

Sophia Girls' College (Autonomous), Ajmer



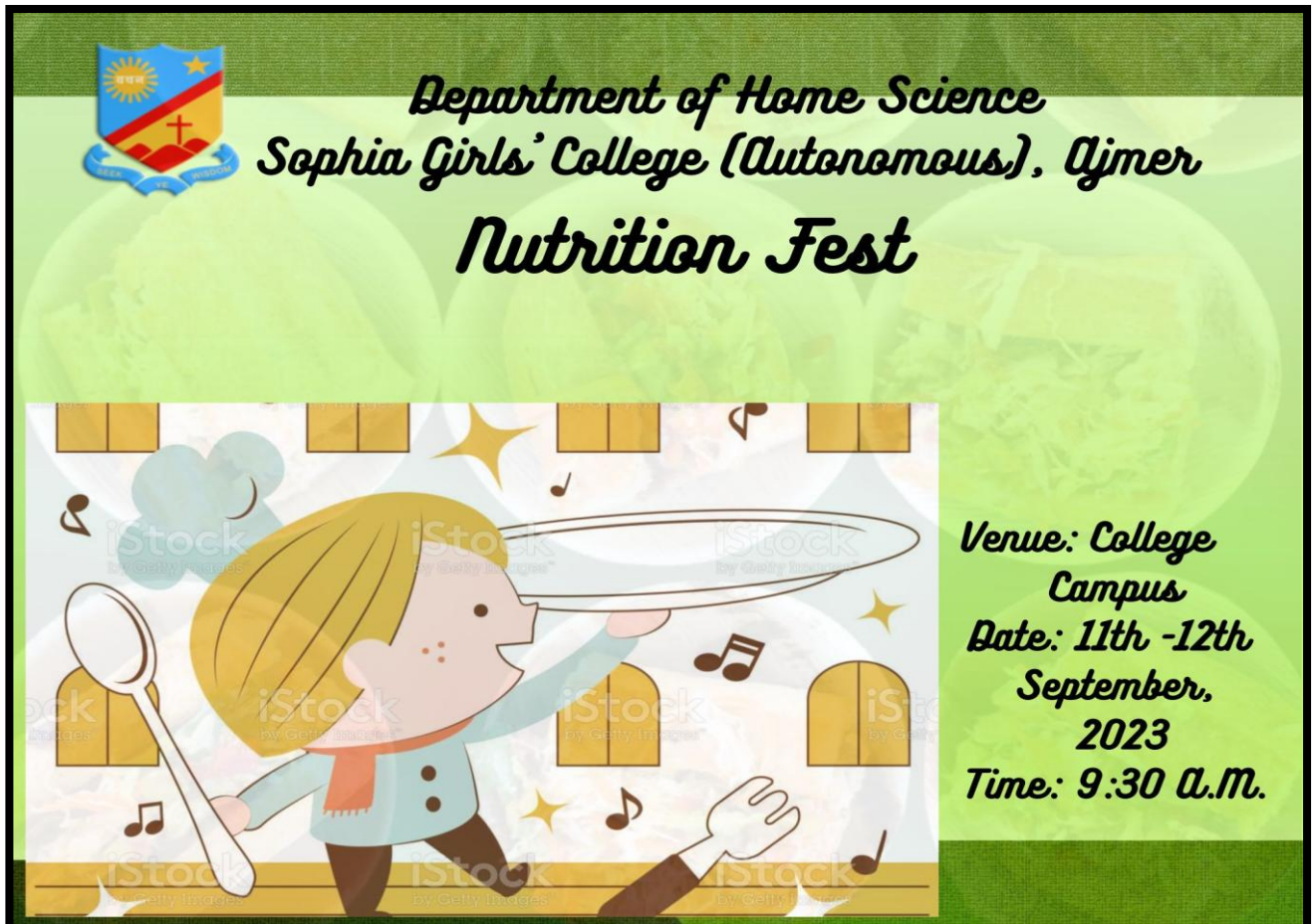
DEPARTMENT OF HOME SCIENCE

2023-24

Activity 1

Title- "Nutrition Fest"

Brochure



Activity Details

Date : 11th & 12th September 2023

Level : Departmental

Venue: College Indoor Stadium

Title of the Event: Nutrition fest

Total no. of students: 43

Description:-

First day event namely “**Millets based Recipe Making Competition**”. There were some groups which consisted of 3-5 participants each. The participants had put up stalls to showcase their delicious and nutritive recipes. The attendees were really impressed with the nutritive knowledge they received. On second day

Permission Letter

Date: 06-09-2023

To,
The Principal
Sophia Girls College (Autonomous),
Ajmer
Rajasthan

Subject: Permission to organize Nutrition fest.

