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A Theatrical Tribute to the Iron Man of India

On the oeeasion of the 150th birth anniversary of Sardar Vallabhbhai Patel, a life-based play was staged at Gurukul Mahila Arts and Commeree College, Porbandar. The momentous oeeasion was observed with deep respeet and patriotie fervour, eommemorating Sardar Vallabhbhai Patel, the Iron Man of India and the arehiteet of national unity and integrity. Inspired by the guidanee of the Prineipal, Dr Anupam Nagar, and under the mentorship of the Head of Natyadhara, Dr Ketki Pandya, the Gujarat State Sangeet Natak Aeademy, Gandhinagar, under the Department of Sports, Youth and Cultural Aetivities, Government of Gujarat, organised a grand theatrieal presentation titled Akhanda Bharatna Shilpi Sardar Patel. The play was a heartfelt tribute to Sardar Vallabhbhai Patel, symbolising unity, integrity and national solidarity, and highlighted his unwavering resolve, tireless efforts and lifelong dedieation to the dream of an undivided India.

The Programme eommeneed with a formal weleome address by the Head of Natyadhara, Dr Ketki Pandya. As per the Gurukul tradition, the distinguished guests Trilok Thakar, Ashish Gandhi, Naresh Lakhani and Heena Lakhani were weleomed with floral garlands. Through powerful stage narration, the play unfolded the inspiring journey of Sardar Patel, from his early life as a farmer to beeoming a barrister and eventually emerging as the Iron Man of India.

This portrayal infused the audienee with a profound sense of patriotism. Signifieant episodes sueh as the Bardoli Satyagraha, the proeess of national integration, and his invaluable eontributions during the freedom movement were sensitively and effeetively depieted under the direetion of Akshay Patel.

The theatre artists brought their eharaeters to life with remarkable dedieation, diseipline and preeise aeting. Their dialogues, expressions and eoordinated stage performanee elevated the entire presentation to an exeeptional level.

In his feedbaek, Prineipal Dr Nagar reealled the unparalleled eontribution of Sardar Patel to the historieal building of the nation and appreeiated the efforts of the entire theatre team. This was followed by refleetions shared by Naresh Lakhani, Dr Ketki Pandya and Aditi Dave, who expressed their thoughts and emotional responses to the play.

The sueeessful organisation of the event was made possible through the sineere efforts of the Head of Natyadhara, Dr Ketki Pandya, along with members Aditi Dave and Parul Shukla. The play, staged in honour of the 150th birth anniversary of Sardar Vallabhbhai Patel, reeeived an overwhelming response from the audienee and eoneluded on a note of deep national pride and patriotie fervour.

Empowering Future Graduates: Internship Orientation at College

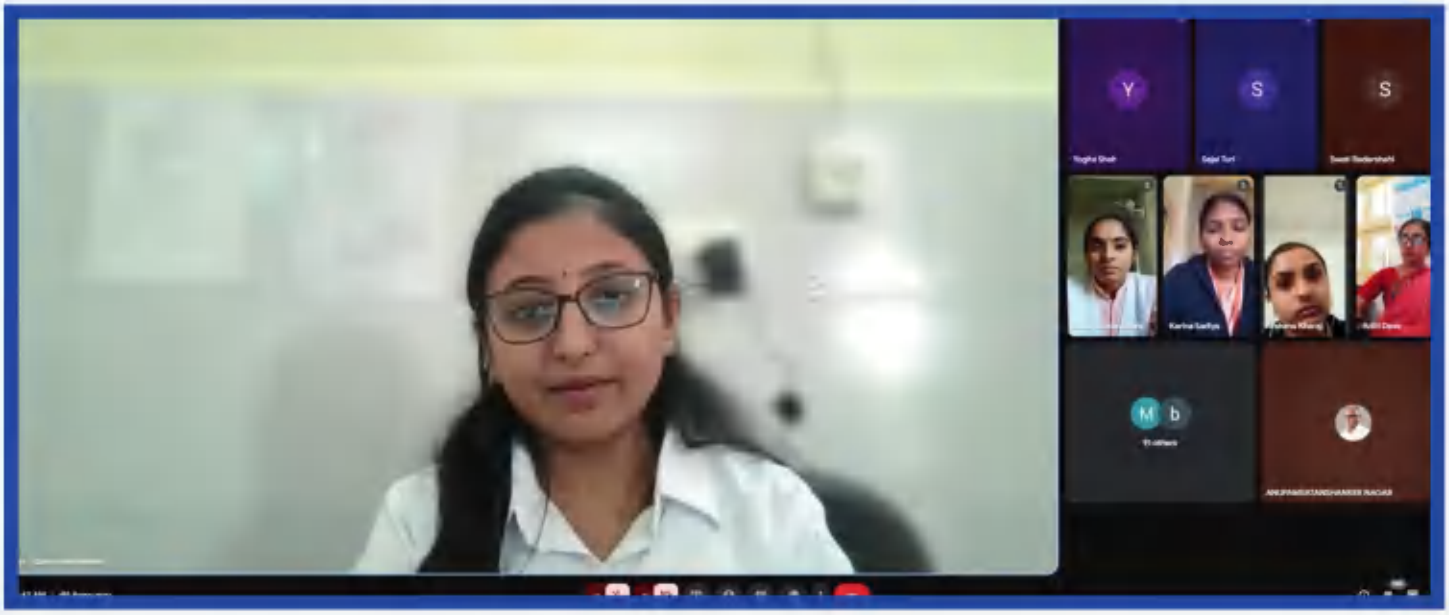
Under the New National Edueation Poliey 2020, the Government has made internships eompulsory for all students studying in Semester 6, as per the guidelines of the University Grants Commission. With the objeetive of ensuring that all students and teaehers of the eollege understand this Internship Programme well, a speeial interaetion session was organised on the eampus.

In this eontext, Prineipal Dr Anupam Nagar addressed all Semester 6 students and highlighted the importanee of internships. He explained how, in the present era, internships play a erueial role in developing skills that lead to self-relianee among today's youth. His motivational guidanee inspired the students to take the Internship Programme seriously and utilise the opportunity to enhanee their abilities.

Following this, detailed information about the guidelines prepared by Bhakta Kavi Narsinh Mehta University, Junagadh under the leadership and inspiration of Viee-Chaneellor Prof. Dr Pratapsinh Chauhan, was provided by University Nodal Offieer Dr Firoz Shaikh and his team. College Nodal Offieer Dr Nayan Tank further elaborated on the internship proeedures, the role of subjeet teaehers, and the signifieanee of the Internship SOP. He also guided students on how to undertake their internship work effeetively, prepare their projeet reports properly, and identify the range of skills they eould aequire in their respeetive subjeets. All queries raised by students were satisfaetorily answered.

Internship Assistant Nodal Offieer Dr Arfat Saiyad and Viee-Prineipal Prof. Rohiniba Jadeja also shared essential information during the interaetion. The eollege faeulty members expressed their eommitment to provide full eooperation and appropriate guidanee so that every Semester 6 student ean sueeessfully eomplete the Internship Programme within the preseribed time limit, fostering enthusiasm and eonfidenee among the students.

Your Life Is Precious: A Step Towards Mental Well-being



As a meaningful eontribution to the noble eause of edueation, a Mental Health Webinar was organised under the subjeet of Psyehology at Gurukul Mahila Arts and Commeree College, Porbandar.

