

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



**DEPARTMENT OF HOME SCIENCE**

**2018-19**



*Department of Chemistry, Home Science and Sociology*  
**Sophia Girls College (Autonomous), Ajmer**

*Are Jointly Organizing*

**A SEMINAR ON**

**“HOW TO WRITE A RESEARCH PAPER”**



**Dr. Monika Kannan**

Associate Professor and

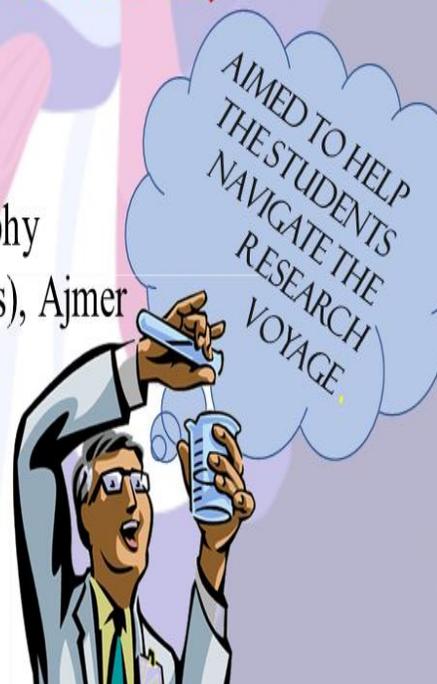
Head Department of Geography

Sophia Girls' College (Autonomous), Ajmer

**1<sup>st</sup> SEPTEMBER 2018**  
**COLLEGE AUDITORIUM**

**1:30 pm**

*LET'S DO IT'.....*



**Date:**1<sup>st</sup> September 2018

**Level:** Departmental

**Venue:** College Campus

**Title of the event:** A seminar on how to write a research paper

**Total No students :** 40

**Resource Person:** Dr. Monika Kannan, Associate Professor and Head, Department of Geography, Sophia Girls' College (Autonomous), Ajmer

**Description:** This seminar would provide an opportunity as to how a research paper can be developed. It would also channelize their interests to exploring a topic that interests them the research realm. A seminar was conducted on 'How to write a research paper by Dr. Monika Kannan, Head PG dept. Of Geography, Sophia Girls' college, Ajmer on 1<sup>st</sup> September, 2018 to the final year students of the department of Home Science with other departments. Around 40 students participated in the seminar from Home Science. It was aimed at orienting students to writing research papers so that they can write their ideas and present in reputed journals. The students learned about the care to be taken while writing a research paper.

**Learning Outcome:** To motivate the students to improve their research skills.

# Department of Home Science



## Sophia Girls' College (Autonomous), Ajmer Educational Trip To Jaipur



**Venue:(Saras Dairy, Bagru)  
Jaipur**

**Date: 7th September, 2018**

**Time: 8 A.M.**

**Date:** 7<sup>th</sup> September 2018

**Level:** Departmental

**Venue:** Saras Dairy, Bagru Textile Industry, Jaipur

**Title of the event :** An Educational Trip to Jaipur

**Total no of students:** 54

**Description:** The home-science association of Sophia girls college Ajmer organized an educational trip to Jaipur. The first place visited was: “Saras Dairy” of Jaipur which is said to be the biggest Saras Dairy of whole Rajasthan there the students learnt about the methods and techniques of milk and milk products preservation and they also visited Bagru Textile Industry” which is famous for its products made from natural colors and hand-work. here the students learnt about the various dyeing and printing techniques.

**Learning Outcome:** To make the students aware about the food preservation methods and different printing techniques.



# **Department of Home Science**



**Sophia Girls' College  
(Autonomous), Ajmer**

## **Nutrition Fest**



**Venue: College Campus**

**Date: 18th to 20th September 2018**

**Time: 9:00 A.M.**

**Date:** 18<sup>th</sup> to 20<sup>th</sup> September 2018

**Level:** Departmental

**Venue:** College Campus

**Title of the event:** Nutrition Fest

**Resource person (19 September 2018) :**

1) Mrs. Divya Rathore (Dietician, Mayo Girls' College, Ajmer)

2) Ms. Natasha Khurana (District Co-ordinator) Department of women and child development, Ajmer)

**Resource person (20 September 2018):** 1. Ms. Nisha Jain Grover (Founder and Director of Vatsalaya Legacy Pvt Ltd., Jaipur)

**Total no of students:** 72

**Learning Outcome:** To develop Entrepreneurial and marketing skills in the students and provide the knowledge regarding different fields of Home Science.

**Description:** A 3 day event was organized by the department of Home-Science

**18<sup>th</sup> September 2018:-**

The first competition of 3 day event was “**Nutritive Recipe Making Competition**”. There were total 11 groups which consisted of 3-5 participants. The participants had put up stalls to showcase their delicious and nutritive food. The judgement of the recipes was done by the judges, there were 3 winning groups decided which were awarded.

**19 September 2018:-** On the second day of the fest a talk was given by Mrs. Divya Rathore who is a dietician in Mayo Girls college, Ajmer and an active social worker Miss Natasha Khurana. Mrs. Divya gave a talk on “**Importance of nutrition at various stages of life**” Our next speaker Mam Natasha gave useful information about various ongoing nutrition schemes run by Indian government.

