



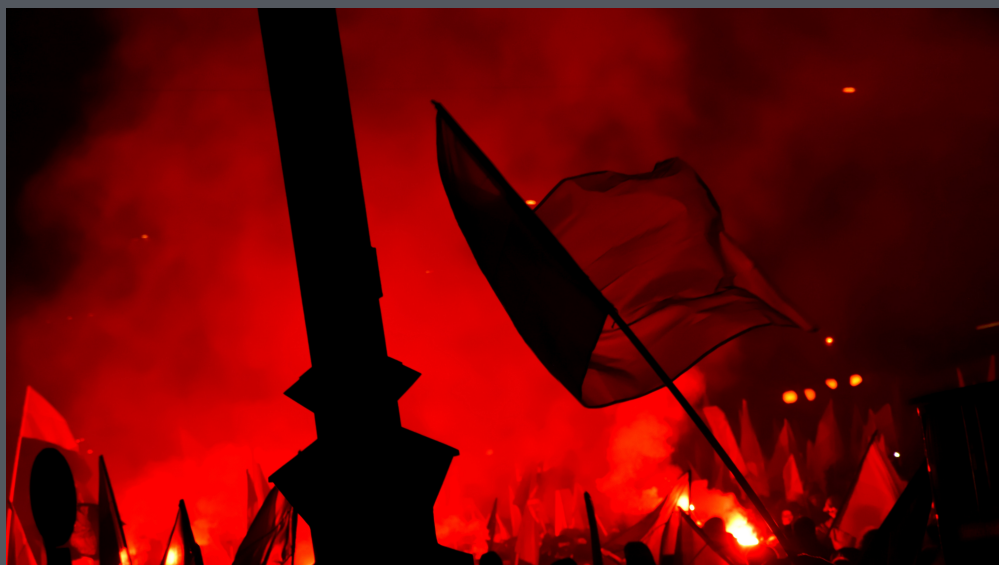
**SIES**

(Nerul) College  
of Arts, Science  
& Commerce

RISE WITH EDUCATION

# pulse

**Volume 1**



**2018-19**



-Prof. Dr. Milind Vaidya  
Principal, SIES Nerul.

“SIES takes great effort to ensure holistic education for all. This effort has been made as a team, which comprises of the staff, the teachers and the students. Staying true to the college motto, our students have scaled phenomenal heights in both personal and professional successes, and so will the next generation of SIES.”



-Prof. Dr. Koel Roy Choudhary  
Vice Principal, SIES Nerul.

“SIES has already created a name for itself, for its academics, curricular as well as co-curricular activities. Now we have to focus on being recognised nationally and globally as an institution of reputation. We at SIES have taken the motto, 'Tirelessly striving towards perfection and scaling greater heights', very seriously not only on paper but actually worked towards achieving this goal in practical application.”



Prof. Mithun Pillai  
Convener



Prof. Abhishek Dandekar  
Member Faculty



Ms. Anu Thomas  
Member Faculty



Ms. Neelima Balachandran  
Member Faculty

# EDITOR'S NOTE

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Without continual growth and progress, such words as improvement, achievement and success hold no meaning, and with that in mind, this year has seen the birth of various new committees and initiatives. These have no doubt helped the students embrace their culture and nurture their talents.

The sole motivation behind Pulse is to bring to attention everything that is happening around us, whether it is within our college or outside. With this edition we have put out our views on certain issues that we believe are impacting our society.

-Pavithra Nair  
Chief Editor



# ACADEMIC



**IQAC Guest Lecture** - A guest lecture was organized for T.Y.B.Sc. (IT) students on “**SPM - Project Guidance**” on 7<sup>th</sup> September 2018. It was conducted by Ms. Rashmi Potte, assistant professor from Khalsa College. The purpose of the event was to guide students about their final year project as per the revised syllabus of 2018-19. Students were made aware of the revised syllabus in Semester V and the project report in spiral binding format. The newly introduced plagiarism checking concept was also discussed. Overall, the session was very energetic and knowledge oriented.



