

SOPHIA COLLEGE (Autonomous), Ajmer



DEPARTMENT OF HISTORY

2025-26

ACTIVITY 1



**SOPHIA COLLEGE
(AUTONOMOUS), AJMER**

SPEAKERS' FORUM

*Open House
Discussion*

**TOPIC: Mental Health of
Students: The Stigma
and the Silence**

DATE - 21st JULY 2025

**VENUE - AUDITORIUM
TIME - 1.45 PM**

**Mental Health Matters
Speak Up**



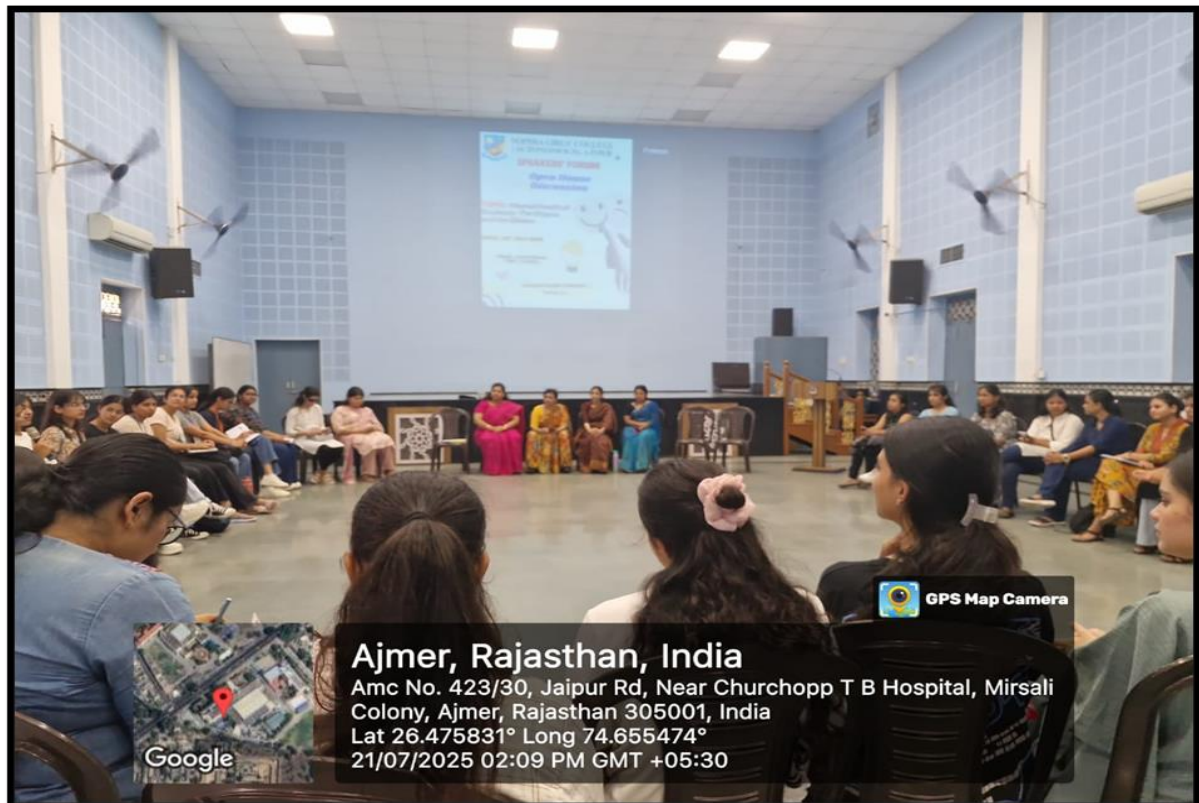
REPORT

- **Date:** 21st July, 2025
- **Name of the Activity:** Open House Discussion “Mental Health of Students: The Stigma and the Silence”.
- **No. of Students participated:** 42

The Speakers Forum in collaboration with The Khanqah Forum organised open house discussion on “Mental Health of Students: The Stigma and the Silence”. In this activity, students expressed their thoughts regarding the mental health of students and the challenges they face in life. It also spread awareness among students about the problems faced by them as students in day-to-day life like dealing with the pressure and anxiety.


LEARNING OUTCOME

Students praised efforts of other students who candidly spoke on mental health and acknowledge their diverse views.








