



SIGMA club of Sophia College is a science club, runs on the basics of science. At SIGMA, science is in everything. We hold multiple events, workshops, group discussions, and sessions revolving around Science. This year even after taking things online, we only came closer to our members and participants. With discussing core ideas like how to build a radio telescope on your own to talking openly about body positivity, we did it all, because we understand that holistic development is the one which is done when an individual explores all the fields for growth. We have now come a long way, but there is so much more for us to discover together.

The following is a cumulated report for the year 2020-21.

POSTER COMPETITION

Date: 24th December,2020

Venue : Gmail

Participants: 10

The Sigma club of sophia college conducted a poster competition keeping in mind that there are so many people who are interested in painting and bringing out their creative side.

This competition was conducted on December 24th, 2020 and was the first club event for the year 2020-2021.

Since, everyone was stuck in the pandemic and the event could be only conducted online, the participants were instructed to submit a clear image of their posters on the official email Id of the club by 2nd January, 2021 before 11:59pm.

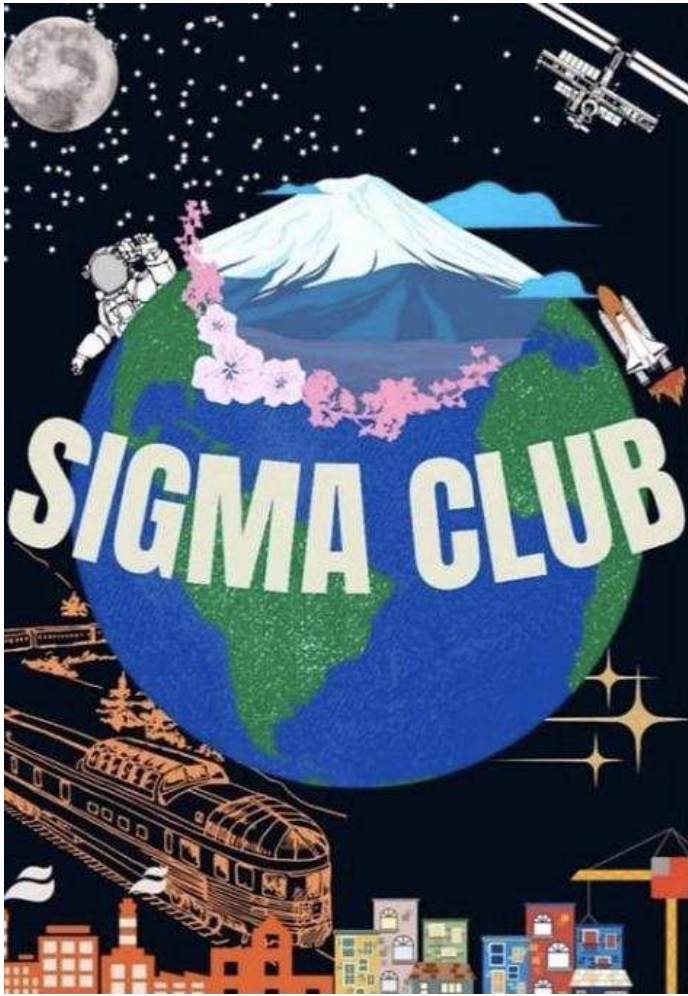
Each participant could choose one or more topics out of all the three topics mentioned below:

- 1. Official poster for the Sigma club.**
- 2. Future in Space.**
- 3. Isaac Newton**

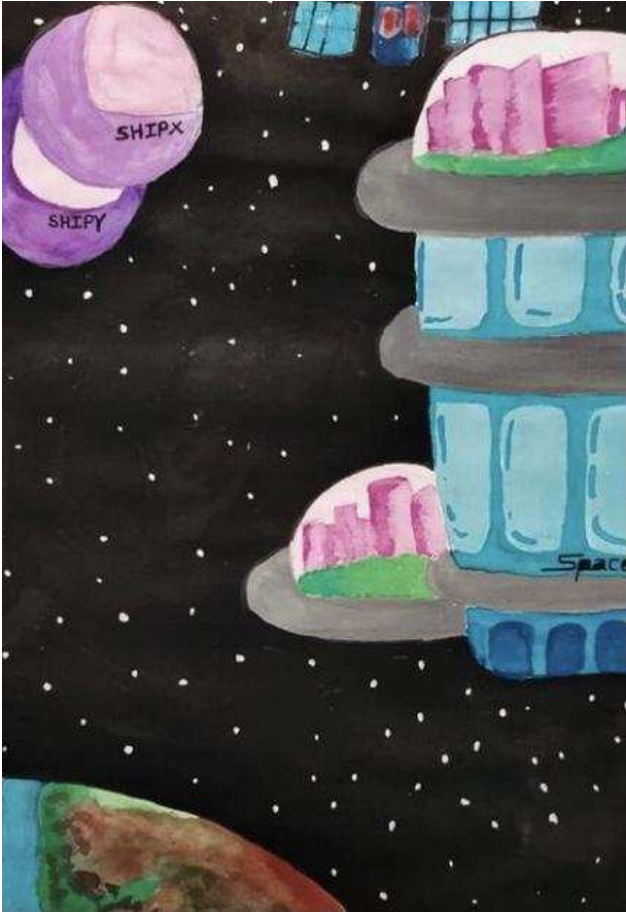
The participants had to either draw on a paper or make a digital poster.

We received 10 entries. All the entries were so creative and artistic that at one point it became difficult for us to choose a winner, but the posters that stood out i.e. the winners for the competition were:-

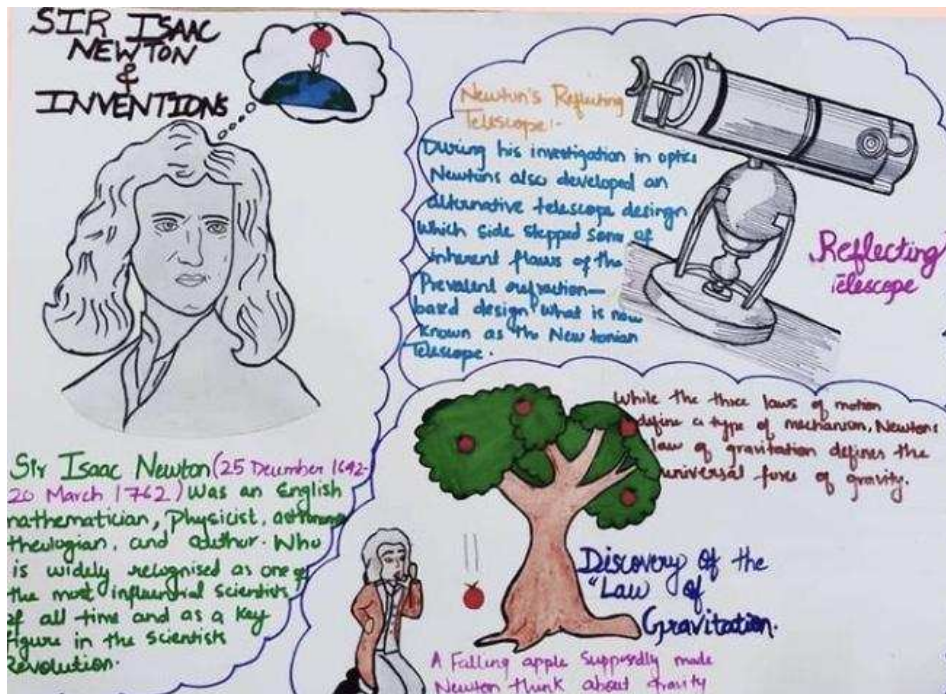
1. Official poster for the Sigma club- Diviya Mavasekar,FYBA(SCJ)



