Newsletter: January- March 2026

Sadanlal Sanwaldas Khanna Mahila Mahavidyalaya

(A Constituent College of the University of Allahabad)

Accredited Grade 'A' by NAAC

Selected Under Strengthening Component of Star College Scheme : DBT & DST - Grant, G.o.I.

IQAC-Vision

"Developing and applying benchmarks of quality for various academic and administrative activities of the institution."

IQAC
(From 2026-2027)

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Dr. V.P. Sahi
Dr. Tanushree Roy
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Dr. Preeti Yadav
Dr. Neha Rai
Dr. Shruti Anand

FROM THE DESK OF THE PRINCIPAL



Dear Students and Parents,

Education is not a race for marks. It is the art of building people. At our institution, guided by NEP 2020, we believe true learning happens when knowledge meets character.

We promote inquiry, analysis, and hands-on projects over rote learning because thinking deeper builds lasting understanding. We encourage learning wider by connecting science with arts, technology with ethics, and the classroom with the community, since disciplines should not exist in silos and we are committed to serving better by linking learning with real-world impact through local outreach and student-led innovation, just as NEP envisions.The world you will lead needs more than specialists. It needs adaptable thinkers, skilled doers, and responsible citizens. That is why we blend vocational skills, digital fluency, and value-based education into everyday learning.

NEP 2020 is our compass, not our ceiling. It points us toward excellence, but you are the ones who will take it further. Bring your curiosity. Bring your questions. Bring your courage to try, fail, and try again.

Together, we are not just preparing for exams. We are preparing for life, leadership, and the future of our society.

Warm regards

SciVision NATIONAL IDEATHON COMPETITION:

Saroj Lalji Mehrotra Science Faculty has successfully organized first SciVision National Ideathon Competition on 28th March 2026. In this competition 87 entries were submitted from reputed institutions like NIT, IIT, IIIT, Central Universities and Constituent Colleges. The final round of the competition was held on 28th March 2026 in College wherein participants with shortlisted top 10 ideas were invited to college for presentation. Sarla Education Trust has graciously provided the Prize money of Rupees 250,000/- for this competition. The first prize was bagged by Ms. Hureen Fatima from E.C.C., Prayagraj (Cash prize of Rupees 1 Lakh, Trophy and certificate); 2nd Prize by Mr. Priyanshu Gjosh, University of Allahabad (Cash prize of Rupees 50,000/-, Trophy and Cetificate); 3rd Prize by Ms. Amisha Ranjan, University of Allahabad (Cash prize of Rupees 30,000/-, Trophy and Certificate); Best Undergraduate Entry by Ms. Anoushka Prafulla Shrivastav, IIT-BHU and Best Entry by Female participant by Ms. Laiba Khan, University of Allahabad (both carried Cash Prize of Rupees 25,000/- each, a Trophy and Certificate). The other 5 participants alongwith the winners also received a pendrive and books of their choice. The Judge evaluators for the contest were Prof. S.I. Rizvi, Dean Faculty of Science, University of Allahabad;Prof. Shanthy Sunsaram, Director IIDS; Prof. Sonali Agarwal, IIIT-Allahabad; Prof. Kapinder, Head Dept. of Zoology and Dr. Prateek Srivastava from Dept. of Botany, University of Allahabad. The Award ceremony was graced by Prof. Mukul Sharad Sutaone, Director, IIIT-Allahabad as Chief Guest.





A creative man is motivated by the desire to achieve, not by the desire to beat others.

- Ayn Rand

Why India's Schools and Colleges Still Skip Financial Management Thereby Raising a Generation of Financially Clueless Adults

Ms. Riya Sinha
Assistant Professor, BA LLB, SSKGDC

Imagine a young graduate who lands his first job and quickly gets trapped in credit card debt and easy loans. He never learned how to budget, save, or make investments. Stories like this are common across India because our schools and colleges simply do not teach financial management.

From early classes to graduation, our Indian education system remains focused on rote learning, textbook knowledge, and tough competitive exams. Subjects like Maths and Science dominate because they help crack entrance tests. Practical life skills such as handling money, understanding loans, or planning for the future get left out. Even when financial topics appear in higher classes, they are treated as optional and rarely explained in simple everyday terms. The syllabus stays exam-heavy rather than life-ready.

The National Education Policy 2020 promised broader skills for the real world, yet meaningful change has been slow. As a result, young people step into adulthood without basic money knowledge. They often fall into debt traps or poor financial choices early on by picking up spending habits from social media reels and unverified online advice.

This gap leaves an entire generation financially blind. They face constant stress, missed opportunities to build wealth, and difficulty managing even small earnings. While many Gen Z youth are turning to creative paths like content creation for income, they still struggle to handle that money wisely.

It is time schools and colleges make financial management a regular subject from middle school onwards by introducing simple lessons on budgeting, smart saving, and avoiding common mistakes. Only then can India raise money-smart citizens ready for the future, not just degree holders.

HEALTH IS THE PARAMOUNT

Name- Anamika Negi
Research Scholar, SSKGDC.

Health is a complete state of Physical, Mental, Biological and Social well-being not merely an absence of diseases or infirmity. Health underpins productivity, cognitive function, and societal progress. Rapid urbanization, ultra-processed food consumption, sedentary lifestyles, irregular sleep cycles, and excessive screen exposure are reshaping metabolic and psychological health patterns; particularly in India, where malnutrition and obesity coexist alongside rising mental health disorders. Good health is the most important thing. More than success, more than money, more than power, so we have to take care of our health. Health the most priority event in present as well as future life. As we known if we are healthy then everything which we do is healthy. The food we take is directly related to brain health because of connection between gut and brain health. The entire situation inspired me to talk about this situation.

