

SOPHIA COLLEGE (AUTONOMOUS)

PRINCIPAL'S REPORT FOR THE YEAR 2022-2023

Theme of the Year: "RECOVER *DISCOVER* EMPOWER"

Section I

HIGHLIGHTS OF THE YEAR

1. The college was reopened for all the batches of students after the Covid 19 pandemic. Orientation sessions were conducted for FY, SY, TY, MSc, and MA students in Sophia Bhabha Hall.

2. Infrastructural Changes:

The science building, science department laboratories, lab equipment, computers and computer laboratories were inspected for security and safety. Repairs and upgrading were carried out as per the requirements of the respective departments. The Biochemistry department (which is now closed) is converted into a Postgraduate classroom and a PhD lab for the Biological Sciences. A 'Kindle Corner' has been set up in the library and is ready to use for students and faculty. Room no 29 has been made into a well-equipped 'Studio' for e-content generation, with the RUSA grant.

3. RUSA:

The second installment has been fully utilized. The projected expenditure has been presented to the RUSA authorities. We are awaiting the final installment of RUSA funds.

4. Azadi ka Amrit Mahotsav, an initiative by the GOI has been celebrated by the college in a variety of ways.

On the occasion of the 75th year of Azadi ka Amrit Mahotsav, Sophia College celebrated Independence Day on August 15, 2022 by the flag hoisting which was followed by a cultural programme. The Dept. of Physical Education and the NSS unit of Sophia College organised a peace march from the college campus to August Kranti Maidan. There were approximately 550–600 students accompanied by faculty members. Special guest lectures, workshops, debates and seminars were organized in the college to commemorate the 75th Independence Day.

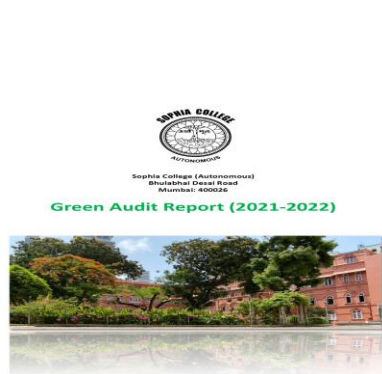


5. Preparation of NAAC: Meetings were conducted with NAAC criteria committees. The committees met regularly with their coordinators. The initial rounds of data collection and compilation have been conducted.



6. Preparation for the implementation of the New Education Policy 2020: The preparation began with a technical meeting with Dr Bhalchandra Bhole (Consultant, IQAC Cluster, Maharashtra) of all the heads of department and the course coordinators. Two nodal officers and the NEP core committee worked relentlessly to customize the NEP design for the college. DSCs (Department specific courses) as well as the CCs (Common courses) for Semesters 1 and 2 were finalized.

7 Audits: A. Green audit was conducted, and a report was submitted on 10th December 2022. Mr. Ram Patil, Head and Promoter, Institute for Sustainable Energy, Environment and Economy (ISEEE) was the auditor.



B. An internal academic audit for the academic year 2021-2022 was conducted on the 23rd and 24th January 2023 for Science and Arts respectively. Dr Ignat Mendes, Ms. Gilda Pereira, Dr Yasmin Khan, and Dr Chinmoyee Vatsyayan were the auditors.

C. An examination audit for the AY 2021-2022 was conducted on 23rd January 2023. Dr Rajendra Shinde, Principal, St. Xavier's College (Autonomous), Mr. Wilson Rao, COE, Jai Hind College (Autonomous), and Mr. Manish Gogari, Convenor of Exam committee, Mithibai College (Autonomous) were the external auditors/experts.



D. A Gender **audit** was conducted on **27th March 2023**. Professor Vibhuti Patel, Dr. Lily Bhushan and Dr. Hrishikesh Samant were the external auditors. A report on the activities under the gender perspective was submitted.

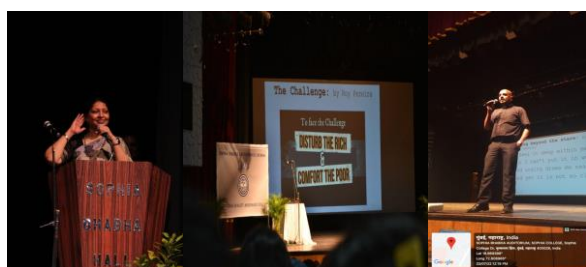


Section III _Internal Quality Assurance Cell (IQAC)

A RUSA-supported **Faculty Development workshop** was organized on integrating Educational Outcomes into the Curriculum on **14th June 2022** by Professor Kalpana Chavan, St. Xavier's Institute of Education.

A **SWAYAM course orientation** was held on **1st and 2nd July 2022** for SYBSc IT and SYBA Div. A, B and C

Keeping in mind the theme of the year “Recover, Discover and Empower”, a **Student Enrichment Program** for senior college students was organized on **22nd July 2022**, during the long break, at Sophia Bhabha Hall. The topic of the program was ‘Strategies for Navigating Uncertain Times’, and the speaker was Dr. Fr. Roy Pereira. The event, which was open to senior college students, was a huge success. The program, as the name implies, primarily focused on how students can strategize for navigating uncertain times such as the COVID-19 pandemic. The speaker focused on keeping things positive, fun, and educational so that the students could enjoy and understand what was said. Students gave positive feedback about the session. According to them, the program helped them a lot, and the speaker was very knowledgeable and interactive, which made the session even more interesting. The PowerPoint presentation by the speaker helped them in understanding the concepts and the purpose of the program. The students expressed their wish of having more such programs.



Given the forthcoming NAAC, IQAC revised the D1 (Teacher's activity/Participation), D2 (Research activity report), D3 (Teaching methodologies) and D4 (Departmental activities) **Documentation**

Google forms for the academic year 2022-2023. These Google forms were assigned in the NAAC Documentation and the HODs Google classrooms on **30th August 2022**. These were running submissions, and staff members were asked to fill and submit these Google forms as and when they completed an activity. An orientation session regarding Documentation for the AY 2022-2023 was held on **5th August 2022**. A new Google form D5 was introduced from the AY 2022-2023 onwards, which consisted of NAAC criteria I, II and V. This was posted in the HODs classroom as well.

Meetings were also conducted with NAAC criteria committees in preparation for NAAC. The committees met regularly under their coordinators, represented by NAAC Consultant / IQAC Coordinator/ QDC.

Workshops were conducted on the **3rd and 4th of October 2022** to discuss specific NAAC criteria templates and details.

The **reporting system** was reorganized. Apart from the clubs, associations and student initiatives were brought under reporting and the templates for the reporting have been revised as per the NAAC requirements.

Data and the applications for **India Today, NIRF and the Week** were submitted successfully. Our college was ranked as the **third-best college** in the city of Mumbai and **third-best** in the western region of India in the general category as per the India Today Survey 2023.

Our college also secured 23rd rank according to the WEEK Survey at the All India level.

Feedback forms were revised for the AY 2022-2023. Entry-level questionnaires were administered for the academic year 2022-2023. The forms were shared with FYBA, FYBSc, FY(BASCJ), and FYBSc IT students, and also with PG students (MA-I, MSc-I) and students of Quality Assurance PG Diploma. Exit feedback questionnaires were administered to all TY (BA/BSC/BA-SCJ/IT), MA-II, MSc-II and QA students. Gender audit questionnaires/ Gender Feedback were also successfully conducted for all the students (FY/SY/TY/MA/MSc/QA). TAQs and the Student Satisfaction survey were conducted for the AY 2022-2023.

