

5.1.3 The following Capacity Development and Skill Enhancement activities are organized for improving students' capabilities

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene) 4. Awareness of trends in technology

SOFT SKILLS

Online Staff-Student Exchange Program



Name of Department - Botany Name of the Activity – Online Staff-Student Exchange Program Date of activity – 23^{rd} – 29^{th} August 2022 Number of Participants - 43 Venue – Online (Google Meet) Objective of the Activity – The Department of Botany in collaboration with St. Thomas College,

collaboration with St. Thomas College, Bhilai and Guru Nanak College of Arts,

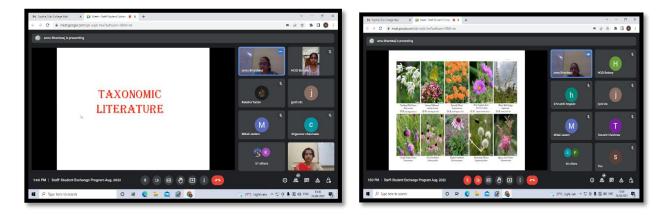
Science and Commerce, Mumbai organized an Online Staff-Student Exchange Program from $23^{rd} - 29^{th}$ August 2022. This Exchange Program will contribute in sharing of knowledge and expertise about Taxonomy of Angiosperms.

Learning Outcome -

The students will be able to

- 1. Gain insight about plant identification and preparation of herbarium.
- 2. Acknowledge the role of plants in developing immunity against Covid 19.





SGCA/ AQAR/ 2022-23/ 5.1.3

3D Poster Making Competition

CATALYST - THE CHEMISTRY FORUM SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER





Name of the Department-Chemistry

Name of the Activity- 3D Poster Making Competition

Date of activity – 11th October, 2022

Number of Participants – 69

Venue– Fortunatus Indoor Stadium

Objective of the Activity –

The 3D picture shows the depth of the picture which leaves an impression in the mind of a viewer. This competition helped the students enhance the mind and showed the importance of chemistry in a creative manner.





NETRITVA 4.0- Leadership in the Era of Connection and Collaboration



conference for their poster presentation.

Learning Outcome:

Date – 16-18th Feb '23
 Venue- Jaipuria Institute of Management, Jaipur

of Management, Jaipur

➢ Total Number of Participants − 45

Students of the Department of Commerce and Management from Sophia Girls' College, Ajmer participated in an International Conference in the Series Youth 2025: organized by Jaipuria Institute of Management, Jaipur.

Laveena Rupani & Vinita Lakhani from our college was also awarded during the

- 1. Helped develop perspectives about the various leadership styles used in today's challenging environment.
- 2. Provided ideas to innovate, collaborate and assimilate new & fresh approaches to deal with complex times.





IMA Indian Student Leadership Conference





> **Date** $- 04^{\text{th}}$ March 2023

Venue-Holiday Inn New Delhi

Title of the event – IMA
Indian Student Leadership
Conference

> Total Number of the Participants –6

The IMA Student Leadership Conference is an exclusive event which brings together finance and accounting students. academics and professionals in India onto one platform to discuss in which young aspiring professionals may reach their full potentials and arm themselves for the world towards which lies ahead.

Leaning Outcome

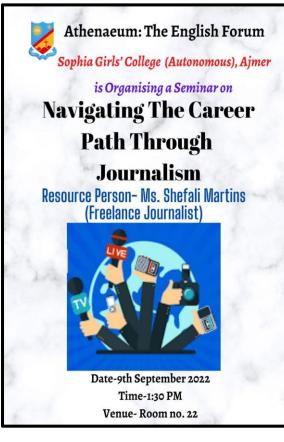
1. To hear about the journey from the classroom to the board room.

2. To learn about the latest trends in the account and finance profession from inspiring and motivating speakers.

3. To gain insight into C-Suite perspectives on market demands and the skills set that matter to the leading employees.

4. To discover the importance of a strong digital profile in today's world.

Navigating the Career Path through Journalism



Date- 9th September 2022

Level- Intra College

Venue- Sophia Girls' College (Autonomous), Ajmer

Name of the Activity- Navigating the Career Path through Journalism

Total Number of the Students- 62

Resource person- Ms. Shefali Martins (Freelance Journalist)

Description- The session was conducted on the topic "Navigating the Career Path Through Journalism" where the students indulged in an interactive session on the delineated topic and got the insights on Journalism.

Learning Outcome Through this

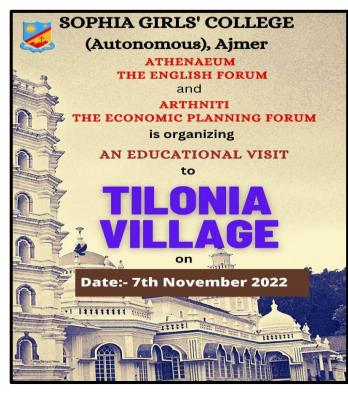
seminar, the students were:

- informed about journalistic ethics and they were capable of articulating an ethical decision.
- able to be conversant about contemporary media issues.
- able to explain the importance of journalism in the context of India.





An Educational Visit to Tilonia Village



Date- 7th November 2022 Level- Intra College Venue- Tilonia Village Name of the Activity- An Educational Visit to Tilonia Village

Total Number of the Students-31

Description- Experiential learning is an engaged learning process whereby students "learn by doing" and by reflecting on the experience and Visit to Tilonia Village is a great example of such learning.

Learning Outcome- Through this visit, the students were able to:

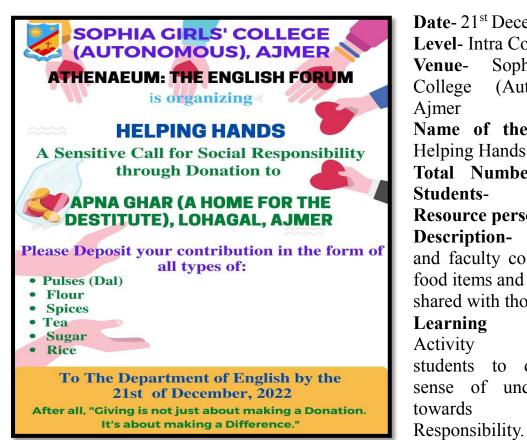
1.Recognize that social and cultural systems develop out of adaptation to environmental and historical circumstances.

2. Communicate an understanding of the ways in which race, ethnicity, and/or gender are socially constructed.





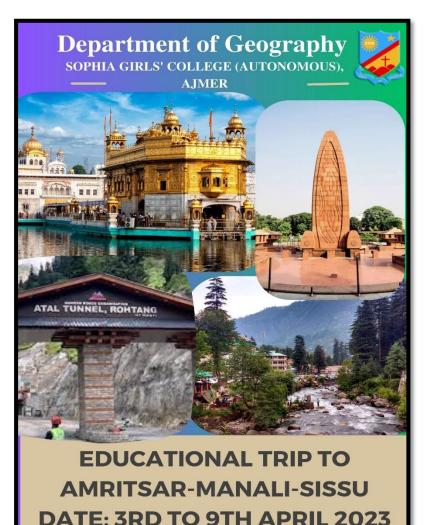
Helping Hands



Date- 21st December 2022 Level- Intra College Sophia Girls' Venue-(Autonomous), College Ajmer Name of the Activity-Helping Hands Total Number of the Students-**Resource person-Description-**Students and faculty collected dry food items and then it was shared with those in need. Learning **Outcome-**Activity sensitized students to develop a sense of understanding

Social





Educational Tour to Amritsar-Manali-Sissu

Name of Department-
GeographyDate of activity- 3rd to
9th April 2023Title of the Event-
Educational Tour to
Amritsar-Manali-SissuNumberof
Participants-
Students

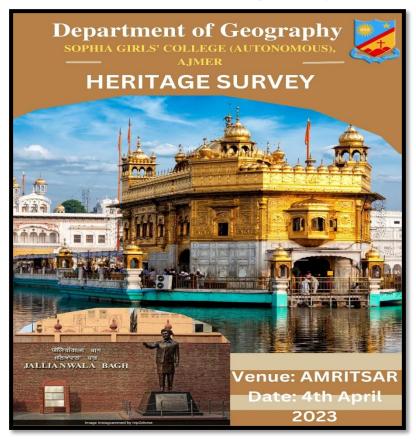
An Educational Trip for 7 days was organized for the students of Geography (Under-Graduation and Post-Graduation) to places Amritsar-Manali-Atal

Tunnel-Sissu to apprise them about Relief, climate, resources, social and cultural aspect of the region and undertake field survey, Data collection, empirical techniques of Analysis.





Heritage Survey of Amritsar



Name of Department-Geography

Date of activity- 4th April 2023

Venue: Amritsar, Punjab Title of the Event-Heritage Survey of Amritsar

Number of Participants-43 (B.A. Part III)

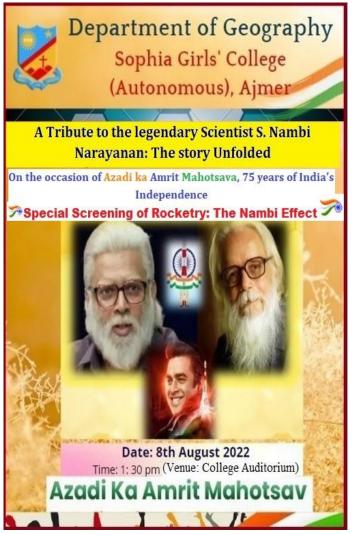
The students of UG along with the entire faculties of Geography Department visited Amritsar in Punjab .The objective was to find out the socio-economic, historical events, heritage, cultural status of the old town with the help of survey and questionnaire.

Learning Outcomes

- 1. The students developed an understanding about village life and were familiarized with the rich cultural heritage of Amritsar
- 2. The students were acquainted with different data collection tools such as-Questionnaire and optionaires besides interview technique during the survey.
- 3. Students were apprised with research techniques of Data tabulation, compilation and analysis.
- 4. Students were equipped with research writing, report writing and graphical presentation techniques.



Movie Screening of Rocketry: The Nambi Effect



Name of Department-GEOGRAPHY

Date of activity- 08th August, 2022

Level of Event- Institutional Level

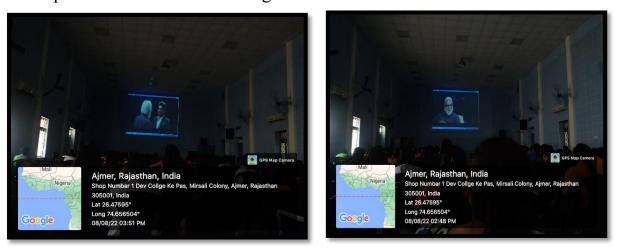
Title of the Event – Movie Screening of Rocketry: The Nambi Effect Number of Participants-90

"A Tribute to legendry Scientist S. Nambi Narayanan, ISRO: A story unfolded on the occasion of Azadi ka Amrit Mahotsav, 75 years of India's Independence"-A thought provoking activity conducted for Under was Graduate & Post Graduate students to make them realize about the broad perspective of patriotism of an Indian Scientist. The movie is inspired by few real-life events and tries

to make people aware of the achievement of ISRO. Learning Outcomes:

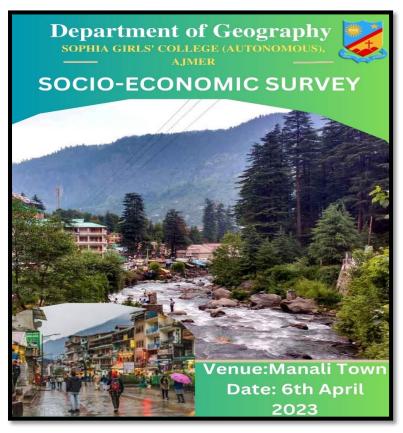
1. The students developed an understanding about Indian Space Programme.

