



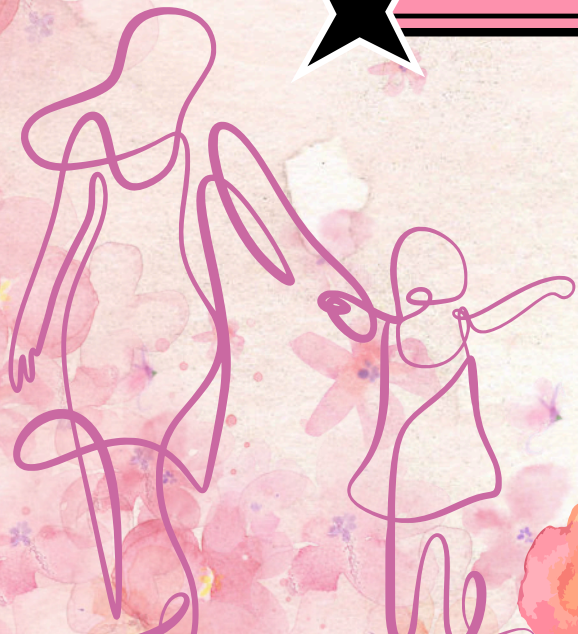
# LFDC'S 'IN'SIGHT

Limited edition unlimited abilities

## SPRING'S EMBRACE SPRING'S EMBRACE



★  
May's Serenade  
May's Serenade  
May's Serenade  
May's Serenade  
May's Serenade  
★



## VISION

Quality education that fosters academic excellence , Value enrichment and social responsibility , which promote holistic development , inclusivity and nurture individuals who contribute positively to society.

## MISSION

Cultivate academic excellence, in-still ethical values that promote integrity, social responsibility through community engagement and prepare individuals through community to navigate the challenges of the dynamic wold and foster holistic development by embracing diverse perspectives.

# CORE



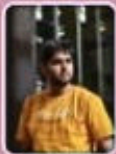
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# EDITOR'S NOTE

**Dear Readers,**

**As we step into May, the world around us seems to hum with life, flowers bloom, the breeze carries warmth, and nature welcomes us with open arms. With the theme Spring's Embrace and the title May's Serenade, this edition of IN'sight is a celebration of the vibrant, hopeful spirit that spring brings.**

**April was a month rich in culture and celebration. This edition brings to life the season's freshness through expressive artwork, vivid photographs, thoughtful articles and poetry that sings of new beginnings and gentle transitions. Every contribution is a reflection of the creativity and passion of our student community.**

**'May' this magazine be your gentle reminder to pause, breathe and embrace the beauty of now.**

**Warm wishes and happy reading,  
Team IN'sight**

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## MAY DAY

May Day, celebrated globally on the 1st of May, honours the historical achievements and struggles of the working class and the labour movement. While many countries observe this date, the United States and Canada commemorate workers on a separate occasion—Labour Day, held on the first Monday of September.

The roots of May Day festivities can be traced back to ancient times. One of the earliest known spring celebrations was the Roman festival Floralia, dedicated to Flora, the goddess of flowers. Held from April 27 to May 3 during the Roman Republic, the event featured theatrical performances and the symbolic release of animals such as hares and goats. According to the poet Ovid, such acts were central to the spirit of Floralia. Another celebration, the Maïouma, took place every three years in May and honoured the deities Dionysus and Aphrodite.

Modern May Day customs, especially in Europe and North America, often include dancing around the maypole and selecting a "Queen of May." One tradition that has become rare in recent decades is the giving of "May baskets"—small, anonymous gifts of sweets or flowers left on neighbours' doorsteps.

### May Day Celebrations Around the World

**Bulgaria:** In Bulgaria, May Day coincides with Irminden (also known as Yeremiya, Eremiya, Irima, or Zamski den). This celebration, with likely pagan origins, is focused on protection from snakes and lizards. The holiday's name comes from the prophet Jeremiah, although the rituals associated with it predate Christian influences.

**Serbia:** Serbians observe "Prvomajski uranak," or "May 1st Reveille," a folk tradition that involves spending the day—or even the night before—in nature. Groups gather in the countryside, light campfires, and prepare meals outdoors, either in kettles or on barbecues. This custom is widespread across Serbia, with nearly every town having a favourite outdoor location for these festive excursions.



