



SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

Session 2022-23

**Criterion
VII**

**Institutional Values and Best
Practices**

2022-23

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

	Date and Day	Event
1	8 th August 2022, Monday	Ahimsa divas
2	11 th – 15 th August 2022	Azadi ka Amrit Mahotsav celebration
3	15 th August 2022, Monday	Independence Day
4	17 th August 2022, Wednesday	Rakhi celebration in jail
5	20 th August 2022, Saturday	Sadbhavana Divas
6	8 TH September 2022, Thursday	International Literacy Day
7	9 th September 2022, Friday	Medical Camp
8	14 th September 2022, Wednesday	Hindi Diwas
9	24 th September 2022, Saturday	NSS Day
10	2 nd October 2022, Sunday	Gandhi Jayanti
11	8 th October, 2022, Saturday	Intrenational Music Day Celebration
12	10 th October 2022, Monday	World Mental Health Day
13	11 th October 2022, Tuesday	Girl Child Day
14	13 TH October 2022, Thursday	3 DAY 1 CAMP Sensitization towards environment
15	14 th October 2022, Friday	3 DAY CAMP, Day 2: Blood donation camp

16	31 st October 2022, Monday	Unity Day
17	15 th November 2022, Thursday	Janjatiya Gaurav Diwas
18	19 th November 2022, Saturday	National Integration Day
19	26 th November 2022, Saturday	Constitution Day
20	1 st December 2022, Thursday	World AIDS Day
21	10 th December 2022, Saturday	Human Rights Day
22	26 th January 2023, Thursday	Republic Day
23	8 th March 2023, Wednesday	International women's day
24	14 th March 2023, Tuesday	National Youth Day
25	21 st March 2023, Tuesday	National Youth Festival
26	9 th March - 4 th May 2023	Visit to Jail

1. AHIMSA DIWAS

Date: 8th August 2022

8th August 2022 marks a very important day for the NSS volunteers. On this day the NSS volunteers participated in the Ahimsa March followed by a “Sarva Dharma Prarthna Sabha” organized by Ahimsa Nideshalya, Mahatma Gandhi Jeewan Darshan Samiti along with the District Administration Ajmer. The volunteers along with the students of various other institutions participated with great zeal and enthusiasm as they marched from Collectorate to Fawara Circle. The streets resounded with students’ slogans like “Bharat Mata ki jai”, “Vande Mataram”. The rally concluded with an Inter-Faith-Prayer Service. Representatives from different religions prayed for peace and harmony in the country and in the world.



2. AZADI KA AMRIT MAHOTSAV

Date: 11-15th August 2022

To celebrate the Independence Day various departments, clubs and forums conducted various activities ranging from Declamation, T shirt painting competition, state wise cuisine competition, movie screening etc. to commemorate India's 75 years of independence. The objective of the activity was to make the students aware about different cuisines and their traditional attire, boost their self-confidence, and sensitize them towards the makers of our nation. Around 300 students participated in various events.



3. INDEPENDENCE DAY

Date: 15th August 2022

This year, India celebrated its 75th year of independence with the tagline “AAZADI KA AMRIT MAHOTSAV”. On this glorious occasion, the volunteers of the NSS unit of Sophia Girls’ College (Autonomous), Ajmer organized a series of programs. To celebrate this once-in-a-lifetime moment, NSS volunteers organized the following programs.

1. Patriotic song: 12th August 2022
2. Assembly on Nationalism: 13th August 2022
3. Digital Poster Making, Slogan Writing, and Power Point Presentation



4. RAKSHA BHANDHAN

Date: 17th August 2022

On the 17th of August 2022 to celebrate Raksha Bandhan the NSS volunteers visited the Mahila central jail, Ajmer. The volunteers tied the rakhis to the women prisoners and distributed sweets to them. This event helped the volunteers to understand and empathize with the women prisoners of the central jail. Mrs. Komal Mishra guided the NSS Volunteers throughout the event. Due to the restrictions and safety measures only about 20 students could participate in the event.

