

Department of Philosophy Report on Activities conducted in 2023-24

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: **13th February – 2nd 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.

Platform:

The IELTS Preparation Course will be conducted on a dedicated online learning platform and on-campus which will help facilitate interactive sessions, practice tests, and collaborative activities. Participants will have access to course materials, recorded sessions, and additional resources through this platform.

Participants:

This course is tailored for female students of Sophia College and other individuals aiming to pursue higher education or professional opportunities that require IELTS proficiency. Participants include:

1. Sophia College students preparing for future academic endeavors
2. Professionals seeking career opportunities that necessitate a high level of English proficiency.
3. Individuals planning to immigrate to English-speaking countries for work or study.

Delivery Method:

The course delivery combines live virtual sessions, self-paced study modules, and simulated practice tests. Participants will engage in discussions, receive personalized feedback on assignments, and have the opportunity to collaborate with peers to enhance their learning experience.

Assessment and Certification:

Participants will undergo regular assessments, including practice tests, written assignments, and mock interviews. Successful completion of the course will result in a certificate acknowledging the participant's readiness for the IELTS examination.

Instructors:

The IELTS Preparation Course will be facilitated by experienced language instructors with a proven track record in IELTS coaching. Instructors will provide guidance, support, and personalized feedback to help participants achieve their desired IELTS scores.

Conclusion:

The IELTS Preparation Course at Sophia College for Women is designed to empower participants with the language skills and strategies necessary to excel in the IELTS examination. By the end of the course, participants will be well-prepared to tackle the challenges of the IELTS test, opening doors to academic and professional opportunities in English-speaking environments.



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. Everyone then began with the practice of various yoga asanas which were coupled with some relaxation exercises meant to relieve all the stress and anxiety thereby allowing the students to experience a state of peaceful weightlessness. The practical session continued for an hour after which a group photography session was conducted. A short break of 15 minutes was given to the students after which the theory session of the trip commenced. This session was conducted by the Centre's yoga instructor, Ms. Anvita. She also conducted an interactive session among all the students where they were asked to give their own perspectives and thoughts on Yoga Philosophy and how pursuing yoga will help them to effectively battle with their daily challenges and struggles. After the interactive session was over, Ms. Anvita began the theory part of the trip where she explained to all the students about Yoga Sutras and how they can be used as a means to deal with anxiety, overthinking and stress by helping everyone to create a healthy balance between their physical, emotional and spiritual states. The trip concluded with a vote of thanks speech given by students of Jai Hind College and feedback of the entire session. On the whole, the trip to the Yoga Centre was both mentally and physiologically stimulating and rejuvenating.







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