# **ESPERANZA**

**MAGAZINE 2021-2022** 



Loyola Women's Hostel Chennai-600034

#### **PATRONS**

Rev. Dr. Jebamalai Irudayaraj, SJ (Provincial, Chennai Province)

Rev. Dr. Francis P Xavier, SJ (Rector, Loyola College)

#### **CAMPUS TREASURER**

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Rev. Dr. Maria Wenisch, SJ (Director, LICET)

Rev. Dr. Sebastian Soosai, SJ (Secretary, Loyola College of Education)

Rev. Dr. Selvanayagam, SJ (Secretary, Loyola College)

#### HOSTEL ADMINISTRATORS

Rev. Sr. Alice Y. L. SCSA (Director, Loyola Women's Hostel)

Rev.Sr.Reesha
Ms. P. Vallinayagi
Ms. Tisha Varghese
Ms. Ajitha
(Assistant Directors, Loyola Women's Hostel)

#### **EDITORIAL MESSAGE**

Hope...,

Keeps the wandering soul moving,

Keeps the uncertain time running,

Keeps the fear of tomorrow distant,

For hope knows no fear,

It brings in drizzles on a summer afternoon,

It moves mountains and skies,

For hope is light in the darkness.

Esperanza-Hope always tends to be bestowed with the blessed; it soothes souls that feel a pinch of helplessness and transforms the heart into a living house of positivity. It becomes a ray of light that fades away the dark clouds of the past; a heart that's filled with hope sees no thrones in the path. It has the super power to push and pull you to extend your eyes can never witness. Hope being the director, you being the lead dancing in the valleys of happiness and sadness in the main picture of life. Who does not have hope? It's that the fish has on water; the universe has on its beings and souls that have on the body. When hope fades, a part of life starts to dims itself. All that runs on the fuel of hope never stops even after numerous bumps and scars. It is therapy to all ailments and hurts. Soul that sets itself free from the embodiment of worldly definitions and powers accrues hope gracefully.

We indulged ourselves in the most devoted form to curate this piece of art, of hope, of light and of enlightenment. This would be written down in our memories for years to come. With heart full of gratitude to the almighty for making us able to make the best out of our abilities.

A special note of gratitude and sincere thanks our pillar and guide Rev. Sr. Alice. Y. L, Director, Loyola women's hostel and all the Assistant Directors, Rev.Sr.Reesha, Miss. Vallinayagi, Miss. Tisha Varghese and Miss. Ajitha who gave us hope and encouraged us every single day to be the best version of ourselves.

Be joyful in hope, patient in affliction and faithful in prayer.

Happy reading

With warm regards,

The Editorial board

#### **CHIEF GUEST MESSAGE**



At the outset I Congratulate Director Rev Sr. Alice, Rev Fathers, Staff, Editorial Board and inmates of the Loyola Women's Hostel for playing a significant role in bringing out this Magazine "Esperanza". On this auspicious occasion of Loyola Women's Hostel Annual day.

Esperanza (Hope) – an apt name for the magazine and not surprising considering that the hostel is administered by the Sisters of Charity of St. Anne (SCSA), headquartered in Spain. 'Hope' – the eternal promise of a better tomorrow – is what keeps us going in these trying times.

I recall the fable of Pandora's Box. Zeus gifted Pandora a box that she was forbidden from opening. However, curiosity got the better of her and she opened the box. Out flew all the evils – 'Sickness', 'Death', 'Sadness'... Horrified, she shut the lid and burst out crying. It was then that she heard a tiny knock from inside the box. She lifted up the lid once more and out flew 'Hope'. In the midst of all the evils let loose on the world, Pandora had ensured that mankind would always have hope.

I am happy to note that this spirit of hope is evident in the administration of the Loyola Women's Hostel, where students are not only sheltered but moulded into creative, confident, competent and compassionate individuals through activities and awareness programmes.

In keeping with the college motto – 'Luceat Lux Vestra' – Let your Light Shine, I exhort all students of this esteemed institution to aim for academic achievement side by side with achievements in service to fellow men and be catalysts of change in today's society.

I conclude by quoting Amanda Gorman, American youth poet laureate: When day comes we step out of the shade,
Aflame and unafraid.
The new dawn blooms as we free it.
For there is always light,
If only we're brave enough to see it,
If only we're brave enough to be it.

Mrs. P. Uma Maheshwari, IAS Secretary, Tamilnadu Public Service Commission.

#### **PROVINCIAL'S MESSAGE**

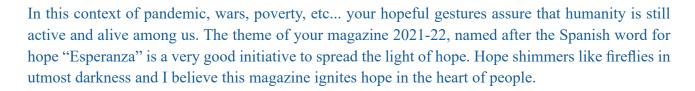
Dear Rev Sr. Alice - Director, the Assistant Directors, Co-workers and Students of Loyola Women's Hostel,

It is my pleasure to congratulate each one of you on the occasion of the Annual Day of Loyola Women's Hostel. Loyola Hostel is a home where besides the academic learning, the students are given the overall human and spiritual formation.

Humanity faces a fierce challenge called the pandemic. But you have responded very humanly at

the time of natural calamities in helping the poor, sick and old people by way of sharing what

you have. This makes evident that you have grown in your social responsibility through the formation received from the ambience of this Hostel. You also actively contribute to the spiritual wellbeing of the Loyola Campus and of the Hostel. I am hopeful that the world around you will definitely cherish and benefit out of your generosity and bigheartedness which you have imbibed during your life here in LWH.



Salutations and congratulations to the Director, the Assistant Directors, Co-workers and all the Students of Loyola Women's Hostel for the efforts and energies of hope-giving. With Loving Regards and Prayers

**Rev.Dr. Jebamalai Irudayaraj SJ** Provincial, Loyola College.



#### **RECTOR'S MESSAGE**



Dear Students,

Greetings. 'Esperanza' as the magazine by and for LWH inmates would serve as a link to bring and keep together students even after so many years. It is always nice to think back the nostalgic events and experience. Hostel in the atmosphere of university college is the source where we find friends who would journey with us all through life and who would be there when we need a kind word and an encouraging smile and a little support when we struggle in life.

What I have learnt in my hostel days in the high school was that I need to understand others as we come from varying cultural, religious, and economic backgrounds. But when we strike friendship all these differences disappear and we find and feel and enjoy true friendship based on love and concern. I am sure this has been the experience of the inmates of LWH. I am still in touch with friends from my school and college days and they are the source of joy and inspiration to me.

Some of you would be leaving the hostel after the completion of your studies. Loyola wishes you all the very best in your life. Welcome every single day with hope and enthusiasm as every day, whether bright or dark, brings along opportunity. And build up meaningful and lasting relationships in life: The presence of good people in our lives are like the heartbeat, not visible but essential in life. And be kind to all you meet in life: A drop of kindness would make tremendous change in the lives of others; and we need to be cascade of kindness. We often tend to compare ourselves with others – Normally we compare ourselves with more fortunate people but not with less fortunate people. Comparison may be the best way to judge our progress but not with others – Compare your yesterday with your today and that will take you forward in order to find a balance between too much and too little. Balance is not something we find, but it is something we create. Create a balanced life of love and service. That way, you could let your light of radiating life shine. All the best.

I thank Sr Alice and her team for accompanying you all during your stay in Loyola.

With kind regards,

Rev. Dr. Francis P Xavier SJ,
Rector,
Loyola College.

#### PRINCIPAL'S MESSAGE

Dear Sr.Alice, Staff and Students of Loyola women's hostel,

I am glad that this year you have chosen Esperanza - "HOPE" - as a theme for your magazine. Hope is vital for all of us. "Hope is being able to see that there is light despite darkness" said Desmond Tutu. Yes, hope is the magical element that keeps driving us to move forward no matter how complex and challenging life becomes. Hope gives the inner strength to strive and struggle. The pandemic vividly showed us the centrality of hope and what will be the cost of losing one's hope. Many lost their jobs, businesses, near and dear one's; but there was something that kept them



going ahead with their lives. Empty streets, ceaseless sirens, crowded hospitals, trickling death counts did not damage the ones who held on to hope. Especially when I saw young people on the streets reaching out to the needy with food, medicine, groceries and at times stepping in to bury the dead, our hope for the future of humanity became bright. Those heart touching scenes proved the proverb that," the youth is the hope of our future". Yes, youth gave us the hope and became a hope.

Dear students, you are the hope of our society. If you are the hope of the future then you will have to be filled with hope. Fill your heart with hope so that you can become the heartbeat of this society. Scriptures of all religions promises hope and shows the pathway to faith and hope. Never allow the problems and challenges of life to maroon you. Instead they should make you stronger, smarter and serene.

My hearty congratulations to the Loyola Women's Hostel for taking such a beautiful theme and also for all the efforts and participation behind the magazine. Let God Almighty keep filling you with everlasting hope.

Regards,
Rev.Dr A. Thomas, SJ,
Principal,
Loyola College of Arts and Science.

#### **SECRETARY'S MESSAGE**



Dear Sr.Alice, Staff and Students of Loyola women's hostel

I am glad that this year you have come up with Esperanza - "HOPE" as the theme of your magazine, which is something that we all need now and are currently holding on to.

"Hope should be the last thing one should lose "Hope is the most vital part in everyone's life because if hope is lost then every will behind it is lost. Hope is the magical element that keeps on helping us to move forward no matter how mundane life gets. We hope for the next day, we hope for the next opportunity, we hope for a better life . One must not

only hope but to hold on to it strongly without despair. Hope is always the beginning and the end of everything. We always start with hope and end with a hope that everything goes well.

"There is always light if we are only brave enough to see it,

If only we are brave enough to be it." - Amanda Gorman

The world has witnessed mass disruption due to selfishness and running for power in the past, and today yet again it's the run for hegemony. Nations surviving to mark their presence and superiority; failing to remember the struggles of its people, oscillating between life and death. The destruction caused seemingly inexorable and irreversible but a hope of a better tomorrow keeps the earth revolving.