2. Future in Space- Uzma Abuzar Kazi, FYBSc



3. Isaac Newton- Arjumand Feroz Khan, SYBSc



We

received an overwhelming response and the enthusiasm of all the participants made this event a successful one.

Hydroponics

Date: 18th January 2021

Timings: 5:00 PM

Venue: Google Meet

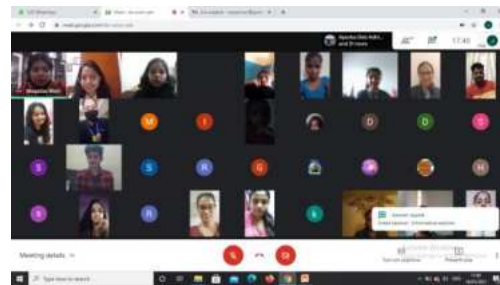
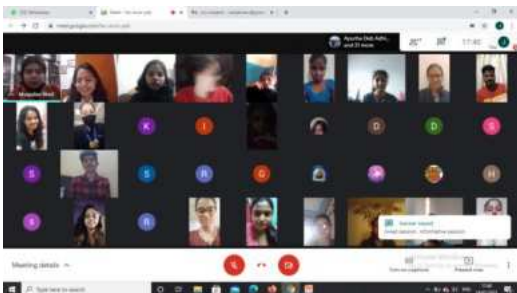
Total Number of Participants: 82

Duration: 1 hour

WE FARM, an organization run by 10 people from different corners of the country came together with Sigma for an insightful event which was surrounded the topic of Hydroponics. Led by Tulza Kakde, also the Junior executive of Sigma, the event was divided into 3 sections. Starting with an introduction then the main gist of the organization was to spread awareness about different agricultural methods and finally a question and answer section where the audience was given time to ask any questions if they have any. For a clearer understanding, a PPT and a set of questions were also prepared to make the event more interesting and interactive

WE FARM was formed at IIT Delhi when a bunch of students was given a task to come with ideas that can solve the farmer's problems, and hence they came up with the idea of Hydroponics. Since that day the team has been working on spreading the word about the same. They also have a plant set up in Vishakhapatnam Andhra Pradesh and is looked after by the teammates only.

The event covered everything one ends to know about hydroponics which ranged from talking about the texture of soil to the nutrition it might need depending on the surrounding in which the plant is sustaining.



Introduction to Radio Astronomy

Date: 26th March 2021

Timings: 5:00 P.M.

Venue: Google Meet

Total Number of Participants: 100

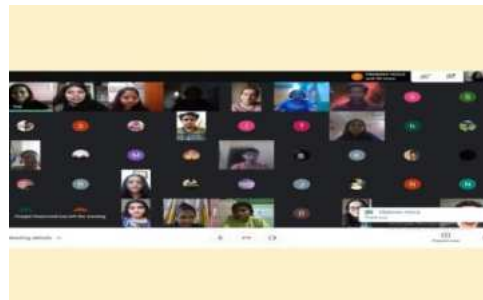
Duration: 1 hour



Maharashtra Institute of Technology, Pune runs a club called THE COSMOS. An event was held with a collaboration about Introduction to Radio Astronomy. Sigma has always been about discovering the wonders of the world and radio astronomy is something that has always been a horizon to cross that is why we took it upon ourselves to explore this.

COSMOS group led by Ankit Sharma and Rohan Shanghai took the initiative to give a talk on the same, they came up with a PPT and some fun activities which also included creating an affordable radio telescope. The entire event was divided into 2 sections, the first was the talk and the second was a question and answer round where a lot of participants came up with interesting questions which were answered by the team.

The event was held keeping in mind how Radio astronomy had changed the way we view our universe and dramatically increased our knowledge of it by giving us new perspectives. It is also the subfield of astronomy that monitors celestial objects at radio frequencies.



