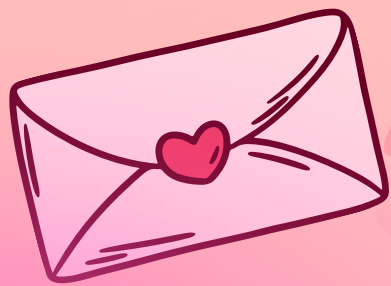


Theme of the Year



LFDC'S

'IN'SIGHT

Limited editions unlimited abilities

Feb R é v e

READY FOR A CHANGE

February Edition 2026



Editor's Note

Dear Readers,

As February unfolds with subtle shifts and stirring hearts, IN'sight welcomes you to the February edition titled "Febréve", themed "Ready for a Change."

February is not just a continuation of the year, but it is a moment when intention meets action. After the quiet dreaming of January, something within us begins to move. The air feels different, thoughts grow bolder and the comfort of reflection slowly gives way to the courage to transform. Febréve captures this restless energy, the desire to step out of the familiar and into something new.

Change rarely announces itself loudly. Often, it begins as a feeling, a quiet dissatisfaction, a sudden spark or a gentle nudge toward becoming more. February reminds us that growth requires readiness: the willingness to let go, to unlearn, and to embrace uncertainty with faith. It is the month that asks us not just what we dream, but what we are ready to change.

Within these pages, you'll discover stories of transition and self-discovery, voices that challenge comfort zones, reflections on courage and ideas that dare to disrupt the ordinary. Each piece speaks to evolution to choosing progress over pause and transformation over fear.

May Febréve encourage you to welcome change with open arms, to trust the discomfort of growth and to believe that becoming is just as important as beginning.

Here's to bold choices, brave shifts and the beauty of becoming.

Happy Reading!

Team 'IN'sight

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, instill ethical values that promote integrity, social responsibility through community engagement and prepare individuals through community to navigate the challenges of the dynamic world and foster holistic development by embracing diverse perspectives.

CORE TEAM



Angelina Joy (BBA-3)
Managing Editor

Content Team - A



Abheshek (BBA-3)
Chief content moderator



Asher Frank(BSC MPSC -2)
Chief content curator



Christopher (B. Com CA -3)
Content Editor



Abhishek (BBA-2)
Intern



Mary Christiana
(III BCOM CA-B)
Intern



Joshua Francis (B.sc MZC.- 2)
Design Team Lead



Sreyamol (BBA 2B)
Creative Director

Content Team - B



Fiona (BBA-3)
Chief Content Editor



Judith (BBA-3)
Content Editor



Jaahnavi (BA -2)
Content editor



Cherub Ivana (BA -2)
Content editor



Ashritha BA 3
Editing Manager



Reuben Marvin MZC- 2)
Associate Editing
Manager



Akshitha BBA 3A
PR Specialist

Social Media Team

INDEX

1.Nampally Exhibition (Numaish) 2026,Voices worth hearing	5
2.Random Facts That Will Blow Your Mind	6
3.Bitter Sweet	7
4.Endowment Cell Empowers Dreams on Montfort's Birthday	8
5.Faculty Trip	9
6.LF FEST 2k26	10
7. An overview	11
8.Republic Day Celebration, Visit to T-hub	12
9.Colours, Kites, and Traditions: Sankranti Celebrations	13
10.Principal Ma'ams Birthday Celebration, A moment of Reality	14
11.స్వామి వివేకానంద జయంతి సందర్భంగా రామకృష్ణ మఠానికి తెలుగు విభాగం క్షేత్ర పర్యటన	15
12.Page Of Fame	16
13.Photography and Art	17
14.A Pet Food Taster, Words You Never Knew	18
15.Guess The Movie With Emojis, Answers of previous month, Winner of the Previous Month	19
16.Special Days	20

Nampally Exhibition (Numaish) 2026

Numaish is a massive, long-running annual fair in Hyderabad, India, offering a huge variety of shopping (handicrafts, clothes, electronics), food and entertainment (rides, games, cultural shows) for over a month, blending commerce, culture, and family fun. It's a major cultural event, the oldest open-air exhibition of its kind in India, featuring stalls from across the country and serving as a popular tradition for the city.

