

ANNUAL REPORT



2020 - 2021

ARYA MAHILA P. G. COLLEGE

CHETGANJ, VARANASI

Admitted to the privileges of Banaras Hindu University, Varanasi
College with Potential for Excellence

ABOUT COLLEGE

Arya Mahila P.G. College was founded and is managed by Shri Arya Mahila Hitakarini Mahaparishad. College was established in 1956 by the efforts of Smt. Vidya Devi Ji, disciple of Shri Gyananand Maharaj Ji who laid the foundation of Bharat Dharma Mahamandal to promote the cause of women in the field of education and to preserve Indian culture and human values. Situated in the heart of Kashi at Chetganj, the college has been admitted to the privileges of Banaras Hindu University since its inception.

Arya Mahila P.G. College endeavours to provide comprehensive, meaningful and relevant education to girls so that they could become intellectually enlightened, morally upright, socially aware and spiritually awaken as every girl has the potential and is the light of world and the pride of human race.

As a result of multi-dimensional progress, dynamic leadership and academic excellence the NAAC (National Assessment of Accreditation Council) has conferred "A" grade to the college in the academic session 2012-2013. In Session 2015-16 College has achieved status of "**College with Potential for Excellence (CPE)**" by UGC. College runs 02 vocational courses under the banner of **Community College** (UGC).

PRESIDENT'S MESSAGE

My message to the Principal, Staff, Students and esteemed Parents of Arya Mahila P.G.College, Varanasi admitted to the privileges of Banaras Hindu University governed by Shri Arya Mahila Hitkarini Mahaparishad, is to dedicate this year to a correct understanding of what education means and let us all benefit from this understanding.

The college is the most preferred place among the students who seek quality higher education. The global standard maintained in infrastructure and pedagogy is commendable. The stimulating and challenging learning atmosphere makes the college unparalleled. We strive for excellence in everything we do. We provide a learning environment that allows every student to thrive as an individual. Excellent performance is not an exception but an expectation at High.

We value collaborative learning, positive relationships and building capacity amongst our students to effectively allow them to engage in the world of the future, where problem-solving, evaluating, working in teams, communicating, creating and innovating are not only valued concepts, but expected skills, attributes and capabilities.

To quote former President of India Mr Abdul Kalam, "All Birds find shelter during a rain. But Eagle avoids rain by flying above the Clouds."

MANAGER'S MESSAGE

Somewhere, something incredible is waiting to be known." -Carl Sagan

I am privileged to be associated with Arya Mahila P.G. College, Varanasi, which has set itself as a model in the higher education scenario. Established in 1956, the college has made remarkable progress in manner and matter. The exemplary and dedicated faculty is a great asset to the institution. Our mission is to provide outstanding education and inspire our students to engage in both academic and enriching extra-curricular programmes.

Our curriculum develops student learning and understanding, a culture of thinking, inquiry and reflection, resilience and independence, always focused upon improving the whole personality and tomorrow's responsible citizens. Our students actively participate in youth programmes, debate and a wide range of competitive and sporting events, service-learning and outdoor activities.

"I wish the institution to grow more as a centre of excellence".

PRINCIPAL'S MESSAGE

“Arya Mahila P.G. College established in the year 1956 and admitted to the privileges of Banaras Hindu University in the year 1958, was a dream envisioned by its founders Smt. Vidya Deviji an able disciple of Swami Gyananand Maharaj Ji. The guiding principle of the college remains the empowerment of the girl child through holistic education and to promote the over all development of the personality of the students to meet the global challenges. As a Principal of this esteemed institution, I take great pride in humbly dedicating my services in taking college to greater heights.”

BASANT PANCHAMI

Saraswati Pooja was celebrated with Shri Arya Mahila Hitkarini Maha Parishad on 16th February 2021. All Management committee members with teaching and non-teaching faculties of the college were present in this this programme. Cultural Performance was given by the students of Arya Mahila P G College.



FOUNDATION DAY

Foundation day of the college was celebrated with Teaching and Non-Teaching staff on 14th December 2020.



INTERNATIONAL YOGA DAY

International yoga Day was celebrated in college in hybrid mode, i.e. online and Offline. All the teaching staff joined this yoga say celebration through virtual mode and nonteaching staff joined his event in offline mode. Km Geeta Singh was the demonstrator for the session. She demonstrated and explained the benefits of Yog through various yogasana.



VIDYANJALI

ONE DAY NATIONAL WEBINAR

ON


NAI SHIKSHA NITI AUR ADHUNIK PARIVESH

One day National Webinar was organized by the college on 4th October 2020 on the “Nai Shiksha Niti aur Adhunik Parivesh”.

विद्यांजलि

आविर्भाव - स्मृति समारोह

४ अक्टूबर, २०२० - २०२१



आर्य महिला पी० जी० कॉलेज, चेतगंज, वाराणसी ।
काशी हिन्दू विश्वविद्यालय से संबद्ध ।
नेक द्वारा “A” ग्रेड तथा यू० जी० सी० द्वारा “CPE” प्राप्त ।

सम्मानित वक्ता



प्रोफेसर (डॉ.) औतार लाल मीणा
प्रोफेसर एवं विभागाध्यक्ष, दर्शन-शास्त्र विभाग,
जय नारायण व्यास विश्वविद्यालय, जोधपुर ।



प्रोफेसर दिलीप चरण
प्रोफेसर और प्रमुख, दर्शन-शास्त्र विभाग,
गुजरात विश्वविद्यालय, अहमदाबाद ।

संरक्षक



प्रोफेसर रचना दूबे
प्राचार्या
आर्य महिला पी० जी० कॉलेज, वाराणसी ।



डॉ० शशिकान्त टीक्षित
प्रबन्धक
आर्य महिला पी० जी० कॉलेज, वाराणसी ।



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विद्यांजलि

आविर्भाव - स्मृति समारोह
2020-2021

प्रमाण-पत्र

यह प्रमाणित किया जाता है कि ने 04 अक्टूबर, 2020

को आयोजित "नई शिक्षा नीति और आधुनिक परिवेश" विषयक राष्ट्रीय वेबिनार में सफलता पूर्वक भाग लिया।

आर्य महिला पी० जी० कॉलेज, वाराणसी आपके उज्वल गविष्य की कामना करता है।

शुजला रास
संयोजक
डॉ० बृजबाला सिंह

@namika
संयोजक
डॉ० अनामिका सिंह

Richa Mishra
आयोजन राचिव
डॉ० ऋचा मिश्रा

Rachy
प्राचार्या
प्र० रचना दुबे



शिक्षा पूर्णतः राज्य से नियंत्रित व निःशुल्क होनी चाहिए : मीणा

■ सहायक मुख्य वक्ता वाराणसी।

जयनारायण व्यास विश्वविद्यालय के प्रोफेसर और लाल मीणा ने कहा कि भारतीय राजनीति और शिक्षा के क्षेत्र में जो परिवर्तन होना चाहिए, उसे राज्य सरकारों को लागू करना होगा। उन्होंने कहा कि शिक्षा नीति निर्धारण को पूर्णतः राज्य सरकारों के हाथ में होना चाहिए।

उन्होंने कहा कि शिक्षा नीति और आधुनिक परिवेश के संदर्भ में शिक्षा नीति निर्धारण को पूर्णतः राज्य सरकारों के हाथ में होना चाहिए। उन्होंने कहा कि शिक्षा नीति निर्धारण को पूर्णतः राज्य सरकारों के हाथ में होना चाहिए।



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विश्वविद्यालय के प्रो. दिलीप चारण ने कहा कि शिक्षा नीति और आधुनिक परिवेश के संदर्भ में शिक्षा नीति निर्धारण को पूर्णतः राज्य सरकारों के हाथ में होना चाहिए। उन्होंने कहा कि शिक्षा नीति निर्धारण को पूर्णतः राज्य सरकारों के हाथ में होना चाहिए।

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राज्य की ओर से नियंत्रित और निःशुल्क हो शिक्षा

वेबिनार

वाराणसी | वरिष्ठ संवाददाता

जयनारायण व्यास विश्वविद्यालय, जोधपुर के प्रो. अवतार लाल मीणा ने कहा है कि नई शिक्षा नीति आदर्शवादी परिकल्पना पर आधारित है। शिक्षा पूर्णतः राज्य द्वारा नियंत्रित एवं निःशुल्क और भोदभाव रहित होनी चाहिए। किन्तु नई शिक्षा नीति में कहीं भी इनका उल्लेख नहीं है।

प्रो. मीणा रविवार को आर्य महिला हितकारिणी महापरिषद की ओर से विद्यादेवी आविर्भाव स्मृति समारोह पर आयोजित वेबिनार को संबोधित कर रहे थे।

विश्व वक्ता प्रो. दिलीप चारण ने कहा कि विश्व का कोई भी देश अपने लक्ष्य की ओर तभी अग्रसर हो सकता है, जब वो अपनी शिक्षा प्रणाली को राष्ट्रीय मूल्यों के साथ जोड़े। कार्यक्रम का शुभारम्भ डॉ. ममता सान्याल द्वारा कुलगीत से हुआ। शोध छात्रा शुभा वर्मा ने विद्या देवी के शिक्षा के क्षेत्र में किए गए योगदान के बारे में जानकारी दी। विद्यांजलि स्मृति- समारोह में डॉ. बृजबाला सिंह द्वारा संपादित दो पुस्तक 'रामचरितमानस में निहित मानव मूल्य' और 'रामकथा वैश्विक परिदृश्य' का लोकार्पण प्राचार्या प्रो रचना दुबे ने किया। अतिथियों का स्वागत अनामिका सिंह, धन्यवाद ज्ञापन डॉ. ऋचा मिश्रा और संचालन डॉ. बृजबाला सिंह ने किया।

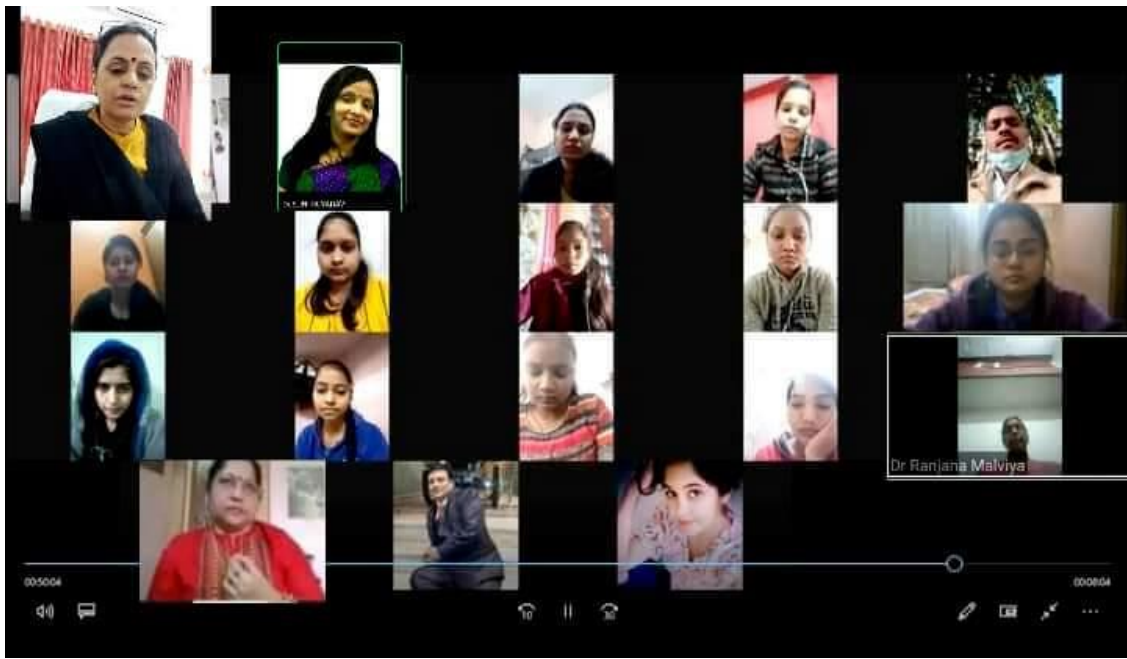
नई शिक्षा नीति और आधुनिक परिवेश पर हुई चर्चा

वाराणसी। आर्य महिला पीजी कॉलेज चेतगंज की ओर से विद्यादेवी स्मृति समारोह पर 'विद्यांजलि' कार्यक्रम का आयोजन किया गया। जिसमें 'नई शिक्षा नीति और आधुनिक परिवेश' विषय पर राष्ट्रीय वेबिनार में वक्ताओं ने अपने विचार रखे। मुख्य वक्ता जयनारायण व्यास विश्वविद्यालय जोधपुर के प्रो. औतार लाल मीणा ने कहा कि शिक्षा का संपूर्ण राष्ट्र में सभी नागरिकों के लिए एक समान शासकीय तंत्र होना चाहिए। गुजरात विश्वविद्यालय के प्रो. दिलीप चारण ने कहा कि देश अपने लक्ष्य की ओर तभी अग्रसर हो सकता है, जब शिक्षा पद्धति को अपने राष्ट्रीय मूल्यों से जोड़े। इस दौरान डॉ. बृजबाला सिंह, प्रो. रचना दुबे, डॉ. ममता सान्याल, डॉ. अनामिका सिंह, डॉ. ऋचा मिश्रा, शुभा वर्मा आदि मौजूद रहे।

कोरोना काल में सामाजिक कार्यों की सराहना

INDUCTION PROGRAMME

Department of Ancient Indian History Culture & Archaeology, Arya Mahila PG College, Varanasi, Successfully conducted an Online Induction programme for M.A. first Semester Student's on December 17, 2020 The induction programme is designed to make the newly joined students feel comfortable, sensitize them towards exploring their academic interest and activities, reducing competition and make them aware of the academic opportunities and curricular activities available for them.

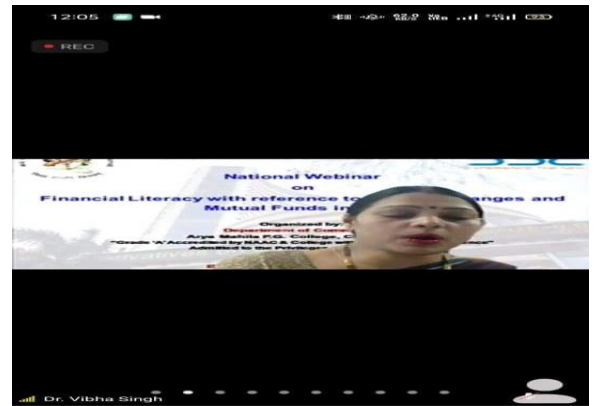


‘FINANCIAL LITERACY WITH REFERENCE TO STOCK EXCHANGES AND MUTUAL FUNDS IN INDIA’

A One Day National webinar on the topic ‘**Financial Literacy with Reference to Stock Exchanges and Mutual Funds in India**’ organized by Department of Commerce on 3rd March, 2021. As we all know that the financial growth and development of any country depends upon their financial ability and their overall financial system. The Financial system of India comprises of the Financial institutions, Markets, Financial instruments and Financial services. Financial market serves as a link between savers and investors.

Keeping the point of investor's protection and awareness into mind, the Department of Commerce in collaboration with BSE has organised a National Webinar, which has covered all the aspects related with stock markets and the various issues faced by the investors who invest their hard-earned savings into the highly volatile market.

The key speaker for this webinar was **Shri Raghunandan Pattanaik (National Trainer Banking Financial Services & Insurance (BFSI))**. Welcome speech was presented by Prof. Manju Rai and Vote of thanks was given by Dr. Meena Singh the session was conducted by Dr. Vibha Singh. Several Topics were discussed in the webinar and more than 150 delegates participated in the webinar.



ONE DAY NATIONAL SEMINAR ON "AGRICULTURAL CRISIS AND FARM BILL 2020".

Department of Economics Arya Mahila PG College organised One Day National Webinar on "Agricultural Crisis and Farm Bill 2020" on 24th December 2020 in collaboration with the Department of Economics University of Allahabad through Zoom Meeting app. Around three hundred participants attended the webinar. The chief Guest of the webinar was Prof. Rajendra P Mamgain, Professor, S.R. Sankaran Chair (Rural Labour), National Institute of Rural Development and Panchayati Raj, Hyderabad and the Keynote speaker of the Webinar were Prof. Manmohan Krishna from the Department of

Economics, University of Allahabad, Allahabad. Total 365 participants participated in this webinar.

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National Webinar
 On
"Agricultural Crisis and Farm Bill 2020"
 December 24th, 2020

Timing: 5.30 PM

Organized by
 Department of Economics & IQAC
 Arya Mahila P.G. College
 Chetganj, Varanasi
 in Collaboration with
 Department of Economics,
 University of Allahabad,
 Allahabad

Chief Guest
 Prof. Rajendra P. Mangain
 Professor, S.R. Sankaran Chair (Rural Labour)
 National Institute of Rural Development and Panchayati Raj
 Hyderabad

Keynote Speaker
 Prof. Manmohan Krishna
 Department of Economics
 University of Allahabad
 Allahabad

Patron
 Dr. Shashikant Dikshit
 Manager
 Arya Mahila PG College
 Varanasi

Seminar Chair Person
 Prof. Rachana Dubey
 Principal
 Arya Mahila PG College
 Varanasi

Organising Secretary
 Dr. Shashibala Srivastava
 Associate Professor & Head
 Department of Economics
 Arya Mahila PG College

Organising Secretary
 Dr. Manju Bank
 Associate Professor
 Department of Economics
 Arya Mahila PG College

Convener
 Dr. Annapurna Dixit
 Assistant Professor
 Department of Economics
 Arya Mahila PG College

Organising Secretary
 Dr. Namita Gupta
 Assistant Professor
 Department of Economics
 Arya Mahila PG College

कृषि संकट व कृषि बिल पर अर्थशास्त्रियों ने किया मंथन

वाराणसी (एसएनबी)। अर्थशास्त्र विभाग आर्य महिला पीजी कॉलेज एवं अर्थशास्त्र विभाग इलाहाबाद विश्वविद्यालय के संयुक्त तत्वाधान में 'कृषि संकट एवं कृषि बिल 2020' विषयक एक दिवसीय राष्ट्रीय वेबिनार का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि राष्ट्रीय ग्रामीण विकास एवं पंचायती राज संस्था (एनआईआरडीपी) हैदराबाद के प्रोफेसर राजेंद्र पी ममगेन ने कहा कि भारतीय कृषि क्षेत्र आर्थिक उद्वेगन के पिछले तीन दशकों से अनेक परिवर्तनों से गुजर रहा है। कृषि बिल 2020 को किसानों के लिए एक बहुत बड़े अवसर के रूप में देखा जा रहा है लेकिन किसानों के द्वारा लगातार इसका विरोध दर्शाते हैं कि यह बिल उतना सरल नहीं है जितना प्रतीत हो रहा है। आज आवश्यकता इस बात की है कि अर्थ के एक बड़े हिस्से को कृषि से निकालकर अन्य गैर कृषि कार्यों में जीविका प्रदान की जाए। इसके लिए समर्पित प्रयास की आवश्यकता है न कि सिर्फ नारे को। कार्यक्रम के मुख्य वक्ता अर्थशास्त्र विभाग इलाहाबाद विश्वविद्यालय के प्रोफेसर मनमोहन कृष्णा ने अपने वक्तव्य में कहा



किसानों के लिए बड़े अवसर के रूप में देखा जा रहा कृषि बिल-2020

कि कृषि की तुलना उद्योग से नहीं की जा सकती है क्योंकि जनसंख्या का एक बहुत बड़ा भाग कृषि क्षेत्र से ही जीविका कमाता है यद्यपि सकल घरेलू उत्पाद में इसका योगदान बहुत कम है। अधिकांश लघु एवं सीमांत किसान हैं और कृषि की निर्भरता मानसून पर है। इसलिए कृषि बिल 2020 लागू करने के साथ सरकार को कुछ विशेष बातों को ध्यान में रखने की आवश्यकता है। कृषि के लिए दीर्घकालीन नीतियों की जरूरत है न कि अल्पकालीन। कृषि क्षेत्र को इतना मजबूत बनाया जाए कि यह अंतरराष्ट्रीय प्रतिस्पर्धा को सामना कर सके सभी कृषि बिल की सार्थकता है। प्रबंधक डॉक्टर शशिकांत दीक्षित ने कार्यक्रम की सफलता के लिए आयोजकों को शुभकामना दी। प्रचारार्थ प्रोफेसर रचना दूबे ने अतिथियों का स्वागत किया। विषय प्रस्तावना एवं कार्यक्रम का संचालन संगोष्ठी समन्वयक डॉक्टर अन्नपूर्णा दीक्षित ने किया। डॉ मंजूबानिक ने धन्यवाद ज्ञापन दिया। कार्यक्रम में देश के विभिन्न राज्यों के 400 से ज्यादा प्रतिभागियों ने हिस्सा लिया। कार्यक्रम को फेसबुक पर लाइव भी किया गया।



PARENT TEACHER MEET

A parents-teacher e-meet was organized by Department of Education Arya Mahila P.G. College, Varanasi on 24th July, 2020. In this year parent-teacher meeting conducted in a virtual mode due to pandemic of COVID-19. The teachers used the 'Zoom' apps to interact with parents via video call. The parents had many queries related to the examination and how the students will take the examination, which were resolved by the respective teachers. The parents were informed about the upcoming classes and examination to be conducted online mode. Parents were satisfied to know about the Online Open

Book Examination (OBE), and the students got acquainted with the process of giving the examination in online mode.



FACULTY DEVELOPMENT PROGRAM

The FDP was started on 07th December 2020 with the welcome address of **Prof. Rachna Dubey** Principal, Arya Mahila P.G.College. Backdrop notes were given by **Prof. Anjali Bajpai**, Coordinator, School of Education, Faculty of Education(K) B.H.U. . Prof Anjali said that Policy are guidelines we need to

implement it into right way then only it will be fruitful . She discussed in detail about the objectives of the FDP. Prof. Rakesh Bhatnagar was the chief guest of the inaugural session. In his deliberation he focused on introspect of Faculty Members of higher education. Prof. Bhatnagar enumerate the need of true teaching , true learning and real research. He also suggested that Tenure Track System should be implemented in order to promote the innovative research in the field of Higher Education. In the inaugural session blessings were given by by **Dr. Shashi Kant Dikshit**, Manager Arya Mahila P. G. College, Varanasi and **Prof. S.K. Swain**, Head & Dean, Faculty of Education, Banaras Hindu University, Varanasi . Vote of thanks was given by **Prof. Seema Singh**, Coordinator, School of Education, Faculty of Education, Banaras Hindu University Varanasi. This session was conducted by **Dr. Kaushlendra Singh** Organizing Secretary of the FDP.

Theme of the First Technical Session on Day one was “**NEP- 2020: Transformative Initiatives for Improving Teaching – Learning Process and Achieving Excellence in Research** . Resource Person was **Prof. K. Ramachandran** Senior Advisor, Unit of International Cooperation NIEPA, New Delhi, Member Draft Committee, NEP-2020 .

Second Technical Session was focused on “**Holistic View of NEP-2020**”. Resource Person of this session was **Prof. S.K. Swain** Head & Dean, Faculty of Education (K) Banaras Hindu University, Varanasi. Prof. S.K.Swain discussed in depth about various important recommendations of NEP-2020.

On the **Second Day** First Technical Session was themed on “**Equity and Inclusion in New Education Policy**” . Resource Person was **Prof. TejPratap Singh** Department of Political Science & Coordinator, Centre for Study of Social Exclusion & Inclusive Policy (CSSEIP) Banaras Hindu University, Varanasi.

Second Session of Day Two was focused on **NEP-2020 : The changing landscape of higher education and research**. The Resource Person of this session was **Dr. A.K. Singh** Assistant Director, Regional Centre for Urban and Environmental Studies, Lucknow. Theme of the First Technical Session on the **Third Day** was "**Transforming teacher education: Reflections from NEP 2020**". The Resource Person was **Prof. Arbind Kumar Jha** Dean, School of Education, Babasaheb Bhimrao Ambedkar University, Lucknow .

Second Session was themed on "**Reimaging Academic Research in NEP - 2020**" the Resource Person of this session was **Prof. A.S. Raghubanshi** Director & Professor, Institute of Environment & Sustainable Development, Banaras Hindu University, Varanasi.

Fourth Day First Session was focused on "**NEP- 2020: Blended and online learning**". The Resource Person of this session was **Dr. Madhusudan J.V.** Associate Professor, Department of Education and Educational Technology, School of Social Sciences, University of Hyderabad.

Second Session of the Fourth Day was themed on **Legal control of cybercrime in India : issues and challenges**. Resource Person of this session was **Prof. G.P.Sahoo** Faculty of Law Banaras Hindu University, Varanasi .

Fifth Day started with **Feedback and Online Assessment of Participants**. During the Feedback Session some important suggestions were given by the Participants: Internship in B. Ed. Program should be modified as per need of the hour. There should be common Curriculum up to some extent for B.Ed. all over India. Some basic skills should be included in the training program of B.Ed. Socially and Economically deprived section of our society should have equal opportunity for the assess of ICT enabled education. Cyber ethics should be followed by Teaching-Learning community etc.

The Report of the whole Program was presented by **Dr. Kaushlendra Singh**

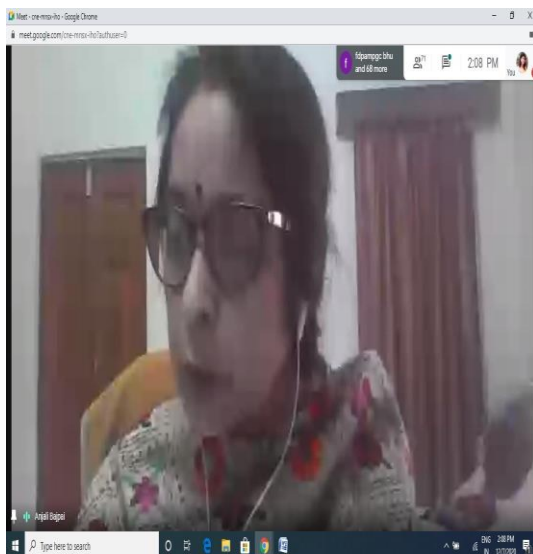
Organizing Secretary of FDP.