SYNAESTHESIA

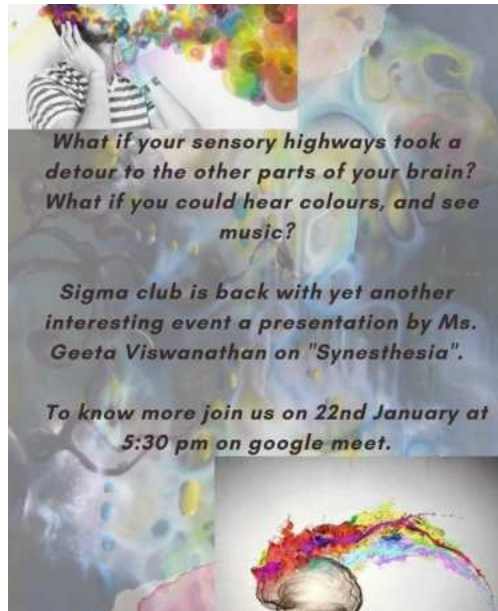
Date: 22nd January 2021

Timings: 5:30 PM

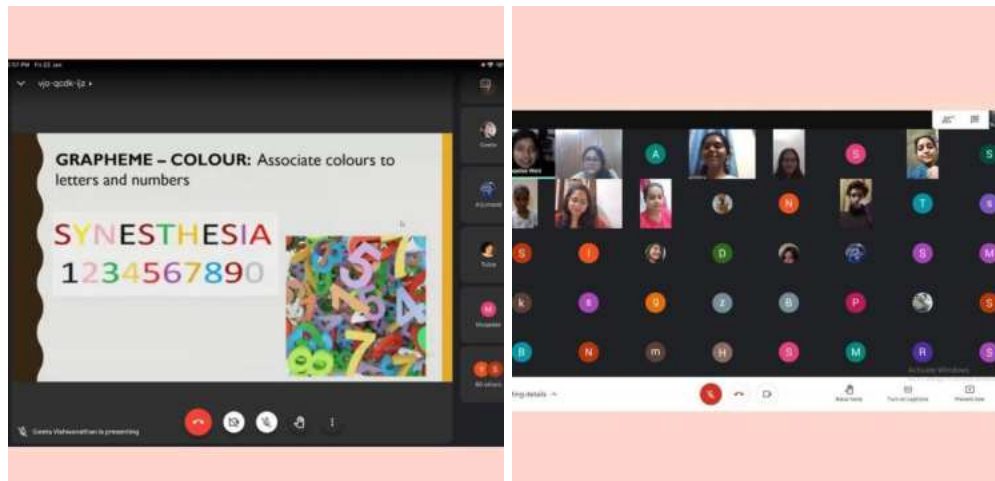
Venue: Google Meet

Total Number of Participants: 68

Duration: 1 hour



Ms. Geeta Vishwanathan was the speaker on 22nd January she started with a few fun activities followed by small talk giving a basic understanding of what exactly is synesthesia. She then went on to explain about different types of synesthesia and real life examples of synesthesia. The session was supported with videos which explained the phenomenon further. There were about 68 participants who enjoyed the session thoroughly. It was a very informative event and grasped the attention of each and every participant. The discussion followed right after the session was full of enthusiasm and it proved to be very fruitful.



DC vs MARVEL

Date: 13th February 2021

Timing: 03:15 pm – 04:15 pm

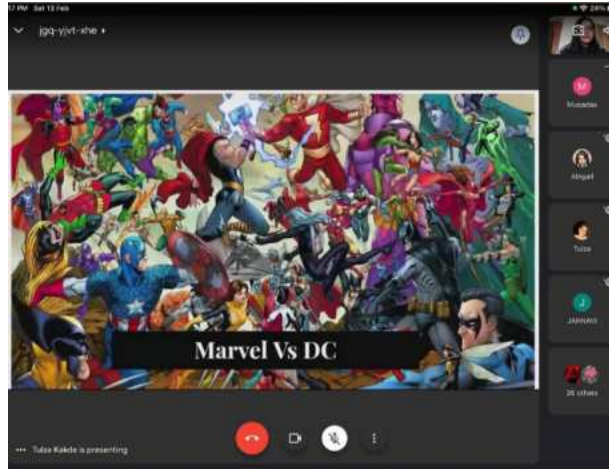
Virtual Medium: Google Meet

Total Number of Participant: 23

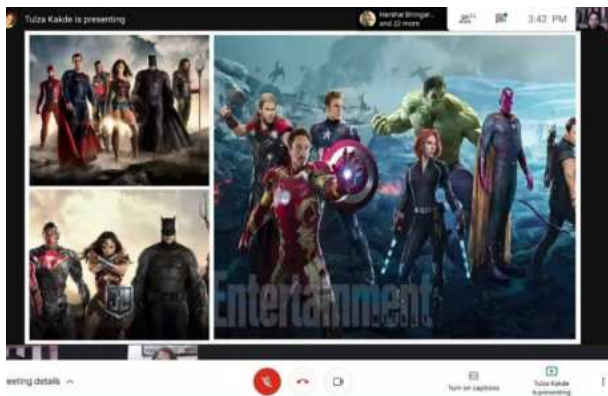
Sophia Sigma Club had held a Google form Quiz as the Flagship event for Mizaaj on 13th February 2021 at 3:15 pm. The Theme of the event was DC vs Marvel. We had invited students from our college as well as other colleges by forwarding WhatsApp Message and an attractive poster.



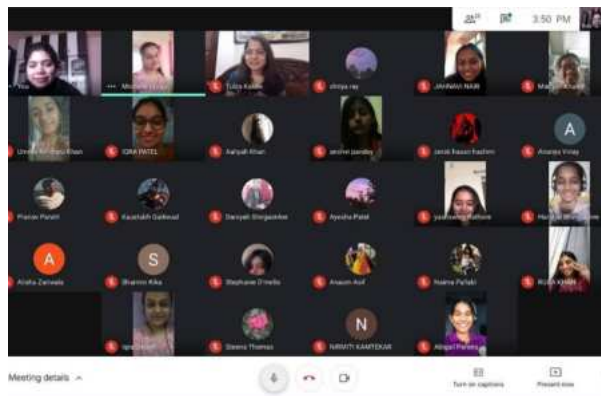
The WhatsApp PR message had a google form link with it. Using that link, students registered their name, WhatsApp phone number, email address and college name. Through that link they officially joined the WhatsApp group of “DC vs Marvel”. We had 47 registrations on that google form from our college as well as other colleges.



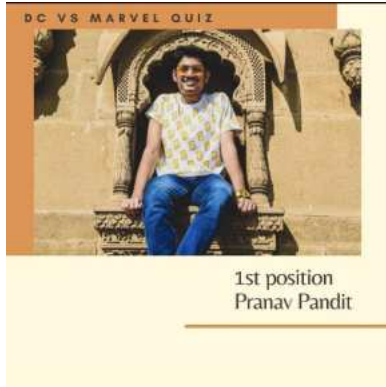
On the day of the event, we sent the google meet link on the WhatsApp group and 23 students joined the link and participated. We had sent the Quiz google form through the google meet chat box and gave them 20 minutes to answer 30 questions.



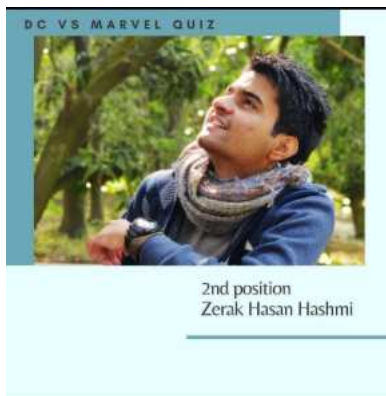
After the quiz, we had DC vs Marvel conspiracy theory discussion and almost everyone actively participated in the discussions. Later, the top 3 winners of the Quiz were announced in the meet.



1ST position Pranav Pandit with 27/30 from MIT Pune.



2nd position Zeraq Hasan Hashmi with 24/30 from Medicaps University.



3rd position Ananya Vinay with 23/30 from Sophia College.



The Winners were featured on our Instagram Page "sophiasigma".

Body Positivity

Date: 26th February 2021
Timings: 5:00 PM
Venue: Google Meet
Total Number of Participants: 42
Duration: 1 hour

A session on Body Positivity was organised by the Sigma Club of Sophia College For Women (Autonomous) . We cordially invited Mrs Sukriti Vadhera Kohli (Doc. Of Happiness) as our speaker for the event.

