



An Enlightened Woman

संस्कृता



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SANSKRITA - DIALOGUE 8

HIGHER ORDER THINKING

It gives me great pleasure to address you all through this issue of संस्कृता. As we move forward, I would like to take this opportunity to extend a warm wishes. We are excited to seeing the contributions you will make towards our collective growth and success of our University. At the SNDT Women's University, we remain committed to providing the best possible learning experiences, both inside and outside the classroom. Our academic programs are designed to equip our students with the knowledge, skills and competencies they need to tackle the challenges of the 21st century workplace. We are continuously working towards enhancing the quality of our teaching and research, and are proud to have a faculty of highly qualified and experienced individuals who are dedicated to helping our students achieve their goals. In addition to academic excellence, we also place a strong emphasis on promoting a culture of inclusivity and diversity on our campuses. We believe that a diverse community of learners and scholars fosters a richer and more dynamic learning environment, and we are committed to creating a space where everyone feels valued and respected. As we begin the new year, I would like to encourage all members of our university to actively engage in the various events and activities that we have planned for the upcoming months. Whether it is participating in a student club, attending a guest lecture or volunteering for a community service project, there are numerous opportunities for you to get involved and make a positive impact. Finally, I would like to take this opportunity to wish everyone a successful and fulfilling academic year. Let us work together to create a vibrant and supportive ambiance that not only empowers all its members to reach their full potential but is also able to extend helping hand to those who need it in the society.



Prof. Ujwala Chakradeo
Vice Chancellor
S.N.D.T. Women's University

This Month....

January, 2023. Another new calendar year!!

Students from Drawing and Painting department have painted famous Madhubani patterns on the wall outside the Vice Chancellor's office which has given a bright and colourful look to the whole area around the office. Madhubani artists were in the campus and they had taken workshop for students of Drawing and Painting department. These students have shown their talent on the walls of the campus. This sight of beautiful Madhubani releases all the stress of mind in the waiting area.

The University hosted 9th International congress of Stress, Performance and Wellness which was organized by Department of Psychology at Churchgate campus. National Seminar on Rights of Disabled Women, was organized by Department of Special Education. National seminar on women in sports also was organized to discuss how more and more women can be encouraged to take part in sports. All these and many such programmes which the University keeps organizing, give human touch to the whole working environment.

The inside pages of 'Sanskrita' give detailed account of these programmes. All the programmes cannot be mentioned in this column but the kind of involvement and efforts of students, teachers and the other staff is shown in organizing such programmes from planning till execution, is really heart touching. All of us learn so much in the process itself.

Learning from life is a continuous process and this process makes it charming and meaningful!!



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

सं|पा|द|की|य

संस्कृता के ग्यारहवें अंक को लेकर हम आपके सामने उपस्थित हैं. इस अंक में जिन दो प्रमुख मुद्दों पर ध्यान केन्द्रित किया गया है, वे हैं- दिसम्बर 2022 में G 20 की अध्यक्षता का दायित्व भारत को मिलना तथा 26 जनवरी 2023 को 74वें भारतीय गणतन्त्र दिवस का देश भर में हर्षोल्लास के साथ मनाया जाना. भारत ने आधिकारिक तौर पर G 20 की अध्यक्षता 1 दिसम्बर, 2022 को स्वीकार करने के साथ ही अध्यक्षता का विषय "वसुधैव कुटुम्बकम्" को बनाया जो उपनिषदीय विचारधारा पर आधारित है, अर्थात् "एक पृथ्वी, एक परिवार, एक भविष्य". यह विषय भारत की सांस्कृतिक विविधता में एकता की सदियों पुरानी परम्परा को मजबूत करने की दिशा में उठाया गया एक महत्वपूर्ण कदम है. सामासिक संस्कृति और बहुलताओं की स्वीकृति की सिफारिश हमारा संविधान भी करता है. अतः G 20 की अध्यक्षता के विषय में एक ओर उपनिषदीय विचारधारा तथा दूसरी ओर संवैधानिक विचारधारा का सुंदर समन्वय देखने को मिलता है. G 20 के विकास कार्य समूह(DWG) की पहली बैठक का आयोजन 13 से 16 दिसंबर, 2022 के बीच देश की आर्थिक राजधानी मुंबई में किया गया. इसके सदस्य देश, अतिथि देश और आमंत्रित अंतर्राष्ट्रीय संगठन भी व्यक्तिगत रूप से इस बैठक में शामिल होने मुंबई पहुंचे. तीन दिवसीय विकास कार्य समूह की यह बैठक सतत विकास लक्ष्यों (SDG) के विकास पर केंद्रित रही तथा इसकी गति को बढ़ाने के लिए G 20 के सामूहिक कार्यों पर ध्यान केंद्रित करने के साथ ही खाद्य, ईंधन एवं उर्वरक सुरक्षा से संबंधित वर्तमान चिंताओं के समाधान के लिए भी विकासशील देशों को समर्थन देने का निश्चय किया गया। बैठक में उपभोक्ताओं और बाजारों द्वारा पर्यावरण के अनुकूल तौर-तरीकों को अपनाने से जुड़े लाइफ (LiFE) अभियान पर भी विचार-विमर्श किया गया। भारत के लिए, यह प्रसन्नता का विषय है कि G20 की अध्यक्षता उसे उस "अमृतकाल" के शुरुआती दौर में ही मिली है जो एक भविष्योन्मुखी, सम्पन्न, समावेशी और उन्नत समाज की प्राप्ति की ओर अग्रसर है, तथा जो मानव-केंद्रित दृष्टिकोण पर आधारित है. G 20 की अध्यक्षता भारत को मिलना दरअसल भारतीय कूटनीति और विदेश नीति के वैश्विक स्वीकार्य को ही इंगित करता है.

