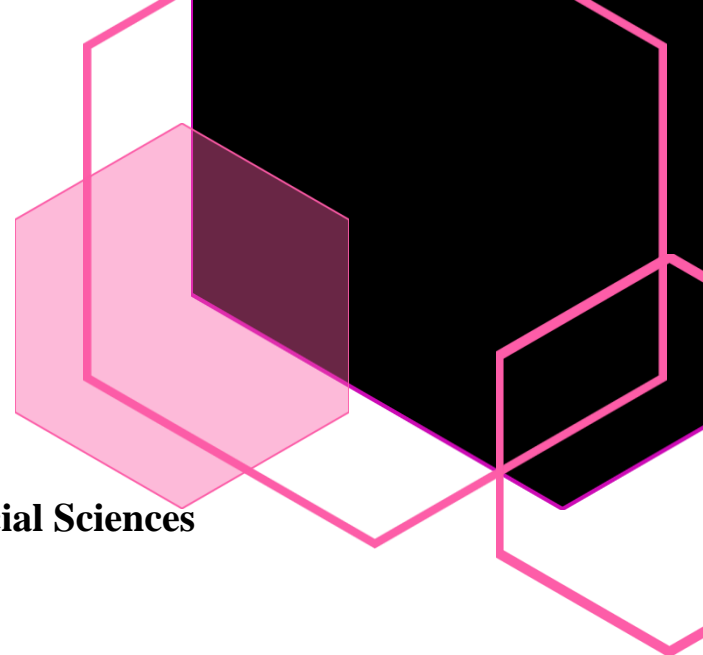




**Vanita Vishram
Women's University**



Managed By: Vanita Vishram, Surat



MAGNIFIQUE

E-Newsletter for the School of Humanities & Social Sciences

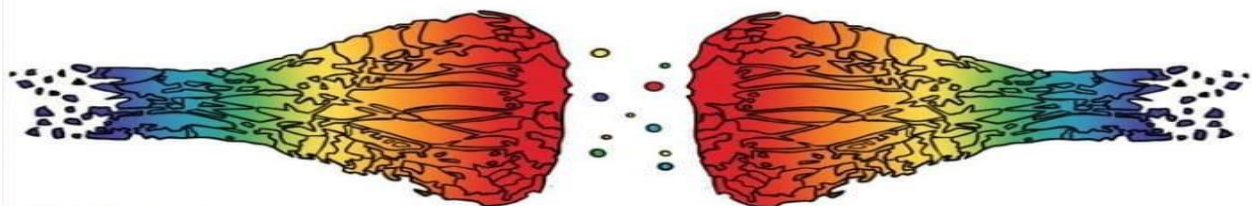
Month: March-June Volume: 2, Issue: 3

Message from the Coordinator of SOHASS & Asst. Professor: Dr. Gauravkumar Thakarar



A warm and affectionate welcome to all the students, I firmly believe that education should foster confidence, discipline, clarity in thought and decision making ability to set and achieve goals, and about all academic responsibilities as a life-long process “Without efforts you can’t win the battle but if you do so no one can stop you from winning.” At Vanita Vishram women’s University , the core program of study is not only proposed for attaining knowledge, although to support student’s spiritual, moral, communal and creative development to get outfitted them for the opportunities, responsibilities and understanding of life. Our team of committed, devoted, energetic and dedicated faculty members who are student- mentor’s and learning facilitators, ensure quality education and create a congenial, conducive, academic and professional environment at this temple of knowledge & learning. We ensure our students achieve excellence in education by using the highest standards of quality, innovation and visibility.

THE DEPARTMENT OF PSYCHOLOGY



PSYNAPSE 2023

BRIDGING SOCIETY AND MENTAL HEALTH

PRE-PSYNAPSE ACTIVITIES

The Department of Psychology hosted a Psychology Fest: PSYNAPSE-2023. To welcome the festivities, awareness regarding the Fest and Mental Health started 2 weeks prior to Psynapse. These pre-events were known as "Pre - Psynapse." Under this, the Department of Psychology conducted events at two levels, namely at University level and Department level. The competitions of Pre-Psynapse were conducted both offline and online. The total number of participants for Pre-Psynapse competitions was 388 students, out of which offline competitions had 235 participants and online competitions had 153 participants. The Pre-Psynapse events aimed to create Mental Health Awareness and the response that we received from the participants was truly exhilarating.

