

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF ENGLISH

2020-21

1. National Webinar On 'Healing Power Of Arts'



Sophia Girls' College, Ajmer

(Autonomous)

National Webinar

On

"Healing Power of Arts"

7th & 8th August, 2020

(4 p.m. to 6 p.m.)



Organised by

Department of English

Link for Registration:

<https://tinyurl.com/SGCCEngWebinar2020>



About the Webinar

Though they may call it financially futile, see it as an escapist distraction or fear it as a dangerous weapon; the creation of arts and its consumption have survived through all the phases of human history all over the world. Poets, musicians, painters, writers, and playwrights express themselves and reach out to the collective spirit of humanity. A healing phenomenon occurs through this connection that repairs and revives the emotional, mental, and spiritual pains of both the creator and the receiver.

The inclusion of expressive art therapy in medical science is a testimony that art heals. "Healing" has become the Holy Grail that humanity is searching for through the infected and dubious reality. At the same time, the self-contained individuals have found solace and sanctuary in arts. As we wander on the quest to revive human condition, our paths continuously take us through word-structures, brush-strokes, musical notes, body gestures – hinting that rejuvenation and imaginative expression are intricately bonded.

As our reality struggles through the infected realms of human existence, interdisciplinary insight into the role of arts as a healing force needs to be explored and brought to light to redefine the age-old question: Do we create art or does art creates us?

Objectives:

- *To understand the scientific backgrounds of the positive effects of art forms on both the creator and the consumer.*
- *To analyse the curative and restorative role of various art forms during a crisis.*
- *To explore the world of art therapy and its importance in our daily lives.*
- *To unearth the interdependence among various art forms and their culminative supportive role to human personality.*



Kindly Note:

- All participants are requested to join the sessions by 3:45 pm.
- The link will be shared on 6th August.
- Participants will receive the certificates after the successful completion of the webinar.
- Participants are requested to fill the Registration and Feedback Form carefully with correct name and email id. as these details will be used for the Certificates.



No Registration Fee



Webinar Committee

Patron

*Dr. Sr. Pearl
Principal*

Sophia Girls' College, Ajmer (Autonomous)

Conoener

*Ms. Sandra Lee
Head,*

Department of English

Organizing Secretary

*Mr. Elver Aubert
Professor*

Department of English

Organizing Committee:

Ms. Sonal Sharma, Dr. Anshu Joshi, Sr. Vinita Xalxo,

Ms. Yashasvini Rathore, Ms. Hansmita Pri-yavrat

Contact Details:

Ma'am Sonal Sharma - 9783737224, Sr Vinita Xalxo- 9461028058



Our Esteemed Speakers:



(Keynote Speaker)
Ms. Preeti Mathur Thakur

*President,
Ank Theatre Group,
Mumbai*



Ms. Bhavna Khajuria

*Assistant Professor
Department of Design- Kala Bhavan
Visva Bharti University, Santiniketan*



Ms. Varada Vijayini

*Associate Professor
Department of Music
Government Girls' College, Nathdwara*



Ms. Yvette Lee

*Counselor and Social Worker
Mahatma Education Society Pillai Group of Institutions,
Mumbai*



Mr. Shyam Mathur

*Translator, Playwright and Theatre Director
Head of the Department of Mathematics (Retired),
Mayo College, Ajmer*



(Valedictory Speaker)
Dr. Kavita Bhatnagar

*Commissioner Customs (Audit),
New Delhi*



- **Name of the activity-** National Webinar on ‘Healing Power of Arts’
- **Date** – 07-08-2020 and 08-08-2020
- **Level** – National level
- **Mode** – Online through Google Meet
- **Title of the event-** Healing Power of Arts
- **Number of Participants** – 1028 students
- **Resource person** –
 - Ms. Reeta Mathur Thakur
 - Ms. Bhavna Khajuria
 - Ms. Varada Vijayini
 - Ms. Yvette Lee
 - Mr. Shyam Mathur
 - Dr. Kavita Bhatnagar
- **Learning Outcome** –
 - To understand the scientific backgrounds of the positive effects of Art forms on both the creator and the consumer.
 - To analyze the curative and restorative role of various art forms during a crisis.
 - To explore the world of art therapy and its importance in our daily lives.
 - To unearth the interdependence among various art forms and their culminative supportive role to human personality.
- **Description** - Art is healing because it forces you to forge a connection between your mind and your body. Unlike exercise, which works your body, or meditation, which clears your mind, art-making accesses both mind and body to promote healing. Every time you sit down to write a song or paint a picture, you’re using mental processes in a physically engaging activity.