A **session** on 'Responsible Citizenship: An Orientation on Income Tax' was organized in collaboration with the Income Tax Department. It was held for the FYBA students of the college on **30th August 2023**. It was conducted by guest speakers Ms. Soumya Anand, Assistant Commissioner of Income Tax, and Mr. Mayank Mishra, Deputy Commissioner of Income Tax, in the Sophia Bhabha Hall. The session covered some fundamental topics of income tax which included how tax is collected, the indirect taxes we all pay, how the tax we pay is used for the development of the country, how the government gets its revenue, the growth in taxes seen in recent years with the highest collection being made in the financial year 21-22 and more.

The Department of Sociology and IQAC organized a **National Conference** on 'Academia and Contemporary Research: Roots and Routes', on **16th September 2022**. This conference was supported by the RUSA Grant. It was held at the Convention Centre and was open to all teaching faculty as well as to PhD research scholars. It included four sessions, each with a different theme, dealt with multiple aspects of the research procedure starting from what exactly constituted research, research ethics as well as how to go about conducting it, and ending with the multiple fellowships and mediums that could be utilized for the publishing of one's research and academic work.

Institute of Chemical Technology, Mumbai, Professor Vinayak M. Sholapurkar - Head, Department of Mathematics, SP College, Pune, and Dr Vijay Joshi - President, Cluster Colleges were the resource people.



The **first issue** of the student journal “**Luminous**” was released online on **28th April 2023**. It is available on the College website.



The **2nd issue** of the IQAC Research journal “**LUCID**” was released at the end of the academic year. The theme was ‘Conflicts, Wars, Tolerance, Peace, and the Emerging World Order.’ Many of the in-house faculty members published their research articles in this journal. The title verification process of the journal has been completed and RNI registration is in progress.



The **Research Policy** of the Institute was **updated**, and may be found under the research tab on the website.

Four candidates applied for CAS. The CAS committee has scrutinized all the files and formalities have been completed. The official Scrutiny is yet to take place.

Email ids have been revived for Internal complaints Grievance redressal, Sexual harassment redressal, anti-ragging, caste-based discrimination complaints committees.

Preliminary considerations have been completed for the **Mentor-Mentee system**. It will be implemented in the AY 2023-2024. It will go across both faculties-y and will include all students.

Collaboration with NSS, CUC, Nature Club and SSRI to ensure a **clean campus** - Preliminary work has been completed.. It will be implemented from 2023-2024, with 150 students participating.

Section IV: Add on Courses

Sr.No	Department	Name of the Course	No of Students who Successfully completed the course
1	Psychology	Changing Frames 2022-23	114
2	Philosophy	Peace & Conflict Resolution	25
3	Foundation Course	Understanding Diversity	16
4	Foundation Course	Local Culture: Mumbai Meri Jaan	31
5	Chemistry	Innovation in natural dyeing and entrepreneurship opportunities	35
6	Sociology	Social Research Methods and Academic Writing	32
7	M.K. Tata Communication Technology Center	PYTHON PROGRAMMING, ADVANCED EXCEL	3
8	Zoology	BASICS OF FORENSIC SCIENCE	29
9	Microbiology	Clinical Research (SACCR)	12
10	Physics	Python for Beginners	23
11	English	Posthumanism	56
12	History	i. Ancient Civilisations'	28
		ii. Humari Mumbai, Urbs Prima in Indi'	32
13	B.Sc. IT	i. Advanced Excel	11
		ii. Ethical Hacking	45
14	Chemistry	'Positive Health in Women	10

In addition to the ones mentioned above, the BA (SCJ), BSc(IT), Sophia Irene Heredia Centre for Women's Studies and Development (SIHCWSD) conducted a number of value added courses as well.

Section V: Degree College Department Activities

Economics:

The Department of Economics and History jointly organised a speaker series titled 'India 1947: Looking Back, Looking Forward' on the 27th of January, 2023. This session was supported by RUSA.

- Date - 27th January, 2023
- Number of staff members involved- 3
- Number of students involved- all students of the two departments
- Guest Speaker - Dr. Brinda Jagirdar

• Field trips done by the department

- Name of the place- The Department of Economics organised a field trip to a Handloom and Handicraft Exhibition organised by the Swadeshi Haat Foundation, which is an NGO empowering weavers and artisans. The exhibition was set up in Ravindra Natya Mandir, Prabhadevi.
- Date- 20th January, 2023
- Number of students involved- 25(TYBA)

• ANANYA ACTIVITY-

Student Seminar Presentations on "India in 2050" - 1st March 2023 - Ananya Activity No.3. Ms Devyani Srivastava, TY Eco- Socio D/M student was awarded 1st prize for her paper and presentation titled "A focus on the demographic transition, its implications on the agrarian economy".

• YOGA WORKSHOP

As a part of the Ananya Activity 2023, the Department of Economics organised a session on "Yoga on a Chair with Jyoti Mantri" in order to reduce stress and improve mental clarity of students. It was held on 15th of February in the Multipurpose Hall, Sophia College.

ENGLISH:

ACTIVITY 1:

Workshop on "Sport, Society and Writing"

August 11 and 12, 2022

Number of students involved: 60

Guest Speaker: Dr Veena Mani, Assistant Professor, Stella Maris College, Chennai

ACTIVITY 2:

RUSA-sponsored guest lecture titled “The Representation of the Marginals in Contemporary Indian Cinema” conducted in collaboration with the Department of Strategic Communication and Journalism

November 19, 2022

Number of students involved: 154

Guest-Speaker - Dr Roshni Sengupta

ACTIVITY 3:

RUSA-supported Add-on course on “Posthumanism”

November 21, 2022 to February 2, 2023

Number of students involved - 56

Guests/Speakers - Dr Monirul Islam, Dr Arka Chattopadhyay, Dr Samrat Sengupta, Dr Bodhisattva Chattopadhyay, Dr Aruni Mahapatra, Dr Dhrupadi Chattopadhyay, Dr Gargi Bendre, Dr Sucharita Sarkar

ACTIVITY 4:

Workshop on Mobile Photography

January 11, 2023

Number of students involved: 58

Guest Speaker: Mr Girish Menon, Guest faculty, University of Mumbai

ACTIVITY 5:

RUSA-supported one-day conference on “Interrogating Masculinities in Contemporary Indian Literature and Culture”

January 31, 2023

Number of students involved: 102 participants in all (students and staff from Sophia College and other colleges)

Guest Speakers: Paromita Vohra, Dr Gita Chadha, Dr Anusha Ramanathan, Dr Joseph Sarang Bhakre. Raj Kapse, Sagar Kadrekar

ACTIVITY 6:

An Adaptation of William Shakespeare’s *A Midsummer Night’s Dream* (stage production)

March 2, 2023

Number of students involved: 22

ACTIVITY 7:

Guest lecture by Dr Dhrupadi Chattopadhyay on “Reading the Postmodern Re-Writing of the Victorian Novel: Notes From *Wide Sargasso Sea*” to the English TYBA S/M students

March 6, 2023

Number of students involved: 30

Guest Speaker: Dr Dhrupadi Chattopadhyay

National or International awards/fellowships received:

Samrita Sinha: Charles Wallace Research Grant, UK

Department- lecturers having research projects funded by Government (include RUSA), Non-Government agencies, college during the year:

Samrita Sinha: RUSA sponsored MRP titled, “Registers of Protest: A Comparative Analysis of Poetic Voices of Dissent from Northeast India, Kashmir and the Dalit Community”

Nishtha Dev: RUSA GRANT FOR A MINOR RESEARCH PROJECT, “Twentieth Century Hindi Satires as Social Critique”

HISTORY:

- 1) **Commemoration of the Rājyābhiṣeka of Chhatrapati Shivaji Maharaj (online)**
6th June 2022
71 students
Resource Person: Dr (Shahir) Rajendra Raut
- 2) **Lecture 2 of Collaborative Lecture Series with Vaze College. Paper presentation 'The Contribution of Parsis to Bombay: An Enduring Legacy'**
23rd August 2022
Resource Person: Dr R. Poncha
- 3) **Tata Literature Live on Campus - An interaction with Antoinette Lattouf and Rolf Hermann**
11th November 2022
Guest Speakers: Ms Antoinette Lattouf and Mr. Rolf Hermann
- 4) **A talk on Research Methodology and Oral History**
16th November 2022
Guest Speaker: Ms Malavika Bhatia – Citizens’ Archive of India
- 5) **Seminar INDIA 1947-2022 LOOKING FORWARD LOOKING BACK. Jointly organized by the Departments of History and Economics**
27th January 2023
Guest Speakers: Mr. Siddharth Bhatia and Dr. Brinda Jagirdar
- 6) **Ananya Talk on A Career in Education in Collaboration with the Department of Maths and Stats**
28th January 2023
Guest Speaker: Ms Lamiya Tambawala
- 7) **Meeting with and talk by Anita Kelly, Consul General of Ireland. Also present Alison Reilly, Deputy Consul General.**
2nd February 2023
Guest Speaker: Ms Anita Kelly, Consul General of Ireland
- 8) **A Talk “Careers in History”**
11th February 2023
Guest Speaker: Ms Neha Vishwakarma
Collaboration with MRC and Asiatic for International Women’s Day. ‘(In)Visible Subjects? Pranalal Patel's Women at Work, Ahmedabad, 1937’.
9th March 2023
Speaker: Dr. Lisa Trivedi (Hamilton College, USA)
- 9) **Certificate Course : ‘Ancient Civilisations’**
3rd January – 21st January 2023.
Resource Person – Kurush Dalal
28 students
- 10) **Certificate Course** in collaboration with MRC, Asiatic Society, Mumbai; ‘Humari Mumbai,

Urbs Prima in Indi's'.
24th November, 2022 to 20th February, 2023
32 students.

Field trips done by the department:

- 1) Tata Literature Live. Lecture by Jane Ohlmeyer - Gerald Aungier: The Founding of Bombay
13th November 2022
10 TY students
- 2) Trip to the National Museum of Cinema, Peddar Road
10th December 2022
45 TY students
- 3) Trip to INS Angre
17th December 2022
61 TY and 9 SY students
- 4) Trip to CSMVS to see the Museum. Also saw two exhibitions 'Changemakers: Extraordinary Lives of Ordinary Women in Bombay Presidency' and 'Early Photography and Archaeology in Western India'.
22nd December 2022
31 TY students
- 5) Visit to the RBI Museum, Fort, Mumbai and a Heritage Walk around Fort Precinct and Churchgate
14th January 2023
42 TY and SY students
- 6) Visit to the Asiatic Society for an exhibition by Mrinal Kapadia 'The Artists of Bombay. Works from the Company Period: 1760-1860'.
24th March 2023
16 Students

Department/ lecturers having research projects funded by Government (include RUSA), Non-Government agencies, college during the year.

Swarupa Kamat- Lobo-Dubey Research Scholarship

Workshops/seminars/ Conferences conducted on Gender related issues

Collaboration with Mumbai Research Centre, Asiatic Society, Mumbai for International Women's Day. Talk on '*(In)Visible Subjects? Pranalal Patel's Women at Work, Ahmedabad, 1937*'. (9th March 2023)

Speaker: Dr. Lisa Trivedi (Hamilton College, USA)

EDUCATION:

1. Activities conducted by the Department of Education in 2022-2023:

(i) Seminar and Film Screening on the “Happiness Class”

Date (Friday 22nd July; 8:50 to 10:30 a.m.)

60 TYBA Education Students and 50 SYBA Education Students

Guest Speaker: Ms Samina Mishra (Delhi Film-maker, Author and Teacher)

(ii) 9 sessions of the “TYBA Happiness Class”

Dates (From 16th July 2022 to 6th March 2023)

60 TYBA Education Students

(iii) Guest Lecture by Gifted Alumnus Education Ex-Student

Date : 20th January 2023

35 TYBA Education Students

Guest Speaker: Ms. Rivika Khanna

2. Field trips done by the Department of Education in 2022-2023:

(i) Departmental ADVENTURE SPORTS Camp: The Khopoli Trip

Name of the place: Khopoli, Maharashtra

Date: 19th and 20th November 2022

Number of students involved: 57 Students

(ii) Social Outreach for TMH Cancer Patients (1st Feb 2023)

Name of the place: Tata Memorial Hospital, Parel, Mumbai

Date: 1st December 2022

Number of students involved: 45 Students

(iii) TYBA Rural Education Camps in Dhamkind and Velgaon Z.P.

Clusters of Primary Schools, Boisar Village, Palghar District.

Name of the place: **Dhamkind Zilla Parishad Primary School,**

Boisar village in Palghar District.

Date: 3rd December 2022

Number of students involved: 17 Students

3. Add-On Courses

(i) Advanced Excel (Departments of Education and BSc-IT)

Name of the place: Computer Lab # 2

Date: From 25th September 2022 to 10th November 2022

Number of students involved: 11 Students

(ii) Ethical Hacking (Departments of Education and BSc-IT)

Name of the place: BSc-IT Computer Laboratory

Date: From 25th September 2022 to 10th November 2022

Number of students involved: 45 Students

4. Special programs conducted for slow learners and advanced

learners. PEER-TEACHING

Department Faculty having research projects funded by Government 2022-2023.

Dr Andrea Coutinho completed the RUSA supported project and submitted the report.

5. BRAINIAC Seminar on Entrepreneurship and Self Employment

Date : 26th August 2022

Number of students involved: 25 TYBA Education Students and other students

Speakers: Ms Chaitali Chatterjee, Ms Angelina Arenja and Ms Yogita Prabhu

6. Seminar by Faculty from Waikato University, New Zealand.

Date : 9th November 2022

Number of students involved: 45 TYBA Education Students

Guest Speakers: Dr Kirsten Petrie, Associate Dean of Academic, PVC's Office Education, University of Waikato, NZ;

7 Workshops/seminars/ Conferences conducted on Gender related issues:

(i) Title of the activity/event: ANANYA 2023: T-Shirt Painting Competition on Gender inclusion and Gender Representation

Date: 20th January 2023

Number of students involved: 24 Painters and 10 Volunteers

Date	Time	Resource person	Title of lecture
01.02.2023	12 - 1.30	Dr. Lakshmi Muthukumar.	'Pantheistic Philosophy and English Poetry of the Romantic Period'
02.02.2023	12 – 1.30	Ms. Simmin Bawa.	'The Kama Sutra: Sexuality and Beyond'
03.02.2023	11.30 – 1.00	Dr. Omkar Bhatkar.	'Simone De Beauvoir's Reflections on Dying and Caregiving'

7 ANNUAL SYMPOSIUM on LGBTQ+ Rights

Date: 21st January 2023

Curator of LGBTQ movies: **Mr Sridhar Rangayan****Number of students involved: 24 Painters and 10 Volunteers****8. E-content development.**

Designed and constructed videos and PPT.

Prepared self-instructional material for IDOL, University of Mumbai.