EXTEMPORE COMPETITION: It was focused on developing psychological skills and holistic learning for all the Psychology students of the department on Tuesday, 7th February 2023. The event took place at Marfatia Hall at 9:00 AM. There were 16 participants and every student in our department had the opportunity to experience competitive excellence. The topics for the Extempore Competition were related to Mental Health. Some of the topics were: Living in the Non-Binary world, Is Manifesting real?, Mindful or Mindful, and many more. The judges for the event were Ms. Mahek Agrawal & Ms. Simran Sharma, two faculty members of the Department of Psychology. The judges also praised the level of effort put into making the event a success. This event helped the participants to enhance their public speaking and oratory skills. This event turned out to be a huge success, as well as productive and fun. The winner of the Extempore Competition was LUBNA SAYYID. The entire event was organized by the students of the Psychology Department under the able guidance of our professors and the Head of the Department, Dr. Aditya Farsole.

T-SHIRT PAINTING COMPETITION: This Competition was focused on developing artistic skills and holistic learning for all the students of the University on Wednesday, 8th February 2023. The event took place at Marfatia Hall at 8:00 AM. There were 37 participants and every student in our department had the opportunity to experience competitive excellence. The theme for the T-shirt Painting Competition was "Mental Health Awareness." The event was embraced by the presence of Shri Manhar C. Desai, Secretary, Vanita Vishram. The judges for the event were Ms. Mahek Agrawal & Ms. Simran Sharma, two faculty members of the Department of Psychology. The judges also praised the level of effort put into making the event a success. This event helped the participants enhance their artistic and innovative skills. This event turned out to be productive, fun, and colorful. During the event Zen Music was played which are important elements of Expressive Art Therapy, making it quite relaxing for the participants. The winner of the T-shirt Painting Competition was ANIKA DHIMAN.

POSTER-MAKING COMPETITION: A POSTER MAKING Competition which focused on developing artistic skills and holistic learning for all the students of the University on Wednesday, 8th February 2023. The event took place at Marfatia Hall at 10:00 AM. There were 57 participants and every student in our department had the opportunity to experience competitive excellence. The theme for the Poster Making Competition was "Mental Health Awareness." The judges for the event were Ms. Mahek Agrawal & Ms. Simran Sharma, two faculty members of the Department of Psychology. The judges also praised the level of effort put into making the event a success. This event helped the participants enhance their artistic and innovative skills. This event turned out to be productive, fun, and colorful. During the event Zen Music was played because of which the event seemed like Art Therapy, making it quite relaxing. The winner of the Poster-Making Competition was MAHEK CHAMADIA

PHOTO HUNT: The Department of Psychology organized a PHOTO HUNT for all the students of the Department of Psychology on Tuesday, 14th February 2023. The event took place at GROUND, NEAR BAJI GAURI OPEN AIR THEATRE at 8:00 AM. There were 125 participants in all. Based on which 25 groups were formed including 5 members each. All participants of the Photo Hunt had the opportunity to interact with each other and work as a team. There were a total of 20 clues that covered the entire campus. The aim behind doing Photo Hunt Competition was Team building between students and making students acquainted with the campus. This event focused on skill development such as Rapport building, Brainstorming, Problem solving and many such abilities which are very important aspects of Psychology.

The winners of the PHOTO HUNT COMPETITION were:

1. Vaani Mittal
2. Priya kothiya
3. Jennifer George
4. Fiza Shaikh
5. Humera Sodagar

The winners were decided on the basis of time and accuracy of riddle solving. The entire event was organized by the students of the Psychology Department under the able guidance of our professors and the Head of the Department, Dr. Aditya Farsole.