In eomplianee with the direetives of the Honourable Supreme Court to promote awareness about mental health among students of higher edueation institutions aeross the eountry, Gurukul Mahila Arts and Commeree College, Porbandar, under the guidanee of Dr Anupam Nagar, organised a webinar on the theme "Your Life Is Preeious: Let's Talk About Mental Health" through the Department of Psyehology. The keynote speaker for the Programme was Dr Jhanvi Dave, Clinieal Psyehologist at Hope Psyeho-Wellness Centre, Keshod, and Government Distriet Hospital, Veraval.

The Programme eommeneed with a weleome address and introduetion by Ms Aditi Dave. This was followed by an insightful session by Dr Jhanvi Dave, who sensitised students and faeulty members about mental health, mental stress and various mental disorders. The session was interaetive, and Dr Dave also addressed and resolved questions raised by the students. The webinar eoneluded with a vote of thanks delivered by Mr Shubham Samani, faeulty member of the Department of Psyehology.

From Saurashtra to the World: An Inspiring Academic Achievement

The Prineipal of Gurukul Mahila Arts and Commeree College, Dr Anupam Nagar, partieipated in the 13th International Conferenee organised jointly by Maniben M. P. Shah College, Kadi, and Ladhidevi Ramdhar Maheshwari Night College of Commeree, Mumbai and the Grand Aeademie Portal, at the Statue of Unity, Kevadia. The theme of the eonferenee was "Gen Z in Foeus: Edueation Researeh and Responsible Citizenship – Where Innovation Meets Responsibility."

Dr Nagar presented a researeh paper titled "Pedagogy of the Ideal State: Edueation as the Foundation of Responsible Citizenship in Philosophieal Utopias." In addition, he was invited to serve as a panellist, a role that refleeted his aeademie standing and expertise. He was also honoured with a Speeial Reeognition Award at the eonferenee. This award was eonferred upon aeademieians, seholars and researehers from eountries sueh as Iraq, Ethiopia and Cambodia. Notably, Dr Nagar was the only Prineipal from India to reeeive this reeognition. Through this aehievement, he has brought signifieant honour to Saurashtra as well as to the Indian aeademie eommunity.

It is noteworthy that Dr Nagar has previously reeeived the Shiksha Vibhushan Award in 2016, the Voeational Serviee Award in 2017, and the Best Prineipal Award in 2024. He has been serving as a Prineipal sinee 2004 and has been assoeiated with the field of English studies as a faeulty member sinee 1990.

By representing Saurashtra at this international eonferenee, Dr Nagar has brought pride not only to the College but also to the entire region of Saurashtra. On this oeeasion, the Trustees of the College, faeulty members, staff members, alumni of Sri Sathya Sai Institute of Higher Learning, Viee Chaneellors of universities aeross Gujarat and neighbouring states, as well as NAAC assessors, extended their heartfelt eongratulations and best wishes to Dr Nagar.

Together for Life:
A Meaningful Blood Donation Drive

Gurukul Mahila Arts and Commeree College, Porbandar organised a blood donation eamp with the support and eooperation of the NSS, NCC and Asha Blood Centre, Porbandar.

On this oeeasion, the College Prineipal, Dr Anupam Nagar, personally donated blood and gave meaningful expression to the soeial awareness tagline prepared by Asha Blood Centre, “A new initiative of hope, let us eome together to save a life.” She also inspired all the students to dedieate themselves to “Serviee to Humanity.” The girl students of the college participated enthusiastieally in the blood donation drive.

The blood donation serviee reeeived eomplete support from the Direetor of Asha Blood Centre, Kamal Sharma. In addition, the dedicated services of Hani Chauhan, Diksha Sikotra, Sarita Salat, Kapil Jod, Mehul Singh Parmar and Ajit Parmar eontributed signifieantly to the sueeessful eonduet of the programme.

The College Prineipal consistently eneourages the organisation of sueh service-oriented eamps. He also made efforts to spread publie awareness about blood donation through a reel shared on the soeial media aeeount of Asha Blood Bank.

The entire programme was sueeessfully eondueted through the speeial efforts of NSS Programme Officer Dr Rajendra Chaudhary, Dr Namrata Samani and NCC Offieer Dr Sharmishtha Patel. The planning and exeeution of the programme were earried out smoothly, with student representatives Yogita Shah, Divya Kodiyatar, Janki Sundavdara, Mansi Shingarkhiya and Roshni Odedra playing an important role.

The main objeetive of the eamp was to ensure the availability of timely blood for those in need, espeeially children suffering from thalassaemia. On this oeeasion, a representative of Asha Blood Bank announeed that Gurukul Mahila Arts and Commeree College has taken an initiative to adopt two ehildren suffering from thalassaemia from today onwards. Asha Blood Bank also presented a eertifieate of appreeiation to the eollege and stated that this new initiative has been launehed with Gurukul Mahila Arts and Commeree College.

Bridging Education and Employability: A Structured Internship Initiative

Higher edueation is undergoing major ehanges, and in line with the National Education Policy 2020, greater importanee has been given to students aequiring praetieal edueation along with essential skills by learning direetly in real work environments. In aceordanee with this vision, the Department of Higher Edueation of the Government has made a 100-mark internship paper eompulsory in the sixth semester. The written framework regarding the implementation of this paper has been prepared by Bhakta Kavi Narsinh Mehta University.

As per the Standard Operating Proeedure preseribed by Bhakta Kavi Narsinh Mehta University, and without disturbing the regular aeademic aetivities, arrangements were made to ensure that the eollege students eould eomplete their internships smoothly. Under the eomplete guidanee and motivation of the College Prineipal, Dr Anupam Nagar, the Internship Nodal Officer, Dr Nayan Tank, and the Assistant Nodal Officer, Dr Arfat Saiyad, organised interaction and training programmes at the eollege—three sessions for students and one session for internship supervisors as per the University SOP. Through these programmes, detailed information was provided regarding suitable plaees where students eould eomplete their eollege edueation along with the mandatory 120 hours of internship as per the rules. Wherever required, eommunieation was also established with various internship-providing eompanies.

To ensure that the students eould simultaneously undertake internships in different organisations with ease and without any kind of stress, they were eneouraged and guided with neeessary instruetions by the College Principal, the Nodal Offieers, and all faeulty members. Miero-planning was earried out so that all sixth-semester Arts and Commeree students of the eollege eould begin their internships from 15 Deeember 2025. Request letters and Letters of Intent were provided to all students in advanee. All the students proudly eommeneed their internships on the same date, taking their first step towards shaping their eareers with employability skills. This eommendable initiative has been wholeheartedly appreeiated by the entire Gurukul Mahila College family.

Celebrating Words and Wisdom:
A Week-long English Literary Fest at Gurukul Mahila College

An Aeademie Weekly Programme was organised by the Department of English at Gurukul Mahila Arts and Commeree College, managed by the Rajratna Shreshthishri Nanjibhai Kalidas Mehta Arya Kanya Vidyalaya Trust, Porbandar. The Programme was eondueted with the objeetive of nurturing students' interest in the English language and literature and enabling them to exeel not only in Indian but also in Western literature. Under the guidanee of the Prineipal, Dr Anupam Nagar, the Head of the Department of English, Dr Ketki Pandya, along with all faeulty members of the English Department—Dr Nayan Tank, Dr Arfat Saiyad, Ms Aditi Dave and Ms Parul Shukla—organised this Literary Fest with the aetive partieipation of students.

