

Vol. 65 | 2024 - 25

# DAKSHINAYANAM

THE COLLAGE OF CONNECTIONS





# Highlights



## महानिदेशक राष्ट्रीय कैडेट कोर द्वारा प्रशंसा

नं० : एनसीसी/09110352 रैंक : लेफ्टिनेंट  
नाम : दत्तात्रय किसन पवार  
यूनिट : 1 महा बटालियन एनसीसी, मुम्बई  
वर्ष : 2024

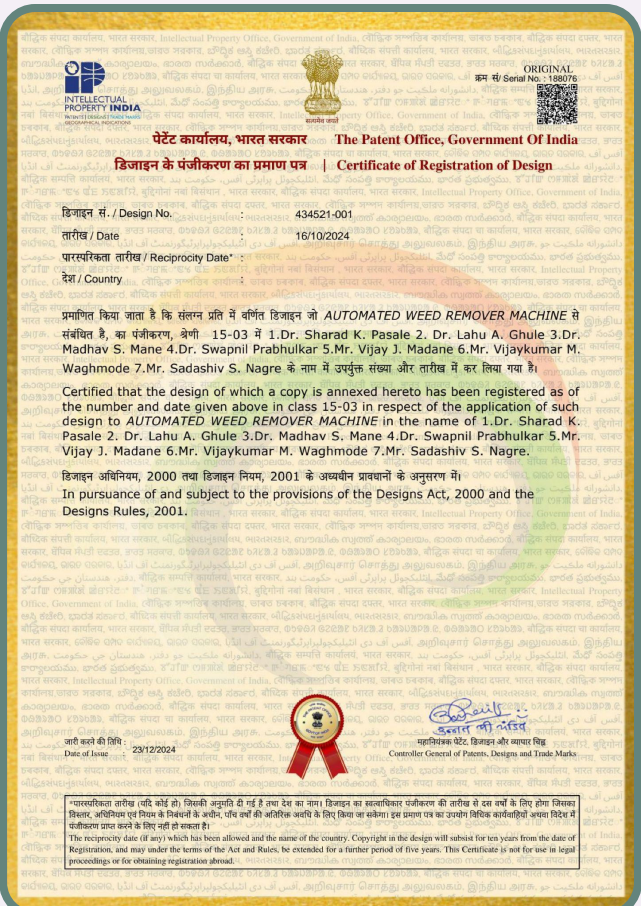
में सेवा करते हुए, अत्यंत सार्थक कर्तव्य-निष्ठा एवम् कार्य-कुशलता का परिचय देते हुए आपने जो सराहनीय योगदान दिया है तथा दूसरों के लिए जो अनुकरणीय उदाहरण प्रस्तुत किया है, उस पर समस्त राष्ट्रीय कैडेट कोर को और मुझे अत्यंत गर्व है।

गुरबीरपाल सिंह  
लेफ्टिनेंट जनरल  
महानिदेशक राष्ट्रीय कैडेट कोर

नई दिल्ली  
24 नवम्बर 2024

**Dr. Madhav Mane, Department of Chemistry, registered an Indian patent for an Automated Weed Remover Machine (Patent Design No. 434521-001), granted on 23<sup>rd</sup> December 2024.**

**Lt. (Dr.) Dattatraya Pawar was conferred the DG-NCC Commendation Card 2024**



# Highlights



**The College was awarded with an 'A' grade in the NAAC 4<sup>th</sup> cycle accreditation.**

**The College released the first issue of its journal, SIES Journal of Humanities (peer-reviewed double-blind multi-disciplinary) with online ISSN no. 3048-9768 in December 2024.**







Students of the Department of Microbiology won accolades at the 23<sup>rd</sup> National level Microbiolympiad held on 8<sup>th</sup> February 2025 at Chhatrapati Sambhaji Nagar.

'Vaachan Sankalp Maharashtra', an initiative from the Higher and Technical Education, Government of Maharashtra was organised in the month of January 2025 to foster reading culture and promote holistic development among students.



Arya Sonawane, MSc BT-I won the Second Prize at the 23<sup>rd</sup> National level Microbiolympiad - Microbiocanvas in February 2025.

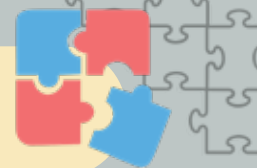


Kriti Patel secured fifth place at the All India Inter-University Chess Women's Tournament 2024-25.



NSS Volunteer, Mansi Gupta (SYBAMMC) was selected for State Level NSS Cultural Camp as a representative of University of Mumbai.





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FROM THE

# PRINCIPAL'S DESK



*"The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures."*

**- Rabindranath Tagore, Gitanjali**

*Dear readers,*

I have quoted Gurudev Tagore's lines from 'Gitanjali' in the context of Dakshinayanam's theme this year, 'The Collage of Connections' since I believe these lines reflect interconnectedness of all things, and also explore connections between all aspects of life, including interpersonal relationships, nature, art and science. Moreover, it takes you on a journey of 'introspection' so that you can establish a 'connection with your inner self or inner voice or the divine' (by what name we call it is not as important, as long as we are able to introspect and connect).

Incidentally, the most precious take-aways or insights about one's own life can come from such 'introspection' 'reflections' and 'connections'. I keep reminding myself that I should keep striving for that 'connection' with my own self, so that it will allow me 'correction' of myself, which eventually will lead to some 'direction' for myself. I think the common thread joining 'connection', 'correction' and 'direction' will also help me in this journey

called 'life' to steer away from 'chaos' towards the destination of 'calmness'. This 'collage of connections' has given me the insight of remaining in 'solitude', listening to 'silence' and hoping for 'solace'.

Interestingly, since the word 'collage' means bringing together a collection of individual different materials in an artistic or a creative way, thus, in a way it is like joining several individual dots, so that eventually in a synergistic way, one creates a wholesome picture. In fact, on similar lines, when it comes to our interpersonal relationships, they reflect a collage of perspectives, complexities, intricacies and insecurities.

If we all are interconnected, then, what is the common thread connecting all of us, whether humans, nature, arts or science? From the perspective of philosophy, is it love, humanity, consciousness, truth which is binding and linking us together? From the perspective of science, is it space and time which is keeping us not just interconnected but also inter-related and interdependent? Maybe it is time to recapture that sense of a common purpose so that it strengthens the common thread which is connecting all of us.

I think all living and non-living things get interconnected in this cosmos, when each one plays its 'part' and fulfills its 'role'. Although, it is challenging and certainly overwhelming to understand all these interconnections, however, at the same time, no human endeavour is more exciting and potentially rewarding than satisfying one's curiosity to understand some of these interconnections in cosmos.

**Dr Satish Sarfare**  
**I/c Principal**



# FACULTY EDITORIAL



**Left to right** - Ms. Amruta Padhye, Ms. Anuya Dharap, Dr. Seema C, Dr. Ajinkya Gaikwad, Dr. Madhavan Gopalan, Dr. Pramod Kamble, Dr. Sakshi, Ms. Snehal Unde, Dr. Sharada Sharma

Do you recollect the contents of Chapter 7 of your Social Studies textbook from IV Standard? Probably not. Do you recall the contents of a teacher's lecture conducted on 29<sup>th</sup> February 2024? Maybe not. Do you remember how you met your first true friend? Mostly, yes. We might not remember the exact contents of a text, we might not recall the setting, but we definitely remember how a particular teacher made us feel or how exciting the delivery of a lesson was or the fun we had with our classmates. This is because by the nature of being human, we cherish connections.

We present to you the 2024-25 issue of the college magazine, Dakshinayanam. This year's theme points to what all of us want to form and strive to make: Connections.... connections with our loved ones, connections with our colleagues, social connections, political connections, connection with Nature and most importantly, the connection with ourselves. This edition has tried to give voice to this panorama of connections, this collage, these threads that uphold the fabric of our existence.

The student editorial team has worked diligently to reach this issue to you. It is indeed refreshing to see young minds at work. The faculty editorial team has been ever-present to encourage the students and offer constructive criticism. Dr Ajinkya Gaikwad, the Joint Editor, has been an adroit support. Further, this issue has been possible only with the help of the Principal Incharge, Dr Satish Sarfare and the entire staff of the college.

Our students have contributed their articles and art pieces for this exciting issue. The articles cover a range of connections with music, literature, genetics, films and even urban design and planning among others. We hope you enjoy reading this year's magazine as much as we enjoyed working on it. We also hope that this is the year that would help you to forge those connections that you wanted to form. In the end, this collage of connections is what sustains us. There is a fun surprise for our student readers inside, so watch out for that!

**Dr Seema C.**  
Faculty Editor





# STUDENT EDITORIAL



**Left to right** - Shruti Pisode, Kreena Vora, Anvita Gore, Ananya Salonkar, Samriddhi Shet, Zeenat Sayyed, Aishwarya Raman, Neetu Nair, Juveriyaa

“We are all connected, even when we do not know it.” David Mitchell, *Cloud Atlas*.

Life is a tapestry woven by encounters, with each thread an invisible bond. From the first spark of friendship, to the mastery of a skill or the inkling of a new idea, every experience shapes human identity. It is this quintessential tendency to form, break and rediscover connections that defines our theme this year—*The Collage of Connections*.

We forge connections everywhere we go and human life creates bonds in the most unexpected places. A Fibonacci sequence unfolds in floral spirals, as nature mirrors the laws of mathematics. History is filled with such threads—unseen links tying people, events,

ideas and life itself across time. This issue explores this multifaceted, at times surprising nature of connections with pieces in different mediums by students from various streams. But connections go beyond their conventional definition—curious relationships in biomes, technological advancements, mathematical patterns, commercial networks, literary ties and more; and yet they often go unnoticed to our vague eyes.

Patterns are evident in all aspects of life. From the migration of birds to the cadence of verses, from economic cycles to the rhythms of heartbeats, they form the underlying structure of our existence. These strange repetitions offer insight into the world—evolving ideas, progressing cultures and at the heart of it, humanity's innate desire to grow. In architecture, geometry guides the design of ancient temples and modern skylines alike; in language, etymological roots trace the lineage of thought across time and geography. Recognizing these patterns not only helps us make sense of the world but also reveals the hidden beauty in its design. This issue invites readers to look beyond the surface and notice the recurring motifs that echo through disciplines and generations.

This year, *Dakshinayanam* compiles various connections into an engaging, interactive issue. Readers are welcome to peruse the magazine. With new additions like *Association Collaborations* and *Sugarcoated Scribbles*, every page offers a new experience. The center spread is designed to ignite creativity, so immerse yourself in our literary puzzle.

Working on this issue was an engrossing, challenging experience for the team. With extensive creative inputs and endless brainstorming, the team's collaborative efforts made this edition all the more special. We hope that our readers will find it equally interesting.

Happy reading! And as you turn these pages, look closer. Every puzzle tells a story, every story sparks a connection. What will yours be?

**Anvita Gore**  
Student Editor







## A Damsel in Distress



**Samriddhi Shet**  
FYBA

The term aesthetics, which is derived from the Greek word 'aistethikos', originally has been understood to imply the appreciation of beauty or the appreciation of harmony. Through the lenses of Greek scholars, beauty wasn't superficial, but a phenomenal experience of soothing harmony. However, this higher ideal that is so unique and intimately personal, has become both limitless and very narrow in this current modern world. What used to be an absolute signature of uniqueness and character, has instead evolved into a constantly shifting and sometimes discordant metaverse - a physical space as well as a virtual one that displays a never ending exchange of trends with the expectation that creativity will be global. This reality places the answer to the valid question raised; is it possible for anyone to stay on track?

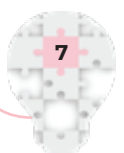
This evolution of aesthetics, once rooted in harmony and personal expression, now finds itself entangled in the fast-moving currents of digital influence and consumer culture. A research into how social networking sites, influencers, film, novels or journals have had a significant impact in creating our postmodern aesthetic, explicitly explains our dynamic interaction. Art seems to have taken its definition too literally and is now culturally packaging itself in a potpourri of laughter and irony; thereby reducing aesthetics to mere commercial trade. The terms 'overpowering capitalism' and 'fast fashion' all come to mind. The latter is rather the fast paced

cycle of short lived trends that feels like monotony. The shifts are unsettling because trends that once lasted over a decade now fade away almost instantly. And I only assume that many feel alienated when they must be both active and passive—enjoying aesthetics while witnessing yet another trend decay the planet away.

Today, beauty has grown into a fickle concept, one proven by possessions, brutal as this may sound. It transforms from its original meaning of "that which pleases the senses" into a refined, curated aesthetic, reduced to mere assets that ultimately produce glamour. With the invention of the modern lens, the world becomes a plurality of images cut into fashion, food, decor, lifestyle, body, art or even infrastructure. This endless chasing leads one to ask the question: Has the art of living been replaced by the art of presentation?

The critic, Susan Sontag, once said that every experience on earth will eventually be written into a book. However, today the scope has altered: experiences are transformed into a collection of videos and photos; mere pixels saved in our phones. The modern reality lives in short clips, opposed to novels. Instagram filters similar to newspapers offer a controlled collection of imaginations which tend to be starkly different from reality. But I believe there's hope for this - such artificial reality offers dislocation and humans don't want something real. They want connections, a sense of security. That's why there's so much emphasis on aesthetics; it acts as a unifying identity for many. It allows them to be a part of something bigger; a community.

Cottagecore, fairycore, tomato girl, dark academia, etc. - the list can go on forever. They all seem to perfectly embody the rampant surge in creativity that people on the internet started showcasing. But why is creativity so widespread over the internet? The answer to that question is simple - there is a sense of identity that one can easily find that helps them combat issues such as isolation, social anxiety and depression. People are now exaggerating the way they look. They're forming groups with the same ideals, and embodying it through their use of style and way of life. The internet provides a sense of belonging while also being an ocean full of diversity wherein one can go to whichever extreme they want.



And so, people's perception of the meaning of beauty and art drastically varies. To some it is a weighted blanket that provides a warm sense of belonging while to others it may feel like they are being suffocated.



As aesthetics evolve into distinct subcultures, they offer both comfort and complexity—providing a sense of belonging while also shaping personal identity. But as the line between self-expression and performance blurs, the question arises: where does creativity end and curation begin? Even something as simple as food is no longer just a meal; it becomes an aesthetic, staged for a photoshoot rather than savored. Fashion, too, intertwines with life itself, transforming daily existence into an ongoing visual statement. While on one hand, 'aestheticization' gives everyday activities more importance, on the other hand it reduces the meaningful activities to mere acts of performance. Everything around starts turning into content instead of being experienced. Everything then, seems to blend perfectly from experiencing beauty to portraying it.

Consider the phenomenon of fast fashion and how it can be justified through the aesthetics movement. Clothes were once a statement worn by an individual, now they are seen as consumerism - an item that can be thrown and forgotten. An amalgamation of clothes and ideas is now churning out trends exponentially, making over consumption the new normal; resulting in the old cast fashion dumped aside. Yet, even within this fast-

paced cycle, aesthetics continue to inspire creativity-encouraging everyone to collaborate through common cultural ideas while allowing them to have fun. For instance, dark academia's ingenuity to intellectual ideas remains iconic to this day and cyberpunk has taken critique to a new level. There are still traces of genuine emotions in them despite being commoditized.

I often wonder, maybe the beauty of the ordinary lies in the little extra. For example, a simple cup of coffee may seem mundane, but when served in a carefully chosen cup, it transforms into an act of self-worth. A raw table may be the source of creativity if the lighting and other features are thought out. These seemingly ambiguous gestures are sincere reminders that the smallest of matters that are aesthetically pleasing are always there, just waiting to be appreciated.

These small yet intentional gestures show that beauty isn't always grand- and while life in the world of aesthetics is turbulent, it has its own rare beauty. Aesthetics infuse order to the chaos, they make sense of artificially constructed fabrications. They allow us to ponder deeper, to gaze at an object and rejoice in its color, texture and form. They remind us that beauty is for the soul and not something that can only be sought after.

Consider the recent revival of cottagecore feminism, clothes, and other accessories; these are rooted in the idealization of countryside aesthetics. But the essence of cottagecore is a combination of nature, slow living and everyday activities such as baking bread and gardening. It is a balance to the fast-paced lives we all have due to our technology dependence. Baroque Aesthetic, also on the rise, encourages people to embrace learning that is filled with multilayered gauges and traditions.

While living in a world where aesthetics have become performative, I find myself reflecting on my own relationship with beauty as deeply personal and unapologetically influenced. And it stems from my grandmother, whose love for gardening and keen eye for art shaped my perspective. To that old and graceful woman, every flower was a masterpiece, and through her, I came to see the world itself as a canvas. But as I grew, I realized that beauty is no longer just about admiration—it's a delicate balance between authenticity and the curated versions of ourselves that we put on display. To me, people and their surroundings—everything—have always been art. But as life unfolded,







I realized beauty isn't just about looking good; it needs depth, an earthy pulse. We freeze perfection in pictures, turning real spaces into backdrops and real moments into content—an endless performance of beauty that barely breathes. And amidst it, each day feels like a quiet struggle between embracing my true self and conforming to a version of me that fits into a neatly manufactured aesthetic.

On a more personal level, aesthetics have provided me with comfort as well. I remember feeling overwhelmed at times, and in those moments, I found solace in curating small corners of my room with items that held deep meaning for me. In a way, this was my personal act of 'aestheticization'—a quiet rebellion against chaos, a way to carve out harmony in a world that often feels cluttered. In fact we all do it, arranging our spaces, our outfits, even our digital presence, in a way that soothes or defines us. It's like an instinctive feng shui, shaping our surroundings to reflect an inner sense of balance, even if the world outside remains in disarray. This instinctive need to shape our surroundings goes beyond mere appearance—it's about creating a feeling, a sense of belonging within the spaces we curate. Everything has an aesthetic and these do not limit themselves to the way they look; rather, they define how one feels. They give us stability, they ignite a spark in us and root us to a greater cause that transcends the ordinary.

As the orbits of the virtual and the real begin to unite, the concept of aesthetics is bound to evolve. It will constitute both a commentary and a critique of today's world. Even then, the issue resides somewhere else. It is a bit paradoxical. How can one internalize an experience such as aesthetics and yet make sure that cultural identity and its basic premise is not lost? Maybe by reclaiming aesthetics as the ancient Greeks saw it: a tranquil, deeply individual experience, a satisfaction derived from existence itself.

That is the quintessence of aesthetics that we ought to possess. One where we do not benefit from being compelled by aesthetics and instead relish the fruits of over-sensationalism; always cognizant of the trends, consequent fetishization of aesthetics and the ability to enrich genuine realities instead of eroding them with an over the top influence. While I am just another teenager that fell victim to this charade of capitalism, this damsel would like to live a few more years of her 'girlhood' under the distressing umbrella of identities, beauty and aesthetics. Just a few more years, where I delude myself as Geet from *Jab We Met*, Rory from *Gilmore Girls*, and occasionally as Elle Woods from *Legally Blonde* at my own whims and antics.



# A Student's Hope



**Jaiswal Sahil Uday Kumar Bina**  
*SYBSc. IT*

I know what I have to do,  
There's a dream I'm reaching for, it's true.  
But the path feels tangled, hard to see,  
And I wonder where the first step will be.

Each day, questions fill my mind—  
How to move forward? What will I find?  
The future feels close, yet far away,  
And I keep asking, "When is my day?"

I'm eager, yet uncertain, too,  
Trying to find a way through.  
I want to start, to give my all,  
But I worry, "What if I fall?"

That's why I'm here, looking to you,  
For some advice to  
guide me through.  
I know I have

the will to try,  
But need the "how" to aim that high.  
Help me find that hidden door,  
To the life I'm hoping for.  
I'm ready to work, to learn and  
grow—  
Just lead me, teacher, and I'll  
follow.





# A Multidisciplinary Tapestry: Bridging Philosophy and Psychology



**Nishtha Jain**  
SYBA

The dynamic relationship between body and mind is a mesmerizing journey that has intrigued scholars and seekers alike for centuries, crafting an intricate narrative that blends ancient wisdom with cutting-edge science. From the rich traditions of the East which herald the profound synergy between these two realms, to contemporary psychology's exploration of this connection, we find an ever-evolving story of how inner harmony can unleash extraordinary transformations in our lives. In this article, we'll embark on an exhilarating exploration of Sankhya-Yoga philosophy, uncovering how its timeless principles can illuminate our understanding of this captivating interplay. By fusing ancient insights with modern revelations, we will unveil actionable strategies for fostering a vibrant and balanced existence.

## Sankhya-Yoga Philosophy

At the heart of Sankhya philosophy lies a powerful narrative of dualism, delineating two pivotal principles: *Purusha*, the essence of pure consciousness, and *Prakriti*, the ever-changing material world. *Purusha* stands as the eternal self, steadfast and unyielding, while *Prakriti* dances with the rhythms of constant change. This thrilling dance between the two forms the essence of human experience with mind and body serving as dynamic intermediaries.

Central to this philosophy are the three Gunas—Sattva, Rajas, and Tamas—each embodying the

distinctive qualities that dramatically shape our mental and physical well-being. Sattva brings clarity, balance, and harmony, paving the way for tranquillity and insight. Rajas infuses us with energy and passion, igniting movement and ambition. In contrast, Tamas can lead to inertia and stagnation, shrouding us in darkness. The interplay of these Gunas profoundly affects our lives: nurturing Sattva can elevate our vitality, while an excess of Rajas can leave us restless, and Tamas can weigh us down in lethargy.

Yoga complements these philosophical insights with practical methods to cultivate a balance between *Purusha* and *Prakriti*. The Eightfold Path of Yoga, or Ashtanga Yoga, provides a thrilling roadmap to harmonizing mind and body:

- Yama (ethical principles)
- Niyama (personal disciplines)
- Asana (physical postures)
- Pranayama (breath control)
- Pratyahara (withdrawal of senses)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (ultimate absorption or unity)

Key practices like *asanas* build strength and flexibility, *pranayama* revitalizes and calms the mind, and *dhyana* cultivates deep awareness, forging connections between conscious and unconscious states of mind. Together, these practices invite you to embark on a journey toward self-realization and unity.

## Psychology

Contemporary psychology adds another layer of excitement by delving into the intricate relationship between body and mind, unveiling how this connection influences our emotional and physical health. With an array of innovative frameworks and research methodologies, psychology illuminates the ways our mental states can impact our physical well-being and vice versa, offering a holistic glimpse into wellness. Emotional distress and psychological stress





often manifest as physical symptoms, illuminating the fascinating world of Psychosomatic Illnesses. Conditions like chronic pain, irritable bowel syndrome, and tension headaches frequently trace their roots back to unresolved emotional conflicts or chronic stress. The Biopsychosocial Model, proposed by George Engel, stands as a pivotal framework in understanding health, positing that our well-being is a tapestry woven from biological, psychological and social threads. This model urges healthcare providers to look beyond mere symptoms and consider the rich emotional and social dimensions of each patient.

### **Bridging Sankhya-Yoga Philosophy and Psychology**

While Sankhya-Yoga philosophy and modern psychology emerge from distinct traditions, they converge in their thrilling exploration of the body-mind connection. Together, they form a vibrant alliance that enriches our understanding of mental and physical well-being, each contributing unique insights to this profound relationship.

#### **1) Comparing Purusha and Modern Consciousness Studies**

Consciousness is a captivating interplay of ancient philosophy and modern science. In Sankhya, Purusha represents a timeless and passive observer, standing apart from the dynamic material world or Prakriti. In contrast, contemporary theories depict consciousness as an active force intricately linked to brain activity and our perceptions. Neuroscientists delve into the neural underpinnings of consciousness, while thinkers like David Chalmers grapple with the "hard problem," exploring how subjective experiences arise from physical processes. Both perspectives recognize consciousness as something that transcends just mental and physical realms, yet the modern view emphasizes its active role in shaping human experiences. Together, these insights—from spiritual wisdom to scientific inquiry—invite us to explore the profound nature of our consciousness.

#### **2) Yoga Practices and Neuroplasticity**

Yoga practices, particularly asana (postures) and dhyana (meditation) have profound effects on the brain, fostering structural and functional changes that enhance emotional regulation and resilience. Regular practice of asanas promotes body awareness and reduces stress, while meditation cultivates mindfulness and mental clarity. Modern neuroscience validates these effects through the concept of neuroplasticity—the

brain's ability to adapt and reorganize itself by forming new neural connections. Studies show that meditation strengthens the prefrontal cortex, the brain region responsible for decision-making and emotional control while reducing activity in the amygdala, the centre for fear and stress responses. These changes result in improved focus, emotional stability and a greater capacity to cope with life's challenges.

#### **3) The Role of Pranayama in Emotional Regulation**

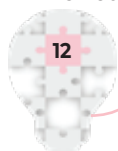
Pranayama, a practice rooted in the Sankhya-Yoga philosophy, emphasizes the importance of breath control in harmonizing the body and mind. By consciously regulating breathing, pranayama enhances the flow of energy or prana, which supports mental clarity and emotional stability. This concept resonates with contemporary psychology, which recognizes the powerful connection between breath and emotional regulation. Breathing exercises are integral to therapeutic approaches like Cognitive-Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), as they help soothe the autonomic nervous system. For example, slow, deep breathing activates the parasympathetic nervous system, effectively reducing anxiety and stress by lowering heart rate and promoting relaxation.

#### **4) The Kleshas and Cognitive Distortions**

The Kleshas in Sankhya-Yoga philosophy—ignorance (Avidya), egoism (Asmita), attachment (Raga), aversion (Dvesha) and fear of death (Abhinivesha)—are fundamental afflictions that cause mental and emotional suffering by distorting perception and leading to unhealthy behaviours. Similarly, modern psychology identifies cognitive distortions, such as black-and-white thinking and catastrophizing, which also skew reality and reinforce negative emotions. Both systems emphasize awareness as a key to overcoming these barriers. Sankhya-Yoga employs practices like meditation and self-inquiry to transcend the Kleshas, while Cognitive-Behavioral Therapy (CBT) aids individuals in recognizing and reframing cognitive distortions. Ultimately, both approaches empower individuals to alleviate suffering and achieve a balanced, harmonious mind.

#### **5) The Concept of Kaivalya and Self-Actualization**

In Sankhya-Yoga philosophy, Kaivalya is defined as the ultimate liberation, a state in which an individual surpasses material limitations and achieves unity with





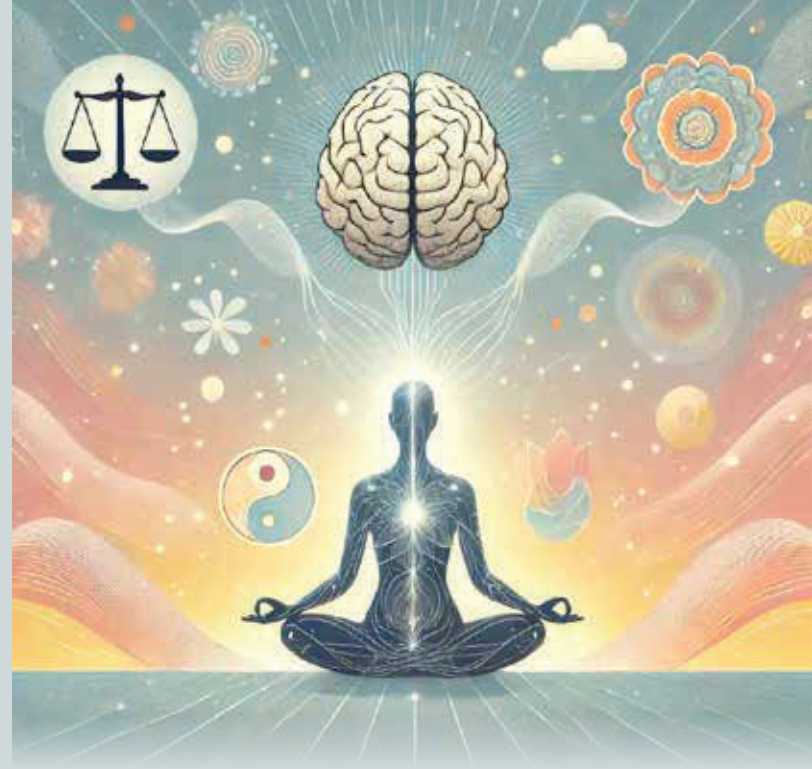
higher consciousness. This process is facilitated through self-awareness and detachment from the ego. Similarly, Maslow's concept of self-actualization in psychology emphasizes the realization of one's fullest potential. This involves achieving inner harmony, authenticity and a deep understanding of oneself. Both Kaivalya and self-actualization emphasize a journey of growth and transcendence. Sankhya-Yoga provides a spiritual framework that promotes meditation and discipline as a means to attain this liberation. Conversely, psychology focuses on fulfilling intrinsic motivations, which contribute to holistic well-being. Together, these concepts articulate a universal quest for meaning, peace and ultimate freedom in human experience.

Sankhya-Yoga philosophy offers a holistic perspective that complements modern psychology by integrating the spiritual dimension of healing. While psychology often focuses on cognitive and behavioural aspects, Sankhya-Yoga emphasizes transcending the ego and realizing one's true nature (Purusha) as pure consciousness, aiming for ultimate liberation (Kaivalya) and enduring inner peace. It provides a framework for addressing the root causes of suffering through practices like pranayama, meditation and ethical living, fostering balance in the mind, body and energy systems. By incorporating the spiritual aspects of well-being that psychology may overlook, Sankhya-Yoga adds depth and offers a comprehensive path to healing and personal growth.

### **Everyday Applications of Sankhya-Yoga and Modern Psychology**

Imagine a daily routine that not only energizes your body but also calms your mind. By weaving together the ancient wisdom of Sankhya-Yoga and the insights of modern psychology, you can create an invigorating toolkit to tackle life's challenges with grace.

Start your day with invigorating asana practices that awaken both your physical and mental selves, setting the stage for a focused and productive day. During breaks, embrace the power of pranayama through short sessions like box breathing or alternate nostril breathing. These simple techniques can work wonders in melting away stress and keeping your emotions in check. As the sun sets, carve out a moment for dhyana (meditation). This is your time to unwind and reflect, letting go of the day's hustle so you can cradle yourself into a restful night's sleep.



To supercharge these practices, introduce some playful psychological techniques into the mix. When anxiety creeps in, embrace grounding exercises that tap into your senses and pull you into the present moment. Pair the soothing magic of progressive muscle relaxation with your pranayama to wash away tension and soothe your nervous system. For those pesky negative thoughts, practice cognitive reframing: shift your perspective and watch how your emotions transform. And don't forget the power of mindfulness cultivated through meditation; together, they can lead to profound insights. Consider journaling as your trusty companion on this journey. It's a fantastic way to clarify your emotions, set exciting goals and track the progress of your mental and emotional well-being.

Integrating Sankhya-Yoga philosophy with modern psychology creates a holistic approach to mental and emotional well-being. Sankhya-Yoga offers spiritual practices such as asana (postures), pranayama (breath control) and dhyana (meditation) to help harmonize the body and mind. In contrast, psychology provides tools like cognitive reframing and stress management techniques. Together, these disciplines form a comprehensive pathway to emotional resilience and inner peace. By exploring ancient wisdom alongside contemporary psychological practices, we can enhance mental health paradigms and help individuals achieve a deeper sense of balance and well-being.



# Art of Writing, Failing and Writing Again



**Vedant Joshi**  
SYBA

“Every child is an artist. The problem is, how to remain an artist once we grow up.” – Pablo Picasso.

On a fine morning in 2014, I woke up with a dream. It was a glorious dream (world-changing, revolutionary, in fact). The dream was simple: me fighting some robbers who dared to break into MY house. I gave those robbers hell – round-house punching one, as I suplexed another and injured the third with my blanket (yes, you read that right). It was a GLORIOUS fight scene. For a while, I thought I was some action hero.

As the 9-year-old Vedant had just heard of the ‘Bravery Award,’ the dream naturally ended with me receiving the prestigious award (such an awesome dream! I tell you).

As my mom was readying me for school, I told her all about my epic dream. Interested, she asked me to write it down. Now, that was a task! I was already famous for my (horrible) handwriting. Writing bored me to death, but the story's allure was too strong. So, I took out my pen and paper and started writing. It was tough, but somehow I finished it and showed it to my mom.

My mom liked the story and asked me to add safety tips to protect ourselves from robbers to make it a 'complete' story. I obliged.

After writing this silly piece, I handed it to her and thought nothing of it. A few weeks later, on a beautiful Sunday morning, my mom came running towards me, woke me up, dragged me into the living room and handed me the newspaper. There it was – my heroic story of valour and courage – printed under my name. It felt quite different from what I remembered writing (more like an anti-robbery PSA than an action-packed scene), but still, there it was. Amazing! I thought to myself – maybe I could become a writer.

The next few months at school were nothing short of a hero's welcome. I was declared Student of the Year, teachers praised me endlessly and suddenly, I became the ‘Adarsh Baalak.’ Life was GREAT. Everyone wanted to be my friend (my anti-social self shivered at the thought, but hey, it felt nice). Some envied me (my competitive side loved that). I even sacrificed my PT period to write new stories (yes, willingly). My classmates watched me scribble with awe as if they were witnessing some literary genius at work.

All of this made my fourth grade amazing. I had found my thing. The world adored me. Every time I did something, applause followed. Tareef hi Tareef. But of course, all good things must come to an end.

Fifth grade rolled around, and I planned to have the same kind of year. But I couldn't have been more wrong.

Turns out I had become too antisocial for my own good (in pursuit of writing stories). I turned my friends away, refused to help others and simply kept writing. My classmates grew tired of it. The ones who once waited eagerly for my stories now groaned at the thought of another one. When I showed them new stuff, they dismissed it – “It's nothing new, Vedant.” My name became synonymous with “boring stories.”

I felt like I was losing everyone's love, so I stopped writing. I tried to go with the flow – played sports, studied harder and even dabbled in chess. Despite all this, something felt off. The year slipped by in this charade and I feared sixth grade would be no different.

And it wasn't – at first. Every time I touched a cricket bat or moved a chess piece, I felt like I was losing a part of myself. My mind buzzed with weird ideas (ones that deserved to be on paper), but I held back. I thought – if I wrote, people wouldn't like me anymore.





One night, I couldn't take it anymore. I wrote down all my worries, tears streaming down my face. When I finished, I noticed some words rhymed (accidentally). I rearranged them – and BOOM, I had written a poem.

Was it a poem after all?

Or was it an illusion of mine?

Having no answer myself,

I knew a place where I could ask this, and be fine.

I ran to my Chemistry teacher, Mr. Gupte – a multi-talented genius. He taught chemistry with ease, played the tabla gracefully, sang beautifully and wrote profoundly. I confided in him, asking if what I had written was a poem.

It was – and he loved it. He encouraged me to write more, but I was scared. Still, his encouragement sparked something in me. I started writing again – this time, poems. Stories felt too overwhelming, but poems? They were perfect. Short, impactful, and easy to write. I wrote them left, right and centre – on everything from cow barns to aliens, bicycles to spaceships.

It felt AMAZING. But I kept it a secret (except for two of my closest friends – Manav and Lucky). They had been my friends since fourth grade. They read every poem, reviewed it and then gave it to Mr. Gupte for the final say. There was no end goal – just writing for the sake of it.

Sixth grade ended too soon. Over the vacation, I wrote a ton of poems. I couldn't wait to show them to Manav, Lucky and Gupte Sir.

When school resumed, Manav was thrilled to read them. But Lucky... not so much. In private, Lucky told me my poems were "trash." He missed the action-packed stories. I tried explaining, but he wouldn't budge. "It's not as good as your old stuff," he said.

That day, I went home and wrote a story. I spent the entire afternoon, evening and night writing. The next morning, I expected to read an epic like Baahubali. What I read felt more like "Ek tha raja, ek thi rani, dono mar gaye, khatam kahani." I was beyond disappointed.

I cried over breakfast, wrote another poem on the school bus, bursting all my tears into words and showed both to Mr. Gupte. He told me I had to work on my stories, but my poems were still powerful. When I told him about Lucky, he smiled and said, "Ignore him. Do what you love."

Later that day, Lucky and some bullies laughed over my poems and I became the "crybaby" of 7<sup>th</sup> B. Bullies spread the word faster than wildfire. I was then, for the whole year, the freak, a weirdo and the 'rotunda' of the

school. I stopped writing, trashed all my poems and hated the very thing I once loved.

The next three years? A blur of bitterness. I barely kept anyone around (except Manav – my homie for life). While everyone cherished their school memories, I just wanted to forget.

It was during the lockdown when my poetry made a comeback (thanks to Instagram trends). FOMO hit hard, and I felt the itch to write again.

I wrote, posted and eventually found like-minded folks in junior college. And Writing felt good again.

But life's funny – when exams hit, I stopped. Since then, writing has been an on-and-off affair. I tried to join various other clubs and associations in degree college to find myself and explore myself, which would help me write poems, but as twisted fate would have it, all of it kept me so busy, I neither had the time nor space to write anything. However, I have not given up. I am still working on new poems, writing articles and trying to think of a story.

But that's the funny thing, what I used to do effortlessly earlier, as a part of my routine, now has to be given extra attention and effort; all for a fraction of what I used to do.

That's where we creative people lose the battle. We compare ourselves to others, our past versions, without realising that we were a different person in the past.

Let the past be an inspiration, not an anchor of obstruction.

To my fellow artist, no matter how well you used to do, no matter how well you write now, no matter how far you have come or fallen, I am proud of you and your work. Your choice of being an artist in a world where logic is valued more is risky, but it will make the world all the better for it.

There will be many people, things and elements trying to overpower us and pull us down, but we know, YOU know, you are bigger than that, all of that.



# Body and Mind: Threads of Connection



**Sayyed Zeenat Yahiya**  
SYBA

Imagine your body and mind as two artists constantly painting on the same canvas called life. Sometimes, they work together smoothly, creating amazing results, but other times, they clash, leaving behind disorder. The connection between the body and mind is deep, complex and often feels spiritual. This article explores this beautiful yet complex connection and how it shapes our lives, emotions and overall health.

The other day, I sat and wondered: what is the mind? Is the brain the mind? Or can it be something in the body, similar to blood that flows through the body or the hormones that are released? Does it reside in our head or heart? There are phrases like "You have a powerful mind. You can do whatever you want just by thinking", which makes most people ask, why? Why is it necessary to think first for an action to manifest? Do you think it's real when people say something will happen because you manifested it? It goes something like this: when we hope for a particular outcome and visualize, describe or write about it, it seems likely that the events we hope for will take place.

However, here's another consideration: is it possible that our emotions and physical state can be linked to what we attract? Perhaps it's not just a matter of the mind but also of emotion. Imagine focusing on a goal and at the same time, keeping a positive attitude, but all you feel is fatigue and pressure to perform. It wouldn't be the same if the

body was supporting the mind. This shows how deeply connected our body and mind are, even if we don't always realize it.

Have you ever felt your stomach twist before a big exam or noticed how a heartfelt smile instantly lifts your mood? That's the mind-body connection at work, where our emotions and physical responses are deeply linked. Scientifically, this connection is backed by biochemistry. Hormones like dopamine, serotonin and cortisol play significant roles in linking our mental and physical health. When we're happy or at peace, these chemicals move effortlessly through our body, helping everything function smoothly and feel its best.

It's fascinating how even small shifts in our mindset can impact our physical health. For instance, forcing a smile—even when you don't feel happy—can actually fool your brain into releasing dopamine, lifting your mood. Likewise, spending time in nature or being around loved ones brings a sense of comfort that boosts your immunity. It's a simple reminder of how much our environment and relationships shape the bond between our mind and body.

But when stress, anxiety or negative emotions take charge, our body responds in its own way. For example, long-term stress can cause problems like high blood pressure, headaches or even more serious health issues. I recently came across an understanding of how even something as simple as overthinking or stressing over little things can mess with your digestion or make it harder to sleep. This is why experts at Painted Brain; an organization dedicated to mental health advocacy and support, emphasize, "Your mental state profoundly affects your physical state."

I've noticed this even in everyday life. When I'm stressed, my energy drops. It becomes harder to concentrate, and even small tasks feel like mountains. But on days when I'm feeling happy and at peace, it seems like I can take on anything. It's not just me—studies show that when our mind is calm, we become more productive, focused, and even healthier.

The connection goes beyond just biology; it's also deeply spiritual. Practices like meditation, mindfulness





and yoga serve as bridges between our mind and body, helping us align our thoughts and feelings and bringing a sense of inner peace.

Think about it: when you meditate, you focus on your breath, calming your mind while also relaxing your body. This balance helps lower cortisol, the stress hormone and strengthens your immune system. It's like your body and mind are having a quiet conversation, comforting each other and saying, "Everything is going to be okay."

Another powerful practice is journaling. Writing down our thoughts and feelings doesn't just help clear our mind—it also gives our body a chance to process emotions. Many psychologists even say that journaling can be as healing as chatting with a close friend. It creates a safe space for our mind to open up, easing stress and deepening the connection with our body.

Have you ever tried yoga or mindfulness? Even just 10 minutes can make a difference. I used to think mindfulness was simply sitting in silence, but it's really about being present in the moment. For instance, when I focus on the taste, texture and smell of my food while eating, I feel more satisfied. This simple act of mindfulness helps me connect my mind and body.

Emotions are another vital part of this connection. Grief, joy, anger or love —each of these feelings doesn't just stay in your head. They manifest in the body too. Have you ever cried so much that your head hurts? Or laughed so much that your stomach ached? These are just everyday examples of how our emotions can affect our physical health.

One of the best ways to keep a healthy mind-body connection is through physical activity. Exercise isn't just for burning calories; it's a powerful way to boost mental health. When you work out, your brain releases endorphins, also known as "feel-good hormones." These chemicals help reduce stress and improve your mood, allowing your body and mind to heal and support each other.

But exercise doesn't have to mean running or hitting the gym. It can be as simple as dancing in your room to your favourite music or taking a walk in the park. I've found that even stretching for a few minutes after sitting for hours helps refresh my mind. It's like my body is thanking me for the movement, and my mind feels the relief.

On the other hand, when your mind is troubled, your body feels the strain too. Chronic stress or anxiety can cause fatigue, muscle tension, and even digestive problems. It's as if the body absorbs the mind's pain, proving that neither can thrive independently.

A The Times of India article titled 'Mind-Body Connection: How Thoughts Can Impact Health and Well-Being' by Maitree Baral highlights this beautifully, stating, "The mind and body are like partners in a dance. If one stumbles, the other struggles to keep balance." The article discusses how thoughts, emotions, and stress influence physical health, much like in a dance where both partners must be in sync. If mental health deteriorates, the body suffers, leading to issues like stress-related illnesses. Conversely, poor physical health affects mental well-being, reinforcing the interdependence of mind and body.

### When the Connection Breaks

Even though the mind and body are deeply connected, there are times when they can feel out of sync. This disconnection might happen due to unresolved trauma, burnout or simply neglecting self-care. It's like a violinist trying to play with broken strings—no matter how skilled they are, the music just won't flow. The harmony is lost.

In such moments, mind-body therapies can help rebuild this connection. Practices like aromatherapy and journaling promote self-awareness and healing. Even something as simple as taking a walk in nature or spending a few minutes watching the sunset can bring you back to yourself. These activities remind us that by addressing mental and emotional pain, our bodies can heal too.

I've started keeping a gratitude journal. Every night, I jot down three things I'm thankful for. It's amazing how this small habit has helped me feel more positive and aware of all the good things in life. It's a tiny step, but it strengthens my mental health, which I can definitely feel in my physical state.

The Newport Academy shares a powerful thought on the mind-body connection: "The body is a reflection of the mind's inner state." Taking care of one automatically nurtures the other. It's a reminder that our mental health impacts our physical health and vice versa.

Music also plays a fascinating role in connecting the mind and body. Studies show that listening to



calming music can lower blood pressure and reduce anxiety. Some hospitals even use music therapy to help patients heal faster. So next time you feel overwhelmed, try playing some of your favorite songs—it can work wonders for both your mind and body.

### Practical Tips to Strengthen the Connection

Here are a few simple ways to nurture both your mind and body:

1. **Mindful Breathing:** Spend 10 minutes daily focusing on your breath. This calms the mind and relaxes the body.
2. **Stay Active:** Whether it's a brisk walk, yoga or dancing—find an activity you enjoy.
3. **Eat Well:** A balanced diet doesn't just fuel your body; it sharpens your mind too.
4. **Express Emotions:** Don't bottle up your feelings. Talk to someone, write in a journal or even cry when you need to.
5. **Practice Gratitude:** Reflect on what you're thankful for each day. It's a small act with huge mental and emotional benefits.

6. **Create a Routine:** A consistent schedule for eating, sleeping and relaxing can help keep both mind and body in sync.

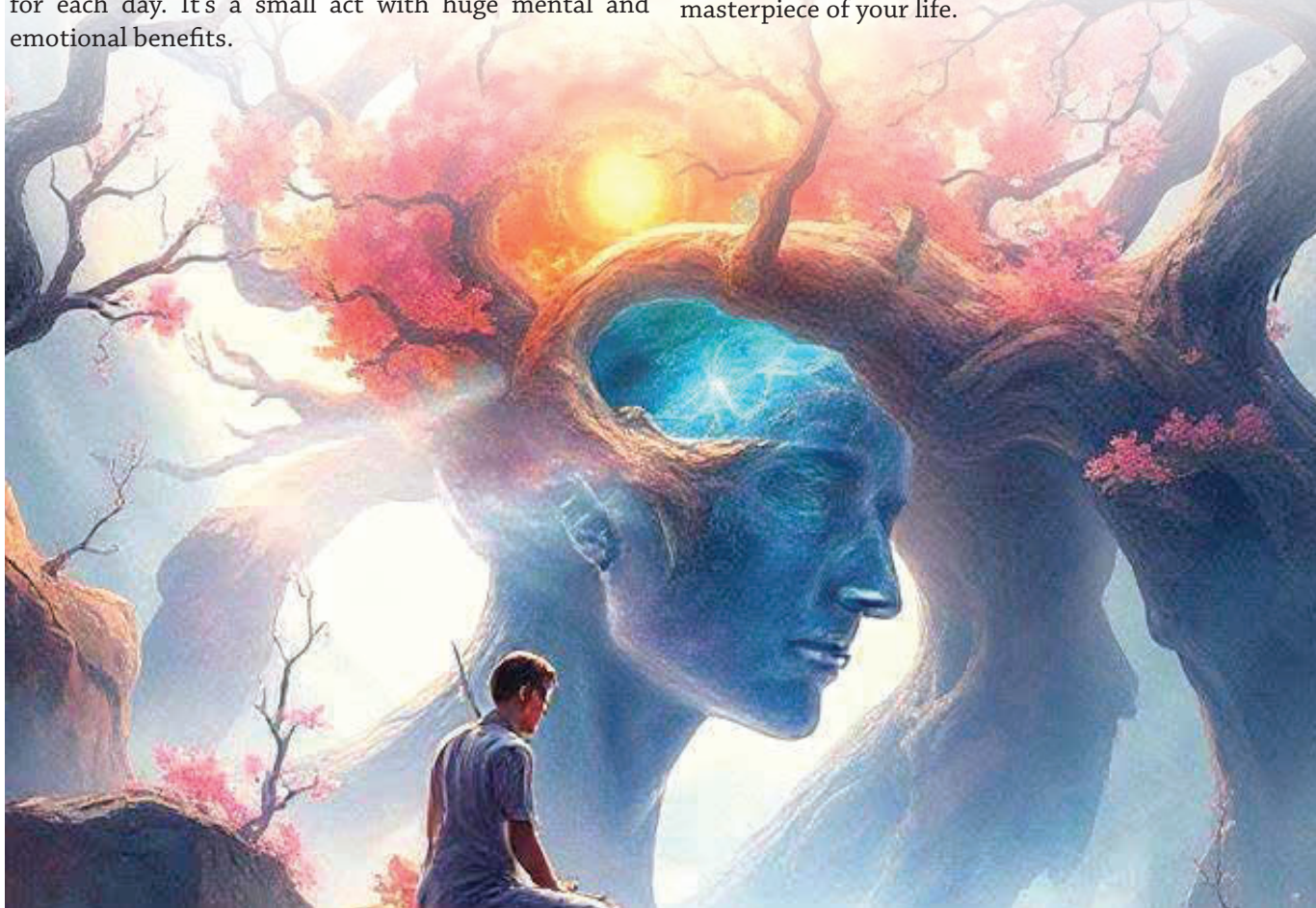
7. **Connect with Nature:** Even a few minutes outdoors can refresh your mind and body.

8. **Engage in Art:** Painting, writing or crafting can be great ways to express your emotions and keep your mind and body aligned.

### A Connection Worth Cultivating

The mind and body are inseparable—two sides of the same coin. They work together, respond to each other and influence each other's well-being. Understanding and nurturing this connection isn't just about health; it's a way of life.

As students, it's easy to get caught up in the stress of exams, deadlines and social pressures. But remember, your mind and body are your lifelong companions. Treat them with kindness. A peaceful mind creates a healthy body and a strong body uplifts the mind. Together, they form the perfect collage of connection, painting the masterpiece of your life.





# I AM



**Rameesha Khan**  
FYJC

I AM

A twenty four year old sitting on the floor,  
With hope splattered all over  
As the reality of the situation dawned upon her,  
'Her', who had just been defeated by fate of her life,  
She looked around but he couldn't be found,  
For better, for worse, for richer, for poorer, in sickness and other?

I have grown comfortable with uncomfortable.

For I am,  
Perfectly average,  
Never good enough to salvage,  
As I settle in the darkness and,  
Wallow in the misery of my own forage.