2. Students were also inculcated with knowledge about the latest research techniques used for Remote sensing.



SGCA/ AQAR/ 2022-23/ 5.1.3

Socio Economic Survey of Manali Town



Name of Department-Geography Date of activity- 6th April-2023 Venue: Manali, Himachal Pradesh

Title of the Event- Socio Economic Survey of Manali Town

Number of Participants-32 (B.A. Part I)

The students of UG along with the entire faculties of Geography Department visited Manali Town of Kullu district in Himachal Pradesh. The objective was to find out the socioeconomic status of people

of the village with the help of an intensive micro-level filed survey using interview and questionnaire technique.

Learning Outcomes

1. The students developed an understanding about village life and were familiarized with the rich cultural heritage of rural India.

2. The students were acquainted with different data collection tools such as-Questionnaire and optionaires besides interview technique during the survey.

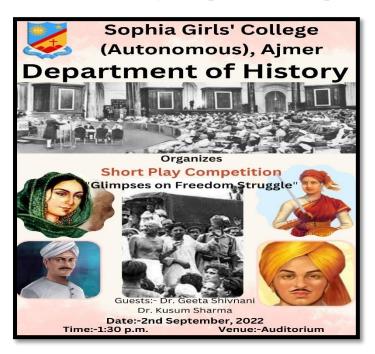
3. Students were apprised with research techniques of Data tabulation, compilation and analysis.

4. Students were equipped with research writing, report writing and graphical presentation techniques.





Short Play Competition "Glimpses on Freedom Struggle"



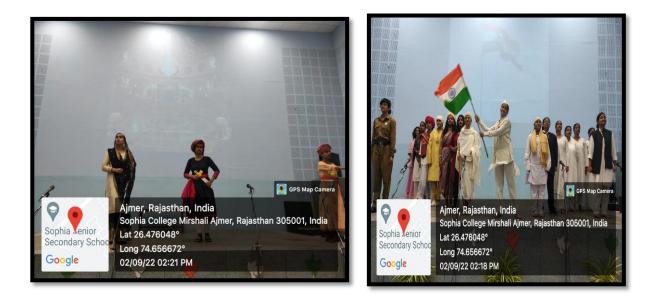
Date: 2nd September, 2022 **Name of Activity**: Short Play Competition "Glimpses on Freedom Struggle" **No. of Students**: 121

Guests:- 1) Dr. Kusum Sharma (Retd. HOD Hindi, Sophia Girls' College, Ajmer)

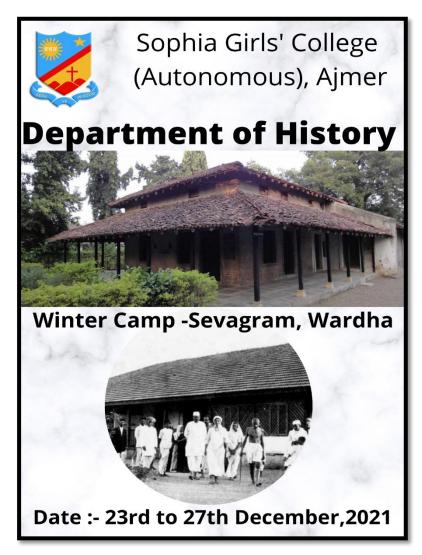
2) Dr. Geeta Shivnani S.P.C. Principal (Retd. Government College, Ajmer) **Description:**-The History Department of Sophia Girls' (Autonomous) College organized Short Play a "Glimpses Competition on

Freedom Struggle" on 2nd September, 2022 for the students of History. The main objective of this activity was to inculcate the knowledge of Indian freedom struggle by means Play, an audio-visual activity to promote learning by doing in students and commemorate our national heroes.

Outcome of Activity:-Students appraise the efforts of our national heroes and acknowledged the importance of freedom.



Visit to Short Term Winter Camp at Sevagram, Wardha



Date: 23rd to 27th December, 2021

Venue:-Sevagram, Wardha

Name of Activity: Visit to Short Term Winter Camp at Sevagram, Wardha.

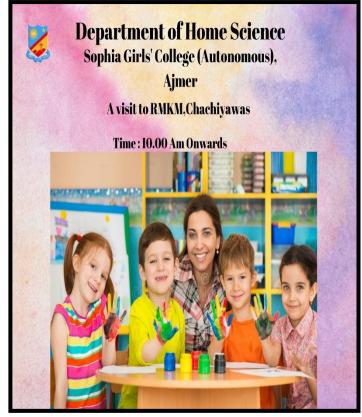
No. of Students: 3 **Description**:-The History Department of Sophia Girls' College (Autonomous) organized a visit to Short Term Winter Camp conducted by Sevagram, Wardha from 23rd December to 27th December 2021 for P.G Final year students. In this camp the students experienced a gainful stay at the Ashram and get acquainted with the life and work of

Mahatma Gandhi.

Outcome of Activity:-Students acquainted themselves with the life and works of Mahatma Gandhi and their relevance in humanity's predicament.



A visit to Chachiyawas



Date: 12th October 2022 Level: Departmental **Venue:** RMKM, Chachiyawas Title of the event: A visit to Chachiyawas Total no of students: 37 **Description:** The students of home science visited RMKM on 12thOctober to present their play group activities and to learn the skills of preschool teaching in Inclusive school . The students took their self-made activities to play with the children. The students played with the preschool children and spent time with them. All the preschool activities were donated to the school. It was a

great experience. This trip taught all the students a skill of teaching, cooperation and generosity

Learning Outcome: To provide knowledge to the students about Inclusive school teaching



Presentation on "Conquer the World with Vedic Mathematics"



Sophia Girls' College (Autonomous) Ajmer

Ramanujan-The Mathematics Forum organizes a Presentation on "Conquer the World with Vedic Mathematics"

Date: 17th Oct. 2022 Time: 11:15 a.m. Venue: Auditorium, Sophia Girls' College (Autonomous), Ajmer • Date: 17th October 2022

• Total Number of the Students:73

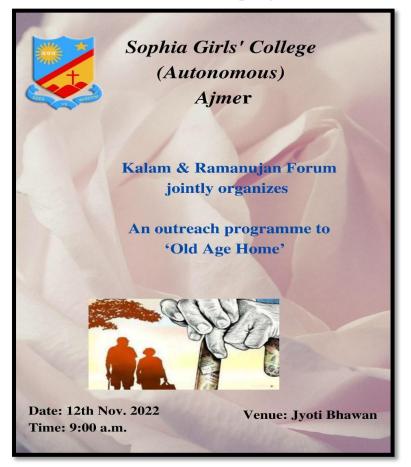
• Venue: Auditorium, Sophia Girls' College (Autonomous), Ajmer

• Learning outcome: To easily solve complicated mathematical calculation by Vedic Mathematics.

• **Report**: To promote verbal calculation and ability to solve complicate problems presentation on "Conquer the World with Vedic Mathematics" were given by B.Sc. Mathematics and B.A. /B.A. Eco. Hons. (Mathematics) students on 17th October 2022



An Outreach programme to 'Old Age Home'



• **Date:** 12thNovember 2022

• Total Number of the Students: 44

• Venue: Jyoti Bhawan

• Learning Outcome: To aware the students to understand their Social Responsibilities.

• **Report:** Kalam and Ramanujan forum organised an outreach programme to 'Old Age Home' on 12th November 2022. To inculcate helping habits among the students. 44 students along with three teachers were part of this.



Mathematics Exhibition

Sophia Girls' College (Autonomous) Ajmer

Ramanujan-The Mathematics Forum organizes a Mathematics Exhibition

Date: 14th Dec. 2022 Time: 9:00 a.m. Venue: Auditorium, Sophia Girls' College (Autonomous), Ajmer • **Date:** 14th December 2022

• Total Number of the Students:45

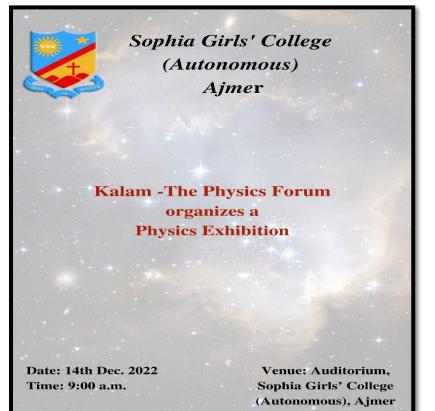
• Venue: Auditorium, Sophia Girls' College (Autonomous), Ajmer

•Learning Outcome: To enhance logical and conceptual creativity in the students.

• **Report**: To enhance logical and conceptual creativity a Mathematics Exhibition was displayed by B.Sc. Mathematics/B.A. and B.A. Eco. Hons.(Mathematics) students on 14th December 2022. NAAC peer team appreciated Sophia students.



Physics Exhibition



• Date: 14th December 2022

• Total Number of the Students: 42

• Venue: Auditorium, Sophia Girls' College (Autonomous), Ajmer

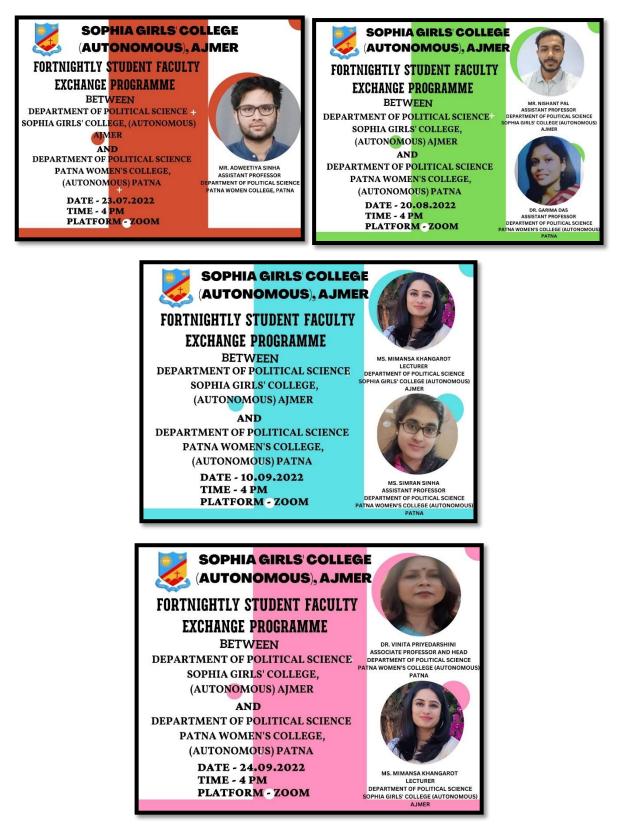
• Learning Outcome: To enhance logical and conceptual creativity in the students.

• **Report**: To enhance logical and conceptual creativity a Physics Exhibition was displayed by B.Sc. Mathematics students on 14th December 2022. Projects were so live

and creative that NAAC peer team praised a lot of Sophia students.



Fortnightly Student Faculty Exchange Programme



Two-Day International Conference on Human Rights & Climate Change



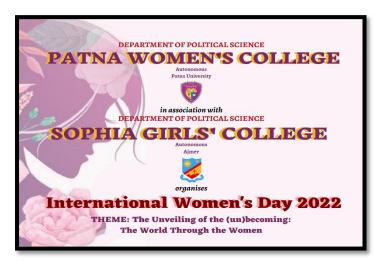
Date of the Activity- 17^{th} to 18th April, 2023 Level International Venue Sophia Girls' College (Autonomous), Aimer Title of the Event -Two-Day International Conference on Human Rights & Climate Change No. of Participants -203 **Description** – Department of Political Science organized a Two-Day International Conference on

Human Rights & Climate Change on 17th & 18th April, 2023. **Objective** –

The primary goal was to provide students with an opportunity to gain a broader perspective on the issues of Human Rights & Climate Change. Students got the opportunity to get acquainted with the long-term shifts in temperatures and weather patterns have undeniable effects on the effective enjoyment of human rights, posing a serious risk to the fundamental rights to life, health, food and an adequate standard of living of individuals and communities across the world.



