

CONSOLIDATED ANANYA
REPORT
FOR THE ACADEMIC YEAR
2017-18

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DEPARTMENT OF CHEMISTRY

ANANYA 2017-18

The department of chemistry had organised two events for Ananya this year. The detailed activity report is as follows:

Activity 1: Extra sensory perception show (29th January,2018)

The ESP show by Mr Deepak Rao was held in the Sophia Bhabha hall on 29/01/2018. The programme was attended by both degree and junior college students. The show was for about an hour.

The show aimed at introducing the students about the power of mind. Many exercises were carried out on telepathy, dejavu etc. Every activity first had a short clip by a professional who had researched on the topic followed by an interactive session with the members of the audience. Students and staff were randomly picked for the exercise.

Mr Rao also explained how it takes years of practice and a keen sense of observation to understand these complicated systems which are related to the mind. These concepts are not like the magic show performed by magicians.

At the end of the show Mr Rao also gifted books to the students which were picked by lucky draw. Everyone was happy at the end of the show.

Activity 2: Utsav Swad Ka (9th February, 2018)

The annual food festival was also conducted as a part of Ananya. The objective was twofold:

- a) To inculcate in students the quality of entrepreneurship
- b) To raise funds for the cost of ESP show.

The food festival was well participated by more than 20 stalls. Most participants were from the Science section (BSc, MSc) and IT section of the college. The participants had to give in writing what food item would be served on the stall, cost of the food item, number of plates that they will be preparing, approximate cost price of the bulk. This exercise enabled them to understand how profit can be generated wisely. There was also a condition that the food must be prepared from home.

Everyone enthusiastically participated .There was a hover of crowd and some of the stalls sold all the food within minutes from the start, some had to wait and only 2 stalls were unable to sell everything they had made.

The accounts were finalised and every team got back the cost price of the item they had made and the part of the profit was donated to the department by them. The collection made was just enough to cover the cost of the ESP show.

The food festival was well received by all.

DEPARTMENT OF ECONOMICS

ANANYA 2017-18

The Ananya activity for the academic year 2017-18 is as follows:

- a) As part of Ananya activity a talk by Professor Indradeep Ghosh on 'Financial Markets' was organised on 9th December 2017, for Economics students of all classes followed by a class discussion on the same.
- b) Screening of movie related to economic crisis of 2008 in US economy titled, "Too Big To Fall", on 22nd December 2017 for all classes as part of Ananya activity.
- c) A session on 'Experimental Economics' by Dr. Shugato Mukherjee from MDAE was conducted for economics students of TY & SYBA class on 2nd February, 2018. The session was much appreciated and enjoyed by the students.
- d) A talk on 'Beef Ban' by Prof. Bhagwat from Mithibai college, was organised in collaboration with the departments of political science, education, life science, philosophy and SSRI club on 24th January, 2018.

Thanking you,

Dr. Sangeeta Dubey (HOD, Economics)

DEPARTMENT OF BIOCHEMISTRY AND QUALITY ASSURANCE

ANANYA 2017-18

As a part of annual Sophia College event “Ananya”, department of Biochemistry and Quality Assurance had organized Ananya’16 “HONOR IT UP!” on Saturday, 13th January 2018 in the central lawn.

Keeping to the annual college theme for the academic year 2017 - 2018 - “The pursuit of excellence with integrity” the Post graduate students of the department of Biochemistry and Quality Assurance batch XXV organized Ananya “Honor it up, with Integrity”

Integrity is the quality of being honest and having strong moral principles.

It is more honorable to fail than to cheat.

Integrity –

- a) **be committed**- set high standards for one’s behavior and stick to them even in difficult situations,
- b) **be honest**- choose words and action that are sincere, not misleading,
- c) **be resilient**- learn from mistakes and losses, seize the opportunity to improve,
- d) **be courageous** - stand up for what you believe is just and good,
- e) **be disciplined** - remain dedicated and self-controlled even when challenged,

Honor it up comprised of

- a) competition of fun filled activities for the participants, which were time bound and had to be performed with integrity resisting temptation to cheat,
- b) fun games for all,
- c) festival food making competition,
- d) community kitchen (*Khichdi* and *kadhi*). As a part of festival of *makar sankranti* ,*tilgul* was shared by all and kite flying competition was arranged.