Salutations and congratulations for the efforts of the Director, the Assistant Directors and students of Loyola Women's Hostel for taking such a beautiful theme and for all the efforts and participation. As we stand in this world so lost, bearing selfishness and greediness in our hearts, remember, there is some hope still left behind.

Regards,
Rev. Dr. D. Selvanayakam, S.J.
Secretary,
Loyola College of Arts and Science.

#### **DIRECTOR'S MESSAGE**

How Can We Have Hope When Everything Looks Hopeless?

Paul says that we can rejoice in our sufferings because we are a people of Hope: "Knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame. (Romans 5: 3 - 4)

Whatever may be the situation, we rely on God's presence, and never lose what only humans have, which is humour and Hope, and be able to remain positive. God uses suffering to make us rely



on his presence, even when it might seem unreasonable or "contrary to hope" to have hope, God is able to make circumstances and situations we face better.

The past few years have been a trail for the world as a whole, living through a pandemic, a possible war between nations and economic crisis has taught nothing but that life is very much uncertain and to have Esperanza in God. He is convincing us that that his grace is sufficient, and even when we feel weak, He is making us stronger than we have ever been.

"Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome..." - Liz Chase

It gives me an. immense pleasure in appreciating and applauding the staff, inmates and the editorial team that has curated this piece of art with utmost dedication. The gaze of all Loyola women's Hostel can only be one of Hope. Knowing how to Hope and challenge the situations with an optimistic attitude. I desire that the youngsters of LWH substitute this ideology of "Esperanza" with patience to make oneself and the world a better place to reside in. God bless you all!

Rev.Sr. Alice Y.L. SCSA, Director, Loyola Women's Hostel.

#### TREASURER'S MESSAGE



Dear Sister Alice, Staff and Students of Loyola Women's Hostel,

I am extremely happy to know that you have brought out the Annual magazine on the theme – "HOPE" - the essence of life that keeps our eyes wide open for an improved future.

"I Believe in the sun even when it is not shining" was the inscription on the wall of a cellar in Cologne where countless Jews went through life and death experience in every moment of their life. This illustrates the hope for a new dawn, new beginning and new life for humanity. We too experience a similar situation even in the 21st century – economic disparity, xenophobia,

endless conflict, casteism, growing fundamentalism, plundering of natural resources, politicization of religion, cultural polarization and so on and so forth. I am happy that Loyola Women's hostel has chosen the right theme for hostel day. It is not going to be a one day event and forgotten but the celebration is a signifier of progression. The victorious women in varied fields of science, literature, history, politics and other arenas displayed the uncontainable panorama of women in the annals of human history. I am sure that the formation given in different units of Loyola college society will fuel your desire to inscribe your names in the book of history.

I take this opportunity to congratulate the Director of this hostel and the members of the staff for carving and shaping our students with the sense of concern and positivity. Wishing you all good luck for all your future endeavors.

May the God of hope bless you all!

Rev. Dr. Louie Albert,
Campus Treasurer,
Loyola College Society.

#### **DIRECTOR'S MESSAGE - LICET**

Rainbow - Multi Color yet it brings pleasant feelings

Music- multi sound yet it brings rhythmic joy to the listening souls

The creation is multi natured

- Variety and variations yet it brings lot of life enriching us mutually

Enjoy our differences

Value our plurality

Appreciate our myriad mind sets

Let there be harmony

Let there be symphony

Let there be peace

Let there be light

Let it shine!



Blessings,

Rev. Dr. Maria Wenisch SJ

Director, LICET



#### **SECRETARY'S MESSAGE - LCE**



I am very glad to know that the students of Loyola women's hostel have meticulously planned and brought out the annual magazine titled "ESPERANZA" which carries a variety of their creative items as food for imagination, reflection and intellectual enjoyment. This hostel, no doubt, is a real home away from home which provides apt ambience conducive to learn and ample opportunities for the holistic development of every student living here. The "Esperanza" is one among innumerable concrete examples; it is an excellent platform for motivating its inn-mates to identify their innovative potential, develop and exhibit their

talents in writing, drawing, painting, cartooning, presenting thought provoking items etc. Through these activities and sundry programmes, students develop and strengthen their organizing and leadership abilities, get to know each other and learn to appreciate one another for their creative production and above all they learn to work as a team which is very important for growing as a full human person and also for going up in career ladder. At this juncture, I would like to congratulate the management of the hostel and the editorial board for their strenuous hard labor to bring out this beautiful magazine. I also appreciate all those contributed either directly or indirectly to this wonderful creative piece of work. May the good Lord bless all of you with sound health of body and mind! All the best.

Rev. Dr. S. Sebastian, S.J. Secretary,
Loyola College of Education.

#### **DIRECTOR'S MESSAGE - LIBA**

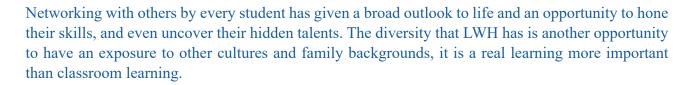
Dear Sr. Alice, Staff and Students,

I am pleased to write to let you know my appreciation for you and all others for bringing out a Hostel Magazine, Esperanza 2022.

It is indeed some help to record experiences of staying in a hostel, and recognize the graces received and challenges faced.

I always have felt that it is not a just hostel, but a home away from home. This home houses not just persons, but future leaders who aspire to have a future of their own. It is a space created within the

campus that enables students to have a good learning and formation of character. Many students have shared with me that the hostel has been their secure and comfortable place in which they could realize their potentials.



LWH has been sensitive to cultures and languages. It creates occasions to conduct events that remain memorable. The entire ecosystem of Loyola Women Hostel (LWH) helps inmates build their competencies needed to face the real life after leaving the portals of Loyola College institutions.

Specifically, our LIBA students have been given additional facilities that has been a great help in their process of learning business skills. I know that there have been occasions during which you and your staff tried to be accommodative to the unique demands of the students pursuing business education. It was very kind of you. I thank you sincerely for your generosity and pray that LWH remains a home of learning and formation.

Stay Blessed

Rev. Dr. C. Joe Arun SJ, Director, LIBA.



#### **ANNUAL ACTIVITIES**

The Loyola Women's hostel is situated in the lush green premises of the Loyola College campus. The Loyola women's hostel witnessed its inception in the year 2011 and is now a home to more than 500 students from the educational units of Loyola College of Arts and Science (LCAS), Loyola Institute of Business Administration (LIBA), Loyola College of Education (LCE) and Loyola ICAM College of Engineering and Technology (LICET).

The hostel endeavors to work out its mission of providing holistic formation to all the women students in a nurturing, dynamic and multicultural environment and encourages its inmates to be morally upright, socially concerned and physically and mentally fit citizens.

Students from diverse cultures and traditions live together in harmony and solidarity, expressing and imbibing the true spirit of sisterhood. Every inmate upholds and practices the vision with which the hostel was built: to create tomorrow's leaders who transform and empower the society by letting their light shine.

The hostel administration is chiefly managed by Rev. Sr. Alice Yeddanapalli. L. SCSA, and assisted by Sr.Reesha, Ms. Vallinayagi, Ms. Tisha Varghese and Ms. Ajitha. The administrators are supported by a team of student-office bearers: Ms. Antoni Snekha A (President), Ms. Riancy Ruth BJ(Vice President), Ms. Amala Benciya Mary ( Joint Secretary), Ms Trintha S Vasn ( General Secretary), Ms. Nilofar F (Cultural Secretary), Ms. Thendral S ( Event Secretary), Ms. Beny Jermila S ( Sports Secretary), Ms. Anie Preethi MR (Discipline Secretary). The administration of Loyola Women's Hostel earnestly endeavors to cultivate the spirit of fellowship and loyalty.

#### HOSTEL COMMITTEES)

The Loyola women's hostel comprises of a set of ten committees namely the Event management committee, the Attendance committee, Mess committee, Liturgy and Choir committee, Cultural committee, Sports committee, Magazine committee, Decoration committee, Discipline committee and Tech-Sparklers committee to ensure unity, embrace diversity and inculcate the feeling of oneness among the students through various activities and programs. All the inmates of the hostel belonging to the different units of Loyola enroll in various committees which work towards the seamless functioning of the hostel. These committees along with the administrators are the painters of the magnificent picture - The Loyola Women's Hostel.





#### **EVENT ORGANISING COMMITTEE**

The Event Organizing committee is the pillar that holds all the committees together. It is the responsibility of the organizing committee to bring all the student activities together. They collaborate with the union bearers and plan events, thus providing opportunities to the inmates to bring out their innate talents. The success of this committee lies in their innovative and creative endeavors through which they help their fellow mates shine.



#### ATTENDANCE COMMITTEE

The attendance committee is adorned with the utmost responsibility in terms of the safety of the hostel inmates. With diligence and great enthusiasm, the attendance committee makes it their sole duty to record the presence of the inmates inside the hostel before the curfew. The committee takes it upon themselves to record and submit the details regarding the number of students present in the hostel and the number of students away from the hostel to the Director and the Assistant Directors every night after the night prayer.



#### MESS COMMITTEE

Catering to the basic requirement of food, the Mess committee helps prepare the menu and give periodic suggestions regarding food. The committee is concerned with offering good and healthy food in accordance with the desire of the inmates. Their guiding principle is to fulfill the expectations of the majority, keeping in mind the health of the students.

