

Workshops

Three class workshops were conducted with each class by the staff of Energia as follows:

1. 'Conflict Management'

- A) How to identify Conflict situation
- B) Listening to other's Perspective
- C) Expressing your needs, without blame or criticism
- D) How to mediate a dispute with care and compassion

2. 'Giving Up On Giving In (Resilience)'

- A) To understand about one's personal resilience skills.
- B) To uncover and develop additional skills related to resilience.
- C) To discover themes and connections in life for the purpose of understanding one's own identity.
- D) To explore an action plan to build one's resilience.

3. 'The Power of Care and Compassion'

- A) To understand what is care & compassion.
- B) To understand the difference between empathy, sympathy, pity & compassion.
- C) Understanding self-compassion.
- D) To learn about the components of compassion: Mindfulness, Kindness and Humanity.

Three Interdisciplinary Programmes for the whole institute, held in Sophia Bhabha Hall, were also conducted as follows:

- 2nd August 2017 : First Interdisciplinary session – 11.30 a.m.- 12.30 p.m
Topic: 'Inclusive Partnership - Building a Thriving Ecosystem'; resource person: Ms Rakshita Dwivedi
- 21st September 2017 : Second Interdisciplinary session – 11.30 a.m. to 12.30 p.m
Topic: 'Creating a win-win situation – Social Entrepreneurship'; resource person: Mr. Gaurav Pradhan
- 4th December 2017 : Third Interdisciplinary session – 11.30 a.m. to 12.30 p.m
Topic: 'Technology vs. Human: the need for an education that is technology based and futuristic, but also at the same time holistic, humane and compassionate'; resource person: Mr. C. Sri Ram Kumar

Individual counseling was also provided for students by the counselor, Ms Alifiya Kagalwala. The summary of the student counseling cases handled by the counselor during the academic year 2017-2018 was as follows:

Sr no	Department	No of students	No of sessions
1	B.Sc. in Hospitality Studies	7	18
2	SCM	2	8
3	Craft Bakery	2	10
	Total	11	36

Three competitions were held during the year under this programme:

- Visual Expression on an aspect of the theme of the year
- Book Review Competition
- Essay writing competition on the theme of the year.

Outreach Programmes:

A Blood Donation drive was held on 25th September 2018.

The Christmas Outreach Programmes were conducted with the usual enthusiasm in December 2017. Each class of Sophia Polytechnic engaged in one outreach activity and each class shared about their experiences while doing this outreach activity at the Christmas Wishing.

The Outreach activities were as follows:

CLASS	INSTITUTION	PLACE	DATE
HAFT 1 st , 2 nd and 3 rd YEARS	St Stephen’s School children	Warden Road	5 th December 2017
CRAFT BAKERY	Salaam Baalak - orphanage/Street kids	Chowpatty	15 th December 2017
SCM	St. Jude Child care centre	Byculla	16 th December 2017

2018-2019

Under the Sophia Cooverji Hormusji Bhabha Programme in Ethics and Values, the theme for the academic year of 2018-19 was ‘**Education as a Process of Humanization**’



2018-2019 was the fifth year that 'Energia Wellbeing' was conducting the workshops, counselling services under this programme and also arranging for the speakers for the interdisciplinary programmes. The team from Energia Wellbeing used creative and interactive methods and power point presentations. The coordination with Energia Wellbeing was done by the Principal, Dr. (Sr.) Anila Verghese, and staff members, one from each department, were named as the link person to work with 'Energia Wellbeing' in fixing the dates for the workshops and sessions of the respective department.

Workshops:

Three class workshops were conducted with each class as follows by the staff of Energia as follows:

1. 'Communication Cornerstone':

The objective of this workshop was to understand what is communication? Why it is important for human existence? How it can be enhanced through learning and experience? This workshop aimed at teaching how humanized communication will benefit at educational, personal and professional level.

2. 'Think, Analyse and Act': The purpose of this workshop was to understand what was decision making and how to effectively make appropriate decisions. Why trust factor is essential in judgements and decision making. This workshop helped in understanding risk factors.

3. 'Effects of Artificial Intelligence': This workshop aimed at understanding the importance of humanization in this technology-driven age. The positive and harmful effects of technology were discussed.

Three **Interdisciplinary Programmes** for the whole institute, held in Sophia Bhabha Hall, were also conducted as follows:

1) Topic: 'Rat Race To Validate'

Speaker: Dr. Avinash Dsouza

Date: 2nd August 2018 (Thursday)

Personal and social validation from external sources is gaining importance and social media comes across as its biggest propagator. The speaker tried to emphasize on healthy competition. He kept the session as interactive as possible with the students. He took questions from students and answered their questions as creatively as possible.

