



# SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

**Session 2022-23**

**Criterion  
VII**

**Institutional Values and Best Practices**

**7.1.9 Sensitization of students and employees of the institution  
to constitutional obligations: values, rights, duties and  
responsibilities of citizens:**

<b>S.No</b>	<b>Title of the Programme</b>	<b>Date</b>
1.	Van Mahotsav	27/07/2022
2.	Ahinsa divas	08/08/2022
3.	Declamation Competition	13/8/2022
4.	Har Ghar Tiranga Program during Independence Week.	11/08/2022-17/08/2022
5.	Azadika Amrit Mahotsav -Independence Day 2022	15/08/2022
6.	Sadbhavna Divas	20/08/2022
7.	Road safety week	23/08/2022
8.	Youth Parliament	30/08/2022
9.	Slogan Writing Competition on Literacy Day.	9/9/2022
10.	Sthapana Divas	24/9/2022
11.	Gandhi Jayanti Activity	2/10/2022
12.	Swachh Bharat Abhiyan 2.0	13/10/2022
13.	National Integration Day	19/ 11/2022
14.	Constitutional Day	26/11/2022
15.	Visit to Central Jail	6/12/2022
16.	Human Rights Day	10/12/2022
17.	Republic Day Camp	31/12/2022 - 31/01/2023
18.	73 <sup>rd</sup> Republic Day Celebration	26/01/2023.
19.	World Wetland Day Celebration	2/02/2023
20.	International Women's Day	8/03/2023
21.	National Youth Festival	21/03/2023
22.	World health day	7/04/2023
23.	Two-Day International Conference on Human Rights & Climate Change	17/4/2023-18/4/2023

# 1. Van Mahotsav

**Date: 27 July'2022**

On 27th July 2022, NSS Units of Sophia Girls College organized a plantation Drive on the occasion of Aan Mahotsav as on Aazadi ka Amrit Mahotsav.. The objective of this event was to teach students how to save our environment from pollution by planting trees. This was an initiative taken to make our atmosphere neat and clean.

By tree plantation, we can develop a climax ecosystem free of greenhouse gases to reduce global warming. NSS volunteers and teachers were asked to reach at 1'0 clock. The program started at 1.30pm. Volunteers reached at the village, Bhopoka Bada for plantation program. Plants / Saplings were provided by our college and planted by our volunteers. About 59 volunteers and teachers actively participated in the Drive and made boundaries around the plants in order to protect them. The main purpose of this event was to enhance awareness about the importance of tree plantation.

In the end, ma'am Ruchi expressed a vote of thanks to the teachers and students for contributing their efforts in this activity and for sparing their precious time for the drive. Overall, this was an excellent and glorious event. We felt contented by doing something good for the environment on our part.





## 2. Ahinsa Divas

**Date: 08 August'2022**

8<sup>th</sup> August 2022 marks a very important day for the NSS volunteers as they participated in the Ahinsa march followed by a “ sarvadharmprarthnasabha” organized by AhinsaNideshalya , Mahatma Gandhi Jeewan Darshansamiti along with the District Administration Ajmer. The volunteers participated with great zeal and enthusiasm as they marched with the students from various educational institutions.

The streets resounded with students chanting slogans like “Bharat Mata ki jai”,“Vande Matram” and many more. The rally was concluded by an all-religion prayer. Representatives from different religions said prayers for peace and harmony.



### **3. Declamation Competition**

**Date:13th August 2022**

Lyceum the student's forum for the Department of Political Science conducted a Declamation Competition for the Students on 13th August 2022 in the Auditorium, Sophia Girls' College (Autonomous), Ajmer. A total of 14 students participated out of which the following students secured: -

I position – AnushkaMahawar

II position – Ananya Vyas

III position – HarshitaDadlani

IV position – Mahika Yadav

V position – Payal Garg

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.

