

THE APOLLO CAMPUS CORNET



December, 2025
Volume II, Issue II



Designed & Published By :
Directorate of Press and Publications



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Volume 2 - Issue 2

Editor - in - Chief

THE EDITORIAL DESK

We are delighted to present Volume 2, Issue 2, a vibrant reflection of our AKC Campus student's creative spirit, student engagement, and collective achievements. This issue is not merely a publication, it is a canvas that captures the voices, talents, and cultural expressions of our students.

At the heart of this issue lies a celebration of student contributions. From thought-provoking narratives to expressive paintings and artistic explorations, each piece represents a unique perspective and a meaningful engagement with culture, creativity, and photography. The works featured here beautifully illustrate how art and storytelling and storytelling can serve as powerful mediums for reflection and connection.

This edition also highlights significant AKC achievements, showcasing the continuous progress and accomplishments across various domains. It stands as a testament to the dynamic environment that strive to nurture, one that encourages innovation, inclusivity, and holistic development.

We extend our sincere gratitude to all faculty coordinators from AIMS, AIPS, ACoN, ACoPT, SoHS, SoSS, SoM, and SoT for their dedicated guidance and support. Their commitment has been instrumental in shaping this issue. We also express our heartfelt thanks to the Directorate of Press and Publications of the University for their constant support, encouragement, and assistance in bringing out this publication.

We deeply appreciate the efforts of our editorial members and student volunteers, whose enthusiasm, creativity, and active involvement have made this issue possible. Their contribution in conceptualizing, compiling, and presenting this edition has truly been exceptional.

As you explore these pages, we hope you find inspiration in the creativity, passion, and cultural richness reflected within.

With warm regards and best wishes,

Dr. Iliyas Ali Shaik



Dr. Iliyas Ali Shaik
Assistant Professor, SoT

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The Apollo Campus Cornet



Volume 2 - Issue 2

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B. Tech CSE, SoT
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SPOTLIGHT

Events in Focus

Dr. Prathap C. Reddy, Chancellor, and Chairman, Apollo Hospitals visited the campus on 24th August 2025.

The RCI (Rehabilitation Council of India) Inspection for Clinical Psychology was successfully conducted, and the programme received **approval for three years**.

The University set a global benchmark with the introduction of the B.Eng 2+1 **International Transfer Programme** with University of Leicester on 1st September 2025.

The **Swachhata Hi Seva 2025** campaign was organized in Sept–October to promote cleanliness, community service, and environmental responsibility.

Springer Nature APC Assistance Scheme was launched by AHERF on 9th October 2025 to support research publication initiatives.

The **Strategic Annual Retreat of AKC** was held from 7–9 November at Coral Beach Resort, bringing together teams for planning, collaboration, and strategic discussions.

TAR'IGYM–2025 Research Gala was held on 18th November 2025 at Apollo Knowledge City, celebrating innovation, research, and academic excellence.

“Substance Abuse – The Silent Crisis” awareness programme was held on 10th December 2025 at Apollo Knowledge City to educate youth on the dangers of drug abuse

The NSS Units I & II conducted the **special camp** in December engaging students in rural development, cleanliness, health awareness, literacy, and social responsibility activities.

University organized a **National Seminar on Healthcare Management** on 20th December to discuss emerging trends, best practices, and innovation in the healthcare sector.

NMDC Limited, Chhattisgarh, sponsored tribal students for AHS programmes, supporting their access to quality higher education and skill development opportunities in allied health sciences.

Faculty Achievement

Dr. Shaik Jakeer, Assistant Professor in the School of Technology, has been named among the Top 2% Scientists Worldwide in the Stanford University–Elsevier 2025 Global Citation Rankings.

Prominent Visits

The **American Citizen Services (ACS) Delegation** from the U.S. Consulate General Hyderabad visited on 11th December 2025 for discussions on consular services and international safety.

The university hosted Dr. Roy Crole, Associate Professor of Computer Science, and Prof. Leena Sodha, Head of the School of Computing & Mathematical Sciences, from **University of Leicester, UK**, on 3rd and 4th December to strengthen collaboration under the B.Eng Computer Science International Transfer Programme (2+1).

Student Achievement

Dr. Reddy Jiishnu D, MBA (H&HM) student from the Batch of 2024, was conferred the prestigious **My Bharat–NSS Award 2022–23** by Droupadi Murmu, President of India, at Rashtrapati Bhavan on 6th October 2025, in recognition of his outstanding contributions to community service, leadership, and civic engagement through NSS.

Two students from the M.Sc. Health Informatics and Analytics Programme (2024 batch) of TAU—Dr. N. Vasavi and Ms. V. Vasudha Reddy—have commenced their final semester project work at the Faculty of Information Technology, **Monash University, Clayton, Australia**.

First-year B.Tech students of the SoT, TAU has won First Prize at **MindSprint–2025** for their Artificial Intelligence integrated healthcare-innovation app “Aarogyamitra” at PSCMR College of Engineering and Technology.

11 students of TAU were selected by **Infosys** during the Pool Campus Recruitment Drive held from 21st to 30th November 2025.



SPOTLIGHT

Library Resource Subscriptions

11 international journals and 8 national journals. **01**

Enhanced Global Presence

The Apollo University joined the **Study in India Portal** to expand international visibility. **02**

Publications

40 publications

Patents

13 Patents



03

Academic Expansion: New Programmes 2025–26

School of Technology

B. Tech CSE (AI & Healthcare Technology) – UG Program

School of Health Sciences

Master of Dialysis Therapy – PG Program

Master of Medical Laboratory Science – PG Program

Bachelor of Critical Care Technology

Apollo Institute of Pharmaceutical Sciences

Pharm.D. (Doctor of Pharmacy) – Integrated Program

School of Management:

Bachelor of Business Administration (Artificial Intelligence) – UG Program 2+1
(Offered in collaboration with **University of Leicester, UK**)



04

Projects Developed by the Centre for Software Development

- Web Application Development for Allied Health Centres and Programmes
- Web Application & CMS Development for Apollo Global Workforce Development
- e-MHGAP (Mental Health Gap Action Programme)



05

Directorate of Student Affairs

The **Earn While You Learn** programme for students was introduced on 23rd August 2025, transforming learning into a practical and engaging experience.

06

New Clubs Launched

Content Writing Club

Cooking Club

Craft Club

Dance Club

Fashion Designing Club

Theatre and Drama Club

Fine Arts Club

Movie Club

Musical Instrumental Club

Public Speaking Club

Robotics Club

Vocal Club

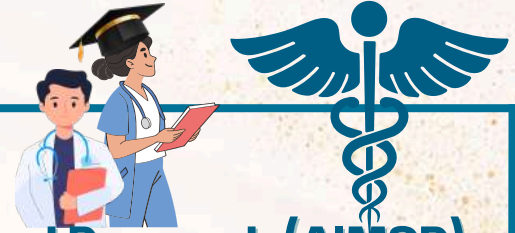
Zumba Club

Career Catalyst Club &

Coding Club



07



Apollo Institute of Medical Sciences and Research (AIMSR)

01

Introduction of Modules

The “**AI in Health Care**” module for the 2025 MBBS batch was inaugurated by Dr. H. Vinod Bhat, Vice-Chancellor, TAU, with Mr. V. Sivaramakrishnan, CEO, Apollo Knowledge, joining virtually as Guest of Honour, and a recorded address by Dr. Sangeetha Reddy, Joint Managing Director, Apollo Hospitals Group, on 13th November 2025.

New Teaching Techniques Adopted: Team Based Learning by Departments of Pharmacology & Community Medicine, & Gamification by Department of Community Medicine

Publications

02

86

03

New Launch

The Genomics and Informatics Research Lab (GIRL) was inaugurated by Vice-Chancellor Dr. H. Vinod Bhat on 4th October in the presence of Registrar, Dr. M Potharaju, Dean, Dr. Alfred J. Augustine, COO, Mr. Naresh Kumar Reddy, and HoD Biochemistry, Dr. Usha Adiga.

04

Prominent Events

The **Acute Critical Care Course (ACCC)** was conducted at AIMSR, on 5th-6th July 2025, training over 50 doctors in life-saving skills for critical situations.

The pre-conference workshops of **Connectomics 2025** on Pharmacogenomics and Bioinformatics were conducted with 30 participants attending each session. Pharmacogenomics sessions were led by Dr. Vinod Scaria, Chief Data Officer, Dr. Bani Jolly, Senior Scientist, Karkinos Healthcare, and Dr. Ambily Sivadas, Assistant Professor, St. John’s Research Institute, Bangalore, while the Bioinformatics sessions were conducted by Dr. J. Muthukumar, Associate Professor, Sharda University, Noida, and Dr. Chakradhar Rao, Assistant Professor, JIPMER, Pondicherry

Connectomics 2025, a national conference, witnessed 128 registrations from institutions across South India and featured 11 national and 3 international speakers of scientific repute. Chief Guest was Honorable Vice Chancellor of TAU, Dr. H. Vinod Bhat, and Guests of Honour were Mr. V. Sivaramakrishnan, CEO, Apollo Knowledge, and Dr. Ravi P. Mahajan, Director of Critical Care Integration & Transformation, Apollo Hospitals Group.

PHYSIOQUEST 2025, a project-based learning competition organized by the Dept. of Physiology on 7th August showcased the innovative work and conceptual understanding of first-year MBBS students, evaluated by a panel of expert judges.

Organ Donation Awareness Day was conducted on 13th August 2 by the Dept. of Anatomy to mark the 15th Indian Organ Donation Day under the Jeevandhan scheme as part of the national campaign “Angdaan-Jeevan Sanjeevani Abhiyaan.”

TAR’IGYM-2025 was held on 18th November inaugurated by Dr. H. Vinod Bhat, VC, TAU with Mr. V. Sivaramakrishnan, CEO, Apollo Knowledge joining virtually, featuring 320 poster presentations and 13 hackathon ideas evaluated by expert judges.

05

Academic Updates

Faculty Leadership Development Workshop- Part II was conducted on 10th & 11th Sept. and the resource faculties was Prof. Ravi Mahajan & Dr. Jugnu Mahajan from Apollo Hospitals, Chennai.

Pharmacovigilance week 2025 was celebrated from 17th to 23rd September

The Dept. of Psychiatry celebrated **World Mental Health Day** under the theme “ Access to service-Mental Health in Catastrophes and Emergencies”

White Coat Ceremony & A Cadaveric Oath Ceremony for 2025 batch MBBS Students was conducted on 12th November. Dr. Margaret Shanthi FX HOD & Convenor of Medical Education Dept, CMC, Vellore was the guest of honor.

Hospital Cornea Retrieval Program was Organized on 15th Nov at DHH, AIMSR

Basic Course in Medical Education was conducted from 2nd to 4th December. The Observer was Dr I. Ramya, Professor, General Medicine from Nodal Center CMC, Vellore.



Apollo Institute of Medical Sciences and Research (AIMSR)

FACULTY ACHIEVEMENT

Dr. Alfred J. Augustine, Dean, and **Dr. Ramya Ramakrishnan**, Associate Dean, (Academics) AIMSR, successfully **completed the ATLS course** conducted by the Apollo Simulation Center, Chennai, from 3rd August to 5th August.

Dr. V. Rajesh Kumar, Professor, Department of Paediatrics, participated as an **AHA ACLS Instructor** at Sri Ramachandra Institute of Higher Education and Research, Chennai, on 13th and 14th November, and also served as **National Level Advanced NRP TOT (Trainer of Trainers) Faculty** at National NEOCON 2025, Vizag, from 11th to 14th December.

Dr. Alfred J. Augustine, Dean and Professor, Department of General Surgery, **served as faculty** for the 71st "Acute Critical Care Course" at PGIMER, Chandigarh, on 15th and 16th December.

