

Limited edition unlimited abilities

LFDG'S

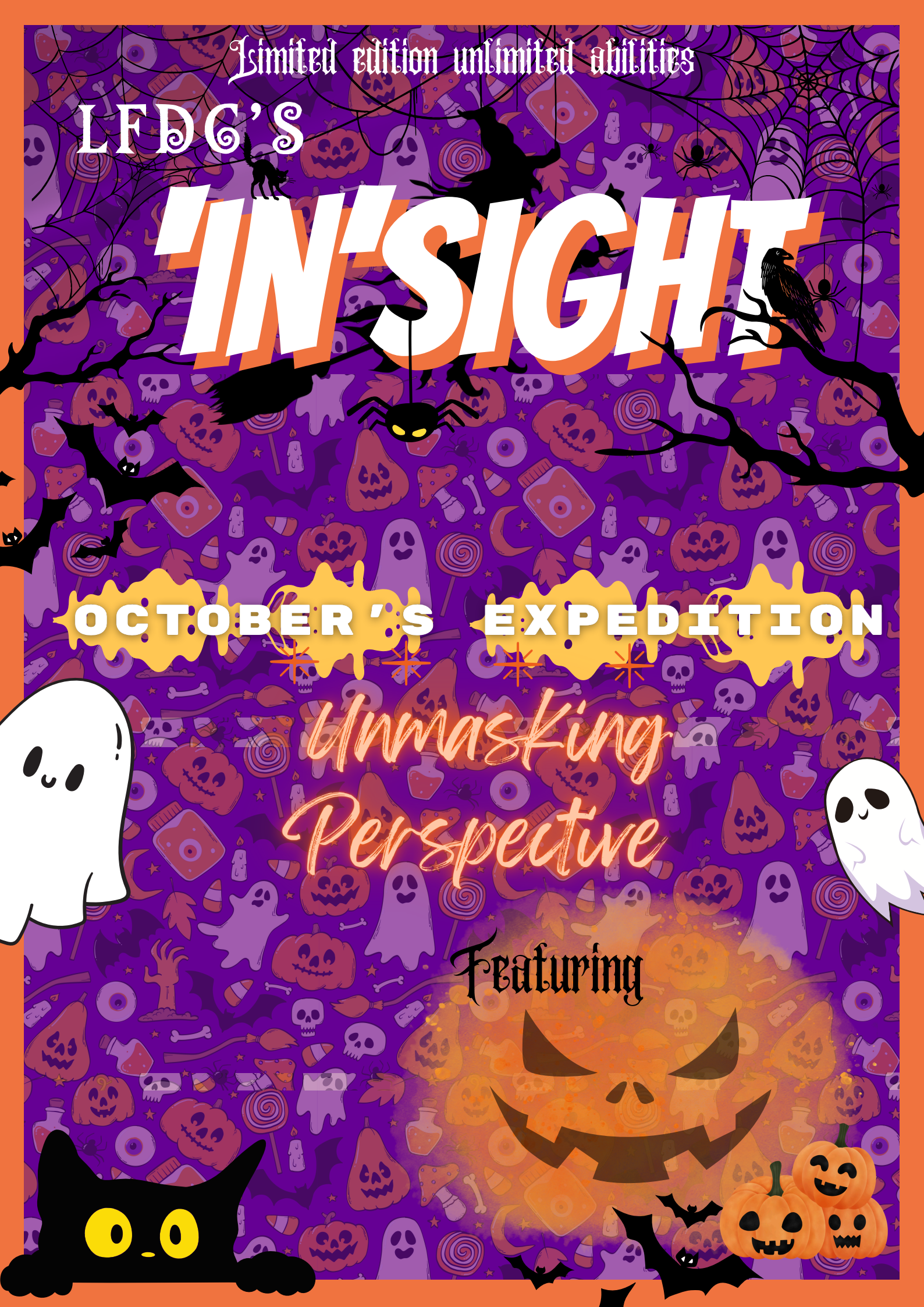
# 'IN'SIGHT

OCTOBER'S

EXPEDITION

*Unmasking  
Perspective*

Featuring





# VISION

Quality education that fosters academic excellence , Value enrichment and social responsibility , which promote holistic development , inclusivity and nurture individuals who contribute positively to society.