## **4. HarGharTiranga Program during Independence Week**

**Date:11th August'2022-17 August'2022**

The purpose of this activity is to invoke the feeling of nationalism among the cadets and the people who participated or attended the activity. It was an initiative by national implementation committee as a part of Azadika Amrit Mahotsav. Total 15cadets from the college participated in the activity during the Independence Week held at Collectorate Office, Ajmer in addition to hosting the flag, every cadet and ANO hosted the flag and pin a flag virtually along with posting a selfie with the flag on the website. It invoked the feeling of patriotism in the hearts of cadets and promoted awareness about our national flag.

## **5. Azadika Amrit Mahotsav**

### **Independence Day-2022**

**Date: 15 August'2022**

This year, India celebrated its 75<sup>th</sup> year of independence with the tagline “AAZADI KA AMRIT MAHOTSAV”. In accordance with this, the volunteers of NSS unit of Sophia Girls' College (autonomous), Ajmer organized a series of programmes. To celebrate this one in a lifetime moment, NSS volunteers organized the following programmes.

#### **1. Patriotic song: 12<sup>th</sup> august 2022**

**VENUE: Indoor stadium.**

The volunteers sung patriotic songs namely 'VandeMatram' and 'Kesari'.

The melody of these songs brought with it a wave of patriotism and got the whole stadium to sing along the volunteers.

#### **2. Assembly: 13<sup>th</sup> august 2022**

**VENUE: Indoor stadium.**

The volunteers organized an assembly on 13<sup>th</sup> of august with the theme 'nationalism'. This included an article on the importance of national flag, a poem and a patriotic song. Our principal, Prof. Sr. Pearl said a prayer for national peace and wellbeing.

#### **3. Digital poster making, slogan writing and Power point presentation making: 15<sup>th</sup> august 2022**

This activity was open for all students from various streams. An overwhelming response was received by the NSS unit.





Azadi ka Amrit Mahotsav - Independence Day 2022

## Sophia Girls' College (Autonomous), Ajmer



Azadi ka Amrit Mahotsav - Independence Day 2022



## 6. Sadbhavna Divas

**Date: 20 August'2022**

The state wise regional singing competition for 1st year's students and state wise regional dance competition for 2<sup>nd</sup> years was organized by the NSS volunteers of Sophia Girls year's, Ajmer on the occasion of Sadbhavna diwas on 20<sup>th</sup> August, Saturday. Main objective of organizing this activity was to make the children aware about the tradition and culture of different states.



