meri Maati Mera Desh on 12 Oct. 2023



Volunteer service during elections on 13 May 2024

#### **EXTRA CURRICULAR ACTIVITIES**





1st Prize in Drill Competition



Distributing Eco Friendly Clay Vinayaka Idols



Observing Vigilance Awareness Week



Participating in Puneeth Sagar rally



Taking oath on the occassion of Armed Forces Day



Taking pledge on the occassion of Meri Maati Mera Desh



Distributing food on International Day of Persons with Disabilities

#### **CREATIVE KNOWLEDGE SHARING**

#### Agri Expo - 22 December 2023













### Open House - Service Learning - 8 February 2024















## Science Fair - 28 February 2024

















## FROM FINANCIAL WORRIES TO FINDING MY WINGS

Hey there, fellow college peeps! My name's Bonam Blessy, and I'm a Food Science and Technology student with a dash of Microbiology and Biochemistry thrown in for good measure, all at Maris Stella College in Vijayawada.

Let me tell you, this college experience has been nothing short of life-changing. It wasn't always sunshine and textbooks, though. Financial worries were a constant cloud hanging over me. But then, like a ray of hope breaking through, the Maris Stella College management and the Wesley Zaidan Education Fee Grants stepped in, offering a helping hand that truly made a world of difference.

The selection process was intense – interviews, essays about my journey, future goals – the whole package. But with each step, a new sense of confidence bloomed. It felt like the universe was conspiring in my favor, even when self-doubt crept in.

This scholarship was a game-changer. It lifted the weight of financial burden, allowing me to dive headfirst into my studies. My grades soared, and I even got the chance to join the highly competitive "English access Micro Scholarship" program. Talk about rare opportunities! Being chosen from a pool of applicants was a major confidence boost, and guess what? It even landed me a visit to the US Consulate in Hyderabad!

College isn't just about lectures, though. Maris Stella is a treasure trove of opportunities, and I grabbed them with both hands. Volunteering as an NSS representative at the National Integration Camp in Gujarat was an experience I'll never forget. And guess what? I even bagged the "Best Cadet of NSS Award"!

This journey wouldn't have been possible without some amazing people. A huge shoutout to Dr. Sr. Lavanya, my lecturers – Bharatha Jyothi ma'am, Naga Sundari ma'am, Ganga Raju sir, and Krishna Manohar sir – you've all been pillars of support, guiding me towards all-round development.



Maris Stella College and the Wesley Zaidan Foundation, thank you for believing in me. This scholarship wasn't just financial aid; it was a vote of confidence that unlocked my potential and helped me find my wings. Now, I'm soaring, and the future looks brighter than ever!



Blessy, III B.Sc., FMB

#### **A SPARK**

Life is fleeting, a series of moments that pass swiftly. This reality fuels my desire to shine, to make every moment count, and to leave a lasting impact. I want my brief time on this earth to bring light to dark places, to inspire change, and to climb the peak of life with passion and purpose.

From a young age, I have been captivated by the idea of leaving a legacy. Not in the form of fame or wealth, but through the lives I touch and the differences I make. Knowing that I won't live forever, I am determined to use my talents, skills, and passions to illuminate the world around me. Each day, I wake up with a burning desire to make a positive difference, no matter how small.



I aspire to be a beacon of hope for the youth trapped in the darkness of hopelessness, guiding them towards a brighter path through practical support and encouragement. By fostering opportunities for education and livelihood, I aim to empower them to carve their own paths and discover their inner light. Inspired by the words of Matthew 25:35-36, I am driven to extend a hand to those suffering from hunger and lack, sharing what I have with those in need, for in doing so, I honor the divine call to serve and uplift others. It is my heartfelt desire to clothe the naked, feed the



hungry, and provide shelter for the homeless, echoing the teachings of love and compassion found in the scripture. Through these acts of kindness and generosity, I seek to glorify my Creator and be a blessing to my fellow human beings, embracing each opportunity to make a meaningful difference in the lives of others.

As we navigate the complexities of the modern world, let us not underestimate the significance of a single spark. Let us each be mindful of the impact we have on those around us, and let us strive to be the catalysts for positive change in our communities and beyond. For in the darkness of uncertainty and despair, it is often a single spark that lights the way, guiding us towards a future filled with promise, possibility, and hope.

My journey is just beginning, but my vision is clear: to shine with all my might, to inspire others to find their own light, and to make every moment a step towards a brighter, more compassionate world. I'm truly blessed to have such amazing support from my college faculty, Management and friends. Studying here feels like a dream fulfilled, and their encouragement ignites my passion to effect change. From the insightful guidance of mentors to the inspiring wisdom of elderly, their untiring support empowers me to pursue my dreams and leave my mark on the world.

Divya Sri, II B.Sc., FMB



#### UNSEEN HANDS, UNBROKEN BONDS

In moments of solitude, your absence weighs heavy. Longing for your presence, warmth, and wisdom echoes through memories, leaving a void. It's been a while since we last met, and the reunion delay casts a shadow.

Reflecting on our moments, gratitude overwhelms for your love and care. Your support was our foundation, your encouragement a beacon. Regrets linger for not communicating more. But I'm determined to strengthen our connection, even in your absence.

The future seems daunting without you. Despite advice to move forward, doing so without you feels insurmountable. I'm sorry for not making you proud. In your absence, I often escaped challenges, feeling unready to face them. But amidst the darkness, a resolve emerges to honor your memory with courage. I promise to face and overcome the challenges ahead, embracing bravery and resilience.

Every day is a battle through emotions, finding solace in believing you're watching over me. I miss you deeply, Dad. Until we reunite, I'll carry your memory, striving to live a life that honors your legacy.

Your absence is a thread in life's tapestry, reminding us of time's fragility and love's preciousness. Though separated, our bond remains unbroken, a testament to a father's love. Until we meet again, I'll cherish our memories and draw strength from our love, now and forever.

**M. Kushala** ll B.Sc. FMBC



#### **COLOURS**

Colours express feelings,

Nature of human beings.

People who like **RED**,

All over love they spread.

People who admire the Blue sky,

Have ambition which is very high.

People who like **GREEN**,

Are usually quite serene.

People addicted to YELLOW,

Are always good fellows.

Youths who are in love with WHITE,

Have a future which is very bright,

Like a clear day light.

The one who prefers **PINK**,

Spends a lot of time to think.

People attracted to **BLACK**,

There is nothing that they lack.

Sanskriti Chettri II BA Journalism



The bustling streets of Chennai served as the backdrop for a transformative experience this July 2023. From the 12th to the 16th, the National Youth Training Programme (NYTP) brought together young minds, united by a common purpose. The air crackled with a unique energy – a blend of youthful enthusiasm and a shared desire to make a difference.

Our journey began with a symbolic gesture, planting saplings, a testament to the program's commitment to nurturing not just knowledge, but also a sense of environmental responsibility. As we embarked on this week-long adventure, we were guided by the wisdom of Fr. Benjamin and the dedication of the AICUF team.

The program wasn't just lectures and presentations. It was a vibrant tapestry woven with interactive sessions, thought-provoking discussions, and a healthy dose of fun. We reveled in the camaraderie fostered by games and shared meals, forging bonds that transcended geographical boundaries.

One particularly insightful session was led by Prof. Bernad D Sami. He took us on a captivating journey through the 100-year legacy of AICUF, highlighting the unwavering spirit of individuals like Fr. P. Carty and Fr. Cerax who shaped the organization's mission. Dr. James Sundar's session on the "Struggle and Growth of AICUF" sparked lively debates



# FINDING YOUR VOICE: A WEEK OF GROWTH AT THE NATIONAL YOUTH TRAINING PROGRAMME, CHENNAI

and introspection. We delved into challenges faced by the organization and brainstormed solutions in collaborative groups.

The program wasn't all serious discussions though. The much-anticipated Cultural Night was a vibrant explosion of talent. Each group presented skits, songs, and dances, showcasing the rich tapestry of Indian culture. It was a heartwarming display of unity in diversity, a testament to the power of shared experiences in fostering understanding.

Prof. Deepa's session resonated deeply. She spoke candidly about her experiences with social issues like caste, class, and gender imbalances. Her words ignited a passion within us, a desire to confront these inequalities and build a more just society.

As the program drew to a close, we were equipped with not just knowledge, but also a renewed sense of purpose. Fr. Joe Arun's session on "Evolving Goals and Action Plans" challenged us to translate inspiration into concrete action. We set goals for ourselves, armed with the five Conference Apostolic Preferences (CAPs) – a roadmap for positive change.

The NYTP wasn't just a training program; it was a catalyst for personal growth. We left Chennai not just with certificates in hand, but with hearts brimming with hope and a commitment to be the change we wish to see in the world.

**M. Annapurna** I B.Sc. Biotechnology





# BUILDING A BETTER TOMORROW: MY NSS EXPERIENCE

Being an NSS volunteer has been one of the most memorable and fulfilling experiences of my life. Thanks to the support from our college and dedicated faculty, we adopted Kuntamukkala village and got involved in truly impactful community service. Leading awareness sessions in government schools, organizing free medical camps, and distributing essential medicines allowed us to make a real difference in the villagers' lives.

On our college campus, we did cleaning drives and planted trees, making our surroundings cleaner and greener. These activities taught me the values of teamwork, empathy, and perseverance.

Being part of central government programs like the 'Meri Mitti' campaign and various awareness rallies was incredibly rewarding. These events made us feel more patriotic and responsible. Whether it was raising awareness about health, hygiene, or the environment, each rally was a step toward building a more informed society. The NSS motto, "Not Me but You," became a guiding principle as we focused on the needs of others.

One of the best parts of my NSS journey was participating in the National Integration Camp at Hyderabad where I represented our state and university. This was a life-changing experience. I met volunteers from all over the country, exchanged ideas, and made lasting friendships. It emphasized the importance of national unity and harmony. These experiences have made me more aware, compassionate, and eager to make a positive impact on society. The support from my college and faculty was crucial in all of this. And beyond all the hard work, we had fun and created unforgettable memories, making our time in NSS truly special.

Looking forward, I am excited to take part in more initiatives and programs, continuing to contribute to my community and beyond.

Divya Sri, II B.Sc., FMB

# MY EXPERIENCE AS A VOLUNTEER ON ELECTION DAY

Election duty is a vital part of ensuring the democratic process runs smoothly and fairly. As a student entrusted with this responsibility, my experience was both enlightening and empowering. It provided a unique opportunity to witness democracy in action and understand the intricate processes that uphold our electoral system. My journey began with a comprehensive orientation session organized by the NTR District Collector and the Police Department. They emphasized the importance of neutrality and diligence, preparing us for the responsibilities ahead. On the day of election we were brimming with excitement but also mindful about the future challenges. As voters began to arrive, our roles became clear and dynamic. I was entrusted with verifying voter identities and directing them to the appropriate voting compartments. It was an enlightening experience to see people from different age groups participating in the electoral process. From firsttime voters to elderly citizens exercising their rights with a sense of duty, each voter added a unique facet to the day. Observing the strict impartiality required to prevent any undemocratic acts gave me a deeper appreciation for the measures in place to safeguard our democracy. For anyone given the opportunity to serve on election duty, I highly recommend embracing it. The experience not only contributes to the integrity of our electoral process but also provides personal growth and a deeper understanding of our democratic system. As I reflect on my experience, I am filled with pride and a renewed commitment to participate actively in our democracy, knowing that every effort counts in sustaining the values we hold.

**Divya Sri** II BSc. A & R, NSS Unit II





## EMPOWERMENT THROUGH NCC

Iam Cadet K. Srinidhi, bearing registration number AP/2021/SWN/370324, from the NCC Andhra Naval Unit at Maris Stella College, Vijayawada. I am delighted to share my experience of representing the NCC Platoon at LRDC 2023, held at the IGM Stadium.

It was a moment of great pride for me to represent our NCC team, which comprised 30 cadets from both the Army and Navy. The event required us to engage in a full-fledged rehearsal, lasting for 6-8 hours, from morning till evening. This intensive training not only strengthened us physically but also instilled a deep sense of patriotism among all the cadets.

Our success in this undertaking was made possible by the excellent guidance of our Commanding Officer, Captain R. Srinivasa Rao, who has been a steadfast pillar of support.

Moreover, our teamwork extended beyond the NCC, as we collaborated with the police, military battalions, scouts, guides, and various other government organizations.

I can confidently state that my journey with the NCC has made me a stronger, more dynamic, and competitive individual. None of this would have been possible without the unyielding support of our Associate NCC Officer, Sub. Lt. Swapna Madam, and our esteemed Principal, Dr. Sr. Jasintha Quadras, who have continuously encouraged and motivated me."



K. Srinidhi, II B.A.

#### ONE STEP....

One step....
Be grateful for that one step.....
Cause you never know where you would have been...
which has brought you here...
And it avoided the misery....
Cause we never know any...

One step...

Yah! Be brave to take that one step... Cause you never know that this one step may lead many... without which you would end up in misery.... And we never know any...

All that takes is that ONE STEP.....

I'm grateful that I took that one step forward despite losing both my parents in a short span of one year. It was the hardest thing I've ever done. It took immense strength, but I'm incredibly grateful for having taken that step. It's what has allowed me to stay strong and brave.

That one step? The decision not to give up. Not to give up on anything.

Life has had its ups and downs, but that one step brought me to Maris Stella and shaped who I am today.

When you choose to stay strong with a determined will, everything aligns to support you. All it takes is that one step to stay brave. Maris Stella and Care to Action, Vijayawada embody true empowerment by lifting up the spirit of young girls like me. I am living proof of that.

Be cautious of the thoughts running through your head. Some may tell you to self-pity, convincing you that you don't deserve happiness and urging you to give up. Remember, only strong soldiers see victory, not those who flee the battle.

No matter what, life is a journey of decisions. You are the decision-maker of your own life, not the circumstances you face. Stay strong, be brave, and be cautious about the choices you make. Every decision, big or small, contributes to the painting of your life. So, watch your step, but don't be afraid to take it.

Sailu Sowmya,

II B.Sc. FMC

## ISN'T WOMEN'S PROTECTION A SOCIAL RESPONSIBILITY?

On a rainy evening, a little girl came into this world with round, sparkling eyes. It was a shame that her father didn't take her into his arms. The longing for some warmth in this world was satisfied by her mother holding her. These sparkling eyes were noticed by her mother, who hoped that they would one day see a society where there is equal treatment. The father never gave the assurance that a girl could speak comfortably without fear.

The girl started to grow. After many discussions and struggles, she was finally sent to school. During summer break, after a playful day, the girl was fast asleep at her grandmother's house. At midnight, she felt someone holding her. It was her uncle, who had raised her since she was born and even named her. As the girl tried to sleep, she noticed something was wrong. She didn't know exactly what it was, but the arms of her uncle no longer felt warm and comforting; instead, they felt like a snake crushing its prey. In that moment, she realized she needed to run. Somehow, she managed to escape before something terrible could happen. This bitter experience at the tender age of seven had a significant impact on her life. She was never again the lively girl in the house. She never reported this tragedy to anyone, thinking that no one would help her. Most importantly, she didn't know that this was called abuse.

- As she grew up, she witnessed a friend being abused by her teacher.
- She saw her sister mistreated on the bus by the ticket conductor.
- She faced gender discrimination since birth.

- She saw domestic violence in a slum on her way to school.
- She read a survival story of an acid attack victim in the newspaper.

And she thought something was missing in the lives of women.

Yes. Protection of women. When the question arises, "Is women's protection a social responsibility?" the answer is obvious: "Yes, it is a social responsibility."

No single woman or man alone can ensure women's protection. Men and women together can achieve this goal.

When a child is abused, it is child abuse; when a girl is harassed by peers, it is eve-teasing; when a working woman is blackmailed, it is sexual harassment at the workplace.

In all these cases, it is clear that women's protection is a social responsibility. When this responsibility is neglected, victims can develop mental disorders and must fight depression to overcome such bitter experiences.

It's high time that we consider women's protection as a social responsibility. It's time for us to build a society for a better future where a mother can confidently send her daughter to school, where a woman can work up to her potential without any harassment, and where a student can aim for higher studies without worrying about her safety. When men respect every girl like their mother, there is no room for violence against women. Being respectful to each other is one of the most beautiful things human beings can do. Now, it's time for us to be socially responsible.

J. Sailusowmya
II B.Sc. FMC



through

I want to see through your eyes To know why you hurt. Only then I will understand, What gives you so much pain?

I want to live your thoughts To know what your dreams are. I want to breathe you And hear your silent sighs. I want to hear your unspoken words To know what you feel each moment. I want to hear all your feelings And set you free...

So let me in to see your darkness Show me why your world is so cold. Give me your hand, I will walk you into the sunshine And give my all to make you whole!

> **M.Jahnavi** III B.A(HEP)

## INCREDIBLE JOURNEY AT MARIS STELLA COLLEGE!



Hey everyone!

I'm Meghana Talari, and I'm bursting with excitement to share my amazing experience at Maris Stella College with all of you.

Let me start by saying that this college has completely transformed me. When I first walked through the doors, I had no idea where my future was headed. But guess what? The incredible faculty and leadership opportunities here have turned me into a confident and capable individual! Now I am

almost at the end of my third year Degree.

I can't thank my subject teachers enough for the tremendous support I received. They've been the driving force behind my academic success. And I can not forget the US Access Microscholarship Program! It's like a magic tonic that helped me overcome my shyness and fear, and now I can rock any stage or interview with my newfound confidence. I am truly grateful to Dr. Naga Sundari, Access Coordinator, Dr. Sr. Lavanya, Deputy Coordinator, Ms. Divya, Ms. Rini Anand and Ms.Lakshmi Access Teachers whose meticulous planning and coordination ensured the successful completion of Access course.

The opportunities here are endless! Thanks to the skills I gained, I even bagged a scholarship from Wesley Zaidan in Japan. Plus, the college doesn't just focus on academics; they nurture talents in sports, music, dance, and more. It's a well-rounded education that's empowering in every sense.

Thanks to Maris Stella College, I'm not just skilled – I've got the mental strength to take on the world as a fearless woman. And the college's culture of duty and responsibility has set me up for success in every way.

I'm beyond grateful for the life-changing experience at Maris Stella College. It's been a journey of empowerment, growth, and endless possibilities!

Excitedly, **Meghana Talari** III B.Sc., MPCs

#### ARE DEGREES ENOUGH FOR A SUCCESSFUL CAREER?

In today's world, many people think having a degree guarantees a successful career. Not really. Success in a career often needs more than just a degree. It's about practical experience, like internships or on-the-job training. It's also about soft skills, like how well you communicate and work with others. These things are hard to learn just from books or lectures.