Asher Frank  
BSc MPCs 1

1 MAY  
LABOR DAY  
DAY

## World Press Freedom Day

World Press Freedom Day is observed on May 3rd every year. It is a day to remind people how important it is to have a free and fair press. It also honours journalists who risk their lives to report the truth.

The press plays a big role in society. Journalists share news, raise important questions, and help people understand what is happening in the world. But in many countries, the media is not free. Journalists are often threatened, jailed, or even killed just for doing their job.

The United Nations started World Press Freedom Day in 1993. The goal is to support press freedom and to make sure that everyone has the right to receive and share information.

Each year, there is a theme that focuses on current issues faced by the press. This year, the theme talks about the problems journalists face online, like fake news, threats, and spying. These are serious issues that affect the safety of journalists and the truthfulness of the news we receive.

On this day, it is important to remember how much we depend on honest news. A free press helps people make better decisions, keeps leaders responsible, and protects democracy. Without it we would not know the truth.

Let us support press freedom and thank the journalists who work hard to keep us informed.



Rejoice

BA Psychology 3

### Habit Loop ○ ○ ○

Playing a musical instrument is a journey of self-expression and a gateway to a world of sonic exploration.

It's more than just hitting the right notes; it's about finding your voice within the music, allowing your emotions to resonate through the instrument. Every practice session, every performance, is an opportunity to refine your skills, delve deeper into the intricacies of music, and discover new ways to connect with the world around you.

## World Red Cross Day

Every year on 8th May, World Red Cross Day is observed to recognise and appreciate the humanitarian services of the Red Cross and Red Crescent societies around the world. This day also marks the birthday of Henry Dunant, the founder of the Red Cross and the first recipient of the Nobel Peace Prize.

The Red Cross plays a vital role in responding to crises such as natural disasters, conflicts, and health emergencies. The organisation provides essential support like medical aid, shelter, food, and emotional care to those affected. Its core mission is to offer help to all, regardless of race, religion, or nationality.

This day is dedicated to expressing gratitude to the volunteers and workers who tirelessly serve people in need, often putting themselves in danger. It also encourages awareness about the importance of compassion and humanitarian service.

Each year, World Red Cross Day is celebrated with a specific theme, highlighting different aspects such as community health, emergency response, and volunteerism. Schools, colleges, and community groups take part in events such as blood donation drives, first aid training sessions, and public awareness campaigns.

The day reminds us that even small gestures of help can bring hope and relief to those in pain. The work of the Red Cross continues to inspire people to care for others and promote peace and unity in society.

Observing World Red Cross Day is a way to honour the spirit of humanity and to encourage kindness, especially in times when the world needs it most.



Dhivina

BA Psychology 3

### BEAUTY OF FRENCH

One word at a time.

"Courageux" is a French word which means courageous.

Example in a sentence: "Le pompier était très courageux pour entrer dans le bâtiment en feu".

Translation: The firefighter was very courageous to enter the burning building.



## **FOR LOVE IS DEATHLESS....**

**When first mine eyes beheld thy radiant face,  
The world grew pale, its splendor cast aside.  
No gem nor gold could match thy noble grace,  
Nor tides erase the love my heart doth bide.**

**Thy voice, a melody of sweetest tune, Doth  
charm the heavens, bid the stars to weep.  
Thy touch, more gentle than the silken moon,  
Doth wake my soul from love's enchanted sleep.**

**O, time may steal the rose upon thy cheek,  
And winter's frost may kiss thy locks so fair,  
Yet love, unshaken, shall not wane nor weak,  
For in my heart thou reign'st beyond compare.**

**So let the ages bend and seasons flee, For love is  
deathless-thus I vow to thee.**



**Rahul**  
**B. Com hons. 2**

## **FRIEND WHO COMES OUT DURING LATE NIGHTS**

**That one friend who comes during the night,  
Who is ready to share my pain,  
People always ask me why I don't care  
What others say,**

**But little do they know about my secret friend.  
He's always there when I'm sad  
Or when I'm happy.  
He has seen my tears, also my bad phases,  
But still never judges.**

**I drown him with my tears  
And make him suffer with tight hugs.**

**I expect so much from him,  
I don't know why he doesn't speak,  
But I feel good knowing he's  
always there for me during my painful nights.  
He ain't human, but yes, he is a pillow!**



**Abhishek Rentapalli**  
**BA Pol Sci 1**

## **GONE BUT NOT FORGOTTEN**

Lost are the days when we smiled together.  
Lost are the cheers we shared together.  
Never would have imagined that the days of  
yearning will come so soon,  
But yet the things still remain.

