

AKDD ECHOES

A monthly magazine of A.K.D.D.R Women's College

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ISSUE NO 3

MK Varsity's Zonal Level Volleyball Tournament



Reports on:

- JOINT FACULTY PROGRAMME IN MATHS FOR CLUSTER COLLEGES IN VIRUDHUNAGAR DISTRICT
- ONE DAY RESEARCH OPPORTUNITIES SEMINAR FOR SCHOOL AND COLLEGE STUDENTS



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VISUAL TREAT

This section displays the creative talent of our students in visual medium.

EDITOR'S LETTER



Dear Readers,

I am delighted to present this new edition of our college newsletter, which showcases the dynamic spirit and wide-ranging programs at A.K.D. Dharmaraja Women's College.

We have made it our mission to provide students with a truly holistic education, extending beyond academics to foster skills and values essential in today's world. Our recent events reflect this commitment to diversity and growth. Hosting the zonal-level volleyball tournament for Madurai Kamaraj University colleges was a moment of pride, as our campus buzzed with energy, teamwork, and sportsmanship. We were also thrilled to hold a Joint Faculty Programme in Mathematics, where students from over 15 colleges in the Virudhunagar District took part.

In addition to academics and sports, our students have enthusiastically engaged in community service through social welfare projects like cleaning places of public use. These experiences help them appreciate the importance of social responsibility. Regular talks on moral values continue to inspire and guide students, reinforcing the ethics and principles that are at the core of our college's philosophy.

Our magazine has also blossomed into a vibrant platform, allowing both staff and students to share their insights, talents, and creativity. With every edition, we are delighted to showcase the array of articles, artwork, photography, and creative writing contributed by our talented community. We hope this edition gives you a glimpse into the enriching and spirited environment we are building at our college. Happy reading!

A handwritten signature in black ink, appearing to read "Selvaraj".

COLLEGE HOSTS MADURAI KAMARAJ UNIVERSITY'S ZONAL LEVEL WOMEN'S VOLLEYBALL TOURNAMENT



The Madurai Kamaraj University's zonal level Women's Volleyball Tournament was hosted with great enthusiasm at our college on October 4. With over sixteen colleges participating, the event celebrated not only competitive spirit but also the commitment and dedication of young athletes from across the region. After intense matches, Madurai Lady Doak College emerged victorious, clinching the first place, while Yadava College secured second place. Mangayarkarasi College and V.V. Vanniyaperumal College for Women proudly obtained the third and fourth places, respectively.

The Correspondent and Secretary of our college, Shri A.K.D. Krishnama Raju, presented trophies to the winners and commended all participants for their sportsmanship. The Principal, Dr. S. Jamuna, congratulated the students for their remarkable performances, and Mr. Ramu, the Physical Education Director of Madurai Kamaraj University, graced the occasion. The college's Physical Education Director, Ms. Kanmani, proposed a heartfelt vote of thanks, concluding the event on a high note.

MATHS JFP HELD FOR DISTRICT CLUSTER COLLEGES

Our college hosted Joint Faculty Programme in Mathematics on 21st September which was attended by 80 students and faculty members from the cluster colleges in the Virudhunagar district.

The event featured Dr. M. Saravanan, Assistant Professor, Department of Mathematics, Government Arts and Science College, Mettemalai, Sattur, delivered an insightful lecture on "Mathematics Behind a Nobel Prize in Economics". He highlighted the applications of mathematics in economics, and many other fields including software, and healthcare.

Shri A.K.D. Krishna Raju, Secretary and Correspondent, presided over the programme. Dr. S. Jamuna, Principal, and Mr. G. Sankaranarayanan, Educational Consultant, delivered felicitation address. The introductory speech was given by Ms. P. Meenakshi, Head of the Department of Mathematics. Ms. B. Jagadeeswari, Assistant Professor of Mathematics, welcomed the gathering. Ms. S. Gowsalya, a student from the Department of Mathematics, proposed a vote of thanks.



AWARENESS PROGRAMME ON TRAFFIC GUIDELINES



The Consumer Club at our college organised an Awareness Programme on Traffic Guidelines recently to emphasise the significance of road safety and responsible driving among students and the community.

Ms. Senbagavalli, the Regional Transport Officer of Rajapalayam, was the chief guest. She delivered an insightful address on the importance of safety measures for riders and underscored the necessity of adhering to traffic regulations in daily life, instilling a culture of responsible behavior on the roads. She mentioned that young adults are the most vulnerable to road mishaps.