Chief Guest of the Valedictory Session was **Prof. Girishwar Mishra** Ex. Vice Chancellor, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha.

Vote of thanks of Valedictory Session was given by **Dr. Arti Srivastava**, Department of Education, Arya Mahila P. G. College.



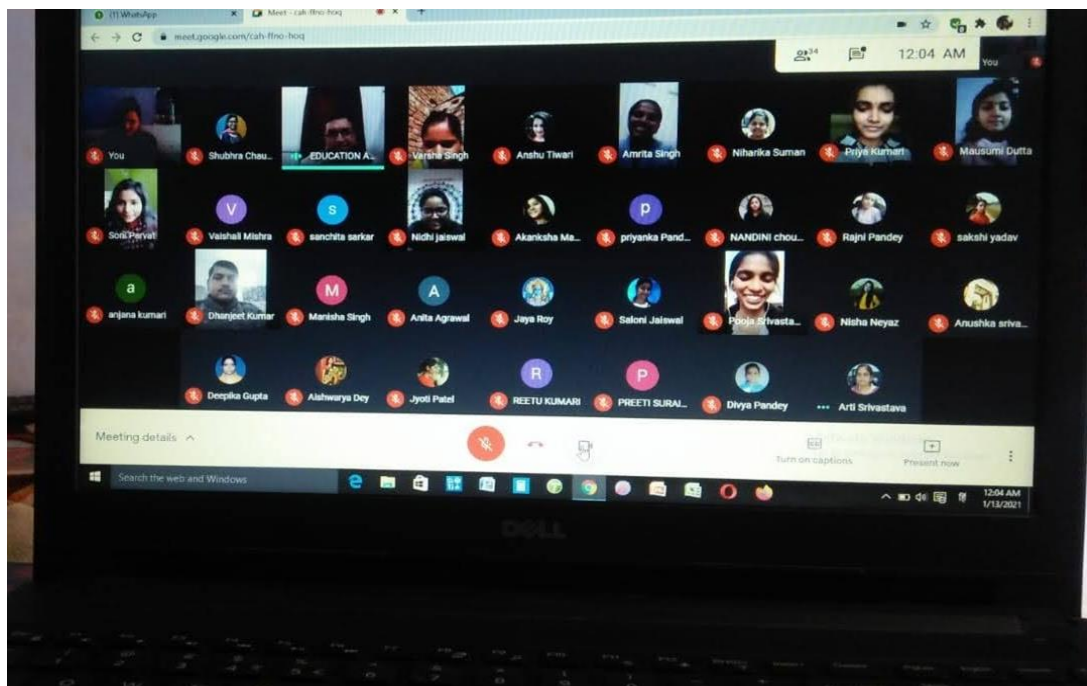
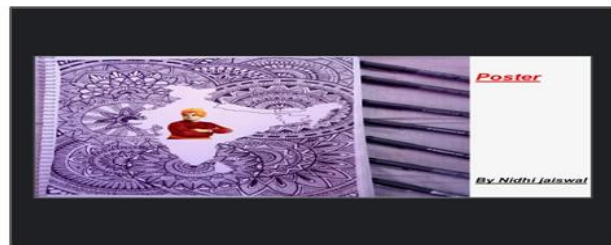
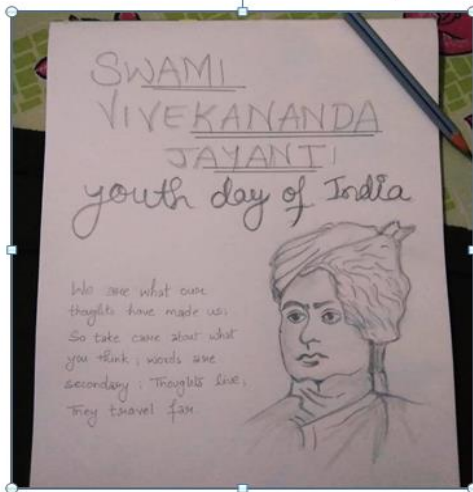
The poster features three logos at the top: the Banaras Hindu University emblem on the left, the Ministry of Education logo in the center, and the Arya Mahila P.G. College emblem on the right. The central text reads: "ONLINE ONE WEEK INTERDISCIPLINARY FACULTY DEVELOPMENT PROGRAMME on NEP 2020 : TEACHING LEARNING & RESEARCH (From 07th to 11th December, 2020)". Below the text are six portraits of participants, each with their name and title. The participants are: Chief patron Prof. Rakesh Bhatnagar (Hon'ble Vice-Chancellor, Banaras Hindu University, Varanasi); Patron Prof. Rachana Dubey (Principal, Arya Mahila P. G. College, Varanasi); Patron Prof. S.K. Swain (Head & Dean, Faculty of Education, Banaras Hindu University, Varanasi); Convener Prof. Seema Singh (Co-ordinator, School of Education, Faculty of Education, Banaras Hindu University, Varanasi); Convener Prof. Anjali Bajpai (Co-ordinator, School of Education, Faculty of Education, Banaras Hindu University, Varanasi); and Organizing Secretary Dr. Kaushlendra Singh (Assistant Professor, Department of Education, Arya Mahila P. G. College, Varanasi).



NATIONAL YOUTH DAY

A webinar with the theme of “National Youth Day” was conducted on 13th January 2021 by Department of Education, AMPGC Chetganj Varanasi. The event started with some quotes and biography sketch of Swami Vivekananda by Amrita Singh (student of B.Ed. first semester). Anchoring was done by Varsha Singh and Amrita Singh. Then Saloni Jaiswal made a speech on Swami Vivekananda and narrated some incidents related to his life. Nidhi Jaiswal presented a Mandala painting including India’s map and also presented some quotes by Swamiji.

Presentations



ONLINE COLLOQUIUM ON SHRI AUROBINDO GHOSH

Organizing bodies: Department of Education, Arya Mahila PG College, Chetganj & Vasanta College for Women, Rajghat.

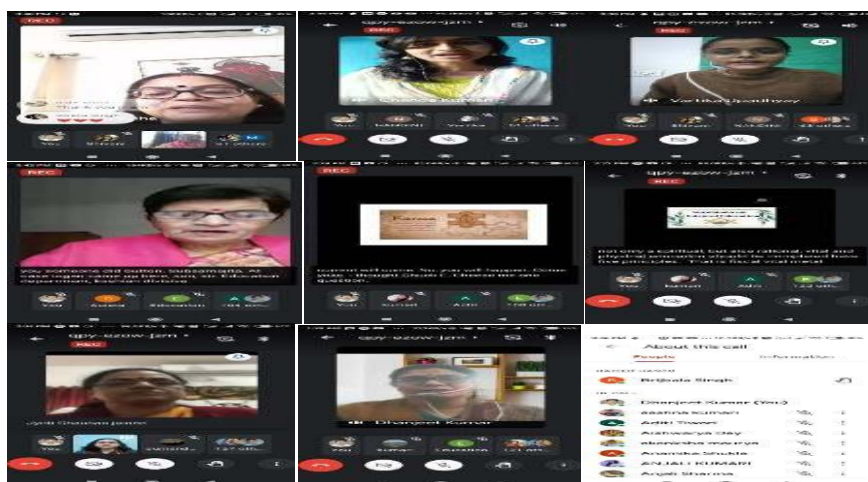
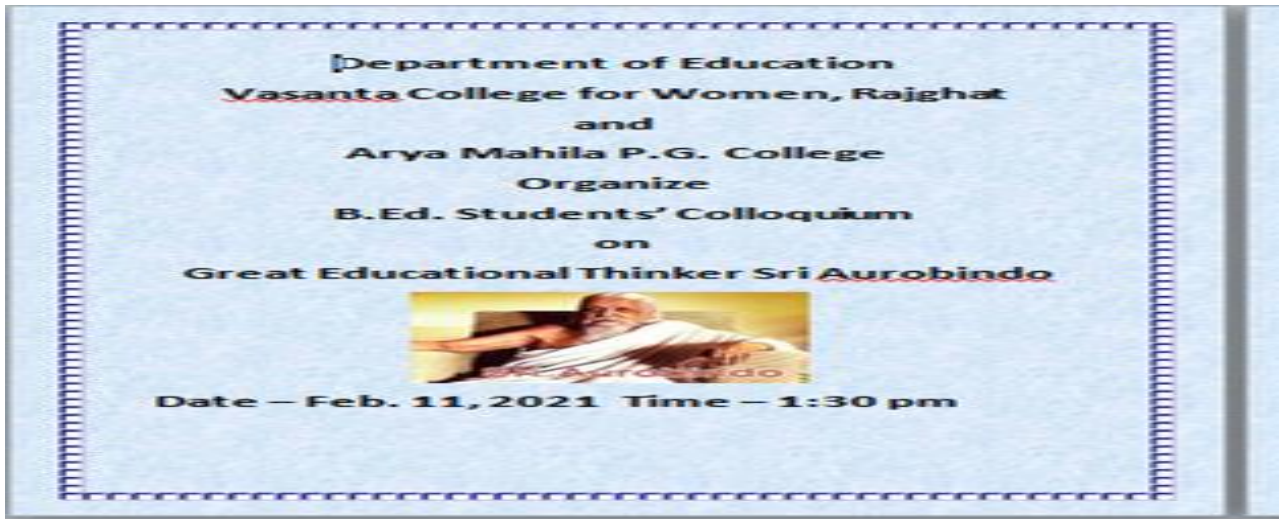
On 11th February, 2021, took place a very interesting and informative colloquium; it celebrated Shri Aurobindo Ghosh and beautiful messages and thoughts of Aurobindo were exchanged among more than 100 people. This program, as a precaution against COVID-19, was immaculately organized through an online platform by Education Department of VCW and AMPGC.

There were esteemed guests and experts who graced the program with their presence. We got the chance to present the colloquium in front of the Dean of Education Department, BHU, S.K. Swain, who also played the role of the chief guest. The chief guest was welcomed and honored by Principals (Prof. Alka Singh, VCW and Rachna Dubey, AMPGC) and staff members of both the participating colleges. Dr. Jaya Roy (AMPGC) started the program with Mangalacharan. Convenors of the program, Dr. Sujata Saha (VCW) and Dr. Arti Srivastava (AMPGC), Co- convenors of the program Dr. Namita Sinha (AMPGC) and Dr. Minakshi Biswal (VCW) assembled all the speakers and spectators for this online meet.

In order to celebrate the magnanimous spirit and essence of Shri Aurobindo, his biography; his philosophy and his thoughts on education were discussed by immensely knowledgeable experts. We got to hear Dr. Brijbala Singh, who mesmerized us with her beautiful narration on “The Mother and Shri Aurobindo”. She also told us about Auroville and encouraged us to visit there and experience the true essence of living.

This topic is in our syllabus of B.Ed. 1st semester. Students from both colleges participated in this programme. There were students of B.Ed. 1st semester from VCW who told about Aurobindo through video presentation and students of B.Ed. 1st semester from AMPGC gave speech on this great personality of

Aurobindo Ghosh. Shakshi Yadav (AMPGC) threw some light on biography of Sri Aurobindo. Km. Chanchala (AMPGC) told about Sri Aurobindo's philosophy of education. Shivani Singh (AMPGC) presented purpose of education by SriAurobindo. Vartika Upadhyia (AMPGC) told about Auroville.



ONLINE COLLOQUIUM ON ADDRESSING DIVERSITY AMONG LEARNERS AND LEARNING THEORIES

Two day online colloquium was jointly organized by Vasanta College for Women, Rajghat Varanasi & Arya Mahila PG College, Chetganj, Varanasi on 22nd June to 23rd June 2021 on the topic “**Addressing Diversity Among Learners and Learning Theories**”.

The colloquium was started by *Mangalacharan* by Dr. Jaya Roy (Assistant Professor of Music and other Cultural Activities, AMPGC Varanasi) which added a positive vibe to the entire programme.

Thereafter, a welcome address was given by Professor Alka Singh (Principal, VCW, Rajghat) signifying the start of the colloquium.

A motivational self-written poem recitation on the current pandemic situation was sung by Sonia Singh (student, B.Ed 2nd Semester, VCW, Rajghat).

Then we were addressed by **Professor Rachna Dubey** (Principal, AMPGC).

Dr. Amrita Katyayani, Assistant Professor, VCW, Rajghat explained the theme of the webinar highlighting the importance of individual difference in classroom setting.

Then, we were introduced to the resource person **Dr. Anupam Shukla, Professor of Psychology, Institute of Excellence in Higher Education, Bhopal** by Dr. Sujata Saha, Associate Professor and Head, Department of Education, VCW, Rajghat.

Dr. Anupam Shukla delivered a resource lecture on three educational psychologists i.e., Skinner, Vygotsky and Piaget.

Then three presentations were made by student groups of VCW Rajghat on the educational implication of Skinner's, Vygotsky's and Piaget's theories of learning.

A presentation was also made by **Aishwarya Dey** (B.Ed. 2nd Semester) on the topic, Socio-cultural factors influencing learning.

The resource person Dr. Anupam Shukla appreciated the efforts of the students.

With this, the day 1 of the colloquium came to an end.

On 23rd June 2021 Dr. Amrita Katyayani, (Assistant Professor, VCW) introduced the Resource person for the second day who was Prof. Namita Ranganathan, Ex Head and Dean, Faculty of Education, Delhi University.





Professor Namita Ranganathan enlightened the participants of the colloquium with the issues faced by diverse learners in a classroom. She urged us to be sensitive to the learners needs and socio-cultural issues faced by them.




Then for 15 minutes, students were given opportunity to interact with the resource person.


Then, Vote of Thanks to the Resource Person followed by Dr. Vinita Upadhyay, Assistant Professor, AMPGC.


Ms. Ranjita Marak, Assistant Professor, VCW presented the report of 2-day colloquium and thanked all the participants.

Then Dr. Namita Sinha (Associate Professor, AMPGC) extended the vote of thanks for the conduction of the colloquium.

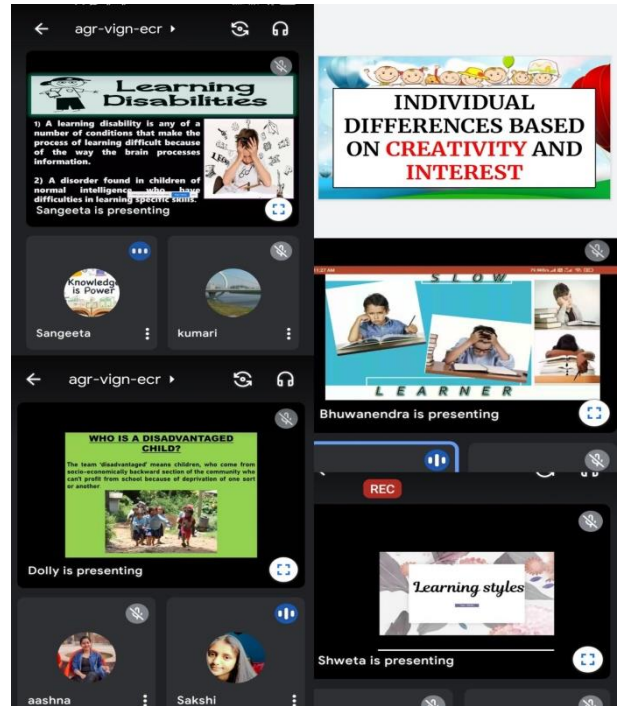
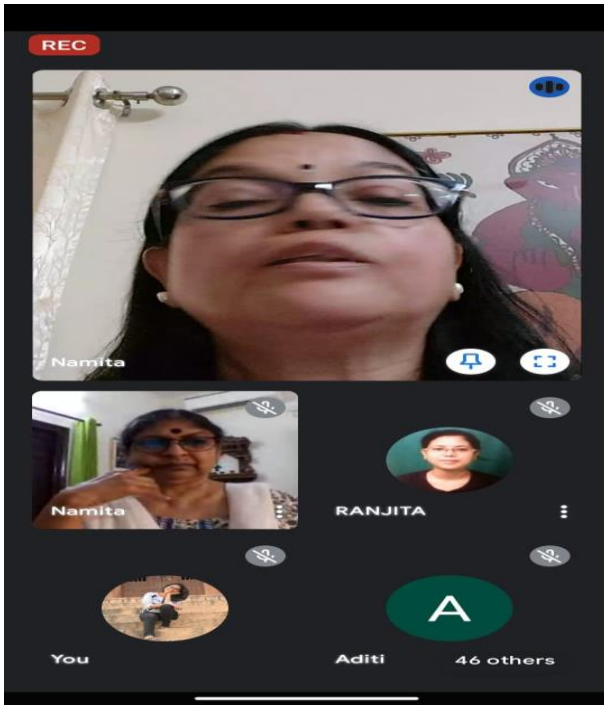
Programme Schedule of Day 1		
Programme	Time	
Mangalacharan	5 min	 Dr. Jaya Roy, Assistant Professor, Department of Education, AMPGC
Welcome Address	5 min	 Prof. Alka Singh, Principal, VCW, Rajghat
Motivational self-written poem recitation on the current pandemic situation	5 min	 Sonia Singh (VI Student), B.Ed. 2 nd Semester, VCW, Rajghat
Blessings	5 min	 Prof. Rachna Dubey, Principal, AMPGC

Theme presentation of the Colloquium	5 min	 Dr. Amrita Katyayni, Assistant Professor, VCW, Rajghat
Introduction of the Resource Person	5 min	 Dr. Sujata Saha, Associate Professor and Head, Department of Education, VCW, Rajghat
Resource lecture on the 3 Learning Theories	45 min	 Prof. Anupam Shukla, Professor of Psychology, Institute of Excellence in Higher Education, Bhopal
Students' interaction with the Resource Person	15 min	

Vote of Thanks to the Resource Person	5 min	 Dr. Anita Aggrawal Associate Professor, AMPGC
Presentation of Educational Implications of Vygotsky's Theory of Learning	10 min	Presenters Group 1*, B.Ed. 2 nd Semester, VCW, Rajghat
Presentation of Educational Implications of Piaget's Theory of Learning	10 min	Presenters Group 2**, B.Ed. 2 nd Semester, VCW, Rajghat
Presentation of Educational Implications of Skinner's Theory of Learning	10 min	Presenters Group 3***, B.Ed. 2 nd Semester, VCW, Rajghat
Presentation on Socio-cultural factors influencing learning	10 min	Aishwarya Dey, B.Ed. 2 nd Semester, AMPGC prepared under the guidance of Anita Mam, AMPGC
Expert Comments and Suggestions	10 min	Prof. Anupam Shukla

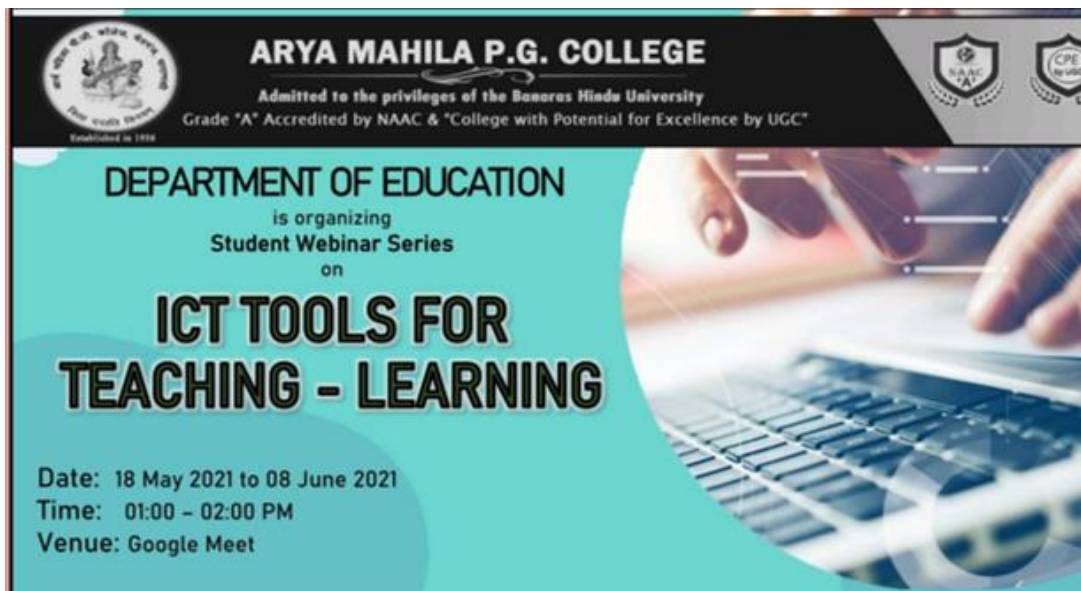
PROGRAM SCHEDULE OF DAY 2		
Program	Time	
Mangalacharan	5 min	 Dr. Bilambita Banisudha, (Assistant Professor, VCW)
Presentation on "Socially Disadvantaged Group of Learners"	10 min	Pragati Kumari and Sakshi Gupta (Social Science Group) B.Ed. 2 nd Semester, VCW
Presentation on "Learners with Learning Disability"	10 min	Nandini Prajapati and Sangeeta Prasad (Science Group) B.Ed. 2 nd Semester, VCW
Presentation on "Slow Learners"	10 min	Kajal Kumari and Purnendu Kumari (Mathematics Group) B.Ed. 2 nd Semester, VCW
Presentation on "Learners with Different Learning Styles"	10 min	Zeba Parveen and Ankita Gupta (Language Group) B.Ed. 2 nd Semester, VCW
Presentation on "Individual Differences Based on Creativity and Interest"	10 min	Nidhi Jaiswal and Jyotsana Srivastava B.Ed. 2 nd Semester AMPGC

Introduction of the Resource Person	5 min	 Dr. Amrita Katyayni, Assistant Professor, VCW
Resource Lecture	45 min	 Prof. Namita Ranganathan Ex Head and Dean, Faculty of Education, Delhi University
Students' interaction with the Resource Person	15 min	
Vote of Thanks to the Resource Person	5 min	 Dr. Vinita Upadhyay, Assistant Professor, AMPGC
VALEDICTORY SESSION		
Valedictory Address	5 min	 Prof. Alka Singh, Principal, VCW



STUDENT WEBINAR SERIES ON ICT TOOLS FOR TEACHING -LEARNING

Student Webinar Series In order to boost the teaching- learning experience of B.Ed. Students a Webinar Series on ICT Tools for Teaching- Learning was organized by Department of B.Ed. from 18.05.2021to 08.06.2021. In this webinar series students were divided in to seven groups. Different topics were assigned to each group. These topics were related to teaching- learning process. Each session was followed by question and answer and feedback session. Through these sessions students learned many new things which will definitely enhance their teaching–learning experience. This webinar series will provide a firm base for School Internship Programme (SIP) which is essential part of B.Ed. course.



DANCE COMPETITION PROGRAMME

Dance competition was organized by the Department of Education on 30th January 2021, 5th and 13th February 2021. 19 students participated in this competition.



KATHAK WORKSHOP

Department of Education has organized ten days workshop on KATHAK dance workshop was organized online under the joint aegis of Poornima Education and Culture Development Committee and Ashirwad Sangeetalaya, Varanasi from 30th to 9th July 2021. Kathak. This workshop was directed by Dr. Jaya Rai. The chief guest of the workshop, Padmashree Dr. Rajeshwar Acharya ji, congratulated and congratulated all the participants and organizers for the workshop. Participants from different cities participated in this workshop. In the workshop, training will be given in various art forms and expressions of Kathak. The workshop was organized and conducted by Shri Atul Singh, Secretary, Poornima Education and Culture Development Committee, everyone was welcomed and thanked by the Principal of Ashirwad Sangeetalaya, Varanasi, Mrs. Ratna Rai. About 25 participants participated in this workshop, this workshop is being organized free of cost for all the classes.

KATHAK NRITYA KARYASHALA

Organised by -

Poornima Shiksha Evam Sanskriti Vikash Samiti
Evam
Ashirvaad Sangitalaya

Directed by - **Dr. Jaya Roy**

Education Department (AMPGC)

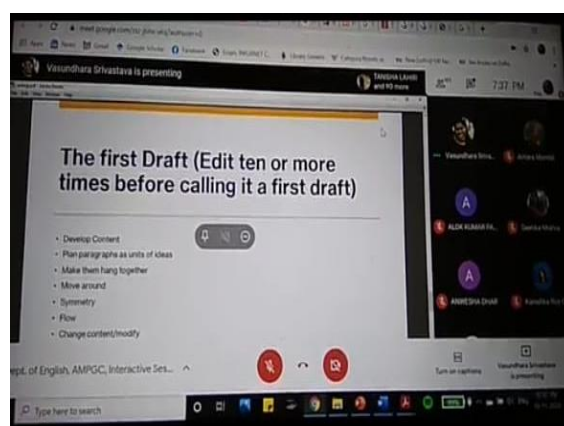
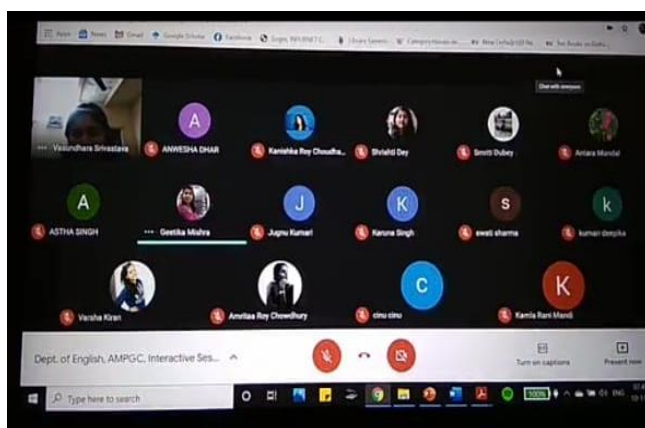


“ONE DAY WORKSHOP HOW TO WRITE RESEARCH PAPER & SYNOPSIS”

An online interactive session on the topic “**How to Write Research Paper and Synopsis**” was organized on **10th November 2020**. The speakers were alumnae of the Department of English. They were **Vasundhara Srivastava**, research scholar, IIT Guwahati and **Soumya Kashyap**, research scholar, IIT Patna. The first speaker, Vasundhara, spoke about few key points that are essential for initiating the research, such as storyboarding, filtration method, avoiding jargons, and writing in paragraphs. The next speaker, Soumya, talked about finding resources for research such as primary and secondary resources and how cite the references in the bibliography. Approx 80 participants had attended the event. The session was successfully conducted and received excellent feedback.

