

SOPHIA COLLEGE (Autonomous), Ajmer



**DEPARTMENT OF HOME
SCIENCE**

2025-26

Activity 1



SOPHIA COLLEGE (AUTONOMOUS), AJMER

**DEPARTMENT
OF HOME
SCIENCE**

Time : 1:00 PM

**Date : 9th
October
2025**

**An Activity on
Presentation
and display of
startups**

Activity Details:-

- **Date :** 9th October 2025
- **Level :** Departmental
- **Venue:** Room No. 39
- **Title of the Event:** Presentation and display of startups
- **Total no. of students:** 22

➤ **Description:-**

Department of Home Science organized an Activity on Presentation and display of startups on 9th October 2025 for the students of B.A Part III. Through this activity students were able to understand the fundamentals of starting and managing a food business and to provide a platform to demonstrate entrepreneurial thinking and problem -solving.

➤ **Learning Objectives:**

- 1 To enable creative presentation while promoting efficient kitchen management, nutrition and cost control.
- 2 To understand the fundamentals of starting and managing a food business
- 3 To develop entrepreneurial skills in food service institutions in the students.

Photos





Activity 2



Department of Home Science Sophia College (Autonomous), Ajmer

EDUCATIONAL TRIP TO CHACHIYAWAS

Venue: RMKM, Chachiyawas

Date: 28th October, 2025

Time: 10.00 A.M.



Activity Details:-

- **Date** : 28th October 2025
- **Level** :Departmental
- **Venue**: RMKM, Chachiyawas, Ajmer
- **Title of the Event**: Field Trip to RMKM,Chachiyawas.
- **Total no. of students**: 11

➤ **Description:-**

On 28th October 25, the students of Home Science went for a field trip to RMKM, Chachiyawas, Ajmer with their play group activities which were prepared by them for the preschool children. Children were playing with their activities and spent time with them. The students learnt about the teaching pedagogy for special children. The activities prepared by the students were donated to the institution for further use.

➤ **Learning Objectives:**

1. To provide opportunity and interaction with the students of Inclusive education.
2. To encourage children to participate in community service, developing a sense of social responsibility.

Photos





Activity 3

**SOPHIA COLLEGE
(AUTONOMOUS), AJMER**

**Department of
Home Science**

**Culinary
Workshop**

Time: 1.00 PM

**Date: 4th November
2025**

Activity Details:-

- **Date :** 4th November 2025
- **Level :** Departmental
- **Venue:** Home Science Cooking Lab
- **Title of the Event:** Workshop on culinary skill
- **Total no. of students:** 24

➤ **Description:-**

On 4th November,25 Department of Home Science organised a workshop on culinary skill for the students of Home Science and SEC (Culinary Skills).Culinary skills encompasses the art and science of food preparation, blending technical expertise like knife handling, heat control (sautéing, roasting), flavor balancing, and food safety with creativity and presentation. The students learnt about these skills and different types of cuisines.

➤ **Learning Objectives:**

1. To ensure food safety, enhance flavor and texture, improve digestibility,
2. To enable creative presentation while promoting efficient kitchen management, nutrition and cost control.
3. To learn about the different culinary skills

Photos





Activity 4



Department of Home Science
Sophia College (Autonomous), Ajmer

Educational Trip to My World Play School

Time : 10.00 Am Onwards
Date : 6th November 2025



Activity Details:-

- **Date :** 6th November 2025
- **Level :** Departmental
- **Venue:** My World Play School, Ajmer
- **Title of the Event:** Visit to My World Play School, Ajmer
- **Total no. of students:** 18
- **Description:-**

On 6th November,25, the students of Home Science went for a visit to My World Play School, Ajmer with their play group activities which were prepared by them for the preschool children. Children were playing with their activities and spent time with them. The activities prepared by the students were donated to the institution for further use.

