

PRAGATHI

DEGREE & PG COLLEGE FOR WOMEN



College Code: 1156
DOST Code: 11156

The Voice of

PRAGATHI



DILSUKHNAGAR,
HYDERABAD.



040-2406 4781
93 477 81612





CONTENTS

1. About the institution
2. From the principal's desk
3. From the vice principal's desk
4. Pragathi's illumination
5. Academic corner
6. Lifestyle and wellness
7. College happenings
8. Student experiences
9. Aluminium speaks
10. The editorial board
11. Pride of Pragathi
12. Cultural involvement
13. Our placement partners
14. Puzzles & questionnaire
15. Acknowledgements

About the Institution:

Pragathi was established in 1991, a non-profit educational institution running under Avani educational society, with a vision and noble objective of providing higher education at economic cost for women in the backward segment of Hyderabad city. The main objective of the institution is to promote quality education. 40% of the seats at the UGC level are reserved for the students coming from rural areas, backward and minority communities. Several innovative programmes are offered periodically through career oriented courses. The college has highly qualified and committed faculty. College is located in a pollution free congenial environment

The main objective of the institution is to promote quality education. 40% of the seats at the UGC level are reserved for the students coming from rural areas, backward and minority communities. Several innovative programmes are offered periodically through career oriented courses. The college has highly qualified and committed faculty. The College is located in a pollution-free and congenial environment, functioning from its own building with good infrastructure. The college has spacious classrooms, an audio-visual lab and a specialised computer lab.

In today's fast-paced world the need of the hour is to have a well-rounded personality in terms of academic and social skills and Pragathi Degree College is an embodiment of this vision. To achieve this, we create an environment where the students can get academic education and knowledge of the practical world, hone their interpersonal and communication skills, gain knowledge of career opportunities, come to grips with their own personality and grow psychologically strong. Seminars and project work enhance their ability to prepare them to face realistic situations in future.



Vision

Pragathi Degree College has a bright vision for a broader prospect that the educational system should not only focus on imparting quality education but also should give importance to equip the students with knowledge, leadership qualities, moral values, personality development and other skills to face the present-day challenges.



Mission

Our mission is to educate students from all local, urban and rural areas of India, including those from other countries, so that they can become enlightened individuals, proficient in their fields, thereby improving the living standards of their families, industry and society. We provide individual attention, world class quality education and also focus on character building.

Our mission is to enhance mental ability and stimulate creative thinking and participation among our students, which in turn would equip them to face challenges and competitiveness in their career

From the **Principal's Desk:**



“Education is the most powerful weapon which you can use to change the world.” —Nelson Mandela.

“If you educate a man, you educate an individual. But if you educate a woman, you educate a nation (Family).” —Dr. James Emmanuel Kwegyir-Aggrey.

The College firmly believes that education alone can empower women and make them self-reliant and when girls are educated, their countries become stronger and more prosperous. The highest result of education is tolerance.

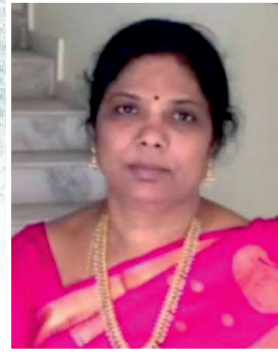
And as Margaret Mead famously said, "Children should be taught how to think, not what to think". Keeping this as the focus, the college strives to offer an education that transforms the learners into physically, intellectually, spiritually, emotionally, socially, and morally healthy individuals to face the challenges of the world. We encourage our students to think for themselves, follow their interests, and explore ideas that inspire their curiosity. This practice encourages young minds to be innovative. Our college inculcates creativity, critical thinking, innovation, divergent thinking along with proper values of life to its students. The college conducts an array of activities which is a platform for our students to identify their hidden talent and also to showcase them

The addition of the college magazine, “The Voice of Pragathi” gives space for imagination and unlocks the thoughts and values of students and staff. “The voice of Pragathi” is an outcome of the student's creative talent, strenuous efforts of the editorial board and the active participation of students, needless to say the support of the management, and staff and cooperation of the parents who worked in the backdrop to bring out the best in their children.

Regards,

Principal
Manju Reddy Nannuru

From the
Vice-Principal's Desk:



"Live as if you were to die tomorrow; learn as if you were to live forever." — Mahatma Gandhi

Learning is a continuous journey that begins at birth and extends throughout our lives. Our college is dedicated to providing a platform where every student can cultivate their learning and innovative skills.

We are excited to announce the launch of our college magazine, "Voice of Pragathi." This magazine aims to serve as a valuable resource for guidance from faculty and as an inspiration for future students in choosing their activities and shaping their careers.

"Voice of Pragathi" is a collaborative effort involving students, faculty, and the support of our management. It reflects the ambition, planning, and hard work of both students and faculty, highlighting the key role these elements play in achieving success.