International Women's Day Exchange Programme, 2022



Date of the Activity- 26th February, 5th March & 8th March Level -Inter-Collegiate Venue -Online Platform Title of the Event - Three Day International Women's Day, 2022 Celebration Number of Participants –

167

Description -

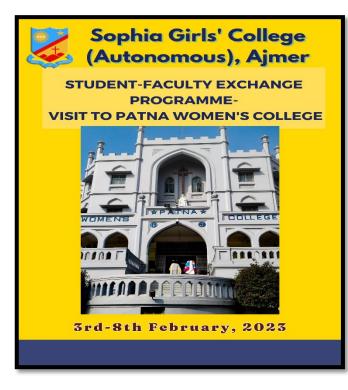
Faculty members of Sophia Girls' College, (Autonomous) Ajmer and Patna Women's College, Patna (Autonomous) of the Department of Political Science jointly organized Three Day International Women's Day, 2022 Lecture Series. The session was about exhibiting and discussing women's participation in historical events through the medium of photographs and videos. The objective was to witness the historical moments in which women played an integral role through the audio-visual medium. The Photos were collected from books, newspapers and online resources.

Learning Outcome -

The purpose of this activity is to provide a platform for a mutual learning experience, exposure, and growth opportunities to the students. It also encourages discussions on various contemporary issues with a vibrant and diverse faculty from both institutions. It creates a greater bond among the concerned institutions as well as the students.



Student-Faculty Exchange Programme



were selected for the programme: -

- 1. Mahika Yadav
- 2. Purvasha Singh
- 3. Manshu Chauhan
- 4. Anjali Sarpatta
- 5. Meetakshi Tiwari
- 6. Harshita Dadlani

Objective –

The primary goal was to provide students with an opportunity to gain a broader perspective on academics, culture, and language by immersing themselves in a different educational environment. Student attended lectures in the college and adapted to different teaching styles and methods.



 3^{rd} to 8^{th} Date of the Activity-February, 2023 Level Inter College Exchange Programme Venue Patna _ Women's College, Patna Title of the Event -Student-Faculty Exchange Programme **No. of Participants -** 6 **Description** – Department of Political Science

conducted a Student-Faculty Exchange Programme on 3rd-8th February, 2023. A total of 6 students were selected for the exchange programme who were accompanied by two department faculty. The following students

Youth Parliament



 30^{th} Date of the Activity-August 2022 Level Institutional Conference Venue Hall, Sophia Girls' College (Autonomous), Ajmer Title of the Event -Youth Parliament No. of Participants -54 **Description** – Lyceum the student's forum for

the Department of Political Science conducted its first ever YOUTH PARLIAMENT under the aegis of the MINISTRY OF PARLIAMENT AFFAIRS on 30th August 2022. A total of 53

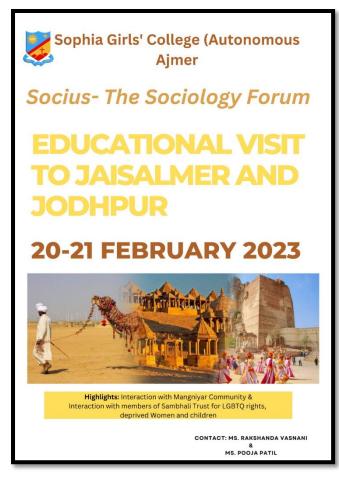
students participated.

Objective –

The Objective of the Youth Parliament was to enable the students to understand the rules and procedures of the parliament. It aimed to develop democratic values among the young generation. It helped the students to enhance their understanding of socioeconomic, cultural, and political issues in the country. The students worked relentlessly to describe emerging issues and to find appropriate solutions.



Educational Trip to Jaisalmer and Jodhpur



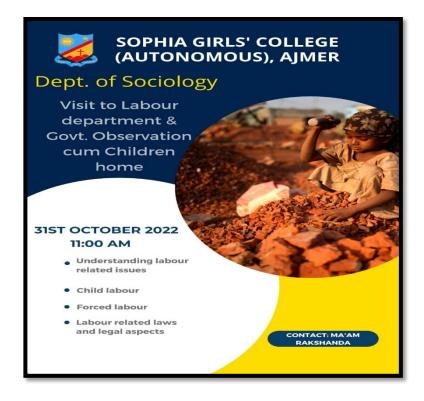
Name of the Activity: Educational Trip to Jaisalmer and Jodhpur Level: Departmental **Date**: 20th and 21st February 2023 **Total Students:** 41 **Description**: **SOCIUS: The Sociology Forum** organized an educational trip to Jaisalmer on 20th February 2022. Through this trip students got an opportunity to interact with the Mangniyars, a marginalised community who grew up with tradition and music as a way of life and are now grappling for survival.

On 21 February 2022 the students also visited the Sambhali Trust in Jodhpur. It is a non-profit organization that helps empower

women and children in Rajasthan. The trust is accredited by the Economic and social council (ECOSOC) of the United Nations. The Trust runs several programmes such as Sambhali Saheli Program, Sambhali Samarth Program, Sambhali Shiksha Program and Sambhali Sutra Program. Through this trip students also got an opportunity to interact with the transgender community, their problems and how the Trust helps them to foster Dignity, self-confidence and build a bridge to join in the mainstream of the society.



Educational Visit to Labour Department and Government Observation Home



Name Of The Activity: Educational Visit to Labour Department and Government Observation Home Level: Department Level Date: 14th October 2022 Total Students: 25 Description:

Students of the B.A. IInd Year visited the Labour department, where Mr. Asif Khan, Mrs. Priyanka enlightened the students with the working of the department. They informed that the main

responsibility of the department is to protect and safeguard the interests of the workers along with those who constitute the poor, deprived and disadvantaged sections of the society. It also ensures for the welfare of work force involved in organized and unorganized sectors. This visit enhanced the students knowledge about the Labour laws and policies with special reference to Child Labour.

On the same day Students also visited Government observation home where Mr. Abhishek Gujrati informed about the working of the institution stating that The Juvenile justice system is created to safeguard the rights and welfare of children who are in violation of the law. The observation home tries to re-socialize delinquents by offering them access to education, skill development programs counselling services and other necessary interventions.



Educational Tour to Nahargarh Biological Park



Name of Department: Floricans- The Zoology Forum

Date of activity: 8th August 2022 **Title of the Event:** Educational Tour to Nahargarh Biological Park **Number of Participants**: 56

Report

8th On August 2022, Zoology Floricans the Forum organized an educational tour to Nahargarh Biological Park, Jaipur. 56 students of B.Sc Biology SEM III and SEM

V had gone for the tour. They were accompanied by 3 faculty members Nahargarh Biological Park encompasses a large are of 720 hectares and is famous for its flora and fauna. The best part of the park is that one can watch animals like Leopard, Indian Wolf, Hyenas, Jackals, Crocodiles, Wild Boar, Black bear, etc. in big open enclosures in their natural habitat. It is a rescue centre for many animals.

Learning Objective

The main objective of the visit was to educate students about the flora and fauna of that area and to conserve and conduct research on them. The students submitted a report of the same. The visit was a wonderful learning experience for the students.





Essay writing competition, poster making competition and Bird watching

event



Name of Department Zoology Date of activity 2nd February 2023 Level of Event- Inter College Category of Event- World Wetland Day Celebration Title of the Event- Essay writing competition, poster making competition and Bird watching event Number of Participants- Essay

writing competition – 15

Poster making competition – 16 Bird watching event - 66

Report

On the occasion of World Wetland day, Floricans- Department of Zoology, in association with Forest Department Ajmer, Department of Environmental Science (centre of excellence) and Department of Zoology, MDS University Ajmer jointly organised Essay writing competition in which 15, poster making competition in which 16 and Bird Watching event in which 66 students actively took part. The programme raises awareness about wetlands.

Objective:

The main objective of the event was to raise awareness about the vital role of wetlands for people and planet.





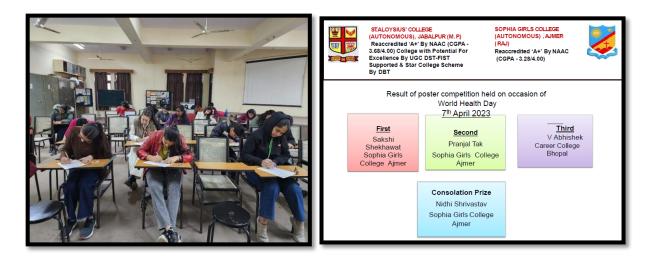
Poster making and quiz competitions

Name of Department Zoology **Date of activity** 7th April 2023 Level of **Event-Inter** College Category of **Event-**Poster making and quiz competitions of Title the Event-Online Poster and Quiz Competitions Number of Participants-Poster making competition 17 Quiz Competition -12 Report

World Health Day was celebrated by the Department of Zoology Sophia Girls' College (Autonomous), Ajmer in collaboration with Department of Zoology St Aloysius' College (Autonomous), Jabalpur on 7th April 2023.Online competitions like poster making and quiz was organised to create awareness among the students.

Objective

The main objective of the competition was to raise awareness about global health issues and highlights the importance of health and well-being.



Session on Career Counseling



Name of Department Zoology

Date of activity 26th April 2023 Level **Event-Inter** of

Departmental Category of Event- Career

Counseling Title of the Event- Session on

Career Counseling Number of Participants- 55

Name of the resource person: Dr Neha Singh – Central University Rajasthan Report

On 26th April 2023, a session on career counseling was organized for the students of B.Sc Bio III by Floricans- Zoology forum.

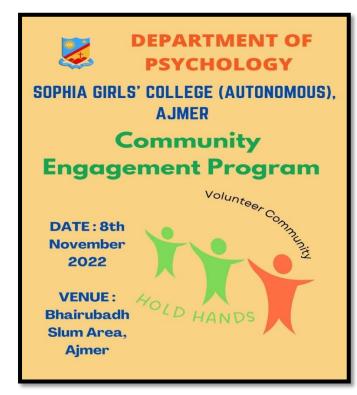
55 students of the B.Sc Bio III attended the session and session mainly focused on the preparation for CUET exams and all other career options that students can avail after their graduation. The session helped the students to reflect on their ambitions, area of interests and other abilities within themselves.

Objective

The main objective of conducting the session was to provide the students with the tools, information and resources needed for the self exploration.



Community Engagement Program



Date –8th November 2022

Level – Departmental Venue – Slum Areas (Bhairubadha), Ajmer Title of event – Community Engagement Progam No. of Participants – 11 Description:-

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized a Community Engagement Program conducted in Slum Areas (Bhairubadha), Ajmer on 8th November 2022 by 7 M.A. Prev. students & 4 International students.

Learning Outcomes

On the completion of the above activity the students will be able to

- Empathise with the concerns experienced by the underprivileged sections of the society.
- Demonstrate and spread the importance of Education, Health and Hygiene.



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Date – 9th November 2022 Level – Departmental

Venue – Minu Mano Vikas Inclusive School, Chachiyawas, Ajmer

Title of event – Field Visit

No. of Participants – 65

Description:-

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized a Field Visit to Minu Mano Vikas Inclusive School, Chachiyawas, Ajmer on 9th November, 2022 attended by 61 students and 4 International students.

Learning Outcomes

On the completion of the above

activity the students will be able to –

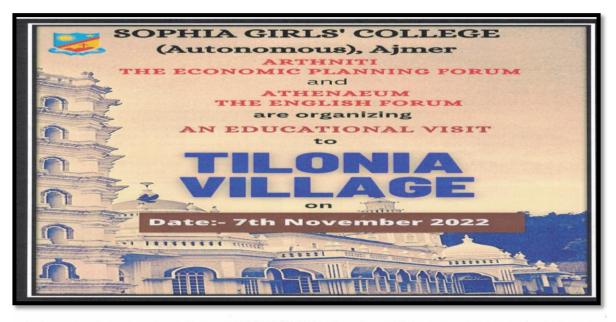
• Gain practical exposure and knowledge in Inclusive Education Sector.

Field Visit

• Understand the roles and responsibilities of a Special Educator.