Dear Sister,

With due respect, we seek your permission to organize Nutrition fest to be scheduled on 11th and 12th September 2023 in the Home Science Department. The fest will help the students to enhance their nutritional knowledge regarding Millets.

We request you to kindly grant us permission for the same.



Yours sincerely

Dr. Ruchi Mathur



Dr. Sr. Pearl

Principal

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

Invitation Letter



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer
Re-Accredited 'A+' Grade by NAAC & registered under 2(f) & 12(B) of UGC
website: sophia.college e-mail: office@sophiacollegeajmer.in Phone No.: 0145-2427243
Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India)

Date: 9.09. 2023

To,
The CMHO,
Ajmer

Dear Sir,

As the Department of Home Science is organizing the Nutrition Fest, As a part of this fest we request you to send your Food adulteration testing van on 12th September 2023 at 10.00 a.m. in the College campus so that our students can also learn the home testing methods of food adulteration.

Kind Regards

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer
(Dr Ruchi Mathur)

Associate Professor and Head
Department Of Home Science

Dr. Sr. Rani
(Vice Principal)
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice

SOPHIA GIRLS' COLLEGE (AUTONOMOUS)

AJMER



Notice

Date: 4 .09 .2023

This is to inform that the Department of Home Science of Sophia Girls' College (Autonomous) Ajmer is organizing a Nutrition Fest 11th and 12th September 2023. The following activities will be conducted:

- Millets based nutritive recipe making competition
- Workshop on Food adulteration testing

The aim of this Fest is to develop entrepreneurial skills in the students and enhance the knowledge regarding millets and through the workshop, students can learn home testing of food adulteration. All the students must be present without fail.

Time: 9:00 A.M

Venue: Home Science lab



(Dr. RUCHI MATHUR)

Photos



Attendance Letter



Department of Home Science
Sophia Girls' College (Autonomous), Ajmer
Class B.A.-II year
A visit to Chachiyawas
12th October 2022

S.No	I.D. No	Name	Arrival	Departure
1.	2101606	Carmela Ekka	Carmela	Carmela
2.	2101127	Amjellina Ekka	Aekka	Aekka
3.	2101233	Shalvi Sharma	Shalvi	Shalvi
4.	2101245	Dimple Chhatwani	Dhhatwani	Dhhatwani
5.	2101186	Samiya Siddiqui	Samiya	Samiya
6.	210119554	Syeda Mehreen Fatima	S. mehreen	S. mehreen
7.	2101349	Sangita Ekka	Sangita	Sangita
8.	2101146	Sunita	Sunita	Sunita
9.	2101139	Gr. Shree Vidhya	Gr. Vidhya	Gr. Vidhya
10.	2101019	Angela c. Demiel	Angela	Angela
11.	2102041	Mareena Martin	Mareena	Mareena
12.	2102085	Alaya Lakna	Alaya	Alaya
13.	2101148	Juli Vasundhri	Juli	Juli
14.	2101647	Nida Khan	Nida	Nida
15.	2101797	Nanya Agarwal	Nanya	Nanya
16.	2101077	Mansa Jangid	Mansa	Mansa
17.	2101808	Priyanka Rathore	Priyanka	Priyanka
18.	2101689	Syeda Maniya Moini	Maniya	Maniya
19.	2101571	Manisha Jangid	Manisha	Manisha
20.	2102137	Mansi Rathore	Mansi	Mansi
21.	2101135	Syeda Muneera Moini	Muneera	Muneera
22.	2101886	Tulsi Patel	Tulsi Patel	Tulsi Patel
23.	2101845	Lipsa Khemani	Lipsa	Lipsa
24.	2101725	Bhawana Jain	Bhawana Jain	Bhawana Jain
25.	2101404	Mehwish Bano	Mehwish Bano	Mehwish Bano
26.	2101861	Narjyat Kaur	NKaur	NKaur
27.	2101491	Palak Sharma	Palak	Palak