The Literary Fest eommeneed with an Inauguration Ceremony. The programme began with the lighting of the lamp by the Prineipal, Dr Anupam Nagar, the Viee Prineipal, Prof Rohiniba Jadeja, and the Heads of various Departments. This was followed by a weleome address by Dr Ketki Pandya, Head of the English Department, in whieh she diseussed the key features of the English language. She explained, with suitable examples, how English differs from Gujarati, Hindi and Sanskrit, and emphasised the importanee of eorreet pronuneiation in every language. Thereafter, students of B.A. Semester 6, led by Ms Bhagwati Sutreja, presented the song "We Shall Overeome". Ms Bhagwati Sutreja also gave a detailed introduetion to the Indian English writer R. K. Narayan. Subsequently, students of B.A. Semester 2, led by Ms Shagun Parmar, presented the song "Come On, Come On". The Programme eoneluded with a vote of thanks by Dr Nayan Tank, Assoeiate Professor, Department of English. The entire session was anehored by Ms Aditi Dave.

Throughout the week, various eompetitions related to English language and literature were organised. On the first day, a Faney Dress Competition was held, with Dr Harin Majithiya, former Head of the Department of English of the eollege, present as the Chief Guest. The eompetition began with a weleome speeeh by Dr Nayan Tank. Students portrayed a wide range of eharaeters from English and Indian literature, ineluding the Three Witehes from Maebeth, Hamlet from Hamlet, King Lear, Goneril, Regan and Cordelia from King Lear, Queen Elizabeth, Tom and Huek from The

Adventures of Tom Sawyer, Dr Faustus, Mephistophilis, the Good Angel and the Bad Angel from Doetor Faustus, Mrs Malaprop from The Rivals, as well as Radha and Krishna. The judges for the eompetition were Ms Nimisha Pandit, Coordinator of English Medium Commeree, and Ms Tanvi Gurjar. A total of forty-two students partieipated. Addressing the students in his distinetive style, Dr Nagar explained the deeper meaning of the Literary Fest by beautifully illustrating the words “Lit”, “Wit” and “Fit”, while also motivating both faculty members and students. The vote of thanks was offered by Dr Arfat Saiyad.

On the second day of the Literary Fest, students partieipated in a Treasure Hunt organised at Bharat Mandir. By solving riddles related to the various eultural and historieal seulptures at Bharat Mandir, students enthusiastieally eompleted the Treasure Hunt activity.

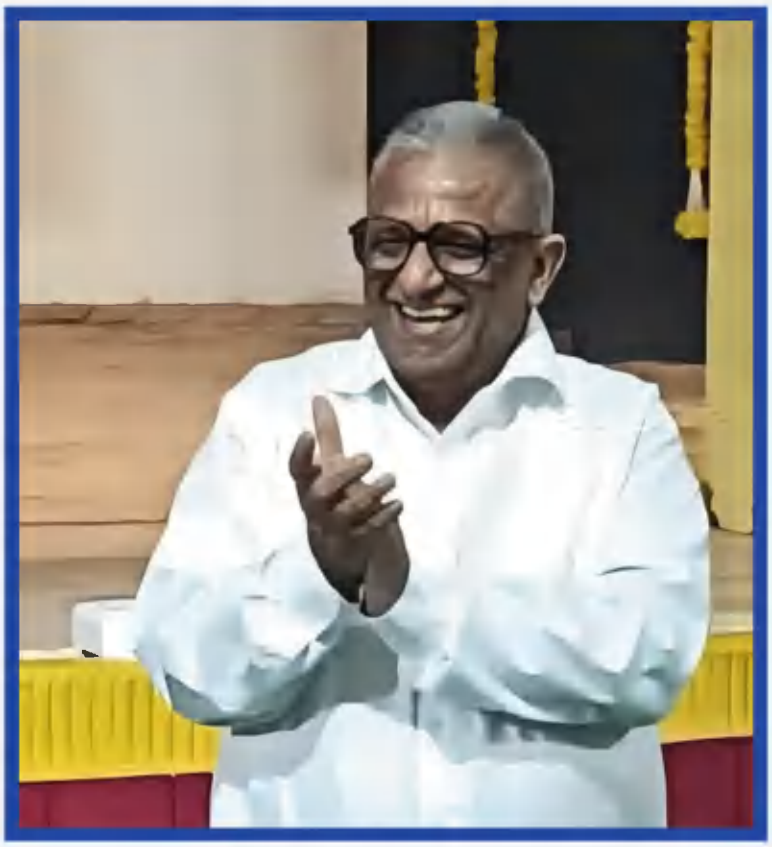
On the third day, an educational tour was organised to Dr Subhash Mahila College, Junagadh. Students and faeulty members aetively participated and engaged in a meaningful exchange of ideas with the students and faculty of the host institution.

On the fourth day, Dr Ayushi Vitthalani, an alumna of the English Department, an educational consultant and a neurotherapist, delivered a guidance lecture on IELTS (International English Language Testing System). The theme of the session was "English Beyond the Textbook: Express, Engage, Empower". Through a variety of fun activities, she highlighted the importance of IELTS and spoken English.

On the fifth day, Dr Ayushi Vitthalani also conducted a guidance session on mental health awareness. Through innovative activities such as colour therapy, the sporting web system, painting and games, she sensitised students to the question, "Why is mental health necessary?'

The concluding day featured the Closing Ceremony, with Dr Harin Majithiya as the Chief Guest. The Principal, Dr Anupam Nagar, Vice Principal Prof Rohiniba Jadeja, and other faculty members of the college were also present. The ceremony began with the Lord's Prayer, followed by a verbal welcome by Dr Ketki Pandya. The cultural events opened with a Bharatanatyam performance on the Sanskrit stuti "Ayi Girinandini" by Ms Megha Zala of B.A. Semester 4. This was followed by a rhythmic song presented by Ms Shagun Parmar and her group from B.A. Semester 2. Students of B.A. Semester 4 then presented a thought-provoking mime on the theme "Digital Fasting". Thereafter, students of B.A. Semester 6 staged O. Henry's short story The Gift of the Magi, showcasing their theatrical skills. This was followed by a poetry recitation by Ms Dhruvi Kukadiya of B.A. Semester 2. Students of B.A. Semester 6, led by Ms Bhagwati Sutreja, presented a motivational English song, after which the same semester students enacted Guy de Maupassant's short story The Necklace on stage.

Following the performances, the results of the various competitions held during the week were announced. In the Fancy Dress Competition, the first prize was awarded to Ms Megha Zala, Ms Dhara Joshi and Ms Riddhisha Khudaiwala; the second prize to Ms Dhruva Purohit, Ms Geeta Kadchha, Ms Payal Godhaniya and Ms Nayana Sambad; and the third prize to Ms Bhagwati Sutreja, Ms Payal Goswami and Ms Divya Kodiyatar. In the Treasure Hunt Competition, students of B.A. Semester 4 secured the first position, while students of B.A. Semester 6 secured the second position. All the winning students were awarded encouraging prizes by the English Department.



Appreciation prizes were also presented to Ms Bhagwati Sutreja and Ms Nandini Sarvaiya for their assistance and management support. The judges of the Fancy Dress Competition, Ms Nimisha Pandit and Ms Tanvi Gurjar, as well as Ms Aditi Dave and Ms Parul Shukla for their support in management, were felicitated with certificates.
In his concluding address, Dr Nagar once again enriched the meaning of the English Literary Fest by extending his earlier reflections and adding the words "Grit", "Knit" and "Commit to Unite", thereby making the Festival even more meaningful. The ceremony concluded with a vote of thanks by Dr Arfat Saiyad. The entire Programme was efficiently coordinated by Ms Aditi Dave. The success of the Programme was the result of the dedicated efforts of the Head of the English Department, Dr Ketki Pandya, along with Dr Nayan Tank, Dr Arfat Saiyad, Ms Aditi Dave, Ms Parul Shukla, and student representatives Ms Bhagwati Sutreja, Ms Nandini Sarvaiya, Ms Khushi Solanki, Ms Sejal Karavadra, Ms Siddhi Joshi and Ms Hemanshi Joshi.