I see the disgust in his eyes  
As he looks down at me  
Like a giant with glowering red orbs,  
As he shrieks, shouts and howls  
How I am an embarrassment  
How I am not good enough  
How I will never be good enough

But dear monster,  
You'll be none the wiser,  
For I will prove myself to you  
I will not halter  
I will not concede defeat  
And give up hope  
For I am my mother's daughter.



# By Myself for Myself



**Ananya Salonkar**  
SYBMS

“I celebrate myself, and sing myself,  
And what I assume you shall assume,  
For every atom belonging to me as good belongs to  
you.” – Walt Whitman

Our lives are truly what one would call a “Collage of Connections”. We meet so many people and personalities, each so different from the other, influencing some aspect of our story and affecting our thoughts and actions. Some of these connections are good, some are a disaster waiting to happen. But among the many, one stands out to be the most important..... the connection that you form with yourself. It's the oldest and the most stubborn you will encounter. It will challenge you and make you second guess every decision.

Remember the voice that always echoes in your head? Figuratively depicted as an angel or devil that resembles you, always perched on the shoulder, ready to school you when you do good or bad? Yeah, that my friend, is you within. It's your monologue, your moral commentary, your conscience, your overthinking mind; there are a hundred ways to call it. The feeling! Isn't it fascinating that, even though we claim to know ourselves to the point, our inner voice still says, “oh you naive and clueless”.

The term ‘Self’ has been a topic for discussion and study for ages through various different fields of academia and research. Philosophers, psychologists, authors and even poets have long wondered upon the idea of self, that maybe they tired themselves out. The quandary: what it means to rightly know oneself, how the identity is shaped: influenced by various factors, and whether we ever understand the person gazing back at us in the mirror. Some dispute that the self is dynamic, constantly evolving and transforming with every experience, while others believe that deep down underneath, a core version of us remains unchanged, like an anchor that is firmly buried amidst the shifting tides of the sea. Yet, despite all the debates, hypothesis and perspectives, the truth remains the same—your bond with yourself is the longest and most intimate one you'll ever have. It's the voice that stays when the world pipes down, the thoughts that replay in solitude, the comfort or chaos that lives within your mind and soul. At times, this connection may feel strained and difficult, you will feel an enmity; like a battle between who you are and who you think you should be—according to the world outside. These doubts creep in, fuelled by expectations, judgements and comparisons, and the weight of actions yet to be implemented and lived. But in those moments,

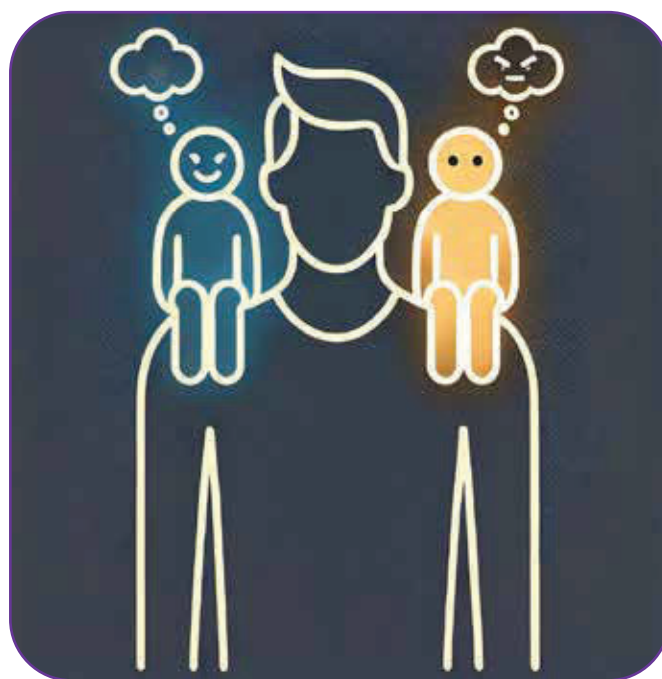




when the noise of the world fades, you are left with the most raw, sincere and candid version of yourself-the one that knows your dreams, your terrors, and sincerity better than anyone else. So maybe the journey of life isn't just in forming connections with others but also learning how to accept, empathize and nurture the bond with ourselves. Because in the end, the strongest piece for the foundation of any relationship begins with the one you build within yourself. This school of thoughts makes me wonder where the philosophy of it all came into discussion; was it when Socrates said, "All I know is I know nothing!". Was he also hesitant? Was it that he had a slice of humble pie or the fry of uncertainty? That is the most important question of all.

Philosophy has explored the idea of self and connecting with the soul for ages, with different schools of thought offering unique, different and thought provoking perspectives on what it means to truly know and understand oneself. Here are key philosophical and introspective insights on self-connection:

- 1) Socrates says to "Know Thyself" - Socrates is one of the most respected and well known philosophers from Ancient Greece. "Know Thyself" advises that extensive introspection (self analysis) is needed to truly gain an understanding of oneself and that leads us to managing our emotions, questioning our assumptions and pinning down our strengths and weaknesses. He was of firm belief that our current position in life, values, beliefs, thoughts and motives lead to clear vision and leads us to the path of living a meaningful and fulfilled life that is full of joy and contentment.
- 2) Aristotle and Eudaimonia - The philosopher Aristotle debates in his works that eudaimonia is essential to achieve a deeply fulfilling life. He believed that a good life is a result of true happiness that comes from cultivating our values, positioning our actions that reflect our virtues, being disciplined and looking for ways to grow and learn as one moves forward in life.
- 3) Existentialism- French philosopher and political activist Jean-Paul Sartre and German philosopher, poet and cultural critic Friedrich Nietzsche maintained that self actualization and connection is not what is a result of the discovery of an existing identity, it is about creating oneself. What we takeaway is that a person is not some pre-conceived or determined identity, but a connection that leads to growth and prosperity.



- 4) Carl Jung- A Swiss psychologist who is famous for coining the terms introvert and extrovert that describe aspects of our personality, Carl Jung has also devised a term "Shadow Self". These are parts of our personality that we suppress and work actively to hide from most of the inhabitants of our ecosystem. For example, our fears, mistakes, and hidden motivations or desires. Hence, it can also be called the dark side of the psyche that plagues one. Carl Jung was of the belief that embracing all parts of ourselves (light as well as dark and your subconscious desires) is the most important aspect of self-love and acceptance.

- 5) Stoicism- Philosophers such as Epictetus, Panaetius and Marcus Aurelius, the Roman emperor (yes, he was a king and philosopher!) firmly believed in gaining mastery over oneself. It is the ability to control sentiments, cut off toxic influences and nurture inner peace. The teaching is one of the forms of resilience because stoics were of the opinion that "external events are far beyond our control, but what one should do is control their thoughts and actions". To understand Stoicism further, one can refer to Meditations, a book by Marcus Aurelius.

Philosophy takes different paths to reach the destination and imparts the same lesson and truth, reflection and mindfulness, virtues and cultivating values and zeroing in on what you can control is needed to live a fulfilled and content life.



Western philosophy originated in Ancient Greece, where the Delphi Oracle carved “Know Thyself” at the temple of Apollo. The phrase then went on to become the foundation with Socrates taking up the mantle.

On the other hand, Ancient India focused attention on awareness of self through thorough introspection and intuitive meditation. The Upanishads state that recognizing the Atman (true self) leads to liberation. Additionally, Buddhism encourages detachment from ego to find peace.

The Renaissance brought out the discussion on Self expressions and the debates on Humanism while the Enlightenment introduced the ideas of individuality and reason. Romanticism was all about rejecting cold and unfeeling rationalism and embracing one's emotions which paved the way for psychology and self discovery in the 20<sup>th</sup> century. Today's Modern World is all about highlighting the importance of mental health and emotional well-being. People of today invest in mindfulness and regulation. Self-care is crucial and maintaining distances from the toxic is a must as well as creating boundaries.

And that is what brings us to a concept called Self-Love and with it the acceptance of who we truly are. As Robin Sharma has rightly quoted “It is only when you have mastered the art of loving yourself that you can truly love others.”

It is defined as: the feeling of appreciation and positive regard for yourself. It's a positive trait that can improve your mental health, relationships and overall well-being.

### Self-Love is.....

Acceptance- Embracing yourself for who you are, blemishes and all, without constantly seeking validation from others. Which means that you have stopped thinking about what others would say and do. You are confident as well as comfortable in your own skin and you have never been happier.

Setting Boundaries – It means to protect your aura from people who are fatal to your self-worth and time. Saving your energy by saying no to things that drain you, push you to your limits of understanding and giving priority to yourself and all that aligns with your well-being.

**Positive Self-Talk** – Appreciating the efforts and celebrating the wins however small. Rather than criticism, encouraging yourself, just as you would to cheer up and encourage any other.

**Taking Care of Your Needs** – Not ignoring your body, mind and soul and giving it the proper care and attention. Self-love means being selfish when it comes to your well being and prioritizing yourself without guilt. Chocolate now would help a long way!

**Forgiving Yourself** – To grow will result in mistakes. It's a truth and being compassionate and empathetic is what loving yourself means. Instead of beating yourself up for the past, learn from the experience and forge ahead. This is one of the most tricky challenges to face when learning to forgive.

**Personal Growth** – Investing in yourself through learning, hobbies, or anything that makes you feel fulfilled.

**Letting Go of Toxicity** – Distancing yourself from relationships, habits, or environments that hinder your happiness.

The Self isn't about being perfect. It is about the discovery of one's true purpose and identity. By myself, for myself.





# Pain



**Sukshaa Kshirsagar**  
FYBA

Pain - a shadow that follows me,  
A constant companion, unwelcome and free,  
It whispers in my ear, a nagging refrain,  
Reminding me of wounds that remain;

Like a river it flows,  
Ever-changing and cold,  
Sometimes calm... Sometimes raging,  
Never growing old,  
It seeps into my bones, a heavy weary weight,  
A burden to carry, a heart that's perpetually great;

Pain, a teacher, a guide, a test of my will,  
A reminder of strength, a story to tell still,  
It shapes me... moulds me, refines me like fire,  
A crucible of growth, a transformation to acquire;

Though it hurts, though it scars, though it makes me cry,  
I'll face it, embrace it,  
I'll learn to ask why;

For in its darkness, there is a light to be found  
.... A resilience born, a spirit that's profound!



# From Screen to Soul: The Connections That Bollywood Creates



**Kreena Vora**  
SYBA

**B**ollywood—India's vibrant film industry—has been a major force in shaping our cultural landscape for decades. With its powerful narratives, music, dance and larger-than-life characters, it has not only entertained millions but also deeply influenced how we perceive ourselves and connect with the world around us. The theme of "The Collage of Connections" brings to light the intricate ways Bollywood has intertwined with various aspects of our lives, reflecting our emotions, values and aspirations. From social issues to personal identity, Bollywood has always been more than just an entertainment medium; it's a mirror to our evolving society.

## A Window to Diverse Cultures

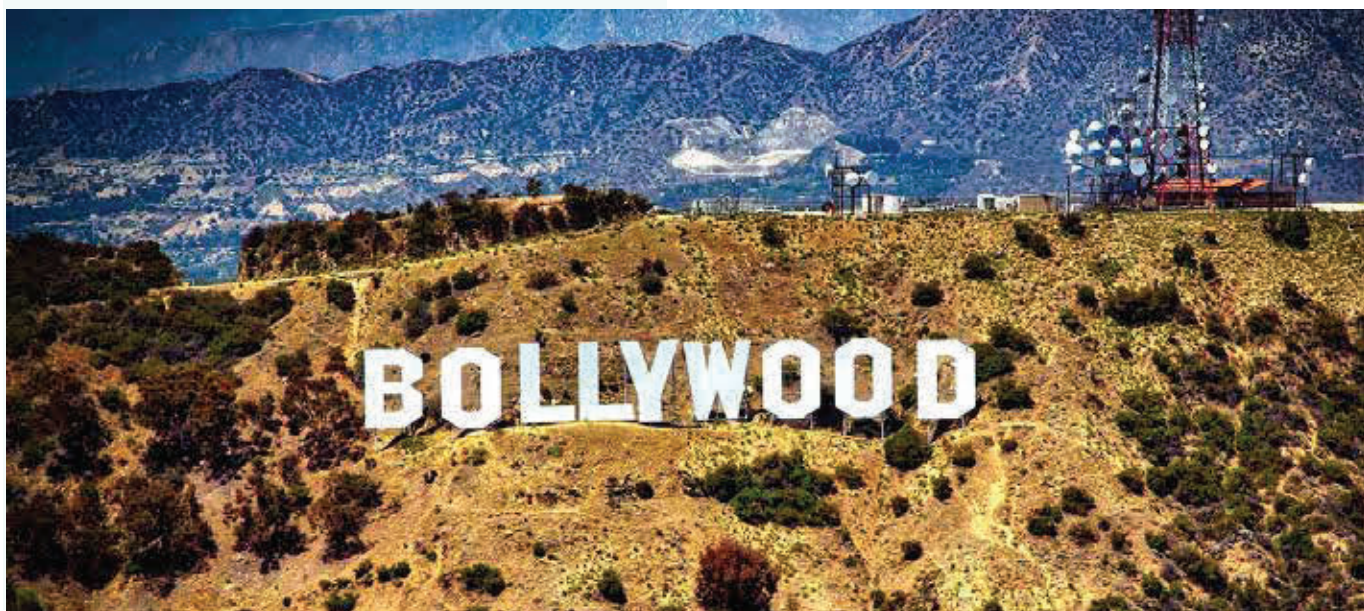
Bollywood films have often served as a bridge, connecting diverse cultures across the world. Whether it's a traditional family drama set in rural India or a contemporary romance unfolding in a cosmopolitan city, Bollywood brings to the fore stories and traditions that resonate globally. It offers a rich tapestry of emotions and customs, with every film becoming a window into the intricacies of Indian culture.

For example, films like *Lagaan* (2001) not only highlight the struggles of colonial India but also underscore the importance of unity, teamwork and resilience—values that resonate globally, crossing the boundaries of time and geography. Bollywood connects the common threads of humanity, no matter where we are.

## Influencing Personal Identity

For generations, Bollywood has played a significant role in shaping our own identity. The characters we see on screen often serve as role models or cautionary tales, helping us define who we want to be and who we don't. The larger-than-life heroes and heroines, with their triumphs, struggles and journeys, allow us to find a reflection of ourselves in them.

Take, for example, the enduring influence of iconic characters such as Raj from *Dilwale Dulhania Le*





*Jayenge* (1995) or *Geet* from *Jab We Met* (2007). These characters have become cultural symbols, representing qualities like courage, love and independence. They shape our ideals, while also creating a connection to personal emotions and desires. Bollywood, through its characters, helps us understand the complexities of identity, from family dynamics to the pursuit of dreams.

### Connecting to Social Issues

Bollywood has always used its platform to spark conversations around social issues and drive change. Films like *Mother India* (1957), *Slumdog Millionaire* (2008), and *Piku* (2015) have used storytelling to touch on significant societal concerns, from poverty and social inequality to mental health and family care. By addressing these themes, Bollywood has connected us to the pressing issues of the day and created a space where people can reflect on and challenge the status quo.

The impact of these films transcends entertainment; they push us to question societal norms, embrace change and evolve as individuals. In a way, Bollywood becomes a collective space for social discourse, guiding us toward greater awareness and empathy.

### Bollywood and Music: The Soundtrack of Our Lives

Perhaps one of the most universal connections Bollywood makes is through music. Bollywood soundtracks are more than just catchy tunes—they become the backdrop to our lives. Every song, from the romantic ballads to the foot-tapping dance numbers, evokes emotions that many of us can relate to. Music in Bollywood binds us together, often becoming a shared experience across generations.

Songs like *Tujh Mein Rab Dikhta Hai* from *Rab Ne Bana Di Jodi* (2008) or *Agar Tum Saath Ho* from *Tamasha* (2015) encapsulate the nuances of love and longing, allowing us to connect with our inner emotions. Bollywood's music acts as an emotional bridge, connecting different people and experiences through sound. The songs become the soundtrack to milestones in our lives, from weddings and festivals to personal victories and heartbreaks.

### Cultural Exports and Global Influence

Bollywood's influence isn't confined to India alone. Over the years, the appeal of Bollywood films has spread worldwide, making connections with audiences from different cultural backgrounds. With films being dubbed



into multiple languages and Bollywood stars gaining international fame, the reach of Indian cinema has been profound.

Movies like *Kabhi Khushi Kabhie Gham* (2001) and *My Name Is Khan* (2010) have resonated with global audiences, touching upon themes of family, love and identity that are universally relatable. Bollywood's storytelling has created a sense of global unity by offering narratives that people from various parts of the world can identify with.

### Fashion, Style and Aspirations

The glamour of Bollywood also influences the way we present ourselves to the world. From the elegance of Rekha's Saris to the chic, contemporary style of Deepika Padukone, Bollywood stars set the tone for fashion trends and aspirational beauty standards. The connection between the silver screen and everyday life is evident in the way we dress, groom and present our personalities.

Moreover, Bollywood's portrayal of success, whether through the rise of the underdog in films like *Dangal* (2016) or the triumph of an ordinary person against all odds in *Zindagi Na Milegi Dobara* (2011), inspires audiences to believe in their potential. Bollywood encourages us to dream big and pursue those dreams, often making us feel connected to the triumphs of characters who start with little and achieve greatness.

### Bollywood: A Tapestry of Connections

Bollywood, in its multifaceted form, has created a rich "collage" of connections that bind us to our cultural roots, shape our identities, foster social awareness and inspire us to lead lives filled with hope and resilience. From its timeless music to its powerful storytelling, Bollywood continues to serve as a source of inspiration, learning and reflection, reminding us of the power of shared experiences. It's not just the stories of romance, action or drama that connect us—it's the underlying messages, emotions and values that resonate with us at a deeper level, making Bollywood a true "collage" of connections that shape our personalities and bind us to the greater fabric of society.



# Kali - The Goddess of Rock 'n' Roll: The Rolling Stones' Indian Connection



**Abhinaya Ramesh**  
SYBA

Imagine a rock concert..... the blinding lights, electrifying music and the tremor carried by the crowd. The buzz of anticipation slowly grows as the lights dim, a roar of joy flows through the crowd and the band takes the stage, setting it up for a supersonic journey; booming drums, wailing guitars and powerful vocals. The iconic red lip and protruding tongue flashes on the screens as the first notes of 'Paint it Black' take the crowd into a raving frenzy.

This is the world of *The Rolling Stones*, one of the most famous rock bands of all time. Formed in London in 1962, the Stones quickly climbed the ladder of success, becoming one of the most iconic and influential bands in rock history. With a career spanning decades, their music has left an indelible mark on the global cultural landscape. No rock band has sustained consistent activity and global popularity that could rival theirs. Initially formed as an alliance between Mick Jagger, Keith Richards and multi-instrumentalist, Brian Jones, they were soon joined by Charlie Watts and bassist Bill Wyman.

Compared to contemporaries like the Beatles, the Stones looked different, dressed different and seemed to emanate an aura of intimidation. While the Beatles were seen as respectable and reassuring, the Stones' out-of-mould personality grew to be rebellious and threatening. Thus, their symbol would also reflect the same. Among the many elements that define their legacy is their logo: a pair of luscious red

lips with a protruding tongue, a design so iconic that it has become one of the most defining symbols in music.

It first appeared on the album *Sticky Fingers* and has since become a globally recognized emblem of rock 'n' roll defiance. While most fans recognize the logo as a representation of the band's edgy personality and Mick Jagger's distinctive lips, the story behind its creation reveals a deeper, unexpected connection—a journey that leads back to India.

The 1960s and 1970s saw a wave of fascination in the West with Eastern spirituality and culture. It materialized into the "Hippie Movement" or the "Counterculture Movement". The Indian concepts of yoga, philosophy, art, culture and music were highly sought after. The subcontinent, with its rich history, diverse philosophies, and mystical allure, became a hotspot for Western seekers, attracting spiritual tourists. Such travellers who travelled into India came through what is often referred to as the Hippie Trail. They came in search of spiritual enlightenment and cultural experiences. Concepts like yoga, meditation and Indian classical music gained widespread popularity. Indian classical music and instruments like sitar and tabla became symbols of a cultural bridge. The Beatles famously visited Rishikesh to study *Transcendental Meditation* under Maharishi Mahesh Yogi. This cultural connection led to the creation of music in which one could hear the flavour and integration of both Western and Eastern styles. The





Beatles were on a roll with songs like *Norwegian Wood* and *Within You Without You* in which one could hear the incorporation of the sitar and tabla. Even Sitar maestro Ravi Shankar's collaboration with Western artists like George Harrison played a pivotal role in introducing Indian classical music to Western audiences. Other iconic features of this movement included the *Psychedelic Culture*, in which psychedelic rock and art drew heavily on Indian spirituality with symbols like mandalas and imagery that reflected Indian mysticism.

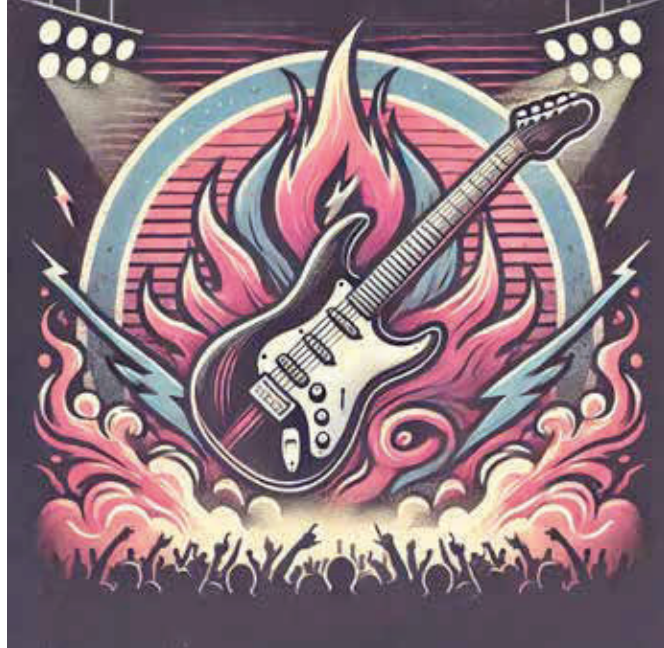
This cultural exchange profoundly influenced Western music, art and counterculture. Amid this backdrop, Mick Jagger, the Stones' lead singer, encountered an image of the Hindu goddess Kali.

*"My brother was an early traveller to India. He would give me some books to read. In 1969, I was looking for an image that would be an eye – grabbing thing, and I saw this image of a disembodied tongue of Kali. I thought it would be an inspiration. Then designer John Pasche created this modernistic version of the tongue logo."*

Known as the Goddess of Destruction, Kali's iconography is intense: skin as dark as the black night, a garland of skulls decorating her neck, a sickle for a weapon - all conveying her fearsome nature. Yet, her most defining feature is her extended blood red tongue symbolizing her insatiable hunger for justice and the destruction of evil.

Thus, fascinated by her fierce and rebellious appearance, Jagger approached Pasche, then a student at the Royal College of Art, to create a logo for his band. The idea was to craft a symbol that captured the band's bold, free-spirited identity. The resulting logo became an emblem of the Rolling Stones' raw energy and defiance, mirroring the unrestrained and provocative imagery of Kali. Pasche, inspired by Kali's striking appearance, designed a logo that resonated with the band's essence: a rejection of norms, an embrace of counterculture, and a celebration of raw power.

The logo was more than just a marketing tool; it was an emblem of a cultural movement. The bright red lips and tongue became a visual representation for the Stones' unapologetic attitude and their embrace of counter culture. Kali, visually as well as internally defies the conventional notions of beauty and femininity, her entire iconography is a strong departure from the gentle compassion often associated with motherly deities.



Her destructive force is purposeful rather than chaotic and her attitude is often a mix of unrestrained and unapologetic when she slays demons like Chanda, Munda and Raktabija, who represent unchecked greed and connection. It is no wonder the Stones saw a reflection of their persona in her image. The Rolling Stones defied the sanitized, buttoned-up image of traditional pop music. Their music, style and persona were rebellious to the core. The gesture of the tongue sticking out, present in both Kali's imagery and the Rolling Stones' logo, serves as a universal symbol of defiance and freedom. For Kali, it is a spiritual act; challenging societal constraints and embodying a primal force of liberation. For the Rolling Stones, it became a cultural statement, representing their boundary-breaking ethos.

Thus, in this process, the Stones have become rock's definitive, emblematic band that is a seamless blend of sound, look and public image.

In a world rich with symbols and imagery, the parallels between Kali and the Rolling Stones logo invite reflection on how cross-cultural influences, intentional or not, shape our icons and art. It shows how connections in life are threads that weave together our experiences, relations and the world around us. They manifest in various different forms such as between humans, cultural connections, connections with nature, intellectual, spiritual and religious ties or even connections derived from art and expression.

It was a chance encounter with a disembodied image of Kali that gave the Stones their literal imagery and symbol. This chance connection helped build their legacy, fandom and manifested in an imagist representation of who they truly are. Kali could now also be called - *The Goddess of Rock 'n' Roll*.



# Parallel lives

In some alternate reality,  
I am everything  
I never dared to be,  
and everything  
I already am.

I wander through bustling streets,  
taking in the aroma of spices and rain,  
as colours blend like a dream.  
My hands are calloused from sculpting clay,  
shaping stories into vessels that hold time.

Perhaps there's a version of me  
who paints the world  
in colours unseen,  
or the one who sings to the moon,  
weaving secrets in my melody,  
that are not meant for this world.

In one life, I would be dancing,  
spinning across the stars,  
my feet tracing constellations,  
as I would twirl away with abandon,  
Where gravity would become a forgotten memory.

Perhaps I am a sailor,  
charting unknown seas,  
my compass guided by the pulse of the universe.  
Each wave, a possibility,  
A promise of new beginnings.

In one life, I am a poet,  
and words are my only currency,  
each line a thread connecting  
this world to countless others.

I write of love and loss,  
of moments that slip like sand through fingers.



**Shikha Iyer**  
FYBSc

In another, I am a healer,  
my hands weaving spells of light,  
mending broken spirits and fractured dreams.  
The air is thick with the scent of lavender,  
And the quiet hum of healing prayers.

In yet another, I am simply me,  
but the streets I walk are paved with  
a different history,  
The faces I see are familiar yet changed.  
Conversations drift like autumn leaves,  
each one a glimpse into a life that could have been.

In the silence,  
I see them—  
these parallel lives,  
these mirrors of possibility,  
and I wonder  
what they would think  
if they glimpsed me,  
here,  
in this reality,  
breathing in the same sky,  
dreaming the same dreams.





# Literary Links: Reflections from Inked Pages



**Neetu J Nair**  
FYBA

What does one mean by literature? How does this ten letter word forge global connections? Literature comprises written works, be it poetry, drama, fiction or favorite comics. Its beauty lies in its multifaceted nature. Picture this- Literature is a short poem that you wrote in 5<sup>th</sup> grade, while also being Milton's *Paradise Lost*. You don't have to learn a lot in literature or history to recognise names like William Shakespeare, Agatha Christie, Charles Dickens or Lewis Carroll- *Murder on the Orient Express*, *Oliver Twist* and *Alice in Wonderland* are some classics that resonate with curious minds- young and old alike, across the globe.

No doubt, books were the primary source of knowledge and entertainment for kids before they got their own mobiles. When mobiles enter the picture, written works take the form of pdfs or word files and these days, Wattpad for series of stories or Bilbili for comics. Point being - the scope for written material never dies down in any era. As long as there is literature, a readership will exist.

Being a literature student, I admit my bias towards this topic. The subject is beautiful, challenging and philosophical once you get into it and I really want others to realize that the art of writing is as interesting as that in any other popular or demanding subject like science and IT. Usually, the first image the word literature brings to mind is books. Let's start there. Who does not remember

bedtime stories? They transformed our emotions towards our parents, grandparents or siblings from a mere blood connection to that of fierce admiration and respect. In our school years, books were the source of education, connecting teachers to students. The library also had its own connection to friendship as young readers found themselves a reading partner, someone with whom they could discuss their favorite pages of a picture book or just the lines said by a character. From nursery rhymes to chemical bonds, our school days were practically dependent on books. These books have forged deep connections, awakening our curiosity and sense of adventure. For the hopeless romantics, the pages of a book are always together in a sense; they are connected to the spine, forever bound to their stories. Literature forges connections in the most unexpected ways, shaping familial bonds for generations to come.

Poems, in any language, have given voice to joy, grief, love, loss, rebellion and many such strong emotions of the human mind. A few always stick with us like *The Road Not Taken* by Robert Frost, *A Thing Of Beauty* by John Keats, *Rani Jhansi* by Subhadra Kumari Chauhan, *Kabir ke Dohe* by, well, Kabir Das from which the famous 2 liner "Kal kare so aaj kar..." originated. The connected minds of our community are so strong, that I bet you had the urge to complete the verse before reading the next line. That's how powerful literature is, when connecting individuals in a timeless bound of like-mindedness. Additionally, works like *Gitanjali* by Rabindranath Tagore were so popular in their own native languages that they were later translated for the whole world to read. Personally, I could go on and on





about how poetry is a masterful lyrical combination of simple words that links two minds, even across time and space.

Moving on to drama! Our most awaited part in school years was when we could enact our favorite characters of a play and imbue emotions into the text. Shakespeare has given us *Hamlet*, *Othello*, *Twelfth Night*, *King Lear* and many more masterpieces. Even if not those, anybody would know the story of Romeo and Juliet, the tragic tale of love that still makes readers tear up. Plays have always had an immense effect on the public as they are the most direct and fastest approach to conveying a message. This connection between the characters and the audience is another significant part of literature as that determines the relationship between the reader and the work.

Fiction is another way of connecting people. We have works like *Harry Potter*, *The Hunger Games*, *Percy Jackson* and *Nancy Drew* which are all such familiar names that their on-screen adaptations have garnered immense popularity with viewers and readers from different walks of life. Fanbases for every book, movie and series cultivate shared opinions, likes and dislikes; creating a sense of beautiful connections. Biographies and autobiographies give collective inspiration, motivation and the willpower to persevere through periods of doubt, loss and challenges. Self-help books are another form of nonfiction that bring out the innovative and expressive side of an individual, promoting individuality and originality in society. Novels like *Godan* by Munshi Premchand, *Pather Panchali* by Bibhutibhusan Bandopadhyay, *Ponniyin Selvan* by

Kalki Krishnamurthy and *Shyamchi Aai* by Sane Guruji capture the essence of the human condition, portraying depravity, love, longing, and above all- the triumph of human connections over superficiality.

Short stories are every child's introduction to novels and fiction. Whether it be *The Invisible Man*, *The Beggar* or the Panchatantra stories; every single short story we have read stays with us in some way or other. Who doesn't know about the story of the rabbit and the tortoise? These stories are connected to our life in the form of morals that improve our ethical outlook of the world. Meanwhile, stories like *Toba Tek Singh* by Saadat Hasan Manto,, *The World Renowned Nose* by Vaikom Muhammad Basheer all reflect the social, cultural, and political landscape of India across various languages.

Literature has always affected the mindset of the society, whether it be a lighthearted comedy amidst a tragic background to relieve stress, or a stark reminder to the human race that it is not immortal. One of the most popular works of the 20<sup>th</sup> century is George Orwell's dystopian novel, *1984*. First published in 1949, the book describes a totalitarian society in which individual freedom is severely restricted. The book's warnings about the dangers of government control and the importance of individual liberty continue to resonate with readers even today. Another popular work that has had a profound influence on society is Harper Lee's *To Kill a Mockingbird*, published in 1960. Set in the American South during the Great Depression, the novel explores themes of racial injustice, inequality and the power of empathy.



Indian literature reflects Indian culture and tradition. Indian literature was closely intertwined with the social and political history of the mid-nineteenth century. The first novel written in Bengali was Peary Chand Mitra's *Alaler Gharer Dalal* (translated as *Spoilt Sort of a Rich Family*), published in 1858. It portrays the country's changing situation in the post colonial era.

Mulk Raj Anand, Raja Rao and R.K. Narayan, the authors considered the founding fathers of Indian English literature, were mainly concerned with the downtrodden of the society, Indian middle-class life and the expression of the traditional and cultural ethos of India. Thus, authors have touched each and every aspect of Indian life. They have portrayed the beautiful picture of India through their writings and because of it the culture, tradition and values of our country get such a high recognition in the world context.

Connections exist between even the most mundane, minute details of our life; where literature is just a part of us, hidden in plain sight. Literary connections act as a bridge between periods in history and generations to come- the present as an intermediary era with its own unique, rich body of work.





# Perfection

Early morning with a cup of tea in my hand,  
I started to think about the event I had to attend;  
“I have to look perfect” - I thought.  
“But what is perfection?” - running came another thought.  
And there I was again, overthinking about the most diverse definition- PERFECTION  
Is it the flaws that make a perfect human?  
Or a lack of them?  
Is perfection hiding the scars and the blemishes from the world?  
Or, is it proudly accepting them?  
Do I show the world a facade of me that is perfect according to them?  
Or, do I show them the me that I know?  
This word- Perfection- changes meaning every second.  
Thousands of people, thousands of perspectives.  
What to believe and what to not?  
But ‘Perfection’ for you should be what you believe to be  
Beautiful, Enchanting, Everlasting.  
First and foremost you should believe Perfection to be You.

**Anjali Pawar**  
SYJC



# Nostalgia: The Best Connection Between the Past and the Present



**Shruti Pisode**  
FYBT

Every song that stirs us, every poem that resonates with our soul, every movie character we feel connected to — everything springs from a deep, often unspoken sense of nostalgia. This emotion arises as we make connections between these experiences and the memories they create of our lives. Nostalgia serves as a bridge between past and present, drawing parallels between what we have experienced before and the emotions we are currently feeling. It's a beautiful reminder that we've lived a life filled with vibrant moments, experiences and connections. It plays a pivotal role in fostering feelings of warmth, joy and comfort, making it one of the most profound and transformative aspects of the human experience. It shapes the way we perceive and understand our lives, turning ordinary moments into extraordinary memories that live in our hearts forever.

Nostalgia is a universal emotion, something that touches us all at some point in our lives. It is commonly described as a longing for the past, a yearning for moments, places and people we once knew, or a time when things felt simpler, more carefree or even more meaningful. We experience it when an old song plays on the radio, when we sift through old photographs or when we revisit places that hold special memories from our childhood, now filled with traces of time. But why does this powerful and often overwhelming sensation occur? What is the science behind this intricate feeling that so many of us share, and why does it evoke such a profound emotional reaction? These questions have

intrigued scientists, psychologists and philosophers alike as they attempt to understand why nostalgia is such a powerful force in our lives.

Nostalgia triggers activity in the prefrontal cortex, specifically in the regions including the hippocampus, which is essential for memory creation and recall; the medial temporal lobes, which process sensory information and link it to our memories; the prefrontal cortex, which is in charge of planning, decision-making and our sense of self; and the amygdala, which regulates our emotions and emotional memories. These regions become especially active when we experience nostalgia, underscoring the complex and intricate brain process that underlies our nostalgic trips back in time. When nostalgia is triggered, it's not just a fleeting thought but an entire neural symphony, where past memories and emotions are intertwined and brought to life in vivid detail. These brain regions work together to allow us to relive past experiences as if they were happening right now, often evoking emotions ranging from joy to longing to bittersweetness.

Whether it's the carefree days of childhood, running through the house with siblings, water pistols in hand or the unforgettable experience of your first beach trip with close friends, where the salty air surrounded and renewed you, nostalgia has a profound way of uplifting our spirits and fostering a sense of optimism. These moments serve as a reminder that we are capable of experiencing pure joy and excitement and they create a sense of connection to whom we once were and how far we have come. Remarkably, we tend to remember the brightest, most joyful moments from different phases of our lives. This selective memory could be a natural mechanism of the brain, designed to preserve hope and positivity especially in times of hardship or struggle. It's as if our minds are hardwired to protect us from dwelling too long on negative experiences, instead directing our focus on the moments of beauty, peace and happiness.

Nostalgia can serve as a beacon of hope, particularly memories of overcoming challenges or savoring the sweet taste of victory after enduring difficult times. These recollections are not merely pleasant reminders of the past but powerful sources of strength, urging us to keep going when life feels heavy or uncertain. They create a bridge to resilience, reinforcing our confidence, bravery





and belief in our ability to overcome future obstacles. Nostalgia, in this sense, becomes a tool for emotional healing and a constant reminder that we have the power to navigate through challenges with strength and grace.

Psychologically, nostalgia serves as a powerful and effective tool for coping with stress and emotional challenges. Many therapists recognize its value and incorporate it into therapeutic sessions to help individuals navigate difficult times. By reflecting on past experiences, nostalgia can provide vivid examples of people overcoming hardships, highlighting resilience and the capacity to endure. In a world that sometimes feels disconnected, mentally traveling down memory lane can create a comforting bridge between past and present, reminding individuals that their journey has had purpose and meaning.

Numerous studies have demonstrated how the practice of reflecting on nostalgic memories can positively affect mood, boost self-esteem and alleviate feelings of loneliness. By reconnecting with cherished moments, individuals often experience an emotional upliftment that helps counteract the effects of present struggles.

Different people experience the passage of time and various life stages in unique ways, yet one universal truth remains: the inevitable realization of losing connection with one's younger self. This awareness can sometimes evoke feelings of loss or decline as individuals grapple with the changes that come with aging. However, nostalgia acts as a grounding force, linking yesterday with today and providing a sense of stability and identity. For older adults, especially, reflecting on their personal history—whether through past accomplishments, relationships or milestones—can offer profound comfort and meaning. It reminds them of the purpose they have lived with and the moments that defined their lives, helping them reclaim a sense of satisfaction and fulfillment.

Ultimately, nostalgia serves not only as a mechanism for emotional regulation but also as a catalyst for self-rediscovery. It enables individuals to revisit the best versions of themselves, tap into untapped strengths and find a renewed sense of motivation. Whether through therapeutic guidance or personal reflection, nostalgia remains a deeply powerful tool for fostering resilience, enhancing well-being and connecting with one's true self across the span of life's journey. Our brain only tends to remember the brightest and happiest memories as a mechanism to keep negativity away and only instill

feelings of optimism as a way to cope.

The 'Rose-Tinted Glasses' effect explains this phenomenon: the psychological idea of rosy retrospection lies at the heart of nostalgia. We tend to remember and recollect former experiences more favorably and positively than they may have been due to this cognitive bias. Looking back at our history is like looking through rose-tinted glasses, where even the most difficult experiences are softened and transformed into memories of sweetness and light. The phrase "seeing things through rose-tinted glasses" denotes an unduly positive and upbeat outlook, where we may idealize the past and forget some of the hardships that were once part of it. This prejudice frequently causes us to nostalgically reminisce about "the good old days", despite the fact that those times may have been fraught with difficulties, uncertainties and even struggles. Several studies have noted this phenomenon, showing how people often recall previous childhood memories, holidays and relationships as happier and less troublesome than they actually were.

Positive memories are more easily retrieved than negative ones in the brain, thanks to a remarkable phenomenon called selective memory retrieval. This ability of the brain to prioritize positive experiences is likely a survival mechanism, aimed at boosting our well-being and reinforcing our sense of hope. Feelings of nostalgia are greatly influenced by this favorable bias in recall, making it easier for us to remember the best aspects of the past while minimizing the less pleasant ones. This could be explained neurologically by the fact that when one recalls pleasant experiences, the brain's reward circuits are activated, which strengthens the feeling of nostalgia and provides a sense of emotional satisfaction. Our perception and feeling of nostalgia are therefore greatly influenced by rosy introspection. Even if this bias adds some distortion to our recollections, it also strengthens our bonds with the past. In many respects, this romanticized perspective on the past eases our current difficulties, provides comfort in times of stress and even heightens our expectations for the future. It reminds us that our lives have been filled with moments of joy, love and triumph, fueling our hope that more of these moments are yet to come.

Nostalgia plays a profound and multifaceted role in enriching both individual well-being and societal bonds. It is not only a psychological experience that brings comfort to the self but also a deeply social one that strengthens our connections with others. Our memories are often





intertwined with significant social interactions, shared moments, and collective experiences that help reinforce our sense of belonging and interconnectedness. These memories, whether they are the familiar, comforting image of family gathered around the dinner table, the subtle joy of trying not to laugh in the back of a classroom during a serious moment or a treasured, genuine conversation with a friend—fuel our desire to nurture and maintain relationships even when misunderstandings or conflicts might arise.

The warmth of these shared experiences creates an emotional bond that drives us to love more deeply, to want to spend more quality time with the people who matter most to us and to hold on to the joy of past memories. Moments like a spontaneous late-night drive, a simple gesture of kindness, or a heartfelt video call can be enough to solidify someone in our hearts as our "happy place," a person or moment to return to when life becomes overwhelming. Such moments allow us to relive the feelings of attachment, affection and fondness we once felt, reconnecting us to those we cherish. This ability to revisit these memories can be incredibly powerful as it not only reinforces our love for others but also gives us the strength to navigate any challenges or struggles in those relationships.

Experiencing nostalgia can also have a profound impact on our social outlook. It boosts our sense of social support, helping us feel less isolated or lonely in a world that can sometimes feel disconnected. Nostalgia has the unique ability to open our hearts, making us more generous, compassionate and charitable toward others. The act of remembering not only fosters a deeper appreciation for the bonds we share with those close to us but also encourages us to broaden our circle of support, building stronger, more harmonious relationships with our communities.

Ultimately, it helps to improve our current social connections by reminding us of the importance of the people we hold dear, the collective experiences that shape us and the emotional ties that bind us. By bringing us back to the treasured interactions and experiences of the past, nostalgia enhances our sense of unity, deepens our empathy, promoting an atmosphere of understanding, compassion and

goodwill. In this way, it not only helps us cherish the past but also empowers us to strengthen the present and build a brighter, more connected future.

Watching a Disney movie sequel nine years after the first part, particularly a movie based on "Core Memories" as an adult and watching the protagonist grow up with us, facing similar issues and getting stronger, tumbling, falling, failing on the way is also an amazing way to introspect on our own lives. Nine years ago the things that mattered the most were school and being popular and now after growing up, understanding the importance of other things in life, we've come a long way. The reason we can appreciate ourselves and our lives in this matter is nothing but nostalgia.

Dad used to play this particular old Hindi song about hardship, he said he was proud of you for working hard for an exam, this drives you to work harder. Your sister used to fingerpaint and leave stains on the wall, grandpa used to get you the best sweets in town, you know you're loved. The faint memory of being excited on your birthday as everyone sings and claps for you, unboxing your first ever bicycle. The "Core Memories" that get triggered when we hear a particular tune like winning your first gold medal and your mom lifting you up and spinning you around proudly, or the first time you and your sibling pranked dad when he was taking a nap. These vivid memories only come to us again and again because our brain is beautiful and wonderful enough to store them safely, coming to the rescue when we feel sad or monotonous. They help us break into a smile when we are away from family or friends, or even when we're not feeling like ourselves. Time may be slipping through our fingers, but memories do not. All our lives are, in the end, a big pin board with polaroid pictures of our favorite moments, and the passage of time ensures nothing else but only filling the board with a collage of more love and ambition. Everything that we subconsciously do our entire lives is gathered in these polaroids, and we should appreciate the ones we already have. Nostalgia is what we keep going for; it's also what keeps us going.





# The Art of Aesthetics: Connecting with the Golden Seams of Perfection



**Juveriyaa Mohammed Umer**  
SYBA

Imagine you are sitting by your balcony and enjoying a cup of coffee, when suddenly the cup slips from your hand and shatters. Maybe your instinct tells you to throw it away, but what if you put it back together instead? You might think - doesn't brokenness signify loss?

Kintsugi, the Japanese art of repairing broken pottery with golden seams, does just that. Now, the cup with the golden seams is more than what it initially was. The cracks, not being hidden, are now being highlighted; turning its history into a work of beauty. If you think about it, isn't life the same? We are not perfect entities but a collection of experiences, emotions, relationships and moments, each leaving a mark on us. True beauty isn't found in flawlessness but in the way; all the things are connected around it..... a piece of art evoking emotions, growing relationships through shared struggles and fractured moments from our lives unintentionally shaping our identities. And all these things remind us that beauty is not something that is admired from a distance; it is something we feel reciprocated by, something that resonates with us and makes us feel alive. So it is safe to say that Life, in its true essence, is a collage - a collection of imperfect yet meaningful, special and important connections. The test for us is to pick our battles and carefully choose the items that make our bigger picture as beautiful as our soul. When talking about Aesthetics, we need to look at it from a philosophical perspective. Aesthetics, a branch of philosophy, delves into our perception of beauty and

its meaning. It challenges the readers to ask questions like: What makes something beautiful? Why do we find certain things aesthetically pleasing?

The best way to understand aesthetics and a better way to connect it with life is the metaphorical way to view a collage as a metaphor for life. A collage is a collection of fragmented pieces connected that form a meaningful whole. Just like journaling, a collage brings together items that may seem unrelated at first glance, yet they unify to create a cohesive piece of art. Aesthetics lies in the ability to see these items as contributing to beauty, even if their connection is not immediately apparent. Yet, artists and philosophers have long pondered the question: Can something fragmented can still be considered whole?

To elaborate on this thought, I would like to introduce a concept of philosophy that is so culturally enhanced that there is no concrete answer to its definition of it. The Japanese concept of *Wabi-Sabi*. It embraces the idea that imperfections and transience are essential to beauty. Leonard Koren, author of *Wabi-Sabi: For Artists, Designers, Poets & Philosophers*, describes it as "the beauty of things imperfect, impermanent, and incomplete." In the book - *Wabi-Sabi: Japanese Wisdom For An Imperfectly Perfect Life* by Beth Kempton, he states a Japanese person saying, "*Wabi-Sabi? Hmmm . . . It's very difficult to explain.*" because there is no definition for *Wabi-sabi* in the Japanese language. He further says "*Any attempt to express it will only ever be from the perspective of the person explaining it.*"

In contrast, Western ideas have traditionally believed in symmetry and flawlessness. This can be seen in Renaissance art that celebrates idealized human forms, as seen in Michelangelo's *David*. Even today, Western culture often chases perfection in aesthetics, from digitally altered images to minimalistic designs. But is aesthetics all about perfection?

I once spilled coffee on my favourite shirt. No matter how much I washed it, the stain wouldn't come out. At first, I was frustrated. Then it struck me—the stain held a memory so close to my heart. That was from a late-night talk session with my cousin, a moment I wouldn't trade for anything. Then I stopped seeing it as a flaw and started seeing it as a part of that memory.

If we look at the Eastern side of traditions, it suggests that imperfection can itself be an aesthetic



virtue. *Haiku*, another Japanese art form, values simplicity and impermanence. In literature, the Japanese novelist Haruki Murakami once noted, “A certain type of perfection can only be realized through a limitless accumulation of the imperfect.” This brings us back to the topic, which sharply contrasts with Western ideals, where perfection is often pursued through artificial enhancements rather than embracing what is naturally flawed.

Yet, one question remains: Why are we drawn to perfection when a perfect collage of imperfections is far more meaningful? Is it a learned preference shaped by cultural ideas? Or is it a deeper psychological need for order and control? In a world that is inherently unpredictable and imperfect, do we crave perfection as a way to sustain stability? Or, if you think about it deeply enough, somewhere in the world of truth, we find beauty not in flawlessness but in how things come together—just like the fragments of a collage, incomplete on their own, but meaningful as a whole.

Dadaist collage art, emerging in the early 20<sup>th</sup> century, was a rebellion against conventional aesthetics. It pieced together randomness to critique war, capitalism and authority. Similarly, to speak of another art form - in modern times, Digital Collage Art or mixed media Art Collage continues this tradition, blending photographs, texts and media to create layered, chaotic, messy yet deeply personal visual narratives. Both challenge the idea of a singular, fixed reality, proving that meaning is often found in the fragments.

Coming back to the point - A collage is a metaphor for life, it may seem like a mess of torn pages and scattered textures, but if you step back, it forms something whole. Similarly, life works the same way. We too aren't just a perfect single-layered image, but a collection of fragmented experiences, emotions and people that connect to give meaning to our lives. In literature, Virginia Woolf's *Stream Of Consciousness Writing*, like in *The Waves*, reflects that identity isn't singular but an evolving mix of memories and moments. Art captures this idea too. Schubert's *Unfinished Symphony No. 8*, one of his most famous works, proves that incompleteness doesn't erase meaning—it sometimes enhances it. The Self Portraits of Frida Kahlo reveal pain and resilience, showing that feeling whole is not about perfection but authenticity. To be real and to be your true self is what matters the most.

But to raise another question - Can aesthetics shape our ethics? Does embracing imperfection make us any more or less of a human? To quote Leonard Koren again,

*“The beauty of wabi-sabi is not in what is perfect but what is real.”* Perfection alienates, but imperfection connects. Aesthetics are often overlooked, where it originally had to bring people together, it gradually became a game of fitting in. In modern times, people want to pursue a certain aesthetics and change themselves and their lives to achieve that level of satisfaction.

I often think of my grandmother's cracked mirror. Still hanging on her wall, it directly takes me back to the night I curled into the couch fearing the weekend might end too soon. Despite its flaws, the mirror reflected the same—maybe even more. Perhaps that's the secret—life isn't about outer appearance, and its true meaning lies deep within your thoughts. It isn't about the flaw but how we choose to piece everything back together.

So now that you've read all of this, don't you think our lives are masterpieces in progress? We spend so much time smoothing the edges, fixing flaws, chasing perfection and fearing fragmentation that we forget to think for a moment - why does it matter? What if we're looking at it the wrong way? A collage isn't pretty because it's perfect—it's beautiful because we put it all together. It's our effort, our decisions and our perspective that makes it look beautiful and complete. It's beautiful because it connects us with our feelings and emotions. In a way that makes sense, even if they don't match.

