करण्यात आला.

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## **SANSKRITA - DIALOGUE 7**

#### HIGHER ORDER THINKING

'Higher' is a relative adjective. Higher than something that exists. As per the definition 'Higher order thinking is thinking at a level that is higher than memorizing facts or telling something back to someone exactly the way it was told to you.' That means Information or facts are at lower order and analysed information (DATA), which makes sense differently for individuals, becomes higher order thinking.

Formal education so far revolved around the word 'what' and is being criticized for it now as being at the lower order.

Reasoning, asking questions about 'why' changes the paradigm from lower to higher. Higher-order thinking can lead to change.

Collective thinking of the community, group of people, or even that of the Nation depends on how the majority of individuals of that Nation

Can the education system change the thinking style? As an individual During the entire day, I am in a state of higher order thinking only for some period; for the rest of the day, I am just thinking or maybe thinking at a lower order.

To be aware of what you think, how you think, why you think the way

you think and to have the ability to be able to change the way you think is actually what education is.

There are techniques for switching lower order thinking to a higher order, and then going to a higher one, and on and on. The sky is the limit.

These techniques relate to physical, emotional, spiritual and intellectual ambiance.

At SNDT WU where are we together? Would love to have you to Prof. Ujwala Chakradeo thinking about it and share your thoughts by email with me.

Vice Chancellor S.N.D.T. Women's University

#### This Month....

October, the month of Gandhi Jayanti, was full of festivals and joy and happiness. Other important days of this month are the World teachers Day on 5th October and National Unity Day, celebrated in the honour of Sardar Vallabh Bhai Patel on 31st October. This is also a month of long holidays for the students and teachers to enjoy the festivals. However, the festivals come towards the end of the academic semester when exams are also approaching; this keeps students and teachers busy during the holidays in preparation for exams. Campuses were quite for some time and have started experiencing the hustle & bustle of students and teachers all over again.

Before the break, repair and renovation of buildings and infrastructure started which has activities of teaching and learning but this is taken in good spirit as there is a hope of working in renovated and newly painted buildings afterwards. During the short working period in this month, the activates like poster painting competition, portrait demonstration, observation of mental health day, Vyasan Mukti Rally and international tourism day, etc. were undertaken by different departments in the University

Hon'ble Vice Chancellor Madam had visited the USA in the month of September for 15 days in different Academic Institutions which has borne fruits in the form of MOU's with the community colleges BCC and BMCC of New York. These MOUs will facilitate the exchange of students and teachers between the two countries. Besides this two more MOUs within the country (one with Tisser and another with Blue Planet Environment Solutions) are also signed for better networking and useful courses for the students.

The SNDT WU which has been expanding since its inception in 1916, is ready to expand further. A new campus in Chandrapur district is being added to the existing campuses. This initiative has been possible with the help of Government of Maharashtra's ministers and officials in Mumbai and Chandrapur. This way some more teachers and students and staff will be added to the

One more good news to share. Last month the University got full-fledged Registrar and this month a full-fledged Finance and Accounts Officer has joined the 😵 Prof. Ruby Ojha

All the best to Shri. Vikas Desai, F&AO for his future endeavours!!



Pro - Vice Chancellor S.N.D.T. Women's University

या महिन्यातील संपादकीय लिखाणातून काहीतरी वेगळं मांडण्याचा प्रयत्न करणार आहे. ऑक्टोबर महिन्यात जागतिक मानसिक आरोग्य दिन हा १० ऑक्टोबर रोजी सर्वत्र साजरा केला जातो. तसेच ३१ ऑक्टोबर हा राष्ट्रीय एकता दिवस म्हणून साजरा केला जातो. एस. एन. डी. टी महिला विद्यापीठात विविध उपक्रमाद्वारे जागतिक मानसिक आरोग्य दिन साजरा

जागतिक मानसिक आरोग्य दिन साजरा करण्यामागे मानसिक आरोग्याविषयी माहिती समाजात सर्वत्र पोहोचावी हा मुख्य हेतू आहे. महाराष्ट्र हि संतांची भूमी अनेक संतांनी आपल्या मनाची मशागत कशी करावीं हे अत्यंत स्पष्टपणे मांडले आहे. जगतगुरु संतश्रेष्ठ तुकाराम महाराजांनी 'तुका म्हणे होय मनाशी संवाद' या ओवीतून प्रत्येक व्यक्तीने आपला स्वतःशी संवाद साधणे किती गरजेचे आहे हे अधोरेखित केले आहे.

आजकालच्या धावपळीच्या जगात आणि तंत्रज्ञानाच्या युगात स्व संवाद, आपसातील संवाद अत्यंत कमी झाला आहे. अनेकदा मनातला साचलेपण वाढत जाऊन त्याचा उद्रेक होतो आणि कधी कधी टोकाची भूमिका घेतली जाते. शारीरिक आरोग्यासोबत मानसिक आरोग्य जपणे हे तितकेच गरजेचे ठरते. आपल्याकडे मानसिक आजारासाठी मानसोपचार तज्ञ किंवा समुपदेशकाकडे जाणे आजही समाजमान्य नाही. त्यामुळे उपचाराअभावी मानसिक आजाराची तीव्रता वाढत जाते. मुळात केवळ १० ऑक्टोबर रोजी केवळ एक दिवसासाठी मानसिक आरोग्याविषयी मंथन मर्यादित न ठेवता निकोप मानसिक आरोग्य हि

संकल्पना रोजच्या जगण्यातील भाग बनली पाहिजे. सध्याच्या काळात संवाद कमी झाल्यामुळे एकमेकांचे मनापासून कौतुक करणे हे जरा दुर्मिळच झाले आहे. विद्यापीठस्तरावर विद्यार्थ्यांनी केलेले सामाजिक उपक्रम असतील, तसेच त्यांनी विविध स्पर्धेत मिळविलेल्या यशाचे शिक्षक, पालक यांनी वेळोवेळी कौतुक केले पाहिजे त्यामुळे विद्यार्थ्यांचे मनोबल वाढौँस लागते. अधिकारी वर्गाने आपल्या कर्मचाऱ्यांकरिता आनंददायी असे कामकाजाचे वातावरण निर्मिती केली पाहिजे त्यातूनच एखाद्या संस्थेची कार्य संस्कृती वाढीस लागते. आज टाटा कंपनी त्यांच्या कार्यसंस्कृतीसाठी सर्वदुर ओळखली जाते.