# MISSION

Cultivate academic excellence, in-still ethical values that promote integrity, social responsibility through community engagement and prepare individuals through community to navigate the challenges of the dynamic world and foster holistic development by embracing diverse perspectives.

# CORE



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# Editor's Note

**DEAR READERS,**

**WELCOME TO THE OCTOBER EDITION OF 'IN'SIGHT,' TITLED 'OCTOBER'S EXPEDITION'. THIS MONTH, WE EMBARK ON A JOURNEY OF 'UNMASKING PERSPECTIVES'. AS STUDENTS, OUR VIEWS ARE SHAPED BY OUR DIVERSE EXPERIENCES, ENVIRONMENTS, AND THE PEOPLE AROUND US. IN THIS EDITION, WE EXPLORE THE CULTURAL RICHNESS AND VARIED VIEWPOINTS THAT DEFINE US.**

**WITH FESTIVALS LIKE NAVRATRI, DUSSEHRA, AND HALLOWEEN, OCTOBER HIGHLIGHTS HOW CULTURAL DIVERSITY FOSTERS UNIQUE PERSPECTIVES. THESE CELEBRATIONS BRING VIBRANT TRADITIONS, RITUALS, AND STORIES THAT INFLUENCE HOW WE PERCEIVE THE WORLD.**

**THROUGH INSIGHTFUL ARTICLES, ARTWORK, REPORTS, AND CREATIVE EXPRESSIONS, WE UNCOVER HIDDEN LAYERS OF THOUGHT, PERSONAL NARRATIVES, AND THE INTERSECTIONS OF CULTURE, IDENTITY, AND COMMUNITY.**

**JOIN US AS WE UNMASK PERSPECTIVES, IGNITE MEANINGFUL CONVERSATIONS, AND FOSTER DEEPER CONNECTIONS BY EXPLORING THE UNSPOKEN, UNCONVENTIONAL, AND UNEXPLORED.**

**HAPPY READING!**

**TEAM 'IN'SIGHT.'**



# NAAC peer team visit

LITTLE FLOWER DEGREE COLLEGE WELCOMED THE NAAC PEER TEAM ON 11TH AND 12TH SEPTEMBER. THE CAMPUS WAS BEAUTIFULLY DECORATED FOR THE OCCASION. STUDENTS SHOWCASED THEIR ACADEMIC PROJECTS AND MODELS TO THE TEAM, HIGHLIGHTING THEIR INNOVATIVE WORK. IN THE EVENING, A CULTURAL EVENT WAS ORGANIZED WHERE STUDENTS PERFORMED A VARIETY OF DANCES REPRESENTING DIFFERENT INDIAN CULTURES, ADDING VIBRANCY TO THE EVENT.





# WISDOM AWARD

**CONGRATULATIONS TO BROTHER JOHN KALLARACKAL ON RECEIVING THE PRESTIGIOUS WISDOM AWARD 2024, BESTOWED BY THE INTERNATIONAL MONTFORTIAN EDUCATIONAL FORUM, IN RECOGNITION OF HIS OUTSTANDING CONTRIBUTIONS TO THE FIELD OF EDUCATION.**



## TEACHER'S DAY

**LITTLE FLOWER DEGREE COLLEGE CELEBRATED TEACHERS' DAY ON SEPTEMBER 5 WITH CULTURAL PERFORMANCES BY STUDENTS, EXPRESSING GRATITUDE TOWARDS THEIR TEACHERS. MR. RAVI, THE CHIEF GUEST, ADDRESSED THE GATHERING, EMPHASIZING THE ROLE OF TEACHERS IN SHAPING STUDENTS' LIVES. THE EVENT CONCLUDED WITH A NATIONAL ANTHEM.**