The job market is changing, too. Employers now want people who can be creative, adapt quickly, and use technology well. A degree might help you get noticed, but these skills can make you stand out. Learning doesn't stop after you graduate. Successful people keep learning throughout their careers. They take courses, go to workshops, and stay updated on what's happening in their industry. Networking is also important. Building relationships with others in your field can lead to job opportunities and helpful advice.

A. Sai Dhivya

1 B.Sc. Computer Science

#### MY EXPERIENCE OF LEARNING FRENCH

My time at Maris Stella College has been filled with many wonderful opportunities, but one of the greatest and most lovable experiences has been learning the foreign language French. It has been an absolute pleasure to learn this beautiful language under the guidance of Dr. G. Buelah Pearl Sunanda. Buelah mam's friendly and engaging teaching style has made the learning process incredibly enjoyable and effective.

The experience of learning French has been remarkable. Every class with Buelah mam is filled with excitement. Her approach to teaching makes every second in class worthwhile, transforming the entire Semester into a joyful learning journey. The year 2024 stands out as a particularly joyful part of my educational journey because of this experience.

Beyond just learning the language, we have also immersed ourselves in French culture through songs. One of the highlights of our learning journey was performing a French song on our College Day in March, 2024. This performance made us quite popular in the college, and it was a proud moment to stand on stage as a French student.

I am proud to be part of the first batch of foreign language students at Maris Stella College, Vijayawada. Being a French student here has been an enriching experience, and I am grateful for the opportunity. I extend my heartfelt thanks to the college management and especially to my French teacher, Dr. G. Buelah Pearl Sunanda, for her dedication and support.

Thank you all for making this journey unforgettable.

**D. Bhavana Sandya Raga Malika** I B.Sc Computer Science

## POWER SKILLS : A FREE TICKET TO SUCCESS AT MARIS STELLA

Hey there!

In the crazy world of jobs and careers, "Power Skills" is like a secret weapon that can boost our future and make us super confident. When it comes to cool jobs, Digital Marketing is where it's at – it's exciting, and there's a ton of chances to succeed.

The catch is, learning Digital Marketing can be super pricey. But guess what? At Maris Stella, we hit the jackpot. With Power Skills, we got to learn all about it for free! And it wasn't just textbook stuff; we got to do real things, like making websites on Word Press, trying out different plugins, getting good at using keywords, and playing with tools like Google Analytics and Google



AdWords. It was awesome, and it made us feel like we could really do this digital marketing thing.



A huge thank you to Care To Action, India, for bringing this cool stuff to us. A big high-five to Antonio sir, who always told us to dream big. He even introduced us to some incredible people from different parts of the world, and meeting them was a total eye-opener.

Arjun sir was also a hero, making sure everything went well for us. Big thanks to Dr. Sr. Lavanya, Swetha mam, and Lydia mam, and to Karimullah sir and his team of experts. They were all amazing and helped us so much.

Power Skills at Maris Stella was more than just learning; it was about growing and getting ready for the big, wide world. It's because of them that we're all set to take on digital marketing and make it our own. Thanks for everything, Power Skills!

**K. Hymavathi**, III BBA Digital Marketing

## ENGLISH ACCESS MICROSCHOLARSHIP PROGRAM

As I sit here reflecting on my journey through the English Access Microscholarship Program at Maris Stella College, sponsored by the U. S. Department of State, I am filled with gratitude and inspiration. This transformative initiative has not only enriched my English language skills but has also broadened my horizons in ways I never imagined.

Led by the passionate coordinators Dr. Sundari and Dr. Sr. Lavanya, the Access Program has been a beacon of learning and growth for all of us. Their dedication and support have inspired us to strive for excellence. From organizing engaging sessions to providing mentorship beyond the classroom, Dr. Sundari and Dr. Sr. Lavanya have truly been our pillars of strength throughout this journey.

However, it wasn't just the coordinators who shaped our experience. The guidance and mentorship of our esteemed teachers Ms. Divya, Ms. Rini, and Ms. Lakshmi have been invaluable. They not only imparted knowledge but also instilled in us a sense of confidence and a passion for continuous learning. Their commitment to our development as individuals has been commendable, and I am forever grateful for their patience and encouragement.

The English Access Microscholarship Program itself has been a game-changer for us. It has opened doors to a world of opportunities, bridging the gap between aspiration and achievement. Through interactive workshops, cultural exchanges, and language immersion activities, we have not only honed our English language proficiency but have also gained insights into global cultures and perspectives.





Beyond academic learning, the program has nurtured our personal growth. It has taught us the importance of resilience, collaboration, and embracing diversity. Each session was not just about learning grammar or vocabulary; it was about discovering our potential and challenging ourselves to reach new heights.

Looking back, I am amazed at how far I have come. The English Access Microscholarship Program has equipped me with skills that go beyond textbooks, skills that are essential for crossing an increasingly interconnected world. It has empowered me to communicate confidently, express my ideas effectively, and pursue my dreams with conviction.

As I bid farewell to this incredible journey, I carry with me memories of laughter, learning, and friendship. The English Access Microscholarship Program at Maris Stella College has been more than an educational experience; it has been a life-changing opportunity that has shaped me into a better individual.

I am deeply thankful to the US Consulate for their generous sponsorship, which made this program possible. Their belief in the power of education has touched our lives in profound ways, inspiring us to strive for excellence and make a difference in our communities.

Finally, I encourage future students to seize every opportunity that comes their way. Embrace challenges, cherish knowledge, and never stop learning. The English Access Microscholarship Program has shown me that with determination and support, anything is possible.

**B. Kavya,** III B. A. LIT



## DISCIPLINE AND DUTY: MY LESSONS WITH THE NCC

The National Cadet Corps (NCC) is an organization that goes beyond typical student activities, embedding in its cadets the values of discipline, duty, and patriotism. Reflecting on my time with the NCC, I realize how profoundly it has shaped me. My passion and interest for NCC began in my first year of UG. The initial days were challenging for me but each day presented new opportunities to push my limits and discover my potential. One of the most significant impacts of the NCC on my life has been the instillation of discipline. The rigorous schedule, which included physical training, parades, and theoretical classes, taught me the importance of time management and perseverance. As cadets, we were often placed in leadership roles, whether leading the drills or organizing community

service events. These experiences taught me how to lead with confidence and make decisions under pressure which led me to acquire the CADET CAPTAIN RANK. As every journey has some ups and downs, I unfortunately could not get the opportunity to attend the NAU SAINIK CAMP (NSC). However, this did not let me down, I worked hard for my chance and eventually got into INDIAN NAVAL ACADEMY CAMP which was held at Ezhimala, Kerala. This educated me that good things take time. The friendships formed and the cultural exchanges experienced during the camp were truly enriching. This has not only made me a better student but also prepared me for future challenges. For any student considering joining the NCC, I can assure you it is a decision that will enrich your life in countless ways. The experiences and lessons learned will stay with you, guiding you in your personal and professional endeavours. I will be forever thankful to our Associate NCC officer of NCC NAVAL WING (MARIS STELLA COLLEGE) – Sub Lieutenant V. Swapna Mam for being our guiding force and leading us in the best way possible. As I move forward, I carry with me the indomitable spirit of the NCC, ready to serve my nation and contribute to society with pride and dedication. K. Chinmai





#### THE NSS VOLUNTEER EXPERIENCE

The National Service Scheme provides a unique blend of L education and social service, encouraging students to engage in constructive activities that benefit society while also fostering personal growth. I believe that being an NSS volunteer is more than just a role; it is a commitment to make a difference. As a volunteer I have participated in a variety of activities, including health camps, environmental conservation programs, and the recent election duty. I feel each activity is a step towards creating a more inclusive and supportive community. Interacting with various community members provided all of us with firsthand insights into the challenges and needs of different populations. This engagement helped us to develop a more profound connection with society and understand the impact of our work. Through reflection and active participation, I have gained a deeper understanding of my values, strengths, and areas for improvement. I personally feel this kind of participation prepares us to be responsible citizens and effective leaders. It made me realize how a small effort from my side could significantly change someone's life. As volunteers we have learnt to work as part of a team,

develop problem-solving skills, and cultivate an understanding of diverse perspectives. Also my experience as a volunteer during the election duty was both rewarding and enlightening. It allowed me to actively contribute to the democratic process and



witness the impact of citizen participation on shaping the future of our society. Despite the challenges faced, I am grateful for the opportunity to serve our community and play a small role in ensuring the integrity and fairness of the electoral process.

Our NSS PO LMR Swarupa Rani mam has guided us in coordinating various activities, and ensuring that the assigned task is fulfilled with at most care and determination. In my two years of NSS experience I have learnt about the power of youth in driving a social change. With the moto, "Not Me, But You" we are embracing the philosophy of building a better society with a brighter future for all.

R. Pooja Sri, II B.Sc., A&R





#### **EXPLORING MBA LIFE**



Entering college marks a significant milestone in one's life, where anticipation blends with nervous excitement. I came to know about Maris Stella from friends and family members who were alumni, and they encouraged me to join this prestigious institution.

Our teachers are incredibly supportive and provide valuable advice. They believe in us and help us believe in ourselves, guiding us as we grow and learn more about the world. An MBA program is a mix of fun and pressure. In the first semester, we participated in numerous cultural events, group discussions, and various activities on campus. We stayed busy with projects, presentations, interactions, and case studies,

putting in a lot of hard work.

Despite the challenges, we made good friends and learned a lot of new things. I had the opportunity to present papers at different national and international conferences and even publish research article with the support of our faculty.

Our industrial tour to Bangalore and Mysore was particularly enlightening. We gained insights into production and management activities, learning valuable information about different departments, which inspired us to discover new things. I truly enjoyed the first year and look forward to what lies ahead.

G. Viharika, I MBA

## DSA ARSHNA

## FROM PASSION TO PURPOSE: MY TRANSFORMATION THROUGH SPORTS

Hello everyone, I'm Burra Mounika, and I'm thrilled to share my journey with you. From a small village in Krishna district to becoming a sports professional, my life has been a rollercoaster ride of challenges, triumphs, and lessons learned.

Growing up in Kammavaripalem, I was always fascinated by sports. As a young girl, I would watch in awe as boys played cricket and football in the village grounds. But it wasn't until I joined Don Bosco School in Ravulapalem at the age of 10 that I discovered my true passion - basketball.

Under the guidance of Principal Fr. Balthazar and PET Sir, I honed my skills and soon became an integral part of the school team. We would practice for hours every day, and I would often stay back after school to work on my shots and dribbling. My hard work paid off when we won the School Gricmets, and I was hooked.

As I entered intermediate, I joined Maris Stella College, where I met my mentor, Coach Raj sir. He saw potential in me and pushed me to excel. We would have intense practice sessions, and he would often tell me, "Mounika, you're capable of more than you think." His belief in me boosted my confidence, and I began to shine in tournaments.

But it wasn't all smooth sailing. I faced setbacks and failures, like the time we lost in the district-level basketball tournament. I was heartbroken, but Coach Raj sir sat me down and said, "Mounika, failure is not the end. It's an opportunity to learn and come back stronger." His words stuck with me, and I made sure to work even harder.

My dedication paid off when I was selected for the South Zone Inter-University Basketball Championship four times, and I participated in the Net ball nationals for the 3 times, cricket inter university south zone once and secured gold and



bronze medals in the inter district basketball championship tournaments. Representing my college and state was an incredible honour, and I cherish those moments dearly.

As I pursued my degree and later my MBA, I balanced

sports and academics with the help of my department head Dr.K.Naga Sundari mam supported me to go for practice and even she helped me in my studies, often juggling practice sessions with exam preparations. It wasn't easy, but I was determined to excel in both. My friends would tease me about my "crazy" schedule, but I knew what I wanted.



I am grateful to Maris Stella College management for sponsoring my Under Graduation and Post-Graduation studies. Their support has been instrumental in shaping my academic and sports journey. Thank you for believing in me!

Sports have taught me valuable lessons - perseverance, teamwork, time management, and discipline. I've learned to embrace failure, learn from mistakes, and never give up on my passions. As I look back on my journey, I realize that sports have shaped me into the person I am today.

Thank you for listening to my story. I hope it inspires you to chase your dreams, just as I did.

**B. Mounika** II MBA

## MY EXPERIENCE OF LEARNING FRENCH LANGUAGE

Learning a new language is always an adventure, filled with moments of triumph and challenge. My journey to learn French language began at Maris Stella College, a place renowned for its robust language programs and supportive learning environment.

From the moment I stepped into my first French class, I knew I was in the right place. The atmosphere was welcoming, and my classmates were just as eager as I was to start this new journey. Our instructor, Beulah Mam, greeted us with a warm smile and immediately began speaking in French, immersing us in the language from the get-go. This immediate immersion, though daunting at first, was a crucial step in our learning process. With years of teaching



experience and a passion for the French language, she brought energy and enthusiasm to every class.

As weeks turned into months, our lessons progressed. We moved on to grammar, sentence structure, and everyday vocabulary. Each lesson was designed to be interactive, with plenty of opportunities for us to practice speaking, listening, and writing. This inclusive approach ensured that we were developing all the necessary skills to become proficient in French.

One of the highlights of learning French was the interactive nature of our classes. Beulah Mam employed various teaching methods to keep us engaged and motivated.

These practical exercises were not only fun but also incredibly useful in helping us to think and respond in French. Apart from role-playing, we frequently listened to French songs, and



read French grammar. These activities exposed us to the cultural nuances of the language and helped us understand context and idiomatic expressions better. The integration of culture into our language learning made the experience richer and more enjoyable.

One of the most memorable experiences was participating in the college annual day, where our class



performed a French song called "Alouette gentille alouette". We practiced thoroughly, and our performance was a hit, receiving applause and compliments. Singing in French in front of an audience boosted our confidence and increased our love for the language. Learning a new language can be frightening, but the supportive environment at Maris Stella College made a world of difference. Beulah Mam was always patient and encouraging, providing constructive feedback that helped us improve without feeling discouraged.

-"Merci beaucoup".-

**K. Grace Evangeline** I B.A Special English

## BLACK RICE CULTIVATION: A STUDENT-DRIVEN SUCCESS STORY

We're excited to share our journey of cultivating black rice at Maris Stella College! This wasn't just a textbook exercise – we planted black rice on a half-acre plot and harvested an impressive 5 quintals!

#### **Black Rice: Superfood Powerhouse**

Black rice (Oryza sativa L. Indica) is more than just a dark-coloured grain. It's packed with essential nutrients like amino acids, healthy fats, fiber, vitamins, and minerals. But that's not all – it also boasts unique antioxidants called anthocyanins. Studies suggest regular consumption might even help prevent heart disease and diabetes. Plus, its unique properties make black rice a potential star in the food industry, with applications in health-conscious breakfast cereals and functional foods.

#### Cultivating Black Rice: Beyond the Paddy Field

Our lecturers guided us through the meticulous process of cultivating black rice. We learned that it thrives in a special field with a clay base and raised borders to retain water. Flooding the field for nearly a week before harvest kept weeds at bay and ensured the rice plants flourished. Separate water channels were crucial for managing water flow efficiently and preventing precious nutrients from washing away.

Planting happened during the Kharif season, followed by a 110-120 day wait for harvest. Timing was critical – harvesting too early meant unripe grains, and too late could lead to them falling off! A week before harvest, we stopped irrigation to allow the grains to dry properly. Once the moisture content reached 25%, it was harvest time! We carefully cut the rice stalks, shade-dried them, and then separated the grains. Finally, our black rice treasure was stored in special bags in a cool, dry place.

#### From Classroom to Cultivation: Hands-on Learning

The best part? We weren't just observers! Our gurus were fantastic – they involved us in every step, from preparing the field to harvesting and threshing. This wasn't just about physical labour; we learned the importance of organic cultivation methods for black rice. It's not just good for us, but also for the future of our planet!



#### Sharing the Black Rice Knowledge

Our project wasn't solely about achieving a good harvest. We wanted to spread the word about black rice! We met with local farmers and shared our knowledge about this amazing grain, its nutritional value, and how they could cultivate it themselves. We even distributed some of our harvest to jumpstart their black rice journeys.

#### A Huge Thank You to Maris Stella College!

A big shoutout to our college for making this project possible! They allowed us to experiment with different crops throughout the year, gave us the freedom to try something new with black rice, ensured we had sufficient water to keep everything going, and provided all the tools we needed. Their encouragement was a major factor in our success!

Cultivating black rice was an incredible learning experience – a perfect blend of classroom knowledge and real-world application. We not only cultivated a unique crop but also shared our knowledge with the farming community. We can't wait for more projects like this at Maris Stella College!

- Students of Agriculture & Rural Development

## POLYHOUSE: REVOLUTIONIZING AGRICULTURE

A polyhouse helps farmers protect crops and vegetables from sudden hailstorms, excessive rains, and erratic temperature changes.

#### **Objectives**

- 1. To study the progress in providing assistance for establishing polyhouses for the cultivation of flowers and vegetables.
- 2. To examine the expenditure incurred in the establishment of polyhouses for the cultivation of flowers and vegetables under protected conditions.

#### Introduction

A polyhouse is a type of greenhouse where a specialized polythene sheet is used as a covering material under which crops can be grown in partially or fully controlled climatic conditions. With the advancement of plastic technology, it has become possible to replace glass with plastic material. Polyhouses are more suitable for tropical and subtropical regions like India. Polyhouses provide a favourable environment for crop growth, thereby achieving greater yields and high-quality produce. Accurate irrigation scheduling in protected cultivation structures is one of the important factors in achieving higher yields and avoiding the loss of quality.

#### **Materials Required**

- 1. A polyhouse is constructed under a controlled environment.
- 2. The polyhouse can be made of transparent, tight, cheap, and flexible polythene.
- 3. In these houses, vegetables and other crops can be grown in any season of the year depending on their



- requirements, because temperature and humidity can easily be controlled in polyhouses.
- 4. Polythene prevents thermal radiation, which increases the temperature and energy and thus helps in the process of photosynthesis.
- 5. The structure is covered with 1501-micron thick plastic sheets.

#### **Establishment of Polyhouse**

The Department of Agriculture and Rural Development established a 75% shade net in Maris Stella Campus on 16-07-2022. Students' purpose is to practically monitor the different climatological parameters, i.e., maximum and minimum temperature, relative humidity, and vapour pressure in shade net houses as well as open fields. The students of the agriculture department actively participated in the construction of the polyhouse. The one-time investment for the polyhouse cost approximately 3 lakh Rupees, including construction materials and labour.

