

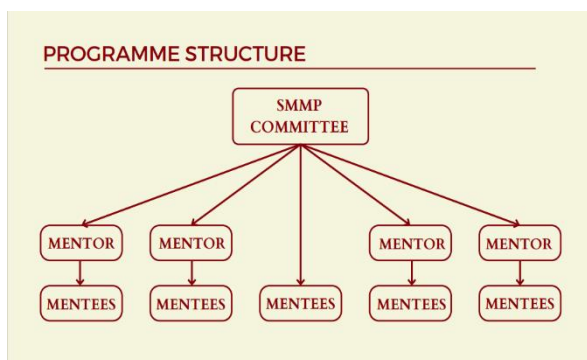
# **SOPHIA COLLEGE (AUTONOMOUS)**

## **PRINCIPAL'S REPORT FOR THE YEAR 2023-2024**

**Theme of the Year: “*Aspire Acquire Inspire*”**

### **Section I Highlights of the year**

**1. Launch of Mentor -Mentee Programme:** The Mentor-Mentee Programme for which preliminary work was completed in the last academic year was implemented this year and officially launched on 5th September 2023. Each mentor was assigned a group of mentees from a different subject/stream. Each mentor held meetings with his/her mentees and the details of the meetings were documented.



**2. Implementation of National Education Policy:** The National Education Policy (NEP 2020) was implemented to the first-year batches of undergraduate and postgraduate programmes. The discipline specific model was utilised for the aided programmes (BA and BSc) and the school specific model was utilised for the self-finance courses (BA (SCJ) and BSc (IT)). As per the NEP guidelines, completion of 22 credits ( twelve are core specific and ten are from other than the core basket) per semester is mandatory for students. Special efforts were taken to formulate NEP compliant syllabi. The new courses were ratified by the respective Board of Study members. After the approval of the academic council these were passed by the Governing Body. The assessment pattern and the rules of promotion were revised for the first-year batches as per the NEP norms.

**3. RUSA:** The third and final installment received. The funds allotted to the hard component are fully utilized. The action plan for the utilization of the soft component is approved by RUSA and is being utilized.

**4. NOCs: CHB (Clock Hour Basis)-** Received 33 NOC in total for eight departments in October 2023. 15 new appointments were done as per university guidelines.

**Full time regular NOCs:** Received eight NOC in March 2024. Appointments are done as per university guidelines wef from June and July 2024.

**5. NAAC:** IIQA submitted in May and approved in July 2024. NAAC SSR is submitted.

**6. Publication of in house research journals:** Launched LUMINOUS and BEYOND MARGINS the two research journals for students in addition to URDHAV MULA, SCRIBE and LUCID.

## **SPORTS WEEK AND ANNUAL SPORTS DAY**

In December, the Department is always gears up for its biggest event, SPORTS DAY. This year, from the 19th to the 22nd of December, the college campus buzzed with excitement as students and staff gathered after lectures for the action-packed intra-collegiate Sports week. The event showcased a variety of sports, fostering camaraderie and healthy competition among participants. Everyone displayed their athletic prowess, emphasizing sportsmanship, teamwork, and wellness through inclusive activities and fitness sessions. A week of frantic activities for all which included sports matches of Kho Kho, Tug of War, Dog and the Bone and throw ball for students and badminton and carom for staff.

- The much-anticipated "Annual Sports Day" unfolded on January 5th, 2024 at University of Mumbai Sports Pavilion, with great enthusiasm and energy. The event commenced with a spectacular torch run, setting the stage for a day filled with sportsmanship, camaraderie, and thrilling competitions. Overall, around 700 students and 200 staff participated throughout the four days, making the event a huge success. These hours spent on sports not only contributed to physical health but also fostered communication, formed new relationships, and created lasting memories,
- The Principal officially inaugurated the event, delivering an inspiring opening speech, encouraging students to showcase their talents and engage in healthy competition. This was followed by the flag hoisting ceremony, reinforcing the sense of unity and pride among the participants. A colourful and spirited march past consisting of contingents from all three years of B.A, BMM, BSc-IT, and B.Sc along with both the classes of Junior College of Arts and Science displayed their rhythm and coordination as they circled the ground to the beat of the college band. The Student Body President, Shreya Singh, and Sports Secretary, Divya Keni, led the squads, with each participating team displaying impeccable discipline and unity.
- The Annual Sports Day concluded with a memorable closing ceremony along with the national anthem, celebrating the day's achievements and marking the end of a day filled with sportsmanship and memorable moments.



Krida

Mahakumbh- The Government of Maharashtra and Bruhanmumbai Municipal Corporation organised Shree Chhatrapati Shivaji Maharaj Paramparilk “ KRIDA MAHAKUMBH -2024” from 26th January to 19th February 2024. The main purpose of this competition was to develop the awareness about the traditional games of Maharashtra among the young generation. It included various traditional games like Dorivarchya Udya, Lagori, Dhol tasha Pathak, Lezim, Vitty dandu and many more. Our students were participated in Rassikhech, Kho-kho and Pawankhind Doud. It was very good experience for our students.

## **MEDITATION SESSION**

The Department of Sociology and Physical Education organised a Guided Meditation Session by Meditation Teacher Venkata Prasanth Kakaraparathi, in Sophia College, especially for Junior College Teachers on 22nd March 2024. It was a fruitful session for attendees.

## **INTERNATIONAL WOMEN'S DAY CELEBRATION**

International Women's Day Celebration was organised by University of Mumbai in the collaboration with Sophia College which was helped by the Department of physical Education and Sports, Sophia Women's Centre and NSS Unit. It was organized for our Senior and Junior College students on 7th March 2024 from 9.00am to 5.00pm.

The event covered the interactive session with Nirbhaya Squad, exhibit art talent, self - defence and mind alertness session.

### **Section III Internal Quality Assurance Cell (IQAC)**

#### **In-house workshop for the Non-Teaching staff**

IQAC organized a workshop for the non-teaching staff on 12th June 2023 from 9:00 am to 3:30 pm. Resource persons were Ms Swati Rane & Mr Sandesh Lalge. 65 participants participated in this workshop. The objectives of this workshop were

1. To strengthen existing relationships and cohesiveness.
2. To improve team communication effectiveness.
3. To increase the positive attitude towards the work.
4. To increase the concentration towards the work.
5. To be able to manage stress.

The following topics were covered: Teamwork, Attitude Towards the Work, Time Management, Stress Management

Methodology: Group Activities, Individual Activities, Discussion. Observation

Contemplative outlook: It was the need of the hour and keeping in mind the well-being of the non-teaching staff, this workshop was organized.

Outcome: It was a very positive experience for the non-teaching staff. All the methods used in this workshop helped the staff to revitalize themselves. The learning happened at the individual and group level. They participated enthusiastically in all the activities. Many expressed to have a similar session again.



## **Safety and Journalism: A Gendered Perspective In collaboration with the Department of BA(SCJ) and US Consulate General**

The Department of BA(SCJ) in collaboration with IQAC and the US Consulate General, Mumbai organized a talk on Safety and Journalism: A Gendered Perspective by Joel Simon on 5th July 2023. The talk was held in the convention centre. The guests were received by the principal, the IQAC team, and the BASCJ department. The audience and the dignitaries were welcomed by Mr Sunil Yadav. The session began with an opening remark by Dr T C Roy. Mr. Simon delivered a lecture that was very informative and contextual to his experiences. The Q and A session took place with Ms. Shadab Zaveri moderating it. The students had insightful and attentive questions. Ms. Treesa Reena John delivered an appreciative vote of thanks expressing the department's gratitude to all the dignitaries. 108 SYBA and TYBA students attended the session.

## **Career Advancement Scheme (CAS)**

CAS scrutiny was held on 24th August 2023. There were four candidates, Dr Sree Nair, Dr Meeta Saxena, Ms Nishtha Dev and Mr Vijay Vig. Dr Nair and Dr Saxena had applied for stages 2 to 3, whereas Ms Dev and Mr Vig had applied for stages 1 to 2 (Academic level 10 to 11). Dr. Rohidas Kale was the Joint Director's nominee. All candidates were successfully promoted to the next stage. CAS interview was also conducted for a candidate for a professorship. The process has been initiated and it is in progress. The IQAC CAS Sub-committee was instrumental in ensuring this smoothly.

