

CUMULATIVE REPORTS OF ANANYA ACTIVITIES CONDUCTED BY DEPARTMENTS FOR 2019-20

1. This is a brief report on the activities organised by the **Department of Economics** for Ananya 2019-20:

1. Talk by Professor Shagata Mukherjee from MDAE on 'Evaluation of public policy' was organised for the TYBA Economics students on 27th February, 10.30 am onwards.

2. A quiz on 'Budget 2020' was conducted and organised by students of SYBA Economics class based on the Union budget 2020.

3. A student seminar for all classes of economics students was organised on 29th February, 10.30 onwards. The students from FY, SY and TYBA classes presented papers on various topics.

4. On 28th February 2020, the Departments of Economics and History organised a lecture-cum-demonstration on Natya Yoga by Odissi Dancer Dhara Gandhi Dutta. She is an ex-student who now heads Nirmohi, an organisation that teaches Odissi. She is also trained in the French language and in yoga. She stressed the importance of fitness, discipline and perseverance in not just learning but mastering both. Her presentation began with a power point presentation on the history of the dance form followed by the dance, that she had choreographed, and combined yoga and some of the dance steps of Odissi. A Sanskrit shloka emphasising peace provided the backdrop of this performance. The performance was open to all and was well attended including 50-60 students of both departments and that of other faculties. The session was held in the AV Hall from 12.00 to 1.00.

2. The **Department of English** organized a performance of a one-act play, *RAMJI AYENGE* which was an inter-textual adaptation of Samuel Beckett's *Waiting for Godot* and Ramayana's "Kishkindha Kaand". It was a One-Act theatre performance on issues of existential crisis and identity politics. The resource person was renowned theatre actor, Mr. Avinav Grover, also the founder of **Be Taal**, which is a Mumbai based theatre company. The event was organized on November 29, 2019, from 11.30 AM. Till 1.15 PM. in the Multipurpose Hall. Approximately 250 students attended the event.

3. As part of the annual Sophia College event "Ananya ", the **Department of Biochemistry and Quality Assurance** batch XXVII organized Ananya 18, "Meld It Up" on Friday ,17th January 2020 in the Central Lawns of the college campus.

Keeping in mind with the college theme this year, "Fostering Secularism and Social Responsibility", the post graduate students decided to meld together fun activities for the participants. The activities this year included a scavenger hunt titled, "The Mad Scientist Hunt", fun games which included "Pechan Kaun", "Aasan Kare Aasaan" and

“Yeh Karke Dikhao”. All the activities were judged on the basis of the participants honesty and creativity. Meld It Up was inaugurated by the Principal Dr Sr Ananda Amritmahal. She shared her views on integrity, secularism and social responsibility with all the students present.

The winners for these creative activities as well as the scavenger hunt were selected solely on the basis of the participants honesty.

The highlight of Meld It Up this year was the community kitchen which was organized by the Quality Assurance Department students. A nutritious wholesome, tasty khichdi was prepared by melding together different ingredients like rice, pulses, ghee, different spices and a whole lot of vegetables of course not forgetting the dash of love that went in it. The Principal gave the final tadka to it which boosted the morale of all the students. The khichdi was served with beaming smiles by the QA students to the whole college staff and other students. It was relished by all. The students of the Quality Assurance had also organised some fun games like, “Twister”, “Bachpan ki Yaadein”, “Build the Setu”, “A Chalice of Challenges”, “8 Aur 4” and “Adventures in the Woods”. All these games were enjoyed by one and all especially the little children of the staff living on the campus, showcasing the social responsibility of the students.

Around 246 students from BSc, MSc and BA classes participated. 95 students participated in the scavenger hunt. Prizes for all the winners of the hunt as well as the creative activities were distributed at the end by the VP Arts Ms Gilda Pereira.

The Ananya 18 event, “Meld It Up” was a great success and has taught all the students to work as a team with integrity!

4. The **Department of Hindi** invited Mr. Sunder Chand Thakur as a guest speaker to address the students of F. Y. Hindi on 9th January 2020.

Mr. Thakur, a multifaceted personality, is the resident editor of the Hindi Daily Nav Bharat Times of Times of India group, a marathon runner and a passionate motivational speaker who runs his own You Tube channel called MindFit. He addressed the gathering of about 150 students and elaborated about the value of a fit mind. His talk, drawing from his personal experiences, emphasized the importance of visualization of goals and the power of channelizing our subconscious minds to pursue our desired form of excellence. He also demonstrated the simple but essential method of quieting the mind to achieve focus and stability.

The students listened in rapt attention and at the end of the lecture asked several questions as well.

His emphasis on prioritizing the fitness of the mind was a relevant note for our young students.