Anjali Malluwar
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

29.	Aarzo Manghnani	B A I I	2101004	2101318	Aarzo
30.	Adiba	B A I I	22021189	2202089	Adiba
31.	Rahat Nisar Qureshi	B A I I	22021218	2202080	Rahat
32.	Maham Hasnain	B A I	23511094	2301131	Maham
33.	S.Maaheba Chishty	B A I	23511081	2301008	S.Maaheba
34.	S.Kulsum Chishty	B A I	23511180	2301236	S.Kulsum
35.	S.Muneeba Moini	B A I I	23511082	2301055	Muneeba
36.	Tanisha Khatwani	B A I	23511192	2301141	Tanisha
37.	S.Tahera Fatima	B A I	23511186	2301007	Tahera
38.	Tanisha Agarwal	B A I	23511191	2301036	Tanisha
39.	Noorain Fatima	B A I	23511116	2301085	Noorain
40.	Kaneez Fatima	B A I	23511073	2301062	Kaneez
41.	S.Alisha chishty	B A I	23511178	2301082	Alisha
42.	Fizza Fatima	B A I	23511051	2301185	Fizza
43.	Laxmi Kanwar	B A I	23511090	2301471	Laxmi

Omni Mathur

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

ACTIVITY – 2

Title- “Self-exploration and Mental Wellbeing”

Brochure



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

DEPARTMENT OF PSYCHOLOGY

On World Mental Health Day
is organizing
AN INTERACTIVE SESSION
ON
'SELF-EXPLORATION AND
MENTAL WELLBEING'

Resource Person- Ms. Vartika Balani,
(Psychodramatist)

- Department of Psychology
- Department of Home Science
- Women Development Cell
- Personality Development
- National Service Scheme(NSS)

Venue- Room no. 112
Date- 11th October 2023
Time- 1:30 p.m.

Activity Details

Date : 11th October 2023

Level : Inter Departmental

Venue : Room No. 112

Title of event : Interactive session on Self-exploration and Mental Wellbeing

No. of Participants : 15

Resource Person : Ms. Vartika Balani, Psychodramatist

Contact No: 6377615886

Description:-

The Department of Psychology and Home Science of Sophia Girls' College (Autonomous), Ajmer on the occasion of World Mental Health Day organized an Interactive session on "Self-exploration and Mental Wellbeing" on 11th October from 11:00 a.m. onwards in the Indoor Stadium. Ms. Vartika Balani, the resource person of the session addressed the students about the ways of exploring the 'self' through various activities. She also discussed with students regarding the strategies to improve one's mental wellbeing.

Learning Outcomes

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

- Understand the significance of mental well-being in the present scenario and create awareness of oneself- with help of various day to day activities.
- Implement different techniques of exploring and understanding self as a skill necessary to enhance ones well being

Permission Letter

O/c



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer

'A+' Grade by NAAC & registered under 2(f) & 12(B) of UGC

Website: sophia.college e-mail: office@sophiacollegeajmer.in

Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India) Phone No.: 0145-2427243

Date: 05-10-2023

Letter of Permission

To
The Principal
Sophia Girls' College (Autonomous)
Ajmer, Rajasthan

Subject: Permission to organize an interactive session on "Self-exploration and Mental Wellbeing"

Respected Sister,

With due respect, we seek your permission to organize an interactive session on "Self-exploration and Mental Wellbeing" for the Departments of Psychology, Home Science in collaboration with Women Development Cell, Personality Development Cell and National Service Scheme on 11th October 2023 at 1:30 p.m. in Room No. 112. The aim of this session is to provide means of exploring own self and the significance of mental well-being in the present times. We request you to kindly grant us permission for the same.

Thanking you

Yours sincerely


Dr. Asha Sharma
Head

Department of Psychology
Sophia Girls' College
(Autonomous), Ajmer


Prof. Sr. Pearl

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Invitation Letter

O/C



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer

'A+' Grade by NAAC & registered under 2(f) & 12(B) of UGC

Website: sophia.college e-mail: office@sophiacollegeajmer.in

Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India) Phone No.: 0145-2427243

REF: SGA/PSYCHO/2023-24/546-A

Date: 06-10-2023

Letter of Invitation

To
Ms. Vartika Balani
Psychodramatist
Jaipur

Dear Ma'am,

It gives us immense pleasure to formally invite you to be the **Resource Person** for an interactive session being organized for the Departments of Psychology, Home Science in collaboration with Women Development Cell, Personality Development Cell and National Service Scheme on 11th October 2023 at 1:30 p.m. in Room No. 112 It is our privilege to have you amongst us. Your expertise will definitely provide insight within the students to explore themselves and understand the significance of one's own mental well-being.