26 जनवरी की तारीख का भारत के लिए ऐतिहासिक महत्व है. 26 जनवरी 1950 को ही भारत उपनिवेशवाद की जंजीरों को तोड़ कर सार्वभौम गणराज्य बना, उसे अपना संविधान मिला. संविधान में वर्णित मूलाधिकारों में देश के प्रत्येक नागरिक को स्वतन्त्रता, समानता, अभिव्यक्ति की आज़ादी, मताधिकार, अपनी इच्छानुसार धर्म या पंथ मानने की छूट, और व्यक्तिगत सम्पत्ति के अधिकार आदि प्रदान किए गए. न्यायपालिका, कार्यपालिका, और संसद का प्रावधान

लोकतंत्र के स्तम्भों के रूप में किया गया.

इस वर्ष, 26 जनवरी को सम्पूर्ण देश में 74 वां गणतन्त्र दिवस हर्षोल्लास के साथ मनाया गया. इस अवसर पर राजधानी नई दिल्ली स्थित कर्तव्य पथ पर अत्यंत मनभावन कार्यक्रम प्रस्तुत किए गए. इस कार्यक्रम में भारत की सेना के अलावा मित्र की सेना के दस्ते ने भी पहली बार शिरकत की. गणतंत्र दिवस के मौके पर 'कर्तव्य पथ' देश के सैन्य कौशल, समावेशी संस्कृति और कई अन्य अनूठी पहलों का साक्षी बना. इस बार गणतंत्र दिवस के मौके पर मित्र के राष्ट्रपति अब्दुल फत्ताह अल-सिसी परेड में मुख्य अतिथि के तौर पर शामिल हुए. ऐसा पहली बार है कि मित्र के किसी नेता को भारत के गणतंत्र दिवस समारोह में बतौर अतिथि आमंत्रित किया गया.

भारत की सांस्कृतिक बहुलता और समावेशी संस्कृति का सुन्दर उदाहरण एस.एन.डी.टी. महिला विश्वविद्यालय (चर्चगेट, मुंबई) भी है, जहाँ भारत के सभी प्रान्तों से आए शिक्षक और छात्राएँ मौजूद हैं. भारत तथा दक्षिण-पूर्व एशिया के प्रथम महिला विश्वविद्यालय होने का गौरव इसे प्राप्त है. "संस्कृता स्त्री, पराशक्ति" इस विश्वविद्यालय का मूल स्वर है, तथा अपने संस्थापक, महर्षि कर्वे के दिखाए स्त्री सशक्तीकरण के मार्ग का अनुपालन इस विश्वविद्यालय का मूल कर्तव्य.

एस.एन.डी.टी. महिला विश्वविद्यालय में भी इस वर्ष 26 जनवरी को 74वां गणतंत्र दिवस अत्यंत उत्साह के साथ मनाया गया. कार्यक्रम की शुरुआत कुलगुरु, उप-कुलगुरु, अधिष्ठाता, मानविकी तथा वित्त-अधिकारी के विश्वविद्यालय के प्रांगण में पहुँचते ही विश्वविद्यालय के गीत से हुई. स्वागत भाषण उप-कुलगुरु प्रो. रूबी ओझा ने दिया. कुलगुरु, प्रो उज्वला चक्रदेव ने ध्वजारोहण किया जिसके बाद राष्ट्रगान गाया गया. एस.एन.डी.टी. महिला.वि.वि. की एन.सी.सी. बटालियन ने अति उत्साह के साथ परेड, निरीक्षण और गार्ड ऑफ ऑनर की प्रस्तुति की जिनके बाद शास्त्रीय नृत्य और देशभक्ति गीत आदि सांस्कृतिक कार्यक्रम छात्राओं द्वारा प्रस्तुत किए गए. कुलगुरु प्रो उज्वला चक्रदेव के अध्यक्षीय भाषण के बाद अधिष्ठाता, मानविकी द्वारा धन्यवाद प्रस्ताव प्रस्तुत हुआ तथा कार्यक्रम का समापन हुआ. शिक्षकों, शिक्षकेतर कर्मचारियों तथा छात्राओं को मिलकर लगभग 250-300 लोगों की मौजूदगी कार्यक्रम में रही.

अंत में, यही कहना उचित होगा कि जिस "वसुधैव कुटुम्बकम्" की बात भारतीय ज्ञान परम्परा करती है और जिस सांस्कृतिक बहुलता और समावेशी संस्कृति की पुरजोर वकालत हमारा संविधान करता है, उसे आत्मसात करना ही आज समय की मांग है. बकौल सर्वेश्वरदयाल सक्सेना, " देश कागज़ पर बना नक्शा नहीं होता".

❁ विस संस्कृता

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9th International Congress of Stress, Performance & Wellness (ICSPW 2022)



The University Department of Psychology, SNDT Women's University, Churchgate inaugurated the Ninth International Congress of Stress, Performance & Wellness in conjunction with the International Stress Management Association (ISMA) 2022 on 9th - 10th December 2022 (Offline). The Two-Day Congress was hosted by Dr. Nilesh Thakre, Head of Psychology Department, SNDT WU as well as Dr. Udaya Kumar Reddy, President of ISMA India and Chairperson of ICSPW 2022. The inauguration ceremony was conducted in the Sir Sitaram and Lady Shantabai Patkar Hall on 9th December 2022 from 10am to 11am. The ceremony began with the University song and lighting of the lamp by Prof. Ujwala Chakradeo, Hon. Vice-Chancellor of SNDT Women's University, Mumbai; the founder of Tarpan Foundation and Honorable Maharashtra Legislative Council Member, Shri. Shrikant Bhartiya; Guests of Honor: Ms. Jessica Smyrl and Dr. Alexander Haener.