It runs annually from January 1st to mid-February at the Nampally Exhibition Grounds in Hyderabad. The 85th edition features numerous stalls, food, and entertainment until the evening hours.

Location: Nampally Exhibition Grounds, Hyderabad.

Timings: 4 PM to 10:30 PM (Weekdays) & 4 PM to 11 PM (Weekends).

Entry Fee: ₹50 per person (children under 5 are free).



Voices worth hearing

- From earth to space a voice worth hearing
- A voice that sees the world differently
- Sunita Williams on 286 Days in space , NASA mission Astronaut mindset
- Featured podcast with Raj shaman



Random Facts That Will Blow Your Mind

Sometimes, the world is stranger than fiction! From science to history, nature to human behavior, there are countless facts that make you pause, laugh, or just shake your head in disbelief. Here are some random facts that are guaranteed to blow your mind:

1. Honey Never Spoils

Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old—and still perfectly edible. Talk about nature's ultimate preservative!

2. Octopuses Have Three Hearts

Two hearts pump blood to the gills, and one pumps it to the rest of the body. Fun fact: when they swim, the heart that pumps to the body actually stops beating!

3. Bananas Are Berries, But Strawberries Aren't

Botanically speaking, bananas meet the definition of a berry, while strawberries don't. Mind blown, right?

4. There Are More Stars in the Universe Than Grains of Sand on Earth

Scientists estimate there are roughly 1 septillion stars—that's a 1 followed by 24 zeros! It makes you realize how vast the cosmos truly is.

5. A Day on Venus Is Longer Than a Year on Venus

Venus rotates so slowly on its axis that one day lasts longer than its entire orbit around the Sun. Time really works differently on other planets!

6. Your Stomach Gets a New Lining Every 3–4 Days

This prevents your stomach from digesting itself. The human body is incredible, right?

7. There's a Species of Jellyfish That Is Immortal

The *Turritopsis dohrnii* can revert its cells back to a younger state after reaching adulthood, essentially avoiding death.

8. Sharks Existed Before Trees

Sharks have been around for over 400 million years, while the first trees appeared about 350 million years ago. These ancient predators are true survivors.

9. There's a "Floating Post Office" in India

In Srinagar, on Dal Lake, there's a fully functional floating post office! It delivers mail, sells stamps, and even has its own philately museum—all on water.

10. Blood Falls in Antarctica

There's a waterfall in Antarctica that isn't clear or icy—it's bright red, like blood! Scientists discovered it's caused by iron-rich water oxidizing when it hits the surface. Looks creepy but totally natural.



Bitter Sweet

About the piece:

Bitter Sweet isn't a traditional full-length book; it's an opinion/feature essay by Zafar Mirza, a Pakistani public health expert (former Special Assistant to the Prime Minister on Health and a professor of health systems). In this essay he addresses the rising diabetes epidemic in Pakistan and the systemic challenges around it.

Overview

Mirza uses the metaphor of "bitter" and "sweet" to discuss the harsh realities (bitter) of diabetes prevalence and the nuanced hope (sweet) in prevention and systemic healthcare reforms.

The focus is on data, trends, causes, and solutions rather than narrative or storytelling.

Key Points from the Essay

- **Diabetes as a major health crisis:**
Pakistan has one of the highest numbers of adults with diabetes in the world, with estimates into the tens of millions of people affected — and that number rising.
 - **Lifestyle and environment:**
Mirza argues that modern lifestyle changes and environmental factors are driving the increase, alongside genetic risks — a theme that positions the problem as both avoidable and widespread.
 - **Healthcare system gaps:**
He criticises the lack of preparation and infrastructure to manage non-communicable diseases (like diabetes), advocating for better primary healthcare and early screening efforts.
- Tone & Style**
The essay is informative, direct, and analytical — aimed at raising awareness rather than entertaining.

