

SOPHIA COLLEGE (AUTONOMOUS)

PRINCIPAL'S REPORT FOR THE YEAR 2021-2022

The year 2021-2022 was another challenging year. With the continuing global pandemic caused by the COVID 19 virus, and the resultant lockdowns and consequent economic crises, as well as the toll these have taken on the physical and psychological health of both staff and students, we have had to dig deep within ourselves to tap into hitherto undiscovered reserves of creativity and resilience that we would never have imagined we possessed. The generosity and support of our colleagues, and our well-wishers, have been the mainstay of our existence – and the unfailing grace of God that we have experienced has been the source of all that has been achieved, endured and overcome in the past year.

The theme for the year, **Hope, Courage and Resilience**, continued for a second year, calling us to continue to strive to be our best selves to face the challenge at the local, national and global levels. The modus operandi for both curricular and co-curricular activities had to be re-conceptualised and redesigned, so that we could continue to strive to make the educational experience vibrant and life-giving for our students, and to lead them to a deepening of the values we seek to foster. Our reshaped pedagogy, and the adapted assessment patterns, to align with the exigencies of the online mode, were further refined and developed. Both staff and students strove to make the year seem as normal as possible, given the constraints. Most of the regular extra-curricular events of the year, including Kaleidoscope, were conducted in a manner adapted to the circumstances.

The autonomy we were granted in 2018 continues to be galvanic in its impact in every aspect of life in the College. We had to continue with the various tasks that had to be undertaken, the redefining of pedagogical strategies to suit the new mode, the fine-tuning of the various structures and systems that we were putting in place – syllabus formation, examinations, etc. It has been a formidable task, but staff and students have striven to rise to the challenge. We continue to work closely with the other autonomous colleges in the city and the country, sharing insights, difficulties and experiences to our mutual benefit.

The RUSA grant has presented its own levels of possibilities and challenges. The regulations and restrictions that surround any expenditure have been extremely difficult to navigate, especially as the rules seemed to continually be changing. As a result, the spending has gone much slower than envisaged, and some of the budgeted plans have had to be tweaked to accommodate the changing parameters laid down by the government. Nevertheless, we have been able to put the grant to good use in improving some of our

infrastructure and we were able to undertake urgently needed structural repairs to the Science Building.

The two major areas of difficulty that we have continued to grapple with are

- a. The toll that the COVID 19 pandemic has taken on the physical and psychological health of the staff and students. Many students went into depression and needed professional help in coping with the stresses of the forced isolation and alienation coupled with the 24x7 togetherness with the family in small homes. No real interaction with peers and friends has made the college experience very different to the vibrant life that the campus used to offer. One initiative launched by the students – the Peer Pal programme – was designed by them to reach out to new students and help them cope with the new experience by establishing relationships with their companions and seniors.
- b. With the hostel having been closed since March 17th 2020 and the rents and revenues from the hostels that used to form the mainstay of our income having dried up, it has been increasingly difficult to meet the expenses, especially the salary bill of the management staff. Here we have been helped by assistance from the Mother House of the Society of the Sacred Heart, as well as by the co-operation and generosity of some well-wishers and donors, and most of all by the open-handed support of the management.

The year also saw a change in leadership, as the principal, Dr Sr Ananda Amritmahal, retired on 31st March 2022, and an In-Charge Principal, Dr Anagha Tendulkar Patil, took over from 1st April 2022. The process for official appointment of a new principal is underway, but in the meantime, the College has continued to function effectively under the able leadership of our new Head.

Some of the highlights of the different aspects of College life in 2021-2022 are given below.

SOPHIA JUNIOR COLLEGE (SCIENCE)

24th JUNE 2021 TALK ON “STRESS MANAGEMENT” This lecture was delivered by Dr Prashant Choudhary from Sion Hospital. This event was organized by the Department of Mathematics for the SYJC students.

30th JULY 2021 QUIZ COMPETITION The quiz was administered to the SYJC students by department of Chemistry in collaboration with the Senior college.

29th JANUARY 2022 “CHEM QUEEN” COMPETITION This activity was organized by department of Chemistry in collaboration with the Senior college for the FYJC students.

6th FEBRUARY 2022 MODEL MAKING (STRUCTURE OF ATOMS AND MOLECULES) This was organized by the department of Chemistry for the FYJC students.

FEBRUARY 2022 INSIGHT INTO THE CAREER OPTIONS OFFERED BY SOPHIA COLLEGE Interactive sessions with 10th standard students of various schools were held by the science teachers.

MARCH 2022 SEX EDUCATION This was organized by the department of Biology for the FYJC students

MARCH 2022 CONSERVATION OF NATURE THROUGH SAVE SOIL MOVEMENT In collaboration with EVE department an online awareness program was organized by the biology department

EXTRA CURRICULAR ACTIVITIES

1. Singing / dancing / elocution competition on the theme – patriotism/ folk/ culture was held online for 15th August 2021, Independence day – 18 students of SYJC participated for the same. They were awarded certificates for the same.
2. Post card writing competition on the theme – ‘ VISION FOR INDIA 2040 ’ was held on 20th December 2021 - 35 students of FYJC took part in writing slogans/phrases/ paragraph which was sent to the regional post office.
3. Zee tv – mind wars competition was won by Ms. Ayesha Shaikh of FYJC SCIENCE

4. Covid vaccination drive was held in the college for junior college students in collaboration with BMC. About 120 students availed of this facility.
5. Career guidance programme was organised in collaboration with the DDGM Dept of Polytechnic for the SYJC arts and science students through the online mode.
6. AZADI KI AMRIT MAHOTSAV was celebrated on 21st March 2022 with poster making competition organised by the Activities committee. 31 students of FYJC took part in the competition. All were given certificates including the three prize winners.
7. The junior college took part in the SWACHH VIDYALAY PURASKAR organised by the Education Department on 30th March 2022. Online data filling and uploading of photos of the college premises was done for the same.

A PRO-ACTIVE INITIATIVE:

During the academic year (2021-22), First Year Junior College saw a good number of students taking admission and filling most of the available seats.

To ensure that this trend continues, the junior college science faculty took online & offline sessions in February 2021 with the tenth graders of four different schools, highlighting the advantages of being at Sophia College.