The days we laughed together, the days we  
bunked together.  
The days we pranked together, the memories  
forever in tether.  
We copied in exams, slept in class, and nodded  
our heads in pretend.  
Though time has passed, those moments still  
transcend.

Time has stolen moments we can't regain.  
Longing for yesterday's warmth in vain.  
Memories of togetherness now bring pain.  
Echoes of what was, forever in vain.

But still, those moments linger on  
Faded Polaroids of laughter, forever strong.  
The days we rebelled, the days we were bold.  
The memories we forged, our hearts forever to  
hold.

The days we rocked on the stage, the days we  
got scolded.  
The memories of our youth, forever to be told.  
Though the chapter's closed, the memories  
remain.  
A bittersweet nostalgia, forever we'll sustain.



R. Ebrasana  
B. Com Hons. 2

## **I WAIT IN THE DARK**

He was the sun,  
Or that's what it felt like,  
Brightest in the day,  
Disappeared in the nights,  
Always there to spread the rays,  
Rays of hope, happiness and love.

And I am the moon,  
Reflected the loveliest rays,  
That I received from him,  
Prettiest in the dark,  
Serene in the day,  
With those rays of love.

He left when the night started,  
Far too unseen, but I  
Stayed there throughout,  
He just never knew it ,  
I was always there for him ,  
With the hope, to be cherished.

~Anonymous



## **WHAT IF I FALL? OH, DARLING, WHAT IF YOU FLY?**

**What if the sharp edge is all you see?  
The chasm yawning, both cruel and free?  
What if the wind were to turn its face,  
Leaving you adrift in the hollow space?**

**What if the leap were to steal your light,  
Plunge your hope into an endless night?  
What if you fail, and what if you break,  
What if your dreams were a cruel mistake?**

**But darling, what of the sky above?  
What of the fire in your blood, your love?  
What if the wind was never your foe,  
But the very force meant to help you grow?**

**What if that dire fall becomes the rise,  
What if you're carried to endless skies?  
What if your wings, those unseen till now,  
Unfold with perfect grace and show you how?**

**What if the stars renew in your flight  
Whisper your name to the quiet night?  
What if all those fears you've clung to tight,  
Melt away in the warmth of soaring height?**

**Fall if you must, oh darling, do fall,  
For I will catch you, I'll heed your call.  
But flight-ah, flight! - with that stunning view,  
After all, the sky was meant just for you.**

**Anonymous**

## **KNOW THE ROPES LEARN THE ROPES Zest in the Nest: Flavours of Spring**

**Full of beans-** This idiom means someone who is very energetic, lively, or enthusiastic, often used to describe people who are full of life and excitement.

**A breath of fresh air-** Something or someone that is refreshing, new, and pleasantly different, often used when talking about a change that feels uplifting or welcome.

**Spice things up-** This idioms means adding something more interesting or exciting, mostly used when something feels dull and needs a fun change.

## THE CANNES FILM FESTIVAL : UN ÉVÈNEMENT MAGIQUE

Every year in May, Cannes, a beautiful city on the French Riviera, becomes the heart of world cinema. Le Festival de Cannes, créé en 1946, est aujourd'hui l'un des événements les plus célèbres du cinéma.

For about ten days, directors, actors, and fans from all over the world gather for screenings, interviews, and glamorous red-carpet moments – especially the famous Montée des Marches au Palais des Festivals.

The most prestigious award is the Palme d'Or, given to the best film. Il existe aussi d'autres prix importants, comme le Prix du Jury et le Prix de la Mise en Scène.

In 2025, the Festival will take place from May 13 to May 24, promising excitement, new talents, and unforgettable moments.



## TALES OF TIME

I see the faces I've seen dozens of times before.  
 You wear the same visage-masks of people  
 I've allowed close to my heart;  
 'Please don't caress the beast'  
 I've put the sign down-momentarily.

