

LIMITED SPACE, UNLIMITED ABILITIES

LFD&PG COLLEGE'S

# 'In'sight

Marchmellow  
*Tu es belle*

MARCH 2024 EDITION



“

Little Flower Degree & PG College, Uppal is a Catholic Minority Institution established by the Montfort Brothers of St. Gabriel. It was started in 2008 as a part of Little Flower Junior College, Hyderabad. At present the College buildings comprise two imposing Four storied-blocks. Spacious grounds and plenty of greenery all around, give the College an impressive look and create a congenial atmosphere for academic pursuits. The large and numerous classrooms have given rise to a substantial increase in students strength.

We are proud to stand tall and be known as one of the best colleges in the city. It is our endeavor, to move forward with the willing and active co-operation of everyone who is a partner in the blossoming and grooming of "LITTLE FLOWERS".

”

# MEET THE



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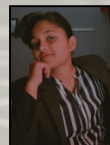


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# Editor's Note

Welcome to the March edition of 'in'sight - 'Marchmellow,' where creativity meets inspiration in every page turn. This month, we celebrate Women's Day with the theme "Tu es belle". Let us honour the beauty of diversity, resilience, and creativity that defines our college.

Within the pages of this edition, you'll find delightful content to spark your imagination and fascinate your senses. From thought-provoking write-ups like the survival guide to conquering Superwoman Syndrome, to captivating book reviews, stunning photographs, and wonderful drawings, there's something to pique the interest of every reader.

In this edition, we delve into the spirit of celebration with articles on the vibrant festival of Holi and the profound significance of Lord Shiva. Our ongoing series, 'Behind the Doors,' continues to unravel intriguing narratives, while the introduction of a new series exploring the enchanting world of musical instruments promises to strike a chord with our readers.

Additionally, we bring you up-to-date with current affairs, celebrate the remarkable achievements of LFDC students, and explore the fascinating concept of the habit loop. And let's not forget the fun-filled section featuring interesting fun facts, engaging games, and a delectable recipe to tantalize your taste buds. We extend our heartfelt gratitude to all the students and lecturers who have contributed their valuable time, articles, artworks, and insights to make this edition possible. Your creativity and dedication enrich our magazine and inspire us all.

As we embark on this journey of exploration and discovery, may the pages of 'in'sight' continue to serve as a source of inspiration, empowerment, and connection for our college.

Happy reading!

Warm regards,  
Team 'In'Sight.



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# The Walten files

“The Walten Files” is a Youtube analogue horror series about the secrets of the mysterious restaurant “Bon’s Burgers” and its animatronics. It follows an investigation into an old restaurant, its owners, and the employees. Here, the viewer has to piece the puzzle of the story together. This series has a very unique, distinct style of animation akin to a very old, low-budget children’s cartoon, which adds to the creepiness a lot. They make use of distorted images and prolonged silences, which create an eerie atmosphere, keeping us on the edge the whole time.

The horror YouTuber nexpo has a great analysis video on this web series, which is about 1 hour and 40 minutes and goes into great detail about this series and its story. However, the fourth episode has been released very recently and is not explored in this video.



**Vamsi Phanindra**  
**MSCS-2**

## KNOW THE ROPES LEARN THE ROPES

1. “As pretty as a picture” - It means very attractive or pleasant to look at.
2. “Stand up for” - It means to support or defend someone or something.
3. “Make one's way” - It means to advance in life or succeed, as by one's efforts.



Women's Day Special!