Dr. Ramya Ramakrishnan, Associate Dean (Academics) and Professor, Department of General Surgery, participated as an **Invited Faculty** at the 85th Annual Conference of ASICON held in Kolkata on 18th, 19th, and 20th December. She also **moderated a panel discussion** on "Obscure GI Bleed: Have We Advanced?" and **served as a judge** for the Torrent Young Scientist Award (TYSA).

01

FACULTY AWARD

Dr. P. Dinesh, Professor, Department of Psychiatry, **successfully completed and was awarded the certificate of completion of "NMC Advanced Course in Medical Education" (ACME)** at the NMC Nodal Center for the National Faculty Development Programme, CMC, Vellore, in the month of August.

02

STUDENT ENRICHMENT

"Swachhatha Hi Seva 2025" was conducted on 3rd October at DHH, AIMSR, as part of which AKC organized a massive plantation drive.

An Awareness Program on **"Substance Abuse: The Silent Crisis"** was conducted on 10th December, at AIMSR. The key speakers were the **MLA of Chittoor, Mr. Gurajala Jagan Mohan** and the Circle Inspectors of 1 Town and 2 Town Police Stations, Chittoor.

An **Awareness Program on POCSSO (Protection of Children from Sexual Offences)** was conducted by **Dr. Subramanyam Dasari**, District Child Protection Officer, Chittoor District, on 12th December at DHH, AIMSR, Chittoor.

03

OUTREACH ACTIVITIES

An **eye camp** was conducted at LakshmiReddyPalli on 11th June, a **medical camp** at Puligundu Village on 18th July, a **breast cancer awareness programme** at Mangasamudhram on 11th July, and the **One World One Health Rally** on 5th November, promoting community health awareness and preventive healthcare.

04

ANNUAL FEST

Annual Fest **"XTASY-TARANGA 2025"** was conducted from 18th to 22nd November at the AKC Ground, Chittoor. The fest created a lively atmosphere with a series of performances, cultural and student-led activities.

05



Apollo College of Nursing

Faculty Achievements -Dr. T. Jayanthi

- 1 Received certificate of **Excellence and Honour** from the Trained Nurses Association of India, Andhra Pradesh State Branch, on 25th September.
- 2 Elected as the **SNA Advisor** in the Andhra Pradesh State TNAI Elections on 12th October.

Academic Expansion

B.Sc. Nursing intake increased to **200 seats**

M.Sc Nursing Programme for **Three (3)** specialities introduced

Events in Focus

The institution received the **ISO 21001:2018** Certification on 1st August

State Level Workshop on "A Hands-on Training in Operation Theatre Nursing" held on 26th& 27th July.

The 1st **Alumni Meet** of the college "**Nexus**" was conducted on 11th July

High Power Committee Inspection was conducted on 12th August for seat enhancement and for the approval of the MSc Nursing programme.

Dr. NTRUHS and APNMC Inspection was held on 16th December for the enhancement of seats from 100 to 200 for the First Year B.Sc. (Nursing) course for the AY 2025-26.

The **NSS Special Health Camp** was conducted from 23rd to 29th October

Number of Publications

02

Prominent Visit (By Students)

Visited **Institute of Mental Health, Kilpauk, Chennai**, on 7th August.

Clinical Updates

CPR awareness drives were conducted to educate on the importance of CPR in emergency situations.

Handwashing drives were conducted to promote hygiene awareness and infection prevention practices.

Student Acheivements

Ms. V. Ishwarya, IV Semester B.Sc. (N), received the **Merit Award** – Indian American Nurses Association of North Texas (IANANT) Scholarship.

Ms. S. Mounika, III Year B.Sc. (N), received the **Merit Award** – Student Nurses' Association (SNA) Scholarship.

Six (6) students from II Semester B.Sc. (N) received the **UG Indian Nursing Student Scholarship-2025** from the Krishnadevaraya Educational & Cultural Association (KECA).

Ms. Nageswari, IV Semester, achieved notable **success in athletics** by securing 1st place in the 5000 meters event at the Andhra Pradesh State Junior Inter-District Athletics Championships, 3rd place at the 36th Andhra Pradesh Inter-District Junior Athletics Championships in Guntur, and 9th place at the NSF 8th Marathon in Naidupeta, earning a cash prize of ₹5,000.

Health *Tips*

Mr. Kokkiligadda Vineeth
B. Sc MLT, AHS, SoHS

- Fill your plate with diverse fruits, vegetables, whole grains, and legumes.
- Cut back on sugary drinks and salty snacks.
- Drink plenty of water throughout the day, starting with a glass in the morning.
- A healthy breakfast fuels your day and a 150 mins/week of moderate activity like brisk walking, cycling, or swimming.
- Take stairs, walk around, and stretch frequently.
- Get 7-9 hours of quality sleep by creating a calming bedtime routine (dim lights, avoid screens).
- Incorporate meditation, deep breathing, or spending time in nature.
- Nature relationships with family and friends.
- Do puzzles, read, or learn new things.
- Stay up-to-date on vaccinations and regular health screenings.



5 Healthy Snacks For **HOSTEL STUDENTS**



Living in a hostel often means unpredictable schedules, may be sudden hunger pangs, but when we live in home limited access to home-style food. But eating healthy doesn't have to be difficult (or) boring! Here are five affordable, nutritious, and tasty snacks that every hostel student can enjoy.

1. Peanut Chikki or Groundnut Laddu:

It boosts energy during long study sessions and rich in healthy fats and protein. It is also cheap and easy to store.

2. Sprout Bowl:

It is high in fibre & keeps you full longer time and it improves digestion system and it contains full of vitamins, minerals, and plant protein.

3. Fruit + Curd Cup:

It is good for health, natural sweetness, no added sugar and it have high in calcium and antioxidants.

4. Roasted Chana & Jaggery Combo:

It Keeps you energized during tired afternoons, it have high in protein and it supports iron levels also.

5. Overnight Oats or Instant Oats Bowl:

It will be perfect for busy people in the morning, it have high-fibre & improves digestion in our body

Mr. M Badri, 1st year,
II CSE- AI&DS (SOT)





The Day Two Sons Faced the Same Storm!

Sometimes, the greatest inheritance is not wealth or property, it is the way we learn to face pain.

In a small village lived a family of four a father, mother, son, and daughter. The father worked as an auto driver and the mother took up household work. Their lives were burdened with debts and education loans, yet they carried one powerful hope that their children would one day rise above their struggles and give the family a better life.

The son completed his B.Tech, and the daughter earned her degree. While the daughter prepared for higher studies, the son faced repeated failures in finding employment. During this difficult phase, the father, overwhelmed by financial stress and developed an addiction to alcohol. Slowly, worry and silence filled the home.

As months passed, the son too began to follow the same path. Watching his father use alcohol to escape pain, he unknowingly learned the same coping mechanism. What began as a way to forget disappointment turned into dependence. Along with addiction came frustration, helplessness, and heavy negative thoughts.

Then, one day, hope returned. The son received an interview call and went with confidence, believing this job would end their family's suffering. But fate intervened cruelly. On his way back, he received a call that his father had been admitted to the hospital with severe liver damage and a brain stroke. Doctors declared the father brain-dead and informed the family that even spending 15-20 lakhs could not guarantee survival. Still, refusing to accept reality, they borrowed six lakhs and began treatment.

During this difficult time, the daughter received confirmation of her admission to IIT for her master's degree and tearfully shared the news with her unconscious father. Around the same time, the son faced another setback after being rejected for a job, and soon after, their father passed away. With mounting debts and the responsibility of supporting his family, the already struggling son fell into deep depression and, feeling hopeless, took his own life. The tragedy left the mother and daughter alone, burdened with grief, uncertainty, and a shattered future.

One father's addiction became the son's lesson. And that lesson destroyed an entire family.

In the same village lived another family walking a similarly difficult path—the father, a painter, struggled with alcohol addiction, the mother managed the home, and debts burdened their lives. Watching his father's suffering, the son chose a different path, resolving not to repeat the same mistakes. Despite facing repeated failures while preparing for government examinations—enduring sleepless nights, hunger, and moments of deep discouragement—he persevered. After years of determination, he secured a government job, and instead of celebrating, he used his first earnings to admit his father into a de-addiction center, where with medical care, psychological support, and family encouragement, his father gradually recovered. Soon after, his sister also achieved success by securing a government job, and together they cleared their debts, rebuilt their home, and restored their family's dignity. From the same village and the same struggles emerged two different outcomes—one son chose escape, the other chose endurance; one repeated the past, the other rewrote it—and that single choice made all the difference.



From Policy to People

Lessons from Chittoor Government Hospital

“Universal health coverage means that all people receive the health services they need without suffering financial hardship.” — World Health Organization

Healthcare policies often sound powerful on paper. During my internship, I observed that their real test lies far from boardrooms—at hospital gates, registration counters, and pharmacy queues, where patients encounter the system not as a policy, but as an experience.

The National Health Policy places strong emphasis on reducing out-of-pocket expenditure, recognising that healthcare costs remain one of the leading causes of poverty in India. Yet, the critical question persists: how does policy translate into real protection for patients at the grassroots level?

At Chittoor Government Hospital, I observed **how this translation began to take shape through a Public-Private Partnership (PPP) model** that focused not on expansion, but on integration and efficiency within the public system.

For many patients, the burden of illness extended far beyond treatment. Expenditure on diagnostics conducted outside the hospital, purchasing medicines from private pharmacies, repeated visits, and the loss of daily wages quietly pushed families into financial distress. These indirect costs often determined whether a patient continued treatment or withdrew midway.

Through regulated PPP collaborations, essential diagnostic services were streamlined, medicine availability within the hospital was strengthened, and referral pathways were rationalised. Patients who had previously depended on external services were now able to access care within the public system itself. What I observed was not merely administrative efficiency, but tangible financial protection at the patient level.

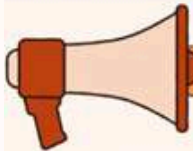
Importantly, partnership in this context did not signify privatisation. Instead, it represented optimisation of public service delivery, where private participation complemented government responsibility under clear oversight and accountability. “A good health system is one that delivers quality services to all people, when and where they need them, without financial hardship.” — **World Bank**

This experience highlighted a crucial lesson: healthcare reform does not always require new buildings or advanced technology. Often, it requires administrative intent—the intent to view patients as citizens to be protected, expenses as outcomes to be reduced, and policy as a living obligation rather than a written document. “The true measure of any society can be found in how it treats its most vulnerable members.” — **Mahatma Gandhi**

Chittoor Government Hospital stands as a reminder that the National Health Policy does not begin in national capitals. It begins in district hospitals, where everyday administrative decisions determine whether healthcare becomes a financial shock or a public assurance. From what I observed during my internship, this model demonstrates that when administration becomes human-centred, policy moves beyond intention—and begins to protect lives, livelihoods, and dignity.



World Patient safety Day



IMPORTANCE OF PATIENT SAFETY

NUMBER OF PATIENTS

10%

Patient safety in health care is an urgent and serious global public health concern. Patient harm exerts a very high burden on all health care systems across the world.

STEPS FOR AN EFFECTIVE PATIENT SAFETY



SAFETY CULTURE

• A culture of safety in healthcare is an environment where safety is a shared value and priority for all, from frontline staff to executive leadership.



MAINTAIN PATIENT ROOM CLEANLINESS.

• Keeping healthcare facilities clean is extremely important. A dirty bedrail or keyboard could be deadly if the germs hitch a ride to a patient's catheter or surgical site and cause an infection.



PATIENT ENGAGEMENT

• enlisting patients in detecting adverse events, empowering patients to ensure safe care, and emphasizing patient involvement as a means of improving the culture of safety.



LEARN AND SHARE SAFETY LESSONS.