**20<sup>th</sup> September 2018:-** An **interactive session on the topic “Women and their well-being”** was organized for the students on 20<sup>th</sup> September 2018. The resource person was Nisha Jain Grover, the Founder and Director of Vatsalaya Legacy Pvt Ltd., Jaipur. Her session highlighted about her own journey from a young bride to creating her own company which works with children with learning disabilities. She encouraged the students to be resilient and to never stop learning. A total of 172 students of Home Science and Psychology participated in the session. It was also a part of the Nutrition fest activity.



# **DEPARTMENT OF HOME SCIENCE**



**SOPHIA GIRLS' COLLEGE  
(AUTONOMOUS) ,AJMER  
REPRESENTATION OF SOPHIA GIRLS  
COLLEGE AT DISTRICT LEVEL**

## **NUKKAD NATAK**



**VENUE: URBAN HAAT**

**DATE: 26TH SEPTEMBER 2018**

**TIME: 10:00 A.M.**

**SOPHIA GIRLS' COLLEGE, (AUTONOMOUS) AJMER**  
**DEPARTMENT OF HOME SCIENCE**  
**Session 2018-19**

**Date:** 26<sup>th</sup> September 2018

**Level:** District Level

**Venue:** Urban Haat, Ajmer

**Title of the event:** Nukkad Natak

**Total No of students:** 15

**Description:** To celebrate poshan maah in collaboration with the women and child development department, the students of Sophia Girls College also participated in this event, they presented a nukkadnatak on women and social issues and also made the women aware about the importance of Nutrition in pregnancy and lactation

**Learning outcome:** To create awareness about Nutrition during Pregnancy and lactation in women.





**DEPARTMENT OF PSYCHOLOGY  
IN COLLABORATION WITH THE  
DEPARTMENT OF  
HOME-SCIENCE & WDC**

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

is organizing

**INTERACTIVE SESSION  
ON  
MENTAL HEALTH OF  
WOMEN & CHILDREN**



*Resource Person- Dr. Neerja Thergaonkar,  
Child Psychologist, Mumbai*

*Alumni of Sophia Girls' College, Ajmer.*

*Venue- Auditorium*

*Date- 28th January 2019*

**Date:** 28<sup>th</sup> January 2019

**Level:** Inter Departmental

**Venue:** Auditorium, College Campus

**Title of the event:** Interactive session on the topic Mental health of Women and Children

**Resource Person:** Dr. Neerja Thergaonkar

**Total no of students:** 200

**Description:** An Interactive session on the topic “**Mental health of Women and Children**” was held on 28<sup>th</sup> January 2019. The resource person, Dr Neerja Thergaonkar is an alumni of Sophia Girls’ College. She discussed about the important developmental milestones, resilience and the modern day issues affecting young kids. She also shared about her experience of being a child psychologist and emphasized upon the qualities needed to be a good counselor. 200 students participated in the session.

**Learning outcome:** On the completion of the above activity the students will be able to –

Appreciate and understand the importance of developmental milestones, resilience and the modern day issues affecting young kids. Realize and understand the importance of having a sense of purpose, living & working productively and coping with the daily stressors of life.



# Department of Home Science



**Sophia Girls' College  
(Autonomous), Ajmer**

**REPRESENTATION OF SOPHIA GIRLS'  
COLLEGE AT  
DISTRICT LEVEL**

**NUKKAD NATAK**



**Venue : Anganwadi Ghooghra  
Ghati and Gagwana**

**Date : 2 nd February 2019**

**Time: 10:00 A.M.**

**Date:** 2<sup>nd</sup> February 2019

**Level:** District

**Venue:** Anganwadi centres of Ghoghraghati and Gagwana.

**Title of the event:** Nukkad Natak in Nutrition awareness camp

**Total Number of students:** 38

**Description:** To Celebrate Poshan Maah with women and Child Development Department, Students of Sophia girls College also participated in this event, they had presented Nukkad Natak on Women and Social Issues. They presented their program on two different Anganwadi centers of Ghoghraghati and Gagwana. This program created awareness regarding nutrition during pregnancy and lactation.

**Learning Outcome:** To create awareness about Nutrition During Pregnancy through Nukkad Natak



**Department of Home  
Science**



**Sophia Girls' College  
(Autonomous), Ajmer**

**Educational Trip to  
Tilonia**



**Venue: Bare Foot College, Tilonia**

**Date: 12th February, 2019**

**Time: 8:00 A.M.**

**Date:** 12<sup>th</sup> February,2019

**Level:** Inter Departmental

**Venue:** Barefoot College,Tilonia

**Title of the event:** Educational trip to Tilonia

**Total no of students:** 38

**Description:** An educational trip to Tilonia was organised by ‘Aashiyaan’ the Home Science Association of Sophia Girls College Autonomous, Ajmer. The authorities of the organization showed a video of the founder of the ‘Barefoot College,Tilonia’ , then they presented a puppet show on the theme of Child Labour which was presented in a local language in the village by them to create awareness on different social issues. After that the incharge showed how they made different things with waste and ordinary material.

**Learning Outcome:**The objective of the trip was to create awareness among the students about the Barefoot College and its related organization aimed at empowering rural and downtrodden women across nations.

