

A woman's silhouette is shown in profile, looking upwards against a sunset sky. The sky transitions from a deep blue at the top to a soft pink and orange near the horizon. Several birds are flying in the sky, and a small crescent moon is visible. The overall mood is contemplative and serene.

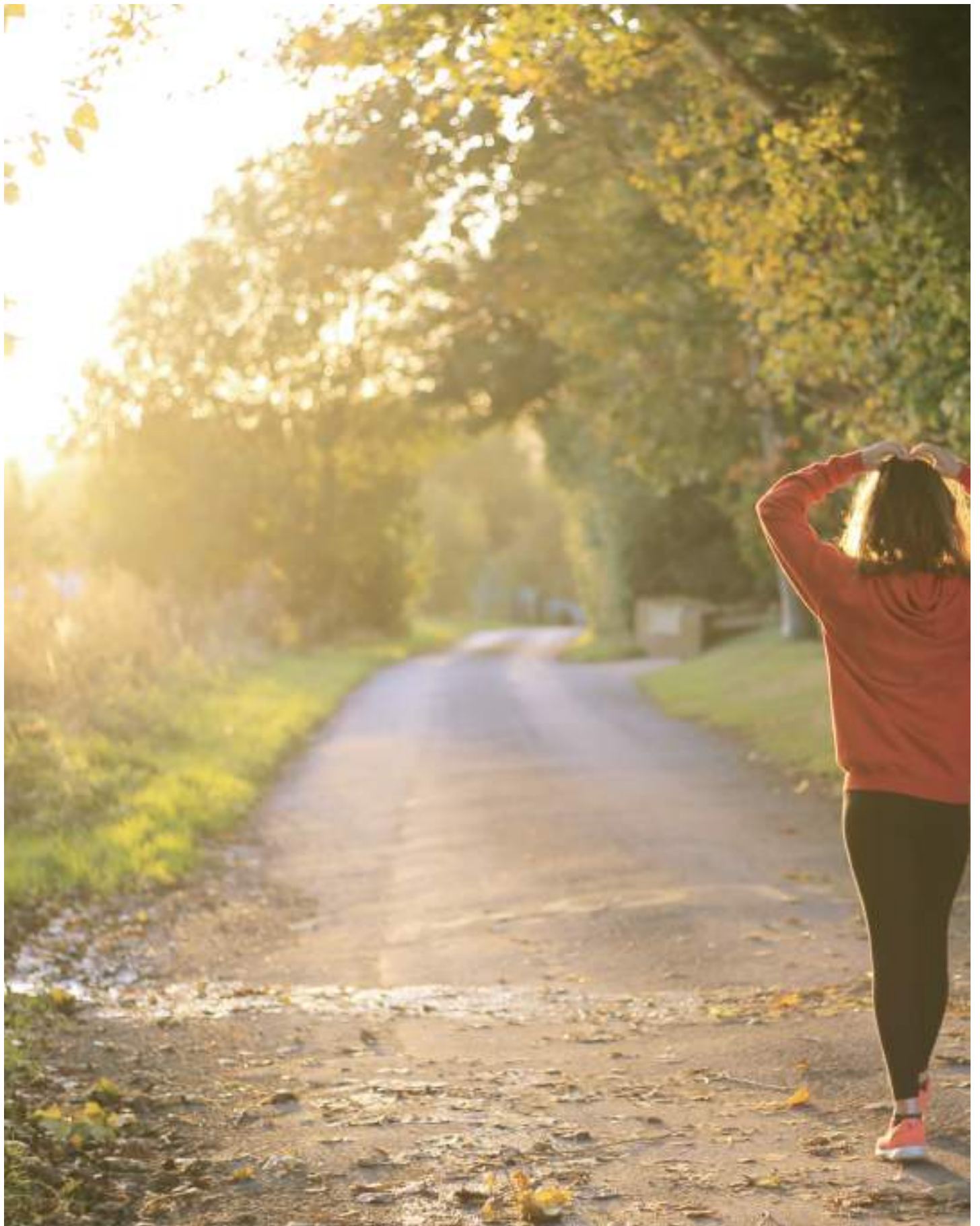
VOICES

MPSTME

VOLUME 1
AUGUST 2019



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*“A woman with a Voice is, by definition, a strong woman”
- Melinda Gates*

A woman with long dark hair, wearing a patterned dress, stands with her back to the camera, looking out at a vast blue ocean under a bright sky. Her arms are raised, and she appears to be enjoying the view. The image is split into four quadrants by a white diamond shape in the center.