Kind Regards,

Yours sincerely


Dr. Asha Sharma

Head
Department of Psychology
Sophia Girls' College
(Autonomous), Ajmer


Prof. Sr. Pearl

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice



DEPARTMENT OF PSYCHOLOGY
SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

Notice

Date: 09-10-2023


This is to inform the students that the Departments of Psychology & Home Science, in collaboration with Women Development Cell, Personality Development Cell and National Service Scheme are organising an interactive session on **“Self-exploration and Mental Wellbeing”**.

The aim of this session is to provide ways of exploring one's own self and the importance of mental well-being. It is mandatory for all the students to attend.

Date –11th October 2023

Timings –1:30 p.m.

Venue – Room No. 112


(Dr. Asha Sharma)
Head
Department of Psychology
Sophia Girls' College
(Autonomous), Ajmer

Photos



Ajmer, Rajasthan, India
Jaipur Road, Mirsali Colony, Ajmer, Rajasthan 305001, India
Lat 26.475504°
Long 74.656°
11/10/23 02:55 PM GMT +05:30

Attendance

Sophia Girls' College (Autonomous), Ajmer

Department of Home Science

Event: Interactive session on Self-exploration and Mental Wellbeing

Date: 11th October 2023

S.no	Name of the student	Class	Roll No.	ID	Signature
1.	Anisha Johri	BA-I	23511013	2301043	Anisha
2.	Fizza Fatima	BA-I	23511051	2301185	Fizza
3.	Arham Chishty	BA-I	23511024	2301500	Arham
4.	Jshika Deulani	BA-I	23511060	2301337	Jshika
5.	Kameez Fatima	BA-I	23511073	2301062	Kameez
6.	S. Alisha Chishty	BA-I	23511178	2301082	Alisha
7.	Noorain Fatima	BA-I	23511116	2301085	Noorain
8.	Adiba	BA-II	22021189	2202089	Adiba
9.	Rahar Nisar Qureshi	BA-II	22021218	2202080	Rahar
10.	Sr. Madhuri	BA-III	2101098	2101351	Madhuri
11.	Sr. Sangeeta	BA-III	2101168	2101349	Sangeeta
12.	Sr. Sumita	BA-III	2101188	2101146	Sumita
13.	Sr. Angilina	BA-III	2101014	2101127	Angilina
14.	Alaya Lakra	BA-III	2102221	2102085	Alaya
15.	Carmela ERRA	BA-III	2101028	2101606	Carmela

Chini Mattina

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Activity 3

Title- “Field Trip to Chachiyawas”

Brochure



Department of Home Science
Sophia Girls' College (Autonomous), Ajmer

FIELD TRIP TO CHACHIYAWAS

Venue: RMKM, Chachiyawas

Date: 13th October , 2023

Time: 9:30 A.M.



Activity Details

Date : 13th October 2023

Level : Departmental

Venue: Minu Manovikas Mandir, Inclusive Education, Chachiyawas, Ajmer

Title of the Event: Field Trip to Chachiyawas

Total no. of students: 21

Description:-

On 13th October 23, the students of Home Science went for a field trip to the school of Inclusive education RMKM Chachiyawas with their play group activities which were prepared by them for the preschool children. They made some interesting things. special children play with their activities and spent time with them. The students learnt about the methods of teaching in inclusive education institutions. The activities prepared by the students were donated to the institution for further use.

Permission Letter



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer
Re-Accredited 'A'+Grade by NAAC & registered under 2(f) & 12(B) of UGC
website: sophia.college e-mail: office@sophiacollegeajmer.in Phone No.:
0145-2427243
Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India)

To,
The Principal
Sophia Girls' College (Autonomous),
Ajmer, Rajasthan

Date: 3-10-23

Subject: Permission to organize a Field Trip to RMKM, (Inclusive Education), Chachiyawas.

Dear Sister,

With due respect we seek your permission to organize a Field Trip to RMKM, (Inclusive Education), Chachiyawas on 13th October 2023 for the student of Department of Home Science. We request you to kindly grant us permission for the same.

Thanking you

Yours sincerely

Dr. Ruchi Mathur

Head, Department of Home Science

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Prof. Sr. Pearl

Principal

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice

SOPHIA GIRLS' COLLEGE (AUTONOMOUS)

AJMER



Notice

Date: 7.10.2023

This is to inform that the Department of Home Science is organizing a Educational Trip to RMKM Chachiyawas, Ajmer on 13th October 2023 for the students of B.A Part II. All students are required to carry their own teaching aids.

