

# **ANNUAL REPORT**



**2020 - 2021**

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**ARYA MAHILA P. G. COLLEGE  
CHETGANJ, VARANASI**

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

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## **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 16<sup>th</sup> February 2021. All Management committee members with teaching and non-teaching faculties of the college were present in 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 14<sup>th</sup> December 2020.



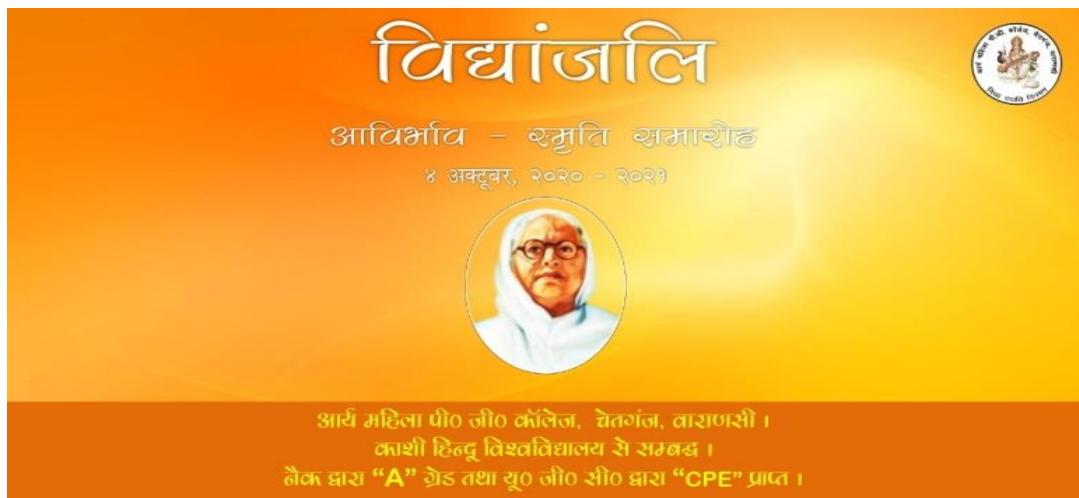
## INTERNATIONAL YOGA DAY

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 4<sup>th</sup> October 2020 on the “Nai Shiksha Niti aur Adhunik Parivesh”.

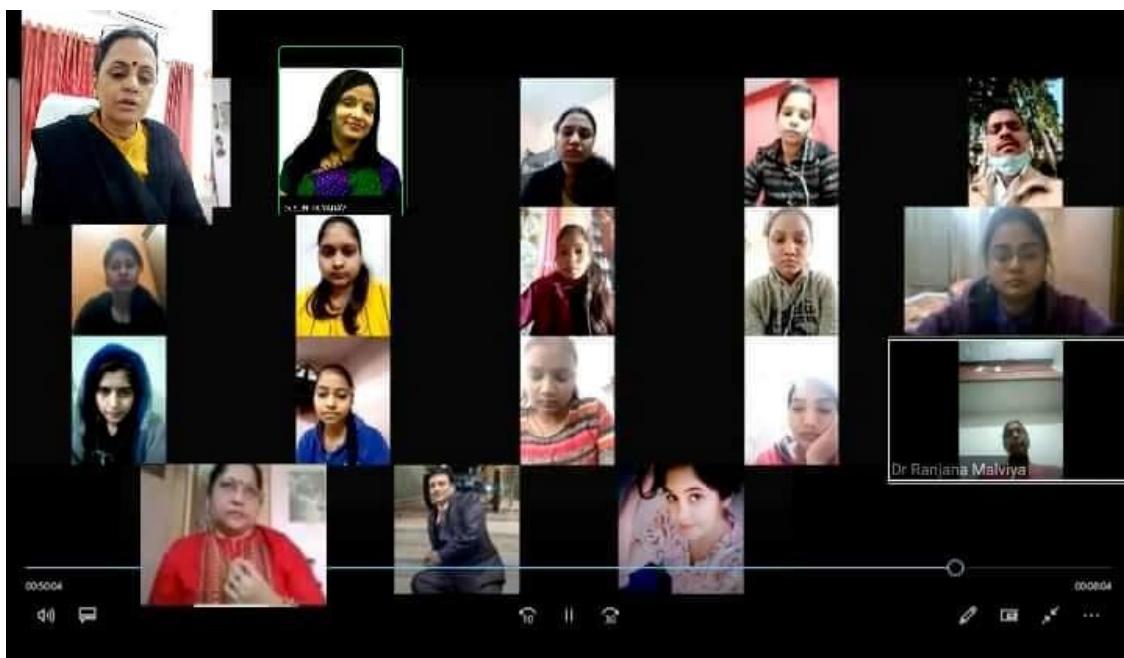


<p><b>सम्मानित वक्ता</b></p> <p> प्रोफेसर (डॉ.) औतार लाल मीणा प्रोफेसर एवं विभागाध्यक्ष, दर्शन-शास्त्र विभाग, जय नारायण व्यास विश्वविद्यालय, जोधपुर।</p> <p><b>संरक्षक</b></p> <p> प्रोफेसर रचना दुबे प्राचार्या आर्य महिला पी० जी० कॉलेज, वाराणसी।</p>	<p> प्रोफेसर दिलीप चारण प्रोफेसर और प्रमुख, दर्शन-शास्त्र विभाग, गुजरात विश्वविद्यालय, अहमदाबाद।</p> <p> डॉ० शिशिकान्त दीक्षित प्रबन्धक आर्य महिला पी० जी० कॉलेज, वाराणसी।</p>
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## 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.

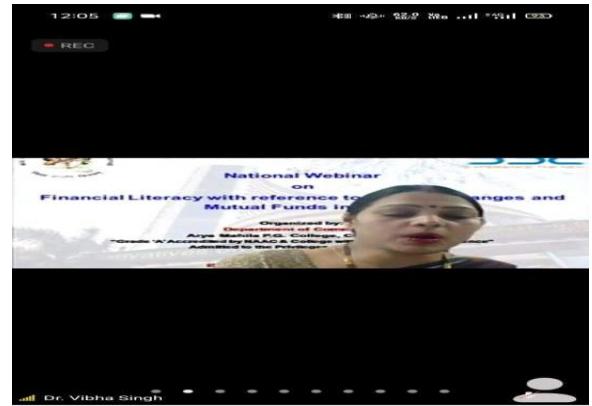


## **'FINANCIAL LITERACY WITH REFERENCE TO STOCK EXCHANGES AND MUTUAL FUNDS IN INDIA'**

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.



## निवेश और बचत के महत्व बताए

वाराणसी। आर्य महिला पीजी कॉलेज में बुधवार को वित्तीय साक्षरता पर हुए वेबिनार में छात्राओं को निवेश और बचत का महत्व समझाया गया। विशेषज्ञ रघुनंदन पट्टनायक ने निवेश के समय जरूरी सावधानियों के बारे में बताया। आयु के हिसाब निवेश के बारे में जानकारी दी। वाणिज्य विभागाध्यक्ष ने कहा कि किसी भी देश का आर्थिक विकास उसके वित्तीय ढांचे पर निर्भर करता है। संचालन डॉ. मीना सिंह ने किया। वेबिनार में प्रबंधक डॉ. शशिकांत दीक्षित, कार्यवाहक प्राचार्य डॉ. मंजुराय, डॉ. शुभम मिश्रा, डॉ. अनुज, डॉ. शिप्रा, डॉ. चंशका आदरहे।

### 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 24<sup>th</sup>, 2020

**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. Mungaini  
Professor, S.R. Nathan Chair in Rural Development and Panchayati Raj  
Hyderabad

**Keynote Speaker**  
Prof. Manoharan Krishna  
Department of Economics  
University of Allahabad  
Allahabad

**Panelist**  
Dr. Shashikant Dilshik  
Manager  
Arya Mahila PG College  
Varanasi

**Session Chair Person**  
Prof. Rachana Dubey  
Principal  
Arya Mahila PG College

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

**Convenor**  
Dr. Anupama Dixit  
Assistant Professor  
Department of Economics  
Arya Mahila PG College

**Organising Secretary**  
Dr. Namita Gupta  
Associate 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 कालेज एवं अर्थशास्त्र विभाग इलाहाबाद विश्वविद्यालय के संयुक्त तत्वावधारों में 'कृषि संकट एवं कृषि बिल 2020' विषयक एक दिवसीय गणराज्य वेबिनार का आयोगी किया गया। कार्यक्रम के मुख्य अधिकारी राष्ट्रीय ग्रामीण विकास एवं पर्यावरण राज संस्था (एपआरपी) द्वारा आयोगी के प्रोफेसर गणेश धीमेन ने कहा कि भारतीय कृषि क्षेत्र आर्यक उदायकरण के खिलाफ़ तीन दशकों से अनेक वर्षों में गुजर रहा है। कृषि बिल 2020 को किसानों के लिए एक बहुत बड़े अवसर के रूप में देखा जा रहा है। कृषि बिल 2020 को किसानों के लिए एक बहुत बड़े अवसर के रूप में देखा जा रहा है। लोकन किसानों के द्वारा लागत इसका विरोध दर्शाता है कि यह विल उन्हाँ सभल नहीं है जिनमा प्रतीत हो रहा है। आज आवश्यकता है कि श्रम के एक बड़े हिस्से को इस परिवर्तनी प्रक्रिया की आवश्यकता है। इसका अधिकारी जीवन में जीविका प्रदान की जाए। कार्यक्रम के मुख्य वक्ता अर्थशास्त्र विभाग इलाहाबाद विश्वविद्यालय के प्रोफेसर मनमोहन कृष्णा ने अपने वक्तव्य में कहा

कि कृषि की तुलना उद्योग से नहीं की जा सकती है क्योंकि कंसर्वेशन का एक बहुत बड़ा भाग कृषि क्षेत्र से ही जीविका कमाता है यद्यपि सकल धोलू दूधदार में इसका योगदान बहुत कम है। अपिकाश लग एवं सीमाना निर्माण है और कृषि की निर्माण मानसून पर है। इसलिए कृषि बिल 2020 लगाने के साथ सरकार को कुछ विशेष वालों को घ्यान में रखने की आवश्यकता है।

कृषि के लिए लैंगिकालीन नीतियों की जरूरत है ना को अवधारणाएँ। कृषि क्षेत्र को इनाम मजबूत बनाया जाए। यह अतिराहिती प्रतिमयों का सम्मान कर सके तभी कृषि विल की सार्वजनिकता है।

प्रबंधक डॉक्टर शशीकल दीक्षित ने कार्यक्रम की सम्पत्ति के लिए आर्यकालीन नीतियों को शुभकामना दी। प्रचारार्थ प्रोफेसर रमन द्वारे ने अतिविदेशों का व्यवाग दिया। विषय प्रस्तावना एवं कार्यक्रम का संचालन संसाधन समन्वयक डॉक्टर अनन्तराजी दीक्षित ने किया। डॉमृद्धिनिधि ने घटनावाद जापन दिया।

कृषि के मुख्य वक्ता अर्थशास्त्र विभाग इलाहाबाद के 400 से ज्यादा प्रश्नभागियों ने हिस्सा लिया। कार्यक्रम को फेसबुक पर लाइव भी किया गया।

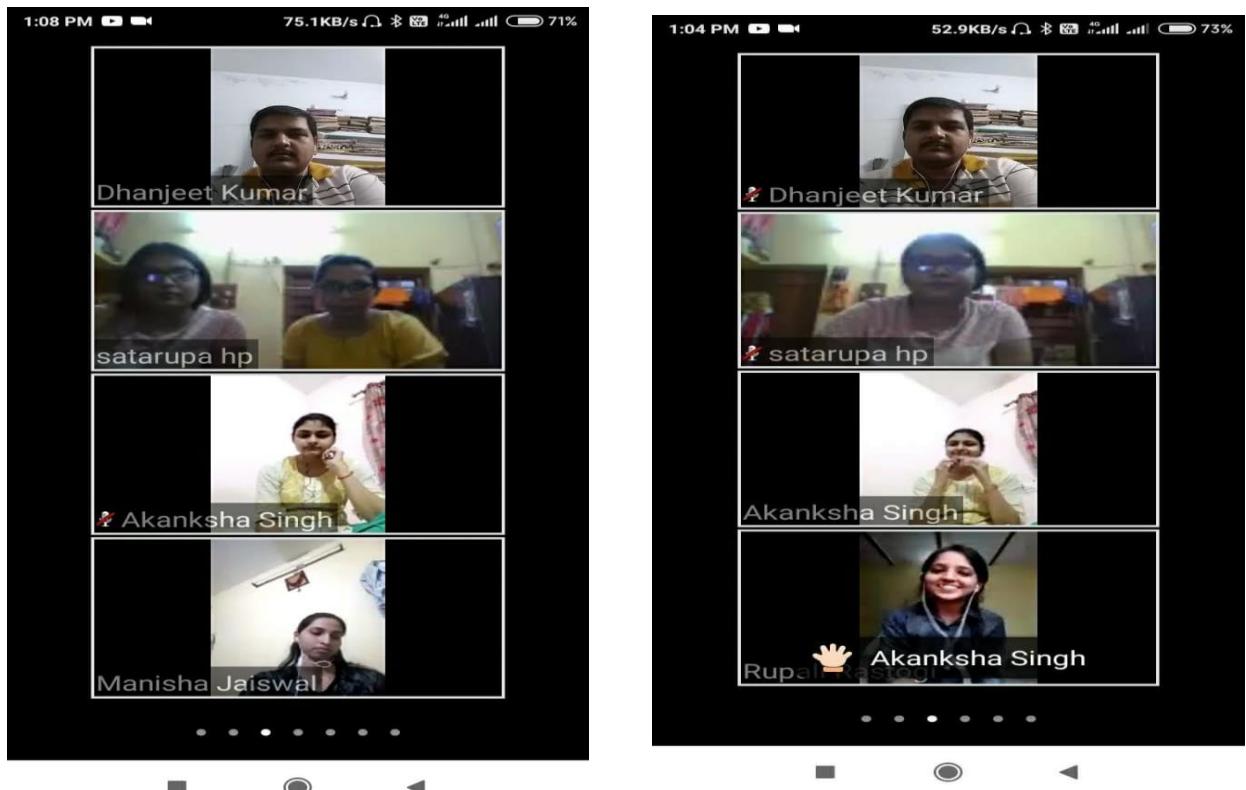
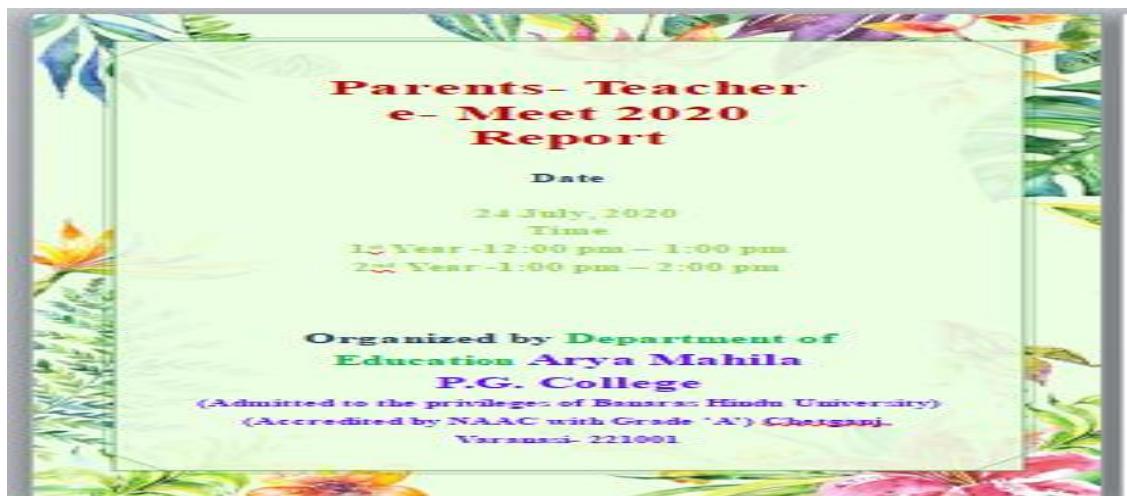
## परिवर्तनों से गुजर रहा है कृषि क्षेत्र