# WHAT AM I?

- I'M SOFT AND WARM, A PERFECT COVER WHEN COLD. YOU CURL UP UNDER ME AS STORIES UNFOLD. WHAT AM I?
- I GATHER FOOD TO PREPARE FOR THE COLD, BUT I'M NOT A HUMAN, I'M SMALL AND BOLD. WHAT AM I?
- I'M A POPULAR FALL FRUIT, ROUND AND RED OR GREEN. I TASTE GREAT IN PIES, AND SOME SAY I KEEP THE DOCTOR AWAY. WHAT AM I?
- I FALL BUT NEVER GET HURT. I CHANGE COLORS, BUT I AM NOT A CHAMELEON. WHAT AM I?
- THE MORE YOU TAKE, THE MORE YOU LEAVE BEHIND. WHAT AM I?

## ***KNOW THE ROPES, LEARN THE ROPES***

1. Falling for something – It means to develop a strong affection for something and it also means being deceived or tricked by something, often because it feels believable. It plays on the imagery of leaves falling in autumn!
2. Bite the bullet – To face a difficult situation with courage, like a vampire's bite! It's often used to motivate people to face difficult situations rather than avoiding them.
3. Turning over a new leaf - This phrase captures the essence of autumn. It means making a fresh start or changing one's behavior for the better. It can symbolize new beginnings as the year starts to wind down.



# HOW TO DIY Floral Pattern Pumpkin

Artfully arrange cleaned and dried pumpkin seeds with an acorn top center on a classic orange pumpkin.

## Materials required:

- . Pumpkin
- . Pumpkin seeds
- . Acorn
- . Crafts paper
- . Acrylic paints
- . Paint brushes
- . Hot glue



## Steps To Follow:

1. **Choose your pumpkin:** Select a smooth pumpkin with a nice shape.
2. **Clean the surface:** Wipe it down to remove dirt.
3. **Design your pattern:** Sketch a floral design on paper or use stencils
4. **Transfer the design:** Lightly outline your floral pattern on the pumpkin with a pencil.
5. **Paint the base colors:** Start with the lighter colors first; paint the larger areas of your design. Allow the paint to dry before applying additional layers.
6. **Add floral design:** Add extra details using the crafts paper as parts of flowers like petals and leaves. Layer different colors to create depth and interest.
7. **Finalize your design:** Once your satisfied with the painting and extra details, finalize it.
8. **Seal your pumpkin:** After everything is dry, spray a clear acrylic sealer to protect your design from moisture and wear.
9. **Display:** Find a nice spot to showcase your pretty floral pumpkin!



# BEAUTY OF FRENCH

## One word at a time

"Déjà vu" is a French word which means a feeling of having experienced something before, even though it is happening for the first time.

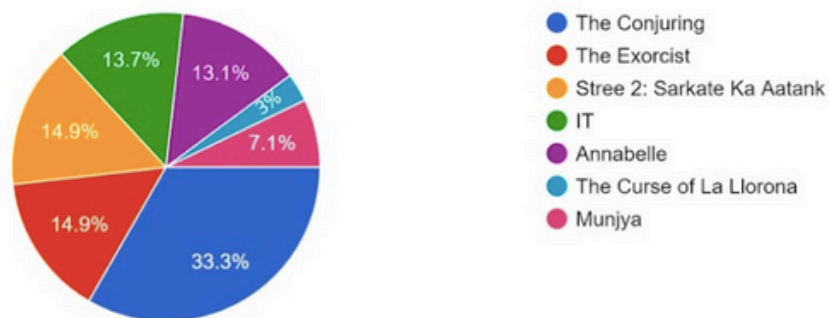
*Example in a sentence :*

*'Je suis entré dans la pièce et j'ai immédiatement ressenti une impression de déjà-vu.'*

*Translation: 'I entered the room and immediately felt a sense of déjà vu.'*

## BEST HORROR MOVIE

BEST HORROR MOVIE





# ARTICLES

## Book Review

### Blue Sisters by Coco Mellors

Avery, the typical eldest daughter, is a strait-laced lawyer living in London who is hiding a secret that can undo her perfect life.

Bonnie, the second sister, is a boxer but, following a devastating defeat, has been working as a bouncer in LA.

