



## Psychological Effects of Exercise

The Department of Psychology organized a guest lecture with Dr. Peter Kremer, Honorary Fellow from Deakin University, Australia. On the topic 'Psychological Effects of Exercise'. During the two hours of his lecture Dr. Kramer redefined "Can Exercise Prevent and Assist in the Treatment of Mental Health Issues and Promote Mental Wellbeing?" He proceeded to answer this question by systematically breaking down and explaining the different kinds of research done on the subject and their findings. He began by defining the broad terminology used in the field like physical activity, exercise, and sport and the differences between them. He then explained the statistics related to levels of physical activity and mental activity in India, Australia, and globally.

Dr Kremer elaborated on how exercise can be used as a preventive measure for depression and anxiety. Exercise

also has an effect on mood, life stress, quality of life and well-being. To explain these effects, he introduced two types of studies: population and experimental studies. Population studies study the impact of a variable on the entire population, whereas experimental studies look at a sample of the population, control and manipulate variables to establish causation. The studies used two types of exercise acute and chronic whereby acute involves a single bout of activity in the laboratory while chronic treatments involve a series of exercises or even an exercise regimen. He illustrated 3 studies which examined the effects of exercise in adults, in teenagers, and in school going children. There was an inverse relationship between exercise and depressive symptoms whereby the more people worked out, the less depressive symptoms they suffered from.

Dr. Kramer elaborated on effects of acute exercise which

were that it increased positive mood and reduced negative moods and that as little as 5-10 minutes of exercise can create positive psychological changes, and that it created reduction in state anxiety after just 15 minutes. He explained that if an individual exercises for a minimum of 3 times a week, then, it increases the sleep duration, total sleep time, and decreases problems in sleeping.

He conjectured by explaining the association of diet and screen time with mental health. These lifestyle changes could cause an impact on an individual's level of overall physical health as well. The Dean of Humanities, Dr. Medha Tapiawala also spoke a few words about application of these principles in the Indian context. The dignitaries were felicitated after which, a vote of thanks was given to our guests which concluded the session.



## VISIT OF MS. MARIA GRAZIA CHIURI (CHRISTIAN DIOR COUTURE) FOR STUDENT INTERACTION

It was a great pleasure to host Maria Grazia Chiuri and Christian Dior Couture team by PG Department of Textile Science and Apparel Design and SVT College of Home Science, SNDT Women's University at Juhu Campus for student's interaction. It was a wonderful session on 31st March 2023. Session started with introduction of Maria Grazia Chiuri followed talk by Ms. Maria on Women Empowerment, Education and preservation of Traditional Handicrafts then student question answer session. It was an amazing opportunity for students to meet Maria Grazia Chiuri and hear her say "Be Brave" to young students at SNDTWU.



## “Design Thinking, Business Plan & Intellectual Property Rights”

In February 8-9, 2023 WISE- SNDTWU Incubation Centre and PG Departments of Home Science, SNDT Women's University, Juhu, Mumbai, organized two days' Workshop on Design Thinking, Business Plan & Intellectual Property Rights in the J.H. Mini Auditorium at Juhu Campus. On day one, invited speaker, Mrs. Savita Rajiv- Founder of Springs innovation, Ideas ki Pathshaala /Co-founder, StartUpGreen gave the insight on the concept of Design thinking and conducted 3 major activities throughout the first session to make students understand what design thinking exactly means to person as well as for the society and how exactly it works? In the second half, the Product designing (Creating new product) was discussed, in which the students were asked to take a walk around the whole campus and observe carefully and come up with some sustainable ideas to develop the product which should be socially attractive, Environment friendly and even bestselling product in the market. The students came up with such different, unique, environment friendly products which were appreciated by the speaker. Mrs. Savita after activities delivered the real concept of design thinking and it's process which was very much appreciated and helped students in understanding better.

Day 2 was divided into two sessions first was Business Plan and post lunch it was on Intellectual Property Rights. Mr. Abhishek Barari, Qualified Chartered Accountant and currently a Director of Somaiya and Co. a Boutique Tax and Compliance Consulting Firm. He conducted the session on Business Plan during the first half of the day where he introduced us with what exactly a business is and what the whole concept of business in depth works and how one can make their business reach to a level and make an well recognized business in the market. The session was very informative and very helpful. While in the second half of the workshop Dr. Deepak Mehra, Innovation and Catalyst and founder of VIDURNEETI conducted a session on Intellectual Property Rights. He introduced the basic concepts of IPR, what exactly does it means and how important it is for each one of us. He highlighted on the fact that published research can be patented so that other researcher cannot do duplication of your research. Sir gave information on cost of patenting; it's benefits to the students and what can be done after patent is expired. The session was very helpful and motivating to the students who wanted to work on research project and get patenting of their research and products they design.

