

SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER



SESSION2023-24

Criterion7: Institutional Values and Best Practices

7.1.8 - Describe the Institutional efforts/initiatives in providing an inclusive environment i.e. tolerance and harmony towards cultural, regional, linguistic, communal, socio-economic and other diversities.

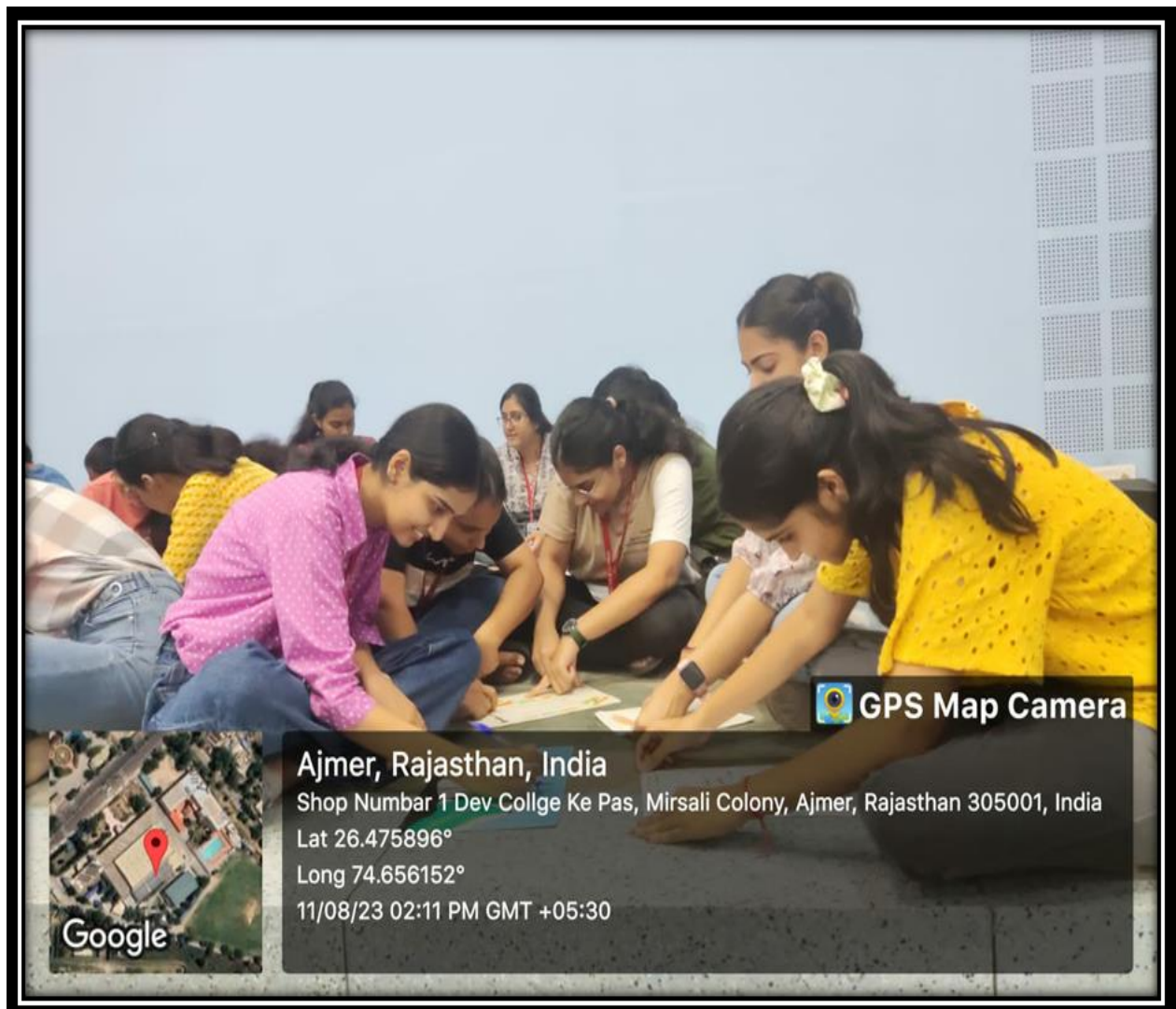
S. No	DATE	ACTIVITIES
<u>AUGUST 2023</u>		
1	11 th August 2023	Kargil Vijay Diwas
2	12 th August 2023	International Youth Day
3	15 th August 2023	Independence Day Celebration
4	15 th August 2023	Regional Dress Competition
5	18 th August 2023	Sadbhavna Diwas
6	29 th August 2023	Raksha Bandhan Celebration
7	29 th August 2023	Fit India Movement
<u>SEPTEMBER 2023</u>		
8	14 th September 2023	Hindi Diwas
9	24 th September 2023	Millet Festival
10	24 th September 2023	NSS Day
<u>OCTOBER 2023</u>		
11	1 st October 2023	Gandhi Jayanti (Cleanliness Drive)
12	2 nd October 2023	Gandhi Jayanti Celebration
13	10 th October 2023	Mental Health Day
14	14 th October 2023	Blood Donation Camp
<u>DECEMBER 2023</u>		
15	1 st December 2023	World AIDS Day Celebration
16	11 th December 2023	Kavita Pratiyogita On “Bhartiya Bhashaon Ki Mahatta”
<u>JANUARY 2024</u>		
17	12 th January 2024	National Youth Day
18	16 th - 22 nd January 2024	Seven Day NSS Camp
19	24 th January 2024	Girl Child Day
20	30-31 st January 2024	Two Day National Workshop On “Exploring Literature, Language, Culture And Internet”
<u>March 2024</u>		
21	9 th March 2024	International Women’s Day

