

# **LIVE WIRE**

# **OCTOBER 2020**

# **ISSUE**

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## **DEPARTMENT OF MATHEMATICS (FN)**

The Department of Mathematics conducted an online Inter-Class **Powerpoint presentation and Math mehendi** competitions for the UG students on 19th, Monday October 2020. The Powerpoint presentation competition was a 2-member event and Math mehendi competition was an individual event. The preparation time was given prior. The theme for the Powerpoint presentation competition was any topic from the prescribed syllabus and the theme for Math mehendi competition was participant's design with inclusion of mathematical terminologies and concepts. E-certificates were issued to all the winners and the participants.

## **DEPARTMENT OF HOMESCIENCE (FN)**

The Department of PG studies and research in home science JBAS College for women, Chennai. Conducted an Inter collegiate fest named inception on the theme startup, on 30th October 2020. There were four competitions conducted

- Treasure hunt
- Connections
- Sell your startup
- Advertise your startup

Around 13 colleges took part and we received a huge number of registrations. Treasure hunt and connections were held live online, whereas sell your startup and advertise your startup were sent in video format and were judged by the department teachers. The fest was conducted skillfully by the council members and it was a great success.

**The Aahar Club and Nutri Club** celebrated World Food Day on 16-10-2020 by conducting a culinary competition in which each department was given a country or an Indian city and a dish had to be prepared accordingly. The winners were selected by meeting all the criteria mentioned.

In accordance to the World Food Day celebration, a baking workshop was held virtually on Google meet on 17-10-2020 by Ms. Jameela of De Bellas Pastry Town. The workshop consisted of baking a cake and some of the methods of frosting.

The Aahar Club also conducted World Heart Day on 29th September 2020, a Webinar was conducted in collaboration with Indian Dietetic Association-Chennai Chapter, J.B.A.S College, Chennai and NetProFan-Chennai Chapter supported by

the California Walnut Commission. The department of PG studies and research in Home Science J.B.A.S College for women, Chennai hosted the webinar. It was a live international webinar. An Expert Eminent Panel Discussion was held and it was very informative.

The Expert Eminent Speakers were: Moderator- Ms. Meenakshi Bajaj, Dr. Priya Chokalingam, Dr. Usha Antony, Chef Dr. P Soundarajan, Dr. Vinita Krishnan, Ms. Merina Alex, Ms. Naaznin Husein. They all spoke about Walnuts its importance, the nutrients present in it, health benefits, its advantages, and how should we include in our diet. There was a panel discussion between all the eminent expert dignitaries. After the panel discussion, a recipe demonstration was held by Chef Raakhee Vashwani. And the nutritional benefits of the recipe were told by Mrs. V. Bhavani (Dietician). After this, the prize winners were announced by Mr. P. Krishnamurthy (Converter IDA Chennai Chapter) and Ms. Shruthi Gupta (Representative of California Walnut Commission). There were 3 Prize winners and 10 Consolation Prizes were given. The webinar got concluded with a Vote of thanks by Mrs. Deepa Govindharajan (Co- Converter Chennai Chapter). It was an informative session filled with enlightening, exchange of knowledge and insights.



JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN  
(AUTONOMOUS) CHENNAI – 18.  
College with Potential For Excellence  
Re-accredited by NAAC in 2013 with an outstanding CGPA of 3.61  
(out of 4) at 'A' grade.

DEPARTMENT OF PG STUDIES AND RESEARCH IN  
HOME SCIENCE

*Cordially invites you to the*  
**INTER-COLLEGIATE FEST**

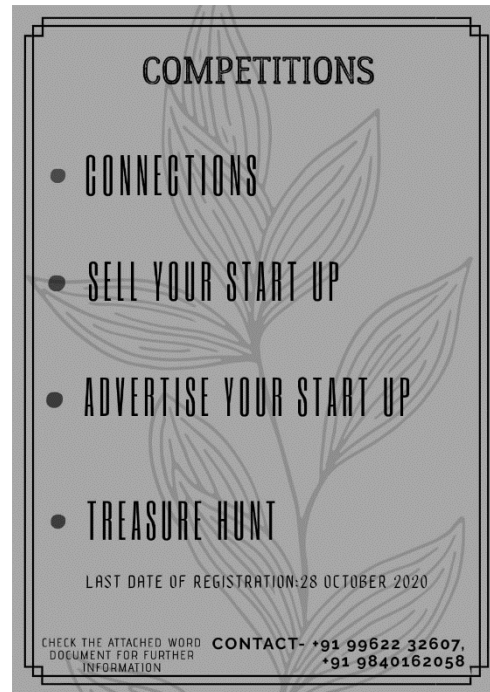
**INCEPTION**  
*To perform Inception you need imagination...*

**THEME: START UP**

**OCTOBER 2020**

DR.(MRS) SALMA PARVEEN  
ASSOCIATE PROFESSOR  
HEAD OF THE DEPARTMENT

Email- [homesciencecouncil@gmail.com](mailto:homesciencecouncil@gmail.com)  
Contact- +91 99622 32607, +91 9840162058



**COMPETITIONS**

- CONNECTIONS
- SELL YOUR START UP
- ADVERTISE YOUR START UP
- TREASURE HUNT

LAST DATE OF REGISTRATION: 28 OCTOBER 2020

CHECK THE ATTACHED WORD DOCUMENT FOR FURTHER INFORMATION

CONTACT- +91 99622 32607,  
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JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN  
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ACCREDITED BY NAAC (A) 2013 WITH AN OUTSTANDING GRADE OF 3.61  
(OUT OF 4.00 GRADES)