आपले सोबतचे सहकारी तसेच कर्मचारी यांच्यातील कलागुणांना वाव कसा मिळेल त्यासाठी प्रयत्नशील असणे त्यांना योग्य ते व्यासपीठ मिळवून देणे हे खऱ्या अर्थाने मनुष्य विकासाची नांदी म्हणता येईल. अशा सातत्यपूर्ण प्रयत्नांनी आपल्या आजूबाजूला न चमकलेल्या ताऱ्यांची गोष्ट तयार होऊन खऱ्या अर्थाने ते स्वयं प्रकाशित होतील यात काहीच शंका नाही. त्यासाठी गरज आहे मानसिक आरोग्याच्या क्षेत्रात सातत्यपूर्ण आणि सर्वसमावेशक कार्य करण्याची.

सं पा द की य

३१ ऑक्टोबर हा राष्ट्रीय एकता दिवस म्हणून सर्वत्र साजरा केला जातों. आपल्या सर्वाना लहानपणी शाळेत सामूहिकरित्या म्हणलेली प्रतिज्ञा आठवत असेलच. राष्ट्रीय ऐक्याचे बाळकडू हे शालेय जीवनातून मिळते. पुढे नागरिकशास्त्र हा विषय अभ्यासक्रमात येतो केवळ २० मार्कांसाठी आणि त्या पुस्तकाची पानेही २० त्यामुळे अनेकदा केवळ २० मार्कांचा विषय इतक्याच परिघात हा विषय पहिला जातो.

आज खरी गरज आहे हा विषय जगण्याचा भाग होण्याची तर आणि तरच राष्ट्रीय एकात्मता आणि राष्ट्रप्रेम हे विषय मानवी मूल्यांचा अविभाज्य भाग बनतील. राष्ट्रीय एकात्मता वाढीसाठी अनेक उपक्रम शासन स्तरावर राबविले जातात त्यातील एक म्हणजे ' एक भारत श्रेष्ठ भारत' होय. आपल्या देशांच्या सीमांवर तसेच अंतर्गत सुरक्षेसाठी अहोरात्र झटणाऱ्या जवानांप्रती बालपणापासूनच कृतज्ञता भाव वाढीस लागण्यासाठी शैक्षणिक संस्था, शिक्षक, पालक यांनी एकत्रितपणे प्रयत्न करणे गरजेचे आहे.

शिक्षकांनी विद्यार्थ्यांना दुर्गम भागात क्षेत्रभेटीसाठी नेऊन विविध सामाजिक उपक्रमांद्वारे राष्ट्रीय एकात्मता या विषयावर सातत्यपूर्ण आणि नाविन्यपूर्ण पद्धतीनं सक्रिय राहणे अत्यंत आवश्यक आहे. राष्ट्रीय एकात्मता हीच आपल्या भारताला खऱ्या अर्थीने महासत्तेकडे नेऊ शकते त्यासाठी संवेदनशीलता आणि समानुभूती मूल्यांची रुजवणूक बालपणापासून होणे गरजेचे आहे. त्यासाठी सर्व स्तरावर कार्यरत राहणे आणि व्यापक दृष्टिकोन अंगीकारणे महत्वाचे ठरते आणि हीच खरी आदरांजली भारताचे लोहपुरुष सरदार वल्लभभाई पटेल यांना आपण सर्वेजण आपल्या कार्यातून अर्पित करू शकतो.

🝁 टीम संस्कृता

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एसएनडीटी महिला विद्यापीठ, एन एस एस विभागातर्फे राज्यस्तरीय प्रजासत्ताक दिन निवडचाचणी साठी चमू रवाना.

न एस एस विभागा, उच्च व तंत्र शिक्षण विभाग मंत्रालय, महाराष्ट्र राज्य यांच्या मार्फत राज्यस्तरीय प्रजासत्ताक दिवस संचालन (SRD/NRD) निवड शिबिर शिवाजी विद्यापीठ, कोल्हापुर येथे दिनांक २८ सप्टेंबर ते ३० सप्टेंबर, २०२२ आयोजित केले होते. या शिबिरसाठी एसएनडीटी महिला विद्यापीठातून, एन एस एस विभागातून १० विदयार्थीनी स्वयंसेविका व १ महिला कार्यक्रम अधिकारी सहभागी झाले होते.

शिबिराची निवड करण्यासाठी विद्यापीठस्तरीय निवड चाचणी शिबिर दिनांक २२ सेप्टेंबर, २०२२ रोजी एस पी एन दोषी महिला महाविद्यालय, घाटकोपर येथे आयोजित केले होते. विद्यापीठस्तरीय शिबिरमध्ये ७० हून अधिक विदयार्थीनी विविध महाविद्यालतून सहभागी झाल्या होत्या. त्यातील निवडलेल्या उत्कृष्ट १० विदयार्थीनी शिवाजी विद्यापीठ, कोल्हापूर येथे राज्यस्तरीय निवड चाचणी साठी पाठविण्यात आल्या होत्या.

राज्यस्तरीय निवडीनंतर त्या एन एस एस स्वयंसेविकाना पश्चिम विभागीय निवडीसाठी पाठविले जाणार आहे. राज्यस्तरीय निवडीसाठी उपस्थित सर्व स्वयंसेविकाना व चमूला मान. क्लग्रू, प्रो. उज्वला चक्रदेव यांची श्भेच्छा दिल्या.





### समाजकार्य विभागाच्या विद्यार्थ्यांनी रस्ते सुरक्षा विषयावर अनोखे प्रदर्शनाचे केले आयोजन

माजकार्य विभागाच्या वतीने १९ ऑक्टोबर रोजी रस्ते सुरक्षा या विषयावर पोस्टर प्रदर्शन आयोजित करण्यात आले होते.

आझाद मैदान पोलीस स्टेशनचे मा. पोलीस निरीक्षक. श्री.सुरेश माने यांच्या शुभहस्ते प्रदर्शनाचे उद्घाटन करण्यात आले.