9. Guidance for competitive exams and career counselling offered to students.**(i) Orientation on the BED-CET**

Date : 10th March 2023 in online mode

Number of students involved: Online 45

TYBA and TYBSc Students

Speakers: Dr Vaishali Sawant and Dr Hema Bhadawkar**PHILOSOPHY:**

1. Field Trip to Vipassana Global Pagoda (in collaboration with dept of Physics and Zoology)

Title of activity: Meditation and Mindfulness**Date:** 27th January 2023**Number of Participants:** 38

2. Guest Lecture Series (RUSA Sponsored)

Title of activity: Philosophy Through Literature**Date:** 01st February – 3rd February 2023**Number of Participants:** 120**POLITICAL SCIENCE:**1. Talk on '**Democracy and Social Structures**'

Date : September 19th, 2022; Guest Speaker: Mr. Floyd Gracias

2. Title of the activity/event : Talk on 'Protection of Women against Domestic Violence Act, 2005'

Date : November 25th, 2022.

Guest Speaker: Adv. Nirmala Samant Prabhawalkar (former Mayor of Mumbai) and Mr Anant Deshmukh.

2. Field trips done by the department:Title of the activity/event : Visit to Mani Bhavan - Gandhi *Sangrahalaya*

Date : January 16th, 2023

3. Special pedagogical tools used, other than the lecture method

Talks by Experts as Guest Speakers and Visits to Relevant Institutions as mentioned above.

Use of LCD laptop and Social Media, such as WhatsApp , Facebook, YouTube to share and discuss issues and content such as Documentaries, News reports , Interviews etc. in class during lectures and also after lecture hours, online.

PSYCHOLOGY:

Tissue donation & banking session 1st July, 2022: *Conducted by the Department of Psychology in collaboration with the NSS unit of the College*

- Number of students involved around 200
- Guest Speaker: Dr. Astrid Lobo Gajiwala

Masterclass in Suicide and the Role of Emotional First Aid
15th July, 2022

- Number of students involved: 150+
- Guest Speaker: Mr. Sachin Chitambaran

Session on Touch Therapy

26th July, 2023

- Number of students involved: 40 students of Psychology Single and double major
- Guest Speaker: Ms. Aarti Asrani, NLP practitioner

Listening/Relational Skills workshop

1st August, 2022

- Number of students involved: 20
- Guest Speaker: Samaritans, Mumbai (Telephonic helpline)

Suicide Gatekeeping Course

6th & 8th August, 2023

- Number of students involved: 23 TYBA/SYBA students
- Guest Speaker: Mr. Sachin Chitambaran

Debates

Sr. Patricia organized two debates with the SYBA class, to facilitate a healthy discussion on various perspectives of the issue and understand the topic from multiple angles.

Workshop on ‘Building resilience through good mental wellness habits
Tuesday 27th September

- Number of students involved: 90 FYBA students
- Guest Speaker: Shubhangi Rastogi, Founder & CEO of *Mind Alcove* - An app for your Daily Mental Health
- The workshop consisted of a lot of fun activities around gratitude practices, journaling & a fun Q n A session.

Exploring Women’s Preventive strategies in public spaces in Mumbai
(Research Presentation by ex-students) - 25th November, 2022

- Number of staff members involved: Sr. Patricia

- 80 students of the TYBA Psychology double major class
- Guest Speaker: Ex-students Sayali Korde & Shrishti

Bonding sessions were organized by Sr. Patricia periodically, for the single and double major classes to assist in the transition from online to offline mode after a long gap, to get to know each other and build healthy and meaningful relationships. This was also in keeping with the Theme of the year – Recover, Discover, Empower.

Distressed to Destressed: combating stress constructively

Ananya 2022-23 RUSA supported Workshop **23rd January 2023**

- Number of staff members involved: whole Department
- Number of students involved: 28 students
- Guest Speaker: Dr. Dinu Shibu Mathew Counsellor and Psychotherapist

Journalling session- 9th February 2023

A journalling session was held for the Psychology Double major class by Sr. Patricia, to expose them to an effective technique of handling their emotions.

- Number of students involved: around 70 TYBA double major students

Orientation to Diploma Course in Safeguarding of children & Seniors

19th February, 2023

- Number of staff members involved: Sr. Patricia
- Number of students involved: 100 TYBA double major students
- Guest Speaker: Fr. Konrad Noronha, Ms. Havovi Bhagwagar and Sr. Patricia

Can Cinderella Heal Trauma?

24th January, 2023

- Number of staff members involved: Department
- Number of students involved: 95
- Guest Speaker: Ms. Seena Jacob (Founder & CEO, Bookwallah Foundation)

Paper Walls - Intergenerational and sexual trauma - 13th February, 2023

- Number of staff members involved: Department
- Number of students involved: 50
- Paper walls, a play written and directed by Sharodiya Chowdhury deals with the concept of intergenerational and sexual trauma. Followed by a discussion cum Q & A with a clinical psychologist Raksha Rajesh

Field trips done by the department: Visit to Institute of Psychological Health, Thane - 10th February, 2023

Ms. Simi Susan Shibu accompanied: 45 students of TYBA psychology

Extension activities carried out in the neighborhood sensitizing students to social issues for their holistic development

Placement/ Volunteer work: All students of the SYBA Development Psychology put in 20-hours volunteering, working in different organizations, NGOs, Institutions, Schools. They submitted a written report on their experience along with a letter from the organization where they worked.

One credit course: *Changing Frames 2022-23* conducted by the Department of psychology in collaboration with the International Journal of Neurolinguistics and Gestalt Psychology. 115 students registered and completed the course successfully.

Workshop on ‘Building resilience through good mental wellness habits Shubhangi Rastogi, Founder & CEO of *Mind Alcove* - An app for your Daily Mental Health conducted the workshop. Ninety FYBA students participated in the workshop consisting of a lot of fun activities around gratitude practices, journaling & a fun Q n A session.

SOCIOLOGY:

National Conference: Department of Sociology and Internal Quality Assurance Cell- National Conference: *Academia and Contemporary Research: Roots and Routes*

The Department of Sociology and the Internal Quality Assurance Cell (IQAC) of Sophia College, supported by the Rashtriya Uchchatar Shiksha Abhiyan (RUSA) conducted a national conference on “*Academia and Contemporary Research: Roots and Routes*” on 16th September 2022 at the Convention Centre of Sophia College for Women. The conference was open to all teaching faculty as well as the PhD research scholars, interested in furthering their knowledge about research and publishing.

Talk by Dr. Tribhuwan (Renowned Anthropologist)

The Joy of Working with Tribals: A Session by Anthropologist Dr. Robin Tribhuwan: A 3-hour talk conducted by noted Indian Anthropologist Dr. Robin Tribhuwan and a sale of some of the artworks done by the Tribal communities he is associated with. The event took place at the Convention Center over a period of two hours. Dr. Tribhuwan spoke about the number/statistics of STs in India, and how they are spread out all over the country and also expanded on the variety of problems faced by them, based on his experience studying them through an ethnographic lens. Attended by several staff members and over 130 students from degree college as well as junior college, the session was a highly enriching experience for all those present.

Industrial Visit to Yeola and Nashik

An industrial visit was organized by the Sociology Department of Sophia College for Women for third year students of sociology to Yeola city, popularly known as city of Paithani. and to Sula Vineyards in Nashik region of Maharashtra. It was a two-day trip on 19th and 20th January. Yeola was primarily an informal sector. The visit was focused to enhance students’ knowledge about the informal sector and how it is different from the formal sector. The visit to Nashik was to provide the students with an insight on the working of the formal sector..

Field Visit to National Museum

On 14th February 2023 we visited the National Museum of India. Dr. Rajula Shah with 11 students left the college at 12.00 noon. We reached the Museum. At first we went to the heritage building where we were introduced to the world of Cinema and the equipment used in the filmmaking process. We also

learnt about *The Lumiere Brothers*- who were French manufacturers of photography equipment- and about their contribution to Cinematography and motion picture.

