



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



MAGNIFIQUE

E-Newsletter of School of Humanities & Social Sciences

Months: February-March, 2022 Volume: 1, Issue:3

Hello everyone! I'm Kamy Vyas from M.A. Clinical Psychology, Vanita Vishram Women's University. I recently completed my 1st Semester of the Masters Program and the experience was beyond my expectation. The Professors are exceptionally

supportive and always encouraging in any new endeavors. They genuinely care about me and other students and are open to suggestions and discussions. I really enjoy the teaching methods which are so innovative and varied that makes me want to study and know more about Psychology and other disciplines. The different methods through which we learnt are group discussions,

class activities, presentations, movie screenings and many other methods. We are groomed in such a way that we are ready to work in the field. I can truly say that I have developed a lots of skills throughout the first semester which has helped me in academics as well as in life.

Vanita Vishram has been my home for the past 3 years and I was so happy when I found out that I will be starting my journey of Masters in Vanita Vishram Women's University. I absolutely love the fact that the university is huge surrounded by lush green gardens and the infrastructure is really good with well ventilated classrooms. What I found different and unique here is the General Elective subject offered to all the students. Its so fun to learn different subjects and then to be able to integrate it with Psychology for me is the best part. Also it's a great experience to study with the UG/PG students from other departments.

To sum it up, I would just like to say that I'm so glad to have chosen Vanita Vishram Women's University for my Masters in Clinical Psychology because of the excellent teaching methods, exceptional course content and the ever-supportive professors. I am excited for my upcoming semesters. Glad to be part of the VVWU Family!



I am so blissful to share my experience about the Semester one of F.Y.B.A- HISTORY in Vanita Vishram Women's University.

In the beginning of this semester, I was extremely intimidated by college and was nervous that I would not be able to continue with the subject of History. This was my first time learning world history. I thought that the work would be much more difficult, but the teachers taught with a smile and made the difficult concepts easy through examples and effective teaching. After the first month or so, I began to enjoy the classes and now I feel like I have definitely adjusted well to the college atmosphere. We Had done many project works, open book tests, and activities like Solving historical mysteries through science, which was something I had never experienced. For the first time I am very proud of myself for getting through and I am determined to improve in the next semester. It was a very wonderful experienceduring the First semester of my university !!



Annual Sports Day

16 February, 2022

LONG JUMP



SHOT PUT



BALL PASS RELAY



4x100 Relay Running



School of Humanities and Social Sciences

The much awaited Annual Sports Day of the School was organized on 16 February, 2022 wherein 80 students participated in different Sports events like 100 Meter running race, Long Jump, Shortput, Sack Race, Lemon and Spoon, Three Legged Race etc. the following are the winners: The much awaited Annual Sports Day of the School was organized on 16 February, 2022 wherein 80 students participated in different Sports events like 100 Meter running race, Long Jump, Shortput, Sack Race, Lemon and Spoon, Three Legged Race etc. the following are the winners:

Name of the Student	Name of the Competition	Position
Mahida Sweta	100 M Running	1 st
Mahida Sweta	Long Jump	1 st
Vyas Irene	Shot Put	1 st
Ezhava Mridula	4x100 Relay Running	1 st
Singh Shivani	Lemon N Spoon	1 st
Shaikh Gulnaz Patel Sadiya	Triple Leg Race	1 st
Singh Shivani	Sack Race	1 st
Pandya Priyadarshini	Skipping Race	1 st
Singh Manisha Devda Jinal Prajapati Nancy Suthar Sangeeta Vasava Princy	Ball Pass Relay	1 st
Singh Manisha Devda Jinal Prajapati Nancy Suthar Sangeeta Vasava Princy Ezhava Mridula Singh Shivani Shastri Aishwarya	Tug-of-War	1 st

The School of Humanities & Social Sciences organised an expert talk on the occasion of International Women's Day on 08 March, 2022. An endocrinologist Dr. Akanksha Pathria was invited to talk on Hormonal Imbalances from Adolescence to Adulthood. 120 students participated for the talk.

