

Mobile Photography and Photo Contest with St Xavier School- Shillong

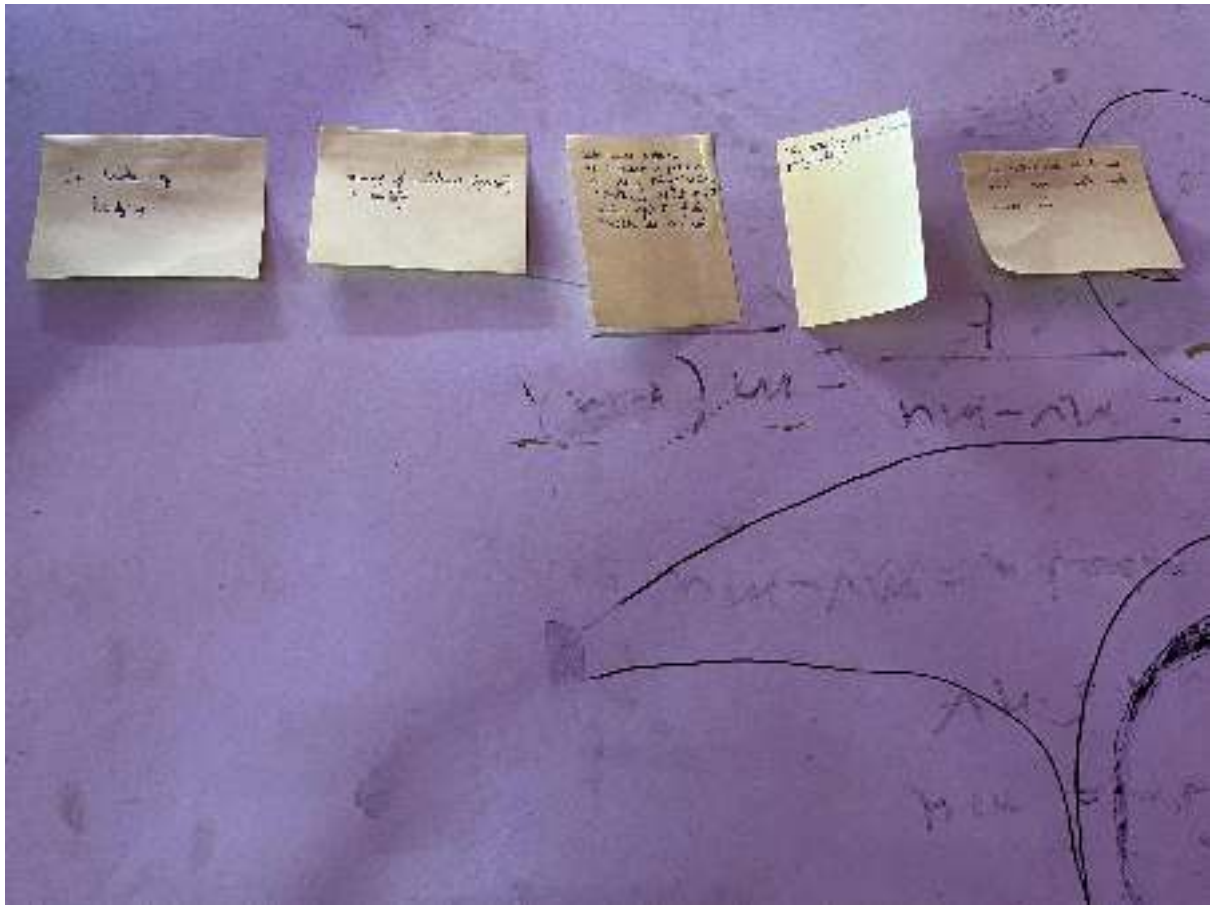
In a collaborative effort, the 6th Media Technologies students orchestrated a campaign titled "Strength in Sobriety" on 8th May. It means advocating for the empowerment and resilience of individuals against substance abuse. It emphasizes the inner strength and determination needed to resist the temptation of drugs and alcohol. Rather than relying on substances to cope with challenges or seek pleasure, individuals are encouraged to find strength within themselves and their support networks. "Strength in Sobriety" promotes the idea that true strength comes from maintaining sobriety and making choices that prioritize long-term well-being over short-term gratification. It's about building a life based on clarity, purpose, and resilience, free from the harmful effects of substance abuse. We also collaborated with Bosco Integrated Development Society and Child Friendly Shillong, which works with children to spread awareness about substance abuse. Our extensive research unveiled alarming statistics, highlighting children's susceptibility to substance abuse.