Library Project

Around 20 third-year students worked on the Library Project- an initiative taken by the Sophia College Library and the Department of Sociology. They worked hand-in-hand with the Library staff, to collect data on books and periodicals related to Gender as well as on Sociology. Students worked across weeks to collect and corroborate information on the kind of books available at the library, which would aid in ensuring the richness of the Sophia Library.

UMANG Social Outreach Program

On 4th March 2023, 17 Third year students Volunteered for the Umang 2023 Senior Citizen Talent Show organised by Rotaract Club of Mumbai and Silver Inning Foundation.

Value Added Course: Social Research Method and Academic Writing

The Department of Sociology began the Certificate Course in Social Research Methods and Academic Writing in 2018. The aim of the course is to provide enthusiastic researchers with an opportunity to understand and develop their social research as well as to present this writing in an academic setting.

Flagship Annual Event Samajik Sociology

Samajik Sociology took place on 27th February 2023. A flagship program of the Sociology Department, the event aims to connect Sociology students from all three years, as well as the alumni as they come together for an afternoon filled with music, dance, and stories. Prior to the main event, the single major sociology students organized a pre-flagship event in the form of a Pop-Up on 24th February at the Canteen Extension.

CHEMISTRY:

I. Teaching chemistry- Beyond the classroom: In working towards the College mission of providing holistic growth to students, the chemistry department organises a variety of activities for the students. These activities aim at exposing students to frontier areas of chemistry beyond the syllabus.

i) Invited lectures:

- Attended talk on 'Positive Health: Empowering women' by Dr Mukesh Gupta on 11th November 2022.
- Nobel Oration 'Snapping molecules Together' by Prof. Suvarn Kulkarni organised by the Department of Chemistry on 3rd February 2023.

ii) Literature surveys/ research work-

a) Seminar Component: (EXSP)

- Ms Batul Ratnam on 'Dyes used in food containers' -LJ
- Ms. Safia Batatawala and Ms Cianna Lopes on 'Applications of graphene' -TA

iii) Chemistry Club: Sr. R.Khandagale and Ms. L.Jeysus are the co-coordinators of the club for 2021-22. Activities organized in the College were:

- Intercollegiate Chemistry fest 'Chemscope 2023' comprising of four events: shh.... There is a chemist among us (Treasure Hunt), Total Borons (Quiz), Chem Doodle (Doodle Competition) and Fast and Curious (Relay) organised by MSc and TYBSc students 28th January 2023.
- Students were also encouraged to participate in a number of inter and intra collegiate events:

iv) Field trips:

- Two-day Industrial Visit to Silvassa, visited industries like Parle G and Bombay Rayon with TYBSc and MSc students on 6th and 7th January 2023.
- Industrial Visit to Cipla Patalganga for MSc students on 11th March 2023.
- ‘Zaika-Food Fest’ Ananya event on 11th February 2023.
- Students of SYBSc and TYBSc volunteered for conducting chemistry related experiments and activities for school students visiting College Campus hosted by Sophia College, as an initiative by DBT star “Science ADDA” on 28th February 2022.
- Conducted DBT star college status supported One Credit course on ‘Positive Health in Women’ from 3rd to 13th January 2023-Co-ordinated by SM and TA.
- MSc Part I students (10) completed hands-on training on HPTLC at Anchrom Laboratory on 30th November 2023.
- MSc students (06) attended a ‘Winter School’ Workshop on Concept based learning conducted by SIES, Sion (W) from 26th December to 31st December 2022.
- MSc students (10) attended a four-day hands-on training programme on Advanced Instrumental Techniques (GC-FID, GC-MS, HPLC, ion Chromatography and FTIR) conducted by SIES, Navi Mumbai from 16th January to 19th January 2023
- Summer Internship for MSc students at BARC (5 students), FDA(4 students), IPCA laboratories (3 students), FDC Ltd (2 students) Manisha Laboratories (5 students, Chemotest Laboratory (1 students).

iv) Staff –student fun activities:

- ‘Zaika-Food Fest’ Ananya event on 11th February 2023.
- MSc Part II Farewell on 17th March 2023

MICROBIOLOGY :

1. Activities Conducted by the department:

1 Session on Career opportunities in the field of Clinical Research

- Date 13/08/2022 (Saturday).
- Guest speaker - Renuka Neogi Designation: CPL Manager, India & South East Asia Cluster, Sanofi, Martina Gomes Designation: Head, Regulatory Affairs, India, Bayer, Aparna Thorat Designation: Sr. Centralized monitoring lead. IQVIA RDS.

2 Microbes celebrate - Flavours of India (Fermented food recipe Competition and poster exhibition)

- Date **17th August 2022** from 9:30 am to 12:30 pm

3 Helped with the **organization and conducting of HBNI-DAE AKAM lecture program** under the aegis of DBT Star status on career opportunities in the field of Basic Sciences for Sophia College students

- Date 26th August 2022
Title of the activity/event-**MICROGYANI 2023** (Intercollegiate Quiz Competition)

- Date - **15th February 2023** from 10:30 am to 2:30 pm

4 **Marathi Bhasha Diwas** celebrated on 27th February 2023 in the microbiology lab by screening a Marathi movie ‘ Shambharava Sthal’ and students were asked to write their review / comments on post-it in marathi language Marathi.

- Date 27th February 2023

5 **Science day outreach activity** (under DBT star status): To develop interest in various fields of basic sciences and promote science education amongst school children, various experiments and other activities were organized in collaboration with the Zoology department on 28th February 2023. Students

of 7th and 8th stds. of three different schools visited college and enthusiastically participated in all the activities (hands on experiments, demonstrations, microscopy, quiz, games etc) organized by our FYBSc volunteers.

→ Date 28th February 2023.

→ Number of staff members involved- 01

6 - **Logo Designing competition** for Microbiology department

→ Number of students involved - 05 (student volunteers), 30 (participants).

7 '**Stress management**' by Joshua Tivade, (Consultant psychologist at Accenture)

→ Date 20th August, 2022.

8 '**Cross Scope**' – A series of career guidance sessions.

→ Date 10th December 2022 till 28th January 2023.

Session 1- Entrance and Competitive exams-“Yes you can”, by Dr. Vishal Kadu, Assistant Professor, Sathaye College. Date and time of event – 10th December, first lecture for UG students – 11.30am to 12.15pm, second lecture for PG students – 12.30pm to 1.15pm.

Session 2- Opportunities in healthcare by Mr. Syed Samiullah, Head of operations, Professional Info Tech, Coimbatore.

Date of the event – 22nd December 2022

-session 1 - Medical transcription, Medical coding and Medical billing.

- session 2- Clinical research, Pharmacovigilance and food safety.

Session 3- Avenues in the medical field- Radiation Oncology, by Ms. Jeevanshu Jain, Medical Physicist –C, Department of Radiation Oncology, ACTREC, Tata Memorial Centre.

Date of event – 14th January, 2023. Time 6-7pm. Platform – Zoom.

Session 4- Bioanalytical Science – A roadway to diverse opportunities, by Dr. Naomita Dhume, Coordinator and HOD of Bio Analytical Science at G.N Khalsa College.

Date of event – 20th January 2023, 11.30 am- 12.30 pm

Session 5- Art in Human reproduction – contribution of an embryologist by Dr. Vijay Mangoli, Embryologist.

