



JNANA JYOTHI



May & June'2022

Monthly College News Letter

Vol. 1 : No. 5



**Government Degree College, Rajam,
Srikakulam Dist., A.P.**

(Affiliated To Dr B.R Ambedkar University, Srikakulam, A.P.)

Woman and Time

Time or Woman?

(Editorial Celebrating Women's Day)



A woman is a racer with a difference, wherever she is. She is unrivalled in her ability as a racer, and her race is not against a limited space, but rather against time. Qualities of time relate well to her. As the clock continues to wind, a woman is continually engaged in unending acts of duty. Like time again, she never has any sense of time. Her duties roll over. She is tireless and only thinks about her job.

Time is equal to the Almighty. It stands just as a witness to events as they unfold, unperturbed and unmoved. Time is not responsible for our actions. But a woman is responsible for everything and she does not have the option to

exercise any choice. She has to handle responsibilities that do not fit the usual list that we are aware of, making us dread at their mere mention and at their length. Here she supersedes even time in her greatness.

A woman is so kind-hearted that the length of her responsibilities never tire her. And she handles them with love and a smile. Onslaughts of time are occasions for us to learn certain lessons. A mother's occasional outbursts are only reformatory and are meant to mend the ironic adamancy of all.

A woman's mental maturity is at its highest level. She suffers, yet she never tires of loving. She is emotional. Her anger has a reason. It always seeks the welfare of the family. She is unpredictable; even minute details of respect and love matter a lot to her. In all her cantours, she is the divine mother.

Durga Maa responds only to your call. But a woman is at your service, without your invocation. A woman is woman for her being a mother. Woman is an abstract quality. Woman is timeless.

Dr. B. Venugopalarao

(From the Editor's Desk)

**Dr. P .SWAPNA HAINDAVEE,
M.A. Ph.D
PRINCIPAL , GDC, RAJAM**



News shoppe

- ❖ **WOMAN AND TIME**
- ❖ **NEWS SHOPPE**
- ❖ **MOTHER'S DAY**
- ❖ **CYCLE HASSLE FREE**
- ❖ **WORLD ENVIRONMENT DAY**
- ❖ **YOGA**
- ❖ **JHANSI - THE FORM OF VALOR**
- ❖ **WORLD STATISTICS DAY**
- ❖ **BLOOD DONORS DAY**
- ❖ **SWATCHA BHARATH**

MOTHER'S DAY

Dr.C. Narayana Reddy was right when he said that God himself is son of a mother. There are certain things that lie beyond description. The beautiful Himalayas can be described but their glory defies even the scholarship of a Kalidasa. Mother is such a wonder who we see every day, yet fail to notice. She and her services are taken for granted, true to the saying that the plant in our backyard does not fit to be medicine.



Wonder of wonders is that we hanker after seeing wonders of the world. World without a mother turns a poorer place and also brings the existence to a naught. A woman when she ceases to be a mother, is

not even worthy of being called a woman. Both are inseparable. A mother is one performing the duties of creation, protection and sustenance, the duties of Brahma, Vishnu and Maheshwar.

Mother is not a person. She is a quality. Qualities are forever. Woman is not an individual. She is a seat of the crown. Not a single woman so far is heard to have ceased to heir it. All women are heirs to that seat. All women hence deserve our stiff salutes.

ఘనంగా మాతృ దినోత్సవ వేడుకలు



(రాజాం, ప్రతిభా)

