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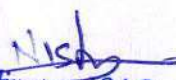
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Gender Equity & Sensitization Co – Curricular Activities


Co-Ordinator, IQAC
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Mohan Nagar, Ghaziabad


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(Women Development Cell)

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2	23 rd September, 2023	Blood Donation Camp
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4	30 th September, 2023	Waste To Craft Competition
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6	26 th October, 2023	Cleanliness Drive (Swacch Pakhwara)
7	30 th October, 2023	Artistry Fusion Exhibition
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9	4 th -6 th December, 2023	Yoga Camp
10	4 th March, 2024	International Women's Day
11	27 th March, 2024	Rangoli Competition
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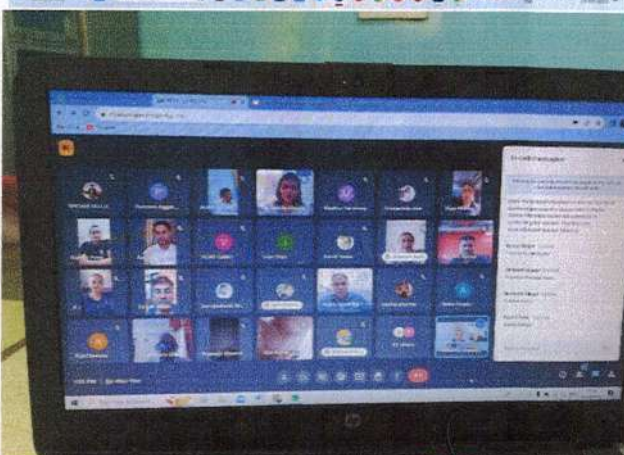
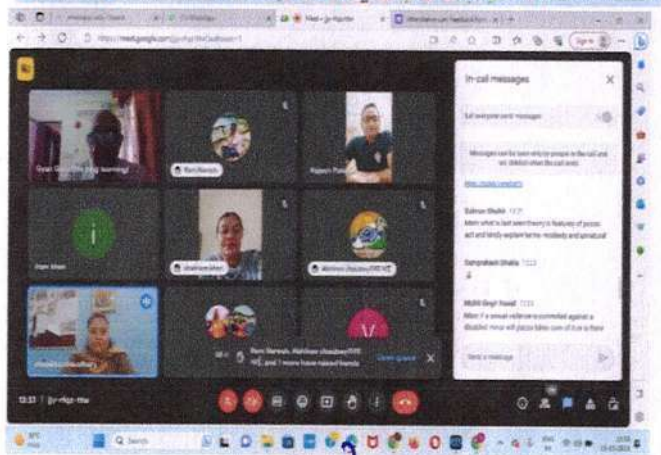
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REPORT

Online Guest Lecture

15th September 2023

An online guest lecture on “POCSO Act, 2012 & Juvenile Justice Act, 2015” jointly organized by the Department of Education and the Department of Law. The welcome address was delivered by the Principal, Dr. Nisha Singh, who expressed gratitude to the guest speaker, Dr. Ankita Shukla, Associate Professor at Amity Institute of Advanced Legal Studies, for her willingness to share her expertise on such critical legal matters. Dr. Ankita Shukla, delivered an enlightening discourse on the POCSO Act, 2012, and Juvenile Justice Act, 2015. The meticulously planned event aimed to enhance participants' understanding of these legal frameworks and equip them with practical skills for implementation. Dr. Shukla's expertise enriched comprehension and engagement, fostering meaningful networking opportunities. The outcomes of the session were characterized by enriched comprehension, heightened legal proficiency, proficient practical application, and active participant engagement from 28- participants. The successful initiative reflects the college's commitment to delivering impactful learning experiences and fostering a socially responsible community.



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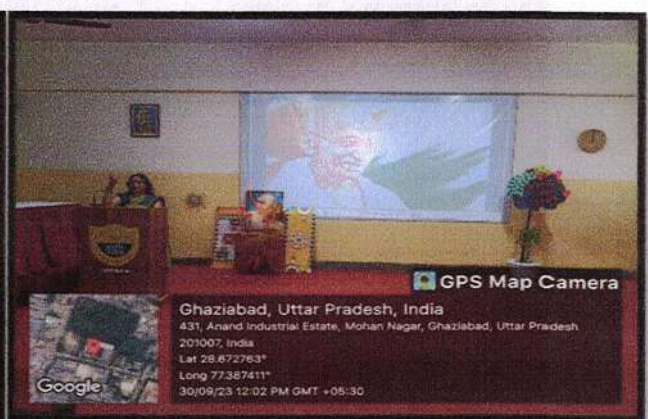
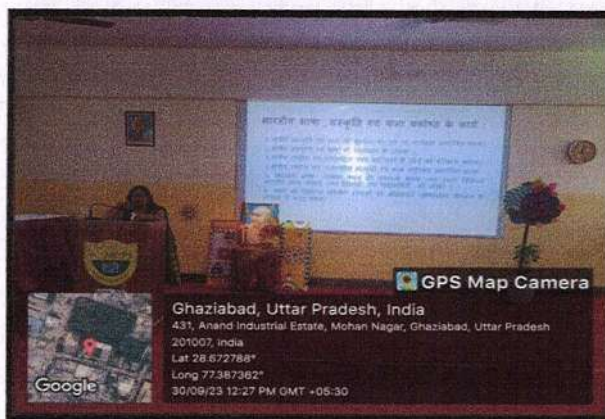
Waste to Craft Competition