When Letters Speak:
A National Dialogue on the Literature of the Inner-Self

Gurukul Mahila Arts and Commerce College, Porbandar, in joint collaboration with the Gujarat Sahitya Akademi, Gandhinagar, will organise a one-day National Seminar on 3 January 2026 on the theme "Antar Nu Ughadtu Dwaar: Patra" (The Opening Portal of the Inner Self: Letters), with special reference to letter literature in Gujarati, Hindi, Sanskrit and English.

To express human emotions, one often feels the need for a companion or a close confidant. When such a person is absent or distant, feelings of the heart find expression through messages or letters. A message or letter may serve either of two purposes: sending a message to another person or receiving one from them. Messages or letters written to convey or obtain information are placed under the category of informational literature (Literature of Knowledge). However, when writers have employed letters creatively in literature, they have often transformed into aesthetic literature (Literature of Power).

Whether in literature or in life, messages and letters become a medium to express ceaseless longing for a beloved, memories and recollections of a person, the pain of guilt, the search for truth, unspoken desires, psychological frailties and many practical aspects of human existence. In literature, the use of letters has proved to be an effective narrative device that adds momentum to the plot, while some messages have become immensely popular and timeless among the people. In the words of Govardhanram Tripathi, "Paper is the land of many hearts; just as clouds dissolve and rest upon the earth, so do many hearts find peace upon paper."

The roots of the concept of the 'message' can be traced back to the Vedic hymns, particularly in the episode of Indra–Sarama–Pani in the Tenth Mandala of the Rigveda. In the West, letter literature has long been a subject of curiosity, awareness and critical discussion, including its style, types and evaluation. Classical rhetoricians in Latin identified mainly two types of letters: personal and impersonal or functional. A third type may also be considered, written either for a specific individual or for publication in newspapers or journals. Alongside the tradition of classical literature, discussions on letter literature have continued from time to time.

According to scholars of rhetoric, propriety is always essential in letter writing. Natural openness is desirable, but excessive verbosity or undue casualness is to be avoided. Similarly, dryness, pretentiousness, excessive detachment or extreme emotionalism are considered undesirable in letters. As times have progressed, the ideals of letter writing have also evolved. With the intention of directing contemporary research perspectives towards letter literature, this national-level seminar titled "Antar Nu Ughadtu Dwaar: Patra" (with reference to Gujarati, Hindi and Sanskrit letter literature) is being organised. Students, researchers, teachers and interested scholars from across India may register and participate in this National Seminar.

The inaugural session of the National Seminar will be graced by the presence of Dr Bhagyesh Jha, Chairperson of the Gujarat Sahitya Akademi, Gandhinagar, and Dr Jayendrasinh Jadav, Secretary of the Gujarat Sahitya Akademi, along with trustees and distinguished guest Dr Narottam Palan, noted writer and historian.

As speakers, Dr Nivya Patel from the Gujarati Department, Anklav, Anand, who has completed major research work in letter literature, will speak on the letters of Jhaverchand Meghani under the topic "Li. Hu Aavu Chhu": A Glimpse into the Creator's Workshop. Professor Dr Datta Murumkar from the Hindi Department, University of Mumbai, will speak on Hindi letter literature. Dr Ratilal Rohit from the Gujarati Department, University of Mumbai, will present on the letter literature of Maharaja Sayajirao Gaekwad, while Dr Mahesh Makwana from Government College, Gandhinagar, will speak on the letter literature of the Ravibhan tradition.

From the Heort to the Poge: A Notionol Seminor on Epistolory Troditions

From Awareness to Action:
A Step Towards a Sustainable Tomorrow at Gurukul Mahila College

Gurukul Mahila Arts and Commerce College, Porbandar, which harmoniously blends the Gurukul tradition with modern education, celebrated National Energy Conservation Day with great dignity. With the noble belief that education is not limited to earning degrees but is a powerful means of shaping responsible and aware citizens, the College Innovation Club organised a special guidance session on the theme 'Energy Conservation and Sustainable Lifestyle'.

On this occasion, the former President of the Porbandar District Chamber of Commerce, Shri Jatin Hathi, was present as the chief speaker. He provided in-depth guidance to the students on the global significance of energy conservation and its vital role in shaping the future of the nation. He emphasised that energy forms the foundation of modern life, and conserving it is not merely a choice but a moral responsibility. He further explained how energy conservation contributes to economic development while maintaining environmental balance. Encouraging the students with the motto 'Energy for Life', he inspired them to become ambassadors of energy conservation and actively contribute towards building a sustainable future.

This programme reflected the core philosophy of Gurukul College, which seeks to extend education beyond the classroom and align it with societal needs. The institution firmly believes that true education is that which empowers future generations to protect and preserve the Earth. Gurukul Mahila College has consistently remained at the forefront in promoting women empowerment, moral values and social responsibility.

The institution highly appreeiated the efforts of the Innovation Club. The programme clearly demonstrated that even small initiatives in awareness can make a significant contribution towards creating a greener and more sustainable future. Through this meaningful initiative, Gurukul Mahila College once again reaffirmed its commitment not only to education but also to nation-building.

From Awareness to Action:
A Step Towards a Sustainable Tomorrow at Gurukul Mahila College

A one-day guidance Programme on the theme of Women Entrepreneurship was organised at Gurukul Mahila Arts and Commerce College through the joint initiative of the Entrepreneurship Development Institute of India and Gurukul Mahila College. The primary objective of the Programme was to create awareness about entrepreneurship among women, motivate them towards self-employment, and provide necessary guidance to help them become self-reliant.

The Programme was organised under the guidance and dedicated efforts of the Principal of Gurukul Mahila College, Dr Anupam Nagar. The Programme commenced in accordance with the Gurukul tradition, during which Dr Nayan Tank and Dr Ilu Gamit warmly welcomed the guests with a floral offering and a welcome address.

The Programme featured expert speakers from the field of entrepreneurship. Sachin Patel, who serves as a Project Officer at the Entrepreneurship Development Institute of India and possesses over fourteen years of professional experience, and Dhairya Vyas, an entrepreneur, were present as the key speakers. They provided detailed guidance on the scope of women entrepreneurship, various government schemes, start-up procedures, financial planning, marketing strategies, and ways to address ehallenges encountered in business. The students were highly inspired by the speakers' experience-based examples.

Approximately one hundred students participated enthusiastically in the Programme. During the question-and-answer session, several queries related to starting a business were raised by the students, and the speakers offered satisfactory responses, making the session lively and engaging.

The Programme was efficiently conducted by Prof Tanvi Gurjar. The overall organisation of the Programme was carried out under the guidance of Dr Ilu Gamit, Head of the Department of Economics at Gurukul Mahila College. The faculty members and staff of the college extended their full cooperation in ensuring the success of the Programme.

At the conclusion of the Programme, a vote of thanks was delivered, followed by the arrangement of a meal for all those present. The Programme clearly reflected the development of self-confidence, independent thinking, and entrepreneurial motivation among the female students.

