

Livewire

June 2026 Issue

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ENVIRO CLUB ACTIVITY

WORLD ENVIRONMENT DAY

The Enviroclub of Justice Basheer Ahmed Sayeed College for Women celebrated World Environment Day on 5 June 2026 at 10.00 a.m. by organizing a Tree Sapling Plantation Drive opposite the library. The programme was based on the theme "Inspired by Nature: For Climate. For Our Future" was coordinated by environmentalist Mr. Vijayabaskaran. The event witnessed the participation of the Principal, Vice Principals, faculty members, and students. Around 35 participants enthusiastically planted saplings and pledged to protect the environment. The programme aimed to create awareness about environmental conservation, encourage sustainable practices, and inspire students to adopt eco-friendly habits. The event concluded successfully reinforcing the importance of collective efforts in building a greener and healthier future.



NATIONAL SERVICE SCHEME UNIT

INTERNATIONAL YOGA DAY

On 22 June 2026, the National Service Scheme (NSS) organized the International Yoga Day programme at DJ Block, Room No. 218, Justice Basheer Ahmed Sayeed College for Women (Autonomous), Chennai. The programme was organized with the objective of creating awareness among students about the importance of yoga and encouraging them to adopt a healthy and balanced lifestyle. Mrs. S. Jyothi Prabha, Yoga Therapist and Trainer, delivered an informative session on the importance of yoga in maintaining physical health, mental well-being, and emotional balance. She emphasized the need to incorporate yoga into daily life to reduce stress and improve the overall quality of life. Following this, the resource person demonstrated various yoga postures and breathing exercises. The students actively participated in the practical session and gained hands-on experience in performing yoga techniques correctly. The programme witnessed the enthusiastic participation of 50 students.



The programme provided students with valuable learning experiences and helped them understand the importance of physical fitness, mental peace, and self-discipline. It encouraged them to develop healthy habits and become responsible individuals capable of maintaining a balanced lifestyle. The programme was a great success and reflected the spirit of teamwork, youth participation, and social responsibility. It truly embodied the values of the National Service Scheme and its motto, "Not Me But You."



ANTI-DRUG AWARENESS PROGRAM

On 25 June 2026, the National Service Scheme (NSS) organized an Anti-Drug Awareness Programme at the Library Convention Hall of Justice Basheer Ahmed Sayeed College for Women (Autonomous), Chennai. The programme was conducted with the objective of creating awareness among students about the harmful effects of drug abuse and promoting a healthy, drug-free lifestyle. The resource person for the programme was Mr. Rajem M. P. Nathan, Advocate, Madras High Court, and Former Public Prosecutor. He delivered an enlightening talk on the theme, "The World Drug Problem: Persisting Issues, New Challenges, Innovative Responses." He explained the growing challenges posed by drug abuse, its impact on individuals and society, and the legal consequences associated with drug-related offences. During his address, he emphasized the importance of making responsible choices, resisting peer pressure, and creating awareness about the dangers of substance abuse among young people. The session was highly informative and interactive, encouraging students to actively engage in the discussion and clarify their doubts regarding drug abuse and prevention.



A total of 100 students attended the programme and participated with great enthusiasm. The programme helped students understand the importance of staying away from drugs and inspired them to become responsible citizens who contribute positively to society. The Anti-Drug Awareness Programme was a great success and reflected the spirit of youth participation, social responsibility, and community awareness. It truly embodied the values of the National Service Scheme and its motto, "Not Me But You."



NATIONAL CADAT CORPS

INTERNATIONAL YOGA DAY

On 13 June 2026, International Yoga Day was celebrated from 9.30 a.m. to 10.30 a.m. at Justice Basheer Ahmed Sayeed College for Women. A total of 40 NCC cadets actively participated in the celebration. The programme was organized by the NCC Battalion and conducted under the guidance of Faiza Banu Ma'am. Under her supervision, all the cadets performed various yoga asanas with discipline, focusing on physical fitness and mental well-being. The session highlighted the importance of incorporating yoga into daily life. The event concluded successfully with a pledge to practice yoga regularly.



