



**Vanita Vishram
Women's University**
Managed By: Vanita Vishram, Surat



SAPIENCE

**E-Newsletter for the
School of Science and Technology**

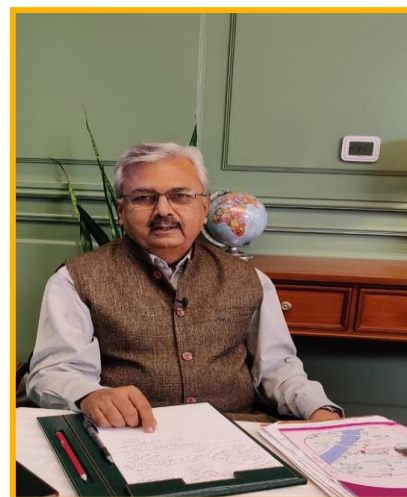
Month: September - November, 2021 Volume: 1, Issue:1

Message from Dr. Harish Padh Director- School of Science and Technology Provost, Vanita Vishram Women's University

Welcome to School of Science and Technology which aims to impart excellent education and training, based on the foundation of front-line research and innovation. SST strives to perform a teaching learning process which is innovative and is learning centric rather than teaching centric. Also, Extracurricular activities in SST help students to develop their social skills and learn how to work in a team to achieve their goal.

At the outset, I am pleased to announce the release of the monthly E-newsletter of SST. The introduction of this newsletter is the result of your confidence, creativity and innovation.

This will benefit all the students as they can now be aspired for greater heights by knowing about their Departmental achievements. This will also foster professional and social networking from time to time. The editorial team has initiated something that will continue to help and guide present and upcoming students. The students of SST should set standards and create environment so that they excel in their areas of interests and accordingly guide more and more in future. On our part, we will continue to swirl to make achievements for you. We wish you all the best in your endeavors.



Inauguration of Sattvam Diet Counselling Centre

Sattvam Diet Counselling Center, An Initiative of Vanita Vishram was inaugurated on 7th October, 2021 by our Guest of Honor Shri D. S. Gadhvi, District Development Officer at Surat District and Dr. Rupal Shah, a renowned Obstetrician & Gynecologist at Rupal Hospital, Surat. Dr. Pradip Desai, President, Vanita Vishram, Mr. Haresh Mehta, Honorary Secretary, Vanita Vishram, Dr. Harish Padh, Provost, VVWU (Virtually) & Dr. Imran Surti, I/C Registrar were present in the Inaugural Ceremony.

The coordinators of the Diet Counselling Centre are Dr. Manisha Vyas and Dr. Shilpee Agrawal, Assistant Professors, Department of Food and Nutrition who had conceptualized and established the centre which has the state-of-art infrastructure and latest equipments for Body Impedance Analysis. This centre is open for all and would help in fostering the health and wellness of people. The students of P.G. Diploma in Dietetics had hands on experience by contributing in the smooth functioning of the Inaugural Ceremony.



Inauguration of Sattvam Diet Counselling Centre

Rotary Youth Leadership Award (RYLA)

Rotary Youth Leadership Award (RYLA) an intensive leadership experience was organized by Rotary Club of Surat for students of Masters in Nutrition and Dietetics and P. G. Diploma in Dietetics, Department of Food and Nutrition as their Induction programme. Five days RYLA programme was conducted from 14th- 21st October, 2021 with an objective to encourage and assist selected youth leaders by providing them with a training experience to become responsible and effective volunteers.

Five lectures arranged on different topics by eminent Community Leaders and Inspirational Speakers from various field of expertise as follows:

- How to be a good speaker & listener by Mr. Nikhil Madrasi
- Team Building & Leadership by Dr. Niket Shastri
- Brand Building by Dr. Purvi Kothari
- Goal Setting by Dr. Manisha Vyas
- Unlock Your Potential by Dr. Trupti Patel

The event was coordinated by Dr. Manisha Vyas and Dr. Shilpee Agrawal along with Rtr. Bheesma Jariwal, President-2021 and Dr. Niket Shastri, Programme coordinator of RYLA. The training has boosted the confidence of students and exposed them to many phases of leadership.