1. KARGIL VIJAY DIWAS

DATE-11th August 2023

On August 11, 2023, in honour of Kargil Vijay Diwas, NSS volunteers from SOPHIA GIRL'S COLLEGE (AUTONOMOUS), AJMER, paid heartfelt homage to the martyrs of the Indian Armed Forces who triumphed in the Kargil War on July 26, 1999. This commemorative initiative aimed to salute the real heroes and inspire students towards a patriotic cause.

Activities such as "Poster Making" and 'Slogan Writing' were conducted to install patriotism, fostering creativity and imagination among approximately 84 participating students. Recognizing patriotism as a crucial social value, the event emphasized its cultivation at the college level, contributing to the development of responsible citizens for the nation.





2. INTERNATIONAL YOUTH DAY

DATE-12th August 2023

On August 12, 2023, an event commemorating "INTERNATIONAL YOUTH DAY" unfolded at SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER, orchestrated by the National Service Scheme in collaboration with the Department of Political Science under the LYCEUM forum. The event featured a crucial talk on voting awareness, delivered by NSS teachers in charge Dr. Ruchi Mathur and Miss Pragya Singh.

The primary objective was to enlighten the youth about their voting rights and stress the significance of active participation in the election process. Students exhibited great enthusiasm, particularly those experiencing the electoral process for the first time. Approximately 55 students actively attended the talk, reflecting a keen interest in understanding and exercising their democratic responsibilities. The collaborative effort of NSS and the Department of Political

Science aimed at fostering an informed and engaged youth in shaping the democratic landscape.



3. INDEPENDENCE DAY CELEBRATION

DATE- 15th August 2023

On the 15th of August, 2023, the Independence Day was celebrated with great zeal, enthusiasm and patriotic fervour along with the staff and students. The programme commenced with the unfurling of the National Flag by the Principal, Prof. Sr. Pearl.

This was followed by a musical rendition by the college choir who sang patriotic songs that awakened everyone's feelings towards their motherland.

In addition to this, a few self-composed patriotic poems were recited and NUKKAD NATAK on Women Empowerment was dramatized.

At the end, Prof. Sr. Pearl addressed the gathering, filled the students with the spirit of patriotism and urged them to take pride in being an Indian and fulfilling their duties with responsibilities. She also emphasized upon the role of the youth towards the building of nation. She requested everyone to take a pledge to become conscientious citizens and practice the attributed mentioned in the Preamble of the Constitution.



5. REGIONAL DRESS COMPETITION

DATE- 15th August 2023

On 15th August 2023 an intra college Regional Dress Competition was held on the 77th Independence Day. The competition was held where the students were asked to come dressed in the regional dress of their choice. Through this competition, the students were able to:

1. Celebrate the rich cultural heritage of India.
2. Learn about unity in diversity and patriotism.

A total of 28 participants competed reflecting the rich and diverse attires of India.



6. SADBHAVANA DIWAS

DATE- 18th Aug 2023

On 18th August 2023, "SADBHAVANA DIWAS", was organized under the supervision of National Service Scheme of Sophia Girl's College (AUTONOMOUS), Ajmer. This day is celebrated to commemorate the memories of our former Prime Minister, Mr. Rajiv Gandhi. Our aim was to spread the word about love, peace, tranquillity and harmony among everyone.

Our NSS volunteers conducted a General Assembly wherein different cultures of our India were shown. Students represented various cultures by dressing up in the regional outfits and read Holy Scripture from respective religions as well. Finally, they took an oath to promote peace and tranquillity in our nation.

MOTIVE-The main objective of organizing assembly was to make the students aware about India's rich cultural heritage, along with a sense of unity among all citizens, irrespective of their culture.



7. RAKSHA BANDHAN CELEBRATION

DATE: 29th August 2023

On 29th of Aug 2023, the NSS volunteer of Sophia Girls College (AUTONOMOUS), Ajmer celebrated the auspicious occasion of Raksha Bandhan in central jail (men) and women's jail, Ajmer. As we all are aware of the protocol of a confined cell is to keep individuals isolated, even on special occasions keep us away from our loved ones and our very special festival with our family. Therefore, the NSS volunteer students under the supervision of respected sisters and teacher coordinators took up the initiative to make this emotional moment for them special by tying the inmates Rakhi by distributing sweets along with dance performances and singing Rakhi songs in their entertainment hall. There were a total of 12 students and 3 NSS coordinators with two media officers' permission who guided us throughout the event. It turned out to be very eventful and emotional celebration for the inmates who were elated and gave the volunteers their blessing.