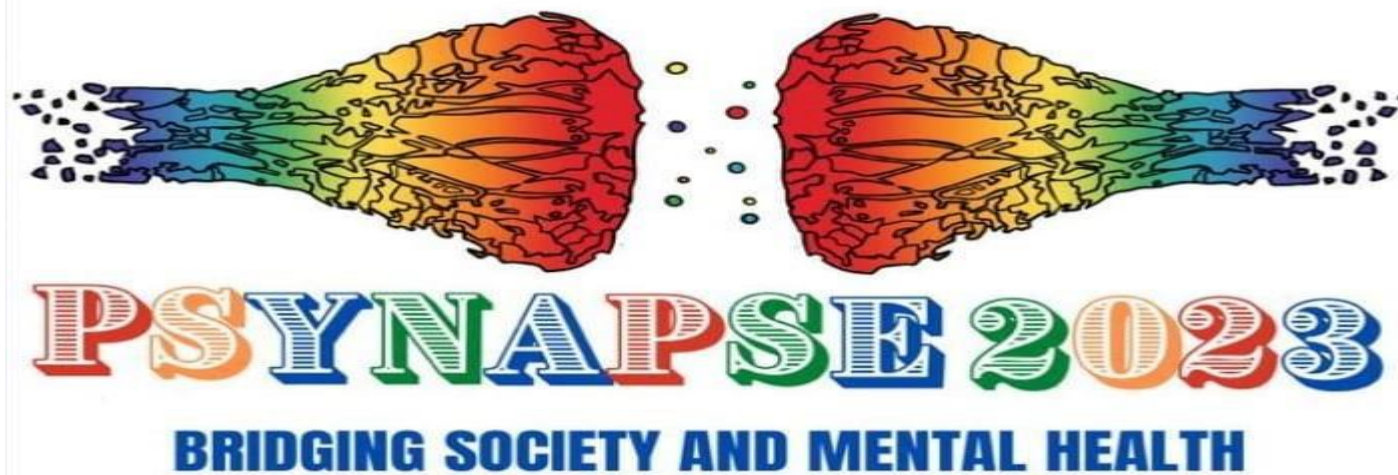
PHOTOGRAPHY COMPETITION: This Department of Psychology conducted an online “PHOTOGRAPHY” Competition at the University level on Monday, 6th February, 2023. The theme of the competition was “MENTAL HEALTH AWARENESS”. This event saw a participation of 46 students from all over the university. The judges of this competition were faculty members from the Department of Psychology, Ms. Simran Sharma and Ms. Mahek Agrawal. The responses of the participants were collected via Google Forms. This competition helped participants to widen their creative, innovative and photography skills. The winner of the Photography Competition was ALEEZABANU MOHAMMED AFRZ SHAIKH.

REEL MAKING COMPETITION: This Department of Psychology conducted an online “REEL-MAKING”

Competition at the University level on Wednesday, 8th February 2023. The theme of the competition was “MENTAL HEALTH AWARENESS”. This event saw the participation of 18 students. The responses of the participants were collected via Google Forms. This competition helped participants to widen their cinematography and innovative skills. The winner of the REEL MAKING COMPETITION was KAVYA BAWASKER.

DIGITAL ART COMPETITION: Under this Department of Psychology conducted an online “DIGITAL ART ” Competition at University level on Thursday, 9th February, 2023. The theme of the competition was “MENTAL HEALTH AWARENESS”. This event saw participation of 14 students. The responses of the participants were collected via Google Forms. This competition helped participants to widen their artistic, creativity and innovative skills. The winner of the DIGITAL ART COMPETITION was DIMPAL GUPTA.

QUIZ COMPETITION: An online “QUIZ” Competition at University level on Monday, 13th February, 2023. The theme of the competition was “MENTAL HEALTH AWARENESS”. This event saw participation of 75 students from all over the university. The QUIZ was of 100 marks and out of 75, 12 students scored 100/100. The responses of the participants were collected via Google Forms. This competition created wide-spread awareness about mental health amongst participants.