The venue for ‘Honor it up’ was the central lawn. Dr. Sr. Ananda Amritmahal graced the event by her presence. She shared with the students her thoughts on integrity, it’s importance in ones daily life, and how it is necessary to be first true to oneself, when value systems are challenged in this fast changing world. She gave the final touches to the *khichdi* and *kadhi* which was prepared by the Quality Assurance students.

In order to make the event inclusive for all students and staff, Quality Assurance students had set up various fun games such as Act It Up, Balance it Up, Dice It Up, Sync It Up, Spin It Up. Like in the past five years this year also the concept of community kitchen was propagated, so as to provide a nutritious basic meal for everyone under one roof.

Sixteen teams of four students each from B. Sc, M. Sc and B. A. classes had registered. Each team had to perform a task which was judged. In the festival food making competition the participants were asked to prepare a traditional recipe of any festival with creative plating and display. The winners of both the competitive events were awarded certificates, medals and prizes.

Reported by Post graduate students of Biochemistry

NOTE: PRINT OF THE PHOTOGRAPHS CAN BE TAKEN FROM POWERPOINT PRESENTATIONS.

DEPARTMENT OF PSYCHOLOGY

ANANYA 2017-18

The FYBA Psychology students organized a Psych Fest on February 24, 2018 (8.30 a.m.-1.30 p.m.) as part of Ananya. They were very excited as this was the first ever Psych Fest organized by psychology students at Sophia College. It was based on the College Theme for the Year: 'The Pursuit of Excellence with Integrity' with the sub theme being 'Not Yet' based on Dweck's research on the power of believing that one can improve. Instead of considering oneself as a failure in psychology sem 1 or a failure for not having obtained an O or an A+/A grade, a mindset of 'Not yet' in relation to performance brings hope and challenge instead of despair.

Psych Fest Overall Coordinating Committee included: Krishleen Kaur, Manasa Narayanan, Anushka Lakhotia, Nishi Kodaria, Yashaswini Dinkar, and Carmiline Rebello.

The Festival began with the screening of a video on 'Purpose of Life' (ft, Will Smith) in the AV Room. This was followed by the Principal's Address to the students.

Next was **Paper Presentations** (9 a.m. -10.30 a.m.) The coordinators were Manasa Narayanan and Krishleen Kaur. The comperes were Krishleen Laur and Anushka Lakhotia.

The following papers were presented (i) 'Nudge- Towards Better Decision Making and Influencing Group Behaviour' – Manasa Narayanan (FYBA) (ii) 'Obedience as a form of Social Influence' (focus on the Armed Forces in the context of Excellence and Integrity) - Malvika Dixit (FYBA)'Women and the Will to Lead: Are We Leaning In Yet? – Radhika Joshi and Pragya Lal (FYBA) (iv) Goal Setting - Ahana Mukherjee and Carmiline Rebello (FYBA) (v) Self-Efficacy: The Ringmaster of your behaviour – Krishnaa Thakkar (vi) Man's Search for Meaning: A Window into Logotherapy – Beverlee D'Cruz (SYBA).

Parallel Sessions were held from 10.30-1p.m.

(i) **Goal Setting** in A. V. (F) FYBA Coordinators, TYBA (SM) Delice Mascarenhas, Beverlee D'Cruz, Isha Math, Odelia Rebello

Participants: Krishleen Kaur, Susan John, Toru Tana, Scalini Rodrigues, Jahnvi Sengupta, Reann Pereira, Diksha Singh, Yashaswini Dinkar.

After the participants shared their individual goals, there was a short visualization exercise – where students stated where they wanted to be in five years, followed by a drawing/description of their goals, these related to building one's personality, being positive, being more open and helpful to others and working towards achieving their goals. This sharing brought about a sense of togetherness and positivity. In terms of feedback, two of the participants said that it was thought provoking and inspirational to hear how others pushed ahead – no matter what.

(ii) **‘Circle of Trust’** (sharing of personal success stories in a nonjudgmental, safe space for sharing personal challenges and struggles on the journey to a stronger self) in the A. V. (B) Coordinators/Facilitators: Tanvi Rupani and Medha Agarwal TYBA SM Support: Jeanne Cotta, Richa Fernandes, Vrushti Shah.