वाराणसी। राष्ट्रीय ग्रामीण विकास एवं पंचायती राज संस्था है दराबाद के प्रोफेसर राजेंद्र पी ममगेन ने कहा कि उदारीकरण से कृषि क्षेत्र परिवर्तनों से गुजर रहा है। वह गुरुवार को आर्य महिला पीजी कालेज में 'कृषि संकट एवं कृषि बिल 2020' विषयक राष्ट्रीय वेबिनार को मुख्य अतिथि के तौर पर संबोधित कर रहे थे। मुख्य वक्ता इलाहाबाद विवि के प्रोफेसर मनमोहन कृष्णा थे। वेबिनार में प्रबंधक डॉक्टर शशिकांत दीक्षित, प्रचार्या प्रोफेसर रमन द्वारे, डॉक्टर अनन्तपूर्णा दीक्षित ने विचार रखे।

## 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 07<sup>th</sup> December 2020 with the welcome address of **Prof. Rachna Dubey** Principal, Arya Mahila P.G.College. Bacdrop note was 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.

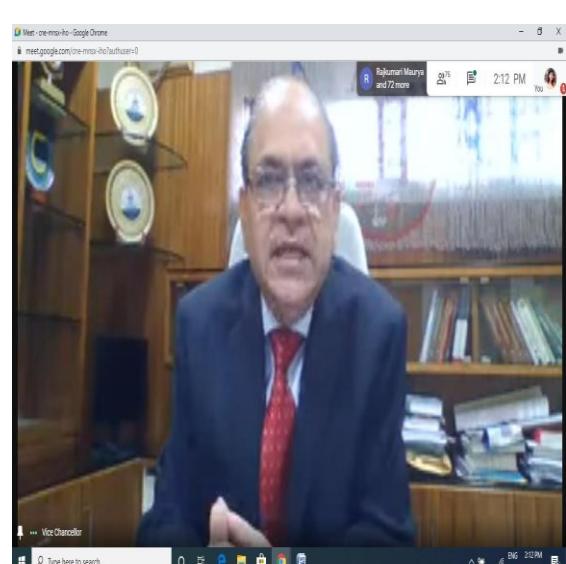
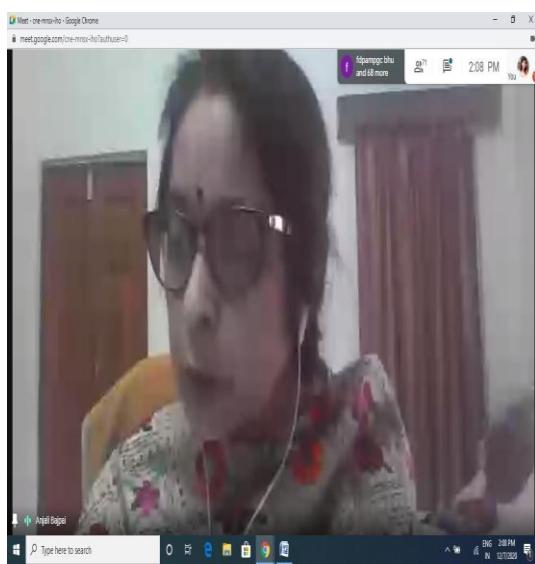
**Second Session** of the Fourth Day was themed on **Legal control of cybercrime in India : issues and challenges.** Resource Person of this session was **Prof. G.P.Sahoo** Faculty of Law Banaras Hindu University, Varanasi .

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 extend 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.



## 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*.

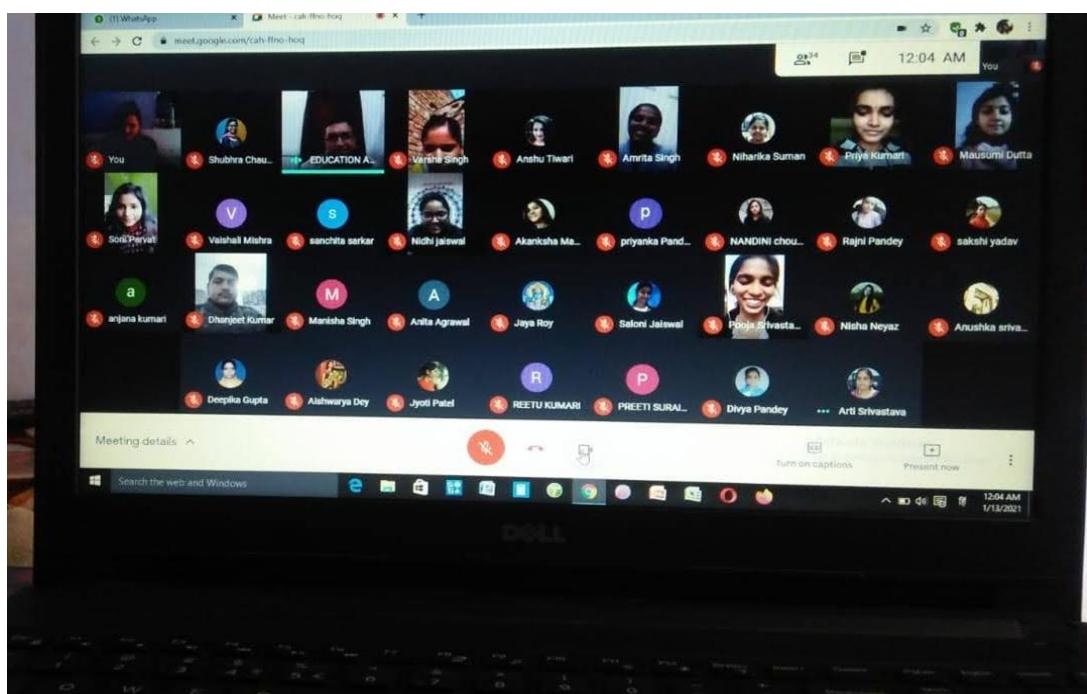
The event started with some quotes and biography sketch of Swami Vivekananda by Amrita Singh (student of B.Ed. first semester).

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.

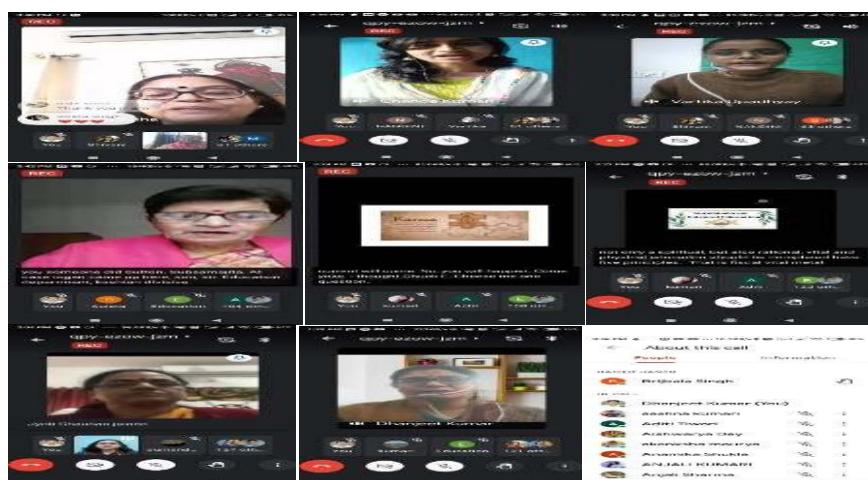
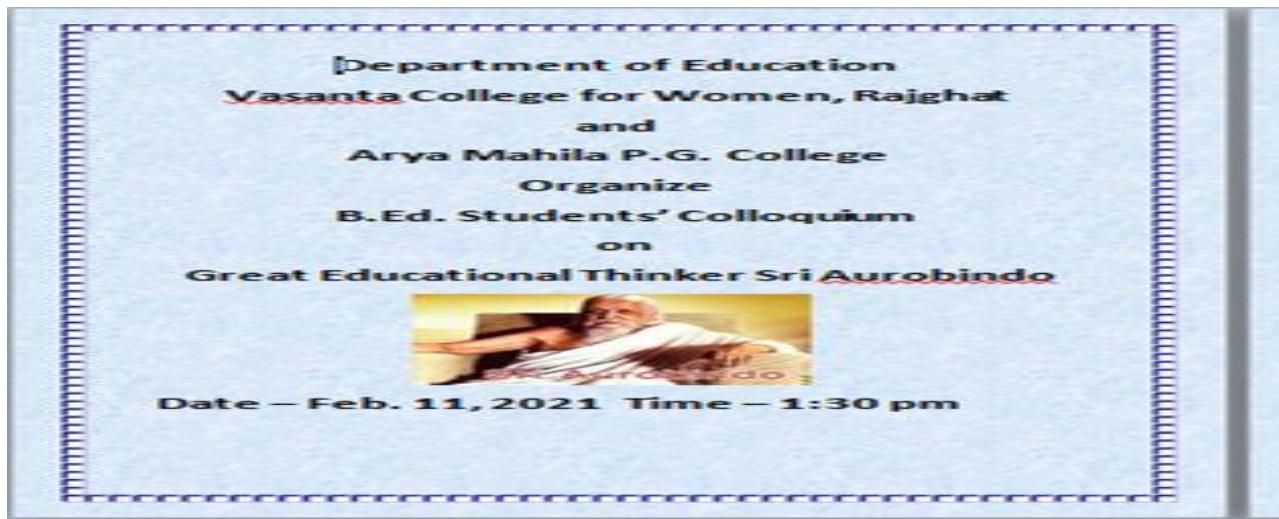
On 11<sup>th</sup> February, 2021, took place a very interesting and informative colloquium; it celebrated Shri Aurobindo Ghosh and beautiful messages and thoughts of Aurobindo were exchanged among more than 100 people. This program, as a precaution against COVID-19, was immaculately organized through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

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. 1<sup>st</sup> semester from VCW who told about Aurobindo through video presentation and students of B.Ed. 1<sup>st</sup> 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 Sri Aurobindo. Vartika Upadhyay (AMPGC) told about Auroville.



## ONLINE COLLOQUIUM ON ADDRESING 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 22<sup>nd</sup> June to 23<sup>rd</sup> 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 23<sup>rd</sup> June 2021 Dr. Amrita Katyayni, (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.

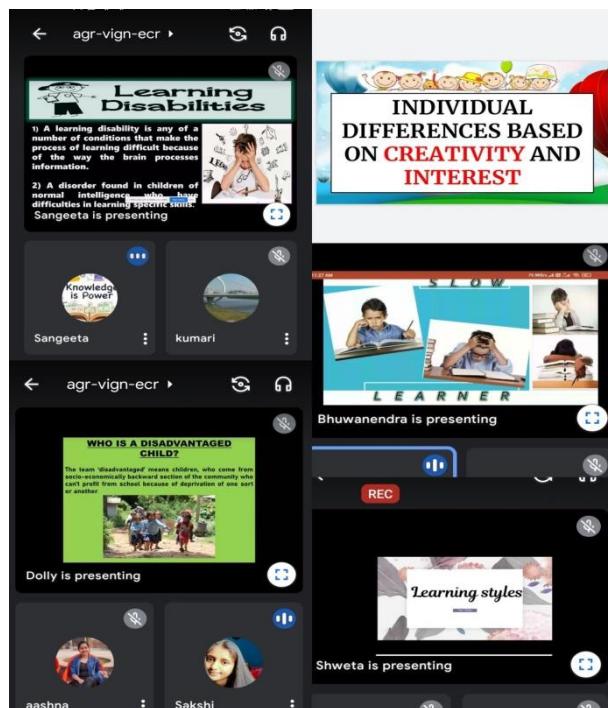
Ms. Ranjita Marak, Assistant Professor, VCW presented the report of 2-day colloquium and thanked all the participants.