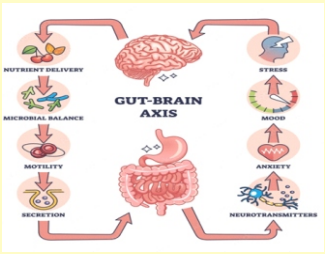
Global Hunger Index is 27.3 of serious category with ranking of 105 out of 123 countries in 2024 and 102 in 2025. Severe Child Food Poverty- According to UNICEF reported that 27% of children globally live in severe food poverty with 40% in India. Screen media indicate that screen media have serious adverse effect on children's health (According to the Quebec Longitudinal study of child development cohort, 1 hour increase in TV exposure at 2 years of age, 7% unit increase in participation in class, 6% unit decrease in math proficiency in the 4th grade). According to (NHIS-Teen) 2021-2023 National Health Interview Survey-Teen, daily non-school work screen time defined as 4 or more hours of daily screen time. Adverse health outcome across the domains of physical activity, sleep, weight, mental health). Teens with limited physical activity and sleep has high risk for several negative mental health outcomes includes anxiety, depression, poorer quality of life. Malnutrition Statistics- 172 million people in India are undernourished. Child malnutrition remains high, with 18.7% wasting (acute) and 35.5% stunting (chronic). Micronutrients Deficiencies- Anaemia affect in children is 67.1% and in Adolescent is 59.1%. Dietary accessibility- Is about 40.4% which can't afford a healthy, nutrient rich diet.

According to a report by Global Nutrition, imbalanced diets are associated with 20% to 25% of all deaths in adults. An imbalance diet increases the risk of coronary heart diseases, stroke, type 2 diabetes, and several cancers. (In 2025, poor diet contributed to over 70% of new type 2 diabetes cases). The prevalence of ultra processed foods (UPFs) and packed food in modern diets leads to decrease in microbial diversity and lower levels of beneficial bacteria, such as, "Akkermansia municiphila, Eubacterium rectale, and Faecalibacterium prausnitzii". These diets also cause an increase in pro inflammatory bacteria microorganism, including E. coli, Ruminococcus gnavus, or Fusobacterium sp. These alteration in the microbial community contribute to persistent inflammation, which increases chronic disorders like metabolic syndrome, irritable bowel syndrome, type 2 diabetes, and colorectal cancer. Furthermore, UPFs may alter the gut-bran axis, affecting cognitive function and mental health. According to Nutri Net - Santa and UK Biobank, high UPF intake increase the high risk of Crohn's Diseases (Inflammatory bowel disease). According to PMC - NIH 2025 study suggested that high UPF consumption with a higher risk of inflammatory bowel disease (IBD), specifically Crohn's disease (1.13 to 1.71 times high risk). A 2022 BMJ study found a 29% higher risk of colorectal cancer in men consuming high amounts of UPFs. According to a 2025 report, high consumption of UPFs (Ultra Processed food) increases body mass index (BMI) and contributes to metabolic dysfunction. For every 10% increase in daily caloric intake from UPFs, there is an associated 10% to 30% increase risk of becoming overweight or obese. Meal time has direct relationship with mental health, acting as a crucial regulator of mood, anxiety and stroke level through circadian rhythm alignment. Irregular eating patterns, particularly later meals are strongly associated with higher incidences of depression, anxiety and fatigue. Study on high shift work showed that eating during night causes 26% increases in depression levels and 16% increase in anxiety. There is an optimal eating windows for adolescents and children, an eating window of 11.5 hours is associated with the lowest occurrence of depression. Both shorter window which is under 10 hours and longer window which is over 12 hours associated with higher depression risk. Breakfast skipping is strongly linked to a significantly higher occurrence of depression up to 2.7 times higher in children, adolescents and adults.

Cardio Vascular and Cancer Risk- Poor diet, obesity and lack of physical exercise are expected to cause about a 12.8% increase in cancer incidents by the end of 2025. High sodium and unhealthy fat consumption contributes to hypertension and heart diseases.

Enhancing overall well-being

1) Reduce UPFs consumption
2) Take a diet which is good for gut health like
* Fiber rich diet- Green leafy, whole Grain (Millets), Legumes
* Probiotic food (Fermented diet)- Yoghurt, Buttermilk, Kimchi, Kefir, Sauerkraut, Kimchi, Miso, Kombucha.
* Prebiotic food- Garlic, Onion, Ginger
3) Stay Hydrated 4) Sleep 7-9 hours per day
5) Manage Screen timing
6) Manage stress free life by exercising, yoga and meditation
7) Encourage healthy eating windows

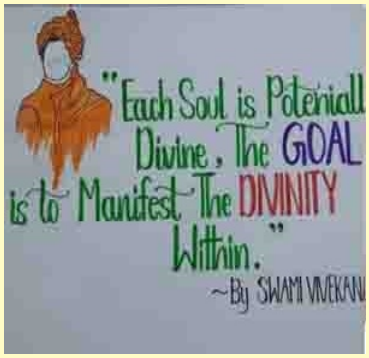


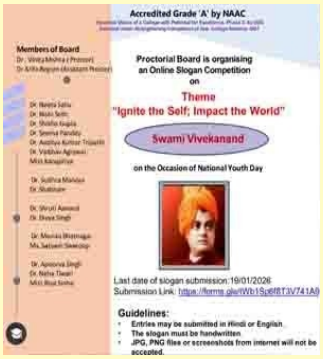
DATA (Health-influencing variables)

National Youth Day

An Online Slogan Competition was organized by the Proctorial Board of S. S. Khanna Girls' Degree College, Prayagraj on the occasion of National Youth Day. The competition aimed to encourage students to express their ideas creatively.

The theme of the competition was "Ignite the Self; Impact the World." Students participated actively and submitted handwritten slogans in Hindi or English through an online link. All participants followed the given guidelines, and the entries reflected creativity and awareness. The best three participants were awarded certificates, along with two consolation prizes.







National Girl Child Day

On the occasion of National Girl Child Day on 24.01.2026, the Women's Cell of College organized a Poster Competition on the theme "Breaking Barriers Building Future". Dr. Rashmi Singh, Chairperson of the Women's Cell, discussed the importance of National Girl Child Day. Dr. Anubha Chaturvedi and Dr. Vinita Mishra from the Women's Cell were present. Principal Prof. Laima Singh has congratulated the students for their participation and given her blessings.

International Woman's Day

On the occasion of International Women's Day, the women's cell has successfully organized a poster-making competition on March 9th. The theme of the competition was "Rights, Justice, Action for All Women and Girls," and volunteers participated enthusiastically. The event was held in the college's L-1 Hall, where, starting at 12 noon, students presented messages on women's rights, equality, justice, and empowerment through creative posters. Through colors and drawings, participants effectively depicted the status of women in society, their rights, and the need for awareness. The program was conducted under the guidance of chairperson, Women Cell, Dr. Rashmi Singh. Such activities promote social awareness and creative thinking among youth. Students who created outstanding posters in the competition were honored. The program concluded on a positive note, with all participants congratulated for their creative contributions.