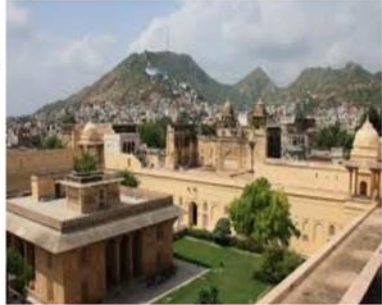

ACTIVITY 2



SOPHIA COLLEGE (AUTONOMOUS) AJMER




DEPARTMENT OF HISTORY






EDUCATIONAL VISIT TO GOVERNMENT MUSEUM, AJMER


**DATE - 5 AUG
2025**



MUSEUM VISIT

TIME - 1.00 - 3.00 PM





REPORT

- **Date:** 5th August, 2025
- **Name of the Activity:** Educational Visit to Government Museum, Ajmer
- **No. of Students participated:** 20

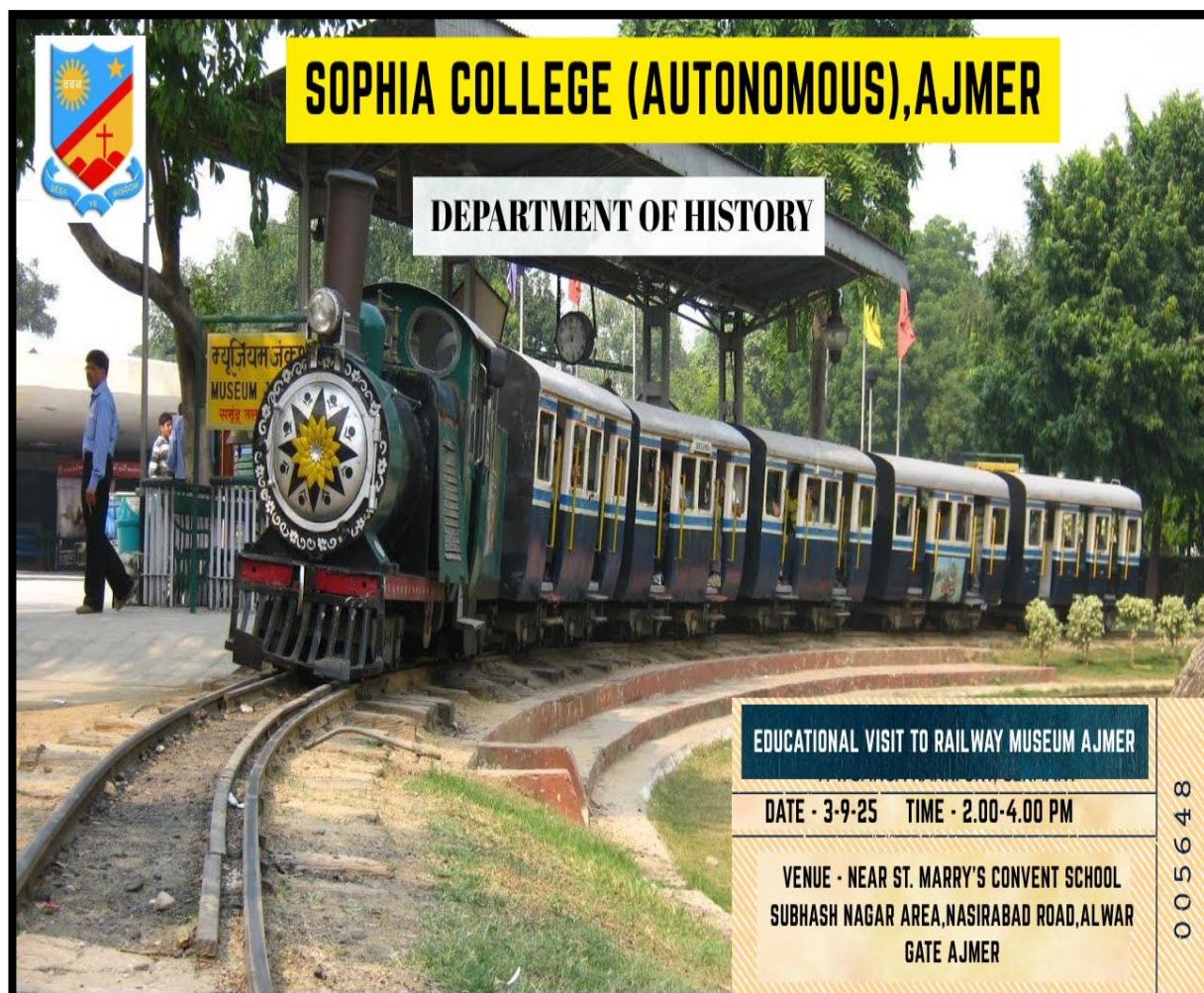
Khanqah -The History Forum of Sophia College (Autonomous), Ajmer organized a historical excursion to Government Museum, Ajmer on 5th Aug 2025 for 1st year history students. During the excursion students had seen sculptures, inscriptions, coins, arms and armours, artefacts and Jain figurines. Students were given visual depiction of various archaeological sources of history. It helped students learnt about the relevance and importance of local history.