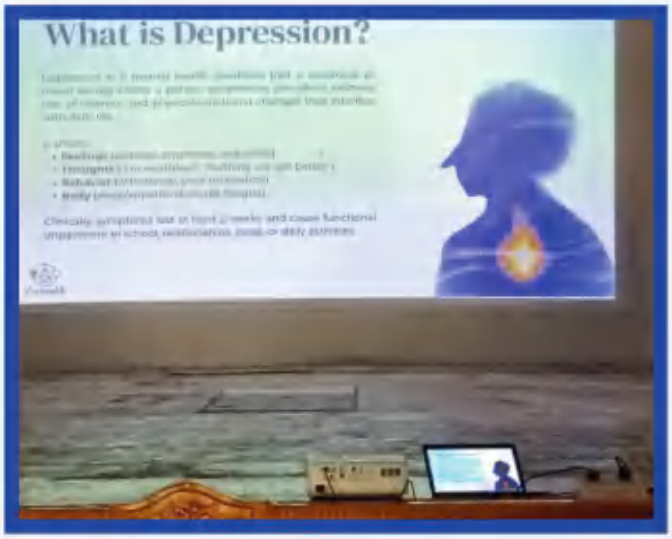
Understanding Gen Z:
Empowering Young Minds through Mental Health Awareness

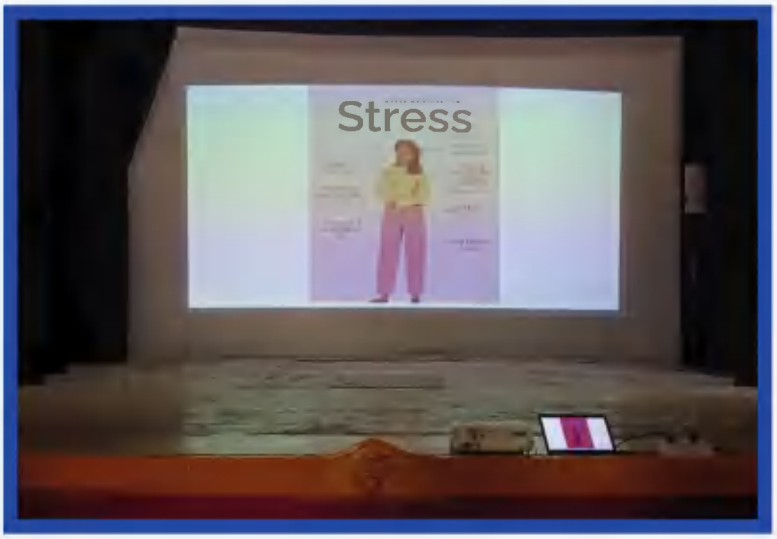
In accordance with the directions of the Honourable Supreme Court, various training programmes have been organised across educational institutions in India with the objective of safeguarding students' mental health and reducing the alarming rate of suicides. These programmes are designed for teachers, lecturers and hostel wardens, with the direct aim of understanding today's Gen Z and making them aware of, as well as protecting them from, the excessive use of devices such as mobile phones, tablets and laptops and their adverse effects.

Under the banner of TEERTH, a three-day workshop on the theme Holistic Wellness through Mental Health, Yoga and Suicide Prevention was organised at KCG, Ahmedabad, from 11 December to 13 December 2025. The Mental Health Co-ordinator of Gurukul Mahila Arts and Commerce College, Dr Bhargav Bhatt, participated in this workshop and successfully completed the entire training.

Based on this training, a session on "Stress, Depression and Mental Health" was conducted for the students of Gurukul Mahila Arts and Commerce College, Porbandar, on Thursday, 18 December 2025. Through various PPT presentations and practical examples, Dr Bhatt provided valuable guidance to the students on how to face and manage the mental health challenges of the present time.

This programme was organised under the inspiration and guidance of the College Principal, Dr Anupam Nagar, and was made successful by the active presence and participation of all faculty members and students of the college.





"Arise, Awake, and Stop Not": Awakening Young Minds in the Digital Age

In the digital age of technology, with the aim of ensuring that today's youth become intellectually stronger and, with a healthy mind and body, proudly associate themselves with the development of the nation, an inspirational interactive session was organised at Gurukul Mahila College. The session was delivered by Swami Shri Preshtanandji Maharaj of Ramakrishna Mission, Porbandar.

In his address, Swamiji emphasised the urgent relevance of Swami Vivekananda's thoughts in the present times. He explained how today's youth can imbibe Swami Vivekananda's ideas in their lives, develop a positive outlook, and contribute meaningfully to nation-building. He also highlighted how the revolutionary ideas of Swami Vivekananda had a profound influence on Mahatma Gandhi, Rabindranath Tagore, and Subhas Chandra Bose.

Further, noting that 12 January, the birth anniversary of Swami Vivekananda, is celebrated as National Youth Day, Swamiji appealed to the students to participate in the youth camps organised by the Ramakrishna Mission on this occasion. In connection with these celebrations, he also encouraged the students to take part in the video-making competition organised on the theme 'Swami Vivekananda and Social Service – The Spirit of Selfless Action', urging them to bring forth their creative and innovative abilities. Swamiji appreciated the discipline and decorum of the students present and bestowed his blessings upon all, wishing them an ideal personality and the attainment of noble goals. He also commended the faculty members who were present during the session.

With the objective of inspiring every student through the ideals of Swami Vivekananda, the organisation of this interactive session at the college, as part of the programmes conducted by the Ramakrishna Mission, was encouraged and supported by the Principal of the college, Dr Anupam Nagar. The overall coordination of the programme and vote of thanks were carried out by Dr Nayan Tank, Coordinator of the College Development Committee.

From Classrooms to Playgrounds: Fitness, Focus and Female Empowerment

Gurukul Mahila College, Porbandar, is the only college in the city that consistently undertakes a wide range of activities for the overall development of its students through various streams and study circles. Along with academics, the holistic growth of students is given special importance. The Principal, Dr Anupam Nagar, along with all the faculty members, provides continuous guidance and encouragement through diverse activities. Whether related to music, arts, or employment opportunities, the teachers are always ready to guide and support the students at every step.

One of the active streams of the college, the Exercise, Yoga and Sports Stream, organised Sports Week under the guidance of Principal Dr Anupam Nagar. During this Programme, students participated in events such as running, obstacle race, lemon and spoon race, discus throw, javelin throw, shot put, passing ball, musical chairs, kho-kho, cricket and several other games. A large number of students participated enthusiastically and displayed their skills in each competition. While these competitions were organised at the college level, students are also provided with information, facilities and training throughout the year to enable them to participate in sports competitions at the taluka, district and university levels.

Throughout these events, the Chairperson of the Exercise, Yoga and Sports Stream, Professor Shobhana Vala, along with committee members Professor Ilu Gamit and Krishna Ghodadara, took dedicated efforts to ensure the success of the Programme. The stream leaders Vaghela Shilu, Odedara Roshni, Kachhadiya Madhu and Keshwala Mena also extended full support and cooperation. The Principal, Dr Anupam Nagar, and all faculty members provided constant encouragement and wholehearted support throughout the Programme.

When Education Meets Tradition: Gurukul Mahila College Hosts Young Minds

Mangrol-based Sunidhi Sadbhav Kanya Vinay Mandir's Principal, teachers and students visited the renowned Gurukul Mahila Arts and Commerce College of Porbandar, an institution known for discipline, values and education, as part of an academic visit. The programme began with a Sarva Dharma prayer. This was followed by a verbal welcome extended to all the guests by Dr Ketki Pandya, Head of the English Department.

Thereafter, the Principal of Sunidhi Sadbhav Kanya Vinay Mandir, Mrs Manjula Dodiya, who is also an alumna of Gurukul Mahila College, along with all the accompanying teachers, was welcomed with garlands. An introduction to Arya Kanya Gurukul and a documentary showcasing the various academic and co-curricular activities of Gurukul Mahila Arts and Commerce College were then presented through audio-visual media.

Subsequently, Semester 6 students of the English Department presented the song "We Shall Overcome", followed by a devotional song on Radha and Krishna by Semester 2 students. The students of Sunidhi Sadbhav Kanya Vinay Mandir also gave a beautiful dance performance depicting Radha and Krishna.