Life, identity, relationships - everything follows the same pattern. From Woolf's *Fluid narratives* to Schubert's *Unfinished Symphony*, from Kahlo's *Raw Self-Portraits* to *Kintsugi's* golden seams, we see the same truth reflected everywhere. The same message; “*wholeness isn't about perfection, it's about connection.*” What if instead of seeing each other as incomplete and failures we see each person as an evolving work of art? Always in progress, always being shaped by our experiences, never truly “finished” but no less valuable. Aesthetics as a branch of philosophy teaches us that beauty isn't just about symmetry or flawlessness - it's about what resonates and what feels real. It lets us ask what beauty is and I think the answer is - it is about depth, effort, consideration and experience all combined perfectly. Or should I say balanced— for an imperfectly perfect life?

Because in the end, life isn't about a perfect painting but a collage.

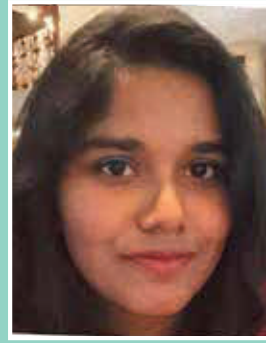
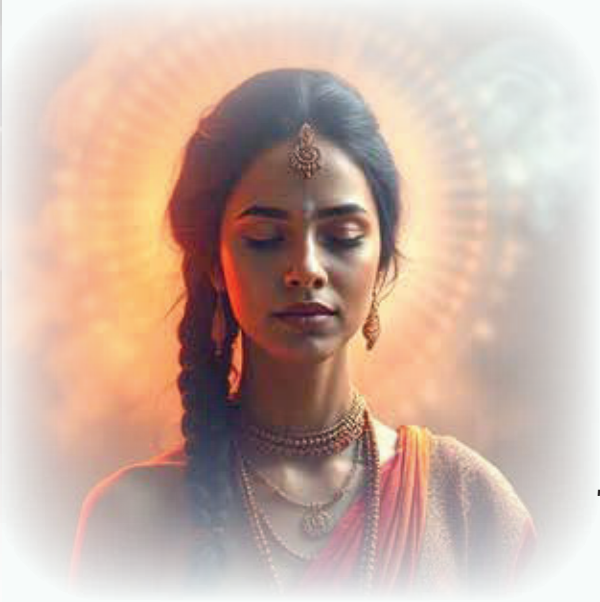
And maybe, just maybe, that's what makes it beautiful.

And maybe, just maybe, the cracks are from where the light gets in.





# The Body, Mind and Soul



**Shreejal Bangera**  
*FYBSc*

Essence of Harmony  
What the eyes can behold,  
Tis' but an empty vessel.  
The body, cast out of a mould  
Morphs every season.

The seat of conscience,  
That thrives on knowledge,  
The mind can conjure myths  
Better than an enchantress

The eternal spirit,  
It has no bound  
A path beyond life is lit  
Matter perishes but the soul lives on.

When the boundaries of mortality blur  
The essence of harmony couldn't have been stronger.



# The Complexity of Human Connections



**Lenroc Pereira**  
TYBCom

Connections are a vital part of life, shaping who we are and how we navigate the world. They influence our choices, form our identities and provide the foundation for relationships in society. A connection is essentially a link between people, ideas or things. Whether personal or professional, superficial or genuine, these bonds allow us to share experiences, emotions and thoughts, creating a sense of belonging and purpose.

Connections include relationships with family, friends, colleagues and even strangers. These links aren't just emotional but can also be intellectual, such as when people bond over shared goals or interests. Connections bridge gaps, allowing us to share joys, sorrows and dreams, binding us closer to humanity. Human beings are naturally social, and relationships are essential for our well-being. Strong connections improve emotional health, reduce loneliness and provide stability during challenging times. Isolation, on the other hand, can lead to low spirits and even mental health struggles. The way we connect may vary, but the importance of these links is universal.

Connections come in many forms, each playing a unique role in our lives. Personal connections with family and friends provide emotional support and comfort, helping us through life's challenges. The emotional connections we have with close family and friends are often the most meaningful. These relationships are often built on trust, love and mutual respect, forming the emotional core of our lives. In

difficult times, these connections provide strength and reassurance, while during happy moments they enhance the experience, making it even more joyful. They form the foundation of a supportive network that helps us navigate life's ups and downs with resilience.

Professional connections, like networking with colleagues, mentors and industry peers open up opportunities and foster career growth. A mentor's guidance or a colleague's support can make the world of a difference in navigating challenges and achieving success. In today's competitive world, professional connections often act as a stepping stone to new roles, projects and collaborations. The power of networking is not just in the immediate benefits, but in the long-term relationships that can last a lifetime. It's important to remember that networking is not just about advancing your own career, but also about how you can support others. A successful network is built on mutual benefit and the ability to offer help when others need it.

Broader social connections, like those formed within communities, also play an important role in creating a sense of belonging. These ties can come from shared activities, such as joining a neighborhood group, participating in clubs or volunteering. Being part of a community provides both emotional and practical support, fostering a sense of identity and unity. When people come together, they create stronger, more resilient communities, where individuals feel valued and supported. The sense of belonging that comes with





community connections has an immediate and lasting impact on mental health. It provides people with a source of emotional support and solidarity, especially in difficult times. For many, community involvement also provides a sense of purpose as they know their actions contribute to something larger than themselves.

For some, spiritual connections provide a different kind of bond. These links go beyond the physical world and connect individuals to a higher purpose or the universe itself. Whether through religious practices, meditation or spending time in nature, spiritual connections offer peace, clarity and direction. They help people find meaning in life, offering strength during difficult times and encouraging self-reflection. A sense of connection to something greater than oneself often brings comfort and a deeper appreciation for life. Through practices such as meditation, mindfulness or prayer, people are encouraged to find a sense of unity with others and the universe. Spiritual connections allow individuals to potentially find inner peace, make sense of life's challenges and embrace the complexities of human existence.

Strong connections, regardless of their form, bring significant benefits to our well-being. People with close relationships tend to have better mental health, experience less stress and even live longer. The emotional support from strong connections acts as a buffer against life's challenges, making it easier to cope with stress and uncertainty. On a physical level, connections have been linked to improved health

outcomes, such as stronger immune systems and faster recovery from illnesses. Individuals with strong social ties are more likely to live longer, recover more quickly from surgery and experience lower rates of chronic illness. When people feel connected to others and have relationships that provide emotional support, they are better equipped to handle life's challenges.

In today's world, technology has transformed the way we connect. Social media, messaging apps and video calls have made it possible to maintain relationships across long distances breaking geographical barriers. These tools allow people to stay in touch, share updates, and even form global friendships. However, while technology has made connecting easier, it also presents challenges. Over-reliance on digital communication and constant online engagement may result in less face-to-face interaction, making people feel isolated despite being constantly connected.

It is essential to strike a balance between online and offline connections to maintain meaningful relationships and avoid the pitfalls of digital isolation. The digital world has expanded the possibilities for connection, but it also brings a new set of challenges. The accessibility of digital tools means that people can easily reach out to others, but the quality of these interactions may not be as deep or meaningful as in-person communication. Social media platforms often foster superficial interactions that do not provide the emotional support that face-to-face conversations offer. People may feel connected to many online friends, but without deeper, more meaningful exchanges, these connections can lack the substance that true relationships provide.

Emotional intelligence plays a crucial role in building and maintaining strong connections. It involves understanding and managing our emotions while empathizing with others. People with high emotional intelligence communicate effectively, resolve conflicts peacefully and build stronger, more lasting relationships. Empathy and active listening are important elements of emotional intelligence. This enhances communication, trust and deepens relationships. When people feel genuinely listened to, they are more likely to open up and form meaningful connections.

Building strong connections takes time and effort. Being fully present in conversations and interactions helps build trust and strengthen bonds.





Expressing gratitude and appreciation also strengthens relationships. Small gestures, like saying thank you or acknowledging someone's efforts can go a long way. Clear and open communication is essential for maintaining healthy connections. Misunderstandings can often be avoided through open dialogue, reducing the risk of conflicts. Those who can empathize and connect with others on a deeper level tend to form the strongest and most enduring relationships. By being emotionally present in our interactions, we can foster more meaningful connections that go beyond surface-level exchanges.

When people feel connected, they are more likely to contribute positively to their communities. Connections also drive progress and innovation. Collaboration and the exchange of ideas often result in breakthroughs that benefit society as a whole. Whether in science, art or business, the power of connection fuels creativity and growth. In today's fast-paced world, it is easy to get caught up in the demands of work, family, and personal commitments, leaving little time for the relationships that matter most. Taking time to check in with loved ones, make plans to spend quality time together, and show appreciation for their presence in our lives goes a long way in strengthening bonds. These efforts may seem small, but they have a significant impact on the health of our relationships and the sense of connection we experience.

However, maintaining connections isn't always easy. While connections bring many rewards, maintaining them can be challenging. Differences in values, beliefs, or communication styles can create barriers. Life's demands, such as work, family responsibilities, and personal challenges, can also strain relationships. The fast pace of modern life, coupled with the prevalence of digital distractions, can lead to a sense of disconnection.

Despite these challenges, connections remain the threads that hold human life together. By embracing and nurturing our connections, we strengthen the social fabric, creating a world where everyone feels seen, heard and valued. Connections remind us that we are never truly alone, and through them, we can build a better, more unified future.





# The Genetics of Happiness: Can Science Decode Our Emotions?



**Koppuli Anannya Gopalkrishnan**  
SYBT

**H**appiness is something we all crave. It's the feeling that everything is right, that we're content with life. But have you ever wondered - what if our experiences of joy, sadness, and stress aren't solely shaped by our circumstances or external events? Sure, life events and what's happening around us play a huge part, but growing research suggests that a lot of our emotions might come from something deeper - our DNA, brain chemistry, and how our brains release certain chemicals. Could it be that our DNA holds the key to understanding how we truly feel?

## The Genetic Blueprint of Emotions

For a long time, people thought emotions were mostly about what we go through in life, and that our environment and experiences shaped us. But as it turns out, our genes might play a much bigger role than anyone expected. Some studies show that as much as half of how happy we are might be tied to our genetics. Take identical twins for example—these two could grow up in totally different places, but still end up with pretty similar happiness levels. That's strong evidence that our emotions could be wired into our genes.

One of the most studied genes related to happiness is the *5-HTTLPR* gene, which regulates serotonin, a chemical in the brain that plays a huge part in how we feel. Variations in this gene can affect how serotonin functions in the brain. People with certain genetic variations may have a more optimistic

outlook on life, while others might be more susceptible to anxiety or depression.

## Brain Chemistry: The Role of Neurotransmitters

Our emotions are not just shaped by our genes but are also deeply connected to the chemicals in our brain. Neurotransmitters - chemical messengers that transmit signals between neurons, play a pivotal role in regulating how we feel. Key neurotransmitters such as serotonin, dopamine, and oxytocin are central to our emotional experiences.

Serotonin, often called the "feel-good" neurotransmitter, profoundly impacts mood, sleep and appetite. When serotonin levels are balanced, we tend to feel more positive and emotionally stable. However, low serotonin levels are commonly associated with sadness, depression and anxiety. This means that maintaining adequate serotonin levels is critical for overall mental well-being. But serotonin doesn't act alone in influencing our emotions. It's part of a broader network of brain chemistry that interacts with other neurotransmitters and hormones to create a nuanced emotional experience.

Dopamine is another key player, tied to our brain's reward system. Dopamine is released when we experience pleasure or achieve a goal, creating





feelings of satisfaction and happiness. It's what gives us that surge of joy after accomplishing something significant or even enjoying a simple treat. However, imbalances in dopamine levels can lead to mood disorders such as depression or addiction. For instance, individuals with low dopamine activity may struggle with motivation and find it harder to experience pleasure, which can have cascading effects on mental health.

Oxytocin, often referred to as the "love hormone," is what helps us feel connected to others. It's released during moments of bonding—like hugging someone you love or even helping a friend out. Higher levels of oxytocin are tied to feeling good about life and being happy in general. This hormone is particularly interesting because it highlights the social dimension of happiness. While serotonin and dopamine operate largely within the individual, oxytocin emphasizes the importance of relationships and human connection in shaping our emotions. Research has also suggested that oxytocin could play a role in reducing stress by promoting social bonding and trust, further underscoring its significance in emotional well-being.

### **Stress and Sadness: The Dark Side of Emotion**

While our genetic makeup sets the stage, how we handle stress and sadness depends on our brain chemistry. Some people are genetically more prone to stress and anxiety, while others seem to handle it better. This is where the balance of neurotransmitters becomes crucial. High levels of stress hormones like cortisol can lead to anxiety and depression, while maintaining a healthy brain chemistry helps us stay emotionally stable.

Cortisol, often called the "stress hormone," plays a key role in our body's fight-or-flight response. However, when cortisol levels stay elevated over time, it can have a negative impact on mental health. Some studies suggest that our genetic makeup might influence how we cope with stress. For instance, certain gene variations can affect how quickly someone bounces back from stressful situations. On the flip side, people who are more sensitive to stress might find relief through therapies that help reset their brain chemistry, such as mindfulness exercises or cognitive behavioral therapy.

### **Nature vs. Nurture**

Here's the thing! It's not just about nature (our genes) and nurture (our environment). It's about how the two interact. Someone with a genetic predisposition to anxiety might find it easier to cope with stress if they're in a supportive environment. On the other hand, someone without that genetic tendency could still struggle if they're surrounded by a lot of stress. So, happiness isn't just one thing, it's the result of a blend of our genetic makeup, brain chemistry and life experiences.

While we can't change our genes, we have the power to improve our mental well-being by managing stress, nurturing social connections and staying active. In the end, happiness isn't just a fleeting feeling; it's a complex interplay of biology, environment and personal choices that shapes our emotional landscape. So, the next time you're feeling happy, remember - your genes might be playing a bigger role than you think!





# The Path Shared with Nature: The Winding Road



**Aishwarya Raman**  
SYBT

“The winding road of life, the winding road,  
Ever the landscape changed, and onward  
pressed the bits of broken time into the circle of  
eternity, Nevertheless the road winds, ever winds.

And no man knows what lies around the corner over  
the hill, or in the aurora's palm, however we walk  
it, the good old winding road over which many have  
passed, down which many are coming.”

From the dawn of civilization humans have looked to nature for sustenance, shelter, inspiration and meaning. The reverence with which prehistoric people regarded their environment is evident in their art—cave paintings depicting a diverse range of animals, sculptures and megalithic structures. These artistic expressions reflect their deep connection to the natural world, the intricate web of life and the mysteries of existence that continue to captivate us today.

Prehistoric art provides glimpses into how early humans perceived the world around them. The paintings and carvings not only capture the beauty of their surroundings but also reveal their profound respect for nature. They saw the changing landscape, with its valleys and mountains, rivers and skies as a part of their existence which influenced their beliefs, creative expressions and survival strategies. Lurking

at every twist and turn of nature is an opportunity to unravel more mysteries. Had our ancestors been foretold of its surprises, they would have never believed it. Those who tread on this path continue to discover glorious facets of nature.

The journey of human understanding took a monumental turn during the Renaissance when Galileo Galilei, through his telescope, illuminated the world with the starry night and unveiled the millions of stars and planets whirling through space, revealing the mysteries of the night sky. His observations of the myriads of stellar systems and Jupiter's moons revolutionized human thought, linking us to the celestial bodies and allowing the study of the orderliness and energy of the universe in ways which were previously unimaginable.

Under this influence the road of curiosity wound towards a new era, with this newfound knowledge shaping navigation, trade and exploration of life in the seas. The stars, once objects of awe and mystery, became guiding lights for sailors to traverse the vast oceans, a source of inspiration for philosophers and poets, now providing practical ways for human progress.

Amidst this grandeur, however, lies an often overlooked truth- the calmness and order that governs the cosmos. Unlike earthly spectacles, celestial bodies do not announce their presence---The Sun rises without declaration, the Orion does not proclaim its brilliance; yet their presence is constant and reassuring. Nature does not merely illuminate the path with discoveries and inventions—it also offers a deeper and more profound illumination through its nobility, order, tranquility and resilience.

Man first realized the intricate beauty of the tiniest life forms that swarm in billions under one's feet, on the trampled grass and soil; while peering through the illuminated screen of a microscope at a trivial thing like pond water. These were just the footprints to greater, newer and exciting discoveries. The world of microorganisms opened up new frontiers beyond the conception of the human mind. These little life forms proved to be of immense importance in further advancements- the fungi which were once considered to be agents of decay, were now proving to be





important players in sustainable innovation and being used as valuable industrial resources. Mycelium, the subterranean network of single-celled fungal threads that grow into mushrooms, is redefining architecture by making sustainable furniture, wall tiles and space dividers. It replaces the need for wood, leather and other synthetic alternatives. These mycelium based products are offering eco-friendly solutions to reduce deforestation and the need for animal derived materials.

Nature's elements show up on every new turn of the road and place making the path for human beings a beautiful one. Its role in human ingenuity extends beyond material innovation. As industries seek sustainable alternatives, nature consistently presents innovative solutions, proving that it is not merely a resource to be exploited but a partner in progress.

Art, literature and music have found their source profoundly in nature- poets of the past celebrated her as a refuge from industrialization. The very victims of industrialization- trees, have held a sacred place through history for their environmental and cultural significance. Humans have been connected to trees since ancient times. The centuries old tradition of the Khasi and Jaintia people from Meghalaya might seem like a fairy tale, but it is one of the strongest bio-engineered wonders of human architecture. These "Living root bridges" help in connecting remote places. Guiding the roots of the rubber fig tree into Areca nut palms' hollow canes, these structures are left over time to grow and intertwine themselves to form the sturdy "Jing Kieng Kri"(living root bridge), which can last for hundreds of years. These bridges serve as essential pathways, even as the path winds over streams and deep ravines. This relationship that man shares with nature demonstrates how indigenous and sustainable practices can create long lasting solutions.

Beyond architecture and material science, much can be attributed to herbal remedies and cures that have been in practice since ancient times. These remedies stem from the plants that nature has nurtured to heal and strengthen humanity. The 1980s Japanese practice

of "Shinrin-yoku" (forest bathing) aims at reconnecting people to nature, by spending time among natural elements, especially trees and has been proved to significantly affect health, both physical and mental. This practice provides space for relaxation.

Florence Nightingale in her book "Notes on Nursing" speaks of the need for pure air and light for patients and remarks- "It is curious to observe how almost all patients lie with their faces turned to the light, exactly as plants always make their way towards the light." emphasizing how man turns to nature in times of suffering. The discovery of penicillin and the birth of the age of antibiotics can be traced to some of nature's seemingly insignificant elements- mold. Yet they play a significant role in the making of pharmaceutical drugs that are used to treat the sick.

Before the industrial revolution, when synthetic textiles came into use, clothing materials consisted chiefly of animal skin, progressing to cotton, flax and linen. Gradually, garments, beyond being simply used as clothing, began to serve as a medium of self-expression, reflecting cultural shifts, personal identity, and trends through the choices individuals made in their attire, allowing them to communicate their beliefs through their choice of dress.

Fashion in the 1800s for the elite included garments and coats made of animal fur. This fur came to be an insignia for royalty, but not just any animal was fit for royalty. Ermine was the status quo fur, the most sought after for official presentations. Did these lofty possessors of ermine fur, proudly wearing the spotless fleece on their shoulders know that the little carnivore as he roamed the forests of Asia, might have been proud as they, of his pure white coat? And one cannot doubt, for it was the most beautiful fur in the market. This creation of nature never soiled his fur, of which hunters took an unsportsmanlike advantage to hunt the small mammal. One can picture the hunt- as the little ermine turns to face the yelping hounds, ready to face death than to dirty his flawless coat. The loftiness of virtue is displayed through the character of this little animal. Never to stoop down to that which will sully one's conscience.

Several innovations have been inspired by nature- the desire to scale great heights and the desire to span the skies led to the invention of the airplanes, which were modeled after birds. Bridges, too, were inspired by natural arches and tree roots. Even something







as seemingly simple as Velcro was based on the Burdock burrs' ability to cling to fabric. Throughout history, mankind has drawn from nature, adapting its designs and processes to create tools, materials and advancements that define modern life.

Elements like gold and silver have been in use since ancient times primarily for ornaments and currency. Over the centuries, the field of chemistry has expanded with the discovery of numerous elements that now form the foundation of modern science and industry.

Yet, beyond these well-known materials, nature continues to shape the world in ways often overlooked. Along dusty, winding roads, what appears mundane or unremarkable to the casual observer is in reality, part of nature's intricate craftsmanship. From clay, nature creates sapphire; from soot, a diamond; from sand, an opal. Even something as fleeting as water transforms into intricate snow crystals and delicate dewdrops that adorn drooping flowers at dawn.

The wealth of the earth is boundless, its treasures hidden in the depths of mountains and beneath the soil, waiting to be discovered. Precious minerals and jewels, forged over millennia, form the very bedrock of our planet. Above this wealth, nature spreads a lush carpet of velvety grass, refreshed each morning by heavenly dew.

In William Wordsworth's poem: "Lines Composed a Few Miles above Tintern Abbey", he speaks of nature's influence over the human spirit as he muses:

"She can so inform

The mind that is within us, so impress

With quietness and beauty, and so feed

With lofty thoughts, that neither evil tongues,  
Rash judgments, nor the sneers of selfish men,

Nor greetings where no kindness is, nor all The  
dreary intercourse of daily life, Shall e'er prevail against  
us, or disturb

Our cheerful faith, that all which we behold Is full  
of blessings."

Nature's elements, whether grand or subtle, like golden threads weave an intricate pattern into human life. Beyond its breathtaking landscapes and majestic phenomena, nature is an inevitable part of daily life. Every aspect of human life, from food and shelter to medicine and technology is derived from or inspired by the natural world. This close and inescapable bond reminds us that nature is not merely an external force but a constant presence, offering both sustenance and solace. Man and nature are inextricably linked, each shaping the other in profound ways. Nature provides resources and inspiration, while humans take on the dual role of learner and steward. The responsibility falls upon humanity to understand, respect and preserve the environment, ensuring that the balance between conservation and progress is maintained.







# The Symphony of Life



**Karthika Mudliyar**  
SYBA

Music lies hidden within the soul of every individual. It is not merely a collection of songs; it transcends rhythms, beats, waves and frequencies. In this chaotic world, music serves as a bridge, connecting humans to their innermost selves. It transcends the boundaries of culture, language, and even time, connecting us to something deeper within ourselves and the world around us. Although there are technically 12 notes in music, the music extends beyond these notes. Music is a form of art that touches the human spirit, something our ears long to hear, but our hearts instinctively knows exists. As beautifully expressed by Ludwig van Beethoven, *“Music is the one incorporeal entrance into the higher world of knowledge which comprehends mankind but which mankind cannot comprehend.”*

Music is philosophy. It speaks to those emotions that humans struggle to articulate. Music can sometimes lead us to become more connected to life and give us a deeper sense of understanding. Beyond its technical structure of 12 notes, music exists in an intangible realm, capturing the essence of life's joys and sorrows. Whether it is the melodies of classical compositions or the trending songs on Instagram, music affects our moods and uplifts our spirits. Yet, amidst the overwhelming popularity of mainstream music, genres like classical music remain underrated. Classical music, one of the purest forms of this art, offers a calming and soulful experience that is truly transformative. While it may not be everyone's cup

of tea, giving it a chance even once a day can provide a serene escape.

## Healing powers of Music.

Beyond its aesthetic appeal, music holds profound therapeutic benefits. There was a fascinating study which claimed that music could destroy 20% of breast cancer cells! According to research conducted by the Programme Oncobiology at the Federal University of Rio de Janeiro, the *Fifth Symphony* by Beethoven could potentially destroy 20% of breast cancer cells and restore health. The research comprised an in-depth analysis of the growth and destruction of MCF-7 cells, which are linked to breast cancer. By exposing these cells to the composition, two in five eventually died. While the research is in its infancy, it offers a fascinating glimpse into the potential of music as a non-invasive cancer therapy. Interesting right? Music has various psychological health benefits too. Psychologists and neuroscientists have long utilized music to influence complex neurobiological processes. Clinical studies provide some evidence that music therapy can be used as an alternative therapy in treating depression, autism, schizophrenia and dementia, as well as problems of agitation, anxiety, sleeplessness and substance abuse. Simply put, music has the power to mend minds and soothe the soul.





## The Cultural Tapestry of Music

Music is deeply embedded in cultures worldwide, shaping identities and uniting people. Strangers humming the same tune can share a fleeting moment of connection. Concerts bring together thousands, creating collective experiences of joy and catharsis. From the harmonious orchestras to the intimate strumming of guitar, music fosters a sense of belonging and shared humanity.

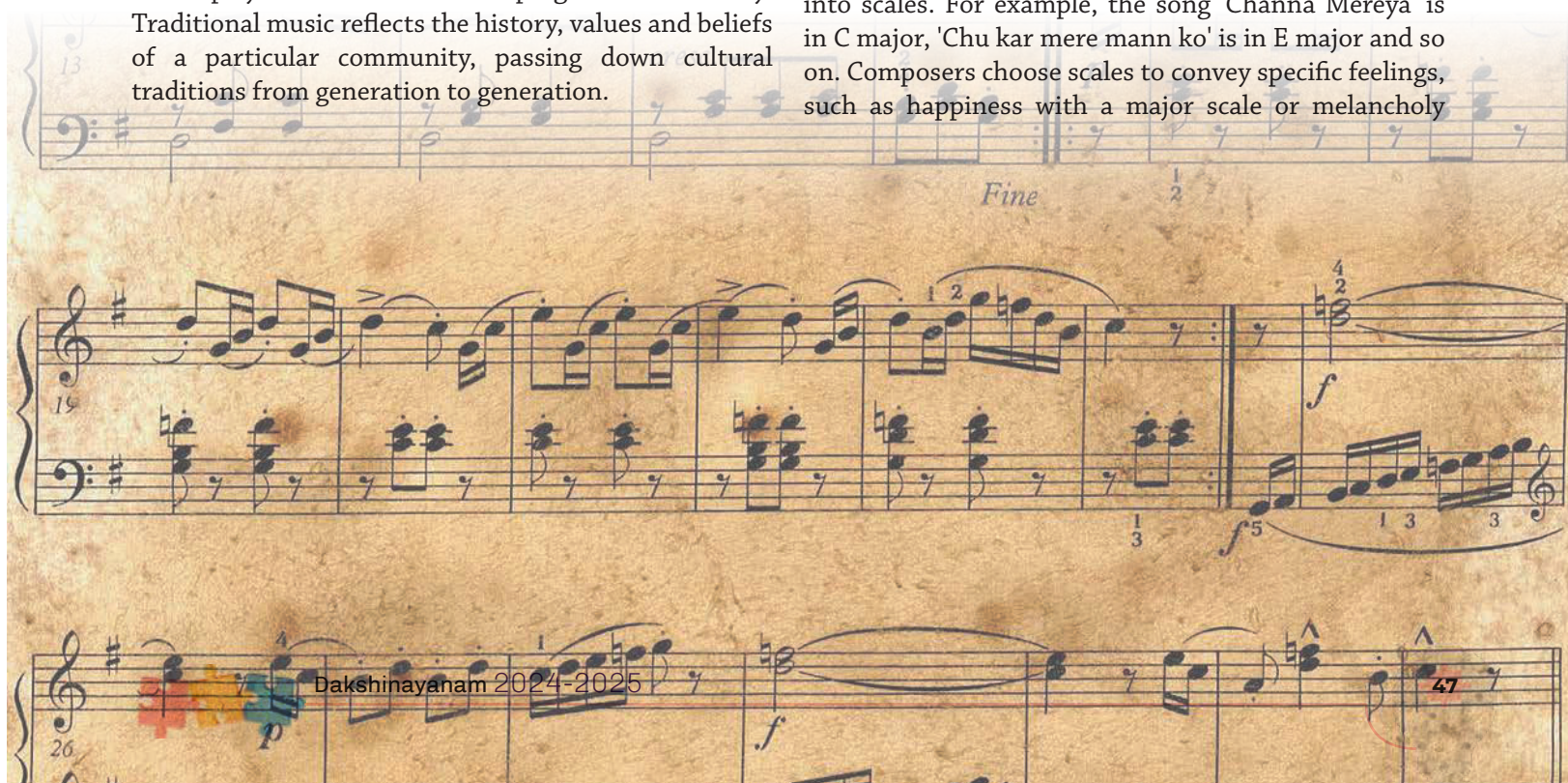
One of the most remarkable aspects of music is its ability to transcend borders and connect nations. Different countries have shared and influenced each other's musical traditions for centuries, creating a global tapestry of sounds. For instance, the spread of jazz from its roots in African-American communities in the United States of America to Europe and Asia demonstrates how a genre can unite diverse cultures. Similarly, the popularity of K-pop, originating in South Korea, has created a global fanbase, blending traditional Korean elements with modern pop sensibilities. Indian classical music, with its intricate ragas, has influenced Western composers like Philip Glass, while Western Classical techniques have enriched Indian film scores. Music has also played a vital role in social and political movements throughout history, serving as a powerful tool for expressing dissent, promoting social justice and inspiring change. Music evokes powerful memories and emotions, connecting us to specific times and places. A particular song can transport us back to a childhood memory, remind us of a loved one, or evoke nostalgia. Music plays a crucial role in shaping cultural identity. Traditional music reflects the history, values and beliefs of a particular community, passing down cultural traditions from generation to generation.

Festivals such as Glastonbury in the UK, Coachella in the USA, and Tomorrowland in Belgium draw artists and audiences from all over the world, showcasing how music bridges cultural divides. Collaborations between artists from different backgrounds—like the legendary meeting of Ravi Shankar and George Harrison—highlight music's role as a universal language that fosters understanding and collaboration.

## A Journey through Notes and Scales

Well, you might ask, how is this magic composed? For that, we need to know a little more about music theory (though this information will not make you a great composer).

Let's take an example of Piano for better understanding. There are 12 notes in one octave[range]; Sa, Komal Re, shuddha Re, Komal Ga, shuddha Ga, shuddha Ma, teevra Ma, Pa, Komal Dha, shuddha Dha, Komal Ni, and shuddha Ni in Indian sangeet Or C C# D D# E F F# G G# A A# in western music. The white notes are Shuddha or Natural notes. The black notes are komal swars or Sharp/Flat. These notes form scales - groups arranged according to ascending or descending order of pitch. Any song, any classical musical piece or any melody in the world lies in these 12 notes. You might question that in school, we were only taught 7 notes Sa Re Ga Ma Pa Dha Ni; then how come there can be 12 notes? Well, we were taught C major Scale. It contains only white notes and is the most basic scale. A scale is usually a set of seven notes and songs are usually categorized into scales. For example, the song 'Channa Mereya' is in C major, 'Chu kar mere mann ko' is in E major and so on. Composers choose scales to convey specific feelings, such as happiness with a major scale or melancholy



with a minor one. However, music transcends logic and resides in the abstract, near the miraculous.

### The Art of Composition and Performance

The steps involved in composing start with listening and analyzing various genres. The process involves selecting the mood and emotion, structuring the song, and experimenting with melodies. Creativity and emotional authenticity are crucial, as music is an art form that thrives beyond the bounds of logic.

**“As said by Johann Sebastian Bach:-**

*“It’s easy to play any musical instrument. All you must do is touch the right key at the right time and the instrument will play itself.”*

or by

**“Ludwig Van Beethoven:**

*“To play a wrong note is insignificant. To play without passion is inexcusable!”*

Songwriting, distinct from composing, combines lyrics with melodies. The challenge lies in blending these two art forms seamlessly, ensuring the lyrics fit the melody without losing their essence.

So far, we have focused on the composer’s perspective; now, let’s shift to the singer’s perspective. The efforts taken by songwriters come to life by the singer’s voice. Every artist has a range in which he/she can sing. Songwriters, according to their needs, choose the singer and take many trials with various singers to find the perfect voice for the song [this was before autotune became a trend]. Beyond the captivating melody

and lyrics, a singer’s performance involves a complex interplay of technical mastery and emotional expression. Laymen often overlook the meticulous breath control, precise vocal placement and unwavering pitch accuracy that underpin a flawless rendition. The emotional vulnerability, mental fortitude and physical stamina required to deliver a powerful performance are equally demanding. Moreover, a singer’s artistic interpretation, storytelling abilities and the nuanced connection they forge with the audience contribute significantly to the overall impact of their performance, adding layers of depth and meaning that often go unnoticed.

The most underappreciated individuals are the musicians who play instruments. They are often overlooked. They play an equally crucial role, like the backbone of a song. They dedicate years to honing their skills and collaborating to produce a beautiful and complex sound. From the steady beat of the drums to the amazing solos, each instrument has a special role. Even the quiet parts, like the bass, are important. So, the next time you hear a song don’t forget to appreciate the musicians who play instruments.

As technology continues to develop the future of music is full of exciting possibilities..... how we use and share music with the rise of digital platforms and how streaming services have made music more accessible and affordable than before. Artificial intelligence plays an important role in music production too. From original compositions to personalized song recommendations, musical education plays an important role in raising the next generation of musicians and instilling a deeper appreciation of the arts.

Music is more than entertainment. It is a profound and transformative force that strengthens our lives in countless ways. By embracing the diversity of musical expression, let's explore the science behind its power and admire the artistry of the creator. Music does not just reflect life; it shapes it, reminding us of our shared humanity and the endless possibilities of harmony. So, what song will you lose yourself in tonight? Remember to embrace the magic, for music is not just an art; it is life’s symphony.



# Ties That Bind: The Power of Human Connections



**Shifa Shah**  
SYBA

“We are all connected; to each other, biologically. To the earth, chemically. To the rest of the universe, atomically.” - Neil deGrasse Tyson

This is an impactful quote highlighting what is at the heart of this article: the significance of human connections and our bonds with each other. The relationships we have with those around us form an integral part of the human experience, since our social lives are central to the functioning of a healthy society. Quoting John Donne, *"No man is an island"*. Donne beautifully expresses the idea that humans cannot exist independently or in isolation. Despite all of us hailing from different religious, cultural, linguistic and regional backgrounds, we put our differences aside because we all share one quality that is - humanness. Interestingly, these differences only enhance our interactions further, making them much more diverse. Humans are social beings who need bonds to survive and thrive. And because of our sociable nature, we're all connected to each other; this shared connection is not just the result of our interactions with each other but also due to our shared experiences, values, beliefs and shared human emotions. My article delves into topics that have been briefly introduced above. Keep reading to know more about human relationships, our interconnectedness and how these connections are

deeply interwoven into the rich tapestry of human life. Let's explore these connections via various sections of this article.

## The Universality of Emotions

Human emotions are such that they transcend all barriers and differences between individuals. No matter where all of us come from, the emotions that we experience are the same. The people we have around us and our relationships with our kin strongly affect how the experiences of these emotions are for us. In turn, emotions deeply affect our relationships too. It is with the people that we are closest to that we share our joy, grief, excitement. Sometimes the best bonds are forged due to this. I can vividly recall an incident when this has happened to me. I saw a girl crying in the college hallway outside the admissions office; concerned, I approached her and asked her what was wrong. She began to tell me how one of the subjects that she wanted was unavailable due to the class being full for that particular subject. I comforted her the best I could and reassured her that all will be well. Some days later, I saw her in class, she did manage to get the subject she wanted and soon we became friends- all because I saw her crying and it evoked concern in me which led me to comfort her. I think this is a beautiful example of how emotions can help us communicate and bond with people we might not even know. Similarly, in times of tragedy or distress, we all come together to stand united despite our differences. A good example of this is the terrorist attacks that happened in Mumbai some years ago or the floods of 2005 in Mumbai. During the floods, the people of Mumbai, despite being in distress themselves, went out of their ways to help each other. People offered places in their homes to strangers stuck amidst the floods, provided food, clothing and other necessities as best as they could. Emotions get people to come together to comfort each other in distress and celebrate together in times of joy, which strengthens our bonds and helps communities become much more tight-knit. So what does this section tell us? It tells us that human emotions hold a lot of power; they can connect us to strangers and forge unforgettable bonds and precious moments of vulnerability, all of which play a big role in our social lives.

## The Ripple Effect of Kindness



Suppose you see someone standing under an awning or a canopy during a downpour and they clearly seem to be in a hurry. You go up to them and offer them some shelter underneath your umbrella. You do this purely out of kindness and altruism, hoping to help the person. That person, inspired by your kindness, might go on to help someone else and thus, a chain of goodwill has been created by you! A bunch of people passing on your kindness to the next person they encounter who is in need of some kind. Small acts of service like the example mentioned above can lead to the formation of new relationships and so, a little kindness definitely goes a long way. Practicing empathy or the ability to put yourself in someone else's shoes and altruism are two such qualities that can massively impact and strengthen our bonds with the people around us going on to even changing lives sometimes. Giving someone in need a shoulder to lean on or a few words of encouragement has the power to uplift people more than we realize.

Recalling a recent psychology lecture that I attended, the lecturer spoke about how memories completely alter our brains, not just in an abstract way but quite literally, change our brain physically too. So how does that work? Let's dive into this unique psychological concept in the following section.

### How New Connections Reshape Us

This happens through a scientific phenomenon called 'Neuroplasticity' which is the innate ability of the brain to create new neural pathways. It does so to accommodate new memories and to adapt to novel experiences. To break all of that down in simpler terms, when we meet someone new or experience something we have not encountered before, our brain needs to register this new information and to do so, it must create memories of that experience or register that piece of information and store it. So when we meet someone new, it activates the hippocampal region of our brain which is responsible for storing memories. These changes in

the brain are more or less permanent, especially if this new memory of a person or an experience is heavily emotionally charged, since those are likely much more long lasting. This phenomenon sheds light on the fact that new connections not only change our brain chemistry emotionally but also physically. Everyone we meet leaves a lasting imprint on us and all experiences, no matter how small or insignificant, change us forever. There are emotional and psychological implications of this phenomenon too - A kind gesture from a stranger can make us more compassionate and empathetic. Similarly, having a conversation with someone who has been through a difficult time can inspire us to be more resilient. What's remarkable is that this rewiring of our brain makes us all part of a bigger whole, it connects us not just to the person we meet but also introduces us to parts of everyone they have met. It's beautiful to think that *all of us are a collage of everyone we have ever met, carrying with us forever, bits and pieces of each other!*

### What's the Conclusion of It All? A Collage of Humanity!

In the end, the connections we form, no matter how fleeting or profound, are what truly define us. Each moment we live, every person we meet and each bond we create and nurture becomes a thread in the intricate tapestry of our lives. These ties, often invisible, are what give our lives depth and meaning. It is so important that we recognize and acknowledge how we are all bound together through shared kindness, empathy and compassion, all of which make us human. These connections are a reminder to us that we are all part of something greater, a collective collage of humanity where we must cherish every bond and nurture every relationship. To conclude, I urge every reader to look back on all the connections we have made along the way and how they have shaped us into the person we are today. Let's hold each relationship dear, treasure every bond made and remain open to all the new connections that eagerly await us!



# Urban Design Choices and the Web of Consequences



**Ariharan Yogeshwar**  
SYBA

Mistakes not learnt are repeated. Urban planning and design are not limited to the street layouts and the plants on those streets. It goes beyond that -it is connected to and influences many subjects, from economy to psychology and more. It determines the quality of life billions experience. It decides the fate of a city. One doesn't need to be an urban planner to understand the basic pros and cons of it; it should be their right to know it. A better understanding of urban planning and designing will only lead to progress in the masses and is an essential step towards holding those in charge of it accountable. Our view of the world starts to change once we understand how deeply urban design is connected to everything- such a trivial cloak it hides behind! This article is more about comparing the designs implemented globally, rather than offering a broader view of the drawbacks of some systems and their counterparts.

## United States Of Suburbia & The American Dream

When we discuss the American dream, I think of the African American artist Tracy Chapman and her famous work "Fast Car." The American dream is to own a house, have a family, have a good-paying job or a business, and drive one's car. Little did Tracy know that the "car" part would be problematic.

It has become cultural to own a car in the United States and Canada, because—well, it is Canada; what else can we expect? It is the norm or

even a necessity for some to own a car in the US, and most people hope to acquire one the moment they turn 16, which is when a person in the US or Canada can get a driving license. A new yet not-so-new term for such a car-centric society is "Car Culture". As the name suggests, it integrates having a car as part of daily life, as part of an identity, for some, it even represents freedom which is one of the core philosophies of the United States. The argument is that personal "cars" allow us to move freely, anywhere and anytime we want.

## Japan & Europe For Comparison

When it comes to owning a car, Japan is not so different. Japan is one of the world's leading car producers and probably will remain so, given that the European car market (as of 2024) is not in great shape. The Japanese do own cars, but they are neither a necessity nor a significant part of their culture or identity. This is due to Japan's excellent public transportation system. The Japanese and the US differ greatly in their urban design, with Japan emerging on top, which we will explore as we go. Similar to Japan, Europe has a strong car market, home to some of the world's biggest automotive brands. Yet, most Europeans prefer not to drive.

## Why The American Way Of Urban Planning is Problematic

Imagine having to own a car to take part in society. There is a certain image of America created by the media, particularly Hollywood. They show us New York, Washington, California or a very 1990's type of



suburb similar to those found in Massachusetts but that is far from the truth, light years away. We have heard suburbs turning into cities, in America however, cities turn into suburbs. Most Americans live in the suburbs, suburbs that are car-centric in design.

What is a car-centric design? It is when the cities and the streets are designed around cars. The roads are wider, probably with little to no sidewalks, bicycle lanes, bus lanes or tram lines. In a normal suburb anywhere in the world, it might be the same but the difference is that the roads would be narrow enough to be used for cars (one-way) and for walking but in the US, they make 2-lane or even 4-lane roads. These types of roads are dangerous for pedestrians to cross, especially for children. In Canada, laws prevent children under 16 from travelling around without a guardian's permission. Though the law is meant for safety, it is unfortunate. Snatching children of their freedom will have a potential psychological disadvantage later in life. Parents must drive their children everywhere, leading to the rise of the "soccer mom" culture.

But these wide roads are not just a suburban problem though—most roads are like that. There is a term "stroad" coined by an organization *Strong Towns* (advocates for walkable human-centric cities), which refers to a street-like design but for cars. Unfortunately, it fails to be either. Even bridges are built with little to no sidewalks. Pedestrian crossings are hazardous, sometimes requiring people to traverse up to eight lanes—if a crossing even exists. As the roads are bigger, the vehicle speeds are also high, resulting in deadly accidents, accidents that particularly involve children. Car-centric design also affects public transit projects, delaying them or even cancelling them. To avoid losing on profits due to laws and regulations, American and other car companies in America upsell people on buying SUVs and pickup trucks. These vehicles are needlessly big and a lot of children die being hit by these vehicles. No other country sees these many children die due to vehicles as America. These oversized cars are also a danger to smaller vehicles, the actual practical vehicles.

### **Destruction and Economic Impact**

Today, when we look at a city like Houston, Texas, we see a city that appears almost bombed—except it wasn't, Berlin was bombed, yet, it looks far better. Houston's landscape is filled with parking lots, but it wasn't always this way—entire neighbourhoods



were bulldozed to make room for cars. Most of the time, freeway construction means destroying many vibrant neighbourhoods, disproportionately affecting historically Black neighbourhoods.

As the sidewalks change into fast roads, the retail shops face difficulties attracting customers, the only way they can operate is by having parking lots. The distance between shops have increased and houses are farther away, resulting in retail stores being replaced by something like Amazon. Why go to a mall wasting 25 minutes driving when one can order stuff? Cities built around cars also look ugly; they cannot be tourist spots, adding insult to injury. One can choose to ignore all of this and go about their work until they find out that they require a car for that and have to pay for its maintenance because public transit is often a dream. Even if trains and buses exist, using them is always difficult. Imagine a station exit with a crossing as big as a freeway, an instant problem. Buses use roads as well, they can get stuck in traffic. As a result of all this, an American would always be prepared for long traffic when the rest of the world knows they will always get a train or a bus to get to their work on time and know they can easily get there.

### **Induced Demand**







There is a term in urban planning called “Induced demand”. American and Canadian politicians promise to build wider roads to free traffic and call cyclists “liberal anti-Americans” or “anti-Canadians”. But that won’t solve traffic and they know it. Induced demand is a concept in urban planning which explains why widening the road can’t solve traffic and it has been proven decades ago, some countries in the world have even learnt from it. When a road is extended, and more lanes are added, the traffic does move faster, but that is for a temporary amount of time. However, as more people become aware of the improvement, they alter their commuting habits, increasing traffic volume until the road reaches full capacity again.

There can never be enough lanes, simply due to the number of people who live in an average city, especially American cities. A very costly, yet, good example of this would be the “Katy Freeway” on Interstate 10 in Houston, Texas. 2.2 Billion dollars were spent upgrading it and making it hold the record for the highest number of lanes on a single freeway in the US. The result? It increased travel time by 30%.

### American Reasoning and Excuses for Being Car

### centric

The US was not always car-centric, it was a country built around railroads, beautiful stations, trams, and much more, but most importantly, well-designed cities. The car industry saw itself rising again after World War II, not so hard to guess, the reason behind the car-centric America we know today. The car part from the American Dream has even made its way to India, as a result, we all see cars as a status symbol. It was the decades-long campaigning and marketing done by this industry. In the US, they probably lobbied the politicians and had major shares in the automobile companies. Politicians also argue that cars are part of the American culture, and trying to change that is Communism or Socialism while giving subsidies on petrol and diesel—classic politician moves. They also don’t have to work on actual public transport, when they can just keep widening the roads and suck money out of it in the name of progress and work. People in America and similar countries try to give excuses and justifications for building car-centric infrastructure. They argue that their nation is too big, unlike European countries or any other nation. They have emergency departments which prevent any steps towards adding bike lanes or so because they believe that will become an obstacle in case of emergency rescue missions. Lack of public transportation is also a reason. America lacks public transit because they complain that they run on loss. Public transportation which runs on loss despite millions travelling is a sign of good economic activity. While a car; a symbol of freedom, is a matter of debate in America. Just another excuse. In the end, these excuses are simply excuses and nothing more.

### Japan And Amsterdam

When Americans say that their cities, and the nation as a whole, are too big compared to European cities, one can't help but laugh. European countries are not small, and what is worse is that when we see it as Europe, and then compare it to the US, we see a much stronger, efficient system of public transportation. The whole European continent is connected by high-speed rails, and the cheapest ticket here can be compared to the most luxurious trains available in the US. Be it commuter trains, trans-country or metro systems, Europeans are one of the best in the world.

Other than the Europeans, there exists the





Japanese. Japanese take their public transit very seriously. They have a very strong and robust transportation system. Their trains are infamous for being on time. There have been instances where the operators, private or government, have apologized for the smallest, tiny delays. Their bus market as well as ferry market for travel is efficient and is used very frequently on an everyday basis, many livelihoods depend on them. Even though public transit is good in Japan, a majority of homes own a car, yet, those cars aren't as big as the American ones, and they are more practical. Regulations and city design policies make it possible. Their city design makes it so that roads are narrower, which is not a bad thing. They already have good transit, they can go anywhere they want and they have wider sidewalks which can also be used for bicycles. One of the best things in their design which is unique to them is the famous alleyways. Japanese alleyways and small one-way roads with white stripes painted are places where people can walk and small trucks or cars can go through. So, retail shops see business unlike in America where malls have to be there with big parking lots. These places feel lively.

Amsterdam is a bicycle city. It used to be like the US some 3 decades ago, they followed the footsteps of the only superpower in the world. Then the awakening happened, and they started removing major freeways, turning them into rivers, places for people to walk and cycle, and city centres appeared. Now, the whole Netherlands is like that, children can walk to school on their own, and go outside on their own and the streets almost always have bicycle lanes, bus lanes and even tram lines. They are by far the best example of post-car-centric recovery. Their streets are pedestrian-friendly and even the crossings are engineered to be as perfect and safe as possible. The design is so good that one would not even need to own a car, wouldn't want a car.

### Taipei And Lessons

Taipei, the capital of Taiwan, was recently called out for its recklessly absurd urban design. They called it a hell for pedestrians. Taipei City has since seen a lot of improvements, from bicycle and bus lanes to the widening of the sidewalks. It also seems they are adapting the Japanese style of narrow one-way roads with white strips that can be used for walking as well and the speed limit is usually low. Improvements were not only due to urban planning but also the enforcing

of traffic laws that already existed— something India needs to work on.

India can learn from Taiwan and Japan as the population densities of their cities are almost similar to each other. When was the last time you saw a bicycle lane in India? For a lot of us, the answer might be “never”. India has the potential to improve public transit, cities like Kolkata and Delhi are already in that process. Given that Indian cities are facing terrible pollution, it would do nothing but help the condition if India starts projects to improve urban design. Even though only about 8% of homes own cars, they are major air polluters. Of course, not to forget, those numbers are for cars, buses, auto rickshaws and not to forget, two-wheelers. In the end, a city designed well would only benefit. It is said that a city's potential is not seen in its ambition but in its budget. A good allocation of budget can lead to meaningful developments, else it will only lead to a wasteful widening of roads.





