

*Sahu Ram Swaroop  
Mahila Mahavidyalaya*

NEWSLETTER



Patron -  
Prof. Anupma Mehrotra

Coordinator -  
Dr. Sushma Pal

*Nov.-Jan .*

2021-2022

*Mr.Ashutosh Singh  
Ms.Priyanka Verma*



*Dr.Shweta Saxena  
Ms.Jyotsana  
Sharma*

*Design By :- Mrs. Akansha Parashari*

*1 November 2021  
Welcome of the Principal*

*Dr. Anupma Mehrotra took charge of the office as the Principal of the College. Members from the Management Committee, Faculty and staff welcomed her with warm wishes.*



*11 November 2021  
National Education Day*

*On the occasion of National Education Day, a speech competition was organized by the Department of Education of the college on 11 November 2021. Students from MA and BA participated in the competition. The program started with the welcome of Dr. Anupma Mehrotra, Principal of the college, who was present as the chief guest. The Program Coordinator Dr. Radha Yadav presented a bouquet to her. In the competition, the students presented their views on the life, philosophy and educational contribution of Maulana Abul Kalam Azad. The Principal, while highlighting the educational philosophy of Dr. Azad, congratulated the students. The Head of the Department Dr. Radha Yadav and Assistant Professor in the Department, Ms. Mahima Yadav shared their thoughts on the subject with them. In the competition, Anu Mishra (BA first year) stood first, Zainab Fatima (BA second year) and Rachna Singh (MA first year) stood second and Muskan stood third. The program was conducted by Ms. Jyoti Gupta. All the teachers of the department were present.*



14 November 2021  
Orphanage Tour

Departments of Commerce and Library & Information Science organized a tour of the orphanage, Arya Samaj. Teachers and students from all the departments went on the tour. The students and teachers celebrated Children's Day with the children there. The students encouraged and interacted with them and cut a cake. Eatables were presented to the children. During this program Dr. Pragya Rawat, Ms. Pragati Agarwal, Ms. Divya Pandey, etc. were present. Everyone contributed with enthusiasm to this tour.



17 November 2021  
National Library Week

National Library Week was celebrated on 17 November 2021 to explain the importance of library in the college. Information related to reading books and library was given to the students. The event was organised by Mr. Tej Singh (In-Charge of library) and Mrs. Shivani Pal. Students were made aware of information related to various types of books, such as books related to the subject, books related to competition, journals, newspapers etc. Along with this they were also told about the arrangement of books and the system of cataloguing so that they could access the books with ease. A quiz competition was also organised for the students in which they participated enthusiastically. All the activities were completed under the direction of Dr. Anupma Mehrotra, Principal of the college. She encouraged the students to read books.



17 November 2021  
Plantation Drive

A Plantation Drive was held on 17 November 2021 in the college premises. The Principal of the college, Dr. Anupma Mehrotra stressed on planting more trees for environmental protection. This program was organised under 'Mission Shakti' in which the students planted medicinal plants like Amla and informed everyone about the importance of environment and its conservation. While explaining the role of plants in the environment, the teachers also told the students the right way to plant saplings. The teachers, students and the Principal planted saplings and gave the message of environmental protection. Program Officer Dr. Pratima Singh; Dr. Alka Jaiswal and Ms. Jyoti Gupta also played an important role on this occasion.



*18 November 2021*  
*Talk on Women Empowerment*

*On the eve of the birthday of Mrs. Indira Gandhi, Department of Political Science of the college organized a discussion on the topic 'Dimensions of Women Empowerment: Mrs. Indira Gandhi' in which around 50 students from BA and MA participated. Students shed light on various aspects of Indira Gandhi's life and tried to see and understand her through the mirror of women's empowerment. They also discussed contemporary issues like women's safety, education, health, employment etc. In the program, Departmental teachers- Dr.Preeti Pathak (Head of Department), Ms. Meenu Bang, Mrs. Sudha Gupta and Mrs. Sonia Hussain guided the students to empower themselves. The program was organized under the direction of the Principal of the college, Dr.Anupma Mehrotra*

*22 November 2021*  
*Road Safety Week (22-27 November)*

*According to the instructions of Directorate of Higher Education, Prayagraj, Uttar Pradesh, with reference to 'Road Safety Week' (22 - 27 November), a slogan / line / poem competition titled 'Awareness of Road Safety' was organised by the college in which the students participated and made other students aware of road safety through poetry. Archana (M.A. second year) got first place, second place was won by Fiza (M.A. first year) and third place by Shraddha Verma (M.A. second year) under Poster Competition. In the Slogan / Line writing/Poetry writing competition, first place was won by Shivani (MA I year), second place by Pratibha Mathur (M.A. II. year), and third place went to Gauri Sharma (M.A. II year). The judges for the competition were Dr. Ruchi Gupta, Associate Professor, Music Department and Mr. Ashutosh Singh, Assistant Professor, Drawing and Painting Department. The program was coordinated and conducted by Dr.PreetiSingh, National Service Scheme Officer*