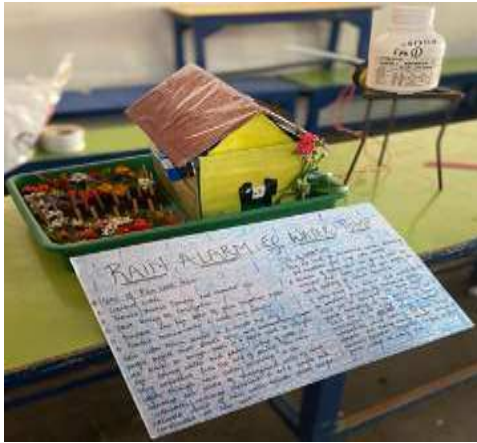


5. Department of Physics - As an Ananya Event student presented a working Model Exhibition under Star College Scheme, on 28th February, 2019 to celebrate 'Science Day' in Canteen Extension.

The names of models were

1. Touch alarm
2. Tesla
3. Rain water alarm
4. Water pump
5. Fire alarm
6. Electro magnetism etc

Through this activity students were given an opportunity to increase their overall understanding and concepts in physics. Their leadership skills, team work and creativity were also enhanced by this activity.



6. The **Mass Media department** organised **Winter Rush**, a two-day bake sale by the students of the second year of the BMM programme. The proceeds of the bake sale were to be given to a charitable cause.

This was held in the Canteen Extension of Sophia College on February 21 and 22, 2020.

7. The **Department of Psychology** collaborated with Mpower - Mind Matters, on 19th November, 2019 to organise an event, "Music and Mind: Mental Health Awareness Session as part of Ananya. This event was a conversation on Mental Health at the Multi-purpose Hall in Sophia College Mumbai. This two hour event was geared to communicating the message of mental health to youth, through the medium of music.

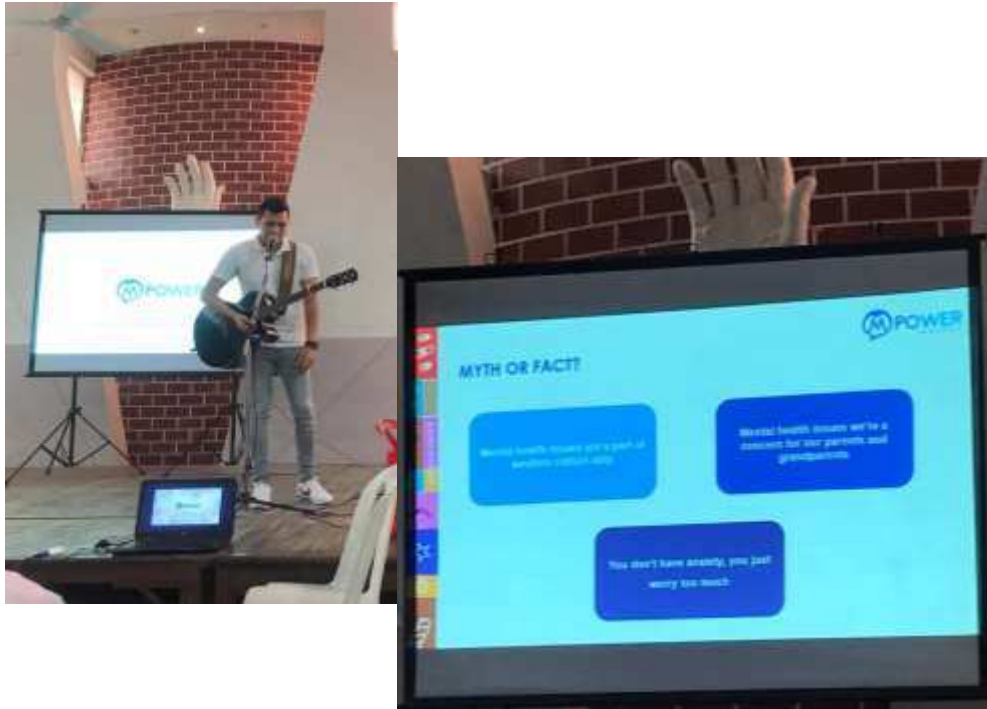
The event began with a presentation by the speaker Ms. Rynelle Oliver on Mental Health Awareness where she discussed the various mental health disorders like Anxiety, Depression, ADHD, OCD etc. Eating disorders like Anorexia, Bulimia, Binge Eating, Pica etc. were also elaborated upon. It was an interactive session with sharing of personal experiences and viewpoints as well as the social impact of these

disorders. This was then followed by the speaker educating the group on how to accept and manage the various disorders.