## **NAAC-Related Quality Enhancement Techniques**

IQAC organized a RUSA-supported workshop "NAAC Related Quality Enhancement Techniques" for Sophia College faculty on 1st November 2023 from 10:30 am to 2 pm. Dr Dharmadhikari, a member of the NAAC & UGC Committee was the resource person. The workshop was organized in two sessions for the faculty of the college. Session 1: Plenary Session - In this session, Dr Dharmadhikari addressed the entire senior college staff about the different criteria of NAAC and how to focus on certain sub-criteria to gain maximum scores. A concerted effort will be required by all staff members in the preparation for the forthcoming NAAC and to develop a spirit of teamwork was the takeaway from the session. Session





❖ Various Feedback forms were administered by the IQAC throughout the year. The following feedback forms were administered

Feedback form	Number of respondents who submitted the form
Student Satisfaction Survey	675
Entry feedback for FY and MSc/MA students	336
Exit feedback for TY and MSc/MA students	303
Alumni feedback	117
Curriculum feedback (Teachers)	23
Curriculum feedback (Students)	933
Curriculum feedback (Parents)	59
Curriculum feedback (Alumni)	55

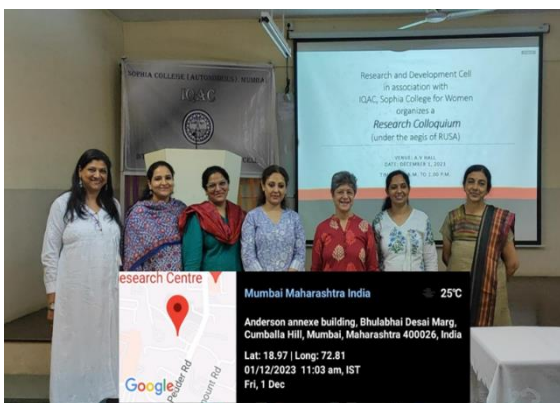
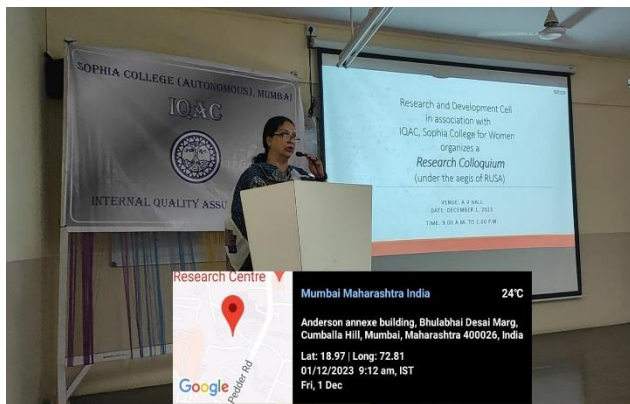
### **Empowering Educators: AI Workshop for Academics**

IQAC organized a RUSA-supported workshop, “Empowering Educators: AI Workshop for Academics” on 30<sup>th</sup> November, 2023, from 9.00 am to 3.00 pm. The resource person was Fr Sabu Thomas, Assistant Professor, Sacred Heart College, Kochi. Artificial Intelligence (AI) is now an essential component in Education. It can make the teaching-learning process engaging. Not only students, but teachers can also incorporate AI tools in their daily teaching. With this vision, the IQAC organized a Workshop on Empowering Educators: AI Workshop for Academics for the faculty of Sophia College. Forty senior college staff members participated in the workshop. The entire workshop was a hands-on experience of the different AI tools that can be used in the preparation of lectures, and in designing innovative question papers for the students. The resource person also touched upon a few AI tools which can be incorporated into research writing. The session was very enriching and informative.

**Events organized for the students in collaboration with CUC:** An event, “Tracking Social Quotient: Essence of a Purposeful Life” was organized by CUC and IQAC on 30<sup>th</sup> November 2023, and the guest speakers for the event were Aarti Asrani, followed by Moneka Engley. Aarti Asrani is an NLP & Gestalt Master Therapist,

Manifestation Coach, Health & Wellness Consultant, Author, and Ted Speaker. Two more sessions were conducted on 1st December 2023 for the students. The IQAC and College Union Committee (CUC) in collaboration with Teach for India organized “Careers in Social Impact”. Sophia College, in collaboration with CUC and IDP, hosted a session on "Overseas Education" led by Ms Ushma Shah. The event, held on 1st December 2023, aimed to provide students with valuable insights into pursuing higher education in Australia. IQAC in collaboration with CUC organized a session on “Volunteering: What’s in it for me?” on 2<sup>nd</sup> February 2024 from 11.15 am to 1.00 pm by Premila Peters, Kindness Unlimited. IQAC and the Department of Psychology organized a second session on “Joy of Volunteering” on 22<sup>nd</sup> February 2024 from 9 am to 10 am by Sheetal Agarwal, Kindness Unlimited. The two sessions were organized for First-year students of all faculties of Sophia College. Kindness Unlimited is an NGO that gives college students an opportunity for an Internship in Volunteering for two years. The sessions were aimed at creating awareness about the programs run by Kindness Unlimited. The two resource persons shared their personal experiences in the session. The change and impact that the program has made on their life were shared in the sessions.

**Research Colloquium:** Research and Development Cell in association with the IQAC organized a Research Colloquium under the aegis of RUSA on 1st December 2023 from 9 am to 1:30 pm. It was held in the AV Hall. The Colloquium began with the opening remarks by the Principal, Dr Anagha Tendulkar Patil which was followed by the presentations by the recipients of RUSA research projects. The following staff members presented their research work: Dr Hema Subramaniam, Dr Yasmin Khan, Dr Roshan D’Souza, Dr Sree Nair, Dr Andrea Coutinho, Ms Samrita Sinha, Ms Nishtha Dev and Dr Elwin Susan John. The Colloquium also included the presentations by the recipients of Sophia-in-house research grants. Dr Arjumanara Surti, Ms Swarupa Kamat and Sr Patricia D’Souza presented their work. Dr. Smriti Singh presented her PhD research work.



## Designing and Developing Learner Centric 4-Quadrant E-content

IQAC organized a RUSA-supported workshop, “Designing and Developing Learner Centric 4-Quadrant E-content” on 25<sup>th</sup> January 2024 from 9 am to 12:30 pm. The Resource Person of the session was Mr Mandar Bhanushe, CEED Coordinator, University of Mumbai, Kalina. The faculty development workshop was organized with an objective to equip senior college staff members for designing learner-centric e-content. Mr Mandar Bhanushe gave in-depth knowledge about what should be the pointers to be kept in mind while designing e-content. A detailed explanation of the 4 quadrants of e-content followed by different ways of making e-content was discussed in the session. The session was a preliminary to acquaint staff. All departments had at least one staff member who attended the session.

## Section IV SENIOR COLLEGE

## Department of English

### ACTIVITY 1: Peace Fortnight Activity: Workshop on Creative Writing by Ms [Daribha Lyndem](#)

- Title of the activity/event: Workshop on Creative Writing by Ms [Daribha Lyndem](#)
- Date: August 5, 2023
- Number of staff members involved: 4, Ms Vachharajani was the coordinator for the event
- Number of students involved: 11 students registered for the event, one student prepared the poster for the event
- Guest/Speaker: Ms Daribha Lyndem, author of Name Place Animal Thing (shortlisted for the JCB Prize for Literature, 2021)
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### ACTIVITY 2: Ananya Activity: A RUSA-Sponsored Production of Harold Pinter's *The Caretaker*

Title of the activity/event - A RUSA-Sponsored Production of Harold Pinter's *The Caretaker*

Date - December 13, 2023

Number of staff members involved - 4, Ms Dev was the coordinator for the event

Number of students involved - 100

Guest/Speaker - Directed by Venumadhav Bhat and Abhinav Grover

Poster-

### Activity 3 - National Level Workshop on Disability Studies

Title of the activity/event - "Understanding Disability: Towards a Praxis of Inclusion:

A Two-day Multi-disciplinary National Level Workshop" (A RUSA Sponsored Collaborative Venture)

Date - February 1 and 2, 2024

Number of staff members involved - faculty members of the Departments of English and Sociology, Sophia College, and Dr. BMN College of Home Science (affiliated to SNDT Women's University) and CDRT, Kirori Mal College, Delhi University; Ms Sinha from the Department of English, Sophia College, was the chief coordinator of this workshop

Number of students involved - 55

Guest/Speaker - Dr Someshwar Sati, Dr Nandini Ghosh, Dr Sujata Bhan, Ms Neha Trivedi

Ms Chitra Laxman, Ms Ketki Sanghavi, Ms Ritika Sahni, Mr Krishna Warriar



#### Activity 4: Add-On Course on “Introduction to Urban Studies”

- Title of the activity/event: Add-On Course on “Introduction to Urban Studies”
- Date: September 2023 to March 2024
- Number of staff members involved: 4, Ms Sinha was the course coordinator
- Number of students involved: 80 students registered for the course

#### Department of Hindi

1. The Hindi Department visited Hindustani Prachar Sabha Library at Charni Road on 15/07/2023 with 28 SYBA and TYBA students
2. Students of TYBA Hindi literature participated in the Inter- College Hindi Katha Kathan Competition organized by R. J. College, Ghatkopar on 31/07/2023.
3. Students participated in Inter- College elocution Competition organized by Hindustani Prachar sabha dt.12/10/2023 at Charni road, Mumbai. .
4. Organized Hindi Poem recitation competition and Extemporaneous speech competition for Hindi Diwas Celebration in the College on 16/09/2023. .
5. Organized Seminar on the topic ‘Scientific Temper: An Antidote to Superstitious Beliefs’ in Collaboration with NSS unit and Department of life sciences on 18/08/2023 in AV Hall, Sophia College Campus. .
6. Conducted Saral Hindi Classes for Non- Hindi Students or Students weak in Hindi Subject in Collaboration with Hindustani Prachar Sabha, Charni Road, Mumbai. Total 38 classes from September, 2023 till February, 2024 were organized. Total 23 students from FYBA, SYBA and TYBA have registered for the class. At the end Assignment and Oral presentation will be taken for 50 marks respectively and 100 Marks written exam will be taken.
7. Organized Workshop on Gender Sensitization in collaboration with the NSS unit, SSRI and Qknit Foundation on 19th August, 2023. Total 200 students participated in the workshop. Link attached  
Organized Hindi Department field trip to High Court Chief Translator and Interpreter Office Visit on 5th August, 2023 along with 35 students from FY, SY and TY BA Hindi Department and Ms. Smriti Singh, faculty member of Hindi Department. .
8. The Hindi department of Sophia College in collaboration with the RUSA organized a one-day conference on ‘Career Choices in Hindi Literature: Dialogue, Screenplay Writing and Translation’ in the Convention center of Sophia College on 9th December, 2023. Total 75 students registered for the Conference. The Conference commenced with an inaugural ceremony that included the lighting of the lamp followed by the introductory session and a warm welcome addressed by the head of the Hindi Department Dr. Vaishali Pachunde.
9. Sophia College in collaboration with Hindustani Prachar Sabha had organized a college level Elocution Competition on 16th December, 2023 at Sophia College, AV Hall. The program began around 10.30 am. Dr. Vaishali Pachunde, the head of Hindi Department honored our guests Dr. Rita Kumar, Mr. Sanskar Desai and Dr. Suman Jain. Total 25 participants came forward and shared their ideas on three vivid topics namely, 'Global Warming- Threat for future', 'Our culture, our pride' and 'the success of Indian Players in Asian Games'.