*26 November 2021*  
*Constitution Day: Quiz Competition*

*A Quiz Competition was organised on Constitution Day under the aegis of the Political Science Department of the college. In the quiz competition four rounds were held. There were three teams: Team A - Liberty, Team B - Equality and Team C - Justice. In the first round, five questions were asked to each team. 8 students participated in each team. Team A - Liberty won. The names of the winning students were Gunjan Singh, Saba, Anamika Singh, Anushka Singh, Swati Mauryavanshi, Anjani Anand and Tripti, etc. The program was presided over by the Principal of the college, Dr.Anupma Mehrotra. Dr.PreetiPathak, Head of the Department explained the value and importance of Constitution Day. Throwing light on its importance, she said that the Constitution of India is not just a law but a guide for life. Other teachers of the department, Mrs. Meenu Bang, Ms.Sudha Gupta and Ms.Sonia Hussain also participated. Dr.Preeti Pathak thanked everyone.*

26 November 2021  
Constitution Day (Music Department)

Keeping in mind the dignity and importance of the Constitution of India, a song competition was organised by the Music Department of the college to make the students aware of it. On this occasion a 'Constitution Song' was presented by the students and teachers of Tabla Section on 26 November 2021. It was a unique way of conveying the importance of the Constitution to all the students. The goal of the program was to instil pride among the students for the Constitution. All the students sang the song in a melodious voice and other students and teachers enjoyed listening to it.



30 November 2021  
Awareness Rally (Home Science Department)

An Awareness Rally was organised by the Home Science Department of the college on 30 November under the 'Mission Shakti' program. The topic was Woman Helpline No. 1090. The rally was inaugurated by the Principal Dr. Anupma Mehrotra. The Department In-charge Dr. Abhilasha Saraswat and Dr. Geet Chawla handled the running of the program. Guest Lecturers Kumari Jyotsana Sharma, Kumari Pallavi Pathak, Mrs. Gombi Sharma and Mrs. Neha Gupta also took part in the rally. The purpose of the rally was to encourage women to protest against domestic violence. It was to make them aware and encourage them so that they could raise their voice against violence, exploitation or atrocities on women and could seek help through the helpline number. The students participated in the campaign enthusiastically.



1 December 2021

Weekly Karate Self-Defense Training Camp Closing Ceremony

On the occasion of the Closing Ceremony of the Weekly Karate Self-Defense Training Camp in the college, held under the aegis of Karate Association, Bareilly by Mr. Saurav Gangwar, Mahila Police Station President SHO, Mrs. Chhavi Singh was invited on 1 Dec 2021. At the beginning of the program, Chief Karate Instructor Mr. Saurav Gangwar presented a detailed overview of the seven-day training camp. The students were given important information on the subject of self-defense and information about the nuances of techniques. The chief guest made the students aware of their legal rights and gave them blessings. The Principal of the college, Dr. Anupma Mehrotra addressed the participants and the chief guest was felicitated. Certificates for the training camp were presented to the participants by the chief guest. In the end, the Secretary of Sports Karate Association, Bareilly honoured the office bearers of the college- Principal Dr. Anupma Mehrotra; Dr. Shashi Shukla, Associate Professor, Music; teachers from Physical Education and Sports with a citation and memento. The function ended with the vote of thanks by Dr. Preeti Verma, Program Officer and Director. Mrs. Mohita Johri and Mr. Pawan Kumar gave their valuable contribution in the program.

# कराटे आत्मरक्षा प्रशिक्षण शिविर का हुआ समापन

अमृत विचार, बरेली

साहू राम स्वरूप महिला महाविद्यालय परिसर में कराटे एसोसिएशन से सौरव गंगवार के नेतृत्व में चल रही सात दिवसीय कराटे आत्मरक्षा प्रशिक्षण शिविर का समापन बुधवार को हो गया। समापन समारोह पर मुख्य अतिथि के रूप में महिला थाना अध्यक्ष छवि सिंह मौजूद रहीं। महाविद्यालय की प्राचार्य डॉ अनुपमा मेहरोत्रा ने प्रतिभागियों को संबोधित किया।



के सचिव ने महाविद्यालय के पदाधिकारियों प्राचार्य डॉ अनुपमा मेहरोत्रा, डॉ शशि शुक्ला, एसोसिएट प्रोफेसर संगीत एवं डॉ प्रीति वर्मा असिस्टेंट प्रोफेसर, शारीरिक शिक्षा एवं खेलकूद को प्रशस्ति पत्र एवं



2 December 2021  
World AIDS Day

On 2 December 2021, an awareness lecture was organised by the Department of Economics of the college. Mr. Neeraj Sharma, PPTCT Consultant of District Hospital shared that right information about AIDS is protection against it. He pacified the curiosity of the students by discussing in detail the misconceptions prevalent around AIDS. 50 students participated in the program. Principal Dr. Anupma Mehrotra motivated the students to be aware of AIDS. The program was conducted by Dr. Reena Tandon and the vote of thanks was given by Dr. Anamika Kaushiva. Mrs. Archana Sharma and Mansi Gupta also gave their support to the program.



