



ST PAULS INSTITUTE
OF COMMUNICATION EDUCATION
FOR WOMEN
(AFFILIATED TO UNIVERSITY OF MUMBAI)

Explorations

In Quest of Truth and Excellence *2022 - 2023*

3rd National Conference

Inter Collegiate

Student's Corner



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Explorations 2022–2023

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In Quest of Truth and Excellence

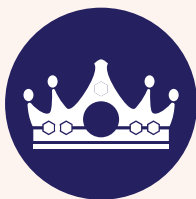
VISION

To emerge among the world's leading media and management schools that produce the finest industry professionals globally.

MISSION

To build a vibrant and inclusive environment of Communication and Management that affects holistic change. To foster a scientific temperament in media and management studies led by professionals and acknowledged experts using state-of-the-art technology. To continually explore a curriculum that is globally engaging, locally relevant, and responsive to new challenges.

OUR CORE VALUES



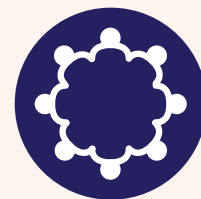
Nobility



Integrity








Fraternity



Solidarity

Proud Moment

Certificate of Minority Status

<p>महाराष्ट्र शासन अल्पसंख्यांक विकास विभाग Government of Maharashtra Minorities Development Department</p>	 महाराष्ट्र शासन  Your Service is Our Duty	<p>No.-23112021TRU10075 मादाम कामा रोड, हुतात्मा राजगुरू चौक, मंत्रालय, मुंबई-४०००३२, Madam Cama Road, Hutatma Rajguru Chowk, Mantralaya, Mumbai - 400032. Date :23/11/2021</p>																					
<h3>Grant of Status of Minority Educational Institution</h3>																							
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Editorial

I am glad to report that the high note of positivity on which we ended last year, has well and truly, not just continued but flourished this year, with energy on the campus at St. Pauls College for Women reaching almost manic levels at times!

All good, because out of that energy has come one of the most productive years we have had. On social, academic and extracurricular fronts, students have excelled themselves, bearing at all times that we are continuously striving to be the Centre of Excellence in thought and word and deed.

Last year we started stuff – most notably a Bachelor’s in Management Science, or BMS. We started much later than everyone else and that impacted numbers, but this reflected favourably in the kind of attention the students got.

We started the National Social Service (NSS) unit, and judging from the response, it was an idea whose time had come. Our college fest, Mediathon, has now moved firmly into the hands of the undergraduates and what a fine job they are making of it. It would be no exaggeration to say that in the next couple of years, this college fest will be a bellwether of how to conduct such events in the age of technology and Artificial Intelligence.

The same enthusiasm was fueled by week-long events like our college Literature Festival, another first, which saw enthusiastic attendance from other colleges as well. Gen Z’s vigorous pursuit of the poetics is nothing short of amazing, not least because it is so surprising! This hard-headed lot with a penchant for the perfect words to describe their innermost feelings! Christmas at St. Pauls, one of our most lavish events, was preceded by a week of “giving back”, proving our students are no slouches at generosity. So it was visits to Shanti Avedna, the hospice, Mother Teresa’s home, and a blood donation drive. And while our students were going OUT, others were coming in. to take master classes, to talk, to answer questions and just generally hang out. It’s no secret that St. Pauls College for Women, despite being relatively small, is easily among the coolest campuses in town. Among them was funny man Cyrus Broacha of “That was the Week that Wasn’t”, who takes comedy, political and social, to new levels of hilarity each week. Vijay Vikram Singh, the “voice” behind Big Boss, held them enthralled with his rich baritone. Actor and theatre personality Denzil Smith was another big draw and finally, there was Advait Chandan, director of Lal Singh Chadha. These were just some of the lively traditions of

Masterclasses we are trying to set up.

Read about these and more in the following pages. Ultimately, it all comes down to one thing – how well are students prepared to face the world, especially the world of media Judging from the fact that many are slipping into jobs on graduation, I would say “Pretty well”. Grounded and level-headed, ready to surprise and be surprised, they face the world with courage and large-heartedness. To those leaving, I extend my warmest wishes for their well-being. To those who have still some distance to go, it is Onward, upward, ever forward”.

I wish them all the very best.



Carol Andrade
Dean
St Pauls College for Women

Message By: Principal

Our life is intertwined in the hub of communication and media activities. We cannot escape the fact that we are surrounded by the media world. From radio to TV, to Twitter to Snapchat, we are engaged with a lot of media engagement. In fact, we cannot think of the moment when we will not have at least a mobile phone in our hands.

From time immemorial human beings have learnt to live in the media environment. From adapting the changes from speech to pictorial representation to writing on the tablet and later printing the same information to presenting it in the visual and digital format, we have adapted ourselves to live in the media ecology. Thanks to the advancement of communication technology it helps us to acquire more information through the fastest means in quick and easy media platforms.

The media environment of today requires us to shape our lives as smart people because we are dealing with smart technologies like AI tools. With the help of AI tools, we can efficiently run our finances, write our messages (although I have not used Chat GPT to write this work), and choose whatever you want to do in your lives. Although there are plenty of advantages to adopting AI tools in managing our day-to-day activities,

it is good to remember that we are shaped by the media tools that we adopt to conduct our activities. Our thinking process is shaped by AI tools, the decisions we want to make are heavily dependent on the AI tools and our political, religious and family life is centred around media tools like AI. In this context in our college, we foster critical thinking in using the latest media tools and we focus on the way we need to manage them. The current issue of Explorations is focused on this theme. In our college, we believe and foster the view that staying smart in a smart world will help us explore truth about the society and understand the media codes that makeup society.

Wish you a Happy Reading!



Fr (Dr) Plavendran Irudayasamy
Principal
St Pauls College for Women

Message By: Vice Principal

Young minds are curious and delight in doing adventures. When we say young minds, we don't refer to those under 30 but to those with 'Exploration' in their hearts; those with a 'never-say-die' spirit. They are go-getters! They constantly try new things, fail a number of times yet don't give up easily. They may not be crowd-pullers or attention seekers. However, they are laser-focused on what they believe. They do what they love. They are constantly inflamed with Explorations! Congrats to all those who are part of this this edition of Explorations. While many enjoyed and slept in their cosy beds and AC rooms, you guys took a different path and exploded with creativity and enthusiasm. They love to explore, excel and expand wherever they go. I trust the pages that follow will inspire you ignite your neuro-chemicals and drive you to explore new frontiers and conquer greater heights in the field you are in love with.

Young friends! Pause, Press forward or Skip, if needed to but never stop playing nay exploring!

All the best and a great journey ahead!

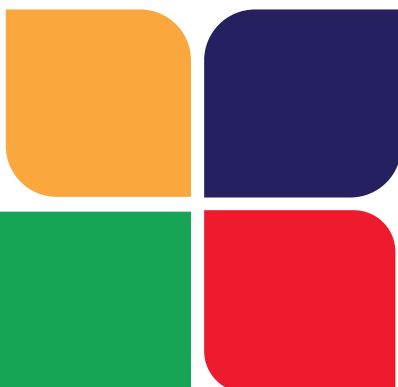


Fr Renold Pascal SSP
Vice Principal
St Pauls College For Women

Faculty

Presentation & Achievements

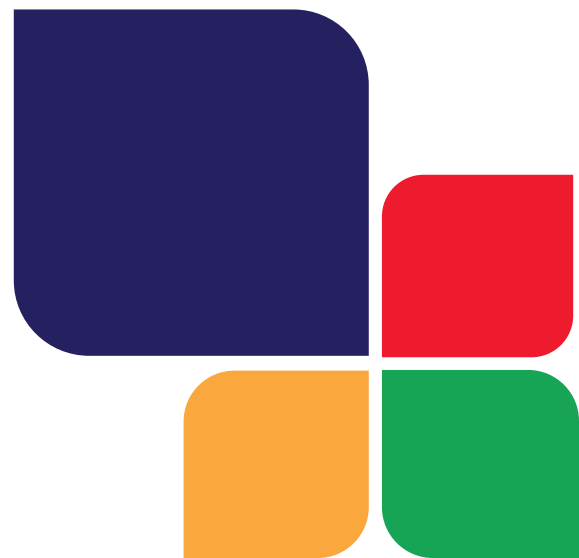
- Principal Fr (Dr) Plavendran Irudayasamy was appointed as the Paper Setter for the subject Advertising and Marketing Research for Semester V Mumbai University Examination.
- BAMMC Course Coordinator Ms. Yashashree, Asst Professor. Mr. Vighnesh Shaji and Librarian Mr. Gulabchandra Sharma secured an “A” grade for participating and successfully completed “**Professional Development Programme on Implementation of NEP-2020 for University and College Teachers**” held from 21-29 September 2022.
- BAMMC Course Coordinator Ms. Yashashree successfully completed a course on “**Personal Branding program for Corporate leadership**” with A+ grade by NSDC.
- BAMMC Course Coordinator Ms. Yashashree, published a book on Brand Building for TYBAMMC Advertising with Himalaya Publishers.
- Librarian, Mr. Gulabchandra Sharma attended the online convention **NACLIN 2022 - 25th National Convention on Knowledge, Library & Information Networking**, organised by DELNET held from December 14th to December 16th, 2022.



Research Papers

Presented by Faculty

- **Change in Advertising Patterns: Exploring the dichotomy of advertising appeals used by Indian Brands during COVID-19 Pandemic** by Ms. Yashashree Mhatre, Mr. Vighnesh Shaji.
- **An analysis of the impact of Snapchat and Instagram filters on body dissatisfaction and negative body image in the Gen-Z in Mumbai** by Mr. Vighnesh Shaji.
- **Analysis of woke culture with respect to colour cosmetics and skincare brands: A study on the change in the buying behaviour of the consumers in Mumbai between the age of 17-27** by Ms. Aparna Kulkarni.



Students Toppers

SY BA MMC

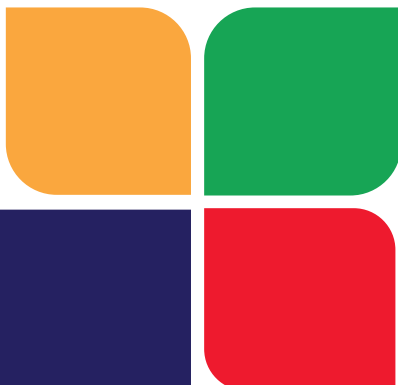
NAME	%
1. PAVOORVEETIL LAVINA RAJEEVAN JOSEPH	83.67
2. PATRE POOJA DINESH	82.33
3. DSOUZA RACHEL ROQUE	80.00

FY BA MMC

NAME	%
1. CHRISTELLE MARIA CARNEIRO ALPHONSO	83.67
2. SRISHTI SENGUPTA	77.50
3. GOSAR KHUSHI BIPIN	76.33

FY BMS

NAME	%
1. MITHAIWALA NAQIYAH	84.71
2. SINGH SHIVAANSHI	84.43
3. JAIN RIDIMA	80.71



SY & TY Induction Ceremony

A three-day induction ceremony was organized by the Management and Faculty of B.A.M.M.C. from 13th June 2022 to 15th June 2022. The 3-day programme focused on welcoming the students back to the institute as this was the first time they were attending college offline due to the impositions of the Pandemic.

Day 1 (13th June) started with a motivational session by the voice-over artist and actor, Mr Vijay Vikram Singh wherein he spoke about his experience and journey in the industry and motivated students to be passionate and not doubt their capabilities. It was followed by a formal session where in the students were given an orientation regarding their academics, their institute, the faculty and the academic plan for the year ahead by the management and the faculty.

Day 2 (14th June) started with an interactive session with Ms Farhana Farook, Ex-Managing Editor of Filmfare and veteran celebrity journalist. She discussed her journey as a journalist and guided the students and shared instances of her professional and personal life, making the whole session extremely relatable and fruitful. The session was followed by a mentoring session where in the students interacted with their class mentors and got to know them better and discussions took place to break the ice between the mentor and the students.

Day 3 (15th June) had the students interact with Ms. Alison Rosario, who is an experienced soft skills trainer. She spoke to them about self-image, self-esteem and how to be confident about oneself. She also conducted activities to let the students open up and discuss their self-image and how they felt about themselves.

This is how the three-day induction ceremony was wrapped up the students were thrilled with excitement and joy to start their college life afresh as the institution finally started its classes in the lecture rooms rather than zoom meeting rooms.





Environmental Week Celebration at St. Pauls: Best Out of Waste

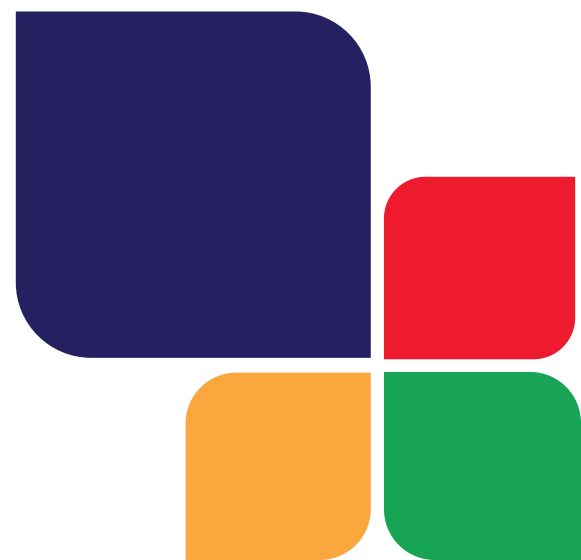
World Environment Day is celebrated every year on June 5th. It is celebrated specifically to raise awareness about the current environmental issues, to take action to preserve our planet and nature, and most importantly to bring people together to engage in environmentally friendly activities like planting trees.