30th September 2023

The Art and Craft Resource Center of Modern College organized a 'Waste to Craft Competition' on September 30, 2023, in collaboration with Amrit Manthan Welfare Society, to mark Gandhi Jayanti. Additionally, an inauguration ceremony for the Indian Language, Culture, and Art Cell was held. Prof. (Dr.) Nisha Singh, the Principal of MCPS, delivered the welcome address at the inauguration ceremony, which was followed by Saraswati Vandana.

A total of 132 Students participated in the competition, creating various art and craft items from waste materials. The competition was conducted with Gandhi Ji's principles of craft education in mind. The event aimed to promote sustainability by encouraging students to creatively repurpose waste materials, aligning with the principles of Mahatma Gandhi. Participants showcased their artistic skills and commitment to environmental consciousness by crafting pieces that demonstrated originality, use of recycled materials, and aesthetic appeal. Neha Sharma secured the first position, followed by Snehlata in the second position, and Anus from B.Ed. 2nd year in the third position. Their creations not only displayed creativity but also raised awareness about waste reduction, recycling, and upcycling. Winners Neha Sharma, Snehlata, and Anus were recognized with certificates, acknowledging their outstanding efforts.

The event concluded with Ms. Haritima Dixit, the Coordinator of the event expressing gratitude to Amrit Manthan Welfare Society for their collaboration and support.



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REPORT

Free Health Checkup cum ESI Awareness Camp

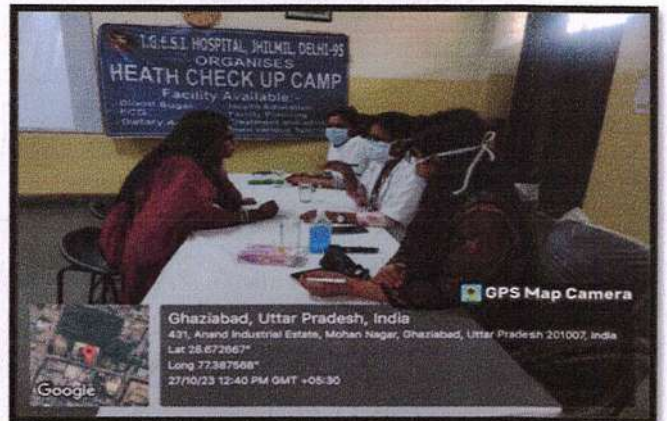
27th October 2023

Modern College of Professional Studies, in collaboration with the Amrit Manthan Welfare Society and IG ESIC Hospital Jhilmil, Delhi (Ministry of Labour & Employment, Government of India), organized a Free Health Checkup Camp on October 27, 2023. The one day event aimed to provide free and high-quality medical services to the underprivileged population, function as an emergency response team during disasters, raise health awareness among the community, register rare and severe cases for referral to specialized centers, and evaluate living conditions to address obstacles and challenges.

The health camp was held within the college premises, targeting teaching and non-teaching staff of the college, as well as approximately 134 participants from neighboring Anand Industrial area. The event featured specialized medical professionals, including Dr. Rajiv Ranjan (CMO, NODAL Officer Health Camp), Dr. Vipul Dubey (SR-Surgery), Dr. Rajat (SR-Medicine), Dr. Sparsh Gupta (JR-Dental), Dr. Kusum Purty (JR-OBGYN), Dr. Anuradha (PG-1ENT), Sunny and Sunil Kumar (Nursing Orderlies), Raj Kumar (Pharmacist), Narendra Kumar Yadav (Nursing Officer), and Manish Kumar (Lab Assistant). The camp was successfully coordinated by Mr. Ankur Gupta and Dr. Rajni Sharma, with the health and hygiene committee members.



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REPORT

Artistry Fusion Exhibition

31st October 2023

The Art and Craft Resource Centre of Modern College of Professional Studies successfully organized the Artistry Fusion Exhibition on October 31, 2023, at 10:30 am. This event was a vibrant display of creativity and intellectual prowess, aimed at highlighting the diverse talents of students from all programs of the college. The exhibition featured an impressive array of projects and artworks, reflecting the dedication and proficiency within our college community. A total of 162 students from various programs actively participated, each showcasing their unique skills and talents. B.Ed. students displayed art and craft items, including textile and home decoration items, handmade diyas, and jute items crafted from waste materials, demonstrating the creation of teaching-learning resources they use during their internships. B.A. students organized enticing food stalls, presenting different types of food made without fire, while BCA students set up game stalls featuring engaging activities like tarot card games. In addition to these creative displays, students played crucial roles in managing various aspects of the event, such as organizing the food stalls, running a captivating Mehndi stall, and curating fascinating handcrafted items. This active participation not only added a lively dimension to the exhibition but also provided valuable learning experiences.