The department of Psychology annually organizes Psychology Fest

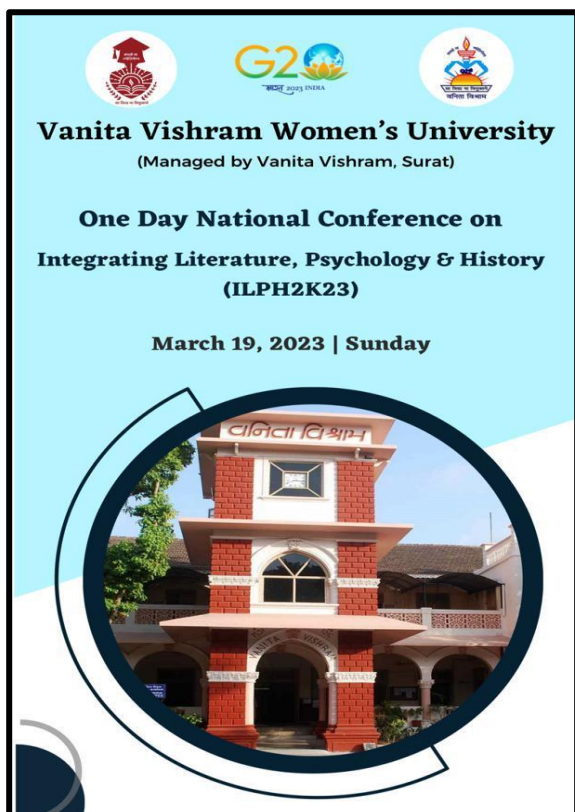
PSYNAPSE

The event was celebrated on 17th February, 2023 Friday. The venue for the fest was BAJI GAURI open air THEATER. The Fest- “PSYNAPSE” pursues at bridging the gap between the Society and mental health and to unfold mental health consciousness and it is crucial to take care of your mental health. mental health consists of our emotional, psychological, and social well-being. It affects how we think, experience, and act. Mental health is essential at every level of life, from early life and adolescence to adulthood. The event promoted mental health through psychological games, Experiments and it created awareness about careers in Psychology, department of Psychology of Vanita Vishram women’s college and it additionally pointed out women stereotypes, named as O Womaniya. The dignitaries of the event who embraced the Fest through their presence were: Dr. Kishoresinh Chavda, he's the Vice Chancellor of Veer Narmad South Gujarat college. Dr. Daxesh Thakkar, he's the provost of Vanita Vishram women’s college. Shri Manhar C. Desai is the secretary of Vanita Vishram women’s college. The event commenced at 9:00 AM sharp with Deep Prajwalan via respective dignitaries in the presence of Dr. Aditya Farsole, Head of department. The event was opened via a magnificent cultural performance by the students of the department of Psychology. After this the stalls were opened and respective dignitaries visited each stall. The footfall of the event turned into 2500.

THE DEPARTMENT OF ENGLISH

One Day National Conference

Integrating English, Psychology and History



One Day National Conference on Integrating English, Psychology and History had been organized to open new doors towards understanding of “Interdisciplinary wisdom”. The aim was to generate fresh perspectives and rich experiences to broaden the understanding of the subjects. As Carl Jung has rightly proposed that “Human Psyche is the womb of all the sciences and arts.” Literature, Psychology and History are not just subjects to be studied, but are powerful tools that can help us gain a deeper understanding of the human experiences. Dr Nigam Dave, Director at the School of Liberal Studies, PDEU, Gandhinagar, graced the conference as the keynote speaker for the day. Dr Dave’s thought-provoking lecture on “Breaking down the Silos for Transdisciplinary Wisdom” was a highlight of the conference and it definitely set the tone for the rest of the conference. His engaging lecture opened new doors towards our understanding of “Interdisciplinary wisdom”. It was truly an honor to have Dr. Dave with his innovative ideas which would continue to resonate with us for a long time to come. We were incredibly fortunate to have Prof. Madhurita Choudhary, Dr Jaya Rajagopalan, and Dr

Radhika Seshan as our eminent subject experts. We had the privilege to host a very diverse group of resource people who brought their vast expertise and experiences to share with us. Prof. Madhurita Choudhary from the Department of English at the M.S. University, Baroda, delivered a lecture on, Her story “the act of looking back”-Revisiting History through poetry” which was a captivating exploration. Her insightful perspectives certainly left a lasting impression on all the delegates.

Adding on to the diverse palette, Dr Radhika Seshan, a Retired Professor and Former Head at the Department Of History, Savitribai Phule Pune University, Pune, enriched this conference with her enlightening lecture on “The Changing Trends in Travel Literature”. Her fresh perspective and rich experiences broadened our understanding of the subject. It was an absolute pleasure to hear her speak and share her experiences with the participants.