Dr. Nilesh Thakre, Head of Department of Psychology, SNDT WU and Dr. Udaya Kumar Reddy, President, ISMA India. Dr. Nilesh Thakre delivered the Welcome address by enlightening the audience about the takeaway and expectations from the 9th International Congress and urged the audience members to learn from the work done by different professionals from various industries. Dr. Thakre's address was followed by Dr. Reddy's exposition of the vision and activities of ISMA, its various Chapters and the work done by ISMA India. He later announced the winners of the ISMA Federation International Awards of 2022. Shri. Shrikant Bhartiya who graced the occasion as the Chief Guest conveyed the importance of the amalgamation of research and Stress management by quoting certain Indian cultural texts and works. This was followed by the Presidential Address by the Hon'ble Vice Chancellor, Prof. Ujwala Chakradeo who further elaborated on the relationship between mind and body as well as the blend of Yogashastra and Stress. She passionately spoke about the need for more work to be dedicated towards the realm of Indian Psychology and research. Post the presidential address, a vote of thanks was proposed by Ms. Anita Sanu, Assistant Professor, Department of Psychology, SNDT WU.

The ICSPW 2022- Day 1 aimed and discussed the overall theme of "Stress Management and Psychological Well-being" covering 7 main themes - "Preventive approaches to work-related stress and improving wellbeing, strategies

to enhance performance, Gender & Academic stress, Organizational aspects of stress, Organizational Learning & Development, Socio-cultural aspects of Stress and Work-Life Balance in current industry" addressed via 7 Keynote Speakers. Day 1 also promised 2 Panel Discussions consisting of Subject Matter Experts. Ms. Jessica Smyrl, YSM Solutions, United Kingdom officially kickstarted the Congress by delivering the first Keynote speech on the topic of "Stress and Wellness at Workplace" followed by Dr. Udaya Kumar Reddy who detailed the different strategies he used via his research to enhance Performance in a workplace setting. Ms. Ritu Sharma, PDE University, Gujarat delivered an impactful and scientific speech on the relation between Gender and Academic Stress. The students and teachers in the audience concurred with her work with their own experiences. Keynote Address 4 was delivered by Prof. Parag Kalkar, S P Pune University, Pune who shed light on the various organizational aspects of Stress. The crowd broke for lunch after which Subject matter experts Prof. Gautam Gawli (Amity University), Prof. Anusha Patil (LLIM, Mumbai) and Dr. Meghna Basu Thakur (R.D.N College, Mumbai) conducted a panel discussion by conferring their own perspectives on the topic of "Stress Management Across Lifespan". Part of the post lunch session was a keynote speech by Mr. Amitabh Jha, Senior officer with the PSU-Bharat Heavy Electricals Limited. This was succeeded by the Keynote theme "Socio-cultural Aspects of Stress by Prof. Satishchandra Kumar from University of Mumbai. Dr. Thakre gave the final keynote speech of Day 1 based on the theme of "Work-Life Balance in Industry: Current Scenario". A large number of professional delegates and student delegates made up the audience for the Congress hence an opportunity for networking was given at the end of Day 1.

Day 2: The Day 2 of ICSPW 2022 brought in a wave of excitement in the form of Paper presentations presented by researchers from different cities of the Country. There were 3 track rooms prepared by categorizing the researches into Occupation-related, Education-related and Health-related domains. The Presentations of Room 1 (Occupation Track) was chaired by Dr. Ruchi D. Chaurvedi (Jai Hind College, Mumbai) and Prof. Anusha Patil. Room 2 (Health Track) was chaired by Ms. Anita Sanu and Sr. Patricia Dsouza (Sophia College, Mumbai) while presentation in Room 3 (Education & Others track) was chaired by Dr. Cicilia

Chettiar (M N W College, Mumbai) and Mr. Sandip Bhaise (SNDT WU). The paper presentation session was concluded by 11am after which Dr. Alexander Haener, Phoenix Resilienz, Switzerland delivered the 8th Keynote address wherein he gave an exposition on "Understanding stress as a system". This was followed by Mr. Vishal Sharma (Aditya Birla Chemicals) who spoke about his personal and organizational experiences in detail about the Gender Related Issues he encountered from his employees under his supervision. The 9th Keynote Address then gave way to the 2nd Panel Discussion on "Performance Appraisal to Agile Performance". This Panel was headed by experts like Er. E. Nanda Kishore (NTPC, Solapur), Prof. Pooja Purang (IIT Bombay) and Dr. Chandana Shet (Counselling Psychologist, Mumbai). Enabling well-being through Coaching was the final Keynote speech delivered by Dr. Tikendra Pratap (Caepgmini, United States of America) wherein he described the difference between coaching and counseling and the need for coaching at the workplace. The final panel discussion was an apt conclusive session for the ICSPW 2022 which was headed by Dr. Ruchi D. Chaturvedi, Dr. Asha Menon (S.P.N.D.W College) and Ms. Archana Patki (SM. MPS W College). They elaborated on the different life skills they had worked with to discuss the overall theme of the panel discussion namely "Wellness for everybody at everywhere".

The Ninth International Congress 2022 saw a 200+ National and International level offline participation from delegates, professionals, alumni and students from various educational institutions, private and public sector areas. The 9th International Congress of Stress, Performance and Wellness 2022 was brought to an end with a Valediction ceremony which saw the Registrar and the Pro Vice-Chancellor of SNDT Women's University, Churchgate as the Chief guests. During the ceremony, a summary of the 2 Day Congress was provided to the audience and a vote of Thanks was proposed by Ms. Archishmati Sonawane, Assistant Professor, Department of Psychology, SNDTWU. The Congress concluded on a positive and successful note with a bright promise of an International Congress, Switzerland where a summit of such dignitaries will be held soon.

Dept. of Psychology
& Internal Stress Management Association

Dr. Shobha Gaikwad, faculty of L.T College of Nursing was felicitated with the Best Teacher Award in Nursing

Dr. Shobha Gaikwad, faculty of L.T College of Nursing, S.N.D.T Women's University Mumbai was felicitated with the Best Teacher Award in Nursing with the prestigious

Trained Nursing Association Maharashtra Branch at the TNAIMAHACON National Conference 2023 held in collaboration with Seva Mandal Institute of Nursing on 5th January

2023. Felicitations were attended by Dean of all leading Hospitals, Heads in Nursing service and education, Maharashtra Nursing Council President, MNC Registrar and ADHS Nursing.