Overall, the sessions on both the days were very inspiring and motivating to the students to be creative, think out of the box and try something new. The students enjoyed the practical sessions and were thankful to the organizers for organizing such interactive workshops and wanted to have more sessions like this. The workshop was attended by 40 students from Undergraduate and Post Graduate departments. Special thanks to the organizers, Dr. Ashish Panat – Director Innovation and Incubation Center, WISE – CEO – Dr. Laxmi Goritiyal, and Heads of PG Home Science departments, Prof. Mira Desai, Dr. Manjit Kaur Chauhan, Dr. Anshu Sharma, Dr. Chandrashekhar Gawali and Mrs. Nikhila Rane.




WISE SNDTWU INCUBATION CENTRE  
and  
PG DEPARTMENT'S OF HOME SCIENCE,  
SNDT Women's University, Juhu Mumbai  
organizes two Days Workshop on

*Design Thinking,*  
**BUSINESS PLAN,**  
*Intellectual Property Rights*

Google form link : <https://forms.gle/MrxTFd8V6wMsC1sH8>  
Date : 8 to 9 Feb, 2023 | Time: 9.30am to 4.30pm  
Venue: J.H, Mini Auditorium, SNDT Women's University, Sir Vithaldas Vidhyavihar, Juhu, Santacruz (W), Mumbai- 400049





**SNDT Women's University**  
Department of Commerce, Mumbai-20  
7<sup>th</sup> Floor, Patkar Hall Building

**Admission for M.Com (80 Credits) Programme 2023-24**

**Eligibility Criteria:** B. Com., BBA, BMS of any Recognised University.  
Admission will be given on merit basis.

**Duration:** 2 Years (Four Semesters)  
**Mode of Study:** On-campus blended with online teaching Learning  
**Medium of Instruction:** English  
**Location:** New Marine Lines, Churchgate

**Special Features of the M.com Programme**

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Group C: Human Resource Management	Group D: Retail Management
Group E: Finance and Taxation	Group F: Accounting and Auditing

**University Facilities**

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- Central Library with Printed and Digital Resources
- Government Scholarship and free ship to SC, ST, NT and OBC candidates.
- Scholarship to EBC Students.

**Future Career Prospects**  
Banking & Finance, Insurance, Stock Market, Teaching, Research, Corporate Sector, Forensic Accounting, Financial Analyst, Business Developer.

**Career Guidance Activities:**

- Competitive Exam Preparation, UPSC/ MPSC Training
- Organizing Net Set and Research Methodology Workshops, Seminars & Lecture Serious
- Research Paper Contest
- Industrial Visits

**For Admission Enquiries and information**

For online Registration visit <http://sndt.digitaluniversity.ac>  
Dr. Jyoti Thakur, Head of the Dept., Mob: 9594677899  
022 2205 2970, 022 2203 1879 Extension: 1309, 1338  
Email: [commercemumbai@sndt.ac.in](mailto:commercemumbai@sndt.ac.in)



**S.N.D.T. Women's University, Mumbai.**  
Department of History

7<sup>th</sup> & 8<sup>th</sup> Floor, Patkar Hall Building,  
1, N. T. Road, New Marine Lines, Mumbai-400020.

**ADMISSIONS OPEN FOR M. A. in History**

**Eligibility :** Graduate in any discipline from any faculty of any University  
**Duration:** 2 Years (4 Semesters)  
**Admission: Online and Facility of Provisional admission**  
Medium of instruction: English & Marathi (Students can write in English/Marathi/Hindi)

For M.A.(History) syllabus, See: <https://sndt.ac.in/programmes/master-degree-courses/ma-in-history>

**Special Features of M. A. (History) Programme:**

- Choice-Based Credit System
- Papers with Inter-disciplinary approach
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- Dissertation
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**Wide choice of Papers such as**  
Urban History of Mumbai  
Popular Culture in Modern India  
Social Movements in India  
Ancient Civilizations of the World  
History of Science and Technology in India  
Dimensions of World Heritage: Conservation and Preservation  
Gender in Modern Indian History  
Seminal Texts in History  
History of Sports

**About the Department:**

- Senior Faculty with Good Expertise in Research & Teaching
- Visits to Heritage & Historical Sites
- Guest Lectures by Eminent Scholars
- Annual Seminars, Memorial Lectures and Workshops
- Free Guidance for SET/NET
- Multiple Scholarships for pursuing post-graduation

**Future Career Prospects:**

- Teaching & Research, Heritage & Conservation Projects, Archives, Museums, NGOs, Civil Services, Travel & Tourism, Television Channels, Media Journalism.