Arya Mahila PG College, Varanasi
DEPARTMENT OF ENGLISH
Invites all the students
BA III Year and MA Previous and Final
to an
Online Interactive Session
on the topic
How to Write Research Paper and Synopsis?
10.11.2020 | 7:00pm-8:30pm
Google Meet link: <https://meet.google.com/zsz-jbhx-xkq>

Speakers:
Vasundhara Srivastava (Research Scholar, IIT Guwahati)
Soumya Kashyap (Research Scholar, IIT Patna)



ONE DAY NATIONAL WEBINAR ON
“NEW PERSPECTIVES AND INNOVATIVE APPROACHES
TO RESEARCH”

Department of English, Arya Mahila Post Graduate College, Chetganj, Varanasi in collaboration with Vasanta College for Women, Rajghat, Varanasi conducted a 'One Day National Interdisciplinary Webinar' on "**New Perspective and Innovative Approaches to Research**" on 7th February, 2021.

Presided over by the manager, Dr Shashikant Dixit, and Principal Dr Rachna Dubey of the college, the webinar was attended by Prof Alka Singh, Principal, Vasanta College for Women who gave a welcome address to Dr M. M. Chaturvedi, head, department of Zoology, University of Delhi, Dr Sheetal Tank, Chief Librarian, Atmiya University, Dr Kavya Krishna KR, Assistant Professor, IIT BHU, as the guest speaker for the webinar. The program was chaired by Dr Bhanumati Mishra, Head, Department of English, Arya Mahila Post Graduate College. It was also joined by all the professors of the Department of English, Vasanta College for Women and Arya Mahila Post Graduate College.

The webinar aimed to explore basic dimensions of research and the concomitant need for participants to rethink about the assumptions that underlie historic paradigms of research.

Prof M. M. Chaturvedi, the keynote speaker, offered the participants a hands-on approach to conduct research and developed a conceptual background of research, skills to review the literature, identifying research problem which he said is the result of a research mindset, research design, identification of research topics, tools and techniques of data collection, problems faced during research and their remedies.

Dr Sheetal Tank discussed about how to write academic research papers, ethical and copyright issues (plagiarism) in research and practical inputs. She also discussed at length various electronic library, links and discussed how to collect secondary sources. It was indeed a great insightful talk by her especially on the referencing in writing a good research paper.

Dr Kavya Krishna discussed a multidisciplinary approach to research and exposed young students to the latest advances in various disciplines of Arts and

Humanities. She discussed about the paradigm shift from English Literature to English Studies and also introduced students about Research in Cultural Studies.

The program was ended with an interactive session with students and a formal vote of thanks given by Dr Manjari Jhunjunwala, Asst. Prof. Department of English, Vasanta College for Women, Rajghat, Varanasi.

The webinar successfully provided the participants a platform for an intensive interaction with well-known Academicians who possess rich experience in academics and working in top institutions of the country. Ninety-five students of Arya Mahila P G College with students of Vasanta College for Women participated in this webinar.

The poster is for a 'One Day National Interdisciplinary Webinar' held on Sunday, 7th of February, 2021. It is organized by the Department of English & IQAC at Arya Mahila P G College, Chetganj, Banaras Hindu University, Varanasi, in collaboration with Vasanta College for Women, Rajghat, Banaras Hindu University, Varanasi. The poster features logos of Banaras Hindu University and the Arya Mahila P G College. The text is in Hindi and English.

काशी हिन्दू विश्वविद्यालय
BANARAS HINDU UNIVERSITY

One Day National Interdisciplinary Webinar
On
NEW PERSPECTIVES AND INNOVATIVE APPROACHES TO RESEARCH
7th of February, 2021, Sunday
Organised by
DEPARTMENT OF ENGLISH & IQAC
Arya Mahila P G College, Chetganj
Banaras Hindu University, Varanasi
in collaboration with
Vasanta College for Women, Rajghat,
Banaras Hindu University, Varanasi

The list of speakers and organizers is presented in a vertical column. Each name is accompanied by a small circular portrait. The roles and affiliations are as follows:

- KEYNOTE SPEAKER**
Prof. M. M. Chaturvedi, Professor
Department of Zoology, University of Delhi
- SPEAKER**
Dr. Sheetal Tank, Chief Librarian
Atmiya University, Gujarat
- SPEAKER**
Dr. Kavya Krishna K. R., Assistant Professor
Department of Humanistic Studies, IIT-BHU
- PATRON**
Dr. Shashikant Dikshit, Manager
Arya Mahila P G College
- SEMINAR CHAIRPERSON**
Prof. Rachana Dubey, Principal
Arya Mahila P G College
- SEMINAR CO-CHAIRPERSON**
Prof. Alka Singh, Principal
Vasanta College for Women
- CONVENER**
Dr. Bhanumati Mishra, HoD, Dept. of English
Arya Mahila P G College
- CO-CONVENER**
Dr. Manjari Jhunjunwala, HoD, Dept. of English
Vasanta College for Women

PROGRAMME SCHEDULE	
09:45am -10:00am	ENTRY OF PARTICIPANTS
10:00am ----- 10:15am	THEME INTRODUCTION Dr. Bhanumati Mishra, HoD, Dept. of English Arya Mahila P G College
10:15am ----- 10:25am	BLESSINGS Dr. Shashikant Dikshit, Manager Arya Mahila P G College
10:25am ----- 10:35am	PRESIDENTIAL ADDRESS Prof. Rachana Dubey, Principal Arya Mahila P G College
10:35am ----- 10:45am	WELCOME ADDRESS Prof. Alka Singh, Principal Vasanta College for Women
10:50am ----- 11:50am	ADDRESS BY KEYNOTE SPEAKER "Research Mindset: A Quest for Truth" Prof. M. M. Chaturvedi, Professor Department of Zoology, University of Delhi
11:50am ----- 12:00pm	SHORT BREAK
12:00pm ----- 01:00pm	ADDRESS BY SPEAKER "Literature Search & Literature Review" Dr. Sheetal Tank, Chief Librarian Atmiya University, Gujarat
01:05pm ----- 02:05pm	ADDRESS BY SPEAKER "Doing Research in Cultural Studies" Dr. Kavya Krishna K. R., Assistant Professor Department of Humanistic Studies, IIT-BHU
02:05pm ----- 02:15pm	VOTE OF THANKS Dr. Manjari Jhunjunwala, HoD, Dept. of English Vasanta College for Women



ONE DAY INTERNATIONAL WEBINAR ON "SHIKSHA, SHAKTI & SHE"

On 10th April, 2021 , 8:00 pm IST to 10:30 pm IST, an International webinar on the subject of women's education in ancient India and Indian feminism was organised by the Department of English , Arya Mahila P.G College , Varanasi. More than 450 students from the college and sister colleges registered themselves for the event.

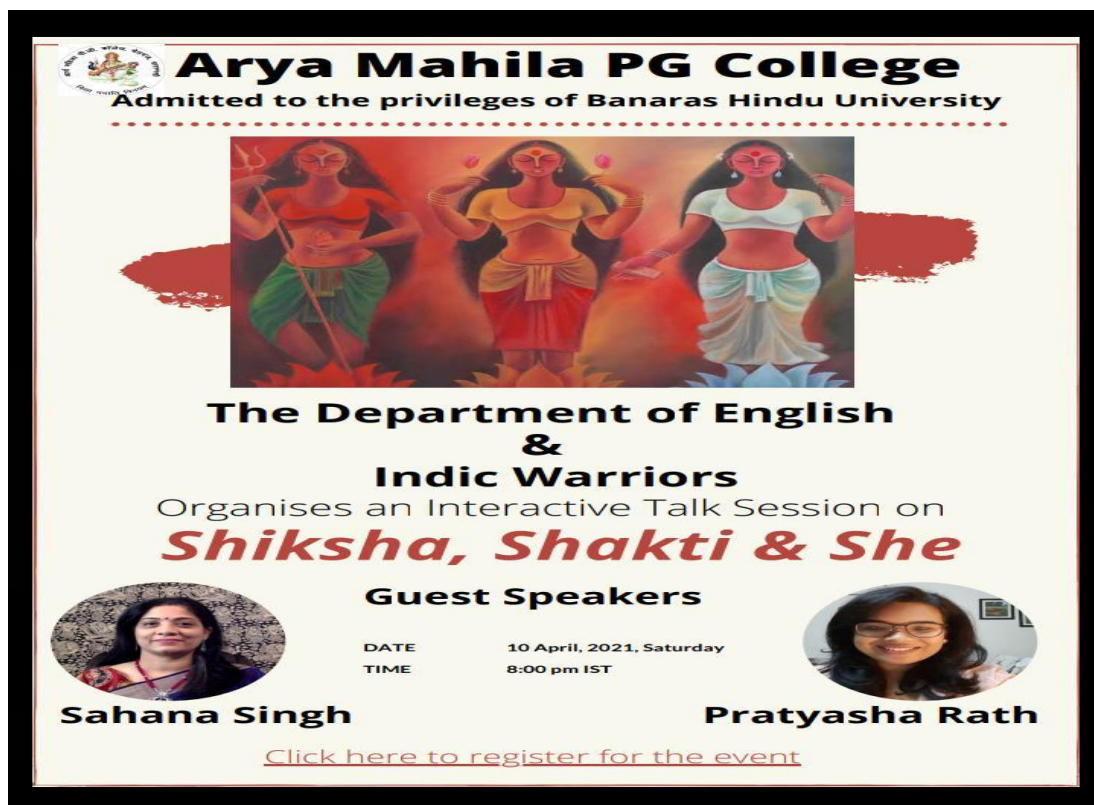
Sahana Singh , an engineer-turned writer/editor from Houston, USA and Pratyasha Rath , a social and political researcher and management consultant from Bhubaneswar, Odisha were among the keynote speakers of the event. The event commenced with the introduction of the speakers by the co-convener Riya Mishra followed by the welcome address by respected principal , Prof. Rachana Dubey and Head of the department , Dr. Bhanumati Mishra. Dr. Bhanumati ma'am acquainted the students with the aim of the workshop which was to put tradition in perspective and analyse life in feminist aspects.

After a formal introduction to the speakers, Sahana Singh reflected her profound knowledge on the subject of "Education of women in Ancient India" through an engaging power point presentation. She quoted India as the "Educational capital of the world" and apprised us of a plenty of Indian ceremonies like "upnayana" and "samavartana", to assert that education was given immense importance in ancient India. She supported her arguments with an ample number of data points from various relevant sources of information including the Puranas, the Vedas , the Upanishads and some famous Sanskrit plays. Thereafter, Pratyasha Rath gave us an insight on the adoption of western "universal idea of feminism" by eastern women and how we can navigate the Indic feminism . Pratyasha believes that this "universalization" becomes a problem because of the huge cultural differences in the western and the eastern societies. Feminism to her does not mean absolute equality, rather, it is to strike a perfect balance between the two genders like "purusha" and "prakriti" which are complimentary to each other. That is our idealized form of genders working together and not opposite to each other. She busted certain myths around Indian education, childcare , abortions and also around certain Indian traditions like "kanyadaan". She firmly asserted that tradition should be recognised as liberating rather than viewing it as regressive. We tend to blame our traditions for the practice of social evils which Pratyasha believes to be a troublesome approach, thus, maintaining her

problem-solving stance throughout, advised the listeners to go back to the roots, take up the useful things and mould them to the present day needs. One of the major focal points of the presentations of both the speakers was the topic of colonialism and its impact on Indian society.

The thought-provoking session ignited the inquisitiveness of the students, thus, the session was followed by a Question and Answer round. The informative session culminated with a vote of thanks to the speakers, the Indic Warriors group and the organising committee, proposed by one of the faculty members, Mrs. Pratima Singh.



The event was a resounding success and ended on a positive note with a prevailing environment of learning and growth.



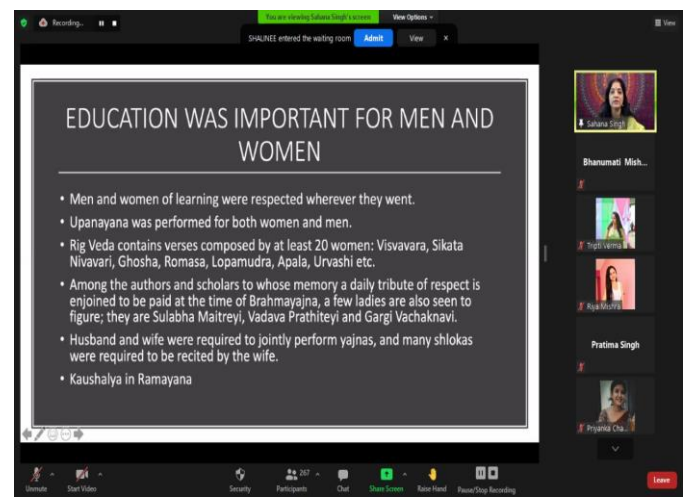
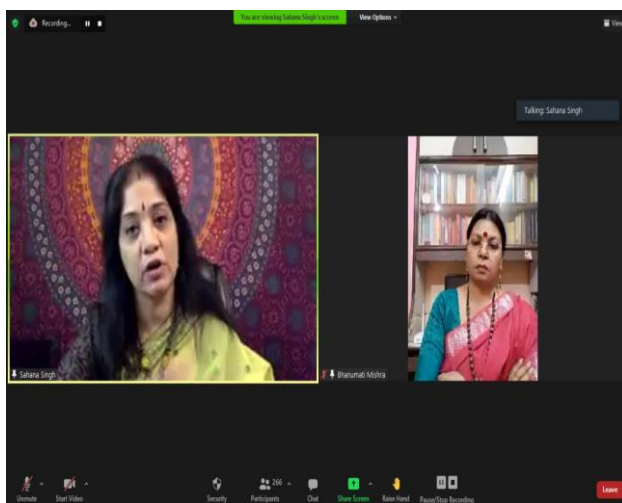
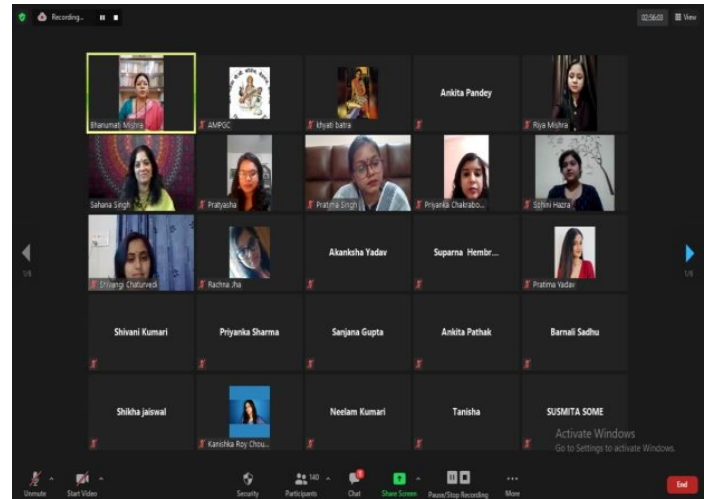
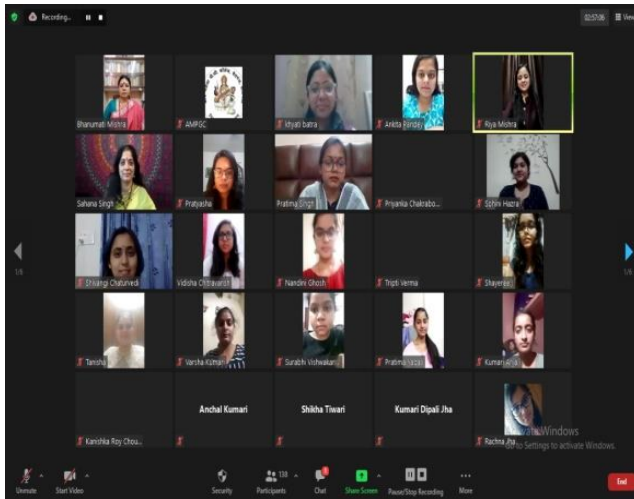
Arya Mahila PG College
Admitted to the privileges of Banaras Hindu University

**The Department of English
&
Indic Warriors**
Organises an Interactive Talk Session on
Shiksha, Shakti & She

Guest Speakers

 Sahana Singh	DATE TIME	10 April, 2021, Saturday 8:00 pm IST	 Pratyasha Rath
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[Click here to register for the event](#)



ONE DAY LECTURE ON

PARYAVARAN SANRAKSHAN EVAM SAMVARDHAN

Department of Hindi has organised one day lecture on “Paryawaran Sanrakshan Evam Samvardhan” on 5th October 2020. Professor R. K Mall, Dean and Head, Institute of Environmental Science and Sustainable Development, Banaras Hindu University was the chief speaker of this programme.



पर्यावरण संरक्षण एवं संवर्द्धन

विषय पर आयोजित एक दिवसीय व्याख्यान

October 05, 2020

2:30 PM - 4:30 PM



मुख्य वक्ता - प्रो० पी० के० मिश्रा
समन्वयक, मानवीय उद्यमिता संवर्द्धन केंद्र,
काशी हिन्दू विश्वविद्यालय, वाराणसी।



विशिष्ट वक्ता - प्रो० आर० के० मल्ल
हेड एवं डीन, पर्यावरण एवं सतत विकास संस्थान,
काशी हिन्दू विश्वविद्यालय, वाराणसी।



प्रबंधक - डॉ० शशिकांत दीक्षित
आर्य महिला पी० जी० कॉलेज
चेतनंज, वाराणसी।



प्राचार्या - प्रो० रचना दुबे
आर्य महिला पी० जी० कॉलेज
चेतनंज, वाराणसी।



डॉ० सुचिता त्रिपाठी
एनोसिएट प्रोफेसर, हिन्दी विभाग
आर्य महिला पी० जी० कॉलेज
चेतनंज, वाराणसी।



डॉ० मीनाक्षी मिश्रा
असिस्टेंट प्रोफेसर, हिन्दी विभाग
आर्य महिला पी० जी० कॉलेज
चेतनंज, वाराणसी।

संयोजक नव

आर्य महिला पी० जी० कॉलेज

चेतनंज, वाराणसी।

सम्बद्ध काशी हिन्दू विश्वविद्यालय।

INDUCTION PROGRAMME

Department of Home Science Arya Mahila PG College, Varanasi, Successfully conducted an Online Induction programme for B.A. first Semester Student's on 09, January 2021. The induction programme is designed to make the newly joined students feel comfortable, sensitize them towards exploring their academic interest and activities, reducing competition and make them aware of the academic opportunities and curricular activities available for them.



HEALTH CAMP

Department of Home Science and Health & Hygiene Unit has organized A health Camp on 10-02-2021 in collaboration with Bharat Vikas Parishad. This Camp was organized under **Anaemia Mukta Bharat** scheme of **Ministry of Health & Family Welfare, Government of India and UNICEF**. **Dr. Shipra Dhar** was the Chief Guest of this camp. She delivered her lecture on **Anaemia: Prevention and Cure**. Blood check- up for hemoglobin estimation was done. Total 117 Students and all teaching and Non- teaching staffs were present in this health camp.





ONE DAY SEMINAR ON THE OCCASION OF INTERNATIONAL WOMEN'S DAY

One day Seminar was organized by the Department of Home Science and Women Cell on 8th March 2021. Smt Sudha Singh, Secretary District Legislative officer and Dr. Divya Kanna, Assistant Professor, Department of Preventive Oncology, Mahamana Pandit Madan Mohan Malviya Cancer Centre, Varanasi were the chief guest of this seminar. Smt Sudha Singh delivered her lecture on **“Women Empowerment Through Legal Awareness”**. Second Speaker was Dr. Divya Khanna. She created awareness wither lecture on **Breast and Cervical Cancer**. Total 62 Students and all teaching and non-teaching Staff actively participated in this Seminar.





हरियाणा के गौरव बजरंग भूमिगा जी को रोम में खेली गई माटियो पेलिकोन रैंकिंग कुश्ती सीरीज में स्वर्ण पदक जीतकर फिजर से नंबर एक रैंकिंग हासिल करने पर बहुत-बहुत बधाई! आगामी प्रतियोगिताओं के लिए देवों शुभकामनाएं!

— मनोहरलाल, सीएम, हरियाणा

वाराणसी | मंगलवार • 9 मार्च • 2021

सहारा | WWW.

एक-दूसरे के सहयोग से ही महिला सशक्तिकरण की बात होगी सार्थक : सुधा

वाराणसी। नेबैस्विनी : महिला अख्यन एवं विकास प्रकोष्ठ अर्ध महिला पीजी कॉलेज द्वारा अंतरराष्ट्रीय महिला दिवस के उपलक्ष्य में एक दिवसीय सेमिनार का आयोजन किया गया।

मुख्य वक्ता के रूप में सुधा सिंह सचिव जिला विधिक सेवा ने छात्राओं एवं शिक्षिकाओं संग अन्य महिलाओं को विभिन्न विधिक सेवाओं के विषय में विस्तार से बताया। उन्होंने कहा कि महिलाओं को सर्वप्रथम खुद को अहमियत देना होगा और इसको शुरूआत अपने घर से करनी चाहिए। छात्राओं को उन्होंने सभी महिला विधिक कानून के विषय में बताया। उन्होंने कहा कि महिलाओं को सर्वप्रथम एक दूसरे की सहायता करनी चाहिए। एक दूसरे का सहयोग करें तभी महिला सशक्तिकरण की बात सार्थक होगी। दिवस वक्ता डॉ दिव्या खन्ना



अर्ध महिला पीजी कॉलेज में होलती सचिव जिला विधिक सेवा सुधा सिंह।

ने छात्रों को सम एवं गर्मभाव प्रेषित के केसर लक्ष्मी, उनसे बचने के उपाय, उपचार एवं सुविधाओं के विषय में बताया। कार्यक्रम का शुभारंभ ट्रेप प्रमन्वन्त

एवं मंचतारण के साथ हुआ। अतिथियों का स्वागत महिला प्रकोष्ठ की समन्वयक डॉ मंजु भैरवरा ने किया।

कॉलेज की प्राचार्या प्रोफेसर रचना दुवे ने अपने अध्यक्षीय उद्बोधन में कहा कि महिला स्वस्थ और महिला कानून इन दो विषयों के बारे में आज की महिलाओं को जरूर जानना चाहिए। आर्गुमेंट डॉ शशिजांत दीक्षित प्रबंधक अर्ध महिला पीजी कॉलेज एवं धनवादा जामन डॉ दीपिका बरनवाल ने दिया। इस अवसर पर कारोलेज की छात्राओं ने स्वरचित कविताओं के माध्यम से स्त्री के विभिन्न पहलु को सर्वेक समझ प्रस्तुत किया। कार्यक्रम का समन्वयन और संचालन डॉ श्रुचा मिश्रा ने किया। इस अवसर पर महिला प्रकोष्ठ से दिव्या बाजवेई, अनुराधा श्रीवास्तव, निरिक्त उपस्थित रहे।

महिलाएं एक दूसरे का करें सहयोग

वाराणसी। अर्ध महिला पीजी कॉलेज के नेबैस्विनी प्रकोष्ठ की ओर से हुई गोष्ठी में जिला विधिक सेवा प्राधिकरण सचिव सुधा सिंह और डॉ दिव्या खन्ना ने कहा कि महिलाएं एक दूसरे की सहायता व सहयोग करें। इस दौरान प्राचार्या प्रो. रचना दुवे, डॉ शशिजांत दीक्षित, डॉ दीपिका बरनवाल, डॉ श्रुचा मिश्रा आदि मौजूद रही। वहीं, अग्रसेन कन्या पीजी कॉलेज में हुई संगोष्ठी में डॉ. दुष्यंत सिंह ने कहा कि महिलाएं सामाजिक, आर्थिक व राजनीतिक स्तर पर आत्मनिर्भर हों। उधर, अंतरराष्ट्रीय महिला दिवस पर बीएचयू राष्ट्रीय सेवा योजना (एनएसएस) की ओर से आयोजित कार्यक्रम में महिलाओं को एड्रेस नियंत्रण के प्रति जागरूक करते रहने का आह्वान किया।



बीएचयू में महिला दिवस पर ग्रीन ग्रुप की महिलाओं को सम्मानित किया गया।

वीमेंस शक्ति टीशर्ट करेगी मुसीबत में सुरक्षा

मुसीबत में महिलाओं की सुरक्षा हो सके, इसके लिए छात्राओं ने खास तरीके का वीमेंस शक्ति टी शर्ट तैयार किया है। अंतरराष्ट्रीय महिला दिवस पर आर्यन इंटरनेशनल स्कूल की छात्राओं ने इस टीशर्ट की जानकारी दी। कक्षा 11वीं की छात्रा अनन्या सिंह, वैष्णवी और एक अन्य छात्रा ने जो टीशर्ट बनाया है, उसमें इमरजेंसी के समय पुलिस हेल्पलाइन नंबर पर फोन किया जा सकता है।

WORLD CONSUMER RIGHTS DAY

Department of Home Science has celebrated World Consumer Rights Day on 15th March .Students Presented their views on Consumer Protection Act and Right of the consumers. They prepared posters and presented PowerPoint Presentations. Total 32 students with Departmental faculty members and staff were present on this occasion. Total 18 students presented their views through PPT, Chart and Posters.





SEVEN DAY ONLINE WORKSHOP

ON

“IMPLICATIONS OF PROBABILITY AND ITS APPLICATION IN LIFE SCIENCE”

Department of Home Science has organized seven day online workshop on **“Implication of Probability and Its Application in life Sciences”** from 30th May 2021 to 6th June 2021. Dr. Abhinav Singh, Assistant Professor, Department of Agriculture Statistics, Rajiv Gandhi South Campus, BHU was the resource person of this online workshop. The Workshop was focused on various aspects of Probability and its uses in the field of life sciences. This Workshop was divided in two parts first was on theory and second practical and on hand training and practices. Total 45 participants participated in this workshop.

ARYA MAHILA P. G. COLLEGE
 CHETGANJ, VARANASI
 (Admitted to the privileges of Banaras Hindu University)
 Accredited Grade 'A' by NAAC & College with Potential for Excellence (CPE) by UGC.