# Get Grips with Superwoman Syndrome

**"The burden of perfection is the thief of joy." - Brene Brown.**

Imagine it's the peak of the semester. Deadlines around, exams ahead, your part-time job awaits, social commitments, family obligations, and you've got the perfect recipe for a packed schedule, which is nothing but a potential case of "Superwoman Syndrome." It's the constant pursuit of perfection, often seen in women who are navigating the transition from adolescence to adulthood, leading to stress, burnout, and even a decline in well-being. But fear not, young women! Here's your survival guide to conquer Superwoman Syndrome, so you can navigate your academic and personal lives with confidence and resilience:

- ▶▶ Have realistic expectations to set achievable goals while prioritizing tasks based on their importance and feasibility.
  - ▶▶ Treat yourself with the same kindness & compassion you show others in a similar situation. Forgive yourself for any mistakes – they're stepping stones, not setbacks.
  - ▶▶ Learn to say "no" without guilt. Your time and energy are precious. Prioritize activities that nourish your mind, body, and soul, and don't be afraid to decline commitments that drain you.
  - ▶▶ Self-care is your weapon. Choose activities that recharge your batteries, whether it's a meditation session, a walk in nature, or meeting your loved ones. Remember, a well-rested, rejuvenated you is a more productive and happier student.
  - ▶▶ Surround yourself with people who lift you up, not drag you down. Seek guidance from your teachers, mentors, counselors, or friends who understand your struggles. Don't be afraid to ask them for help – it's a sign of strength, not weakness.
  - ▶▶ Make a habit of celebrating your achievements, big or small. Cultivate a mindset of gratitude and positivity, focusing on what you have achieved rather than dwelling on what's left undone. Remember, being you is more than enough. Know and accept your strengths, imperfections, and vulnerabilities. Take a deep breath, prioritize your well-being, and tackle your journey with courage and self-love. Explore campus resources like mindfulness workshops, stress management programs, or counseling services. They help you thrive, not just survive.
- By prioritizing balance and self-care, you can transform your college experience to a fulfilling journey of self-discovery and growth. Remember, you're not Superwoman – you're so much more!

**A.Lakshmi Andal**  
HOD., English



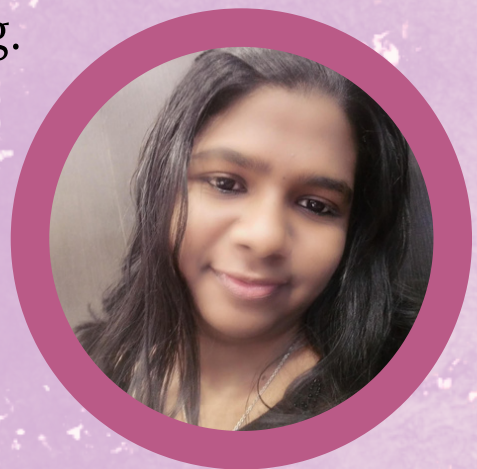
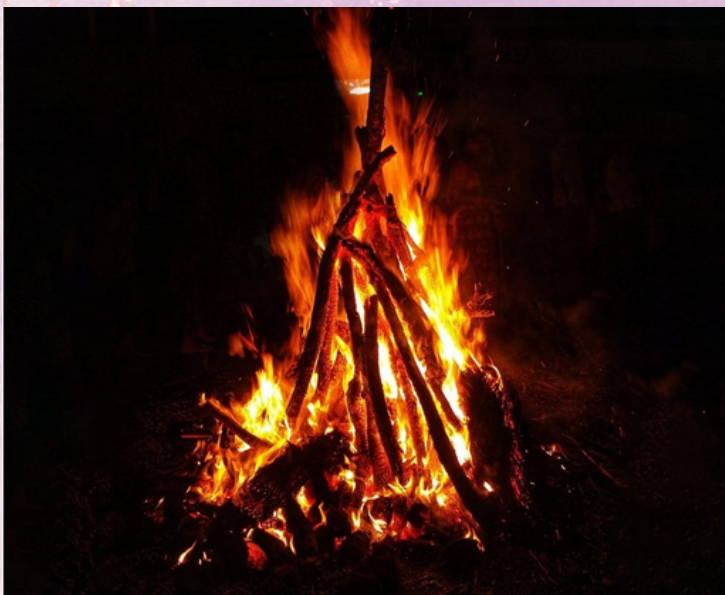


# Holi Festival: A Colourful Celebration

Holi, also known as the Festival of Colours, is a vibrant Hindu festival celebrated across India and in many parts of the world. Typically falling in March, it marks the arrival of spring and the triumph of good over evil.