Warily- an elk with its ears turning to and fro- listening  
 to the slightest of brushes of your lips against your teeth.

You look exactly like people burned into my memory;  
 People I've shared firsts with and people I've had lasts with,  
 Sounds I've heard echoing through, around in my conscience.

Everyone looks the same, But these are strangers yet.

I'm in love with memories and obsolete versions.

I fizzle out in brilliant sunshine.

The fossils stay on, telling tales in the museum



Shiphra Jordan  
 BA Pol Sci 3

# **MOTHER'S DAY - A DAY TO CELEBRATE UNCONDITIONAL LOVE**

**Mother's Day is a heartfelt occasion dedicated to recognizing the unwavering love, support, and sacrifices that mothers make every day. Celebrated on the second Sunday of May in many countries, including India, it's a time to show appreciation through kind gestures, warm words, and meaningful moments together.**

**A mother plays countless roles in our lives—mentor, nurturer, protector, and friend. Her affection knows no bounds, and her strength often goes unnoticed as she quietly manages the needs of her family with tireless devotion.**

**In the hustle and bustle of our daily routines, we sometimes overlook the simple act of saying "thank you." Mother's Day serves as a gentle reminder to acknowledge and cherish our mothers. It doesn't require grand celebrations—a heartfelt letter, a sincere conversation, or just spending time with her can speak volumes.**

**Educational institutions often mark the day with creative activities like card-making, poetry recitations, and speeches. Social media also lights up with touching tributes and fond memories shared by people in honor of their mothers.**

**As we grow, we begin to understand the true depth of a mother's role—the sacrifices she makes, the wisdom she imparts, and the love she gives freely. Mother's Day is not just about celebration—it's about recognizing her presence and expressing the gratitude she so richly deserves.**

**Let's use this day as a chance to thank all the incredible mothers who shape our lives—not only today, but every single day.**



**G. Monika**  
**BA Psychology 3**

## **RABINDRANATH TAGORE JAYANTI**

Every year on May 9th, India commemorates the birth anniversary of Rabindranath Tagore—an iconic figure in the world of literature and art. Born in 1861 in Kolkata, Tagore was not only a poet and writer but also a visionary educator, philosopher, and painter. In 1913, he made history by becoming the first Asian to receive the Nobel Prize in Literature for his profound collection of poems, *Gitanjali*.

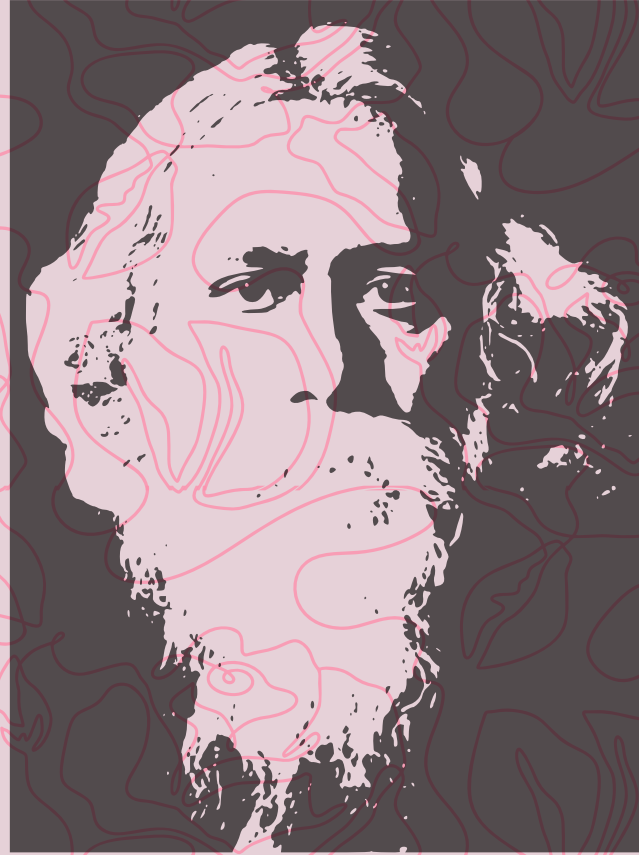
From his early childhood, Tagore had a deep passion for writing. Throughout his life, he produced a vast body of work including poems, stories, plays, essays, and songs. He is also credited with composing the national anthems of both India (*Jana Gana Mana*) and Bangladesh (*Amar Shonar Bangla*), which continue to inspire millions.