In his remarks, Mr. Subramanian, the State President of the Consumer Protective Service Centre, shared practical and preventive measures to avoid traffic rule violations, focusing on the potential dangers of neglecting road safety protocols. His session provided participants with simple, actionable tips to prevent accidents and enhance road safety awareness.

Dr. S. Jamuna, the principal, extended special honours to the guests in recognition of their contributions to road safety awareness. Ms. Amutha, Coordinator of the Consumer Club of the college, welcomed the participants.

ANTI RAGGING AWARENESS



An awareness programme on ragging, drug abuse, and sexual violence was organised at our college on 3rd October. The event's chief guest, Ms. Christie, Sub-Inspector at the Rajapalayam Women's Police Station, addressed the students, highlighting the importance of drug prevention, ways to lead a healthy life, and protecting oneself from sexual harassment. She also discussed the impact of excessive mobile phone use and emphasised that education is a vital tool for leading a balanced life. She encouraged students to focus on learning and development.

The college principal, Dr. S. Jamuna, delivered the keynote address. The student vice-president, Ponsuvetha, gave the welcome address.

ENTREPRENEUR -SHIP SKILLS

An Entrepreneur Development Program event was held at our college on September 25.

Ms. Architha Raja, the founder of the Young Entrepreneurs Association of Rajapalayam, attended as the chief guest. She delivered a keynote speech on how to start a business, sharing the challenges and successes she encountered in her entrepreneurial journey at a young age.

The college principal, Dr. S. Jamuna, presided over the event. Educational Consultant Mr. G. Sankaranarayanan offered his congratulatory remarks. The event coordinator, Ms. Paul Glory Daisy, extended a welcome address, and student Sumithra delivered the vote of thanks.



RESEARCH OPPORTUNITIES SEMINAR



Our college organised a one-day seminar on Research Opportunities in Science, featuring the guest lecture of Dr. S. M. Rajendran, Senior Principal Scientist, CSIR. Over a hundred students from the college, A.K.D. Dharmaraja Girls Higher Secondary School, and A.K.D. Dharmaraja Boys Higher Secondary School attended the programme held on 24th September.

Dr. Rajendran delivered an insightful lecture on "Research as a Pathway to Career Opportunities," emphasising the significance of research, particularly in the field of science.

He highlighted the vast opportunities available to science students and shared valuable perspectives on research. The session inspired students to explore research opportunities and pursue careers in science.

Mr. Ramasubramanian, President, A.K.D. Dharmaraja Boys Higher Secondary School, delivered the presidential address. Dr. S. Jamuna, Principal, delivered the felicitation address. Ms. M. Jenifer, Head of the Department of Physics, delivered the introductory speech. Ms. T. Tamileswari, Assistant Professor of Physics, proposed a vote of thanks.

FIRST AID AWARENESS PROGRAMME



The World First Aid Day event was a meaningful and informative session, shedding light on essential health practices and life-saving techniques. This Youth Red Cross Club's event, held on September 13, aimed at enhancing awareness among students about the importance of first aid in everyday life.

Dr. B. Ananda Krishnan, our esteemed Chief Guest, highlighted the impact of lifestyle diseases prevalent today and shared valuable advice on preventive measures. Emphasising good dietary habits and the role of regular exercise, he encouraged students to adopt healthier lifestyles. Adding a hands-on approach to the event, Dr. Bindhya, our Guest of Honour, provided a practical demonstration of the CPR technique, a critical skill in responding to cardiac emergencies.

Dr. S. Jamuna, the principal inaugurated the event with her insightful presidential address, inspiring students to be proactive in learning first aid. With Ms. K. Vijayalakshmi warmly welcoming the gathering and Ms. S. Manjula giving a heartfelt vote of thanks, the event was a testament to the collective spirit of learning and social responsibility at the college.

CLEANING DRIVE BY NSS UNIT



Our college, in partnership with J D City Clean Care, Rajapalayam, organised a community cleaning awareness programme as part of the nationwide initiative "Swachhata Hi Seva 2024" under the National Service Scheme (NSS). The event aimed to promote cleanliness and waste management in the local community.

Students from our college took an active role in cleaning services across various locations in Rajapalayam, demonstrating their commitment to building a cleaner and healthier environment. The initiative concluded with a pledge-taking ceremony, where students vowed to maintain and promote cleanliness in their surroundings, in the presence of the College Correspondent and Secretary, Shri. A.K.D Krishnama Raju.