An Educational Trip to Tilonia



REPORT

ARTH-NITI- THE ECONOMIC PLANNING FORUM

Date: 7th November 2022

Venue: Tilonia Village

Title of the Event: An Educational Trip to Tilonia.

Number of Students: 20 students

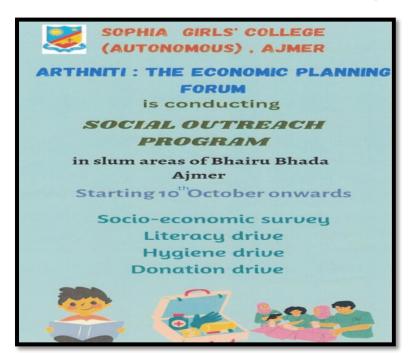
Description: An Educational visit to Tilonia Village was organized by Arth-niti – the Economic Planning Forum in collaboration with Atheneaun- the English Forum. A group of 39(including 3 Teachers, 32 students from both the departments and 4 foreign students who came to Sophia Girls' College for an internship) went there to explore how to Learn by Doing things and be sustainable to preserve the nature from adverse effects of climate change

Learning Outcome: It helps students to identify the importance of sustainability and understood "Learning by Doing" is also important.





Social Outreach Program



Date: 10th to 15th October 2022

Venue: Slum areas of Bhairu Bhada

Title of the Event: Social Outreach Program

No. Of Students: 13



Synergy 2022 Conclave



Date: 20.01.2023 Venue: St. Xaviers College, Jaipur **Title of the Event:** Synergy 2022 Conclave Number of Students: 15 **Description:** A visit of students to an **Economics** Fest organized by St. Xavier's, Jaipur wherein total 15 students from 2nd and 3rd Year from economics Honors

and B.A. Pass Course will be representing Sophia. The students got the chance to attend a seminar on "Synergizing the ideas on Indian Economy @ 2030" from the prominent speakers Dr. N.R. Bhanumurti, Dr. Ashwini Kswami, Ms. Puja Mehra and Dr. Ankush Agarwal.

It was a fruitful session from which the students got to learn about the reforms and coming challenges faced by India and the new strategies that need to bring in the economy.

Learning Outcome: It helped the students to foster social interaction and managerial skills.



Movie Review Writing Competition



REPORT

ARTH-NITI- THE ECONOMIC PLANNING FORUM

Date: 3rd November 2022

Venue: Auditorium

Title of the Event: Movie Review writing competition

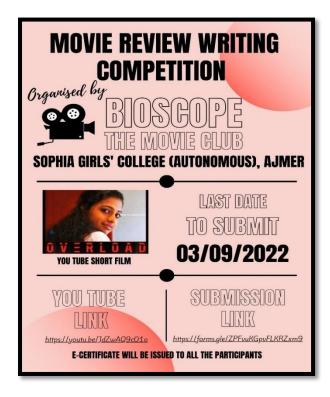
Number of Participants: 38 participants

Description: Arth-niti The Economic Planning Forum organized a Movie Review Writing Competition, whereby a short animated movie named "<u>Tomorrow</u>" was shown to the students. The movie was based on CLIMATE CHANGE (it described 2 worlds, one where there was sustainable and liveable planet and the another where people were suffering with many problems due to drastic changes in the environment due to economic progression in a non-environmental way, and with small steps and practices we can save nature and still can progress). The First prize winner's Review was included in the Econ'omica – the Departmental Magazine

Learning Outcome: Economic progress goes hand in hand with Environment and must kept preserved.



Movie Review Writing Competition



Name of the forum: Bioscope the Movie Club Date of activity: 3rd September, 2022 **Level of Event:** Institutional level Title of the Event: Movie Review Writing Competition Mode: Online **Number of Participants: 34** 'Bioscope' The movie club had conducted the Movie Review Writing Competition on the short movie "Overload". The movie review should be 500 words and the last date of submission was 3rd September, 2022. Total entries were 34. The winning students were awarded with *certificate* of

apart

from

the

'certificate of participation' being provided to each participant. The objective of the competition was to inculcate their interest in these types of short movies and understand the motto of Director behind this. The story depicts the mental disabilities of all those who are apparently and physically fit and the maturity of the girl who proves that physical disability is not the biggest of problems. The film so short, drives home a powerful message and challenges the modes of thinking of persons – be it their imprisonment within their selves and their affairs, or be it the stereotypes in the society as to who is able and who is disabled!

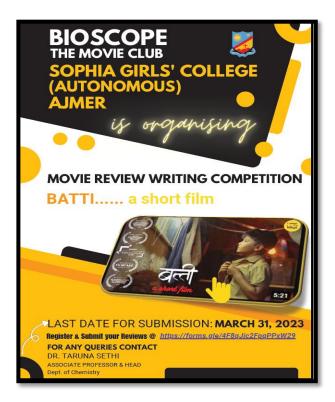
appreciation'

Learning Outcome - This activity enhances the ability of Review Writing.

T.	LS' COLLEGE		DUS)
CER	TIFICATE OF ACHIE	EVEMENT	
This is to certify that	Melania Tynsong	of	•
B.A. (Eng. Hons) 11 Year	participated in the Mov	ie Review Competition or	rganized
Bioscope- The Movie Club on 3rd Septemb		First	_ positio
during session 2022-2023		Sr. Pearl	
Dr. Taruna Sethi		Prof. Dr. Sr. Pear (Principal)	ī

Sophia Girls' College (Autonomous), Ajmer
Bioscope-The Movie Club
Movie Review Writing Competition Results
3 rd September 2022
First
Noreen Maharaj B.A. (Pass Course) III YEAR
Melania Tynsong B.A. (Eng. Hone) II YEAR
Second
Kanjal Sharma B.A. (Eng. Hons) I Year
Third
Anjeli Reveat B.A. (Eco, Horse.) III Year
Toxy
Head Department of Chemietry
Sophia Gira's College (Autonomous), Ajmer

Movie Review Writing Competition



Name of the forum: Bioscope the Movie Club Date of activity: 31st March, 2023 Level of Event: Institutional level Title of the Event: Movie Review Writing Competition Mode: Online Number of Participants: 26 Brief write up highlighting the major features of the event-'Bioscope -The Movie Club organized the "Movie Review Writing Competition" on 31st March 2023 on a short movie Batti.

26 students participated in the competition. The objective of the competition was to inculcate their interest in these types of short movies

and understand the motto of Director behind this. The story exhibits what we see is not always true, but the way we perceive the world around us depends on our ethos. How often and quick do we judge people with their appearances and create a background in our minds, even without knowing them a bit.

The theme of the film, 'Don't Judge', is what we need to break the shackles of stereotypes, wrong judgements and prejudices for the choices we willingly make and for some situations that don't give us choices to choose from.

Learning Outcome - This activity enhances the ability of Review Writing.





Hunar 2022-23-The Talent Hunt

Sophia Girls' College (Autonomous), Ajmer has organized HUNAR- Talent Hunt on 30th July 2022 from 11 am to 1 pm.

Talent Hunt is an event, which gives a platform to students to represent their talents in any field. It not helps only the participating students to show their abilities but also motivates students. other to come up front and show their hidden potential.

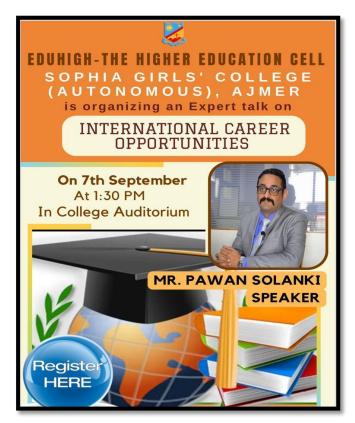
Special effort is made to tap the talent of the students who have

natural flair for music, dance, drama, art, craft, designing. This completion challenge their skills and they were judged on the basis of vision and creativity and overall performance.

The competitions emphasized on promoting a fun way of enriching the learning process and fostering team building. And all the students participated enthusiastically along with competitive spirit.

Thereafter, the judgement too place and the best performances were awarded. Results were declared in the assembly by the respected Principal Dr. Sr.Pearl.

An Expert Talk on International Career Opportunities



how to bag the Scholarships in abroad Universities. This talk was also oriented towards creating awareness among the students with regard to prerequisites to apply for the abroad Universities.

Learning Outcome -

This talk broke the myth amongst students that studying abroad is expensive. This talk helped the students in exploring various selfemployment options abroad. This talk gave an insight to the students with regard to various employment opportunities abroad and also helped the students with regard to VISA procedures. **Date of Activity-** 7th September, 2022.

Level-Institutional Venue- Auditorium Title of Event- An Expert Talk on International Career Opportunities Number of Participants - 170 Description -

EDU-HIGH -The Higher Education Cell conducted an Expert Talk on International Career Opportunities on 7th September, 2022 to guide the students regarding International career opportunities for students after graduation in abroad. The Aim of this talk was to help the students to plan for the University Admissions across the globe and



International University fair "EDUFEST"



Date of Activity-10th September, 2022

Level- Institutional Venue - Auditorium Title of Event- International University fair "EDUFEST" Number of Participants -88 Description -

EduHigh- The Higher Education Cell Internal Quality and Assurance cell in association with Global Reach conducted an University International fair-EDUFEST on 10th September, guide students 2022 to the regarding the higher education opportunities available across the International globe. This fest was chiefly oriented towards creating awareness among the students spectrum of about the broad

international Universities and their scholarship schemes. Representatives from 13 universities participated in the EDUFEST from Australia and Singapore.

Learning Outcome -

The students showed active participation and a zeal of enthusiasm was created. The 'Fest' created perception into new areas of International University scenario to the learners of our new generation. It aimed at making awareness related to the educational opportunities across the globe.





Quiz de Nombres



Date- 15th September 2022

Venue- Sophia Girls' College (Autonomous), Ajmer (Room no 16)

Name of the Activity- Quiz de Nombres.

Number of Students - 18

Description- A quiz on numerical and mathematical reasoning was organized by the French club to enhance the students' knowledge about the basics of Numerical Reasoning in French.

Learning Outcome Through this activity, the students were able to: 1. Expand their French vocabulary in the realm of mathematics, getting exposure to specialized mathematical terms

and expressions.

2. Enhance their comprehension of mathematical instructions and problems presented in French.



Enactment Competition



Name of the Forum – Good News Group Name of the Activity-Enactment Competition Date of activity- 10th October 2022 Number of Participants-61 Venue: Sophia Girls'

Venue: Sophia Girls' College (Autonomous), Ajmer

Objective of the Activity:

The activity aims to cultivate the habit of

reading in our students. It also focuses on building confidence in our students. **Report:**

An enactment competition was held between four groups namely St Maria Goretti, St Paul, St Mother Theresa, St.Francis of Assisii and St.Rita based on the theme "Life Journey of Sainthood" of lesser-known saints.

The enactment was judged by Sr Lily Vice Principal, Sophia Sr.Sec School, Ajmer and Prof. Elver Aubert, Professor Sophia Girl's College (Autonomous), Ajmer.

Learning Outcome:

It gave our students an opportunity to read the lives of saints. Activity also brought forth their hidden talents and gave them an opportunity to learn to work in unison as a team.



LANGUAGE AND COMMUNICATION SKILLS

Self-Composed Patriotic Poetry Recitation Competition on the occasion of Azadi ka Amrit Mahautasav



Date- 4th August 2022

Level- Intra College Venue- Sophia Girls' College (Autonomous), Ajmer

Name of the Activity- Self Composed Patriotic Poetry Recitation Competition on the occasion of Azadi ka Amrit Mahautasav

Total Number of the Students- 17

Description- The competition was held where the students learnt to recite the poem.