The event successfully celebrated the diversity of talents within the college, creating a platform for students to share their knowledge, skills, and passions, while fostering a sense of togetherness and community building. Special gratitude goes to Prof. (Dr.) Nisha Singh, our esteemed Principal, for her guidance and support. The exhibition was successfully coordinated by Ms. Haritima Dixit, whose efforts were instrumental in the event's success. The Artistry Fusion Exhibition not only met its objectives but also emerged as a grand success, illustrating the richness of talent within our college and setting a benchmark for future events.

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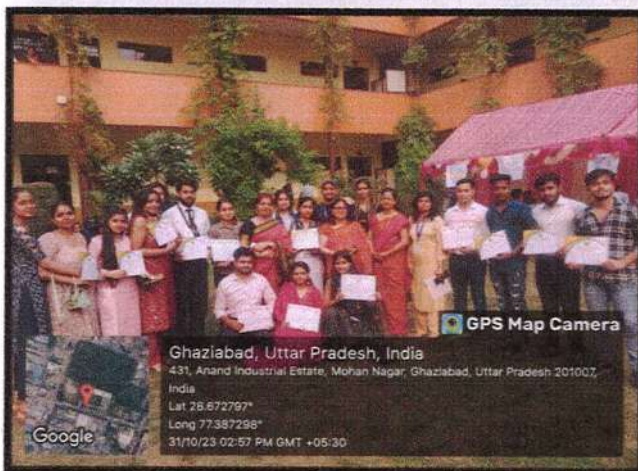
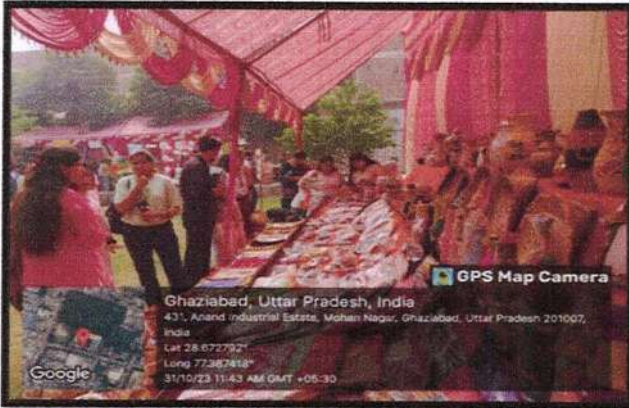
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PHOTOS



MODERN COLLEGE OF PROFESSIONAL STUDIES
Presents
ARTISTRY FUSION EXHIBITION
In collaboration with
Indian Language, Culture & Art Cell
Institutional Innovation Cell
Amrit Manthan Welfare Society

31st | 10:30 AM
Venue: MCPS

EVENTS HIGHLIGHTS
- Art gallery showcase
- Culinary extravaganza
- Cultural fusion
- Interactive Games
- Refreshments

Join us for an immersive experience that bridges the worlds of Art, Culture & Inspiration

Contact us
Mr. Harshvardh Choudhary +91-9711149573
Ms. Aparajita Mishra +91-9711149573

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REPORT

Free Health Checkup Camp

25th November 2023

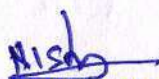
Modern College of Professional Studies and Modern College of Law, in collaboration with Dutta Foundation for Social Reform and Amrit Manthan Welfare Society, organized a Free Medical Check-Up Camp on November 25, 2023, from 10:00 AM to 4:00 PM. The initiative aimed to provide accessible healthcare services to the community and promote overall well-being.


The medical team from St. Stephen's Hospital, Tis Hazari, Delhi, included Dr. Syantan (MBBS, MD), Dr. Robina (Gynaecologist), and Dr. Khushi (MBBS), along with nurses Sister Avis and Sister Urmila. They dedicated their time to offer general health check-ups, gynaecological consultations, and personalized medical advice. The event facilitated interactions between participants and medical professionals, promoting a holistic approach to education and community welfare.

During the health check-up camp, blood pressure check-ups, blood sugar level tests, haemoglobin tests, and gynaecological consultations were conducted. Over 162 students, teaching staff, and community members participated in the check-up. This event was instrumental in highlighting the importance of regular health monitoring and ensuring the well-being of the college faculty, staff, students, and community members.

Prof. Nisha Singh, Principal of the college, appreciated the camp, emphasizing the need to focus on health in our lives. She mentioned that such health camps not only allow us to focus on our health but also inspire us to protect the health of society. The event successfully provided essential health services and raised awareness about preventive healthcare, contributing significantly to the faculty's well-being and community services. All faculty members of the college were present at the program.