LEARNING OUTCOME

Observing the artefacts and sculptures in the museum served the purpose of exposing students to the idea of archaeological sources in history which would deepen their understanding of the discipline and develop curiosity amongst the students.



ACTIVITY 3



REPORT

- **Date:** 3rd September, 2025
- **Name of the Activity:** Educational Visit to Railway Museum, Ajmer
- **No. of Students participated:** 107

Khanqah- The History Forum of Sophia College (Autonomous), Ajmer organized a historical excursion to Railway Museum, Ajmer on 3rd September , 2025 for UG and PG history students. During the excursion students had seen real -life railway instruments, locomotives, and working models which helped in enhancing their practical learning.

LEARNING OUTCOME

Observing the artefacts and working machines students learnt about the evolution of locomotives from steam engines to modern electric engines and they also gained knowledge about the history of railways in India.



ACTIVITY 4

**SOPHIA COLLEGE
(AUTONOMOUS), AJMER**

SCREENED BY HISTORY DEPARTMENT
KHANQAH FORUM IN COLLABORATION
WITH BIOSCOPE (THE MOVIE CLUB)

MOVIE

**KESARI
CHAPTER 2**
THE UNTOLD STORY OF JALLIANWALA BAGH

OCT 16 2025
VENUE - COLLEGE AUDITORIUM
TIME - 1:50 PM

**FREE
ENTRY**

REPORT

- **Date:** 16th October, 2025
- **Name of the Activity:** Movie Screening of “Kesari: Chapter 2”
- **Number of Students Participated:** 38 students


Khanqah – The History Forum in collaboration with Bioscope the Movie Club organized movie screening of “Kesari Chapter 2 – The Untold Story of Jallianwala Bagh Incident. The aim of this activity was to make students aware about the untold struggle of the people after the Jallianwala Bagh massacre and how it took time to unfold the truth . It also made students familiar with dark chapter in Indian history.

LEARNING OUTCOME

Students were able to understand the Jallianwala Bagh massacre and witness the brutalities inflicted by the Britishers and how it was a pivotal turning point in Indian History. It also made students know about the bravery of individual like Sri Shankaran Nayar.