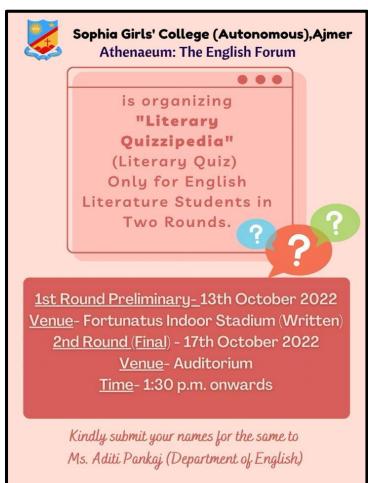
Learning Outcome Through this competition, the students were able to:

- 1. Celebrate the glorious history, culture and achievement of India.
- 2. They commemorated the freedom fighters' freedom struggle through their self composed poems.





Literary Quizzipedia



Date- 13th and 17th October 2022

Level- Intra College

Venue- Sophia Girls' College (Autonomous), Ajmer

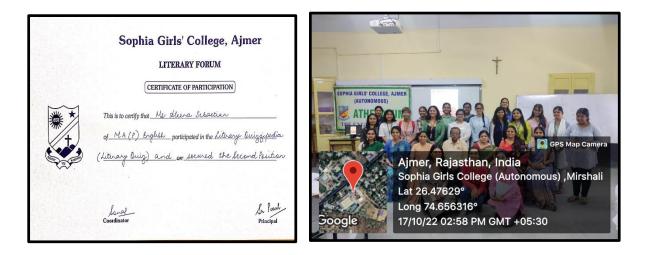
Name of the Activity-Literary Quizzipedia

TotalNumberoftheStudents-38(PreliminaryRound) & 12(Final Round)

Description- Quiz is a convenient way to test a student's knowledge and it helps them in understanding what subjects they need to review. The Literary Quiz focused on the variety of literary topics and the newest of student's interests like Netflix.

Learning Outcome Through this quiz, the students were:

able to identify areas they need to develop themselves and highlight progress for them to be proud of.
encouraged to study harder so that they can help others succeed.



A Visit to the Jaipur Literature Festival



Date- 20th January 2023 Venue- Clarks Amber, Jaipur Name of the Activity- A Visit to the Jaipur Literature Festival Total Number of the Students- 58 Description- The Jaipur Literature Festival, or JLF, is an annual literary festival which takes place in the city of Jaipur each year in the month of

January. People from all over the world come to visit this literary festival.

Learning Outcome- Through this visit, the students were able to:

 expose the ideas and themes of the authors and playwrights.
 outline the importance of reading.

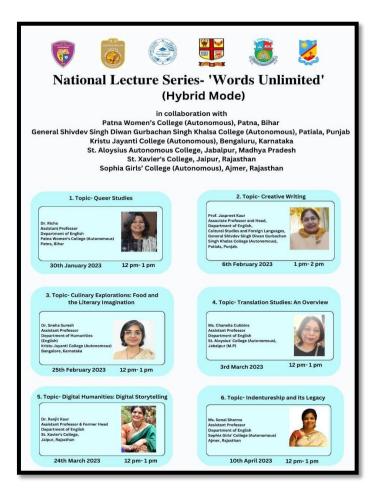
3. Understand the importance

of literature not only in studies but outside also.





National Lecture Series- 'Words Unlimited' (Hybrid Mode)



Date- 30th January, 6th February, 25th February, 3rd March, 24th March, 10th April **Venue-** Hybrid Mode

Name of the Activity-National Lecture Series-'Words Unlimited' (Hybrid Mode)

Objective of the Activity (in brief): The activity was conducted in Collaboration with 5 active MOU colleges and the aim was to help students interact with different faculties and learn about the latest trends in English literature and explore something new.





Recent Trends in Literature and Linguistics



Date- 10th – 11th March 2023

Venue- Sophia Girls' College (Autonomous), Ajmer Name of the Activity- Recent Trends in Literature and Linguistics Total Number of the Students- 112 Total Number of Paper Presenters-58 Total Number of Participants (Outsiders)- 55

Description- An academic conference on Recent Trends in Literature and Linguistics was organised by the Department of English on the 10th and 11th of March 2023 where the participants and the presenters elaborated their abstracts on different themes offered to them.

Learning Outcome- The students were able to

- Analyse and interpret texts written in English, evaluating and assessing the results in written or oral arguments using appropriate support
- Demonstrate knowledge of the major texts and traditions of literature written in English



Annual English Debate



Date- 24th March 2023

Venue- Auditorium, Sophia Girls' College (Autonomous), Ajmer Name of the Activity- Annual **English Debate Total number of students** participated-16 **Total number of students** attended-113 **Description-** A debate is an organized argument or contest of ideas in which the participants discuss a topic from two opposing sides. Learning Outcome- the students were able to

- Develop excellent oral and written communication skills.
- Develop excellent critical thinking skills.
- Develop effective tools for research, organization and presentation.
- Develop strategies to overcome fears of public speaking.



Hindi Nibandh Pratiyogita



- Name of the Department:हिन्दी
- Name of the Activity: निबंध प्रतियोगिता

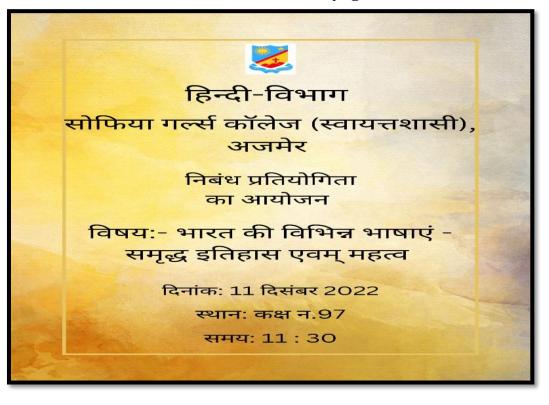
wate:

- Date: 13 सितम्बर 2022
- Total Number of the Students: 09
- Venue: कक्ष स.97
- Objective of the Activity .

13 सितम्बर 2022 को सोफिया कॉलेज अजमेर में हिंदी विभाग के ज्ञानोदय- क्लब के तत्वाधान में समस्त विद्यार्थियों हेतुनिबंधप्रतियोगिताकाआयोजनकियागया।जिसकाविषय "हिंदुस्तान का गौरव- हिन्दी" रखा गया |इसका उद्देश्य विद्यार्थियों को हिन्दी भाषा की महत्ता से अवगत कराना हे| इसमेंलगभग 09 विद्यार्थियों नेभागलिया।प्रतियोगिताकेआयोजनमेंहिंदीविभागाध्यक्षाडाँसुनीता सियाल कीसहभागितारही।प्राचार्याडाॅक्टरसिस्टरपर्ल नेविजेताप्रतिभागियोंकोबधाईदेकरठनकाठत्साहवर्धनकिया।

Gunik sized. Dr. Sunita Siyal Head Department of Hindi Sophia Girls' College (Autonomous), Ajmer

Hindi Nibandh Pratiyogita



- Name of the Department:हिन्दी
- Name of the Activity: निबंध प्रतियोगिता
- Date: 11 दिसम्बर 2022
- Total Number of the Students: 10
- Venue: कक्ष स. 97
- Objective of the Activity.

11 सितम्बर 2022 को सोफिया कॉलेज अजमेर में हिंदी विभाग के जानोदय- क्लब के तत्वाधान में समस्त विद्यार्थियों हेतुनिबंधप्रतियोगिताकाआयोजनकियागया।जिसकाविषय "भारत की विभिन्न भाषाएँ –समृद्ध इतिहास एवं महत्त्व" रखा गया |इसका उद्देश्य विद्यार्थियों को भारत की विभिन्न भाषाओ की महत्ता से अवगत कराना हे| इसमेंलगभग 10 विद्यार्थियों नेभागलिया।प्रतियोगिताकेआयोजनमेंहिंदीविभागाध्यक्षाडाँसुनीता सियाल कीसहभागितारही।प्राचार्याडॉक्टरसिस्टरपर्ल नेविजेताप्रतिभागियोंकोबधाईदेकरउनकाउत्साहवर्धनकिया।

Hindi Debate Competition



स्थान: कॉलेज सभागार

समय: 11: 30

Date: 24 मार्च 2023

Total Number of the Students: 17

Venue: सभागार,सोफिया गर्ल्स कॉलेज ,अजमेर

Resource Person:

1.डॉ.अनंत भटनागर – प्राचार्य-श्रमजीवी कॉलेज,अजमेर

2.श्रीमती मोनिका मिश्रा-सहायक आचार्य , सम्राट पृथ्वीराज चौहान गवर्नमेंट कॉलेज ,अजमेर

3 डॉ.जयदेव – व्याख्याता, मयूर स्कूल अजमेर

4 डॉ.आशुतोष पारीक- सहायक आचार्य , सम्राट पृथ्वीराज चौहान गवर्नमेंट कॉलेज ,अजमेर

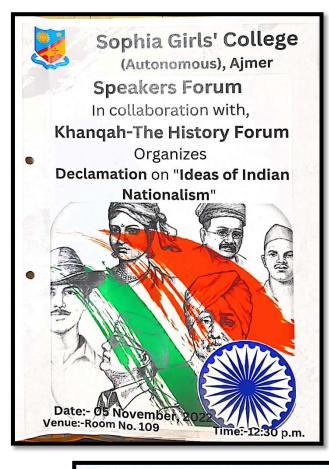
Learning Outcome: विद्यार्थियों में वक्तृत्व शैली के गुण के विकास में अभिवृद्धि होने के साथ ही तार्किकता में विकास

Report:

दिनांक 24 मार्च 2023 को 'प्रतियोगी परीक्षाओं की प्रतिस्पर्धा ने विद्यार्थियों के असंतोष को बढाया है' विषय पर वार्षिक हिंदी वाद विवाद प्रतियोगिता का आयोजन किया गया, जिसमें 17 छात्राओं ने हिस्सा लिया। इस प्रतियोगोता में डॉ.अनंत भटनागर ने अध्यक्ष की भूमिका निभाई और श्रीमती मोनिका मिश्रा, डॉ.जयदेव, डॉ.आशुतोष पारीक ने निर्णायक की भूमिका निभाई । यह प्रतियोगिता विदयार्थियों के वक्तृत्व शैली में निखार लाने में सहायक है।



Declamation on ''Ideas of Indian Nationalism



Date: 5th November, 2022

Name of Activity: Declamation on "Ideas of Indian Nationalism"

No. of Students participating:- 10

Description:- Speakers Forum in collaboration with Khanqah-The History Forum organized Declamation on "Ideas of Indian Nationalism". In it students of Speakers Forum portrayed, dramatic oration to express through articulation, emphasis and gesture the full sense of the public speeches of Indian National Heroes expressing their views on nationalism. Students expressed the ideas of Mahatma Gandhi, Maula Abul Kalam Azad, Sarojini Naidu, Pt. Jawahar Lal Nehru, Sardar Vallabhbhai Patel,, Mohammad Ali Jinnah & Kasturba Gandhi through excerpt of their speeches.

Outcome of Activity:-Students appraise the efforts of our national heroes and acknowledged the true meaning of Nationalism by putting themselves in the shoes of our leaders.





Musical Ballad ft. Taylor Swift songs – Romeo and Juliette

Date- 10th November 2022 Venue- Sophia Girls' College (Autonomous), Ajmer Name of the Activity- Musical Ballad ft. Taylor Swift songs -Romeo and Juliette. Number of Students - 15 **Description-** A musical ballad William Shakespeare's on Romeo and Juliette was organized by the French club to develop their interest and understanding of the language. Learning Outcome Through this activity, the students were able to:

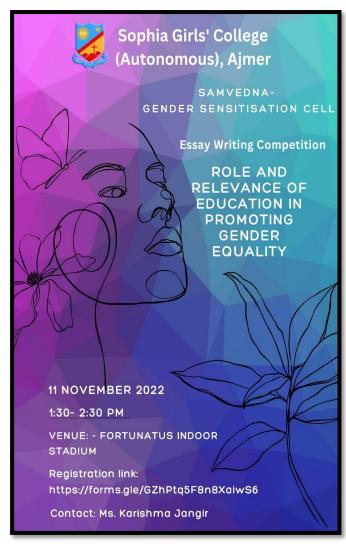
1. Interact with each other in the language with correct pronunciation and stress.