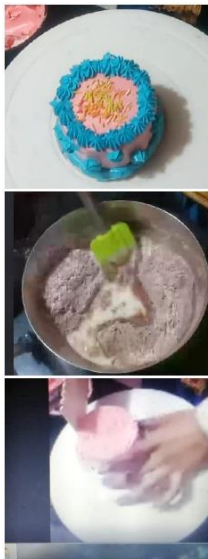
DEPARTMENT OF PG STUDIES AND RESEARCH IN HOMESCIENCE

cordially invites you to the  
INTER-DEPARTMENTAL FEST IN  
CONNECTION WITH

# World Food Day

OCTOBER 2020

Phone No. 9840552976, 9840162058  
Email - homesciencouncil@gmail.com



## **DEPARTMENT OF PSYCHOLOGY (FN)**

On 3rd October 2020, The department of Psychology conducted a virtual Association on online through the Cisco WebEx platform. The Association began with a heartbreaking news about the demise of our department's founder Dr. Savithri. Many former college as well as department colleagues and faculty members had spoken and mourned in honour of her demise. Her demise had left an immense impression of loss amongst the gathering as she was supposed to grace the occasion with her presence but, she had passed away exactly a day before. After some time, we had the achievements of the Psychology department for the previous academic year (2019 to 2020) which were presented as the day's highlights. Then, the guest speaker of the day - Dr. Radhika Soundararajan, Director of Swami Dayananda Krupa Care (a unit of AIM for Seva) is a practising pediatric counselor, consultant school psychologist, guest faculty for various higher educational institutions, and writer, with over 30 years of experience. She was introduced and welcomed by our beloved Head Of Department - Dr. Waheedah Matheen ma'am.

Dr. Radhika Soundararajan had addressed the gathering on the topic - "Role Of Psychologists In Mitigating Mental Health Challenges During The Global Pandemic".

She spoke on how Psychologists and other mental health professionals are trying their best for bridging back individuals into stabilisation especially to those who are shaken due to the impacts & challenges caused by the COVID - 19 pandemic. The pandemic has caused a lot of emotional distress as well and she shared tips on managing ourselves in trying times like these, she concluded the talk by encouraging us to take efforts to maintain our mental well - being and seeing the current pandemic as an opportunity to build ourselves rather than to complain about it. Further, there was an interactive Q&A session with the audience and followed by the closing of the program with the vote of thanks.

On 10th October 2020 the department organised a Webinar in the light of spreading awareness, promoting mental well - being and to celebrate 'World Mental Health Day'; on the topic – EYE MOVEMENT DESENSITIZATION & REPROCESSING over the Cisco Webex platform. The resource person for the day was Ms. Nithya Hariya Mohan and she is an Assistant Professor of Psychology at

Chengalpattu Medical College & a Clinical Psychologist. The event commenced with the prayer recited by Ms. Nuzhath (II M.Sc) followed by the welcome address given by Dr. Waheeda Matheen. Then, Ms. Nithya Hariya Mohan had discussed regarding the webinar's topic which primarily dealt with the EMDR Approach. She focused on what is EMDR, its treatment description in which she elaborated on the various phases of assessment. She also explained about how one can get trained in the EMDR Approach. After addressing the gathering, Ms. Nithya Hariya Mohan went ahead to have an interactive Q&A session with the audience. Further, a video made by the students of Psychology Department was presented and by the end of the session - Head Of The Department, Dr. Waheeda Matheen had shared some words of enlightenment towards the guest of honour and the audience for making this program a success. Further, the webinar was concluded with the vote of thanks given by Mrs. Kavitha Dhanaraj.

The Department of Psychology conducted the Interdepartmental Fest 2020, H.O.P.E (HEAL. ORATE. PREVENT. EMPATHISE.) on the theme "UMEED - Out Of difficulties, grow miracles" on 27th October 2020. The Interdepartmental fest was open to all the other departments exclusively for the Forenoon Session. Students of other the departments took part in all the 7 offstage/offline competitions of the fest. Around 70 students participated from various departments enthusiastically. The Program for this year - as a consequence of the pandemic, many people have lost hope more than anything. So, to light up spirits and promote optimistic approaches, an urdu word UMEED meaning finding hope in hardship, out of difficulties, grow miracles was the chosen as the THEME FOR THIS YEAR. Through a variety of activities and on basis of the original theme 7 competitions were conducted such as :

EVENT 1:

POSTER MAKING:

THEME: Tips on mental well-being.

EVENT 2:

SHORT FILM MAKING:

THEME: Breaking the stigmas related to mental well being.

EVENT 3:

PHOTOGRAPHY:

THEME: Finding hope in hardship.

EVENT 4:

ENGLISH - POETRY WRITING:

THEME: Finding Solace.

EVENT 5:

TAMIL - POETRY WRITING:

THEME: ஆறுதலைத்தேடி

EVENT 6:

ENGLISH - CREATIVE WRITING:

THEME: Resilience and Courage.

EVENT 7:

TAMIL - CREATIVE WRITING:

THEME: தடைகளைத்தாண்டிதடம்பதித்தல்

Participants really did spread out the message that the tunnel may be dark but there's always Light at the end.

The judges for the events were Our esteemed Principal - Dr. Shanaz Ahmed, our honourable Vice Principal - Dr. Amthul Azeez, The Controller of Examinations -Dr. Mercy Rajasekar, Dr. Fathima Banu - Head of the Dept of English, Dr. Mehar Taj - Associate Professor Dept of English, Dr. Parveen Sultana - Assistant professor of Tamil Dept and Dr. Sheela - Assistant Professor in Tamil Dept. The event was conducted based on the format of online submissions through emails and was forwarded to the judges prior the valedictory. It was conducted via Cisco WebEx.

Each event highlighted different aspects of (HOPE/UMEED). The chief guest for the day was Mrs. Ganasaraswathy she was welcomed by the Head Of The Department - Dr. Waheedah Matheen is a social activist and the founder of Mithraas human

welfare association, a trust working towards human excellence. Mrs. Gnanasaraswathy is also a Montessori teacher/trainer, laughter yoga teacher/trainer, adolescent and women wellness/health care awareness guide. She is also a waste management promoter and practitioner. Mrs. Ganasaraswathy is a counselor and a mind trainer as she teaches a soulful way to arts and craft.