**TY B.Sc (IT) Guest Lecture** - A guest lecture on Advanced Web Programming was conducted for the TY B.SC (IT) students on 12<sup>th</sup> September 2018. It was held in view of the revised syllabus of TYBSc-IT sem V. The guest lecturer was Mr. Sonu Raj from Smt. Janakibai Rama Salvi College (SJRS) of Arts, Science and Commerce. Mr. Raj shared his academic and industry experience, along with useful tricks in preparing for the examination. He also demonstrated topics from the syllabus. The session was very knowledgeable for the learners.

**Expressions Debate Competition** - EXPRESSIONS 2018 was an interdepartmental debate competition held between BCOM.(Accounting and Finance) and BCOM. (Banking and Insurance) on 12<sup>th</sup> September 2018. The event was planned and executed by Dr. Priyadarshini Poddar.

The judges were Dr. Koel Roychoudhury (Vice Principal) and Ms. Vasanti.R (Faculty, BCom). Eight participants from each course contested in the three rounds of debate.

The topics of the competition included “Mobile phones- Boon or Bane”, “Knowledge is the biggest asset you can accumulate”, “Is India ready for cashless economy?” etc. The audience asked questions to the participants and made the event interactive. Team BCOM. (Accounting and Finance) were the winners. The event helped students acquire more knowledge on the given subjects, and boosted their communication skills and confidence.



**Linux System Administration Seminar** - The BSC IT department organised a seminar on Linux System Administration on 19-10-2018 for TYBSC IT students. The seminar's Chief Guest was Mr. Vinay Shahapurkar from S.M. Shetty College. Mr. Shahapurkar emphasized the importance of Linux System Administration with specific examples along with Practicals. The lecture was received with admiration by the students.

**Jagrut Bharat** - Jagrut Bharat Phase 1 is a debate competition conducted on the college and inter-club level, to increase youngsters' awareness of current affairs. It was conducted on the 8th and 17th of October 2018. The inter-stream debate had 3 qualifying rounds, which were judged by Mr. Abhishek Dandekar, Rtn. Radhakrishnan and Rtn. Captain Adip Pawar. The winner of the inter-stream debate was the BMM team. The inter-club debate was held between two Retractable clubs from RD 3142 and BMM, judged by Mr. R. Perumal and Ms. Nikita. BMM became victors in this debate as well. Judges shared their views and gave helpful pointers to the participants for future debates. At the end of both days, prize distribution was done.



# PULSE PERSPECTIVE

## NEED FOR SKILL EDUCATION

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Skill education basically means cultivating a set of employable and useful life skills in young students.

It includes vocational training and education about practical matters of day to day life. Examples of skill education include stress management techniques, vocational courses like packaging, electrical training, etc. The crux of one of the main problems India faces in regard to the problem of unemployment is that while we are producing a number of educated graduates/ post graduates/ PhDs every year it is not necessary that we are also producing skilled people. Companies in today's world look for practical skill rather than bookish knowledge. They need someone who will get the work done rather than someone who only knows the theory of the work. But India's education system focuses more on rote learning and bookish knowledge than practical knowledge. Vocational and skill education is looked down upon. This leads to the generation of unskilled workers and unemployed people.

To solve this problem it becomes necessary to cultivate skill education down to the root levels. For this a cue can be taken from the ancient Indian education system. The gurukul system focused not only on academic knowledge but also practical life skills like cooking, archery, interacting with people, outdoor activities, etc. From then on our education system has degenerated instead of upgrading. Skill education is a well known phenomenon in the west as well as in countries in Asia like Japan. India is sadly lagging behind in this sphere.

The need of the hour is to introduce skill education in the school as well as university levels. Students can be taught how to change a tire to how to build a machine. The scope and range is huge.

To make our students valuable working assets and citizens, skill education is necessary. If it is implemented properly, we will have 130 crore skilled people at our disposal and with them we can march into the new millennium, looking ahead at our bright future prospects. The tide is in our favour, we just need to ride it.