Date of event – 28th January, 2023, time – 12.30pm to 1.15 pm

Field trips

[1] **Visit to Parle G biscuit factory**, Talegaon, KF bioplants, Manjiri and Go cheese factory and Bhagyalaxmi Dairy farms, Mancher

[2] **Visit to BARC** Co-ordinated the participation of FYBSc and SYBSc students' visit to BARC on the occasion of National Science day Celebration on 1st March 2023, Three staff members and twenty students visited BARC.

PHYSICS

1. Activities

→ Title of the activity/event: Mandal Art Workshop

→ Date: 21st October 2022

→ Number of students involved: 227

→ Guest Speaker: Shreya Rohamare, Master Trainer, Penkraft Ideas Private Limited

2. (a) Field trips

Name of the place: Veer Jijamata Bhosale Udyan

- Date: 1st December 2022
- Number of students involved: 20

Name of the place: Global Vipassana Pagoda, Borivali

- Date: 27th January 2023
- Number of students involved: 80 students

Name of the place: Bhabha Atomic Research Centre (BARC)

- Date: 1st March 2023
- Number of students involved: 20

4. Celebration of Marathi Divas with learning of Topic: ‘Transistor’:

5. Science Day celebration: Outreach activity

6. Research Papers Presented: Research article published:

1) Energy Discourse and the Nuclear Projects: Comparative study of Nuclear Energy and other Energy Sources, Lucid 2023

2) Oral presentation in International Conference on Multidisciplinary Approach in Technology and Social Development (ICMATSD – 2023) on ‘LASER beam Irradiation on doped Polyblends’ on 26th May 2023.

7.. E-content development: 1) Elasticity 2) Derivations of Elasticity

8. Invited to conduct Special lecture for MSc students (Material Science):

Date: 28th April 2023

Duration: 9.00 am to 11.00 am

ZOOLOGY:

1. Activities Conducted by the department:

ACTIVITY 1

- Title of the activity/event -Ananya activity – Visit to Global Vipassana Pagoda, Gorai
- Date -27th January 2023
- Number of students involved -35 FYBSc (20) & SYBSc - (15)

ACTIVITY 2

- Title of the activity/event - “Bee Creative” Henna and Mandala Art competition to celebrate World Animal Day on 4th October 2022
- Date -4th October 2022
- Number of students involved - 67

2. Field trips done by the department, should include:

FIELD TRIP 1

- Name of the place- Veermata Jijabai Bhosale Udyan, Byculla (Zoo)
- Date - 18th November 2022
- Number of students involved - 17
-)

FIELD TRIP 2

- Name of the place - Sanjay Gandhi National Park, Borivali
- Date -16th February 2023
- Number of students involved - 29 (FYBSc - 18 and SYBSc - 11)

FIELD TRIP 3

- Name of the place - Haji Ali Shore line, Mumbai
- Date -25th January 2023
- Number of students involved -17

FIELD TRIP 4

- Name of the place - Veermata Jijabai Bhosale Udyan, Byculla (Zoo)
- Date -1st December 2022
- Number of students involved -25

3. Special pedagogical tools used, other than the lecture method

1. Use of multimedia like PPTs, Videos
2. Debates
3. Creation of Padlets
4. Seminar presentation by students
5. Flipped Classroom with eContent delivery

4.. Workshops/seminars/ Conferences conducted during the year.

Title of the Activity - Workshop on Culture Techniques and Maintenance Systems in Zoology

Date : 14th and 15th October 2022

Student participants with class - M.Sc. - 120 (Students from affiliated colleges of University of Mumbai)

5.. E-content development.

Dr. Roshan D'Souza - Developed MOOC on Scientific Research Methodology under the OE4BW- UNESCO Online Mentoring Program.

BSC (INFORMATION TECHNOLOGY)

1. Activities Conducted by the department:

- Ethical Hacking Seminar
- Date:1st August, 2022
- Number of students involved-120
- Speaker- Mr. Sachin Dediya, CEO, Skynet secure Solutions

2. Special pedagogical tools used, other than the lecture method

Audio visual aids like power point presentations, LCD projector, smart boards, speakers, mic

3. Mentor Mentee programs The Department had encouraged the peer-to-peer teaching sessions wherein students who had taken admission late in the first year were taught by the other students who had attended the lectures.

PULPITARY SURVIVANCE 1927-1970						
BAPTIST CHURCH	BIRTH NO OF MEMBERS	BIRTH NO OF OFFICE BAPTIST	CLERGY	CHURCH COUNCIL	MINISTERS	CLERGY NON-CHURCH
1927-1928	122061	122061	122061	122061	122061	122061
1928-1929	122062	122062	122062	122062	122062	122062
1929-1930	122063	122063	122063	122063	122063	122063
1930-1931	122064	122064	122064	122064	122064	122064
1931-1932	122065	122065	122065	122065	122065	122065
1932-1933	122066	122066	122066	122066	122066	122066
1933-1934	122067	122067	122067	122067	122067	122067
1934-1935	122068	122068	122068	122068	122068	122068
1935-1936	122069	122069	122069	122069	122069	122069
1936-1937	122070	122070	122070	122070	122070	122070
1937-1938	122071	122071	122071	122071	122071	122071
1938-1939	122072	122072	122072	122072	122072	122072
1939-1940	122073	122073	122073	122073	122073	122073
1940-1941	122074	122074	122074	122074	122074	122074
1941-1942	122075	122075	122075	122075	122075	122075
1942-1943	122076	122076	122076	122076	122076	122076
1943-1944	122077	122077	122077	122077	122077	122077
1944-1945	122078	122078	122078	122078	122078	122078
1945-1946	122079	122079	122079	122079	122079	122079
1946-1947	122080	122080	122080	122080	122080	122080
1947-1948	122081	122081	122081	122081	122081	122081
1948-1949	122082	122082	122082	122082	122082	122082
1949-1950	122083	122083	122083	122083	122083	122083
1950-1951	122084	122084	122084	122084	122084	122084
1951-1952	122085	122085	122085	122085	122085	122085
1952-1953	122086	122086	122086	122086	122086	122086
1953-1954	122087	122087	122087	122087	122087	122087
1954-1955	122088	122088	122088	122088	122088	122088
1955-1956	122089	122089	122089	122089	122089	122089
1956-1957	122090	122090	122090	122090	122090	122090
1957-1958	122091	122091	122091	122091	122091	122091
1958-1959	122092	122092	122092	122092	122092	122092
1959-1960	122093	122093	122093	122093	122093	122093
1960-1961	122094	122094	122094	122094	122094	122094
1961-1962	122095	122095	122095	122095	122095	122095
1962-1963	122096	122096	122096	122096	122096	122096
1963-1964	122097	122097	122097	122097	122097	122097
1964-1965	122098	122098	122098	122098	122098	122098
1965-1966	122099	122099	122099	122099	122099	122099
1966-1967	122100	122100	122100	122100	122100	122100
1967-1968	122101	122101	122101	122101	122101	122101
1968-1969	122102	122102	122102	122102	122102	122102

4.. Workshops/seminars/ Conferences conducted during the year.

- A master class in “Data Science” was organized at Bombay Stock Exchange on the 14th February, 2023 from 3:00pm-5:00pm. 30 TYBSc IT students along with 5 SYBSc IT students had attended the class. Number of staff members involved- 2
- Guest lecture on “Python Programming” was conducted by DVOC Institute on 4th January, 2023 from 11:30am -12:30pm. Number of staff members involved- 1
- Guest lecture on “Java Full Stack & Data Analytics” was conducted by DVOC Institute on 7th January, 2023 from 11:30am -12:30pm. Number of staff members involved- 1

5.. Extension activities carried out in the neighbourhood sensitizing students to social issues for their holistic development

- Ananya Activity – Beach clean drive was organized on the 7th February, 2023 at Girgaon Chowpatty between 11: am -1:00pm.
- Number of students involved-114
- E-waste collection drive was organized on the 25th and 26th of November, 2022 from 11.20am onwards in the canteen extension.