Mrs. Ganasaraswathy addressed the gathering on the topic - "Importance Of Mental Health" by reviving our lost hope for a better life. She spoke and emphasised on how much the connection of the mind and body is really required to be strengthened as it is a special type of immunisation to deal with the current COVID - 19 pandemic. The talk was the need of the hour when we all are trying to get even more adaptable especially during trying times like the current pandemic. She highlighted the impact of our dietary, sleep patterns on our mental health. To flow with the flow and maintaining our peace of mind is really important and she stated that all of it would be possible only if we can fine tune our daily lives to an even more physically and mentally active life which can enable to be put forth above the struggles and challenges one faces. Followed by was an interactive Q&A session.

Then, the results of the 7 events were announced by the 7 respective judges. The judges were motivating and encouraging when the announced the results for each event. Participants were appreciated and congratulated for their attempts on highlighting the details on basis of the various themes. The various photographs, short films and posters of the winners were then screened for the gathering. The program was then concluded with the vote of thanks.

The winners work was later on uploaded on the college Instagram page which showcases the talents of students called '@jbaslivewire'. The respective e-certificates were distributed as well.

### **DEPARTMENT OF ZOOLOGY (FN)**

The Post Graduate and Research Department of zoology conducted an inter-class e-competitions for the department students in order to celebrate the 66th wildlife conservation week from October 02-10-2020 to October 08-10-2020.

The various e-competitions were,  
ONE MINUTE AWARENESS;

OBJECTIVE;To bring the awareness among the students about conservation of wildlife animals and the students will realize the importance of saving the animals. The total participants of this event were 14 students

Judge;Dr.S.Kaneez Fathima M.Sc.,M.Phil.,Ph.D.

The winners of this event were,

1st place - Shalini Das(2nd year advanced zoology)

2nd place- Nida(3rd year zoology)

3rd place- Theerdhaveena (3rd year advanced zoology)

OUTCOME;It created an awareness to preserve wildlife animals.

POSTER MAKING;

OBJECTIVE;To gain application, analysis and synthesis skills on wildlife conservation and protection.

The total participants of this event were 23 students.

Judges;Dr.(Mrs) Lucky.R. M .Sc.,Ph.D. And

Dr.(Mrs) D.Mubeen Sultana,M.Sc.,M.Phil.,Ph.D.

The winners of this event were,

1st place - Nireeksha(1st year advanced zoology)

2nd place - Ayesha Saffrin(3rd year advanced zoology)

3rd place - Subhiksha(1st year zoology)

OUTCOME;The students thought out of the box and inculcated the idea of conserving wildlife animals in most effective way.

CREATIVE WRITING;

OBJECTIVE;The students can explore their creative ideas and to build connections between the wildlife conservation.

The total participants of this event were 22 students.

Judges;Mrs.Fauzia Ahmed,M.Sc.,M.Phil.,(Ph.D.) and Miss.R.Kalpana chandravadhani,M.sc.,M.Phil.,

The winners of this event were,

1st place - Shalini Das (2nd year advanced zoology)

2nd place- Swathi (3rd year advanced zoology)

3rd place - Nithya sri( 3rd year zoology)

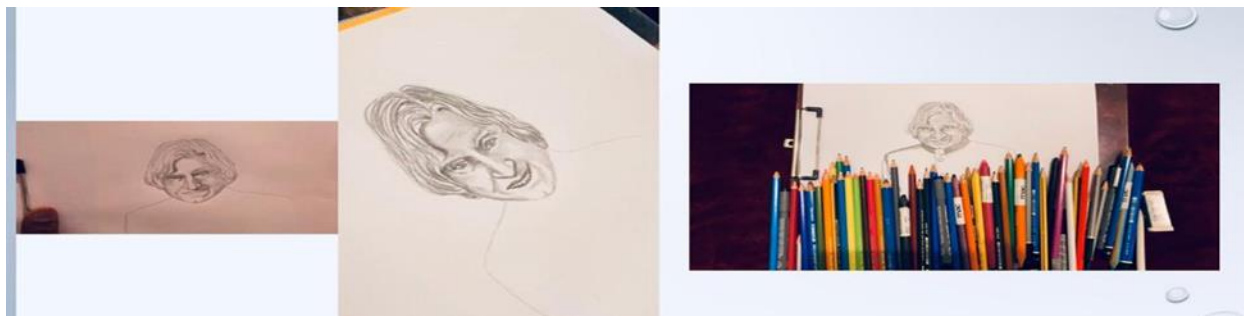
OUTCOME;It developed student's writing communication skills on wildlife conservation and protection.

OVERALL OUTCOME;

It created a sense of conservation and protection of animals and the solemnity of this e-competitions is to create awareness among our students about the importance of wildlife conservation and protection.

### **DEPARTMENT OF COMMERCE (FN)**

We Organized our Inauguration function of Commerce Department on 23.10.2020, Friday which was held in Cisco Webex Platform and it was live streamed in College YouTube Channel from 11.00 am to 12.00 pm. The Incharge Teachers were Ayub Nasimunnis ma'am and Samsunisa ma'am. ANITHARAMACHANDER PH. D was the Chief guest for the day. She is the Director And Principal Of AARDASH INSTITUTE OF MANAGEMANT AND INFORMATION AND INFORMATION TECHNOLOGY, BENGALURU. She is a dedicated and committed professor, teaching courses in management from past two decades. She is Recipient of International Achievers' Award 2010-2011 for Education Excellence. The Award was conferred on the occasion of 4th International Achievers' Summit on "Global Business Opportunities" in Singapore. Indian Achievers Forum in association with Singapore Indian Chamber of Commerce and Industry (SICCI) and India-Thai Chamber of Commerce honors the outstanding achievers from all over the country and abroad. She spoke about the things which will lead to have a successful life. There were totally 351 participants for the event.

