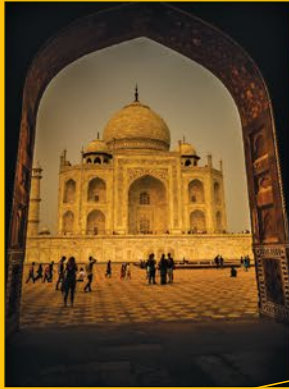
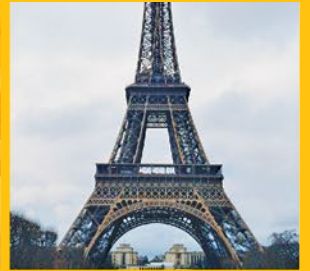




DAKSHINAYANAM

Volume 58, 2017-18



TRAVEL AND CUISINE



Highlights

The college received a fund of ₹ 77 lakhs under the STAR Grant sanctioned by Department of Biotechnology, Government of India.

The college was granted the Fund for Improvement of S&T Infrastructure (FIST) grant of ₹ 95 Lakhs by Department of Science and Technology.

The college has acquired NPTEL Local Chapter title with “AA” grade and is one among the top 100 NPTEL Local Chapters listed in the National-level Portal.

Mr. Amit Patil is the Biochemistry University Ranker in TYBSc April 2017 examination.



Ms. Akshaya Warang, Ms. Pujitha Jillella, Ms. Simrin Shetty & Ms. Rucha Kanolkar won the Championship Trophy in the Inter collegiate Badminton tournament conducted by the University of Mumbai.



Shalmali Zankar, SYBMM, won Maneka Trophy for excellence in Katthak in Youth Fest, University of Mumbai

Mr. Gagan Kumar was selected to represent the University of Mumbai in the All-India Inter University Fencing tournament held in Amritsar.

L/CPL Anurag Tiwari won the Silver Medal at All India Thal Sainik Camp in Health & Hygiene held at New Delhi.



Ms. Poorni Rajuswamy was selected to represent University of Mumbai in the All-India Inter University Fencing tournament held in Kerala.

Prominent dignitaries such as Rajya Sabha MP Vinay Sahasrabudhe; Poonam Mahajan, MP; Minister of State for Home (Rural), Finance and Planning Deepak Kesarkar; Justice Abhay Tipsay; Actor & Director Sandeep Kulkarni; Sanjay Chauhan, Screenplay writer; etc visited the college on different occasions.



CJUO Rohit Sharma was selected to be part of the Republic Day Contingent 2018 from Maharashtra Directorate. He had the honour to be the only cadet selected from Maharashtra Directorate for flag area.



The college organized an intercollegiate carrom tournament for the University of Mumbai from 12th February to 14th February 2018. It received entries from 268 colleges with 600 student participants.





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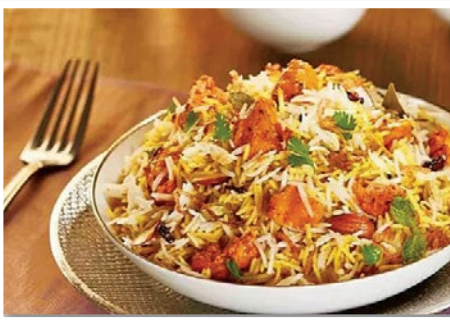
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Anmol Bhargava

Suzanna Samson

Kavya Ram

Cover Page Design

Shweta Kushe

Cover Photos

Dr. Vanita Banjan

Shivani Mahesh

Anchita Vijayaraghavan

Suzanna Samson

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Illustrations

Sagar Dethe

Apurva Shinde

Photography & Videography

Mitali Muralidhar

Nishant Batheri

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SIES

RISE WITH EDUCATION

College of Arts,
Science &
Commerce

SIES College of Arts, Science & Commerce

Sion West, Mumbai - 400022,

Tel.: 2407 2729, Fax: 2409 6633.

Website: www.siesascs.edu.in,

Email: siesascs@siesascs.net

From the Principal's Desk ...



Yet another year filled with academic programmes and events made a hallmark for our institute. More than ten departments organized National seminars / conferences on some of the most interesting and relevant themes. Distinguished personalities visited our college and shared their pearls of wisdom, these interactions were truly enriching. We have also made our mark in the field of sports and culture. Gagan Kumar and Poorni Rajuswamy were selected to represent Mumbai University in the All-India Inter University tournament.

The Indian society is changing at a rapid pace. We now find ourselves in a transitional phase where students are in a perpetual dilemma between modernity and tradition, living in a virtual world building their relationships

on social media. This onslaught of technology has resulted in the loss of human element from civilization. Hence, we, at SIES, make a sincere effort to bring back this lost element by imbibing values in our students through Value Lab. We have also involved a large number of our students in our Institutional Social Responsibility program (ISR), wherein students are sensitized to the greater social cause of serving humanity.

In a world of fleeting moments, where nothing seems certain, integrity, compassion and honesty of purpose are the only anchors of positive energy that we can utilize to move forward. SIES has set a mission for 2025 as the 'Admired' institution. We shall also contribute in the coming years towards the same goals and it is with this knowledge that we proudly march ahead. Such admiration arises from our firm resolve of not compromising on our core commitment to academics. Yet, the very foundation of this commitment lies on our student community. It is only when we walk hand in hand, that we can attain the goals that we have set out for ourselves. Thus we progress not through improving upon what has been done earlier, but by reaching toward what has yet to be done, by redefining our goals with greater conviction and confidence. Let us pledge to be sincere in our efforts and unstoppable in our actions. We shall utter most kind and gentle words which can be short and easy to speak, but whose echoes' are truly continuous.

A Buddhist proverb says -

*If you want to know your past,
look into your present conditions.
If you want to know your future,
look into your present actions."*

Best wishes to my colleagues and dear students,

Dr. Uma Maheswari Shankar

Principal



Staff Editorial



From left to right - ShaileshKumar Dubey, Sudha B, Rashmi Bhure, Manju Phadke, Varsha Muley, and Seema C.

The United Nations declared 2017 as the 'International Year of Sustainable Tourism for Development'. Tourism connects people and fosters better understanding of culture, heritage and people. What's more travel opens up the mind, body and soul. It's a scientifically established fact that travel is good for health it and acts as a stress buster. Food is an integral part of any travel. While on a tour exploring the local cuisine of various destinations is a fascinating experience. Travel to different environments boosts your immune system by exposing you to different kinds of antigens, not to mention the special kind of street food each region offers, which only helps in strengthening your gut!

The team Dakshinayanam was inspired by the UN theme and decided to enter the captivating world of travel and cuisine. Our student writers will take you on a journey of different exotic locales and surely your taste buds will be tempted after reading articles on Indian and world cuisine.

From tracing Hitler's diet to exploring New York pizzas, from mastering the art of budget travelling to star gazing, this year's literary section will be a voyage of intrigue.

In keeping with our past tradition this year again we have introduced some new flavours to the magazine. To go with the theme we are presenting a melting pot of Indian flavours with international garnish by publishing articles in multiple languages such as English, French, German, Hindi, Marathi and Tamil. Hope our readers enjoy reading this year's colourful and vibrant edition of Dakshinayanam.

*Dr. Rashmi Bhure & Dr. Manju Phadke
Staff Editors*

Student Editorial



*From left to right -
Top row - Suzanna Samson, Nidhi Menon, Sukhada Gole, Shweta Kushe (Student Editor) and Carol Coutinho.
Bottom - Kavya Ram, Meghna Sunil, Anmol Bhargava and Anchita Vijayaraghavan.*

College magazines are supposed to be wildly uneven accounts of campus life, with their typical mix of humour and high thinking, frivolity and ideology and, of course, a stern preface from ‘authorities’. But, in today’s testing times, college magazines stand as the harbingers of freedom of expression; they represent the sharp voices of student opinion, journalism and sentiment. The Editorial Team expresses its sincere pride in continuing one of Mumbai’s oldest tradition of student journalism - Dakshinayanam!

The theme for the edition of 2017-18 is ‘Travel & Cuisine’. From working on staircases to hunting for WiFi range to debating over unconventional nuances of Travel & Cuisine, this year’s curation process has been nothing short of a bizarre journey of intrigue. But all said and done, it was no doubt a task to saturate SIES’ driven and vibrant campus mood in 150 pages!

We, at Dakshinayanam, strive to provide novelty in content with every edition that we publish. This year we have articles in 6 different languages and 2 special sections namely ‘The Backpackers’ and ‘Features’. Further, we have also introduced a new series called ‘Blast from the Past’ in which we feature interesting content from the archives. Lastly, we strongly hope reading this issue will inspire you to embark on that much postponed and long awaited travel vacation. As some wise man once aptly said, “It is bad manners to make voyage wait!”

Happy reading!

Shweta Kushe
Student Editor

Send comments, reviews, questions to the editors to dakshinayanam@gmail.com

DAKSHINAYANAM
2018
ANNUAL
CONVOCATION
CEREMONY

Let's



Travel



Chief Guest Justice Abhay
Thipsay being felicitated
by Principal Uma
Maheswari Shankar



*Chief Guest Justice
Abhay Thipsay at
the Convocation
Ceremony*



Results at a Glance

Course	No. of Students Appeared	No. of Students Passed	Distinction	I Class	II Class	Pass Class	D Grade	E Grade	College %
SIES COLLEGE OF ARTS, SCIENCE & COMMERCE, SION WEST									
			O	A	B	C			
XI ARTS	313	297	57	142	84	14	-	-	94.89%
XII ARTS	309	308	102	167	35	4	-	-	99.68%
XI SCIENCE	641	621	150	311	149	11	-	-	96.88%
XII SCIENCE	633	621	170	331	115	5	-	-	98.10%
FYBA	345	175	0	12	68	67	28	-	50.72%
SYBA	254	178	0	27	35	48	42	24	70.08%
TYBA	166	137	22	55	42	12	3	3	82.53%
FYBSC	317	113	0	32	70	11	0	-	35.65%
SYBSC	309	191	5	85	50	36	15	0	61.81%
TYBSC	288	248	41	136	60	4	4	3	86.11%
FYBCOM	257	103	0	14	46	33	10	-	40.08%
SYBCOM	233	146	3	26	41	45	20	11	62.66%
TYBCOM	193	181	15	107	40	13	6	0	93.78%
FYB.SC(IT)	77	44	0	22	21	1	0	-	57.14%
SYB.SC(IT)	60	56	8	31	11	4	2	0	93.33%
TYB.SC(IT)	49	29	1	14	9	4	1	-	59.18%
FYB MS	94	82	0	39	43	0	0	-	87.23%
SYB MS	71	69	17	37	10	5	0	0	97.18%
TYB MS	65	57	1	32	16	8	-	-	87.69%
FYB MM	90	74	3	47	20	4	0	-	82.22%
SYB MM	68	54	10	28	8	7	1	0	79.41%
TYB MM	65	54	1	23	7	3	3	-	56.92%
M.SC I	110	82	2	54	24	1			74.55%
M.SC II	103	77	9	45	19	4			74.76%

Degree Toppers

Arts



Nair Arya S.
FYBA



D'souza Liza L.
SYBA



Bhavna Tejwani
TYBA



Kakalia Urveez
TYBA



Satia Kareena R
TYBA



Iyer Vaishnavi K
TYBA



Khithani Nishtha
TYBA



Nair Mridula K
TYBA

Science



**Bhayana Ishpreet
Singh**
FYBSc(IT)



**Sakharkar
Nauman Z**
FYBSc



Ravishankar Ravi
SYBSc (IT)



Olivia V Crasto
SYBSc



Ansari Mohd Faisal
TYBSc



Singh Shikha V
TYBSc



Noronha Carol C
TYBSc(IT)



Poojary Rakshith S
TYBSc



**Roy Chowdhury
Shalini**
TYBSc



Salunkhe Sayali M
TYBSc



Baig Sumaila
TYBSc



Fitwalla Azzah A
TYBSc



Sandeep Suresh
TYBSc



Kunshi Sheetal R
TYBSc



Ansari Zeeshan
MSc II (Biotechnology)



Gupta Jyoti D
MSc II (Organic
Chemistry)



Kori Ravindra
MSC-II (Physics)



More Prajakta
MSC-II (Inorganic
Chemistry)



Tadepalli Yashasvi
MSC-II (Micro
Biology)



Talreja Mayur J
MSc- II (Botany)



Pereira Neha W
MSC-II
(Biochemistry)



**Sahu Santoshi
Ramkrishna**
MSc IT-II

Commerce



Jaiswal Priyanka
FYBCOM



Akshaya Gopal Raman
SYBCOM



Shaikh Arif A
TYBCOM

BMS



Swati Shekar
FYBMS



Rishikesh K C Pramod
SYBMS

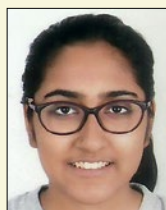


Dedhia Mayank M
TYBMS

BMM



Bushra Asif Satkhed
FYBMM



Anagha Kannan
SYBMM



**Aarthy
Ramakrishnan Iyer**
TYBMM



Ahuja Ashita
TYBMM

Junior College Toppers



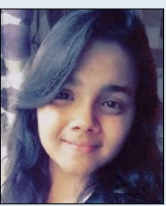
Shirely Velati
XI Arts



Hiranandani Yashvi
XI, Science



Kirti Patil
XI, Science



**Natarajan
Namrata** XII, Arts



**Revathi
Vijayaraghavan**
XII Science (IT)



Eat Cake

The definitive guide to a college kid's world of baking

I'll admit I might have taken Jeanne Ray's words a little too seriously after I read the book. My fascination with baked goods started early in life (I was a chubby child, no prizes for guessing why). And as I read *Eat Cake*, I realised how much the process appealed to me as a whole and not just the final product. Of course, I couldn't do anything about the fascination until I was allowed in the kitchen without adult supervision. Chubby child was also clumsy child, but joke's on them, I can operate a blow torch now.

As a self-proclaimed couch potato, it surprises me that I willingly go

through a lot of effort for a cake. I read an article once, about how baking helps improve your mental health. While I would not necessarily agree with all the viewpoints of the author, I can't deny that it helps. I bake when I've had a particularly trying day or when I'm feeling low for no reason. Like any other hobby, it helps me focus my energy into something constructive. The systematic process of the action itself soothes any restlessness. Of course the stress of your cake probably not rising is a different

"A slice of cake never made anyone fat"

-Jeanne Ray

matter altogether. But that doesn't take away from the fact that baking can be therapeutic, and definitely is for me. I bake to express exasperated affection, fondness or even to bribe someone into doing my work. It works wonders with college students who seem to be always perpetually half-starved.

Now I want to tell you that the first cake I made was a disaster, and that all beginners fail blah-blah-blah, but I'm going to be smug and say that my first cake turned out fantastic. The ones



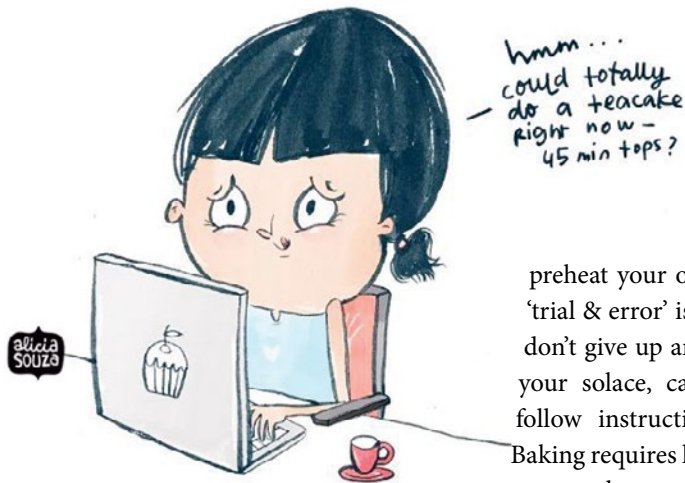
after that, not so much, but the first one always counts as monumental. Let's be honest, baking is not rocket science. If you're someone who can't follow a recipe, then boy do I have some news for you! One plus one always equals two, not bicycle. I'm here to tell you exactly what everyone else does, you can bake too! Yes, even you random 11th grader! I'm kidding, 11th graders probably don't read Dakshinayanam.

Personally, I think learning your way around the kitchen is an important skill, for men and women alike. The sheer apathy people seem to have towards cooking and baking is appalling. Everyone should know how to bake. Though it's not the most essential skill for survival, it certainly is the most indulgent. The idea of baking as evidence of a homemaker's culinary prowess is ridiculous. Nigella Lawson once very aptly said,

"Cake baking has to be, however innocently, one of the greatest culinary scams: it implies difficulty, it implies domestic prowess; but believe me, it's easy."

Is baking tedious? Yes, but it fosters patience, gives rise to curiosity (putting chocolate in lemon cake is not the best idea) and most importantly, it gives you the sheer joy of creating something. There will be a time when it's 2 AM and your assignments are driving you to the brink of insanity. But cake will always be there for you. Or brownies, if you're so inclined (wink, wink). Learn to fend for yourself, appreciate the simplicity of 1-minute mug cakes. Live your life on the edge and eat raw cookie dough. Bake a cake because you're bored (like I did), and maybe you'll find something that you truly enjoy doing.

What no one tells you about baking, is the amount of utensils you have to wash after you're done. The



IS IT ONLY ME
OR DO YOU GET
SUDDEN STRONG URGES
TO BAKE IN THE MIDDLE
OF YOUR WORK?

effort, the harried mixing and frazzled taste testing is often looked over in favour of the pretty outcome. Much like an experiment, you have to burn yourself a few times before you get it right. And if the oven's on fire, you've definitely gotten it wrong. But, who said what you bake should always be perfect to the hilt? They don't have to be as appealing as Pooja Dhingra's concoctions, or some MasterChef worthy picturesque dessert. You can make the world's ugliest cake and your friends will still appreciate it sincerely. Probably because they're broke & hungry, but they'll appreciate it regardless.

People will tell you life eventually gets better. It doesn't. Your cake is going to burn, sink, harden and come out inedible. But when it does, you don't stop baking forever. You dump that thing in the trash and you start over. Pay attention to your ingredients, check the temperature a dozen times, and

preheat your oven. The process of 'trial & error' is the core of baking; don't give up and make cookbooks your solace, cause any robot can follow instructions from a book. Baking requires heart. It might be for your mother, your significant other, a colleague that's leaving or simply for yourself, but bake for love.

"If they don't have bread, let them eat cake." Marie Antoinette never said that (she supposedly referred to brioche), but the scandal it caused is ridiculously entertaining. But historical quote or not, I like it. Baking is my solace in this insane world, where the existential crisis hits you when you're twenty. So, I'm going to live by Jeanne Ray and Marie Antoinette's words (and hopefully not get guillotined) and just, eat cake!

-Smruti Mani

TYBA - English Literature



भेट प्रत्यक्ष इतिहासाशी

के वळ वर्गामध्ये चार भिंतींच्या आड बसून शिक्षण घेण्याचे समीकरण आता बदलताना दिसून येत आहे. याच पार्श्वभूमीवर आपल्या कॉलेजमधील टी.वाय.च्या विद्यार्थ्यांसाठी प्रेरणादायी सहलीचे आयोजन करण्यात आले होते. सहलीचा मुख्य हेतूच हा होता की विद्यार्थ्यांनी चार भिंतींच्या पलीकडल्या जगात प्रवेश करून आपला जीवनाकडे बघण्याचा दृष्टीकोन बदलावा. सहलीचे ठिकाण हे महाराष्ट्रातील जळगाव हे निवडले होते. आता तुम्हालासुद्धा प्रश्न पडला असेल ना, की जळगावमध्ये प्रेरणादायी असं कोणतं ठिकाण असेल बरं ? सुरुवातीला आम्हाला सुद्धा असंच वाटलं होतं. पण जसजशी प्रवासाला सुरुवात झाली, तसतसे आमचे अंदाज खोटे ठरत गेले.

सर्वप्रथम आम्ही जळगावला जाण्याकरीता रात्री ९ वाजता लोकमान्य टिळक टर्मिनस वर भेटण्याचे निश्चित केले. त्याप्रमाणे सर्वजण भेटीच्या ठिकाणावर पोहोचले आणि एकदाची प्रवासाला सुरुवात झाली. ट्रेनमध्ये आम्ही खूप धमाल, मजामस्ती केली, जळगावबाबत बरेचसे अंदाजही बांधले. अशाप्रकारे अगदी रमत-गमत पहाटे आम्ही जळगावला पोहोचलो. रेल्वे स्टेशन वर आम्हाला नेण्यासाठी बस उभीच होती. जणू काही तिलासुद्धा आम्हाला इच्छित स्थळी पोहोचविण्याची चाई असावी.

सहलीच्या पहिल्या दिवशी आम्ही 'गांधीतीर्थ' या स्थळाला भेट दिली. तेथेच आमच्या राहण्याचीदेखील सोय केली होती. तेथील वातावरण अतिशय शांत व आल्हाददायी होते. दिवसाची सुरुवातच मंगलमय प्रार्थनेने झाली. त्यानंतर तेथील सदस्यांच्या मदतीने विद्यार्थ्यांनी व शिक्षकांनी चरख्यावर धागा बनविण्याचा अप्रतीम अनुभव घेतला. नंतर आम्ही 'जैन सिंचन प्रकल्प' पाहण्यासाठी गेलो. तेथे भवरलाल जैन यांच्या दृष्टीपथातील एक भव्य प्रकल्प साकारण्यात



आला आहे. उदाहरणार्थ, शेतीसाठी ठिबक सिंचन, तुषार सिंचनाचा वापर करणे, सौर उर्जेवर साठविलेले पाणी, उदक संवर्धन आणि शून्य कचरा व्यवस्थापन असे अतिशय महत्वाचे प्रकल्प त्यांनी राबविले आहेत. याशिवाय त्यांचे अन्नावर प्रक्रिया करणारे उद्योगकेंद्र देखील होते. तेथील स्वच्छता पाहून आम्ही सर्वजण भारावून गेलो होतो. एकंदरीतच जैन, कृषी क्रांती आणि बदलत्या अर्थकारणातील ऋणानुबंध यांचा मेळ तेथे दिसून

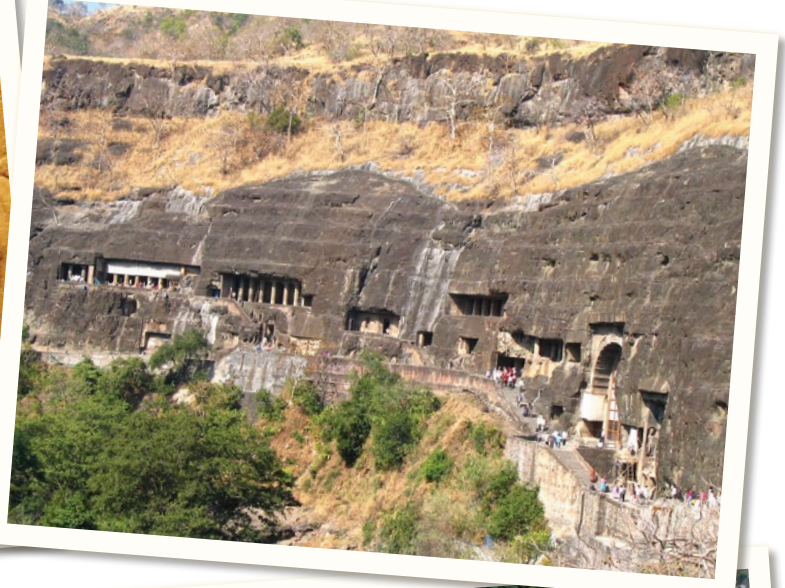


आला. त्यानंतर आम्ही 'स्परिचुअल बाग' पाहिली. तिथे प्रत्येक आध्यात्मिक मूल्यावर आधारित झाड लावले होते. याशिवाय अनेक

दुर्मिळ व औषधी वनस्पतींचीही तिथे लागवड केलेली दिसून आली.

थोडावेळ विश्रांती केल्यानंतर आम्ही गांधींच्या जीवनावर प्रकाश टाकणाऱ्या संग्रहालयाला भेट दिली. ते गांधींच्या आयुष्यावर अभ्यासासाठी जगातील सर्वात मोठे असे ऑडीओ-व्हिड्युअल संग्रहालय आहे. २०१२ साली भारताच्या उपराष्ट्रपती प्रतिभाताई पाटील यांच्या हस्ते गांधीतीर्थचे उदघाटन करण्यात आले होते. याची रचना ही अतिशय टिकाऊ अशा जोधपुर दगडापासून वैज्ञानिकरित्या केली आहे. गांधीतीर्थ मध्ये मोठे सभागृह व प्रेक्षागृह देखील होते. तेथील वाचनालयात खास विद्यार्थ्यांना उपयुक्त म्हणून गांधीजींवरील काही ऐतिहासिक दस्तऐवज जतन करून ठेवले आहेत. याशिवाय तेथे खादीचे कपडे, हातमागावर तयार केलेल्या भेटवस्तू आणि गांधींवरील साहित्य असलेले एक दुकानही होते. गांधीतीर्थ मध्ये एकूण तीस विभाग होते आणि प्रत्येक विभागामध्ये ऑडीओ-व्हिड्युअल सिस्टीम, टच स्क्रीन, बायोस्कोप या आधारे





महात्मा गांधीजींचे आयुष्य आम्हाला समजावून सांगितले. एकूणच गांधींचा मोहन ते महात्मा असा परिवर्तनपर प्रवास आम्ही अनुभवला. त्यानंतर तेथील सदस्यांसोबत विद्यार्थ्यांनी चर्चादेखील केली. त्यांनी गांधीतीर्थ मध्ये राबविले जाणारे उपक्रम व विद्यार्थ्यांसाठी उपलब्ध अशा खास कोर्सेसची माहितीही सांगितली. महत्वाचे म्हणजे तेथे गांधींच्या अस्तित्वाचा जिवंतपणा सर्वांनाच जाणवत होता. त्यानंतर रात्री आम्ही सर्वांनी एकत्र बसून खूप गप्पा मारल्या. प्रत्येकजण त्यांनी अनुभवलेल्या इतर प्रवासाच्या काही आठवणी सांगत होते. यातूनच प्रवास आपल्याला खूप काही शिकवतो याचीच आम्हाला जाणीव झाली.

दुसऱ्या दिवशी आम्ही सर्वजण अजिंठा लेणी पाहण्याकरिता गेलो. अजिंठा लेणी समूहामध्ये एकूण २९ लेणी आहेत. या लेण्यात गौतम बुद्धांच्या विविध भावमुद्रा आणि बौद्ध तत्वज्ञान हे शिल्परूपात कोरले आहे. उनेस्काने अजिंठा लेणी हे 'जागतिक वारसा स्थान' म्हणून घोषित केले आहे. अशाप्रकारे तेथील अविस्मरणीय लेण्या पाहून व त्याचा इतिहास ऐकून सर्वजण चकित झाले होते.

त्यानंतर आम्ही "दीपस्तंभ" या बहुउद्देशीय संस्थेला भेट दिली. ही संस्था दिव्यांग विद्यार्थ्यांकरिता देशातील पहिली निवासी स्पर्धा परीक्षा व कौशल्य प्रशिक्षण केंद्र म्हणून ओळखली जाते. तेथे गेल्यावर आम्हाला फार मोठी शिकवण मिळाली. तेथील विद्यार्थ्यांच्या चेहऱ्यावर एक वेगळेच तेज होते. त्यांच्याकडे असलेला आत्मविश्वास पाहून आम्ही थक्क होऊन गेलो. अनंत अडचणींवर मात करत तेथील विद्यार्थ्यांना आनंदाने जगायला शिकवणारे

यजुर्वेद महाजन सरांनी या संस्थेची स्थापना करून आपल्या देशासमोर एक वेगळा आदर्शच ठेवला आहे. आपल्या समाजात अंध व अपंग व्यक्तींकडे दयेच्या नजरेने पाहिलं जातं. त्यामुळे त्यांचा दृष्टीकोन नकारात्मकतेच्या दिशेने झुकतो. याचाच परिणाम असा की हे विद्यार्थी प्रशासकीय सेवेत उच्च पदावर दिसून येत नाहीत. म्हणूनच अशा विद्यार्थ्यांसाठी तेथे खास 'मनोबल' केंद्राची स्थापना करण्यात आली आहे. गरीब व दुष्काळग्रस्त भागातून येणाऱ्या विद्यार्थ्यांसाठी 'गुरुकुल'ची स्थापना केली आहे. याशिवाय आपल्या देशात १८ वर्षांखालील मुलांना अनेक सुविधा उपलब्ध आहेत. बालसुधारगृहात त्यांची व्यवस्था होऊ शकते. परंतु १८ वर्षांवरील मुलांना बालगृहातून बाहेर पडून आपल्या पायावर उभे राहावे लागते. अशावेळी मार्गदर्शना अभावी त्यांचे आयुष्य भरकटण्याची दाट शक्यता असते. म्हणूनच अशा मुलांसाठी 'दीपस्तंभ' या संस्थेने 'संजीवन' हा प्रकल्प सुरु केला आहे. आपण समाजाचे काहीतरी देणे लागतो या भावनेतून त्यांनी ही संस्था स्थापन केली. त्यांचे हे बोल ऐकून अक्षरशः आम्ही भारावून गेलो होतो. योगायोगाने त्या दिवशी शिक्षक दिन होता. तेथील सर्व मुलांना



महाजन सरांना काहीना काही सांगायचे होते. तेथील मुलांसाठी महाजन सर म्हणजे; देवाचे जणू एक रूपच होते ! ज्यांनी त्यांच्या आयुष्यात प्रकाशाची ज्योत आणून त्यांच्यामध्ये जगण्याची एक नवी उमेद निर्माण केली होती. हे सर्व पाहून आम्हा सर्वांचेच डोळे पाणावले होते.

स्वतःसाठी तर सर्वच धडपडतात; परंतु इतरांसाठीही थोडं करूया ! देण्यातूनच आपल्याला खूप काही मिळते... आनंद, समाधान, आणि सेवेची संधी मिळते. हीच शिकवण घेऊन व जगण्याचा एक वेगळाच दृष्टीकोन आत्मसात करत आम्ही परतीच्या प्रवासाला निघालो.

-सुखदा गोळे

टी.वाय. बी.ए. - राज्यशास्त्र



En Faire tout au Fromage

Le fromage est si important en France, même l'examen de citoyenneté comprend quelques questions sur le fromage

Le fromage est un produit ayant des propriétés fondantes qui peuvent rendre nos cœurs à fondre. Vous rappelez-vous quand vous voyez le fromage fondre dans un hamburger ou une pizza et vous pouvez vous entendre dire « JE VEUX DU FROMAGE ». Ce n'est pas différent que le coup de foudre. Avez-vous rencontré quelqu'un qui n'aime pas le fromage? Le fromage est quelque chose que les post millénaires ne peuvent pas éliminer de leur repas.

Grâce à la personne responsable de l'invention du fromage.

Les archéologues assument que le fromage a été découvert accidentellement par un marchand arabe qui voyageait à travers le désert. Le lait a été entreposé dans l'estomac de lavache qui a introduit des enzymes appelées 'la présure'. Cette enzyme sépare le caillé et le petit-lait. Personne ne sait quand ceci s'est passé. Les fromages dans l'anciens temps étaient très différents. En 9000 B.C.E,

le caillé sèche étaient plus appropriés que le lait et le yaourt. Ils étaient moins vulnérable et plus portable que les autres produits laitiers.

L'art du fromage a prospéré au début de l'Empire Romain. Les Romains ont développé différentes variétés de fromage qui sont populaires, même aujourd'hui. Ils ont aussi exportés des fromages aux pays autour de la mer méditerranéenne. Ils ont appris à produire des fromages qui ne se gâtent pas. Les Romains ordinaires



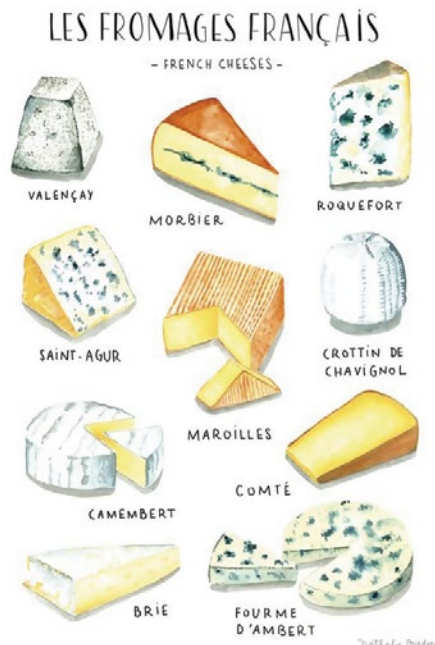
l'ont consommé avec du pain et des olives dans leur petit-déjeuner.

Il est juste de dire que le fromage était bien établi dans les menus des Romains. Mais avec le déclin de l'Empire Romain, les moines des monastères en Moyen-Âge étaient les innovateurs du fromage.

Des variétés classiques de fromage ont été développées à la fin du Moyen-Âge. Ils sont très populaires, même aujourd'hui. Par exemple, Cheddar a été développé en 1500 B.C.E.. Il est très populaire aux États-Unis. Il a été apporté aux États-Unis par des immigrants anglais. Il est le plus populaire au Royaume-Uni depuis 1170 A.C.E. lorsque les approvisionneurs royaux d'Henry II, ont apporté des tonnes de Cheddar d'un village anglais, Somerset. Au nord, les Hollandais ont également eu le même succès avec le fromage en 1697. Le paneer d'Inde est dérivé d'un processus dans lequel le citron pressé est ajouté au lait. Cette coagulation satisfait les besoins des végétariens en Inde. Une autre variété de fromage est Parmigiano-Reggiano (Parmesan) qui a été développé en 1597. Il est né en Italie et il est riche en vitamines, en phosphore, en calcium et en minéraux.

Au cours de la période de Renaissance, la popularité du fromage a diminué et les gens croyaient qu'il était mauvais pour la santé. Ce n'est pas vrai. Le fromage est très délicieux et il est plein de nutriments. Il est aussi assumé que le fromage peut produire l'obésité. Le fromage lorsqu'il est consommé avec modération, il est très bon pour la santé.

Depuis Renaissance, le fromage a repris sa popularité, après l'établissement de la première usine en Suisse en 1815. Et plus tard,



les Norvégiens ont suivi la même tendance. En 1851, la production de fromage a commencé à New York lorsque Jesse Williams a construit la première usine de fromage aux États-Unis. Cette usine distribue du fromage en boîte. Mais récemment, la tendance du fromage Artisan est revenue.

Au 21^{ème} siècle, le fromage est la plus rentable industrie du monde. Il augmente continuellement en raison de l'augmentation de la consommation pour les nouvelles variétés des nourritures où le fromage est le plus important ingrédient. Par exemple pizza et pasta. Le fromage a rendu les pizzas et les pâtes très célèbres. Mozzarella et Cheddar sont deux types de fromage utilisés ici. Ce sont les deux fromages les plus préférés par les jeunes urbains. Quand nous pensons à l'Italie, la première chose qui vient à l'esprit est la nourriture italienne. Quand nous pensons à la Suisse, on veut bien les Chocolats Suisses. Mais la France Elle est la capitale du fromage. La France a contribué les principes de la liberté, de l'égalité et de la fraternité. Mais

selon moi, le fromage est l'un des plus grands contributions.

Les Romains introduisent l'art de la fabrication du fromage en France et en Grande-Bretagne. Depuis les Romains, le fromage est une partie de leur mode de vie, de leur culture et fait partie intégrante de leur table de la salle à manger.

Avec le déclin de l'Empire Romain, les anciennes colonies ont développé et produit le fromage à l'échelon local. Et en France, la tradition du fromage du terroir est arrivée. Le fromage est souvent accompagné d'un verre de vin ou de pain. Comme les vins, chaque fromage régional a un goût différent. Par exemple, le Nord-Ouest de la France et Paris produit une bonne qualité de Brie et de Camembert. Le Roquefort est produit en Midi-Pyrénées. Il est fait du lait de vache. Les pays voisins influencent aussi la culture fromagère française.

L'Espagne, l'Italie et la Belgique ont une tradition fromagère unique, appelée 'Comté'. Cette tradition est célébrée dans la région Alpine, à côté de la Suisse.

La tradition du fromage est très riche en France. Un proverbe français dit « Un fromage par jour de l'année ». C'est très moins. Traditionnellement, il y avait environ 350 à 400 variétés de fromages. Mais aujourd'hui, nous avons près de 1000 variétés. C'est beaucoup de fromage mais il semble que nous n'avons pas assez de fromage.

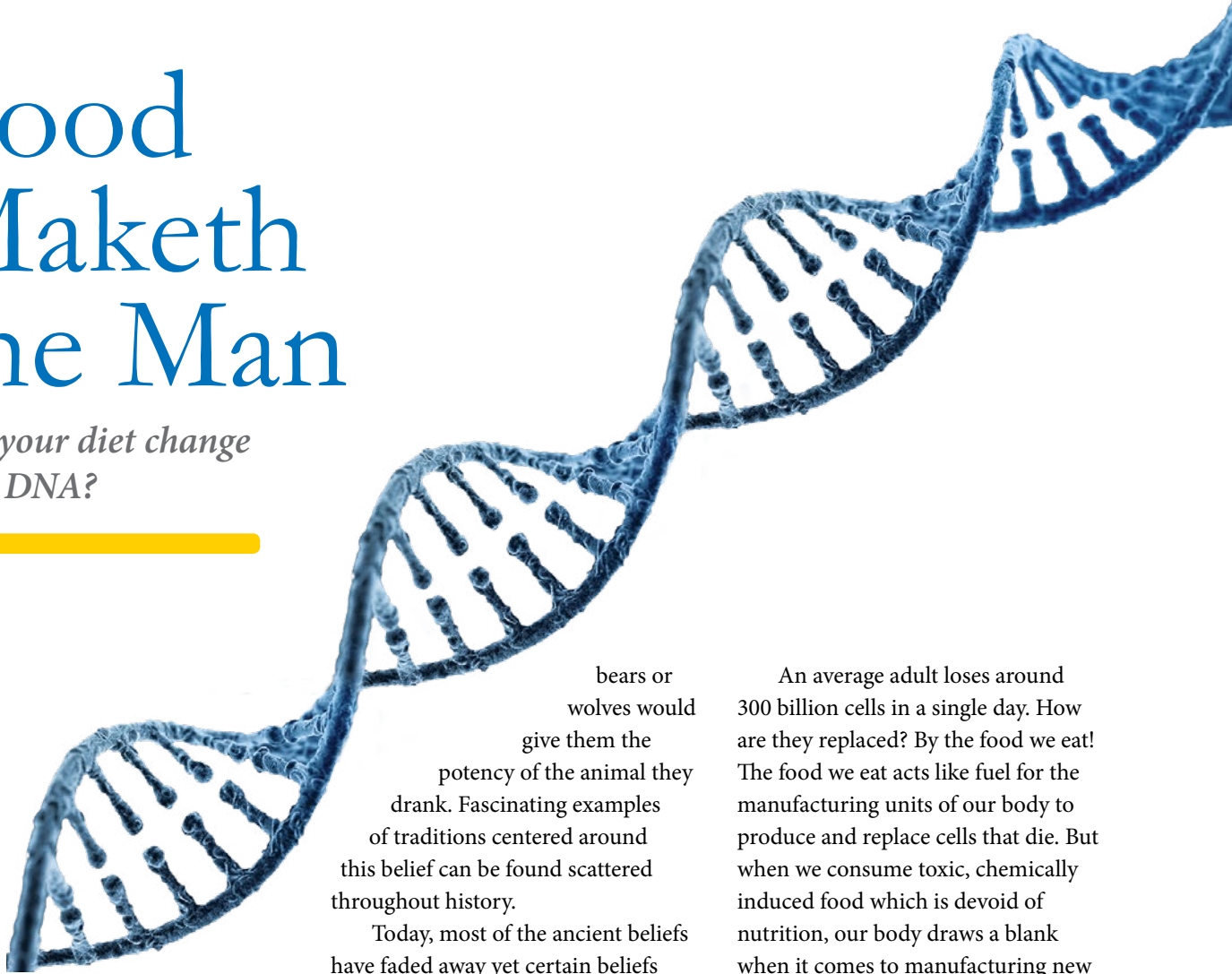
En France, on dit « Un repas sans fromage est comme une belle fille sans un œil ».

-Heetarthi Jodhani

SYBA

Food Maketh the Man

Can your diet change your DNA?



bears or wolves would give them the potency of the animal they drank. Fascinating examples of traditions centered around this belief can be found scattered throughout history.

Today, most of the ancient beliefs have faded away yet certain beliefs related to the phrase “You are what you eat” still exist. So, what exactly does this phrase mean? The meaning is very simple. If you eat healthy food, you will look and feel healthy. The same goes for unhealthy food. You are what you feed your body with.

What you eat gets added up to the composition of your cellular membrane, to those little blocks of your entire body; the little blocks which make up your bones, organs, muscles and brain which are affected by food you consume.

An average adult loses around 300 billion cells in a single day. How are they replaced? By the food we eat! The food we eat acts like fuel for the manufacturing units of our body to produce and replace cells that die. But when we consume toxic, chemically induced food which is devoid of nutrition, our body draws a blank when it comes to manufacturing new and healthy cells. It would almost sound like giving a man a broken hammer and asking him to build a castle in a desert or filling a race car with sand and expecting it to win. Our lifestyle and food choices have the capacity to alter our genetic makeup over a certain period of time. In fact, a new field called ‘nutrigenomics’ explores the role of nutrition on gene expression, merging together the science of bioinformatics, nutrition, molecular biology, genomics, and epidemiology.

The phrase “You are what you eat” has been the cornerstone of a number of cultures around the world through the course of history. The ancient Aztecs resorted to eating the brain of a rival, in order to gain the wisdom and knowledge of the enemy. In India, certain communities refrain from eating onion and garlic, as they believe food with strong odour leads to aggressive behavior. The Nordic Vikings are of the opinion that drinking the blood of



Our body carries out gazillion tasks every second with cells. Thus, another important phrase commonly known is ‘Our body is a temple’. Only, instead of putting clean and useful fuel in the machine, we put in unwanted junk and expect them to convert it into a masterpiece. Though, our body is pretty intelligent and figures out how to replace our cells to some extent despite our poor food choices, it can only improvise on the making of a masterpiece for a limited span before it runs out of ideas. Eventually, eating junk and processed food will undoubtedly lead to production of unhealthy cells. While genetically modified nutritious food leads to a genetically modified you. Now, the validity of GM crops is long questioned by scientists around the world. One section of the scientific community claims that transgenic crops are unsafe because the genes inside strands of DNA are

more complicated than we humans realise; until 6 decades ago, scientists didn’t even know what the DNA looked like! Splicing genes might lead to dangerous side effects or even toxicity that may emerge only later on. In today’s time, to determine whether consumption of GM crops can lead to major changes in human DNA is close to impossible.

Research shows that only 5% of disease-related gene mutations are fully deterministic, while 95% can be influenced by diet, behavior, and other environmental conditions. We are not at the mercy of our genetics, in fact we are the users and controllers of our genetic makeup. We have the choice to determine our health by regulating what we eat. Eating junk food and making unhealthy lifestyle choices can very much wreck havoc on the very base of our biological composition. Healthy eating and wellness aren’t just hoaxes, they exemplify a similar

ideal as epigenetics: your DNA can be altered by your own actions, not necessarily via advanced scientific alteration techniques but simply but by what’s on your dinner plate.

So drink clean water and eat fresh vegetables, fruits, nuts & seeds. Allow your digestive system to work in the way it was created to, by reducing chronic inflammation with a better nutritious diet backed with some moderate daily exercise. By so doing, you will be able to extract more of the good stuff out of your food and your body will also be able to excrete the unwanted stuff with more ease. More than 300 billion cells depend on the fuel you provide your body. Make sure you pamper it with its basic needs.

In short, food maketh the man!

-Athira Babu
SYBSc - Biotech



पुलंची प्रवासवर्णने



विजेते कलाकाराचा राष्ट्रीय व आंतरराष्ट्रीय घडामोडींचेही अध्ययन सामोरे येते. पु.ल. देशपांडे यांच्या प्रसिद्ध कादंबऱ्या म्हणजे 'असा मी असामी', 'बटाट्याची चाळ', 'व्यक्ती आणि वल्ली' आणि अशी अनेक पुस्तके. परंतु त्यांची प्रवासवर्णने आणि आलेले अनुभव हे 'पूर्वरंग', 'अपूर्वाई' अशा पुस्तकांमध्ये आढळून येतात. मग तो प्रवास भारताच्या राज्यांचा असो, आशिया खंडातला असो, किंवा युरोप खंडाचा असो जो पर्यटनाचा दस्तुरखुद्द मानला जात असे. 'पूर्वरंग' मध्ये केलेल्या वर्णनात बदललेल्या मुंबईचे चित्र दिसून येते. संयुक्त महाराष्ट्राची स्थापना

झाल्यापासून मुंबईतला समाज, जीवनशैली, लोकसंख्या यात घडून आलेले बदल आणि त्याचा सखोल अभ्यास निदर्शनास येतो. आपल्या देशात इंग्रजी ही केवळ नाईलाज असेल तरच बोलण्याची भाषा आहे, असे मत दर्शविताना, मुंबईचे शहरीकरण आणि पाश्चात्यकरण या दोन गोष्टी पुलंच्या प्रवासवर्णनात आढळतातच. सफर करायला निघाल्यावर त्यांना भासलेल्या अनेक गरजांपैकी एक मुख्य गरज म्हणजे समान धर्मीय प्रवाशी. समान उगम असलेल्या किंवा समजातीय सहप्रवाशाचा अभाव असला तर प्रवाससुद्धा कंटाळवाणा वाटतो, असे त्यांचे मत आहे. परदेशाबद्दल मनातील असुरक्षितता वेळोवेळी नजरेत खटकली. त्यांनी एकदा त्यांच्या अनुभवाचे वर्णन केल्याप्रमाणे मलेशियात मुक्काम असताना, पोर्ट दिक्सला जाताना त्यांची तपासणी झाली होती. तपासणीच्या दरम्यान त्यांच्याकडे एक मराठी मासिक आढळून आले. तिथल्या रक्षक साहेबांनी ते मासिक उलट-सुलट करून ते कम्युनिस्ट मासिक नाही ना, याची खात्री पटल्याशिवाय त्यांना प्रवेश करू दिला नव्हता.

अशा या देश-विदेशाच्या प्रवासात, पाश्चात्य संस्कृतींनी रंगविलेला चप्पा काढला की कमी नावाजलेले देश पण किती सुंदर आणि सांस्कृतिक वारसा जपणारे आहेत हे प्रामुख्याने जाणवते. अशाच एका पुलंच्या प्राथमिक अनुभवाचे कथन म्हणजे, ते जेव्हा इंडोनेशियाला गेले होते तेव्हाचा. तिकडच्या लोकांनी डच लोकांबरोबर, डच भाषेचेही उच्चाटन केले आणि राष्ट्रभाषा म्हणून 'बहासा' अंगिकारली. इंडोनेशिया हा देश आंतरराष्ट्रीयरित्या पुढारलेला मानला जात नसला तरी, व्यक्तिशः हा देश पाहिला की कळून येतं की हा देश प्रचंड मोठा आहे, विविध भाषा आहेत परंतु तरीही संपूर्ण राष्ट्र एका भाषेला बांधील आहे. साम्राज्यशाहीचे अत्यंत लाजिरवाणे धैमान कुठे झाले असेल तर ते इंडोनेशियात. अशा इतिहासानंतर क्रांती करून आज इंडोनेशिया संयुक्त देश आहे आणि संस्कृती जपून आहे हेदेखील तितकाच महत्त्वाच आहे. रंगभूमीशी परिचय असल्यामुळे लोककला त्यांना कायमच प्रिय होती. विविध प्रकारच्या लोककला देखील त्यांनी पाहिल्या आणि त्याचे उत्कृष्ट वर्णनसुद्धा केले. बाली मधले नाटक याचे वर्णन विस्मयकारक आहे. तिथे नाटक हे धर्म अशा भावनेने सदर केले जात असे. म्हणूनच रंगमंच कसाही असो, नाटक सुरु झाले की माणसे अंगात आल्यासारखी चोख सादरीकरण करायची.

अशाप्रकारे प्रवासामुळे पु.ल.देशपांडे यांना असंख्य अनुभव आले आणि त्यांनी ते कौशल्यपूर्णरित्या मांडले देखील. पण पु.ल. देशपांडे यांना आजही केवळ विनोदनिर्मितीसाठीच ओळखले जाते. त्यांची प्रवासवर्णने ही बाजूला राहतात. परंतु ही प्रवासवर्णने देशाची संस्कृती, भूगोल, राज्यशास्त्र, इतिहास, हे अभ्यासायला अत्यंत महत्त्वाचे ठरतात.

-शिवांनी सप्रे

टी. वाय. बी. ए. - मानसशास्त्र

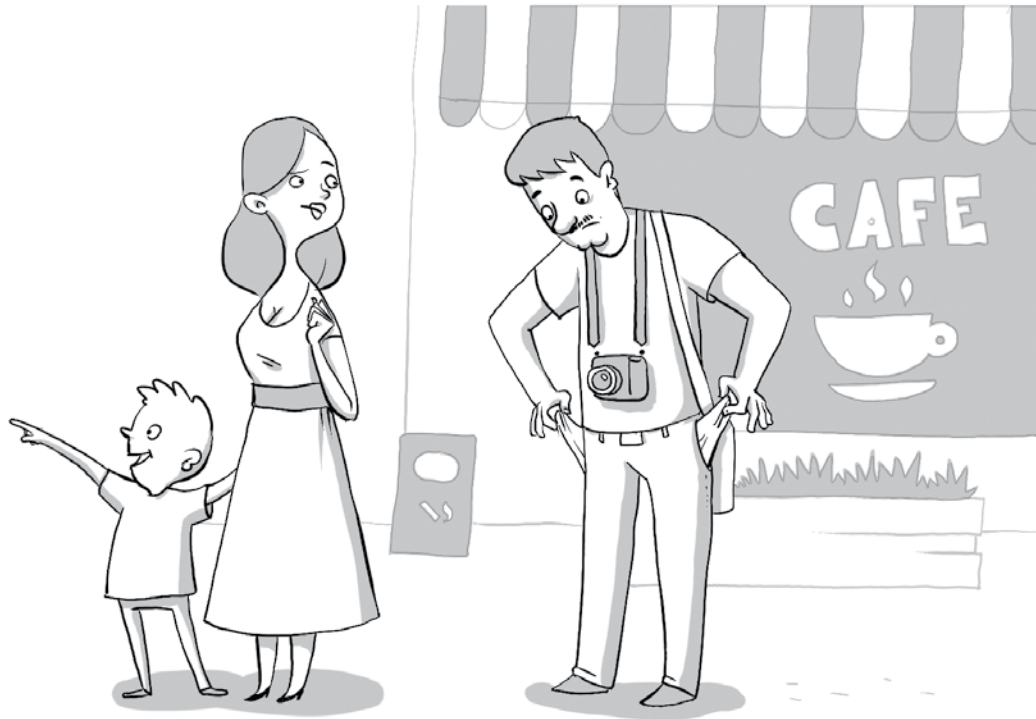


पु ल. देशपांडे म्हणजेच एक लोकप्रिय मराठी लेखक, नाटककार, नट, पटकथाकार, दिग्दर्शक आणि बरंच काही. पु.लं ची व्याख्या

द्यायची म्हणजे गद्य मराठी भाषेच्या साहित्याची व्याख्या. पु.लं.नी ज्या क्षेत्रात काम केलं, तिथं त्यांनी यशसंपदा मिळवली. मग ते चित्रपट असो किंवा एकपात्री अभिनय. अशा या अष्टपैलू कलाकाराचा जन्म ८ नोव्हेंबर १९१९ मध्ये मुंबईत झाला. शालेय शिक्षण झाल्यावर त्यांनी फर्ग्युसन महाविद्यालयात पुढील शिक्षण घेतले. साहित्य क्षेत्रात प्रवेश करण्यापूर्वी, शिक्षण क्षेत्रात प्राध्यापक म्हणूनही आपले योगदान दिले.

पु.ल.देशपांडे साहित्याकारांमध्ये सुविख्यात तर होतेच; परंतु सामान्य लोकांमध्येही त्यांना प्रसिद्धी मिळण्याच मुख्य कारण म्हणजे त्यांच्या लेखनशैलीतला विनोदाभास. त्यांच्या लेखन किंवा कथाकथनाचा भर जरी विनोदावर असला तरी त्या मागचा अभ्यास आणि मुख्य म्हणजे त्यांना प्रवासामुळे आलेले अनुभव हे तपशिलात विश्लेषण केल्यावर आढळते. अजून सखोल पृथक्करण केल्यावर या संगीत नाटक अकादमी





Adventures on a Shoestring Budget

*Low-budget travelling:
for the pauper in you.*

There have been many nights where I have found myself lying on the bed lost in thought, wondering, what must it be like to just pack up and leave. To head off towards the unknown and leave everything to destiny, to wander across the globe without a care in the world and to live with the excitement of not knowing what comes next. Of course, in an ideal world, with an unlimited supply of cash, this would have been my life.

Like so many others, I too have been exposed to stories of people who have acted on this utopian idea, and have made it a reality. Living in the 21st century, it's hard to miss

out on such narratives, especially with the increasing use of social media. Contemplating on these tales, usually sets off a chain of thoughts, where I would imagine everything I would have done, had I been on that trip, right down to the finest detail. However, while inhabiting the real world, with restricted resources, entertaining such an idea would be futile, or so I thought. That was until I discovered the world of 'budget travelling'.