6. Guidance/coaching for competitive examinations and career counselling offered to students.

- A talk on “Skills development required for career building in the IT Industry” was organized on 13th August, 2022 in room no 36 and 37 from 10.30am -12:00 noon, our ex- student Mrs. Ankita Dube, Senior Consultant, Capgemini Ltd. was the resource person. SY & TYBSc IT students were invited to attend the same and in total 73 students attended the talk. Number of staff members involved- 2
- Guest lecture on “Resume Building” was conducted by DVOC Institute on 13th January, 2023 from 1:30pm -2:30pm. 47 students attended the lecture. Number of staff members involved- 1
- Seminar on “Tips to Crack Group Discussion and Personal Interview” was conducted by SPJIMR on the 16th February, 2023 from 12:30 pm -1:30 pm. 56 students attended the lecture. Number of staff members involved- 1
- Seminar on “Choosing Dream Study Destinations” was conducted by back2study on the 7th December, 2022 from 1:00pm -2:00pm for TYBSc IT students. 30 students attended the lecture. Number of staff members involved- 1

7. Campus Placement drives initiatives:

1. The department participated in a placement drive at Silverlink Technologies (Andheri) on the 21st February, 2023. 4 TYBSc IT students were sent for the drive.
2. 8 TYBSc IT students have been placed at companies like Godrej, LTI mind tree, Mahen Technologies, Silverlink Technologies etc.
3. 32 students of TY BSc.IT were sent to Akbar Peerbhoy College of Commerce & Economics on 21st October, 2022 for the campus placement recruitment drive.

Number of staff members involved- 1

8. Department Inter- collegiate Tech Fest – Itechnothon

Intercollegiate I.T. FEST “ITECHNOTHON-2022-23” was organized by the B.Sc. I.T students on the 25th January 2023.

5 TYBSc IT students were sent to Lala Lajpat College of Commerce and Economics to attend a workshop on “Making Academic Research Papers” on the 20th December, 2022.

Number of staff members involved- 1

9. Add-on courses:

- An Intermediate Add-on course of 30 hours (hybrid mode) was organized on “Ethical Hacking” which began from 12th August, 2022 till 1st October, 2022, Mr. Sachin Dediya, CEO, Skynet secure Solutions was the resource person along with other staff members from the organization. 26 students from S.Y.B.Sc. I.T. enrolled for the course.
- An Add-on course of 30 hours was organized on “Advanced Excel” in collaboration with the Department of Education which began from 28th September, 2022 till 10th November, 2022, Mr. Gauri Shankar Singh and Ms. Andrea Coutinho were the resource persons. 4 FYBSc IT students had enrolled for the course.
- Foundation Add-on course of 30 hours (hybrid mode) was organized on “Ethical Hacking” in collaboration with the Department of Education which began from 7th January, 2023 till 12th February, 2023. Mr. Sachin Dediya, CEO, Skynet secure Solutions was the resource person along with other staff members from the organization. 39 students had enrolled for the course.

SECTION VI: SPORTS

The following events were conducted by the Department of Sports and Physical Education in the year 2022–23:

- **Yoga Session**

The first event of the academic year 2022-23 held by the Department of Physical Education and Sports was the International Yoga Day celebrated on the 21st of June 2022. It was a successful event organized by the Department, in the Multipurpose Hall, with much encouragement from our Principal, Dr. Anagha Tendulkar Patil, Vice Principal of Junior College Sr. Annie Peter and the Faculty of the Department.

- **Inter Collegiate Table Tennis Competition (men and women) 2022-23**

The month of August began with table tennis competitions. This was the first time University of Mumbai introduces a new pattern for effective organisation and qualitative sports competition, which is “Inter Zonal Competition”, As per this pattern there are four different zones under University of Mumbai for sports and Sophia College (Autonomous) comes in Zone 1- named Mumbai City. Under this pattern we successfully organised our first event of the year in collaboration with the University of Mumbai. This was the Inter Collegiate Table Tennis Competition (men and women) 2022-23 at University Sports Pavilion, Marine Lines on 23rd and 24th August 2022.

Squash

The Inter-Collegiate Squash Selections 2022-23 were held on 8th of September at Matunga Gymkhana. Only 6 students were selected for further competition. Out of these, 4 Sophia students Yashna Manocha 2nd, Jennie D'Souza 4th, Ayushree Sharma 5th and Lhaineineng Vaiphei 6th secured their positions in the Mumbai City Squash team, and represented the Mumbai City (Zone-1) in the University of Mumbai Inter-Zonal Squash Tournament, which was held on Thursday, 15th September 2022 at Palava city, Dombivli. In this tournament Mumbai City team secured 3rd place.

Swimming

Our 6 swimmers participated in the Intercollegiate Swimming Competition, held at Mafatlal Swimming Pool on 14th September 2022. Of these, 4 of our students have secured positions for the Mumbai City team. Iqra Shaikh got 1st place in three different events. Also Iravati Chengalur 2nd, Ananyaa Singh 2nd, Vedanti Singh 3rd place in their events. Further Iqra Shaikh, Iravati Chengalur and Ananyaa Singh got selected for the University of Mumbai Inter Zonal Swimming Competition which was held at Karnala Swimming Club, Navi Mumbai on 18th and 19th September 2022. Iqra Shaikh won the gold medal in 50m back stroke while Ananyaa Singh got silver and Iravati Chengalur bronze medal in different events. Our college swimmer Ms. Iqra Shaikh (FYBA) got selected in the University of Mumbai Swimming Team, and participated in the All India Inter University Swimming Competition at Kalinga Institute, Bhubaneswar from 25th to 29th December 2022.

Shooting

Our college shooter Angelina Khakha-TYBA got 4th place in Inter Collegiate Shooting Championship 2022-23 at D.G. Ruparel College, shooting range held on 29th & 30th September. Further, she got selected in Mumbai City Zone-1 team for University of Mumbai Inter Zonal Shooting championship, which was held on 3rd and 4th October at Parley PTKS Range. There her team secured 2nd place.

Volleyball

Our Volleyball team got 4th place in the University of Mumbai Inter Collegiate Volleyball Competition, held on 13th & 14th October 2022 at Poddar College Ground, Matunga. Though we lost the 3rd place, everyone appreciated our team performance and efforts throughout the competition. Avani Singh from SYBA got selected for the University of Mumbai Inter Zonal Volleyball Competition held at Dahanukar College, Vile Parle and her Mumbai City team secured 3rd place.

Basketball

Our Basketball team secured 3rd place in the University of Mumbai Inter Collegiate Basketball Competition which was held on 17th October at D.G. Ruparel College, Mumbai. In addition, three of our girls, Yashvi Bhaia, Siddhi Sethi and Nabeeha Waziri, got selected for the University of Mumbai Inter Zonal Basketball Competition which was held on 18th and 19th October, 2022 at D.G. Ruparel College, Mumbai and their team got 2nd place.

Badminton

Our college badminton team secured 2nd place in the University of Mumbai Zone - 1 Inter Collegiate Badminton Tournament held on 19th and 20th September. In addition, our 2 athletes Jeannie D'souza and Jyotsna Singh were selected for the Mumbai City Zone Badminton team to play at the Inter Zonal Competition which was held on 23rd September 2022. The Mumbai City Zone Women's Badminton Team secured 2nd place in the Tournament held at University of Mumbai Sports Pavilion.