It feels like a public health briefing combined with a social commentary, useful for readers interested in epidemiology or health policy.

Who It's For

Best suited for readers who want:
Insight into public health issues, especially diabetes.
A factual, evidence-focused discussion rather than a personal memoir or fictional narrative
Less suitable if you were expecting:
A traditional story-driven book
Emotional or fictional content

Overall Review

Strengths:
Well researched: Draws on significant data about health trends.

Clear advocacy: Pushes for practical improvement in health policy.

Limitations:
Not a traditional literary work: It reads more like a serious newspaper essay or policy brief.

Subject specific: Best appreciated by those interested in health systems and epidemiology.



Faizan Mustafa
BBA 3-A



Endowment Cell Empowers Dreams on Montfort's Birthday

The Endowment Scholarship Program was conducted on a grand scale on 31st January 2026, coinciding with the 353rd birthday celebrations of St. Louis Marie de Montfort. The program was graced by Rev. Bro. Dhanraj, Assistant General–Rome; Rev. Bro. Shajan Antony, Provincial Superior; Rev. Bro. Arun Prakash, Correspondent; Rev. Bro. John Kallarackal, Director; and Mrs. Jayanthi Reddy, Principal.

The funds for the programme were mobilized through the Higher Education Cell to support the Endowment Cell, with proactive initiatives taken by staff in raising contributions, along with generous support from alumni.

As a part of the transparent selection process, home visits were carried out to assess the genuine needs of the applicants. A total of 50 students applied for the endowment scholarship. Based on merit and financial need, 22 students were supported with ₹10,000 each, and 11 students were supported with ₹5,000 each. This financial support will significantly assist the beneficiaries in continuing their education, meeting academic expenses, and easing their financial burden.

The Endowment Scholarship Program reflects the institution's strong commitment to supporting deserving students and promoting inclusive education and the holistic development of students.



Faculty Trip

The Staff Welfare Committee of Little Flower Degree College organised a four-day educational and recreational trip to Puducherry from 24th to 27th January 2026 with the objective of promoting staff welfare, cultural exposure, and interpersonal bonding among teaching and non-teaching staff. The journey commenced from Kachiguda Railway Station. Accommodation and food arrangements were provided at Gonzaga Animation Centre, Puducherry, which offered a safe, hygienic, and comfortable environment throughout the stay.

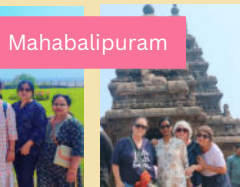
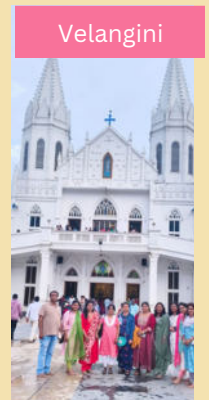
On Day 1, the staff visited the Ganesh Temple, followed by sightseeing at the French Colony and a relaxing visit to Rock Beach.

On Day 2, the group explored the Pichavaram Mangrove Forest through a boat ride and later visited Velankanni and the Chidambaram Nataraja Temple, gaining both ecological and spiritual insights.

On Day 3, the staff visited Arunachalam (Tiruvannamalai) for darshan at the Arunachaleshwara Temple, followed by leisure time at Paradise Beach and Eden Beach.

On Day 4, the group visited the historic monuments of Mahabalipuram and later departed to Chennai Central Railway Station, returning safely.

The trip was well-organised and successfully fulfilled its objectives by providing relaxation, cultural enrichment, and stress relief to the staff members. The Staff Welfare Committee expresses its sincere gratitude to the college management and the respected Principal for their support and encouragement in making the programme a success.