Best Wishes

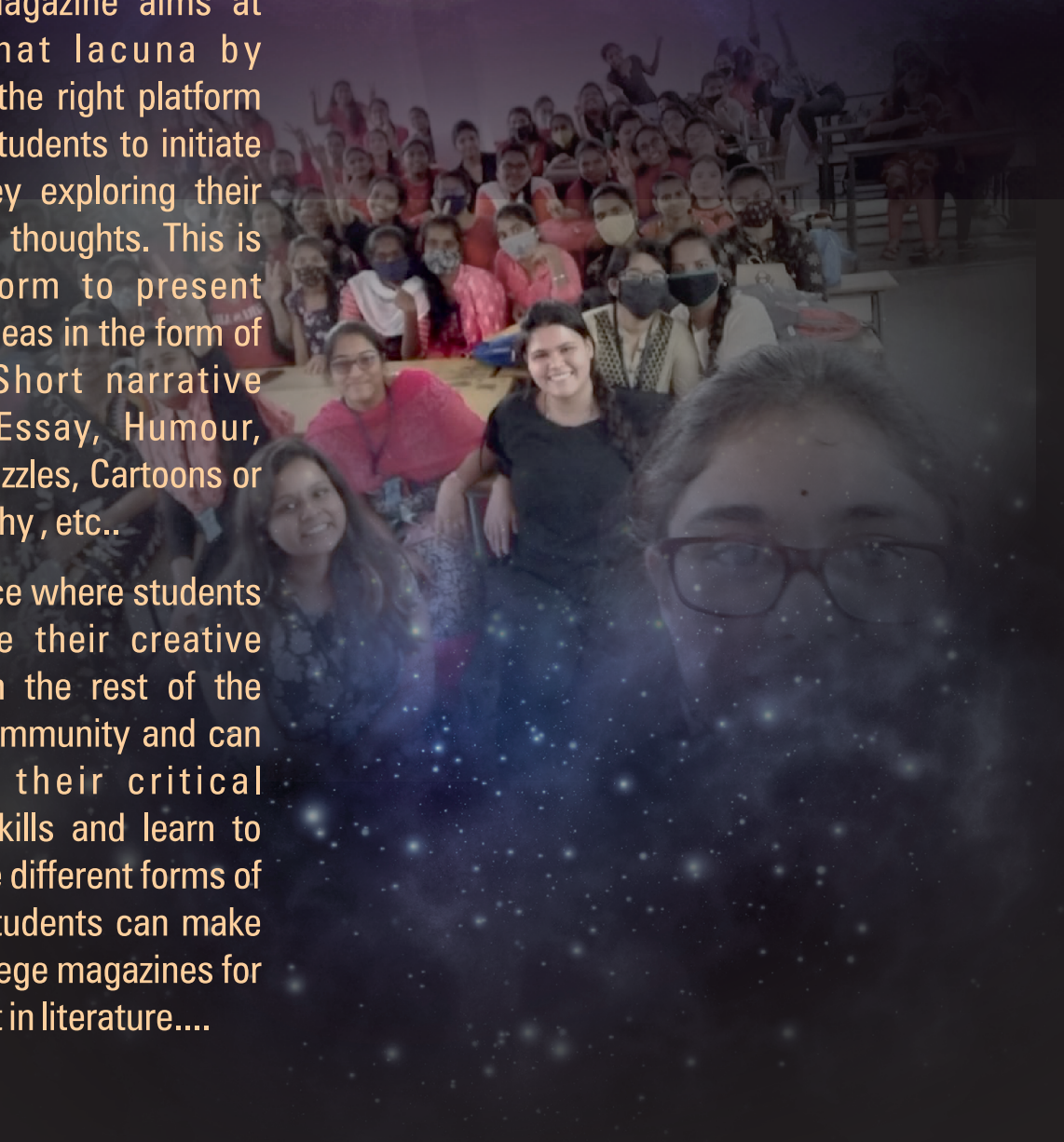
Vice - Principal
G.JYOTHIRMAI

PRAGATHI's

ILLUMINATION

There are many students gifted with inborn talents but are in need of a suitable platform for it to flourish. Our college magazine aims at filling that lacuna by providing the right platform for such students to initiate the journey exploring their innovative thoughts. This is the platform to present creative ideas in the form of Poetry, Short narrative stories, Essay, Humour, Fiction, Puzzles, Cartoons or Photography, etc..

It is a space where students can share their creative work with the rest of the college community and can develop their critical thinking skills and learn to appreciate different forms of art. The students can make use of college magazines for their debut in literature....



ప్రగతి

PRAGATI

నడుద్దాం 'ప్రగతి' బాటలో..

నిలుద్దాం చరిత్ర పుటలో..!

చేరుదాం ప్రగతిలో అందరం..

ఇది సరస్వతి కొలువైన మందిరం..

ఉన్నత విద్యను అందుకుందాం..

అత్యున్నత శిఖరాలను అధిరోహిద్దాం..!

నీ విద్యకు సోపానం ఈ ప్రగతి..

నీ కలలకు సాకారం ఈ ప్రగతి..

నీ గెలుపు కి మార్గం ఈ ప్రగతి..

నీ గమ్యానికి ప్రయాణం ఈ ప్రగతి..!

చేరుకో నీ విద్యాబుద్ధులకై ప్రగతి..

అందుకో భవిష్యత్తులో పురోగతి..

హల్నిస్తుంది నీ గెలుపు పై ఈ జగతి..

అవుతావు అందరికీ నీవు స్ఫూర్తి..!

జనియించినపుడు నీవు అబల..

ఈ ప్రగతిపథంలో అవుతావు ఒక సబల..

వెలుగొందుతావు స్త్రీ శక్తిలా..

ఆదర్శమై నిలుస్తావు ఒక మనీషిలా..!

నడుద్దాం 'ప్రగతి' బాటలో..

నిలుద్దాం చరిత్ర పుటలో..!



Shilpa Madhuri
Dept. of Microbiology



A GREAT PATH TO SUCCESS

We all learn something at every stage of our life, May be a small thing or a every big thing. May be with a positive or Negative impact. But the question is; Are we realizing the things. We are learning? If so, are we utilizing it? For some of us it is Yes, but also No.

So, what's the things which is lagging us behind? The first thing is 'comparision'. Though we all are of same category like course, class etc. But we all have different dreams, aims and Journey. The why the comparision takes place? And the second thing is 'Waiting for the opportunity'. We always wait for the right time to start something new. But the fact is, the right time never comes because there is nothing like that we need to make the every tine right.

Every student will have successful future for sure. If he/she understand that everything is around us, Just we need to realize & utilize it. We should always be ready to grab the opportunities. The skills are not important but learning ability, interest, consistency, positivity matters more than skills. Believe in your self, you can do it. The moment you decide to do some thing is the 'way' for your successful future. Just go for it!!!



Srushti Jain
B.Com. Final year

NATURE

"In her eyes, a universe unfolds,
A story of strength, yet untold.
With grace she walks, with fire she ignites,
A force of nature, shining so bright.

Her touch, a gentle breeze,
Bringing comfort, putting hearts at ease.
In her smile, a thousand suns arise,
Warming souls, painting vibrant skies"



Divya Sharma
BCA First Year

The Glory of Humanity

It's not a matter of war
It's not a matter of warrior
It's a matter of humanity
for helping a hand of worry.

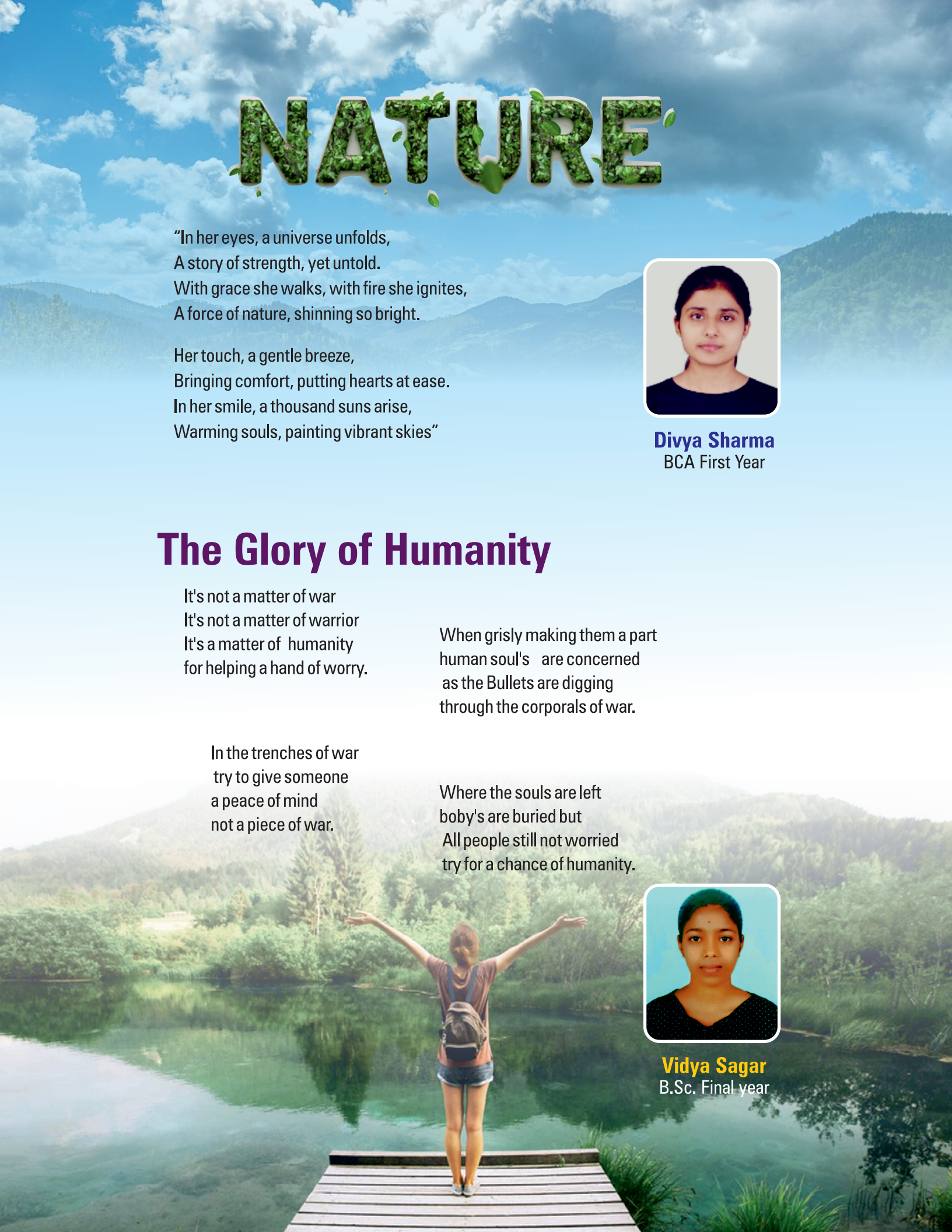
When grisly making them a part
human soul's are concerned
as the Bullets are digging
through the corporals of war.