ACTIVITY 5




**SOPHIA COLLEGE
(AUTONOMOUS), AJMER
SPEAKERS' FORUM**

Session 2- Dr Sr Rani

**Liberating Lives and Transforming Futures
"Addressing Addiction for Wholeness and Growth"**

**9th December 2025 Venue - Auditorium
Time - 12.45 pm**



REPORT

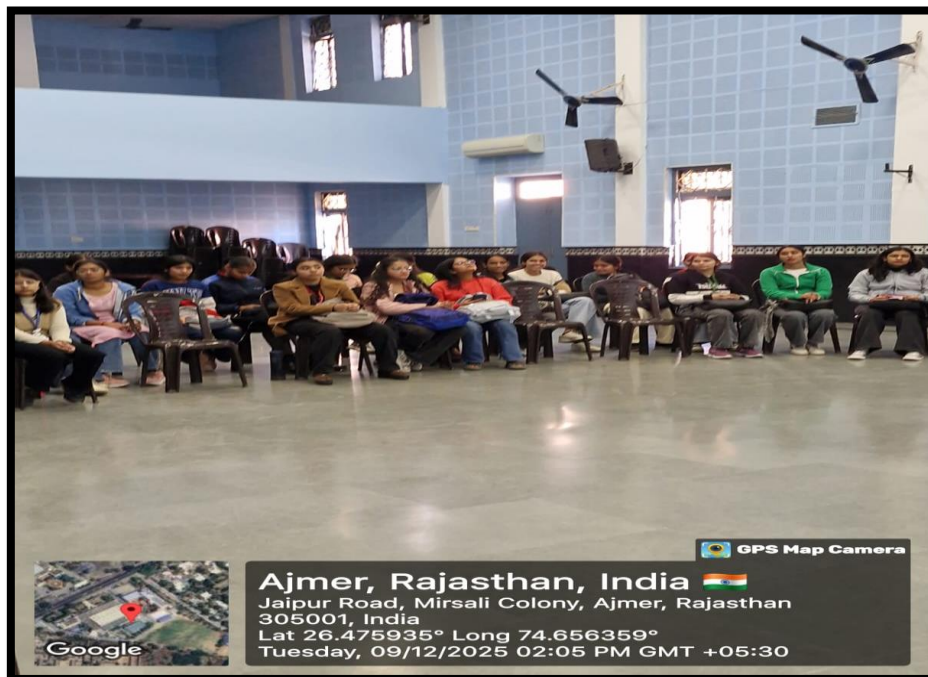
- **Date:** 9th December, 2025
- **Name of the Activity:** Liberating Lives and Transforming Futures "Addressing Addiction for Wholeness and Growth".
- **No. of Students participated:** 28

The Speakers Forum in collaboration with The Khanqah Forum organised a session by Dr Sr Rani on 9th December, 2025 . It helped students understand idea of wholeness which means

balance in mental, emotional and physical life and made them learn how to set healthy boundaries and make responsible decisions for the future. They also learnt to break myths and stigma around the addiction.

LEARNING OUTCOME

Students learnt to reflect on their choices and consequences and ways to deal with stress, anxiety, peer pressure without harmful habits.



ACTIVITY 6



**SOPHIA COLLEGE (AUTONOMOUS),
AJMER**

KHANQAH-THE HISTORY FORUM

DATE - 23 TO 27 DECEMBER 2025



***WINTER CAMP -
SEVAGRAM, WARDHA***

REPORT

- **Date:** 23rd – 27th December, 2025
- **Name of the Activity:** Winter Camp – Sewagram Ashram, Wardha