Notes



Dr. Archana Bhise

Associate Dean, MPSTME NMIMS

Congratulations on your maiden initiative - a Women's Magazine - to address women as they are and as they hope to be, to empower, educate and entertain them with content that celebrates femininity, encourages virtue, and offers a more honest perspective than they get elsewhere and to define as well as respond to their needs & aspirations!

I shall be delighted to join you in exploring interactive & informative ways to discuss openly issues that truly affect us. As a beginning, let us pledge ourselves to:

Believing in ourselves, Not letting others define our worth, Pursuing our dreams, Daring to be ambitious, Never compromising on our self-respect.

Dr. Anuja Agarwal

Associate Dean, MPSTME NMIMS

While there was always a women grievance cell in college, not many were aware of it. With Voices, not only will the women of MPSTME have a platform to address their concerns but also have someone listen to their grievances.

Women connect with one another at a subtle and unspoken level. But sometimes it becomes important to bring the experiences, happy or otherwise, to the surface.

Through Voices, we will be able to co-exist and help each other grow thereby subsequently becoming better versions of ourselves. It's a great initiative and I hope it will lead to the all-round development of the women of our college.

Dr. Vaishali Kulkarni

Associate Dean, MPSTME NMIMS

The women of MPSTME have great potential, which is reflected in their achievements be it in academics, research or other extra-curricular activities. There is a lot of hidden talent in each one of us which can be unleashed if we get a right platform. The students council has come up with an initiative to provide this platform in the form of "Voices". The aim of this initiative is to ensure all-round development of the women of our institute. I sincerely hope that Voices becomes a platform which inspires all of us to push ourselves a little more, explore new horizons and bring laurels to the institute. Voices will be the platform where each one of us can display our limitless talent and simultaneously learn from our colleagues.

Best Wishes for Voices and urging all of you to contribute!

Vision for Voices

It is often said that little girls with dreams become women with vision. Perhaps, all of us used to and still harbor dreams of having the world at our feet with sustained hard work. As we grew up it became increasingly clear that women will have to work much harder than men to achieve their dreams. The lack of a coherent platform acts as the biggest hindrance and with this thought in mind, Voices was conceptualized. Voices aims to build a community of dedicated women who aspire to be better versions of themselves with every passing day. Our college possesses the perfect amalgamation of students and faculty who continue to make the college proud through their continued success and laurels. Voices will be a platform where we highlight these achievements with the salient hope that it creates a ripple effect and manages to inspire anyone and everyone looking to break free from the shackles of mediocrity. It is no secret that being an engineering college, the gender ratio is all messed up which has created a vacuum and the need for a platform like Voices was clearly evident. Voices isn't and will never be restricted to being just a newsletter but will also have various activities like Open Spaces, Breast Cancer Awareness, Self Defense Workshops etc. under its umbrella. Voices will continue to unabashedly remain a women-centric and feminist platform but that doesn't mean it will remain restricted to just women. For Open Spaces to be truly 'Open' we will always have our doors open for all like-minded people. I am of the firm belief that we all must be feminists provided the right definition of feminism.

While the first edition of Voices will be informative and keep you updated about the various cells and the upcoming activities, the next edition will be solely created on your contribution. I sincerely request your support in this little endeavor of ours so that in the near future, no little girl's dreams have to go down the drain just because of the rampant gender bias and lack of support.

Welcome to the Family!

Shilpika Agarwal
General Secretary, Students' Council MPSTME



I have always believed that when women support each other, incredible things happen.