In the trenches of war
try to give someone
a peace of mind
not a piece of war.

Where the souls are left
boby's are buried but
All people still not worried
try for a chance of humanity.



Vidya Sagar
B.Sc. Final year



ప్రమోదని

పుడుతూనే అక్కన చేర్చుకుని లాలించేది - “అమ్మ”
ఎదుగుతున్న నన్ను ఆడిస్తూ చూసుకునేది - “అక్క”
బడిలో అక్షరాలు దిద్దించి జ్ఞాన భిక్ష పెట్టేది - “టీచర్”
ప్రేమను పంచి తోడూ నీడై సగభాగమయ్యేది - “భార్య”
తల్లిలా బుద్ధి చెప్పి తప్పలను సరిదిద్దేది - “కూతురు”
తనువులోని జీవం పోయి నేలరాలతే

తనలో భద్రంగా దాచుకునేది - “భూమాత”

స్త్రీ లేకపోతే మనిషికి జీవితం లేదు సృష్టికి మనుగడ లేదు.

నీవు పురుషుడివైతే స్త్రీని గౌరవించు

నీవు స్త్రీవైతే, నీవు గర్వించు



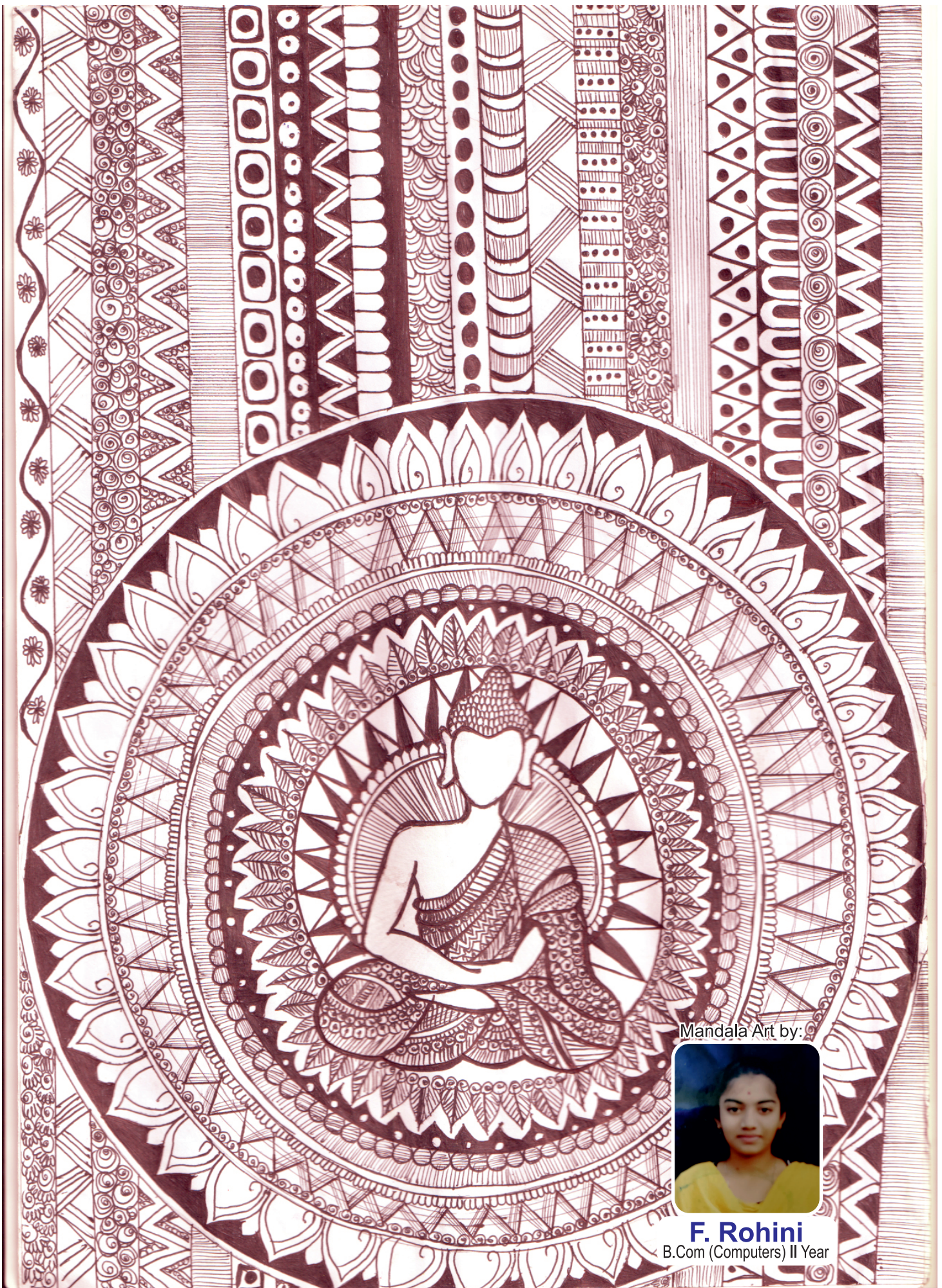
పల్లె వసంతం

కొండ కోనల్లోన, సందెమబ్బుల్లోన
నెమలి ఆడింది, నేలతల్లి మురిసింది
వసంత మాసంలో, కోకిల గానంతో
ప్రతి పువ్వు పూసింది, తుమ్మెద ఝుమ్మని ఎగిరింది
రేపల్లె వాడల్లోన, కృష్ణయ్య మోవిపై వేణువు పలికింది, గొల్ల గోపిక నవ్వింది
సిరిమువ్వ కొండల్లోన, చిన్ని వాగుల్లోన
గోగుపువ్వు పూసింది, జాబలమ్మ నవ్వింది.
పాడి పంటలతో, పల్లె విరిసింది
ప్రతి ఇంట మల్లె పూసింది
పల్లె చీకట్లులో చందమామ వెలుగు చిందినది.