#### LITURGY AND CHOIR COMMITTEE

The liturgy and prayer committee is concerned with the spiritual aspect of the inmates. It ensures that the inmates are provided with the opportunity to deepen their faith by embracing diverse modes of prayer and worship. Thanks to their efforts, the hostellers wake up every day listening to heavenly hymns and inspirational messages. Rosary in different languages is conducted every day for catholic students while the students belonging to other denominations are engaged in ethical and moral classes. On every Tuesdays, all Catholics gather in front of the Grotto near the church for common rosary and litany along with the inmates of the Loyola Men's hostel. The choir committee plays a pivotal role in relentlessly rendering its services for all hostel events and Holy mass.



#### **CULTURAL COMMITTEE**

The objective of the cultural committee is to bring into spotlight the latent talents of the students. It plans and schedules on and off stage competitions and events for the academic year, thus instilling a deep interest for extra-curricular activities and performing arts into the minds of the inmates.



### (SPORTS COMMITTEE)

The role of the sports committee is not to run the club, but to ensure that the club is run. Propagating the message that a sound mind resides in a sound body, the sports committee is responsible for the promotion and pursuance of physical sports activities, thus motivating and inspiring students to maintain physical well-being, and also enhance the true spirit of sportsmanship.



#### MAGAZINE COMMITTEE)

The magazine committee aims to inform, inspire, entertain and create awareness on a number of current social issues to a diverse readership. Based on the varied themes such as spreading hope, extending a helping hand and creating social change, the committee encouraged the hostellers to come up with creative essays, poems, photographs and paintings, thus making the magazine a student-led publication that is written by the students for the students. The hostel magazine 'Esperanza' is the brain child of the magazine committee.



#### (DECORATION COMMITTEE)

The decoration committee is a group of creative geniuses who puts the vision of an event to life by designing its layout and decoration based on the overall theme. The committee lights up all the special occasions in the hostel by drawing rangoli and kolam for the hostel Mass, St Ignatius Feast Day Mass, Onam, Diwali, Corpus Christi, Christmas & Pongal & Feast of Our Lady of Lourdes processions & Hostel Day.



#### DISCIPLINE AND CLEANLINESS COMMITTEE)

The role of the discipline and the cleanliness committee is to ensure a peaceful ambiance in the hostel premises. While the discipline committee works to achieve punctuality and keeping up with the code of conduct of the hostel, the cleanliness committee ensures the hygiene and tidiness of the rooms and the entire hostel campus.



#### TECH-SPARKLERS COMMITTEE

The tech sparklers extend their hands in providing technical support for the events held in the hostel, from shooting videos, clicking photographs, operating audio systems, preparing logos, invitation cards and creating certificate profile.



# Events of the Year

## **CARPE DIEM (FRESHERS DAY)**

The Loyola Women's Hostel (LWH) celebrated its Freshers Day 2021 on the 1st of November, 2021 at 8:00 PM in the newly constructed terrace of the hotel. The I PG, I UG and II UG students, the freshers, were given a warm and fitting welcome by the senior students. About 257 students were present on the occasion. The theme for the freshers day was Carpe Diem meaning 'seize the day'. Each fresher was welcomed with an inspirational quote inscribed on a small scroll. The celebration began with an invocation to the Almighty. Then the elected representatives of the hostel officially took charge. The Director, Rev. Sr Alice, congratulated the representatives and urged them to carry out their responsibilities with true commitment and compassion and to facilitate smooth functioning of the hostel by being role models to the incoming students. She appreciated the unity among the students and advised them to channelize their creative talents and energies productively and in the right direction. Following the election of representatives, several ice breaking games were organized for the freshers followed by cultural programs that included folk dance, bharatnatyam, fusion dance, group song, western dance, multicultural dance, solo song and contemporary dance. The senior students exhibited their talents in an exuberant manner. The fresher's day culminated with a DJ night.



#### LUCERO '21

LUCERO '21 - Talent Day for the freshers - was organized on the 15th of November 2021. The inmates belonging to the different units of Loyola organised the event and also participated enthusiastically. 221 students gathered for the event around 8:00 pm and they were welcomed with inspirational quotes. Following an invocation to the Almighty, Ms Swastika R, II UG Representative welcomed the gathering. The celebration witnessed a variety of cultural events that consisted of classical dance, western dance, poetry recitation, group singing, free style, solo singing, fusion dance and folk dance of about 121 students.. The event was presided over by the Director and the Assistant Directors of the hostel. Rev.Sr. Alice Yedanapalli, Director, Loyola women's hostel appreciated the students for their active participation, creativity and exuberance. She motivated the students to keep working in unity and harmony and to make the best use of all the available opportunities. The program ended happily with a vote of thanks proposed by Ms. Dhoshini, I PG Cultural Secretary.



#### TALK ON MENSTRUAL HYGIENE

A Menstrual Hygiene Awareness Program was held on 19th of November, 2021 at 11:30am in Loyola Women's Hostel for the students. About 180 students gathered in the common room to attend the program. The talk was given by Rev. Fr. Leo SJ, Director of Jesuits Refugees Mission, India. Rev. Fr. Leo SJ explained about the need for Menstrual Hygiene and how disposable sanitary napkins have become a major environmental concern today. He introduced the benefits of using "reusable sanitary napkins", and how the students can safeguard themselves from long term infections.



#### RECTOR'S GOLDEN JUBILEE CELEBRATION

The Golden Jubilee celebration of Rev.Dr.Francis P Xavier SJ, Rector, Loyola Institutions was held on 21/11/2021. The students of Loyola Women's hostel enthusiastically participated in the celebration. The Women students of LWH performed the welcome dance and folk dances from different States of India displaying their talents in an exuberant manner. The Students were appreciated by the staff and other participants of the celebration.



# A SESSION ON BREAST CANCER AND WOMEN'S HYGIENE

A session on Breast cancer and Women's health and hygiene was conducted on November 27, 2021 in the Common room of the Loyola women's Hostel by Rev.Sr.Reesha, Assistant Director, Loyola Women's Hostel. She gave a presentation on what breast cancer is, how to identify it and the measures to prevent it. Concerns of women's health and hygiene and some tips and advice regarding the same were provided to the inmates. The session ended with a discussion and vote of thanks by Ms.Sharon. napkins", and how the students can safeguard themselves from long term infections.



#### **OUTREACH PROGRAM**

The act of giving, sharing the sorrows of our fellow human beings, catering to the needs of others is the hallmark & true meaning of Christmas. Embracing the spirit of Christmas through the act of giving and catering to the needs of others, the members of Loyola Women's Hostel contributed Rs.1 lakh to help the needy in Chennai. On 22 December, 2021, 21 students volunteered to go out on the streets and help the needy by distributing sarees, lungis, bedsheets and blankets to the people living on the streets in Chennai. The students visited the elders abandoned near the Chennai Central Station, Egmore, Park Town etc. They also visited the Rajiv Gandhi Government General Hospital. Owing to this pandemic, masks were also distributed. The working staff of the hostel, who hail from broken families and extremely marginalized sections of the society were also provided with clothing, bedding and 15 days of provisions.



#### Inauguration of staff quarters at LWH

A residential block for the staff of Loyola Women's Hostel staff has been built adjacent to the dining hall of the hostel Keeping in mind the welfare of the house keeping & kitchen staff of Loyola Women's Hostel. It was blessed and inaugurated on the 14th of February, 2022 at 4:30pm and was presided over by Rev. Dr. Francis P. Xavier SJ, Rector, Loyola Institutions. Rev Dr Louie Albert SJ, Campus Treasurer, Rev Dr Jacob, Dean, School of Human Excellence, Loyola College, Chennai, Rev. Sr Alice, Director, Loyola Women's Hostel, and Rev. Fr Justin Prabhu, Director, Office of Media Relations also prayed and blessed the new block. Mr Ramesh, Campus Manager, staff from LIBA, Assistant Directors of the hostel, Ms Vallinayagi, Ms Tisha Varghese and Rev.Sr. Reesha, the kitchen and house-keeping staff along with the students of LIBA, LICET, LCE and LCAS were also present. A short prayer service was held and the priests fervently prayed for all the employees who would be occupying the new building. About 129 people attended the inauguration. Toffees were distributed at the end. The LWH sincerely thanks the Loyola management for providing excellent welfare amenities to the staff of the hostel.



#### Environment-friendly sanitary napkins: An awareness session

An awareness program on the usage of disposable sanitary napkins was conducted for the students of Loyola Women's Hostel on March 6, 2022 at 11:00 am. A Sri Lankan Refugee Camp has come up with a novel initiative of producing sanitary napkins that are environment-friendly and that would benefit women of all ages and class both economically and in terms of hygiene. The objective of the session was to create an awareness among the women students of Jesuit institutions. The sanitary pads are made by Shenbaga Magalir Kuzhu, an NGO involving women. The awareness was led by Mr Anbu, Ms Sendhura,Ms Lalitha and Ms Jesmi. About 242 students attended the program and benefited from it. The product was introduced to the participants, its usage was explained and the doubts raised by them were clarified by the volunteers.









#### **Lenten Eucharistic celebration**

To commemorate the season of Lent, the Holy Eucharistic celebration by Rev.Fr. Jerry was organised in the quadrangle for the inmates of the Loyola women's hostel on March 26,2022. Rev.Fr.Jerry gave insights on repentance and forgiveness and encouraged the students to follow the same.

#### **Session on Organ donation**

A session on Organ donation was conducted by Rev.Father Jerry on March 26,2022. He explained the different types of organ donation and the importance of doing so. The women students were motivated by his talk and decided to arrange for a blood donation camp in the premises of the Loyola women's hostel.



#### A VISIT TO THE ORPHANAGE

Rev.Sr.Alice Yedanapalli, Director, Loyola Women's Hostel and a few inmates of the LWH visited 31 boys in a Government aided Boys Primary School on April 2, 2022. They were given a warm welcome by the school boys. The women students spent some time interacting, playing games and entertaining them. Since most of the boys were orphaned or belonging to a financially backward situation, the inmates distributed garments, blankets and food to them.