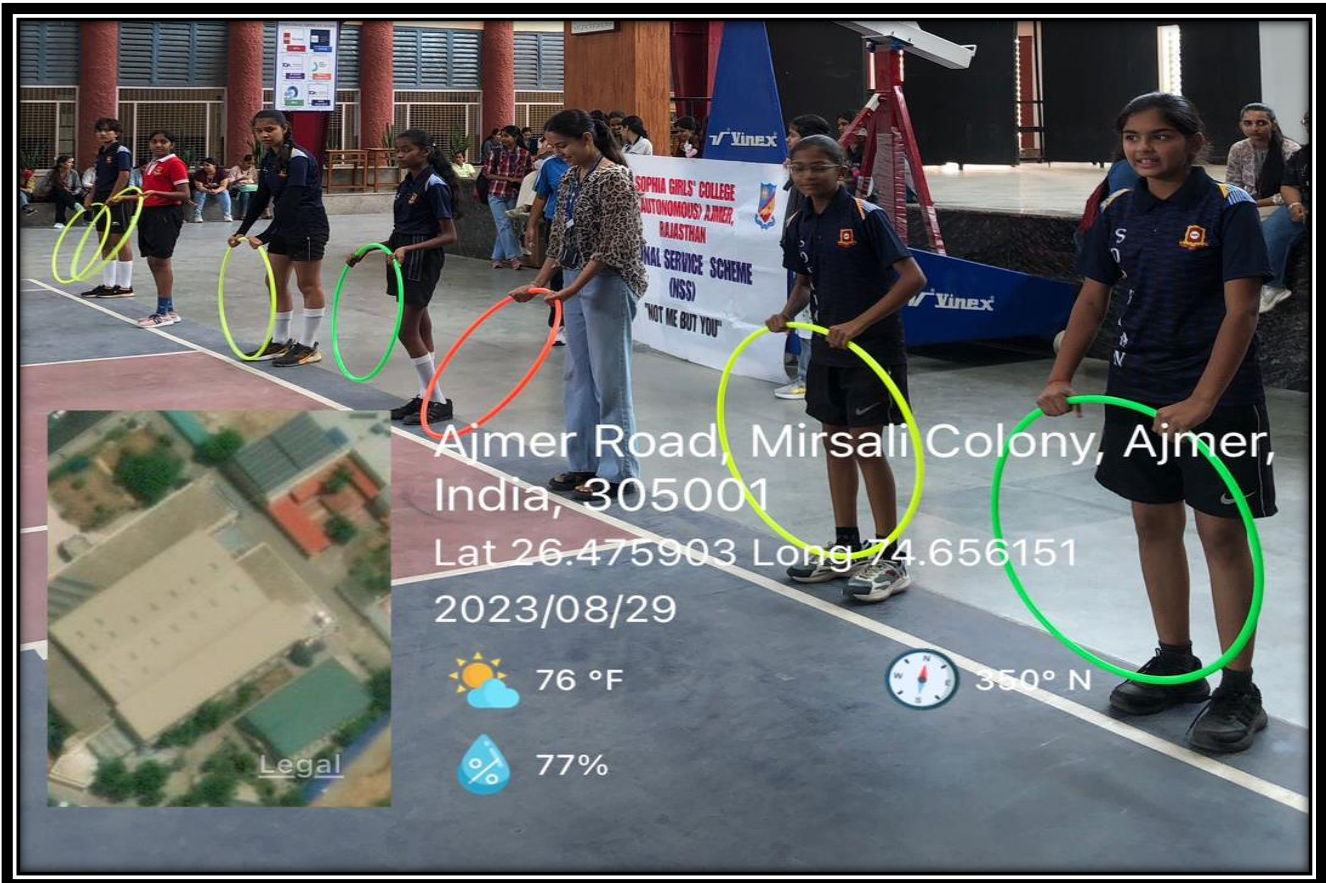


8. FIT INDIA MOVEMENT

DATE: 29TH August 23

On 29th August, 2023 National Sports Day was celebrated by the Government of India, Ministry of Youth Affairs and Sports, Directorate of NSS, New Delhi. Sophia Girls' College (Autonomous), Ajmer followed the directives as laid down by the authorities and conducted the activities, thereby encouraging students of all backgrounds to be active in sports. It was held under the supervision of NSS Officers.

The day was celebrated in order to raise the spirit of all the students and inculcate in them a spirit of enthusiasm, co-ordination and respect for all. Various sports activities were conducted and number of students from different colleges honoured the event with their presence. It was a huge success as it gave the participants a great chance to show their strength and devotion towards sports.