#### **Crop Production in Polyhouse**

In the polyhouse, with the help of our faculty, we have cultivated many vegetable crops organically, mainly leafy vegetables, which produced a tremendous yield with everyone's effort. Every time the harvesting of leafy vegetables takes place, there are 4-5 pickings and 15 to 20 bunches collectively. The profit we have obtained from the crop production in the polyhouse is approximately 1 lakh Rupees to date. The tender and fresh yield is immediately sold on the college campus to the students and faculty.

#### Conclusion

We are now aware of the procedure for constructing a polyhouse and its management. Our faculty also guided us in following the appropriate measures in spacing and sowing in controlled conditions. From the date of establishment until now, we are satisfied with our outcome and will do our best to enhance the production and maintenance of the polyhouse.

- Students of Agriculture & Rural Development

#### HOSTEL -A SECOND HOME

So, I've been living in the hostel for two years now, and I've got to say, it's been an amazing experience! At first, I was really homesick because I've always been super close to my parents. I mean, I'd never spent a single day without my mom before this. But you know what? Once I got to know my roommates, it was like a whirlwind of fun! We've become the best of friends, and we do everything together - studying, playing, dancing, you name it!

Living in the hostel has totally changed me. I've learned to read people and situations, and that's made me so much more confident. I feel like I can handle anything now. Plus, the mix of people I've met here has really broadened my horizons.



The hostel is like a mini India! We've got students from all over - Nepal, Jammu & Kashmir, West Bengal, Bihar, Jharkhand, Orissa, Karnataka, and so many other places. It's like a big family here. I

miss home, sure, but I also really look forward to coming back to the hostel after the holidays. It's become a second home for me, for real.

Let me tell you about the hostel facilities - they're awesome! The rooms are super clean and cozy, and we've got everything we need. The food is great, and there's always clean water available. We've got study time, fun places to hang out, and even medical care if we need it. It's like a little community that's got our backs.

In a nutshell, living in the hostel has been a game-changer for me. The facilities here have made it so comfortable, and I've grown so much. It's been an amazing journey, and I wouldn't change a thing!

**S. Siriya** Sr. Inter BIPC

#### **FEAR**



The only way to conquer fear is to confront it head-on.

The thing we fear the most has no power over us. We fear only when something has power.

It is not that you must be free from fear.

The moment you try to free yourself from fear,
you create resistance against it.

Resistance in any form doesn't eliminate fear.



Instead of running away from it, seek to understand it.
This means observing it and learning about it.

We should learn how to face fear, not how to escape from it.

**Tabassum Syed,**Sr. Inter CEC

#### ARE WE LOSING CONTROL TO TECHNOLOGY BLUES?

These days, we have Smartphones, Smart cars, Smart boards, Smart everything—but consider this: if technology is getting smarter, does that mean humans are getting dumber? It may seem obvious.

Our day is supposed to start with the pleasant chirping of birds, but instead, it's our smartphones that wake us with notifications. It is our responsibility to take care of ourselves, both physically and mentally, in order to increase our lifespan. It's disheartening to see our gadgets reminding us to brush our teeth and eat our meals. Are we, as humans, becoming so forgetful that we need reminders to drink water?

As mentioned in a Scientific American article, the memory capacity of the human brain has been estimated to be equal to 2.5 petabytes. A "petabyte" translates to 1024 terabytes or a million gigabytes. So, is it reasonable for a human brain to forget small social media account passwords?

In the past, people used to sit and spend quality time with a healthy sense of humor, but now it's Google that's cracking some silly jokes. There used to be a special satisfaction in remembering and wishing our loved ones on their unique and special occasions. Nowadays, it's Google's responsibility to remind us of our

loved ones' special occasions at exactly 12.00 a.m. so that we, the "SLUGGISH" people, can simply update our 'WhatsApp statuses' and 'Instagram stories'. Doesn't it seem foolish to turn on GPS to go to a supermarket just around the corner?

Of course, smartphones are like vast oceans, with no limits or boundaries. The deeper we dive, the closer we come to our own demise. Similarly, smartphones provide us with the opportunity to dive in two ways, and this entirely depends on one's maturity and mentality. Initially, we are conscious of what we are doing, but as days pass, the SMARTPHONES begin to take control. Consequently, instead of being in the REAL world, we are submerged into the REEL world.

!!WARNING!! We are succumbing to the control of the blues!!

Dhyana Glyka Nukathoti Sr. Inter MPC

#### A DAY IN MARIS STELLA

A bright dawn, a shining sun, Misty fog, and blooming flowers, Herald a new beginning With a fresh morning's grace.

In this lush green campus, Chirping birds and glistening leaves Warmly welcome me to class, Which has already begun.

Upon seeing those stacks of books,

In the rare library periods,

I take them with great zeal,

Yet completing them is quite the ordeal.

As I step out in noons
I see people with spoons
Eating food, brought from homes
Unlike me, Lucky sucks!

After engaging with lively friends,
In the cozy evenings,
I allow my tired body
To savour the breezy weather.

Night lights, enchanting sights, From the heights of the hostel, Captivate my soul, As I relish the whole.

> Bhavana Eswar. S Jr. Inter HEC

#### PASSION FOR MUSIC - A DREAM COME TRUE

I'm gratified to be talking about something so exceptional in my life! I never imagined myself becoming a person who is actually into music. To be honest, it wasn't my topic. My dad, being a music trainer, encouraged me many times, as did my brother, but I disregarded their efforts.

Luckily, COVID played a vital part in my ordinary life. COVID led many people to enroll in different courses, and in the same way, it helped me to enroll in music. Here starts my good life!

One of my greatest achievements is becoming a musician at a very young age. I was merely a 13-year-old girl when this beautiful part of my life began. I spent many hours in my prayer room learning guitar. I taught myself most things, though my dad taught me some basics at the beginning and then let me work on it myself. Ever since, I have been singing and playing guitar at prominent places.

I can say that I saved myself from a vulnerable stage called teenagehood by spending hours learning guitar and worshipping with what I learned. The next significant part of my journey started at Maris Stella College. These years are marvellous. I met two talented girls who are on the same path, and together we formed a band.

All appreciations go to Dean Mams and the Principal, Sister. They were very supportive. They identified our talents and put us in front of many spectators. They made us perform in every program held at the college. I will always remember my cute and charming Dean, Sr. Lavanya, who became our band's guardian and made my musical college days more precious and memorable.

I still remember the time when I was a preteen and my music journey hadn't started yet. I lied to my friends, claiming I was a guitarist when I didn't even know how to hold a guitar! It's still hard to believe that God turned that lie into reality. It's not just about playing; it's all about the enjoyment of learning and encountering new things. That's what keeps me sticking with it!

Tears of joy fall from my eyes whenever I think about how my dad, mum, and brother pushed me into this music circle. I can never imagine how blessed I am to have professional musicians in my family, and I'm very grateful to say that even my best friends are musicians too.

Many want to become musicians like us and still fail, which always motivates me. I want to thank Maris Stella College for encouraging us to open up and showcase our talents. What I learned is that chances or opportunities are like seasonal fruits. The tree itself grows in front of you. It's okay if you haven't plucked the fruit from the tree, but never let the fruit fall. If it falls, you must wait until the season comes again, and who knows if your tree will be filled with pests.

**G. Glory Susan**Sr. Inter MPC



# LO#FO

#### **MY MUSICAL JOURNEY**

y musical journey began when I was nine-years-old. My dad, a musician and aspiring worship leader, was my first inspiration. When I was six, I received my first keyboard and spent countless hours playing it, often trying to replicate songs I heard. Recognising the potential in me and my brother, my dad sought the best notation music schools across Andhra Pradesh and Telangana. Eventually, we discovered Eva's School of Music in Vijayawada through a worship school. Without hesitation, my dad enrolled us, and we travelled from Jaggayyapet to Vijayawada every Sunday for music classes.

While in third grade, I faced challenges at school. Teachers often discouraged me, claiming that balancing music and studies was impossible. They deliberately marked me down and insisted that academics were the only path to a secure future. Despite

these setbacks, I remained undeterred. I worked hard and consistently ranked among the top three students in my class. My passion for playing the piano sparked a wonderful surprise from my dad: he gifted me an electric home piano. Alongside my academic achievements, I completed five grades in piano under the London College of Music syllabus.

After finishing school, I decided to join a stress-free college environment in Vijayawada. Many of my relatives recommended Maris Stella College. Anticipating similar challenges to those I faced in school, I was pleasantly surprised by the warm and supportive atmosphere at Maris Stella. When I performed on Independence Day in 2022, the encouragement from lecturers and sisters was overwhelming. They not only appreciated my performance but also gave me opportunities to showcase my talent at various college events.









I found two talented friends in college, and together we formed a band, performing at numerous college programmes. The college's annual Cultural Week was a highlight for me. In 2022, I won first place in the Western singing competition. The support and stress-free environment at Maris Stella convinced me to pursue my degree there as well. While studying for my second Intermediate, I wrote my Music Theory Examination and achieved a distinction, a testament to the balanced and encouraging environment of the college.

I am especially grateful to Dr. Sr. Lavanya and Principal Dr. Sr. Jasintha Quadras and Dr. Sr. Kulrekha Mudartha who always supported me. This is not just a testimonial about Stella; it represents the best part of my life. I am proud to be a Stellite. Thank you, Maris Stella.

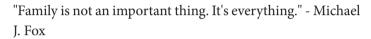
**D. Nancy Ophir Augustina**Sr. Inter HSC

#### TEENAGE LOVE

Love as a teenager can feel like a big deal, right? Especially because our emotions are all over the place during adolescence. It's like we're on an exciting adventure to find someone special. But here's the thing: every choice we make shapes our future. "Love is like the wind, you can't see it but you can feel it." - Nicholas Sparks

Sometimes, diving into a relationship can distract us from studies, extra-curricular activities and the things we enjoy doing. It's easy to get carried away and feel overly confident. But that confidence might not always be a good thing.

We see stories in the news about how love affects teenagers differently. Some take it super seriously, while others just want to impress their friends. It's important to learn how to handle those intense feelings and stay focused on our goals. And don't forget about the support from our families. They can help us stay grounded when our emotions are all over the place.



So, even though love is exciting, don't let it get in the way of your dreams. Stay focused, work hard, and don't let your hormones hold you back.



#### UNDERSTAND PARENTAL LOVE

We observe that more than 75% of suicides occur in individuals aged 15 to 27. In-depth research on the reasons for suicide has concluded two primary factors: fear of failure and self-doubt, along with health issues such as depression and addiction.

Fear of failure is evident among teenagers in this generation, as the only expectation parents often have is academic success. When they are unable to meet these expectations, some may see suicide as the easiest way out. However,

suicide not only impacts the individual but also their family, community, and society at large. Even though others may move on, the pain lingers for parents indefinitely.

Parental love is one of the most profound forms of love known to humanity.

One day I feel so happy,

Another day I feel so sad,

But my failure does not equal death.

M. Shradda, Sr. Inter, CEC

#### WHAT IS TRUE LOVE?

It is not the hashtag "couple goals" posts for Instagram.

It's not the fancy dates, the happy hours

It's not the starry nights laughing at the silly stories.

True love is waking up from your slumber to help those in need, because we don't want to leave any one out.

It is offering your shoulder to cry on, creating a space to let out their deepest fears.

True love is knowing each other on an intense level, a level so deep that you can feel them even when

they are not present.

True love is not a mere social media post, fleeting and fast,
But, it is a timeless language,
forever pure.

True love is those five little words

It is no longer me but we.

Tabassum Syed,
Sr. Inter CEC



#### **COLLEGE LIFE AS AN INTERMEDIATE STUDENT**

College life marks a significant transition from the comfort of school life. I experienced this change firsthand when I entered Maris Stella College, leaving behind the familiar, safe environment where I had spent half of my life.

The first year of college became one of the most memorable periods for me. Maris Stella College offered new experiences in both academics and co-curricular activities, fostering my personality development and leadership skills.

My college journey was filled with ups and downs. Despite securing admission to my college of choice, the transition was overwhelming. Making new friends and adjusting to unfamiliar teachers was challenging. Many people recognize my college only by its name and activities, but my

exploration went far beyond that. The educational opportunities, extracurricular activities, and various events provided a wealth of learning experiences.

My friends and I had countless fun-filled moments, especially in the college canteen. It was our hub, where we enjoyed eating and chatting every day.



Nature is one of the most significant gifts to humanity, and my college excels in maintaining a balance within the ecosystem. They actively work towards reducing global warming by incorporating environmental assignments for students. Sitting alone in the expansive garden, surrounded by beautifully maintained plants and trees, was a serene experience. The fresh mornings created by this greenery were a refreshing start to each day.

Overall, my time at Maris Stella College has been a truly enriching experience. The combination of academics, activities, and a focus on nature has made my college life incredibly rewarding.

**Asha Gurjar** Jr. Inter MEC





A s computer science students, we were fortunate to be part of the Power Skills program, which provided us with essential technical knowledge and hands-on experience in various programming languages, including HTML, CSS, and PHP. One of the best features of the course was the practical training in website development, which equipped us with the skills to create both front-end and back-end solutions.

This training has prepared us for various career paths, such as front-end and back-end developers, MERN stack developers, full-stack developers, and even database administrators. The skills we gained through this course have been invaluable, setting us apart from other candidates

and making us ready to succeed in our chosen fields.

The success of the Power Skills course would not have been possible without the support and dedication of Antonio Benci, Mr. Arjun, the staff of Care To Action, Dr. Sr. Lavanya, Principal sister, and our coordinators. A huge shout-out to all of them.

Mary Kamala III B.Sc., MPCS

#### ARTISTIC EXPRESSIONS

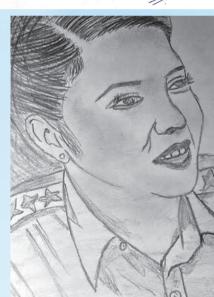
























MANDALA ART

M. Youktha Priya, I B.Sc. MBYC

Hari Priya, III BA HEP

#### REGULAR FEATURES OF MARIS STELLA

#### **Inaugural Mass**

# 4 August 2023

Rev. Fr. Bala Bollineni SJ encouraging the students to fill life with hope



Choir rendering the melodious hymns



Dr.Sr.Jasintha Quadras, Principal & others offering symbolic gifts

#### **Induction Programme**



Seeking the divine wisdom



Dr. Manasa, Psychiatrist enlightening about Stress Management



Sub Inspector, Vasavi, Disha Police Station addressing on Women's Safety



Students with their parents

#### **Christmas Fete**



Cutting the ribbon and declaring the Fete open



Winners of Miss Maris Stella



Organisers of Miss Maris Stella giving host performance



Students during fun games

#### **Farewell to Degree Third Year Students**



Audience on the occasion



Dr.Sr.Kulrekha Mudartha, giving farewell message to outgoing students



Outgoing students share their experiences, learnings and sweet memories

#### Christmas Celebrations



The poor hosted as special guests on the occasion















Staff and students taking active participation

#### Sports Day - 27 January 2024



Ready, Steady, Go....



One Legged Race



Throwball match between staff and students



Tug of War between staff and students



Sack Race



Guests among the audience



Chief Guest Sri D.N.V. Vinayaka Prasad, Sr. Coach, Athletics, Sports Authority of India encouraging the participants



Guest of Honour Ms. T. Anuhya, MPDO, (Alumna) giving away the prize to the Black Belt Champion



Winners with the trophies

#### **College Day Celebrations**



Guests on the dais



Chief Guest Prof. Hemachandra Reddy, APSCHE Chairman addressing the gathering



Guest of Honour Sri D. Ramakrishna, CEO Efftronics Pvt. Ltd., Vijayawada, giving away the Proficiency Prizes



Guest of Honour Smt. S. Veni Madhavi, Founder Vedic Vanas, Pvt. Ltd. Hyderabad & Alumna giving away Memorial Prizes



Prayer Song by College Choir



Thillana Classical Dance



A skit in Telugu



A folk dance by Extra-Curricular dance students



A song in French by French Second Language Students



Rocking out to the latest musical sensations

# క్రీ.శ. మొదటి శతాబ్ద౦లో భారతీయ సమాజపు తీరుతెన్నులు

భారతీయ సమాజం నాగరికమైనదా? కాదా? మానవ హక్కులెలా ఉండేవి? సమాజంలో ఒకరిని మరొకరు అణచీవేసేవారా? వంటి ప్రశ్నలకు సమాధానాలు క్రీ.శ. ఒకటవ శతాబ్దంలో శూద్రకుడునే కవి సంస్కృతంలో వ్రాసిన మృచ్చకటికం నాటకంలో దొరుకుతాయి. నాటి సమాజంలో మానవులకు (అంటే భారతీయులకు) అందరూ చదువుకున్నవారు, చదువుకోనివారు ఎవరైనా కావచ్చు మంచి చెడులు తెలుసు. మంచివారిని గౌరవించటం, చెడువారికి దూరంగా జరగటం తెలుసు. ఎవరూ ఎవరినీ కించపరచటం లేదు. అధికార మదంతో ఎవరైనా అలా చేసినా సంఘం వారిని అసహ్యించుకుంది. క్రీస్తుశకం ఒకటో శతాబ్దికే మనమెంతో నాగరికులమని నిరూపించే ఈ నాటక విశేషాలను తెలుసుకుందాం. అలాంటి సమాజానికి వారసులమైన మనమింకెంత నాగరికులం కావాలి అని తెలుసుకుని మసలుకోవటానికి ఇలాంటి సాహిత్య పఠనం ఎంతో అవసరం.

మృచ్చకటికం నాటకంలో నాయకుడు చారుదత్తుడు. అతని వృత్తి వ్యాపారం. తండ్రి తాతలు వ్యాపారంలో గడిరచిన సంపదను అతడు దానధర్మాలు చేసి దరిద్రావస్థలో వుంటాడు. ఈ నాటకంలో నాయిక వేశ్య వసంతసేన. శకారుడు వసంతసేనను కాంక్షిస్తాడు. ఒక రోజు వసంతసేన చారుదత్తుని కలుసుకోటానికై ఉద్యానవనానికి బయలుదేరి శకారునికి చిక్కుతుంది. ఆమెను అతడు బలవంతం చేస్తాడు. ఆ సమయంలో అతడు ఆమె మెడను నొక్కి వేస్తాడు. ఆమె మూర్చిల్లగా చనిపోయిందనుకొని చారుదత్తుడే ఆమెను చంపినట్లు అభియోగం నడుపుతాడు. న్యాయశాస్త్రానుసారం చారుదత్తునికి మరణశిక్ష విధింపబడుతుంది.అతన్ని వధ్యస్థానానికి తీసుకొని పోతారు. ఇంతలో వసంతసేన సంవాహకుడనే బౌద్ధభిక్షువుచేత రక్షింపబడి వధ్యస్థానానికి వస్తుంది. అదే సమయంలో గోపాల వేషంలో వున్న ఆర్యకుడు పాలకుడనేవాన్ని తోసివేసి తాను రాజు అవుతాడు. ఆర్వకుడు చారుదత్తుని స్పేహితుడు. కాబట్టి అతన్ని క్షమించి

వసంతసేనతో అతనికి వివాహం చేయిస్తాడు. చారుదత్తుని మొదటిభార్య ధూత కూడ వసంతసేనను చెల్లెలిగా గ్రహిస్తుంది.