# **COMPETITIONS**

Loyola Women's Hostel believes in the holistic growth and development of its students. Hence, various competitions both cultural and sports were organized to give them an opportunity to grow and exhibit their talently Badminton-singles, Badminton-Doubles, Throwball and Volleyball were conducted on December 12,2021 from 11:00 AM-1:30 PM. The number of participants in the throw ball and volleyball team were 27 and the number of participants for Badminton were 20.



# **INDOOR SPORTS COMPETITION**

The Indoor sports tournament in Chess and Carrom was conducted on December 12, 2021 from 9.00 pm -10.30pm. A total of 26 and 28 participated in the chess and carrom tournament respectively.



#### **PAINTING COMPETITION**

The painting competition was organized by the Discipline Committee on 12 December, 2021 at 4:00 PM in the newly constructed terrace of the Loyola women's hostel. The competition went on for an hour and three best paintings were rewarded. The participants showcased a plethora of their creative skills in the painting competition.



# **COOKING WITHOUT FIRE**

Cooking without fire was organized by the attendance committee on December 12, 2021 at 12 PM in the hostel refectory. 10 teams of 2 participants each took part in the event. Rev.Sr.Alice Yedanapalli, Director, Loyola women's hostel was the judge.



#### **ADAPTUNE**

The Adaptune was conducted by the cultural committee, on 13th December, 2021 at the quadrangle from 8:45 pm to 9:45 pm. The event was presided over by Rev.Sr. Alice and other directors. The chief guest for the competition was Mr John Franklin. A total of 16 students participated in the event. The event was pompous, loud with cheers and music.



# **PHOTOGRAPHY**

The Tech Sparklers committee organised the Photography competition on 13 December,2021. The theme of the competition was 'Nature' and 27 inmates took part in the competition. A google form was shared among the participants to submit their respective photographs. The event was judged by Mr Harish from the Department of Visual Communication, Loyola College of arts and science.



# Inter Religious and Multicultural Celebration

# ONAM

The festival of Onam was celebrated in the quadrangle of the hostel on August 21,2021. The Malayali inmates of the hostel decked themselves in beautiful Onam sarees and decorated the hostel premises with pookalam. A delicious Onam sadya was served to all the students for lunch. A cultural programme depicting the culture of Kerala was performed by the students.



# **AYUTHA POOJA**

Ayutha Pooja was celebrated in the Loyola women's hostel on 14th October, 2021. The observance was crommemorated with a sense of gratitude for all the things that humans make use of through the prayer song, bible reading which was followed by the blessing of the mess equipments and a message by Rev.Sr.Alice Yedanapalli.



# **CHRISTMAS EUCHARISTIC CELEBRATION**

The Eucharistic celebration commemorating the season of Advent was celebrated on 17/12/2021 by Rev Fr. Leo, S. J. All the catholic students of Loyola Women's Hostel participated in it in a meaningful and prayerful way. The thought-provoking and meaningful sermon helped the students prepare themselves for Christmas. The hostel choir gave a beautiful and peace-filled rendition of the Christmas carols



# **CHRISTMAS DINNER**

The Eucharist celebration conducted on 17.12.2021 was followed by a special moonlight dinner served to all the guests, staff and inmates of the hostel. The students were allowed to have their dinner in the yard, the quarangle and in the open spaces of Loyola Women's Hostel.



# **CHRISTMAS CELEBRATION**

The Christmas celebration began with a prayer and a prayer song by the choir members of the Loyola women's hostel followed by a welcome speech by Ms Divya.I. The inmates of the hostel divided themselves into two groups and performed Carols. A vibrant and energetic dance performance was given by a crew of 1 PG students. An Ice breaking sessions was also conducted for the inmates and the winners received a prize. The inmates belonging to the Loyola College of Education enacted a play displaying the nativity of Lord Jesus Christ.

The newly joined hostellers from LICET performed a dance presenting the divinity of the birth of Christ. The Christmas celebration came to a end with the message given by Director, Rev.Sr. Alice Yedanapalli who advised the students to relish the gift of life.



# PONGAL: Pongal - Pongal - Celebration at LWH\_

'Pongal', the grand harvest festival of Tamil Nadu was celebrated in the premises of Loyola Women's Hostel on the 15th of January, 2022 in which the Hostel Director, Assistant Directors, staff and the students of LIBA, LCE, LICET and LCAS participated with great gaiety and enthusiasm. The quadrangle in the hostel was adorned with sugarcanes, a clay stove, a mud pot, a turmeric plant and different vegetables from the countryside as per the Pongal traditions in order to invoke the festive spirit. Sweet pongal was prepared with love and care by the staff of Loyola Women's Hostel in the traditional 'pongal paanai' (Pongal pot) and it was blessed by Sister Reesha, Assistant Director of the hostel.

After the blessing, she said that it is the time to thoughtfully remember the farmers, the poor, the oppressed, and the victims of COVID. The deliciously cooked Pongal along with succulent sugarcane pieces was then served to everyone.



# Note of Thanks

Gratefully we place on record our sincere thanks to our Provincial Rev Fr. Jebamalai Irudayaraj S.J. the Management Dr Rev. Fr Francis P Xavier SJ., the Rector for their support, timely help and the interest they show in the growth and development of the Loyola women's hostel and recognizing the services of every individual.

We also express our gratitude to the Principal Rev. Dr Thomas Amirtham, SJ., and Secretary Rev. Dr Selvanayagam, SJ., of Loyola College, Dr Rev Fr Wenisch S.J., Director of LICET, Rev. Dr Joe Arun, SJ., Director of LIBA, and Rev. Dr. Soosai Sebastian, SJ, Secretary of Loyola College of Education, for their continuous support and appreciation. We thank them for their keen interest in all-round formation of the inmates of the hostel.

We are grateful to all the teaching and non-teaching staff of each institution for their support and constant support. We thank all our kitchen staff and attenders, technical staff for helping us in the smooth conduct of the hostel. We are obliged to each member of the Loyola College Community for helping us in all ways.

Last but not the least We thank God the Almighty, who is always with us in every activity and guides us in the true spirit of service which helps to direct the capabilities of the students in the best way to achieve greater heights in their lives.



Prity in the state of paradox finding hope. I write this sitting inside my room during the daybreak, sipping coffee wearing my favorite pair of lenses. I see pedestrians walking outside my window with their pets on the road opposite my front courtyard wearing matching outfits and looking for the corners on the pavement where their pets can comfortably poop.

At the beginning of this journal, I was not sure what I was going to write until I saw an old lady yelling at a passer-by for letting his dog bark at her. It reminded me of my childhood when we use to have an old lady in our neighborhood who would yell at us for calling his grandson "Baby Elephant". It was like a daily ritual for us to go in her front gate and utter the word with the loudest of our voices and run away before she could catch us. Laughing, giggling till our stomach aches and tears fall off our eyes.

The day would seem perfect at school when we finish our homework on time, clean uniforms properly ironed, shoes polished, clean and properly chopped nails, decent haircut and, the best part would be getting a chocolate cake for tiffin, but a day like this was as rare as a leap year.

Birthdays and Sundays would be the best days of our life back then, we would go around the town with a group of friends like Peter Pan and his team, looking at every shop we pass by hoping that if the shopkeeper would show his generosity to give a packet of Kurkure to young, broke and hungry children like us which never happened. On birthdays we would wait for our turn to get the slice of the cake coming towards us in sequence, we would hunt for the biggest slice and the ones with the thickest cream on it.

Later in the evening, our mum would give us a warm bath and let us crawl under the fluffy warm bed until our body overcomes the chillness. She would prepare the tastiest dinner of the week on Sundays. Chicken curry, Pulao, rice pudding, and fruit salad would be my favourite of all the dishes she prepares. And our best day would end with Papa's reminder "You can achieve anything with hard work and dedication".

How beautiful and sublime childhood was when we knew nothing and accepted everything that came our way because we had someone to always rely on to decide what is good for us. I don't have many memories of my teenage, all I remember is going for maths and science tuition, study table, and some love letters and greeting cards stacked in my drawer.

Adulthood doesn't seem to excite me as much as I thought it would when I was a child, it rather petrifies me to understand and realize that calling someone "Baby Elephant" is called bodyshaming and is taken as a serious offense. Nobody cares anymore whether you do your homework or not because you are the one at risk. Clean and properly ironed cloth would add to your personality, and fast food is now everyone's pick over homemade tiffin. Birthdays remind us of the time we are left with to complete our studies and get into a job before our birthday crosses the age limit. Sundays are now, days to learn extra or earn extra. The idea of Peter Pan and his friend seems vague because the idea of friendship today is ambiguous, it has rather become a matter of profit and loss but the fact that we are young, broke, and hungry remains the same. Also, sugar is deadly and nobody wants to die yet. Mum no longer has the strength to bathe you or even cook for you, it is her time to rest, and that one sentence of Papa that kept you motivated this entire time is not complete, it should have been 'You

might or might not achieve anything with hard work and dedication, but if you put smart work and money along with it, you will achieve anything provided you are talented'.

We didn't even realize when things became so different and distinct from what they used to be until one day we open our eyes and see the world that is no longer the same as though we have been dreaming this entire time and the myth 'forever' suddenly questions our belief that kept us motivated and hopeful.

Life seems like a chill winter evening, with snow and the cool breeze freezing our brains and heart. Everything around looks gloomy and dark, the roads seem directionless, the sky is filled with the smoke emitted from the skyscraper that carries bombs to the other side of the world to spread destruction, the land is filled with dead bodies, people chant slogans for power and only power.

