



# SOPHIA COLLEGE

2022-2023

MAGAZINE

RECOVER

DISCOVER

EMPOWER



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# Editor's Note

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“Change is a condition of loss. It is also a condition of growth.”

The past academic year was a new beginning after the pandemic as the college reopened and we were all able to attend classes in-person. It has enabled this magazine issue to be published and distributed physically, such that my team and I could hold the fruit of our labour in our hands. There was a time when it did not seem possible. The 2022-23 issue has been brought to you after spending months working hard to edit and perfect it. I am grateful to my team for their dedication.

The cover of this issue is representative of the theme Recover, Discover, Empower as our beloved college replenished its strength and showcased itself to be vibrant and beautiful. The soothing shade of pink and the old staircases are a part of our identity. The past academic year was full of activities and resulted in the creation of many fond memories, as detailed through the Annual Club Reports and Ananya Reports. The interview with Dr Sumanika Sethi provides an insight into her long career here at Sophia and the submissions made by students in the past year display creativity and imagination. I hope you enjoy reading them all. The final pages contain the photographs of the various departments. The Batch of '23 will particularly enjoy flipping through those.

Thank you to all who have contributed to this magazine. To those who are reading it, I hope the moments of the past academic year printed on these pages bring you comfort.

Anandini Nandwana

Editor-in-Chief

(2022-23)

# The Principal's Address

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Dear Staff and Students,

The academic year 2022-2023 has drawn to a close. It has been a very special year in many ways. It marks the completion of my first year as Principal of Sophia College. I will admit that it has been an eye-opener and a huge learning experience for me. I am well aware of the many challenges that lie ahead but I am equally confident of receiving support from you all.

Sophia College is a vibrant college with 2000 plus students and 80 plus faculty members. Our student demography is diverse and varied. Attending to the needs of all our students by an 80-strong faculty is no mean task. My first year has been a year of observation, patience, making efforts to streamline processes after the pandemic, and of understanding the college as a social system.

Our college has also been preparing continuously for its 4<sup>th</sup> cycle of NAAC assessment which is expected to be held during the next academic year, 2023-2024. We are proud to have earned an exceptional score of 3.70 in the 3<sup>rd</sup> cycle in 2015. It is our goal to retain our excellent standards and strive hard to take our college to greater heights. This is the time for our institutional evaluation.

The Theme of the Year was 'Recover Discover Empower'. Every Department and Club has organised events around the theme and the goals of our college. The year has been marked by numerous activities and achievements – Azadi Ka Mahotsav, our own Kaleidoscope, NSS activities, CUC events, Munsophical, Ananya, Club events, to name a few. The prizes won, especially by our sportswomen in both Junior and Senior College, are a matter of great pride and honour for our great institution. Several college audits like gender audit, green audit, academic audit and examination audit were conducted.

We expect that the National Education Policy 2020 (NEP) will soon be rolled out; its modalities for implementation are being discussed and planned at various levels. We can expect to see significant changes in School Education and Higher Education.

You students are the lifeblood of Sophia College. I take this moment to thank each and every one of you and our committed staff for all the big and small efforts to help the college continue to be relevant in a changing world. Best wishes especially to all our graduating students, as they set out into the world.

Thank you and best wishes,

Anagha Tendulkar Patil

Principal

# SBP's Address

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My first experience with (not "in") Sophia was not unlike others. Captivated by the words of Dr. Sister Ananda Amritmahal, surrounded by intimidating yet brilliant women, dissecting the shackles of patriarchy, truly captured by the Sophia Spirit — I was pretty sure that this is where discomfort lies. Discomfort that is home, the one which will help me grow. Two years flew by as we built Kaleidoscope, Munsophical, Ananya, and EXAP presentations on our laptop screens. Post afternoon lectures, after cribbing about Zoom fatigue, I would join a bunch of curious individuals in online dance workshops and compete in literary events. This comes from a place of extreme socio-economic privilege, where opportunities were served on a platter, while a pandemic loomed. I am thankful to everyone who played a role in curating this platter for our respite.

Having known the college virtually, suddenly getting accustomed to climbing the spiral staircase every day was not exactly a welcome change for many. Things changed at an unfathomable pace; you would try to grab it but it would slip your fingers by an inch. However, step-by-step, and through a lot of sincere hand-holding, we recovered and discovered ourselves again. These hands patiently guided us towards things we are proud of today.

I am eternally grateful and in debt to the College Union Committee (CUC) for shaping the college experience. We were able to sincerely go beyond our primary responsibilities and achieve so much more. Over the year, we conducted over a hundred and fifty events which can be categorised as participatory events, workshops, seminars, and on-field visits. In collaboration with Alert India, we raised around five lakh rupees in totality to help patients and vulnerable groups with leprosy. Significant strides were made in an effort to streamline communication and increase digital outreach. The Sophia College Constitution states that every student is an ipso facto member of the CUC. With this in mind, the new addition of departments and teams to the committee made it an inclusive and enriching experience for all. As we learnt the ropes to (re)envision Kaleidoscope, Munsophical, and Ananya on the ground, we were met with unprecedented enthusiasm. This is a testament to the hard work that everyone put in.

It baffles me, in hindsight, that the campus brimmed with activities that engaged us intellectually or recreationally, every single day. This was led by people who were learning the ropes to do so themselves while personally adjusting to The Big Change™. I have been told many times of how things were conducted at a remarkable level and congratulations wait in line for everyone who took this head-on. If anything, this has been a lesson in the resilience we carry within ourselves.

This did not come easy. Luckily, I often received warm smiles from staff with teaching and non-teaching responsibilities who made me look forward to running around for permissions each day.

As the faculty seemed reminiscent of a past that sounded like a distant dream, Sister Rosa, Coordinator of Students' Activities, gently pushed us towards it. She chuckled at our most

ridiculous requests and bore a hat and a stick on College Day for our jest. Speaking of hilarity, our staff-in-charges — Tanaz ma'am, whose humour has kept us going on tough days and Sukanya ma'am, who has perhaps taken more rounds of the campus than anyone else on important days — descended as deus ex machina to resolve any dilemma. I am also thankful to the Departments of English and History for the lectures I thoroughly enjoyed; clearly, because I now sit in classes for a second degree. Mention must be made of the Department of Psychology as well, who not only instilled in me the wonders of research but also lent me an understanding as I juggled responsibilities as the Student Body President and an avid SCEDA participant. And on each step, we sought our Principal's crucial input. Dr. Anagha Tendulkar has shaped the path of the student body and the college in new and exciting ways. She has been the Core team's rock, our favourite cheerleader and a source of inspiration to uphold a prodigious standard of work.

In sooth, I have never felt as accepted in any other institution. I have never quite understood the power of students' representation at every level with our voices being earnestly heard rather than dismissed as an angsty adolescent cry. I have never been unafraid to be queer, to be a smart educated woman, to be loving and kind and trusting. In Sophia, I have been encouraged to pursue my interests unabashedly at the Bhabha Stage. In Sophia, I have been taught not to be afraid of taking a stand; I've learnt that all of us are agents of change and are capable of getting anything we set our hearts to. In Sophia, within these pink walls, I am empowered by so many people who have left their hearts behind for me to find.

To the ones reading this with time on their hands, I hope you do something new every day. You are truly limitless here, graced with the love of brave and kind individuals who would let you shine than mull over the possibility of embarrassment. They dedicatedly work day and night for your well-being.

And the ones who have moved past, while we miss this place, I hope you carry the words in this magazine and other keepsakes which are curated with so much effort and thought. It is as if Sophia holds a mirror to your compassion and will always welcome you with open arms, unless you forget your ID card.

Thank you for showing me what uninterrupted and patient listening is like, until the end.

Aditi Gupta  
Student Body President  
(2022-23)

# Poetry & Prose

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## THERE SHE IS

Aastha Dhadda (FYBA)

Come and take a look behind the curtain,  
Peer under the surface to the things that are dark for certain,  
Beneath the coat of smiles and jokes,  
Is a dark abyss with humanity being choked.

Yes, there is she, the real she,  
Acting like she has it all together,  
Dissembling every feeling and emotion,  
Behind her blissful shiny face.

She tends to do things sometimes,  
That might be wrong in your eyes,  
But don't you see?  
She is lost in a world full of obnoxious people,  
Sanity is so hard for her to find.

Nobody knows the atrocities she has seen,  
Her constant battles against demons at night,  
The struggle to keep her world upright,  
All day, all night.





## **LIVE AND SAY THE TALES**

Amama Alwaz Quadri (SYBASCJ)

When you want to make your life a bit good  
Hide under the right hood!

When you want to make your place just fine  
But you can't seem to hold the time.

And you want to leave this whole mess. Just get off and take a rest.

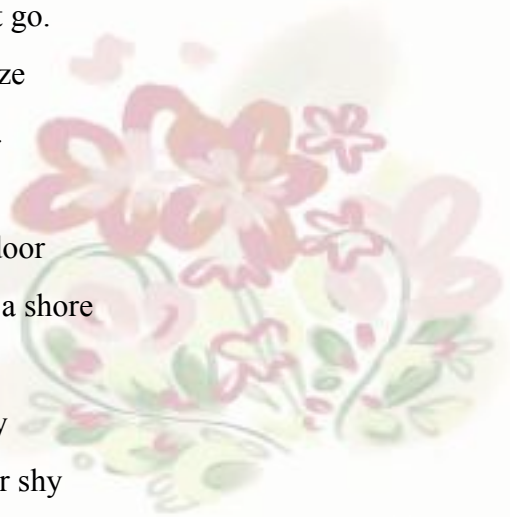
This is the right way to do so  
Leave the worries and let go.  
Feel the wind, the breeze  
Live freely with ease.

For life opens the right door  
After every sea there comes a shore

You don't need to rely  
No need to get flustered or shy

May it be your time and your day  
Be humble and pave the way

Know that the truest effort never fails  
For you yourself live and say the tales



## NEVER ENOUGH

Arimbure Renita Benny (FYBA)

They would exploit her kindness and  
called her meek,  
But once they saw the fire in her eyes  
they called her mean.

They called her uncultured, when she  
walked with confidence,  
So she led with elegance, but they called  
her arrogant.

They call her loud, then asked why is she  
silent,

When she cried out the reason,  
they called her violent.

They shook their heads when she told  
them her dreams,  
asked her to fix herself, told her she was  
a broken machine.

They said they would listen but shut their  
ears,  
and laughed at her when they saw her  
tears.

She believed she was either too little or  
far far too much just never enough.  
Too loud or too quiet, too fierce or too  
weak,  
too smart or too stupid, too bold or too  
meek.

She blamed herself and tried to fix it and  
fit in.

She filled the pages with ink,  
when she would want someone to listen.  
She realised she could vent out her anger



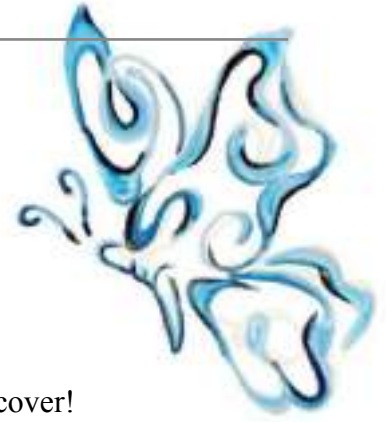
without getting judged, when the days were  
rough,  
and finally that was enough.

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### **RARE**

Atifa Rizvi (SYJC Science)

Let's be a self lover,  
To just be a discoverer,  
To discover ourselves and uncover;  
Everything and every unknown thing that was under cover!