# मैं और मेरे पिता जी



**Devansh Mishra**  
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एक आदर्श पिता वह होता है जो अपने बच्चे को प्यार, मार्गदर्शन और अटूट समर्थन प्रदान करता है। वह एक रक्षक, एक मार्गदर्शक और एक आदर्श होता है, जो अपने बच्चे के मूल्यों और भविष्य को आकार देता है। एक आदर्श पिता केवल अपनी ज़िम्मेदारियाँ पूरी नहीं करता, बल्कि उससे आगे बढ़कर अपने बच्चे की खुशी और विकास को सुनिश्चित करता है। वह महत्वपूर्ण जीवन के पाठ सिखाता है, आत्मविश्वास भरता है, और सपनों को प्रोत्साहित करता है, साथ ही सुरक्षा और आराम की भावना प्रदान करता है। उसकी उपस्थिति निरंतर शक्ति का स्रोत होती है, और उसका प्रेम निस्वार्थ और अटूट होता है, जिससे वह एक बच्चे के जीवन में अपरिहार्य व्यक्ति बन जाता है।

पिता और बच्चे के बीच का रिश्ता जीवन के सबसे गहरे और प्रिय रिश्तों में से एक होता है। मेरे और मेरे पिता, श्री विजय कुमार मिश्रा, के बीच का संबंध प्यार, सम्मान और अटूट समर्थन की नींव पर बना हुआ है। जब से मैं पैदा हुआ हूँ, उन्होंने मुझे दिशा दिखाई है, मेरी रक्षा की है और मेरे सबसे बड़े आदर्श रहे हैं। उनकी उपस्थिति मेरे जीवन में शक्ति और प्रेरणा का स्रोत रही है, जिसने मुझे आज जिस व्यक्ति के रूप में पाला है, वह बनाया है। उनके शब्दों और कार्यों ने मुझमें मूल्यवान जीवन के सबक भरे हैं जिन्हें मैं हर दिन अपने साथ रखता हूँ। चाहे हमें कितनी भी चुनौतियों का सामना करना पड़े या हमारी कितनी भी असहमति हो, हमारा बंधन हमेशा मजबूत रहता है, जो आपसी समझ और गहरे प्रेम से परिभाषित होता है। उनके त्याग और हमारे परिवार के प्रति उनकी प्रतिबद्धता मुझे उनके प्रेम की गहराई का एहसास कराती है, और मैं उनके

द्वारा किए गए हर कार्य के लिए सदैव आभारी हूँ।

बचपन में, मेरे पिता मेरे पहले शिक्षक थे। उन्होंने मुझे चलना, बोलना और सबसे महत्वपूर्ण, ईमानदारी और सच्चाई के साथ जीना सिखाया। उनके ज्ञानपूर्ण शब्द मेरे साथ हमेशा रहे हैं, और जब भी मैं गलतियाँ करता हूँ, मुझे उनकी आवाज़ सही रास्ते पर वापस ले जाती है। जब ज़रूरत होती है तो वे सख्त होते हैं, ताकि मैं अनुशासन और ज़िम्मेदारी सीख सकूँ, लेकिन वे अविश्वसनीय रूप से प्रेमपूर्ण और सहायक भी हैं। जब भी मैं खोया हुआ या अनिश्चित महसूस करता हूँ, मुझे पता होता है कि मैं उनसे सलाह ले सकता हूँ। वे कभी भी मुझ पर अपने निर्णय नहीं थोपते; बल्कि, वे मुझे चीजों को विभिन्न दृष्टिकोणों से देखने में मदद करते हैं ताकि मैं समझदारी से अपने फैसले ले सकूँ। इसने मुझमें आत्मनिर्भरता और आत्मविश्वास की भावना विकसित की है, जिससे मैं जीवन की चुनौतियों को संभालने में सक्षम हूँ।

मेरे और मेरे पिता के संबंध में सबसे महत्वपूर्ण बात यह है कि हम एक-दूसरे से खुलकर बात कर सकते हैं। उन्होंने हमेशा मुझे अपने विचार और भावनाएँ साझा करने के लिए प्रोत्साहित किया है, चाहे वे कितने भी छोटे या गंभीर क्यों न हों। स्कूल, दोस्ती, या व्यक्तिगत संघर्षों के बारे में हो, वे धैर्यपूर्वक सुनते हैं और बिना किसी निर्णय के मार्गदर्शन प्रदान करते हैं। इस खुले संचार ने हमारे रिश्ते को मजबूत किया है और एक अटूट विश्वास की भावना बनाई है। जब भी मैं गलतियाँ करता हूँ, मुझे पता होता है कि वे मुझे समझेंगे और मुझसे सीखने में मदद करेंगे, बजाय केवल डांटने के। इसने मुझे उनकी सलाह लेने में अधिक सहज बना दिया है, यह जानकर कि वे वास्तव में मेरी भलाई की



परवाह करते हैं।

हमारे मजबूत बंधन के बावजूद, किसी भी अन्य रिश्ते की तरह, हमारे बीच भी असहमति होती है। कभी-कभी, हम छोटी-छोटी बातों पर बहस करते हैं, जैसे कि मेरी पढ़ाई की आदतें या मेरा खाली समय कैसे बिताना चाहिए। उनके मेरे लिए उच्च अपेक्षाएँ हैं, और यद्यपि यह कभी-कभी भारी लग सकता है, मुझे पता है कि यह प्यार से प्रेरित है और वे मेरी सफलता देखना चाहते हैं। मैं समझता हूँ कि उनकी सख्ती मुझे नियंत्रित करने के लिए नहीं, बल्कि मुझे अपने सर्वश्रेष्ठ रूप में बदलने के लिए है। समय के साथ, मैंने चीजों को उनके दृष्टिकोण से देखना सीख लिया है, और मैं उनके अनुशासन और संरचना की सराहना करता हूँ जो वे मेरे जीवन में लाते हैं। हमारी असहमतियाँ कभी हमारे रिश्ते को कमजोर नहीं करतीं; बल्कि, उन्होंने हमें एक-दूसरे को बेहतर समझने और करीब लाने में मदद की है।

मेरे पिता ने मुझे जो सबसे मूल्यवान शिक्षा दी है, वह यह है कि परिश्रम और धैर्य ही सफलता की कुंजी हैं। उन्होंने हमेशा इस बात पर जोर दिया है कि सफलता आसानी से नहीं मिलती और अपने लक्ष्यों को प्राप्त करने के लिए मेहनत करने की आवश्यकता होती है। उन्हें हमारे परिवार के लिए अथक परिश्रम करते देखना मेरे लिए हमेशा प्रेरणा का स्रोत रहा है। चाहे वे कितने भी थके हुए या तनावग्रस्त हों, वे कभी शिकायत नहीं करते और न ही हार मानते हैं। उनके धैर्य ने मुझे सिखाया है कि चुनौतियाँ जीवन का हिस्सा हैं, लेकिन सही मानसिकता और दृढ़ संकल्प से कुछ भी संभव है। जब भी मैं हतोत्साहित महसूस करता हूँ, मैं उनके संघर्षों को याद करता हूँ और कैसे उन्होंने उन्हें पार किया, और यह मुझे आगे बढ़ने के लिए प्रेरित करता है।

एक मार्गदर्शक और गुरु होने के अलावा, मेरे पिता मेरे सबसे बड़े समर्थक भी हैं। वे मेरी हर उपलब्धि का जश्न मनाते हैं, चाहे वह कितनी भी छोटी क्यों न हो, और मुझे और अधिक प्रयास करने के लिए प्रेरित करते हैं। परीक्षा में अच्छे अंक लाने से लेकर किसी व्यक्तिगत उपलब्धि तक, वे मेरे प्रयासों की सराहना करते हैं और मुझे मूल्यवान महसूस कराते हैं। उनका मुझ पर विश्वास मुझे बिना किसी डर के अपने सपनों का पीछा करने का आत्मविश्वास देता है। जब भी मैं खुद पर संदेह करता हूँ, वे मुझे मेरी क्षमताओं की याद दिलाते हैं, यह आश्चर्य करते हुए कि मैं महान चीजें हासिल करने में सक्षम हूँ।

भविष्य में, मैं अपने पिता को गर्व महसूस कराना चाहता हूँ। श्री विजय कुमार मिश्रा ने मुझे बहुत कुछ दिया है। प्रेम, मार्गदर्शन, समर्थन और मैं उनके सभी बलिदानों को सार्थक बनाना चाहता

हूँ। मैं चाहता हूँ कि वे मेरी सफलता देखें और जानें कि उनके परिश्रम और समर्पण ने मुझे एक ऐसा व्यक्ति बना दिया है जिस पर वे गर्व कर सकते हैं। सबसे बढ़कर, मैं हमेशा उनके साथ रहना चाहता हूँ, जैसे वे हमेशा मेरे साथ रहे हैं। मैं उनका ध्यान रखना चाहता हूँ, उनका समर्थन करना चाहता हूँ, और सुनिश्चित करना चाहता हूँ कि उन्हें किसी भी चीज़ की चिंता न हो। उन्होंने अपना जीवन मेरी खुशी सुनिश्चित करने में लगा दिया, और मैं उनके लिए भी वही करना चाहता हूँ।

अंत में, मेरे और मेरे पिता के बीच का रिश्ता मेरे जीवन के सबसे अनमोल और अर्थपूर्ण पहलुओं में से एक है। वे सिर्फ मेरे पिता ही नहीं, बल्कि मेरे मार्गदर्शक, मेरे संरक्षक और मेरी सबसे बड़ी प्रेरणा हैं। उनका प्रेम, मार्गदर्शन और समर्थन मुझे उस व्यक्ति के रूप में ढालने में सहायक रहे हैं, जो मैं आज हूँ, और मैं उनके द्वारा किए गए हर एक कार्य के लिए सदा आभारी रहूँगा। चाहे जीवन मुझे कहीं भी ले जाए, मैं जानता हूँ कि हमारा बंधन हमेशा मजबूत रहेगा, जो प्रेम, विश्वास और आपसी सम्मान की नींव पर टिका है। मैं उनके साथ बिताए हर क्षण को संजोता हूँ और और भी सुंदर यादें बनाने की उम्मीद करता हूँ। वे मेरे जीवन के सबसे बड़े प्रेरणास्रोत हैं, और मैं सदैव उनका सम्मान और आदर करता रहूँगा।





# रोगाणुओं के साथ मानव का जुड़ाव



**Parameshwaran Iyer**  
SYBT

**मा**नव शरीर में बड़ी संख्या में बैक्टीरिया, वायरस, कवक और प्रोटोजोआ सहित कई सूक्ष्मजीव होते हैं, जिन्हें माइक्रोबायोटा कहा जाता है। मानव शरीर में कोशिकाओं की संख्या की तुलना में माइक्रोबायोटा की संख्या बहुत अधिक पाई गई है। माइक्रोबायोम को सूक्ष्मजीवों के रूप में परिभाषित किया गया है और उनके जीनोम में मानव जीनोम की तुलना में लगभग १०० गुना अधिक जीन पाए गए हैं। माइक्रोबायोटा मानव शरीर में कई महत्वपूर्ण कार्यों को प्रभावित करता है।

कई कारक माइक्रोबायोटा जैव विविधता को प्रभावित करते हैं, जैसे आहार, एंटीबायोटिक्स सहित दवाएं, पर्यावरण के साथ संबंध, और उम्र। अध्ययनों से पता चला है कि माइक्रोबायोटा विविधता की कमी से कई बीमारियाँ होती हैं जैसे ऑटोइम्यून बीमारियाँ जैसे मधुमेह टाइप। गठिया, मस्कुलर डिस्ट्रॉफी, विटामिन रु की कमी के कारण रक्त के थक्के जमने में समस्या और इसकी कमी के कारण तंत्रिका कोशिकाओं के स्थानांतरण में गड़बड़ी। कैंसर, स्मृति विकार, अवसाद, तनाव, ऑटिज्म और अल्जाइमर रोग जैसी कई स्थितियों में अपनी भागीदारी के अलावा।

इस लेख का उद्देश्य स्वास्थ्य और बीमारियों में माइक्रोबायोटा और मानव शरीर के बीच संबंधों पर चर्चा करने वाले वैज्ञानिक अनुसंधान और अध्ययनों का सारांश देना है।

मानव कोशिकाओं में ९०% अंग हमारे लिए पराये हैं जिन्हें माइक्रोबायोटा या माइक्रोबायोम कहा जाता है। माइक्रोबायोटा सूक्ष्मजीवों का एक संयोजन है जो एक विशिष्ट क्षेत्र में एक पारिस्थितिक समुदाय बनाता है।

अकेले मानव आंत में १०० ट्रिलियन से अधिक सूक्ष्मजीव हैं, और उनमें संपूर्ण मानव जीनोम की तुलना में १०० गुना अधिक जीन हैं। १६S rRN, १८S rRNA और अन्य मार्कर जीन पर निर्भर आणविक विधियों के विकास ने एक विशिष्ट क्षेत्र में पाए जाने वाले रोगाणुओं के निर्धारण में मदद की है। इन विधियों ने मानव शरीर में सूक्ष्मजीवों की भूमिकाओं के अध्ययन और स्पष्टीकरण के द्वार खोल दिए हैं। 'ह्यूमन माइक्रोबायोम प्रोजेक्ट' की स्थापना यादृच्छिक शॉटगन अनुक्रमण प्रक्रियाओं द्वारा त्वचा, योनि, मुंह और आंत में माइक्रोबायोम का अध्ययन करने के लिए की गई थी, जो बड़े-सम्मिलित क्लोन अनुक्रमण और उच्च-घनत्व माइक्रोएरे का उपयोग करके लक्षित था। इन तरीकों से स्वास्थ्य और बीमारियों में माइक्रोबायोटा की भूमिका के बारे में काफी जानकारी मिली।

हाल ही में, कई वैज्ञानिक शोधों ने भोजन से ऊर्जा निकालने की क्षमता बढ़ाने, पोषक तत्वों की पैदावार बढ़ाने, भूख संकेत बदलने, विटामिन का उत्पादन करने और कई सामग्रियों को चयापचय करने की क्षमता बढ़ाने में मानव आंत माइक्रोबायोटा की महत्वपूर्ण भूमिका का प्रदर्शन किया है। जेनोबायोमिक्स सहित क्योंकि इसमें विविध, अद्वितीय और विशिष्ट एंजाइम होते हैं और इसमें विविध जैव रासायनिक मार्ग होते हैं। आंत माइक्रोबायोटा कई बुनियादी जैविक प्रक्रियाओं में शामिल है, जिसमें उपकला विकास का विनियमन, चयापचय फेनोटाइप का मॉड्यूलेशन और जन्मजात प्रतिरक्षा की उत्तेजना शामिल है। इसके अलावा, माइक्रोबायोटा प्रतिस्पर्धी उपनिवेशण या बैक्टीरियोसिन जैसे रोगाणुरोधी एजेंटों के उत्पादन के माध्यम से बाहरी रोगजनकों से शरीर की रक्षा करता है जो रोगजनकों को मारते हैं।

होस्ट के जीन और जीवनशैली, भोजन का प्रकार, और उपभोग की जाने वाली दवाओं और एंटीबायोटिक्स का माइक्रोबायोटा पर प्रभाव पड़ता है, जो प्रतिरक्षा प्रणाली के विकास, अंतःस्नायी स्नाव, चयापचय विनियमन, या यहां तक कि जीन के भीतर शारीरिक प्रणालियों को संशोधित करके मेज़बान के स्वास्थ्य को प्रभावित करता है। इस संतुलन में बदलाव को डिस्बिओसिस कहा जाता है। आंत माइक्रोबायोटा डिस्बिओसिस कई बीमारियों का कारण बनता है, जैसे ऑटो-इम्यून रोग जैसे अस्थमा और गठिया, पुरानी बीमारियाँ और चयापचय, और हृदय रोग जैसे मोटापा, मधुमेह, एथेरोस्क्लेरोसिस और यकृत रोग। माइक्रोबायोटा डिस्बिओसिस के परिणाम कैंसर और अवसाद और चिंता जैसी मनोवैज्ञानिक बीमारियों तक फैल सकते हैं। माइक्रोबायोटा प्रतिरक्षा प्रणाली के प्रशिक्षण और प्रेरण में महत्वपूर्ण भूमिका निभाता है। जब सिस्टम बेहतर ढंग से काम करता है, तो यह रोगजनकों के प्रति प्रतिरक्षा प्रतिक्रिया को उत्तेजित करता है और गैर-हानिकारक एंटीजन को सहन करता है। प्रतिरक्षा प्रणाली में एक



जटिल नेटवर्क (जन्मजात और अनुकूली) होता है जिसमें कई चुनौतियों को अनुकूलित करने और प्रतिक्रिया देने की क्षमता होती है और यह माइक्रोबियल मुठभेड़ों के संदर्भ में ऊतक को संरक्षित करने और इसे बहाल करने के लिए काम करता है। प्रतिरक्षा प्रणाली तंत्र जिसका उपयोग माइक्रोबायोटा के साथ संबंध बनाए रखने के लिए किया जाता है, उसी के समान है जिसका उपयोग मनुष्यों को प्रभावित करने वाली कई बीमारियों, जैसे एलर्जी, ऑटोइम्यून रोग और संक्रमण के लिए सूक्ष्मजीव पैदा करने वाले रोगजनकों को प्रतिबंधित करने के लिए किया जाता है। ये रोग ऑटोएंटीजन, रोगाणुओं या पर्यावरण-व्युत्पन्न एंटीजन के खिलाफ उचित प्रतिरक्षा प्रतिक्रिया की विफलता से उत्पन्न होते हैं। मेजबान रणनीतियों को सूक्ष्मजीवों और उपकला कोशिकाओं की सतहों के बीच संचार को कम करने के लिए सूक्ष्मजीवों के साथ संतुलन बनाए रखने के लिए अनुकूलित किया जाता है, इस प्रकार सूजन को कम किया जाता है और पूरे शरीर में बैक्टीरिया के प्रसार को रोका जाता है। इसलिए, त्वचा और छोटी आंत जैसे सूक्ष्मजीवों के सीधे संपर्क वाले क्षेत्रों में प्रतिरक्षा कोशिकाओं की बहुतायत होती है।

विभिन्न उद्योगों और कृषि अनुप्रयोगों (कीटनाशक, शाकनाशी और उर्वरक) में औद्योगिक रसायनों के बढ़ते उपयोग के अलावा, बड़ी संख्या में ज़ेनोबायोटिक पदार्थों वाले फार्मास्यूटिकल्स के बढ़ते सेवन ने स्वास्थ्य शोधकर्ताओं के बीच इस चिंता को जन्म दिया है कि ज़ेनोबायोटिक पदार्थों का चयापचय कैसे होता है। और मानव शरीर में उनके परिणाम क्या होते हैं। माइक्रोबायोटा डिस्बियोसिस में एंटीबायोटिक्स बहुत महत्वपूर्ण भूमिका निभाते हैं। एंटीबायोटिक्स न केवल रोगजनक बैक्टीरिया को प्रभावित करते हैं बल्कि लाभकारी बैक्टीरिया पर भी प्रभाव डालते हैं, जिससे जैविक असंतुलन पैदा होता है जिससे मोटापा और अस्थिमा जैसी कई बीमारियाँ होती हैं। उदाहरण के लिए, क्लोस्ट्रीडियम डिफिसाइल के अवसरवादी संक्रमण के कारण होने वाले दस्त का मुख्य कारण ब्रॉड-स्पेक्ट्रम एंटीबायोटिक दवाओं का उपयोग है। इसके अलावा, आंतों का वातावरण कई प्रतिरोधी जीनों के स्थानांतरण के लिए उपयुक्त वातावरण प्रदान करता है, जिससे एंटीबायोटिक के उपयोग का खतरा बढ़ जाता है। इसके अलावा, विशेष रूप से प्रारंभिक जीवन में एंटीबायोटिक के सेवन के नकारात्मक परिणाम होते हैं क्योंकि यह चरण एक स्वस्थ माइक्रोबियल समुदाय के गठन के लिए महत्वपूर्ण है।

पहले दीर्घावधि में, अध्ययन का उद्देश्य स्वस्थ स्वयंसेवकों में क्लिंडामाइसिन का उपयोग करके आंत माइक्रोबायोटा पर एंटीबायोटिक दवाओं के प्रभाव की जांच करना था। आंत माइक्रोबायोटा में एक बदलाव देखा गया जो कोर्स के बाद दो साल तक बना रहा, इसके अलावा कई प्रजातियों की हानि हुई और आंत बैक्टीरिया में क्लिंडामाइसिन के लिए प्रतिरोध जीन की अभिव्यक्ति में वृद्धि हुई। सूक्ष्मजीव अल्पकालिक होते हैं, कई उत्परिवर्तन उनके जीनोम को प्रभावित करते हैं, जिससे वे परजीवियों के प्रति अनुकूलन में अधिक लचीले हो जाते हैं। इस प्रकार, वे अपने मेजबान की तुलना में परजीवियों पर प्रतिक्रिया करने में तेज़ होते हैं, या तो

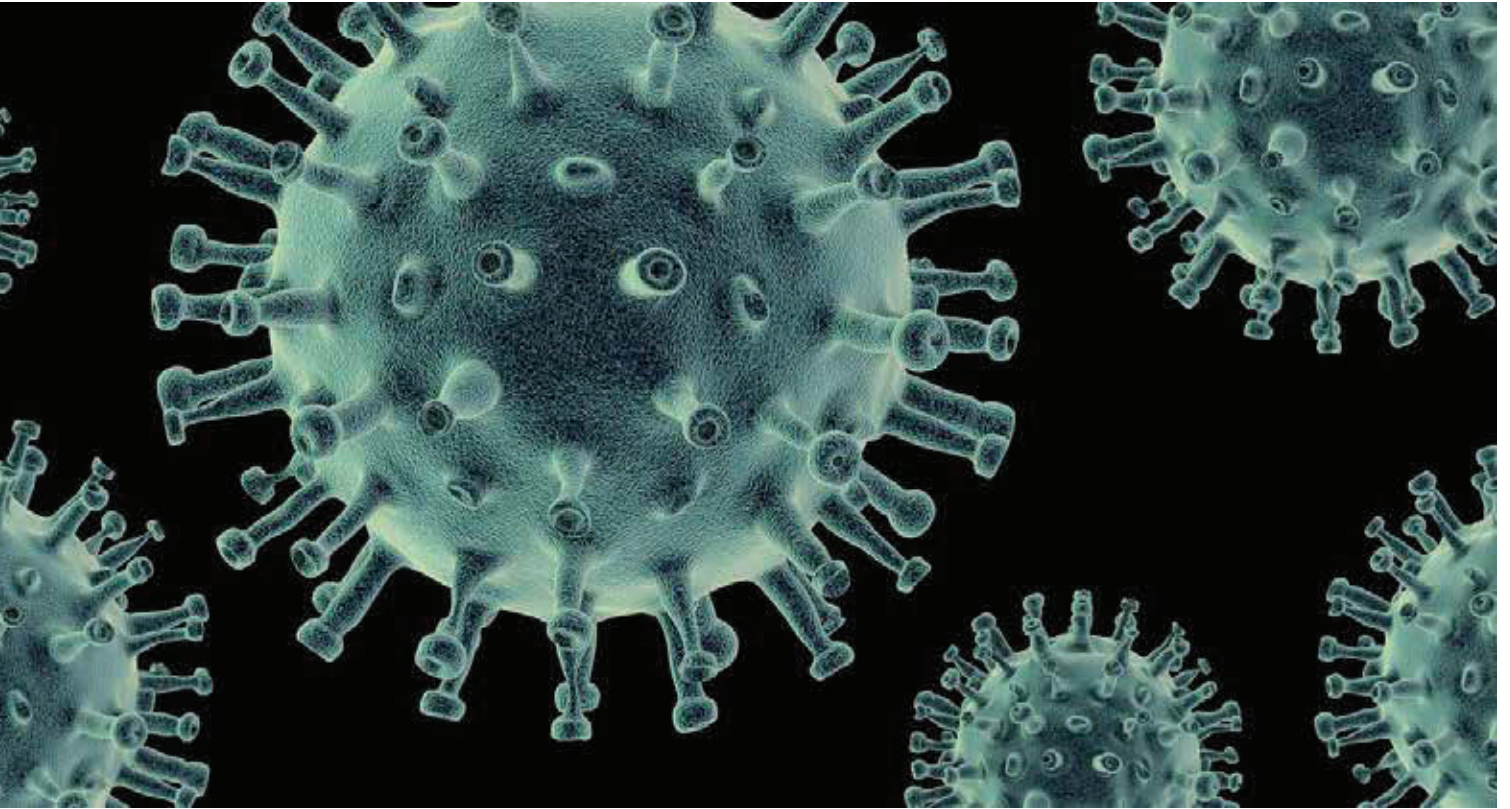
विषाक्त पदार्थों का उत्पादन करके हस्तक्षेप प्रतियोगिता के माध्यम से, या एंटीबायोटिक दवाओं के माध्यम से; परजीवियों को परजीवी बनाकर, जिसे 'हाइपरपैरासिटिज्म' कहा जाता है; या परजीवियों को मारने और उन्हें रहने से रोकने के लिए पोषक तत्वों के लिए प्रतिस्पर्धा करके संसाधन प्रतिस्पर्धा के माध्यम से। माइक्रोबायोटा परोक्ष रूप से मेजबान को परजीवी को नष्ट करने के लिए एक मजबूत प्रतिरक्षा प्रतिक्रिया के लिए प्रेरित कर सकता है या मेजबान की सहनशक्ति को भी बढ़ा सकता है जो परजीवियों के प्रति मेजबान की प्रतिक्रिया को कम करता है और इस प्रकार ऊतक को क्षति से बचाता है।

भोजन के साथ पेश किए जाने पर *Escherichia coli*, *Klebsiella pneumoniae* और *Pseudomonas Aeruginosa* जैसे रोगजनकों के उपनिवेशन को दबाने में आंत माइक्रोबायोटा की भूमिका की जांच करने के उद्देश्य से एक अध्ययन में, वैज्ञानिक ने कहा कि जब एक एंटीबायोटिक का उपयोग किया जा रहा था, तो उपनिवेशन प्रतिरोध कम हो गया, जिससे उपनिवेशीकरण हुआ। इन प्रजातियों द्वारा और बीमारियाँ पैदा की जाती हैं। इसी तरह, एक अन्य अध्ययन में जिसमें स्ट्रेप्टोमाइसिन को *Salmonella typhimurium* संक्रमण में इसकी भूमिका का निरीक्षण करने के लिए प्रशासित किया गया था, यह नोट किया गया था कि स्ट्रेप्टोमाइसिन सामान्य से अधिक तीव्र संक्रमण की दर का कारण बनता है।

गैस्ट्रोइंटेस्टाइनल होमियोस्टैसिस रोगजनकों के उन्मूलन, प्रतिरक्षा प्रतिक्रिया के नियमन और यहां तक कि कैंसर के विकास को रोकने के लिए बहुत महत्वपूर्ण है। यह संभावना है कि संचरण के अनुमानित तरीकों (गैस्ट्रो-ओरल ट्रांसमिशन, मौखिक-मौखिक संचरण, पानी और भोजन द्वारा संचरण, और मल-मौखिक संचरण) में एक ही परिवार के व्यक्तियों में एक व्यक्ति से दूसरे व्यक्ति में संक्रमण अधिक होता है। पर्यावरणीय कारक, मेजबान की आनुवंशिक प्रवृत्ति, साथ ही यूरिया उत्पादन, फ्लैगेल्ला और आसंजन कारक जैसे विषाणु कारक उपनिवेशन और रोग को प्रेरित करने में योगदान करते हैं।

बाद में, शरीर के सभी अंगों पर इसके प्रभाव के कारण यकृत-आंत धुरी ने शोधकर्ताओं का ध्यान आकर्षित किया। इसके अलावा, जैसा कि पहले उल्लेख किया गया है, अन्य अंगों की तुलना में आंत माइक्रोबायोटा के डिस्बियोसिस का विशेष रूप से यकृत रोगों पर महत्वपूर्ण प्रभाव पड़ता है। रक्त परिसंचरण द्वारा यकृत और आंतों तक पहुंचने वाले अंतःस्त्रावी उत्पादों के प्रभाव के अलावा, आंत-यकृत संबंध चयापचय, साइटोकिन्स और प्रतिरक्षा कोशिकाओं के परिणामस्वरूप उत्पादित सभी पदार्थों में हस्तक्षेप करता है। हेपेटाइटिस बी और सी सबसे आम चिकित्सा समस्याएं हैं जो कुछ मामलों में लिवर कैंसर के विकास का कारण बनती हैं। कुछ मामलों में, प्रतिरक्षा प्रणाली की ताकत के साथ-साथ आज तक अज्ञात कारकों के





कारण हेपेटाइटिस बी वायरस (एचबीवी) के कारण क्रोनिक हेपेटाइटिस का विकास नहीं होता है। अध्ययन से पता चला कि स्वस्थ दाताओं के मल को हेपेटाइटिस बी के रोगियों में प्रत्यारोपित करने से HBeAg को हटाने में मदद मिली, जिससे इस वायरस से लिवर की रक्षा करने में सक्षम प्रतिरक्षा प्रतिक्रिया को उत्तेजित करने में आंत माइक्रोबायोटा का महत्व साबित हुआ।

जैसा कि उल्लेख किया गया था, हेपेटाइटिस बी और सी के रोगियों में बैक्टीरिया की विविधता में कमी, विशेष रूप से जीनस *Bifidobacterium* में कमी देखी गई थी। इसी तरह, मिस्त्र के एक अध्ययन के अनुसार, हेपेटाइटिस सी वायरस (HCV) के रोगियों में बैक्टीरिया का प्रतिशत अधिक और *Bifidobacterium* का प्रतिशत कम था। इसी तरह, एचबीवी रोगियों में *Escherichia coli*, *Shigella* और *Enterococcus* में वृद्धि हुई और *Bifidobacterium*, *Ruminococcus* और *Ruminiclostridium* में कमी आई। परिणामी माइक्रोबायोटा असंतुलन से आंतों की पारगम्यता खराब हो जाती है और रक्तप्रवाह में रोगजनकों का प्रवेश होता है, जो टोल-जैसे रिसेप्टर्स (TLRs) और एनओडी-जैसे रिसेप्टर्स (NLRs) की सक्रियता को बढ़ाता है, सूजन वाले साइटोकिन्स को बढ़ाता है जो रक्तप्रवाह द्वारा यकृत तक पहुंचते हैं। और बी और सी दोनों मामलों में सिरोसिस के विकास का कारण बनता है।

आंत माइक्रोबायोटा अल्कोहलिक लिवर रोग और गैर-अल्कोहलिक फैटी लिवर रोग (NAFLD) जैसे लिवर रोगों में भूमिका निभाता है। शराब का सेवन माइक्रोबियल डिस्बियोसिस को प्रेरित करता है जो प्रोटीओबैक्टीरिया में वृद्धि के रूप में फायदेमंद शॉर्ट-चेन फैटी एसिड (SCFAs) का उत्पादन करने वाली प्रजातियों को कम करता है, विशेष रूप से ब्यूटायरेट, जिसे आंत में उपकला कोशिकाओं के लिए ऊर्जा स्रोत माना जाता है। इसी तरह, शराब का सेवन या आंत के माइक्रोबायोटा चयापचय के परिणामस्वरूप होने वाला अल्कोहल (Tjs) को नष्ट करके आंत की पारगम्यता को बढ़ाता है, जिससे एंडोटॉक्सिन का प्रवेश होता है।

शराब के सेवन से अंतर्जात इथेनॉल में वृद्धि के कारण लीवर कोशिकाओं में ऑक्सीडेटिव तनाव का खतरा बढ़ जाता है, जो बाद में रोग जनक से जुड़े आणविक पैटर्न (PAMPs) द्वारा लीवर में TLRs को सक्रिय करता है और सूजन साइटोकिन्स के उत्पादन की ओर ले जाता है। इसके अलावा, NAFLD रोगियों में आंत माइक्रोबायोटा डिस्बियोसिस यकृत में इंसुलिन प्रतिरोध और वसा उत्पादन को उत्तेजित करता है जो इस बीमारी का मुख्य कारण है।

पित्त अम्लों को यकृत में संश्लेषित किया जाता है और वसा को पचाने और तोड़ने के लिए आंतों में उत्सर्जित किया जाता है ताकि उन्हें छोटी आंत द्वारा अवशोषित किया जा सके, जहां आंत माइक्रोबायोटा उन्हें अपने





द्वितीयक रूप में परिवर्तित कर देता है। पित्त अम्ल यकृत और आंत में TGR5 और फर्नेसॉइड X रिसेप्टर (FXR) जैसे पित्त अम्ल रिसेप्टर्स की अभिव्यक्ति को सक्रिय करते हैं जो यकृत में ट्राइग्लिसराइड और पित्त एसिड के स्तर को विनियमित करने में महत्वपूर्ण भूमिका निभाते हैं। इसके अलावा, FXR सक्रियण ट्राइग्लिसराइड के स्तर को कम करता है और ग्लाइकोजेनेसिस को बढ़ाकर इंसुलिन प्रतिरोध को कम करता है।

आंत माइक्रोबायोटा डिस्बिओसिस जिम्मेदार प्रजातियों की कमी के कारण पित्त एसिड के उनके द्वितीयक रूप में रूपांतरण को कम कर देता है। यह, बदले में, FXR की अभिव्यक्ति को कम कर देता है, जिससे यकृत रोग होते हैं। इसने ओबेटीकोलिक एसिड जैसी दवाओं के निर्माण की ओर ध्यान आकर्षित किया जो FXR को सक्रिय करती हैं और लीवर में अनावश्यक सूजन को कम करती हैं।

वैज्ञानिक प्रगति ने मस्तिष्क और मानसिक स्वास्थ्य के बारे में पुरानी अवधारणाओं को फिर से दोहराया है और विशेष रूप से यह अवधारणा कि मानसिक स्वास्थ्य न केवल मस्तिष्क से संबंधित है, बल्कि आंत के माइक्रोबायोटा से भी संबंधित है। हाल के वर्षों में, मस्तिष्क पर माइक्रोबायोटा उत्पादों के संभावित प्रभावों को या तो सीधे नियामक हार्मोन या न्यूरोट्रांसमीटर का उत्पादन करके या अप्रत्यक्ष रूप से गैस्ट्रोइंटेस्टाइनल ट्रैक्ट, स्वायत्त तंत्रिका तंत्र, या आंतों के तंत्रिका तंत्र को प्रभावित करके या प्रतिरक्षा प्रणाली को उत्तेजित करके प्रदर्शित किया गया है। कुछ बैक्टीरिया, जैसे *Lactobacillus* और *Bifidobacterium*, गामा-एमिनोब्यूट्रिक एसिड (GABA) का उत्पादन करते हैं, जो केंद्रीय तंत्रिका तंत्र में सबसे महत्वपूर्ण ट्रांसमीटरों में से एक है। दूसरी ओर, *Bacillus* और *Escherichia* नॉरएड्रेनालाईन और डोपामाइन का उत्पादन करते हैं, जो केंद्रीय और परिधीय तंत्रिका तंत्र में महत्वपूर्ण भूमिका निभाते हैं। सेरोटोनिन का उत्पादन *Candida*, *Streptococcus*, *Escherichia* और *Enterococcus* द्वारा भी देखा गया। यह हार्मोन स्मृति और सीखने को उत्तेजित करने में अपनी भूमिका के अलावा मूड, भूख और नींद को विनियमित करने के लिए जिम्मेदार है।

कई अध्ययनों से पता चला है कि मस्तिष्क पर सूक्ष्मजीवी प्रभाव वेगस तंत्रिका द्वारा मध्यस्थ होते हैं। पशु मॉडल की भावनाओं पर इसके प्रभाव को निर्धारित करने के उद्देश्य से *Lactobacillus rhamnosus* पर एक अध्ययन में, यह पाया गया कि *L.rhamnosus* को खिलाने से कॉर्टिकोस्टेरोन में कमी आती है, जो चिंता और तनाव के लिए जिम्मेदार है, और प्रभाव का मार्ग वेगस तंत्रिका के माध्यम से था। प्रमुख अवसादग्रस्तता विकार (MDD) के रोगियों के अध्ययन से पता चला है कि आंत माइक्रोबायोटा डिस्बिओसिस बैक्टीरिया, प्रोटीनोबैक्टीरिया और एक्टिनोबैक्टीरिया में वृद्धि या फर्मिक्यूट्स में कमी के माध्यम से मनोवैज्ञानिक

रोगों से जुड़ा हुआ है। इसके अलावा, शोधकर्ताओं ने ऑटिस्टिक समूह में बैक्टेरोइडेट्स के बढ़ते अनुपात पर ध्यान दिया, जबकि स्वस्थ समूह में फर्मिक्यूट्स प्रमुख था।

### निष्कर्ष :-

अध्ययनों से पता चला है कि मानव माइक्रोबायोटा एक अत्यंत जटिल और व्यवस्थित समुदाय दोनों है। मानव माइक्रोबायोटा असंतुलन को डिस्बिओसिस कहा जाता है। कई कारक डिस्बिओसिस का कारण बनते हैं, लेकिन यह मानव स्वास्थ्य को कैसे प्रभावित करता है यह स्पष्ट नहीं है। सूक्ष्मजीव जन्म के तुरंत बाद मानव शरीर में बसना शुरू कर देते हैं, हालांकि नए अध्ययनों ने अंतर्गर्भाशयी वातावरण में उनके अस्तित्व का प्रदर्शन किया है। एक अच्छी माइक्रोबायोटा संरचना रोगजनकों से लड़ने और गैर-रोगजनक सूक्ष्मजीवों को सहन करने के लिए प्रतिरक्षा प्रणाली को शिक्षित करने में महत्वपूर्ण भूमिका निभाती है। दूसरी ओर, एक खराब संरचना कई बीमारियों को जन्म देती है, जैसे कि ऑटोइम्यून रोग, चयापचय संबंधी विकार और संक्रामक रोगों का जोखिम बढ़ जाता है, और वयस्कों में डिस्बिओसिस न्यूरोसाइकियाट्रिक विकारों से संबंधित है।

मनुष्य ने प्रोबायोटिक्स के रूप में या यहां तक कि एमटीटी के माध्यम से जीवित सूक्ष्मजीवों के माध्यम से एक अच्छा आंत माइक्रोबायोटा पुनर्प्राप्त करने की कोशिश की है, जिसका प्राचीन चीनी चिकित्सा में एक लंबा इतिहास है। इसके बाद, अध्ययनों से लाभकारी आंत माइक्रोबायोटा रचनाओं को बहाल करने में प्रोबायोटिक्स के महत्व को साबित किया गया है।

इसके अलावा, व्यापक और महत्वपूर्ण शोध से कैंसर सहित कई बीमारियों के लिए बायोमार्कर के रूप में आंत माइक्रोबायोटा का उपयोग करना संभव हो जाएगा, और प्रोबायोटिक्स का उपयोग करके, हम डिस्बिओसिस का इलाज करने और बीमारियों को विकसित होने से रोकने में सक्षम होंगे।





# संबंध मेरा मेरी कलम से



**Ravi Bohat**  
FYBA



संबंध क्या है? तथा संबंध की परिभाषा क्या है?

संबंध दो शब्दों से मिलकर बना है: सम + बंध। इसमें 'सम' का अर्थ है जुड़ाव और 'बंध' का अर्थ है रिश्ता या बंधन, जो दो चीजों को एक अर्थ के साथ जोड़ता है। मेरा आज का विषय है 'संबंध मेरा मेरी कलम से'।

एक व्यक्ति का उसकी कलम के साथ किस प्रकार का संबंध होता है तथा एक कलम क्या कर सकती है?

कलम क्या है?

एक कलम का इंसान के साथ क्या रिश्ता है?

कलम इंसान की भावनाओं को व्यक्त करने का एक माध्यम है। वाणी के बाद, कलम ही है जो व्यक्ति के विचारों को दूसरों के सामने प्रकट करती है। किसी भी व्यक्ति की भावना उसकी कलम के जरिए ही उसके शब्दों से झलकती है।

कलम ही इंसानों के शब्दों को संजोकर रखती है और कहीं-ना-कहीं लिखित रूप में अपने शब्दों से इस समाज को जोड़ने का काम भी करती है। हर एक इंसान का रिश्ता उसकी कलम के साथ

अलग होता है।

कलम कवि के लिए उसके मन की आवाज़ है, एक लेखक के लिए कलम उसकी सोच है, तथा एक पत्रकार के लिए कलम उसकी तलवार है।

कलम एक है, परंतु संबंध सबसे अलग-अलग निभाती है। यह किसी के लिए दोस्त, किसी की सोच, तथा किसी की कल्पना है। यह अपने हर रूप में सफल है।

मेरी कलम से निकला हर शब्द, हर वाक्य मेरी आत्मा की छाया है।

मेरी कलम मेरे मन के अनकहे भावों को जीवंत करती है। इसी कलम ने हर बड़े व्यक्ति की सोच को शब्द दिए हैं, जिन्हें पढ़कर कई व्यक्तियों ने अपना जीवन संवारा है।

कभी यह कलम किसी देशभक्त के नारों की गूंज बनी, तो कभी दो दिलों को जोड़ने वाले प्यार के लफ़्ज़। यह तो कलम है जनाब!

किसी ने इससे इतिहास लिखा, किसी ने इससे दोहे लिखे, किसी ने इससे संविधान लिखा, और कईयों ने इससे अपनी आज़ादी लिखी।

इसी कलम से लिखे शब्द कभी मंदिर में भजन बनकर गूंजते हैं, तो कभी मस्जिद की अज़ान।

यह कभी गुरु नानक की वाणी बनकर हमारे कानों को सुकून देती है।

कलम ने देखा है...

कलम ने इंसान की सोच को बदलते हुए देखा है। उसने समय के चक्र में इंसान के सभी भावों को देखा है।

कभी इसने कबीर के दोहों में इंसान की सोच देखी, कभी जगजीत की ग़ज़लों में दर्द का भाव देखा, तो कभी उसने लता की आवाज़ में देश का प्यार देखा।

और तो और, इसने धर्म के नाम पर देश का बंटवारा भी देखा। यह हर चीज़ से जुड़ी है क्योंकि कहीं-ना-कहीं यह इसके द्वारा ही हुआ है।

कलम भी सोचती होगी:

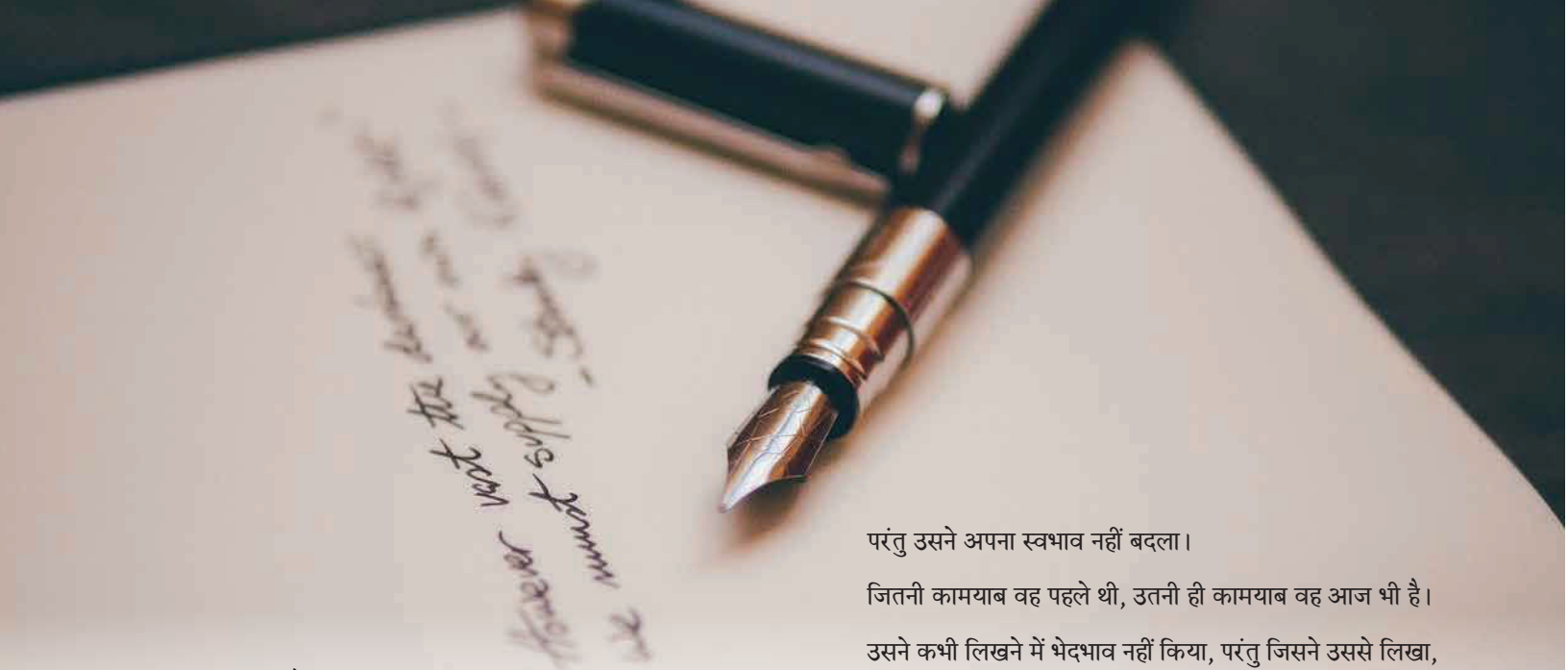
वो भी क्या ज़माना था,

चिट्ठियों का हर किसी के घर, आना-जाना था।

लेकिन आज ये क्या हो गया,

मेरा प्रिय मित्र कहाँ खो गया?





हम जानते हैं कि कलम का नाता सभी से बहुत अच्छा रहा, परंतु हम इसके प्रिय मित्र को तो भूल ही गए इस आधुनिक युग में।

जिसके साथ मिलकर इसने कितने रिश्तों को जोड़ा और कितने दिलों को मिलाया, वह कोई और नहीं बल्कि चिट्ठी है।

जो कितने नामों से जानी जाती है पत्र, तार, संदेश। इसके अलग-अलग नाम हैं, पर काम एक ही है इंसान से इंसान को जोड़ना।

जब कभी गाँव में कोई डाकिया आता था, तो सभी की निगाहें उसी पर रहतीं कि 'क्या हमारी भी चिट्ठी आई होगी?'

एक माँ जब अपने बच्चे की चिट्ठी पढ़ती तो उसे अपने सामने पाती।

चिट्ठी और कलम दूर बैठे दो इंसानों के बीच भावनाओं का आदान-प्रदान करते थे।

इसमें चिट्ठी बातों को संजोने का काम करती थी, और कलम उन भावों को लिखकर यादों में बदल देती थी।

'इसी कलम से किसी की ज़िंदगी बनती है तथा इसी कलम से किसी की ज़िंदगी मिट भी जाती है।'

कहते हैं न, 'जो काम एक तलवार नहीं कर सकती, वो काम एक कलम कर जाती है।'

कलम तो समाज का वह आईना है कि जो समाज में चलता है, वही कलम की नोक से कागज़ पर छपता है।

कलम का इतिहास

कलम का इतिहास बहुत पुराना रहा है।

कलम उस वक्त से इंसान के साथ है जब से इंसान ने लिखना सीखा है तथा अपनी बातों को लिखित रूप में रखना सीखा है।

कलम ने भी समय के साथ कई रूप बदले कभी वह कलम बनी, कभी पेंसिल, तो कभी पेन, और आज डिजिटल कीबोर्ड।

परंतु उसने अपना स्वभाव नहीं बदला।

जितनी कामयाब वह पहले थी, उतनी ही कामयाब वह आज भी है।

उसने कभी लिखने में भेदभाव नहीं किया, परंतु जिसने उससे लिखा, उसने ज़रूर भेदभाव किया।

इससे पता चलता है कि "इंसान कभी संगत से नहीं बदल सकता।"

आजकल इस कलम की जगह कीबोर्ड ने ले ली है, जो आज कलम की जगह काम करता है।

'करता होगा वह कलम से अच्छा काम!'

परंतु कलम केवल कलम ही नहीं थी।

वह इंसान की भावना थी।

जब उससे लिखे शब्दों पर अपना हाथ रखते थे, तो उस इंसान की छवि हमारे मन में आ जाती थी।

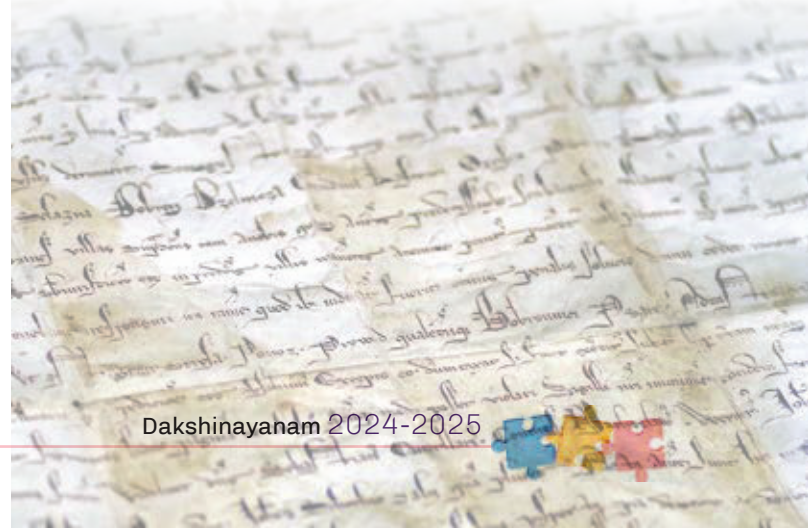
पहले चिट्ठियाँ कई-कई दिनों में आती थीं, लेकिन अपनों की याद रोज़ आती थी।

आज संदेश रोज़ आते हैं, और अपनों की याद... ?