Misery rest upon humanity as the curse of human greed and lust for power and money, loss of innocence, and sanity brings back the primal instinct of savagery of social animals. What do we do now? Well, they say, 'Hope and Despair are the two aspects of the mind', where there is despair there is hope. Hope that keeps us alive, that keeps us motivated, and makes us believe that a day will come when everything will be better than what it is now. Good times will roll in like the bright sunny day after a night full of a thunderstorm, there shall be songs sang in rejoice and celebration of life for it's the last hope that will not let us give up on humanity and its dwellers. Protect the spark that remains within you, for a day shall come when the spark develops into the brightest light of your lives. The day shall come someday, sometime soon because "Hope is a good thing, maybe best of things and no good thing ever dies" (The Shawshank Redemption).

-Prity Khonjuju



### HOPE

Neither I know where I'm from

nor I know my kith and kin from garbage to orphanage.

Nobody own me and I own nothing.

But my body and wandering soul retards

disappointed in born with me life though me hunger and pain

Sleepless nights and speechless grief

My soul is weeping to cry loud

Pity soul has no power to show up

Before hundreds of sleeping children like me

Soaking tears blurs even shallow light

Through the window where a spider

Tries to tie a web out of its mouth

Wind blows down the half tied cobweb

And blows down the half tied cobweb

And blows away the spider so far

I think it's fate is as same as mine thrown away before making home

Sound of the breeze roared my ears

Moment later the same spider shoots

Web in same place from where it feel off wind blows it down again and again, yet the spider never went out of its agenda it raises back and back until silk turns into its cobweb home, yeah my life throws why can't I rise back like it this thrown spider Turing itself into a spider in throne, not just a spider it's my hero who thought me to attain HOPE....

-Nandhini

# Une relation chérie

Le jour où je t'ai rencontré, Je pensais que je t'avais déjà vu! Et puis mon coeur a dit, Que tu es mon proche.

Je veux partager tous mes souvenirs et mes sentiments, Mais la pensée, Que tu iras loin; Nous pouvons nous battre en une seconde.

Mais mon désir que tu sois toujours avec moi; Nous pouvons nous battre pendant de nombreuses années, Mène à la plus proche de toutes les relations dans le monde, Je voulais toujours être avec toi.

Se battre et rire quoi qu'il arrive, J'ai vu deux vieillards à la gare; Ils jouaient et se moquaient l'un de l'autre, Mon cœur était si heureux et j'ai pensé.

Est-ce que notre lien restera jusqu'au dernier moment de notre vie; Ne pars pas et sois toujours avec moi, Permet de se battre et d'être toujours ensemble; Je t'aime toujours mon ami(e).

Les gens passent et les saisons passent aussi, Je reste le même tout seul, Suis-je la même depuis mon enfance ? Ou ai-je changé quand j'ai commencé à me sentir plus seul.

La cloche de l'église sonne, A-t-il appelé pour me rassurer ? Les amis appellent pour rendre la vie agréable, Pourquoi ai-je l'impression d'être plus seul?

Le sentiment de solitude quand tout le monde est là, Un faux sourire me rend plus seul, Sentiment de ne pas en avoir un pour me consoler, Les larmes dans mon cœur me faisaient mal.

Beaucoup plus de souvenirs à partager quand je n'en ai pas, Être seul c'est bien mais pas toujours, La blessure de celui-ci est vraiment forte, Les sentiments ont toujours été plus solitaires avec moi.

-Rayar Jenifer

### IN THE DIM LIGHTS OF HOPE

The only thing that is assuring the well being of humanity is hope. The beating gun can be controlled human emotions lies in hope. The beauty of every hope. Our Lord Jesus Christ came to earth to redeem us because of hope. The countless blessings that makes us happy is hope India in the runway of Hope:

Our country's pillars are youths, according to DR. A.P.J. Abdul Kalam believed in the younger generation. The future India is in the hands of youth and it is determined by them. For generations, we hoped that someone will change the lives of people in India. India is still hoping for better rulers, but hope only development and better change better cannot change everything. Keep Hope aside and hope to get into action.

The world is currently facing a disastrous pandemic. Due to lack of employment many Indian citizens have migrated to some other places. For them, hope is the only thing that brings happiness they tolerate every struggles for their families, with a hope that one day every struggles may disappear. The smile present in their faces is because of hope. There are many Vulnerable communities around the world. The domination and oppression faced hard to explain these vulnerable groups are hard to explain. The conflict arises between the communities can be solved by hope because there is no other way to get out of it. The women and LGBTQT has to get into action and fight against all the oppression. The movement like # me too has to start again. With out struggle, women did would have not get the voting rights. Hope can bring bright lights only if it is expressed in action. Decide Whether we need dim lights or bright lights.

-Stelofin

# SELF MADE DREAMS ARE BETTER THAN IMPOSED DREAMS

Silence ringing inside my head,

I'm all in a deep down forest,

Water falls plink plonk,

Branches creak,

My heart pounds,

There's no one to seek.

Blurry eyes, Messy hair,

Shattered heart, there's no one to care;

Why imposing dreams on her?

Hey there tree monster!

"Do you wanna listen to Bernie,

for she has schmaltzy stories to tell you,

Do you wanna weep with her."

No more imposing dreams on her.

No energy, no focus,

Managed to walk till dusk;

Is her dream, a husk?

All these days,

I was wrong, neither the wisp nor

the fairy gave me a gong!

I wanna do a song,

But can't do one

Why this fear darling?

Society is to blame;

Why giving up your dreams lane!

I know imposed dreams can't do

magic in you,

But self dreams are..

So why fear darling,

Self made dreams are the best,

And you can do it without test.

Don't impose dreams on someone,

or else you'll lose the being one.

# SELF - MADE DREAMS ARE BETTER THAN IMPOSED DREAMS

We can find a person without any relations, money or education but everyone in this world have dreams. Dreams are one among the things, which make us unique from others. People not with dreams are equal to the people with no identity. Dreams are made based on our interest and the things that we are exposed to. Realising one dream but not attaining it because of other plans and dreams are one of the most painful things. Studies show that people who doesn't work "according to their liking or goal have more possibility of mental depression than people who follow their dream. Our parent's generation Never found it hard when they were imposed to do thing in their life but our generation finds it hard because, we have the opportunity to develop our own dreams, whereas they didn't have a chance to do it. People who shine in their respective domain, have a main reason, which is, they followed the dream-dreamt by them and not by others. Sometime imposed dreams can give a person a good income and nice lifestyle but never a complete and fulfilled life. There will be a void which never be filled. Imposed dreams by the parents are the killing pills of the future generation. This won't affect only the respective child but also the whole generation after that.

-LAVINA

### HOPE

Where there is a hope there is a life

Everything that is done in this world is done by hope

Hope is the last thing which will lost forever

We must accept finite Disappointment

But never lose infinite hope

Hope is the best medicine of all

Where there is hope

There is faith

Where there are faith miracles happen

Hope is the one thing that can help us

Get through the darkest of times

Because hope is the ability to see light

Even in the darkest

We must accept finite Disappointment

But never lose infinite hope

Everything that is done in this world is done by hope

Hope is the best medicine of all

There will be a great future, with great hope

Hope is but dream of those who awake.

-Merlin Rita

#### **HOPE**

Life is unpredictable. Each and every human have a faith and hope. As the old story says there were two frogs fell inside the well. Everyone outside said that you can't come out of the well. Two frogs tried to jump out of the well but they didn't succeed. Out of two frogs one has lost hope and died soon, but the other frog didn't give up. It tried, tried and tried, at last it came out of the well. The one who has hope on everything in life, will be successful. Hope is always a key to success. So never lose hope.

### LIFE

Life, when it is pronounced this word sounds like a phrase with lot of responsibilities, dreams, desires, unpredictable suspense, irresistible situations and so on...., but in actual reality what is life????. This question was shot against me in philosophy class, so after several thoughts and reflections, I defined life as a day, where I spend it with my friends and family or spending with boring lectures and assignments or it may be about reminiscencing the past events that crushed me in life. We all have our own definitions of life. The way we express may differ, but at the end of the day it's just a simple phrase "living it to the fullest". So arises the next question How? Why? Where? All these questions depend upon the way we live it. Now coming back to the question what is life????. It is some sought of assignment that is assigned to each human being by the deity above to delight the needs of one another in this beautiful world, so the next question bumps out "how do we complete the assignment before due??" The answer is living each day with a glimpse of Happiness. I know it's really hard for a person to start the day with a smile on their face and be happy for the next 24 hours by forgetting about the regrets, worries and expectations that were faced on the previous day, but still we have this opportunity of living the next 24 hours by not repeating the same mistakes done in the previous day. When we talk about happiness being happy always differs from making others happy. Being happy is relishing our ownselves and accepting our flaws in the way it is, but making others happy is a different task it depends on how we behave, react and adapt to people surrounding us. So, the final conclusion is start living a LIFE by living it for yourself and loving others.

-Riancy Ruth

### HOPE

Hope Is a little voice you hear
when the entire world is shouting "no"
But You hear a whisper near your ear
Which says you can do it.
In this fallen world and in the fallen live
Hope is the only reason to live.
Faith sustains Hope,
Hope sustains life,
So, it is important to be hopeful
To live our life.
When there is no vision, there is no hope
When there is no hope, there is no life
So never ever lose hope.

-Priscilla Mary

# **ECHOES**

My Eyes I close
To hear the sounds
Of a dry Wetland
But fail, lost in void

Again, I close tightly clashing of ne(ur)on stars appear distraction and temptations prevail I succumb and remain alone

Now I do it again
To listen to the Words
Of an untamed Heart
Wide eyes sees the Hope.

-Thamarai Selvi

#### Who am I? Who are we?

Who am I? Who are we?

I sit by the window and keep thinking day in and day out,
Who am I? Who are we?

