# ST.PHILOMENA'S COLLEGE (AUTONOMOUS) MYSORE

# PHILO'S



# BULLETIN

LAB JOURAL (FOR PRIVATE CIRCULATION ONLY)

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### **Grace Most Rev.** Dr. Bernard Moras,

President of the MDES and Apostolic Administrator of the Diocese of Mysore.

On July 10, 2024, St. Philomena's College had the privilege of hosting His Grace Most Rev. Dr. Bernard Moras, President of the MDES and Apostolic Administrator of the Diocese of Mysore. The visit was characterized by enriching interactions and insightful guidance offered by His Grace to the college's management and staff. During the interactive session, His Grace engaged in fruitful discussions with the management and staff, focusing on enhancing the institution's educational standards and practices. He provided valuable recommendations on integrating holistic education approaches, emphasizing the importance of nurturing both intellectual and moral development, thereby fostering a well-rounded educational experience.

# MBA and MCA Students Gear Up for Second **Semester with Initiation Program**

MYSORE, JULY 2024 — St. Philomena's College (Autonomous), Mysore, hosted the initiation program for the second semester of MBA and MCA courses on July 24, 2024. The event commenced at 9:45 AM in the MBA & MCA Conference Hall on the college campus. The program was graced by the presence of esteemed dignitaries, including Rev. Dr. Lourdu Prasad Joseph, Rector, Rev. Fr. Gnanapragasam,

Administrator, Rev. Fr. David Sagayaraj S, Assistant to Rector, Dr. Ravi J D Saldanha, Principal; Mr. M. Nagaraj Urs, Vice Principal (Academics), Mr. Ronald Prakash Cutinha, Vice Principal (Administration), and Mr. A. Thomas Gunaseelan, Coordinator, IQAC. This initiative aimed to motivate students and provide guidance and inspiration as they began their new academic term.



# Innovate, Educate, Elevate: Al Tools Highlight of **Faculty Development Week**

A six-day Faculty Development Program, themed "Technology Driven Resilient Education in the Era of Artificial Intelligence Tools," was successfully conducted from July 10th to 16th, 2024. Organized by the Internal Quality Assurance Cell (IQAC), the program was inaugurated by Dr. Sundar K.S., Associate Vice President and Head of IMS Academy, Infosys, Mysore. In his inaugural address, Dr. Sundar emphasized

the significance of integrating Artificial Intelligence (AI) in educational methodologies to enhance teaching and learning outcomes.

The practical workshops that allowed participants to engage directly with AI software and tools, promoting hands-on learning and immediate application of discussed concepts. Topics covered during the week included "Intellectual Property Rights & Patents" and "Artificial Intelligence

Tools," reflecting a broad scope of interests and educational needs.

The event saw active participation from faculty members from the various departments of UG & PG faculties, with the organizing and advisory committees, Rev. Dr. Lourdu Prasad Joseph - Rector, Rev. Fr. GnanaPragasam – Administrator, Rev. Fr. David Sagayaraj S. - Assistant to Rector, Dr. Ravi JD Saldanha - Principal, Mr. N. Nagaraj Urs -

Vice Principal (Academics), Mr. Ronald Prakash Cutinha - Vice Principal (Administration), Mr. A. Thomas Gunaseelan - IQAC Coordinator, Dr. Reena Francis - Controller of Examinations, Dr. Noor Mubasheer C. - PG Coordinator, Dr. Sunil D'Souza - ICT Coordinator, Ms. Agnes Sylvia D'Souza - Dean of Sciences, Mr. Sadebose A.T. - Dean of Languages, Dr. Praveen Saldanha - Dean of Arts, were present at the event.

### "Deeksharambh" Orientation Program for Senior Students

and 3<sup>rd</sup>-year students of BA, B.Com, and B.Sc on July 11th and 12th, 2024.

St. Philomena's College Autono- guidance, empowering them to mous organized the 'Deeksharam- navigate their academic journey bh' Orientation Program for 2nd successfully and prepare for future challenges. By providing a comprehensive understanding of the



The sessions began at 10:00 AM on both the days in the college auditorium. The program aimed to equip students with valuable insights and college's resources and support systems, the program sought to foster a smooth transition and promote academic excellence among students.