Let's be like the waves: mild  
And sometimes wild.  
Let's discover our inner child,  
So that our personalities get restyled.

Life is too short to care  
Or compare;  
Let's enjoy living here & there,  
Enjoying everything and also the air.

Let's forget all the despair,  
Because you are unique & rare.  
To just care,  
About things that are unfair.

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### **BATTERY ACID**

Deepa Chavan (SYBSc-IT)

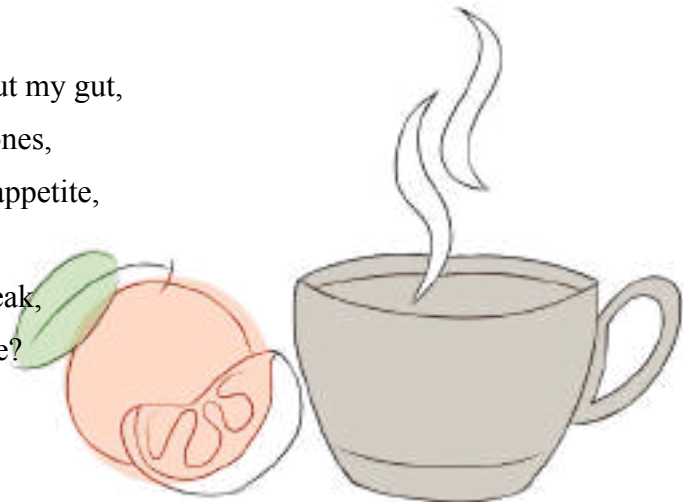
1-

Acrid smoke in my lungs,  
as bile rises up my throat,

with the clean minty tang of my toothpaste clinging onto my teeth,  
I choke,  
a second or two,  
with the morsels of last night's gravy overlain on the ceramic staining the white a reeking  
Yellow.

2-  
I drown,  
in mugs of insipid coffee.  
The kitchen countertops soiled with plates half rotten,  
The counter bell rings breaking in the silence:  
Bon appetit ,  
Oranges for breakfast,a granola bar for lunch followed by battery acid,a modest palate  
Cleanser.

3-  
Pound by pound pouring out my gut,  
I'd nibble skin into bones,  
The last time I sated my appetite,  
was weeks ago,  
If my body could speak,  
Would it forgive me?



4-  
My body,  
tethered together tightly,  
while my brain feeds off a table of thoughts,  
my eyes pop white like the bleach devouring the bathroom floor  
and  
my hands are wrapped in a thin veil of flesh  
and  
my mouth is thoroughly coated with the relish of lies,  
I can taste vinegar on my tongue.

5-

When I am asked (the echo in my mind),  
I say the day will come,  
Where I'll no longer require scalding hot showers to rub myself raw,  
From being acquainted with the grim  
that lurks in the folds of my mind,  
the birth of depersonalization (the harrowing kind), obsessions and meaningless existence,  
I'll set myself free with my feet pirouetting on dead and the decaying,  
in sync with recovery.  
I'll purge from teeth and bloodied gums,  
thinned limbs and body demons.

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### **MONOCHROME DRESS**

Fatema Abbas Moaiyadi (FYBSc-IT)

All I wear every day, all day  
is this monochrome dress.  
Black lace, beaded white unlike something vibrant red.  
I like the colourful dresses she wears,  
but I cannot possess,  
for a reason unknown to me.  
I am shrouded in a dull cloud,  
where silence prevails.  
Whereas she sees rainbows and pastel lights,  
a delicate doll made out of glass.  
She thinks and feels emotions.  
The colours she wears,  
I can tell what they mean.  
She can express,  
whereas I restrain, words loll in my mouth.  
Efforts end in pitiful vain.  
Her world unlike mine,  
has people and life,  
adventures and experiences of all sorts of divine.



I pray that one day  
this monochrome dress stops fitting.  
I hope to finally find,  
something bright pastel or neon.  
A new sort of life.

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**IN A BROKEN WORLD**  
Gopika Menon (SYBA)

In a broken world,  
there is a possibility of man-made continents,  
like some drought-ridden land,  
few cracks on the walls of a home,  
a segregated kitchen, a segregated garden;  
in a broken world,  
broken things reek of violence.

In a bombarded land  
even a speck of green is the mercy from the heavens,  
a non-godly aura suffocates, dust and dust  
as if there's only too little to see;  
in a bombarded zone  
the carcass of humanity lays wide open,  
welcoming, to be mourned for.



A bloody sky that envelopes  
vultures,  
a child with puffy eyes witnesses  
the first ever bird,  
a loud silence fetches it and cradles it like a mother.  
You see,  
in a war-stricken world,  
peace is but just silence, the aftermath of ruin.

In a broken world,  
all broken shadows will hum unanimously  
and will all resonate  
for pain, pain ties all of us together  
like pearls of a neckpiece;  
in a broken world,  
one can only try and speak love  
and in a broken world  
to love, to love is to sing lullabies to  
scared children amidst war-cries



## RESILIENCE

Halima Dada (SYBA)

Resilience is knowing the ability to be happy & content,  
Even after you have approached a blind alley  
In the journey of your life.  
Which is as invaluable as the ice that never melts,  
Even when you expose it to the scorching heat of fire.  
Put your efforts and make Time understand,  
That you are not an easy prey to be hunted down;  
Indeed,  
Like steppe & prairie grass  
You are my friend,  
Which bounces back time in and time out.

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## CANDLELIGHT VIGIL FOR THE SOCIALLY DEAD

Keerthana Iyer (SYBA)

I was left incredulous by the cold.

It arrived as my body spilled itself across the marble  
floors,

barely breathing. Rising upwards like a river  
walking backwards

towards its glaciers. Once it clasped my throat, I  
swiftly realised —

I was abandoning my own body. Paralysis grabbed  
movement at its throat

and for a moment I could feel laughter arising  
through my stomach,

quick as electricity. Birthing itself, falling crippled  
on the floors, its creation

incomplete with the beating heart, for even that has  
paused in a paralytic chill.

For years, I waited for the miracle of someone  
touching this brittle skin

in need. Years crossed my feet through the dusted  
roofs of sun-rays in the

necessity of people's hands. The necessity of the  
galaxy called bodies against

my paralysis, my death. Instead I found my body  
unearthing itself, its

life spooling out on the soft walls for the ghosts to  
gobble and become

human. Before I knew it, the pallbearers arrived, the  
nothingness of

their arms crashing into me. The eclipse of their  
black veils on

the mooned dimness of my personhood. They lifted  
me on my knees and

rinsed my old body. They combed my matted hair,  
shattered the bangles

on my wrists. Their hands twisted the anklets, eased  
them out of my feet so that the shadow of my sound  
will not

be in the air. Their mouths travelled across my skin  
as we walked —

thin wails hiding in the spaces of their veils and  
their emptiness. And

let me tell you that even in my socially-dead corpse,  
even in paralysis —



my voice croaked from its dungeons in those wails.  
Expanding stiffly

like a bubble pushing against a plastic container,  
always bursting in

incompletion. The pallbearers dropped the stones of  
my physicality

into the ocean and water—that blessing, that silence,  
that manner of

closing of all entrances to the mind—

eased the words out of the monument that was my  
body.

And there it was: the earth-shattering yowl that  
ripped itself out

of my mouth. Grief of a human struck me alive and  
all I could ever do

was to let out a hell-inducing wail, tornado-creating  
howls of

a grief that will never cease. Emotions growing into  
people,

their nails blooming on my skin like spring flowers  
with each scream.

The veils have arrived, and their hands hold me as  
we cry and cry,

our voices, like shattered bangles. like a funeral with  
no one to mourn.

Like keeping the candles of our throats burning until  
the wick of



our wails end at a croak. Like the water gobbling at  
our grief, ever hungry.

We keep vigil, completely dissolving into the ocean  
floor.

We keep vigil, even as our shadows disappear from  
the imprint of footsteps on the earth.

We keep vigil.

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### **THE ELEVATOR RIDE**

Maithili Sakhrani (SYBA)

I suck my breath in, sharply.

I am late for college

There is a pal in the lift.

Mumbai highrises; we live on the 27th floor, you  
know— mum would say cavalierly, calculatingly.

Humble Brag (hag!)

27 floors left.

Woman vs Lizard.

Undoubtedly, the lizard's going to win. The question  
is, how long can I persevere?

The light flickers like a B rated horror flick (not that  
I watch them, of course).

But I know it has been like that for three weeks now,  
since Parth from 1901 showed off

the new 9K helicopter toy he was gifted, for the first  
and last time.

Highrises, you know– low budget.

Fancy.

She inches an inch forward.

I scoot my feet a foot back.

Ting. 5th floor. Shruti's school bus arrived two minutes ago; she is always late.

Last week, she screamed when she saw a butterfly.

I can already feel my ears ringing.

I see the Hulk backpack first, then the Peppa Pig tiffin bag, followed by the

Chota Bheem umbrella; must be her sister's.

I gear myself, cover my ears. Sure enough, one, two,

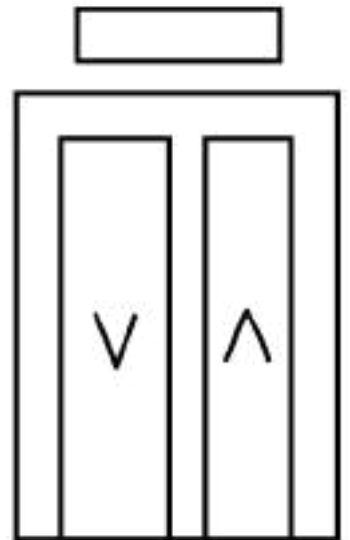
"AAAAAAAH!!-"

4th floor

3rd floor

2nd floor

1st floor



I finally breathe out, softly.

## LETTING GO

Nabeeha Sayed Shaikh (FYBA)

When the moments of joy  
become moments of despair;  
when quitting seems not like losing  
but rather letting go;  
let go what you are holding  
tightly in your hands;  
for once a wilful friend,  
now seems like a captive being forced;  
it is not necessary to smile,  
sometimes, let the tears roll  
it is time to let it go.

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## THE VISITOR I LONGED FOR

Nandini Prasad (TYBA)

Some people believe that a traumatic childhood often leads to the occurrence of strong, vivid but dull memories throughout the sufferer's life and children with disturbing childhood experiences make horrible adults. If I choose to accept this theory, then I have no doubt or shame in accepting that I am an unstable individual. My therapist once said to me, "Gina, you can afford to live your life the way your mind allows you to. You don't always have to swim, sometimes floating is enough." Since then life has been easier, not happier, because for someone to be happier, they first have to be happy. I often get such thoughts when I am walking around these empty streets, the streets I grew up in. It has been immensely difficult for me to let go of my past because I have always been in the same place. How can you make fresh memories when every wall, every shop, every turn reminds you of the scarred girl who would tightly hold her father's hand every time she crossed these places.