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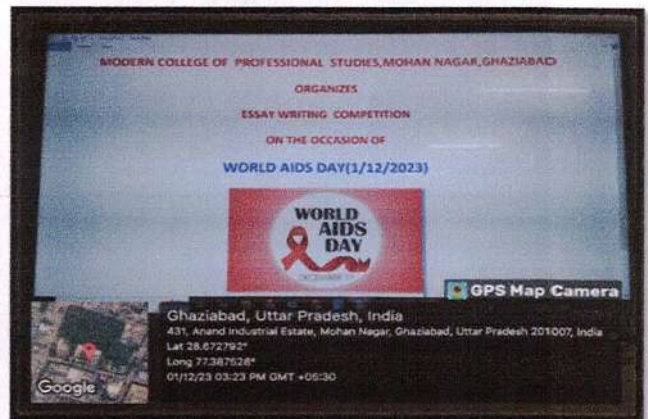
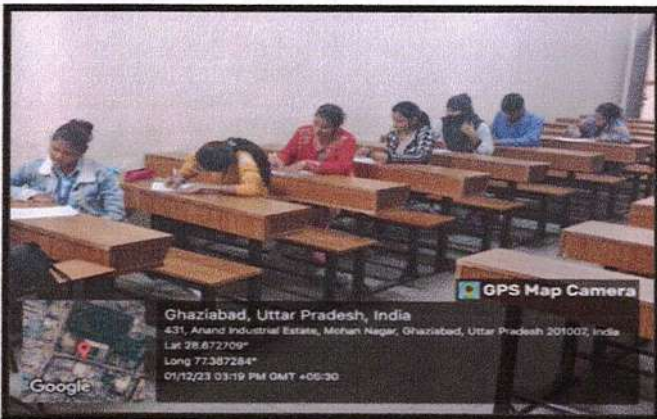
REPORT

Essay Writing Competition

1st December 2023

In observance of World AIDS Day, the Department of Education, in collaboration with the Health & Hygiene Committee organized an Essay Writing Competition. The theme of the competition was 'Understanding HIV/AIDS: Progress, Challenges, and Awareness.' The primary objective was to raise awareness and understanding about HIV/AIDS among students. By encouraging them to research and write about the progress made, the challenges faced, and the importance of raising awareness, the event aimed to empower participants to become advocates for HIV/AIDS prevention and support.

A total of 33 students from various departments enthusiastically participated in the competition. Their essays were evaluated by judges based on different criteria, including depth of research, clarity of expression, and alignment with the competition's theme. The event successfully achieved its objectives, as students demonstrated a deeper understanding of HIV/AIDS, its impact, and the importance of collective action in combating the disease. This competition not only enhanced their knowledge but also motivated them to actively participate in awareness campaigns and support initiatives related to HIV/AIDS.



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REPORT

Yoga Camp

December 04- 06, 2023

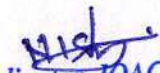
The Yoga Camp spanned three days, focusing on different aspects of yoga practice each day. The detailed report of each day is as follows:

The first day of the camp introduced participants to various yoga asanas. Mr. Himanshu, the yoga instructor, demonstrated and guided participants through a series of basic and intermediate postures. The session emphasized the importance of proper alignment and breathing techniques. Participants were encouraged to focus on flexibility, strength, and balance. Some of the asanas practiced included Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Trikonasana (Triangle Pose).

The second day focused on pranayama, the practice of breath control. Mr. Himanshu explained the significance of pranayama in enhancing lung capacity, reducing stress, and improving overall health. The session covered various breathing techniques such as Anulom Vilom (Alternate Nostril Breathing), Kapalbhata (Skull Shining Breath), and Bhramari (Bee Breath). Participants practiced these techniques under the instructor's guidance, learning to control and extend their breath.

The final day of the camp focused on exercises aimed at enhancing concentration. Mr. Himanshu introduced various techniques, including meditation and specific yoga postures known to boost mental focus. The session included Trataka (a gazing meditation technique), Dharana (concentration practice), and specific asanas like Padmasana (Lotus Pose) and Virasana (Hero Pose) to aid concentration.

The Yoga Camp successfully achieved its objectives by promoting physical and mental well-being through yoga practices. The event was well-received, with 84 participants actively engaging in all sessions. The comprehensive approach taken by Mr. Himanshu in teaching asanas, pranayama, and concentration exercises provided participants with a holistic understanding of yoga. The positive feedback from participants underscored the event's success and the value of incorporating yoga into everyday life.