అమ్మ అంటే ఇష్టం ఉందని వాళ్లు ఉండరు. ప్రతి ఒక్కరికి కూడా కన్న తల్లి అంటే ఎంతో ప్రేమ ఉంటుంది. అమ్మతం ఎలా ఉంటుందో తెలియదు. కానీ అమ్మ ప్రేమ ముందు అది ఎంతో తక్కువ. నిజంగా బ్రహ్మ సృష్టించిన వాటిలో అమ్మను మించిన అపూర్వం ఇంకేమీ లేదు. నిజానికి బ్రహ్మను సృష్టించ లేదు, అమ్మే బ్రహ్మని సృష్టించింది. అమ్మ గొప్పతనం వర్ణించలేము. అందుకే అమ్మకి ఒకరోజు అంకితం చేశారు. ఆరోజునే మదర్స్ డే గా వ్యవహరిస్తారు. అదివారం ప్రపంచ మాతృ దినోత్సవం. ఈ సందర్భాన్ని పురస్కరించుకొని రాజాం ప్రభుత్వ డిగ్రీ కళాశాలలో, తనివారం మాతృ దినోత్సవ వేడుకలను ఘనంగా నిర్వహించారు. ప్రిన్సిపల్ డాక్టర్ పి. సువర్ణ హైందవి నేతృత్వంలో, కళాశాల సిబ్బంది ఆధ్వర్యంలో కార్యక్రమం జరిగింది. పలువురు విద్యార్థులు తమ మాతృమూర్తులకు కళాశాలలో పాదపూజ చేశారు. కార్యక్రమంలో కళాశాల వైస్ చైర్మన్ డాక్టర్ పిడుగు సూర్యారావు, బి. క్యూ ఏ సి కోఆర్డినేటర్ చౌదరి తారకేశ్వరరావు, డాక్టర్ రాధ, గణపతి, కె. ప్రసాదరావు, ఎన్ ఎస్ ఎస్ పి ఓ వై.భాస్కర రావు, అధ్యాపకులు డాక్టర్ జె. చంద్రశేఖర్, శ్రీనివాసరావు, తదితరులు పాల్గొన్నారు.

A programme held in the college on the occasion which was conducted by women empowerment cell of the college and with the inspiration of the principal had all these views floating. Speakers were never exhausted in their praise of women. Principal **Dr. P. Swapna Haindavi**, in her speech resembled the flow of the Ganga when she chose to pick up a few verses from Sanskrit. "Sarv teerth mayee maata, sarva devamayah mata" she said beginning her speech. She advised the students to meet the aspirations of their parents. Vice Principal Dr. Suryarao, explained that the place a mother enjoys in our lives is beyond description. He said that she occupies the highest seat of respect in our hearts and so

remembering her does not arise. She is one who should be celebrated everyday, he explained. All the teaching, non teaching staff and students attended the meeting and

CYCLE HASSLE - FREE

Doctors nowadays strongly recommend cycling for health. Walking also not behind, and it too has many takers. Those who jog also make us tired of counting. The world is fast changing and there is no dearth of people who think creatively. They run for the removal of poverty in India, or unemployment, or any other problem that sends their whims soaring.



It is a doubt if it is a ploy to stay healthy or an attempt at simply gaining publicity for the problem, for themselves as well as for those who contemplated it. A lot of publicity is now linked to health. Boost blares that it is responsible for the success of all our sports stars. But the most impossible cycling, running, jogging campaigns ever remain those that are linked to trying issues, like cycling for special status for the state, running for Swatch Bharat etc. But the wildest campaign, hard to beat, is that which boasts an invasion of mosquitoes.

World Cycle Day, which was recently celebrated in our college, is solely for health reasons. In their hassled existence, people are finding it hard to at least live for themselves,

helped it become a grand success. On the occasion, mothers, Nagamani and Raju were felicitated by staff and students.

and their health is more endangered because it's all work and no play mode. Governments, in their urge to



look good and decent, sometimes come up with events on certain important days. Even if sometimes they go wild in their scurry for decency, they bode well for battered souls. Hence, even wild thoughts sometimes deserve our appreciation.

June 3, World Cycle Day is one such event that should keep all of us ready with all of our hands ready to clap. Indeed, in our college, it was received with great enthusiasm and staff and students vied with one another to be the winner. Kudos to the **Hon'ble Commissioner, Pola Bhaskar**, sir, for his efforts and to our smart principal, **Dr. P. Swapna Haindavi**, too, who is always ready with the cup of her hand at the sense of an opportunity.

While all those who had bicycles chose to make a few rounds, teachers like Tarakeswar Rao, Bhaskarrao, Ganesh etc and students, others enjoyed themselves seeing their cycling skills, as well their happiness and enthusiasm. We returned home with a feeling that we had done something to the health of the environment.

WORLD ENVIRONMENT DAY

Environment does not lie elsewhere. It is within us. Environment day seeks to protect environment. In other words, it seeks to protect man. Celebration of the day is welcome. But it gives the impression that we are doing something great in doing that. We are serving the cause of environment. If it is the case, nobody else, but we, will present a sorry picture.



June 5th is slated to be environment day. Unlike other days, which we celebrate with aplomb and fanfare, this one particular day has to send us on a rethink. Celebration of life in its glory is one thing. In fact, an environment day is not meant for a celebration.