2 December 2021  
National Pollution Control Day

The Home Science Department of the college organised a 'Nursery Tour', presided over by the department in-charge Dr. Abhilasha Saraswat on 2 December 2021 to mark 'National Pollution Control Day'. To create awareness about environmental protection and prevention of pollution, Dr. Saraswat informed the students about the role of plants present in the nursery and the importance of plants for the control of environmental pollution. The students learned about different varieties and species of plants. All the teachers encouraged the students to plant saplings.

## पॉल्यूशन कंट्रोल डे पर किया अवेयर



● पौधरोपण के लिए किया अवेयर.

[bareilly@inext.co.in](mailto:bareilly@inext.co.in)

**BAREILLY (2 Dec):** नेशनल पॉल्यूशन कंट्रोल डे के अवसर पर साहू राम स्वरूप महिला महाविद्यालय के गृह विज्ञान विभाग की प्रवक्ता एवं छात्राओं को नर्सरी भ्रमण कराया. पर्यावरण को प्रदूषण मुक्त रखने के लिए पौधरोपण जरूरी है. सभी को पौधरोपण करना चाहिए. महाविद्यालय की प्राचार्या प्रोफेसर अनुपमा मेहरोत्रा, गृह विज्ञान विभाग के असिस्टेंट प्रोफेसर डॉ. अभिलाषा गौड़, डॉ. गीत चावला, नेहा गुप्ता एवं गोमती शर्मा आदि के साथ 38 छात्राएं मौजूद रहीं.

6 December 2021  
Voter Awareness Campaign (Essay Competition)

On 6 December 2021, an essay competition was organised by the college under SWEEP Program: Voter Awareness Campaign. In this competition, first place was secured by Anamika (MA Second year), second place by Saba Hussain (BA Second year) and third place by Sania Agarwal (BA First year). Riya, Prachi Sharma, Muskan Chandra and Khushboo also participated in the program

7 December 2021  
Slogan Competition (NSS)

A Slogan Competition was organised by the college related to voter awareness. Many of the students participated in it. The first place was secured by Pooja Kashyap (MA II Year), second place by Gauri Sharma (MA II year) and third place by Priyanka Shankhdhar. The Program Coordinator was Dr. Preeti Singh, National Service Scheme Officer, II Unit. The program was conducted by Mr. Ashutosh Singh, Assistant Professor, Drawing and Painting Department. Dr. Kalpana, Nandini and Ankita also participated. The program was conducted under the supervision of Dr. Anupma Mehrotra, Principal of the college.

7 December 2021  
Signature Campaign (Economics Department)

The Department of Economics and the Department of Political Science jointly organised a signature campaign at Silver Law College with the aim of creating awareness about Omicron through the Internal Quality Assurance Cell of the College. The Principal of Silver Law College, Dr. Ravi Bhatnagar; Dr. Pramod Kumar Dubey; Dr. Pooja Rani; Dr. Nupur Goyal; Dr. Ashish Dixit and Dr. Vimal Aggarwal contributed immensely in making the students aware of Omicron. In this campaign, Dr. Reena Tandon, Mrs. Meenu Gupta, Sonia Hussain, Monika, Rukaiah, Neha and Sonakshi distributed the pamphlets on awareness of Omicron among the students. They asked everyone to wear masks, sanitise, wash their hands frequently, follow social distancing and get vaccinated.

## ऑमिक्रॉन के प्रति जागरूकता उत्पन्न करने के लिये हस्ताक्षर अभियान



### युवा हस्ताक्षर रिपोर्टर

बरेली। साहू राम स्वरूप महिला महाविद्यालय के अंता गुणवत्ता निर्धारण प्रकोष्ठ के द्वारा अर्थशास्त्र विभाग एवं राजनीतिक विभाग ने संयुक्त रूप से ऑमिक्रॉन के प्रति जागरूकता उत्पन्न करने के उद्देश्य से सिल्वर लॉ कॉलेज में हस्ताक्षर अभियान का आयोजन किया। इसमें सिल्वर लॉ कॉलेज के प्राचार्य डॉ रवि भटनागर, डॉक्टर प्रमोद कुमार दुबे, डॉ पूजा रानी, डॉ नूपुर गोयल, डॉ आशीष दीक्षित, डॉ विमल अग्रवाल

आदि ने ऑमिक्रॉन के प्रति छात्र छात्राओं को सचेत करने में भरपूर सहयोग प्रदान किया इस अभियान में डॉ रीना टंडन, श्रीमती मीनू गुप्ता, सोनिया हुसैन तथा छात्राओं में मोनिका, रुकैया, नेहा राज तथा सोनाक्षी ने ऑमिक्रॉन की सजगता के पम्फलेट बाँटकर छात्र छात्राओं को ओमिक्रॉन के प्रति सजग रहने के लिए मास्क पहनने, हाथों को बार-बार धोने एवं सैनिटाइज करने, 2 गज दूरी एहतियात है जरूरी तथा वैक्सिनेशन का संदेश दिया।