➤ **Learning Objectives:**

1. To foster social, emotional, and cognitive growth.
2. Nurtures young minds and helps build confidence.

Photos



Activity 5



Time : 1:00 PM

**Date : 13th
January
2026**

**SOPHIA COLLEGE
(AUTONOMOUS),
AJMER**

**Department
of Home
Science**

**Regional
Cooking
Competition**

Activity Details:-

- **Date :** 13th January 2026
- **Level :** Departmental
- **Venue:** Home Science Block
- **Title of the Event:** Regional Cooking Competition
- **Total no. of students:** 42
- **Description:-**

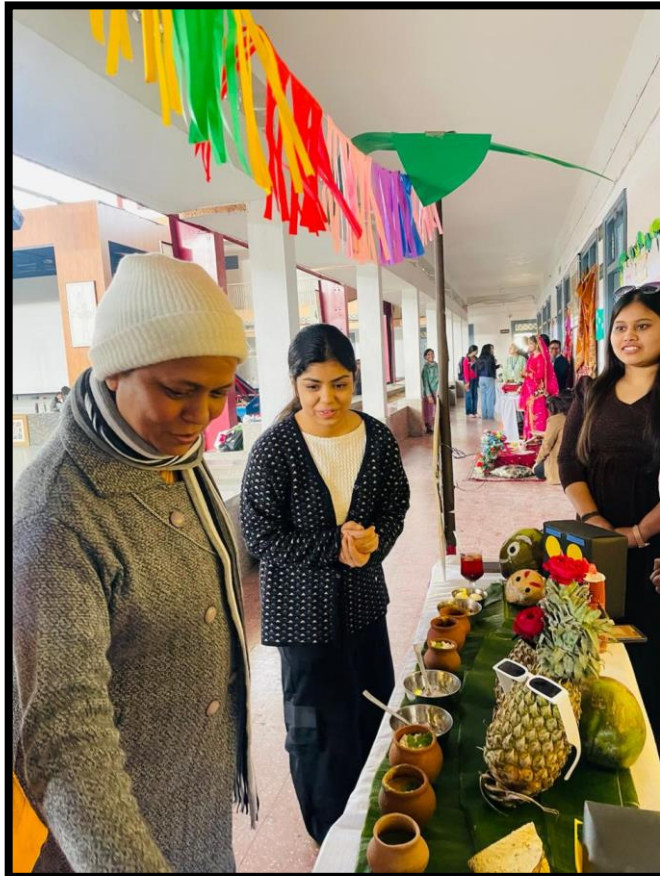
On 13th January 2026 department of home Science organized a regional cooking competition. it was a reflection of a place's culture, geography, and traditions, offering a unique story through ingredients and techniques. With this activity students promoted regional eating, which reduces the carbon footprint associated with transportation and aligns with environmentally friendly, farm-to-table practices. Through this student can understand that regional cuisine is increasingly considered "more than just food"—it is a strategic, sustainable approach to economic and cultural growth.

➤ **Learning Objectives:**

- 1 .To preserve local culinary heritage and to support local economies, and providing authentic, sustainable dining experiences.
- 2 .To celebrate the specific geographic, cultural, and environmental influences on food preparation.
3. To help the students to learn about the traditional attire of particular region.

Photos





Activity 6



Activity Details:-

- **Date :** 9th March 2026
- **Level :** Interdepartmental
- **Venue:** Auditorium, Sophia College(autonomous), Ajmer
- **Title of the Event:** Open Mic Session
- **Total no. of students:** 69

➤ **Description:-**

The Women Development Cell organized an Open Mic Session. The session provided a platform for students to freely express their thoughts, experiences, and talents. Participants shared poems, personal reflections, motivational speeches, and creative performances related to themes such as women empowerment, self-expression, and social awareness.