National Science Day

Science club in association with SSKIIC, celebrated National Science Day with great enthusiasm and dignity on February, 28th, 2026 by organizing different Competitions on this occasion. The theme of the National Science Day 2026 was "Women in Science: Catalysing Viksit Bharat," The program began with a welcome address by Principal Prof. Lalima Singh. The chief guest of the event was Dr. Neerja Kapoor, former Head of the Department of Zoology at CMP Degree College. Prof. Archana Jyoti and Dr. Sippy Singh presented Sapling and Prof. Preeti Singh and Dr. Shubhra Malviya presented memento to the Guest. Various competitions were organized for the occasion such as Rangoli on Scientific theme, best out of Waste Exhibition, Debate competition and Idea Presentation. A total of 125 students participated in different events. In the scientific rangoli competition, the first winner was Komal Maurya, second winner was Saraswati Vishwakarma and Arpita Singh and third winner was Shraddha Mishra, and Naheed Zehra Naqvi. The internal jury in Scientific Rangoli Competition comprised Dr. Sippy Singh, Coordinator, Faculty of Science and Dr. Shabnam Parveen, In the debate competition, the first prize was bagged by Anusha Singh, second by Shreyashi Umrao and third prize was bagged by Akanksha Singh. Dr. Sumita Sehgal and Dr. Bushra were internal judges in Debate competition. The internal jury in Best out of waste Competition comprised Dr. Sarita Agarwal and Dr. Shivam Mishra. In the best out of waste competition, the first was Fatima Zehra, second was Zoya Irfan, and third was Arishfa Fatima.

Shraddha Pathak bagged first in Idea Presentation, Hiba Khan second and Gargi Pandey bagged third prize. Dr. Anuradha Singh and Dr. A. Rahman were internal judges in Idea Presentation. Prizes were presented to the winners at the end of the programme.

Dr. Shubhra Malviya, Chairperson of the Science Club, coordinated the event with the committee members. Dr. Sumita Sehgal conducted the program, and Dr. Pramila Gupta delivered the vote of thanks. Prof. Archana Jyoti, Prof. Preeti Singh, Dr. Alok Malviya, Dr. Richa Tandon, Dr. Sharmila, Dr. Achala, Dr. Durgesh, Dr. Ranjana, Dr. Sharvesh, and Ms. Pragati were present in the programme.





Don't limit a child to your own learning, for she was born in another time. - Rabindra Nath Tagore

राष्ट्रीय विज्ञान दिवस पर स्टेम प्रदर्शनी का आयोजन





डॉ० मधु टंडन बी०एड० संकाय द्वारा दिनांक 28 फरवरी 2026 को राष्ट्रीय विज्ञान दिवस के उपलक्ष्य पर स्टेम प्रदर्शनी का आयोजन किया गया। प्राचार्या प्रोफेसर लालिमा सिंह एवं समन्वयक डा० सौम्या कृष्ण ने छात्राओं का उत्साहवर्धन किया। छात्राओं ने चंद्रयान 3, जलवायु परिवर्तन, साइंस वर्सेज मैजिक, प्रदूषण इत्यादि विषयों पर स्टाल प्रदर्शन का कार्य किया एवं विज्ञान, तकनीकी, अभियांत्रिकी एवं गणित के क्षेत्र में महिलाओं के सशक्त योगदान को पोस्टर द्वारा रेखांकित किया। निर्णायक मंडल के रूप में शिक्षाशास्त्र विभाग से डॉ० रश्मि सिंह, विज्ञान संकाय से डॉ० सिप्पी सिंह एवं डॉ० सुमिता सहगल एवं विधि संकाय से डा० प्रत्यूष पांडेय ने अपना कार्य संपन्न किया। प्रथम स्थान पर तनु पाल, प्रज्ञा मालवीय एवं रिया केसरवानी द्वितीय स्थान पर स्मृति, दीपाली केसरवानी, दीक्षा पांडेय एवं तनु मोदनवा एवं तृतीय स्थान पर आयुषी शुक्ला, रुकैया खानम एवं सुरुचि पांडेय रही। इस उपलक्ष्य पर डॉ० रिया मुखर्जी, डा० प्रीति यादव, डॉ० नेहा राय, डॉ० आरिफा बेगम, डॉ० ज्योति बैजल एवं सभी शिक्षक प्रशिक्षक उपस्थित रहे। कार्यक्रम का आयोजन सुश्री सत्यम स्वरूप एवं डॉ० तन्मय गुप्ता द्वारा किया गया।

Masti ki Pathshala 2026









Masti ki Pathshala 2026, a vibrant celebration of Art, Culture and Youth in its sixth edition, was organised on 17th March 2026 that showcased incredible talents of our youth.Vice Principal Prof. Manjari Shukla Maam welcome the guests and inspired the participants with her words of wisdom and encouragement.Dr. Manju Mishra provided insightful commentary on the events and highlighted the motive behind organization of Masti Ki Pathshala and announced the topics for the Face Painting Competition ("Creativity Symbol") and Poster Making Competition ("Contribution of Savitri Bai Phule to Education"). Several Competitions were organized during the festival.**Face Painting Competition**Students showcased their creativity through stunning face art, bringing to life the theme "Creativity Symbol ".**Mr. Manvendra Singh** graced the event as esteemed judge.The event was coordinated by Mr. Lal Bahadur.**Debate Competition**Participants engaged in lively discussions on the topic "Artificial Intelligence: Enemy of Employment or Friend of Future", presenting their views with conviction and eloquence.**Prof. Malti** evaluated the performances with keen insight.The event was coordinated by Dr. Aruna Tripathi.**Jam Competition**Teams impressed judges with their improvisational skills, showcasing spontaneity and creativity.**Dr. Rachna Shrivastav** judged the competition with expertise.The event was coordinated by Dr. Shalini Rastogi and Dr. Ranjana Tripathi. **Folk Song Competition**Energetic performances got everyone singing along, filling the air with joy and music.**Dr. Ankita Chaturvedi** was the esteemed judge.The event was coordinated by Dr. Baldeep Kaur. **Poster Making Competition**Students showcased their creativity through stunning posters, on the topic."Contribution of Savitri Bai Phule to Education"**Dr. Rajendra Bhartiya** evaluated the performances with keen insight.The event was coordinated by Dr. Deepika Ojha. **Stand Up Comedy**A new addition to the festival, the Stand Up Comedy event had the audience in splits with hilarious performances on the topic "A Teacher's Daydreams".**Dr. Anirban** judged the competition with expertise.The event was coordinated by Miss Satyam Swaroop.**Drama Competition**Powerful performances highlighted social issues and cultural richness, leaving a lasting impact.**Mr. Ajit Bahadur** evaluated the plays with discerning eyes.The event was coordinated by Dr. Mamta Bhatnagar.After completion of all the competitions award ceremony commenced with lighting of the lamb by chief guest Professor Satyakam, vice chancellor of UPRTOU Prayagraj. Principal, Prof. Lalima Singh madam extended the warm greetings to honorable chief guest. Moving ahead; report was presented by Dr. Deepika Ojha. Chief Guest professor Satyakam lauded organisation organisms and participants and emphasized the importance of such platforms in holistic development of future educators.