PABULUM- A monthly Lecture Series

1st Session on “Nutrigenetics”



The poster for the lecture series includes the following text:

Managed by Vanita Vishram, Surat
Vanita Vishram Women's University
(School of Science and Technology)
in collaboration with
Sheth P.T. Mahila College of Arts and Home Science
(Department of Food Science and Nutrition)

Monthly Series - "Pabulum"
on
Nutrigenetics: Gene-Food Interface

Let's Celebrate
National Nutrition Month, 2021
Theme: "Converging Towards a Healthy Walk Through Life"

Resource Person:
Dr. Harish Padh
Provost
Vanita Vishram Women's
University, Surat

25th September, 2021 K.B. Marfatia Hall,
SPTMC, Surat
1:30 to 2:30 pm For Registration, scan

Dr. Imran Surti I/C Registrar Dr. Vrajesh Patel Principal Dr. Pradip Desai President
Dr. Shilpee Agrawal Dr. Manisha Vyas Programme Coordinators

The photos show a speaker on a stage with a presentation screen, and a group of people participating in a traditional lamp-lighting ceremony.

PABULUM- A monthly Lecture series, an Initiative of Department of Food and Nutrition was started to address the needs of the students and practicing dietitians by providing comprehensive information of the current concepts on Nutrition. The first session was organized on Nutrigenetics: Gene-Food Interface on 25th September, 2021. The resource person for the session was Dr. Harish Padh, Provost, Vanita Vishram Women's University, Surat.

The session focused on how the integration of biology, genomics, and health has opened the possibility of applying genomics technology to nutrition. Genomics and related areas of research have contributed greatly to understand the cellular and molecular mechanisms of underlying diet-disease relationships. The session was coordinated by Dr. Shilpee Agrawal and Dr. Manisha Vyas. The participants were faculties, practicing dietitians of Surat city, students of P.G. Diploma in Dietetics and Bachelors of Food Science and Nutrition.

MOU Signing with IAPEN Indian Association, Surat Chapter

Memorandum of Understanding was signed between Vanita Vishram Women's University and IAPEN Indian Association, Surat Chapter on 7th October, 2021. IAPEN, Indian Association for Parenteral and Enteral Nutrition promotes basic research, clinical research, advanced education, organization of consensus statements about clinical care and quality control. Dr. Saumin Shah-President, Dr. Bidita Shah-Honorary Secretary and RD. Amita Tambekar-Treasurer represented IAPEN Surat chapter and on the behalf of VVWU, Dr. Pradip Desai-President, Mr. Haresh Mehta-Hon. Secretary, Dr. Harish Padh-Provost (Virtually) & Dr. Imran Surti, I/C Registrar graced the ceremony.

Dr. Manisha Vyas & Dr. Shilpee Agrawal, Assistant Professors of VVWU and office bearers of IAPEN, Surat chapter coordinated the MOU Signing.

This collaboration will promote the effective use of each other's resources and fostering research skills, organizing scientific/technical meetings and associated activities. The research training and exposure provided to students and faculty through this partnership will build confidence and prepare the students to have a smooth transition from academics to industry.



Diet Counselling session with IMA Women Doctors Wing, Surat



A session on Wellness was organized for Women Doctors Wings of Indian Medical Association on 23rd October, 2021 by Dr. Parul Vadgama Honorary Chairperson of Vanita Vishram Wellness Institute. Dr. Mitali Garg, Dr. Mannu Jain and Dr. Diptiben Patel, the office bearers and 60 other women doctors attended the counselling session.

Dr. Manisha Vyas and Dr. Shilpee Agrawal, Coordinators of Sattvam Diet Counselling Centre addressed the participants on importance of diet in relation to body composition. The details about infrastructure, equipments and functioning of Sattvam diet counselling centre was also explained along with Diwali bonanza offers.

Talent Hunt- 2021

Talent Hunt is an event, which gives a platform to students to represent their talents in any field. It not only helps the participating students to show their abilities but also motivates other, students, to come up front and show their hidden potential.