National Seminar on Rights of Differently abled Women

Department of Special Education, SNDT Women's University organized a Two-day national Seminar sponsored by National Commission for Women between December 15-16, 2023 at the Juhu Campus.

The seminar was graced by the presence of stalwart dignitaries like Chairperson NCW, Mrs Rekha Sharma, and Prof. Sudesh Mukhopadhyay, Former Chairperson, RCI. The inauguration and valedictory ceremony was honoured by the presence of our patron Hon'ble Vice Chancellor SNDTWU Prof. Ujwala Chakradeo, and co patron Hon'ble Pro Vice Chancellor SNDTWU Prof.



Ruby Ojha, respectively.

Expert resource person from various fields related to the theme of 'Rights of Differently Abled Women', held the audience of approximately 200 plus students, research scholars and professionals enthralled. To name a few, on Day 1 we had Prof. Vibhuti Patel, Prof. Anita Ghai, Dr Anuja Gulati followed by Adv. Kanchan Pamnani, Dr A. L. Sharda, Dr Madhura Nagchouduri, Dr Sushama Nagarkar for Day 2. A panel discussion took place after the key note sessions by Ms Jasmina Khanna, Dr Ketan Kothari & Dr Kalpana Kharade under the moderation of Dr Putul Sathe.

The panel discussion on day 2 titled 'My life, My Journey', was a close look at the reality of living with disability and facing the sword of gender discrimination simultaneously.

The gist of the message shared by all our resources persons was about bringing about change and how this process of change had to begin from the family at home. The flame of empowerment during the seminar will grow in to the blazing fire and enlighten the lives of many in society.

"Women in Sports" Seminar Date: 15th Dec, 2022

Bharatiya Stree Shakti in collaboration with SNDT University, Mumbai conducted one day seminar on "Women in Sports" at SNDT, Churchgate campus in Mumbai. The seminar is sponsored by NCW.

The chief guest Ms. Ami Ghia Shah in her inaugural address advised the students to believe in themselves, have faith in God, and struggle to make the dream come true.

Mrs Sushmita Jyotsi, Director SAI western region in her key note address stressed that women are unique. If they retain inner strength, they don't have to be loud to claim the equality and right.

In her presidential address prof. Ruby Oza, Pro Vice Chancellor, SNDT University expressed the need of creating awareness among parents about girls participation in sports.

In the beginning of this session Mrs. Seema Deshpande, President Bharatiya Stree Shakti, Mumbai and convener of the Seminar gave the information about all the activities carried out by BSS. She also explained the background of the seminar.

Dr. Neeta Tatke, Vice Principal, Ruparel College, Smt. Dwija Asher, Sports Psychologist, Smt. Apurva Surve, Sports Nutritionist and Smt. Namrata Gulati, Nutritionist from SAI expressed the views on role of Nutrition in maintaining mental and physical health of sports persons in the session titled "Sports and Health" The session was concluded by Smt. Nirmala Apte, Founder President BSS.

Next session was on "Sports as Career" Shri Manohar Salvi, Shiv Chhatrapati Rajya PuraskarVijeta, Smt. Aditi Deshpande, Mallakhamb Chhatrapati Puraskar Vijeta, Dr. Kavita Kholgade, Director of Physical Education, SMRK-BK-AK Mahila Mahavidyalaya, Nashik discussed the various opportunities in sports. The session was concluded by Mrs. Neeta Kulkarni, Formal Commissioner, central Excise and customs, Table Tennis Champion.

In the session titled "Promotion and Role of Institution" Smt. Sanjivani Purnapatre, International Gymnastics Coach & Judge, said that the sports culture is flourishing in India. She also pointed to the lack of facilities for athletes. Smt. Amruta Karkhanis Deshmukh, a Sport Psychologist, explained the role of academic institutions in producing sports persons. Smt. Sneha Khandekar, Gender Diversity and inclusion consultant, elaborated on safety of women players in sport sector in next part of this session of "Sexual Harassment at Workplace". Dr. Kavita Kholgade Director of physical Education, SMRK-BKAK Mahila Mahavidyalaya, Nashik concluded the session.

In the last session Smt. Geeta Yadav, weight lifter and Assistant Professor (SMRK-BK-AK Mahila Mahavidyalaya, Nashik), Shubhangi Jadhav (khokho player), Shruti Hadpad (baseball player), Girija Baderkar (basketball player) shared their experiences in sports. Dr. Linda Dennis Retd. Assistant Director, Dept. of Sports and Physical Education, SNDTWU concluded the session.

In valedictory function Smt. Shailajatai Andhare (National President BSS) summed up the seminar. Respected Smt. Rekha Sharma (Chairperson NCW) was present as Chief Guest. In her speech she added "बेटी खिलाओ" to the slogan "बेटी बचाओ, बेटी पढ़ाओ".

Respected Prof. Ujwala Chakradeo (Vice Chancellor SNDT WU) in her presidential speech expressed satisfaction over the fact that many issues related to women in sports were discussed in depth in the seminar.

Smt. Manjula Nair (Secretary BSS Mumbai) extended the vote of thanks.



M.V.A. Department of Drawing and Painting student Ms. Pooja Khatpe's participation in National Art Camp Ajanta 2022

National Art Camp & Exhibition- Ajanta 2022, is the new edition in the series of annual art event organized by the Kokuyo Camlin in association with Sir J.J. School of Art.

Selected 75 students from around 50 reputed art institute's across the India has invited for this grand National Art Camp Ajanta(14th to 19th November 2022)which was held at MTDC Ajanta Tourist Resort Fardapur, Tal- Soigaon, Fardapur, Aurangaba, Maharashtra 431118.



All upcoming Artists had spent 4 days getting to know the art at this landmark with lectures from 3 experts while taking in all the inspiration to create their own masterpieces.