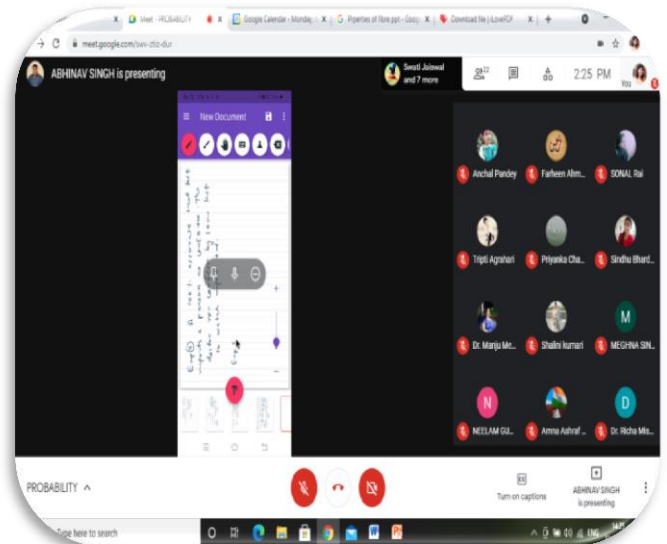
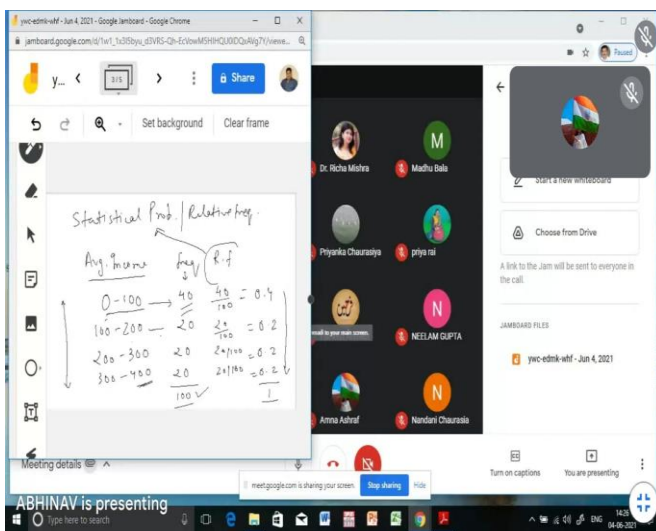
**ONLINE WORKSHOP ON
 IMPLICATION OF PROBABILITY AND ITS
 APPLICATION IN LIFE SCIENCES**

From 30th May to 06th June, 2021

DR. ABHINAV SINGH, ASSISTANT PROFESSOR,
 DEPARTMENT OF AGRICULTURE STATISTICS, RAJIV GANDHI SOUTH CAMPUS, BHU

Organized by
**DEPARTMENT OF HOME SCIENCE
 ARYA MAHILA P. G. COLLEGE, VARANASI**

- ❖ Online Platform to be used: **GOOGLE MEET**
- ❖ The Participants must have Laptop, Smartphone with good internet connectivity during the



SPECIAL WEB LECTURE ON "RAAG YAMAN KE VIVIDH RANG: SANGEET SHIKSHA KE PARIPRESHYA MEIN"

On the occasion of World Music Day, on 21st June, 2020, a special web lecture “Various Rangs of Raag Yaman: In the Perspective of Music Education” was organized by the department. On this occasion, Dr. Geetsudha Bhatt Pareek, Senior Spokesperson of Rajasthan Sangeet Sansthan, invited as a special speaker, gave her practical lecture on the above topic. The program was inaugurated by the student of the department, Mr. Ganesh Vandana performed

by Anushree Bhattacharya. Operation Q. By Surbhi Mishra. Patron of the program Dr. Shashikant Dixit (Manager) and Principal Prof. Rachna Dubey gave her blessings. On this occasion, Dr. Kamemvarnath Mishra, Dr. Mamta Sanyal, Dr. Anamika Dixit, Dr. Chandrakanta Rai, Dr. Brijbala Singh and Dr. Jaya Rai etc. distinguished teachers were present. Convenor of the program Dr. Geeta Singh gave welcome speech and vote of thanks was given by Dr. Anamika Dixit.

विश्व संगीत दिवस के उपलक्ष्य में विशिष्ट वेब व्याख्यान

वाराणसी (एसएनबी)। आर्य महिला पीजी कॉलेज में वाद्य संगीत विभाग द्वारा एक विशिष्ट व्याख्यान का आयोजन किया गया। जिसका विषय था 'राग यमन के विविध रंग: संगीत शिक्षा के उत्तर भारतीय शास्त्रीय संगीत परंपरा सबसे मौलिक रागों में से एक'। कार्यक्रम की मुख्य वक्ता डॉक्टर गीतसुधा भट्ट पारीक, सहायक प्रवक्ता, वाद्य संगीत विभाग, राजस्थान संगीत संस्थान, जयपुर रही। वक्ता ने बताया उत्तर भारतीय शास्त्रीय संगीत परंपरा के सबसे मौलिक रागों में से एक, राग यमन, प्रसुप्त भावों को जागृत करने वाला अत्यंत मधुर राग है। राग यमन श्रृंगार, भक्ति, करुण आदि अनेक रसों को उदीप्त करने की क्षमता रखता है। विश्व संगीत दिवस के अवसर पर प्रस्तुत व्याख्यान राग यमन की इसी इन्द्रधनुषी छटा एवं उसके नाना रंगों पर विस्तार से प्रकाश डालने हेतु आयोजित किया गया था। इस आयोजन की शुरुआत गणेश वंदना (भाव नृत्य) से कु. अनुश्री भट्टाचार्य ने की। कार्यक्रम में स्वागत भाषण डॉक्टर गीता सिंह ने दिया। कार्यक्रम के संरक्षक प्रबंधक डॉ. शशिकांत दीक्षित एवं प्राचार्या प्रोफेसर रचना दुबे ने आशीर्वाचन दिए। धन्यवाद ज्ञापन डॉ. दीपिका बरनवाल ने एवं संचालन सुरभि मिश्रा ने किया। इस अवसर पर डा. कामेश्वर नाथ मिश्र, डा. ममता सान्याल, डा. अनामिका दीक्षित, डा. जया राय, डा. चन्द्रकांता राय, डा. वृजवाला सिंह आदि रहे।



सबसे मौलिक रागों में से एक है यमन

वाराणसी | वरिष्ठ संवाददाता

चर्चा

राजस्थान संगीत संस्थान, जयपुर की असिस्टेंट प्रोफेसर डॉ. गीतसुधा भट्ट पारीक ने कहा है राग यमन उत्तर भारतीय शास्त्रीय संगीत परंपरा के सबसे मौलिक रागों में से एक है। अपनी सरलता, सहजता एवं सुंदरता के कारण राग यमन संगीत के विद्यार्थियों को प्रायः प्रथम राग के रूप में सिखाया जाता है। प्रारंभिक शिक्षा का राग होने के बाद भी इस राग में विस्तार की अनंत संभावनाएं हैं, जिसे अधिक परिश्रम

और एकाग्र साधना के बाद ही सिद्ध किया जा सकता है। डॉ. पारीक रविवार को विश्व संगीत दिवस के अवसर पर आर्य महिला पीजी कॉलेज में संगीत विभाग की ओर से आयोजित वेबिनार को संबोधित कर रहीं थीं।

उन्होंने कहा कि राग यमन की इसी विशेषता के कारण गुणीजनों ने इसे प्रशांत महासागर के समान भव्य बताया है। राग यमन श्रृंगार, भक्ति, करुण आदि अनेक रसों को उदीप्त करने की क्षमता रखता है। आयोजन की शुरुआत गणेश वंदना (भाव नृत्य) से अनुश्री भट्टाचार्य ने की। स्वागत डॉ. गीता सिंह ने दिया। प्रबंधक डॉ. शशिकांत दीक्षित एवं प्राचार्या प्रो. रचना दुबे ने आशीर्वाचन दिया। धन्यवाद डॉ. दीपिका बरनवाल एवं संचालन सुरभि मिश्रा ने किया।

RHYTHM 20- SWARANDHARA.

Anushree Bhattacharya and Afifa Khan *performed Sitar Recital in Swarandhara National E-concert* on Instrumental Music organized by Rhythm 20 which is held on 23rd August, 2020.



ORIENTATION PROGRAMME

The induction program for M.A 1st year was organized through virtual platform on 25th December 2020. All the teachers of department of psychology welcomed the young minds of B.A. first year. At the beginning of the event the teachers introduced themselves and also gave a brief introduction of the college, facilities provided to them in college. Further, the teachers also briefed them about the papers that they are supposed to study. In this event the principal of the college as well as the manager or were also present and they both gave best wishes to the newcomers. Vote of thanks was proposed by Dr. Krishna Verma●

ORIENTATION PROGRAMME

The induction program for BA 1st year was organized through virtual platform on 12th January 2021. All the teachers of department of psychology welcomed the young minds of B.A. first year. At the beginning of the event the teachers introduced themselves and also gave a brief introduction of the college, facilities provided to them in college. Further, the teachers also briefed them about the papers that they are supposed to study. In this event the principal of the college as well as the manager or were also present and they both gave best wishes to the newcomers. Vote of thanks was proposed by Dr. Anshul Jaiswal●

ONLINE WEBINAR SERIES,

PRAGNA ON CAREER COUNSELLING AND POST COVID SKILLS

The speaker for the first day (02/02/2021) was prof. V.V.K. Mohan, principal, IIRM, Hyderabad. As a speaker he said that, work skills get highly affected during any pandemic. Therefore, it is necessary that people should come forward and work together in groups. Simultaneously, the ability to work together, creative thinking, and interpersonal relationships such as the ability to talk and adjust is said to be essential. He further stated that, these social skills are needed for any business in common life other than the epidemic. Additionally, he stated that he told that how a person operates his mind and brain, is necessary and here the role of positivity during career building, development of human

values, patience, and clarity of thoughts and goals etc. are important. Total 120 students participated in this webinar. The principal of the college, Prof. Rachana Dubey welcomed the guest and participants, Dr. Shashikant Dixit, Manager, AMPGC gave his words of benediction, Dr. Garima Gupta, organizing secretary of this workshop hosted the entire event. Dr. Anshul Jaiswal, introduced the speaker and Dr. Priyanka Tiwari proposed Vote of Thanks.

On the second day of the webinar, the resource person, Mr. Ravi Kiran, Placement Head, IIRM, Hyderabad stated that the skills of any person are affected in two ways, positive and negative. Negative influence makes you dependent and positive influence helps you to use new technology. At the same time, he told that for entering any industry, it is necessary that the person should have aptitude, skill, and knowledge and for this it is necessary to set SMART (specific, measureable, achievable, realistic, time-bound) goals. Additionally, he said that along with analytical skills, it is also necessary to manage information, i.e. the person should have a tendency to acquire correct and adequate information. In the end, he described five key skills like creativity and new discoveries day by day, emotional intelligence, proper interaction between human and machine, excellent tendency to solve problems, change in thinking and punctuality as the main essential. Total 120 students participated in this webinar. principal of the college, Prof. Rachana Dubey and the Manager, Dr. Shashikant Dixit, both gave their best wishes for this webinar. Dr. Garima Gupta organizing secretary of this webinar hosted the entire event, along with introducing the speaker and Dr. Vibha Singh proposed Vote of Thanks

महामारी के दौरान अधिक प्रभावित होता है कार्य कौशल : प्रो. मोहन

वाराणसी (एसएनबी)। आर्य महिला पीजी कॉलेज व आईआईआरएम हैदराबाद, तेलंगाना के संयुक्त तत्वाधान में आयोजित महामारी के दौरान उचित कैरियर का चुनाव : कैरियर परामर्श विषय पर बोले हुए मुख्य वक्ता प्रो. वीवीके मोहन प्रिंसिपल आईआईआरएम हैदराबाद, तेलंगाना ने कहा कि आपत्तियों पर किसी भी महामारी के दौरान कार्य कौशल अत्यधिक प्रभावित होते हैं। अतः आवश्यक है कि लोग समूह या मंडली में एकजुट हो कर कार्य करें। साथ-ही साथ कार्य करने की क्षमता, सृजनात्मक विचार, तथा अंतर्वैयक्तिक सम्बन्धों जैसे कि बातचीत करने की कुशलता एवं समायोजनक्षमता को आवश्यक बताया है। मनोविज्ञान विभाग तथा वाणिज्य विभाग आर्य महिला पीजी कॉलेज के द्वारा आयोजित इस ऑनलाइन वेबिनार सत्र में श्री मोहन ने इस क्रम में ओपेन हाउस कायदा कि यह कुछ ऐसे सामाजिक कौशल हैं जो महामारी के इतर क्षण जीवन में किसी भी व्यवसाय के लिए आवश्यक है। इसके साथ ही साथ उन्होंने बताया कि व्यक्ति अपने मन और मस्तिष्क को क्रिया दृष्ट से संतुलित करते हैं, यह आवश्यक है। कैरियर निर्माण के दौरान व्यक्ति का सकारात्मक बने रहना, मानवीय



प्रो. वीवीके मोहन डॉ. सुरेश नायक

मूल्यों का विकास, धैर्य, तथा विचारों व लक्ष्यों को स्पष्टता आदि कि भूमिका पर बल दिया। इस प्रोग्राम में 120 से अधिक प्रतिभागियों ने प्रतिभाग किया। कार्यक्रम में स्वगत उद्घोषण कॉलेज की प्राचार्या प्रो. रचना दुबे ने किया और स्वगत भाषण प्रबंधक शशिकांत दीक्षित ने किया। कार्यक्रम में आईआईआरएम हैदराबाद तेलंगाना के वरिष्ठ प्राचार्य डॉ. सुरेश नायक ने प्रतिभागियों को शुभकामनाएं दीं। कार्यक्रम का संचालन डॉ. गीरमा गुप्ता तथा धन्यवाद संपन्न डॉ. प्रिंक्ता तिवारी ने किया। कार्यक्रम के दौरान डॉ. कृष्णा कुमारी वर्मा, डॉ. अंशुल जयसवाल, डॉ. मिनल्लो बाजपट्टे तथा डॉ. विद्या सिंह के साथ अन्य शिक्षकगणों ने महत्वपूर्ण भूमिका निभाई।

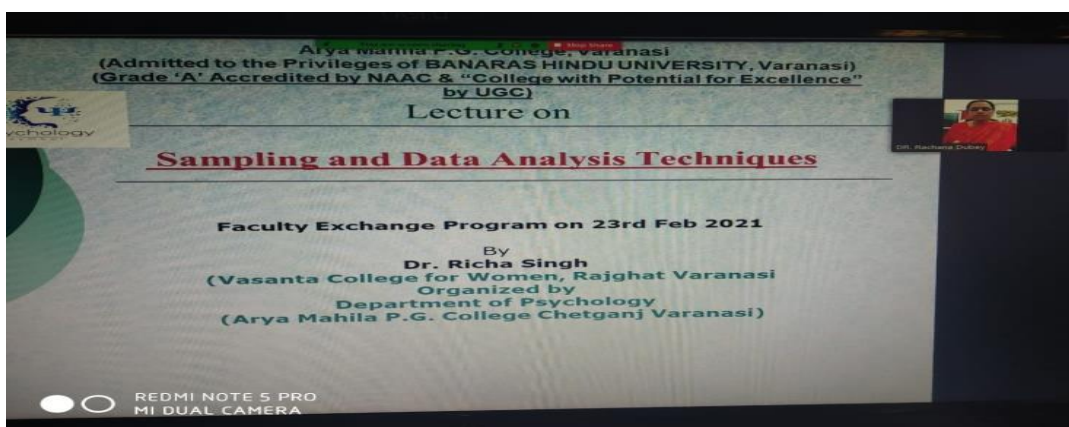
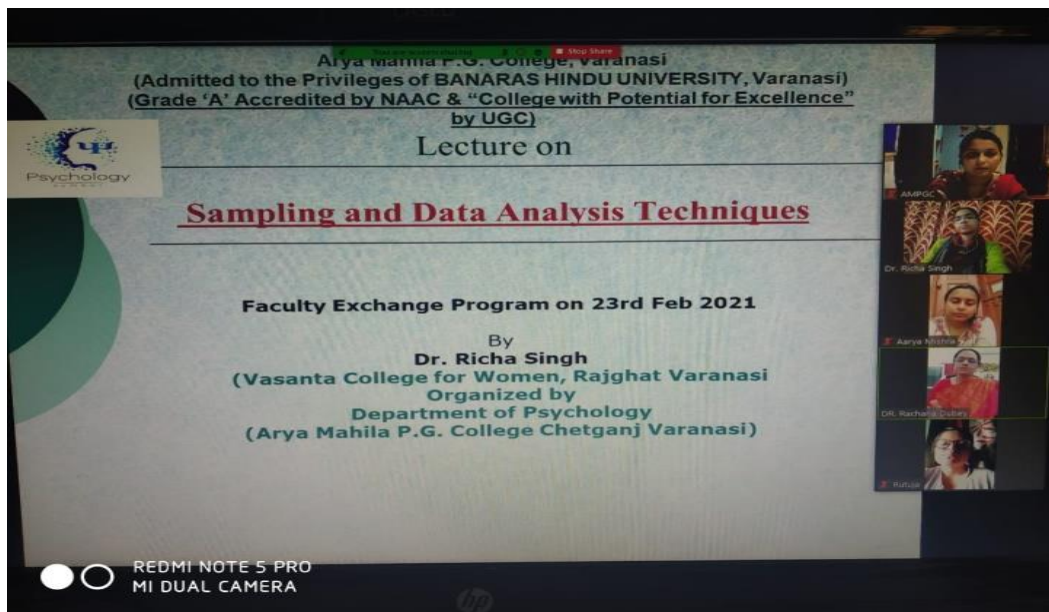
करियर निर्माण के लिए रहें सकारात्मक

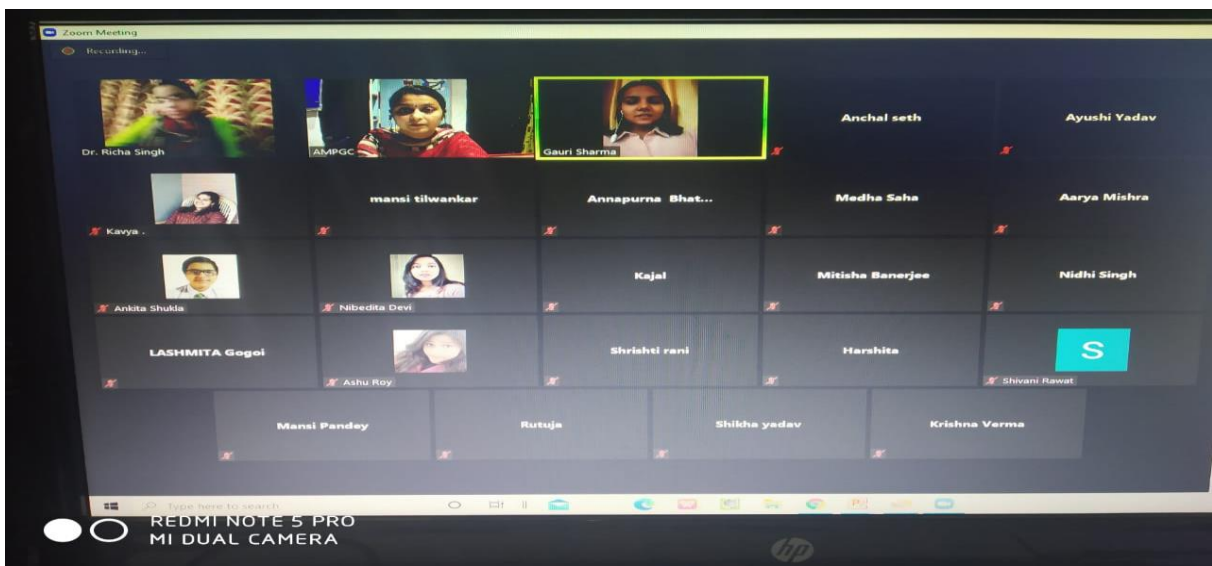
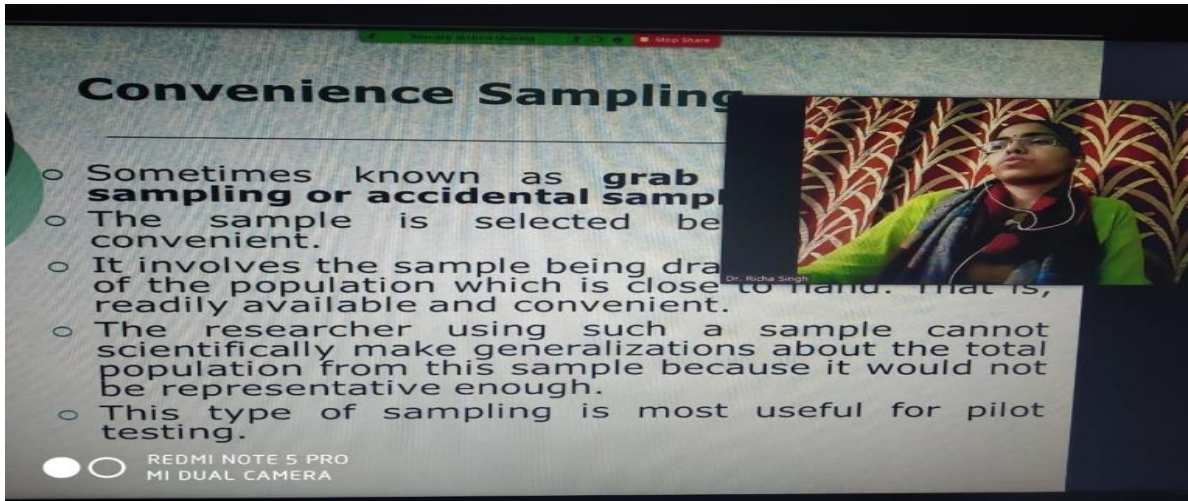
वाराणसी। महामारी के दौरान कार्य कौशल अत्यधिक प्रभावित होता है। ऐसे में आवश्यक है कि लोग समूह या मंडली में एकजुट होकर कार्य करें। उक्त बातें आईआईआरएम के प्रधानाचार्य प्रो. वीवीके मोहन ने कहीं। वह बतौर मुख्य वक्ता मंगलवार को आर्य महिला पीजी कॉलेज मनोविज्ञान, वाणिज्य विभाग व आईआईआरएम हैदराबाद की ओर से आयोजित वेबिनार को संबोधित कर रहे थे। करियर निर्माण के दौरान व्यक्ति का सकारात्मक बने रहना, मानवीय मूल्यों का विकास, धैर्य, विचारों व लक्ष्यों को स्पष्टता आदि की भूमिका अहम होती है। इस अवसर पर कॉलेज की प्राचार्य प्रो. रचना दुबे, कॉलेज के मेनेजर शशिकांत दीक्षित, डॉ. सुरेश नायक, डॉ. गीरमा गुप्ता आदि मौजूद हैं।

करियर निर्माण के बारे में दी जानकारी वाराणसी। आर्य महिला पीजी कॉलेज और आईआईआरएम हैदराबाद की ओर से मंगलवार को वेबिनार में छात्रों को करियर के बारे में जानकारी दी गई। मुख्य वक्ता प्रो. वीवीके मोहन ने बताया कि व्यक्ति का सकारात्मक रहना जरूरी है। प्राचार्या प्रो. रचना दुबे, प्रबंधक शशिकांत दीक्षित, डॉ. सुरेश नायक, डॉ. गरिमा गुप्ता, डॉ. प्रियंका तिवारी ने विचार रखे।

ONE DAY LECTURE ON “SAMPLING AND DATA ANALYSIS TECHNIQUE”

Department of Psychology has organized One Day lecture “Sampling and Data Analysis Technique” on 23rd February 2021 under Faculty exchange programme in collaboration with Vasanta College For Women, Rajghat, Varanasi. The lecture was delivered by Dr. Richa Singh, Assistant. Professor, V.C.W. Rajghat, Varanasi. Total 24 students with all Faculty members of the department attended this lecture.





TEACHERS DAY CELEBRATION

In response to the UGC letter attached above the Department of Philosophy AMPGC organized a special teachers' day on 5th of September 2020 honouring our retired teacher and colleague Dr. Uma Pant. Though it was an online mode the programme brought us back together triggering old memories. Dr. Uma Pant encouraged the students to work hard so that they may be able to stand on their own feet.



प्रो. राजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(मानव संसाधन विकास विभाग, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)
शाहजहाँ नगर मार्ग, नई दिल्ली-110002
Shahjahan Nगर Marg, New Delhi-110002
Ph : 011-23236286/23239337
Fax : 011-2323 8858
E-mail : secyugc@ugc.in

D.O.No.F.1-12/2020(Social Media-SWAYAM)

1st September, 2020

Dear Madam/Sir,

As you are aware, the Government of India has introduced National Education Policy-2020 (NEP) making ways for large scale, transformational reforms in both school and higher education sectors. Emphasizing the changing role of teachers in the backdrop of NEP 2020, the Hon'ble Prime Minister very rightly said "When a Teacher learns, a Nation leads".

Since the teachers' role is paramount in the life of student as a friend, mentor and coach, the Ministry of Education and UGC plan to celebrate Teachers' Day by organising webinars on various themes/initiatives of NEP and create awareness among stakeholders. As part of Teachers' Day celebration, on 5th September, 2020, we plan to run the following hashtag/# campaign on twitter/Facebook/Instagram and other social media:

#ourteachersourheroes
#teachersfromindia

You are requested to kindly organize programmes by following government protocols on social distancing or through videoconferencing to honour retired teachers who have made significant contributions in the growth and development of students and the institution. On Teacher's Day, using the hashtag #ourteachersourheroes, the students, faculty and non-teaching staff may express their gratitude towards their favorite teachers through various social media handles.

The programmes thus organized may kindly be uploaded in the University Activity Monitoring Portal (<https://ugc.ac.in/uamp/>) of UGC.