The festivities begin with a Holika bonfire the night before, symbolizing the burning of evil spirits. On the day of Holi, people gather in the streets and open spaces, armed with coloured powders and water guns. They joyously smear each other with colours, sing and dance to traditional music, and indulge in festive treats like sweets and thandai.

Holi transcends social barriers, bringing people of all ages, backgrounds, and religions together in a spirit of unity and joy. Beyond its cultural significance, it also fosters friendships, strengthens community bonds, and spreads happiness. In essence, Holi is a celebration of life, love, and the vibrant colours of spring.



**Shreya Jayakumar**  
**BBA B-3**



## Episode No.6: Where am I?

The president will come and stop them. He will ask them their purpose of arrival, and they will tell him everything, but people will not believe him as they have found him near a dead body. But I didn't understand why people were dying continuously in this apartment. The police will come and interrogate them, and they will lock them up for robbery. But people are still pointing at me even though I was near them during the murder. Then I heard a loud noise that I was unable to resist, it was a person shouting. Slowly, one by one, they were falling as they couldn't resist the sound. Then I saw a huge fire that was screwing up with tremendous speed, and there was a siren of firefighters and ambulances. I was trying to scan the situation where I was, and I could not find any way to escape...

To Be Continued...



**Naga Varshini**  
BA Psych-1

## Current Affairs

- Microsoft and Skymet companies are collaborating with ITC to address climate challenges in Indian tobacco farming.
- The new bulk deposit limit set by the RBI for large urban co-operative banks is Rs. 1 crore and above.
- There has been a 90% increase in the number of individual taxpayers filing returns from 2013-14 to 2021-22.
- Nina Singh becomes the first woman to be appointed as the director general of CISF.
- Arvind Panagariya, former NITI Aayog vice chairman, has been appointed as the 16th finance commission chairman.
- Chennai has been selected to set up the first and only global capacity centre (GCC) by Adidas in Asia outside of China.
- Gabriel Attal becomes France's youngest and first openly gay prime minister.
- Divyakirti Singh from Jaipur becomes the first woman to be awarded the Arjuna Award in equestrian games.
- Rohit Sharma becomes the first men's player to feature in 150 T20 international matches.



By Regnant Club



# Page of fame



Shriya Sajeesh of BBA 3B secured 1st in corporate walk conducted by St. Pious College

Shriya Sajeesh of BBA 3B secured 1st in open mic by Anurag University national level techno fest



1st prize in the event pop quiz at lab-x (Loyola academy biotechnology) 2k24 conducted on 13th & 14th Feb.

## 20 Students representing LFDC at BITS Hyd. For ANTI DRUG SUMMIT initiated by RKSC



**NAVIGATING THE MAZE**  
TEENAGE BRAINS AND ADDICTION AWARENESS

**INVITATION**  
RACHAKONDA SECURITY COUNCIL  
in collaboration with  
RACHAKONDA COMMISSIONERATE

We cordially invite you to join us for the  
**ANTI DRUG ABUSE SUMMIT - 2024**  
TOGETHER, LET'S FIGHT  
AGAINST DRUG ABUSE FOR A HEALTHIER SOCIETY

**Chief Guest**  
Sri RAVI GUPTA, IPS  
Director General of Police, Telangana

**Guests of Honour**  
Sri SANDEEP SHANDILYA, IPS  
Director, Telangana State Anti-Narcotics Bureau (TSANB)  
Sri K SRINIVASA REDDY, IPS  
Commissioner of Police, Hyderabad  
Sri AVINASH MOHANTY, IPS  
Commissioner of Police, Cyberabad