One of the Student Ms. Pooja Khatpe from M.V.A. Drawing & Painting Department, S.N.D.T. Women University has been selected for this National Camp. She received the certificate and 2 Trophies.

Pooja said, "I find myself very much lucky to be part of it. Talking about the experience, on the legendary Ajanta cave paintings, I got inspired. I have shared my views through my painting. The 3 experts who gave us tremendous knowledge on Indian art and masterpieces of this site. In the presence of Shri. Rahul Dandekar, Dr. Shrikant Jadhav conducted a heritage walk where we got the information of Ajanta by Indian Perspective. Also expert Smt. Snehal Tambulwadikar-Khedikar, an art historian and artist gave many insights from these paintings. She gave us knowledge on translation of oral and textual tradition to visual one. It was an overwhelming experience. On 16 November Shri Amit Bhagat who himself is a researcher on discovery of

Ajanta explained about Ajanta rediscovery. Students participants also had a brief discussion on its Restoration. 17th November, sculptor and historian Dr. Deepak Kannal taught about Buddhist tradition. He also discussed about time and space and its impact on Ajanta sculptures.

This experience was definitely a value addition to the knowledge of student's participants.

The organization has given 2nd trophy for all student's School of art or Institutions.



74th Republic Day Celebrations at S.N.D.T. Women's University, Mumbai Churchgate

Starting with University Song, Dignitaries Hon'ble VC, PVC, Dean Humanities and Finance Officer arrived at the event. Welcome address was given by PVC. Flag hoisting took place by the hands of Hon'ble VC followed by National Anthem. NCCs SNDTWU batalion showcase their immense valour with energetic Parade & Nirikshan & Guard of Honour followed by Classical Dance, Lezim Presentation followed by Patriotic Song by Department of Music, Skit (Youth Festival). Followed by Presidential Address by Hon'ble VC. Vote of thanks by Dean Humanities.

Around 250-300 Students, Teaching & Non teaching staff was present. Program ended on high note.



National Burns Nursing Conference 2023

The 1st National Burns Nursing Conference was organised by Sandra Shroff ROFEL College of Nursing, Vapi in collaboration with Leelabai Thackersey College of Nursing, SNDT Women's University Mumbai and National Burns Centre, (NBC), Navi Mumbai. On the theme **"Making A Difference- Skin Deep"**. The conference was held on 5th and 6th January 2023 in Gyan Dham Auditorium, Vapi, Gujarat.

The first day, began at 9:30 a.m. with registration of 341 delegates. Session one **"Overview of Burns Management in India"** was taken by Dr RK Srivastava, Consulting plastic surgeon, Safdarjung Hospital, New Delhi, and moderated by Mrs. Sebin Bijo, Faculty from LT CN. This was followed by panel discussion on **"First Aid saver for burns"**. Chaired by Dr Aakanksha Waghe, Asst. Professor LTCN and moderated by Ms. Prajakta Hindlekar, Director Nursing, Breach Candy Hospital Trust. The panelists were Professor. Mr Samuel Fernandis, Principal, SSRCN, Mrs Pratiksha Ramteke, Deputy Director Nursing, Hariya Hospital and Ms. Mayuri Patel, Assistant Professor, SSRCN. **"Beautifying The Burns Under The Scalpel"** was taken by Dr Sunil Keswani, Director, NBC and moderated by Ms. Rohini Khadke, Faculty, L.T.C.N. The next session on **"Burns Minus Pain"** was taken by Ms. Rubina Ansari DY Patil CON and moderated by Ms. Sheetal Kothare, Asst. Prof., LTCN. The post lunch session on **"Healthy Diet"** was addressed by Mrs. Deepa Satardekar, Asst. Prof. LTCN moderated by Ms. Silja J.M, Asso. Prof. SSRCN. Ms Dhvani Nagda, Clinical psychologist addressed **"De-stressing The Psychi"** and moderated by Ms. Sebin Bijo.

"Enhancing Critical Care Management" was taken by Ms Chitra Naik, Vice Principal, KDH CON, and moderated by Ms. Sheeja Kanade, DNS, SRCC Hospital. The last panel discussion was on **"Converting Sepsis To Asepsis"** chaired by Ms. Sheetal Kothare. The panelist were Dr Santa De, Professor at SSRCN, Dr Indrawati Rao, Principal, Government College of Nursing, Ms. Sayali Jadhav and Ms. Ratnaprabha Pilane, Infection Control Nurse from Tata Memorial Hospital, Mumbai.

Inauguration ceremony started with a prayer dance by SSRCN followed by lighting of the lamp by dignitaries. The welcome address and opening of the theme was done by Dr. Nancy Fernandes, Principal at LTCN, SNDT Women's University, Mumbai. The chief guest of the function was Mr Rahul Varma, Site president, Silvassa Manufacturing Division, Reliance Industries Ltd and the Guest of Honor was Dr Vilas Nandavadekar, Registrar, SNDT Women's University.

The other dignitaries on the dais were Dr RK Srivastava, Dr Sunil Keswani, Mrs Sandra Shroff, Shri. Kalyan Banerjee and Dr S.S Singh. All the dignitaries focused and emphasized on the role of nurse in a recovery process of a burns patient and prevention of burns. The vote of thanks was proposed by Major General TK Bhutia, Academic chairperson, SSRCN. The day ended with a power packed cultural program.

The second day of the conference focused on enhancing the competency and skills through 10 workstations namely: Assessment of Burns(LTCN), Scar Management, Surgical Equipment's and Physiotherapy(NBC); Inhalation Injury (KDA College of Nursing & LTCN), Care of Vulnerable Burn Patient; Digitalisation in burns(SSRCN). Fluid Management (SRCC Hospital Mumbai), Dressing Techniques (Smith and Nephew) and Pressure Garments by Mr Manoj and team. Skills stations provided a rich learning experience to all the delegates. The delegates were divided into groups, and visited each workstation for 30 minutes in rotation till each group complete all workstation. The day ended with valedictory session where Smt. Sandra Shroff, Founder and Chairperson, UPL was the chief guest. Two delegates, Ms. Chhaya Kajare from Breach Candy Hospital Trust and Ms. Sonal from St. Francis CON, Indore gave feedback of the conference. Thus the conference was a great success.



