



OFFICE OF THE PRINCIPAL

Sophia College for Women  
Empowered Autonomous

Bhulabhai Desai Road  
Mumbai – 400026

Ph: 022-23512642 / 23523304

[www.sophiacollegemumbai.com](http://www.sophiacollegemumbai.com)

An Institution of  
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of Women in India

### CRITERION 5

#### 5.1- STUDENT SUPPORT AND PROGRESSION

5.1.3- The institution conducts/organizes the following activities: soft skills, language and communication skills, life skills (yoga, physical fitness, health and hygiene, entrepreneurship, self employment), trends in technology.

NUMBER OF ACTIVITIES						
	2022-2023	2021-2022	2020-2021	2019-2020	2018-2019	TOTAL
SOFT SKILLS	19	7	5	7	6	44
LANGUAGE AND COMMUNICATION SKILLS	8	2	1	2	3	16
LIFE SKILLS	15	4	5	6	7	37
TRENDS IN TECHNOLOGY	5	5	2	5	3	20
TOTAL	47	18	13	20	19	117

*A.P. Patil*  
Principal

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ACADEMIC YEAR 2018-2019

Sr No.	Capacity Development And Skill Enhancement Activities Reports	Page No.
	<b>SOFT SKILLS</b>	
1.	Certificate course History of food	3
2.	Plastic Free July	29
3.	Vaccination Awareness Drive	34
4.	Visit to BARC - National Science Day	37
5.	Talk: Love, life and learning	40
6.	Treasure Hunt	45
	<b>LANGUAGE AND COMMUNICATION SKILLS</b>	
1.	Stree Udyamita: Bhasha ke Naye Awsar Workshop	20
2.	High Court Chief Translator and Interpreter Office visit	23
3.	Essay writing competition - My favorite Element	44
5.	Workshop: Laboratory Safety	39
6.	Workshop : Fabric Dyeing	41
7.	Food Adulteration and Detection	43



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LIFE SKILLS		
1.	Industrial Visit to Parle G and Maganlal Chikki	12
2.	Careers in Chemistry	14
3.	Industrial Visit Silvassa	17
4.	Scientific Writing Course	35
TRENDS IN TECHNOLOGY		
1.	Filmmaking Programme	7
2.	Data Application using Excel	26
3.	Talk on Nanotechnology (TIFR)	32

*This is to certify that the attached documents have been verified and found to be true.*

*A.P. Patil*

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#### ACADEMIC YEAR 2019-2020

Sr No.	Capacity Development And Skill Enhancement Activities Reports	Page No.
	<b>SOFT SKILLS</b>	
1.	The Annual Documentary Film Festival	3
2.	Advanced Film Appreciation Programme	8
3.	XIII Annual Khandala Seminar	23
4.	Microvaganana - intercollegiate event	25
5.	Visit to Nehru Science Centre	27
6.	Chemqueen - Quiz competition	28
7.	Chemscope 2020	38
	<b>LANGUAGE AND COMMUNICATION SKILLS</b>	
1.	Creative Expression Through Theatre and Performance	11
2.	Creative Expression Through Theatre and Performance	43



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LIFE SKILLS		
1.	The Industry Training Programme	15
2.	Visit to Reliance Polymers PARC Baroda for TYBSc and MSc students	20
3.	Educational visit to Sula Vineyard and Jai Biotech, Nasik	30
4.	Mini symposium: Current challenges on cervical and Breast Cancers - facts and fiction	33
5.	Health Impact of Social Media	34
6.	Opportunities after BSc. and MSc. in Chemistry	36
TRENDS IN TECHNOLOGY		
1.	Visit to NCL (National Chemical Laboratory) Pune	17
2.	Role of catalyst in Green Chemistry Revolution	37
3.	Medical Technology course	41
4.	Advanced Computer Skills Programme 1	47
5.	Advanced Computer Skills Programme 2	50

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#### ACADEMIC YEAR 2020-2021

Sr No.	Capacity Development And Skill Enhancement Activities Reports	Page No.
	<b>SOFT SKILLS</b>	
1.	Of Offense and Defence - Weapons and Forts of India	2
2.	International Session : The great nature and nurture debate	21
3.	Life as a counseling Psychologist - talk	34
4.	Preparing an impressive resume	35
5.	Field trip to Drishti : counseling center	42
	<b>LANGUAGE AND COMMUNICATION SKILLS</b>	
1.	A Talk by Dr. Christian Busch on his book The Serendipity Mindset	12
	<b>LIFE SKILLS</b>	
1.	Webinar: Introduction to Pharmacogenesis	15
2.	Nasha Mukta Bharat Abhiyan	27
3.	Mental health amidst the new normal	30
4.	Session with counseling center	37
5.	PCODs and hormonal disorders in teenagers	39