The aim of this visit is to inculcate and enhance the knowledge about the methods of inclusive education. All the students must be present without fail.

Assembling Point: Sophia College

Time: 8.00AM

A handwritten signature in blue ink, which appears to read 'Ruchi Mathur'. The signature is written in a cursive style.

(Dr. RUCHI MATHUR)

Photos



Attendance

Department of Home Science

Event- Visit to Chachiyawas

Date- 13th October 2023

Class- B.A. II year (Home Science)

S.no.	Name of the Students	Id	Signature
1.	Misba-chishty	2201597	Misba
2.	Pariyanshi Lakhotia	2201048	Pariyanshi
3.	Tanisha Tanwar	2201481	Tanisha Tanwar
4.	Nazish Bano	2201441	Nazish
5.	Elisa Varonica Doney	2201520	Elisa
6.	Nusrath Fatima	2201087	Nusrath Fatima
7.	Mehrin Chishty	2201037	Mehrin
8.	Mehnaz Zainab Chishty	2201035	Mehnaz
9.	Madhuri Bahla	2201008	Madhuri
10.	Syeda Hummath Fatima	2201344	Syeda Hummath Fatima
11.	Syeda Sakina	2201254	Sakina
12.	Rifah Jamali	220154	Rifah
13.	Sulem Jagirdar	2201047	Sulem Jagirdar
14.	Syeda Aliza	2201279	Aliza
15.	Rahat Nisar Qureshi	2202080	Rahat
16.	Adiba Khan	2202089	Adiba
17.	Zareen chishty	2201531	Zareen
18.	Syeda Saniya Qazi	2201424	Saniya
19.	Sugna Chishty	2201213	Sugna Chishty
20.	Mehnaz Bano	22010375	Mehnaz
21.	Syeda Sadaf Chishty	2201072	Syeda Sadaf Chishty
22.			

Head of Department of Home Science
Sanki Girls' Co

Activity 4

Title- "Outreach Programme"

Brochure

Department of Home Science with the Collaboration of

NSS



Sophia Girls' College (Autonomous), Ajmer

Topic: Outreach Programme

**Venue: Aids Centre
Kanakheri**

**Date: 19th December,
2023**



Activity Details

Date : 19th December 2023

Level : Collaborative

Venue: HIV centre, Kanakheri

Title of the Event: Outreach Programme

Total no. of students: 26

Description:-

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

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

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

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

Permission Letter



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer
Re-Accredited 'A'+Grade by NAAC & registered under 2(f) & 12(B) of UGC
website: sophia.college e-mail: office@sophiacollegeajmer.in Phone No.:
0145-2427243

Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India)

Date: 14-12-2023

To,
The Principal
Sophia Girls' College (Autonomous),
Ajmer, Rajasthan

Subject: Permission to go to Aids centre Kana kheri for Outreach Programme

Dear Sister,

With due respect, we seek your permission to go to Aids centre Kana kheri as a part of the Outreach Programme on 19th December 2023 for the students of Department of Home Science.

We request you to kindly grant us permission for the same.

Thanking you

Yours sincerely

Dr. Ruchi Mathur
Head, Department of Home Science

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Dr. Sr. Pearl

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice

SOPHIA GIRLS' COLLEGE (AUTONOMOUS)

AJMER



Notice

Date: 14.12 .2023

This is to inform that the Department of Home Science in collaboration with the NSS unit of Sophia College (Autonomous), Ajmer is organizing a special event (outreach programme) on 19th Dec.2023 to raise awareness about AIDS and show support to those affected by the disease.

The aim of the event is to spread love, joy, and knowledge about AIDS prevention and treatment. All the students must be present without fail.

Time: 1:30 A.M

Venue: Home Science lab



(Dr. RUCHI MATHUR)

Photos



Sophia Girls' College (Autonomous), Ajmer

Department of Home Science

Event: Visit to Kanakheri (Part of Community service)

