



THE BMN BULLETIN

READERS' FAVOURITE



In this issue, we're covering:

Welcome Back to Campus!

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- Welcome back to Campus
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 - Republic Day
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 - Role of art & Literature in freedom
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 - College Days
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- Committee Reports
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WHAT'S HAPPENING?

TO KNOW MORE DIVE IN!

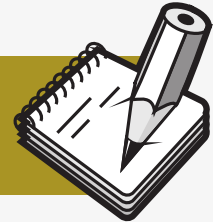
We are happy to share with you the fourth edition of the BMN Bulletin. The newsletter strives to rekindle the interaction that was lost in the online mode of education and features the creative and academic life of the institute. Cherish the talent of BMNites with their thought-provoking articles, poems, photographs, sketches, and paintings. This issue also covers an exciting flashback of the inception of the institute, told by our beloved Mrs. Sugandha Lad Ma'am.

We would love to hear your feedback on this issue.

You can write to us at magazine@bmncollege.com



Vice Principal's Note



It's been an incredible journey, from junior teacher to vice-principal. BMN has always been a place where we strive for excellence; BMN has grown over the years. Our NAAC credit is excellent, as is our RUSA grant, and we are constantly striving hard to maintain the quality. It was evident that the institution needed two vice principals at this point because it requires a lot of administrative as well as academic work to be done. As an Academics Vice-principal, I feel a lot of responsibilities, including supporting the principal and monitoring academic progress. Finally, at BMN, we take everything very seriously, and this is our "secret weapon."

When you come to BMN you learn this -

WHATEVER YOU DO, DO THE BEST, AND LEAVE THE REST BECAUSE,

WHEN WE PUT IN OUR BEST, SUCCESS OR GLORY WILL FOLLOW.



Mrs. Vinaya Vaishampayan
Vice Principal
(Academics)



Mr. Shahajahan Khan
Vice-Principal
(Administration)

The year 2021-2022 will always remain etched among the most beautiful memories for me as I have been bestowed with the overwhelming responsibility of Administrative Vice-Principal. The feeling of gratitude is inexpressible! 25 years ago, in 1996, when I joined Dr. B.M.N. College as a Computer Faculty. I have been a proud witness to the excellent strides of progress made by the college from 1996! I would like to further help our institute grow by developing procedures that will make our workplace more efficient so that we all can have a smooth work culture amidst the complexities, just as we have always had over the years.

Every experience in life always leads to a valuable learning curve. We all feel the quality and standards achieved by the college are extraordinary! The entire college over the years has come together to work towards the common goal of making our college one of the best colleges in Mumbai! I look forward to yet another fruitful venture as an Administrative Vice Principal, and as mentioned earlier, may we all work for the betterment and glory of our BMN family because when we work together, we all grow together.

The journey has just begun and as Robert Frost said,

"WE HAVE MILES TO GO BEFORE WE SLEEP"!

Welcome back to Campus



Hello, BMNites!

Welcome back to the offline college. Some of you have been here earlier and some of you are here for the first time. But let me tell you, all of you are going to be equally excited.

In the last two years, we all have made ourselves compatible with online education. And it has been challenging, exciting and at times stressful. In the game of online education, there was always a missing piece of human interaction and with offline college starting again, we have found that piece and completed the puzzle. So pack your bags, get your hand sanitizer (Don't forget the mask), and get ready for college. Now, it's time to be surrounded by benches, blackboards, and books again. It's time to explore the beautiful campus that our college has to provide. It's so exciting to know that the air of the campus is once again going to be filled with chit chats, giggles, new ideas, and ambition. We all are finally going to meet our friends and teachers and have the time of our lives. Isn't it exciting?

So, welcome back to the new semester. Let's have fun!



REPUBLIC DAY

Every year on January 26th, Republic Day celebrates the day our constitution came into existence in 1950. Our country officially became democratic and independent after this day. The Constitution, the country's fundamental law, was enacted as a result of the diligence and hard work of great freedom fighters who battled and lost their lives for our country's independence.

India did not have its constitution when it gained independence in 1947. The majority of its laws were based on the common law system and a modified version of the "Government of India Act, 1935." As a result, a drafting committee was formed a few days later to prepare a constitution for the newly independent India. Dr. B. R. Ambedkar was appointed as the chairman of the drafting committee, and he is largely responsible for the Indian Constitution that all Indian citizens follow today. Finally, the completion of our constitution took 2 years, 11 months, and 18 days

Republic Day is a significant day in Indian history because it is the day when India adopted its own Constitution and announced its laws of the land. The British colonial Government of India Act (1935) was finally abolished, and the country was prepared to start fresh.

On this day, the Preamble to the Indian Constitution comes into place. The Preamble is generally a concise statement that highlights the key principles of the Constitution.

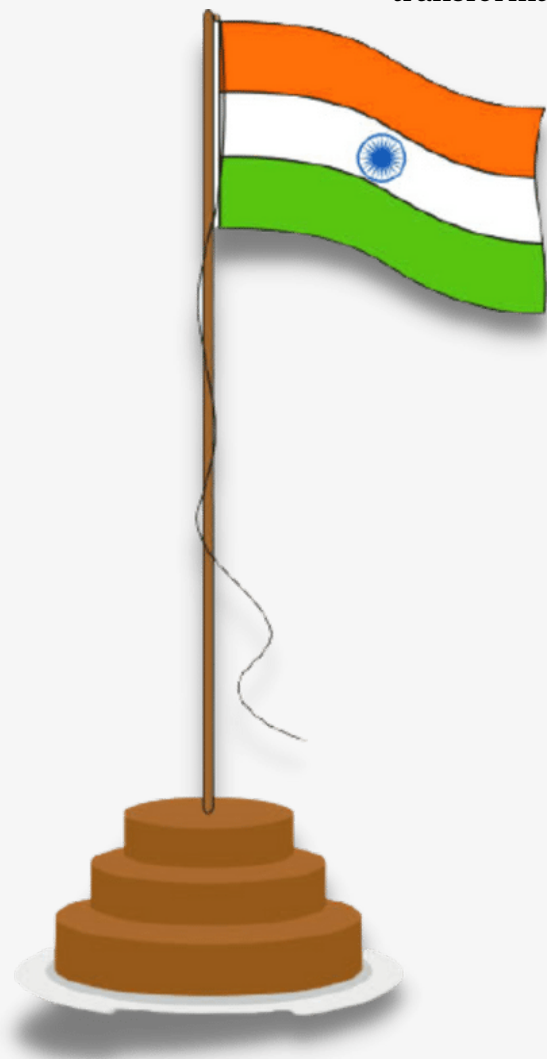
As a result, this day will always be remembered with tremendous pride as it represents India's transformation into an independent republic.

Furthermore, even though the Constitution was completed on November 26, 1949, they waited until January 26th because of the historical significance of this day. On January 26th, 1930, it was stated that we would achieve Poorna Swaraj and celebrate our independence. However, we were unable to achieve success and gained independence after 17 years. So, after independence, they decided to preserve the historical significance of the day and celebrate Republic Day on January 26th.

On this day every year, our President hoists the flag at Rajghat in Delhi. We invite guests from all over the world to witness the country's rich cultural and social heritage. The program includes a tableau from each state, several dances, and other cultural activities from students around the country, a march of all military forces, some air shows, and other events. On this day, Rajpath looks like a miniature India.