మృ చ్ఛ క టి క మం టె మృత్ (మట్టి) శకట (బండి) మని అర్థం. చారుదత్తుని కొడుకు మట్టి బండితో ఆడుకుంటుంటాడు. వసంతసేన చారుదత్తునికి తోడ్పడదలచి తన నగలను మూటగట్టి ఆ బండిలో పెడ్తుంది. వసంతసేనను నగలకొరకు చారుదత్తుడు చంపాడని నగలతో కూడిన ఆ బండిని న్యాయస్థానానికి తెస్తారు. ఈ సాక్ష్యం ఆధారంగా చారుదత్తుని మీద నేరారోపణ బలపడుతుంది. మృత్యుదండం విధింపబడుతుంది. ఈ విధంగా ఈ మట్టిబండి నాటకంలో మహత్త్యపూర్వమైన పాత్రను వహించింది. కాబట్టి శూద్రకుడు తన నాటకానికి సార్థకమైన కొత్తపేరును ఎన్పుకున్నాడు.

సామాన్యంగా నాటకానికి నాయికా నాయకుల పేరు మీదగాని ఏదైన ఒక సంఘటన ఆధారంగా గాని పేరు పెడ్తుంటారు. కవి ఈ నాటకానికి ఒక చిన్న సంఘటన ఆధారంగా పేరు పెట్టాడు. మట్టిబండి ఆధారంగా నాయకునికి శిక్ష పడింది. ఈ సంఘటన కథ పతాకసన్నివేశాన్ని చేరుకోవటానికి తోడ్పడింది. కాబట్టి మృచ్ఛకటికమనే పేరు తగినట్లుగానే వున్నది. ఇంతకు పూర్వం భాసుడు సూర్యవంశరాజుల ప్రతిమలను ప్రవేశపెట్టి తన నాటకానికి ప్రతిమానాటకమని పేరు పెట్టాడు. అదే విధంగా కాళిదాసు అభిజ్ఞానంగా (గుర్తుగా) అంగుళీయకాన్ని సృష్టించి తన నాటకానికి అభిజ్ఞాన శాకుంతలమని పేరు పెట్టాడు. మృచ్ఛకటిక నాటకంలో చారుదత్తుని కుమారుడు తనకు మట్టిబండి వద్దు పక్కింటి బాలునికున్నటువంటి బంగారు బండి కావాలని ఏడుస్తుంటే బంగారు బండి చేయించు

కొమ్మని వసంతసేన తన నగలను తీసి ఆ మట్టిబండిలో పెడ్తుంది. ఆ బండిలో నింపిన నగలు చారుదత్తునికి తోడ్పడే బదులు అతని మరణానికి కారణమైనవి. ఆ బండి పేరు మీదుగా కవి ఈ నాటకానికి నామకరణం చేసాడు.

వాస్తవిక ప్రపంచానికి దగ్గరగా వున్న పాత్రలుగల కొద్దిపాటి సంస్కృత రచనల్లో ఇది ఒకటి. దీనిలో చోరులు, జూదరులు, భిక్షుకులు, చండాలురు, రాజాసేవకులు, దాసదాసీలు, రాజోద్యోగులు, సోమరిపోతులు, మొదలైన అనేక సామాన్య పాత్రలు గోచరిస్తవి. మృచ్ఛకటికంలో నాయకుడు చారుదత్తుడు బ్రాహ్మణుడు, వివాహితుడు, అతడు సర్వ సుగుణ సంపన్నుడైన ఆదర్భ వ్యక్తిగాకాక సామాన్యునిగా కన్పిస్తాడు. చారుదత్తునిలో ఉదారాది గుణాలున్నా ఉదాసీన వ్యక్తిత్వం కలవాడు. విధి ఎటు వంచితే అటు వంగుతాడు. ఒకసారి ఇతనిలో ఏమి చూచి వసంతసేన ప్రేమించిందా? అని అనుమానం వేస్తుంది. చారుదత్తుడు తన దాతృత్వ గుణంచే బీదవాడైనాడు. దానితో అతడు ఉజ్జయిని ప్రజల హృదయాలను జయించుకొన్నాడు. దరిద్రుడైనా అతడు ఎప్పుడు విచారించడు. కాని ఇతరులకు ఏదైనా ఇచ్చే పరిస్థితిలో లేనప్పుడు తనను తాను నిందించుకొంటాడు.

మృచ్ఛకటికంలో నాయిక వసంతసేన వేశ్య. అయినా సుగుణవతి, ధనవంతురాలననే గర్వమామెకు లేదు. సరళ హృదయురాలు. కరుణాంతరంగం కలది. సౌందర్యవతి. ఆమెను కోరేవారు ఎందరో వుండగా దరిద్రుడైన చారుదత్తుని ప్రేమించింది. చారుదత్తుని ప్రేమకు పాత్రురాలను కావాలి అని ప్రయత్నిస్తుంది.

మృచ్ఛకటికంలోని విదూషకుడు మైత్రేయుడు ఒక ప్రధాన పాత్ర. ఇతడు నాయకునికి పరమ మిత్రుడు. నాయకుని కొరకు ఏ త్యాగమైనా చేయటానికి సంసిద్ధుడు, తిండిపోతు, తన బుద్ధి మాంద్యంతో ప్రేక్షకులను నవ్విస్తాడు.

చారుదత్తుని కొడుకు రోహసేనుడు, భార్య ధూత, రాజు ఆర్యకుని పాత్రలు చాల చిన్నవైనా కవి వాటిని సూక్ష్మంగా ప్రభావంవంతంగా చిత్రించాడు. మృచ్ఛకటిక నాటకంలో అందరిని ఆకర్షించే పాత్ర శకారుడు. ఇటువంటి పాత్ర సంస్కృతసాహిత్యంలో ఎక్కడాకనిపించదు.అతడు రాజుగారి ఉంపుడుగత్తెకు సోదరుడు. దానినెంతో గర్వంగా అతడు చెప్పుకొంటాడు. ఆ బంధుత్వంతో అధికారాన్ని చెలాయిస్తాడు. బుద్ధిహీనుడు, మూర్ఖుడు, క్రూరుడు, పిరికివాడు, విలాస పురుషుడు, అందరిముందు తానెంతో పండితుడనని వీరుడనని చూపదలచుకొని నవ్వులపాలవుతాడు.

మృచ్ఛకటిక నాటకంలో అన్ని రంగాలకు చెందిన మనుష్యుల జీవితం చిత్రింపబడిరది. ఒక వర్ణంవారు మరో వర్ణధర్మాన్ని ఆచరించేవారు. చారుదత్తుడు బ్రాహ్మణుడైవుండి వాణిజ్యం వృత్తిగా గ్రహించాడు. ప్రజలు సంపన్నులుగా కన్పిస్తారు. ఒకరికంటే ఎక్కువ మంది స్త్రీలను వివాహమాడటం ఆచారంగా వుండేది. దాసత్వం కూడా ప్రచారంలో వున్నది. దాసులు స్వామి సంపద. డబ్బుపెట్టి దాసదాసీలను కొనుక్కోవటం, విడిపించుకోవటం వంటివి వుండేవి. డబ్బును అప్పుగా వడ్డీకి ఇయ్యటం ఆనాడు ప్రచారంలో వుండేది.

న్యాయం అందరికి ఒక్క తీరుగానే వుండేది. ప్రజలు తమ తగవులను న్యాయస్థానంలో పరిష్కరించుకొనేవారు. న్యాయాధీశుడు సప్రమాణంగా పరిశీలన చేసి స్మృతిప్రోక్తమైన శిక్షలను విధించేవాడు. రాజబంధువులు న్యాయాధికారులుగా నియమింపబడటం, ఒక్కొక్కసారి వారు పక్షపాతంతో వ్యవహరించటం కూడ జరిగేది. మరణశిక్ష పొందినవారిని రక్తవర్ణ వస్త్రాలు, మాలలు, ఎర్రని గంధంతో అలంకరించి ఊరేగింపుతో తీసుకొనిపోయేవారు. గూఢచార వ్యవస్థ కూడ ఆనాడు సువ్యవస్థితమై వున్నది.

వేశ్యలలో రెండు భేదాలుండేవి. ఒకటి గణికలు, రెండు వేశ్యలు. గణికలు సంగీత నాట్యాది లలితకళలల్లో నిష్ణాతులయ్యేవారు. ఆ కళలను ప్రదర్శించి అలరించి డబ్బును సంపాదించేవారు కాని పడుపు వృత్తిని చేపట్టేవారుకాదు. ఇక వేశ్యలు రూపసౌందర్యాలను అమ్ముకొని బతికేవారు. వసంతసేన గణికాశ్రేణికి చెందింది. గణికలల్లో చాల ధనవంతురాండ్రు వుండేవారు. వసంతసేన చాల ధనవంతురాలు. నాటకంలో ఆమె భవనవర్ణన నిజమా అనిపించేంత గొప్పగా వున్నది. గణికలు వివాహమాడటం కూడ జరిగేది. వసంతసేనకు చారుదత్తునితో నాటకంలో వివాహ జరిగింది. స్వయంగా రాజు ఆర్యకుడే ఈ వివాహాన్ని జరిపించాడు. బ్రాహ్మణ శర్విలకుడు మదనికను వివాహమాడాడు. సంఘంలో గణికలకు గౌరవస్థానమే వుండేది.

మృచ్ఛకటిక కాలంలో మధ్యమ, నిమ్మ వర్గానికి చెందిన వాళ్ళు జూదమాడటం బాగా వుండేది. జూదమాడటానికి ప్రత్యేకంగా గృహాలుండేవి. జూదగృహానికి సభికుడనే పర్యవేక్షకుడుండేవాడు. జూదంలో మోసం చేసే వారిని, ఓడిపోయినా ధనం చెల్లించని వారిని న్యాయస్థానికి తీసుకొని పోయేవారు. మృచ్ఛకటికంలో సంవాహకుడు జూదంలో ఓడిపోయి పారిపోగా ద్యూతకారుడొకడు న్యాయస్థానానికి పోతానని అంటాడు. కొందరు ఏం పని చేయక, సోమరిపోతులై దొరికిన కొద్ది డబ్బును జూదంలోపెట్టి ఆడుతుండేవారు. సంవాహకుడు తనను తాను "ద్యూతోపజీవి"గా చెప్పుకుంటాడు.

మృచ్ఛకటిక నాటకాలంనాడు రాజు పాలకుడు దుర్మార్గుడు. అసమర్థుడు, విలాస జీవితాన్ని గడుపుతుండేవాడు. రాజు ఉంపుడుగత్తె బంధువులు రాజపదవుల్లో వుండేవారు. శకారుడు అటువంటివాడే. శకారుడు కాణేలీ మాతృకుడు (వ్యభిచారిణి పుత్రుడు) అని పిలువబడినాడు. ఇటువంటి బంధువులు ప్రజల మీద అత్యాచారాలను చేసేవారు. రాజాధికారులను బెదిరించేవారు. తనకు అనుకూలంగా న్యాయం చెప్పకపోతే కొత్తవారిని

నియమిస్తానని శకారుడు న్యాయాధీశుని బెదిరిస్తాడు. రాజు దుర్మార్గుడు, అసమర్థుడైనప్పుడు ప్రజలు తిరుగుబాటు చేసి అతన్ని తొలగించటం జరిగేది. పాలకున్ని తోసివేయటంలో జూదరులు, చోరులు, విటులు మొదలైనవారు కూడ సహాయపడినారు. రాత్రుళ్ళు రాజమార్గంలో జూదరులు, విటులు, వేశ్యలు సంచరించేవారు. అటువంటి మార్గం గుండా ప్రయాణం చేయటం క్షేమకరంగా వుండేది కాదు.

మృచ్ఛకటికంలో శౌరసేని, అవంతిక ప్రాచ్యమాగధి, శకారి, చాండాలీ, ఢక్కి మొదలైన ప్రాకృత భేదాలను, ఆపభ్రంశ భాషలను శూద్రకుడు ప్రయోగించాడు. ఆనాడు సంఘంలో వేరువేరు వర్గాలల్లో వేరువేరు భాషా భేదాలు మాట్లాడబడేవి. కాని ఒకరి భాషాభేదం మరొకరికి సులభంగానే అర్థమయ్యేది. ఆనాడు సముద్ర వ్యాపారం బాగా అభివృద్ధి దశలో వున్నది. పడవలు, ఓడల ద్వారా విదేశాలతో సముద్ర వ్యాపారం జరిగేది.

రాజరికంలో ప్రజాస్వామ్యాన్ని ప్రజలు అనుభవించినట్లు పై విషయమంతా తెలియజేస్తుంది. మనవైన మృచ్ఛకటికంలాంటి పుస్తకాలను చదివి మన సమాజం, మనదేశం, మన భాషలు, మనవారి స్థితిగతులు తెలుసుకునే ప్రయత్నం చేస్తే నిజమైన మన చరిత్ర తెలుస్తుంది. విదేశీయులెవరో మన దేశం వంక చూడకుండా వారున్నచోట నుండి మన గురించి వ్రాస్తే వాటిని చదువుకుని అది మన చరిత్రగా భావించటం వల్ల అజ్ఞానం తప్ప జ్ఞానం కలుగుతుందనలేం. మన గ్రంథాలు చదవాలంటే మన భాషలను ముఖ్యంగా సంస్కృతాన్ని అధ్యయనం చేస్తే ఎంతో లాభపడతాము.

దా<sub>॥</sub> ధూ**జపాక రామకృష్ణ** సంస్భతాధ్యాపకులు



#### అమ్మ

అమితమైన (పేమే అమ్మ అంతులేని అనురాగం అమ్మ అలుపెరగని ఓర్పు అమ్మ అద్భుతమైన స్నేహం అమ్మ అపురూపమైన కావ్యం అమ్మ అరుదైన రూపం అమ్మ అమ్మ ఒడి చల్లనైనది అమ్మ రూపం అపురూపమైనది అమ్మ రూపం అపురూపమైనది అమ్మ మది స్వచ్ఛమైనది అమ్మ మది స్వచ్ఛమైనది అమ్మ ఋణం తీరలేనిది బుడి బుడి అడుగులకు ఆలంబన



**- టి. ఉమాదేవి** Jr. Inter,, MEC



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మా పల్లెటూర్లో రైతులు... పచ్చని మా పోలాలు... బండ్ల నీడ్చే పశువులు... మనుషులనీడ్చే బండ్లు...!

మండే ఎర్రటి ఎండలు... ఒంటి నిండా చెమటలు.... కాలికింద బురదలు పంట కోసం మా ఈ కష్టాలు...!

మా ఊరి నిండి గుడిసెలు... ఓ దీపమే మా వెలుగులు.... చీకటైతే పురుగులు... వేకువైతే పనుల కోసం మళ్ళీ మా పరుగులు

మా గుడిసె ముందో వాకిలి... అది మా గుడిసెకన్నా పెద్దది... రాతిరైతే అదే మా పడక గది.... ఇది మా వాకిలి...

పండక్కి మేము తీనేది అన్నము ప్రతిరోజు గంజితోనే కడుపు నింపుకుంటాము... ఇవి మారని మా బ్రతుకులు... పల్లెటూరోల్ల బ్రతులు...!

> - జె. కీర్తన Jr. Inter, CEC

#### తెలుగు

మాతృభాష ఏదైనా అది తల్లితో సమానం. మనం తల్లిని ఎంత గౌరవిస్తామో, మన మాతృభాషని కూడా అంతే గౌరవించాలి. అది తెలుగు కావచ్చు, ఆంగ్లం కావచ్చు, హిందీ కావచ్చు ఎవరి భాష వారికి గొప్పది. మన తెలుగు భాష తక్కువ అని అనుకోకూడదు. తెలుగు భాషకి చాలా చరిత్ర ఉంది. పర భాషలను గౌరవించడం తెలుగుభాష, తెలుగు వారి గొప్పతనం. మన భాషలో ఎన్నో గోప్ప భక్తి గీతాలు, మహాభారతం, రామాయణం, భాగవతం, దశావతారాలు ఇలా ఎన్నెన్నో ఉన్నాయి. మనం ఈ కాలంలో ఇవేవి చూడకుండా పరదేశ సంస్కృతి మీద భాష మీద ఎక్కువ మక్కువ చూపడం న్యాయం కాదు. "దేశ భాషలందు తెలుగు లెస్స" అన్నారు. "శ్రీ కృష్ణదేవరాయలు"

- సిహెచ్. భార్గవి Jr. Inter, CEC

#### ఒక ప్రశ్న

#### పరిచయం

మహాభారతంలో అన్ని విషయాలు వున్నాయి. భారతంలో లేని విషయాలు ఎక్కడా లేవని పెద్దలు చెపుతారు. అలాంటి విషయాలలో ఆంధ్రమహాభారతంలో సభాపర్వంలోని పద్యం ఇది.

#### పద్యం

ఉత్తమ మధ్య మాధమనియోగ్యత బుద్ధి నెఱింగి వారి న య్యుత్తమమధ్యమాధమనియోగములన్ నియమించితే నరేం ద్రోత్తమ! భృత్యకోటికి సమానముగాఁ దగు జీవితంబు లా యత్తము సేసి యిత్తెదయ నయ్యయి కాలము దప్పకుండఁగన్

#### భావం

ఓ ధర్మరాజా! వ్యక్తుల యొక్క ఉత్తమ, మధ్యమ, అధమ యోగ్యతలను తెలుసుకొని, వారిని ఉత్తమ, మధ్యమ అధమమైన ఉద్యోగాల్లో నియమించావు కదా! సేవకులందరికీ, కొరత లేకుండా తగిన జీతాలు, దయతో సకాలంలో అందజేస్తున్నావు కదా!