Lucky, the rebellious youngest among the four, is a model whose hard-partying ways are finally catching up to her.

Nicky, the beloved third sister among them, whose unexpected death left Avery, Bonnie, and Lucky reeling.

Blue Sisters follows the three remaining sisters who are reunited in New York, a year later after Nicky's death, to stop the sale of their childhood home.

All Sisters are well accomplished and successful individuals who are each struggling with complex emotional troubles. The novel poignantly showcased themes of grief and addiction in many forms, especially the special bond between sisters.

The portrayal of each sister is unique, yet at the same time we can sense the familiarity between the characters. It's heartwarming to see the character development that each sister goes through by the end.

Overall, Blue Sisters by Coco Mellors is a promising read and worth your time!



Rejoice Mrinmoy  
BA 3 psy

### The Gift of Second Chance

Life isn't always perfect; we stumble and we fall, but second chances come to us, a gift to one and all. They whisper softly in our ear, "It's not the end, my friend." A chance to rise, to try again, and broken hearts to mend.

In every second chance we find, a lesson to be learned, A path to take, a bridge to build, a corner to be turned. Forgiveness blooms within our hearts, like flowers in the spring. It heals the wounds, mends the scars, and makes our spirits sing.

Second chances teach us grace, to see beyond the past, to cherish every moment, and to make each one last. They show us that we're stronger than we ever thought we'd be, and in the light of new beginnings, we find our destiny.

So when you face a setback or feel you've lost your way, remember that a second chance is just a breath away. Embrace it with an open heart, and let your spirit soar. For in the gift of second chances, we find so much more.



Rashmi  
BBA 3



# UNMASKED PERSPECTIVES

## A view on Solitary

What could solitude possibly mean to anyone? A feeling of being left out? Or is the only chance they get to savor themselves? While some of us think of all such possibilities and have thoughts such as 'Solitude is endurance,' an exceptional amount of people make it the way of their lives. Lifestyle seems easy for them when alone. It may not be hard for them to be socially available, but they may face great difficulty even at the thought of breaking their walls of solitude and sharing themselves with others under a roof, letting a person else than themselves fully see how they live; predominantly, it can always be the fear of attachment to the most materialistic being of the world, 'people'. It is often remarked that people aren't meant to stay forever; may the reason behind be toxicity within and around us, human flaws, the games of time, or even death.

Solitary is a journey of meditation, healing, and self-exploration where one can experience immense love and care towards themselves and everything of their capability. They could have plenty of quality time to themselves, which certainly helps them to understand what they want and how they want to work for their survival. Solitude is a complex bundle of emotions, encompassing self-satisfaction, self-indulgence, and the embrace of peace. Yet, these emotions can feel lifeless when overshadowed by other preferred desires, which may lead to addiction, greed, or even the development of sinful cravings. Throughout the journey of solitude, one finds happiness in a bag full of convincing conclusions and answers to long-held, unanswered questions. Are you ready to know yourself better?



Ramya Sri  
B.COM 2B

## ONE DARK WINDOW

This book is one of the Shepherd King series. Elspeth spindle is taken away from her home when she contracts the infection that comes in the night, granting magical powers to people who survive it. She is sent to her aunt's home, which is deep in the woods. Away from people. She seemingly is unaffected by the infection, but after touching a magic card, Elspeth can from then on hear the voice of a strange creature in her mind, who chatters away speaking in eerie riddles and poems. She calls him The Nightmare. Magic other than the use of the cards is outlawed in this kingdom. Thus her journey to free herself of this curse begins.



This book features a very unique magic system, which, paired with the dark and eerily rhythmic writing, creates an atmosphere of mystery, danger, and secrets. The book has a fairytale-like quality, which gives it its charm.



Vamsi Phanindra  
BSc MSCs 3



# WORLD MENTAL HEALTH DAY

OCTOBER 10th



Monika G  
BA 3

Every year on October 10th, World Mental Health Day is observed. On this day, we commemorate the importance of mental health awareness, education, and support. World Mental Health Day was first celebrated on October 10th, 1992, by Richard Hunter, the Deputy Secretary General of the World Federation for Mental Health. This day serves as an opportunity to reflect on the challenges faced by individuals living with mental health conditions and to advocate for a more compassionate, inclusive society.