ANTI-DRUG RUN



On 26 June 2026, the National Service Scheme (NSS) of Justice Basheer Ahmed Sayeed College for Women (Autonomous), Chennai, actively participated in the International Day Against Drug Abuse – Anti-Drug Run 2026 held at Anna Memorial, Chennai. The programme was conducted with the objective of creating awareness about the harmful effects of drug abuse and promoting the importance of building a drug-free society. The programme commenced at 6.00 a.m. with the flagging off of the Anti-Drug Run at Anna Memorial. NSS volunteers and students participated enthusiastically in the event, demonstrating their commitment to social responsibility and public awareness. Following this, the participants successfully completed the 6-kilometre Anti-Drug Run, spreading the message of saying no to drugs and encouraging the community to lead a healthy and drug-free life. The event served as a platform to educate the public about the dangers of substance abuse and the importance of making responsible choices. Upon the successful completion of the run, all participants were awarded commemorative medals in recognition of their participation and dedication. Refreshments were also provided to the participants.

The programme encouraged physical fitness, teamwork, and active involvement in social causes among the students. The event helped students understand the importance of creating awareness against drug abuse and inspired them to become responsible citizens committed to promoting a healthy and drug-free society. The programme was a great success and reflected the spirit of youth participation, social responsibility, and community service. It truly embodied the values of the National Service Scheme and its motto, "Not Me But You."



DEPARTMENT OF HOME SCIENCE

Career Opportunities In Nutrition And

Health Awareness Session

Session-1

The first session was held at the FSM Lab. The chief guest arrived at 9.16 a.m. The programme began with a welcome address by Ms. Padmaja at 9.18 a.m., followed by the recitation and translation of the Holy Quran by Ms. Afreen Fiyaza at 9.20 a.m. The chief guest, Dr. Varsha Pramoth, was formally welcomed by Ms. Rizwana Yasmin. The chief guest then delivered an insightful talk on the various career opportunities available in the field of Nutrition and Dietetics. She explained the relationship between genetics and food, highlighting how saliva can help determine suitable dietary patterns for individuals. She also discussed the importance of maternal and child health and emphasized the growing role of dietitians in the cosmetic industry.



Session-2

The session was conducted at the IDD Lab and began at 10.20 a.m. by Mrs. Anthilip Parveen Ma'am. She spoke about the importance of maintaining both physical and mental health for overall well-being. The session emphasized the role of a balanced and nutritious diet in promoting good health. She also explained the importance of personal hygiene, healthy lifestyle habits, and effective ways to manage stress and maintain mental wellness. The session provided practical tips that students can incorporate into their daily lives to improve their overall health. The session concluded successfully at 10.40 a.m., leaving the participants with valuable knowledge and practical insights into maintaining a healthy lifestyle.



FIRST DAY FIRST SHOW(FN)

On 24 June 2026, First Day First Show '26 was organized in offline mode at the college auditorium as an orientation programme to warmly welcome the freshers and introduce them to the college community. The event aimed to familiarize students with the institution's vision, academic environment, campus culture, and the various opportunities and activities that would enrich their college experience throughout the academic year. The programme commenced with a prayer by Ms. Falak Hussain M. N. The Principal and Correspondent, Dr. Amthul Azeez, then delivered the inaugural address, emphasizing the institution's values, rules, regulations, and academic expectations. This was followed by an address by the Vice Principal, Dr. D. A. Shahira Banu, during which the Heads of Departments and first-year class teachers were introduced to the freshers.



An anti-ragging skit was presented to create awareness about maintaining a safe, respectful, and inclusive campus. The Students' Council President, Ms. Faiza Ridah Ilkal, then addressed the gathering, speaking about the events and activities scheduled for the academic year, followed by the introduction of the entire Students' Council.



