

## Nature Club Sophia College for women

### **ABOUT NATURE CLUB**

Since its inception, the Nature Club of Sophia College for Women, Mumbai has strived to bring individuals closer to nature. The Nature Club has always promoted sustainable living and awareness towards nature and the perils it faces. The events curated for the academic year 2020-2021 were based on these primary aims. The club encourages members to interact with nature and actually let nature into their lives, rather than superficial campaigning for environmental causes. The year has been eventful to say the least and has given everyone a chance to reflect on their actions and make important lifestyle changes. Interacting and bonding with nature boosts one's psychological and physical well-being. The club initiatives are not merely an outlet for expression but equip members with skills that help sensitization towards environmental causes, thereby leading to more proactive choices to protect and conserve the environment.

### **EVENT 1 : NATURE CLUB ORIENTATION**

Date: 20<sup>th</sup> SEPTEMBER, 2020

Start Time and End Time of the event: 7:00 PM -7:30 PM

Platform: ZOOM

Turnout: 64+ participants

Summary of the event: There was a short introduction given by the secretary and the club members about themselves and an overall view on how the club is going to function. It was followed by giving the participants a brief about what all events are going to be covered and done for this year by the club. Three senior club executives were solving the doubts and queries on the chat-box; while the secretary, and the one other senior executive, was replying to the question asked by the participants by unmuting themselves. It was taken care that the session adhered to the timings given and the orientation was wrapped up. The club believes that it was able to provide meaningful insight to the new members and was successful in solving their queries.

### **Event 2 : Documentary Screening- 'Our Planet'**

Date: 28<sup>th</sup> October, 2020

Platform: Zoom

Participation: 25 participants

The first club event of the year, the documentary screening was an interactive and informative session. 'Our World', the first episode of the well-received nature based educational series, 'Our Planet' was screened. The event managed to mesmerize the participants by bringing them together on a single platform to watch the documentary and build a community of like-minded admirers. The topic for screening was chosen after much thought. There are a multitude of issues plaguing the earth's environment. The best manner in which one can combat these problems is by knowing the space they inhabit better. The participants were enthusiastically addressing one another and discussing current issues relating to environmental encroachment and mismanagement in their localities.

### **Event 3: A Trip Down Memory Lane**

Date: 18<sup>th</sup> to 26<sup>th</sup> November, 2020

Platform: Instagram

Participation: 5 participants

The event was conducted in collaboration with the English Literary Society (ELS). The writing event was held keeping in mind the fact that students were in need of a way to escape the walls of their living spaces and rediscover themselves by connecting with the outside world, in particular with nature. Participants expressed their wanderlust from the confines of their home via their creative writing skills. The event provided members with a platform to pen down their golden memories of visiting places, adding a splash to their nostalgia as well as building their creative writing skills to express their emotions.

### **Event 4: Time Capsule '20**

Date: 17<sup>th</sup> to 20<sup>th</sup> December, 2020

Platform: Instagram

Participation: 8 participants

The event was conducted in collaboration with the Photography Society (PHOTOSOC). Photography not only brings peace to the mind; it enables one to look into themselves and find themselves in what they photograph. One notices the intricacies of their surroundings that are easily overlooked in regular circumstances. The participants showcased their best clicks from past travel adventures. The best entries were posted on the official Instagram page of the club.

**Event 5: National Bird Day Quiz**

Date: 22nd - 25th January, 2021

Platform: Instagram and Google forms

Participation: 115 participants

The quiz was conducted in honor of National Bird Day, 5<sup>th</sup> January '21. The avian species is enjoyed for its beauty, but isn't paid much heed to when it comes to their protection. Through this quiz, members were not only encouraged to gather knowledge about the plethora of birds that grace the earth but to actively inform others and make attempts to conserve them. The quiz consisted questions ranging from the intelligence capacities of birds to who featured in a certain movie.

**Event 6: Reminisce**

Date: 26th – 29th January, 2021

Platform: Instagram

Participation: 27 entries

Music soothes the soul and helps one connect not only with their own self, but with nature. There are songs that are reminiscent of certain events and evoke cherished memories. The song association event was conducted via Instagram stories, directly engaging club members. Songs were put up on the story of the official club Instagram id, @ncofsophia. Participants replied with moments, places, etc. that they associated with the songs. It was a refreshing intervention in the monotony of lockdown life. It enabled participants to return to moments of peace and happiness, of travelling and friendships.

**Event 7: One Mile at a Time (Flagship Event)**

Date: 10<sup>th</sup> to 15<sup>th</sup> February, 2021

Platform: Instagram

Participation: 16 entries

One Mile at a Time was the Flagship Event under Mijaz 2020. The aim was to engage the visual and creative abilities of the participants. They were given a free hand as to what they wish to portray about nature. It was simply a coming together of their relationship with the environment and their skills. The participants created video compilations based on their unique view of nature. The various entries reflected how the participant finds comfort in elements of nature. The winning entries by Sejal Baid, Harshita Sawhney and Anjalle Badola were posted on the club Instagram page.

**Event 8: Sustainable Living**

Date: 23<sup>rd</sup> to 25<sup>th</sup> February, 2021

Platform: WhatsApp Group Chat

Participation: 19 entries

The event was curated in response to the growing need of adopting a sustainable and eco-friendly lifestyle. In line with the club's beliefs, members are constantly pushed to apply their creativity and artistic abilities to make better use of the resources available to them. In this case, to reuse and remodel waste to in order to protect the environment from single use plastic pouches, broken/old cassettes, glass bottles that would otherwise be discarded, etc. The entries received were innovative, artistic and quite simple to implement in daily life, making them truly sustainable. The following are a few of the entries posted on the official Instagram page of the club.