

Event 1

Peace Fortnight Event: Fun-filled session and talks about the definition of peace

Date: 11th August 2022, Thursday Timing: 2:00 pm

Venue: Room No. 31, BMM Building

Total Number of Participants: 6

Duration: 1 hour

A Peace Fortnight Event, fun-filled session and talks about the definition of peace was organized by the Sigma Club of Sophia College (Autonomous). We conducted a session with different types of fun activities for the participants.

In the first activity, one of us was playing the role of the meter and the meter was the hand. So in that, the participants had to clap fastly while the meter goes up and clap slowly while the meter comes down. At the end of this activity, we asked the participants how can they relate this to science and if not science so how they can relate it to any other thing.

In the second activity, we played a memory game. In that, the participants had to speak a meaningful word one by one and create a whole sentence. If the first participant says a word then that word has to be remembered by the other and then that other one has to add one word to it, the next one had to remember the words that were added by the previous ones and had to add another word and like this, the game goes on.

In the third activity, we again played a game that is related to mathematical multiplications. In that, the participants had to choose a multiplication table and remember that multiplication table. Then the first participant starts the game with the number 1 the next participant will say 2, next will say 3 but when the number which is the product comes for one of the participants then the participant does not have to say that number instead the participant has to clap. In this way, the game goes on.

In the fourth activity, we made a pair of participants. From the pairs, one played the role of the mirror and the other played the role of the human. In this, the mirror had to copy whatever the human does. This goes on for 5-10 minutes. After this 5-10 minutes, we gave participants 2 minutes to relax and then we interchanged the role of the participants i.e. the one who was playing the role of the mirror will now be playing the role of human and the one who was playing the role of human will now be playing the role of a mirror. This again goes on for 5-10 minutes.

At the end of the session, We the participants about the fourth activity which role they liked the most to play, as the mirror or as the human. And we also discussed some examples of the same. Also, we discussed all the previous activities with the participants. And asked which activity they liked the most and after which activity they felt mentally relaxed and got mental peace. Also, we discussed some other ways by which we can be relaxed mentally and get mental peace. So, this was a fully interactive session.

Event 2

Talk on PCOD

Date - 28th November 2022

Time: 5 p.m.

Resource Person:

Dr. Anand Ramdas Tambat

M.S., D.N.B.

**Consultant Obstetrician and Gynaecologist and Infertility Specialist,
and expert in Laparoscopy and Vaginal Surgery.**

A talk on PCOD, a very informative session organized by the Sigma Club of Sophia College (Autonomous). This event was conducted online. The resource person for this event was Dr. Anand Ramdas Tambat. He is a well-known Consultant Obstetrician Gynaecologist Infertility Specialist, and expert in Laparoscopy and Vaginal Surgery.

First of all, he explained to us what PCOD exactly is. Then he moved on to the types of PCO and explained each of the types.

Then he explained what can be the symptoms of PCOD and explained the whole mechanism of PCOD in detail. Then explained the PCOD in ancient times.

He also explained in detail the causes of PCOD, PCOD facts, and what measures should be taken in our day-to-day to prevent PCOD.

This session was informative as well as interactive. In between the session, he also used to ask questions participants about what the participants know about PCOD.

And lastly, we had a Question and Answer session in which participants asked some questions and he gave the answer accordingly.

17:16 | tca-vyzc-esi

Participants in the meeting grid:

- VISHNUPRIYA...
- Kashish Patil
- Anand Tambat
- TULZA KAKDE
- KIMBERLY CO...
- adithi salian
- AFIFA SHAIKH
- HARSHAL BHL...
- Roma Panjwani
- aayat obhan
- Riya Balan
- SHRUTEE RAUL
- SHIFA QADRI
- noor khan
- SHRISTI YADAV
- Grace Pereira
- ARHAM ANSARI
- BLOSSOM FE...
- Sanskari Naya...
- SUJATA PAL
- BATUL RATLA...
- RAHEMEEN O...
- sneha narayan...
- Kavya Varma
- ZOBIA KHATK...
- JIYA MAROLY
- SARAH SHAIKH
- ALIZA KATHA...
- SHRUTI GUPTA
- Sneha Burago...
- AMISHA SALU...
- tanishka kulka...
- ALISHA KHAN
- ZAVERIA KHAN
- JANHAVI CHA...
- BUSHRA ANSA...
- AATIKA ATTAR
- DEEPTI MINJ
- Yashashree Ka...
- SPRITI MINJ
- Fatema Dahod...
- Shakathi Peru...
- Asma Khan
- JAGRUTI SURI
- Aliza Shaikh
- BISMA KHAN
- Anjalle Badola
- 23 others
- You