I try to jot down the possible answers on my notepad
Maybe we are just pawns or like how Shakespeare said, mere actors
But it becomes difficult to fix one possibility.
What if we are the destructors, keys birthing unrest among the system?
I come across more and more un-answered questions each time I try to figure this out,
Why are we even allowed to live, is a purpose to be fulfilled?
Each page is filled with commas and questions yet no legit answer
Finally, I figured out what we actually are,
We are just a bunch of questions, un-answered.

- Smera Shaju

# நான் உறங்கும்முன் கடக்க நினைக்கும் தூரம்

வாழும் வாழ்ககை எதற்காக? பணமும் புகழும் யாருக்காக ? ஆறடி பெட்டிக்குள் போய்விட்டால் ஆரம்பமான வாழ்வு அழிவாகும். மண்ணாக மாறப்போக்கும் உடலுக்காக நிலையற்ற உலகில் செல்வம் எதற்கு? மனிதனாக வாழும்போது மனிதம் இல்லாம மிருகமாய் வாழ்ந்து புகழ் எதற்கு? கடந்து செல்லும் பாதைகள் உன்னை செதுக்கும் ஒளியாகபடும். நான் சேர்க்கும் செல்வமும் புகழும் என்ணை சாவிலிருந்து மீட்காது எனில் எதற்கு அதை சேமிக்க வேண்டும்? கடைசி வரைக்கும் உறங்குவதற்கு முன் பாதங்கள என் விடியலை தேடட்டும் . உலகம் என்னை இழப்பதற்கு முன் என் மனம் நிம்மதியை அறியட்டும். மனிதனாக கடைசி நாள் வருவதற்கு முன் என் சிந்தனைகள் சிற்பமாகட்டும். முடிந்த வரை ஒடுவேன் ஒளியை தேடி.. கால்கள் தேயும் வரை நடப்பேன் மனநிம்மதியை தேடி.. கைகள் தளரும் வரை உழைப்பேன் மனஉறவை நிலைநாட்ட... என் ஓடல் என் உறக்கத்தில் நின்றுவிட்டாலும், நான் நடந்து சென்ற பாதைகள் என் பெயரை நிலைநாட்டும். பணமும் புகழும் பெருமையும் சேர்த்து நான் பெறும் நிம்மதி, கடைசி உறக்கத்தில் கூட என்னை எழுப்பிவிடும்.

-ஏஞ்சல் ரஞ்சிதா

### நம்பிக்கை

அன்பின் உருவம் தாய் என்று மழலை கொள்ளும் நம்பிக்கை ஆரிரியர் கற்றுத்தரும் பாடம் அறிவைப்புகட்டுமென் மாணாக்கர் கொள்ளும் நம்பிக்கை. இன்றுபோய் நாளை விடியுமென இளந்தளிர்கள்மீது பெற்றோர் கொள்ளும் நம்பிக்கை ஈடிகை ஒன்றுபோதும் மாற்றத்திற்கு என்று

மலாலா கொள்ளும் நம்பிக்கை உண்மையே வாழ்வின் மை என்று மகாத்மா கொள்ளும் நம்பிக்கை ஊக்கமே உலகை உயர்த்தும் என்று உலகோர் கொள்ளும் நம்பிக்கை எண்ணம் போல்தான் வாழ்வு என்று பாரோர் கொள்ளும் நம்பிக்கை ஏற்றமே வாழ்வை உயர்த்தும் என்று ஏழைகள் கொள்ளும் நம்பிக்கை ஐயத்தைத் தூர எறியுங்கள் என்று கம்பீரம் கொள்ளும் நம்பிக்கை ஒற்றுமை இருந்தால் வளரலாம் என்று ஓங்கி ஒலிக்கும் நம்பிக்கை ஓரினம் தான் நம்மக்கள் என்று கர்வம் கொள்ளும் நம்பிக்கை வானம் நோக்கும் விவசாயி – அவன் விண்ணிடம் கொள்ளும் நம்பிக்கை உயிரை நேசிக்கும் மனிதன் – அவன் மருத்துவரிடம் கொள்ளும் நம்பிக்கை ஒன்றன்பின் ஒன்றாகச் செல்லும் எறும்புகள் ஒன்றோபொன்று கொள்ளும் நம்பிக்கை ஓடையில் கலக்கும் நீரிற்கு கடலோடு சேர்வோமென்ற நம்பிக்கை மண்ணில் விழும் விதைக்கு நாளை முளைப்போமென்ற நம்பிக்கை கூட்டை உடைக்கும் புழுவிற்கு அழகிய வண்ணத்துப்பூச்சியாய்ப் பறப்போமென்றுறம்பிக்கை தோல்வி கண்பாலும் அது வெற்றியின் ஒரு படியே – என்று நாம் அனைவரும் கொள்வோம் நம்பிக்கை!

- கார்க்கிகா

### அன்பை பகிர்வோம்

#### அன்பு

அன்பு என்பது நாம் மிகப்பெரிய ஆயுதம் அனைவருக்கும் கிடைக்கும் ஆடு என்றும் சொல்லலாம். ஏனெனில் அன்பினால் முடியாதது ஒன்றம் இல்லை இவ்வலால். நாம் பிறந்த நாள் தாயிடமிருந்து சிடைக்கும் முதல் அண்பு கண்ணீர் தந்தையிடமிருந்து கிடைக்கும் முதல் அன்பு முத்தம் பின்பு நம் உறவினர்கள்மிருத்து கிடைக்கும் அன்பு. நாம் பள்ளி செல்வது பாடங்களை கற்றி கொள்வதற்கு மட்டும் அன்று கன்னும் சில அன்பாண்1 இதயங்களின் நட்புக்காகவும் தான்.

#### பள்ளி

பள்ளியில் கிடைக்கும் முதல் அன்பு நமக்கு பிடித்தவர்களின் முதல் புன்னகை. புன்னகையில் தொடங்கி ஞாயகங்களின் நம்மை வழியாக இறி வரை தொடர்கிறது. நிறைய நபர்களை வாழ்லில் சந்தித்தாலும் நம்மை அடிக்கடி ஞாபகம் வைத்து கொள்ள செய்யும் அந்த முதல் பள்ளியின் அன்பு.

#### கல்லூரி பயணங்கள்

கல்லூரியின் முதல் நாள் நாம் ஒருவரையொருவர் அறிமுகபடுத்திக்கொள்டும் அந்த முதல் அன்பு. நாம் நிறைய திரைபடங்களின் வழியாக நிறைய மனிதர்களின் முகங்களையும், குனங்களையும், பார்க்கிறோம். அவற்றுள் நிறைய அன்பான மனிதர்கள் பாசத்துடனும், ஒருவரை ஒருவண் புரிந்து கொள்ளும் மனநிலையிலும் இடுப்பார்கள். மேலும் நம்டென் அதிக அன்பை பொதுபவராகவும் இருப்பர்.

அதே போல் தான் கல்லூரி வாழ்க்கையும் நம்மை நேரிக்கும் அதே: முதல் நபர் நம்மை யார் என்று தெரியாமல் அறிமுகப்படுத்தி கொள்ளும். அந்த நேரம் ஒரு என்னம் நாம் இவருக்கு நெடுங்கிய நண்பராக இருக்க வேண்டும் என்ற என்னம், அதையும் தாகடந்து ஒரு அளவில்லா அன்பு . அவரை மறுமுறை பார்த்தவுடன் ஒரு சிறி அன்பு. புன்னகை, ஒரு மசிழ்ச்சி அதுவே முதல்

உண்மையான அன்பு அங்கணும் கிடைத்தால் கெட்டியாக பிடித்துக்கொள்ளுங்கள். ஏணயில் நீங்கள் எவ்வளவு தூரம் தேடினமும் அதுபோல் ஒன்ற மறுமுறை கிடைக்காது!

அன்பை எவ்வளவு பெறுகிறோம் என்பதை விட அந்த அளவு கொடுக்கிறோம் என்பதே முக்கியம். நமக்கு பிடித்தவர்களிடம் மட்டும் தான் அன்பை காட்டுவது என்பது முட்டாள்தனம் ஒரு சிறி குழந்தையை பார்க்கும் போது நம்மை அறியாமல் ஆரு புன்னகை, அக்குழந்தையின் மனநிலையை நாம் மாறிவிருகிறோம்.

அது போல் வயதானவர்களிடமும், குடிநீரைகள். நம்முடைய நண்பர்களிடமும், நன்பர்களின் பெற்றோரிமும் தாய், தந்தையரிடமம், நம்மை வழிநடத்தும் ஆசிரியர்களிலும், நம்மை இதயத்திடமும் நேசிக்கும் ஒவ்வொறு அன்மை பயிர்வோர். அது மட்டுமே மனிதனே மறைந்தாலும் நிலைத்திருப்பது.

-மேகலா

#### அனைத்திலும் நல்லதை மட்டும் பார்க்க பயிற்சிகொடு

நன்மை செய்தோருக்கு நல்லதே என்பதைப் போல நடக்கும் அனைத்து நிகழ்ச்சியிலும் நல்லதை மட்டுமே நம் மனதையும் பார்க்க மூலையையும் பழக்கப்படுத்த வேண்டும் என்பதையே இத்தலைப்பு வலுயுறுத்துகிறது.

#### நன்நடத்தை ஆலுக்கு மட்டுமல்ல உணர்வுக்கும் தான்

புழுவாக இருக்கும். உயிர் வண்ணத்தும் பூச்சியாக மாற மேற்கொள்ளும் அது வலியை நினைத்தால் அழகிய தோற்றத்துடன் வெளிவர இயலாது. புழுவாக நான் வனப்புடன் இல்லை என்றெண்ணாமல்; பிற்காலத்தில் தேனை ருசிக்கும்.அழகிய வண்ணத்துப்பூச்சியாக இருமாறி மனிதர்களின் மகிழ்ச்சிக்கும் காரணமாக அமைவேன் நிகழப்போகும் கொண்டால்; அதற்கு நல்லதை மட்டும். சிந்தையில் நன்னைப்பற்றிய வருத்தம் சிறிதும் தோன்றாது. இது புபூவிற்கு என்று மட்டுமல்ல நமக்கும் பொருந்தும்.