Date: 19.12.23

S.no	Name of the student	Class	Roll No.	ID	Signature
1.	Bhumika Gianchandani	BA eng(hons) III	2102226	2102079	Bhumika
2.	Chahat Ramnani	BA eng(hons) III	2102227	2102076	Chahat
3.	Christina Khakha	BA eng(hons) III	2102228	2102022	Christina
4.	Bhoomi Shasna	BA eng(hons) III	2102225	2102105	Bhoomi
5.	Tanuja Rathore	BA III	2101204	2101094	Tanuja
6.	Vanshika Kumar	BA III	2101215	2101756	Vanshika
7.	Gr. Shree Vidhya	BA III	2101051	2101139	Gr. Vidhya
8.	Katyayani Shasna	BA III	2101071	2101425	Katyayani
9.	Syeda Hamiya Mansuri	BA III	2101193	2101689	Hamiya
10.	Sangita Ekka	BA III	2101160	2101349	Sangita
11.	Madhuri Mung	BA III	2101098	2101351	Madhuri
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					

Sophia Girls' College (Autonomous), Ajmer

Department of Home Science

Event: Visit to Kanakheri (Part of Community service)

Date: 19.12.23

S.no	Name of the student	Class	Roll No.	ID	Signature
1.	Syeda Kulsum Chishty	BA-I	23511180	2301236	Kulsum
2.	Syeda Mahabachishty	BA-I	23511181	2301008	Mahaba
3.	Kaneez Fatima	BA-I	23511073	2301062	Kaneez
4.	Syeda Alisha Chishty	BA-I	23511178	2301082	Alisha
5.	Ishika Dulami	B.A-I	23511060	2301337	Ishika
6.	Tanisha Khatwani	B.A-I	23511192	2301141	Tanisha
7.	Anisha Johri	B.A-I	23511043	2301043	Anisha
8.	Arham Chishty	B.A-I	23511024	2301500	Arham
9.	Rida	B.A-I	23511138	2301504	Rida
10.	Tanisha Agarwal	BA-I	23511191	2301036	Tanisha
11.	Harshita Choudhary	B.A-F	23511055	2301596	Harshita
12.	Varshita Kiradia	B.A-I	23511201	2301198	Varshita
13.	Shagun Samara	BA-I	23511156	2301229	Shagun
14.	Sameena	BA-I	23511153	2301410	Sameena
15.	Ruchi Meena	BA-I		2305143	Ruchi
16.					
17.					Anu Mathur
18.					Head Department of Home Science
19.					Sophia Girls' College (Autonomous), Ajmer

Activity 5

Title- “Medical Camp”

Brochure



Department of Home Science,
in Collaboration with NSS
of Sophia Girls' College
(Autonomous),Ajmer is organizing
A Medical Camp

**Resource person: Medical
Officers of Shastri
Hospital,Ajmer
Venue: College Indoor
Stadium
Date: 19th January 2024.**



Activity Details

Date : 19th January 2024

Level : Collaborative

Venue: College Indoor Stadium

Title of the Event: Medical Camp

Total no. of students: 34

Description:-

Department of Home Science and the NSS unit of Sophia College in collaboration with Shastri Hospital, Ajmer organized a comprehensive medical camp on 19th January 2024. It aimed at promoting health and wellness among students and teachers both. The event featured a range of medical tests, including blood pressure measurements, blood sugar screenings, and BMI assessments. The camp facilitated early detection of potential health issues and provided valuable insights into participants' overall well-being. The collaborative effort between healthcare professionals and students ensured the smooth execution of the camp, fostering a sense of community health awareness. The initiative not only prioritized the physical health of the college community but also encouraged a proactive approach to well-being among both students and faculty.

Permission Letter



Sophia Girls' College (Autonomous), Ajmer

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Re-Accredited 'A'+Grade by NAAC & registered under 2(f) & 12(B) of UGC
website: sophia.college e-mail: office@sophiacollegeajmer.in Phone No.:
0145-2427243

Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India)

To,
The Principal
Sophia Girls' College (Autonomous),
Ajmer, Rajasthan

Date:12-01-24

Subject: Permission to organize a collaborative activity with NSS on Medical Camp

Dear Sister,

With due respect, The Department of Home Science and the NSS unit of Sophia College in collaboration with Shastri Hospital, Ajmer wish to organize a comprehensive medical camp on 19th January 2024. The aim of the activity is to promoting health and wellness among students and teachers .

we seek your permission to organize this activity. We request you to kindly grant us permission for the same.

Thanking you

Yours sincerely

Dr. Ruchi Mathur

Head, Department of Home Science

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Prof. Sr. Pearl

Principal
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice

SOPHIA GIRLS' COLLEGE (AUTONOMOUS)

AJMER



Notice

Date: 11.01 .2024

This is to inform that the Department of Home Science and the NSS unit of Sophia College in collaboration with Shastri Hospital, Ajmer is organising a comprehensive medical camp on 19th January 2024.