#### ప్రస్తుతం

పూర్వ నారదుడు ధర్మరాజును ప్రశ్నించినట్లే, ప్రస్తుతకాలంలో కూడా గవర్నమెంట్ ప్రతి సంవత్సరం గ్రూప్'1, గ్రూప్'2, గ్రూప్'3 పరీక్షలను నిర్వహించి వారి యొక్క యోగ్యతను బట్టి ఉత్తములకు గ్రూప్'1, మధ్యములకు గ్రూప్'2, అధములకు గ్రూప్'3 ద్వారా ఉద్యోగాల్లో నియమిస్తున్నారు. వారికి తగిన సమయంలో తగిన జీతాలు అందజేస్తున్నారు.

ప్రస్తుత (కాకఎ) కాలంలో ప్రభుత్వాన్ని నారదుడులా ప్రశ్నించేవారు ఎవరు? ప్రభుత్వం ఏదైనా తప్పుచేసినా వారికి తగిన సమయాలలో జీతాలు అందజేయకపోయినా వారి పై అధికారులు (వారి) తగిన చర్యలు తీసుకుంటూ నారదుడిలా ప్రశ్నిస్తున్నారా?

- పాగోలు భార్గవి

I BA Political Science

#### ఓ మహితా...

పుట్టుకతోనే విశ్వాన్నే కదలించగలగే ఓ మహిళా... ప్రపంచ ప్రాముఖ్యతలకు కారణం అయిన ఓ మహిళా... రాక్షసులను సంహరించే శక్తి స్వరూపం అయిన ఓ మహిళా... ఎంతటి నొప్పినైన దాటి ఓ క్రొత్త తరాన్ని నిర్మించే ఓ మహిళా... అగ్ని పర్వతాలను నీలో దాచుకొని పైకి ప్రశాంతంగా కనిపించే ఓ మహిళా... సమాజం వల్ల నీకు కలిగిన బాధని పైకి చిరునవ్వులా మార్చిన ఓ మహిళా... నీ వాళ్ళ రక్షణకోసం ఇంటికి మాత్రమే పరిమితం అయిన ఓ మహిళా... కదలిరా ఓ మహిళా కదలిరా...

నువ్వు ఒంటరిగా వేసే ప్రతి అడగులో నీ
విజయాన్ని విశ్వానికి చూపించేందుకు కదలిరా...
నిన్ను బంధించి, సంకెళ్ళు వెయ్యాలని అనుకునే వారిని నీ గర్జనతో భయపెట్టేందుకు కదలిరా...
నీకు నచ్చినవి చేసే, కోరినవి పొందే హక్కు నీకు ఉందని తెలియజేసేందుకు కదలిరా...
నీలో రగులుతున్న అగ్ని పర్వతాన్ని, ప్రపంచాన్నే శాసించే శక్తిగా మార్చేందుకు కదలిరా...
నీ శత్రువులను ఎంతటి బలవంతులనైనా ఎదుర్కొనే ధైర్యం నీలో ఉందని చెప్పేందుకు కదలిరా...
నిన్ను లోకువగా చూసి, ధిక్కరించే వారికి
నీ విశ్వరూపం చూపేందుకు కదలిరా...
నువ్వు చెయ్యలేని ఏదియు లేదని,
ఎవ్వరూ చెయ్యలేనిది, నీవు చేయగలవు అని
నిరూపించేందుకు కదలిరా...

కదలిరా ఓ మహిళా కదలిరా....

- సి.హెచ్. కావ్య దర్శిని. I B.Sc, Computer Science

#### ದಲ ಪೆರೈ ದಾಲ್ಡಿಸಿಕುಡು - ಗುರುವು

గురుబ్రహ్మ, గురువిష్ణు గురుదేవో, మహేశ్వర గురుసాక్షాత్, పరబ్రహ్మ తీస్మైశ్రీ, గురువేనమః

అంటూ తల్లి, తండ్రి, తర్వాత గురువుకు ప్రాధాన్యం ఇచ్చారు. అజ్ఞానం అనే చీకటిని చీల్చి జ్ఞానం అనే వెలుగు వైపుకు నడిపేవాడు గురువు అలాంటి గురువును పూజించి, గౌరవించే సంప్రదాయం మనది. గురువు లేనిదే ఈ జగతికి వెలుగు లేదంటారు పెద్దలు.

నాడు, నేడు ఏనాడైనా గురువు స్థానం పదిలమే. గురుశిష్యుల మధ్య జ్ఞాన ప్రసారము జరిగినపుడు శిష్యుడికి గురువు ఉన్నతంగా కనిపిస్తాడు.

అందుకే వేమన

గురునిశిక్ష లేక గురుతెట్లు కలుగునో అజునకైన వారి యబ్బకైన తాళపు చెవికైన తలుపెట్టులూడునో విశ్వదాభిరామ వినురవేమ!

ఈ సృష్టిని సృష్టి చేసినా వారికైనా గురువు లేకుండా విద్యను ఆర్జించడం సాధ్యంకాదు. వాని తండ్రికీ సాధ్యంకాదు, తాళపు చెవి లేకుండా తలుపు తీయడం సాధ్యంకానట్లే గురువు లేకుండా ఏ వ్యక్తికి విద్య అబ్బదు. గురువు తాను పొందిన జ్ఞానాన్ని శిష్యులకు బోధిస్తాడు. ఆ క్రమంలో శిష్యుడు నిశ్చలమైన భక్తి శ్రద్దలతో గురువును సేవించినపుడే ఆ శిష్యుడు నిజమైన జ్ఞానాన్ని పొందగలుగుతాడు.

ఛాత్రధర్మమెరిగి చక్కని భక్తితో గురుని సేవ చేయకుదిరినపుడె సర్వ మర్మములను చక్కగా విడిపోవు అని వేమన పలికిన పలుకులు అక్షర సత్యాలు.

అందుకే ఈ సమాజానికి దారిచూపి, దరిచేర్చే దార్మినికుడు గురువు. గురువెప్పుడూ నిండు మేఘమై జ్ఞానవర్షాన్ని గురిపించగలడు.

చల్లటి చినుకై సృశించగలడు, మహావృక్షమై నీడను ఇవ్వగలడు అజ్ఞానాంధకారాన్ని పోగొట్టగలడు.

జ్ఞానతృష్ణను తీర్చగలిగిన వాడు నిజమైన భాగ్యవంతుడు, శ్రీమంతుడైన ఏకైక వ్యక్తి ఈ సృష్టిలో గురువు మాత్రమే అనడంలో అతిశయోక్తి లేదు.

> డా॥ ఆర్. శ్రీనివాసరావు తెలుగు అధ్యాపకులు

# అమ్మ-నాన్నే ఐశ్వర్యం

నాన్నని గౌరవించువారు తమ పాపములకు ప్రాయశ్చిత్తము చేసి కొనినట్లే, అమ్మని సన్మానించు వారు నిధిని చేకొనినట్లే, నాన్నను సన్మానించు పుత్రుని, అతని పుత్రుడు సంతోషపెట్టుదురు. అతని ప్రార్థనను దేవుడు ఆలించును. నాన్నను ఆదరించువారు దీర్ఘాయుష్మంతులగుదురు. అమ్మను సంతోషపెట్టువారు ''దేవుని విధేయులైనట్లు'' (సిరా 3:3-6).

కష్ట బెట్టబోకు కన్నతల్లి మనస్సు నష్ట బెట్టబోకు నాన్న పనులు తల్లిదండ్రులన్న దైవ సన్నిభులు రా లలిత సుగుణాల యువతీ యువకురాలా!

అమ్మ - నాన్నలు మనకు కనిపించే దేవుళ్ళు, అందుకే మనం వాళ్ళు బాధపడేలా ప్రవర్తించకూడదు. లేకపోతే వాళ్ళ మనస్సు కష్టపడుతుంది. వాళ్ళు పనులు నష్టపోతాయి. కాబట్టి అమ్మ-నాన్నల మాట వినాలి. వారు ఐశ్వర్యమును గూర్చి తెలుసుకోనేటందుకే ఈ శీర్షిక.

ఐశ్వర్యం అంటే...

ఎంత ఎదిగినా అమ్మ తిట్టే తిట్లు ఐశ్వర్యం అమ్మపెట్టే గోరుముద్దు చేతి భోజనం ఐశ్వర్యం. అమ్మా - నాన్నలకు సాయం చేసే మనస్సు, మన ఐశ్వర్యం

ఐశ్వర్యం అంటే చేతులు లెక్కెట్టే కాసులు కాదు.

భగవంతుని ప్రతిదిన దీవెనలు...

భగవంతులు అంటే : అమ్మా-నాన్నల యెడల భయభక్తులతో వినయ విధేయతలతో మెలిగే బిడ్డలకు ఆయన కృప సమాధానము తోలగిపోదు (యెషయ <u>54:10)</u> అమ్మా-నాన్నలు ఎవరు?

కళ్ళుమూసుకోని ప్రేమించేది ప్రియురాలు

కళ్ళు తెరచుకొని ప్రేమించేది స్నేహితురాలు

కళ్ళు ఉరిమి ప్రేమించేది భార్యామణి

కళ్ళు మూసే వరకు ప్రేమించేది ''అమ్మ''

కళ్ళల్లో ప్రేమ కనబడకుండా ప్రేమించేది ''నాన్న''

అమ్మ నదిలాంటిది. ప్రశాంతంగా పయనిస్తుంది. బిడ్డల దప్పిక తీరుస్తుంది. పంట పండిస్తుంది అన్న అందిస్తుంది. ఎన్ని చేసినా, ఎంత చెప్పినా నాన్నతో ఏకమౌతుంది. మమేకవుతుంది.

నాన్న సముద్రములాంటి వాడు పైన అలల అలజడులతో భయ పెడతాడు, లోన రతనాల రాశులను కలిగి వుంటాడు. తీరాన్ని చేరాలని ఆరాటపడుతుంటాడు. బిడ్డల కోరికలను తీర్చాలని పోరాటం చేస్తుంటాడు.

నాన్న ఎప్పుడూ ఒంటరివాడే, అమ్మ, పిల్లలు ఒకటవుతంటారు సృష్టిలో! కనిపించడం అమ్మే అన్నట్లు కనిపిస్తుంది, నాన్న బాధ్యత ఏమి లేనట్లు!

కనటం అమ్మే అయినా - కలలు కనటం నాన్నపనే సేవచేయటం అమ్మవంతు - సరిచేయటం నాన్న వంతు ప్రేమించటం అమ్మవంతు అయితే - దీవించటం నాన్న వంతు ఆకలి తీర్చడం అమ్మవంతు అయితే - అశలు తీర్చడం నాన్న వంతు. అమ్మ ప్రేమ అనుక్షణం బహిర్గతమౌతూ ఉంటుంది.

నాన్న దీవేన ప్రతిక్షణం అంతర్గతంగానే వుంటుంది.

నాన్న ఆత్రుతని కళ్ళు మాత్రమే చేబుతాయి.

కనిపించని ఆరాటం అమ్మది - కనిపించని పోరాటం నాన్నది. గుర్తింపు తెచ్చుకున్న దేవత అమ్మ - గుర్తింపు పొందలేని దేవుడు నాన్న పిల్లల ఓట్టే అమ్మకు ఆస్తి - నాన్నకు మాత్రం అన్నీ నాస్తీ. అమ్మకు ఎపుడూ పిల్లలలోని గుణాలు కనబడతాయి. నాన్నకు మాత్రం పిల్లలలోని గుణాలతో పాటు దోషాలు కూడా కనబడతాయి.

అమ్మ గుండెలో పిల్లల సుఖానికి సంబంధించిన ఆలోచనలే ఉంటాయి.

నాన్న గుండెలో పిల్లల క్షేమానికి సంబంధించిన ఆలోచనలు ఉంటాయి. అందుకు ఒక ఉదాహరణ...

కొడుకు : ఈ రోజు నా గుండె ఆపరేషన్ నాన్న!

నాన్న : తెలుసురా కన్నా! ఎందుకు భయపడుతున్నావు? నేను ఉన్నాను కదా నీకు.

కొడుకు : ఐ లవ్వూ నాన్న... (నువ్వుంటే నాకు చాలా ప్రేమ)

నాన్న : ఐ లవ్వూ టూ (అని చెపుతూ ఏడ్చాడు) ఆపరేషన్ తరువాత, ఎప్పుడైతే ఆ అబ్బాయికీ మెలకువ వచ్చిందో, కళ్ళుముందు ఒక ఫ్రెండు ఉన్నాడు.

కొడుకు : మా నాన్న ఎక్కడా! ఎక్కడ మానాన్న? అడిగాడు ప్రెండుని.

ఫ్రెండు: నీకు తెలియదా మిత్రమా! నీ గుండె ఎవరిచ్చారో! మీ నాన్నగారేనురా!

కొడుకు : (గుండెలు పగిలేలా ఎవడటం మొదలు పెట్టాడు) అపుడు గుండె నుండి ఒక శబ్దం వచ్చింది.

నాన్న : ఏడువకురా కన్నా! నీ గుండె చప్పుడులలో నేను ఎప్పుడు నీతో బ్రతికే ఉంటానురా!

కొడుకు : ఐ మిస్ యు నాన్న!!!

బిడ్డ సంతోషంగా బ్రతికడానికి తన ప్రాణాన్ని ధారపోసేవాడు నాన్న.

''అమ్మ-నాన్న పోయాక ఫోటోలను ప్రేమించే కన్నా. వారు ఉన్నప్పుడే మనస్పూర్తిగా ప్రేమించటం మిన్న''.

"నాన్న" అనే రెండక్షరాల పదం విలువ ఇపుడు మనకు తెలియదు. నాన్న చనిపోయాక తనని స్మశానానికి తీసుకువెళ్లెదారిలో ఒక చోట నాన్న శవాన్ని నేలపై వుంచి, కొడుకుని తండ్రి చేవులో "నాన్న, నాన్నా, నాన్న" అని మూడుసార్లు పిలువమంటారు. కొడుకు రెండుసార్లు బాగానే పిలుస్తాడు. మూడవసారి మాటరాదు, గుండెల్లో బాధ, గుండెలో తెలియని నొప్పి, కళ్ళల్లో నీళ్ళు, ఎందుకంటే ఆ కొడుకు, తండ్రితో "నాన్న" అని పిలిచేది అదే ఆఖరిసారి, ఇంకెపుడు వాడు నాన్నతో "నాన్న" అని అనలేడు గదా!

నాన్న ఉన్నప్పుడే తనని "నాన్న" అని ప్రేమగా పిలవాలి. నాన్న పోయాక తన ఫోటో దగ్గర కూర్చుని బాధపడే బదులు నాన్న ఉన్నప్పుడే తనతో రోజు కొంత సమయం గడపాలి. అంత గొప్ప "నాన్న" అనే పదాన్ని "బాబు - గీబు" అంటూ కించపరచకండి. తన జీవితాన్ని ఖర్చుపెట్టి, నీ జీవితాన్ని నిర్మించే పిచ్చోడే "నాన్నా". నాన్న అన్న పదముకన్నా - కమ్మగ ఉండదు ఆ వెన్న లక్ష్యం వైపు దూసుకెళ్ళే బాణం మనమైన నాన్నలాంటి విల్లే లేకపోతే దాని ఫలితం సున్నా.

నాన్న పెంపకంలో కఠినత్వం ఉన్నా ఆ పెంపకానికి కారణం రేపటి మీ అభ్యుదయకు ఆయన పడే తపన రేపటి భవిష్యత్తుకు నిలువుటద్దం ''నాన్న'' అలాంటి ''నాన్నా'' దేవుడి కన్నా మిన్నా. ''తల్లిదండ్రుల మీద దయలేని పుత్రుండు

పుట్టనేమి? వాడు గిట్టనేమి పుట్టలోని చెదలు పుట్టావా, గిట్టావా లలిత సుగుణాల యువతీ యువకులారా!

అంటే... పుట్టలోపల చదలు పుడతాయి - చనిపోతాయి. వాటివల్ల ఎవరికీ లాభం లేదు. అలాగే కొడుకు (కూతురు) తల్లిదండ్రులను ప్రేమగా చూసుకోవాలి. అలాకాక వారిని హింసిస్తుంటే అటువంటి సంతానం పుట్టలోనే పుట్టి పుట్టలోనే నశించే చెదలు వంటివారు.

అమ్మ : ప్రపంచానికి నిన్ను పరిచయం చేస్తుంది.

నాన్న : ప్రపంచాన్నే నీకు పరిచయం చేస్తాడు.

అమ్మ : తన అనుభవాలను విద్యలా బోదిస్తుంది.

నాన్న : నీ అనుభవమే విద్య అని తెలిసేలా చేస్తాడు.

అమ్మ : ఆకలి తెలియకుంటా చూస్తుంది.

నాన్న : ఆకలి విలువ తెలిసేలా చేస్తాడు.

అమ్మ : నువ్వు పడిపోకుండా పట్టుకోవాలని చూస్తుంది.

నాన్న : నువ్వు పడినా పైకి లేవలని చేబుతాడు

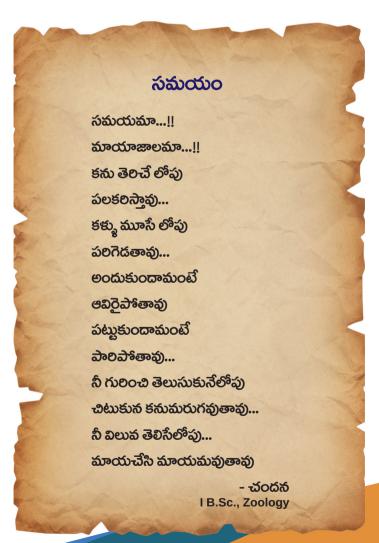
అమ్మ ప్రేమని, నీ పసిప్రాయం నుండి తెలుసుకోగలవు

బిడ్డకు... ప్రేమతో, అమ్మా - నాన్నలు

- జీవితంలో సంతోషం కావాలంటే నిన్ను నువ్వు ప్రేమించు, సంతోషానందాలే జీవితం కావాలంటే, నిన్ను ప్రేమించే అమ్మా నాన్నలనూ మనస్ఫూర్తిగా ప్రేమించు.

- నువ్వుపుడితే అమ్మ ''ఆనందం'' పడాలి, పెరిగితే నాన్న ''సంతోషపడాలి'' బ్రతికితే సమాజం ''గర్వ'' పడాలి. అపుడే యువ జీవితానికి ఒక అర్దం వుంటుంది.
- డబ్బు నుంచి వచ్చేప్రేమ దీపం లాంటిది. నూనె ఉన్నంత వరకే వెలుగుతుంది. కాని మనసులోంచి వచ్చే ప్రేమ, సూర్యుడు లాంటిది, సృష్టి ఉన్నంత వరకు అది వెలుగుతూనే వుంటుంది. అమ్మ-నాన్నలను అసలు మరువవద్దు

-జి. సిలి వెన్నెల, Jr. Inter, HEC





# ಒక యదార్ధ గాధ....

అతి శీతల గిడ్డంగిలో పని చేస్తున్న ఓ వ్యక్తి కథ!