यही है एक कलम का काम, एक कलम की आवाज़, और यही है एक कलम की परिभाषा।

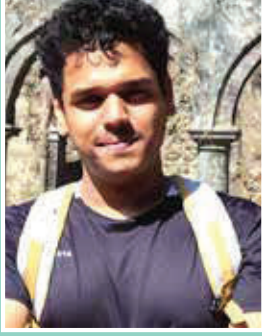
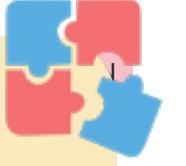
यही है संबंध कलम का इंसान से, जिसे न कोई तोड़ सकता है और न कोई तोड़ पाया है।

अंततः यही बात है कि कलम ही इंसान की सच्ची मित्र है।





# भावसरितसागर



**Abhay Mahadik**  
TYBA

संवाद हा केवळ भाषेपुरता नसतोच. गवयाच्या खर्जातून, नर्तकीच्या नृत्यातून, प्रियकराच्या डोळ्यातून आणि लेखकाच्या लेखणीतून याचे परस्पर अप्रत्यक्ष संभाषण असतेच. तरी आमच्या घरी माझ्या पप्पांसोबत झालेल्या वैचारिक ऊहापोहात संवादात भाषा की भावना पहावी, यात आम्ही दोघेही द्विधा मनस्थितीत होतो. भावना हा मनुष्याचा गाभा आहे, वाक्याची ओळ आणि ओळीचा शब्द माणसाच्या भावनांची मनस्थिती वा परिस्थिती दर्शवतात. समुद्र शिंपल्यात घालून कोणाला दाखवा येईल का? साखरेचे चित्र काढून त्याचे अत्तर होईल का? त्याचप्रमाणे भावनांची जर भाषा झालीच तर ती खरंच संवादपूरक असेल का? दुःखात शब्द संवादाच्या भाक्या किंवा गूळ वगैरे काही होत नाही. त्यासाठी हृदयाचा ओलावाही असावा लागतो. तरीही मायेच्या भौतिक जीवनात जसे वास्तू-वस्तूंना वजन प्राप्त आहे, त्याहून नामाला प्रत्यक्ष अविकल्प महत्त्व आहे. समाजामध्ये सामान्य जीवनात भावनेची प्रकट उपस्थिती व्यक्त करताना नामाला द्वैत अद्वैताच्या पुढे जाऊन वेदांमध्ये स्थान सुविशेष आहे.

इतिहासाच्या पानात गुंफलेले गौतम बुद्धांचे अजातशत्रू (मगध नरेश) आणि अंगुलीमाळ यांचा उपदेशात्मक संवाद, २४ वे महान जैन तीर्थंकर महावीर स्वामी सम्राट बिंबिसार यांचे नैतिकतेचे पाठ आणि आदिशंकर यांचे मंडन मिश्रा यांच्या सोबतचे तत्त्वज्ञावरचे वादविवाद, भारताच्याच नव्हे तर जगाच्या विवेकावरची सुवर्ण स्पंदने आहेत. आर्यवर्तात झालेले संवाद समस्त मानव जातीला आजही निर्देश करत तत्त्वज्ञानाच्या टोकाला असणाऱ्या बृहदारण्यकोपनिषदात याज्ञवल्क्य मैत्रेयीला ज्ञान रसात भिजवून टाकत, महाभारताच्या अनेक पर्वांना पंखात घेत, विषण्ण झालेल्या अर्जुनाला, भर सम्रांगणात पडलेल्या प्रश्नांना संबोधन करत समाधानात्मक संवाद साधत कर्माचा सिद्धांत सिद्ध करत स्वतः श्रीकृष्णच संवादाचा मूर्तिमंत आदर्श प्रस्थापित करतात.

माणसाच्या प्रारंभी नागरिकीकरणापासून भाषेची पायाभरणी झाली असावी. निसर्गात मनुष्याचा समाजप्रिय स्वभाव माणसाला

माणसाशी जोडतो आणि त्याच्यातली नियमित संवादप्रक्रिया एकमेकांशी ऋणानुबंध स्थिर करते. ज्ञानाची, अनुभवाची तसेच विचारांची देवाणघेवाण व्यक्तिगत आणि सामूहिक विकासासाठी महत्त्वाची आहे. ज्याप्रमाणे संगीत शास्त्रात नवरस आहेत- वीर, करुणा हास्य, रौद्र, अद्भुत, बीभत्स, शांत आणि शृंगाररस. तसेच रसप्रकार मनुष्य आपल्या जीवनाच्या वेळोवेळीच्या टप्प्यात संवादरूपी वापरत असतो. कोवळे मूल जेव्हा आपल्या आईच्या अंगावर खेळते आपल्या बोंबड्या मुलाने काही म्हणावं तर सर्वांना त्याचे अप्रूप असते, शाळेच्या चौकटीत नवीन जग पाहते, समजते, शिकते, महाविद्यालयपर्यंत मजल घेत स्वतःच्या रस संवादामध्ये अफाट विस्तार करत त्याच्या वयाच्या आकर्षणामध्ये पावलं टाकत आपल्या प्रिय व्यक्तीला प्रेमाची कबूलीही देते.

आजच्या निरंतर परिवर्तनाच्या जीवनात संवादासाठी माध्यमांची नाही तर उलट इच्छाशक्तीची अनुत्सुकता आढळते. शहरांमध्ये घरं जरी जवळ असली तरी त्यांची आत्मीयता गोठली आहे. तरीही आज अनेक कुटुंबांमध्ये सायंकाळी थकून-भागून आलेले आई-वडील आपल्या मुलांच्या प्रेमाखातर आपल्या दुःखांना शह देत, चेहऱ्यावर उमटणाऱ्या हसण्यात, कामावरच्या गमतीशीर प्रसंगांना आठवत घरभर पसरलेल्या हास्यकल्लोळात, भावा बहिणीच्या वादातून पुढे येण्या गोड सामंजस्यात, आजी आजोबांच्या कथांमध्ये हरवून जाणाऱ्या त्या ओसरत्या क्षणांमध्ये किती तो निरागस प्रेमाचा आणि आपुलकीचा संवाद घडत असतो.

आजतागायत जगात मोठ्या घोर वादांवर संवादने विजयश्री खेचून आणली. ज्ञानार्जन करण्यासाठी वाचलेल्या पुस्तकांची जेवढी महती आहे, त्याहून युक्तचित्ताने विद्वानांसोबत केला जाणारा चर्चारूपी संवाद हा एकलकोंडा नसून ज्ञान प्रयाग आहे.

जीवनाच्या शाळेत संवादाची प्रयोगशाळा जर गाठली तर प्रत्येक मजल्यांचे विषय सहजतेने हाताळत येतात. मोबाईलच्या यांत्रिकी युगात संपर्क सहज होतात पण मनसोक्त संबंध नाही. संवादाची कमतरता, उदासीनता, ताण, चिंता, चिडचिडेपणा, एकटेपणा अशा अनेक जीवन भेदी मानसिक रोगांनी गुरफटते. व्यक्तिगत आयुष्यात या कमतरतेमुळे नात्यातील गोंधळ, गैरसमज वाढतात. म्हणूनच भावनिक आरोग्यासाठी सातत्याचा संवाद या घडीला अत्यावश्यक आहे. संबंधांमध्ये एकतर्फीपणा नको; तर संवाद हा दोन्ही पक्षांमध्ये सक्रिय हवा. दैनंदिन जीवनात संवादासाठी नक्कीच वेळ काढला पाहिजे. आपल्या पूर्वजांनी अभिज्ञानशाकुंतल, मालती-माधव, रत्नावली, प्रियदर्शिका, स्वप्नवासवदत्त यांसारखे अनेक भावनांची संगती, सह-संवादाची ताकद दर्शवणारी अनेक नाटके लिहिली. जी आजही सातत्याने प्रेरणा देत अमर असून सांगत आहेत, की तुम्ही आपल्या प्रिय व्यक्तीला हाक देऊन तर पहा! कारण नामदेवच्या हाकेला ओ देत स्वतः विठ्ठलही आला होता.



# Pawrfect Connection : प्राणी आणि मनुष्यप्राणी यांचे संबंध



**Sukhada Bapat**  
TYBA

**मा**नव आणि प्राणी यांच्यातील संबंध हा पृथ्वीवरील आदिम काळापासून टिकून असलेला एक गुंतागुंतीचा, परस्परावलंबी आणि बहुआयामी पैलू आहे. प्राण्यांबरोबरचे नाते हे मानवाच्या सामाजिक, सांस्कृतिक, आर्थिक आणि धार्मिक जीवनाचा अविभाज्य घटक आहे. मानव आणि प्राणी या दोघांमध्ये एक प्रकारचे जैविक, भावनिक आणि सहअस्तित्वाचे नाते आहे. पृथ्वीवरील सर्व जीव एकमेकांशी निगडित असून एक जिवंत परिसंस्था (इकोसिस्टम) तयार करतात. या नात्याचा प्रभाव मानवाच्या दैनंदिन जीवनावर, मानसिक आरोग्यावर आणि पर्यावरणीय संतुलनावर पडतो.

प्राचीन काळात मानव आणि प्राणी यांचे संबंध मुख्यतः जगण्यासाठी आणि अस्तित्त्व टिकवण्यासाठी होते. मानव शिकारी होता आणि तो प्राण्यांची शिकार करून जीवन जगत होता. काळाच्या ओघात मानवाने शेती करण्यास सुरुवात केली आणि त्यासोबतच काही प्राण्यांना पाळीव बनवले. गायी, बैल, घोडे, कुत्रे, हत्ती आणि मेंढ्या यांसारखे प्राणी मानवाने आपल्या सोबत घेतले आणि त्यांचा उपयोग वाहतुकीसाठी, संरक्षणासाठी, आणि अन्नासाठी केला.

भारतीय संस्कृतीत बैलाला शेतात काम करणारा सहचर मानले गेले आहे, तर कुत्रा हा घराचा पहारेकरी आणि मानवाचा निष्ठावान मित्र मानला जातो. गायीला पवित्र मानले जाते आणि ती धार्मिक दृष्टिकोनातून पूजनीय आहे. अशा प्रकारे प्राण्यांशी असलेले संबंध हे केवळ भौतिक गरजा भागवणारे नसून ते धार्मिक आणि सांस्कृतिक दृष्टिकोनातूनही महत्वाचे आहेत.

प्राणी मानवाच्या भावनिक गरजा पूर्ण करण्यास मदत करतात. अनेक घरांमध्ये पाळीव प्राणी हे कुटुंबाचा एक भाग मानले जातात. कुत्रे, मांजर, पक्षी आणि मासे हे प्राणी त्यांच्या मालकांशी भावनिक नाते जोडतात. पाळीव प्राणी मानवाला आनंद देतात, तणाव कमी करतात आणि एकाकीपण दूर करतात.

अनेक संशोधनातून असे दिसून आले आहे की, पाळीव प्राण्यांसोबत वेळ घालवल्याने मानसिक आरोग्यावर सकारात्मक प्रभाव पडतो. प्राण्यांसोबत खेळल्याने तणावग्रस्त व्यक्तीला मानसिक शांती मिळते आणि आत्मविश्वास वाढतो. विशेषतः लहान मुले आणि वृद्ध व्यक्तींसाठी पाळीव प्राणी हे जीवनाचा एक आधार बनतात.

आधुनिक काळात प्राण्यांचा वापर उपचारात्मक दृष्टिकोनातून केला जातो. ज्याला ठपेट थेरपी किंवा ठॉर्नमल-असिस्टेड थेरपी असे म्हणतात. अपंग, मानसिक आजाराने ग्रस्त किंवा दीर्घकालीन आजाराने ग्रस्त असलेल्या लोकांसाठी पाळीव प्राणी मोठी भूमिका बजावतात. कुत्रे आणि घोड्यांसोबत केलेले उपचार यशस्वी ठरतात. विशेषतः अंध आणि अपंग व्यक्तींसाठी मार्गदर्शक कुत्रे एक विश्वासू साथीदार ठरतात.

प्राणी हा पर्यावरणाचा महत्वाचा घटक आहे. जंगलातील प्राणी परिसंस्थेचा (इकोसिस्टमचा) समतोल राखण्यास मदत करतात. वाघ, सिंह, हरणे आणि इतर वन्यप्राणी यांचा जंगलाच्या परिसंस्थेत महत्वाचा वाटा आहे. जर कोणत्याही प्रजातीचे प्रमाण असंतुलित झाले तर संपूर्ण पर्यावरणीय संतुलन ढासळू शकते.

उदाहरणार्थ, वाघ आणि सिंह हे शिकारी प्राणी असल्यामुळे





जंगलातील हरणांसारख्या शाकाहारी प्राण्यांची संख्या नियंत्रणात ठेवतात. जर हे शिकारी प्राणी नामशेष झाले तर शाकाहारी प्राण्यांची संख्या वाढेल आणि त्यामुळे वनस्पतींचे प्रमाण कमी होईल. परिणामी पर्यावरणीय समतोल बिघडेल.

भारतीय संस्कृतीत प्राण्यांना देवतांचे रूप मानले जाते. वानराचे रूप असलेल्या हनुमानाची उपासना केली जाते. हत्तीच्या रूपातील गणपतीला पुजले जाते. नागपंचमीला नागांची पूजा केली जाते. हे दाखवते की प्राणी हा भारतीय संस्कृतीचा महत्वाचा भाग आहे.

भगवद्गीतेत, वेदांमध्ये आणि अनेक धार्मिक ग्रंथांमध्ये प्राण्यांचा उल्लेख आहे. त्यामुळे प्राण्यांप्रती आदर, करुणा आणि प्रेम ही मूल्ये भारतीय संस्कृतीत रुजलेली आहेत.

दुर्दैवाने, आजच्या काळात मानवी हस्तक्षेपामुळे अनेक प्रजाती नामशेष होण्याच्या मार्गावर आहेत. जंगलतोड, शिकारी, प्रदूषण आणि पर्यावरणीय असंतुलन यामुळे प्राण्यांच्या अस्तित्वाला धोका निर्माण झाला आहे. वाघ, सिंह, गेंडे आणि हत्ती यांसारख्या प्राण्यांच्या प्रजाती नामशेष होण्याच्या मार्गावर आहेत.

सरकार आणि स्वयंसेवी संस्था प्राण्यांच्या संरक्षणासाठी अनेक कायदे आणि मोहिमा राबवतात. वाघ बचाव योजना, हत्ती संरक्षण योजना, राष्ट्रीय उद्याने आणि वन्यजीव अभयारण्ये ही काही महत्वाची पावले आहेत जी प्राण्यांचे संरक्षण करण्यासाठी उचलली जातात.

मानव आणि प्राणी यांच्यातील नाते हे केवळ भौतिक गरजांसाठी नसून ते भावनिक, सामाजिक, आध्यात्मिक आणि पर्यावरणीय दृष्टिकोनातूनही महत्वाचे आहे. प्राण्यांशिवाय मानवाचे अस्तित्व अपूर्ण आहे. मानवाने प्राण्यांप्रती प्रेम, सहानुभूती आणि करुणा जोपासणे ही आपली नैतिक जबाबदारी आहे.

प्राण्यांचे संरक्षण करणे हे केवळ मानवाच्या हिताचे नाही, तर संपूर्ण पर्यावरणाच्या समतोलासाठी आवश्यक आहे. या नातेसंबंधाचे संवर्धन केल्यास पृथ्वीवरील जीवन अधिक समृद्ध, आनंदी आणि संतुलित होईल.



# The String Theory

## THE RULES

A framework of the universe itself, binding the many forces of nature into one. A theory that seeks connections between the most unrelated things (at first glance).

We need help. An unknown force is slowly eroding these strings of connections. Gentle reader, you can stop this.

You will go through some obstacles but fear not. Take the help from the many wonderful writers who contributed to this issue and solve the mystery.

Do your best. We are counting on you!

### Rules & Instructions:

- Scan the QR Code given below. The post is your way to an answer.
- Find the password to the file using the next page.
- Solve the riddles, flip the pages. Your hint is the number in each answer.
- On the page, find the highlighted letter. (There is only one for each riddle).
- Put the letters together, and you'll arrive at the answer!

P.S. The first three students of SIES ASCS to solve our mystery have gifts awaiting them! Find out more on our official Instagram account: @dakshinayanam







# The String Theory

## THE PUZZLE

When did the II  
World War end?

Fill it in: \_ \_ 45

What is the number  
that represents  
each angle of  
an equilateral  
triangle?

What is the  
atomic number  
of silicon?

How many  
chromosomes are  
there in a human  
gamete?

How many  
distinct factors of  
personality are  
there in Raymond  
Cattell's theory?

What is the title  
of Ray Bradbury's  
famous dystopian  
novel? Fill it in:  
Fahrenheit 4 \_ \_



# தாய்மண்ணுடன் உள்ள பண்புணர்வு

## Connection with Mother Earth



ANUSIYA KRISHNAN  
TYBSc. IT

தாய் இயற்கை அல்லது தாய்மண் என்பது மனித வாழ்வின் அடிப்படையான மூலாதாரம் ஆகும். நாம் சுவாசிக்கும் காற்று, குடிக்கும் தண்ணீர், உண்ணும் உணவு அனைத்தும் தாய்மண்ணின் அன்பளிப்புகள். மனிதனும் இயற்கையும் இடமொறாத உறவால் பின்னிப்பிணைந்துள்ளன. இந்த உறவு வாழ்க்கையின் ஒவ்வொரு தரணத்திலும் நம்மை நிலைநிறுத்துகிறது.

பண்டைய காலங்களில் மனிதர்கள் தாய்மண்ணுடன் நெருக்கமான உறவுடன் வாழ்ந்தனர். அவர்கள் நிலம், மரங்கள், ஆறுகள், மலகைகள் ஆகியவற்றை வணங்கி, அன்புடன் பராமரித்து வந்தனர். ஆனால் தற்போது தொழில்நுட்ப வளர்ச்சி நகரமயமாக்கல் காரணமாக மனிதர்கள் இயற்கையுடன் உள்ள இந்த உறவை மறந்து விட்டனர். இது சூற்றுச்சூழல் மாசு, காலநிலை மாற்றம் போன்ற பிரச்சினைகளை ஏற்படுத்தியுள்ளது.

தாய்மண்ணுடன் உள்ள உறவை மீண்டும் எழுப்புவதற்கான நடவடிக்கைகள் மிக முக்கியம். மரங்கள் நடூதல், நீர் பாதுகாப்பு, பசுமையான பரப்புகளை பாதுகாத்தல் போன்றவை இதற்கு உதவியாக இருக்கும். மேலும், இயற்கையை மதிக்கும், மனநிலை மாற்றம் அனைவருக்கும் அவசியம்.

நாம் இயற்கையைப் பாதுகாப்பது கடமை மட்டுமல்ல; அது எதிர்கால தலைமுறைகளுக்கான நம் பொறுப்பும் ஆகும். தாய்மண் நமக்குத் தந்த பரிசுகளை மதித்து, அதை பராமரிப்பதன் மூலம் நாம் நம் வாழ்விலும் அமையியை காணலாம். தாய்மண்ணுடன் உள்ள பண்புணர்வு என்பது நம் வாழ்க்கையின் ஊற்றாக திகழ்கிறது.

Mother Nature or Mother Earth is the fundamental source of human life. The air we breathe, the water we drink, and the food we eat are all gifts from Mother Earth. Humans and nature are intricately connected by an unbroken bond. This connection sustains us in every moment of our lives.

In ancient times, people lived in close connection with Mother Earth. They worshipped and lovingly cared for the land, trees, rivers, and mountains. However, due to technological advancements and urbanization, people have forgotten this connection with nature. This has led to issues like environmental pollution and climate change.

It is important to take actions to revive our connection with Mother Earth. Planting trees, conserving water, and protecting green spaces can contribute to this cause. Moreover, fostering a mindset that respects nature is essential.

Protecting nature is not just a simple duty; it is also our responsibility towards future generations. By valuing and preserving the gifts given to us by Mother Earth, we can find peace in our own lives. The connection with Mother Earth serves as the source of our life.





# Association Collaborations

Dakshinayanam this year connects with the different associations of the college, reflecting their diverse voices and identity.

## The Power of Connections: Weaving the Fabric of Commerce

Commerce isn't just about numbers and transactions—it's the heartbeat of business, a thrilling maze of ideas, innovations and interactions. Imagine a giant puzzle where every subject under commerce—accounting, marketing, finance, HR and economics—fits together to create a seamless masterpiece. Each discipline is a crucial link in the chain, making connections that fuel businesses, economies and industries worldwide.

Think of accounting as the storyteller of business, keeping financial records transparent so investors and stakeholders can make informed decisions. Finance, the adrenaline rush of commerce, ensures businesses don't just survive but thrive by managing funds smartly. Marketing? That's the magic potion that transforms brands into household names, creating lasting connections between businesses and consumers. HR is the glue holding an organization together, ensuring people remain engaged, productive and motivated. Economics ties it all together, showing how the forces of demand, supply and policies shape the global market. And business law? The invisible safety net that ensures fair play, preventing chaos in this grand economic theatre.

At the Commerce Association, we don't just learn these subjects—we live them! Every event we organize is a real-world business simulation, an opportunity to bring classroom theories to life. Budgeting for a seminar? That's finance and accounting in action. Promoting a competition? A hands-on lesson in marketing. Organizing a leadership workshop? That's HR at its finest. Debating economic policies? Welcome to real-world economics. Whether it's through dynamic business fests, spirited debates or hands-on leadership activities, we ensure that our members experience



commerce in all its thrilling, interconnected glory.

Picture commerce as a vibrant city, buzzing with energy, ideas and connections. The streets are filled with marketers crafting compelling campaigns, financiers sealing game-changing deals, accountants ensuring businesses stay on track and HR experts creating thriving workspaces. Each role is vital and when combined, they create a thriving economic landscape. Just like a collage, every piece—big or small—adds value, forming a bigger picture that makes commerce an exciting, ever-evolving journey.

Our association is more than a club—it's a launchpad for future business leaders, a networking hub and a space where theoretical concepts come to life. Commerce isn't a dry textbook subject; it's a dynamic, exhilarating field where every connection matters. So, as we celebrate "*A Collage of Connections*," let's embrace the magic of commerce and the infinite opportunities it brings!





## The Economical Web: Beyond Money and Markets

Economics isn't just about money or markets — it's about understanding the world around us. From the choices we make to the trends we follow, economics plays a role in shaping our daily lives. It is everywhere in the decisions we make, the trends we follow and even in those impulsive shopping sprees that leave our wallets feeling a little too light. Our goal at the Economics Association is to make economics something you want to learn.

Ever wondered why your favorite street food stall suddenly hikes prices during festival season? Or why some brands seem to stay cool forever while others disappear overnight? That's all economics in action! It's not just about money — it's about people, choices and the crazy ways everything connects. Economics is all but an intriguing web of concepts, theories and their applications. They all connect at various places, separate at others and in doing so paint a dynamic picture of the subject. And speaking of connections, economics isn't just for commerce students. Whether you're into science, psychology or even theatre, there's some economics hiding in there. From supply chains to consumer behavior and even storytelling, economics is quietly shaping it all.



At our association, we turn those complicated theories into games, activities and debates that are actually fun. Imagine negotiating your way to victory in a mock stock market, cracking memes about inflation, or figuring out why certain trends blow up on social media. That's what we're all about — making economics less intimidating and a whole lot more exciting. The world is full of interesting patterns and once you start noticing them, you will never see things the same way again.





## Literary Harmony: Bridging Narratives through Time

In a visual collage, fragments from different sources come together to create a larger, more intricate whole. Similarly, literature brings together stories, characters or even genres to attain an artistic expression. The art of storytelling, akin to collage, draws from diverse elements of human experience and thoughts to weave intricate fabric of fiction.

The writer's narrative forms a connection between the individual and the world, allowing readers to navigate through shared spaces of empathy and imagination. Worlds collide, tears are shed and battles are fought amidst wars sure to be lost. And soon the line between fact and fiction is blurred. The connections of fictional characters shape their individual fates and expand upon the broader themes of the story. This interconnectedness allows us to understand the intricate nature of the human condition and perhaps be better human beings.

Literature connects us across space and time. Classical works continue to resonate with modern readers because they reflect universal truths and experiences. Shakespeare's characters, for instance, still live on in the collective consciousness because of the enduring themes of love, betrayal and ambition that transcend their historical context. These connections, like a literary collage, accumulate meaning over generations, allowing readers to draw from a vast pool of cultural and personal contexts.

Moreover, stories that emerge as cult classics often transcend the page, creating a shared space where readers can come together to discuss, debate and dissect every detail. These works become more than just stories—they evolve into cultural phenomena that spark entire communities of passionate fans, each with their own interpretations and theories. Take, for instance, books like *1984* by George Orwell or *The Catcher in the Rye* by J.D. Salinger—texts that have inspired countless discussions about their deeper meanings, hidden messages and societal implications. Readers dissect these books not only for the written narrative but



for the layers of symbolism, characters and dystopian warnings they believe to be hidden within.

In this way, the fabric of literature is woven into our daily lives, connecting us to one another and to the broader cultural narrative. The impact of these stories lingers long after the last page is turned, as the connections and conversations they inspire continue to shape how we see the world around us. In the end, literature's collage of connections serves as a reminder that our own lives are also connected in ways we may not always see. Each relationship, each encounter, forms a thread in the tapestry of our existence. Just like a collage, it is only when we step back that we can fully appreciate the complexity and beauty of these interconnected lives.





## A Collage Through Time: Historical Ties That Shape Modern Thought

Like an artist requiring a blank canvas to create a masterpiece, History provides a foundation upon which the events of the future are built. History is not just the documentation of past events; it is the interwoven tapestry that threads people, places, conflict, strategies and most importantly, the need for communication. Together, these elements shape the world.

Many parts of history, from the prehistoric era of the Ice age, to the evolution of humans or the extinction of species like Dinosaurs, Mammoths and Dodo birds, all have played a role in shaping this civilization. The proto-historic age saw the rise of human settlements and civilisations like those of the Egyptians and the Indus Valley Civilisation. The growth of culture, knowledge, religion and the exchange of ideas through trade and commerce contributed to the world as we know it today. A historical collage soon etched a connection across various subjects, including geography, politics, geopolitics, science and technology, economics, sociology, fine arts and more. These disciplines evolved with history as their foundation, expanding their scope and influence over time.

The history of India is a vibrant collage of cultural evolution. Indian culture, as diverse as any colour palette, has a unique and layered history. From the Indus Valley civilisation to the formation of a Vedic society, it has shaped social norms and practices till date. The invasions by Turks, Mongols, Afghans and Europeans transformed the historical landscape from the era of Delhi Sultanate to the Golden age of Akbar that saw a blend of Indo-Islamic culture. This was followed by the rise of the Marathas under Chhatrapati Shivaji Maharaj and later on the arrival of the British East India company that aimed to convert India into its colony through its divide and rule policy. Unlike some nations that distance themselves from their history, India takes pride in showcasing its rich history of cultural synthesis, Indo-Turkic and Indo-Islamic influences, its struggle against colonial rule and its post-independence emergence as a major player in the global arena.



History is like a lump of clay, moulded and shaped by people involved in it in order to sculpt it in the world they envisioned for the future. Connections between people initially evolved through trade, which led to travel by land particularly via the Silk route. European curiosity about other lands and culture, that brewed greatly due to the Age of Renaissance, further fuelled exploration. Trade facilitated the exchange of coins, culture, people, ideas, religious practices and knowledge which helped in the creation of the picture of all these historical events worldwide. This interconnectedness shaped major global events that contributed to the collage of this world that we see today.





# A Scientific Symphony: A Collage of Connections in the Natural World

At the *Life Zoology Newsletter*, we believe that every piece of knowledge is part of a larger mosaic. Our newsletter is dedicated to uncovering the wonders of the natural world, serving as a platform where curiosity meets discovery. We proudly share research highlights, fieldwork experiences, creative writing and artistic explorations that deepen our understanding of life sciences.

As the *first-ever newsletter of our college*, *Life* marks a new step in fostering scientific curiosity and collaboration within our student community. It serves as a bridge between academia and creativity, giving students a space to share their insights, research and passion for zoology in a way that resonates across disciplines.

This year, as we collaborate with the college magazine under the theme "*A Collage of Connections*," we find a perfect alignment between the interconnected nature of biology and the diverse perspectives within our academic community. Just as no organism exists in isolation, every contribution we make weaves into a larger narrative of interconnectedness. From the symbiotic relationships among species and complex food chains that sustain ecosystems, to the intricate networks operating at the cellular level, nature is an endless collage of connections waiting to be explored.

Our newsletter bridges the gap between rigorous scientific inquiry and everyday observations. We feature detailed studies on migratory patterns, firsthand accounts of wildlife rehabilitation, and creative pieces that capture the emotional essence of nature. Every submission reflects a unique blend of academic research and personal insight, echoing the idea that understanding our environment is as much an art as it is a science.

In this spirit of integration, we celebrate collaborations that extend beyond traditional boundaries. The college magazine's theme resonates deeply with our mission to create a space where art

meets science. Whether through vivid photography, thought-provoking essays or meticulously researched articles, our contributors illustrate how diverse voices can together reveal the hidden patterns of the natural world. Their work reminds us that every project or creative endeavour adds a unique tile to the grand mosaic of knowledge.

We invite students from all academic streams to join us on this exciting journey. Share your research, your creative insights and your personal stories. Let's build together a vibrant collage that celebrates the beauty of life's connections and inspires the campus community. Your contributions not only enhance our understanding of zoology but also spark conversations that transcend disciplines, fuelling innovation and curiosity.

By coming together, we can celebrate the intricate web that connects every facet of life—from the smallest cell to the vast ecosystems of our planet. Join us in contributing to this ongoing dialogue and help us piece together the extraordinary story of our natural world.

Let's celebrate and create a collage of connections that reflects the dynamic interaction between science, art and the human experience.





## An Existential Quandary: Forging Connections in the tapestry of life

Tattvam Philosophy Association, a cornerstone of philosophical exploration, continues to inspire and transform young minds with a strong commitment to fostering critical thinking and intellectual growth. Tattvam organizes an array of events that highlight key philosophical concepts and their relevance in everyday life. From thought-provoking movie screenings to insightful guest talks, alumni interactions, debates and more, these activities provide students with a platform to engage deeply with philosophical ideas and attain true wisdom. One of the most significant contributions of Tattvam is its annual newsletter, dedicated to promoting philosophical discourse and showcasing the thoughtful writings and creative potential of students and scholars alike. Tattvam stands as a beacon of knowledge, encouraging young thinkers to explore, question and apply philosophical principles in their lives.

Philosophy deeply influences and connects many areas: it guides scientific inquiry by exploring the nature of reality, shapes political theory through discussions on justice and governance, enriches art by pondering beauty and expression, and offers ethical frameworks for our moral decisions. It prompts us to consider fundamental questions about human existence, such as the nature of consciousness, the limits of knowledge and the foundations of morality. By integrating reason, emotion and creativity, philosophy bridges the gap between abstract thought and practical application, encouraging us to question assumptions, seek deeper meanings and apply critical thinking in all aspects of life. This fosters intellectual curiosity and open-mindedness, empowering individuals to navigate complex social, political and personal landscapes with clarity, integrity and purpose.

The Tattvam Philosophy Association is dedicated to inspiring young minds by promoting critical thinking. It connects philosophical concepts to daily life, offering students a platform to deeply engage with

these ideas. Beyond academic discussions, Tattvam plays a crucial role in shaping individuals who are not only intellectually enriched but also socially aware and ethically grounded. By encouraging students to challenge conventional beliefs, reflect on diverse perspectives, and apply philosophical reasoning to real-world issues, Tattvam nurtures resilience, empathy, and a lifelong quest for knowledge. It fosters an environment where students learn to approach challenges with analytical clarity, make well-reasoned decisions and contribute meaningfully to society. Ultimately, philosophy, through Tattvam, becomes more than just a subject of study—it becomes a way of life that empowers individuals to pursue truth, cultivate wisdom, and strive for personal and collective growth.





## The Tapestry of Beliefs: Encouraging Political Thought and Action

Thoughts and opinions shape the way we see the world, creating different narratives. When backed by evidence, these narratives become truth and when shared widely, they turn into accepted facts. It's fascinating how a simple idea can spark a chain reaction, leading to meaningful change. Human connections and understanding facts in simpler terms can be tricky—we're much more than just our thoughts and actions, yet at the same time, they define us. But in the end, it's the small actions that bring about real change. Educating and informing people help shape better narratives, leading to smarter decisions and a stronger society.

With this in mind, we set out to make a difference through awareness and education. One of our biggest initiatives was a college-wide campaign to help young voters understand and exercise their right to vote. We trained volunteers to engage in conversations, assist with voter registration, and learn about different constituencies. The response was incredible—students got involved, posted about their experiences, and tagged us on social media, spreading the message even further. We are essentially navigating change by fostering connections.

For the change or demands of change, institutions play a critical role. The launch of the Electoral Literacy Club was a major milestone this year. Dedicated to the cause of raising awareness about democracy and the electoral process, the club was based on the core idea of connections. It provided a space for dialogue, discussions and explored possibilities of movements for change. We also organized Constitution Week, where we encouraged students to explore and understand our country's most important document. Through discussions and interactive sessions, we helped students learn about their rights, the structure of government, and the role they play as informed citizens. Voters represent a sense of common ideas, ambitions, beliefs, and imaginations about the world around them. Elections display an interface of voters' negotiations



with the power structures and among themselves. These ideational, philosophical and ideological affiliations and connections form the very foundation of a vibrant democracy. For ideas to take shape, sustain and lead to a movement for change, the Constitution plays a significant role. We therefore celebrate the glorious Indian Constitution through various events built around ideas of liberty, equality, and justice.

To deepen our civic engagement, our theme for *Utkarsha* was based on Mumbai, the city we call home. Centered around the themes of civic awareness and citizen engagement, we set out to understand negotiations and connections that influence your everyday life and futures in the city.

At the Politics Association, our goal has always been to spark ideas, inspire action and go beyond what's taught in classrooms. We've worked to create an environment where knowledge empowers people and awareness leads to real change. It's been an incredible journey—one that has reinforced our belief in the power of education, small actions and collective efforts in building a better society.





## A Psychology student's guide to solve a puzzle! Its Mind's Play

The psychology of connection can be metaphorically likened to a puzzle slowly coming together. We enter the world as a single puzzle piece, searching for the ones that seemingly fit to complete the beautiful picture.

Psychology maintains that connections are not exclusive to a few but a fundamental need to function in society. From the very moment we are born, we form connections, starting with our attachment to a primary caregiver, as suggested by John Bowlby's *theory of attachment*. As we grow, our connections become more complex. These bonds evolve and greatly influence our self-perception.

We often define our identity in relation to society or the social groups we belong to, as illustrated by Henri Tajfel's *social identity theory*. Our friendships, cultural backgrounds and shared experiences create a sense of belonging. But what happens when a piece doesn't fit? It doesn't contribute to completing the picture and looks rather odd, doesn't it? What does this lead to? Social exclusion can have a powerful effect on our well-being. This is rooted in evolutionary psychology, where social exclusion indicated a survival risk. Neuroscience suggests that social pain such as exclusion or loneliness activates the same brain regions as physical pain. The truth is, we experience a lot of trial and error, just like when we try to fit puzzle pieces together and realize, "Oh, this isn't the right one." We remain in a constant state of exploration until we forge a satisfactory identity.

We cannot talk about social exclusion without discussing loneliness. The digital world has indeed made connections instant, yet paradoxically we end up feeling alone. Social comparison offers an explanation. While social media bridges physical distance, it also creates a kind of reality where people only put forth their best moments. This selective sharing leads us to compare ourselves, often resulting in self-doubt.

One of the best theories in psychology that describes human connection gives us insight into the



optimal development of the self. It suggests that true connection is not about flawless or ideal appearances but about understanding each other in a raw or unfiltered way. Carl Rogers emphasized empathy and authenticity as the building blocks of a strong relationship. On this note, Brené Brown's *research on vulnerability* highlights that real bonds form when we share our fears, dreams and insecurities embracing the messy, unpredictable nature of human relationships.

It is intriguing how connecting with others also leads to discovering more about ourselves each time. Yes, there are sad moments. It could feel devastating when we don't feel heard, understood or liked. A puzzle piece may appear to fit but may end up subtly indifferent to our shape. Similarly humans are complex and so are our connections. But in the end, it is in the unexpected combination of circumstances that we find the true art of being human. As Carl Rogers pointed out, we must strive for our own person-centered growth.





## Where Values Align: Shaping Stronger Connections

Every interaction we have, every idea we share and every experience we embrace shapes our world. College is a place where everything and everyone connects- friends, teachers, ideas and opportunities. It is where we learn not just from books but from each other, forming bonds that inspire and shape our future. Like pieces of a collage, every connection, big or small, adds meaning to our journey.

Value Lab is a community that helps people understand and practice important values in everyday life. It is a place where connections are built- with oneself, with others and with the world around us. At Value Lab, values like kindness, honesty, patience and resilience are not only talked about but also experienced through fun activities, discussions and challenges. These events make learning about values interesting and help people see how they shape our lives and relationships.

More than just a group, Value Lab brings people together to learn, grow and support each other. It reminds us that values are the threads that connect us, making our world a better place. It is the foundation of our team, built on strong connections and understanding. It brings people together from different fields-- from the sciences to the arts. Through this association, we create a space where learning is enjoyable, knowledge is shared and bonds are formed. Together, we grow, support each other and make the most of every opportunity to learn and connect.

Value Lab creates a space where values help build real, lasting connections. It's more than just a group, it's a community that helps people grow personally and socially, making virtues a part of everyday life through fun activities, discussions and shared experiences. At its core, the association is about forming connections, with ourselves, with others and with the deeper meaning behind important values. Every event and interaction is designed to make these values easy to understand and apply in real life.

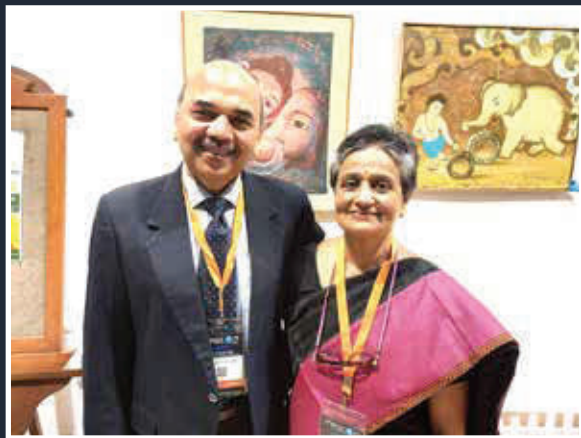


What makes Value Lab special isn't just the events it organizes but the sense of belonging it creates. Fun games and challenges allow participants to learn values in an engaging way, proving that lessons about character don't have to be boring. Through laughter, teamwork and friendly competition, students build relationships that go beyond just the activities, creating friendships that last.

Every event at Value Lab serves as a mirror, reflecting how individuals connect with themselves and how they can build deeper connections with others.



# Down Memory Lane



SIES College has shaped generations of student through several years of its existence, instilling in them a spirit of excellence. Among its distinguished alumni are **Dr. Rajen Daftary, currently the Department Head of Anaesthesia at Gleneagles (Global) Hospital, Mumbai,** and **Dr. Swati Daftary, a Senior Consultant Anaesthesiologist at Sir H. N. Reliance Foundation Hospital, Mumbai.** The couple takes us on a journey of nostalgia by fondly recalling their days at SIES. In an engaging conversation, they reminisce about their legendary professors, classrooms, canteen adventures and discipline that set SIES apart. Here is a glimpse into their cherished memories of their alma mater.

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## Interviewer:

Thank you for joining us today. Let us start at the beginning. What inspired you to choose SIES College for your intermediate science studies?

**Dr. Rajen Daftary:** “In the year 1974, I joined SIES for my inter-science and first year science studies. It was down to two colleges - Ramnarain Ruia College and SIES. I chose SIES because three of my elder cousins had studied here previously. The overall impression of SIES was that it was more like a school than a college: it was

known for its discipline. That was one of the driving factors for me to seek admission here.”

**Dr. Swati Daftary:** “For me it was simple. I took admission here because my elder sister had studied in SIES. Additionally, it was walking distance from my house. Of course, parents insisted on getting admission in SIES because it was synonymous with discipline. I joined in 1975.”

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## Interviewer:

That is pretty interesting. Discipline, indeed, is the foundation for early education. Can you tell us about your professors and what made them memorable?

**Dr. Swati Daftary:** “Oh, our professors were fascinating! Each one of them had their own unique style of teaching and presenting themselves. I remember Professor Battiwala, who used to teach us Botany; he would always write on the black board standing on his toes, as he was relatively a short fellow. We, as 16–17-year-olds, used to be amazed at his zeal to teach us Botany.”

Dr. Rajen Daftary (**excitedly**): “I will add to this: Professor Battiwala used to be like Shankar Mahadevan, another SIES alumnus, singing 'Breathless'. He would teach at such breakneck speed; you needed to be really listening to him to keep up with him.”

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## Interviewer:

That was something! It is captivating to know about professors of the bygone era. Were there any teachers or teaching styles that particularly stood out?

**Dr. Rajen Daftary:** “Dr. Padmanabhan was our organic Chemistry teacher. He would always write everything on the board in ALL CAPS. And the speed at which he would write would be difficult for us to catch up to!





Another professor I can remember is Mrs. Sawant, who was another chemistry teacher.”

**Dr. Swati Daftary (interjects):** “And she was a wonderful, sweet lady, unlike most chemistry professors” (*winks*).

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**Interviewer:**

It is indeed great to have charming and sweet professors in your student life. Were there any challenging or humorous incident from your college days?

**Dr. Swati Daftary:** “An interesting incident I can remember, is when I scored zero in Physics. Of course, there is a reason behind it. I used to attend Agrawal classes after college. Classes used to teach their own method to solve certain Physics problems. But Professor C. P. Narayan Menon (Head of the Department of Physics at that time), used to never like these methods. He had his own way of solving those problems. I had solved the entire Physics paper using the Agrawal classes methodology which ultimately cost me my marks. I learnt the hard way not to cross him” (*smiles and laughs*).

**Dr. Rajen Daftary:** “Adding to this: He used to display students' marks on a black board, and there was this one instance when for the very first time all the students in my class had scored in single digits out of hundred. Professor Narayan gave us all a hearing and told us to follow the methods that he teaches. We really learnt the hard way.”

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**Interviewer:**

Oh, that must have been difficult for you all, but eventually it was a great lesson learnt! Shifting gears a little, what about the subjects outside your core studies—any memorable experiences?

**Dr. Rajen Daftary:** “In mathematics we used to be taught by Prof. Ramakrishnan. He was a fantastic teacher; also, a tiny fellow, but giant in his field. If my interests didn't lie in medicine, I would have surely gone ahead and pursued mathematics because of him. He was fondly nicknamed 'Ramki' by our batch.”

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**Interviewer:**

Were there any unique academic experiences that you still recall vividly?

**Dr. Rajen Daftary:** “Out of one hundred and fifty students in my batch, only two of us took Marathi as their second language: one was me and the other was a Maharashtrian classmate. I still remember being called to the Principal's office and being asked if I wanted to switch subjects, as they were concerned about me studying Marathi as a non-Maharashtrian. But I was already quite fluent in the language, so I confidently refused the offer. So, only two of us used to be taught Marathi in the professor's cabin. It almost seemed like a private coaching” (*laughs*).

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**Interviewer:**

College life is always full of such surprising moments. Would you share with us some quirky memories from your time at SIES?

**Dr. Swati Daftary:** “You couldn't do anything mischievous in SIES. There was always one vigilant non-teaching staff sitting outside the classrooms keeping a watch on the kids. Kids studying in South Bombay colleges used to bunk classes and go watch matinee shows. We were never jealous, though, we had different priorities; we used to have a brilliant bunch of studious kids. Bunking and mischief were out of the question.”

**Dr. Rajen Daftary:** “Speaking of quirks, I remember the canteen, which I am told is no longer underground. When I first came to college, I found it very intriguing to see an underground canteen. One of the fascinating things about the canteen was the way dosas were prepared; before spreading batter on the tawa, the canteen guy would always take a giant broom and sweep the tawa! The very first day I watched him do this, with my mouth wide open (*laughing*); I was flabbergasted! It is a memory that always makes me chuckle.”





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**Interviewer:**

Wow! Never knew dosas can be made in such a way!

Moving forward, were there any landmarks or spots on campus that left a lasting impression?

**Dr. Swati Daftary:** “I still remember that single *Cycas* tree in the middle of the quadrangle. That was something unique and memorable about the college premises.”

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**Interviewer:**

We have an *Ixora* tree in one corner of the quadrangle now, perhaps, it is carrying forward the *Cycas*’s legacy.

I would love to know about your involvement in extra-curricular activities in that era?

**Dr. Swati Daftary:** “I remember one time; I took part in a swimming competition (breast stroke). Students who used to participate in sports and achieved some rank, would get an extra five marks. I participated mainly for that reason. On the day of the competition, when the referee yelled 1-2-3 go, I just froze out of fear. (*Laughs*). My gymkhana in-charge Mr. Ramanathan got extremely upset with me that day” (smiles *sheepishly*).

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**Interviewer:**

I think there are always certain times in our lives where we experience such lows; important thing is to rise and shine, which you both have accomplished in your field.

Moving ahead, were there any unique academic practices or rituals that you recall?

**Dr. Rajen Daftary:** “I remember Physics journals submission used to be a token system. We used to have these circular tokens which we would take with us to our classes as well. And if any circle had to be drawn on paper during the class, we would use that token to draw a circle instead of a compass. SIES kids became synonymous with that circular token!”

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**Interviewer:**

Where was your go-to place for quiet study or reflection?

**Dr. Swati Daftary:** “The most calming place in the college was the library. It used to be on the fourth floor at that time. It was spacious, airy and bright, with an atmosphere of absolute silence; I used to sit there for my studies during exam time from morning 7 am to evening 7 pm. It was a perfect place to focus, away from all distractions.”

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**Interviewer:**

Your stories really capture the true essence of SIES. How did these experiences shape your lives and careers?

**Dr. Rajen Daftary:** “What SIES has given us is a sense of confidence and discipline. Both of us could get into one of the best medical colleges in the country (Seth G. S. Medical College, Mumbai), solely because of it. We were never overawed by top rankers in medical college. SIES taught us focus and hard work which helped us in our medical journey. It was truly an extension of school without uniform. And it brought us where we are today.”

**Dr. Swati Daftary:** “SIES has a healthy mixture of everything; it is much needed for a well-rounded personality. We visited SIES recently during the college literary and cultural festivals. It was pleasant to see such activities going on in the college!

**Dr. Rajen Daftary:** “With time we need to incorporate a balanced blend of academic rigour and extra-curricular prowess. We were bowled over by the heights SIES has reached now, and delighted to witness all its glory!”

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**Interviewer:**

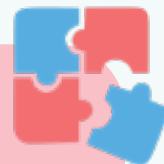
We thank you for your time, and taking us down memory lane of the golden era of SIES. It is clear that SIES was not just an educational institution, but a formative experience that moulded you both into the successful individuals that you are today.

In these remembrances, the true essence of SIES College thrives—a blend of discipline, innovation and a lasting commitment to shaping well-rounded individuals. The memories shared by Dr. Rajen and Dr. Swati Daftary serve as a heartfelt tribute to an institution that has significantly influenced their personal and professional journeys.





# Department Reports



## BIOANALYTICAL SCIENCES:

- Organized a National Workshop- 'Winter School- A School of Unlearning' on 'Vocational and Skill Based Certificate Course in Instrumentation' to provide hands-on training and develop skills in science students, under the aegis of NEP from 26<sup>th</sup> to 31<sup>st</sup> December 2024.



*Winter School December 2024*

- Organised the departmental literary festival "Dravyashastram – 2025", under the aegis of Utkarsha on 22<sup>nd</sup> December 2024.

## BIOCHEMISTRY & FOOD TECHNOLOGY & NUTRACEUTICALS

- Organised a guest lecture by Ms. Chitra Ranganathan on "Drug Development to US FDA Approvals: A Priceless Journey" in association with Past Student Association (PSA) on 6<sup>th</sup> February 2025.
- Organised a guest lecture by Ms. Poulomi Desai from BMN College on "The Role of Anthropometric Measurements in Assessing Nutritional Status in the Community" on 21<sup>st</sup> January 2025.

### Field Visits:

- Organised an industrial visit to Vita Food Exhibition at Jio Cultural Convention Centre for the students of Food Technology and Nutraceuticals, on 7<sup>th</sup> February 2025.
- Organised a study tour to Mysore and Bengaluru from 26<sup>th</sup> to 31<sup>st</sup> January 2025.



*Students visit CFTRI Mysore*

- Organised an industrial visit to Kamlesh Farsan and Standard Foods on 14<sup>th</sup> January 2025.
- Organised an ISR visit to Sadhana School, Sion, and Mumbai Public School, Sion to create awareness on the role of healthy food and nutrition in daily life, as part of Poshan Maah, on 28<sup>th</sup> September and 30<sup>th</sup> September 2024.
- Organised a visit to a workshop on "Supporting Breastfeeding: Nourish, Thrive and Sustain", to commemorate World Breastfeeding Week, organized by College of Home Science, Nirmala Niketan, on 6<sup>th</sup> August 2024.

### Students' Achievements:

- Mannat Gulati, TYBSc was awarded the first prize in the event "Astro Arkitects", as a part of "Microbes 2024" organized by the Department of Microbiology, of Ramnarain Ruia Autonomous College, on 31<sup>st</sup> August 2024.
- Preeti Yadav, MSc-II secured first prize in reel making competition on the topic "Bursting Myths about Breastfeeding", organized by the College of Home Science, Nirmala Niketan, on 6<sup>th</sup> August 2024.

## BIOTECHNOLOGY:

- Organised a guest lecture on "Analytical Testing in Food and Environmental Compliance" by Dr. Nilesh Amritkar, MD, Envirocare Labs on 22<sup>nd</sup> February 2025.