Happy Republic Day

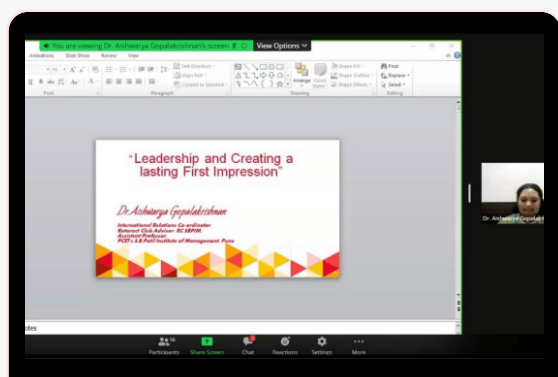
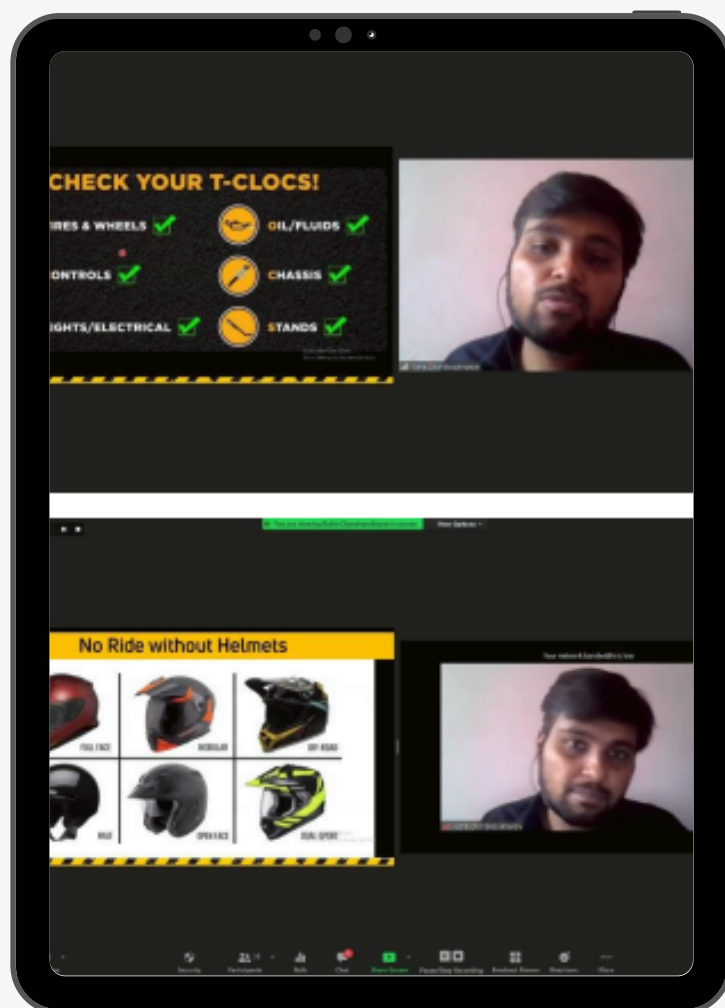
- Kshitija Jadhav
TYFSN



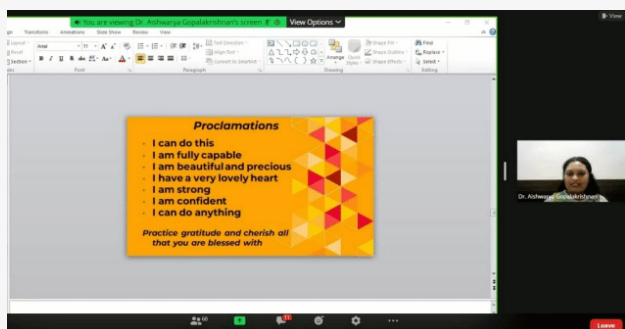
Webinar Series for Emerging Leaders

Cultural Committee had organized RUSA sponsored webinar series for Student Body & Student Office Bearers of Dr. BMN College of Home Science (2021-2022)

- The first webinar from the series was held on 15- 01-2022 titled 'THINK - Road Safety Awareness' to celebrate National Road Safety Week is observed on 11th – 17th January every year. The Guest Speaker of the session was Mr. Rohit Chandrasekharan, founder of Technology and Automotive e-Magazine Technwheelz. In total 50 students & 6 teachers attended the webinar. The importance of road safety starts from being cautious at all times while you are on road. Even if you are not in the driver's seat, it's the responsibility of the person sitting along with the driver to be aware of their surroundings so that the driver can be alerted from any mishap was the main motive of the webinar. During the webinar Road, Safety Pledge was taken and all participants were asked to take the pledge at the MyGov website and a certificate was issued for the same by the Ministry of Road Transport & Highways, Government of India.



- The second webinar was held on 18- 01-2022 titled 'Leadership and Creating a Lasting First Impression'. The Guest Speaker of the session was, Dr. Aishwarya Gopalakrishnan- international relations coordinator club adviser- RC SBPIM, Assistant Professor, PCET'S.B.Patil Institute of Management, Pune. In total 61 students & 2 cultural committee teachers attended the webinar. The main motive is “to create a lasting first impression”, the importance of a pleasant appearance, the factors important for success (Drive, attitude, and confidence). The speaker also shared different techniques like using less complicated vocabulary, being your authentic self, being excited and happy, loving, not lying or bragging, speaking at a normal pace, keeping it short and sweet for creating a lasting first impression.



FREEDOM: ROLE OF LITERATURE AND ART



As we celebrate the 73rd Republic Day in India it strikes our minds that literature has always played an important role in every major historical event and in evoking people's minds with new ideas or inspiring them to step forward. Similarly, literature motivated Indian nationalism. Protests against the British grew as a result of hatred. But the literate and middle class showed different ways towards them. They showed their resentments through articles, novels, plays, and newspapers. Many poets helped to implant patriotism and expand the freedom struggle through their words. Writers and poets such as Rabindranath Tagore, Josh Malihabadi, Muhammad Iqbal, Bankim Chandra Chattopadhyay, Mohammad Ali Jauhar, and Kazi Nazrul Islam used literature,

poetry, and speech as a tool to spread awareness against the cruelty of Britishers and to provoke the thought of freedom which encouraged the people to fight for the country.

Art helped nationalists evoke emotions related to oppression and injustice to people that they had been facing for a long time. By depicting the poor living conditions of the common man, it helped to increase the sensitivity of the privileged classes to the suffering of the common man. Paintings of battle scenes between Indian and British soldiers were portrayed to influence people. Patriotic poetries, plays, and stories replaced the widely dominant portraits and songs, or bhajans, based on gods and goddesses only. Linguistic barriers continued to exist. But it was overcome with the help of the visual and performing arts. Furthermore, nationalist literature was published in the local language, which helped many ordinary people to take part in India's freedom struggle.

Literature was also used as a tool of propaganda. Newspapers like *Bande Mataram*, *Jungantar Patrika*, and *Harijans* were published to unite Indian citizens for one common cause: freedom. Pamphlets written and circulated throughout India offered important information while also serving as anti-British propaganda. *Bande Mataram*, the national anthem, was initially published as a poem in this novel as a rallying cry for the characters, who used it to give themselves the courage and to encourage people to oppose the British. The participation of women leaders like Begum Rokeya and Sarojini Naidu encouraged other Indian women to participate in the freedom movement.

Accordingly, art and literature have played an important role in India's freedom movement. It gave birth to several nationalist artists who attempted to influence public thinking through their work. It not only resulted in the silent condemnation of colonial brutality, but it also served as a force to unite the masses against colonial powers.