This was followed by a music session commenced with an alumnus of Sophia, namely Giselle Pinto serenading a duet along with the songwriter and guitarist Samuel Berlin. They ended by encouraging the members of the audience to come up on the stage and express themselves via music and songs. Two volunteers came forward and sang a song while being cheered on by the rest of the audience, The ambience was one of good spirits and this was followed by some solo singing by Samuel. He then addressed the audience stating that he had always struggled with anxiety and had been diagnosed with depression, he elaborated on how music had helped him heal and overcome anxiety and how through music he found a way to be happy. This was followed by some more music with audience participation. The session ended with another youth sharing his own journey of battling depression and having overcome it, the audience was made privy to the struggles in his childhood and how he coped with these and he motivated the students to accept and love themselves. All of these youth were now volunteers at Mpower actively involved in spreading the message of mental health awareness

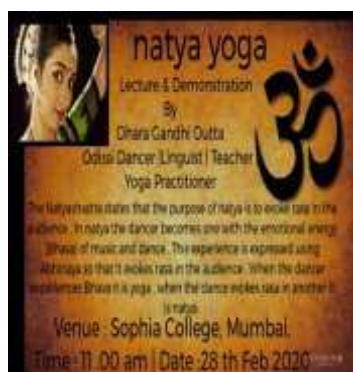
The event was a success with great response from the audience who showed up in a large number, the MPH was full to capacity. The event was an innovative initiative of spreading awareness about a very important and necessary topic in today's hectic life through the unconventional medium of music.





8. Department of History - On 28th February 2020, the Departments of Economics and History organised a lecture-cum-demonstration on Natya Yoga by Odissi Dancer Dhara Gandhi Dutta. She is an ex-student who now heads Nirmohi, an organisation that teaches Odissi. She is also trained in the French language and in yoga. She stressed the importance of fitness, discipline and perseverance in not just learning but mastering both. Her presentation began with a power point presentation on the history of the dance form followed by the dance that combined yoga and some of the dance steps of Odissi that she had choreographed. A Sanskrit shloka emphasising peace was part of this performance. The performance was open to all and was well attended, including 50-60 students of both departments and that of other faculties. The session was held in the AV Hall from 12.00 till 1.00.

The Department of History also organised a movie screening of Article 15 directed by Anubhav Sinha on 7th February 2020 for the TYBA students. On 25th February 2020, Dr. Jennie Mendes, the Counsellor, conducted a session on 'Prejudice' and helped sensitise students about social exclusiveness. Around 30 students attended this session and they found it very meaningful. It was held in the AV Hall from 9.40 till 10.30.



9. 'Zaika Maharashtra Ka' Ananya 2019 was held by **Department of Life Science**, TYBSc students on December 16th 2019 in canteen extension between 10.30-12.30 PM.

This event was planned to sensitise the students about climate factors and unseasonal rains affecting the farmers of Maharashtra. The students created an awareness about the specific crops that has been affected due to excess rain and how they have impacted the farmer. The students made a geographical area wise representation of the crop loss and mentioned the crops that we urbanites are dependent on. Also the long hours and days of hard work in tending the crops by farmer gets destroyed by climate factors.

The students prepared dishes from the crop types that has been destroyed due to unseasonal rains and made guest participants aware of the same by preparing nutritional snacks. The sale proceeds of these snacks were collected and contributed to the NGO Snehavan that takes care of the orphans of farmers from Maharashtra who committed suicide due to crop failure.

Various stalls on Chat, Fruit Custard, Monaco tarts, Tacos, Jaggery lemonade, cookies, etc were arranged. Students presented posters on Malnutrition, Anaemia in Woman, Farmer's distress and Hunger Index. The event was judged by faculty members Dr. Chinmoyee and Ms. Latika. They appreciated the presentation and students. Anaemia in Woman and Hunger Index group won the event. Students and teachers of the college attended the event.

Total amount generated through the event was 6120/- which is has been transferred to the NGO.



The **Department of Mathematics and Statistics** organised a treasure hunt on December 19, 2019 for the senior college students. The treasure hunt was based on statistical and mathematical crossword and word searches which led to the final clue; also included were logical reasoning questions and clues which led the participants to different rooms to find the treasure.

After many discussions and brain storming sessions, the final clues and the grid map for the treasure hunt were prepared. It was decided to conduct two rounds –Elimination and Final round. The elimination round was decided to be a quiz round and the qualifying team in this round will go to the second round which was a treasure hunt game. December 19th saw a team of very excited SYBA students who were organisers and volunteers for the event. Students participated in large numbers. After

the instruction's and distribution of the first clue, as the participants ran from one room to the central lawn and back to the MPH, while suddenly finding themselves in the physics lab searching for clues, the volunteers and teachers made sure that everything went on without a glitch. Along with the participant's mathematical and statistical skills, the treasure hunt tested their logic, presence of mind, patience and most definitely speed running skills! As one clue led to another, two teams reached the Final Treasure at the Basketball court. Amidst cheers and shouts, the winning teams were congratulated and given prizes. All the participants and volunteers received certificates for their efforts and participation.