The aim of university education should be to turn out true servants of the people who will live and die for the country's freedom. - Mahatma Gandhi

Special Lecture on Examination Reform in Higher Education

A special lecture was organized by the Education department on 29th January 2026 on the topic "Examination Reform in Higher Education." Prof. Lalima Singh has welcomed the guest. Dr. Sujit Kumar Mishra has delivered a very thought-provoking, engaging, and interesting lecture on the topic. Dr. Jyoti Baijal has read the brief bio of the resource person. Dr. Rashmi Singh has introduced the topic, Dr. Neeta Sahu has organized the interactive session with students, and Prof. Ritu Jaiswal has thanked all the personnel who are presently or indirectly managing this event. Students have enthusiastically participated throughout the lecture, and at the end, they have resolved their queries about the topic. Dr. Harish Kumar Singh, Dr. Vinita Mishra, Dr. Sugandh Choudhary etc were present during the lecture.



Expert Session on "Entrepreneurship: How to Start Your Own Start-up

The Placement Cell of S. S. Khanna Girls' Degree College organized an expert discussion on the topic "Entrepreneurship: How to Start Your Own Start-up." The session focused on providing students with insights into various aspects of the business world and entrepreneurial opportunities. The expert speaker, Mr. Mohit Nagpal, guided the students on the concept of start-ups, identification of business opportunities, innovation, and the transition from college to the corporate world. He also highlighted career opportunities in Big-4 firms, FinTech, and the Power/Energy sector.

The session lasted for about 6090 minutes and was highly interactive. Students actively participated and engaged with the expert through questions and discussions. The main objective of the program was to provide practical exposure to the industry, enhance career clarity, and develop employability skills among students. The event was conducted in alignment with the New Education Policy 2020 (NEP 2020), promoting innovation and entrepreneurial thinking among students. The program was graced by the Principal, Prof. Lalima Singh, who encouraged the students. The guests were welcomed by the Chairperson of the Placement Cell, Dr. Vinita Mishra, and the vote of thanks was delivered by Dr. Subhra Malviya. Several faculty members of the



Special Lecture on From Stress to Strength: Ways to Enhance Resilience Among Young Women.

A special lecture was organized by the Anubhuti Mental Wellbeing Club on 24th February 2026 on the topic "From Stress to Strength: Ways to Enhance Resilience Among Young Women." The session aimed to create awareness about stress management and building emotional resilience among young women.

The keynote speaker for the event was Dr. Amreen Ahmad Ali, Assistant Professor, Department of Psychology, University of Allahabad. She delivered an insightful talk highlighting practical strategies to cope with stress, develop inner strength, and maintain mental well-being. The session was highly interactive and encouraged students to reflect on their personal challenges and growth.

The event was successfully organized under the coordination of Dr. Mamta Bhatnagar, who ensured smooth execution of the program. The lecture proved to be informative and inspiring for all the participants.



Interactive session on Live, Learn, and Launch

A session on the theme **"**Live, Learn and Launch**"** was organized for the students of Undergraduate (UG) and Postgraduate (PG) Education on 13th March 2026. The programme aimed to guide students towards holistic development, skill enhancement, and career readiness. The session was delivered by **Prof. Y. P. Singh**, Director of the G.B. Pant Institute of Social Sciences, Prayagraj, who interacted with students of UG and PG Education. He shared valuable insights from his academic experience and motivated students to adopt a lifelong learning attitude. The concept of *"Live, Learn and Launch"* represents a holistic approach to personal and professional development. It emphasizes living meaningfully, continuous learning, and applying knowledge in real-life situations. This approach is highly relevant in today's fast-changing world, where adaptability, skills, and innovation are essential.



A society that neglects the education of women denies itself half its potential. - Savitribai Phule

Educational tour to Shringverpur and Mangarh

On 17.02.2026, an educational tour to Shringverpur and Mangarh was organized by Dr. Madhu Tandon B.Ed. faculty. During the visit, the pupil teachers explored various ancient historical sites and other places of historical importance, including Nishadraj Park. The students showed great enthusiasm throughout the educational excursion.




A botanical visit to Chandra Shekhar Azad Park, Prayagraj

A botanical visit to Chandra Shekhar Azad Park, Prayagraj, was organized by the Department of Botany on February 13, 2026, for undergraduate and postgraduate students to observe plant diversity and gain practical field experience. During the visit, students identified various trees, herbs, shrubs, medicinal and ornamental plants, and studied their morphological characteristics and ecological importance.



A Botanical Excursion to the Botanical Survey of India (BSI), Central Regional Centre, Prayagraj

A botanical excursion to the Botanical Survey of India (BSI), Central Regional Centre, Prayagraj, was organized by the Department of Botany on February 17, 2026, for postgraduate students. During the visit, students attended an informative and engaging lecture on "Botanical Survey of India: Plant Diversity and Vegetation," delivered by Dr. Vinay Ranjan (Scientist-E and Head, BSI, Central Regional Centre, Prayagraj). Furthermore, Dr. Sanjay Mishra and Dr. B. Lakshmanadu, Senior Scientists at BSI, explained the different plant species cultivated at the Central Regional Centre and demonstrated proper methods of plant collection and herbarium preparation. Students also visited the library and herbarium at BSI, gaining valuable exposure to plant reference collections and preserved specimens.