Tagore Jayanti is marked by cultural celebrations across schools and colleges, where students present his poems, sing his compositions—known as *Rabindra Sangeet*—and reflect on his life and teachings. In West Bengal especially, the day is observed with great enthusiasm through music, dance, and traditional attire.

A strong believer in holistic education, Tagore founded *Visva-Bharati University* in Santiniketan, aiming to create an environment where learning could flourish in harmony with nature and creativity.

His timeless ideals—peace, freedom, unity, and compassion—remain relevant even today. For young learners, his life offers valuable lessons on empathy, artistic expression, and intellectual curiosity.

Honoring Tagore Jayanti is more than a celebration—it's a tribute to a genius whose ideas continue to light the path of humanity.



Pamela Gabriella  
BA Psychology '3

# SUMMER VERBS

Find and circle the 'summer verb' words in the word search and then complete the sentences with an appropriate verb.

C	X	C	S	L	H	Y	Q	L	J	T	G	camp	scorch
D	R	W	E	C	L	W	T	O	O	S	E		
P	I	O	N	L	Y	I	H	U	I	Z	H	stargaze	frolic
M	M	E	V	H	E	L	R	N	A	T	T		
J	U	A	X	C	B	B	Z	G	G	L	A	celebrate	lounge
Q	E	H	C	R	Q	Y	R	E	A	E	B		
F	Q	C	R	O	C	A	O	A	J	T	N	swim	relax
X	V	D	L	C	T	T	A	Y	T	Y	U		
L	C	N	G	S	U	A	B	W	I	E	S	grill	float
P	H	O	K	Y	P	O	X	A	L	E	R		
F	R	O	L	I	C	L	J	T	V	I	B	quench	sunbathe
S	N	U	B	L	Y	F	U	N	T	E	Q		

## April answers

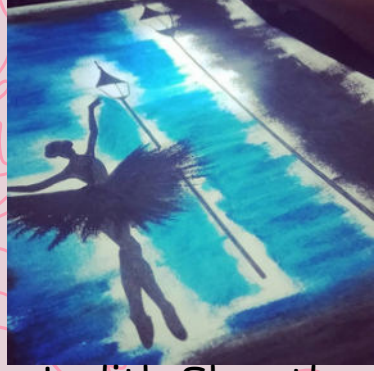
1. Rain
2. Rainbow
3. Flower
4. April Fool's Day
5. Drizzle

## Previous month winner



Akshitha Biruduraju 14

# ARTIST'S FINEST

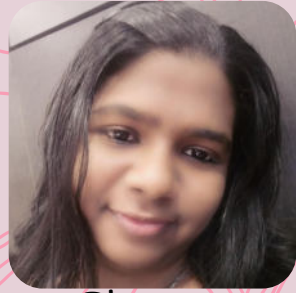
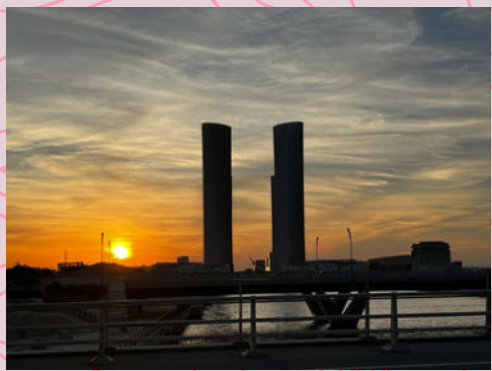


Judith Shantle  
BBA 2A



Fiona  
BBA 2A

# SNAPSHOT



Shreya  
Alumni



Yamini  
Alumin



Shriya  
Alumni



Akshitha Biruduraju  
BBA 2



Edna  
BTMC 3

## HOW TO DIY FLOWER PRESSING ART DIY

Flower pressing art is a beautiful and relaxing DIY project—and it's super easy! Here's the full process from start to finish:

### DIY Flower Pressing Art: Step-by-Step

#### What You'll Need:

1. Fresh flowers or leaves (small, flat ones work best)
2. Parchment paper or blotting paper
3. Heavy books (or a flower press if you have one)
4. Tweezers (optional)
5. Glue or mod podge
6. Cardstock, watercolour paper, or canvas
7. Picture frame (optional)

#### PROCEDURE

##### Step 1: Choose Your Flowers

Pick flowers that aren't too thick (like daisies, violets, pansies, ferns, or clover). The flatter they are, the easier they'll press and dry evenly.