It aims at promoting health and wellness among students and teachers both. The camp will facilitate early detection of potential health issues and provided valuable insights into participant's overall well-being. All the students must be present without fail.

Time: 1:30 A.M

Venue: Home Science lab



(Dr. RUCHI MATHUR)

Photos



Attendance Letter

Sophia Girls' College (Autonomous), Ajmer

Department of Home Science

Event: Medical Camp

Date: 19th January 2024

S.no	Name of the student	Class	Roll No.	ID	Signature
1.	G. Shree Vidhya	BA-III	2101051	2101139	Judy
2.	Manya Jangid	BA-III	2101107	2101077	Ma
3.	Bhawna Jain	BA-III	2101024	2101725	Shawana
4.	Lipsa Khemani	BA-III	2101094	2101845	h
5.	Tulsi Patel	BA-III	2101210	2101886	Tulsi
6.	Tulsi Vasandani	BA-III	2101063	2101148	Tulsi
7.	Bhoomika Gianchandani	BA-III	2102226	2102079	Bhoomika
8.	Bhoomi Sharma	BA-III	2102225	2102105	Bhoomi
9.	Tanuja Rathore	BA-III	2101207	2101094	Tanuja
10.	S. Muneera Moini	BA-III	2101197	2101135	Muneera
11.	Chahat Ramnani	BA-III	2102227	2102076	Ch
12.	Christina Khakha	BA-III	2102228	2102022	Ch
13.	Carmela Ekka	BA-III	2101028	2101606	CE
14.	Alaya Lakra	BA-III	2102221	2102085	Alaya
15.	Sr. Madhuri	BA-III	2101098	2101351	Madhuri
16.	Sr. Sangeeta	BA-III	2101168	2101349	Sangeeta
17.	Sr. Sumita	BA-III	2101188	2101146	Sumita
18.	Sr. Angilina	BA-III	2101014	2101127	Angilina
19.	Mareena Marteen	BA-III	2102241	2102041	Mareena
20.	Adiba	BA-II	22021189	2202089	Adiba
21.	Rahat Nisar Qureshi	BA-II	22021218	2202080	Rahat
22.	Maham Hasnain	BA-I	23511094	2301131	Maham
23.	S. Maakeba Chishty	BA-I	23511081	2301008	Maakeba
24.	S. Kulsum Chishty	BA-I	23511180	2301236	Kulsum
25.	S. Muneeba Moini	BA-I	23511082	2301065	Muneeba
26.	Tanisha Khaturani	BA-I	23511192	2301141	Tanisha
27.	S. Tahera Fatima	BA-I	23511186	2301007	Tahera
28.	Tanisha Agarwal	BA-I	23511191	2301036	Tanisha

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Department of Home Science
Sophia Girls' College

29.	Noorain Fatima	BA-I	23511116	2301085	Noorain
30.	Kameez Fatima	BA-I	23511073	2301062	Kameez
31.	S. Alisha Chishty	BA-I	23511178	2301082	Alisha
32.	Eizza Fatima	BA-I	23511051	2301185	Eizza
33.	Laxmi Kanwar	BA-I	23511090	2301471	Laxmi
34.	gshika Deulani	BA-I	23511192	2301141	gshika
35.					

Anu Mathur

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Activity 6

Title- “Talk on Breast Cancer”

Brochure



The brochure features a purple and pink watercolor background. In the top left corner is a crest with a sun, a cross, and a banner. The text is centered and uses a mix of bold, italicized, and underlined fonts. On the left side, there is an illustration of a woman in a pink sari holding a pink ribbon, with the text 'Breast Cancer AWARENESS' above her. The event details are listed on the right side.

 **Department of Home Science with the
Collaboration of NSS
Sophia Girls' College (Autonomous),
Ajmer**


**Topic: Talk on Breast
Cancer**

Venue: College Auditorium

Date: 3rd February, 2024

Time: 1:30 P.M.