With that in mind, students and faculty of St. Pauls planted saplings on the college campus on June 21st, 2022. Nevertheless, they realized that planting the samples alone wouldn't satisfy the purpose of the environmental day. In addition to planting the samples, they not only recycled plastic bottles but also cycled the old trashed plastic bottles to make good use of them. St. Paul's touch is truly evident in this celebration. To beautify the college campus, students carefully cut out water bottles, spray painted them, and decorated them. Furthermore, they made sure that the samples they purchased would be easy to maintain and require minimal maintenance. As a result, the plants are less likely to die. There was a lot of enthusiasm among the students. Few students also took the effort to make posters for World Environment Day to raise awareness through their artistic skills. We at St. Pauls as a media

college always encourage people to take timely actions to protect our environment and mother nature by all means possible. Especially as youth, they believe we must take environmental issues seriously since we are the future generation.

Overall, the planting sampling day was successful. St. Pauls campus now looks even more beautiful, and plants are well-cared for, thanks to the student's participation. The day was concluded with a feeling of contentment and happiness on everybody's faces.

By: Ms.Sakshi Lad





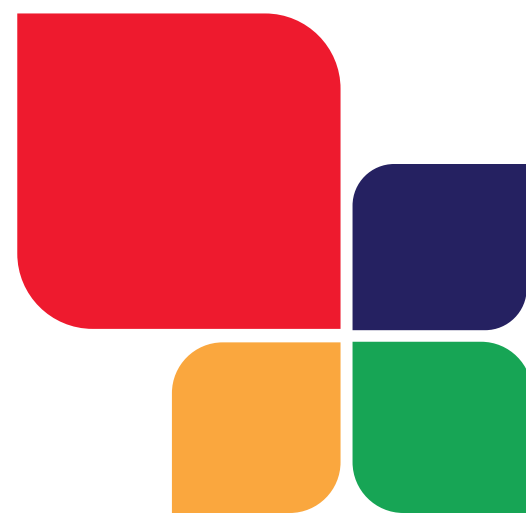
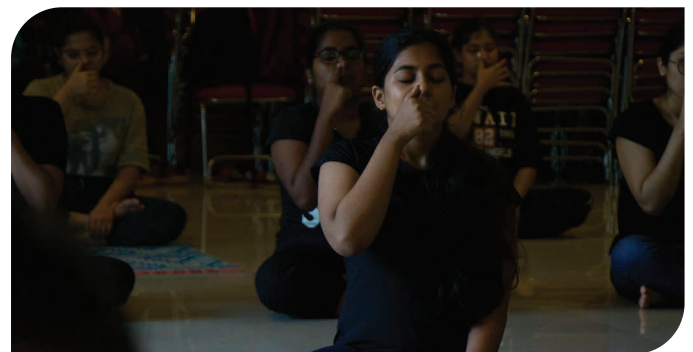
International Yoga Day Celebration

The practice of celebrating Yoga Day has been consistent since 2015 at St Pauls Institute. The second-year and the third-year students gleefully participated in this session where they could give a break to themselves from the regular life practices and feel serenity within themselves. This session also helped them realize the impact and importance of anciently practiced asanas.

A 3 hours session was organized for International Yoga Day and an internationally certified yoga trainer was invited to conduct the session. The session started off with stretching and basic meditation techniques. As the session progressed the students learned the right breathing techniques and also correct sitting postures. The trainer also spoke about the methods of activating the left side (creative) and right side (analytical) side of the human brain.

In the last section of the session the instructor addressed the importance of meditation and Pranayam. Students also discussed the importance of yoga for stress reduction and management. The session ended with the chants of Om Shanti and Shavasana.

The students felt refreshed and energized after the session.



Nirmala Niketan

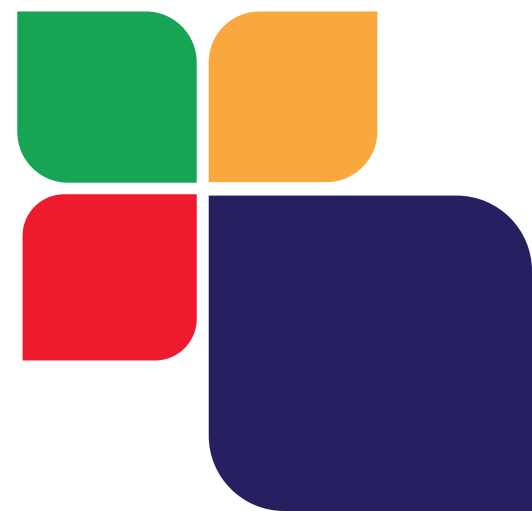
Guest Session

June 24th 2022, guest lecture was conducted by Course Coordinator Ms. Yashashree Mhatre, BAMMC Course Coordinator and Asst. Professor. Ms. Mohini Mishra of St Pauls Institute of Communication Education for Nirmala Niketan School of Social Work, Marine Line, at Church Gate, Mumbai. The 3 hours lecture was divided into three segments. It highlighted the significance of Community Radio in the field of Social Work, how different social campaigns can be used using this narrowcasting medium of communication, now picking up the shape and size of broadcast medium.

In the first segment of the lecture Ms. Yashashree Mhatre threw light upon the formation of community radio; the initial role of community radio in our Indian society; and growth and development of Community Radio. She also elucidated on possible requirements one need to fulfil to procure the licence of Community Radio.

In the second segment the lecture was furthermore by Ms. Mohini Mishra, she explained the issues of sustainability of Community Radio, causes such as content sustainability; human resource sustainability; financial sustainability and technical sustainability can

The last 25 minutes were given to students for working upon the participatory aspect of the community radio. They formed four different group for four college community radio stations, respectively. Each group presented their day-to-day problems of the college and utilized the medium to entertain the gathering as well. All in all, it was the edutainment time for the student where their information enhanced and entertainment brought some chilling effect to them.





Seminar Week

8th to 13th August

DAY 1 (8th August, 2022)

SESSION 1:

Photography by Mr. Jude Albuquerque

The first seminar of Day 1 of the Seminar Week was indeed a moment captured in time, where the students learned the basics that are an integral part when it comes to capturing 'the perfect picture' from none other than the master of the art himself, Mr. Jude Albuquerque. Mr. Albuquerque is a renowned Mumbai based photographer who has aced in several genre of photography. It was really an informative yet interactive session.



SESSION 2:

Importance and uses of Drone By Mr. Akshay Navlakhe

The second seminar of Day 1 of the seminar week took the audience at the height where they were able to see the world through the birds' eye with the able guidance of the well-known Drone Pilot Mr. Akshay Navlakhe who explained to the audience the uses and importance of the Drone in the modern shots. The drone was set to see in action and the session concluded with sheer infotainment and was filled with enthusiasm.



Seminar Week

8th to 13th August

DAY 2 (10th August, 2022)

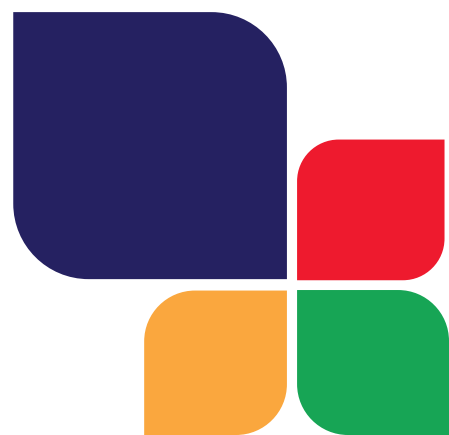
SESSION 1: FYBAMMC Inauguration

The Day 2 of the seminar week initiated with the welcoming of the new, freshly arrived and enthusiastic faces of the Spice Family. A perfect blend of Formal and Informal welcome with the gracious presence of Father Joby Mathew, the Guest of Honour for the session took place. The inauguration ceremony was a warm and whole hearted reception of the new batch of students admitted in the first year.



SESSION 2: Interactive conversation with Mr. Cyrus Broacha

The second session of the Day 2 of the seminar week was a fun filled session where the audience engaged in an interactive conversation with the youth sensation Mr. Cyrus Broacha, who in amusement explained the ups and downs in the world of media and what made him the person he is today. The audience delightfully incorporated the values put forth by Mr. Broacha.



Seminar Week

8th to 13th August

DAY 3 (11th August, 2022)

SESSION 1:

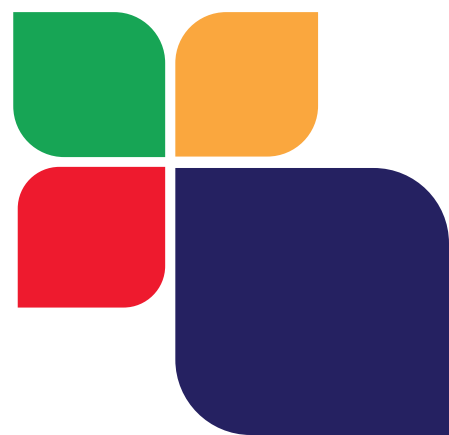
Copyright, Plagiarism and IPR by Mr. Pralhad Jadhav

The morning of the Day 3 of the seminar week was an information filled with fun and interaction session where the expert in the field of books, a renowned Librarian Mr. Pralhad Jadhav put forth and explained the importance of IPR (Intellectual Property Rights) to the audience through an interesting presentation and depiction of the same in real life. The session ended with a detailed explanation on how plagiarism can be avoided and an individuals' intellectual property can be safeguarded. It was indeed an information filled session.

SESSION 2:

Gadar 2 promotions by Mr. Utkarsh Sharma

The afternoon came to the family of St. Pauls as a pleasant surprise where audience were graced by none other than the well known actor Mr. Utkarsh Sharma who lit the auditorium with his presence and shared the inside stories from the sets of films. Indeed his popularity speaks as he kindly answered all the questions out forth by the audience and clicked pictures with all. It was a memorable session for all present there.



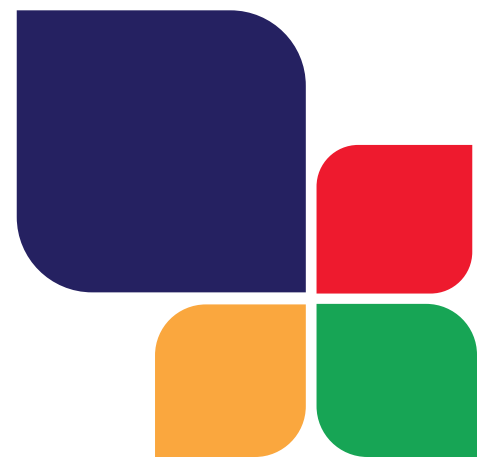
Seminar Week

8th to 13th August

DAY 4 (12th August, 2022)

SESSION 1: Zumba with Ms. Daniela

The session of the Day 4 of the seminar week is a bit different than the other sessions. In this session Ms. Daniela, a well known dance and fitness trainer put forth the importance of fitness activity and made all the audience jam and groove zumba steps for quite a while. Everyone enjoyed the trending songs played and did break a leg dancing gracefully on these songs.



Seminar Week

8th to 13th August

DAY 5 (13th August, 2022)

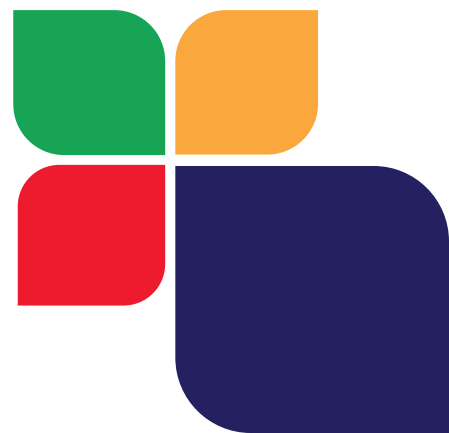
SESSION 1: Independence Day Celebration

The last day, the Day 5 of the seminar week started with the emotions of sheer patriotism as the Indian Independence Day which has turned up the milestone of glorious 75 years is celebrated as Azadi ka Amrit Mahotsav in the campus of St. Pauls in collaboration with the Durelo Convent School. The event was graced by the presence of Commander Ninad Phatarphekar who hoisted the National Flag. The event was a proper depiction of culture and flavours of our country India inside the premise.



SESSION 2: Music and Entertainment by Mr. Rajat Chandra

The last session of the last day of the seminar week to say the least did have a bang where the presence of the media industry personnel himself Mr. Rajat Chandra who addresses the audience by giving a macro view of how the music and entertainment industry works from the aspect of all the persons involved like the audience and the presenter. The interactive session ended with knowledge of the music field and its business aspect shared by Mr. Chandra. It indeed was a mind blowing session.