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. 2nd Semester, VCW, Rajghat
Blessings	5 min	 Prof. Rachna Dubey, Principal, AMPGC
Theme presentation of the Colloquium	5 min	 Dr. Amrita Katayani, 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. 2nd Semester, VCW, Rajghat
Presentation of Educational Implications of Piaget's Theory of Learning	10 min	Presenters Group 2**, B.Ed. 2nd Semester, VCW, Rajghat
Presentation of Educational Implications of Skinner's Theory of Learning	10 min	Presenters Group 3***, B.Ed. 2nd Semester, VCW, Rajghat
Presentation on Socio-cultural factors influencing learning	10 min	Aishwarya Dey, B.Ed. 2nd Semester, AMPGC prepared under the guidance of Anita Mam, AMPGC
Expert Comments and Suggestions	10 min	Prof. Anupam Shukla

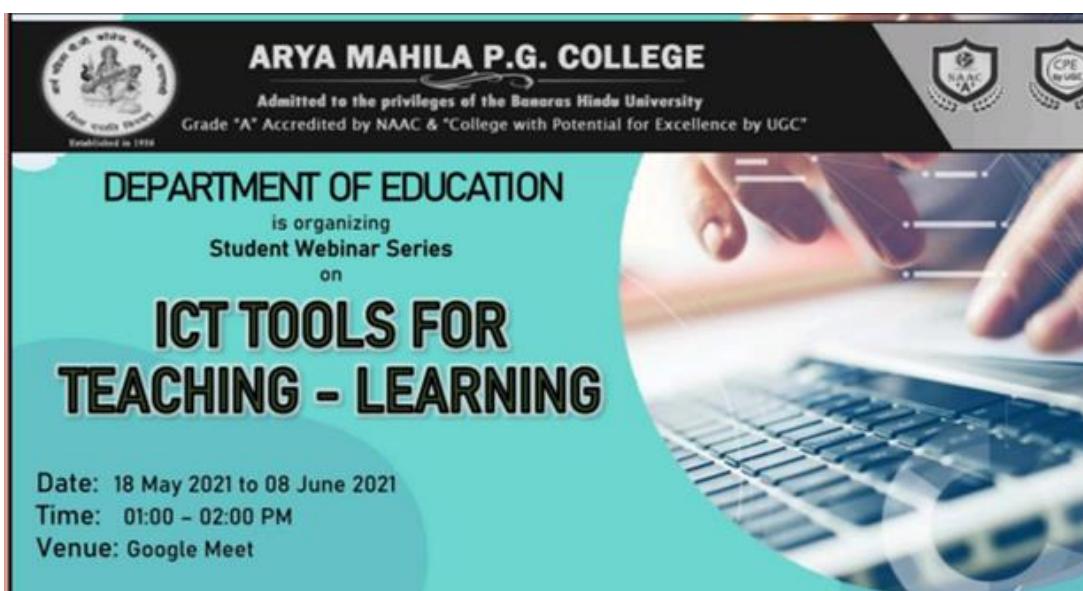
PROGRAM SCHEDULE OF DAY 2		
Program	Time	
Mangalacharan	5 min	 Dr. Bilambita Banisudha, (Assistant Professor, VCW)
Presentation on "Socially Disadvantaged Group of Learners"	10 min	 Pragati Kumari and Sakshi Gupta (Social Science Group) B.Ed. 2nd Semester, VCW
Presentation on "Learners with Learning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

Introduction of the Resource Person	5 min	 Dr. Amrita Katayani, 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
<b>VALEDICTORY SESSION</b>		
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.



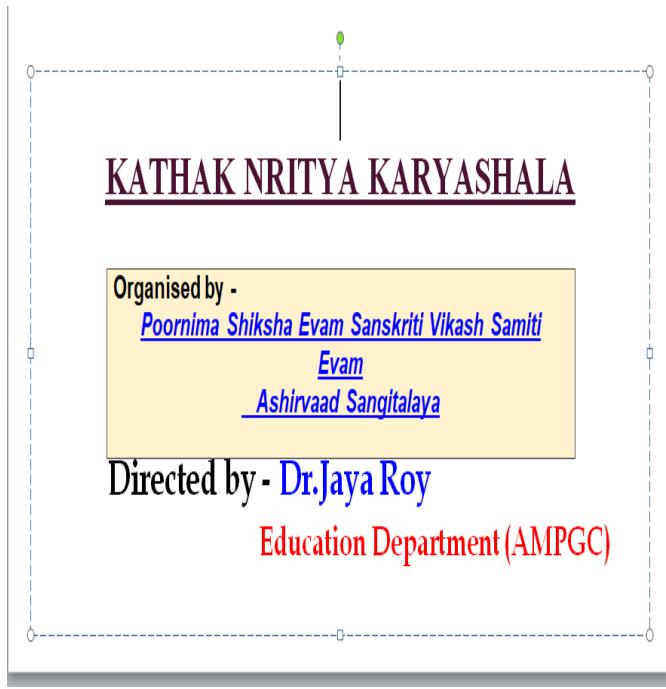
## **DANCE COMPETITION PROGRAMME**

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



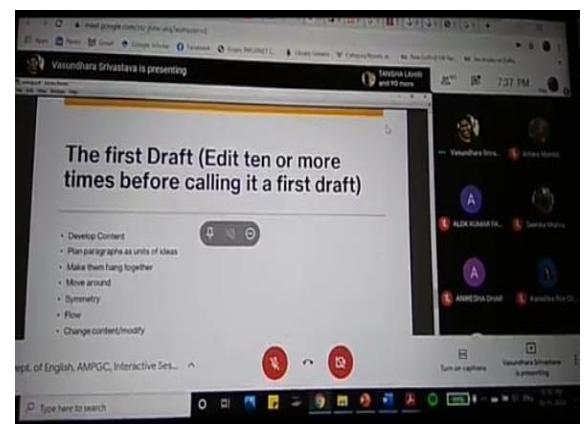
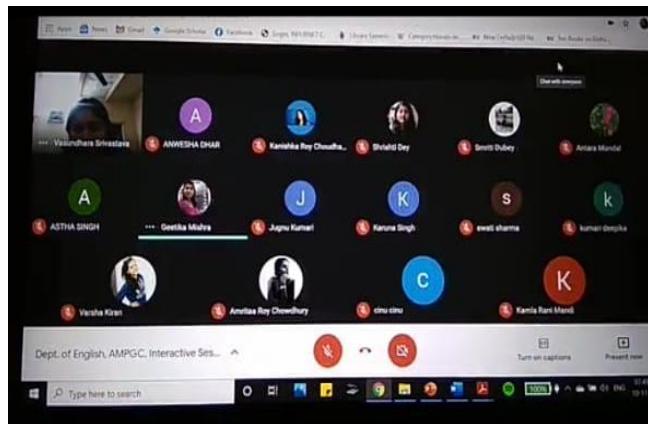
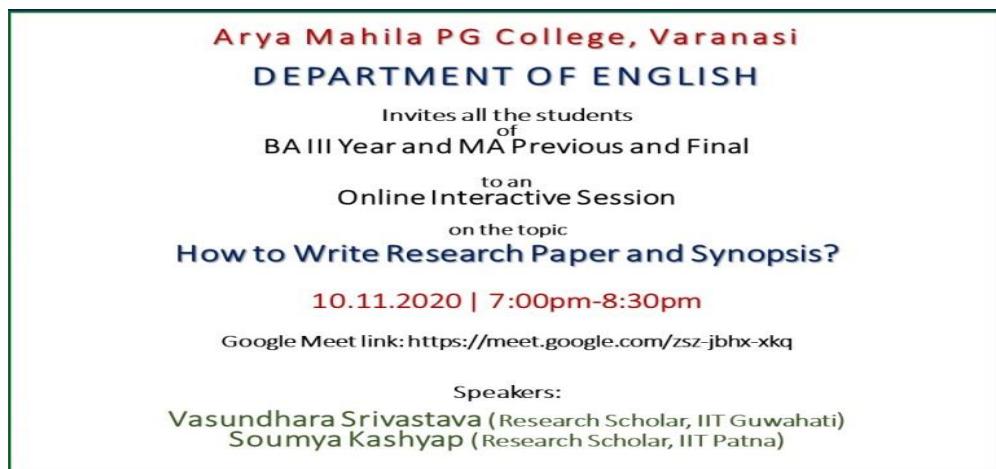
## **KATHAK WORKSHOP**

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 30<sup>th</sup> 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.



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



**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 7<sup>th</sup> 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

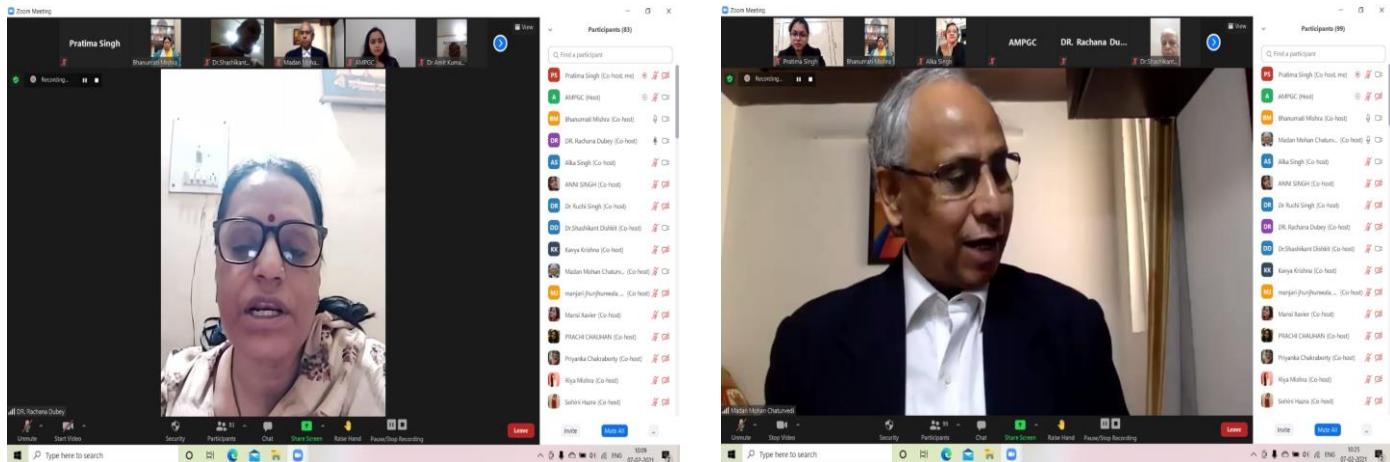
Humanities. She discussed about the paradigm shift from English Literature to English Studies and also introduced students about Research in Cultural Studies.

The program was ended with an interactive session with students and a formal vote of thanks given by Dr Manjari Jhunjhunwala, 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.



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



## ONE DAY INTERNATIONAL WEBINAR ON

### "SHIKSHA, SHAKTI & SHE"

On 10<sup>th</sup> 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**

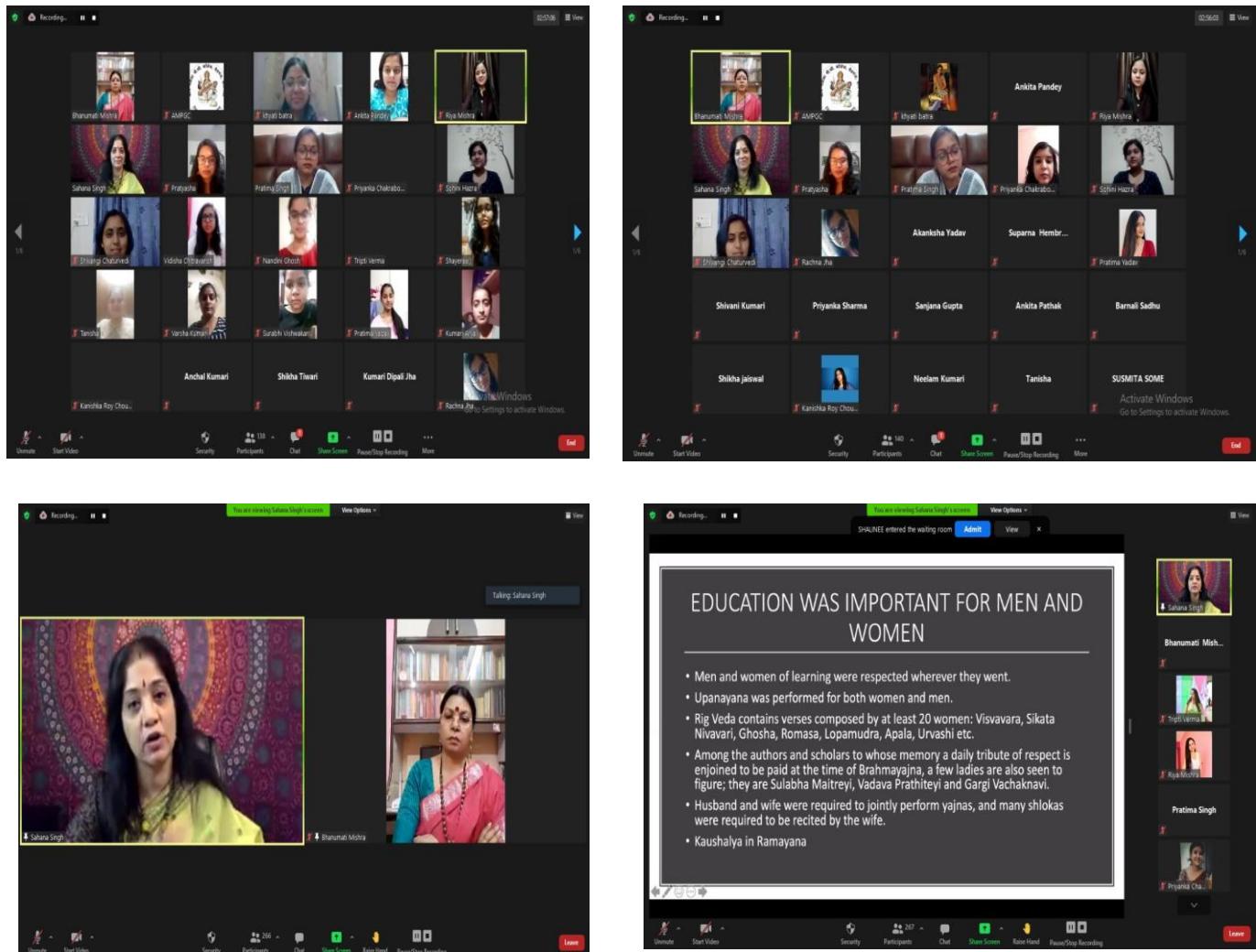
**Guest Speakers**

**Sahana Singh**

DATE: 10 April, 2021, Saturday  
TIME: 8:00 pm IST

**Pratyasha Rath**

[Click here to register for the event](#)



## ONE DAY LECTURE ON

### PARYAVARAN SANRAKSHAN EVAMSAMVARDHAN

Department of Hindi has organised one day lecture on “**Paryawaran Sanrakshan Evam Samvardhan**” on **5<sup>th</sup> 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.