## 7. Road safety week

**Date: 23 August'2022**

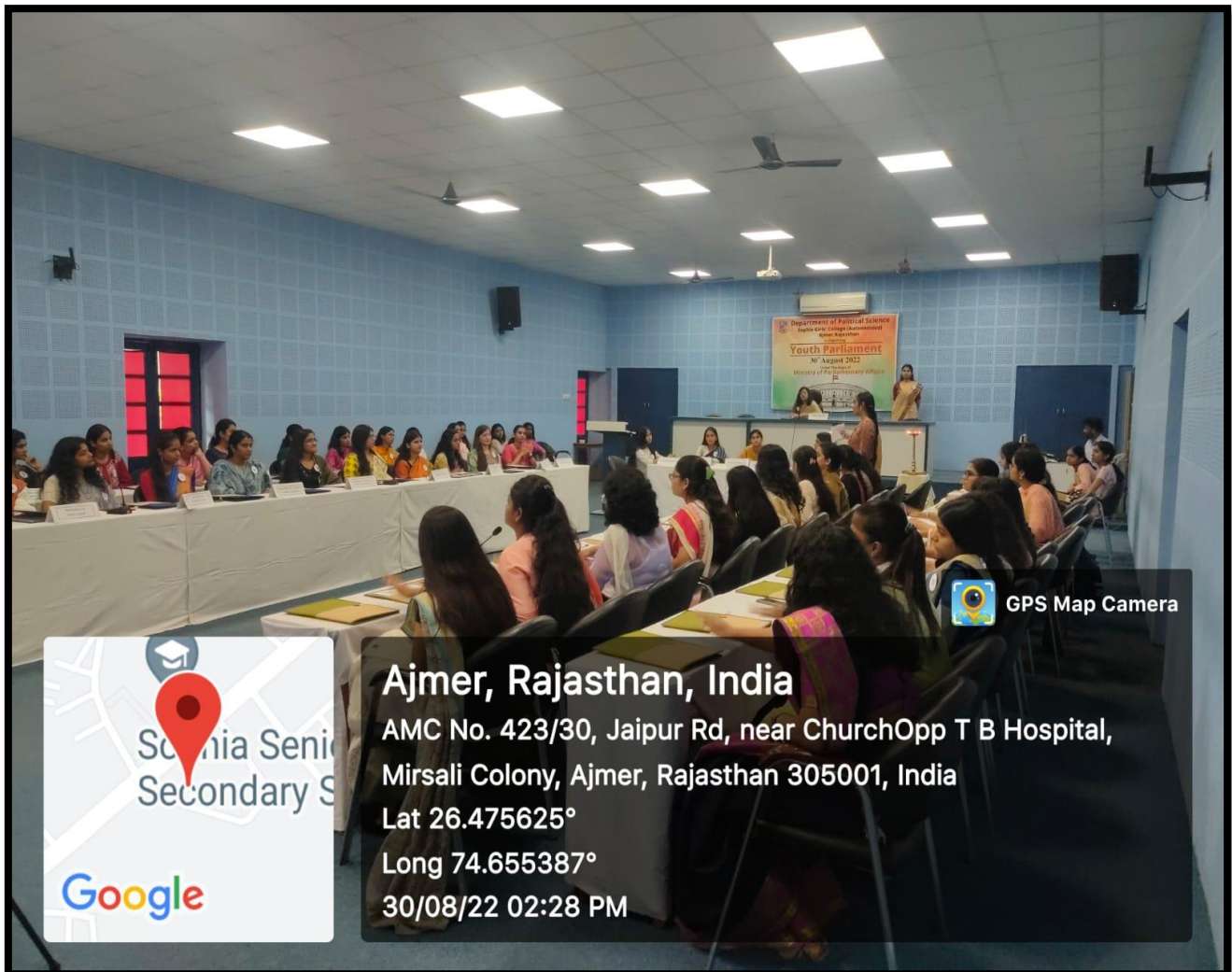
“The safety of the people is the highest law.” – Marcus Tullius Cicero A road safety awareness program was organized by the Honda Motors, Ajmer, as an initiative to inform everyone especially the youth, about the need and necessity to abide by the traffic rules and follow them diligently. The NSS volunteers of Sophia girls' college (Autonomous), Ajmer actively participated in the road safety seminar organized by trained individuals on various aspects of road safety, causes of accidents and its prevention. Honda Motors, Ajmer's trained experts taught students to ride two wheelers and certified the students who cleared the test conducted in the college campus itself. trained experts taught students to ride two wheelers and certified the students who cleared the test conducted in the college campus itself. The volunteers thereby understood their responsibilities towards traffic rules and road safety as the outcome of this program.



## 8. Youth Parliament

**Date: 30th August'2022**

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 30<sup>th</sup> August 2022. A total of 53 students participated. 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.



## 9. Literacy Day

**Date: 09th 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 LEARNINGS SPACES”. The volunteers enthusiastically participated in a slogan writing competition. Thereafter the volunteers organized games for the under-privileged students whom the volunteers teach every day and presented stationary item to them.





# 10. NSS Day (Sthapana 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 Officer's Ma'am Ruchi and Sr. Swapana.





## 11. 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 'SarvDharmPrarthana 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.





## 12.Three Day Camp by NSS Swachh Bharat Abhiyan 2.0

**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.



## Blood Donation Camp

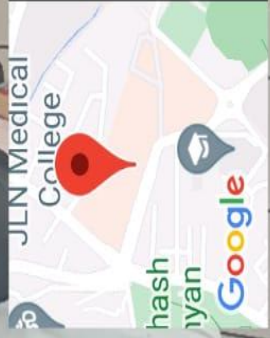
**Date:14th December 2022**

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 Thalassemic patients. This collective effort by the NSS Volunteers brought a sense of generosity and social responsibility among the students.