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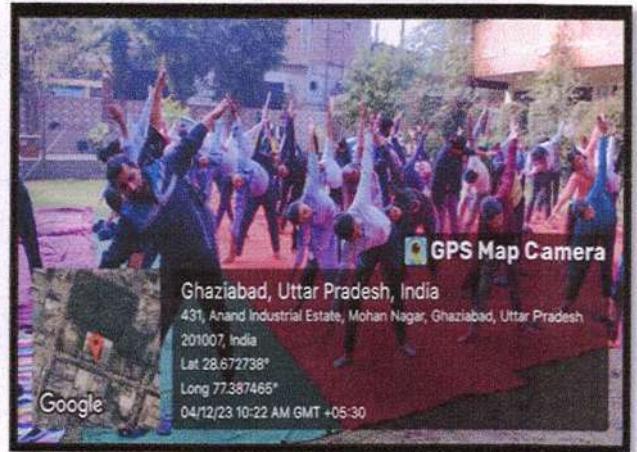
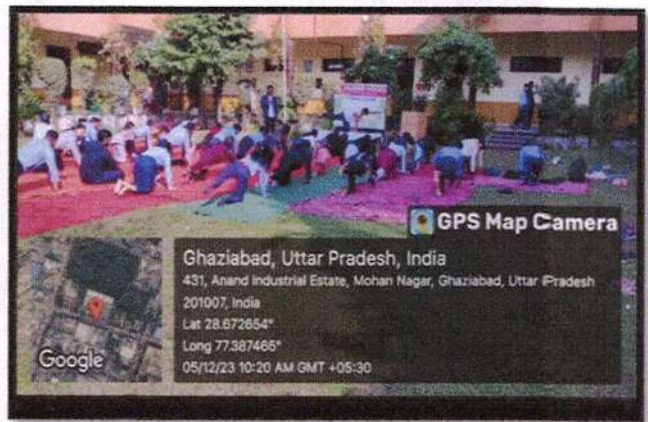
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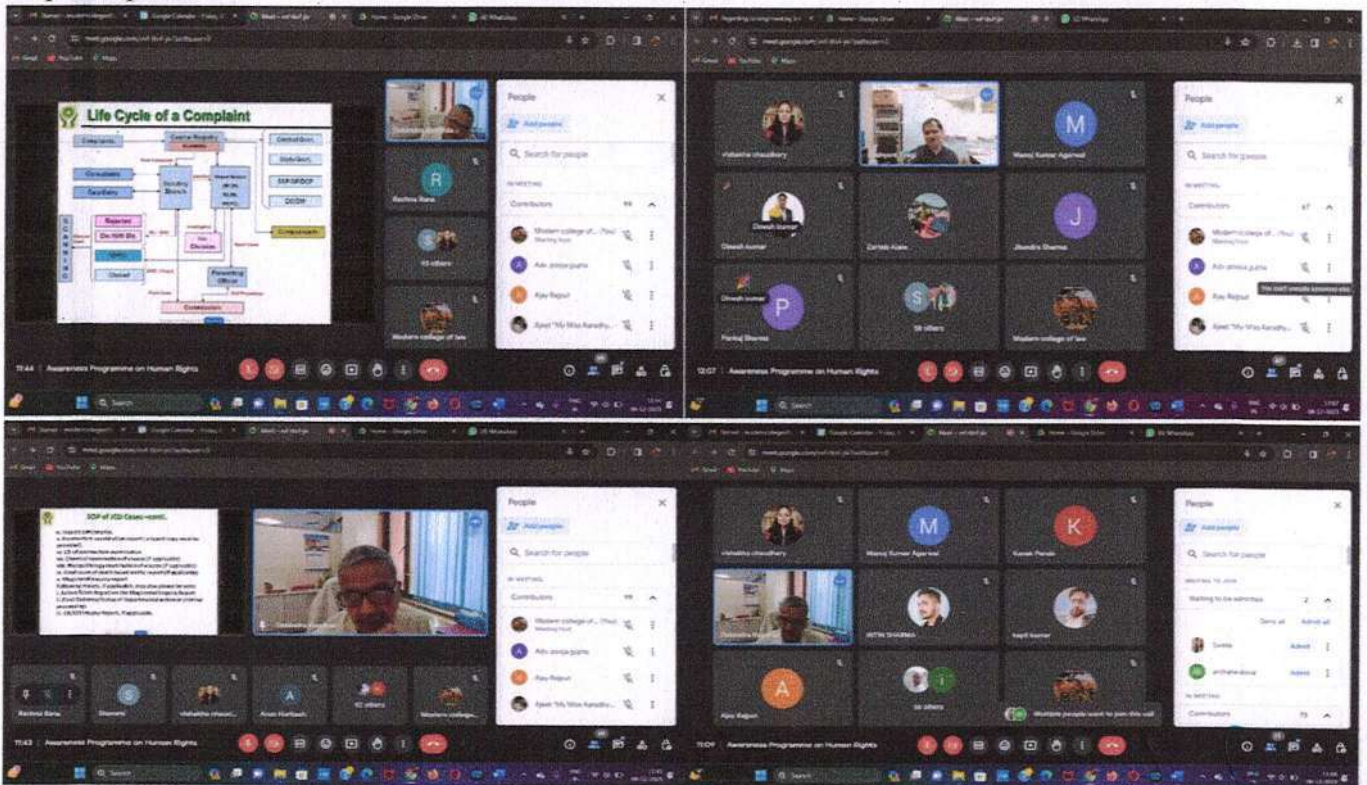
Online Guest Lecture

8th December 2023

The Guest Lecture on 'Human Rights Awareness', jointly organized by Modern College of Professional Studies and Modern College of Law in collaboration with the National Human Rights Commission (NHRC), Delhi, witnessed significant success. Conducted online through Google Meet, the event attracted over 200 participants, including students, legal professionals, academicians, and alumni. Prof. Nisha Singh delivered the welcoming address, and Ms. Vishakha Singh introduced the theme.