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Ext. 1313,1334 For enquiry, contact : Ms. Kshitija Warang: 8104484624. PG Office.  
Ground floor. Near Committee Room.  
**Dr. Jaswandi Wamburkar.** Head and Associate Professor, Department of History.  
Mobile No. 9819824353. **Email:** [history@sndt.ac.in](mailto:history@sndt.ac.in)



**SNDT WOMEN'S UNIVERSITY**  
Department of Economics  
Department of Post Graduate Studies and Research  
Maharshi Karve Vidya Vihar, Karve Road, PUNE 411038

**MASTER OF ARTS (M.A.) IN ECONOMICS**

**About the Department:**  
The SNDT Women's University is the first Women's University in India as well as South East Asia. The University was founded by Bharatratna Maharshi Dr. Dhondo Keshav Karve in 1916 for a noble cause of Women's Education. The University has three campuses at Pune, Churchgate and Juhu (Mumbai). Total 43 University Departments, 13 constituent colleges and more than 200 affiliated colleges engaged in Teaching and Research activities. The Department of Economics was established at Pune Campus in the year 1986 and it offers a Two-year on-campus Master's Degree Programme (M.A.) and Ph.D. Programme in Economics. The medium of instruction for Masters Programme is Marathi and for Ph.D. Programme is English and Marathi. With an internationally recognized Master's degree, our students are employable in various sectors. Our mission is to boost the students' career prospects in Teaching, Research, Journalism, NGOs, Banks, Financial institutions, Central and State Governments Services etc.

**Objectives:**

- To introduce the students to the advanced theories in economics.
- To equip students with analytical tools of economics to understand the current economic reality
- To introduce the tools of empirical analysis for employment in research institutions and industry
- To offer a wide range of courses enabling the students in their pursuit of specialization
- To organize various curricular and co-curricular academic programmes.
- To provide essential exposure to students from rural areas to enable them to enter mainstreams

**Eligibility:** The applicants shall have a Bachelor's degree in Economics or in a related field from this University or any other recognized University. Students from other subjects should have completed two theory courses of four credits each at graduation.

**Intake:** Intake is 30 students according to Reservation Policy. Admissions are online.

**Student Life:**  
Studying in MA Economics, students will be able to-


- acquire hands-on experience through internship and research programmes
- participate in co-curricular and extra-curricular activities
- develop personal leadership skills through student welfare events and sports
- Exposure to workshops, seminars and conferences

**Facilities in the Department:**

- High-quality teaching and guidance from well qualified, experienced and committed faculty
- Interactive teaching and learning methods
- Access to abundant research resources and valuable guidance
- Departmental and Central University library and reading room, computer lab facilities
- Effective student-teacher ratio
- Availability of Hostel facility (Limited seats)
- Availability of Scholarship and Free ship facility according to Government rules.

**For more information about admission please contact**

Website: <a href="http://sndt.digitaluniversity.ac">http://sndt.digitaluniversity.ac</a>	<a href="http://www.sndt.ac.in">www.sndt.ac.in</a>
Email: <a href="mailto:economicspune@sndt.ac.in">economicspune@sndt.ac.in</a>	Dr. Subhash Patil
Contact:	Professor and Head
Office 020-25424396	Mobile- 9850434589



**S.N.D.T. WOMEN'S UNIVERSITY**  
DEPARTMENT OF SOCIOLOGY

7TH Floor, 1, N.T. Road, New Marine Lines, Churchgate, Mumbai - 20.

**OBJECTIVES:**  
To Equip the students to critically understand and interpret social reality.  
To help student acquire skills that will be useful to them in their personal and professional life.