**Breast Cancer
AWARENESS**



Activity Details

Date : 3rd Feb.2024

Level : Collaborative

Venue: Auditorium

Title of the Event: Talk on breast cancer

Total no. of students: 21

Description:-

A talk was organized by The Department of Home Science and the NSS (National Service Scheme) and (Red Ribbon Club) in collaboration with Shastri Hospitals at Sophia Girls' College (Autonomous), Ajmer, the focus was on raising awareness about breast cancer, its precautions, and self-detection methods. The subject specialist delivered a poignant address, emphasizing the critical importance of early detection in improving the survival rate. The speaker delved into the prevalence of breast cancer, shedding light on its impact on women's health. They underscored the significance of adopting a proactive approach through regular screenings and self-examinations. Practical demonstrations and informative visuals were used to empower the audience with knowledge about self-detection techniques, encouraging women to be vigilant about any changes in their breasts. Preventive measures took centre stage during the talk which was given by an expert nutritionist. The specialist stressing the role of a healthy lifestyle, regular exercise, and a balanced diet in reducing the risk of developing breast cancer. The audience, comprising students and faculty, actively participated in the interactive Q & A, session posing questions and gaining valuable insights.

Permission Letter



Sophia Girls' College (Autonomous), Ajmer

Affiliated to Maharshi Dayanand Saraswati University, Ajmer
Re-Accredited 'A'+Grade by NAAC & registered under 2(f) & 12(B) of UGC
website: sophia.college e-mail: office@sophiacollegeajmer.in Phone No.:
0145-2427243

Address: Mirshali, Jaipur Road, Ajmer-305001, Rajasthan (India)

To,
The Principal
Sophia Girls' College (Autonomous),
Ajmer, Rajasthan

Date: 23-01-24

Subject: Permission to organize a collaborative activity with NSS on "A Talk on Breast Cancer"

Dear Sister,

With due respect, The Department of Home Science and NSS (National Service Scheme) seek your permission to organize "A Talk on Breast Cancer" on 3rd February 2024 in collaboration with Shastri Hospital, the purpose of this talk is to raise awareness about breast cancer, its precautions, and self-detection methods.

We request you to kindly grant us permission for the same.

Thanking you

Yours sincerely

Dr.. Ruchi Mathur

Head, Department of Home Science

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Prof. Sr. Pearl

Principal

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Notice

SOPHIA GIRLS' COLLEGE (AUTONOMOUS)

AJMER



Notice

Date: 31st.01.2024

This is to inform that A talk on Breast Cancer is organizing on 3rd Feb. 2023 by The Department of Home Science and the NSS (National Service Scheme) and (Red Ribbon Club) in collaboration with Shastri Hospitals at Sophia Girls' College (Autonomous), Ajmer.

The focus will be to raise awareness about breast cancer, its precautions, and self-detection methods. All the students must be present without fail.

Time: 1:30 A.M

Venue: Home Science lab



(Dr. RUCHI MATHUR)

Photos



Attendance

Sophia Girls' College (Autonomous), Ajmer

Department of Home Science

Event: Talk on Breast Cancer

Date: 3rd February 2024

S.no	Name of the student	Class	Roll No.	ID	Signature
1.	Syedakulsum Chishty	BA-I	2351180	2301236	Kulsum
2.	Sy. Mahaba Chishty	BA-I	2351181	2301008	Mahaba
3.	Rameez Fatima	BA-I	23511073	2301062	Rameez
4.	Anisha Johri	BA-I	23511073	2301043	Anisha
5.	Varshita Kiradia	BA-I	23511201	2301198	W
6.	Sameena	BA-I	23511153	2301410	Sameena
7.	Arham Chishty	BA-I	23511024	2301500	Arham
8.	Ishika Dulani	BA-I	23511060	2301337	Ishika
9.	Shagun Samaria	BA-I	23511156	2301229	Shagun
10.	Adiba	BA-II	22021189	2202089	Adiba
11.	Rahat Nisar Qureshi	BA-II	22021218	2202080	Rahat
12.	Si. Madhuri	BA-III	2101098	2101351	Madhuri
13.	Cr. Shree Vidhya	BA-III	2101051	2101139	Vidhya
14.	Tamija Rathore	BA-III	2101207	2101094	Tamija
15.	Bhoomika Gianchandani	BA-III	2102226	2102079	Bhoomika
16.	Bhoomi Sharma	BA-III	2102225	2102105	Bhoomi
17.	Chahat Ramnani	BA-III	2102227	2102076	Chahat
18.	Christina Khakha	BA-III	2102228	2102022	Christina
19.	Alaya Lakra	BA-III	2102221	2102085	Alaya
20.	Si. Sangeeta	BA-III	2101168	2101349	Sangeeta
21.	S. Muneera Maini	BA-III	2101197	2101135	Muneera
22.					
23.					
24.					
25.					
26.					
27.					
28.					

Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Munir Mathur