Participants: Durga Nagori, Muskaan Marwaha, Dania Assadi, Darpan Narula, Niharika MVNS, Shraddha Somani, Nikita Gupta, Geetanshi Lamba, Debatri Gupta, Suneha Sethi.

Seated in a circle, after the ice-breaking session (introduction), each participant shared her personal story about ACCEPTANCE and RECOGNITION. None of the participants hesitated in sharing their experiences. The experience helped them as they felt they could express their pent-up emotions without any fear of being judged and with the guarantee that their story would definitely be heard. The session ended with each participant, along with the facilitators writing/drawing one positive thing about life on the blackboard.

In her feedback, one of the students mentioned that hearing about people’s experiences made her realize that there are so many things a person goes through without showing it to others. Surrounded with people, we often have no one to talk to. The session helped them open up and enhanced participant sensitivity to others as ‘everyone has their own problems’ They experienced a space where problems could be discussed without the fear of leaving the room with the possibility of it being used against the person in the future. This was brought out by one of the participants who felt that the circle provided a moment of relief to her, a relief from the constant threat of problems holding her down, to know what others went through and the thoughts in their heads. Another mentioned that the activity facilitated her listening skills and concentration levels, the participant ‘need to be heard’ was fulfilled.

(iii) **CogLab Demonstrations** in Computer Lab 1. FYBA Coordinators: Swati Sharma and Anushka Savarnya TYBA Support: Shami Kundalia, Tripti Kundnani, Ankita Ghosh. Coglab is an interactive computer based demonstration of classic experiments and concepts from cognitive psychology. Running the experiment is followed by a debriefing and explanation of tabulated participant data.

Participants: Manasa Naraynan, Amelia D’Souza, Aayushi Dharia, Sarayu Sanal, Chinmoyee Gogoi, Tina Unhariya, Yukti Sathe, Rishika Rathore, Maroushka Gupta, Kuhishree Das, Sreedevi Laxman, Prishita Manik, Aastha Tiwaru, Shreya Chandy, Anwasha Sen, Shifa Dastagir, Shagun Khandelwal, Raisa Mathew, Naomi Narendran, Medhavi Chaturvedi, Zainab Hasan.

Although faced with time constraints, participants found the session very enriching.

(iv) **Mind Maps** in Room 15 (especially for those in the ‘Not Yet’ tutorial class) Coordinators: Stuti Saha, Ahana Mukherjee TYBA SM Support: Tanisha Bhan and Lavanya Mohan

Inspired by the book ‘How to Mind Map’ by Tony Buzan, Mind Mapping was incorporated into the fest to help improve memory and planning en route to excellence.

The session started with an explanation of what is a Mind Map and how imagination and association are involved. A demonstration with 'fruit' followed. The effective use of colour with branching out was also illustrated. Students worked on a Mind Map on their own with colour pens and pencils trying to be as creative as possible. The use of Mind Maps in daily life for planning activities or in study was also elaborated upon. It was a fun and engaging experience

Participants: Sharisha Sahay, Sanyukta Shekhawat, Zahra Dewaswala, Amatullah Agarwala, Alina Job, Ritu Priyadarshi

(v) ***Mind Games*** Organizer: Nishi Kodaria

Mind Games was a demonstration of some cognitive concepts in a fun way, for example, Stroop Effect. There were two stalls put up in the Canteen Extension with seven games. Stall 1: 'Bridging' a game wherein an interconnected bridge had to be made), 'Connect the Dots' and 'Dare to Square' Stall 2: 'Game of Cards', 'Wheel of Fortune', 'Stroop Test' 'Mystery Mayhem' 'Ridiculous Riddles' Participants from all three years, as well as some from the polytechnic enjoyed playing the games.

(vi) ***Video screening cum discussion:*** Organizers: Samiksha Sethi and Disha Saraf.

In the hope of inspiring and motivating students to excellence, a TedTalk by Cheryl Ferguson 'Motivating People to Excellence' was screened followed by a discussion and an experiential exercise.

There were few participants as many students had left to attend their English Class and another event that had been organized by the Sociology department although they had signed in earlier. Participants included: Anvita Mudbidri, Neome Carvalho, Arwa Haidery and Saniya Sayyed. Following the screening of the video, participants shared their goals and achievements. In an attempt to nurture themselves, they complemented themselves with an adjective that described themselves in the best way. One of the participants reported: 'I had a great time. It was an eye opening session because the Ted talk video conveyed that it's the small things in life that we must take seriously in order to climb the big ladder of success. And the little interactive activity we had about writing our achievements and describing ourselves in a word was quite nice.'