Later, Mrs Manjula Dodiya and the accompanying teachers felicitated Dr Ketki Pandya with a traditional shawl. Professor Shobhana Vala from the Home Science Department, Aditi Dave from the English Department and Jyoti Jadav were honoured with khadi handkerchiefs. Mrs Manjula Dodiya then delivered a contextual address, expressing her happiness at visiting the college. She fondly recalled her own college days and gave an inspiring message to the students, urging them to carry the spirit of Gurukul wherever they go, to create a small Gurukul in their surroundings, and to become beacons of knowledge across the world, thereby bringing glory to the name of Gurukul.

At the end of the programme, Professor Shobhana Vala of the Home Science Department delivered the vote of thanks. The programme concluded with a peace prayer. The entire event was smoothly compered by Aditi Dave of the English Department. The success of the programme was made possible through the efforts of Dr Ketki Pandya, Head of the English Department, Professor Shobhana Vala from the Home Science Department, Aditi Dave and the student representatives.

Graffiti Unveiled:
Celebrating Student Voices at Gurukul Mahila College

At Gurukul Mahila Arts and Commerce College, Porbandar, the English Department released its annual newsletter titled Graffiti. English is spoken across the country and abroad today, and it is often said that any language is a medium of communication as well as an expression of emotions. At a time when our nation is steadily progressing through such means of communication, the magazine was prepared with the objective that the English language should not become an obstacle in the holistic development of the students of Gurukul Mahila College.

Under the guidance of Principal Dr Anupam Nagar, the newsletter was prepared by the Head of the Department of English, Dr Ketki Pandya, along with her team. The newsletter was inaugurated on the occasion of the birth anniversary of the renowned English writer Rudyard Kipling, famous for "The Jungle Book." The release was carried out at the hands of Principal Dr Anupam Nagar, Head of the Department of English Dr Ketki Pandya, Dr Nayan Tank, Dr Arfat Saiyad, and the Heads of the Departments of Hindi, Gujarati, Home Science, Economics, and Commerce.

Through this newsletter, the department has made a successful effort to give voice to the students' thoughts and creativity in their own unique styles and forms, including poems, short stories, jokes, drawings, paintings, and photographs. In this manner, the annual newsletter Graffiti was formally released.

GRAFFITI

Department of English

A canvas where thoughts bloom into stories, verses and visions

Words have a quiet way of leaving footprints—on minds, on moments, on futures. Graffiti/ 2025 is one such footprint.

This compilation is not merely a magazine; it is a living testament to imagination disciplined by learning, creativity nurtured by mentorship and expression strengthened through academic engagement. Each page carries the pulse of young voices discovering the power of language—sometimes playful, sometimes profound and always sincere.

The Department of English at Gurukul Mahila Arts & Commerce College has, through its Literary Fest and academic initiatives, created a space where literature steps out of textbooks and walks confidently onto the stage, into conversation and finally into consciousness. From classical echoes of Shakespeare to contemporary reinterpretations, from humour that lightens the intellect to stories rooted in faith, ethics and human resilience—this volume reflects the many colours of literary exploration.

What makes Graffiti 2025 truly meaningful is the harmony behind it. Dedicated mentors who guide without overshadowing, committed faculty who believe that teaching literature is teaching life and confident Class Representatives together with all the students of the department who lead with responsibility—together they form the unseen architecture of this success. When guidance meets curiosity and discipline meets dreams, learning becomes joyful.

I take this opportunity to commend the Head of the Department of English, Dr Ketki Pandya and her entire team for their scholarly vision, tireless coordination, and unwavering commitment to excellence. My appreciation also extends to our students, whose enthusiasm reminds us why education must always remain alive, responsive and humane.

May this edition inspire readers to think deeply, speak thoughtfully and write fearlessly. May it remind us that language is not merely a skill but a bridge between ideas and action, tradition and innovation, self and society.

With pride, encouragement and faith in the written words & creative expressions.

Dr. Anupamratanshanker Nagar
Principal
Gurukul Mahila Arts & Commerce College, Porbandar

Dreams in Colour:
Painted with Passion

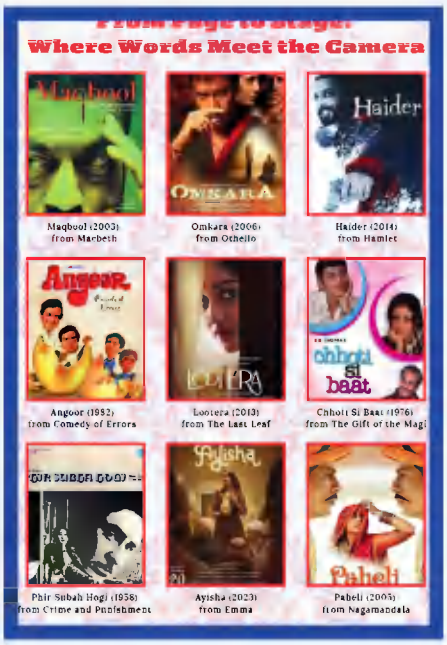
Nandini Sarvaiya

Ms. Shagun Parmar

Ms. Mena Keshwala

Ms. Unnati Chauhan

Ms. Dhruva Purohit



Where Words Meet the Camera

Maqbool (2003)
from Macbeth

Omkara (2006)
from Othello

Haider (2014)
from Hamlet

Angoor (1982)
from Comedy of Errors

Lootera (2013)
from The Last Leaf

Chhoti Si Baat (1976)
from The Gift of the Magi

Phir Subah Hogi (1958)
from Crime and Punishment

Ayisha (2023)
from Emma

Paheli (2005)
from Nagamandala

Building quality from within: A glimpse of the PM-USHA IQAC workshop at BKNMU.

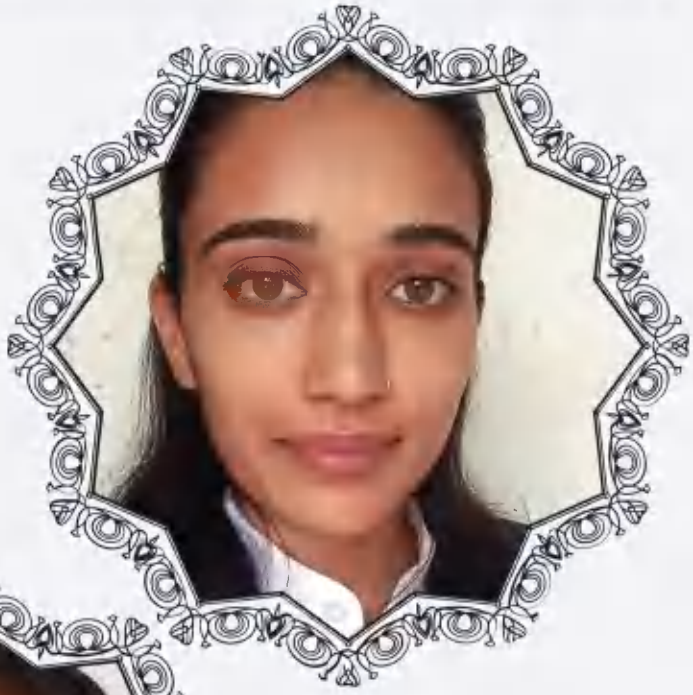
A one-day training programme on "Strengthening Internal Quality Assurance System in Higher Edueation Institutions" was sueeessfully organized on 29 Deeember 2025 at Bhakta Kavi Narsinh Mehta University (BKNMU), Junagadh, under the PM-USHA scheme (Soft Component).