As we embark on yet another academic year 2024-25, I am indeed elated to pen a few words to my academic fraternity and my dear students. All great achievements have humble beginnings. When the call came to don the mantle of leadership of St.Philo's, it was indeed a pleasant surprise. Nevertheless, I accepted this delicate rather difficult responsibility trusting in the immense goodness of the Lord for whom nothing is impossible. In fact, God's ways are mysterious. He surprises us more often than we do.

### **MESSAGE**

### Fr. Dr.Lourdu Prasad Joseph **Rector and Manager**

As a proud alumnus of this prestigious institution, I am grateful to all those great souls whose undaunted courage and vision, made possible what Philo's is today. And we are here at this historical moment of time to keep alive those noble ideals of our visionary forefathers. I wish and pray that the Good Lord blesses all of us, and that all our endeavours in bringing back the pristine glory of our college bear hundred fold fruition. Dreams do come, if only we wish hard enough. You can have anything in life if you will sacrifice everything else for it. Looking forward to a fruitful academic year 2024-25.

# PHILO'S GALLERY

# "Deeksharambh" Orientation Program 2024: **Empowering Fresh Beginnings**

tation Program at St. Philomena's College Autonomous, Mysore, commenced on 18th July 2024 at 10.00 am, the Program for newly admitted students and their parents/ guardians from 18th to 20th July 2024.

The event, organized by the Internal Quality Assurance Cell (IQAC), was conducted at the college's indoor stadium with a solemn and inspiring inauguration ceremony. The event began with the rendition of the "Philomena's Anthem," followed by a heartfelt prayer by Rev. Fr. Gnanapragasam, Administrator.

The official inauguration was symbolized by the watering of saplings, representing growth and new beginnings, by Rev. Dr. Lourdu Prasad Joseph,

The "Deeksharambh" Orien- Rector, St. Philomena's Col- ing a place at such a reputed dress to the newly admitted lege.

> Dr. Ravi J D Saldanha, the Principal, delivered an inspiring address to the newly admitted students and their

institution. He expressed his heartfelt wishes for their future endeavors and assured them that they had made a wise decision in choosing St.



by congratulating the students on their successful admission to the college, highlighting their achievement in secur-

parents. The Principal began Philomena's for their higher education.

> Rev. Dr. Lourdu Prasad Joseph, Rector, delivered an inspiring and motivational ad-

Commemorating

students and their parents. He began by sharing his personal academic journey, recounting how he pursued his PhD in Europe at the age of 40. Highlighting the crucial role of parents, the Rector emphasized that their support and involvement are essential for the students' success.

He urged parents to join hands with the college and its teachers in guiding and nurturing their children. By working together, he said, they could effectively handle the responsibilities of shaping the students' academic and personal growth. With the support of their parents and teachers, he assured the students that they would have a bright and successful future ahead.

Rev. Dr. Lourdu Prasad Joseph, Rector, Rev. Fr. Gnanapragasam, Administrator, Rev. Fr. David Sagayaraj S, Assistant Rector, Dr. Ravi J D Saldanha. Principal, Mr. M. Nagaraj Urs, Vice Principal (Academics), Mr. Ronald Prakash Cutinha, Vice Principal (Administration), Mr. A. Thomas Gunaseelan, Coordinator, IQAC, Dr. Reena Francis, Controller of Examinations, Dr. Noor Mubasheer C.A, Coordinator, PG Studies & Research Centre, Dr. Alphonsus D' Souza Coordinator, UUCMS, Prof.A.T. Sadebose, Dean- -Languages, Prof. Agnes Sylvia D' Souza, Dean of Science, Prof Praveen Saldanha, Dean-Arts & Students Welfare officer, were present at the event.