**Special Guest**  
Ms ERINI FISCHER  
Chief Investigation Officer in US Consulate

**Feb 10th, 2024**  
From 9.00 am onwards  
**Saturday**

**Venue:**  
BITS PILANI  
Hyderabad Campus  
Jawahar Nagar, Shameerpet  
Hyderabad

**Sri G SUDHEER BABU, IPS**  
Commissioner of Police Rachakonda  
Chairman, RKSC

Sri VENKATESH SANGAM  
Vice Chairman, RKSC

Sri SATISH VADLAMANI  
General Secretary, RKSC

Sri GAGANDEEP KOHLI  
Treasurer, RKSC



**ANTI DRUG ABUSE SUMMIT-2024**

**NAVIGATING THE MAZE**  
TEENAGE BRAINS AND ADDICTION AWARENESS

**IMPACT OF COVID-19 ON  
DRUG ABUSE TRENDS  
PANDEMIC  
PROTECTORS**

LITTLE FLOWER DEGREE AND PG COLLEGE, UPPAL





1st prize in the event Natrang skit contest, 1st prize in Cooking without fire, 3rd prize in Marketing event, 2nd prize in Poem recitation at St. Joseph's Degree & PG College

# One Day Outing to WonDerla





# Alumni Meet 2024



The recent alumni meet was a vibrant convergence of past and present, where graduates reunited to reminisce and celebrate shared experiences. From heartfelt exchanges to insightful discussions, the event consisted of the conduction of many exciting events like the crowning of Mr. and Ms. Alumni, many fun games followed by rocking DJ Night.



# Identifying iconic Bollywood movies with their English translation

1. Fearless
2. I found the gem of love
3. You don't know nor do I know
4. Riddle
5. As long as there is a life
6. The heart is craz
7. Own country
8. May harmful sight not fall on you
9. Never say goodbye

Answers to be revealed in the next edition!

## Chocolate Banana Bread

### INGREDIENTS

- 3 bananas, ripe
- 2 eggs
- 60 g nut butter
- 2 tsp. baking powder
- 50 g chocolate chips
- 50 g cocoa powder
- 150 g of oat flour
- 1/4 tsp. sea salt
- 70 g sweetener, granular
- 1 teaspoon vanilla extract



**Nitish  
BBA B-3**

**Step 1:** Make a smooth banana mixture. In a mixing bowl, mash three bananas until they are completely smooth. Stir the butter and eggs into the banana mixture. Add now the sweetener, vanilla extract, and salt. Stir the wet mixture with a whisk for two minutes.

**Step 2:** Stir in oat flour, cocoa powder, and baking powder. Give it a good stir, then add your favorite chocolate chips.

**Step 3:** Bake and let cool. Pour the banana bread batter into a loaf pan. Bake in a hot oven for 30 to 40 minutes, or until a toothpick inserted into the center of your oil-free banana bread comes out clean. Finally, remove from the oven and let cool for about 15 minutes before slicing and our recipe is ready.