Educational Visit to Maheva Gram to meet with women entrepreneur related to Munj Handicraft

The Women Cell organized an educational visit to Maheva village along with students to interact with local women entrepreneurs engaged in Munj handicraft on 11.02.2026. The visit aimed to create awareness about the traditional art of Munj craft, its cultural significance, and its role in promoting women's livelihood and self-reliance. Students observed the process of making various eco-friendly products and gained firsthand knowledge about the skills, challenges, and entrepreneurial journey of rural women. This initiative not only enhanced students' understanding of indigenous crafts but also inspired them to appreciate and support local artisans and sustainable practices.





Visit to Zoological Museum, Department of Zoology, University of Allahabad, Prayagraj

As the Zoological Museum is one of the finest museums across the continent provided with a rare collection of specimen and skeletons, A visit was organized for postgraduate (M.Sc. sem IV) students to Zoological Museum, Department of Zoology, University of Allahabad on 16.02.2026 to show a large collection of rare specimen. Dr. Shubhra Malviya, Dr. Sippy Singh, Dr. Akhlaqur Rahman, Dr. Sarita Agrawal, Dr. Durgesh Singh and Dr. Shivam Mishra accompanied the students.





Archival Exhibition

A two-day archival exhibition was organized on 26 February by the Regional Archives Prayagraj, the Academic Club, and the Department of Medieval and Modern History of S.S. Khanna Girls' Degree College.

The exhibition was inaugurated by the chief guest, Prof. Ajay Prakash Khare, Principal of CMP Degree College. In his address, he said that archives are the most important source for obtaining accurate information about heritage and historical events. By using them, we can draw inspiration from the sacrifice, dedication, and martyrdom of the soldiers of India's freedom struggle.

The college principal, Prof. Lalima Singh, along with students, visited and viewed the exhibition. The program was conducted by Dr. Vineeta Mishra, and Dr. Shiv Shankar Srivastava delivered the vote of thanks.

Among those present on the occasion were Archive In-charge Ghulam Sarwar, Rakesh Kumar Verma, Prof. Manjari Shukla, Prof. Rachna Anand, Prof. Meenu Jaiswal and Dr. Ravikant Singh.





SCC ONLINE TRAINING

On 30th January, 2026, a SCC Online Training Session was conducted at the Saroj Lalji Mehrotra Centre of Legal Studies.



Hands-on Training on Culture Media Preparation And Laboratory Glassware Sterilization

Hands-on Training on Culture Media Preparation and Laboratory Glassware Sterilization was organized by the Department of Botany on February 6, 2026, for undergraduate and postgraduate students. Dr. Alok Malviya (Assistant Professor, Department of Botany, SSKGDC) guided the students in preparing nutrient media, accurately measuring and mixing ingredients, and maintaining aseptic conditions. Students also practiced sterilizing glassware using an autoclave.



A working model workshop

Department of Physics always encourages girl students for critical thinking and boosting their academic potential for overall development by organizing various activities. A working model workshop is organized in Department of Physics by the students of B.Sc. III on 13:02: 2026. The topics of models were very interesting such as automatic water dispenser, smoke sensor, solar night lamp, plant irrigation system, soil moisture detector, half wave and full wave rectifier etc. Students presented these models for the understanding of digital application in social life. Outcome of workshop empowered physics students with technology by designing and soldering various types of ICs in printed circuit board so that new generation will forge ahead and contribute to realize the vision of developed India.





Hands on Training in Environmental Techniques

Three days Hands on Training in Environmental Techniques was organized by Department of Zoology, under DST-CURIE Scheme from February, 2-4, 2026. In this workshop the undergraduate and postgraduate students of Zoology were trained for different instruments and techniques used in Environmental biology. Prof. Lalima Singh, Principal, S. S. Khanna Girls' Degree College, Motivated students. Faculty members of the department Dr. Shubhra Malviya, Dr. Sippy Singh, Dr. Akhlaqur Rahman, Dr, Sarita Agrawal, Dr. Durgesh Singh and Dr Shivam Mishra disseminated the techniques.

On the first day of the workshop the participants collected samples from Yamuna River at Bargadghat, Prayagraj and also estimated different physical parameters at the collection site to assess water qualities at this site. The participants were also introduced with the instruments used in environmental biology and their applications. On the second Day the faculty members explained principles and procedures to be used in Chemical parameter analysis. The students assessed various chemical parameters such as Dissolved Oxygen, Carbon dioxide content, Chloride content, Alkalinity and Biochemical Oxygen Demand. On the third day students tested various Chemical parameters using water analysis kits which gave an insight to the level of contamination in water at the collection site. There were 85 registered participants in the workshop.





Hands-on training session on Microtomy

The Department of Botany organized a hands-on training session on Microtomy on February 10, 2026, for undergraduate and postgraduate students to develop practical skills in preparing thin plant tissue sections for microscopic examination. Dr. Alok Malviya (Department of Botany, SSKGDC) acquainted the students with the working principles of a microtome and highlighted its significance in plant anatomy. During the training, students were guided through key steps including specimen preparation, paraffin embedding, section cutting using a microtome, staining, and mounting of slides.



Financial Literacy Awareness Program

The Nand Kishore Khanna Commerce Faculty and Commerce Club of S. S. Khanna Girls' Degree College, Prayagraj, a constituent college of the University of Allahabad, organized a Financial Literacy Awareness Program on 11 March 2026 in the Conference Room from 12:00 PM to 1:00 PM in collaboration with BSE Ltd.

The program commenced with an introductory address by Dr. Shiv Shankar Shukla, who anchored the session and warmly welcomed the resource persons and participants. Principal Prof. Lalima Singh also extended a cordial welcome to the experts and students and addressed the gathering, highlighting the significance of financial literacy and the need for students to develop awareness about financial planning and responsible financial management.

The session was conducted by Mr. Kaushik Kunal and Ms. Shipra Srivastava, who are SEBI/NISM certified trainers. They discussed various aspects of financial literacy including saving habits, investment awareness, basics of the stock market, digital payment safety, fraud awareness and various government financial schemes. The speakers also explained how financial literacy helps individuals make informed financial decisions and manage their finances effectively.