When I was elected as the Lady Representative, very few people were aware about the various cells in college present to help women and address the issues they are facing.

I wanted to come up with something simple but yet effective. That's how Voices was formulated. Voices will be a platform for the women of MPSTME, to help each other grow and co-exist. It will be a one-stop platform for all the events and women issues. It will also be a platform where the women achievers of MPSTME get featured with the hope that it sparks a chain reaction and motivates us to push beyond our limits. I have a multitude of events planned for the year and request everyone's unflinching support in my movement to positively touch the lives of the women of MPSTME.

Rhea Gupta

Lady Representative, Students' Council MPSTME

Sexual Harassment - Internal Complaints Committee

Prof. Sangita Kher, I/c Dean, ASMSOC	Chairperson
Dr. Meena Chintamaneni, Registrar	Member Secretary
Dr. Ketan Shah, Associate Professor & HOD, MPSTME	Member
Ms. Karuna Bhaya, Finance Officer.	Member
Shri Nilesh Mohile, CAO, SVKM.	Member
Ms. Seema Rawat, Assistant Professor, SBM.	Member
Majlis Legal Centre	NGO representative



Women Grievance Redressal Cell

University Level

Prof. Sangita Kher, I/c Dean, ASMSOC	Chairperson
Dr. Meena Chintamaneni, Registrar	Member Secretary
Dr. Ketan Shah, Associate Professor & HOD, MPSTME	Member
Ms. Karuna Bhaya, Finance Officer.	Member
Shri Nilesh Mohile, CAO, SVKM.	Member
Ms. Seema Rawat, Assistant Professor, SBM.	Member
Majlis Legal Centre	NGO representative

MPSTME

Dr. Usha Ghosh, Associate Professor Deputy Registrar	Chairperson Member Secretary & Convenor
Prof. Ashwini Rao, Assistant Professor	Information Technology
Prof. Sheetal Gonsalves, Assistant Professor	Basic Science & Humanities
Prof. Swati Donde, Assistant Professor	Mechanical Engineering
Dr. Jinu Kurian, Assistant Professor	Technology Management
Prof. Prathamesh Churi, Assistant Professor	Computer Engineering
Prof. Vaishali Kulkarni, Associate Dean	Student and Faculty Development
Rhea Gupta (Lady Representative from Student Council)	

Achievements

Faculty



Dr. Tista Basak received Certificate of Appreciation as Best Research Commendation Award on 18th August 2018 in Mukesh Patel School of Technology Management & Engineering.

Dr. V. R. Lakshmi Gorty awarded as One of the Asia Pacific Women Mathematician chosen from 73 countries for ICM 2018, held at Brazil, Rio-de-Janeirio on 31st August.



Dr. Minirani S Received the IMRF Best Scientist Award in Mathematics at the 100th International Conference on 14th March Carmel College for Women, Nuvem, Goa, India. Organized by Carmel College for Women, Nuvem, Goa, India.

Preeti Shrivastava received award for Best Paper Presenter for Review of Techniques Currently Used for Treatment of Domestic Waste Water on 19-21 Oct 2018, Goa. Which was Organized by Universal Research Foundation.



Dr. Heena Shevde Received the Outstanding Woman in Science (Physics) award at the 4th annual women's meet -2019 held in Chennai on 2nd march 2019 at Radha Regent, Chennai India.

Students

1. **Anunay Khetan, Pallavi Misra and Aayushi Dixit** of MBA Tech I.T received **Best Paper Presentor Award (Paper published on IEEE Xplore in February 2019)** which was held in IEEE Bangalore Section, GSSSIETW, Mysuru on 14th & 15th December 2018.
2. **Mridul Agrawal, Saloni Gujral and Aditya Pareek** won a cash prize of INR 2,00,000 and gift hampers in **Colgate Transcend 2018 Case Study Competition** held on 7th December 2018.
3. **Udit Bali, Anirudh Singh and Hardik Doshi** won the **V-Guard Big Idea Business Plan Competition**, held on 15th September, 2018 in Kochi.
4. **Rutuj Chheda, Chhaya Kandpal, Harshita Anjana, Atharva Pisolkar and Aditya Soni** received **Best Paper Presenter Award** on 15-16 March 2019, NIT Silchar, Assam.
5. **Abhijit Kalantri, Rutuja Wavikar, Nirali Thakkar, Yogeshkumar Yadav and Janvi Jani** won two awards at **NASA's 6th Human Exploration Rover Challenge (10 Awards in 10 Years by Team Technovators)** on 12-13 April, 2019, U.S. Space & Rocket Center, Huntsville, Alabama USA.