Two day National Seminar on Development of 21st-century skills for 'Atmanirbhar Bharat' (Self-reliant India).

From 23-24 December, 2022, SNDT Women's University's PVDT College of Education for Women in collaboration with Indian Council of Social Science Research (ICSSR) (Ministry of Human Resource Development) to Celebrate 'Azadi Ka Amrit Mahotsav' organized Two-Day National Seminar on Development of 21st-century skills for 'Atmanirbhar Bharat' (Self-reliant India).

Hon'ble Prof. Rajnish Kamat, Vice Chancellor, Homi Bhabha State University, Mumbai and Hon'ble Madam Pro-Vice Chancellor Prof. Ruby Ojha Inaugurated the Seminar. After inaugural ceremony Prof. Rajnish Kamat was delivered a very thought provoking keynote address and Prof. Naresh Chandra, Director, B. K. Birla College (Autonomous) and Former Pro-Vice Chancellor, University of Mumbai was chaired the Keynote session.



In the first day panel discussion first Panelist, Professor, Shefali Pandya madam discussed the Research and Innovation skills for Aatmnirbhar Bharat. Second panelist, Mr. Mandar Bhanushe was discussed Literacy (IMT) skills for Atmnirbhar Bharat. Session was chaired by Principal, Pratima Tatke, Dean (Addl. Charge), Faculty of Science and Technology, SNDTWU, Mumbai.

On the second day Professor, Yukti Sharma, Department of Education (CIE), University of Delhi, Delhi, delivered a very informative presentation on the topic of "Teacher education for the development of 21st-century skills of students at various levels of education". Professor, Pradnya Wakpainjan Head, Department of Education, SNDTWU, Mumbai was chaired this session.

In the second day panel discussion, first panelist Professor, Sybil Thomas madam discussed how to Integration 21st Century skills into the school curriculum. Second panelist Professor, Dinesh Chahal discussed the topic "Pedagogical practices for the development of 21st Century skills". Professor. Sachin Deore Dean, Faculty of Humanities (Additional Charge), SNDTWU, Mumbai was chaired this session.

In this seminar 37 selected and invited participants from 8 different states of India (Uttar Pradesh, Bihar, Delhi, Haryana, Daman and Diu, Gujarat, Sikkim) and different parts of Maharashtra presented their valuable research papers. Along with the paper presentations 17 national, state, and local level resource persons were contributed as keynote speaker, plenary speaker, panelists and chairpersons to make the seminar resourceful.

Valedictory Session was conducted in the presence of Professor. Pradnya Wakpainjan madam as chief guest and Professor. Sachin Deore sir as a guest of honor, this session was chaired by Dr. Subhash Waghmare, I/C Principal and Director of the Seminar. Dr. Mahesh Koltame has worked as convener of this seminar.

डॉ. सुभाष चव्हाण यांना २०२२ चा राज्यस्तरीय ग्रंथपाल पुरस्कार प्राप्त.

डॉ. सुभाष पुंडलिक चव्हाण संचालक ज्ञानस्रोत केंद्र एसएनडीटी महिला विद्यापीठ, मुंबई यांना या वर्षीचा राज्यस्तरीय आदर्श ग्रंथपाल पुरस्कार- २०२२ देण्यात आला. हा पुरस्कार कै प्रा. भास्करराव रंगराव थोरात, यांच्या स्मृतीप्रित्यर्थ प्रभात ट्रस्ट, नवी मुंबई यांचेकडून दर वर्षी दिला जातो. ग्रंथालय व माहितीशास्त्र मध्ये उत्कृष्ट काम करणाऱ्या ग्रंथपालाचे कौतुक करावे हा यामागचा उद्देश आहे. डॉ. सुभाष चव्हाण यांना या आधी ही अनेक नामांकित राष्ट्रीय तसेच आंतरराष्ट्रीय पुरस्काराने सन्मानित केलेले आहे डॉ. चव्हाण यांनी आपले शोधनिबंध विविध आंतरराष्ट्रीय परिषदांमध्ये वाचलेले आहेत यात चीन, फ्रांस, जर्मनी, स्वित्झरलँड, नेदरलँड, व्हिएतनाम, भूतान, नेपाळ, इंडोनेशिया, थायलंड इ. देशांना त्यांनी भेटी दिलेल्या आहेत. त्यांचे १३ ग्रंथ प्रकाशित असून ९० संशोधन पेपर विविध ठिकाणी प्रकाशित झालेले आहेत.



त्यांच्या मार्गदर्शन खाली १२ विद्यार्थी पि.एच.डी आणि ३० विद्यार्थी एम. फिल झालेले आहेत. या कार्याची दखल घेऊन दिनांक 13 डिसेंबर 2022 रोजी सेंट्रल पार्क मैदान, घणसोली नवी मुंबई येथे प्रल्हाद दादा वामनराव पै आणि माजी मंत्री मा. गणेशजी नाईक यांच्या हस्ते प्रदान करण्यात आला. या मिळालेल्या अतीशय प्रतिष्ठित पुरस्काराबद्दल डॉ. सुभाष चव्हाण यांचे सर्वत्र कौतुक होत असून यासाठी मा. कुलगुरु उज्वला चक्रदेव आणि महाराष्ट्र राज्याचे संचालक डॉ. शैलेंद्र देवळाणकर यांनी त्यांचे मनपूर्वक अभिनंदन केले.

Achievement

Dr. Vandana Sharma
has been given addl. charge of
**SNDT College of Arts &
SCB College of Commerce & Science For Women**
from 10th December 2022.