Article by - Ms. Kunika Sonkusare (SYBSC)

Creative by - Kshitija Jadhav (TYFSN)

Cultural Committee Report

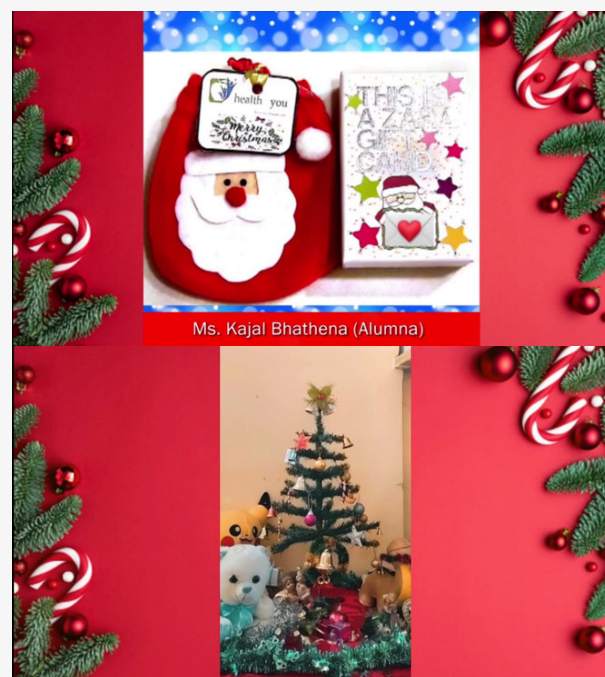
- The newly formed cultural committee organized several interesting events in this academic year, including the Teacher's Day celebration, "Talent Hunt" organized for students, teaching and non-teaching staff, the Navratri Celebration, and the "BMN ki Diwali" party organized for the teaching staff, which included fun games such as charades, riddles, and housie.
- A group of creative minds grouped together to start an initiative to prepare flyers for days that are celebrated nationally and internationally.
- Whether online or offline, the freshers' party has always been an integral part of students' lives. This year, an online freshers' party was organized for all the first-year students, wherein music, games, and fun interactions took place.



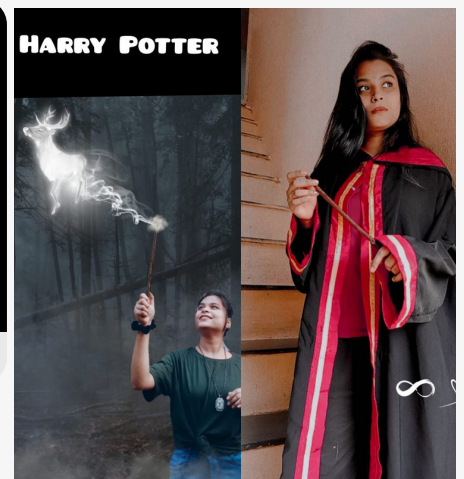
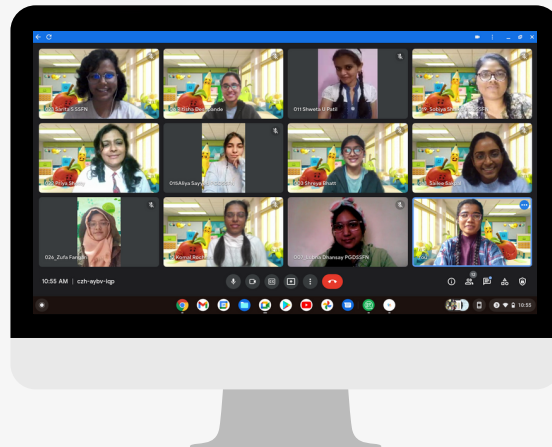
The Navratri week had interesting competitions such as:

- Garba Dance Competition
- Garba Costume Competition
- Hand made Poster Competition
- NavDurga Makeup Competition
- Rangoli Competition

- As per the tradition of our college, even this year, our prestigious National Level Online Cultural Fest, Akanksha 2021, was organized with a unique theme, "Udaan-Bulandiyo ki Taraf," in which 13 events were organized, ranging from literary events to performing arts.
- The new student body (nominated members) was announced as a part of the cultural committee.
- To end the year on a happy note, "BMN Jingles this Christmas" was organized where students, ex-students & staff were invited to share videos on how they celebrate Christmas every year.



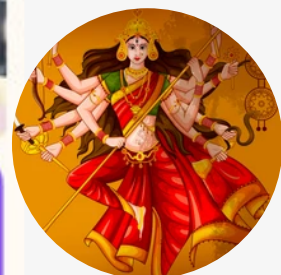
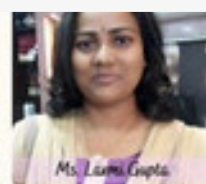
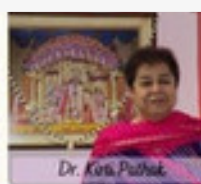
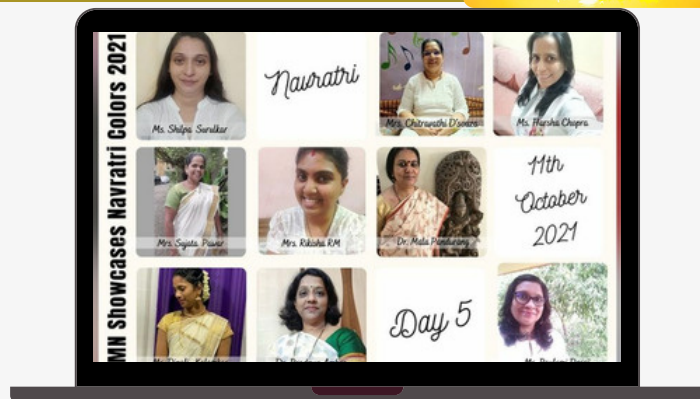
Virtual College Days Celebration



College Days



VIRTUAL NAVRATRI CELEBRATION



Interview With Mrs. Sugandha Lad

An exclusive interview with Mrs. Sugandha Lad,
the Head of the Department of Textile & Apparel Design

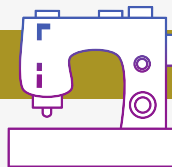


- **How has been your journey throughout the years in Dr. BMN College?**

My journey with BMN College started in 1984, back when it was still MMP Shah College. The day after I got my results, my vice principal informed me that there was a vacancy in the college. So, I came with my degree in hand in a Punjabi suit to the college, and I met the principal. She took my interview and said that I could join the next day. So, since that day I've been here, I've completed almost 37 years here. For the first year, I was a part-time lecturer, and from the next year, I became a full-time lecturer for the Diploma course in Home Science. I've always had a passion for teaching and always wanted to be a teacher. In the year 1998, I became course coordinator for the Diploma in Home Science. I've worked with almost all the principals, right from Dr. Rhoda Ma'am to Mala Ma'am. I consider myself privileged to have all six of these principles in my life as a guide or a trainer for me. And now I'm the HOD of textile science and apparel design. I'm also the deputy controller of examinations. I've also worked for 7 to 8 years in the NSS. Overall, it has been a great experience.

- **You must have seen the college evolve in every aspect, be it the formation of committees or infrastructure. We would like to know more about that?**

When I joined, there was only one building at MMP Shah College, everything was combined. I guess the new building was formed in 1986, and the staffroom was on the ground floor at that time, and it was combined with everyone, junior college, polytechnic, and degree college. Since all the faculties used to be together in one room, lunchtime was great fun. We missed the easy access to the canteen and khau Galli. Even though the staffroom now is more spacious, that small staff room on the ground floor holds many more memories. Then, gradually, all the departments were formed, courses were added, and we have a nursery on the ground floor now.



- **Particularly talking about your journey, how has being a teacher had an impact on your life? Especially in a field like textiles where every day you have to put your creative foot ahead and bring out the creativity in the students.**

Have you seen the third floor? Have you seen all those showcases? That is the creativity that we bring out of our students. We also have so many subjects that help us bring out the creativity in the students. In the textiles specialization itself, there are so many courses where students are designing their garments, experimenting with different materials, and they always come up with new ideas and make their adaptations of different patterns. We are also fortunate to receive different grants from the government, like the UGC grant and the RUSA grant, under which we have purchased new machinery like the Semi Juki machine. We also have the electronic embroidery machine, knitting machine, and all the testing equipment. They also work on dyeing and printing, where they practice block printing, screen printing, and other methods.