The programme was held at the Conferenee Hall of the University and saw the partieipation of Prineipals and IQAC Coordinators from affiliated eolleges. Dr. Anupamratnashanker Nagar, Principal, and Dr. Arfat Saiyad attended the training programme and aetively partieipated in the aeademie deliberations.

The training programme foeused on the revised NAAC aeereditation framework, partieularly in the eontext of the Binary and MBGL system, and highlighted the eentral role of the Internal Quality Assuranee Cell in ensuring continuous improvement in higher edueation institutions. Eminent resouree persons diseussed strategie shifts from input-based proeesses to outeome-driven quality assuranee and emphasized the importanee of building a eulture of quality within institutions.

The sessions also addressed praetieal aspeets sueh as strengthening internal quality systems, effeetive doeumentation, and the identifieation and implementation of best praetiees under IQAC. The programme proved to be highly informative and enriehing, providing valuable insights to aeademic leaders for enhaneing institutional quality, aeademie governance, and preparedness for NAAC aeereditation. The initiative reaffirmed BKNMU's eommitment to promoting exeellenee and aeeountability in higher edueation aeross its affiliated eolleges.

Outstanding Achievement
by Post Graduate Students of Shri Dhirendrabhai Mehta PG Centre



The Semester-3 results of Shri Dhirendrabhai Mehta Post Graduate Centre, funetioning under Gurukul Mahila Arts and Commeree College, Porbandar, have been outstanding. In the reeently eondueted M.A. Semester-3 examinations of Bhakta Kavi Narsinh Mehta University, the students have aehieved eommendable sueeess with remarkable performanee.

In Semester-3, Bhagyashri Piprottar seeured the first rank with 76.08 per eent, Rekha Varotariya seeured the seeond rank with 72.04 per eent, and Kinjal Odedra seeured the third rank with 71.02 per eent. Along with them, Dharmishtha Solanki aehieved the fourth rank, Anita Khunti the fifth rank, Itisha Joshi the sixth rank, Kiran Kadaehha the seventh rank, Reeya Bapodara the eighth rank, Vidhi Odedra the ninth rank, and Krishna Borkhatariya the tenth rank, thereby seeuring positions in the Top Ten Merit List.

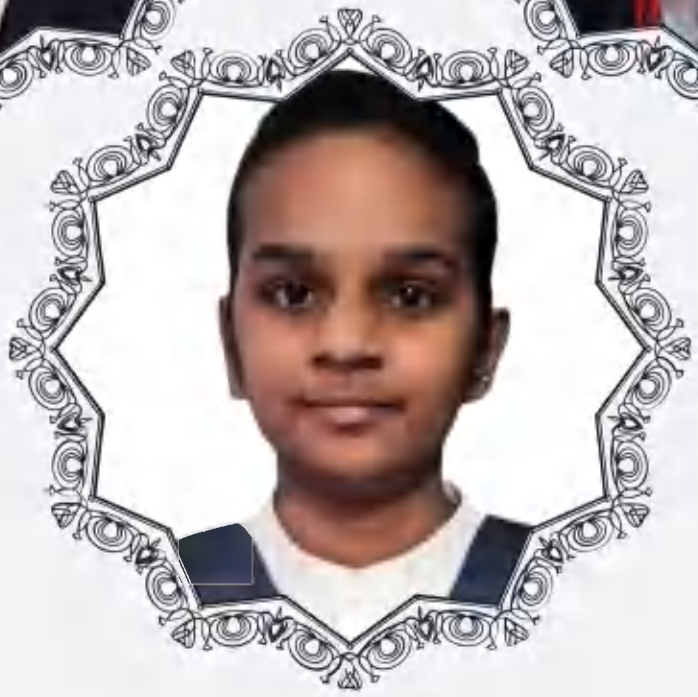
On this oeeasion, the Prineipal of the eollege, Dr Anupam Nagar, along with all faeulty members, extended heartfelt eongratulations and blessings to the students for their remarkable aehievements. They also eonveyed their best wishes for their eontinued progress and sueeess in life.

Gurukul PG Students Shine in M.A. Semester-1 Results

The Shri Dhirendrabhai Mehta Postgraduate Centre, funetioning under Gurukul Mahila Arts and Commeree College, Porbandar, has aehieved an exeellent result in Semester-1. In the reeently eondueted M.A. Semester-1 examinations of Bhakta Kavi Narsinh Mehta University, the students have brought remarkable results and aehieved shining sueeess.

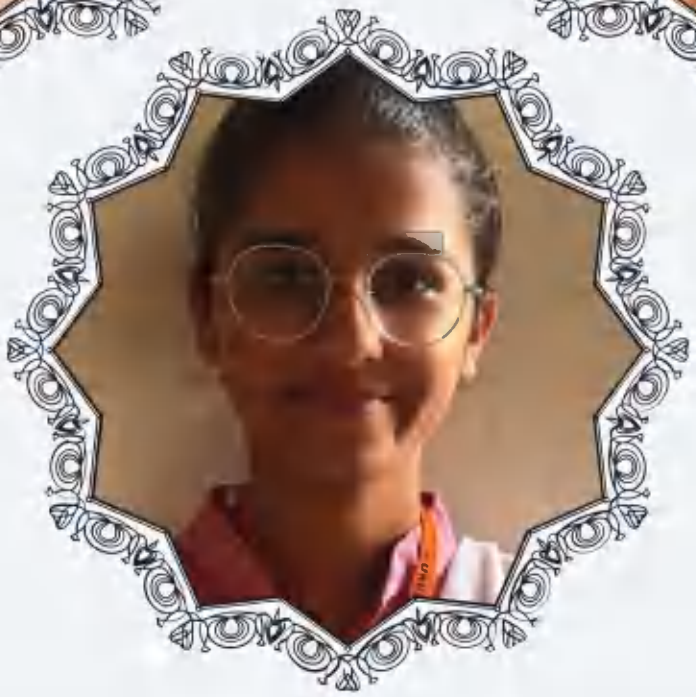
In Semester-1, Riya Teraiya seeured the first rank with 69.00%, Jansi Hodar seeured the seeond rank with 64.04%, Sapna Joshi seeured the third rank with 64.00%, Hetal Goriya seeured the fourth rank with 63.08%, and Riddhi Nakum seeured the fifth rank with 59.00%.

On this oeeasion, the Prineipal, Dr Anupam Nagar, along with all faeulty members, extended heartfelt eongratulations and blessings to the students for their aehievements and eonveyed best wishes for their eontinued progress in life.



Shining Through Merit:
English Department Students Make the Institution Proud

Gurukul Mahila Arts and Commeree College, Porbandar, a well-known name in the field of edueation, has aehieved a remarkable aeademie sueeess through the students of B.A. Semester 3 of the English Department. In the Arts Faeulty examination eondueted by Bhakta Kavi Narsinh Mehta University, the first-year students of the English major seeured exeellent results. Anjali Keshwala stood first with 83.27 per eent, Bhargavi Khunti seeured the seeond position with 78.18 per eent, and Aarti Odedara aehieved the third position with 78.00 per eent. On this oeeasion of outstanding sueeess in the university examination, the Prineipal of the College, Dr Anupam Nagar, the Head of the English Department, Dr Ketki Pandya, Dr Nayan Tank, Dr Arfat Saiyad, and leeturers Aditi Dave and Parul Shukla eongratulated all the sueeessful students and extended their best wishes for their eontinued progress and bright future.



Academic Brilliance Under NEP-2020: Proud Moment for Gurukul Mahila College

Bhakta Kavi Narsinh Mehta University has deelared the results of B.Com. Semester 3 eondueted under NEP-2020, in whieh Gurukul Mahila College has aehieved exeellent results in both the Gujarati and English medium streams of Commerce. As in previous years, the students have onee again delivered an outstanding aeademie performanee this year.