Mental health issues affect millions all over the world, yet the stigma surrounding them obstructs access to psychological care, making it difficult for those in need to seek help. In many low- and middle-income countries, over 75% of individuals do not receive any form of treatment, which highlights the disparaging gap in access to care. A significant number of employees report feeling overwhelmed by stress and anxiety at work, yet many organizations lack an effective mental health support system. Recent studies show that mental health conditions, such as anxiety and depression, have surged, especially among young people, exacerbated by the pressures of social media and the aftermath of the pandemic.

This year's official theme of World Mental Health Day is 'It is Time to Prioritize Mental Health in the Workplace.' As we reflect on this year's theme, it's clear that fostering a supportive environment is necessary for the well-being of employees and organizations.

Let's come together to break the stigma around mental health, remembering that 'it's okay not to be okay' and that seeking help is a sign of strength.

## POEM

Mann mai ek baath aayi,  
Ekraar ki hai raath aayi  
Dar tha aapke inkaar se,  
Isliye kabhi kuch keh na payi!!



Poojitha A  
BA 2

Inkaar Karthe Karthe  
Ikraar kar gye  
Jho hum sochthe reh gye  
Vo aap hakikath mak kar gye!!!



# MOVIE REVIEW

## STREE 2

**Stree 2: Sarkate Ka Aatank** is a comedy horror movie in Hindi directed by Amar Kaushik, written by Niren Bhatt, and produced by Maddock Films and Jio Studios. This film is part of the Maddock Supernatural Universe and acts as the sequel to **Stree** (2018).

The cast includes Rajkummar Rao, Shraddha Kapoor, Pankaj Tripathi, Abhishek Banerjee, and Aparshakti Khurana.

**Stree 2** delves into themes like patriarchy, gender roles, and community. It critiques patriarchy by showing how societal norms influence behavior and relationships. The movie challenges gender stereotypes, emphasizes women's strength, and portrays male vulnerability, questioning traditional masculinity ideals. It prompts a rethink on the definition of masculinity. The film emphasizes the role of community in supporting both men and women, suggesting that collective strength can challenge patriarchal norms.

Coming to the comedy and horror aspects, the film skillfully blends horror and comedy, creating a unique viewing experience. In the film, the presence of a vengeful spirit creates tension and fear, drawing on local folklore to establish a chilling atmosphere. Alongside the Witty banter and comedic timing to lighten tense moments, it uses humor to critique serious topics, such as patriarchy and gender roles, making the themes accessible and engaging.

The film features eccentric characters whose absurd reactions to fear provide comic relief.

I particularly enjoyed how they incorporated additional characters from the Maddock supernatural universe. The incorporation of the post-credit scene from another film links the universe together and establishes a clear timeline for the cinematic universe, unifying it all under one umbrella.

The inclusion of the item song had a meaningful purpose and contributed to the plot rather than just being a typical casual item number.

**Stree 2** is the much anticipated sequel to the 2018 horror-comedy "Stree." The film skillfully blends comedy, horror, and social commentary, making it a memorable and cinematic experience for a wide range of audiences. It also delves deeper into the lore of the original film. **Stree 2** is definitely a movie worth watching!



Pamela Gabriella  
BA 3 Psy



# ARTIST'S FINEST



Harshini Akode  
BBA - 2A



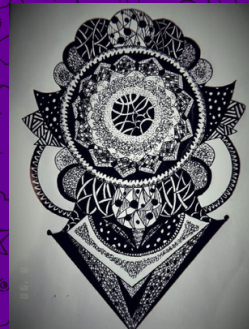
Rupika  
Alumni



Anonymous



Ramya  
B.Com Hons - 3



# SNAPSHOT



Akshitha Birudhuraju  
BBA - 2A



K. V. Abhinav  
BBA - 2A



V. Manasa  
B.Com Hons - 3



Venkata Sai Krishna  
BBA - 2B



## HABIT LOOP

*Radiance starts with self-care  
To establish a habit for skincare,  
Skincare is more than just a beauty routine; it's a form of  
self-care. Taking time to care for your skin can boost your  
confidence, also helps you feel more comfortable in your own  
skin. Regular skincare helps maintain hydration, protect  
against environmental damage, and can even improve skin  
tone. Additionally, the act of applying products can be a  
mindful practice, offering a moment of relaxation and stress  
relief in a busy day.*