5. SADHBHAVANA DIWAS

Date: 20th August 2022

The State-Wise Regional Singing Competition for 1st-year students and state-wise regional dance competition for 2-nd years was organized by the NSS Unit of Sophia Girls College (Autonomous), Ajmer on Sadbhavana Divas on 20th August, Saturday. The main objective of organizing this activity was to make the students aware of the rich tradition and cultures of different states of India. The volunteers depicted the rich ethnicity, beauty and creativity of the cultural and regional diversities along with a sense of unity among various cultures. The event was a huge success.



6. INTERNATIONAL LITERACY DAY

Date: 9th September, 2022

Mahatma Gandhi rightly said “Live as If You Were to Die Tomorrow. Learn As If You Were to Live Forever”. The first International Literacy Day (ILD) was celebrated in the year 1967, since then it is celebrated globally to remind the people about the importance of literacy. The NSS Unit of Sophia Girls’ College (Autonomous), Ajmer also celebrates every year the International Literacy Day. The Theme taken by this year for Slogan writing was “TRANSFORMING LITERACY LEARNING SPACES”. The volunteers enthusiastically participated in a slogan writing competition. Thereafter the volunteers organised games for the under-privileged students whom the volunteers teach every day and presented stationary item to them.



8. HINDI DIWAS CELEBRATION

Date: 13th September 2022

13 सितंबर 2022 को सोफिया कॉलेज अजमेर में हिंदी विभाग के ज्ञानोदय क्लब के तत्वाधान में समस्त विद्यार्थियों हेतु निबंध प्रतियोगिता का आयोजन किया गया जिसका विषय हिंदुस्तान का गौरव हिंदी रखा गया। इसका उद्देश्य विद्यार्थियों को हिंदी भाषा की महत्व से अवगत कराना है इसमें लगभग 9 विद्यार्थियों ने भाग लिया। प्रतियोगिता को हिंदी दिवस मनाने के लिए रखा गया था।



9. NSS DAY (Sathapana Divas)

Date: 24th September 2022

24th September is celebrated as Sthapana Divas (NSS DAY) every year to mark the birth of the National Service Scheme. On this occasion, the NSS unit of Sophia Girls' College (Autonomous) Ajmer organized a talk on the topic “Life of Mahatma Gandhi” by Dr. Anant Bhatnagar, Principal, of Shramjivi College Ajmer. The session was highly inspirational and motivational. The volunteers were engaged in one-on-one interaction and Q&A Session which was excellently answered by Dr. Anant Bhatnagar. This program was moderated by the Program Officers Ma'am Ruchi and Sr.Swapana.



10. GANDHI JAYANTI

Date: 2nd October 2022

The birth anniversary of the Father of our Nation, Mahatma Gandhi is celebrated as non-violence day. The NSS unit of Sophia Girls' College (Autonomous) Ajmer organized a program as per the guideline issued by the Government of Rajasthan. The staff and students witnessed 'Sarv Dharm Prarthana Sabha' in which the NSS volunteers sang 'Bhajans' and read scriptures from different religion. They spread an aura of unity and brotherhood in the campus.



11. INTERNATIONAL MUSIC DAY CELEBRATION

Date: 8th October 2022

A gap has been observed between the Indian classical music and the youth of today. To bridge this gap, an attempt was made. Anhad- the Mmusic club organized an instrumental music concert on the 8th of October, 2022 in the college auditorium, to introduce and sensitize students towards Indian classical music especially Instrumental Music. Shri Atanu Chakraborty did the Sarod recital and played the Indian ragas like- *Raga Bilaskhanitodi*, *Raga Des*, and *Raga Kirwani*. He is a rising artist from the state of Bengal and has performed in reputed musical events. He was accompanied by Shri Manpreet Singh who is an All India Graded Tabla artist, New Delhi. They together performed and created an aura that led the audience spell bound. This concert was an experiment that successfully concluded with great zeal and reception from the students. A total of 186 students were present for the concert.



12. MENTAL HEALTH AWARENESS WEEK **CELEBRATIONS**

Date: 7-10th October 2022

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

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. }

Also it was conducted in the College Assembly on 10th October 11:00 a.m. onwards on the occasion of World Mental Health Day. The aim of this Nukkad Natak was to create Mental Health awareness and to broaden its importance in the present times.