**WE OFFER,**  
**M.A. SOCIOLOGY PROGRAMME OF TWO YEARS**  
**PH.D. PROGRAMME - (ENTRANCE EXAM HELD TWICE A YEAR JUNE / DEC.**

**MAIN FEATURES:**  
Internship Component : For SEM IV (200 Marks)  
Research Component: For SEM III (200 Marks)  
Each course will have 25% Internal Evaluation and 75% External Evaluation  
Minimum 40% Marks are required in Internal & External Assessment  
seperately for passing in each course

**JOB OPPORTUNITIES / POSSIBILITIES:**  
On completion of the course, the candidate will be competent to work in the following areas:

- NGO SECTOR
- INDUSTRY (Particularly Human Resource Management)
- Teaching
- Journalism
- Research Institutions

**CONTACT**  
**Dr. Sujata Gokhale**  
Head, Associate Professor,  
Department of Sociology  
S.N.D.T. Women's University, Mumbai - 400 020  
Mobile: 9673005402

**About the Programmes**

- Master of Education ( M.Ed.)
- Master of Arts in Education (M.A. in Education)
- Ph.D. in Education

**Features of the Department**

- ⇒ Credit and choice based curriculum
- ⇒ Upgraded Syllabus
- ⇒ Research and Internship are core component
- ⇒ Conducive learning Environment
- ⇒ Open courses for MA
- ⇒ ICT enabled Learning
- ⇒ Opportunity for job placement
- ⇒ Opportunity for exploration of varied areas of researches in Education.

**Career Possibilities**

- Teaching in teacher education institutes
- Teaching in public, private, and independent schools
- Education Managers in education set up
- Curriculum designer, content writer, Instructional designer in e-learning industry.



**Department of Education, SNDT Women's University, Mumbai 20.**

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[office@educationmumbai.sndt.ac.in](mailto:office@educationmumbai.sndt.ac.in)

Website:

<https://sndt.ac.in/educationmumbai/>



**Dept. of Sociology**

7th Floor, 1 N.T. Road, New Marine Lines, Churchgate, Mumbai - 400 020  
Phone: 22052970 Ext.: 309

**OBJECTIVES:**

- To Equip the students to critically understand and interpret social reality.
- To help student acquire skills that will be useful to them in their personal and professional life.

**WE OFFER:**

- M.A. Sociology Programme of Two Years
- Ph.D. Programme - (Entrance exam held twice a year June/December)

**MAIN FEATURES:**

- Internship Component: For Sem IV (200 Marks)
- Research Component: For Sem III (200 Marks)

**JOB OPPORTUNITY / POSSIBILITIES:**

On Completion of the course, the candidate will be competent to work in the following areas:

- NGO Sector
- Industry (Particularly Human Resource Management)
- Teaching
- Journalism
- Research Institutions

**CONTACT**

- Dr. Sujata Gokhale (Head, Associate Professor)
- Dept. of Sociology,
- SNDT Women's University, Mumbai 400 020
- 9678005402

**About SNDT Women's University**

SNDT Women's University is the oldest and largest women's university in South-east Asia. It is established in 1916 representing the confluence of ideas of gender justice and nation building, through women's participation in higher education. The University strives to be worthy of the vision and wisdom of Bharatratna Maharshi Dhondo Keshav Karve.

The university received statutory recognition and has through the decades, developed a unique and distinct model of higher education. The university has completed 102 years and received 'A' grade from NAAC. It aims to provide an excellent socio-cultural and intellectual milieu for women to develop their full potential to take their rightful place in society.

**About the Department**

Department of Education was established in 1971 at Churchgate campus of the University. Department offers M.Ed., M.A. (Education) and Ph.D. programmes. Department has qualified, enthusiastic, competent and committed faculty members. The Department is committed to offer quality education.

**Eligibility**

**Master of Education ( M.Ed.)**

A) Women candidate with at least 50% marks or an equivalent grade in any of the following programmes:

- (i) B.Ed.
- (ii) B.A.B.Ed./B.Sc. B.Ed.
- (iii) B.El.Ed.
- (iii) D.El.Ed.with an Undergraduate degree

B) Must qualify In CET of Government of Maharashtra . For further details visit - [cetcell.mahacet.org](http://cetcell.mahacet.org)

**Master of Arts in Education (M.A. in Education)**

Women candidate with Bachelor's degree in any discipline from recognized University

**Ph.D in Education**

Women candidates shall have a Masters degree in concerned discipline from a UGC recognized university with at least 55% marks. For further details visit

<https://sndt.ac.in/programmes/phd-courses>

*The government of Maharashtra's reservation policy is applicable for admission*

**Objectives of the Department**

To develop practitioners for the field of Education in the context of globalized world.

- ⇒ To equip prospective teachers with necessary pedagogic skills
- ⇒ To explore, reflect and develop own teaching practices
- ⇒ To equip learner to carry out researches in the field of education
- ⇒ To develop competencies for designing curriculum, assessment and management of education institutes.