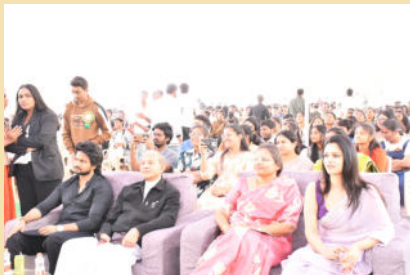
LF FEST 2k26



LF Fest 2K26 was successfully organised on 11th January 2026 at Little Flower Degree College, Uppal, with the objective of providing a vibrant platform for cultural expression, entertainment, and student engagement. The fest witnessed the presence of popular celebrities such as Tarun, Ghouse, Shanmukh Jashwanth, Bang Boys, and Yashmi Gowda, which added excitement and glamour to the event. Special attractions included the China Piece movie promotion and Harinath Raj's promotion of Hari Chandra Katha, both of which received an enthusiastic response from the students. The fest also featured various competitions and energetic live performances that showcased student talent and kept the audience engaged throughout the day. In addition, a variety of food stalls offering diverse cuisines enhanced the festive atmosphere, making LF Fest 2K26 a memorable and successful event for everyone involved.



An overview

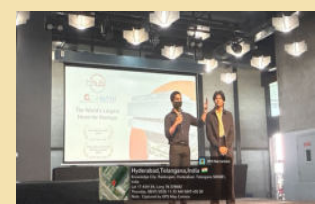


Republic Day Celebration

The Republic Day was celebrated with great patriotism and enthusiasm in the college campus, where the National Flag was hoisted by our correspondent, Rev. Bro. Arun Prakash, marking the significance of the day. The programme commenced with the National Anthem, followed by an impressive march past led by the NCC cadets, who displayed discipline, unity, and dedication. The celebration highlighted the importance of the Indian Constitution and the values of freedom, equality, and responsibility among citizens. Faculty members and students participated actively, making the event meaningful and inspiring, and the programme concluded on a patriotic note with a renewed sense of national pride.



Visit to T-hub



The Department of Management organized an educational visit to T-Hub for BBA Second Year students on 8th January 2026 to provide practical exposure to the startup ecosystem and promote understanding of innovation and entrepreneurship.

Students learned that T-Hub, founded on November 5, 2015 by the Government of Telangana, is a Section 8 not-for-profit organization supporting around 2500 technology-based startups, including 74 STEM startups. The session explained T-Hub's objectives such as supporting startups, fostering innovation, and implementing innovation policies.

The visit also introduced students to institutions powering startups in Telangana and incubation centres at T-Hub, including iDEX, MATH, and AIC. Overall, the visit was informative and inspiring, offering valuable insights into startups and entrepreneurship.



Colours, Kites, and Traditions: Sankranthi Celebrations

The Sankranthi celebrations were conducted beautifully among the staff members, creating a vibrant and culturally rich atmosphere on campus. The programme featured a Rangoli competition for lecturers, where participants displayed their creativity through colourful and traditional designs, reflecting the festive spirit. A special session highlighting the significance of Sankranthi was also organized, emphasizing its cultural, agricultural, and social importance. Adding joy and enthusiasm to the celebration, the staff members participated in kite flying, symbolizing happiness, unity, and tradition. Overall, the celebration fostered a sense of togetherness, cultural appreciation, and festive cheer among the staff.



Principal Ma'ams Birthday Celebration



A Moment of Reality

The BA I, II, and III year students of LFDC visited Aromal Old Age Home at Raghavendra Nagar Colony as part of their community outreach initiative. The students distributed essential provisions to the elderly residents and engaged with them in warm interactions. The visit was a heartfelt experience that nurtured compassion, empathy and social responsibility among the students. The time spent with the senior citizens left a lasting impression on them, and the day was beautifully captured through photographs that reflected moments of care, gratitude and togetherness.