*8 December 2021  
Busy Accounting Software Workshop*

*A workshop was organised by the Commerce Department of the college on 8 December 2021. The theme of the workshop was 'Busy Accounting Software'. The keynote speaker for the workshop was Pragati Khandelwal (Pragati Associate). She and her colleague Mini informed the students about 'Busy Accounting Software' and briefed them on the virtues of organised accounting through Busy Software. At the end of the program, vote of thanks was given by Dr. Pragya Agarwal. Dr. Shweta Aggarwal conducted the program. Ms. Divya Pandey was also present on the occasion.*

*8 December 2021  
Exhibition and Rally*

*On 8 Dec 2021, a slogan exhibition and rally on voter awareness was organised under the aegis of the college. A slogan exhibition was organised by the students under the SWEEP program, which was inspected by the Principal of the college, Dr. Anupma Mehrotra. While speaking on the importance of voting, she also gave a message to make the people around them aware of it. In this sequence, permission was given to flag off the rally on the same topic. Neetu, Priyanka, Tanu Joshi, Riyanshi, Mansi and Neetu also wrote voter awareness slogans on the walls, making people aware of casting their vote. The program was coordinated by Dr. Preeti Singh and Dr. Pratibha Pandey. Dr. Preeti Pathak and Mr. Ashutosh encouraged the students. The program was completed under the direction of Principal Dr. Anupma Mehrotra.*

*10 December 2021  
World Human Rights Day Guest Lecture*

*Dr. Preeti Pathak, Head of Department of Political Science of the college organised a lecture- 'Status of Women's Rights in India' on 10 December 2021. Its main objective was to make women aware of their rights in India and to improve their status. Dr. Nageshwar Prasad, Former Principal, Ganna Utpadak PG College, Baheri was the chief guest. His lecture focused on the situation of women's rights in India, keeping the current scenario in mind. He interacted with the students and answered the questions related to the subject.*

*10 December 2021  
World Human Rights Day (Seminar)*

*A seminar was organised by the Sociology Department of the college on the occasion of World Human Rights Day. The program was presided over by the Principal of the college, Dr. Anupma Mehrotra. In this program, the students of the department were given information about human rights, human rights commission, need of laws related to it, its beginning, founding of human rights commission in India etc. Rabia (BA III year), Divyanshi, Nisha Mishra, Rakshanda Khanum and Sana (MA II year students) expressed their views. The program was conducted by Mrs. Rekha Pandey. All the teachers of the department- Dr. Kanaklata Singh, Dr. Kanika Pandey and Ms. Pratibha Singh were present in the program.*

*13 December 2021  
Debate Competition*

*On 13 December 2021, a Debate competition was organised by the Economics department of the college under the voter awareness campaign on the topic of 'Youth and Future Voters: Identity of Democracy'. 15 students participated and presented their views on the topic. The program was led by Dr. Reena Tandon. The competition was judged by Dr. Archana Sharma. Saima, Monika and Rukaiya stood first, second and third respectively. The college Principal Dr. Anupma Mehrotra encouraged the students. Ms. Mansi Gupta also lent her special support to the program.*

*14 December 2021  
Rangoli Competition*

*A Rangoli Competition was organised by the college on 14 December 2021 under the SWEEP program of Voter Awareness Campaign". Students made Rangoli and demonstrated the importance of voting, as well as spread voting awareness through the slogan "Come Vote". All the students displayed their talent very beautifully. The program was coordinated by Dr.Preeti Singh (National Service Scheme II Unit) and co-coordinated by Mrs. Jyoti Gupta and Ms.Mahima Yadav. The competition was judged by Dr. Radha Yadav.*

*MeghaChaurasia, Rajkumari and Uzma Bi secured first, second and third places respectively in the program. The competition was completed under the direction of the college principal Dr.AnupmaMehrota.*

*14 December 2021  
Rangoli Competition (Utsav)*

*A Rangoli competition 'Utsav' was organised by the Painting Department of the college. The students displayed their skills in the form of art, keeping in mind the national and religious festivals, which are the essence of Indian Culture. Taking part in this competition, the students made more than one rangoli and filled the campus with festive colours. The competition was divided into two levels. At the Graduation level,Aanchal Kashyap got first place, Poonam and Deepika Sharma got second place and Salwa Ansari and Deepika got third place. Pooja Bajpai stood first, Vrinda and Rinki second and Gauri and Archana third at the Postgraduate level. The Principal of the college Dr.Anupma Mehrotra, students of the college and teachers were present on the occasion and encouraged the participants.*



15 December 2021

Poetry Reading

On 15 December 2021, a Poetry Reading competition was organised by the college under the "Voter Awareness Campaign" on the same topic. 24 students participated in the program. Anupam, Riya and Anamika secured first, second and third positions respectively. The role of judge was played by Dr. Sushma Pal, Associate Professor, Department of Hindi. The program was coordinated by Dr. Preeti Singh, National Service Scheme Officer, II Unit and Co-coordinator Dr. Anju Mishra and Dr. Deepshikha Singh. Kumari Nandini Risiwal and Dr. Kalpana gave their special support. Dr. Ruchi Gupta, Dr. Jyoti Sharma and Dr. Akansha were present on this occasion. The program was completed as per the instructions of the Principal of the college, Dr. Anupma Mehrotra.