वर्षाच्या विद्यार्थ्यांनी खुप मेहनत घेऊन कार्यक्रमाचे आयोजन केले. तसेच महाविद्यालयीन स्तरावर रस्ते सुरक्षा हा विषय दैनंदिन जीवनाचा अविभाज्य भाग होणे गरजेचे आहे. तसेच



भविष्यात असे नावीन्यपूर्ण उपक्रम राबविण्यात येतील असा मानस विभागाचे संचालक प्रा.डॉ.प्रभाकर

यांनी व्यक्त केला.



# एसएनडीटी महिला विद्यापीठात राष्ट्रीय एकता दिवस साजरा



र्यक्रमाची प्रस्तावना मा. कुलसचिव यांनी दिली. एकात्मतेची शपथ घेत कार्यक्रमाला सुरुवात झाली. मा. कुलगुरू यांनी उपस्थितांना संबोधित करत असताना सांगितले की जसे सरदार वल्लभभाई पटेल यांनी राष्ट्रीय एकात्मतेसाठी काम केले तसेच आपण सर्व एकत्र येऊन एसएनडीटी महिला विद्यापीठासाठी चांगले कार्य करूया आणि विद्यापीठाला नवीन उंचीवर नेऊन ठेवू या, आपली छोटी छोटी पावलं देशाला पुढे नेहतील.असे बोलून त्यांनी आपले दोन शब्द थांबवले.



कार्यक्रमाला शिक्षक, शिक्षकेत्तर कर्मचारी उपस्थित होते.सगळ्यांनी भारतरत्न सरदार वल्लभभाई पटेल यांना आदरांजली वाहिली.



### **Brief History of** L.T. COLLEGE OF NURSING

Leelabai Thackersey College of Nursing is a constituent college of SNDT Women's University, established in 1952 with a motto "Service through excellence in nursing education" has been a leading institution in the field of nursing since last 70 years L.T. College started as a department of nursing, and then rose to a full-fledged college in 1964 recognized by Maharashtra Nursing council in 1965 and Indian Nursing Council in 1969. It offers 4 year under graduate course earning a B.Sc. Nursing degree, 2yr Post graduate Nursing Programme culminating in to Masters in Nursing (1976) with specialization in the field of Cardio thoracic nursing, Critical Care Nursing, Mental Health Nursing, Pediatric Nursing, Obstetric & Gynecological Nursing, Community health Nursing, and Ph.D. in Nursing (1993). It is the first College to offer baccalaureate and Master in Nursing in the state of Maharashtra, only college which conducted Neonatal Nursing course of one year duration. The college began with merely four students and increased its strength to 50students enrolled every year for B.Sc. Nursing and 15 for Master's Program. The college focuses on developing Proficient Nurses and Nursing leaders who will bring constant change in nursing through Evidence Based Clinical Practice. It is a recognized institution internationally contributing Nursing leader for Health care industry at State, National and International level. The College has set a bench mark in the field of nursing in the country from last 70 years.

The students who join this institution after completing 12<sup>th</sup> Science are required to have a minimum score of 50% for open and 45% for students from reserve category. The students receive rich clinical experience in BMC - Sion /K.E.M/Nair /Kasturba Hospital, Government- J.J. Hospital, TATA Hospital, Wadia Group of hospital and well know private hospitals like Hinduja, Saifee Hospital.

The Students of this College have job opportunities in India and abroad and hold positions like Staff Nurse, Ward/ Head nurse, Assist.. Nursing Superintendent, Nursing Superintendent, Director of Nursing service, Clinical nurse specialist, nurse researcher, nurse practitioner, community health nurse/Public health nurse... The alumni College has received many awards and is proud that two of its alumni received the highest award that is Florence nightingale from the President of India. Today its alumni head many of the major Private and B.M.C hospitals in the capacity of Matron, Director of Nursing service, Assistant director of health services Government of Maharashtra. Abroad they hold position for quality control, in field of Education, are Nurse Practitioners having their own clinics and hold positions in multinational health care organization as vice presidents and CEO's. The faculty strives to constantly keep themselves and the alumni updated with latest trends in nursing and health care. The college organizes conferences, workshop and skill based programs on a regular bases for nurses from various institutions. Leelabai Thackersey College of Nursing actively contributes to educating the public on health issues. It has lived true to the university's motto of "Sanskruta Stree Para Shakti" as it believes an enlighten women is a source of infinite strength, as students from different walks of life have come to this college and achieved great heights, ensuring that we remain a leading institution in the country and sought out institution where every young girl dreams to graduate from.

### B.V.A. and M.V.A. Department of Drawing and Painting, Mumbai "DUSSEHRA- CELEBRATION"

n 4<sup>th</sup> October 2022, students, teachers, and non-teaching staff of the B.V.A. and M.V.A. Department of Drawing and Painting celebrated the Dussehra festival at Kanyashala, Girgaon. Dr. Meera Sawant, HOD of the B.V.A. Department, and I/C HOD of the M.V.A. Department of S.N.D.T. Women's University, performed Saraswati Poojan with all present on occasion. The students offered flowers to their books, art materials, and tools on the occasion of Shastra Poojana.

very day, the students are busy with their academic activities in college. On this festive occasion, they came in traditional outfits to celebrate the last day of the Navaratri festival together. On such occasions, the senior and junior students get a chance to interact and communicate with each other. Students also understand the culture and tradition through our festivals.

On this festive occasion, students enjoyed their Garba performance to the rhythm of Garba songs. All this activity took place on the ground floor. The floor was filled with colourful joy and a festive mood. Everyone greeted each other with Dussehra wishes.

Such group activities help to strengthen the social structure and also build a sense of team spirit among students. Unknowingly, they realize how enjoyable it is to work in a group.







Dept. of B.V.A. and M.V.A.