- Conducted a lecture under the aegis of BT Talks (alumni engagement sessions with students) on “Science to Strategy: Navigating career path from Lab to Leadership” by Mr Seemlesh Chandra Selvan, Brand Manager, Dr. Reddy’s Laboratory on 1<sup>st</sup> February 2025.
- Conducted a lecture under the aegis of BT Talks on “From Petri dishes to pitching: My journey in Biotechnology and sales” by Mr. Chirag Kothari, Area Sales Manager at Redcliffe Labs Genomics Division on 1<sup>st</sup> February 2025.
- Organized the Departmental fest “Operon” on 24<sup>th</sup> December 2024.
- Organized Dr. Rajalakshmi Amudan Lecture Series 2024 in collaboration with PSA and Department of Biotechnology on “From Lab Bench to Cancer Diagnostics: My Journey in Molecular Biotechnology” by Ramya Iyer, Scientific Officer, Tata Memorial Hospital and on “A journey of learning, growth, and transformation in the Pharma Industry” by Jaqueline J., Senior Quality Specialist at Sanofi, on 20<sup>th</sup> December 2024.
- Conducted a lecture under the aegis of BT Talks on “Accelerating drug discovery for small and large molecule therapeutics with MOA-reflective, functional cell-based assays” by Dr. Venkatesh Chari, Ph.D., Scientific Market Development Manager, Eurofins Discover X Products LLC, USA on 30<sup>th</sup> August 2024.
- Organized a guest lecture on ‘Forensic Science - A Scientific Tool in Justice Delivery’ by Ms. Riva Pocha Consultant & Forensic Educator Founder, FACTS on 10<sup>th</sup> August 2024.



Guest lecture on Forensic Science under Popular Science Lecture Series

### Students' Achievements:

- Anu Nandini Maran, Srihari Chandramouli Nochur, Varsha Kurdia, Anuja Gajeli, TYBSc students, won 3<sup>rd</sup> prize for poster presentation in Jignyasa-intercollegiate Research meet held on 21<sup>st</sup> February 2025.
- Sailakshmi Nair, MSc II won First place in Emmorzeal- an intercollegiate competition in SM Shetty College, Powai on 14<sup>th</sup> December 2024.
- Hetvi Patel, Priya Gupta and Sailakshmi Ravikumar, MSc II students, cleared Ph.D. entrance test (PET) conducted by Mumbai University in November 2024.
- Arya Sonawane, MSc-I won second prize in 23<sup>rd</sup> National level Microbiolympiad - Microbiocanvas in February 2025.
- Divya Kadam, FYBSc received Indian Women’s Scientist Association (IWSA) scholarship for Female students in December 2024.

### BOTANY:

- Organised alumni interaction session on ‘Avenues and Future Prospects in Botany’ by Ms. Raghavi Vasanth Kumar and Ms. Jeba Nadar on 8<sup>th</sup> February 2025.
- Arranged alumni interaction session on ‘Experience sharing in field-based studies’ by Ms. Priyanka Jundare, Coordinator, Climate Action, United Ways, Mumbai on 28<sup>th</sup> January 2025.



Excursion to Matheran

- Organised an outreach activity ‘Flora Fantasia’ - An exhibition cum display of interesting Botanical specimens and techniques on 23<sup>rd</sup> December 2024.
- Organised academic festival ‘Kalpavriksha - 2024’ on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.





- Conducted a plant tissue culture workshop for SYBSc (Major) and TYBSc Botany students on 16<sup>th</sup> December 2024 by Ms. Ruchika Dani.
- Developed Nakshatra Garden and revamped Herbal Garden and Vertical Wall Garden in the college campus in September 2024.
- Celebrated Environmental Awareness Week on the theme 'Restore Our Earth' by organizing Essay writing, Poetry and Photography competitions from 5<sup>th</sup> to 12<sup>th</sup> June 2024.
- Subhalakshmi Konar, FYBSc won the 2<sup>nd</sup> prize in the intercollegiate event 'Book Review' under the aegis of 'Vaachan Sankalp Maharashtratracha' by the University of Mumbai held from 1<sup>st</sup> to 16<sup>th</sup> January 2025.
- Khushboo Shaikh, FYBSc secured 3<sup>rd</sup> prize in the intercollegiate event 'Book Review' under the aegis of 'Vaachan Sankalp Maharashtratracha' by University of Mumbai from 1<sup>st</sup> to 16<sup>th</sup> January 2025.

### CHEMISTRY:

- Organized an ISR activity in college where 9<sup>th</sup>-grade school students were demonstrated various experiments on the occasion of National Science Day on 28<sup>th</sup> February 2025.
- Organized a Guest lecture on "Career in chemistry" by Dr. Santosh R. Kote, Deputy Director, Directorate Forensic Science Laboratory, Home Department, Kalina, Mumbai on 1<sup>st</sup> February 2025.
- Organized a Guest lecture on "Discussion on NMR" by Mr. Nitin Dalvi, NMR center, Indian Institute of Scientific and Educational Research (IISER), Pune on 1<sup>st</sup> February 2025.
- Organized intercollegiate events under Utkarsha titled: Chemorisis 2024 – Let's Make the Bond Stronger on 22<sup>nd</sup> December 2024.
- Organised an inter-collegiate event 'Chemistry Olympiad: A Weekly Chemistry Quiz Challenge' from 13<sup>th</sup> November to 11<sup>th</sup> December 2024.

### Field Visits:

- Organized a visit to Ashram Shala in Gothehar, Vafe, Shahapur on 18<sup>th</sup> December 2024.
- Organized a visit to KDMC Sewage treatment plant and KDMC water filtration plant on 3<sup>rd</sup> September 2024.

### Students' Achievements:

- Mithun Gharat, Ph.D. student of Dr. Nitin Mirgane, presented a paper titled "Development of a Suitable Method for Estimating the Content of N-Nitrosopiperazine Monomer Genotoxic Impurity in Cetirizine Dihydrochloride by Liquid Chromatography-Mass Spectrometry" in the 36<sup>th</sup> Research Scholars' Meet RSM-2025 organized by Indian Chemical Society in association with KET's V. G. Vaze College of Arts, Science & Commerce (Autonomous) on 14<sup>th</sup> and 15<sup>th</sup> February 2025.

### Field Visits:

- Organised a field visit to Friends of Trees Flower show at D. G. Ruparel College on the 9<sup>th</sup> February 2025.
- Organised a one-day field visit to Karnala Sanctuary and Go-Green Nursery, on 3<sup>rd</sup> February 2025.
- Organised a field visit to BMC Flower show at Veer Jijamata Udyan on 1<sup>st</sup> February 2025.
- Organised an Industrial visit to Ayushree Pharmaceuticals Pvt Limited on 30<sup>th</sup> January 2025.
- Organised three days overnight excursion to Matheran from 13<sup>th</sup> to 15<sup>th</sup> January 2025.
- Organised a one-day field visit to Palasdhari on 14<sup>th</sup> August 2024.

### Students' Achievements:

- Ancy Kizhakhail, TYBSc secured 2<sup>nd</sup> prize in 'Magnolia' intercollegiate festival organised by Department of Botany, Guru Nanak College of Arts, Science and Commerce (Autonomous) on 20<sup>th</sup> January 2025.
- Dhanashree Gurav, MSc -I, won 2<sup>nd</sup> Prize in 'Munchy Match' intercollegiate festival organised by Department of Botany, Guru Nanak College of Arts, Science and Commerce (Autonomous) on 20<sup>th</sup> January 2025.
- Sonali Khulam, MSc -II won 3<sup>rd</sup> Prize in 'Munchy Match' intercollegiate festival organised by Department of Botany, Guru Nanak College of Arts, Science and Commerce (Autonomous) on 20<sup>th</sup> January 2025.
- Ashwathy Nair, MSc -II bagged 2<sup>nd</sup> Prize in 'Botanical word search' intercollegiate festival organised by Department of Botany, Guru Nanak College of Arts, Science and Commerce (Autonomous) on 20<sup>th</sup> January 2025.





## COMMERCE:

- Organised a talk on “Investment - Empowering Women” in association with the Gender Sensitization Cell by Mr. Raza Mulla, renowned corporate trainer at National Stock Exchange (NSE) on 8<sup>th</sup> March 2025.
- Organised ‘Corporate Roadies 2.0’ as part of Utkarsha on 23<sup>rd</sup> December 2024.
- Organised an alumni interaction “Alumni Hobnob - A Career Talk” by CA Shraddha Singh and Adv Sonali Singh on 19<sup>th</sup> December 2024.
- Organised ‘The Ad Mad Show’, a video ad making competition on 5<sup>th</sup> December 2024.
- Organised War of Words Debate Event on “Budget 24: Accelerating Infrastructure Growth in India – Is Economic Prosperity Outpacing Human Values of Sustainability and Equity?” on 19<sup>th</sup> September 2024.
- Organised a guest talk by Ms. Aishwarya Godbole (CFP), Financial Advisor, Ideal Investments on “A Path towards Financial Freedom” in association with the Department of Psychology, Junior College on 23<sup>rd</sup> July 2024.



Students outside Kisanveer Sugar Factory

## Field Visits:

- Organised an Industrial Visit to Foot Art Industries (Class Industrial Safety Shoes) Manufacturing Unit, Wai, Maharashtra and Kisanveer Satara Sakhar Kharkhana (Sugar Factory), Satara, Maharashtra on 10<sup>th</sup> and 11<sup>th</sup> January 2025 respectively.

## Students’ Achievements:

- Afsha Khan, TYBCom and Gifty Promod, SYBCom won First prize in the Research Paper Presentation Competition organised by the Research Cell of

Lakshmichand Golwala College of Commerce and Economics, Ghatkopar on 25<sup>th</sup> February 2025.

- Huda Khan and Sana Khan SYBCom won First Prize in Research Paper Presentation Competition on ‘Digital Transformation in Marketing’ organised by the Department of Commerce of Guru Nanak College on 8<sup>th</sup> February, 2025.
- Jeet Gadhavi, TYBCom secured First Place in the Intercollegiate Trial Court competition organised by KJ Somaiya College, Vidyavihaar. on 21<sup>st</sup> December 2024.
- Aditya Amle, SYBCom secured First Place Intercollegiate Powerlifting competition organised by IBS College College. on 20<sup>th</sup> December 2024.

## COMPUTER SCIENCE:

- Organized a webinar on “Explore the Art of Ui/Ux” on 7<sup>th</sup> January 2025.
- Organized a seminar on movie animations by “Frameboxx” on 19<sup>th</sup> December 2024.
- Organized a seminar on Study Abroad opportunities for SIES graduates on 16<sup>th</sup> December 2024.
- Organized a Study visit for second year BSc Computer Science students at Bombay Stock Exchange on 10<sup>th</sup> December 2024.
- Organized a Seminar on Interview preparation for SIES graduates on 25<sup>th</sup> November 2024.
- Organized a Seminar on Career Training opportunities for SIES graduates on 21<sup>st</sup> November 2024.
- Organized a webinar on "Building a Standout Tech Profile" on 15<sup>th</sup> November 2024.

## Students’ Achievements:

- Fardeen Chougule, SYBSc, won 1<sup>st</sup> prize for event Spectrum 2.0 at NMIMS College, won 1<sup>st</sup> prize for event Kaleidoscope at SK College of Science and Commerce, Navi Mumbai and won 1<sup>st</sup> prize in FIFA event at OLE-Lashkara 2025 organized by Wilson College.
- Keerthi Ramesh Koltur, FYBSc, won 3<sup>rd</sup> place in a Chess Competition held at Bhavans Hazarimal Somani College, Chowpatty Mumbai.
- Aryan Sudhakar Organti, SYBSc, won 2<sup>nd</sup> prize in the Fashion Show at Lala Lajpat Rai College.





- Trishaa Singh and Uzair Khalfe, SYBSc students won 2<sup>nd</sup> Prize in Fashion Show at Lala Lajpat Rai College.
- Kaushal Ashish Parsekar, TYBSc, won 3<sup>rd</sup> prize in Mono Act for event Gandharva-25 at Joshi Bedekar College Thane and won 3<sup>rd</sup> prize in Poem Writing for event Manthan at KPB Hinduja College of Commerce.

#### DMLT:

- Organised a Guest Lecture on “Automation in Haematology” conducted by Dr. Suyash Vishwaroop on 22<sup>nd</sup> January 2025.
- Organised a Guest Lecture on “Role of Artificial Intelligence in Modern Laboratory Science” conducted by Dr. Praful Godkar, Eminent Author, on 15<sup>th</sup> January 2025.
- Conducted a Health Check-up Camp at Gothehar Ashram School for school children and staff members on 19<sup>th</sup> December 2024.
- Conducted a Health Check-up Camp in collaboration with Rotary Club, Deonar, and Vidya Diagnostic Centre, at Netaji Subhash Chandra Bose School, on 23<sup>rd</sup> November 2024.
- Organised an Alumni Interaction session for DMLT students. Mr. Reetesh Chaturvedi, spoke on the topic, “Career Guidance and Role of Laboratory Technician in the Medical Field” on 5<sup>th</sup> September 2024.



*Students at health check-up camp*

#### Field Visits:

- Organised a visit to NMIMS University’s Animal Tissue Culture Laboratory on 15<sup>th</sup> February 2025.
- Organised a two-day industrial visit to Matoshri Hospital and Government Hospital, Karjat on 29<sup>th</sup> and 30<sup>th</sup> January 2025.

- Organised a visit to Manipal Tru Test, Sakinaka on 17<sup>th</sup> January 2025.
- Organised a visit to Bloodline Blood Bank on 21<sup>st</sup> October 2024.

#### ECONOMICS:

- Organised a Two Week Online Multidisciplinary Refresher Programme on “Sustainable Education and Practices” in collaboration with UGC-MMTTC of NIEPA, New Delhi organised from 17<sup>th</sup> to 29<sup>th</sup> March 2025.



*Dr. Alex Thomas delivering the lecture*

- Organised a session on ‘Crafting an Excellent Personal Statement’ in collaboration with King’s College London and Economics Club of Mumbai on 22<sup>nd</sup> January 2025.
- Organised a poster exhibition titled ‘Mumbai Darshan’ and ‘Dabbawala Challenge,’ as part of Utkarsha on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Conducted a ‘Mumbai Mosaic’ photography competition on 16<sup>th</sup> December 2024.
- Organised a seminar on ‘Technological Disruption and the Future of Work in India’ in collaboration with Meghnad Desai Academy of Economics on 12<sup>th</sup> December 2024.
- Organised a Guest Lecture on ‘Growth Theories: A Critical Perspective’ by Dr. Alex M. Thomas, Associate Professor, Azim Premji University, Bengaluru, on 29<sup>th</sup> November 2024.
- Organised the 58<sup>th</sup> A.D. Shroff Memorial Elocution Competition in collaboration with Forum of Free Enterprise on 14<sup>th</sup> November 2024.
- Organised an alumni interaction by Ms. Regha Parameshwaran, catastrophe modelling analyst and Ms. Divya Muthukumar, impact advisory analyst on 6<sup>th</sup> August 2024.





- Organised alumni interaction by Ms. Revathi Ramchandran, research assistant at CAFRAL, RBI on 26<sup>th</sup> July 2024.
- Organised a student panel discussion to observe the World Population Day on 11<sup>th</sup> July 2024.

#### Field Visits:

- Organized a visit to RBI Monetary Museum on 3<sup>rd</sup> September 2024.

#### Students' Achievements:

- Swayam Kane, SYBA won the First Prize (Best Delegate) in the intercollegiate event, MUN organised in K.J. Somaiya College in the Macromania Fest on 28<sup>th</sup> January 2025.
- Adarsh Shivkumar Pandey, TYBA secured third prize in the intercollegiate event 'Karya Path Spardha' organised by the Department of Hindi, SIES ASCS as part of Utkarsha 2025 on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Ayushman Sharma, TYBA secured second prize in creative story telling competition organised by Lala Lajpat Rai College on 3<sup>rd</sup> September 2024.
- Ayushman Sharma, TYBA secured third prize in story telling competition in Youth Festival organised by University of Mumbai on 30<sup>th</sup> August 2024.

#### ENGLISH:



*Students at the Jaipur LitFest 2025*

- Organized a workshop on Script Writing by Mr Akash Mohimen on 8<sup>th</sup> February 2025.
- Organized a Guest Lecture on "Career Opportunities in Publishing Field" by Aarushi Raj on 7<sup>th</sup> January 2025.
- Organised LitQuest as part of Utkarsha on 22<sup>nd</sup> December 2024.

- Organized a Creative Writing Workshop, conducted by TATA Lit Live and Mr Akash Mohimen on 20<sup>th</sup> September 2024.
- Organized an alumni interaction with Chrysl D'Souza and Jasleen Kaur on "Admission procedure to B.Ed. Colleges" on 23<sup>rd</sup> August 2024.
- Organized a seminar by Skill Life called "Language Labyrinth" by Ms. Usha Sahoo and Sheela Durgapal on 12<sup>th</sup> August 2024.
- Organized a workshop with Teach for India on "Career Opportunities in the Social Impact Sector" on 23<sup>rd</sup> July 2024.
- Organized a seminar with IDP on "Preparing for IELTS" on 15<sup>th</sup> July 2024.

#### Field Visits:

- Organized a visit to Jaipur Lit Fest from 29<sup>th</sup> January to 2<sup>nd</sup> February 2025.
- Organized an ISR visit to Gothegar Adivasi Ashramshala, Asangaon on 18<sup>th</sup> December 2024.

#### Students' Achievements:

- Sudha Krishnan, PhD student of Prof Lakshmi Muthukumar, published a paper titled "Locating Covid 19 Instapoetry as Illness Narratives in the Context of Digital Humanities" in the peer reviewed journal *Economic Challenger*, Volume 27, Issue 105, Oct-Dec 2024.
- Sudha Krishnan, PhD student of Prof Lakshmi Muthukumar, published a paper titled "Reading Rajinder Singh Bedi's Quarantine as a Pathographic Tale in the Indian Cultural Context" in the *SIES Journal of Humanities*, 2024.
- Sudha Krishnan, PhD student of Prof Lakshmi Muthukumar, published a chapter titled "Technology, New Media and Environment: Analysis of the Environmental Sensibility in Select Instagram Poems Written During Covid -19 Pandemic" in the book *Intersections Literature, Culture and Media* published by Y King Publishers, 2024.
- Saradha Balasubramanian, Ph.D Student of Prof. Lakshmi Muthukumar, published a paper titled "An Exploration of the Cinematic Geography of Dir. Manikandan's Kaakka Muttai (Crow's Eggs)" in the *SIES Journal of Humanities*, 2024.





- Pooja S, PhD student of Dr Seema C, published a paper titled "Dead Men Tell No Tales: Memory in Fred D'Aguiar's *Feeding the Ghosts*" in the journal *The Criterion*, Vol. 15, Iss. 6, December 2024.

### ENVIRONMENTAL SCIENCE:

- Organised a seminar-cum-workshop on "Growth with Roots" by Mrs. Kanchana Manyam, an HR executive from the corporate sector on 17<sup>th</sup> January 2025.
- Organized the fest 'Vasundhara' as part of *Utkarsha* on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organized a session by Mr. Vinayak Salunkhe, from Earth Care Awards on 17<sup>th</sup> October 2024.

### Field Visits:

- Organised a trip to Wayanad and Calicut, Kerala from 27<sup>th</sup> to 31<sup>st</sup> January 2025.
- Organised an Experiential Visit to Prabalmachi (Western Ghats), Panvel on 3<sup>rd</sup> and 4<sup>th</sup> December 2024.
- Organised an excursion to National Remote Sensing Center, Hyderabad, Telangana, from 28<sup>th</sup> September 2024 to 1<sup>st</sup> October 2024.
- Organised a one-day Industrial Visit to Kanjurmarg dumping ground on 31<sup>st</sup> August 2024.



*Excursion to ICAR-IISR, Calicut, Kerala*

### Students' Achievements:

- Abhishek Gupta, Adiraj Amberkar, Chandrabhan Lal Singh and Chinmay Kalapur, TYBSc students secured first rank in the Business Pitch Competition, organized by Narsee Monjee College of Commerce and Economics on 25<sup>th</sup> January 2025.
- Anamika Sharma, SYBSc secured third rank in an initiative under the Vaachan Sankalp Maharashtratracha, Government of Maharashtra celebrating the reading month organized by the college on 15<sup>th</sup> January 2025.

### HINDI:

- Organised a two-day national seminar on the topic 'Bhartiya Samaj ki Samajik, Sanskritik va Bhashik nirmitti mein Bhakti andolan ka yogdaan' on 4<sup>th</sup> and 5<sup>th</sup> March 2025 sponsored by the State Bank of India.



*Celebrating Vishwa Hindi Diwas*

- Organised a Guest lecture by Shri Krishna Prakash, IPS (ADGP Force one Maharashtra) on the topic 'Bhartiya Prashasnik Sevayaen: Avsar evam Chunautiyan' on 24<sup>th</sup> January 2025.
- Organised a Guest lecture by Dr. Sachin Gapat, Department of Hindi, University of Mumbai on the occasion of Vishwa Hindi Diwas on the topic 'Hindi ka Vaishvik Pridrishya' on 10<sup>th</sup> January 2025.
- Conducted a Hindi Essay writing competition on 23<sup>rd</sup> December 2024.
- Organized Rashtra kavi Subramanya Bharati, an intercollegiate self-composed poetry recitation competition on 22<sup>nd</sup> December 2024.
- Organised a Guest lecture by Dr. Manoj Pandey (Prof. & Head Dept. of Hindi, RTM Nagpur University) on the topic 'Hindi Kavita va Rashtriyata' on 22<sup>nd</sup> December 2024.
- Organised Guest lectures by Dr. Karunashankar Upadhyay (Senior Professor & Critic, Dept. of Hindi University of Mumbai) on the topic 'Samkalin Bhartiya Samaj aur Premchand' and Shri. Muzib Khan (Well-known theatre artist) on the topic 'Abhiniyata ki Drishti se Premchand ki Kahaniyan' on the occasion of Premchand Jayanti on 31<sup>st</sup> July 2024.

### Students' Achievements:

- Sneha Jaiswar, TYBA got 2<sup>nd</sup> consolation prize in inter collegiate elocution competition organized by Hindi Sahitya Mandal, Maharashtra College on 21<sup>st</sup> September 2024.



## HISTORY:

- Celebrated 350<sup>th</sup> Year of Chhatrapati Shivaji Maharaj's Coronation as part of *Utkarsh*, on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organised a Debate Competition on 4<sup>th</sup> December 2024.
- Screened the Marathi Biopic on Lokmanya Bal Gangadhar Tilak, '*Lokmanya Ek Yugpurush*' on 2<sup>nd</sup> August 2024.
- Published a newsletter '*Vartakan*' issue under *Historica* on 1<sup>st</sup> August 2024 to commemorate Lokmanya Tilak's death anniversary.



*Debate competition*

## Field Visits

- Organised a trip to the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Mumbai on 30<sup>th</sup> November 2024.
- Organised a trip to the Mumbai circle division office of Archaeological Survey of India at Sion (East) on 21<sup>st</sup> November 2024.

## Students' achievements:

- Abhay Mahadik, TYBA presented a paper "Thread of Changes: The Interwoven History of Fashion and Politics" in the Two Day National Multidisciplinary Conference jointly organized by the V. G. Vaze College of Arts, Science & Commerce (Autonomous) and the ICSSR, Western Regional Centre, Mumbai on 24<sup>th</sup> and 25<sup>th</sup> January 2025.
- Tejas Satve, TYBA won the Second Prize in the Rangoli competition organized jointly by Kirti M Doongursee College and the University of Mumbai on 14<sup>th</sup> January 2025.
- Abhay Mahadik, TYBA won the second Prize in the Elocution Competition organized jointly by Kirti M Doongursee College and the University of Mumbai on 10<sup>th</sup> January 2025.

## INFORMATION TECHNOLOGY:

- Organized the Departmental fest called "ITerationz" on 22<sup>nd</sup> December 2024.



*Visit to Pyrotech Electronics Private Limited, Udaipur*

- Organised a boot camp to Bombay Stock Exchange for TYBSc (IT) students to orient them with careers in data analytics on 10<sup>th</sup> December 2024.
- Organised a Career and Job guidance lecture by Imarticus Learning on 3<sup>rd</sup> December 2024.
- Organised a workshop on "Scratch Programming" on 15<sup>th</sup> July 2024 and 20<sup>th</sup> July 2024.
- Organized a project guidance lecture by alumni for TYBSc (IT) students on 14<sup>th</sup> and 15<sup>th</sup> June 2024.

## Field Visits

- Organised an Industrial visit to Udaipur and Chittorgarh from 18<sup>th</sup> to 21<sup>st</sup> December 2024.

## MANAGEMENT STUDIES & CAPITAL MARKET:

### Field Visits:

- Organised a visit to Steelbird Hi Tech India Ltd., Himachal Pradesh on 30<sup>th</sup> January 2025.

### Students' achievements:

- Pratham Girish Kamath, TYBMS won the 2<sup>nd</sup> prize for table tennis at Pillai College on 9<sup>th</sup> February 2025.
- Pratham Girish Kamath, TYBMS won 1<sup>st</sup> prize for table tennis at Somaiya College on 16<sup>th</sup> February 2025 and at District Rotaract 3141 for table tennis on 9<sup>th</sup> February 2025.







*Industrial Visit to Steelbird Helmets*

- Aripaka Sahil, TYBCM won 2<sup>nd</sup> prize for inter-zonal football men at Mumbai University on 19<sup>th</sup> November 2024.

### **MULTIMEDIA & MASS COMMUNICATION:**

- Organised a seminar on the title “Understanding Budget Report 2025” by Mrs. Rajalakshmi Iyer on 3<sup>rd</sup> March 2025.
- Organised a Film Screening event showcasing short films created by SYBAMMC students on 15<sup>th</sup> February 2025.
- Organized an event, Cine Wonder under intra-collegiate fest named Utkarsha on 22<sup>nd</sup> December 2024.
- Organised Impact of Television on culture Seminar on 21<sup>st</sup> November 2024 by Mr. Rugwed Kulkarni.
- Organised a career guidance Seminar on the insights of IELTS exam on 18<sup>th</sup> November 2024 by Mr. Mayur Wagh and Mr. Rohan Khadka.
- Organised InDesign software application training Workshop on 16<sup>th</sup> September 2024 by Student Mentor, Vhal Murti.
- Organised a Copywriting in TVCs, Radio, and Digital Video Content (DVC) Seminar on 5<sup>th</sup> September 2024 by Mr Rugwed Kulkarni.
- Conducted an Understanding Professional Video Editing Workshop on 11<sup>th</sup> July 2024 by Gokul Media.
- Organised a Copy and Marketing Brief in Advertising Seminar on 20<sup>th</sup> June 2024 by Mr Rugwed Kulkarni.

### **Students' Achievements:**

- Dimple Kotian, SYBAMMC won the first prize in the written book review competition under Govt of Maharashtra Vaachan Sankalp Initiative on 26<sup>th</sup> January 2025.

- Heli Pasad, TYBAMMC won the Second prize in the Mehendi competition at Wilson on 25<sup>th</sup> January 2025.
- Amogh Pramod Sawant, SYBAMMC won first prize for Newspaper Design Event at Jai Hind College Churchgate on 15<sup>th</sup> January 2025.
- Samarth Potdar, FYBAMMC student, won consolation prize in Elocution competition at Dayanad college Parel on 11<sup>th</sup> January 2025.
- Gitesh Anand Rane, TYBAMMC won the Third in Poetry writing at K.P.B. Hinduja College on 5<sup>th</sup> January 2025.
- Advait Paraskar, SYBAMMC won the first prize for improv acting at HSNC College on 24<sup>th</sup> November 2024 and first place at MCC College for improv acting on 19<sup>th</sup> December 2024.



*Advait Paraskar, SYBAMMC student improv acting*

- Aashi Gandhi, SYBAMMC won first (districts) on 1<sup>st</sup> September 2024, first (states) on 28<sup>th</sup> September 2024, fourth (nationals) prize on 16<sup>th</sup> October 2024 at Maharashtra State Powerlifting Association, Powerlifting India District Bench press Championship, states powerlifting championship and National Powerlifting Championship respectively.

### **MATHEMATICS:**

- Organized a poster presentation competition on ‘The application of mathematics in real life’ on 22<sup>nd</sup> December 2024, National Mathematics Day.
- Organized the event ‘Mathoria: The Lost City’ under ‘Gradient’ as part of Utkarsha on 22<sup>nd</sup> December 2024.



### Students' Achievements:

- Hitesh Koli, TYBSc, secured 3<sup>rd</sup> position in the events "Art of War of Arithmos 6.0" and "Mission Impossible of Arithmos 6.0," under the Annual Management and Strategy Festival of N.M. College on 30<sup>th</sup> November 2024.

### MICROBIOLOGY:

- Organized a workshop on "CPR: Cardio-Pulmonary resuscitation" for teaching and non-teaching staff on 4<sup>th</sup> February 2025.



*Awareness Program at Gothehar Ashramshala*

- Organized a guest lecture on "Things and Processes - What do we study as biologists" by Dr. Vasudev Menon, Assistant Professor, Symbiosis International Deemed University on 1<sup>st</sup> February 2025.
- Organized a guest lecture on "Career opportunities after TYBSc" by Mr. Vishnu Ashok Kumar, alumnus on 6<sup>th</sup> January 2025.
- Organized a movie screening on "HeLa Cell Lines" on 4<sup>th</sup> January 2025.
- Organized the event "MicroXplore" on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organized awareness program, "Introduction to Microbiology" to Gothehar Ashramshala on 17<sup>th</sup> and 18<sup>th</sup> December 2024.

### Students' Achievements:

- Roshni Chikula, Hasti Sethia and Jaikrishnan Nair, TYBSc students won 2<sup>nd</sup> prize at the 23<sup>rd</sup> National level Microbiolympiad held on 8<sup>th</sup> February 2025.
- Sania Sait and Purva Gaud, FYBSc students won 2<sup>nd</sup> prize at the 23<sup>rd</sup> National level Microbiolympiad held on 8<sup>th</sup> February 2025.
- Khan Sana Ayyub and Jayarathna Lingathar, FYBSc students won 3<sup>rd</sup> prize at the national level "Microbiomodel making" on 8<sup>th</sup> February 2025.

### PHILOSOPHY:

- Organised a Guest talk on 'Philosophy in everyday life' by Mr. Aditya Jadhav, Assistant Professor, Pravin Gandhi College of Law on 28<sup>th</sup> January 2025.
- Organised the event 'Philosophical voyage-from antiquity to modernity' as part of Utkarsha on 22<sup>nd</sup> December 2024.
- Conducted a talk on 'Unveiling perspectives on Gita Diwas' by Dr. Uma Shankar, Principal and Head, Department of Philosophy on 11<sup>th</sup> December 2024.
- Organised a Book Launch based on 'Ethics in technology- Insights from Indian Perspective' edited by Dr. Kamala Srinivas, on 11<sup>th</sup> December 2024.



*Yoga Day workshop conducted by Ms. Chandni Wadwani*

- Conducted a special lecture by Dr. Uma Shankar, Principal and Head, Department of Philosophy on 'Celebrating academic journey and experiences' on 25<sup>th</sup> November 2024.
- Organised a movie screening on 'Chandu Champion' followed by discussion on 2<sup>nd</sup> September 2024.
- Organised 'Reunion of minds', an alumni interaction programme on 27<sup>th</sup> July 2024.
- Conducted Guest lectures 'Yoga for good health' and 'Yoga for mindfulness' by Ms. Chandni Wadwani and Ms. Aakanksha Yadav, Yoga trainers, as part of the International Day of Yoga jointly with PSA, NSS and NCC on 21<sup>st</sup> and 22<sup>nd</sup> June 2024.

### Field Visits:

- Conducted a visit to Gothehar Ashramashala, Shahapur as part of ISR on 19<sup>th</sup> December 2024.
- Organised a visit to Mani Bhavan and Sarvodaya Mandal Book Store at Grant Road, Mumbai on 24<sup>th</sup> August 2024.
- Organised a visit to Maharashtra Nature Park on 3<sup>rd</sup> August 2024.





### Students' Achievements:

- SYBA and TYBA students were awarded the Best PR Team for participating in various activities in the Dhristikon Intercollegiate Fest, Jai Hind Autonomous College on 13<sup>th</sup> February 2025.
- Nupur Singh, SYBA won the first prize in the paper presentation on 'AI Anime-Kino's journey' and Damodar Singh, Nupur Singh and Suhani Rao, SYBA won the Best Team Prize for their presentation on the topics 'Anthropocentrism vs. Bio-centrism: A Solution to Environmental Crisis', 'A.I: Doubts, Debates, Dialogues, and Anime: Philosophical Exploration', respectively in an intercollegiate students' seminar organised by Department of Philosophy, Hindi Vidya Prachar Samiti's, Ramniranjan Jhunjhunwala College on 28<sup>th</sup> January 2025.
- Sneha Mishra, TYBA was awarded Shri Ramaswamy Endowment Prize for Proficiency in Arts and Writing on 21<sup>st</sup> December 2024.

### PHYSICS:

- Organised the fest "Gravity" as a part of Utkarsha on 22<sup>nd</sup> December 2024.
- Organised a talk on the topic "Be Clear about Nuclear" in collaboration with Indian National Young Academy of Science (INIAS) by Mr. Uday Kashelkar, Scientific Officer at Nuclear Power Corporation of India Limited (NPCIL) on the occasion of "World Nuclear Energy Day" on 2<sup>nd</sup> December 2024.
- Organised a One-day workshop on the topic "Beneficial Effects of Radiation Technology and the Indian Nuclear Energy Programme" in collaboration with Indian Association for Radiation Protection (IARP) on 30<sup>th</sup> November 2024.
- Organized an interdisciplinary online Refresher course on "Renewable Energy Studies" in collaboration with UGC-MMTTC, Mumbai from 4<sup>th</sup> to 16<sup>th</sup> November 2024.
- Organised a talk by Mr. Smit Oswal, alumnus on the topic "Artificial Intelligence and Machine Learning" in association with Science Association on 2<sup>nd</sup> August 2024.



*Students with the nuclear physics research group from BARC*

### Field Visits:

- Organised a visit to the Physical Biology Lab of the Department of Bio-Science and Bio-engineering at IIT Bombay on 21<sup>st</sup> January 2025.

### Students' Achievements:

- C. Varalakshmi and Soham Dukhande, MSc students won the Best paper Award in poster presentation category at the International Conference on Material & Applied Science for Society (MASS-2024) organized by Anand Niketan College of Science, Arts & Commerce Anandwan, Warora on 30<sup>th</sup> and 31<sup>st</sup> December-2024.
- Ms. Divya Lande, PhD student won the Best Paper Award in oral presentation category won by PhD student at the International Conference on Material & Applied Science for Society (MASS-2024) organized by Anand Niketan College of Science, Arts & Commerce Anandwan, Warora on 30<sup>th</sup> and 31<sup>st</sup> December-2024.
- Atharva Dalvi and Karun Soundarajan, MSc students published a paper titled " $^{24}\text{Mg} (^{12}\text{C}, 2 ^{12}\text{C}^*)^{12}\text{C}$  reaction at 113.7 MeV and the  $^{24}\text{Mg}$  resonance overlap" in the proceedings of the DAE-BRNS Symposium on Nuclear Physics, Volume 68, held at IIT Roorkee, Uttarakhand, India during December 07 – December 11, 2024.
- Atharva Dalvi and Karun Soundarajan, MSc students published a paper titled "Alpha multiplicity spectra in  $^{28}\text{Si}+^{209}\text{Bi}$  reaction" in the proceedings of the DAE-BRNS Symposium on Nuclear Physics, Volume 68 held at IIT Roorkee, Uttarakhand, India during 7<sup>th</sup> to 11<sup>th</sup> December 2024.
- Soham Balakrishnan, MSc student, published a first authored paper titled "Analysis of Gamma Spectrum with low statistics" in the Proceedings of the DAE-BRNS Symposium on Nuclear Physics, Volume 68 held at IIT Roorkee, Uttarakhand, India during 7<sup>th</sup> to 11<sup>th</sup> December 2024.



## POLITICS:

- Organised a film screening and discussion on Richard Attenborough's *Gandhi* on 30<sup>th</sup> January 2025.
- Conducted a guest lecture on "Crossing Lines: An Interactive Strategy for Bridging Divides and Reducing Polarization" by Shankar Ravi, Researcher and Data Scientist at Harvard University on 29<sup>th</sup> January 2025.



*Inauguration of the electoral literacy campaign Votekar*

- Conducted an Interactive Session on Young India Fellowship (YIF) of Ashoka University by Ms. Chandni Wadhvani, Assistant Director, YIF Ashoka University on 27<sup>th</sup> January 2025.
- Organised 'Politiea' as part of Utkarsha based on the theme Awaaz- e- Mumbai on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organised 'Constitution Week' as part of the Constitution Day celebrations which included events like Samvidhan Parichay, Open Mic and Constitution Quiz from 22<sup>nd</sup> to 26<sup>th</sup> November 2024.
- Conducted a street play as part of the voter awareness campaign under the SVEEP initiative of the Election Commission of India on 19<sup>th</sup> September 2024.
- Organised a Debate Competition "Flags and scars: A Debate on National pride and women's struggle" in association with the Value Lab on 26<sup>th</sup> August 2024.
- Organised a Civil services seminar by Mr. Ketan Sande, Faculty, Chanakya Mandal Parivar and Mr. Samarth Shinde, AIR 255, UPSC 2023, on 5<sup>th</sup> August 2024.
- Organised an alumni interaction session with former students Priyanka Singh, Pranav Sriram and Akhil Menon on 15<sup>th</sup> July 2024.

### Field Visit:

- Organised a field visit to the American Consulate (Dosti House) on 6<sup>th</sup> January 2025.

## Students' achievements

- Swayam Kane, SYBA secured the first prize in the Debate competition held at Lokshahi, festival of the Department of Political Science, KC College, Mumbai on 23<sup>rd</sup> January 2025.
- Anjali Kanojiya, SYBA, Krishnan Anicode, SYBA and Abusaad Shaikh, TYBA won the third prize in a quiz competition 'Political Trivia' at 'We the People', the festival of Department of Political Science, Ramnarain Ruia College, Mumbai on 3<sup>rd</sup> September 2024.

## PSYCHOLOGY:

- Organised a workshop on 'Listening and Paraphrasing-Essential Counselling Skills' by Ms. Neelima Deshpande on 4<sup>th</sup> February 2025.
- Organised a guest lecture on 'Careers in Industrial Psychology' by Ms. Anisha Nair on 5<sup>th</sup> December 2024.
- Organised a guest lecture on 'Suicide Prevention' by Ms. Samiksha Rokade on 20<sup>th</sup> September 2024.
- Organised an exhibition on 'Suicide Prevention' on 19<sup>th</sup> September 2024.



*Visit to Access Life Assistance Foundation, Chembur, Mumbai*

### Field Visits:

- Organised a visit to Access Life, Chembur on 5<sup>th</sup> February 2025.

## STATISTICS:

- Conducted 'Stats Gala' as part of Utkarsha on 22<sup>nd</sup> December 2024.
- Organised a Guest Lecture on 'Preparation for GRE, TOEFL' by Shubham Dhumal on 12<sup>th</sup> July 2024.
- Celebrated National Statistics Day with fun activities on 29<sup>th</sup> June 2024.

### Field Visits:

- Organised an industrial visit to a NewAge Fire Protection Industries Pvt. Ltd. at Khopoli on 7<sup>th</sup> and 8<sup>th</sup> February 2025.





**ZOOLOGY:**

- Conducted a guest lecture on “Our Accountability to Mother Earth” by Padma Shri (Dr.) Sharad Kale, an eminent scientist from BARC on 12<sup>th</sup> March 2025.
- Organised a Two-day National level Workshop titled “A Feathered Adventure: Exploring Mangrove Birds” on 21<sup>st</sup> and 22<sup>nd</sup> February 2025 in association with Veermata Jijabai Bhosale Udyan and Zoo and Coastal Conservation Foundation, sponsored by The Mangrove Foundation and Department of Forest Government of Maharashtra.
- Organized a Lecture on ‘Tuberculosis: The global epidemic’ in association with Indian Women Scientists Association (IWSA) on the 1<sup>st</sup> February 2025.
- Conducted Jagarani Project Lecture Series in the month of January 2025.
- Organized a National Workshop on ‘Winter School- A School of Unlearning’ on ‘Vocational and Skill Based Certificate Course in Instrumentation’ under the aegis of National Education Policy from 26<sup>th</sup> to 31<sup>st</sup> December 2024.
- Organised ‘Neonsense’ and ‘Zooventure’ as part of Utkarsha on 22<sup>nd</sup> December 2024.
- Organized a seminar series on the occasion of World Cancer Research Day in collaboration with Indian Association for Cancer Research (IACR) on 23<sup>rd</sup> September 2024.
- Organised a guest lecture by alumnus, Mr Tarun Menon on competitive exams and entrance exams on 20<sup>th</sup> July 2024.
- Organised a visit to Thattekad-Munnar-Thekkady-Cochin, Kerala from 23<sup>rd</sup> to 29<sup>th</sup> January 2025.
- Organized a study visit to ICAR-CIFE (Central Institute of Fisheries Education), Versova, Andheri on 24<sup>th</sup> January 2025.
- Organized a study visit to CSIR-NIO (National Institute of Oceanography), Regional Centre, Andheri, Mumbai on 24<sup>th</sup> January 2025.
- Organized a study visit to ICAR-CIFT (Central Institute of Fisheries Technology), Regional Centre, Vashi, Navi Mumbai on 13<sup>th</sup> January 2025.
- Organised Rajiv Gandhi Zoological Park, Katraj, and Mahim Nature Park on 10<sup>th</sup> December 2025.
- Organized a visit to Veermata Jijabai Udyan, Mumbai on 2<sup>nd</sup> September 2024.
- Organised a visit to Amboli Ghat from 29<sup>th</sup> August to 31<sup>st</sup> August 2024.
- Organized a visit to Sanjay Gandhi National Park on 2<sup>nd</sup> August 2024.

**JUNIOR COLLEGE:**

- NEP training program was conducted for Junior College teachers from 18<sup>th</sup> to 22<sup>nd</sup> March 2025.
- Students, Shaunak Palsule, XI Arts won the 2<sup>nd</sup> prize in the Elocution competition, Aanchal Sharma, XI Arts won the 1<sup>st</sup> prize in the Slogan Writing competition and Lavanya Pawar, XI Arts won the 2<sup>nd</sup> prize in the Poster making competition in the two-day Inter-College Fest, "Yuva Abhivyakti" organized by "MAVA" (Men Against Violence and Abuse) at Savitribai Phule Gender Resource Center, Prabhadevi on 15<sup>th</sup> and 16<sup>th</sup> of February 2025.
- The Junior College Arts Department organised a Leprosy Awareness program in association with Alert India on 10<sup>th</sup> February 2025.



*Workshop on ‘A Feathered Adventure: Exploring Mangrove Birds’*

**Field Visits:**

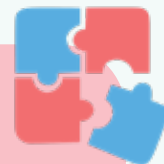
- Organized a shore walk to Napean Sea, Malabar Hill, Mumbai on 30<sup>th</sup> January 2025.



*Junior College NEP Training*



# Association and Institutional Reports



## Cultural Association:

- Organised "Natrang", a play on 18<sup>th</sup> February 2025.
- Celebrated "Bollywood Day" and "Formals Day" on 4<sup>th</sup> January 2025.
- Celebrated "Traditional Day" on 3<sup>rd</sup> January 2025.
- Organised a music event titled "MixTape" on 23<sup>rd</sup> December 2024.
- Organised an event titled "House of Boards", as part of college literary festival "Utkarsha" on 22<sup>nd</sup> December 2024.
- Organised the Annual Cultural Debate Competition on 3<sup>rd</sup> December 2024.
- Organised Talent Mania for First Year Degree and Junior College students on 22<sup>nd</sup> November 2024.
- Organised a screening of the Short Film titled "Devathma Prakatyati: The Wrath of God" on 18<sup>th</sup> November 2024.
- Organised a dance workshop conducted by Mrs. Sharvari Vaidya and Ms. Radhika Jaitpal from 20<sup>th</sup> to 30<sup>th</sup> October 2024.
- Organised theatre workshops conducted by Ms. Shraddha Sawant and Mr. Prasad Berde, eminent theatre and film personalities, from 1<sup>st</sup> to 16<sup>th</sup> August 2024 and from 20<sup>th</sup> to 29<sup>th</sup> October 2024 respectively.
- Conducted a music seminar with well-known Bollywood singer Ms. Rupali Moghe on 18<sup>th</sup> August 2024.



Students performing 'Natrang'

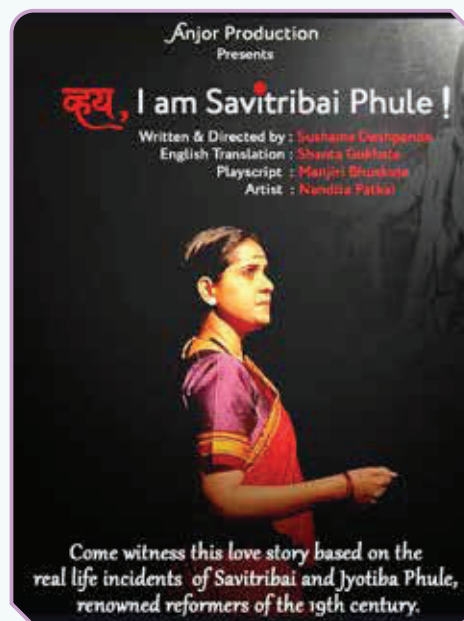
- Organised an art and craft workshop conducted by Ms. Radhika Jaitpal from 1<sup>st</sup> to 14<sup>th</sup> August 2024 and 20<sup>th</sup> to 30<sup>th</sup> October 2024.
- Organised an event titled "Friendship Fiesta" on 5<sup>th</sup> August 2024.

## Students' Achievements:

- Sailakshmi Ravikumar, Msc-BT won the Third Prize in the Solo Classical Dance Category and Heli Prasad, TYBMM won the Third Prize in the Mehendi Design Category at the 57<sup>th</sup> Mumbai University Youth Festival.

## Gender Sensitization Cell:

- Organised a talk on "Investment - Empowering Women" by Mr. Raza Mulla, renowned corporate trainer, National Stock Exchange in association with the Department of Commerce on 8<sup>th</sup> March 2025.
- Organised a captivating mono act play in English titled "Vhay! I am Savitribai Phule" in association with the Internal Complaints Committee on 15<sup>th</sup> February 2025. The play was enacted by Ms. Nandita Patkar and directed by the renowned theatre personality Ms. Sushama Deshpande.



Vhay! I am Savitribai Phule





### Gymkhana:

- Organised intercollegiate tournaments including Carrom, Chess, Table Tennis and Badminton between 2<sup>nd</sup> December to 4<sup>th</sup> December 2024.
- Organized the “Football Challenge” tournament on 3<sup>rd</sup> August 2024.
- Organised a “Tug-of-War” competition on 29<sup>th</sup> August 2024.



*Annual Sports Meet 2024-25*

- Organised Annual Sports meet for various field and track events at the University Sports Pavilion, Marine Lines on 2<sup>nd</sup> January 2025.

### ISR:

- The Department of Psychology organized a fundraising event in the college to support cancer patients and their families in association with Access Life Guru Nanak Center, Chembur, Mumbai, on 10<sup>th</sup> February 2025.
- The Department of DMLT organized a Health check-up camp at Gothegar Ashram School, Asangaon on 19<sup>th</sup> December 2024.
- The Department of Philosophy organized an awareness event regarding waste management, harmful energy sources, and eco-friendly alternatives to Anganwadi students during the NSS residential camp in Gothegar Ashramshala on 19<sup>th</sup> December 2024.
- The Department of English conducted a visit to the Ashramshala at Gothegar to conduct a session on “Enrichment of English Vocabulary” for the higher secondary students of the school on 18<sup>th</sup> December 2024.
- The Department of DMLT organized a Health check-up camp at Netaji Subhash Chandra Bose Vidyalaya, Mankhurd in association with Rotary Club Deonar and Vidya Diagnostic Centre on 23<sup>rd</sup> November

2024. The Department of Food Technology and Nutraceuticals organized an awareness camp on the “Role of Healthy Food and Nutrition in daily life” for the students of Sadhana Vidyalaya (Sion) and Mumbai Public School as part of Poshan Maah on 28<sup>th</sup> and 30<sup>th</sup> September 2024.

### IQAC:

- Conducted ‘Save the Wetland Pledge’ in collaboration with Nisarg green Club, under the aegis of the Wetland Division of Ministry of Environment, Forest and Climate change on 20<sup>th</sup> January 2025.
- NAAC Peer Team visited in October 2024 and the college secured ‘A’ grade in NAAC 4<sup>th</sup> cycle accreditation.

### Jigyasa & Avishkar:

- Organized Jigyasa: An Intercollegiate Research Meet and Poster Presentation Competition on 21<sup>st</sup> February 2025 for UG, PG and Post-PG students in Arts, Science & Commerce category. A total of 109 UG, PG and PhD students from various colleges and institutes of Mumbai presented their research work.
- Facilitated the participation of 14 students in the 19<sup>th</sup> Avishkar Research Convention 2024-25 conducted by Department of Students’ Development, Mumbai University held on 12<sup>th</sup> December 2024 at RA DAV College, Bhandup, Mumbai. 7 students, 3 projects were selected for the final rounds held on 17<sup>th</sup> – 19<sup>th</sup> December 2024.

### Library:

- Organised book display events on the occasion of “वाचन संकल्प महाराष्ट्राचा” (Vachan Sankalp Maharashtracha) between 1<sup>st</sup> and 15<sup>th</sup> January 2025. A display of Books on Self-help, Motivation and Novels was held from 8<sup>th</sup> to 10<sup>th</sup> January 2025 and on Competitive and other Entrance Examination was held from 11<sup>th</sup> to 15<sup>th</sup> January 2025.