FY BAMMC Inauguration Ceremony

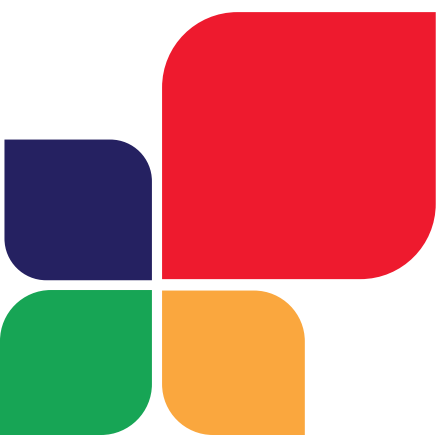
After a truckload of procedures, formalities, interviews, and an earnest wait for the results, the First-Year students stepped into the world of St. Paul's on the 10th of August. A lot of anticipation, nervousness and excitement was in the air, a hope for a fun filled yet informative and educational college life.

The day started off with an introduction from the Student Council President- Kanak Swamy. She motivated the FY students with her very own experiences and gave them tips to begin and move forward with a positive attitude. The programme then began with the ceremonial lighting of the lamp, done by the respected dignitaries, teacher and student representatives. The welcome dance done by TY Journalism student Anupama Ghosh, was ethereal and caught everyone's attention. Thereafter, a promotional video of the Institute was played to give an insight into the institute's courses and facilities.

The welcome address given by the Vice Principal of the Institute rang clearly in every newcomer's ears. His words, "A journey of a thousand miles begins with a single step at SPICE", gave an overview of the vastness of this Institute. He introduced the Chief Guest for the day- Fr. Joby- Chief of Marketing for Better Yourself Books, former editor of Teenager Today. He also introduced the faculty and helping staff who play an important role in the working of the Institute.

The Principal- Fr. Dr. Plavendran as well, shared his insights and thoughts and motivational words to the First year students. His words, "At SPICE we teach with values", left a mark in everyone's thoughts. He stressed on the fact that we are all part of the SPICE family.

Our faculty member, Ms. Mohini Mishra, introduced the Chief Guest of the Programme- Fr. Joby Mathews- formally, and gave detailed information about him. The address by the Chief Guest, was interactive, easy to comprehend and humorous.

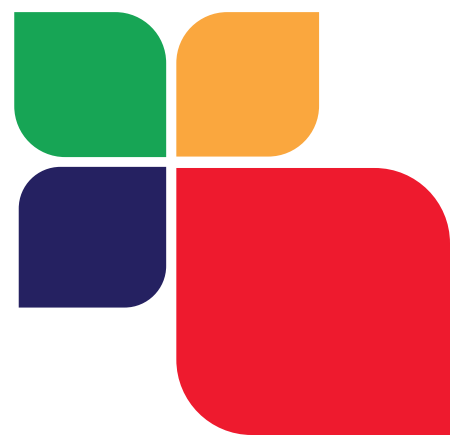


FY BAMMC Inauguration Ceremony

After this wonderful address by Fr. Joby, a beautiful video made by Ms. Riva Sugandhi, the Vice President of the Student Council- which gave an entire overview of the Academic Year 2021-2022. She was congratulated and felicitated for her work.

An interactive session was then held by Fr. Renold, wherein he played a video in which quotes and life values of legends and famous men were accumulated. He also interacted and asked questions that made the students feel included.

The programme ended with a vote of thanks by a SYBAMMC student.



Azadi Ka Amrit Mahotsav

Independence Day 2022

A Day of Fun and Patriotism

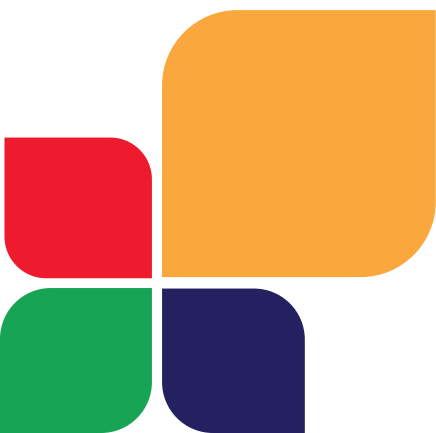
The sun of 13th August 2022 Saturday rose with the rays of sheer patriotism for the St. Pauls family with the completion of 75 glorious years of Independence, Azadi Ka Amrit Mahotsav was celebrated with honour and respect for the nation on the institute premises from early morning.

The events started with the hoisting of the Indian Tricolour with the beats of flute and trumpets played by the very talented students of the Duruelo Convent School and the flag was hoisted by the Chief Guest, Commander Ninad Phatarphekar along with the Guest of honour Father Sebastian, Principal of the Institute - Father Dr Plavendran, Vice Principal - Father Renold, Dean of the college - Ms Carol Andrade and last but not the least Programme Director - Ms. Margaret Da Costa. It was followed by the National Anthem played in the melodies of the flute. All the students

and faculty were dressed and adorned with the distinct colour of the National flag with the badge of the same for respect.

Everyone was then asked to assemble in the Alberione hall where the event was initiated with the lighting of the auspicious lamp by the dignitaries and welcoming the guest with a gracious welcome dance by Miss Zaina Afzal Kutty. The event then proceeded with the felicitation of the guest by the UG BAMMC Course Coordinator Ms. Yashashree Mhatre followed by all the dignitaries sharing their piece of mind on this ceremonious occasion. To test the knowledge of the audience on India fun and an entertaining quiz was held which turned out to be an interactive and engaging session. Proceeding with the event, a video on appreciation for the country was played and this was followed by a culture-infused dance depicting various parts of the country.

The event ended with playing the national anthem and dispersing to have some snacks. The Independence Day celebration was indeed fun filled with respect and patriotism and proved to be a huge success.





FY BMS Induction Program

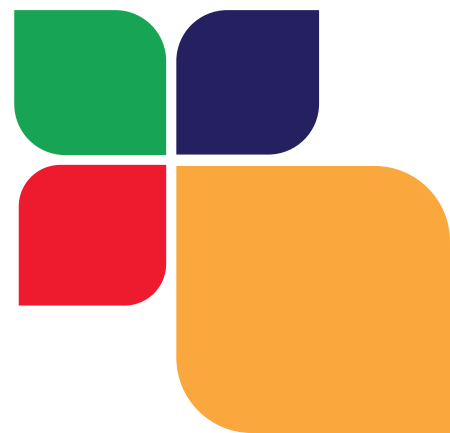
They say there is always a bright light at the end of every tunnel. After a lot of effort, dedication and patience, St. Pauls Institute of Communication Education proudly initiated the Commerce and Management department in the Academic year 2022-23! The first batch of BMS was welcomed to the institute with a high energy 2-day Orientation program, with excitement and anticipation of a wonderful, fun-filled year.

Day 1 started with invoking the blessings of the Almighty by lighting the auspicious lamp by the dignitaries Principal Fr. (Dr.) Plavendran, Vice Principal Fr. Renold, Dean Ms. Carol Andrade and BMS Course Coordinator Ms. Aparna Kulkarni. This was followed by a beautiful welcome dance by SYBAMMC student Ms. Varada Pawar. Thereafter, a promotional video of the institute was played to give an insight into the institute's courses and facilities.

The Vice Principal, Fr. Renold, welcomed the FYBMS students with abundant love and enthusiasm, leaving them enthralled. He spoke about the institute, its values and the faculty and staff members that make this college one of the best colleges to be a part of.

The stage was then taken over by the respected Principal Fr. (Dr.) Plavendran who introduced the students to the world of SPICEFW. His magnanimous way of welcoming the students into the SPICE family made everyone feel proud and eager to be a part of the institute. This department has been a fruit of the labour of the entire SPICE family, helmed by the Principal himself, and the pride and happiness at the commencement of the Commerce and Management department shone brightly on his face. The dean of SPICE, Ms. Carol Andrade welcomed all the students in her patent interactive and quirky manner.

The Guest of Honour, Dr. Ashutosh Pandey was introduced by the host, Ms. Camryn Alvares. Dr. Ashutosh Pandey, an IIM- Calcutta alumni, a medical doctor and the Head of Administration at S. L. Raheja Hospitals (Fortis Hospitals group) was felicitated by Fr. Plavendran and the stage was taken over by the guest.



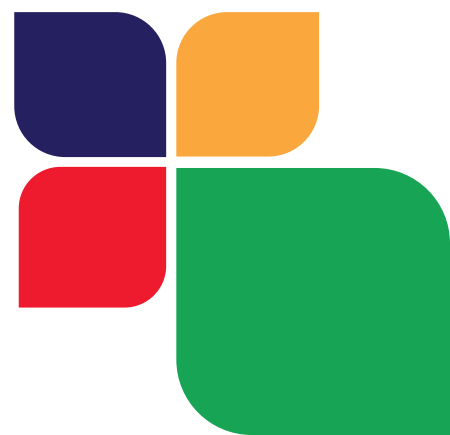
FY BMS Induction Program

He gave insights into the management side of hospitals and opened the students' eyes to the unknown field of hospital management. The most insightful address was delivered by the Chief Guest, Dr. Parvathi Venkatesh, Principal of Don Bosco College. She took the students on a virtual ride of the BMS program. The students were oriented with every aspect of BMS as a program and the nuances of being a management student.

After these wonderful addresses by our guests, a beautiful video was showcased made by Ms. Riva Sugandhi, the Vice President of the Student Council, which gave an overview of the Academic Year 2021-2022. She was congratulated and felicitated for her work.

After a short break, the students assembled in the Alberione hall for a BMS course induction, through an interactive session by the course coordinator, Ms. Aparna Kulkarni. They were told about the syllabi of their first year, acquainted with the subjects by the subject teachers, and explained the rules and regulations for academic and general conduct in the class and the campus of the institute.

Day 1 ended with the Know Your College (KYC) tour of the college and its campus where the students were shown the infrastructure and facilities of the college.



FY BMS Induction Program

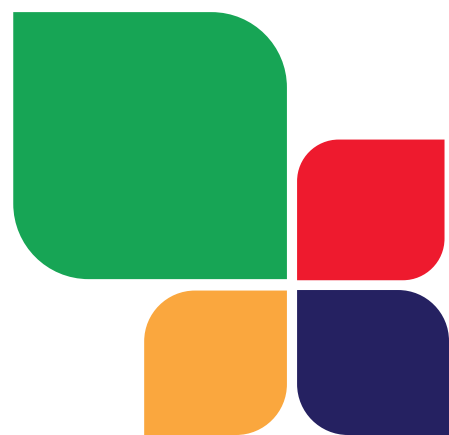
Day 2 started with the compere, Ms. Camryn Alvares welcoming the students back. It was followed by the briefing about the different committees in the college by the BAMMC course coordinator, Ms. Yashashree Mhatre. She introduced the student council members and encouraged the BMS students to contest for the newly formed position in the student council.

The librarian, Mr. Gulabchandra Sharma acquainted the students with the library and its rules and regulations, while encouraging them to make use of the resources provided therein.

The Chief guest for the day, Deacon Ivan Fernandes, absolutely held everyone's attention and heart as he motivated and guided our young minds to be the best version of themselves. He, through his amazing way of thought-provoking and introspecting interaction with the students, reached into their minds and created an inspiring atmosphere in the hall, visible on every student's face.

After Deacon Ivan's chat with the students, they had fun with a treasure hunt, finding clues to reach the final destination. The KYC done on day 1 was immensely helpful.

After 2 days of excitement and interaction and anticipation of the commencement of the lectures the next day onwards, the orientation program ended with a lot of hope for the glorious future of the department.



Teacher's Day Celebration

The day started with the respected Principal, Father Plavendran's speech which gave lot of insights to the students. This was followed by a 2-hour-long celebration commenced which was organised on account of Teachers' Day, where students from all the departments actively and enthusiastically took part.

Our hosts started the power-packed day as the audience was graced by a beautiful dance performance. Then, a poem was recited in Hindi for the professors showing the love and respect that their students hold towards them. Gradually we had speeches, wonderful dance performances and melodious musical performances from the students.

But not only did the students organised the performances to make their teachers feel special on this day, but also they had a segment full of fun and frolic where the students and the teachers had a great time. The teachers were seen to be in a jolly mood as they too grooved with the dance moves and walked on the stage in the way they were dressed by their students with chart papers and other stationary material.

Lastly, the day was called off with respected Vice-Principal, Father Renold's vote of thanks as he acknowledged the efforts made by every student to make this day a memorable one.

By: Ms. Srishti Sengupta



Hindi Divas Celebration

In the nine to five lives of the generation Z, English has almost become our daily language, and that is why people do not realize the need of practicing the traditional languages and especially hindi, the most spoken language of India. So, SPICE aimed at making the students understand the richness that India's old languages hold for which the students should be super proud.

The celebration for Hindi Diwas started with our respected Vice Principal, Father Renold's motivating speech in Hindi, while the students received lot of insights about the language and the need of practicing the same through his speech.