➤ **Number of Students Participated:** 3 students

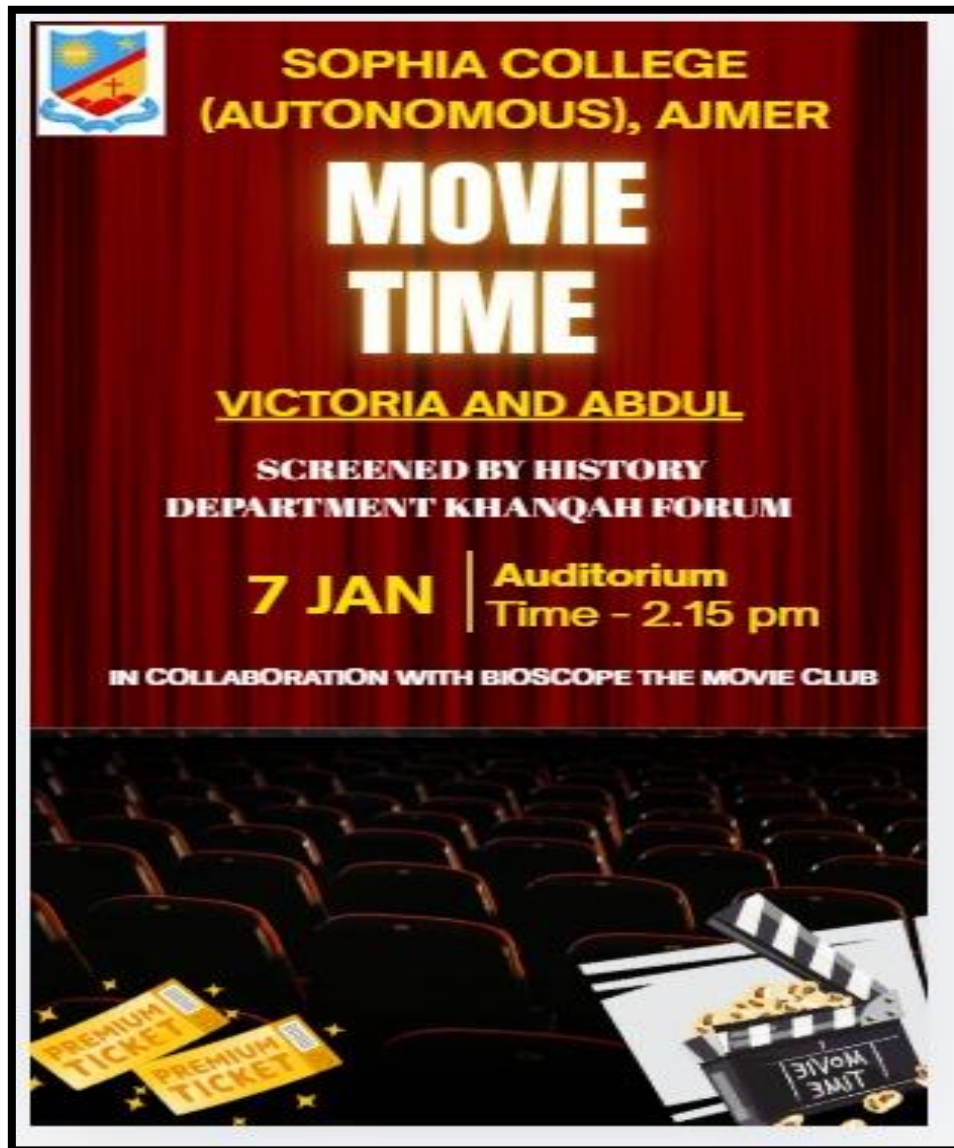
The History Department of Sophia College (Autonomous), Ajmer organized a visit to short term winter camp conducted by Sewagram, Wardha from 23rd December to 27th December, 2025 for U.G final year students. In this camp the students experienced a gainful stay at the Ashram and got acquainted with the life and works of Mahatma Gandhi.

LEARNING OUTCOME

Students learnt about Gandhian principles like non-violence and self- reliance and understood the importance of manual work.



ACTIVITY 7



REPORT

- **Date:** 7 January, 2026
- **Name of the Activity:** Movie Screening of “Victoria and Abdul”
- **Number of Students Participated:** 43 students

Khanqah – The History Forum in collaboration with Bioscope the Movie Club organized movie screening of “Victoria and Abdul. The aim of this activity was to provide students with an inspiring and educational experience that helped students understand reign of Queen Victoria and how cross-cultural understanding can enrich lives.

LEARNING OUTCOME

Students were able to understand the human side of historical figures which help them learn how genuine connection and empathy can change deep seated social prejudices.



ACTIVITY 8

SOPHIA COLLEGE (AUTONOMOUS), AJMER
HISTORY DEPARTMENT – KHANQAH FORUM

BAOLI VISIT

BA II

- Location - TT College Ajmer
- Time - 12.30 pm
- Date - 10 January 2026

Activity - POSTER MAKING ON WATER CONSERVATION

IMPORTANCE OF BAOLI AND ITS PRESERVATION

HISTORICAL IMPORTANCE OF BAOLI

REPORT

- **Date:** 10 January, 2026
- **Name of the Activity:** Nagar Nigam Baoli Visit at T.T. College , Ajmer
- **Number of Students Participated:** 31 students.