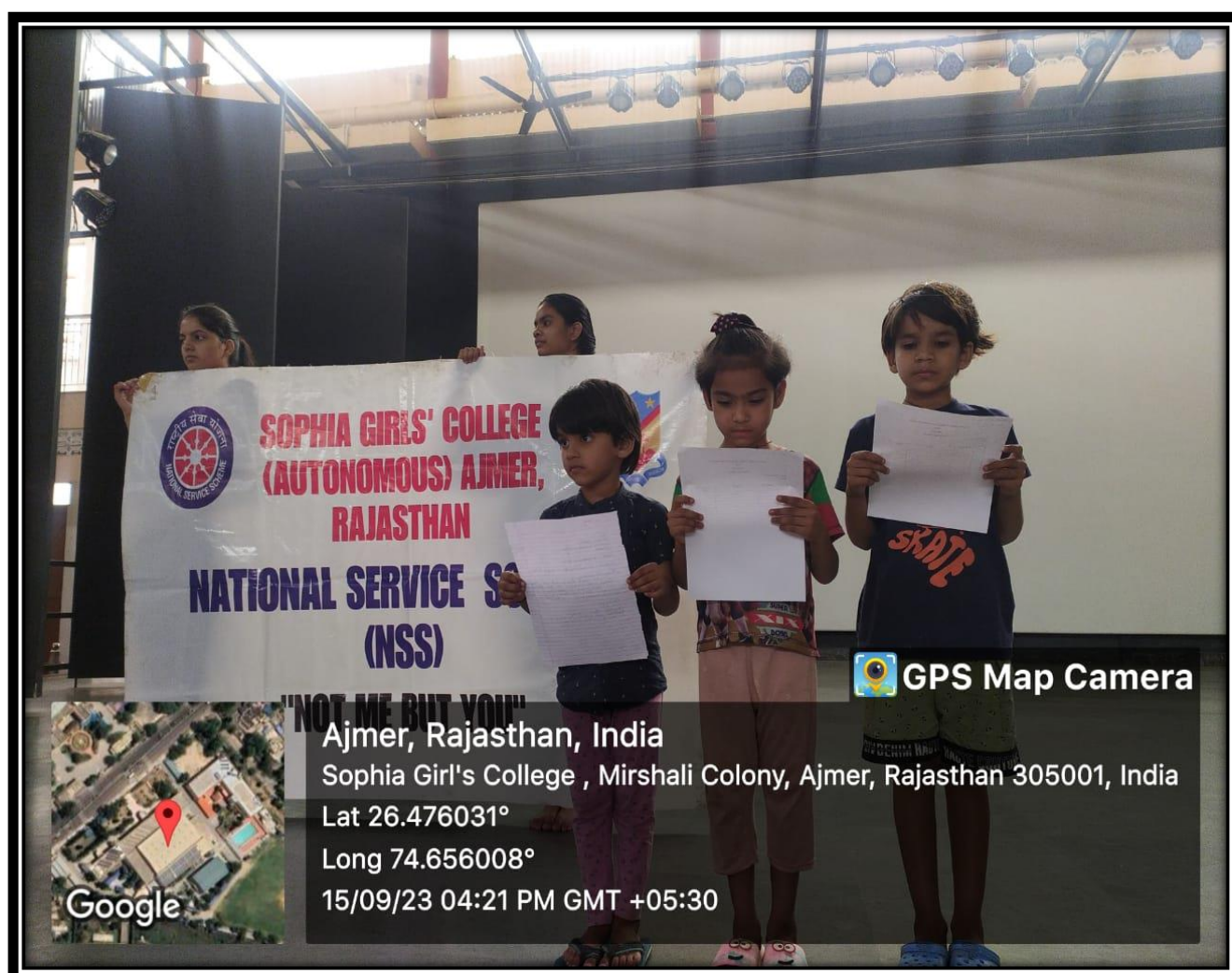


9. HINDI DIWAS

DATE- 14th September 2023

The NSS volunteers of Sophia Girls College in Ajmer organized a Hindi poem competition for children of “Each One Teach One”. The competition aimed to promote the Hindi language across all sections of the society and encourage children to participate in creative expression. It provided a platform for the children to showcase their talent and love for Hindi poetry. The event was a great success, allowing the children to enhance their language skills and boost their confidence. The NSS volunteers should be commended for their efforts in organizing such a meaningful competition.

As Hindi Diwas is celebrated all over India to mark the adoption of Hindi as one of the two official languages by the Constituent Assembly of India. As it is important to pass on to the youth, the importance of Hindi language to continue our culture and tradition.





