



CONSOLIDATED ANANYA REPORT (2016 – 17)

COMPILED BY SIDRANA AZ QAZI

SOPHIA COLLEGE FOR WOMEN, BHULABHAI DESAI ROAD,
MUMBAI - 400026

DEPARTMENT OF HISTORY

ANANYA 2016-17

The Department of History organized two events for Ananya.

Event 1

The departments of Economics and History jointly organized a workshop on “Yoga for Stress Management in youngsters”. It was held on 16th December 2016. The workshop was conducted by SandeepSolanki, a yoga instructor from Kaivalyadham. It was attended by almost 75 students who learnt simple techniques of breathing and correct posture along with some simple stretching exercises which would improve their physical well-being. The breathing techniques focused on how students can improve their concentration, memory and recollection power to reduce the stress caused by examinations. The same exercises would help students deal with their daily stress. The workshop concluded with laughter yoga. The workshop lasted for 1.5 hours. The students gave a positive feedback regarding the workshop and declared it to be a success.



Event 2

TYBA students were encouraged to showcase their talent before their own classmates. The programme was held on 21st December 2016. It consisted of the following: ‘ A Day in the College Hostel’ (humorous skit), Demonetisation (satirical skit), Medley of Hindi film songs, Two Group Dances, and Two scenes from two different Marathi plays. The skits were written by the students. The purpose of this event was to encourage students who had never performed in public to do so and to do something that they may have never done before viz. act, sing, and dance. The programme was a success.



Swarupa Kamat and RashnaPoncha

DEPARTMENT OF BIOCHEMISTRY AND QUALITY ASSURANCE

ANANYA 2016-17

As a part of annual Sophia college event “Ananya” the department of Biochemistry along with Quality Assurance had organized Ananya’15 “PULSE IT UP!” on Saturday, 14th January 2017 in the central lawn.

The year 2016 was declared by the United Nations as the International year of pulses “- year of living sustainably”, with an objective of serving nutritious seeds for a sustainable future. Keeping to the same theme “Pulse it up” was organized to inculcate awareness about the importance and power of pulses.

**“Discovered about 11,000 years ago in middle east,
pulses serve us a variety of feast.
They form a part of the legume family,
you will enjoy eating them happily.
They come in a spectrum of colorful beans,
packed with high content of vitamins and proteins.
From chick peas to pigeon peas,
all possess the potential to please”!!**

Pulse it up comprised of:

1. Pledging
2. Pulse related treasure hunt
3. Pulse related team competition
4. Pulse meal making competition
5. Pulse related :Fun, games and activity
6. Community kitchen – preparation of khichdi full of pulses
7. Celebration of *Makar Sankranti*
8. Culmination of Marathi speaking fortnight: All visual displays were written in Marathi to create an awareness

Principal Dr. Sr. Ananda Amritmahal and Vice Principal of science Dr. Yasmin Khan graced the event in the central lawn by their presence. Sr. Ananda inaugurated the function and encouraged the students by sharing with them the importance of pulses in ones’ daily life. She also took a pledge “on how would you like to celebrate the international year of pulses” which was put up on the pledging tree followed by the Vice Principal, teachers, participants and audience.

Quality Assurance students had set up fun, game and activity stalls related to the theme which kept the participants and audience engaged before the inauguration of the competition and throughout the event. Q.A students also cooked in the community kitchen delicious and nutritious khichdi of blended pulses including 75 ingredients, named as पंचसमती Khichdi, to commemorate the platinum jubilee celebration of our college, which was served along with papad and “Tilgul”, as it was also a day *Makar Sankranti*

म्हणून- “ तिळगुळ घ्या, गोडगोड बोला ”

“उडवु पतंग जमवुन सवंगडी आवडीने चाखु तिळगुळाची गोडी”

The final touches to the Khichdi 75 was given by our Principal and Vice Principal.

Altogether 15 teams registered for the event with 4 participants per team (60 participants) representing diverse classes from B.A, B.Sc to M.Sc. An elimination round was conducted where 10 teams qualified for treasure hunt, the remaining teams competed in an event of games comprising of 3 rounds like Match it up, Separate it up and Adorn it up, which gave students a whole new perspective about pulses. After each round of competitive set of games teams were eliminated based on their overall performance.

The pulse meal that was prepared was displayed by 7 teams which included a starter, main course and dessert made up of different pulses as the main ingredient along with its nutritional score. The pulse meals were judged by Dr. Andrea Coutinho, Sr. Patricia D'souza and Mr. Vijay Vig.

The prize winners holding 1st, 2nd and 3rd position for treasure hunt, pulse meal and competitive events were awarded with medals and certificates by Dr. Sr. Ananda Amritmahal.

The event concluded on a happy note where all the participants and audience pledged on key messages to take away with a call to build upon a strong sustainable future.

Reported by Post graduate students of Biochemistry

Note: Print of the photographs to be taken from the ppt

DEPARTMENT OF PSYCHOLOGY

ANANYA 2016-17

On December 9, 2016 (10.30-11.35), a talk was arranged with Dr. Prakash Gangdev (MBBS MD MMed FFPsych MRCPsych (Hon), Consultant Psychiatrist in London, Ontario, Canada, on 'Overcoming Anger through Forgiveness for Positive Outcomes'

Dr. Gangdev started the session by speaking about emotions and the functions of emotions, focusing on expressed anger, both adaptive and maladaptive, citing relevant research on the impact of maladaptive anger (expressed or suppressed) on physical and mental health.

While talking about the resolution of suppressed anger, he focussed on the benefits of 'letting go' through forgiveness on physical and mental health, as opposed to 'holding on' and referred to its advocacy in Buddhism, Judaism, Hinduism, Christianity and Islam.