రోజు పొద్దుపోయి... చీకట్లు ముసురువేళ..ఎవరికి వాళ్లు పని ముగించికొని ఇళ్లకు వెళ్లే హడావిడిలో ఉన్నారు! అతను మాత్రం సమయం చూడకుండా ఆ శీతల యంత్రంలో వచ్చిన సాంకేతిక సమస్యను సరిజేస్తూ లోపలే ఉండిపోయాడు! దినచర్యలో భాగంగా మిగిలిన సిబ్బంది డోర్ లాక్ చేసి లైట్స్ ఆఫ్ చేసేసారు! గాలి చొరబడని శీతలగిడ్డంగిలో తాను అనుకోకుండా బంధీనైనానని గ్రహించాడు! గంటలు గడుస్తున్నాయి! బయటపడే మార్గం లేక తానిక ఐస్ గడ్డల్లో సజీప సమాది కాబోతున్నాననుకుంటున్న సమయంలో.... ఎవరో డోర్ ఓపెన్ చేసిన అలికిడి... ఆశ్చర్యం... టార్చ్ లైట్ తో సెక్యూరిటీ గార్డ్ వచ్చి తనను రక్షించాడు! బయటకు వచ్చేటపుడు ఈ అధ్భుత ఘటన నుండి తేరుకుంటూనే "నేను లోపలే ఉన్నానని నీకు ఎలా తెలుసు? నీకు సమాచారం ఎవరిచ్చారు?" అడిగాడు గార్డ్ ని! "ఎవ్వరూ చెప్పలేదు సార్! ఈ సంస్థలో 50 మందికి పైనే పని చేస్తున్నారు...

కానీ ప్రతిరోజూ విధి నిర్వహణకు వస్తూ ఉదయం 'హలో' అని.. సాయింత్రం ఇంటికి వెళ్తూ 'బై' అని చెప్పి పలకరించేది మీరొక్కరే సర్! ఈరోజు ఉదయం 'హలో' అని పలకరించిన మీరు.. సాయింత్రం 'బై' చెప్పలేదు.. దాంతో నాకు అనుమానం వచ్చి తనిఖీకి వచ్చాను అంతే సార్!" అన్నాడు.

అతనూహించలేదు.. అతనికి ముందుగా తెలియదు!' భేషిజం గాని బాస్ 'ఇజం గాని లేకుండా ప్రతిరోజూ ఇలా తాను చేసే ఒక చిన్న పలకరింపు పూర్వక "సంజ్ఞ" కారణంగా తన ప్రాణాలు కాపాడబడ్డాయి అని!

మనకు తెలియకపోవచ్చు అటువంటి అధ్భుతాలు మన జీవితంలోనూ తారసపడవచ్చని!

నిజ జీవితంలో పరస్పరం ఉపయోగించే భావజాలం, ప్రవర్తన, చర్యలను బట్టే ఎదుటి వారి వైఖరి ఉంటుంది! అందుకు ఎవరికీ ఏ విద్యార్హతలు ప్రమాణికం కాదు!

కొంతమంది వారికి అవసరమైతే, అవసరమైనపుడు మాత్రమే పలకరించడం .. అవసరం లేకపోతే నువ్వు ఎవరో తెలియనట్లుగా.... ప్రవర్తించడం.

మరికొంతమంది పుడుతూనే వెండి గరిట... బంగారు గరిట.. నోట్లో పెట్టుకొని పుట్టినట్లుగా మితిమీరిన గర్వంతో ప్రవర్తిస్తారు...

ప్రతి మనిషినీ స్నేహపూర్వకంగా గౌరవంగా చూడాలి.. గౌరవం ఇచ్చి పుచ్చుకోవాలి... సంపద, అధికారం అనేవి నీటి బుడగలే... శాశ్వతం కాదు..

సర్వేజనాః సుఖినోభవంతు

యస్. పద్మావతి Dept. of Mathematics

# 🛂 సైన్స్ విద్యాల్థ

నీవు చదువుతన్నది "కాలేజి ఆఫ్ సైన్స్" లేదు నీలో "డిగ్నిటి ఆఫ్ సైన్స్" చెయ్యకు నీవు "నెగ్లెట్ ఆఫ్ సైన్స్" కాలేవు "గ్రాద్యుయేట్ ఆఫ్ సైన్స్"

నీవు ఉంటున్నది "విలేజిలో" చదువుతన్నది "స్టెల్లా కాలేజిలో" అవుతున్నావు నీవు "లేజి " కావు నీవు చదువులు "ఈజి" చెయ్యవద్దు నీవు "స్ట్రయికులు" అవే నీ చదువుకు పెద్ద "బ్రేకులు" తగ్గుతాయి నీకు "మార్కులు" రావు నీకు "ర్యాంకులు"

కరోనా వల్ల పోయాయి ఎన్నో "లైఫ్స్" దానికోసం ఎంతో కృషి చేశాయి "లైఫ్ సైన్స్స్స్" కెమికల్ ను కలుపుతాము "కెమిస్ట్రి ల్యాబ్"లో కెమిస్టిని పంచుతాము "హ్యామన్ ల్యాబ్"లో.



డి. సెలస్టెయిల్ ప్రెయిస్ II B.Sc MBYC

# ప్రజాస్వామ్యంలో పెక్శ తంతు

పెండ్లి కూతురిలా ముస్తాబయిన పోలింగ్ బూత్ని చూస్తే అంతులేని హాస్యంతో మనసునిండి పోయింది. ఇ వి ఎమ్ డబ్బాలు పట్టుకొని ఆడపెళ్ళివారిలా ఎన్నికల పరివారమంతా ఈ తంతు ముగిస్తే చాలు అనుకుంటుంటే.

తెల్లవారి 6.00 గం॥ ముహుర్త సమయానికల్లా వచ్చిన ఓటర్లు మగపెళ్ళి వారిలా దబాయిస్తూ ఆడ పెళ్ళివారిని వణికిస్తే టెండరు ఓటని, ఛాలంజ్ ఓటని, బ్లైండ్ ఓటని, ఆడపెళ్ళివారిని అచ్చటా ముచ్చటా తీర్చమంటుంటే మధ్యవర్తులైన ఏజంట్లు నచ్చచెపుతున్నట్లు నటిస్తూ వాళ్ళకి కావలసింది వారు చూసుకుంటుంటే ఎవరు ఎవరి ఏజంటో తెలియని స్థితిలో సాయంత్రం 6.00 గంటలకు ముగియాల్సిన ఈ తంతులన్ని ముగించుకొనే సరికి అర్థరాత్రి దాటితే అమ్మయ్య అనుకొని మగపెళ్ళి వారిని పంపించి, అన్ని సర్ధుకుంటుంటేనే ఆ కళ్యాణ మండపం ఓనరులు ఖాళీచేయమన్నట్లు ఆ బూతు ఖాళీచేసి బస్సు లెక్కమంటుంటే అలసిపోయిన మనసులతో ఆడపెళ్ళివారంతా ఆ సరంజామాను అప్పచెప్పి అప్పగింతలు చేసినవారిలా ఇళ్ళకు చేరితే ఈ వివాహ వేడుకలో గొప్పలుపోయిన మగపెళ్ళి వారిని కౌంటింగ్ రోజున వారి లెక్కలకందని లెక్కలు ఒక ఐదేళ్ళ తరువాత మారిపోయే

- డా॥ వి ఎన్ మంగాదేవి, తెలుగుశాఖ

# పర్యావరణ ప్రేమ - మాలిస్ స్టైల్లా సుగుణాలు

మారిస్ స్టెల్లా కళాశాల పర్యావరణం చాలా అందంగా మరియు ప్రశాంతంగా ఉంటుంది. ఈ కాళాశాల ప్రాంగణం ప్రకృతితో నిండి, విద్యార్ధులకు ఆరోగ్యకరమైన మరియు ఉల్లాసకరమైన వాతావరణాన్ని అందిస్తుంది. మారిస్స్టెల్లా కళాశాల ప్రాంగణం పచ్చని చెట్లు, వృక్షాలు, అందమైన పూలు, పక్షులు, చెట్లు పై కప్పుల మధ్య చరమరలు సరిచేస్తూ ప్రకృతితో మమేకం అయినట్టు అనిపిస్తాయి.

కళాశాల ప్రాంగణంలో అనేక రకాల వృక్షాలు మరియు పుష్పాలు ఉన్నాయి. ఇవి విద్యార్ధులకు నీడను ఇచ్చి, సేదతీర్చి, గొప్ప ఆలోచనలతో, పచ్చదనంతో, చల్లని వాతావారణంతో విద్యార్ధులను మరియు మారిస్సెల్ట్లాలో ప్రతి ఒక్కరిని కాపాడుతున్నాయి. పర్యావరణంలో కాలుష్యాన్ని తగ్గించి కాపాడుతున్నాయి. ఎండకు ఎండి, వానకు తడిచి అన్ని రకాల ప్రకృతి వైపరిత్యాలను ఎదుర్కొని ఒక మంచి స్నేహితుడిగా ఆదుకొని ఆదరిస్తుంది మన యొక్క మారిస్సెల్ట్లా పర్యావరణం.

నీతికి నిలకడగా, మంచికి మారు పేరుగా నైపుణ్యతకు ఆదర్శంగా వెలుగుతూ, వర్ధిల్లుతూ, ముందుకు సాగుతుంది మన మారిస్స్టెల్లా కళాశాల. ఒక జీవితానికి లోతైన పునాది రాయియే మన మారిస్ స్టెల్లా. ప్రతిక్షణం విద్యార్ధుల మంచి కోసం, ఎదుగుదలకోసం ఎన్నో ఒడిదుడుకులను ఎదుర్కొని మేము ఉన్నాము అని వెన్నుతట్టి పైకి లేపి ఎన్నో అవకాశాలను ఇచ్చి విద్యార్ధులను ఎంతగానో ప్రోత్సహించి ముందుకు నడిపిస్తుంది మారిస్స్టెల్లా.

ఈ పర్యావరణం ఎలా అయితే తోడ్పడుతుందో మన మారిస్ స్టైల్లా కళాశాల కూడా ఎన్నో విధాలుగా సహయం అందిస్తుంది. మన యువతరానికి సామాజిక, ఆధ్యాత్మిక, శారీరక, జీవిత విలువలను, నైతిక విలువలను అందిస్తూ చీకటి అనే జీవితంలో, విద్యా అనే వెలుగును, ప్రేమ అనే మమకారంతో ప్రతి ఒక్కరిని, వారి హృదయాలను ఆక్రమించి, ఆదుకొని ఒక మంచి జీవితాన్ని ప్రసాదిస్తుంది. ఒక నక్షత్రమనే చుక్కగా జీవితానికి వెలుగును, మార్గంను చూపించి గొప్ప ప్రయోజకులుగా ఈ ప్రపంచంలో ఒక దివ్యమైన వెలుగుగా అందరిముందు ఎదిగి ఒదిగే ఒక మంచి వ్యక్తులుగా తీర్చిదిద్ది అనురాగ, ఆత్మీయతకు ప్రతీకగా నిలుస్తుంది మన మారిస్ స్టెల్లా కళాశాల.

''జాబిల్లి అందం, చంద్రుని చల్లదనం సూర్యుని కిరణం, రవి కిరణ తేజం మన మారిస్ స్టెల్లా గొప్పగుణం''

వి. వసంత, II BA Journalism





# " सम्मान: एक मूल्यवान अदर्श "

सम्मान, हमारे समाज की नींव है, जो हमें एक-दूसरे के प्रति समर्पित और समझदार बनाता है। यह एक ऐसा अदर्श है जो हमें अन्य लोगों के भावनाओं और मूल्यों का सम्मान करने के लिए प्रोत्साहित करता है। सम्मान विश्वास, सहयोग और समर्थन की भावना को प्रकट करता है, जिससे हमारे समाज में एक सजीव और समर्थ समृद्धि का वातावरण बनता है।

सम्मान का महत्व इसलिए है क्योंकि यह हमें अपने साथी लोगों के प्रति उत्कृष्ट और गहरे संवेदनशीलता का अनुभव कराता है। यह हमें उन्हें समझने और सहयोग करने के लिए प्रोत्साहित करता है, जिससे सामाजिक साझेदारी और एकता का माहौल बनता है।

सम्मान का अभाव विवाद, असहमित और असन्तोष की भावना को उत्पन्न कर सकता है। जब हम किसी को सम्मान नहीं देते हैं, तो हम उनके भावनाओं को नजरअंदाज करते हैं और उनकी महत्वाकांक्षाओं को नष्ट करते हैं। इसके परिणामस्वरूप, संबंधों में असमंजस और दूरी हो जाती है, जो एक समृद्ध समाज के लिए हानिकारक हो सकता है।

सम्मान को व्यक्त करने के लिए हमें समझदारी, संवेदनशीलता और उदारता का परिचय कराना चाहिए। हमें दूसरों के महत्व को समझना और उनके प्रति उत्कृष्ट व्यवहार करना चाहिए। सम्मान का अनुभव करने वाले व्यक्ति की भावनाओं और विचारों को समझने की क्षमता होनी चाहिए, ताकि हम सही और समायोजित तरीके से प्रतिक्रिया कर सकें।

सम्मान की मूल आधारशिला पर हमें एक समृद्ध और सहयोगी समाज की निर्माण की दिशा में अग्रसर होना चाहिए। यह हमें समाज के अन्य सदस्यों के साथ सहयोग करने और उनके साथ संबंध बनाए रखने में मदद करता है, जो एक स्थिर, सुलभ और सशक्त समाज को मजबूत) बनती है।

अतः, सम्मान एक मूल्यवान और आवश्यक अदर्श है, जिसे हमें अपने जीवन का एक महत्वपूर्ण हिस्सा बनाना चाहिए। इससे हम न केवल अपने आप को बल्कि अपने समाज को भी मजबूत बनाते हैं, और एक सदैव पूर्ण सहयोग प्रदान करते है.

> **Sri Naga Pravallika Meghamala** I BA Special English



"मैं - सफलता "

मैं ही सफलता हूँ मैं रूलाता हूँ तो कभी हंसाता हूँ किसी को तड़पाता हूँ तो किसी को सहलाता हूँ किसी के लिए आसान हूँ तो किसी के लिए बहुत कठिन हूँ लोगों को अपने पिछे भगाता हूँ और भगाने का आनंद पाता हूँ किसी को गिराता हूँ तो किसी को उठाता हूँ किसी को जिताता हूँ तो किसी को हराता हूँ तभी तो मैं सफलता कहलाता हूँ

> **Riya Pandey** Sr. Inter- MEC

# युवा और समाज

समाज में लोग अपनी शिक्षा और सामाजिक जिम्मेदारियों के बारे में सीखते हैं। युवाओं को अपनी जिम्मेदारियों को विकसित करने में समाज मदद करता है। यह हमें एक-दूसरे से जोड़ने के साथ-साथ एक-दूसरे से सीखने और बढ़ने का अवसर भी प्रदान करता है। शिक्षित युवा समाज को मजबूत नींव बनाते हैं। तकनीकी प्रगति आधुनिक समाज में एक नई क्रांति लेकर आई है। यह युवाओं को विश्व स्तर पर जुड़ने और अपनी प्रतिभा को प्रदर्शित करने का अवसर प्रदान करती है।

समाज और युवा एक-दूसरे के पूरक होते हैं। एक समृद्ध और सशक्त समाज के निर्माण में युवाओं की सक्रिय भागीदारी और समाज का सहयोग दोनों ही महत्वपूर्ण हैं। युवा अपनी ऊर्जा का सही उपयोग करके समाज के विकास में योगदान दें।

**A.Manogna**Jr. Inter, MEC



"मेहनत"

मेहनत का है यह पथ अनंत, सपनों को साकार करने का अभियांत। हर कठिनाई से हो यहाँ सामना, मन को मजबूत, हौसले को अभिमाना।

सुनहरा है इस पथ का सफर, जीवन के रंगों से भरपूर है परिचय। हर चरण पर लगी है मेहनत की रौशनी. जो लाती है सफलता की नई कहानी।

परिश्रम से है यहाँ बुलंदियों का मुकाम, मेहनत से ही होता है सपनों का साकार। ना कोई रास्ता है आसान, ना ही है सही, बस मेहनत की धारा में है जीने की राही।

सपनों को साकार करने की चाह में. हर कठिनाई को अपने होंठों पर सजाते हैं। साहस से भरा है इन्सान का दिल, जो बढ़ता है मेहनत से, वो ही होता है हकदार।

बिना कष्ट के नहीं मिलती कोई शान, मेहनत का ही है जीवन का उद्देश्य और लक्ष्य। चलो, मिलकर इस पथ पर चलें, मेहनत की दीप्ति से अपने सपनों को जगाएं।

हर कठिनाई को हम सामना करेंगे, मेहनत की राह पर हमें चलते हुए जाना है। सपनों को साकार करने की उम्मीद, मेहनत के पथ पर ही हमें जीना है।

Priyanka Sr. Intermediate, HEC



# समयनिष्ठताः समय का मूल्यवान संज्ञान

समयनिष्ठता एक ऐसा गुण है जो हमें समय की महत्वपूर्णता को समझाता है। यह गूण हमें समय का सम्मान करने और समय के साथ संवेदनशीलता से काम करने के लिए प्रोत्साहित करता है। समयनिष्ठता न केवल हमारे व्यक्तिगत जीवन में महत्वपूर्ण है, बल्कि यह हमारे समाज और संगठन के लिए भी अत्यंत महत्वपूर्ण

समयनिष्ठता का महत्व उस तथ्य से है कि समय एक अनमोल संसाधन है, जो एक बार गुजर जाने के बाद कभी वापस नहीं आता। यह हमें व्यवस्थित, प्रभावी और उत्तम प्रदर्शन करने के लिए सक्षम बनाता है। समयनिष्ठता समय की कमी को समझने और समय का सद्पयोग करने की क्षमता है, जो हमें जीवन के हर क्षेत्र में सफलता की दिशा में आगे बढ़ने में मदद करता है।

समयनिष्ठता न केवल हमारे व्यक्तिगत उत्थान में महत्वपूर्ण है, बल्कि यह किसी भी संगठन या समुदाय के लिए भी अत्यंत आवश्यक है। किसी भी संगठन में समय पर आने का अर्थ है कि उसके सदस्यों का समय का सम्मान है, और वह संगठन के लक्ष्यों की प्राप्ति में समर्थ हैं।

समयनिष्ठता एक समृद्ध समाज की नींव है, जो विकास और समृद्धि के मार्ग को सुनिश्चित करता है। यह हमें अपने कार्यों को नियमित और व्यवस्थित ढंग से पूरा करने में मदद करता है, जिससे हम समाज में समर्थ और सशक्त नागरिक बनते हैं।

अतः, समयनिष्ठता को हमें अपने जीवन का महत्वपूर्ण हिस्सा बनाना चाहिए। यह हमें उच्चतम मानकों की ओर ले जाता है और हमें एक बेहतर और समृद्ध भविष्य की दिशा में आगे बढ़ने में मदद करता है।

> Sk. Tawfiqa Qamar Jr. Inter, Bi.P.C.