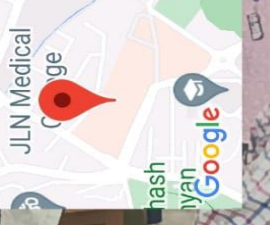




● 29°C  
**Ajmer Rajasthan India**  
 1, Jln Hospital Rd, Muslim Mochi Mohalla,  
 Ajmer, Rajasthan 305001, India  
 Lat: 26.47 | Long: 74.64  
 14/10/2022 11:50 am, IST  
 Fri, 14 Oct



● 2  
**Ajmer Rajasthan India**  
 JLN, FJCM-4V8, Jln Hospital Rd, Muslim  
 Mochi Mohalla, Ajmer, Rajasthan 305001,  
 Lat: 26.47 | Long: 74.64  
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 Fri, 14 Oct



## NukkadNatak

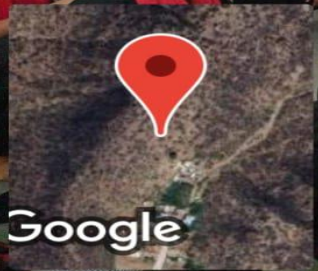
**Date: 15th October 2022**

The NSS volunteers of Sophia Girls College (Autonomous), Ajmer presented Nukkad Natak on the topic 'Importance of Nutrition for Pregnant and Lactating Women' at the Loha Khan Anganwadi center of Ajmer. 70 volunteers participated and presented Nukkad Natak. Our program officer, Sr Swapana gave a session to the pregnant ladies regarding 'Anemia and the causes of anemia'. Ma'am Shweta Sharma, from the department of Home Science department gave session on 'Nutrition during pregnancy'.





**Ajmer, Rajasthan, India**  
Shop Numbar 1 Dev Collge Ke Pas, Mirsali Colony,  
Ajmer, Rajasthan 305001, India  
Lat 26.494814°  
Long 74.65698°  
15/10/22 12:08 PM GMT +05:30



**Ajmer, Rajasthan, India**  
Shop Numbar 1 Dev Collge Ke Pas, Mirsali Colony,  
Ajmer, Rajasthan 305001, India  
Lat 26.494814°  
Long 74.65698°  
15/10/22 11:59 AM GMT +05:30

## 13.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.





# 14. Constitution Day

**Date: 26th November'2022**

**Constitution Day**, also known as “**National Law Day**”, is celebrated in India on **26<sup>th</sup> 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. One of the volunteers explained the meaning of the “Preamble” and reminded everyone of their duties as individual citizen.

The day ended with a students’ quiz on the constitution.

*“Our constitution is a ray of HOPE – Narendra Modi”*

**H-HARMONY**

**O-OPPORTUNITY**

**P-PEOPLE’S PARTICIPATION**

**E- EQUALITY**



## **15.Visit to Central Jail**

**Date: 6th December'2022**

"I came not to call the respectable but the outcasts."(Luke 5:32) To show God's love and compassion the Good News Group members went to visit the inmates of the Central Jail. The members spread the Good News of love and peace by singing carols and a skit depicting the virtues of love and harmony.

The program concluded with a prayer. There were 9 students and 2 resource persons Fr. Amit, and Sr Carol& Staff members. The students had an experiential knowledge and learnt the importance of Freedom and most importantly the art of handling the gift of freedom responsibly.



## 16. Human Rights Day (Poster Making Competition)

**Date: 10th December'2022**

**10<sup>th</sup> 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.



## 17. Republic Day Camp

**Date: 31st December 2022 - 31st January 2023**

The Republic Day Camp (RDC) held at Delhi, focuses on nurturing leadership, discipline, and patriotism among participants. Through rigorous physical training, military drills, and cultural activities, attendees develop teamwork, resilience, and time management skills. The camp emphasizes the importance of national unity, heritage, and social responsibility, fostering a sense of pride and duty towards the nation. Participants gain confidence, adaptability, and learn to appreciate diverse cultures, preparing them for future leadership roles and promoting a strong sense of national identity.