I never really had a proper reason for building up this awful personality, perhaps it is just an amalgamation of too many harsh reasons. The reasons have faded with time, but the repercussions are unyielding. There have been very few instances in my life when I say this, and this is one such instance, but I am walking on my favourite patch; I love this place. This is the only place in my entire world because I have never seen anything outside this town that I have beautiful memories with. I used to come here with my maid. She would pluck lemons in the garden, and I would sit and talk to my imaginary friend. I remember the first time I met her, she was wearing a peach floral dress, her long, wavy brown hair tied into a ponytail with a blue satin ribbon. She never wore any shoes, she liked keeping her feet cold. This queer observation was what led to our friendship. I was seven years old when I saw her barefoot, I ran to her asking about her missing shoes and if I could help her find them. That is how we became friends. I loved her more than anything else in this world, she was my best friend, the sibling I never had. All of my fondest memories are with her. I remember how we used to sit on the bench in the opposite direction, with our legs dangling on the other side. The view consisted of a small, worn-down coffee shop where old men played cards. We always used to watch the same old man there, every single day but he never won. We nicknamed him 'Grandpa Loser'. As a thirty-three-year-old woman, I now realise how rude it was of us to call somebody such a thing. I would tell Ski, "I am also like Grandpa Loser, if I play this

game I would suck more than him.” Ski would scold me and tell me that I am filled with negativity, that I only see the bad things. Ski was my confidante, I would tell her everything, even about the toxic life I lived at home, sorry, at the place where I lived.

Ski never believed that my father was a slave to his own brother, she never believed that he would beat my father in front of me, she would never believe how they used to lock me up inside the washroom until my father or maid came to rescue me. She never believed that my mother left me when I was a baby, but what she did believe was that my father loved me more than anybody would have ever loved their daughter, but both Ski and I understood how helpless he was. I never blamed him, all my life. I miss him a lot, if Ski was still with me, even she would miss him a lot. Even though everybody believed that Ski was my imagination, I somehow did not. She was real, a real person. I am sure she was but then my maid killed her. I am sure she did, she hated me and she never liked bringing me to the garden. I went there because of Ski, so she killed her and told everybody that I would talk to the wind and had some problems. My maid is also one of the reasons why life became so miserable. I was so happy when she died in that car accident, I took Ski’s revenge.

Now life is different, obsolete, and I am ageing, but my later years have been better. I have the house all by myself after everyone died, I live with my butler and a piano. It was a cold evening when I entered the house and asked the butler to rearrange the cabinet while I made tea for myself. As I added sugar to my milk, there was a knock on the door. I was a little sceptical because I never really had visitors. The last person who visited me was my therapist but she died due to drowning. I opened the door with those same shivering hands of the six-year-old inside me. I saw a woman, probably my age, but I knew who she was. I always knew who she was. A tall lady covered in a fur coat, a soft, blue muffler wrapped around her long neck with no boots. I could not feel anything around me, numb, I was filled with tears with my heart thumping dangerously. It felt like I could smell the lemons and visualise people playing cards, even though there were no lemons and no people around, but there was Ski, my long lost friend. I knew she was real. I was heartbroken that people tried to erase her from my memory, how could they? The one thing that kept me sane, always.

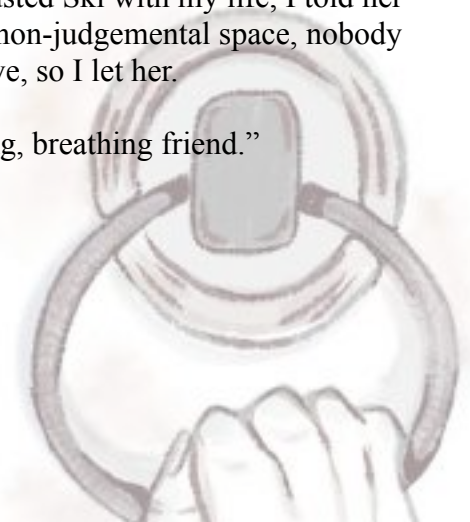
The wood was burning, and my eyes gleaming, Ski went on with her tale, “Life has been so different, and so challenging. I wonder how it must have been to imagine me when I was there all the time.”

I sobbed as I said, “I always knew you were real.”

Ski asked me a hundred questions about my life, my world, how I was, and since she was my confidante, I told her everything. Unlike old times, she was beginning to grow uncomfortable when I shared my secrets with her. Earlier she would listen to me attentively, now she was continuously fidgeting and I could read the nervousness on her face. Maybe time changes people and how they react to the same situations, but I still trusted Ski with my life, I told her everything. I told her every single thing. I knew it was a safe, non-judgemental space, nobody else would ever know. She was getting late and decided to leave, so I let her.

“I will be waiting for you, come soon my friend, my real, living, breathing friend.”

Ski gave me a nervous smile and left without saying a word.



The butler cleared the table and removed the teacups as Ski sat in the living room with a man, crying and looking petrified.

“Why did you make me go through this? I didn’t have to hear those things. She needs help, she really does,” Ski said breathlessly.

The man straightened his spectacles and said with a sigh, “That is what I am here for. Don’t you see, because of you we now know a lot more about Gina.”

Ski asked, “Why did you ask me to remove my boots? It was so cold.”

“It was the only way she would instantly believe that you were Ski.”

“But I am not! I wish I never agreed to this, I feel so scared, I feel weird and dark.”

The man patted her shoulders, and was about to say something comforting when she interrupted,

“You can’t just leave her alone like this, she should be punished! Or worse, she should die, die the way she killed all those people. She told me horrible things Arthur, truly horrible things! She killed her therapist by pushing her into the water because she didn’t know how to swim. Gina told me that she did this only to make her realise how sometimes floating is not enough for one to live! She is a sadist, I want to forget whatever she said!”

The man exchanged looks with the butler, “We have to work together to know everything about her, as her psychiatrist, I have to be careful with these details. You have to help me, please. She won’t trust anyone but Ski, and you are Ski for her, you have to be.”

The lady sobbed and said, “Ski was imaginary, but all the people she killed were real! What about them?”

The man looked at her with guilty eyes, “Ski was not imaginary, she was real. She was one of the earliest people Gina killed. A blue satin ribbon, she was strangled to death with that piece of clothing.”

Everything and everyone froze, nobody had anything else to say. The butler went upstairs and carefully brought Gina’s diary. The last entry was made a few hours ago and it read,

Dear Papa,

I miss you a lot. You would not believe who I met today! It was Ski, my best friend. I told you she was real. Only if you would have believed me, I would have never killed you with that little pillow. I am sorry for what I did, I regret that night, I miss you. You know, life had been very uncertain when I was sent to that rehabilitation centre. I was just ten years old, I had lost my best friend and as my family, you just let go of me. You never should have. I am sorry I poisoned Grandpa Loser’s coffee that day, but he could not be a bigger loser than me. I am the unluckiest person in the world. Anyway, I told Ski everything today, I feel light. I am happy she is back, she is the toughest person I know. I always knew she could survive anything, that is why I would tie her neck tightly with her ribbon when we were kids, it was my favourite game! When she disappeared, I knew that cruel maid must have killed her. I still do not regret that I blew up her car tires, even though now I know she did not kill my Ski. I still hate her. I am glad Ski is real, I always knew she was real. Today, I will sleep in peace, I can finally say that I am happy, and now after writing this I am happier.

Love,

Your Gina

## UNTITLED

Nandini Prasad (TYBA)

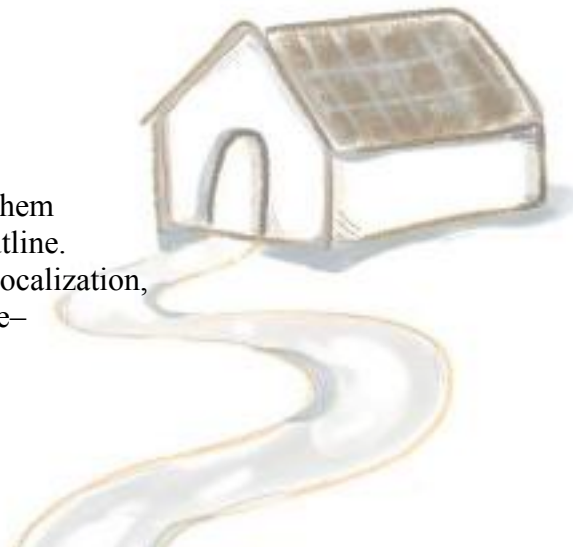
There is this flask inside me,  
Or maybe beside me which keeps my thoughts safe.  
When things get heavy,  
When words lose their meaning,  
I spit my heart inside this flask.  
It shuts the pieces of my heart,  
With all the strength inside me,  
That is why I feel so weak,  
That is why my voice carries a creak.  
On nights when loneliness haunts me,  
Is when I am scared to break this flask,  
For it will spill everything at once,  
I will have to go around collecting the scars gathered like dust,  
The bits that I have left open to rust.  
A day will come when I won't pour myself inside that flask,  
For I may lose it before it gets too dark,  
For it may get full,  
Refusing to contain the debris of my skin,  
I might break it or lose it with time.  
But it will carry my fears inside it,  
For another lifetime.

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## WHILE GOING HOME

Riddhi Ambulkar (SYBA)

At one-thirty we leave Mankhurd,  
resolving to blur the stick figures by the fields.  
The afternoon sun is lighter than woven flax,  
if I wanted to, I could peel it off  
from where it lies on my skin.  
My companion, rapt in her own devices, abruptly points:  
a party of flamingos on the Vashi coast  
lend colour to the dreary horizon  
Like naked angels with haloed beaks  
they are the seasonal army, travellers like me,  
pinking up,  
bending low,  
legs halved by a lapping flow.  
No floating boats, no menaces,  
our vigil stays till the train is past.  
Later, I wonder  
how much of metaphysics applied to them  
and the window that showed me my outline.  
What comes of migration, of hibernation, of localization,  
what processes befall those in nature—



neatly formed like fish spine  
– whether an intersection, an overlap is due,  
from Uran to Vashi, from Turkey to India,  
that we both should have come this far,  
through some liminal flute of fate!  
Maybe if we could speak, we would rue –  
sorry for the displacement. It is a law of physics.  
Humans will rush on progress's steel tracks.  
It is quiet,  
in the distance, the Vashi shore still  
thrums beats of a palpable heart.

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### **A MATTER OF IDENTITY**

Samika Pandey (FYBSc)

ID card. You have got to admit it, that is one ambitious little piece of paper. A 4x4 cm sheet of paper that holds claim to your identity? Wow. This diminutive thing dangling around your neck?

To ask whether our identity is something small enough to be contained in such meagre terms is to beg the larger question - what is identity? And how much of our identity is the people around us? Mother's name, father's name, address. Perhaps, the idea being that who you are is very much a derivative of where you come from, geographically, genetically, ideologically, constitutionally. Address: a reminder that we have the luxury of a home to return to.

Perhaps we need IDs because we lose ourselves so easily in trying to be who we think we should be. Maybe because we are so different every single day in so many ways we need a reminder of the ways we stay the same.

Perhaps it has to do with acceptance. Perhaps, in the end, an ID card is just about belonging. It is this little slice of comfort we carry around, knowing– hoping– that it will make us fit in.

It is humbling, really. We like to think of ourselves as complex beings. We want our personalities to be myriad, multifaceted and unique. To have that element of *je ne sais quoi*. It is a pleasant delusion to think that our beings are too complicated to be captured in words. But this little piece of paper? It takes you and me and boils us down to a simple collection of facts. Because that is who we are to the world. Just another collection of facts. It is a scary thought. Scary, but liberating. Being just another drop in the ocean.

At risk of being no closer to the truth than where we started, in the end, perhaps identity is just what we make of it.

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### **TOMORROW**

Samika Pandey (FYBSc)

I am blowing bubbles.  
Bubbles of tomorrow - shiny, alluring, ethereal, iridescent bubbles.