*Book Display in the Library*



- Organised book displays to celebrate Yoga Day (20<sup>th</sup> to 22<sup>nd</sup> June 2024), World Population Day (11<sup>th</sup> to 12<sup>th</sup> July 2024) Independence Day (14<sup>th</sup> to 16<sup>th</sup> August 2024) and Constitution Day (26<sup>th</sup> to 28<sup>th</sup> November 2024).

#### Malayalam Association:

- Conducted a cultural dance program, *Kaikottikali* on 5<sup>th</sup> February 2025.
- Conducted an event, *Malayalathanima* on 11<sup>th</sup> December 2024 celebrating the culture of Kerala.



*Kaikottikali performance*

- Organized a Pookalam competition as part of Onam celebrations on the 13<sup>th</sup> September 2024.

#### Marathi Vangmay Mandal:

- Celebrated 'Marathi Bhasha Divas' on 25<sup>th</sup> February 2025.
- Organised a program named "Raygadachya Sadarewarun" on the occasion of 'Marathi Bhasha Gaurav Din' on 17<sup>th</sup> January 2025 for students.
- Organised a dance competition "Nrutyawalay" as part of *Utkarsha* on 23<sup>rd</sup> December 2024.
- Organised a poetry recitation event "Tuze maze naate sang!" by Mr. Aditya Davane on 19<sup>th</sup> December 2024.
- Conducted a Screening Program "Padadyawarche Natak" on 29<sup>th</sup> November 2024.
- Conducted a Cultural Program "Bhondala" on the occasion of Navaratri on 4<sup>th</sup> October 2024.
- Organised a mono act "Vandhe Navami" performed by Mr. Anil Hardikar on 19<sup>th</sup> September 2024.
- Organised a Guest Lecture "Sant Sang Dei Sada" Ms. Deepali Kelkar on the occasion of Ashadhi Ekadashi on 16<sup>th</sup> July 2024.

#### NCC:

- Organised *Shakti Pradarshan*, an event that showcased cultural performances like Jogwa and Powada, and various drill formations such as Advanced Cane & Rifle, Band Formation, Martial Arts, War Demonstration and Bayonet Fighting on 23<sup>rd</sup> January 2025.
- Organised *Parakram*, an Intercollegiate event featuring piloting demonstrations and competitive events such as the Guards and DST Competitions on 24<sup>th</sup> and 25<sup>th</sup> November 2024.
- Organised a Blood Donation Campaign in association with Tata Memorial Hospital to commemorate Vijay Diwas on 16<sup>th</sup> December 2024.



*NCC Cadets at Shakti Pradarshan*

- Organised a Blood Donation Drive on the occasion of 25<sup>th</sup> Kargil Vijay Diwas on 26<sup>th</sup> July 2024. Students from multiple colleges participated, with 111 individuals donating blood.

#### Nature Club:

- Organized a workshop on Orchid maintenance in association with Life Science Trust and Sanjeevan trust and Department of Zoology on 9<sup>th</sup> February 2025.





- Organized a Nature Trail to Bhuigaon, Vasai, on 12<sup>th</sup> January 2025.
- Organised ANIPIX, a photography competition as part Utkarsha on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organized a Nature Trail to Sanjay Gandhi National Park on 25<sup>th</sup> August 2024.
- Organized a lecture by Mr Pankaj Jadhav, SAARP India, on 'Snakes-myths, Beliefs and Facts' on the occasion of Naagpanchami on 9<sup>th</sup> August 2024.
- Organized a lecture by Mr Pranad Patil on 'Being a Naturalist' on 28<sup>th</sup> July 2024.

### **Nirmitee Kendra - Entrepreneurship Cell and Skill Hub:**

- Organised a business prototype display event titled 'Mind Your Business' in collaboration with the Department of Management Studies on 10<sup>th</sup> February 2025.
- Collaborated with the E-Cell of N.M.College for an entrepreneurship awareness programme titled 'Project Udaan' on 3<sup>rd</sup> February 2025.
- Organised a guest lecture on 'Entrepreneurship 101: Building the Foundation for Success' by Dr. Rakhi Sharma (Director of BMS Department and E-Cell, Jai Hind College, Mumbai) and Alumni Interaction with three distinguished alumni - Mr. Yash Hajare (Co-founder, Scienotech); Mr. Smit Oswal Jain (Founder, Speaking Dumpster) and Mr. Chirah Kothari (Genomic Division, Radcliffe Labs) on 28<sup>th</sup> January 2025.
- Organised a guest lecture on 'Morals in Money: Making the Right Financial Moves' by Mr. Sandeep Ghag, author and financial mentor on 9<sup>th</sup> January 2025.
- Organised a business pitching competition as part of Utkarsha 2025 named 'Futurepreneur' on 23<sup>rd</sup> December 2024.
- Organised a guest lecture on 'Exploring the Journey of a Creative Entrepreneur' by Ms. Vishpala Naik (Founder, EkiBeki) in collaboration with SIES Incubation Centre supported by IIM-A Ventures on 28<sup>th</sup> November 2024.



*Principal felicitating Mr. Naresh Sadasivan and Mrs. Deepa Naresh*

- Organised a guest lecture by Mr. Naresh Sadasivan and Ms. Deepa Naresh (Co-Founders, Loomfolks (a rural artisan fashion brand) in collaboration with SIES Incubation Centre supported by IIM-A Ventures on 10<sup>th</sup> August 2024.

### **Field Visits:**

- Students attended an Interactive Session on Artificial Intelligence organised jointly by Textile Association India (Mumbai Unit) and Society of Dyers and Colourists on 25<sup>th</sup> January 2025.

### **Students' Achievements:**

- Student team comprising 11 students from Nirmitee Kendra won the First Prize in 'Unicorn 2025' at the business conclave organised by KP B Hinduja College held on 29<sup>th</sup> – 30<sup>th</sup> January 2025.

### **Nisarga Green Club:**

- Organized a guest lecture on "Plastic Pollution and Recycling" by Ms. Ricarda Redeker, a passionate nature advocate and founder of the 'Plastic Extinction Project' from Germany on 18<sup>th</sup> February 2025.
- Inaugurated and conducted the Annual fest "Aranya" as part of Utkarsha on 22<sup>nd</sup> and 23<sup>rd</sup> December 2024.
- Organized a guest lecture by Mr. Hemant Karkhanis from Godrej, Vikhroli on 'Importance of Mangrove forests in maintaining biodiversity' on 18<sup>th</sup> December 2024.





*Student participants with their eco-friendly creations*

- Organized a grand event titled 'Eco-Utsav' in association with the Rotaract Club in the Quadrangle on 13<sup>th</sup> December 2024.
- Organized a Mangrove Clean-up drive in association with Godrej Mangrove on 29<sup>th</sup> October 2024.
- Organized an awareness lecture on "12<sup>th</sup> Earth Care Awards" by Mr. Vinayak Salunkhe on 17<sup>th</sup> October 2024.
- Organized a movie screening on the documentary "Reviving the forgotten river, trees and seas" in association with WeNaturalist on 28<sup>th</sup> September 2024.
- Conducted a Nature trail at Taloja hill forest on 29<sup>th</sup> September 2024.
- Conducted a butterfly trail at Vikhroli Godrej creek on 22<sup>nd</sup> September 2024.
- Organized a Nirmalya Collection drive in the campus and collected about 15kg of nirmalya from students and donated it to Hirali Foundation on 19<sup>th</sup> September 2024.
- Eight student volunteers conducted noise monitoring activity during Ganesh Chaturthi festival from 6<sup>th</sup> to 17<sup>th</sup> September 2024 in different localities and submitted the data to Hirali Foundation.
- Organized a Beach Clean-up drive at Juhu Chowpatty, Mumbai in association with the NGO 'Change Is Us' on 15<sup>th</sup> August 2024.

#### **NSS:**

- Organised nine Beach Clean-up Drives across Mumbai's famous beaches, Dadar Chowpatty, Girgaon Chowpatty, Mahim Beach and Chimbai Beach with a participation of over 70 NSS volunteers collecting approximately 1500 kilograms of waste

on 13<sup>th</sup> April 2024, 12<sup>th</sup> and 18<sup>th</sup> May 2024, 2<sup>nd</sup> June 2024, 27<sup>th</sup> July 2024, 18<sup>th</sup> September 2024, 7<sup>th</sup> December 2024, 12<sup>th</sup> January 2025 and 15<sup>th</sup> February 2025.

- Participated in several Mithi River Clean-ups organised by Beach Please Foundation at Mahim Causeway, collecting a total of 157 sacks of waste from the river on 22<sup>nd</sup> April 2024, 25<sup>th</sup> May 2024, 5<sup>th</sup> June 2025, 17<sup>th</sup> August 2024 and 1<sup>st</sup> September 2024.
- Organised Blood Donation Drive in collaboration with Tata Memorial Hospital at Churchgate Railway Station on 24<sup>th</sup> February 2025.



*Street Play on HIV Aids by NSS Volunteers*

- Organised a One Day District Level inter-collegiate Socio-Cultural Festival – Lakshya (Pratishthapan) on 4<sup>th</sup> February 2025.
- Organised Yuvati-Yuvak Mela promoting gender equality on 8<sup>th</sup> January 2025.
- Organised a Paper Bag Distribution event involving distribution of more than 100 paper bags to nearby shopkeepers and vendors on 6<sup>th</sup> January 2025.
- Organised two Mangroves Clean-up Drives in association with Beach Please Foundation at Coastal and Marine Biodiversity Centre, Airoli on 10<sup>th</sup> November 2024 and 29<sup>th</sup> December 2024.
- Organised a Residential Camp at Gothegar Adivasi Ashram Shala, Vafe Village, Shahpur from 15<sup>th</sup> to 21<sup>st</sup> December 2024.
- Organised a Pulse Polio Immunization Drive at Dadar Railway Station in collaboration with the Local Authority Ward Office from 8<sup>th</sup> to 13<sup>th</sup> December 2024.
- Organised Stem Cell Donor Registration Drive in collaboration with Marrow Donor Registry India (MDRI) on 10<sup>th</sup> December 2024.





- Organised an awareness rally and performed street plays in the Sion – Dharavi area on account of World HIV AIDS Day on 2<sup>nd</sup> December 2024.
- Organised a Rally on Vigilance Awareness accompanied by the officers of the Central Vigilance in Sion area on account of Vigilance Week on 29<sup>th</sup> October 2024.
- Participated in ‘Swachata Se Divyata Tak’ event, conducted by Sri Sathya Sai Seva Organisation at Sion Mumbai Public School on 20<sup>th</sup> October 2024.
- Organised Tree Plantation Drive in association with Jay Foundation at Neighbourhood Society, Kandivali (E) on 28<sup>th</sup> September 2024.
- Organised International Yoga Day celebrations in association with Philosophy Association, Past Students’ Association and NCC on 21<sup>st</sup> June 2024.
- Organised the Dr. Rajalakshmi Amudan Lecture Series in association with the Department of Biotechnology, on 20<sup>th</sup> December 2024.
- Organised the International Yoga Day in collaboration with the Department of Philosophy, NSS, and NCC on 21<sup>st</sup> June 2024.

#### Placement & Career Counselling Cell:

- Organized a talk on ‘Career opportunities in studying abroad’ by IDP Education India Private Limited on 1<sup>st</sup> March 2025.
- Conducted a Job Readiness Test for 3<sup>rd</sup> year students in association with UpGrad, 1<sup>st</sup> March 2025.
- Organised a program named “Diploma in Business and Finance Management (DBFM)” in association with Jai Laxmi Education Society (JLES) and Tech Mahindra Foundation from 25<sup>th</sup> November 2024 to 25<sup>th</sup> March 2025.
- Conducted a 7-day training program, free of cost, for Job placement support and post placement support for the students of third year, in association with Magic Bus foundation from 12<sup>th</sup> to 20<sup>th</sup> February 2025.
- Conducted campus placement by R2R on 1<sup>st</sup> February 2025 for the role of HR Talent Acquisition. 27 Students applied for the position and 4 students were selected for the final round. 2 students received offer letters.
- Organized a seminar on “Career Opportunities with Financial Planning Academy” on 27<sup>th</sup> November 2024 for students interested in finance and accounting.
- Organized a seminar on “Career Opportunities with Financial Planning Academy” on 27<sup>th</sup> November 2024. A total of 70 students attended the seminar.
- Conducted a training program for students in association with the TNS India Foundation between September 2024 and February 2025 to make them job ready.
- Organized a career guidance talk on “Careers in Aviation, Hospitality, Travel and Tourism and Customer Service Industry” by Amigo Academy on 5<sup>th</sup> August 2024.

#### Past Students’ Association:

- Conducted a blood donation drive at Sion Railway Station in collaboration with NSS on 24<sup>th</sup> February 2025.
- Co-hosted an intercollegiate research poster presentation along with Jignyasa on 21<sup>st</sup> February 2025.
- Co-organised a show of “Vhay! I Am Savitribai”, an English play written and directed by Sushma Deshpande and performed by Nandita Patkar in collaboration with the Gender Sensitization Cell and Internal Complaints Committee on 15<sup>th</sup> February 2025.
- Organised a guest lecture by Ms. Chitra Ranganathan Sharma, Vice President of Quality & Regulatory Affairs, Scribe Therapeutics, USA in association with the Department of Biochemistry on 6<sup>th</sup> February 2025.



*Dr. Rajlaxmi Amudan Lecture Series*





- Organized a session for the third-year students on 'How to earn scholarships for Higher Education' by Mr. Vicky Raja Mulchandani founder of Next step (study abroad) on 30<sup>th</sup> July 2024.
- Organized a guest lecture on "Impact of Powerful Personality" by Ms. Shalini Gamre on 26<sup>th</sup> July 2024.
- Organized a Seminar on "Career Opportunities in Accounting and Finance" on 24<sup>th</sup> July 2024.

#### **Rotaract:**

- Organised 'Niyogkiran' a multi-sports event for children of Kawthewadi on 3<sup>rd</sup> March 2025.
- Organised 'Light, Camera, Navras' a theatre acting event based on nine ras (emotions) on 7<sup>th</sup> February 2025.
- Organised 'Soulful Serving' a food donation drive on 25<sup>th</sup> January 2025.
- Organised 'Eco Utsav' in collaboration with Nisarg Green club showcasing an exhibition of sustainable alternatives to everyday products on 13<sup>th</sup> December 2024.
- Organised 'Beyond the Screen' on the occasion World Television Day by Mr. Rugved Kulkarni on 21<sup>st</sup> November 2024.
- Organised 'Entrepreneurship Week' to celebrate Global Entrepreneurship Week from 18<sup>th</sup> to 23<sup>rd</sup> November 2024.
- Volunteered in organising Wheelchair Cricket Tournament on 26<sup>th</sup> October 2024.
- Organised a 'Money Mastery' workshop on 29<sup>th</sup> October 2024.
- Organised 'Pitch Pursuit' to help students build and improve their business pitching skills on 27<sup>th</sup> October 2024.
- Organised 'Words that Shine' in collaboration with ConnectFor where volunteers recorded audiobooks for specially abled children on 27<sup>th</sup> October 2024.
- Organised 'Thalassaemia Test Drive' on 24<sup>th</sup> September 2024.

- Organised 'Khel Mahakumbh' in collaboration with the Gymkhana Committee from 8<sup>th</sup> to 10<sup>th</sup> August 2024.
- Organised a 'Sevamahotsav', a week-long community service initiative featuring multiple social welfare activities from 1<sup>st</sup> to 7<sup>th</sup> July 2024.
- Organised 'Art of Public Speaking' by Mr. Shreyas Sahay on 30<sup>th</sup> July 2024.
- Organised 'Prachodayan', a mental health initiative from 16<sup>th</sup> to 20<sup>th</sup> July 2024.

#### **Field Visits:**

- Organised 'Lunar Glow' to Kwan Yuang Temple, Dockyard for a cultural exchange program on 2<sup>nd</sup> February 2025.
- Organised 'Deewaron ki Kahani' in collaboration with ConnectFor painting school walls of Haji Alana School, Antop Hill on 8<sup>th</sup> December 2024.
- Organised 'Tiny Steps, Big Dreams' with workshops on yoga, crafting, storytelling for rural children at Kawthewadi on 15<sup>th</sup> November 2024.
- Organised 'Green Horizons' a tree plantation drive in collaboration with Svapna Vana Forest organisation at Karjat on 6<sup>th</sup> October 2024.
- Organised 'Hike o Mania' a trek to Garbett Point, Bhivpuri on 16<sup>th</sup> September 2024.
- Organised Old Soul's Modern Tellers Photowalk at Veronica's Chapel, Bandra on 3<sup>rd</sup> August 2024.

#### **Science Association:**

- Junior college Students Wafra Khan, Rishika and Rashmee Panade secured First, Second and Third positions respectively at the BioQuiz Competition organized by the Department of Biotechnology, IIT Mumbai, Powai on 15<sup>th</sup> February 2025.
- Junior college students won the First position in the intercollegiate Quiz competition "Kushagra 2025" held on 24<sup>th</sup> January 2025 organised by Amity Global Business School, Malad.
- Junior college students visited the District level science exhibition held in Vidyalankar Polytechnic, Wadala on 21<sup>st</sup> December 2024.







*Science Association Winners of BioQuiz Competition*

- Facilitated the participation of Junior College students in a project titled 'Science and Technology for Sustainable Future' in the Ward level Science Exhibition organized by the School Education Department on 3<sup>rd</sup> & 4<sup>th</sup> December 2024 at IES, Dadar.

#### **Tamil Association:**



*Kolam (Rangoli) Competition*

- Organised Pongal festivities which included cultural events like cooking traditional Pongal dishes, performances of dances such as Thapattam, Silambattam, and Oyilattam by students on 15<sup>th</sup> January 2025.

- Organized the Kaarthigai Deepam festival with a Tamil debate competition and Kolam (Rangoli) competition on 13<sup>th</sup> December 2024.
- Organised the traditional Golu display from 7<sup>th</sup> to 9<sup>th</sup> October 2024.
- Organised a cultural program as an inaugural event on 25<sup>th</sup> September 2024.

#### **Utkarsha:**



*Utkarsha 2024-25*

The college organised the literary fest, *Utkarsha* 22<sup>nd</sup> and 23<sup>rd</sup> December 2024. The event saw huge participation by students. Every department and association organised programs. The Department of Microbiology organised 'Dravyashastra 2025', the Department of Economics organised a poster exhibition 'Mumbai Darshan' and 'dabbawala Challenge', the Department of Hindi organised 'Kavya Paath Saprdrha', the Department of Mathematics organised 'Mathoria: The Lost City', the Department of Physics organised 'Gravity', the Department of Botany organised 'Kalpavriksha', the Department of Biotechnology organised 'Operon', the Department of IT organised 'ITerationz', the Department of English organised 'LitQuest', the Department of Politics organised 'Awaz-e-Mumbai' and the Department of Commerce organised 'Corporate Roadies'. The event was a huge success.

#### **Value Lab:**

- Conducted an event 'Seeds of Hope: Cultivating a Brighter Tomorrow' on 26<sup>th</sup> October 2024.
- Conducted an Extension and outreach activity on the value of 'Charity' at S.I.E.S School on the 27<sup>th</sup> September 2024.





- Conducted a fundraiser event based on the value of the month 'Charity' on 13<sup>th</sup> September 2024.
- Conducted an extension and outreach activity at SIES High School, Matunga based on the value for the month of August: Patriotism on 29<sup>th</sup> August 2024.
- Held a debate competition, 'Flags and Scars', in collaboration with the Politics Association on 26<sup>th</sup> August 2024.
- Conducted Extension and outreach activity at SIES APJ Abdul Kalam Memorial High School centred around the value of the month – Patriotism on 16<sup>th</sup> August 2024.



*Student Participation in Value Lab Activity Art Affair*

- Conducted 'Value pe Charcha - Patriotism' on 8<sup>th</sup> August 2024.
- Conducted an event 'Tunes and Tales: Harmonies of Humility' on 18<sup>th</sup> July 2024.

### **Visions:**

The college organized its annual fest, Visions 2024-45, with the theme *Aarambh*. The two-day festival featured a diverse range of events, bringing together students from various disciplines to showcase their skills in performing arts, gaming, and fashion. The festival aimed to provide a platform for students to express

their abilities, foster teamwork, and encourage cultural and artistic engagement within the college community.



*Visions 2024-25 Dance Program*

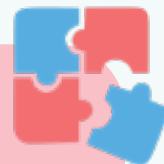
The first day of the festival witnessed thrilling performances and competitions which included Solo Singing, a mesmerizing display of vocal talent where participants captivated the audience with their melodies and Band Performance, a lively event where musical groups delivered electrifying performances, entertaining the audience with their talent. Other major events included an e-sport event BGMI Tournament, and Cynosure, a platform for showcasing artistic expression and creativity in various formats.

The second day featured an even wider array of cultural and competitive events. Cultural events included solo dance, group dance, instrumental, monoact, rap battle and a fashion show. Other major highlights included Reel Making and a virtual football championship, FIFA tournament. The two-day grand affair concluded with a high-energy DJ performance. Visions 2024-45 was a resounding success, with an overwhelming response from students and faculty.





# ACADEMIC ENGAGEMENTS



## BIOANALYTICAL SCIENCES:

### Pracheta Salunkhe

- Awarded Best Poster (3<sup>rd</sup> Prize) at National Symposium on “Emerging Trends in Computational Biology - Bridging Academia and Industry” organised by the Department of Life Sciences, S. K. Somaiya College on 28<sup>th</sup> June 2024.

## BOTANY:

### Ashwini Deshpande

- Successfully defended *viva-voce* and received Ph.D. in Botany in February 2025.

### Vinaya Patil

- Published a chapter titled “Revolutionizing Cancer Care with Immunotherapy” in the book *Advances in Science and Technology* by Nature light Publications in November 2024.

### Sandra Balakrishnan

- Qualified the MAH-SLET exam in the subject of Life Sciences in June 2024.
- Published a book chapter entitled “Reviving Solutions from the Past: Embracing Traditional Sustainability to Tackle Climate Change” in the book *Geography for a Sustainable Future: Land, Climate and Water* published by Nature Light Publications in November 2024.

### Ruchika Dani

- Published a book chapter titled “Heritage and Healing: Insights into Ethnobotany” in the book *Research and Review in Ethnobotany and Pharmacognosy* published by Nature Light Publications in September 2024.
- Published a book chapter titled “Unravelling CRISPR-Cas systems: From adaptive immunity to cutting-edge biotechnology” in the book *Advances in Science and Technology* by Nature Light Publications in November 2024.

## BIOCHEMISTRY & FOOD TECHNOLOGY & NUTRACEUTICALS:

### Meetali Chinnkar

- Cleared Maharashtra State Eligibility Test (MH-SET), in subject of Life Sciences, in August 2024.

### Chrysanthia Gonsalves

- Cleared Maharashtra State Eligibility Test (MH-SET) in the subject of Life Sciences, in August 2024.

## BIOTECHNOLOGY:

### Tara Menon

- Published a chapter titled “Ethical Use of Artificial Intelligence in the framework of quality education” in the book *Ethics in Technology- Insights from Indian Philosophy* in December 2024.

### Subi Yoosuf

- Published a paper titled “Screening of Plant Growth Promoting and Heavy Metal Tolerance of Rhizospheric Microorganisms in the Mangrove Ecosystem” in *Annals of Plant and Soil Research* 26(2) in June 2024.

### Prajith Nambiar

- Published a paper titled “Screening of Plant Growth Promoting and Heavy Metal Tolerance of Rhizospheric Microorganisms in the Mangrove Ecosystem” in *Annals of Plant and Soil Research* 26(2) in June 2024.

### Anju James

- Presented a paper titled “Ecofriendly Approach for Mitigating Water Pollution due to Reactive Dyes” in the Multidisciplinary National Conference titled *Building a sustainable nation: Recent developments, Policies, Practices and Perspectives* organized by VES College, Chembur on 3<sup>rd</sup> December 2024.
- Presented a paper titled “Reactive Dye Treatment using Microbial Formulation and Advanced Oxidation Process” in the 19<sup>th</sup> *Avishkar Intercollegiate*





Research Convention organized at R.A.D.A.V College, Bhandup on 12<sup>th</sup> Dec 2024.

- Presented a paper titled “Reactive Dye Treatment using Microbial Formulation and Advanced Oxidation Process” in the 19<sup>th</sup> Avishkar Intercollegiate Research Convention organized at Ghanshyamdas Saraf College, Malad on 18<sup>th</sup> Dec 2024.
- Presented a paper titled “Reactive Dye Treatment using Microbial Formulation and Advanced Oxidation Process” in the 19<sup>th</sup> Avishkar Intercollegiate Research Convention organized at Vidyapeeth Vidyarthi Bhavan B, Churchgate on 22<sup>nd</sup> Dec 2024.

### Richa Singh

- Published a paper titled “Naturally occurring nanoparticles (NONPs): A review” in *Next Sustainability*, 3 (2024).

### Prabuddho Mukherjee

- Awarded Ph.D. (Life Sciences) degree by Bharathiar University for the research work titled “RBC Membrane Associated Proteins (RMAPs) as Biodosimetric Candidates for Detecting Radiation Exposure” in open-defense conducted at Institute of Nuclear Medicine & Allied Sciences (DRDO), Delhi on 31<sup>st</sup> January, 2025.

## CHEMISTRY:

### Mahalaxmi Nadar

- Presented a paper titled “Studies of thermally degraded ion exchange resin Indion – 810” in the 5<sup>th</sup> One Day Interdisciplinary National Conference on *Climate Change and Youth: Time for Action* organized by National Service Scheme of B.K. Birla College of Arts, Science & Commerce, Kalyan on 12<sup>th</sup> January 2025.
- Presented a paper titled “Effect of Thermodynamic parameters on Strongly Basic Anion Exchange Resin Indion – 810 with fresh and degraded resin using Perchloric acid” in 11<sup>th</sup> IVC- 2024 organised by *International Science Community Association* from 5<sup>th</sup> to 10<sup>th</sup> August 2024.

### Nitin Mirgane

- Published a paper “Synthesis of benzimidazole using plant assisted zinc sulphide by green approach” in the journal *AIP Conference Proceedings* 2985 (1), 2024

### Dattatraya Pawar

- Lt. Dattatraya Kisan Pawar, ANO SIES NCC UNIT awarded by Directorate General NCC, Ministry of Defense, Government of India, Defense Secretary Commendation Card for utmost sincerity, dedication and exemplary performance in NCC.
- Published a paper titled “Ultrasound-Assisted Synthesis of 3,4-dihydropyrimidine-2(1H)-ones Catalyzed by Nanocomposites: An Efficient and Green Approach” in the *Indian Journal of Chemistry* in October 2024.
- Received a UK Design Patent for ‘Advanced Photocatalytic System for Efficient Industrial Pollutant Degradation under Simulated Solar Light’ (Patent Design No. 6407995), granted on 6<sup>th</sup> December 2024.

### Madhav Mane

- Received an Indian patent for an Automated Weed Remover Machine (Patent Design No. 434521-001), granted on 23<sup>rd</sup> December 2024.

## COMPUTER SCIENCE:

### Rajesh Yadav

- Published a research paper on “ChatGPT’s Drawbacks and Benefits as a Study Aid for Students” in *Journal of Computer Technology & Applications (jocata)* in August 2024.
- Published a Research paper on “Literature Review Discussion of Machine Learning Algorithms for Predicting Chronic Disease” *Journal of Computer Technology & Applications (jocata)* in October 2024.
- Published a Research Paper on “A Simplified Review on Cloud Computing Security Vulnerabilities” in the *International Journal of Distributor Computing and Technology* in November 2024.
- Published a book - F.Y.B.Sc.C.S. - “Statistics with R Programming” - Semester - I (Mumbai Univ.) (Edition New Edition - 2024), Sheth Publishers
- Published a book - F.Y.B.Sc.C.S. - “Design and Analysis of Algorithms” - Semester - II (Mumbai Univ.) (Edition New Edition - 2024), Sheth Publishers
- Published a book - F.Y.B.Sc.D.S. - “Graph Theory” - Semester - II (Mumbai Univ.) (Edition New Edition - 2024), Sheth Publishers





**ECONOMICS:****Shruti Panday**

- Presented a paper titled “Sankritik Poonji ka Sarvavyapi Prabhav: Bhaktikaal Sahitya ka Avlokan” at the Two Days National Seminar on the topic ‘Bhartiya Samaj ki Samajik, Sanskritik va Bhashik nirmiti mein Bhakti Andolan ka Yogdaan’ on 4<sup>th</sup> and 5<sup>th</sup> March 2025 sponsored by the State Bank of India.
- Delivered a lecture on “Relationship Statistics and Forecasting Techniques” as a Resource person for a ‘Faculty Development Programme on Research Methodology in Social Sciences organised by UGC-MMTTC of NIEPA, New Delhi and Sarojini Naidu Govt. Girls P.G. Autonomous College, Bhopal, Madhya Pradesh between 22<sup>nd</sup> February - 28<sup>th</sup> February 2025.
- Coordinator of Two Week Online Multidisciplinary Refresher Programme on Sustainable Education & Practices organised by Department of Economics in collaboration with UGC-MMTTC of NIEPA, New Delhi organised between 17<sup>th</sup> March to 29<sup>th</sup> March 2025.
- Published a paper titled “Weighing on Millets for Food Habit Transition – Insights from Communities and Cultures” Quest – the *Journal of UGC- HRD Nainital*, Vol. 18, No. 1, April 2024.
- Published a paper titled “The Economic Influence of Cultural Capital: A Study on Yoga and its Market Dynamics” in *SIES Journal of Humanities*, ISSN-3048-9768, December 2024.
- Presented a paper titled “India’s Journey Towards Sustainable Urban Development in a Global Context – An Analysis of SDG 11” at an international conference organized by Vidyalankar Institute of Information Technology on 18<sup>th</sup> January 2025.
- Presented a paper titled “Environmental Ethics & Indian Wisdom: A moral Compass for SDGs” at an International Conference, Somaiya University on 31<sup>st</sup> August 2024.

**Sampath Sambasivan**

- Co-Coordinator of Two Week Online Multidisciplinary Refresher Programme on Sustainable Education & Practices organised by Department of Economics in collaboration with UGC-MMTTC of NIEPA, New Delhi organised between 17<sup>th</sup> March to 29<sup>th</sup> March, 2025.

- Presented a paper titled “The Idea of Cooperation in Indian Economic Thought: Contributions of D. R. Gadgil” at an international conference organized by *Indian Society of History of Economic Thought at University of Hyderabad between October 27 and October 29, 2024.*

**Shaifali Kumawat**

- Published a book titled “Indian Dairy Sector: Challenges and Opportunities” with *Rawat Publication* in June 2024.

**Vaidehi Raut**

- Published a Chapter titled “Social Media Detox: Can it Improve Mental Health” in the book “Mental Health and Social Media Usage” by Shivay Publication in December 2024.
- Presented a paper titled “Alarming Environmental Concerns of Fast Fashion and Need for a Sustainable Solution” at a two-day National Conference on *Fashion-ISTAS* organized by V. G. Vaze College, Mulund on 24<sup>th</sup> and 25<sup>th</sup> January 2025.

**ENGLISH:****Lakshmi Muthukumar**

- Research paper titled, “Gender Bias in John Green’s ‘Turtles All The Way Down’ published in *IDEAS Peer Reviewed Interdisciplinary Journal - Vol 14 Issue 2 - ISSN 2320 - 0162* co-authored with Ms. Saniya Gonsalves, brought out by Seva Mandal Education Society’s Dr BMN College of Home Science, (Empowered Autonomous), Matunga, Mumbai in March 2025.
- Published a Chapter titled “Maintaining Self Esteem in a Constantly Shifting Universe: A Mythopoeic Perspective on Mental Health” in the book *Dynamics of Social Changes Trajectory through Literary and Linguistic Studies* in June 2024 by Imperial Publications.
- Published a Research Paper titled “Reflections on Geriatric Loneliness: An Interdisciplinary Encounter” in *Sambhasan*, a journal of the University of Mumbai, Vol. 5, Issue, January-March 2024.
- Published a Research Paper titled “Is Economic Equality a Mythical Unicorn? The Matthew Effect in the Select Short Fiction of C.N. Annadurai” in the *International Journal of Cultural Studies and Social Sciences*, Vol -20, Issue-1, No. 37, June 2024.





- Published a Research Paper titled “A Gendered Reading of Rocky aur Rani kii Prem Kahaani” in the *SIES Journal of Humanities*, Vol 1. Issue 1, December 2024.
- Published a Research paper titled “Locating Covid 19 Instapoetry as Illness Narratives in the context of Digital Humanities” with Ms. Sudha Krishnan in *Economic Challenger*, Vol. 27, Issue: 105, October – Dec 2024.

### Vidya Hariharan

- Published a paper titled “Constructing Utopias: Edward Soja’s Thirdspace and the Transhumanist Vision in Ray Kurzweil’s *The Singularity is Near*” in *Sophia Lucid*, a peer reviewed multidisciplinary research journal, February 2025 Vol IV Issue 1.
- Presented a paper “Temples as Thirdspace: an Alternate to Domestic Spaces for Indian Women” at the International Seminar on Women’s Voices in Contemporary English Literature at Mahatma Phule Arts, Science and Commerce College, Panvel on 14<sup>th</sup> February 2025.
- Presented a paper “Bhakti Poets:Poonthanam and Kabir das” at the Two -Day National Seminar on “Bharatiya Samaj ki Samajik, Sanskritik va Bhashik Nirmittme mein Bhakti Andolan ka Yogdan” conducted by the Department of Hindi, SIES College of Arts, Science and Commerce on 4<sup>th</sup> and 5<sup>th</sup> March 2025.
- Published a research article “Beyond the Mask: Exploring the Philosophical Terrain of Post-Human Skin” in *Cafe Dissensus ‘Epidermal Metaphors and Narratives in India’* Issue No.70 July 2024.
- Published a research paper “The Anxiety of Homelessness and Spatial Disorientation in Jhumpa Lahiri’s *Whereabouts*” in the journal *Vidyawarta* January-March 2024.
- Published a chapter “Spatial Dynamics of Disability: Exploring Access and Power through Thirdspace and Tactics” in a book *Recent Trends in Humanities, Commerce and Science* in January 2025.

### ENVIRONMENTAL SCIENCE:

#### V. Vishnuprasad

- Published a book chapter titled “Evolutionary Ecology and Biodiversity of Life” in the book *Concepts in Life Sciences and Environment*, Mahi Publication, Ahmedabad in February 2025.

- Edited a book titled ‘Contemporary Research in Biological Sciences’, Mahi Publication, Ahmedabad with ISBN No. 78-93-6678-574-5 in March 2025.
- Published a chapter titled “Wood of plants - A Less Explored Area of Study in India” in the book ‘Contemporary Research in Biological Sciences’, Mahi Publication, Ahmedabad in March 2025.
- Presented a paper titled ‘Variations in the Secondary Xylem of Hardwood Trees Growing in the Oldest Iron Ore Mines of Odisha, India’ in the *National Conference on Indigenous Knowledge System and Practices for Sustainable Future: A Roadmap to Viksit Bharat 2047* held on 13<sup>th</sup> and 14<sup>th</sup> February 2025 at the College of Horticulture and Forestry, Thunag, Mandi district, Himachal Pradesh and awarded second best paper in the Technical session on the theme ‘Forestry, Ecology and Environment’.
- Published a book chapter titled “Wood Science - An Interdisciplinary Approach” in the book *Recent Trends in Botany Research*, Mahi Publication, Ahmedabad in March 2025.
- Published a book chapter titled “Ancient Indian Knowledge of Plants” in the book *The Shastras: A Handbook of Indian Knowledge System* published by DNA Publication in June 2024.
- Published a research paper titled “Ecological Study of Water Samples from the Ulhas River Estuary in the Dombivli Region, Thane District, Maharashtra” in the *South Asia Journal of Multidisciplinary Studies* 09(08), 2024.
- Published a chapter on ‘Concepts in Life Sciences and Environment’ in the book *Evolutionary ecology and Biodiversity of Life* by Mahi Publication, 2025.
- Published a chapter on ‘The Shastras’ in the book *A Handbook of Indian Knowledge System Ancient Indian Knowledge of Plants*. DNA Publication, 2024.

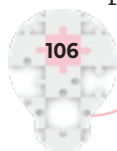
### Akshaya Bhosale

- Cleared the Maharashtra State Eligibility Test (MH-SET) in Chemical Sciences.

### HINDI:

#### Janak Nandini Tripathi

- Presented a paper titled “Sufi Premkavya Aur Aaj Ka Samay” at the Two Days National Seminar on the topic





'Bhartiya Samaj ki Samajik, Sanskritik va Bhashik nirmitti mein Bhakti andolan ka yogdaan' on 4<sup>th</sup> and 5<sup>th</sup> March 2025 sponsored by the State Bank of India.

### Amita Dwivedi

- Presented a paper titled "Mahadevi Verma ka Samajik Sangharsh evam Kavya ka Swaroop" at the Two Days National Seminar on the topic 'Bhartiya Samaj ki Samajik, Sanskritik va Bhashik nirmitti mein Bhakti andolan ka yogdaan' on 4<sup>th</sup> and 5<sup>th</sup> March 2025 sponsored by the State Bank of India.

### HISTORY:

#### Varsha Muley

- Received an award, the Ashirwad Puraskar, on the Silver Jubilee Celebration of Vandana Prakashan held at Dadar Matunga Cultural Centre on 30<sup>th</sup> November 2024.

#### Abhishek Patil

- Presented a paper titled "Synagogues of Mumbai" at Dr Mani Kamerkar National Seminar on 16<sup>th</sup> October 2024.

### MATHEMATICS:

#### Surjeet Kaur

- Presented a paper titled "Dimensionality Reduction in the Age of Big-Data- A Systematic Review of Linear Dimensionality Techniques" in the International Conference on *Recent Trends in Applied and Computational Mathematics* organized by The School of Applied Science, REVA University, Bengaluru from 07 Nov. 2024 to 08 Nov. 2024.

#### Mansi Palav

- Published a paper titled "Redefined Fourth Order Uniform Hyperbolic Polynomial B-splines based Collocation Method for Solving Advection-Diffusion Equation" in *Applied Mathematics and Computation, Elsevier* on 9<sup>th</sup> August 2024.
- Published a paper titled "B-Spline Finite Element Solution of 1D Contaminant Transport Equation along Unsteady Flow in Saturated

Contaminant Free Porous Media with General Boundary Conditions" in *International Journal of Computing Science and Mathematics* on 9<sup>th</sup> December 2024.

### MICROBIOLOGY:

#### Waheedunnisa Chaudri

- Won the 3<sup>rd</sup> Prize in a digital poster presentation titled "Marigold Ensilage as a Source of Cellulose-Degrading Fungi and Extraction of Phytobiotic Pigments from the same" organized by Shivchhatrapati College on 28<sup>th</sup> January 2025.
- Published two practicals in a book titled "Study of organisms: Prokaryotes and Eukaryotes" published by My Rays publication center, Hadapsar, Pune.

### PHILOSOPHY:

#### Uma Shankar

- Presented a paper titled 'Grace and Guru as goals in Pushti Marga – An appraisal in today's context' in the 98<sup>th</sup> & 99<sup>th</sup> joint session of Indian Philosophical Congress organised by Department of Philosophy, University of Chidambaram, Tamil Nadu, on 20<sup>th</sup> December 2024.
- Published a chapter titled 'Debates, Deliberations & Discussions - A Tool of Learning from Ancient to Modern' in the book *Culture, Traditions and Philosophy Contemporary Narratives* by Authors Press, New Delhi on 9<sup>th</sup> August 2024.

#### Kamala Srinivas

- Published a paper titled "Culture of Friendship- A Philosophical Study in Indian Tradition" in the *SIES Journal of Humanities* on 23<sup>rd</sup> December 2024.
- Edited a book titled "Ethics in Technology Insights from Indian Philosophy" published by Authors Press, New Delhi in December 2024.
- Presented a paper titled "Ethics in the age of Intelligence: Navigating the moral challenges of AI Innovation" in the 98<sup>th</sup> & 99<sup>th</sup> joint session of *Indian Philosophical Congress* organised by Department of Philosophy, University of Chidambaram, Tamil Nadu, on 18<sup>th</sup> December 2024.





- Published a chapter titled “Critical Thinking Pedagogy in Philosophical Traditions of Ancient India’ in the book *Culture, Traditions and Philosophy Contemporary Narratives* by Authors Press, New Delhi on 9<sup>th</sup> August 2024.

## PHYSICS:

### Vishal V. Desai

- Published and presented a paper titled “ $^{24}\text{Mg}(^{12}\text{C}, 2\ ^{12}\text{C}^*)^{12}\text{C}$  Reaction at 113.7 MeV and the  $^{24}\text{Mg}$  Resonance Overlap” in the *Proceedings of the DAE-BRNS Symposium on Nuclear Physics*, Volume 68, held at IIT Roorkee, Uttarakhand, India during December 07 – December 11, 2024.
- Published and presented a titled “Alpha multiplicity spectra in  $^{28}\text{Si}+^{209}\text{Bi}$  Reaction” in the *Proceedings of the DAE-BRNS Symposium on Nuclear Physics*, Volume 68, held at IIT Roorkee, Uttarakhand, India during December 07 – December 11, 2024.

## POLITICS:

### Rashmi Bhure

- Published a paper titled “Tracing the Nehruvian Ideology through the Lens of Hindi Cinema” in *SIES Journal of Humanities*, Vol.1, Iss.1, 2024.
- Jointly presented a paper titled “Changing Maritime Connectivity Dynamics in the Indian Ocean: Implications for India” in the International Seminar on *Indian Ocean Region: Challenges and Opportunities* organised by School of International Relations and Strategic Studies, Mumbai on 24<sup>th</sup> and 25<sup>th</sup> October 2024.
- Research scholar, Ms. Smriti Singh awarded Ph.D. for thesis titled “India’s Diaspora Policy: From Disengagement to Engagement”, July 2024.

### Ajinkya Gaikwad

- Published a paper titled “राजस्थान, गुजरात आणि गोवा: सातत्य आणि बदल” in *Samaj Prabodhan Patrika* in June 2024.

## PSYCHOLOGY:

### Megha Tiwari

- Published a paper titled “Impact of the COVID-19 Pandemic on People with Dementia and their Caregivers: A Multiphase Observational Study from India” in the journal *Current Alzheimer Research* in 2024; 21 (7).
- Published a paper titled “Multiplex Connectomics reveal Altered Networks in Frontotemporal Dementia: A Multisite Study.” in *Network Neuroscience Journal* on 19<sup>th</sup> February 2024.

## ZOOLOGY:

### Rutuja Nighot

- Published a paper on “Effect of Hypoxia on Physiological-Biochemical Blood Parameters in the catfish *Heteropneustes fossilis*” in *Journal of Experimental Zoology* in January 2025.
- Published a paper on “Effect of Hypoxia on Hepatic Enzymes in the Catfish *Heteropneustes Fossilis*” in the journal *Research Journey* in January 2025.
- Presented a paper titled “Effect of Hypoxia on Protein Content in the Catfish *Heteropneustes Fossilis*,” in the International Conference on *Climate Change and its Effect on Environment, Agriculture, Management, Health and Society* organized by Department of Biological Sciences, Ahmednagar, Maharashtra, India on 13<sup>th</sup> to 14<sup>th</sup> November 2024.

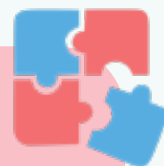
### Surabhi Mishra

- Published a paper on “Effect of Hypoxia on Physiological-Biochemical Blood Parameters in the Catfish *Heteropneustes fossilis*” in *Journal of Experimental Zoology* in January 2025.
- Published a paper on “Effect of Hypoxia on Hepatic Enzymes in the Catfish *Heteropneustes Fossilis*” in the journal *Research Journey* in January 2025.