The students also attempted at forgetting 'Hinglish' and speak in Hindi for the whole day, when the host Aakruti from Second Year, came up with a game full of fun where the students had to translate English taglines or slogans of certain advertisements in Hindi. In this game not only, students were gleefully participating but teachers also actively took part. This fun segment was followed by two recitation performances and the best part was, both the poems were scripted by the students themselves which really made the audience lend their ears to them.

The day also made the audience have a trip back to their childhood days as there was a competition where the students had to say the 'Varnamala' within fifteen seconds which was pretty challenging yet exciting.

Therefore, at the end of the celebration, before calling off the day the winners of the above mentioned competition were announced, with all the smiling faces dispersing from the hall.

By: Ms. Srishti Sengupta



Freshers Party

The Freshers Party was organized on 17th September, 2022 to make the first year students familiar with the college environment and the faculty. It was also a day when the faculty and the Second year & Third year students very friendly and extended a warm welcome to the first year students which shall make the college not only a place for academic knowledge but also a place full of fun. This day also offered the students an opportunity to enjoy themselves and know their peers in a better and more informal way.

As everyone assembled in the hall with all the sparkles on themselves, living up to the theme of the evening, 'EUPHORIA', the evening started with slow and smooth moves.



Thereafter, the host of the day, SY BAMMC student Pooja Patre took off the songs as she had set the stage on fire with their contagious Skills. As dance and songs cannot be neglected in a party kind of an environment, how could one forget about the engaging games which were organised.

After the fun filled segment of games, then the crowd finally entered the most exciting as well as the most anxious part of the evening, which was the segment of 'Miss freshers 2022' where every participants graced themselves and carried themselves with confidence and walked the ramp with sheer dignity and glamour. At the end of the evening, the winners of Miss Freshers, Shivaanshi, Tamana, & Srishti were the ones holding on to each other till the last moment of the SPICE Pageant competition.

Lastly everyone once again tuned themselves into the dance moves and the mouth-watering dinner also took care of everyone's appetite. Hence it was a day full of glitter and glamour.

By: Ms. Srishti Sengupta

SNDT-LT & SPICE Women Workshop

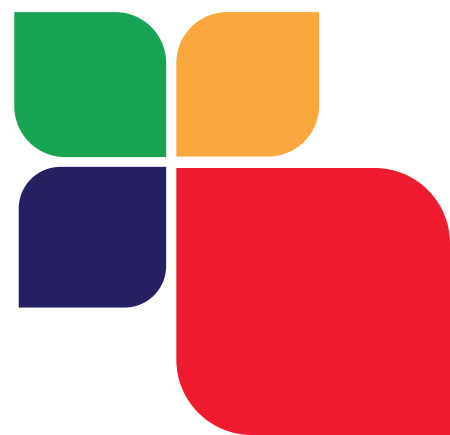
A Filmmaking Workshop – “Classroom Beyond Borders” was organized by L.T. College of Nursing, S.N.D.T Women’s University for the students studying B.Sc. Nursing on 22nd of September 2022 at SPICE Studio, Bandra (W). Total 22 students attended the workshop.

The workshop started at 10 am. Speaker, Mrs. Cheryll Rebello, guided the students throughout the workshop. She gave a session on basics of film making and history about it.

There was visit to film studio. Each class had written a short script on different topics and enacted it. Mr. Richard Young, cinematographer, gave the insights on how the video or film should be shot, importance of lights, shot angles, placement of actors for particular scenes, use of green screen, etc. Mr. Pushparaj, cameraman, helped and explained the students about the camera settings.

Mrs. Cheryll explained on how to edit videos in Adobe Premier Pro. A visit to Sound Studio was conducted. Mr. Saniv Xulfi, sound engineer, guided us about the process of sound recording, how the editing is done and how a raw song can be improvised to good music. The workshop ended at 2:50pm.

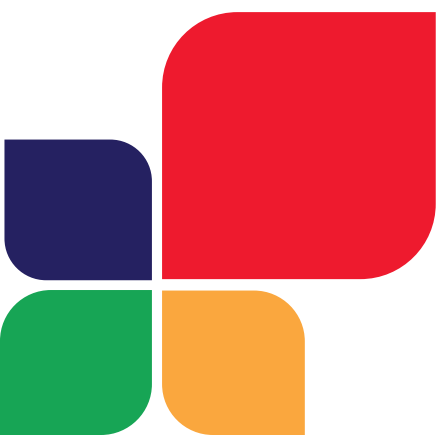
By: Ms. Merin John



AMR Guest Lecture

The faculty of Advertising and Marketing Research Fr. Plavendran Irudayasamy organised a lecture for TYBAMMC Students at St. Paul's Institute of Communication Education on September 23 from 10:30 am to 12:30 pm. Nagindas Khandwala College's Vice Principal Mona Mehta, who specialises in advertising and marketing research, gave a presentation on the same. She completed the Module of 'Advertising and Marketing Research.' She was very informative, as she went in depth into the topic and spoke about research, testing, focus groups, pretesting, post testing, and other research methods. Mrs. Mona was extremely friendly and welcoming, and we look forward to having her as a guest speaker.

By: Dr. MONA MEHTA

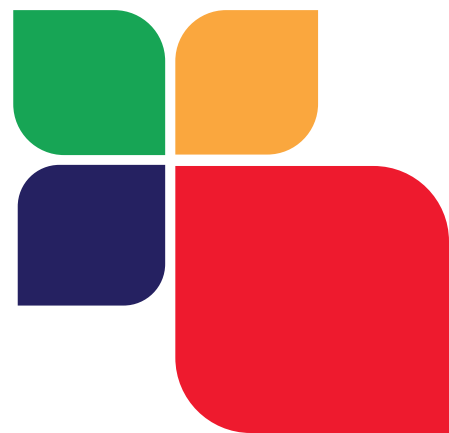


International Sign Language Day

A few days before International Sign Language Day, teachers, with their respective classes, discussed the importance of the International Week of the Deaf (IWD) observed from September 19 to 25 September 2022, and how each day had a different theme. Everyone learnt and used basic greetings like Namaste, Good Morning, and Nice to meet you.

International Sign Language Day was observed on the 23rd of September when Father Plavendran and Father Renold went on to have an interactive session with the BMS students. The students prepared a surprise performance for the Fathers, teachers, and fellow students following the theme of the day. They performed the national anthem using sign language to effectively demonstrate the day's significance.

Posters and Notices explaining the importance of International Sign Language Day were created to spread awareness. The day ended with the Fathers appreciating and expressing gratitude towards everyone for the efforts taken to make the day memorable and meaningful.



Swachh Bharat Abhiyan

Bandra Talao Cleaning

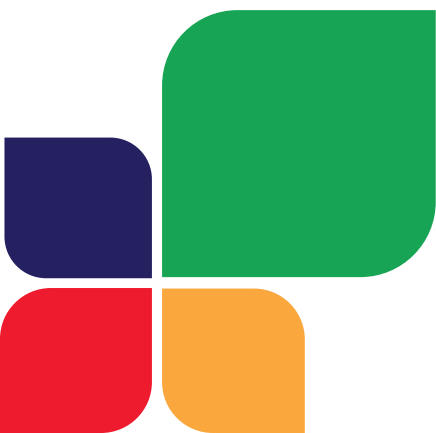
The institute organized a cleanliness drive for its students on 1st October 22' in honour of Gandhi Jayanti and his principles on cleanliness.

The students and the teachers walked to Bandra Talao, which is 2km away from the institute. The students were provided with caps with logo of college, gloves, and masks. They were divided in 3 groups; each group was assigned an area of the place to clean. Each group was provided brooms, garbage bags and dust collectors.

The groups were supervised by faculty and student council. The students did a diligent job of cleaning the whole place in record time of 2 hours. The children were applauded for their hard work and were given refreshments.

The event ended with taking group pictures, celebrating the principles of cleanliness and re-learning the importance of it.

By: Ms. Srishti Sengupta



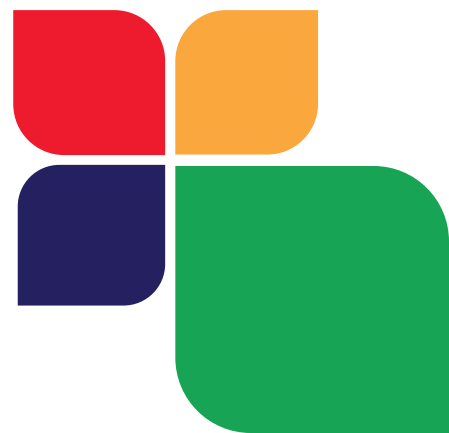


World Mental Health Day

The students and teachers had gathered in the hall for an intimate session with Ms. Pragya Lodha, a member of WHO, the American Psychiatric Association, and more than ten psychological institutions. Ms. Pragya initiated the session by speaking about who she was and how we would celebrate mental health that day. She spoke briefly about why conversations on Mental Health are the need of the hour and what one can do to develop mental well-being. The students then gave their input on what they thought mental health was. Ms. Pragya cleared some misconceptions and stated that most college-going students deal with extreme stress, mental illness, and depression. And how vital it was for them to understand what mental health meant. Many familiar things were discussed in the session but, this time, from a different perspective. Her purpose was to make the students self-reflective as they accept and manage their emotions.

She presented and discussed 20 things that mentally strong people do regularly. She also shared a self-care bingo and emotion wheel chart with everyone. Ms. Lodha stated that psychology as a science has been derived from philosophy and therefore claims therapy is perspective-building.

Her talk was truly intimate, honest, and engaging. She shared some anecdotes where the students resonated with her. “You could be the ripest, juiciest peach in the world and there’s still going to be somebody who hates peaches.” this was just one of the many sayings shared by her. Continuous interaction took place between the students and her throughout the program. The students and even Father Renold participated actively to put forward their queries.

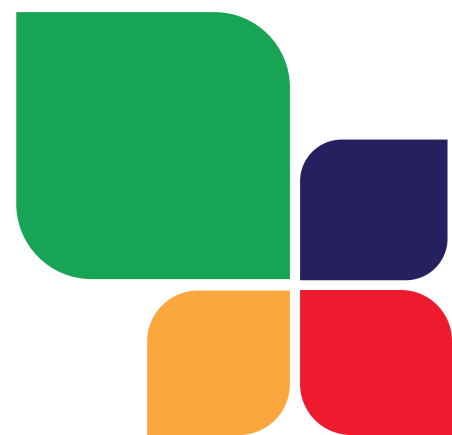


World Mental Health Day



The program ended with Asst. Prof. Aparna Kulkarni giving a vote of thanks to Ms. Pragya Lodha for she gave such an insightful, helpful, and much-needed talk. The session surely left the attendees feeling enlightened and ruminating about the valuable things they had learnt.

She edified the students about self-love, growth mindset, analysis paralysis, altruism, and many more things. The students kept giving inputs on Ms. Pragya's pertinent questions. She then asked the students to, at most times, refrain from self-diagnosing and running over to non-professionals for help. She encouraged the idea of talking to therapists and said it is okay to ask for help. The attendees then did a five-minute self-love meditation. A quick Q&A session followed that included discussions on how to deal with panic attacks and breaking the stigma by simply starting with our homes first. Ms. Pargya suggested pro bono therapy and social support groups as alternatives for the students. Lastly, the students were told that any mental issue, no matter how minuscule it might seem, should be addressed and resolved. She hoped for the students to adopt and practice at least one of the manifold things that had been discussed with them.



National Cancer Awareness

The students and teachers had gathered in the hall for an insightful session with Dr Prasad Rane, a public health professional specializing in epidemiology for more than ten years. Breast cancer cases in India have been on a surge for the past three years. And we were grateful to have a skilled professional from the Indian Cancer Society come and talk to the students about Breast Cancer Awareness. After a brief self-introduction, he asked the students what they thought breast cancer was to see whether they were clear about it or if there was a need to clear any misconceptions. The students shared their thoughts, followed by the Dr patiently and accurately explaining what breast cancer exactly was.

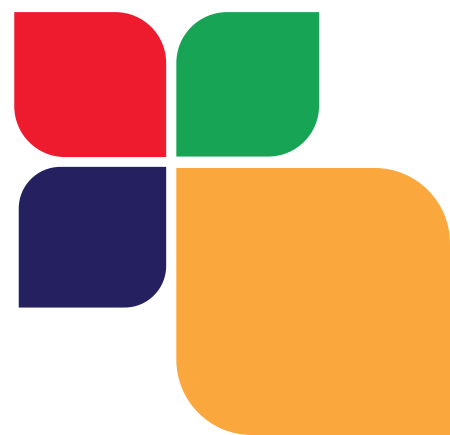
Dr Prasad then asked them what cancer is. Following the answers of the students, he explained to them that cancer is the mutation or abnormality of our cells that cause continuous, uncontrollable division leading to the formation of extra cells. The students seemed to understand all the biological concepts like the spreading of the cells, and removal of lymph nodes thanks to Dr Prasad's seamless explanation.

Making the session more interactive, he asked the attendees what the three most common types of cancer in India were. The students correctly guessed the answer, viz., breast, oral, and cervical cancer.

The attendees got to know in brief about all the types of cancer and the vaccines available for some of them. He spoke about healthy lifestyles, including the eating, hygiene, sleeping, and grooming habits.