#### Department of Education

Orientation for B.Ed Special Education



Date: Saturday 13 January 2024

Time: 10 am to 11:30 am

Venue: AVF

Resource person: Ms. Grace Joise and Ms. Rukaiya Sabuwala

**Objective:**

Provide prospective students with comprehensive information about B.Ed special education program, admission procedures and focusing on specialized pedagogical approaches and strategies for addressing the diverse needs of students with special needs.

**Outcome:**

The B.Ed Special Education Admission Orientation Programme was successful in providing a holistic understanding of the program, admission procedures, special education curriculum and employment opportunities available after successful completion of course. The prospective students left the orientation feeling informed, confident and excited about the prospect of contributing to the field of special education.

**Orientation Programme for Montessori Training**

Date: Monday 15 January 2024

Time: 12:30 pm TO 1:30 pm

Venue: Room 30

Resource person: Ms. Zavin Malva

**Objective:**

Providing students with valuable insights and practical skills related to Montessori approach to early childhood education

**Outcome:**

The Montessori Training Programme session was a resounding success, equipping our students with a deeper understanding of the Montessori philosophy and practical tools to enhance their teaching learning practices. It gave them all the required information regarding eligibility criteria, qualifications, admission process, course duration, fees structure, curriculum and employment opportunities. The collaborative discussions and comprehensive curriculum insights provided a well-rounded experience for all the students. This training session is undoubtedly a valuable investment in promoting effective and child-centric education methodologies within the early childhood education community.

**Happiness Class - A session on Grooming**

Date: Friday 19 January 2024

Time: 8:00 am TO 10:00 am

Venue: Room 30

Resource person: Ms. Nansee, Ms. Ariba, Ms. Khushi Nanvathy

**Objective:**

To instill good personal hygiene habits, promote professional appearance, and enhance students' self-confidence, ultimately preparing them for success in social and professional settings.

**Outcome:**

Equipped students with the knowledge and skills to maintain good personal hygiene, present themselves professionally, and navigate social and professional interactions with confidence. The session contributed to the

holistic development of students, preparing them for success both during their academic journey and in their future careers.

### **Orientation for B.Ed Course**

**Date: Friday 19 January 2024**

**Time: 1:30 pm TO 3:30 pm**

**Venue: Room 30**

**Resource person: Prof. Adonois Braganza**

#### **Objectives:**

Provide aspiring candidates with valuable insights, guidance and resources to enhance their preparation for the upcoming entrance examination. To acquaint prospective students with Maharashtra government B.Ed entrance exam form filling, paper pattern, syllabus, academic expectation, eligibility criteria and various aspects of B.Ed curriculum.

#### **Outcome:**

The B.Ed entrance exam Orientation Programme organized by Department of Education successfully fulfilled its objectives of preparing candidates for the upcoming entrance examination. As candidates move forward in their preparation, the foundation laid during the orientation is expected to contribute to their confidence and success in the examination. Continuous support, resources, and communication will be essential for candidate's progress through the admission process and embark on their B.Ed journey.

### **Republic Day celebration at Gilderlane Municipal School**

**Date: Thursday 25 January 2024**

**Time: 11:00 am TO 2:00 pm**

**Venue: Room 30**

**Resource person: Mrs. Rupali Pokhrankar**

**Objective:** Organize and actively participate in Republic Day celebrations at Gilderlane Municipal School, aiming to create an inclusive environment and memorable event for all.

**Outcome:** The Republic Day celebrations organized and executed by students of Department of Education, Sophia College exemplified a commitment to inclusive education and celebrated the diversity of abilities within the school community. Through careful planning, collaboration, and creativity, the event not only marked a significant national occasion but also emphasized the institute's dedication to providing an enriching and accessible educational experience for all students. The success of this event sets a positive precedent for future inclusive celebrations at Gilderlane Municipal School.



### Educational Visit

**Date:** Thursday 8 February 2024

**Time:** 9:00 am TO 1:30 pm

**Venue:** Grammangal School, Dahanu

**Resource Person:** Mr. Pritam Singh

**Objective:** To provide valuable insights into the unique challenges and opportunities associated with education in tribal communities.

**Outcome:** The visit emphasized the importance of cultural sensitivity, resource equity, community engagement and innovative teaching methods in addressing educational challenges in tribal communities.

### Art of Storytelling

**Date:** Monday 12 February 2024

**Time:** 12:30 am TO 2:30 pm

**Venue:** Room 30

**Resource Person:** Ms. Crystal Valladares

**Objective:** Aimed to enrich understanding of students of the role narrative plays in effective teaching and learning. The session delved into aspects of storytelling, focusing on its educational implications.

**Outcome:** The Art of Storytelling proved to be an enriching experience for education students, equipping them with practical skills and insights to make their teaching more captivating and effective. The integration of storytelling into educational practices promises to create a more engaging and memorable learning experience for students, fostering a love for learning that extends beyond the confines of the classroom.

### 2 Day Internship Programme

**Date: 13 and 14 February 2024**

**Time: 12:30 pm to 4:30 pm**

**Venue: Gundavali and Nityanand Mumbai Public School, Andher (E)**

**Resource person: Mr. Adonis Braganza John**

**Objective:** The internship aimed to bridge the gap between theoretical knowledge acquired in classrooms and the practical application of teaching strategies in real educational setting.

**Outcome:** By combining classroom observation with practical teaching experience, the students gained valuable insights into the intricacies of effective pedagogy, classroom management and inclusive teaching experience.

### **Session on Content Analysis**

**Date: Saturday 17 February 2024**

**Time: 10:00 am TO 11:00 am**

**Venue: AVF**

**Resource person: Ms. Sofia Edroos**

**Objective:** Session aimed to provide students with not just external polish but also foster a deeper sense of self-confidence and well-being. The session encapsulated the essence of grooming, focusing on its impact on students holistic development.

**Outcome:** The content analysis session provided participants with a nuanced understanding of the movie's multifaceted content. By exploring pedagogical approaches, inclusive education, family dynamics, societal stigmas, and cinematic elements, participants gained valuable insights into films educational and social significance. This session not only deepened the appreciation for the artistry of film-making but also sparked meaningful reflections on the broader implications of the movies content in the context of educational and societal attitudes towards learning differences.

### **Session on Gender Equality in School**

**Date: Friday 23 February 2024**

**Time: 9:00 am to 10:00 am**

**Venue: Room 30**

**Resource person: Dr. Ivan John**

**Objective:** A compelling talk on gender equality in schools for college students delivered an impactful message, emphasizing the urgent need for collective action in creating inclusive educational environment

**Outcome:** The talk on gender equality in schools served as a catalyst for awareness, reflection, and action among college students. By addressing implicit biases, promoting inclusive practices, and fostering a commitment to combat gender-based violence, college students are better prepared to champion gender equality in their future roles as educators and leaders. The talk underscored the transformative power that college students hold in shaping the narrative towards a more equitable and inclusive educational landscape, ensuring that schools become spaces where every student, irrespective of gender, can thrive and fulfill their potential.

### **Cancer Aid Drive**

**Date: Monday 26 February 2024**

**Time: 11:00 am to 2:00 pm**

**Venue: Tata Memorial Hospital**

**Resource person: PRO**



**Objective:** Aimed to contribute to the welfare of cancer patients by collecting financial aid, medical supplies and essential resources. The philanthropic endeavor showcased the department's commitment to the society responsibility and community engagement

**Outcome:** Cultivated a sense of responsibility among students and faculty members. The success of this initiative underscores the positive impact that education can have and shape compassionate and socially conscious individuals who actively contribute to the society.

### Department of History

1. Activities Conducted by the department:

- 1) A Talk on Archaeology  
6<sup>th</sup> December 2023  
TYBA (History) and FYBSc (Chemistry) students  
Resource Person: Dr. Kurush Dal



### Certificate Course in collaboration with SCWSD

History of Indian Food

Total registrations: 61

Course completed: 54

Date: 11th December - 29th December 2023.