16 December 2021

Guest Lecture

On 16 December 2021, in order to make women and girls aware of their strength and safety, the Home Science Department of the college organized a guest lecture on Nirbhaya Day in memory of the victim of Delhi gang-rape. The Chief Guests were Dr. Pawan Saxena, Dr. Rajesh Sharma, Dr. Uzma Qamar and Gynecologist Dr. Shaleha Khan. In the first episode, Dr. Khan made the students aware of important precautions related to menstruation and the myths surrounding it. In the second episode, the guests spoke about the inner courage and strength of women and gave the message of not giving up. They also reminded the students of the struggle of Nirbhaya, making them aware of their safety. In the third episode, Principal Dr. Anupma Mehrotra, all the guests and teachers and students did a candle march. All the students listened carefully to the guests and asked related questions.

16 December 2021

Essay Competition (English Department)

An Essay Competition was organised on 16 December 2021 by the English Department of the college. Ms. Shweta Maurya, Dr. Beena Yadav, Ms. Priyanka Verma, Dr. Ruchi Singhal and Dr. Priyali Dutta were present in the organising committee. The topic of the essay was "The Status of Women in the Novels of Jane Austen: An Overview". 15 students from BA and MA participated in the competition. All the students tried well. The organising committee selected three winners - Upasana Singh (MA II year) for the first position, Afiya Qureshi (BA III year) for the second position and Ramsha Siddiqui (MA II year) for the third position. The program was completed under the direction of Ms. Shweta Maurya, Head of the Department.



*18 December 2021  
Voter Awareness Campaign*

*Under the 'Voter Awareness Campaign' SWEEP, a lecture was organised on 'Youth and Future Voters: Identity of Democracy'. The Chief Guest was the poet Rohit Rakesh who, while reciting poetry in his own style, said that, "People living in India, get out of the house, vote; know your strength, come out of the house, vote. The future of India is in the hands of all Indians" He also said that voting is not only a right but also a duty. The program was completed under the direction of Principal Dr. Anupma Mehrotra along with Dr. Preeti Singh, Dr. Ruchi Singhal and Dr. Priyali Dutta. Dr. Jyoti Sharma, Ms. Shweta Maurya, Ms. Priyanka Verma, Dr. Beena Yadav and other teachers encouraged the students.*



*20 December 2021  
Filaria Liberation Campaign*

*On 20 December 2021, Malaria Department, District Hospital, Bareilly, made the students of the college aware of the 'Filaria Liberation Campaign' in the college. The parasite named Wuchereria is the main reason for its spread. Along with this, some medicines were also distributed by the Health Department. National Service Scheme Officers Dr. Preeti Singh and Dr. Pratibha Pandey organised and coordinated this program. Ms. Shweta Maurya, Ms. Mahima Yadav, Dr. Jyoti, Dr. Anita were present. The program was completed under the direction of Dr. Anupma Mehrotra, Principal of the college.*

21 December 2021  
Intercollegiate Women's Table Tennis Tournament

An Intercollegiate Women's Table Tennis Tournament was hosted by the college. 10 teams from different districts participated in it. In the final match, Hindu College, Moradabad won the title by defeating Avanti Bai College, Bareilly. Earlier Hindu College had entered the final by defeating Rajshree Institute; Avanti Bai defeated the host college. Member of the Management Committee, Dr. N.L. Sharma; Principal Dr. Anupma Mehrotra; Supervisor Sanjeev Saxena; Program Coordinator Dr. Jyoti Sharma; Coordinator Dr. Preeti Singh; Co-Coordinator Dr. Preeti Verma played an important role. The program was conducted by Ms. Priyanka Verma of the Department of English. The Vote of Thanks was delivered by Dr. Jyoti Sharma. Dr. Ruchi Gupta, Dr. Anamika Kaushiva, Dr. Preeti Pathak, Dr. Kanaklata Singh, Dr. Radha Yadav, Dr. Seema Gautam were present. The Principal of the college Dr. Anupma Mehrotra encouraged the participants by giving best wishes to all the teams.

## टेबल टेनिस प्रतियोगिता में हिंदू कॉलेज ने जीता खिताब



साहू रामस्वरूप महिला महाविद्यालय में आयोजित प्रतियोगिता में भाग लेती छात्राएं।

● अमृत विचार

अमृत विचार, बरेली

साहू रामस्वरूप महिला महाविद्यालय में अंतरमहाविद्यालयी महिला टेबल टेनिस प्रतियोगिता का आयोजन किया गया। जिसमें 10 महाविद्यालयों के खिलाड़ियों ने भाग लिया। पहला मैच बरेली कॉलेज व आर्य महिला पीजी कॉलेज के बीच खेला गया। आर्य महिला पीजी कॉलेज ने 3-2 से मैच में जीत हासिल की। साहू राम

स्वरूप महिला महाविद्यालय और कन्या महाविद्यालय के बीच दूसरा मैच हुआ, जिसमें साहू रामस्वरूप ने विरोधी टीम को 3-0 से परास्त कर जीत दर्ज की।