It led him to talk about the consumption of alcohol and tobacco. And how the seventeen thousand toxins in tobacco can so easily damage the immune system. It weakens the system and makes it incapable of fighting cancer cells. A nutritious diet, sound sleep, and exercise are the best way to prevent the occurrence of any disease.

Since prevention is better than cure, one must regularly get a physical check-up done on their body. Cancer, too, can be cured if detected in its early stages.



National Cancer Awareness

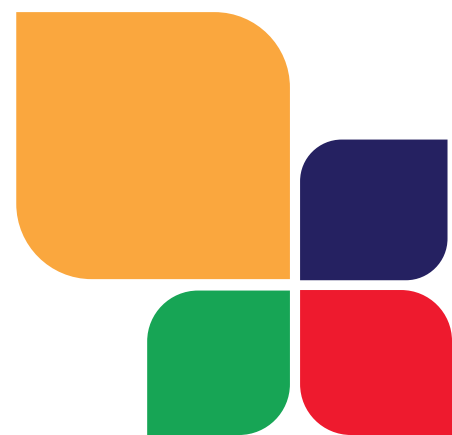
Not only did he recommend centre testing like getting a mammogram done but also self-diagnosis. He shared painful incidents where the patients' breasts had to be removed as a last resort. Hence he requested the students not to be ignorant towards breast cancer.

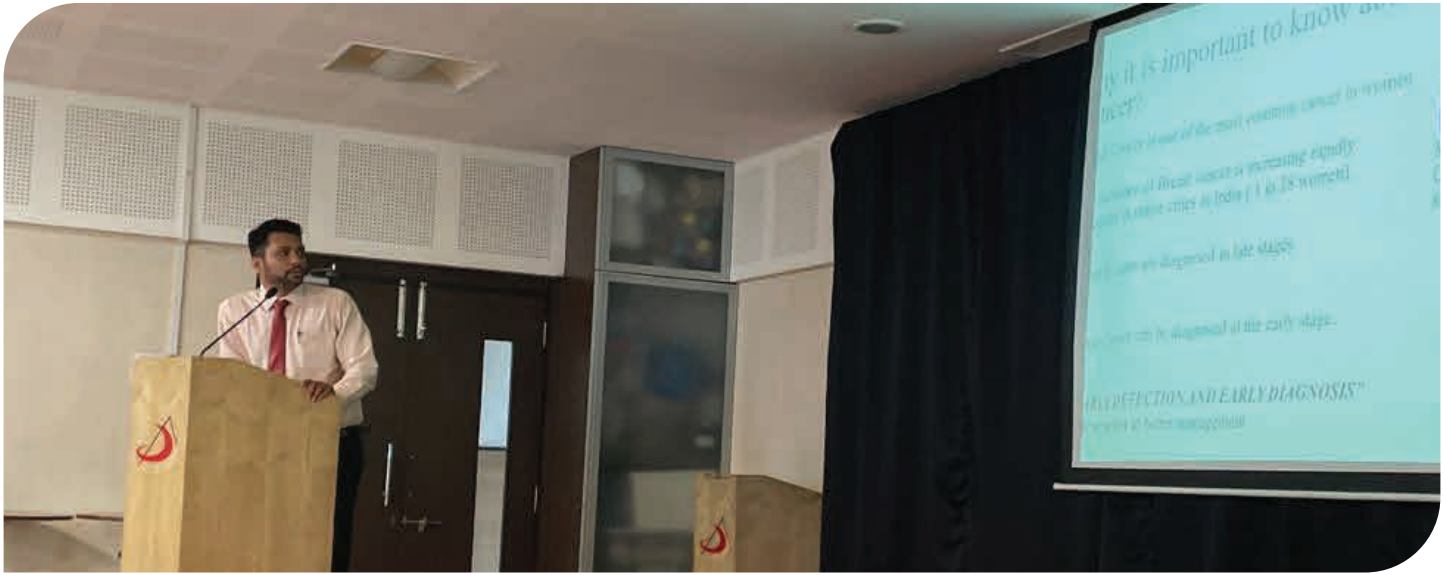
Dr Prasad taught various types of self-diagnosis methods. He instructed the students to try out three different standing positions at home to get a look at the breast from different angles. The purpose was to check if any breast seemed bigger or heavier than the other. We also need to take notice of any continued discharge from the nipple for more than a month. Another step was to check for prolonged pain, redness rashes, contraction, wrinkling, dimpling, deformity, asymmetry, discolouration, and lumps around breasts or nipples. Not only should we focus on the breasts but also on the area starting from the collarbone covering the armpits and extending to the breasts. One can slowly and gently circle this area using their index, middle, and ring to feel for any lumps. Late menopause is another sign to look out for. For better remembrance, the students recited the steps along with him.

In the end, the attendees were given time to freely ask their questions. Questions like why exactly surgeons removed all the breast tissues during the later stages and what treatment facilities the government provided were raised. Dr Prasad mentioned various centres and hospitals offering the best treatment. He also informed that the Indian Cancer Society even provided financial aid to the needy.

Our host gave a vote of thanks to Dr Prasad and the attentive attendees for their patience and engagement. We were grateful to the women's development cell for they arranged such a practical, lucid, and helpful seminar. The discussion on such a critical and surprisingly undiscussed topic was very much needed. After learning about the symptoms, prevention, and diagnosis techniques, the attendees felt more confident in dealing with the fatal disease. The attendees left the session as well-informed and more aware individuals.

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3rd National Conference

The day when the conference had already arrived, the Alberione hall was not only full of dignitaries, professors, researcher and students but also was beaming with knowledge, experience and study across different genres.

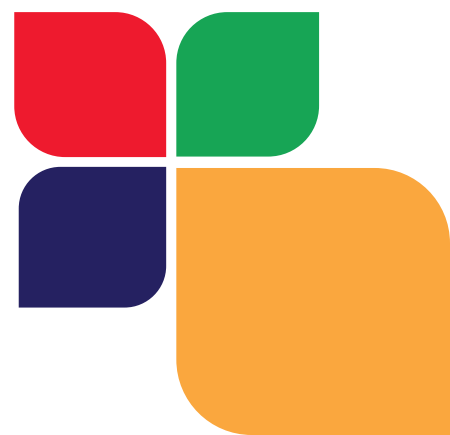
As the registration desk wrapped up with documenting all the details, the stage was set for the big day to begin and Aparna ma'am, our BMS coordinator invited the guests to light the lamp and marked the auspicious start to the splendid day. It followed with the welcome dance performed by third year students of our college and then we proceeded towards the main part of the day as the key note speakers had taken their seat and the audience was waiting to be all ears.

As the speakers addressed the crowd, people were overwhelmed because of the knowledge that was imparted. Furthermore, lifetime experiences that our chief guests had shared on varied topics shall be remembered by the audience. As these technical sessions came to an end and the day broke for lunch, researchers were gearing up for presenting their research papers. Subsequently all the researchers presented their well-studied papers

and the best part being, the range of presenters included ace professors as well as first year students.

The end to this session called for a tea break after which everyone was gleefully anxious as the valedictory session approached. The winners were declared and presented their token of appreciation at the same time all the presenters were accorded with certificates for their effort and dedication. As the tradition calls, a team photo session was conducted and the day ended with the vote of thanks by Father Renold.

By: Ms. Srishti Sengupta



1st Chapter: Inter Collegiate Literature Competition

The SPICEFW Library organized an inter-collegiate literary competition titled 1st Chapter : an inter-collegiate literature competition. The competition aimed to foster creativity and love for literature among college students. The competition consisted of six events: Book Narration, Quiz Competition, Poster Making, Bookmark Making, Essay Writing, and Book Review.

Fifty students from various colleges participated in the event. The competition was inaugurated by Fr. (Dr.) Plavendran, the principal of the institution. In his speech, he emphasized the importance of literature and its role in shaping the intellectual and emotional development of students.

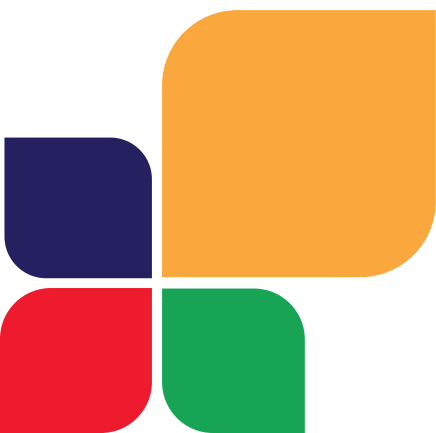
The Book Narration Competition was judged by Carol Andrade, Dean of St Pauls Institute of Communication Education for Women. The competition required the participants to narrate the first chapter of a book of their choice.

The participants displayed a remarkable level of creativity and storytelling skills. The judges were impressed with the quality of the narration and had a tough time selecting the winners.

Fr. Francis and Mr. Odell Dias judged the Poster Making and Bookmark Making competitions. The participants demonstrated their artistic skills and produced visually appealing posters and bookmarks. The judges appreciated the creativity and originality of the participants.

The Essay Writing and Book Review competitions were judged by the faculty of the SPICEFW. The participants wrote compelling essays and book reviews on various topics, including the role of literature in modern society and the impact of technology on reading habits.

At the end of the event, the winners were announced. The first prize consisted of a certificate and a cash prize of Rs. 300/-, while the second prize consisted of a certificate and a cash prize of Rs. 200/-. The winners expressed their joy and gratitude and appreciated the efforts of the organizers.



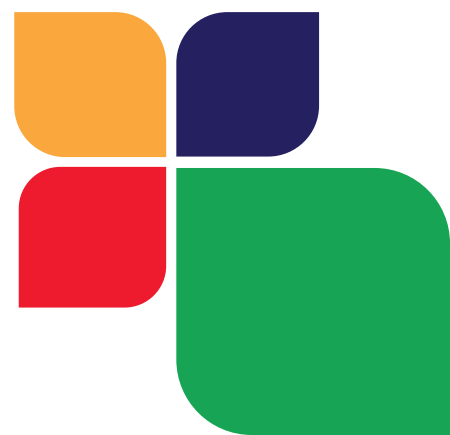


Skill Development Workshop

The IQAC department of SPICEFW in collaboration with Nirmala Niketan College of Social Work had organized a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored Skill Development Workshop on the topic Youth as Agents of Change in a Digital World on the 9th and 10th of January at St Pauls Institute of Communication Education for Women campus. The event began on January 9 with registration followed by breakfast, an inauguration, and lighting of the lamp. The guest of honor was Fr. Joby Mathew. A lively panel discussion was held where Ms. Winona Pereira and Mr. Brinston Carvalho were the speakers along with Fr Nigel Barrett who shared their profound knowledge on themes like the importance and use of Social Media, Cyber Security, etc. The session was highly informative and enriching. Thereafter all had a hearty meal and were disbursed to the respective classrooms for the workshops they had enrolled in. The workshops were divided into five sections: photography, digital marketing, content production, reel development, content writing, and graphic design. On day two, i.e the 10th of January, an interesting IPR (Intellectual property Rights) session was held followed by a work showreel and the valedictory function where Fr Vincent Carmel and Sr Philomina Sequeira were the guests of honor.

The day ended on a positive note with the distribution of the certificates.

By: Ms. Diya Chabbria & Ms. Srishti Sengupta



Mediathon

Mediation is our college fest that takes place every year in its grandest manner. The students of the college guided by the faculty and the management puts in all their effort to conduct the best of all the media fest that Bandra has to offer. It is also conducted to promote fellowship amongst students of different colleges.

Mediathon, our college's marquee event and biggest expression of our school spirit, was a success over the two-day run of our own mini-carnival, 'Ephemeral'. Including best of the best events like call of duty mobile war, dance, band, stand-up, roundtable conference and many more, but our personal favourite, our pageant, 'Coachella'.



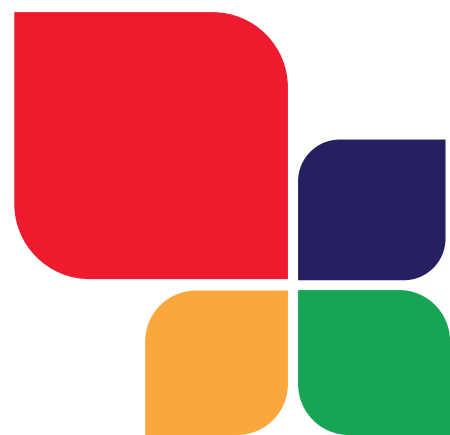
Our contingent colleges doing an excellent job at bagging points with their amusing performances and a pinch of P.R. Absolutely priceless memories were made that will be treasured for years! Setting the bars too high.

The two days full of fun and excitement used to begin at 7 in the morning and the college campus would beam with students' late evenings. The events organised were a massive success for the huge number of participations that our college gathered.

Day 1 had massive events like dance show, just a minute competition, events ranging from culture to literature. Whereas day 2 followed up with events like coachella, fashion show many other which led us to the most anticipated ceremony of the event, the prize distribution ceremony.

The event was called off with the best CLs taking away their credits and the outstanding contingents lifting up their trophies amidst all the cheers of their fellow participants.