AWARENESS PROGRAMME ON SUICIDE PREVENTION

An awareness programme on suicide prevention was held at our college, Rajapalayam, in commemoration of World Suicide Prevention Day, which falls on September 10, annually, featuring talks by members of Atmaprasara, an NGO dedicated to promoting mental health.

In her presentation, Ms. Shyamala, Coordinator, Atmaprasara, said that every year over 7 lakh people commit suicide, and it is the third leading cause of death for people in the age group of 19-25. She explained to students how to identify people in depression and what best can be done to help them overcome mental agony. "Just asking simple questions like 'Are you okay?' and assuring them "I'm here for you" can save a life," she said.

Ms. Radhika, Mr. Santosh, and Ms. Anandhi from Atmaprasara also addressed. Earlier, Dr. S. Jamuna, Principal, provided the special address, and Ms. K. Vijayalakshmi, co-ordinator of Red Cross Society at the college, delivered the welcome address. Ms. S. Manjula, a student of Computer Science department, proposed a vote of thanks.



TALK ON WOMEN EMPOWERMENT



The Women Development Cell of our college hosted an inspiring talk on women empowerment by Ms. Rajavalli Rajiv, a renowned social entrepreneur and founder of Garbage Bank. The event, held on September 28, had the participation of over 200 students and faculty members.

In her address, the Chief Guest, Ms. Rajiv shared her personal journey, detailing the challenges she encountered and the successes she achieved in her mission to

promote sustainable waste management. Her inspiring words encouraged students to set high ambitions and work towards their goals with determination and resilience. The event witnessed addresses by the Principal, Dr. S. Jamuna, the educational consultant, Mr. G. Sankaranarayanan, and Ms. R. Dhanalakshmi, Head of the Department of Computer Science. The vote of thanks was proposed by Ms. S. Joylin, student of the Department of Computer Science.

Sunrises, Sunsets for Astronauts

Ms. M. Jenifer

HoD - Department of Physics

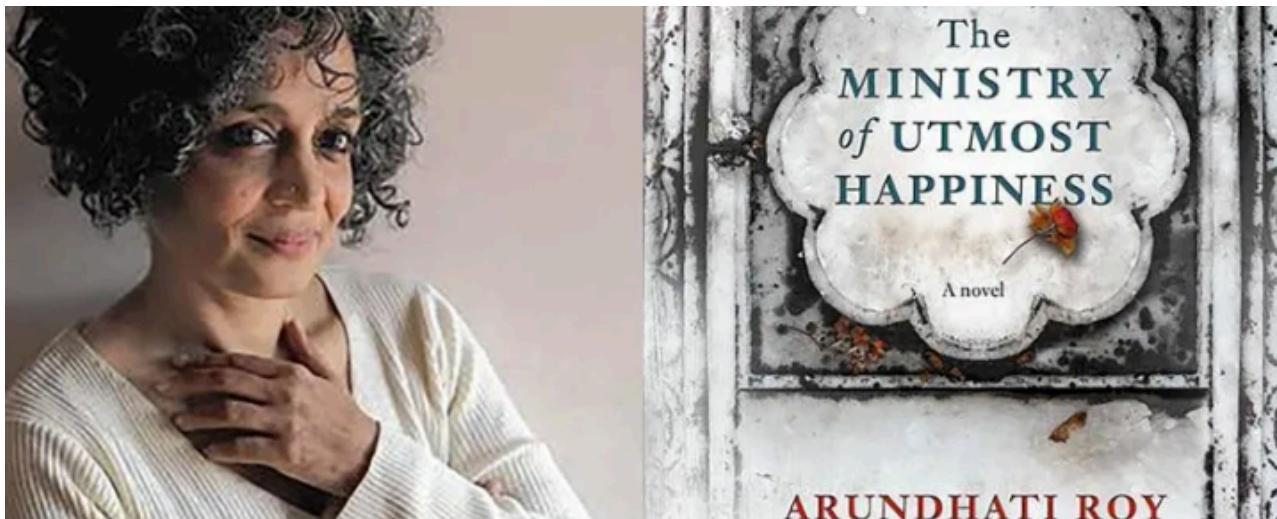


Astronauts aboard the International Space Station (ISS) see 16 sunrises and sunsets each day because the ISS orbits the Earth at an incredible speed of about 28,000 kilometers per hour (17,500 miles per hour). This rapid orbit allows the ISS to complete a full circuit around the Earth approximately every 90 minutes. As it travels, the station alternates between the sunlit and dark sides of the planet during each orbit.