But the bubble bursts the minute it comes to touch. And tomorrow?  
Tomorrow never comes.  
Not that tomorrow, anyway.  
Because when tomorrow comes, it comes as another today.  
My shiny bubble, just a puddle of water and soap on the floor.  
It is such a pretty word: tomorrow. To-morrow.  
No expectations, no disappointments, only promises.  
Today is tinged with the drab colours of reality; an iron fencing between the what-is and  
what-could-be.  
Tomorrow I could do anything; have the world at my feet.  
Today is a mirror, unapologetically, unrelentingly solid, tangible, an in-your-face truth.  
I live in tomorrow and tomorrow lives in my head.  
I will not stay. I will run.  
Run off to the place where there are just dreams of tomorrow.  
I do not like this here and this today. It is today everyday. But maybe, just maybe, bit by bit,  
everyday, I will find my tomorrow one day.

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### REMEMBER

Tanishka Singh (SYJC Arts)

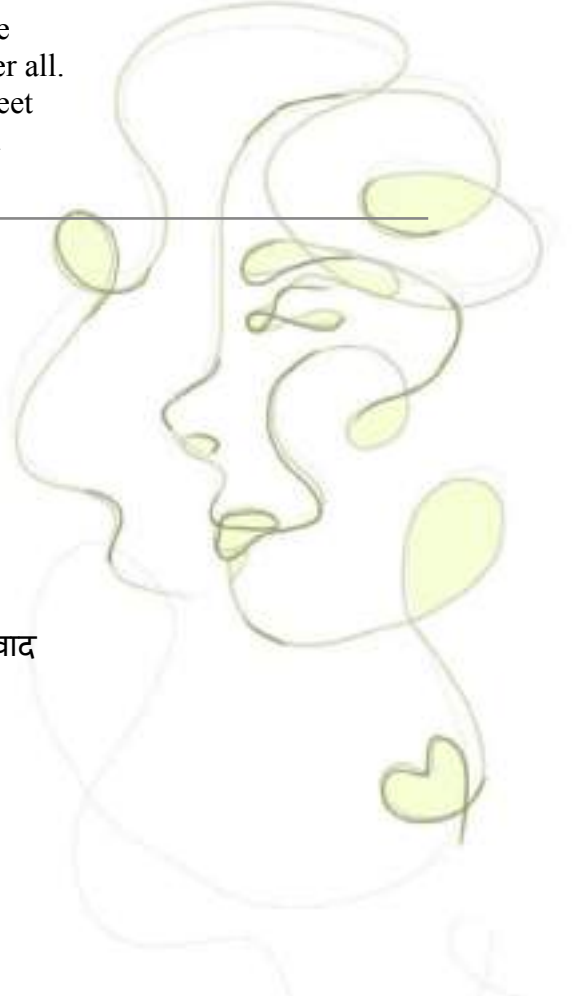
The way these years passed  
Had me thinking back  
The day I saw you  
The day we talked  
The day we separated  
The day we turned into strangers  
Yet, it does not hurt me  
A smile appears every time  
Maybe we are all strangers after all.  
If I ever walk down your street  
If I ever run in your mind.

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### संवाद

ईशा कदम (SYBSc-IT)

न सांगताच तू  
मला उमगले सारे,  
कळतात तुलाही  
मौनातील इशारे  
दोघात कशाला मग  
शब्दांचे बांध  
पण तरिही  
कळण्या चा चाले कळण्या शी संवाद



## UNTITLED

Gopika Menon (SYBA)

मैं भी क्या बोलूँ  
कवयित्री के नकाब में एक पाखंडी ही तो हूँ ;

बचपन में 'अ आ इ ई',  
क में उ की मात्रा कु, बड़ी ऊ की तो कू  
'इब्न बतूता पहन के जूता'  
हिंदी में एक बचपन जो बीता  
आज जुबान पर सिर्फ परायी अंग्रेज़ी खर्राटे मार कर सोती;

मेरे पेट को कोई झूठा फ़िरंगी हल्वा भाँए  
मेरा मन हिंदी लफ़्ज़ों को चूमने से नकारे  
मैं चलूँ यूरोपियन इमारतों के साये में  
क्या फ़ायदा, किसी गद्दार को यह प्रेखर गर्मी आख़िर क्यों सताए?

लय बाहरी, पोशाक बाहरी  
पर मेरी मिट्टी मेरे खाल स्वरूप  
मैं माँ को भूलती हुई एक बेटी  
मैं माँ को भूलती हुई एक परायी;

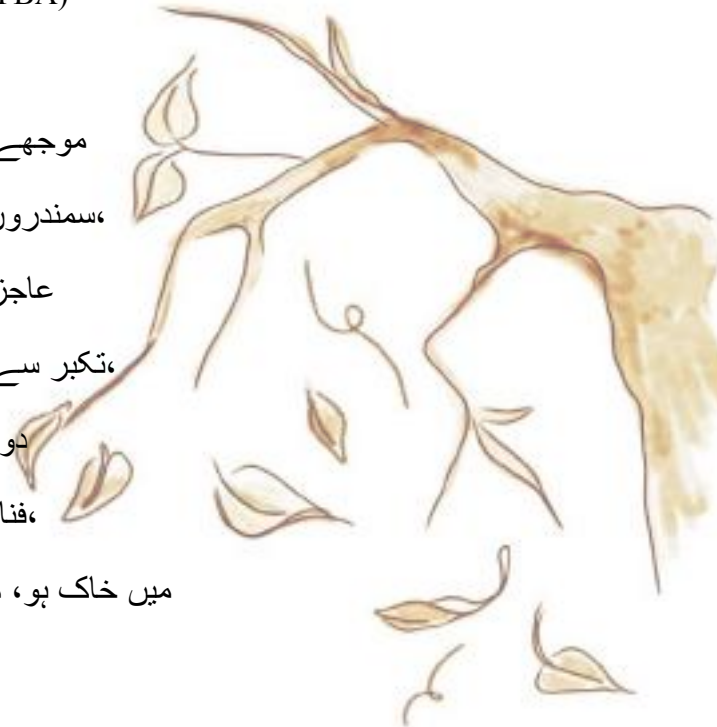
हिंदी मेरा बचपन पर मेरा यौवन न रहा  
बड़े बच्चों को आख़िर माँ कि माँग क्यों  
मैं घूम, झूम आऊँगी, अपनापन ढूँढ आऊँगी  
जब अंधेरे में डर सा लगे, तब माँ को अपने चूम आऊँगी;

मैं भी क्या बोलती हूँ  
कवयित्री के नकाब में एक पाखंडी ही तो हूँ ।

## می خاک ہو

Fizra Mansuri (FYBA)

میں خاک ہو،  
موجھے خاک ہی رہنے دو۔  
سمندروں کی لہروں کی طرح  
عاجزی سے بہنے دو۔  
تکبر سے مجھ کو خدا کے لیے  
دور ہی رہنے دو۔  
فنا بھی تو ہونا ہے،  
میں خاک ہو، موجھے خاک ہی رہنے دو۔



# Annual Club Reports

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## Art and Design Club

The Art and Design Club, in collaboration with Kaleidoscope Team Creatives and Pre-K, organised a face painting session open to everyone on the 29<sup>th</sup> of July 2022. The Kaleidoscope theme for 2022-23 was “Neverland”: nostalgic artworks ranging from tv-show characters to *kawai* symbols like strawberries and mushrooms were painted. ‘Songs as Strokes’ was held on the 4<sup>th</sup> of August and was the Art and Design club’s first official event of the academic year. The A&D team worked together with the World Music and Dance Club to pay a tribute to John Lennon's advocacy for world peace. This was an event that was part of the ‘Peace Fortnight’ organised by the College Union Committee, which is a fortnight long peace themed event-schedule organised by our college clubs and associations.

By depicting musical interpretations through fine art, ‘Songs as Strokes’ sought to bridge the gap between music fans and fine artists in a creative way. Students could either perform John Lennon's songs or interpret the live music and depict it through art. ‘Pockets of Peace’ was Art and Design’s first solo event of the academic year. It was also a part of the ‘Peace Fortnight’ events. This event was conducted online on 6th August on Zoom, and was about creating art to bring peace to our inner selves and expressing emotions through art. Prompts like “Something that made you happy today” were given and the artists drew their hearts out, and even discussed their works.

On the occasion of Teacher's Day the A&D Club and the Association of Christian Students worked together to manage the decoration for the event organised by the CUC in collaboration with all the college clubs at the multipurpose hall. It was held at the Zaibun Jasdanwalla Multi-Purpose Hall. The members of A&D also participated in the event by displaying their artworks on a foam mood board. The Club invited entries for artworks from the members on the theme “Teachers” or “Learning”. The artworks had to be either posters, doodles, or comics, with no restrictions on imagination.

‘Hues of my Heart’ was organised in collaboration with the J.N. Heredia Centre for Counseling. There were no restrictions imposed on the participants regarding what the artwork would be as long as it was made using a colour palette that was closest to their heart. The participants were allowed to use any medium for their artworks and could submit an optional write up along with their artwork as well. A soothing foam board was collaged with the heartfelt artworks.

‘Inktober’ was a competition that went on from the 26<sup>th</sup> of October to the 30<sup>th</sup> of October. The artworks were to be created only using ink products on paper or by using an ink brush digitally. Different prompts like Arson, Mythical Creatures, Nightmare, Carnival, Sci-fi

were given on each day. Entries were open to all and the artworks were submitted online. The A&D Club cosplay event 'Two Faced' took place on November 11 at the Zaibun Jasdanwalla Multi-Purpose Hall. Everyone was invited to celebrate and display their alter egos artistically. Participants were given the freedom to cosplay any fictional or original character of their choice. The outcome was a creative range of characters, from cosplaying an abstract character 'Nature', to Captain Jack Sparrow. Participants came forward and shared why they chose their specific character and how they relate to and also shared general trivia about the role they were portraying.

The A&D Club organised the event 'Art Buddy Session' which took place on November 30th in Room 30. This was a member only bonding session. A round of 'Never have I ever' and 'This or That' Other 'Passing the Paper' and 'Chinese Whispers', a sketching game, art prompts interpretations, and basic art trivia were organised. All the participants enjoyed engaging each other and so did the executive team.

The Art and Design Club organised a member-only competition, 'Tote Bag Paint Party' on the 10th of December. Participants brought their own painting supplies and a google form was circulated at the end of the competition for the participants to submit a photo of the tote bag they painted using a QR code scanner. Three winners were chosen by the A&D team through internal voting. The Art and Design Club organised a member-only Secret Santa event on the 20<sup>th</sup> of December. Names of interested participants and their likes and dislikes were recorded via a Google form. Each interested participant was then assigned a partner whom they had to give a handmade present to. They were encouraged to use their unique skills (cooking/crochet/painting) to make their gifts, which were first approved by the club team via a Google form which surfaced on December 18th and these approved gifts were collected by the executives on December 20th. The executives then gave the gifts to the respective partner of the gift-giver. The gifts that participants gave to their partners included baked goods, cards, stickers, handcrafted jewellery, miniature clay figurines, and painted canvases.

On Monday, 19th December 2022 at 5 pm, a live session was organised by the Arts and Design Club to explore the artist journey of our guest Lea Shroff, a TYBA Sophia student. In this live session, Lea gave us insight into her digital art journey, storyboarding, character design, etc. There were a lot of questions for her, which she answered in a very defined and detailed manner. The most frequently asked questions were about how to get started with digital art and how she built a skillset to achieve her goals, as well as how she started her artistic journey. The session was enjoyed by the viewers as they got an insight about how they could start creating digital art themselves. She spoke about her struggles about getting started, art blocks and how to overcome them as well as shared her experiences of getting her first commission and working part as a storyboard artist. The discussion ended on an interesting note, talking about the Artificial Intelligence vs Artist controversy and how it has affected artists and what she thought about it.