**BALANCE YOUR HORMONES,
BALANCE YOUR WHOLE LIFE**



VANITA VISHRAM WOMEN'S UNIVERSITY

**AN EXPERT TALK SESSION ON
HORMONAL IMBALANCES**



SCHOOL OF HUMANITIES & SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

The Department of Psychology feels very strongly regarding the Emotional Health of its students and in order to create more awareness regarding Emotional Intelligence (using edutainment as a tool) a Movie Screening: “INSIDE OUT” was organized on 23rd March, 2022, in the Wolfgang Kohler Psychology Lab. At the end of the movie screening the students were asked to submit a write up regarding their biggest take away from the movie. The students reported to have enjoyed this movie screening.

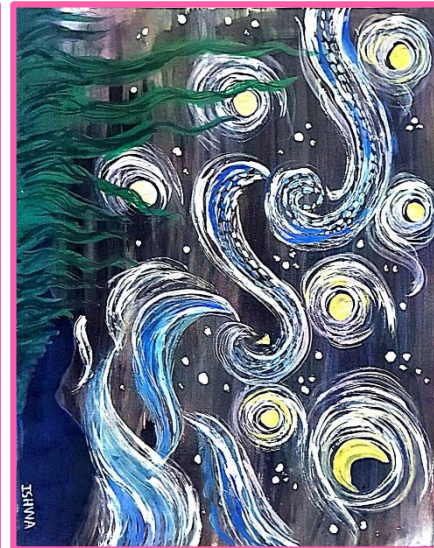


The Department of Psychology offers a Masters Program in Clinical Psychology. In order to create insight in the students regarding the job opportunities and career scope in Clinical Psychology, a session was organized at the Marfatia Hall on the 26th February, 2022. For this session Ms. Pallavi Patwari was the resource person who is a leading practicing Clinical Psychologist in Surat. She enlightened the students regarding the Careers in Psychology. This session ended with a Q & A hour that ensured all the queries of the students were addressed by the resource person. The students reported that they had new insights about careers in Clinical Psychology.





The Department of Psychology addressed a quintessential issue of Stress Management in students by organizing a session on Stress Management through Art Therapy on 11 February 2022. This session was facilitated by Dr. Sakshi Seth Grover. The students were guided to use “Expressive Art” as a tool in order to manage their stress levels. Students came up with astonishing pieces of art and reported a significant reduction in their stress levels. This session had triumphant feedback from the students.



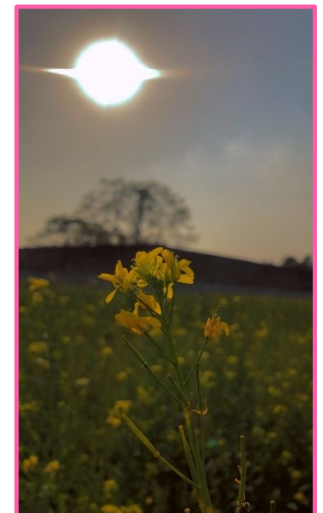
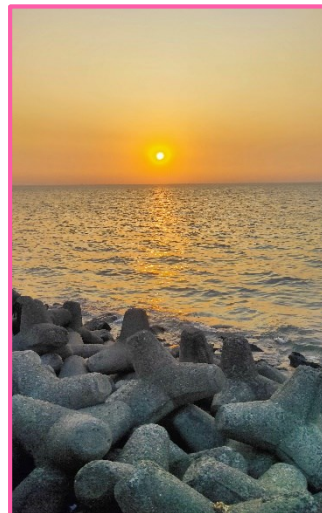
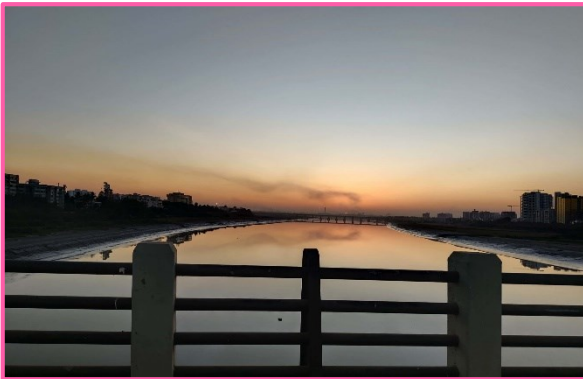
Department of History