#### Poster Painting Competition on "Corruption Free India for a Developed Nation" held at Kanyashala Girgaon

n 11<sup>th</sup> September, 2022, Central Vigilance Commission, Mumbai Port Authority organized a 'Poster Painting Competition' in collaboration with the B.V.A. and M.V.A. Departments of Drawing & Painting, SNDTWU at Kanyashala Girgaon with the strong support and encouragement of principal Dr. Rajendra Gurao and initiatives by Dr. Meera Sawant, Head Department of Drawing and Painting.



very year, the Central Vigilance Commission directs the organization under its jurisdiction, including the Mumbai Port Authority, to ensure wider outreach for sensitizing the youth on corruption and its ill effects on society by conducting debates, elocution, essay writing, and poster painting on moral values, ethics, good governance practices, etc. among the youth of schools and colleges. This year they have conducted painting competitions in the B.V.A. and M.V.A. Departments of Drawing and Painting of our college and university departments.

The theme of the poster painting competition was "Corruption-Free India for a Developed Nation." Around 73 students participated in the competition. Students from 11th, 12th grade junior college, B.V.A and M.V.A department of Drawing and Painting and S.N.D.T College of Arts, Churchgate

participated in this competition. Smt. Shweta Shrivastava, wife of Chief Vigilance Officer of Mumbai Port Authority was invited as a special guest and Judge for the completion. Shri Bhakshi ,Sr.Vigilance Officer; Shri Momin , Vigilance Officer; Shri Rane ,Astt Vigilance Officer; Smt Dorine Lobo, Sr. Administrative Officer. & all the dignitaries from Vigilance Department of Mumbai Port Authority were present for this event.

Smt. Shweta Shrivastava had been felicitated by Principal Dr. Rajendra Gurao. In the speech Principal Dr. Gurao specifically mentioned that such programs are very important to sensitize the young generation and in nation building initiative drawing and painting department always play an important role in organizing such events. Judging of the competition was conducted by chief guest Smt. Shweta Shrivastava & Dr. Meera Sawant HOD of B.V.A. and I/C HOD of M.V.A. Department.

Two groups were formed for the competition as per the classes and in each group four cash prizes, trophies and certificates were given by Mumbai Port Authority. Participation certificates, caps and food boxes were also distributed by Mumbai Port Authority to all the participants.

All teachers of B.V.A. and M.V.A. Department worked hard for making this event successful. Students expressed their views and ideas about corruption free India through the medium of paintings. The event had a great success by huge participation of S.N.D.T. students of drawing department.

The program ended with the pledge on 'Non corrupt Indian citizen' taken by all the students, teachers and the dignitaries present for the program followed by the vote of thanks by Dr. Meera Sawant.



Kanyashala Girgaon



## SNDT Women's University signs MoU with BMCC New York at RajBhavan

An agreement of academic collaboration between SNDT Women's University, 106-year old First Women's University of India and the Borough of Manhattan Community College (BMCC), the largest Community College under the City University of New York (CUNY) was signed in presence of Maharashtra Governor and Chancellor of universities Bhagat Singh Koshyari at Raj Bhavan Mumbai. A Conclave on "Internationalisation of Higher Education: Opportunities and Challenges" was also held on the occasion.

President of the BMCC (Borough of Manhattan Community College) -CUNY Dr Anthony Munroe and Vice Chancellor of SNDT Women's University Prof. Ujwala Chakradeo signed the Statement of Shared Interest in presence of the Governor.

Speaking on the occasion, the Governor said that we live in an era of collaboration and cooperation and not confrontation. This collaboration will bring new light in students' work-life. Complimenting the SNDT Women's University and the BMCC Community College for embarking on a partnership for student and faculty exchange, the Governor said the collaboration will produce good results for both the sides within the next few years. He mentioned that goodwill of both the organisations will benefit each other.

President of the BMCC, CUNY, New York Dr Anthony Munroe said the BMCC is the largest community college in the US, offering affordable education to students from 140 different countries. Stating that 60 per cent of the BMCC students were women, he felt that partnership with SNDT Women's University will prove to be mutually beneficial. He said the fees charged by the College is one-sixth of private colleges.

He mentioned that the BMCC is rated among the top 5 Community Colleges in the United States, having collaboration with best known financial institutions such as Goldman Sach, Zurich, Citi Bank, Moody's and others. He said students of the Colleges can pursue further higher education in the best Ivy league institutions such as NewYork, Columbia, Harvard, Yale, Starnford, UC Berkeley and MIT.

Vice Chancellor of SNDT Women's University Dr. Ujwala Chakradeo said the MoU is being signed right at a time when India is ready to implement the National Education Policy 2020. Dr. Chakradeo highlighted that both the institutions offer diverse courses opening many avenues of academic collaboration for the students of both the countries. She expressed the hope that girls from India will get the best of higher education opportunities through the partnership with BMCC. Stating that Skill education is the forte of the SNDT Women's University, she further said that the areas of collaboration with BMCC such as internship, joint degrees, entrepreneurship etc. have been identified and will be acted upon. She hopes that many students from both the universities will be able to visit and work with each other.

Shri. Santosh Kumar, Secretary to Governor, Maharashtra; Shri. Rakesh Naithani, Special Secretary to the Governor and Officer on Special Duty; Ms. Sita Raiter, Dy Cultural Attaché from the US Consulate General, Mumbai and Mr. Sanjay Ramdath, Director and Acting Vice President of Enrollment Management, BMCC graced the occasion. Ms. Sita assured all support needed for the future collaboration and student exchange. Prof Ruby Ojha, Pro Vice Chancellor of SNDTWU, Registrar Dr Vilas Nandavadekar, Dr Nitin Wani of International Cell, Deans, Heads of various departments and Principals of autonomous and affiliated Colleges under SNDTWU were present.

The conclave to discuss mutual collaboration opportunities continued in the next session. About 35 academic leaders from SNDT Women's University shared unique features of their departments and colleges, strengths of their programmes and expressed possible avenues of collaboration. The session concluded with the presentation by Mr. Sanjay Ramdath about BMCC.











## World Mental Health Day celebrated by Psychology Department

n the occasion of World Mental Health Day, the University Department of Psychology, SNDT Women's University, Churchgate held an inaugural programme to commemorate an important day in the field of Psychology on October 10, 2022.