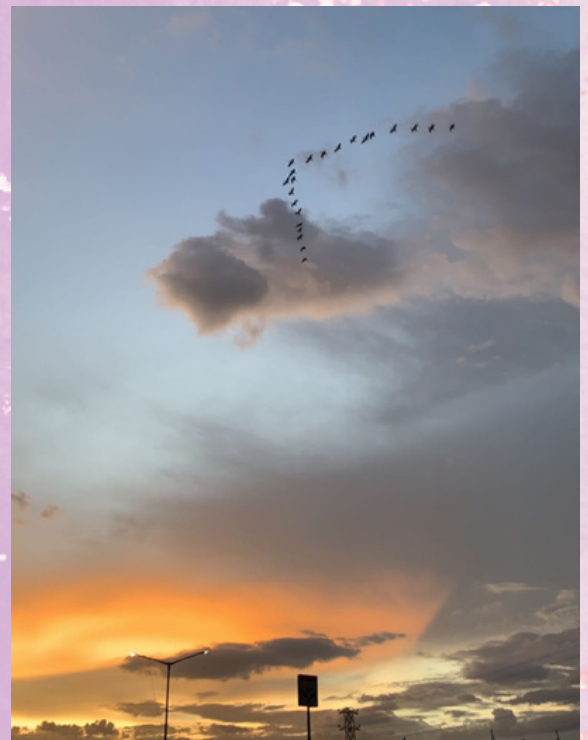


# Snapshot



**Sai Preethi**  
**BBA B-3**

**Nitish**  
**BBA B-3**



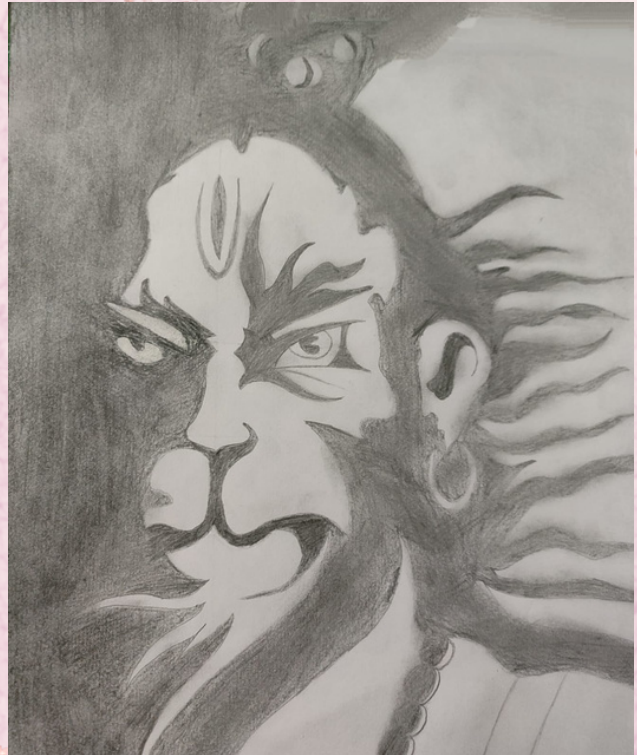
**Nikhila**  
**BA Psych-1**



**U AbhiJeeth**  
**BBA B-3**



# Artist's finest



**Ananya Sahithi**  
**B. Com Hons-2**



**P Yamini**  
**B. Com Hons-2**



**P Vaishnavi**  
**B. Com General-2**



## Review of "MockingJay" by Suzanne Collins

Mockingjay by Suzanne Collins is a gripping conclusion to the Hunger Games trilogy. Set in a dystopian future, the story follows Katniss Everdeen as she becomes the symbol of rebellion against the oppressive Capitol. The novel delves deep into themes of power, propaganda, and the psychological toll of war. Collins skillfully explores the complexities of human nature, depicting the moral ambiguity of both the rebels and the government. The pace is relentless, keeping readers on the edge of their seats until the final page. While some may find the ending bittersweet, it remains true to the harsh realities of the world Collins has created. "Mockingjay" is a thought-provoking and emotionally charged conclusion that solidifies the trilogy's status as a modern classic in young adult literature.

Overall, I would like to give this gripping finale 4.5/5 stars.

Gayatri Ramanan  
BBA B-3



## चित्रम् दृष्ट्वा शब्दं पूरयत

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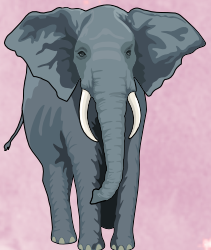


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# Regnant Club

## A trip to Buddhavanam by the Regnant club

Regnant club has organised a trip to Buddhavanam and Nagarjuna Sagar Dam on 3 February, 2024. The journey started in the morning at 9 am.

Buddhavanam is a Buddhist theme park. It consists of beautiful sculptures, carvings and statues of Buddha and the whole arena was filled with a positive and relaxing vibe. The Maha Stupa as shown in the picture was a rather relaxing and wonderful attraction of the Buddhavanam. Nagarjuna Sagar Power House is the place where the generation of power takes place. On a whole it was a meaningful trip, that helped us gain knowledge of Buddha's life and experience a peace like never felt before. In addition to that ,we also visited the Nagarjuna Sagar Power House , where we could see the machines which helped in the generation of electricity . we ended the day on a nice trip around the reservoir on a boat. We returned to college around 9pm.