Distinguished speakers from NHRC, Shri Arvind Nashier and Shri Dushyant Singh, provided a comprehensive lecture on human rights, emphasizing awareness and Constitutional provisions. Participants actively engaged in the discussions, enriching them with insightful queries. The event successfully fostered interactions and promoted a deeper understanding of human rights among the attendees.

E-certificates were issued to 131 participants, acknowledging their involvement and contribution to the program. The success of this event underscores Modern College's commitment to organizing impactful events that promote knowledge, awareness, and social responsibility. The engaging question-answer sessions facilitated by Shri Arvind Nashier and Shri Dushyant Singh significantly enhanced the learning experience for all participants.



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REPORT

Awareness Programme on Women Rights

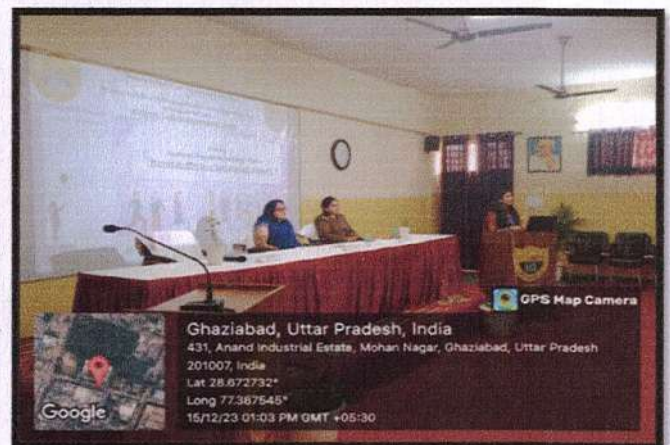
15th December 2023


The Modern College of Professional Studies, in collaboration with Modern College of Law, organized a Women Rights Awareness Programme, themed '*Breaking Barriers: Empowering Women*'. The event commenced with a solemn Saraswati Vandana, signifying the pursuit of knowledge, followed by a warm welcome speech from Professor Nisha Singh, Principal, MCPS, setting the tone for an enriching experience.

This collaborative initiative aimed to disseminate comprehensive knowledge and heighten awareness about women's rights, addressing various dimensions of empowerment and dismantling societal barriers. Distinguished counsellors from the National Commission for Women, Ms. Ananya Singh and Ms. Tunika Sharma, provided valuable insights into the Commission's significant operations.

Ms. Tunika Sharma shared invaluable insights into the challenges faced by women and the legal provisions safeguarding their rights, with a focus on education as a pivotal element in empowerment. She emphasized the role of the Indian Constitution in shaping policies for women's rights, covering topics such as sexual offenses, marriage-related offenses, and cybercrime, highlighting legal safeguards. Ms. Sharma also addressed other offenses against women, elucidating the rights available under the Criminal Procedure Code. Her comprehensive presentation empowered the audience with knowledge for effective advocacy and awareness.

The active participation (132 participants) and engagement of faculty members, students, and attendees fostered a gender-sensitive and supportive atmosphere within the college, underscoring the program's resounding success. Students played an important role as active participants, contributing to meaningful discussions and creating a dynamic learning environment. The program was successfully coordinated by Ms. Reeti Chauhan and Ms. Vishakha Singh, ensuring its smooth execution and impact.




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REPORT

Scouts & Guides Camp

05th – 7th March, 2024


The Scout & Guide Camp, organized by the Department of Education aimed at enhancing leadership skills, fostering cooperation, instilling discipline, providing outdoor education, and encouraging problem-solving among participants. Convened by Prof. Nisha Singh and co-convened by Dr. Nishi Tyagi, with coordination by Mr. Ashish Singh, the camp welcomed 196 participants, predominantly from the Education department.


Day 1 started with the camp's inaugural where attendance was taken, followed by a welcome address by Dr. Nishi Tyagi. Mr. Surender Kumar Arya, State Training Commissioner of Bharat Scouts and Guides, provided an introductory lecture, and participants were then grouped and received their kits. The afternoon was filled with flag hoisting and a prayer session, followed by discussions and practice sessions under the instructor's supervision. The day concluded with a ceremonial closing.

Day 2 commenced with physical activities including Yogasanas and various games, leading into a session of flag hoisting and engaging discussions about teamwork through pyramid building. Training sessions on tent-making, knot tying, and cultural activities were conducted, and the participants discussed themes for the tents and prepared for the valedictory session's food menu. The day wrapped up with a closing ceremony after meetings between patrol leaders and camp coordinators.