DETAILS OF THE SESSIONS

- 4th Feb 2022 Offline session at Canossa attended by 300 students
- 5TH Feb 2022 – Online session at MSPT & VBN school
- 11th Feb 2022 - Anjuman Islam School, Mumbai Central
- 12th Feb 2022- Little Star school

SOPHIA SENIOR COLLEGE

INTERNAL QUALITY ASSURANCE COMMITTEE:

Some of the activities organised by the IQAC are listed below:

FACULTY DEVELOPMENT PROGRAMME

IQAC organized RUSA supported webinar on faculty development session - “Launching Add on courses: Key components” on 10th July 2021 at 3:30 pm for the In-house faculty. Dr. Roshan D’Souza delivered a detailed session on how to launch add-on courses, design and structure of the course and key components. She also emphasized the pedagogical aspects to make the course relevant and meaningful. This webinar / session was organized and held in order to help and orient departments to start / launch Add-on courses. 44 staff members submitted the feedback form.

ORIENTATION SESSION FOR ADD ON AND SWAYAM COURSES

This was the first of the multiple orientation sessions organized by IQAC on Add-on and Swayam courses. This session was organized for students of TY and PG students on 1st July 2021 at 3:30 pm, SY Students on 5th July 2021 at 3:30 pm, for BMM students on 23rd July 2021 at 3:00 pm and for FY (BA, BSc and BMM) and MSc-I students on 22nd (2:30 and 3:30 pm) and 23rd October 2021 (10:00 am)

Our in-house faculty members Dr. Roshan D’Souza, Associate professor, Head, Department of Zoology, and Dr. Meeta Saxena, Assistant professor, Head, Department of Physics, were the resource people. Dr. D’Souza oriented students about Swayam courses and how to register for the same. Dr. Saxena delivered a detailed explanation of Add-on courses and their importance. She elaborated the three categories of Add-on courses - Value added courses, Extracurricular credits and social outreach credits and the activities students need to do under these categories to avail themselves of additional credits.

ORIENTATION PROGRAMME FOR FIRST YEAR STUDENTS

An Online orientation programme for FYBA, FYBSc, FYBMM and FYBSc IT students on 8th September 2021 at 10:00 am. The programme was streamed live on YouTube. Dr. (Sr.) Ananda Amritmahal, the Principal, addressed the students and shared the History of the Institute along with Vision, Crest and Motto. She stated rules and regulations, College infrastructure details, facilities and various other developments. The programme was viewed by around 280 viewers on YouTube. A follow-up orientation session with the Vice-Principals and Course Coordinators was also organized for the students.

An Online Orientation programme was conducted for FYJC students on 7th October 2021. The programme was streamed live on YouTube. Sr Ananda Amritmahal and Sr Annie Peter (Vice-Principal, Junior College) addressed the students. The programme was viewed live by around 264 viewers on YouTube.

POSTER MAKING COMPETITION

On the occasion of National Voter's Day i.e., 25th January 2022, the IQAC and College Union Committee organised a digital poster making competition. The students were provided a week to create e-posters encouraging voter participation and disseminating information regarding the voting process. The competition saw an enthusiastic student response. Winners were chosen and informed; their posters were then promoted on the CUC social media handles and helped create voter awareness.

DEGREE CONFERRING AND PRIZE DISTRIBUTION CEREMONIES FOR THE YEAR 2019-2020

The Prize Distribution and Degree conferring ceremonies for the 2019-2020 batch (which was delayed because of the pandemic and lockdowns) was held online on 4th December 2021 at 11:30 am and was streamed live on YouTube. The Prize distribution ceremony began with the formal welcome address, followed by an inaugural dance performance by one of the students. The principal Dr. (Sr.) Ananda Amritmahal delivered a welcome speech and announced the esteemed Silver Jubilee Gold Pendant prize for personal responsibility, social responsibility, promoting the college philosophy of education & co-curricular activities awarded to Ms. Medhavi Chaturvedi, who held the position of Student Body President. Then, the Rotarian, Mr. Burjor Nariman, president of the Rotary Club of Bombay Midtown and the chief guest for the prize distribution, delivered the keynote address. Ms. Shatakshi Mukherjee, recipient of the best student award, addressed the gathering. The names of all the prize winners were announced (PG, UG, junior college, NSS, and sports.) The prize distribution ceremony ended with a vote of thanks by Ms. Medhavi Chaturvedi, recipient of the silver jubilee gold pendant.

The Degree Conferring ceremony began with the College song, followed by a welcome speech by the principal. Then, the chief guest Dr. (Sr.) Bernadette Porter, rscj, former Vice-Chancellor of Roehampton University, UK, delivered the keynote address, followed by the actual degree conferring ceremony. It was a great joy to have Sr Bernie with us for this event, underlining as it did our connectedness with Sacred Heart education world-wide. The names of those receiving the degrees were then read out, and their class photos displayed. The ceremony ended with the principal blessing the students formally on behalf of all the staff.

The program was watched live on YouTube by 188 participants. The live streaming was made available in the AV hall of the college for the in-house staff members. The Prize

distribution and the Degree conferring ceremony for the 2019-2020 batch have received 2586 and 1350 views on the college YouTube channel 'Sophia College Mumbai' to date.

PRIZE DISTRIBUTION & DEGREE CONFERRING CEREMONY FOR THE 2020-2021 BATCH

The online/virtual Prize distribution & Degree Conferring Ceremony for the 2020-2021 batch was held on 16th March 2022 at 3:30 pm and was streamed live on YouTube. The ceremonies followed the same sequence as the ones described above. The esteemed Silver Jubilee Gold Pendant prize was awarded to Ms. Syona Roy, who held the position of Student Body President. Ms. Samiksha Jain was awarded the best student award. The second half of the session, the degree conferring ceremony began with the welcome address by the principal. Then, the Chief guest for the degree conferring ceremony, Professor Dr. John Varghese, Principal, St. Stephen's College, Delhi, delivered the keynote address, followed by the actual degree conferring ceremony. The programme ended with the formal blessing of the students by the principal and staff. The program was viewed live on YouTube by 168 participants. The Prize distribution and the Degree conferring ceremony for the 2020-2021 batch have received 2528 views on YouTube on the college channel 'Sophia College Mumbai' to date.