## 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 Mukt 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 पूनिया जी को रोम में खेली गई माटियो पेलिकोन रैकिंग कुत्ती सीरीज में स्वर्ण पदक जीतकर फिर से नंबर एक रैकिंग हासिल करने पर बहुत-बहुत बधाई। आगामी प्रतियोगिताओं के लिए दृष्टि शभकामनाएं।

— मनोहरलाल, सीएम, हरियाणा

वाराणसी | मंगलवार • ९ मार्च • 2021

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

वाराणसी। तेजस्विनी : महिला अध्ययन एवं विकास प्रकोष्ठ आर्य महिला पीजी कॉलेज द्वारा अंतर्राष्ट्रीय महिला दिवस के उपलक्ष्य में एक दिवसीय सेमिनार का आयोजन किया गया।

मुख्य वकार के रूप में सुधा सिंह सचिव जिला विधिक संवाद ने छात्राओं एवं शिक्षिकाओं संग अन्य महिलाओं को विभिन्न विधिक सेवाओं के विषय में वितरण से बताया। उहाँने कहा कि महिलाओं को सर्वसंभव खुद को अहमियत देनी होगी और इसकी ज़रूरत अपने घर से करनी चाहिए।

इनका तुला जनन पर स करने वाला है। यात्राओं को उहोने सभी महिला विषयक कानून के विषय में बताया। उहोने कहा कि महिलाओं को सर्वप्रथम एक दूसरे की सहायता करनी चाहिए। एक दूसरे की सहायता करें तभी महिला सशक्तिकरण की बात सार्थक होगी। द्वितीय बता ढं दिया खना



आर्य नहिला पीजी कालेज में द्वोहती संचिव जिला विधिक चेष्टा समूह



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

## महिलाएं एक दूसरे का करें सहयोग

वाराणसी। आर्य महालं पीजी कलोजे  
के तेजस्वीने प्रकोप की ओर से हुई  
गोटी में जिला विधिक सेवा  
प्रशिक्षण संचय सुधा सिंह और डॉ दंडा  
दिव्या खना ने कहा कि महालंए एक  
दूरवारी की सहायता व सहयोग करें।  
इस दौरान प्राचार्य प्रो. रमा दुबे, डॉ.  
शशिकांत देशियत, डॉ. दीपिका  
बनवाल, डॉ. रम्भा मिश्रा आदि  
भौमिक रहीं। वही, असेम कन्या पीजी  
कॉलेज में हुई संस्थानी में डॉ. तुमंद  
सिंह ने इस बाबत परिवर्तनों परामर्श-

भृत्यन कहा कि महालाल सामना जक,  
आधिक व राजनीतिक सत्र पर  
आत्मनिर्भाव हो। उधर, अंतर्राष्ट्रीय  
महिल दिवस पर शीरचयु राष्ट्रीय  
सेवा योजना (एनएसएस) की ओर  
से आयोजित कार्यक्रम में महिलाओं  
को इह सिविलियन के प्रति जागरूक  
करते रहने का आवान किया।

वीमेंस शवित टीशर्ट करेगी मसीबत में सुरक्षा

मुसीबत में महिलाओं की सूक्ष्म हो सके, इसके लिए छात्राओं ने खास तरीके का व्याप्ति सक्षित टी शर्ट तयार किया है। अंतर्राष्ट्रीय महिला दिवस पर अर्थन इंटरनेशनल स्कूल की छात्राओं ने इस टी शर्ट की जानकारी दी। कक्षा 11वीं की छात्रा अनन्या सिंह, वाणी और एक अच्छा छात्र ने जो टीशेट बनाया है, उसमें इमरजेंसी के समय पलिल हेल्पलाइन नंबर पर फोन किया जा सकता है।

# WORLD CONSUMER RIGHTS DAY

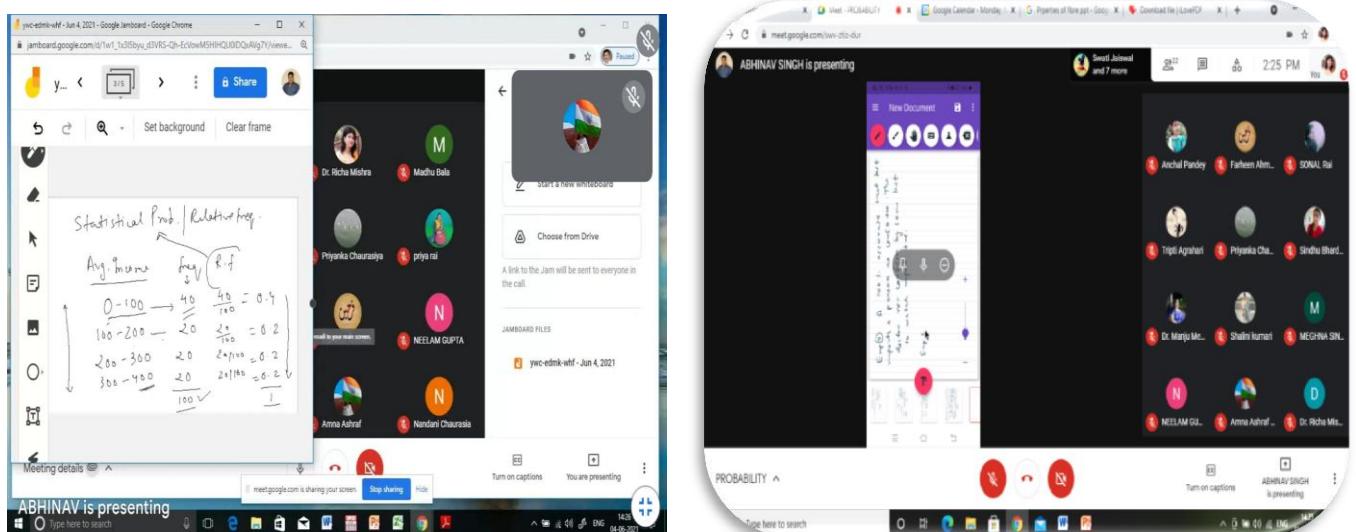
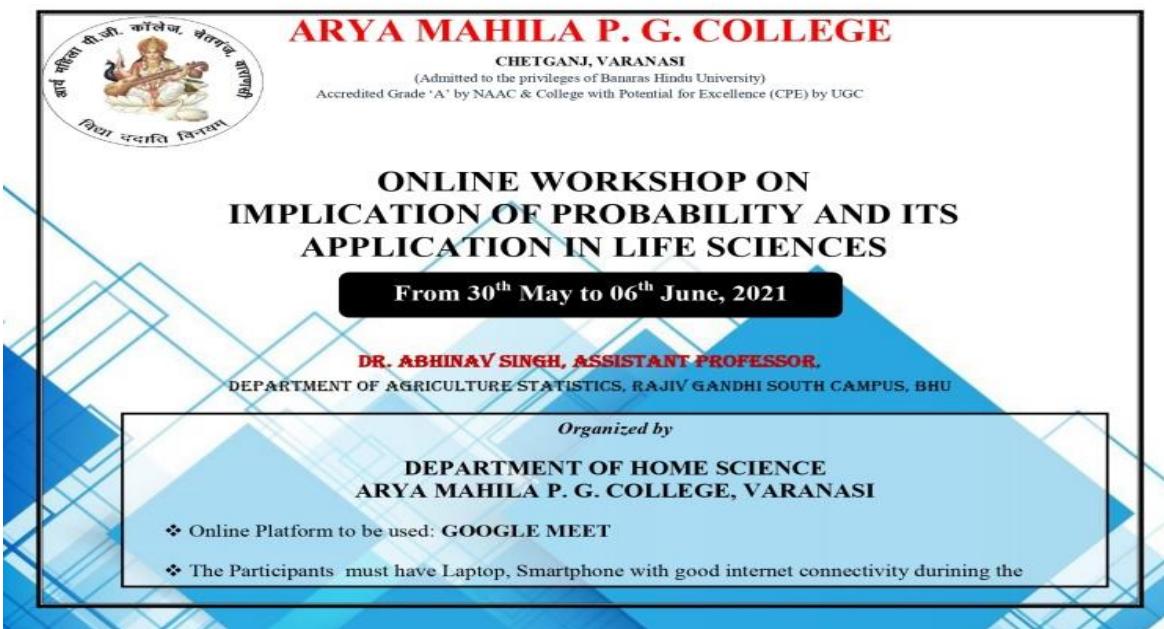
Department of Home Science has celebrated World Consumer Rights Day on 15<sup>th</sup> March .Students Presented their views on Consumer Protection Act and Right of the consumers. They prepared posters and presented PowerPoint Presentations. Total 32 students with Departmental faculty members and staff 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 30<sup>th</sup> May 2021 to 6<sup>th</sup> 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.



## 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



## सबसे मौलिक रागों में से एक है यमन

वाणिज्या | विश्व संगीत दिवस

### चर्चा

राजस्थान संगीत संस्थान, जयपुर की असिस्टेंट प्रोफेसर डॉ. गोत्सुधा भट्टट पारीक ने कहा है कि राग यमन उत्तर भारतीय शास्त्रीय संगीत परंपरा के सबसे मौलिक रागों में से एक है। अपनी सरलता, सहजता एवं मुद्रितों के कारण राग यमन संगीत के विविधियों को प्रायः प्रथम राग के रूप में सिखाया जाता है। प्रारंभिक शिक्षा का राग होने के बाद भी इस राग में विस्तार की अनंत विभाग की ओर से आयोजित वेबिनार संचालन रहता है, जिसे अथक परिश्रम

- विश्व संगीत दिवस पर आर्य महिला कॉलेज में आयोजन
- वक्ताओं ने राग के बारे में दी विस्तार से जानकारी

उहोने कहा कि राग यमन की इसी विशेषता के कारण गुणीजनों ने इसे प्रशंसन महासागर के समान भव्य बताया है। राग यमन शृंगार, भक्ति, करुण आदि अनेक रसों को उद्दीप्त करने की क्षमता रखता है। आयोजन की शुरुआत गणेश वंदना (भाव नृत्य) से अनुशी भट्टटाचार्य ने की। स्वागत डा. गीता रिह ने दिया। प्रबंधक डॉ. शशिकात दीक्षित एवं प्राचार्या प्रो. रचना दुबे ने आशीर्वदन दिया। धन्यवाद डॉ. दीपिका वर्मनवाल एवं संचालन सुराधि मिश्रा ने किया।

## RHYTHM 20- SWARANDHARA.

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



## **ORIENTATION PROGRAMME**

The induction program for M.A 1st year was organized through virtual platform on 25<sup>th</sup> 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 12<sup>th</sup> 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



**करियर निर्माण के लिए रहें सकारात्मक**

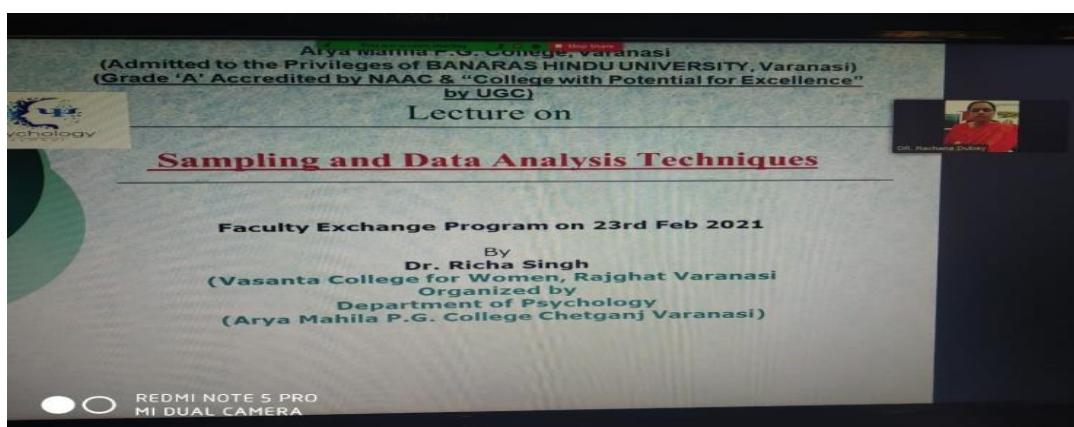
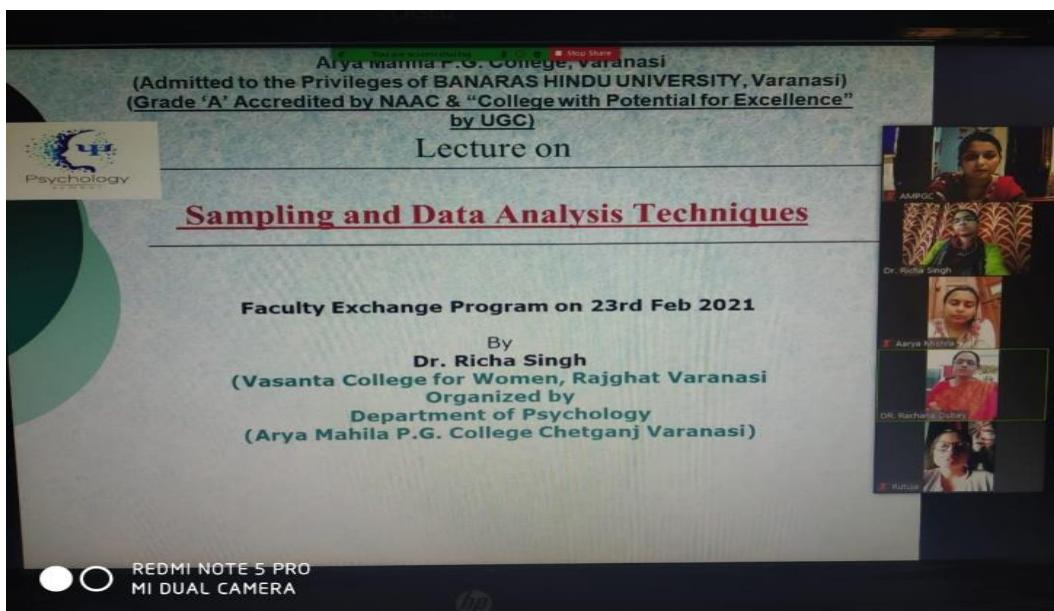
बाराणसी महानारी के दौरान कार्य को सलत अधारिक प्रमाणित होता है। ऐसे में आवश्यक है कि लोग समृद्ध या मंडली में एक जुट होकर कार्य करें। उन्हें बारें आईआईएस के प्रधानाचार्य प्रो. वीची के महाने ने कहा है। वह बताए मुख्य वकास मांलवार को आर्य महिला पीजी कॉलेज मनोविज्ञान, वाणिज्य विभाग व आईआईएसपे हैट्रिक की ओर से आर्याजीवन वैज्ञानिकों को संबोधित कर रहे थे। करियर निर्माण के दौरान व्यक्ति का सकारात्मक बने रहना, मानवीय मूल्यों का विकास, धैर्य, विचारों व लक्ष्यों की स्पष्टता आदि की भूमिका अहम होती है। इस अवसर पर कॉलेज की प्राचार्य प्रो. रमना दुबे, कॉलेज के मैनेजर शशीकांत दिखित, डॉ. सुरेश नायक, डॉ. गरिमा गुरु आदि मौजूद रहे।