• Lessons Learned is a safety communication tool intended to provide timely, reliable and accurate notification of safety related incidents

BENEFITS OF PATIENT SAFETY



More satisfying work environment and professional status

Improved nursing recruitment and retention

Decreased patient falls and pressure ulcers

Reduced costs associated with injuries

PATIENT SAFETY TIPS



**In it together
Patient Safety**

The Enigmatic History of Nidhivan

Nidhivan is a sacred and mystical site located in Vrindavan, Uttar Pradesh, India. Closely associated with Lord Krishna and Radha, it holds immense spiritual significance in Vaishnavism. The term "Nidhivan" translates to "forest of divine trees," signifying its divine heritage where Lord Krishna performed his legendary Ras Leela with Radha and the Gopikas.

Historical Significance

According to ancient texts and traditions, Nidhivan has existed since the Dwapara Yuga, the era during which Lord Krishna is believed to have lived on Earth. It is characterized by its lush forest filled with Tulsi plants, which are sacred in Hinduism. The trees here are not ordinary; they are notably short, twisted, and hollow, symbolizing the Gopikas who participated in Krishna's divine dance.

Divine Activities

One Of the most profound beliefs surrounding Nidhivan is that Lord Krishna continues to perform the Ras Leela every night within its serene confines. As a result, entry is strictly prohibited after sunset. Even priests, guards, and animals are required to leave by nightfall. This belief is reinforced by numerous local stories, adding to the area's mystical reputation.



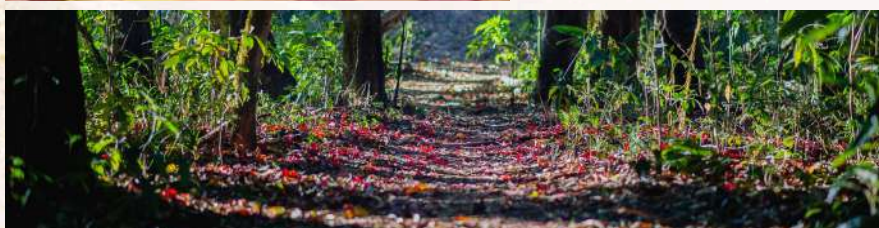
The Bhakti Movement

Nidhivan gained prominence during the Bhakti Movement, particularly in the 16th century, through the life and work of Saint Swami Haridas, a devoted follower of Lord Krishna and the guru of the eminent musician Tansen. He meditated and composed hymns in praise of Radha and Krishna, establishing various devotional practices that resonate to this day. The presence of historic temples like the Radha-Rani Temple and Rang Mahal within Nidhivan highlights its importance both spiritually and historically.



Conclusion

Nidhivan is not merely a forest; it symbolizes devotion, faith, and divine mystery. Its history is intricately intertwined with the mythology of Krishna and Radha, drawing millions Of devotees seeking spiritual connection even today.



Ms. G Harini & Pathuri
Ishita 2 Year, IV CSE
SoT



The Seed That Listened

Ms. D. Bhavyasri
1st year, II, CSE – SOT

In a quiet valley, a young girl named Jithya often wondered why she felt so ordinary. Everyone around her had something they were good at – painting, singing, running, solving puzzles. Jithya felt like a tiny seed lying in the soil, unsure of what she was meant to grow into.

One afternoon, while sitting under an old banyan tree, she noticed a single seed lying near its roots. An elderly gardener walked by and smiled. “Every seed has a purpose,” he said gently, “but it doesn’t know it on the first day. Its job is simply to grow, and the purpose reveals itself along the way.”

Curious, Jithya began visiting the garden daily. She watched seeds sprout into plants, each unfolding into something unique – a flower, a fruit tree, a tall stem, or a creeping vine. No seed tried to copy another; it just became what it was meant to be. Slowly, Jithya felt a quiet warmth blooming inside her. She started helping the gardener – watering plants, loosening soil, caring for tiny sprouts.

And as she worked, she discovered what made her heart feel steady and alive: helping things grow. Not only plants, but people too. Her kindness became nourishment, her patience became sunlight, and her words became gentle rain.

One morning, the gardener said, “You have finally sprouted, child. Your purpose is not loud or flashy. It’s to help others grow.” Jithya understood it. Just like a seed, her purpose was inside her the whole time – waiting, listening, and blooming when she was ready.

The Boy on The BENCH



A guy was sitting alone, silently on a bench,
Lost in thought, his soul felt drenched.
His friend came close and softly said,
“Why help the world
When they leave you instead?”

They call you names, they walk away,
Yet you heal their wounds every day.
Don’t you get tired, don’t you feel pain?
Why carry their storms, why bear their rain?”

The boy looked up, his eyes held grace,
A tender smile lit his weary face.
He said, *‘‘I have a gift,
Though not always right,
I can sense their sadness hidden from sight.

Mr. B A Fareed Ahamed
2nd Year, IV CSE Cyber Security (SOT)

So I forget myself and
Mend their sorrow,
Even if I break today,
They’ll smile tomorrow.
Yes, I get hurt, but my heart feels free,
For I gave them hope,
Though none heal me.

I will go on, spreading joy again,
Even if I stand alone in my pain.
For what am I, if not a light—
Shining for others in their night?”





Being a Mother



Being a woman is not something everyone understands—yet everyone has an opinion. She is often called sensitive, emotional, short-tempered, or difficult. But behind every reaction is a history—of being misunderstood, unheard, and silently hurt countless times.

A woman's life is rarely her own. Before marriage, she cares for her parents. After marriage, she adjusts to a new family, new expectations, and endless responsibilities.

Her journey flows from daughter to wife to mother—often without pause, without recognition, and without rest. Yet beyond these visible roles lies an invisible strength written into her very biology. From menstruation to menopause, a woman's body undergoes constant cycles for nearly 35–40 years—enduring pain, hormonal changes, fatigue, and emotional shifts. Every month, she bleeds. Every week, her body changes. Still, she continues—working, caring, loving, and surviving.

From menstruation to menopause, a woman's body undergoes constant cycles for nearly 35–40 years—enduring pain, hormonal changes, fatigue, and emotional shifts. Every month, she bleeds. Every week, her body changes. Still, she continues—working, caring, loving, and surviving.

Pregnancy and childbirth push her limits even further—enduring intense physical pain, emotional strain, and life-altering transformation. Despite losing blood, strength, and comfort, she creates life—and still chooses love. Her body fights silent battles. Her mind carries invisible weight. Yet her smile rarely reveals either. Society expects her to balance everything—family, work, emotions, relationships—while appearing “fine.” But how can anyone always be fine? She cries not out of weakness, but because she has been strong for too long. She is judged for resting. She is questioned for feeling. She is misunderstood for reacting. But the truth is:

- She rests last, speaks least, yet feels guilty for asking space.
- She learns to endure before she is allowed to dream.
- Some days she isn't sad—just tired of being strong.
- She isn't dramatic—she is exhausted.
- Her strength was never a choice—it was survival.



A woman does not ask to be worshipped—only to be understood, respected, and given the space to breathe without guilt. Before judging her, try living her life. Feel what she feels. Carry what she carries. Because no one truly understands her strength until they experience her reality. And behind every woman is a story of survival that deserves not judgement but honour.

GUYS!!!!

She was born in pain, raised in silence crowned by strength. If you can't understand her and one of the reasons for her tears. Please don't stay, leave her, leave her alone, when she can handle pain of pregnancy, she can handle your absence too. Don't stay judging yourself and her for being like that, instead leave her with respect and move away from her. Her body fights battles that her smile never mentions.

Dear all, one thing I would like to say – if endurance had a name, **it would sound like HERS.**

Ms. Madhusree, 1st year, II CSE-AI&DS (SOT)





Ms. Ruth Mariam Varghese
5th Semester, ACoN

The Prettiest Face

The face I saw first
Which glittered like the stars?
The prettiest face I had ever seen
The smiling face which I saw first,
Which shone like the Sun?
The prettiest face I had ever seen
The face I wished to see,
When I cried.

The face I admired when it smiled
The face I missed somewhere
Which I searched in the cloud..

Yes, the face which glittered,
Shone and I admired
Where I found the peace of life
And end of anguish?
The face which made me
Smile in my sorrows
The prettiest face I had ever seen
The face of lovely mom...!!

Ms. Gifty Manoj, 5th Sem, ACoN

My Departed Friend...

Once in a rainy afternoon
I walked along the lane
With a weighed down head and a
sorrowful face
I clutched myself with pain.

Gloomy thoughts troubled me
Tears rolled down my cheeks
I felt my head spinning round
I felt weary and weak
Away wandered my mind
To the happy days of the part
I can't forget those days
Alas they are no more.

How we strolled in gardens
Racing with birds and dogs
Laughing and playing
How we hopped like frogs.
And how we danced in the rains
As we sang songs
Walking past the memory lane.

Oh Will those days ever return?
Her shiny face and twinkling eyes
Her mesmerizing smile
Her gentle words and sweet manners
I could spot her from over a mile

Oh I My friend, come back soon
Please don't let us part
Even though death has caught you
You shall always remain in my heart

Tomorrow Gently

Fears rush, as tears rush—
A quiet chaos within,
A soft collapse of thoughts
I try to hold together.

I brush my hair in distress,
Wondering when the ache will end,
When trauma will loosen its grip,
When tears will finally rest,
When toxic patterns will fade.

In a world where good feels scarce
And shadows feel plenty,
I search—silently, steadily—
For something kind,
Something real.

Days pass, and hope feels heavy,
yet I whisper to myself
that tomorrow may be gentler,
that healing may still exist.

Though the world feels messy and flawed,
I stand within it, learning,
believing fate is not fixed—
that even here,
tomorrow can arrive gently.

A Brief History of Time

Author: Stephen Hawking

Published on: 1988

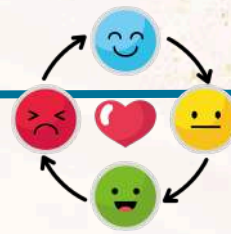
A Brief History of Time by Stephen Hawking is a popular science book that explains complex ideas about the universe in a way intended for ordinary readers. As a reader, I found the book both fascinating and challenging.

It explores major concepts such as the Big Bang, black holes, space-time, quantum mechanics, and the nature of time itself. Hawking discusses how the universe began, how it might end, and whether science can explain everything through a single theory.

As a reader without an advanced physics background, I appreciated that the book uses very few mathematical equations and relies more on explanations and examples. However, some chapters required slow and careful reading. The blend of science and philosophy made me think deeply about existence and reality.

Overall, as a reader, I found A Brief History of Time intellectually stimulating and inspiring. It is ideal for curious readers who enjoy learning about the universe and are willing to think beyond everyday ideas.

Ms. Linta Anna Lalachan, 5th Sem, ACoN



We are the Generation

Ms. Varshakrishna, 6th Semester, ACoN **That Feels Too Much**

We are the generation that feels everything—between lectures, deadlines, and unanswered messages. We sit in classrooms while our minds race ahead to the future. We laugh with friends and still feel a quiet pressure inside. We scroll between classes, watching other lives move faster, look better, feel fuller. Somewhere between attendance and assignments, we start wondering if we’re doing enough, or being enough.

College tells us these are the “best years,” yet many of us feel overwhelmed trying to keep up. We balance expectations, friendships, dreams, and doubts—often without knowing who we’re supposed to be by the end of it all. We overthink presentations, replay conversations, and worry about futures that feel both exciting and terrifying. So yes, we feel too much.

But that’s because we care. We care about purpose, mental health, meaningful friendships, and becoming more than just a degree. We talk about stress instead of hiding it. We support each other through late-night conversations, shared notes, and silent understanding in crowded hallways.

We feel deeply because we are learning, growing, and figuring life out in real time. Maybe feeling too much isn’t a weakness.

Maybe it’s proof that we’re present. And maybe college isn’t just about earning a qualification—it’s about learning how to feel, fail, and still move forward.

The Lost Piece of Me

The day I met you
Was the day I
Found lost piece of my soul.
Very lost and distracted,

I want to die
Right in your eyes.
Deep down,
I see heaven.

The dark lord fell in love
with the angel.

In the midst of the crowd,
A god was created.
Love was found
where hell ended.