### "Aspire to Inspire": NSS Unit **Launches Exciting New Initiatives**



A new NSS initiative was proudly launched on August 5, 2024, with an inspiring inauguration ceremony. This marked the beginning of a new chapter. The event, held at 10:30 a.m. in the college auditorium, featured Dr. Jagadish M.V, NSS Programme Officer from Sri D. Devraja Urs Government First Grade College, Hunsur, as the chief guest. Under the theme "As-

pire to Inspire: Not Me, But You," this year's program is set to promote selfless service and collaborative growth, with a focus on community engagement and student empowerment. The event was graced by the presence of Rev. Dr. Lourdu Prasad Joseph, Rector, Rev. Fr. Gnanapragasam, Administrator, Rev. Fr. David Sagayaraj S, Assistant Rector, Dr. Ravi J D Saldanha. Principal, Mr. M. Nagaraj Urs, Vice Principal (Academics), Mr. Ronald Prakash Cutinha, Vice Principal (Administration), A. Thomas Gunaseelan, Coordinator, IQAC, Mr. Joel J, Christianity Department.

# Respect for All: National **Anti-Ragging Day Observed** with Awareness Program

On August 12th, 2024, St. Philomena's College observed National Anti-Ragging Day with a significant event at 3:30 p.m. in the college auditorium. The program, jointly organized by the Anti-Ragging Committee and the Internal Quality Assurance Cell (IQAC), commenced with the principal introducing the committee members and outlining their roles and responsibilities.

Ms. Panchama, Assistant Professor in the Department of Political Science and Coordinator of the Anti-Ragging Committee, presented a concise and informative

PowerPoint presentation on anti-ragging measures and initiatives. This was followed by the Principal and Rector leading the students in a collective pledge to maintain a ragging-free environment on campus.

The event reinforced the college's commitment to pro-

Hiroshi- low suit. The camp, supported ma Day on Aug-6, the ICICI by K.R.Hospital staff headed Foundation, in collaboration by Dr.Kusuma, was attended

**Observes Hiroshima Day with Donation Camp** 

"Give Back, Give Blood":



with the Internal Quality Assurance Cell (IQAC) and the NSS Unit of St. Philomena's College, Mysuru, had organised a Blood Donation Camp at St.Philomena's College auditorium.

The event commenced on the symbolic note as Rev. Fr. Gnanapragasam, the College Administrator, by graciously donating blood, his gesture set the tone for the day's activities, motivating others to fol-

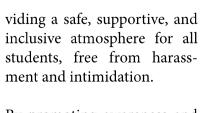
by more than 100 students. Around 54 volunteers generously donated blood, each making a valuable contribution to the noble cause of humanity. As a token of appreciation for their selfless act, each donor received a certificate of recognition.

The event not only served as a platform for philanthropic action but also fostered a sense of community and solidarity among the participants. It exemplified the spirit of compassion and humanity that resonates within St.Philomena's College community, reflecting a commitment to making a positive difference in society.

College

The event was graced by the presence of esteemed guests, N. Mahadevaswamy and M. Satyasree of ICICI Foundation, Rev. Dr. Lourdu Prasad Joseph, Rector, Rev.Fr. Gnanapragasam,

Administrator, Rev. Fr. David Sagayaraj S, Assistant, Rector, Dr.Ravi J D Saldanha, Principal, Mr. A. Thomas Gunaseelan, IQAC, Coordinator, I. Ioel, NSS Coordinator, Dr.D.A.Prashanth, Assistant Professor of History, Dr. Alphonsus D' Souza Coordinator, UUCMS, Prof. A. T. Sadebose, Dean- -Languages. Their presence added significance to the occasion.



By promoting awareness and encouraging student participation, the college aims to uphold its zero-tolerance policy against ragging.



# PHILO'S GALLERY

# Saluting The Spirit of Freedom: Flag Hoisting and Exhibition on Freedom Struggle, Mark Independence Day



Mysuru, August 15, 2024 - The 78th Independence Day was celebrated with great enthusiasm and patriotic fervour. The event, held at 8:15 a.m. in front of the college auditorium, began with the flag hoisting ceremony, presided over by the Chief Guest, Rev. Fr. Sebastian Alexander, Financial Administrator of the Mysore Diocese. The national flag was hoisted by Rev. Fr. Sebastian Alexander, followed by the rendition of the national anthem, filling the atmosphere with pride and patriotism. In his address, Fr. Sebastian emphasized the significance of unity, integrity, and the sacrifices made by freedom fighters who laid the foundation for India's indepen- poignant reminder of the sacrificdence.

He urged the gathering to reflect on the country's struggle for freedom and appreciate the contributions of those who fought for its sovereignty.