With kind regards,

Yours sincerely,


(Rajnish Jain)

To

- The Vice Chancellors of all Universities
- The Principals of all Colleges



ONLINE LECTURE

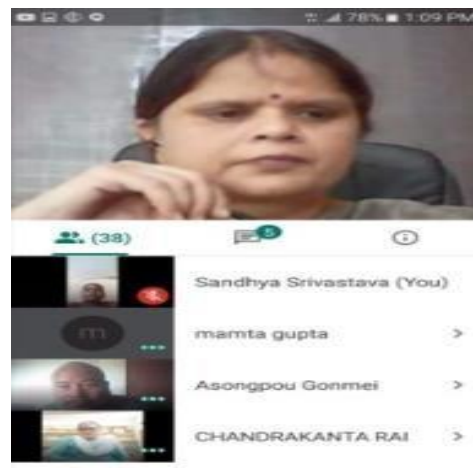
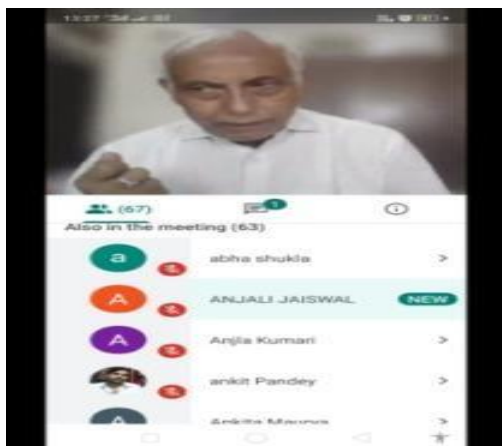
ON

“MAHATMA GANDHI KE DRISTI MEIN AADHUNIK SABHYATA”

Department of philosophy has organized one day online lecture on **“Mahatma Gandhi Ke Dristi Mein Aadhunik Sabhyata”** on 2nd October 2020.

The lecture was delivered by Prof. D.B. Chaube, Department of Philosophy and Religion, BHU, VNS. The lecture was organized in commemoration and honour of our Father of Nation Mahatma Gandhi. The speaker focused on the contribution of Gandhiji in nation building. His ideals and philosophy pertaining to the nature of mankind is found to be so much relevant even in our society. The speaker further emphasized that Gandhi has become an icon of non-violence not only in India but in the whole world.

Apart from the philosophy students the programme was graced by manager Dr. Shashikant Dixit, Principal Prof. Rachana Dubey, Dr. Uma Pant (Ex-head department of philosophy, AMPGC) Dr. Brijbala Singh, Dr. Chandrakanta Rai, Dr. Bhavana Trivedi, Dr. Tripur Sundri etc.,. The programme was conducted by Dr. Asongpou, welcome speech was delivered by Prof. Rachana Dubey and Dr. Mamta Gupta gave vote of thanks.

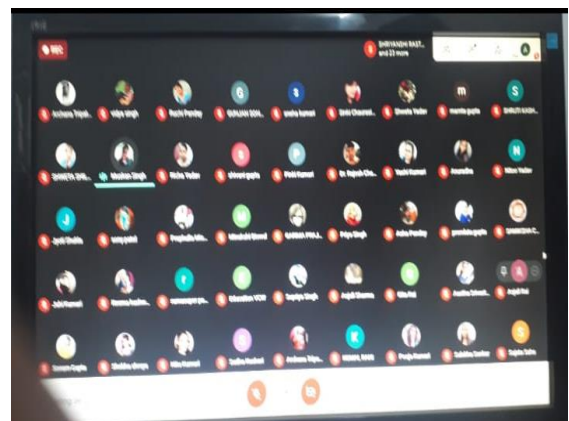


STUDENTS' COLLOQUIUM
ON
EPISTEMOLOGY (WITH SPECIAL REFERENCE TO
NYAYA AND YOGA)

This programme was jointly organized by Department of Education and philosophy, Vasanta College for Women, Rajghat, Vns , Department of Philosophy Arya Mahila P. G. College, Chetganj, Vns. and Vasant Kanya Mahavidyalaya, Varanasi on 22nd Feb. 2021. This programme was conducted in order that students would find a platform to speak their mind before the audients other than just reading and writing their exams. It will help them to have a thorough knowledge on the concerned topic in particular and philosophy in general. The programme started with Mangala Charan and welcome Address was delivered by Prof. Alka Singh, Principal, Vasanta College for Women, Rajghat. Dr. Rama Pandey, HOD, Dept. Of Philosophy, Vasanta College for Women, Rajghat gave a theme presentation. She emphasized on the contribution of Nyaya and Yoya school of Indian philosophy. Prof. Rachana Dubey, Principal, Arya Mahila P.G. College, the president of the programme, gave her remark and pointed out the urgent need of such initiation so that quality students could be produced in the days to come. It was followed by speech of the chief guest Prof. Rishikant Pandey, Dept. Of Philosophy, Allahabad University. He spoke on the importance of learning Indian philosophy for it imbibes our tradition and culture. He believes that will help us to understand our roots and its ideal. Introduction to different branches of Philosophy, possibilities and types of knowledge was shared by Students of M.Ed., Vasanta College for women, Rajghat. Students like Muskan Kumari,

Anaminka Srivastava, Jyoti Shukla, Astha Srivastava, Yashi Kumari, Bhawna Priya etc spoke on different topics from Nyaya and Yoga Philosophy. Dr. Mamata Misra, HOD, Dept. Of Philosophy, Vasant Kanya and Dr. Mamta Gupta, HOD, Dept. Of Philosophy, Arya Mahila P.G. College gave an Expert Deliberation. Dr. Sujata Saha, HOD, Dept. of Education, Vasanta College for Women offered a Valedictory Address. In wrapping up the programme Dr. Rajesh Chourasia, Dept. of Philosophy, Vasanta College for Women gave vote of thanks. All the participants were given a certificate as well.

The following students did the anchoring of the programme Anjali Rai, Archana Tripathi, Bibhulina Mishra, Garima Prajapati, Juhi Kumari, Anuradha Gupta, Nausheen Fatima, Nitu Kumari, Premlata Gupta, Rajnandini Gupta (Students of M.Ed., Vasanta College for Women, Rajghat).



ONE DAY NATIONAL SEMINAR

ON

“THE ROLE OF PHILOSOPHY IN NATION DEVELOPMENT”

The department of philosophy, Arya Mahila P. G. College organized a one day national seminar on 26th March 2021 The Role of Philosophy in Nation Development. The patron of the programme was Dr. Shashikant Dixit, Manager AMPGC, Vns. The webinar was chaired by Prof. Rachana Dubey. The convener of the programme was Dr. Shuchi Tiwari, Dr. Mamta Gupta, co-convener of the programme, delivered a welcome address. Dr. Brijbala Singh gave her blessing for the success of the programme. In the webinar many participants presented their papers. Some of their names and their topics are Dr. Swapna Bandopadhyay- *“Rabindranath Tagore’s Philosophy on Indian Education”*, Priti Bharati- *“The Role of Philosophy in Life”*, Ranjan-*“Philosophy as an enquiry and a way of life: A metaphysical conjecture”*, Dr. Manohar Km


“An Analysis on Exercising the Strength of Philosophy in Building Up the Quality Individual and the Ideal Society”

Some of the students like Anshika, Vaibhav Tiwari, Nadini, Yashi etc put up their questions to the speakers and their queries were answered by the resource person. At the end of the programme Dr. Asongpou gave vote of thanks. Total 100 participants participated in this webinar.


ARYA MAHILA P.G. COLLEGE
Admitted to the privileges of the Banaras Hindu University
Grade 'A' Accredited by NAAC & 'College with Potential for Excellence' by UGC

National Webinar
on
"The Role of Philosophy in Nation Development"
Date/Time
26th March, 2021, 12:00 to 03:00pm


FOUNDER




Dr. Vibha Devi



Dr. Suparna Mishra






Organized by
Department of Philosophy
Arya Mahila P.G. College
(Admitted to the privilege of Banaras Hindu University)
(Accredited Grade 'A' by NAAC & CPE status by UGC)
Chetganj, Varanasi- 221001



President
Prof. S. P. Pandey
former head, Deptt. of
Philosophy
and Religion, BHU, Varanasi

REGISTERED SPEAKERS:

	Prof. Rishikant Pandey Former Head- Department of Philosophy University of Allahabad, Prayagraj, UP
	Prof. Rajeev Kumar Head, Post Graduate Department of Philosophy Langat Singh College, Muzaffarpur B. R. Ambedkar Bihar University Muzaffarpur
	Dr. Vivek Pandey Assistant Professor Department of Philosophy and Religion MMV, BHU, Varanasi

दर्शन सभी विज्ञानों की जननी

सहारा न्यूज ब्यूरो
वाराणसी।

इलाहाबाद विश्वविद्यालय के दर्शनशास्त्र विभाग के पूर्व अध्यक्ष प्रोफेसर ऋषिकान्त पांडेय ने कहा कि दर्शनशास्त्र मानव समाज तथा संसार की प्रकृति के संबंध में सिद्धांतों को स्थापित करता है। वे शुरुआत को यह

आर्य महिला पीजी कॉलेज दर्शनशास्त्र विभाग की ओर से आयोजित हुआ वेबिनार

आर्य महिला पीजी कॉलेज के दर्शनशास्त्र विभाग द्वारा आयोजित राष्ट्रीय उद्यान में दर्शनशास्त्र की भूमिका विषयक वेबिनार में बतौर मुख्य वक्ता बोल रहे थे। समकालीन जगत में दर्शनशास्त्र की भूमिका विषय पर प्रकाश डालते हुए उन्होंने आगे कहा कि दर्शनशास्त्र की प्रसंगिकता इस जगत में परम सत्य के रूप में संबंधित सिद्धांतों और उनके कारणों की विवेचना करने में चरितार्थ होती है।

दर्शनिक चिंतन मूलतः जीवन की यथार्थता की खोज का दूसरा नाम है।

द्वितीय वक्ता के रूप में बोलते हुए लंगत कॉलेज मुजफ्फरपुर के दर्शनशास्त्र विभाग के अध्यक्ष प्रोफेसर राजीव कुमार ने कहा कि दर्शन जीवन और जगत को उसकी समग्रता में समझने का प्रयास है। यह संसार क्योंकि वास्तविकता ओतप्रोत है। अतः सांसारिक व्यवस्था को सुचारु रूप से चलाने के लिए तथा इस संसार में रहते हुए भी मोक्ष का अनुभव प्राप्त करने के लिए जिस विवेक दृष्टि की आवश्यकता है वह दर्शनशास्त्र कि राट्ट को देता है। भारतीय दर्शनिकों ने अपने सिद्धांतों में इस विवेक दृष्टि को जागृत करने के लिए श्रद्धा, भक्ति, ज्ञान और योग जैसे साधनों को अपनाते पर बल दिया है।

तृतीय वक्ता के रूप में दर्शनशास्त्र विभाग महिला महाविद्यालय काशी हिंदू विश्वविद्यालय के डॉक्टर विवेक पांडेय ने कहा कि दर्शन सभी विज्ञानों की जननी है। किंतु समय के प्रभाव में हम उस मोड़ पर पहुंच चुके हैं कि जहाँ जननी के सामने ही उसकी

सार्थकता का प्रश्न उपस्थित हो गया है। मानव प्रत्येक वस्तु और विचार का उपयोगितावादी दृष्टि से परख रहा है। फलतः समाज और राट्ट मूल्यविहीन होते जा रहे हैं। ऐसी विषम परिस्थिति में मानव में आत्मवलोकन की सुझबूझ पैदा कर राट्ट में पुनः आध्यात्मिक मूल्यों की पुनर्स्थापना करने का प्रयास दर्शनशास्त्र कर रहा है। समकालीन युग में यही संपूर्ण विषय को दर्शनशास्त्र का योगदान है।

वेबिनार की अध्यक्षता दर्शनशास्त्र विभाग बीएचयू के प्रोफेसर एसपी पांडे ने की। इस मौके पर महाविद्यालय के प्रबंधक डॉ शशिकान्त दीक्षित ने विद्यार्थियों को आशीर्वाद वचन दिया।

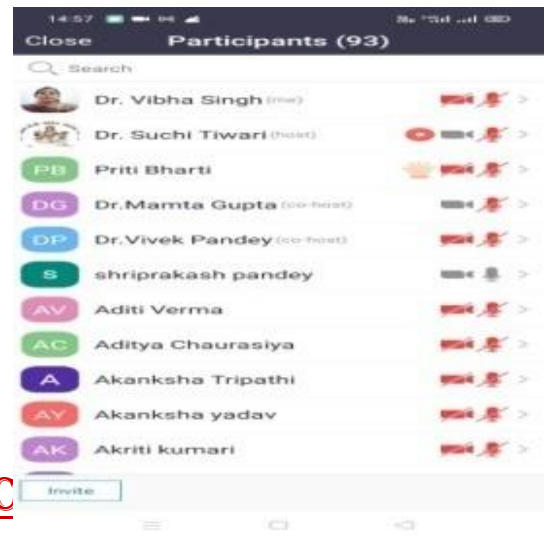
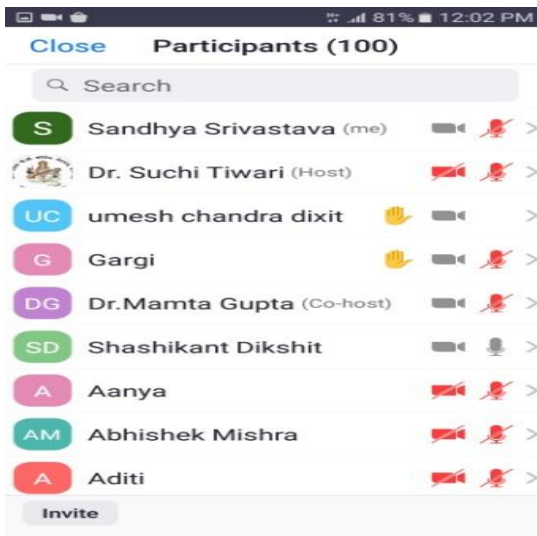
स्वागत भाषण डॉक्टर ममता गुप्ता व धन्यवाद ज्ञापन असंग पक ने दिया। वेबिनार में कार्यवाहक प्राचार्य डॉक्टर वृजवाला सिंह के संग डॉक्टर अनामिका सिंह, डॉक्टर संस्था श्रीवासस्व, डॉ मंजू राय, डॉ भावना त्रिवेदी सहित 250 से ज्यादा प्रतिभागी उपस्थित थे। इस संगोष्ठी की संयोजिका डॉक्टर शुचि तिवारी थी।

दार्शनिक चिंतन मूलतः जीवन की यथार्थता की खोज का दूसरा नाम: प्रो.पाण्डेय

वाराणसी। इलाहाबाद विश्वविद्यालय के दर्शनशास्त्र विभाग के पूर्व अध्यक्ष प्रोफेसर ऋषिकान्त पांडेय ने कहा कि दर्शनशास्त्र मानव समाज तथा संसार की प्रकृति के संबंध में सिद्धांतों को स्थापित करता है। वे शुरुआत को यहाँ आर्य महिला पीजी कॉलेज के दर्शनशास्त्र विभाग द्वारा आयोजित राष्ट्रीय उद्यान में दर्शनशास्त्र की भूमिका विषयक वेबिनार में बतौर मुख्य वक्ता बोल रहे थे। समकालीन जगत में दर्शनशास्त्र की भूमिका विषय पर प्रकाश डालते हुए उन्होंने आगे कहा कि दर्शनशास्त्र की प्रसंगिकता इस जगत में परम सत्य के रूप में संबंधित सिद्धांतों और उनके कारणों की विवेचना करने में चरितार्थ होती है। दार्शनिक चिंतन मूलतः जीवन की यथार्थता की खोज का दूसरा नाम है। द्वितीय वक्ता के रूप में बोलते हुए लंगत सिंह कॉलेज मुजफ्फरपुर के

दर्शनशास्त्र विभाग के अध्यक्ष प्रोफेसर राजीव कुमार ने कहा कि दर्शन जीवन और जगत को उसकी समग्रता में समझने का प्रयास है। यह संसार क्योंकि वास्तविकता ओतप्रोत है। अतः सांसारिक व्यवस्था को सुचारु रूप से चलाने के लिए तथा इस संसार में रहते हुए भी मोक्ष का अनुभव प्राप्त करने के लिए जिस विवेक दृष्टि की आवश्यकता है वह दर्शनशास्त्र कि राट्ट को देता है। भारतीय दर्शनिकों ने अपने सिद्धांतों में इस विवेक दृष्टि को जागृत करने के लिए श्रद्धा, भक्ति, ज्ञान और योग जैसे साधनों को अपनाते पर बल दिया है। तृतीय वक्ता के रूप में दर्शनशास्त्र विभाग महिला महाविद्यालय काशी हिंदू विश्वविद्यालय के डॉक्टर विवेक पांडेय ने कहा कि दर्शन सभी विज्ञानों की जननी है। किंतु समय के प्रभाव में हम उस मोड़ पर पहुंच चुके हैं कि जहाँ जननी के सामने ही उसकी सार्थकता का

प्रश्न उपस्थित हो गया है। मानव प्रत्येक वस्तु और विचार का उपयोगितावादी दृष्टि से परख रहा है। फलतः समाज और राट्ट मूल्यविहीन होते जा रहे हैं। ऐसी विषम परिस्थिति में मानव में आत्मवलोकन की सुझबूझ पैदा कर राट्ट में पुनः आध्यात्मिक मूल्यों की पुनर्स्थापना करने का प्रयास दर्शनशास्त्र कर रहा है। समकालीन युग में यही संपूर्ण विषय को दर्शनशास्त्र का योगदान है। वेबिनार की अध्यक्षता दर्शनशास्त्र विभाग बीएचयू के प्रोफेसर एस.पी.पांडे ने की। इस मौके पर महाविद्यालय के प्रबंधक डॉ शशिकान्त दीक्षित ने विद्यार्थियों को आशीर्वाद वचन दिया। स्वागत भाषण डॉक्टर ममता गुप्ता व धन्यवाद ज्ञापन असंग पक ने दिया। वेबिनार में कार्यवाहक प्राचार्य डॉक्टर वृजवाला सिंह के संग डॉक्टर अनामिका सिंह, डॉक्टर संस्था श्रीवासस्व, डॉ मंजू राय, डॉ भावना त्रिवेदी सहित २५० से ज्यादा प्रतिभागी उपस्थित थे।



SOC

INTERNATIONAL WEBINAR

ON

"ISSUES AND CHALLENGES TO THE INDIAN SOCIETY: SCENARIO OF COVID-19"

Department of sociology Arya Mahila PG College organized an international webinar on the title "**Issues and Challenges to the Indian Society: Scenario of Covid-19**" on 30th June and 1st July 2020. This webinar was convened by Mr. Mithilesh Mishra and Kanchan was the Organising Secretary for this Webinar. Doctor Shashikant Dikshit, President Arya Mahila Hitkarni Mahaparishad and manager Arya Mahila P.G. College was patron, and Professor Dr. Rachana Dubey was mentor for this webinar.

Shri Vinod Agnihotri consulting editor Amar ujala, New Delhi was keynote speaker for the day one. He was followed by the views of Professor R.N. Tripathi Professor Department of Sociology, Banaras Hindu University and member Uttar Pradesh Higher

Education Service Commission. Sri. Kumar Narendra Singh executive editor, Lokswami

Magazine (A Fortnightly Hindi daily), and Professor Manish Kumar Verma Professor, Department of Sociology Babasaheb Bhimrao Ambedkar University Lucknow.

On day 2 of webinar Professor Manvendra Pratap Singh, Head of Department Sociology, D.D.U, Gorakhpur University and Member Managing Committee Indian sociological society was the first most of all the speaker. We had Dr. Rahul R.Verma specialist and Assistant Director General Department of Infection Control and Epidemiology King Fahad Hospital, Ministry of Health

Kingdom of Saudi Arabia. We also had engineer Amit Kumar Choudhary from IIT Delhi, who was senior technical manager biomedical division class corporation New Jersey USA.

Day one of the webinar was started with blessing speech of Dr. Shashikant Dixit as he bestowed his good wishes and blessings with his beautiful words for a success and competence of this webinar. The Principal Dr. Rachna Dubey mentioned her welcome address and established the theme as she conveyed her views through her speech in relation to Covid 19.

Dr. Vinod Agnihotri ji, being a media person extended his view in regards of media as how media has played its role in prevailing time of Covid 19 to create awareness and consciousness about the diseases

He delivered his views in one hand, how media has played the role of an educator for protection of the society and on the other it has sometimes also acted as a fear influencer. Then summed up that how a media should ideally perform its role in the very time of Corona.

After him, Prof. R.N. Tripathi joined us with his views and he talked about Indian *Sanatan Parampara*. He told that Indian tradition is as strong as no other civilization ever had been. This is Indian tradition only that is standing with its priceless gesture and giving messages to this world of humanity cooperation.

Prof. Manish K. Verma extended his views on chaotic condition that occurred due to the scenario of Corona. He said that, this situation has not left any class of society from getting affected from its adverse influence.

Ms. kanchan OS of the Webinar hosted the session. Mr Mithilesh Mishra extended a formal vote of thanks.

Dr. Kanchan Arya: Day 2, of the webinar started again with the blessings of Dr.

Shashikant Dixit. On this day Professor Manvendra Pratap Singh started the series of views as a key speaker. He said that economy of India is passing through structural changes but he also added that being a country of youth we Indians can easily regain our self-dependence. Those employments which are moving to foreign population will be in-hands of Indian people. He also draw attention towards that now world has to make its growth human centric. We have to create sustainable development model as nature of its core. He also reminded us a very important part is labourer in this era of globalization. All government and the common man need to think on his situation.

We had Dr. Rahul R Verma who joined us from King FAhad Hospital, Saudi Arabia. He discussed his views through power point presentation. He told how this disease spread from one human to another. He with a very fine presentation explained that how dangerous this corona disease could be, if ignored.

Er. Amit Kumar Chaudhary discussed about the technology and hike of software use in this time, people not only to meet their important needs, but also to spend their leisure time in corona lockdown using software, even though in this time everything has become online and virtual.

At the end of day, formal vote of thanks was given by Dr. Nalini. Mr. Anil Yadav played an important role with his perfect technical support.





सनातन परम्परा की निधियां आपदा से निबटने में सक्षम

वाराणसी (एसएनबी)। आर्य महिला पीजी कॉलेज समाजशास्त्र विभाग की ओर से आयोजित वेबिनार में काशी हिन्दू विश्वविद्यालय समाजशास्त्र विभाग के प्रोफेसर आरएन

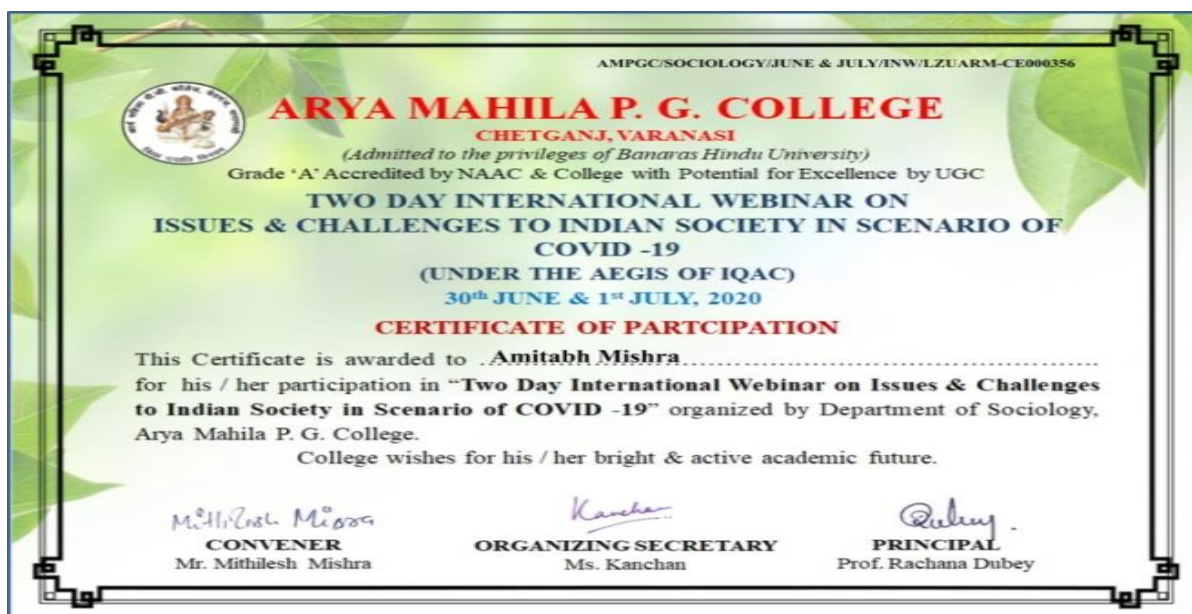


त्रिपाठी ने विभिन्न सामाजिक एवं दार्शनिक विद्वानों का उदाहरण देते हुए यह वताने का प्रयास किया की भारतीय परंपराओं की जड़ें कितनी गहरी है, साथ ही उन्होंने स्वरचित 5 जी फार्मूला भी दिया जिसके तहत उन्होंने यह बताया कि भारतीय सनातन परंपराओं में विद्यमान अनेकों ऐसी अनमोल निधियां हैं जिनसे बड़ी से बड़ी आपदा से भी निपटा जा सकता

है। यह बातें उन्होंने 'इश्यूज एंड चैलेंजस टू इंडियन सोसाइटी इन सीनरी ऑफ कोविड-19' विषयक इस वेबिनार के शुभारम्भ के मौके पर बोलते हुए कहीं। प्रोफेसर मनीष कुमार वर्मा कुरौना काल के दौरान सामाजिक आर्थिक एवं वैैिक परिपेक्ष में अपने विचार प्रस्तुत किए कि किस प्रकार समाज के विभिन्न वर्गों में इस दौर के कारण एक उथलपुथल एवं आपाधापी की स्थिति बन गई है। आर्थिक पक्ष पर जोर देते हुए

आर्य महिला पीजी कॉलेज में वेबिनार

उन्होंने बताया की किस प्रकार मजदूर वर्ग या पूंजीपति वर्ग दोनों ही इस विशेष अवस्था से प्रभावित हुए हैं। इसमें इस दौरान वरिष्ठ पत्रकार विनोद अग्निहोत्री, वरिष्ठ पत्रकार कुमार नरेंद्र सिंह ने भी विचार रखे। कार्यक्रम का शुभारंभ महाविद्यालय के प्रबंधक डॉक्टर शशीकांत दीक्षित द्वारा आशीर्वचन के साथ किया गया। अतिथियों का औपचारिक सम्मान तथा स्वागत महाविद्यालय के प्राचार्य प्रोफेसर रचना दुवे जी द्वारा किया गया। कार्यक्रम का संचालन कंचन द्वारा तथा धन्यवाद ज्ञापन मिथिलेश मिश्रा किया गया। उक्त कार्यक्रम के आयोजन में डॉ भावना त्रिवेदी, डॉ सुमन तिवारी, डॉक्टर निलनी, डॉक्टर मेराज हाशमी, डॉ स्वाति, एस मिश्रा का सहयोग रहा। तकनीकी व्यवस्था के संचालन में अनिल यादव का विशेष योगदान रहा।



TWO DAY FACULTY ENRICHMENT PROGRAMME

The Sociology department of Arya Mahila P.G.College organized a Two Day Faculty Enrichment Programme under the aegis of IQAC. The programme was scheduled on 14th and 15th July 2020 and came in front with very important and interesting topics which are of great help to the teaching as well as the non-teaching staffs for their own as well as the institutional betterment. The topic for day one i.e 14th July was **How to Write and Publish Good Research Papers** and the topic for the second day i.e 15th July was- **How to enhance your Research Profile using Different Digital Identifies**. The individuals present during the programme were Principal of A.M.P.G.College, Prof. Rachana Dubey and manager Dr. Shashikant Dixit. The Co-ordinators of the programme were Dr. Madhumita Bhattacharya, associate professor and Dr. Swati S Mishra, assistant professor with the IQAC co-ordinator, Dr. Bhavana Trivedi was also present in the programme. The Resource Person of the programme was Dr. Rakesh Bhutani who is from Department of Zoology and Environmental Science, Gurukul Kangri Viswavidyalaya, Haridwar. The members of the organizing committee are Mrs.Kanchan, assistance professor, Department of sociology, Dr.Suman Tiwati, assistance professor, Department of sociology, Dr. Mithilesh Mishra, assistance professor, Department of sociology, Dr. Meraz Hashmi, assistance professor, Department of sociology, Dr. Nalini, assistance professor, Department of sociology, Dr. Arvind Kumar Dubey, assistance professor, Department of sociology. The technical supporters of the programme were Vineet Upadhyay and Nishith Mishra.