(vii) ***A Display of Poems, Posters and Slogans in the Canteen Extension*** Coordinator: Poems Nishi Kodaria and Manasa Narayanan. Posters: Ahana Mukherjee
Poems on Excellence and Integrity and the subtheme 'Not Yet'

Participants - Poems:

Zainab Zafar Farhan, Saima Merchant, Susan Joseph, Desiree Arland, Amelia D'Souza, Masooma Sakriwala, Shaikh Heeba, Munira Patanawala, Arwa Raniwala.

Participants – Posters:

Sagufta Farheen, Maroushka Gupta, Krishnaa Thakkar, Shagun Khandelwal, Arzoo Mehta, Nameera Junani, Sania Mathray, Neome Carvalho, Dania Assadi, Aliyah Durrani, Arushi Shah, Salomi Vaz, Bharvi Patel, Ahana Mukherjee, Jean Sonia D'Souza, Geetanshi Lamba

The poems, posters and slogans submitted by the students were deeply moving 'straight from the heart', thought provoking and reflective of the students' deep feelings, experiences, hopes and aspirations.

The Psych Fest ended with a ***Talk by Col. O. X. Rebello on Military Leadership***, where the presentation (video, PPT and talk) focused on how excellence and integrity permeated every aspect of functioning, right from the selection process for joining the Armed Forces. The TY students found it very informative, inspirational and motivating. It gave them an insight into the challenges faced in Military Service, as also the motivation to develop skills and knowledge, a never give up attitude to attaining goals, despite the obstacles and hardships and a focus on humanity and selflessness. Leaders are made and not born.

Simran Walia, Pihu Sankhala and Chinmoyee Gogoi as photographers, helped capture memories to last a lifetime.

All the activities were planned and executed by the FYBA students with support from the TYBA Single major students on the main day, it was an uplifting, enriching and elevating experience for them.

Overall Evaluation:

Many students wanted to participate in the parallel events and the talk on Military Leadership, but felt pulled in different directions: to attend their 10.30 class and then an event organized by the Sociology Department.

For many it was a first time at organizing, reading beyond the syllabus, writing a paper (with in text citations and references and preparing a PPT) or a poem or poster or slogan. It was an enriching learning experience for coordinators and participants.

PsychFest facilitated FYBA interaction and bonding with other FYBA students. Many got to know and/or collaborated with each other for the first time. They also had positive inputs from their seniors – TYBA SM students who were very supportive and appreciative of their efforts. Feedback indicated that there were mutual benefits for both groups. The TYBAs felt that the FYBAs were very enthusiastic and motivated to learn new things.

The hope of the FYs is that the Psych Fest continues to grow into something bigger and better as the years go by.

DEPARTMENT OF LIFE SCIENCE

ANANYA 2017-18

This year the **Department of Life Sciences** had chosen an important issue of **T.B. awareness**. The event was titled as “**TB Harega Toh Desh Jeetegha**”. The event was planned in two sessions. The F.Y. B.Sc. students would do an awareness campaign using Poster presentation and this will be followed by a talk by an eminent person working in the field of Tuberculosis.

The FY students began their preparation from the month of November and were very happy to work in groups. Each group were informed to collect information on a topic chosen by their team. The team leader of each group was asked to discuss and coordinate the presentations.

The topics covered by the groups were the following : TB History, Agent that causes the infection, Tests for TB detection, Cost of TB diagnostics, Types of TB, TB infection and its progression in our body, Why TB can be dangerous and why immune system fails, Treatment costs, Why TB is a serious issue, Cancer and TB, TB in children and Women, Future of TB infection and role of WHO, new therapy for TB infection and types of resistant organisms.

Lot of creativity, understanding and ability to convey their point of view was noticeable.

Dr. Lalit Anande (Chief Medical officer, TB hospital, Sewri) agreed to come for the event. The event was scheduled for 20th January 2018 at 10 am. Dr. Anande and Dr. Gianni (Associate Professor, Microbiology) began judging posters. As the information was very good and Dr. Anande found the information to be very extensive it was decided that Dr. Anande would complete the task of selecting best poster after his talk.