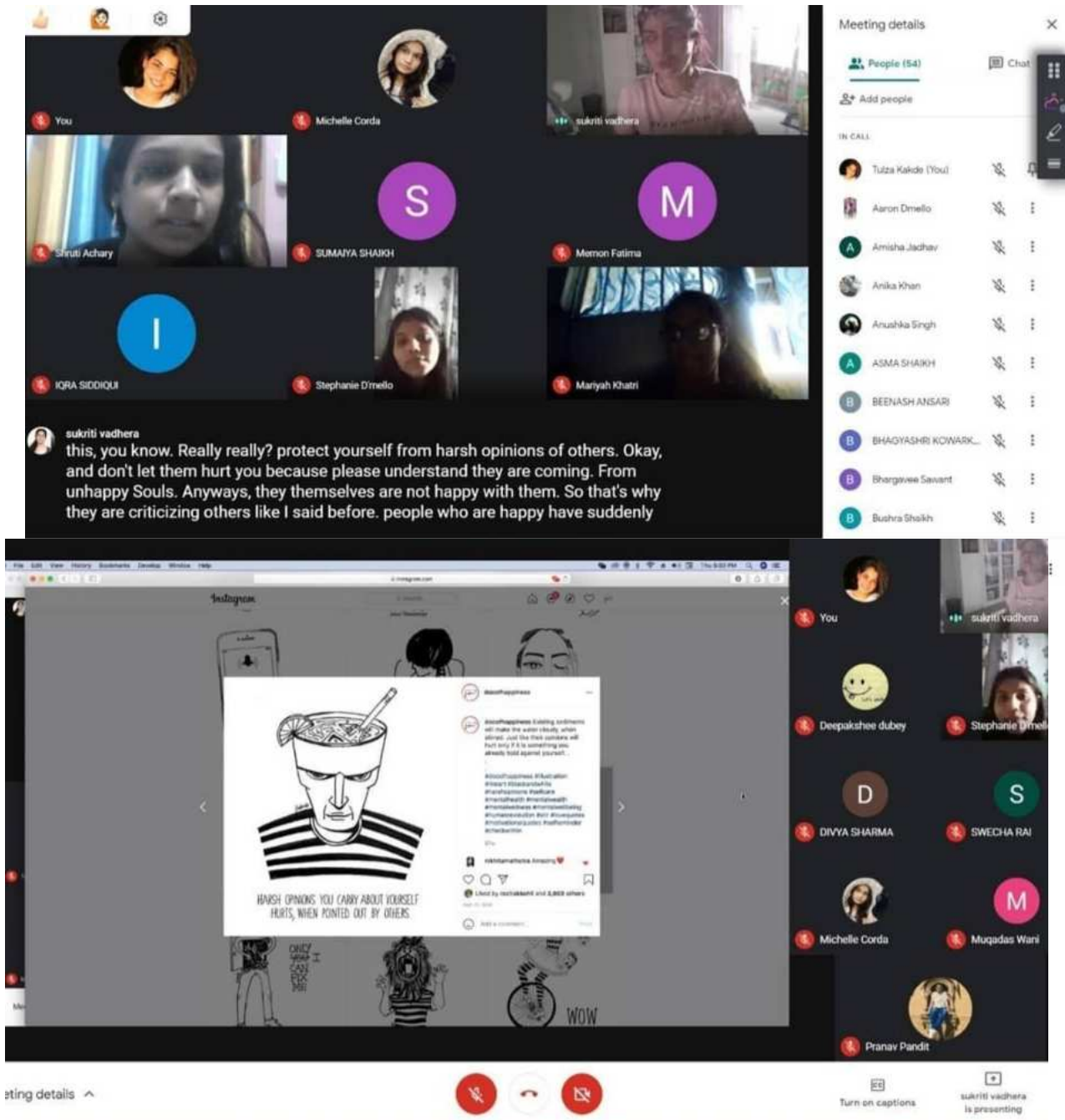
The session started with Mrs. Sukriti helping us know why does uncertainty occur about our own body especially in the youth these days. She showed us a few illustrations that she has made herself. Which helped us understanding the concept in a better way. Everybody has a story , that is the reason you need to be empathic towards everybody. You don't know their story, you haven't lived it with them. So you don't have the right to judge them. This is one of the core learnings she made all of us believe. It's just not about how much you know, it's about how much you empathise and understand the other person without judgement .

It's not easy to not judge yourself but all what we can do is try together to build a community which is more safe and non judgmental towards things and situations which are beyond our control. She also told us about her experience and the challenges she has faced to become the person that she is today. All what you can always give is positivity to others.

We had a question and answer session at the end of the session. We had many people asking different sorts of questions and it was

overwhelming to see individuals open up. It's difficult to let your feelings out but once you take the first step it all becomes easy.

We ended our session with a few illustrations that ma'am showed us, for us to remember that there is always a way out of situations.



Dealing with Uncertainty

Date: 26th February 2021
Timings: 5:00 PM
Venue: Google Meet
Total Number of Participants: 39
Duration: 1 hour

A session on Dealing with Uncertainty was organised by the Sigma Club of Sophia College (Autonomous). We cordially invited Mrs. Mini Nair as our speaker for the event .

The session started with Mrs Mini Nair telling us about her experience with different clients throughout her journey. It's okay to be uncertain about things when you can't predict the future. It all about the present and the efforts you are ready to put for your future. Uncertainty steams from the root cause of lack of self belief that individuals have within them. She helped us with a few breathing exercises which helped most of clam down through the constant pressure that we were dealing with. One lesson that she left us with was it's okay to not always be okay. There are times when we don't feel ourselves but the future has something better for us.

Mrs Nair also gave us insights about how she sees things as a challenge after than a problem. At the end of the session we had a question and answer round on which all the participants asked their questions which made the atmosphere more accepting towards each others flaws.

We ended the session with a few tips and tricks on how to live a life in which we have uncertainty but we don't worry about the uncertainty rather we accept it.

Dealing with Uncertainty

Sigma club of sophia college is back with another event planned just for you guys which can help you to overcome uncertainty. This time we have Mrs Mini Nair who is a Clinical Psychologist and Psychotherapist. She will guide us into a world of positivity and will help us fight these uncertain times.