तीसरे मैच में अवंतीबाई पीजी कॉलेज ने आर्य महिला पीजी कॉलेज को 3-0 से हराकर सेमीफाइनल में जगह बनाई। पहला सेमीफाइनल मैच हिंदू कॉलेज और राजश्री इंस्टीट्यूट के बीच खेला गया। दूसरा साहू राम स्वरूप महिला महाविद्यालय

और वीआरएल राजकीय मिला महाविद्यालय के बीच हुआ। वीआरएल की टीम सेमीफाइनल की विजेता रही। फाइनल मैच मुरादाबाद के हिंदू कॉलेज और बरेली के वीआरएल राजकीय महिला महाविद्यालय के बीच हुआ, जिसमें हिंदू कॉलेज विजेता रहा। संचालन प्रियंका वर्मा ने किया। डा. ज्योति शर्मा, डा. प्रीति सिंह संयोजिका, डा. प्रीति वर्मा सहसंयोजिका, डा. रुचि गुप्ता उपस्थित रहीं।

22 December 2021  
Poster Competition (Music Department)

On 22 December 2021, a 'Poster Competition' was organised by the Tabla Section of the Department of Music on the theme 'Instruments and Key Vocabulary in Music'. 22 participants took part in the competition. Kumari Tripti stood first, Gayatri second and Sunita third. Vaishali and Jyoti were given consolation prizes. The Convener of the competition was Dr. Deepshikha Singh, Co-convener was Dr. Anju. Nandini also contributed actively. The judges were Dr. Ruchi Gupta and Dr. Jyoti Sharma. Dr. Preeti Pathak, Dr. Preeti Singh and Dr. Akansha Rastogi were present on this occasion. The competition was completed under the direction of the principal of the college, Dr. Anupma Mehrotra.

*22 December 2021  
Educational Tour*

*The students of Tabla were taken on an educational tour to a Musical Instruments Showroom. The students especially learnt the method of making tabla from the artisans. They also learnt about other musical instruments such as, Harmonium, Conga, Bango, Ukulele, Aarti Yantra, Mandolin, Shehnai, Guitar, Sitar, etc. The main objective of the tour was to make the students familiar with the characteristics of musical instruments, especially tabla. Dr. Deepshikha Singh, Assistant Professor, Tabla; Dr. Anju Mishra and Ms. Nandini, along with the students, took the tour.*

*22 December 2021  
Yoga Wellness Program*

*Keeping in view the importance of yoga, a lecture was organised on Yogic Routine. Dr. Garima Singh of Yoga Wellness Center, Bareilly delivered a lecture on this occasion. She said that we should devote at least fifteen minutes to the practice of yoga in our daily routine so that the deformities caused by diet or sedentary lifestyle could be checked. She also said that we must follow a balanced diet. The lecture was completed by talking to all the students. Questions related to the subject were answered by Dr. Singh. The Principal of the college Dr. Anupma Mehrotra, Mrs. Mohita Johri and others were present in the program.*

*23 December 2021  
Talent Hunt*

*On 23 December 2021, a Talent Hunt was organised by the Music Department of the college in which India's Winning Star provided a platform to the students to showcase their singing and dancing talent. The College Principal Dr. Anupma Mehrotra, Dr. Shashi Shukla, Dr. Ruchi Gupta, Dr. Akansha Rastogi, Dr. Deepshikha, Dr. Anju, Dr. Nandini and Pt. Vijay Sharma were present on this occasion. The program was coordinated by Dr. Jyoti Sharma.*

*23 December 2021  
Academic Seminar*

*An Educational Seminar was organised by the Education Department of the college on 23 December 2021 on the educational thoughts of Indian educationists in which students presented their views on the educational ideas and contribution of various Indian philosophers in the field of education. At the beginning of the program, Dr. Radha Yadav, Head of the Department, while introducing the topic, encouraged the participants and blessed them. Samra Fatima, Rachna Singh Mehnaz etc., while dwelling on the educational ideas of Mahatma Gandhi, presented the contemporaneity of his views on the basic education system. While Divyanshi and Anshika presented their views on Dr. Bhimrao Ambedkar's education of Dalits, other participants spoke on Swami Vivekananda's human-centric education. They also shared views of Gijju Bhai's child-centred education, Rabindranath Tagore's Global brotherhood, Maharishi Arvind's Sarvang Darshan. They also presented thoughts on the philosophy of J. Krishnamurti. The program was completed under the direction of Principal Dr. Anupma Mehrotra. Vote of thanks was delivered by Ms. Jyoti Gupta. Prizes were distributed to all the students. All the teachers of the department- Dr. Anita Jaiswal, Ms. Preeti Sharma, Ms. Kavita Yadav and Shabiya were present.*



*24 December 2021  
Two-day Seminar (Fashion Designing Department)*

*Celebrating the Azadi ka Amrit Mahotsav, a two-day seminar was organised under the aegis of Bharat VastraMantralaya by the Department of Fashion Designing of the college. Mr Anurag from NIFT was present at its closing ceremony.*