**Ms. P. Mounika 1st Year,
II CSE-AI&DS (SOT)**



The 2026 Resolution: I Am No Longer Becoming – I Am Committing

*I did not arrive late in life—
I arrived ready.
Ready with scars that taught me strength,
and silence that taught me purpose.*

*I carry gratitude in my heart
for doors that finally opened,
for the chance to learn, to lead,
to rebuild myself at
The Apollo University,
after years that tested
my patience,
my courage,
my faith.*

*This year,
I do not chase applause.
I chase purpose.*

*When our Dean, Dr. Ramaiah Itumalla Garu,
spoke about targets, five-year plans,
and disciplined goals,
I understood something deeply—
dreams need direction,
and ambition needs a timeline.*

*So this New Year,
I don't just make wishes—
I make a plan.*

*So this New Year,
I make a plan.*

*And yes—
one day, I will walk a path
worthy of Padma Shri,
not for a title,
but for the quiet moment
when my parents can say,
"She did not give up."*

*A plan to grow with intention.
A plan to learn with humility.
A plan to serve with integrity.*

*This New Year,
my resolution is simple, yet brave:
To work honestly.
To serve selflessly.
To rise quietly.*

*And to become a reason
my parents feel proud—
not just of my success,
but of the woman I became.*

*I am no longer becoming.
I am committing.*

Dr. Vasanthi Panakala
MBA-HHM
The Apollo University.





UNSEEN

THE SIGHT CHAPTER 1: THE WATCHER

Main character- Arthur Morgan (name taken from rdr2)

Side character- Miller (forensic techie)

The rain in Washington didn't wash things clean,

Detective Arthur Morgan stood inside the yellow tape, the icy air cut through the layers of his trench coat. The warehouse smelled of rust, standing water and the metallic aroma of fresh blood. Beneath those scents, Arthur caught a faint smell of lavender, which made his stomach turn.

"Same signature, Arthur" said Miller, stepping back from the body. "Throat cut with precision, and the mirror".

Arthur rubbed his eyes, the migraine was back—a sharp, rhythmic pounding behind his left eye. He justified it as insomnia, but he knew it was more than that, he hadn't slept more than two hours a night for six weeks. He couldn't, he had learned that sleep wasn't rest, it was surrender.

He stepped closer, the victim was a middle-aged stockbroker and his body was thrown against a pillar. Opposite was full length mirror. The glass, it was painted with blood, the killer had used the victim's blood to draw a single perfect eye in the center of the reflection.

"The Watcher", Arthur whispered.

Arthur stared into the mirror, at his own reflection his eyes perfectly aligned to the painted eye on the mirror. His skin was gray, his eyes were red due to lack of sleep.

"He's mocking us", Arthur told to himself. "He strikes the people everyone trusts. The pillars of the community, He knows I'm close".

"You need to go home, Arthur" Miller said.

"You're shaking".



"I can't go home" Arthur said, for him home was where silence was and silence was dangerous.

Arthur sat in his car, popped two caffeine pills and swallowed them dry. His hands trembled as he gripped the steering wheel.

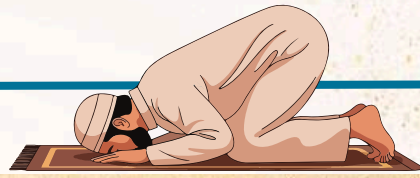
He closed his eyes for a second, just for a second to believe the burning.

Suddenly, he wasn't in the car.

TO BE CONTINUED..

**Mr. Sharath M V, 1st year,
II CSE AIML, (SOT)**





Importance of Namaz (Salah)

Namaz, known in Arabic as **Salah**, is the second pillar of Islam and holds a central place in the life of every Muslim. It is not just a ritual of physical movements, but a powerful spiritual connection between a believer and Allah. Performed five times a day, Namaz shapes a Muslim's character, strengthens faith, and brings discipline and daily life.

The Holy Qur'an repeatedly emphasizes the importance of prayer. In Qur'an, Allah commands believers to establish prayer regularly. Namaz reminds us of our purpose in life — to worship and obey our Creator. It keeps us mindful of our actions and encourages us to live righteously. **The Prophet Muhammad** (peace be upon him) **described Salah as the pillar of religion.** He taught that prayer distinguishes a believer from a non-believer and that it is the first deed to be accounted for on the Day of Judgment. This shows how significant Namaz is in Islam.

❖ Benefits of Namaz in Daily Life:

🌙 Strengthening the Bond with Allah 🌙

Namaz is a direct conversation with **Allah**. In a world full of distractions, it offers moments of calm reflection and remembrance. Each prayer reminds believers of their purpose in life and renews their faith. Through recitation of the Qur'an and supplications, the heart finds comfort and guidance.

🕒 Building Discipline and Time Management 🕒

The five daily prayers—**Fajr, Dhuh, Asr, Maghrib, and Isha**—are performed at specific times. This routine teaches punctuality, responsibility, and self-control. A person who organizes their day around Namaz learns the value of time and develops a balanced lifestyle.

💖 Promoting Moral and Ethical Values 💖

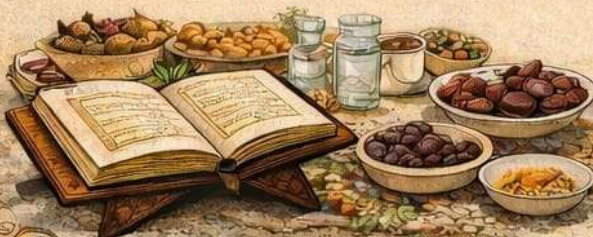
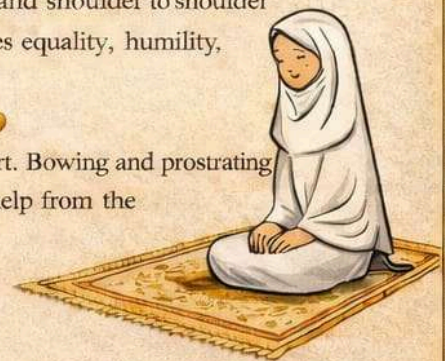
Regular prayer keeps a person away from wrongdoing. The Qur'an states that prayer restrains from shameful and unjust deeds. When a believer stands before Allah repeatedly each day, they become more conscious of their actions, words, and intentions.

💖 Encouraging Unity and Brotherhood 🤝

When Muslims gather in congregation at the mosque, they stand shoulder to shoulder regardless of status, wealth, or background. This unity promotes equality, humility, and a strong sense of community.

💖 Bringing Inner Peace and Emotional Strength 💖

In times of stress, sadness, or difficulty, Namaz provides comfort. Bowing and prostrating before Allah allows believers to release their worries and seek help from the Most Merciful. It nurtures patience, gratitude, and hope.



M Hibbah Kausar-122311520206

R Abida-122311520223

B.Tech 3rd Year CSE-AI&DS-B

PARADOX

THE EXISTENCE

Mr. V. Reinhard, 1st year,
CSE-Cyber Security, (SOT)

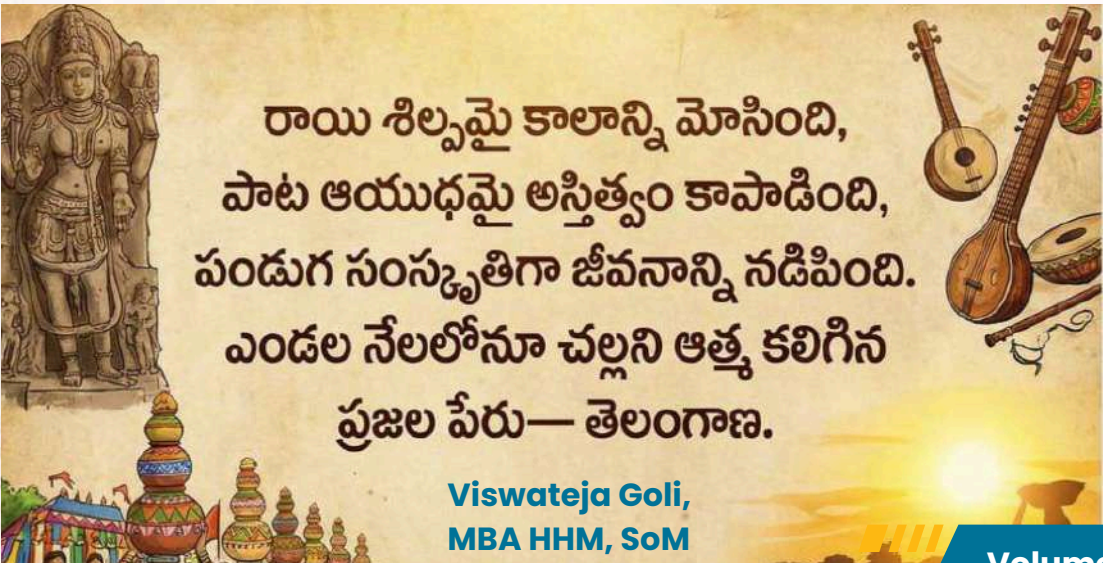
“Consciousness is the stage upon which the Universe performs, yet the actor and the stage are one.” Since ancient times, humans have wandered between two mysteries: the inner self and the outer universe. Every theory, philosophy, and equation emerges from the same limited source – the human mind. This raises a question: are our galaxies, gods, and equations truths, or refined narratives shaped by intellect?

The deeper we seek knowledge, the more we confront ignorance. Perspective is a prison – a construct born from man-made objectives. The mind, though limitless in imagination, builds narratives, myths, and beliefs that form cages resisting doubt.

These perspectives allow emotion to overpower clarity. Socratic thought reflects this paradox: wisdom lies in knowing that one knows nothing. Yet humans cling to fixed ideas, trapped within mental frameworks. Rational thinking must go beyond rigid logic and question all objectives that appear absolute. History proves this limitation. Before the Renaissance, human perception defined reality – Earth was flat and central. These beliefs, though flawed, were accepted as truth because they aligned with observation and comfort.

Then came thinkers who shattered illusions, proving humanity is merely a speck in a vast cosmos. This ignited the “spirit of enquiry,” where humans began challenging their own assumptions and beliefs. In modern times, science extends beyond sensory limits. Concepts like multiverse, dark matter, and abstract models attempt to explain what cannot be directly perceived. They are mathematically real, yet existentially unproven. This is the paradox: we measure effects without experiencing reality directly. Humanity is driven by an insatiable urge to explore, yet remains bounded by its own perception and intellectual constructs.

Like ancient builders reaching toward the divine, we construct intellectual towers from equations and thought. But perhaps truth is not meant to be reached – only questioned. In confusion lies something sacred. Contradictions create enquiry, and enquiry fuels growth. Wisdom begins not in certainty, but in wonder. Humanity’s greatest realization may be this: no matter how far thought evolves, the unknown remains infinite.





What? We Carry

Tonny Issac
2nd Sem B.Sc. PAT, SoHS

The campus teaches us how to become,
But never how to be.
We measure our days in deadlines,
Our worth in outcomes,
Our silence in fear.
Some succeed and feel hollow.
Some fail and feel erased.

Most remain suspended in between—
tired,
without knowing what we carry.

He sat on the steps
Where no one lingered.
He did not argue for meaning.
He did not justify suffering.
He only asked who we were
When effort finally grew quiet.

He said life does not strain to exist,
That light owes no explanation,
That rest is not the absence of weight
But the nearness of what can bear it.
By the time we learned how to listen,
He was gone.

Only a sentence remained—
Soft as a whisper,
Heavy as truth:
Come to Me, all who are weary.
And for the first time,
That did not sound like escape,
But arrival.

A BRIEF HISTORY OF TIME

Author: Stephen Hawking **Published: 1988**

Ms. Linta Anna Lalachan, 5th Sem, ACoN

A Brief History of Time by Stephen Hawking is a popular science book that explains complex ideas about the universe in a way intended for ordinary readers. As a reader, I found the book both fascinating and challenging.