మమత
MPCS, Final year





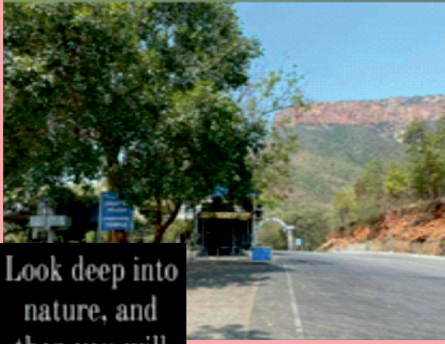
Mandala Art by:



F. Rohini
B.Com (Computers) II Year

A Mandala Art generally represents spiritual journey starting from outside to the inner core through layers.

Celebrations of
WORLD PHOTOGRAPHY DAY



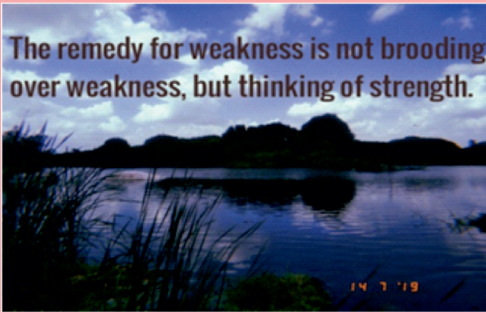
Look deep into nature, and then you will understand everything better.

Pic by:
Radeshyam Yukti Mishra

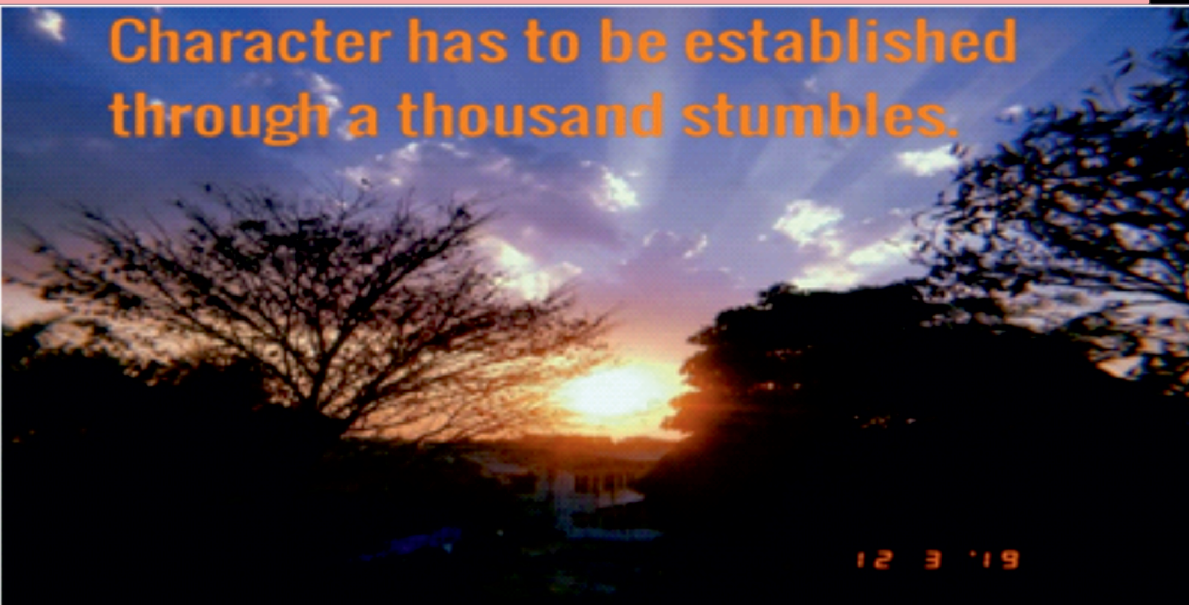
B. Com (Comp.)



The remedy for weakness is not brooding over weakness, but thinking of strength.



Character has to be established through a thousand stumbles.



Academic Corner:

Academic Achievements: Pragathi acknowledges and celebrates the academic accomplishments and notable achievements of students, faculty, and staff by presenting appreciation certificates or mementos.

Interviews with Heads:

Interviewer: T. Saritha, M. Mythri - Interviewee: N. Manju Reddy Nannuru

1. **Success and its Enjoyment:**

Success, to me, means having a purpose and consistently progressing toward my goals while maintaining happiness. Regardless of the scale, I pause to celebrate with family and friends. As this is my passion, the boundaries between "work" and "life" blur; I enjoy what I do and do what I enjoy. I resonate with Albert Schweitzer's wisdom: "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

2. **Memorable Life Moments:**

One of my cherished memories is when my parents encouraged me to pursue my chosen field of study, laying the foundation for my success. Another poignant moment was obtaining my first US visa, a goal achieved with the support of family and wonderful friends. Marrying the person I love most, my husband has been transformative. His support has given me the wings to soar. Holding my daughter for the first time remains the most memorable day, witnessing her transformation into a beautiful human being.

3. **Inspiration for Entrepreneurship:**

My sister, brother-in-law, and husband inspire me with their unwavering commitment and hard work towards their goals.

4. **Greatest Achievement and Future Plans:**

My greatest achievement is overseeing our educational institutions and contributing to their growth. My future plans involve continuous growth in the educational field, learning, taking on additional responsibilities, and delivering maximum value.

5. **Message to the Younger Generations:**

Trust your aspirations, work hard, dream big, and stay on the path to pursuing your goals.

6. **Balancing Professional and Personal Life:**

Maintaining a priority list helps me focus on crucial tasks and ensures I have dedicated private time after a demanding day.

7. **Transition from IT to Education:**

Returning to education was a natural progression for me, driven by the excitement of working with energetic students and contributing to the next generation's inspiration.

8. Experiences in IT and Education:

I found joy in the fields, one with vibrant students and the other with real-world client projects.

9. Importance of Gender Roles in Modern Society:

Gender roles impact progress towards equality and freedom from discrimination, defining societal power dynamics.

10. Challenges in Running Educational Institutions:











Initially facing challenges such as inadequate facilities and funding, I navigated through with organizational culture, management commitment, and faculty support.

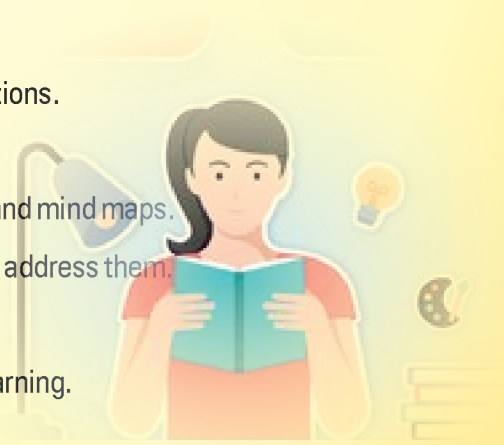
11. Perseverance in Tough Times:

Embracing challenges, focusing on controllable aspects, seeking family support, and engaging in positive activities help me persevere through tough times.