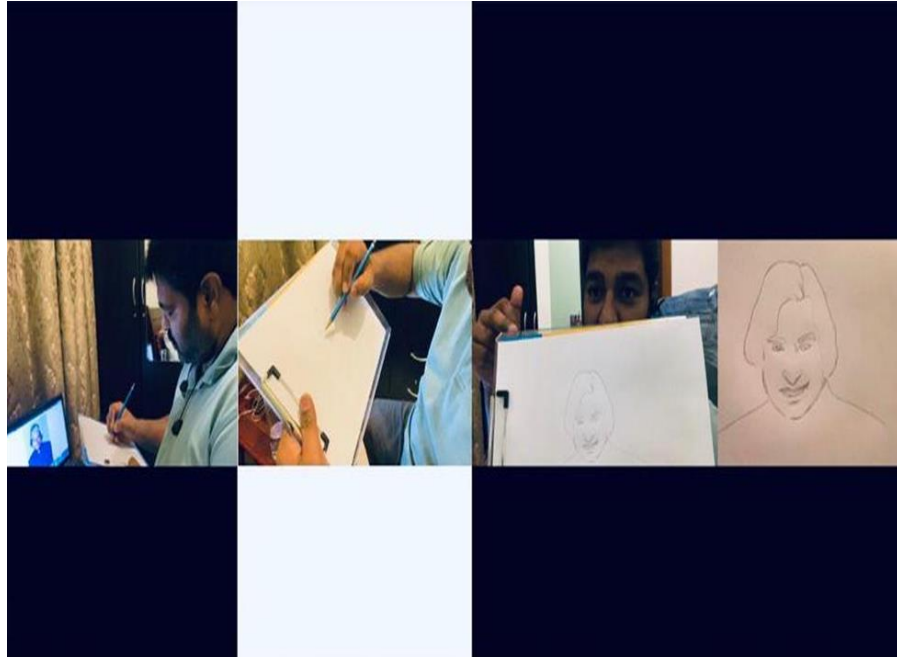


### **DEPARTMENT OF INTERIOR DESIGN AND DECOR(AN)**

The department of Interior Design and Decor has organized an international virtual webinar on portraits for all the three years on 15th October through the Zoom app, as a tribute and remembrance of Dr. A. P. J. Abdul Kalam.

Mr. Arivarasan (an engineer) from Qatar, was invited as the resource person for the portrait sketching webinar. Mr. Arivarasan explained about Dr. A. P. J. Abdul Kalam portrait briefly which was done by him. The students acquired the first hand

knowledge about the skills required for portraits. This was followed by a motivational interactive session between the guest and the students, it was an interesting session.

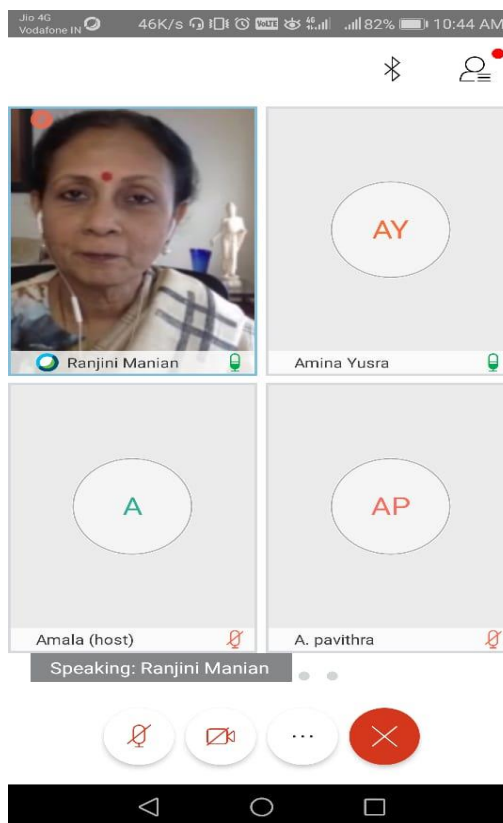
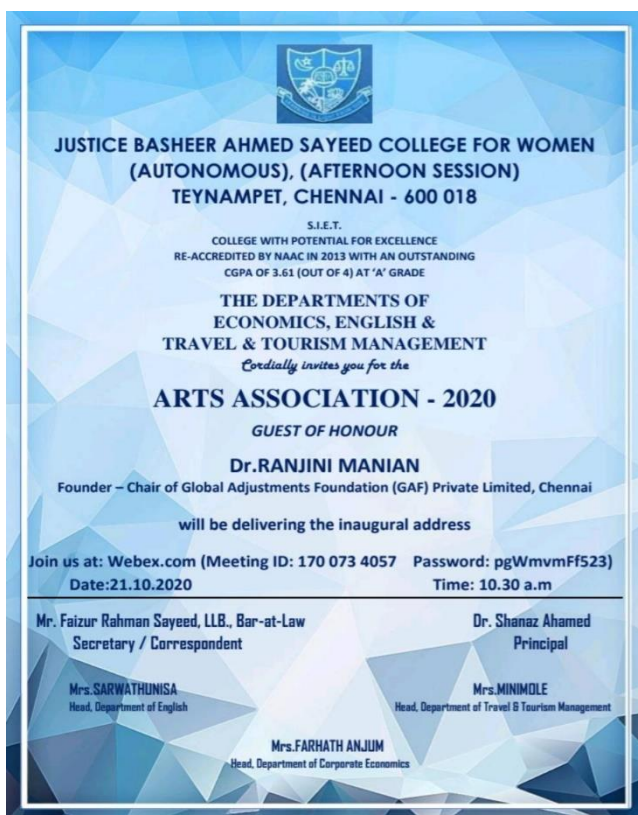


### **ARTS ASSOCIATION 2020(AN)**

The Arts Association was held on 21<sup>st</sup> of October, 2020 from 10.30 a.m. to 11.30 a.m. The program started with the true verses of Allāh recited and translated by Ms. Ayesha Jumana from II B. A. Travel And Tourism Management. The welcome address was given away by Ms. Samreen Fathima from the III B. A. English Literature and the MC was done by Fathima Fahmina Rifaya from III B. A. English Literature.