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer in collaboration with Gaur Mental Health Clinic organized a “**Mental Health Walk**” on 9th 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.





13. GIRL CHILD DAY

Date: 11th October 2022

On 11th October 2022 NSS unit of our college had a poster making competition on Girls Child Day. Our NSS volunteers participated in a huge number and showed their talents. The competition started at 1:30 PM in college auditorium students were given an hour to complete and submit their posters. Students showed their creativity with a different point of view through their posters. The competition was judged by Ma'am Jyoti Chandel (HOD, Department Of Political Science) and Ma'am Kumud Khatri from (Department Of Economics). Winners of this competition were given certificates. Finally our principal Dr Sr. Pearl gave a speech on empowering girls and tell us the importance of education and development of girl child.



14. 3 DAY CAMP

DAY-1

Date: 13th October 2022

“SAY NO TO PLASTIC”

The NSS units of Sophia Girls College, Ajmer celebrated **Swachh Bharat Abhiyan 2.0** as part of Environment Sensitization. Paper and cloth bag making was conducted by the NSS Volunteers. The volunteers actively participated in this activity. Every NSS volunteer made 2-3 bags each. More than 200 paper and cloth bags were made by the volunteers were distributed to street vendors, and medical shops near the collectorate office and in the Bajrangarh area. This camp was conducted to bring awareness among the citizens of Ajmer city to adopt a sustainable development kind of life-style by switching to paper and cloth bags over plastic bags which are harmful to the environment and non-biodegradable.



15. 3 DAY CAMP

DAY-2

Date:14th December 2022

A Blood Donation Camp was organized under the aegis of the National Service Scheme of Sophia Girls' College (Autonomous), Ajmer at J.L.N Hospital. As rightly said "It is not possible to buy someone's life with money, but you can save someone's life by donating blood. A total of 60 students volunteered for the drive with 4 teachers. A total of 50 units of blood was donated specifically for Thalassaemic patients. This collective effort by the NSS Volunteers brought a sense of generosity and social responsibility among the students.



16. INTERNATIONAL UNITY DAY

Date: 31st October 2022

International Unity Day is celebrated every year on the 31st of October. On this occasion, the NSS units of Sophia Girls College (Autonomous), Ajmer organized an activity RUN FOR UNITY. The students participated with great enthusiasm and with zeal to run for this great occasion. They started running and chanted slogans to demonstrate their intentions to generate unity among different sections of our society. The students took an about turn from the bus stand and came running back to the college. Ma'am Ruchi and Ma'am pooja supported them and boosted the confidence of the volunteers.



17. CELEBRATING JANJATIYA GAURAV DIWAS

Date: 15th November, 2022

Equal Opportunity Cell of Sophia Girls' College (Autonomous), Ajmer on 15th November 2022, Sophia Girls' College, (Autonomous), Ajmer celebrated the **JANJATIYA GAURAV DIWAS** on the Birth Anniversary of Birsa Munda. The event enlightened the students with the tales of the tribal heroes who contributed in freedom struggle of India. Approximately 800 students offered a tribute to the unsung heroes of Indian Independence during assembly. A speech competition was organised on this occasion and students participated in the event enthusiastically. The event inspired and sensitized students towards Patriotism. The event was successfully conducted with the maximum participation and it rendered the students with a lot of information.



18. NATIONAL INTEGRATION DAY

Date: 19th November 2022

The NSS unit of Sophia Girls College Autonomous, Ajmer celebrated National Integration Day on 19th November 2022. It was an event open to all the students of the college. Students dressed up in their cultural and regional attires depicting their customs and culture, we could really witness a mini-India. The campus bloomed with students dressed up in the attires of their native regions. The activity was marked to celebrate the rich diversities present in our country. The NSS volunteers also presented regional folk songs and dances.