Following the flag hoisting, the Department of History (UG) organized an exhibition titled "Revisiting the Freedom Struggle of India." The exhibition, held in the college auditorium, showcased a collection of pictures depicting significant events and personalities that played a pivotal role in India's journey to independence. The Chief Guest inaugurated the exhibition with a tape-cutting ceremony.

The event was well-attended by students, faculty members, and non-teaching staff from the PUC, UG, and PG departments. The Independence Day celebration at St. Philomena's College served as a

es made by freedom fighters and inspired attendees to contribute to the nation's progress with dedication and unity.

The exhibition provided a unique opportunity for students and staff to reflect on the historical struggle for freedom and to appreciate the contributions of those who fought for the nation's sovereignty.









## Feast of St. Philomena, A Celebration of Faith and Joy with Special Novena

10<sup>th</sup>, at 12:30 PM, St. Philomena's College observed the Feast of St. Philomena with a special novena held on the college premises. The event was graced by the presence of esteemed dignitaries, Rev. Dr. Lourdu Prasad Joseph, Rector, Rev. Fr. Gnanapragasam, Administrator, Rev. Fr. David Sagayaraj S, Assistant to Rector, Dr. Ravi J D Saldanha.

On Saturday, August Principal, Mr. M. Nagaraj Urs, Vice Principal (Academics), Mr. Ronald Prakash Cutinha, Vice



Principal tion), A. naseelan,

(Administra-Thomas Gu-Coordinator, IQAC. The novena, attended by both teaching and non-teaching faculty members as well as students, provided a meaningful opportunity for the college community to come together for reflection, prayer, and celebration.

This collective gathering fostered a sense of unity and spiritual growth among the participants.

## **NCC Cadets Shine at Annual Training Camp – 2024**

### CONGRAGULATION

NCC cadets, under the leadership of Sub-Lieutenant Eleizher Vishwas, participated in the Annual Training Camp 2024, held from August 1st to 10th in Mandya. Organized by the 3 KAR Naval Units NCC, Mysuru, the camp provided a valuable opportunity for the cadets to develop their skills, leadership abilities, and character. Through various training activities and exercises, the cadets honed their teamwork,

discipline, and problem-solving skills, preparing themselves for future challenges.



### Protest Against Atrocities on Women

on August 24, 2024, students, faculty, lege administration and faculty members. college came together to protest the gruesome rape and murder of a young doctor in Kolkata. The event aimed at raising awareness about the alarming rise in atrocities against women across the nation.

Led by esteemed dignitaries, including the Rector and Manager, Principal and Women's Cell Convener, the protest march began at the college's front gate and proceeded to the LIC circle, before returning to the college premises. The event saw enthusiastic participation from the college community, united in their quest for a safer and more just society for women.

The protest was organized by the Women's Cell, with support from the col-

and staff from a prominent autonomous By taking to the streets, the participants sought to amplify their voices against violence and discrimination faced by women.

The event served as a powerful call to action, urging individuals to join forces in creating a more equitable society.



### Social Work - MSW Inaugurated Rural Camp in Mariapura Village

Research in Social Work (MSW) launched a seven-day rural camp on July 13th, 2024, in Mariapura village, under the Chikkalluru Grama Panchayat. The inauguration ceremony was presided over by Mrs. Nagamma, President of the Chikkalluru Grama Panchayat, who formally inaugurated the camp.

The event featured a keynote address by Mr. Robin K. J, Assistant Professor at St. Philomena's College, who underscored the significance of community engagement and the pivotal role of social work

The Department of Studies and in rural development. He stressed the need for collaborative efforts to tackle the challenges faced by rural communities, emphasizing the importance of collective action in driving positive change.



# PHILO'S GALLERY

### **Trails of Triumph**

Faculty and students from various disciplines showcased their talents and academic prowess in diverse competitions and conferences. From scientific symposiums to literary events, their achievements reflected dedication and excellence.