#### எடிசனின் தாய் ஆற்றிய

தன்னுடைய மகன் குறைபாடு உடையவன் என்று ஆசிரியை கூறியும், தன்னுடைய மகன்திரமை என்ன அவனிடம் இருக்கும் திறமை பார்த்து மாபெரும் வீட்டிலையே விஞ்சானியாக வீட்டில் நன்மையை மட்டும் அழுந்துக் சிறப்பைப் புலப்படுத்துகிறது.

#### மாணவன் சிந்தை

வகுப்பு நடத்தும் ஆசிரியர் தன்னை திட்டுகிறார் என்று எண்ணாமல்; அவரிடம் நன்மதிப்பு எவ்வகையில் தன்னை மேம்படுத்தி திருத்திக் நினைத்தால் மாணவனாய் திகழ்வான். அவனே சிறந்த மாணவனை திகள்வான்.

#### பிரச்சனைகள் அல்ல படிகட்டுகள்:

வாழ்வில் தோற்றுப்போனால் அதை.அனுபவம் என்று எண்ணினால் முன்னேறலாம். சுந்தர் பிச்சை ஒரு உணவகத்தில் உணவருந்தும் கரப்பான்பூச்சியைக் கண்டு பெண்கள் எவ்வித பதறிக்கொண்டிருந்தபோது அங்கு பணிபுரிபவர் சலனமும் இன்றி அதை வெளியே விட்டு வந்ததைப்பார்த்தார். பிரச்சனைகளை இடையூறாக பார்க்காமல். சாதகமான சூழ்நிலையென கொள்ளல் நலம்.

"ரோஜாச் செடியில் முட்கள் இருந்தாலும்

அதன் நிறம் மணம் தான் நம்மை

ஈர்க்கும்; அதுபோல் பார்க்க

ஆயிரம் தீமைகள் இருந்தாலும்.

நல்லதை சிந்திக்க நம்மை

நாமே பண்படுத்திக் கொள்வோம்!"

-கிருத்திகா

#### புத்தகங்கள் நம்பிக்கையை உருவாக்குகின்றன

#### முன்னுரை:

உன்னால் முடியும் என்ற நம்பிக்கையோடு எந்த செயலையும் துவங்கும் போது வெற்றி என்னும் கனி நம்மைத் தேடி வரும். நம்பிக்கையோடு கூடிய விடாசியற்சியும், கடின உழைப்பும் என்றுமே தோற்பதில்லை என்னும் வார்த்தைகண வாழ்வாக்கியவர்களைப் பற்றியும் அப்படி வாடி நமக்கு துணை நிற்கும் சில நர்களின் வாழ்வைப் பற்றியும் இக்கட்டுரையில் காண்போம்.

#### நம்பிக்கை என்னும் விதை:

புயல் காற்றில் வீழ்ந்து விடும் மெல்லிய மரமாக நம் நம்பிக்கை இருக்கக் கூடாது.
ஆனால், அடி பெயராமல் நிற்கும் கிமயமாக இருக்க வேண்டும்... அமெரிக்க மெய்யியலாளர் வேயின் உயரின் கருத்துப்படி நாம் பார்ப்பன வற்றை நம்புவதில்லை எதை நாம் ஆழமாக நம்புகிறோமோ அதையே பார்க்கிறோம். எனவே, எந்த செயலையும் துவங்கும் போது நம்மில் தோன்றும் வல்மையான நேர்மறை எண்ணங்களை நம்மை வெற்றியை நோக்கி அழைத்துச் செய்யும் . . உருகிய மெழுகில் கிருள் கடந்து விடும் என்னும் நம்பிக்கை நம் வாழ்விலும் துன்பங்களை எதிர்கொள்ளும் போது நம்மில் சுடர் விட வேண்டும். இராபர்ட் டயர் என்னும் மன்னரின் மனதில் ஒரு சிலந்தி கட்டிய நம்பிக்கை மற்றும் விடா முயற்சி என்னும் விதையே கோழைமாக ஓடி ஒழிந்த அவரை மீண்டும் அரசராக்கியது. விஸ்ஸி அழகானவள் :

உலகில் மிகவும் அழகற்றவள் என்று அனைவரும் வஸ்ஸியை விமர்சித்தனர். ஆனால், இவளோ விமர்சனங்களை வியப்புக் குறிகளாக மாற்றிக்காட்டினாள். தன்ளை இது கியவர்கள் சின் நம்மக்கை நட்சத்திரமாக வலம் வந்தாள். இவளை தன் வாழ்க்கைக் குறிப்பை லஸ்ஸி அழகானவள் <sup>'</sup> என்னும் நாலாக எதிே வெளியிட்டாள்.

பொறையின்மை யார்க்கும் படியன்று அறிவறிந்து ஆழ்விணை இன்மை பழி. என்னும் வள்ளுவனின் வாய்மொழியை மெய்மத்துக் காட்டினாள். இப்படி பல மனிதர்கள் நம்மை சுற்றி வயம் வருகிறார்கள். இவர்கள் அணைவரும் சாதனையாளர்களாக பிறக்கவில்லை, தம் வாழ்வில் சந்தித்த தோல்வாகளை, ஏமாற்றங்களை, சூழ்ச்சிகளை துரோகங்களை, தன் ஆடிமா நம்பிக்கையினால், வெற்றியின் படிகளாக மாற்றியதால் தான் சாதணையாளர்களாம் மாறினார்கள். நம்பிக்கை இல்லாதவன் தருபோதும் பிவற்றி பெறு முடியாது. ஆனால், நம்பிக்கை கொண்டவனை தோல்வி எப்பொழுதும் நெருங்காது:"

#### நம்பிக்கையின் விருச்சங்கள்:

அருனா சின்ஹா என்னும் பெண்ட தொடர்வண்டியில் இருந்து திருடர்களால் தூக்கி எறியப்பட்டு, தன் கால்களை இழந்தபோதும் தம்முள் எறிந்த அணையாத நம்பாக்கையால் இமய மலையில் கால் லைத்து வெற்றி சிகரம் கண்டாள்.

தன் இரண்டு கை மற்றும் நால்களை இழந்தபோதும் எனக்கு கவலை இல்லை என்னும் உற்சாகத்தோடு பலரது வாழ்வில் நம்மக்கை நட்சத்திரமாக திகழ்கிறார் <sup>'</sup>நிக்<sup>'</sup>

இருக்கையிலேயே அமர்ந்திருந்த போதும் நன் ஒற்றை விரலால் பல அசாத்தியமானவற்றை அறிவியல் உலகிற்கு காண்பித்தார் ஸ்டீபன் உறர்க்கிங். இவர்களின் வரிசையில் இன்னும் பலர், தன் வாழ்வினால் நமக்கு நம்பக்கை ஊட்டிக்கொண்டிருக்கிறார்கள் எவ்வளவு பெரிய துன்பங்களையும் வெற்றிகொள்ளும் ஒரே ஆயுதம் நம்பிக்கை நம்மக்கை என்னும் ஒளி உன்னுள் சுடர்விடும். போது, பலப் எண்ணும் நிடில் உன்னை விட்டு விலகிவிடும்.

#### முடிவுரை:

பூக்ளைப் புன்னகைக்க கற்றுக் கொள்ளுங்கள், தன் ஆயுட்காலம் ஒரு நாசள என்று அறிந்திருந்தும் மணம் வீசி நம்மை மகிழ்விப்பது பாழி நாடும்,நம் நேர்மறை யான சொற்களாலும், எண்ணங்களாலும் இச்சகேத்தில் மணம் வீசுவோம். 6 ஆயிரம் நண்பர் களை ருதல்ல புத்தகம் நமக்கு கின்னும் துணையாக நிற்கும், நம்மை உயர்த்தும் என்னும் கலாமின் வாக்கின்படி, புத்தகங்களை வேதனயாகக் கொண்டு நம்பிக்கை என்னும் ஒளியாம் நம் வாழ்யை வளமாக்குயோம்.நாம் வலுவிழந்து கீழே விழும் போது நம்பிக்கையே நம்மை தாங்கி நிற்கிறது. என்னும் சிந்தனையோடு செயல்படுவோம்.வாழ்வில் பல வெற்றிகனிகளை ருசிப்போம்.

-Jijock Joy

#### அனைத்தையும் நல்வழியில் பார்க்க மனதை பழக்கப்படுத்துதல்

மனித வாழ்க்கையில் தினம் நினம் இன்பம், துன்பம் வரும், வெற்றி, தோல்வி, கஷ்டம், நஷ்டம்,லாபம், சுபம், துக்கம் வந்து வந்து மறையும். இவை அனைத்தும் வாழ்க்கையில் இல்லாவிடில் அந்த வாழ்க்கை விடுவிடுப்பாக இருக்காது.

துன்பங்களை இன்பமாக்குவதும், தோல்விகளை வெற்றியாக்குவதும் நம் கையில் தான் உள்ளது. துன்பம் வந்துவிட்டதே என்று என்னனி பயந்துகொண்டு இருந்தால் வெற்றி பெற இயலாது.

நல்ல மனஉறுதி, முயற்சி இருந்தால் எதையும் சாதிக்க முடியும். தமிழ் இலக்கண நுலான<sup>"</sup> கம்பராமாயணத்தில் கம்பர் கூறுகிறார், துன்பம் என்று ஒன்று வாழ்க்கையில் புலப்பட்டால் தான் இன்பம் தோன்றும் என்றார். குழந்தை கூட தவிழும் வயதில் பல முறை கீழே விழுந்து எழும், விழுந்து எழுந்து குழுந்தை நடக்க பழகும்.