19. CONSTITUTION DAY

Date: 26th November 2022

Constitution Day, also known as “**National Law Day**”, is celebrated in India on **26th November** every year to commemorate the adoption of the Indian Constitution. Under the aegis of “*Ek Bharat Shreshth Bharat*”, the NSS volunteers gathered together and watched a documentary “**SAMVIDHAAN**” followed by a discussion on “**What India would have been without a constitution?**” The volunteers shared their perspectives highlighting the rights, values, duties, equal opportunities, etc., the constitution has provided to its citizens.



20. WORLD AIDS DAY

Date: 1st December 2022

1st December is celebrated as world AIDS day every year to demonstrate support and empathy towards the patients suffering from HIV/AIDS.

The NSS unit of Sophia Girls' College Autonomous, Ajmer organized a poster-making competition. The volunteers actively participated and very creatively displayed their ideas and thoughts. The posters depicted slogans and quotes related to AIDS, its prevention, and treatment.



21. HUMAN RIGHTS DAY

Date: 10th December 2022

10th December observed as HUMAN RIGHTS DAY. “All human beings are born free and equal in dignity and rights”. The principles of equality and non-discrimination are at the heart of human rights. NSS volunteers created posters and slogans on the theme, followed by a group discussion in which the volunteers shared their views on the subject.

Prof. Jyoti Chandel (HOD, Department of Political Science) gave a speech on human rights and addressed the students about the issues concerning human rights and its violation.



22. REPUBLIC DAY

Date: 26th January, 2022

Sophia Girls' College (Autonomous), Ajmer, celebrated the **73rd Republic Day** on the 26th of January, 2023. The celebration began with the Flag hoisting by our maintenance staff member Budha Bhaiyawho was escorted by the NCC Cadets. This was followed by a beautiful and enlightening Prayer Service by the students who prayed to the Almighty Father for the souls of all the Freedom fighters and thanked him for the manifold blessings that he has bestowed on all human beings by giving them to right to Freedom of thoughts and deeds which the previous generation was deprived of.

Thereafter, a Patriotic song was sung the martyrdom of the Freedom fighters which was followed by Speeches in Hindi and English. Also, there was a presentation of Nukkad Natak on the theme Communal Harmony. This was followed with a speech by the principal, wherein she inspired all the staff members and students to be sincere and honest with their dealings, committed and loyal towards their work. She also motivated them to be conscientious citizens of the country and to be the personifications of the very change; they wish to see in society.



23. INTERNATIONAL WOMEN'S DAY

Date: 8th March, 2023

On March 8th 2023 on international women's day NSS volunteers visited women central jail and performed a nukkad natak on women empowerment, telling them to raise their voice and make them aware of powers and rights given to women. Volunteers spent 5 hours with them and taught them the basic education along with this they also asked the women in jail to tell their experiences and what they feel as a woman.

Volunteers played and danced with their children and made memories which they will cherish for their lifetime.



24. NATIONAL YOUTH DAY

Date: 14th March 2023

On the 14th of March 2023 a talk on youth the future was organized by the NSS Unit of Sophia Girls' College (Autonomous), Ajmer. The speaker for the event was the Vice Principal of the college Dr. Sr. Rani. The talk emphasized on the importance of education and awareness among the youth for the future of the nation. The talk was to make the students understand their worth as the young youth of India, who will be the future of our nation.



25. NATIONAL YOUTH FESTIVAL

Date: 21st March 2023

On the 21st of March 2023 the NSS Unit of Sophia Girls' College (Autonomous), Ajmer organised a youth festival. On this day the students participated in the regional dance and singing competition organized by the NSS Unit. Various regional dances were performed by the students along with the singing of various regional songs. Around 120 students participated in the event.



26. VISIT TO CENTRAL JAIL

Date: 9th March -4th May 2023

On 9th March 2023 the NSS volunteers of Sophia Girls' College (Autonomous), Ajmer began visiting the Mahila Central Jail. The volunteers visited the women's central jail for 2 months from March to April 2023. The volunteers visited the jail thrice a week for one and half hour for the literacy campaign. The volunteers taught the women and children basic reading and writing skills during the 2 months campaign. The NSS Unit also donated around 60 books and some stationary for their learning.



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