**WHO CAN JOIN?**

Graduate Women (Any Discipline)  
From recognized university

**M.A.(EDUCATION) COURSE DETAILS**

**Duration : Two Years Full Time (4 semesters)**

**Credits : 80**

**Mode : Face to Face , online and blended Mode**

**Medium Of Instruction : English**

**MAJOR COMPONENTS**

- Core Courses
- Special courses
- Internship
- Action Research

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**SNDT Women's University**

Re-accredited with 'A' Grade by NAAC

**Department of Education**

Announces a Programme

**Master of Arts in Education**

**Admissions Open for Academic Year 2023-24**

**CAREER OPPORTUNITIES**

- Instructional designer
- Educational Counsellant
- Education Manager
- Curriculum Designer
- Content Writer
- Teacher/Tutor

**CONTACT US AT**

Department of Education  
SNDT Womens University  
1, N.T Road, New Marine Lines, Churchgate  
Mumbai - 400 020.  
Ph: 022-22075690

email:

[educationmumbai@sndt.ac.in](mailto:educationmumbai@sndt.ac.in)

website : [sndt.ac.in](http://sndt.ac.in)

## ANNUAL DAY REPORT

**S**NDT College of Arts and SCB College of Commerce and Science, Churchgate held its Senior college Annual Day on 13<sup>th</sup> April 2023. The chief guest for the annual day function was the Hon'ble Pro-VC of SNDTWU, Dr. Ruby Ojha. The program began with university song, followed by lamp lighting by Hon'ble Pro-VC Dr. Ruby Ojha (SNDTWU), Dr. Vandana Sharma (Principal), Mr. Sanjay Ranveer head of BSCIT department, Mrs. Meena Patil Co-Ordinator of cultural committee and Ms. Rekha Yadav head of BMS department. After the inauguration, principal Dr. Vandana Sharma felicitated Hon'ble Pro VC Dr Ruby Ojha (SNDTWU). Dr. Vandana Sharma in her speech emphasized on the importance of such activities in the overall development of the students. On this occasion achievers from Sports, NCC, NSS, Cultural and meritorious students from various department were felicitated. Followed by the prize distribution, Dr. Ruby Ojha felicitated students and gave speech on importance of friendship, relationship and communication among each other. Mrs. Meena Patil Co-Ordinator of cultural committee gave a formal vote of thanks.



## FEARLESS VOICES INTERNATIONAL WOMEN'S DAY CELEBRATION 11TH MARCH 2023

**S**NDT College of Arts and SCB College of Commerce & Science for Women, Churchate organised a program to commemorate International Women's Day on 11th March 2023. The program was titled Fearless Voices and the guest speakers were Kanchan Shrivastav (Senior Assistant Editor, Exchange and Media) who delivered a lecture on the topic "Media and Entertainment Industry: Gender stereotypes and Girl's career choices" and Rishita Acharya (Lieutenant Colonel Retd.) who conducted an interactive session based on the topic "My journey from boots to bellies". While interacting with the students she shared her experiences and gave the NCC students career guidance. The concept of the program was designed by Principal Dr. Vandana Sharma. Ms Sushma Ahire (faculty incharge of Commerce dept.), Ms. Rekha Yadhav (Head of BMS), Dr. Sonali Hazare (Assistant Professor of Sociology Dept.) along with students of BMS and B.Com. association took the initiative to organise this memorable day. The program was compared by Ms Sushma Ahire and the program ended with a formal vote of thanks by Dr. Sonali Hazare. Presence of Teaching staff and the active participation of numerous students made this program a huge success.

### Fearless Voices: International Women's Day Celebrations At SNTD

The Dialogue Team  
March 17, 2023

GENDER LESS

in



SNDT Women's University's College of Arts and SCB College of Commerce and Science, Mumbai, organized two interactive sessions on March 11. While award-winning journalist Kanchan Srivastava delivered a keynote address on "Gender stereotypes & career choices of girls", Col (Retd) Rishita Acharya, who beat all odds to become an engineer and then joined the Indian Army, delivered a motivational speech and guided students about Army recruitment process. Principal Dr. Vandana Sharma & teachers were present on occasion.