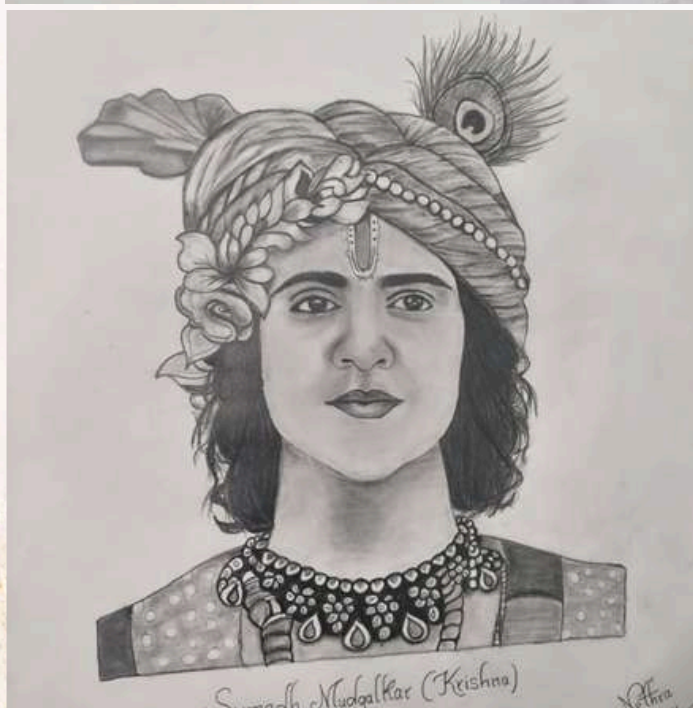
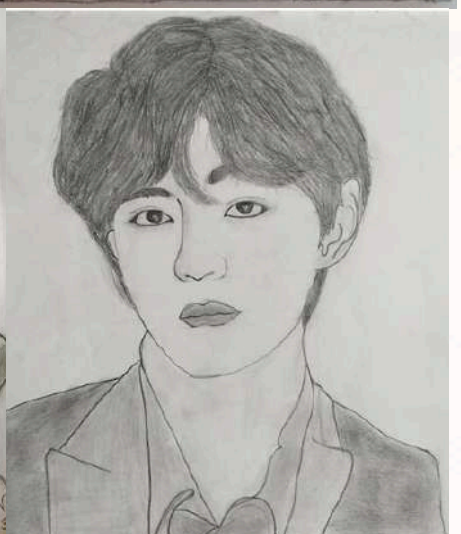
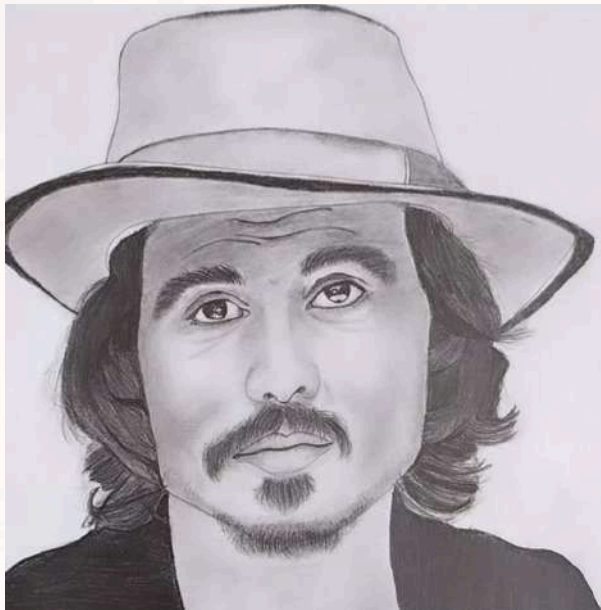
It explores major concepts such as the Big Bang, black holes, space-time, quantum mechanics, and the nature of time itself. Hawking discusses how the universe began, how it might end, and whether science can explain everything through a single theory.

As a reader without an advanced physics background, I appreciated that the book uses very few mathematical equations and relies more on explanations and examples. However, some chapters required slow and careful reading. The blend of science and philosophy made me think deeply about existence and reality.

One aspect that stood out to me was Stephen Hawking's ability to connect scientific discoveries with human curiosity. The book not only presents facts but also invites readers to question their place in the universe and the limits of human understanding. Despite its complexity, it leaves a lasting sense of wonder and encourages readers to continue exploring science beyond the book itself.

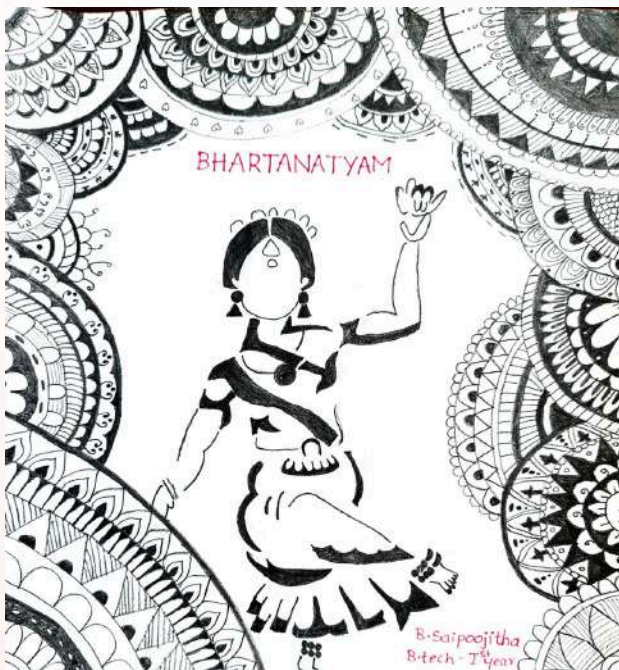
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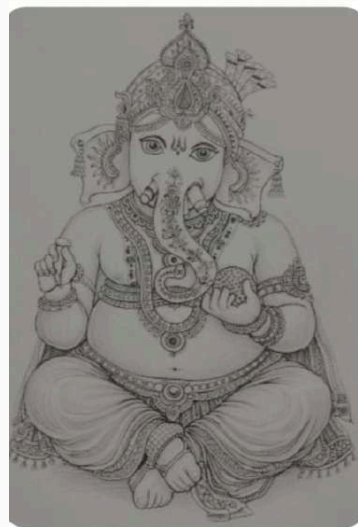




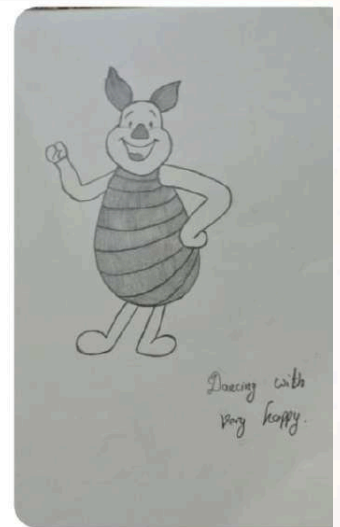
Ms. G D Nethra, 1st year, II, CSE-Cloud Computing, (SOT)



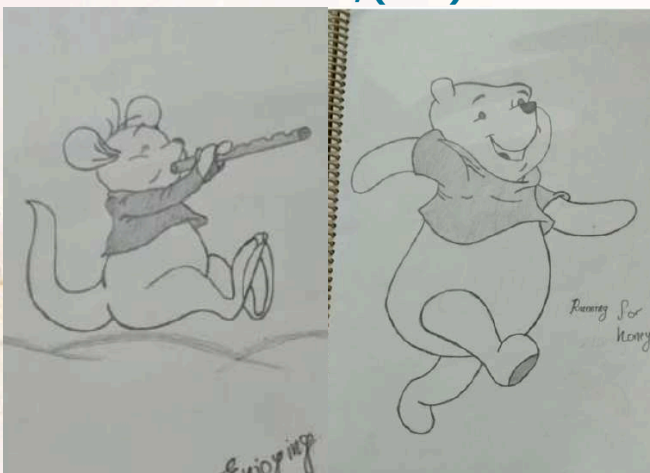
**Ms. B Sai Poojitha, 1st year
II CSE AIML, (SOT)**



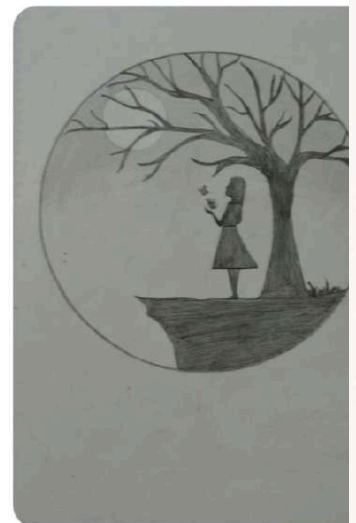
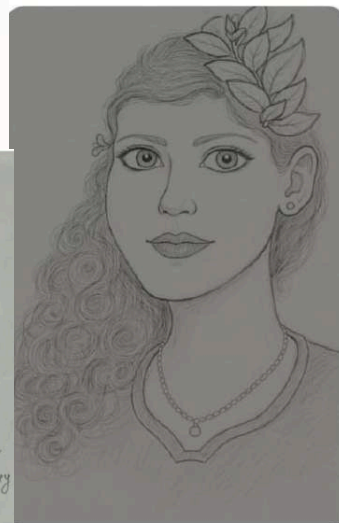
K. YOGESH



I - CSE-A



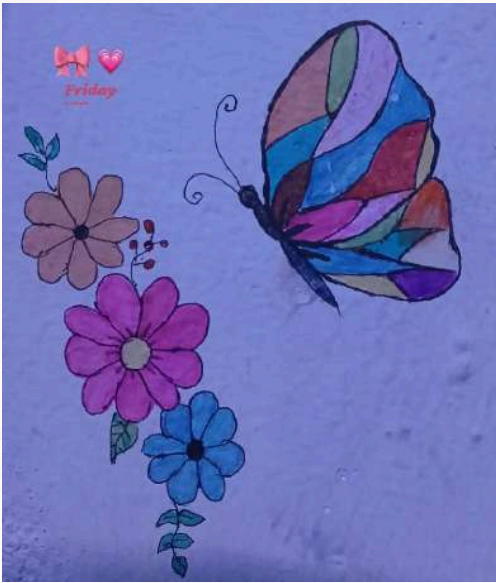
Mr. K. Yogesh, 1st year, II - CSE, (SOT)



Freeze FRAMES



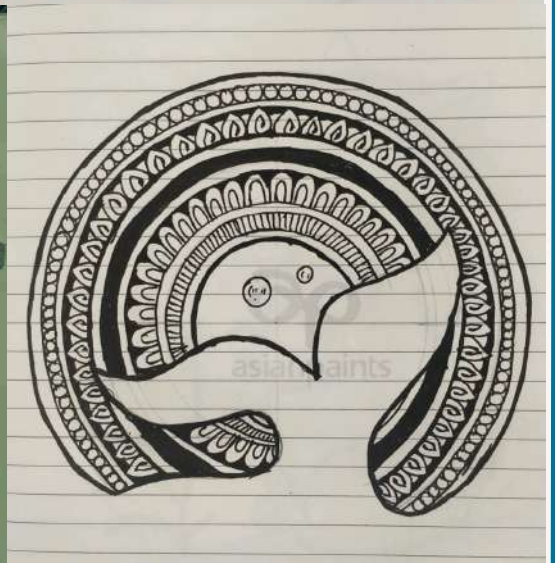
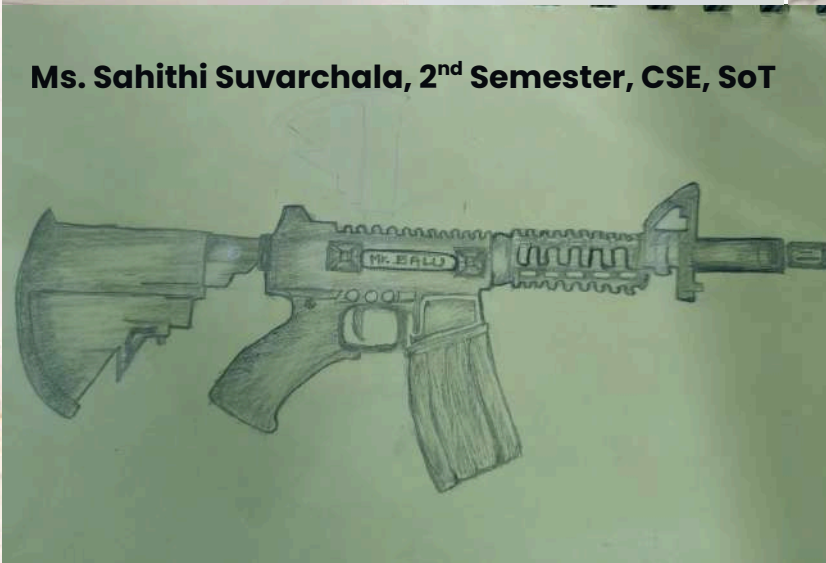
Ms. N Nabila, B.sc MLT, AHS,
SoHS