10. MILLET FESTIVAL

DATE- 24th September

To commemorate the International Year of Millets 2023, a two-day festival was organized by the department of Home Science celebrating the cultural diversity existing in the form of food across the nation. First day event namely “**Millets based Recipe Making Competition**”. There were some groups which consisted of 3-5 participants each. The participants had put up stalls to showcase their delicious and nutritive recipes. The attendees were really impressed with the nutritive knowledge they received. On second day,



11. NSS DAY

DATE-24th September

NSS day was celebrated by the volunteers under the guidance of NSS program Officers of Sophia Girl's College, Ajmer. A short quiz was prepared to spread the knowledge among the volunteers regarding the best practices performed in NSS and to understand the motto of this scheme. NSS Anthem was also sung after that. As NSS is about "not me but you". It is the feeling of selflessness.

In addition to these educational activities, we encouraged students to actively participate in the planning and execution of NSS Day celebrations. By involving

them in organizing events like cleanliness drives, health camps, and cultural performances, students gained a hands-on understanding of the practical aspects of community service.

Through these efforts, we aimed to instill in students a deep appreciation for NSS Day as a day of reflection, action, and unity in the pursuit of social welfare. We emphasized that NSS Day serves as a reminder that each one of us has the power to make a positive impact on society, and it is a day to renew our commitment to serving the community selflessly.



12. GANDHI JAYANTI CELEBRATION WEEK

DATE: 27th September to 2nd October, 2023

“Be clean and keep India clean.”

Swachh Bharat Abhiyan was joyously observed on Mahatma Gandhi's birth anniversary, with enthusiastic participation by NSS volunteers from Sophia Girls' College, Ajmer. As part of this National Service Scheme activity, students zealously cleaned the campus garden, their homes, and the surroundings.

The impactful cleanliness drive spanned from September 27, 2023, to October 2, 2023, in strong solidarity with the Swachh Bharat Abhiyan. The commendable dedication of the 71 participating students in this initiative deserves wholehearted applause. The campus and its vicinity were transformed through the collective efforts, embodying the spirit of cleanliness and Gandhian principles.



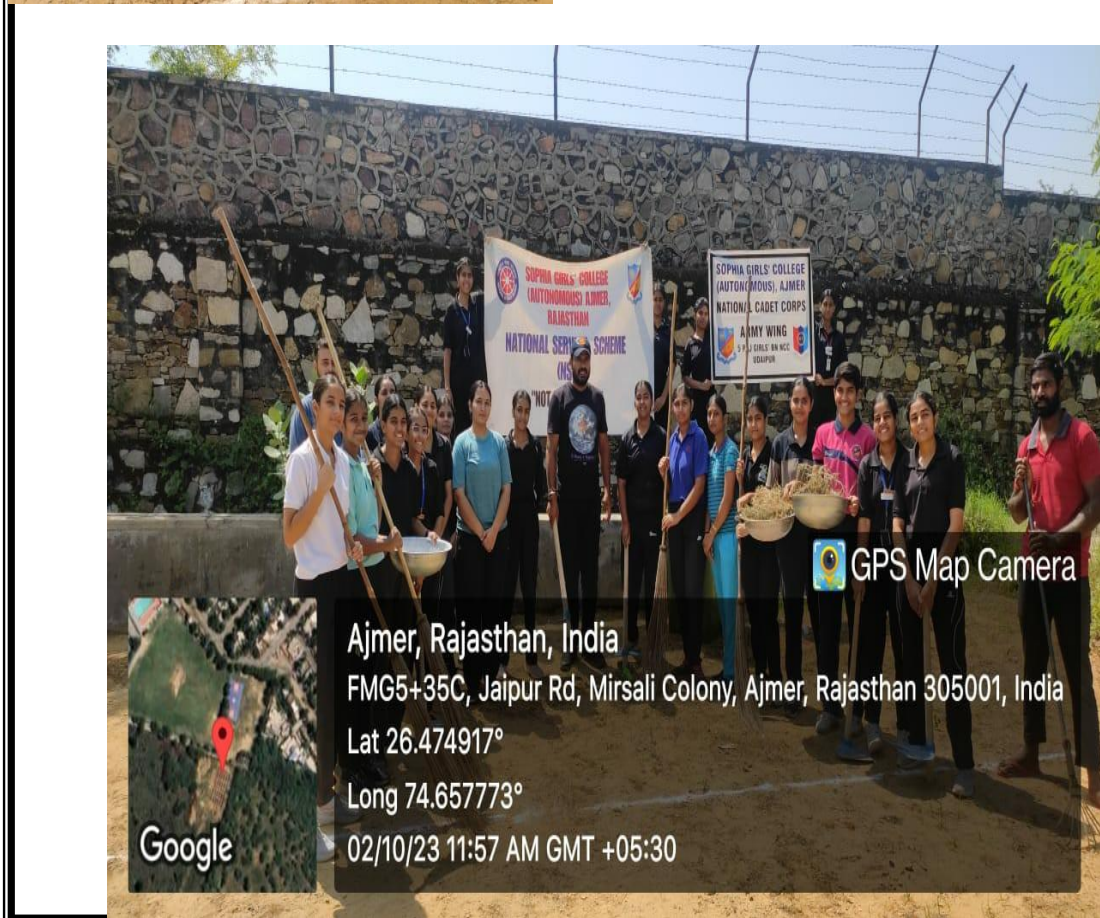
Ajmer, Rajasthan, India
 FMG5+35C, Jaipur Rd, Mirsali Colony, Ajmer, Rajasthan 305001, India
 Lat 26.474919°
 Long 74.657775°
 02/10/23 11:56 AM GMT +05:30