స్వామి వివేకానంద జయంతి సందర్భంగా రామకృష్ణ మఠానికి తెలుగు విభాగం క్షేత్ర పర్యటన

డిపార్ట్‌మెంట్ ఆఫ్ లాంగ్వేజెస్‌లోని తెలుగు విభాగం, లిటిల్ ఫ్లవర్ డిగ్రీ కాలేజ్ వారు 12 జనవరి 2026న రామకృష్ణ మఠానికి ఫీల్డ్ ట్రిప్‌ను నిర్వహించారు. ఈ కార్యక్రమం తెలుగు అధ్యాపకురాలు శ్రీమతి నీలిమ గారి మార్గదర్శకత్వంలో జరిగింది. కళాశాలకి చెందిన తెలుగు విద్యార్థులు ఈ పర్యటనలో ఉత్సాహంగా పాల్గొన్నారు.

ఈ రోజు రామకృష్ణ మఠంలో స్వామి వివేకానంద జయంతి వేడుకలు నిర్వహించబడిన కారణంగా ఈ పర్యటన ప్రత్యేక ప్రాముఖ్యతను సంతరించుకుంది. విద్యార్థులు స్వామి వివేకానందుల జీవితము మరియు ఆయన బోధనల గురించి విలువైన అవగాహనను పొందారు. ఈ సందర్భం విద్యార్థులకు విద్యాత్మకంగా మరియు ప్రేరణాత్మకంగా నిలిచింది.

ఈ క్షేత్ర పర్యటన యొక్క ముఖ్య ఉద్దేశ్యం విద్యార్థులకు ఆధ్యాత్మిక, నైతిక మరియు సాంస్కృతిక అవగాహన కల్పించడం, అలాగే శ్రీ రామకృష్ణ పరమహంస మరియు స్వామి వివేకానంద గారుల జీవితం, బోధనల పట్ల అవగాహన పెంపొందించడం. క్రమశిక్షణ, ఆత్మవిశ్వాసం, సేవాభావం వంటి విలువలను విద్యార్థుల్లో పెంపొందించడమే ఈ పర్యటన లక్ష్యం.

ఈ శుభ సందర్భంగా విద్యార్థులు స్వామి వివేకానంద జయంతి వేడుకల్లో పాల్గొని, ప్రత్యేక ప్రార్థనలు, ఉపన్యాసాలు, ప్రేరణాత్మక సందేశాలను వినే అవకాశం పొందారు. యువత సాధికారత, వ్యక్తిత్వ వికాసం, మానవ సేవ వంటి అంశాలపై స్వామి వివేకానంద గారి ఆదర్శాల ప్రాముఖ్యతను మఠంలోని సన్యాసులు వివరించారు.

విద్యార్థులు ప్రార్థనా మందిరం సహా మఠంలోని ముఖ్య విభాగాలను సందర్శించి, రామకృష్ణ మఠం నిర్వహిస్తున్న ఆధ్యాత్మిక, విద్యా మరియు సామాజిక సేవా కార్యక్రమాల గురించి తెలుసుకున్నారు. మఠంలోని ప్రశాంత వాతావరణం విద్యార్థులపై గాఢమైన ప్రభావాన్ని చూపించింది.

ఈ క్షేత్ర పర్యటన సక్రమంగా నిర్వహించబడి, విద్యార్థులకు ఒక ప్రేరణాత్మకమైన మరియు విజ్ఞానవంతమైన అనుభవంగా నిలిచింది. పర్యటన ఉద్దేశ్యాలు పూర్తిగా సాధించబడ్డాయి.



PAGE OF FAME



K. Dinesh from 3 Bcom CA -A. Had been invited as a special guest in Republic Day celebration, New Delhi from 23 to 26 January 2026

Arham and Abhinav of BBA 3A secured 3rd prize in Plan and Pitch



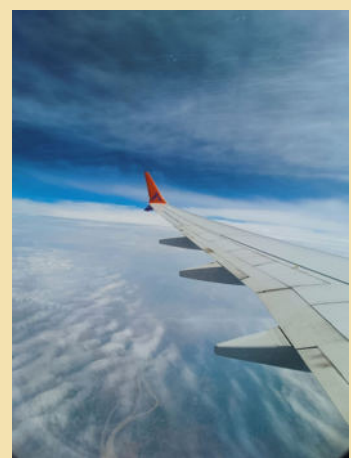
Angelina from BBA 3A, Sreyamol from BBA 2b and Asher from MPC2 secured 1st place in Comm Quiz