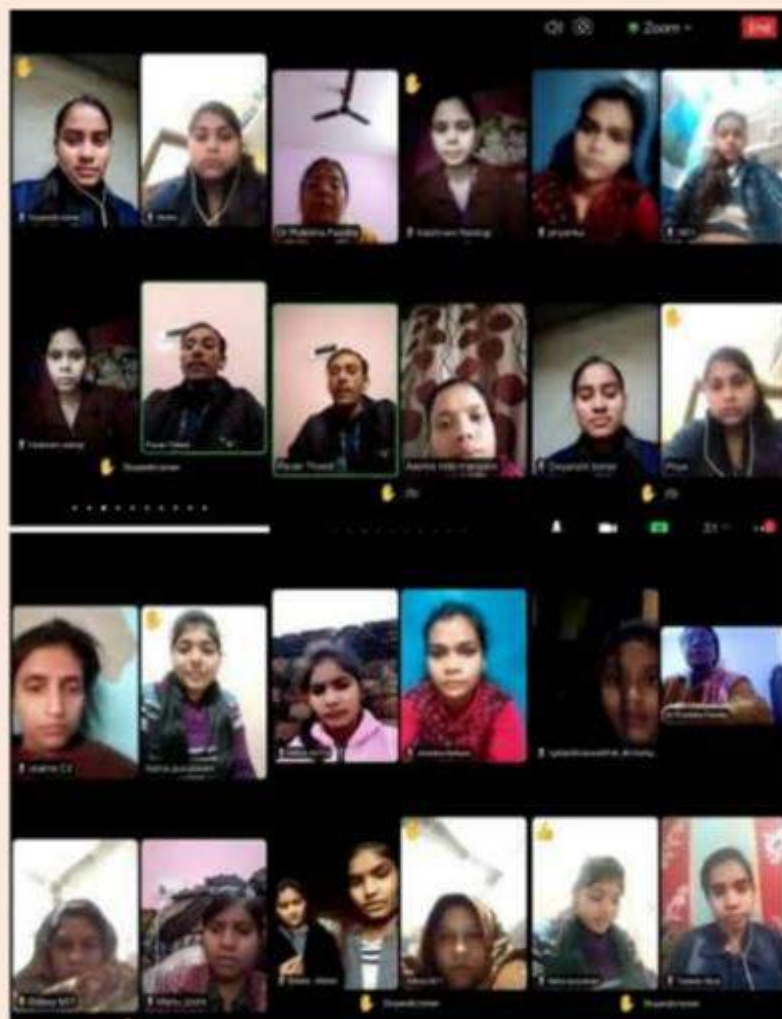


*25 December 2021  
Yogasana Championship*

*All India Inter- University Championship 2021 KIIT University Bhubaneswar Orissa was organised. 350 teams from India participated from 25-28 December. 2 students from Sahu Ram Swaroop Mahila Mahavidyalaya (Mahatma Jyotiba Phule Rohilkhand University, Bareilly): Kumari Monika Yadav and Kumari Mohini Parashari participated. Team manager Garima and Poonam stayed with the students and guided and motivated them.*

10 January 2022  
Online Guest Lecture

On 10 January 2022, an Online Guest Lecture was organised by the Hindi Department on the occasion of "International Hindi Day." The program started with the worship of Maa Saraswati, which was done by Divyanshi Tomar (BA II year). In the keynote address, the speaker Dr. Pavan Trivedi, Assistant Professor, Department of Hindi, Government Postgraduate College, Bisalpur, spoke on the topic "Hindi in the Era of Globalisation". He traced the trajectory of Hindi, from its birth to its position at the international level with great ease and clarity. 61 students attended the lecture. After the lecture, some students asked questions on the topic which were answered by the speaker. The program was organised and conducted by Dr. Pratibha Pandey. The Head of Hindi Department, Dr. Asha Gupta and Ms. Anita, Assistant Professor, Department of Hindi, were also present in the program.



25 January 2022  
12th National Voters' Day

*On the occasion of the 12th National Voters' Day, NSS and NCC collaboratively organised an online speech competition and oath taking under the banner "Making Elections Inclusive, Easy and Participatory" on the topic "Role of Youth in facilitating Voting" on 25 January 2022. Many students of the college enthusiastically participated in the program. The program was started by Dr.Preeti Singh, National Service Scheme Officer. The Principal Dr.Anupma Mehrotra, while speaking on the importance of voting, made the students aware of their right to exercise their franchise. Dr.Preeti Pathak rationally inspired the students to vote. Dr.Preeti Verma, NCC program officer, administered the oath to everyone and delivered the vote of thanks. The program ended with the National Anthem.*

29 January 2022  
Indian Budget Week, 2022

*On 29 January 2022, a one-day lecture was organised by the Economics Department of the college for the students under the banner of "India's Budget Week 2022" on the topic "The Process of Budgeting in India". Dr. Anamika Kaushiva, Head of the Department, welcomed the students while introducing the subject. The program was conducted by Ms. Mansi Gupta, Assistant Professor in the Department. Ms. Archana Sharma (Assistant Professor) explained the process of preparing Budget in India. Dr. Reena Tandon (Assistant Professor) presented the budget accounting method in detail. The goal of the program was to create eagerness among the students towards understanding the Budget in a better way. 50 students participated in the program.*