Budget travel, like the name suggests, is about getting the most thrills or kicks out of one's trip with a limited spending amount. However, limiting one's cash flow, doesn't

necessarily mean a compromise in the quality of the vacation. It simply means smart spending.

The first and foremost step in budget travelling, needless to say, is determining a budget. The rest is smooth sailing from then on – visit a travel agency and they will do the needful. However, if you belong to one of those exploratory group of people, who wish to perform all of the hard tasks, such as hotel bookings, sightseeing reservations, itinerary formation, transportation, etc., by themselves, well then, the internet is your new best friend, i.e. if it isn't already. Speaking of transportation, opting for local rides instead of air



transport where ever possible, is a much more convenient and cost-effective option. Being on the road with nothing but miles and miles of winding lanes, flanked by wilderness on both sides, is a more scenic alternative, as compared to air travel, which is, in the words of Al Boliska, “hours of boredom, interrupted by moments of stark terror.”

The weather is another crucial element that should be taken into account while planning a trip. It certainly would be foolish going to South India in April or May, sweating it out and longing for an AC room, when the same trip can be planned in winter where accommodation would be accompanied with nature’s coolness and refreshing winds. Of course, as always, opinions differ, as do budgets. For one person, a budget might be Rs. 4000/- a day, while for another it could be Rs. 1000/- a day. However, ingenuity comes into play when the latter experiences the same satisfaction and thrill like the former. All that it

depends on is how skillfully inventive a person can be to create his own thrills.

The best way to explore a new place is by just walking around. It not only helps you familiarize yourself with the locality, but also helps you get a rustic feel of the culture. There’s nothing wrong in bringing out the inner hippie within you and walking around a bit. Further, is it always necessary to go to an extravagant restaurant to gorge on good food, when the local dhabas or even the street vendors would dish out the best aromatic local cuisine you’ve always salivated and dreamt about. The added bonus of eating at a street vendor’s stall is the conversation you can strike up with him, and if he is busy, there is always a friendly samaritan around who will be more than willing to help you. All it takes is a humble approach and a wee smile from you.

Budget travelling also requires a certain amount of vigilance, especially when it comes to planning an international trip, scheduling all

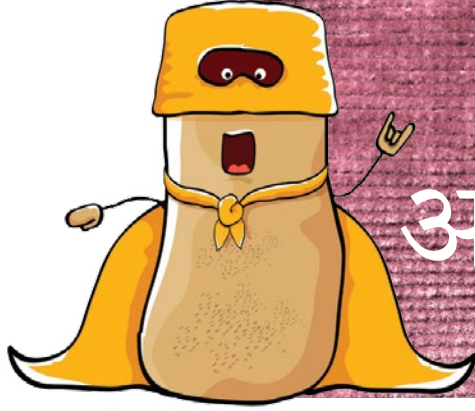
the details in advance, comparing rates and all that it entails, being alert to sudden discount packages being announced by airlines. Over-packing is a strict no – no, when it comes to travelling, as stores are available in almost all parts of the globe, thus allowing you to purchase anything necessary along the way, which would in turn save laborious weight lifting and might even end up cheaper than what it might have cost originally. Places of stay could also be compared well in advance and enquiries made to find out the best rates. Finalising could always be done later should luck favour in discovering yet another better place to stay. Interstate travel could best be undertaken during nights where you not only travel but also have a bed to rest your fatigued body.

The one aspect of a vacation that eats up most of the budget is accommodation. Hence living with family and friends in the area helps save a huge chunk of that money. There is nothing like spending the nights with them while you spend most of the day on the road. Making the most of all the social activities and drinking up all the fun. Land frolic the destination has to offer helps make sure you are out of their hair during the day.

Finally, at the end of your trip you not only feel like a very contented traveller but also a very successful one, with minimum spending, yet gaining a whole world of pleasant experiences and thrills oozing out of a very enjoyable and budgeted trip.

-Carol Coutinho, SYBA





आलू की कहानी



आलू आज हमारे खाने का एक अहम हिस्सा बन गया है। कई सब्जियाँ बिना आलू के अधूरी हैं।

आलू के बिना रसोईघर की कल्पना ही नहीं की जा सकती हैं। जब आलू के दाम आसमान छूते हैं तो पूरे देश में हंगामा मच जाता है, लेकिन आपको ये जान कर हैरानी होगी की आज से ५०० साल पहले इसी आलू का कोई अस्तित्व नहीं था। भारत में पहली बार जहांगीर के जमाने में आलू आया था। भारतीयों को आलू का स्वाद चखाने का श्रेय युरोपीय व्यापारियों को जाता है, जो भारत में आलू लेकर आए और यहां उसका प्रचार-प्रसार जमकर किया।

कैसे हुआ आलू का जन्म:- आलू का जन्म भारत में नहीं हुआ है। इसका जन्म दक्षिण अमेरिका की एंडीज पर्वत श्रृंखला में स्थित 'टिटिकाका' झील के पास हुआ था। वो समुद्र से करीब ३,८०० मीटर उँचाई पर स्थित है। भारत में आलू को बढ़ावा देने का श्रेय वॉरेन हिस्टिंग्स को जाता है जो १७७२ से १७८५ तक भारत के गवर्नर जनरल थे। १८वीं शताब्दी तक आलू का पूरी तरह से भारत में प्रचार-प्रसार हो चुका था। उस वक्त आलू तीन प्रकार के थी। पहली किस्म के आलू का नाम 'फुलता' था, क्योंकि वो आकार में गोल होता था, और तीसरे किस्म के आलू का नाम 'साठा' था क्योंकि वो ६० दिन बाद उगता था। युरोप के साथ-साथ अमेरिका जैसी जगहों पर भी आलू होता था। वही उस वक्त रूस में आलू को 'शैतान का सेब' कहा जाता था। आज सबसे ज्यादा आलू चीन में पैदा होता है जबकि इसके बाद भारत का नंबर आता है। दुनिया में गेहूँ, चावल और मकई के बाद आलू ही एक ऐसी खाद्य फसल है जो सबसे

अधिक पैदा किया जाता है।

आलू एक सब्जी है। वनस्पति विज्ञान की दृष्टि से यह एक तना है। इसका उद्गम स्थान दक्षिण अमेरिका का 'पेरू' है। यह गेहूँ, धान तथा मक्का के बाद सबसे ज्यादा उगाई जानेवाली फसल है। भारत में यह विशेष रूप से उत्तर प्रदेश में उगाया जाता है। यह जमीन के नीचे पैदा होता है। आलू के उत्पादन में चीन और के बाद भारत का तीसरा स्थान है।

दिखने में भूरा हूँ, शकल से शालू हूँ।
हाँ मैं आलू हूँ,
मुझे समोसे में है भरते
कभी कटलेट बना के तलते,
कभी मैं हूँ बैंगन का साथी ॥
कभी मटर का साथ निभाता,
कोई मुझे उबाल के खुश है,
कोई है तलकर फ्रेंच फ्राईस बनता ॥
मेरे साथ पूरी कचौड़ी खाओ
मेरे पराठे लस्सी के साथ लबाओ,
सब सब्जियों के साथ निभाऊँ,
हाँ मैं हूँ वही आलू ॥

फायदेमंद आलू:- आलू के तत्व हड्डी को मजबूत बनाते हैं। भूना हुआ आलू खाने से पेट भर जाता है और इससे आप दूसरी ज्यादा कैलरीज़ वाली चीजें खाने से बच जाते हैं। इसके फाइबर वज़न कम करने में यह सहायक है। आलू को हमेशा छिलके समेत पकाना चाहिए, क्योंकि आलू का सबसे अधिक पौष्टिक भाग छिलके के एकदम नीचे होता है जो प्रटीन और खनिज से भरपूर होता है, इसलिए इसके पौष्टिक तत्व आसानी से पच जाते हैं।

आलू के गुण:- चोट लगने पर आलू का प्रयोग करना चाहिए। कभी-कभी चोट लगने पर त्वचा नीली पड़ जाती है। नीली पड़ी जगह पर कच्चा आलू पीसकर लगाने से फायदा होता है।

झुर्रियों से बचाव के लिए आलू बहुत फायदेमंद होता है। झुर्रियों पर कच्चे आलू बहुत फायदेमंद होता है। झुर्रियों पर कच्चे आलू को पीसकर लगाने से झुर्रियाँ समाप्त होती है।

त्वचा की एलर्जी या फिर त्वचा का रोग होने पर आलू का प्रयोग करना चाहिए, कच्चे आलू का रस लगाने से त्वचा रोग में 'फायदा' होता है।

गुर्दे की पथरी होने पर आलू का प्रयोग करना चाहिए, पथरी के रोगी को केवल आलू खिलकर और बार-बार अधिक पानी पिलाकर पथरी को निकला जा सकता है। आलू के रस को शहद में मिलकर बच्चों को पिलाने से बच्चों का विकास अच्छे से होता है।

आलू की महिमा है न्यारी,
सर्वाधिक लोकप्रिय यह तरकारी !!
भूनो तलो पकाओ खाओ
आलू के पराठों का अनंद उठाओ !
आलू से मिलकर बनते ढेरों व्यंजन !
आलू के बिना समोसा नहीं बनता,
पोटेटो चिप्स का हर कोई दीवाना !
पानी-पूरी कहो या कहो गोल गप्पा,
उस में थी मसाला आलू का पड़ता !
बंगला हो या कोठी या हो निम्नवर्गीय झुग्गी,
आलू की पैठ हर रसोई में मिलेगी !!

-दिव्या कमलेश कुरील, टी. वाय. बी. ए.



Train travel is intrinsic to Mumbai. Everyday, almost 7.6 million people commute using the suburban railways to reach their destination. Being the cheapest and the fastest mode of transport, it has garnered the world's attention, giving it a sense of novelty.

From the first train that ran in Mumbai on 16th April 1953, to the last train that leaves CSMT everyday at 12.31 am, the experience of train travel has still remained as enthralling, surreal, exciting and weird as before. It is interesting how this article written in

the edition of 1960-61 is still relatable to every typical Mumbai-local traveller. (Readers are requested to consider the time-frame in which the article was originally written, i.e. early 1960s. Hence, in the text, Mumbai is referred to as Bombay.)

For Non-Bombayites, Please A slow local to Bombay's eccentricity

A Bombayite, of course, would be annoyed with my title and he may even sneer at me, but no matter what he has to say, I shall address you, the non-Bombayites.

A Bombayite is so used to the drudgeries of journey in a local train,

especially by second class, that he hardly pauses to wonder at his own capacity to forbear and withstand. Or, maybe, he takes the painful journey to and fro to be a curse which has descended on him as a retribution for the sins he committed in his previous birth.

It is the Monday morning - paradoxically enough - after the busy Sunday schedule, that puts hundreds of Bombayites on the roads for this usually unnoticed great adventure.

On one such Monday, as usual after finishing my tea and breakfast at 5 a.m., in great haste I joined the army of daily passengers marching to the station. The platform presented the familiar sight of hurrying crowds.



Have you seen a giraffe? If you haven't, go to any Bombay station and you will find scores of them! You would perhaps see, for the first time, how elastic God has made these human necks! With sharp penetrating eyes the Bombayites, short and tall, fat and thin, all crane their necks almost touching the other end of the platform to see if a train is showing up and withdraw them, dejected, in slow motion. This is done almost to rehearsed perfection.

This Monday had put me beside a posh gentleman, a dandy in an up-to-date dress. He was so engrossed in keeping off the dangling hands of the passersby and scrupulously polishing his smart dress that he didn't contribute to the craning exercise. It was also difficult for him to discipline his hair in that indifferent crowd. However, he kept up a forced smile on his face just as any Bombayite would do.

The train was about to steam in, and hundreds of craning necks were withdrawn with sighs of relief. Incidentally this withdrawal action is a sort of human indicator warning of the train's arrival. As the train moved in, the passengers used their hands, feet, their rubbernecks and all, to get into the already crowded compartments. The announcer on the mike desperately tried to regulate the crowd by shouting that they should hold back, making way for people to alight; but his voice was a lone cry destined to be drowned in the colossal confusion that resulted from the squeeze at every door. The alighting passengers, made helpless and motionless by the incoming ones, turned desperadoes. In the final push-out that took place a man carrying an umbrella was seen struggling to the last grain of his strength to come out



A Bombayite is so used to the drudgeries of journey in a local train, especially by second class, that he hardly pauses to wonder at his own capacity to forbear and withstand.

of the train. But while in action the handle of his umbrella caught hold of an innocent neck. The result could not be helped, both were out!

All this took a minute or two, and at last, the train started moving and the atmosphere inside looked peaceful again. I believe that this is a special Bombay trait. People move from chaos to order and from order to chaos like a string passing smoothly through butter, as if nothing has happened. Many even seemed to be enjoying their sandwiched journey. One was chewing 'pan-supari' with supreme bovine satisfaction. Beside him was another, a milk-man with a long mustache. Near about was my dandy friend still very occupied with the creases of his up-to-date dress which unluckily for him had been slightly ruffled during the great struggle for the survival of the fittest.

It so happened that the milk-man started dozing while standing,

which is not an unusual thing for any Bombayite to do. And his long mustache began to play with the parrot-like nose of the paan-grinder. The poor paan-grinder could not protest, for his mouth was full with paan-juice, nor stave off the intruding needle hair with his hand, for any movement with limbs needed divine intervention. And at last, the moustache decided on a final assault and in the operation entered the victim's nose, there was an explosion. Lo! What an explosion! He burst into a blasting sneeze.

It was a sight to be seen and enjoyed. The man in the up-to-date dress had been showered with red and could have easily won the first prize in any fancy dress competition! The paan-grinder's face was beaming with kindness and the eyes had a repentant look. The dynamic moustache, for having achieved its purpose, received a soft caress from its owner. Luckily, thanks to the generous wall of human flesh between scene of explosion and me, I was spared my share of paan-wash. The train rattled on till we reached our destination.

-Madhav Jadhav
Inter. Arts (1961)



Tiger, Tiger, Burning Bright

Spotting tigers is a game of choice, and how!

Travel means different things to different people. There are a few who travel out of necessity, some who travel simply for the journey, others who seek a destination, and some who travel to fulfill a certain purpose. There's one more section of travellers: the nature enthusiasts. Armed with binoculars, cameras and umpteen field guides, this species of travellers go from meadowlands to hill ranges, all in search of a Golden Fronted Leafbird at times. My aunt belongs to this category of travellers and I'm her usual sidekick on nature trips. It may seem odd at first, but there's a satisfaction in chasing butterflies, quite literally. Our travels

had quirky purposes but rewarded immense satisfaction.

It is necessary that I indulge in theatrics while I narrate this tale, for the incidents are quite bizarre. My aunt and I wished to see a tiger, the regal cat, that from the brink of extinction had been brought back to their home grounds. This motivated us to undertake our first jungle safari to Kanha National Park. Mind you, we were excited to see all the flora and fauna, but the elusive tiger was the highlight. The two of us, complete amateurs, tagged along with a group of seasoned wildlife enthusiasts. They narrated tales of tigers, referring to them with enviable camaraderie.

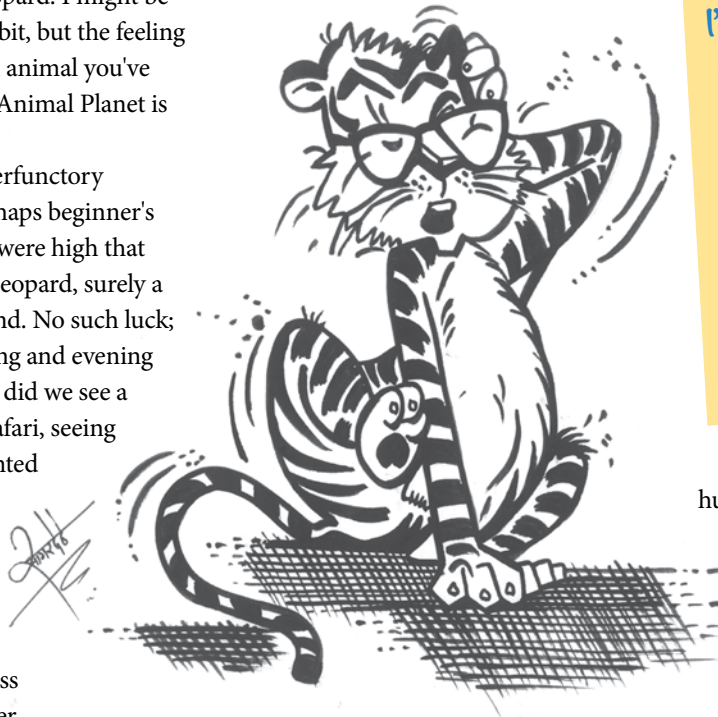
Everyday, we would be awake at 4 in the morning, and waiting at the gates of the reserve by 5. At 6 a.m. the gates opened and all the safari jeeps would set out on their day's adventure. Kanha National Park is an extraordinary forest, with evergreen sal trees and vast meadows. Driving under the canopy of vibrant green, a shower of mahua flowers also descends almost constantly. Dawn is a picturesque moment in the meadows, as herds of deer graze contently, and a lone peacock dances its welcome for the sun. The forest in itself is an aesthetic pleasure only adding to the charisma of the whole trip. Within the first hour of our first ever safari, my aunt



and I got to see a leopard. I might be exaggerating a little bit, but the feeling of actually seeing an animal you've only glimpsed at in Animal Planet is inexplicable.

The leopard's perfunctory appearance was perhaps beginner's luck, but our hopes were high that if we came across a leopard, surely a tiger would be around. No such luck; three days of morning and evening safaris and not once did we see a tiger. On our final safari, seeing my utterly disappointed face, our guides made a last-ditch attempt to spot the elusive big cat. Let me tell you, those safari jeeps are no less than any rollercoaster, given the right number of slopes and uphill climbs. We went in circles around the forest, but strangely even the deer were nowhere to be seen. The reason for the missing animals presented itself when the first hailstone hit my head. We zoomed out of the forest in a hailstorm, trying in vain to attach the jeep cover, only to be attacked by muffled hailstones. We may not have seen a tiger but the storm was a promise of more adventures.

Our tiger journey continued to Pench Tiger Reserve, where once again, the 53 tigers on the reserve collectively decided to avoid us. Pench is a part of the belt of forests spanning from Madhya Pradesh to Maharashtra. Tigers from four National Parks often wander in this tiger belt. This belt is also peculiar as each forest is different from the other; Kanha has its sal trees and mahuas, Pench has teak trees and hillocks. The one commonality is who these forests are home to: the tiger. Pench forest had high temperatures and it is advised to cover your



I'm not sure if it was the ruckus caused or the tiger's disdain for said author's works, but Gabbar decided to leave his leisure and get away from us puny humans. My aunt and I had seen not one, but four tigers and we were overjoyed.

entire face and head while in the jeep. The side effect of wearing hats and scarves is that at every one kilometre, someone lost their hat. As we traversed down the valleys of the forests, my hat flew off my head and somewhere into the forest about 3 times. Once, my hat decided to take flight at the exact moment we saw a sloth bear, and hence the hat was lost forever. Between the sloth bears, flying hats and several unique birds, the disappointment of not seeing a tiger was diminished but not gone completely.

This led to our trip to Tadoba Andhari Tiger Reserve. The hot and humid temperature of this forest is exemplified in the flowering trees called Flame of the Forest, which covers the entire park. As the wind blows, these flowers sway like licks of a forest fire. Tadoba held promise for our tiger quest, as we arrived in the heat of summer, meaning even tigers would visit watering holes and all we had to do was find a water body and stay put. This didn't work, of course,

and we were hurtling through the forest. There was only an hour left for us to return when we received an exciting tidbit of information; a tigress was resting in a grove not far away and didn't seem to be in a hurry to leave. We made it

to the spot and there were about 30 jeeps all scrambling to get the best spot to see the tigress. Now my aunt and I are short-sighted and the squabbling between jeeps didn't help us to spot the tiger. But when we finally saw her, we were awestruck. We tried to take pictures but my aunt's shivering hands sent our camera crashing to the floor of the jeep. Though we didn't get pictures of the tigress Maya, we can categorically say she marked our jeep as her territory before leaving unnoticed by the 30 other jeeps.

Witnessing Maya seemed to be our initiation into the world of tigers. We saw another tigress, Sonam, who was only spotted by our jeep. The third tiger we saw was perhaps the most memorable one. As we returned from our evening safari, news reached us that a tigress had left the reserve along with her cubs. The mother had killed a cow from the village and now the family was enjoying its outing not 2 kilometres from where we were staying. A group of us, although

warned against it, walked to where the tiger family was allegedly resting. We were greeted by the site of two police jeeps, forest guards and a couple of villagers. The forest guards created a barricade and told us to return, as with nightfall, it was too risky for civilians to be around. Just as we were leaving there was movement, and the tigress emerged from the thicket she was in. Only after she went into another grove did it sink in that she was close enough to pounce at us. Thankfully, she was just looking to spend time with her cubs and enjoy the change of scenery.

The last tiger we saw was Gabbar, a majestic male tiger, who was keeping cool in a pond. Gabbar's appearance attracted a number of jeeps, leading to bickering for the best spot. One such spat stands out in my memory; one of the jeeps had caught the prime spot to see Gabbar, and the people in it weren't even interested in admiring

the tiger, one of them instead reading a Chetan Bhagat novel. I'm not sure if it was the ruckus caused or the tiger's disdain for said author's works, but Gabbar decided to leave his leisure and get away from us puny humans. My aunt and I had seen not one, but four tigers and we were overjoyed. As we left the Tadoba forest, we had a multitude of anecdotes to share back home. These anecdotes I have narrated to all my friends, regardless of whether they were interested or were just too polite to tell me to stop talking. It was only while writing this article that I realised a few fundamental issues. With Project Tiger and specialised protected areas, India's tigers have been given a new lease of life. This created a boom of wildlife tourism; everyone from researching experts to holidaying families entered the forests to see the big cat. While tourism activities help sustain the forest, it is still sad how our

conservation has been commercialised. People in the jungle fight over where to park jeeps while a tiger ambles before them. Instead of enjoying the beauty of the forest, everyone's caught up in capturing all that they can via huge cameras. I admit that somewhere even I was bitten by the craze of wanting to see as many tigers as I can, but I'd like to think I appreciated the forest not just hunt for special fauna in its groves.

I am no expert, but if you are going on such a trip it is important to remember that the animals of the forest aren't commodities. They are creatures with a mind of their own, and they cannot be blamed for it. A forest is home to many lives, each playing its own part in the world. When entering such a place, it must be revered; and the forest will reward you with great memories.

-Nidhi Menon
SYBA



The Tiger

*“Tiger, tiger, burning bright,
In the forests of the night;
What immortal hand or eye,
Could frame thy fearful
symmetry?”*

-William Blake.

तोरणमाळ ची सफर

"आनेवाला पल जानेवाला है ।
हो सके तो इसमे जिंदगी बीता दो,
पल जो ये जानेवाला है ।"



ख खरोखर आयुष्य हे एकदाच मिळतं आणि प्रत्येकाला ते मनसोक्तपणे जगण्याची इच्छा असते. आयुष्य कसं जगावं यासाठी आज बरेच मार्ग उपलब्ध आहेत व त्यातलाच एक सर्वांच्या आवडीचा छंद म्हणजे 'फिरणे - travelling!' हा शब्द खरे तर फार संकुचित आहे. फिरण्यातही प्रत्येकाची आपापली वेगवेगळी उद्दिष्टे असतात. काही जण रोजच्या कामातून जरा सवड म्हणून फिरतात तर काही जणांना फिरणे हे कामाइतकेच महत्त्वाचे वाटते. मागील महिन्यात मी नंदुरबार येथील तोरणमाळ या हिल स्टेशनवर गेले होते. हे गाव सातपुडा पर्वताच्या रांगेत आहे. येथील गोरखनाथ मंदिर येथे महाराष्ट्रातल्या विविध भागातून भक्त येतात. येथील प्रादेशिक भाषा जरी मराठी असली तरी येथील लोकांची भाषा ही मराठमोळी गुजराती आहे याचे कारण असे की, हा जिल्हा गुजरातच्या जवळच आहे. हे गाव जरी लहान असलं, गजबजलेलं नसलं तरी देखील येथे बरेच काही पाहण्यासारखं आहे. आजच्या काळात शुद्ध पाण्याचे झरे, तळे पाहायला मिळणे हे दुर्मिळच झाले आहे. परंतु अशा दुर्मिळ गोष्टी आपल्याला तोरणमाळ मधील यशवंत लेक येथे पाहायला मिळतात. खरे तर हे गावच या गोल तळ्याच्या भोवताली गोलाकाररित्या पसरले आहे. पुढे गेल्यास गोरखनाथ गुहा लागते. येथे नाथ संप्रदायाचे वंशज गोरखनाथ यांनी तपश्चर्या केली होती. आज देखील बरेच भक्त या ठिकाणी भेट द्यायला येतात.

खरे तर एखाद्या जागेची ओळख ही तेथील

भौतिक सुविधांपेक्षा तेथे राहत असलेल्या लोकांमुळे फुलून येते. फिरणे हे खरे तर फिरणे नसते तर तो एक नवा शोध असतो, एक नवी तुलना, अभ्यास असतो. तोरणमाळ हा तसा आदिवासी भाग. पण येथील लोकांचा पोशाख म्हणजे काठापदराच्या साड्या त्यादेखील गुजराती पद्धतीने नेसलेल्या! यशवंत लेक हा एकच लेक असल्यामुळे तेथेच पाणी भरण्याची सोय आहे. आम्ही फिरत असताना तेथे आम्हाला माणसांचा लोंढा काहीतरी वाद विवाद करताना दिसला. खाली धोतर नेसलेले आणि उन्हाच्या संरक्षणासाठी वर सफेद फेटा! बस! आम्ही सहज चौकशी करण्यासाठी गेलो. आम्ही शहराकडील असल्याचे त्यांना बहुतेक समजले असावे व त्यामुळे ते देखील आमच्याशी गप्पा मारू लागले. सुरुवातीला त्यांच्या बोलण्यामध्ये एक प्रकारचा अवघडलेपणा दिसून आला. पण काही वेळाने बोलण्याच्या ओघात आम्हाला त्यांच्या जीवनाची बरीच माहिती मिळाली. त्यांची सभा ही लग्नात 'मुलीकडच्यांना हुंडा' किती द्यावा यासाठी ठरलेली! आश्चर्य वाटलं ना? आमची देखील पहिली प्रतिक्रिया ही अशीच होती "मुली हुंडा घेतात?" यावर त्यांचे उत्तर असे होते कि "हो! त्यांच्या घरची मुलगी ते आम्हाला देणार

मग त्यासाठी थोडा मोबदला तर द्यावाच लागेल ना!" तेथे लग्नाचा खर्च देखील दोन्ही मंडळी अर्धाअर्धा उचलतात. खरोखर अशा प्रकारचा समजूतदारपणा तेथील अशिक्षित माणसांमध्ये बघणे आम्हाला देखील विस्मयकारक होते. अशा प्रकारे तेथील लोकांशी आमचा बऱ्यापैकी संवाद चालला.

तर अशा प्रकारे फिरण्यातला आनंद हा खरोखर वेगळा असतो. फिरण्यामध्ये सुद्धा एक वेगळीच धुंदी असते. रणबीर कपूरचे 'ये जवानी है दिवानी' चित्रपटातील वाक्य खरोखरच मनाला भावते. जेव्हा नैना (दीपिका पादुकोण) त्याला विचारते की "तुम लाइफ मे क्या करना चाहते हो बनी?" तेव्हा तो इतकाच म्हणतो की "मैं उडना चाहता हूँ नैना. . दौडना चाहता हूँ. . गिरना भी चाहता हूँ ..बस रुकना नहीं चाहता!"

-शालिनी शिरसाट
टी. वाय. बी. ए.



Now Serving, at the Movies

A feast fit for a cinephile.

Food, films and fun, don't we all live for it? And when these exciting elements meet each other they give us a cinematic and delectable experience. Good food complements the aesthetics of the movie, bringing out a flavour that gets highlighted throughout one's movie experience. What could possibly beat the quintessential combination of popcorn and movies? Well, maybe a good film about good food!

Here is a list of food based movies which will probably make you get back into your kitchen and cook up something delicious. In no particular order, here's the 3 best food films according to me. Get your popcorn ready!



Julie and Julia

Starring *Meryl Streep, Amy Adams, Stanley Tucci, Chris Messina et beaucoup de délicieux repas!*

Director *Nora Ephron*

Production House *Sony Pictures*

The movie revolves around the two titular characters, Julie Powell and Julia Child and their journey with food. Julie Powell is an aspiring writer stuck in a 9 to 5 job at a call center, dealing with the victims of the 9/11 attacks. She finds solace from her tiring job when she decides to cook recipes in the book 'Mastering the Art of French Cooking', authored by the famous yesteryear chef, Julia Child. Julie sets out on her mission by starting a blog dedicated to learning the art of making something, from a simple poached egg to the magnificent beef bourguignon. Parallel to this, the movie showcases the culinary journey of an American housewife, Julia Child and her experiments with French food. Initially,



both Julie and Julia face difficulties, Julie finding it tough to complete 524 dishes in 365 days with her full-time job and Julia having to learn French in order to make the dishes.

The best thing that you can take away from this movie is its sheer capability to make a regular person get into cooking. The lip-smacking visuals of food are certainly charming but both Julie and Julia's efforts and aspirations add the icing to the cake.



The Hundred-foot journey *(adapted from Richard Morais' 2010 novel of the same name)*

Starring *Om Puri, Helen Mirren, Manish Dayal, Charlotte Le Bon, perfect omelettes, cardamom and humour!*

Director *Lasse Hallström*

Production House *DreamWorks Studios*

Hassan, the second oldest son of the Kadam family possesses the talent of cooking which he inherits from his mother, who taught him the essence of cooking. The Kadam family loses their restaurant due to political reasons and hence they seek refuge in Europe. Their journey comes to a halt when they arrive at the quaint village of Saint-Antonin-Noble-Val which harbours the restaurant 'Le Saule Pleurer' and its owner, the ambitious Madame Mallory and helpful Marguerite. Papa Kadam plans to recommence his family's life by starting a restaurant just hundred feet away from the Michelin star restaurant of Madame Mallory.

Madame Mallory displays a tough exterior which eventually softens with time. Marguerite stays true to her friend, even with the possibility of Hassan's popularity sabotaging her position in 'Le Saule Pleurer'. Hassan's father and the head of the family, Papa



Kadam plays a smart businessman who believes in his son's skills blindly.

The movie deals with how Hassan elevates the subtlety of French cuisine with the tadka of cardamom and masalas. Witty and sharp dialogues along with the picturesque landscapes,

add the right amount of spice to the film. Hassan is an endearing character who manages to stick to his roots and also learn the techniques of modern cuisine. All in all, a very good Indo-French experience is what The Hundred - 'food' journey provides.

Jiro dreams of sushi

Starring *Jiro, Japan's food universe and ofcourse SUSHI!*

Director *David Gelb* | Production House *Magnolia Pictures*

'Jiro dreams of Sushi' is a documentary film based on a Japanese 3 Michelin star chef Jiro. 'I would wake up in the middle of the night, in dreams, I would have visions of sushi.' This is how Jiro himself validates the title of the movie. Jiro's journey is presented by Yamamota, a Japanese food critic, who believes that Jiro's sushi is the best in the whole of Japan.

Dedication and a strict schedule, is Jiro's motto and this is clearly displayed in daily activities. Yoshikazu and Takashi, his sons also give an insight of insight into the sushi master's development from his early years to the golden age of eighty-five years old. Apart from this, the documentary also depicts

the nuances of sushi making and businessmen who deal with the products that make sushi what it is.

The movie is full of in-depth interviews and display of sushi techniques which can be of great use to people who see themselves as chefs on a global scale.

This documentary is a must-watch not only for budding chefs but also for people who consider work as their priority. Jiro's life depicts the life of an ultimate chef dealing with the produce he cooks, its execution, his discipline towards his profession and his belief in his sous-chefs. As Jiro said to his oldest son 'Always strive to elevate your craft', Jiro not only manages to keep a lasting impression not only on the people

around him but also on the audience who see his work.

These movies obviously have food as their main theme but it is fascinating how they depict numerous other dimensions too. They bring the zest of love, dreams, travel, discipline along with cuisine which are unique and imaginative. Food of all kinds is pregnant with stories, distinct memories and taste that take you back in time. Julia will inspire you to find happiness in what you do, Julie will encourage you to chase your dreams, Hassan will remind you of the fact that mums are the best teachers and Jiro Ono will make you realize that being a chef requires tough mind but a sensitive palate.



-Navaneeta Shetty, FYBA





The clinking cups, the intoxicating steam along with its strong aroma and then the amber beverage itself. The routine is the same irrespective of whether you are in a cafe or at home. With over 1.4 billion cups consumed around the world in a single day, the love for coffee is unparalleled. Coffee is indeed a hug in the mug! But little do we know how troublesome it would be should we get addicted to caffeine, right? Coffee is consumed in large quantities in the world but somehow the presence of caffeine restricts the consumption of the beverage in large doses which in turn lead to the invention of the process of decaffeination. It doesn't give coffee lovers their quintessential caffeine fix, but sure does help in quenching the crave for a cup. In 1903, Dr. Ludwig Roselius of Germany was the person who invented the first method

for decaffeinating coffee beans. Decaffeination removes nearly all the caffeine from the beans. It is carried out while the beans are still 'green', before they are roasted.

Traditional decaffeination technology however, involves the use of toxic solvents and methods which not only strip out the aroma and essential flavour but are also expensive and environment threatening. There is a drift towards safe and economical processes for decaffeination through biotechnological route called as bio-decaffeination which is also considered as the best alternative to the existing methods of caffeine. The development of bio-decaffeination generally involves the use of various organisms and enzymes. Sadly, there are many problems faced during the process of bio-decaffeination that are yet to be resolved.

Caffeine, a product of coffee, is

responsible for its mild stimulatory effect on the central nervous system. It is believed that a six-ounce cup contains approximately 50-75 milligrams of caffeine. This quantum would subsequently change depending on the method of preparation and the type of coffee. For people who are sensitive to caffeine, even a 10 milligram can cause reactions. This is why all decaffeinated coffee contains less than 10 milligrams of caffeine. It is interesting to know that today, decaffeinated coffee sums up to approximately 12 percent of total worldwide coffee consumption. Traditionally, decaffeination was carried out by three processes:

- a) Water processing (also known as the Swiss Water Decaf)
- b) Direct Solvent method
- c) Supercritical carbon dioxide decaffeination

For years, Roselius and his



team had researched a method to remove caffeine from coffee beans without diluting the coffee's aroma or flavorful taste. Basically, the direct solvent method involves the use of methylene chloride, coffee oil or ethyl acetate to dissolve the caffeine which it extracts from the coffee seeds. However, this was a tedious process and to some extent toxic too. The newest decaffeinated coffee seeks to remove the caffeine without disturbing the other compounds found in the beans. Considering coffee has over a thousand different compounds, this is not an easy process.

If ever coffee is to be banned always recall the number of people not getting out of their bed, as it's a way to get people out of their bed early in the morning and feel brighter to face a new day.

However, Decaffeination can also be done by hot water. Hot water is used to extract caffeine from green coffee beans. Nevertheless, this process also involves the extraction of flavour. The same extract is then passed through charcoal which removes most of the caffeine and later the original caffeine beans are soaked in the decaffeinated extract to restore the flavour that was initially lost.

By the way, do you know why water is considered to be an essential element of our lives? It is said so because we cannot make coffee without it.

Let's learn about some of the positive aspects of caffeine. The usage of caffeine basically reduces fatigue and drowsiness to a great extent. It



Caffeine, a product of coffee, is responsible for its mild stimulatory effect on the central nervous system. It is believed that a six-ounce cup contains approximately 50-75 milligrams of caffeine.

improves concentration and motor-coordination. However, the quantum of caffeine needed to produce these effects differs from person to person. Caffeine generally can prevent or delay sleep which improves task performance during sleep deprivation. Alas! like everything around us has some pros and cons, so does caffeine. The major drawback being some side effects. It increases the blood pressure which causes vasoconstriction. In postmenopausal women, high caffeine usage can lead to bone loss. However, if consumed in moderate doses, caffeine may reduce symptoms of depression and can also lower suicide risks. Some books even go the

extent of referring to caffeine as an euphoriant.

The consumption of 1-1.5 gram of caffeine refers to a condition known as caffeinism. Caffeine overdose can result in a state of central nervous system overstimulation called caffeine intoxication. Hence it becomes necessary to use decaffeinated coffee.

Memories of the day when Starbucks declared coffee for 100 bucks which made the whole city queue up outside the stores, shows what coffee addiction can lead to and how people are crazy for that reviving cup of coffee! You can literally make people work for you just for a cup of coffee!

There are many researchers and scientists still working on to make coffee completely decaffeinated and help the world. Like it's said coffee doesn't procrastinate, it 'procaffeinates'.

-Shibani Singh SYBSc Biotech



To infinity & beyond

All about the intangible human desire to explore the boundaries of space

A long time ago, in a galaxy far, far away, two countries of Planet Earth ensued in a Space Race. The countries were vying to be the first to explore space. It was an epic arena to continue the Cold War competition, characterised by triumphs, failures and brilliance; all to demonstrate their ability to conquer. Both countries sought to transcend to 'the final frontier', trying to prove their technological superiority. These two countries, opposed both scientifically and ideological, were none other than the Soviet Union and the United States of America. As

America progressed, the Soviet Union hastened its work and in 1961, aboard the Soviet spacecraft Vostok 1, Yuri Gagarin became the first ever human being to venture into outer space. It was an incredible feat for the Russians who were in the middle of

the Cold War with the United States. Although it was the voyage for power that motivated the Russians to send a man up to outer space, the door to exploration beyond earth was pushed open.

Since then, the trajectory of space exploration has taken a giant leap. Various missions undertaken by ISRO, SpaceX and NASA have changed the future of space travel and its boundaries. The Indian Space Research Organisation (ISRO), formed in 1969 prompted the emergence of India in the field of space exploration and astrophysics. India's first satellite, Aryabhata, was launched by the Soviet Union in 1975. It was built to conduct experiments in aeronautics and solar physics. More recently, on June 5th, 2017, the successful launch of the 'Baahubali' rocket GSLV Mk-III was intended to evaluate the vehicle's

capabilities, but it also hoisted the heaviest satellite yet built in India. In 2013, the Mars Orbiter Mission (MOM) also known as Mangalyaan was launched by ISRO. It was the first ever interplanetary mission spearheaded by India and later became the reason for India reaching the upper-echelons of space travelling nations across the globe. India is currently the only country to reach Mars orbit in its first attempt and ISRO is the fourth space organisation to reach Mars. India, as a leading space-faring nation, has expanded its vision for the future; ISRO plans to undertake another mission to Mars but this time in hope of launching a lander and a mission to Venus as well. The progression from Aryabhata to giant rockets such as GSLV MK-III included immense technological progression. BAE systems, SATCOM antennas



and Deep Space Atomic Clocks are a few innovations propelling faster movement throughout the cosmos.

SpaceX, an American aerospace company founded by Elon Musk aims towards the idea of colonizing Mars and aiding the possibility of human exploration in outer space. Further plans for this project was presented by Elon Musk in October for an updated model of the rocket BFR (Big Falcon Rocket) which will in the future transport people to Mars. The goal of SpaceX is to 'make life multi-planetary', and in consequence, increasing ways of space travel and innovation exponentially. Space travel since its early birth has been incredibly expensive for governments but it has never been scrutinised. In the race to pin their flag on the unknown, countries didn't mind spending magnanimously on space research and technology. SpaceX's Falcon 9 rocket, which made the most expensive part of the rocket reusable, was successfully relaunched thus creating enormous change in space technology and spacecraft. This element of renewability was a landmark achievement.

Theories of high-speed travel have always been swirling around in science fiction books and movies but the reality of fast galactic travel has yet to reach applicable conceptualisation. The theory of a Warp Drive, which is a popular fiction trope, consists of faster than light travel by a vehicle much like a spacecraft. However, in contemporary times, missions to deep space and beyond are executed using solar electric

power. It is currently the fastest and most efficient form of propulsion.

The future of space exploration has several hands already investing in it. China and Nasa have both released objectives and plans regarding multi-module space stations and the use of efficient technologies respectively. Voyager 1, launched in 1977 by NASA is currently Earth's farthest traveller. It has exited our solar system as announced by NASA in 2012 and entered interstellar space, however, the technicalities of what constituents as the boundary of our solar system and the reliability of the data sent by Voyager 1 is still questioned.

The future of space exploration and travel is filled with emerging advancements in science and technology. The world of technology has come a long way since Sputnik 1 and Vostok 1. In recent times, visionaries in the fields of astrophysics and space sciences are innovating round the clock to catapult humanity into a new age, where the final frontier to space is crossed.

Perhaps in the future, humans can inhabit another planet just like Earth and travel as fast as light. But all this will be possible due to the transformation in the way we conduct space exploration and our innate perception of it. It will be an evolutionary passage in technology itself that will guide mankind's space odyssey.

-Manogni Thyagaraja, FYBA

Travel For the Soul

The road stretches miles away,
Crippled tea-stalls dividing the way,
With strays roaming about,
Sniffing everything with their snout.

I hear my car's engine roar,
This world is mine to explore!
There's a train that goes by all day,
I can see it's lights flash away.

I stop my car to let the train pass by,
Just then i notice the beautiful sky,
Orange, yellow and bright,
But soon it's going to be night.

I am cold, but my supper is hot,
Chicken soup and bread ! All served in a clay pot.
Twenty years from now,
I hope I remember these days somehow.

I lay under the starry sky,
And see the last of birds fly.
Dig the grave and let me lie,
But this is not the last goodbye.

-Rohini Kottu
SYBA





रंग-रंगीलो राजस्थान

जीवन के संपूर्ण आनंद का अनुभव करा दिया यह रंग-रंगीलो राजस्थान ने।



राजस्थान परिचय:-

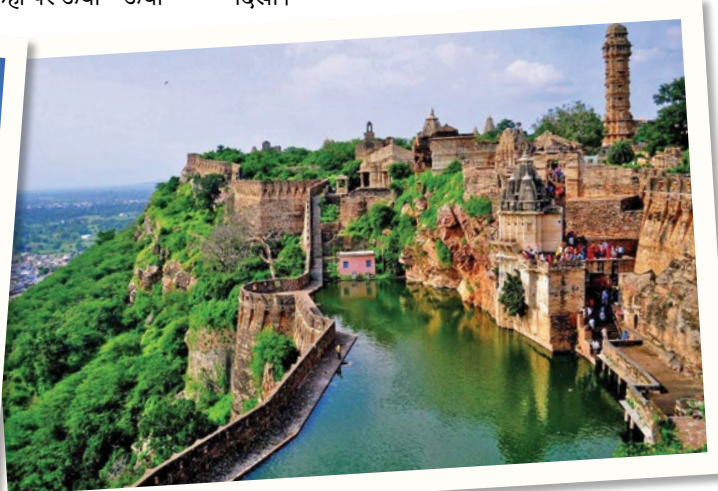
कहा जाता है कि छठी शताब्दी के बाद राजस्थानी भू-भाग में राजपूत राज्यों का उदय प्रारंभ हुआ था। इस कारण इसे राजपूताना कहा जाने लगा। स्वतंत्रता के पश्चात २६ जनवरी १९५० को औपचारिक रूप से इस प्रदेश का नाम राजस्थान स्वीकार किया गया। यह राज्य भारत के उत्तर-पश्चिम में स्थित है। राजस्थान का भौगोलिक स्वरूप अत्याधिक जैव-विविधता पूर्ण है। इस राज्य की बनावट सचमुच अलौकिक है। एक ओर मरुभूमि भाग है तो दूसरी ओर पहाड़ी एव मैदानी भाग है।



राजस्थान प्राकृतिक:-

लाजवाब है राजस्थान का प्राकृतिक सौंदर्य। यह तो बस मैं लोगों के मुँह से सुना करता था। परंतु जब स्वयं मैं राजस्थान में गया तो सचमुच एक क्षण ऐसा लगा कि मैं प्रकृति के अनमोल सौंदर्य धरोहर में आ पहुँचा हूँ। अन्य राज्यों की अपेक्षा इस राज्य की बनावट बिलकुल अलग है। ऐसा एहसास तब हो रहा था जब मैं राजस्थान के जयपुर में पहुँचा। हालाँकि मैं बस से ही राजस्थान राज्य का सफर करते हुए मैं जयपुर पहुँचा। रास्ते का नज़ारा ऐसा लगा कि मैं राजाओं के दरबार से गुजर रहा हूँ। चारों तरफ चट्टानों से बने अलग-अलग प्रकार के नक्कशीदार दीवार मन को स्तब्ध कर दे रहीं थी। कहीं पर ऊँची - ऊँची

पहाड़िया तो कहीं पर नीची-नीची खाइयाँ थी। जिस रास्ते से मैं जा रहा था वह रास्ता महाराणा प्रताप के किले की तरफ (ओर) का रास्ता था। मैं उस किले की प्रशंसा जितनी करूँ कम ही होगी। वह किला छोटी-छोटी हज़ारों सीढ़ियाँ चढ़कर मैं तय कर वहाँ पहुँचा था। ऊँचाई पर वह किला था। बहुत ही विस्तार में फैला हुआ किले का नज़ारा देखा और पुराने समय के कुछ हथियार भी वहाँ पर दिखे। सबसे अश्चर्य की यह बात मुझे लगी कि वह किला आज भी वैसे ही पहले जैसा सौंदर्य पूर्ण भरा था। वहाँ से मैंने एक पहाड़ी की ओर देखा तो ऐसा नज़ारा देखा कि जैसे वहाँ से मुझे उस पहाड़ी पर चीन की दिवार जैसा आकार लिए स्थिर नज़ारा दिखा।





राजस्थान सांस्कृतिक:-

राजस्थान की संस्कृति अनोखी और ऐतिहासिक अतीत के समान रंगीन है। इस राज्य के घरों (मकान) की बनावट, स्वादिष्ट व्यंजन, पोशाक एवं कला और शिल्प, संगीत, नृत्य जैसे आदि कलाकृतियों की धरोहर इस राज्य में पायी जाती है।



इस राज्य के घरों (मकान) की बनावट:-

राजस्थानी मकानों की बनावट बेहद निराली है। चास-फूस की झोपड़ी जिस पर मिट्टी के लेप थे, और टाट से बनी उन घरों के दरवाजे के परदे जैसे थे। दीवारों पर जो कि मिट्टी के थे परंतु महल जैसे लग रहे थे इन पर हस्तशिल्प कर डिजाइन बनाया गया था।



राजस्थानी खाना:-

मैं जिस स्थान पर भोजन करता था उस स्थान का नाम चौकेढ़णी था। वहाँ का पारंपरिक भोजन मुझे बहुत ही पसंद आया क्योंकि वहाँ मुझे पत्ते की थाली में खाना परोसा गया एवं मिट्टी के ग्लास (कुल्हड़) में पानी तथा जो पकवान वहाँ तरह-तरह का पारंपरिक था उस का स्वाद भी मैं चखा जिसमें से मक्खन, घी और भारतीय मसालों की सरणी के साथ बने, राजस्थानी खाना इतना स्वादिष्ट था कि मैं अपनी उँगलियाँ चाटते रहा। दाल-बाति-चूरमा, गट्टे की साबजी, मिर्ची बड़ा, पज कचौरी, घेवर, बीकानेरी

भुजिया और दिल खुशाल जैसे कुछ खास रोचक वहा के पकवान है। मै तो कहता हूँ की हर व्यक्ति को एक बार जरूर राजस्थानी सांस्कृतिक का अनुभव जा कर लेना चाहिए।



राजस्थानी पोशाक:-

राजस्थान के लोगों के पोशाक तो लाजवाब थे, रंगीन कपड़े, पगड़ी और साड़ियों जो पत्थरों और घुघरू से सुशोभित पहनना पसंद करते हैं, वहाँ के पुरुष जोधपुरी साफा, पगड़ी जयपरी और निम्न शरीर धोती या पजामा के साथ लिपटा होता है। वहाँ की महिलाएं आभूषण के शौकीन हैं। कपड़े को चंकी चाँदी और घाघरा चोलौ पहनती हैं।



राजस्थानी कला और शिल्प:-

राजस्थान में ज्यादातर हस्तशिल्प का ही कार्य किया जाता है। आभूषण, रंगीन कपड़े कढ़ाई वाले कपड़े, और लघु चित्रों, हाथों से बुने हुए गलीचा और कठपुतलियाँ जैसे तरह-तरह का कला और शिल्प से भी मैं परिचित हुआ।



राजस्थानी संगीत और नृत्य:-

राजस्थान के सुन्दर लोक संगीत कुछ ऐसा है कि वह एक बेजान से रेगिस्तान में भी जान डाल देते हैं यहाँ के गीतों को अलग-अलग कहानी सुनाते हुए लोग गाते हैं।
राजस्थानी नृत्य के समान ही उनका पोशाक

होता है। राजस्थानी कुछ लोग नृत्य भी देखने को मिले उस नृत्य का नाम कालबे लिया नृत्य हैं। जो कि यह नाम वहाँ रहने वाले लोगों ने बताया।



राजस्थानी जन-जीवन:-

आनंद-पूर्वक राजस्थानी लोग सामान्य जीवन को आनंदित पूर्ण व्यक्तित्व करते हैं, वहाँ पर मैंने देखा कि लोग पशु पालन भी करते हैं। से बकरी और भेड़, ऊँट। ऊँट को राजस्थान के रागिस्तान का जहाज़ कहा जाता है। मैंने इस जहाज़ की भी सवारी का आनंद लिया, सवारी करते वक्त ऐसा महसूस हुआ कि उसकी गरदन जैसे कछुआ की है और मैं डगमगाता हुआ चले जा रहा था।

जीवन के संपूर्ण आनंद का अनुभव करा दिया यह रंग-रंगीलो राजस्थान ने।

मेरे पास समय का अभाव होने के कारण मैं वहाँ से रवाना हुआ अगले स्थान के लिए। मेरा अगला स्थान था 'जलमहल'। जलमहल तो नाम से ही प्रतीत होता है कि यह महल जल से घिरा होगा। सच में यह एक ऐसा महल है जो कि चारों तरफ से चल रही पानी की लहरों से घिरा है जहाँ की हरियाली, शीतलता, सुहानासा लग रहा था। उस किले में जाने के लिए नाव का उपयोग कर जाते हैं। परंतु इस किले का आश्चर्यजनक बात यह है कि जल से घिरा होने के बावजूद उस किले के अंदर पानी प्रवेश नहीं होता।

-राजू कन्नौजिया, एफ. वाय. जे. सी.



Fly for Falafel

You have to taste a culture to understand it

To an eight-year old little girl, shifting from India to Jordan was an exhilarating experience. At that age, I was oblivious of any stereotypes or prejudice, labelled against countries located in the Middle East. However, in the five years I spent there, I couldn't help but get acquainted with them. Despite being in the Middle East, Jordan is one of the more stable countries in the region. It houses one of the seven wonders of the world, the Petra, and along with quality education it also boasts of top-notch medical services. However, that's not all there is to Jordan, unlike popular belief.

The culture and cuisine of Jordan is vibrant and quite exciting! Being a foodie, I find myself gravitating towards the country's cuisine. Jordanian cuisine boasts of a rich heritage, a direct result of centuries of social and political change. Some of its traits share similarities with the Lebanese, Palestinian and Syrian cuisines. An example of such an amalgamation of cultures can be seen in falafel, a dish commonly found in Jordan, yet having its own interpretations in various other Middle Eastern countries. It is to be eaten



with freshly baked Pita bread which is locally known as Kuboos. Other than the one commonly known, there exists another kind of falafel, called as Falafel Mansi, the difference between the two being that the latter is bigger and contains pickled onions at the centre. I remember relishing a falafel Mansi almost every weekend, at least once for breakfast at the local restaurants nearby. Today, if somebody gives me the opportunity to do so, I would fly to Jordan just to relish those Falafels. However, a falafel is incomplete without hummus. Prepared using chickpeas paste, tahini, garlic, salt and Lemon juice, it is a tried and tested fact that hummus and falafel go hand in hand.

“Hashem”, one of the most renowned restaurants of Jordan, known for its delicious Arabic food is located in the city of Amman. This eatery has seen royalty, celebrities and the common man as customers and that too for good reason. They have been serving top-notch local food since 1952, including falafels with hummus and of course, the Shai Naana, which is a tea without milk and a few mint leaves. In my opinion, a trip to Jordan, specifically Amman, is in vain, if one does not visit this joint at least once.

Jordan is a land famous for its olives, and hence olive oil is locally used for cooking. A tiny jar of olive oil is usually kept at every table in any



restaurant that serves hummus.

It would be sheer injustice to keep kebabs out of the equation, especially when speaking about Arabian cuisine in general. Though it can be found in almost all restaurants in Jordan, I will specifically be limiting myself to the city of Amman. Amman Al Kobra is the go-to place for excellent Jordanian lamb kebabs. The first course to be served there is the salad which is particularly important in the

Jordanian cuisine. Since most of the food in this cuisine tends to be on the heavier side, the salad course acts as a reliever. This, however, I learnt the hard way. Once, we decided to eat only kebabs at the restaurant. We had a nice, fulfilling meal. In the afternoon, we all went for a nap. But after an hour or so, we started to feel extremely uncomfortable due to the excessive heat we felt. We turned off the heater, removed our coats and socks, opened the window despite the fact that it was winter time...but it really did not make a huge

a dip made of grilled or fried eggplant and is drizzled with olive oil. This is followed by the pièce de résistance, the lamb kebabs. In Amman Al Kobra, the kebabs are usually served with one or two khuboos along with grilled onions and tomatoes, on an oval steel plate. They are rich, juicy and barbequed to perfection. The grilled onions and tomatoes enhance the rich kebab flavour and the onions add a wonderful crunch to the meal. Even the khuboos covering the kebabs get a hint of the kebab juices and taste delicious. Pickles are provided to help cope with the heaviness of the meat. A drink commonly consumed with this meal, called Laban, is yogurt based, meant to have a cooling effect on the stomach. The Amman Al Kobra restaurant is a popular family joint, a little noisy perhaps, but well worth the minor inconveniences.