The guest of honor was Dr. Ranjini Manian, Founder-Chair of Global Adjustments Foundation (GAF) Pvt. Ltd., Chennai. She inaugurated the association and delivered the inaugural address. She gave an insight on Emotional Intelligence. She emphasized about the importance of balancing body and mind which brings optimism into life and such constructive changes can make one more successful. She also recommended few good books like “Silent Thoughts Of Me” by Markita Gonzales and to maintain a gratitude journal every day. The guest of honour who herself is a source of motivation to the students inspired them to be self-motivators.

The students of the Department of Corporate Economics gave a power point presentation about the “Impact of Covid-19 on Economy” and the students of the Department of English recited their own poems and poster design on various topics. The vote of thanks was delivered by Ms. Gowthami Padmavathi. V. from III B. A. Corporate Economics. It was truly an amazing start for all the students to showcase their talents through this event.



## MEDICAL CENTRE(AN)

The JBAS Medical Centre has organised the following two webinars with the assistance of the Department of Microbiology.

- On 21<sup>st</sup> of October, 2020, a virtual webinar was conducted for a talk on Health Awareness- “Anaemia”. The speaker for the day was Dr. Shahida Habeeb. She talked about the stressful signs that our body indicates during blood loss. She further discussed about what and what not to be done if one is suffering

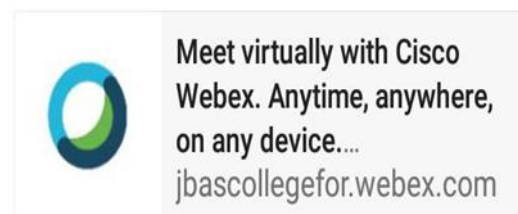
from anaemia. The participants found 2 hours of informative session through this webinar.

- On 27<sup>th</sup> of October, 2020, another virtual webinar was conducted on the topic “Menstruation” and Dr. Shahida Habeeb was the speaker. The duration of the program was 2 hours. She talked about the menstrual problems faced among young women and the solutions for it. Mensuration related myths and taboos were also explained.

Both the sessions were interesting and very informative to all the participants.



**JBAS College For Women - Medical Centre cordially invites to a talk on ANAEMIA**  
By Dr. Shahida Habeeb,  
hosted by JBAS College for Women.  
Wednesday, Oct 21, 2020 at 2:00 p.m.



**JBAS College For Women - Medical Centre cordially invites to a talk on MENSURATION**  
By Dr. Shahida Habeeb,  
hosted by JBAS College for Women.  
Tuesday, Oct 27, 2020 at 2:00 p.m.

## **PLACEMENT CELL**

TCS has planned an exclusive session(virtually) on step by step application registration process for TCS campus hiring for YOP 2021. Many students both from FN and AN attended the session and got benefitted.

Date:9.10.2020

Timing:12:00-1:00PM

Mode of webinar:Microsoft teams

And also an event conducted by internshala which was their first E-meet where a few industry leaders interacted on the topic-Advancing in the virtual recruitment scenario.And it turned out to be very useful for the participants

Event details are as follows

1. Event date & time - 17th October 2020, 4:00 - 5:00 PM (Saturday)

## 2. Panelists:

1. Mr. Sachin Agrawal (HR Head, Reliance Retail)
2. Mr. Sumit Premi (University Relations, Flipkart)
3. Mr. Suhail Vadgaokar (Director-HR, Urban Company)

## 3. Event agenda -

- \* Discuss recruiters' expectations while navigating the digital shift
- \* Insights on strategies to maintain relationships with industry members
- \* Bounce ideas or clear doubts in the Q/A session

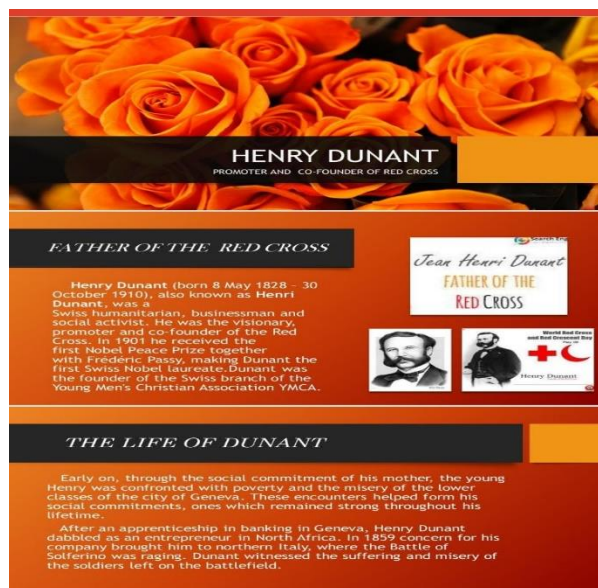
## YOUTH RED CROSS

The YRC unit of our college had conducted a quiz competition during 30/10/2020-31/10/2020 on the topic "With Humanity Towards Peace". More than 300 students had actively participated and received e-certificate.

Date : 30/11/2020

Theme: Memory of Henry Dunant

On 30th October our YRC crew had prepared an Power Point Presentation in the memory of Henry Duant(Co founder of Red Cross) on his memorial day and circulated to the student's to known about his achievements and values.



## **NATIONAL SERVICE SCHEME**

11th October is celebrated as World Mental Health Day it is an International Day for Global Mental Health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the World Mental Health Day. We conducted a webinar for all the students of various colleges.