Tip: Pick flowers after the morning dew dries, so they're not damp.

##### Step 2: Prep the Flowers

Trim stems and arrange petals how you want them to dry.

Pat them dry with a paper towel if they're moist.

##### Step 3: Press the Flowers. Open a thick book.

Place parchment paper or blotting paper on the page.

Lay the flowers flat (not overlapping).

Add another sheet of parchment paper on top.

Carefully close the book.

Stack more books or heavy objects on top.

Leave for 7-14 days. Check after a week—they should feel paper-thin and dry.

##### Step 4: Arrange & Mount the Flowers

Use tweezers to gently remove the flowers (they're fragile!).

Arrange them on your chosen paper or canvas.

Once you like the layout, glue each flower down using a thin layer of glue or mod podge.

Optional: Seal the entire design with a thin coat of mod podge (glossy or matte) for protection.

##### Step 5: Frame It (Optional but Cute)

Once dry, pop your art into a frame.

Display it on your wall, desk, or give it as a gift!

## ANDHRA RUCHULU, PART 2

We'll make pachi pulusu, pachi pulusu is good for digestion and acts like a cooling agent for the body in summers also helps in increasing the immunity and maintaining the blood pressure also helps in healthy skin

### PACHI PULUSU

#### INGREDIENTS

- 1) ONE LEMON SIZE BALL OF TAMARIND
- 2) 1 MEDIUM ONION (FINELY CHOPPED)
- 3) 2 TO 3 GREEN CHILLIES (SLIT /CHOPPED)
- 4) 1 TSP JAGGERY
- 5) 1 TBSP CORIANDER LEAVES (FINELY CHOPPED)
- 6) 1-2 TBSP OIL
- 7) SALT TO TASTE



V. Manasa

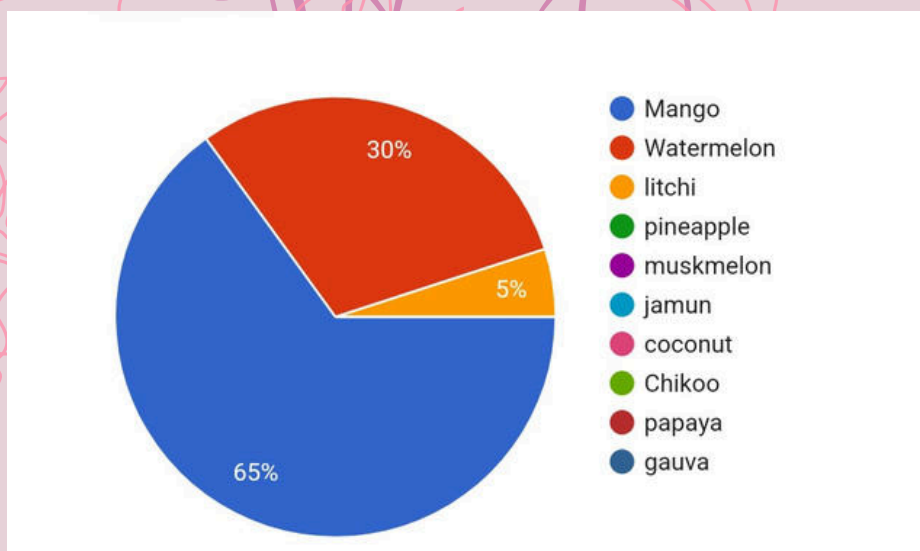
B.com Hons 3

#### INSTRUCTIONS

- 1) prepare the tamarind extract : soak the tamarind in 1.5 cups of water for 15-20 minutes and extract the juice
- 2) add the raw ingredients into a bowl : add finely chopped onion, green chillies and mix well
- 3) use your hands to blend the ingredients now add the tamarind juice to the bowl
- 4) add salt and jaggery as needed ,now add the finely chopped coriander leaves , give it a good mix before serving.