2. Essay Writing Competition



ATHENAEUM: THE LITERARY FORUM

**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

is organising an

'ESSAY WRITING COMPETITION'

on the occasion of Independence Day 2020

The students should send their entries by
the 20th of August, 2020 at

english@sophiacollegeajmer.in

- **Name of the Activity-** Essay Writing Competition
- **Date-** 20-08-2020
- **Level-** Intra College
- **Total Number of the Students-** 41 students
- **Venue-** Online submissions.
- **Title of the Event-** Independence Day
- **Learning Outcome**

The aim of the Essay Writing Contest is to give students the opportunity to demonstrate their writing talents and win an award for them.

- **Description**

Our Essay Writing Contest is not only about finding people who can write well. Indeed, the aim of the contest is to identify individuals who have both critical thinking and writing skills. It mainly focused on two aspects -**The ability to think critically and the ability to express thoughts clearly and logically**

3. Short Message Writing Competition



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

Athenaeum: The English Forum

Is organising a

Short Message Writing Competition

On the occasion of Management Day
2020

**The students are requested to submit
their entries by 10th September, 2020 at
english@sophiacollegeajmer.in**

- **Date** – 10-09-2020
- **Level** – Intra-College Level
- **Venue** – Online submission
- **Number of Participants** – 64 students
- **Description** –

The art of communication is essential for success in any walk of life. It's a work of art and creativity to be able to write short messages. The ability to write good and effective messages can be as useful as the ability to talk well and maintain excellent interpersonal relationships.

To inculcate this talent and develop the skill of writing, a letter writing competition was organized. The aim of this competition was to encourage students to write short messages precisely with using the least amount of words conveying the right message which will help them improve their communication, social and handwriting skills.

- **Learning Outcome** –
 - To understand importance of short messages
 - Intellectual skills. With this type of learning outcome, the learner will understand concepts and rules.
 - Verbal information and motor skills.

4. Paint A Poem Competition

The background of the poster is a reproduction of J.M.W. Turner's painting 'Starry Night'. In the center, there is a shield-shaped logo for Sophia Girls' College. The logo is divided into four quadrants: top-left is blue with a yellow sun and the Hindi word 'वचन' (Vachan); top-right is blue with a yellow star; bottom-left is yellow with a red cross; bottom-right is yellow with a red cross. Below the shield is a blue ribbon with the motto 'SEEK YE WISDOM'.

**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

**Athenaeum: The English Forum
&
Picasso: The Artists' Club**
are organising a

'Paint A Poem Competition'

**The students are requested to submit
their entries by 31st October 2020 at
english@sophiacollegeajmer.in**

- **Date:** 31-10-2020
- **Level:** Intra College Competition
- **Venue:** Online submission
- **Name of the event:** Paint a Poem Competition
- **Total Number of the Students:** 15 students
- **Learning outcome of the Activity:**
 - Develop a working concept of what it means to be an artist and create paintings.
 - Reinforcing the principles of traditional painting skills.
 - Developing new ways of thinking, seeing, and creating.
 - Building confidence through exercises that help you explore different types of painting techniques.
- **Description:** The competition was conducted by Athenaeum, the Literary Forum in collaboration with Picasso the art club. The activity was a success.

5. Cosplay Competition



ATHENAEUM- THE LITERARY FORUM
AND SPECTRUM- THE DRAMATICS CLUB

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS) , AJMER

IS ORGANISING

'THE COSPLAY COMPETITION'

Students are requested to send their entries by
30th November,2020 at
english@sophiacollegeajmer.in



Name of the Activity- Cosplay Competition

- **Date** – 30-11-2020
- **Level** – Intra-College Level
- **Mode** – Online submission
- **Number of Participants** – 36 students
- **Title of the Event-** Cosplay

Learning Outcome –

- To enhance the acting skills.
- To deliver the period costume.
- To enhance their captivating ideas and innovation.

Description –

Athenaeum: The Literary Forum collaboration with Spectrum: The Dramatic Club organized the event COSPLAY. In this event the students had to dress up as a character from a Novel/Somic book/short story/Poems/Play and narrate the lines of that character at home. This activity helped the students to embellish their creative skills, memorize the famous lines of the character and made them discern the little nuances of acting. The students had to make a 30 seconds video narrating the iconic lines of the character.