5 new notifications

17:16 | tca-vyzc-esi

Anand Tambat is presenting

PCO MECHANISM

- AT BIRTH, A FEMALE HAS AROUND 2L EGGS (OOCYTES) DISTRIBUTED IN 2 OVARIES ON EITHER SIDE OF THE UTERUS IN BONY PELVIS, IN A DORMANT/IMMATURE STATE,
- AT PUBERTY/MATURITY (AGE 11 to 15), FEW (8 to 10) EGGS START TO MATURE EVERY CYCLE AND OUT OF THAT 1 OR 2 ACHIEVE DOMINANT STATUS AND RUPTURE TO RELEASE OOCYTES, WHICH ARE AVAILABLE FOR PREGNANCY,
- TOTAL SPAN OF THIS REPRODUCTIVE CAPACITY IS TILL THE AGE OF 45 YEARS OF LIFE (i.e., 300 to 400 cycles in all).
- In PCO, this process of maturing eggs becomes slow, so they either rupture late or do not rupture at all.

People

Search for people

In call

- Bhavika Thakkar (You)
- AATIKA ATTAR
- aayat obhan
- Aayati Gaur
- adithi salian
- AFIFA SHAIKH
- ALISHA KHAN
- ALIZA KATHAWALA
- Aliza Shaikh

17:25 | tca-vyzc-esi

Anand Tambat is presenting

PCO HISTORICALLY SPEAKING

- Since ancient times, people are facing this problem,
- Very low incidence in general, where genetic predisposition is stronger,
- Globalisation of various industries and intercontinental mixed behaviour,
- Understanding of the subject and its impact in general,
- Awareness and Increased sources for acquiring knowledge,
- Leading to Increased Incidence of PCO.

17:31 | tca-vyzc-esi

ENG IN 28-11-2022

Anand Tambat is presenting

PCO CAUSES

- GENETIC PREDISPOSITION
- PHYSICAL
- MENTAL
- EMOTIONAL
- HORMONAL
- A MULTIDIMENSIONAL DISORDER !!
- In simple words, the way you behave/think/talk/eat/sleep/move/everything is **IMPORTANT** in causing PCO or avoiding it....!!!

17:34 | tca-vyzc-esi

ENG IN 28-11-2022



Participants:

Sr no.	Name	Stream and year
1	Anjalle Badola	TYBASCJ - JOURNALISM
2	Bhavika Thakkar	TYBSC IT
3	Shrutee Raul	TYBSC IT
4	Rebecca Mathias	FYBSC
5	Ansari Bushra Nausha Azim Fouiz Begam	SYBA
6	Tanishka Kulkari	SYBSC
7	Shifa Qadri	BSC IT
8	Mantasha Ansari	FYJC (Arts)
9	Yadnya Revankar	TYBA
10	Khan Noor Fatima Muntazir	SYBSC

11	Janhavi Chavan	SYBA
12	Amisha Salunkhe	FYBSC IT
13	Manaali Deshpande	SYBA
14	Jiya Maroly	FYBSC IT
15	Elvisa Dabre	TYBA
16	Maryam Malkani	SYBSC
17	Sanskari Nayawadi	TYBSC IT
18	Tiana Mistry	SYBA
19	Zainab Zainuddin	TYBA
20	Sujata Pal	TYBASCJ - JOURNALISM
21	Arpita Khanolkar	FYBSC IT
22	Carol Lobo	SYBA
23	Mouli Pal	SYBA
24	Sneha Amrit Buragohain	TYBA
25	Shreya Anumalla	TYBSC IT
26	Harshal Bhingardive	FYBSC
27	Ekta Pradeep Dubey	FYBSC IT
28	Spiti Minj	SYBA
29	Vishnupriya Shekhawat	TYBA
30	Shristi Yadav	SYBA
31	Deepti Minj	TYBA
32	Sneha Narayanan	SYBSC
33	Riya Balan	FYBA
34	Vidisha A. Salecha	FYJC DIV C
35	Arwa	FYJC ARTS
36	Aayati Gaur	SYBA
37	Anoushka Pereria	TYBASCJ - JOURNALISM
38	Zaveriya Khan	SYBA
39	Aliza Arif Shaikh	SYBA
40	Yeshashvi Maolikar	SYBSC

