

# **IQAC REPORT FOR SIGMA CLUB - 2024-25**

The Sigma Club had an eventful and fulfilling academic year, organizing a variety of initiatives that engaged students in intellectual discussions, artistic creativity, scientific exploration, and mental well-being. The club successfully fostered a sense of community while encouraging participants to explore different perspectives, challenge their thinking, and embrace meaningful experiences. Each event held throughout the year was unique in its execution and impact, bringing together students from diverse backgrounds and interests.

The year began with an introspective and expressive event, *Finding Peace: Personal Pathways*, held on August 11, 2024. As part of the Peace Fortnight Initiative, this submission-based event encouraged individuals to share videos of activities that brought them a sense of peace and calmness.

Participants engaged in various practices, such as dance, painting, meditation, and other creative pursuits, highlighting the different ways people seek tranquility in their daily lives. The aim of this event was to promote mental well-being and self-care, especially in today's fast-paced world. By sharing these experiences, participants not only inspired others to explore new avenues for inner peace but also contributed to a larger conversation about mindfulness and self-expression. The response was overwhelmingly positive, with nine submissions received, showcasing the diverse ways individuals cultivate serenity. The best three videos were featured on the club's Instagram page, encouraging broader engagement and appreciation of the initiative. Many participants expressed how the event inspired them to try new practices, making it a meaningful and impactful start to the academic year.

As the semester progressed, Sigma Club shifted its focus to highlighting the contributions of women in STEM through an art-based initiative. From September 19 to September 24, 2024, the club, in collaboration with the Art and Design Club, organized a unique event that celebrated the achievements, struggles, and impact of women in science, technology, engineering, and mathematics (STEM). Students were invited to submit original artworks that represented different aspects of women's journey in STEM fields. A total of nine participants contributed their creative expressions, presenting their ideas through paintings, digital illustrations, and mixed-media artworks. The

event provided a platform for artistic storytelling while sparking discussions about gender representation in science and technology. By merging the worlds of creativity and STEM, the event underscored the importance of acknowledging the vital role of women in shaping scientific progress. The best submissions were showcased on the club's Instagram page, further amplifying the message of the event and encouraging more conversations around gender inclusivity in STEM.

Following this, Sigma Club organized an engaging online movie screening of *Oppenheimer*, conducted on November 17 and November 24, 2024, through Google Meet. Given the film's long runtime, the screening was divided into two sessions, each running for approximately 1 hour and 30 minutes, allowing participants to better absorb the complex themes and historical significance of the story. The movie, directed by Christopher Nolan, portrays the life of J. Robert Oppenheimer, the physicist behind the development of nuclear weapons during World War II. It delves into the ethical dilemmas he faced, presenting a compelling narrative that left viewers with lingering questions about the consequences of scientific advancements. The screenings were smoothly executed, with six attendees participating in discussions after each session. The event flyer was circulated widely, generating interest among students from various academic backgrounds. A post-event feedback form collected responses, and all attendees shared positive remarks, highlighting how the movie prompted deep reflection on science, ethics, and historical responsibility.

A few days later, Sigma Club in collaboration with the Green Club organised its flagship event where students embarked on one of its most exciting outdoor adventures, a Stargazing Trip to Karjat, held from November 30 to December 1, 2024. With 105 participants, this trip was a blend of adventure, music, and celestial exploration. The journey began with high tea by the river, allowing participants to soak in the peaceful surroundings before engaging in boating activities. After a refreshing ride on the water, the group proceeded to the campsite, where they took some time to unwind before the DJ night, which infused the atmosphere with energy and excitement. The dinner, prepared by locals, added an authentic touch to the experience, allowing participants to appreciate the simplicity and richness of rural cuisine. The highlight of the night was the stargazing session, where the group moved away from the campsite to a low-light area to get a clearer view of the night sky. A stargazing expert provided insights on various celestial bodies, guiding participants through the observation of Jupiter, Mars, Saturn, and the Orion

Nebula through a telescope. The evening was accompanied by unplugged music, creating an enchanting and immersive experience under the stars. After returning to the campsite, the group enjoyed a barbecue before settling into their tents for the night. The next morning began with tea, followed by a refreshing session of kayaking and swimming. After a hearty breakfast, the group departed for home, carrying unforgettable memories of an incredible experience. The trip received overwhelmingly positive feedback, with many requesting longer stays for future excursions.

Building on the scientific momentum, Sigma Club hosted Space Invaders, an online quiz and discussion session held on December 28, 2024, via Google Meet. Designed to be both educational and interactive, the event covered a wide range of space-related topics. The quiz segment featured questions spanning from basic astronomy to advanced space exploration, while the discussion segment encouraged participants to share thoughts on recent space missions and future possibilities in space travel. Although the number of attendees was small, the event successfully engaged participants, sparking curiosity and interest in the wonders of the universe.

Moving into the new year, Sigma Club collaborated with the Chemistry Department to organize the ChemScope Carnival on January 18, 2025. Held at the canteen extension, the event featured a variety of interactive science-based games, including Coin Catcher, Tic Tac Toe, Memory Relay, and Scoop and Sort. These activities were designed to test participants' problem-solving skills, teamwork, and memory, all while providing a fun and engaging experience. The carnival was a resounding success, attracting many students and fostering a vibrant, energetic atmosphere.

Finally, the club concluded the academic year with a Stress Management Workshop using Art Therapy, conducted on February 7, 2025, at the J.N. Heredia Counselling Centre. Led by Ms. Sukrutee Bhosale, this therapeutic session encouraged participants to explore their stress levels and express their emotions through creative exercises. The core activity involved creating stress lines, which were then transformed into expressive artworks using paints, sketch pens, and colors. Participants later shared their experiences, reflecting on how each step of the process affected their emotional state. A post-event survey revealed that 90% of attendees found the techniques helpful and intended to incorporate them into their daily stress management practices.

Throughout the year, Sigma Club successfully hosted a diverse range of events, catering to different interests and aspects of student development. From artistic expression and scientific exploration to stress management and adventure, the club remained committed to fostering a supportive and engaging environment. The overwhelmingly positive feedback from participants underscored the significance of each event, further motivating Sigma Club to continue its mission of knowledge-sharing, creativity, and well-being in the coming academic year.