Mysore University Media Fest
Date; July 24<sup>th</sup> and 25<sup>th</sup>, 2024
Participants; Students of UG, B'Voc,
and PG Journalism and Mass Communication
Organiser; Mysore University





Event	Winner	Placement
Piece to Camera (PTC)	Afnan	1st Place
Creative Writing	Priya	2nd Place
Reelaton	Priya	2nd Place
Debate	Afnan	3rd Place



### Dr. Divyashree N,

Achievements;

a faculty member in the MBA Department, has achieved a notable milestone by publishing a research article in the prestigious International Journal of Cultural Studies and Social Sciences. This double-blind, peer-reviewed, and open-access journal is listed in UGC Care and boasts an impressive impact factor of 7.138. The article, titled "Factors Influencing Employee Intention to Stay in the IT Sector," appears in Volume 20, Issue 01, No. 47, covering the period from January to June 2024.

### Dr. Issac George,

Head and Associate Professor, and Dr. Sadia Tabassum, Associate Professor, in the Department of MBA, have

co-authored a research article published in the International Journal of Cultural Studies and Social Sciences. This prestigious journal is double-blind, peer-reviewed, and open-access, listed in UGC Care with an ISSN of 2347-4777 and an impressive impact factor of 7.138. Their article, titled "Personality Traits, Emotional Dimensions, and Employee Performance in Retail Outlets," appears in Volume 20, Issue 01, No. 47, covering the period from January to June 2024. Ms. Milagris Antonious, Assistant Professor in the Department of Biotechnology, presented a paper titled "Review on the Impact of Soil Degradation on Climate Change" at the conference on "Climate Change Mitigation,

Adaptation, and Resilience: A Holistic Approach." The conference was organized by the India Universities and Institutions Network for Disaster Risk Reduction (IUINDRR), National Institute of Disaster Management (NIDM), Ministry of Home Affairs, Government of India, in collaboration with the Department of Environmental Sciences, School of Life Sciences, JSS Academy of Higher Education and Research, Mysuru, on July 25-26, 2024.

Sr. Vimal Angeline, Assistant Professor in the UG Department of English, has published two manuscripts:

1. "An Eco critical Analysis of Arundhati Roy's God of Small Things" in the Inter-

national Journal of Multidis-

ciplinary and Growth Evaluation (E-ISSN 2582-7138), Volume 5, Issue 4, July-August 2024.

2. "Analysing the Style in Arundhati Roy's *The God of Small Things*" in Anveshana's International Journal of Research in Regional Studies, Law, Social Sciences, Journalism, and Management Practices (ISSN 455-6602), Volume 9, Issue 4, April 2024.

Dr. Poornima Umesh, Head of Hindi Department, was a Subject Expert at a 4-day workshop (Aug 25-28, 2024) in Mysore, helping finalize a Kannada-Hindi language and culture handbook.

The Department of Social Work (UG) organized a prac-

tical exposure visit and lecture at the All India Institute of Speech and Hearing (AIISH) in Mysore, focusing on the theme "Hearing Loss in Children: Early Identification and Intervention Strategies.

On August 9th, 2024, the Political Science department at St. Philomena's College organized an experiential learning visit to the iconic Mysore Palace, offering students a unique opportunity to delve into the rich history and heritage of the region. This educational excursion aimed to bridge the gap between theoretical knowledge and practical experience, allowing students to immerse themselves in the cultural and historical significance of the palace.

# Mysuru, Karnataka, India BJIG-8DR, Mansas Gariogilnis, Mysuru, Karnataka, India Lat 12-315-738-73 L77/DR/24 00:37 AM ONT +00:30 Mysuru, Karnataka, India Mysuru, Karnataka, India Lat 22-315-708-74 L77/DR/24 00:37 AM ONT +00:30 Mysuru, Karnataka, India Lat 22-315-708-74 L77/DR/24 10:38 AM ONT +00:30 Mysuru, Karnataka, India Lat 22-315-708-74 L77/DR/24 10:38 AM ONT +00:30 Mysuru, Karnataka, India Lat 22-315-708-74 L77/DR/24 10:38 AM ONT +00:30 Mysuru, Karnataka, India Lat 22-315-708-74 L77/DR/24 10:38 AM ONT +00:30

The students from the Sociology Department participated in International Youth Day celebrations on August 27<sup>th</sup> at Vijnan Bhavan, Manasagangotri, Mysuru. They engaged in a street play and competed in a poster-making contest.