- **The third floor of our college is completely adorned with beautiful sarees, bandhani's, and dreamcatchers. That corner makes our college look beautiful. So how did it come into place? What was the thought process while making it?**

Thank you for the compliment. The most interesting parts are the showcase in the corner and the one at the new junction corner. We were given a UGC- CPE grant and were supposed to do structural development in the available space. So, we came up with the idea of display units. Initially, we named it the "Textile Museum," where we kept on doing displays based on different themes. For example, if we select a particular state, then we display all the textiles from that particular state. We also try to put the information together with it. We have a collection of many traditional textiles with us. The big showcase is used to display the work of students. That way, students are encouraged to do better and we, as teachers, also feel a sense of pride in seeing our students' creativity.

- **Online teaching has been a challenge for everyone. Especially with practical subjects. So, how was your experience of conducting online practical classes for a subject like Textiles?**

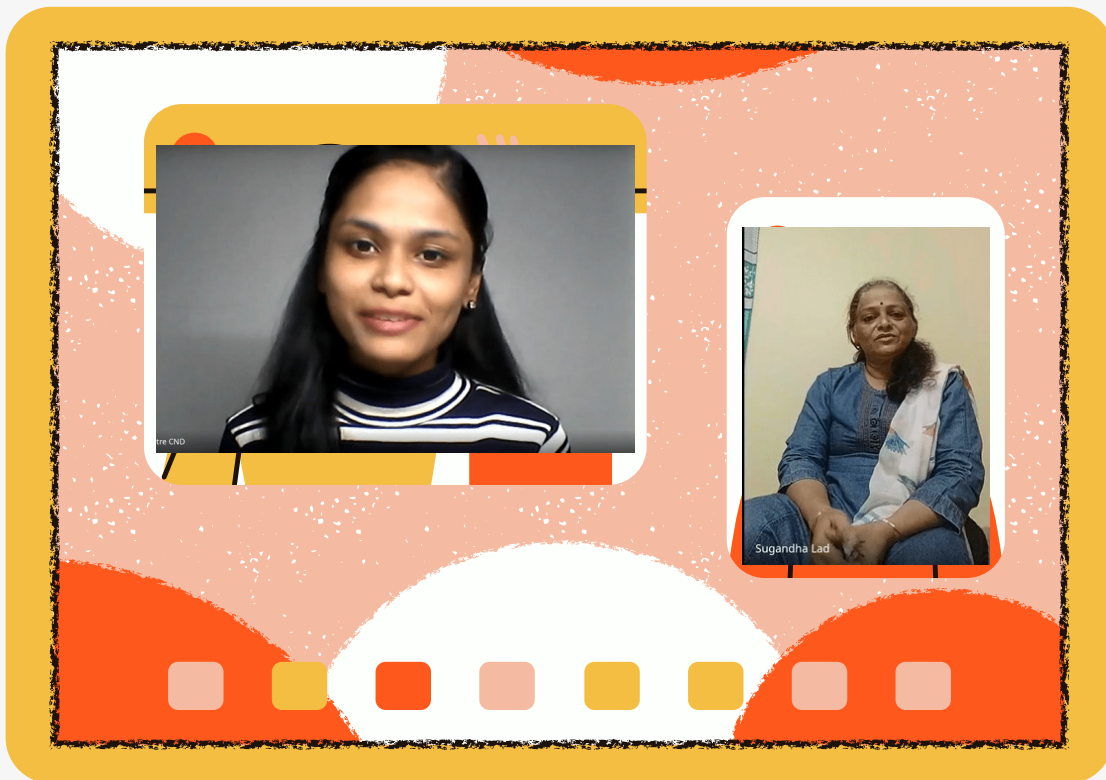
Teachers like me, who are on the verge of retirement, are not as "techno-savvy" as you people. Our contact with computers was only to send and receive mail. Thanks to our principal ma'am and the BCA department for conducting the training program for us. Conducting practical classes was a difficult task. I used to give live demonstrations to the students. For example, if the students were supposed to make a garment, then I showed them everything from drafting to stitching. I had to teach them hand stitching, as many didn't have sewing machines at home. The students managed to make garments with hand stitching. The credit goes to them too. Another challenge was an industrial internship for third-year students. Since everything was shut down due to lockdown, we teachers came up with the idea of product development. Students were required to find the demand for the product, do the designing, collection of materials, drafting, cutting, and, after that, they were supposed to make a logo for it. They made a video of the complete process and sold a minimum of 20 products. We had an external jury for evaluation, and even she was impressed by the work done by the students. So, online teaching was difficult, but we managed to cope with it.

- **Ma'am, you mentioned retirement. So, what are your plans for retirement? How will you like to continue with your passion for textiles after retirement?**

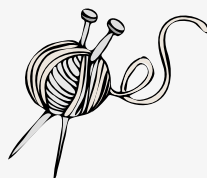
I have contacts with some NGOs, so I'll be working with them. As I mentioned earlier, I love teaching. So, I'll be doing some community work and teaching with them. I believe that one should always be a learner, and I don't mind learning from students either. In many cases, students come up with some new ideas that I'm not aware of, so I learn from them. My vision is very clear. I want to do something for the community and, of course, relax. I've been working for 38 years, so now I want to relax.

- **In this journey of 38 years, there must be a lot of struggles along the way. But there are a lot of students who are aiming to be at the place where you already are in this field. So what will be your one message for them or for all of your students who admire and look up to you?**

The one message I would like to give is to be ready to learn everything in life. Be ready to take on new challenges. Don't stop once you reach somewhere. Always try to learn more, no matter what stage of life you are in. So, keep learning and try to give back to society. Keep sharing your knowledge. Be passionate about your goals and try to follow them.



- Interviewed by
Ms. Sakshi Mhatre, MSc CND Part 1



WOMEN'S CELL REPORT

In 2021, Women's Cell organized multiple seminars and sessions on varied themes, ranging from legal protection for women to the major health issues faced by them.

- On the occasion of the International Day for Elimination of Violence against Women, Women's Cell organized a RUSA-sponsored webinar on "Sexual offenses and Laws in India" by Dr. Pawan Sabale (M.B.B.S., MD. Forensic Medicine, LLB Professor Additional, Forensic Medicine, TN Medical College, Mumbai) on 25th November 2021, and 220 students attended the session.



Rotary   

Seva Mandal Education Society's
DR. BHANUBEN MAHENDRA NANAVATI COLLEGE OF HOME SCIENCE (Autonomous)
NAAC Re-accredited 'A+' Grade with CGPA 3.69/4,
UGC Status: College with Potential For Excellence,
BEST COLLEGE AWARD 2016-17 adjudged by SNDT WU,
Selected under 'Enhancing Quality & Excellence in Select Autonomous College Scheme' by RUSA

Women's Cell and NSS unit of Dr. B.M.N. College in collaboration with Rotary Club of Bombay East Organizes

Girls/Women's Empowerment Seminar

Date: 22nd December, 2021 Time : 9:00am – 12:00 noon

 Speaker : Rtn Suchita Amberdekar Founder – TECWEALTH Personal Finance Consultant	 Speaker : Vasudha Deshpande Director - Mindmaster Counsellors Pune. Psychologist and Counselor.
Topic Financial Literacy: Its importance, and legal rights. Q & A Financial planning and instruments for investing. Q & A	Topic Counselling on family dynamics : Stress management and confidence building Counselling on professional life and time management - On the way to Dreams

Registration Link:
<https://forms.gle/HUqVpttW67doNc9p6>



- A RUSA-sponsored session on feminism was organized on October 30th, 2021, from 3:00 pm to 5:00 pm as part of one of our foundation courses titled "Women's Issues", in collaboration with the Women's Cell & the NSS unit. The resource person was Ms. Rajni Nair (Assistant Professor, Humanities, Usha Mittal Institute of Technology, SNDT Women's University, Mumbai). The total number of beneficiaries was 157.
- Dr. Harsha Chopra (Assistant Professor, Department of Nutrition and Dietetics, Dr. BMN College of Home Science) was invited to give a talk on "Health Issues of Women Related to Nutrition" to TYBSc students as part of the aforementioned "Women's Issues" Course on 13th & 20th December 2021, from 9:20 am to 10:10 am. The total number of students attended was 92.
- Ms. Madhura Ghaisas (Assistant Professor, Department of Food Science and Nutrition, Dr. BMN College of Home Science) was invited to give a talk on "Female Mortality Rate" to TYBSc students as part of the "Women's Issues" course on 17th December 2021 from 9:20 am to 10:10 am. 96 students attended the session.