The programme commenced with a welcome address by Dr. Nilesh Thakre, Head of Psychology Department who spoke about the rising mental health issues becoming an alarming concern for the current generation. Post Dr. Thakre's speech, the dignitaries inaugurated Maitra Samvedna - a Mental Health Mentee-Mentorship programme. Dr. Thakre explained the importance and purpose of the mentorship programme and the benefits for the students.

rs. Anita Sanu, faculty of Psychology Department introduced the Guest of Honor, a distinguished neurosurgeon, Dr. Alok Sharma. Dr. Sharma illustrated his views on various fascinating topics like the structure of the brain, 4 ways to happiness, Health, Stress, Acceptance, Lifestyle and the Neuro-Psycho-Immunology.

Followed by Dr. Sharma's talk, Ms. Archishmati Sonawane, faculty of Psychology Department introduced the Chief Guest, renowned Psychiatrist, Dr. Harish Shetty. Dr. Shetty began his speech by enunciating the dire need of being kind and empathetic to one another, seeking help when needed and developing a strong support system.

Next, Ms. Nafisa Kachwala, faculty of Psychology Department introduced the audience to the Pro-Vice Chancellor, Dr. Ruby Ojha who began by congratulating Dr. Thakre and the Department for the well-thought initiative undertaken for the student's benefit.

The comparers of the programme, later, guided the audience towards the foyer for the Poster exhibition based on the themes of "Mindfulness/ NomoPhobia". A balloon affirmation activity was conducted for students and staff followed by the passionate street play performances by the students to spread awareness about mental health on issues like body positivity, academic stress, sexual orientation and empathy. This was succeeded by some invigorating dance performances given by Ms. Jasmine Kaur and Ms. Sharvari Kale. These performances were wrapped up soothingly by a medley of songs sung by Industrial Psychology students.

Following the performances, Ms. Divya Pillai, faculty of Psychology Department proposed a vote of thanks and formally ended the programme on a positive note. The Department held events like Extempore debate and Instagram Reels competition for students to stimulate their social and cognitive energies as part of the celebration of the Mental Health Week 2022





## राष्ट्रीय अनुसूचित जनजाति आयोग, भारत सरकार आणि एसएनडीटी महिला विद्यापीठ, मुंबई संयुक्तपणे आयोजित स्वातंत्र्य लढ्यातील आदिवासी वीरांचे योगदान

नांक १९ ऑक्टोबर २०२२ रोजी श्रीमती नाथीबाई दामोदर ठाकरसी महिला महाविद्यालयातील सर सीताराम पाटकर तथा लेडी शांताबाई सभागृहात स्वातंत्र्य लढ्यातील आदिवासी वीरांचे योगदान हा विशेष कार्यक्रम आयोजित करण्यात आला. प्रमुख वक्ते श्री कमलाकर चोहान (सामजिक कार्यकर्ते) व श्री. आर. सी. मिश्रा(संशोधन अधिकारी) राष्ट्रीय अनुसूचित जनजाति आयोग भारत सरकार, नवी दिल्ली, हे होते तसेच अध्यक्षिय भाषण एसएनडीटी महिला विद्यापीठाच्या कुलगुरु माननीय डा॰ . उज्वला चक्रदेव मॅडम यांनी केले. प्र. कुलगुरु मा. प्रा.रुबी ओझा आणि डॉ.विलास नांदवडेकर (कुलसचिव) या कार्यक्रमात अतिथी रूपाने लाभले होते. मान्यवरांच्या हस्ते दीपप्रज्वलनाने तसेच महर्षी कर्वे यांचे स्मरण करून कार्यक्रमाचा शुभारंभ करण्यात आला.

ष्ट्रीय अनुसूचित जनजाति आयोग भारत सरकार यांनी सदर कार्यक्रम सर्व महाविद्यालयात व्हावे अशी घोषणा केली होते त्या अनुशंगाने एसएनडीटी महिला विद्यापीठात या कार्यक्रमाचे आयोजन करण्यात आले होते या कार्यक्रमाच्या आयोजनामागील प्रमुख उद्देश म्हणजे एक झोपलेला समाज ज्याच्याबद्दल माहिती करून दयावी. स्वातंत्रसंग्रामात सहभाग झालेल्या महिला क्रांतिकारकाचां आढावा घेण्यात यावा तसेच पुढील अभ्यासक्रमात इतिहास विषयात कोणते बदल करण्यात यावे याची दखल घेण्यात यावी हा होता.

भारतीय स्वातंत्र्याचे अमृत महोत्सवी वर्ष उजाडले परंतु अद्यापही तळागाळातील आदिवासी लोकांपर्यत प्रगतीचा लवलेशही पोहचला नाही याची खंत मा.कुलगुरु डा० . उज्वला चक्रदेव यांनी व्यक्त केली.

अनुसूचित जमातीतील महिलांनी स्वातंत्र्य लढ्यात केलेले धाडस व त्यांच्या पराक्रमाचा इतिहास लोकांपर्यंत पोहचलाच नाही याचे अनेक दाखले देऊन परिचय करून दिला.

एकंदरीत आपला इतिहास स्वातंत्र्यलढ्यातील आदिवासीं वीरांचे तसेच महिलांचे योगदान दर्शविण्यास अपुरा पडला असे श्री. शरद कमलाकर सरांच्या भाषणातून स्पष्ट झाले.आपल्या भारताचा इतिहास नव्या पिढीला शिकवतांना पर्यायाने आपण कमी पडतो. असेही ते म्हणाले. संशोधन अधिकारी श्री.आर.सी मिश्रा यांनी राष्ट्रीय अनुसूचित जनजाति आयोग संदर्भात सखोल माहिती या कार्यक्रमातून दिली.

या कार्यक्रमातून एक दडलेला इतिहास सर्वांना ऐकण्याची सुवर्ण संधी मिळाली. शिवाय अपूर्ण इतिहास तो बदलला गेला पाहिजे अशी याचिका देखील या कार्यक्रमातून व्यक्त करण्यात आली.

मा.क्लग्रुडाः . उज्वला चक्रदेव यांनी

भारताबाबतची एक संज्ञा विविधतेत एकता (Unity in Diversity)ही व्याख्या बदलून (Diversity in Unity) करावी अशी केली तसेच भारताचे सुराज्य करायचे असेल तर स्वातंत्र्यांस कामी पडलेल्या वीरांचे बलिदान स्मरणात ठेवून पुढे कार्यरत राहावे असा संदेश देखील त्यांनी दिला.