26th February
AT 5PM
Google Meet

meet.google.com/gna-tijj-oqz

Shreya Nair and 10 more

17:24

You

mini nair

Participants:

- You
- Stephanie D'm...
- SANSKRUTI P...
- SARAH SHAIKH
- MUQADAS WA...
- BEENASH AN...
- Anushka Singh
- Mariyah Khatri
- Fatima Sayed
- Michelle Corda
- Kahkashan KH...
- Vrushali Nana...
- Sonal Shinde
- SHARVANI DE...
- NIDHI YADAV
- SHIFA CHAUD...
- Sara Surve
- SARA ANSARI
- ASMA SHAIKH
- Pranati Nydu
- IQRA SIDDIQUI
- KAUSAR SAYED
- DIVYA SHARMA
- Shafiq Ansari
- Bushra Shaikh
- DEEPA MEND...
- Sharmin Kika
- MRUNAL KHA...
- TANISHA SRI...
- NITYA GABANI
- Ritika Goswami
- Eva Bage
- ANJALI SHAR...
- Bhavna Lunia
- Alfiyaambreen...

Meeting details

Activate Windows
Go to Settings to activate Windows.
Turn on captions Present now

SUNSCREEN

Date: 09th March 2021

Timing: 05:00 pm – 06:00 pm

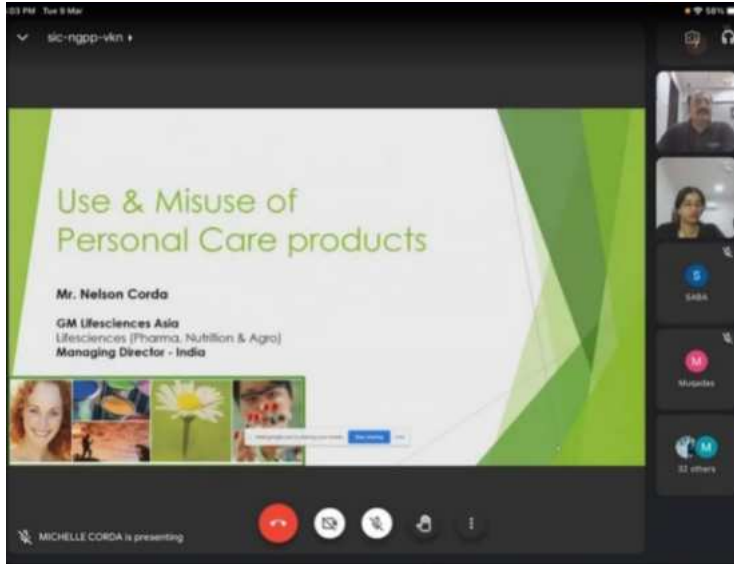
Virtual Medium: Google Meet

Total Number of Participant: 35

Sophia Sigma Club had held an event called “Sunscreen” on 9th March 2021 at 5 pm. The speaker of the event was Mr. Nelson Corda (GM of Life Science Asia Pacific at Ashland and MD of Ashland India and ISP India.)



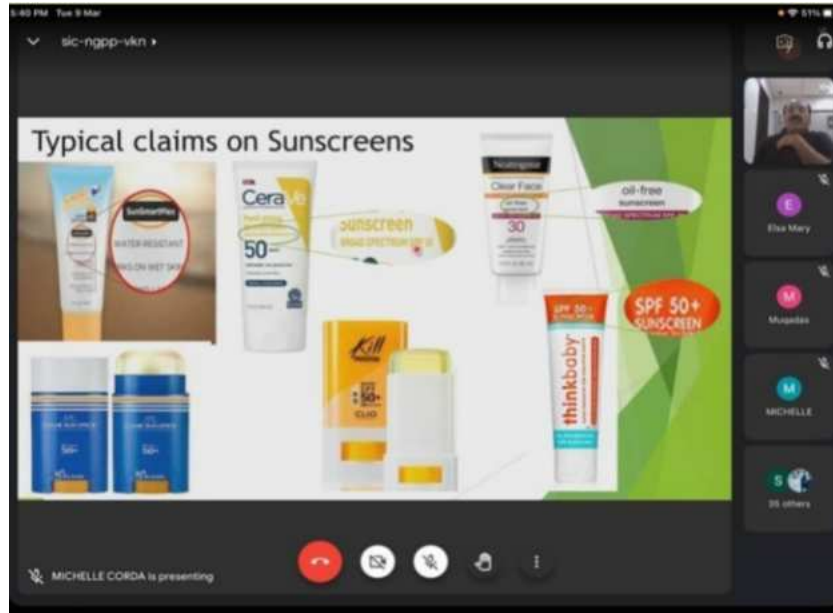
We had invited students from our college by forwarding WhatsApp Message and an attractive poster. The WhatsApp PR message had a google form link with it. Using that link, students registered their name, WhatsApp phone number, email address and college name. Through that link they officially joined the WhatsApp group of “Sunscreen”. We had 53 registrations on that google form from our college.



On the day of the event, we sent the google meet link on the WhatsApp group and 35 students joined the link and participated.



Mr. Nelson Corda explained the students majorly about Sunscreen, UV rays, pollution and in addition to that he also explained about hair care, skin care, beauty standards, hair and skin structure, shampoo process, hair damage, hair dye, hair straightening, consumer needs, market trend, function of the skin, soaps, etc.



At the end of the session, he gave personal tips. We had numerous questions from the participants regarding the session and a positive feedback.



DOCUMENTARY SCREENING: CHASING CORAL

DATE: 12th March, 2021

TIMINGS: 5:00 PM

VENUE: Google Meet

PARTICIPANTS: 25 participants

TIME DURATION: 40 minutes



Chasing coral is a Netflix original documentary by an Exposure Labs Production, science documentary produced by Jeff Orlowski released in the year 2017. This documentary is a love letter to an astonishing and beautiful group of disappearing animals, an elegy to the scores of these animals that have vanished thus far and a wake-up call to humanity. The documentary follows the work of a team led by ocean conservationist Richard Vevers, a former London ad executive. The director wants the youth to change our life styles in order to save the coral reefs and the ecosystem under the ocean. This documentary's main purpose is to humans to realize the result of our actions: how our actions have destroyed the ecosystem of our oceans.

In this event we showed glimpses of the important part of the documentary, followed by Q&A and discussion with people sharing their view on this topic. The director of the documentary wished to make youth aware about the alarming condition and to change their lifestyle. Therefore, we conveyed director's thoughts by screening this documentary and trying to make people aware about this alarming condition through our club platform. Every participant thoroughly enjoyed the documentary.