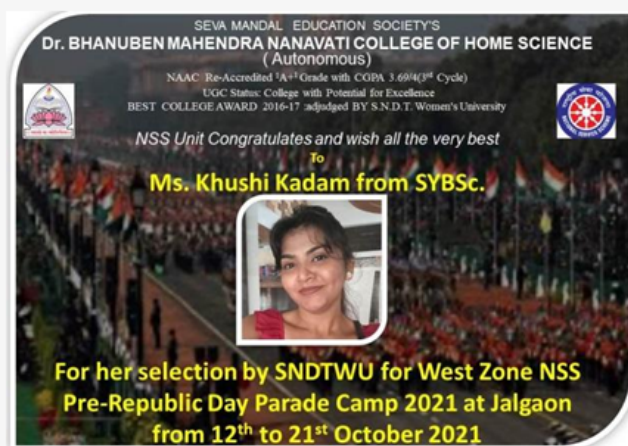
NSS COMMITTEE REPORT

On September 24, 2021, an "Inclusive Talent Hunt Campaign" was held at 4:00 pm. Orientation was given by Archana Rao on the topic of financial independence in the lives of those with disabilities. This event was attended by 119 students. All the results of the "Eco-friendly Ideas", "Healthy Recipes for Pregnant Women" and "Slogan Making Competition" were announced on November 28th by uploading videos of the winners on the YouTube channel to spread awareness. The NSS Committee organized a session on "Breastfeeding" for TYBSc, TYBCA PGECE, and PGSSFN on September 29th, 2021, from 4–5:30 pm to celebrate "National Nutrition Month/Poshan Mah". Our Guest Speaker for the event was our alumna, Ms. Manali Sherkane, Research Associate at Transdisciplinary University of Health Sciences, Bangalore.

Ms. Khushi Kadam from SYBSc was selected by SNDTWU for the West Zone NSS Pre-Republic Day Parade Camp 2021 at Jalgaon from October 12th to 21st, 2021. NSS students attended a Safe Rider Training Session conducted by United Way Mumbai on October 21, 2021, from 2:00 pm to 5:00 pm. The resource persons were: Mr. Rohit Dalvi, Executive-Community Impact-United Way Mumbai; Mr. Cyril Gaikwad, Project Coordinator, Community Impact-United Way Mumbai; and Mr. Karan Desai, Project Coordinator, Community Impact-United Way Mumbai. In total, 74 NSS students attended the session and received an e-certificate. Ms. Sharada Sirisilla hosted a training and awareness session on Sudden Cardiac Arrest Resuscitation on September 28, 2021, organized by SNDTWU in collaboration with iCARE. NSS students participated in the Swach Bharat Abhiyan by cleaning the area near their residences and making posters to spread awareness for Clean India.



The Free COVID-19 Vaccine Drive-by NSS unit in collaboration with Lion Tarachand Bappa Hospital for current students, alumni, and staff members was organized on November 15th, 2021. On Monday, 98 people were vaccinated in this drive. AIDS Awareness Week was celebrated from December 1st to 7th, 2021, by organizing various activities. Red ribbons were distributed by teachers and students in college, their homes, and society. On the occasion of World Aids Day, a poster and reel competition on the theme of "End Inequalities, End AIDS" was held for NSS volunteers. The NSS Unit has organized a webinar on "Vaccination: Our only shield against COVID-19" on December 7th, 2021 for all the students and staff of the college. The resource person for the session was Dr. Jayashree K. Patki (Former Senior Chief Medical Officer of the Central Government Health Scheme, Mumbai). 220 people attended the session.



SPORTS COMMITTEE



Fitness sessions were organized for students (PG and UG) across all departments starting on September 8th, 2021. Ms. Dipali Kalamkar (Sports Teacher) and Ms. Priyanka Vinjale (Gym Instructor) led 11 yoga and body workout sessions per week.

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UGC Status: College with Potential for Excellence
BEST COLLEGE AWARD 2016-17 adjudged by S.N.D.T. Women's University
333, RA Khairat Road, Mumbai, Mumbai 400015

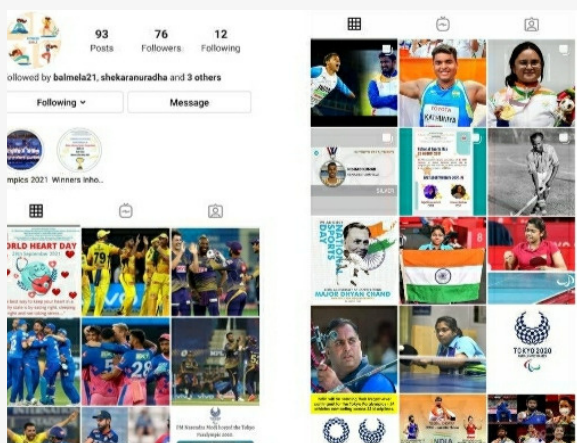
FITNESS MODE-ON

Organized by Sports Committee

Fitness schedule for the academic year 2021-22 follows:

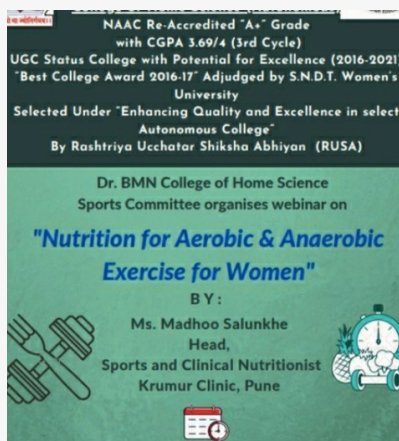
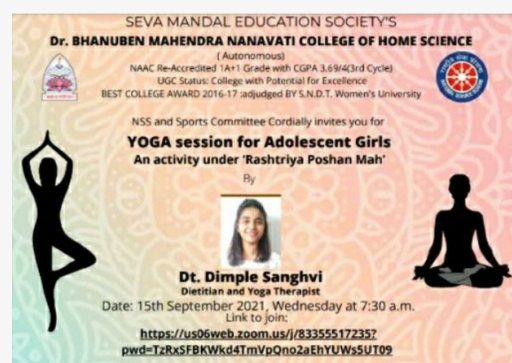
Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am to 8.00am	FYBSc B 1&2 Yoga	FYBSc B 3&4 Yoga	FYBSc B 5&6 Yoga	FYBSc-ND Yoga	SYBSc & SYND Yoga	TYBSc & TYND Yoga
	FYBSc-ND Full body Workout	SYBSc & SYND Full body Workout	TYBSc & TYND Full body Workout	FYBSc B 1&2 Full body Workout	FYBSc B 3&4 Full body Workout	FYBSc B 5&6 Full body Workout
8.00am to 8.30am	MSc CND Part 2 & PGECE Yoga	MSc CND Part 1 & PGSSFN Yoga	NI	FYBSc B-1&2 Yoga	TYBSc B-1&2 Yoga	SYBSc B-1&2 Yoga
	FYBSc B-1&2 Full body Workout	TYBSc B-1&2 Full body Workout	SYBSc B-1&2 Full body Workout	MSc CND Part 2 & PGECE Full body Workout	MSc CND Part 1 & PGSSFN Full body Workout	NI

Sports teacher: Ms Dipali K (Yoga) Gym instructor: Ms Priyanka V (FBW)



The social media team of the sports committee started posting updates on sports on the Instagram handle (Sports Adda) and on WhatsApp groups to motivate and build interest among students. There are 297 registered students in the group.