2. Acquire and apply new French vocabulary related to the play's themes, characters, and plot.

3. Develop an appreciation for French theatre and storytelling as a form of artistic expression.



Essay Writing Competition



education in promotion of gender equality.

Name of the Activity – Essay Writing Competition Date of activity – 11th Nov. 2022 Number of Participants – 32 Venue – Fortunatus Indoor Stadium, Sophia Girls' College (Autonomous), Ajmer Objective of the Activity -

Samvedna – The Gender Sensitization Cell, organized an essay writing competition on the topic 'Role and Relevance of Education in Promotion of Gender Equality'. This activity would make the students think and analyse about the education policy of India and express their views on how it is relevant in promotion of gender equality.

Learning Outcome -

The students will be able to

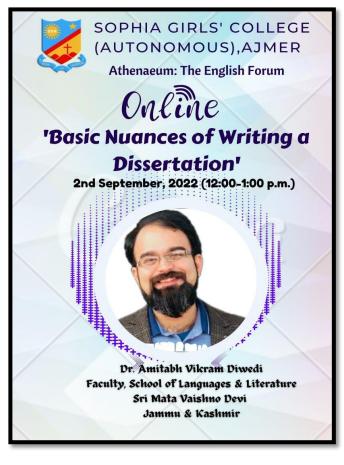
1. Understand the basic concepts of education policy in India.

2. Interpret the role of





Basic Nuances of Writing a Dissertation



Date- 2nd September 2022

Level- Intra College

Venue- Sophia Girls' College (Autonomous), Ajmer

Name of the Activity- Basic Nuances of Writing a Dissertation

Total Number of the Students- 11

Resource person- Dr. Amitabh Vikram Diwedi

Faculty, School of Languages & Literature,

Sri Mata Vaishno Devi Jammu & Kashmir

Description- The Online Lecture conducted on the topic "Basic Nuances of Writing a Dissertation" where the students indulged in an interactive session on the

delineated topic.

Learning Outcome Through this online lecture, the students were able to:

- articulate a clear research question or problem and formulate a hypothesis
- identify and demonstrate appropriate research methodologies and know when to use them
- define, articulate and use terminology, concepts, and theory in their field and know how to use them
- use library and other tools to search for existing body of research relevant to their topic.



SGCA/ AQAR/ 2022-23/ 5.1.3

Declamation Competition



 13^{th} Date of the Activity-August 2022 Level-Institutional Venue -Auditorium. Sophia Girls' College (Autonomous), Ajmer Title of the Event **Declamation Competition** No. of Participants -14 **Description** – Lyceum the student's forum the Department for of Political Science conducted a Declamation Competition for the Students on 13th August 2022. A total of 14 students participated out of

which the following students secured:-I position – Anushka

Mahawar

II position – Ananya Vyas III position – Harshita Dadlani

IV position – Mahika Yadav

V position - Payal Garg

Objective –

The Objective of the Declamation competition was to enhance Public Speaking Skills and to spark healthy positive Competition. It aimed to develop an understanding of socio-economic, cultural, and political issues among the students and divert their energies toward creative thinking. Participants dressed as characters they were depicting rendered speeches of Indian Political Personalities.

LIFE SKILLS Health Talk & Multispecialty Camp



Name of Department - Botany Name of the Activity – Health Talk & Multispecialty Camp Date of activity – 9th Sept. 2022 Number of Participants – Health Talk – 123, Multispecialty Camp – 267 approx. Venue – Auditorium, Sophia

Girls' College (Autonomous), Ajmer

Objective of the Activity -

The Department of Botany in collaboration with Manipal Hospital, Jaipur organized a **Health Talk & Multispecialty Camp** on 9th Sept 2022. This activity will help in creating awareness on cancer in women specifically ovarian, cervix and breast cancer. The students and staff will also be benefitted with a free health check-up and consultancy by the specialist doctors visiting during the camp.

Learning Outcome -

The students will be able to

- 1. Understand the main causes and risk factors of cancer in women.
- 2. Know their blood sugar and BP level and get an estimate of their health status and also what they need to do to improve it.



1st Mother Mary Matilda Women's Tournament 2022-23



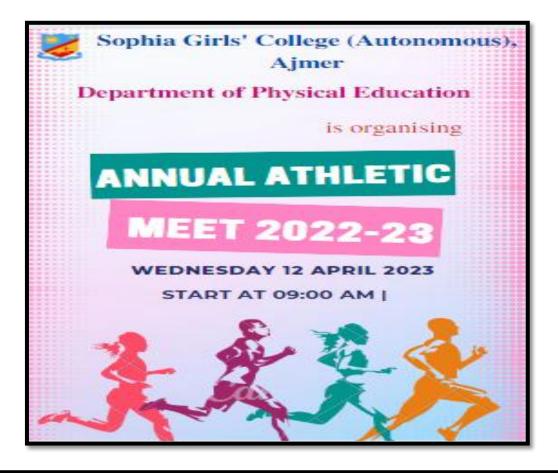
Date:26th - 27th August 2022
Total Number of Participants: 160
Vanue: Sophia Cirls'

• Venue: Sophia Girls' College (Autonomous), Ajmer

Chief Guest: Shri Sushil Kumar, I.A.S. Commissioner Nagar Nigam Ajmer



Annual Athletic Meet 2022-23



Ajmer City - 13 Apr 2023 - Page 7

शिवानी ने जीते तिहरे खिताब

शेख ने सबसे कम समय निकालते हुए बाजी मारी। शिवानी बुगालिया दूसरे स्थान पर रही। 4 गुणा 100 मीटर रिले में बीए प्रथम वर्ष की छात्राओं ने बीसीए की लड़कियों को हराकर पहला स्थान प्राप्त किया। गोला फेंक व डिस्कस थ्रो में समिता चौधरी ने प्रथम स्थान हासिल किया। श्री राजदार खां ट्रॉफी सर्वश्रेष्ठ एस धावक का खिताब शिवानी बुगालिया

को दिया गया। इससे पूर्व कार्यक्रम के मुख्य अतिथि इंस्पेक्टर जनरल ऑफ पुलिस अजमेर रेंज रूपिन्दर सिंघ ने प्रतिवोगिता का उद्घाटन किया। प्राचार्य प्रो. सिस्टर पर्ल ने कार्यक्रम की अध्यक्षता की। जिला सब जूनियर व जूनियर तैराकी प्रतियोगिता १९ से अजमेरा जिला तैराकी

अजमरा जिला तराका एसोसिएशन की ओर से सब जूनियर और जूनियर तैराकी प्रतियोगिता 19 व 20 अप्रैल को मेयो कॉलेज में आयोजित की जाएगी। संघ के सचिव महिपाल सिंह शेखावत के अनुसार इच्छुक क्लब, स्कूल और खिलाड़ी अपनी एन्ट्री 14 अप्रैल तक जमा करा सकत हैं।



100, 200 व 400 मीटर दौड़ में शिवानी बुगालिया ने पहला स्थान हासिल किया। इसके अलावा तीनों स्पर्धाओं में मिली, अपूर्वा व जानवी दूसरे स्थान पर रहीं। 800 मीटर दौड़ में साहिबा

अजमेर। सोफिया कॉलेज की अंतर महाविद्यालय एथलेटिक्स प्रतियोगिता बुधवार से शुरू हुई। इसमें 6 संकाय की 300 से अधिक छात्राओं ने अलग-अलग स्पर्धाओं में भाग लिया।

दैनिक नवज्योति

35th Intercollegiate Badminton and Handball (M/W) Tournament 2022-23

- Date: 16th to 18th December 2022
- Total Number of the Students: 649
- Venue: Sophia Girls' College (Autonomous), Ajmer
- Resource person : Chairman Nominee : Dr. Atul Dubey (RIE Ajmer)
- Observer: Dr. Vivek Sharma (SPCGCA Ajmer)





35th Intercollegiate Basketball and Kabaddi (W) Tournament 2022-23

- Date: 3rd to 4th November 2022
- Total Number of the Students: 252
- Venue: Sophia Girls' College (Autonomous), Ajmer
- Resource person : Chairman Nominee : Shri Mahipal Shekhawat (Rtd. SAI Hockey Coach)
- Observer: Shri Bhagchand Choudhary (Govt. Girls' School, Ajmer)

सोफिया कॉलेज ने जीता लगातार १४वीं बार अंतरमहाविद्यालय बारकेटबॉल महिला का खिताब कबड्डी में एसबी आरएम नागौर विजयी



अजमेर 104-05 नवम्बर को अंतर महाविध्यालय बास्केटबॉल व कबड्डी महिला प्रतियोगिता का आयोजन सोफिया कॉलेज में किया गया गया। आयोजक सचिव शाहिना शेरानी ने बताया की प्रतियोगिता में 22 कॉलेज के 265 छात्राओं ने भाग लिया। बास्केटबॉल के फ़ाइनल मुक़ाबले में सोफिया कॉलेज अजमेर ने एसएमएम कॉलेज भीलवाड़ा को 48-34 के अंतर से हराया, कबड्डी में एसबीआरएम नागौर, , वीर तेजा मुंडवा को 54-16 के अंतर से हरा विजयी बना। समापन व पुरस्कार वितरण समारोह में मुख्य अतिधि श्रीमती आनंद आशुतोष (सोफिया कॉलेज की पूर्व छात्रा) वित्तीय सलाहकार—पंजीकरण और स्टाम्प विभाग, राजस्थान रही। सोफिया कॉलेज की प्राचार्या डॉक्टर सिस्टर पर्ल ने खिलाड़ी छात्रों का मनोबल बढ़ाया व उच्य प्रदर्शन के लिए बधाई दी। हैंड्बॉल पुरुष में एम.एल.वी. कॉलेज भीलवाड़ा व महिला में नारायणी देवी वर्मा विजेता, बेडमिंटन पुरुष में डी.ए.वी. कॉलेज अजमेर व महिला में एस.पी.सी. गवर्न्मंट कॉलेज अजमेर विजेता



अजमेर। महर्षि दयानंद सरस्वती विश्विद्यालय के तत्वाधान में सोफिया कन्या महाविद्यालय, अजमेर द्वारा आयोजत तोन दिवसीय 35 वी अंतरमहाविद्यालय पुरुष व महिला बेडमिंटन तथा हैंड्बॉल प्रतियोगिता का आयोजन हुआ। सोफिया कॉलेज के Sto से अधिक खिलाड़ी छात्र छत्राओ ने भाग लिया। बेडमिंटन पुरुषवर्ग में डीएवी कॉलेज अजमेर विजेता तथा एस.एस. कॉलेज नागौर उपविजेता रहा। बेडमिंटन महिला वर्ग में एस.पी.सी. गवर्न्[मंट कॉलेज अजमेर विजेता तथा सोफिया कॉलेज अजमेर उपविजेता रहा । हैंड्वॉल पुरुष वर्ग विजेता एम.एल.वी. कॉलेज भीलवाड़ा तथा उपविजेता एस.पी.सी. गवर्न्[मंट कॉलेज अजमेर विजेता एम.एल.वी. कॉलेज भीलवाड़ा तथा उपविजेता एस.पी.सी. गवर्न्[मंट कॉलेज अजमेर उपविजेता रहा । महिला वर्ग हैंड्वॉल में विजेता एस.एन.डो.डबल्यू.पी.टी.टी. कॉलेज भीलवाड़ा रहा। महिला वर्ग हैंड्वॉल में विजेता एस.एन.डो.डबल्यू.पी.टी.टी. कॉलेज भीलवाड़ा रहा। महिला वर्ग हैंड्वॉल कॉ में विजेता एस.एन.डो.डबल्यू.पी.टी.टी. कॉलेज भीलवाड़ा रहा तथा उपविजेता सोफिया कॉलेज अजमेर रहा। समापन समारोह में मुख्य अतिथि सोफिया कॉलेज को प्राचार्या प्रोफ. सिस्टर पर्ल रही, उन्होंने सभी छात्र-छात्राओ को वर्धाई देते हुए उनका उत्पाहवर्धन कर पुरस्कृत किया। आयोजन सचिव शाहिना शेरानी देर्न्वॉन्टे को. तथा देश विधा वह भी बताया की इस स में कॉलेज ने बेडमिंटन, टाएकवोंडो में 4 मेडल जीते व बास्केटबॉल, टेवल-टेनिस, व टेनिस में विजेता रास हो।





35th Intercollegiate Hockey (W) Tournament 2022-23

- Date: 15th to 17th November 2022
- Total Number of the Students: 160
- Venue: Sophia Girls' College (Autonomous), Ajmer
- Resource person : Chairman Nominee : Shri Nanad Kishor Sharma (Rtd. SAI Hockey Coach)
- Observer: Shri Balraj Chauhan (Jawahar School, Ajmer)







35th Intercollegiate Kho – Kho and Volleyball (W) Tournament 2022-23

- Date: 17th to 18th October 2022
- Total Number of the Students: 268
- Venue: Sophia Girls' College (Autonomous), Ajmer
- Resource person : Chairman Nominee : Dr. Asgar Ali (Sports Officer, D.A.V. College, Ajmer)
- Observer: Shri Ramkumar Ji (Govt. College, Gulabpura)





3rd Intercollegiate Shooting (M/W) Tournament 2022-23

- Date: 3rd to 4th January 2023
- Total Number of the Students: 71
- Venue: Sophia Girls' College (Autonomous), Ajmer

• Resource person : Chairman Nominee : Shri Rida Ram Ji (Karni Shooting Range)

• Observer: Shri Sachin Ji (DRM Office, Ajmer)





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Name of the Department: Computer Science Name of the Activity: Picnic

Total Number of Students: 93 **Venue:** Rishi Valley Resort, Pushkar.