Football

Our college team secured 2nd place in Inter Collegiate Football Competition which was held at University Sports Pavilion on 7th November. In addition, three of our students, Bhavishka Mendonca, Valencia Castelino and Insiya Chittorwala got selected for the University of Mumbai Inter Zonal Football competition which was held on 10th November 2022 at B.K. Birla College, Kalyan. The Mumbai City team secured 3rd place.

Tennis

Our students gave of their best in the Inter Collegiate Tennis Selection Trials, held at Matunga Gymkhana on 12th & 13th Nov, 2022. Ms. Ayushree Sarma (SY) got selected in the Mumbai City Zone 1 team and represented Mumbai in the University of Mumbai Inter Zonal Tennis Competition which was held on 18th & 19th Nov. 22 at Tuff Tennis Academy. Ms. Tanvi Daulatabadkar (TYBA) got selected as a 1st standby for the same.

Athletics

Our students put in their best efforts in the Inter Collegiate Athletics Competition, held at the University Sports Pavilion, Marine Lines on 14th & 16th Nov. 2022. Ms. Kashish Sharma (FYBA) got 1st place in the 100mtr and 200mtr races and got selected for the Mumbai City Zone 1 team and represented Mumbai in the University of Mumbai Inter Zonal Athletics Competition. Also Ms. Neeyati Lobo (TYBA) got second place in shot put and was selected for the zonal level. In addition, our 4x100 relay team secured 1st place and made our college proud.

Intercollegiate Competition

The DSO Intercollegiate Competition started in the month of September. Our various teams participated in different games, including team and individual sports, where they several were ranked in the top three. We participated in football, volleyball, basketball, shooting, judo, etc.

DSO Shooting: Our Junior College student Ms. Sara Wadke (SYJC- Sc) secured 2nd place in DSO Inter Collegiate Shooting Championship, held on 15th December 2022 at Veer Savarkar Shooting Range, Dadar. In addition, she was selected for the Division level competition.

DSO Football : After a long time, our Junior College Football team secured 3rd place in DSO Inter Collegiate Football Competition 2022-23 held at Azad maidan. Our girls made our Junior College proud.. In addition, our three students, Kieara Rosemeyer, Ayana Bose and Cynara Mendonca, were selected for selection trials. .

Football: Our SYJC (Arts) student, Kieara Rosemeyer was selected to play for the U-19 Maharashtra team after completing the DSO state football camp in Kolhapur. She represented Maharashtra team in the National School Games 2022-23 for Football, held in Bhopal from 10th June to 13th June 2023.

Archery: Vedika Virendra Patil (FYBA) got 3rd place in University of Mumbai Inter Zonal Archery Competition, held at B.K. Birla College, Kalyan on 10th December 2022. In addition, Vedika secured her place in the University of Mumbai Archery Team and represented the University in the All India Inter University Archery Competition at GNDU, Amritsar, Punjab from 19th to 31st December.

Football session with Mr. John O'Hagan

During the students exchange programme Mr. John O'Hagan, one of the staff from Sacred Heart School from New York came to visit our college with his team including staff and 11 students. He took a Football session with our junior college football team. It was a great opportunity for our students to learn some new drills from him.

Intercollegiate Fencing competition: On the 23rd and 24th of November, the Sports Department organised an event on behalf of the University of Mumbai, the **Intercollegiate Fencing competition**. This event started at 10.30 after an opening ceremony by our college principal Dr. Anagha Tendulkar Patil and selectors of fencing from the Mumbai University accompanied by Shruti Waydande Kadam. A short speech was given to all the participants to wish them luck by our Principal, Sports Secretary and Mumbai University selectors with a brief talk on the history and fraternity of fencing in Mumbai. Neeyati Lobo, Shinde Shruti, Singh Shlokaa, and Aananya Singh made their way to the Inter Zone Tournament representing the Mumbai city zone-1.

Inter Zonal Fencing Competition: On the 8th and 9th December, the Sports Department of Sophia College held a major event on behalf of the **University of Mumbai, namely, the Inter Zonal Fencing Competition** in our own college's Multi-Purpose Hall. It was the very first time we organised an Inter zonal competition in our college. Four teams from each zone participated in this competition.

All India and Khelo India Fencing: Our Sports instructor, Shruti Waydande Kadam was nominated as a University of Mumbai, fencing coach for the All India Inter University Fencing Competition as well as for the Khelo India Inter University Games.

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SECTION VII: NATIONAL SOCIAL SERVICE SCHEME (N.S.S.)

The academic year 2022- 2023 saw a continued revitalization of the NSS unit of the college. As per the university allotment, we enrolled 200 volunteers in our NSS unit. A synopsis of the main activities completed by an NSS unit is given below:

- **Swachh Bharat Activities:**

- Cleanliness Drive (12th September to 15th September 2022)
- Keen to clean (27th November to 5th December 2022)
- Campus cleanup (16th January 2023)

- **Awareness Programs:**

- Skit On Suicide Prevention (10th September 2022)
- Vigilance Week Awareness (31st October to 6th November 2022).
- 'Bol do':Drama Cum Seminar on Child Sexual Abuse (18th November 2022).
- AIDS/ HIV awareness Poster making Session (26th November 2022).
- Voter's Registration Drive
- Safer Internet Day (13th February 2023)
- RRC Introduction Presentation (14th February 2023)
- Dengue Malaria Awareness(15th July - 30th July 2022)
- Har Ghar Tiranga Rally (11th August 2022)
- World Aids Day (1st to 3rd December 2022)
- Cancer awareness week (5th to 11th February 2023).
- Organ Donation Awareness (10th - 16th January 2023)
- International Development Week (8th Feb to 12th Feb 2023)

- **Empowerment Programs for Women:**

- A Pursuit of Glory: Careers in Indian Defence Services (13th August 2022)
- Financial Literacy (19th September 2022)
- Self-Defense Workshop (24th September 2022)
- Leadership workshop (12th November 2022).
- Disaster Management (20th February 2023)

- **Environment:**

- Organic Gardening by Mrs. Namita Tawri (31st October 2022)
- Tree plantation drive - Haloli (4th August 2022)

- **Health and Hygiene programs:**

- Cosmetics Webinar (11th and 18th June 2022)
- Holistic transformation through yoga with Nikita Mandalia(21st June 2022): Webinar on Tissue Donation and Banking (1st July 2022)
- Blood Donation
- Fit India Freedom Walk - From College to Manibhavan (8th October 2022)

COVID-19 Booster Dose Vaccination Drive (23rd July, 2022)

- **Educational program:**

- TFI x Sophia: Step into a classroom (15th November 2023)

- **Miscellaneous Area Activities:**

- Anger Management: A key to Inner peace (3rd August 2022)

- Rangoli Making Competition (10th August 2022)
- Mandala Art Workshop (21st October 2022)
 - Teach for India - Careers in Social Impact (20th January 2023): Marathi Bhasha
 - News18 - Make a dent (6th & 7th February 2023)
- Gandhi Fellowship Program (25th November 2022):
- Hindi Elocution Competition (6th January 2023)
- Rakshabandhan Celebration with the officers of Gamdevi Police Station (11th August 2022)
- Independence Day (15th August 2022)
- Raj Bhavan Visit (4th December 2022)
- World without war
- World Pulses Day - Cooking and Donation (10th to 12th February 2023)

Best Practices or Success Stories of NSS in College during the current Year if any:

1. Educated Young Minds through the Shiksha Project
2. Special focus on women empowerment
3. Swaach Bharat Programme
4. Raj Bhavan Visit under the Fit India Programme

Place: Mumbai
Date:

A.P. Patil

(Dr. Anagha Tendulkar Patil)
Principal