Sreyamol from BBA 2B secured 1st prize in HR Quick Action

Serena from BA 2 secured 2nd place in solo dance



Photography and Art



Rehaan
BBA 3-A



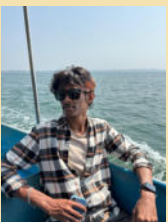
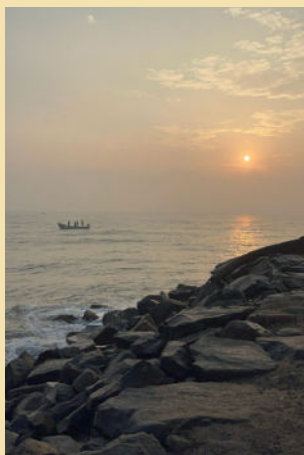
Vignesh Goud
BBA 3- B



Bhanu Prasad
BBA 3- A



Sandeep Sores
BBA- 3B



Abraham Austin
BBA- 3A



Amaan
BBA-3 A



Supra
BBA-3 B



A Pet Food Taster

A pet food taster is a real job where professionals taste and evaluate the quality, flavor, and texture of pet food. They assess factors like palatability, nutritional value, and overall appeal to pets. Their feedback helps manufacturers improve and ensure the food meets pets' dietary needs and preferences.

Pet food tasters evaluate flavors through a combination of sensory analysis and scientific methods. They use their senses of taste, smell, and sometimes sight and touch to assess the food. They might:

1. Taste the food: They sample the food, noting the initial taste, any aftertaste, and the overall flavor profile.
2. Smell the food: They assess the aroma, which can significantly influence a pet's willingness to eat.
3. Evaluate texture: They feel the food's texture, which affects how pets experience it.
4. Consider appearance: They may note the color and visual appeal of the food.
5. Use scientific instruments: They might use instruments to measure specific flavor compounds.
6. Conduct pet feeding trials: They often observe pets eating the food to see how well they like it and whether they show any signs of digestive issues.
7. Compare to standards: They compare the food to established flavor standards and benchmarks.

WORDS YOU NEVER KNEW

Borborygmus: stomach rumbling.

Clinomania: Excessive desire to stay in bed.

Apricity: The warmth of the sun in winter.

Scurryfungie: Hasty cleaning before guests arrive.

Balter: To dance clumsily but joyfully.



Guess The Movie With Emojis

1. 🎓📚❤️🎵:- _____
2. 👑🦁🌞:- _____
3. 🚢💔🌙:- _____
4. 🧙♂️♂️⚡🏰:- _____
5. 🤖🌱🌍:- _____
6. 👤❤️🕒⭐:- _____
7. 🕷️👦🏙️:- _____
8. 🧊❄️👧🎵:- _____
9. 🎭🎭🎆:- _____
10. 🚗💨🏁:- _____

Answers of previous month

COLD → CORD → CARD → WARD → WARM

ICE → IRE → FIRE

LOVE → LOTE → LATE → HATE

HEAD → HEAL → TEAL → TAIL

CAT → COT → DOT → DOG

SUN → SON → SOON → MOON

HARD → HARE → HATE → SOFT

FAST → LAST → LASH → SLOW

MILK → MILD → MEAD → MEAT

HAND → BAND → BEND → FOOT

Winner of previous month



Asher Jermaine Frank
BSc MPCS



SPECIAL DAYS

1 Sun Guru Ravidas Jayanti

9 Mon National Pizza Day

10 Tue World Pulses Day

11 Wed Maharishi Dayanand Saraswati Jayanti

13 Fri World Radio Day

14 Sat Valentine's Day

15 Sun Maha Shivratri

17 Tue Lunar New Year

17 TuevFirst Day of Ramadan

19 Thu Shivaji Maharaj Jayanti

21 Sat International Mother Language Day

28 Sat National Science Day