6. **The Team Technocrats-2019** of 16 students of Department of Civil Engineering of MPSTME, Mumbai, of NMIMS University have participated in the **ASCE's India Region Civil Engineering Students' Conference** held at MPSTME, Mumbai during March 29-April 1, 2019. The Team has bagged 5 awards (including 3 first prizes) at **American Society of Civil Engineers Annual Conference** conducted at MPSTME, Mumbai during March 29-April 1, 2019. This prestigious competition is being conducted in the USA for the past 4 decades but it is hosted in India at MPSTME for the first time this year.

7. **Sheona Das & Shashwat Shukla** ranked amongst **Indias Top 91 Brightest Engineering Student** by Campus stars 2.0.

8. **Jay Gadre** of B. Tech Electrical, 3rd year student has been the recipient of two awards - '**Indian Startup of the year: Fire Safety**' and '**Most Innovative Product of the Year: Fire Safety**' at the Fire Security India Expo 2019, in which he had also displayed Firefighting Robot.

Special Mentions

Neelika Chakrabarti

4th Year, B. Tech. Computer Engineering

Neelika never fails to surprise us, each passing year she sets a higher benchmark for herself and makes sure she achieves it. She represented India with her topic “Detective Astral Mining using convolutional neural networks” at the South Asia round for PATW (Present Around the world) which is IET’s global flagship technical presentation competition. She and Sagar Menon were awarded the prestigious ‘Resolution Fellowship’ at Harvard WorldMUN 2019 Madrid, Spain for their venture Citta which is an attempt to combat Student Suicide by increasing accessibility to therapy for students and tackling the stigma attached to mental health. Neelika along with her team members Manan Mehta and Shilpika Agarwal secured the Second runner up position at the Industry Project Competition called Deep Blue for their project on Garbage Profiling and segregation using image processing and neural networks. They also Won the super team award and received PPOs from various companies present there.

Shilpika Agarwal

4th Year, B. Tech. Computer Engineering

Shilpika is someone who is always on the prowl for something challenging, be it heading a completely new committee and guiding it in its formative years to becoming one of the few Women General Secretaries and leading the Students’ Council this year. Shilpika along with her team members Manan Mehta and Neelika Chakrabarti secured the Second runner up position at the Industry Project Competition called Deep Blue for their project on Garbage Profiling and segregation using image processing and neural networks. They also Won the super team award and received PPOs from various companies present there. She recently got placed at Quantiphi Analytics with a great package for her excellent coding and communicating skills. Shilpika is all set to make this Academic year grand by Leading the council as the general secretary and Sattva as the Chairperson.

Sumati J

Batch of 2016, B. Tech. Computer Engineering

Sumati is a vibrant, young social entrepreneur and a fierce advocate for gender equality. She quit her corporate career and co-founded the social venture, Mission SanScar, which works to eliminate the restrictions, shame, and impact on school attendance and success that accompanies the onset of women's menstrual cycles. Sumati is contributing towards the future of women's health in India, as well as their social and economic well-being. Through active community engagement, she has inspired girls and women from some of the most disadvantaged backgrounds by normalising menstruation, through behaviour change modules based on art and play, and by providing a safe space for expression within communities. Most notably, her impacts have activated the young minds and hearts of girls to think differently about their potential, empowerment and well-being, and ultimately to enable positive social change to occur. She is a recipient of the Diana Award - the most prestigious accolade a young person can receive for their social action or humanitarian work. She is also an Alibaba Global Dreamer, Harvard Project for Asia and International Relations Scholar, Delegate at the UN ECOSOC Youth Forum and an UNLEASH Talent for 2019.