2) Topic: 'Learning Beyond Classrooms'

Speaker: Mr. Suneel Aggarwal

Date: 25th September 2018 (Tuesday)

The speaker spoke about a long-going debate regarding what makes people better learners: the blackboard or the world beyond the blackboard. Through this topic the speaker tried to refresh students' views regarding the same while understanding how this learning beyond the classrooms can be actually applied. The workshop stressed on the importance of taking up social causes to learn.

3) Topic: 'Education and Human Values'

Speaker: Mr. Harsiman Singh

Date: 3rd December 2018

The speaker stressed on the importance of how human behaviour becomes empty and education becomes directionless without values. The speakers stressed on having good values and positive beliefs. He taught ways to bring about a positive change in one's belief system.

Individual Counselling was also provided for students by the counselor, Ms Alifiya Kagalwala. The summary of the student counseling cases handled by the counselor during the academic year 2018-2019 is as follows:

Sr. no.	Department	No. of students	No. of sessions
1	B.Sc. in Hospitality Studies	11	42
2	SCM	4	18
8	Craft Bakery	3	23
	Total	18	83

Three **Competitions** were also held during the year under this programme:

- Visual Expression on an aspect of the theme of the year
- Book Review Competition
- Essay writing competition on the theme of the year

Outreach Programmes:

On 7th September 2018 a Blood Donation Drive was organized in the Institute. From 26th to 30th November 2018 the 'Joy of Giving Week' was kept and students contributed various useful items for the poor. The most important of our outreach programmes was the Christmas Outreach with each class organizing a party or an activity for the underprivileged.

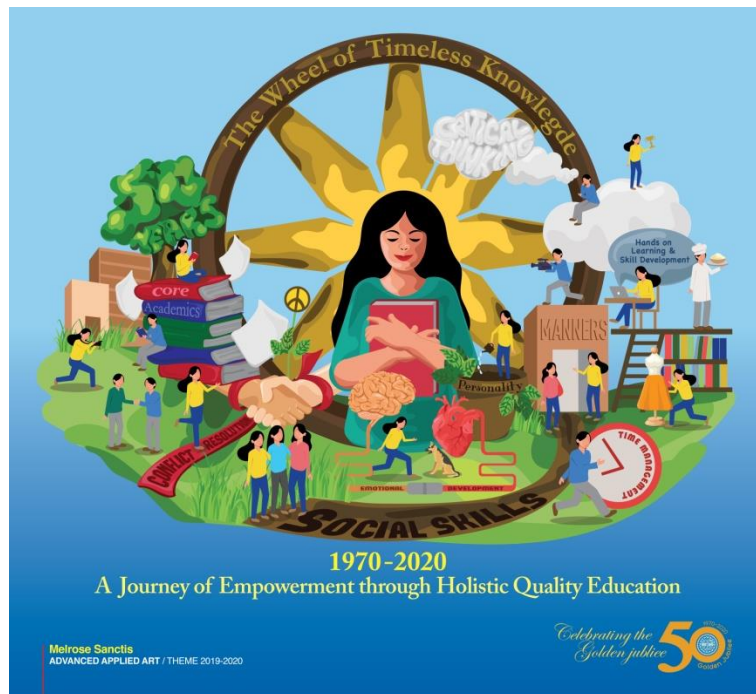
Christmas Outreach Programmes - 2018

CLASS ----- HAFT 1 st , 2 nd and 3 rd YEARS	INSTITUTION ----- St Stephens School children – Stds. 1, 2, 3	PLACE & DATE ----- Warden Road 17 th Dec.
Craft Bakery	Spastic Society's centre for children	Chembur, 17 th Dec.
SCM	Retirement Home, Asha Dan	Byculla, 19 th Dec.

2019-2020

2019-2020 was the sixth year that 'Energia Wellbeing' was undertaking the workshops and counselling services under this programme and also arranging for the speakers for the inter-disciplinary programmes. Under the Sophia Cooverji Hormusji Bhabha Programme in Ethics and values, the theme for the academic year of 2019-2020, which was the Golden Jubilee Year of

Sophia Polytechnic, was ‘1970-2020: A Journey of Empowerment through Holistic, Quality Education’. This was also the theme for Sophia Smt. Manorama Devi Somani College because both the departments of this College have existed since the beginnings of the 1970s.



The coordination with ‘Energia Wellbeing’ was done by the Principal, Dr. (Sr.) Anila Verghese, and staff members, one from each department, were named as the link person to work with ‘Energia Wellbeing’ in fixing the dates for the workshops of the respective departments.

Workshops:

In most years, three workshops were held per class during the year. However, due to the fact that there were a number of special activities organized during the year and also due to the disruption of the academic schedule from mid-March 2020 onwards because of the Covid pandemic and the lockdown that followed, in the SCM class only one workshop could be conducted. However, in the Hospitality Studies departments, three workshops were conducted with each class as it had been planned.