'Alchemy' was a crystal wiring workshop which was organised on the 25<sup>th</sup> of January 2023, and had Sakina Pardawala as the resource person. She is a student at Sophia College for Women who creates wire-wrapped jewellery. Sakina showed the participants a small

PPT, which was followed by a hands-on tutorial on how to wire the crystals that they were provided with. Participants mastered the fundamentals of wire wrapping so they could embellish their favourite gems into stunning pendants, rings, bracelets, or earrings and could take home their adorned crystals.

‘Art in Mundane’ was a workshop on applying design principles and exploring art through everyday objects by Denise D'Souza and Desiree D'Souza. Denise works as a Visual Designer at The Swaddle (an independent media organisation) while Desiree works as a strategist at Sideways Consulting (a creative agency). Denise and Desiree had prepared a PowerPoint presentation to discuss the role of fashion in their life, their inspiration, and how they apply visual design concepts to everyday styling and make their own clothes from scratch.

### **Association of Christian Students**

On July 1, 2022, Fr. Renold led a Eucharistic celebration in the college chapel to mark the beginning of the academic year 2022-23. Attendees included teaching/non-teaching staff and students, making it a meaningful start to the new year. ACS Club's first prayer session, “Shalom - Peace in His Presence”, aimed to foster inner peace and spread it to others through reflection on God's word and meditation. The session involved gathering around a cross-shaped arrangement of candles, silent meditation with background music, and intervals for personal reflection and prayer. Fr. Gavin led a beautiful Eucharistic celebration in the college chapel on the 15<sup>th</sup> of August marking 75 years of freedom. The meaningful sermon provided insights for reflection, and a special aarti during the offertory added cultural significance. The mass concluded with a flag hoisting.

In August 2022, Bhokar Camp took place in Maharashtra. Organised by Sr. Patricia, the camp aimed to strengthen our relationship with God and others. Activities included sharing personal items, drawing and reflecting on our present and future, and a movie night. We stayed at Ashankur Rural Women's Centre run by the same congregation as Sophia College. It was a meaningful experience to connect with fellow students and deepen our self-awareness and spirituality in a serene environment. We visited a convent, attended Holy Mass, and explored different churches. On August 16, 2022, we had a one-day picnic to Bhandardara Dam, enjoying waterfalls and dams.

‘Mellow Time’ - The Eucharistic celebration on July 1, 2022 included a game, screening a video on coping with stress, and meditation guided by Sr. Deodita. It was a lively and meaningful beginning to the new year, providing a break from academic pressures and fostering a sense of community. The Malvan Camp took place from August 20th to October 27th, 2022, in Malvan, Sindhudurg District, Maharashtra. Led by Sr. Patricia D'souza and Sr. Deodita Gudinhot. The main objective of the camp was to strengthen our relationship with God and discover our purpose and individuality. Activities included introspective exercises such as drawing 'Who am I?' and meditation sessions at the rocky beach led by Sr. Deodita and Sr. Patricia. We also engaged in activities with neighbouring children, including games,

singing, dancing and gift giving. The camp also included educational sessions on climate change led by a local youth activist and co-founder of 'Youth Beats for Climate.' We learned about the importance of environmental conservation and participated in small activities to make a positive impact. Sr. Rita Pinto, a resident of the Malvan Convent, also provided insights on how the RSCJ community works at the United Nations level. We attended the novena and feast service at Rosary Church in Malvan and visited Chivla and Devbagh beaches, enjoying fishing and sunsets. The camp was a meaningful experience that taught us about service, bonding with others, and being present with God. Overall, it was a time of introspection, learning, and spiritual growth as we discovered more about ourselves and our purpose in life.

The event 'Alive in Christ' held on the 9<sup>th</sup> of December began with a prayer followed by Christmas carol guessing games in groups. Videos on the spirit of Christmas and God's love were watched, and discussions were held. The main highlight was the Secret Santa gift exchange, with names drawn and gifts distributed by club members Sneha and Sian. 'College Day Mass' was held on the 12<sup>th</sup> of December. Fr. Clifton Mendonsa led a beautifully decorated Eucharistic celebration in the college chapel with a choir, lectors, and prayers for the well-being of Principal Dr. Anagha Tendulkar.

The Association of Christian Students organised the flagship event 'Christmas Wishing' with the Principal, staff, and students all participating. It featured a reading about Jesus's birth as well as performances by the Education Department, Staff, WMDC, SCEDA, and Hostel students. Chocolates were exchanged, and Christmas wishes were shared as the event concluded with a medley of Carols sung by ACS members. It was a festive celebration for charity and a memorable experience for all involved. The faith-based movie *Miracles From Heaven* was screened on January 25, 2023. Based on true events, it portrays Anna Beam's struggle with a rare disease and her family's crisis of faith. However, Anna's miraculous recovery and happy ending left the audience satisfied and smiling.

'Bible Reflection Friday' was held on 3<sup>rd</sup> February and Weekly Bible reflections led by Sr. Deodita in the college chapel with ACS members and co-teachers. All those present reflected on Gospel passages and shared their thoughts.

The Jesus Youth Ministry and Association of Christian Students Club organised a highly anticipated event 'Agape' on the 14<sup>th</sup> of February 2023. Activities included participants writing words associated with love and Bible verses on heart cut-outs, a new action song, a Bible sharing session on Jacob's love for Rachel and God's love for humanity, a prayer, and an explanation of the Jesus Youth Campus Ministry.

### **English Literary Society**

ELS Members gathered for an event called 'TranQUILLity' on the 3<sup>rd</sup> of August as part of 'Peace Fortnight'. Students gathered to read out anonymous letters that each of them wrote to a comfort person, character, or book so that we could find solace in our shared struggles and joys. On the 20<sup>th</sup> of August, 2022 participants took part in a discussion about the poetries of

Ocean Vuong. Three works by Ocean Vuong were discussed- “Toy Boat”, “DetoNation”, “Someday I’ll love.” An engaging discussion of one hour took place. The English Literary Society and World Music Dance Club came together on 29th September with their collaborative event—‘WHOzier’, a songwriting and singing event. The participants were mailed a list of three random words, which they had to compulsorily incorporate into a song they composed and then had to sing the song during their turn at the venue.

Fanfiction entries from the first years from all streams were invited from 3rd October to 18th October 2022 and they featured the piece on ELS’s WordPress Blog on Halloween. The entries were from multiple, diverse universes: ranging from fictional worlds like Harry Potter, anime like Haikyuu!, novels like *The Spanish Love Deception*, with real world celebrities, and even from classic books like *The Scarlet Pimpernel*.

From 7<sup>th</sup> November to 28<sup>th</sup> November, 2022, the club conducted the ‘Midnights Musings’ event, based on the recent Taylor Swift album ‘Midnights’. The event allowed writers to express their own interpretation of certain song lyrics, which acted as writing prompts. Writers set their creativity into motion, revealing bitter memories and broken hearts and aspirations through varied perspectives. On 12<sup>th</sup> November the ELS hosted an event called ‘On the Same Page’. Participants carried their favourite books and each one then had a turn, to come up and share what made the books so memorable and beloved and how they impacted their lives. The English Literary Society of Sophia College organised a discussion on writing on 19th November 2022.

Joel Thottan, a copywriter, scriptwriter and TedX speaker joined the students as the resource person. He shared valuable information about his own creative process and advised students on how to effectively deal with the problems that they encounter while writing, such as creative blocks, lack of ideas and so on. The event was a successful one which gave the students valuable knowledge, helping them to refine their art of writing. A book discussion on the selective works of Agha Shahid Ali’s ‘The Country Without a Post Office’ on the 6th of December.. Students spoke of their own take on the hauntingly touching political pieces of Ali’s works which deals with diaspora, evoking the tragedy of the land of doomed addresses.

The English Literary Society and the Sophia Queer Collective of Sophia College organised a book discussion on the popular novel *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid on the 17<sup>th</sup> of December. The participants explored the gender politics of the text, focusing on the author’s perspective on sexuality and power. The participants provided their multiple interpretations of the text and that produced a fruitful discussion of the layered central female characters of the novel, in particular Evelyn Hugo. The subversive language, unique characters and queer relationships present in the novel were discussed at length.

For ‘Gift a Tale’ participants were asked to wrap the books of their choice and to write down their favourite quote from the book and three words which they felt that best described the book. Names of all those present were jotted down on chits and everyone had to pick one up at random. The names they got were the ones they had to give the book to.

‘Toadreads: Umbridge's Book Reviews’ was organised online as the first pre- event to ELS' flagship ‘Spoken Lores’ from 14<sup>th</sup> to 15<sup>th</sup> January, 2023. It invited the participants to review books but members had to come up with the most bizarre and outlandish reasons to give one-star book reviews and channel their inner Dolores Umbridge, the ultimate Karen! All the participants displayed their flair for witticism and satire by coming up with the most

humorous and eye opening responses. ELS Open Mic: ‘Spoken Lores’ was a platform where everyone could present their stories, without the bounds of medium, language or genre. Foram Shah, the founder of Spill Poetry, writer, poet, and TedX speaker, joined the event as a judge. Students performed their original pieces – poems, creative non-fiction and spoken words – both in Hindi and in English. From nostalgic musings about childhood, home and paper boats, to humour, heartbreak and Greek mythology, the pieces transcended subjects and genres.

The English Literary society in collaboration with the Student's Social Reform Initiative decided to delve into the subversive, provoking and visionary works of Mahasweta Devi in this intellectually stimulating discussion on 6<sup>th</sup> February, 2023. The works of Mahasweta Devi that were covered were mainly- ‘Kunti’ and the ‘*nishadin*’, ‘Breast giver’ and finally ‘Draupadi’. All of these stories dealt with the oppression and the implicit rebellion absorbed into the wide spectrum that is the caste system and femininity. The discussion was highly engaging with students drawing parallels and making critical comparisons between deep seated mythologies and its contemporary adaptations and perceptions. ‘Kadhai Kaaran’, conducted on the 20th of February was to honour the time old tradition of oral folktales. Members were invited to share folk tales, myths and stories native to their state, their family or their local culture. Drawing inspiration from a word play on the Tamil "kathai", meaning story, and "kadaikaran", meaning vendor, the idea behind ‘Kadai Kaaran’ is that people are vendors of stories and stories are the currency of our tradition.

### **International Relations Club**

The academic year of 2022–2023 for the International Relations Club commenced with the formation of a strong, indefatigable team.

In the month of August, our first event of the year, a short documentary titled “Can the UN Keep the Peace?” produced by the Bureau for International Reporting, was conducted in Room 30 in lieu of Peace Fortnight. It was followed by a discussion on the UN’s funding, UNSC decisions, and limitations faced by the UN as a peacekeeping institution. IRC made its first impression on the first year students during the Glimpses orientation, where a trailer-style video was presented followed by a small speech and introduction of the current team by the club secretary in the Sophia Bhabha Hall.

In the month of September, the Club conducted its last membership drive of the academic year in hybrid mode, of which the newly complete team carried out offline registrations in the Multipurpose Hall. The month ended with an event with the Nature Club for an online workshop on climate change, in collaboration with ClimateScience, a global non-profit organisation. The workshop took place on September 30, 2022, on Zoom. The event also had a poster-making competition, for which the speakers provided data sets that interested participants can use to produce creative visualisations. The NGO awarded the best two entries with certificates, which were displayed on the Nature Club and IRC boards.