ARYA MAHILA P.G. COLLEGE

Chetganj Varanasi

(Under the aegis of IQAC)
TWO DAYS
Faculty Enrichment Programme

ORGANIZED BY
DEPARTMENT OF SOCIOLOGY

SCHEDULE
Day 2 : (15th July 2020)

Topic : How to enhance your Research profile by using different digital Identity			
Time	Topic	Speakers	Photo
12 :00 pm to 12 :10 PM	Compering	Dr. Swati S Mishra, Assistant Professor, Deptt. of Sociology, Arya Mahila P.G. College & organizing Secretary	
12 :10 pm to 12 :15 pm	Previous Day Report Reading	Dr. Bhavana Trivedi IQAC Coordinator	
12 :15 pm to 1 :30 pm	How to enhance your Research profile by using different digital Identity	Dr. Rakesh Bhusani Deptt. of Zoology and Environmental Science Gurukul Kangri Vishwavidyalaya, Haridwar	
1 :10 pm to 1 :15 pm	Presidential Address	Dr. Shashikant Dixit, Manager, Arya Mahila P.G. College	
1 :15 pm to 1 :20 pm	Vote of Thanks	Prof. Rachana Dubey, Principal, Arya Mahila P.G. College	



ARYA MAHILA P.G. COLLEGE

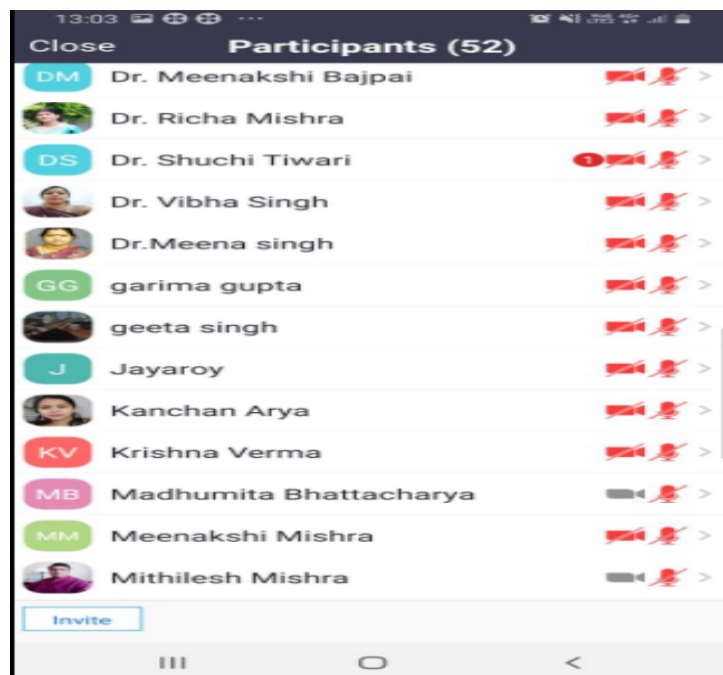
Chetganj Varanasi

(Under the aegis of IQAC)
TWO DAYS
Faculty Enrichment Programme

ORGANIZED BY
DEPARTMENT OF SOCIOLOGY

SCHEDULE
Day 1 : 14th July 2020

Topic : How to Write and Publish Good Research Paper			
Time	Topic	Speakers	Photo
1 :00 pm to 1 :10 PM	Compering	Dr. Swati S Mishra, Assistant Professor, Deptt. of Sociology, Arya Mahila P.G. College & organizing Secretary	
1 :10 pm to 1 :15 pm	Welcome Address	Prof. Rachana Dubey, Principal, Arya Mahila P.G. College	
1 :15 pm to 1 :20 pm	Blessings	Dr. Shashikant Dixit, Manager, Arya Mahila P.G. College	
1 :20 pm to 1 :25 pm	Subject Enforcement	Dr. Madhumita Bhattacharya Associate Professor, Deptt. of Sociology, Arya Mahila P.G. College & Convener	
1 :25 pm to 2 :20 pm	How to Write and Publish Good Research Paper	Dr. Rakesh Bhusani Deptt. of Zoology and Environmental Science Gurukul Kangri Vishwavidyalaya, Haridwar	
2 :20 pm to 2 :30 pm	Interaction with Participants	Dr. Bhavana Trivedi IQAC Coordinator	
2 :30 pm to 2 :35 pm	Vote of Thanks	Dr. Bhavana Trivedi IQAC Coordinator	



"UDAAN" THE MOTIVATIONAL TALK SERIES.

Set of Webinar was organized for students on 3rd, 10th, 17th and 24th July 2020 to motivate them in the times of nationwide Lockdown due to global Pandemic Corona.

Where lakhs of people suffered financially and mentally specially daily wage workers and migrants, Job scarcity freked students and made them blanked

which affected our studies. To insure our future and present this series was organized.

The "UDAAN: THE MOTIVATIONAL TALK SERIES"

Has four sessions where we got brief detail about solutions and how to tackle those temporary problems so that students don't get depressed.

All the session were designed to give every prospects such as

- Motivation to select one goal and dedicate our 100%
- Learn to manage our anger, fear, phobia, failure.
- Growth in spritual context to relax our mind and soul
- Yoga and excercise

In first series we have our Guest speaker and chief guest **Mr. Vijay Narayan Singh, Mentor, Nirman IAS New Delhi , Dr Arti IPS Nashik Maharashtra.** Dr Arti inspired young generation and Mr Vijay Narayan asked to preserve one goal and give out whole heart and dedication to it.

In second session we have our Chief Guest and Guest speaker were **Sri Rabindra Sahay Career Guru, Counselor, Mentor and life Coach, and Sri Rajendra Pandey Yogacharya & Wellness Trainer, Founder Rajendra Yoga & Wellness Center, Tapovan, Rishikesh, Uttarakhand.** Rabindra sir gave his advice on career option after studies in each field.

And Rajendra sir told the importance of yoga and excercise to keep our self calm throughout the journey of life.

Then we have our third session of the series

Chief guest and Guest speaker was, **Commander Ajay Tiwary (Retd), Certified NLP Practitioner Leadership & Motivational Coach, Personality Enhancement Trainer, Qatar, Doha, Mrs. B.K. Taposhi, Motivational speaker and student counselor, Sarnath Global Light House Brahma Kumar.**

Ajay Tiwari sir taught us how to manage our issues problems, "conflict management" with the help of presentation he explained everything and ways to get out of it

- Meditation
- • Connection with God (Be spiritual)
- Relaxation
- • Exercise (Yoga)
- Proper diet
- • Breathing
- Positive thinking
- • Good company

These are some important points to keep in mind to attain peace

Chief Guest and Guest speaker for the fourth session were **Mr. Dhananjay Singh, District Food Marketing Officer & Civil Supply Department, Pratapgarh U.P. Govt., Osho's Sanyashi known as Swami Dhyan Jagran. Founder of MAA prerana cosmic Meditation Trust, Trivenipuram Prayagraj. Mr. Sumeet Ankur Singh, member NCCDR, Ministry of Social Justice & Empowerment, Govt. Of India, member Nashamukti & punarvas samithi, Bharat Sarkar.** Dhananjay sir talk about depression management and Sumeet sir made us aware regarding "addiction free youth". 148 students participated in this talk series.

MOTIVATIONAL TALK

इज़न

THE FIGHT FOR YOUR DREAMS

3rd. July 2020, Friday 1:00 PM onwards

Organised By
Department of Sociology,
Arya Mahila P.G. College

Dr. (Smt.) Arti Singh
(IPS)
S.P. (Adgaon, Nashik)

Vijay Narayan Singh
Director
Nirman IAS, New Delhi

Patron
Dr. Shashikant Dixit
Manager, Arya Mahila P.G. College

Convener
Dr. Madhumita Bhattacharya
Head, Department of Sociology

Organizing Committee
Mrs. Kanchan **Dr. Meras Hashmi**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology
Dr. Suman Tiwari **Dr. Nalini**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology
Dr. Arvind Kumar Dubey **Dr. Mithilesh Mishra**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology

Mentor
Prof. Rachana Dubey
Principal, Arya Mahila P.G. College

Organizing Secretary
Dr. Swati S. Mishra
Assistant Professor, Dept. of Sociology

Students Committee
Pallavi Pandey
Riya Tiwari

Technical Support
Nitin Pandey

[Feel free to call on : 8726050660
* Link will be provided on WhatsApp App Group
* E-certificate will also be provided those who attend all the series
* To connect go on the following link :

सफलता के लिए संकल्प जरूरी

आशापूर्वक (एग्जाम्प्ली): सफलता का रास्ता नहीं सीधा होता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है।

आशापूर्वक (एग्जाम्प्ली): सफलता का रास्ता नहीं सीधा होता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है। सफलता के लिए संकल्प और प्रयास दोनों की आवश्यकता है।

MOTIVATIONAL TALK

इज़न

THE FIGHT FOR YOUR DREAMS

10. July 2020, Friday 1:00 PM onwards

Organised By
Department of Sociology,
Arya Mahila P.G. College

Sri Ravindra Sahay
Career Guru
Counselor, Mentor & Life Coach

Sri Rajendra Pradeep
Yogacharya & Wellness
Rajendra Yoga & Wellness
Center, Tapovan, Rishikesh,
Uttarakhand

Patron
Dr. Shashikant Dixit
Manager, Arya Mahila P.G. College

Convener
Dr. Madhumita Bhattacharya
Head, Department of Sociology

Organizing Committee
Mrs. Kanchan **Dr. Meras Hashmi**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology
Dr. Suman Tiwari **Dr. Nalini**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology
Dr. Arvind Kumar Dubey **Dr. Mithilesh Mishra**
Assistant Professor, Dept. of Sociology Assistant Professor, Dept. of Sociology

Mentor
Prof. Rachana Dubey
Principal, Arya Mahila P.G. College

Organizing Secretary
Dr. Swati S. Mishra
Assistant Professor, Dept. of Sociology

Students Committee
Pallavi Pandey
Riya Tiwari

Technical Support
Nitin Pandey

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SCHEDULE

MOVATIONAL TALK SERIES

Series -2
Organized by
Department of Sociology
Arya Mahila P.G. College Varanasi
Date & Day : 10th July, 2020, Friday

Time	Topic	Speakers	Photo
1 :00 pm to 1 :10 PM	Compering	Dr. Swati S Mishra, Assistant Professor, Deptt. of Sociology, Arya Mahila P.G. College & organizing Secretary	
1 :10 pm to 1 :15 pm	Welcome Address	Prof. Rachana Dubey, Principal, Arya Mahila P.G. College	
1 :15 pm to 1 :20 pm	Blessings	Dr. Shashikant Dixit, Manager, Arya Mahila P.G. College	
1 :20 pm to 1 :50 pm	Confident Me	Sri Ravindra Sahay Career Guru, Counselor, Mentor & Life Coach	
1 :50 pm to 2 :00 pm	Interaction with participants		
2 :00 pm to 2 :20 pm	Peace of Mind	Sri Rajendra Pradeep Yogacharya & Wellness Trainer, Founder Rajendra Yoga & Wellness Center, Tapovan, Rishikesh, Uttarakhand	
2 :20 pm to 2 :30 pm	Interaction with participants		
2 :30 pm to 2 :35 pm	Vote of thanks	Dr. Madhumita Bhattacharya Associate Professor, Deptt. of Sociology, Arya Mahila P.G. College & Convener	



SCREENSHOT OF INTERACTION
Webinar's screenshot

MOTIVATIONAL TALK Series -3 **LIVE TALK**

अज्ञान

THE FIGHT FOR YOUR DREAMS

17. July 2020, Friday. 1:00 PM onwards

Organised By
Department of Sociology,
Arya Mahila P.G. College

Patron
Dr. Shashikant Dixit
 Manager, Arya Mahila P.G. College

Convener
Dr. Madhumita Bhattacharya
 Head, Department of Sociology

Mentor
Prof. Rachana Dubey
 Principal, Arya Mahila P.G. College

Organizing Secretary
Dr. Swati S. Mishra
 Assistant Professor, Dept. of Sociology

ORGANIZING COMMITTEE
Dr. Suman Tiwari
 Assistant Professor, Dept. of Sociology

Dr. Mithilesh Mishra
 Assistant Professor, Dept. of Sociology

Dr. Arvind Kumar Dubey
 Assistant Professor, Dept. of Sociology

STUDENT COMMITTEE
Pallavi Pandey, Riya Tiwari

TECHNICAL SUPPORT
Nitin Pandey

Feel free to call on : 8726050660 → Link will be provided on What's App group
 E-certificate will also be provided those who attend all the series.
 To register go to the following link → <https://chat.whatsapp.com/Bnec60m000tC8a000000>

MOTIVATIONAL TALK Series -3 **LIVE TALK**

अज्ञान

THE FIGHT FOR YOUR DREAMS

24. July 2020, Friday
1:00 PM onwards

Organised By
Department of Sociology, Arya Mahila P.G. College

Patron
Dr. Shashikant Dixit
 Manager, Arya Mahila P.G. College

Convener
Dr. Madhumita Bhattacharya
 Head, Department of Sociology

Mentor
Prof. Rachana Dubey
 Principal, Arya Mahila P.G. College

Organizing Secretary
Dr. Swati S. Mishra
 Assistant Professor, Dept. of Sociology

ORGANIZING COMMITTEE
Dr. Suman Tiwari
 Assistant Professor, Dept. of Sociology

Dr. Mithilesh Mishra
 Assistant Professor, Dept. of Sociology

Dr. Arvind Kumar Dubey
 Assistant Professor, Dept. of Sociology

STUDENT COMMITTEE
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ALUMUNÆ MEET

Alumnae Association, Arya Mahila P.G. College, organized an online Alumnae Meet on 20 March 2021 on Zoom meeting platform. The chief guest of the event was Mrs. Vandana Vajpayee, she shared her experiences related to the college. Special guest Ms. Godavari Mehrotra remembered her college days and threw light on the achievements of the college. She emphasized that focus should be laid on value education.

The Meet was presided over by Dr. Urmila Devi (Former Head and Associate Prof. Department of Hindi). She Shared her 45 years of experience as a teacher and as a student. This year Alumnae Association donated **Solar panel** and **Water Cooler** to the college. Dr. Jaya Roy gave a Kathak performance on the occasion. Prof. Rachana Dubey, Principal, Arya Mahila PG College, welcomed

the guests. Dr. Namita Sinha offered vote of thanks. Dr. Jaya Mishra conducted the program. Dr. Shashikant Dikshit, Manager, Arya Mahila P.G. College gave his blessings for the success of event. The association also honored its alumnae (Dr. Anshul Jaiswal, Ms. Shambhavi Shukla, Ms. Anuradha Srivastava, Ms. Meenu Yadav and Ms. Pooja) on this occasion. Dr. Bindu Lahiri, Dr. Mamata Gupta, Dr. Annapurna Dixit, Dr. Vinita, Dr. Poonam Jaiswal, Dr. Tripur Sundari, Dr. Sujata, Ms. Babli Singh, Ms. Reeta Srivastava and around 200 other alumnae joined the meet through offline and online mode.



BIRTH ANNIVERSARY OF RANILAXMI BAI

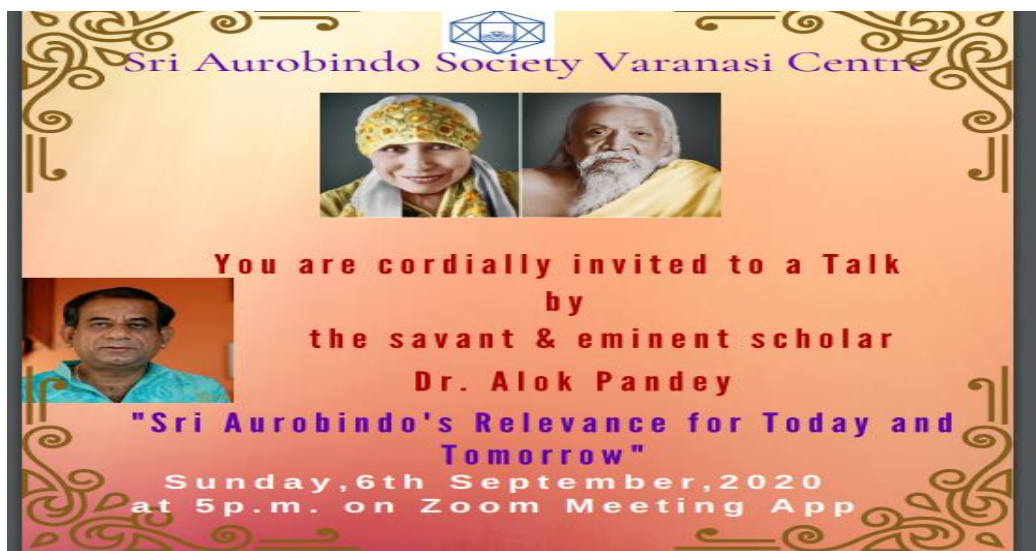
Birth anniversary of Rani Laxmi Bai was jointly celebrated with Sanskriti Bharti on 12th December 2020. Mahant Shri Rameshwar Puri Ji was the Chief Guest of this Programme. Prof Arvind Joshi, Dean Faculty of Social Sciences BHU, Dr. Vibha Joshi, Associate Professor VCW, Rajghat, Shri Rati Shankar Tripathi, Actor other peoples from various field of education, social services, Entertainment, etc were felicitated in this programme.



SHRI AUROBINDO SOCIETY

ONLINE LECTURE SERIES ON 'DIALOGUES IN SPIRITUALITY'

Sri Aurobindo Society, Varanasi centre, (a unit of Puduchery) organized an online lecture series 'Dialogues in Spirituality' beginning on 6th September, 2020. The chief speaker **Dr. Alok Pandey**, who is associated with Sri Aurobindo International Institute of Integral Health, gave his lecture on the topic. "**The relevance of Sri Aurobindo : Today and tomorrow**". He said that Sri Aurobindo was a great writer, a wonderful poet and a revolutionary who with his philosophical and behavioral thinking wrote in energetic style. Which is guiding not only India but the whole world. His work is an ideal blend of East and West. An amazing student at Cambridge, his deep roots in Sanatana Dharma explores new possibilities of unification. As a patriotic revolutionary he made unceasing effort to make India independent. He was not only the first to talk about total independence but he also gave it a new and unique utmost Wisdom of Vedas, Geeta and Tantra and with his original perception searched for the mystical key for the benefit of mankind. He called his yoga, a complete Yoga and distinguished it from old Yogas. The life of Sri Aurobindo and his writing are relevant and important to the complicated life of human being in the 21st century. Prof. Akhilesh Kumar, Chairman, Sri Aurobindo Society, Varanasi welcomed the guest and did the anchoring. The vote of thanks was given by Dr. Bandana Balchandnani, Assistant Professor, DAV P.G. College, on this occasion, Dr. Brijbala Singh, Dr. Bindu Lahiri, Dr. Anamika Singh, Dr. Richa Mishra, Dr. Swapna Bandhopadhyay, Dr. Deepika Baranwqal, Dr. Krishna Singh were present along with participants from Varanasi, other cities and provinces, and about students and research scholars.



ONLINE LECTURE ON

"THE ROLE OF WOMEN IN THE NEW ERA"

In a collaborative venture by Sri Aurobindo Society, Varanasi Centre (a unit of Puducherry) and Arya Mahila P.G. College, an **Online lecture series 'Dialogues in Spirituality'** was organized, under which **Mr. Manoj Sharma, Chairman, Sri Aurobindo Society, Madhya Pradesh**, delivered his lecture as a chief speaker on the topic "The role of women in the new era" on **13th September 2020**. He shed lights on different aspects concerning the role of a woman. He was of opinion that only these cultures are respected in which woman is respected. As a society and a nation, India has put women of a high pedestal. Speaking about the important of the role of women from a spiritual perspective he said that three motherhood itself is a spiritual journey and devotion. Women should start understanding her responsibility towards family, society and Nation by beginning to understand herself with the advent of the era of Suprarenal consciousness in 1956, their roles have become important for the formation of a spiritual society. Talking about mother nature and mother cow, he mentioned several interesting instances which prone that men and women are not opposite but complimentary to each other.

On this occasion Dr. Shashikant Dikshit, Manager, Arya Mahila P.G. College and the Principal, Prof. Rachana Dubey expressed their views. The programme began with meditation welcome speech was given by Dr. Anamika Singh, Assistant Professor, Department of Philosophy, Arya Mahila P.G. College. The vote of thanks was given by Prof. Akhilesh Kumar, Chairman, SAS, Varanasi. The webinar ended after the students asked questions and their queries were answered. On this occasion, Dr. Brijbala Singh, Dr. Bindu Lahiri, Dr. Manju Mehrotra, Dr. S. Sharma, Dr. Bandana Balchandnani, Dr. Richa Mishra, Dr. Uma Pant, Dr. Deepika Baranwal, Dr. Saroj Rai. Dr. Jyotsana Shrivastava, were present alongwith participants from Varanasi, other cities and provinces, including about 100 students and research scholars.



ONLINE LECTURE ON

“SAVITRI’S ROLE IN THE CONTEMPORARY CONTEXT”

Arya Mahila P G College and Shri Aurobindo Society, Varanasi Centre has organized one day online lecture on “Savitri’s role in the contemporary context” on **01/10/2020**. Shri Auribindo composed an epic poem on Satyavan and Savitri story mentioned in the Mahabharata’s ‘Book of the Forest’ called Savitri which has been considered as the Fifth Veda. Savitri’s impact transcends time. The questions regarding happiness and sorrow, life and death have been

spiritually reflected upon in the text. This epic explores the biggest reasons behind the pain and anguish of the complaining world. This view was presented by **Dr. Charan Singh Kedarkhandi, Assistant Professor, Department of English, Government PG College, Joshimath, Uttarakhand and member, Shri Aurobindo Society.** He was speaking as the Chief Speaker in the webinar organized by Arya Mahila P.G. College under the auspices of Shri Aurobindo Society, Varanasi Centre, on the topic, “Savitri’s role in the contemporary context” on 01/10/2020. He said that this is not only about the triumph of love of love over death but also about God’s attempt to establish a blissful kingdom where friendship, pity, love, peace, harmony and purity flourish owing to Covid, the human life is in danger and existential questions are being raised. Good intention and Science have been giving their cent percent together to fight this invisible virus. It is the need of this troubled and sorrowful hour that Shri Aurobindo’s ‘Savitri’ needs to be read in order for mankind to recuperate. Savitri’s great character tells us that the spices of pain and salt of the tears make life great. Covid time has inflicted economical damage but man has become more aware towards nature and environment on a spiritual level. Solitude and yoga exercises have increased his strength. ‘Savitri’ holds a lesson and message for everybody, be it teachers, students, housewives, shopkeepers, social workers, engineers, doctors or journalists. This epic has not exactly been written but incarnated on earth the way mother Ganga was.