CONSERVE TO PRESERVE

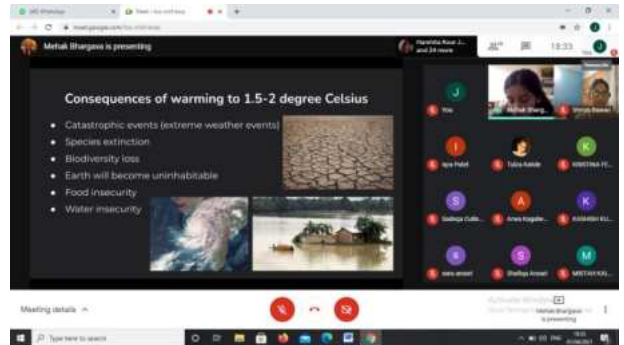
DATE: 1st April, 2021

Timing: 6:15 PM

Venue: Google meet

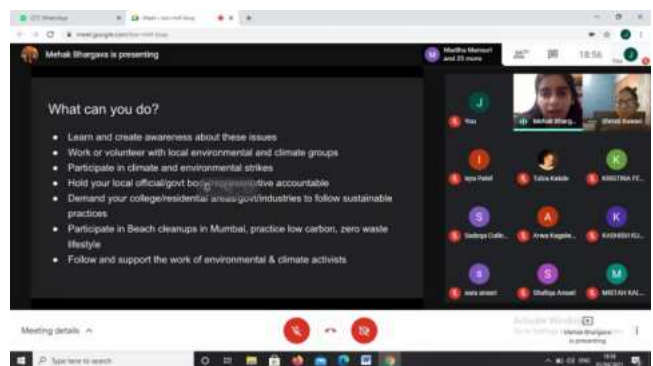
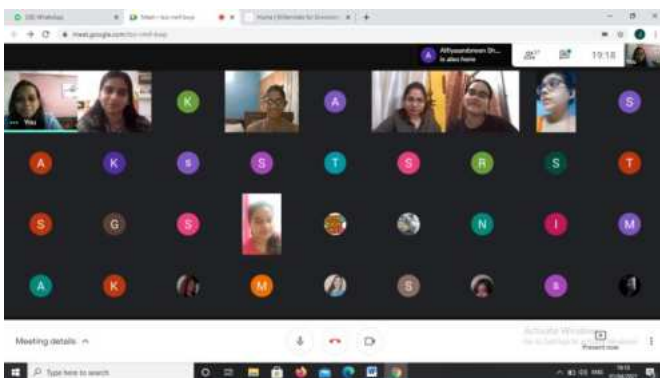
Participants: 50 participants

Duration: 1hour



Millennials for Environment - Started in 2019 by three friends in their first year to create awareness and start conversations about various environmental issues in India, the global climate crisis and how can be steps taken to address both. Have organised various events in Ashoka University about the climate crisis, helped organise climate strikes in India and campaign for various environmental issues like Withdraw Draft EIA 2020, Farmers protest, etc. They also have a website that talks about sustainability, environment and climate crisis in India. Sigma club always wanted to do an event to make people understand the current environmental status of the globe and especially the city everyone is residing i.e. Mumbai.

Two members of the Millennials for Environment team i.e. Mehak Bhargava, Shrishti Bawari took the initiative to give a talk on the same, they came up with a PPT also a video depicting the protest and destruction in the city related to ongoing coastal development project. The entire event was divided into 2 sections, the first was the talk and the second was a question and answer round where a lot of participants came up with interesting questions which were answered by the team. Every participant and the team members thoroughly enjoyed the talk.



DEALING WITH PCOS

Date : 16th March,2021

Time: 5:00 pm

Venue : Google meet

Number of Participants : 43

Duration: 90 minutes



The Sigma club of Sophia College is back to help and guide you with an interesting event.

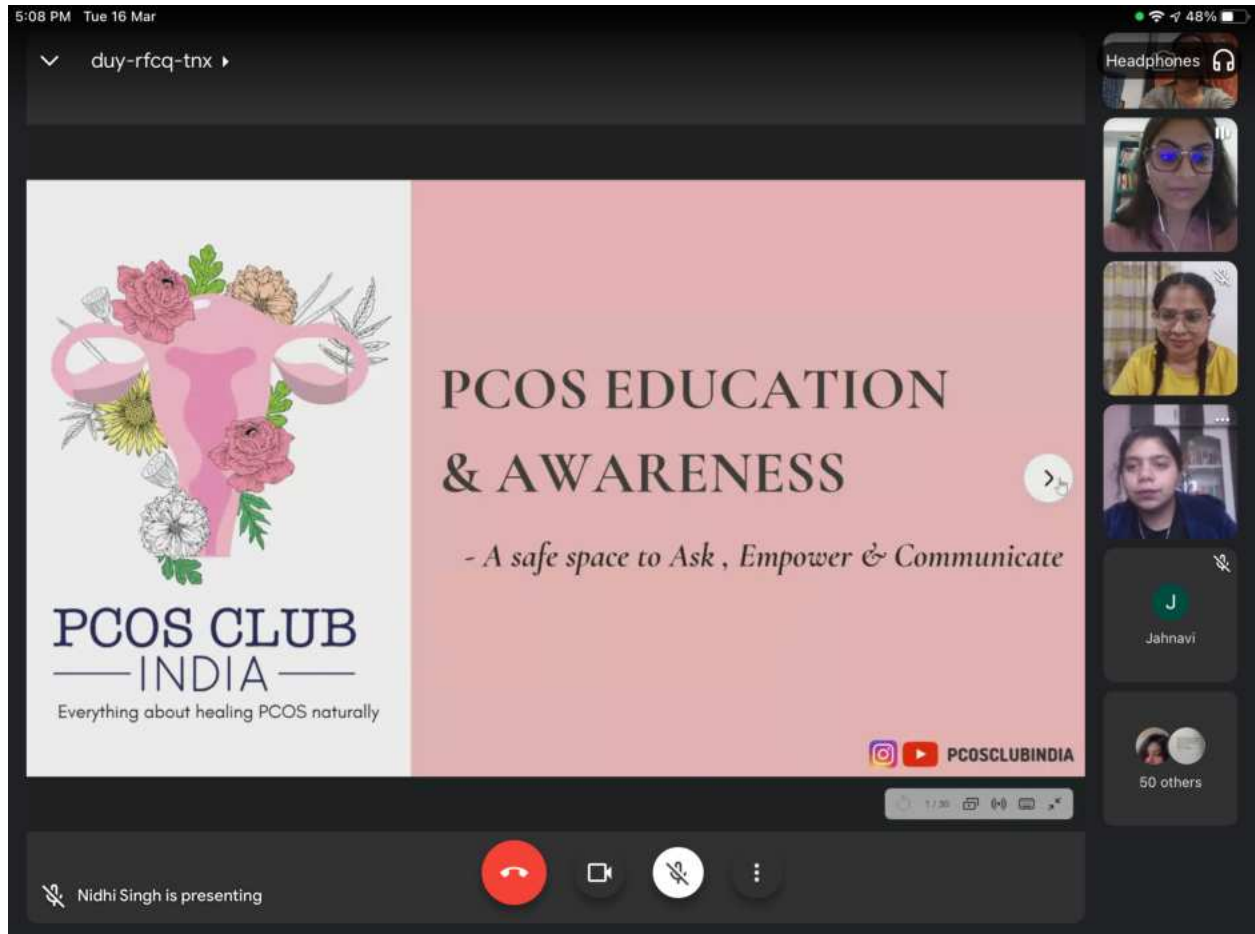
DEALING WITH PCOS with Nidhi Singh who's the founder of 'PCOS Club India' is an event which will help you all learn how to deal with PCOS and find trusted resources to reverse PCOS naturally.