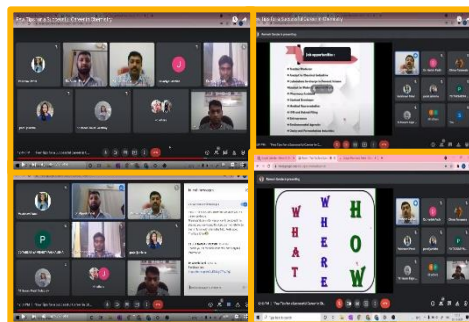
The Talent Hunt was organized on 23rd October, 2021 by Department of Food and Nutrition for the students of Masters in Nutrition and Dietetics and P.G. Diploma in Dietetics. Students participated enthusiastically in this event and showcased their talents magnificently like Poem recitation, dancing, singing and treasure hunt. The Treasure Hunt helped them to explore various areas of the campus.



Webinar on “Few Tips for a Successful Career in Chemistry”

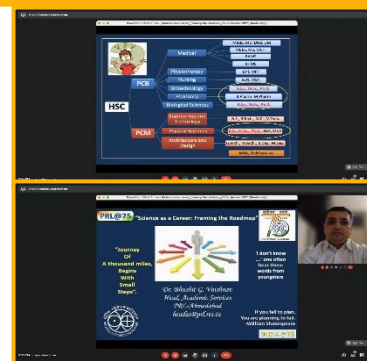
A webinar on “Few Tips for a Successful Career in Chemistry” was organised by Department of Chemistry on 9th October, 2021 with the aim to orient students about career opportunities within science and technology with special focus on chemistry subject. The event was coordinated by Assistant Professors - Dr. Yogesh K. Kadam and Dr. Alpesh Patel.

The resource person for the session was Dr. Ramesh L. Gardas, Professor, IIT Madras, Chennai. After the session, students got awareness on the social, economic, environmental and technological implications of Chemistry as a career.



Expert lecture on “Science as a Career: Framing the Roadmap”

An Expert Lecture on “Science as a Career: Framing the Roadmap” was organized on 4th September, 2021 by Dr. Hardik K. Desai and Dr. Sanjay Patel under Department of Physics. The lecture was delivered by Dr. Bhushit Vaishnav, Head, Academic Services Physical Research Laboratory. He explained about the various career options accessible after finishing higher school education in the context of employability. Information on various exam scheme and scholarship for entering to the higher studies such as PhD and Post-doctoral studies were also covered in the session. About 100 students of Undergraduate program and Faculty members have attended the lecture online platforms through Google Meet and YouTube Live Streaming.



Orientation Programme

The Orientation programme “DISHA 2021” was organized on 20th September 2021 for the B.Sc. first year students. The main aim of arranging the orientation programme for the first year students was to introduce students to the college life and incorporating them to the university. More than 120 students were present during the function, along with all the faculty members of School of Science and Technology and Sheth P.T. Mahila College of Arts and Home Science. The programme was coordinated by Dr. Darshana Rana and Dr. Hitesh Jasani.

VANITA VISHRAM WOMEN'S UNIVERSITY
Managed By: Vanita Vishram, Surat

School of Science and Technology

Induction Programme
(Department of Chemistry, Microbiology, Biotechnology)

DISHA 2021

Embrace a new perspective.....

:: Venue ::
Marfatia Hall
School of Science and Technology Building
Vanita Vishram Campus, Surat

20-9-2021 **1 PM**



The Gut Feeling! – Insights of Gut-Brain Psychology

It is fascinating to know that Human gut microbiome plays an important role in brain physiology, function, and behaviour. According to gut-brain psychology, the gut microbiota is a crucial part of the gut-brain network and produce hundreds of neurochemicals that regulate mental processes such as learning, memory and mood. The gut microbiota is involved in the pathophysiology of numerous mental and neurological diseases. Here are some interesting facts that throw light on the link between the gut microbiota and psychology of brain. Gut bacteria manufacture about 95 percent of the body's supply of serotonin, which influences both mood and GI activity. Your gut is often referred to as the second brain, the only organ to boost its own nervous system, with network of 100 million neurons. Change in your diet can improve gut microbiome in just 3 days and also your state of mind. Particular strains of gut bacteria can reduce anxiety and depression. Sleep and your gut microbiome are interconnected. Normal Psychology and behaviour cannot exist without gut microbiota. Cognitive functions, including learning capacity and memory, are closely related to the gut microbiota. Social interaction and reproductive behaviour are strongly linked with the commensal microbiota. Children with autism often have abnormal and less diverse communities of bacteria in their gut.