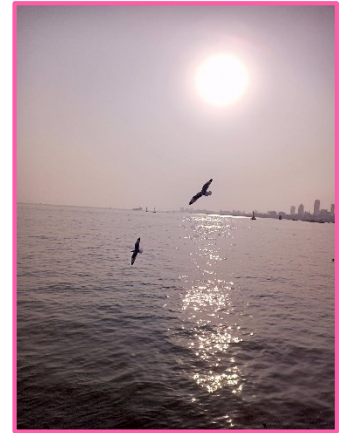
12 Students of the Department of History participated in an event Centre-City Dialogue Making of Surat City Liveable and Sustainable organized by the Centre for Social Studies (CSS) on 24 March 2022. Three resource persons Sanjay Chokshi, Sumesh Modi, and Binita Pandya spoke on topics like Literature on Surat: its history and its contributors, Glory of Surat Fort, and an Emergence of the Town and its Culture respectively.

The students learned a lot about the culture and tradition of the city and also got to know about the restoration and reconstruction of the Surat Fort.



An Intra-School Landscape Photography Competition was organized on from 24 March to 27 March 2022. 89 students participated and sent different photographs taken by them.





Teacher's Achievements!!



Dr. Sakshi Seth Grover developed a Resilience Scale published by Prasad Psycho, Delhi

Students' Achievements!!



Ms. Humaira Noorani from MA Clinical Psychology received her Black Belt degree in Karate and was felicitated by the Mayor of Surat city for winning Two Silver Medals at the National Level.

Ms. Chhavi Baid from MA Clinical Psychology was invited and performed in the Republic Day Parade on the 26th January 2022 at Rajpath in the presence of Prime Minister Shri Narendra Modi and President of India Shri Ram Nath Kovind.



Ms. Shivani Singh from BA Psychology (Hons) was selected for TV Auditions in India's Got Talent and performed in front of Badshaah, Shilpa Shetty and Manoj Muntashir.

Student Creative Corner

Vishu: A Festival Of New Beginning and Hope.

Festivals are an expressive way to celebrate glorious heritage, culture and tradition. India is referred to be the Land Of Festivals due to the amalgamation of different cultures, religious beliefs, historic background and varied traditions in all state.

Kerala- The God's own country have always been known for it's beautiful natural scenario and magnificent celebration of Onam festival. But apart from this, a festival that holds an important place in all malayali heart is 'Vishu'. Vishu, which is considered to be the Kerala new year day, is celebrated elsewhere but called by other names. On the lines of Vishu, people across India celebrate and welcome the new year based on their beliefs and regional traditions and culture – like Baishakhi is celebrated in Punjab, GudiPadwa in Maharashtra, Poila Baisakh in Bengal and Bohag Bihu in Assam.

Vishu is the first day of the Malayalam calendar and is the call of a New Year in Kerala. It is a festival of new hope and beginning. The word “Vishu” in Sanskrit means “equal” and hence it celebrates the spring equinox, when day and night are nearly equal.

Vishu kani Setting.

An important part of the festival is the Vishu Kani setting. Seeing the Vishu Kani, an assortment of auspicious items, first thing in the morning is believed to bring prosperity and herald a good year. It is arranged using cucumber, coconut, rice, areca nuts, betel leaves, gold ornaments, coins, fruits, along with a lit metal lamp at the centre. The setting is then placed before an image of Lord Vishnu or Lord Krishna.