EXCELLENCE IN SPORTS

The department of sports of SNDT College of Arts, Commerce and Science strives to excel at all levels and bring laurence to the college. We participated in the senior Inter Collegiate kho- kho and Athletic Meet competition held at Kolhapur on 7th to 10th October 2022. The students were awarded first place and second place. Students participated in the Yoga and Fencing senior Inter Collegiate competition held at Churchgate campus. Students were awarded second place and one gold medal. Rope Malkhamb Sr. Inter Collegiate was held at Santacruz on 6th January 2023 and our students Siddhi Ambre and Akanksha received first and second place respectively. At the Fencing division competition held at Thane on 10th December 2022 5 of our students

Iqra Imran, Sonam Rane, Vaidehi Jain, Harshini Iyer, Renuka Shekshinde were selected for the state level.

Taekwondo district competition held at Dharavi on 19th December 2022 students received one gold and 5 bronze medals. Ayushi Kamble was selected for the state level. At the Boxing State Level Competition held at Palghar on 20th - 22nd January 2023 our student Dhanashree Sawant wt. category 57 kg settled with the bronze medal. At the Athletics District level held at Marine Line on 7th December 2022 Sana Mokashi - Long jump and 100 M running second place. With the support of Principal Dr. Vandana Sharma and coordinator Prof. Purnima Kore the students excelled in many sports arenas.

MADHUBANI ART INFUSED MURAL INSPIRED BY THE HISTORY OF SNDTWU



National level workshop on Madhubani style painting was conducted in SNDT Women's University in collaboration with SNDT college of Arts and SCB College of Commerce and Science for Women, Mumbai-20. From 9th December to 24th December.

This workshop was an opportunity to keep alive the slowly fading traditional art of Madhubani. The art will remain an integral part of the students practice and they will carry it forward in their own adaptation. A hands-on learning experience guided by the great original masters from Madhubani village, Bihar. Nationally renowned artist Sudha Devi along with her team of five artists guided the students throughout their journey of developing a creative practice in Madhubani art.

It helped students enjoy a creative process and break through their mundane college routine.

During the workshop Hon'ble Vice Chancellor Prof. Ujawala Chakradev, Hon'ble Pro- VC Prof. Ruby Ojha, Registrar Dr Vikas Nandavadekar, campus coordinator Dr. Sanjay Phad, and Art Director Asmita Revankar & eminent artist Ms. Asima Bhat motivated students by their presence.

During the workshop an artwork was created in

pictorial form in Madhubani style by the students in collaboration with the artists.

Hon'ble Vice Chancellor Prof. Ujawala Chakradev madam provided a grand platform to work on SNDT University campus Vice Chancellor office entrance wall for students. Dr Shilpa Pachpor, art educator and art resource person guided the students for the mural work.

Artist work was exhibited and the exhibition was graced with the presence of all dignitaries. Art students worked 9 days for 9 to 10 hours on the mural and enjoyed the process. Principal ma'am and Hon'ble V.C ma'am gave the opportunity in university campus for the display of creative work of the students who participated in the workshop.

Hon'ble V.C. Prof Ujwala Chakradeo, Principal Dr. Vandana Sharma along with vice principal of Jr. college Dr. Nilima Adav & supervisor Mr. Manoj Rethekar felicitated all art students who participated in making the wall mural at the annual function held on 9th January 23 at Patkar hall. 25-30 students attended & participated in the workshop.

This workshop helped students bring a glimpse of almost Gurukul like learning into a modern schooling format.

PROCESS OF CREATIVE PAINTING BY AN ARTIST FROM KASHMIR

The BVA Department and Jr. College Drawing and Painting of S.N.D.T. College of Arts, Commerce and Science for Women, Mumbai jointly organized a Lecture and Interactive session with students on "Path of Abstraction: The process of Creative Painting" at Kanyashala, Girgaon on 23 January, 2023. All the Faculties very well coordinated the program. Eminent Artist Shri. Rakesh Kumar, Prof. Of IMFA, University of Kashmir identified the most specific problem in understanding the creative approaches towards Abstract art. With a live demonstration on the said topic he encouraged students to open the session with interactive questions and answers. "You Create, Creation will create you" are the words that Shri. Rakesh Kumar left for the creator within the students.

Principal Dr. Vandana Sharma motivated students and suggested exploring the said subject with an interdisciplinary view to formulate new concepts in the creative process. Madam said to juxtapose images into new abstract forms, students need to implement reading habits and literary association with art work.

Prof. Deepak Jogdand mentioned about the various opportunities, career enhancement in the art field and how the art knowledge has scope in the art market. Prof. Suresh Garud explains the importance of such sessions for refinement in the said subject. Prof. Ankita S., Kalyani J., Soni P., Prof. Ankita A. contributed their active participation. All BVA, MVA and Jr. College students actively participated in both the said sessions.



MISSION SAHASI



A self defence training program 'Mission Sahasi' was Organized by SNDT Women's University in Collaboration with SNDT College of Arts and and SCB College of Commerce and Science for Women.

The college wanted to promote and show importance of self defence training to the students. A team was organised to manage the whole event, under the guidance of Dean of students Dr. Nitin Prabhu Tendolkar and Principal I/c Dr. Vandana Sharma.

The event was called 'Mission Sahasi'. It was organized under the aegis of ABVP. The event started around 9:10 a.m. Opening of the event was done by introduction of the teaching staff of the college. Mrs. Sushma Athire (faculty of in charge of commerce) and Dr. Lokhande (HOD Commerce) inaugurated the event. Rekha Yadav (BMS Co-ordinator) Ashwini Kankodia, Puja Pandey, Darshit Shah Faculties participated in the event. Then after one of the members of the ABVP team gave a speech about the importance of self defence and the objectives of the team to promote Self defence among the citizens.