Report:

The Department of Computer Science took an initiative to organize a picnic at Rishi Valley Resort, Pushkar on 17th August 2022. Dancing and singing in the bus, we reached the place by 10:00 am. As soon as we reached, the breakfast was served to us, then we changed and gathered for the swimming party and trekking fun. After a tiring and fun-packed afternoon, all headed for lunch.

Learning Outcome:

1. Gaining essential social skills and teamwork skills.

- 2. It helps to manage stress through busy lifestyle.
- 3. Picnic gives students a break from their studies and after enjoying a picnic, they feel fresh and renewed vigor.



Tiranga Rally



Name of the Activity: Tiranga Rally

Total Number of Students: 92 **Venue:** Sophia Girls' College to Cantonment Board Office Kundan Nagar Ajmer

Date: 13th August 2022

The Computer Science Department took an initiative to organize a Tiranga Rally as a part of "Har Ghar Tiranga" campaign to mark the occasion of 75 years of India's Independence at Sophia Girls College Ajmer. The students and the staff participated in it with pride and enthusiasm to showcase love for their nation. The students reported at 12:00 pm in the indoor stadium. The College also organized a flag distribution programme in the campus to facilitate "Har Ghar Tiranga" programme. The rally started from the indoor stadium of Sophia

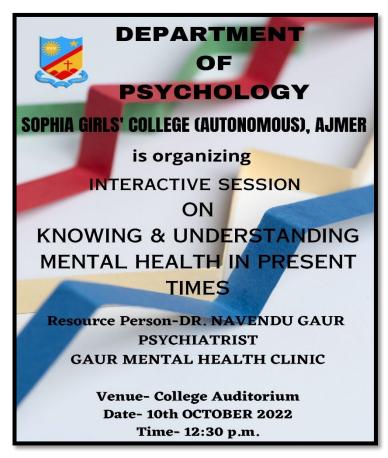
College and ended at The Cantonment Board Office Ajmer.

Learning outcomes:

- 1. It increases self awareness and sensitivity to others, teaching students to help around them.
- 2. It enables children to become influential decision makers as they take
- ownership of the one performance or activity they commit to performing on Independence Day.
- 3. It fosters confidence and selfesteem, as well as drive and perseverance in education.



Knowing and Understanding Mental Health in Present Times



Date –10th October 2022 Level – Departmental Venue – College Auditorium Title of event –Knowing and Understanding Mental Health in Present Times **No. of Participants** – 92 Resource Person –Dr. Senior Navendu Gaur. Psychiatrist, De-addiction. Sleep and Sexual Disorder Specialist, Gaur Mental Health Clinic, Ajmer. Contact No. - 9829064412 **Description:-**Department The of Psychology of Sophia Girls' (Autonomous), College Ajmer organized an Interactive session on

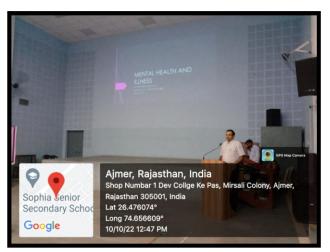
and

Understanding Mental Health in Present Times" on 10th October from 12.30 p.m. onwards in the College Auditorium. **Dr. Navendu Gaur**, the resource person of the lecture addressed the students about the importance of Mental Health. The aim of the session was to create Mental Health awareness and to broaden its importance in the present times.

Learning Outcomes

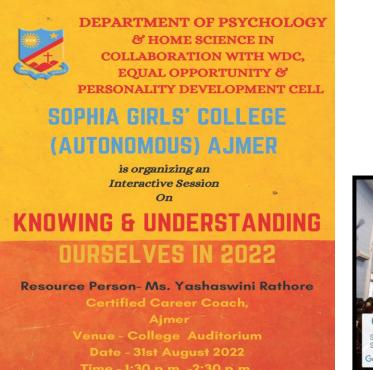
On the completion of the above activity the students will be able to

- Understand the importance of Psychological Health and Well being in the present times.
- Assess the significance of Psychiatric and Psychological interventions in treating psychological disorders.



"Knowing

Knowing & Understanding Ourselves in 2022





Date –31st August 2022

Level – Departmental Venue –College Auditorium

Title of event – Knowing & Understanding Ourselves in 2022 No. of Participants – 170

Resource Person –Ms. Yashaswini Rathore, Certified Career Coach Description:-

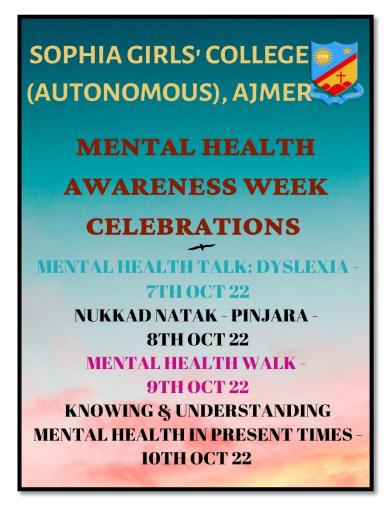
The Departments of Psychology and Home Science in collaboration with Equal Opportunity Cell, Women Development Cell & Personality Development Cell of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on **"Knowing & Understanding Ourselves in 2022"** on 31st August from 1:30 p.m. onwards in the College Auditorium. **Ms. Yashaswini Rathore**, the resource person of the lecture briefed the students about the importance of Self-Awareness in the present times.

Learning Outcomes

On the completion of the above activity the students will be able to -

- Understand the importance of self-awareness as a life skill necessary to develop well being in the present times.
- Acquire knowledge regarding various psychological techniques to deal with stress and anxiety.

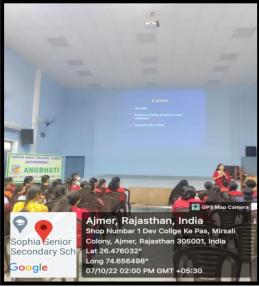
Mental Health Talk: Dyslexia



Date –7th October 2022 Level – Departmental Venue – College Auditorium Title of event – Mental Health Talk: Dyslexia No. of Participants – 55 Resource Person –Dr. Manisha Gaur, Clinical Psychologist, Counselor & Relationship Expert, Gaur Mental Health Clinic, Ajmer.

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized Interactive an session on "Mental Health 7th Dyslexia" Talk: on October from 1.30 p.m. onwards in the College Auditorium under the aegis of Mental Health Awareness Week. Dr. Manisha Gaur.

the resource person of the lecture addressed the students about the understanding of Dyslexia - its symptoms, treatments and concerns. She also created awareness to help identify symptoms of Dyslexia among the students.





Mental Health Walk



DEPARTMENT OF

PSYCHOLOGY

SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

is participating

Mental Health Walk

IN COLLABORATION WITH GAUR MENTAL HEALTH CLINIC

Venue - Walk from Gaur Mental Health Clinic to Old Chaupati, Ajmer

Date - 9th OCTOBER 2022

Time - 7:30 a.m. - 9:30 a.m.

Date –9th October 2022 Level – Departmental Venue – Walk from Gaur Mental Health Clinic to Old Chaupati, Ajmer Title of event –Mental Health Walk No. of Participants - 15 **Description:-**The Department of Psychology of Sophia Girls' College (Autonomous), Aimer in collaboration with Gaur Mental Clinic organized Health а "Mental Health Walk" on 9th October from 7.30 a.m. to 9:30

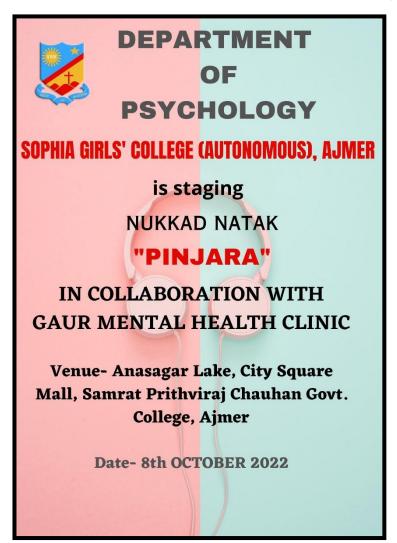
October from 7.30 a.m. to 9:30 a.m. The Walk was from Gaur Mental Health Clinic to Old Chaupati, Ajmer. The aim of this Walk was to create Mental Health awareness and to broaden its importance in the present times.

Learning Outcomes

On the completion of the above activity the students will be able to –

- Sensitise the citizens regarding the importance of Mental Health awareness
 - Be instrumental in changing mindset towards Mental Health.





Nukkad Natak titled "Pinjara

Date –8th October 2022 Level – Departmental Venue –Samrat Prithviraj Chauhan Government College, AnaSagar Lake, City Square Mall, Panchsheel, Ajmer Title of event –Nukkad Natak titled "Pinjara" No. of Participants – 11 Description:-

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer in collaboration with Gaur Mental Health Clinic organized Nukkad Natak titled "**Pinjara**" on 8th October in the following places:-

• Samrat Prithviraj Chauhan Government College Ajmer {9:30 a.m. – 10:30 a.m. }

Anasagar Lake {6:00

p.m. - 7:00 p.m.

• City Square Mall, Panchsheel {8:00 p.m. – 9:00p.m.}

Learning Outcomes

On the completion of the above activity the students will be able to -

- Sensitise the citizens regarding the importance of Mental Health awareness
- Be instrumental in changing mindset towards Mental Health.





Thematic Apperception Test: Interpretation



Date –21st January 2023 Level – Departmental Venue – Room No. 112 **Title of event** – Thematic Apperception Test: Interpretation No. of Participants – 5 M.A. **Previous Students Resource Person** – Ms. Resham -Counsellor, Bhatia Mayoor School, Ajmer **Contact No. -** 9116456148 **Description:-**The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on Apperception Thematic Test: Interpretation" by Ms. Resham Bhatia – Counsellor, Mayoor School, Ajmer on 21st January

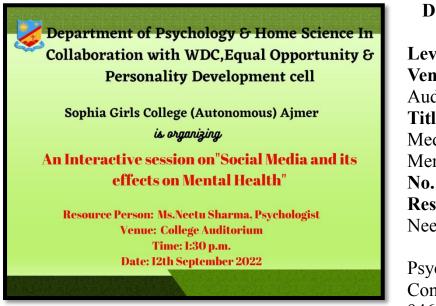
2023 attended by 5 M.A. Prev. students. Learning Outcomes

On the completion of the above activity the students will be able to -

- Understand the importance of projective techniques as a powerful tool for Personality assessment.
- Examine the application and interpretation of Thematic Apperception Test.