The Sports Committee and NSS organized a collaborative activity on September 15th, 2021, to celebrate the *Rashtriya Poshan Maah* (National Nutrition Month), in keeping with the theme, "Yoga and AYUSH for Nutrition". The session was conducted by Ms. Dimple Sanghavi.



The RUSA sponsored Webinar on "Nutrition in Aerobic and Anaerobic Exercises for Women" was conducted by Ms. Madhoo Salunkhe, Head Sports & Clinical Nutritionist, Krumur Clinic, Pune, on October 21st, 2021.

There were 77 beneficiaries, including students and staff from UG and PG sections.





A workshop on "Mind, Body, and Sports" was organized for the students from the JC, UG, and PG sections. The session was conducted by the college counselor, Ms. Fatema Fanuswala, on November 26, 2021, on the Zoom platform. 186 students attended the session.



BMN SPORTS ACHIEVERS



Our girls shining in the Yoga camp

Ms. Supriya Magar of TYFSN and **Ms. Santoshi Bej** of PGDSSFN participated in the senior college selection trial for Yoga, and have been selected among the top 10 students for the All India Inter-University Yoga Camp.



Aditi giving her opponent a hard time

Ms. Aditi Yadav from FYBCA was selected for the India Inter-University Chess tournament at KIIT University, Bhubaneswar.

Mrinal making her mark in endurance sport, Hammer throw.

Ms. Mrinal Mahajan from FYBSc got selected for the all-India Inter-University Athletic (Hammer-throw) tournament at KIIT University, Bhubaneswar.



INCUBATION CELL REPORT



Incubation Cell in collaboration with Manush Labs, MIT, Boston had organized a RUSA sponsored session on Digital Mela, Phase-1 on “Overview of Digital Marketing and its future” by Mr. Akhil Subhramanian (Co-founder and Director, Daxy Pvt. Ltd. TATA fellow, IIT Bombay, and MIT) on 22nd March 2021. Another session on “Anything about Product, Market, and Packaging” by Mr. Nitish Upadhyay (Founder, Dr. Naturals Food Pvt. Ltd) was organized on 23rd March 2021, for BSc, BCA, and MSc students.

A college-level “Logo Design Competition” was organized by the incubation cell and it was judged by Mr. Krishna Pawar, Sr. Creative Director, Concept Communication. The winner was declared and the winning logo is used for the incubation cell. Ms. Shubhangi Dey from FYBSC was the winner of the competition.

The tag line is WINGS-“**W**omen’s **I**ncubation Cell for **G**rowth and **S**upport”.

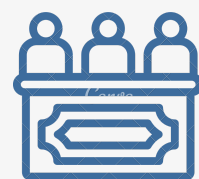




BOOK CLUB REPORT

Inaugural ceremony and First Book Club Session

The English Language Association launched its new committee for the years 2021–22 on the 16th of October 2021. After a round of interviews, the chosen members were introduced virtually in the presence of Dr. Seema Sharma, the guest of honor. Our beloved Principal, Prof. Mala Pandurang, and Ms. Huda Sayyed, who is the guiding light of the English Language Association, shared their insights and presented the vision of the association. Later, Ms. Sakshi Mhatre (President) gave a speech to encourage fellow readers to actively participate in the sessions. The event was a huge success and was followed by a book discussion. The book chosen for the very first book club session of the year was "Ignited Minds" by Dr. APJ Abdul Kalam on the occasion of his birth anniversary. The moderator for the session was Mrs. Shubhangi Vedak, the librarian at Jhunjhunwala College. The book was thoroughly discussed in the session and was a great experience for all the students. The session came to an end with a vote of thanks from the students.



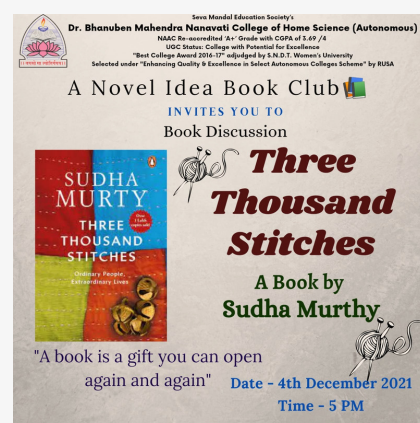
Mentoring Creativity



To develop effective presentation skills in students, the English Association organized a 3-day mentoring workshop. The mentors of the workshop were Ms. Reena Poptani (alumni, ex-President), Ms. Gauri Pillai (alumni, ex-Secretary), Ms. Kshitija Jadhav (Secretary), and Maryam (Member of the Creative Team). It covered all aspects, from making presentations, choosing the right template, making survey forms, using Canva, to crafting certificates. It was an all-in-one workshop that provided knowledge about all the essentials of "online learning".

Three Thousand Stitches by Sudha Murthy

An engaging reading session was arranged for Sudha Murthy's book. An exciting game which was planned by Huda Ma'am was also played, which helped the attendees to get to know each other better. The game was followed by Habibunisha, a student of SYBSc, reading an extract from Three Thousand Stitches by Sudha Murthy and engaging the attendees with her enigmatic reading. The discussion session was held two weeks later and was headed by Miss Huda Sayyed. A variety of topics were discussed, from the struggles of women to be true to themselves, to materialism and consciousness. It was concluded on the note that this is a versatile book. It is a book for all age groups. A collection of personal stories which are written in simple language, the book will leave one in awe with engaging stories of ordinary people with extraordinary lessons. There is always something to learn at the end of each story.



STUDENT'S CORNER

PERFECTION



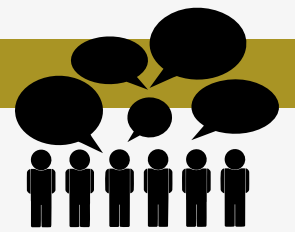
Nothing is perfect, that's why everything is perfect!! Perfect, what do you mean by perfect? It means something faultless, flawless, with no defects, doesn't it? Well, no one is flawless, faultless, or with no defects or insecurities; I am not, and if you are, then good for you! And isn't 'perfection' a common word? It seems like perfection is more important than being happy and accepting ourselves and others with their faults and imperfections. We all like a perfect life, a perfect job, a perfect partner, a perfect body, perfect dreams, and whatnot. We want everything to be perfect! But how do we measure perfection? Well, there are no universally set boundaries that define perfection or the lack of it! For everything and everyone, the criteria of perfection are different. Your idea of perfection is not made by you, but by the surrounding people. So, why do we have to fit in when we can stand out? Why do we have to be perfect by following someone else's view of perfection and ideality?

We don't have to! Your imperfections, flaws, mistakes, and scars make you, you. You don't need a job, a life partner, or a '36: 24: 36' type of body to be called perfect. We should embrace our imperfections, accept ourselves, and love ourselves for who we are, what we do, and our strengths and weaknesses. Since everyone is unique in one way, there is nothing like perfection! God created you for a purpose, and that's what makes you special. Just imagine, if God would have made all of us perfect, then what would make you unique? I believe when you figure out what you want, how you want, and where you want; you can go through it and grow through it because everything will be right for you and you won't be burdened by perfection! So, the imperfectly perfect me is perfectly perfect with myself, and the same goes for you.