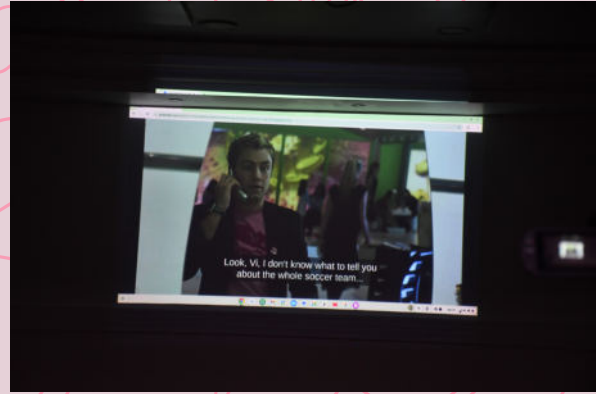
Serve and enjoy the side dish pachi pulusu with rice ,mudha Pappu and your favourite pickle for a simple and comforting Andhra meal that can be made in less than 30 minutes . Give it a try and let me know how it turned out for you!

## BEST SUMMER FRUIT



# SHAKESPEARE'S BIRTHDAY CELEBRATION

On 24th April, The Horizon Club, Little flower degree college celebrated birthday of William Shakespeare (1564-1616) most famous writer in the English language. Day 1 the movie screening of one of the Shakespeare's play was done for students and as well as the staff. "Much Ado About Nothing". On day 2, English food festival, music, dance and characters from the play was held. The staff and students enjoyed the event held. European food stalls were put up for students and staff. Students actively participated in the event..., dancing, singing and enjoyed the movie. The event was evidence of the fact that Shakespeare brings together people of all ages and from all walks of life across generations through his simple yet profound thoughts on life and its many challenges. The event concluded hoping for a world free of the pandemic - like the title of a Shakespearean play - "All's Well that Ends Well!"



## MOVIE REVIEW SUCCESSION

Logan Roy, who built a global media conglomerate from the ground up, is becoming old and decrepit. As he ages, the question of who will succeed him as CEO of his company he has so dearly and meticulously built arises, pitting his deeply flawed adult children against each other in a high-stakes battle for control.

Each of Logan's children is a product of their father's harsh parenting, and their struggles to earn his approval—or escape his shadow—drive much of the show's drama.

The dialogue is especially unique to this show. The witty, razor-sharp exchanges which cut deep into each other and the words said which cannot be again taken back create a certain charm for this show that I did not find in any other show. and is ja. The characters' exchanges are laced with venom and vulnerability, revealing the layers of resentment and jealousy. The quirky way in which they curse, which are both humorous and oddly poetic, adds a unique flavour to the show, making even the most heated moments entertaining.



K. Vamshi Phanindra  
MPCS 3

## KEEP IT COOL – YOU'RE NOT A ROAST CHICKEN YOUR SUMMER SURVIVAL GUIDE

1. Stay hydrated – Drink plenty of water and natural fluids.
2. Eat light – Prefer fruits, vegetables, and easy-to-digest meals.
3. Dress cool – Wear loose, light-colored cotton clothes.
4. Use sunscreen – Apply SPF 30+ before sun exposure.
5. Avoid peak heat – Stay indoors from 12 PM to 3 PM.
6. Exercise wisely – Work out during cooler hours.
7. Avoid infections – Eat clean, wash hands and produce well.
8. Protect eyes and feet – Wear sunglasses, keep feet dry.



## **Mark your calendars**

- 1 Thu      May Day**
- 3 Sat      World Press Freedom Day**
- 4 Sun      World Laughter Day**
- 8 Thu      Rabindra Jayanti**
- 8 Thu      World Red Cross Day**
- 11 Sun     Mother's Day**
- 12 Mon    Buddha Purnima**
- 15 Thu    National Chocolate Chip Day**
- 15 Thu    International Day of Families**
- 21 Wed    World Day for Cultural Diversity for  
Dialogue and Development**
- 21 Wed    International Tea Day**
- 22 Thu    International Day for Biological  
Diversity**
- 28 Wed    Menstrual Hygiene Day**
- 31 Sat    World No Tobacco Day**