Radha Dave

4th Year, B. Tech. Mechanical Engineering

Radha is the definition of beauty with brains. She along with her team Ahaan Bho-sale, Abhishek kakad, Ahsan Barde, Tanmay Chattbar and Sankalp Bangera came up with Team Propwork to encourage aeromodelling in college. They've been to two competitions: The IIT-Boeing aeromodelling competition and SAE Aero Design(East) Competition 2019. At SAE they were one of the top 3 teams from India in three events. Radha along with Co-delegate Hardik Doshi won the Diplomacy Award at Harvard World MUN 2017 in Montreal and they won the Social Venture Challenge this year at Madrid.



Self Care

We often come across the word Self- Care but yet don't have a clear idea about how to incorporate it into our daily lives. July 24th was the International Self Care Day so team Voices decided to convey the importance of Self- Care and how some practices can be included in our daily lives.

As fluffy and indulgent as the phrase “self-care” may sound, it's just a few basic habits that are crucial to your functioning. Self-care isn't a list of to-dos. It's a commitment to doing whatever it takes to care for yourself physically, emotionally, and spiritually over the long-term. Most of us grew up believing that the more you sacrifice, the bigger the reward. The point is, it's easy to take the “hard work pays off” adage too far, to the point that it becomes counterproductive. And with so many of us living increasingly busy lives, it's easy to accidentally let self-care slide down the priority list. If we all tend to fall short of the mark at one point or another when it comes to self-care, is it still worth trying? Absolutely--and here's why.

One can be more productive when one learns how to say “no” to things that over-extend and start making time for things that matter more, slowing life down in a wonderful way. This brings your goals into sharper focus and helps you to concentrate on what you're doing.

There is evidence that most self-care activities activate your parasympathetic nervous system (PNS). What this means is that your body goes into a restful, rejuvenating mode, helping it to fortify its immune system. Additionally with better self-care, often comes fewer colds, cases of flu and upset stomachs. Less stress and a better immune system can surely help you feel more physically able and strong inside and out.

When you regularly carve out time that's only about being good to yourself and meeting your own needs, you send a positive message to your subconscious. Specifically, you treat yourself like you matter and have intrinsic value. This can go a long way toward discouraging negative self-talk and your critical inner voice.

Practising self-care requires thinking about what you love to do. The exercise of figuring out what makes you feel passionate and inspired can help you understand yourself a lot better. Sometimes, this can even spark a change in career or a reprioritization of previously abandoned hobbies.

When you're good to yourself, you might think you're being selfish. In truth, self-care gives you the resources you need to be compassionate to others as well. Giving compassion is a bit like filling a bucket; you can't fill someone else's if you don't have enough of your own!

If you haven't already started with us during our 10-day self-care challenge, this is the perfect time to invest in holistic self-care that begins from the inside out, whatever that looks like for you. If you're looking for some guidance as you start, here are some suggestions for self-care that addresses your body, mind, and spirit.



Body:

- Choose premium fuel for your body to keep yourself feeling your best by focusing on seasonal, local, and organic whole foods that nourish you from head to toe.
- Supplement with a premium probiotic like PRO-15, along with microbe-nourishing prebiotic powder, to give your microbial communities the support they need to support every aspect of your health.

Mind and Emotions:

- Instead of a to-do list, start using a to-done list, where you list all the things you've done at the end of each day and then feel grateful to yourself for all your hard work.
- Create a habit of saying no to everything that isn't a definite yes. This may feel hard at first, but you'll find that the resulting boost in your emotional state and energy levels is worth it.
- Find your favourite mood-boosting essential oil and add it to your bath or skincare routine.