Mr. P Balaji, B. Sc MLT, AHS, SoHS



Ms. Sahithi Suvarchala, 2nd Semester, CSE, SoT





Ms. C H Vijaya Durga , PAT - AHS, SoHS

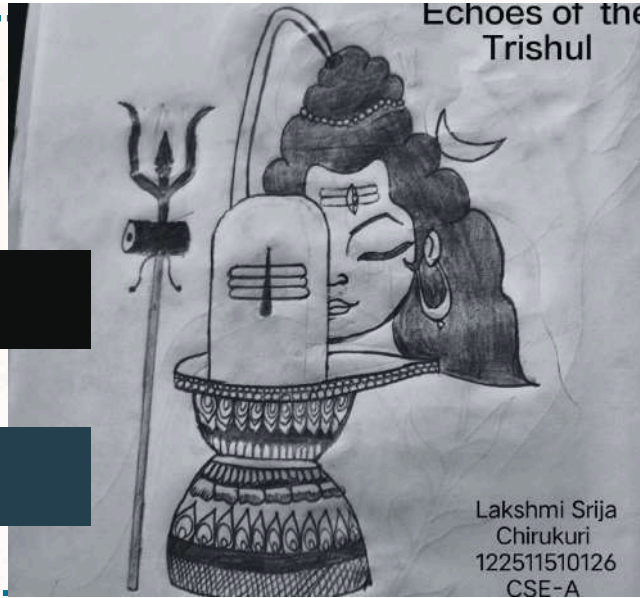
VISIO CRAFT

Heritage in **CANVAS**

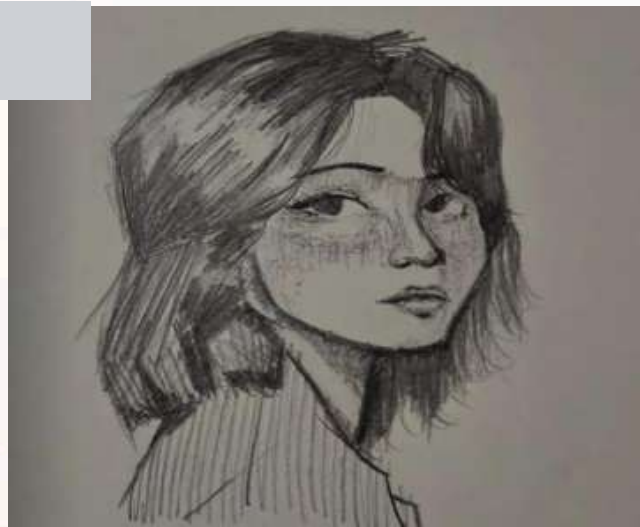


CREATIVE CANVAS

Ms. Lakshmi Srija Chirukuri,
1st year, II -CSE, (SOT)



Ms. Lakshmi Srija Chirukuri,
1st year, II -CSE, (SOT)



Ms. Linta Anna Lalachan
5th Semester, ACoN

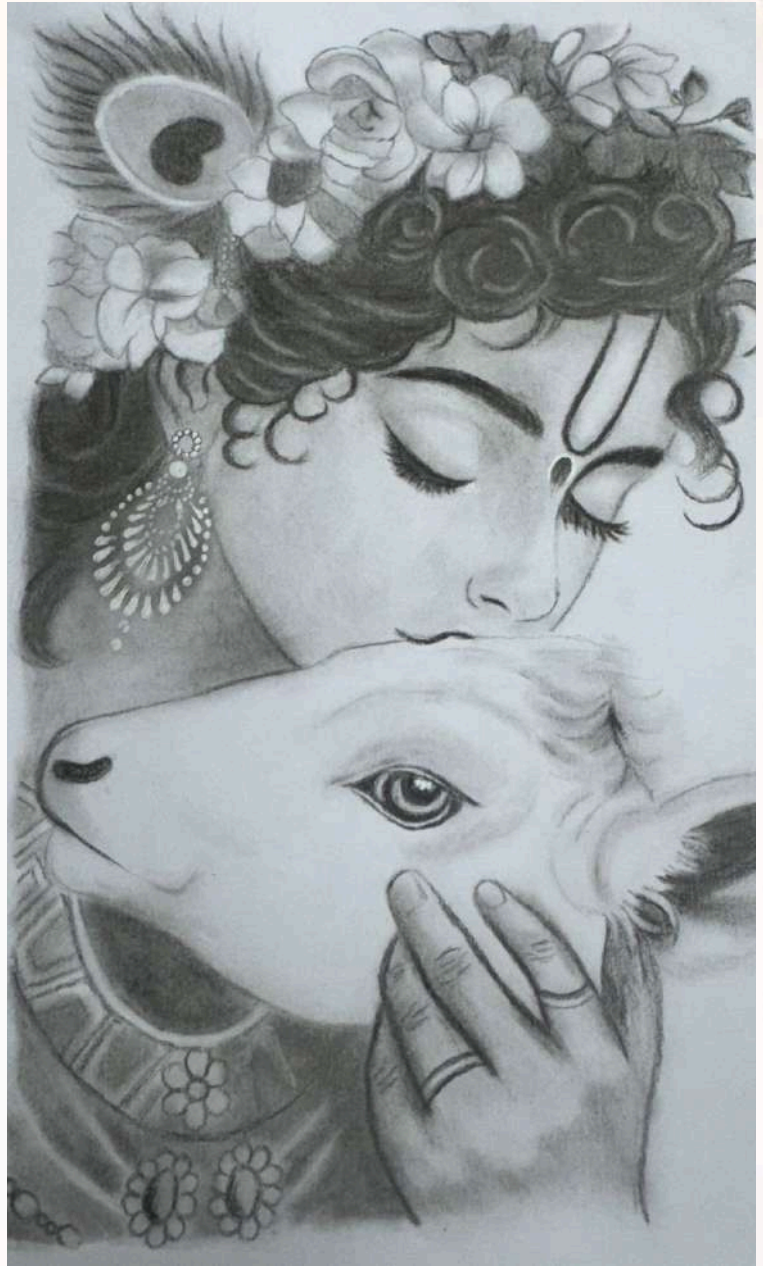
Where imagination meets pencil strokes, bringing ideas and emotions to life.



Ms. K. Yashaswini
2nd Year, IV CSE (SOT)



Ms. E Janya Sri, 3rd Year B. Tech - AI&DS, SoT



Mr. Lucky Roy
2nd Sem B.Pharmacy, AIPS



Ms. P Jaajitha Reddy
3rd Year, VI CSE (SOT)

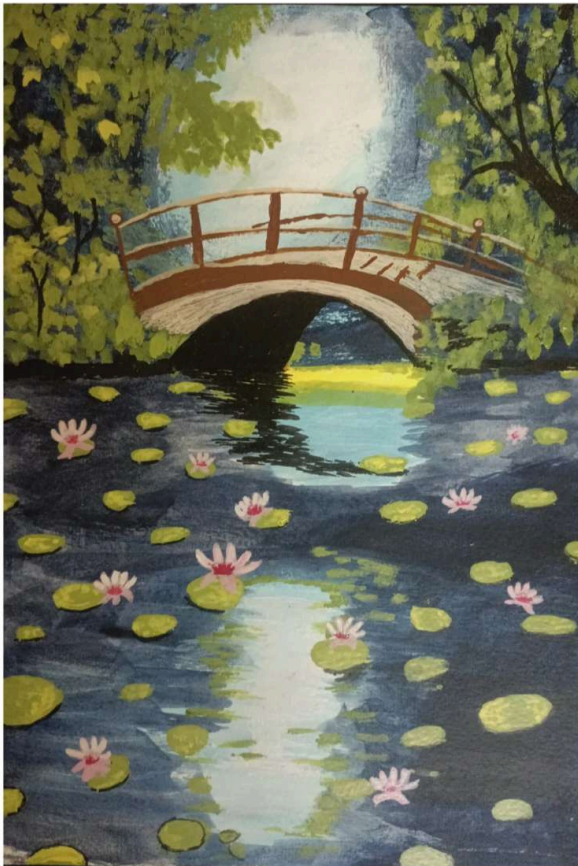


Ms. G D Nethra, 1st year, II,
CSE-Cloud Computing, (SOT)

Freeze FRAMES



**Ms. N Nabila, B.Sc MLT,
AHS, SoHS**



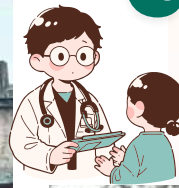
**Mr. P Dinesh Kumar, 3rd Year
VI CSE - AI&DS (SOT)**



**Ms. N Nabila
B.Sc MLT, AHS, SoHS**



Community Postings



Ms. Alena Susan
6th Semester, ACoN



CYBER

BULLYING



The Silent Bruises We Don't See

Ms. Preeja Augustin
6th Semester, ACoN



Not all wounds bleed. Some sit quietly behind a screen, hidden beneath forced smiles and unread messages. Cyberbullying is one of those wounds—silent, persistent, and often underestimated.

In today's digital world, our lives are intertwined with phones, social media, and online spaces. We share our opinions, photos, achievements, and sometimes our vulnerabilities. But the same space that connects us can also become a place of cruelty. A single comment, a meme shared without consent, a rumor typed casually, or a message sent in anger can spiral into something deeply damaging.

What makes cyberbullying especially painful is its inescapability. Unlike traditional bullying, it doesn't end when school or work hours are over. It follows people into their bedrooms, onto their pillows at night, and into moments meant for rest. The screen lights up, and with it comes anxiety, fear, or shame. Victims often feel watched, judged, and attacked by an invisible crowd.

The most heartbreaking part is that cyberbullying often goes unnoticed. People assume, "It's just online," or "They can simply log out." But emotions don't log out. Words typed without thinking still echo loudly in the mind. Over time, these repeated attacks can erode self-confidence, disturb sleep, affect academic or work performance, and in severe cases, push individuals toward depression or self-harm.

Behind every username is a human being—someone with feelings, struggles, and limits. Many bullies forget this. Sometimes they act out of insecurity, jealousy, or the false sense of power that anonymity provides. But understanding the cause does not justify the harm.

Ending cyberbullying doesn't require grand gestures; it starts with empathy. Pausing before posting. Choosing kindness over sarcasm. Speaking up when we see someone being targeted. Supporting victims by listening instead of minimizing their pain. Platforms, schools, and families also play a role by creating safe spaces, spreading awareness, and encouraging open conversations.

In the end, technology is only a tool—it reflects who we are. We can use it to tear someone down, or to lift someone who is already struggling. A kinder internet begins with individual choices. Because sometimes, a little compassion on a screen can mean everything to someone on the other side.

Let's remember that every message we send has the power to shape someone's day—or even their life. Kindness doesn't require effort, but its impact can be profound. Before we type, share, or react, we have a choice: to add to the noise of harm or to be a voice of respect and care. That choice defines not just the internet we create, but the kind of people we choose to be.