### Field trips organised by the department:

- 1) Tata Literature Live! Evenings. A Talk by Ms Tasneem Zakaria Mehta ' Mumbai: A City Through Objects. 101 Stories from the Dr. Bhau Daji Lad Museum'  
26<sup>th</sup> June 2023 at NCPA  
Dr. R. Poncha  
10 TY students
- 2) Exhibition at the Asiatic Society of Mumbai 'The Textile Manufactures of India'. Curated by Savita Suri  
40 SY and TY students
- 3) Anil Dharkar Tata LiteratureLive! Independence Lecture. Lecture by Mr. Ravish Kumar 'The India That Inspires Me'  
10<sup>th</sup> August 2023  
15 TY DM students

- 4) Genderlogue Panel Discussion 'Challenging Gender Stereotypes in Bollywood: Narrative Shifts and Breaking the Mould'. Organised by the Women's Centre  
23<sup>rd</sup> August 2023 at Sophia College  
8 TY SM students
- 5) Tata LiteratureLive! Inaugural. Anil Dharkar Session. 'In Praise of the Phrase' Shashi Tharoor in conversation with Mehdi Hasan  
27<sup>th</sup> October 2023  
14 FY students
- 6) 18th Mani Kamerkar Endowment Lecture "Rebels Against the Raj" by Ramachandra Guha  
8<sup>th</sup> December 2023  
FY, SY and TY Students
- 7) Visit to CSMVS - saw the exhibition "Ancient Sculptures India Egypt Assyria Greece and Rome - took students around the museum.  
13<sup>th</sup> December 2023  
SY and TY DM students
- 8) East Indian Village Walk at Marol with Ginelle Ebnett  
17<sup>th</sup> December 2023  
11 TY students
- 9) Visit to Kanheri Caves with Ms Riddhi Joshi  
21<sup>st</sup> January 2024  
15 TY students
- 10) Visit to Elephanta Caves  
27<sup>th</sup> January 2024  
37 FY and TY students and 5 ex-students of TY (2022-23)
- 11) Visit to the David Sassoon Library to see the exhibition of Old Bombay photographs and prints and lithographs by Rajan Jayakar and Mrinal Kapadia  
27<sup>th</sup> January 2024  
15 FY and TY students
- 12) Lecture at University Convocation Hall by Prof Mary Beard, "The Shock of the Old."  
Organised by the CSMVS and the History Dept of the Mumbai Univ. 2nd Keynote lecture as part of the Exhibition "Ancient Sculptures India Egypt Assyria Greece, Rome."  
13<sup>th</sup> February 2024  
32 FY, SY and TY students
- 13) Visit to RBI Museum and short Heritage Walk around Fort area.  
24<sup>th</sup> February 2024  
5 TY Students
- 14) Educational Field Trip to Pune in collaboration with the Economics Department  
1<sup>st</sup>-2<sup>nd</sup> March 2024  
38 TY students

### **Department of Political Science**

1. Title of the activity/event : Talk on " Scope of Political Science"

Date : 31<sup>st</sup> January 2024

Guest/Speaker: Dr. M Z Shahid

The Political Science Department (B.A) of Sophia College Autonomous, Mumbai organized a talk for the students and faculty from the various departments of the institution on 31<sup>st</sup> January 2023 in Room 3 at 8 in the morning. The talk was about 'Scope of Political Science' started on time. Ms. Vaishnavi Nair , member of the Department also attended the talk.

The guest speaker for the one hour session was Dr. M Z Shahid - currently serving as the Associate Professor and Head of the Department of Political Science in Maharashtra College of Arts, Science and Commerce. Tiya George, the TYBA Class Representative, addressed the group and introduced the esteemed guest speaker after which the talk began.

Dr. Shahid conducted a resourceful session that mainly focused on Scope of Political Science and how it is related to different fields of life etc. He explained the concepts through various examples which made it interesting and easier to understand. The session was very interactive and inclusive allowing everyone to engage with the guest speaker. Many questions were asked by the attendees and answered by Dr. Shahid, leaving the students with an imprint of his great experience in the subject. He guided and motivated the students to take Political Science for further studies.. An insightful discussion on career opportunities was followed. Various Sources of Law and Concept of Power were also elaborated upon.



2. Title of the activity/event : Online Lecture Series on ' Centre-state relations with reference to Fiscal and Emergency Powers'

Date : 31<sup>st</sup> January, 2024

Guest/Speaker: Adv. Pushkar Dwivedi

The Political Science Department (B.A) of Sophia College Autonomous, organised a lecture series on 31<sup>st</sup> January 2024 at 4 in the evening. The lecture series was about ' Centre-state relations with reference to Fiscal and Emergency Powers' and began at 4:10 pm.

The speaker for the session was Adv. Pushkar Dwivedi. A resourceful session, it mainly focused on the Centre -State Relations and how it is interrelated with various other provisions in the Indian Constitution. The talk began with a discussion on Indian Federal System and a short discussion on Federalism in general that students were keenly interested in. Students were encouraged to make note of the same for future perusal. Shortly after, Adv. Pushkar Dwivedi began her lecture on Centre - State Relations in India. He stressed on federal issues and spoke extensively

about Legislative , Administrative ,Financial Relations. He further spoke about Emergency Provisions other related issues he touched upon. Moving on, he presented an extensive and elaborate case study/ research to enhance his explanation on the Centre-state relations and Emergency Provisions. While he put forth points on the need for cooperative federalism in India , he spoke of GST, centre-state conflicts , discrimination and dominance of the centre and its impact - relative and subjective. He discussed about the reform measures that will improve Centre-state relations in India.

## **Department of Philosophy**

1. Nature of activity: **Ananya 2024**

Title of workshop: **Leadership and You**

Workshop conducted by: **Change is Us (CIU)**

Date: **20th January 2024**

Venue and time: **AV Hall: 10 am – 12.00 noon**

Speakers: **Mr. Shubh Mehta and Ms. Vidi Panwar**

No of Participants: **78**

**Objective:** Leadership and You was a workshop organized by the Department of Philosophy and the Department of Psychology in collaboration with Change Is Us

It aimed to empower young leaders and set forth a blueprint that helped start their own ventures. The speakers talked about the necessary virtues of leading and elements of Design Thinking that one needed to incorporate. Different types of perspectives in leadership were also discussed among which were creative hats and profit-focused leadership. The 1-hour talk ended with a 30-minutes activity where participants were given a chance to apply what they did to situations. An overall successful activity, it provided an opportunity to hear from youth leaders themselves.

2. Nature of Activity: **Developing Language Skills**

Venue: **Sophia College**

Title of activity: **IELTS Course**

Dates: **13<sup>th</sup> February – 2<sup>nd</sup> March 2024 (9 sessions/18 hours)**

Time: **After College hours**

Participants: **12**

Instructor: **Amit Hattiangadi**

## **Learning Objective:**

The primary objective of the IELTS Course at Sophia College for Women is to assist participants in achieving proficiency in the International English Language Testing System (IELTS). The course aims to equip participants with the necessary language skills and test-taking strategies required to excel in the IELTS examination.

## **Learning Outcomes:**

Upon completion of the course, participants will be able to:

1. Demonstrate a high level of proficiency in the English language, specifically in the areas of reading, writing, listening, and speaking.
2. Understand the format and structure of the IELTS examination.
3. Employ effective time management and test-taking strategies to optimize performance.
4. Develop strong analytical and critical thinking skills, particularly in the context of IELTS tasks.
5. Enhance overall English language communication skills for academic and professional purposes.

## **Duration of the Course:**

The course is designed as an intensive three-week program, consisting of 12 sessions. Each session will be conducted for two hours, allowing participants to focus on specific skills and receive personalized attention.



### 3. Nature of Activity: **Field Trip**

Place: **Kaivalyadham Yoga Centre, Marine Lines, Mumbai**

Collaboration: **Jaihind College, Department of Philosophy**

Title of activity: **Yoga and Mindfulness**

Date: **1st February 2024, Thursday.**

Time: **10.30 am – 1.30 pm**

Sophia College **Participants 32**

Jaihind College **Participants: 37**

**Faculty Coordinator:** Dr T C Roymon (Sophia College), Ms Simmin Bawa (Jaihind College)

**Report:** The Yoga Center located in Marine Lines filled everyone with optimism and enthusiasm because of its tranquil, fresh and vibrant environment. The commencement of the trip started with the attendance of all the students after which the students were escorted inside the Centre and into a large room full of yoga mats where the practical session of Yoga took place. Before starting with the practicals, the director of the Yoga Centre, Shri Ravi Dixit gave all the students a brief and insightful introduction on the significance of yoga and meditation



### **Department of Psychology**

- **Art Therapy Session - 31<sup>st</sup> July, 2023 - AV Hall, Sophia College**

- Number of staff members involved: Sr. Patricia D'Souza and Ms. Simi Susan Shibu
- Number of students involved: 198 students (105 SYBA; 93 TYBA)
- Guest/Speaker: *Facilitated by Ms. Sukrutee Bhosale*
- Students introduced and exposed to the nuances of Art Therapy and utility of the same theoretically as well as with practical applications.

### **Preparing for Interviews - 9th August, 2023 - AV Hall, Sophia College**

- Number of staff members involved: Sr. Patricia D'Souza and Ms. Malvika Dixit
- Number of students involved: 133 student (89 - SYBA; 44 - TYBA)
- Guest/Speaker: *Facilitated by Ms. Delice Mascarenhas*
- The main intent was to increase students' proficiency in building and writing their resume and preparing themselves for interviews in the future.

**Shanti aur Aman ke liye badhte Kadam: An Intercollegiate Event - 29th August, 2023 - Sophia Bhabha Auditorium, Sophia College**

- Number of staff members involved: *Organized by Department of Psychology, Sophia College in collaboration with Nirmala Niketan College of Social Work, Nirmala Niketan College of Home Science, Samanvaya and Students' Social Reform Initiative (SSRI) Club, Sophia College*
- Number of students involved: 396
- Panel Discussions on Ethnic and Communal Conflicts in India and Peace Initiatives with a multitude of experts encouraging discussions along the theme of the event.