**By: Ms. Diya Chabbria
& Ms. Srishti Sengupta**





Industrial Visit

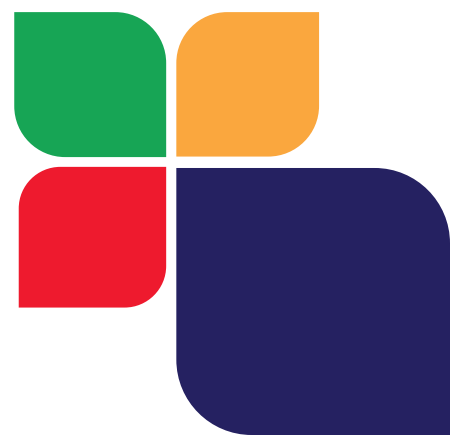
Goa Visit: FY BAMMC, SY BAMMC & FY BMS

17th January – We boarded the Konkan Kanya express from CST station around 10'o clock at night and started our journey for the Industrial visit.

18th January – The students along with the faculty reached Thivim station, Goa in the afternoon after which we routed towards the resort. After enjoying the beautiful property where we were staying, in the evening we took a walk where the nature accompanied us and enjoyed some local shopping.



19th January – The next day everyone assembled by 9'o clock and we headed towards Mangeshi Temple. The temple had a serene environment where students had spent some time and also got attracted to the lucrative local shopping markets which were an add on to the place. Then we reached one of the oldest church of Goa, St. Francis Xavier Church, which holds the mortal remains of St. Francis Xavier. After which we reached a restaurant to have lunch from where the SYBAMMC, FYBMS, TYBVOC students went for their industrial visit at Prudent. They were introduced to the workings of a news network, from how the new is collected to how it is put on air. Students enjoyed the experience. At the same time FYBAMMC was taken to Dona Paula, the spot famous for the shooting of the iconic film starring Ajay Devgan – Singham. Later in the day, we relished the Karaoke night with melodious songs accompanying us.



Industrial Visit

Goa Visit

20th January – This day started with our visit to Aguada fort, the place known for various film shooting and which primarily served as a light house built by the Portuguese in their olden days. This place also offered a lot of knowledge and photogenic spots. Later after lunch we went to the most awaited beach visits, starting with the Anjuna Beach and then followed by the Vagator Beach in South Goa. The beaches offered typical Goan vibe and the students enjoyed it to the fullest. The day was wrapped with the most awaited DJ night with a mouth-watering dinner at the end.

21st January – FYBAMMC was taken to their industrial visit to the Herald's office. Students were shown how the PCR works and how news is curated from the scratch. Professionals came and spoke about their style of working across all the spheres – print, television and digital. From on ground reporting to how a news anchor conduct debates from a news studio, the students got their hands on all of these. Alongside, the BMS students also visited Westin, a JW Marriott property where they were

given a clear understanding of how the management sector works exclusively by their HR Director. They were welcomed in their industrial manner with mocktails and given a tour of the hotel and were conveyed about the USP that the brand holds in luxury, feel good factor of their clients, self-care message and primarily to look after the welfare of their customer. The students garnered idea as to how the hospitality sector functions as they were also taken to the training room and introduced to several important etiquettes. Whereas the other students that day visited the Naval Museum where they got the opportunity to experience how different kind of aircrafts work and especially they were demonstrated how a fighter jet works and were conveyed the understanding about the same. After which both the groups reached the Thivim station as we took the Konkan Kanya express to come back to our home destination, Mumbai.

By: Ms. Srishti Sengupta



Industrial Visit

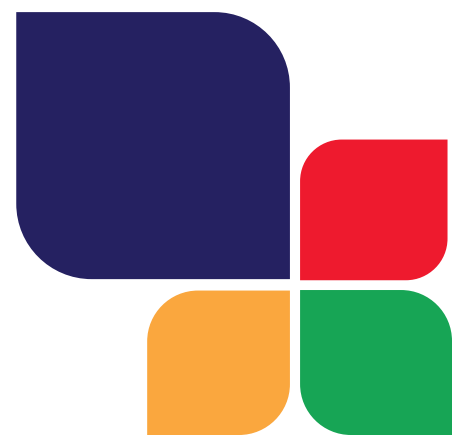
Rajasthan Visit: TY BAMMC (Journo & Ad)

After a lengthy hiatus from adventure due to the pandemic, the students of St Pauls Institute of Communication Education for Women are back on the road with the annual industry visit to the Rajasthani cities of Jaipur and Jaisalmer in the windy middle of January to rediscover the history with the ideal blend of modernity in it.

The journey started with the students boarding in the Pune Jaipur Express from Kalyan and Vasai Road along with the faculty in charges in the respective stations. The day-long train ride went by in the blink of an eye thanks to the students' palpable excitement and their anticipation of the impending cold wave.



On the second day of the week-long trip, everyone checked into Hotel Teej after arriving in Jaipur in the early evening. Students then began preparing for Winter and traveling to the Dainik Bhaskar headquarters. The students learned the full process of getting a story out from the moment it was broken to the page designated for news during their stay at Dainik Bhaskar, which was incredibly educational and informative. The second day's evening was spent learning everything there was to know. Day three began with a ramble through Jaipur's streets and heading towards Nahargarh Fort where students got to learn the roots of History and the life during the reign of Maharaja Sawai Jai Singh. A place that definitely adds to the grandeur of the pink city, Jaigarh Fort was the next destination on the explore. Students embarked on a little buying spree at the lake's edge as they headed into Jal Mahal.



Industrial Visit

Rajasthan Visit

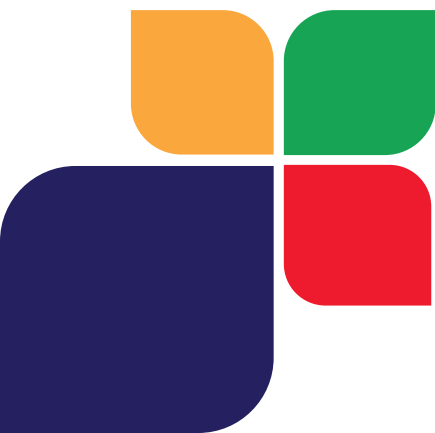
A remarkable example of Rajput architecture with a hint of Mughal influence was seen at Amer Fort, the students' expedition's summation. Discovering Jaipur's renowned block-printed clothing marked the conclusion of Day three's explorations. On the fourth day, we went to the renowned City Palace, home of the current Rajput Royal Family, and learned about the Hawa Mahal. The students bid farewell to the Pink City on the fourth day and departed for the Golden City, Jaisalmer.

The students checked into the Hotel Moomal following an overnight trip on the Leelan Express. The fifth day of the state visit allowed visitors to explore Jaisalmer's streets and take in the city's golden splendour from the fort and Gadisagar Lake. Everyone was fascinated by the structure and narrative of Kuldhara, the most haunted location in all of India. The day winds down with camping in the desert under the stars during a chilly night. By light of the fact, the sixth and seventh days were spent on the Shalimar Express

and Jaipur Mumbai Central Superfast Express, respectively, traveling back to Jaipur and toward Mumbai.

The trip to Rajasthan was a great way for the participating students to decompress from their daily grind and return to their studies with renewed vigour. This trip also proved to be incredibly insightful because everyone learned a great deal of skills and knowledge that will assist them to achieve their larger ambitions.

By: Ms. Anupama Ghosh



National Management Day

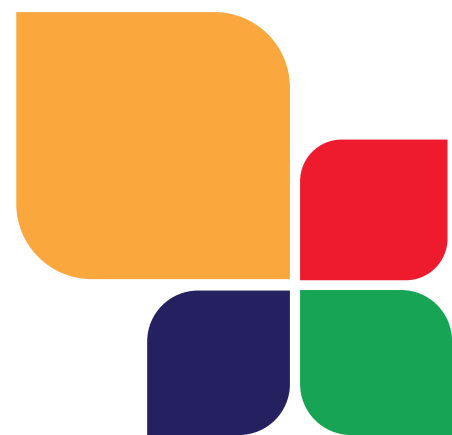
Prabandhan

A few days before D-Day, the planning of the event commenced. The event was held on 21st February, 2023 in the midst of our Honorary Principal Fr. Plavendran, Vice Principal Fr. Renold, our Guest Speaker Mr. Bharat Jethani and the students. As it was the 1st event conducted by the BMS Department, the event began with the lighting of the lamp done by the honoraries, the course coordinator Ms. Aparna Kulkarni and a student representative. Principal gave a speech on the essence of Management and set an example to the Media students. Followed by this, the mic was passed on to the Honourable Guest Speaker, Mr. Bharat Jethani.

Mr. Jethani kicked off his session by giving a brief introduction about himself. He later spoke about the significance of networking and asked a few interactive questions like what does networking mean and how do students professionally benefit from it. After receiving inputs from the audience, he spoke briefly about the topic and explained how networking with people can be done. He also threw light on LinkedIn being a major source of networking and concluded that although Instagram has a wider reach, connecting with people professionally is done better on LinkedIn. He promoted that posting

regularly on LinkedIn opens new opportunities. He progressed towards the management perspective and said that networking in management means increasing your net worth and the need to network is completed by attending conferences, meetings and other similar conventions. Later, the crux of networking was discussed. He broke the acronym of ART OF NETWORKING and explained the different behavioural aspects to it. To prove his whole session, Mr. Jethani displayed a roleplay with the help of a student and set an example of networking. He concluded his session by stating that "do not put people in boxes, the way we are inside is the same way we react".

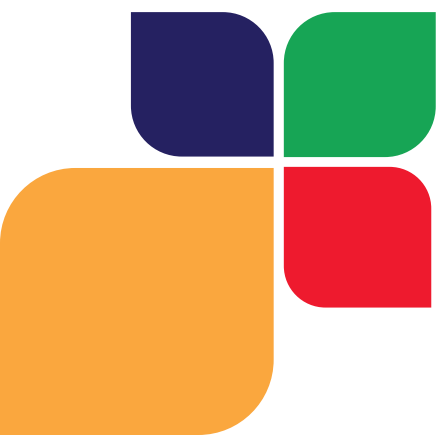
To create a platform for small business owners and give them a chance to publicise their brand, the BMS students took an initiative to call a few students who have their own venture and asked them to talk about their journey and experience. These girls were later felicitated by our Chief Guest. The event was turned into a fun zone where a game was organised to keep the spirits going.



National Management Day

Prabandhan

The program was brought to an end by the Vice Principal Fr. Renold by giving a vote of thanks to Mr. Bharat Jethani for enlightening the students with such an important aspect of our careers.



Women's Week Celebration

Women's Day is celebrated on 8th March every year to honour the social, economic, cultural, and political achievements of women worldwide. The Performing Arts Club of St Pauls Institute of Communication Education organised a week-long celebration from 6th March 2023 to 11th March 2023 to commemorate the occasion. The report highlights the activities and events that took place during the week.

The first day of the Women's Day celebration saw everyone dressed in red, symbolising power and strength. The students were divided into four teams for a kho kho match, and each team was named after women who are active in athletics. Team Mary Kom won the match, and the students had an exciting start to the week. On the second day, everyone dressed up as their favourite character - either from a movie or a book - or as their comfortable version of themselves. The day brought out the creative side of the students, and they played games and watched a short documentary film titled Binta and the Great Idea. The film delivered a valuable message about the significance of girls' education. The students were dressed in yellow on the third day, signifying warmth and happiness.

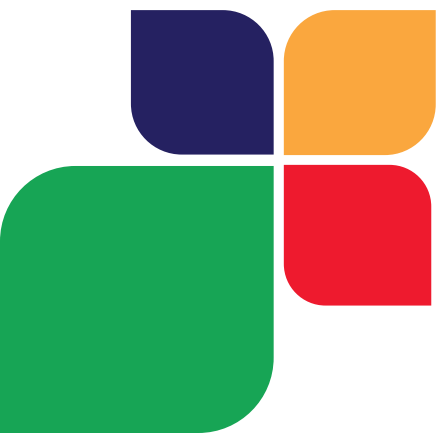
An inter-class tug of war match was played, and the third-year students won. An additional match was organised between boys and girls, and the girls' team triumphed. On the fourth day, everyone wore sarees and participated in various public relations activities. The day was entertaining, light, and fun, and the students enjoyed learning about the art of public relations.

The main event day was marked by everyone wearing purple. The event began with the introduction and lighting of the lamp by Fr Plavendran, Fr Saju, Carol Maam, Abha Singh (the Chief Guest), and Fr Ranold. The dignitaries delivered speeches, and the highlight of the day was a video covering the entire week and famous women who have achieved high accomplishments. The BVoc students and core team performed an entertaining group dance, and the students were felicitated for their achievements throughout the year in college and inter-college events.



Women's Week Celebration

The Women's Day Celebration Week organised by the Performing Arts Club of St Pauls Institute of Communication Education was a resounding success. The week-long event was a reflection of the importance of women in society and provided the students with an opportunity to understand and appreciate the contributions made by women globally. The week was informative, fun, and entertaining, and the students look forward to celebrating Women's Day in the future.



UG Convocation Ceremony

The grand day started with the proud parents taking their seat in the audience and all the students entering the hall for the one last time as the graduates of the institution. After everyone settled down, the opening of the event was marked by lightning the lamp followed by an opening dance.