# M.O.U.s:

## LFDC with Maris Stella College, (AP)

Life science students presenting at Maris Stella College, Vijayawada on science day (28.02.24)



## LFDC with Salesian College, Siliguri & Sonada (WB)



The Mass Communication and Journalism Department LFDC organized a student culture exchange program as a part of their MOU in collaboration with Salesian College, Siliguri and Sonada, Darjeeling from 20/02/2024 to 28/02/2024. The trip aimed to provide students with exposure to different cultures. At Salesian College Siliguri, they explored the campus and participated in cultural activities. While at Sonada Salesian College students engaged in interactive sessions, the program offered students a rich experience, fostering cross-cultural understanding and promoting diversity. It was a successful journey, enriching students' perspectives and fostering meaningful connections.





# Symbolism behind the form Shiva

## 1) Moon

Wisdom is beyond the mind, but it needs to be expressed with a tinge of mind, and this is symbolized by the crescent moon.

## 2) Snake

The snake symbolizes alertness. To express this state of consciousness, a snake is shown around Lord Shiva's neck.

## 3) Trident

Trishul signifies that Shiva is above all three states of waking, dreaming and sleeping, yet he upholds all three states.

## 4) Third Eye

Alertness, knowledge, and wisdom are all related to the third eye.

## 5) Drum

symbolizes the universe, which is always expanding and collapsing. From an expansion, it collapses, and then it re-expands; this is the process of creation.

## 6) Bull

is a symbol of dharma (righteousness). Lord Shiva riding on the bull means that when you are truthful, the infinite consciousness is with you.



Sandeepthi Kulkarni  
BTMC-3

## HABIT LOOP



WOMEN'S HAPPINESS: TAKE CARE OF OURSELVES,  
PRIORITIZE OUR HEALTH ETC

To get up every day with a beaming grin on your face,  
feeling an immense sense of appreciation and  
thankfulness for all that you are and all that you have.

It's a sensation that fills you with happiness and sets  
the stage for the rest of your day!

We should always feel happy within ourselves and  
appreciate our worthiness.



# Tabla

- Tabla has been discovered by the popular drummer Amir Khusru in 18th century.
- One more assumption from Indian mythology is that Lord Ganesha, once he was playing the Pakhawaj, accidentally dropped it to form tabla.
- This instrument is played in the northern parts of India, mostly in Maharashtra.
- It is a part of Indian classical Hindustani music.
- Tabla is derived from the Arabic word tabl, which means the instrument that is facing upwards with a flat surface.
- The syllables that are used in tabla are mostly from the Pakhawaj (musical instrument –Hindustani).
- Tabla consists of two drums, one called “Daayan” and the other called "Baayan.”
- Each of these drum-like structures is made of hollowed-out wood and clay.
- The middle part of both of the dums is black in color and is made of iron particles, clay, and water, which is called syahi.
- The syllables played on Daayan are ta,na thita, etc., and on Baayan are kath,ge, ke, and with both Daayan and Baayan, the syllables played are Dha, dhi, et al
- Different scales of tablas are arranged, like “Sa Ri Ga Ma Pa Da Ni Sa,” and songs are played, which we call tabla tarang.
- Eminent percussionists who are the legends in Tabla are Ustad Zakhir Hussain, Ustad Allah Rakha, Pandit Kishan Maharaj, Ahmad Jan Thirakwa, many more.
- The tabla is accompanied by all the other musical instruments, like string instruments (santoor,sitar) and wind instruments (flute, shehnai).
- The table is played as a solo, where the tablist will start with Peshkaar, Kayadas, Mukhdas, Tukdas, and Paran Rela and end the solo with Tihai (played three times).
- Tabla is a unique instrument in Hindustani that is played with Kathak dance.
- In modern days, tabla is played in fusion music also.



**Vijay Bhaskar**  
Dep. Computer



# Mark Your Calendars

**March 1, 2024: Zero Discrimination Day**

**March 8, 2024: International Women's Day**

**March 14, 2024: International Pi Day**

**March 15, 2024: World Consumer Rights Day**

**March 20, 2024: International Day of  
Happiness**

**March 21, 2024: International Day for the  
Elimination of Racial Discrimination**

**March 22, 2024: World Water Day**

**March 23, 2024: World Meteorological Day**

**March 24, 2024: World Tuberculosis Day**

**March 27, 2024: Earth Hour**