Articles by Professors:



-  Take breaks to enhance memory and reduce stress.
-  Understand, don't merely memorize; share knowledge with peers.
-  Clarify doubts with lecturers.
-  Create a dedicated study space to avoid distractions.
-  Set goals for productivity and motivation.
-  Apply various study techniques like flashcards and mind maps.
-  Identify weak topics and create a flexible plan to address them.
-  Study weak topics in focused time slots.
-  Find a study buddy for motivation and mutual learning.
-  Experiment with different learning strategies.



THE DEGREE COLLEGE
PRAGATHI
DEGREE COLLEGE FOR WOMEN
MILSUKHNAGAR, HYDERABAD. Ph: 040-2406 4781 /

Organizing
PLACEMENT DRIVES
on 10-05-2023 (Wednesday - 10AM to 12PM)

Eligibility: Graduation 2019 to 2023 (Final Years of B.A., B.Com, B.B.A., B.B.A. (Praches) P

Collaboration with
INDIA FOUNDATION

me or



Career & Professional Development:

Career advice: Career guidance can help students understand their strengths and weaknesses, and match them with their skills and interests.

Pragathi provides Campus Recruitment Training (CRT) to all the final year students in which they will be given almost 90 hours of training in logical reasoning, mathematical ability, group discussions to face interviews for a traditional job or to prepare them for the competitive exams based on their talents and unique skill sets.

Simultaneously Drives are conducted platform to fulfill students aspirations. by Different MNCS which provides

PRAGATHI is associated with TASK(Telangana Academy for Skill & Knowledge) We conducted the session of TASK Programmes to inculcate knowledge and skill in various aspects. This program includes activities like Team Work, Orientation, Motivational Skills and Personality Development program to elevate the hidden talents of the students. It is useful for job induction for students.

INTERNSHIPS can provide valuable hands on experience in the concerned filed. Students can apply for internships in the final year to set up their career path.

Career tips for students to grow personally and professionally:

- Seek internship opportunities.
- Consider taking part in a work-study program.
- Grow your skills and knowledge.
- Get an early start.
- Keep your skills up-to-date.
- Stay focused.
- Find a balance with your personal life.
- Pursue your passion and strive for excellence

Manju Reddy Nannuru

Principal

RESUME

Writing Tips

- Use a professional and effective format.
- Use a reverse-chronological format to mention your most recent qualifications first.
- Highlight potential/skills to an employer.
- Include your relevant work experience, education, and degrees.
- Include relevant projects completed inside or outside of college, or volunteer experience or contributions in the clubs and in the magazine.
- Provide a professional summary consisting of two to three sentences describing the relevant credentials.
- Make your resume easy to read by choosing a simple layout that allows showcasing the qualifications that are most relevant to the job.
- Proofread the resume several times to catch spelling and grammar mistakes and rectify them.

The Placement Cell is an integral part of the college, ensuring that students secure suitable placements. The placement cell coordinates with the corporate sector and provides well-developed infrastructure to facilitate the campus selection program. Training activities are organized throughout the year, preparing prospective students for the campus selection program. Several programs, such as Personality Development Programs and Career Orientation Programs, along with GDs, mock interviews, body language and etiquette, CV Writing, Communication skills, Paper presentations, and other areas, are designed to boost students' self-esteem and propel them into the professional arena.

Job Opportunities:



T. Saritha
Dept. of English

WORK STRESS:

Stress in Corporate Life:

Increased job demands, poor work design, and job insecurity contribute to stress. Managing stress involves stepping away from work, improving sleep habits, and adjusting approaches.

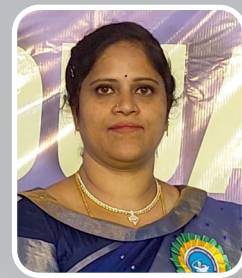
Work stress arises from overwhelming job demands, tight deadlines, or workplace difficulties. Managing it includes taking short breaks, breaking tasks into smaller parts, sharing concerns with trusted individuals, setting achievable goals, prioritizing tasks, saying "No" when necessary, creating work-life boundaries, engaging in physical activity, and practicing deep breathing for mental calmness. "Work stress may play its challenging notes, but remember well-being conducts the harmony."

Tips to Reduce Stress:

- Try going out for walks or practice yoga or listen to music or watch funny videos, which make you calm and relaxing.
- Start the day with positive affirmations to boost your mood early in the morning. A quick meditation session and positive self-talk can also be helpful.
- Sometimes students set unrealistic goals, which cause stress when not fulfilled. You can start setting small goals. Completing small tasks slowly will give you a sense of accomplishment.
- If you have a feeling that you are not able to handle things all by yourself, seeking help is the best thing to do. Talk to your parents, teachers, and counselors at college. They can guide you best.
- Do not compare yourself with others. Treat yourself with kindness and respect in every possible situation; it is the best way to take care of you.

Balancing Academics & Personal Life:

- Create a daily or weekly timetable for all your responsibilities, including assignments, events, and activities.
- Prioritize your studies and essential commitments over non-essential ones.
- Take breaks by incorporating activities you enjoy into your daily schedule, such as exercise, hobbies, reading, hanging out with loved ones, or practicing mindfulness.
- Set goals to identify both short-term and long-term objectives, whether they are academic, personal, or career-related.
- Take care of yourself by following a healthy lifestyle.



Mrs. T. Avanthi
Dept. of Commerce



GLOBAL WARMING

Global warming refers to the rise in global temperature due to mainly to the increasing concentration of greenhouse gases (GHGs) in the atmosphere.

As a result of human activities, a number of gases are being put into the atmosphere which trap the energy that comes to the earth as sunlight. The combustion of fossil fuels produce CO_2 , which contributes to the "Greenhouse Effect" warming the earth. It is estimated that humans generate approximately 24 billion tones of CO_2 each year, by burning fossil fuels coal oil and natural gas etc. in rich countries.

Most scientists and environmentalists are at the view that global warming would lead to the melting of polar ice caps leading to the rise in the global sea levels. In such a case, most of the islands would disappear and flooding would occur along coastlines all over the world. Thus would lead to destruction of cropland and relocation of million of inhabitants to safer places.

Substitution of fossil fuels formed by the decomposition of dead and buried organisms by renewable sources of energy like solar energy, thermal energy, nuclear energy etc., minimizes the pollution in atmosphere.