The program was coordinated by Dr. Nishi Seth. It was attended by faculty members including Dr. Anuj Pandey, Dr. Divya Singh, Dr. Rahul Maurya and Dr. Shaiba, along with a large number of students who actively participated in the session.

The event concluded with a vote of thanks delivered by Dr. Shruti Aanand, expressing gratitude to the resource persons, faculty members and students for their participation and support.

Overall, the program proved to be informative and beneficial in enhancing financial awareness among students.



An awareness programme on "Disease-Free Village

An awareness programme on "Disease-Free Village with Special Focus on Menstrual Health and Hygiene" was conducted in Kakra village on 9 February 2026 under the Social Awareness Club. The programme was organized under the guidance of UBA Chairperson Dr. Neha Rai and Activity In-charge Dr. Preeti Yadav. Other active members of the club, including Dr. Riya Mukherjee and Dr. Saumya Krishna, along with research scholars, also visited the village and contributed to the successful execution of the programme. The primary focus of the programme was on women, to raise awareness about menstrual health and hygiene. Women residents of the village participated enthusiastically and benefited from the session. During the programme, the women were made aware about the importance of maintaining personal hygiene during menstruation, the proper use and safe disposal of sanitary products, and the need to break social taboos associated with menstruation.



Village and Household Survey of Adopted village

As per the **Unnat Bharat Abhiyan** guidelines, the UBA Cell of S.S. Khanna Girls' Degree College conducted a survey in two adopted villages, namely Bani and Kakra, located in the Bahadurpur Block, Jhusi. The survey in Bani village was conducted on 3.2. 2026, while the survey in Kakra village was carried out on 9.2.2026. During the household survey, research scholars, village in-charges, and faculty members actively participated. The survey focused on basic infrastructure, including sanitation, safe drinking water, electricity, and road connectivity. The data were collected through an interview schedule provided by the UBA Office.



Picture of Bani Village survey

Charity Activity at Leprosy Centre, "Box of Blessings"

On January 21, 2026, A charity activity was organized at the leprosy center under the banner of Extension services and Social Awareness Club. On this occasion, committee members donated clothing and food items to individuals suffering from leprosy. This charity activity conducted under the banner of "Box of Blessings". The collection of cloths was doing from 15. 12. 2025 to 15.01.2026. Along with the cloths, some food items and hygiene kit (rice, wheat flour, Toor dal, cooking oil, detergent powder and soap) was donated to the leprosy residents. The objective of this program was to foster sensitivity, empathy, and a sense of social responsibility towards the underprivileged and marginalized sections of society. During the distribution of donations, interactions were also held with the beneficiaries at the center, and an effort was made to understand their life experiences. Through this initiative, the college conveyed the message that education is not limited to academic knowledge alone, but also includes fulfilling one's responsibility towards society. The active participation of all the committee members and volunteers contributed to the success of the program.



Poster Competition on Finiteness of Resources

A poster competition on the theme 'Finiteness of Resources' was organised under the aegis of the Extension Services and Social Awareness Club on 28.2.2026 in S.S. Khanna Girls' Degree College, Prayagraj. The aim the event was to create awareness among students about the limited nature of natural resources and to encourage responsible consumption, sustainability, and environmental consciousness. The competition witnessed enthusiastic participation from approximately 35 to 40 students, who presented thoughtful and creatively designed posters highlighting issues such as resource depletion, conservation strategies, sustainable development, and intergenerational responsibility. The participants effectively conveyed powerful messages through artistic expression, innovative slogans, and impactful visuals, demonstrating both awareness and concern for contemporary environmental challenges. The event was graced by the presence of Dr. Neha Rai, Chairperson, whose encouragement and appreciation motivated the students. Dr. Saumya Krishna, Dr. Riya Mukherjee, Dr. Preeti Yadav, and Miss Kanupriya Tripathi were also present and extended their support to the participants.



PARENT- TEACHER MEETING

On 20th February, 2026, a Parent Teacher Meeting was organised by the Department of Legal Studies via offline and online mode for the first-year students.



Activities Conducted by the Front Office, U.P. State Legal Services Authority (UPSLSA) cum Legal Aid Clinic, S.S. Khanna Girls' Degree College:-

Short Film & Reel- As part of "Frames of Justice," National Youth Reel & Short Film Competition, 2026 conducted by the National Legal Services Authority, a short film titled "Ek Kadam Zindagi ki Ore" on the theme NALSA DAWN (Drug Awareness and Wellness Navigation for a Drug Free India) Scheme, 2025 and a Reel on the theme Undertrial Prisoners (Standard Operating Procedure) were made.

Para Legal Volunteers of the Front Office, UPSLSA cum Legal Aid Clinic, S.S. Khanna Girls' Degree College participated in the 4th Edition of Prof. V. S. Mallar Memorial Legal Aid Competition (organised by the joint initiative of J.S.S. Law College, Autonomous, Mysuru & Centre for Environmental Law, Education, Research and Advocacy (CEERA) National Law School of India University, Bengaluru, in collaboration with Department of Justice, Ministry of Law & Justice Government of India), for which following activities were conducted:

Recording of Podcast on the topic, "The Protection of Women from Domestic Violence Act, 2005" with Shree Dinesh Kumar Gautam, Addl. District Judge (ADJ) & Secretary, DLSA Prayagraj.



Recording of Podcast on the topic, 'Honour Killing:
A Violation of Constitutional Rights and a Serious Crime Against Women's Freedom' with Shree Dinesh Kumar Gautam, ADJ & Secretary, DLSA Prayagraj,

Reels Making:- Five reels were created on Human Trafficking and its Impact, Child Rights, Acid Attack, Protection of Women from Domestic Violence, 2005 and Rights of Arrested Person.

Story Book Creation:- The Story book was Created on the title "When Fear Imitated the Law," on the theme cyber abuse and relief thereof.

Speed mentoring:- Speed Mentoring aimed at advancing women's empowerment and autonomy at the Panchayat level by strengthening them with indispensable knowledge of legal protection, governmental mechanisms and support systems. The two faculty coordinators, namely, Ms. Riya Sinha and Ms. Prachi Kumari accompanied the ten PLVs from the institution for this community-based event. The event recorded a total participation of twenty-three attendees.