# "Campus Vibes: A Glimpse into Our College Life"

Through the eyes of: Nisarga S M B.sc Nandhitha B.sc



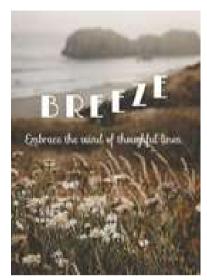




# STUDENT'S VOICE

# The Feeling of Breeze-E-Excellence: Unlocking Your Path to Excellence"

# **BCA**



- Suvaiba Hanzala I feel like something's lacking, but what? My words vanish like ephemeral energy. I fear losing friends and not making my parents proud. Am I saying 'yes' to everyone? Do I act too innocent? I feel taken advantage of, like a weirdo. Should I return to comfort? But I was never comfortable. This discomfort, or "FOMO," can be addressed through "The Feeling of Breeze-e-Excellence" - living with purpose, not chasing emotions. I've started embracing each moment with gratitude and positivity. We crave human connection, but often settle for survival, not truly living. My daily routine is a perfect example: wake up, brush teeth, get ready, eat, attend college, eat again, sleep, and repeat. This monotony highlights our need for meaningful connections and purpose.

Let's transform this routine into an empowering experience. Here's my revised daily schedule:

- I wake up with gratitude, thankful for a new day.
- I brush my teeth, smiling at my reflection, embracing my individuality.
- I get ready, wrapping myself in self-love and acceptance.
- I savor breakfast, expressing appreciation for the nourishment.
- I attend college, feeling purposeful and engaged.
- I return from college, having shared laughter and insights with friends.
- I enjoy my evening meal, mindful of the blessings in my life.
- I drift off to sleep, acknowledging today's accomplishments, releasing regrets, and embracing a peaceful rest, knowing I truly lived today.

Foolishness can be beneficial, but perfection is not. Your current thoughts are positive. Walking through familiar streets isn't easy, but becoming strong for small victories, knowing the storm will come, is crucial. It's okay to be imperfect. Humans are good, but they aren't always good humans. Free yourself rather than trying to heal yourself. Atrocious things are pulling us down, but never be afraid to defeat them. My friend, you are here to succeed. "Life is all about us, not I." This is the feeling of breeze-e-excellence.

### **ALWIN**

### BA- JOURNALISM

### ANSWER IN THE QR CODE





## Here are 09 tricky riddles for you:

- 1. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?
- 2. The more you take, the more you leave behind. What am I?
- 3. I'm not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
- 4. The person who makes it sells it. The person who buys it never uses it. What is it?
- 5. I have keys but no locks. I have space but no room. You can enter, but you can't go inside. What am I?
- 6. What has a heart that doesn't beat?
- 7. The person who owns it knows it the least. What is it?
- 8. I can be cracked, made, told, and played. What am I?
- 9. The more you cut, the bigger I grow. What am I?

# Special Thanks

Rev. Dr. Lourdu Prasad Joseph – Rector

(St.Philomena's Educational Institutions)

Rev. Fr. GnanaPragasam – Administrator Rev. Fr. David Sagayaraj S. -

Assistant to Rector

Dr. Ravi JD Saldanha – Principal

Mr. N. Nagaraj Urs - Vice Principal (Academics)

Mr. Ronald Prakash Cutinha - Vice Principal

(Administration)

# STUDENT'S VOICE

# **INTERVIEW**

### CHUKKI BA- JOURNALISM

Dr. Seetha R, Head of the Tamil Department at St. Philomena's College, has been conferred the prestigious National Excellence Award by the Xavier Board of Higher Education for her exceptional research contributions. Her academic achievements are impressive:

- M.A. in Tamil
- Ph.D. in Linguistics with Statistics
- M.A. and M.Phil. In English
- M.A. in Psychology
- M.A. in Sociology
- Diplomas in Linguistics, Journalism, and Kannada

Notably, she has translaed the esteemed Tamil grammar book "Nannul" into Kannada. Dr. Seetha R. has published over 150 papers in international and national seminars, receiving numerous awards from private organizations. She has presented papers globally, including in Malaysia, Singapore, Geneva, and Abu Dhabi. Her poems and literary talks are available on YouTube, courtesy of outlets like Germany Air Station, the UK, the Netherlands, and Surya TV."