# **18.73th Republic Day Celebration**

**Date:26thJanuary'2023**

Sophia Girls' College (Autonomous), Ajmer, celebrated the **73<sup>rd</sup>Republic Day** on the 26<sup>th</sup> of January, 2023. The celebration began with the Flag hoisting by our maintenance staff member Budha who 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 also thanked him for the manifold blessings that he has bestowed on all human beings by giving them the 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.



# 19. World Wetland Day Celebration

**Date: 2 February 2023**

On the occasion of World Wetland day, Floricans- Department of Zoology, in association with Forest Department Ajmer, Department of Environmental Science (center of excellence) and Department of Zoology, MDS University Ajmer jointly organized 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.

**Number of Participants**-Essay writing competition – 15

Poster making competition – 16

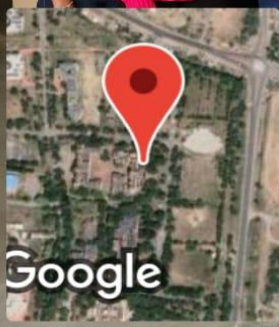
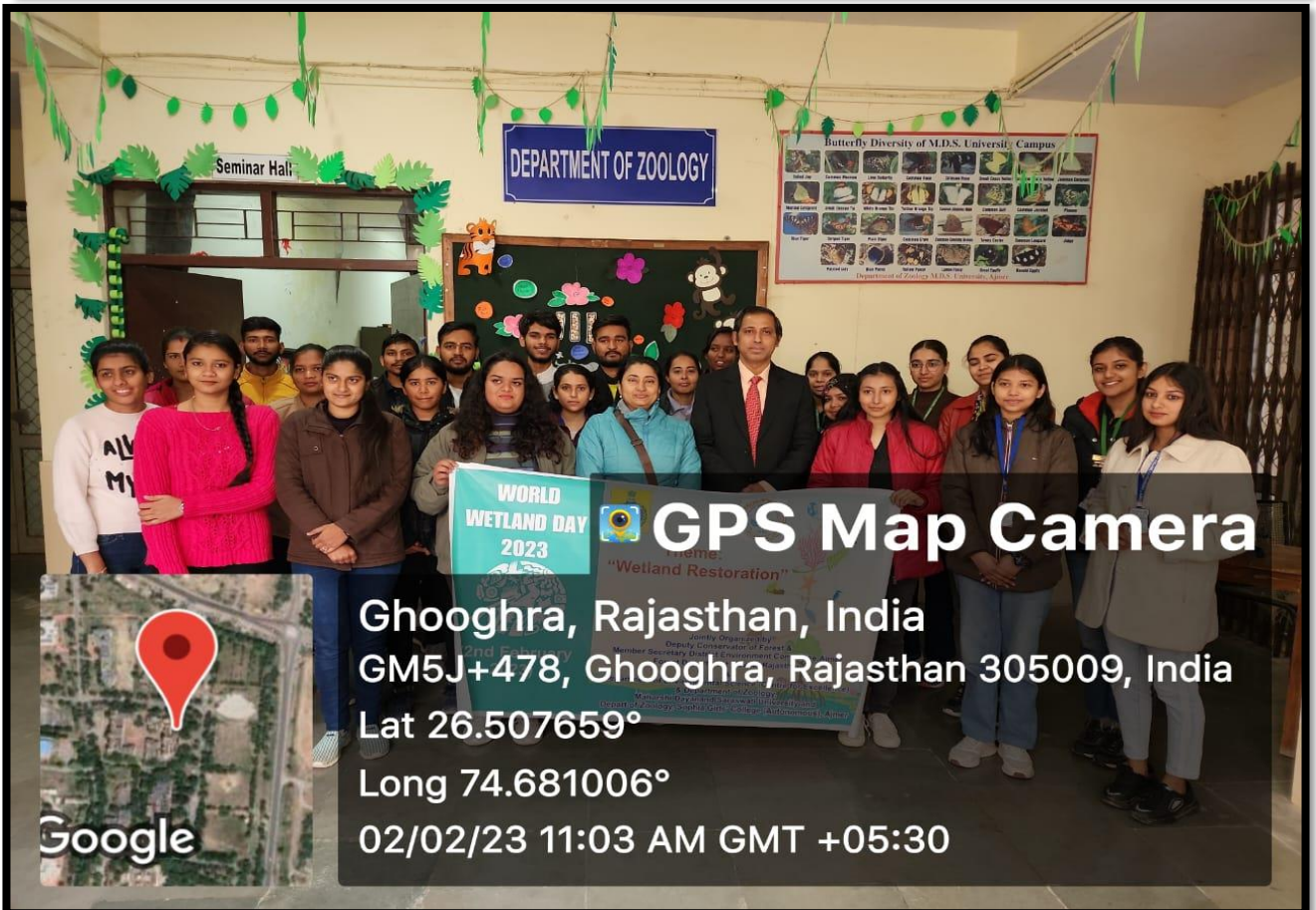
Bird watching event – 66