Adopting a participatory approach, students from diverse schools actively engaged in various campaign activities. The initiative aimed to raise awareness and foster resilience against substance abuse among youth. With a focus on preventive measures and community involvement, the campaign strived to empower children to make informed choices and resist societal pressures. The collaborative endeavour underscores the importance of collective action in addressing pressing social issues and nurturing a safer environment for future generations.

As part of this campaign, we conducted a mobile photography workshop cum competition at Saint Xaviers Secondary School focusing on substance abuse awareness. Around 25 students participated. Winners included Amamea Sangma (9th grade), Ansarika K Marak (9th grade), and Ritika Saraswat (10th grade). Photography serves as a powerful medium to highlight the theme of strength in sobriety, fostering impactful visual narratives that resonate with viewers.

Additionally, this initiative was part of an exchange programme where our students from the Mass Media Department went to the school to teach students how to use mobile phones to capture stories and execute citizen reporting. This hands-on training equipped students with essential digital literacy skills, enabling them to become active participants in media creation and storytelling within their communities.

Photos are attached below:



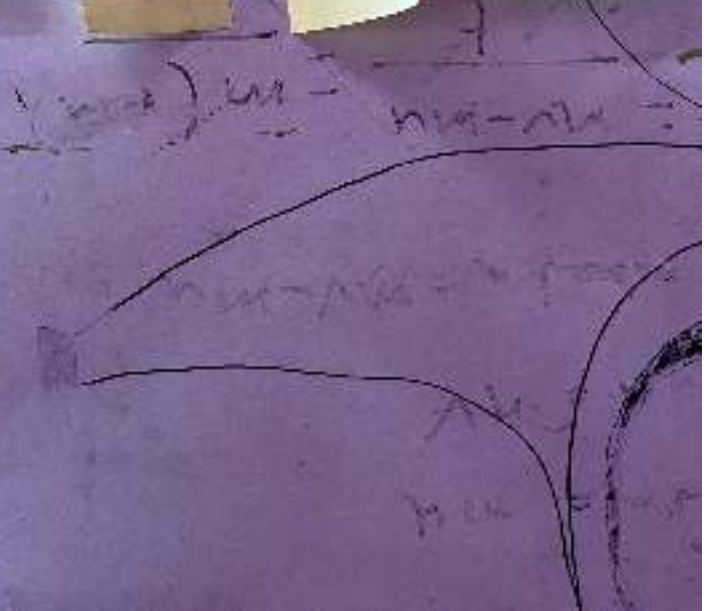
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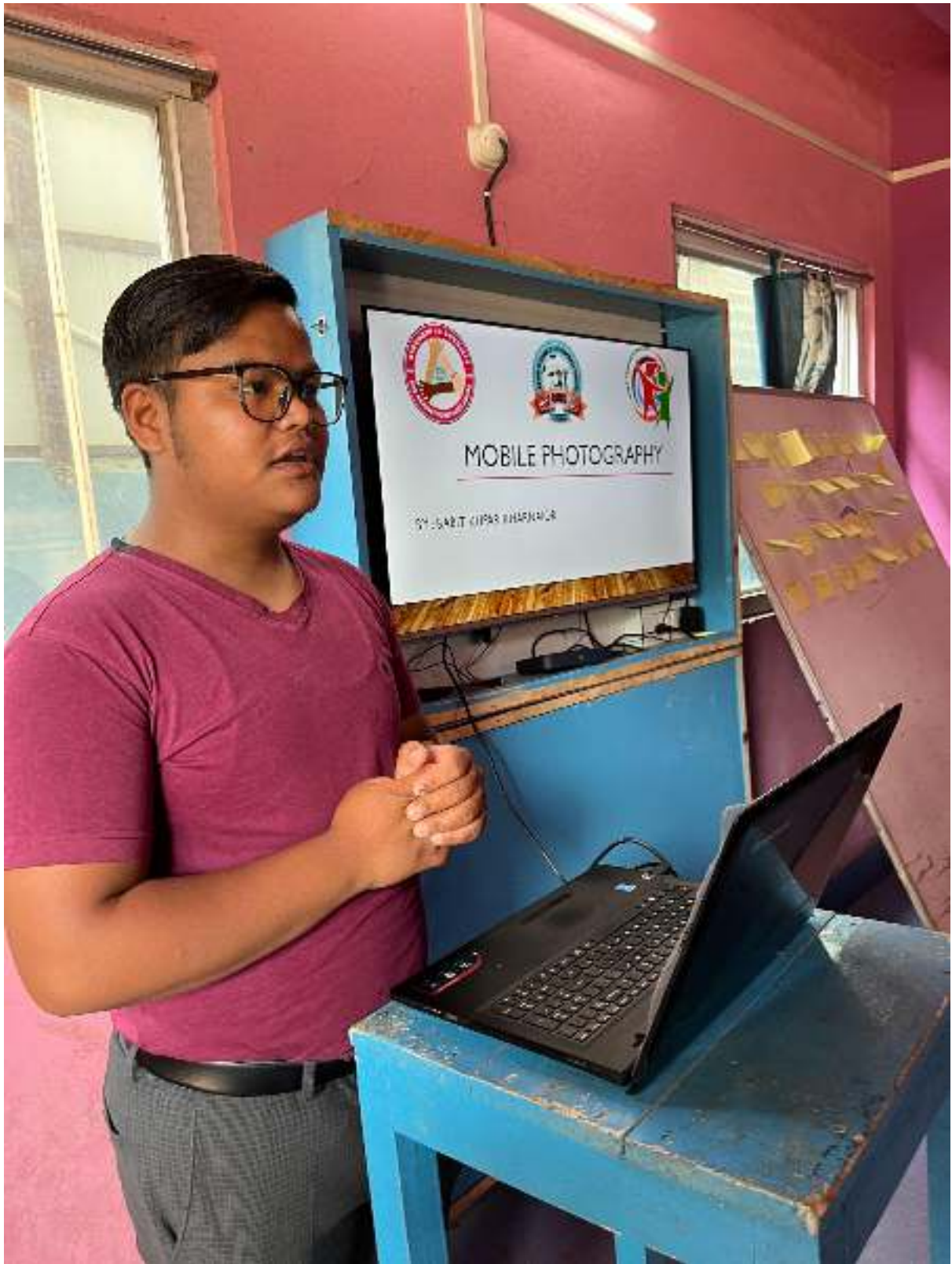
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SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

