

Annual Report **College Union Committee 2023-24**

- Rishita Mahadik
(General Secretary 2023-24)

The College Union Committee (CUC) for the academic year 2023-24 at Sophia College had a remarkable tenure marked by a series of successful events orchestrated by the diligent members of the CUC Core 2023-24. This core team, comprising Shreya Singh as the Student Body President, Ishani Sen as the Cultural Secretary, Rishita Mahadik as the General Secretary, and Jency Ninan as the Treasurer, alongside the unwavering support of other dedicated CUC members, demonstrated exceptional leadership and organizational skills throughout the year.

Under their guidance and coordination, a diverse array of events was meticulously planned and executed, enriching the college experience for students and faculty alike. Each event was tailored to cater to different interests and aspirations within the college community, fostering a vibrant and inclusive atmosphere.

Through their collective efforts and unwavering dedication, the CUC Core 2023-24 succeeded in creating memorable experiences and fostering a sense of unity and camaraderie within the college community. Their exemplary leadership and teamwork set a high standard for future College Union Committees, leaving behind a lasting legacy of excellence and achievement. The following events were organized throughout the year:

1. Farewell for the batch of 2022-23

Date - 1st April, 2023

Time - 03:00 pm

Venue - MPH

The farewell event, organized by CUC (College Union Committee). Drama and Dance, was a heartfelt tribute to our departing seniors. The evening was filled with captivating performances, showcasing the talent and creativity of the students. Refreshments were served, courtesy of funds collected by CUC from SY and TY students. As the time progressed, emotions ran high as heartfelt speeches and farewells were exchanged, bidding adieu to our seniors. It was a memorable and touching event, marking the end of a chapter for the departing seniors and leaving a lasting impression on everyone in attendance.



2. Teacher's Day Celebration

Date - 5th September, 2023

Time - 11:00 am

Venue - MPH

The Teacher's Day celebration organized by the College Union Committee (CUC) at Sophia College was a heartfelt gesture to express gratitude towards the dedicated teaching and non-teaching staff. It aimed to acknowledge their tireless efforts in nurturing students and helping them pursue their aspirations.

The event commenced with a poignant speech delivered by the student body president, Shreya Singh, highlighting the invaluable contributions of the faculty. Following this, a soulful song dedicated to the exceptional teachers set a reflective tone, underscoring their significance in shaping students' lives. The cultural extravaganza continued with a lively dance performance, adding vibrancy to the celebration. Rishita Mahadik, the General Secretary of the college, shared her insights and appreciation through a speech, emphasizing the collective gratitude towards the staff.

Dr. Anangha Tendulkar Patil, a distinguished figure in the college administration, addressed the gathering, shedding light on significant milestones achieved by the institution. These milestones included the inauguration of the 'Kindle Corner' in the library, the establishment of a new computer lab, and the provision of a dedicated space for students to congregate and unwind in the science building.

The program reached its culmination with the principal leading a ceremonial cake cutting, symbolizing unity and camaraderie within the Sophia College community. Additionally, the teachers were honored with thoughtful gifts as tokens of appreciation, further reinforcing the bond between students and staff.

Overall, the Teacher's Day celebration served as a poignant reminder of the pivotal role educators play in shaping the future generation, fostering a spirit of gratitude and mutual respect within the college community.



3. Tracking Social Quotient: Essence Of a Purposeful Life

Date - 30th November, 2023

Time - 09:00 am

Venue - MPH

This event was an initiative taken by CUC and IQAC, it was held on 30th November 2023 and the guest speakers for the event were Aarti Asrani followed by Moneka Engley.

Aarti Asrani, Being an NLP & Gestalt Master Therapist, Manifestation Coach, Health & Wellness Consultant, Author, and Ted Speaker. She began her session by introducing what all she was gonna talk about and how she will help the fellow students to plan their life, work amongst each other. She talked about the 'Values' an individual holds and how these values shape us. She also asked the individuals about their priorities in their life. It was an interesting and insightful event for everyone! It included an interactive activity as well, where there were groups formed of 6 people, they were given conflicting situations and were asked to resolve them. This activity helped us to know each other's values such as honesty, persuasion etc to solve the problems and made us learn how to work together. The session ended by appreciating our guest with a vote of thanks!



The next session was taken by our guest speaker, Moneka Engley, who is a tarot card reader, Gestalt therapist, NLP practitioner, and mindfulness coach. She brought a really positive energy to the room, full of excitement and energy. She made the session really interactive and focused her talk on Cognitive skills, Resilience and ethical decision making and how they are integrated and work together. She walked us through these concepts through sportsmanship and how sports include all these values. She took examples from the lives of the audience which made the session really fun and made everyone know each other better. She brought a holistic approach to the transformation of an individual. We ended the session with meditation! The speaker was appreciated by a vote of thanks!