Last but not least, Dr Jaya Rajagopalan, Head of the Department of Psychology at Saint Mira’s College for Girls, Pune, delivered an invaluable lecture on “Introducing Psycholinguistics”. Her thought-provoking insights on the relationship between psychology and language contributed to the interdisciplinary discussions that took place during the conference.

In addition to the distinguished keynote speaker and the eminent subject experts, it was the valuable contributions from the presenters and participants that truly made the conference, Integrating Literature, Psychology & History an overwhelming success. We are extremely pleased to report that we had a fantastic turnout for our conference with a total of 193 registrations. We had a diverse group of participants with 74 individuals attending the conference, and 119 presenters who showcased their research and expertise. Furthermore, this conference saw participation from 30 different prestigious institutions. We also got representation from participants from outside Gujarat. We had 6 parallel paper presentations where in session I there were 8 presentations, in session II there were 9 presentations, in session III there were 11 whereas in Session IV, V and VI there were 15 presentations each.

Parents Teacher Meeting : A Parent Teacher Meeting of the Department of English, School of Humanities and Social Sciences, Vanita Vishram Women's University was conducted on 11th March, 2023 to discuss the performance of FYBA, SYBA, FYMA and SYMA students with their parents. The main objective of the meeting was to create a common platform for the teachers and parents, where they could interact with each other regarding the overall development of the students and to enrich the student's educational experiences. The meeting was conducted on one-to-one basis with the Parent/Parents of each student, wherein the Class Mentors discussed their ward's performance and provided necessary mentoring and counseling for the same. The PTM came to an end with the conclusion that joint effort, mutual understanding and cooperation of parents and teachers is very important for the proper nourishment and progress of students.



Remedial Lectures 2022-23: In order to help the students who were unable to clear their subjects in University Examinations held previously, the Department of English scheduled and conducted remedial lectures for the students having ATKT in semester One, Two and Three. The lectures had been conducted from 6th March, 2023 till 18th March, 2023 as University ATKT examinations were to begin from 20th March, 2023. During these classes one to one counseling, doubt solving sessions, time management during the exams, taking class tests, detailed answer writing, and such other methods were used. Faculties assisted the students by providing them with a question bank, explaining some topics in easier language, emphasizing on written practice of answers, etc. Faculties also asked the students on one-to-one basis about the area of difficulty faced by them and doubt solving sessions were conducted. Students were explained various topics and then they were asked to write the answers and give them for evaluation. This helped the students not only in clearing their doubts, but also in gaining an understanding of the evaluation process and the desired way of writing answers in exams.



Faculty Achievements:



Dr. Anita Anamika Talesara, Asst Professor of English was awarded by former president of our country honorable Shri Ramnath Kovind for her research work, "A COMPARATIVE STUDY ON ENGLISH AND HINDI LANGUAGE EDUCATION FOR WOMEN EMPOWERMENT IN RURAL AREAS".