Seat Of Wisdom

Re-Accredited 'A+' Grade
by NAAC (UGC)

SYNERGY 2024 INTERNATIONAL STAFF & STUDENT EXCHANGE PROGRAM & NATIONAL WORKSHOP ON RESEARCH METHODOLOGY & DATA ANALYSIS

About the College

Sophia Girls' College (Autonomous), Ajmer is an 'A+ Grade' accredited Institute by NAAC (UGC) affiliated to Maharshi Dayanand Saraswati University, Ajmer. Since 1959 the College has been imparting quality higher education with high academic standards and diversity of courses. To inculcate scholarly excellence and make globally competent citizens, the Institution offers Generic, Skill Enhancement, Vocational & Diploma Courses for students. The College has an MHRD recognized Institutional Innovation Cell. It offers Cambridge English Level Certification, Diploma in French from the French Embassy; ISRO & DST sponsored programs under its aegis. As an initiative, towards Institutional, Social and Environmental Responsibility, the College has developed a 'Sustainable Environment' by developing Biogas, Water Harvesting Systems and is one of the fully solar electrified campuses in Rajasthan.

ABOUT THE EVENT

The International Staff & Student exchange program focuses on providing exposure & opportunities for all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility, inculcating environmental concern and building global competencies in a dynamic environment.

DATE: 4th-6th March, 2024

ADDRESS Jaipur Road, Meer Shah Ali
Ajmer, Rajasthan

WEBSITE www.sophia.college

CONTACT  +91-9829506865
+91-8949773136

PATRON

Prof. Sr. Pearl

COORDINATOR

Prof. Monika Kannan



"Coming together is a beginning, staying together is progress, and working together is success."



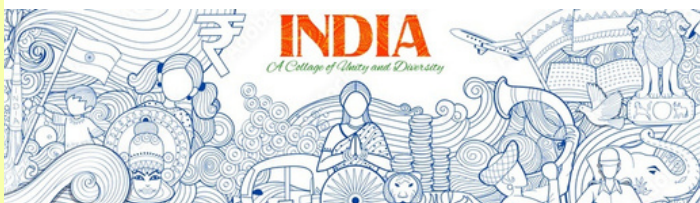
LOGISTICS

Accommodation, Food & Local Transportation will be provided free to all participants on prior confirmation. Entry Fee during Sight seeing/visit will have to be catered by the parent Institution.



EVENTS

- Day 1 (4th March, 2024)**
 - Quiz Competition-*Paheli*
 - Face Painting Competition-*4 R Rules*
 - Movie Review-*The Director's Cut*
 - Field Visit
- Day 2 (5th March, 2024)**
 - PPT Competition-*Meri Sanskriti*
 - Extempore Competition
 - Student Interaction
 - Field Visit
- Day 3 (6th March, 2024)**
 - Reel making Competition-*Reminiscences of Synergy: 2024*
 - National Workshop on Research Methodology & Data Analysis
 - Exhibition
- D-Day-Cultural Extravaganza- SYNERGY-2024**



REGISTRATION

FOR STAFF & STUDENTS

<https://forms.gle/zL6YdoSxzqW3twq5A>

Staff & Students from Collaborative Institutions are invited for the event. Registration is mandatory for all Staff & Students.