# "हमारे मारिस स्टेला कॉलेज कैंपस में पक्षियों और पेड़ों का प्रभाव"

मारिस स्टेला कॉलेज के कैंपस के शांत माहौल में, पक्षियों का संगीत, पेड़ों एवं फूलों की हरियाली बहुत ही मन मोहक व आकर्षक जनक है, जो भाग ईश्वर के हाथ से ध्यानपूर्वक बनाया गया है। यहाँ हरियाली और फूलों के बीच, मैरिस स्टेला कॉलेज का कैंपस प्राकृतिक खूबसूरती और शांति का प्रतीक है।

जब कोई मारिस स्टेला कॉलेज के द्वार में प्रवेश करता है, तो उन्हें पक्षियों के संगीत से भरा हुआ स्वागत मिलता है। ये पंखों वाली निवासी, अपनी आकर्षक उड़ानों और सुरीले गानों के साथ, शांति और समान्वय के दूत के रूप में काम करते हैं, यह हमें सभी जीवों के आपसी जुड़ाव की याद दिलाती है।

कैंपस में ऊंचे पेड़ न केवल छाया और आश्रय प्रदान करते हैं, बल्कि ज्ञान और संघर्ष का प्रतीक भी देते हैं। उनकी स्थिरता हमें संघर्ष के मुख्यालय के सामने निडरतापूर्वक खड़े होने और ज्ञान और धर्म की मिट्टी में गहरे रूप से जड़ने की याद दिलाती है।

फूलों का रंग-बिरंग झालर के बीच, प्रत्येक पंखुड़िया एक दिव्य कलात्मकता का प्रमाण है। उनकी सुगंध हवा को मिठास से भर देती है, हमारे आस-पास की सुंदरता को जागरूक करती है।

मारिस स्टेला कॉलेज के कैंपस में, पिक्षियों, पेड़ों, और फूलों का उपस्थिति सिर्फ काफी नहीं है, बल्कि शिक्षा के अनुभव का महत्वपूर्ण अंग है। ये सभी ज्ञान के आपसी जुड़ाव एवं जीवंत का प्रतीक है। यह हमें याद दिलाते हैं कि वास्तविक ज्ञान अलग नहीं, विविध दृष्टिकोणों के सामंजस्य से मिलता है। इसलिए हमें हरेक चीजों व एक दूसरों से बहुत कुछ सीख लेना चाहिए। प्राकृतिक सौंदर्य भी हमें बहुत कुछ सीख देती है।

Oliva Xalxo, II BA JELP





# मारिस स्टेला का परिवार

मारिस स्टेला की छांव में, हरियाली की बहार, प्रकृति की गोद में बसा, यह प्यारा संसार। शिक्षक यहां के, ज्ञान के दीपक, हर छात्र को देते, सपनों का संबल।

मुस्कान उनकी, हमें राह दिखाती, मुश्किलें आएं जो, वे हल कर जातीं। कक्षाओं के बाहर, हरियाली की छटा, फूलों की महक, दिल को है भाती।

पेड़-पौधों की छांव में, मिलती है शांति, पक्षियों की चहचहाहट, देती नई ताजगी। स्टाफ की मेहनत, सबको है संवारती, हर एक की कोशिश, कॉलेज को निखारती। प्रिंसिपल का नेतृत्व, हमें आगे बढ़ाता, अनुशासन और प्रेम से, परिवार बनाता। लाइब्रेरी की खामोशी, विचारों को जगाती, पढ़ाई के साथ-साथ, सोच को पंख लगाती।

मारिस स्टेला के बाग में, छात्र हैं फूल, सपनों की बिगया में, हररंग अनमोल। हर कदम पर साथ, शिक्षक और प्रकृति, मारिस स्टेला का पिर वार, सदा रहे!

इस कॉलेज का हर पल, यादों में रहेगा, मारिस स्टेला का नाम, दिलों में बस रहेगा।

> **Anju Reshma Toppo** 1 BA-Special English



## STELLA FOREVER: HOW MY COLLEGE YEARS SET ME ON COURSE

Choosing Maris Stella was a turning point. Forget the corporate education factories churning out robots – Maris Stella was different. It wasn't about ranks or profits; it was about building me, the real me. Here, education wasn't just facts crammed into our heads; it was about experiences that shaped who I am today.

Recently, standing on those familiar grounds for Sports Day, a wave of nostalgia hit me. Sharing my journey with fellow Stellites doubled my happiness! It wasn't just a trip down memory lane; it was a reminder that the foundation Maris Stella laid helped me build the life I love – a life dedicated to serving others.

Now, as a Mandal Parishad Development Officer (MPDO), I get the immense satisfaction of empowering rural communities through sustainable development initiatives. Honestly, can't wait for the next chance to come back and share more. This Stella family feeling runs deep. Here's to many more reunions, and to all future Stellites embarking on their own incredible journeys!

Maris Stella pride, all the way!









**Anuya T.,** MPDO, A.P 2013-15, HEC, Intermediate

#### MY JOURNEY AT STELLA

Is there anyone who can attest to having no memories of Maris Stella? Absolutely no one! Maris Stella serves as a platform where you can showcase your myriad talents and go on a journey of self-discovery.

Hailing from Telangana, the initial adjustment to the local dialect, cuisine, and mindset of the people in Andhra posed a challenge for me. However, my prior education in a convent school during my formative years provided a cushion.

#### **Stepping onto Campus:**

The first day of college was a blend of excitement, nervousness, and a touch of curiosity that danced like a fluttering butterfly. As I walked through the gates, my senses are inundated with the sights and sounds of a new chapter unfolding before me. The college campus bustles with a vibrant energy, a mosaic of faces representing a myriad of backgrounds and dreams. The chatter of fellow students, the shuffling of papers, and the distant echo of laughter created an atmosphere brimming with anticipation. I felt a sense of liberation, a departure from the confines of high school, and a step closer to adulthood.

#### Beyond the lecture halls......

In the weeks that followed, I found myself drawn to the lecturers not only as educators but as mentors. Their approachability and willingness to engage in discussions beyond the classroom was truly remarkable. Whether it was seeking advice about coursework or having conversations about life, they made sure we felt heard and understood.

#### Supportive management

From the moment I stepped onto the campus, I felt the warmth and dedication of the management team that was committed to not just academic excellence, but also to our holistic development. One of the hallmarks of them was their commitment to accessible resources. The library was a treasure trove of knowledge, stocked with diverse books and digital resources. They encouraged us to participate in a wide range of extracurricular activities.

#### **Achieving Excellence**

I am happy to announce my achievement of the top mark in the state, a remarkable 490 out of 500. This achievement represents not just a score, but a journey that was paved with dedication, perseverance, and the unwavering support of my esteemed lecturers and the dedicated management team.

As I move forward, I carry with me not just a high score, but a deep sense of gratitude for those who have guided me. This achievement is as much yours as it is mine.

#### The First Taste of Independence

Leaving the comfort of home and stepping into a college hostel was a daunting experience for me. In such moments of vulnerability, the role of my favourite lecturer extended beyond the classroom. Her warmth, support, and understanding was a beacon of light that guided me through the challenging transition and helped me to find a home away from home.

Being away from home & family. I found difficult to cope with emotional distance. Engaging in campus activities, making new friends, and exploring the local area helped me to distract from feelings of homesickness.

# Cultural Extravaganza: Unveiling the Vibrant Soul of STELLA!!

The stage of Maris Stella is a living canvas where talents converged. Cultural activities opened doors to interactions that transcended academic boundaries. From collaborating with students from different departments to learning about cultures from across the country, these activities widened our horizons and enriched our perspectives.

#### **Carrying Memories Forward**

As we are going to step beyond the college gates, the heart carries the memories as a treasure. The heart-touching moments of laughter shared, late-night study sessions endured, and dreams nurtured remind us of the beauty of the human experience. These moments aren't just fleeting; they are the heartbeats of our college story, pulsating through our lives.

The college itself, with its vibrant atmosphere and commitment to excellence, has provided the perfect backdrop for my educational journey. From the engaging classes to the diverse opportunities for extracurricular involvement, I have been privileged to thrive in an

environment that encourages holistic development.

As I look back on my time here, I am overwhelmed with gratitude for the friendships formed, the challenges overcome, and the memories created. Maris Stella College has been more than an institution; it has been a home where dreams were nurtured and aspirations found wings.

I extend my warmest wishes to the students who are going to begin their college life as a proud Stellite.

May your college years be filled with memorable experiences, laughter that echoes through the halls, and an insatiable

thirst for knowledge that propels you forward. Embrace the moments that make you smile, and let the challenges only strengthen your resolve.

With a heart full of gratitude and immense thankfulness, I find myself reflecting on the privilege of being a part of Maris Stella College. To the college, the lecturers, and every individual who has contributed to my journey here, I extend my deepest thankfulness.

T. Karthika Reddy

Sr. MEC, 2021-23

#### SHINING BRIGHT IN PARIS



Every new thing that happens to us has a reason behind it. My stay at Paris, France, has been full of new discoveries—new cultures, languages, and ways of living. I found myself among a new generation that thinks way ahead of what I thought, quickly realizing I'm in a whole new continent. France is a great place to live.

Studying language at a 'Catholic University of Paris' has been amazing because I get to meet students from all over the world. We share our lives and learn about each other's cultures. The university is a great place to learn in a friendly setting.

Life is full of tough times, but I learned how to handle them with confidence at Maris Stella College. I'm thankful to MSC for their international programs that let me experience different ways of learning. Right now, I'm learning French, and I hope lots of students from MSC will travel and shine all over the world. Merci Beaucoup.





Sr. Soni Treasa Anton FMM B.Com. Computers 2020-23

#### FROM STELLA TO FRANCE

Dear Friend,

I'm Angelin Diana, a proud alumna of Maris Stella College, currently in Paris, France, pursuing my Master's in Management, International Business. It's been over six months in Paris, and I'm blossoming, thanks to the solid foundation Maris Stella provided.

Reflecting on my journey at Maris Stella, it's been incredibly transformative. Over five years, from Inter first year through my bachelor's, the college not only strengthened my academic skills but also played a crucial role in shaping my character.

As I joined for further international studies, I'm filled with gratitude for the profound impact Maris Stella has had on my life. Maris Stella offered a challenging academic environment that sharpened my intellect. The tough curriculum, combined with supportive faculty, created a culture of excellence.

My courses focused on critical thinking and real-world application, sparking a lasting passion for learning. The broad range of subjects expanded my view, equipping me to face global challenges with a well-rounded perspective.

Beyond the classroom, Maris Stella nurtured my personal growth. It offered a variety of extra-curriculars, from debate opportunities to cultural competitions, each a chance to discover talents and learn new skills. Leadership roles in student projects and events taught me about teamwork, management, and boosted my confidence. These skills are now invaluable in my international career.

Maris Stella stood out for its strong sense of community. The supportive atmosphere created lasting friendships among students, faculty, and staff, offering a support network beyond college. Mentorship was key. Faculty mentors

were there to guide me through academic and personal challenges. Their encouragement and faith in my abilities inspired me to excel.

As I am now overseas I recognize how Maris

Stella has prepared me. The holistic education and personal growth have given me the skills and confidence to thrive in a global academic setting.

Maris Stella's focus on holistic development made me not only academically ready but also culturally aware and adaptable—crucial for success abroad. In France, where French is essential for academics and work, Maris Stella's basic French classes during my bachelor's were a lifesaver, helping me understand the language and people from the start.

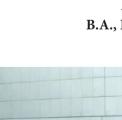
I'm deeply grateful for my five years at Maris Stella College. It's been more than just an educational institution; it's nurtured my aspirations and dreams. The experiences, relationships, and knowledge gained here are priceless.

Maris Stella has shaped me, instilling a love for learning, a dedication to excellence, and a belief in community. I step into the future with confidence, grounded in the principles and values I've cultivated here.

I encourage young women to join Maris Stella and venture in to a transformative journey like mine. Thank you, Maris Stella—I love you!

Angelin Diana B.A., Lit. (2020 - 23)





# ఛాయాచిత్రావలోకనం పదమూడేళ్ల ప్రయాణం -కొనసాగింపు మాలిస్ స్టైల్లా ముచ్చట్లు

10th అవ్వగానే బాలభారతి బాలలం ఇద్దరం నేనూ, సిరీ బయాలజీ గ్రూప్ కి మంచి కాలేజీ గా పేరున్న మారిస్ స్టైల్లా కాలేజీ లో సీటుకి అప్లికేషన్ పెట్టుకుని, పిలుపునందుకుని, పర్ణకుటీరంలా ఉండే బాల భారతి నుండి సువిశాల స్టైల్లా ప్రాంగణం లోకి ప్రవేశించి, కొత్త లేకుండా పక్కపక్కనే తిష్ట వేసేశాం. ఒకరికొకరం తోడుంటే ఎక్కడైనా యిట్టె ఇమిడిపోవచ్చు, 'కొత్త'కి తోకగా వచ్చే సంకోచం, వ్యాకోచించే అవకాశానికి అవకాశం ఇవ్వకుండా ఉండచ్చు అనే అనుభవం మాకు కొనసాగుతూనే ఉండేది

సైన్స్ గ్రూప్ వాళ్లకి ల్యాబ్ లు ఉంటాయి కనక BiPC చదువుకి ఫీజు ఎక్కువ, ఏడాదికి 400/. (మిగిలిన గ్రూప్ లకి 200/-250/ ఉండేది). సర్వ సౌకర్యాలతో సువిశాలంగా, పంచుకునే పని లేకుండా ఎవరి చేతులతో వారు ప్రతి ప్రయోగాన్నీ, పరిశోధకులలా చేసే అవకాశం ఉన్న మా స్టెల్లా కాలేజీ లోని ల్యాబ్ లు ఇప్పుడు తల్చుకున్నా చాలా ఆనందాన్నిస్తున్నాయి.

కెమిస్ట్రీ ల్యాబ్ లో volumetric analysis, salt analysis, saturation point లు కనిపెట్టడాలు .. ఎన్నెన్నో. Lead nitrate, Potassium iodide లతో golden sprangles సృష్టి చేసి ఒకరి బీకర్లు ఒకరు, మెరుపు కన్నులతో చూసి ఆనందించిన మరపురాని ఆ క్షణాలు....

ఫిజిక్స్ lab లో vernier calipers, screw gauge, calorimeter, convex and concave lens లూ, prism లూ, ఒకటేమిటి ప్రతి వస్తువూ, ప్రతి ఎక్స్పరిమెంట్, ప్రతి ఒక్కరూ స్వయంగా చేసుకునే అవకాశం కలిగే అన్ని ఉండేవి.

బోటనీ labలో రకరకాల మొక్కల ఆకులూ, వేర్లూ, కాండమూ అన్నింటినీ పల్చని సెక్షన్ తీసి, ఎవరి మైక్రోస్కోప్ కింద వారు ఆ కణజాలాల సోయగాలని చూసి ఆనందిస్తూ, అర్ధం చేసుకునే వాళ్ళం. ఈ క్షణం నా మనసు నన్ను ఆ నాటి ల్యాబ్ లలోకి తీసుకువెళ్ళిపోయింది.

ఇక మా జంట శాస్త్రవేత్తల (నేనూ, సిరీ) zoology practicals ప్రహసనం -

ఇద్దరికీ వానపాములంటే వెలపరం, బొద్దింకలంటే వద్దు బాబోయ్, కప్పలంటే కంపరం. వీటి మీద వికర్షణతో



ఉన్న మేమిద్దరం, వీటికే ఆకర్షితులమైనట్లు డిసిక్షన్స్ చేయక తప్పదు. తప్పకపోయినా వాటిని పట్టుకోవడానికి చేతులూ, మనసూ ససేమిరా అనేవి. మనసుంటే మార్గాన్ని తెరవలేమా.. ఇద్దరం పక్క పక్కనే ఉన్నదెందుకు?

విష్ణుమూర్తికేనా, అమ్మవార్లం మాకూ నాలుగు చేతులున్నాయి .. కోత కోసం నా ట్రే లో ఉన్న కప్ప కాళ్ళని, సిరి రెండు చేతులలోని forceps పట్టి ఉంచితే, నా రెండుచేతులూ సుత్తిని పట్టి, మేకుని స్థిర పరిచేవి. తరవాత ఇవే నాలుగు చేతులూ సిరి ట్రే లో కప్పని బంధించేవి. మొత్తం మీద ఆ జీవులని ముట్టమని ఒట్టుపెట్టుకుని, మడి కట్టుకున్న మా మనసులు విజయం సాధించేవి. ఇంటర్ రెండేళ్లూ ఇలా నాలుగేసి చేతులతో practicals విజయవంతంగా పూర్తిచేసేసాం. కానీ ఆ డిసిక్షన్స్ మాత్రం మనసుకి చాలా బాధగా ఉండేవి. ఆ తరవాతి కాలంలో ప్రయోగశాలలో హింస తగదని, ఈ కోతలకి స్వస్తి పలికారు పైవారు .



జీవ హింస తగదని జీవశాస్త్రం practicals తీసేసారు సరే, అసలు ఫిజిక్స్, కెమిస్ట్రీ ల్యాబ్ ల మొహం చూసే అవకాశమే అవసరం లేదనీ, మార్కులకీ ల్యాబ్ లకీ లంకె లేదనీ, విద్యార్థులకి ల్యాబ్ దర్శనమే లేకుండా కళాశాలలు వెలాతెలా పోతూ వెలుగుతున్నాయనీ విని, వినలేక పోయాను.