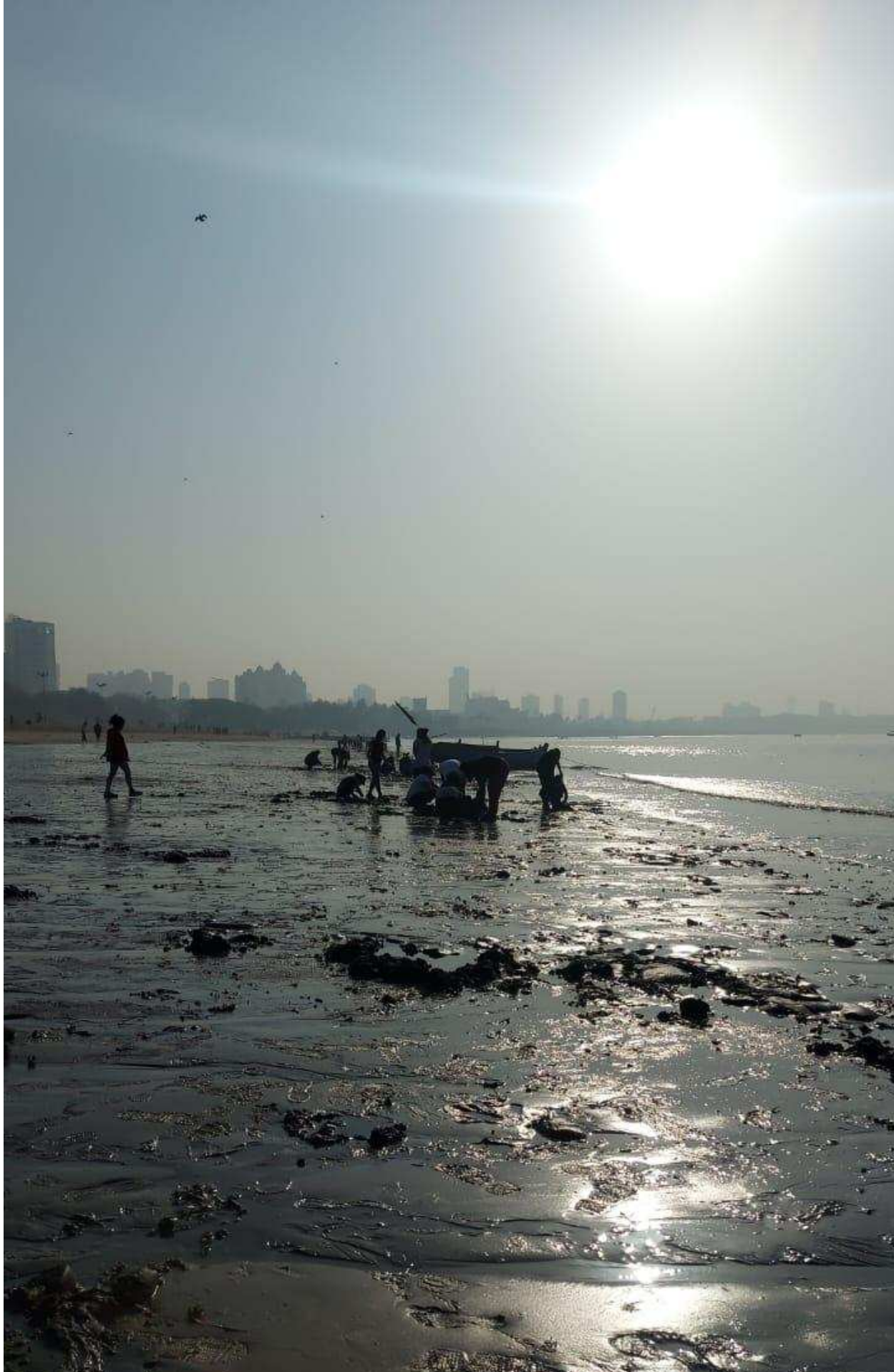
Event 3

Beach Clean up in collaboration with Natures Club report

The Sigma club in collaboration with the Nature Club of Sophia College and the NGO, Change Is Us organized a beach clean up on 15th Jan 2023 on the Girgaon Chowpatty. The timings were 8-10 am. ECC hours were going to be provided to the participants. We received a huge response from the college students. Everyone was as excited as the organizing committee and showed great enthusiasm. This clean-up drive was a small initiative to help clean up the environment. Throughout the event, the students were very helpful and supportive and helped in the thorough clean-up of the beach. The volunteers of the NGO were also very helpful. Throughout the event, safety was prioritized by wearing disposable gloves, carrying sanitizers, and the usage of masks. In total there were 51 participants from both the Nature Club and the Sigma Club of Sophia College.