Dr. G. Parameshwar Rao,
Dept. of Zoology



गुरुभक्तिः



कनकदासः व्यासरायस्य शिष्यः। कनकदास्य
अकुण्ठितगुरुभक्तिं ज्ञात्वा व्यासरायः
कनकदासेन प्रेम्णा सम्भाषणं करोति स्म।
अन्ये शिष्याः कनकदासाय आसूयन्ति स्म।
कनकदासस्य गुरुभक्तिं ज्ञापयितुं व्यासरायः
सर्वान् शिष्यान् कदलीफलानि दत्त्वा, ' भवन्तः
भवद्भ्यः दत्तानि फलानि कुत्रापि एकाकी
भूत्वा एव खादन्तु।' इति आदिशत्। परस्मिन्
दिने सर्वे शिष्याः कदलीफलानि खादितवन्तः
कनकदासं विहाय। व्यासरायः कनकदासं '
फलं किमर्थं न खादितवान्?' इति अपृच्छत्।
कनकदासः ' हे! गुरो! अहं सर्वत्र सर्वदा
भगवन्तं श्रीकृष्णं एव अपश्यम्। अतः
कदलीफलं न अखादम्। ' इति अवदत्।
कनकदासस्य उत्तरं श्रुत्वा सर्वे शिष्याः
लज्जिताः अभवन्।

(Gurubhakti Kanakadasa was the disciple of Guru Vyasaraaya. Considering the Kanakadasa's devotion towards guru, Vyasaraaya used to be fond of him. But other disciples of Guru became jealous of Kanakadasa. Guru Vyasaraaya one day gave bananas to all his disciples and asked them to eat them secretly without being seen by anyone. Next day all the disciples ate bananas except Kanakadasa. Guru Vyasaraaya asked him the reason for not eating banana. Kanakadasa replied that he always saw Lord Krishna everywhere because He is omnipresent, that is why he could not eat banana. All other disciples realised the true gurubhakti of Kanakadasa.)



Dr. Ch. Madhu Sudhan Rao
HOD Sanskrit Department

LIFESTYLE & WELLNESS:

Health & Wellness:

Being healthy and fit, in simple terms, means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health. Physical wellness increases physical fitness—by being physically fit, a person would have an enhanced ability to prevent illness and diseases. Exercise stimulates a healthy mind and body.



Self-Care Tips:

Self-care is required for students to reduce stress, avoid burnout, and maintain and enhance overall health and wellbeing. Here are some self-care tips for students:

- - Eat healthily and stay hydrated.
- - Sleep eight to nine hours to function well.
- - Exercise to relieve stress and to make you feel more positive.
- - Meditate to relieve stress and to improve concentration.
- - Do your nails, hair, or makeup to relieve stress.
- - Treat yourself with a reward.

Mental Health Resources:

Pragathi believes that mental health problems can impact the academic performance and success of a college student. Poor mental health contributes to a lack of motivation and problems in focusing, which can lead to a fall in grades. Students can seek support from counselors at college to get rid of these issues and ride the wave to their academic success.



Ms. Ruquiya Mariya Begum
Dept. of Nutrition

COLLEGE HAPPENINGS

Campus News: Pragathi keeps readers up to date on the latest news and happenings of the college, such as current events, new staff, new program initiatives, and upcoming events.

Upcoming Events

- Food fest
- Sports Day
- Industrial Visits
- Celebrations of national festivals
- Picnic
- Freshers Party
- Graduation Day
- Vinayaka Chavithi
- Bathukamma Fest
- Diwali



Student Clubs:

Young students are energetic, enthusiastic, and passionate, with varied interests and hobbies. Their thirst for personal growth, career aspirations and up-skilling technical knowledge and skills, is quenched. STUDENT CLUBS are a platform to provide a complete holistic experience in a student's life, offering opportunities to explore interests, tap into hidden talents, network with other students, and interact with experts to grow technically, professionally, and personally.

Pragathi encourages and supports diverse student clubs and their activities, focusing on areas like science, technology, business, arts, culture, literature, and more. A vibrant campus with numerous technical, cultural, and social activities enriches students' lives and makes the overall college experience more complete. This builds all-round personal development which is critical to succeed as an individual and professional.

Student clubs are independent and initiated by the principal & staff, organized by student leaders, and fuelled by students' passion. These clubs address various needs, passions, interests, and talents of the student community.

Our college supports the clubs and provides mentorship and guidance when needed. The college also has made available classrooms, laboratories, auditorium facilities, and other resources to conduct club events. The college supports students for intra-college and inter-college competitions.



Hackathon:

A Hackathon is a social coding event where people work together to build or improve software programs. Hackathons, also known as "Code fests", bring people with technical backgrounds together for problem-solving and developing new ideas. This can help participants hone their IT skills, meet people, and work with others in their field.

Here are a few glimpses of Hackathon:

- Seminar's presentation on the "AI & Humanoid Robots."
- Seminar's presentation on the "AI role in Chandrayan-3."
- Design of a "Walking Robot."
- Design of a "Dancing Robot."

Co-ordinators:

Mrs. Ch. Bhavani, Mrs. P. Karuna

Student Co-ordinators:

1. Kavya B.Com Final year
2. Sinduja MSDS Final year



Cultural Club:

The cultural club aims to help students understand and accept themselves "as they are." This includes Dance, Music, Skits, Arts, Debates, JAM sessions, face paintings, etc.

The students took part in Dance Club and learnt different culture/dance forms. Students got a chance to participate in various events.

Here are a few glimpses of the cultural club:

- A dance based on the theme of "Lord Vinayaka."
- Mehendi art by welcoming "Lord Ganesha."
- A quiz on educational programs.
- Designed a costume from "best out of waste."

Co-ordinators:

Mrs. S. Leela Kumari
Mrs. T. Saritha
Mrs. V. Subhadra
Mrs. V. Rajashree
Mrs. B. Pallavi

Student Co-ordinators:

1. P. Ankitha, MSDS Final year
2. B. Srivani, MSDS Final year



BUSINESS CLUB

Today's students are tomorrow's leader's club activities allows students to enhance their talents and bring out new one's too.

As it provides a platform to exhibit their skills. Business club is one among those club.

The main objective of this club is to orient students to the practical aspects of business management. It also helps to polish and groom the overall personality of the students.

Some of the activities organized are seminars creative writing group discussion strategical thinking and presentations on different topics related to commerce and management with focus on current issues in business.

Business club Activities:

- Seminar's presentation on the "Creative wrting".
- Seminar's presentation on the "current issues in business."
- Seminar's presentation on the "Commerce and management topics".

Co-ordinators:

Mr. Ch. Surender Reddy
Mrs. M. Mythri
Mrs. T. Avanthi

Student Co-ordinators:

1. Sudha Abhivarshini, B.Com Final year
2. Sahithi, B.Com Final year
3. Nikitha, BBA Final year
4. Meghana, BBA Final year



SCIENCE CLUB

Science club is a mentor based science program for youth. This Program brings graduate students together to have Innovating activities fun and engaging scientific investigations. These clubs provide an opportunity for individuals to learn and conduct experiments and to participate in various scientific activities.

Science club Activities:

- Seminar's presentation on the "AI role in Chandrayan-3."
- Organised a science fair
- Solved science-based problems

Co-ordinators:

Dr. Parameshwar Rao
Mrs. P. Indumati
Mr. M. Sreenivas
Mrs. Deeba Naaz
Ms. Ruquiya Begum
Mr. G. Jagadish

Student Co-ordinators:

1. Juveria Fathima, B.Sc. Final year,
2. Kavya, B.Sc. Final year,
3. Vidya Sagar, B.Sc. Final year

STUDENT EXPERIENCES

Madhavi's words:

One of the most interesting stages in life that gives us an opportunity to explore is the 'college phase.' Life at college is the time when teenagers dive deep into the ocean of new beginnings and possibilities. This golden period better equips us for all the challenges we'll face in life and creates a strong foundation of knowledge.