## **Objective:**

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





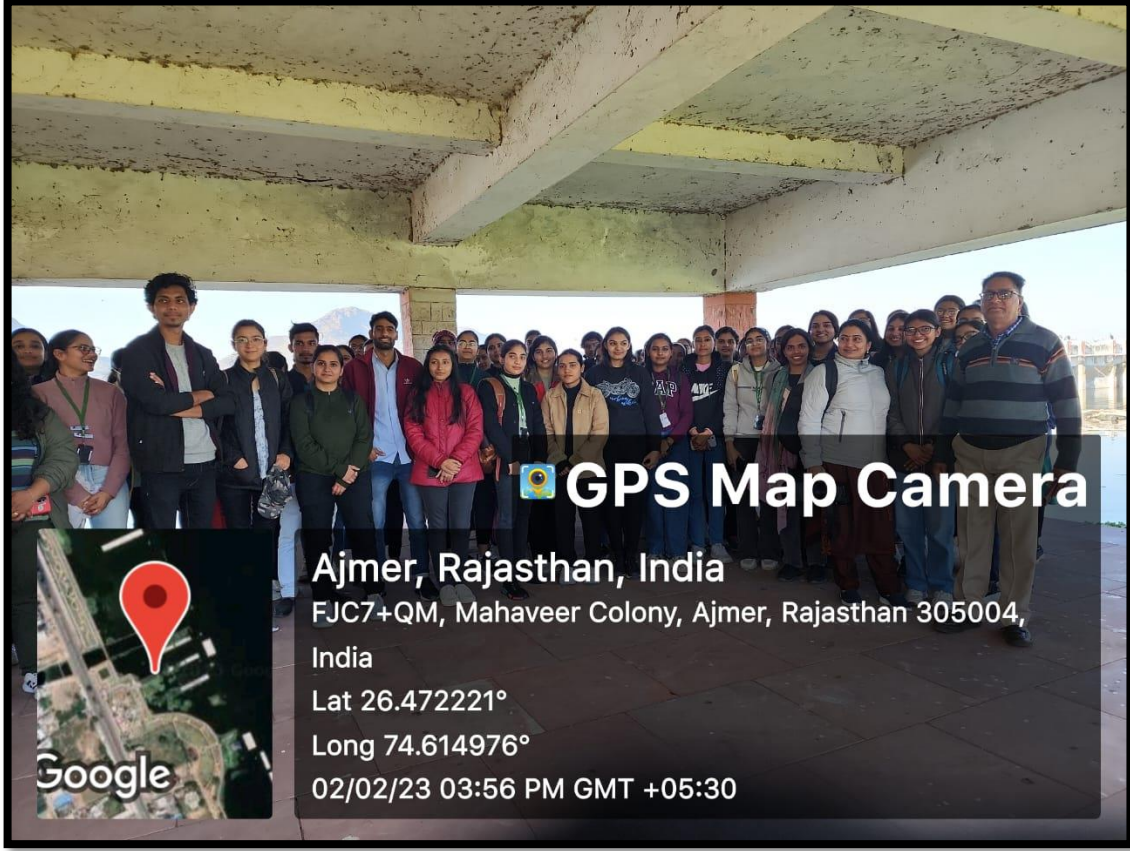


**WORLD WETLAND DAY 2023**

**GPS Map Camera**

Theme: "Wetland Restoration"