- Ayesha Khan
FYBSc



PEOPLE'S OPINION



Our biggest fear is what other people would think if I would do this or that. We care, but why? As Aristotle said, “Man is a social animal.” He lives and forms mutual relationships with the other members of society to meet a similar ground, to form a feeling of belonging in a community, to satisfy his various needs and wants. So, we make judgments and give our opinions on other people’s actions. It’s our natural human tendency. But being human, we use these virtues for our benefit to degrade others’ personalities, to conceal our mistakes, and console our bruised egos. We form opinions superficially and hastily due to which we cannot do justice to ourselves and others. Our life experiences, cultures, and people around us help us form our opinions. Since these aspects are different for different people, opinions differ. This is the reality of life that we often overlook and neglect because we want to see other people’s lives based on our viewpoints rather than looking at the other end of the spectrum. So, this brings us to another interrelated concept of people’s opinion, i.e. “people’s acceptance.”

We know what we want, but we still crave social acceptance. Thus, we limit ourselves, stop ourselves from reaching our full potential just because of what others will think. As we are the victims of getting judged, we are also the critics who judge. So, all of us are stuck in the vicious cycle of being the victims and critics. Instead of listening to unnecessary and faulty opinions of others, we should listen to our inner voice. If these illogical social beliefs don’t affect you, then you’re free. You’ll have peace of mind and you can deliver positive outcomes, even on negative judgments. We want people’s acceptance towards us, but have you accepted yourself as you are? And are you ready to accept others as they are without judging them? People’s opinions may or may not change, but you can change your opinion of yourself. If you see yourself as a valuable asset, only then the others can. I sternly believe that if you can’t love yourself, no one else can.

So, love yourself. There is nothing wrong with being opinionated, but your opinions will matter only if knowledge, facts, and observations back them. It would be better if your opinion about others stays with you and within you if it is not serving any good purpose to anyone. We should try to be informed rather than opinionated. You must respect the opinions of others even when you disagree with them. "If you fuel your journey on others’ opinions, you will run out of gas." And my message to everyone is that instead of judging others and pointing at others, try to judge yourself and improve yourself to be a better person. If you can express your opinion, others also have the freedom to ignore it. So, the right to an opinion does not make the opinion right.

- Ayesha Khan
FYBSc





DO YOU SAY EXERCISE OR EXTRA FRIES?



Exercise refers to physical or mental activity that keeps you healthy and strong. Physical fitness is defined as the ability of your body systems to work efficiently. But we have a problem, a major problem. And it's that we don't move anymore. As modern society has developed, physical activity has been removed from our lives. By not getting regular exercise, one raises the risk of obesity, heart diseases, high blood pressure, and type 2 diabetes. Many studies prove that a sedentary lifestyle increases the risk of premature death. but we have a solution... And it's none other than EXERCISE.

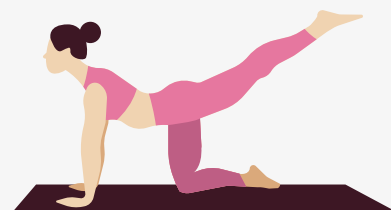
I know some of you just groaned on the inside at that word, but I promise you the benefits of exercise are too good to pass up, especially when it comes to physical wellbeing. So we all know the physical benefits of exercise: you look better, you lose those extra kilos you had gained due to those lockdown delights; you become lean, and you become fit. However, the benefits of exercise are not just skin deep.

People who exercise are happier, more motivated, and less depressed. When you perform any physical task, you release endorphins, serotonin, and something called brain-derived neurotrophic factors. Each of these chemicals helps to reduce stress levels and aids in better sleep. So the next time you feel low or bored, ditch that device in your hand, stand up, and start exercising.

Now you'll say you don't have time. Well, you don't need to take out separate time for exercising. You can stay fit by doing simple tasks like helping your family with the household chores, taking the stairs and ditching the elevator, and standing up while talking on the phone, or you can play whatever sport you like. Even if it's only a brief break from sitting at your desk and walking or stretching. Doing something as simple as this will ease muscle strain and improve muscle activity, relieve mental tension, improve blood circulation, and create some routine for your day in these unprecedented times. The more you exercise, the better you become. It will improve your life expectancy and the overall quality of your life. It will also keep you cheerful on gloomy days. But you have to be consistent. Exercise 5 days a week for the rest of your life. Exercise should be like brushing your teeth or surfing the net. It should be your identity, a part of who you are. Most importantly, stop eating junk food filled with fats, sugar, and loads of preservatives. Food has to be whole grains, lean protein, vegetables, and healthy fats.

So the purpose here is to combine exercise, which is fitness, and food, which is health, put those things together, and LIVE LIFE.

-Ms. Swaleha Patel, TYFSN



POEMS

SECRET MEDICINE

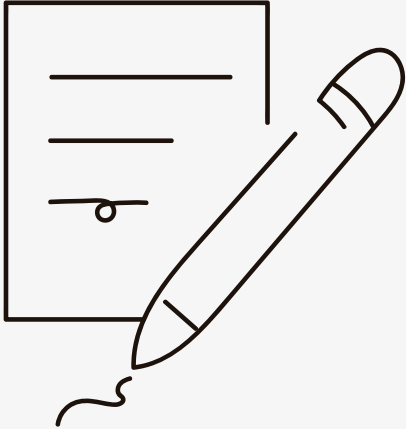
There is a secret medicine given only to those who hurt so hard that they cannot hope.
The hoppers would feel slighted if they knew.
You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don't.
You have wings.
Learn to use them and fly.



BY - TANISHQ RAJESH VERMA (FYBCA)

.....

PEN AND PAPER



There she goes smiling around,
giggling, hopping, breaking the ground.

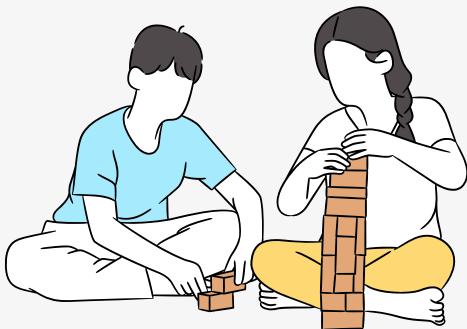
Sweet and sugary like Nutella,
but also a monster, a little Dracula...

Both of us are like white and black,
where I am calm, she is crack...

Always hurting, annoying me from outside,
but I know she loves me, she hides it inside...

Even if we separate we will be together,
even if we part we will love each other...

Oh little sister, always remember,
I will always be with you like pen and paper!



BY - VASUDHA JADHAV (FYBSC)

POEMS

PERIODS AREN'T GROSS OR IMPURE

To the people,
Who keeps calling periods gross and us women impure?

So, the question is, Is it gross? Do women become impure
during their menstruations?

The answer is, If it is gross then you wouldn't have started
your life in your mother's womb.

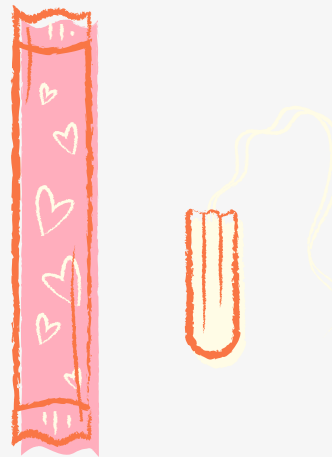
It is not women or the period blood that is impure but it is
the heads of the people where the impurity lies.

Dear girls,
Don't get affected by what people say,
Periods aren't dirty, dirty are the minds of people.

You're not impure, it is their soul which is filled with
impurity.

You're not the untouchable one, but it is them who think so.