Jan Sunvaai:- Jan Sunwai or Public Hearing in Bani Village was organised on 3rdFebruary 2026, which aimed at promoting legal aid, awareness, and community engagement at the Panchayat level. The event recorded a total participation of twenty-two attendees, where the PLVs and their faculty Incharges went from door to door for providing aid and awareness. The two faculty coordinators, namely, Ms. Riya Sinha and Ms. Prachi Kumari accompanied the ten PLVs from the institution for this community-based event.

Literary Fest - (Aikayam 2026)

On 31.01.2026, the Literary Fest titled 'Aikayam 2026' was organised by Literary club. Under this, an inter-collegiate self-composed poetry recitation competition in Hindi, English, Sanskrit and Urdu languages, an inter-collegiate Nukkad Natak competition, and a book exhibition were organized. On this occasion, Prof. Jaya Kapoor (Professor, Department of English and Modern European Languages, University of Allahabad), Dr. Virendra Kumar Meena (Assistant Professor, Department of Hindi and Modern Indian Languages, University of Allahabad), Dr. Rashmi Yadav (Assistant Professor, Department of Sanskrit, University of Allahabad), Dr. Zafrullah Ansari (Assistant Professor, Department of Urdu, University of Allahabad), Dr. Anirban (Assistant Professor, Centre of Film and Media Studies, University of Allahabad) were present as jury members. In Hindi self-composed poetry recitation competition, Misba Zehra of S.S. Khanna Girls' Degree College got the first place, Shreyanshi Umrao of S.S. Khanna Girls' Degree College got the second place and Shailendra Mishra of the University of Allahabad got the third place. In Sanskrit self-composed poetry recitation, Prashant Kumar Singh, of the University of Allahabad got first place, Garima Mishra of S.S. Khanna Girls' Degree College got the second place and Om Shukla of Ewing Christian College got the third place. In Urdu self-composed poetry recitation, Noor Afshan of Hamidia Girls' Degree College got the first place, Akbar Naseem of Ishwar Saran Degree College got second place and Ajit Gangwar of Ishwar Saran Degree College got the third place. In English poetry recitation competition, Anusha Singh of S.S. Khanna Girls' Degree College got the first place, Amisha Ranjan of University of Allahabad got the second place and Isheeta Priyam of Ewing Christian College got the third place. In Nukkad Natak competition, S.S. Khanna Girls' Degree College was awarded the best team, best theme was given to Ishwar Saran Mahavidyalaya, best actor was given to Utkarsh Yadav, Ishwar Saran Degree College. Principal Prof. Lalima Singh welcomed the guests in the program. Dr. Riya Mukherjee, Chairperson, Literary Club gave the vote of thanks. The program was conducted by students Kumkum Tiwari and Anushka from B.A. L.L.B. (Hons.). On this occasion, Hon'ble Mr. Justice Arun Tandon, Mr. Neeraj Khanna, Prof. Rachna Anand Gaur, Prof. Manjari Shukla, Dr. Soumya Krishna, Dr. Harish Singh, Dr. Neha Rai, Dr. Preeti Yadav were present. A total of 123 students from 9 different institutions, University of Allahabad, Ewing Christian College, Jagat Taran Girls' Degree College, CMP Degree College, Arya Kanya Girls' Degree College, Hamidia Girls' Degree College, Ishwar Saran Degree College, SPM Degree College, and Thakur Har Narayan Singh Degree College participated. The event was accompanied by a day-long book fair which was inaugurated at 11 am by Hon'ble Mr. Justice Arun Tandon, and Principal Prof. Lalima Singh.







Alumni Meet 2026



Alumni Meet 2026 on 12 February 2026 was organised with aiming at strengthening the bond between the institution and its alumni while celebrating their achievements and continued association with the college.

The event commenced with the ceremonial lighting of the lamp graced by the Chief Guest Minakshi Sinha - Chief Judicial Magistrate, Saharanpur. Principal Prof. Lalima Singh, Hon'ble Justice Arun Tandon, Vice-Principal, and other distinguished dignitaries. A soulful Vandana presented by the Cultural Committee set an auspicious and graceful tone for the programme.

The Principal's Welcome Address highlighted the academic progress, institutional achievements, and the invaluable contributions of alumni in various professional fields. This was followed by the reading and presentation of a citation, conducted by Dr. Jyoti Bajal and Dr. Shradha Rai. The Chief Guest was formally inducted as a Patron Member of the Alumni Welfare Association with the pinning of the association badge by Dr. Sumita Sahgal.



An informative session on the Alumni Association and its membership was conducted By Dr. Preeti Yadav, encouraging alumni to remain actively engaged with the college. To foster interaction and create a joyful atmosphere, engaging activities such as the Ball Throw Game and One Word Song were organized by faculty members (Dr. Nishi Seth, Dr. Vaibhav Agarwal, Dr. Shabnam Parween, Dr. Sarita Agarwal) , witnessing enthusiastic participation from the alumni. A vibrant folk dance performance added cultural richness and captivated the audience.

The winners of the games were felicitated with prizes and certificates by the faculty members.

One Word Song Competition Winners:

Chandni Pandey, Dr. Saumya and Yogita Kumari were awarded first, second and third prizes respectively.

Ball Throw Game Winners:

Chandani, Jahnavi and Yogita were awarded first, second and third prizes respectively.



In her inspiring address, the Chief Guest emphasized the importance of perseverance, self-confidence, and resilience, encouraging young women to pursue their dreams fearlessly. The programme concluded with the felicitation of the Chief Guest by Dr. Arifa begum Chairperson of Alumni Committee, followed by a formal Vote of Thanks by Dr. Ruchi Malviya, expressing gratitude to the dignitaries, alumni, organizers, and participants. The comparing of entire event was done successfully by Dr. Shubhra Malviya . Glimpse of Alumni Meet 2026.

Mental Wellbeing Club Anubhuti

Nukkad Natak

A nukkad natak was organized by SSK Sarthi under the Mental Wellbeing Club Anubhuti during the NSS Special Camp. The title of the play, "Khud ke aage sabke peechhe," beautifully conveyed the message of prioritizing self-awareness and mental wellbeing while maintaining social responsibilities.