IQAC ANNUAL CONFERENCE 2021-2022 - WELLNESS MANAGEMENT: NUTRITION & THERAPY

A RUSA Supported IQAC Annual Conference on Wellness Management: Nutrition & Therapy, held on 29th April 2022, was the first event of the academic year 2021-2022 held in the College in offline mode. Dr. Anagha Tendulkar Patil, In-charge Principal, welcomed the staff members. The speaker for the first session Ms. Sukhada Bhatte emphasized the importance of proper nutrition for good health and gave various examples and illustrations to explain her points. She enthusiastically answered the queries raised by staff members bringing an end to the first session. The speaker for the second session Dr. Tejswi Kamble began her session by discussing the occupational hazards and demonstrated quite a few exercises to stay fit and healthy. She also made staff members do some of these exercises and shared some stress management tips. Dr. Kamble also answered all the queries raised by the staff members. The event ended with a vote of thanks by Ms. Tanaz Asha, followed by the National Anthem. Links for the feedback forms were circulated on the College WhatsApp group

Many staff members agreed that the theme of the conference as indeed important for the well-being of the teachers.

ACADEMIC WORK:

Academically, the College has continued to do well. The Boards of Studies in each department, the Academic Council and the Governing Body as per the guidelines laid down by the UGC met twice in the year, except for the Governing Body, which met only once, on account of the lockdown. The online mode of teaching imposed its own challenges, forcing the staff to learn not just the new technology, but also to rethink the pedagogy that they were employing. The staff, from our trusted veterans to the newest additions to the departments, continued to do their best to make the education they were imparting to the students, meaningful, engaging, and inspiring, to help them cope with the ongoing strains of this last year.

G-Suite and Google Classroom, as well as the Zoom platform continued to be the systems we employed to take our educational efforts forward during this difficult time. Once again, the College was able to tap the goodwill of our donors and invest in 46 Zoom licenses. This was particularly useful since it allowed us to accommodate both the large classes in Junior College and in the Arts section of the Senior College, and also extend the classes beyond the 40 minute limit of the free Zoom. It also made it possible for us to make licensed Zoom membership available to staff and students for extra-curricular activities, and enable the use of all the services offered by Zoom (some of which are only accessible through the licensed stream). The College also launched its own YouTube channel, so that programmes that included more than 300 participants could be streamed live, and also be available for viewing at a later period. Other forms of social media like Instagram and Twitter were also tapped to facilitate connection between staff and students and between the students themselves.

Curriculum Revision:

All the departments continued the process of restructuring of their syllabi. In a number of departments, the changes are being introduced in a phased manner, so as to ensure a smooth transition to the new syllabus over a period of time. In all cases, we have sought to remain faithful to the rigours of each discipline, factoring in new developments, while ensuring that we respond to the needs and profile of our student body, in spite of the shift to the online mode. This has been particularly challenging with regard to the practicals,

and we are all hoping that we will soon arrive at a time when students will be able to access the laboratories and the college in person. Though we have had some efforts at opening the College to offline teaching, this has not proved to be very successful, since attendance was sporadic, since it was not mandatory.

While we have our own Boards of Studies, a number of our teaching faculty continue to be on the Boards of Studies of other autonomous colleges and of the University of Mumbai. This also keeps us aware of new directions and changes in our subjects, while allowing us to contribute creatively and realistically to the development of each discipline.

Assessment:

Assessment continued to be one of the most baffling difficulties of the year. Since we had to continue with the online mode and the MCQ/objective type of question papers, we continued with a ratio of 50:50 for internal assessment and semester-end examinations. This was also in keeping with the recommendations of the UGC. Further, we have made sure that at least one of the internal assessment exercises should be a subjective type exercise, where students would be expected to articulate their thoughts, apply the information they had acquired and exercise their critical and analytical skills.

The examination committee has worked extremely hard to put systems in place and implement a programme that was both rigorous and realistic.

- ❖ We continued with the practice of having a minimum of three and a maximum of four IA exercises in each subject. Students would be awarded the marks of the two best performances in each paper. The marks were released after the first two exercises, so that students would know where they needed to improve.
- ❖ Results were declared within stipulated 45 days from the end of SEE, both semesters.
- ❖ The committee met after the declaration of results at the end of each semester to review the procedures.
- ❖ ATKT exams were held once a year – within 90 days of declaring results.

In addition, the process of adding additional (non-academic) credits was put into practice this year. Students could get additional credits for extra-curricular activities, outreach activities, add-on courses. Though we had planned to make it mandatory for all students to earn 3 or 4 additional credits (over the three years), with at least one in each of the areas mentioned above, we realised that given the pandemic and the lockdowns, it would not be realistic to expect all the students to acquire credits in each of the areas. Hence it is still an optional component.

Teaching Learning Processes:

Each department in Junior and Senior College sought to make their teaching-learning processes relevant and effective. Mentoring and remedial programmes seek to address the problems of students and help them in different ways. This is of particular importance in the present scenario, shaped as it is by the pandemic. Necessarily, such mentoring takes place, at present, online. However, we are striving to develop effective ways of making the mentoring a robust part of the Sophia experience.

Creative and innovative methods of engaging the students were devised by the faculty, and the impact of this has helped students overcome the sense of disengagement consequent upon being solely restricted to online education. A large number of co-curricular activities were conducted to help students approach their discipline from different perspectives, and understand the relevance of the subject to real life situations as well.

In view of the current scenario it is envisaged that creation of resource and E-content would be of immense value both in the current situation and for use later. A major lacuna currently is lack of E-learning platforms like Virtual Labs, where learners can gain the experience of practical experimentation without any direct physical involvement or bench work. Using equipment bought from the enhanced finances of Star Status each department will mandatorily prepare videos of some experiments from their syllabus. It is also proposed that the SOPs created under the star college mandate will be compiled into an E-manual and will be uploaded as a ready resource and reference. Part of the RUSA grant has been used to set up a studio (which will soon be completed) for the preparation of such e-modules by our staff, as well as for practical work for BMM students.