Day 3 began with flag hoisting and prayers. Material for tent and food stalls was distributed by the coordinator, and the participants set up and managed their tents and food stalls. These setups were followed by inspections and a lunch break. The camp concluded with a valedictory session that included a convocation, an oath ceremony, and a results declaration, marking the successful end of the three-day event.




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REPORT


Guest Lecture on Legal Literacy and Rights of Women

22nd March, 2024

The Women's Development Cell at Modern College of Professional Studies, Mohan Nagar, Ghaziabad, organized a highly anticipated guest lecture titled "*Legal Literacy and Rights of Women.*" Under the meticulous guidance of the Principal Prof. (Dr.) Nisha Singh and Head of the Department of Education, Dr. Nishi Tyagi. The event featured Ms. Sakshi Singh, Assistant Professor at Modern College of Law, Ghaziabad, who delivered an insightful discourse on various legal intricacies concerning women's rights. The lecture provided attendees with a comprehensive understanding of key legal frameworks and landmark cases related to gender-based legal issues, fostering an environment conducive to learning and empowerment. Interactive discussions prompted participants to engage in thought-provoking dialogue, transcending the confines of the lecture hall and sparking a renewed commitment to advocate for gender equality and social justice within their communities. The event not only equipped the 61 attendees with essential legal knowledge but also inspired them to become proactive agents of change in advancing the cause of women's rights, serving as a catalyst for introspection and action. The event was coordinated by Dr. Kanak Rani, Assistant Professor, Department of Education, MCPS.




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MODERN COLLEGE OF PROFESSIONAL STUDIES

(Approved by NCTE & Affiliated to C.C.S. University, Meerut)

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Rangoli Competition

27th March, 2024

The Eco-Friendly Rangoli Competition, organized by the Department of Education in collaboration with the Environmental Club and Indian Language, Culture and Art Cell at Modern College of Professional Studies, successfully concluded on March 29, 2024. A total of 47 participants showcased their creativity using eco-friendly materials, reflecting themes of nature conservation, sustainability, and gender inclusivity.

The judging panel, Ms. Aparna Indu, Head, Department of Computer Applications, Ms. Anubha Gupta, Head, Department of Business Administrations and Ms. Haritima Dixit, assessed the competition based on Relevance to Theme, Creativity and Innovation, Aesthetic Appeal, Environmental Sustainability, and Originality and Novelty.



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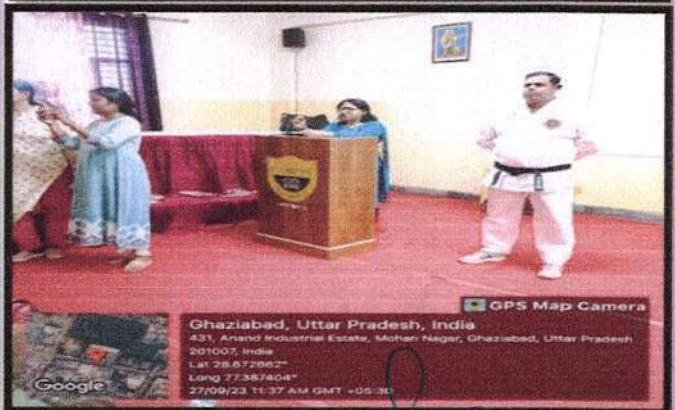
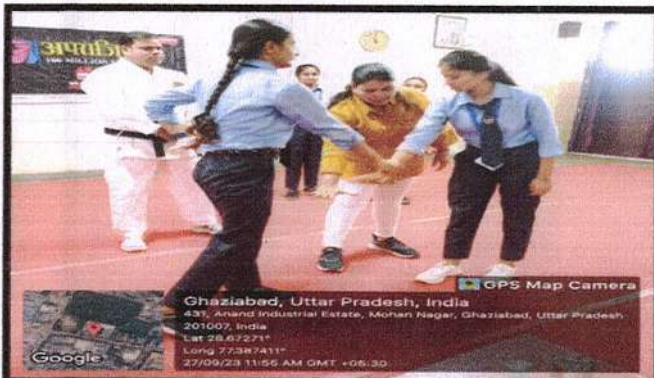
Women Self-Defense Training Session

27th September 2023

The Self-Defense Training Camp, organized by the Department of Management and Commerce at Modern College of Professional Studies in collaboration with the Women Development Cell and Amar Ujala's Aparajita campaign for Women, aimed to empower women with essential self-defense skills. Karate Coaches Mr. Pushendra and Ms. Naina Rawat conducted the training, teaching participants easy techniques to overcome potential threats.

The camp covered a diverse range of self-defense techniques, including strikes, releases, defensive maneuvers, ground defense, and verbal de-escalation, providing participants with a comprehensive understanding of self-protection. Attendees reported increased confidence and a greater sense of empowerment after the camp.

The event garnered enthusiastic participation from students and faculty members alike, reflecting a collective commitment to personal safety and well-being. Prof. (Dr.) Nisha Singh expressed gratitude to all participants, instructors, and the event coordinator, Ms. Anjali Goswami, for contributing to the event's success. This initiative highlighted the importance of equipping individuals with tools to ensure personal safety, fostering a safer and more.