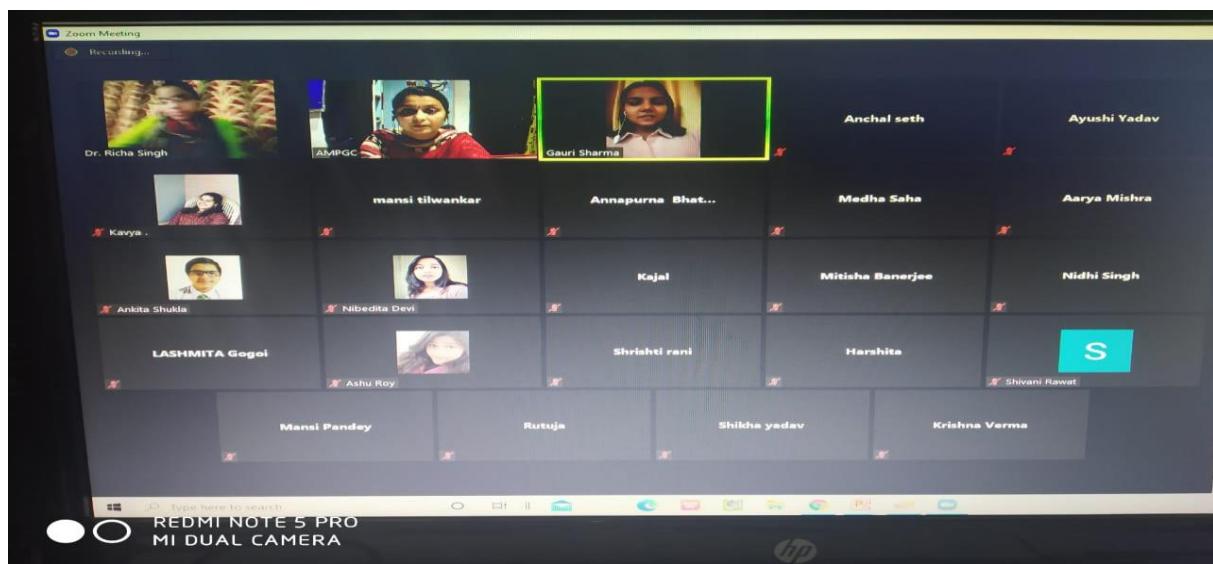
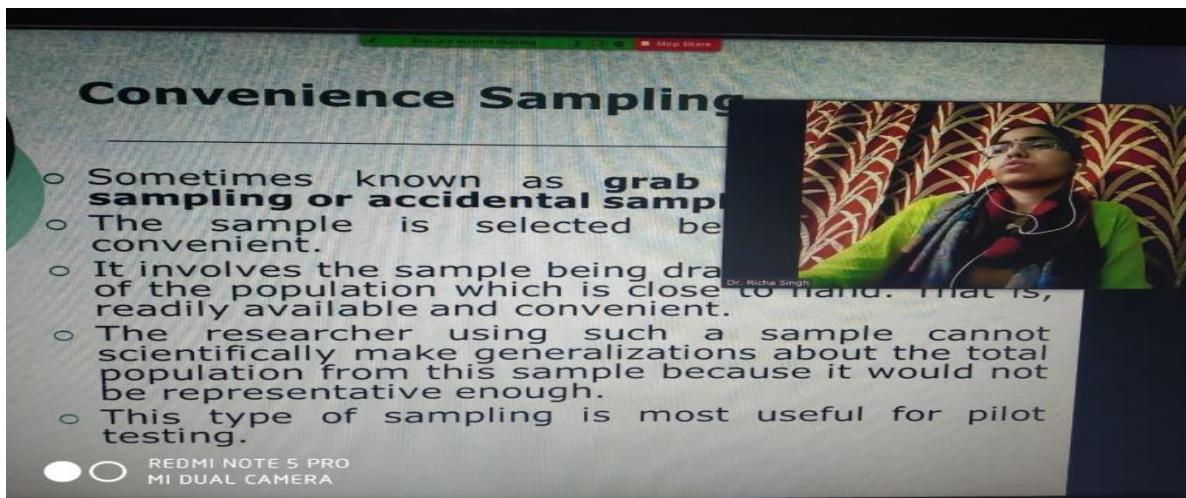
कैरियर निर्माण के बारे में दी जानकारी वाराणसी। आर्य महिला पीजी कॉलेज और आईआईआरएम हैदराबाद की ओर से मंगलवार को वैबीनार में छात्राओं को कैरियर के बारे में जानकारी दी गई। मुख्य वक्ता प्रो. वीवीके मोहन ने बताया कि व्यक्ति का सकरात्मकरहना जरूरी है। प्राचार्या प्रो. रचना दुबे, प्रबंधक शशिकांत दीक्षित, डॉ. 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 23<sup>rd</sup> 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 5<sup>th</sup> 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.



श्री राजनीष जैन  
स�िय  
Prof. Rajnish Jain  
Secretary



राष्ट्रविद्यालय अनुदान आयोग  
University Grants Commission  
(मानव संसाधन विकास मंत्रालय, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)  
विद्युत्यालय जल्दी मार्ग, नई दिल्ली-110002  
ठेकड़ी शहर जल्दी मार्ग, नई दिल्ली-110002  
Ph : 011-23236288 / 23239337  
Fax : 011-2323 8858  
E-mail : [secy@ugc.ac.in](mailto:secy@ugc.ac.in)

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

1<sup>st</sup> 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 5<sup>th</sup> 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 Aadunik Sabhyata” on 2<sup>nd</sup> 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**

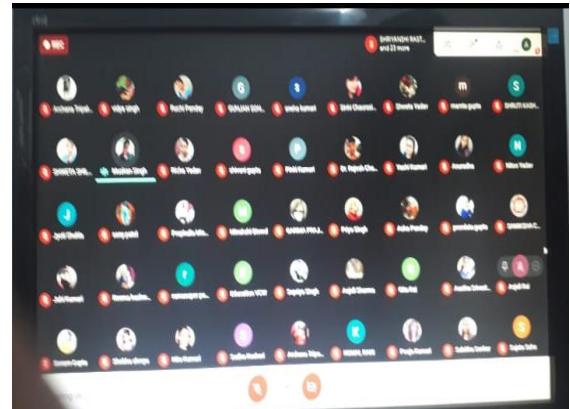
**EPISTEMOLOGY (WITH SPECIAL REFERENCE TO**

**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 22<sup>nd</sup> 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,

Anamika 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 26<sup>th</sup> 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 privilege 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**

**26<sup>th</sup> March, 2021, 12:00 to 03:00pm**

	<p style="text-align: right;"><b>President</b>  <b>Prof. S. P. Pandey</b>  <i>former head, Deptt. of      Philosophy      and Religion, BHU, Varanasi</i></p>
<b>ESTEEMED SPEAKERS:</b>	
	<p style="text-align: right;"><b>Prof. Rishikant Pandey</b>  <i>Former Head- Department of Philosophy      University of Allahabad,      Prayagraj, UP</i></p>
	<p style="text-align: right;"><b>Prof. Rajeev Kumar</b>  <i>Head, Post Graduate Department of Philosophy      Langai Singh College, Muzaffarpur      B. R. Ambedkar Bihar University      Muzaffarpur</i></p>
	<p style="text-align: right;"><b>Dr. Vivek Pandey</b>  <i>Assistant Professor      Department of Philosophy and Religion      MMV, BHU, Varanasi</i></p>

## दर्थन सभी विज्ञानों की जननी

## ■ सहारा न्यूज व्यूरो वाराणसी ।

इलाहाबाद विश्वविद्यालय के दर्शनशास्त्र विभाग के पूर्व अध्यक्ष प्रोफेसर ऋषिकांत पाठेय ने कहा कि दर्शनशास्त्र महाराष्ट्र सम्बन्धी तथा संस्कृतीय की प्रवृत्ति के संबंध में स्मारकों से स्मारण करता है। वे शुक्रवार को यहाँ

आर्य महिला पौजी काँकेज के दर्शनशास्त्र विभाग द्वारा आयोजित गार्हण्य उत्तम में दर्शनशास्त्र की भूमिका विवेक वेदान्त में बताई मुख्य वक्ता बोल रहे थे। समकालीन जगत में दर्शनशास्त्र की भूमिका विषय पर प्रकाश डालने हुए उन्नें आपे कहा कि दर्शनशास्त्र की विषयवस्तु का अध्ययन किता हो तभी जगत में परम सत्य के स्थूं में संवेदन सिद्ध होता है। उन्नें करणों की विवेचना करने में चरित्रवाणी होती है।

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

द्वितीय वरका के समै बोलते हुए लंबत  
कांगें जूँझकरपूँ के दर्शनविद्यालय विभाग का  
अधिकारी प्रोफेसर राजीव याज्ञे के काम के  
दर्शन जीवन और जगत के उसके समरपण में  
समरपण को का प्रभावी है। वह संसार क्षेत्रिक  
समाजों आत्मनिर्माण के लिए अत्यधिक  
विश्वासनीय है। अतः वह द्वितीय वरका  
को सुधारने रूप से चर्चाए के लिए तथा इस  
समरपण में रुद्ध हुई भौमिका का अभ्यास प्राप्त  
करने के लिए इन विवेक द्वितीय की  
आशावक्ता के बाहे दर्शनविद्यालय कि दृष्टि की  
देन है। भारतीय दर्शनविदों ने अपने सिद्धान्तों में  
इस विवेक द्वितीय को जागृत करने के लिए  
अद्वा, अनन्त, जन्म और योग जैसे साधनों को  
अपनाने पर बल दिया है।

तुरीय वरका के समै योगदानविद्यालय विभाग  
महिला महाविद्यालय काशी के हिंदू  
विश्वविद्यालय के डॉक्टरलाल कपड़ेय ने  
कहा कि इसने सभी विद्यार्थी की जननी है।  
किंतु समय के प्रभावमें हम इस पोट पर घर-घर  
जाने के लिए जाने जाने की विद्या की उत्तरकी  
दृष्टि से परख रहा है। फार्म राष्ट्र  
मूल्यविद्यालय होते जाए रखने के  
समाज में मानव विकास के लिए एक  
सुखवृक्ष पैदा कर रहा है मैं इस  
मूल्यों की पुरुषसम्मान व  
दर्शनविद्यालय कर रहा हूँ। समरपण  
सम्पूर्ण विषय को दर्शनविद्यालय

विवेकवाद की अधिकारी  
जीवानी को प्रोफेसर एसपी  
मौर्य पर महाविद्यालय  
शक्तिशाली विद्युत ने विद्यार्थियों  
वचन दिया।

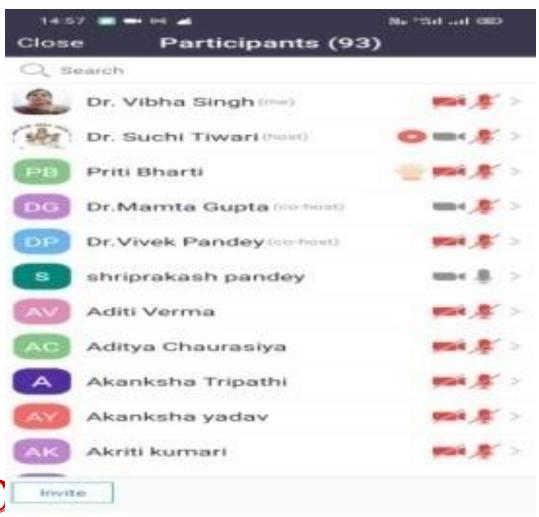
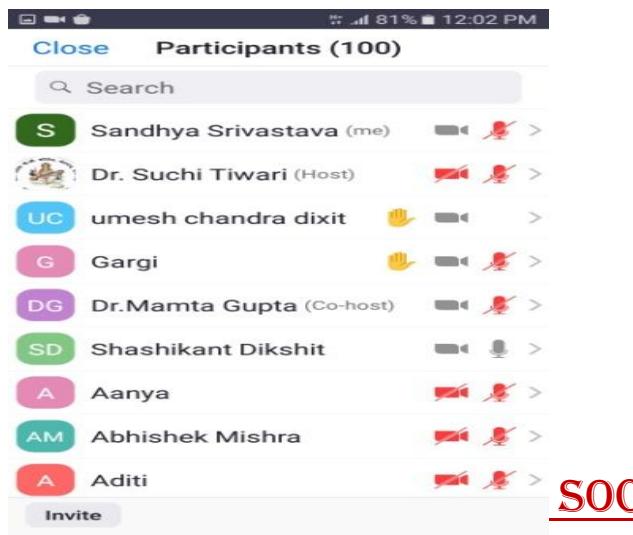
स्वतन्त्र भाषण ऑफिसर  
धन्यवाद जापान असंग बढ़ने के  
साथ यात्रा करावाया डाक्टर  
श्रीमान राजेश, डॉ. मनोज राय, डॉ.  
सहित 250 से ज्यादा प्रतिशत  
इस सांस्कृतिक की सोनोवेदन  
प्रतिशतीर्थी।