कार्यक्रमाचे आभार प्रदर्शन डॉ.विलास नांदवडेकर यांनी केले तर कार्यक्रमाचे सूत्रसंचालन डा॰ . महेश कोलतामे यांनी केले.

या कार्यक्रमाचे संचालक डॉ. सुभाष वाघमारे होते. त्यांनी व त्यांच्या सर्व सहकाऱ्यांनी या कार्यक्रमाचे सुंदर आयोजन केले.





Release of E-Newsletter ভাঘ Fora at the hands of Hon'ble Madam Vice Chancellor, Prof. Ujwala Chakradeo on September 30<sup>th</sup>, 2022

student-led E-newsletter खाद्य Fora designed and prepared by students of Department of Food Science and Nutrition SNDT College of Home Science, Pune was unveiled by Hon'ble Madam Vice Chancellor, Prof. Ujwala Chakradeo on September 30<sup>th</sup>, 2022.

rof Sachin Deore, Principal SNDT College of Home Science, Pune, welcomed Madam Vice Chancellor. The college released this Newsletter in the month of September, as a part of National Nutrition Month celebration. खाद्य Fora is a platform to deliberate insights on food and nutrition. A concept formed by the students, for the students to spread awareness and to improve the knowledge.

Link for E-Newsletter खाद्य Forahttp://sndthsc.com/wp-content/ uploads/ 2022/10/Khadya-Fora-1.pdf





🏫 🏻 Dept. of Home Science (Pune)

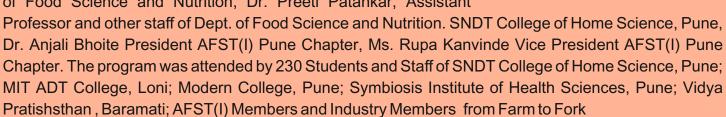
#### A workshop on "FSS Act 2006 and Regulations 2011-An Overview" organized by SNDT College of Home Science in collaboration with AFST (I) Pune Chapter

workshop on "FSS Act 2006 and Regulations 2011- An Overview" was organized by SNDT College of Home Science, Pune and AFST (I), Pune chapter on September 7th 2022 on the occasion of Nutrition month and AFST (I) foundation day. Prof. Sachin Deore, Principal, SNDT College of Home science, Pune welcomed the participants and also highlighted the vision and mission of SNDT Women's University. Col. Pramod Dahitule, National Head- Agriculture MSME, Former Director FSSAI Kolkata, was the chief guest for the program. He inspired the student by sharing the importance of having a passion and belief in what they are pursuing in education.

r. M.M Chitale, a renowned person in the field of food processing was the guest of honor. The program was attended by Dr. S.M. Naikare, former President of AFST(I) Pune Chapter, Mr. Pradeep Chordia, Director CFPL, Pune, Dr. Nerkar, Director Food Testing Laboratory, Bharti Vidyapeeth, Pune, Mr. Vinay Oswal, Director NAFARI, Pune.

The speaker Mr. Amrendra Mahamuni, (Director Samarth Technologies, Pune. FoSTaC Trainer) in his session elaborated on the FSS Act 2006 and regulations 2011. He also emphasized on the difference in the roles of PFA and FSSAI. A lot of case studies were discussed by the speaker regarding the degree of adulteration seen in India and why the FSS becomes important to make the food safe for the consumers from the farm to fork.

The organizing committee included Ms. Anuja Kinikar, Head, Dept. of Food Science and Nutrition, Dr. Preeti Patankar, Assistant





# Inauguration of Research Centre - Manthan by Smt. Maniben M.P. Shah College of Arts & Commerce, Matunga

under SNDT Women's University. She further shed light on the importance of research and considered it as the



The Research Centre-Manthan established by Smt. Maniben M. P. Shah College of Arts and Commerce, (Autonomous), Matunga, Mumbai was inaugurated on 4<sup>th</sup> October 2022 by Hon'ble Prof. Ujwala Chakradeo, Vice Chancellor of SNDT Women's University.

The Principal of the college Dr. Leena Raje while expressing rationale behind establishing the centre said that the Centre has been an initiative of the institution under Autonomy to foster research among teachers and students, to generate interest and provide researchers the resources needed for undertaking research.

In her inaugural talk, Prof. Chakradeo praised the efforts of Dr. Leena Raje, Principal and the total team of teachers of the institution for establishing the first Research Centre

foundation for world welfare, society, and educational upliftment. She emphasized that research can be the tool to bring about unity and integrity in the Nation as each one can contribute to society through research. She said that the process of research, usually envisaged as complicated and

Seva Mandal Education Society trustees Dr Dilip Trivedi, Mr. Pravin Shah, Dr Bharat Pathak, Mr. Vasant Khetani, Mr. Hiren Shah, Mr. Atul Sanghvi and Dr. Shilpa Charankar commemorated the occasion by presenting a plaque honouring Prof. Ujwala Chakradeo.

cumbersome, was in fact very easy, simple, and effective.

A booklet detailing the research journey of the institution and summarizing the research abstracts was released during the ceremony and 11 groups of teachers who completed the research projects were felicitated during the

function. Prof. Mala Pandurang, Principal and Dr Pradyna Ambre, Coordinator of UGC Stride Research Capacity Building Centre of Dr B.M.N. College of Home Science (Autonomous), Matunga were also felicitated during the function for their support and contribution in enhancing the research activities in the institution.