An academic and examination audit was conducted, with outside experts being invited to examine and assess our work. Dr Ashok Wadia, principal of Jai Hind College, and Dr Uma Shankar, principal of SIES College, were the experts, and while they acknowledged and appreciated the good work being done, they also made some extremely insightful comments and practical suggestions that we hope to implement in the year ahead.

Research:

The Research Development Cell, set up to promote and document research activities, continued in its efforts to promote a culture of research. Information is given to the staff about new projects. This has helped them in the application process. Five of our faculty

members are registered Ph.D. guides. Our Microbiology and Zoology departments have also been recognised as PhD centres. Further, we have two members in the life Sciences Department, Dr Bhavna Daswani and Ms Divya Sharma who receive grants under the Women Scientist Scheme of the Government of India, and one member, Dr Tressa Jacob, who is working on a large collaborative project under the Department of Biotechnology of the Government of India. The RUSA grant too has been a great help, since nine research projects have been undertaken (with funding between 1 and 3 lakhs each) under its auspices.

Research projects have also been undertaken as part of the EXSP and EXAP programmes. These challenge gifted students and encourage them to push back the limits of their own capabilities, engaging with co-curricular subjects and expanding the boundaries of their knowledge and consciousness. This programme has continued in spite of the constraints of online functioning.

Some of the topics included:

	Time	Research Topic	Students	Guide
	8:15 a.m.	A Welcome An Introduction to the External Research Evaluators		
1.	8:30 a.m. to 9:15 a.m.	'Community' and Other Dominant Themes in Selected Graphic Novels	1. Sarah Mathai (A19261) 2. Soumi Mitra (A19279) 3. Mayanka Raghunathan (A19349)	Dr Rashna Poncha and Dr (Sr) Ananda Amritmahal
2.	9:20 a.m. to 10:05 a.m.	Has the Pandemic Impacted the Demand for Health Insurance: COVID-19 as a Natural Nudge?	1. Stabya Kanungo (A19190) 2. Sanyogita Sharma (A19434) 3. Tanishq Tiwari (A19478)	Dr. Sunita Jadhav
10 minutes break				
3.	10:15 a.m. to 11:00 a.m.	Understanding Female Genital Cutting through an Intersectional Lens: A Study of the Dawoodi Bohra Community in Mumbai	1. Rhea Kotrashetti (A19218) 2. Aamatullah Rajkotwala (19382) 3. Prabhtej Sabarwal (19354)	Dr Rajula Shah
4.	11:05 a.m. to 11:35 a.m.	Binge-Watching During the Pandemic and its Impact On Sleep, Diet and Work	1. Grace Jacob (A19160) 2. Asmita Mishra (A19276)	Sr. Patricia D'Souza

Our students also took part in Aavishkar, the intercollegiate research festival organised by Mumbai University. Conducted online, like everything else, this annual event gave our students the opportunity to showcase their research work at a wider level. Students also participated in other inter-collegiate research events:

Many staff members have participated in local, state-level, national and international webinars and conferences. Some have presented papers which have subsequently been published.

Consultancy:

A number of our staff members are regularly invited as consultants at CAS processes, appointment interviews, guest lecturers, practical examinations, PhD assessments and viva-voces.

EXTRA-CURRICULAR ACTIVITIES

The Annual Theme of the year was “Hope, Courage and Resilience”. This was taken up for a second year because the ongoing pandemic situation made these qualities vitally important.

The theme was explored and developed through curricular and co-curricular activities in all the departments in both Junior and Senior College, and in interactions between staff and students. Elements of the theme that were highlighted in activities as well as classroom discussions relating to current events. Some of these initiatives took place through organised events, while there was also much informal inclusion of the theme in topics directly or indirectly linked to the syllabus. Our students were able to find a creative way to conduct most of the events of the year online. Glimpses, Kaleidoscope, Munsophical, College Day, Mijaaz – a month-long festival incorporating events from all the various clubs, bonding sessions within the departments, farewells for the TY students, all these took place in a unique manner, adapted to the circumstances and the constraints. In addition, each club carried out a range of online activities for its members – webinars, workshops, interactive sessions...the list for each is too long to include here. Suffice it to say that the efforts spoke volumes for the determination of the club secretaries and executives to keep up the morale of their members.

The activities of the NSS club were particularly noteworthy and activities of the first semester are being listed here as a sample of the year's activities as this is very much in line with the objectives of the trust and the goals of the college.

1. Name of the event: Yoga Day Awareness Activities: 2021

On the 7th International Yoga Day, the NSS unit of Sophia College organised three activities with the aim to promote a healthy and happy living. The activities were as follows

i) Session on Bring the Change with Team Art of Living

Speakers:

- Mr. Om Burkul - Fitness enthusiast, pursuing his Bachelor of Arts in Yoga from K.J. Somaiya Institute of Dharma Studies.
- Ms. Priyanka Joshi - Digital Marketer and Certified Yoga Trainer.

ii) Quiz on “Yoga a Pathway to Control your mind, body and soul”

iii) Awareness Activity

No. of Volunteers: 5

No. of Beneficiaries: 30

Under this event, volunteers were asked to make groups of 5 or more people and practice yoga with them at home. The aim of this event was to make sure that volunteers spread awareness and knowledge about Yoga to their family and friends and form a healthy community.

Further 14 Volunteers took part in the 4 day Yoga Protocol Workshop organised by the University of Mumbai in Collaboration with Kaivalyadhama. Among these, 5 volunteers completed the free course by HSNC University and University of Mumbai and the online Yoga Volunteer Training Program by Kaivalyadhama.

2. Name of the event: Flood relief Donation

Date: 25-26/09/2021

No. of volunteers: 20

Owing to the disastrous situation in Mahad and Chipun, the NSS Unit of Sophia College took part in a Flood Relief Donation Drive held by the University of Mumbai to contribute to the welfare of the people in need. 20 volunteers took part in the drive held on 25th and 26th July, 2021. A total of 123.5 kgs of food items worth around Rs.11245 was donated by our volunteers.