सरकारिका का प्रश्न उत्पन्न हो गया है। मानव प्रवेश करने से विदेशी का उत्तराधिकारी वृद्धि से प्रभुता हो जाएगी। फलतः समाज और राष्ट्र अप्रत्यक्षी होते जा रहे हैं। ऐसी विषय परिचयिता में मानव में आचारवलोकन की सुधारका ऐसी राह पर में प्राप्तिकार्यमयी की पुरन्वापका करने का प्राप्त दर्शनशास्त्र कर रहा है। समाजकीय युग में वर्तीमान संसूचना विषय को संवादशास्त्र का बोधान है। वेदान्तकी आधारका दर्शनशास्त्र का विवरण वैष्णवीका फोकसर पर अपने पढ़े की। इसके माझे पर माहाविद्यालय के प्रब्रथक डॉ शशिकला दीर्घते विद्यार्थियों को आशीर्वादित वचन दिया।

स्वयम् भाषण डॉक्टर ममता गुप्ता व धनवदाद जापन असं पठ ने दिया। वेदान्त में कार्यवाक्यान्वयिता डॉक्टर ममता सिंह ने संघ डाक्टर अनिलकान्त सिंह, डॉक्टर संयोगी श्रीवास्तव, डॉ मनु राय, डॉ भवाना विदेशी ममता 250 से ज्यादा प्रियाचारी उत्तरवाच वे हिंसोंकी की संर्वोक्ता डॉक्टर शुचि विवरणी थी।

## दार्शनिक चिंतन मूलतः जीवन की यथार्थता की खोज का दूसरा नामः प्रो.पाण्डेय

बारापासी। इलाहाबाद विश्वविद्यालय के दर्शनशास्त्र कालेज के पूर्व अध्यक्ष प्रोफेसर रमणिकार्त धौपड़े ने कहा कि दर्शनशास्त्र मानव समाज तथा संसार की प्रकृति के संबंध में मिटानों को स्थापित करता है। वैद्युतकारों को वहाँ आगे महिलाओं कालेज के दर्शनशास्त्र विभाग द्वारा अधियोग्य गृहीय उत्तरांश में दर्शनशास्त्र की पूर्णिमा विषयक बीचीना में बोर्डर मुख्य बैठक बोल रहे थे। साकालीन जाति में दर्शनशास्त्र की प्रभुकां विषय पर प्रकाश डालते हुए, उन्नतेरे आगे कहा कि दर्शनशास्त्र की प्रारंभिकता इन जाति में एष सत्य के रूप में संवर्तित रिद्दितों और उनके कारणों को विद्याकारन करने में चाहती ही है। विद्याकार विद्यालय: जीवन की व्यवस्थाको की खोज का दृष्टान्त नाम है। विद्याकार के रूप में बोलते हुए लोग सिंह जगद्गुरु प्रभुकार्ता के दर्शनशास्त्र विभाग के अध्यक्ष प्रोफेसर राजीव कुमार ने कहा कि दर्शन जीवन और जाति को उत्कृष्ट समझने का कार्य प्रयोग है। यह सांसार कर्मियों वालाना अनिवार्य है। अतः सांसारिक विषयालय को तुलना कर से बताते हैं कि लिए जाना चाहिए सत्यां में रहें ताकि यही मीठी काली अनुभव प्राप्त करने के लिए लिये जाने विदेशी दृष्टि की अवस्थाता है वह दर्शनशास्त्र की राह पर कोई दैवि। भारतीय दर्शनकारों ने अपने रिद्दितों में इस विद्याकार दृष्टि को जागरूक करने के लिए श्रद्धा, मरीज, जाति और योगी जैसे सामाजिकों को अपनाएं पर बढ़ाव देते हैं। तुलना वकास के रूप में दर्शनशास्त्र विभाग महिला मानविकाश विभाग हिंदू विश्वविद्यालय के डॉक्टर विवेक पांडे ने कहा कि दर्शन जीवन की जगती है। विद्युत के प्रयोग में हम उत्तर पर पहुँच चुके हैं किंतु जीवन के समान उत्तर पर पहुँच चुके हैं



**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 30<sup>th</sup> June and 1<sup>st</sup> 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.



**HONOURABLE SPEAKERS**



**Prof. Purushottam Agarwal**  
Visiting Professor,  
Centre for the Study of Developing Societies,  
New Delhi (Since November 2013)  
Ex. Member of Union Public Service Commission.



**Prof. R. N. Tripathi**  
Professor,  
Department of Sociology,  
Banaras Hindu University,  
Honorable Member Uttar Pradesh Higher Education Service Commission.



**Sri Kumar Narendra Singh**  
Executive Editor,  
Loktawam (A Fortnightly Hindi Magazine)  
Delhi.



**Prof. Manvendra Pratap Singh**  
Head, Department of Sociology,  
DDU Gorakhpur University,  
Gorakhpur.  
Member, Managing Committee, Indian Sociological Society.



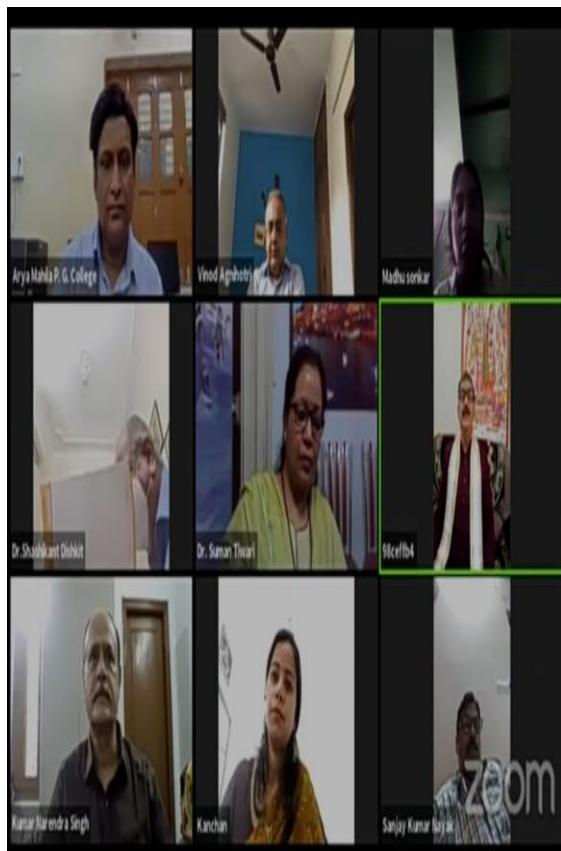
**Prof. Manish K. Verma**  
Professor,  
Department of Sociology,  
Babasaheb Bhimrao Ambedkar (Central) University,  
Lucknow.



**Dr. Rahul R. Verma**  
Specialist and Assistant Director General,  
Department of Infection Control & Epidemiology,  
King Fahd Hospital,  
Ministry of Health,  
Kingdom of Saudi Arabia.



**Er. Amit Kumar Choudhary (IIT, Delhi)**  
Senior Technical Manager,  
Biomedical Division,  
Calence Corporation,  
New Jersey, USA.



# सनातन परम्परा की निधियाँ आपदा से निबटने में सक्षम

बाराणसी (एसाएनबी)। आर्य महिला पीजी कॉलेज समाजशास्त्र विभाग की ओर से आयोजित वेबिनार में काफ़ी हिन्दू विश्वविद्यालय समाजशास्त्र विभाग के प्रोफेसर आरएन

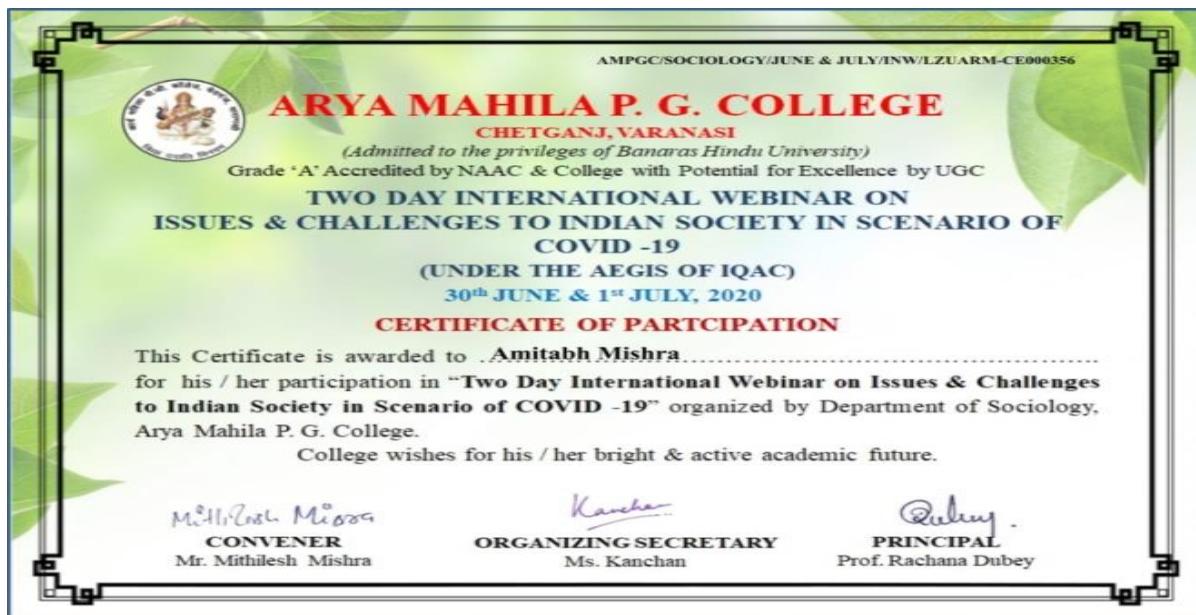


प्रियांति ने विभिन्न सामाजिक एवं दार्शनिक विद्वानों का उदाहरण देते हुए यह बताने का प्रयास किया की भारतीय परंपराओं की जड़ें किननी गहरी हैं, साथ ही उन्होंने स्वरचित 5 जी फार्मूला भी दिया जिसके तहत उन्होंने यह बताया कि भारतीय सनातन परंपराओं में विद्यमान अनेकों ऐसी अनमोल निधियाँ हैं जिनसे बड़ी से बड़ी आपदा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

है। यह बतें उन्होंने इश्यूज एंड चैलेजस टू इंडियन सोसाइटी इन योनरी ऑफ कॉविड-19' का विषयक इस वेबिनार के शुभारम्भ के मौके पर बोलते हुए कहा है। प्रोफेसर मधीर कुमार वर्मा कुरून काल के दौरान सामाजिक आर्थिक एवं वैज्ञानिक 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

उन्होंने वताया की प्रकार मजदूर वर्ग या पूँजीपति वर्ग कालेज में वेबिनार दोनों ही इस क्षेत्र अवस्था से प्रभावित हुए हैं।

इसमें इस दौरान वरिष्ठ प्रकार विनोद अग्रवाल, वरिष्ठ पक्षकार कृष्ण नन्द्र सिंह ने भी विचार रखे। कार्यक्रम का शुभारंभ महाविद्यालय के प्रबंधक डॉक्टर शशीकांत दीक्षित द्वारा आशीर्वाद के साथ किया गया। अतिथियों का ओपचारिक सम्मान तथा स्वागत महाविद्यालय के प्रचार्य प्रोफेसर रमना दुवे जी द्वारा किया गया। कार्यक्रम का संचालन कंचन द्वारा तथा ध्येयवाद ज्ञान मिथिलेश मिश्र किया गया। उक्त कार्यक्रम के आयोजन में डॉ भावना त्रिवेदी, डॉ सुमन तिवारी, डॉक्टर निलनी, डॉक्टर मेरज हशमी, डॉ स्वाति, एस मिश्रा का सहयोग रहा। तकनीकी व्यवस्था के संचालन में अनिल यादव का क्षेषण 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 14<sup>th</sup> and 15<sup>th</sup> 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 14<sup>th</sup> July was **How to Write and Publish Good Research Papers** and the topic for the second day i.e 15<sup>th</sup> July was- **How to enhance your Research Profile using Different Digital Identities**. The individuals present during the programme were Principal of A.M.P.G.College, Prof. Rachna 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 Tiwari, 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 : (15<sup>th</sup> 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. Bhawana Trivedi, IQAC Coordinator	
12 :15 pm to 1 :30 pm	How to enhance your Research profile by using different digital Identity.	Dr. Rakesh Bhutiani, Deptt. of Zoology and Environmental Science Gurukul Kangri Vishwavidyalaya, Haridwar	
1 :10 pm to 1 :15 pm	Presidential Address	Dr. Shashikant Doot, 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 : 14<sup>th</sup> 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 Doot, 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 1 :30 pm	How to Write and Publish Good Research Paper	Dr. Rakesh Bhutiani, Deptt. of Zoology and Environmental Science Gurukul Kangri Vishwavidyalaya, Haridwar	
1 :20 pm to 1 :30 pm	Interaction with Participants	Dr. Bhawana Trivedi, IQAC Coordinator	
1 :30 pm to 1 :35 pm	Vote of Thanks		



# ARYA MAHILA P.G. COLLEGE, VARANASI

Admitted to the privileges of Banaras Hindu University, Varanasi  
Grade 'A' Accredited by NAAC and "College with Potential for Excellence" by UGC

## Two Days Faculty Enrichment Programme

### HOW TO WRITE AND PUBLISH GOOD RESEARCH PAPER

&

### HOW TO ENHANCE YOUR RESEARCH PROFILE USING DIFFERENT DIGITAL IDENTIFIERS

Held On 14th & 15th July 2020

Organised By Department Of Sociology

#### E-Certificate of Participation

That's certificate awarded to  
Active Participation in the Two days faculty enrichment programme

# Mithilesh Mishra



M. Bhattacharya  
Dr. Madhumita Bhattacharya  
(Co-ordinator)

S. Mishra  
Dr. Swati S. Mishra  
(Co-ordinator)

R. Dubey  
Prof. Rachna Dubey  
(Principal)

Participants (52)
Dr. Meenakshi Bajpai
Dr. Richa Mishra
Dr. Shuchi Tiwari
Dr. Vibha Singh
Dr. Meena Singh
Garima Gupta
Geeta Singh
Jayaroy
Kanchan Arya
Krishna Verma
Madhumita Bhattacharya
Meenakshi Mishra
Mithilesh Mishra

## "UDAAN" THE MOTIVATIONAL TALK SERIES.

Set of Webinar was organized for students on 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> 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 spiritual context to relax our mind and soul
- Yoga and exercise

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 exercise to keep our self calm throughout the journey of life.