-Prakriti Yadav  
FYBMM



# CULTURAL



**Meraki The Journey of RCSIES** - The annual installation ceremony of RCSIES was conducted on the 4<sup>th</sup> of August, 2018 with an aim to felicitate Rtr. Sharayu Pillay President 2017-18 along with her team and to induct Rtr. Jagruti Bagwe, President 2018-19 and her Board Of Directors. The theme of the 11<sup>th</sup> Installation Ceremony of the club 'MERAKI – THE JOURNEY OF RCSIES' was introduced, followed by the release of their new logo.

**Rock Rotaract** - Rock Rotaract, the Orientation session of RCSIES was conducted on the 13<sup>th</sup> of August 2018. The aim of the event was to get all the new members and potential members of the club to understand what Rotaract is as an internationally working club and also to explain its fundamentals, objectives, district functions and the roles and duties of different avenues. Rtr. Rahul Shelar and Rtr. Harshal Bhoir were the two incredible dignitaries who shared proud moments from their Rotaract journey. The club played the theme video for 2018-19, Metanoia : Revamp, Rework, Restyle and explained its new logo.

**Independence Day** - The NSS Committee celebrated the 71<sup>st</sup> Independence Day of India with Commander Rajiv K Gupta. The event also included a power packed band performance put up by the students followed by a patriotic skit. The event was then concluded with our Principal delivering a short yet very inspiring .



**Inauguration and Talent Hunt** - The Cultural Committee of SIES ASCN organized its “Inauguration and Talent Hunt” on 12<sup>th</sup> September, 2018 where competitions including Singing, Dancing, Personality Hunt and Open Mic were held. Students from different streams participated in these Competitions.

**Ganesh Chaturthi** - On September 13<sup>th</sup>, NSS in collaboration with the Music Club and MVM College celebrated Ganesh Chaturthi. As per tradition, the sthapana was followed by timely rituals and aartis. The Music Club organized a lovely program. The Idol being Eco Friendly was immersed in a drum full of water in the college itself.

**Rotary Youth Exchange** - Rotary Youth Exchange Orientation of RCSIES was conducted on the 19<sup>th</sup> of September 2018. The aim of the event was to spread awareness about international youth exchange program arranged by Rotary International to the students aged between 18 and 25 years of the college. The dignitaries of the day were Rtn. Ravi Prakash; Rtn. Girish Ghate; Rtn. Kavita Nair Bhatia; Rtn. Seema Aggarwal and Rtn. Amar Nair.



**Aim and Fire** - On the 21<sup>st</sup> September, 2018, a carom competition was organized by the Rotaract Club. The major aim of this competition was to provide students a chance to showcase their skills in playing carom and promote indoor games on a small scale. The participants were rewarded with a small price money.

**NSS Day** - The NSS unit of SIES College (NERUL) organized an event on 23<sup>rd</sup> September, 2017 to celebrate NSS Day. Volunteers displayed charts to raise awareness on topics such as status of women in India; blood donation etc. 24<sup>th</sup> September is celebrated NSS day as it marks the birth centenary year of the Father of the Nation.

**South Indian Association (SIA)** - The theme of SIA for this year was “Renaissance” which meant to bring back the long forgotten South Indian traditions and festivals. The Opening Ceremony of SIA was held on 5<sup>th</sup> October 2018 along with “Games Day” which included various traditional Games like Uriyadi, Hopscotch and Tug of War, which received enthusiastic participation and a positive feedback. SIA celebrated Pongal in college on 30<sup>th</sup> January 2019 followed by a Social Cause activity on 31<sup>st</sup> January 2019. Through the Social Cause activity SIA distributed food to 200 poor people on the streets under the banner “Feed the Needy.”

**Dandiya and Garba Eve-** With the success of the first event, the Cultural Committee also organized “Dandiya and Garba Eve” on 12<sup>th</sup> October, 2018 which was open to all streams. The event was a grand success as students belonging to different cultures and religious background came together to enjoy the festival to its fullest.



**Street Feet Fiesta 5.0** - Street Feet Fiesta 5.0 of RCSIES was conducted on the 20<sup>th</sup> and 21<sup>st</sup> of October 2018 at Terna College Turf. The aim of the event was to promote football, an unpopular sport in our country among masses and to establish strong sportsman's spirit among the members of the club. The entire event was covered by NMTV. The winners of Street feet Fiesta 5.0 were Mumbai Footballers, Soccer United and DD.