The cultural programme began with a melodious singing performance, followed by an energetic dance performance. An interactive Connections game added excitement to the event, after which the freshers showcased their talents through dance and singing. The programme concluded with the National Anthem, marking a memorable beginning to their college journey.



Singing event



Dance event



The entire council (2026-2027)

FIRST DAY FIRST SHOW(AN)



The Student Majlis 2026-27 organized First Day First Show (FDFS) to warmly welcome the first-year students. The event was held on 24th June 2026 in the college auditorium. The programme commenced with a formal inaugural session in the presence of the respected Principal, faculty members, and other dignitaries. The Student Majlis, Department Secretaries and External Majlis were officially introduced to freshers. The event featured a series of cultural performances, including dance, singing, mime, and entertaining stage activities, all organized by the students.



Interactive games and engaging sessions helped the freshers feel comfortable and encouraged them to actively participate. The celebration concluded with an inspiring message to the freshers, motivating them to make the most of their college journey.

Creative Corner

Open Theme



Romana Javeed
Department Of Nutrition & Dietetics
II year



S.Manasa Visalatchi
Department Of Zoology
II year



Aalia Amrooz
Computer Science
BCA - A
II year



Black Shadows to Black Roses

*In the teenage storm, misunderstood we stand,
Lost in a world where few lend a helping hand,
School's lessons teach, but miss the inner strife,
Leaving us adrift in the struggle of life.*

*Parents, well-meaning, may not truly see,
The battles raging in our hearts so free,
Relatives' judgments, society's harsh toll,
They wound our teenage spirit, taking a toll.*

*In life's grasp, hearts harden to stone
Facing trials, they stand alone,
Love, not freely given in moments that show,
They bloom like a rose in life's steady flow.*

*In Allah's trust, our faith remains unwavering,
Striving for excellence, tirelessly laboring,
A child of dreams, balancing this quest,
The lioness roars, in her, strength at its best.*

BY: Zainab Mufeeza

Zainab Mufeeza
Department of Interior Design And Decor
I year



SHE DREAMED, BUT NEVER DARED

Little did she know,
her life was about to change.
Did the people ever ask her opinion?
Or was she forced into that pain,

Eventhough she worked day and night,
Sure ! There was no peace in her sight.
She thought her kids would be of help,
But they turned out to be selfish whelps.

Did she ever try to overthrow her reality?
Did she even try to end that reign of cruelty?

She did dream ---
Travelling across the ocean , free.
But, she certainly did not dream
to Drown in silent plea.

Later, she was old ---
Too old to carry on.
She wept and consoled herself after all.
All she wanted was love and freedom,
But she was caged
As if she had committed treason.



Rifa Tanzeem
Department Of English
I year



Everything seems phantasmic

Everything seems phantasmic.
Each soul, pathetic.

Secrets unveil, as truth unfolds.
Countless daggers—
pricked right through my soul.

Heart yearns for justice,
but liars won the throne.
Too much misinformation spread,
yet the liars went unknown.

Venomous honey is your victory—
perhaps won't last long.

Your conscience will
devour you raw.
As every ounce of yours,
will plead for nothing
except redemption.



Muskaan Fathima. H
BCA -B
I year



Mariam . K
B.SC Interior Design & Decor
I year



Zohra Mariyam
B.Sc. Interior Design and Decor
I year



I.Faiza Ehasaana
BCOM CS
III year



J. Faiza Farveen
B.A. Political Science
I year

"WHEN ALLAH PLACES YOU IN A DESERT OF LONELINESS HE IS ONLY TEACHING YOUR ROOTS TO SEEK WATER DIRECTLY FROM HIM."

P.Shayera Banu
Department Of Biochemistry
I year

"In our rush to vaccinate the world against boredom, we accidentally starved our souls of stillness."

I. Faiza Ehasaana
III - Bcom CS - 'B'