**Ghooghra, Rajasthan, India**  
**GM5J+478, Ghoghra, Rajasthan 305009, India**  
**Lat 26.507659°**  
**Long 74.681006°**  
**02/02/23 11:03 AM GMT +05:30**





*M. N. S. R.*  
**Head  
Department of Zoology  
Sophia Girls' College  
(Autonomous), Ajmer**

## 20. International Women's day

**Date: 8 March'2023**

On march 8<sup>th</sup> 2023 on the occasion of 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.



## 21. National Youth Festival

**Date: 21st March'2023**

On the 21<sup>st</sup> of March 2023 the NSS Unit of Sophia Girls' College (Autonomous), Ajmer organized 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.





**ST. ALOYSIUS' COLLEGE (AUTONOMOUS)  
JABALPUR (M. P.)**

Reaccredited 'A+' By NAAC (CGPA - 3.68/4.00)  
College with Potential For Excellence By UGC  
DST-FIST Supported & Star College Scheme By DBT  
Jabalpur, (Madhya Pradesh), India

7<sup>th</sup> APRIL 2023

**Department of Zoology**

*In collaboration with*

**Department of Zoology**

**Sophia Girl's College (Autonomous) Ajmer**

**organizes**

**ONLINE POSTER AND QUIZ COMPETITIONS**



Participation  
certificates

**Guidelines for Poster**

- Poster should be theme relevant.
- It should be in A4 size & scan and email to [zoolab.sac@gmail.com](mailto:zoolab.sac@gmail.com) before 15<sup>th</sup> April 2023.

**Registration link**

<https://forms.gle/iqgHqUwp3zbiEUJX6>

## 22. World Health Day

**Date: 7th April'2023**

**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 7<sup>th</sup> April 2023. Online competitions like poster making and quiz was organized to create awareness among the students.

**Number of Participants-** Poster making competition – 17

Quiz Competition -12

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

	<b>ST. ALOYSIUS' COLLEGE</b> <b>(AUTONOMOUS), JABALPUR</b> <b>(M. P.)</b> Reaccredited 'A+' By NAAC (CGPA - 3.68/4.00) College with Potential For Excellence By UGC DST-FIST Supported & Star College Scheme By DBT	<b>SOPHIA GIRLS COLLEGE</b> <b>(AUTONOMOUS)</b> <b>AJMER</b> Reaccredited 'A+' By NAAC	
<b>World Health Day</b> <b>7<sup>th</sup> April 2023</b>			
<b><i>Certificate of Excellence</i></b>			
<p>This is to certify that <u>Ms. Himanshi Khatumra</u> of B.Sc bio for her outstanding performance in intercollegiate quiz competition organized by Department of Zoology St. Aloysius' College in collaboration with Department of Zoology Sophia Girls College Ajmer on the occasion of World Health Day held on 7<sup>th</sup> April 2023. We wish her a bright and prosperous future.</p>			
			
<b>Dr. Priyanka Sinha</b> Coordinator			<b>Dr. Mriganka Upadhyay</b> Coordinator

## 23. Two-Day International Conference on

SGCA/AQAR/2022-23/7.1.9

# Human Rights & Climate Change

**Date: 17th April'2023 and 18 April'2023**

Department of Political Science organized a Two-Day International Conference on Human Rights & Climate Change on 17<sup>th</sup> & 18<sup>th</sup> April, 2023.

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. Around 203 Students and Staff Participated in the Conference



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