The chief guest of the webinar was ISAIKAVI RAMANAN, a great singer, a renowned writer, and a TV show anchor. He has been writing poetry for the past 40 years and has been celebrated in the poetry circle.

Mr. Issaikavi Ramanan spoke about the importance of mental health by stating very easy to understand examples and relating it with our real life. He inspired all of us and taught all of us the simplicity of life. Towards the end of the webinar, we had a Question - Answer session for about 10-15 minutes where Mr Ramanan answered few doubts posed by the students regarding various aspects in mental health.

This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women helped the students to get knowledge on the importance of taking care of one's Mental Health and how it is equally important to Physical Health.

The enthusiastic students posed many questions and the response to the questions were given in a helpful way from the resource person. The students got to learn many valuable ideas of leading a peaceful life.

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10th October 2020

POETS COMBAT(poetry competition)

World Mental Health Day is an International Day for Global Mental Health education and awareness among the citizens.

As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the World Mental Health Day and conducted a poetry competition for all the students of various colleges and schools as well. This competition was titled 'Poets Combat'. We received more than 70 participations from different colleges and schools. The participants were allowed to submit their entry both in English as well as Tamil. Every participant received their participation certificate

and the winners received their merit certificate. This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women encouraged the students to bring out their talents and helped them create the awareness of Mental Health and its importance through their poems.

Writing poems improves cognitive functions, leads us to greater self-awareness and helps us celebrate the little things in life. Hence, this event truly helped our participants in many aspects.

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14th October 2020

WORLDSWORLD (essay writing competition)

'International Day of the Girl Child' is an international observance day declared by the United Nations and exists to recognize girls' rights and the unique challenges girls face all over the world. This day is meant to promote the empowerment of young girls everywhere, while also advocating for the attainment of their basic human rights, like education and bodily autonomy.

As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the International Day of the Girl Child and conducted an Essay Competition for all the students of various colleges and schools as well.

This competition was titled 'Wordsworld'.

We received more than 50 participations from different colleges and schools.

Every participant received their participation certificate and the winners received their merit certificate. They brought out the various problems and atrocities faced by the Girl Child in today's society and ways to improve this condition by providing solutions and the shackles around the girls in today's world.

This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women inspired and motivated the students to bring out their talents through their words to create awareness of The International Day of the Girl Child and its importance.

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14th October 2020

TAG THEM OUT (Slogan Making Competition)

'International Day of the Girl Child' is an international observance day declared by the United Nations and exists to recognize girls' rights and the unique challenges girls face all over the world. This day is meant to promote the

empowerment of young girls everywhere, while also advocating for the attainment of their basic human rights, like education and bodily autonomy.

As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the International Day of the Girl Child and conducted a Slogan making competition for all the students of various colleges and schools as well. This competition was titled 'Tag them Out'.

We received about 70 participations from different colleges and schools. Every participant received their participation certificate and the winners received their merit certificate.

Slogans are usually used to convey a message about anything, like a cause that it is representing in such a way that the observer remembers it after seeing it even for the first time. Through this competition, the participants used short, catchy and easy to remember phrases to make their own slogans in such a way that it created awareness of empowering the Girl Child.

This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women motivated the participants make and bring out their creativity and thoughtfulness through their words to create awareness of The International Day of the Girl Child and the importance of empowering the Girl Child in every society.

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15th October 2020

I AM CICERO(Speech Competition)

Global handwashing Day is observed every year on October 15 to spread awareness about the importance of hand hygiene. This day is dedicated to make people aware of the benefits of handwashing with soap as an easy, effective, and affordable way to prevent diseases. The Coronavirus pandemic in the year 2020 has played a pivotal role to make people understand the importance of clean and sanitized hands, even then 40 per cent of the world's population do not have access to basic handwashing facilities.

To enhance the awareness on the importance of washing hands and maintaining the basic hygiene, the NSS Unit of Justice Basheer Ahmed Sayeed College for Women decided to host an inter - departmental Speech Competition titled 'I Am Cicero' on the topic Hand Washing - Why does it matter?

Our judge for the competition was Mrs. Sarwath Unisa who has eighteen years of teaching experience in our esteemed institution as a lecturer and is

currently placed as an Assistant Professor who also holds the position of Head of the Department of English. She was appointed as the Dean of Arts (A.N.) in 2019. The NSS unit warmly welcomed the judge for the competition. There were about 18 participants for this competition. The programme started with the prayer by seeking The Almighty's Blessings, followed by the judge lightening the atmosphere with her words of encouragement to the participants which helped them relax and made them participate with robust enthusiasm. Every participant in the competition was well prepared and voiced out their points in strong quotations which helped the audience and judge gain new and interesting insights and facts on the importance of hand washing. Both the participants and the listeners eagerly participated and the judge enjoyed evaluating the participants as everyone brought out their best knowledge in an innovative manner. This helped the participants to understand how important this simple yet most basic habit is for our overall health and prompted every listener to not just follow the proper way of hand washing but also to promote awareness to others. This awareness made the point that this simple healthy act is not just for the pandemic but to be followed at all times for a healthy living.

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15th October 2020  
ART IT OUT

Global Handwashing Day serves as a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others. The observance was established by the Global Handwashing Partnership in 2008. Handwashing with soap removes germs from hands. This helps prevent infections because: People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick. As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the 'Global Handwashing Day' and conducted a Poster Making Competition for all the students of various colleges and schools as well.

This competition was titled 'Art It Out'.

We received about 30 participations and every participant received their participation certificate and the winners received their merit certificate.

This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women encouraged the students to exhibit their creativity and helped spread the awareness of the importance of keeping one's hands clean. This competition also created awareness to keep ourselves safe from germs and diseases especially during this pandemic.