#### Vyasanmukti Rally to mark the Birth Anniversary of Mahatma Gandhi and Lal Bahadur Shastri

Students under NSS unit PVP participating in " Vyasanmukti rally", organised by Nasahabandi mandal, social welfare department, Maharashtra in collaboration with NSS cell of SNDT women's University on Saturday 1/10/2022 to mark the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri from Azad maidan to Gateway of India. Thanks to enthusiastic students of Electronics department semester I, P V Polytechnic, SNDT Women's University.



pept. of PVP Polytechnic

#### Students view about **SNDTWU**

NDT Women's University has changed my life. I have learned many valuable lessons outside the classroom. This inspirational university helped me and realize that education is



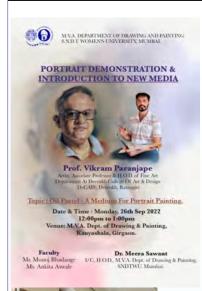
much more important than acquiring a degree. It's more about grasping the knowledge that will help you become a better individual and work for the betterment of society. The subject of "fieldwork" in my programme (Master in Non-Formal Education and Development) gave

me great exposure to another side of civil society. One of the best strengths of this university is offering unique progrmmme for women empowerment. The role of faculty member are very crucial in changing the shape the futures of their students. The University provided education beyond the four walls. The pedagogy and lifelong learning seminar (LLS) are contribute a lot to the growth of the students. Being at this university helped me become more independent and responsible. I have started to tackle my problems and fulfill my responsibilities. I enjoyed my learning by doing. I have understood the importance of time management and how to wisely use my time without getting distracted. SNDT Women's University played an important role in the students all over development. It allows me to recognize my strengths and weaknesses and work on them in the finest way possible.

🏚 Dept. of Lifelong learning & Extension

### PORTRAIT DEMONSTRATION INTRODUCTION TO NEW MEDIA

n 26<sup>th</sup> September 2022, Portrait Demonstration had been organized by the M.V.A. Department of Drawing and Painting, Mumbai, SNDTWU.



Prof. Vikram Paranjpe was invited by Dr. Meera Sawant, I/C, Head of M.V.A. Drawing and Painting, for this program. He demonstrated portrait painting with a new kind of oil pastel that he has invented specially for portrait painting. Dr. Paranjape is currently the HOD of the Drawing

Department at the Devrukh College of Art & Design. The objective of the

Lecture-Demonstration was to orient the students about a new type of Oil Pestles medium for painting.

He guided students about about how much they need

to work, which books they should read & why, the necessity of visiting exhibitions, and the importance of sketching profusely. Total of 52 B.V.A. & M.V.A. students and 8 teachers from both departments attended the lecture-demonstration.

💠 Dept. of B.V.A & M.V.A

### मराठी प्रमाण लेखन कार्यशाळा संपन्न

एसएनडीटी महिला विद्यापीठाच्या मराठी विभागातर्फे आयोजन

स.एन.डी.टी महिला विद्यापीठाच्या मराठी विभागातर्फे मराठी प्रमाण लेखन कार्यशाळा राज्य गुप्तवार्ता विभाग,महाराष्ट्र पोलीस यांच्यासाठी आयोजित करण्यात आली होती. महाराष्ट्र पोलीस मुख्यालयात ही कार्यशाळा यशस्वीपणे पार पडली. श्री. वैभव चाळके हे या कार्यशाळेस प्रमुख वक्ते म्हणून लाभले. ही कार्यशाळा यशस्वी होण्यासाठी प्रा.डॉ.अरूणा दुभाषी, प्रा.डॉ.सुनिल रामटेके, प्रा.डॉ.अनुराधा पोतदार, प्रा.डॉ.राजश्री पाटील तसेच राज्य गुप्तवार्ता विभागाने विशेष प्रयत्न केले. या कार्यशाळेस प्रा.डॉ.प्रभाकर चव्हाण व प्रा. अमेय महाजन यांची विशेष उपस्थिती होती.राज्य गुप्तवार्ता विभागाचे आयुक्त,श्री. आशुतोष डुंबरे व पोलीस उपायुक्त, श्री.अनिल पारस्कर यांचे विशेष मार्गदर्शन लाभले.



#### International Tourism Day Celebrations at S.N.D.T. College of Arts & S.C.B. College of Commerce & Science for Women, Churchgate

o commemorate International Tourism Day on 27<sup>th</sup> September 2022, the Department of History conducted a series of events, all conceptualised and coordinated by Dr Namrata R. Ganneri.

n 26th September, Ms. Harini Seetharaman, a second-year student of the B.A. programme conducted a quiz on the online platform Quizziz for students of the college. 80 students participated in this guiz. Both the prize winners-Ms. Kusum Suthar (I Prize) and Ms. Tazmeen Shaikh (II Prize) are first-year students of the B.A. Programme.

On 27<sup>th</sup> September, eight students of the compulsory tourism course - Pricia Koli, Babli Gupta, Deshna Bavishi, Ishita Gandhi, Princia Koli, Kusum Purohit, Vidisha Koli and Sanskruti Tulaskar, led a heritage tour of in the Fort Kalaghoda area of the monuments and Churches of North India (CNI). The tour began with a walk to Church of St Andrew and Columba followed by a visit to the Christian Brethren Meeting Room, John Connan School and finally concluded at St. Thomas Cathedral. The well-organized and superbly executed walk was enjoyed by all the 25 student attendees and their teacher, Dr. Namrata R. Ganneri.





## 'સિસુક્ષા' સર્જનાત્મક મંચ

એસ એન.ડી.ટી. મહિલા વિદ્યાપીઠ, મુંબઈ, અનુસ્નાતક ગુજરાતી વિભાગના વર્તમાન અને ભૂતપૂર્વ વિદ્યાર્થિની બહેનો



દ્વારા 'સિસુક્ષા સર્જનાત્મક મંચ' છેલ્લાં બે વર્ષથી ચાલે છે. આ મંચનું આયોજન દર મહિનાના ત્રીજા શનિવારે કરવામાં આવે છે. જેમાં વર્તમાન અને ભૂતપૂર્વ બહેનો સર્જનાત્મક ગદ્ય કે પદ્ય કૃતિઓની પ્રસ્તુતિ કરે છે.