- **Journeying Inwards through Movement and Dance (A Workshop) - 28th November, 2023 - Multipurpose Hall, Sophia College**
  - Number of staff members involved: Sr. Patricia D'Souza
  - Number of students involved: 19 (TYBA)
  - Guest/Speaker: *Facilitated by Sr. Charlotte Bastion*
  - Students were exposed to various art forms and how the same could be applied to better their overall well-being with focus mainly on Movement and Dance
- **Rhythm and Resistance - 15th December, 2023 - Room. No: 30, Sophia College**
  - Number of staff members involved: Sr. Patricia D'Souza, Ms. Simi Susan Shibu and Ms. Malvika Dixit
  - Number of students involved: 20 (FYBA, SYBA & TYBA)
  - Guest/Speaker: *Facilitated by Department of Psychology in collaboration with Students' Social Reform Initiative (SSRI)*
  - An engaging discussion conducted evaluating the Legal, Political, Economic and Psychological Implications of the ongoing Palestine-Israel Conflict.
- **Leadership and You - 20th January, 2024 - AV Hall, Sophia College**  
Inter Departmental Activity - Department of Philosophy & Psychology
  - Number of staff members involved: Ms. Simi Susan Shibu and Ms. Malvika Dixit
  - Number of students involved: 70 (TYBA)
  - Guest/Speaker: *Facilitated by Shubh Mehta and Vidi Panwar (Change is Us) in association with Department of Philosophy, Sophia College*

- An enriching experience where students were exposed to the 6 hats of Decision Making through simulated case scenarios and activities
- **Forensic Psychology & Criminology - 29th January, 2024 - Room No. 27.**
  - Number of staff members involved: Ms. Malvika Dixit
  - Number of students involved: 30 (TYBA)
  - Guest/Speaker: *Facilitated by Ms. Shreya Gosalia*
  - Students got an opportunity to know more about fields and careers in criminology and forensic psychology.
- **Joy of Volunteering - 22nd February, 2024 - AV Hall, Sophia College**
  - Number of staff members involved: Sr. Patricia D'Souza and Ms. Malvika Dixit
  - Number of students involved: 69 (FYBA and TY Single Majors)
  - Guest/Speaker: Facilitated by Sheetal Aggarwal and Nirmala Peters-Mehendale in association with Kindness Unlimited
  - Students were enlightened about the importance of volunteering and how students can become prospective volunteers - focus on community building and self-development via volunteering
- **Text-Based Therapy - 11th March, 2024, Room 30**
  - Number of staff members involved: Sr. Patricia D'Souza, Ms. Malvika Dixit and Ms. Lavanya Mohan
  - Number of students involved: 49 (TYBA)
  - Guest/Speaker: *Facilitated by Ms. Chinmayee*
  - They were introduced to a new therapeutic modality, i.e. Text Based Therapy and the specifics of it.

#### **Speed Reading Workshop (under the aegis of RUSA) 2nd February, 2024**

- Number of staff members involved: Sr. Patricia D'Souza, Ms. Simi Susan Shibu and Ms. Malvika Dixit
- Number of students involved: 92 (FYBA, SYBA and TYBA)
- Guest/Speaker: *Facilitated by Dr. Hozefa Bhinderwala, Consultant Psychiatrist and Author of Speed Reading Books*
- An interactive, stimulating workshop that helped students evaluate their current reading speed and through the course of the workshop witnessed increasing it via use of innovative reading techniques building on speed as well as comprehension.



## **2. Field trips done by the department:**

- **Film City Visit : 1st March 2024:** Sr Patricia D'Souza accompanied: 22 students of TYBA psychology for an educational field visit to the National Museum of Indian Cinema (NMIC).



- **Visit to Institute of Psychological Health (IPH), Thane - 4th March, 2024**

→ Ms. Simi Susan Shibu accompanied 63 students of TYBA psychology for an educational field visit to IPH, where they were exposed to the various rehabilitative activities conducted by the organization to cater to clients.

### **Department of Economics**

1) Title of the activity/event- Nobel Oration Lecture Series

❖ Date - 21st December, 2023

❖ Number of staff members involved- 3

❖ Number of students involved- all SYBA & TYBA

❖ Guest/Speaker- Dr. Suchita Krishnaprasad

2) Title of the activity/event- Talk on writing LOR and SOP for studying abroad.

❖ Date - 20th December, 2023

❖ Number of staff members involved- 3

❖ Number of students involved- all TYBA

❖ Guest/Speaker- Vani Krishnan

3) Title of the activity/event- Talk on 'Data analysis techniques in Indian economic research: challenges and solution'.

❖ Date - 5th March, 2024

❖ Number of staff members involved- 3

❖ Number of students involved- all TYBA

❖ Guest/Speaker- Shreshti Rawat from MDAE.

### **. Field trips done by the department:**

→ Name of the place- Pune city- historical, cultural and industrial places.

→ Date- March 1st to March 2nd, 2024

→ Number of staff members involved- 02

→ Number of students involved- 38

Photos of the trip:



### **Department of Sociology**



The Department of Sociology has had an exceptionally vibrant year, marked by a series of academic and cultural events that have deeply enriched the student and faculty experience. One of the standout moments was the successful hosting of a prestigious **national conference** that brought together leading sociologists, researchers, and scholars from across the country. The discussions were wide-ranging, covering key contemporary sociological issues and fostering a rich exchange of ideas. The colleges that participated and presented in the conference were Wilson College, St Xavier's College, Mithibai College, Vaze Kelkar College and Jhunjhunwala college.



Among the many highlights of the year was the **screening of thought-provoking documentaries** that spurred meaningful discussions on social issues like Dalit lives, gender rights and agrarian crisis.

Name of activity	Date	Number of students	Guest Speaker Description Proof
'Holistic health: A Strategic Planning'	1 <sup>st</sup> September 2023	55	Guest Lecture by Dr Mukesh Gupta .
'CHEMQUEEN'	14 <sup>th</sup> July 2023.	40	Intra collegiate Chemistry Quiz for the UnderGraduate College students organised by the MSc Part II students on general chemistry
'Flavours of India'	25 <sup>th</sup> August 2023	42	Flavours of India - a food fest was organized to commemorate the independence of India by showcasing diversity of the various cultures through their food. Proceeds were donated to charity
'Innovation in Natural Dyeing & entrepreneurship opportunities'	31 <sup>st</sup> October to 10 <sup>th</sup> November 2023	60	RUSA sponsored credit course 'Innovation in Natural Dyeing & entrepreneurship opportunities' organised in collaboration with HRDC, School of Design (Fashion Design and Technology) Lovely Professional University, Punjab.
Exploring Opportunities in Higher Education: scholarship and Funding	22/12/2023	35	Ms. Rochelle Ferns Certified career counsellor, Life Sciences Lead, International College Dundee, University of Dundee, Scotland  Session to expose students to the various opportunities available and the protocols to follow when trying to acquire admission for higher studies overseas
Chemical Sciences and Career Opportunities	12/01/2024	36	Dr. Dimple Dutta Professor (Chemical Sciences) Homi Bhabha National Institute Bhabha Atomic Research Centre Mumbai  Session to make students aware of the various opportunities available after pursuing a degree in Chemistry.

Discovery of Quantum Dots	20/1/2024	31	Dr. Arindam Chowdhury Professor, Department Of Chemistry, IIT Bombay Nobel Oration Lecture.
Chemscope	10/02/2024	Participants 83	Inter collegiate fest consisting of four events viz. Quiz, relay, poster competition and treasure hunt organised by student organisers with the help of volunteers.
Towards sustainable green heat generation with nanostructured porous carbon	12/02/2024	38	Dr Chandramouli Subramaniam Professor, Department Of Chemistry, IIT Bombay Popular series lecture organised by the dept of chemistry in collaboration with IWSA
Internet of Chemistry Things: IoT enabled AI application in Chemistry	27/02/2024	36	Prof. Karthikeyan, Chief Scientist NCR-NCL, Pune

These screenings were followed by discussions, ensuring active participation from the students. Student led meditating sessions, role-plays, and presentations formed a critical part in the paper on Human Resource Development. Similarly **debates and case study discussions** also took place to ensure student-centric innovative learning.

The department organized **a talk by Mr. Sailesh Mishra** to highlight issues faced by the elderly in India. In addition to this, the department, in collaboration with Silver Innings NGO, organized a **meaningful volunteering opportunity** for 20 students, predominantly from the SYBA and TYBA. This initiative, known as "**Umang**", was aimed to support and engage senior citizens through a talent show event. The students actively participated as volunteers, playing essential roles in different teams to ensure the success of the event.

Furthermore, a group of 13 students from Sophia College's Department of Sociology, accompanied by two professors, had an **enlightening field visit to Matheran**. This excursion was designed to provide an in depth understanding of the informal sector, employing field view and direct communication methods with the subjects for data collection. Single Major students also had a **5-day trip to Kutch** accompanied by Dr. Rajula Shah, which helped them to understand Indian society and rural India better. Third-year students also had a visit to the **Saras Exhibition, organized by NABARD** to gauge a better understanding of the informal sector.

The Department of Sociology collaborated with the Department of English for a **National Level Workshop on Understanding Disability**. Resource persons for the session included Dr. Someshwar Sati, Dr. Nandini Ghosh, Dr. Mala Pandurang, Dr. Krishna Warriar among others.

The Department also had their **flagship event Samajik Sociology**, which served as an excellent platform for students of all years to come together and bond. In collaboration with NSS, Department of Microbiology and Department of Chemistry, the department also **celebrated women entrepreneurs through our flagship event Karobaar**, which saw over 30 students participating and setting stalls on college campus.

