

ANANYA REPORT 2022-23

THEME OF THE YEAR: Recover, Discover, Empower

The **department of Chemistry** had organized a Food festival titled “ZAIKA” on Saturday 11th February 2023 in the canteen extension from 10.30am to 1.00pm as a part of ANANYA 2022-23. The event was open to all Sophia college students. The participants had set up food stalls; the food items were made by the students from home and sold. The profit generated from each stall was handed over to the department of chemistry which will be donated to an NGO. The students also had put up nutritional details about the food items prepared. A variety of food and drinks were prepared.

The **departments of Hindi, Philosophy, Zoology and Physics** organized a visit to Global Vipassana Pagoda which is located in Gorai, Borivali West on 27th January 2023. They had also organised a visit to the Veer Jijamata Bhosle Udyan at Byculla on 5th December 2022.



The **department of Education** in collaboration with the **department of Hindi** and the **SSRI Club**, organized the RUSA-supported Gender T-shirt Painting Competition, as their Annual ANANYA event, on Friday, 20th January 2023, from 11:30 a.m. to 2:00 p.m., in the Sophia College Canteen Extension. The theme of the event was ‘GENDER INCLUSION AND GENDER REPRESENTATION’.



The **departments of Education and Hindi**, in collaboration with the **Students' Social Reform Initiative (SSRI) & Sophia Queer Collective (SQC)**, along with Kashish Foundation, also organized a RUSA-supported Symposium – 'Kashish', on 21st January 2023, in the Convention Center, from 12:30pm to 3:30pm. The 4 resource persons who made this event even more successful were Mr. Sridhar Rangaihn, Mr. Trupil Patil, Mr. Sagar Devram Minde and Mr. Saagar Gupta. The coordinators of the event were Dr. Andrea Coutinho (Head & Associate Professor, Department of Education) and Dr. Vaishali Pachunde (Lecture in charge, Department of Hindi). This festival was attended by 147 students (seniors and juniors). In the festival, 7 movies and documentaries were screened based on LGBTQ. The names of the movies were Dal Bhat, Muhafiz, Thodisi Khushi, Partner, Her Canvas, Caress, and Kinara. These movies were really informative and made the students aware of the LGBTQIA+ community. All the students enjoyed a lot and took away some things with them. Kashish screening has always been an important and significant event for the LGBTQ+ community. Overall, it was an amazing experience.

The **Hindi department**), supported by RUSA, organized a Creative Writing Event-

रचनात्मक लेखन: उद्यम के विविध आयाम on 3rd February 2023 from 11:30am to 1:00pm in AV Hall. The lecturer in charge of the Department of Hindi Dr. Vaishali Pachunde organized this event. Ms. Smriti Singh and Ms. Priyanka Chauhan from the Hindi Department was present for the event. The speaker of this event was Mr. Sanjiv Nigam who is a Director (वनदेशक) of Hindustani Prachar Sabha, Mumbai. The speaker was first given a token of appreciation by the lecturer in charge followed by a welcome speech. The event was attended by 90 students who were extremely active throughout the event. The aim of this event was to give insights to the students about Creative Writing and how a budding student would do greatly if they choose it as a career option.



The **department of Microbiology** organized a Flash Mob and skit on the theme of mental health on 18th January 2023, Wednesday at Sophia College Campus, outside Science building at 11:25 a.m.



The **department of English** conducted its Ananya event for the year 2022-2023 on January 11, 2023 in Room No 30 from 1.30 pm to 3.00 pm. It was a RUSA-Sponsored workshop on “Mobile Photography” and the invited resource person was Mr. Girish Menon (Visiting Faculty of Photography, Mumbai University). The workshop was followed by the announcement of the prize winners of the students’ activity on mobile photography.



The **BSc.IT department** organized a beach-cleanup drive on 7th February, 2023, at Girgaon Chowpatty from 11:00 A.M. to 1:00 P.M. The purpose of this event was to maintain the beauty and cleanliness of our community's beach and to raise awareness about the importance of preserving the natural environment. Also, to protect and preserve the local environment by removing litter and debris from the beach. There were in total 114 students across all the three years along with the staff members participating in the drive.

The **Economics department** conducted two activities for Ananya during the AY- 2022-23. The first activity that was organized was a workshop on "Yoga on a Chair" conducted by Dr. Jyoti Mantri. The aim of the workshop was to enable students to improve their physical and mental well-being by practicing some simple yoga postures. It was held on 15th of February in Multipurpose Hall, Sophia College. It was attended by students as well as by all the members of the faculty.

It also organized its annual student seminar paper presentation on the 1st of March 2023 in the A.V. Hall. The theme given to the students was 'India in 2050'. The event lasted for about 2 hours and was attended by 50+ students from the second year as well as third year economics batch.

The **departments of History and Mathematics & Statistics** organized a talk on "Careers in Education – Options and Opportunities" under the aegis of Ananya 2023. The Guest speaker was Ms. Lamiya Tambawala, Senior Vice President, Academics at JBCN Education. The talk was held on January 28 2023 from 10.30 am to 12.30 pm. Over 80 students from the college including students studying History, Mathematics and Statistics attended the talk.



The **department of Psychology** organized a RUSA supported Workshop, 'Distressed to de-stressed: Combating Stress Constructively' on 23rd January 2023. The resource person was

Dr. Dinu Shibu Mathew (Counsellor and Psychotherapist). The workshop facilitated by Dr. Dinu Shibu Mathew was really helpful and insightful. Through this informative workshop, the 28 students who attended it, learned many ways to combat stress constructively. The students were provided with this amazing opportunity to participate in various activities that helped to relieve stress and showed an accurate and deep understanding of their own stressors. The main activities of the workshop were; a stress relief Zumba workout, getting to identify and brainstorm about your own stressors, meditation and stress relaxation therapy and a fun activity of bursting your stress balloons by writing all your stressors on small pieces of paper and putting it inside a balloon and then bursting it.