Then, the host of the day, Ms. Aparna Kulkari, the BMS Course Coordinator invited all the distinguished guests to the dais. The institution was delighted to have Mr. Denzil Smith as the Chief guest and Mr. Tejas Joshi, the guest of honour.

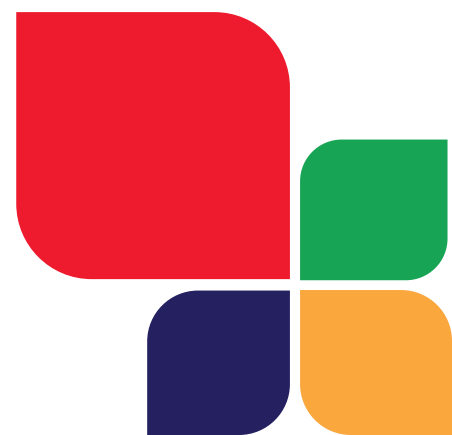
The dignitaries delivered their speech after which the degree certificates were handed over to the graduates of the BAMMC & BVOC students of the batch of 2021-22. The students who marked their excellence in academics and otherwise were also acknowledged with trophies.

The current students of second year & third year who topped their batch were also recognised and awarded. As the event approached towards the end of the day as Ms. Marie Moopanar, BA MMC Faculty, gave a farewell speech to the students and bid them adieu for the one last time. The day was concluded with the parents and the professors being proud of the then students but now alumni of SPICE.

This ceremony led the students and the faculty members towards the group pictures of the batch of 2021 – 2022 from various department. A delicious lunch also awaited for them after which they dispersed from the institution.



By: Ms. Srishti Sengupta



American Library Visit

FY BAMMC & FY BMS:

The students along with the two faculty members, Ms. Aparna Kulkarni, BMS Course Coordinator & Mr. Gulabchandra Sharma, the college librarian, boarded the bus around 9.30am and were enroute to BKC, at the office of the American Consulate.

Once everyone reached the destination, high security check was conducted and then the students went into the library. Then, one of their officials came and addressed all the students and they were given an insight about their foundation and working. The students were also conveyed the facilities they can avail in case they become a member of the Dosti House.

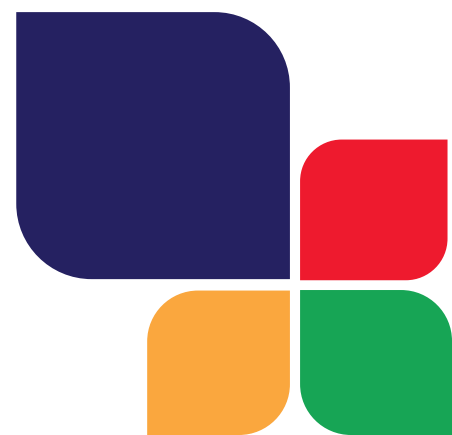
Later, it was also shared that the month of March is celebrated as Women's History Month and on account of the same we were shown a documentary that revolved around the successful black women entrepreneurs of America. The organisers also offered high tea facilities and then later the students dispersed and headed towards the college that marked the end of the event.

SY BAMMC:

The institute organized a visit to Dosti House, a US Council library in BKC, Mumbai. This visit was organized for the students of SYBAMMC under the guidance of Ms. Mohini Mishra,

facilitator for the subject of History of Media and Mr. Gulabchandra Singh, librarian at the institute.

The Dosti House was in the same block as the US embassy in the building, hence the pupils and the teachers went through multiple security checks. Electronic items such as Bluetooth earphones, Bluetooth watches and metallic items were strictly prohibited. The library requires one to carry their original identity proof for a valid entry in the library.



American Library Visit

The library had books on various topics and genres by American writers only. The Dosti House organized an interactive session with the pupils, briefing about the usage of e-resources of the library, the membership, and a few competitive fully funded scholarship programmes in the US. The students felt thrilled and inspired after hearing this.

A movie on Media Ethics was showcased for the pupils. The movie talked about the ethical lines in journalism and broadcasting. Pupils scanned the library for their choices of books to have a read. They jotted down the names of books to borrow or purchase, after the visit was concluded.

TY BAMMC:

A Trip to Dosti House (American Library) was conducted by St. Paul Institute of Communication Education conducted a Trip to Dosti House (American Library) on August 5, 2022 for the students of TYBAMMC.

This visit saw a good attendance and were shown a Documentary Film followed by guided tour of the library. As 'Dosti House' is committed to providing timely, reliable and comparative information on a variety of topics ranging from American Politics, culture, history, economy as well as international relations and global issues Consulate General Education.

The students not only got to learn about library culture but were also able to experience how a library functions in real time despite of there being internet and other technological advancements available. This was indeed a great learning trip for all students who are in their final year of completing their graduation as it gives them exposure to what to expect after their degree course ends.

By: Ms. Srishti Sengupta



Farewell

Arabian Nights

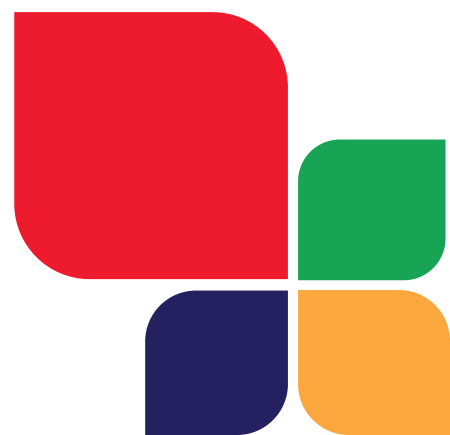
A farewell to remember; after the registrations were over, the graduating class was warmly invited to the final day of their college life. As they walked into their very own Alberione Hall they were welcomed with shower of rose petals by their dear juniors.

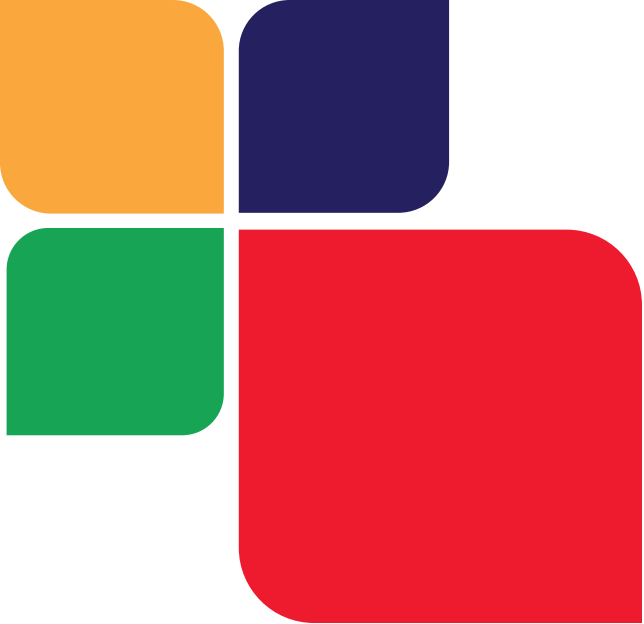
The event marked its kickstart with a surprise as the mascots of the arabian nights made their entry on the stage with a little performance, stole everyone's attention. What was even more captivating was the dance performance that their juniors had arranged, which they might treasure these memories for the rest of their lives. The small dance show, which had an Arabian night's theme, broke through with a killer belly dancing performance.

As the performances and all other fun activities were coming to an end, the senior most batch had the microphone in their hand speaking about their journey and expressed their regards to the amazing faculty at SPICE and lastly thanked their juniors for putting up a night so memorable.

The entire purpose was to share memories of their earlier college years and the emergence of their small SPICE family. In reality, their conversations and opinions of one another would end, but never mentally. Beautiful parting statements from the faculty were followed by a memorable jam session and delicious dinner near the conclusion.

**By: Ms. Diya Chabbria
& Ms. Srishti Sengupta**





Students Corner



Woke Culture: Boon or Bane?

Lavina Pavoovetil: SY BAMMC

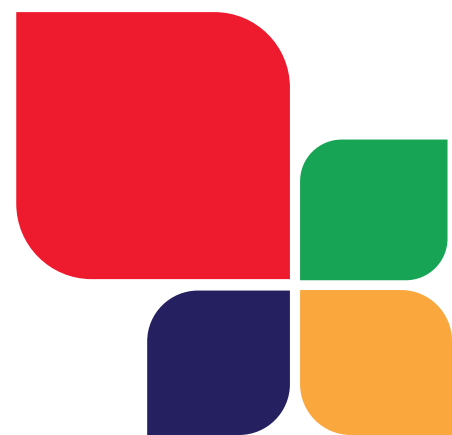
Recently, I asked my cousin for her definition of 'woke' and she said it's to identify, to realize, and to raise our voices. Isn't that just being Adolf Hitler in the 21st century?

Well but these days people are so alert, aware, and all about justice. We see something wrong around us, we immediately take our phones and film it. Citizen journalism at its best might I add. Or should I call it 'woke'?

Well in that case let's talk about woke feminism as there is a wide representation of women in cinema these days by calling it 'woke' or 'smashing patriarchy'. I'd like to start with my favorite female characters like Black Widow and Wonder Woman in part 1. When I think about power or badass characters, these are the women I worship for a reason. These characters are fully aware of their weaknesses and strengths and never use their gender as a justification to smash the patriarchy and hoist the flag of feminism. Remember Black Widow letting the gangsters have their moment when in reality she could just easily break out whenever she wants. Instead, she caught the right moment and flourished. That is power! Wonder Woman, despite being a goddess, she wasn't an instant warrior. She worked hard for it. To be it, to be about it.

Takes falls, takes hard hits, but stands up tall again. So when I see her putting some German men right where they belong, I rejoice in it; because she worked through her blood, sweat, and tears for it. And my favorite thing about them is that they DON'T HATE MEN. Instead, they work with them together as equals regardless of their gender or powers.

In no way, do I see myself connecting with Batwoman, the new Mulan, Commander Holdo, or Captain Marvel. They claim to be 'woke feminists' and the problem of these woke feminists is that they feel entitled to success. When Batwoman demanded the suit to be fixed for her by saying that the suit will only be perfect once it fits a woman who basically did nothing to earn it except being a woman. And then she boasts "I'm not gonna let a man take credit for a woman's work" like? Okay? And you just took credit for Batman's work(suit). It's just the same shit with different fonts. Or as the new version of Mulan is no longer a scared girl, trying her best to use arms and earn her place in the army. In the new version, she has always had a Chi in her hand and was always meant to be a warrior.



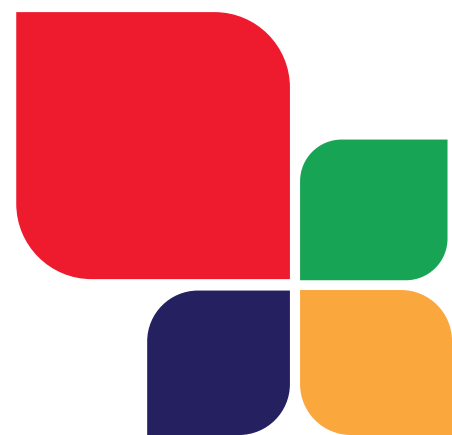
Woke Culture: Boon or Bane?

Lavina Pavoovetil: SY BAMMC

Also the character Rey can just pick a lightsaber and ruin men any day without any history shown or specs of earning that shit. How am I supposed to relate to this? The character Commander Holdo is extremely childish and just expects men to blindly follow whatever she says or he'll be put in the toxic masculinity club. Success needs to be earned and why is that not portrayed? Why is no one talking about Sarah Connor terminating the terminator? Was she never the moment for woke feminists? Strong female characters have been speaking well for their gender far longer than woke feminists ever could. They weren't flawless superheroes. They did face challenges. But they fought back, they lost, they learned, they grew and they overcame their enemies. As a child it made me believe that I, too, can overcome any fear if I work toward it. But today these female characters are either completely perfect like Captain Marvel or New Mulan or at other times they are rude, arrogant, and full of vengeance. It's impossible to connect with them. That's not me. I'm not perfect. I'm not born with the magic kicking spears with a bloody armor on. Sorry! What are woke feminists after? Showing 'women are the moment' by putting men down? Telling women that you don't need to grow or change even if you're aggressive; you're amazing the way you are?

The world owes you success anyway? That is so toxic. It's as if woke feminists want us to not be the best versions of ourselves but the worst versions of men to smash the patriarchy and show society that we are better than men. That just shows that the woman's place is one step behind the men, if not the kitchen.

Do I really have to be full of revenge and aggression to prove my worth? I'm not as good as Captain Marvel but I do know that I don't need to act like a man to beat a man. I can succeed by just being the woman that I am! And that's how we know that these days, there's everything wrong with the woke culture.