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16th October 2020

#### WORLD FOOD DAY

'World Food Day' is celebrated every year across the world on 16th October. It is celebrated to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. The first World Food Day was held in 1979 and was established by FAO's (Food and Agriculture Organization of the United Nations) Member Countries at the organization's 20th General Conference. As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the World Food Day by conducting a webinar for all the students of various colleges. The chief guest of the webinar was Mr. A Sathasivam, Food Safety Officer from the Tamil Nadu Food Safety Department under the Health and Family Welfare Ministry. Mr Sathasivam has been working in this department from 2011 and is currently working in the T Nagar and Saidapet Jurisdiction, Chennai District. Mr Sathasivam spoke about various ways through which the basic food which we intake has adulterants and other harmful chemicals. He also spoke to us about handling, preparing and storing food in a way to best reduce the risk of becoming sick from foodborne illnesses. He mentioned how these foodborne illnesses are preventable but it is relatively an underreported public health problem. These illnesses are a burden on public health and contribute significantly to the cost of health care.

Towards the end of the webinar, we had a Question - Answer session for about 10-15 minutes where Mr Sathasivam answered few inquiries and questions posed by the students regarding various aspects in the safety of food and health.

This webinar initiated and organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women increased the awareness for the students with respect to various aspects of the food arena. They received a great deal of knowledge on the importance of eating safe and healthy food and how it is equally important to clean the food we intake properly.

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16th October 2020

## TALKING CANVAS

'World Food Day' is celebrated every year across the world on 16th October. It is celebrated to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. As a part of our NSS event from Justice Basheer Ahmed Sayeed College for Women, we celebrated the World Food Day by conducting a poster making competition for all the students of various colleges. The Poster making competition was titled 'Talking Canvas' and the theme was Zero Hunger. We received about 20 participations and every participant received their participation certificate and the winners received their merit certificate. This event organized by the NSS unit of Justice Basheer Ahmed Sayeed College for Women encouraged the students to exhibit their creativity and helped spread the awareness of the importance of helping those in need of food as well as not wasting food and eradicating hunger.

## **WRITERS CORNER**

### **Born This Way**

'Don't judge a book by its cover' they say,  
Yet, they set their eyes on my skin in dismay.  
Whispers and glaring eyes surround me everywhere I go,  
Making me feel like a stranger in my own clothes.  
Just because my skin isn't white-ish,  
My desire to live becomes too much to wish?  
You treat me differently for the mere content of my skin's pigment,  
And you still insist on believing racism is my imagination's figment?  
I am denied my rights for the way I was created,  
I am bullied, wronged, killed and humiliated.  
And if I speak up, I am assassinated,  
Yet, 'does racism exist?' is still debated.  
So I ask 'Who are you to claim the air I breathe as your own?'

When God is the one who sits on the throne.  
And I wonder if there's anyone out, to hear our voices?  
To heal our broken wings and to quieten the noises?  
I see half of humanity, with a voice, but silent,  
While the other half continues to become violent.  
For those of you who still believe racism is outdated,  
Feel free to climb into my skin and see how I'm treated.  
Forgive my skin for making you feel threatened,  
Forgive my hand, for it might look to you like a weapon.  
Forgive my face for making you feel vulnerable,  
Forgive my voice for making you uncomfortable.  
Alas, forgive me for being born this way,  
But, until God decides otherwise, I am here to stay.

T. Rafeena,  
Physics department  
First year.

### **RIVER**

Oh River, I see me in you.  
Your incessant flow as if in a quest of something,  
Makes me wonder if you too are probing  
For the treasures you have lost in this enduring flow.

Oh River, I see me in you.  
The way you are lashed upon agonisingly  
By those sturdy rocks that appears all through your course, reminds me on how I  
am hurled and tossed around since forever as if I am not worthy of Mercy

Oh river everytime I see you, I ponder if  
You too are searching for your origin, from  
Where you started, the place where you truly belong,

To retrieve all that you have lost and left behind.

**Shahza Sakeena**  
**2nd year**  
**English department**  
**FN Session**

## **WRITING PROMPT**

The last thing you touched (other than the keyboard, mouse, screen, etc.) is trying to kill your protagonist. Explain why.

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**Clairese** always had an over-inclination towards imagination, who knew that the thing that would try to kill her would be the very thing that materialised imagination; a pen refill, an empty one at that.

The transparent and slender body of the refill laid still and dumb, almost intentionally. Next to it, sat my protagonist reclined on a blank sheet of paper. Her pale and lingering figure was almost elusive.

*“How long?”* Clairese asked me, her voice was so soft and pained and hindering, it seemed like her words burnt her tongue while vocalising.

At that, I gave a stern look to the refill, threatening it, and then lowering my gaze to beg.

*“Please, let me write.”*

*“No. Look at her, look at your Clairese. Do you see how weak and pathetic she is? I cannot let her live. Not when she is nothing but just another influence you want to let out.”*

*“What? Why do you care at all? Clairese is my person, what is it to you?”*

*“It is everything to me. If you ask for my help, then why shouldn’t I decline? You don’t look like you have anything interesting to write. Words are just empty vessels until you fill them with meaning. I don’t think you can fill the words that I could let you write.”*

The whistled and toneless voice breezed through my mind as I contemplated what it said and what more it could say, over-thinking has always been a persistent habit.

What my empty refill’s notion towards my writing was, I couldn’t understand. But one thing that I was certain about was that I did not need its help. On the other hand it needed my help to accomplish the purpose it served.

The help I needed must come from the ever absorbing source of energy, of emotions, of recreation, of individuality and uniqueness; the help I needed most would come from my perspective and my mind.

If that empty refill wouldn’t let me write, then surely my perspective would continue where my materialistic weapon stopped. And while the refill’s intention was to eradicate what it thought impossible, mine was to generate.

And if the refill’s explanation for the killing was emptiness, then my explanation was life. After all, that is what writing does. It gives life to the beings that could not survive the rigidity of this inflexible world.