## WINNER OF PREVIOUS MONTH'S GAME



*Allen Brian*  
**BBA - 3A**



# Promised Forever

old and wrinkled  
don't remember a thing  
i don't remember to sleep  
don't remember to eat

who are all these faces  
saying my name  
calling out to me  
they don't sound like her

all i remember is her  
her face  
her touch  
her voice  
my wife just as wrinkled as me  
the black of her hair is now silver  
but those crooked teeth still look like her  
my beautiful girlfriend  
my beautiful wife

when we said forever  
we promised a lifetime  
now i'm 81  
and now i keep forgetting faces  
but you're the only one on my mind



Sai Shreshtha  
MSCS - 3



Allen Brian  
BBA - 3

# I run , I escape

I run, I escape  
I hide away from the scatter of lights  
In the waves of darkest ocean nights  
Vulnerable to the moments i capture  
Monochrome to the colors of rapture

I run, I escape  
Down the lane where I am stranger and lone  
Pelting scars at my heart turned to stone  
Where the roads are midnight blue  
And the puzzles leave no clue

I run, I escape  
In the visions of past  
Burning the pages of last  
From the dusk that locks in dreadful dreams  
Until the dawns that free from searing screams

## LIFE CLUB & THE EXHIBITION

On 28th September The Life Club at Little Flower Degree College hosted a fun-filled event with food and game stalls, giving students a great opportunity to socialize and enjoy themselves. The exhibition was held to showcase the innovative concepts of students. The event drew students from various colleges, adding a sense of community and energy. One of the main attractions was the thrilling horror house, which had everyone talking and created a buzz of excitement among all who attended.





# Intra Collegiate Cultural Competitions

Little Flower Degree College held its intra-collegiate cultural competitions on the 26th and 27th of September, featuring events like cooking, singing, dancing, and rangoli. Students from various departments participated with enthusiasm, showcasing their talents with confidence. The singing and dancing events captivated the audience, while the cooking and rangoli competitions impressed with creativity and flair. Overall, the competitions encouraged students to step out of their comfort zones, building confidence while also fostering a strong sense of camaraderie, teamwork, and creative expression.



# Intra Collegiate Literary Competitions

On 30th September and 1st October, Little Flower Degree College came alive with a vibrant series of intra-collegiate literary competitions. From cosplay to dialogue writing and meme making, students had a platform to showcase their creativity and unique talents. The energy was contagious as participants from different departments poured their enthusiasm and innovation into each event. The friendly competition brought out the best in everyone, creating an atmosphere of fun, learning, and mutual respect.





# KALIDASA -4th -5th CE

Dear students, Today I bring to you the greatest classical Sanskrit poet and playwright. He lived during the 4th-5th century CE during the golden period of ancient India—the Gupta dynasty.

## Kalidasa: The Quintessential Poet of Classical Sanskrit Literature

Kalidasa, one of the most celebrated poets and playwrights of ancient India, is often regarded as the "Shakespeare of Sanskrit literature." His works, characterized by their exquisite use of language, profound themes, and deep emotional resonance, have had a lasting impact on Indian literature and beyond. Although details about his life remain shrouded in mystery, his literary contributions continue to illuminate the cultural and artistic heritage of India.

### Life and Historical Context :

Kalidasa is believed to have lived around the 4th to 5th century CE, during the Gupta period, a time marked by significant advancements in art, literature, and science. While specific biographical details are sparse, it is widely accepted that he was a member of the royal court, possibly in Ujjain. This environment likely provided him with the inspiration and patronage necessary to create his masterpieces.