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	TRENDS IN TECHNOLOGY	
1.	Webinar - Exploring and Understanding Covid 19 Vaccines	16
2.	E-mask: Protecting yourself online	17

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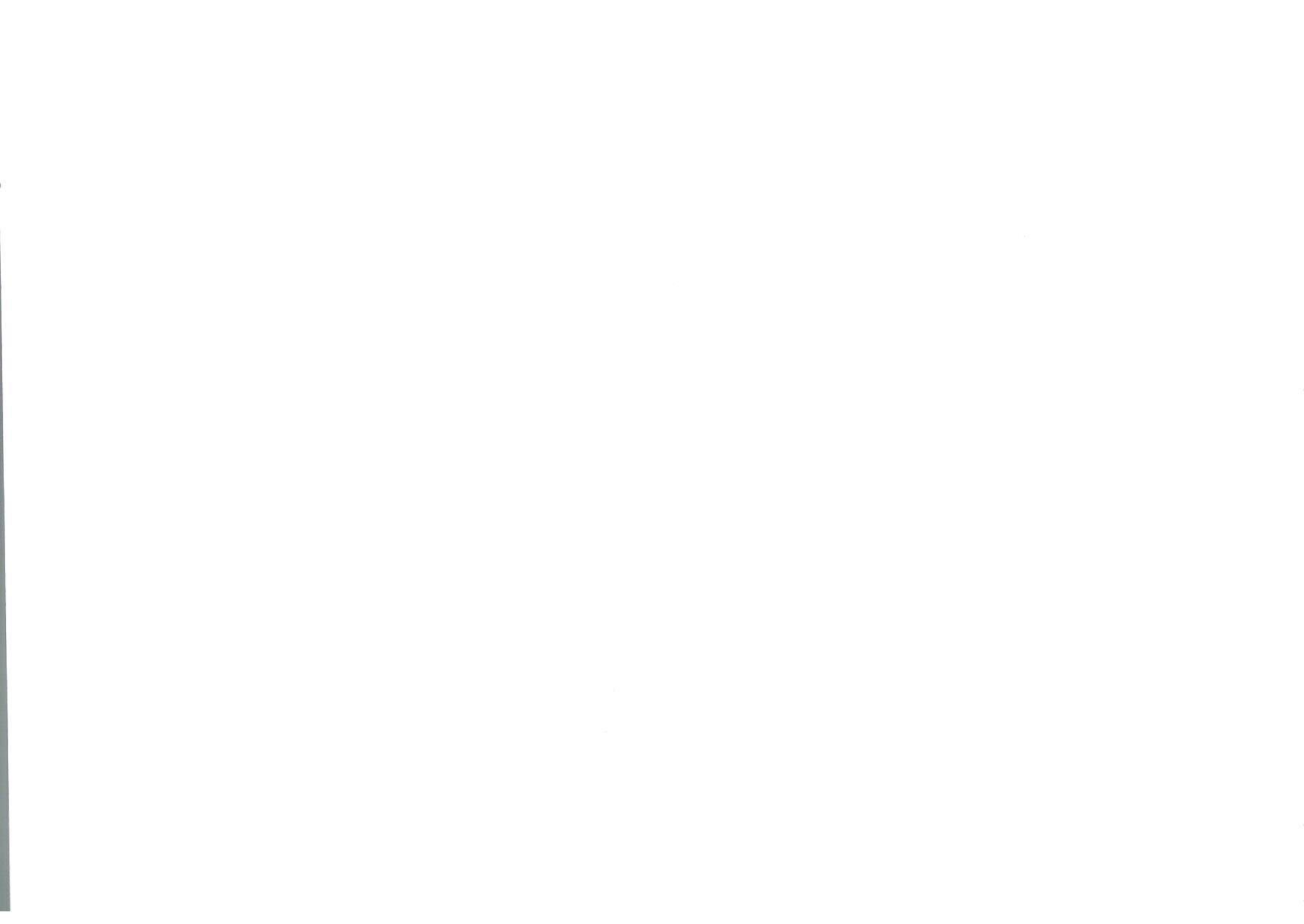
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#### ACADEMIC YEAR 2021-2022