அது போல தான் வாழ்க்கையும், வாழ்க்கையில் பல முறை நீழே விழும் நிலை ஏற்படும், விவிழும்போது வருத்தப்படாமல், எப்படி எழவேண்டும், ஏன் விழுந்தோம், இனி விழாமல் இருக்க என்ன செய்ய வேண்டும் என்று பல முறை ஆராய்ந்து, மு மன உறுதியுடன், பயமில்லாமல், முயற்சி செய்தால் விண்ணையும் தொட முடியும்.

வாழ்க்கையில் துன்பம், இன்பம் கலந்து வரும், துன்பம் வந்துவிட்டதே என மணம்நவறாமல் இன்பம் வந்துவிட்டதே என அதிகமாக ஆர்பரிக்காமல் தராசை போல் நடுநிலையாக பனதை வைத்துக் கொள்ள வேண்டும்.தோல்வியே வெற்றியின் முதற்படி" வெற்றியோ, தோல்வியோ எதுவாக இருந்தாலும் நேர்வழியில், நடுநிலையாக இருக்க வேண்டும்.

எந்த காரியத்தையும் நல்வழியில் பழக வேண்டும். ஒருவன் கஷ்டத்தில் பார்க்க இருக்கும் போது, நீ என் இதை செய்தாய், செய்யாமல் இருந்திருக்கலாம் என கூறுவதை விட அந்த துன்பத்திற்கு எது காரணப், ஏன் நிகழ்ந்தது எப்படி தீர்ப்பது எள அலோசிக்க வேண்டும் நேரம் அறிந்து செயல்பட வேண்டும் நேர்பார்வையில் நேரமும் மிக முக்கிய இடத்தைப் பிடிக்கிறது.

ஞாலம் கருதினும் கூடு காலம் கருதி இடத்தாற் செயின்<sup>"</sup> என்று திருவள்ளுவர், திருக்குறளில் காலத்தின் முக்கியத்துவத்தைக் குறுப்பிடுகிறார். ஒவ்வொரு பிரட்சனையும் . நப்மை பழக்க படுத்துகிறது, எப்படி இருந்தவேண்டும் எப்படி இருக்கக் கூடாது என்று பழக்கப்படுத்துகிறது. கஷ்டம் இல்லாத வாழ்க்கையே நிபாது கிடையாது எனவே எப்படி அதை ஏற்றுக்கொண்டு வாழ் வேண்டும் என்று நம்மை நாம் படிக்கப்படித்திக் கொள்ள வேண்டும்.

-இந்து

<sup>&</sup>quot;வாழ்வோ வீழ்வோ, இன்பமோ, துன்பமோ வாழ்ந்து பார்போம்"

# Students' Works

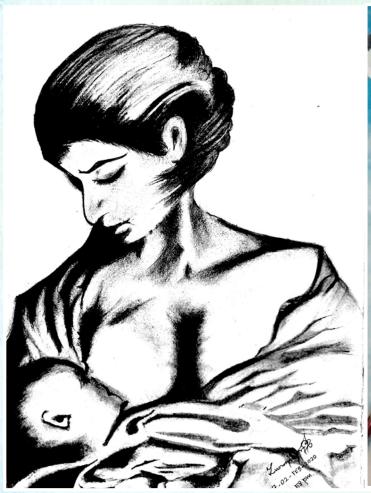






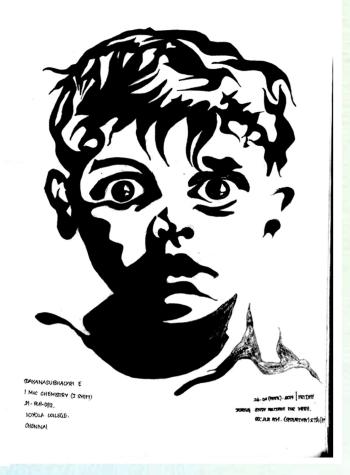












# Students' Achievements

- 1. Insha Nazeem, Mathematics, LCAS won district level, state and national level in science exhibition and went to Japan for a science tour.
- 2. Pooja, BBA won first prize in art and crafts, Swimming, relay and skating.
- **3.** Pavithradevi S, Statistics, LCAS, organized events as an event Organizing team Throwball and tennikoit.
- **4. Shainy Sushmitha J,** Mathematics, LCAS won second in English Poetry writing, third place in English essay writing and works as an Academic Specialist at Byju's.
- **5. Shifa Ussudoor,** Data Science, LCAS won second prize in Young Data Scientist Datagram v3 conducted by Dept. of Big Data Analytics, St. Joseph Institute of Information Technology, Bangalore Second prize in Shipwreck, Intercollegiate, St. Joseph college and works as a n analyst in Trichy Axtria India Ltd. Analyst.
- 6. Disha K, LCAS, completed four years of practice in Kathak.
- 7. Divya Priya, Pedagogy of English, LCE English was awarded Elite+silver in NPTEL course, and won at the Cambridge Division level in badminton.
- **8. Jerusha Josphin A**, Statistics, LCAS, secured first place in Chess competition and thiird place in throw ball competition held in Loyola Women's Hostel.
- 9. Gokula Priya R, LICET, secured the Electronics and Communication Engineering 3rd year Academic topper award.
- 10. Swasthekaa PG, French literature, LCAS, secured the third prize in painting competition conducted by Ethiraj college, Chennai.
- 11. Parama Nandy NA, LIBA PGDM, secured the first prize in Matribhasha Diwas Essay and second prize in Oratoricals.
- 12. Namrata Datta, Economics, LCAS, Presented a research paper in the International Conference on Sustainable development and Economic growth organized by St. Xaviers College, Kolkata, Best poster in poster competition on the occasion of international migrants day organized by the sociology department, First prize in essay competition organized under SHERO 2021 by The Dean of Women Students, Second prize in elocution competition organized under SHERO 2021 by The Dean of Women Students, Third d prize in a mask designing competition organized under SHERO 2021 by The Dean of Women Students and Designed the magazine cover 'Womanscape' released by The Dean of Women Students
- **13. Dinishiba S,** IT, LICET has secured first place in Design Jam conducted by SVCE and second runner up in Chess tournament conducted by CIT.
- **14. Anlin Sharon,** English Literature, LCAS has secured first prize in singing competition and third prize in singing competition conducted by FLOWS.
- **15. Gayathri Anoop,** Advanced Zoology and Biotechnology, LCAS, has secured the sixth rank in Calicut University in BSc. Zoology 2018-2019
- 16. L. Sibi Marian, Mathematics, LCAS has secured a Silver in throwball and gold in badminton.
- 17. Serlin D P, Pedagogy of English has secured first place in cultural competition and third place in speech competition.

- **18. Jose Yazhini K,** Pedagogy of English, LCE has secured first English Elocution, Second in rama and Third in Poetry writing.
- 19. Maria Abisha Rani M, Pedagogy of English was the Gold medalist in English and is placed in Chennai Public School.
- **20. Punchiri Krishna**, BBA France, secured a Diploma in Bharatanatyam.
- **21. Hosan Nesahilda,** Pedagogy of English, LCE is selected for placement as English Teacher in Senthil Public School Salem, St Johns Public School- Medavakkam and H.S.T. Rajah Girls Matric. Hr. Sec. School Tondiarpet.
- **22. M V Divyaa**, Pedagogy of Commerce and Accountancy PGT Accountancy is selected for placement in TSST Rajah Girls matric hr. Sec.school and Pon vidyashram public school.
- 23. Jemimah I, Pedagogy of English, LCE won the first place in Green Room Theater competition at MCC, secured First class in foreign language 'Mandarin' course level 1, PGT at Senthil Public School, Salem, Vice Principal at Jai hind -Bharathi Group of Schools, Chennai PGT at TST Rajah Girls Hr.sec.School, Chennai PGT at St.John's Public School, chennai and PGT at Zion and Allwin group of Schools.
- **24. Dinishiba S,** IT, LICET has secured first place in Design Jam conducted by SVCE and second runner up in Chess tournament conducted by CIT.
- **25.** Susan Valentina R, Visual Communication, LCAS, UG was elected as the cultural secretary in Loyola college and placed in NATWEST groups Banking sector in UK company.
- **26. Rony Shiela S,** Finance and Business Analytics PGDM LIBA, has published a research paper and won 1st place in Bim and GAC Management trainee as credit Analyst in CRISIL.
- 27. Viviya Renny B, LIBA has won first place in throwball and Women's Relay, second place in Women's Table Tennis and Women's 200m relay and third place in Gully cricket.



S.No	NAME	COMPANY
1	Anju Mathew	ICICI Bank
2	Berni Bernald	ICICI Bank
3	Angel Valancia	SBI Life Insurance
4	Ashmitha PV	Infosys
5	Chelsea Sandhiya	First source
6	Sharon Ebenezer	Charge Bee
7	Marina D'cruz	Deloitte
8	Tamanna Pratiksha	Byjus
9	Ankita Beniwal	Vedanta
10	Kushboo Bharti	ICICI Bank
11	Angel Mary	ICICI Bank
12	Jiji Justin	Atomberg
13	Amala Noble	Lynk Global
14	Ann Maria	Capegemini
15	Aparna Sojan	TATA Motors
16	Sugandhi	Deloitte
17	Madonna Jephi	RR Donnelly
18	Roney Shiela	Crisil
19	Rinu Treesa	Crisil
20	Riya Augustine	Charge Bee
21	Nikita Saji	Deloitte
22	Nikita Xavio	Philips
23	Minu Paul	ICICI Bank
24	Kezia Faith	JP Morgan
25	Angeline	JP Morgan
26	Boomika	JP Morgan
27	Viviya	ICICI Bank
28	Meenakshi	ICICI Bank
29	Catherine	Colliers
30	Sharon S	Cognizant