Then we have our third session of the series

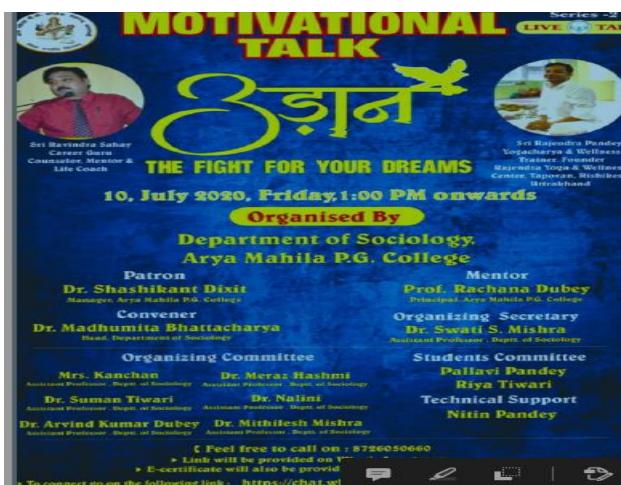
Chief guest and Guest speaker was, **Commander Ajay Tiwary (Retd), Certified NLP Practitioner Leadership & Motivational Coach, Personality Enhancement Trainer, Qatar, Doha, Mrs. B.K. Taposh, Motivational speaker and student counselor, Sarnath Global Light House Brahma Kumar.**

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.

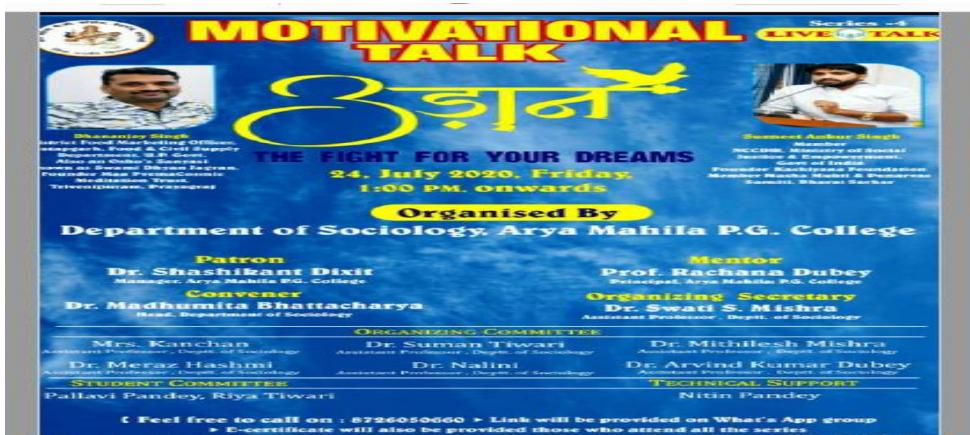
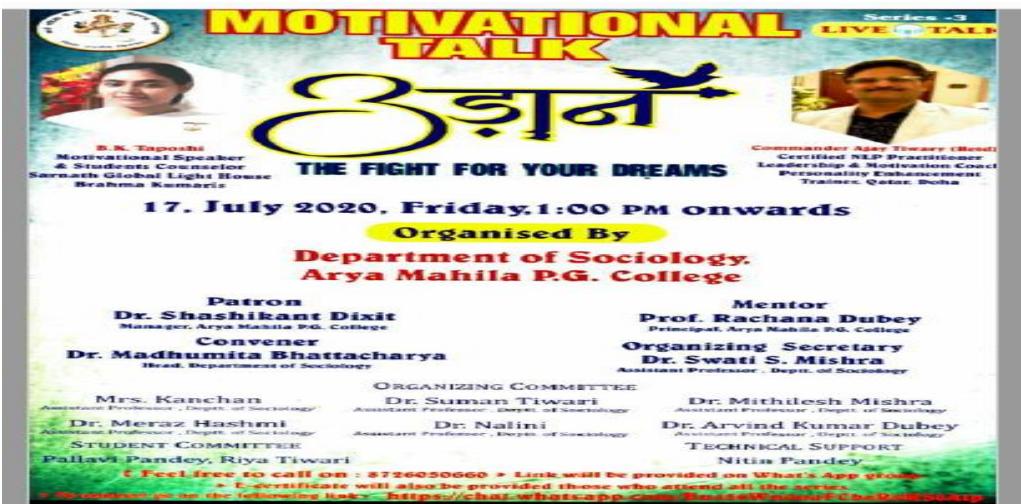


<b>SCHEDULE</b>		
<b>MOVATIONAL TALK SERIES</b>		
<b>Series -2</b>		
Organized by Department of Sociology Arya Mahila P.G. College Varanasi Date & Day : 10 <sup>th</sup> July, 2020, Friday		
<b>Motivational Talk Series</b>		
<b>Time</b>	<b>Topic</b>	<b>Speakers</b>
1:00 pm to 1:10 PM	Compering	Dr. Swati S. Mishra, Assistant Professor, Dept. 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	Sri Rajendra Pandey Yogacharya & Wellness Trainer, Founder Rajendra Yoga & Wellness Center, Tapovan, Rishikesh, Uttarakhand
2:00 pm to 2:20 pm	Peace of Mind	
2:20 pm to 2:30 pm	Interaction with participants	
2:30 pm to 2:35	Vote of thanks	Dr. Madhumita Bhattacharya Associate Professor, Deptt. of Sociology, Arya Mahila P.G. College & Convenor



SCREENSHOT OF INTERACTION

*Webinar's screenshot*



## ALUMNAE 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**

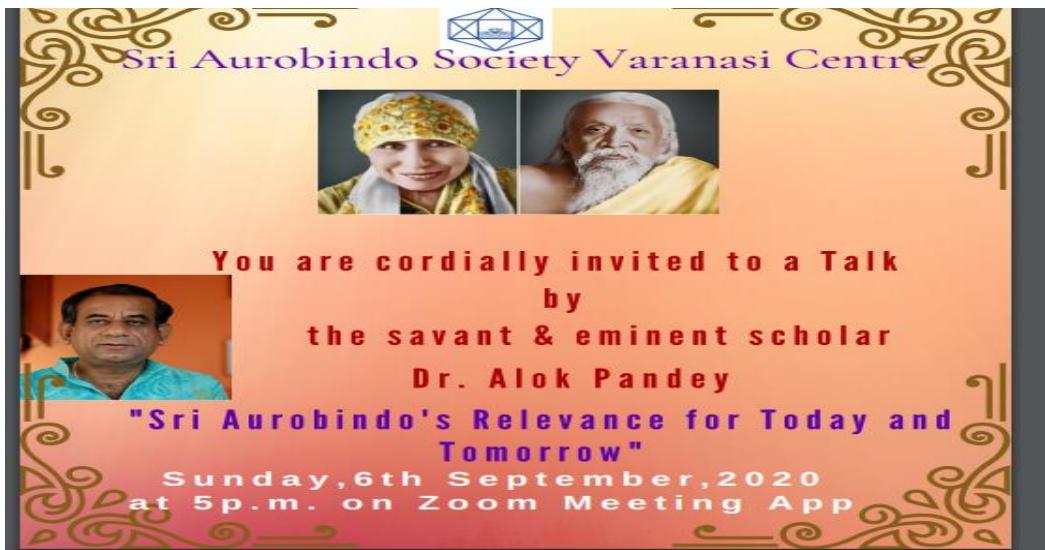
Birth anniversary of Rani Laxmi Bai was jointly celebrated with Sanskriti Bharti on 12<sup>th</sup> December 2020. Mahant Shri Rameshwar Puri Ji was the Chief Guest of this Programme. Prof Arvind Joshi, Dean Faculty of Social Sciences BHU, Dr. Vibha Joshi , Associate Professor VCW, Rajghat, Shri Rati 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 on **online lecture series ‘Dialogues in Spirituality’** beginning on 6<sup>th</sup> 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 if from old Yogas. The life of Sri Aurobindo and his writing are relevant and important to the complicated life of human being in the 21<sup>st</sup> 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 Spirituallity'** 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 **13<sup>th</sup> 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.

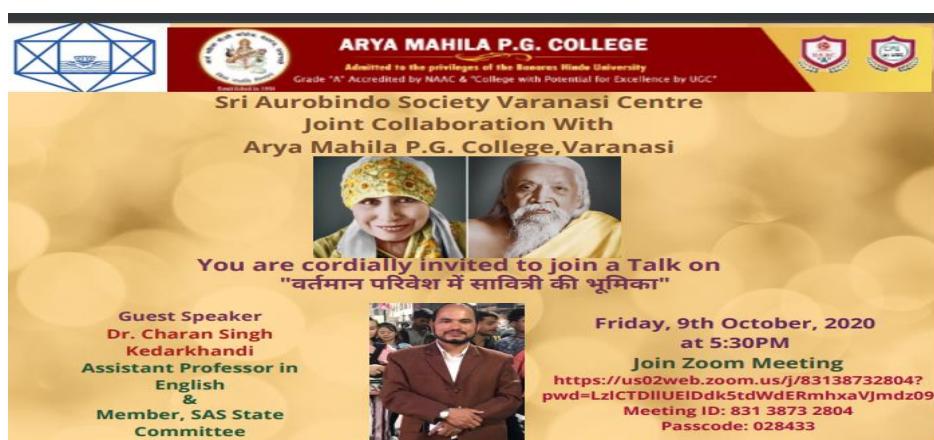
On this occasion Dr. Shashikant Dikshit, Manager, Arya Mahila P.G. College and the Principal, Prof. Rachana Dubey expressed their views. The programme began with meditation welcome speech was given by Dr. Anamika Singh, Assistant Professor, Department of Philosophy, Arya Mahila P.G. College. The vote 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.



## ONLINE LECTURE ON

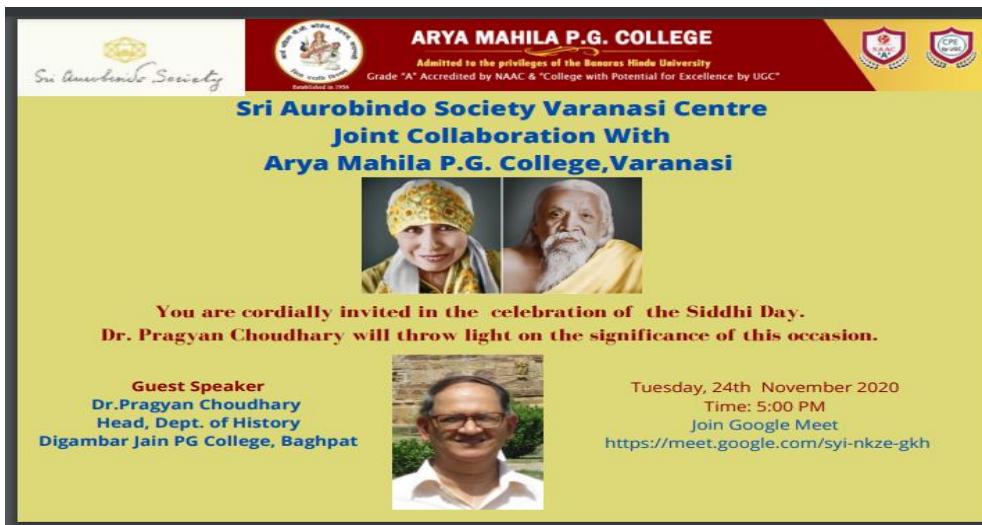
### SIDHHI DIWAS

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 Secratory, Sri Aurobindo Society, Meerut Centre and Associate Professor, Department of History, Digambar Jain P.G. College, Baghpur, 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 24<sup>th</sup> 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.