Sr No.	Capacity Development And Skill Enhancement Activities Reports	Page No.
	<b>SOFT SKILLS</b>	
1.	Advanced Film Appreciation Programme	3
2.	The Chemistry of Warfare	11
3.	Archeobroma - The Archaeology of Food	25
4.	Movie Screening and Opinion survey - Hellaro	34
5.	Chemistry of Moods	43
6.	Human Values and Ethics	44
7.	Vital Statistics - An Introduction to the Science of Demography	47
	<b>LANGUAGE AND COMMUNICATION SKILLS</b>	
1.	Hindi Divas - Hindi Poetry Recitation Competition	31
2.	Scientific Writing	48





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LIFE SKILLS		
1.	Webinar -Bioentrepreneurship and supporting ecosystem	36
2.	Webinar - Applications of Microbial Technology and Entrepreneurship Opportunities (ICT Mumbai)	40
3.	International conference on Gender Sensitization and protection of the rights of children and senior citizens	42
4.	Handling and Analyzing Financial Data - talk	46
TRENDS IN TECHNOLOGY		
1.	Media Literacy Programme	7
2.	Advanced Computer Skills Programme - Adobe Photoshop	18
3.	Advanced Computer Skills Programme - Adobe Illustrator	18
4.	Advanced Computer skills programme - Adobe Indesign	18
5.	Talk on Data Anaiytics: A Basic Guide to Understand Analytics	33

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#### ACADEMIC YEAR 2022-2023

Sr No.	Capacity Development And Skill Enhancement Activities (Soft skills, Language and communication skills, Life skills and Trends in technology)Reports	Page No.
	<b>SOFT SKILLS</b>	
1.	The Rajyabhishek Of Chhatrapati Shivaji Maharaj	4
2.	The Contribution Of The Parsis To Bombay- An Enduring Legacy	13
3.	Advanced Film Appreciation Programme	23
4.	Chemscope 2023	28
5.	Ananya Event: Food Fest - Zaika	34
6.	India 1947-2022: Looking Forward Looking Back	47
7.	T-shirt Painting Competition	57
8.	Kashish Film Festival	58
9.	Cancer Patient Donation Drive	64
10.	Donation Drive for Aadhar Adivasi Seva Ashram Orphanage	66
11.	Microbes celebrate - Flavours of India	96
12.	Talk - Stress Management	98
13.	Flash mob - A mental Health portrayal of today's youth	103



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14.	Visit to ACTREC Open Day	117
15.	Industrial visit to Yeola and Nashik	123
16.	Anthropology	127
17.	Advanced Film Appreciation Programme	129
18.	Academia and Contemporary Research: Roots and Routes	136
19.	Visit to National Museum	138

LANGUAGE AND COMMUNICATION SKILLS		
1.	Storytelling And Creative Writing	6
2.	Hindustani Prachar Sabha's Library Visit	54
3.	Hindi Elocution Competition	55
4.	Rachnatmak Lekhan: Uddham ke Vividh Aayam	61
5.	Reading the postmodern rewriting of victorian novels	68
6.	Interrogating Masculinities in Contemporary Indian Literature and culture	70
7.	Workshop : Sport, Society and writing	74
8.	An Adaptation of William Shakespeare's A Midsummer Night's Dream	134
LIFE SKILLS		
1.	Media Literacy Programme	18
2.	Industrial Visit To Cipla Patalganga	38
3.	Career in Education - Options And Opportunities	43
4.	Visit BARC	83



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5.	Industrial visit - Parle G, KF bioplants, Go cheese and Bhagyalaxmi Dairy Farm, Pune	84
6.	Visit - Common Effluent Treatment Plant, Koparkhairane	88
7.	Visit- Advanced Centre for Treatment, Research and Education in Cancer	91
8.	Visit - Bay view Research Centre, Mumbai	93
9.	Entrance and competitive exams - Yes you can!	101
10.	Career guidance - Opportunities in Health care	110
11.	Career guidance - Radiation Oncology	112
12.	Career guidance - Bioanalytical Science - A roadway to diverse	114
13.	Career guidance - Art in Human reproduction - contribution of an embryologist	116
14.	Legal rights and Remedies for Women Opportunities	119
15.	Visit to BARC	124



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	TRENDS IN TECHNOLOGY	
1.	From Laboratory Chemistry To Device Fabrication	10
2.	Data Analysis Using Excel	50
3.	Workshop: Mobile Photography	72
4.	Video Games In Contemporary Society	77
5.	Data Analysis in Retail sector	125

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