If we just think on it, we will know that man is the cause of environmental imbalance. This is one case where we have to try to eat the cake and have it too. Environment is what we are part of. It is like family.

It is the place where we dwell. We do not wish to destroy our family.

INTERNATIONAL YOGA DAY

Yoga as a tool of health is acclaimed world over and has practitioners in Germany, Costa Rica, Sweden, U.S, Indonesia, Nepal, Switzerland. Its system is unique in



We rather work for its development and safety, even while enjoying its fruits. If this sense is cultivated, we can avail, as well enrich its resources. Then it will be an endeavor in the direction of protecting environment every day.

Environment is one such thing to be celebrated everyday. We want our house clean and healthy. We do not soil our dwelling. Careless disposal of waste, plastic, into rivers and poisoning the land will stop only when we treat environment as our dwelling place. Until we realize this truth, crying over environmental imbalances will be like crying over spilt over milk.

The speakers who attended the programme organized in the college on the occasion, who expressed cognizance of the above facts, rather were dirgeful in their reflection of the above. This programme which was presided over by the principal, was attended by the teaching and non teaching staff and students. This programme was organized under the aegis of the department of Chemistry, under the guidance of Ramesh Naidu, Lecturer in Chemistry.

that it takes care of both physical and mental health. Hinduism is more of a way of life in that it is a panacea for every problem in life. It has both prevention and cure systems, as it prescribes yoga for the prevention of

disease and cure in the form of Ayurveda. All these systems stem from the belief that man is a bit of God himself and help him find himself out in this context.



It does not require any special equipment, except a mat, and what is more required is the will to undergo strain. But this strain we have to undergo finally, like in a movie that ends on a happy note, spells enviable health and renders us physical and spiritual wealth.

As many as 150 students enthusiastically participated in the event organized on the day and it was all, as usual, a show of the principal, **Dr. P. Swapna Haindavi**. A principal with the trappings of a woman yet resembling a man in her making and in her abilities, **Dr. P. Swapna Haindavi's** success lies in her urge for perfection, and moreover, she is at her best in her toeing the line of the top brass. She was at her best in her explanation of yoga and its benefits. She was not merely explaining; she was enacting those yogic postures and also was at ease doing them.

And with the staff and students toeing her line, it presented a grand spectacle as the yogic manoeuvres

JHANSI - THE FORM OF VALOR

Jhani Lakshmi Bhai demonstrated the true nature of a woman. She set to rest all doubts hitherto prevailed. People only thought they were myths,

unfolded one after the other. It all began with an exercise seeking to bring calm and composure to them, a breathing exercise which is popularly known as pranayama. Students and staff were asked to focus their attention on their breath and anuloma, viloma pranayam was experienced even while practicing the exercise.

The vice-principal, senior lecturers Dr. P. Surya Rao, Bhaskara Rao, Dr. Ramachandra Rao, Dr. B. Venugopalarao, and the principal of Government Junior College, who was invited as the Chief Guest on the occasion, were among those who spoke about the significance of the day. The programme saw the overwhelming participation of staff and students.

The day before a rehearsal was conducted for the day. It was attended by almost 120 students and a guest, noted musician **Kameswara Sharma**, and played his **Flute** and



carried all into a calm that takes them into themselves. This rehearsal is held befitting the instructions of the Hon'ble Commissioner of Collegiate Education, Vijayawada.



the stories of women like Satyabhama. She was the one that chose to raise her head against the oppression of the British ', said the principal of college **Dr. P. Swapna Haindavee**, her inaugural address on the occasion.



Picking up the mike from the principal, K. Prasada Rao, averred that valor is that which reveals itself in the hour of need. Not that is exhibited in a ring. Those who win in the ring are winners, while those who win battles for people by courage

WORLD STATISTICS DAY

Just examine these statements, of all hues.

"Every action has an equal and opposite reaction"

"Our destiny depends upon our past karma"

"Wages of Sin is death"

"We reap what you sow"

Can these quotes be translated into Mathematics?

Their mathematical equivalents may be as follows.

Action=Reaction

Destiny=Past karma

Sin= Death.

Reap=Sow

When facts of life are translated into terms of Mathematics, their values assumes accuracy and remains undisputed. If Values, words, beliefs, and numbers are to be

remain heroes in the hearts of people, and they are remembered for generations.