CONTACT

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Email:

synergy2024@sophiacollegeajmer.in

LAST DATE: 10.02.2024

*There is no registration fee for the event

REPORT ON STUDENT EXCHANGE PROGRAM – SYNERGY 2024, AJMER

Date: 4th to 6th March 2024

Location: Sophia Girls College (Autonomous), Ajmer, Rajasthan

Organizing Institution: Sophia Girls College (Autonomous), Ajmer, Rajasthan

Introduction: Sophia Girls College, Ajmer, organised an international student and staff exchange program titled “Synergy 2024” from the 4th to the 6th of March 2024. The objective of the program was to provide exposure and opportunities for all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility, inculcating environmental concern and building global competencies in a dynamic environment.

This program saw active participation from staff and students of various colleges from India and abroad. The program was designed to promote cultural exchange, academic collaboration and intercollegiate comradeship.

Participants: The student exchange program welcomed a diverse cohort of participants, comprising students and teachers from the following colleges:

1. St. Anthony’s College, Shillong.
2. Jesus and Mary College, New Delhi
3. Guru Nanak College of Arts, Science and Commerce, Mumbai, Maharashtra.
4. Trinity College, Jalandhar .
5. Parishkar College of Global Excellence, Jaipur.
6. St. Xavier’s College (Autonomous), Ahmedabad.
7. Sophia Girls’ College (Autonomous) Ajmer.
8. St. Xavier’s College, Nepal
9. Bits Pilani, Dubai

Participation from Nepal and Dubai was however done via online mode.

The following students represented St. Anthony’s College :

1. Bansara Marbaniang (BA 6th Semester).
2. Pynshngainlang Marwein (BA 4th Semester)
3. Tosanremdor A Khylllep (BA 4th Semester).
4. Ansuya A Sangma (FYUP 1st Semester)
5. Jitjyoti Bharadwaj (FYUP 1st Semester)

6. H.Bosco lunlenthang Mate (FYUP 1st Semester)

Shri Aibanskhem Nongspung (Assistant Professor, Department of Economics, St. Anthony's College) was the teacher in charge.

Activities: The three-day program was filled with various activities aimed at fostering engagement, learning, and cultural immersion. These activities included:

1. **Opening Ceremony:** The program commenced with a formal inauguration ceremony, featuring welcoming remarks from the hosts and introductions of participating colleges and students. This was also followed by a tour of the college campus.
2. **Academic Interactions:** Students took part in classroom activities and interactions. They were also exposed to data analysis using different computational software and machine learning. A workshop on "Research Methodology and Data Analysis" was also held with Ashish Bhatnagar as the resource person. These interactive sessions covered topics of academic interest and contemporary relevance, facilitating knowledge exchange and intellectual discourse.
3. **Intercollegiate competitions:** The three-day program also witnessed participants taking part in various competitions such as quiz, face painting, movie review, extempore speech etc.
4. **Cultural Showcase:** Participants also showcased their cultural heritage through vibrant performances, including music, dance and power point presentations.
5. **Educational Excursions:** There were guided tours to historical sites and landmarks in Ajmer such as the Ajmer Shariff Durgah and Pushkar. Such visits offered participants insights into the city's rich history, culture and traditions. Students and teachers also received a guided tour of the Barefoot College campus. The purpose of the visit was to gain insights into the innovative approaches of the Barefoot College towards sustainable development, renewable energy, and community empowerment.

Outcomes: The student exchange program yielded several positive outcomes:

1. **Cultural Exchange:** Participants gained a deeper appreciation and understanding of diverse cultures, fostering cross-cultural respect and friendship.
2. **Academic Enrichment:** Various sessions and discussions promoted interdisciplinary learning, critical thinking, and intellectual growth among the participants.

3. **Friendship and Networking:** Students forged enduring friendship. Moreover this program laid the grounds for potential networking across colleges, thereby enhancing professional collaboration and cooperation in future endeavors.
4. **Personal Development:** Experiencing new environments, perspectives and challenges facilitated personal growth, resilience, and adaptability among the students.

Conclusion: The student exchange program organized by Sophia Girls College, Ajmer, provided an enriching platform for students from St. Anthony's College. Students from St. Anthony's college also achieved accolades in different competitions. Synergy 2024 was a resounding success as it enabled participants from different colleges to engage in meaningful cultural exchange, academic collaboration and personal development.