Unlike the familiar 12-hour light and 12-hour darkness pattern experienced on Earth, astronauts encounter around 45 minutes of daylight followed by 45 minutes of darkness. This repetitive cycle occurs 16 times in a 24-hour period, allowing the astronauts to witness 16 sunrises and 16 sunsets daily. These frequent transitions between day and night enable astronauts to conduct experiments in fields like microbiology and metallurgy, offering insights that are difficult or impossible to achieve on Earth.

The Ministry of Utmost Happiness

Ms. R. Aishwarya, Assistant Professor of English



The novel "The Ministry of Utmost Happiness" is written by Arundhati Roy. It is a fictional novel combined with some real incidents. It explores themes such as gender identity, women's struggles, subalterns and orphans. Roy introduces many women characters to illustrate the plight of women and the challenges they face in achieving their goals.

One of the inspiring characters is Aftab, who struggled from childhood to create his own identity. Aftab was born as intersex and later transformed into Anjum, identified as a beautiful and powerful hijra (trans woman). She built her own home in a graveyard and created a community called Jannat Guest House and Funeral Services. Anjum adopts a girl who was abandoned by her family. Even though she struggled throughout her life, she helped others in need. She remained strong despite facing many unbearable incidents.

Through Anjum's character, Roy highlighted on the struggles of transgender individuals leading a life in a cruel society without support. Anjum's journey serves as a reminder that everyone should have courage to confront their challenges.

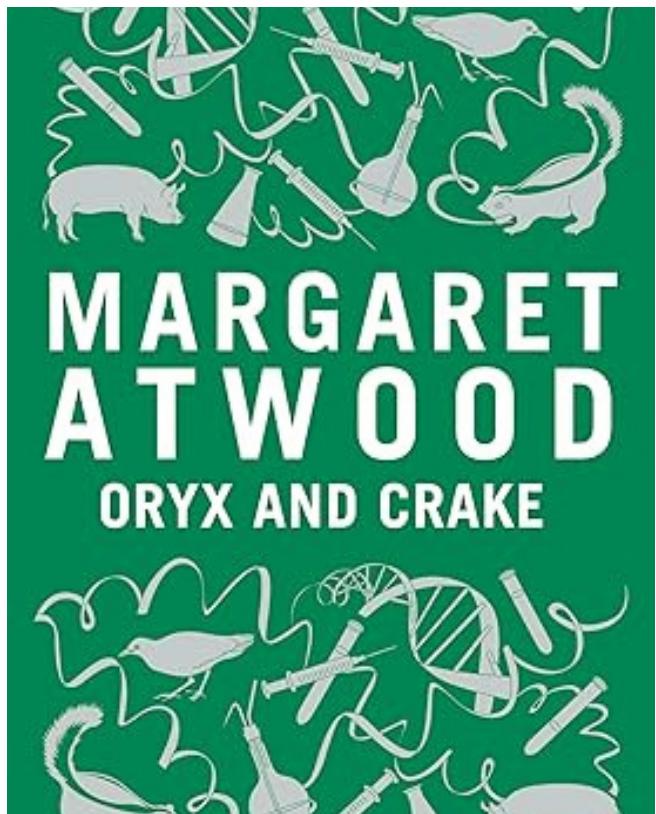
Oryx and Crake

Ms. Simi Stephen

Assistant Professor of English

Oryx and Crake is a landmark work of speculative fiction by acclaimed Canadian author Margaret Atwood, whose impressive body of over forty works has consistently captivated readers worldwide. In this novel, Atwood demonstrates her prowess, creating a vividly imagined world driven by advanced research and genetic experimentation. While the novel's beginning may be slightly challenging, it quickly engages the reader, pulling them into an intricate tale of a dystopian future. With each page, questions unfold: What caused the catastrophic pandemic? Who was responsible, and why? This suspense kept me reading eagerly, appreciating Atwood's creative genius.

The story begins in a bleak future where a single human survivor, Snowman, lives on a desolate seashore, struggling for survival. Snowman is accompanied by genetically engineered beings called the Crakers, who were created by Crake, a brilliant and ambitious scientist—and Snowman's best friend. Snowman is tasked with caring for these creatures, honoring a promise to Crake. The Crakers resemble humans



but are genetically spliced with traits from plants, sea life, baboons, and cats, resulting in unique behaviours and a complete lack of human emotion.

Atwood masterfully constructs a dark, dystopian future with imaginative creatures and thought-provoking themes. The book's compact size makes it convenient for travel.

I recommend Oryx and Crake to mature readers, particularly those interested in science fiction, ethical dilemmas, and apocalyptic narratives.