Because behind every screen is a real person, hoping to be understood, not hurt. And sometimes, the smallest act of kindness online can become the strongest shield against someone's silent struggle.





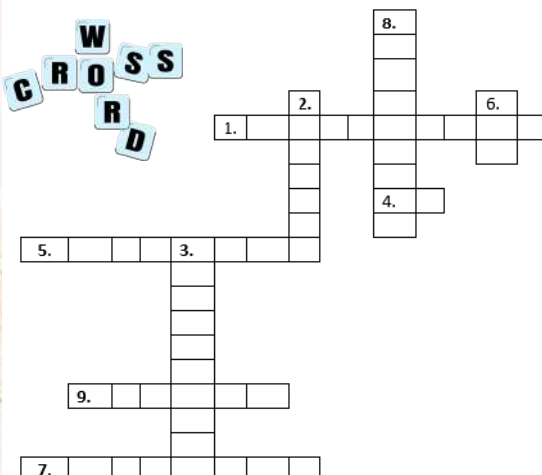
Sri Kodandarama Swamy Temple, Ontimitta History and Significance

The Sri Kodandarama Swamy Temple at Ontimitta in YSR Kadapa district, Andhra Pradesh, is a shrine dedicated to Lord Rama, known for its spiritual, historical, and architectural significance. According to tradition, Sage Valmiki, the author of the Ramayana, is believed to have lived in this region, and it is said that Sita stayed here during her exile, while Lava and Kusha were taught the Ramayana—making Ontimitta a sacred Rama Kshetra.

The temple is believed to have been built in the 12th century during the Chola period and was later expanded under the Vijayanagara Empire, with inscriptions recording royal patronage through donations of land and resources for its upkeep. It is also associated with Saint-poet Tallapaka Annamacharya, who is said to have composed several devotional songs here, with legends stating that Lord Rama appeared to him.

Architecturally, the temple reflects the Vijayanagara style, featuring a tall Raja Gopuram, spacious courtyards, and intricately carved pillars depicting scenes from the Ramayana. The sanctum houses idols of Rama, Sita, and Lakshmana carved from a single stone, with Lord Rama worshipped as Kodandarama, holding his divine bow.

The temple is especially renowned for the Sri Rama Navami celebrations, during which the Sita Rama Kalyanam is conducted annually under the Government of Andhra Pradesh, drawing thousands of devotees. Managed by Tirumala Tirupati Devasthanams (TTD), the temple continues to be a significant center of faith, devotion, and culture, blending mythology, history, and architecture in a unique and revered manner.



ACROSS

1. Pain killer, antipyretic, not an NSAID
2. Route of administration with fastest action
3. Anticoagulant that inhibits vitamin K
4. Sedative hypnotic acting on GABA receptors
5. Dosage form for eye administration

DOWN

1. Non-selective beta blocker contraindicated in asthma
2. Drug of choice for acute anaphylaxis
3. Enzyme inhibited by Aspirin
4. Plant source of Digoxin





KODAIKANAL *A Memorable Getaway with Friends*

As we stepped into the misty hills of Kodaikanal, the cool breeze and lush greenery welcomed us warmly. A group of nine friends, inspired by the movie MANJUMMEL BOYS, had planned this trip for months—and finally, we were here.

We began our journey on 11th October and reached by the next day. Our first stop was the mysterious Guna Cave, where walking through narrow paths filled us with excitement and adventure.

The real thrill came when we ran through the pine forest in the rain. The misty air, the sound of raindrops, and our laughter made it unforgettable. By the time we reached our cottage, freezing, all we wanted was a hot cup of tea.

The next day, we headed to Kodaikanal Lake for a peaceful boat ride. Surrounded by calm waters and mountains, we spent the afternoon laughing and soaking in the beauty. Later, we came across Green Valley View, where we paused in awe of the breathtaking scenery.

That night, sitting by the fireplace in our cozy cottage, sharing stories and laughter, we knew this trip was something we'd always hold close to our hearts. Kodaikanal truly gave us memories for a lifetime.

Trip Details

- Destination: Kodaikanal, Tamil Nadu
- Duration: 3 days, 2 nights
- Transport: Car
- Stay: Cozy cottage with scenic views
- Highlights: Guna Cave, pine forest run, boating, Green Valley View, homemade chocolates



- Visit during the off-season for fewer crowds
- Don't miss local homemade chocolates
- Try a walk/run in the pine forest, even in the rain
- Book your stay in advance
- Carry warm clothes
- Explore local shops for handmade items at good prices.

Mr. Parthiv Mohan
6th Sem, ACoN





Classic Garlic Butter Rainbow Trout

Why It's Unique?

Combines traditional Indian cooking methods with western flavors. Very easy to prepare, making it perfect for everyone!



INGREDIENTS

Rainbow Trout (whole or fillet)
Butter
Garlic (finely chopped)
Lemon Juice &
Salt

Quick Procedure

- Clean the trout and rub salt all over.
- Make 2–3 small cuts on the fish to enhance flavor.
- Heat a pan over medium flame and add butter and let it melt.
- Add chopped garlic and sauté lightly (avoid browning).
- Gently place the trout in the pan.
- Cook one side for 4–5 minutes until golden.
- Flip and cook the other side for 3–4 minutes.
- Spoon melted butter over the fish while it's cooking.
- Switch off the flame and drizzle with fresh lemon juice.



Serve hot and enjoy!

Ms. G Harini & Ms. Pathuri
Ishita 2nd Year, IV CSE (SOT)

Highlights: Ready in just 12 minutes and perfect for all cooking levels. Soft, juicy fish that makes for a quick, simple, and flavorful meal!

VARALAKSHMI Vratam



Worship of Goddess Lakshmi: Varalakshmi vratam is an important Hindu festival mainly celebrated by women in south India. This vratam is usually performed on the Friday before the full moon day in the month of Shraavana.

Significance: The word Varalakshmi means Lakshmi who grants boons. Women pray for the well-being of their family, happiness, health, prosperity.

Rituals and Puja Method: The house is cleaned and decorated with flowers. A kalasam is decorated with turmeric, Kumkum, mango leaves, and flowers to represent Lakshmi. Women wear traditional sarees and perform puja. Varalakshmi vratam story is read. Special prasadam like sweet Pongal, payasam, and fruits are offered. Vayanam offering items to other women is an important ritual.

Story Behind: According to legend, Goddess Lakshmi appeared in the dream of a devoted woman named Charumati and instructed her to perform the Varalakshmi vratam. She followed the rituals and great devotion and was blessed with wealth and happiness. Since then, this vratam has been widely practiced.

Importance for Women: Varalakshmi vratam symbolizes Faith, patience, Devotion, **LONG HAPPY MARRIED LIFE.**

Mr. P. Harsh, 1st year
II, CSE - AIDS (SOT)





UGADI – THE FESTIVAL OF NEW BEGINNINGS

ABOUT UGADI

Ugadi is a traditional New Year festival celebrated in Andhra Pradesh, Telangana, and Karnataka. In the beginning of a new lunar year and symbolizes new beginnings, hope, and prosperity

WHY WE CELEBRATE UGADI

Ugadi is celebrated to mark the beginnings of the NEW YEAR according to the Hindu lunar calendar. It signifies new beginnings, growth, and hope for prosperity and happiness

IMPORTANCE OF UGADI

Ugadi signifies the start of a new year and reminds us that life is a mix of happiness and challenges. It encourages hope, positivity, and planning for a prosperous future

**Ugadi : A New Beginning , A New Hope !
Celebrate Ugadi Celebrate Life !**

PROCESS OF MAKING OF UGADI PACCHADI



INGREDIENTS:

Ugadi pachadi is prepared by mixing jaggery, neem flowers, raw mango, tamarind juice, green chilli, and a pinch of salt. These ingredients represent different tastes of life like happiness, sorrow, surprise, and courage

CONCLUSION

Ugadi reminds us that life is a blend of all flavors; accept it with a smile. “ Welcome the New Year with Hope, Happiness, and Harmony! ”



Kashayam

(Herbal Decoction)

BASIC KASHAYAM PREPARATION:

INGREDIENTS:

- Herbs (powdered or coarse pieces 1 to 2 tea spoons)
- Water 2 cups (about 400 to 500ml)

STEPS:

1. Add the herbs to a vessel with water:
2. Boil on medium flame.
3. Reduce the water to 1/4th of the original amount.
4. Switch off the flame and filter the liquid.

Drink warm

COMMON RATIOS:

1 Part herb : 16 parts water : reduce to 4 parts

EXAMPLE: 10g herb + 160ml water: boil: reduce to 40ml

GINGER KASHAYAM:

Dry ginger powder: 1/2 tsp,
water: 2 cups

Optional: Jaggery or Honey (add after cooling)

JEERA KASHAYAM:

Cumin seeds: 1 tsp, water: 2 cups

TRIPALA KASHAYAM:

Tripala powder: 1 tsp, water: 2 cups

IMPORTANT TIPS:

- Do not over boil
- Always drink freshly prepared kashayam

WHEN TO TAKE:

- Usually, empty stomach or before meals
- Once or twice a day

B. Jagadeesh Babu

CSE-A [SOT]

1225115101118

The Festival of Devotion in Telangana

Ms. P Bindhu Priya, 1st year, II, M. Tech, (SOT)

Bonalu is one of the most vibrant and culturally rich festivals celebrated in the state of Telangana. It is dedicated to Goddess Mahakali, who is believed to protect people from diseases and evil forces. This festival usually takes place during the months of July and August (Ashada Masam), bringing together devotion, tradition, and community spirit.

The word "Bonalu" comes from the Telugu word "Bhojanam," meaning meal or feast. During the festival, women prepare a special offering of rice cooked with jaggery and milk, placed in decorated pots. They carry these pots on their heads to temples as a symbol of gratitude and devotion to the goddess. The pots are beautifully adorned with neem leaves, turmeric, and vermilion, reflecting the cultural beauty of the festival.



One of the most striking aspects of Bonalu is the traditional attire and rituals. Women dress in colorful sarees, while men often take part in processions as Pothuraju, the symbolic brother of the goddess. Pothuraju leads the procession with energetic dances, believed to ward off evil spirits. Another important ritual is the Rangam, where a woman believed to be possessed by the goddess makes predictions about the future.

The celebrations are especially grand in cities like Hyderabad and Secunderabad, where famous temples such as Ujjaini Mahakali Temple become the center of attraction. Thousands of devotees gather to offer prayers, making the atmosphere lively and spiritual.



Bonalu is not just a religious festival; it is a reflection of Telangana's rich heritage and unity. It strengthens the bond among people and keeps age-old traditions alive. Through its colorful rituals, music, and devotion, Bonalu continues to be a symbol of faith and cultural pride for the people of Telangana. Beyond its rituals, Bonalu also serves as a vibrant expression of community bonding and collective identity.

Families, neighbors, and entire localities come together to organize processions, decorate streets, and participate in celebrations with great enthusiasm. Traditional music, drum beats, and folk performances fill the air, creating an atmosphere that is both festive and spiritually uplifting. The festival also provides a platform for local artists and performers to showcase their talents, keeping the cultural traditions of Telangana alive and thriving.

In recent years, Bonalu has gained wider recognition beyond the state, attracting visitors from different parts of the country who come to witness its unique traditions. Despite modernization, the essence of the festival remains unchanged, rooted deeply in faith and gratitude. It reminds people of the importance of preserving cultural heritage while embracing the present.



**Ms. P Bindhu Priya,
1ST year, II, M. Tech, (SOT)**

Bathukamma is a vibrant and culturally rich festival celebrated mainly in the Indian state of Telangana. The name “Bathukamma” means “Mother Goddess come alive,” and the festival is dedicated to the worship of Goddess Gauri, a form of Parvati. It usually falls during the months of September–October, coinciding with the festival of Navratri. Women play a central role in this celebration, creating beautiful, cone-shaped floral arrangements using seasonal flowers like marigold, chrysanthemum, and gunuka flowers.