## AURO YOUTH CAMP

One day Youth Camp was organized by the Shri Aurobindo Society, Varanasi and Arya Mahila P G College on 22<sup>nd</sup> 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 पुडुचेरी केंद्र की वाराणसी इर्काह 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 सोचानों अभीप्ता, त्वाग एवं समर्पण के माध्यम से यह बताया गया है कि युवा अपनी आंतरिक शक्ति को जानकर आंतरिक 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 बधोपाध्याय, डा. मुरीता यादव एवं डा. दीपिका बरनवाल ने ध्यान सत्र सम्पन्न कराया। 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।

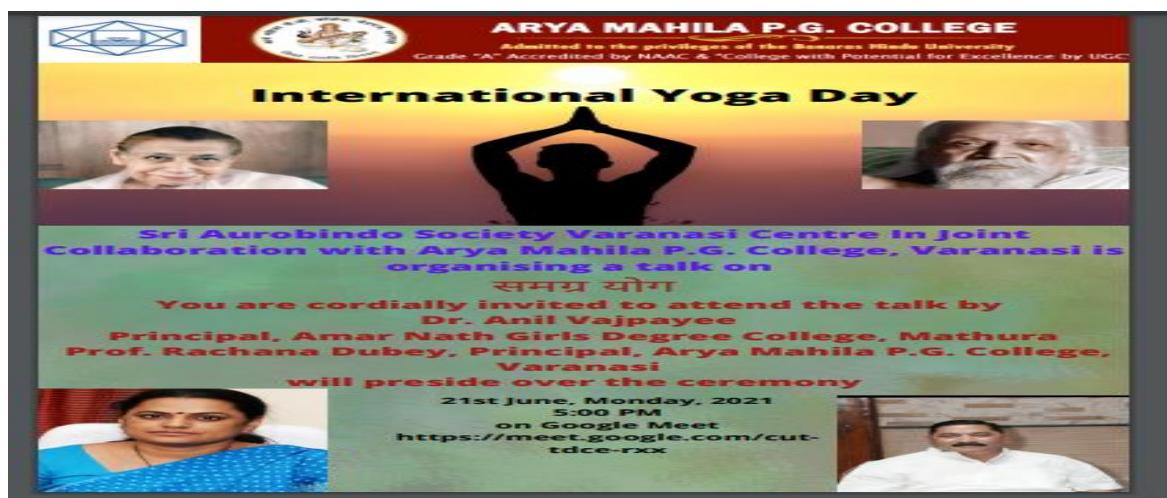
## ONLINE LECTURE 'SAMAGRA YOGA'

Sri. Aurobindo Society, Varanasi centre (a unit of Puducherry) and Arya Mahila P.G. College, Varanasi organized on online lecture 'Samagra Yoga on 21 June, 2021 in a joined 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 21<sup>st</sup> June as 'International Yoga Day on 11<sup>th</sup> December, 2014. From that day onwards every year 21<sup>st</sup> June has been celebrated as International Yoga Day. This year 2021, 7<sup>th</sup> Yoga Day will be celebrated. He said that the great thinker of the present ear, 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 ones 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 Pragya 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.



# 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 lifeof Mahatma Gandhi and Lalbahadur Shashtri as we'll. 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.



**(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 ShekharAazad and other respected patriots were recited by our volunteers. With their poetry they made the atmosphere full of enthusiasm. Dr.BalaLakhendra, Programme Coordinator, NSS, BHU, Dr. Shashikant Dikshit, Manager, Arya Mahila P.G. College, Varanasi were connected with us along with volunteers and Dr.PoonamJaiswal, PO, NSS, Unit ‘A’, AMPGC, Varanasi.

**ONE DAY CAMP ON**  
**AWARENESS ON HISTORICAL HERITAGE**  
**(CELEBRATION OF AAZADI KA 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 wakened 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 16<sup>th</sup> 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

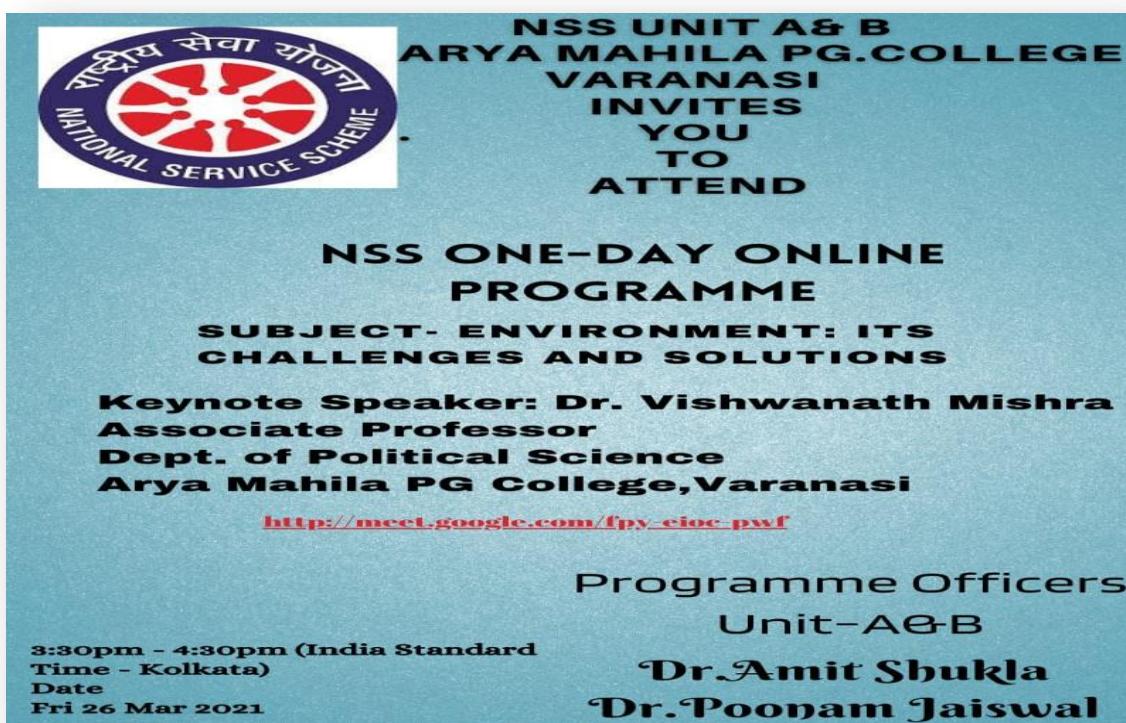
enjoyed many sports activities such as Rassa Kashi, Race, march-past and many more. There were competition between group A and group B. After the sports activities a brief lecture was presented by Dr. Ritika Singh on importance of sports in our life. She detailed about role of sports in our mental and 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 26<sup>th</sup> 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 quarries 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.



## **CELEBRATION OF INTERNATIONAL YOGA DAY**

### **(21ST JUNE 2021)**

On the occasion of International Yoga Day 21<sup>st</sup> 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 ‘Viddya ki Jhopadi’ founded by her in her home village Chaubepur. Volunteers of Viddya 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 Hadiyadih, 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 17<sup>th</sup> March to 23<sup>rd</sup> 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 17<sup>th</sup> March 2021 to 23<sup>rd</sup> 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 Diary 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 made 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 satisfy the queries of volunteers. Our volunteers reported the session very useful. In second session, after the lunch break Dr. Geeta Yadav, Yoga Teacher and Instructor, described the theoretical aspect of yoga such as detail information about Asanas, kriyas, and dhyan. She told us about benefits of different Asanas. 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 20<sup>th</sup> 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**

21<sup>st</sup> 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

22<sup>nd</sup> 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 planed 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 Servises 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 Hone 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 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

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

**NSS ONE-DAY ONLINE  
PROGRAMME**

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

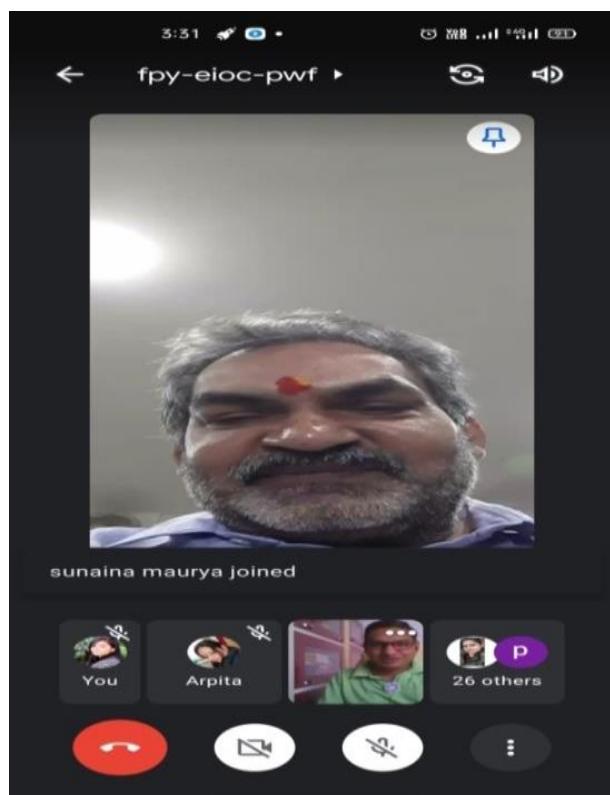
**Keynote Speaker: Dr. Vishwanath Mishra  
Associate Professor  
Dept. of Political Science  
Arya Mahila PG College, Varanasi**

<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.

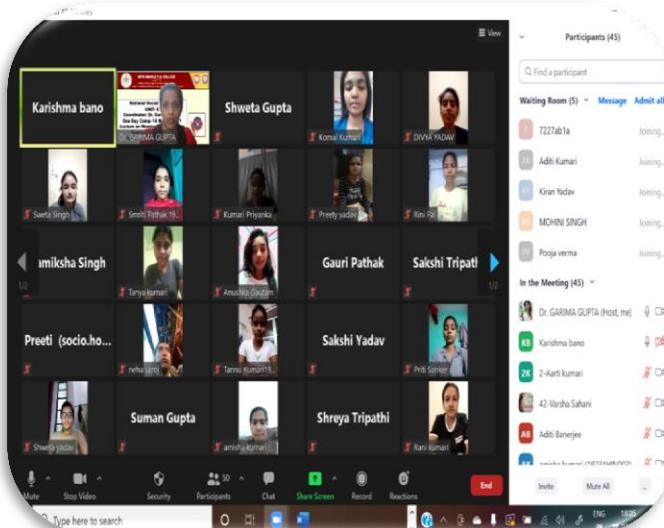
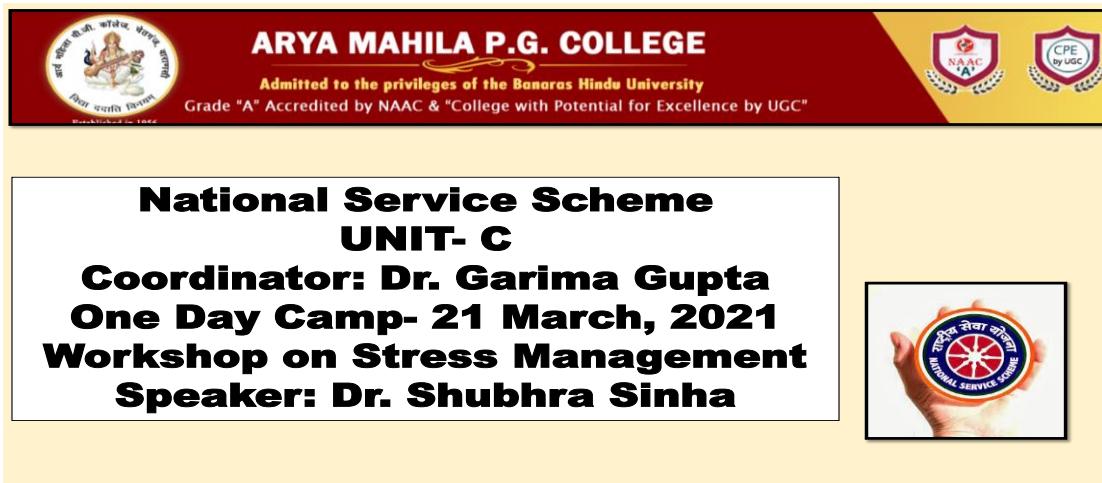
Apart from this, she also focused on way to Achieve Women Empowerment by emphasising the Changes in women's mobility and social interaction, Providing Education that builds a self image, and self confidence among them, develops their ability to think, Changes in women's control over resources, decision 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.



### 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 mass for women's representation in parliament (world average is 17%).
- 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/55734dab7.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, VARAQNASI. 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.



## 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**



WORKSHEET 2

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graph LR; A[Think of THE STORY] --> B[What parts of the culture is it representing?]; B --> C[What could be the message?]; C --> D[How will it help the child to adapt into society?]; D --> E[How will this particular value help in classroom?]; E --> F[What values do the story teller want to put in?]
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WORKSHEET 2

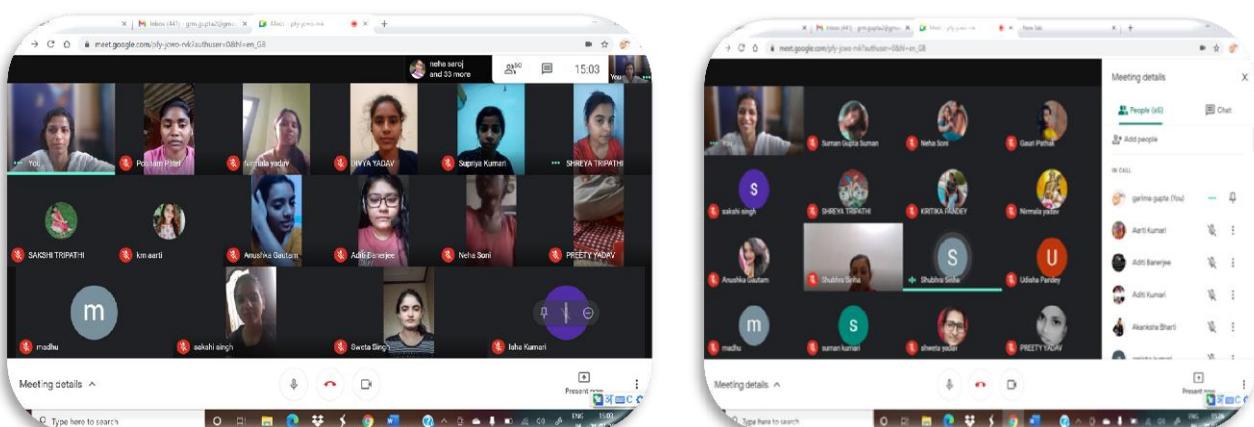
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## ONE DAY CAMP ON STRESS MANAGEMENT

### 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 7<sup>th</sup> 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 15<sup>th</sup> 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 20<sup>th</sup> 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 todays 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 22<sup>nd</sup> march to 28<sup>th</sup> 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.