6. Webinar On 'Post-Colonialism, An Overview'



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

Athenaeum- The Literary
Forum

is organising a

**Webinar on
'Post Colonialism- An
Overview'**

via Google Meet
on 19th December, 2020

Resource Person
Prof A. Joseph Dorairaj

Time- 11 : 00 am

- **Date-** 19-12-2020
- **Level-** Inter-College Webinar
- **Mode-** Online through Google Meet
- **Name of the Activity-** Webinar on Post Colonialism- An Overview
- **Total Number of the Students-** 96 students
- **Resource person (if any)-** Prof A. Joseph Dorairaj (Professor of English and Dean, School of English and Foreign Languages, Gandhigram, Rural Institute- Deemed to be University) Dindigul Dt., Tamil Nadu)
- **Learning outcome-** The students will learn about different aspects related to Post Colonialism, and will gain a clarity on the term
- **Description of the Activity (in brief)-**

The Webinar was attended by the staff members and the students of the Department of English of - Patna Women's College, Patna, St. Aloysius, Jabalpur and Kristu Jayanti, Bangalore. Prof. Dorairaj discussed about the link between Colonialism, Imperialism and Capitalism. He also enlightened the participants on Orientalism, Diaspora and Diasporic literature. The Webinar was a great success.

7. My Christmas Picture Story Competition

ATHENAEUM: THE LITERARY FORUM



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

is organising

My Christmas Picture Story Competition

on the occasion of Christmas 2020

**Students are requested to submit their
entries by the 27th of December 2020 at**

english@sophiacollegeajmer.in

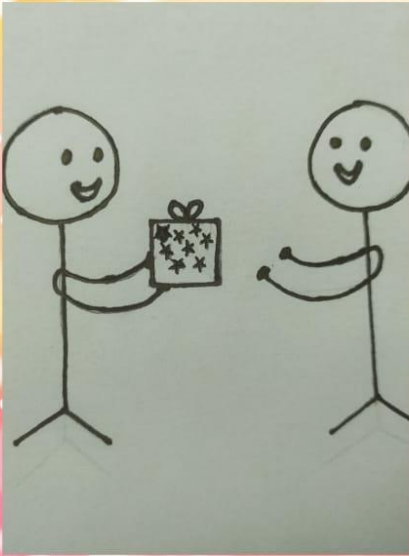


- **Date-:** 27/12/2020
- **Level:** Intra College Competition
- **Mode:** Online submission
- **Name of the Activity-** Competition: My Christmas Picture Story

- Total Number of the Students: 16 students
- **Learning outcome:** The students will learn to use pictures to express their ideas about Christmas

- **Description of the Activity:**

Athenaeum: The Literary Forum organized an event – ‘My Christmas Picture Story’ where the students had to create a collage of 4 pictures to capture the spirit of Christmas. The students also had to give a suitable title to the collage. This activity helped the students to bring out the hidden creativity.



Merry
Christmas

8. Career Counselling Session



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

Athenaeum: The English Forum

is organising a
Career Counselling session
by **Ms. Archie Gupta**
(Proposal Writer, V Tech
Solution, Kota)

Mode : Online through Google Meet
Date : 9th January, 2021
Time : 10: 30 a.m.



- **Name of the activity:** Career Counselling Session
- **Date:** 09/1/2021
- **Level:** Intra College
- **Name of the Activity:** Career Counseling Session
- **Total Number of the Students:** 66 students
- **Mode:** Online through Google Meet
- **Resource person:** Ms. Archie Gupta (Capture Management Specialist, V Tech Solutions)
- **Learning outcome:** The students will have a clear idea of their career option by the end of this session
- **Description of the Activity:** The Department of English organized a career counselling for the students to provide them with the skills and knowledge on various occupations related to writing.

9. Webinar On Emotional Skills



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

**ATHENAEUM- THE ENGLISH FORUM
in collaboration with
WOMEN DEVELOPEMENT CELL
is organising a
Webinar on 'Emotional Skills for a
Successful Life**

**by
Mr. Deepak Kashyap
(Councillor and Therapist, Canada)**

Date- 24th February, 2021

Mode- Online through Google Meet

Time-11: 30 am

- **Date:** 24 Feb 2021
- **Name of the Activity:** Webinar on Emotional Skills for a Successful Life
- **Total Number of the Students:** 56 students
- **Mode:** Online through Google Meet
- **Resource person:** Mr Deepak Kashyap, Counsellor and Therapist, Canada
- **Learning outcome:** The students will have a clarity of the said topic
- **Description of the Activity:**

Athenaeum, Department of English in collaboration with Women Development Cell of Sophia Girls' College organized this Session for the students of our college. Mr. Kashyap talked about a triangle of thinking, feeling and behaving. He was indeed a wonderful orator and his session was a gleeful experience for the students



10. Webinar On 'Coping Mechanisms/ Strategies During The Lockdown'

**SOPHIA GIRLS' COLLEGE
AJMER
(AUTONOMOUS)**



Dear Sophians
THE DEPARTMENT OF ENGLISH
is organizing a Webinar on
Coping Mechanisms/Strategies
during the Lockdown

Resource Person:
Ms. Yvette Lee
(Counsellor & Social worker)

It will be held on
Saturday, the 15th of May, 2021
9.30 a.m.