My experience at PRAGATHI has taught me one fundamental thing – life is unpredictable. It might be good, it might be bad, it might be weird, and it might not interest you, but expect anything to happen. For example, we might have a wonderful job at this moment and be fired the very next moment. College life prepares us for all of this. It is a perfect blend of joy and hardships. We meet different people, interact with them, learn about their cultures, and grow as individuals. We understand how to talk to different people, judge their behavior, thus helping us with important life skills.

We learn to sit through a boring lecture, try to cope with the surprisingly strenuous syllabus, and have the opportunity to learn from some great research minds. Academia, as they say, never let you go free. People might try to motivate us by telling us that we need to study only through our school years and chill during college life, but that isn't true.

The friendship we make in college life are the most important aspect. These people will give us strength and be our knights in shining armor all through life. The time we spend with our friends, playing candy crush, poker, or arguing about any random topic, bunking regular class to watch a new release of a favorite movie star, will always stay in our hearts. Planning road trips, occasional adventure surges, and impulsive journeys—all these things make us more emotional when we bid adieu to the institution.



Madhavi
B.Sc. (MPC) 1994 Batch

Prathiba's words:

At Pragathi, I have got the great opportunity to learn so much about academic life and how to improve my social life. Despite it being overwhelming, these experiences have helped me develop and learn to explore new things. My three years of college experience taught me a number of lessons. While there are many things that I learned, the most noticeable is the upkeep of a positive mindset and motivation levels and the importance of college organization.

One of the first things that I learned was that one has to develop a good mental mindset and maintain levels of motivation throughout the academic year to achieve success. I did notice, however, that not all of my lecturers were giving me information and then testing me on it; some were actually teaching me factual lessons that I understood, remembered, and used.

After my first semester, I learned how to manage my time, take advantage of campus resources, and also how to organize myself better. As I am a student of Applied Nutrition, we have planned many diets for different ranges of patients. We have a spacious kitchen for cooking our well-planned meals in the lab. Our college provides the best laboratory equipment for all the combination groups.

Overall, I cherished every moment I spent at the college. I feel glad that with the support of my lecturers, I got into MSc. Nutrition and dietetics. So, I feel proud to say that I am an alumni of Pragathi Degree College for Women.



Prathiba
B.Sc. (BCN) 2020 Batch

Shaik Nazneen's words:

I'm Shaik Nazneen; I have recently graduated from Pragathi Degree College for Women, specialized in Applied Nutrition and Public Health.

Our college taught me many things and made me explore new things. I gained knowledge in my subjects practically as well as theoretically and improved my skills. We have excellent faculty in our college; our lecturers never made us feel inferior. They made us learn a lot of new things and gave us wings to fly and achieve our dreams. Every lecturer at our college is highly experienced and motivates every student to accomplish their goals. More than teachers, they are our best friends. I'm so thankful to our college management; our college gives opportunities to each and every student to achieve their goals. The special thing about our college is we have a lot of freedom to study, to enjoy and explore new things. The environment of our college is good and we have labs for each and every specific subject so we can gain extra knowledge in everything. I'm glad to be part of the Pragathi family and proud to be a student at Pragathi Degree College for Women.

I would like to end with a quote. " is Love the life you live; Live the life you Love."



Shaik Nazneen
B.Sc.(Nzc) 2020 Batch

ALUMNI SPEAKS:

Success Story of Alumni:

My name is Lakshmi Prasanna, and I graduated with a B. Com degree from PRAGATHI in the year 2018. I am currently working as a Backup and Restore SME in TCS. If you ask me how my journey this far feels like, I will definitely say it has been a roller coaster ride.

I have completed my Secondary education in commerce and Economics (MEC). And I wanted to become a chartered accountant; however, that dream was shattered very soon after failing to secure the required percentage with a very small margin.

I was depressed and hence made a safe choice to at least get a bachelor's degree. This thought has paved my way towards PRAGATHI. Being unsure of how to proceed further in life and with a confused state of mind, I entered this college in the mid-semester. However, with the support from the management and amazing guidance from the teachers here, I soon realized that every way has a beautiful ending, and it is our perspective that matters.

In the last year of my college, a challenge to compete with multiple colleges for a job opportunity and, in parallel, perform well in the internal examination came my way, but it couldn't put pressure on me. Not because I was so talented, but because of my belief in the fact that I can only give my best and leave the rest. This formula worked, and I have gotten into Wipro Technologies and have also secured a good academic percentage.

I stepped into the corporate world. Here the most important thing to learn is not survival, but to excel and adapt. The initial stages were a real test for me as I have been into a technical project and with no basics. Countless days with tears, fear of survival and competition, but as said, it is the perspective that matters. I strongly believe that it's hard work and perseverance that matters. I strongly believe that this hard work and perseverance will one day help me pave a beautiful way in my professional journey.

Experience teaches everything. It shouldn't initially matter to us, the package, and the position. Learn to handle stress, enhance skills, gain experience, and the rest will come our way. No one prepares us for this new life. We need to be our own teachers and believers. Now, I am at TCS in a good position with a decent package, preparing for another phase of life. "Great things take time." Pursue your passions, stay fit, and the rest will follow. Evolving into a better you are the only way to reach new heights personally and professionally.



Lakshmi Prasanna
B.Com. 2018 Batch

Hi I am Lavanya from batch 2013 -16 B.Com Hons. Batch. I am currently working as a Sr. Manager-Business HR for Engineering services of Tata Motors R&D division at Pune. I have previously worked with Orient Cement and Byjus in the roles of Plant HR, Employee Engagement and BHR. For any role to perform well education and experience plays a very crucial role. Pragathi Degree college has helped me in providing a strong foundation to my education and the faculty encouraged me to go for higher studies and not settle for anything small. After completion of my graduation, I went ahead to do my MBA in HR from BIMM, Pune where I have got my first job through campus placements. I was also placed in Mphasis during campus drive at Pragathi Degree college which gave me confidence to persuade further. I am very thankful to Pragathi Degree college faculty members and management for providing such a good quality education, boosting students confidence and encouraging them to go for extra mile.



Lavanya
B.Com. (Honors) 2013 Batch

Legacy of Generations

I am Teja Sri currently working as Relationship manager for HDFC Bank at Bangalore.

I am glad to share that I graduated from this college in the year 2019 and I am proud to be a product of the same college where my mother studied during 1990's This reminds us the rich legacy of the institution.

I am the one who came into line light but there are many more like me.

Finding the right path to success at the right times is really important and that I am completely content that I have chosen Pragathi Degree College for women.

I am really indebted to the faculties for guiding me all the way to success in my education and eventually to a good career. The friendly college environment systematic approach to academics wide range off activities helped me to shape myself.