Aibanskhem Nongspung
(Teacher in charge)
Assistant Professor
Department of Economics
St. Anthony's College, Shillong



Legacy Threads

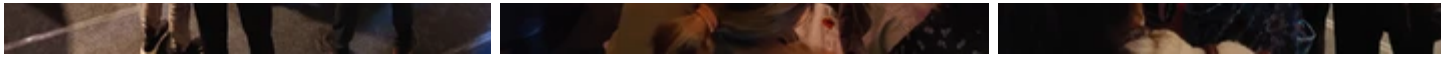
Updated: Aug 2, 2024

In Northeast India, many communities have long relied on the oral transmission of traditions and stories, serving as a primary means of communication and cultural heritage. This reliance on spoken narratives, as opposed to written or visual documentation, is a distinctive feature that emphasizes the vital role of storytelling in passing down histories and legacies through generations. Within this oral tradition, an intricate web of stories, ranging from mythical tales to factual accounts, is interwoven, contributing significantly to the rich fabric of community identity.



While the early 1900s saw the use of photography as a documentation tool by foreign researchers and anthropologists who visited our region, it was not until later in the 1930s that individuals or organisations with a means of owning a camera embraced it for capturing special events such as weddings, picnics, official functions, etc. These photographs often find a place in our homes and offices, unwittingly holding a trove of historical significance within these collections, shaping the communal history. Despite this visual documentation, reliance on oral narratives continues, leading to a multitude of stories remaining concealed and unexplored within the realms of collective memory and familial anecdotes.





The challenge lies in recognizing and bringing to light these hidden narratives, ensuring that the invaluable wealth of knowledge embedded in oral traditions and photographic evidence is not only acknowledged but also celebrated beyond the confines of familial recollections. It is a call to bridge the gap between the spoken and the visual, acknowledging both as indispensable threads in the intricate fabric of Northeast India's cultural legacy.



Legacy Threads is an exhibition that delves into the rich and compelling narratives of Northeast India's historical heritage by exploring family photo collections and community archives. It is held on the 6th, 7th, 8th and 9th of March, 2024 at St Anthony's College Shillong. This exhibition aims to explore the diverse and vibrant histories, traditions and identities embedded in the hidden personal narratives captured within family collections and archives of various communities based in the Northeast region of India. By bringing together a collection of photographs, video and audio presentations, letters, documents, artefacts and stories, the exhibition provides a nuanced glimpse into the familial, social and cultural dimensions of the communities that call Northeast India home.



The theme of the exhibition revolves around the concept of familial roots and the interconnectedness of personal histories and narratives within the larger cultural landscape of Northeast India. By drawing on the intimate and personal nature of family photo collections and community

archives, **Legacy Threads** seeks to celebrate the distinctiveness of each family's journey while highlighting the shared threads that weave the region's diverse communities together. It strives to facilitate intergenerational dialogue, serving as a vital platform for families and communities to share, reflect, and pass down the narratives of their collective past. Through the intimate lens of family collections and community archives the exhibition aims to create a space for dialogue, reflection, and celebration of our region's hidden historical narratives.

There are six participants at Legacy Threads, in addition to The Northeast India AV Archive which is the organising body. The Confluence Collective's exhibition is named the 'Living Room Studio' and displays typical valuables that are found in the living room of a household in Sikkim. Northeast Lightbox in collaboration with Tahireh Lal put up 'Magh', a gendered space to celebrate the efforts of the founding members of the Tezpur Mahila Samiti who paved the way for feminist ideals and pursuits in the region. The set-up has an immersive soundscape that mimics the first meeting of the Samiti. Ishi Place demonstrates a live game in which attendees can participate. The game explores the idea of 'home' in a simple yet profound manner.

NBBGC (Nar Bahadur Bhandari Government College) Sikkim is displaying a series of clan stories of the Lepcha indigenous community in Sikkim. TakeOne Nagaland is displaying the audiovisual oral history narratives of the individuals in Nagaland whose lives got entangled with the Second World War through the Battle of Kohima. Highland Group-This is Lamka is displaying pictures collected from around Churachandpur, all of which tell the most unique stories. The Northeast India AV Archive is displaying a collection of postcards printed during the late nineteenth and early twentieth century and photographs from a family collection contributed by the family of Kong Pearlymon Lyngdoh Lyngiong Rynthiang and Bah Herman Manik Lyngdoh.

Legacy Threads remains an ongoing event, with workshops which are going to be conducted in the proceeding months of the year.