*Don't miss this
opportunity to learn about
how one can cope in these
difficult times*




- **Date-** 15/5/21
- **Level-Intra College**
- **Mode-** Online through Google Meet
- **Name of the Activity-** Webinar on Coping Mechanisms/ Strategies during Lockdown
- **Total Number of the Students-** 119 students
- **Resource person** Ms Yvette Lee (Counsellor and Social worker)
- **Learning outcome-**The students enjoyed the wonderful session and got to know about various Coping Mechanisms which was very much the need of the hour during the pandemic time.
- **Description (in brief)-**


The Department of English organized a Webinar for the students. Ms Yvette Lee talked about different red flags within us and also the different strategies to cope up with them. She taught the students how to battle with the difficult time and keep going. The students really enjoyed the session. They were overwhelmed with this therapeutic session.

11. Exchange Program On 'Make A Bond With Ruskin Bond Through His Short Stories

**SOPHIA GIRLS' COLLEGE
AJMER
(AUTONOMOUS)**
Invites you for an
Exchange Program



'Make a Bond with Ruskin Bond- Through his Short Stories'



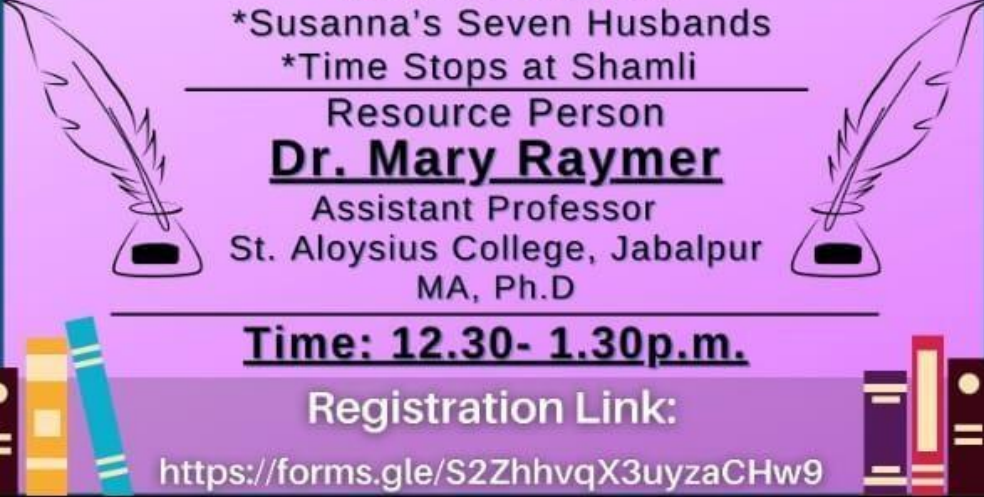
on the
4th and 5th of June, 2021
being conducted by the
Department of English
through which the students will be able to have a close walk with Ruskin Bond, the most beloved Indian storyteller. They will also get acquainted with some of his best stories namely:

- *The Cherry Tree
- *The Blue Umbrella
- *Susanna's Seven Husbands
- *Time Stops at Shamli

Resource Person
Dr. Mary Raymer
Assistant Professor
St. Aloysius College, Jabalpur
MA, Ph.D

Time: 12.30- 1.30p.m.

Registration Link:
<https://forms.gle/S2ZhhvqX3uyzaCHw9>



ACTIVITY DETAILS:

- **Date:** 4th and 5th June 2021
- **Level:** Inter College Programme
- **Mode:** Online through Google Meet
- **Name of the Activity:** Exchange Program with St Aloysius Jabalpur on TOPIC - 'MAKE A BOND WITH RUSKIN BOND - THROUGH HIS SHORT STORIES'
- **Total Number of the Students:** Day 1 – 94 students
Day 2- 60 students
- **Resource person:** Dr Mary Raymer (Asst Prof. St Aloysius College, Jabalpur)
- **Learning Outcome:** Students were able to have close walk with Ruskin bond, the most beloved Indian Storyteller and got acquainted with his best stories such as *Cherry Tree, Blue Umbrella* etc.
- **Description:** Online through Google Meet were delighted to learn under the guidance of Dr Mary Raymer's experiences as she shared with us the best moments of meeting Ruskin Bond. Also in these sessions, Ruskin Bond's childhood, biography, short stories and the whole essence of the writer was covered. It was a truly trail-blazing session for the participants which will forever enrich their lives.