**Checkmate** - A chess tournament was organized by RCSIES on the 22<sup>nd</sup> of October, 2018. The aim of this event was to promote a contemporary and innovative style of chess called as Supply Chess. The tournament was open to both girls and boys and was supervised by Mr. Ashish Shukla, Rotaract Co-convener 2018-19.



**Hindi Parishad Kavi Sammelan** - Kavi Sammelan the second event of Hindi Parishad was organized on 26<sup>th</sup> October 2018. The event was graced by famous Hasya Kavi Dr. Mahesh Dubeji. The event was a huge success and received active participation from many junior colleges.



# PULSE PERSPECTIVE

## Anti- National or Liberal Nationalist?

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Often misconstrued, the word Nationalism has been getting thrown very frequently in our country these days. People have different ideas of what nationalism means. With the recent Pulwama Terror attack where around forty of our soldiers were martyred and the air strike by India in response to it, a lot of citizens have been putting out their opinions, especially on social media.

Most of these posts are often extremely radical in nature and demand war against Pakistan. Any statement by anyone that suggests that war is not an option or points out the innocence of the Pakistani citizens is immediately labeled as Anti-National. Being a liberal citizen with an open mind almost seems to make one an enemy of the nation. The benefit of doubt is no longer given to anyone who dares to disagree with the actions of the military and the Government on this issue.

Extreme nationalists fail to understand that being a liberalist does not mean we don't respect the armed forces and the sacrifices they make for our safety. But war will not only destroy normalcy, cause innumerable deaths of not only our soldiers but also civilians, it will also cause an extreme depression of the economy and undo any growth or development that has taken place in our country. It is also necessary to note that a person's political affiliation does not and should not be the only factor that plays a role in shaping his/her opinions.

The liberal idea of Nationalism is nowadays called civic nationalism. It simply means upholding the ideas of equality, liberty and fraternity. It is to give importance to the right of self determination to all countries and to oppose imperialism as well as to develop mutual respect amongst all nations.

Society is an ever changing phenomenon and concepts evolve over time. The concept of nationalism in India however seems to be stuck in the 1900s. We were all taught in History that one of the major causes of The World War was "aggressive nationalism". It is almost like we as a country are moving towards a similar attitude of aggressive nationalism and it must be brought under control before it leads to another war.

- Pavithra Nair  
SYBMM



# SOCIAL

**Anti Plastic Rally** - An Anti plastic rally event was organised on 8<sup>th</sup> September 2018. The purpose of the event was to spread awareness about plastic, to make people aware that due to usage of plastic, nature is getting harmed.

The slogans for the rally made by volunteers were “Pariyavaran se nata jodo, polythene ka upyog chodo” and “Plastic ki nahi koi shaan, mita do iska naam aur nishaan”. The rally started from college campus and finished at the Nerul Railway Station. By walking on the streets and saying the slogans aloud in two lanes, students reached the Nerul Railway Station.

**Disaster Management Program** - An event was organised on 29<sup>th</sup> September 2018, with collaboration of DLLE an Alumni Committee of the college. The event was all about disaster management.

First session was brief explanation which was given by Amit Sir on disaster, kinds of disaster and its management. The second session was all about different knots and its usage, ropes were given to each and every volunteers and we learned to tie nine types of knots. After this a brief explanation about landslides, earth quakes and cyclones was given. Third session was all about fire drills and emergency lifts for the victims. Importance and proper usage of first aid was explained. Mr. Hari Nair and Mr. Shree Rang from Nagpur, Mr. Amit Dubey Sir from Indore and Mr. Vasu B from Pune were an essential part of the program.