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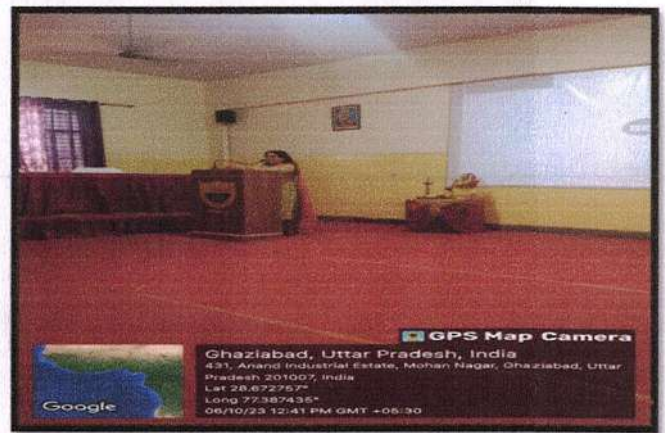
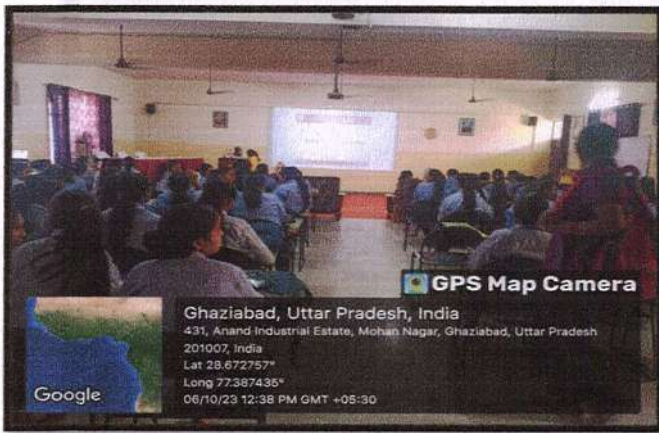
Training session


6th October 2023


Modern College of Professional Studies, in collaboration with Ghaziabad Mahila Thana, organized a training session on 'Women Empowerment and Safety Measures' in the college's Seminar Hall. The collaboration aimed to strengthen ties between MCPS and local law enforcement, fostering community engagement. Prof. Nisha Singh warmly welcomed Sub Inspector Ms. Sunita and Constable Ms. Ruchika, emphasizing the significance of the session in her address.

Ms. Sunita delivered insights into empowering women through education and social awareness, accompanied by practical tips on personal safety, self-defence techniques, and awareness of legal rights. A detailed presentation and sharing of helpline numbers facilitated better understanding and preparedness among participants.

The interactive session allowed for meaningful exchanges between students and the guests, empowering attendees with knowledge about their rights and self-protection. Ms. Anubha Gupta, Assistant Professor, expressed gratitude to the speakers and audience for their participation, concluding the successful training session on women's empowerment and safety measures.




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Guest Lecture


6th November, 2023

The Department of Management and Commerce, in collaboration with the Women Development Cell, organized a guest lecture on '*Women's Health and Hygiene*'. The lecture featured Dr. Kavita, a renowned gynecologist.

The event began with a warm welcome from Principal Prof. Nisha Singh, who underscored the significance of women's health and hygiene in daily life. Dr. Kavita's enlightening session emphasized the importance of maintaining vaginal hygiene, addressing misconceptions, and promoting healthy practices. Her expertise provided students with valuable insights into the significance of proper hygiene practices.

Dr. Kavita's lecture successfully raised awareness and gave students a deeper understanding of vaginal hygiene. The event, coordinated by Anubha Gupta, contributed significantly to the institution's educational initiatives by empowering female students to prioritize their health and well-being. The guest lecture achieved its objective of providing valuable health and hygiene insights, reinforcing the importance of maintaining good practices for overall health.




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Poster Making Competition

24th April, 2024

The Poster Making Competition on the theme 'Nari Shakti/ Beti Bachao Beti Padhao' was hosted by the Department of Management and Commerce in collaboration with the Women's Development Cell. Co-Convener Ms. Anubha Gupta inaugurated the event, highlighting the pivotal role of women's empowerment in societal progress. Ms. Nidhi Singh provided an insightful introduction to the theme, emphasizing the significance of initiatives like 'Beti Bachao Beti Padhao' in fostering gender equality and female education. Students showcased their creativity and perspectives on women's empowerment through vibrant posters. The artworks depicted various facets, including education, leadership, and societal equality, while also addressing challenges like gender-based violence and discrimination. A panel of judges, including faculty members and gender studies experts, evaluated the posters based on creativity and relevance.

The event concluded with the announcement of winners: Bhawna (BBA I Year), Vinay Kumar Sain (BCA I Year), and Anshika Chauhan (B.Com I Year). The competition succeeded in providing a platform for students to contribute to the discourse on women's empowerment and gender equality through artistic expression.



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