Unknown Facts about Well-Known People

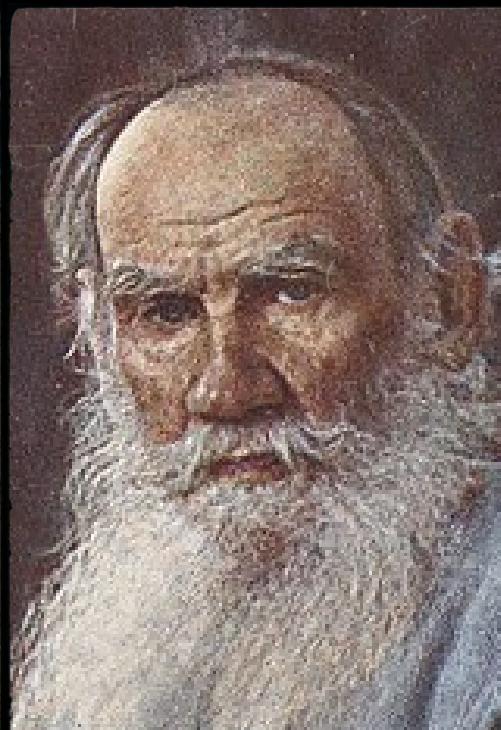
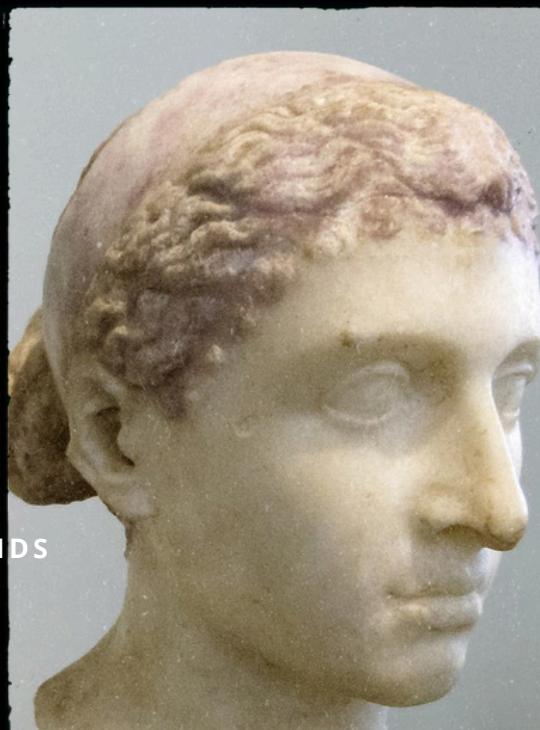
Ms. I. Mathavi

Assistant Professor of English

- Cleopatra always wore a fake beard when Presiding over court proceedings.
- Anna Karenina, heroine of Leo Tolstoy's book, died in a railway station. In 1910, Tolstoy himself died in a railway station.
- Aesop, the author of the famous fables, had first been a Greek slave before his talent for telling the stories won him his freedom and later fame.
- The great English novelist D. H. Lawrence's last words were 'I am getting better'.
- Alfred Tennyson wrote a book word poem when he was only ten.
- Emily Dickinson, an American poetess, considered herself ugly that when callers came to her home, she remained in another room and conversed through an open in the door.
- The poet Geoffrey Chaucer was the first person to be buried in Poet's Corner, Westminster Abbey.
- Shakespeare was the first person to use the words 'dwindle' 'hurry' and 'lonely'
- Louis Braille, inventor of Braille script for the blind, was himself blind at his age of five
- Charles Dickens used to write novels under the Pseudonym Boz.



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Why Math Olympiad?

Ms. S. Mukila

Assistant Professor of Mathematics

Math Olympiad preparation can benefit students in the following ways:

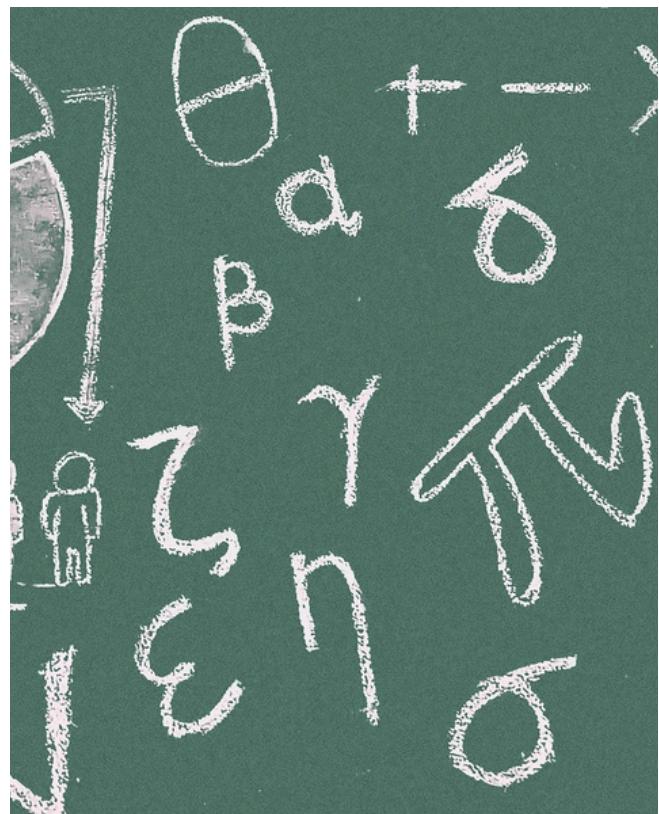
Preparation Enhanced Problem-Solving Skills: Math Olympiad questions often require creative thinking and innovative problem-solving strategies that can improve analytical abilities for competitive exams.

Speed and Accuracy: Regular practice of challenging problems helps increase calculation speed and reduces errors, both crucial for time-constrained exams.

Conceptual Clarity: Olympiad preparation emphasises understanding mathematical concepts rather than rote memorization, leading to a deeper grasp of topics.

Critical Thinking: Engaging with complex problems fosters critical thinking and reasoning skills, which are essential for tackling diverse questions in competitive exams.

Time Management: Math Olympiads often involve timed competitions, helping you practice managing your time effectively during exams.



Familiarity with Advanced Topics: Exposure to higher-level math concepts prepares you for questions in competitive exams that may go beyond the standard syllabus.

Boosted Confidence: Successfully solving difficult problems boosts self-confidence, which can enhance performance under exam pressure.

Teamwork and Collaboration: Participating in Math Olympiads often involves teamwork, which can improve your collaboration skills, beneficial for group studies or discussions.

Does Positive Thinking Work?

Dr. T. Kalarani M.com.,M.Ed,M.Phil.,Ph.D

Department of Commerce

Positive thinking focuses on the bright side of life and seeks the good in people and situations. It doesn't ignore challenges but encourages facing difficulties with hope and a belief in improvement.

Meaning

At its core, positive thinking is about addressing negativity with optimism. A positive thinker acknowledges challenges while believing in their ability to overcome them. Practicing positive affirmations helps reshape self-talk, enhancing resilience.

Tips for Practicing Positive Affirmations

- Gratitude Journal: List things you're thankful for to boost your mood.
- Prioritize Sleep: Maintain a good sleep routine for a positive outlook.
- Accept Reality: Acknowledge challenges and reframe them positively.

Identify Triggers: Recognize and counteract negativity-inducing environments.



- Incorporate Laughter: Seek humor to lighten your mood.
- Stay Realistic: Maintain optimism while facing challenges.

Breathing Techniques

Breathing exercises can enhance positivity and manage stress, promoting relaxation and emotional well-being.

The benefits for students include:

- Emotional Well-Being: Reduces stress and anxiety.
- Physical Health: Regulates heart rate and blood pressure.
- Focus and Concentration: Improves attention and productivity.

Poet's

Ms. S. Vigneshwari

Assistant Professor of English

Life is full of wondrous grace,
With ups and downs we all must face,
In sorrow and joy, we're led by hands,
Both shaped by life's unpredictable plans.

Each second holds a miracle near,
The future unknown, not always clear,
Twists and turns in every bend,
What's to come, we can't defend.

God has a plan for every soul,
He knows the path to make us whole,
In time, He gives what's truly right,
His miracles shine in darkest night.

We dream, we plan, we set our aim,
But sometimes life is not the same,
Disappointment comes, we wonder why,
And curse the heavens, asking high.

Yet all is written, all is sealed,
Our fate by effort is revealed,
Good fortune, like the storm, will pass,
So never yield, stand firm, hold fast.

With patience, trust, and steady will,
Keep moving forward up the hill,
For life's design, though hard to see,
Will lead us where we're meant to be.

life's
a miracle

Visual Treat



III BCOM (CA)
Subraja

Visual Treat



POV:- Art is my happy Place



Art by:
hilmiya.



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