THE DEPARTMENT OF HISTORY

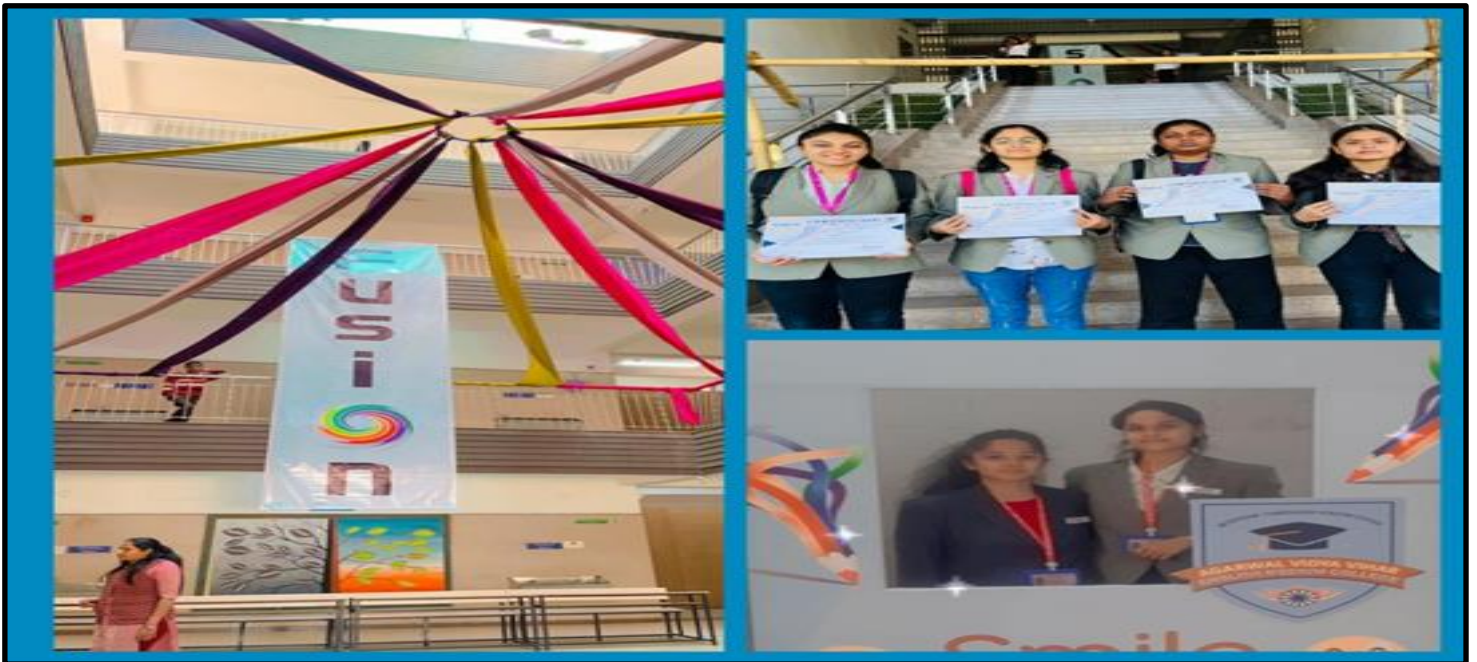
Participation in Inter-College Debate Competition



The students of History Department, SOHASS participated in Inter-College Debate Competition Titled: UTKARSH 2023, Tark-Vitark on 04 February, 2023 at BRCM College, Surat, where in 3 students participated enthusiastically.

Inter-College Quiz Competition

The students of History Department, SOHASS participated in Inter-College Quiz Competition, Titled: Fusion 2023, Tark-Vitark on 11 February, 2023 organized by Agarwal Vidya Vihar College, Surat, where in 6 students participated enthusiastically.



Participated in a Symposium titled: on Centre-City Dialogue on Migrants the City: Industry, Labour and Migration



The students of History Department, SOHASS attended a Symposium titled: Migrants the City: Industry, Labour and Migration organized by our MoU Partner, Centre for Social Studies, VNSGU, Surat, on 16 June, 2023 wherein 9 students participated. It was an event where students learnt about the migrant population strength in the city, their locality, issues and problems faced by them on a day to day basis. Also the students got an opportunity to listen to workers, Union Leaders and NGO associations working for the upliftment and betterment of the city migrant workers. The symposium was coordinated by Dr. Vidushi Choksi.