In November, the members devoted their time to planning and executing a debate-style event in collaboration with MUNSOPHICAL. The Open Forum Debate was a dynamic event where teams selected two topics at random from a box on the spot. The participating teams were categorised into 'Team Pro' and 'Team Con' after registration. The chosen topics for discussion were "Does the British Monarchy hold any significance in the contemporary world?" and "Is the current world order unipolar or multipolar?"

On 6th December, IRC and the English Literary Society hosted a thought-provoking event titled "A Discussion On The Poems Of Agha Shahid Ali". The focus of the event was to delve into the political turmoil in the Kashmir Valley and its impact on the people, particularly from the perspective of Kashmiris, as reflected in Agha Shahid Ali's collection *A Country Without a Post Office*. The discussion analysed three poems from the book, namely "A Footnote To History", "A Country Without A Post Office", and "Farewell", highlighting the poet's nuanced portrayal of the Kashmiri experience.

The team utilised their Christmas break to diligently brainstorm and finalise the Club's highly anticipated flagship event. The team started off the year with the challenging task of managing two events simultaneously. One of them was a discussion based event — "Vivaad: 100% Unadulterated Discourse -- Piracy in the Contemporary World", held on 17th January 2023. The event aimed to delve into the issue of modern day piracy, looking specifically at how piracy proliferated as a consequence of the Somali Civil War. Preliminary reading was sent on the event's Whatsapp group for the participants to research prior to the event. The most highly anticipated event of the year for IRC was their flagship event, which took place on January 28th, 2023 at the Convention Centre. The event was a talk on the "History and Future of Indian Politics". The event was a discussion on changing intellectual currents in India, which was presented by the speaker, Vikrant Pande, a member of the Department of Political Science at Ramnarain Ruia College. The event saw the highest offline turnout for the Club this year.

The IRC had its last event of the academic year on 10th February, in Room 9. This was a collaboration with the Students' Social Reforms Initiative (SSRI), titled "Hijab Row: A Year In Review", and was a discussion to analyse the political and social environment triggered by the hijab row in the Indian, Iranian, and French context. The IRC had a fulfilling year in 2022-23, marked by several successful events. As the first year offline after the pandemic, it was especially satisfying for the club to see the return of in-person gatherings and events. Overall, the year was a testament to the club's continued success and its commitment to providing engaging and informative events for the students.

## **Sigma**

The Sigma Club of Sophia College (Autonomous) organised a successful Peace Fortnight Event on 11th August that was filled with fun activities and insightful talks about the definition of peace. The event aimed to engage participants in interactive sessions to promote mental relaxation and peace. In the first activity, participants played a unique game where one person acted as the metre and used their hand to indicate the speed of clapping. Participants had to clap quickly as the metre went up and slowly as it came down. They were then asked to reflect on how they could relate this activity to science or any other aspect of life, encouraging them to think critically and make connections. The second activity was a

memory game where participants had to create a meaningful sentence one word at a time. Each participant had to remember the words added by previous participants and add their own word, building upon the sentence. This game challenged their memory skills and fostered teamwork and communication. The third activity was a maths-related game that focused on multiplication tables. Participants chose a table and took turns counting from one onwards. However, when a number that was a product of the chosen table was reached, the participant had to clap instead of saying the number. This activity was not only fun, but it also encouraged participants to practise mental calculations and quick thinking. For the fourth activity, participants paired up and played the roles of mirror and human. The mirror had to mimic the movements of the human for a set period of time. After a short relaxation break, the roles were swapped. This activity promoted empathy, observation, and understanding of perspective.

During the session, participants were encouraged to reflect on their experiences and share which role they enjoyed playing the most in the mirror-human activity, as well as examples of their observations. The previous activities were also discussed, and participants were asked to share which activity they found most mentally relaxing and conducive to achieving mental peace. Overall, the event was a success, with engaging and interactive activities that fostered critical thinking, teamwork, and relaxation. It was a meaningful way to promote peace and well-being among the participants, and discussions on various ways to achieve mental peace were insightful and thought-provoking.

On 28th November, the club organised a successful online session on Polycystic Ovary Syndrome (PCOS) featuring Dr. Anand Ramdas Tambat as the esteemed resource person. Dr. Tambat, a renowned Consultant Obstetrician Gynaecologist Infertility Specialist and expert in Laparoscopy and Vaginal Surgery, shared invaluable insights about PCOS with the eager participants. The session kicked off with a concise and clear explanation of what PCOS is, followed by a comprehensive overview of the different types of PCOS. Dr. Tambat elaborated on each type, providing a thorough understanding to the participants. He then delved into the symptoms of PCOS and elucidated the complex hormonal mechanism underlying the condition, giving the participants a deeper insight.

Dr. Tambat also provided a unique perspective on the historical understanding of PCOS in ancient times, shedding light on how this condition has been perceived and managed over the years. He further explained the causes of PCOS, presenting eye-opening facts and information to the participants. Additionally, Dr. Tambat emphasised the importance of preventive measures in our daily lives to mitigate the risk of PCOS. The session was designed to be interactive, with Dr. Tambat actively engaging participants by posing questions to assess their knowledge of PCOS. This approach encouraged active participation and enhanced the overall learning experience. The participants eagerly shared their thoughts and queries, which were thoughtfully addressed by Dr. Tambat during the engaging Question and Answer session. Overall, the session was highly informative and engaging, and Dr. Tambat's expertise and insights on PCOS provided valuable knowledge to the participants. The event served as a significant contribution towards raising awareness about PCOS and empowering the participants with knowledge to prevent and manage this condition effectively in their lives.

## Sports Club

The Sports Club at Sophia College holds a prominent position and with the resumption of the academic year offline after the pandemic, the club members had an abundance of activities planned, keeping them busy and engaged.

Initially, we started with a collaboration with the sports department on the occasion of International Yoga Day on 21st June, 2022, exclusively for Sophia college students. The event was hosted by Kaivalyadhama Institute of Yoga, Lonavala aimed at promoting the benefits of yoga practice for individuals of all ages, including both the young and the elderly. The institute has been actively advocating for the importance of yoga and its positive impact on health and well-being. The Sports Club recently organised a highly anticipated event in partnership with the Bhartiya Sanskritik Parishad on July 14th, 2022. The event featured 'Zumba', a unique blend of aerobic fitness and dance styles that provides a complete workout for the entire body and offers numerous physical and mental health benefits. This Zumba session was aimed at encouraging participants to expand their physical fitness horizons and emphasised the importance of physical health, which was not only enjoyable but also enlightening.

In the 75th year of Independence, the Sports Department in collaboration with NSS organised the "Peace March" to August Kranti Maidan from Sophia College. The event began with the recitation of the National Anthem, followed by an inspiring speech delivered by the principal, and a captivating performance of Lawani. In commemoration of the 75th anniversary of Azadi ka Amrit Mahotsav, Sophia College's Sports Club, in partnership with Backpackers India Group, arranged a trek to Sondai Fort. The trek to Sondai Fort was a great success. Participants boarded the buses from Dadar and Borivali and enjoyed a delicious breakfast on the journey. The trek began at the base camp and after a few hours, the team reached the top of the fort. A break was taken for sightseeing before the journey back to base camp. Everyone had a great time and the trek proved to be an enriching and insightful experience for all the students.

In September, the Sports Club teamed up with Kaleidoscope to organise an engaging and entertaining event at the AV Hall in partnership with ISM Globe. The hour-long session, conducted by this institute of sports management, aimed to educate the attendees about the various career prospects available in sports management. To keep the audience engaged, the organisers included exciting activities and gave away gifts and freebies as rewards. Apart from this workshop, the Sports Club was also occupied with organising intercollegiate sports events.

Our college got the chance to hold the table tennis intercollegiate tournament in University Pavilion, Marine Lines. The other sports events followed, among which in swimming event Iqra Shaikh was selected to represent the University of Mumbai in the University games. Our students showed great interest, enthusiasm and performance in tennis, squash, shooting, basketball, football, athletics and various other sports where they represented the college at the zonal level.

The Sports Week was a grand success bringing back memories of childhood games like Lagori, Throwball, Skipping Relay and Langdi. The Sports Week aimed to rejuvenate the love for sports, just in time for the flagship Sports Day event. The Sports Day was a two day event where the first day of Heats witnessed a range of field and track events. Field events

such as shot put, javelin throw, discus throw, long jump, and high jump were organised and the winners were declared. There were track events like 100m, 200m, 400m, and 800m. Eight finalists were chosen for 100m and 200m, whilst 400m and 800m winners were chosen on the spot. Additionally there was a thrilling tug-o-war competition that added to the excitement of the event. On the grand finale of Sports Day, on 2nd December, the ground was filled with enthusiasm and energy. The day began with felicitations and the March Past in which all departments and classes participated, followed by the Torch Run and Oath by the Sports Club Secretaries, Ananyaa Singh and Aayushree Sarma. Then, the track events, including the 100m and 200m races, were fiercely contested, and deserving winners emerged. In addition to the regular races, there was a unique relay event that required participants to balance a tennis ball on a racquet while running. A traditional 4x100 relay and a 100m run were also organised, along with a book balance race for the teachers. The CUC versus staff tug-of-war was undeniably a very exciting event.

The distribution of medals, trophies, and awards to the deserving students was conducted later in the evening. The winning classes of the sports week were also awarded gifts. Lastly, the day concluded with the recitation of the National Anthem accompanied by pictures, and celebrations. Overall, the Sports Day was a resounding success and everyone had a fantastic time participating and witnessing the variety of events. After Sports Day, the Sports Club and the department had one more important event to organise, the intercollegiate and inter zonal fencing tournament which was held in Sophia College. This was the last event marking the end of this academic year and bringing in the energy for new beginnings.

## **Hostel Report**

The end of the Covid-19 pandemic brought about a long-awaited return to normalcy, allowing the Sophia Hostel to once again open its doors to students. As the academic year 2022-23 commenced, the vibrant hostel atmosphere was invigorated with a sense of excitement. The tenure began with the election of Hostel Secretaries, with Yugasha Purohit and Akanksha Mishra emerging as the chosen leaders to guide the hostel through the upcoming year.

The halls of the hostel buzzed with life from the outset, with a series of events that etched memorable moments into the hearts of its inhabitants. A striking example was the inaugural Bonding Party held on July 15, 2022. Laughter and anticipated conversations resonated within the Multi-Purpose Hall, setting the tone for a year of connection and shared experiences. However, the festivities did not conclude there. On November 18, 2022, the hostel family reconvened for a delightful get-together, with a special welcome to the batch of first years joining the family. This gathering served to solidify the bonds between the students and ushered in a sense of unity and belonging.

Despite the lingering shadows cast by the pandemic, the spirit of generosity and togetherness prevailed. The hostel tradition of Carol Singing endured, as students ventured into the neighbouring communities of Breach Candy and Cumballa Hill. Their melodious carols resonated through the streets, resulting in a remarkable achievement of raising approximately 74,000 rupees. These funds were dedicated to supporting the education of two girls at 'Sneha Sadan', a commendable non-profit organisation based in Andheri. This selfless act

showcased the compassionate nature of the hostel community, exemplifying the impact that can be made through collective effort. The pinnacle of the festive season arrived in the form of the enchanting Christmas Dinner, an event that served as the grand finale of the 'Kris Kinder Secret Santa' week. This heartwarming occasion not only encapsulated the joyous spirit of the season but also facilitated the forging of new connections and friendships among the hostel dwellers.