Spirit:

- Build periods of introspection into your life. We learn how to best move forward by looking back and within, so find ways to create pauses in your life so you can tune in to your intuition, see what's going on for you at any given time, and create a path that's even more aligned with your values going forward.
- Find your form of connection to the universe. Whether that's in a traditionally spiritual setting, on a hike in the woods, as you write in your journal, or in the love you feel for your family and friends, we all need to be reminded that we're part of something bigger.
- Orient yourself towards happiness: the more you look for things to feel good about, the more you'll find them. So put on your metaphorical "gratitude glasses", focus on what's going right in your world, and actively seek out things that make you happy, content, and at peace with the world.

Life can be stressful sometimes but no matter how difficult or fast your life is, we should never forget to take care of ourselves. It is high time that we make ourselves, our top priority. All successful people have one thing in common: a tremendous amount of self-confidence and which can only be achieved by self-care. Also, don't hesitate to compliment people. A couple of words of kindness can do a world of good to someone.

We might not know what a person is going through, but a bit of gratitude and kindness has never hurt anybody.

This year, let's pledge to be #positivelytogether!



Open Space

Open Space will aim to provide a platform to the women of MPSTME to engage in powerful discussions. This will be a space where one can give their unfiltered opinions where the participants can also explore for possible synergies between the group. Open Space can also be used as a medium to discuss your problems and seek help of other like minded participants. Together we can be a pillar of support to each other and give out the message: “You are not alone in this!”.

Why:

- To engage girls and anyone else who is interested in powerful discussions to explore questions or issues.
- To help people with similar ideas and energy connect creating an opportunity to turn ideas into action.

Format:

- The agenda for the open space will be framed well in advance and the outcome would be made available to everyone in the form of a report.

How to Participate?:

- You can participate in setting the agendas for the upcoming open space by connecting with us on Instagram @voices_mpstme or send your ideas at rheagupta.nmims@gmail.com
- Register on the link provided in the bio of @voices_mpstme to be a part of the open space sessions

Women's Day Celebration

On the occasion of Women's Day on 8th March, we will be celebrating not just for a day, but for an entire week, where the women of MPSTME can celebrate together.

Why:

- To collectively celebrate the lives and achievements of the women of MPSTME.
- To learn to lead better lives and become better versions of ourselves.

Format:

This week will include self improvement workshops and fun events where one can truly relax and celebrate the beauty of life.

To help organize the workshops and seminars get in touch with Rhea Gupta: Rheagupta.nmims@gmail.com

Register on the link provided in the bio of @voices_mpstme to be a part of the workshops.



Breast Cancer Awareness Month

Breast Cancer Awareness Month According to Union Health Ministry, Breast Cancer ranks as the number one cancer among Indian females with rate as high as 25.8 per 100,000 women and mortality of 12.7 per 100,000 women. October being the Breast Cancer awareness month, a series of events will be lined up to spread awareness.

Why:

- According to estimates, at least 17,97,900 women in India may have Breast Cancer by 2020.
- To spread the word about the deadly disease and catch the early symptoms.
- To help those suffering from Breast Cancer. Format: From hair donation drive to cancer awareness sessions, this month will have events solely dedicated to help tackle Breast Cancer.

How to participate:

- You can participate in setting by lending us a hand on this sensitive issue by getting in touch with us on Instagram @voices_mpstme or send your ideas at rheagupta.nmims@gmail.com

Workshops and Seminar Week

We kicked off the month of July by introducing the self-care challenge on our Instagram page. The response we received to the challenge was encouraging and hence we have decided to take it up a level and organise workshops and seminars devoted to holistic development of the women of our college.

Why:

- To prepare the women of MPSTME for a multitude of situations which would arise in corporate organisations.
- To learn to be independent and self-sufficient by learning self-defence.

Format:

- This week will include self defense workshops, Seminars about women drives in corporate organizations and women leadership programs.

How to Participate?:

- To help organize the workshops and seminars get in touch with Rhea Gupta:
Rheagupta.nmims@gmail.com
- Register on the link provided in the bio of @voices_mpstme to be a part of the workshops.



Rhea Gupta,
Lady Representative
+91 - 99200 42930

 voices_mpstme