So come join us for this amazing event on google meet on the 16th March at 5:00 pm.

We can't wait to see you!



The SIGMA club in collaboration with the PCOS Club India, India's first PCOS community organised a talk on "Dealing with PCOS". The speaker for the talk was Ms Nidhi Singh, who's also the founder of The PCOS Club.



Polycystic ovary syndrome is a health problem that affects 1 in 10 women of childbearing age. Women suffering from PCOS often tend to have a hormonal imbalance and problems that may affect their overall health and appearance.

Therefore, in the talk, Ms Nidhi Singh explained the participants on how one should deal with PCOS.

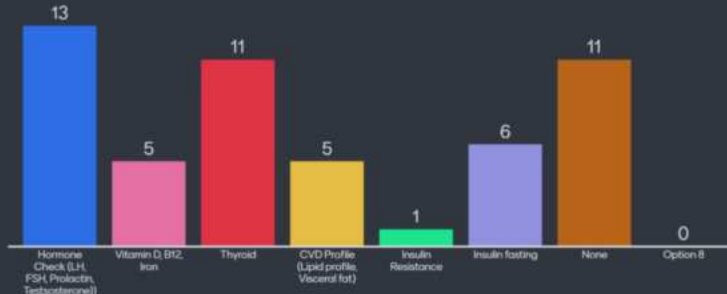
She educated us on PCOS and helped us get a clear idea on this condition and how to find trusted resources to reverse PCOS naturally.

There were several surveys conducted during the talk itself which gave us an idea about the combination of tests for a complete PCOS

diagnosis.

Go to www.menti.com and use the code **7740 6873**

What Lab tests have you performed?



Participant list:

- [Video feed]
- [Video feed]
- [Video feed]
- [Video feed]
- [Video feed]
- Jahnvi
- G 55 others

Nidhi Singh is presenting



5:42 PM Tue 16 Mar

duy-rfcq-tnx ▾

PCOS LAB TESTS

Thyroid Function (TSH, T3)	Hypothyroidism
Fasting Insulin Blood Glucose	Insulin Resistance
Homa-IR , Hb1-ac	Diabetes, Insulin Resistance
C Reactive Protein	Inflammation
Lipid Profile	Low HDL, High LDL &
Lipid Profile	High Triglycerides & Cholesterol
B12 Serum	Nutritional deficiency
D25-hydroxy Vitamin D	Nutritional deficiency
Iron Levels	Anemia [Esp. who experience extremely Heavy flow]

PCOS might require combination of tests for a complete a PCOS diagnosis.

PCOS Lab tests (PCO) Private Limited

Tulza

Jahnvi

53 others

Nidhi Singh is presenting

The event lasted for almost 90 minutes and covered everything one needs to know about PCOS and helped us get a clear vision towards how one should deal with it.

It was a really interesting event with a lot of informative things to learn about.

E-certificates were distributed to everyone who attended the talk.



GENDER BIAS IN COVID-19

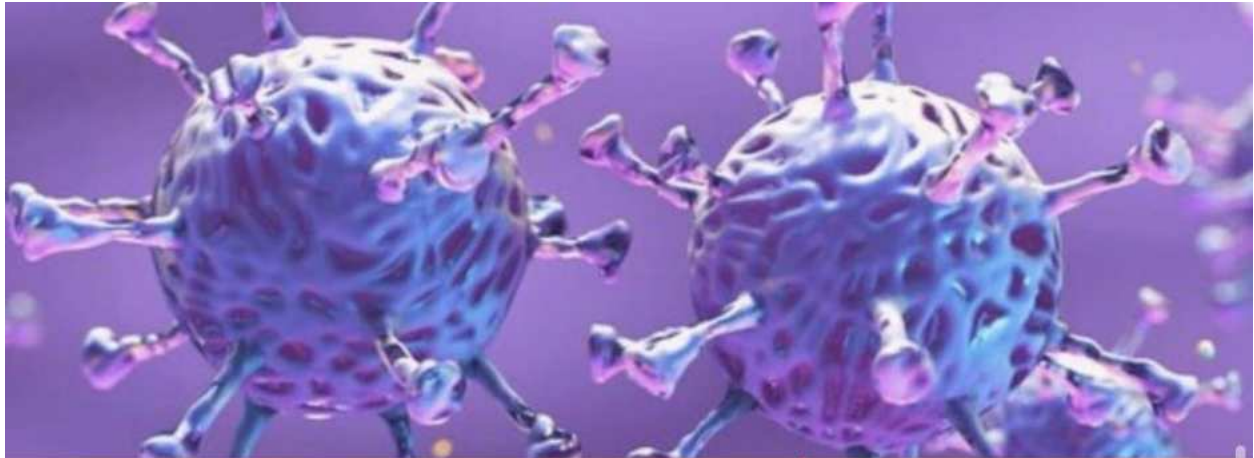
Date: 23rd March, 2021

Duration: 40 minutes

Number of participants: 34

Venue: Google meet

Timings: 5:00 pm



Gender bias in Covid-19

SIGMA club of Sophia College is back with an event that makes you understand how the pandemic we're currently living in, is Gender bias. Presenting to you Gender bias in Covid-19 by Muqadas Wani and Yashswiny Rathore on Google meet on 23rd March at 5:00 pm.

Join us in the quest of understanding how this virus affects men and women differently.

We're eagerly looking forward for this event and can't wait to see you all!