3. Name of the Event: Tree Plantation

Date: 22/07/21 to 31/07/2021

Number of Participants: 38 - 120 saplings planted

Brief report of the event: The Tree Plantation Drive was an initiative taken up by our volunteers to do our bit to give back to Nature. Volunteers planted many kinds of saplings ranging from Tulsi, Tomato, Neem and many more. The volunteers vowed to take care of these saplings.

4. Name of the event: Webinar on Zero Waste Lifestyle- Steps towards a Sustainable World (Swaccha Bharat Abhiyan)

Speaker: Ms. Garima Nirmal and Ms. Preeti Bajeta

Date: 24/07/2021

Total number of participants: 65

Brief Report of the event: As the title of the webinar suggests, our esteemed speakers talked about maintaining a sustainable lifestyle by creating zero waste. The volunteers were interactive and asked questions. Some volunteers even showed the items that they had created by reusing waste material hence creating zero waste.

5. Name of the event: Blood donation camp

Date: 13/09/21

Brief report of the event: The NSS unit of Sophia College in Collaboration with K.E.M Hospital Blood Bank organised a Blood Donation Camp at Dadar Railway Station on 13th August 2021 from 9:00 am to 5:30 pm. A total of 111 units of blood was collected and sent to the Blood Bank of K.E.M. Hospital, Parel.

6. Name of the event: Covid Awareness Campaign - Survey

Total number of participants: 19

Number of beneficiaries: 405

Date: 4th to 14th August 2021

Brief report of the event: A survey on Covid-19 Vaccine Awareness was conducted by the NSS Unit of Sophia College. Our NSS volunteers stepped out of their homes and conducted this survey. While taking all precautions, a total of 15 questions were asked to every family who participated in this survey.

o7. Name of the event: Financial Literacy-Be. Artsy (Webinar on Women Empowerment)

Date: 4th August 2021.

Resource person: Ms Shikha Mittal

Number of participants: 73

Brief report of the event: The talk started off with a question-What all we can do with money? The speaker very well explained the meaning of Financial Literacy to women. Financial independence and savings were other two important aspects that were put light on.

o8. Name of the event: Fitness Ka Dose, Aadha Ghanta Har Roz (Webinar in celebration of Azadi ka Amrit Mahotsav 75 years of Independence).

Date: 13/08/2021

Number of participants: 62

Brief report of the event: In commemoration of; Azadi ka Amrit Mahotsav' Sophia College NSS Unit

and the Department of Physical Education and Sports conducted a webinar on physical fitness.

A pledge to remain fit and encourage others to do the same was read. Manish Jaiswal gave instructions

and demonstrated exercises – from a warmup to a cool down.

o9. Name of the event: Fit India campaign (In celebration of Azadi ka Amrit Mahotsav 75 years of Independence).

Date: 13th - 14th August 2021

Total number of participants: 23

Brief Report of the event: The fit India Freedom run was an initiative to get the volunteers to participate in an active event. Each volunteer had to run for 2 km on both the days and track their record on the suitable apps. Many volunteers who were tired sitting at home came together in active participation. The volunteers' response was very positive for this event, they all enjoyed it and even suggested having more such fun and active events. Volunteers also found it refreshing to do something new and are looking forward to more such events.

10. Name: Scientific Temper- Antidote to Superstitious Beliefs- (University level webinar)

Date: 20th August 2021

Number of participants: 300

Resource Person

Ms. Vandana Shinde

Mr. Prakash Parkhe

Ms. Akshita Patel

-Andhshradha Nirmulan Samiti

Brief Report

A university level webinar on 'Scientific Temper: Antidote to Superstitious Beliefs' was organised by the NSS unit of Sophia college. The webinar talked about the superstitious beliefs that are present in our society and the scientific explanations for these 'miracles' were discussed. The resource person demonstrated various tricks that are used to deceive people. A total of 300 participants attended the webinar.

11. Name of the Event: Webinar on Mental Health – A Key to Inner Peace

DATE: 10th August 2021.

Number of participants: 86

Resource Person: Shikha Shah – President of Dream Excellence Foundation, Co-founder and President of The Blue Butterfly Project. She is also an Alumna of Sophia College.

BRIEF REPORT OF THE EVENT: A webinar on Mental Health by our NSS unit in collaboration with the Sports Department of our College. A total of 86 beneficiaries attended the event and learnt the importance of taking care of their mental health and the health of people around them.

12. Name of the event: Soar High-Career in Civil Services (Women Empowerment)

Date: 14th August 2021

Number of participants: 118

Resource person: Ms Sarita Sunil Narke

Brief report of the event: A very informative event, offering a lot of guidance to interested students. Differences between MPSC and UPSC exams were very well explained.

13. NAME: Hindi Diwas 14th September Celebration (Hindi Poetry Recitation Competition)

DATE: 25th September 2021.

Number of participants: 110

BRIEF REPORT OF THE EVENT: A Hindi Poetry Recitation competition was organised by the NSS unit in collaboration with the Hindi Department. A total of 31 students participated. Dr. Sumanika Sethi, HOD of Hindi Department judged the competition and best Three were selected.

14. Name of the event: HIV/AIDS Awareness

Date: 23rd to 29th Sept, 2021

Number of participants: 34

Brief Report

During the HIV/AIDS Awareness week, The NSS Unit of Sophia College organised various activities. These activities encouraged the volunteers to record a video of themselves, make posters or GIFs talking about HIV/ AIDS and what role the youth can play in creating awareness and share it on social media.

15. Name of the event: Pulse Polio Immunization Camp

Date: 26/09/2021

Number of participants: 33

The NSS unit of Sophia College in collaboration with BMC D-Ward, held a Polio immunisation drive in D-ward at 3 locations namely Banganga Health Post, Bane Compound Health Post and Khetwadi Health Post on 26th September 2021 from 7:30 am to 5:30 pm.

33 volunteers alongside the BMC staff successfully administered 950 children with the Polio vaccine.

The event was a huge success due to the enthusiastic volunteers who had tirelessly participated in lending a small but significant hand in eradicating Polio for a better future.