Manto's Khol Do

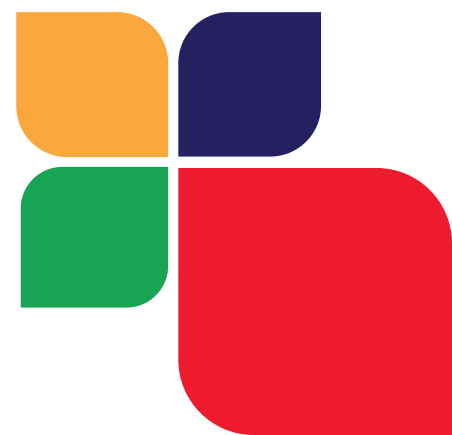
Kashmita Gogoi: SY BAMMC

One of Urdu literature's and of the Indian sub-continent's most controversial yet, one of the greatest storytellers of all time, Saadat Hasan Manto's Khol Do is a story that became a source of major controversy at the time it was first published but, is also a story so powerful that has stood the test of time. The story is set in the backdrop of a newly born Pakistan in the post-partition era and revolves around a man, Sirajuddin who lost his wife in the violence amid partition and, later also gets estranged from his only daughter Sakina in the journey from Amritsar to the other side of the border. In the story, Sirajuddin meets a group of nine young men in a refugee camp who promises to bring back his daughter to him, however, ironically the same group of men after finding Sakina instead of taking her to Sirajuddin, gang rapes her multiple times and leave her in the railway tracks in a pitiful state from where a group of people takes her to the hospital, where Sirajuddin then finally finds his daughter.

In the climax of the story, the doctor though has already declared Sakina dead but, for Sirajuddin's satisfaction checks her pulse once and asks Sirajuddin to open up the window which as Manto writes,

उसकी नब्ज टटोली और सरिजुद्दीन से कहा, "खड़की खोल दो", but the very next moment something happens such that makes the doctor numb and speechless. On hearing the word 'Khol Do' which means "open it" Sakina opens up her trouser. Unable to react to what just happened in front of him, the doctor starts to sweat and stands motionless. It is this climax scene which indicates that Sakina have been raped multiple times and also depicts the trauma that she went through. It is because of this trauma that when the doctor utters 'Khol Do' Sakina who have already suffered so much assumes that like those nine men, the doctor too wants to rape her and hence, with no desire left in her to defend or save herself, she allows him to do so by opening up her trousers.

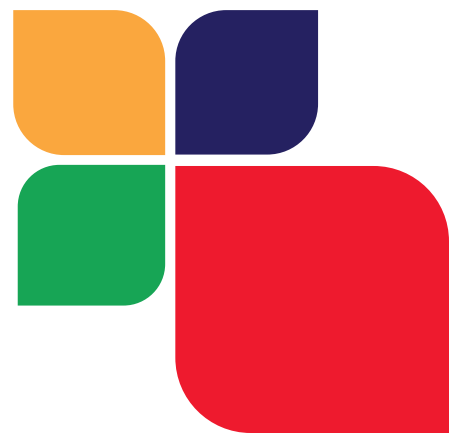
Manto's Khol Do depicts the truth that a rapist never have a religion, Sakina was as much a Muslim as those nine young men were but, yet she was raped by them. A rapist is just a rapist, and his crime is an unforgivable one that deserves no mercy.



Manto's Khol Do

Kashmita Gogoi: SY BAMMC

Also, inter-connected to the former message, Manto parallely in a very powerful manner through Khol Do also indicates us about another sad fact of the sub-continent's history that how a section of people like the group of men who raped Sakina exploited the situation to their benefit and took advantages of it to fulfil their sinful desires. Khol Do depicts that how an illogical fight of our forefathers in the name of mere religions gave opportunities to a group of selfish people to ruin an uncountable number of innocent lives of the both the communities. Manto's Khol Do is a story that has a lot in it for us as a society to learn.



“It’s Now Our Turn”

Sr. Placiya Rodrigues: FY BAMMC

I learned that rickshaws and pets are “famous” in Bombay while strolling down Bandra Road daily. When you leave the house, you will see many pet owners walking their adorable pets. One of them even greeted me by saying, “Rax (the dog’s name) is my all,” as I approached him.

Wow! That piques my interest because I adore pets. Indeed, all living beings deserve our respect and compassion. But, I wonder, why do we adore them?

What distinguishes them as a part of our family? Why are they significant to us? Is it merely because they are cute? I believe if we hear the story of Hachiko, a stray dog who is now an inspiration to young Japanese and others, we will understand.

A purebred Japanese Akita dog was something that Eizaburo Ueno, a professor of agro science at Tokyo University in Japan, had long desired. He spent a long time searching for the ideal Akita puppy before being persuaded to adopt Hachiko from Odate, in the Japanese prefecture of Akita by one of his students.

His new owner and Hachiko, or Hachi as he was eventually known, became close companions. Eizaburo was inseparable from his pet puppy because he loved him as if he were a son.

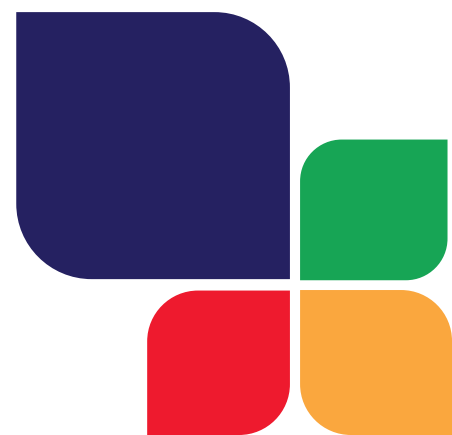
Hachiko began to accompany his owner to the Shibuya Train Station in the heart of Tokyo in the morning and to pick him up there in the afternoon when he returned home from work as he grew older.

On May 21, 1925, only two years after his birth, Hachiko was waiting for his lover Eizaburo at the Shibuya train station exit. His owner, however, never appeared.

It was discovered that Eizaburo’s sudden and unexpected death at work was caused by a brain haemorrhage

Hachiko relocated to the old Ueno family gardener. However, during the last ten years of his life, he continued to appear at Shibuya Train Station at the exact time the train was supposed to arrive. He patiently waited for his loyal owner’s return for hours, but she never arrived.

In 1932, a major Japanese newspaper reporter picked up Hachiko’s story, and after it was published, Hachiko became well-known throughout Japan.



“It’s Now Our Turn”

Sr. Placiya Rodrigues: FY BAMMC

He gained the nickname "Chuken-Hachiko," which translates to "Hachiko, the obedient dog."

The story of the dog who never gave up captured the attention of the national media, inspiring people all over the world.

After hearing about the dog who never gave up in the national media, people from all over the world flocked to visit Hachiko at Shibuya Train Station to give him gifts. He instantly gained the hearts of the Japanese people, who acclaimed him as a hero.

On March 8, 1935, Hachiko walked away from the Shibuya railway station alone and calmly.

Hachiko is now on display at the National Science Museum in Ueno, Tokyo.

The Hachiko bronze monument in front of Shibuya train station is currently a popular tourist site, particularly among younger Japanese people. It's heartening to see that Hachiko's statue continues to serve as a reminder of this dog's enduring loyalty and the lengths one will go to remain loyal to a buddy.

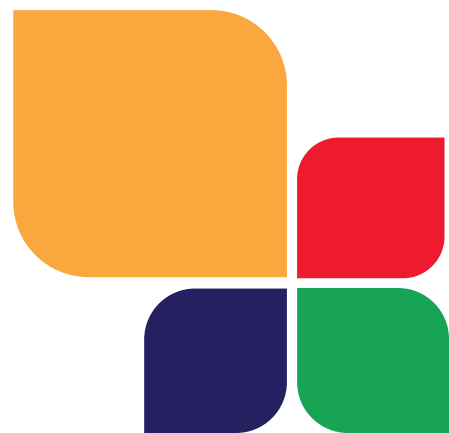
An American adaptation of this film, "Hachiko: A Dog's Tale," was released in 2009. It's excellent, so if you haven't seen it yet, you should certainly watch it! I'll warn you now: expect to cry a lot!

Isn't this a lovely story?

It's no longer a secret that animals are now referred to as "human buddies." They express their love for you in their own unique ways rather than verbally. But do we consider it?

They frequently wind up being showpieces for us. "Oh, no!" some might exclaim. They are a member of our family, and we give them with the best food and lodging available, but they are not interested in your resources (money, food, or shelter); rather, they want your undivided attention, potentially your time, and your loving touch.

They will always be loyal to you, no matter what. But, on your side, are you willing to take care of them! a genuine care!



The Light

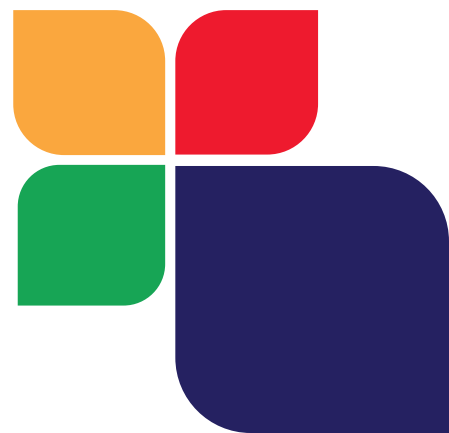
Poetry By: Simi Tuscano: FY BAMMC

Dim & bright
Fairy lights
On a fairy day
Hold tight
Don't let go
Off the fairy tale

Come stay here
And live forever
I'll be
Even if you go away
I'll be right here
I'll be waiting
And even if you don't come
I'd still live by your shadow's name

All these lights
I don't see none of them
But you
You sparkle
Like you've got
Diamonds on your skin
I love to see them shine
But one touch, I'll burn inside
I'll lose my mind

I'll still do it
Let go off all I have
One touch,
And I'm dust
One touch,
Lost in your shadows
But the light in you
Is all I need
The light in you is all I see



Passing Planes

Poetry By: Alhan Sayed: SY BAMMC

I remember our moments,
So graceful yet short. Like the passing planes
seem fast when they are gone.
Slow, seem like forever, knowing I am not alone.

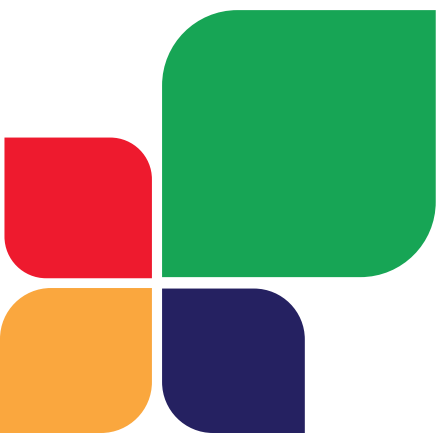
Vivid hues of sky,
looks like a sad memory of ours.

Like passing planes once passed,
I search for you everywhere once disappear

In the song that I once cringed at,
I listen on repeat because you sang it.

Idle minds are a devil's workshop,
guess you stay rentfree, my heartthrob.

Speed defies gravity,
Like passing planes, you seem slow, but are gone.
Imma chase lights, faster than you and sound.
Guess I'll see you around.

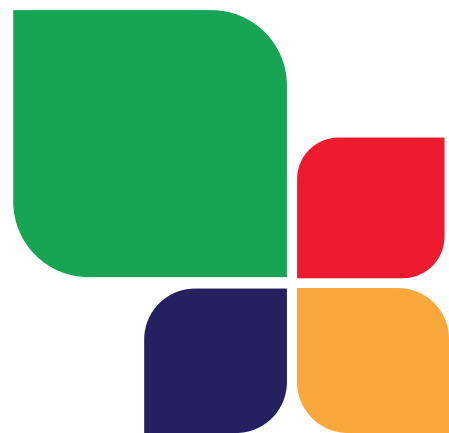


One More Time

Poetry By: Christelle Alphonso: FY BAMMC

A wave slips,
As it gently moves, hugging the shore,
the pebbles seem to sing in ecstasy.
While the nearby trees make an eerie sound,
something ominous or pleasant to follow,
One will never know.

As I look back,
this dark October night,
feeling a wave of contentment inside me.
No matter the time or place,
I would love to do this,
One more time.



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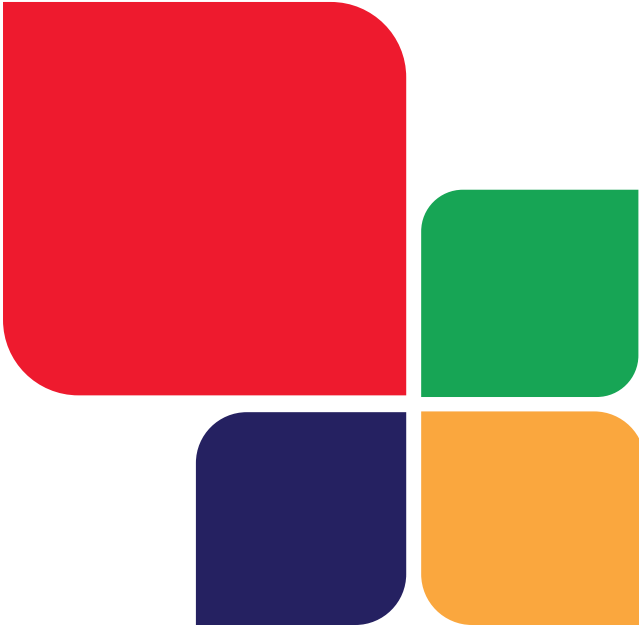
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