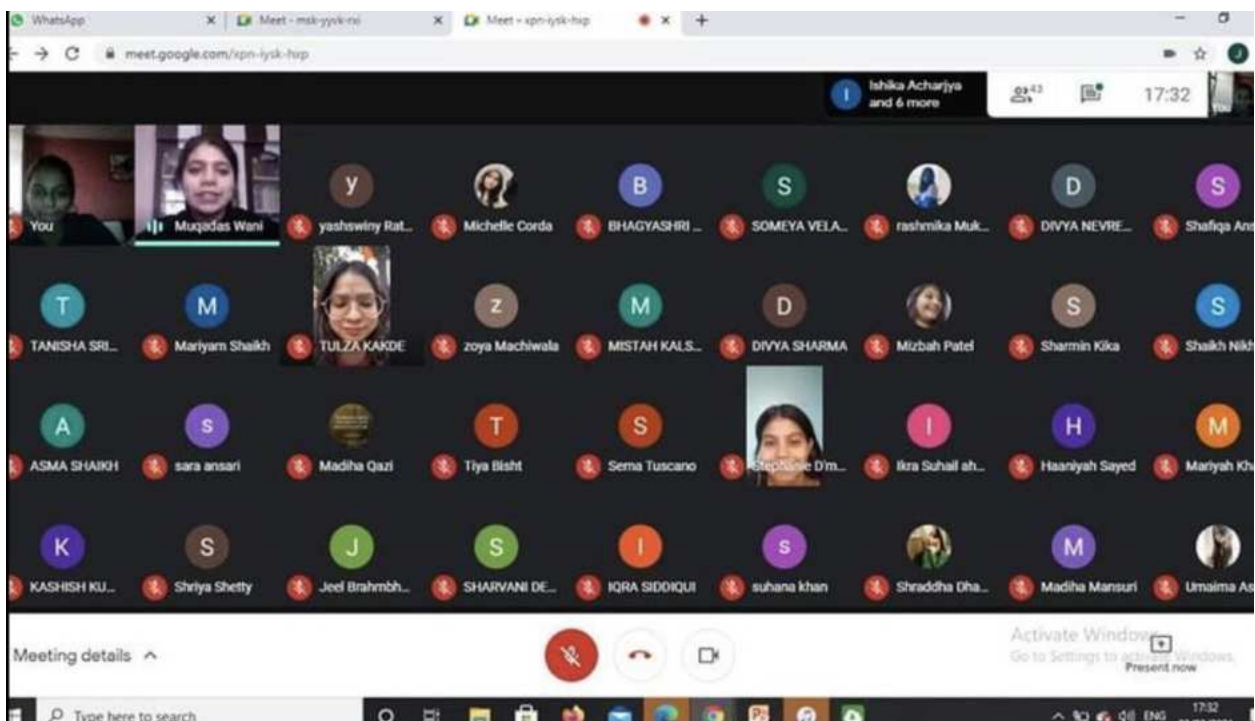
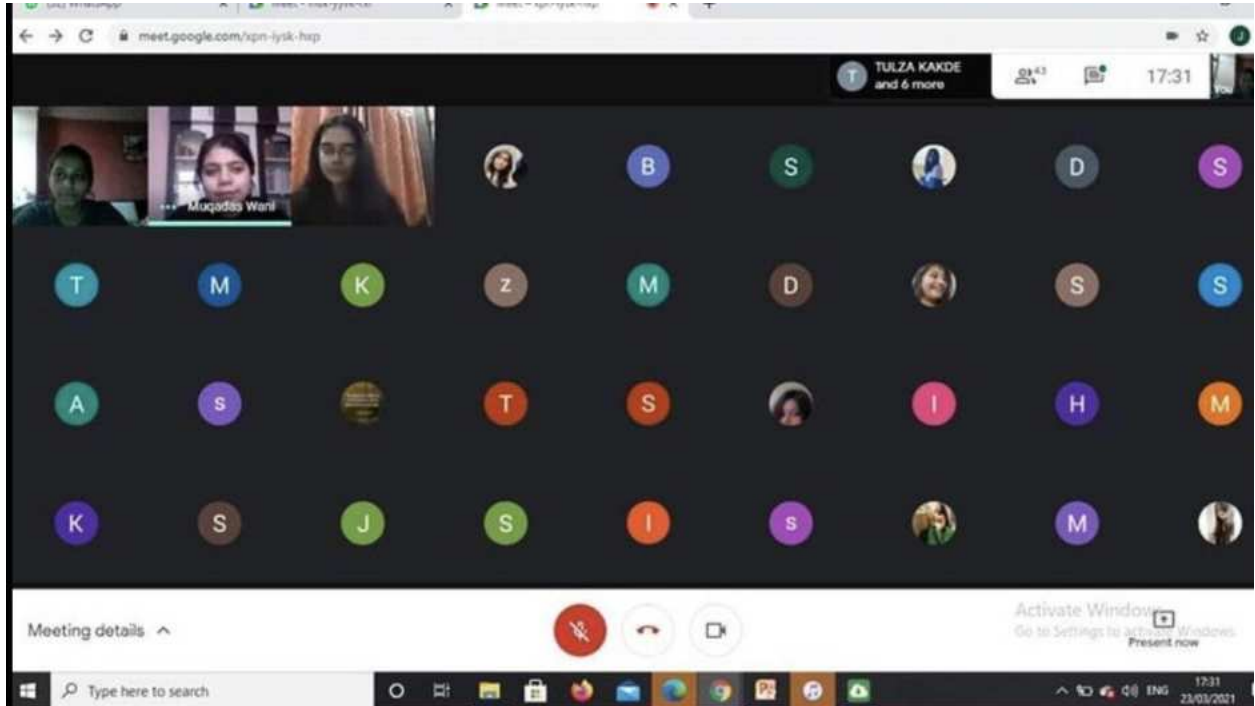


There have been several researches that show how there's gender bias in COVID-19.

Therefore, the SIGMA Club of Sophia college planned an event that explained how the pandemic which we're currently living in is gender bias.

The event was hosted by Muqadas Wani and Yashswiny Rathore where they presented the research they did for their EXSP project. The event helped the participants understand how the virus affects men and women differently.

The participants later learnt that how the pandemic we're currently living in, is a gender bias in a clear scientific manner. The event turned out to be really fruitful and e-certificates were distributed to the participants.



AGHAAZ-e-EHSAAS

Date: 5th, 6th, 7th April 2021

Timing: 3 days continuous

Virtual Medium: E-mail/WhatsApp

Total number of participants: 20

Sophia Sigma Club collaborated with Art and Design Club of Sophia College and Association of Christian Students of Sophia College and had held a photography event on 5th, 6th, 7th, April 2021. The theme of the event on 5th April was Architecture and Travel, on 6th April was Food and Culture and on 7th April was Click Convey/Furrtoigraphy. We had invited students from our college as well as other colleges by forwarding a WhatsApp Message and an attractive poster.



We had dictated certain rules for the participants for the competitions. We got many wonderful photographs of the participants on all 3 days through WhatsApp and Gmail with Amazing and Soulful explanation of the colourful photo.

Bohot Sara Pyaar

Aghaaz-e-Ehsaas