16. Name of the event: 10 ways to mindful eating and healthy living.

Number of participants: 94

Brief Report of the event: The webinar was conducted to create awareness among students and certain ways to handle their diet and on how to take care of themselves. All the topics related to food and nutrition were covered. Volunteers were also given tips and tricks on how to maintain a balanced diet. The webinar was very informative, and the

speaker, Ms Vibha Hasija – a renowned lecturer in the field of food, nutrition and dietetics
- was both clear and knowledgeable.

17. Name of the event: Beach Clean Up (Swachh Bharat Abhiyan Project)

Date: 10.10.21

Number of participants: 13

Venue: Aksa Beach

Brief report: The Clean Up was organised by the global green resonance foundation NGO. Our volunteers helped tidy the Beach and promoted a cleaner and greener environment.

18. Name of the event: Covid-19 Vaccination drive

Date: 29/10/2021

Number of participants: 19

The Sophia College IQAC department and NSS unit in collaboration with BMC D-Ward, organised a Covid-19 Vaccination drive at Sophia College on 29th October 2021 from 10:00 am to 3:00 pm. IQAC Head Dr. Anagha Tendulkar, NSS Co-ordinator Dr. Vaishali Pachunde and 19 NSS volunteers alongside Staffs from BMC 'D' ward successfully organised the event where 33 people were given the Covid-19 Covishield vaccine.

19. Election Process and Voting Awareness on Gandhi Jayanti Activities:

Event 1:

Name of the event: Webinar on Indian Constitution and Election Process

Date: 2nd October 2021

Number of participants: 291

Resource Person: Professor Sourabh Ubale

-Assistant Professor Shankarrao Chavan College of Law, Pune

Brief report of the event: The guest speaker, Professor Sourabh Ubale talked about the various aspects of the voting and election process in India. His speech was directed aptly at college students and first-time voters, and motivated the youth to get registered for their voter ID Cards. Chief Guest, ERO Kiran Panbude from 185 Malabar Hill Assembly Constituency also shared his words of advice for our volunteers.

Event 2: Awareness of Importance of Voting Among Youth through Posters, Slogans and Skits

Date: 24th September to 3rd October 2021

Number of Posters made: 16

Number of Slogans written: 17

Number of Skits made: 3

A brief report of the event: Volunteers got an opportunity to explore their creative sides through this event. The slogans and posters were original pieces and were written in different languages such as Marathi, Hindi and English. Some volunteers designed their contributions digitally whereas some were handmade. The skits truly ignited the spirit of democracy among our volunteers and motivated the Youth to exercise their precious right to vote.

20. Name of the event - Importance of reading books

Date - 15th October 2021

Number of participants: 150

Brief report of the event - Volunteers posted a story on the importance of reading books on their social media handles and some of them gifted a book to their friends. The aim of the event was to promote the importance of reading and make people more aware of it.

21. Non-violence Week Activities:

Event 1: Pledge on 'Non-violence and Peace'

Number of participants: 563

Date: 4th to 6th October 2021

Brief report of the event: To celebrate 'Non-Violence week', the NSS unit of Sophia College circulated a pledge on 'Peace and Non-violence' to spread awareness about Ahimsa among people.

Event 2: Quiz on Peace and Non-violence

Date: 4th to 6th October 2021

Number of participants: 89

Brief report of the event: A quiz containing 20 questions for 2 points each was prepared. The quiz primarily focused on Mahatma Gandhi. Some questions were related to Peace and Non-violence. Volunteers who scored 40 percent and above were sent a certificate.

Event 3: Essay Writing on Peace and violence

Date: 4th to 6th October 2021

Number of participants: 16

Brief report of the event: An Essay Writing Competition was organized on Peace and Violence. The four topics were Importance of Ahimsa in the 21st Century, Peace begins with me, Democracy and Non-violence, World Peace: Problems and Solutions. Entries in English and Hindi were accepted. Best THREE volunteers were given a Certificate of Appreciation.

22. Name of the Event: Plastic Collection (Swachh Bharat Abhiyan Project)

Date: 1st- 30th October 2021

Number of participants: 60

Resource Person

Mr. Ajay Rajpoot

-Global Green Resonance Foundation

Brief Report

Plastic Collection Drive was organised by the NSS Unit of Sophia College in collaboration with the Global Green Resonance Foundation from 1st Oct- 30th Oct, 2021. The drive required the volunteers to collect plastic waste (milk packets, wrappers, bottles etc), which will later be recycled. Around 60 volunteers participated and collected 220.5 kgs plastic.

SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT
Activities conducted in the academic year 2020-2021

In addition to the library and documentation and research activities that are ongoing, the Centre conducts varied courses for both in house Sophia College students as well as outsiders. These courses are intensive and applicable learning programmes which have great appeal. While the emphasis of some was on the acquirement of skills, others focused on the acquirement of knowledge. Over the years it has been observed that both men and women who have had a break in their education and want to return to formal learning have opted to do a lot of our courses. We have factored in the need for restructuring our courses to function smoothly online and suit the need of the target groups as well. This has helped us to conduct our courses on an online platform not just for our students but also for interested persons from all over India, thus making it open on a national level. The blended (online and offline) courses offered by the SCWSD in the academic year 2021-2022 included

1. Post Graduate Diploma in Counselling and Safeguarding of Children and Senior Citizens in collaboration with the Centre for Safeguarding rights for Children and Senior Citizens(De Nobili College, Pune) and The Psychology Department, Sophia College
This blended learning course began with an orientation for students and well-wishers on 14th June, 2021. The students were from various part of the country. The classes began on 22nd June 2022. The faculty are Konrad Noronha (PhD, MS, MTh, BHMS), Dinesh

Braganza (PhD), Deepika Bhandari (MA counseling psychology), Ternan Monteiro (MA, PG Couns. Psych.), Jennie Mendes (PhD), George Cordeiro (PhD), Ravi Sagar (LLB, DLL & LW, PGDHR), Hvovi Bhagwagar (PhD research scholar).

The program was divided into the follow modules, (1) Society and Adverse Circumstances (2) Legal Aspects and Provisions (3) Research Methodology (4) Treatment Planning (5) Case Conceptualization and Onsite Case Conference and (6) Guided Paper. The course ended on April 1, 2022 with the onsite component which was held in Pune. Of the 8 who had enrolled 5 students completed the course while 3 did not. The students received their diplomas in June 2022.