Delicious local delicacies are in abundance and one cannot possibly do justice to them all. The experience I had in Jordan is very close to my heart, and I still smile fondly at the vivid memories I have created from my stay there. Cuisines not only reveal the ingredients and taste preferences of individuals, but they are also a reflection of their culture. The Jordanian cuisine is vastly different from the ones we are accustomed to, here in India, however, both create a place in the hearts of those who are blessed to experience the two cuisines.

-Aparna Pitale, SYBA

Falafel is a dish commonly found in Jordan, yet has its own interpretations in various other Middle Eastern countries. It is to be eaten with freshly baked Pita bread which is locally known as Kuboos.

difference. It was then that we realised that the greens would have effectively taken away the excess heat produced by the meat.

The next course usually consists of Moutabel or Hummus or even both, and is relished with fresh khuboos. Moutabel -like Hummus- is



What Do Fascists Eat?

*A satire subjecting the
world's worst despots to
culinary scrutiny.*



Feature

The feature section in any newspaper or magazine is the highlight of the publication as it embodies its theme. Extensive and exhaustive research on a pertinent topic is condensed into an article, giving its readers a wholistic understanding and empowering them to have their own view point on the subject matter. The following feature articles, authored by the student editorial team, are an attempt to give the readers a chance to understand some unconventional dimensions of 'Travel & Cuisine'.

“**Y**ou are what you eat”, is a phrase that your mother, physician and every pretentious fitness book interested in your lifestyle choices, has told you. This phrase opens up a whole new branch of enquiry; what have certain people eaten that made them what they are? We are nothing if not products of populism; although we can’t categorically say so, it is believed that there might be a link between the food consumption of dictators and their grand ideologies. The actions of these men are a bitter pill to swallow and we most certainly don’t condone them, but their eccentric culinary habits perhaps cut them down to manageable bites.



Our in-depth analysis begins with **Adolf Hitler**, who was long thought to be a vegetarian. “All who are not of a good race in this world are chaff”, Hitler wrote in his autobiography, but for all his puritanism, Hitler was not a stickler for vegetarianism. He indulged occasionally in pigeon stuffed with tongue (for the sake of our sanity, we assume it to be bovine tongue), liver

and pistachio nuts. Perhaps, Hitler winnowed out meat from his diet except for such decadent temptations. The Nazi regime was very much concerned about the lesser species of the animal kingdom, going as far as to ban foie gras. Hitler’s vegetarian lifestyle can be attributed to such a humane concern, but a more prosaic reason is also reported. The Fuhrer was plagued by chronic flatulence and constipation to cure which he took a cocktail of drugs, in addition to which he believed a meat-free diet would curb the conditions. While the whole world couldn’t stop him, a bout of constipation became Hitler’s kryptonite. Along with amphetamines, the Fuhrer was also reportedly given substances like rat poison disguised as vitamins, wrecking havoc on his digestive system. Towards the end of the war, Hitler could only intake mashed potatoes and clear broth, a far cry from his favourite dish, the “*Petit Poussins a la Hambourg*”. Oh, how the mighty have fallen indeed.

Gaddafi was partial to camel’s milk, which was a probable cause to his dysfunctional digestive system. He also enjoyed simple Libyan dishes, camel meat and couscous being some of his favourites. Libya was previously an Italian colony and subsequently all Italians were expelled from the country. During Gaddafi’s reign, Libya was an international pariah, but Italy still maintained diplomatic ties with them. One wonders if this was



possibly due to Gaddafi’s palate for Italian dishes, particularly macaroni and miscellaneous pasta variants. Gaddafi’s love for pasta compensates for Italian dictator **Benito Mussolini’s**



Another famously flatulent fascist was **Muammar Gaddafi**.



ironical distaste for the same. Italy had to import wheat in massive quantities to satiate its pasta hunger. The fascist leader’s exasperation with pasta apparently stemmed from two reasons. The heavy reliance on foreign

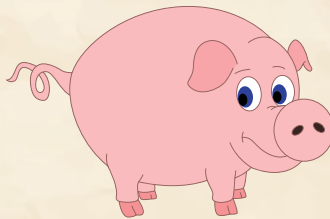


produce detracted from Mussolini's vision of a self sustaining Italy. In the utopian society that Mussolini dreamt of, pasta was the bogeyman, for he thought eating pasta made people lethargic. On this point Mussolini had support from the artists of Italian Futurism, who claimed that pasta made people weak and lazy – not exactly good soldiers for the war they constantly championed. Mussolini tried to open new pastabilities for Italy (pun intended), by pushing farmers to grow rice instead of continuing import of wheat. His crusade failed, as Italy continues to be tied up in its love for spaghetti (Mamma Mia!). Mussolini's one great love was garlic, to the extent that his favourite dish was a salad of chopped raw garlic, with an oil and lemon dressing. Mussolini managed to keep not just his enemies at bay, but his garlic breath effectively bothered his wife too. So great was his infatuation with garlic that he even called it "the elixir of life". He ate his meals with his family and expected punctuality and discipline from them while doing so. Among desserts, ciambellone pudding was something he would die for. But apart from that, he was not exactly an epicurean.



At the other end of the spectrum was **Mao Zedong**. "Revolution is not

a dinner party" Mao wrote, but the revolutionary helmsman of China was not one to shy away from an actual dinner party. Mao extolled the hard life and ordered the nation to embrace it, but there was nothing remotely hard in his own life. Although Mao announced that he would "share weal and woe" during the Great Famine and gave up eating meat in a public meeting, he reportedly in his private quarters and dining halls, developed a taste for meat-rich European dishes and had a special menu designed with seafood, chicken, duck, pork, lamb and beef.



Even when 30 million of his own countrymen were starving during the Great Famine, Mao pulled a Marie Antoinette and raised *Hongshao Rou* to the status of the national dish. *Hongshao Rou* is red braised pork belly, cooked with sugar, cinnamon, chillis, and star anise. With a mouth-melting consistency, the meat is juicy and eaten best with plain steamed rice. 'Red cooking' is a Chinese method of stewing or braising with both dark and light soy sauces and caramelized sugar; imparting a red color to the prepared food and the most renowned dish born from this method is the Red Braised Pork Belly, majorly due to its significance on Mao's table.

From what we understand, Mao Zedong repped the province of Hunan his entire life, speaking Hunan dialect (not standard Mandarin) and eating mostly Hunanese food. He dearly loved his home province Hunan and made sure the rest of China admires it. Mao's obsession for everything Hunan

can also be seen in his obsession for 'hot food' or 'peppers.' Hunanese cuisine is known to be intrinsically 'hotter' than rest of the local cuisines of China. According to a local legend, in 1932, the Soviet Union sent one of its best agents to China named Otto Braun. His mission was to serve as a military adviser to Mao during the civil war. Braun, who personified Soviet help during Mao's battle for political survival, had the privilege of dining with Chairman Mao on several occasions. He couldn't accustom himself to Mao's hot food and his tender taste buds invited Mao's mockery. "The food of the true revolutionary is the red pepper," declared Mao. "And he who cannot endure red peppers is also unable to fight." If at all anything Mao was only afraid of food that wasn't hot.



Going back to dictators who let their countrymen starve and continue their own feasts, the North Korean dictator **Kim Jong Un** gorges on the finest imported foods he could avail of. Kim Jong Un's eating habits is not exactly public information, but the little that is known makes it clear that his tastes match his elaborate budget. No one besides the man himself knows exactly how much expenditure is



directed towards importing delicacies from around the globe. Kim's refined taste extends to even drink, for he downs expensive champagne and opts for imported liquor over domestically produced ones. Never one for half measures, Kim invested greatly in coffee, enough to generate the North Korean version of Starbucks (the real deal, however, can't be found in Pyongyang).

His decadent lifestyle and gluttony invariably causes problems which can not be solved solely by loosening the seams of his clothes, but some believe that Kim is gaining weight on purpose. In North Korea, being thin is associated



with belonging to lower income backgrounds, and Kim Jong Un's portly stature made it quite clear that he was from a wealthy background, becoming a symbol of how much food he's able to access. Kim might be the epitome of prosperity, but his people are starving, with a reported 75% of the country's population classified as food insecure. Kim Jong Un is just like his father and predecessor, Kim Jong Il, who was a

huge fan of eccentric foods like shark fin soup and consumed imported alcohol. Safe to say, the apple doesn't fall from the tree. The one lifestyle choice that Kim Jong Il didn't pass on to his son was the extremely picky consumption of rice, to the extent that a team was reportedly put in place to make sure every grain of rice he ate was of the same size, shape and colour.

An interesting quirk of Kim Jong Un is his legendary love for cheese (so relatable for every random post-millennial, isn't it?), to the extent of sending his staff on a cheese-making course to France. It was reported that Kim had to go into hiding from the public eye for a while after consuming too much imported cheese from Sweden. Nothing from North Korea can be verified, but considering Kim's lavish lifestyle, there is no need for vine.

Kim Jong Un it seems, spends his days eating cheese and enjoying the American sport of basketball, indicating that he is perhaps more in touch with American culture than one would think. Another dictator with a secret link to their arch rival is **Saddam Hussein**, whose sweet tooth



made him surrender to Mars Bars and Quality Street toffees. Saddam Hussein succumbed to the star-spangled

processed food industry long before he gave up to the American army. The American soldiers who guarded Saddam in prison claimed that the Iraqi autocrat loved Raisin Bran cereal for breakfast and could down a large bag of Doritos in 10 minutes. After emptying the coffers to import the best of foods, Hussein died after eating boiled chicken and rice as his last meal. Simplicity comes with death.



At the end of this in-depth analysis, one particular observation stands out: once you become a dictator, your taste buds evolve to a new level of extremism, or you lose them entirely. At several points while writing this article, we have lost our appetites (and our minds) in geometric progression. We haven't been able to look at certain food items the same way as before. It feels like sharing an ice-cream sundae with Kim Jong Un, as he plans the end of the world. Disturbing and catastrophic. Does that mean we quit these foods? NO. We quit fascists, and all that they stand for. But not food. We NEVER quit food. Fascism in 21st century is no longer only about your thought and speech, but often aims to police even the food that you eat. The food police wishes to censor what you eat in the same manner as their more intellectual counterparts wish to censor what you read. Their purpose is the same, their means are different. When your plate of beef parotta gets pushed away and khichdi is set before you, ask your inner gourmand and eat only what you want (wink).



Feature

On Foot

Tracing the journey of 'walking' through the past, present and future.



“Isn't it really quite extraordinary to see that, since man took his first steps on planet earth, no one has ever questioned himself why he walks, how he walks, has he ever walked, could he walk better, what does he achieve by walking.....questions that are tied up to the philosophical, psychological and political systems which preoccupy the world”. A 19th century French writer named Honoré de Balzac, articulated questions that we, post – millenials have failed to even fathom. Nevertheless, if we were to answer them, we would be greeted with a whole new set of questions such as, can walking be used to represent something other than just movement? Is walking free of any gender biases? Is walking the most underrated type of travel? Or perhaps the most important question of all, what does walking actually entail?

Evolution and biology are two factors of prime importance in the history of walking, both of which are now common knowledge, owing to the popularity of Charles Darwin's theory, and the authenticity of science.

During the Paleolithic age, walking was the only mode of travel available to our ancestors. They had to walk miles and miles in search of food, locate suitable areas and material to use as shelter and those artistically inclined had to wander around in search of fruits and flowers to produce paint; all of this, using only their feet as a means of locomotion. Fast forward to 12,000 years later, we find that walking has taken on several new interpretations. Today, we don't just use walking to move from one place to another. Instead, it has become a symbol; a symbol of dissent, of resistance, of intellectual stimulation and also of leisure. This significant change emerging over the passage of time in the purpose of walking, from it being a necessity to a matter of choice, is not emphasized enough in history.

Walking as an activity may apparently seem to be just the human body in motion. Simple as it seems, it entails multiple functions. On the one hand it helps us explore the world, find new locations, traverse on undiscovered roads which can in turn lead us to the great unknown.

On the other hand, it is an act of self-exploration. We can find new facets to our personality through self discovery. Yet again, it's a build-up on both physiological and psychological spheres. When we walk with the intent of inner introspection, where we walk hardly matters. It could be along the countryside with beautiful lush green trees on one side and a valley showcasing nature's beauty on the other. Maybe meandering down the serene seashore with the waves lapping at our feet or on a footpath lined with skyscrapers; it could even be the pavement of a busy street and not forgetting walking on a simple old treadmill. Walking offers us the benefit of thinking, helps us ponder and examine ourselves better, and on many occasions can even gift us with a flash of inspiration as it did to a number of great people.

The idea that walking could be connected to a creative spurt leading to world-class writing resulted in a unique thesis put forward by Merlin Coverley. According to him, walking and writing go hand in hand. They cannot be separated from each other. He even supported his theory by citing examples of a number of famous writers who stood on common ground of being avid walkers. The list began from prolific writers like Jean-Jacques Rousseau who went even so far as to say, “I can only think when I'm walking. When I stop, I cease to think, my mind only works with my legs”, to poets like John Clare, William Blake, etc. These writers, along with Coverley, refused to accept the conventional purpose of walking, i.e. movement from point A to point B. Instead, walking helped transport them into a whole new creative dimension, from which emerged some of the greatest works

known to mankind today. Aristotle chose not just to walk the strenuous path of pursuit of knowledge, but also paced his school grounds while delivering his lectures. His school of thought came to be known as the peripatetic school, where the literal translation of the word peripatetic is meandering or walking. Wordsworth was yet another stroller who throughout his life walked around 175 miles seeking inspiration because like Coverley, he too believed that walking and writing poetry are indivisible. How do you think he wrote the most quoted lines of *Daffodils*?

While most of us choose to preserve nature sitting in the comfort of our homes, John Muir had a more hands-on experience when it came to protecting the Yosemite, Sequoia National Park and other wildlife areas from private interests. In the process of doing so, he tirelessly walked, climbed and hiked; traversing through the very wilderness he called home and ultimately helped save the environment. Walking was also instrumental in creating music which gave birth to one of the world's most famous and remembered classical musician Beethoven. Some of his greatest works like Fifth Symphony and Ninth Symphony were composed while he was wandering around with a pen and paper in hand.

Walking increases creativity, is a fact and not just an idle assumption. To take it a step further, the co-relation between walking and creativity has been proved by recent studies that they were not just hoaxes. Four experiments were conducted by Marilyn Oppezzo and Daniel L. Schwartz where subjects were carefully chosen

and while being kept ignorant of the fact that they were being observed, were required to carry out various tasks which entailed creativity. Some while walking and some while sitting. Results indicated that across the 4 experiments the subjects functioned far better when they walked as opposed to being seated. This only goes to cement the fact that walking is one of the most effective ways of generating inspiring thoughts and novel ideas. Stanford University research proves that walking liberates the mind from mental blocks, thus initiating free flow of creative thinking.

Creativity, thoughts and ideas have helped shape the history of the world. History also provides us with ample evidences of mobility when one's right to express this creativity gets curbed or denied, in the form of protests. Walking empowers people giving them the opportunity to express their views and further challenge the political, social and religious 'wrongs' existing in the society. A walking protest more often than not makes people sit up and take notice, be it the Dandi March led by Mahatma Gandhi way back in 1930, or the March on Washington headed by Dr. Martin Luther King Jr. in 1963, or even the most recent Maharashtra Farmer's March.

Hence we see walking is definitely an influence that helps bring out the best in mankind, not just in the sense of creativity but also in bringing about a social change. As Lauren Elkin writes, "In the street we can stand together in favour of an idea. Marching is an instinctive response to feeling wronged, or desperate, or compelled

to make a statement. It makes us feel stronger, to be part of a group. It feels good. Marching is a political act but it is a social act as well. We have so few occasions for doing the same thing at the same time and when we do it, we feel we belong to something bigger than us."



However, we cannot be immune to the fact that at times injustice prevails in the society under the guise of a norm. This makes us wonder, would marching or rallying against the norm in question provide a viable solution or could it be an open door for further dilemmas. At such times, when doubt arises, the safest path would be to reason out and derive different means of protests which would bring a positive change and a solution not only to the existing problem but also for the betterment of society in general.

He was born in the first half of the 19th century in the glass and steel passages of Paris. In due course of time, he became a figure of masculine privilege and leisure, with time and money at his disposal. Having no immediate responsibilities to claim his attention, He understood the city as few of its inhabitants do, for He had memorized it with his feet. Every corner, every alleyway, every street,



A young woman walks down a street in Florence, clutching her scarf to her chest. Is she a carefree flâneur or the object of the male gaze?



every stairway you could see him. He was the flâneur. The flâneur was a purposefully dysfunctional member of society, refusing to join the forces of productive labor, whether in the factory or in the academy, claiming his own importance as a perceiving subject rather than by class or profession. But for much of its history, the flâneur was exclusively male.

The flâneur was everything one could imagine him to be. He was the casual stroller who was the symbol of modernity representing everything that came with it, be it the urban life in all its splendour or even alienation and class tension. As long as there have been cities, there have been women living in them, yet if you wanted to know what it is like to walk pensively in a city, it would always be a man voicing it out. All the influential strollers that we mentioned before had one thing in common - they were all men! By and large, we, as a generation, today know what walking meant, what strolling through a city's archaic streets was only through the male perspective. The streets were always 'his'; 'she' never came into the picture. So much so that the English vocabulary never had the feminine form of the term 'flâneur'. It was only in 2017 that Lauren Elkin came up

with the term 'flâneuse' for a female flâneur. But, the question still remains - has society grown enough to accept a female stroller, 'a flâneuse'? Can a woman loiter? The answer is 'No'. Most women you meet in the city have a tale or two of street harassment to tell, the notion of wandering the streets alone seems a fraught proposition. It is a myth that cities like Mumbai are paradise for women in public. Women of all kinds in Mumbai operate under some serious social constraints; fear of molestation, inappropriate behaviour always haunts her. Women increasingly live smaller lives in anticipation of male violence.

To ask the question 'why we don't have female flâneuses?' is to place the issue of gender and space in the right perspective. Walking might individually seem to be a meagre activity but it is not. This issue goes beyond safety and protection; it asserts women's right to public space. It is shameful that even today, for a woman, a leisurely night stroll is a rare gift. We cannot help but wonder whether women today should follow the act of rebel performed by Victorian women when most of them stepped

outside 'dressed as men' to enjoy the exploits of city, walk into secret courtyards, and peer behind facades. They dressed as men to avoid scrutiny, to enjoy unconditional access to public space without being compelled to demonstrate purpose. To wander/walk without being asked what time of the day it is, why we are here, what we are wearing and whom we are with. That is when women will truly belong to the city and the city to us.

In conclusion we see that while the human mind ordinarily could relate to walking as an action to its primal and practical function, i.e. getting from one place to another, walking is so much more than that; from man's basic need of food and shelter, to intellectual stimulation, voicing resentment, health care, meditation, leisure, the list is endless. Walking has played, plays and will always play a predominant role in the progress of mankind in particular and society as a whole. We all could wholeheartedly agree that... walking is truly magical.

The Beauty of Darkness

What is it to be a night walker?

Nights aren't only for the things that go bump in the dark but are also for the nyctophiles, who have a soft spot for darkness.

(Darkness) shrouds the exquisiteness of the night sky, shades of blue merged to resemble black, dotted with a gazillion stars and an ever changing moon. A walk under the night sky, with no source of light other than the silvery glow of the moon, is the closest one can come to experience tranquility and this I say from experience.

It was the eve of 13th November, a night which will also go down in history, as the night of the Supermoon, the only time the moon was the closest to earth, since 1947. Being employed as an expeditions duty officer for a company named Trailblazers, I was sent on a camping trip to a place called the 'Little Rann of Kutch'. LRK, which was once a part of the Arabian Sea, is a vast plain of nothingness. Often taken to be a small desert with white sand, it is in actuality, a marsh encrusted with salt giving it, its white appearance. LRK I realized, was a place after my own heart especially since I craved nothing more than cold mornings and dark ravishing nights. It filled me with a sense of tranquility and serenity.

When the duties for the day were

over and done with, I decided to walk along the highway, to try and explore the locality and also find a restaurant serving authentic Gujarati food. To my good fortune, I not only found such a restaurant, but also learnt that it was open 24/7, just like most of the other restaurants in the area. That night can be better explained with the help of my version of an Eagle's song named 'Hotel California', since I experienced almost each and every word of it:

"On a dark desert highway, cool wind in my air; Warm smell of Parathas, rising up through the air. Up ahead in the distance, I saw a shimmering light; my head grew heavy and my sight grew dim, I had to stop for a bite!!"

After gorging on some really delicious spicy food and indulging in some late night ice-cream, I ended up walking in the wrong direction on my way home. Yet as they say, there is always some good in every circumstance, and it was true in this situation too. On the way back home, in the right direction this time, I spotted an Indian Eagle owl, a magnificent bird with eyes as bright as

topaz. My satiated tummy even started on its wild imaginative dreams of, what if I spot a snake? However, it turned out to be less of a dream and more of a premonition as at that very moment I spotted a Krait, a venomous snake crossing my path! It slithered past me, without a care in the world and I able to continue my journey back home.

Walking, talking to myself, singing and even doing a slight jig, on the almost empty street, under the stars and exquisite moon light, I went back to my room with a wee bit of sorrow as I didn't want to be cooped up indoors. I wanted time to stand still while I could still lose myself in the surreal experience of night-time wandering, and be greeted with the first flicker of dawn. This camp had truly been one of my most cherished memories and I am truly grateful to Trailblazers for this opportunity to wander in the wild and experience and explore a dream in reality.

-Karthik Thevar, SYBSc



Image Credit: Anchita Vijayaraghavan





हरिश्चंद्र गढ़ की चढ़ाई

हरिश्चंद्र गढ़, ठाणे पूर्ण और अहमदनगर जिलों की सीमा पर माळशेज घाट के बाईं तरफ खड़ा बुलंद विशाल पर्वत है। किसी स्थान या विशेष गढ़ का कितने प्रकार से अध्ययन कर सकते हैं, इसका उत्कृष्ट उदाहरण हरिश्चंद्र गढ़ है।

इस गढ़ का इतिहास रोमांच से भरपूर भूगोल विस्मयकारक है। अन्य किलों जैसे ही यह किला भी आदिवासी, कोली और महादेव समाज के पास था। १८ मार्च २०१७ में मैं और मेरे ५ दोस्त मेरे हमदम संजय, अजय, निकिता, बनीशा और उदय सांझ के समय हरिश्चंद्र गढ़ की तरफ रवाना हुए। कल्याण से कोभी फाटा हम कार से तकरीबन दस बजे पहुँचे। कोभी फाटा नामक रास्ते से संजय के अलावा हम सब अंजान थे। कार से उतरकर हमने अपना अपना सामान इकट्ठा कर एक जगह खड़े हो गए। वहाँ दूर-दूर तक कोई भी नज़र नहीं आ रहा था। उस अंधेरे अंजान और निशब्द रास्ते पर हम खुले आसमान में लाखों करोड़ों जश्र मनाते तारों को देखनेका आनंद लेते हुए कुछ क्षण रुके और अपनी-अपनी बड़ी टार्च लाईट लिए खिलेश्वर गाँव की ओर चल पड़े।

खिलेश्वर गाँव कोभी फाटा से करीब ५ की.मी. दूर है। उस अंजान अंधेरि राह पर चमकते तारों की

चाँदनी से भरे आकाश तले हम हर्ष से भरपूर गाते-गुनगुनाते गप-शप करते तथा एक-दूसरे का हाथ थामे खिलेश्वर गाँव पहुँचे। वहाँ पहुँचकर तकरीबन साढ़े ग्याराह बजे हमने एक ढाबे पर अपना डेरा जमाया। हम ठहरे एक ही थाली के चट्टे-बट्टे। फिर क्या, हमने एक दूसरे का डिब्बा बाँटकर, तथा झपटकर खाया। पेट भर खाने और थोड़ा कुछ बचाने के बाद हमने अपने लक्ष्य के अगले पड़ाव याने कि पहाड़ की चढ़ाई के लिए अग्रसर हुए। तब समय कुछ रात के बारा बजे का रहा होगा।

वैसे तो हमारा हरिश्चंद्र गढ़ जाने का कोई प्रयोजन तो नहीं था किंतु हमारी दोस्त निकिता गुप्ता द्वारा बहुत ज्यादा सताने और आग्रह करने पर संजय, निकिता और मैंने हरिश्चंद्र गढ़ पर कूच करने की योजना बनाई।

रात बाराह बजे हम सारे ढाबे से आगे हरिश्चंद्र गढ़ की राह पर अग्रसर हो चले। कुछ दूर चलने पर कुत्तों कि चीरती हुई भौंकने की आवाजों ने हम सब का ध्यान आकर्षित किया। कुत्तों की इन आवाजों से हमें अब यह पता चल गया की हम अब गाँव की सीमा को पार कर चुके हैं।

खिरेश्वर गाँव पहाड़ की नींव पर घने जंगल में स्थित है। आधी रात को मैं और मेरे दोस्त अंजान घने और अंधकार से भरे जंगल से हरिश्चंद्र गढ़ की

ओर अग्रसर हो रहे थे।

उस अंधेरी रात में घने जंगल से खुंखार जानवरों और निशाचरों की बड़ी ही भयानक आवाजें घनघोर अंधेरे और खामोशी को चिरकर हमारे कानों में गूँज रही थी। तथा बार-बार अपना परिचय हमें दे रही थी। लेकिन हम सब गप-शप में इतने मशगूल हो गए की हमें इन आवाजों से कुछ खास फर्क नहीं पड़ा। हमारी यही निडरता उन आवाजों पर एक व्यंग्य की तरह छप गई।

मैं अपने गाँव में पहले भी कई बार रात को घने जंगलों में सफर कर चुका था। यही कारण था कि मुझे रात में जंगल के हालात की अच्छी जानकारी थी। मेरे कहने पर हम सब ने पेड़ों की मजबूत टहनियों से हमारे लिए कुछ बड़े और मजबूत डंडे तैयार कर लिए और अपने हाथ में लिए आगे की ओर चल दिए। संपूर्ण जंगल पार करने तक हम सब रास्ते में पत्थरों पर डंडे पटक पटक कर चल रहे थे। रात के समय जंगलों में आत्मसुरक्षा का यह सदियों पुराना तरीका है। अगर राह में कोई सांप बिच्छू या अन्य कोई जानवर हो तो वह आवाज से डर कर दूर भाग जाता है।

रात बारह बजे से लेकर रात तीन बजे तक हम सारे लगातार चलते ही जा रहे थे। अंधेरे जंगल में हमारे पास सिर्फ डंडे, टार्च लाईट और एक-दूसरे



का ही सहारा था। उस घने अंधेरे जंगल में हम एक अच्छी मित्रता के साथ साथ अब एक-दूसरे के अच्छे हमसफर के रूप में भी उभर रहे थे। उस घने अंधेरे जंगल ने हमें एक बहुत ही महत्वपूर्ण सीख दि कि,

"जिंदगी में भले ही निराशा का घनघोर अंधेरा ही क्यों न छा जाए और हमारे साथ हमारे मित्र हो तो हम उस अंधकार में भी अपनी राह को ढूँढकर आशा के प्रकाशित पथ पर चलकर स्वर्ण भविष्य में कदम रख सकते हैं।"

मैं सबसे आगे चल रहा था तथा पूरी तरह से सतर्क और सावधान था कि मैं सबको सही दिशा में ले जा रहा हूँ। संजय सबसे आखिर में चल कर यह सुनिश्चित कर रहा था कि कहीं कोई गलती से पीछे न छूट जाए। अजय हम सबके बीच-बीच चल रहा था ताकि किसी को घने अंधेरे में डर ना लगे। चलते-चलते रात के सवा तीन बजे हम सब जंगल में एक जगह १५ मिनट के लिए आराम करने के लिए बैठे। बैठने से पहले मैंने संजय और अजय ने डंडे पिटकर यह सुनिश्चित कर लिया कि सब पूरी तरह से सुरक्षित तो हैं बैठने के लिए। वहाँ हमने थकावट को कम करने के लिए बनीशा द्वारा लाए हुए ग्लुकोविटा की गोलिएँ खाईं। फिर मैंने पानी में ग्लुकोन्डी मिलाकर सबको बाँट दी। थकावट दूर होने पर हम सबने एक दूसरे के साथ हुई पहली मुलाकातों का वापन करने लगे। फिर ठिक ३:४५ को हम जंगल में आगे की तरफ

अग्रसर हो गए। पत्थरों पर लगे निशानों का रात में पीछा करते-करते और जंगल के एक पड़ाव को पार करते करते हम प्रातः काल साढ़े चार बजे पहाड़ के कुहाने की तैफ पहुँचे।

हम सारे मित्र रात भर लगातार चल रहे थे लेकिन अब जो पल आने वाला था वह जितना रोमांचक था उतना ही खतरनाक भी था। हम सबने अंधेरे में ही पहाड़ पर चढ़ना प्रारंभ किया। हमारे नीचे हजारों फुट गहरी खाई थी फिर भी हम सब बिना किसी डर या हिचकचाहट के पहाड़ पर चढ़ रहे थे। मैं सबसे आगे था बाकी सारे सावधानी पूर्वक मेरे मार्गदर्शन में मेरे पीछे-पीछे चल रहे थे। हम सभी बड़ी ही सावधानी के साथ फूँक-फूँक कर कदम रख रहे थे। हम सबको पता था कि हमारी एक छोटी से छोटी गलती की बड़ी कीमत चुकानी पड़ सकती है। हमारे आगे एकदम खड़ी चढ़ाई और पीछे गहरी खाई थी। अब तो हम पीछे हटने के बारे में सोच भी नहीं सकते थे क्योंकि एसा करने पर सारी मेहनत बेकार हो जाती हमारी। मैं ने सबसे पहले ऊपर चढ़कर वहाँ रस्सी को एक पेड़ के तने से मजबूती के साथ बाँध दिया। अब मैं बाकी सब को रस्सी के सहारे उपर आने में मदद कर रहा था। संजय और अजय ने सबसे पहले लडकियों को ऊपर चढ़ाया फिर खुद भी ऊपर आ गए। सब बाधाओं को पार करते हुए हम आगे बढ़े और बहुत ही कठीन रास्तो और मुश्किल चढ़ाईयों के बावजूद अब हम पहाड़ पर पहुँच चुके थे। सुबह पौने छे बजे के आस-पास हमने पहाड़ पर थोड़ा आराम किया। हम उस पहाड़ की चोटी पर आधे घंटे ठहरे थे और वहा की ऊँचाई से हम सबसे सुंदर दृश्य देखने लगे।

वह दृश्य था भोर में अंधेरे को चीरती हुई सूरज की पहली सुहरी किरणों का। इस दृश्य ने हम सबके मन में एक नई चेतना अनुप्रणित कर दी और इस चेतना में एक चमत्कारीक जादू था। नवचेतना और उल्हास से परिपूर्ण होकर हम सब हरिशंकर गढ़ की ओर अग्रसर हो गए।

मंजिल अभी दूर थी लेकिन हम सब अब पूरी तरह से उत्साहित थे। रात के घने अंधेरे की जगह अब उजाले ने ले ली थी। निशाचरों की जगह अब पंछियों की मधूर चहचहाहट ने लेली थी। जो हमारे कानों में शांति और समाधान की गूँज प्रस्थापित कर रही थी। पथ पर चलते-चलते हमारी दृष्टि ज़मीन पर लहराती सुनहरी घास पर पड़ी। वह घास सूर्य किरणों की वजह से सोने से भी ज्यादा चमक रही थी। दृष्यमान जगह का हर एक सुंदर नजारा वहाँ पर मौजूद था। राह में चलते-चलते कुल सात छोटे छोटे पहाड़ों को पार करने के बाद आखिरकार अब हम सब अपनी मंजिल याने हरिशंकर गढ़ पर पहुँच गए। हम सब ने सुकून की साँस ली। खिरेश्वर गाँव से लेकर हरिशंकर गढ़ का यह चंद घंटों का सफर हम सब के झीवन का सबसे यादगार सफर था। रात में शुरू कि हुई इस चढ़ाई ने हमें बहुत कुछ सिखाया। इस गढ़ की चढ़ाई की वजह से हमारे जीवन में कई उच्च मानवीय मूल्यों का बीजवपन हुआ। इस यात्रा ने हमें यह महत्वपूर्ण सीख दी कि "जिंदगी में कितने भी ऊँचे शिखर क्यों न हो, अगर हमारे पास एक दूसरे का साथ हो तो हम उस शिखर को बिना किसी मुश्किल के अपने कदमों के नीचे पाएँगे।"

-मनीष झगड़े, टी. वाय. बी. ए



Noch ein Bier, bitte

Wenn in Deutschland, sind Sie nie genug betrunken!



Die Bierkultur in Deutschland ist einzigartig in der Welt. Die Deutschen sind bekannt für ihre Liebe zum Bier. "Deutschen sind ein Volk der Biertrinker": Das ist nicht nur ein Klischee, sondern hat auch bestimmte Gründe. Einer davon ist sicherlich das deutsche Reinheitsgebot. Das deutsche Reinheitsgebot ist die älteste Lebensmittelrechtliche Vorschrift der Welt, die heute noch gültig ist. Es wurde vom Bayrischen Herzog Wilhelm IV im Jahre 1516 erlassen. Es besagt, dass Bier ausschließlich aus Malz, Gersten, Hopfen, Hefe und

Wasser gebraut werden darf. Keine künstliche Aromastoffe oder sonstiges aus dem Chemiekasten werden erlaubt. Aus diesem Grund ist das deutsche Reinheitsgebot ein wichtiges Qualitätsmerkmal für deutsches Bier!

Diejenigen, die zum ersten Mal nach Deutschland fahren, werden über die zahlreichen Sorten des Biers verwirrt. Die verschiedenen Biersorten kann man nicht in allen Städten finden. Diese Getränke unterscheiden sich zwischen den Farben, der Temperatur, Technik, wie viel Alkohol es enthält und selbstverständlich auch das Geschmack. Wenn in Deutschland wird eine wirkliche Kenner niemals nur nach "Bier" fragen oder einfach Bier bestellen. Trotzdem ist für viele Biertrinker nur Dunkles oder Helles Bier wichtig, um eine Entscheidung zu treffen. Aber sie sollen mindestens wissen, ob sie ein Großes oder ein Kleines Bier möchten, vom Fass oder aus einer Flasche, Pils oder Export. Heutzutage ist alkoholfreies Bier äußerst populär in Deutschland. Es

gilt als gesünder als normales Bier, weil es keinen oder kaum Alkohol enthält und somit hat auch weniger Kalorien.

Wenn wir an das deutsche Bier sprechen, können wir die deutschen Biergärten nicht außer Acht lassen. Sie sind ein großer Teil der Bierkultur. Vor allem sind Biergärten in Süddeutschland und Österreich sehr bekannt. An Sommerabenden, wenn sie spazieren gehen, können sie häufig den Klang des Publikums auf einem Biergarten von weitweg hören, schon bevor sie es wirklich sehen. Egal wo sie in Deutschland sind, ist die Stimmung auf einem Biergarten großartig und ansprechend. Familien sitzen am Tisch und genießen ein Bier mit einem Bockwurst oder einem Wienerschnitzel. Die Kinder trinken Apfelwein oder Soda und die Erwachsene trinken Bier aus einem Litermaß.

Deutschland hat eine große Anzahl von Biersorten zur Verfügung. Diese Biersorten sind zum Teil nur regional, aber zum Teil auch



deutschlandweit verbreitet. Von kleiner Hausbrauerei bis zum internationalen Konzern, nirgendwo auf der Welt kann man solche Markenvielfalt finden. Jede Region in Deutschland hat ihre eigene Bierspezialität. Laut der Deutsche Brauer-Bund soll es gegen 5000 Biersorten in Deutschland geben. Pils, Altbier, Export, Kölsch, Weizen, Helles und Dunkles usw. Sind die wichtigsten Biersorten.

Pils ist die mit Abstand meist getrunkene Biersorte Deutschlands. Sein Anteil am gesamten Bierausstoß liegt bei mehr als 65 Prozent. Ein edles Pils kann sich überall sehen lassen und wird ganz selbstverständlich auch als Getränk zu einem Fünf-Sterne-Menü bestellt. Das Pilsener Bier kam in Deutschland zunächst in Preußen, erst viele Jahrzehnte später setzte es sich auch in Süddeutschland durch. Mit einem Alkoholgehalt von 4,8 Volumenprozent ist Pils ein Vollbier mit hell-goldener Farbe. Auch heute noch ist das hell-goldfarbene Pils besonders beliebt im Norden, Westen und Osten Deutschlands.

Zunehmend populär ist das Weizenbier. Im Restaurants und Gaststätten kommt das Weizenbier häufiger vom Fass. Es muss mindestens 50 Prozent Weizenmalz enthalten. Doch hat das Bier auch viel Kohlensäure. Neben den klassischen kann man auch ungefilterten Hefeweizen in Hell und Dunkel in vielen Brauereien finden. Einige Regionen bieten auch Weizen-stark Bier. In Köln ist das Kölsch besonders

Zunehmend populär ist das Weizenbier. Im Restaurants und Gaststätten kommt das Weizenbier häufiger vom Fass. Es muss mindestens 50 Prozent Weizenmalz enthalten.



beliebt. Nach der Kölsch-Konvention im 1986 darf Kölsch nur in Köln und direkter Umgebung gebraut werden. Mit einem höheren Alkoholgehalt ist das malzaromatisch und wenig bitter Lager oder Export passend für eine lange Reise. Es gibt in hell-goldgeber und auch in dunkler Farbe. Insbesondere in Baden-Württemberg und Hessen steht das Export bei vielen Bierliebhabern hoch im Kurs.

Die Berliner Weisse ist so typisch für die Hauptstadt wie das Brandenburg Tor. Berliner Weisse hat ein erfrischendes, leicht

säuerliches Geschmack. Falls man in Berlin ist, muss man auf jeden Fall die Berliner Weisse probieren. Das klassische Altbier hat seine Heimat in Düsseldorf. Alt hat ein herbes Geschmack, das sich bei einer Temperatur zwischen 8 und 10 Grad am besten entfaltet. Altbier ist auch in anderen deutschen Regionen wie Z.B. Leverkusen oder Münsterland gebraut.

Mit einem besonderen Aroma ist das Rauchbier in Bamberg und Umgebung verbreitet. Das ist ein untergäriges Vollbier mit leichtem bis stärkerem Raucharoma. Noch ein beliebtes ist das dunkle Bockbier mit kräftigem Malzgeschmack. Es wird saisonal gebraut, z.B. unter der Bezeichnung Maibock im Frühjahr oder als Winterbock. Bockbier hat einen Alkoholgehalt von rund 7 Prozent. Einbeck ist die Heimat von Bockbier.

Jedes Jahr findet das größte Volksfest "Oktoberfest" im September in München statt. Das erste Oktoberfest wurde im Jahr 1810 organisiert. Es gibt etwa 6-7 Millionen Besucher jedes Jahr. In diesem Fest wird die ganz typische bayrische Kultur dargestellt. Frauen in Dirndl und Männer in Lederhosen sind zu sehen. Sie genießen das originelle Bier auf dem Oktoberfest. Um diese Atmosphäre der deutschen Kultur zu erfahren, muss jeder einmal nach Deutschland und diese hervorragenden Erlebnisse fürs Leben sammeln!

-Pooja Nadgauda
SYBA



समुद्राच्या कुशीत असताना...



भारताला लाभलेली देणगी म्हणजे त्याला मिळालेली अमूल्य नैसर्गिक साधनसंपत्ती, पर्यावरण, उत्तम हवामान. भारतभूमीच्या तिन्ही बाजूंना महासागर आहेत. हे नैसर्गिक सौंदर्य एवढं अलौकिक आहे कि त्याचं नुसतं वर्णन करणं अशक्य आहे. या नैसर्गिक सौंदर्याचा आस्वाद घेण्यासाठी, ते नजरेत आजन्म साठविण्यासाठी बरेच लोक त्याकडे आकर्षित होतात. आपणही पक्ष्यांच्या कूजानाचा सुंदर आवाज ऐकताच पाहायला बाहेर येतो. माणसाच्या स्वभाव वृत्तीनुसार काहीतरी नवीन बघितल्यावर ते लक्षात ठेवणे आणि पुन्हा कधी 'याचि देह याचि डोळा' बघता येतंय असं होत असतं. भारतभूमी ही विविधतेतून निर्माण झाली आहे. भारतातील प्रत्येक राज्य, जिल्हा, प्रांतातील हवामान तिथल्या खाण्याच्या पद्धती, भाषा सगळंच वेगवेगळे आहे. पण या विविधतेतही एकता आहे. भारतातील अनेक विभाग आजही दुर्लक्षित, वंचित आहेत. परंतु ते पुनरुज्जीवित करण्याचे काम भारतातील पर्यटन व्यवसायाने केलंय. भारतातील अनेक दुर्लक्षित भाग शोधून, तिथले वैशिष्ट्य

शोधून, तिथली खासियत ओळखून त्यानुसार तिथे पुन्हा पर्यटकांना आकर्षित करण्याचे शिवधनुष्य या पर्यटन कंपन्यांनी उचललं आहे.

भारतभूमी ही खरंतर आसेतुहिमाचल नैसर्गिक सौंदर्यान नटलेली, सजलेली भूमी आहे. पावसाळ्यात तर तिचा साज बघण्यासारखा असतो. संपूर्ण भूमी हिरवा शालू पांघरून असते. हे सौंदर्य नुसते घरी बसून साठविता येत नाही तर बघायला प्रत्यक्ष बाहेर पडावे लागते. या वातावरणात धुंद रमावे लागते. लाखो लोक पावसाळ्यात फिरायला बाहेर पडतात. जे गिर्याप्रेमी आहेत ते गिर्यारोहण करण्यासाठी बाहेर पडतात. अनेक गड, धबधबे, पठारे पाहायला सगळेच जण उत्सुक असतात. महाराष्ट्रात तर डोळ्यांचं पारणं फेडणारं कांसचं पठार फुलं फुलण्याची आणि पाउस पडण्याची चातकासारखी वाट पाहत असतात. हल्ली तरुण पिढीला वेड आहे ते ट्रेकिंगचं. पावसाळ्याची चाहूल लागली की ते गडाचे बेत आखायला सुरवात करतात. छ. शिवरायांच्या कृपेने महाराष्ट्राला खूप मोठी ऐतिहासिक संपत्ती लाभली आहे. ती न्याहाळायला लोक धाव घेतात. पावसाळ्यात भारतभूमी उत्कृष्ट दागदागिन्यांनी नटलेली,

सजलेली असते. हिरव्या शालूवर मस्त, मखमली मृगाचे किडे जणू खड्याप्रमाणे शोभून दिसतात. त्यात धबधबे तिच्या सौंदर्यात भर घालतात. उन्हाळ्यात तर महाराष्ट्रातील सौंदर्य बघण्यापेक्षा लोक पर्वतांचा राजा असणारा हिमालय गाठतात. हिमालयाचं ते अवाढव्य रूप पाहताना सगळे जण थक्क होतात. सतत पडणारा बर्फ सगळ्याचं मन भरून टाकतो. तिथल नैसर्गिक सौंदर्य तर अवर्णनीयच आहे. उन्हाळ्यात लोकं धाव घेतात ती थंड हवेच्या ठिकाणी. सगळ्यात जास्त थंडी असणारं ठिकाण म्हणजे हिमालय, लडाख, कुलूमनाली, काश्मीर, देहरादून, राजस्थान, महाबळेश्वर, माथेरान, इ. हिवाळ्यात मस्त फिराववंते या अथांग समुद्रकिनाऱ्यावर, वाऱ्याचा बेधुंद स्पर्श झेलत किनाऱ्यावर चालावं, पाण्यात पाय बुडवून लाटांचा स्पर्श अनुभववा. भारताला लाभलेली सर्वात मोठी देणगी म्हणजे विस्तृत पसरलेला समुद्रकिनारा. इकडे गुजरातपासून तिकडे दक्षिणेला तामिळनाडू, केरळ आणि बंगाल पर्यंत हा अथांग समुद्र आपले हात पसरून आहे.

या सर्व ठिकाणांमध्ये मला सगळ्यात भावलेला समुद्र म्हणजे अरबी समुद्र जो रत्नागिरीला आपल्या

सावरकर भारताचा किनारा
सोडून लंडनला रवाना होत
असताना त्यांना फार वाईट
वाटलेलं. तेव्हा समुद्रानेच त्यांची
समजूत काढलेली की 'मी तिथे
तुझ्यासोबत असेन'.



कवेत घेऊन आहे. त्या समुद्राचं आणि माझं नातं वेगळाच आहे. रत्नागिरीचा समुद्र प्रत्येक ठिकाणी, प्रत्येक वळणावर वेगळा जाणवला. रत्नागिरीतल्या रत्नागिरीत तो मांडवीत वेगळा, भाट्यात वेगळा, गणपतीपुळ्यात वेगळा, आरेवारे, गावखडी, गणेशगुळ्याचा ह्या प्रत्येक ठिकाणी जाणवलेला समुद्र, परिसर, तिथलं वातावरण अलाहिदाच आहे. रत्नागिरी सोडून गुहागरचा, अलिबागाचा, सिंधुदुर्गाचा, विजयदुर्गाचा ह्या ठिकाणचा समुद्र पण मनाला भरून टाकणारा आहे. हे समुद्र मुळातच मनाला मोहिनी घालणारे असतात. संपूर्ण शहर आपल्या कवेत सामावून घेत असल्याच आपल्याला जाणवत असत. आयुष्याच्या वेगवेगळ्या टप्प्यावर हा समुद्र मला वेगवेगळा जाणवायला लागला.

मला समुद्र खूप वेगळ्या अर्थाने आवडायला लागला. एकदा मला प्रचंड ताण आला होता. आईने सांगितल्यावर जरा बळजबरीनेच समुद्रावर गेले. पण तेथे गेल्यावर तो शांत समुद्र पाहून मनही शांत झाल. मनात होणारा कोलाहल थोडावेळ बाजूला सारला गेला. संध्याकाळचा वारा अंगाला आणि मनाला गारवा देऊन गेला. वाळूचा स्पर्श पायाला खूप काही सांगून गेला. तेवढ्यात पायावर आदळलेली लाट हळूच गालात हसवून गेली आणि माझ्या मनावरच ओझं दूर दूर आपल्यासोबत घेऊन गेली. ललित कथासंग्रह हाताळणाऱ्या प्रसिद्ध लेखिका गिरीजा कीर म्हणतात, 'प्रत्येक पुढे येणारी लाट यश, जिद्द, आत्मविश्वासाच प्रतिक आहे तर मागे जाणारी लाट म्हणजे अपयश, पराभव, मानहानी पचविणाऱ्या शक्तीचं प्रतीक आहे.' खरोखरच येणारी प्रत्येक लाट वेगळीच उर्जा, वेगळाच जोश, वेगळीच शक्ती घेऊन

येते. मनावरचा ओझंरुपी पडदा अलगद दूर दूर आपल्याकडे घेऊन जाते. आणि स्वच्छ निर्मळ मन पुन्हा पूर्ववत करते. बऱ्याच न उलगडणाऱ्या प्रश्नांची उत्तरं समुद्रकिनाऱ्यावर गेल्यावर शांत विचार करत, तिथल्या परिसराचा अनुभव घेत सापडतात. समुद्रावर केलेली साधना, ध्यानधारणा मनाला शांती, स्थिरता देऊन जाते. मनात येणाऱ्या उलट्या सुलट्या विचारांना योग्य गती मिळते. मला तेव्हा कळले समुद्र काय देतो आपल्याला. निखळ आनंद, एक नवीन ऊर्जाशक्ती आणि आत्मविश्वास.

त्या लाटांचा दगडावर फुटून उसळण्याचा प्रयत्न. त्यातून आलेलं अपयश, पण मनाशी निश्चित करून लाटा पुन्हा त्याचं जोमाने आपणही कधीना कधी किनारा गाठू या आशेवर असतात. त्यात कित्येकदा मागेही जावं लागतं; पण हार मानायची नाही हे निश्चित असायचं. हाच समुद्र बऱ्याच जणांना बराच काही देऊन जातो. कवीला काव्य, लेखकाला लेखणी, विचारांना दिशा आणि गती देतो. हे सांगताना मला सावरकर आठवतात. त्यांना सुद्धा हा समुद्र बराच काही देऊन गेला. मातृभूमीमध्ये असताना सावरकरांचं आणि समुद्राचं वेगळ बोलणं चालायच; ते स्वातंत्र्यप्राप्ती बाबत असायचं. सावरकर भारताचा किनारा सोडून लंडनला रवाना होत असताना त्यांना फार वाईट वाटलेलं. तेव्हा समुद्रानेच त्यांची समजूत काढलेली की 'मी तिथे तुझ्यासोबत असेन'. असा काल्पनिक संवाद त्यांच्यात चालायचा. ते लंडन मध्ये असताना मदनलाल धिंग्रांना अटक करण्यात आली. शिवाय भारतात त्यांच्या कुटुंबाला नजरकैदेत ठेवण्यात आलं होत तेव्हा त्यांना फार एकाकी वाटत होत. मन शांत करण्यासाठी ते ब्रिटनच्या समुद्रकिनाऱ्यावर

गेले. तेव्हा सावरकर पहिल्यांदा रडताना दिसले त्यांना मातृभूमीचा वियोग आता सहन होत नव्हता. त्याचवेळी सावरकरांच्या हातून अमरकाव्याचा जन्म झाला. सावरकरांनी रचलेल्या ओळी मनाला मोहिनी घालणाऱ्या आहेत. त्याचा अर्थ ज्यांना कळला त्यांना त्या काव्याची महती, प्रतिभाशक्ती कळली. आपण एकट पडलेलं असताना सावरकर काव्याच्या पहिल्या ओळीत सांगतात, 'ने मजसिने परत मातृभूमीला सागरा प्राण तळमळला सागरा...' ते हक्काने खडसावून समुद्राला विचारतात; एवढी त्यांची आणि समुद्राची जवळीक होती. या काव्याच्या शेवटच्या कडव्यात ते म्हणतात, 'या फेनमिषे हससि निर्दया कैसा का वचन भंगीसी ऐसा.....' सावरकरांप्रमाणे अनेक कवी, लेखक या समुद्राच्या प्रेमात पडतात. अनेकांना या समुद्राकाठी काव्य, लेख स्फुरले आहे, विचारांना गती आणि शब्दांना लेखणी प्राप्त झालेली दिसते.

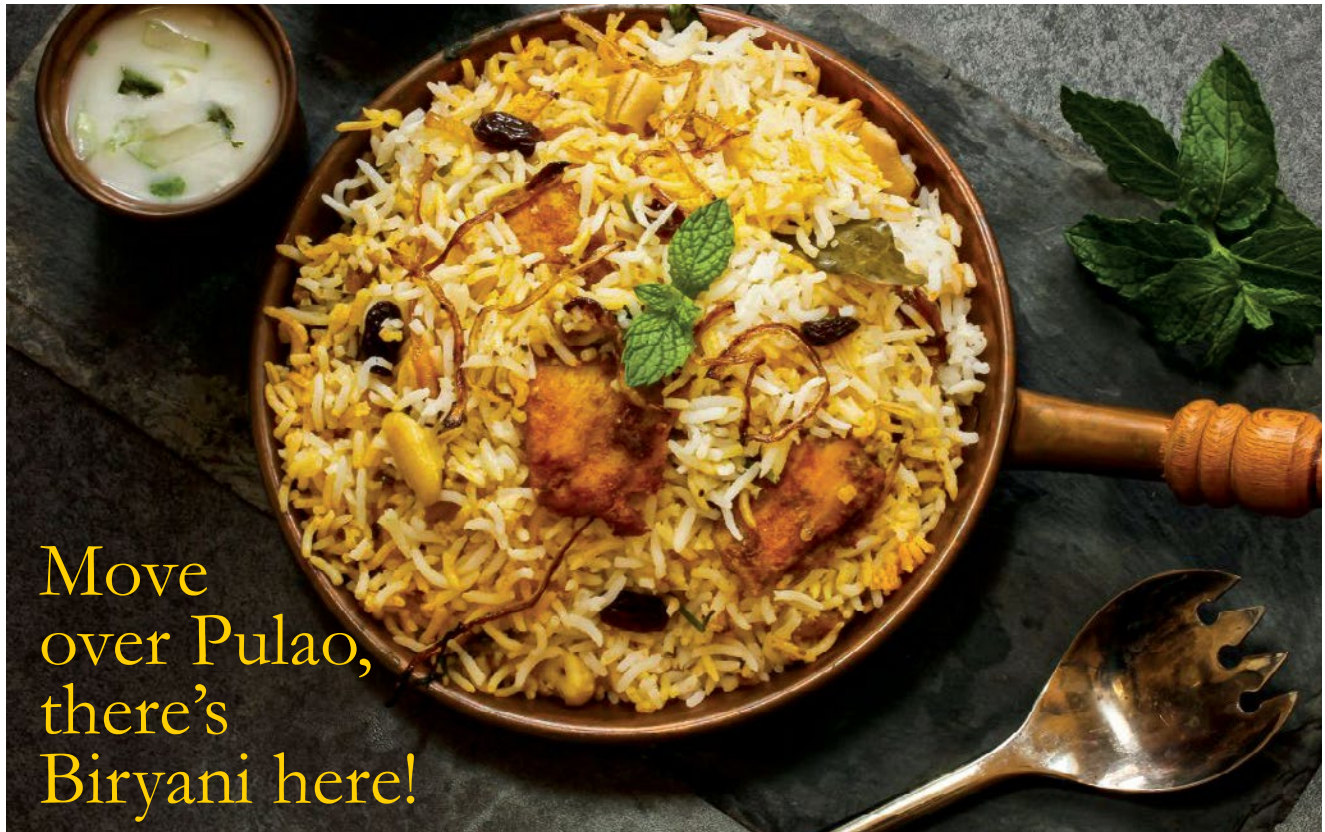
मलासुद्धा बाकीच्या सौंदर्यापेक्षा हे समुद्राचं सौंदर्य फार आवडत. मी खूप काही शिकले आहे या समुद्राकडून. शांत, स्थिर, संयमी राहाण या समुद्रानेच शिकवलंय. सगळा आपल्यात सामावून घ्यायचं. भारताला लाभलेली ही देणगी खूपच अमूल्य आहे. पण हल्ली पर्यटनाच्या नावाखाली बरेचजण या समुद्राची हानी करताना दिसतात. याचा त्या समुद्रालाही बराच त्रास होतो. आपण आपल्या नैसर्गिक संपत्तीच संरक्षण करणं ही आपली जबाबदारी आहे. अचानक लिहिता लिहिता एक चारोळी आठवली,

**'समुद्राकाठी चालताना,
पाहिलं मी लाटेला साऱ्या वेदना वाहून नेताना,
माझ्या मागे मी होते आठवणींचा सुंदर चित्र
सजविताना,
माझ्या समोर मी होते एका नव्या चित्रात रंग
भरताना !!'**

असं माझं आणि समुद्राचं घट्ट नातं आहे. मला फिरण्यासाठी समुद्र खूप आवडतो. त्या पाण्यात खेळताना, लाटा पायावर घेतानाचा आनंद काही औरच आहे. हे समुद्राचं रूप माझ्या नजरेला आणि मनाला भुरळ घालणारं आहे.