According to the volunteers of NGO Change Is Us, together as a team collected 3.5 tons of garbage. The waste was segregated into wet, dry, and religious objects and photos. This garbage was later dumped from our bins into the BMC bins, which further as per the procedures went for recycling. The event was a great success, all thanks to the huge response and enthusiasm from the participants. Attendance was taken at the end in order to maintain a proper record of the students which was later used to allot the ECC hours.







Event 4

Talk on Dyslexia

Date - 31st January 2023

Time: 11:30

Resource Person: Mrs. Neeta Patil

The Sophia College Sigma Club presented a very educational discussion on learning impairments. This event took place offline. Mrs. Neeta Patil served as the event's resource person. She graduated from Mumbai's Maharashtra Dyslexia Association. In Nashik, Mrs. Neeta is the principal of a school for dyslexic kids.

She began by outlining the precise definition of dyslexia for us. She then went on to discuss and clarify the various forms of dyslexia. Next, she described the types of behaviors displayed by dyslexic patients and stressed the value of specialized education.

She went into great length on the causes of dyslexia and how to assist dyslexic youngsters. This session was both educational and engaging. She also used to quiz participants on their knowledge of learning difficulties during breaks in the program. Finally, we had time for questions and answers.

Participants:

NAME	ROLL.NO	CONTACT NO.
Cheryl Piedade	S22120	7208667731
Sujata Pal	M20045	7355146364
Jagruti Suri	M20068	9356357274
Monli Pd	A21323	8652532115
Sameem Ansari	A21030	8080452363
Asna Khan	A21227	8591398381
Angela Chalakkal	A21069	8828282041
Elyxia Martins	A21272	9967561205
Sunanditaa Sumal	A22499	8758411594
Afshiya Shaikh	A22389	8591250539
Shine Gonsalves	A21181	7263850343
Urbish Shaikh	A20420	9833017125
Abber Shaikh	A20401	8779791554
Roselyn Cardoza	A21063	9321252621
Falah Shaikh	A20547	9867994119
Maria Shaikh	A20410	8879715771

Shreya Anumalla	T20003	7021839616
Narmada Bhoga	T20004	8928481893
Roma Fernandes	T20009	9011543680
Drizzle Gonsalves	T20011	9511292609
Aliza Khan	T20013	7039844575
Zainab Lakhani	T20016	9833578836
Shifa Mansuri	T20017	8080171827
Ruby Sudan	T20048	9469201065
Syeda Fatima	T20046	9987620973
Ghanchi Ayasha	T20045	8433585863
Sanskari Nayakwadi	T20502	8451977906
Farheen Choudhary	T20007	9920399221
Sarah Fernandes	T20010	9967601981
Nashita Patel	T20022	8104561724
Afifa Shaikh	T20032	8355954371
Shrutee Raul	T20028	9137264614
Shifa Qadri	T20026	8104332525
Mreenmai Chavan	T20043	9137802295
Kareena Rodrigues	T20029	8879046045



Learning disabilities is a general term and description, open the fields of learning disabilities. A learning disability can cause a person to have trouble reading, writing, or listening. The words used often are specific reading, writing, listening, speaking, reasoning, and thinking skills.

Learning disabilities (LD) vary from person to person. One person with LD may not have the same kind of learning problems as another person with LD.

GPS Map Camera



Mumbai, MH, India
Vivek Singh Lane, Cumballa Hill, Mumbai,
400026, MH, India
Lat 18.969569, Long 72.807748
01/31/2023 11:46 AM GMT+05:30
Note : Captured by GPS Map Camera

MICA



Mumbai, MH, India
Vivek Singh Lane, Cumballa Hill, Mumbai,
400026, MH, India
Lat 18.969569, Long 72.807748
01/31/2023 11:54 AM GMT+05:30
Note : Captured by GPS Map Camera