The topics of the **Workshops** were as follows:

1. ‘Today’s Youth, Tomorrow’s Leaders’: This workshop was conducted with the aim of imparting knowledge about different leadership styles and techniques in leadership, in order to nurture a sense of responsibility and to encourage learning in a holistic way as young people are the driving force of change and they can work towards the betterment of the society as a whole.
2. ‘Mind Over Matter’: This workshop was conducted with the aim of imparting the idea that every individual has different learning styles, and own studying patterns. Some stick to textbook materials, while some gather facts and data. This workshop helped to explain the pros and cons of both alternative methods and what to do to make one self worthy of one’s ideal job.

3. 'Peek through Purpose': The workshop was conducted with the aim of making the students aware of how they can achieve success through aspects such as finding identity, meaning, and purpose in life through connections to the community, to the natural world, and to humanitarian values such as compassion and peace. This workshop enabled the students to form an action plan to purposefully achieve their goals, within an accurate time span.

This year, we were able to hold only two (and not three) **Interdisciplinary Programmes** for the whole institute. These were held in the Sophia Bhabha Hall and were attended by all the students:

1st Topic: 'Looking beyond the Visible'

Speaker: Ms Umme Salma Babrawala

Date: 2nd August 2019

The speaker spoke about the core human values and holistic development of individuals as the essential aspect of their growth and development. The workshop was very interactive and the students gained understanding and knowledge regarding what is essential and what is not. The students thoroughly enjoyed the workshop and they were participative as well.

2nd Topic: 'Equal Opportunities: The Soul of Liberty'

Speaker: Dr Narendra Kinger

Date: 2nd December 2019

This workshop emphasized on the importance of the principles of human rights, human security, equality and social justice. Sustainable development will not be achieved unless the needs and rights of all people are fulfilled. This workshop enabled the students to understand the gender parity, gender equality, human rights, human security and social justice and the importance of equal opportunities which is essential in the journey of being empowered.

Individual Counseling was also provided for students who wished to meet the counsellor, Ms Alifiya Kagalwala. The summary of the student counseling cases handled by the counsellor during the academic year 2019-2020 is as follows:

The number of students counseled / sessions held department wise:

Sr. no	Department	No. of students	No. of sessions
1	B.Sc in Hospitality Studies	13	51
4	SCM	1	13
8	Craft Bakery	2	26
	Total	16	90

Three **Competitions** were also held during the year under this programme:

- Visual Expression on an aspect of the theme of the year
- Book Review Competition
- Essay writing competition on the theme of the year

Outreach Programmes conducted:

On 18th September 2019, a Blood Donation Drive was organized in the Institute.

The most important of our Outreach Programmes was the Christmas Outreach with each class organizing a party or an activity for the underprivileged.

Christmas Outreach Programmes – December 2019

CLASS -----	GROUP/INSTITUTION -----	PLACE & DATE -----
HAFT 1 st , 2 nd and 3 rd YEARS and CRAFT BAKERY	St Stephens School children classes 4 to 7	Warden Road 3 rd December
SCM	Mahim Chawl children	Mahim, 20 th December

2020-2021

Due to the great uncertainty caused by the Covid pandemic and the disruption of all normal routines, the Sophia Cooverji Hormusji Bhabha Programme in Ethics and Values could not be held this year.

2021-2022

This year also proved to be one of much uncertainty, because of the second and third waves of the Covid pandemic. Even when permission was granted by the Government and the University for faculty and students of colleges in Mumbai to return to their college campuses if possible, only fully vaccinated students were permitted to join offline classes. Hence, for many months the classes continued in the online mode or in the online / offline mode. It was only from March 2022 onwards that the offline mode could be fully resumed. From then on, the focus was on giving students the skill-sets they had missed out during the online mode of teaching-learning. Hence, value based class workshops and interdisciplinary programmes for the whole College could not be organized; nor was a common theme chosen for this year.

The only activity under the Sophia Cooverji Hormusji Bhabha Programme in Ethics and Values that could be conducted this year was **individual counseling** by Ms Alifiya Kagalwala. Even this could be resumed only from March 2022 onwards. 16 Hospitality Studies students benefited from individual counseling.

After this disruption of two years, we are happy to note that the Sophia Cooverji Hormusji Bhabha Programme was resumed in 2022-2023.