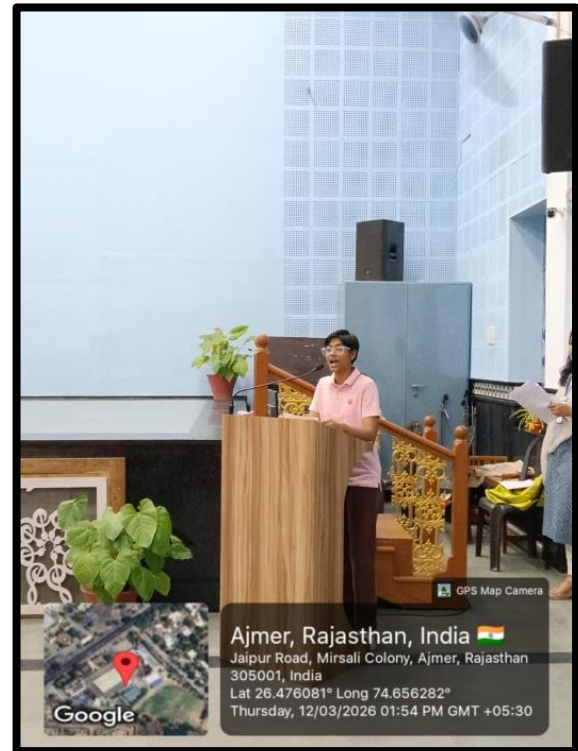
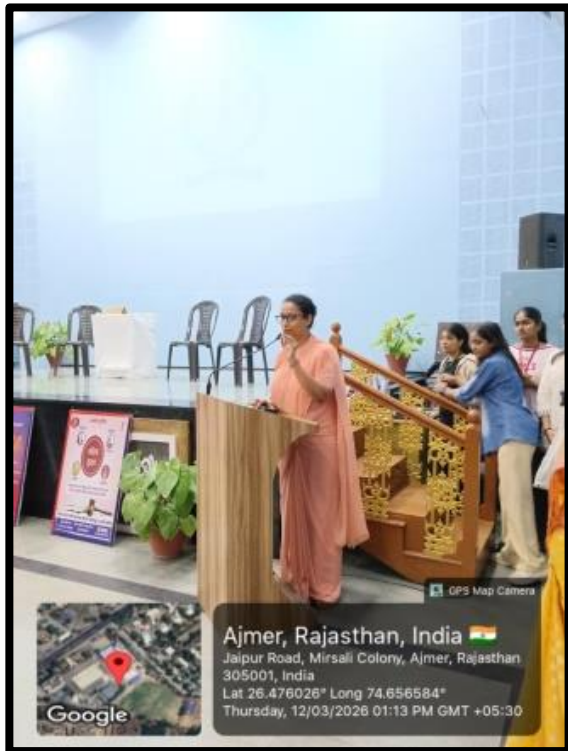
The activity encouraged confidence, creativity, and open dialogue among students. It also created a supportive environment where individuals could voice their opinions and perspectives. The session was well received by the audience and successfully promoted the spirit of expression and empowerment among the participants.

➤ **Learning Objectives:**

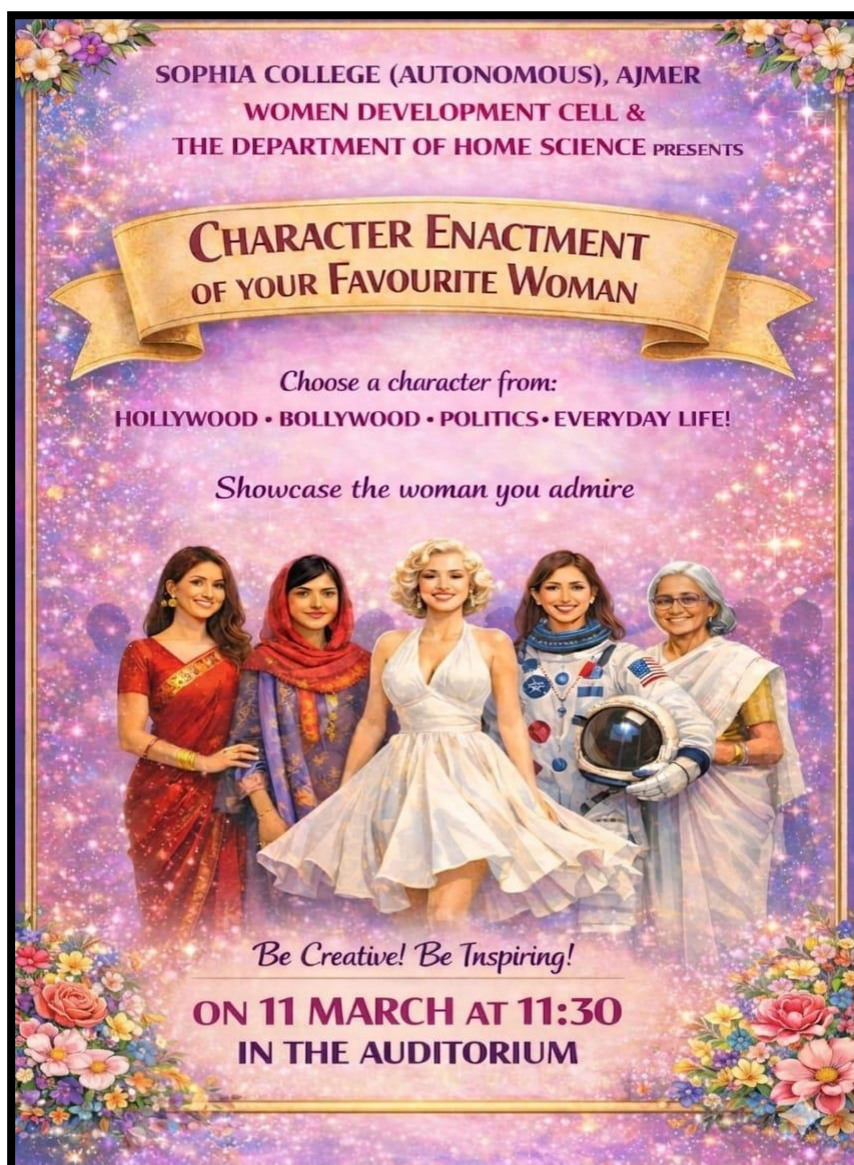
1. To provide a safe and supportive platform where girls can express themselves freely without fear of judgement.
2. To boost confidence and public speaking skills to overcome stage fear and build self respect.