### Ma'am, could you share some insights about your childhood?

I experienced significant transformations during my college days. As a student, I had a passion for writing poetry. During my time at All India Radio, I was interviewed by officials and responded fearlessly, showcasing my knowledge. I didn't feel any fear at that time. Many people recognized my talent for writing poetry and suggested I pursue an M.A. in Tamil, which I did. I also completed a diploma in journalism and had the opportunity to interview Governor Sadik Ali.

### What inspired you to pursue your accomplishments, and who has been your role model?

As a young girl, I idolized doctors and felt a sense of fulfillment just by seeing them. I would daydream about becoming a doctor and wearing a white coat - a dream that still resonates with me today. One doctor, Dr. Ponnamma, stood out to me as an exemplary model of kindness and humility. Even now, I feel a deep sense of admiration and respect whenever I see a doctor. Although I didn't become a doctor, I find inspiration in everyday life. I embrace a growth mindset, always learning from each experience and absorbing knowledge like a sponge.

### What advice would you give to young girls striving to achieve their dreams?

Be authentic and true to yourself. Remember, role models can evolve over time. It's okay to re-evaluate and change your role model if their ideologies no longer align with yours. Don't hesitate to seek new inspiration if needed. You can find inspiration in any profession - from a tailor to a carpenter to an electrician. Every job has its unique beauty, so keep exploring until you find someone who sparks your passion. You can have multiple goals; once you achieve one, move on to the next. If a particular goal seems impossible, explore alternative paths and try a different approach.

### Stepping Stone to Success: My Unforgettable First Day of College

### Hema, BTBMB

My first day at college was truly enjoyable. The campus was spacious and picturesque, with an abundance of lush greenery. The faculty members were exceptionally kind and welcoming. I found the biochemistry class engaging, thanks to the professor's effective teaching style. The English class was particularly delightful, as the instructor made the lecture both informative and entertaining. Throughout the day, we navigated between classrooms for each subject, a nobel experience for me. The campus library was impressive, offering a vast array college had a cafe and canteen with diverse food options. By the end of the day, I had already formed connections with some new friends. Overall, my first day at college exceeded my expectations.

### S. Kwaja Ahemad Husain, BTBMB

My first day at college was a resounding success. The campus, with its sprawling greenery, made a great first impression. The faculty members were warm and welcoming, putting me at ease. I found the biochemistry class engaging, thanks to the professor's clear and concise teaching style. The English class was a highlight,

both informative and entertaining. Navigating between classrooms for each subject was a new experience, but I managed with ease. The campus library, with its vast resources, left me impressed. The college cafe and canteen offered a diverse range of food options, catering to various tastes. By the end of the day, I had formed meaningful connections with some new friends. Overall, my first day at college exceeded my expectations.

### Simran, BCA

of resources for studying. Additionally, the As I stepped into the campus as a first-year by choosing BCA - a field entirely differ-BCA student, a mix of emotions swirled in- ent from my previous studies. However, my side me - excitement for new adventures, concerns were quickly alleviated when I nervousness about meeting new people, and a hint of uncertainty about what lay ahead. Taking a deep breath, I slung my backpack over my shoulder, symbolizing my readiness to tackle challenges and seize opportunities. With a map in hand and determination in my heart, I made my way to my first class, eager to embark on this new chapter. I was ready to embrace the unknown, form lasting connections, and create memories that would have a lasting impact. The campus, with its vibrant tential, and make the most of the opportuatmosphere and state-of-the-art facilities, nities that lie ahead.

with the instructor making the lecture seemed to promise growth, learning, and self-discovery. I felt a sense of belonging, knowing I was about to become part of a community that would shape me into a skilled professional and compassionate individual.

### Arshiya Khanum, BCA

My first day at St. Philomena's College was a memorable experience, filled with excitement and new encounters. Initially, I felt apprehensive about adapting to a new environment, particularly since I come from a non-CS background and had taken a leap met the principal and lecturers, who radiated warmth, friendliness, and unwavering support. Their welcoming demeanor instantly put me at ease. As I continue to attend classes, I'm convinced that joining St. Philomena's was a wise decision. The college's nurturing atmosphere, coupled with the faculty's expertise and encouragement, has already begun to instill in me a sense of confidence and belonging. I'm eager to embrace this new chapter, explore my po-

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