Teja Sri
B.Com. (Comp.) 2016 Batch

THE EDITORIAL BOARD

Lecturer's Editorial Board

1. Mrs. Manju Reddy Nannuru	Principal & Director
2. Mrs. G. Jyothirmai	Vice-Principal
3. Mrs. T. Saritha	Dept. of English
4. Mrs. T. Avanthi	Dept. of Commerce
5. Mrs. S. Leela Kumari	Dept. of Mathematics
6. Mrs. M. Mythri	Dept. of Commerce
7. Mrs. V. Subhadra	Dept. of English

Student Editorial Board

1. Venkata Ramani,	B.Sc. Final year
2. Vidya Sagar,	B.Sc. Final year
3. Kushi Singh,	B.Sc. Final year
4. Sinduja,	B.Sc. Final year
5. Nandini,	B.Com. Final year
6. Shruti Jain,	B.Com. Final year
7. Akshaya,	B.Com. Final year
8. Anvitha,	B.Com. (Hons.) Final year

PRIDE OF PRAGATHI

Minds of the College reach the heights of excellence
and explore the new avenues.

VIDYADHINAM JAGATHSARVAM

11th
Rank

M.Sc. Clinical Nutrition



SUSHMA

20th
Rank

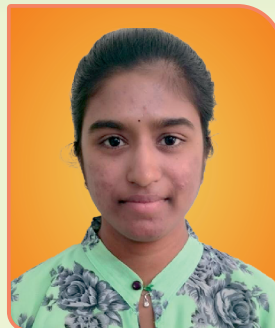
M.Sc. Physics



N. DEEPIKA

33rd
Rank

M.Sc. Data Science



B. RAJASREE

40th
Rank

M.Sc. Applied Nutrition



M. NIHARIKA REDDY

PRAGNANAM BRAMHA



SGPA
10/10
MSCs

B. MANISHA

SRADHYA LABHATE GNANAM



SGPA
10/10
MPCs

S. SRUTHI

VIDYAYA AMRUTHAMASHUTE



SGPA
10/10
MPCs

T. SAI PRIYA

Hearty Congratulations



FOR SECURING RANK IN CPGET - 2024



23
M.Sc.
STATISTICS

SOWMYA



65
M.Sc.
DATA SCIENCE

SOWMYA



70
M.Sc.
FOOD SCIENCE
& TECHNOLOGY

JUVERIA FATIMA



70
M.Sc.
NUTRITION
&DIETETICS

JUVERIA FATIMA



75
M.Sc.
COMPUTER
SCIENCE

B. BHARGAVI



112
M.Sc.
ZOOLOGY

M SRAVANI



125
M.Sc.
FOOD SCIENCE
& TECHNOLOGY

KAVYA



153
M.Sc.
STATISTICS

RUPAM KUMARI



167
M.A
ENGLISH

AIMAN KOUSER



201
M.Sc.
BOTANY

M SRAVANI



247
M.Sc.
NUTRITION
&DIETETICS

KAVYA



248
M.Sc.
STATISTICS

K. MANISHA



273
M.Sc.
NUTRITION
&DIETETICS

VIDYA SAGAR



289
M.A
ENGLISH

M SRAVANI



336
M.Sc.
STATISTICS

M.SRIVANI



337
M.Sc.
NUTRITION
&DIETETICS

AIMAN KOUSER



356
M.Sc.
ZOOLOGY

VIDYA SAGAR



487
M.Sc.
MATHEMATICS

M.SRIVANI



571
M.Sc.
MATHEMATICS

CH. SHRUTHI



630
M.Sc.
DATA SCIENCE

RUPAM KUMARI



644
M.Sc.
DATA SCIENCE

K. MANISHA



797
M.Sc.
DATA SCIENCE

P. MOUNIKA



883
M.Sc.
NUTRITION
&DIETETICS

HUSNA TABASSUM



894
M.Sc.
DATA SCIENCE

SUSHMA



968
M.Sc.
DATA SCIENCE

MANASI SINGH



1025
M.A.
ENGLISH

SONIA NAIK



1552
M.Sc.
BOTANY

P. NANDHINI



1817
M.Sc.
BOTANY

G. RAJA SRI

CULTURAL INVOLVEMENT:

Students are highly motivated to cultivate their interests, skills, and talents in arts, dance, drama, photography, music, painting, acting, and more. These activities bring joy, fun, excitement, act as stress busters, encourage team spirit, and provide leadership growth. Pragathi believes that cultural activities can have a profound impact. For example, dance leads to better fitness, coordination, and flexibility, and even enhances mental functioning. Art brings joy to oneself and others, helping become more creative and connecting with others.

At Pragathi, our student life extends beyond the classroom bench. Students participate in cultural activities, festivals, sports, and community volunteering. All co-curricular activities are overseen by our principal and staff. Guest speakers fill knowledge gaps for both students and lecturers.

Glimpses of our activities:

Visits to government schools



March on the occasion of Azaadi Ka Amrut Mahotsav



Science Fair:



Fresher's Party celebrations



Celebration of Traditional Festivals



Celebration of National Festivals



Industrial Visits - Infosys



Club Activities:



Placement Drive:



OUR PLACEMENT PARTNERS



PUZZLES & QUESTIONNAIRE

Brain Storm:

4x4 SUDOKU3

3		4	
	1		2
	4		3
2		1	

Current Affairs:

1. Which country won women's Hockey in Asian Champion's Trophy 2023?
2. Where was Global Buddhism Summit 2023 held?
3. When was Telangana Elections 2023?
4. Who is Defence Minister of India 2023?
5. Who is deputy election commissioner of India 2023?
- 6) Who is CEO of ISRO 2023?
- 7) Who scored more runs in world cup 2023?

Brain Teasers:

1. Add eight 8's to get 1000
2. Use four 9's to get 100
3. You see me once in June, twice in November and not at all in May?
4. I am a bird, I am a person, I am a fruit.
5. I am an odd no. take away an alphabet to become even?
6. I shoot but never kill.
7. I get Smaller after every bath



P. Leela Kumari
Dept. of Mathematics

Brain Storm Answers:

Sudoku:

3	2	4	1
4	1	3	2
1	4	2	3
2	3	1	4

Current Affairs Answers:

- 1) India, 2) Delhi, 3) 30 Nov, 4) Rajnath Singh, 5) Mr. Dharmendra Sharma
- 6) S. Somanath, 7) Virat Kohli (765 runs from 11 matches)

Brain Teasers Answers:

- 1) $888 + 88 + 8 + 8 + 8 = 1000$, 2) $99 + 9/9$, 3) 'e' letter, 4) kiwi, 5) Seven, 6) camera, 7) Soap

ACKNOWLEDGMENTS:

I extend my words of appreciation to the editorial board, staff, college administration & the students who worked hard for this creative piece of our college magazine, “The voice of Pragathi”. I personally thank all our readers for their support and engagement throughout the magazine’s publication.

PRAGATHI





PRAGATHI




DEGREE & PG COLLEGE FOR WOMEN

DILSUKHNAGAR, HYDERABAD. Ph: 040-2406 4781, 934 778 1612

 pragathidegreecollegeforwomen.com

 pragathidsnr@gmail.com

 [pragathi.dsnr](https://www.facebook.com/pragathi.dsnr)

 [Pragathidsnr](https://twitter.com/Pragathidsnr)



Our Other Institutions

PRAGATHI

DEGREE COLLEGE (CO-EDU.)
JUNIOR COLLEGE FOR GIRLS
DILSUKHNAGAR, HYDERABAD.