## Department of Chemistry

### Activities Conducted by the department:

#### Department of Microbiology

#### Educational visits: (Vide Goal 4

1. Organized a visit to Indian Institute of Science Education and Research (IISER), Pune on 6th March 2024 for all classes (53 students and 2 staff members).

Visit Report

1. Visit to Nehru Science center on 11th December with FYBSc class

[Nehru Science centre visit 2023.jpg](#)

1. Accompanied TYBSc and MSc-II students to Advanced Centre for Treatment, Research, and Education in Cancer (ACTREC) on 30th November 2023

Visit

report-

<https://drive.google.com/file/d/1jz6EZ5468NsHZstNRVrulsDQ7usxOfgF/view?usp=sharing>

1. Accompanied students to a visit to Indian Institute of Science Education and Research (IISER), Pune on 6th March 2024 for all classes (53 students and 2 staff members).

#### c) Ananya 2023-24

Conducted By: Microbiology Department of Sophia College (Autonomous)

Duration: 9:30 am to 12:30 pm

Number of participants: 27

**MicroMania** on 10th January 2024 as ANANYA activity. The event was based on various aspects of Microbiology. *Microbial Imposters, Cell-fie, Games( MicroHelper, Whisperer)*

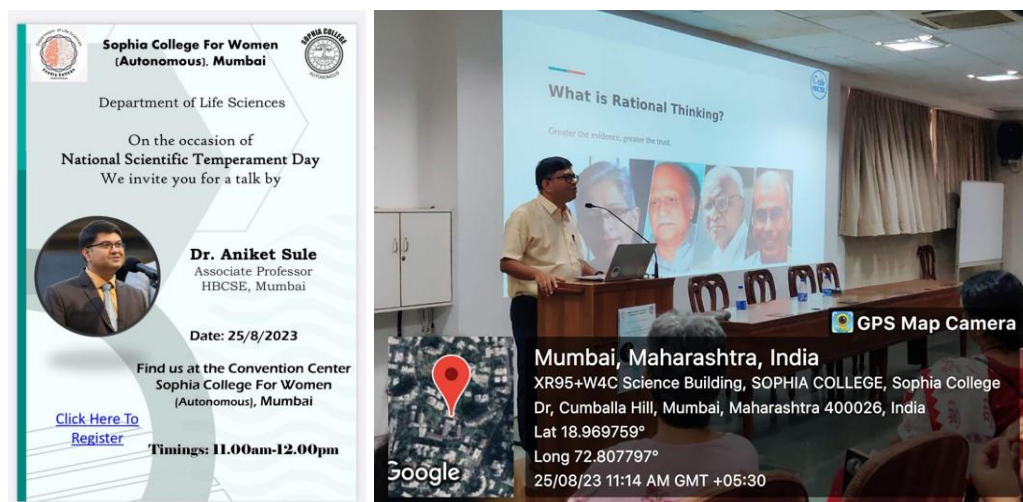
The rise in Anti-science and misinformation is a grave threat facing our society today. To raise awareness about and in hopes to combat its rise, The Department of Life Sciences organized a talk on 25<sup>th</sup> August, 2023 which is regarded as National Scientific Temper Day.

The guest speaker, Dr. Aniket Sule, an Associate Professor at HBCSE spoke to students of the Junior and Senior (Bachelors and Masters) of Sophia College and those in attendance from



various colleges across Mumbai. The resource person took the time to present some group studies on common myths and countered superstition with fact, busting each one. He emphasized the distinction between faith and fact. Later on the students in the audience presented their doubts and opinions on the topic. The event was attended by the UG & PG students of our college along with 22 students from KC College.

Overall, the young minds of the students were alerted to the crucial importance of a Scientific Temper not only applied to scientific research but to their daily life too.



### 1. 'Seminar on Scientific Temper: An Antidote to Superstitious

**Beliefs' Type of hours:** Campus Hours

**Venue:** AV Hall, Sophia College

**Date:** 18th August 2023

**Time:** 11:00 AM TO 1:

**Number of Beneficiaries:** 158

#### **A Brief Report of the event:**

The "Scientific Temper: An Antidote to Superstitious Beliefs" seminar was held on Friday, 18th August, 2023, in the AV Hall at Sophia College. This seminar was conducted by the NSS Unit of Sophia College in collaboration with the Department of Hindi & Life Sciences. The event was a huge success as the AV Hall which has a capacity of 200 chairs was filled entirely by the students. The event started with the felicitation and welcoming of the speakers and guests present. Then Lecturer Incharge of Hindi Department and NSS Coordinator Dr. Vaishali Pachunde welcomed Mrs. Pushpa Tapole & Mrs. Prachi Sawant. After the initial introduction, Dr. Vaishali addressed the audience and informed everyone about Andhashraddha Nirmoolan Samiti and their work for the society, everyone present there gave Shradhanjali to the late Mr. Narendra Dhabolkar by keeping two minutes of silence. Then the students of the Hindi Department presented the street play on the topic of Superstitious Beliefs that are still plaguing the minds of so many people and the trust in religious lies over trusted doctors. It was very well written and beautifully enacted by the students and achieved its aim of delivering its message to the audience. It was directed by Dr. Vaishali Pachunde and written by Mrs. Priyanka Chauhan, it was very well received &

appreciated by all the viewers. Mrs. Shinde in her session showed the students a lot of tricks, she started with lighting up a diya with water without any oil, this was followed by a magic of karni, or bhootbhadha by putting Trishul in a pot full of rice, which she was able to pick up just by holding onto the Trishul. One more trick was pulling out a black ribbon from an intact coconut. She also showed magic of the God's entry in a human body and held a lit Kapur in her hand and then also on her tongue that was even tried by our students. Mrs. Vandana Shinde also laid down on a bed of nails and then one bed was kept on top of her and made a student stand on top of it. She even asked one of the students to do the same and proved how black magic is not true. Mr. Prakash Parkhe in his session explained the calendar, nakshatra and position of stars and also explained how to calculate days. In the end Ms. Amaysikirti Khurasiya, TYBA Hindi department student representative ended the session with a vote of thanks. The feedback from the students was very positive, they said that the session was very informative and would now help them make smarter decisions. Also, they were absolutely enthralled by the way Mrs. Vandana Shinde and Mr. Prakash Parkhe explained the concepts and how people use basic scientific principles to fool simple people and feed on their religious beliefs using God's name. The seminar was delightful, interactive and informative as so many participants participated in the seminar.

## **2. Harnessing the best practice of gamification student centered learning of stem subjects**

A FDP was held with science faculty on 15 Sep 2023 at 12.30 pm. Dr. Manita Pavel, a tenured lecturer in Biology from BMCC, CUNY, New York was the resource person. She shared her experience dealing with students at City University, New York. She instructed us about used a variety of learning modalities and support materials to facilitate the learning process and accentuate presentations. She emphasized the importance of evaluating and revising course curriculum and course content to achieve student-centered learning. She suggested having

sessions with struggling students one-on-one and that in her experience it has led to an increase in grades. She also shared her experience with mentoring diverse student populations to promote cultural diversity for ethnic and racial groups and disabled students. It was an enriching experience for the faculty members.

## **5. XXII ANNUAL SOPHIA - NOBEL ORATION**

Leading the way to next generation vaccines: how base modifications in mRNA turned foe to friend

by Dr. Akanksha Chaturvedi

On December 8th 2023, the Life Science Department of Sophia College organised the XXII Annual Sophia Nobel Oration talk on the 2023 Nobel Prize in Physiology Or Medicine which was jointly awarded to Katalin Karikó and Drew Weissman for their discoveries concerning nucleoside base modifications that enabled the development of effective mRNA vaccines against COVID-19. We received a total number of 88 registrations including the students from other colleges along with faculty members. Over 48 participants submitted feedback for the talk and are willing to attend more such talks.

The speaker Dr. Akanksha Chaturvedi (Scientist D, The National Centre for Cell Science, Pune) spoke to the Bachelor's and Master's students in the college about mRNA vaccines

and their profound impact on combating the COVID-19 pandemic.

The talk initiated with the very basics, delving into the fundamentals of immune system functionality and providing insights into the essential concepts surrounding vaccines. She further went on to talk about the major approaches of making vaccines, diverse functions of TLRs, ranging from the identification of viral and bacterial components to their involvement in inflammatory responses and immune modulation and the pivotal role TLRs play in recognizing pathogen-associated molecular patterns (PAMPs). The focus then shifted to the intriguing world of pseudouridines, exploring their prevalence in RNA molecules and the role they play in RNA modification. The speaker also addressed concerns about virus variants and elucidated how mRNA vaccine platforms can be adapted to address emerging variants.

The talk concluded with an interactive question-and-answer session, during which attendees had the opportunity to seek clarification on various aspects of mRNA vaccines and engage in meaningful discussions with the speaker. The event was concluded with a Vote of Thanks and a

roaring applause for the speaker. Overall the talk was an enlightening afternoon for the students and leaving attendees with a heightened appreciation for the transformative potential of mRNA vaccines in shaping the future of global healthcare



### 3. "Change of Curricula in Light of National Education Policy."

In collaboration with March for Science, Sophia College for Women organized a panel discussion at Sophia College on December 9, 2023, with the theme "Change of Curricula in Light of National Education Policy."

**Prof. M S Raghunathan, Padma Bhushan**, a distinguished mathematician from CEBS Mumbai, **Prof. Karen Haydock**, a former HBCSE TIFR professor, **Dr. Sudhakar Sannakki**, a former CGHS Mumbai CMO, and **Prof. Soumitro Banerjee**, general secretary of Breakthrough Science Society and an IISER Kolkata physical sciences professor, were among the distinguished individuals on the panel. Prominent mathematician **Prof. S G Dani of CEBS, Mumbai**, mediated the conversation.