4. IDP Session: "Overseas Education" by Ms. Ushma Shah

Date - 1st December, 2023

Time - 9:00 am

Venue - AV Room

Sophia College, in collaboration with CUC and IDP, hosted a session on "Overseas Education" led by Ms. Ushma Shah. The event, held on 1st December 2023, aimed to provide students with valuable insights into pursuing higher education in Australia. The session commenced with a warm welcome and introduction, highlighting Ms. Ushma Shah's distinguished career as an expert in the field of overseas education. Her reputation for exceptional knowledge and experience sets the stage for an informative and engaging discussion.

Ms. Shah began by emphasising the global opportunities available for students seeking quality education abroad. She delved into the unique features of Australian universities, shedding light on their academic excellence, diverse courses, and vibrant campus life.

One of the key takeaways was the comprehensive overview of the application process, including visa requirements and documentation. Ms. Shah navigated through the intricacies, offering advice to aspiring students. Her guidance eased concerns and clarified the complexities often associated with studying overseas. This interactive session allowed students to pose questions and seek personalized advice.

The session also highlighted the role of IDP in facilitating study abroad opportunities. Ms. Shah explained how IDP serves as a bridge between students and universities, providing guidance and support throughout the application process.

As the session concluded, there was a sense of enthusiasm among the attendees. Ms. Ushma Shah's comprehensive presentation not only informed but also inspired students to consider the possibilities awaiting them in Australian universities. The event proved to be a significant step in empowering students with the knowledge and confidence needed to embark on their international academic journeys.



5. CUC & Teach for India Collaboration

a. Session 1

Date - 1st December, 2023

Time - 11:30 pm

Venue - AV Room

In an increasingly mercantile world, where the thickness of a paycheck is the yardstick for success, and self-centredness is exhorted as a virtue, we, at Sophia College, believe that now, more than ever, there is a need for socially responsible, sensitised individuals - individuals with a strong sense of community service - to rise up and assume the mantle of responsibility.

It was with this objective in mind that this insightful session on careers in the social impact sector was jointly organised by the Internal Quality Assurance Cell and College Union Committee of Sophia College, in collaboration with the non-profit organisation, Teach For India.

Teach For India has, since 2009, been at the forefront of the social impact sector in India, working for improving the quality of education in government and low income private schools, through its 2-year fellowship programme for graduates.

Mr. Keshav Nautiyal, and Ms. Riiei Maia, the recruitment managers for TFI for the west and east, respectively, kindly graced the event with their presence; they were accompanied by Ms. Astrid Gracias and Ms. Radhika Saraf, who are both former TFI Fellows as well as Sophia College alumni.

Mr. Nautiyal started the session with a heartwarming visual of the impact TFI has had on the lives of students across India; through the video, we heard the story of several student beneficiaries of the Teach For India movement, who shared how the TFI classrooms became a launchpad for their dreams.

Mr. Nautiyal then led the audience through a sobering exercise, using the people in the room as representative samples of the percentage of children who are able to complete various levels of schooling, highlighting the chasm-like gap between the number of children in the nation who are actually able to receive a quality education, opposed to the total number. It quickly became evident that there is an educational crisis silently simmering in the country; one that TFI has been working to quell.

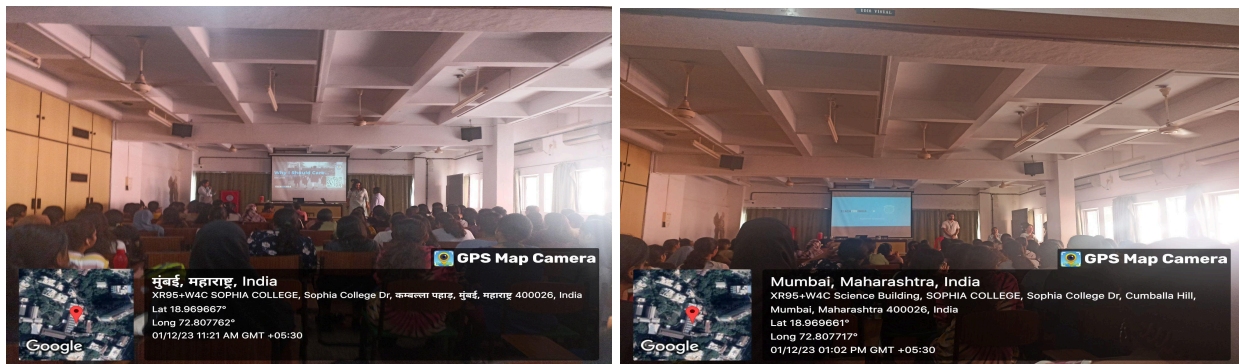
The audience, comprising mostly third year students across streams, were then walked through the entire process of the two year Fellowship program; the application process, the working experience, and the struggles.