# RESULTS AT A GLANCE 2023-2024

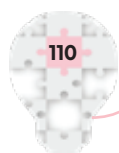


Class	Appeared	Passed	Distinction	I st Class	II nd Class	Pass Class	College %
XI ARTS	309	285	89	76	70	50	92.23
XI SCIENCE	650	638	120	273	214	31	98.15
XII ARTS	279	270	101	93	57	19	96.77
XII SCIENCE	597	560	85	209	247	19	93.80
FY BA Semester-II	278	140	3	80	53	4	50.36
SY BA Semester-IV	237	159	0	53	99	7	67.09
TY BA Semester-VI	172	157	0	63	88	6	91.28
FY BCOM Semester-II	225	76	1	18	47	10	33.78
SY BCOM Semester-IV	148	77	0	15	53	9	52.03
TY BCOM Semester-VI	163	110	0	27	79	4	67.48
FY BSC Semester-II	201	102	8	61	30	3	50.75
SY BSC Semester-IV	128	94	0	53	40	1	73.44
TY BSC Semester-VI	131	105	0	64	41	0	80.15
FY BSC C.S. Semester-II	112	81	1	43	32	2	72.32
SY BSC C.S. Semester-IV	107	93	1	37	52	3	86.92
TY BSC C.S. Semester-VI	101	98	0	74	24	0	97.03
FY BSC B.T. Semester-II	36	33	0	20	11	2	91.67
SY BSC B.T. Semester-IV	30	23	1	15	7	0	76.67
TY BSC B.T. Semester-VI	29	29	3	20	6	0	100.00
FY BAMMC Semester-II	89	68	0	26	41	1	76.40
SY BAMMC Semester-IV	101	77	1	32	37	7	76.24
TYBAMMC Semester-VI	92	80	3	63	14	0	86.96
FY BMS Semester-II	91	86	1	64	21	0	94.51
SY BMS Semester-IV	104	97	9	66	21	1	93.27
TY BMS Semester-VI	102	92	5	80	7	0	90.20
FY BSC - IT Semester-II	110	64	4	29	28	3	58.18
SY BSC - IT Semester-IV	93	65	0	45	20	0	69.89
TY BSC - IT Semester-VI	96	89	1	57	30	1	92.71



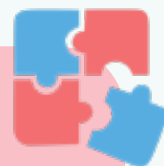


Class	Appeared	Passed	Distinction	I st Class	II nd Class	Pass Class	College %
FY BMS - C.M. Semester-II	54	32	0	6	25	1	59.26
SY BMS - C.M. Semester-IV	60	51	26	25	0	0	85.00
TYBMS - C.M. SEMESTER VI	40	31	1	23	6	1	77.50
FYBSC - D.S. SEMESTER II	65	44	0	30	12	2	67.69
SYBSC - D.S. SEMESTER IV	61	49	2	33	13	1	80.33
FYBSC - EVS SEMESTER II	12	9	2	3	3	0	75.00
SYBSC - EVS SEMESTER IV	10	10	2	6	2	0	100.00
M.SC. - Semester-II (Botany)	4	4	1	3	0	0	100.00
M.SC. - Semester-IV (Botany)	10	10	3	7	0	0	100.00
M.SC. - Semester-II (Bioanalytical Sciences)	1	1	0	1	0	0	100.00
M.SC. - Semester-IV (Bioanalytical Sciences)	14	13	0	8	5	0	92.86
M.SC. - Semester-II (Biochemistry)	11	11	3	6	2	0	100.00
M.SC. - Semester-IV (Biochemistry)	11	10	3	3	4	0	90.91
M.SC. - Semester-II (Biotechnology)	16	15	1	12	2	0	93.75
M.SC. - Semester-IV (Biotechnology)	21	21	0	15	6	0	100.00
M.SC. - Semester-II (Chemistry)	13	8	0	8	0	0	61.54
M.SC. - Semester-IV (Chemistry)	20	20	4	16	0	0	100.00
M.SC. - Semester-II (Computer Science)	23	21	6	12	3	0	91.30
M.SC. - Semester-IV (Computer Science)	25	22	0	19	3	0	88.00
M.SC. - Semester-II (Information Technology)	17	16	2	13	1	0	94.12
M.SC. - Semester-IV (Information Technology)	22	18	1	15	2	0	81.82
M.SC. - Semester-II (Physics)	9	9	2	3	3	1	100.00
M.SC. - Semester-IV (Physics)	9	8	1	7	0	0	88.89
M.SC. - Semester-II (Microbiology)	9	8	4	2	2	0	88.89
M.SC. - Semester-IV (Microbiology)	10	8	1	7	0	0	80.00
M.SC. - Semester-II (Zoology)	6	4	0	4	0	0	66.67
M.SC. - Semester-IV (Zoology)	10	8	1	4	3	0	80.00
M.SC. - Semester-II (Data Science)	24	19	2	17	0	0	79.17
M.SC. - Semester-IV (Data Science)	24	23	0	19	4	0	95.83
M.SC. - Semester-II (Food Technology and Nutraceuticals)	20	18	4	13	1	0	90.00





# Scholarships/Endowments for 2023-24



S. No	Name of the Endowment	Name Of The Beneficiary	Class / Course
1	Shri A. C. Ramalingam Scholarship Fund	Architha Sundarrajan Anuradha	TYBA
2	Shri Karsandas Manek Shastipurti Prize	Pandey Aditya Arun Kumar Poonam	TYBSC IT
3	Shri Sunder Bhaskar Memorial Scholarship	Nair Pratyush Pradeep	SYJC SCIENCE
4	Shri R. Narayan Iyer's Scholarship	Chougale Aqsa Mohammed Rafiq Naziya	FYBSC
5	Shri R. Narayan Iyer's Scholarship	Mhatre Tanushree Surendra	SYJC ARTS
6	Shri Sastry Memorial Prize	Architha Sundarrajan Anuradha	TYBA
7	Late Shri C. G. Raman Scholarship	Singh Akanksha Pradeep Kumar	M.SC. - II
8	Late Shri C. G. Raman Scholarship	Singh Akanksha Pradeep Kumar	M.SC. - II
9	Shri R. Viswanathan Cash Prize	Architha Sundarrajan Anuradha	TYBA
10	Late Shri M. Thyagaraja Iyer Endowment	Kotian Priyanka Chandahas Sunita	FYBSC
11	Shri Amol Pradhan Scholarship	Nainika Baljath Deepthi	SYBSC
12	Shri Amol Pradhan Scholarship	Shruti T K	SYBSC
13	Brakes India Ltd. Endowment	Theja Raveendran Rekha	FYBA
14	Late Kum. Krishnan Sharada Memorial Endowment Fund	Chaurasiya Pooja Prabhudayal Kausallya	TYBSC STAT
15	Late (Miss) Surekha Venkatesh Kulkarni's Best Student Prize	Sait Saniya Shahid Farhana	FYBSC
16	V. Sampath Iyengar Memorial Scholarship	Chaturvedi Sudhanshu Pramod Harshlata	FYBSC
17	Smt. Ambujam and Shri P. R.Subramaniam Memorial Scholarship.	Jaiswar Riya Sundar Kumar Sundarmati	FYBCOM
18	The Late C. S. Khandkar Prize	Krishika Venkatesh Srividya	TYBA
19	Smt. Ranganayaki and Thyagaraja Iyer	Mayank Vijay Sisodia Soniya	FYBCOM
20	Late Trupti Badani Memorial Prize	Khan Nida Tariq Shagufta	TYBSC CS
21	Late Shri Shantaram Gangadhar Paradkar Cash Prize	Choudhary Raghav Lakshman Uma	TYBSC
23	Dr. Dhruvakumar Joshi Memorial Endowment	Rhea Mitra Satinder	TYBA
24	Prof. C.P.N. Menon Endowment	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
25	Smt. Ranganayaki and Thyagaraja Iyer Endowment	More Harsh Sunil Snehal	FYJC SCIENCE
26	Smt. Ranganayaki and Thyagaraja Iyer Endowment	Chougale Aqsa Mohammed Rafiq Naziya	FYBSC
27	Sohrab and Coomi Mistry Foundation Endowment	Khan Shaista Naz Gulam Mustafa Anjum Ajmeri Khatoon	FYBSC
28	Sohrab and Coomi Mistry Foundation Endowment	Nainika Baljath Deepthi	SYBSC
29	Late Shri N. Laxmana Iyer Endowment	Sharma Shweta Ramjiyawan Usha Devi	FYBCOM
30	Shri Pisharody Prabhakaran Endowment	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
31	K. S. Gangadhara Iyer Memorial	Mulla Junaid Mohd Shafi	SYJC SCIENCE
32	Late Kum. Vaishanavi M. Memorial Endowment	Aarti Venkatesh Nisha	FYJC ARTS
33	Late C. V. Kuppuswamy Endowment	Mizpah Annie Jacob Francis Selvarani	FYJC SCIENCE
34	Late C. V. Kuppuswamy Endowment	Nadar Krithika Valan Arasu Manohari	FYJC SCIENCE
35	Shri C. V. Radhakrishnan Endowment	Mizpah Annie Jacob Francis Selvarani	FYJC SCIENCE
36	Shri C. V. Radhakrishnan Endowment	Nadar Krithika Valan Arasu Manohari	FYJC SCIENCE
37	Shrimati Ramti Devi and Lala Bhagwandas Endowment	Sakpal Aastha Namdev Ashwini	FYJC SCIENCE
38	Late(Shri) S. Krishnaswamy Endowment	Kelaskar Shalaka Ravindra Pratiksha	FYBSC
39	Shri R. Venkatesh Endowment	Chaurasiya Pooja Prabhudayal Kausallya	TYBSC STAT
40	Late R.S. Mani scholarship	/Mhatre Tanushree Surendra	SYJC ARTS
41	Late R.S. Mani scholarship	Nair Pratyush Pradeep	SYJC SCIENCE
42	Shri V. Ananthan Scholarship Fund	Nimisha Sureshkumar Prameela	TYBSC MICRO
43	Shri V. Ananthan Scholarship Fund	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC MATHS





S. No	Name of the Endowment	Name Of The Beneficiary	Class / Course
44	T. V. Chidambaran Family Endowment	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC MATHS
45	T. V. Chidambaran Family Endowment	Choudhary Raghav Lakshman Uma	TYBSC PHY
46	Smt. Susan Benjamin Endowment	Thevar Jothipriya Sattanathan	SYJC ARTS
47	Smt. Rugmani Mani Endowment	Barnam Rohan Rajan	SYJC SCIENCE
48	Smt. Rugmani Mani Endowment	Mulla Junaid Mohd Shafi	SYJC SCIENCE
49	Shri S. N. Nair Endowment	Pandey Aditya Arun Kumar Poonam	TYBSC IT
50	Tirumani Sundara Ramamoorthy Memorial Prize	Mohammed Shanoor Ziauddin Reshma	TYBA
51	K. M. Doshi Charitable Trust Endowment	Choudhary Raghav Lakshman Uma	TYBSC
52	K. M. Doshi Charitable Trust Endowment	Nimisha Sureshkumar Prameela	TYBSC
53	K. M. Doshi Charitable Trust Endowment	Khan Nida Tariq Shagufta	TYBSC
54	K. M. Doshi Charitable Trust Endowment	Naziya Parween Rizwan Meratun Nesha	TYBSC
55	K. M. Doshi Charitable Trust Endowment	Thevar Mahalaxmi Murugan Muthu	TYBSC
56	K. M. Doshi Charitable Trust Endowment	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC
57	K. M. Doshi Charitable Trust Endowment	Chaurasiya Pooja Prabhudayal Kausallya	TYBSC
58	K. M. Doshi Charitable Trust Endowment	Vishwkarma Priya Subash Manju	TYBSC
59	K. M. Doshi Charitable Trust Endowment	/Shaikh Mehekh Badvisha Rizwana	TYBSC
60	K. M. Doshi Charitable Trust Endowment	Jerin Elsi Ramya S	M.SC - II
61	Dr. T. Chandrasekharan Shashtiabdapoorti Endowment Prize	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
62	Dr. T. Chandrasekharan Shashtiabdapoorti Endowment Prize	Mandadkar Swati Vishwanath Vidya	FYBSC PHY
63	Late Shri Sakharam Ramchandra Sawant Endowment Prize	Thevar Mahalaxmi Murugan Muthu	TYBSC CHE
64	Late Shri Sakharam Ramchandra Sawant Endowment Prize	Acharya Smruti Vishnumoorthy Sushma	TYBSC BIOCHEM
65	Shri V. Venkataraman Endowment	More Harsh Sunil Snehal	FYJC SCIENCE
66	Shri V. Venkataraman Endowment	Nair Pratyush Pradeep	SYJC SCIENCE
67	Shri K. N. V. Mani Endowment	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC MATHS
68	Shri K. N. V. Mani Endowment	Chaurasiya Pooja Prabhudayal Kausallya	TYBSC STAT
69	Rashtrabhasha Prachar Sabha Endowment	Gurav Eshika Vishwas Veena	TYBA HINDI
70	Rashtrabhasha Prachar Sabha Endowment	Jerin Elsi Ramya S	M.SC - II
71	Late K. A. Raman and Rajan Raman Endowment	Mohammed Shanoor Ziauddin Reshma	TYBA HIS
72	Late Shri A. V. Badhe Endowment	Nainika Baljath Deepthi	SYBSC
73	Dr. Yvonne M. Freitas Scholarship	Khan Saniya Rais Raziya	FYBSC
74	Dr. Yvonne M. Freitas Scholarship	Nainika Baljath Deepthi	SYBSC
75	Dr. Yvonne M. Freitas Scholarship	Rane Harshada Vilas Swati	M.SC - I
76	Smt. Pushpa Narayan Menon Endowment	Khan Saniya Rais Raziya	FYBSC
77	Smt. Pushpa Narayan Menon Endowment	Nainika Baljath Deepthi	SYBSC
78	Smt. Pushpa Narayan Menon Endowment	Nimisha Sureshkumar Prameela	TYBSC
79	Dr. Mridula Ramanna & Dr. Leela Jois Endowment	Fernandes Nicole Anoushka Anthony Lovie	SYBA
80	Smt Hiraben Poladia & Shri Harish Poladia Endowment Prize	Fernandes Nicole Anoushka Anthony Lovie	SYBA
81	Dr. Mahalaxmi Bhagwat Memorial Prize	Thevar Mahalaxmi Murugan Muthu	TYBSC CHE
82	Late Dr. Mahalaxmi Sunil Bhagwat Memorial Prize	Nair Pratyush Pradeep	SYJC SCIENCE
83	Dr.(Ms) Leela Jois Endowment Prize	Sakpal Aastha Namdev Ashwini	FYJC SCIENCE
84	Dr.(Mrs.) Mridula Ramanna and Prof.(Mrs.) Vasudha Talashikar Endowment	Fernandes Nicole Anoushka Anthony Lovie	SYBA
85	Shri M. S. Sundaram Endowment	Mulla Junaid Mohd Shafi	SYJC SCIENCE
86	Suniti Telang Endowment	Tyagi Abhishek Vipin Geeta	TYBA
87	Smt. Sushiladevi Baldev Raj Gupta Endowment	Chaurasiya Pooja Prabhudayal Kausallya	TYBSC STAT
88	Shri. R. Venkatesh Endowment	Dsouza Glenn Ronald Anita	TYBMS





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89	Smt. Chellamal Narayanan Endowment	Aryan Sanjeev Chhaya	TYBCOM
90	Smt. Geetha Ananthanarayan Endowment	Nair Pratyush Pradeep	XII SCIENCE
91	Smt. Geetha Ananthanarayan Endowment	Acharya Smruti Vishnumoorthy Sushma	TYBSC BIOCHEM
92	Smt. Geetha Ananthanarayan Endowment	Rane Harshada Vilas Swati	M.SC-I MICRO
93	Smt. Geetha Ananthanarayan Endowment	Menon Sanjana Ajay Asmita Menon	M.SC - I BIOCHEM
94	Kamala Vivekananda Trust Endowment	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC MATHS
95	Kamala Vivekananda Trust Endowment	Thevar Mahalaxmi Murugan Muthu	TYBSC CHE
96	Late Shri P. V. Narayanan Endowment	Kapoor Rishi Rakesh Namrata	TYBCOM
97	Late Shri P. V. Narayanan Endowment	Vishwkarma Priya Subash Manju	TYBSC BOT
98	Late Shri K. P. Iyer Endowment	Sinekha Jothi Perumal Tamilarasi	SYBSC
99	Late Shri K. P. Iyer Endowment	Madduru Sangeeta Ramanjaneyulu Gangamma	TYBSC MATHS
100	The Sivaramakrishnan Memorial Scholarship	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
101	Smt. Meenakshi Muthuswami Endowment	Sait Saniya Shahid Farhana	FYBSC
102	Prof.A.N.Gundu Rao Endowment	Ncc Cadet. Sgt Sonkar Priyanka Nandlal Anita	TYBSC DS
103	Late Dr.Mrs.Kamala Arun Shenvi Endowment	Singh Akanksha Pradeep Kumar	M.SC - II
104	Mrs.Surekha Kulkarni Scholarship	Sait Saniya Shahid Farhana	FYBSC
105	Sri.Ramaswamy Subramaniam Iyer Endowment	Mishra Sneha Ramnagesh Vibha	TYBA
106	Mrs.Savitri Subramaniam Endowment	Bhanushali Deeya Piyush Hetal	TYBA
107	Mrs.Subha Sivaram Endowment	Architha Sundarrajan Anuradha	TYBA
108	Mrs.Vijayalakshmi Kumar Endowment	Rhea Mitra Satinder	TYBA
109	Prof.M.Y.Kitekar Endowment	Gaikwad Soham Ganesh Samiksha	FYJC SCIENCE
111	Mrs.Sundari Devi Roshanlal Bhatia Endowment	Vishwkarma Priya Subash Manju	TYBSC BOT
112	Mr.Roshanlal Ganesh Das Bhatia Endowment	Adya Binoy Bindu	FYBAMMC
113	Mrs.M.Mayavathy Endowment	Khan Nida Tariq Shagufta	TYBSC CS
114	Late Sri.L.S.Easwaran Endowment	Khan Sarguroh Fatima Shabbir Zarina	TYBSC CS
115	Late Dr.Ramaswamy Raghavan Endowment	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
116	Late Dr.Ramaswamy Raghavan Endowment	Choudhary Raghav Lakshman Uma	TYBSC
117	Late Dr.Ramaswamy Raghavan Endowment	Singh Akanksha Pradeep Kumar	M.SC - II
118	Sheriff Lion Ashok Mehta Endowment	Shri. Dattaram Rajaram More	Laboratory Assistant
119	Sheriff Lion Ashok Mehta Endowment	Shri. Vikas Bhaskar Raul	Attendant
120	Sheriff Lion Ashok Mehta Endowment	Shri. Jagdish Prabhakar Achegaonkar	Attendant
121	Sheriff Lion Ashok Mehta Endowment	Shri. Nitesh Suresh Ujgaonkar	Attendant
122	Sri.R.Rajagopal Endowment	Khan Nida Tariq Shagufta	TYBSC CS
123	Sri.R.Rajagopal Endowment	Kashish Karim Vasaya	PGDC
124	Late Principal P.S.Ramaswamy Endowment	Architha Sundarrajan Anuradha	TYBA
125	Late M.K.Narayanawamy Endowment	Naidu Devi Praveen Kumar Vengakeshu Savithri	SYBSC CS
126	R. R. Memorial Prize	Nair Pratyush Pradeep	SYJC SCIENCE
127	Smita Chandran Endowment Prize	Sakpal Aastha Namdev Ashwini	FYJC SCIENCE
128	Mahalakshmi Laxman Memorial Prize	Nair Pratyush Pradeep	SYJC SCIENCE
129	Shri Rasiklal N.Modi Endowment	Sakpal Aastha Namdev Ashwini	FYJC SCIENCE
130	Shri Rasiklal N.Modi Endowment	Bhanushali Deeya Piyush Hetal	TYBA
131	Tilak Nagar Endowment	Adya Binoy Bindu	FYBMMMC
132	Malati Dahanukar Trust Endowment	Poojary Dhruti Harish Sunita	FYBSC IT
133	Sri.S.G. Ramachandran Endowment	Kailash Muni Sanjukta	FYBSC IT
134	Late Prof.Derek Anto Memorial Prize	Rhea Mitra Satinder	TYBA



S. No	Name of the Endowment	Name Of The Beneficiary	Class / Course
135	Capt.S.Srinivas Endowment	Architha Sundarrajan Anuradha	TYBA
136	Capt.S.Srinivas Endowment	Ncc Cadet Juo. Jaiswar Omkar Sanjay Nirmala	TYBSC
137	Sri.Satish Pillai Endowment	/Cardoza Patricia Stanny Renuka	TYBCOM
138	Smt.Ammami Varadachary Endowment	Mahadik Abhidnya Ajay Vandana	TYBSC CS
139	Smt.Ammami Varadachary Endowment	Ronak Rajesh Chouhan	TYBMS
140	Mrs.Mahalakshmi Anantaramiah Endowment	Krishika Venkatesh Srividya	TYBA
141	Sri.Shayamlal Damani Endowment	Gurav Eshika Vishwas Veena	TYBS HINDI
142	Chitra Iyer Endowment	Ariyambadan Ananya Prasanth Saritha Tv	TYBMMC JOUR
143	Dr. Mridula Ramanna Endowment	Mohammed Shanoor Ziauddin Reshma	TYBA
144	Late Mrs. Susheela Menon Endowment	Medha Vaidyanathan Iyer Prabha	TYBSC BT
145	Shri. R.V. Venkatarama Iyer Memorial Prize	Architha Sundarrajan Anuradha	TYBA
146	Late Shri. Bhaskar Laxman Paranjape Endowment	Architha Sundarrajan Anuradha	TYBA
147	Shri. T.S. Narayan Endowment	Dsouza Glenn Ronald Anita	TYBMS
148	Shri. C. S. Subramanian Endowment	Pereira Lenroc Raul Bina	SYBCOM
149	Dr. Sara De Se Endowment	Vishwkarma Priya Subash Manju	TYBSC HOR
150	Nanga Mangalam Tirupathi Rangaswamy Endowment	Architha Sundarrajan Anuradha	TYBA
151	Gomati Krishnan Endowment	Pereira Lenroc Raul Bina	SYBCOM
152	Late MRG Menon Endowment	Medha Vaidyanathan Iyer Prabha	TYBSC BT
153	Mrudula Ramanna Prize	Poojary Grisha Shridhar Kavita	TYBA
154	Krishnamurthy Krishnaswamy Iyer	Ansari Muddassir Ali Afaq Ali	SYJC SCIENCE
155		Gaikwad Soham Ganesh Samiksha	FYJC SCIENCE
156	Smt.Ramachandra & Smt.Sitabhai Endowment	Aarti Venkatesh Nish	FYJC ARTS
157	Shri Vinayak & Smt.Pushpa Talashikar	Mhatre Tanushree Surendra	SYJC ARTS
158	R.Ramaswamy Iyer	Rhea Mitra Satinder	TYBA ENG
159	Smt Bhooma and Shri S.V.Raghavan	Aishwarya Raman Shanmugavadiyu	FYBSC BT
160	Smt Sudha and Shri S.Rajagopalan	Khan Mariam Abdul Majeed Arfa	SYBSC BT
161	Late Shri Krishnarao Betgeri	Sheikh Ali Ahmed Tofikh	M.SC . -II
162	Late Mr.Vithal Kamath	Patel Hetvi Hareesh Falguni	M.SC-I
163	C.P.Narayan Memorial	Pereira Lenroc Raul Bina	FYBA
164	Past Students Association	Konar Roshan Lakshman Mahalakshmi	TYBMMC
165	Past Students Association	Dsouza Glenn Ronald Anita	TYBMS
166	Past Students Association	Pandey Aditya Arun Kumar Poonam	TYBSC IT
167	Past Students Association	Khan Nida Tariq Shagufta	TYBSC CS
168	Past Students Association	Medha Vaidyanathan Iyer Prabha	TYBSC BT
169	Late Shri Shamrao G. Kulkarni	Nimisha Sureshkumar Prameela	TYBSC MICRO
170	Late Shri Shamrao G. Kulkarni	Yadav Deepa Rajkumar	M.SC.-II MICRO
171	Late Shri Shamrao G. Kulkarni	Rane Harshada Vilas Swati	M.SC.- I MICRO
172	Dr.Purushottam V Gharpure	/Ojha Bhoomi Devi Shankar Reeta	FYBA
173	Essar Endowment	/Chiluka Roshni Diwakar Vaishnavi	TYBSC
174	Essar Endowment	/Gulgule Anisha Pramod Purva	TYBSC BT
175	Essar Endowment	/Prajapati Kusum Dadan Devanti	SYBSC CS
176	Essar Endowment	/Pandit Shristi Rampraveshe Sonam Devi	SYBSC IT
177	Essar Endowment	/Nadar Mahakarthishika Babu Mahalaxmi	TYBSC CS
178	Essar Endowment	Maurya Saurabh Mohanlal Gayatri Devi	SYBSC
179	Essar Endowment	Bushra Khatoon Mohd Niyaz Afroz Mehnaz Parveen	SYBSC
180	Late Mr.Jagannath Agrawal	Agarwal Gungun Shyam Kiran	TYBMS

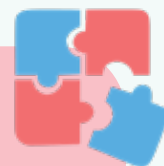


S. No	Name of the Endowment	Name Of The Beneficiary	Class / Course
181	Late Mr. Balkrishna Agarwal	Nair Siddhanth Amit Sandhya	TYBMS
182	Mr.Kejal Shashikant vora	Sakpal Aastha Namdev Ashwini	XI SCIENCE
183	Mr.Kejal Shashikant vora	Fernandes Nicole Anoushka Anthony Lovie	SYBA
184	Dr.Lalita & Krishna Raghvan	Singh Akanksha Pradeep Kumar	M.SC - II
185	Dr.Lalita & Krishna Raghvan	Tanish Randeep	M.SC - II
186	Dr.Lalita & Krishna Raghvan	Thevar Mahalaxmi Murugan Muthu	TYBSC CHE
187	Shri. C.S.A Krishnan Endowment	Gurav Eshika Vishwas Veena	TYBA HINDI
188	Shri. C.S.A Krishnan Endowment	Rhea Mitra Satinder	TYBA ENG
189	Late Dr. Meenakshi Thyagarajan Endowment	Architha Sundarrajan Anuradha	TYBA ECO
190	Late Dr. Meenakshi Thyagarajan Endowment	Bansal Nishita Davinder Harsha	TYBA ECO
191	Smt. N. Meenamani Memorial Endowment	A Keerthana Ajit Rani	SYBSC STAT
192	Smt. R. Madhurambal Memorial Endowment	Sinekha Jothi Perumal Tamilarasi	SYBSC MATHS
193	Mrs. Vijaya Krishnan Endowment	Rhea Mitra Satinder	TYBA ENG
194	Rashtrakavi Subramaniya Bharati Endowment	Nargis Parveen Abdul Shaikh	
195	Rashtrakavi Subramaniya Bharati Endowment	Shlok Prakhar	
196	Rashtrakavi Subramaniya Bharati Endowment	Aditya Shivkumar Pandey	
197	Late Dr. V. Balasubramanian	Choudhary Raghav Lakshman Uma	TYBSC PHY
198	Late Dr. V. Balasubramanian	Thakur Nupoor Navin Kumar Chanchala	TYBSC PHY
199	Late Dr. Rajalakshmi Amudan	Halgeri Dinesh Anil Anita	M.SC. - II
200	Late Dr. Rajalakshmi Amudan	Nimisha Sureshkumar Prameela	TYBSC
201	Late Dr. Rajalakshmi Amudan	Sheikh Ali Ahmed Tofikh	M.SC. - II
202	Principal Dr. Harsha K Mehta Endowment	Cdt. Sansiew Joseraj Moti Jaykumar Maria	SYBSC
203	Principal Dr. Harsha K Mehta Endowment	Cpl. Singh Aditi Sudhir Pinky	TYBSC DS
204	Principal Dr. Harsha K Mehta Endowment	Shruti Sreenivasan Jayanthi	SYBA
205	Principal Dr. Harsha K Mehta Endowment	Kantak Om Mayuresh Sayali	TYBMS
206	Principal Dr. Harsha K Mehta Endowment	Nadar Lathika Balkumar Santhana Kumari	TYBMS
207	Principal Dr. Harsha K Mehta Endowment	Shetty Tanish Ravindra Shobha	TYBSC DS
208	Kamlesh N Mehta Endowmenet	Patel Kriti Mayur Priti	FYBSC BT
209	Kamlesh N Mehta Endowmenet	Kamath Pratham Girish Geeta	TYBMS
210	Kamlesh N Mehta Endowmenet	Sailakshmi Ravikumar Bindu	MSc II
211	Kamlesh N Mehta Endowmenet	Aashi Prathmesh Gandhi Ruchita	SYBAMMC
212	Kamlesh N Mehta Endowmenet	Bankar Samruddhi Vijay Gayatri	FYBA
213	Kamlesh N Mehta Endowmenet	Shaikh Afsha Munir Zakiya	TYBA
214	Late Dr. Rajalakshmi Amudan	Padayachi Aishwarya Kumar	TYBSC BT
215	Mrs.Kamala Murthy Endowment	Nair Pratyush Pradeep	SYJC SCIENCE
216	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Rhea Mitra Satinder	TYBA
217	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Nair Shreya Sashikumar Geeta	TYBA
218	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Panicker Bhavika Laldev Priya	TYBA
219	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Aananya Ashok Lakshmi	TYBA
220	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Iyer Ananya Mohan Jyoti	TYBA
221	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Kovatte Atulya Vinodkumar Shalina	TYBA
222	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Sehgal Jasleen Kaur Gurmeet Singh Harpreet Kaur	TYBA
223	Late Dr.(Prof) Rajalakshmi R. Hebsur endowment	Konar Aarti Raju Muthulaxmi	TYBA
224	Late Shri. Sunil Vasudeo Watve Endowment	Koshti Durva Dattatray Rachana	FYBA
225	Late Shri. Sunil Vasudeo Watve Endowment	Senthil Kumar Anand Jayanthi	SYBSC
226	Shaheed Sepoy Suresh Bhikaji Patole Endowment Prize	Ncc Cadet. Suo. Roche Ditto George Hubert	TYBSC CS
227	Shaheed Sepoy Suresh Bhikaji Patole Endowment Prize	Ncc Cadet Suo. Singh Aditi Sudhir Pinky	TYBSC DS





# INTER-COLLEGIATE PARTICIPATION



2024-2025						
Sr. No.	Name	Class	Name Of The Event Participated	Organised By (College Name)	Prize	Competition
1	Dadan Umaira Ashfaque Farzana	SYBA	Trushna 2024	Department Of Philosophy, Mithibai College	First	Framing The Unseen/ Photography
			Trushna 2024	Department Of Philosophy, Mithibai College	1 <sup>st</sup> Team Prize	Knowledge Knock Out/ Quiz Team Event
2	Malik Uma Sanjay Neeta	SYBA	Trushna 2024	Department Of Philosophy, Mithibai College	1 <sup>st</sup> Team Prize	Knowledge Knock Out/ Quiz Team Event
3	Harikrishnan Ag Deepa	SYBSC DS	Trushna 2024	Department Of Philosophy, Mithibai College	1 <sup>st</sup> Team Prize	Knowledge Knock Out/ Quiz Team Event
4	Moushmi Kishore Prasad Vandana	TYBA	Trushna 2024	Department Of Philosophy, Mithibai College	1 <sup>st</sup> Team Prize	Knowledge Knock Out/ Quiz Team Event
5	Thejasree Ravishankar Padmapriya	TYBSC	Chimera 2024-25	Ramnarian Ruia College	First	Dhundte Reh Jaoge
6	Tiwari Shruti Pradeep Seema	TYBSC	Chimera 2024-25	Ramnarian Ruia College	First	Dhundte Reh Jaoge
7	Gizelle Savichan Thomas Heena	TYBSC	Chimera 2024-25	Ramnarian Ruia College	First	Dhundte Reh Jaoge
8	Chauhan Shruti Ramraj Chandrika	TYBSC	Chimera 2024-25	Ramnarian Ruia College	First	Dhundte Reh Jaoge
9	/Patel Kriti Mayur Priti	FYBSC	Interzonal Chess Tournament	University Of Mumbai	First	Chess Competition (Individual Event)
			Interzonal Chess Tournament	University Of Mumbai	First	Chess Competition (Team Event)
			Mumbai City District Chess Selection	Mumbai City District Chess Association	First	Chess Competition
10	Sailakshmi Ravikumar Bindu	MSC II	57 <sup>th</sup> Youth Festival	University Of Mumbai	Third	Indian Classical Dance (Certificate Is Awaited)
11	Paraskar Advait Mukesh Pradnya	SYBAMMC	Name : Improv Acting	Hsnc College	First	
12	Aashi Prathmesh Gandhi Ruchita	SYBAMMC	District Bench Press Championship,	Suburban District Powerlifting Association, Maharashtra State	1 <sup>st</sup> &Strong Girl(Districts)	
			States Powerlifting Championship,	Suburban District Powerlifting Association, Maharashtra State	1 <sup>st</sup> (States)	
			National Powerlifting Championship	Powerlifting Association, Powerlifting India	4 <sup>th</sup> (Nationals)	
13	Aditi Ajay Kumar Alpana	TYBAMMC	1. In(Animate): Screenwriting Competition,	Jai Hind College	First	1. In(Animate): Screenwriting Competition, I
			Film Festival	Kc College	Second	Eye For An Eye: Vlogging Competition,
14	Pasad Jeet Vipul Jigna	TYBAMMC	Short Film Festival	Bunts Sangha's S M Shetty International School	First	Best Cinematography
				Bunts Sangha's S M Shetty International School	Second	Best Short Film
15	Patel Pritesh Haresh Jayashri	TYBAMMC	Short Film Festival	Bunts Sangha's S M Shetty School	Second	Best Short Film.
16	Malhotra Punit Harish Manju	SYBAMMC	Radio Event	Ruia College	Second	Tilt Shift
17	Kamath Aaryan Nikhil Sharika	SYBAMMC	Radio Event	Ruia College	Second	Tilt Shift
18	Aryan Organti	SYBSC-CS	Fashion Show	Lala College	Second	Fashion Show
19	Bodduna Rushika Santosh Uma	SYBSC-DS	Fashion Show	Lala College	Second	Fashion Show



2024-2025						
Sr. No.	Name	Class	Name Of The Event Participated	Organised By (College Name)	Prize	Competition
20	Devendra Vikas Ram Kanchan	TYBA	Fashion Show	Lala College	Second	Fashion Show
21	Sirra Varun Anandam Babita	SYBSC- CS	Fashion Show	Lala College	Second	Fashion Show
22	Mahadik Grishma Narayan Pratibha	SYBSC-DS	Fashion Show	Lala College	Second	Fashion Show
23	Singh Trishaa Sanjay Anuradha	SYBSC-CS	Fashion Show	Lala College	Second	Fashion Show
24	Khalfe Uzair Imtiaz Kaniz	FYBSC- CS	Fashion Show	Lala College	Second	Fashion Show
25	Swamy Alicia George Jyoti	SYBSC- CS	Fashion Show	Lala College	Second	Fashion Show
26	Dona Juju Mathew Bini Kuruvila	SYBSC- CS	Fashion Show	Lala College	Second	Fashion Show
27	Varrier Saumyaa Sashidhar Sindhu	SYBA	Vegetable Designing	Sydenham College	1 <sup>st</sup> Prize	Vegetable Designing
28	Ansari Musab Suhail Anwar Akifa Begum	SYBAMMC	Videography Event	Kc College	1 <sup>st</sup> Prize	Videography Event
29	Zalte Anurag Anand Swati	TYBAMMC	Videography Event	Kc College	1 <sup>st</sup> Prize	Videography Event
30	Iyer Saishyam Ramesh Sasikala	TYBA	Band	Kc College	2 <sup>nd</sup> Prize	Band
31	Aadit Kiran Dikshit	SYJC SCIENCE	Band	Kc College	2 <sup>nd</sup> Prize	Band
32	Manikindi Rodrick Victor	FYBSC DS	Band	Kc College	2 <sup>nd</sup> Prize	Band
33	Pari Pundalik	FYJC	F/N Ward Science Exhibition	Education Dep, F/N Ward	Participation	
34	Rayyan Rashid Farooqui	FYJC	F/N Ward Science Exhibition	Education Dep, F/N Ward	Participation	
35	Kamath Pratham Girish Geeta	TYBMS	Table Tennis Tournament	Hsnc University	Award At Inter Collegiate	
			Table Tennis	Pillai College	2 <sup>nd</sup> Prize	
			Table Tennis	Sardar Patel Institute Of Technology	Award At Inter Collegiate	
			Table Tennis	Somaiya College	1 <sup>st</sup> Prize	
			Table Tennis	Vidyalankar Institute Of Technology	2 <sup>nd</sup> Prize	
			Table Tennis Singles And Doubles	District 3141 Rotract In Jhunjhunvala College	1 <sup>st</sup> Prize	
			Table Tennis Interzonal Tournament	Mumbai University	1 <sup>st</sup> Prize	
			Table Tennis	Hsnc University	1 <sup>st</sup> Prize	
			Table Tennis	Sardar Patel Institute Of Technology	2 <sup>nd</sup> Prize	
			Table Tennis	Vidyalankar Institute Of Technology	2 <sup>nd</sup> Prize	
			Table Tennis Singles And Mix Doubles	District 3141 Rotract	1 <sup>st</sup> Prize	
			Table Tennis Interzonal	Mumbai University	1 <sup>st</sup> Prize	
36	Tiwari Piyush Mahendra Sarita	TYBMS CM	Arithmos / 3 <sup>rd</sup> Podium Game Of Destiny (Complex Mathematics And Real Estate Related Event)	Svkm's Narsee Mongee College Of Commerce And Economics	Award At Inter Collegiate	
			Arithmos / Best Contingent Leader Award	Svkm's Narsee Mongee College Of Commerce And Economics	Award At Inter Collegiate	
37	Aripaka Sahil Rambabu Kantaratanam	TYBMS CM	Interzonal Football(Men) Tournament 2024-25	University Of Mumbai	2 <sup>nd</sup> Prize	
38	Salonkar Ananya Jayantha Suhasini	SYBMS	Arithmos	Nm College Ville Parle	1 <sup>st</sup> Prize	
			Group Dance Competition	Nss Unit Of Lala Lajpat Rai College Of Commerce And Economics	Award At Inter Collegiate	



NSS UNIT 2024-25					
SR. NO	NAME	CLASS	EVENT/ COMPETITION	ORGANISED BY	PRIZE
1	NAIR AARYAN SATISH ALKA	SYBAMMC	CYCLATHON	Lala Lajpat Rai College	First
			AFTER MOVIE	Lala Lajpat Rai College	First
			REEL MAKING	S.M.Shetty College	First
			SHORT FILM	S.M.Shetty College	Second
			DOCUMENTARY	Ramanarain Ruia College	First
2	GUPTA MANSI VIKAS SANGEETA	SYBAMMC	CYCLATHON	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First
			SHORT FILM	S.M.Shetty College	Second
3	JAIN KINJAL DEVENDRA SAROJ	SYBAMMC	SOCIAL MEDIA CAMPAIGN	Lala Lajpat Rai College	First
4	CHORDIA NEHAL RAJESH SUNITA	SYBA	CYCLATHON	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First
5	GULATI MANNAT RITESH KAJAL	TYBSC	BEST PEER GUIDE	Akshara	First
6	MISHRA UMA ASHWINIKUMAR REENA	TYBSC DS	BEST OUT OF WASTE	Ramanan Ruia College	Second
7	NAIK NISHITA DINESH DEEPALI	SYBA	DANCE	Lala Lajpat Rai College	First
			REEL MAKING	S.M.Shetty College	First
8	PAUL SOHINI SWAPAN SAMPA	SYBMS	CYCLATHON	Lala Lajpat Rai College	First
9	PILLAI AISHWARRYA S MATHESWARAN MEGHALA	TYBA	BEST CL	Ramanan Ruia College	First
10	PRAJAPATI GARIMA RAVINDRAPRASAD MINU	SYBA	CYCLATHON	Lala Lajpat Rai College	First
			BEST OUT OF WASTE	Ramanan Ruia College	Second
11	RAGHAV VANSIKA RAVINDRA PRATIMA	SYBA	CYCLATHON	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First
			REEL MAKING	S.M.Shetty College	First
12	SALONKAR ANANYA JAYANTHA SUHASINI	SYBMS	CYCLATHON	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First
13	ADITYAN RAJENDRAN SAVITHA	SYBSC	CYCLATHON	Lala Lajpat Rai College	First
14	DONA JUJU MATHEW BINI KURUVILA	SYBSC CS	DANCE	Lala Lajpat Rai College	First
			SHORT FILM	S.M.Shetty College	Second
15	JADHAV ATHARVA PARSHURAM SANGITA	SYBSC DS	CYCLATHON	Lala Lajpat Rai College	First
			REEL MAKING	S.M.Shetty College	First
			DOCUMENTARY	Ramanan Ruia College	First
16	JOGLEKAR PAARTH RAHUL ANJALI	SYBSC DS	CYCLATHON	Lala Lajpat Rai College	First
17	JOSHI DEVANSI RAJESH RIDDHI	SYBA	CYCLATHON	Lala Lajpat Rai College	First
			T-SHIRT PAINTING	Lala Lajpat Rai College	Second
18	MANIYAMPARA AKSHAY AJAY MANJULA	SYBSC DS	CYCLATHON	Lala Lajpat Rai College	First
			AFTER MOVIE	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First
			DOCUMENTARY	Ramanan Ruia College	First
19	MANSURI MOHD RAZA ABDUL JABBAR RAISA	SYBCOM	CYCLATHON	Lala Lajpat Rai College	First
			DANCE	Lala Lajpat Rai College	First





NSS UNIT 2024-25					
SR. NO	NAME	CLASS	EVENT/ COMPETITION	ORGANISED BY	PRIZE
20	NADAR GODWIN SAMUEL ANGEL STELLA	SYBCOM	CYCLATHON	Lala Lajpat Rai College	First
21	NAIR ADITYAN NANDANAN SREEJ	SYBSC DS	SHORT FILM	S.M.Shetty College	Second
22	NAIR ANANDHU RAJESH RAJANI	SYBAMMC	CYCLATHON	Lala Lajpat Rai College	First
			AFTER MOVIE	Lala Lajpat Rai College	First
			PHOTOGRAPHY	Akshara	First
			REEL MAKING	S.M.Shetty College	First
			SHORT FILM	S.M.Shetty College	Second
			DOCUMENTARY	Ramanan Ruia College	First
23	PANDIAN PRATHIK BALAJI CHITRA	SYBCOM	CYCLATHON	Lala Lajpat Rai College	First
24	PATEL JAYDEEP RAMDEO NEELAM	SYBSC	GIF MAKING	Lala Lajpat Rai College	Second
25	SHWETA JAISWAL MANDANI	SYBA	CYCLATHON	Lala Lajpat Rai College	First
26	SUVARNA YASHWANT DINESH SHALINI	SYBSC IT	DOCUMENTARY	Ramanan Ruia College	First
27	SHETTY TANISH RAVINDRA SHOBHA	TYBSC DS	BEST CL	Lala Lajpat Rai College	First
			MR. SANKALP	Lala Lajpat Rai College	First
			BEST PEER GUIDE	Akshara	First

GYMKHANA 2024-2025				
Sr No.	Name	CLASS	Game	Achievements
1	Aripaka Sahil Rambabu Kantaratanam	TYBMS	Football	Won University Level Football Matches And Shortlisted For District Level Matches
2	Nadkarni Jaydeep Sanjeet Lakshmi	SYBSC	Football	Won University Level Football Matches And Shortlisted For District Level Matches
3	Shetti Vaibhav Gajanan Deepa	TYBSC IT	Football	Won University Level Football Matches And Shortlisted For District Level Matches
4	Patel Kriti Mayur Priti	FYBSC BT	Chess	1 <sup>st</sup> In All India Level Interuniversity Chess Tournaments
5	Kamath Pratham Girish Geeta	TYBMS	Table Tennis	3 <sup>rd</sup> In Table Tennis Interuniversity Zonal Tournament
6	Thenathirayar Vignesh Paneer Selvam	FYJC SCIENCE	Kickboxing	Won Gold In Dso Kickboxing Tournament
7	Amin Shreyash Shubhakar Poornima	SYJC SCIENCE	Relay 400m	Won Dso Relay 400m Tournament
8	Shetty Riddhiman Anil	FYJC ARTS	Relay 400m	Won Dso Relay 400m Tournament
9	Kodag Sarang Tanaji Sushma	SYJC SCIENCE	Relay 400m	Won Dso Relay 400m Tournament
10	Dabhade Adinath Sarjerao Manisha	SYJC SCIENCE	Relay 400m	Won Dso Relay 400m Tournament
11	Sarthak Palane	FYJC-C	High Jump	Won Dso High Jump Tournament
12	Sawant Swara Sandesh Neeta	SYJC-SCIENCE	Swimming	3 <sup>rd</sup> In 100m Free Style Swimming In Zonal Tournament
13	Peter Damien Dominic Hema	SYJC-SCIENCE	Wushu	Bronze Medal In Dso Zonal Wushu Tournament
14	Barai Ayush Binayak Sadhana	SYJC-SCIENCE	Taekwondo	Gold In Dso & Silver In Zonal Tournament Taekwondo



### NCC GIRLS UNIT 2024-25

Sr. No.	Rank	Name Of Cadet	Class	Competition	Year
1	CPL	Aditi Singh	TYBSC.DS	Best Leader	III
2	CDT	Deepti Pujara	TYBCOM	Best G K	III
3	CDT	Divyadarshini	TYBCOM	Best Firing	III
4	CDT	Kiran Negi	SYBSC.CS	Best Cadet	III
5	CDT	Priya T.arulvelmurugan	SYBSC.IT	Best Foot Drill	III
6	SGT	Priyanka Sonkar	TYBSC BS	Best Commander	III
7	LCPL	Shandhya Konar	TYBSC	Best Drill	III
8	LCPL	Shivani Shrivastava	SYBSC	Best Admin Work	III
9	CDT	Thorve Amruta Sanjay Vaishali	SYBCOM	Best Sportmanship	III
10	SGT	Katherine Krupa Kennedy Sharon	TYBCOM	Best Goh	III
11	CDT	Monica Maltiana	SYBCOM	Best Ot	III
12	CDT	Priti Singh	FYBA	Best Poster	II
13	CDT	Radhika Soni	FYBA	Best Flag Area	II
14	CDT	Priya Walmiki	-	Best Drill	II
15	CDT	Sneha Kekane	SYBSC CS	Best Turnout	II
16	CDT	Aanchal Mishra	TYBSC CS	Master Of Ceremony	II
17	CDT	Santhanamary Mupanar	SYBA	Best Goh	II
18	CDT	Arya Pawar	SYBSC CS	Best Pilot	II
19	CDT	Shreya Thakur	SYBA	Best Leader	II
20	CDT	Yadav Anshika Subhash Chandra Meera	SYBCOM	Best Gk	II
21	CDT	Renu Singh	SYBA	Best Photographer	II
22	CDT	Sheetal Salve	SYBCOM	Best Ot	II
23	CDT	Mitali Khandeparkar	SYBS DS	Best Poster	I
24	CDT	Sahu Pragati Maheshkumar Lalita	FYBCOM	Best Band	I
25	CDT	Firange Sonali Ananda Hirabai	FYBCOM	Best Band	I

### NCC BOYS UNIT 2024-2025

SR. NO.	RANK	Name	CLASS	Prize
1	CSM	Dattathreya Karthik Lalitha	TYBAMMC	Best Word Of Command
2	CQMS	Shreeraj Yadav	TYBSC CS	Best Team Leader
3	SGT	Aditya Sura	TYBCOM	Best Sportsman
4	CDT	Govindan Murugan	SYBA	Best In Goh
5	CPL	Sansiew Joseraj	SYBSC	Best Flag Area
6	CPL	Jashkumar Gupta	SYBSC CS	Best Cadet
7	LCPL	Shabrish Hemmadi	SYBCOM	Best Drill
8	LCPL	Ajinkya Raje	SYBCOM	Best Discipline
9	LCPL	Daksh Shetty	SYBA	Best In Logistics
10	LCPL	Aryan Menon	SYBSC	Best Admin Work
11	CDT	Hemant Jaiswar	SYBSC	Best In Piloting
12	CDT	Rushikesh Ghodsare	SYBSC CS	Best In Band
13	CDT	Devanand Bhosale	SYBE EXTC	Best Turnout
14	CDT	Deependra Singh	SYBBI	Best Firing
15	CDT	Aryan Iyer	SYBCOM	Best Hygiene
16	CDT	Atharva Khamkar	SYBSC	Best In Gk
17	CDT	Madhi Sharma Thevar	SYBMS	Best Obstacles
18	CDT	Vijayan Subramanian	SYBSC	Best Photography
19	CDT	Aryan Anilkumar	FYBSC CS	Best Personality
20	CDT	Soham Choudhary	SYBSC	Best In Cane





A little corner of thoughts from our students, to you. You might just find something for you:

## Sugarcoated Scribbles

- It's okay if you don't want to, or couldn't stand out and if sometimes you don't feel you belong anywhere. I hope you find the right people who will care for you. - *Anonymous*
- When they look at you and whisper to themselves, it doesn't mean that they think you are weird. Maybe, they are in awe of you. You deserve to see yourself for all the joy that you are to be around. - *Afreen Shaikh, FYBA*
- Life gets a lot easier when you are open to different perspectives. - *Meher Shaikh, SYBA*
- Not everyday will be amazing, and that's okay. Some days, just showing up is enough. You are learning, growing and figuring things out-just like the rest of us. Keep going, you are doing just fine. - *Shikha Iyer, FYBSC*
- The best thing about time is that it keeps changing. - *Anonymous*
- Just like ocean waves, keep flowing. Someday you will land on a beautiful shore and it will all be worth it. - *Maryam Umar Inamdar, FYBA*
- Confidence is silent. Insecurities are loud. - *Anonymous*
- Someone out there has already achieved what you aspire to do, proving that your dreams are not unrealistic and always within reach. So dream big, keep pushing forward and remember, it's not over till it's over. - *Anonymous*
- Beauty has no defined standards within Nature's dictionary. Don't let society tell you otherwise. - *Anonymous*
- You matter. Your presence makes a difference. Keep going! - *Anonymous*





# MILESTONES

## 25 Years of service

### Degree College



**Ms. Vaishali Falnrikar**  
Mathematics



**Ms. Surjeet Kaur**  
Mathematics



**Dr. Manoj Singh**  
Computer Science

### Junior College



**Ms. Lakshmi Shekar**  
Chemistry



**Ms. Amita Achrekar**  
Bifocal Department

## ADIEU (RETIRED STAFF)

### Degree College



**Dr. Uma Shankar**  
Principal



**Ms. Geeta Paluskar**  
Mathematics



**Mr. Shekar Aiyar**  
Chemistry

### Junior College



**Ms. Manisha Vengurlekar**  
Physics



**Ms. Rajkumari Kaul**  
English

## ASCENT



**Dr. Satish Sarfare**  
I/c Principal



**Ms. Vaishali Falnrikar**  
HoD, Mathematics



**Dr. Santosh Katariya**  
HoD, Chemistry



**Dr. Kamala Srinivas**  
HoD, Philosophy

## RESEARCH LUMINARIES

### Dr. Ashwini Deshpande



*Awarded the Doctoral Degree in Botany for the thesis titled "Study of Arbuscular Mycorrhizal (AM) Fungi From Industrial*

*Belts of MIDC, Dombivli, and Its Application in Soil Remediation" from the University of Mumbai in February 2025.*

### Dr. Mitali Chinnkar



*Awarded the Doctoral Degree in Biochemistry for the thesis titled "Molecular Characterization*

*of Phytoene Synthase, Lycopene  $\beta$  Cyclase and Capsanthin- Capsorubin Synthase Genes involved in Carotenoid Biosynthesis from Capsicum Frutescens" from the University of Mumbai in January 2025.*

### Dr. Senna Chandan



*Awarded the Doctoral Degree in Biochemistry for the thesis titled "Assessment of Heavy-metal Toxins from Food and Drug*

*Packaging Material and their Biological Effects" from the University of Mumbai in January 2025.*



## Art by our Students



Aasim Siddiqui, FYJC



Ashna Khatib, SYBA



Archana Sundarlingam, SYBSc IT



Sri Yazhini Ramkumar, SYBA







**Anamika Sharma, SYBSc EVS**



**Archana Sundarlingam, SYBSc IT**

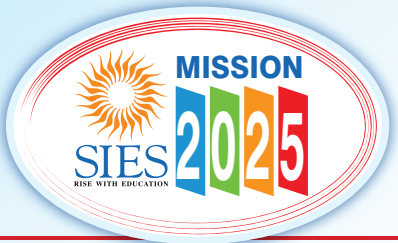


**Madhu Nair, FYJC**









# SIES SHALL BE AMONGST THE MOST ADMIRABLE ACADEMIC INSTITUTIONS IN INDIA

## WHAT DOES ADMIRATION MEAN?

A feeling of wonder,  
pleasure or approval.

The act of looking on  
or contemplating with  
pleasure

Approval, esteem,  
regard, affection,  
veneration, honor,  
idolization, reverence  
- synonyms for  
admiration

## OUR ADMIRATION SHALL FLOW FROM

The quality of our efforts  
in the field of education

The quality – the reach,  
the expanse and sweep  
of our academic services

Our respect for 'Law' at  
all times

The creation of an SIES  
Family where a full  
family tree would have  
experienced SIES as  
students

## WHAT DOES THAT CONVEY FOR SIES?

We shall confine ourselves  
to our core competence  
i.e. universalising education

We shall redefine the  
boundaries of our activities  
beyond Mumbai, Navi  
Mumbai to India

We need not be 'BIG' but  
shall endeavour to be the  
'BEST'

We shall be 'Admired'  
for our activities in life  
learning process through  
'Education' The admiration  
shall come from all  
stakeholders – students,  
staff, society

Our scale of admiration  
shall be based on the value  
addition we provide during  
the student days

We shall ever remain  
'Student centric' for we  
have no existence without  
them

## IT'S HALF WAY THROUGH OUR CENTENARY IN 2032

### Phase I - GOALS

Student strength to reach  
over 50,000

SIES – University for  
Higher education

All institutions accredited  
at the highest grade 'A' for  
e.g. in NAAC

Socially responsive  
education. Beyond the  
classrooms or social  
media. 'ISR' the dominant  
face of SIES. A Good share  
of admiration from ISR.

Most vibrant network of  
Alumni, Past Teachers  
and Staff, present human  
resources creating the vast  
SIES Family.

### Phase II – Goals and action plan in 2022



## THE IDENTITY FOR ANY SIES INSTITUTION

A distinct logo within the SIES logo

A value lab

An ISR Department

A Past Students' Association within the  
institution without separate legal existence

An active forum for parents and teachers

Capitation Free Merit based student  
enrollment at all levels

Highest accreditation from a National Agency

Research unit



**SIES**

RISE WITH EDUCATION

NAAC REACCREDITED "A" GRADE

College of Arts,  
Science & Commerce  
(Empowered Autonomous)

**SIES College of Arts,  
Science & Commerce**  
(Empowered Autonomous)

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