The panelists discussed their viewpoints on the subject. Professor Karen Haydock's main point was that Darwin's theory of evolution was taken out of the curriculum. She underlined the need of teaching evolution and the ways in which it is being overlooked in the curriculum.

Professor M. S. Raghunathan expressed disapproval towards the overall development of the National Education Policy (NEP) 2020. Concerning the underrepresentation of educators on the policy committee, he opposed the implementation of a comprehensive undergraduate course on Indian knowledge systems and topics such as Vedic mathematics, arguing that it would be a waste of money.

Dr. Sudhakar Sannakki talked about how the NEP 2020 would hurt the medical industry. He suggested that the strategy is insufficient in its practical application.

Prof. Soumitro Banerjee drew attention to a trend that has emerged with the introduction of NEP 2020: the promotion of superstitions and pseudoscience, which endangers the foundational ideas of science. He stated that he was concerned about the rollback of educational change introduced by individuals like Ishwarchandra Vidyasagar and that the policy will impede pupils from developing a scientific temper.

About 50 people joined in the discussion following the presentations, where panelists answered questions from the audience. The conversation continued informally over tea even after the formal conclusion of the session.

#### **4. “Science Education through Experiments & Demonstration”**

The Department of Life Sciences conducted a two day workshop for Academia and Researchers on 15<sup>th</sup> and 16<sup>th</sup> December 2023. It was an outreach program - Science Education through Experiments and Demonstration (SEED 2023) workshop supported by RUSA

2.0. This outreach program is aimed at developing research skills among the faculty members.

The primary goal of this outreach program is to provide science teachers with innovative resources, professional development opportunities, and a supportive community to enhance their teaching methods, foster a passion for science in students, and ultimately contribute to the advancement of STEM education.

The program was headed by Dr. Sree Nair, HOD Life Sciences. Dr. Yasmin Khan, Mr. Mayur G, Dr. Geetanjali G were resource persons, and Ms. Rhea N and Mrs. Archana J as experts. TYBSc and MSc Life sciences students were also involved in the program as volunteers.

Nine participants attended the workshop on day 1 and sixteen participants attended on day 2. The program started with a welcome speech and a brief introduction. Day 1 started with the first session on *Drosophila* conducted by Mr. Mayur Gaikwad. Participants were introduced to the model system followed by experiments like *Drosophila* Larval Olfactory assay, *Drosophila* Adult Phototactic assay Science Lab, *Drosophila* Adult Climbing Assay, Larval Brain / Imaginal Disc dissection. Day 1 continued with session 2 on cell culture conducted by Dr. Geetanjali Ganguli.

Maintenance of N2A neuroblastoma cell and To check for cell morphology post limonene treatment using giemsa stain, were the experiments done by participants.

In celebration of National Science day, the science departments held a conference called “QUEST – WIDER THAN THE SKY”. This was planned as meet of the UG,PG students and staff on 28th Feb 2024 (11 am – 3.30pm) at different venues.



The day started by a visit from young curious minds from a nearby school. These students were from the 7th and 8th stds who were here to share the joy of science. They visited the different labs exposing them to the various streams of science. The UG and PG students demonstrated small experiments related to the subjects of Life Sciences, Zoology, Physics, Chemistry and microbiology.

A talk was also organised to bring out the importance of the day. The talk was delivered by Dr. Nivethida Thirugnanasanbandam, Assistant professor, Department of Biosciences and Bio-Engineering, IIT Bombay, on "Brain- The Master Puppeteer". The venue was the Convention Centre and the timing was from 11.00 a.m. to 12:30 pm.

### **1. Annual Khandala Retreat - 4 & 5 Aug**

**2023 Department:** Life Sciences

**Activity:** Annual Khandala Retreat

Activity No.: 1

**Classes:** TY BSc, MSc (Part 1 and 2)

**Time and Place of Departure:** 11:00am and Sophia College for Women

**Place of Stay:** Kune Mission, Kune Village Khandala Phone No.: +91 970243592

The Department of Life Sciences had planned their annual educational visit to Kune Mission at Khandala on 4th and 5th of August 2023. The objective of this visit was to introduce the TYBSc and MSc I students to the research projects conducted by MSc II students. Dr Deepa Subramanyam, Welcome Trust DBT India Alliance Intermediate Fellow, National Centre for Cell Science, Pune was the resource person who gave valuable inputs to the students and facilitated the presentations. Additionally, the students got exposure to the research work carried out by the respective invited speakers.

The trip also included a Nature trail. A night walk in the dense vegetation was arranged post dinner and was headed by a nature expert Mr. Sachin Rane. The students experienced the silence of the forest and the insect biodiversity on the night trail. The morning next day began with a pleasant nature walk wherein the students explored and studied the flora of the area around. A total of **31 students** lead by 5 faculty members participated in the event. The trip was just not limited to academics and Science, it was indeed beyond. The trip was fun filled and a memorable one.

### **1. MAHARASHTRA NATURE PARK**

On 20<sup>th</sup> December 2023, the TYBSc Life Sciences students along with the Head of Department Dr Sree Nair reported at Maharashtra Nature Park at 9am. We had Ms. Neha as our guide during the course. Starting with an introductory video showing the history and vast collection of the Park, the trail started, identifying and knowing about each flora and fauna in the park. The main OBJECTIVES of this trip were as follows:

To learn about the different species present in the park, by going on a nature trail, and sighting fauna and flora

To learn about the sustainable practices that take place in the park, and how they limit the use of resources, instead, substituting it for natural methods.

Maharashtra Nature Park is located in bustling metropolis of Mumbai. The initiative was taken by the Mumbai Metropolitan Region Development Authority (MMRDA) in collaboration with the World Wildlife Fund (WWF) and several other organizations.

The park's journey began in the late 1970s when a vast expanse of land, once a landfill site, became a symbol of environmental degradation. However, the visionaries recognized the potential of this neglected landscape to be reborn as a place for biodiversity and ecological conservation. Thus, the ambitious project to rejuvenate this wasteland was set in motion.

The first step involved the toughest task of reclaiming the contaminated soil and restoring its fertility. Through innovative techniques such as bio-remediation and afforestation, the once-barren land gradually sprouted with indigenous flora. Central to the park's design was the preservation of the region's natural ecosystems. Wetlands, marshes, and mangroves were meticulously restored to provide habitats for diverse species of plants and animals. Additionally, the park features walking trails, educational exhibits, and recreational areas, making it an invaluable resource for environmental education.

Today, Maharashtra Nature Park stands as a living testament to the power of conservation and collective action. It serves as a green lung amidst the concrete jungle, offering respite to city dwellers and serving as a sanctuary for native flora and fauna. More than just a park, it is a symbol of hope and resilience, reminding us of our responsibility to nurture and protect the natural world. We visited Maharashtra nature park on 20<sup>th</sup> December 2023 to learn about species in this park

**Vermicompost pit** - Vermicomposting, the process of composting organic waste with the help of worms, is an environmentally friendly method of waste management.

The vermicomposting process in Maharashtra Nature Park involves the introduction of millipedes alongside composting worms such as red wigglers (*Eisenia fetida*). Millipedes are well-suited for breaking down tough plant materials due to their ability to consume a wide variety of organic matter. millipedes help aerate the compost pile through their burrowing activities, improving oxygen levels and promoting microbial activity.

All the species that were encountered were remarkable and played an important role in our ecosystem. Through the walk, we have gained a deeper understanding of its biology, habitat, behavior, and conservation status. Efforts to protect and conserve must be collaborative and multidisciplinary. Conservation strategies should be prioritized while also considering the involvement of local communities. In conclusion, our report emphasizes the urgency of preserving those beautiful species and its habitat. It is our collective responsibility to ensure that future generations have the privilege of experiencing and benefiting from the presence of those extraordinary species in the natural world.

Department of Physics

### **1. Activities Conducted by the department:**

- Title of the activity/event: 'No Shadow Day'
- Date (from & to): 18<sup>th</sup> August 2023
- Number of staff members involved: 01
- Number of students involved: @ 06

### **2. Activities Conducted by the department:**

- Title of the activity/event: 'Mehndi Competition' on Physics

- Date (from & to): 22<sup>nd</sup> December 2023
- Number of staff members involved: 01
- Number of students involved: @ 05

**2. (a) Field trips done by the department, should include:**

- Name of the place: Nehru Science Centre
- Date (from & to): 11<sup>st</sup> December 2023
- Number of staff members involved: 02
- Number of students involved: 20



Department of Zoology

**ACTIVITY 1**

- Title of the activity/event - Interactive Session on World Nature Conservation Day →
- Date (from & to) - 28th July 2023
- Number of staff members involved – 2 - Dr. Roshan D'Souza & Dr. Vaishali Pachunde →
- Number of students involved - 64
- Guest/Speaker – Dr. Roshan D'Souza
- Geotagged Photographs (please include photographs even if they are not geotagged)



## ACTIVITY 2

→ Title of the activity/event - Butterfly Gardening (ONLINE WEBINAR) →

Date (from & to) - 30<sup>th</sup> September 2023

→ Number of staff members involved – One – Ms. Sandhya Kadiru

→ Number of students involved - 46

→ Guest/Speaker – Ms. Priyanka Singh

## ACTIVITY 3

**Science Day Activity - Students of FY and SY Zoology explained the interesting facts about the animal world to school students on Science Day on 28th Feb. 2024.**

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

### FIELD TRIP 1

→ Name of the place : Sassoon Dock and Fishery Survey of India Head office, Colaba →

Date (from & to) : 9<sup>th</sup> February, 2024

→ Number of staff members involved - Two

→ Number of students involved - 23



→ Geotagged Photographs (please include photographs even if they are not geotagged)



## **FIELD TRIP 2**

Name of the place- Ovalekar Wadi Butterfly Garden, Thane

→ Date (from & to) – 21<sup>st</sup> February, 2024

→ Number of students involved - 23

### **1. Activities Conducted by the department:**

→ Industrial Applications of Cloud Computing Seminar

→ Date: 4<sup>th</sup> August, 2023

→ Number of staff members involved- 1

→ Number of students involved- 103

→ Speaker- Mr. Asif Rampurawala, Vice-Principal Science & HOD BSc IT, VSIT.