This was followed up by a panel discussion with Ms. Astrid and Ms. Radhika.

They shared their own experiences, their personal growth journey as Teach For India Fellows, and answered various questions fielded by the students. They debunked several misconceptions regarding the program and the social impact sector at large, also elucidating how the TFI Fellowship journey opens up several future avenues to its alumni, across the social and corporate

sectors. Ms. Astrid also spoke about the community service project she embarked upon during her fellowship tenure; Ms. Rhea spoke about her internship with Smile Foundation.

It was evident that the talk had left an indelible impression on the minds of the students, many of whom expressed an eagerness to apply for the fellowship.



b. Session 2

Date - 19th February ,2024

Time - 11:00 am

Venue - Zoom

Following the resounding success of the initial session with Teach for India, which garnered tremendous enthusiasm and interest among students, a second session was organized to cater to the growing demand and accommodate those who may have missed the previous opportunity due to various reasons. This proactive initiative reflected the College Union Committee's commitment to providing students with valuable opportunities for engagement and learning.

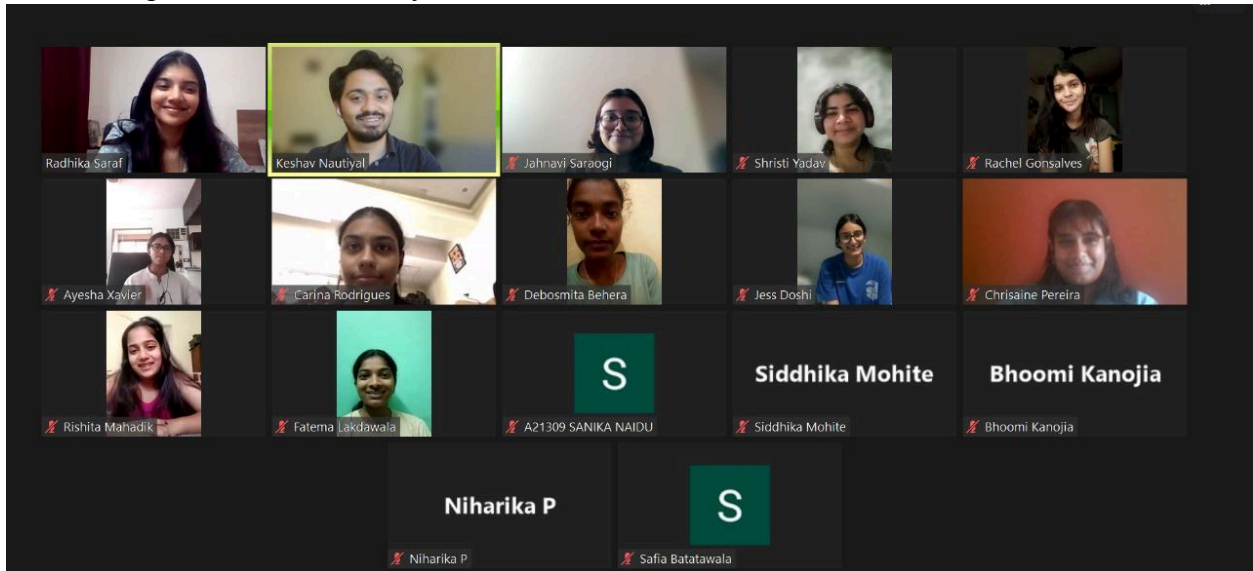
Once again, the session featured esteemed speakers Mr. Keshav Nautiyal and Ms. Radhika Saraf, who passionately shared insights into Teach for India's mission and its fellowship program. Their firsthand experiences and personal anecdotes added depth and authenticity to the presentation, allowing students to gain a nuanced understanding of the organization's objectives and impact.

Throughout the session, students were encouraged to actively participate and engage with the speakers, fostering an atmosphere of dialogue and collaboration. The interactive nature of the session facilitated meaningful exchanges, as students posed questions, shared their thoughts, and expressed their aspirations regarding Teach for India's fellowship program.

Mr. Nautiyal and Ms. Saraf took the time to address each query comprehensively, providing students with valuable guidance and clarifications. Their willingness to engage with students on a personal level underscored Teach for India's commitment to supporting and nurturing future leaders in the field of education.