*“What are you doing?”* The toneless voice was back again, the refill stared at me, confused and pointless.

*“Just thinking.”*

I opened my eyes and in front of me stood Clairese. Smiling and laughing. Her wonderful colours blossomed on the otherwise blank page, Her brown eyes

sparkled with life, her black hair floated with newfound calm, her booming lips smiled at me with golden glimmer and her crisp skin glowed as rosily as ever.

*That's what they do, they try to kill those who make a world of their own.*

-----

In case it is confusing, this is all happening in my head. That's why the conversation is in italics.

Also, I think my object was an empty refill although along the way it started to represent a writer's block. So that's supposed to be allegorical.

**Zainab Abbas Dhinojwala**

**1st year,**

**English department**

**FN Session**

### **BELIEVE IN UNIVERSE**

My father once said,

“Do you know, the sky at night is so dark to let the stars shine, and they shine due to the sunlight's reflection.

The star is you, shining so beautifully, the sun is your mother showering her light and warmth of mercy, love, kindness and everything on you to make you shine and the dark sky is your father, who lets himself dark to let you shine. The warmth of sunlight and stars are so admirable, but the darkness is always the hatred.”

**Maheenoor.A**

**2nd year**

**English Department**

**FN session.**



# the shackled portrait

EMOTIONS ARE JUST SO RAW OR MAYBE  
THAT'S HOW I MAKE IT OUT TO BE.  
THEY ARE SO UNEXPECTED HITTING ME UP,  
OUT OF THE BLUE, LEAVING ME STRANDED IN MY UNENDING DAZE.  
I SOMETIMES TRY TO ACT IT OUT MESSING IT UP EVEN FURTHER.  
LETTING IT OVERPOWER AND RULE ME,  
AND THEN LATER FINDING THE RUINS OF MY INNER PEACE.

IT LOOKS STUPID, BUT WHEN IT'S  
HAPPENING IT MAKES A LOT OF SENSE.  
SOMETIMES THEY ASK WHAT HAS GOTTEN  
INTO ME AND I ANSWER THEM WITH A SHRUG  
OR JUST TRY TO END IT WITH A SIMPLE NOTHING,  
CAUSE I KNOW THEY WON'T GET ME.  
NOW IT DOESN'T HAPPEN ANYMORE  
OR MAYBE I GOT USED TO IT. I'M FEELING NEITHER HAPPY NOR SAD  
BUT A LITTLE NUMB OR MAYBE THAT'S  
HOW INNER PEACE FEELS LIKE~

- Juwariyah

A. Juwariyah Siddiqua  
2nd year  
English Department  
FN SESSION

## THE POEM OF MY LIFE

Not the answer, but the question;

Not the result, but the reason;

I'm afraid of!

Not the real, but the dream;

Not the moment, but the memory;

Not the lie, but the truth;

Not the death, but the life;

I'm afraid of!

Not the end, but the beginning;

Not the strangers, but the known;

Not the hate, but the love;

Not the world, but myself;

I'm afraid of..!!

**Sameera khan Zafarullah**

**II BCA B**

**AN Session**

## INTO THE WILD

If ever you should go by chance

In to the wild in the north,

A noble wild beast greets you,  
With black stripes on a yellow ground mistress of the moon,  
Shadow dancing On the northern skies.  
We hear their torment and mournful cries, running, hunting,  
Surviving and dying from frozen top mountain.  
We hear them crying,  
They are part of this land,  
But man is their foe.  
Wolves the great warriors of the night having a strength and stamina,  
Courage in their plight.  
Man in his ignorance won't leave them alone,  
Strong together they hunt for survival,  
Man and his gun only their rival.  
Simply we hear animals mind voice,  
That tells the truth for us-  
"I know I can't speak  
But that is all true  
I cry, and hurt, and play and love,  
I have feelings just like you."

**Nazeera Begum J**

**II B.Com (CS)**

**AN session**

# ART GALLERY

ATOOFA NASIHA  
(I ENGLISH DEPARTMENT)  
FN Session



FATHIMA RIFKA. R.  
II B.A. ENGLISH  
LITERATURE  
FN session



JAISHREE  
PARTHASARATHY

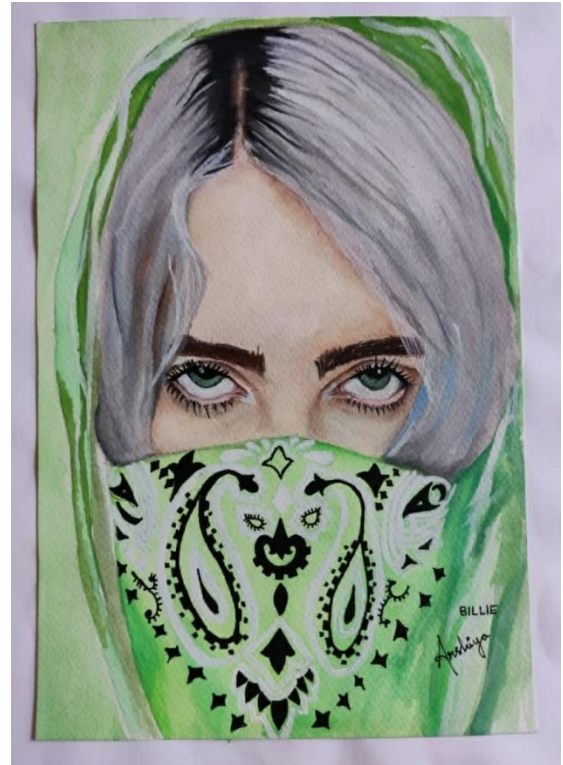
(year)

FN session



ARSHIYA MISBAH  
III B.Com General "C"  
AN session

SANDHIYA DEVI  
III BBA "B"  
AN session



# PHOTOGRAPHY

AFREENA  
I IDD  
AN  
session





YAMINI.S.  
III English Literature  
AN session