29 January 2022  
*Importance of Mental Wellness in Personal and Professional Life: An Online Workshop.\**

*The Education Department organised a One- Day Online Workshop in collaboration with Agrim Agarwal Foundation, Mumbai on 29 January 2022 on the importance of Mental Wellness in Personal and Professional Life. The main speaker for the Workshop was Ms.Zeenat Jahan, Psychologist and Life coach. Ms. Sangeeta Agarwal, Founder, Agrim Agarwal Foundation, Mumbai was also present on the occasion. Dr Radha Yadav, Head of Department welcomed everyone and introduced the subject. Ms.Jahan focused on the importance of a good mind for good mental health. She explained strategies to improve mental wellness, such as balanced diet, proper sleep, workout, yoga, meditation and pursuing hobbies etc. The program was conducted Ms. Mahima Yadav and the vote of thanks was delivered by Mrs. Jyoti Gupta. Dr. Anita Jaiswal, Ms.Preeti Sharma, Ms Kavita Yadav and other teachers were present on the occasion.*

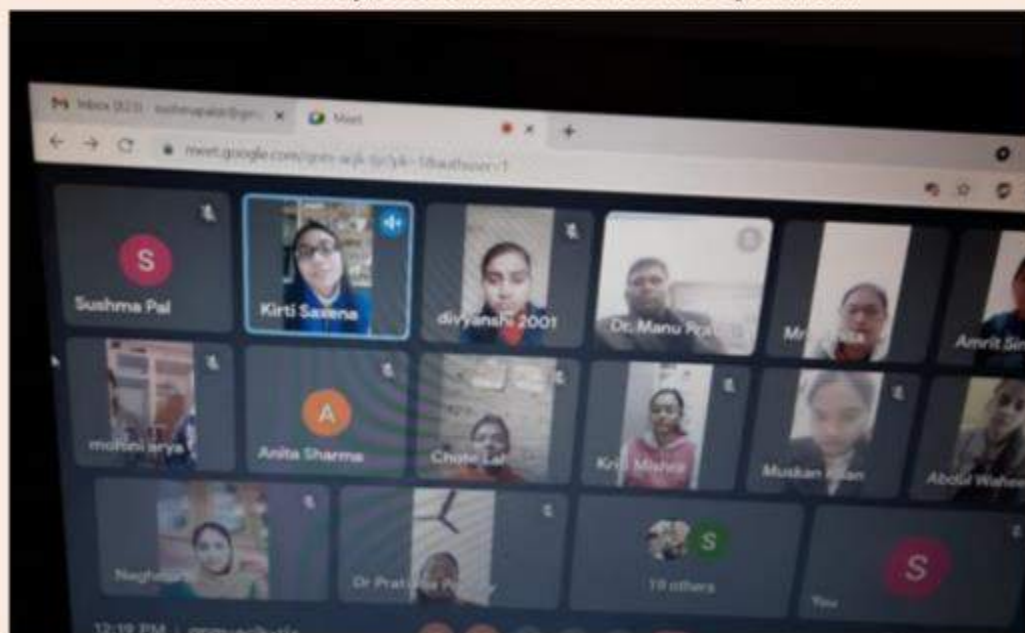
30 January 2022  
Martyrs' Day

On the occasion of Martyrs' Day and death anniversary of Gandhiji, the students presented Gandhiji's contribution in the freedom struggle and his love and sacrifice for the country through a 'Poster and Slogan Competition' organised by the History Department on 30 January, 2022. First place in the Poster Competition was secured by Kumari Laib Noor (BA I year), second place by Aditi Dixit (B.A.III year) and third place by Kumari Babita Pal (BA II year). First place in the Slogan Competition was secured by Farheen Ansari (BA II year), second place by Swati Maurya (BA II year) and third place by Bushra Fatima (BA I year). On this occasion, the Principal of the college Dr. Anupma Mehrotra and teachers in the Department- Dr. Seema Gautam, Dr. Alka Mishra and Ms. Anam Fatima congratulated the students and wished them best for their bright future.



30 January 2022  
Student Seminar (Hindi Department)

A Student Seminar was organized online on the occasion of the birth anniversary of Mahakavi Jaishankar Prasad under the aegis of Hindi Department on 30 January, under the direction of Program Organizer Dr Asha Gupta and Coordinator Dr Sushma Pal. The theme of the seminar was 'Chhayavad and Jaishankar Prasad'. The program started with Saraswati Vandana sung by Mohini (BA II year). Dr. Manu, Associate Professor, Bareilly College, Bareilly was the resource person. Manu Joshi, Muskan Khan (BA I Year), Yashi (BA II Year) Divyanshi (BA III year) Shivangi (BA III year) and 16 more students participated. Dr. Manu appreciated the research papers read by the students. The program was conducted by Mrs. Anita, Assistant Professor, Department of Hindi. The vote of thanks was given by Dr. Pratibha Pandey, Assistant Professor, Hindi Department.



31 January 2022  
Hawan Pooja and Inauguration of College Gym

A Hawan and Bhajan Program was organised to celebrate the birth anniversary of Former Secretary of the college Late Kunwar Om Autar Ji on 31 January. The College gym was also inaugurated by the Principal Dr. Anupma Mehrotra on the occasion.