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WRP11+X70, New Marine Lines, Marine Lines, Mumbai, Maharashtra 400020, India  
Lat 18.937406°  
Long 72.827996°  
11/03/23 11:49 AM GMT +05:30

## REPORT OF G 20 QUIZ PROGRAMME 14<sup>TH</sup> MARCH 2023

**I**n collaboration with La Paz International Relations Foundation college had organised G 20 Quiz programme on 14th March 2023. Objective of the programme is to spread awareness amongst youth about G 20 and presidency of India of G 20 in year 2023. Total 93 students participated in it. Quiz consisted on objective and subjective questions seeking opinions from students about celebrating G20 presidency of India. Food festival, travel tours, art culture exhibitions of G20 countries, flower festival are some of the suggestions made by students.

Quiz started at 11 am in the morning and sheets were assessed after that. Then student presentations on G 20 were made by students of Department of Political science. Documentaries about G 20 and diplomacy of India and its impact on India economy were screened. Aditi Nate, Niyati Wadkar and Anmol Jadhav faculty members of Department of Political science coordinated these presentations. Dr. Kishor Kadam introduced Dr. Manish Tripathy and then interaction on opportunities to study abroad was conducted by Dr. Tripathy of LA Paz International Relations Foundation.

Award distribution ceremony was graced by guests and chief guests of the event. Dr. Jyoti Nair (Finance, N.L. Dalmia Institute of Management Studies) was Chief Guest and Dr. Joyeeta Chatterjee ( Commerce Department, N. L. Dalmia Institute of Management Studies) was Guest of Honour. Both the guests addressed gender concerns and development, economic issues. They also motivated students to work hard and be economically independent. Later results of the quiz were declared.

### List of winners :

1st Prize Tazmeen Shaikh, 2nd Prize Dhanashree Brahmane, 3rd Prize Princia Koli

**Consolation prizes** - Uashesh Kaitkar, Heloise Rodrigues and Amina Radhanoara.

Top six students received cash prizes, gifts and trophies. All participants received participant certificates.

Principal Dr. Vandana Sharma congratulated the winners and students in participating in numbers. She ensured support for such activities with La Paz Foundation in near future as well. Formal vote of thanks was proposed by Chitra Lele. Organizing team of college included Dr Nilendra Lokhande, Dr Kishor Kadam, Sanjay Ranveer, Sushama Ahire, Rekha Yadav and Chitra Lele, they encouraged students to participate in quiz and provided technical support in organising event.



## Annual Art Exhibition 2023 , B.V.A. & M.V.A. Department of Drawing and Painting, Mumbai Nehru Centre Art Gallery 28<sup>th</sup> March 2023 to 3<sup>rd</sup> April 2023

The Inauguration program of the Annual Art Exhibition 2023 “Aavishkar” and “Antarang” was held at the Nehru Centre Art Gallery on 28th March, 2023 by the B.V.A. and M.V.A. Department of Drawing and Painting of S.N.D.T. College of Arts and SCB College of Commerce and Science for Women, SNDT Women's University, Mumbai. The program started at 11 am with the welcoming address by Ms. Kalyani Jantikar, teaching faculty of the B.V.A. Department; followed by the University song and then lighting of the lamp by the Hon'ble Vice Chancellor madam Prof. Ujwala Chakradeo and special guest Prof. Vishwanath Sabale, Dean Sir J.J.School of Art, Mumbai. The program further proceeded with the opening introductory speech by Dr. Meera Sawant, the Head of the Department wherein she gave the introduction of exhibition also spoke about the various activities undertaken by the Department so far for the artistic growth and knowledge of the students. She ended her speech by offering the guests with gifts of paintings created by the students of department.

The Chief Patron of this program was Prof. Ujwala Chakradeo, Hon'ble Vice Chancellor of S.N.D.T. Women's University, Mumbai. Madam Vice Chancellor expressed her views about importance of such activities and motivated students to explore their creativity more and more. Dr. Vandana Sharma, Principal in-charge of S.N.D.T. College of Arts and S.C.B. College of Commerce and Science for Women mentioned about the programs conducted in B.V.A. department under her guidance and wished students for their future journey in creative field. The Special guest was Prof. Vishwanath D. Sabale, Dean of Sir. J.J. School of Art encouraged students by telling them to utilize maximum creative energy. He also talked about the various opportunities available for artists in the market. After the motivational and encouraging speech by all the guests, certificates and prizes were distributed to the students who won the 1st, 2nd, 3rd and merit prizes as an outcome of making creative artworks. The program ended with the vote of thanks by Prof. Suresh Garud, teaching faculty of the B.V.A. Department. All the teaching faculty and non-teaching members from both the B.V.A. and M.V.A. Department were present in this program along with Prof. Deepak Jogdand, faculty of Jr. College drawing department.