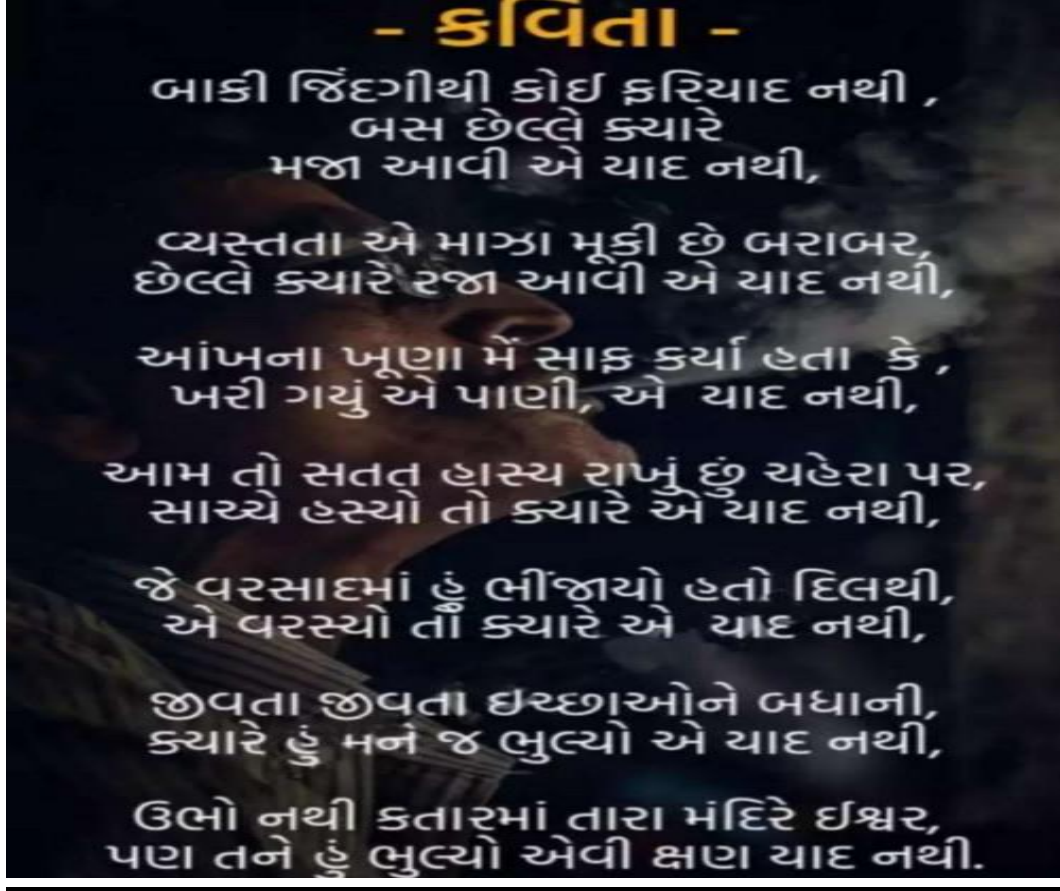
Invited as a Guest Speaker at a Cycle Rally Celebrating the Azadi Ka Amrut Mohatsav: In Remembrance of India's First Struggle for Independence, 1857

Organized by Central GST & Custom Department in Surat



Dr. Vidushi Choksi, HoD of the Department of History was invited as a Guest Speaker at a programme organized by the Central GST & Custom Department Officer and Staff at Officer's Gymkhana on 10 May, 2023. The programme was organized to celebrate and remember India's First Organized Struggle for Independence. It also encompassed the themes of Unity in Diversity, Health and Wellness.

The Department of Hindi and Gujarati

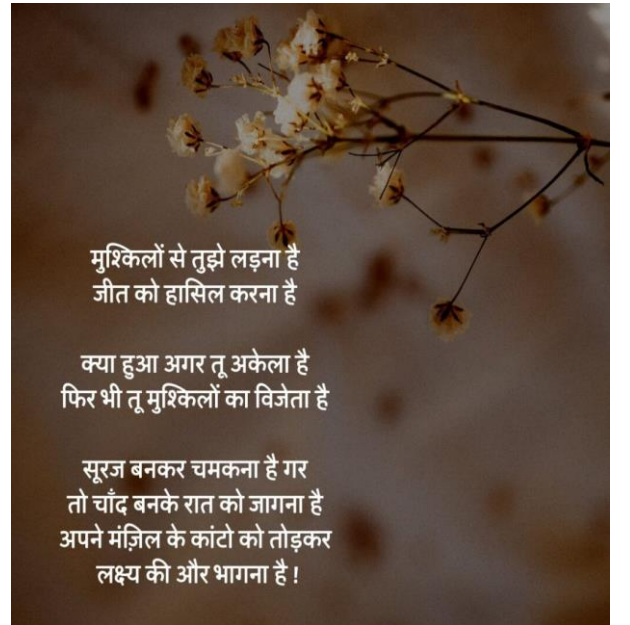


તટ પર बैठे बैठे तेरे.....
हाथ कहां कुछ आयेगा।

रत्न मिलेंगे तुझको जब
सागर के तह मे जायेगा।।

कुछ ना आये हाथ.....
समझना डुबकी अभी अधूरी है।

चाहे जितना भी मुश्किल हो
पहला कदम जरूरी है।



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