చదువుతో పాటుగా మా ఇద్దరి నృత్య, నాటకాది ఆసక్తులని యధాశక్తీ కొనసాగించుకునే అవకాశం స్టైల్లా కాలేజీ కూడా ఇచ్చింది. మా స్కూల్ లో మేం నేర్చుకున్న చదువుతో పాటు విశాలభారతి డాన్స్ ని కూడా మాతో కాలేజీకి తీసుకువెళ్లి, కొత్త స్నేహితులతో బృందాన్ని తయారు చేసి, తర్ఫీదు ఇచ్చి, గ్రూప్ డాన్స్ పోటీలలో ప్రైజు కొట్టేసి, మా చరిత్రని చెరిగిపోకుండా నిలుపుకున్నాం.

కాలేజీ నాటక చరిత్రలో కొత్త చరిత్ర సృష్టించాం. స్టైల్లా కాలేజీ లో పోటీలకు హాస్య నాటికలకే స్థానం. ఎవ్వరూ వెయ్యని మాంఛి కామెడీ చెయ్యాలని స్క్రిప్ట్ కోసం అన్వేషణ ఆరంభించాం. మా కాలేజీ లైబ్రరీలో పుస్తకాల వెనుక దుమ్ము కొట్టి దాగున్న "తెర వెనుక కురుక్షేత్రం" నా కళ్ళ ముందు పడింది.

పౌరాణిక నాటక ప్రదర్శనలకి ముందు, తెర వెనుక నడిచే హడావిడే "తెరవెనుక కురుక్షేత్రం". ఆ పుస్తకంలో చెల్లియో చెల్లకో వంటి పద్యాలకి పేరడీ పద్యాలతో ఉన్న రెండు గంటల నాటకాన్ని, కథ చెడకుండా, హాస్యం వీడకుండా, మా కాలేజీ స్థాయికి ఎక్కువైపోకుండా పావుగంటలో ప్రదర్శించడానికి అనుకూలంగా స్క్రిప్ట్ రాసాను నేను (అసలు రచయిత పేరు గుర్తు రావడం లేదు). అందరూ మగమహారాజులే వేసే ఆ నాటకాన్ని, అమ్మాయీమణులం వేయడానికి రంగం సిద్ధం

చేసేశాం. అందులో నేను పోలీస్ సూపరింటెండెంట్, మా సిరి కాంట్రాక్టర్. కృష్ణుడూ, అర్జునుడు, ద్రౌపది పాత్రలకి మా ఫ్రెండ్స్ ని ఎంపిక చేసి, బ్రహ్మాండంగా ప్రాక్టీస్ చేసి, పోటీలో ప్రదర్శించాం. అంతకు ముందెన్నడూ మా కాలేజీ వేదిక మీద పౌరాణిక పద్యాలు రాగయుక్తంగా పాడుతూ నాటకం వేసినవారు లేరు. అందరికీ అద్భుతంగా నచ్చేసింది, మాకు ఫస్ట్ ప్రైజ్ వచ్చేసింది.

ఒక సారి హిట్ అయినా దాన్ని, అలా ఒదిలేసుకోకూడదు అనే సూత్రం పట్టుకుని, ఇదే నాటకాన్ని మేమిద్దరం ఆ తరవాత కూడా కలిసే చదివిన Ayurvedic College లో కొత్త టీం తయారు చేసుకుని, మేము కూడా కొత్త పాత్రలు తీసుకుని, నేను కృష్ణుడిగా, సిరి సూపరింటెండెంట్ గా పద్యాలతో ప్రేక్షకుల చేత once more అనిపించుకుంటూ ప్రదర్శన ఇచ్చాము.

స్టెల్లా కాలేజీ ముచ్చట్లకీ, ఆ నాటి మా ప్రదర్శనలకీ నిదర్శనంగా దర్శించడానికి ఛాయాచిత్రాలు లేవు, మనసులో జ్ఞాపకాల ముద్రలు తప్ప.

పరీక్షా ప్రదేశంలో ప్రవేశానికి అవసరమయిన టిక్కెట్ల కోసం తీయించుకున్న ఆనాటి ఛాయా చిత్రాలతో, స్టెల్లా కాలేజీ కెమిస్ట్రీ ల్యాబ్ ని అనుసంధానించి చేసిన ఈ నాటి చిత్రావలోకనాన్ని ఇక్కడ ఆపి,

ఆయుర్వేద వైద్యకళాశాలలో కొనసాగిన మాఇద్దరి ప్రయాణం గురించీ మరో వారం తరవాత.

డా. గాయత్రీదేవి



# STAFF AND STUDENTS





# THE BACK BONE OF OUR SUCCESS



Administrative Staff



Staff of Examination Section



IT Staff



Library Staff





Support Staff

# TRIBUTE TO OUR RETIRED STAFF WHO JOURNEYED TO ETERNAL HEAVENS



Dr.G.Regina
Dept. of Telugu, Years of Service: 34
Birth: 03-05-1948, Death: 07-09-2023





Dept. of Chemistry, Years of Service : 34 Birth: 15-05-1950, Death: 20-05-2023

Dr. Regina was a lively soul who brought life to everyone around her. Known for her magic with words, she captivated audiences with her insightful and powerful speeches. She had an exceptional ability to connect with those in positions of power and influence. Beloved by her students, Dr. Regina was celebrated for her enlivening spirit and dedication to education. She ensured that her passion for learning left a lasting impact on all who had the joy of knowing her.

S. Nirmala's infectious cheerfulness lit up the lives of everyone she encountered. She excelled at networking, always making every effort to arrange appointments and get work done whenever the college needed to connect with people in authority. Her loving and caring nature endeared her to all who knew her. Nirmala's gift of kindness and dedication continues to inspire those who were fortunate enough to experience her lively spirit.



Ms. Annie Olive Nazareth
Dept. of English, Years of Service: 30
Birth: 21-07-1945, Death: 26-12-2023

Annie Nazareth, a beloved English teacher, touched the hearts of her students with her kindness and dedication. Known for her heart of gold, she reached out to all those in need, offering support and care whenever it was needed. A deeply prayerful person, Annie believed in God's merciful love and compassion, never missing a single day of church attendance. Her steadfast faith and compassionate spirit left an indelible mark on everyone who knew her.



Smt. Laburi Susheela Devi Office Senior Assistant, Years of Service : 35 Birth: 10-03-1959, Death:29-11-2023

Susheela Devi, was a highly disciplined individual who retired as a Senior Assistant in the office. She was dedicated to ensuring that students submitted the correct documents, displaying real devotion to her work. Her commitment often saw her going the extra mile to make things happen and to support those around her. Her legacy of diligence and dedication continues to inspire all who had the privilege of working with her.

# MSC DIAMOND JUBILEE SCHOLARSHIPS

We gratefully acknowledge their contribution towards
Diamond Jubilee scholarships:

- 1. Sri Gokaraju Gangaraju
- 2. Smt. Laila Gangaraju
- 3. Yenduri Sisters : In memory of their mother

Smt. Yenduri Seetha Maha Lakshmamma

4. Smt. Vani Sriram : In memory of her father

Sri. T.V. Krishna Rao

5. Ms. Kamala : In memory of her husband

Mr. Gopala Krishnan

6. Dr. Indira Kumari : In memory of her sister

Dr. Y. Vijaya Kumari

7. Ms. Giribala : In memory of her husband

Mr. Kanaka Mohan Rao

8. Fr. Darsi Don Bosco : In memory of his brother

Fr. Darsi Jeeva Kumar

9. Quadras Family : In memory of their mother

Ms.Emiliana Quadras and

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10. Dr. P. N. Parvathi : In memory of her mother

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Well-wishers, benefactors, retired staff, alumni and parents, you are most welcome to contribute towards the Diamond Jubilee scholarships which would benefit generations of economically challenged young women.















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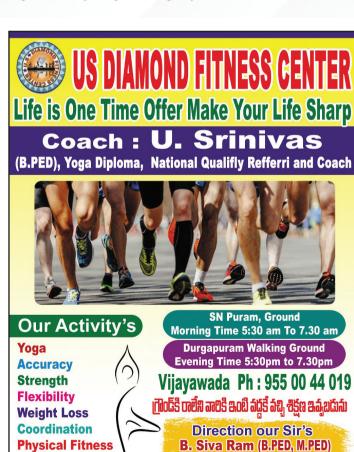


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- 1. B A HONOURS (HISTORY)
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- 12. B Sc HONOURS (ZOOLOGY)
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(FOOD SCIENCE &TECHNOLOGY)

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(AGRICULTURE & RURAL DEVELOPMENT)

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- 21. B Voc (MEDICAL IMAGE TECHNOLOGY)

- 8. B Com HONOURS (COMMERCE)
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# MARIS STELLA COLLEGE HOLDS WORKSHOP

FR Bala Yesu, a counselling psychologist, addressing the workshop on 'Fostering leadership: Empower-ing Tomorrow's Leaders,' at ing Iomorrow's Leaders, at Maris Stella College here on Thursday said Swami Vivekananda said 'Give me 100 energetic and motivat-ed young men, and I shall transform India.'

He said that with youthful vigour, students exhibit high levels of curiosity, seeking novelty for pleasure, satisfaction, and mo-tivation. If guided appro-priately during this stage, youth become invaluable assets to the nation, capa-ble of driving progressive transformation and leadership, he added.

Arjun Machiraju, pro-

Arjun Machiraju, programme manager of Care to Action-India who was another resource person. The workshop aimed at cultivating leadership skills and mindset among students to thrive as future leaders. It featured interactive sessions group ac-

# Maris Stella students take out 'Peace March

tivities, and real-world case tivities, and real-world case studies, enabling partici-pants to explore various fac-ets of leadership and under-stand effective leadership styles, theories, and models. Objectives included introducing diverse leadership ducing diverse leadership skils iks communication, critical thinking and prob-lem-solving, and facilitating self-assessment to identify strengths and leadership systemial.

worked to prevent the use of nuclear weapons.

As many as 2,000 members participated in the march including staff and students holding placards bearing slogans 'Say no to war,' spread peace to the world,' and 'End wars or the world ends' were displayed.

To raise awareness annous. Potential.

Workshop was attended by Dr Sr Lavanya, Dr G Little Flower and 600 students

events on August 8, 2023 including an essay-writing competition on 'A Nuclear

ನಾತ್ರ

#### • ఆకట్టుకున్న అగ్రి ఎక్స్ పో





నేషనల్ పార.ర్. డేను పురస్తులించుకుని మాలస్ స్టెల్లా కణాశాలలో అగ్రీ ఎక్స్ పోను శుక్రవారం నిర్వహించారు. అత్యాధునిక సాంకేతికతను అంబిపుచ్చుకుంటూ వ్యవసాయంలో ఉపయోగపదే కొన్ని యంత్ర నమూనాలను విద్యార్థులు ప్రదల్శిం చారు. సోలార్ టెక్మాలజీ, రోబోటిక్స్, ద్రోన్ సహా ಯಂತ್ ವ್ಯವసాಯಂ చేయదం వంటి ಅధునాతన పదతులను వివరించారు. నూతన వంగడాలతో. థ సేంబ్రియ పద్దతులతో విద్యార్థులు సాగు చేసిన పంటను ప్రదల్శంచారు. విజయవాద పలిసర ప్రాంత

# Stella students develop paddy varieties for diabetics

MV SYAM SUNDAR VIIAYAWADA

THE Maris Stella second and third year Agriculture B Sc students have grown two varieties of paddy-Kujupatalia and Chitti Mutyalu which were transplanted in June.

These two varieties fully grown through organic methods have less glucose and diabetes patients can nake use of these varieties.

The students under the Agricul-

ture and Rural development department organised a harvesting programme on Tuesday.

Chitti Mutyalu will take four

months to grow and will yield 30

potential

to 40 quintals of paddy. Likewise, the other variety Kujupatalia will grow in 105 to 130 days and will have a good fragrance.

These two varieties of seeds look good and are rich with minerals like iron, magnesium, calcium, folic acid and others, said HoD of Agriculture and Rural develop-

ment Dr Lakshman Swamy, 10 bags of paddy were collected from the field by students," he said. Faculty from Agriculture B Sc and 184 students participated in the harvesting programme



Students harvesting paddy crop on the college premises in Vijayawada on Tuesday. (Photo Ch Venkata Mastan

# ವಾರ್ತ್ಯಾಂಸಾಲಫై ಜಿಜ್ಞಾಸ್ ಪಿಂ-ಮತ್ ವಾಶಿ

ನಾತ್ವ

పటముట(బిజయవారుగ్రా): విద్యార్థులు చేశార్యంశాలపై జిజ్జాన్ పించుకోవాలని కారీజీ అం డ్ టిక్నికల్ ఎదుకేషన్ కమిషన్ పోలా భాస్కర్ సూరింకారు. ఆరస్ శ్రిల్లా కళాశాల్లో శుక్రజారం తేంద్ర భురుత్వ నిధులతో నిర్మిలనిన రాష్ట్రీయ ఉప్ప తర్ శక్ర ఆభయాన్ రియాన్) ప్రారంభిం రారు. ఆరస్ మాట్లాదుతూ కష్టనేవే స్వబావం ఉప్ప జిక్కరూ విజయం సాధింప్తిరిగు కళ్ళాత్తి అందుబాటులో ఉన్న మనతులను విద్యార్థులు విరియోగించుకుని ఉన్నత స్వాకాలను విద్యార్థులు విరియోగించుకుని ఉన్నత స్వాకాలను ఆరంత్రంతారు. జార్యభమంలో ందుకాలు ఆశార్ధికుంలో అర్థర్ సమ చేరుకోవాలని ఆకాంక్షిందారు. కార్యఆమంలో లయోల కళాశాల కరస్పాండెంట్ డాక్టర్ సఘ యరాజ్, థ్రిన్సిపాల్ డాక్టర్ జసింత క్వాడస్, రుసా కో -ఆర్డినేటర్ డాక్టర్ సి. కృష్ణవేణి, డెప్యూటీ ప్రాజెక్ట్



రుసా భవనాన్మి ప్రారంభిస్తున్న పోలా భాస్కర్

డమిక్ అధికారి దాక్టర్ లీనా క్సాడ్రస్, ఇంటర్మీ డియట్ వైస్ థిన్సిపాల్ డాక్టర్ రామకృష్ణ, డిగ్రీ కళా శాల వైస్థిపిన్సిపాల్ ఉషా కుమారి పాల్గొన్నారు.

14/10/2023 | Vijayawada(Vijayawada East) | Page : 3 Source : https://epaper.sakshi.com/

#### Students advised to attain global competence

MV Syam Sundar Vijayawada

VICE-Chairman of the

VICE-Chairman of the Andhra Pradesh State Council of Higher Education (APSCHE) Dr Ruma Mohan Ruo emphasised the need for students to acting global competence and the properties of the need for students to act and plobal competence interactive session held at Maris Stella College here on Friday.

The event was organised by the Institutional Quality Assurance Cell (IQAC) of the college in Collaboration with APSCHE. During his talk on "Reforms in Higher Education-Empowering Youth to Face Future Challenges; Dr Rao underscored APSCHE's vision of nurturing competent students. He emphasised that students equipped with a blend of knowledge, skills,



Dr Rama Mohan Rao, Vice-Chairman of the Andhra Pradesh State Council of Higher Education addressing the students at Maris Stella College in Vijayawada on Friday

creativity, and leadership qualities would serve as catalysts for change in the digital era, making them highly sought after in the job market. The council offers numerous skilloffers numerous skill-based courses, taught by global experts, free of charge to students. En-couraging students to go beyond existing solutions, he urged them to explore and discover the best so-lutions. Welcoming Dr

Students told to share

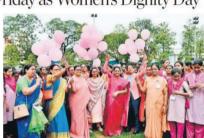
thoughts to overcome stress

Rama Mohan Rao and th Rama Mohan Rao and the participants, Principal Dr Sr Kulrekha commended the timeliness and relevance of the chosen topic, given the unprecedented pace of changes, particularly in the future of work. College Correspondent Dr Sr Leena Quadras, Academic consultant of APSCHE Dr B Yella Reddy, the faculty members

#### me bioneer

vijayawada 03

#### Observe Friday as Women's Dignity Dav



#### The Hindu Vijayawada/Region

# Education is the doorway to success: U.S. Consul General

She congratulates 50 undergraduate students from Maris Stella College, who completed the two-year English Access Microscholarship Programme sponsored by the U.S. State Department

ducation is the door to a future of suc-cess and opportuni-ties," said Consul General of the U.S. Consulate Gen-eral, Hyderabad, Jennifer

eral, Hyderauau, Jarson.
Addressing students of
Maris Stella College as part
of the closing ceremony of
the U.S. Department of
State-sponsored English
Access Microscholarship
Programme on the college



skills among under-served students in the 13-20 age group worldwide. The thrust of the programme is laying a strong foundation in English language and improve leadership, pro-fessional skills and expo-sure to the U.S. culture and

sure to the U.S. culture and democratic values, thereby improving their job and educational prospects. Public Diplomacy Offic-er from the U.S. Consulate General Jonathan Orr, Pu-blic Engagement Specialist

# The Hindu

#### Awareness rallies mark World Water Day

Students of Maris Students of Maris Stella College participated in an awareness rally, spreading the message of water conservation, to mark World Water Day, on Friday. The programme was organised by the Department of Agriculture and Rural Development in the college. College Principal Sr. Rekha flagged off the rally and urged the students to become part of the community development, especially in preserving water resources.

ter resources.

Head of the Department
of Agriculture and Rural
Development Lakshmana Swamy emphasised on the



tha Engineering College, NSS Programme Officer K. Narendra led an awareness rally from the college cam-pus to the 100-foot road

#### ONE-DAY SYMPOSIUM, EXHIBITION ORGANISED

# MARIS Stella College in association with city-based Youth Empowerment Centre (YEC) organised an orientation session on the college premises on Thursday for the benefit of Intermediations

Intursary for the benefit of intermediate students in order to strengthen the mental well-being of youth and to address issues related to stress and suicide. A certified mind lecturer and psychologist Kim formang of South Korea is the resource person who informed the students to overcome stress and keep away from taking extreme deci-

Emphasising on gaining self-confi-dence, fostering positive relationships and togetherness, she said that caring and sharing thoughts will bring solace to people who are facing stress. The healthy mind set is the main asset for healthy mind set is the mina sest for healthy well being, said Xim Somang. In essence, the orientation pro-gramme seeks to guide individuals to-vants overcoming challenges and lead-ing a fulfilling life. Vice Principal Dr D Ramskrishna along with coordina-tors Seapan and Padharwathi and YEC members Sougnan albariwathi and YEC members Sougnan Joseph and Asha Joseph participated in the programme.