With the turn of the calendar to February, the torch of leadership was handed to a new set of Hostel Secretaries, marking both a fresh beginning and a poignant farewell. The final year students bid adieu on February 17, 2023, an occasion commemorated by a thoughtful gesture orchestrated by their juniors—a captivating Mumbai Darshan Night tour, bestowed as a parting gift. This thoughtful gesture encapsulated the sense of unity and gratitude that defined the hostel community even beyond its doors. The tenure of Yugasha Purohit and Akanksha Mishra as hostel secretaries reached its conclusion on March 3, 2023. With seamless grace, they passed the baton to their successors Khushi Yadwad and Nandini Bothra, leaving behind a legacy characterised by harmony, warmth, and camaraderie. What transpires within the walls of Sophia College's hostel is not merely a place of residence but an intricate tapestry of transformation. It molds individuals, nurturing their independence and fostering lifelong friendships. It is a journey of self-discovery, embracing diversity, and adapting to change. From shared laughter to mutual support during challenges, the hostel experience offers a unique perspective that cannot be replicated elsewhere.

As the echoes of yet another academic year fade into memory, the indelible impressions of hostel life continue to resonate within the hearts of those who called it their home. The hostel is more than bricks and mortar; it is a vibrant mosaic woven with threads of friendship, growth, and transformation. This mosaic adds a vivid hue to the enduring legacy of Sophia College.

### **The College Union Committee**

The very first event conducted by the CUC 2022-23 was the Farewell for the TY batch 2021-22. The Student Body President and the Cultural Secretary along with the club secretaries helped in planning and organising the farewell. The farewell for the graduating students of the 2021-22 batch took place on 27th April 2022 from 4:00 pm to 6:00 pm. The theme was 'First Year of College'. The evening was divided into two parts with an initial program taking place in the AV Hall and the distribution of snacks and souvenirs taking place at the central lawn of the college. The program in the AV Hall began with the speeches of the Treasurer, General Secretary, Cultural Secretary, and The Student Body President of the academic year 2021-22. This was followed by a dance performance put up by the World Music and Dance Club (WMDC), the Bharatiya Sanskritik Parishad (BSP), and the contingent of the college. This segment of the event ended with a short video created by the Nature Club, Sports Club, the Students' Social Reforms Initiative (SSRI), the English Literary Society (ELS), and The PRISM.

Post this, the graduating students moved to the central lawn which had been decorated with the help of the Art and Design Club (A&D), the Association of Christian Students, the Sophia College English Dramatics Association (SCEDA), and the International Relations Club (IRC)

along with additional volunteers. The students were provided with refreshments while music played in the central lawn for everyone to enjoy. Lastly, everyone was given a keychain, an artwork of the Sophia campus, and a handwritten note to keep as a souvenir before the event was wrapped up.

Roselin D'Silva was elected for the post of General Secretary 2022-23 and Abhigya Asmi for the post of Treasurer 2022-23. On 12<sup>th</sup> August 2022 from 11:30 am onwards 'Glimpses' took place at the Sophia College Bhabha Hall. 'GLIMPSES' - as the name suggests is a program organised by the cultural committee, which is The Prism and CUC core, which shows a glimpse of the Sophia College clubs and the opportunities this institution has to offer. Glimpses is conducted specifically only for the FYs so that they are well-oriented about the extracurricular opportunities the college has to offer. The clubs presented a video to the FYs for them to get a better understanding of the club. The club secretaries introduced their executives and encouraged the FYs to join their respective teams. Kaleidoscope, the Sophia College fest was also introduced. Peerpal was also introduced where they showed a short clip about what the initiative is about. The event came to an end with a vote of thanks. After the program, FYs were taken for a college tour wherein each member of the Peerpal (a student-led initiative to help the FYs adjust better to college) guided them and helped them resolve any queries. Sophia College (Autonomous) celebrated Azadi ka Amrit Mahotsav - the 75<sup>th</sup> Independence Day with much joy and admiration on 15<sup>th</sup> August, 2022 from 8:00 AM to 11:00 AM. The day started with a Mass (tribute to God), followed by flag hoisting by the principal, Dr. Anagha Tendulkar.

The Sports Department and the National Service Scheme organised the Independence Day. Beautiful dances such as Lezim were presented to make the event more fun and entertaining. The students danced with great enthusiasm and the audience cheered them on. The students of Sophia College (Autonomous) initiated a Peace March to commemorate Independence Day. It started at Sophia College and ended at August Kranti Maidan. The march was led by the Principal, Dr. Anagha Tendulkar, NSS coordinator, Dr. Vaishali Pachunde, Student Body President, Aditi Gupta, along with the Sports Club.

On August 27<sup>th</sup>, 2022, the prize distribution ceremony took place at 10:00 am in the Bhabha Hall. Prize winners from the batch of 2021-22 attended the event along with their family members. On 5<sup>th</sup> September 2022, the Sophia College Union Committee organised a Teacher's day program to celebrate, appreciate and give back to the teachers for the time and knowledge they share with the students. The program was held at 12:25 at the Zaibun Jasdhanwalla Multi-Purpose hall, with a hundred and twelve people present. The event was hosted by Aditi Gupta, the Student Body President, and Roselin D'silva, the General Secretary. Everyone enjoyed the opening performance, a classical dance that was a fusion of Odisha, Kathak, and Bharatanatyam. The dance was followed by a skit. Later, Aditi Gupta, the Student Body President, asked the Principal, Dr. Anagha Tendulkar, the Dean of the College, Dr. Ananda Amritmahal, and Vice Principals from all streams to cut a cake to mark the event. The principal then said a few words acknowledging everyone who contributes towards the college. Each teacher was given a personalised gift at the end of the program which contained a pen with the teacher's name engraved on it and one with the Sophia college logo engraved. Sweets were distributed to all the non-teaching staff, that is, the admin & accounts office, library staff, wardens, reception desk and peons. The program ended with an enlightening speech by the SBP, Aditi Gupta.

On 12<sup>th</sup> December, 2022, Sophia College celebrates 'College Day' to honour the founder of the college - St. Madeleine Sophie on her birthday. It is one of the most important events of the College and is something that every student looks forward to. The College Day began at 8:00 am at the Bhabha Hall. College Day is organised by The PRISM (the college's cultural committee) and the CUC. The day began with a mass in the Sophia College Chapel, followed by the wishing ceremony which was hosted by the Student Coordinator of Activities, Sr. Rosa Makil. The wishing ceremony started with a beautiful dance performance, followed by a heartfelt speech by the Principal, Dr. Anagha Tendulkar, and ended with the College Song. It is also celebrated as Principal's Day, therefore to mark the occasion, each member of the CUC Core offered gifts to the Principal, Dr. Anagha Tendulkar, thanking her for her service and guidance. The main event began after a short while, where Aditi Gupta, The Student Body President gave a speech, followed by a dance performance by the CUC Core that is, Aditi Gupta (SBP), Mihika Hajela (Cultural Secretary), Roselin D'silva (General Secretary) and Athira Girivasan (Treasurer) along with the Student Coordinator of Activities, Sr. Rosa Makil and Club Secretaries. Later, each department showcased their dance performances, including the hostelites, and The PRISM and even the teachers of Sophia College presented their dance performances. The program ended with a vote of thanks, students were provided with refreshments as they exited the Bhabha hall. The event was a major success and surely a core memory for each and every student present. Shreya Singh was elected Student Body President 2023-24, and Ishani Sen was elected Cultural Secretary 2023-24.

On March 3<sup>rd</sup>, 2023, The handing-over ceremony took place in The Sophia College Chapel at 11:30 am. Club secretaries of 2022-23 and the upcoming secretaries for the academic year 2023-24 were present. Each Club Secretary was called out to say their prayers and pass on the torch to the next secretary of the respective club. The sending-forth ceremony then took place to bid goodbye to all the TYs. For the thanksgiving ceremony, The General Secretary & The Treasurer gave a heartfelt speech. Following Dr. Anagha Tendulkar, Principal of Sophia College was called upon to give a speech to all the students present, each student was given a souvenir by the principal.

# Ananya Reports

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## Department of Chemistry

The Department of Chemistry organised an enriching event, the "ZAIKA" Food Festival, on February 11th, 2023, perfectly aligning with this year's college theme "Recover Discover Empower." The lively festival took place from 10:30 AM to 1:00 PM within the canteen extension and warmly welcomed all students of Sophia College.

"ZAIKA" featured 12 vibrant food stalls, each showcasing homemade culinary creations prepared by students, which were accompanied by nutritional insights for each dish. Beyond its gastronomical charm, the festival served as a platform for students to uncover hidden culinary talents and entrepreneurial skills. The students admirably managed aspects like investment, pricing, and inventory, thereby elevating their business acumen.

The event witnessed spirited participation from 42 students, resulting in noteworthy proceeds totalling Rs 4725/-, which were donated to an NGO by the department. The "ZAIKA" Food Festival exemplified the commitment to community engagement, leaving an indelible mark on both palates and hearts.

## Departments of Hindi and Education

The Department of Education in collaboration with the Department of Hindi and the SSRI Club, organised the RUSA-supported Gender T-Shirt Painting Competition, as their Annual ANANYA event, on Friday, 20th January 2023, from 11:30 a.m. to 2:00 p.m., in the Sophia College Canteen Extension. Keeping in mind the social anomalies, the theme of the competition was 'समलैंगिक के अधिकार और उनका समाज में स्थान', in order to bring awareness about human rights and equality to the students with a total of 28 students participating in the competition. The coordinators who contributed to the success of this event were Dr. Andrea Coutinho (Department of Education), Sir Ivan John Sir (Department of Sociology), and Dr. Vaishali Pachunde (Department of Hindi), who contributed to the success of this event.

Ms. Nishtha Dev (Senior College Faculty, English Department) and Mrs. Supriya Bhiwandkar (Junior College Faculty, Department of Philosophy) were the esteemed judges for the competition and declared three deserving winners at the end, who received the awards the next day, during the Kashish Film festival. The Department of Education and Hindi of Sophia College (Autonomous) in collaboration with the Students' Social Reform Initiative (SSRI) & Sophia Queer Collective (SQC) clubs, and the Kashish Foundation organised a RUSA-supported Symposium – 'Kashish', on the 21<sup>st</sup> of January 2023, in the Convention Center, from 12:30 p.m. to 3:30 p.m. Mr. Sridhar Rangaihn, Mr. Trupil Patil, Mr Sagar



Devram Minde and Mr Saagar Gupta were the resource persons who made the event successful along with coordinators of the event Dr Andrea Coutinho (Head & Associate Professor, Department of Education) and Dr Vaishali Pachunde (Lecturer in charge, Department of Hindi). 147 students attended the festival and were shown informative movies and documentaries based on the LGBTQ+ community, namely Dal Bhat, Muhafiz, Thodisi Khushi, Partner, Her Canvas, Caress, and Kinara. All the students enjoyed the event and took away something important from it with them. Kashish screenings have always been an important and significant event for the LGBTQ+ community. Overall, it was an amazing experience.

### **Department of Hindi**

The Hindi Department of Sophia College (Autonomous), with the cooperation of RUSA, organised a Creative Writing Event: 'रचनात्मक लेखन: उद्यम के विविध आयाम' on 3rd February 2023 from 11:30 am to 1:00 pm in the AV Hall. Dr Vaishali Pachunde, the lecturer in charge of the Department of Hindi, organised this event, and the event was attended by Ms Smriti Singh and Ms Priyanka Chauhan from the Hindi Department.