ARYA MAHILA P.G. COLLEGE
 Admitted to the privileges of the Banarus Hindu University
 Grade 'A' Accredited by MAAC & "College with Potential for Excellence by UGC"

Sri Aurobindo Society Varanasi Centre
 Joint Collaboration With
 Arya Mahila P.G. College, Varanasi

You are cordially invited to join a Talk on
 "वर्तमान परिवेश में सावित्री की भूमिका"

Guest Speaker
Dr. Charan Singh
Kedarkhandi
 Assistant Professor in
 English
 &
 Member, SAS State
 Committee

Friday, 9th October, 2020
 at 5:30PM
Join Zoom Meeting
[https://us02web.zoom.us/j/83138732804?](https://us02web.zoom.us/j/83138732804?pwd=LzIjCTdIUeIDdkStdWdERmhxaVJmdz09)
 Meeting ID: 831 3873 2804
 Passcode: 028433

ONLINE LECTURE ON

SIDHDI DIWAS

Under the auspices of Arya Mahila P.G. College, Sri Aurobindo Society, Varanasi Campus Organized an Online Lecture on Siddhi Diwas. ‘Siddhi Diwas’ holds a vital importance in the philosophy of Sri Aurobindo on the day physical presence of Sri Krishna was face in the Ashram. On this occasion Dr. Pragya Chaudhry Secretary, Sri Aurobindo Society, Meerut Centre and Associate Professor, Department of History, Digambar Jain P.G. College, Baghpat, mentioned in his address that Sri Aurobindo was trying unceasingly for the upliftment of mankind through his meditation Sri Maa has made invaluable contribution to this meditation. In the process of meditation on 24th November, 1926 Sri Krishna incarnated in physical form in the meeting. It was dusk. Sri Maa called all the disciples to the corridor where regular meditation was practiced. After the Disciples came there was upper silence in the atmosphere. Many Devotees saw a light coming downwards. Each devotee felt a deep pressure on his forehead. Proceeding in his talk, he maintained that this went on for forty Five minutes. Sri Aurobindo informed that it was the Dawning of Sri Krishna Consciousness. This is the first stair of spirit alighting on element but we need go ahead and attain Supramental Consciousness.

After this event, Sri Aurobindo went for meditation in solitude learning the responsibility of the ashram on Sri Maa and lived in isolation practicing meditation for about 25 years, till his death. On this occasion Dr. Shashi Kant Dixit, Manager and Proff. Rachana Dubey, Principal, Arya Mahila P.G. College expressed their views. The Programme was Co-hosted by Professor Akhilesh Kumar and Dr. Brijbala Singh. The event was attended by Dr. Ranjana Malviya, Dr. Anamika Singh, Dr. Richa Mishra, Dr. Deepika Baranwal, Dr. Bindu Lahiri and other Devotees member about 150 Students Participated in the

event and asked questions. The Programme conducted with meditation and devotional songs.

The welcome address was given by Dr. Brijabala Singh and the Vote of thanks was given by Dr. Manju Mehrotra.

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Sri Aurobindo Society Varanasi Centre
Joint Collaboration With
Arya Mahila P.G. College, Varanasi

You are cordially invited in the celebration of the Siddhi Day.
Dr. Pragyan Choudhary will throw light on the significance of this occasion.

Guest Speaker
Dr. Pragyan Choudhary
Head, Dept. of History
Digambar Jain PG College, Baghpat

Tuesday, 24th November 2020
Time: 5:00 PM
Join Google Meet
<https://meet.google.com/syi-nkze-gkh>

AURO YOUTH CAMP

One day Youth Camp was organized by the Shri Aurobindo Society, Varanasi and Arya Mahila P G College on 22nd march 2021.

Meditation was introduced during the discussion on Aim of life. The participants liked it a lot, and everyone felt that after the meditation a different energy was noted in the room.

Students are interested to do meditation so we started our second session with meditation conducted by Dr. BrijBala Singh.. The level of participation by the students was very high. They were very receptive and open. During the discussion on Aim of Life their individual aims underwent a review towards the end of the session and it became deeper in meaning and profundity. Similarly, during the discussion on managing emotions such as anger they described their reactions to anger and how they addressed those reactions. There were also exchanges on parts and planes of being with examples.



आंतरिक गुणों को विकसित कर पा सकते हैं जीवन के लक्ष्य वाराणसी। श्री अरविन्द सोसाइटी पुदुचेरी केंद्र की वाराणसी इकाई द्वारा रविवार को आर्य महिला पीजी कॉलेज के सेमिनार हॉल में एक दिवसीय युवा शिविर 'आंतरिक चेतना व व्यक्तित्व का विकास' का आयोजन किया गया। तीन सत्रों में आयोजित इस युवा शिविर में पूर्ण योग के तीन सोपानों अभिप्रा, त्याग एवं समर्पण के माध्यम से यह बताया गया है कि युवा अपनी आंतरिक शक्ति को जानकर आन्तरिक गुण, विनय, साहस एवं निष्ठा को विकसित करके जीवन के वास्तविक लक्ष्य को प्राप्त कर सकते हैं। शिविर में श्री अरविन्द एवं श्री मां के व्यक्तित्व एवं कार्यों से प्रतिभागियों को अवगत कराया गया। इस अवसर पर अरविन्द की जीवनी प्रतिभागियों को वितरित की गयी। शिविर में डा. स्वप्ना बंधोपाध्याय, डा. सुनीता यादव एवं डा. दीपिका बरनवाल ने प्रशिक्षण दिया। डा. बृजबाला सिंह, सचिव श्री अरविन्द सोसाइटी, वाराणसी केन्द्र ने ध्यान सत्र सम्पन्न कराया। प्रतिभागियों को शिविर का प्रमाण पत्र, आर्य महिला पीजी कॉलेज के प्रबंधक डा. शशिकान्त दीक्षित, प्राचार्य प्रो. रचना दुबे एवं श्री अरविन्द सोसाइटी वाराणसी केन्द्र के चेयरमैन प्रो. अखिलेश ने प्रदान किया।

ONLINE LECTURE 'SAMAGRA YOGA'

Sri. Aurobindo Society, Varanasi centre (a unit of Puduchery) and Arya Mahila P.G. College, Varanasi organized an online lecture 'Samagra Yoga on 21 June, 2021 in a joint collaboration. **Dr. Anil Bajpayee, Chief Speaker of the event, Vice-President, Sri. Aurobindo Society, Uttar Pradesh and Principal, Amarnath Girls Degree College, Mathura,** said that Indian Yoga has attained a world reputation. 177 members of the United Nations accepted 21st June as 'International Yoga Day on 11th December, 2014. From that day onwards every year 21st June has been celebrated as International Yoga Day. This year 2021, 7th Yoga Day will be celebrated. He said that the great thinker of the present era, thinker, philosopher and upholder of Rishi tradition of India, Yogi Maharshi Sri Aurobindo, with his meditations, thinking, philosophy and writing, gave new dimensions to Indian teaching of Yoga. The system of Yoga propounded by him in his 'Yoga Samanvaya' or 'Samagra Yoga'. Further in his lecture the speaker said that in Sri Aurobindo Philosophy. Life's each work is yoga. It is significant that in his philosophy renouncing the world is not necessary, nor is adopting the looks of a 'Sanyasi'.

On this occasion the Principal of Arya Mahila P.G. College, Prof. Rachana Dubey in her presidential statement, said that in present time yoga is the medium through which one can maintain a balance between one's body and mind in this fast changing world. In this challenging time of pandemic, a healthy body and a calm mind are our only armour. The body can be kept

healthy and the mind composed only through Yoga. Hence, we all should adopt Yoga surely in our daily life.

The guests were welcomed by Prof. Akhilesh Kumar, Sri Aurobindo Society, Varanasi Centre Sri Maa was offered a devotional song by Pragyha Bhargava and a hymn was sung by Anamika Tiwari. The vote of thanks was given by Prof. Jyotsana Shrivastava and the anchoring was done by Rashmi Singh. On this occasion Dr. Uma Pant, Dr. Brijbala Singh, Dr. Bindu Lahiri, Dr. Madhu Singh, Dr. Saroj Rai, Dr. Krishna Singh, Dr. Anamika Singh, Dr. Richa Mishra, Dr. Swapna Bandhopadhyay, Dr. Deepika Baranwal, Dr. Sragdhara Sharma, Motichand Prasad, Surendra Yadav, Shubha Verma and many teachers were present with students in large number.

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International Yoga Day

Sri Aurobindo Society Varanasi Centre In joint Collaboration with Arya Mahila P.G. College, Varanasi is organising a talk on

समग्र योग
You are cordially invited to attend the talk by
Dr. Anil Vajpayee
Principal, Amar Nath Girls Degree College, Mathura
Prof. Rachana Dubey, Principal, Arya Mahila P.G. College, Varanasi
will preside over the ceremony

21st June, Monday, 2021
5:00 PM
on Google Meet
<https://meet.google.com/cut-tdce-rxx>

NATIONAL SERVICE SCHEME NSS

UNIT 'A'

GANDHI JAYANT CELEBRATION

(2ND OCTOBER 2020)

151st birth anniversary of Mahatma Gandhi father of nation and 116th birth anniversary of former Prime Minister of India celebrated by NSS Unit A, Arya Mahila P.G. College Varanasi with collaboration of B.Ed. Department Arya Mahila P.G. College Varanasi, on 2 October 2020 through online mode. The theme of the program was 'Gandhi ki Kahani :Meri Jubani'. Participants have presented many untouched stories based on Gandhi ji's life. Volunteers have also shared moral, inspirational motivational and interesting incidents and stories based on life of Mahatma Gandhi and Lalbahadur Shastri as well. The programme was started with Ganesh Vandana and Kulgeet recited by NSS Volunteers. The Programme was host by Aayushi Rai, Dr. Bala Lakhendra, Programme Coordinator, NSS, BHU, Prof. Rachana Dubey, Principal, Arya Mahila P.G. College Varanasi and Dr. Arti Srivastav, Dr. Jaya Roy, Dr. Anita Agrawal, Dr. Richa Mishra who have attended the program were welcomed by Dr. Poonam Jaiswal, Programme Officer, NSS Unit A, AMPGC. Vote of thanks was given by Ayush Rai.



गांधी जयंती समारोह



राष्ट्रीय सेवा योजना
इकाई 'अ'
आर्य महिला पीजी कॉलेज वाराणसी
द्वारा आयोजित
वक्तव्य प्रतियोगिता

विषय: गांधी की कहानी मेरी जुबानी
दिनांक 2 अक्टूबर 2020
समय: 1:00 मध्याह्न

कार्यक्रम सम्पन्न
श्री आर्य महिला पीजी कॉलेज
वाराणसी

कार्यक्रम अति कारी
श्री अयुषी राय
वाराणसी



Bala Lakhendra

You, rishika, 69 others

(AZADIKA AMRUT MAHOTSAV)
KAVYA PATH IN THE MEMORY OF IMMORTAL
MARTYRS OF INDIAN FREEDOM
(ONE DAY PROGRAMME, 18TH FEBRUARY 2021)

To celebrate 'Azadi ka Amrut Mahotsava' a Kavya Path was organised through online mode in the memory of immortal martyr of Indian Freedom. Self-written poems in the memory of Mahatma Gandhi, Subhash Chandra Bose, Sardar Bhagat Singh, Chandra Shekhar Aazad and other respected patriots were recited by our volunteers. With their poetry they made the atmosphere full of enthusiasm. Dr. Bala Lakhendra, Programme Coordinator, NSS, BHU, Dr. Shashikant Dikshit, Manager, Arya Mahila P.G. College, Varanasi were connected with us along with volunteers and Dr. Poonam Jaiswal, PO, NSS, Unit 'A', AMPGC, Varanasi.

ONE DAY CAMP ON
AWARENESS ON HISTORICAL HERITAGE
(CELEBRATION OF AZADIKA AMRUT MAHOTSAV)

One Day Camp On 'Awareness on Historical Heritage' to celebrate 'Aazadi ka Amrut Mahotsav', by NSS Unit A, AMPGC Varanasi, on 15th March 2021 At 10:00 AM all 49 volunteers gathered at pre decided Venue "Jhansi ki Rani Laxmi bai ki Janmsthali" Varanasi. First of all the cleaning of the venue was done by the volunteers themselves. After that we recited the NSS Song, Rashtrageet, and clapping NSS tali. In first session through on spot painting colourful, attractive and relevant posters were made by Volunteers. Volunteers were very excited for this because of the fact to face interaction took place after long time of pandemic COVID19. After the lunch break in II session a rally was

also taken out raising patriotic slogans from venue to Assi Ghat and surroundings by volunteers under the leadership of programme officer and feeling of patriotism was awakened among the people through this rally. Self-made posters were displayed at the venue in the form of exhibition by volunteers after come back from rally. The exhibition was visited by local people. Songs, group song, poem recitation, inspiring stories about Rani Lakshmi Bai etc. were presented by enthusiastic volunteers at the last part of the camp.



ONE DAY CAMP ON 'SPORTS AND FITNESS' (16TH MARCH 2021)

Due to pandemic COVID19 it was important to keep ourselves physically and mentally fit and healthy. In this connection a one day camp on 'Sports and Fitness' was organised in collaboration with NSS Unit B, AMPGC Varanasi, by NSS, Unit A, AMPGC Varanasi at Open Hall of AMPGC, on 16th March 2021 from 10:00 AM. Activities of Sports and Fitness were conducted under the expertise supervision of Dr. Ritika Singh, Sports teacher, AMPGC. Volunteers

enjoyed many sports activities such as Rassa Kashi, Race, march-past and many more. There were competition between group A and group B. After the sports activities a brief lecture was presented by Dr. Ritika Singh on importance of sports in our life. She detailed about role of sports in our mental and physical health. She also described about rules and regulations of various games to our volunteers. Total 48 volunteers were presented in this camp. At last special thanks was delivered to Dr. Ritika Singh by Volunteers in a form of group song.




ONE DAY PROGRAMME ON

'ENVIRONMENT: ITS CHALLENGES AND SOLUTION'

(ONE DAY PROGRAMME, 26TH MARCH 2021)

To aware volunteers about Environmental challenges and its solution in international political perspective a one day programme on title 'Environment: its Challenges and Solution' was organised by NSS Unit 'A', AryaMahila P.G. College, Varanasi on 26th March 2021 through online mode. Dr. Vishwanath Mishra, Department of Political science, AMPGC, Varanasi, was key note speaker of this programme. In a very easy and systematic way Dr. Mishra

presented his lecture. He enlightened us with the knowledge of environmental issues that arise from all over the world. He explained us how international politics especially policies of developed countries affect natural environment of all over the world. He also suggested some worthy solution to resolve such problems. If the given suggestions will be practiced, the barrier in resolving the issues will definitely reduce. Our volunteers got benefitted with this wonderful, valuable and thought provoking lecture. At the end of the lecture there was a question – answer session took place. In this session the queries of volunteers were satisfied by the speaker. The programme was hosted by NSS volunteer Ms. Anshika. Welcome address was delivered by Dr. Amit Shukla, Programme Officer, NSS Unit ‘B’ and vote of thanks was presented by Dr. Poonam Jaiswal, Programme Officer, NSS Unit ‘A’. Approx. 80 Volunteers participants in this programme.



**NSS UNIT A& B
ARYA MAHILA PG.COLLEGE
VARANASI
INVITES
YOU
TO
ATTEND**

**NSS ONE-DAY ONLINE
PROGRAMME**

**SUBJECT- ENVIRONMENT: ITS
CHALLENGES AND SOLUTIONS**

**Keynote Speaker: Dr. Vishwanath Mishra
Associate Professor
Dept. of Political Science
Arya Mahila PG College, Varanasi**

http://meel.google.com/fpy_cioc_pwf

**Programme Officers
Unit-A&B
Dr.Amit Shukla
Dr.Poonam Jaiswal**

**3:30pm - 4:30pm (India Standard
Time - Kolkata)
Date
Fri 26 Mar 2021**

CELEBRATION OF INTERNATIONAL YOGA DAY

(21ST JUNE 2021)

On the occasion of International Yoga Day 21st June 2021 a one day online programme on practices of yoga was scheduled by NSS Unit 'A' AryaMahila P.G. College, Varanasi. At 8:30 am volunteers gathered on one platform that was goggle meet. On this day after PratahVandana volunteers were guided to practice various easy Yoga Aasans such as Surya Namaskar, Tadasana, Bajraasana, Halasana etc. by Programme Officer, NSS Unit 'A'. Participant volunteers also practiced Dhyan, Some easy Mudras and KapalBhastrika, Bhramari, anulomVilome etc. Our two volunteers were practiced yoga with her locality.

- One of our volunteer Ms.Barakha Kumari practiced Yogaasans with volunteers of 'Vidya ki Jhopadi' founded by her in her home village Chaubepur. Volunteers of Vidya ki Jhopadi were also take oath for their health, hygiene and cleanness on the occasion of International Yoga Day. Approximately 30 Children aged 05-13 were participated in this program.
- One of our volunteer Ms.Priyanka Kumari Practiced yoga with around 30 children of Primary School Hadiyadh, Cholapur.



SEVEN DAY SPECIAL CAMP
17TH - 23RD MARCH 2021
NSS UNIT 'A'
ARYA MAHILA P.G. COLLEGE, VARANASI
NOT ME BUT YOU

A seven days Special camp was organised by National Services Scheme, Unit 'A' Arya Mahila P.G. College, Varanasi under the leadership of Programme Officer Dr. Poonam Jaiswal. The camp was held from 17th March to 23rd March 2021. The venue of the programme was Arya Mahila P.G. College campus.

The Main objectives of the camp were as follow –

1. To give knowledge of aims and purposes, rules and regulations of the institution NSS.
2. To motivate volunteers to serve the society.
3. To aware volunteers about their health, hygiene, cleanliness of society and other burning issues.
4. To inculcate human values.
5. To develop self discipline.
6. To develop ability of leadership, team work and other potentials of the volunteers.
7. To give experience of working with community.
8. To give awareness of pandemic COVID19.
9. To develop self confidence and personality of the volunteers.

To fulfil these objectives following activities were planned in this special camp –

1. A special lecture on 'Introduction of NSS'

2. Visit and interaction with old age home and orphanages to serve them.
3. Yoga session
4. Jumba Aerobics exercise for physical health and mental peace.
5. Lecture on ‘Mental health and well being’, ‘women health and immunity’, ‘Women Empowerment’
6. Cleaning public places.
7. Celebration of Azadi ka Amrut Mahotsav
8. Rally on World Water Day and World Forest Day
9. Poem competition on ‘Our Forest an Ped-Paudhe’
10. Painting Competition on World Water Day.

DAY ONE

17TH MARCH 2021

A special camp of seven day was organised by NSS unit A, at the campus of Arya Mahila P.G. College, Varanasi from 17th March 2021 to 23rd March 2021 under the leadership of Programme officer Dr.Poonam Jaiswal. At first day the camp was started with Registration of the participants followed by Morning Prayer. Registration process was started with distribution of registration form. Total 42 students were registered as volunteer for seven day camp was 43. After registration, NSS Dairy and NSS badge was distributed among volunteers. A detail instruction was given to how to fill up the diary. At the end of registration process volunteers practiced NSS Tali and NSS song. In second session, after the registration working committees formatted to assign the task for successful completion of the special camp. Students were very excited to play their role as NSS volunteers.

11. To give the knowledge about aims and objectives of National Services Scheme Dr. Amit Kumar ShuKla, Programme Officer, NSS Unit B, AMPGC, presented a detail lecture on history of NSS, aims and objectives of NSS and as

well as role of NSS in our society. He also taught volunteers to sing NSS song correctly. He encouraged volunteer to serve the society and motivated them to live a disciplined, happy, satisfied and meaningful life. He shared his memories about how he live a volunteer's life and how he got experiences as NSS Programme Officer. At last the day was completed with the National Anthem.



DAY TWO

18TH MARCH 2021

Second day of the Seven Day Special Camp was started with Morning Prayer, NSS song, national song and NSS Tali followed by attendance. Volunteers showed their enthusiasm in the After this a yoga session was took place in the guidance of Dr. Geeta Yadav, Yoga Trainer and Instructor, AMPGC. Before the lunch break our guest Dr. Vinita, Department of Education, Arya Mahila P.G. College Varanasi, presented a very informative lecture in topic “Mental Health”. She detailed our volunteers that what is mental health, what researches says about mental health and why it is important to know about mental health of

us in this pandemic COVID19. She make her lecture very interesting through PPT. she concluded her lecture with very interesting and valuable tips to keep maintain our mental health in this stressful atmosphere. After that a question – answer session took place to satisfied quarries of volunteer. Our volunteers reported the session very useful. In second session, after the lunch break Dr. Geeta Yadav, Yoga Teacher and Instructor, describe our volunteer theoretical aspect of yoga such as detail information about Aasans, kriyas, and dhyan. She told us about benefits of different Aasans. She also gave us the knowledge of various diseases and its treatment/ therapy through Yoga to keep ourselves fit and healthy. Finally the day was concluded with National Anthem.



DAY THREE

19TH MARCH 2021

Today, the day three of the seven day special camp was started with Morning Prayer, NSS Lakshya Geet, NSS Tali and our National song ‘Vande Mataram’ after the attendance. The main attraction of today’s camp was “Jumba Fitness/Aerobics Exercise” which was organised with the collaboration of ‘Let’s Dance Classes’ institution. In this activity Zumba Aerobics lasted for entire session in which Mr. Suneel Agrahari, Director of the institute, aware volunteers about their health and fitness too. He suggested us the proper day routine and also described us how a disciplined and routine life developed our soul, body and mind. He inspired volunteers to follow a routine life day by day. Volunteers felt themselves very energetic in the programme. This was very helpful to develop physical and mental health for our volunteers. The Principal of the College Prof Rachana Dubey, Sports teacher Dr. Ritika Singh, and Dr. Amit Shukla was presented in this occasion. In second session of the day, after the lunch break Dr. Suchita Tripathi was invited as guest to the programme. She is a Associate Professor of Hindi Department AMPGC and a well known Feminist. First of all she made feel proud to our volunteers to being a feminine through her motivational talk. She told us about the expansion of reforms regarding women. She motivates volunteers to do themselves empowered through NSS and serve the society. At last the day was concluded with NSS Lakshya Geet, NSS Tali and our National Anthem.



DAY FOUR

20TH MARCH 2021

Today, day fourth of the seven day special camp was celebrated as World Happiness day as 20th March is celebrated the same. The day was begun with Morning Prayer, NSS Lakshya Geet, NSS Tali and Rashtrageet Vande mataram. After gathering volunteers visit to Mumukshu Bavan and Assi Ghat to spread Happiness among needy persons. First of all volunteers went to Mumukshu Bhavan along with PO Dr. Poonam Jaiswal and made attempt to talk and share feelings to alone old age people who have not family nor friends. Meanwhile volunteers became very sensitive and emotional. They associated themselves

with old aged feelings and grief of loneliness. Volunteers made their full attempt to make them happy and spent time with them. After that volunteers went to Assi Ghat to share happiness among homeless children. There they spend some time with poor orphanages and other alone and poor men/women. Our volunteers talked to them, share their pain of loneliness and spent some time to put a small smile on their faces. Smile of those children taught the lesson of humanity to volunteers. Some packed foods were also distributed among those people contributed by PO and volunteers. Thus this day left a deep impression in our heart and mind. All the volunteers made a full commitment together to help and respect to the needy one. Finally in this way the day ended with NSS Lakshya Geet, NSS clapping and National Anthem.



DAY FIVE

21ST MARCH 2021

21st March is celebrated around the world as International Day of Forest as well as World Poetry Day so the fifth day of special camp was devoted to International Forest Day and World Poetry Day. The day was started as previous day with Morning Prayer, NSS Lakshya Geet, NSS clapping, Rashtra Geet and practice of yoga. After the routine of the camp a poem competition

subjected “Our Jangal, Ped-Paudhe” was organised. Volunteers presented their poems one by one with their full feelings. They showed their love and affection to our nature specially their own planted plants and trees. Some volunteers shared their memories about particular garden/tree. There were tears in their eyes when they had shared their memories. After that we went to our surrounding to plant trees. In this continuity our volunteers reached to ancient Kapardishwar Temple which is of Lord Shiva and situated at Pishach Mochan. There volunteers made cleaned the premises. After cleaning the area we gave a tribute to our immortal martyrs of freedom in account of Azadi ka Amrut Mahotsav. After the lunch break in second session our guest of the day Dr. Manju Mehrotra, Assistant Professor, Home Science Department, AMPGC, explain volunteers, what immunity is and how important it is for our health in this pandemic era. She also taught us to make immunity Booster with our kitchen ingredients and what the method is of use it. At last volunteers make positive commitment to use healthy food. The day was ended with National Anthem.





DAY SIX

22ND MARCH 2021

22nd March is World Water Day so the sixth day of the NSS special camp was dedicated to World Water Day. As usual our day was begun with Morning Prayer, NSS Lakshya Geet, NSS Tali, Rashtra Geet and practice of Yogaasana. Keeping in the view World Water Day a Poster competition was organised on same theme. Volunteers made very attractive colourful posters relevant to the theme. After making posters, volunteers taking out a rally with same theme with holding those posters which were made by them to aware people about conservation of water. They were shouting

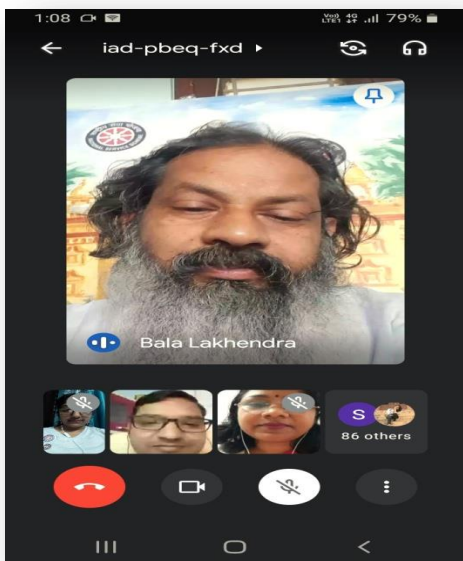
slogans loudly to draw people's attention towards saving water. After come back to the venue our guest of the day Dr. Richa Mishra, Assistant Professor, Department of Home Science, aware volunteers about limited recourses of water in a very interesting and mind provoking way. She also gave her valuable tips and tricks to save water in our house hold works and anywhere we see the wastage of water. Our volunteers got benefited with the knowledge, information and suggestions on the theme given by Dr. Richa Mishra. At last the day was ended with Rashtra Gaan- Jan Gan Man.



DAY SEVEN
23RD MARCH 2021

At last day of the seven day special camp, all our pre planned programmes were cancelled due to announcement of lock down of COVID19 by administration and announcement of close by BHU administration. I called an urgent online meeting with our volunteers and decided that we shall conduct valedictory session of the programme through online mode to finish NSS seven day special camp which was ongoing.

