



SNDT Women's University, Mumbai

S.N.D.T. College of Education, Pune

INTEGRATED TEACHER EDUCATION PROGRAMME (ITEP)

REPORT: PARTICIPATION IN TEJASWINI CONTEST AT SNDT WOMEN'S UNIVERSITY, MUMBAI

On 18th December 2025, the SNDT College of Education, Pune, organized an educational and competitive visit to SNDT Women's University, Churchgate, Mumbai, for participation in the prestigious Tejaswini Contest, as per the official circular issued by the university. The event aimed to identify and nurture leadership qualities, confidence, physical fitness, intellectual ability, and cultural awareness among women students.

Two students represented SNDT College of Education, Pune: **Ms. Samiksha Bharshankar** from **S.Y. ITEP B.A. B.Ed.** and **Ms. Vanni Rusia** from **T.Y. ITEP B.A. B.Ed.** The visit was conducted under the encouragement and institutional support of the Principal, **Dr. Sangita Shirode**. The participants were accompanied and guided by **Assistant Professor Ms. Priya Kalyankar** and **Assistant Professor Ms. Minal Sonukule**, whose constant support and mentorship ensured smooth participation throughout the event. The guidance and cooperation extended by all the teaching and non-teaching staff of the college also played a significant role in the successful participation in the contest.



❖ OVERVIEW OF THE CONTEST

The Tejaswini Contest witnessed the participation of a total of 71 contestants from various colleges under SNDT Women's University. Ms. Samiksha Bharshankar was allotted Batch Number 70, while Ms. Vanni Rusia was allotted Batch Number 71. The contest was conducted over multiple rounds across different days, assessing the holistic development of the participants.

❖ DAY ONE:

- REGISTRATION, FITNESS TESTS, QUIZ, AND PERSONAL INTERVIEW

The first day commenced with the registration process, followed by a written quiz designed to assess general knowledge, awareness, and intellectual ability. This was followed by a physical fitness assessment, during which participants' height and weight were measured. Hand grip strength of both hands was tested, along with other basic physical endurance parameters. Participants were also required to fill out a form detailing their involvement in sports or physical activities.

The final segment of Day One was the personal interview round, where contestants interacted with the panel and answered questions related to their personality, aspirations, confidence, and outlook. Both participants performed well and completed the day's activities successfully.

❖ DAY TWO:

- EXTEMPORE SPEECH, ESSAY WRITING, AND GROUP DISCUSSION

On the second day, contestants participated in an extempore speech round. I received the topic "Environmental Protection: Individual Responsibilities," and delivered my speech with clarity, confidence, and

strong content, which was well appreciated by the audience and evaluators.

This was followed by an essay writing competition on the topic “My Dream Bharat @2047.” I wrote the essay focusing on key national aspirations such as women’s safety, quality education, accessible healthcare, fulfillment of basic human needs, and compassion towards voiceless beings, especially animals.

The next activity was a group discussion. Contestants were divided into groups of eleven members each. The topic assigned to our group was “Privatization of Higher Education.” The discussion encouraged critical thinking, teamwork, and articulation of ideas, providing a platform to express diverse viewpoints.

❖ FINAL DAY:

- TRADITIONAL ROUND AND SELECTION PROCESS

On the final day, all contestants were instructed to appear in traditional Maharashtrian attire, specifically a saree, highlighting cultural pride and elegance. Each of the 71 participants delivered a brief self-introduction.

Based on overall performance, the judges shortlisted the top 21 contestants, among whom Ms. Vanni Rusia was selected. The shortlisted candidates then appeared for a situational round, where they were given real-life situations and were required to respond spontaneously within one minute. Although Ms. Vanni Rusia could not progress beyond this round, her selection among the top 21 was a matter of pride and achievement.

From the 21 contestants, the top 10 were selected, followed by a talent round where participants showcased their unique abilities. Subsequently, five finalists were chosen for the final question round. In this round, judges posed individual questions, and the finalists were also asked to write answers to a common question using pen and paper.

❖ RESULT AND CONCLUSION

After the completion of all rounds, the results were announced. **Ms. Nirzary Mangesh Pundkar** was crowned as the winner of the Tejaswini title. It was a moment of immense joy and pride as the winner belonged to SNDT Women's University, Pune.

The Tejaswini Contest proved to be a highly enriching and empowering experience. It enhanced participants' confidence, communication skills, physical awareness, and sense of social responsibility. The exposure to such a competitive and disciplined environment contributed significantly to personality development and leadership qualities. The guidance provided by Dr. Sangita Shirode, Assistant Professors Ms. Priya Kalyankar and Ms. Minal Sonukule played a crucial role in making this educational visit successful and memorable.