-रेणुका पळसुलेदेसाई
एफ. वाय. बी. ए.





Move
over Pulao,
there's
Biryani here!

Biryani- India's one-pot wonder.

Of the various dynasties that ruled India, only a few have successfully carved a niche for themselves. One such dynasty is that of the Mughals. They have left an indelible impression on our collective consciousness, via their delectable cuisine. From succulent Kebabs to piquant Biryanis to the lush Halwas, the Mughals' contribution to Indian cuisine is immense. There are few dishes that bear resemblance to the original dish, most of them having undergone variations to suit regional palates, yet remaining a gastronomical delight.

According to food historian Colleen Taylor Sen, the term 'Mughal' was probably first used by enterprising restaurateurs to lend

snob value to their dishes, and has evolved to become a catchphrase for rich, typically meat-based dishes associated with the Muslim cuisine of North India or Pakistan. However, the usage is somewhat inaccurate, as many of the dishes attributed to the Mughals existed earlier at the courts of the Delhi sultans, and some had antecedents in indigenous cuisines. The Mughal emperors themselves, with their frequent fasts, avoidance of meat and love for khichdi, were far from being gourmands, preferring simple food much like their Turkish and Mongol forefathers.

The imperial kitchens travelled with the Mughal Empire, boasting of a plethora of dishes with ingredients procured from around the world.

As they Mughals encountered royals with a palate for rich and elaborate food, the imperial kitchen evolved to cater to these tastes. With over a hundred victuals served every meal, variety never posed a problem. As cooks served delicacies from all over the world, the imperial kitchen was abound with rich flavours.

Today, one can't help but think of Biryani when talking about Mughlai cuisine. One of the popular origin legends of biryani is associated with Mumtaz Mahal, the wife of Mughal emperor Shah Jahan. It is believed that when Mumtaz visited the army barracks, she found that the Mughal soldiers looked undernourished. To provide a balanced diet to the soldiers, she asked the chefs to

prepare a dish with meat and rice. The result of this was a dish of long-grained rice comprising of meat and spicy, pungent flavours. Over the years, it evolved and acquired a more subtle flavour. Depending upon the availability of spices and its culinary history, each region presents a different variant of the dish. It was adopted by the Nawabs of Hyderabad and Lucknow adding their own condiments giving it its own uniqueness. It is generally served with accompaniments with a curd base which is meant to soothe and cut through the spiciness. The biryani has reached a cult status today, such that if India had a national food, biryani would very much be a contender. For most of India, no occasion is complete without a portion of biryani on the plate. In fact, biryani is the centrepiece of several holidays and weddings, regularly upstaging every other dish on the menu.

Of the less well known Biryani's are the Doodh Ki Biryani and the Mutanjan Biryani.

The simple and subtly-flavoured Doodh Ki Biryani which hails from the land of the Nizams is nothing like its parent dish; neither in terms of its aroma nor in its appeal. It is flavoured with creamy milk, roasted nuts and minimal spices, lending it a very delicate flavour, unlike its regional counterpart known for its nose watering, hot and spicy flavours.

The Mutanjan Biryani on the other hand is a Kashmiri variant that stands out from all other Biryani's due to the large amounts of sugar used

in its preparation. It is prepared with an equal amount of mutton, rice and sugar, blended with cream, spices, saffron and screw pine water as well as rose water.

The style of cooking biryani in north India is different. Since a large part of north India was inhabited by vegetarian communities like Brahmins and Marwaris, north Indians successfully experimented with it to arrive at the vegetarian version. Vegetarian biryani, colloquially called 'Tehri' is a classic meal.

Rice is widely consumed in the southern part of the country who boast of having a wide variety of biryanis over any other part of the country. Some of the celebrated biryanis of the south are Bhatkali biryani, Coorgi mutton biryani and Mangalorean fish biryani.

Another famous dish, the Iraqi biryani is prepared with rice that is usually saffron based with chicken or meat as the poultry. Variations include vermicelli, almonds and nuts spread over the rice. A spicy tomato sauce may also be served occasionally.

The Iranian Biryani is made with lamb, marinated with curd, spices, herbs and with fruits like dried raisins and kept overnight. It is then cooked in a tandoor and served with steamed rice.

The easy adaption of 'Mughlai dishes' to satisfy various taste buds is what has lent it a prominent position and an all-time favourite in Indian cuisine.

-Arundhati Barua
SYBA

One of the popular origin legends of biryani is associated with Mumtaz Mahal, the wife of Mughal emperor Shah Jahan. It is believed that when Mumtaz visited the army barracks, she found that the Mughal soldiers looked undernourished. To provide a balanced diet to the soldiers, she asked the chefs to prepare a dish with meat and rice.





धरती का स्वर्ग

जम्मू - कश्मिर हिमालय की पर्वत मालाओं में बसा हुआ है। इसे 'धरती का स्वर्ग' भी कहा जाता है।

जम्मू-कश्मीर से कई देशों की सीमाएँ लगी हुई है। उत्तर-पूर्व में चीन तथा पश्चिम एवं उत्तर पश्चिम में पाकिस्तान द्वारा अधिकृत कश्मीर से जम्मू - कश्मीर की सीमा सटी हुई है। गर्मी के समय कश्मीर की राजधानी श्रीनगर होती है और सर्दी में जम्मू। जम्मू - कश्मीर अपने मन मोह लेने वाले दृश्यों के लिए भी जाना जाता है।

१९वीं सदी से फिल्मों में भी कश्मीर का वर्णन किया हुआ हम देख सकते हैं। 'ये हैंसी वादियाँ, ये खुलाँ आसमान, आ गये हम कहाँ !' इन पंक्तियों में कश्मीर को देखना चाहेगा। यहाँ के पीर पंजाल पर्वत, हिमालय की बर्फिली चोटियाँ, झेलम नदी की अटखेलियाँ, झेलम नदी का मनमोहक रूप, केसर के खेत, सेबों से लतपत बाग, रंगीबेरंगी ट्यूलिप्स और गुलाबों के खेत, चिनार व देवदार

के महावृक्ष... शायद ही भारत में ऐसी कोई दुसरी जगत होगी। हर मौसम में बदलते यहाँ के रंग, कभी बर्फ की चादर ओढ़े हुए। इन वादियों में खोए हुए यहाँ के सुंदर लोग। अवअंतीपुरा के खंडरो में 'दिल ढुँढता है' कहनेवाले संजीवकुमार से लेके 'मिशन कश्मीर तक भारत के हर पीढ़ी को कश्मीर की सृष्टि ने अपनी तरफ खींचा है। यहाँ का कहवा पीने के बाद जो ताज़गी का अनुभव होता है, वो शायद ही किसी चाय को पीने के बाद होता होगा। कश्मीर का वाजवान खाने के लिए दूर दूर से लोग आज भी वहाँ जाते हैं।

कश्मीर में डल झील है। जो पुरे विश्व में प्रसिद्ध है। यह झील बहुत ही सुंदर दिखती है। यह झील लगभग २५-३० किलोमीटर में फैली हुई है। इसके चारों ओर पहाडियों से घिरा हुआ है। डल झील जीतना सुंदर झील मैंने अपनी जिन्दगी में कभी

नहीं देखी। इसमें हाऊस-बोट होते हैं और वहाँ के लोग इसे 'शिकारा' भी कहते हैं। मैं जब शिकारा में बैठकर झील की सैर कर रहा था तो देखा एक छोटा सा बालक ३ से ५ वर्ष का होगा, वह अपने हाऊस बोट से निकलकर स्कूल के लिए एक छोटी सी 'नाव' लेकर स्कूल की ओर निकला। यह बहुत ही सुन्दर नजारा था। हर सुबह शिकारों पे तरंगता बाजार भरता है जो एक पर्यटन स्थल हुआ है। हमने शिकारा पर सवार रहकर अलग-अलग वस्तुएँ खरीदी। और उस झील में कमल के फूल बहुत ही सुन्दर दिखाई देते हैं और इसमें मछलियाँ भी होती हैं। सर्दियों में ये झील पूर्ण रूप से जम जाती है और इस पर बच्चे क्रिकेट भी खेलते हैं। यहाँ के लकड़ी के घर और उनके ऊपर की कारीगरी अवरणीय हैं।

कश्मीर में शालीमर गार्डन हैं जिसे मुगल सम्राट जहाँगीर ने बनवाया था और वहाँ गुलमर्ग



भी हैं जो घने जंगलों से घिरा हुआ है और बहुत ही सुंदर-सुंदर अलग-अलग प्रकार के फूल भी है। डल झील के पास हो पहलगाम है जो बहुत ही सुंदर और मनमोहक है। यहाँ कई फिल्मों की शूटिंग भी की गई है। पहलगाम में अमरनाथ यात्रियों के लिए कैम्प बनाए जाते हैं। यहाँ पर तीन झीलें हैं - किशनसर, लिशनसर और गंगाबाला। इसके अलावा श्रीनगर से ११ कि.मी. को दुरी पर निशांत गार्डन है। यह गार्डन डल झील के किनारे पर है। जम्मू में वैष्णवी देवी का मंदिर है जो जमीन से १२ से १३ कि. मी. उपर है। यह वैष्णो देवी जो माता रानी और वैष्णवी के रूप में भी जानी जाती हैं। मंदिर जम्मू और कश्मीर राज्य के जम्मू जिले में स्थित हैं। यह उत्तरी भारत में सबसे पूजनीय पवित्र स्थानों में से एक है। हर साल लाखों तीर्थयात्री मंदिर के बाद दुसरा सर्वाधिक देखा जाने वाला धार्मिक तीर्थस्थल हैं। इन जगहों पर आए दिन आलंकी हमले होते रहते हैं। लेकिन इसके बावजूद श्रद्धालुओं के जोश और उत्साह में कोई कमी नहीं होती। जम्मू-कश्मीर हमेशा से आतंकियों का टार्गेट (लक्ष्य) रहता है। लेकिन हमारे सुरक्षाबल पुरी कोशिश करते हैं जिसे शांति कायम रहे।

इन सभी पर्यटन स्थलों को देखने जम्मू-कश्मीर में हजारों पर्यटक प्रतिदिन आते हैं और प्राकृतिक सौंदर्य का आनंद लेते हैं। यहाँ के पश्मिना शॉल्स, पश्मिना साड़ी। झ्रय फ्रूट्स से लतपत मार्केट, केसर ये केवल अपने देश में ही नहीं

बल्की विदेश में भी बेचा जाता है। यहाँ के लोकल काश्मिरी लोग 'अतिथी देवो भवः' को मानते हैं। और सभी टूरिस्ट का अच्छे से ख्याल रखते हैं। सर्दी के महिनों में यहाँ आकाश से बर्फ बरसती है तो यह दृश्य बहुत ही सुंदर होता है। उस समय बर्फबारी देखने और उसका अनंद लेने हज़ारों पर्यटक आते हैं। तब ऐसा लगता है जैसे पूरा कश्मीर सफेद चादर से ढक गया हो। यह दृश्य अत्यंत सुंदर और मन मोह लेनेवाला होता है। जो व्यक्ति यह दृश्य देखता है, वह कहता है - 'कश्मीर धरती का स्वर्ग है' भारत का ताज है जम्मू-कश्मीर।

लेकिन आज कई प्रतिशत भारतीय बर्फ और ट्युलिप देखने के लिए युरोप जाते हैं, कश्मीर में यह सब होने के बावजूद। अगर सरकार इस मामले में दखल देकर यहाँ और भी सुविधाएँ लाने में सफल होती है, तो यहाँ के पर्यटन में और भी सुधार आ सकता है।



-पीयूष कुमार बरई, टी. वाय. बी. ए.
(पॉलिटिक्स)





Blackbird

Surviving the Indian snowcaps with 'adrak waali chai'.

There is no doubt about the fact that examinations cause stress. Very often, this is because of the last minute cramming sessions, a long established tradition carried on by generations of students since the bygone days. It was during such nerve-wracking times, that I was given something to look forward to, something that I would be rewarded with, at the end of the seven consecutive semester examinations that I was writing .

At the end of the third paper, my brother called up, "You're free after your exams end, right? So, I'll book your ticket, we're going to Uttarakhand." And that was that.

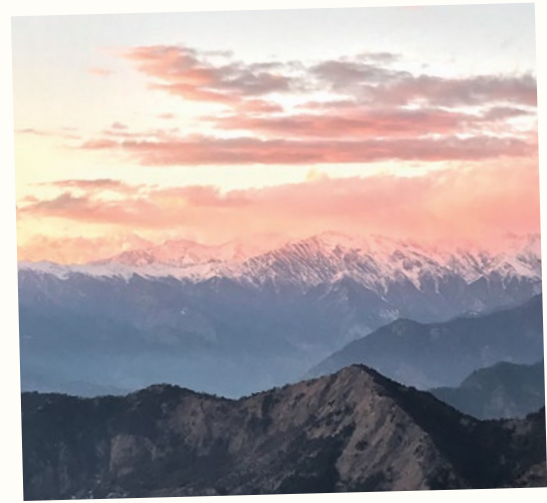
As December rolled around the corner, my brother, two of our friends and me, flew out to Dehradun and set up our base at Rishikesh. Being one of the holiest city in India for Hindus,

it was exactly like I had imagined it to be. The Yoga capital of the World, staying true to its title, was bursting with babas, foreigners and temples everywhere! That evening, we set out to explore the rustic backdrop of Rishikesh and ended up by the Ganga riverside. Steadily dropping temperatures coupled with the gentle breeze of the river made for an idyllic setting. Add to the mix, the clamorous aarti of the temple by Lakshman Jhula, and you have the perfect equation for peace and calm. Rishikesh has not been immune to globalization, and astonishingly we stumbled upon a german bakery, where we stopped for a quick snack. After a cheese sandwich and a glass of milk, we were ready to hit the sack, waiting anxiously to know what the next day held in store for us.

It began with a promise of adventure, accompanied with the

thundering accelerations of the two Royal Enfields that we rented for our trek to Chopta Tungnath Temple. This was my first 'road trip' in the Himalayas and my excitement knew no bounds, even though it meant travelling early morning, on an empty stomach at 40km/hr, with temperatures touching 7 degrees celsius. At our first stop-over, getting off the bike proved to be quite a task as I quickly realized that I was numb from the waist down. My fellow riders, noticing my predicament agreed that regular intervals had to be taken after every 45 mins. We decide to get in a spot of breakfast, while we waited for my body to get accustomed to the cold. Somewhere in the Commandments of the Himalayas is written, Maggi is the staple food of the travellers. The relief and the pleasure experienced when slurping those noodles with a cuppa in





the Himalayas is truly unparalleled.

A few minutes after resuming our journey, I was left awestruck. Often I have tried and failed to imagine what paradise must feel like. However, out there on those royal enfields, surrounded by mountains and lush trees, I finally got an answer. It was the closest I had ever come, to experience such a paradise. The loud crackling of the Enfield silencers fell on deaf ears. Air quality being at its lowest made it difficult for me to breathe, but soon I got adapted to it. Hours and hours of drive with the teal coloured water flowing in a rhythmic manner just next to the roads, felt oh so serene. For someone who doesn't get out of the house without earphones, the flash of silence almost had a tranquil taste to it. With the ever increasing speed of the ride, I could feel the crisp chill hit my face and leave behind an opulent feel. The sudden yet gradual ascents and descents of the roads by the hills, were indeed a welcome change from the potholes of Mumbai. Low

temperatures layered with high speeds and vernal sunshine is something that will stay in mind for years to come.

The trek was just as wonderful as we had expected it to be. The accumulation of snow prevented us from moving forward with the enfields, forcing us to park them in a hotel and carry on, on foot. A 15km long trek, riddled with upto 2 feet of snow and steadily dropping temperatures, we accomplished the task of reaching 4000m above sea level, giving us a truly, once in a lifetime view of the Himalayan peaks. That night proved to be unforgettable. Lying down on the ground, gazing into the star-filled skies, filled with me with a sense of wonder and awe. However, the extremely low temperatures meant we couldn't wait outside for long. We decided to take refuge in a pseudo-restaurant, which had a hipster-ish setting with cloth posters of cult heroes all over, dim lights, a few musical instruments lying around and plenty of thick blankets to keep us warm and cozy. Bonfires were

lit, songs were sung, stories were told, and the amount of money spent on the countless hot adhrak wali chais is still unaccounted for.

Our descent back to the base was a bit tougher, but all the more beautiful, because the humility, simplicity, and the ever-smiling locals who eased us into the trip. We spent a day at Rishikesh to explore some of the unique places it had to offer, such as the Beatles Ashram, where some of their most iconic songs like Blackbird, had been written. Listening to this song in its birthplace, took on a whole new meaning, giving me a new - fangled perspective on life.

*“Blackbird singing in the dead of night
Take these sunken eyes and learn to see
All your life*

*You were only waiting for this moment
to be free”*

-Anand JC
TYBCom





Travel has different connotations for different people. For some, their journey is captured through the lens of their cameras, and their destinations are a culmination of color palettes, shadows, exposure and myriad subjects. Travel photographers are travellers who condense their journey into an art; their cameras being their brushes, and their photographs being their masterpiece. Here are some travel photographers who have shared with us what travel means to them through some of their best photos.



Aparna Warriar, SYBA

"To travel, is to get from one place to another. Travelling, for me, is more than just flights or catching trains to places. It's the air I breathe there, the tea I drink, the people I see and meet, and most importantly - the lessons I take back from a place and how it consciously or unconsciously, shapes who I am."



01 Uparkot Fort, Junagadh, Gujarat, - 2300 year old architectural marvel from Gujarat, © Aparna Warriar

02

Shimla, Himachal Pradesh
- Sunshine in my palm,
© Aparna Warriar





Sunder Konar, TYBMM

"Travel means seeing views from a million perspectives and loving every bit of it"

02

Parvati river, Himachal Pradesh.

© Sunder Konar



01

Parvati river, Himachal Pradesh.

© Sunder Konar

03

Camp stay in Kasol, Kasol, Himachal Pradesh.

© Sunder Konar



Sidharth Pillai, TYBCom

"Travelling is a parallel door to another imaginative life."

01

Kerala Backwaters

So we beat on, boats against the current, borne back ceaselessly into the past, Kerala. © Sidharth Pillai



02

Kathakali - A Kathakali artist gets his face painted before the performance, © Sidharth Pillai

Kavya Ram, SYBA

"Travel is tripping on snow, calling out your name from the mountains, waking up to serene views, leaving your footprints on the same spot shared by a million strangers."



01

Golden Temple - Sri Harmandir Sahib, Amritsar, Punjab - The Golden Temple in all its glory © Kavya Ram

02

Manali, Himachal Pradesh- When the sky is blue and the air is still, and in the stillness of the air survey the entire Himalayan range is dazzling in white stretching to infinity, © Kavya Ram



Mitali Muralidhar, SYBA

"Travel makes one modest. You see what a tiny place you occupy in the world. Travel is not seeking new landscapes, but it is having new eyes. To me, travel is knowing humanity little by little."

01

Calangute, Goa
When in Goa, be *susegad!*

© Mitali Muralidhar



02

Madh Island, Mumbai
He's only a little boat looking for a harbour, © Mitali Muralidhar



Mansi Nadar, TYBMM

"Traveling makes me a better person. It makes me see life in different perspective."

01 Dalhousie,
Himachal Pradesh
The Himalayas,

© Mansi Nadar



02 Dalhousie, Himachal Pradesh
Khajjiar - Mini Switzerland
of India, © Mansi Nadar



संगम चवीचा, फ्युजन फूडचा !

का य हो कसे आहात? तुम्ही हा लेख वाचताय म्हणजे तुम्ही नक्कीच खादाड किंवा अस्सल फूडी असाल. बरोबर ना? मित्रांनो फ्युजन म्हणजे संगम. आपल्याला संगीतामध्ये फ्युजन सर्वपरिचित झालंय, पण फ्युजन फूड म्हणजे नक्की काय ?

आपल्याला एखादा पदार्थ आवडतो म्हणजे त्याची चव आवडते आणि दुसऱ्या कोणत्या पदार्थासोबत ती आणखी चविष्ट लागेल याचादेखील आपण विचार करतो. अगदी कॉन्टीनेंटल हॉटेल्स मध्ये मिळणाऱ्या विविध पदार्थांपासून ते आपण घरी मेगी तयार करताना त्यात घरचे काही मसाले वापरण्यापर्यंत सारं काही फ्युजनच आहे.

फ्युजन पदार्थांमध्येही बरेच प्रकार आढळून येतात. त्यातीलच एक म्हणजे एका संस्कृतीवर आधारित असलेला पदार्थ, दुसऱ्या संस्कृतीमधील साहित्य आणि फ्लेवर्सच्या आधारे बनविणे. याच फ्युजन मधून चवींचे काही संगम घडले आहेत. भाकरी किंवा पराठा यांना बेस बनवून तयार केलेला 'भाकर पिझ्झा' आता मूळ पिझ्झाला मागे टाकू



लागलाय. रूप पिझ्झाचे पण चव मात्र अस्सल मराठमोळी असा कमालीचा संगम येथे होतो. प्रादेशिक तत्वावरसुद्धा पदार्थांमध्ये फ्युजन दिसून येते. यामध्ये प्रामुख्याने एका विशिष्ट भागातील विविध पदार्थ एकत्र केले जातात. एशियन फ्युजन हॉटेल्स मध्ये आशियाई देशातील अनेक पदार्थ एकत्र करून नवीन पदार्थ बनविला जातो. अशा प्रकारचे हॉटेल्स अमेरिका सारख्या देशातही प्रचंड लोकप्रिय झाले आहेत.

फ्युजन फूडला प्रतिभा मिळवून दिली ती 'मसाला लायब्ररी'ने. इथे सर्वच पदार्थ फ्युजनयुक्त नसले तरीही काही पदार्थ अद्भुत, अविस्मरणीय

असे ठरले गेले आहेत. खरंच ही फ्युजनची जादू निराळीच आहे.

फ्युजन पदार्थ बनवायला भरपूर वाव आहे. पण असे पदार्थ बनवताना अंदाज मात्र अचूक असायला हवा. नाहीतर हे पदार्थ चुकण्याची दाट शक्यता असते. मेड इन पंजाब, ओबेरॉय मधील झिया, ब्लू फ्रॉग याठिकाणी उत्तम फ्युजनयुक्त पदार्थ मिळतात. चौपाटीवरील 'बेचलर्स' मधील मिरची आईस्क्रीम, पाणीपुरी आईस्क्रीम यांची नव्याने ओळख करून घ्यायची गरजच नाही.

चवींचे हे गणित जमावण्यामध्ये स्वयंपाकीचं कौशल्य पणाला लागतं आणि त्यातूनच नवीन नवीन पदार्थ जन्म घेत असतात. ज्याला जो पदार्थ जसा आवडतो तसा त्याने तो खावा हेच खरं ... मग तो चोकोलेट पिझ्झा असो वा जैन सुशी ... गुलकंद पुरणपोळी असो किंवा पावभाजी कोन...थेपला टाकोज असो किंवा पाणीपुरीमधील विविध प्रकार. करणाऱ्याने करीत राहावे आणि खाणाऱ्याने खाउन तृप्त व्हावे, हेच अंतिम सत्य!

-रोहन कदम (11th Arts)



The Idea of Home

Discerning the uncertainty and hope in migration

The word ‘travel’ usually brings to mind images of people moving from one place to another for pleasure, or images of people gorging on different local food dishes, trying to immerse themselves completely in the culture of a foreign land. But is that all what travel represents? Certainly not! Tribes or migrants who are forced to relinquish their land despite resistance from their end, are also engaged in a certain form of travel, though its purpose may be different.

A layman may very well ask, “Why does migration take place at all? Why do people uproot themselves from their soil, leave their homeland and try to seek shelter or protection from other countries?” Migration can be attributed to many causes including environmental disasters, poverty, rise in crime rate, etc. These reasons however empirically accurate, fail to describe the intangible loss

faced by millions who are displaced, devastated, left in the abyss, stripped of their basic human rights, forced to start their lives over from scratch. This new life however, is no bed of roses. Abuse, ill-treatment, torture, persecution, oppression and violence become a daily occurrence in their lives. Trafficking, forced labour and prostitution are rampant in refugee camps and have to be addressed at a global platform.

People flee their own country to escape unimaginable horrors- arson, rape, rampant massacre of men, women and children alike. Ethnic cleansing is a reality that surfaces very often. The most recent example of this phenomenon, which set almost 600,000 people traversing across borders, is that of the Rohingya community in Myanmar. Under the guise of rooting out insurgent groups, the sheer number of Rohingyas left homeless is uncountable and horrid.

Other than nature's wrath and man's vindictiveness, our idiocy in contributing to the ever increasing levels of pollution has resulted in research stating that Maldives will have the misfortune of being the first country to be wiped off the face of the earth in the near future. Pollution in other parts of the world would have such an adverse effect on this country that its citizens would be compelled to become refugees... globetrotting, to survive. Our duty as members of the human race, is to provide, if not more, then at least the basic necessities of life, i.e. food, clothing and shelter to the have nots. This is only possible when we are able



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to eliminate all forms of prejudice and biases associated with refugees from the society, and the minds of its inhabitants.

Human Rights Watch, an international non-governmental organization that conducts research and advocacy on human rights, is relentless in its struggle to investigate cases of human rights violation, especially in circumstances where countries try to contain or divert the migrants, refugees, and asylum seekers at or within their borders, by placing adults and children in overcrowded and filthy detention

centers. This kind of treatment is inhuman as the refugees may be housed in such conditions for an indefinite amount of time, thus violating their basic human rights. How long can an individual be expected to live such a life? Refugees are often labelled as marginalized sections of the society, however, we never stop to think what they would feel, when called so. Outsiders in a foreign land, surrounded by unknown faces, speaking an unknown language, these people have lost almost everything and instead of a being offered a sympathetic shoulder, they are ridiculed and called a burden to the community. Such dire situations very often take a toll on their mental health, which is completely ignored.

The journey undertaken by the migrants and refugees is usually a long and turbulent one, with just one end goal, i.e. survival. As Warson Shire once said, "No one leaves home unless home is the mouth of the shark"

*-Divya Iyengar,
FYBA*



From the Kitchens of Udupi

Tracing the story behind India's favourite breakfast cuisine



The South Indian cuisine is much loved across the country with scores of people waiting to dip their dosa and idlis in the spiced chutneys. But there is much more to this culture of gastronomy that remains unknown. The famed Udupi cuisine has reached restaurants beyond the Thames, but little is known of its origins from the rustic kitchens of Kannadiga grandmothers, adding their culinary magic to all the dishes that leave their cookhouse. The characteristic feature of the town is its rich vegetarian food. Predominantly consisting of the Shivalli Brahmins' food, its whereabouts and features have interesting tales behind it.

Much of what comprises the food today came from the humble beginnings of temple cooking of the Astha Mathas (Hindu monasteries) in Udupi, interweaving religion and food. 'Food for humans and gods alike' was the ruling motto. Strictly adhering to the Satvik tradition, it was based on home-grown vegetables and local ingredients. Onions and garlic, along with a wide range of other vegetables like carrots,

beans, radish and drumsticks were exempted from the kitchen, most often citing them as 'English' vegetables. However, the variety in this cuisine is unparalleled. The infant form of Krishna is worshipped in Udupi, who was believed to wander away unless enticed by delicacies. This resulted in the array of delectable dishes that exist today for little Krishna.

The temple menu has largely remained the same, carrying on the tradition of the past. Household gastronomy, though, has undergone a sea of change providing a perfect example of how society evolves with time. The kitchen often used to be a separate outer-house, with old-style mud stoves called *katthige vole*, unlike those of modern times, which have kitchen amenities similar to that of most cities. Almost all forbidden vegetables have made a place for themselves on people's platters, avoided only during special occasions. Coconut, coconut oil and a wide range of gourds form an integral part of the lip-smacking *huli* (*sambhar*) and *saaru* (*rasam*). *Matti Gulla*, a green coloured brinjal variety gets its name

from a hamlet called *Mattu* in Udupi, where it grows, holding a special prominence due to the folklore behind it. The legend states that Saint *Vadiraj* offered a sweet called *Hyagreeva* to Lord *Hayavadana* (a horse-headed incarnation of *Vishnu*), who ate just half of it, leaving the rest for his devotee. Some villagers doubted this, and assumed *Vadiraj* ate it all instead. They decided to poison the sweet to teach him a lesson. Lord *Hayavadana* learns about this and eats it all to save his devotee, which leaves his neck with a dark blue tinge. He then told *Vadiraj* about a special preparation made from *gulla* to be offered to him as an antidote. Since none of it was available anywhere, *Vadiraj* instructed the villagers of *Mattu* to cultivate the vegetable and to offer it to the Lord. To this day, offering the first of the harvest to the Lord continues.

Summer specials *Tambli* (a curd based curry) and *Majjige huli* (buttermilk based *sambar*) are examples of dishes apart from the routine dishes which are consumed in a similar fashion. Since they are buttermilk based, they are known to be



the ultimate coolants for the months under the raging sun. Jaggery, chillies from Byadigi, crystal salt and tamarind are the flavour stalwarts. Most often, these ingredients are the reason one can differentiate Udupi food from other South Indian food. For example, although Keralite cuisine is much similar, they use Kokam as a souring agent instead of tamarind. And while Byadigi chillies dominate food in Udupi, bird eye chillies (natively known as Kanthari Mulaku) dominate Keralite platters.

These are everyday dishes, but there are some items that stand out in their specialty. Shemige, which could loosely be referred to as Indian noodles, is prepared with rice and combined with sweet coconut and jaggery milk. Another such dish is Moode, which is almost the same as idli, but with a different preparation method. Unlike idli which is steamed in steel idli pans, moode is wrapped up in either jackfruit or screw pine leaves, and then steamed.

Another seasonal special is Huggi, which is made predominantly in December. It is very similar to Tamil Nadu's pongal, although there is a hint of change in the ingredients. This local version of Huggi has a story behind it - A poverty-stricken girl prayed to Lord Vishnu, who, as a boon gifted her akshayapatra, a magic pot which provided unlimited food on one command. A jealous neighbour stole it from her, and instructed it to start cooking. The neighbour didn't know how to stop the pot, causing it to overflow, first filling up her kitchen, next her house and then her



entire village, so much so that everyone had to be rescued through boats. The disaster was averted when the rightful owner gave the command. There are some breakfast items that hold special prominence. Upkari is one of them. Upkari is basically raw, non-boiled poha (flattened rice flakes) with a tadka (tempering) in it. Upkari is often consumed in combination with Upma, both the dishes together being called as Sajjige Bajil. This combination was a popular choice of breakfast in auspicious occasions in 80s and the 90s, although people prefer idli-sambhar nowadays. Its easy, non-fussy preparation method however makes it an unmatched choice on lazy days.

The present pan-Indian recognition to Udupi cuisine came as a result of these recipes traveling from

the Mutt (temple) halls to the alleys of cities. With the industrialization boom around 1900s, people had started to move into cities in search of work opportunities, and to cater to this influx of population, the first set of Udupi-style hotels emerged. Established in 1927, Sri Krishna Vilas Hotel, by K Krishna Rao in Chennai was one of the first such hotel and later became the iconic New Woodlands Hotel. K Seetharama Rao's Dasapraksh Hotel in Chennai by and Rama Nayak's Udupi Shri Krishna Boarding in Mumbai were other hotels which popularized the authentic cuisine. Closer to the birthplace of the cuisine, the restaurant Mitra Samaja, established in 1949, revolutionized the cuisine further,

opening it up to visitors who came to the Krishna temple. Goli baje (a type of fried vada) and pineapple sheera are dishes that Mitra Samaja is particularly known for.

The Udupi food that we know today has traversed through time and travelled several places. From being a close knit familial tradition to a renowned popular choice of food; from being restricted on religious grounds to evolving with modern times, Udupi cuisine has seen it all. The vastness of its voluminous heritage is probably not so easy to comprehend in a few words. Perhaps the best way of paying homage to Udupi and its kitchen is to enjoy the food wholeheartedly.

-Shristi Achar
SYBA





In the Womb of Chills and Thrills

Escapades in the East of India.

Image credit: Aditya Akerkar

“Call it a zeal for the unexplored. Call it a quest to unfold. All of it & none of it being true. Both at the same time.”

Journeys are never the same. It’s as shifty as Nature & time. Just the perfect thing for the voyager and my entry ticket to the world of wanderlusts as exciting as it should be. The best gift you could give to yourself.

Rummaging through the memories accumulated during the travel till date, there pops a rather peculiar experience, I, as an instinctual traveller, would love to share.

Mundaneness of life in general, well designated summer “vacations”, an energetic family – these are all one needs to get motivated for something new. This “new” us, a family of 6, reach

at the Bagdogra airport of Sikkim- in all our glory. Rightfully, it possibly ended up into a ‘West meets East’ idea. This, indeed, was our first ever encounter with the beautiful, natural East.

We were stationed at Sikkim for about 3-4 days. From the magnificent murals of Rumtek to the icy waters of Shangu lake enroute to Nathula Pass – we made an attempt to bow respectfully to the Sikkimese, in their own style. Though, the angle appropriate for the bow wasn’t so impeccable, I suppose, that the excitement overflowed into each of

us being crazy travellers, creating ups & turns in the tummy. Bowel movements resembling the rugged, steep & sloppy terrain of our mighty neighbour, the Great Himalayas. (Fractures sentence. Needs rewriting) The frosty environment was the real show stopper, making each of us drape a leather fur coat- almost double our sizes. Surely, the yaks must have felt right at home! As our lungs showed signs of crucial ‘strategic time-out’ due to the high altitude and low oxygen, our mission to reach the Nathula Pass proved to be unsuccessful. Maybe, it was for the better? I could possible



say so, after being fascinated by the lovely landscape view of the Great Himalayas covered with the fleet of fluffy clouds – as if its face was lathered excessively while having a routine shave. Definitely worth the sight. Worth the laugh. We missed essentially nothing! It was just like a dream come true. I couldn't take my eyes off from the glory of the snow cap shining brightly on the top of the mountains under the sunlight.

And that was just a minuscule part of the entire state of Sikkim. A representation which is nothing in comparison to the elegance in their ways of life, something that requires at least one camera exposure.

Turning our DSLRs down to the south of Sikkim, our focus now hovers over the possible tea capital of the country- Darjeeling, West Bengal.

We just had to trip over from the borders of Sikkim that we found ourselves floating around, surrounded by Bangla signs, what a royal entry into the grandness of Bengal!

Bengal has it all! Rich culture, heritage sites, humongous history, a language that traverses across two countries and rest of it left for us to be explored. Now, Darjeeling is quite an unexpected city to start with while exploring Bengal. So here we are-in Darjeeling.

Darjeeling was as refreshing as its beloved tea-from the beautiful view of the snow-capped Himalayan mountains eavesdropping on the town's daily chores to the memorable



Darjeeling was as refreshing as its beloved tea-from the beautiful view of the snow-capped Himalayan mountains eavesdropping on the town's daily chores to the memorable ride of the pristine coal toy train, one of the unique factors of Darjeeling Railways.

ride of the pristine coal toy train, one of the unique factors of Darjeeling & Bengal railways. Luck would have its way. Though we were pressed for time, we even managed to visit the Darjeeling Flower Show, where we had our fill of some amazing clicks and whiffs of the most beautiful species of flora. The Padmaja Naidu Himalayan Zoo, too, had its own way of captivating people with some exotic

species of animals. We were 'welcomed with a roar' by the Royal Bengal Tiger, Red Pandas munching on some leafy tidbits and the Black Bear who showcased its incredible style & amazing grooves- a moonwalk so perfect that Michael Jackson would shy away. A true party animal, indeed. Darjeeling at its best, I could say.

One doesn't feel like returning from such a journey. You wish to explore more and more, discovering new places and witnessing adventure which is worth experiencing. Travel is a feeling, a beautiful dream being lived out, laughed out & experienced out to the fullest. It is infinite – full & incomplete in itself.

Let's all enjoy this complexity & have a slice of life at its peak!

*-Krittika D.
SYBA*



आठवणी आणि मी



मुंबईचं धगधगतं जीवन, त्यात रोजच्या प्रवासाची होणारी तारेवरची कसरत, आणि मुंबईच्या लोकलचे ते धक्के, एकूणच धकाधकीचा मामला. उसासा, विश्रांती, चित्ताची शांतता याचा कुठे मागमूसही दिसून येत नाही. या रोजच्या परिस्थितीतून खरंच स्वतःला वेळ देण्याची गरज असते. अशावेळी लोकलच्या प्रवासाव्यतिरिक्त एक दूरचा प्रवास जो चित्ताला आनंद देईल व खूप अनुभव देऊन बेरंग, बेजान झालेल्या आयुष्यात रंग भरेल. 'स्व'च्या शोधासाठी कधीतरी स्वतःच्या अखत्यारीतून बाहेर पडून दुसऱ्या प्रदेशातील रंग चाखून विविध अनुभवांची शिदोरी आयुष्यात अनेक गोष्टी शिकवून जाते. अशाप्रकारे असंख्य अनुभवांची चव चाखण्याची माझी सुरुवात कोकणापासून झाली.

कोकणाचं वर्णन करावं तितकं कमी. नैसर्गिक सौंदर्याची देणगी लाभलेला हा समुद्रकिनारी प्रदेश. कोकण पाहण्याची ही काही माझी पहिली वेळ नव्हती. कोकणात फेरफटका दरवर्षी उन्हाळ्यात व्हायचा पण यावेळी मला कोकणाची भेट

श्रावणात झाली. रिमझिमत्या सरी, अधूनमधून सूर्यकिरणे एकूणच आल्हाददायी वातावरण. रत्नागिरीला आमचा मुक्काम होता. त्यानुसार आम्ही मुंबई ते रत्नागिरी असा रोड ट्रीपने प्रवास करायचे ठरविले. सुट्टीच्या मोजक्या ४ दिवसातच हा प्रवास आटपायचा होता. पहाटेचा प्रहर झाला आणि दिवसाबरोबरच आमच्या प्रवासाची सुरुवात झाली. तो प्रवास काही खूप तासांचा नव्हता; अगदी ५-७ तास पण तो घाई-घाईने न व्हावा अशी माझी इच्छा होती. सकाळचं वातावरण, परशुराम घाटावरील गडद धुक्याचा पट्टा आणि अंगावर शहारे आणणारी थंडी. घाटावर रस्त्याच्या दुतर्फा हिरवळ पसरली होती. रानमाळावर येणाऱ्या इवल्या-इवल्या रंगीत फुलांनी त्याची शोभा वाढवली होती. चितकारालाही लाजवेल इतक्या छटा निसर्गाने आपणहून साकारल्या होत्या. त्यात गर्द झाडीचा तो मादक सुवास मनाला तजेली देत होत्या. या अशा वातावरणात चहाची तल्लफ येणं अगदी साहजिकच. काहीजण अशावेळी हायवे शेजारच्या मोठ-मोठ्या हॉटेल्स मध्ये जाऊन चहा

घेतात. पण अशामुळे प्रवासाची मजा जाते असा माझं वैयक्तिक मत आहे. मला माल टपरीवरचा चहा प्यायला फार आवडतं. देश तसा वेश हे माझं नेहमीचं वाक्य आहे. अशा प्रवासावेळी प्रादेशिक पदार्थांची चव चाखावी असा मला मनापासून वाटतं. त्या गरम चहाच्या पहिल्याच घोटाने डोकं शांत झालं, अर्थात नवीन गोष्टी पाहण्यासाठी सज्ज झालं. सगळी सौंदर्यसृष्टी पाहून मन भारावून गेलं आणि मनात एका हिंदी चित्रपटाचं वाक्य आलं, "ये तो ट्रेलर है मेरे दोस्त, पिक्चर अभी बाकी है". रत्नागिरीत पोहोचण्याआधीच मी खूप खुश होते. पुढील ४ तासातच आम्ही लक्ष्य रत्नागिरी गाठलं. आमचा मुक्काम खुद्द रत्नागिरीत नव्हता. आम्ही मूळ शहरापासून ३५-४० किमी. दूर होतो. अगदी खेड नव्हतं ते, पण अनेक गैरसोयी होत्या. असो, चालायचं! असं म्हणत आम्ही पुढे गेलो. समुद्रकिनारा तर अगदी हाकेच्या अंतरावर होता. समुद्राच्या लाटांचा आवाज तर घरातपर्यंत येत होता.

मला किनारा पहिल्यापासूनच खूप प्रिय.



अर्थात ते मुंबईचे नाही बर का! मला मुंबईचा समुद्रकिनारा, नाही नाही “चौपाटी” पाहण्यात कधीच रस नव्हता, बहुतेक यापुढेही काही असणार नाही. रत्नागिरीचा समुद्रकिनारा पहिल्यांदाच पाहिला. तेथे माणसांची वर्दळ अजिबातच नव्हती. ही शांतता मला अमृतापेक्षाही प्रिय आहे. समुद्र आला की मासे तर असणारच आणि किनारपट्टी म्हंटल तर नारळाची झाडं आलीच! या भागात बऱ्यापैकी पर्जन्यवृष्टी असल्याने भाताचं उत्पन्न इथे अधिक प्रमाणात आहे. वरील तीन गोष्टींमुळे कोकण ठामपणे उभं आहे असं म्हंटल तर वावगं ठरणार नाही. याव्यतिरिक्त फणस, आंबे, काजू, कोकम या गोष्टींची कोकणात कमतरता नाही. आम्ही मुक्कामी असलेल्या जागी यांच्या उत्पन्नाच प्रमाण तुरळक दिसले तरी मोठ्या बाजारपेठांमध्ये ह्या गोष्टी सहज उपलब्ध आहेत.

प्रवासामुळे आम्ही सर्वचजण खूप थकलो होतो. आणि अशातच तांदळाची भाकरी आणी माश्यांचे कधीही न पाहिलेले अनेक पदार्थ, भात यावर मनसोक्त ताव मारला. कोळंबी, म्हाकले, सुरमई असे प्रकार तर आपण मुंबईत देखील पाहतो. पण इथे ‘सौदाळ’ नावाचा मासा मी पहिल्यांदाच पाहिला. हा मासा फक्त

समुद्रालगतच्या पाणथळी परिसरात मिळतो. आम्ही चारही दिवस मासेच खाल्ले पण त्याचा अजिबात कंटाळा आला नाही. कारण बनविण्याची पद्धतही कधीही न पाहिलेली होती. जेवणानंतर वामकक्षीची वेळ झाली. सर्व झोपी गेले. पण अजूनही माझे सर्व चित्त किनाऱ्यावर लागले होते.

प्रवासात जुनी गाणी, आणि निदान एकतरी कादंबरी मी ह्मखास जवळ ठेवते तशी या प्रवासातही ठेवली होती. ‘मृण्मयी दांडेकर’ यांची कोकणातले सौंदर्य वर्णन करणारी एक कादंबरी माझ्याकडे होती. ती, मी आणि समुद्रकिनारा याव्यतिरिक्त कोणीही नव्हतं तिथे. काही काळासाठी तो समुद्रकिनारा निर्मनुष्य झाला होता. समुद्राला एकटक पाहत, त्याला न्याहाळत, त्याचे सौंदर्य डोळ्यात साठवत मी एकांतात बसले होते. लाटांचा आवाज येत होता आणि पावसाचे चिन्हही दिसत नव्हते. मला आजपर्यंत कधीच कविता सुचल्या नाहीत. पण त्यावेळी मोठ्या मुश्किलीने पण सहजच काही कविता सुचल्या आणि मनात विरूनही गेल्या. मला माझ्यातल्या ‘स्व’ ची झालेली ही ओळख होती. त्या प्रवासानंतर मी ‘किनारा’ म्हणून एक लेखही लिहिला. त्यावेळी त्या समुद्राची मोहिनी माझ्या डोळ्यात होती आणि मी नकळतच

त्याच्या प्रेमात पडले होते. समुद्र इतका सुंदर असू शकतो हा विचारच मी कधी केला नव्हता. समुद्र म्हणजे रौद्र, भयानक, खोल अशाच उपमा मी आजपर्यंत ऐकल्या होत्या ज्या माझ्यासाठी खोऱ्या ठरल्या.

श्रावण महिना असल्याने आभाळाचे रंग पालटले. निरभ्र आकाशाची जागा काळ्या मेघांनी घेतली आणि पावसाला सुरुवात झाली. भरतीची वेळ असल्याने समुद्राने रौद्र रूप धारण केलं होतं. पण त्याचा माझ्यावर किंचितही परिणाम झाला नाही. कारण त्या काही तासांमुळे मी स्वतःला ओळखू लागले होते. समुद्रानेच मला लिहायला भाग पाडलं.

पुढे आम्ही अनेक ठिकाणे पाहिली पण तो किनारा आजही हृदयाच्या कप्प्यात जिवंत आहे. तेव्हापासूनच मला प्रवासाची गोडी लागली. असे प्रवास आपल्या आयुष्यात विविध रंग भरतात आणि काही काळाने जेव्हा आपण मागे वळून पाहतो तेव्हा आपल्या सोबत त्याच असंख्य अनुभवांची शिंदोरी असते, जी आपल्याला आयुष्यभर पुरून उरते.

-साक्षी लक्ष्मीकांत पालव
एफ. वाय. बी. ए.

घाटावर रस्त्याच्या दुतर्फा
हिरवळ पसरली होती.
रानमाळावर येणाऱ्या
इवल्या-इवल्या रंगीत
फुलांनी त्याची शोभा
वाढवली होती.
चित्तकारालाही
लाजवेल इतक्या छटा
निसर्गाने आपणहून
साकारल्या होत्या.



Nature is not a place to visit. It is home

Pleasure in the pathless woods of Amboli

*“Nature’s first green is gold,
Her hardest hue to hold.
Her early leaf’s a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.”*

- Robert Frost

I realized the meaning of this quote when I decided to join the college trip to Amboli. Amboli is nestled in the Western Ghats, of which I had only learnt about in college; but this trip presented an opportunity to experience and explore beyond the confines of books. Spending three days and two nights away from home, in the lap of nature was indeed promising. With bated breath, I looked forward to the 14 hour long train journey to our destination. A popular song from the movie Sound of Music comes to mind – ‘The hills are alive with the sound of music’. The hills of Amboli were alive with

the rhythm of the raindrops which slowly but steadily made us forget the stressful city life we had left behind.

We made a pit-stop at Redi beach before going to Amboli, where the crashing waves embraced us. This was nature’s way of showing us some love. Enroute to Amboli, our road was covered with thick fog, such that visibility was less than a foot. While the pristine beauty of nature fed our souls, the delicious food satiated our hunger. Simple and wholesome meals consisting of dal, chapattis, chana curry and kokam kadi gave us a taste of the local cuisine. Meat and fish also largely featured in the



staple diet of the people living here. I particularly enjoyed the burst of flavours in their authentic breakfast of misal pav.

The Western Ghats are a hotspot for biodiversity providing shelter to some of the world's most vulnerable species of flora, fauna, birds, reptiles, etc. The first night trail emphasized the phrase, "to see is to believe", as I was left awestruck by the bounty of nature, where I spotted different reptiles and amphibians. The local people have a soft spot for the wildlife found in this region, and were enthusiastic to show us around. This warm welcome made me ponder over the emphasis given to certificates and degrees in education. These locals do not have any college degree to validate their education, yet they have more practical knowledge acquired through self-learning and observation of the environment around them. They also do their part of giving back to nature, by setting up rescue centres for the animals, run solely by people within the community. What a wonderful message on co-existence!

The night trails opened up a new world of nocturnal beings, and brought us face to face with creatures that kept us busy at night. The rhythmic ticking of the typewriter frog, the malabar gliding frog, green vine snake, gecko, khair's black shieldtail, caecilian, tadpoles, etc are some of the animals indigenous to the Western ghats, which we had the good fortune to stumble upon. Along with these animals, we also



Image Credit: Dr. Aditya Akerkar

The Western Ghats are a hotspot for biodiversity providing shelter to some of the world's most vulnerable species of flora, fauna, birds, reptiles, etc.



Image Credit: Dr. Aditya Akerkar

came across some interesting insects such as the stick insect, scorpions and moths. The view of the innumerable glow worms and the fireflies, along with a butterfly we found under a leaf during the night will forever be etched in my mind. It was on this trip that I first learnt about bioluminescent fungi. These night trails taught me that a whole new world comes alive in the forests after the sun sets. Imagine a city-slicker like me spotting a snake outside the hotel we were living in! Thank heavens, it was a harmless one. The leech garden was another memory that will stay with me for a long time. Despite being completely

covered, I was filled with mingled feelings of fear and excitement, as two leeches made their way to me.