Overall, the second session proved to be an enriching and empowering experience for students, equipping them with the knowledge and insights needed to make informed decisions about their involvement with Teach for India. By fostering an environment of openness, collaboration, and

mutual respect, the session not only served to inform students about the organization's initiatives but also inspired them to actively contribute to its noble cause.



6. CUC & VFX Collaboration

Date - 7th December, 2023

Time - 02:00 pm

Venue - AV Hall

The College Union committee orchestrated an enlightening session in collaboration with a leading VFX institute, aimed at broadening students' understanding of the dynamic realm of VFX, which stands as a pivotal force in today's entertainment industry. Ms. Nidhi Rai, the director of the esteemed VFX institute was also the resource person for this session which commenced with captivating excerpts from blockbuster movies, meticulously dissected to unveil the intricate application of VFX, thereby metamorphosing ordinary scenes into extraordinary spectacles. This immersive experience proved invaluable, particularly for aspiring students eager to venture into this field, offering them invaluable insights and inspiration for their future endeavors.



7. CUC in collaboration with Whisper x Campus Connect.

Date - 19th January, 2024

Time - 11:15am

Venue - AV (front)

Sophia College, as a women's institution, is dedicated to empowering its students to realize their full potential in every aspect of their lives. Recognizing the importance of menstrual hygiene and its impact on women's health and well-being, the College Union Committee (CUC) took proactive steps to raise awareness and provide valuable insights on this vital topic.

In collaboration with Whisper and Campus Connect, the CUC organized an informative session focused on menstrual hygiene, aiming to equip women with the knowledge and resources necessary to maintain their health and pursue their goals without hindrance. The session aimed not only to educate students about the importance of proper menstrual hygiene but also to empower them to take charge of their health and break societal taboos surrounding menstruation.

The session featured a knowledgeable speaker who shared valuable insights and practical tips on maintaining menstrual hygiene and making informed lifestyle choices. Additionally, the speaker addressed the importance of confidence and self-assurance, highlighting how women can overcome challenges and excel in various aspects of their lives, including professional endeavors.

One significant aspect of the session was the discussion on interview skills, where the speaker provided valuable guidance on how to effectively prepare for and navigate job interviews. This component added a practical dimension to the session, equipping students with essential skills for career advancement and success.

The session was designed to be engaging and interactive, with the speaker utilizing various audio-visual aids to illustrate key concepts and reinforce learning. Through real-life examples and interactive exercises, students were able to grasp the material more effectively and apply it to their own lives.

At the conclusion of the session, all students were presented with a small gift hamper containing menstrual hygiene products, emphasizing the importance of prioritizing health and well-being. This gesture not only provided students with essential resources but also served as a tangible reminder of the college's commitment to supporting women's empowerment and holistic development.

Overall, the session organized by the CUC was a resounding success, offering valuable insights, practical skills, and essential resources to empower women and enable them to thrive both personally and professionally in a supportive and nurturing environment.



8. Volunteering Programme in collaboration with Kindness Unlimited.

Date - 2nd February, 2024

Time - 11:15am

Venue - AV (front)

The session organized in collaboration with Kindness Unlimited (KU) marked a significant effort to instill values of compassion, empathy, and altruism among the students of Sophia College. Kindness Unlimited, an organization that initially began as a grassroots movement, has evolved over the years into a formidable force for positive change, inspiring individuals, organizations, and communities to spread kindness and share their privileges with those in need.

Over the span of 16 years, KU has spearheaded numerous impactful initiatives, events, and projects, each contributing to a ripple effect of kindness that has touched the lives of countless beneficiaries. From supporting underprivileged communities to promoting social inclusion and empowerment, KU has been at the forefront of fostering a culture of generosity and goodwill.

The session, targeted specifically at first and second-year students, aimed to provide them with valuable insights and opportunities to explore internship opportunities while also instilling in them the importance of kindness and community engagement. The speaker, who shared her

personal journey of joining the cause of KU, served as a compelling example of how individuals can make a difference by embracing kindness and compassion in their daily lives.

The session was characterized by its moving and insightful nature, as the speaker recounted her experiences and highlighted the transformative power of acts of kindness. Through heartfelt anecdotes, students were inspired to cultivate a mindset of empathy and service towards others, recognizing their capacity to effect positive change in the world.

At the conclusion of the session, students were not only encouraged to apply for internships with KU but were also invited to become active participants in furthering the organization's cause. This opportunity not only provided students with practical experience but also allowed them to contribute meaningfully to initiatives aimed at making a tangible difference in the lives of others.

Overall, the session organized in collaboration with Kindness Unlimited served as a poignant reminder of the importance of kindness and compassion in today's world, empowering students to become agents of positive change and champions of social justice in their communities and beyond.