On day seventh valedictory session was started with Prayer through online mode. First of all we prayed to god to save the world from corona pandemic. After that our volunteers presented NSS Lakshya Geet, NSS clapping and National song. After this formal starting, Dr. Bala Lakhendra, coordinator, National Services Scheme, BHU, congratulated volunteers on successful completion of the camp. He motivated volunteers to serve the society as well as country as NSS volunteer. Our volunteers got inspired by story of Bala sir's life which was narrated by him. Manager of the College Dr. Shashikant Dikshit also congratulated volunteers on successful completion of the camp. He gave his blessings and wishes to volunteers to become a dedicated NSS volunteer. A brief report of the camp was presented by NSS Unit A volunteer Ms. Deep Shikha and Ms. Sakshi Mishra. The programme was hosted by Apoorva Chaurasiya. Welcome Address of our guest Dr. Bala Lakhendra and Dr. Shashikant Dikshit was presented by PO, NSS Unit A, Dr. Poonam Jaiswal and vote of thanks was also delivered by her.



NSS ONE DAY CAMP CUM ORIENTATION PROGRAMME

An online orientation meeting was conducted by our NSS –Unit B Programme Officer Dr. Amit Kumar Shukla on 05-03-2021. The event was organised through online platform google meet due to the pandemic situation.

It was an introductory session for all the volunteers of NSS Unit-B to have one to one conversation with their Programme Officer Unit B Dr. Amit Kumar Shukla and it was a detailed discussion about NSS- Unit B

Volunteers were made aware of the motto of National Service Scheme and their duties as a NSS volunteer. Volunteers expressed their excitement and enthusiasm to be a part of NSS.

They shared their views and motives to join NSS- Unit B . Our Programme Officer encouraged all the volunteers to pursue their goals and wished them good luck for their future.

The programme was concluded with NSS- Unit B Clapping followed by National Anthem.

NSS ONE DAY CAMP ON WOMEN'S DAY

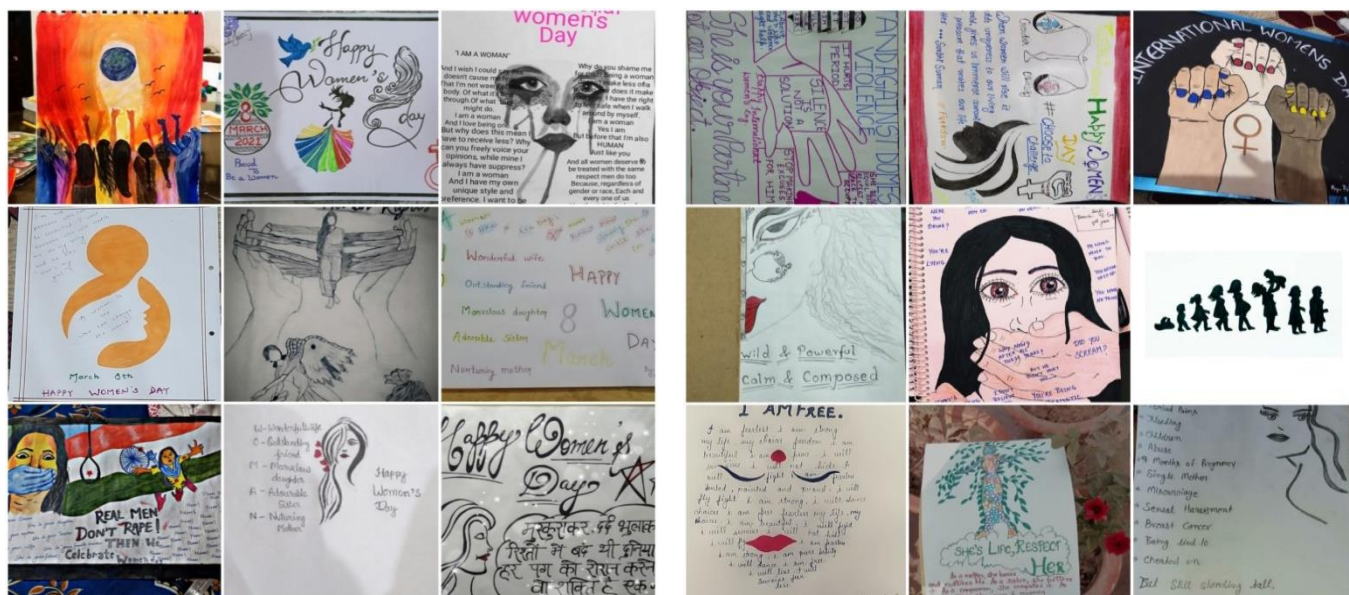
An online One Day Camp was conducted by NSS Unit-B (Programme Officer Dr. Amit Kumar Shukla) on the occasion of WOMEN'S DAY on 08-03-2021. The programme started with Lakshya Geet and "Hum Honge Kamyab Ek Din".

All the volunteers prepared posters and also shared their views on women empowerment. Various ways to uplift women were discussed.

Our Programme Officer motivated us to take the control in our hand and spread awareness among women around us making them aware of their rights.

The program was a great success and all the volunteers participated actively and promised to spread awareness around them.

The program was concluded with NSS Clapping followed by National Anthem.





NSS ONE- DAY CAMP ON SOCIAL HARMONY

DATE: 13-03-2021

A One Day Camp was organised by our Programme Officer NSS Unit-B, Dr. Amit Kumar Shukla on 13-03- 2021. It was a baudhik session on SOCIAL HARMONY.

The venue for the session was Maharishi Gyanand Auditorium, Arya Mahila P.G. College. All the volunteers reached the auditorium at 10 am.

The day started with prayer followed by NSS clapping and presentation of NSS song.

Our Programme Officer interacted with volunteers and made the volunteers aware of the importance of social harmony and its prevalence in society. Volunteers also shared their views on the topic.

The programme was concluded by National Anthem.



NSS ONE DAY CAMP

ON

AZADI KA AMRIT MAHOTSAV

A One Day Camp was organised by NSS Unit-B (Programme Officer Dr. Amit Kumar Shukla) on 15-03-2021.

Volunteers prepared slogans on AZADI KA AMRIT MAHOTSAV promoting the initiative started by our honourable Prime Minister Shri Narendra Modi ji on the occasion of pre-celebrating the completion of 75 years of our Independence.

In the memory of the freedom fighters who have sacrificed their lives for our nation. Volunteers presented their views on the initiative taken by our Prime Minister to celebrate this glorious event.

All the volunteers along with programme officer sang the song Hum Honge Kamiyab. , NSS Lakshya geet and the practice of NSS clapping was also performed.

The program was concluded with National Anthem.



NSS ONE DAY CAMP

ON

PHYSICAL FITNESS AND WELL-BEING

A One Day Camp was organised by NSS UNIT- B (under the guidance of Program Officer Dr. Amit Kumar Shukla).in collaboration with NSS Unit-A and Dept. of Sport at Arya Mahila PG College, Chetganj Varanasi on 16-03-2021.

The theme of the camp was “Fitness and Well -being”. The volunteers started the camp with some warm up exercises and then a **TUG OF WAR** match was organised under the guidance of Dr. Ritika Singh Sport Teacher.

Volunteers were in four teams A,B,C and D. Amongst which Team - D was declared winner followed by Team - B as runner up. All COVID – 19 protocols were strictly followed by all present there. The entire day was full of

zeal and enthusiasm. The camp was concluded with the NSS clap and followed by National Anthem.



NSS ONE DAY SPECIAL CAMP

ON

ENVIRONMENT: ITS CHALLENGES AND SOLUTIONS

An online One Day Camp was organized by Dr. Amit Kumar Shukla , Programme Officer Unit-B on 26-03-2021.

The Programme started with the Lakshya geet and NSS Clapping. Dr. Amit Kumar Shukla Programme Officer Unit –B welcomed the Keynote -

Speaker of the day Dr. Vishwanath Mishra Sir, Associate Professor Department of Political Science Arya Mahila PG College.

The topic for the talk was Environment: Its Challenges and Solutions. As the topic mentions the talk was about environment but it was no conventional speech it had its own vision. Such dimensions of Environment discussed by the speaker, which are explored by very few.

The volunteers were made aware of several ways in which a change is possible. The importance of the group effort in bringing the change was highlighted regarding the environment needs.

Volunteers came to know about various ways to protect environment such as social forestry scheme.

How can we grow more greenery around ourselves and how can we as an individual play an important role to save Nature with small efforts.

It was a very informative and fruitful session and it made the volunteers to see environment beyond conventions.

Many Volunteers asked the questions after the effective session and cleared their doubts on the topic.

The program was concluded with vote of thanks proposed by Dr. Poonam Jaiswal NSS programme officer unit-A



**NSS UNIT A& B
ARYA MAHILA PG.COLLEGE
VARANASI
INVITES
YOU
TO
ATTEND**

**NSS ONE-DAY ONLINE
PROGRAMME**

**SUBJECT- ENVIRONMENT: ITS
CHALLENGES AND SOLUTIONS**

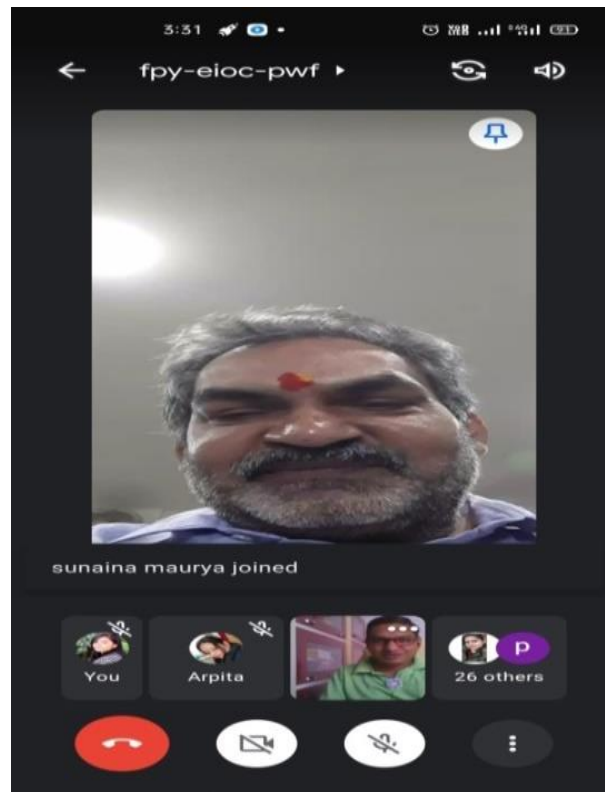
**Keynote Speaker: Dr. Vishwanath Mishra
Associate Professor
Dept. of Political Science
Arya Mahila PG College, Varanasi**

<http://meet.google.com/fpy-eioc-pwf>

**Programme Officers
Unit-A&B**

**Dr. Amit Shukla
Dr. Poonam Jaiswal**

**3:30pm - 4:30pm (India Standard
Time - Kolkata)
Date
Fri 26 Mar 2021**



NSS UNIT-C

2020-21

LECTURE ON WOMEN EMPOWERMENT: ISSUES AND CHALLENGES

The resource person for this event was Dr. Tulika Tripathi, Assistant Professor, Centre for Studies in Economics and Planning at Central University of Gujarat, Gandhinagar. The speaker highlighted the on the issues in women empowerment by focusing on various aspects of the term to create the understanding. She quoted the idea of *Human Development Report, 1990* said that “*The real wealth of a nation is its people. And the purpose of development is to create an enabling environment for people to enjoy long, healthy and creative lives. This simple but powerful truth is too often forgotten in the pursuit of material and financial wealth*”.

Women have generally been looked upon with contempt for centuries with various strictures inflicted upon them reducing their status to the mercy of men. They have been confined to hearth and home. But now the perspective of the society has changed and a general thinking to work for the emancipation and empowerment of women is being developed so that they could also contribute in the enhancement and welfare of the society. But their emancipation is not without challenges.

Further she talked about Problems and Need of women Empowerment. Where she highlighted the issue of Gender discrimination

- Lack of Women Education
- Female infanticide

- Financial constraint Dowry
- Low mobility
- Low need for achievement
- Marriage in same caste and child marriage
- Social status
- Family responsibility.


Apart from this, she also focused on way to Achieve Women Empowerment by emphasising the Changes in women's mobility and social interaction, Providing Education that builds a self image, and self confidence among them, develops their ability to think, Changes in women's control over resources, decision making, Promoting self-employment through credits & training, Providing minimum needs like, nutrition, health, sanitation, lean, housing.

At last, she concluded that there is a vital need of the current age is to reform the social values and status of women. Society without women consider as body without heart. By providing same opportunities and importance then only gender equality maintained. With these the good values and level of family, society and ultimately nation raised. The best way of empowerment is perhaps through inducting women in the mainstream of development. Women empowerment will be real and effective only when they are endowed income and property so that they may stand on their feet and build up their identity in the society.



She also introduced with various women Empowerment Schemes 1. Beti Bachao Beti Padhao Scheme 2. One Stop Centre Scheme 3. Women Helpline Scheme 4. UJJAWALA: A Comprehensive Scheme for Prevention of trafficking and Rescue, Rehabilitation and Re-integration of Victims of

Trafficking and Commercial Sexual Exploitation 5. Working Women Hostel 6. Rajiv Gandhi National Creche Scheme for the Children of Working Mothers 7. Ministry approves new projects under Ujjawala Scheme and continues existing projects 8. SWADHAR Greh (A Scheme for Women in Difficult Circumstances) 9. Revision under IGMSY in Accordance with National Food Security Act, 2013 in XIIth Plan 10. Support to Training and Employment Programme for Women (STEP) 11. NARI SHAKTI PURASKAR 12. Awardees of Stree Shakti Puruskar, 2014 & Awardees of Nari Shakti Puruskar 13. Awardees of Rajya Mahila Samman & Zila Mahila Samman 14. Archived Maternity Benet Programme 15. Mahila police Volunteers 16. Mahila E-Haat

Total,102 Volunteers participated in this event. The guest was introduced by the Dr. Garima Gupta, NSS Program officer UNIT C, AMPGC and vote of thanks was proposed by the NSS volunteer.




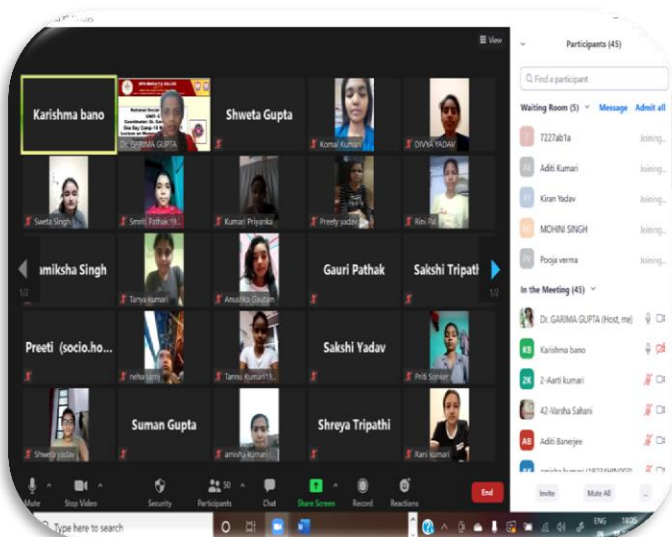
ARYA MAHILA P.G. COLLEGE
 Admitted to the privileges of the Banaras Hindu University
 Grade "A" Accredited by NAAC & "College with Potential for Excellence by UGC"

**National Service Scheme
UNIT- C**

Coordinator: Dr. Garima Gupta
One Day Camp- 21 March, 2021
Workshop on Stress Management
Speaker: Dr. Shubhra Sinha






The Central Role of Women in Development

- **Facts & Challenges:**
- Women still earn up to 30% less than men and constitute two-thirds of the world's illiterates;
- Only 39 countries have achieved or surpassed the 30% critical threshold for women's representation in parliament (world average is 24%);
- According to a 2013 global review, 35 per cent of women worldwide have experienced either physical and/or sexual violence. Rape has been a rampant tactic in modern wars.

source: <https://www.unhcr.org/58734db7.pdf>

- If Development is not Engendered, it is Endangered (IDWG)



NSS UNIT-C

ROAD SAFETY AWARENESS SEMINAR AND NUKKAD NATAK, 19/3/2021

This seminar on road safety awareness was organised in collaboration with VESS INDIA FOUNDATION, VARANASI. The guest for this event was SP traffic controller Varanasi, Mr. Sant Raj. He emphasized on thought that road safety awareness is essential for all. We all should follow the rule imposed by traffic police, this will not only assure the safety of one's life but also for others. He emphasised on bringing change in our behaviour by wearing helmet, and using seat belt while driving. They also highlighted the role of mission shakti of the government. The seminar ended followed with Nukkad Natak performed by various artist associated with VESS INDIA, Foundation, VARANASI. The director of VESS, INDIA, Varanasi introduced all the dignitaries and vote of thanks was proposed by Dr. Garima Gupta, NSS program officer, Unit C, AMPGC.





ONE DAY CAMP

RECOGNIZING AND REALIZING VALUES FOR AN ORGANIZED LIVING

The speaker for this event was Dr. Upasan Ray, Assistant Professor, RIE, Orissa, Bhubneshwar. By beginning of the lecture, she introduced the meaning of values, how it has been seen over time. She further stated that there are numerous ways of assessing values and of illustrating how widely individuals vary in their perceptions of situations and of other people based on their values.

Values may be classified broadly into aesthetic, political, economic, social, religious, theoretical. As you think about yourself and your life in terms of these six classifications, you may be somewhat surprised to note that the values that stand out may be contrary to what you originally and impulsively would have predicted.

Values generally remain fairly stable over time. They are quite difficult to change and usually arouse strong feelings not easily amenable to situational fluctuation or change. Most likely, despite changes in you and the conditions of your life, your values have remained fairly stable over time. At times you may have noticed that your feelings have changed about certain issues or about certain people; it is likely that these changes in your feelings were triggered by the behaviors of the other individuals involved, or by the circumstances about which you were concerned, were in conflict with or that deviated from their original position. Your values have probably, thus, been responsible for changing your feelings. In assessing oneself, it is important for you to determine the underlying motivations of your behaviours. If you respond based on your needs, you are responding differently than if you respond based on your values. Because of differences involved in needs and values, it is essential that you understand your own values so you can deal with your partner in terms that are acceptable to both of you. Finally, she concluded that gratitude prevents the loss of value. In fact, when we feel grateful for something, we are expressing that we still truly value it. Always remain GRATEFUL for what we already have. By doing so, we 'll MAINTAIN a high value on all of the things in our life that are really important to us and our wellbeing. Total 102 Volunteers participated in this event. The guest was introduced by the Dr. Garima Gupta, NSS Program officer UNIT C, AMPGC and vote of thanks was proposed by the NSS volunteer.



National Service Scheme
UNIT- C
Coordinator: Dr. Garima Gupta
One Day Camp- 21 March, 2021
Workshop on Stress Management
Speaker: Dr. Shubhra Sinha



Recording...

Participants (64)

Find a participant

- ST Shreya Tripathi
- SU Shreya upadhyay
- S Shruti
- SJ Simran jaiswal
- SP Smriti Pathak 19234HOM041
- SG Soni giri
- SK Suman Kumari
- SS Sweta Singh
- TK Tannu Kumari 19234HIN053
- TK Tanya kumari
- UV Usha verma
- V Vasudha Yadav

WORKSHEET 2

Think of a STORY → What parts of the culture is it representing? → What could be the message?

How will it help the child to adapt new culture? → How will this particular value help in classroom? → What values do the story writer want to put in?

Recording...

Participants (66)

Find a participant

- Dr. GARIMA GUPTA (Me)
- UR Upasana Ray (Host)
- 2K 2-Aarti kumari
- 42-Vansha Sahani
- AK Aditi Kumari
- AB Akanksha bharti
- AK Akanksha Kumari
- AK amisha kumari (19234HIN003)
- AK ANJALI KUMARI
- AV Anjali Yadav 19234HOM003
- AG Anushka Gautam
- AC Avantika chaudhari

WORKSHEET 2

Think of a STORY → What parts of the culture is it representing? → What could be the message?

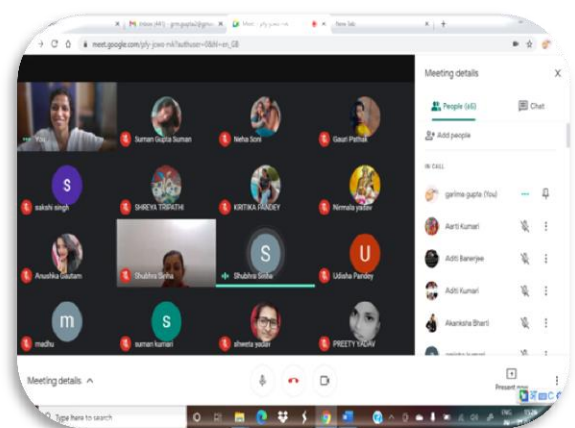
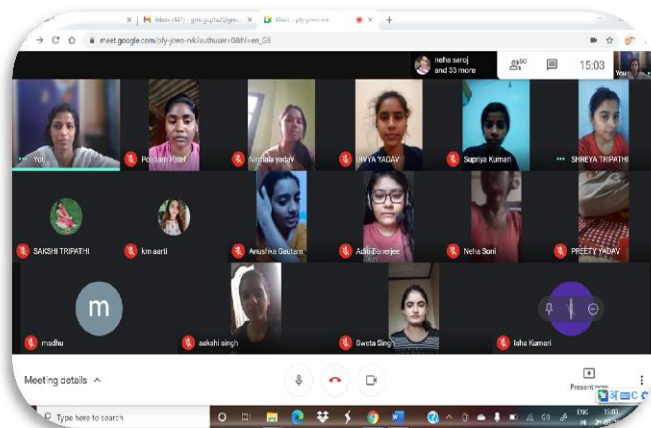
How will it help the child to adapt new culture? → How will this particular value help in classroom? → What values do the story writer want to put in?

ONE DAY CAMP ON STRESS MANAGEMENT

STRESS MANAGEMENT

The speaker of this event was Dr. Shubhra Sinha, Assistant Professor, Department of Psychology, VKM, Varanasi. The speaker begins her focus by saying that stress is part of being human, and it can help motivate us to get things done. Even high stress from serious illness, job loss, a death in the family, or a painful life event can be a natural part of life. we may feel down or anxious, and that's normal too for a while. When we have such situation and our life badly affects then it high time and we need to manage stress. For that thoughtful stress management techniques helps. STM is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. The process of stress management is named as one of the keys to a happy and successful life in modern society. She stresses in details on the role of yoga, meditation, mindfulness, deep breathing, time management, anger management, focusing on positivity in situations.

Total, 102 Volunteers participated in this event. The guest was introduced by the Dr. Garima Gupta, NSS Program officer UNIT C, AMPGC and vote of thanks was proposed by the NSS volunteer.



NSS- UNIT D

NATIONAL SERVICE SCHEME

ONE DAY CAMP

INDUCTION PROGRAMME

One day NSS camp was held by Arya Mahila P G College for the volunteers of NSS Unit D at the college campus on 7th March 2021. It was an induction programme to introduce the newly enrolled volunteers to NSS. It was the very first meet up of volunteers with each other as well as their programme officer Dr. Anita Singh, Assistant Professor, Department of History, AMPGC.

The programme started with an assembly of all the volunteers who were then addressed by the seniors volunteers miss Yuvika Tiwari and Aditi Trivedi and were taught the NSS clap and Geet then.

They cordially invited the honorable Principal Prof. Rachana Dubey to address the volunteers. She warmly welcomed all the new volunteers and graced the occasion with her benign presence.

Her speech was followed by an addressal by Dr. Anita Singh, Programme Coordinator of NSS Unit D. She gave the volunteers an insight as to what NSS is. She also discussed the role and responsibility of a volunteer.

Finally the programme concluded with the attendance of the student along with the joint singing of NSS Geet and enthusiastic round of NSS clap.

ONE DAY CAMP

ONLINE MOTIVATIONAL TALK ON MENTAL HEALTH

A one day online camp was organized by NSS Unit D of Arya Mahila P G College on 15th of March 2021. The camp started in online mode with the welcome speech of programme officer Dr. Anita Singh. She elaborated today's topic "Mental Health".

Subsequently she cordially invited the guest of honor and speaker of the programme C.A Kaushal Kumar. He emphasized on the importance of mental health especially during the pandemic. It was really hard for us to remain in our home and cope up with the challenges which were extremely new for us. We face a lot of uncertainty in terms of carrier and studies ahead.

It was motivational session which helped to promote self-care. He also focused on the correct ways to deal with mental issues such as anxiety and depression. A question Answer session was also held afterwards for the volunteers to ask out their queries. The session was concluded with the vote of thanks by Programme Office Dr. Anita Singh followed by a Chorus of NSS Geet and NSS clap by the volunteers.

ONE DAY CAMP

NUKKAD NATAK ON WOMEN EMPOWERMENT

A one day camp was organized on 20th March 2021 by NSS Unit D of Arya Mahila P G College. The programme started with the NSS Geet . After that, the coordinator Dr. Anita Singh familiarized the volunteers with the complete rule of the camp. Under which special work and today's topic "Women Empowerment" was elaborated.

Afterwards, Street Play were performed by some of the volunteers on the event spread against women in the society and on the “Importance of education the Girl Child”. The sole purpose of presenting this 5 minute street play was to dispel the myths present in the minds of the volunteers and the people of the society and to make the girls aware of the right of getting equal treatment in the country, society, home and family. Principal of the college, Prof. Rachana Dubey graced the volunteers with her words of wisdom. The programme was conclude by the NSS convener Dr. Anita Singh addressing the volunteers followed by the NSS Clap and Geet.



SEVEN DAY CAMP

The seven day camp was organized by the NSS Unit D Arya Mahila P G College. Organized within the college premises it will continue from 22nd march to 28th March 2021. The inaugural session commenced within the sing along of NSS Geet by the volunteers after which registration formalities wee completed by the volunteers.

Volunteers extended a warm welcome to honorable Prof. Rachana Dubey with NSS clap. She addressed the students and elaborated the NSS moto. She also explained the impact of NSS on the personality of the students. Her warm words boosted the the confidence of the volunteers. Programme Officer Dr. Anita Singh guided the students for the upcoming activities and challenges during the camp.

As part of the main activity based on the theme of “SWACHHATA ABHIYAN” volunteers took active part in the cleanliness drive of KARPESHWAR MAHADEV Mandir located within the college premises. The first day concluded with the attendance of the volunteers and NSS Geet.