Social Media & Its Effects on Mental Health



Date –12th September 2022 Level – Departmental Venue _ College Auditorium Title of event –Social Media & Its Effects on Mental Health No. of Participants –100 Resource Person -Ms. Neetu Sharma. Rehabilitation Psychologist, Kishangarh Contact No. 9460478465

Description:-

The Departments of Psychology and Home Science in collaboration with Equal Opportunity Cell, Women Development Cell & Personality Development Cell of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on **"Social Media & Its Effects on Mental Health"** on 12th September from 1.30 p.m. onwards in the College Auditorium. **Ms. Neetu Sharma**, the resource person of the lecture addressed the students about the excess usage of social media and created awareness about its negative effects on adolescent mental health.



Talk on Importance of nutrition for pregnant and lactating women



Date: 15th October 2022 Level: Collaborative activity with NSS Venue: Anganwadi centre at Lohakhan Title of the event: Talk on Imporatnce of nutrition for pregnant and lactating women Total no of students: 40 **Resource Person :** 1) Sr. Swapna John, Department of Zoology 2) Mrs.Shweta Sharma, Department of Home Science **Description:** The students

of Home science and NSS visited anganwadi on 15thOctober to present their Nukkad natak. Resource

persons from the college also gave the knowledge regarding nutrition and care during pregnancy and lactation. It was a great experience for all the students **Learning Outcome:** To provide knowledge about nutrition during pregnancy and lactation



Trekking



Name of the Forum – Good News Group Name of the Activity-Trekking Date of activity- 13th March 2023 Number of Participants- 25 students & 2 teachers Venue: Sophia Girls' College (Autonomous), Ajmer **Objective of the Activity:** The aim of the activity is to spend moments of togetherness in adventure while trekking and also to have a time of prayer. **Report:**

"God so loved the world that he gave his only son so that whoever believes in him may not die but may have eternal life."(John 3:16)

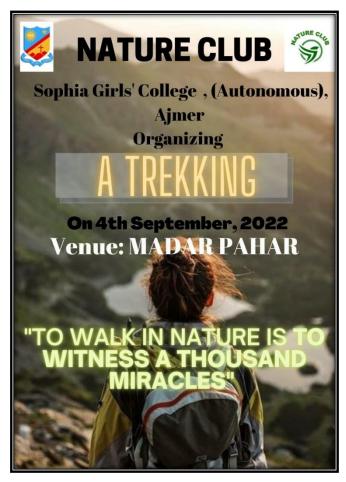
To mark the beginning of lent, trekking was organised. Stations of the Cross were prayed as we mounted the hill and rosary was prayed after reaching the hill top for the college intentions. It was an event full of adventure and enthusiasm. It was indeed a Spiritual Journey.

Learning Outcome:

The students were energised mentally, physically and spiritually.



A Trekking



Date of Activity- 4th September, 2022.

Level -Institutional Venue-Madar Pahar

Title of Event- A Trekking Nature's Club conducted a 'trek' on 4th September, 2022 to enhance interaction of students with the nature. The Aim of this trek was to walk into Nature to witness the

diversity and ecology of Nature

i.e., here the Madar Pahar This trek was also oriented towards creating awareness among the students with regards to Nature and human's positive and negative impact associated to it.

Learning Outcome -

This Trek gave an insight about the Environment and human consequences on the diversity of



pahar.

Picnic- 'Swapan Lok' Jaipur



> **Date** -25^{th} August, 2022

Level- Department

(Commerce and Management)

Venue- 'Swapan Lok'

Jaipur

> Title of the event - Picnic

> Total Number of the

Participants - 150 (M.Com 2

B.Com 63, BBA 85)

Picnics are a great time to relax and enjoy ourselves in a serene environment. In order to break the monotony a picnic was organised for the students to Jaipur.

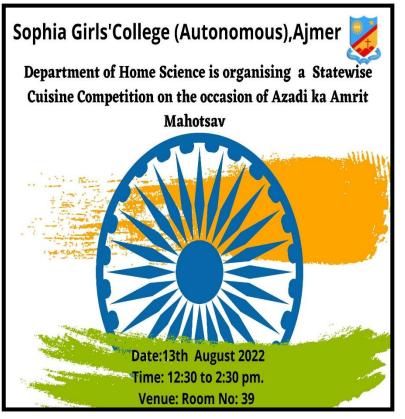
Learning Outcome

- 1. The students were refreshed and rejoiced.
- 2. The students learned the importance of team spirit and had a memorable time





State wise cuisine competition as a part of azadi ka amrit mahotsav



Date :13th August 2022

Level : Departmental Venue: Department of Home Science Title of the Event: Statewise cuisine competition as a part of azadi ka amrit mahotsav Total no. of students: 51

Report: The department of home science organized state wise cuisine competition as a part of Azadi ka Amrit Mahotsav. In this activity the students of home science prepared various dishes from different states and they also

wore their traditional costumes. The judgement of activity was done by Prof. Jyoti Chandel, Prof .Monika Kannan and Ms.Laveena Gangwani The criteria for the judgement for the activity was basded on Taste, Presentation and Dressing. **Learning Outcome:** The objective of the activity is to make the students aware about different cuisines and their traditional attire.



AWARENESS OF TRENDS IN TECHNOLOGY

A Talk on Relevance and scope of International Courses and Career Counselling session on Digital Marketing



- ➤ Date 29 August, 2022
- Level- Department (Commerce and Management)
- Venue- Commerce Hall
- Title of the event A Talk on Relevance and scope of International Courses and Career Counselling session on Digital Marketing
- **Total Number of the Participants** 49+69

A session was organised by the Department of Commerce and Management for the students to help them gain knowledge about the various International Courses which can be pursued by them. In other session students were imparted knowledge about Digital Marketing as a career option. The sessions was interactive and the queries by the students were resolved.

Leaning Outcome

- 3. To help them gain knowledge about various Courses in the field of Commerce and Management
- 4. To impart them knowledge about Digital Marketing.



Expert Talk on The Role of Data Analytics in Current Scenario



Name of the Department: Computer Science

Name of the Activity: Expert Talk on The Role of Data Analytics in Current Scenario Total Number of the Students: 93

Date: 29th August 2022 **Venue:** College Auditorium **Report:**

An interesting workshop was organized by the Computer Science Department in the College Auditorium on 29thAugust 2022 from 12:30 pm onwards. The resource person Prof. Sachin Tripathi (ISDC, Bengaluru) reflected his profound knowledge on the most

specialized topic Data Analytics and informed students about the growing trend of data analytics in upcoming years and its significance for having a bright future ahead and also how every sector needs data to be analyzed whether it's Science, Sociology etc. The students got overview of the course and the role of Data Analytics in the current scenario. The informative expert talk culminated with a vote of thanks proposed by the Head of the Computer Science Department Mr. Gautam Chaturvedi. An interactive concourse ignited the inquisitiveness of participants on this topic.



International Workshop on Data Analysis using SPSS and R- language



Name of the Department: Computer Science & Economics Department Name of the Activity: International Workshop on Data Analysis using SPSS and R- language Total Number of the Students: 50 Date: $20^{th} - 22^{nd}$ February 2023 Venue: Computer Science Department Report: The workshop was inaugurated with the lighting of the lamp by our Chief

Guest and Keynote Speaker Mr. Vinod Kumar Murti, our Principal and Patron of the International Workshop Prof. Sister Pearl, co-patron Sr. Rani, Convener Ms. Divya Mishra, Co-Convener Mr. Gautam Chaturvedi.

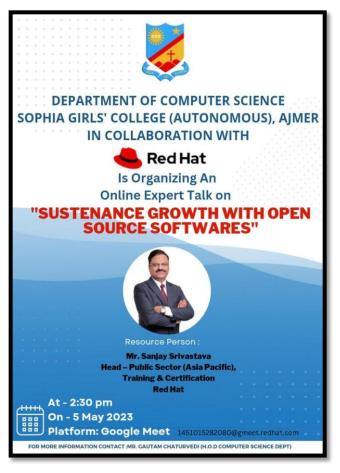
Learning Outcome:

- 1. Students will develop the ability to select appropriate research methods for conducting empirical research.
- 2. Select appropriate statistical tool for the analysis.
- 3. Interpret data using SPSS and R Programming.





Sustenance Growth with Open Source Software



Name of the Department: Computer Science

Name of the Activity: Sustenance Growth with Open Source Software

Total Number of the Students:72 Venue: Google Meet

Report: The Department of Computer Science took an initiative to organize an online session on Red Hat technologies which was conducted for students on 5th May 2023, aiming to provide them with insights into the world of open-source software and the benefits of using Red Hat solutions. The session was organized introduce students to the fundamental concepts of Red Hat, its significance in the IT industry, and how it can contribute to their career growth. Students not only learned about Red Hat's solutions but also gained insights

into the broader open-source community and the benefits it offers. This session undoubtedly contributed to their technical knowledge and potential career growth.

Learning Outcome:

- 1. Gives an idea of role of Red Hat in the current scenario
- 2. Career-wise exploration of open-source software
- 3. Knowledge about course pattern and modules





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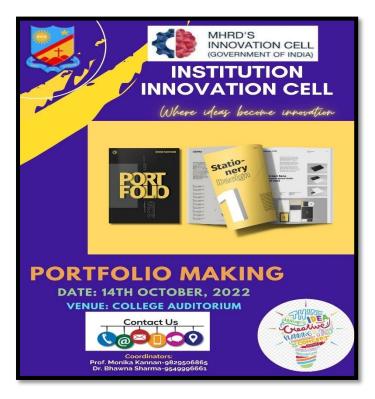
Patent Filing



- ➤ Date 17th October, 2022
- Level- Institutional
- Mode- Online
- **Title of the event -** Patent Filing
- > Total Number of the Participants 196

The need for intellectual property in technology-driven companies. The aim of this workshop was to enthuse students towards filing patents on their projects and future startups and to catalyse awareness about the Intellectual Property Right (IPR) among people with special reference to patenting. The various aspects like how to search, draft including filing and prosecution procedure etc. were covered in this workshop.

Portfolio Making



≻Date –14th October. 2022 **Level-** Institutional **Venue-** College Auditorium the **≻**Title of event "Portfolio Making" Number ≻ Total of the **Participants – 347 Students** The Institutional Innovation Cell (IIC) of Sophia Girls' College (Autonomous) Ajmer organized an activity on the topic "Portfolio Making" on the 14th October, 2022. То inculcate culture of а innovation amongst students and to enable them to generate new ideas and become more innovative, IIC organized an

interactive session on Portfolio Making.

Learning Outcome

- 1. The activity aimed to enhance the knowledge of the students about research paper writing and dissertation writing skills. Also provide the information regarding dissertation compilation.
- 2. The purpose of this activity to enlighten the knowledge about analysis techniques of research, topic selection, avoidance of plagiarism and references to the PG Students.



Website Designing



Date –11-13th October, 2022

- Level- Institutional
- Venue- Computer Lab 1
- > **Title of the event-** "Website Designing"

➢ Total Number of the Participants – 551 Students

The Institutional Innovation Cell (IIC) of Sophia Girls' College (Autonomous) Ajmer organized an activity on the topic "Website Designing" on the 11-13th October, 2022. Effective web designing and development can help our budding entrepreneurs to generate long-term customer relationships because it provides a platform to connect with present & potential

customers. With this view, IIC organized a workshop on Website Development using WordPress.

Learning Outcome

- The activity aimed to enhance the knowledge of the students about research paper writing and dissertation writing skills. Also provide the information regarding dissertation compilation.
- The purpose of this activity to enlighten the knowledge about analysis techniques of research, topic selection, avoidance of plagiarism and references to the PG Students.