Undoubtedly, gut-brain psychology will bring great enhancement to neuroscience and psychiatry. The future scope of psychobiology including treatments of depression or anxiety by analysing a patient's gut bacteria is probably far away. Still, a striking interest have been found in researches describing that to fully understand our emotions and behaviours, we need to study the gut as much as the brain.

Dr. Ishita Desai
Assistant Professor
Department of Microbiology

आरंभ - A New Beginning...

Orientation Programme for the maiden batch of BCA

Orientation programme for FY BCA students was organized by the BCA Department, School of Science and Technology on 8th September, 2021. The purpose of this programme was to make students aware about the university, BCA programme, faculties, etc. Also, few interesting games and activities were organized to break the ice.



CompDay – Let's explore your computer skills

To find out basic computer skills of the BCA students, CompDay was organized by BCA department on 9th September, 2021 wherein different computer related tasks were given to the students. (i. e. to work with Word, PowerPoint, Excel, Internet Surfing, Email etc.)



Navratri Celebration

As a part of cultural celebration on account of Navratri, Garba & Dodiya program was organized by BCA department. Indeed, it was a joyous one!



Gandhi Jayanti & Lal Bahadur Shastri Jayanti Celebration

On the occasion of Gandhi Jayanti & Lal Bahadur Shastri Jayanti on 2nd October, different competitions like Essay Writing, Elocution & Drawing Competitions were organized by the BCA department on the theme related to Gandhiji & Lal Bahadur Shastri.



Let's celebrate this Diwali by helping the People, Because of whom we are safe!



As a part of social responsibility, BCA students tried to make their Diwali brighter by offering Diwali gift to the security staff of Vanita Vishram. This was a small gesture of appreciation towards the care and safety provided by them.

Diwali Decoration Get Involved! Talk, Do & Listen

On the occasion of Diwali, to make the students understand their responsibility, how to work collectively, a Diwali decoration task was given to the students and the decoration done by the students was beautiful and astonishing!



Nobel Prize in Physics 2021 Humanity's Role in Changing Climate

Syukuro Manabe, Klaus Hasselmann and Giorgio Parisi shared the $\frac{1}{4}$, $\frac{1}{4}$ and $\frac{1}{2}$ of the Nobel Prize 2021 for their work that is essential to understanding how the Earth's climate is changing, pinpointing the effect of human behavior on those changes and ultimately predicting the impact of global warming. Work of the trio demonstrated that our knowledge about the climate rests on a solid scientific foundation based on a rigorous analysis of observations.

Complex physical systems, such as the climate, are often defined by their disorder. Nobel Laureates this year helped us bring understanding to what seemed like chaos by describing those systems and predicting their long-term behavior. The importance of their work has only gained urgency as the forecast models reveal an increasingly dire outlook if the rise in global temperature is not arrested. Intergovernmental Panel on Climate Change (IPCC) formed by United Nations reported in August 2021 that, 'Global average temperature will rise by 2.7 degree Celsius by end of this century even if all the countries meet their promised emission cuts under the Paris Agreement'. That temperature rise will likely bring the more extreme wildfires, draughts and floods.

Dr. Hardik Desai
Assistant Professor
Department of Physics

Upcoming Days to Celebrate:

- December 1 - World AIDS Day
- December 2 - World Computer literacy Day
- December 2 - National Pollution Prevention Day
- December 12 - International Universal Health Coverage Day
- December 14 - National Energy Conservation Day
- December 29 - International Day for Biological Diversity

Upcoming Days to Celebrate:

- PABULUM- A monthly Lecture series, Session 2: Obesity Management: Ways & Means
- Saturday Musings: Metal Health in an Unequal World

::Editors::

**Dr. Shilpee Agrawal
Dr. Hardik Desai**

::Technical Support::

Er. Krina Desai