The event then started with the actual Self defence part. They taught students how to attack someone when being attacked, also gave different demonstrations on the things that can happen to a person in public which can use the help of self defence

Rekha Yadav (BMS Co-ordinator) Ashwini Kankodia, Puja Pandey, Darshit Shah Faculties participated in the event. Mrs. Pournima Kore, sports faculty, was the Co-ordinator of this events.

WESTERN MUSIC WORKSHOP AT SNDT COLLEGE CHURCHGATE

Music department of SNDT Arts, Commerce, and Science College, Churchgate, organized a workshop on Western Music on 11th January, 2023. Kinjal Shah, an alumni of SNDT was invited as an expert for the workshop. She has learned rock and pop music from Trinity College of London. She is a singer as well as recording and dubbing artist. Kinjal taught Western Music by correlating it with the Indian Classical Music. The workshop was inaugurated by I/C Principal Dr. Vandana Sharma. Prof. Kalpana Jain introduced the workshop. Dr. Katti and Dr. Vijal Patel along with 30 students attended this workshop. The students gained theoretical and practical knowledge of Western Music through this workshop.



Research Methodology Workshop at SHPT School of Library Science

SHPT School of Library Science, SNDT Women's University organized a Workshop on Research Methodology on 17th December, 2022 from 11 am to 3 pm. The invited speaker was Dr. Rajendra Kumbhar, Professor in the Department of Library and Information Science at Savitribai Phule Pune University. The workshop was attended by MLISc professors and students.



The workshop started with the formal welcome by Ms. Yogita Katkar, Head of the department Dr. Subhash Chavan felicitated the guest speaker and gave a brief introduction about the workshop. Ms. Yogita Katkar continued and introduced the guest speaker Dr. Rajendra Kumbhar to the audience.

Dr. Rajendra Kumbhar started by defining the research and its significance in the Library and Information Science field. He elaborated the steps in conducting the research. He first explained how to identify the research problems with extensive reading, observations and discussions. He then described the parts of the formulation of research problems which consist of writing the objectives, the scope and limitations, the preparation of the hypotheses and the research methodology. Further, he explained the importance of the literature review and its stages, namely finding sources, searching literature and writing reviews which were followed by data collection and data analysis. In the data collection, he mentioned various methods such as think aloud, transaction logs, ethnographic research. He discussed the importance of data interpretation, as this is the most crucial part of research where researchers have to make the data speak and stressed on not only deriving the meaning behind data, but also explaining the reasons behind it. In the end, he talked about the writing of the reports and their structure.

After the lunch break, the session continued where the MLISc students described their dissertation topics and objectives of their study to Dr. Rajendra Kumbhar. He guided them in refining their research study titles and provided input into forming the appropriate objectives.

Throughout the workshop, he highlighted the importance of reading and writing not only for research, but also for improving our skills in daily life.

The workshop concluded with a vote of thanks given by Ms. Mary Barneto.



Silver Jubilee Celebration of JDBIMS

Silver Jubilee of JDBIMS was celebrated dated on 21st December 2022, at Juhu Campus, SNDTWU, Mumbai 400 049. Function was presided over by honourable Pro Vice Chancellor Prof. Ruby Ojha and graced by Shree. Shekhar Bajaj (Chairman of BEL) as a Chief Guest. Director (I/C) Prof. Meera Shanker, along with Faculty members, visiting faculty, staff and students participated and witnessed the auspicious occasion.

The event started with a National anthem and University Song. The honorable Dignitaries lighted the lamp and garlanded the photo of Smt. Jankidevi Bajaj. A special video highlighted the incredible journey of Jankidevi Ji and Management Institute indicating the progressive milestones of the institute over the last 25 years. Professor Meera Shanker, welcomed the guests and shared her thoughts and insights on women empowerment.



Shree Shekhar Bajaj, shared the story of his journey at Bajaj group of companies and highlighted the incidences which led him to be a successful business person, narrating various obstacles he faced and how bounced back from difficult circumstances, along with answering various questions of the students. Prof. Ruby Ojha, enlightened the students with her motivational words and facilitated to Shree Shekhar Bajaj Ji to express JDBIMS, S N D T W U gratitude towards him. The Director presented the special silver jubilee memento to Prof. Ruby Ojha, followed by



the cultural program, which includes classical dance, skit showcased the difficulties faced by today's women, students took the audience down the memory lane from year 1970's till now through popular Bollywood songs and dance sequence. The event concluded with the vote of thanks ended with National Anthem.

Spectrum 2022 – The Annual Gathering

Spectrum 2022, the annual gathering was organized and celebrated with lots of energy and warmth from 21st to 23rd December 2022 at SNTD College of Home Science, Pune. The students celebrated Spectrum Days from 14th to 21st December 2022 with variety of themes.



The Spectrum was inaugurated at the hands of Dr. Sachin Deore, Principal SNTD College of Home Science, Pune. Dr. Subhash Patil was the chief Guest for the programme. There was colourful welcome followed by lighting the lamp. It was followed by a welcome speech given by the principal of the college. Then the chief guest was felicitated with the token of appreciation. The event was held in the Smt. F. Z. Tarapore Hall.

In this mega festival various events and competitions were conducted such as mehendi, photography, quiz, variety entertainment, cookery competition, Sanskrita – Miss Home Science. In sports day- events such as cricket, tug of war, treasure hunt, limbu chamacha and many other sports activities were held.

National Integration Day was celebrated to mark the Indian value of Unity in Diversity

Green Day was celebrated with environment rally where saplings were planted and the program was marked by creative, informative and environment safety awareness posters made by the students. Also a street play was performed by the students to create awareness amongst people regarding environment safety.

During the Prize Distribution Ceremony the students who excelled in academics, sports, cultural activities and NSS were given prizes for their achievements.

It was truly mesmerising event. Students were excited as Spectrum is a platform for the students to exhibit their talent and enjoy time of their daily routine. It provides the students with plenty of opportunities to explore their talent and these type of activities keep the students active, encouraged and confident.

The success of the spectrum was marked by the huge participation of the students in all the events and this made the spectrum grand.