Photos





Activity 7



Activity Details:-

- **Date :** 11th March 2026
- **Level :** Interdepartmental (With Women Development Cell)
- **Venue:** Auditorium, Sophia College(Autonomous), Ajmer
- **Title of the Event:** Character Enactment Activity
- **Total no. of students:** 67

➤ **Description:-**

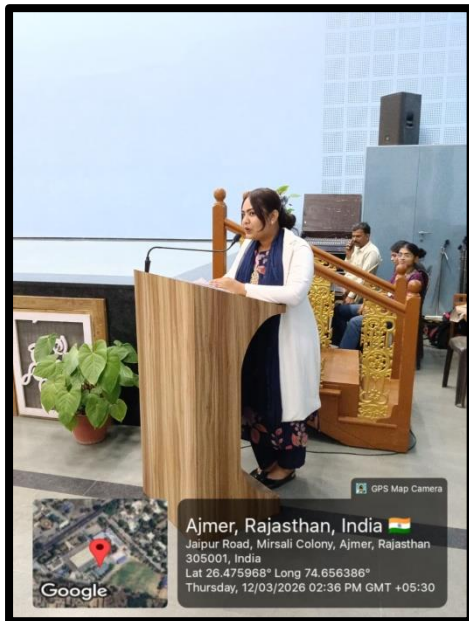
The Women Development Cell organised a Character Enactment session. This activity aimed to promote the development of positive personality traits, self-confidence, and ethical values among students. During the session, participants were encouraged to reflect on the importance of qualities such as honesty, responsibility, empathy, and respect in their personal and academic lives.

Various interactive discussions and examples were used to help students understand how strong character plays an important role in shaping a successful and responsible individual. The activity motivated students to work on self-improvement and develop a positive attitude toward personal growth and social responsibility.

➤ **Learning Objectives:**

1. To build confidence and stage presence in front of audience.
2. To enhance communication and speaking skills with different voice modulation and expression.
3. To encourage creativity and imagination to explore different personalities, emotions and storytelling techniques.

Photos



Activity 1



Activity Details:-

- **Date :** 12th March 2026
- **Level :** Interdepartmental (With Women Development Cell)
- **Venue:** Auditorium, Sophia College(Autonomous), Ajmer
- **Title of the Event:** Talk On Women Safety And Digital Crime
- **Total no. of students:** 66

➤ Description:-

The Women Development Cell organized an informative talk on *Women Safety and Digital Crime* to raise awareness among students about the importance of personal safety in both physical and online spaces. At the beginning of the session the student of WDC presented a skit on different role of women in the society. The session highlighted common issues such as cyber bullying, online harassment, identity theft, and misuse of social media platforms.

The speakers of the session Additional SP Ma'am Priyanka Kumawat and Deputy Commissioner Crime Branch Sir Shambu Singh emphasized the need for responsible digital behaviour, safe internet practices, and awareness of legal rights related to cyber safety. Students were also encouraged to be cautious while sharing personal information online and to report any form of digital harassment. The session helped students understand the growing impact of digital crimes and the importance of staying alert, informed, and responsible while using technology. Ma'am also informed the students about the Kalika Women Patrolling team for the protection of women.

➤ Learning Objectives:

1. To raise awareness about digital crimes and to educate women and girls about cyber threats like cyberbullying, staking, identity theft and online harassment.
2. To empower women with digital knowledge.
3. To strengthen legal and institutional support.

Photos