Malleswararao, lecturer in history, explained at length those events that led to the First War of Independence. British law governs the acquisition of kingdoms with no male heirs. Adoption of children was not allowed and Queen Jhansi, who did not have children of her own, fought the biased law with great valor, carrying her child on her shoulder bag. He said that as she was waving her sword in the battle, she resembled Durga Maa with a thousand arms.

The programme which was conducted in connection with her death anniversary was attended by teaching and non-teaching staff and students.

compared, Statistics proves to be the best tool. It helps in fulfilling the needs of the fast growing masses.



Modern needs are on increase and inspire of the best efforts of governments, fruits are not reaching people. Statistics give us an accurate picture of life. Mathematics and Statistics are inseparable part of our life.

A programme was conducted on the occasion of Statistics day in our college on June 29. In the programme presided over by Prasada



Rao, Vice principal of college, all the teaching, non teaching staff and

SWACH BHARAT

A sound mind in a sound body. Cleanliness is essential for the inflow of pure thoughts. When we are clean, we feel that our sharpness in thinking is increased. Hence, cleanliness, or Swachta, leads to health as well as success in life on all fronts. It is everybody's experience that when we enter a temple, its cleanliness impacts us so much that we feel that we are transported to some other world. When they are rendered fragrant, the impact will be soul-filling.



India is a densely populated country and it requires a great effort on the part of governments to keep it neat and clean. With the limited resources available on hand and poverty and unemployment

students were present. Dr. P. Surya Rao, Lecturer in Economics, explained that World Statistics Day is celebrated to commemorate the birthday Pratap Chandra Mahalanobis. He said that it is essential to arrive at conclusions at a higher level. He cited as examples- Census, various studies showing development of economy, poverty, unemployment levels for studies depending upon statistics.

Dr. Chowdari Tarakeswar Rao, Dr. R. Ramachandra Rao, Dr. B. Venugopala rao, Sri P.Malleswar rao, Srinivasa Rao, Ganapathi, and students attended the programme.

remaining rampant, a special focus on Swachta, or cleanliness, is



missing on the part of governments.

A new concept in the direction is the involvement of people in the movement for Swachta. It is found that the involvement of students will help bring about the necessary results. By getting involved in the Swachta struggle, students enlighten the public on its importance. Doing always impacts people better than simple preaching.

Since this became a movement, much public awareness has been raised about the importance of cleanliness, and as part of the government's campaign, garbage collection points and the display of

dustbins have gained traction. Schools and colleges have walked abreast of the movement by undertaking acts of cleanliness on Saturdays etc.

The college, under the guidance of Dr. Swapna Haindavi, organized a campus cleaning drive on

BLOOD DONORS DAY

Donating anything enriches both the donor and those who receive it. One becomes richer at heart. He joins the league of great hearts at once. Donation of blood is a life-saving gesture, and blood donors are those who are consolidating their health further. That is because everyone is not eligible for the act. Those with certain kinds of diseases or those who do not have enough blood are not allowed to donate blood. Hence, it is the prerogative of healthy people.



Health is wealth, and those who donate blood stay healthier." One can donate blood any number of times in one's life time. After the donation, in the place of old blood, fresh and new blood is formed. ', explained principal Dr. P. Swapna Haindavi, on 14 June, on the occasion of Blood donation day and she stressed the need for donating blood and lauded the students who had donated blood. There are people who neglect their health to serve society. Hence, she advised the students to take care of their health and serve

June 4 where all the staff and students actively participated.

Students proved on the day that they are the real children of the earth and they are ready to take up any responsibility when they are entrusted with it.

society. She expressed her elation at the sight of pictures displayed on the website Showing students donating blood and stressed that there was a need to think of others.

Dr. Ramachandra Rao, lecturer in Zoology and also the Coordinator of the Red Ribbon Club, said that this programme aims at inspiring donors. It was Car Land Steiner who first identified groups in blood. Since 2004, W.H.O has declared World Blood Donor Day on the birthday of Carl, he narrated. Saying that there are many misconceptions about donating blood, he further elaborated that operations and accidents are causing great demand for blood and made it clear that blood donation does not cause any danger. He cautioned that donating blood without tests causes danger. Positive and negative behavior should also be taken care of. Certain conditions demand doctor's advice. AB negative blood is hard to find because it is rare, he said, closing his speech.

Y. Bhaskara Rao, Prasada Rao, Dr. B. Venu Gopal Rao, and others participated in the event. At the end, fruits were distributed to students who excelled in blood donation.