Mr Sanjiv Nigam, Director of Hindustani Prachar Sabha, Mumbai, was the speaker at the event and was welcomed with a token of appreciation, followed by a welcome speech. 90 students attended the event and were extremely active throughout. The aim of the event was to give insights to the students about creative writing and how budding students would do great if they chose it as a career option. The speaker presented a PowerPoint presentation where he listed the ways in which a student can do justice with their writing skills. He listed 4 "I's": inspiration, investigation, imagination, and implementation, which can help students engage in creative writing. The speaker also gave notes about career options, suggested some of the trending designations that a student can pursue in the field, and answered the queries of the students, followed by a thank you note for the speaker.

### **Departments of History, Maths and Statistics**

The departments of History, Mathematics and Statistics organised a talk on "Careers in Education – Options and Opportunities" under the aegis of Ananya 2023. Our Guest speaker was Ms Lamiya Tambawala, the Senior Vice President and Academics at JBCN Education. The talk was held on January 28, 2023 from 10.30 am to 12.30 pm. Over 80 students from the college attended the talk including those students studying History, Mathematics and Statistics.

Dr. Rashna Poncha, the Vice Principal of Arts and professor from the History faculty welcomed everyone present. Ms. Tambawala then began by reminiscing about her student days and the role her college professors played in helping her graduate. She also gave insights regarding the current scenario in the Education sector with the involvement of Information Technology, Artificial Intelligence and Machine Learning. She spoke about the various career options in the field of Education and spoke about how the Education Sector was opening up and bringing about various opportunities for those who wished to work in that Sector. She

focused on the numerous aspects of the education job sector and the varied skills required in today's environment. She drew from her personal experiences as she recounted her career in this sector. Students actively participated in the session by asking questions and seeking Ms. Tambawala's advice. Her knowledge and ability to explain various parts of the topic in a clear and precise manner were highly praised by the audience.

### **Department of Psychology**

The workshop "Distressed to De-stressed: Combating Stress Constructively" facilitated by Dr. Dinu Shibu Mathew on the 23rd of January was insightful and helpful to all of its attendees. Through this informative workshop, 28 students learned many ways to combat stress constructively. The students were provided with this amazing opportunity to participate in various activities that help relieve stress and show an accurate and deep understanding of their own stressors. The main activities of the workshop were; stress relief Zumba workout, getting to identify and brainstorm about our own stressors, meditation and stress relaxation therapy and a fun activity of bursting your stress balloons by writing all your stressors on small pieces of paper and putting it inside a balloon and then bursting it.

Stress and anxiety are an integral part of human nature and it is imperative to know how to deal with it effectively and ultimately, overcome it. The students were really happy to experience the journey from stressed to de-stressed with the motivational help of Dr. Dinu Shibu who helped us understand our own stressors and taught us different techniques that'll help us on our journey. She shed light on the various aspects of stress such as the psychological, emotional and physical aspects.

The students found many of these activities to be therapeutic and helpful, they also reported that they felt excited, happy, confident and stress free during and after attending this workshop. It was a stress relieving and relaxing workshop and we all gained a lot of insight about ourselves and our problems. We would like to thank Dr. Dinu Shibu for giving us such a wonderful workshop on how to combat our personal stressors.

### **Department of Microbiology**

Globally, one in seven 10-19-year-olds experiences a mental disorder which accounts for 13% of the diseases endured by members of this age group. Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents while suicide is the fourth leading cause of death among 15-29 year-olds. The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults. They face challenges in their homes, school, community, and interpersonal relationships. "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."- CDC.

Raising mental health awareness can help one to understand the symptoms of illnesses, how and where to find professional treatment, and, perhaps most importantly, break the mental health stigma that leaves so many people suffering silently. The Department of Microbiology therefore, took the initiative to address the issue of mental health and raise awareness among the students of Sophia College (Autonomous). On the 18th of January, 2023, a flash mob portraying various mental health stages a child goes through during their adolescence was organised. There was a demonstration of the four most common disorders - Stress, Anxiety, Depression and the resultant Body Shaming with reference to their causes, effects and possible solutions. The teachers in charge were Shraddha Prabhu and Vaibhavi Mullassery. The act started with one girl studying for her exams followed by distractions created by social media applications and online television platforms. She then suffers from anxiety as her exams approach and she realises how underprepared she is. She begins to feel alienated and lonely. She overthinks her actions and gets depressed. Her depression causes her to overeat which, simultaneously makes her gain weight. She was teased by her friends for being fat which causes thoughts of suicide to invade her mind. The song "Give Me Some Sunshine" was then played. Her mother and friends then eventually support and encourage her and the act ends with a song from the movie Three Idiots - "All is well" which says that nobody can guess what the future holds so just whistle and move to the rhythm of life while saying "All is well". The flash mob was observed by many students as it was carried out during break time. Handouts were given to the students at the end of the skit. The purpose of the flash mob was to create awareness about various disorders. This event also fulfilled the theme of our college - Discover, Recover and Empower. The twenty participating students acted, danced and sang and one also played the guitar. This mob was a great attempt to create consciousness about mental disorders.

### **Department of English**

The Department of English conducted its Ananya event for the year 2022-2023 on the 11th January, 2023 in Room no. 30 from 1 to 3 pm. It was a RUSA-Sponsored workshop on "Mobile Photography" and the invited resource person was Mr Girish Menon - the Visiting Faculty of Photography from Mumbai University. Dr Elwn Susan John was the coordinator of the event which was attended by around sixty students. The workshop was followed by the announcement of the prize winners of the students' mobile photography. The first, second and third prize was awarded to Mihika Nandrajog, Khushi Kolambekar and Mariya Fidvi respectively.

### **Department of Zoology**

The department of Zoology visited the Global Vipassana Pagoda at the Global Vipassana Road, Gorai village in Borivali West on 27<sup>th</sup> January, 2023 with twenty five first year zoology and second year bachelors of science students present including two staff members. The objective of the visit was to keep to the theme of the college which is: Recover, Discover, Empower. The visit was focused on understanding the importance of meditation for mindfulness. Furthermore, the Zoology syllabus has stress related disorders and meditation is

one of the remedies for these disorders. This visit was an experiential learning for this study course. It was an interdepartmental activity, collaborating with cross faculty departments namely Philosophy, Hindi and Physics. The main officer in-charge of Global Vipassana Pagoda, Mr. Shakti Kapoor, briefed the gathering about the history of the making of this pagoda centre. He informed the students about the benefits of a meditation technique called 'Anapana'. We had the escort volunteer, Mr. Yash, who took us around the entire centre and also presented us with valuable information about the architecture of the pagoda and the significance of the Bodhi Tree. A short documentary about how the dedication and perseverance of Shri Goenka made the dream come true of building the largest pillarless dome of the Pagoda centre which can accommodate around eight thousand people performing vipassana at a time. Students also visited the original hand painted picture gallery that had various paintings depicting the life and journey of Gautam Buddha before and after achieving 'siddhi'. A short training workshop of Anapana meditation technique was conducted through a live session. The entire visit was three hours in duration.

# A Colloquy

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Dr Sumanika Sethi was a faculty member of the Hindi Department of Sophia College for twenty eight years, from June, 1995 until she retired in November, 2023. She had been the Head of Department since 2016. Early in her career, Dr Sethi worked with All India Radio before being part of the teaching faculty of SNDT University, Mumbai. Dr Sethi has also taught at her alma mater, Guru Nanak Dev University, Amritsar.

After the onset of her retirement, the Editorial Team of the Sophia College Magazine asked Dr Sethi a few questions in order to share her thoughts with the students.

## 1. Reflecting on the years you have been a faculty member, what do you value the most about Sophia College?

While there are several things that I value about Sophia College, the thing I value the most is the space to be oneself as an individual and yet belong to the larger institution. Let me use an analogy from the world of Indian classical music about *Taal* (rhythm) and *Raag* (melody). By this I mean that college has age old systems, timings and strict deadlines to deliver duties. Once one gets attuned to this rhythm, one can sing one's own unique song and composition. Sophia has beautiful environs and ample space where everybody chose their own snug corner to feel most at home. And of course, I value how all my students and many of my colleagues and associations have become an enduring part of my life. I have grown and evolved with them.

## 2. Can you share how you chose your career and embarked upon this journey?

When I look back, I find that it was not a case of careful choosing and conscious planning for me. It feels like a natural progression of things. My love of literature and language beckoned me, held my hand and took me ahead. I would give the credit for my academic journey to my mother. She was not only a deeply sensitive human being, but also a *marmagya* (ममर्ज्ञ) of arts and a *vidushi* (विदुशी) of Sanskrit literature. So, choosing Hindi literature was almost like

second nature for me. I completed my B.A. Honours in Hindi literature and then moved on to do my M. A., M.Phil. and eventually my Doctorate. The teachers who taught me during M. A. were scholars of great stature. My first job was that of Programme Executive in All India Radio for Hindi Spoken Words. I enjoyed my brief time there, but eventually returned to academics and took up teaching.

### **3. What did you cherish the most as a teacher?**

The best thing that teaching has given me is the opportunity to remain a student for life. The most beautiful world of images, knowledge and ideas has always stirred my inner being, and to be able to share these stirrings and experiences with my students has been an important aspiration for me. While teaching, I feel I become a bridge between our vast literary heritage and our young generation. This dialogue across time and space lifts me off my mundane limits and so-called self.

The library was the most welcoming space, where I had a dialogue with so many poets, writers and thinkers. There was also a dialogue with colleagues of different disciplines, and above all the interaction with students around a text, an image, a character or situation was most rewarding and fulfilling. The students' questions, responses, views and opinions made me dig deeper and probe different angles to a human situation. These multiple dialogues continued verbally and non-verbally, explicitly and implicitly.

### **4. What advice would you like to give to the students of this college?**

I cannot give advice to the students as they all are thinking adults. Yet I would like to see them in a mental space where they can think without prejudice and feel with compassion. One thing that I would urge our students is to look and seek beyond the dominant frameworks and points of view in academia and also explore and incorporate eastern bodies of knowledge.

# Class Photos

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Department of Chemistry (TYBSc), 2022-23



Department of Information Technology (TYBScIT), 2022-23



Department of Life Sciences (TYBSc), 2022-23



Department of Microbiology (TYBSc), 2022-23





Department of Chemistry (MSc), 2022-23



Department of Life Sciences (MSc), 2022-23



Department of Microbiology (MSc), 2022-23



Department of Economics (Single Major), 2022-23



Department of Economics (Double Major), 2022-23



Department of Education (Double Major), 2022-23



Department of English (Single Major), 2022-23



Department of English (Double Major), 2022-23



Department of Hindi (Single Major), 2022-23



Department of Hindi (Double Major), 2022-23



Department of History (Single Major), 2022-23



Department of History (Double Major), 2022-23



Department of Philosophy (Single Major), 2022-23



Department of Philosophy (Double Major), 2022-23



Department of Political Science, 2022-23



Department of Psychology (Single Major), 2022-23





Department of Psychology (Double Major), 2022-23



Department of Sociology (Single Major), 2022-23



Department of Sociology (Double Major), 2022-23



Department of Strategic Communication & Journalism (TYBASCJ), 2022-23



TYBASCJ Journalism, 2022-23



TYBASCJ Strategic Communication, 2022-23



College Faculty



Quality Assurance



Non-Teaching Staff



Non-Teaching Staff



Non-Teaching Staff



Non-Teaching Staff



Non-Teaching Staff

