

# KAMARAJ WOMEN'S COLLEGE



NITHILAM

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**EDITOR**  
K.ANUSHIYA



**SUB EDITOR:**  
C.EMIGAR MICHEL  
J.NARMADHA



**PHOTOGRAPH**  
S.CHITHRA  
P.ELAKKIYA



**COLUMNIST**  
M.SANKARESHWARI  
P.PONRATHI



**GRAPHICS**  
S.KANI ABISREE  
R.ROSELIYA  
R.INDHUMATHI

# JOY

The deeper that sorrow carves into your;  
Being, the more joy you contain  
Joy is the unmasked of sorrow,  
Joy seeps into my bones;  
Infant joy have no name  
Joy and woe are woven fine,  
A clothing for the soul divine,  
Under every grief and pine  
Runs a joy with silken twine.  
I have joy an aftermath of obedience  
Which is seen in salvation,  
Joy in god's law.



**D.ChriskildaVincy**

**II.B.Sc.Microbiology**

# இயற்கையின் அழகு

பேருந்தின்  
ஜன்னலோரபயணத்தில்  
ஆபத்தானவளைவுகளை  
பார்த்துபதறியஎன்மனம்  
ஏனோ  
இரசிக்கதவறியது  
எழில்கொஞ்சும்  
இயற்கையை!!!!



**S.PonSelvi**

**III.B.Sc (FT)**

# THE QUEEN



**KaniAbishree**

**I B.Com(B&F)**

# WAYS TO BE HEALTHY.....

- Eat lots of fruit and vegetable.
- Eat breakfast.
- Be hydrated.
- Base your meals on higher fibre starchy carbohydrates.
- Cut down on saturated fat and sugar.
- Be active and maintain healthy weight
- Eat more fish as it contains high proteins.



**D. Shamili Manogari**

**I B.Com(B&F)**