This trip to Amboli proved to be marvelous indeed. I was immersed in a world that was beyond the everyday struggles of life. It was tranquil, calm and as close to nature as one can get. I came back amazed at how beautiful life can be, where the winds are strong but the wifi is weak, where nature soothes and nothing else matters. Nature is not a place to visit. It is home

-Anchita Vijayraghavan
SYBSc



इतिहास की धरोहर : काशी से बनारस



काशी जो लगभग ५००० वर्ष पूर्व हिन्दू मान्यता के अनुसार भगवान शिव द्वारा स्थापित किया गया था परन्तु विद्वानों के अनुसार यह ३००० पूर्व बना है। बनारस अपने कई अन्य नाम से जाना जाता है। बनारस हिन्दू धर्म में सर्वाधिक पवित्र नगरों में से एक माना जाता है। इस लिए यह एक तीर्थ स्थल बन पड़ा है। बनारस उत्तरी भारत का सांस्कृतिक एवं धार्मिक केन्द्र है।

बनारस शहर में भोजपुरी बोली जाती है। यह मजेदार होते हुए भी यह एक कठिन एवं सीख देने वाली बोली है। जैसे हम निम्नलिखित पंक्तियों को देख सकते हैं -

“हर हवा के झोका तुफान न हो ला,
सब पत्थर भगवान न हो ला।
आदमी त बहुत बा दुनिया में,
लेकिन हर आदमी इन्सान न हो ला ॥”

बनारस बहुत से चीजों के लिए प्रसिद्ध है। सबसे पहले बनारस गंगा नदी वहाँ के तटों के लिए प्रसिद्ध है। अपने घाटों के लिए, अपने मन्दिरों के लिए अपने खान-पान के लिए बनारसी साड़ियों के लिए और सबसे प्रसिद्ध अपने प्रसिद्ध पान के लिए। बनारस मलमल और रेशमी कपड़ों, इलों, हाथी दाँत और शिल्प कला के लिए व्यापारिक एवं औद्योगिक केन्द्र रहा है।

सबसे पहले हम बनारस के प्रसिद्ध घाटों की चर्चा करते हैं। बनारस के घाट उसकी सुन्दरता को बढ़ाते हैं। बनारस में कुल ८८ घाट हैं। इनमें कुछ प्रसिद्ध घाट हैं अस्सी घाट, मणिकर्णिका घाट (हिन्दू मान्यता के मानने वालों के लिए मोक्ष प्राप्ति का शुभ स्थल), दरभंगा घाट, हनुमान घाट, मानमान्दिर घाट एवं पंचगंगा घाट इत्यादि। इसके अलावा बनारस में स्थित बी.एच.यू (बनारस हिन्दू विश्वविद्यालय) जैन मन्दिर, काशी विद्यापीठ एवं राम नगर संग्रहालय भी प्रसिद्ध हैं।

“मंदिर का शहर, घाटों का घर,
कहते हैं ये वाराणसी है।
धर्मों का शहर, प्राचीन अमर,
बनारस हैं यही, यही काशी हैं ॥

यह तो हो गई बात बनारस के घाटों की आइये अब चर्चा करते हैं बनारस के खान-पान अथवा प्रसिद्ध गलियों की। बनारस के कई प्रसिद्ध व्यंजन हैं। उनमें से कुछ हैं जैसे बाटी चोखा (लिट्टी चोखा, इसके ऊपर भोजपुरी गायक मनोज तिवारी ने गीत भी गाया ‘इन्टरनेशनल लिट्टी चोखा’), कचौरिया, जलैबिया, टमाटर चाट, थण्डाई, छेना, दही बड़ा, गोल गप्पे, संकट मोचन के लड्डू, लाल पेड़ा, बुनिया, लौंगलत्ता मिल बर्फी और सबसे प्रसिद्ध तो बनारस की कुल्हड़ चाय एवं बनारसी पान जो बनारस जाने



पर खाए बिना रहा ना जाए। बनारस की सुबह की ठण्डी में वह गर्म-गर्म कुल्हड़ चाय, रसों में सराबोर जलेबियाँ... मानो मुँह में अभी पानी अ गया हो।

चलिए अब चलते हैं बनारस की उन प्रसिद्ध गलियों में जहाँ खान-पान, मसालों, कपड़ों, आभूषणों का भण्डार है। अगर कोई बनारस गया और वहाँ की गलियाँ नही घूमि तो बनारस का मज़ा नही। बनारस की कुछ प्रसिद्ध गलियाँ हैं जैसे गोल गली (यहाँ दुनियाँ भर के तमाम प्रकार के मसाते मिल जाते हैं।) कचौड़ी गली, लोहा गली, चौक और विश्वनाथ गली (जो की बनारसी सिल्क साड़ियों अथवा आभूषणों व गहनों के लिए प्रसिद्ध हैं), गडोलिसा बाज़ार, ब्राउन ब्रेड बेकरी हैं (यहाँ के नान, शीरमाल प्रसिद्ध है)। बनारस के व्यंजन और उसकी गलियाँ बनारस का एक अलग ही रूप प्रस्तुत कारती है।

**सड़को पे दिखाओगे अगर अपनी रईसी,
लुट जाओगे सरकार बनारस की गली में।
ऐसा भी हैं बाज़ार बनारस की गली में,
बिक जाये खरीदार बनारस की गली में ॥**

... बनारस के घाट, नदियाँ, मन्दिर, व्यंजन और गलियाँ उसे एक सुन्दर और प्रसिद्ध शहर बनाता हैं। वही दूसरी ओर बनारस की पवित्र भूमि से कई महान व्यक्तियों ने जन्म लिया। बनारस को बनारस बनाने में इनका महत्वपूर्ण योगदान रहा है। आइए अब हम बनारस के भूमि से उत्पन्न हुए महान व्यक्तियों की चर्चा करते हैं। हर क्षेत्र में बनारस अपना योगदान देता रहा हैं जैसे संगीत, कला एवं फिल्मों के क्षेत्र में आशुतोष मुखर्जी (१९१७-२००४, तबला वादक, संगीत गुरु, संगीत नाटक अकादमी फैलोशिप १९६६), गिरिजा देवी (गायक, पद्मभूषण), सिद्धेशवरी देवी (पद्मश्री), सितारा देवी (पद्मश्री), बिस्मिल्लाह खान (शहनाई वादक, भारत रत्न एवं पद्मविभूषण) बिरजू महाराज (कथक गुरु, पद्मविभूषण), रवि शंकर (भारत रत्न सम्मानित), छत्रलाल मिश्र (हिन्दुस्तानी संगीतकार, पद्मश्री), रिक्कि सानयाल (धृपण गायक)। संगीत, कला एवं फिल्मों के क्षेत्रों में इनका महत्वपूर्ण योगदान है। जैसे साहित्य के क्षेत्र में बलदेव उपाध्याय (पद्म भूषण), भारतेन्दु हरिश्चन्द्र (लेखक), जयशंकर प्रसाद (लेखक), कबीर दास (कवि), प्रेमचन्द्र (लेखक), सुदामा पाण्डे 'धूमिल' (कवि)। राजनीति के क्षेत्र में भी बनारस के लोगों ने महत्वपूर्ण योगदान दिया। जैसे मदन मोहन मालविया (भारत रत्न एवं बी. एच. यू.) के



संस्थापक), महेन्द्रनाथ पाण्डे (पूर्व मानव संसाधन विकास मन्त्री), संपूर्णानन्द (स्वातंत्रता सेनानी, लेखक, पूर्व मुख्य मन्त्री- यू.पी. एवं राज्यपाल राजस्थान। लाल बहादुर शास्त्री (भारतीय भूतपूर्व प्रधानमन्त्री, एवं भारत रत्न सम्मानित), इत्यादि। इन सभी महान व्यक्तियों ने बनारस को एक ऊँचाई प्रदान की।

**“जो रामानन्द, रविदास, कबीर,
और प्रेमचन्द्र की निवासी हैं।
है बिस्मिल्लाह संगीत की,
और ज्ञान की नगरी यह काशी हैं ॥**

बनारस आज के युग में पर्यटकों के याला का एक महत्वपूर्ण स्थान बन गया हैं। भारत में पर्यटकों की सबसे आकर्षक याला में बनारस तीसरे स्थान पर आगरा और सारनाथ के बाद है। रिपोर्ट के अनुसार २०१० में लगभग २,९१,०८८ प्रतिशत वारणसी में पर्यटन रहा। जवाहरलाल नेहरू नेशनल अरबन रिनिवल मिशन (JNNURM) के रिपोर्ट के अनुसार २००६ में ३,४५,७०७ पर्यटन रहा। विदेशी बनारस की याला के लिए अधिक मात्रा में आते हैं। यहाँ के घाट, मन्दिर, बनारस के व्यंजन बनारस को पर्यटकों की आकर्षित कर रहा हैं। गंगा नदी और गंगा आरती पर्यटकों की पहला कारण बन गई हैं। इन विदेशी पर्यटकों बनारस याला भारत को प्रगती की ओर ले जा रही हैं।

बनारस से संबंधित कई हिन्दी फिल्में व गति बनाए गए जैसे बनारस - अ मिस्टिक लव स्टोरी,

बस इतना सा ख्वाब है, चोखर बाली, डॉन, घातक, इस्क, लागा चुनरी में दाग, मेहल्ला अस्सी, रांझना, राम तेरी गंगा मैली हो गई, वॉटर इत्यादि।

**“राही शिवनगरी, यही दीप शहर,
तीर्थों में सब इतिहासी है।
दर्शन हो कविया लेखक हो,
सब यही के प्रवासी हैं ॥**

खुशबू खान, टी.वाय.बी.ए. (हिन्दी)

After this, We're Getting Pizza

Pizza in the Big Apple

Pizza, A 5 letter word which is renowned globally for bringing every teenager to their knees. But do you know that the 18th century delicacy actually tastes differently in different parts of the world. It is also eaten differently in different parts of the world. For instance, if you ever happen to catch a slice of pizza in its birthplace Naples, you'll find the locales eating it in a quadfold.

In India, you will find the Butter Chicken Pizza at Joey's or the Pav Bhaji deep dish at Light House Cafe but in Italy, Pizza would often be a focaccia bread with basil and homemade mozzarella and maybe a few slices of tomato. Every pizza is a living thing; each one is different, just like snowflakes. It wasn't until 2 years ago that I realised the meaning of how the same food has such widely different interpretations and meanings assigned to it.

In 2015, just after my 12th boards,

my parents had kindly approved and gifted me a solo trip to my dream destination and possibly the greatest pizza haven on the planet; New York City.

Renowned throughout the world for its signature style, 'thin crust pizzas', New York City is synonymous with good food and more importantly amazing pizzas. These delicacies not only look delicious but are a staple part of every New Yorkers' diet.

Domino's in India has its usual pizzas but the largest size available is 12 inches. Seems large enough right? But the average New York pizza is nothing less than 18 inches. I mean it's so large that you cannot even pick it up without tearing it. This is where the signature New York style of folding the pizza, almost to a cylinder and then eating it started from. Pizzas over the pond, are often referred to as pies too. America LOVES its 'pies'. America alone eats

350 slices of pizza per second, that is 100 acres of pizza everyday. This proves they not only talk about their love for pizza, they 'walk the talk!'

My 17-year-old-self, with a slightly unhealthy obsession with food, decided to do what I suggest everyone should do. A self-designed and guided Pizza Tour. Now, there were some really bad ones too but I had two weeks' time to figure out which was my favourite pizza in the whole entire world.

Beginning with Grimaldi's, possibly the most renowned of all pizzas. Located at Brooklyn, you would have no problem with finding the location of the place. Simply, follow the line. Imagine this, an old colonial style building with high arches. Indoors we have old Italian uncles who are rolling out dough, amidst crowd and an



arcade of conversations. The smell of tomato and basil hangs in the air, and the small narrow passageways with every inch filled with tables, almost force you to be closer, be warmer and eat more. Conversations will go on, and the pizzas will keep flowing. The pizza is by itself delicious. I personally had the original, a large New York style thin crust pizza bubbling with cheese and basil and tomato. The crust is charred and crispy from the coal ovens and one thing we can guarantee, if nothing else- It will be hot. Hot enough that it will burn your tongue for the rest of the day-worth experiencing

I mean it would almost be ironic with a name like Grimaldi's to not have good pizza. That's the thing about this city, it has almost everyone from around the world, and so many of them that when one calls themselves Italian, they better be really really Italian.

But surprisingly, my favourite place was none of the hits. Located extremely close to NYU, in lower Manhattan, there is small shop house popularly known as Prince's St. Pizza. If you ask the 'pizza snobs/purists of NYC', where can one find New York's most perfectly cooked crust? They would point at Ray's. Formerly known as 'Ray's', Prince's St. Pizza is named conveniently so, since it happens to be on Prince's Street. Prince's St. Pizza seems to be Grimaldi's antithesis, small and unassuming. It has just 4- 6 counter seating high chairs and 90% of the restaurant happens to be behind the counter, occupied by 4 large wood ovens and then the front counter has trays of hot, fresh pizzas serving the typical New York style pies. But they also happen to have a house special, a square pizza. Traditionally called as the



'grandma square,' it is a pizza variety with much thinner-crust, and generous amounts of margherita dressed with fresh basil!

So here I was, a rather awkward 17 year old kid, with a backpack on my back and meekly going and asking, the rather robust Italian lady behind the counter, what her special was. I remember her, tipping her glasses towards the end of her nose almost to assess me probably wondering who was this random kid asking her her specials, she probably hadn't been asked that in years – in hindsight I probably think it was my accent. But as I said, this place wouldn't be found occasionally on any travel guide, but is nothing less than popular. It is such a big hit, that there are at least 49 pizza places in NYC that claim to be the original Ray's, working with various combinations of names using the terms "original" and "famous."

The pizza itself is very different from Grimaldi's and it's because of the sauce. Where Grimaldi is all about the mozzarella and dough, Prince St. is all

about, and I truly, truly mean it, all about the sauce. It is so saucy, such that it is messy (read heavenly). You sit there like a slob on the wooden chairs, with sauce dripping down your chin; but can I just tell you one thing? No one minds that at all, because eating pizza in New York is an ethereal experience. It is the very essence of being a New Yorker, left alone for a week, a day or an hour. Pizza and New York are inseparable.

A lot of times, travel and food entirely merge with each other. The food and cuisine of a place tell you so much about the people. The Ban Mhi in Vietnam is an excellent reflection of its French heritage. Pizza is the same, but they get assimilated with the place they are made at. The quirky fusion pizzas at Mumbai symbolise its youth and energy, just as it is getting accustomed to being global and cosmopolitan. But, do the traditional pizzas at New York contrast NYC's ultra-modern persona? I disagree. New York's old, yet very cosmopolitan. It has been multicultural for so long that the lines between 'tradition' and 'fusion' have now blurred. Ironically, what pizza purists in NYC describe as traditional is also a consequence of Italian-American heritage.

The pizza is just like that. Ever evolving and ever changing. You just have to find the one that you love.

"People disappoint, Pizza is eternal"

(P.S. - Who doesn't like a pizza? A weirdough)

-Anagha Kannan
TYBMM



Down The Memory Lane



Nandita Madhavan

Associate Professor, Department of Chemistry, Indian Institute of Technology, Bombay. Bachelor of Science (Chemistry), Class of 1998

I studied in Kendriya Vidyalaya school until standard XII. For many, the transition from school to college is quite stressful. For me, on the other hand, well, I just couldn't wait to start college, mainly due to my sister, also an SIES alumnus; who made college sound like great fun. The atmosphere in SIES was unbelievably warm and friendly, in large part due to the faculty. I recollect the time when Balakrishnan Sir (fondly

addressed as 'BK Sir') came up to me during lab and asked, "Is your sister still afraid of cockroaches?" My sister had struggled with cockroaches during Zoology practicals and BK Sir still remembered it after six years!

The fascinating stories on chemistry in forensics and drug discovery by BK Sir...the in-class competition by Bhagtani Sir to memorize the periodic table...These are only a couple of instances of how

faculty made learning fun!

Prof. Jayanthi Ramamurthy asked us to give a seminar in which I gave a talk on 'Paper preservation'. Thus began my research journey. Jayanthi Ma'am also encouraged us to participate in an inter-collegiate poster competition. The 'Visions' fest gave me the courage to move out of my comfort zone of singing bhajans, ghazals and carnatic music and in to Bollywood music. Although I did not get a prize for my "Piya tu ab to aaja", performing the song and seeing the people in the auditorium enthusiastically dance to it was an exhilarating experience.

An institution is defined by the people in it. SIES maintains a high standard of education within an atmosphere of warmth, fun and laughter because of its faculty and students. I thank all my teachers for helping me define myself and my career path.



Mayuresh Ganapataye

*Special Correspondent,
Aaj Tak
Bachelor of Arts (Politics),
Class of 2008*



Our group decided to study six papers of Political Science for the last year of our undergraduate course, and since our previous college did not provide all six papers of the subject, our first task was to look for a college proficient in Political Science and our search finally ended at SIES, where we all decided to get admitted. It was easy to arrive at this decision because this college, through its efficient faculty, offered us not just lessons in Political Science, but also a broader knowledge of the subject. Our next step was to appear for a one on one interview with Dr. Rashmi Bhure, after which we were given the green signal to pursue all six papers of Political Science. Shifting from a vernacular medium proved to be difficult for me, but due credit should be given to the faculty members and friends who have always supported and corrected my errors. They gave me confidence, the likes of which I haven't received anywhere else.

Then began the actual classes. My impression of the lectures being routine couldn't have been more wrong. There were no readymade answers, no dictation of notes... just

clear instructions from our then HOD, Dr. Maneesha Tikekar that master keys are banned and making our own notes was the new norm. This led me to explore the library; open access for TY students allowed me to go in and grab any book. This cultivated the habit of reading books & getting references, which has stood the test of time, now helping me in my professional life as well. Inter-collegiate competitions play a major role in shaping the life of any student. It provides everyone with a platform to explore their talents and develop their skills. My friend Devendra Pai and me won more than fifty prizes during our graduation year alone, in competitions like AD making, debate, elocution, etc. Of course, the preparation for such competitions couldn't have been done by us single-handedly. Faculties from other departments were ever-ready to offer their help towards making us succeed. Professor Jayanti from the Chemistry Department, Professor Asha Gala from the Economics department, the then Vice Principal Gayatri Narayanan were some of the very many professors, who helped us in our endeavours.

My memories of SIES will be incomplete without any mention of our annual festival 'VISIONS'. Staying back late in college, getting in touch with different media houses for publicity, brainstorming sessions with other core members to make events more successful...these are not just good memories, but the highlight of my time spent at SIES.

Participation in such activities didn't mean that we that were exempt from our studies and graduation Projects. Dr. Maneesha Tikekar, Dr. Rashmi Bhure & Dr. Vanita Banjan had their own respective ways of giving us such reminders. This motivated me to complete my project well before the deadline and get good grades in the final examination. The Politics department, through field trips, guest lectures, seminars and film screenings helped prepare us for the next phase of our lives, i.e. being a professional in our chosen field. It is rare to find a college and rarer still to find a faculty so dedicated to grooming every student to be successful in their respective lives. I consider myself to be one of the luckier ones to be thus privileged.

SIES proudly owns a long list of successful alumni carving out a niche for themselves in their respective fields. Here, we reprint college memories of popular singer Hariharan from the edition of 1998-1999.



Blast from the Past

Hariharan

*Playback Singer
and Composer
Bachelor of Science,
Class of 1975*

The best years are undoubtedly the student years, especially the last few years of schooling, and college life. I was from Don Bosco which is a really huge school with a chapel and big grounds. So when I entered SIES, I obviously found it small. Attendance was something I never bothered too much about. But being a science student meant I couldn't miss my practicals. I used to play a lot of football and was the team captain when we won the trophy in an intra collegiate game. I also used to play table-tennis. There was no Visions then but we used to have socials at

college, for which I used to sing. I used to participate in inter-collegiate musical events and the canteen was the place where we would practise. You know the 'durbari musician' kind of thing. Roopam theatre was a popular hangout spot for us, conveniently not too far yet far enough from probing eyes of college authorities. Few had girlfriends and carried on steady. It was not in then, as it now is, to have a girl.

On the first day of college, my friend Ranga and I were walking down the corridor, checking out our classroom, when this boy walked up to us and asked, "Kya ladki dekhne

aya hai?". He was the typical dada type. And later on we got to be great friends. 'Dadagiri' was very common then. Moving around with hockey sticks meant, no messing around. If a guy kept his money in his shoes and smoked hash, he was a 'cool cat'.

One thing that has remained the same since college is my love for composing music. I used to compose even when in college. My group consisted of Vaidhyanathan, Ramani, Ranga, Subho, Guru and me. In all, College was quite a rollercoaster ride for me!





19th Dr. Ram Joshi Memorial Lecture

- Dr. Vinay Sahasrabuddhe, 18th September 2018

The 19th Dr. Ram Joshi Memorial Lecture was organised on 18th September 2017. Dr. Vinay Sahasrabuddhe, Rajya Sabha MP and the Vice President of BJP delivered the memorial lecture on 'Vibrant Party System as Prerequisite of Delivering Democracy'. Dr. Sahasrabuddhe is also alumnus of the College.

He started his speech with fondly remembering Dr. Ram Joshi and how he has inspired him during his youth days. He narrated India's experience with its first election that was held in 1920, where despite of revolutionaries like Mahatma Gandhi asking the citizens to not go and vote, citizens all over the country voted for the first time and in a small village like Awadh, there were 10,000 voters which was a sign of re-forming India. He spoke about the tensions between the idealist and pragmatic politics, populism and electoral compulsion and how it influences all spheres of life. He also discussed how the parties need to respect internal democracy to sustain the larger idea, saying how society shapes the politicians. Lastly he spoke about the vibrant political parties and how they strengthen the choice in democracy.

He added saying that, by receiving this best teacher award, "I will be always inspired to become a role model



to others as a teacher." A person's life never depends on how many years he lived, but merely depends on, after his death for how many years he was respected by the society. The role our family plays in moulding our moral values is very crucial. In the same way teachers do have an in-depth impact on the life of student. Adding on he also mentioned about the legal paradigms underlying the Rights of Women and difficulties in a deeply superstitious society like India in implementing it and also pedagogical role in helping achieve it. The task undertaken by teachers are long term goals, armed with education and knowledge as their weapon to counter the darkness of ignorance and non- acceptable social norms and give it a new paradigm and shift both for society and in particular for the women. Let's hope that this new norm becomes the defining feature of the next generation.

आठवणीतले विंदा

~ प्रा. मीना गोखले, 6th January 2018

कवीवर्य विंदा करंदीकर यांच्या जन्मशताब्दी वर्षाला २३ ऑगस्ट २०१७ पासून सुरुवात झाली आहे. यानिमित्ताने विंदांच्या साहित्यस्मृतींना उजाळा देण्यासाठी व त्यांना आदरांजली म्हणून एस.आय.इ.एस. महाविद्यालयात "आठवणीतले विंदा..." या विषयावर व्याख्यानाने आयोजन करण्यात आले होते. विशेष म्हणजे विंदा करंदीकर हे एस.आय.इ.एस. महाविद्यालयात १९६० ते १९७६ या काळात इंग्रजी विषयाचे विभागप्रमुख म्हणून कार्यरत होते. यानिमित्त प्रमुख पाहुणे म्हणून प्रोफेसर मीना गोखले यांना निमंत्रित केले होते. याशिवाय महाविद्यालयाचे काही माजी प्राध्यापक देखील यावेळी उपस्थित होते.



कार्यक्रमाची सुरुवातच मंगलमय अशा सरस्वती वंदनेने झाली. कॉलेजच्या प्राचार्या डॉ. उमा शंकर यांनी सर्वांचे स्वागत करून विंदांच्या काही आठवणी जाग्या केल्या. त्यानंतर कार्यक्रमाच्या प्रमुख पाहुण्या प्रोफेसर मीना गोखले (अभ्यासक आणि साहित्यिक) यांनी गोविंद विनायक करंदीकर यांच्या एकूणच जीवनाबद्दल व मुख्यत्वे त्यांच्या साहित्याबद्दल उत्तम भाषण केले. त्यांनी आपल्या भाषणात विंदांच्या काही प्रसिद्ध कवितांवर भाष्य केले. तसेच विंदांनी आपल्या साहित्यामार्फत अनेक प्रकारे मराठी वाड. मयात आपले मोलाचे योगदान केले आहे. त्यांनी कविता करताना नेहमीच स्वतःला 'विंदा' असे संबोधले. जीवनाच्या वेगवेगळ्या अंगांना त्यांनी आपल्या निर्मितीतून साकारालं आहे. 'विंदा म्हणजे जीवनाच्या समग्रतेचा वेध घेणारा प्रतिभावंत' असा उल्लेख त्यांनी आपल्या भाषणात केला. विंदांनी कुठलाच साचा आपल्या कवितांमध्ये आणला नाही. याविषयी सांगताना त्यांनी विंदांच्या 'स्वेदंगंगा', 'मृदंगंध', 'विरूपिका', 'धृपद', 'अष्टदर्शने' या कवितासंग्रहांचा विशेष उल्लेख केला. 'अष्टदर्शने' बाबत सांगताना त्या म्हणाल्या कि, सर्वसामान्य वाचकांना या सर्व तत्वज्ञांचा परिचय व्हावा ही त्यांची धारणा होती. 'स्वेदंगंगा' या कवितासंग्रहापासूनच त्यांनी बालकविता लिहिल्या आहेत. मुलांचे भावविश्व, त्यांच्या आवडीनिवडी, निरागसता, कल्पकता, भीती यांच उत्तम वर्णन त्यांनी आपल्या बालकवितांमध्ये केलेलं आहे. विंदांच्या 'मंत्र' या कवितेचा इथे संदर्भ त्यांनी दिला.

याशिवाय त्यांच्या इंग्रजीत भाषांतर केलेल्या काही कविताही त्यांनी सांगितल्या. यात प्रामुख्याने 'तुकोबाच्या भेटीस शेक्सपिअर', 'पाउस- भाग १' यांचा उल्लेख केला. तसेच त्यांनी Aristotle चे काव्य मराठीत भाषांतरित

केले. जगातील लौकिक ग्रंथ मराठीत भाषांतरित करून मराठी भाषेला समृद्ध करणं अशी कर्तव्यनिष्ठ भावना त्यामागे होती. विंदांच्या सर्व भाषांतरित कवितांना उत्तम प्रतिसाद मिळाला. मराठी साहित्य जसे कि ज्ञानेश्वरी, भावार्थदीपिका यांचे विंदांनी अर्वाचिनीकरणदेखील केलं. 'जुन्या वाड. मयीन परंपरा आणि आधुनिक वाड. मयीन परंपरा यांच्यातील दुवा म्हणजेच विंदा', असे त्या म्हणाल्या.

विंदांना तत्वज्ञानाविषयी असलेली आवड त्यांनी आपल्या भाषणात सांगितली. विंदांच्या मते, साहित्य ही जीवनवेदी कला आहे, चित्र व शिल्प या रूपवेदी कला आहेत आणि क्राफ्ट ही व्यवहारवेदी कला आहे, असेदेखील त्यांनी सांगितले. त्यांनी लिहिलेले लघुनिबंध, विंदांचा व्यासंग म्हणजेच त्यांना अवगत असलेले तत्वज्ञान, साहित्यशास्त्र आणि विंदा एक कवी, समीक्षक, नाटककार, कादंबरीकार याविषयी व इतर काही विंदांच्या महत्वाच्या साहित्याशी त्यांनी उपस्थितांना ओळख करून दिली. तसेच त्यांनी 'विंदा: एक विचारवंत' या अंगावरही प्रकाश टाकला. विंदांच्या लिखाणामध्ये आपल्याला अनेक विचारवंतांचा प्रभाव दिसून येतो कारण त्यांनी अनेक विचारवंतांचा अभ्यास केला आहे. उदारमतवाद, मानवतावाद यांचा खोल प्रभाव त्यांच्यावर होता. विंदांच्या स्वभावाचे अनेक पैलू त्यांनी प्रेक्षकांसमोर उघड केले. 'विंदा म्हणजे एक जाणीवपूर्ण कवी', असा उल्लेख त्यांनी आपल्या भाषणात केला.

एकंदरीतच एक कवी, विचारवंत आणि माणूस म्हणून त्यांचे व्यक्तिमत्व जाणून घेण्याची संधी उपस्थितांना मिळाली. विंदांचे व्यक्तिमत्व, कार्य व त्यांच्या कविता ऐकून प्रेक्षक भारावून गेले होते.

6th Principal P.S. Ramaswamy Memorial Lecture

- Prof. Bhalchandra M. Bhanage, 17th February 2018

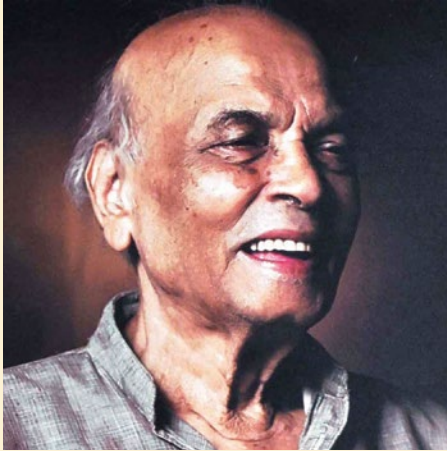
The 6th Principal P. S. Ramaswamy Endowment Memorial Lecture was organised on 17th March 2018. Professor Bhalchandra M. Bhanage, Dean (Infrastructure and Campus Development), Institute of Chemical Technology, Mumbai was awarded the Best Teacher's Award by Principal Dr. Uma Shankar and Shri. J Santhanam, Vice-President, SIES Managing Council. The award included a cheque of Rs. 50,000 which he graciously donated back to the college.

He delivered the endowment lecture on 'Chemistry for Sustainable Life'. Professor Bhanage began the lecture by enlightening the audience on the presence of chemistry in every aspect of our lives and how it has influenced our lifestyles, by helping technology advance in leaps and bounds. He further spoke on the emerging area of Green



chemistry, a chemical science that is environment friendly. He emphasized on the importance of efficient production of chemicals.

Homage to Prof. G. V. Karandikar



Prof. G. V. Karandikar was a celebrated bilingual poet, essayist, professor, scholar, critic, and translator. Professor Karandikar served as Head, Department of English at SIES College from 1960 to 1976. His stint in college was marked by his active role in founding *Dakshinayanam* - SIES College Magazine and curating the college library. Karandikar served as the magazine's General Editor from 1961 to 1968. It was Vinda who introduced the formation of the Student Editorial Board. In one of his Editorial messages, he wrote: "It is difficult to blow life again into an old institution, but what is more difficult is to hearten intellectual life of a relatively young institution taking baby steps. *Dakshinayanam* came into existence to remain committed to the cause of strengthening the fast-growing intellectual vitality of SIES and it will continue to do its mandate."

2017 was the centenary year of Vinda Karandikar and in his honour, we are publishing letters from two of his students turned colleagues, reminiscing their beloved mentor.

Gayathri Narayanan

Former Vice Principal

SIES College of Arts, Science and Commerce

Vinda, like Professor Ram Joshi, Dr. Sinari and a few others were invited by the then S.I.E.S. Management to join as faculty in its newly opened college. At that time, they were teaching at Ruia college. Thus, the new college commenced with a star studded academic staff.

Vinda joined the English department because of his qualifications. He was already a well-known name in the Marathi literary field as a modern path-finding poet and writer. The Marathi department was headed by Professor S. P. Bhagwat, an editor and publisher of repute and owner of the renowned *Mouj Prakashan*. This association was fortunate for SIES. and the Marathi literary field. Professor Bhagwat was the professor-in charge of the library, and with Vinda and some others, they together built up the the excellent library of SIES. Vinda along with poets Vasant Bapat and Mangesh Padgaonkar, who lived on the same road as SIES, started the culture of poetry reading sessions in Marathi in a big way. Hence this trio was a permanent fixture along with Professor Bhagwat in the library those days. Vinda's presence also brought all leading figures of Marathi literature to SIES.

As a teacher Vinda was an experience, going much beyond the text. He was full of affection and had a great sense of humor. He would always insist that we students read voraciously after every vacation would ask, "So what did you do for your soul?", which was interpreted as what did we read. His personal ideology came through his lectures. Vinda was an atheist and a humanist to the core; his explanation of the humanist ideology was something to be experienced. Like his writings he was also a revolutionary, always questioning and challenging the norms set by society; encouraging us students to do so too. I remember, once one of his poems was considered 'blasphemous' by conservative groups and there was a protest outside college. Unfettered, Prof. Karandikar continued to be his usual self inspite of the protests.

Vinda was extremely fond of children. He had written stories and poems for children. He was also a translator of the highest order and often himself translated his Marathi poems into English. He used to be dressed in a simple kurta and pyjama, the few strands of hair he had just combed with his hand. Even after retirement, he would often visit the college library for books. Teachers like him come very rarely today. Sharp intellect, courage of conviction, progressive, rational to the hilt, modern yet compassionate. He was full of affection and humor, leaving behind a treasure for posterity.

Dr. Rajalakshmi R. Hebsur

Former Reader, Dept. of English

SIES College of Arts, Science and Commerce

Professor Govinda V. Karandikar preferred to call himself Vinda Karandikar. I had the good fortune of having been his student in the Department of English, Ramnarain Ruia College, Matunga from 1956 to 1962. Later in 1963 I became his colleague in the Department of English, SIES College of which he was the Head.

Professor Karandikar was a born teacher and an able administrator. As a teacher he was a hard task master and never tolerated lethargy and indifference. He taught us Prosody and Literary Criticism with such clarity and direct approach as no one else taught them before. Even today his students who are teachers now can handle these subjects with great confidence.

As a teacher, Professor Karandikar was always much sought after. His undergraduate and post-graduate classes would always be packed to capacity. He believed in not lecturing but in an interactive classroom where every student was made to think for herself or himself. He would get so involved in teaching that he often overshot his scheduled lecture hours until a student reluctantly reminded him. His lectures were intellectually stimulating, and even intoxicating that we never wanted them to end. When he read out Shakespeare, he was a superb actor, when he interpreted Shakespeare he was a profound scholar and when he asked the class for their interpretation, he was a humble student himself.

As an individual, he was difficult to fathom. He was a literary giant and feared no one when it came to speaking his mind. He confronted his critics with intellectual fortitude. Sometimes, when he became a little emotional, he would share with us some memorable events in his personal life. Once he told us how in Kolhapur, as a young man he would accompany his father who was a cook, to weddings. His message was, if you are ambitious and determined, you can rise above your humble beginnings and reach your goal. My memories of him as a perfectionist are undeletable. Behind the facade of intellectual arrogance, there was the humility of a genuine scholar. He would never consider it below his dignity to consult a junior lecturer for his or her interpretation of a poem or a prose piece. When it comes to learning, he used to say, nobody is a complete scholar.

Prof. Karandikar's wit was unusual and always quick. There is an interesting episode, in this regard, which I can never forget. Once Shri. Morarji Desai, an MP then, was invited to address the students of SIES College. In the course of his talk he surprised the audience with the question, "What is the national dress of India?" There were many answers. Next day, someone among the staff mentioned this to Professor Karandikar who due to some circumstances couldn't be present at Desai's visit to the college. He remarked at Desai's question by saying, "Man, I would have stripped myself to the bare minimum and told Shri. Desai, this is the National Dress of India!"

As the Head of the Department, he never tolerated slipshod work or a lackadaisical attitude. I particularly recall our exam question paper writing sessions. He scrutinized every question meticulously and pointed out the errors. Once, when I made a mistake in punctuation, he said with a reproving finger, "Look here. You were my student and I don't expect you to make such mistakes." His guideline was, "Make your question challenging, but not difficult. Step into the shoes of your students."

Those who know Vinda Karandikar well, will never forget his entering the staff room with long strides, toting his landmark "all weather" umbrella, a heavy leather briefcase, chewing his favourite "supari". His thundering voice, heated discussions lined with a sense of humour, at the staff room tea-table still reverberate in our ears. He held court. He had a special presence. That was Vinda Karandikar.



हिंदी विभाग द्वारा 'डॉ. राजम नटराजन का रचना संसार : एक मूल्यांकन' विषय पर राष्ट्रीय संगोष्ठी का आयोजन

9 दिसंबर, 2017

महाविद्यालय की प्राचार्या डॉ. उमा शंकर ने स्वागत वक्तव्य देते हुए संगोष्ठी के महत्त्व पर प्रकाश डाला। संगोष्ठी का उद्घाटन वरिष्ठ पत्रकार व नूतन सवेरा के संपादक श्री नन्दकिशोर नौटियाल ने किया। उद्घाटकीय वक्तव्य देते हुए नौटियाल जी ने कहा कि डॉ. राजम का साहित्य अन्याय के प्रतिरोध व जीवन में अभय बने रहने का मंत्र देता है। किसी भी प्रजातांत्रिक समाज का विकास इन दोनों मूल्यों के बिना नहीं हो सकता, आनेवाली पीढ़ियों के लिए डॉ. राजम का साहित्य प्रेरणा देने का कार्य करेगा। वरिष्ठ समीक्षक व कवि डॉ. विजय कुमार ने संगोष्ठी का बीज वक्तव्य देते हुए कहा कि डॉ. राजम नटराजन की कवितायें वर्चस्व व अविवेक के विरुद्ध संघर्ष की प्रेरणा देती हैं। तथा मनुष्य को बेहतर मनुष्य बनाने की दिशा में प्रयत्नशील ये कवितायें भारतीय मिथक परंपरा को समझने व उसका विवेकसम्मत पुनर्पाठ करने में हमारी मदद करती हैं, जिसकी वर्तमान समय में सबसे ज़्यादा आवश्यकता है।

Department of Politics organised a Two-Day National Seminar on 'India@70 : Remembering 1947 & Construing 2017'

15th and 16th December 2017



Mr. Satish Sahney delivering the inaugural address at the Two-Day National Seminar on India@70

The two-day seminar traced the tumultuous yet momentous journey of India and its emergence as a republic. It discussed themes revolving around the freedom movement, partition, nation-building, border conflicts, rise of Identity politics, changing political economy and contours of foreign policy in India. The keynote address was delivered by Prof. Usha Thakkar, Hon. Secretary, Mani Bhavan., and Mr. Satish Sahney, Chief Executive, Nehru Centre and former

Commissioner of Police delivered the plenary address.

Another highlight of the Seminar was a talk delivered by renowned author and journalist Ambarish Mishra who took the audience to the golden era of Indian cinema. The valedictory address was delivered by Prof. Suhas Palshikar, renowned Political scientist and former Head of the Department of Political Science & Public Administration at the Savitribai Phule Pune University. In his address, Prof. Palshikar talked about the origins of democracy in India which was rooted in the nationalist movement. He also discussed a few paradoxes in India's democratic system while explaining the journey of the Indian State.

Department of Information Technology and Computer Science organised a Two day National Conference on "Global Recent Advancements in Computing and E-Applications (GRACE – 2018)"

29th January 2018



Inaugural address given by Dr. Deepak Deshpande, CEO, NetMagic Solutions Ltd

Dr. Deepak Deshpande, CEO, NetMagic Solutions Ltd., in his inaugural address motivated the participants to believe in themselves and chase one's dreams. Mr. Ranjan Bandyopadhyay, Global HR Head, BPO Services, TATA Consultancy Services Ltd., in his keynote address, specified the requirements of IT industry and touched upon some of the recent developments like IoT, Blockchains etc.

Mr. Faisal Farooqui, CEO, Mouthshut.com, on the second day, inspired the students to follow their dreams to become a successful entrepreneur. Further, papers were presented on opinion mining and sentiment analysis, selecting the correct educational software, Importance of IT Certifications, ICT, Neural Networks, Big data, Cloud and Edge Computing.

The valedictory address was delivered by Mr. N. Shivakumar, Consultant, TCS, Chennai who commented on the gap between the industry and the academia and concluded by suggesting a change in the curriculum. He motivated students to take up IT certifications to enhance their knowledge.

Department of Philosophy and History organised a Two Day National Seminar on 'Chanakya's Wisdom: A Reappraisal' on 9th and 10th February 2018



*Keynote address by Mr. Shirish Inamdar
Retd. Additional Deputy Commissioner*

The keynote speaker of the Seminar, Mr. Shirish Inamdar, Retd. Additional Deputy Commissioner, of State Intelligence Department Maharashtra, elaborated on the historical significance of Arthashastra and stated the influence of Chanakya's strategies on intelligence service systems. In the following 4 sessions, presentations were made on the areas of Chanakya's science of thinking, business acumen in modern times, Chanakya's emotional intelligence, Warfare and Tax management, a comparative analysis on state administration and poetic couplets of Thiruvalluvar that depicted staunch similarities, some of the historical world leaders such as Sun Tzu, Confucius, Chhatrapati Shivaji who lived up to showcasing and fulfilling Chanakya's dream of an able King that gave rise to interactive deliberations. The students of the Chanakya International Institute of Leadership program of the University of Mumbai participated in the Symposium that was part of the seminar. The objective of the symposium was to bridge the gap between theory and praxis.

The special attraction of the seminar was a play performed by the college students. They showcased transforming episodes in Chanakya's life. Mr. Ganesh Subramanian,

Honorary Secretary, SIES appreciated and encouraged the students to pursue some of the fine qualities that Chanakya has left through his pearls of wisdom. The seminar culminated with the valedictory speech by Dr. Radhakrishnan Pillai, author of the bestseller 'Corporate Chanakya'. Overall 27 papers were presented by the academicians and scholars from Mumbai and different parts of India.

Department of Economics organised Two-day National Seminar on 'Climate Change & Indian Economy'

23rd and 24th February 2018



Inaugural function of the Seminar

Department of Economics organized a two day National Seminar on 23rd and 24th February 2018 on Climate Change & Indian Economy – Contemporary Developments and Challenges.

The Keynote speaker of the seminar Padma Bhushan Dr Madhav Gadgil, eminent Ecologist, emphasized on the relative role and importance of the four 'Cs', namely Man made Capital, Natural Capital, Human Capital and Social Capital for development. He also highlighted the complex interplay of environmental and ecological sustainability and indiscriminate development programs against the background of mining sector in Goa.

Proceedings of the first day comprised of three technical sessions in which eight research papers were presented. The subthemes were as follows -

- 1) Economics of climate change theoretical perspectives, (chaired by Dr Neeraj Hatekar, Professor, Mumbai School of Economics and Public Policy)
- 2) Climate change and Impact on agriculture (chaired by Mr. Laurence Surendra, Chairman, The Sustainability Platform)
- 3) Transition to sustainable resources (chaired by Dr R.

Srikanth, Head, National Institute of Advanced Studies), provided a holistic perspective to the theme of the seminar pertaining to challenges posed by climate change for sustainable future. Papers were presented by invited experts from Bangalore, Mysore, Chennai, Delhi, West Bengal and Mumbai.

Proceedings of the second day included interdisciplinary presentations by students from arts and science faculties of the college. Further, a panel discussion on 'The Future of India's climate policy- issues and challenges', moderated by Dr Rajshree Majumdar, Professor, Burdwan University, in which the discussants were Dr R Shrikant, Mr Lawrence Surendra, Environmental economist, Dr Pushpa Trivedi, Professor, (IIT-Bombay), Mr Ganesh Nochur, Activist (Greenpeace & Narmada Bachao Andolan) concluded the seminar.

Department of Commerce organised a One Day National Seminar on 'E-Commerce: Opportunities and Challenges for Indian Business'

1st March, 2018



Roy Matthew, Head of Commerce Dept. at the seminar 'E-Commerce Opportunities and Challenges for Indian Business'

The Seminar was conducted with an aim of exploring how the Indian businesses can stay relevant to the challenges posed by the E-Commerce market to ensure their survival, growth, and profitability.

The Seminar started with the inaugural address by Mr. Sunil Naik, Director HR, DHL Global Forwarding. The keynote address was delivered by Mr. Rajesh Kamath, Consultant and Co-founder, MTHR Global.

The Seminar had two sessions with 9 Research Papers presented. Mr. Rohit Jain, CEO, ufaber.com and Dr. Jagan

Mohan Reddy, Associate Professor, Symbiosis Institute, Hyderabad were the Resource Persons for Session I and II respectively. The seminar was chaired by Dr. N. Seethalekshmy, Associate Professor, SIES College of Commerce and Economics and Dr. Kinnarry Thakker, Associate Professor, Department of Commerce, University of Mumbai for session I and II respectively. Papers on e-commerce trends like online promotional offers, changing dimensions, IPR, E-consumer challenges, brick and mortar stores, employee engagement and e-governance were presented.

Department of Biotechnology organised a Three-Day workshop on 'Techniques in Proteomics'

26th and 28th February 2018

The workshop was supported by the 'Teachers training programme' of the Lady Tata Memorial Trust. It aimed at providing theoretical and practical knowledge about the methodologies, experimental designs; laboratory instrumentation and advanced equipments used for proteomic data generation as well as bioinformatics techniques used for the analysis and interpretation of protein sequence data.

25 teachers were selected for the workshop on the basis of their statement of purpose. The keynote speaker was Dr Surekha Zingde, Former Deputy Director, ACTREC, Navi Mumbai and President, IWSA. The lectures on different topics related to proteomics were delivered by eminent scientists from ACTREC, BARC, IIT (Bombay), NIRRH and Shimadzu Analytical (India). The practical sessions were conducted at our college and at the Toxicology Drug Monitoring Laboratory, Sion by the staff members from the National Institute for Research in Reproductive Health, TDM Laboratory and the Department of Biotechnology.

Department of ADMLT organised a One-day National Seminar on 'Diagnostic techniques in biological sciences and their Applications'

5th March 2017

The keynote speaker Dr Ravindra Karanjekar, CEO, Jupiter group of Hospitals spoke on the role of The coMedical

laboratory technology in diagnostic medicine. He advised the students to pursue short term diploma courses in other allied areas of medicine. He emphasized on the holistic development of the technician.

Dr. Purvi Bhatt, Associate Professor, NMIMS University, School of Science delivered a lecture on the role of ELISA & PCR in diagnostic medicine. Dr. Kanchan Ajbani, Molecular Scientist at Hinduja Hospital Mumbai, delivered a lecture on Blotting Techniques current trends in this area, with special emphasis on its applications in the diagnosis of Tuberculosis. Dr. Pramod Ghogare, Assistant Professor, Department of Microbiology, SIES College of Arts, Science & Commerce, delivered a lecture on 'Automation in Bacteriology'. Dr. Manju Phadke, Director, SIES IMLT, spoke on 'Antimicrobial Susceptibility Test' which is the indispensable method for the treatment of microbial diseases. She explained the various tests that can be carried out to find the right cure for diseases without causing development of resistant strains and toxic effects. Dr. Rajesh Pharande, Assistant Professor, Bombay Veterinary College, delivered a lecture on 'Viral Inoculation techniques'. This was followed by hands-on experience on viral inoculation using Chicken embryos. The Seminar had a registration of 89 delegates across Maharashtra, Gujarat and Uttar Pradesh.



Dr. Ravindra Karanjekar, Jupiter Group of Hospitals

IQAC and Gender Sensitization Cell in association with Maharashtra State Commission for Women organised a One- day Seminar on 'Women's transformation from equality to Empowerment'

10th March 2018

The keynote address was delivered by Smt. Poonam Mahajan, Member of Parliament and National Secretary

of the Bhartiya Janata Party. She pointed out that gender sensitivity development is required for creating equality in the society. She correctly said that inclusive democracy can never be possible without the participation of women in everything, equally. After Smt. Mahajan's inspirational speech Dr. Manjusha Molwane, Member Secretary, Maharashtra State commission for Women briefed the audience about roles and goals of the commission. First technical session on Gender sensitization was conducted by Smt. N Karandikar, member of NGO SNEHA. She highlighted various problems faced by the women of all age and diverse economic background. Next session on Sexual Abuse and domestic violence was delivered by Smt. Charu Mudholkar, member of Aks foundation. As an active member of the foundation Smt. Mudholkar highlighted daunting and painful yet honest picture of the abuse and violence issue of women. Smt. Sneha Velkar from Akshara centre also underlined abuse and violence against women. She explained the types of abuse and created awareness about legal guidance. A session on Cancer Awareness was conducted by Dr. Jatin Bhatia, MD Radiation Oncology. Further, the session on nutrition was delivered by Dr. Sveta Bhasin, Nutritionist/Dietician. She elucidated the importance of a healthy diet and special nutritional requirements of women. Along with all these pronounced talks, blood group testing and haemoglobin level testing was done for all the willing participants.

The afternoon session included Self-defence demo by NCC girl unit of SIES, Pole Malkhamb demonstration by girls from Samartha Vyayam Mandir and a street play on women equality and empowerment by Students of ICE of SIES. At the end of a very productive and enthusiastic day Valedictory speech was given by Kavitha Iyer, Associate Editor, Indian Express.



Poonam Mahajan, MP at the seminar on 'Women's transformation from equality to Empowerment'



UTKARSHA A Literary Fest

The College literary fest Utkarsha was organized on 11th December 2017. All departments in the college came together and put up a great show by coming up with various events. The fest was inaugurated by Dr. Ritu Kumar, Global HR Head, TATA Consultancy Services. She highlighted in her speech that academic institutions should be fundamentally secular and stressed on education's prime role in nation building. More than 75 events were conducted on the day of the event.

VISIONS A Cultural Fest

Visions, the annual inter-collegiate cultural fest was organised on 12th and 13th, December 2017. This year's title was Rhapsody. The theme of the festival was 'Fusion' with the tagline 'Mix, Match, Create'. Visions Rhapsody held events in the categories of Performing Arts, Digitals, Informals and Sports. Sports events were conducted as pre-Visions competitions, spanning over five days, from 3rd to 7th December 2017.



Rink Football event was held in which 32 teams participated. Suicide Chess was an innovative event that proved to be antithesis of chess. Informals events such as Hostage Hijack and Run Baby Run were also conducted. The eliminations concluded with Box Cricket wherein 30 teams participated.



The main days of the fest consisted of a wide range of interesting competitions. On day one, Non-academic prizes were distributed; Sandeep Kulkarni, a popular Marathi actor and director was the chief guest. Some of the stage events were Unmaad (group dance), Supernovas (duet fusion), M.C. Kings (Rap event), Euphonica (solo singing). A grand event organised was Thunderstorm (Battle of bands), which was headlined by guest bands GreyFade and MH43. This was followed by the pro-nite - Neon Dhol Tasha. Digital events like CS Go, Mini Militia, Story in Reel, etc. also were organised. Footloose (solo dance), Pentatonix (group singing) and Fashion Show were some of the major events on Day Two of Visions. One of the most awaited events was Cynosure, a pageant contest. Under digitals, events like Gordon's Cafe, One Frame Fame, Virtual World and Celluloid were conducted.



Visions culminated with the EDM Night, which saw DJ Martin perform, giving an enthralling end to the fest.



With a footfall of over 6700 and participation of over 4000 students, Visions Rhapsody 2017 was a grand success.

TEDxSIESCASC - Roots + Innovation

Of Ideas and People

TEDxSIESCASC was conducted on 20th May 2017 at Mysore Association Hall, Matunga. Revolving around the theme 'Roots + Innovation', it brought together ideas and stories that are deep-rooted and have spent years in incubation, with a speaker lineup of mainly indigenous personalities – both, veterans in their fields as well as upcoming individuals.



The speakers were Gangadharan Menon, ex-adman turned author and wildlife photographer; Cyrus Oshidar, a name behind the scenes of many television franchises; Rajani Thindiath, executive editor of Tinkle magazine; Milind Thatte, an ex-political journalist and founder of Vayam movement, among several others. This effectively rendered the atmosphere at the event rich in ideas and creativity - of stories of how comics have evolved over the years, to that of an elephant roaming in the forest of Masinagudi goes by the name of Gangadharan. The ideas that emerged during TEDXSIES enriched the audience.

Gymkhana



Gymkhana began their activities from 12th June 2017 for the academic year 2017-2018. Intra collegiate competitions were conducted for the following games: Badminton, Carrom, Chess, Table tennis. Further, the students participated in the following inter collegiate tournaments: Athletics, Basketball, Badminton, Boxing, Chess, Cricket, Carrom, Fencing, Football, Kabaddi, Kho-Kho, Table Tennis, Taekwondo and Volleyball.

Coaches were appointed for the following games: Football, Cricket, Carrom, Boxing, Athletics, Fencing, Kabaddi and Volleyball.

Events organized by Gymkhana

Organization of intercollegiate carrom tournament for Mumbai University Overall 268 colleges and 600 students participated in the event conducted from 12th February 2018 to 14th February 2018. In the prize distribution ceremony Dr. Uttam Kendre, Sports Director, University of Mumbai, remarked that this is the biggest intercollegiate tournament in terms of the number of colleges participated and the number of students attended.



Annual Athletic Meet (Sports Day)

The annual athletic meet was held on 19th January 2017 at the University Pavilion Sports Ground, Marine Lines. Principal Dr. Uma Shankar awarded Gold, Silver and Bronze medals to the winning students. The following track events and field events were held -

TRACK EVENTS : 50m race (only Women), 100m race, 200m race, 400m race, 800m race, 1500m race (only Men), 5000m race (only Men), Relay (4×100m) race
FIELD EVENTS: High Jump, Javelin Throw, Long Jump, Shot Put, Triple Jump, Discuss Throw, cricket, ball throw.

National Sports Day celebration - National sports day is celebrated every year on 29th August to mark the birth anniversary of Hockey legend Late Maj. Dhyan Chand. To commemorate this day a 'Tug-of-war' was organized in the College quadrangle on 7th September 2017. 24 teams participated in this competition. Vijaykumar Naidu's team won the gold medal. Mr. Periaswamy and his team conducted an exhibition of Fencing game to create awareness about this game



Students' achievement

- ▶ ♦Ms. Akshaya Warang, Ms. Pujitha Jillella, Ms. Simrin Shetty & Ms. Rucha Kanolkar won the Gold medal (Championship Trophy) in the Inter collegiate Badminton tournament conducted by Mumbai University.
- ▶ ♦Mst. Ajit George of XII Sc won the Gold Medal in Karate at DSO District.
- ▶ Mst. Vignesh Murkar XII Arts won the Gold Medal in Karate at DSO District.
- ▶ Ms. Bhavna Hegde of XI Arts won the Gold Medal in Boxing .
- ▶ Ms. Bhakti Naik XI Arts won the Gold Medal in Kickboxing at DSO (District) and Gold Medal in Mumbai Division (Zone).
- ▶ Ms. Heer Shah of XI Sc won the Gold Medal in Swimming (50m butterfly & 200M Backstroke) & silver medal (100M Freestyle) at DSO District.
- ▶ Ms. Riddhi Shinde won the Silver medal in the Inter collegiate Taekwondo tournament conducted by Mumbai University.
- ▶ Mr. Gagan Kumar won the Bronze medal in the Inter collegiate Fencing tournament conducted by Mumbai University. He is selected to represent Mumbai University in the All-India Inter University tournament held in Amritsar.
- ▶ Ms. Purni Rajuswamy won the Bronze medal in the Inter collegiate Fencing tournament conducted by Mumbai University. She is selected to represent Mumbai University in the All-India Inter University tournament held in Kerala.
- ▶ Ms. Swati Jaiswar won the Bronze medal in the Inter collegiate Taekwondo tournament conducted by Mumbai University.
- ▶ ♦Ms. Akshaya Warang was selected to represent Mumbai University in the Inter Zone tournament held in Jalgaon.

NCC (Boys)

The SIES National Cadet Corps Boys Unit conducted thirteen events in the Academic year 2017-18. Some of the highlight programs were: International Yoga Day, Tree Plantation Programme, Weapon Exhibition, Swachh Bharat Abhiyaan, Disaster Management, Skit Play at Mysore Hall, Matunga, 'MS Walk' at Shivaji Park, Dadar, Shakti Pradarshan and PEACE-A-THON.

Achievements of NCC Boys Cadets are as follows

- ▶ CJUO Ankit Dwivedi and team (CSM Aryan Yadav, SGT Shivam Sharma, CPL Dilip Gupta, CPL Roshan Kumar Sahani, CDT Neeraj Jaiswal, CDT Ganesh Lokhande, CDT Sagar Vairakar): won 1st prize in Tent Pitching in CATC camp held at Nashik.
- ▶ CJUO Rohit Sharma, CDT Shreehari Nair: Got 1st Prize in the Flag Area in CATC cum RDC camp held at Nashik.
- ▶ CJUO Ankit Dwivedi: The SIES Contingent got the prize of 2nd Best Contingent under his Command in the Siddharth college Drill competition .
- ▶ CSM Suraj Gupta and team (SGT Shivam Sharma, SGT Vishal Vishwakarma, L/CPL Vaibhav Katare, CDT Akash Kutte, CDT Tanmay Melanta): won 2nd Prize in Cultural (Group Dance) in CATC camp held at Khadavli.
- ▶ SGT Vishal Vishwakarma: Got 2nd Prize in Volleyball in CATC Camp held at Ambernath.
- ▶ L/CPL Anurag Tiwari: Has completed the TSC camp and won Silver Medal in 'All India Thal Sainik Camp' in health and hygiene at Delhi and Gold Medal In the Maharashtra Directorate as he was the only Cadet selected in Health and Hygiene through Maharashtra Directorate.
- ▶ CJUO Rohit Sharma: Has completed the RDC camp, through Flag Area. He was the only cadet selected in flag area through the Maharashtra directorate.
- ▶ CDT Akash Kutte: Has represented the Maharashtra Directorate in Lezim in PM Rally 2018.