GPS Map Camera



Ajmer, Rajasthan, India
 Sophia Girls College, Jaipur Rd, Mirsali Colony, Ajmer, Rajasthan
 305001, India
 Lat 26.476378°
 Long 74.654737°
 01/10/23 11:25 AM GMT +05:30

GPS Map Camera



Ajmer, Rajasthan, India
 FMG5+35C, Jaipur Rd, Mirsali Colony, Ajmer, Rajasthan 305001, India
 Lat 26.474917°
 Long 74.657773°
 02/10/23 11:57 AM GMT +05:30

GPS Map Camera

13. GANDHI JAYANTI

DATE-2nd October 2023

Mahatma Gandhi, an advocate of peace, is honoured on Gandhi Jayanti, a National Day in India, commemorating his birth on October 2, 1869. Renowned as 'Mahatma,' meaning 'Great Soul,' and hailed as the 'Father of the Nation' in India, Gandhi's legacy is celebrated annually. The National Service Scheme of Sophia Girls' College, Ajmer, marked the occasion with a thoughtful assembly. Beginning with Gandhi's favourite song ' **Vaishnav Jan,**' the event included a **Nukkad Natak, speeches, poems,** and a '**Quiz Competition**' focusing on Gandhiji's life. Approximately 50 students actively engaged in these activities, showcasing their dedication to paying tribute to Mahatma Gandhi on this special day.



14. WORLD MENTAL HEALTH DAY

DATE-10TH October 2023

At Sophia College Ajmer, Mental Health Day was recently celebrated through a joint initiative by the National Service Scheme (NSS) and the Psychology Department. The primary objective was to enhance awareness of mental health issues and encourage well-being across the college community.

Commencing with insightful sessions led by Dr. Asha Sharma, attendees gained valuable insights into the significance of mental health and effective strategies for maintaining a positive mental state. NSS and RRC volunteers played an active role in orchestrating interactive workshops, discussions, and activities centred on stress management, mindfulness, and creating a supportive atmosphere.

Both students and faculty actively participated, underscoring the importance of destigmatizing mental health concerns. The event featured engaging talks by guest speakers, including mental health professionals, offering valuable perspectives and guidance. Additionally, the celebration incorporated artistic expressions such as poetry and art installations, highlighting the creative aspect of mental health advocacy.

The collaborative endeavour between NSS and the Psychology Department showcased a dedication to nurturing a mentally healthy campus, stressing the shared responsibility in championing well-being. This event had a lasting impact, fostering open dialogue and cultivating a more compassionate community within Sophia College Ajmer.



15. BLOOD DONATION CAMP

DATE: 14th October 2023

The National Service Scheme (NSS) organized a successful blood donation drive at JLN Hospital for thalassemia patients. The event witnessed enthusiastic participation from 65 individuals, including 2 dedicated teachers. The drive aimed to contribute to the noble cause of supporting thalassemia patients who require regular blood transfusions.

Participants showed great commitment and altruism, understanding the critical role their blood donations play in saving lives. The NSS team efficiently coordinated the event, ensuring a smooth process from registration to blood collection. The atmosphere was filled with a sense of purpose as donors selflessly contributed to this humanitarian effort. They donated a total of 49 units of blood.

JLN Hospital served as an ideal venue for the drive, offering a safe and sterile environment. The medical staff exhibited professionalism and proficiency throughout the event, ensuring the well-being of both donors and recipients. The impact of this blood donation drive will undoubtedly extend beyond the immediate, positively affecting the lives of thalassemia patients in need.

This initiative reflects the commitment of NSS towards fostering a sense of social responsibility and making a tangible difference in the lives of those facing health challenges. The success of the blood donation drive at JLN Hospital is a testament to the power of collective action in addressing critical health issues within the community.



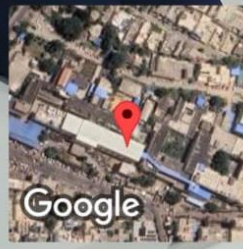
GPS Map Camera



Ajmer, Rajasthan, India
 JLN Hospital Ajmer
 Lat 26.470401°
 Long 74.635233°
 14/10/23 11:43 AM GMT +05:30



GPS Map Camera



Ajmer, Rajasthan, India
 JLN Hospital Ajmer
 Lat 26.470401°
 Long 74.635233°
 14/10/23 11:50 AM GMT +05:30

16. WORLD AIDS DAY CELEBRATION

Date: 1st December, 2023

The National Service Scheme (NSS) of Sophia Girls College Ajmer organized a special event on AIDS Day to raise awareness about AIDS and show support to those affected by the disease. The event aimed to spread love, joy, and knowledge about AIDS prevention and treatment.