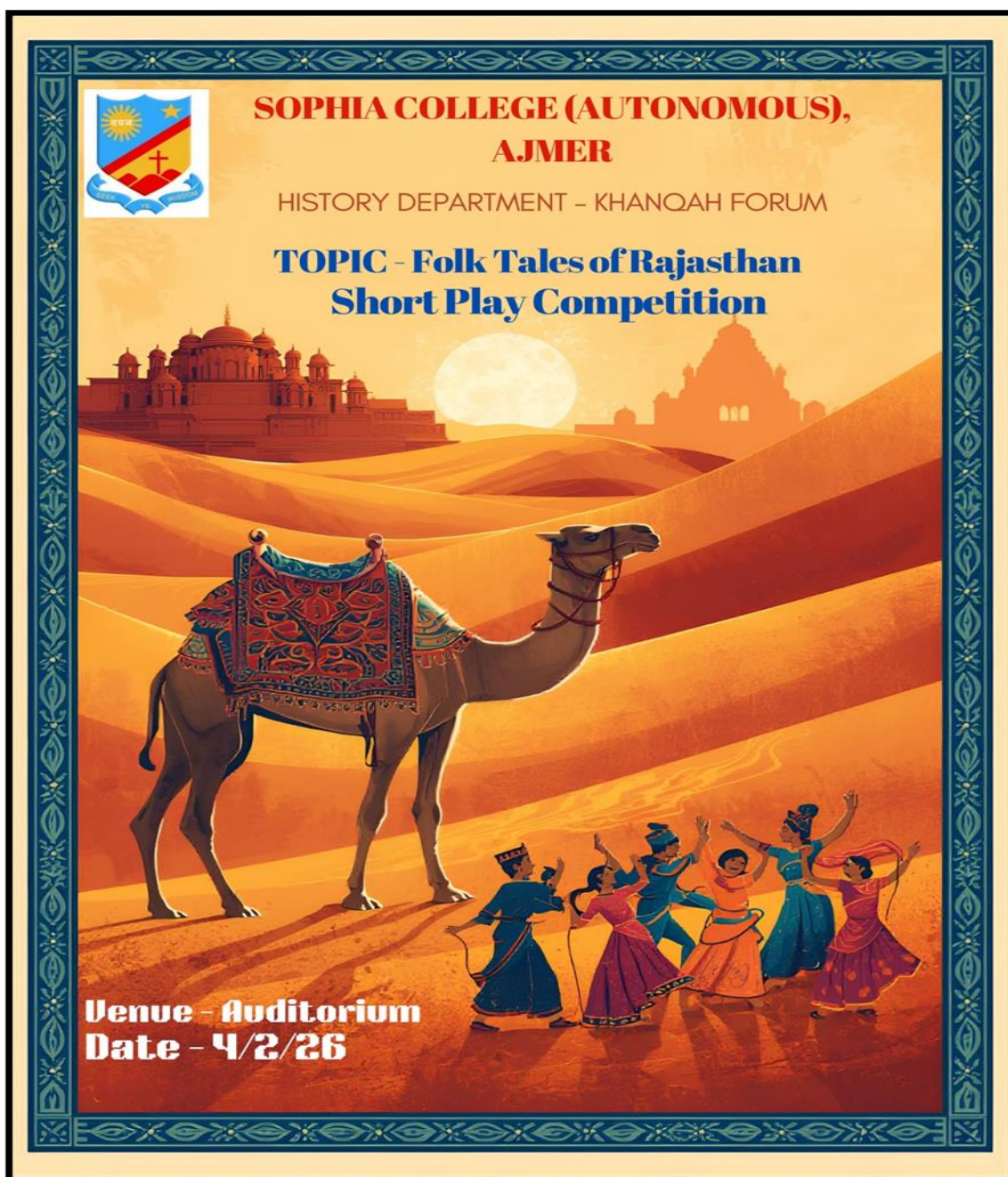
Khanqah – The History Forum organized a visit for BA 2nd year students to T.T. College , Ajmer where an old baoli (stepwell) was discovered and Nagar Nigam removed litter to restore its cleanliness making students aware about how these structures were designed for rain water harvesting. This activity aimed to promote environmental awareness among students where they participated in painting competition which focused on water conservation .

LEARNING OUTCOME

Students were able to understand the need of water conservation and its importance as a resource for future generation. Through painting they expressed their views on alarming situation of water pollution and its effects.



ACTIVITY 9



REPORT

- **Date:** 4 February, 2026
- **Name of the Activity:** Short Play Competition “Folk Tales of Rajasthan”
- **Number of Students Participated:** 77 Students.

Khanqah – The History Forum organized a short play competition for the students on 4th February, 2026 at 12.20 pm in college auditorium. The aim of this activity was to make students familiar with the vibrant culture, oral and written folk tales of Rajasthan and by

portraying different roles they also understood importance of values like loyalty, courage, sacrifice and justice.

LEARNING OUTCOME

It helped students learn various skills like acting, scripting and public speaking. It also developed respect among student for rich folklore, custom, language and storytelling traditions of Rajasthan.