NCC (Girls)

- ▶ Performed “Self Defense Demonstration” in one day seminar on Women’s Equality to empowerment organized on the occasion of women’s day on 10th March 2018.
- ▶ “Peacathon-2018” 7km Marathon organized at SIES College of Arts Science & Commerce, Mumbai on 4th March 2018.
- ▶ Participated in “MS Walk” Organized by Multiple Sclerosis Society of India (MSSI), Mumbai, Shivaji Park Gymkhana, Dadar, Mumbai on 4th February 2018.
- ▶ Participated in Fire Exhibition, activity detailed by NCC

Bn office organized by Fire Department Mantralaya, Mumbai on 13th October 2017.

- ▶ Performed a Skit on “Life of Army Man” on the occasion of Gandhi Jayanti at Shanmukha Hall. The event organized by Organized by ABHAI (Association of Bharatanatyam Artistes of India), Matunga, Mumbai on 2nd October 2017.
- ▶ Weapon Exhibition-2017, Organized at SIES College of Arts Science & Commerce, Mumbai on 31st July 2017.
- ▶ Participated in Blood Donation Drive organized by the NGO, New Hope Foundation on 30th July 2017.
- ▶ “Vanomohostav”, Road Rally detailed by NCC Bn office organized at Marine Drive, Mumbai by Forest Department on 2nd July 2017.

National Service Scheme (NSS)



SIES NSS Unit conducted and participated in more than 70 events. The various events organised were world environment day, tree plantations, river rally, clean up drives, disaster management, yoga training, meditation workshop, peace rally, pulse polio drives, malaria, AIDS and cancer awareness, etc. The team bagged many awards like *Best volunteer and Best college* (by NGO – Akshara), *Best writer* (Poetry competition organized by K. C. College). The team conducted *blood donation camp* in association with Sion hospital blood bank and donated 286 units of blood.

NSS Unit also conducted a 7-day residential camp at Kawathewadi from 7th to 13th January, 2018. 50 volunteers attended the camp and conducted events like shramadan, cleanliness, health campaign, women empowerment,

digitalization, etc. During shramadan, the NSS team helped the villagers in cattle shed repairing work, grass cutting, weeding in and around village and compost pit renewal. Under the theme of Swachha Bharat, the volunteers conducted clean-up drive in and around village to pick up and segregate plastic and paper waste. NSS team taught English, Maths and Science to the primary school children and prepared teaching aids like charts, diagrams, graphs, tables for easy learning. A dental camp was set up to conduct a free oral checkup for the villagers. The walls of the primary school of the village were painted by the volunteers. NSS team conducted series of workshops viz., Waste management, Basket gardening, Health care, Financial literacy, Digitalization, Computer literacy, etc.

Students' Council

- ▶ Students' Council organised workshop for TYBSc students on career opportunities, CV writing and interview ethics on 22nd January, 2018.
- ▶ This year the council initiated following new clubs: Grooving Brigade (Dance Club), Rainbow Alliance (LGBTQIA+ Club), Film and Photography Club, Debate and Elocution Club, Rang Manch (Theatre Club), Word Weavers (Writers' Club), Readers' Hub (Book Club), Global Messengers (Foreign Languages Club), Beyond Brushes (Arts club), and Team Swaralaya (Music Club).
- ▶ 'Relationship Jugaad' - a workshop on management of relationships was organised on 14th October 2017. Several concepts of a relationship were presented by the speakers, Eric Mistry and Nirmala Mehendale from Kindness Unlimited NGO.
- ▶ The Students' Council, in association with NSS, NCC, Cultural association and Rotaract Club, organised a Disaster management programme on 21st September, 2017 for the college students as well as teaching and non-teaching Staff. Experts from Disaster management cell, BMC demonstrated various techniques and strategies.

Cultural Association

- ▶ 'Mr. and Ms. SIES' was organised by the Rotaract Club and Cultural association on 8th December 2017.
- ▶ 'Dandiya Raas' was organised in association with the Rotaract Club on 26th September 2017 which saw a footfall of more than 700 students from our college.
- ▶ 'Talent Mania' event was conducted on 6th August 2017.
- ▶ Other cultural events such as D for Dance, Voice of SIES, Spotlight were organised to bring out the inner talents of the students who given a chance to perform and showcase their skills.

Value Lab

- ▶ The value 'Reverence' was chosen for the month of February. A thought board was put up in the college foyer for students to express their views on the value.
 - ▶ January 2018 began with the value 'Forgiveness', led by the Department of History. Two competitions were conducted, 'Expression on Forgiveness' and Poster Making. Finally, a talk on 'Forgiveness' and 'Reverence' by Principal Dr. Uma Shankar concluded the activity for the month.
 - ▶ In December, the value of 'Appreciation' was taken up by the Department of Psychology. The activities were: elocution competition on mental health, poetry recitation called 'open mic' on 'Mind and Mental health' and a poster competition.
 - ▶ As part of Utkarsha Literary events of 2017-18, the Value Lab volunteers organised 'The Soul Session' that witnessed students express their talents under the theme Vibrant Value Lab.
 - ▶ ♦ The value 'Equality' was taken up by the Department of Economics for the month of September.
- There were six events conducted: two guest lectures on 'Gender Equality' by Dr. Ritu Dewan; 'Equality in Market Economy' delivered by Prof. Devyani Ganpule and four activities-'Unshackled'-an elocution competition, Poster competition, an essay writing and a street play was performed by the students.
- ▶ The value 'Fortitude' was taken up by BMM Department for the month of August. Poster making competition was organized and a 'Flash mob' promoting 'Fortitude' was performed along with Students' Council.
 - ▶ The value for the month of July - 'Rationality' was taken up by the Department of Politics which conducted three activities. A 'Talk on Rationality and Democracy' by Adv. Irfan Engineer of CSSS, Documentary 'Little Terrorist' was screened followed by panel discussion and an essay writing competition based on the value.
 - ▶ The Value Lab declared 'Consistency' as the value in the month of June. The volunteers of Value Lab expressed the significance of 'Consistency' with informative quotes by writing in Popsicle frames and distributing them to all the departments.

Prajnya Vision

- ▶ Total no. of visually challenged students enrolled in the academic year 2017-2018 is 23.
- ▶ Students participated in a Singing competition organised by Jhunjhunwala College on 27th, January, 2018.
- ▶ An event titled 'Embrace the differences' was held to draw attention towards difficulties faced by the visually challenged persons. The event was held on the 19th and 20th January 2018. The participants were divided into groups of 5 to 6, blindfolded and taken through various mobility and sports tasks. The participants were also encouraged to visit the display of instruments that

help the visually challenged students in the technical aspects of their life and the exhibition of their abilities like stitching, knitting, typing on a braille, smart braille, using a smartphone, board games, card games etc. The whole event witnessed a huge turnout of around 820 participants, including students and staff of SIES College and various other college. The event was organised in collaboration with Xavier's Resource Centre for the Visually Challenged, St. Xavier's College, Mumbai.

- ▶ The students of Prajnya visions participated in a Hindi essay competition held under Utkarsha on 12th December, 2017.

Rotaract Club

- ▶ Rangeela was an initiative conducted from 16th to 20th February 2018, in which painting competitions were held at various schools, to promote young artists.
- ▶ Khel Utsav was an event which was conducted consecutively for 6 days, from 24th to 30th January 2018. It aimed to promote sports for everyone, rather than just professional players.



- ▶ Students Professional Development Cell was a mega project which was conducted on 16th January 2018. SPDC was a platform where specialists from various field came together to share their experience and motivate students.
- ▶ Rotaract Masterchef was conducted on 9th January 2018 where the students showcased their culinary skills and competed for the title of Masterchef.
- ▶ Akanksha 2.0 was a literary fest conducted on 26th and 27th December 2017 for students from various schools.
- ▶ Josh 2.0 was an initiative conducted from 26th August to 6th September where students from SIES College went to various Ganesh Mandals and performed flash mobs.

Entrepreneurship Development Cell

- ▶ A seminar on Define Your Future was conducted by Dr. Samish Dalal on the 26th of September 2017.
- ▶ Guest Lecture on the importance of the national language in the Indian culture by Dr. Mukesh Gautam on the 5th of October 2017.
- ▶ The minister of state for Home (Rural), Finance and planning, Shri. Deepak Kesarkar was invited by EDC on the 6th of October 2017.
- ▶ An “Innovative Diya Making” workshop was conducted by Ms. Kanika Mistry on 13th October 2017.
- ▶ In Utkarsha, Money Mayhem (11th December 2017) was organised where participants were given a real life idea of establishing a start-up project right from the formulation stage to pitching the ideas to investors as well as the execution and market entry stage.



Placement Cell

Career Skill Enhancement Programmes

- ▶ A free Skill development programme, ‘Career Ready Program’ was organized for TYBCom students by NGO Antarang on 12th February - 10th March, 2018
- ▶ A free one day workshop on ‘Grooming to Embark on a Successful Career’ was organized by Global Talent Track on 23rd December, 2017.
- ▶ A one day workshop on ‘Preparation for Group Discussion and Personal Interview’ was organized for all final year students by Sasha Training Solutions on 19th September, 2017.
- ▶ A free seminar on ‘Career opportunities in Health Care Sector’ was organized for TYBSc and MSc students, conducted by Professional Information Technology on 11th September, 2017
- ▶ A free workshop on ‘Resume Writing’ was organized on 10th August, 2017 for all final year students, conducted by Endeavour Careers Pvt. Ltd.
- ▶ A free seminar on ‘All About GRE’ was organized on 3rd August, 2017 for all final year students, conducted by Endeavour Careers Pvt. Ltd.

- ▶ A free seminar on ‘Careers After Graduation’ was organized on 27th July, 2017 for all final year students, conducted by Endeavour Careers Pvt. Ltd.

Campus Recruitment Drives

- ▶ The following companies visited our campus to conduct recruitment drives for final year students-
- ▶ Motilal Oswal Securities Ltd., 22nd February, 2018
- ▶ Gandhi Fellowship orientation, 31st January, 2018
- ▶ ICICI Prudential, 18th January, 2018
- ▶ Computer Age Management Service Pvt. Ltd., 19th December, 2017
- ▶ Teach for India Fellowship orientation, 29th November, 2017 and 27th January 2018
- ▶ Media.net, 28th September, 2017
- ▶ Ernst & Young Services Pvt. Ltd., 21st September, 2017
- ▶ Final year students were sent off campus to Kotak Securities for placement on 9th January, 2018.

Jignyasa- Research Hub

Jignyasa-Research Hub conducted a 'Research Meet and Poster Presentation' for UG and PG students from Arts, Science and Commerce fields on 5th March 2018. In total, the number of entries received were 87 across several streams of UG and PG.

The chief guest for the event was Ms Chandni Rajendran, Young Innovators Awardee and entrepreneur of start-up 'Tactopus' at Society for Innovation and

Entrepreneurship at IIT Bombay. She discussed her start-up's new device for tactile learning.

Mr. Vikas Singh, who is a Young Innovators Awardee and currently an entrepreneur at VJTI, Matunga. He and his team innovated 'Project DISHA'. It is a smart watch device which helps visually challenged people or people with partial sight to avoid obstacles in their path. Another speaker was Mr. Sumit Bhosle, an entrepreneur of 'Kalifornia 30 Farms' at Sawantwadi, Sindhudurg, shared his idea of starting a venture in rural India.

Nature Club

- ▶ SIES Zoology Department and Nature club in association with the 'Ecofolks' are conducting a yearlong Bird Survey at Malad creek.
- ▶ WWF Volunteer Hub: 12 students have participated in Ek Prithvi program under which they go to Municipal schools and teach the students importance of environment and wildlife.
- ▶ A Nature Trail to Bhandup Pumping Station on January 21st, 2018.
- ▶ Nature trail to Bhuigaon, Vasai was organized in November on 15th October 2017. Around 35 students attended the trail.
- ▶ A Nature Trail to Sanjay Gandhi National Park was organized in monsoon on 20th August 2017.
- ▶ Nature club organized a special talk on Nagpanchami day, for non-teaching staff on the topic 'Identification of snakes, Myths and First aid on snake bite' by Mr Varun Satose 27 th July 2017.

Past Students Association (PSA)

- ▶ PSA was one of the sponsors of the national seminar on 'Chanakya's Wisdom: A Reappraisal' jointly organized by the Department of Philosophy and Department of History held on 9th & 10th February, 2018.
- ▶ The PSA has changed its by-law to enable it to take part along with the college in the social welfare projects of the college. As part of this, PSA joined hands with the college to observe the first death anniversary of Dr. APJ Abdul Kalam.
- ▶ PSA's work of electrical fittings undertaken in Room no. 1 and 2 was completed. The electrical work continued in Room No. 15 with LED Tube lights, fans, projectors, screens and LCD projector.
- ▶ Jointly with the Staff Common Room, the association felicitated 07 retired teachers and presented them with association's memento.



Centre For Excellence

The college has acquired valuable NPTEL Local Chapter with 'AA' grade and 'A' grade and is one among the top 100 NPTEL Local Chapters listed in the national portal for involving maximum numbers of participants with 11 toppers in March – April 2017 and 9 toppers in September – October 2017 NPTEL Online Certification Examination.



NPTEL IIT Madras - SIES Local Chapter: NPTEL Online Certification (NOC) Examination:

- ▶ Overall 20 toppers name are listed in the national portal of NPTEL IIT
- ▶ Our college students participated in online courses like - Human Molecular Genetics, Chemistry I: Introduction to Quantum Chemistry and Molecular Spectroscopy, Computer architecture and organization, Speaking Effectively, etc.
- ▶ This year 'NOC Topper Felicitation Programme 2017' was held on 15th January 2018 and 20 toppers from March to October 2017 run were felicitated.

Seminars And Workshops

- ▶ 'Lecture Series on Civil Service Examination' was held on 21st December 2017 in association with the Department of Politics to guide civil services aspirants. The resource persons were Dr. Mahesh Bhagwat, Head, Department of Politics, Mithibai College and Mrs. Minal Mapuskar, Department of Politics, Kirti College.
- ▶ A workshop on 'Résumé Writing' was held by Mr. Sanket Bhatia, General Manager, Endeavor Career Ltd on 10th August 2017.
- ▶ A workshop on 'All about GRE' (GRE – Graduate Record Examinations) by Mr. Ajit Singh, Endeavor Career Ltd was held on 3rd August 2017.
- ▶ An interactive session on 'Career opportunities after graduation' was held by Mr. Hemang Patel, Career Endeavors on 27th July 2017.

Comprehensive Education

- ▶ The institute won the Award of Recognition for its commitment and contribution towards Holistic Development of the students in the category of Moral Values at the Emotional Intelligence School Summit – 2018 held on February 24th 2018 at TISS, Mumbai.
- ▶ Partnership with Tech-Mahindra Foundation launching the SIES-ICE TMF Diploma in Early Childhood Development programme. The TMF SMART SIES-ICE Centre started on 12th June 2017. The programme was inaugurated on 19th September 2017.
- ▶ The students visited Maharashtra Nature Park, Dharavi to understand and learn to integrate environment with the classroom teaching through real life experiences.
- ▶ Students attended various special sessions such as Trauma Counselling, Teaching Sex Education in Schools, 2nd School Psychiatry Conference, 3-day Psycho-Oncology Training Workshop, National Round Glass EUNOIA conference.
- ▶ Students collected funds of Rs. 23,613 on Rose Day for the benefit of Cancer Patients Aid Association.
- ▶ Teacher training students collected around 45,000 rupees for ALERT INDIA organisation working for Leprosy awareness.
- ▶ All the students of the institute participated in the PRITHVI Exhibition at the SIES High School. The teacher trainees presented puppet shows and EVS and Math games on the theme Earth.
- ▶ Special education students were invited for a panel discussion and Film screening event at the American Consulate on 19th September 2017.
- ▶ Special educators participated actively in Workshops on 'Annual Teaching and Learning Symposium', 'Melody of Talents event, presented role plays, street plays and puppet shows on 'Spreading Awareness about the Needs of Special Children in Present day Classrooms'.
- ▶ The 38th Annual Convocation & Prize Distribution function at Sion campus, presided by the Former Director. Dr. Vijaya Murthy was held on 19th August 2017.

Advanced Diploma in Medical Laboratory Techniques (ADMLT)

- ▶ A blood grouping camp was conducted by the students of ADMLT during 'Utkarsh'. A total of 55 samples were checked in one day.

- ▶ As a part of ISR activities, a free blood grouping camp was conducted at BMC School, Dongari on 10th August 2017. Around 114 samples were tested for blood grouping.
- ▶ Students visited various hospitals including Seven Hills hospital, J.J.hospital, Bombay Veterinary hospital and Blood Line blood bank as a part of their curriculum.

Internal Quality Assurance Cell (IQAC)

Student Centric activities:

- ▶ A workshop on Interview ethics, CV writing and career counseling was conducted by the Resource persons by the Indian Education Society on 22nd January 2018.
- ▶ Orientation of FYBSc students to explain the Exam time table on 11th November 2017.
- ▶ A workshop on Relationships was conducted by the NGO Kindness Unlimited titled , 'Relationship Jugaad'. This activity was conducted in association with the Students Council on 14th October 2017.
- ▶ An orientation on Employability skills was conducted for students by Educare on 11th August 2017.

Staff Centric activities:

- ▶ A Lecture on e-content development was conducted by Mr Swapnil Javkar under the aegis of staff colloquium on 23rd September 2017.
- ▶ A workshop for Non Teaching staff on Personal Effectiveness was conducted by Dr Girishankar, Corporate trainer on 19th September 2017.
- ▶ A workshop was organised on the latest CAS guidelines of UGC in association with SIES Central Training by Dr Parvathi Venkatesh On 1st August 2017.
- ▶ A workshop for teaching staff on Personal Effectiveness was conducted by Dr Girishankar, Corporate trainer on 10th & 12th June 2017.
- ▶ A workshop was conducted on First Aid and Safety measures for Lab staff on 8th June 2017.
- ▶ A Certificate Course on Finstat was conducted by Department of Statistics for students in July- August 2017.
- ▶ A workshop on voice culture was held for teachers in association with Central Training in November 2017.

Activities related to Environmental Awareness:

- ▶ World Environment Day was celebrated on 5th June by planting five trees in the SIES Lane in association with Sion Welfare Forum.
- ▶ Two drives for E Waste and Plastic waste collection were conducted in association with EcoRox, an NGO in October - December 2017.

Infrastructure Development:

- ▶ An audit of the entire infrastructure of the campus was conducted in association with the Students' Council and a report of the same was submitted to the Management. Based on the report, Management has undertaken initiatives to carry out repairs, renovations as required.
- ▶ An audit of the College canteen was conducted in association with the Students council and the report was submitted to the Principal. Based on the report, the Canteen manager was advised to make modifications in his menu, reduce the prices and prepare a healthy menu.
- ▶ New Identity cards with barcodes were issued to students and 10 card reading machines were procured for digitization of attendance.

Extension Activities:

- ▶ In association with Indian Cancer Society and Maina Foundation, a US based NGO, IQAC and the Students council participated in a Walkathon on the 2nd December 2017. The Students council also performed a street play on Breast Cancer Awareness.
- ▶ A PhD student of Nirmala Niketan was permitted to carry out survey on 'Nutritional habits of college students' at our campus in June, 2017.
- ▶ IQAC spearheaded the process of applying for the STAR grant given by DBT, Government of India and the FIST grant given by DST, Government of India.

Institutional Social Responsibility (ISR)



Under the aegis of ISR the College undertook a step towards promotion of financial empowerment of villagers of Kawthewadi by initiating the apron stitching project. A total of 383 aprons were stitched and were purchased by SIES College Students. Further, several departments conducted social welfare activities. The NSS Unit conducted ISR activities at village Kawthewadi:

- ▶ All the volunteers went from door to door distributing the sanitary napkins at Kawthewadi. They also explained the benefits of using sanitary napkins.
- ▶ A short film based on 'Farmer Suicide' was screened to the villagers. This was followed by a healthy discussion at Kawthewadi.
- ▶ Volunteers performed skit plays in the community hall. This helped in creating awareness among the villagers and also instilled confidence among the volunteers at Kawthewadi.
- ▶ The Department of Biotechnology and Department of Preventive Oncology, Tata Memorial Hospital organised a Cancer Awareness and Screening camp at Kawthewadi. This cause was supported by the Indian Women Scientists' Association (IWSA), Navi Mumbai. A total of 96 villagers were screened for oral and breast cancers.
- ▶ The department of Botany conducted a workshop on medicinal values of plants and their uses in home remedies at Kawthewadi.
- ▶ The department of Botany conducted a workshop on the nutritional aspects of fruits and vegetables at Kawthewadi.
- ▶ The Department of Commerce conducted a survey and awareness campaign pertaining to the income, spending and saving habits of the villagers.
- ▶ The Department of Chemistry organised a workshop on preparation of soaps at domestic level at Kawthewadi.
- ▶ During the Diwali break the Department of Chemistry conducted a series of free lectures for MSc- Part I students of Mumbai University as admissions were delayed. The lectures were conducted to help students to cope with lectures lost to the delayed admission process. Total 250 students from 45 colleges benefited.
- ▶ The Computer Science department conducted a session on use and advantages of internet for the school children at Kawthewadi.
- ▶ Economics Department organized a talk and interactive session on the significance of financial literacy at Kawthewadi.
- ▶ Department of IT carried out a survey and session on digitalization at Kawthewadi. The student volunteers helped number of villagers to obtain Aadhar Card.
- ▶ The physics department organised a session on Star Gazing. The telescopes were mounted outside the community hall and all the villagers were given the opportunity to view the famous star clusters and nebulae.
- ▶ The Departments of Politics, History, Philosophy and Hindi organised a rally to create 'Road-Traffic Safety Awareness' in Sion. Students held self-made posters during the rally and distributed them to five schools in the locality for class room display.
- ▶ The College organised a fund raising of Rs. 3.18 Lakhs for the project Gothehar Adivasi Gramshala under the banner of Hymn Humanity.

Gender Sensitization Cell

- ▶ During Utkarsh, organised a poster-making competition around the theme of women empowerment on 11th December 2017.
- ▶ In association with Majlis Legal Centre, the cell organised 'Expressions 2017', an intra-college competition, 'What's your yes/What's your no' based on the theme of consent, on 20th December 2017.
- ▶ Organised a one day seminar on 'Women's transformation-From Equality to Empowerment' along with IQAC on 10th March 2018. The seminar was sponsored by Mahila Aayog Commission.



Staff Colloquium

- ▶ 'Microscope simplified' by Madhavan Gopalan and Dr Aditya Akerkar on 15th March 2018.
- ▶ 'App world and hidden traps' by Mahalaxmi Nadar and Maya Nair on 11th January 2018
- ▶ 'Tools for e content development' by Swapnil Jawkar on 23rd September 2017
- ▶ 'Remembering R.D Burman and Kunnakkudi Vaidyanathan' by Dr Lakshmi Muthukumar on 15th September 2017
- ▶ 'Terrarium preparation' by Meena Potnis and Dr Neeraja Tutkne on 18th August 2017
- ▶ 'GST-An Overview' by CA Avin Shah and Krishnan Ramachandran on 19th July 2017



- ▶ 'Introduction to Yoga' by Dr Uma Shankar and Bhakti Raval on 21st June 2017

Library

- ▶ During the Academic Year 2016-2017, 853 Books were added to the collection. The Library currently subscribes to 173 Journals and Magazines, 16 newspapers. 2249 E-books and soft copies of articles on astronomy are available to all the readers.
- ▶ Readers Tickets were issued to 2775 students. INFLIBNET services were provided to 164 users. The average number of page views were 7628.
- ▶ 63 Books were issued to 10 students under the Book Bank Scheme
- ▶ Book Displays were organized on topics such as - Career Options, Biotechnology, Microbiology, Botany, Zoology, Biochemistry, Politics, Commerce, and Management to create awareness among students towards the collection present in the library.
- ▶ OPAC can be accessed through the college website and screensavers of new arrivals are displayed to bring the new acquisition to the attention of the Readers.
- ▶ Newspaper clipping of topic of interest were displayed on the notice board

Biochemistry

- ▶ Biochemistry in association with Department of Physics organised a lecture on 'Concept learning in Physics for entrance exams in Biological sciences' on 8th & 9th February, 2018
- ▶ Career opportunities and guidance lecture on 'Nutraceuticals: Evolution, Future and Opportunities' by Ranjitha Balkrishnan on 13th January 2018.
- ▶ A visit to Kawthewadi (ISR activity) where 2 skits

were performed by T.Y.B.Sc Biochemistry students on 'Gender Equality' and 'Importance of nutrition and hygiene for health and well being' on 7th January 2018.

- ▶ Department's fest 'DE NOVO' was organised during Utkarsh 2017-18 on 11th December 2018.
- ▶ An orientation workshop was conducted for MSc Degree (Part I and Part II) revised syllabus in MSc Degree (Part I and Part II) on 23rd September 2017.

Biotechnology

- ▶ Guest Lecture on 'Genome Editing and Gene Therapy' by Dr Rita Mulherkar, Former Professor, ACTREC, Kharghar on 14th February 2018 under the aegis of Indian Women Scientists' Association (IWSA)
- ▶ Guest Lecture on 'NMR Spectroscopy: An Overview' by Dr Kakoli Bose, Scientific Officer SF, ACTREC, Kharghar on 1st February 2018 under the aegis of Indian Women Scientists' Association (IWSA)
- ▶ Students of SYBSc, TYBSc and MSc visited Mysore, Bangalore and Coorg as a part of their industrial tour between 20th -27th January 2018. They visited Sericultural Research and Training institute, and Vishwesharaya Technology Museum during the course of their trip.
- ▶ A Cancer Awareness and Screening camp was organized by the Department of Biotechnology and the Department of Preventive oncology, Tata Memorial Hospital under the aegis of ISR, SIES College on 15th January 2018. This cause was supported by the Indian Women Scientists' Association (IWSA), Navi Mumbai.
- ▶ Students of TYBSc visited Advanced Centre for Treatment and Research in Cancer on 8th December 2017
- ▶ Intercollegiate festival 'OPRERON' was conducted under the aegis of Utkarsha on 11th December 2017.
- ▶ Guest Lecture on 'Radiation processing of food- myths and facts about the technology' by Dr Sahayog Jamdar, Scientific Officer, Food Technology Division, BARC on 9th September 2017
- ▶ Awarded 'Best Department Award' from Centre for Excellence and Local chapter (ID-268) for NPTEL Online Certification Examinations

Botany

- ▶ As ISR Activity, lectures were conducted on importance of medicinal herbs, fruit preservation techniques & basket gardening at village Kawthewadi on 10th January, 2018.
- ▶ Excursion to Dehradun & Mussoorie, Uttarakhand was arranged for students of SYBSc & TYBSc from 20th to 25th December, 2017.
- ▶ Botany festival – Kalpavriksha 2017 was organized on 11 th December, 2017 which included competitions such as Bio-rangoli & Bio-games like Pic-o-hunt, Have me if you can, sense your senses &; Art Mela (exhibition cum sale of plants, products).
- ▶ One day botanical excursion to Veermata Jijabai Bhosle Udyan was organized for students of SYBSc & TYBSc on 14th July, 2017.

Chemistry

During Utkarsh, the Department of Chemistry organized 'Chemorisis'. Following were the events:

- ▶ Intracollegiate Poster Competition: Total 40 students participated.
- ▶ Intercollegiate Competition Chem-Speak: Total 33 students participated.
- ▶ Explorica: A treasure hunt in which the clues were based on the themes of Chemistry. Total 153 students participated.

Commerce

- ▶ 'Corporate Roadies', an inter-collegiate event to test personal and business skills of students was organised on 12th February, 2018.
- ▶ An Industrial Visit was organised for the students of B.Com to Sula Vineyards, Nashik, Maharashtra and Saputara, Gujarat from 8th - 10 th February, 2018.
- ▶ 'Kommers Forschen', an inter-collegiate Research Paper Presentation Competition for students on the theme of Digital India was organised on 15th January, 2018.
- ▶ 'Bulls of Wall Street', an inter-collegiate Stock Market event to test student's knowledge, ability and skills pertaining to investment was organised on 11th December, 2017.
- ▶ 'Game of Start-ups', an inter-collegiate event to evaluate student's ideas, ability and potential to start and manage businesses was organised on 11th December, 2017.
- ▶ The 'Ad-Mad Show' was organised to bring out the media and marketing creativity among students which was judged by Ayesha Adlakha, MTV VJ and Rohit Reddy on 13th September, 2017.
- ▶ 'Catchy Copy', an intra-collegiate poster making and slogan writing competition was organised on 21st August, 2017.
- ▶ Prof. Meenakshi Venkatesh, Former Head of Department, Commerce, SIES College inaugurated the Association activities by delivering a talk on 'Indian Management Ethos' on 8th August, 2017.
- ▶ A talk on 'Careers in Management' was delivered by Prof. Hemant Purandare, Indian Business School, Powai on 20th July, 2017.

Computer Science

- ▶ The Department of computer science is awarded as 'Best Department for the NPTEL Online Certification (NOC) Examination September – October 2017 run' during the 'NOC Topper Felicitation Programme 2017' held on 15 th January 2018.
- ▶ ISR (Institutional Social Responsibility) - A visit to Kawathewadi for demonstrating use of Internet on 12th January 2018.
- ▶ Nauman Sakharkar (SYBSc) has successfully completed 'NPTEL Python Data Structure Course' with Gold Medal and placed at top 5 %, 8th January 2018.
- ▶ Industrial Visit - Department of Computer Science & Department of Information Technology jointly organized an Industrial Visit to Jodhpur – Jaisalmer. Teachers along with students visited Software Technology Parks of India (STPI), Jodhpur & Saras Dairy, Jodhpur in December 2017.
- ▶ Zeigers - An intercollegiate annual festival of Department of Computer Science was conducted on 11th December 2017.

Debating Society

Debating Association organised an intra-collegiate elocution event 'SPEAK UP CHALLENGE' during UTKARSHA-2017 on 11 th December 2017.



Information Technology

- ▶ Seminar was conducted by Dr. Anup Palsokar, Chairperson, MCA, SIES College of Management Studies, Nerul on 'MCA entrance' for TYBsc IT students on 09 th January 2018.
- ▶ Conducted an ISR activity at Kawthewadi on 08th January 2018 that included - Survey on the Lifestyle of people in the village, Film Screening on Importance of Education, Fun Games for Children.
- ▶ Seminar was conducted by Ms. Yasmiine from ACIT education on 'Career Guidance for SYBsc IT & TYBsc IT students' on 06 th January 2018.
- ▶ Seminar was conducted by Ultramax Infotech Education on Red Hat Linux Technologies by Sanket Shete (Certification Holder in Red Hat) on 03rd January 2018.
- ▶ Interdisciplinary add-on course on Microprocessors was conducted by Physics department for FYBsc IT students from 15 th December 2017 to 21 st December 2017.
- ▶ Industrial Visit was organized to visit Software Technology Parks of India, Jodhpur, Rajasthan with SYBsc IT & TYBsc IT students from 13 th December 2017 to 19 th December 2017.
- ▶ Personality workshop by EduSharp for SYBsc IT & TYBsc IT students on 08 th August 2017.
- ▶ Two students from TYBsc IT had worked at GEEBEE organization as interns in the month of October 2017.
- ▶ Interdisciplinary add-on course in Digital electronics was organized by Department of Physics for FYBsc IT students from 31 st July 2017 to 11 th August 2017.
- ▶ Career Guidance lecture was rendered by Ms. Vaishali Rane – Career Consultant with EDIT for TYBsc IT students on 31 st July 2017.
- ▶ Guest lecture by Seed Infotech on 'Java Technologies' and other courses for SYBsc IT on 20 th July 2017.
- ▶ Lecture on various opportunities abroad by Computrain-study abroad, Andheri Mumbai for TYBsc IT students was held on 14 th July 2017.
- ▶ Alumni Interaction –On 'Career in Interactive Designs' by Ms. Deepshikha Kamerkar (Batch- 2011) who is currently pursuing Masters in Human Centered Design from Srishti Institute, Bangalore and is a part of the exchange program at Politecnico Di Milano, Italy was held on 13 th July 2017.
- ▶ Three students from BSc-IT had worked at GEEBEE organization as an Intern in May 2017 on data research.

Economics



- ▶ Industrial Visit to Nasik-Saputara was arranged for TYBA economics Students from 8th -10th January 2017.
- ▶ ISR activity on the 'Financial Literacy' was conducted at the adopted village of the college' Kawthewadi' on 1st January 2018.
- ▶ Treasure hunt competition 'Trace and Chase' on 11 th December 2017 as a part of Utkarsha literary festival.
- ▶ A D Shroff Memorial Elocution Competition for students across the faculties was organized on 4 th October 2017.
- ▶ In the month of September, Economics Department collaborated with value Lab to spread awareness about Equality. Street play on Gender inequality and various aspects titled as 'Nor above, Nor below, Just beside' on 29 th September 2017.
- ▶ Poster Completion 'Picture it away' was organised on the themes of social, economic, political and cultural inequality on 27 th and 28th September 2017.
- ▶ Guest Lecture on 'Equality in Market Economy' by Prof. Devayani Ganpule, Ruia College on 27 th September 2017.
- ▶ Elocution competition on theme of 'Gender inequality in society' was organized on 19 th September 2017.
- ▶ Talk on Gender Equality 'The Equal Half' by Dr Ritu Diwan, Eminent gender economist and the President of Indian Association of Women Studies, was conducted on 7 th September 2017.
- ▶ Fresher's Debate on the Topic 'Eat or Not to Eat' for FYBA students conducted by SY and TYBA students on 24th August, 2017.
- ▶ Movie Screening of 'The Big Short' organized on 23 rd August, 2017.
- ▶ 'World Population Day' was celebrated by conducting presentations by TYBA and SYBA students and Screening of a documentary on Population menace on 11th July, 2017.
- ▶ Guest lecture on 'Indian economy and contemporary world issues' by Prof Sudesh Majumdar, Chair of Economics and Marketing Department, University of Southern Indiana, USA, and an Alumina of SIES College was organized on 24 th June, 2017.

English

- ▶ Guest lecture by Mr. S. Saikumar, Managing Director, ITP Publications on 'Different Aspects of Media Publications' was held on 17th February 2018.
- ▶ Visit to Dosti House, American Library at the U S Consulate, BKC was organized on 8th February 2018 on the occasion of Black History Month Celebrations for a screening of the movie 'Hidden Figures'.
- ▶ Visit to Dosti House, American Library at the U S Consulate, BKC was organized on 25th January 2018.
- ▶ Ms. Manasi Phadke, journalist, conducted session for TYBA students on 'Career Opportunities in Media' on 25th January 2018.
- ▶ A student symposium for SYBA students on Arthur Miller's 'Death of a Salesman' was conducted on 24th January 2018.
- ▶ Ms. Vishakha Uppoor, Ms. Anmol Dutta and Ms. Ramsha Akhtar, alumni from the batch of 2016-17 and currently MA (English Lit.) students interacted with the present batch of TYBA students on 19th January 2018.
- ▶ Ms. Manogni Thyagaraja FYBA won the Third Prize at the Inter College Debate conducted on 23rd December 2017 at SIES College of Commerce and Economics, Sion East.
- ▶ Ms. Ankita Suresh FYBA won Third Prize at the Inter College Debate conducted on 23rd December 2017 at SIES College of Commerce and Economics, Sion East.
- ▶ Lecture on 'Job Opportunities in Entertainment Media' by Ms. Priyal Gala, PR Manager, Nadiadwala Grandsons was held on 20th December 2017.
- ▶ In Utkarsha, the Department of English had organized 2 inter-collegiate events: The 'Crossword Challenge' and MELA Quiz 11th December 2017.
- ▶ Ms. Ankita Suresh FYBA won Third prize in the Shri S V Kulkarni Intercollege English Elocution Competition held at Dnyanasadhana College, Thane on 14th September 2017.
- ▶ Ms. Vyshnavi Sunder Rajan, SYBA won First Prize at the Research Paper Presentation TALENTEUX at NES Ratnam College on 11th August 2017.
- ▶ A talk on Criminal Psychology by Ms. Amruta Padhye, Psychology Department, SIES College on 17th July 2017.
- ▶ Film Appreciation Society: Several movie screenings and discussions on varied topics related to the films were held from 17th July 2017 starting with the screening of Dibakar Bannerjee's 'Byomkesh Bakshi' and continuing with Oscar winners like 'Moonlight', 'The Salesman', 'The Namesake' and culminating with screening of 'The Birdcage' on 16th February 2018.
- ▶ Satyendra Nair and Rishabh Shetty, TYBA bagged internships at Jaro - a content writing company.
- ▶ Ms. Smruti Mani, TYBA also bagged an internship at the Majlis Legal Centre.

Hindi

- ▶ Guest lecture by Shri Navendu Vajpayee, DGM - Exim Bank, Mumbai on 'Rajbhasha Hindi se jude rozgaar ke avsar va chunautiyan' on 12th February, 2018.
- ▶ Rahul Rathod TYBA Hindi Won consolation prize in Smt. Abhiraji indradev singh inter collegiate song competition and also won the trophy jointly with Sarvari Gokhale on 27th January, 2018.
- ▶ Hindi Department and Hindustani Prachar Sabha, Mumbai jointly organized an intra collegiate Elocution competition on the topic 'Kya Atankvaad ka samana ahinsatmak tarike se kiya ja sakata Hai?' on 16th January, 2018.
- ▶ Dviya Kuril TYBA Hindi won First Prize in intra collegiate Elocution competition on jointly organized by



the Department and Hindustani Prachar Sabha On 16th January, 2018.

- ▶ The Department jointly celebrated Trivalluar Dinam with Tamil Association and English Department On 15th January, 2018.
- ▶ Uday Bhandari TYBA Hindi was second runner up in National Power Lifting (100 KG) Championship organized by IBSA on 13th January, 2018.
- ▶ Hindi essay writing competition was organized on 11th December 2017
- ▶ Rashtrakavi Subramanya Bharati intercollegiate self-composed poetry recitation competition was organized

on 11th December, 2017. This competition was instituted due to the endowment by Former HOD & Emeritus Professor Dr. Rajam Natrajan.

- ▶ A workshop was organized on the topic 'Rachanatmak lekhan kaushlya ka vikas' on 5th October, 2017
- ▶ Hindi divas was celebrated by the students and Faculty Members of the Department on 14th September, 2017.
- ▶ Shri Rajesh Joshi, Senior Poet and Critic delivered a Guest lecture on 'Premchand aur Hamara samay' on 14th August, 2017.
- ▶ Organized one day picnic to Esselworld on 16 February, 2018.

History

- ▶ Guest lecture on 'Importance of Language Skills in History' by Ms. Jayashree Jangle, Department of English, faculty in Jr. Section Acharya and Marathe College, Chembur on 17th February 2018.
- ▶ Value of Forgiveness, announced by the Value Lab as a value for the month of January which was undertaken by the department of History. Poster on forgiveness was to be submitted by the students on 15th January. In the elocution competition 'Three Minutes Expression of Forgiveness' held on 24th January 2018. All three prizes were bagged by the T.Y.B.A students.
- ▶ At the Utkarsh 2017-18, poster presentation was organised on the theme, 'Event in the History of India' on 11th December 2017
- ▶ On 10th October 2017, Ms. Steffi Noronha, an alumni and an expert in tourism interacted with the students on the 'Importance of the Historic Tourism and career in Tourism Industry'.

- ▶ Vice Principal Dr. George Abraham of Chemistry Department, guided the T.Y.B. A. students on 'Carbon-14 Method of Dating antiquity', on 28th September 2017.
- ▶ Anuja Joshi, an Archaeologist, a scholar of Bramhi Script, a Research Desk Manager at Yatra.com, gave a demonstration lecture, 'Importance of Bramhi Script in the study of Ancient Indian History', on 23rd September 2017.
- ▶ Study Tour was organized: During 3-6th September 2017 for students of T.Y.B.A to 'Gandhi Teerth'- A Memorial on Mahatma Gandhi's Life, The Jain Irrigation and solar power project, The Ajanta Caves and 'Manobal, a training centre for the visually challenged in the preparation of competitive examinations.
- ▶ A book review, 'Reflections on literature on Shivaji Maharaj' was jointly organized by the History and Politics Department on 10th August 2017.
- ▶ Four Students of F.Y.B.A completed a Certificate course in The Medieval Indian MODI SCRIPT at V.G.Vaze College, Mulund from 18th July to 3rd October 2017.

Malayalam Association

- ▶ Conducted a Kerala Quiz Competition on 11th December, 2017.
- ▶ Organized Malayala Thanima 2017 – Nrutha Sangeetha Virunnu on 9th September, 2017 which began with a Kaikottikali performance followed by a flash mob in the college quadrangle with 70 students performing together.
- ▶ A grand inaugural function was conducted on 20th July, 2017.



Marathi Vangmay Mandal

- ▶ 'Bolava Vitthal Pahawa Vitthal' on 4th July 2017 celebration of Ashadhi Ekadashi, organized by the Department of History, Philosophy and Marathi Wangmay Mandal.
- ▶ Guest lecture by Ms. Deepali Kelkar a renowned news reader (DD Sahyadri) on 'Anchoring' was organized on 6th February 2018.
- ▶ To pay a tribute to the great renowned poet Vinda (100th birth anniversary of Vinda) competition based on Vinda's poem was organized on 11th December 2017.
- ▶ Mr. Nitin Arekar delivered a guest lecture on Vinda's contribution to Marathi Literature on 14th November 2017.



- ▶ Mr. Deepak Velankar and his students had story narrating session on 6th September 2017.
- ▶ 'Bhondla' was organized on 27th September 2017.

Management Studies

- ▶ The EDC cell of the college kick started the year with their event 'Define your future' on 26th September, 2017. On first day Dr. Samish Dalal Associate professor, Monitor and Administrator of FMB program, SP Jain University, enlightened them about the concept of Family Business Management
- ▶ Industrial Visit to Mussoorie, Haridwar and Nainital in November, 2017. Students visited to Hero Honda, Havel's and Patanjali Research Center.

Mass Media

- ▶ Excursion to Chiplun on 15 & 16th September, 2017 with FYBMM students.
- ▶ Certificate distribution ceremony on 11th August, 2017 on successfully completing the Basics of film making. Children Film Academy, a franchise of La Cinematheque conducted a film making course in their summer school workshop from January to March 2017, under the guidance of Mrs. Ganga Mukhi and Mr. V. Rajesh for SYBMM students.
- ▶ Distribution of sanitary pads under health and hygiene by Mass media and NSS students at Kawthewadi on 6th August, 2017.
- ▶ Visit to Godrej cultural lab, Vikhroli on 4th August, 2017 with BMM students.
- ▶ In the month of August, Mass Media Department in collaboration with the SIES Value Lab propagated the



- importance of the value – FORTITUDE. Subsequently, a Poster making competition was held on 16th August 2017.
- ▶ A visit to Science Express (Climate Action Special) on 20th July, 2017 with SYBMM and TYBMM – Journalism students.

Mathematics

'EPSILON' was organised 11th of December 2017 as part of Utkarsha. The events included under EPSILON were Mathematical Poster making competition and

Matheolympics. Along with these events, MATH FUN was a live Mathematical exhibition completely managed by the students. The exhibition aimed to acquaint the audience with some of the basic concepts of Mathematics by relating the subject to something they experience in their daily lives.

Microbiology

- ▶ Ms Manjusha Mohanan (M.Sc II), Ms Deepika Tambe & Dr Manju Phadke presented a research paper titled 'Effective microorganisms based fermentation for antioxidant rich health drink from medicinal plants' in International conference on Recent trends in Environment Technology & Economy at SIES Nerul in February 2017.
- ▶ Mr Anees Ahmed (M.Sc II) presented a paper entitled Microbial synthesis of Biopolymer Poly Gama glutamic acid & its applications at International conference on Microbial Technoloy for Better Tomorrow (ICMTBT-2018) at Dr D.Y. Patil Arts, Commerce & Science College, Pimpri, Pune on 17-19 February 2018.
- ▶ Industrial Visit to Hyderabad 20th January to 1st February 2018.
- ▶ Organized General Medical Health Checkup and Awareness Camp at Kawthewadi on 12th January 2018.
- ▶ Mr Anees Ahmed (M.Sc II) presented the research project at PG level under the discipline Pure Sciences in the 12th Maharashtra State Inter University Research convention Avishkar 2017 held at Mahatma Phule Krishi Vidyapeeth, Rahuri (MS) on 15th to 17th January 2018.
- ▶ Krushi Daga FYBSc was a member of team of three students which secured 1st prize at 17th state level Microbiolympiad final round held at Shirpur, Dhule on 27th January 2018.
- ▶ Afrose F, Krishna P students of TYBSc Were members of team of three students which stood 4th at 17th state level Microbiolympiad final round held at Shirpur, Dhule on 27th January 2018.
- ▶ Guest Lecture on 'Malaria Parasite and the game of upmanship' by Dr. Sulabha Pathak, Research Associate, Tata Institute of Fundamental Research (TIFR), Mumbai on 20th January 2018.
- ▶ Mr Anees Ahmed M.Sc II student Won 2nd rank at Avishkar research convention at District/zonal level held at N.G. Acharya & D.K. Marathe college Chembur. Title of the project 'Microbial biosynthesis of Poly gamma glutamate polymer and its applications' on 13th December 2017
- ▶ Ms Rajitha PhD student won 1st rank at Avishkar research convention under PhD students category at District/zonal level held at N.G. Acharya & D.K. Marathe college Chembur on 13th December 2017.
- ▶ Mr Vivek Parab (PhD student) won 2nd rank at Avishkar research convention under PhD students category at District/zonal level held at N.G. Acharya & D.K. Marathe college Chembur. Title of the project 'Bacteria: A powerhouse of PAH degradation' on 13th December 2017.
- ▶ Mr Vivek Parab PhD student Secured 3rd rank at Avishkar research convention under PhD students category at inter-zonal level held at KLE societys science and commerce college, Kalamboli. Project title 'Bacteria: A powerhouse of PAH degradation' on 20th December 2017.
- ▶ Mr Anees Ahmed M.Sc II student won 2nd rank at Avishkar research convention at inter zonal level held at KLE societys science and commerce college, Kalamboli. Title of the project 'Microbial biosynthesis of Poly gamma glutamate polymer and its applications' held on 20th December 2017.
- ▶ Six students participated in SIES School's exhibition 'Prithvi' on 6th- 8th December 2017.
- ▶ Mr Vivek Parab PhD student presented a poster titled 'Bacteria: A powerhouse of PAH degradation' at 58th Annual Coference of Association of Microbiologist of India (AMI-2017) held at BBAU, Lucknow, UP on 17-19 November 2017.



Philosophy

- ▶ Movie screening on 'Babanchi Shaala' for FYBA Moral Philosophy students on 18th January 2018.
- ▶ Debate on Capital Punishment by FYBA Moral Philosophy students on 9th January 2018..
- ▶ Indian Council of Philosophical Research Periodical lecture series, on 8th January 2018, 18th January 2018, 1st February 2018 and 15th February 2018 by Dr. Radha Kumar, Dr. Radhakrishnan Pillai, Dr. Meenal Katarnikar and Dr. Suchitra Naik respectively.
- ▶ As a part of Utkarsh festival, an intellectual stimulating event based on 'Game of Thrones', was organized on 11th December 2017.
- ▶ Gita Jayanti celebration, jointly organized by Department of Philosophy and Aarsha Vidya Foundation on 2nd December 2017.
- ▶ Guest lecture on 'Critical Thinking in Determining the Truth in Journalism' by Mr. Manoj Khatri editor and publisher of 'Complete Well Being' on 8th September 2017.
- ▶ The Departments of Philosophy, History and Political Science jointly organized an academic visit to Jalgaon, from 3rd to 6th September 2017. The students visited Gandhi Teerth, Jain Irrigation & Food Plants and Ajantha caves.
- ▶ Movie Screening of 'The Boy in the Striped Pyjamas' to observe world Humanitarian Day on 19th August 2017, jointly organized by Department of Philosophy and Rotaract Club.



- ▶ Guest talk on 'Dr. Ambedkar's Social Justice' by Mr. Ajinkya Gaikwad, Assistant Professor, Department of Political Science on 24th July 2017.
- ▶ Screening of the movie, 'The Truman Show', on 22nd July 2017.
- ▶ 'Bolava Vitthal Pahawa Vitthal' on 4th July 2017 celebration of Ashadhi Ekadashi, organized by the Department of History, Philosophy and Marathi Wangmay Mandal.
- ▶ A Syllabus discussion workshop for SYBA Philosophy paper II and III, jointly with Board of Studies, Logic and Philosophy (Ad-Hoc) conducted on 9th June 2017.
- ▶ Ms. Nikitha Iyer, TYBA Philosophy, bagged the following prizes:
 - ▶ Third Prize in Indian Classical Vocal at Youth Fest, University of Mumbai, Zone II
 - ▶ Second Prize in Malhar Fest, St. Xaviers College
 - ▶ Second Prize in Inter Collegiate singing competition, R. Jhunjhunwala College.
- ▶ Ms. Aishwarya Karunakaran won Third prize in Gita Chanting Competition, organized by Chinmaya Mission, Mumbai.

Physics

- ▶ Conducted one – day visit to Sagunabaug for overnight 'Star gazing' trip in association with Khagol Mandal on 17 February 2018.
- ▶ Conducted two day workshop for Biological Science students appearing for Entrance Examinations on 'Concept of Basic Physics' on 8 th February 2018 and 9th February 2018.
- ▶ Interactive session organized for TYBSc class with our alumna Lieutenant Colonel Shreeram Ghadgil who spoke about various job opportunities in defence sector for Physics graduates on 30 th January 2018.
- ▶ Conducted an Interdisciplinary Add-On course titled 'Engaging the microprocessor 8085' for students of Semester 2 from 15 th December 2017 to 23 rd December 2017.
- ▶ Conducted One day workshop titled 'Designing and building a dual power supply' for the students of MSc (Physics) Semester 3 on 12 th September 2017.
- ▶ Organised an Educational Visit to Nehru Science Centre, Worli for the students of SYBSc on 9th September 2017.
- ▶ Conducted an Interdisciplinary Add-On course in 'Digital Electronics' for the students of IT department from 31st July 2017 to 16 th August 2017.
- ▶ Conducted a workshop cum training for the staff members of physics department titled 'Stepping to venture advanced programming and interfacing' as a part of M.Sc. Part –II experiments on 20th June 2017 and 22nd June 2017.

Politics

- ▶ Organized the 'Digilocker' Orientation Workshop by Mr. Vijaykumar Katti, Director of VesacIndia (Thane) on 23rd December 2017.
- ▶ Organized Quiz event on 'India@70' as part of Utkarsha 2017 on 11th December 2017.
- ▶ Organized an Elocution Competition in collaboration with the Dr. Babasaheb Ambedkar Research and Training Institute (BARTI) to celebrate the 'Constitution Day' on 27th November 2017.
- ▶ Organized a guest lecture by Ms. Vincy Abraham (Alumni) working with several UN social platforms on 13th September 2017.
- ▶ Organized a study tour for the Third Year students to Gandhi Teerth and Jain Irrigation Project, Jalgaon, Maharashtra from 3rd to 6th September 2017.
- ▶ Organized a book reading and discussion on the theme 'Reflections on Literature on Shivaji Maharaj' in collaboration with the History Association on 10th August 2017.
- ▶ Organized screening of Short film 'Little Terrorist' followed by a panel discussion in collaboration with the Value Lab on 22nd July 2017.
- ▶ Organized a visit to the Dosti House, US Consulate General, Mumbai for the screening of documentary 'Understanding Government- The Legislative Branch' on 21st July 2017.
- ▶ Students of the Department visited the Godrej Culture Lab event on 'Performing Resistance: Tracing Modern Maharashtra's Caste History through Music' on 14th July 2017.
- ▶ Organized a guest lecture by Adv. Irfan Engineer, Director, Centre for Study of Society & Secularism (CSSS), Mumbai on 'Rationality and Democracy' on 6th July 2017.
- ▶ Organized a guest lecture by Adv. Akshaya Desai (Department Alumni) who is currently working as an Assistant Professor of Law, Amity University, Mumbai on 5th July 2017.
- ▶ Organized the 'Godrej Internship Introduction Program' by Mr. Parmesh Sahni from Godrej Culture Lab on 4th July 2017.
- ▶ Organized a visit to 'Samyukta Maharashtra Movement Museum' in Dadar, Mumbai for TYBA students on 24th June 2017.