2. Post Graduate Degree programme (MA) in Gender Studies under the aegis of Mumbai University in collaboration with The Sociology Department (Sophia College) This blended learning programme started on 11th October, 2021 with 8 students. They went through a screening and interview prior to selection and in their MA part 1 which concluded in May 2022 they had gone through eight papers in two semesters. These included Introduction to Women's and Gender Studies, Theories of Women and Gender Studies, Women's Literature, Women and Economy, Women, Decision making and Governance, Women and Health, Constructing Gender through Arts and Media as well as Women and Law.

3. Certificate course for Diet Trainers :

This course was a follow up course for those who had completed the Certificate Course in Basics of Food and Nutrition. The course started on 10th February 2022 and concluded on 6th May 2022 with 8 participants. The topics covered included 1) Diet planning for Normal nutrition 2) Diet planning for Special health conditions 3) Nutrition and Diet planning for Fitness 4) Nutrition Practical which included Product development and Global cuisine.

4. Certificate Course in Women's Empowerment

This course aims to create enhanced awareness amongst young adults on a wide array of issues that pertain to women. The course is designed to give students a holistic view of women's issues through the multiple windows of Economics, Psychology, Media Studies, Sociology, Culture, Politics, Biology, etc. The course ran from 17th August to 8th September 2021 with 33 college students from Sophia College. The resource persons for this course are experts in their various fields. The Certificate Course in Women's Empowerment aimed to raise awareness on issues that impede the growth of women in the country, focusing on the role of culture in perpetuating gender stereotypes. The girls were provided with opportunities to interact with NGOs and engage in workshops teaching street play techniques and improving communication skills.

5. Certificate Course in Social Work Focusing on Women and Girls

SCWSD has designed this course to give students a foreknowledge of what social work is. It makes explicit the opportunities and the challenges that come with working in such a field. Apart from providing a strong foundation in social work, the course also specialises in the important focus area of women's issues within the social sector. The course was held from 17th August to 8th September 2021 with 18 in-house college students. The various resource persons for this course are experts in their respective fields, who are backed by years of experience in the social sector. Basic principles of social work in India, research methods in social work, women and legal rights, counselling skills and women and mental health are few of the sessions that the course offers to the students. The Certificate Course in Social Work aimed to introduce its participants to the basic principles of social work, making them aware of the current social issues that need attention, roots of gender discrimination and legal rights of women.

6. Certificate Course in Personal Finance Management

SCWSD has designed this new course from this academic year to give students an introduction and knowledge to equip themselves with financial prowess which is extremely necessary in today's world for women's empowerment. The course was held from 26th July to 13th August 2021 with 16 participants. The different topics covered in the course included what is personal finance, components of a financial plan, basics of budgeting, Introduction to savings, equity, mutual funds as well as financial fraud and security.

7. Certificate Course in Entrepreneurship Training :

This course was introduced for the first time this year and held in two batches due to a demand from students

(1st batch - 19th July to 11th August 2021, number of participants 16 &

2nd batch - 31st January to 14th March 2022, number of participants – 33)

The course components included introduction to Entrepreneurship Ideation - various ways of thinking of ideas, starting the process, how to filter from the numerous ideas one may have to pick a few or one best suited for you, Self Awareness (related to Entrepreneurship) – to know ourselves a little more, discover our strengths/weaknesses, attributes, things that we can do well, are we really cut out to be an entrepreneur?, Idea to Reality – what are the parameters required to actually convert this idea into a business, how do you think about it, how do you action it, tools / skills/ thoughts required, Attributes of an Entrepreneur/Soft Skills – what do we need to be entrepreneurs, how do I improve and finally Business Modelling Presentation – finally how do we actually put our idea into a business model – see is it feasible financially and market wise or not.

8. Certificate Course in Feminist Lawyering

(23rd July to 14th August 2021, number of participants – 33)

SCWSD in collaboration with One Future Collective conducted a certificate course on Introduction to Feminist Lawyering over 8 days that is on every Friday & Saturday from 23rd July to 14th August 2021 for the students of Sophia College. The curriculum for this course was led and facilitated by:

1. Uttanshi Agarwal, Associate Lead, Knowledge, One Future Collective
2. Kuhoo Tiwari, Associate, CEO's Office, One Future Collective
3. Disha Pathak, Senior Program Officer, Knowledge & Advocacy, One Future Collective,

and supported by Vidur Kapoor. The course ran over the span of 8 days with a 3 hour session each day. The batch for this online certificate course consisted of 30 participants with 29 of them successfully completing the course work and being awarded the course-completion certificate. The course was facilitated in a participatory format founded on the principles of co-learning and taking ownership for one's own learning. Through the course of the learning sessions, we looked at various aspects of feminist lawyering in order to understand the existing support infrastructure for survivors of gender-based violence as well as the role of various stakeholders in offering survivor-centric and trauma-informed care to them.

Several activities were executed by the cohort, some individually and some in groups. The remainder of this report outlines the key learnings and outputs from the course as made by the participants themselves.

9. Women's Leadership Training Programme –

The Women's Leadership Training Programme was conceptualised as a programme to empower Catholic women, the course is the result of collaboration between SCWSD and the Bombay Archdiocesan Women's Commission. The course was held between (24th July to 4th September), 2021 Mumbai, with 92 participants, the participants were drawn from different dioceses in Mumbai. The aim of the course is to infuse the participants with leadership qualities, and inspire them to take charge of a larger locus of control within their lives as well as within their own parishes. The detailed programme is as follows:

WLTP 2021-22 Time-Table

Day, Date	Resource person	Session Topic
Sat. 24 th July	Sr. Philomena D'Souza	Introduction, Women Empowerment
Sun. 25 th July	Sr. Philomena D'Souza	Women Leadership
Sat. 31 st Jul	Sr. Ananda Amritmahal	Women's Studies & History of the Women's Movement