Elaborating on forgiveness, he said that it could be decisional or emotional. He drew attention to the distinction between pardon, condoning and reconciliation without forgiveness and forgiveness without reconciliation and the importance of self-forgiveness; the guilt counterpart of resentment towards the other, self-directed anger resentment, blame.

He presented 'famous forgivers' in recent times, inclusive of Mahatma Gandhi, Mandela and Hilary Clinton. He further elaborated on three forgiveness interventions; Enright –Process model, Worthington-REACH model and Luskin-9 steps; the common themes in these interventions being (i) Acknowledgement (of hurt) (ii) Awareness (of anger) (iii) Exploration of anger-(source, focus, intensity, impact) (iv) Decision (v) Addressing ruminations (vi) Altruistic gift (vii) Going beyond (viii) Finding meaning (in suffering) and purpose (in life). "You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well." (Lewis Smedes)

He cautioned that 'while resentment has a positive value, to err is human, to forgive is supine and hasty forgiveness may undermine self-respect, respect for the moral order, respect for the offender, and for forgiveness itself, forgiveness provides closure but even retaliation does it.' He also highlighted the barriers to forgiveness, namely, the fear that the offender will re-offend, forgiveness seen as a sign of weakness, concerns that right to justice will be relinquished, that the high moral ground that may be perceived in connection with being a victim will be lost, however, in the words of Desmond Tutu 'Without forgiveness there is no future.'

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future." (Lewis Smedes).

Giving and Receiving

Holding, containing, recycling
Reliving the past is like dying

The un-merry-go-round in a hole
A major encumbrance for the soul

Old grudges, resentment, bitterness
Many transgressions but no witness

No peace, and devoid of sound cognition
The optional war to the point of attrition

Eroding the soul and eliminating felicity
Being permanently adopted by calamity

Or you can choose the other way
Let grudge and hurt part your way

No biting jalapenos incessantly
No burning your mouth constantly

Giving and forgiving makes the soul light
By ceasing the relentless internal fight

Open the doors and be ready to receive
Liberation and peace, not just reprieve

Prakash Gangdev

DEPARTMENT OF HINDI

ANANYA 2016-17

This year for Ananya the department of Hindi had planned a **workshop on advertising**. Dr Asha Naithani Dayama, a very experienced person from media was invited for this event on January 11, 2017. She conducted the workshop for one and half hours for the students of all the three classes of Hindi (FY, SY & TYBA). Apart from department of Hindi, students of education department also joined this workshop. Dr Dayama is HOD of Hindi in St. Xavier's College. She has also served as Vice Principal of the College for many years.

She introduced the fascinating world of advertising to the students. In the beginning she traced its history. Then she explained about the many essentials of AD-making, such as research on target audience, writing a script, making a story board, etc. She spoke of many nuances of the process. The advertisement ultimately tries to persuade the consumer or rather emotionally blackmails him or her. The length of an advertisement, the role of colours, movement, family relationships, a tag line are all part of a good advertisement.

After giving a detailed understanding of the entire journey, Dr. Dayama asked students to script one AD on certain products. She explained the know-how of writing in two columns of Audio & Video. Students tried their hand on scripting ADs and then read out what they had written. The workshop was attended by about seventy five students. Dr. Mrs. Nirmala Tripathi, Dr. Sethi and Mrs. Smriti Singh were present from Hindi department.





DEPARTMENT OF EDUCATION

ANANYA 2016-17

This is the first time that ‘Kashish Forward’ came to **Sophia College for Women**, Mumbai. It is most unfortunate that eminent transgender activist, Laxmi Narayan Tripathi could not come for his session on Inclusive Education for Transgenders. This was a cause of great disappointment for most who had come. The auditorium was overfull, packed to capacity. It was very very kind of Sreedhar Rangayan, film maker, and Queer activist to begin his session with a review of Kashish 2016, and then he took us into the main screening, with some comments before and/or after each screening and a discussion at the end.

The audience included students from Standard 11 to Third (Final) year undergraduate students – mostly from the BA programme. There were 174 registered participants for the session, including faculty members from Arts, Science and Information Technology streams.

The last film screened - with its actors (female and male) and director actually present, connected with everyone present and there were plenty of questions with the cast and crew. Some questions asked included:

1. Why are transgenders portrayed in a comical way in mainstream media?
2. If religious scriptures show the LGBTQ community without inhibitions, people still have somehow derived different meanings from the text. Why?
3. Where should a person seek support from if s/he belongs from a minority group with a poor economic background?
4. Comment on section 377 being highly misunderstood.
5. Comment on the inclusion of LGBTQ in academia – textbooks and course syllabi (English Literature, Philosophy & Sociology)
6. Comment on LGBTQ being perceived as “deviant” behavior

The general vibe and feedback from students who interacted was positive. Some came up and were personally grateful that KF came to Sophia; few suggested that we have this fest every year. I did not get any negative feedback.

The films that were screened helped to reinforce and validate the class room discussions surrounding inclusive education, LGBT Education, and Minorities’ education.

I am certain that the *effect* of the festival encouraged many more Sophia students to participate in the Queer Azaadi March, in Mumbai, on the Saturday following.

May 2017

Dr Andrea Coutinho, & Ivan John

DEPARTMENT OF PHYSICS

ANANYA 2016-17

As an Ananya Activity (2016 - 2017), Degree college students were presented a working Model Exhibition in 'Phiz Fun 2017' under Star College Scheme, on 28th February, 2017 to celebrate 'Science Day' in Canteen Extension.

The name of models were as:

Arduino, Steam Power Generator, 7 – segment Display, LASER Security Alarm, Working of Helicopter, Working Robot, See – Saw water Pump & over flow Buzzer, Simple Generator 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 activities.