Psychology

- ▶ Awareness Campaign for 'Destigmatization of Mental Illness' was conducted by TYBA Psychology for 100 children of Thane Municipal Corporation (School no 29), based in Kalwa on 23rd February, 2018.
- ▶ A discussion on 'Sports Psychology: An Emerging Field' was organized on 16th February, 2018
- ▶ 'Devrai' movie was screened on 31st January, 2018.
- ▶ To celebrate the value for that month of January- forgiveness, student symposium was organized on 24th January, 2018.
- ▶ Guest Lecture by Ms. Vrushali Gupte on 'Syllogistic Reasoning' on 23rd January, 2018.
- ▶ Value lab and Psychology Association organized Elocution, Poetry and Poster making competitions to celebrate the value of the month December-Appreciation on 18th, 20th and 21st of December, 2018 on the theme mind and mental health respectively.
- ▶ During Utkarsha, Psychology Association organized a photography competition, 'Darpan' on 11th December 2017.
- ▶ Organized a short films screening event 'Let's Talk about It' on 11th September, 2017. Keynote address was delivered by Dr. Neelkanth Bankar.
- ▶ Organised a symposium on 'Multiculturalism' on 24th August, 2017. The panellists were Mr. Ajinkya Gaikwad, Department of Politics, SIES; & Mr. Meet Shinde, Department of Psychology, P.N. Doshi College.
- ▶ Guest Lecture on 'Brain and Behaviour' by Mumbai-based Psychiatrist Dr. Gaurav Kulkarni on 4th August, 2017.



Statistics

- ▶ Dhruv Joglekar, TYBSc was awarded the first prize for his research project 'Statistical Analysis: A novel way of looking at data collected in a clinical study' in the inter collegiate research project meet held in SIES College on 5th March 2018.
- ▶ A talk on Bio- Statistics by Dr. Sadhna Joglekar on 'Drug discovery & Development: A pharmaceutical industry perspective' was organized on 16th February 2018.
- ▶ An Industrial visit to Mahabaleshwar was organized from 11th February 2018 to 13th February 2018. Visited historical sites Pratapgarh and Mapro & Foot Art factory.
- ▶ 8 students from the department passed the online NPTEL examination.
- ▶ A skill enhancement workshop on 'CV writing and interview ethics' was conducted by Ms. Resham

Manohar, Senior Analyst, Blue Ocean Market Intelligence on 20th January 2018.

- ▶ Conducted two intra college events: Quiz & Treasure Hunt, based on Statistical concepts during the college festival Utkarsha held on 11th December 2017.
- ▶ Organized a talk on 'Actuary- A challenging yet satisfying role' by Mr Sunil Savalkar, Deputy Vice President, Birla Sun life Insurance Co. Ltd on 16th September 2017.
- ▶ A quiz on Linear Programming problems was conducted for the SYBSc students on 8th July 2017.
- ▶ Organized a certificate course on advanced 'R' programming in collaboration with Finstat Academy between 24th June 2017 and 4th August 2017.
- ▶ A quiz on Mortality tables was conducted on 23rd June 2017.
- ▶ A skill enhancement workshop on Statistical software 'R' was conducted on 13th June 2017.

Tamil Association

நம் கல்லூரி தமிழ் பண்பாட்டு கலாச்சார விழாக்கள்

23rd January 2018

மாணவ மணிகளின் குழு நடனப் போட்டி.

இந்தப் போட்டி நம் கல்லூரி வளாகத்தில் (23/1/ 2018) அன்று நடந்தது.

இதற்கு தலைமை தாங்கிய நீதி பதிகள் இருவர் .ஒருவர் கதக் நடனத்தில் சிறந்து விளங்கும் எமது கல்லூரி வரலாற்றுப் பேராசிரியை திருமதி.வர்ஷா அவர்கள்.மற்றவர் மோகினி ஆட்டத்தில் புகழ் பெற்ற எங்கள் கல்லூரி பேராசிரியை திருமதி.கீதா விஜய சங்கர் அவர்கள்.இதற்கு சிகரமாக விளங்கியது,முனைவர்,திருமதி.உமா சங்கர் அவர்கள் குத்து விளக்கேற்றி தொடங்கி வைத்தார். வெற்றி பெற்ற மாணவ மணிகளுக்குப் பரிசும் , பாராட்டு சான்றிதழ்களும் வழங்கப்பட்டன.

15th January 2018

தமிழுக்குப் பெருமை சேர்க்கும் வள்ளுவரின் திருக்குறளுக்குப் பெருமை சேர்க்கும் வகையிலும் ,தைத்திங்கள் முதல் நாளான பொங்கல் திருவிழாவினை



சிறப்பிக்கும் வகையிலும் இரு பெரும் விழா 15/1/2018 அன்று மிக அழகாகக் கொண்டாடப்பட்டது.

இவ்விழாவிற்கு திருக்குறளினை இந்தி மொழி யில் மொழி பெயர்த்தமைக்காக சாஹித்ய அகாடமி விருது பெற்ற திருமதி.இராஜம் அவர்கள் தலைமை ஏற்றார்.அவரும், எங்கள் கல்லூரி முதல்வர் முனைவர்.திருமதி.உமா சங்கர் அவர்களும்,தமிழ்ப் பேரவையின் தலைவி.திருமதி.லஷ்மி முத்துக்குமார் அவர்களும் குத்து விளக்கேற்றி விழாவை தொடங்கி வைத்தனர்.மாணாக்கர்கள் திருக்குறளினையும் பொருளையும் எடுத்துரைத்தனர். திருமதி.இராஜம் அவர்களின் மனதையும் ஈர்த்தது எனில் மிகையில்லை.

நம் கல்லூரியில் 11th December 2017

அன்று மாணவ,மாணவிகளுக்கான மாக்கோலப் போட்டி நடந்தது. இதில் ஏராளமானவர்கள் பங்கு பெற்றனர்.இதனிடையே தமிழ் மொழியினை பெருமைப் படுத்த கருத்து மன்றம் நடந்தது.பரிசு பெற்றவர்களுக்கு சான்றிதழ் களும், பரிசும் கிடைத்தன.இச் செய்தி தினகரன் நாளிதழில் இடம் பெற்றது.

28th September 2017

வண்ணக்கு அதிபதியான சரசுவதி தேவிக்கு அர்ப்பணமாக பாட்டுப் போட்டி நடைபெற்றது. 28/9/2017 அன்று அனைத்து மொழிகளிலும் பாடல் இடம் பெற்றது.இதற்கு நீதிபதிகளாக Ms. சதா அவர்களும்,திருமதி.நித்யா அவர்களும் இடம் பெற்றனர்.எங்கள் முதல்வர் அவர்கள் தலைமை ஏற்று சிறப்பித்தார்.

2nd August 2017

தமிழ் பேரவை தொடங்கிய நாள் இன்று.2/8/2017. மாணாக்கர்கள் மகிழ்ச்சி வெள்ளத்தில். வண்ண வண்ண ஆடைகளுடன்,பாரம்பரியம் மாறாமல்.என்னே அழகு! சாதி,மத வேறுபாடின்றி மாணவர்கள் திகழ திரையிடப்பட்டது," வேதம் புதிது " திரைப்படம். முதல் நிகழ்ச்சி முத்தாக அமைந்தது முதல்வரின் ஆதரவினால் எனில் வார்த்தை கள் இல்லை. இந்த நிகழ்ச்சிகள் அனைத்தையும் ஒருங்கமைத்த பெருமை முனைவர்.திருமதி.லஷ்மி முத்துக்குமார் அவர்களைச் சாரும்.இந்த தமிழ்ப் பேரவைக்கு உதவி செந்தவர் திருமதி.பானுமதி சங்கர்தமிழ் விரிவுரையா

Zoology

- ▶ Ms Rachana Rao and Ms Nida Khan made a presentation 'Scope of Climate Change Policy-An Indian Perspective' in the National Seminar on Climate change organized by Department of Economics of SIES College of Arts, Science & Commerce on 23rd and 24th February 2018.
- ▶ FYBSc excursion to Jijamata Udyan and Zoo on 13th February 2018.
- ▶ SY BSc, TY BSc Excursion to Corbett National Park in January, 2018.
- ▶ Guest Lecture on 'Prospects of Marine Biology with a special reference to Sea Snakes' by Mr Shawn Dsouza and Mr Chetan Rao from the Dakshin foundation, Bangalore in December, 2017.
- ▶ Rachana Rao, Shivange Bendre, Sakshi M, Indira Naidu, Khushboo Panchal, Mr Idris Sheikh, Mr Vijay Naidu worked as volunteers at the annual Sanctuary Asia awards at NCPA in December 2017.
- ▶ In Utkarsh 2017-18,the department organized two events 'Aqua Expo and NeonSense'.
- ▶ A University of Mumbai Student's feedback workshop for TYBSc Zoology was held on 23rd November 2017. It was attended by 110 students from various colleges of University of Mumbai.
- ▶ 15 students helped the Zoo authorities in smooth functioning of the wildlife week program at Jijamata



Udyan and Zoo, Byculla from 1st to 8th October 2017.

- ▶ An orientation lecture on 'Ecotourism' was organized by an active group 'Trailblazers' on 24th August 2017.
- ▶ Guest Lecture on 'Cats and Dog breeds' by Sanjeevan Trust on 20th August 2017.
- ▶ Guest Lecture on 'Herpeto-fauna of Western Ghats' by Mr Varun Satose was organized in August, 2017.
- ▶ SY BSc excursion to Amboli in August 2017.
- ▶ Guest lecture on 'Prospects in Wildlife Biology' by Mr Tarun Menon on 7th July 2017.
- ▶ A University of Mumbai, syllabus revision workshop for TYBSc Zoology was held on 12th June 2017.
- ▶ Rachana Rao and Mr Idris Sheikh attended a Great Indian Bustard survey by Wildlife Institute of India at Jaisalmer in April 2017.
- ▶ Mr Idris Sheikh, Mss Shivangi Bendre, Shruti Takelar and Mr Vijay Naidu did an internship at Amarabad Tiger Reserve, Telangana, on the tiger census under the Wildlife conservation society in May 17, 2017.



Arts

Economics

Manashree Kusnur

Awards/ Recognitions/ Fellowships

- ▶ Awarded Doctoral Degree in Economics (2017-18), Mumbai School of Economics and Public Policy, University of Mumbai, Maharashtra.

Miscellaneous

- ▶ Convenor of two-day National Seminar on Climate Change and Indian Economy organised at SIES College on 23rd and 24th February, 2018.

Rajani Mathur

- ▶ Joint Convenor, two-day National Seminar on Climate Change and Indian Economy organised on 23rd and 24th February, 2018 at SIES College.

Shruti Panday



- ▶ Presented a paper at two day National Seminar “Exploring the Relevance of Chanakya in Modern Economic Spheres- with respect to his ideas on Tax and the Role of State” organized by Department of Philosophy and Department of History of SIES College of Arts, Science and Commerce, Sion (west) on 9th and 10th of February 2018.

Sampath Sambasivan

Guest Lectures/ Talks/ Resource Person

- ▶ Resource Person for the Workshop on Revised Syllabus of SYBA Economics III Semester IV Economy ‘Indian: Contemporary Concerns’ jointly organized by the Department of Economics, R. J. College of Arts, Science

& Commerce; the Mumbai School of Economics and Public Policy, University of Mumbai & Ad-Hoc Board of Studies in Economics on June 24, 2017.

Miscellaneous

- ▶ Judged an event - ‘Visual Impact’ (poster competition) conducted as part of Shri I. D. Singh Memorial “ARTHA-GYAAN 2017-18” by R.J College, Mumbai on January 30th 2018

English

Lakshmi Muthukumar



Publications

- ▶ Published an article on “What Ails the English Classroom?” in Synergy, a Hindi and English Bilingual Quarterly, Issue no. 1, October-December 2017.
- ▶ Published a paper on “Honestly Speaking” in a refereed transnational journal of language and literature Virtuoso, February 2017 issue, Pgs 35-39. ISSN 2249-6076
- ▶ Published a paper on ‘The Importance of Innovation and Reinvention in Music for Entertainment’, in the proceedings of the National Seminar organised by Department of Philosophy, SIES College of Arts, Science and Commerce and Sri Shanmukhananda Bharatiya Sangeeta Vidyalaya in July 2017, ISBN 978-81-934533-0-8

Guest Lectures/ Talks/ Resource Persons

- ▶ Delivered a talk ‘Remembering R.D.Burman and Kunnakkudi Vaidyanathan’ in the Staff Colloquium, 15th September, 2017.
- ▶ Invited as a resource person for a workshop for MA Part I, for two papers viz. Creative Writing – An Ability Enhancement Course and Postcolonial Literature by the CHM College, Ulhasnagar, on 22nd July 2017.
- ▶ Subject Expert in Business Communication at

Laxmichand Golwala College, Ghatkopar on 12th June 2017.

Miscellaneous

- ▶ Member, Board of Studies for the subject of Business Communication (2017-18), K J Somaiya College of Science and Commerce .
- ▶ Convener, Syllabus Committee, MA for the Creative Writing Course, University of Mumbai (2017-18).
- ▶ Convener, Syllabus Design Committee, SYBA (Indian Literature), University of Mumbai (2017-18).
- ▶ Member, Syllabus Committee, M.A. (Postcolonial Literature) University of Mumbai (2017-18).

Seema C.

Guest lectures/ Talks/ Resource Persons

- ▶ Resource Person at a Syllabus Revision Workshop in English - SYBA Women's Studies (Applied Component), at Rizvi College, Bandra on 8th July 2017.

Miscellaneous

- ▶ Member Syllabus Revision Committee - Applied Component - Women's Studies SYBA University of Mumbai (2017-18).
- ▶ Member Syllabus Revision Committee - Perspectives on Gender Studies MA PartI University of Mumbai (2017-18).
- ▶ Visiting Faculty at the Department of Statistics, University of Mumbai, March-April 2017, for Communication Skills in English.

Hindi

Dinesh Pathak

Publications

- ▶ Published an article on 'Global Samay ka sach aur Naye yug mein shatru' in journal Samicheen, January - June 2018 issue, Pgs 35-39. ISSN 2249-6076
- ▶ Published an article on 'Bhartiya Loktatantra aur Muktibodh ka kavaya' in journal Samicheen, July - December 2018 issue. ISSN 2250-2335 Published an article on 'Dhoomil ki kavitayein va Bhartiya Loktatantra' in Hindustani Jabaan journal, April - June 2017 issue. ISSN 0378-3928. Published an article on 'Varchasva ki Sanskriti ka pratipaksha rachata kavi : Kabir' in Vaibhashiki journal, 2017-18 issue. ISSN - 978-93-85145-10-0 Published a poem titled 'Bhala kaise kah doon?' in the Bilingual journal Synergy, October -December 2017 issue.

Presentations

- ▶ Presented a paper on '21vi sadi ki kavita: hindi ka badlta svaroop' at National Seminar on "21 vi sadi mein hindi: chunoutiyan evam sambhavnayien' organised by Hindi Department, K.J.Somaiya College, Vidyavihar on 20th - 21st July, 2017.
- ▶ Presented a paper 'Shabdton ki vishvasniyta aur nayi sadi ki kavita' at National Seminar on 'Nayi sadi ki kavita: chetna ke nayein swar' Organised by Hindi Department, R.J college, Ghatkopar on 11th -12th August, 2017.
- ▶ Presented a paper on 'Adam Gondvi ki Gazalon mein Lokchetna evam Samsamyikta' at National Seminar 'Gajal: Ek Safarnama' organised by Hindi Department, Sophia College, Mumbai, 19th August, 2017.
- ▶ Presented a paper on 'Hindi Geeton mein Samajik Chetna' at National Seminar 'Hindi Geetikavya: Parampara aur Prayog' organised by Hindi Department, K.C college, Churchgate on 8th -9th September 2017.
- ▶ Presented a paper on 'Samkaleen Hindi Upanyason mein Adivasi Vimarsh' at National Seminar on 'Samkaleen Hindi Sahitya aur Adivasi Vimarsh' organised by Hindi Department, University of Mumbai on 15th -16th September, 2017.
- ▶ Presented a paper on 'Masheeni Anuvaad : Swaroop, Prakriya, Sambhavnayein evam Chunotiyan' at National Seminar titled 'Translation: Challenges and Scope' organised by K. J. Somaiya College of Arts and Commerce on 18th November 2017.
- ▶ Presented a paper on 'Hindi Nibandh Lekhan Parampara va Vigyan' in International Seminar on 'Vigyan aur Sahitya' organised by Hindi Department, Birla College, Kalyan on 12th - 13th January 2018.
- ▶ Presented a paper on 'Dinkar ke Kavya Mein Prem' in National Seminar titled 'Ramdhari Singh 'Dinkar' ka Kavya' organised by Hindi Department, K.C. College, Churchgate on 18th January 2018.
- ▶ Presented a paper on 'Social Media ka prabhav aur badlta Bharatiya Parivesh' in National Seminar on 'Social Media ke Vivadh Aayam' organised by Hindi Department, M. D. College on 10th March 2018.
- ▶ Presented a paper on 'Bhashikta ke Nikash par Samkaleen Hindi ghazal' in National Seminar on 'Hindi Ghazal: Dushyant Aur Unke baad' jointly organised by SNTD Womens' University and Hindi Department, Smt M. M. P. Shah Womens' College, Mumbai on 16th March 2018.

Miscellaneous

- ▶ Member, Organising Committee, two-day National Seminar on 'Chanakya's Wisdom: A Reappraisal' organised by Department of History and Philosophy, SIES College, 9th and 10th February 2018.
- ▶ Convener, National Seminar on 'Dr. Rajam Natrajan ka Rachna Sansar : Ek Moolyankan' on 9th December 2017.

Guest Lectures/ Talks/ Resource Persons

- ▶ Resource Person, FYBA (Paper No. I), University Syllabus revision workshop, k.E.S Shroff College, Kandivali on 5th August 2017.
- ▶ Resource Person, TYBA (Paper no. VIII) University Syllabus Revision Workshop, I.Y.College, Jogeshwari on 10th August, 2017.
- ▶ Resource Person, SYBA (Paper no.II) University Syllabus Revision Workshop, National College, Bandra on 22nd August, 2017.
- ▶ Chief Guest, Annual Day Function of Swami Nityanand High School, Kurla on 25th January 2018.

Shaileshkumar Dubey**Publications**

- ▶ Published an article on 'Kavi ka akelapan : Mangalsh dabraal' in the Magazine 'Samicheen' ISSN- 2250-2335 in 2018.
- ▶ Published a article on 'Ekkisavin sadi ki Hindi kahaniyon mein jati dansh' in the Magazine 'Samicheen' ISSN- 2250-2335 in 2017.
- ▶ Presentations
- ▶ Presented a paper on 'Dinkar ki prasangkataa' in a one day National Seminar organized by Hindi Department, K.C. College, Churchgate, 18th January, 2018.
- ▶ Presented a paper on 'Raamcharitmanas mein rasayanshashtra' in a two day International Seminar organized by Hindi Department, Birla College, Kalyan, 12th and 13th, January 2018.
- ▶ Presented a paper on 'Hindi Gitikavya ki bhasha' in a two day National Seminar organized by Hindi Department, K.C. College, Churchgate, 08th and 09th September, 2017.
- ▶ Presented a paper on 'Mngesh Dabral ki kavya bhasha' in a two day National Seminar organized by Hindi Department. R.J. College, Ghatkopar, 11th and 12th August, 2017.
- ▶ Presented a paper on 'Cinema mein prayukt Hindi

bhasha' in a two day National Seminar organized by Hindi Department. K.J. Somaiya College, Vidyavihar, 20th and 21st July, 2017.

- ▶ Presented a paper on 'Shivani ke upnyason mein nari ke vividh roop' in a two day National Seminar organized by Hindi Department. Ramnaraian Ruia College, Matunga, 30th June, 2017 and 1st July, 2017.

History**Varsha Muley****Publication**

- ▶ Published an article 'Dekhna Durgaraj', on Raigad Fort, in Maharashtra Times, 27th July 2017.
- ▶ Published an article 'Apratim Giridurg' on Lohagad Fort, in Maharashtra Times, 11th August 2017.

Presentation

- ▶ Presented a paper on 'Chanakya Neeti and Chhatrapati Shivaji Maharaj's Vision and Mission of Swarajya in 17th Century' at the two day National Seminar, Chanakya's Wisdom: A Reappraisal, jointly organized by the Department of Philosophy and the Department of History on 9th and 10th February 2018.

Resource Person/Guest lectures delivered

- ▶ Invited as a resource person, to deliver a talk, 'Chhatrapati Shivaji Maharaj: Antarpreranecha kalatit Strot', at Satish Pradhan Dnyansadhana College, Thane on 20th February 2018.

Miscellaneous

- ▶ Convenor, two-day National Seminar on Chanakya's Wisdom: A Reappraisal organised on 9th and 10th February 2018 at SIES College.

Marathi**Anuya Dharap****Guest Lectures/ Talks/ Resource Person**

- ▶ Invited as a Resource Person for the training Marathi subject teachers from Mumbai zone, at Gurunanak Khalsa College, jointly organized by Mumbai Division Junior College Marathi subject study Circle, on 29th July 2017.

Miscellaneous

- ▶ Compèred the publication program of a Marathi Autobiograph, 'Rang Maza' by a renowned Marathi actor Mr. Rajan Patil, 27 February 2018.
- ▶ Invited as a discussant with famous Marathi poet Mr. Ashok Naygaonkar, on the occasion of Jagatik Marathi Bhasha Din by 'Pasban-E-Adab', at Rangsharada, Bandra, 25th February 2018.
- ▶ Compèred 4 musical programs for a famous classical vocalist Ms. Mugdha Vaishampayan at, Khopoli - 19th February, Dombivali - 1st February, Nursimhawadi (Kolhapur) 31st January and Parle - 26th January 2018.
- ▶ Interviewed the famous feminist Marathi Poetess Neerja on 21st January 2018, organized by Kavya Rasik Mandal, Dombivali.

Philosophy

Uma Maheswari Shankar

**Publications**

- ▶ Edited the Proceedings of the National Seminar on Indian Music: Cultural and Philosophical Perspectives. Also contributed an article on 'Varkari Sampradaya: unparallel devotion of the saints of Maharashtra' ISBN no.: 978-81-934533-0-8 in July 2017.
- ▶ Published three articles in Bhavan's Journal on "Buddhist Meditation", "When the student is ready" and "Let there be light" in May, June and October 2017 issue.

Paper Presentations

- ▶ Research Methodology in Sports Sciences at International conference on 'Contemporary Movements in Sports Tourism, management, research,

Sports and yogic sciences organized under the aegis of university of Mumbai in association with Physical Education Foundation of India & global human research & welfare society, at R.J college, Jan 2018

- ▶ Delivered "Sadguru Endowment Lecture" at 92nd Indian Philosophical Congress at Surat, Gujarat, Jan 2018
- ▶ Presented a research paper on "Saranagati as per Ramanuja" in Two day National Seminar on Dimensions of Ramanuja 's Religion & Philosophy -celebrating 1000th Birth Anniversary of Shri Ramanujacharya Sep 2017
- ▶ Presented a research paper on "Modern paradigms in understanding Advaita Vedanta" at three day at National seminar on Retrieving The ideals of Advaita Vedanta in contemporary era.- Shankar Jayanthi celebration II phase at Sree Sankara University of Sanskrit, Kaladi, Kerala, Oct 2017

Guest Lecture delivered/ Resource Person

- ▶ Delivered a lecture on 'Research writing for Thesis & journal articles' at Nirmala Niketan 24th Feb 2018.
- ▶ Delivered 'Sadguru Endowment Lecture' at 92nd Indian Philosophical Congress at Surat, Gujarat, January 2018.
- ▶ 'Introduction to Value Lab' at SIES Nerul, October 2017.
- ▶ 'Philosophy of Research' at Researchers' Meet organised by R. Jhunjhunwala college, October 2017.

PhD Guidance

- ▶ Successfully guided Dr. Malcolm Rustomji Printer for PhD degree (Faculty of Arts - Philosophy), University of Mumbai, 2018.

Miscellaneous

- ▶ Moderated a panel discussion on 'Industry Academia Interface' in Sutherland Academia Conclave 2018 at Taj Colaba, Mumbai on 22nd February 2018.

Kamala Srinivas

Publication

- ▶ 'Philosophical Depiction of Rabindra Sangeet' paper published in the National Seminar proceedings on "Indian Music- Cultural and Philosophical Perspective" ISBN no.: 978-81-934533-0-8 in July 2017.

Paper Presentations

- ▶ Presented a paper on 'Ānvīksīkī: The Philosophical Essence of Hetu, Tarka and Vāda' in National Seminar on "Chanakya's Wisdom: A Reappraisal" jointly organised by Departments of Philosophy & History, SIES College, 9th February 2018.
- ▶ Presented a paper on 'Vaishnava Ideologies in Tagore's



Eco-poetry and its Philosophical Significance in Human-Nature Relationship' in International Seminar on "Vaishnava Philosophy and Ecology" organised by Department of Philosophy, Ruia Autonomous College in collaboration with Bhakti Vedanta Vidyapith Research Centre, 15th December 2017.

Guest Lectures/ Talks/ Resource Persons

- ▶ Resource Person in a Panel Discussion on 'Role of the Youth in Nurturing Global Peace', during 'National Youth Day' organised by Department of Philosophy, University of Mumbai, 12th January 2018.
- ▶ Delivered a guest lecture on 'Guidelines for Research Writing & Referencing Techniques' for the Ph.D. course work in Politics, 25th November 2017.
- ▶ Delivered a guest lecture 'Are you managing your time well?' to PGDC students, Institute of Comprehensive Education at SIES, Nerul, 9th September 2017.

Miscellaneous

- ▶ Convenor of two day National Seminar on "Chanakya's Wisdom: A Reappraisal" jointly organised by Departments of Philosophy and History, SIES on 9th & 10th February 2018.
- ▶ Invited to Judge 53rd A.D. Shroff Memorial Elocution Competition conducted by Economics Association in collaboration with the Forum for Free Enterprise on 4th October 2017.
- ▶ Invited to Judge 34th V.K. Krishna Menon English Oratorical Contest conducted by The North Bombay Welfare Society's High School, Ghatkopar on 23rd September 2017.
- ▶ Invited to Judge Frank Anthony Memorial All India Debate Competition conducted by Hiranandani Foundation School, Powai on 18th August 2017.

Vrushali Gupte

Publication

- ▶ Published a paper on 'Bharud-Rustic Musical Heritage of Maharashtra' in the conference proceedings of National Seminar on Indian Music: Cultural and Philosophical Perspectives, July 2017. ISBN no: 978-81-934533-0-8.
- ▶ Paper Presentations
- ▶ Presented a paper on 'Dhamma on Social and Communal Harmony', at the International Conference on Buddhist Phenomenology, Culture and Society, Department of Philosophy, University of Mumbai, 16th February 2018.
- ▶ Presented a paper on 'Philosophical Reflection on Virtue Ethics of Chanakya and Confucius', in two day National Seminar on Chanakya's Wisdom: A Reappraisal, 9th and 10th February 2018.

Guest Lectures/ Talks/ Resource Person

- ▶ Delivered a talk on 'Reasoning in Psychology' for TYBA Psychology students, Department of Psychology, SIES College of Arts, Science and Commerce, 23rd January 2018.

Miscellaneous

- ▶ Participated in the panel discussion on 'Philosophical and Mythological roots on Queerness', organized by Rainbow Alliance, LGBT initiative of SIES College, on 8th February 2018.

Rucha Joshi

- ▶ Published a paper on 'Music and Moksha' in the conference proceedings of the National Seminar on Indian Music: Cultural and Philosophical Perspectives, ISBN no: 978-81-934533-0-8, July 2017

Politics

Rashmi Bhure

Publications

- ▶ 'Ameriki Samajacha Asvastha Chehara', Sakal, 7 November 2017, p.6, article (in Marathi).

Paper Presentations

- ▶ Presented paper on 'India's Fractured Past: Reflections in the Hindi Cinema' in the National Seminar on 'India @70: Revisiting 1947 & Construing 2017' organised by the Department of Politics, SIES College, 15 & 16 December 2017.

- ▶ Presented Paper on 'Border Management in South Asia: Can we Build Social and Cultural Bridges?' in the International Seminar on 'Borders in South Asia: States, Communities and People' organised by Center for South Asian Studies, University of Pondicherry, 1 & 2 February 2018.

Guest Lecture/ Talks/ Resource Person

- ▶ Invited to deliver guest lecture on 'Kashmir: A Concern for Security' for the Post Graduate Diploma Course in Security Studies, University of Mumbai, 22 March 2018.
- ▶ Invited as Guest Speaker for Prize Distribution programme on Constitution Awareness organized by the Soropant Dandekar Arts College Palghar (W), University of Mumbai on 7th March 2018.

Miscellaneous

- ▶ Chaired a session on Development, Security and other Challenges in the Seminar on 'Mumbai Talks' organised by the Department of Civics & Politics, University of Mumbai on 22 March 2018.
- ▶ Moderated a Session in the National Seminar on 'Chanakya's Wisdom: A Reappraisal' organised by the Department of Philosophy & History, 9 & 10 February 2018.
- ▶ Convened a National Seminar on 'India @70: Revisiting 1947 & Construing 2017' organised by the Department of Politics, SIES College, 15 & 16 December 2017.
- ▶ Appointed on the Editorial Board and contributor to the Marathi Vishwakosh Samiti, 9 September 2017.
- ▶ Organised a field visit for TYBA students to Gandhi Teerth, Jalgaon, Maharashtra, August 2017.
- ▶ Appointed as Member, Board of Studies in Politics, Ramnarian Ruia College (Autonomous), Mumbai in July 2017.
- ▶ Worked on the Inlaks Selection Committee for fellowship to study in the foreign University on 31 May 2017.

Vanita Banjan

Guest Lecture/ Talks/ Resource Person

- ▶ Invited to deliver a lecture on 'Machiavelli and Social Contract thinkers' at the Indian Institute of Democratic Leadership Program at Rambhau Mhalgi Prabodhini, Uttan, Bhayander, 15th August 2017.
- ▶ Invited to deliver a lecture on 'Introduction to Constitution of India' at the seventh edition of Netritva Sadhana a socio-political leadership development programme conducted by Rambhau Mhalgi Prabodhini organized at SIRD-Kahikuchi, Guwahati in Assam, 28th June 2017.

Miscellaneous

- ▶ Member, Organising Committee, two-day National Seminar on 'India @70: Revisiting 1947 & Construing 2017' organised by the Department of Politics, SIES College, 15 & 16 December 2017.
- ▶ Teaching Faculty at Xaviers Institute of Communication for the Post-Graduate diploma Course in Journalism and Mass Communication, 2017-18.
- ▶ Participated in a Syllabus Restructuring meeting for Under Graduate Programmes in faculty of Commerce for the Subject of Travel and Tourism Management of University of Mumbai at Ramanand Arya DAV College, Bhandup, 2nd August 2017.
- ▶ Participated in one day Workshop on Syllabus Revision and Paper Pattern for SYBA in the subject of Travel and Tourism jointly organised by Maharashtra College of Arts, Science and Commerce and Board of Studies of Commerce, University of Mumbai, 22nd July 2017.

Ajinkya Gaikwad

Presentation

- ▶ Presented a paper on 'Multiculturalism: A Political & Policy Perspective' at the Symposium on 'Understanding Multiculturalism' organized by the Department of



Psychology, SIES College of Arts, Science & Commerce, 24th August 2017.

Guest Lecture

- ▶ Delivered a guest lecture on 'Multiculturalism & Securitization of Islam' for the Post Graduate Diploma in Security Studies, Department of Civics & Politics, University of Mumbai, 8th September 2017.

Miscellaneous

- ▶ Member, Organising Committee, two-day National Seminar on 'India @70: Revisiting 1947 & Construing 2017' organised by the Department of Politics, SIES College, 15 & 16 December 2017.
- ▶ Invited to deliver a lecture on 'अंबेडकर जाणून घेताना' at the Rashtra Seva Dal Karyakarta Shibir at Vadrai, Palghar, 15th October 2017.
- ▶ Appointed as Member of Board of Studies for Civics & Politics, Maharashtra State Bureau of Textbook Production & Curriculum Research, Balbharti, Pune, 26th July 2017.

Psychology

Shama Todurkar

- ▶ Delivered a Guest lecture on "Psychological Testing in Counselling" at the Institute of Comprehensive Education, Sion, Mumbai on 31st August 2017.

Amruta Padhye

Guest Lectures/ Talks/ Resource Person

- ▶ Delivered a Guest Lecture on 'Introduction to Counselling' at the Institute of Comprehensive Education on 10th August, 2017.
- ▶ Delivered a Guest Lecture on 'Psychology and Teaching Profession' at one day workshop on Frontiers in Mental Health organized by Institute for psychological Health, Thane on 15th July, 2017.

Miscellaneous

- ▶ Served as a Psychologist on the Interview Panel for recruitment at Hindustan Petroleum Co-op Ltd during November, 2017 and January, 2018.
- ▶ Conducted Training for Police Trainees at Marol From 4th October to 10th October 2017 on the topics: 'Use of Psychology for Effective Learning' 'Observational Learning and Its Importance in Police Work' and 'Short Term Memory, Long Term Memory and Retrieval'.

Science

Biochemistry

Deepali Kothekar

Publications

- ▶ Research Paper on 'Rapid synthesis of copper and silver nanoparticles using Zingiber officinale dried rhizome extract', International Journal Pharma Bio Sciences; 8(3): (P) 202-207, IF 2.68, July 2017

Miscellaneous

- ▶ Convened the workshop on 'Revised M.Sc. Biochemistry syllabus 2017-18' for PG Teachers in Biochemistry, University of Mumbai, 23rd September, 2017

Biotechnology

Tara Menon

Guest lectures delivered/ Resource Person

- ▶ Resource person for 'Restructured SYBSc Biotechnology Syllabus' program conducted at Vaze College of Arts, Science and Commerce, 24th June 2017.

Miscellaneous

- ▶ Appointed Member, BOS for Undergraduate and Postgraduate Biotechnology course, Ruia College, Mumbai.
- ▶ Moderator for MSc Part I (Biotechnology) at Xavier's College (Autonomous), Mumbai.

Subi Yoosuf

Awards/Recognitions/Fellowships

- ▶ Awarded 'Best Mentor' for NPTEL Online Certification Examination on 'Cell culture technologies'.

Paper Presentation

- ▶ Poster presentation on 'Evaluation of synergistic antimicrobial potential of essential oil in combination with antibiotic' at Inter-University Avishkar Research Convention at Acharya College, 13th December, 2017.

Miscellaneous

- ▶ Invited as a judge for poster competition for MANIFESTO event of technical chemical festival named VORTEX ICT at ICT, Mumbai, 13th October, 2017.
- ▶ Member, Board of Studies, Biotechnology (UG & PG) at K.J Somaiya (Autonomous) College, Mumbai.

Pramod Kamble

Paper Presentation

- ▶ Poster presentation on 'Effect of 6-BA on seeds and seedlings of groundnut' at Inter-University Avishkar Research Convention at Acharya College, 13th December, 2017.

Miscellaneous

- ▶ Invited as a judge for project exhibition for 'Microfest' event held at Department of Microbiology, Sathaye College, 20th December, 2017

Anju James

Paper Presentations

- ▶ Poster presentation on 'An alternate to synthetic soap by natural soap with lemon grass oil and anthocyanin dye' at Inter-University Avishkar Research Convention at Acharya College, 13th December, 2017.

Richa Singh

Resource Person/ Guest Lecture:

- ▶ Resource person for Two day workshop on 'UGC-CSIR-NET (Life Sciences) Exam' held at Kalina campus from 25th to 26th November, 2017.

Botany

Meena Potnis

- ▶ Member of syllabus committee & participated in SYBSc syllabus workshop on 21st June 2017.

Mahavir Gosavi

Publication

- ▶ Co-authored text books for Botany Papers II & III (Theory & Practicals) – Tech Max publications in November 2017.

Paper Presentations

- ▶ Presented a paper on 'Differences in enzyme Cellulases production by Chaetomium globosum as an effect of UV induced mutagenesis' in National Conference on Emerging Trends in Mycotechnology at GMM College, Bhiwandi on 5th & 6th January 2018 .

Miscellaneous

- ▶ Worked as a member of syllabus committee & participated in SYBSc & MSc-II syllabus workshop 21st June 2017.

Ashwini Deshpande

- ▶ Presented a paper entitled 'Effect of sewage Irrigation on soil as abiotic component & roots as biotic component on Raphanus sativus (L.) along railway tracks in Mumbai' at International Conference on 'Green Earth - A Panoramic View' at B. N. Bandodkar College, Thane, 12th to 13th January 2018 .

Neeraja Tutakne

Publications

- ▶ Co-authored two textbooks –
 1. 'New Course in Botany - SYBSc', Sheth Publications. August, 2017
 2. 'Practicals in Botany – SYBSc', Sheth Publications. August 2017.

V. Vishnuprasad

Publications

- ▶ V. Vishnuprasad, Sangeeta Gupta & Ankita Gupta, 'Variations in the secondary xylem of hardwood trees growing in the oldest iron ore mines of Odisha, India. Trees - Structure and Function', Vol. 31 (5): 1453 - 1478. Springer, October 2017.

Guest Lectures/ Talks/ Resource Person :

- ▶ Delivered a guest lecture on 'Anatomy – A different perspective with special focus on Wood Anatomy' at Ramnarain Ruia College, 20th February 2018.

Miscellaneous

- ▶ Attended training course on 'Real Time PCR & Data Analysis' at ABF, Hyderabad on 1st & 2nd June 2017.

Chemistry

George Abraham

Guest Lectures/ Talks/ Resource Person :

- ▶ District Co-ordinator of Mumbai Suburban and Resource Person for Avishkar Research Convention at the University of Mumbai held on 18th November 2017.
- ▶ Resource person for M.Sc Part I Analytical Chemistry workshop at Athalye Sapre College, Devrukh, 06th October 2017.
- ▶ Resource person in One day workshop on 'Revised syllabus of M.Sc. Semester I and II organized by Guru Nanak College of of Arts, Science and Commerce, Mumbai, 3rd October 2017.

- ▶ Resource person in One day workshop on Revised Syllabus with Credit Based Semester and Grading System for S.Y.B.Sc at PES's Bhausaheb Nene College of Arts, Science and Commerce, Pen held on 15th July 2017.
- ▶ Resource person in One day workshop on Revised Syllabus with Credit Based Semester and Grading System for S.Y.B.Sc at Jai Hind College of Arts, Science and Commerce, Mumbai, 13th July 2017.
- ▶ Resource person in One day workshop on Revised Syllabus with Credit Based Semester and Grading System for S.Y.B.Sc at VES College of Arts, Science and Commerce, Mumbai, 12th June 2017.

Miscellaneous

- ▶ Coordinator for the lecture series 'M.Sc Semester – I students in Chemistry' held between 25th October and 7th November 2017 organized by Department of Chemistry, SIES College of Arts, Science & Commerce jointly with Board of Studies (Chemistry), University of Mumbai. A total of 250 students benefited from the lectures.
- ▶ Chief guest for inauguration of Science Exhibition at DAV Ramanand Arya College, Bhandup on 12th August 2017.
- ▶ Guidance lecture ? at UG and PG hazariman somani college College of Art on 16th September 2017.
- ▶ Appointed as Member, Board of Studies (Ad-Hoc), Chemistry, University of Mumbai.
- ▶ Appointed member of board of studies St. Xaviers College, Mumbai (Autonomous)

Santosh B. Katariya

Publications

- ▶ Published a paper on 'Triphenylamine-Based Fluorescent Styryl Dyes: DFT, TD-DFT and Non-Linear Optical Property Study' in J Fluoresc (IF- 1.461) Vol. 27, 993-1007. 4 January 2017.
- ▶ Published a paper on 'Triphenylamine-based fluorescent NLO phores with ICT, characteristics: Solvatochromic and theoretical study' in Journal of Molecular Structure (IF- 1.602), Vol.1150, 493-506. 23 August 2017.
- ▶ Published a paper on 'Carbazole-Based Mono and Bis-styryl NLO phores: Structure Property Correlations' in J Solution Chem (IF-1.342) 46:2109–2129. 28 August 2017.

D. K. Pawar



Awards/ Recognitions/ Fellowships

- ▶ Completed PRCN/SD/163 at NLL O/A KAMP1EE (Nagpur)

Mahalaxmi Nadar

Awards/ Recognitions/ Fellowships

- ▶ Awarded with Bronze batch 'Certificate of Appreciation' by Director, Chairman of NPTEL IIT Madras for the instrumental role played as Single Point of Contact (SPOC) for the NPTEL Local Chapter of SIES College, September – October 2017.
- ▶ Received a certificate of appreciation from NPTEL IIT Madras for mentoring NPTEL Online Certification Course 'Coordination Chemistry (Chemistry of Transition Elements)' held during July – December 2017.
- ▶ Awarded with Silver batch 'Certificate of Appreciation' by Director, Chairman of NPTEL IIT Madras for the instrumental role played as Single Point of Contact (SPOC) for the NPTEL Local Chapter of SIES College, March – April 2017.

Computer Science

Manoj Singh

Paper Presentations

- ▶ Presented a paper on 'Automation of Crop monitoring using embedded system' at National Conference on 'Global Recent Advancements in computing and E-applications' organised by the Department of Information Technology and Computer Science, SIES College of Arts, Science & Commerce, Sion, 29th and 30th January 2018.

Miscellaneous

- ▶ Convener of 2 days National Conference jointly organized by Department of Computer Science and Information Technology, SIES College of Arts, Science & Commerce, Sion, 29th and 30th January 2018.

Abuzar Ansari**Paper Presentations**

- ▶ Presented the following papers at National Conference on 'Global Recent Advancements in computing and E-applications' organised by the Department of Information Technology and Computer Science, SIES College of Arts, Science & Commerce, Sion, 29th and 30th January 2018 -
 1. 'Vehicle Documentation And Goods Validation Using RFID System'
 2. 'A Study on the Impact of GST On small Leather Industry in Dharavi, Mumbai'

Guest Lectures/Talks/Resource Person

- ▶ Conducted a Guest lecture on 'Linux - Open source platform' at AP College, 9th February 2018.

Maya Nair**Paper Presentations**

- ▶ Presented a paper on 'Effectiveness of mHealth in neonatal care', at National Conference on 'Global Recent Advancements in computing and E-applications' organised by the Department of Information Technology and Computer Science, SIES College of Arts, Science & Commerce, Sion, 29th and 30th January 2018.
- ▶ Completed NPTEL Online Certification course on 'Introduction to Modern Application Development' on 8th January 2018.
- ▶ Made presentation on 'App World and Hidden Trap' at Staff Colloquim SIES College, 11th January 2018.
- ▶ Conducted a Guest lecture on 'Improving Presentation Skills through PowerPoint' at SIES Institute of Comprehensive Education, 14th September 2017.

Gauraang Kelkar**Guest Lectures/ Talks/ Resource Person**

- ▶ Delivered a Guest lecture on '.NET Framework, Introduction, Syllabus, Goals and Future' at Patkar Varde College, Goregaon, 22nd July 2017.

Miscellaneous

- ▶ Completed Online Certification Course on 'Programming in C++' and also on 'Introduction to Modern Application Development', 08th January 2018.

Information Technology**Sudha. B****Paper Presentations**

- ▶ Presented a paper on 'Study of SQL Injection Attack on Web Applications' in the 2 Day National Conference on 'Global Recent Advancements in computing and E-applications' held at SIES College of Arts, Science & Commerce, Sion on 29th and 30th January 2018.

Miscellaneous

- ▶ Co-convener for the 2 Day National Conference on 'Global Recent Advancements in computing and E-applications' organised by the Department of Information Technology and Computer Science held at SIES College of Arts, Science & Commerce, Sion, 29th and 30th January 2018.
- ▶ Conducted a session on 'Advanced Java' for TYBSc(IT) students of Vivekanand Education Society, 27th October 2017.

Archana. J

- ▶ Appointed as a writer/ translator for Maharashtra State Marathi Vishwakosh Nirmitti Mandal in October 2017.

Shruti Kale

- ▶ Completed a NPTEL course on 'Introduction to Operating systems' in 2017-18.

Radha Adinarayanan

- ▶ Co authored the article 'Online Banking Security Issues: A Review', International Journal Of Innovation in Engineering Research and Management, ISSN: 2348-4918, Volume: 03 Issue 05 Paper id-IJIERM- III-V-1465, October 2016.

Physics**Pratibha Pai****Guest Lectures/ Talks/ Resource Person**

- ▶ Guest lecture on '8085 Microprocessor' for SYBSc and TYBSc Physics students at NES Ratnam College on 12th January 2018.
- ▶ Resource Person for the Interdisciplinary Add-On course 'Engaging the microprocessor 8085' for students of IT department Semester II conducted from 15th December 2017 to 23rd December 2017

- ▶ Delivered lecture on practical examination for TYBSc Semester V Physics students at Guru Nanak college of Arts, Science & Commerce, 25th September 2017.

Vinod Menon

Guest Lectures/ Talks/ Resource Person

- ▶ Resource person for 'SYBSc Physics Revised Syllabus workshop Semester III' conducted by Physics Department, Jai Hind College and Board of Studies in Physics, Mumbai University, 7th July 2017.
- ▶ Resource person for 'SYBSc Physics Revised Syllabus workshop Semester III' conducted by Physics Department, SIWS College, Wadala on 21st June 2017.
- ▶ Resource person in the workshop for the 'TYBSc Physics Semester V revised syllabus, held in Ramniranjan Jhunjhunwala College, Ghatkopar on 19th June, 2017.

Miscellaneous

- ▶ Member of Syllabus Committee for SYBSc and TYBSc, University of Mumbai (2017-2018)
- ▶ Visiting Faculty for MSc Physics part II at the theory centre D G Ruparel College

Kiran Nabar

Guest Lectures/ Talks/ Resource Person

- ▶ Resource Person for the Interdisciplinary Add-On course in 'Digital Electronics' conducted for the students of IT department Semester 1 from 31st July 2017 to 16th August 2017.
- ▶ Visiting Faculty for MSc Physics part II in the cluster center D G Ruparel College.

Swapnil Jawkar

Publication

- ▶ Aniket Sule, Swapnil Jawkar (2018). 'Misconceptions in Astronomy present in High School Teachers: A Pilot Study' In S. Ladage & S. Narvekar (Eds.), Proceedings of epiSTEME 7 — International Conference to Review Research on Science, Technology and Mathematics Education, p. -. India: Cinnamon Teal, 6th January 2018.

Paper Presentations

- ▶ Presentation on 'Teacher Misconceptions in Curricular Astronomy' at ISE2A – The International Symposium on Education in Astronomy and Astrobiology held at Utrecht University, Netherlands on 5th July 2017
- ▶ Presentation on 'Misconceptions in Astronomy present in High School Teachers: A Pilot Study' at epiSTEME 7 International Conference to Review Research on

Science, Technology and Mathematics Education at HBCSE Mumbai on 6th January 2018.

Guest Lecture/Talks/Resource Person

- ▶ Resource person for 'Star gazing' program conducted by Khagol Mandal in association with SIES College, 17 Feb 2018.
- ▶ Delivered two lectures as resource person for Certificate Course in Astronomy conducted by Extra Mural Studies Department of University of Mumbai on 20th August 2017 and 3rd September 2017 held at Center for Excellence in Basic Sciences, Kalina Mumbai.
- ▶ Resource Person at Resource Generation Camp for Indian National Astronomy Olympiad, held at HBCSE, Mumbai on 4th November 2017.

Aarti Muley



Publication

- ▶ Published a paper on 'NIR emitting Phosphors based on sensitization of molybdate anions' Journal of Luminescence, 194, 656-660. January 2018.

Guest Lecture/Talks/Resource Person

- ▶ Resource Person in the International Conference on Functional materials (ICFM-2017) organized by Department of Physics, Shri Chandrashekhara Saraswati Vishwa Mahavidyalaya, Kanchipuram, TN, 2nd and 3rd March 2017

Anand Ambardekar

Guest Lecture/Talks/Resource Person

- ▶ Delivered two lectures on 'Electrical Properties of Neurons' at K.J. Somaiya College, Mumbai on 9th December, 2017 and 25th January 2018.
- ▶ Resource person to deliver a series of four lectures for SY BSc Semester III on 'Scope of Biophysics' under DBT Star College scheme at NES Ratnam College, Bhandup, Mumbai through July 2017 to September 2017.

Miscellaneous

- ▶ Completed GIAN course in 'Complexity and Dynamics in Neuroscience' from IIT Indore conducted from 1st November 2017 to 8th November, 2017.

Vishal Dev Ashok**Publication**

- ▶ Paper published online 'Magnetization reversal, exchange interaction, and switching behavior studies on Ru doped GdCrO₃' Journal of Alloys and Compounds, 729 (2018) 418-424, January 2018.

Paper Presentation

- ▶ Presented a paper on 'Hazards of Nanotechnology' in the National Seminar on 'Reinventing Government for the 21st Century: State Capacity in a Globalizing Society' organized by UGC-HRDC, Kumaun University, Nainital, on 20th December 2017.

Maheshwar Falake**Guest Lectures/ Talks/ Resource Person**

- ▶ Resource person in the Interdisciplinary workshop 'PCB making' organized in NES Ratnam College, Bhandup (under DBT Star College Scheme-2018) on 9th February 2018 and 10th February 2018.
- ▶ Resource Person for the Interdisciplinary Add-On course 'Engaging the microprocessor 8085' for students of IT department Semester II conducted from 15th December 2017 to 23rd December 2017.

Microbiology**Manju Phadke****Publication**

- ▶ Chapter titled 'Use of nano technology in constructing Biosensors for environment management' published in book titled 'Current perspectives in sustainable environment management' January 2016 ISBN:13:978-81-929052-1-1

Miscellaneous

- ▶ Appointed as member in BOS (ad hoc) in the subject of Microbiology, University of Mumbai on 17th February 2018.
- ▶ Convenor for one day Seminar on 'Women's transformation- from empowerment to equality', sponsored by Maharashtra State Commission for Women, held on 10th March 2018.
- ▶ Convenor and a Resource Person at one day National Seminar on 'Advances in diagnostic techniques and their applications', held on 5th March 2018, by SIES IMLT

Anita DeSouza

- ▶ Resource person at National Seminar on Integrative Ayurveda on 'Tadvidya Sambhasha Ayurveda XII' at Ayurvediya Prasarak Trust, Sion on 19th November 2017.

Dr Pramod D. Ghogare**Awards/ Recognitions/ Fellowships**

- ▶ Secured 1st prize in oral presentation in 6th International conference on Recent trends in Life sciences, organized by New Arts commerce and science college, Parner, Ahmednagar, MH on 29-30 Dec 2017. Title of paper 'Microbial biosynthesis of Poly gamma glutamic acid & its applications'.
- ▶ Received a Popular Mentor Award for NPTEL on 15th January 2018.

Statistics**Pradnya Khandeparkar**

- ▶ Presented a paper on 'Fitting a Generalised Skew Log Laplace distribution to possibly under privileged income' at National conference for Women in Statistics and Analytics at Savitribai Phule Pune University from 14th February to 16th February 2018.

Zoology

Aditya Akerkar

Guest Lectures/ Talks/ Resource Persons

- ▶ Delivered a talk on 'Transition to Sustainable Energy Resources: the Indian Scenario' at the two day National Seminar on 'Climate Change and Indian Economy, contemporary Developments and Challenges' organised by the Department of Economics, SIES College on 23rd and 24th February 2018
- ▶ Delivered a talk with Madhavan Gopalan on, 'Microscope Simplified' at the Staff Colloquium, SIES College, 15th March 2018.

Madhavan Gopalan

- ▶ Delivered a talk along with Aditya Akerkar, 'Microscope Simplified' at the Staff Colloquium, SIES College, 15th March 2018.

Commerce

Nitya Mahajan

- ▶ 'Tracing the Journey of Ghazals in Indian Culture' a research paper published as part of the National Seminar proceedings on "Indian Music- Cultural and Philosophical Perspective" ISBN no.: 978-81-934533-0-8 in July 2017.

Avin Shah

- ▶ Invited as Chief Guest on occasion of Republic Day at Ryan International School, Chembur, Mumbai.

Krishnan Ramchandran

- ▶ Successfully completed Online Certification Course on "Fundamentals of Digital Marketing" by Google in October 2017.
- ▶ Successfully completed "Diploma in Project Management" from Alison Massive Open Online Coaching in October 2017.
- ▶ Obtained Masters in Business Administration with Finance specialization from Annamalai University, Tamil Nadu in October 2017.

Management Studies

Anita Agarwal

- ▶ Presented a paper on 'Indian Aviation Industry' in the 21st International Conference on 'Advancements & Challenges in Social Sciences & Business Management- Interdisciplinary Research & Practices' at Goa, 11 th & 12 th November 2018.

Mass Media

Vaneeta Raney

Publication

- ▶ Authored a handbook on 'Introduction to Public Relations' SYBMM Semester III in Mass Media, University of Mumbai published by Himalaya publishing house, ISBN number 978-93-5202-868-9 pcm 239.

Guest Lectures/ Talks/ Resource Person

- ▶ Invited as Resource person for Revised Syllabus Workshop SYBMM Semester III organised by BOS Mass Media, University of Mumbai; at K.E.S Shroff College on 8th July and Acharya College on 22nd July, 2017.