After the end of this formal inaugural ceremony, the exhibition was opened for the public viewers. Refreshments were provided to all the students, teaching faculty and non-teaching members at the end of the program.



## WOMEN EMPOWERMENT THROUGH FINANCIAL LITERACY

Department of Accountancy and Management Studies of SNDT College of Arts and SCB College of Commerce & Science for women, Churchgate, Mumbai-20 had organized a workshop on “Women Empowerment Through Financial Literacy” for students.

The workshop started on time, welcome was done by Ms. Unnati Joshi BMS Association Student and Ms. Bhavya BMS Association Student gave the introduction of the guest speaker, Mr. Atul Sathe – Assistant Professor of Accountancy HR College.

Mr. Atul Sathe Addressed the students of BMS & B.COM Association with PPT presentation, answering the most simple to hear yet difficult to answer questions on effective utilisation of money. Further addressing on goal planning process, investment planning and discussing various avenues of investing money in stock market, also various risk involved in stock market.

Thereafter the question answer session was conducted Ms. Afreen Khan, Account Association Student of TYBCom gave Vote of Thanks to the Guest Speaker, Principal Dr. Vandana Sharma, teaching staff and students. At the end of workshop students were filled with great aspirations and opportunities to look forward to it, and ready to take necessary steps to secure their future, while guest speaker is left with positive feedback.



## REPORT ON CAREER PLANNING AND DEVELOPMENT 21<sup>ST</sup> APRIL 2023

Department of Political Science of S.N.D.T. College of Arts and S.C. B. College of Commerce and Science For Women, Churchgate organised the programme on 'Career Planning and Development for Political Science Students' on 21<sup>st</sup> April 2023 at 2.00 pm to 3.00 pm in the class room 108. Objective of this programme is to make students aware about career opportunities in field of NGOs and Law.

Mr. Eknath Pawar (Programme Coordinator, Praja Foundation) interacted with the students and explained career opportunities in governance field, policy process. He gave examples of Praja interns and their contribution in urban governance with reference to budget, solid waste management in Mumbai Region. He discussed about several positions in NGOs like RTI activist, Personal Assistant to political representative, policy advisor, programme coordinator, data analysis, and field survey investigator.

At this time certificates of Prajatantra festival held by Praja organisations were distributed to Ms. Khushaboo Sasmal (SYBA), Ms Rajsheena Saxsena (SYBA) and Ms. Poonam Prajapati (TYBA).

Adv. Glen Aloysius C. (Criminal Defence Attorney at Magistrate, Sessions and High Court) discussed about

career opportunities in law field. He explained entrance, best law institutes and courses in India. Mr. Glen discussed the opportunities in law field like litigation lawyer, judicial services, and judicial clerkship. Social activists, public prosecutor, lawyer in PSUs Banks, academics in law, legal journalism arbitration and mediation and legal advisor. He mentioned about Judge Advocate General in the Indian Army posts as well. It is short term service and one can apply it till 27 years. Both the sessions were enjoyed by students and questions were asked. Anmol Jadhav, Aditi Nate and Niyati Wadkar faculty of departments coordinated the event. Chitra Lele proposed formal vote of thanks. Total 20 students and 15 online students attended the programme.



## REPORT ON NEP ORIENTATION PROGRAMME

The SNDT College of Arts and SCB College of Commerce and Science for Women, Churchgate conducted orientation lecture on "Implementation of NEP and Curriculum Structure of Four Year Degree Programme" on 31st March 2023 at 2.30 pm in the college.

Dr. Smriti Bhosle, Director of Centre for Distance Education, SNDT Women's University was the speaker for this programme. She explained the curriculum structure with exit options. She also explained the major and minor subjects and approach to understand New Education Policy. It was followed by question answer session. Total 22 teachers were present for this orientation. Dr. Vandana Sharma, Principal (I/C) said such orientation programme will be planned for commerce as well. She ensured that such orientation programmes will be regularly organised to get tuned with NEP implementation. Programme concluded with vote of thanks to speaker, chair and participants. Programme was coordinated by Dr. Ram Pradhan, Dr. Kishore Kadam and Chira Lele.



## Dhanashree Brahmane selected for the State Youth Parliament 2023

78 Students from various colleges across Maharashtra participated in the State Youth Parliament 2023 at the Mumbai University campus, Kalina on April 18 and 19 for what has been described as "encouraging democratic values among youth."