The performance was engaging and thought-provoking, highlighting the importance of self-care, emotional balance, and the tendency of individuals to neglect their own needs while focusing on others. Through impactful dialogues and expressive acting, the team successfully connected with the audience and created awareness about mental health issues.

The natak was well-received by the audience and appreciated for its meaningful theme and effective presentation. It served as an important initiative to promote mental wellbeing among participants of the NSS Special Camp.

वाद विवाद प्रतियोगिता

''आज के प्रतिस्पर्धात्मक शैक्षणिक वातावरण में सकारात्मक सोच तनाव प्रबंधन की एक कारगर रणनीति है'' इस विषय पर महाविद्यालय के अनुभूति मेंटल वेल बीइंग क्लब द्वारा वाद विवाद प्रतियोगिता का आयोजन किया गया इस विषय पर इलाहाबाद विश्वविद्यालय से संबंद्ध सात महाविद्यालयों से छात्र–छात्राओं ने प्रतिभा किया एस.एस. खन्ना गर्ल्स डिग्री कॉलेज की सुकीर्ति पांडे ने प्रथम स्थान प्राप्त किया द्वितीय स्थान पर आर्य कन्या डिग्री कॉलेज की चेष्टा यादव रही के.पी. ट्रेनिंग कालेज की वंदना मौर्या ने तृतीय स्थान प्राप्त किया। इलाहाबाद विश्वविद्यालय के शिक्षाशास्त्र विभाग के हर्षित शुक्ला को सांत्वना पुरस्कार मिला। श्रेष्ठ रीबटल का पुरस्कार एस.एस. खन्ना महिला महाविद्यालय की सुकीर्ति पाण्डेय को प्राप्त हुआ। इलाहाबाद विश्वविद्यालय की शिक्षाशास्त्र विभाग की एसोसिएट प्रोफेसर डॉ. सोनिया एवं मनोविज्ञान विभाग की डॉक्टर अमरीन अहमद अली ने निर्णायक की भूमिका का निर्वहन किया। इस अवसर पर प्राचार्या प्रो. लालिमा सिंह ने छात्र–छात्राओं को शुभकामनाएं प्रेषित करते हुए कहा आपके व्यक्तित्व में नई ऊर्जा का संचार होता रहे इसके लिए आप सकारात्मक चिन्तन करें।





SUCCESS STORIES

Ms. Muskan Bajaj, Ms. Sameera Ekhlaq, and Ms. Sindhuja Chowdhary, students, B.A.LL.B. (Hons.) won the Best Memorial Award at the Medicap University's, Indore, Moot Court Competition 2026. The team reached the Quarter Finals (the final 8) defeating 37 teams.



Ms. Kanak Sonkar, a student of B.A.LL.B. (Hons.) Semester II has secured second in Inter Faculty Chess Competition organised by Sports Club, S. S. Khanna Girls' Degree College dated 28/01/2026.

Anusha Singh, student, 3rd year, participated and secured 1st position and Akanksha Singh, student, 3rd year secured 3rd position in the debate competition organised to celebrate the National Science Day on 28th February 2026, organised by Science Club, S.S.K.G.D.C.

Divyanshi Mishra, student, 3rd Year, secured 3rd Position in an Online Slogan Competition organised by the Proctorial Board on the occasion of Vivekananda's Birth anniversary.

Ms. Sukirti Pandey, student, 1st year participated in Intercollegiate Debate competition held on 24 February, 2026 and was adjudged the Best Debater and the Best Rebuttal.

Ms. Yashashvi Mishra, student, 5th year was adjudged Ms. Farewell, First Runner-up in 'NAVOTKARSH'- Farewell cum Fresher's organised by Dean of Students Welfare, S.S.K.G.D.C.

Ms. Divyanshi Singh, student, 1st year was adjudged Ms. Fresher's 2026 in 'NAVOTKARSH'- Farewell cum Fresher's organised by Dean of Students Welfare, S.S.K.G.D.C.



On 30 January 2026, Khushi Dubey, a pupil teacher of the B.Ed. faculty, participated in the "Debate Competition" at K.P. Training College, Prayagraj. She spoke in favour of the topic "Vikshit Bharat Shiksha Adhishthan Bill 2026" and secured the 2nd position, for which she was awarded a shield, trophy, medal, and certificate. Tannu Pal and Riya Kesarwani participated in Poem Recitation, and Pushpanjali participated in Debate. They received certificates for their participation.

The goal of education is not make you better it is to make you more - Albert Einstein

• On 20 February 2026, Aabha Rathore, a pupil teacher of the B.Ed. faculty, participated in "The Talent League 2026" at Ishwar Sharan Degree College. She competed in the Reel Making Competition on the theme "Journey to a Famous Place" and secured the 1st position, for which she was awarded a trophy and a certificate.



• On 25 February 2026, Sanskriti Mishra and Sarika Nishad, pupil teachers of the B.Ed. faculty participated in "Gyan Manthan" at United Institute of Management. They competed in 'Nritya' and were awarded certificates and 1st prize for their performance. Afreen Hafeez, Ayesha Sultan, Akshita Yadav, and Simran participated in Rangoli and Waste to Wow and received certificates for their participation.



• On 10 March 2026, Riya Kesarwani, Priya, Mahima Gupta, and Vinita, pupil teachers of the B.Ed. faculty, participated in the "Inter University Sanskriti Competition" at E.C.C., Prayagraj. They competed in Sanskrit GK and were awarded certificates for their participation.



• On 10 March 2026, Anjali Singh, a pupil teacher of the B.Ed. faculty, participated in the "Inter University Sanskrit Competition" at E.C.C., Prayagraj.

She competed in the Speech Competition and secured the 2nd position, for which she was awarded a silver medal along with a certificate.



• On 22 March 2026, Tannu Pal and Riya Kesarwani, pupil teachers of the B.Ed. faculty, participated in the "Asmita Yogasana City League 2026" at Swami Bhrajanand Mrityunjay Seva Trust, Jhusi, Prayagraj. They competed in Traditional Yoga and were awarded certificates and mementos for their participation.





Upcoming Events



- Placement Drive (2nd April 2026)
- Inter-Faculty Badminton Sports Competition (6th April 2026)
- 4th Edition of Prativaad - Politico legal debate competition (7th April 2026)
- Poster Competition On World Heritage Day

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The only person who is educated is the one who has learned how to learn and change. - Carl Rogers