Ascent (2017-18)



Vinod Menon
Head, Department of
Physics



Gayatri Sehgal
Head, Department of
Chemistry

Milestone (25 years of service)

Teaching Staff



Dr. Anita D'souza,
Department of
Microbiology



Geeta Paluskar,
Department of
Mathematics



Sundari Raju
(Junior College)



Susan Thomas
(Junior College)



Sharad Deore
(Junior College)

Non- Teaching Staff



Nandkumar Jadhav



Vilas R. Gaikwad



Ramesh Ghodke

Adieu (Retired Staff)



Shabbir Bohra
Department of
Chemistry



Rajashri Sinha
Junior College



Dr. Padma Panikker
Department of
Botany



N. R. Hegde
Department of
Statistics



**Renuka
Krishnamurthy**
Junior College



Pratibha Pai
Department of
Physics



Leela Subramaniam
Department of
Statistics

Research Luminaries



Vishnuprasad V
Department of Botany

Awarded Doctoral Degree in Forest Botany (2017-18), Forest Research Institute, Dehradun, Uttarakhand
Dissertation Title - *Analysis of Variations in wood anatomy of hardwood tree species growing in and around some Iron Ore Mines of Odisha*



Manashree Kusnur,
Department of Economics

Awarded Doctoral Degree in Economics (2017-18), Mumbai School of Economics and Public Policy, University of Mumbai, Maharashtra
Dissertation Title - *Regional Development and Migration in Navi Mumbai*



Mahalaxmi Venkatesh,
Junior College

Awarded Doctoral Degree in Economics (2017-18), Bharathidasan University, Tiruchirappalli, Tamil Nadu
Dissertation Title - *A Study on tourism and Development of Tourists satisfaction Triuchirappalli district of Tamil Nadu*



Santosh Katariya,
Department of Chemistry

Awarded Doctoral Degree in Chemistry (2017-18), Institute of Chemical Technology, Mumbai
Dissertation Title - *DFT Studies on Fluorophores with ES IPT and Large Hyperpolarizabilities*



Dr. Madhav Mane,
Department of Chemistry

Received a University of Mumbai Minor Research Project on 'Iron catalysed N-arylation of phenyl urea.'

The total grant sanctioned was ₹ 35,000.



Madhavan Gopalan,
Department of Zoology

Received a Research Grant of ₹ 4 Lakhs by Department of Biotechnology, Government of India under its programme 'Proposal for the use of Foldscope as a Educational and Training tool.'

Co-investigators -
Dr. Aditya Akerkar and
Pushparaj Shetty



Prajith Nambiar
Department of Biotechnology

Received a UGC Minor Research Project grant of Rs. 52,000 for the project 'Investigation of Marine Oligotrophic Bacteria for Biosurfactant mediated degradation of Polycyclic Aromatic Hydrocarbons.'

Inter Collegiate Participation (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
1	Aashna Suresh	TYBMM	Second	Paparazzi	Music Video	Mithibai College
2	Aayushi Singh	SYBMM	First	Blitzkrieg	Best Online PR	KC College
	Aayushi Singh	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
	Aayushi Singh	SYBMM	Second	Blitzkrieg	Print Ad	KC College
3	Aditya Nambiar	SYBMM	First	Polaris	Fashion Show	Wilson College
	Aditya Nambiar	SYBMM	First	Blitzkrieg	Best CL	KC College
	Aditya Nambiar	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
	Aditya Nambiar	SYBMM	Third	Blitzkrieg	Movie Poster	KC College
	Aditya Nambiar	SYBMM	Second	Blitzkrieg	Print Ad	KC College
4	Akash Dharmarajan	TYBMM	Second	Paparazzi	Music Video	Mithibai College
5	Akshaya Warang	TYBA	Gold Medal		Women's Individuals Singles Event	Mumbai University (Intercollege Badminton Tournament)
	Akshaya Warang	TYBA	Gold Medal		Women's Team Championship	Mumbai University (Intercollege Badminton Tournament)
6	Aneesh Kawale	SYBMM	Second	Polaris	Dancing With the Stars	Wilson College
	Aneesh Kawale	SYBMM	Second	Paparazzi	Music Video	Mithibai College
7	Aniff Anthony	FYBMM	Second	Polaris	Dancing With the Stars	Wilson College
8	Anushka Ramesh	SYBMM	Second	Polaris	Dancing With the Stars	Wilson College
9	Ashwath Vasan	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
10	Atharva Totade	SYBMM	Second	Polaris	Dancing With the Stars	Wilson College
11	Chirag Chitlangia	TYBMM	First	Polaris	Fashion Show	Wilson College
12	Divya Thevar	SYBMM	First	Polaris	Fashion Show	Wilson College
	Divya Thevar	SYBMM	Third	Blitzkrieg	Fashion Show	KC College

INTER COLLEGIATE PARTICIPATION (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
13	Edwin Vincent		Third	Paparazzi	Dubbing	Mithibai College
14	Gayatri Gawle	TYBMM	Second	Polaris	Dancing With the Stars	Wilson College
15	Harshita Moolya	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
16	Isha Dave	TYBMM	Second	Paparazzi	Music Video	Mithibai College
17	Isha S Vaidya	SYBMM	Second	Polaris	Dot It and Plot it	Wilson College
18	Jayesh Kamath	SYBSC	First		Quiz (Science)	Mithibai College (Biotechnova)
19	Lakshmi Sivaraman	TYBMM	Second	Polaris	Dot It and Plot it	Wilson College
20	Medha Palav	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
21	Mohan Manian	FYBMM	Second	Paparazzi	Singing Event	Mithibai College
	Mohan Manian	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
22	Mousami Shiroorkar	SYBMM	Second	Polaris	Dancing With the Stars	Wilson College
23	Nidhi Shetty	SYBMM	First	Blitzkrieg	Best Mascot Character & Appearance: Make up	KC College
24	Nikhil Nayak	SYBSC	Second		General Quiz	Mithibai College (Biotechnova)
25	Nikhita R Iyer	TYBA	First		Zonal Youth Festival	Mumbai University
	Nikhita R Iyer	TYBA	Second		Classical Singing Malhar	St Xaviers
	Nikhita R Iyer	TYBA	Second		Bhajan Competition	R.J. College
	Nikhita R Iyer	TYBA	Third	Youth Festival	Classical Singing	Final Zonal Youth Festival Mumbai University
26	Nishad Kulkarni	SYBMM	First	Blitzkrieg	Best Mascot Character & Appearance	KC College
	Nishad Kulkarni	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
27	Prakruti Rao	SYBMM	First	Polaris	Fashion Show	Wilson College
	Prakruti Rao	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
28	Pranav Manchekar	FYBMM	Second	Paparazzi	Music Video	Mithibai College

INTER COLLEGIATE PARTICIPATION (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
29	Purandhar Gopalkrishnan	FYBMM	Third	Paparazzi	Dubbing	Mithibai College
30	Raju Umesh Kanojiya	XI ARTS	First		Hindi Elocution Competition	Marol Education Academy's Junior College
31	Ramya Vilvadrinath	SYBSC	First		Science Quiz	Mithibai College (Biotechnova)
	Ramya Vilvadrinath	SYBSC	Second		General Quiz	Mithibai College (Biotechnova)
32	Ria Mhatre	FYBMM	Second	Paparazzi	Singing Event	Mithibai College
33	Riddhi Redekar	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
34	Riddhi Shah	TYBMM	Second	Paparazzi	Music Video	Mithibai College
35	Rishabh Jain	SYBA	Second		What are words worth Kscope 2017	Sophie College
36	Roshni S. Kaushik	TYBSC (BT)	Second		Voice Of BT	D.Y. Patil College
37	Roshni Sajith	SYBMM	Second	Paparazzi	Singing Event	Mithibai College
38	Rucha Kanolkar	SYBMM	First	Polaris	Fashion Show	Wilson College
	Rucha Kanolkar	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
39	Sapna Iyer	TYBMM	First		Story Telling Zonal Youth Festival	Mumbai University
	Sapna Iyer	TYBMM	Academy for Awarding Rotaract Achievements	Annual Performance Appraisal	Outstanding Team member of goals	Best President Secretary Team
	Sapna Iyer	TYBMM	Academy for Awarding Rotaract Achievements	Annual Performance Appraisal	Rotaract International District 3141	Best Secretary
	Sapna Iyer	TYBMM	Academy for Awarding Rotaract Achievements	Story Telling	Mumbai University - Zone	Mumbai University
	Sapna Iyer	TYBMM	Academy for Awarding Rotaract Achievements		outstanding head of Department for mips	
	Sapna Iyer	TYBMM	Academy for Awarding Rotaract Achievements		for being an incredible trainer for Rypen	

INTER COLLEGIATE PARTICIPATION (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
40	Sapna Kanojia	FYBMS	First		RCSPND	Club of Spn Doshi Women College
	Sapna Kanojia	FYBMS			Debate	Smt. B.M. Ruia Mahila College
41	Saurabh Rajam	FYBMM	Second	Paparazzi	Singing Event	Mithibai College
42	Shalmali Zankar	SYBMM	Third	Youth Festival	Classical Dancing	Mumbai University
43	Sharvari Gokhale	SYBSC	Second		Natyangit	Mumbai University
44	Shreya Sunil Chaplot	XII ARTS	Third		Solo Singing	Marol Education Academy's Junior College
45	Shweta Kushe	SYBA	Selected For Finals		Quiz(Team Event) at Youth Festival	Mumbai University
46	Smruti Mani	TYBA	Selected For Finals		Quiz(Team Event) at Youth Festival	Mumbai University
47	Spriha Tyagi	SYBMM	First	Polaris	Fashion Show	Wilson College
48	Surjith Nair	SYBMM	First	Polaris	Fashion Show	Wilson College
	Surjith Nair	SYBMM	Third	Blitzkrieg	Fashion Show	KC College
49	Syona Roy	XII ARTS	1 ST		Intercollegiate Commerce Debate Competition	Maharshi Dayanand College Of Arts, Sci. , Com. & MCVC
	Syona Roy	XII ARTS	1 ST -Trophy		Arth Manthan 2017 "War of Words"- Debate	N.G. Acharya & D.K. Marathe College Of Arts,Sci. & Com.
	Syona Roy	XII ARTS	Second		Elocution competition for Junior college Students	Mani Bhavan Gandhi Sangrahalaya, Gandhi Jayanti
	Syona Roy	XII ARTS	Represented College		Harvard Model United Nations, India (HMUN)	Harvard Café, Harvard University
50	Tanaya Vaidya	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
51	Tanishka Satam	FYBMM	Second	Polaris	Dancing With the Stars	Wilson College
52	Tanishq Desai	FYBMM	Third	Blitzkrieg	Fashion Show	KC College
	Tanishq Desai	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College

INTER COLLEGIATE PARTICIPATION (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
53	Tanya Banerjee	FYBSC (BT)			A.D. Shroff Memorial Elocution Competition	Dept. of Economics SIES College
54	Yash Bhanushali	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
55	Yash Gada	FYBMM	Third	Blitzkrieg	Movie Poster	KC College
	Yash Gada	FYBMM	First	Paparazzi	Photoshop	Mithibai College
56	Yogesh U.S.	FYBMM	First		Fused Fables	N.M. College
	Yogesh U.S.	FYBMM	Second	Umang	Humor Writing	N.M. College
	Yogesh U.S.	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
	Yogesh U.S.	FYBMM	Third	Euonia	Fashion Show	Mithibai College
	Yogesh US	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
57	Zeal Thakkar	FYBMM	Third	Paparazzi	Fashion Show	Mithibai College
58	Vyshnavi Sunderrajan	SYBA	First		Research Paper Presentation Talenteux	Ratnam College
59	Ankita Suresh	FYBA	Third		Sri S.V. Kulkarni English Elocution Competition	Dnyansadhana College
60	Prakhat Shetty	TYBCOM	First	Fantasies	Atlantis	SIES Com & Eco
	Prakhat Shetty	TYBCOM	Second	Fantasies	Ring Master	SIES Com & Eco
	Prakhat Shetty	TYBCOM	First	Fantasies	Stranger World	SIES Com & Eco
	Prakyath Shetty	TYBCOM	Academy for Awarding Rotaract Achievements	Annual Performance Appraisal	Rotaract International District 3141	Best President
	Prakyath Shetty	TYBCOM	Academy for Awarding Rotaract Achievements	Annual Performance Appraisal	Rotaract International District 3141	Responsible President
	Prakyath Shetty	TYBCOM	Academy for Awarding Rotaract Achievements	Annual Performance Appraisal	Rotaract International District 3141	Best President Secretary Team

INTER COLLEGIATE PARTICIPATION (2017-2018)

Sr. No.	Name	Class	Prize	Festival	Event/ Competition	Organised by
61	Ms. Nidhi Menon	SYBA	Selected For Finals		Quiz (Team Event) at Youth Festival	Mumbai University
62	Vignesh Shankarnarayanan	FYJC	First	DAAS inter Collegiate competition	Solo Singing	Nitin Godiwala Jr. College of Commerce

GYMKHANA (MUMBAI UNIVERSITY CHAMPIONSHIP)

Sr. No.	Name	Class	Prize	Event/ Competition	Organised By
1	Akshaya Warang	TYBA	Gold Medal	Badminton Individual	Mumbai University
2	Akshaya Warang	TYBA	Gold Medal	Badminton Team Event	Mumbai University
3	Jillella Pujitha Ramanababu	SYBSC	Gold Medal	Badminton Team Event	Mumbai University
4	Rucha Kanolkar	SYBMM	Gold Medal	Badminton Team Event	Mumbai University
5	Simrin Shetty	FYBA	Gold Medal	Badminton Team Event	Mumbai University
6	Mohammad Hanif Zainul Reshma	TYBSC.IT	Gold Medal	Carrrom	Mumbai University
7	Jaiswar Aarti Mahendra Rekha	MSC	Silver Medal	Taekwondo	Mumbai University
8	Bhakti Sachin Naik	XI Arts	Gold Medal	Sqay Martical Arts	Gold Medal in State Level

Winners of Various Endowment and Instituted Prizes

Name of the Endowment	Winner Name	Class
Prof. Geetha Ananthnarayan Endowment Prize	Jain Rithik Arvind Sangeeta	XI SCIENCE
Prof. Geetha Ananthnarayan Endowment Prize	Patil Amit Sadanand Sneha	T.Y.B.Sc.
Prof. Geetha Ananthnarayan Endowment Prize	/Kumhar Nisha Lalchand Sheela Devi	M.Sc. P-I
Prof. Geetha Ananthnarayan Endowment Prize	/Kanekar Ashuli Ashish Monika	M.Sc. P-I
Vaishnavi Memorial Prize	/Sirguroh Arfa Salim Sultana	XI ARTS
Shri Pisharody Prabhakaran Prize	Karthik Jaishankar Uma	XI SCIENCE
Late (Shri) R. S. Mani's Scholarship	/Nair Arya Satheesh Vijayah	F.Y.B.A.
Late (Shri) R. S. Mani's Scholarship	Sakarkar Nauman Zubair	F.Y.B.Sc.
Smt.R. Rugmani Mani Scholarship	/Sharma Garima Sameer Archana	XII SCIENCE
Smt.R. Rugmani Mani Scholarship	/Revathi Vijayaraghavan Srividya	XII SCIENCE
Shri R. Narayana Iyer's Endowment Prize	/Revathi Vijayaraghavan Srividya	XII SCIENCE
Shri R. Narayana Iyer's Endowment Prize	/Nair Arya Satheesh Vijayah	F.Y.B.A.
Prof. C. P. N. menon Cash Prize	Bharadwaj Aditya Ramaswamy Rajeshwari	XII SCIENCE
Shri Sivaramakrishnan Memorial	/Srividya Venkateswaran Jayanthi	XII SCIENCE
Late(Shri)K. S. Gangadhara Iyer Memorial Scholarship	Pillai Hariharan Nagarajan Azhakammai	XII SCIENCE
Late (Kum) Krishnan Sharada Memorial Prize	/Revathi Vijayaraghavan Srividya	XII SCIENCE
Shri Sundar Bhaskar Memorial Scholarship	/Maddur Mamatha Ramanjineyulu	F.Y.B.Sc.
Shri Sohrab Mistry Prize	/Maddur Mamatha Ramanjineyulu	F.Y.B.Sc.
Shri Sohrab Mistry Prize	/Craсто Olivia Victor Sylvia	S.Y.B.Sc.
Late (Miss) Surekha Kulkarni Memorial Prize	/Swetha Shivakumar Jayashree	XII SCIENCE
Shri Amol Pradhan Scholarship	/Ansari Rahat Ilyas	S.Y.B.Sc.
Shri Amol Pradhan Scholarship	/Fernandes Pearl Rhea Christopher Evelyn	S.Y.B.Sc.
Shri Sastry Memorial Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Shri R. Viswanathan Endowment Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Late (Shri) A. C. Ramalingam Scholarship	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Late (Shri) A. C. Ramalingam Scholarship	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
The Late (Shri) C. S. Khandkar Prize	/Iyer Vaishnavi Kishor Vidhya	T.Y.B.A.
Dr. Dhruvakumar Joshi Memorial Prize	/Khithani Nishtha Harish Ritika	T.Y.B.A.
Dr. Dhruvakumar Joshi Endowment Prize	/Khithani Nishtha Harish Ritika	T.Y.B.A.
Shri V. Ananthan's Scholarship	/Kunshi Sheetal Ram Thipamma	T.Y.B.Sc.
Shri V. Ananthan's Scholarship	/Fitwalla Azzah Abdul Rehman Amtul Mughani	T.Y.B.Sc.

Winners of Various Endowment And Instituted Prizes

Name of the Endowment	Winner Name	Class
Shri K. M.doshi Charitable Trust Prize	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
Shri K. M.doshi Charitable Trust Prize	Suresh Sandeep Suresh	T.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	/Kunshi Sheetal Ram Thipamma	T.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	/Shaikh Afifa Rafique Shamim	T.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	Siddhanth Natarajan Kalyani	T.Y.B.Sc.
Shri C. V. Radhakrishnan Endowment Prize	/Patil Kirti Dayaram Smita	XI SCIENCE
Shri C. V. Radhakrishnan Endowment Prize	/Shethia Priyal Atul Dimpal	XI SCIENCE
Shri C. V. Radhakrishnan Endowment Prize	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
Shri C. V. Radhakrishnan Endowment Prize	/Abdul Ahad Shehanaz Safia	T.Y.B.Sc.
Shri C. V. Radhakrishnan Endowment Prize	Nagrekar Sagar Shrikrishna	T.Y.B.SC.
Shri C. V. Radhakrishnan Endowment Prize	/Baig Sumaila Aijazullah	T.Y.B.Sc.
Shri C. V. Radhakrishnan Endowment Prize	/Fitwalla Azzah Abdul Rehman Amtul Mughani	T.Y.B.Sc.
Late (Smt) Sundaridevi Roshanlal Bhatia Prize	Harpad Shivnath Siddhu Sangita	T.Y.B.Sc.
Late (Shri) Shantaram Gangadhar Paradkar Cash Prize	Suresh Sandeep Suresh	T.Y.B.Sc.
Late (Shri) C. G. Raman Cash Prize	/Gupta Jyoti Devanand Annapurna	M.Sc. P-II
Smt. Ramtidevi Endowment Sholarship	/Pol Poonam Dhondiram Chhaya	XII ARTS
Shri Lala Bhagwandas Endowment Scholarship	Shaikh Maviya Mohammadali Almaaz	XII ARTS
Late (Shri) Kuppuswamy Endowment Prize	/Kamath Vidya Ramnath Ritika	XI SCIENCE
Late (Shri) Kuppuswamy Endowment Prize	/Patil Kirti Dayaram Smita	XI SCIENCE
Late (Shri) Kuppuswamy Endowment Prize	/Shethia Priyal Atul Dimpal	XI SCIENCE
Smt. Susan Benjamin Scholarship	/Shetty Rashmi Vishwanath Jayashree	XII ARTS
Tirumani Sundara Ramamoorthy Memorial Prize	/Tejwani Bhavna Lalit Karishma	T.Y.B.A.
Brakes India Ltd.(Chennai) Endowment Prize	/Mangaonkar Manasi Avinash Vidya	F.Y.B.A.
Brakes India Ltd.(Chennai) Endowment Prize	Barai Vinay Kumar Jaiprakash Sandhya	F.Y.B.Sc.
Late (Shri) N. Lakshmana Iyer Endowment Prize	/Shetty Suraksha Suresh Rekha	F.Y.B.Com.
Late (Shri) N. Lakshmana Iyer Endowment Prize	/Trivedi Disha Surendra Meena	F.Y.B.Com.
Late (Shri) S. Krishnaswamy Endowment Prize	/Pandey Maya Rakesh Suman	F.Y.B.Sc.
Late (Shri) V. Sampat Iyengar Memorial Scholarship	/Shaikh Saima Dawood	F.Y.B.Sc.
Late (Shri) M.thyagaraja Iyer Scholarship	Shet Adarsh Keshav Lalita	F.Y.B.Sc.
Smt. Ranganayaki Thyagaraja Iyer Scholarship	/Shinde Kajal Sanjay Nanda	F.Y.B.Sc.
Smt. Ranganayaki Thyagaraja Iyer Scholarship	/Chaurasiya Neha Ramchayan Anita	F.Y.B.Com.
Smt. Ranganayaki Thyagaraja Iyer Endowment Prize	/Sawant Unnati Sunil Uma	XI SCIENCE
Smt. Ranganayaki Thyagaraja Iyer Endowment Prize	/Patil Kirti Dayaram Smita	XI SCIENCE
Shri Sakharam Ramchandra Savant Endowment Prize	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
Shri Sakharam Ramchandra Savant Endowment Prize	Patil Amit Sadanand Sneha	T.Y.B.Sc.

Winners of Various Endowment And Instituted Prizes

Name of the Endowment	Winner Name	Class
Smt. Ambujam & Shri P. R. Subramaniam Memorial Scholarship	/Gupta Vandana Shyamlal Nirmala	F.Y.B.Com.
Dr. Chandrasekharan Shashtyabdapoorti Endowment Prize	/Swetha Shivkumar Jayashree	F.Y.B.Sc.
Dr. Chandrasekharan Shashtyabdapoorti Endowment Prize	/Maddur Mamatha Ramanjineyulu	F.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	/Salunkhe Sayali Maruti Vidya	T.Y.B.Com.
Shri K. M. Doshi Charitable Trust Prize	Ansari Mohd Faisal Mohd Ashfaque Farida	T.Y.B.Sc.
Dr. Yvonne M. Freitas Endowment Prize	/Anupa Sekhar Sheela	F.Y.B.Sc.
Shri K. N. V. Mani Endowment Prize	Ansari Mohd Faisal Mohd Ashfaque Farida	T.Y.B.Sc.
Shri K. N. V. Mani Endowment Prize	/Salunkhe Sayali Maruti Vidya	T.Y.B.Com.
Shri. R. Venkatesh Endowment Prize	/Salunkhe Sayali Maruti Vidya	T.Y.B.Com.
Shri K. M. Doshi Charitable Trust Prize	/Fitwalla Azzah Abdul Rehman Amtul Mughani	T.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	/Baig Sumaila Aijazullah	T.Y.B.Sc.
Shri K. M. Doshi Charitable Trust Prize	Kori Ravindra Jeetlal Kusumdevi	M.Sc. P-II
Dr. Yvonne M. Freitas Endowment Prize	Bagwe Hemant Deepak	S.Y.B.Sc.
Dr. Yvonne M. Freitas Endowment Prize	Dudhwadkar Swapnil Mahadev Sonia	M.Sc. P-I
Late (Shri) A. V. Badhe Memorial Prize	Bagwe Hemant Deepak	S.Y.B.Sc.
Smt. Pushpa Narayan Menon Endowment Prize	/Anupa Sekhar Sheela	F.Y.B.Sc.
Smt. Pushpa Narayan Menon Endowment Prize	Bagwe Hemant Deepak	S.Y.B.Sc.
Smt. Pushpa Narayan Menon Endowment Prize	/Kunshi Sheetal Ram Thipamma	T.Y.B.Sc.
Smt. Hiraben Poladia And Shri Harish Poladia Endowment Prize	/Ghegadmal Sadhana Eknath Pournima	S.Y.B.A.
Dr. Mridula Ramanna And Dr. Leela Jois Endowment Prize	Ambre Vinay Ravindra Nanda	T.Y.B.A.
Dr. Mahalaxmi Bhagwat Prize	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
Late (Shri) K. A. Raman And Smt.rajam Raman Endowment Prize	/Tejwani Bhavna Lalit Karishma	T.Y.B.A.
Late (Shri) K. A. Raman And Smt.rajam Raman Endowment Prize	/Iyer Vaishnavi Kishor Vidhya	T.Y.B.A.
Late (Shri) K. A. Raman And Smt.rajam Raman Endowment Prize	/Nair Mridula Kunjukrishnan Latha	T.Y.B.A.
Shri.V. Venkataraman Endowment Prize	/Hiranandani Yashvi Ashok Manisha	XI SCIENCE
Shri.V. Venkataraman Endowment Prize	/Revathi Vijayaraghavan Srividya	XII SCIENCE
Dr. Leela Jois Endowment Prize	Kasbe Atul Mahadev Sunita	XI ARTS
Late Dr. Mahalaxmi Sunil Bhagwat Memorial Prize	/Ankita Suresh Rajani	XII SCIENCE
Mrs. Chellammal Narayanan Endowment Prize For	/Chhabria Kanchan Deepak Kiran	T.Y.B.Com.
Shri M. S. Sundaraum Endowment Prize	/Revathi Vijayaraghavan Srividya	XII SCIENCE

Winners of Various Endowment And Instituted Prizes

Name of the Endowment	Winner Name	Class
Smt. Sushiladevi Baldev Raj Gupta Endowment Prize	/Salunkhe Sayali Maruti Vidya	T.Y.B.Com.
Shri. P. V. Narayanan Endowment Prize	/Sharma Priya Santoshkumar Urmila	T.Y.B.Com.
Shri K. P. Iyer Endowment Prize	/Pai Shreelaxmi Balkrishna Vijyalaxmi	F.Y.B.Sc.
Shri K. P. Iyer Endowment Prize	/Padmaja Suresh Vidhya	S.Y.B.Sc.
M/S Kamala Vivekananda Trust Endowment Prize	/Singh Shikha Vijendra Pratap Vinita	T.Y.B.Sc.
M/S Kamala Vivekananda Trust Endowment Prize	Ansari Mohd Faisal Mohd Ashfaque Farida	T.Y.B.Sc.
Late Dr.(Mrs) Kamala Arun Shenvi Endowment Prize	/Gupta Jyoti Devanand Annapurna	M.Sc. P-II
(Late) Shri Satish Pillai Memorial Endowment Prize	Shaikh Arif Ayub Dilshath	T.Y.B.COM.
Smt.meenakshi Muthuswami Endowment Prize	/Swetha Shivakumar Jayashree	XII SCIENCE
Prof.derek Antao Memorial Prize	/Khithani Nishtha Harish Ritika	T.Y.B.A.
Smt. M. Mayavathy Endowment Prize	Poojary Rakshith Shankar Poornima	T.Y.B.Sc.
Prof. M. Yusuf Kitekar Endowment Prize	Mani Gunasekar Selvi	XI SCIENCE
Prof. M. Yusuf Kitekar Endowment Prize	Haldive Yash Atul Smita	XII SCIENCE
Smt. Subha Sivaram Endowment Prize	/Kakalia Urveez Adil Kashmira	T.Y.B.A.
Smt. Savitri Subramanian Endowment Prize	/Shah Hansika Shreyas Maya	S.Y.B.A.
Late (Shri) M. K. Narayanaswamy Endowment Prize	Koipurathu Rojit Rajan George Susan	S.Y.B.Sc.
(Late) Principal P.s.ramaswamy Endowment Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Late Dr. Ramaswamy Raghavan Endowment Prize	/Rajpurohit Pooja Dinesh Singh Vimala	XII SCIENCE
Late Dr. Ramaswamy Raghavan Endowment Prize	Suresh Sandeep Suresh	T.Y.B.Sc.
Late Dr. Ramaswamy Raghavan Endowment Prize	/Gupta Jyoti Devanand Annapurna	M.Sc. P-II
Dr. Mahalaxmi S.Bhagwat (Mahalaxmi Laxman) Endowment	/Revathi Vijayaraghavan Srividya	XII SCIENCE
R. R. Memorial Prize	/Revathi Vijayaraghavan Srividya	XII SCIENCE
Shri Roshanlal Ganesh Das Bhatia Endowment Prize	/Bushra Asif Satkhed Nishat	F.Y.BMM
Capt. S. srinivas Endowment Prize	/Ashtikar Afiya Aslam Shahin	T.Y.B.A.
Malati Dahanukar Trust Endowment Prize	/Kannan Anagha Kannan	S.Y.BMM
(Late) Shri L. S. Easwaran Endowment Prize	Nambiar Vaishak Ganesh Suma	T.Y.B.Sc.
Shri R.rajagopal Endowment Prize	Poojary Rakshith Shankar Poornima	T.Y.B.Sc.
Tilak Nagar Endowment Prize	/Bushra Asif Satkhed Nishat	F.Y.BMM
(Late) Smt. Susheela Menon Endowment Prize	/Roy Chowdhury Somnath Shalini Moumita	T.Y.B.Sc.
Shri Shyamlal Damani Prize	/Aarthi Vijayaraghavan Jayanthi	XII ARTS
Shri Shyamlal Damani Prize	/Barai Pooja Mangru Durgavati	T.Y.B.A.
Late (Smt.)Mahalakshmi Anantaramiah Endowment Prize	/Iyer Vaishnavi Kishor Vidhya	T.Y.B.A.

Winners of Various Endowment And Instituted Prizes

Name of the Endowment	Winner Name	Class
Shri. R. V. Venkatarama Iyer Memorial Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Shri S. N. Nair Endowment Prize	/Noronha Carol Christo Peter Mercine	T.Y.(IT)
Rashtrabhasha Prachar Sabha Endowment Prize	/Barai Pooja Mangru Durgavati	T.Y.B.A.
Smita Chandran Endowment Prize	Kasbe Atul Mahadev Sunita	XI ARTS
Chitra Iyer Endowment Prize	/Ahuja Ashita Ashish Gita	T.Y.BMM
Dr. Mridula Ramanna Endowment Prize	/Tejwani Bhavna Lalit Karishma	T.Y.B.A.
Late (Shri) Bhaskar Laxman Paranjape Endowment Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Shri. T. S. Narayan Endowment Prize	Dedhia Mayank Manoj Rita	T.Y.BMS
Shri. R. Venkatesh Endowment	Dedhia Mayank Manoj Rita	T.Y.BMS
Shri. C.S. Subramanian Endowment	/Omble Anuksha Suresh Sharda	F.Y.B.A.
Dr. Dhruvakumar Joshi Endowment Prize	/Uppoor Vishakha Shekhar Shashi	T.Y.B.A.
Rashtrabhasha Prachar Sabha Endowment Prize	Ansari Zeeshan Ahmed Rashid Ahmed Maimuna	M.Sc. P-II
(Late) Shri. M.v.g. Menon Endowment Prize	/Shanbhag Esha Pramod Manisha	T.Y.B.Sc.
Shri. Rasiklal Endowment Prize	/Pol Poonam Dhondiram Chhaya	XII ARTS
Shri. Rasiklal Endowment Prize	/Kakalia Urveez Adil Kashmira	T.Y.B.A.
Shri R.rajagopal Endowment Prize	/Laljee Zainab Abbas	PGDC
Dr. Sara Desa Endowment Prize	/Shetty Shrinidhi Ramesh Sujatha	T.Y.B.Sc.
Nanga Mangalam Tirupati Rangaswamy Endowment Prize	/Satia Kareena Rajesh Rekha	T.Y.B.A.
Gomati Krishnan Endowment	Thakur Kartik Narendra Laxmi	F.Y.B.Sc.
Dr. Mrudula Ramanna Prize	/Nair Mridula Kunjukrishnan Latha	T.Y.B.A.
Shri. R. Ramaswamy Iyer Endowment Prize	/Khithani Nishtha Harish Ritika	T.Y.B.A.
Smt. Ramachandra & Smt. Sitabai Endowment Prize	/Choudhary Shivangi Shrawan Nikki	XI ARTS
Shri. Vinayak And Smt. Pushpa Talashikar Endowment Prize	/Jain Muskan Rakesh Rekha	XII SCIENCE
Shri. Krishnamurthy Krishnaswamy Iyer Endowment Prize	Karthik Jaishankar Uma	XI SCIENCE
Shri. Krishnamurthy Krishnaswamy Iyer Endowment Prize	Bharadwaj Aditya Ramaswamy Rajeshwari	XII SCIENCE
Smt. Bhooma And Shri. S. V. Raghavan Endowment Prize	/Shreya Shyamsunder Gomathy	F.Y.B.Sc.
Smt. Sudha And Shri. S. Rajgopalan Endowment Prize	/Crasto Olivia Victor Sylvia	S.Y.B.Sc.
Late Shri. Krishnarao Betgeri Endowment Prize	Ansari Zeeshan Ahmed Rashid Ahmed Maimuna	M.Sc. P-II
Late Mr. Vithal Kamath Endowment Prize	/Kotian Joshmita Pramod Savitha	M.Sc. P-I
Shri. C. P. Narayan Memorial Prize	Kute Akash Ashok Archana	F.Y.B.A.
S.I.E.S. College Past Students' Association Prize	/Aarthi Ramakrishnan Jayalakshmi	T.Y.BMM

Winners of Various Endowment And Instituted Prizes

Name of the Endowment	Winner Name	Class
S.I.E.S. College Past Students' Association Prize	Dedhia Mayank Manoj Rita	T.Y.BMS
S.I.E.S. College Past Students' Association Prize	/Noronha Carol Christo Peter Mercine	T.Y.(IT)
S.I.E.S. College Past Students' Association Prize	Poojary Rakshith Shankar Poornima	T.Y.B.Sc.
S.I.E.S. College Past Students' Association Prize	/Roy Chowdhury Somnath Shalini Moumita	T.Y.B.Sc.
Late Shri Shamrao G. Kulkarni Endowment Prize	/Shanbhag Esha Pramod Manisha	T.Y.B.Sc.
Late Shri Shamrao G. Kulkarni Endowment Prize	Dudhwadkar Swapnil Mahadev Sonia	M.Sc. P-I
Late Shri Shamrao G. Kulkarni Endowment Prize	/Yashasvi Maheshwar Tadepalli Aparajitha	M.Sc. P-II
Dr. Purushottam V Gharpure Endowment Prize	Joya Rahul Kishanlal Sumandevi	F.Y.B.A.
Shri Kejal Shashikant Vora Endowment Prize	Kasbe Atul Mahadev Sunita	XI ARTS
Shri Kejal Shashikant Vora Endowment Prize	/Pol Poonam Dhondiram Chhaya	XII ARTS
Shri Kejal Shashikant Vora Endowment Prize	/Ghegadmal Sadhana Eknath Purnima	S.Y.B.A.
Dr. Lalita And Krishna Raghvan Endowment Prize	/Gupta Jyoti Devanand Annapurna	M.Sc. P-II
Dr. Lalita And Krishna Raghvan Endowment Prize	/More Prajakta Vikas Varsha	M.Sc. P-II
Dr. Lalita And Krishna Raghvan Endowment Prize	Harpad Shivnath Siddhu Sangita	T.Y.B.Sc.
Shri C. S. A. Krishnan Endowment Prize	/Khithani Nishtha Harish Ritika	T.Y.B.A.
Shri C. S. A. Krishnan Endowment Prize	/Barai Pooja Mangru Durgavati	T.Y.B.A.
Shri. P. V. Narayanan Endowment Prize	/Fitwalla Azzah Abdul Rehman Amtul Mughani	T.Y.B.Sc.
Dr. Mrudula Ramanna Prize	/Iyer Vaishnavi Kishor Vidhya	T.Y.B.A.
Smt. R. Rugmani Mani Scholarship	Rishabh Ballal Rekha	XII SCIENCE
Shri. V. Venkataraman Endowment Prize	/Patil Kirti Dayaram Smita	XI SCIENCE
Shri M. S. Sundaraum Endowment Prize	Rishabh Ballal Rekha	XII SCIENCE
Prof. M. Yusuf Kitekar Endowment Prize	Sabbani Nikhil Ganesh Tara	XI SCIENCE
Shri C. V. Radhakrishnan Endowment Prize	Patil Amit Sadanand Sneha	T.Y.B.Sc.
Mrs. Chellammal Narayanan Endowment Prize	Shaikh Arif Ayub Dilshath	T.Y.B.COM.

NSS (2017-18)

Sr.No.	Name	Class	Event / Competition	Organised By	Prize
1	Niraj Jadhav	SYBSC IT	AIDS Rally	SIES College	Best Volunteer
2	Indira Naidu	SYBSC	AIDS Rally	SIES College	Best Volunteer
3	Mitali Kochar	FYBA	Prerana Camp	North Maharashtra University - Jalgaon	Best Participation
4	Shivam Anbhule	SYBSC IT	Tree Plantation	Mumbai University	Best Volunteer
5	Hriday Shetty	FYBA	Tree Plantation	Mumbai University	Best Volunteer
6	Pankaj Walunj	FYBSC IT	Tree Plantation	Mumbai University	Best Volunteer
7	Disha Shetty	SYBA	Pulse Polio Drive	SIES College	Best Volunteer
8	Vyshnavi SR.	SYBA	Poster Making	SIES College	Best Volunteer
9	Kalpesh Patil	FYBSC CS	Leadership Training Camp	Mumbai University	Best Participation
10	Sheetal Shetty	FYBSC	Leadership Training Camp	Mumbai University	Best Participation
11	Kashif Khan	SYBSC CS	Waste Management Drive	SIES College	Best Volunteer
12	Aparna Namboodiri	SYBA	Waste Management Drive	SIES College	Best Volunteer
13	Payal Shah	FYBA	Waste Management Drive	SIES College	Best Volunteer
14	Madhavan Nadar	FYBA	Waste Management Drive	SIES College	Best Volunteer
15	Arvindan Naidu	FYBSC IT	Best Actor		Male
16	Laasya Mangalampalli	FYBA	Best Actor		Female
17	Sagarika Iyer	SYBMM	Teaching Event	SIES College	Best Volunteer
18	Prashant Kuppili	SYBSC IT	Teaching Event	SIES College	Best Volunteer
19	Smita Dhuri	SYBSC IT	Teaching Event	SIES College	Best Volunteer
20	Sheetal Shetty	SYBSC	University Level Poetry Competition	K. C. College	1st Prize
21	Suyash Suhas Jadhav	SYBSC CS	National Integration Camp at Udipi	Manglore University	Best Participation
22	Abhishek Jayaraman	SYBA	University Level Swacha Bharat Abhiyan Camp at Khed	Mumbai University	Best Participation
23	Rahul Devnath	SYBSC CS	AKSHARA	Akshara Foundation	Best Volunteer
24	Sheetal Shetty	FYBSC	Street Play	Thakur College	Best Participation
25	Kalpesh Patil	FYBSC CS	Street Play	Thakur College	Best Participation
26	Dinesh Yelligetti	FYBSC	Street Play	Thakur College	Best Participation
27	Karthikeyan G.	FYBSC	Street Play	Thakur College	Best Participation
28	Anal Prakash Ranpise	FYBSC	Street Play	Thakur College	Best Participation
29	Pankaj Walunj	FYBSC IT	Street Play	Thakur College	Best Participation
30	Laasya Mangalampalli	FYBA	Street Play	Thakur College	Best Participation
31	Nandini Parmeswaran	SYBA	Street Play	Thakur College	Best Participation

NCC Girls Unit (2017-18)

Sr. No.	Rank	Name Of Cadet	Competition
1	CJUO	Sharvari Bartakke	Best Cadet
2	SGT	Riddhi Mhatre	Bestdrill
3	SGT	Kajal Shinde	Best Foot Drill
4	SGT	Yadniki Bhilare	Best Firing
5	CPL	Siddhika Jadhav	Best Turn-Out
6	CPL	Minal Survase	Best Health & Hygiene
7	CPL	Angaleshwari Venkatachalam	Best Map Reading
8	L/CPL	Sneha Sunderraj	Bestword of Command
9	L/CPL	Anuja Thangappa	Bestcultural
10	L/CPL	Saroj Pillai	Best Field Signal
11	L/CPL	Reeva	Best Cross Country
12	CDT	Priyanka Pedalu	Bestword of Command
13	CDT	Aparna Rao	Bestcadet
14	CDT	Priyanka Dubey	Bestword of Command
15	CDT	Arpitha Jayaraman	Best Drill
16	CDT	Mithra Pillai	Best Map Reading
17	CDT	Navinya Pawar	Best Turn Out
18	CDT	Shital Shankar Navale	Best Word of Command
19	CDT	Supriya ADarekar	1 ST Bestdrill
20	CDT	Jhanvi Vyas	2 ND Bestdrill
21	CDT	Madhura Ravindra Dhore	1 ST Best Cultural
22	CDT	Rajashree Babu Hijari	2 ND Bestcultural
23	CDT	ShwetaThimmaiah	1 ST Bestfoot Drill
24	CDT	PoojaMariappaPandri	2 ND Bestfoot Drill
25	CDT	NainaNamdeoChintake	1 ST Besthealth &Hygiene
26	CDT	PragatiSolkar	2 ND Besthealth & Hygiene
27	CDT	BalambalHariharan	1 ST Bestcross Country
28	CDT	PallaviUpadhyay	2 ND Bestcross Country
29	CDT	Ashwini C.	1 ST Bestturn-Out
30	CDT	IndumatiYadav	2 ND Bestturn-Out
31	CDT	Komal	1 ST Best GK
32	CDT	Sayra Khan	2 ND Best GK

NCC Boys Unit (2017-18)

No.	Rank	Name Of Cadet	Medal
1	CSUO	Satyendra Vishwakarma	Best Word of Command
	CSUO	Satyendra Vishwakarma	Best Firing
2	CJUO	Ankit Dwivedi	Best Leadership
3	CJUO	Rohit Sharma	Best Flag Area
	CJUO	Rohit Sharma	Best Firing
4	CSM	Suraj Gupta	Best Drill
5	CQMS	Suraj Shetty	Best Cadet
6	SGT	Shivam Sharma	Best Drill
	SGT	Shivam Sharma	Best Obstacles
7	SGT	Vishal Vishwakarma	Best Cross Country
	SGT	Vishal Vishwakarma	Best First Aid
8	SGT	Bharat Pillai	Master Of Ceremony
	SGT	Bharat Pillai	Best Turn-Out
9	CPL	Dilip Gupta	Best General Knowledge
	CPL	Dilip Gupta	Best Tent Pitching
10	CPL	Shreyash Panchal	Best Map Reading
11	L/CPL	Vaibhav Katare	Best Cadet
12	L/CPL	Afzal Khan	Best Word of Command
13	L/CPL	Anurag Tiwari	Best Health And Hygeine
14	CDT	Ganesh Lokhande	Best Tent Pitching
15	CDT	Tanmay Melanta	Best Firing
16	CDT	Sagar Vairalkar	Best First Aid
17	CDT	Akash Kutte	Best Cross Country
18	CDT	Neeraj Jaiswal	Best Cultural
19	CDT	Vighnar Wagh	Best Cultural
20	CDT	Varun Dharkar	Best General Knowledge
21	CDT	Aniket Dharkar	Best Turn Out

DAKSHINAYANAM
2018
**PRIZE
DISTRIBUTION**

Let's



Travel

Academic Prize Distribution



Chief Guest for Academic
Prize Distribution was
Dr. Ritu Anand,
Global HR Head, TCS

Prize Distribution Non-Academic



Chief Guest for Non-
Academic Prize Distribution
was Mr. Sandeep Kulkarni,
Actor, Director and
Producer.

Special Mention

“Winner of overall trophy for winning
Cricket, Carrom and Chess in the
intercollegiate non teaching tournament”
organised by Nagindas Khandelwal
College, Malad.



Statutory Committees

Admission Core Committee

- Principal Dr. Uma Shankar
- Vice Prin Dr. K. George Abraham
- Vice Prin Dr. Manju Phadke
- Vice Prin. Dr. Rashmi Bhure
- Gayatri Sehgal
- Pradnya Khandeparkar
- Manashree Kusnur
- Meena Potnis
- Roy Mathew
- Kiran Nabar
- Rekha Watve Paradkhar
- Dr. Lakshmi Muthukumar
- Dr. Satish Sarfare
- Surjit Kaur
- Varsha Muley
- Sudha B.
- Dr. Tara Menon
- Abuzer Ansari
- Swapnil Jawkar

Internal Quality Assurance Committee (IQAC)

- Principal Dr Uma Shankar, *Chairperson*
- Vice Prin Dr Manju Phadke, *Co-Ordinator*
- Ms Leela Subramanian
- Vice Prin Dr K George Abraham
- Ms Kamala Srinivas, *Joint Convenor*
- Ms Pratibha Pai
- Ms Pallavi Rege
- Dr Tara Menon
- Ms Nitya Mahajan
- Dr Lakshmi Muthukumar
- Ms Geeta Paluskar
- Dr Pramod Ghogare
- Mr Pushparaj Shetty
- Dr Vidya Satish
- Mr Raghavendra L, *Registrar*
- Dr Venkatramani, *External Advisor*
- Dr Anselm DeSouza, *Industry expert*
- Mr K Vishwanath, *Alumni Representative*
- Mr Karthik Yadav, *Student Council Member*

Student's Council:

- N.C.C. Officer Boy's - Lt. Dr. D. K. Pawar
- N.C.C. Officer Girls - Dr. Aarti Muley
- Principal's Nominee - Dr. Manju Phadke
- N.S.S. Program Officer
- Dr. Neeraja Ambiyee
- Madhavan Gopalan
- *Co-Programme officer*

Examination Core Committee:

- Pradnya Khandeparkar, *Convenor*
- Rekha Watve Paradkar - *Jt. Convenor*
- Dr. Padma Panikkar - *Jt. Convenor*
- Gayatri Sehgal
- Shekar Aiyar
- Pallavi Rege
- Dr. Satish Sarfare
- Dr. Vanita Banjan
- Dr. Santosh Katariya
- Vaishali Falnkar
- Avin Shah
- Dr. Deepali Kothekar
- Dr. Nitin Mirgane
- Dr. Shruti Panday
- Vrushali Gupte Paralkar
- Sudha B.
- Manoj Singh

Gymkhana Core Committee:

- Vinod Menon - *Chairperson*
- Vice Principal Dr. George Abraham
- Roy Mathew
- Shekar Aiyer
- Dr. Mahavir Gosavi
- Pushparaj Shetty
- Dr. Aditya Akerkar
- Ashwini Deshpande
- Dr. Pramod Ghogare
- Dr. Nitin Mirgane

Library Committee:

- Vice Prin. Dr. Rashmi Bhure - *Convenor*
- Dr. Tara Menon - *Jt. Convenor*
- Dr. Antonete Lobo
- Dinesh Pathak

Gender Sensitization Cell:

- Asha Venkataramana (*Convenor*)
- Dr. Vanita Banjan (*Jt. Convenor*)
- Rupali Vaity
- Swapnil Jawkar
- Rupal Vora
- Anand Ambardekar

Finance Accounts and Purchase Committee & UGC Funding:

- Principal Dr. Uma Shankar, *Convenor*
- Vice Prin. Dr. K. George Abraham
- Vice Prin. Dr. Manju Phadke
- Vice Prin. Dr. Rashmi Bhure
- Kiran Nabar
- Avin Shah
- Nitya M.
- Shekhar Aiyar

Grievance Committee (Teachers):

- Pratibha Pai, *Convenor*
- Geeta Paluskar
- Dr. Mahavir Gosavi
- Dr. Deepali Kothekar

Grievance Committee (Students):

- Meena Potnis, *Convenor*
- Surjit Kaur
- Vaishali Falnkar
- Maria Fernandes

Internal Complaints Committee:

- Vice Prin. Dr. Rashmi Bhure, *Convenor*
- Khurshid Italia
- Maria Fernandes
- Vrushali Gupte Paralkar
- Dinesh Pathak
- Sarojini K.
- Anand Ambardekar

Obituary

S. Ramanathan

Former Principal (1989 - 1996)

The dynamic vision of Former Principal S. Ramanathan along with his academic, administrative and human qualities had steered the SIES College to glorious heights. His commitment to academics in general and physics in particular was indeed admirable. He created a strong culture of discipline and left this legacy for the coming generations. He initiated many courses under his tenure as the Principal. He was meticulous, a task master, yet was very compassionate and caring towards staff and students. After his successful tenure in this college, he went on to take up the post of Rector at SIES College of Management Studies, Nerul. Tempering everything with understanding and sympathy, he always led from the front, thus exemplifying his motto, 'Pursuit of excellence'.



-Dr. Uma Maheswari Shankar, Principal



Dr. Rajalakshmi Amudan

Associate Professor, Department of Biotechnology (2003-2017)

It's rare to find a person with a soul of a warrior and an angel in one. All of us were lucky enough to find a passionate teacher like Dr. Rajalakshmi Amudan. She was not just our teacher or a guide but a friend and motherly figure for all her students. She encouraged her students to excel in academics as well as to show their potential in extracurricular activities during college festivals, conferences, seminars, and research projects.

Namita Railkar, MSc - Biotechnology

४ पुढारी मुंबई
शुक्रवार, २८ जुलै २०१७

शोधक्यात

माजी राष्ट्रपती ए.पी.जे.अब्दुल कलाम यांना विद्यार्थ्यांची श्रद्धांजली



धारावी : वालोहर
माजी राष्ट्रपती ए.पी.जे.अब्दुल कलाम यांना सायनच्या एस.आय.एस. महाविद्यालयाच्या विद्यार्थ्यांनी श्रद्धीय पुष्पविनिमिन अर्पण केले आहे. विद्यार्थ्यांनी कलाम यांच्या प्रतिमेसमोर मेणबत्त्या देण्याचे कार्यही केले. यावेळी महाविद्यालयाच्या प्राचार्यांनी डॉ. ए.पी.जे.अब्दुल कलाम यांच्या अनेक

अंगणवाडीला आहार पुर्वणाच्या महिला बचत गटाचा रोजगार संकटात

मुंबई : शासनाने ई टेंडरिंगच्या नावाखाली महिला बचत गटांच्या ऐवजी एकाच बड्या कायदेशीर संस्थेला संपूर्ण रज्यातील आहारचे कंत्राट देण्याचे कार्यस्थान राबवले जात आहे, यामुळे अंगणवाडीला आहार पुरवठ्याच्या महिला बचत गटांचा रोजगार संकटात सापडला आहे. असायसी महिला अंगणवाडी पुरवठा आहार कर्मचारी संस्थेत (असायसी) ज्या महिलांच्या संपादन करत आहे त्यांना आहार देण्यात येत नाही. महिला बचत गटांना आहार देण्याचे पत्रकारांनी बोलतांना दिली. महिला बचत गटांना आहार देण्याचे कंत्राट मिळाले, या मागणीसाठी अनेक महिला बचत गट एकत्रित आलेले होते त्यांनी शासनाच्या निगमासमोर निवेदन केले. महिला बचत गटांना ई टेंडरिंग कालावधीत २००६ पासून कमी रतत पुरवठा आहार देण्यात येत आहे. असायसी महिला बचत गटांचे कामगार सुद्धा त्यांच्यासारखे कामगार आहेत. त्यांच्या कामगार सुद्धा त्यांच्यासारखे कामगार आहेत. त्यांच्या कामगार सुद्धा त्यांच्यासारखे कामगार आहेत.

सायनमध्ये ओणमचा उत्साह...



धारावी : सायनच्या एस.आय.एस. महाविद्यालयात प्रतिवारि ओणम उत्सव जल्लोचन साहज्य करणारा आहार. महाविद्यालयाच्या मल्ल्यात असोसिएशनच्या वतीने कार्यक्रमाचे आयोजन करण्यात आले होते. ५० पेक्षा अधिक विद्यार्थ्यांनी विविध प्रकारचे पारंपरिक नृत्य प्रदर्शन सादर केले.

सायनमध्ये रण्यासाठी माटुंग्यामध्ये एकच लगबगा लागलेत पारंपरिक गोलू उत्सवाने



धारावी : कावोहर
सायनमध्ये रण्यासाठी माटुंग्यामध्ये एकच लगबगा लागलेत पारंपरिक गोलू उत्सवाने. सायनमध्ये रण्यासाठी माटुंग्यामध्ये एकच लगबगा लागलेत पारंपरिक गोलू उत्सवाने.

मुंबई TIMES

संस्कारांवर बोलू काही!

एसआयएसची 'व्हॅल्यू लॉव' चर्चेत

मुंबई : 'व्हॅल्यू लॉव' हा संस्कारांवर बोलू काही! एसआयएसची 'व्हॅल्यू लॉव' चर्चेत. मुंबई : 'व्हॅल्यू लॉव' हा संस्कारांवर बोलू काही! एसआयएसची 'व्हॅल्यू लॉव' चर्चेत.

FIREPOWER



Students check Indian Army weapons on display at SIES College, Sion, on Monday. SATYABRATA TRIPATHY/HT

संस्कारांवर बोलू काही! प्रतिनिधींचा समवेतता करून, या आणि इतर इनाम कमीभाटक शेतकरी संघटनेचे अध्यक्ष संजय पाटील यांच्या नेतृत्वाखाली शेतकरी आंदोलन केले. विविध पोषणांनी अतिरिक्तकामी राबविलेले शेतकऱ्यांचा अनेक प्रकारची आहेत. भारतीही देवस्थान दिल्ली गेरी शेतकरी संघटनेने सादर केले आहे. देवस्थान इनाम वर ३, जी देवस्थान इनाम वर ३ विकपाणिबद्धा तसेच कोणासाठी या शेतकरी संघटनेने आली. परंतु करणाऱ्या शेतकऱ्यांचे हान निसले नाहीत, असा या शेतकरी संघटनेचा मुद्दा आहे. हे अल्प पृथक् आहेत. सरकारने कमीत कमी इनाम देण्याचे व करणाऱ्या कुल शेतकऱ्यांना देण्याची शक्यता आहे. १९६७ साली त्या वेळेचा शेतकऱ्यांचा मार्गानुसार...

State board makes 20-mark maths



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 Student's 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
NACC REACCREDITED WITH 'A' GRADE, CGPA 3.51/4.00
BEST COLLEGE AWARD - UNIVERSITY OF MUMBAI

College of Arts,
Science &
Commerce

SIES College of Arts Science & Commerce

Sion (w), Mumbai: 400022