Agreement between
SOPHIA POLYTECHNIC and ENERZIA WELLBEING

REGARDING THE

The Sophia Cooverji Hormusji Bhabha Foundation Programme in Ethics and Spirituality – for the year 2019-2020

At the request of Sophia Polytechnic, Enerzia Wellbeing Private Limited (a private limited company, whose Corporate Identity Number is No. U85191MH2011PTC221407) will conduct the programmes and counselling services under the Sophia Cooverji Hormusji Bhabha Programme in Ethics and Spirituality of Sophia Polytechnic during the academic year 2019-2020. The details of the programme and activities to be conducted are as listed in the annexure. The theme chosen by Sophia Polytechnic for 2019-2020, which we are celebrating as the Golden Jubilee Year of Sophia Polytechnic is '1970-2020: a Journey of Empowerment through Holistic, Quality Education'.

In return for these services rendered by Enerzia Wellbeing, Sophia Polytechnic will give a professional fee to Enerzia Wellbeing of **Rs. 1,60,000/-** in the year, plus GST. The first instalment of Rs. 80,000/- will be paid to Enerzia Wellbeing at the commencement of the first term (i.e. third week of June 2019); the second instalment of Rs. 50,000/- will be paid in January 2020 and the balance of Rs.30,000/- in mid-March 2020.

Energia Wellbeing Pvt. Ltd. will identify the speakers for the two interdisciplinary programmes and, after the speakers have been approved by the Director of Sophia Polytechnic, the invitation to the said speakers will be sent to them by Sophia Polytechnic. Any honoraria that may be payable to the speakers (Not more than Rs. 2000/- for each interdisciplinary programme) as well as the electricity charges of Sophia Bhabha Auditorium will be paid by Sophia Polytechnic.

Energia Wellbeing will be responsible for conducting a minimum of three sessions / workshops for each class of Sophia Polytechnic. The dates and timings of these are to be fixed in consultation with the staff member in charge of each class.

Energia Wellbeing will arrange for a counsellor to be available in Sophia Polytechnic once a week.

Energia Wellbeing Pvt. Ltd.

Head Office: Benefice Business House, LA - 126, Mathuradas Mill Compound, NM Joshi Marg, Lower Pare,
Mumbai - 400013, India | Phone No: 022-49069999 | Visit us at: www.enerziasoi.com

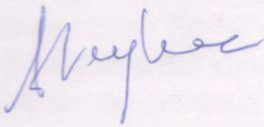
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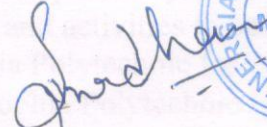
Energia Wellbeing will help organise the three competitions as specified in the plan for the year under the Cooverji Bhabha Programme. Expenses incurred in prizes, certificates etc. for the three competitions will be borne by Sophia Polytechnic.

Expenses for the bus if needed and other incidental expenses for any outreach programmes conducted the Cooverji Hormusji Bhabha Programme will be borne by Sophia Polytechnic.

The preparing of the list of students who will be awarded certificates for completion of the programme will be decided by staff of Energia Wellbeing in consultation with the staff of Sophia Polytechnic and the Director of the Polytechnic. The certificates will be prepared and issued by the Polytechnic.



Dr. (Sr.) Anila Verghese
For Sophia Polytechnic
Director



Mr. Sumit Pradhan
For Energia Wellbeing



Sophia Shree Basant Kumar Somani Memorial Polytechnic.
Bhulabhai Desai Road,
Mumbai - 400 026.

Date: 22nd April 2019

Place: Mumbai



SOPHIA

SHREE B. K. SOMANI
MEMORIAL POLYTECHNIC

Agreement between
SOPHIA POLYTECHNIC and ENERGIA WELLBEING

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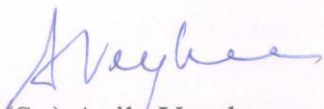
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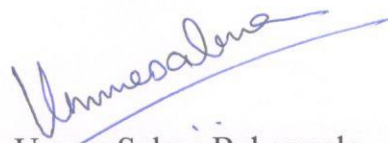
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Dr. (Sr.) Anila Verghese
For Sophia Polytechnic

Director

Sophia Shree Basant Kumar Somani Memorial Polytechnic,
Bhulabhai Desai Road,
Mumbai - 400 026.



Umme Salma Babrawala
for Energia Wellbeing

Date: 27th April 2018

Place: Mumbai

Agreement between
SOPHIA POLYTECHNIC and ENERGIA WELLBEING

REGARDING THE

The Sophia Cooverji Hormusji Bhabha Foundation Programme in Ethics and Spirituality – for the year 2017-2018

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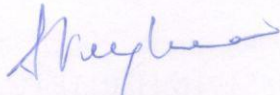
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For Sophia Polytechnic
Director

Sophia Shree Basant Kumar Somani Memorial Polytechnic,
Ehulabhai Desai Road,

Date: 27 April 2016.

Place: Mumbai



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for Energia Wellbeing