## **11. Workshops/seminars/ Conferences conducted during the year.**

→ Seminar on “Java Full Stack & Data Analytics” was conducted by DVOC Institute on 9<sup>th</sup> December, 2023 from 11:30am - 1:00pm. Number of staff members involved- 1  
Number of students involved- 9

→ Seminar on “How to build your LinkedIn Profile” was conducted by IIDE on 18<sup>th</sup> September, 2023 from 10:00am - 11:30am. Number of staff members involved- 1  
Number of students involved- 181

→ Seminar on “Prompt Engineering” was conducted by Mr. Viraj Sahu, Founder App2Build on 9<sup>th</sup> January, 2024 from 11:30am - 1:30pm. Number of staff members involved- 1  
Number of students involved- 112

- Seminar on “Introduction to generative AI” was conducted by Mr. Sagar Mehta on 13<sup>th</sup> January, 2024 from 10:00am -12:00noon. Number of staff members involved- 1  
Number of students involved- 66
- Workshop on “From Ideas to Insight: Navigation the basics of Academic Research writing” was conducted by Mr. Ahtesham Shaikh on 6<sup>th</sup> February, 2024 from 10:00am -1:00pm. Number of staff members involved- 3  
Number of students involved- 50

**5. Capacity Development and Skill Enhancement activities organised for improving students’ capabilities; like Soft Skills, Language and Communication Skills, Life Skills (Yoga, Physical fitness, Health and Hygiene) & Awareness of Trends in Technology.**

- E-waste collection drive was organized on the 15<sup>th</sup> September, 2023 from 9:00am-.1:00pm in the canteen extension. Number of staff members involved- 1  
Number of students involved- 10

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

A talk on “Required Competencies for successful career development in the IT Industry” was organized on 16<sup>th</sup> September, 2023 in room no 36 and 37 from 10.30am -12:00noon, our ex- student Ms Evangelin Retnamony, Software Engineer, Ensono.

- was the resource person. SY & TYBSc IT students were invited to attend the same and in total 98 students attended the talk. Number of staff members involved- 2

## 8. Department Inter- collegiate Tech Fest – Itechnothon

Intercollegiate I.T. FEST “ITECHNOTHON-2023-24” was organized by the B.Sc. I.T students on the 25<sup>th</sup> January 2024.



## Department of Strategic Communications and Journalism

Date	Event	Description
5th July	US Consulate guest lecture by Joel Simon on Safety and Journalism	Joel Simon from the US Consulate gave a lecture on Safety and Journalism at Sophia College Convention Centre. Attended by 108 students from SY and TY classes, the event also welcomed US Consulate members. Greg Pardo and Sabina Mirchandani.
7th July	First FilmSoc Screening of Black Swan by Darren	The Film Society of BASCJ department, FilmSoc hosted its first screening of the year with Darren

	Aronofsky	Aronofsky's "Black Swan."
14th July	FilmSoc Screening of Lootera — Vikramaditya Motwane	
25th July	Antarchakshu workshop	The TY Journalism class had a workshop called Antarchakshu workshop in collaboration with Xaviers Resource Center for the Visually Challenged with Mr Krishna Warriar.
28th July	PhotoSoc contest: The prompt Barbenheimer had a total of 37 reposts.	The Photography Society of BASCJ department, PhotoSoc held a contest themed "Barbenheimer." Students submitted series of photographs that reflected the themes or colors of Barbie and Oppenheimer. The contest received 37 entries and reposts.
4th August	FilmSoc Screening of Death in the Gunj — Konkona Sen Sharma	
5th August	Visit to Bombay High Court for TY- Journalism students	TY Journalism students with Mr. Floyd Gracias visited the Bombay High Court to experience the courtroom environment.
11th August	FilmSoc Screening of Arrival — Denis Villeneuve	
11 <sup>th</sup> - 25 <sup>th</sup> Aug	PhotoSoc Contest: The contest 'A glimpse of me' had a total number of 20 posts.	
13th August	PhotoSoc- Peace Fortnight contest- Serenity	
19th August	World Photography Day contest by PhotoSoc	
25th August	FilmSoc Screening of In the Mood for Love — Wong Kar Wai	
29th August	Photojournalism Guest Lecture by Mr Chirodeep Chaudhuri	Prominent photographer Chirodeep Sir had an insightful event titled "How to Photograph a City" focused on unorthodox methods for documenting urban environments and avoiding clichéd approaches.
2nd September	Visit to "Dialogue in the Dark" a blindness stimulator for TY- Journalism students	

12th to 15th Sept	Copywriting workshop by Kedar Rao	The "From Blah to Ta-da: Write Copy That Quips and Clicks" workshop guided TYBA Strategic Communication students through compelling copywriting across digital, print, outdoor, and broadcast media.
13th September	Carnival contest (part of Kscope) by PhotoSoc	
25th September	Photosoc Contest- topic: Ganesh Chaturti	
28th Sept to 10th Oct	Colour your emotions by PhotoSoc	
6th October	FilmSoc Screening of Tumbbad — Rahi Anil Barve	
7th October	TY Kartik Shah workshop	The TY Journalism students had a workshop with Kartik Shah for broadcasting and cameramanship
13th October	FilmSoc Screening of Maqbool — Vishal Bhardwaj	
22nd October	FilmSoc Screening of Delhi Belly — Abhinay Deo	
31st October	PhotoSoc- Halloween prompt	
13th November	Diwali photo prompt by PhotoSoc	
22nd November	Artistic Food Photography contest by PhotoSoc	
18th to 25th November	Photosoc essay contest	
28th November to 1st December	Film and Camera Workshop by Sanjeeb Das	The Department of BA(SCJ) hosted an engaging "Film and Camera" workshop for first-year students, led by filmmaker Mr. Sanjib Das to learn lighting and camera techniques through theoretical lessons and hands-on practice.
7-11th December	Queer expression and identity contest by PhotoSoc in collaboration with Sophia queer collective	
9th December to 19th March	VAC- SYBASCIJ- Advanced Film Appreciation by Kuntal Bhogilal	The Advanced Film Appreciation course, led by Mr. Kuntal Bhogilal, started on 9th December 2023 for second-year students. Held on 2-days over 25 sessions.



15th December	Photowalk in collaboration with BSP at Kala Ghoda	
20-24th Dec	Juxtaposition photo contest by PhotoSoc	
28th December	Christmast prompt by PhotoSoc	
1st January	PhotoSoc contest- Your 2024	
8th January to 31st March	VAC- SY and TY- Video Games in Contemporary Society by Tanay Iyer, Valmik Jangla and Indrani	The VAC aimed to introduce video games to aspiring mass media enthusiasts as a lucrative segment to pursue as a specialisation, facilitating a deep dive into the medium and a thorough understanding of its scope in mass media.
12th January	Visit to NDTV studio for TY Journalism students	The Third-Year Journalism BA(SCJ) students, led by Ms. Jasmine Makujina went on a site visit to the NDTV Profit Office.
17th January	FilmSoc Screening of The Great Indian Kitchen — Jeo Baby	
23rd and 24th January	WabiSabi- flagship event by PhotoSoc	
30 and 31st January	DFF RoadShow	The DFF Roadshow comprised fun stalls and lots of unforgettable memories. Organised by the Film Society of the BA(SCJ) department, it boosted a variety of handmade goodies by small businesses owned by the students of Sophia College.
2nd Febraury	DFF Curtain Raiser- All that Breathes by Shaunak Sen	The documentary film ‘All That Breathes’ by Shaunak Sen was screened on the day of the DFF Curtain Raiser followed by a discussion with the director via video conference. A total of 8 films of varying runtimes were screened throughout the 2 days of the main festival.
7th February	Antarchakshu workshop in collaboration with Xaviers Resource Center for the Visually Challenged X FY Soft Skills Class	The FY class had a workshop called Antarchakshu workshop in collaboration with Xaviers Resource Center for the Visually Challenged. The resource person was Mr Krishna Warriar.

9 <sup>th</sup> -10 <sup>th</sup> February	DFF Day 1 and Day 2	
Mid-February	Cinematography workshop of 20 lectures by Avinash Kumar for TY Journalism students	
29th February	Guest lecture- SY- Freny Bharucha- senior journalist	
6th March	FilmSoc Screening of Manchester by the Sea — Kenneth Lonergan	
11th March	Guest lecture for SYs by Prof. Angelo Menezes	
13th March	FilmSoc Screening of Jackie — Pablo Larrain	
12th April to 27th April	VAC- Advanced Web Design by Tanay Iyer and Valmik Jangla	In this hands-on program wherein each student worked on designing their portfolio website.



*A.P. Patil*

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**Dr. Anagha Tendulkar Patil**  
Principal, Sophia College Autonomous