- DHANASHREE LOGADE (FYBSC)



IN HER MIND

She had glitter in her eyes and a desire to Fly,
Bewildered in an Obnoxious World,
But wasn't afraid to try
Worrying about things that were beyond her control,
Trapped in a lifelong process of battling with her Soul
In a horde of people yet so remote
She was just a wandering eye without a sailing boat.

- HABIBUNNISA D. (SYBSC)



POEMS

It's My City

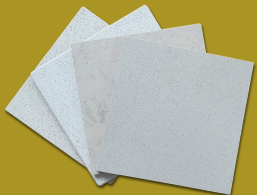
My city,
She is everything and nothing at the same time.
At 5 am, the azaan knocks at my door,
Hoping for secular dawn.
A few minutes later, my neighbor starts with his morning aarti.
My city is colorblind,
She doesn't know the difference between green and saffron.
She only understands worship, the relation between humans and gods.

My city is a widow's hope- the essence lies in her boundless dreaming.
She is true, the land of
dreams, the sea of parallel realities.
She brings the sundown towards the horizon, in a way so magical that
the buildings that otherwise
seem so magical that the buildings that otherwise seem like concrete
monsters, turn into a skyline so
beautiful, we can't help but fall in love with this matrimony of 'man
made' and 'nature'.

My city, she is fierce.
She's cutting chai and vada pav.
She's 'pudhil station vandre' and 'next station Bandra
She's Dharavi and Powai,
She's 'saheb jau dya na' and 'bro let's go clubbing
My city, she lives and breathes for adventure.
She's mount mary and gurudwaras,
She's Wankhede and gully rap,
My city, she's Mumba Devi and masjid bunder,
She's the 5 am azaan that finds a way to my heart,
And a morning prayer that invokes the goddess within me.

- Shraddha Mourya
SYBSC





Resin art is a modern art form where synthetic epoxy resin is used to produce a variety of articles. The resin is mixed with a hardener in different proportions for different purposes. Alcohol inks and acrylic colors are used to produce color patterns. The transparent liquid resin gives the flexibility of working around on shapes and colors. The photo shows objects made using resin- a serving tray, tea coasters, and buttons. I like resin art as it can be used in making a variety of articles and also because of the texture and gloss it imparts to the article.

— Ms. Madhura Ghaisas
(Faculty)
Dept. of Nutrition and Dietetics

Student's Artwork



जहां इंतजार ना हो वहां
ये प्रेम वयर्थ है , सती
प्रेम है तो शिव प्रेम का
अर्थ है .

**ISHWARI JADHAV
FROM FYND**



Lets dance on the
garba floor and
celebrate this
enchanted festival...

**DIVYA DESHMUKH
FROM FYBSC**



Student's Artwork



I am not a prize to be WON ! - Princess Jasmine.

BY - SUMMAIYA SHAIKH (SYND)



A realistic looking omelet painted in 9 hours .

BY - PRANALI MAHESH SONAWANE (FYBCA)

Student's Artwork



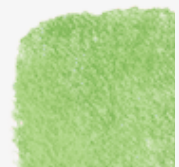
It's a landscape painting representing the mirror world because when you rotate this painting you can see the same view.

BY - TANISHQ VERMA (FYBCA)

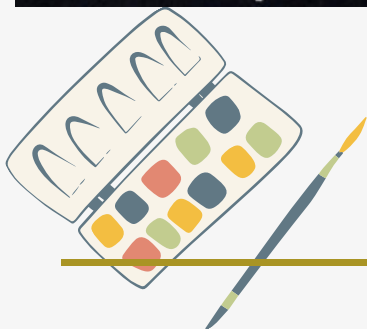


GLOBAL WARMING: Before and After "Heal the world, make it a better place, for you and me and the entire human race." - Michael Jackson

- BY RIDDHI ANIL CHAVAN (FYBCA)



By Akshata Kadam
SYBSC



Student's Photography



Crepe Jasmine flower,
White and fresh

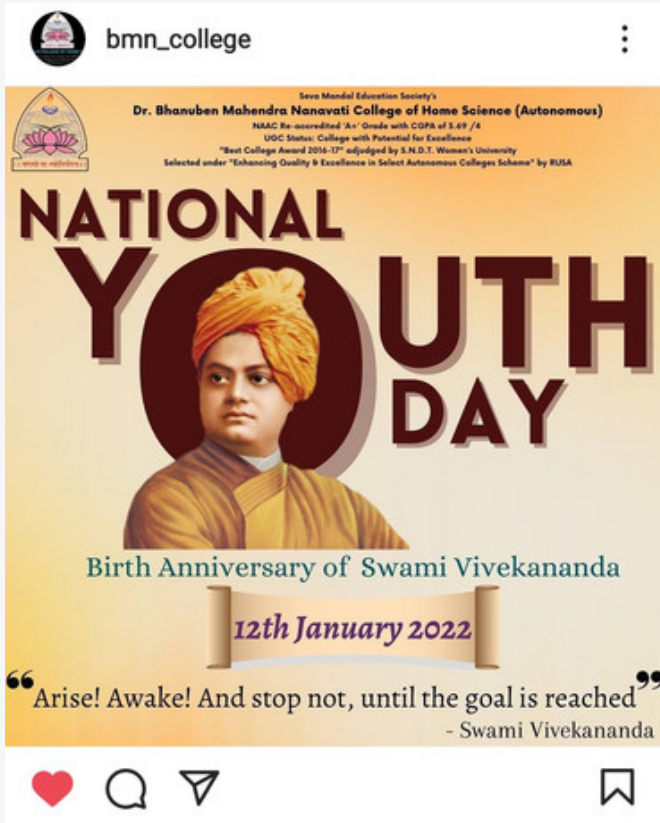
BY -
TANISHQ V. (FYBCA)

A perfect click at a perfect
time of a Dragon fly

BY - ISHWARI JADHAV, FYND



Creatives made by creative minds



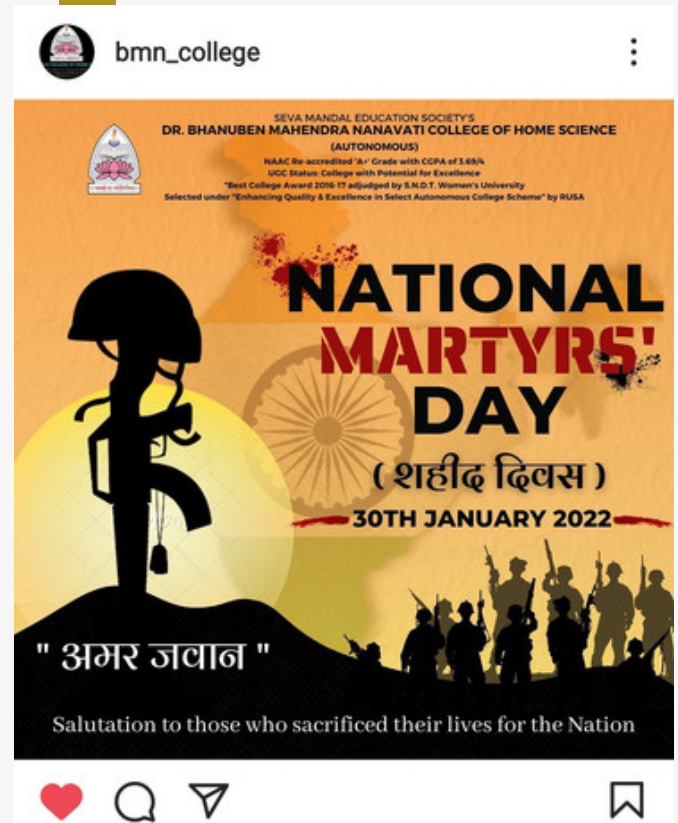
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TYFSN



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- Ms. Taneem Abuji
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