Sun. 1st Aug	Aileen Marques	Women's Legal Rights
Sat. 7 th Aug	Chrisann Almeida-Creado	Assertiveness Training
Sun. 8 th Aug	Dr Astrid Lobo Gajiwala	Gender Sensitisation
Sat. 14 th Aug	Vasundhara Sanghi	Basic Counselling Skills I
Sun. 15 th Aug	Vasundhara Sanghi	Basic Counselling Skills II
Sat. 21 nd Aug	Sr. Patricia D'Souza	Rational Emotive Behaviour
Sun. 22 rd Aug	Marcia D'Cunha	Public Speaking
Sat. 28 th Aug	Sr. Ananda Amritmahal	Jesus' Vision for Women
Sun 29th Aug	Virginia Saldanha	Gender Policy of the Catholic Church
Sat 4th Sep	Dr. Angelica D'Souza	Women's Health Matters

Online events and Conferences:

With the pandemic disrupting all offline events we at SCWSD also strategized to reach out to as many people as possible via several online events organised both on a national as well as international scale. Since its inception SCWSD has been an active participant in organizing workshops for improving the knowledge base of participants, networking with others and increasing motivation. Students and participants get skills like learning, communicating, listening and experiencing new bonding through such platforms which have immense value for students and their upcoming future. The latest were,

Genderlogues - To instill values of generational equality and its positive effect on the student community, we at SCWSD had planned a Two-Day Genderlogue event in collaboration with FES (Friedrich Ebert Stiftung, New Delhi) on the same on 27th September, 2021 and 4th October 2021. The events were a mix of expert input as well as student activities. There was a Panel Discussion with prominent personalities from the

field of labour law Ms Christine Nathan (Retired UN Official, ILO), as well as Medicine Professor Veena Vaswani from the department of forensic medicine at the Yenepoya University, Mangalore. The moderator for the discussion was Professor Vibhuti Patel. The second panel discussed the reach of women in public spaces and included Dr. Shilpa Phadke, Author and Associate Professor TISS and Mahabano Mody Kotwal, Bollywood actor and activist, the discussion was moderated by Ms Reena Agarwal. There were about 156 - 170 participants attended and actively participated in the programmes.

International Conference on Gender Sensitisation and Protection of the Rights of Children and Vulnerable Adults on the 17th and 18th of January 2022 (number of participants – 128) Discriminations and abuses exist in all walks of life, including everyday interactions in the family, at the workplace and in public space in most societies. Stereotypes are fed into the minds of individuals right from a very young age and subsequently, people respond to social situations keeping their imbibed prejudices about the ‘other’. It results in unhealthy social practices including verbal and physical abuse not only maligning others but also causing injury and trauma. It is in this context that SCWSD organised the seminar on “Gender Sensitisation and Protection of the Rights of Children and Vulnerable Adults” was organised.

The seminar introduced and sensitised participants on various issues related to abuse and its prevention. The participants were exposed to the viewpoints of experts who addressed sociological and psychological dynamics, moral dimensions and legal aspects of this issue. Gender sensitisation was an important component of the seminar as it is crucial for the balanced development of young minds by helping them in building correct values and self-discipline. The seminar had two sessions per day. Each session was conducted by subject expert/s via engaging panel discussions, which was followed by a question-and-answer session. This event was done in collaboration with De Nobili college, Pune, Majlis, Silver Innings and GAROP.

Intra college Seminars : In order to raise awareness amongst college students on relevant issues related to both young girls and women the SCWSD also organised events which included panel discussions and inputs by experts, poems, mono acts, songs and poster making events by students from colleges all over Mumbai on some marked important days of the year. These were carried out in collaboration with SXIE (St Xaviers Institute of Education) and were carried out on the following days

1. World Population Day (10.07.2021) (number of participants – 96)
2. International Girlchild Day (11.10.2021) (number of participants – 158)
3. International Women’s Day (08.03.2022) (number of participants – 170)

International Women's Day Celebrations on March 8th, 2022 by Sophia Centre for Women's studies and Development (SCWSD) in collaboration with Women Development Cell of St. Xavier's Institute of Education (SXIE)

International Women's Day, also known as IWD for short, grew out of the labour movement to become an annual event recognised by the United Nations. The seeds were planted in 1908, when 15,000 women marched through New York demanding shorter working hours, better pay and the right to vote. A year later, the Socialist Party of America declared the first National Woman's Day. International Women's Day was first celebrated in 1911, in Austria, Denmark, Germany and Switzerland. The centenary was celebrated in 2011, so this year we technically celebrated the 111th IWD.

The Sophia Centre for Women's studies and Development (SCWSD) in collaboration with Women Development Cell of St. Xavier's Institute of Education (SXIE) conducted an online programme on the 8th of March, 2022 titled "Enriching women's lives through entrepreneurship and empowerment" from (2-3.30)pm on ZOOM. The programme was well attended with about 180 participants.

CONSULTANCY AND COLLABORATIONS

The activities and involvement in the current year have been extremely encouraging for the advancement of the centre including organizing online talks and conferences in collaboration with national organisations like the IAWS (Indian Association of Women's Studies) and international bodies like Friedrich Ehrlich Stiftung (FES), Germany, GAROP (London, UK).

Over the years we have collaborated for academic, training and outreach programmes with several organisations including UNICEF, MAVIM, YWCA, Akshara, Akanksha, Stree Mukti Sanghatana, Navjeevan Trust, CEHAT, CCDT, AAMRAE, VACHA, Silver Innings, MAVA, Young Star Trust, among others. The centre functions as a referral centre and the staff of the centre has provided consultancy services to several organisations.

CONCLUSION

The college was ranked 3rd for Arts and 5th for Science in the Western Region of India by INDIA TODAY. It is important to us to continue to strive to keep the standards high, so as to ensure that the tradition we have inherited may be kept alive, developed and handed over healthy and shining to the next generation. With autonomy, the possibilities stretched out before us – we needed to engage with our future in a planned and focussed way, building upon our strengths, minimising weaknesses, grasping every opportunity and addressing our challenges with clarity, courage and faith. The lockdown had put this

vision to the test, but as a united body, we have done our best to remain faithful to it. We look forward to taking this process forward with confidence and mutual trust. As we return to offline classes, we continue to put in our best efforts to make the College a vibrant and relevant space for the development and empowerment of women, in the spirit of Sacred Heart education, the world over.



9th September 2022

Dr. (Sr.) Ananda Amritmahal
Dean and Administrator