These arrangements are called Bathukammas and are placed in the center while women gather around them, singing traditional songs and dancing in circles, expressing devotion, unity, and joy.



The festival lasts for nine days, each day having its own significance and name, with the final day known as “Saddula Bathukamma.” On this day, the decorated Bathukammas are taken to nearby water bodies such as lakes or ponds and gently immersed, symbolizing the cycle of life and nature. Bathukamma not only reflects religious devotion but also highlights the importance of nature, especially flowers, in people’s lives.

It strengthens social bonds among women and preserves the cultural identity and traditions of Telangana. The festival is also recognized for promoting ecological awareness, as only natural flowers are used, making it environmentally friendly and sustainable.

The Life and Legacy of Jesus Christ



Jesus Christ is the central figure of Christianity and is believed by Christians to be the Son of God and the promised Messiah of the Old Testament. He was born in Bethlehem around 6–4 BC on December 25, grew up in Nazareth, and began a public ministry as a Jewish teacher. Jesus preached love, forgiveness, and the coming of God’s Kingdom. According to Christian belief, he was crucified and rose from the dead on the third day. His life, teachings, death, and ethics have influenced the culture of billions of people around the world.

The legacy of Jesus extends far beyond religion, influencing art, literature, philosophy, and social movements throughout history. His life has inspired countless acts of charity, justice, and humanitarian work around the world. For many, Jesus remains a symbol of hope and redemption, offering guidance in times of struggle and uncertainty. Even today, his words and actions continue to inspire individuals to pursue peace, love, and a deeper understanding of life’s purpose.



RIDDLE 1

I begin every care, without me plans fail.
I ask, I observe, I touch, and I scale.

RIDDLE 2

I give the name to what the nurse sees,
Not the doctor's words, but nursing needs.

RIDDLE 3

I come after thinking but before doing,
Goals are written while outcomes are brewing.

RIDDLE 4

I am action, skill, and hands-on care,
What was planned is done right there.

RIDDLE 5

I ask, "Did it work? Did we succeed?"
I measure outcomes, not intentions or speed.

RIDDLE 6

I clip on a finger, shine red light through,
I warn the nurse when oxygen is few.

RIDDLE 7

Five times I check before I give,
If I'm ignored, safety won't live.

RIDDLE 8

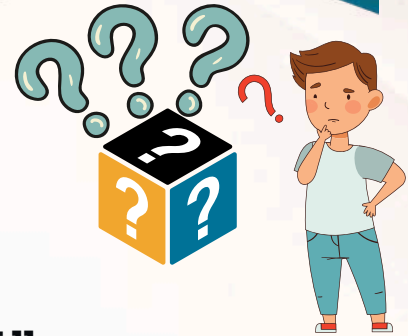
I stop infection before it begins,
Soap or sanitizer—rub it in.

RIDDLE 9

When I rise too high, the heart may fail,
The nurse must act without delay.

RIDDLE 10

I mean doing good, not causing pain,
Every nurse promises me again.



RIDDLE 11

I protect the patient's right to choose,
Even if care is refused.

RIDDLE 12

I decide who is seen first in care,
Breathing beats pain, always beware.

RIDDLE 13

I beep, I flash, I show heart waves,
I warn the nurse before life fades.

RIDDLE 14

I prevent pressure sores from forming,
Turn the patient—keep skin warming.

RIDDLE 15

If it's not written, it's not done,
I protect nurse, patient, everyone.

1. Assessment 2. Nursing Diagnosis
3. Planning 4. Implementation
5. Evaluation 6. Pulse Oximeter
7. Five Rights of Medication Administration
8. Hand Hygiene
9. Hyperkalemia 10. Beneficence
11. Autonomy 12. Prioritization (ABCs)
13. Cardiac Monitor 14. Repositioning
15. Documentation

ANSWER KEY [do not peek please]



Try this first - don't rush

Note: Read the Colour, not the word

- BLUE
- RED
- GREEN
- BLACK

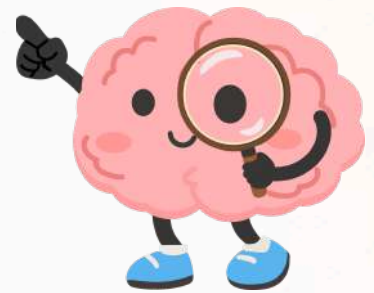
Hard, right? 😞

🔍 What's Happening?

- Your brain learned reading so well that it becomes automatic.
- Color recognition is slower than word recognition.
- The two processes conflict, causing delay and mistakes.

👉 This shows: **Your brain takes shortcuts—even when they confuse you.**

Why is the Stroop Effect Important?



It proves that:

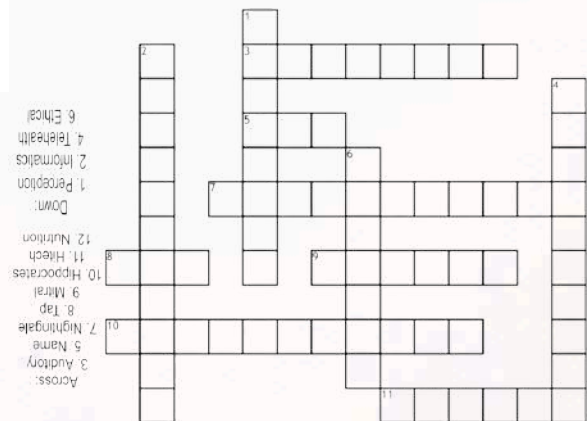
- The brain uses shortcuts
- Some habits cannot be switched off
- Multitasking is difficult
- Attention has limits

RED GREEN YELLOW BLUE
 ORANGE PURPLE YELLOW GREEN
 PINK PURPLE BLUE RED
 BLACK GREEN RED PINK
 RED YELLOW BLACK YELLOW

Say the name of the COLOR YOU SEE, NOT THE COLOR YOU READ

Ms. Pathuri Ishitha, 2nd Year, IV CSE (SOT)

Healthcare Crossword Puzzle



Across

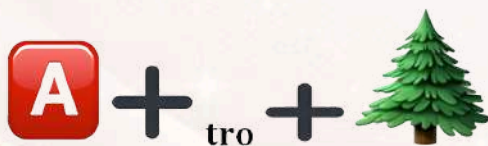
- 3. You prefer using sounds and music
- 5. An example of Identifiable Health Information
- 7. Last name of the first nurse to use evidence based practice
- 8. To percuss means to
- 9. Valve in 5th intercostal space

- 10. Considered the father of medicine
- 11. Acronym for Health Information Technology for Economic and Clinical Health
- 12. Comes from the Latin word nutriticus, which means "nourishing"

Down

- 1. In general sense, it is the way a person "views" the world
- 2. Computer science plus information science
- 4. Some aspects of patient care performed remotely
- 6. The "knowing" that deals with moral components of nursing

GUESS THE DRUGS NAMES BY EMOJI



Ms. Anju David, 6th Semester, ACoN

Student Achievement Spotlight

Dr. Reddy Jishnu D, MBA (H&HM) student (Batch of 2024), received the **My Bharat–NSS Award (2022–23)**, presented by the **Hon'ble President of India**, Smt. Droupadi Murmu, at Rashtrapati Bhavan, New Delhi, on 6th October. The prestigious award recognized his outstanding contribution and dedicated service through NSS.



International Internship

Two students from the M.Sc. Health Informatics and Analytics (2024 batch) **Dr. N. Vasavi and Ms. V. Vasudha Reddy**, have begun their final semester projects at Monash University, Australia, working on Digital Therapeutics and Health Data Analytics and benefiting from international research collaboration and global experiential learning.

Research

A collaborative **research paper** titled "Breathing the Numbers: Epidemiological Geo-Mapping Analysis of Air Quality Index and COPD Burden in Chittoor District" was presented by **Prithish Kumar Sahu**, MBBS, 3rd Year student, under the guidance of Dr. C Sravana Deepthi, Associate Professor, Department of Community Medicine, AIMSR **earned First Prize** in the Paper Presentation Competition at **AVINYA 2025**, the academic fest of **Apollo Institute of Medical Sciences and Research, Hyderabad**. Other student contributors are Adwaiyka Maheswari, MBBS, 3rd Year and Dasari Mohith Reddy, 4th Year, School of Technology, TAU



Competition Winners



The Andhra Pradesh **State Level Quiz Competition** in the Department of Physiology was held at Sri Padmavathi Medical College, SVIMS, Tirupati, on 11th December 2025, where MBBS students, Ms. Deekshitha, Ms. Lishitha and Ms. Chaturya from the AIMSR 2024 batch **secured three second prizes**.

Students of I B.Tech (AI & Data Science), SoT won First Prize at the **national-level hackathon "MindSprint-2025"** held at PSCMR College of Engineering and Technology, Vijayawada, for their AI-based healthcare solution "Aarogyamitra." The application, was appreciated for its early symptom analysis capability and social impact, particularly in rural healthcare.

Inter-College Fest Winners

Daniel and group (Saraswathi Roy, Nellam Manaswini, Sholka, Indupriya, Neha Reddy & Himani) from 1st and 2nd Semester BPT secured 1st prize in Group Dance at the **Southern Physios Annual Research and Cultural Conference held at KIMS, Amalapuram**, on 5th & 6th December. Daniel (BPT) also won 1st prize in the Solo Dance competition at the same event.

Student Achievement Spotlight

Gold Medallist & Rank Holders -TAU

Ms. Sawant Hemangi Santosh – **Chancellor Gold Medallist**, M.Sc. Health Informatics and Analytics, School of Health Sciences

Ms. Killada Sowjanya – **Rank Holder**, B.Sc. Anaesthesiology & Operation Theatre Technology, SoHS

Ms. Avni Pratap – **Rank Holder**, M.Sc. Clinical Psychology, SoHS

Mr. Kannan Sreevasumathi & Ms. Nisha M – **Rank Holders**, MBA Hospital and Healthcare Management, SoM



Student Toppers -AIMSR Phase-I MBBS, 2024 BATCH

Mannepuri Chaturya (**Overall Topper**) -725/900 -Distinction

Padamata Sai Suvarna Lakshmi Harini -694/900 -Distinction

Reddivari Siri Anuhya -687/900 -Distinction

Shaik Marrimanu Sahil -680/900 -/900 -Distinction

Mannepuri Chaturya: **Topper** in Anatomy (245/300), Physiology (239/300), Biochemistry (241/300)

Pillapalayam Joshna Reddy: **Topper** in Biochemistry (241/300)

Student Toppers -AIMSR Phase-II MBBS, 2023 BATCH

Remala Megana (**Overall Topper**) -735/900 -Distinction

Kolla Haasya Lekha -698/900 -Distinction

Shanmuga Puraj Elisetty -695/900 -Distinction

Kollathur Saketh Reddy -686/900 -Distinction

Enjeti Sathvika -684/900 -Distinction

Gopidesi Vidhya -684/900 -Distinction

Boddi Saranya -680/900 - Distinction

Singara Sevankitha -679/900 -Distinction

Chilikala Sivani -677/900 -Distinction

Topper in Pharmacology (249/300): Kolla Haasya Lekha & Remala Megana

Topper in Pathology (256/300): Remala Megana

Topper in Microbiology (232/300): Shanmuga Puraj Elisetty

Student Toppers -ACoN

Miss. Jesica Sara, 1st Semester -9/10

Miss. Feba Chacko, 3rd Semester -9.2/10

B. Pavan Kumar, 5th Semester -9.2/10

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Got a story, opinion, or creative piece burning to be shared? Don't miss out! We're gearing up for the next issue of our newsletter.

Send in your submissions to: editorinchief@apolouniversity.edu.in

Get noticed! Be featured in
our upcoming newsletter!

June 2026
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"Calling All Creatives!"

Submit on or before
June 30th, 2026.

"Make Your Mark" in the
3rd Volume of our Newsletter



THE APOLLO CAMPUS CORNET

December, 2025
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