The NSS volunteers, along with the NSS Officers Dr. Sr Swapana and Dr. Ruchi visited the HIV Centre, Khanakheri which is run by Mission Sisters of Ajmer. The centre provides care and support to individuals living with AIDS. There were around 15 inmates at the centre during the time of the visit, in total there are around 35 inmates

During the visit, the NSS volunteers had the opportunity to interact with the inmates. They shared joy, love, and compassion with the inmates, creating a supportive and uplifting environment. The volunteers engaged in conversations with the inmates, listening to their stories and providing emotional support.

The volunteers showcased their talents through singing and dancing performances. These performances brought smiles to the faces of the inmates and created a positive atmosphere. The volunteers aimed to uplift the spirits of the inmates and show them that they are not alone in their journey.

As an act of kindness, the NSS volunteers brought nutritious meal for the inmates at the centre. This gesture aimed to provide nourishment and show care for their well-being. Sharing a meal together fostered a sense of community and solidarity.

The AIDS Day event organized by the NSS of Sophia Girls College was a resounding success. The volunteers' interactions, performances, and provision of meals brought joy, love, and support to the inmates at the Centre. The event not only raised awareness about AIDS but also highlighted the importance of compassion and empathy in supporting those affected by the disease.



17. KAVITA PRATIYOGITA ON 'BHARTIYA BSHSHAON KI MAHATTA'

Date: 11th December, 2023

On 11 December 2023, a poetry writing competition was organized for all the students under the aegis of Gyanodaya Club of the Hindi Department at Sophia College, Ajmer, the theme of which was the importance of Indian languages. About three students participated in it. Dr. Sunita Siyal, Head of the Department of Hindi, participated in organizing the competition. The objective of the competition was not only to promote poetry writing among the students, but also to try to sensitize the students towards the different languages of the country.



18. NATIONAL YOUTH DAY

DATE– 12th January 2024

On January 12, 2024, Sophia Girls' College (Autonomous), Ajmer buzzed with vibrant energy as it celebrated National Youth Day. The campus resonated with creativity through essay writing, poem, and slogan writing competitions centred on the theme "Mera Matdan Mera Swabhiman" (My Vote, My Pride).

The essay writing competition witnessed insightful perspectives on the significance of voting and its impact on individual pride and national progress. Participants eloquently expressed the role of the youth in shaping the destiny of the nation through their ballots.

Poetry enthusiasts adorned the event with verses that echoed the spirit of democracy and the empowerment that comes with exercising one's voting rights. The poems beautifully intertwined emotions, urging fellow youth to embrace their responsibility and contribute to the democratic fabric of the country.

The slogan writing competition brought forth catchy and impactful phrases encapsulating the essence of the theme. Participants showcased their creativity in crafting succinct messages that highlighted the pride associated with being an active participant in the democratic process.

The event successfully promoted civic engagement and underscored the importance of each vote in shaping the nation's future. Sophia College demonstrated its commitment to nurturing socially responsible citizens, fostering a sense of pride in democratic participation among the youth.



Ajmer, Rajasthan, India
 Sophia Girls' College (Autonomous) Jaipur Road, Mirsali Colony, Ajmer,
 Rajasthan 305001, India
 Lat 26.485852°
 Long 74.65493°
 12/01/24 12:57 PM GMT +05:30

19. SEVEN DAY NSS CAMP

DATE– 12th January 2024

Under the SVEEP (Systematic Voters' Education and Electoral Participation) initiative at Sophia Girls' College Autonomous in Ajmer, a series of engaging activities were organized. The programme aimed to educate and encourage students about the importance of voting and active participation in the electoral process. Various events such as voter awareness workshops, poster making competitions, and interactive sessions with electoral representatives were conducted. These activities not only enhanced students' understanding of their voting rights but also fostered a sense of responsibility towards shaping the future of democracy. The programme at Sophia Girls' College Autonomous served as a commendable effort in promoting democratic values and civic engagement among the youth.

Sophia Girl's College, nestled in the heart of Ajmer, and orchestrated a vibrant and dynamic street rally, fuelled by the fervour of the sweep initiative, which pulsated with the essence of civic duty. As students and faculty members marched through the bustling streets, their voices reverberated, carrying the message of empowerment and civic engagement to every corner of the city.

Following the spirited rally, a captivating Nukkad Natak unfolded, where talented performers took to the stage, using the art of theatre to shed light on pressing societal issues. With each dramatic enactment, they ignited conversations and sparked contemplation, drawing attention to the challenges faced by communities and inspiring collective action.

The event transcended mere spectacle; it served as a powerful call to action, igniting a sense of responsibility and agency among the participants and the audience alike. It showcased Sophia Girl's College's unwavering commitment to fostering social awareness and fostering a culture of active participation in addressing the issues that shape our society.

In the aftermath of the rally and Nukkad Natak, the echoes of their message lingered, leaving an indelible mark on the collective consciousness of the community and reaffirming the transformative power of education and advocacy.