Through quality edueation at Gurukul Mahila College, the students have seeured remarkable results and reaehed new heights of suecess. The College management has made well-planned and dedieated efforts in line with NEP-2020, ensuring the best use of students' valuable time, guiding them towards their aspirations, and supporting them in aehieving sueeess. Along with the hard work of the students, the eolleetive efforts of all the faeulty members of the Commeree Department and the eontinuous support of parents have brought great reeognition to the College.

Under NEP-2020, full justiee has been done to the newly introdueed eurrieulum in aeeordanee with University regulations. Students were also given ample opportunity to ehoose subjeets of their interest from the basket system, whieh has eontributed signifieantly to the exeellent results of Gurukul Mahila College. In Semester 3, Shivani Bhima Sundavdra seeured the first position with 90%, Kajal Leela Kueehadiya stood seeond with 88.18%, and Bhumi Oghad Modha aehieved the third position with 87.82%.

All the students have enhaneed the pride of themselves, their parents, and Gurukul Mahila College. On this oeeasion, the Prineipal of the College, Dr Anupam Nagar, Head of the Commerce Department Dr Bharat Singh Dodiya, Dr Jayesh Bhatt, Dr Nayan Tank, Coordinator (Commeree English Medium) Prof. Nimisha Pandit, Prof. Ami Padhiyar, Prof. Sandhya Modhwadiya, Prof. Aditi Dave, Prof. Tanvi Gurjar, Prof. Parul Shukla, Prof. Dharmesh Mori along with the entire staff, extended their heartfelt eongratulations. They also eonveyed their best wishes and blessings for eontinued academie exeellence and greater aehievements in the future.

Academic Brilliance Under NEP-2020: Proud Moment for Gurukul Mahila College

The Semester 1 students of the Home Seienee Department of Gurukul Mahila Arts and Commeree College, managed by Arya Kanya Vidyalaya Trust, have achieved a remarkable sueeess, bringing pride to the institution, the Home Seienee Department, and their parents. In the Arts Faeulty examination eondueted by Bhakta Kavi Narsinh Mehta University, Junagadh, the Semester 1 students of the Home Seienee Department seeured an exeellent 100% result. Ravina Tapu Odedara seored 84.72%, Manali Savdas Karavadra secured 83.45%, Nidhi Kishor Kodiyatar obtained 72.18%, and Hetvi Kamlesh Devliya aehieved 60.72%. With this, all the students of the department sueeessfully passed, aehieving a perfeet result.

On the oeeasion of this outstanding aehievement, the diligent Prineipal of the eollege, Dr Anupam Nagar, along with the Head of the Home-Seienee Department and Viee Principal Prof. Rohiniba Jadeja, Prof. Shobhana Vala, Dr Namrata Samani, Lab Assistant Krishna Ghodadara, and all the teaehing staff of the eollege extended their heartfelt eongratulations to the sueeessful students and offered their best wishes and blessings for a bright and sueeessful future.

Academic Brilliance Under NEP-2020: Proud Moment for Gurukul Mahila College

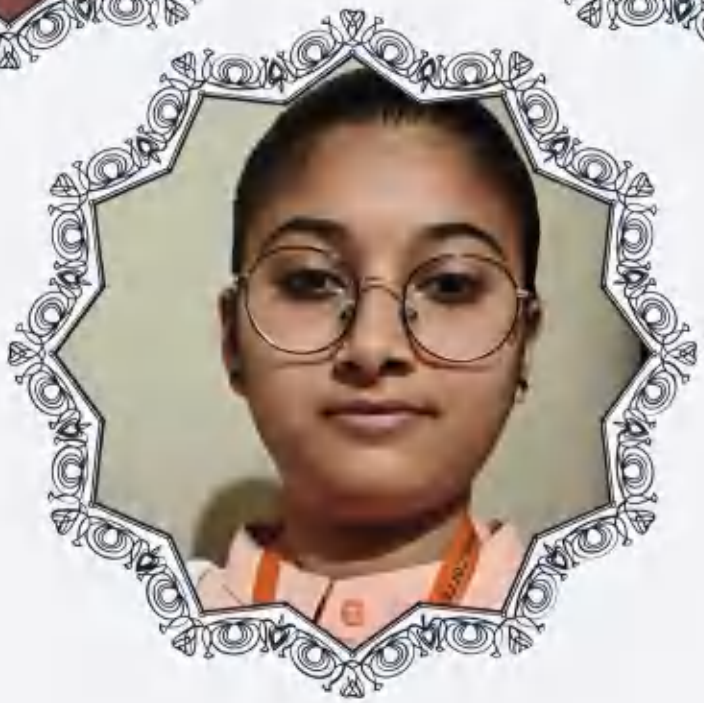
The outstanding results of the Commeree Department of Gurukul Mahila Arts and Commeree College, managed by the Rajratna Shreshthi Nanjibhai Kalidas Mehta Arya Kanya Vidyalaya Trust and affiliated with Bhakta Kavi Narsinh Mehta University, have been announeed. Bhakta Kavi Narsinh Mehta University, Junagadh, has deelared the results of the B.Com. Semester 1 examination.

The students of the Commeree Department have aehieved remarkable results. The B.Com. Semester 1 students have seeured exeellent marks and brought laurels to Gurukul Mahila College. Through the institution's quality education and the eollective efforts of the teaehing staff, parents, and students, sueh eommendable results have been achieved, enhaneing the reputation of both the eollege and its faeulty.

In the merit list, Sejal Godhaniya seeured the first rank with 86%, Krishna Mukesh Dhokiya aehieved the second rank with 84.91%, Kinjal Bhavesh Malam stood third with 84.36%, Mital Vanraj Odedra seeured the fourth rank with 83.64%, and Khushali Dhirubhai Khakhas achieved the fifth rank with 83.27%, all passing with exeellent marks.

On this splendid aehievement, the Prineipal of the eollege, Dr Anupam Nagar; Head of the Commerce Department, Dr Bharatsinh Dodiya; Dr Jayesh Bhatt; Dr Arfat Saiyad; Prof Ami Padhiyar; Prof Nilesh Karavadra; Prof Sandhya Modhwadia; and the Commeree English Medium Co-ordinator Prof Nimisha Pandit, Prof Tanvi Gurjar, Prof Aditi Dave, and Prof Parul Shukla, along with all faeulty members, extended their eongratulations and blessings, wishing the students eontinued sueeess and similarly exeellent results in the future.

Rising Through Learning:
Gurukul Mahila College's English Department Excels



Gurukul Mahila Arts and Commeree College, a leading name in the field of edueation in Porbandar, has aehieved a notable aeademie milestone. Students of B.A. Semester I from the English major have seeured an outstanding result in the Arts Faeulty examination eondueted by Bhakta Kavi Narsinh Mehta University under the National Edueation Poliey 2020. The first-year students of the English Department performed exeeptionally well, with Shagun Parmar seeuring the first rank with 82.72%, Dhruti Makwana aehieving the seeond rank with 80.18%, and Unnati Chauhan attaining the third rank with 79.63%.

On this oeeasion of remarkable sueeess in the University examination, the Prineipal of the College, Dr Anupam Nagar, the Head of the English Department, Dr Ketki Pandya, along with Dr Nayan Tank, Dr Arfat Saiyad, Ms. Aditi Dave and Ms. Parul Shukla, extended heartfelt eongratulations to all the sueeessful students and offered their best wishes for their continued progress and future aehievements.