Dr. Anande began the talk by asking who are these deadly organisms. How did they become a serious health issue now? Is it so serious? When it was told that Mumbai is the Mecca of TB it was shocking! Also, the difficulty of being detected once and how it affects job opportunities in India and Abroad. Dr. Anande conveyed an important aspect of observing basic hygiene specially while sneezing. He mentioned the role of good nutritive foods rich in proteins, Vitamins and plentiful sunlight and fresh air.

He also showed how patients are completely isolated once detected with T.B. stresses them even more and long therapy of drugs drags them into state of depression. Images of patients in the hospital, number of mortality per day and attempts to commit suicide by the patients. Overcrowded living conditions of Mumbai, extensive levels of stress was found to be causative factor for rising incidences of TB.

A word of caution by the doctor has been that TB incidences amongst very young patients are increasingly being reported with death being reported in a very short span of time. The students asked questions about how much vitamin D and how many hours of sunlight exposure is required. What is the duration of drug therapy and if any new drugs are available.

Dr. Anande and Dr. Gianni completed their poster judging. Anande commented that the FY B.Sc. students have done a commendable work which he has never witnessed earlier. He wondered how they got motivated to work on such important topic. He found the poster on TB and Cancer very informative and selected the same for **First prize Rs.500/-**, Dr. Gianni also found the poster on TB and Future as very well represented and was adjudged as **Second prize**

Rs. 250/-.

The event was over by 11.30 am and the students were well satisfied by the visit of the experts to their campaign. Feed back forms were filled by the students to understand their feelings about being part of this Ananya event.

Eco Bazaar was organized by TY B.Sc. students where sale of Eco friendly bags by NGO and sale of paper products and Nutritious food was done by students' collections after the sale was Rs. 1555/- was given as cash donation to NGO **Missionaries of Charity**.

Images of Ananya Activity: Poster presentation by F Y B. Sc. Life Sciences students



DR. ANANDE AND DR. GIANNI JUDGING THE POSTER PRESENTATION



TY ECOBAZAAR



DR. ANANDE PREFERRING TO CALL HIMSELF AS “MYCOBACTERIUM ANANDE”!



AUDIENCE AT CONVENTION CENTRE



DEPARTMENT OF MICROBIOLOGY

ANANYA 2017-18

The department of Microbiology organized a social outreach activity for Ananya. This included a visit by TYBSc students on 31st Jan 2018 to the Jagannath Seth Municipal School in order to create awareness about certain social issues by means of posters, skits and role playing. The department also motivated the students to carry out a clothes collection drive which was very successful; the clothes were distributed to the children of the same school.

DEPARTMENT OF ENGLISH

ANANYA 2017-18

For “Ananya”, 2017-18, the English Dept. had invited Ms. Ketki Savnal, an independent documentary film maker (also an ex-student) to deliver a lecture to the SYBA and TYBA English students who also had Mass Communication as their applied component. Ms. Savnal spoke of the role of women documentary film makers and also enlightened the students about career opportunities in this domain of documentary film making. She also screened snippets of relevant documentaries for the audience.

It was a very enriching and engaging session and the students benefitted from Ms. Savnal’s insightful lecture.

DEPARTMENT OF INFORMATION TECHNOLOGY

ANANYA -2017-18

B.Sc. I.T Dept. in collaboration with an NGO named “GREEN YATRA” conducted a seminar to discuss the various aspects of the environment and going green in order to create awareness amongst the students and the staff members of the department.

“GREEN YATRA” - Be the change, Bring the change an NGO that undertakes activities to go green by planting native plants in collaboration with schools, colleges, government/private organizations, societies and individuals. They conduct free seminars in schools and colleges to create awareness amongst the young generation because they believe in “Green Youth, Green India”- An innovative effort to save Mother Nature. They recently conducted an activity where they created awareness of how building the idols affects the environment “Go Green Ganesh” – A fight against harmful Plaster of Paris (PoP) Ganesha Idols and many more activities.

Students of B.Sc. I.T department actively participated where they devised working models for saving electricity (LED Torches), environment friendly water purification and thermal power generation model. This event was held on 9th February, 2018 in room no - 36/37.