**Bio-composting Workshop** - A workshop was organised on Biocomposting on 5<sup>th</sup> October 2018. The purpose of the event was to create awareness about segregation of house hold waste and learn how to turn your kitchen waste into valuable compost at home. The audience were students of M. Sc. EVS and NSS Volunteers. The resource persons were Dr. Jyoti Koliyar and Ms. Kamini Thakur. The workshop included an introductory speech of Mr. Rohit Inkar student of M. Sc. EVS, Part II. , followed by the power point presentation by Dr. Jyoti Koliyar, Coordinator of the department of Environmental Science to give brief idea regarding Biocomposting, it's methodology, environmental and economic importance of biocomposting, benefits of compost as organic fertiliser

**Blood Donation Drive** - A blood donation event was organised on 6<sup>th</sup> October 2018 at with the help of TATA Memorial Centre. A good number of college students participated in it. The process required that first the donors fill up a form in which personal details were mentioned. After filling up the form the donor's blood test was done and their body weight was checked. They were asked to have some biscuits and water so that after donating blood they did not feel weak. The donors were also provided with the certificate.

**Mental Health Awareness Skit** – A Mental Health Awareness Skit by RCSIES was conducted on the 10<sup>th</sup> of October 2018. The aim of the event was to assist people with mental health issues, leading more productive and autonomous lifestyles and to promote good mental health through service, advocacy and education by performing a skit to spread awareness. The event was graced by Rtn. Ravi Prakash, President of Rotary Club of New Bombay Seaside and Rtn. Sankaran, Secretary of Rotary Club of New Bombay Seaside.

**Fire Safety Drill** - An event was organised on 16th October 2018 in college premises. The Nerul Fire Brigade had organised this event. The event was all about saving other people and yourself when such incidents happen. Firstly the information about Fire Extinguisher was given and how to use them. They also informed the students about the safety measures. Then the instructions for college evacuation were given by the Fire Man to volunteers.

**Women's Development Cell** - The Women Development Cell had organized its event "Clean N Clear Fun Activities" on 19<sup>th</sup> October, 2018. The Purpose of the event was to promote products regarding Cleanliness and Create awareness amongst students about the benefit of their product in an engaging and fun-filled manner. The team Clean N clear conducted some fun games with the students and also gave gift hampers by clean n clear based on their engagement and participation in the activity. The students also actively participated and enjoyed the event and won many gift hampers and freebies (compact mirrors and pouches to the participants).

**Cleanliness and Waste Management Drive** – The Cleanliness and waste management rally of RCSIES was conducted on the 26<sup>th</sup> of September 2018. The aim of the event was to conduct a seminar on waste management awareness and enlighten the local citizens about the importance of a clean city by rallying around the vicinity. The dignitaries of the day were our Principal Dr. Milind Vaidya and the NMMC Sweepers who helped throughout the rally.

# PULSE PERSPECTIVE

## Romanticizing mental illnesses- it's not "cool"

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"I'm so depressed"

"This picture is triggering my OCD"

I've noticed people saying such phrases casually, without recognizing the depth of these medical conditions. Depression is not just feeling sad and lonely; it affects a person's ability to function, such as finding daily tasks impossible to carry out.

In the past few years, there have been tremendous efforts to reduce the stigma around mental disorders. The Internet is becoming a powerful platform for the same.

Somewhere in between, we began using mental disorders as adjectives to describe our temporary moods or conditions- ultimately trivializing them.

At the same time, these issues are used to gain attention and sympathy, as if it's "cool" and something glamorous. Sites like Tumblr and Instagram describe mental illness as "tragically beautiful", invalidating their painful physical and emotional experience.

This adds to the misunderstanding and deprives those suffering from being taken seriously and getting the necessary help.

Thanks to social media, some teens desire having mental illness and therefore associate their everyday events with depression, anxiety etc. Shocking, isn't it?

It has also led to glorification and justification of suicide and self-harm. Pictures of scars on arms, blades, with a quote like "scars are beautiful" are becoming an alarming occurrence on social media. This justifies these poisonous thoughts into vulnerable minds, when the need of the hour is to normalize treatment from psychologists and psychiatrists.

Such instances stand as a notice to tread delicately around these issues- we must educate ourselves so that our voices help advance the movement rather than the contrary. Above all, we must come together and provide a safe space for those afflicted to seek help without any judgement; they're fighting a battle no one can see.

- Vibhuti Verma  
FYBMM

# EDITORIAL TEAM

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