20. NATIONAL GIRL CHILD DAY

DATE- 24th January 2024

On the occasion of National Girls' Child Day, the National Service Scheme (NSS) at Sophia Girls College, Ajmer, organized a series of impactful events aimed at empowering and raising awareness among young girls. The event was coordinated by Program Officer Dr. Sr. Swapna, Dr. Ruchi Mathur, Teacher Coordinator Mansi Chaturvedi, and Miss Sara.

Seminar on Girl Child Protection:

A significant part of the day was dedicated to a 'Panel Discussion' on Women Safety and Girl Child Protection. The event aimed to educate girls about various mobile applications designed to assist them in emergencies. The seminar provided valuable information on utilizing technology for personal safety. Notably, 400 girls actively participated and downloaded the recommended mobile apps (Saftipin, 112), fostering a sense of empowerment and preparedness.

Candlelight March:

Later in the evening, a powerful 'Candlelight March' was organised where students were dressed in various regional costumes and holding a lit candle started the procession at 6.15pm from the college campus heading to the nearby basti. Led by enthusiastic girls, the march aimed at creating awareness among the public through impactful slogans and visually striking posters. The participants passionately conveyed messages promoting the importance of nurturing and protecting the girl child. The candlelight march not only illuminated the surroundings but also ignited a sense of solidarity and commitment to the cause.

The National Girl Child Day celebration at Sophia Girls College, Ajmer, proved to be a resounding success. The combination of educational seminars and community engagement activities showcased the college's commitment to empowering its students and fostering a sense of responsibility towards the welfare of the girl child. The active participation and enthusiasm of the students, along with the coordination of dedicated faculty members, contributed to making the event a memorable and impactful initiative.



21. NATIONAL WORKSHOP ON EXPLORING LITERATURE, LANGUAGE, CULTURE AND INTERNET

DATE- 30th – 31st January 2024

The Department of English organized a Two-Day National Workshop on Language, Literature, Culture, and the Internet was successfully conducted, bringing together esteemed speakers and participants from various academic and professional backgrounds. The workshop aimed to explore innovative approaches in utilizing digital platforms to enhance language learning, promote literary appreciation, and preserve cultural heritage.

The workshop featured distinguished speakers who shared their expertise on different aspects of the theme. Dr. Urvashi Sabu, Associate Professor from the Department of English at PGDAV College, Delhi University, elucidated on the intersection of literature, culture, and the internet, highlighting its significance in contemporary society.

Dr. Pronema Bagchi, Assistant Professor at Sri Sri University, Odisha, discussed the topic of teaching language through poetry, memes, and cartoons, offering insights into creative pedagogical methods to engage learners effectively.

Dr. Nisha Bhushan Navare, a Professional Consultant based in Pune, delivered a thought-provoking session on enhancing English competence through social media platforms, emphasizing the role of digital communication tools in language acquisition.

Ms. Shefali Martins, an Author and Independent Journalist from Ajmer, shared valuable techniques for creative and effective writing, encouraging participants to harness the power of digital media for self-expression and storytelling.

Overall, the workshop provided a platform for meaningful discourse and knowledge exchange, fostering collaboration among educators, researchers, and practitioners in the field of language, literature, and digital culture. Participants left with enriched perspectives and practical insights to integrate technology seamlessly into language teaching and literary pursuits.

Through this activity, the students were able to widen their knowledge and enhance their creativity and writing skills along with being sensitized to the rich cultural heritage.



22. INTERNATIONAL WOMEN'S DAY

DATE- 9th March 2024

Department of Women's Empowerment, Government of Rajasthan, Jaipur

The International Women's Day event held on March 9, 2024, at the Information Center in Ajmer was a collaborative effort organized by several prominent groups and institutions dedicated to women's rights and empowerment. The organizers included the Women's Rights Committee, Jan Shikshan Sansthan, Center for Labour Research and Action, Center for Advocacy and Research, Cities for Youth, Apwa, Sasvika, People's Union for Civil Liberties, Sophia Girls' College, and Van Stop Crisis Center Ajmer.

One of the highlights of the event was a nukkad natak (street play) presented by the NSS (National Service Scheme) volunteers of Sophia Girl's College (Autonomous). The nukkad natak likely addressed pertinent issues related to women's rights, empowerment, gender equality, and societal challenges faced by women. Such performances serve as powerful tools for advocacy and consciousness-raising, engaging audiences directly and sparking conversations around important social issues.

The participation of NSS volunteers from Sophia College underscored the commitment of youth and educational institutions towards promoting gender equality and advocating for the rights of women in society. The event as a whole provided a platform for discussions, reflections, and actions aimed at advancing gender justice and women's empowerment in Ajmer and beyond.



Sr Pearl
 Dr. Sr. Pearl
 PRINCIPAL
 SOPHIA GIRLS' COLLEGE
 (AUTONOMOUS)
 AJMER