A special yellow flower named Konna is integral to the Vishukkani. People also recite the Ramayana near the sacred Vishu Kani. Another important feature of the festival is the ‘sadya’ feast including banana chips, curries, rice dishes, pickles and other items served on a banana leaf.

Historical Beliefs.

There are several stories associated with the celebration of Vishu based on Hindu scriptures and folklore. One says Lord Krishna killed the demon Narakasura on Vishu. According to another, the Sun started to rise from the east on this day after the death of demon king Ravana, who had until then prevented sunrise from east.

The Tradition of Vishu Kaineetam

Vishu is a family festival that resonates with symbolism at two level: Social and Materialistic. It celebrate the circulation of money in unique way, based on a timeless belief that, ' wealth which is shared with others will grow and multiply in abundance. ' This tradition is most popular amongst children, adolescent and women who look forward receiving the Kaineetam from the elders in the family.

The tradition goes like: all older member of the family give Vishu Kaineetam to the younger ones in the form of new coins. The younger ones touch the feet of their elders and accept their blessings.

Vishu festival blends in creativity with a hint of mystery:

Till the morning of Vishu, there is a make believe sense of mystery in the air. This is because the decorated kani is known only to the one who is making it. Other family members do not get chance to see it. On the morning of Vishu, lady of the house wakes up each and every family member one by one. On walking, family member's eyes are kept closed and lady of the house leads the person in front of Vishu Kani. The first gaze of the person will be on the beautifully decorated figure of Lord Krishna . The sense of enchantment and mystery is what lends totality to this holistic experience.

The day of Vishu is the most important day in a Keralite's life. People take a lot of care in fulfilling the rituals so as to bring prosperity and success in the coming year ahead. People usually visits temple, their relatives and distribute coins among the poor on this day. People usually wear their best clothes on this day and women love to adorn themselves with gold ornaments and Men wear the traditional 'mundu' along with khadi shirts.

This is one of the unique festival which is celebrated in God's Own Country in an authentic way following all rituals without any changes till now.

***By: Akhila Madhu
(MA. English)***

Student Creative Corner

Anxiety

A sudden hollowness rises,
Fear crept in mind,
Changing positions side-by-side,
Feeling suffocation through the time.
Fear comes lightening,
Shatters every nerve inside, The urge to look for someone, Doesn't seem to be right.
The black hole surrounds me,
Crushing came the fear,
The hands which once held me, Lacked their warmth near.
For the pain that increases,
Reaches to the heart,
My mind stops working,
And makes heartbeats so loud.
Take me out of this hollow world ,
Show me some new beginnings, My heart desires some sweet peace , For God's sake, just give it.
Breathing chokes up suddenly,
Death seems to be so near,
I wanted to taste it now,
But it seems, god is playing around.
Make it happen,
Make it clear,
Let the soul out,
For the other world,
That seems to be nearer...

*By: Nuseba Betwala
(M.A. English)*

IN UPCOMING!!!

Department of History

Heritage Walk - In the city of Surat

Department of Psychology

A Workshop on Basics of Psychotherapy
Techniques

::Competition::

**Result Declaration of Photography
Competition 23 April 2022**

ANSWER:

2	1	9	5	4	3	6	7	8
5	4	3	8	7	6	9	1	2
8	7	6	2	1	9	3	4	5
4	3	2	7	6	5	8	9	1
7	6	5	1	9	8	2	3	4
1	9	8	4	3	2	5	6	7
3	2	1	6	5	4	7	8	9
6	5	4	9	8	7	1	2	3
9	8	7	3	2	1	4	5	6

NEWS ALERT



Talent Hunt
Knack-Fiesta
(Emerge...Explore
...Exhibit...)



**Elections for the
Student Council
Members**
30 April 2022

::Editors::

**Dr. Vidushi Choksi
Ms. Ria Nadkarni**

::Technical Support::

Er. Krina Desai

:: Editorial Board::

**Betwala Nuseba
Ezhava Akhila Madhu
Sai Divya jyoti Gupta
Nancy Prajapati
Sweta Mahida
Yukta Desai**