આ મહિનામાં આ સર્જનાત્મક મંચનું આયોજન તા. ૧૫ ઑક્ટોબર, ૨૦૨૨ (શનિવાર) દરમિયાન કરવામાં આવ્યું હતું. અમારા આ

સર્જનાત્મક મંચમાં અતિથિ વિશેષ તરીકે ગુજરાતી સાહિત્યના સુપ્રસિદ્ધ લેખિકા શ્રી પ્રીતિ જરીવાલા ઉપસ્થિત રહ્યાં હતાં. વિદ્યાર્થિની બહેનોએ આ સ્વ- રચિત નિબંધોની સુંદર પ્રસ્તુતિ કરી હતી અને સર્જનાત્મક ક્ષમતાનો



પરિચય કરાવ્યો હતો. ત્યારબાદ પ્રીતિબહેને વિદ્યાર્થિની બહેનો સાથે સંવાદ કરી નિબંધકાર તરીકે આપણામાં કેવી સૐતા હોવી જોઈએ એ વિશે ખૂબજ રસપ્રદ અને પ્રેરણારૂપ વાતો કરી.

### ગાંધી જયંતી નિમિત્તે "ગાંધીવંદના"

ઑકટોબર, ૨૦૨૨ને શનિવારે ગાંધી જયંતીના શુભ અવસરે એસ.એન.ડી.ટી. મહિલા વિદ્યાપીઠ, મુંબઈ - અનુસ્નાતક



દ્વારા 'ગાંધીવંદના' **કાર્યક્રમની** ભવ્ય ઉજવણી કરવામાં આવી હતી. આ અવસરે અતિથિવિશેષ

ગુજરાતી વિભાગ

તરીકે કોલાબા વિધાનસભા વોર્ડ નં. ૨૨૨. મુંબઈનાં નગરસેવિકા શ્રીમતી રીટા મકવાણા તથા શેઠ જી. એય. હાઇસ્કૂલ અને જુનિ. કૉલેજ, બોરીવલીનાં પ્રાયાર્યા શ્રીમતી

યેતના ઓઝા ઉપસ્થિત રહ્યાં હતા. સાથે અમારા વિભાગની વિદ્યાર્થિની બહેનો દ્વારા પુસ્તક



પ્રદર્શન તથા વિવિધ સર્જનાત્મક અને સાહિત્યિક પ્રસ્તૃતિ પણ કરવામાં આવી હતી.

c Dept. of Gujarati

### एसएनडीटी महिला विद्यापीठाच्या जुहू ग्रंथालयात ग्रंथोत्सव साजरा

९ ऑक्टोबर २०२२ रोजी सकाळी ११ वाजता मा. श्री अवधृत गृप्ते यांच्या उपस्थितीत एसएनडीटी महिला विद्यापीठाचे भारतरत्न महर्षी ज्ञानस्रोत केंद्र, जुहू, आवार येथे ग्रंथोत्सव साजरा झाला. ग्रंथालया विभागाची ही अनेक वर्षाची परंपरा असन तीन दिवस ग्रंथोत्सव कार्यक्रम आयोजित करण्यात आला होता. दि. १८ ऑक्टोबर ते २० ऑक्टोबर २०२२ या दरम्यान कार्यक्रमाचे आयोजन करण्यात आले होते. पहिल्या दिवशी ग्रंथ प्रदर्शन करण्यात आले असून हे ग्रंथप्रदर्शन तीन दिवस होते या वर्षी सुप्रसिद्ध गायक संगीत दिग्दर्शक, परीक्षक समालोचक, लेखक असे बहुआयामी व्यक्तिमत्व श्री अवधूत गुप्ते प्रमुख पाहुणे म्हणून उपस्थित होते.

नी आपल्या मुलाखतीत त्यांच्या जीवनातील अनेक प्रसंग, वाटचाल, अनुभव कथन केले. ते बोलताना मी कसा घडलो हे सांगितले.प्रथम मी गायकातून संगीतकार पुढे दिग्दर्शक, लेखक, परीक्षक गीतकार असे जीवनाचे अनेक टप्पे पार केले. एस. एन.डी. टी. महिला विद्यापीठा च्या विदयार्थीनीना संबोधित करताना ते म्हणाले तुम्ही तुमच्यातील राजहंस शोधा. जगातील कुठल्याही पुरुषाचे अस्तित्व स्त्री शिवाय असूच शकत नाही. स्वतःबद्दल कोणताही न्यूनगंड बाळगू नका. स्वतः वर विश्वास ठेवा. स्त्री ही माता, भगिनी, पत्नी या विविध भूमिका मध्ये पुरुषाला घडवत असते. आपलं आवडत पुस्तक किंवा लेखक या प्रश्नाचे उत्तर देताना ते म्हणाले पुस्तक संस्कारा साठी वाचावे. मला इतिहास आणि आत्मचरित्र वाचायला आवडतात. मी विश्वास पाटील यांची पुस्तके आवडीने वाचतो. आपला आत्मचरित्र लेखनाचा काही मानस आहे का या प्रश्नाचे उत्तर देताना अनुभवावर आधारित पुस्तक लिहायला आवडेल. माझ्या जीवनात आईला फार महत्व आहे. स्त्री ची माता ही जगातील सर्वात सुंदर भूमिका आहे. विदयार्थीनी आपल्या आयुष्याकडे बघताना सद्याचा काळ स्वतः सिद्ध करण्याचा सर्वात चांगला काळ आहे. या मुलाखतीत श्रीमती सोनाली दिवेकर आणि श्रीमती निलम वराडकर यांनी ही मुलाखत घेतली. त्यांनी सर्व प्रश्नांना मनमोकळी उत्तरे दिली. या वेळी त्याच्या पत्नी गिरीजा गुप्ते उपस्थित होत्या त्या ग्रंथालयशास्त्र या विषयाच्या माजी विद्यार्थिनी आहेत. कार्यक्रमाचे प्रास्ताविक संचालक डॉ.सुभाष चव्हाण यांनी केले.या प्रसंगी जुहू परिसर समन्वयक डॉ.मनजीत कौर,डॉ.आशिष पानट, संचालक, नवोपक्रम व नवसंशोधन विभाग उपस्थित होते. उपग्रंथपाल श्रीमती वृषाली राणे यांनी आभार मानले. या कार्यक्रमाला विविध अभ्यासक्रमाच्या विद्यार्थीनी, विभाग प्रमुख, प्राचार्य, शिक्षक व शिक्षकेत्तर कर्मचारी उपस्थित होते. या कार्यक्रमाचे सूत्रसंचालन डॉ. मच्छिंद्र बांगर, सहाय्यक ग्रंथपाल यांनी केले.