### Major Works :

Kalidasa's literary oeuvre comprises plays, poetry, and epics, the most notable among them being:

1. **Shakuntala:** This play tells the poignant love story of King Dushyanta and Shakuntala, a beautiful maiden raised by sages. The narrative explores themes of love, destiny, and the power of memory, culminating in a heart-wrenching reunion. The play is renowned for its emotional depth and is considered one of the finest examples of classical Sanskrit drama.
2. **Meghaduta (The Cloud Messenger):** This lyrical poem narrates the tale of a love-stricken yaksha (nature spirit) who sends a message to his beloved through a cloud. The poem masterfully combines vivid imagery and emotional longing, reflecting the beauty of nature and the pain of separation. It stands as a testament to Kalidasa's ability to evoke powerful emotions through simple yet profound language.
3. **Raghuvamsa (The Lineage of Raghu):** This epic poem celebrates the royal lineage of Lord Rama. Through its intricate narrative and rich symbolism, Kalidasa explores themes of virtue, heroism, and duty, offering insights into the ideal of dharma (righteousness) that pervades Indian culture.
4. **Kumarasambhava (The Birth of Kumara):** This epic poem narrates the story of the birth of Kartikeya, the son of Shiva and Parvati. It is notable for its elaborate descriptions and philosophical underpinnings, reflecting Kalidasa's deep understanding of the spiritual and natural worlds.

### Literary Style and Themes

Kalidasa's writing is distinguished by its lyrical beauty and rich imagery. His ability to weave nature into the fabric of human emotion creates a unique synergy that resonates with readers. His use of metaphors and similes draws upon the natural world, illustrating the interplay between human experience and the environment.

### Conclusion:

Kalidasa's contributions to Sanskrit literature are unparalleled, reflecting a profound understanding of the human condition and an unparalleled mastery of language. His works encapsulate the beauty of love, the profundity of nature, and the complexities of life, making him a timeless figure in the world of literature. As scholars and enthusiasts continue to explore his writings, Kalidasa remains a symbol of artistic brilliance and cultural richness, reminding us of the power of words to transcend time and space.



Ms. Thane  
HOD , Arts



## HEALTH TIP OF THE MONTH:

Bananas not only give you instant energy but also power the brains, help reduce blood pressure and the risk of heart disease, reduce depression, and regulate the bowel system. Po

## SOUL WHISPERER OF THE MONTH:

*Don't just say you have read books.  
Show that through them you have  
learned to think better and to be a more  
discriminating and reflective person.*

## DID YOU KNOW?

- Gold is edible; it is considered 'biologically inert' meaning it passes through the digestive tract without being absorbed.
- Gold leaf with a smaller carat value has more impurities and is less safe to eat.
- If you are careful and buy gold leaf that is clearly labeled as 'edible' and has 22-24 carats, eating gold leaf is harmless.



# List of Important Days in October

1ST OCTOBER-INTERNATIONAL DAY FOR THE ELDERLY

1ST OCTOBER-WORLD VEGETARIAN DAY

1ST OCTOBER-INTERNATIONAL MUSIC DAY

2ND OCTOBER-GANDHI JAYANTI

8TH OCTOBER-INDIAN AIR FORCE DAY

9TH OCTOBER-WORLD POST OFFICE DAY

10TH OCTOBER-WORLD MENTAL HEALTH DAY

10TH OCTOBER-NATIONAL POST DAY

11TH OCTOBER-INTERNATIONAL GIRL CHILD DAY

12TH OCTOBER- DUSSERA

15TH OCTOBER-WORLD STUDENTS DAY

15TH OCTOBER-GLOBAL HANDWASHING DAY

20TH OCTOBER-NATIONAL SOLIDARITY DAY

21ST OCTOBER-POLICE MARTYRS' DAY

24TH OCTOBER-WORLD POLIO DAY

24TH OCTOBER-WORLD DEVELOPMENT INFORMATION DAY

29TH OCTOBER- DHANTERAS

30TH OCTOBER-WORLD THRIFT DAY

31ST OCTOBER -DIWALI

31ST OCTOBER-HALLOWEEN DAY