Dhanashree Chandrakant Brahmane a student from SNDT Arts and Commerce college, Churchgate who is an NSS VOLUNTEER got selected from SNDT WOMEN'S UNIVERSITY MUMBAI for State Youth Parliament 2023 which was organised by the National Service Scheme (NSS), the Higher and Technical Education Department, the Government of Maharashtra and UNICEF (Maharashtra). Under the guidance of Dr. Rameshwar Kothawale Sir State liaison officer and officer on Special Duty NSS, Mr. Sushil Shinde Sir and Dr. Tanaji Patil sir State Consultant of UNICEF Maharashtra

There were 27 elected representatives from different colleges who would be running the Parliament. And she was elected as a Minister of New & Renewable Energy.

The 59 students of NSS contested for 27 posts among 78 voters from 10 universities.

They visited Raj Bhavan (governor's house) on Malabar Hill and Vidhan Bhavan to get firsthand knowledge of the working of the state government.

She was felicitated by Hon'ble Vice Chancellor Dr. Ujwala Chakradeo of SNDTWU along with Principal Dr. Vandana Sharma, BMS HOD Ms. Rekha Yadav. She achieved this under the guidance and support of Dean of Students Dr. Nitin Prabhatendulkar.



## STUDENT'S ACHIEVEMENT

Ms. Clara D'costa (4th year B.B.A., LL.B.) won the bronze medal in All India Inter University Kickboxing (Women) Championship 2023 held at Veer Bahadur Singh Purvanchal University, Jaunpur, Uttarpradesh from 20th March, 2023 to 22nd March, 2023. Madam Vice Chancellor Greeted her and wished her goodluck for future.



## एसएनडीटी महिला विद्यापीठात एन. एस. एस कक्षातर्फे एक दिवशीय PFMS उद्बोधनपर व कार्यशाळा संपन्न.

एन. एस. एस कक्ष, एन. एस. डी. टी. महिला विद्यापीठ मुंबईच्या वतीने विद्यापीठांतर्गत येणाऱ्या एन. एस. एस कक्ष चालविणाऱ्या सर्व महाविद्यालयांतील कार्यक्रम अधिकारी व शिक्षकेतर कर्मचारी यांचा एकदिवशीय PFMS कार्यप्रणाली संबंधित उद्बोधन कार्यशाळा पाटकर सभागृह, चर्चगेट आवार येथे दिनांक २८ एप्रिल, २०२३ रोजी सकाळी १०:३० ते सायंकाळी ०५:०० या वेळेत पार पाडली.

या कार्यशाळेच्या उद्घाटन महाराष्ट्र राज्याचे उच्च व तंत्रशिक्षण विभागाचे, उपसचिव, श्री. अशोक मांडे यांच्या हस्ते झाले. विद्यापीठाचे कुलसचिव, डॉ. विलास नांदवडेकर हे अध्यक्षस्थानी होते. राज्याचे एन. एस. एस चे राज्यसंपर्क अधिकारी तथा विशेष कार्यकारी अधिकारी डॉ. रामेश्वर कोठावळे यांनी उपस्थितांना PFMS चे महत्व व गरज याविषयी मार्गदर्शन केले. श्री. मंगेश खैरनार, सहाय्यक लेखाधिकारी, राष्ट्रीय सेवा योजना, महाराष्ट्र राज्य यांनी PFMS कार्यप्रणालीवर पूर्ण दिवस उद्बोधनपर कार्यशाळा प्रात्यक्षिकासह घेतली. या प्रसंगी विद्यापीठाचे एन. एस. एस कार्यक्रम समन्वयक डॉ. नितिन प्रभूतेंडोलकर यांनी कार्यक्रमाचे प्रास्ताविक केले.

कुलसचिवांनी अध्यक्षीय भाषणात एन. एस. एस विभाग अधिक सक्रियपणे काम करण्यासाठी कार्यक्रम अधिकार्यांना आवाहन केले व PFMS चे महत्व सांगितले.

श्री. अशोक मांडे सर यांनी महाराष्ट्र शासनाची PFMS बद्दल असलेली भूमिका मांडली व येणाऱ्या काळातील एन. एस. एस च्या प्रकल्पाबद्दल सविस्तर माहिती दिली. आभारप्रदर्शन व सूत्रसंचलन डॉ. अमोल उबाळे, कार्यक्रम अधिकारी यांनी केले.

या कार्यशाळेत एन. एस. एस च्या ९० हून अधिक कार्यक्रम अधिकारी व कर्मचार्यांनी सहभाग घेतला.

