



Editor's Note

Dear Alumnae,
Greetings from the Editorial Team!
Through this issue you will get to know about the various activities that were conducted by the PWC Alumni Association. We hope that you will enjoy this edition of **“Melak”**
Happy reading !



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MESSAGE FROM CHAIRPERSON



Dr. Sister M. Rashmi A.C. John Dewey said, “Education is not preparation for life; education is life itself.” Alumnae of an institution are its heartbeat, its pride, and its guiding light. Your achievements illuminate the path for those who follow, reminding us that education is not merely the accumulation of knowledge, but the shaping of character, the nurturing of values, and the empowerment of vision. As I reflect on the enduring bond between our institution and its alumnae, I see in each of you a living testament to the ideals our college has always sought to instil. I invite every alumna to continue sharing her story, mentoring the next generation, and weaving her experiences into the vibrant tapestry of our shared heritage. Let us celebrate not only what has been achieved, but also the bright promise of what lies ahead, knowing that the legacy of our alumnae will continue to inspire, and guide generations to come.

MESSAGE FROM VICE CHAIRPERSON



Dr. Ameeta Jaiswal With great pride and enthusiasm I reach out to you on behalf of the Alumni Association. Our alumnae network is a vibrant and invaluable part of our institution’s legacy, and your continued engagement strengthens the bonds that unite us across generations. Over the past year, we have witnessed remarkable accomplishments within our community—from professional achievements and entrepreneurial ventures to meaningful contributions in social and philanthropic initiatives. These milestones are a testament to the talent, dedication, and spirit of service that define our alumnae. To the members of the Alumni Association, I extend my deepest gratitude for your unwavering support. Let us continue to celebrate our achievements, nurture our connections, and contribute to the enduring legacy of our alma mater.

PWC ALUMNI ASSOCIATION (PWCAA)

Members of Governing Body



Dr Sister Maria Rashmi A.C.
Academician
Chairperson



Dr Ameeta Jaiswal
Academician
Vice- Chairperson



Dr Priyanka
Academician
Secretary



Ms Fiza Darakshan
Academician
Joint Secretary



Sisterr Gracy Lobo A.C.
Academician
Treasurer



Dr Maya Shankar
Academician
Member



Dr Sister M. Tanisha A.C.
Academician
Member



Ms Sheela Irani
Civil Servant
Member



Dr Shefali Roy
Academician
Member



Ms Sushmita Chakraborty
Academician
Member



Ms Devopriya Dutta
Social Activist & Environmentalist
Member

Glimpses of Alumnae Meet 2024

Patna Women’s College Alumni Association (PWCAA) organised the Annual Alumnae Meet on December 21st, 2024 (Saturday) at 4:00 p.m.in the Open Air Stage Hall of the College. The program was attended by more than 500 alumnae.



Felicitation of Distinguished Alumnae



Glimpses of Alumnae Meet 2024



Extension Services

Patna Women's College (Autonomous), in alliance with PWCAA, Eco Task Force, SRISHTI Environment Club in collaboration with Tarumitra enthusiastically celebrated



Organic Makar Sankranti on 13th January, 2025. On this day, Kite Making Competition was organised to celebrate this auspicious occasion. Ms. Devopriya Dutta, UN Youth Representative, Tarumitra was also present at the venue. The programme proceeded by paying symbolic Earth Tax with fistful of rice, followed up by kite flying by the Principal Dr. Sister M. Rashmi A.C., where other faculty

members were also present. The celebration concluded with Khichdi feast for all the faculty and staff members of the college, which was also distributed among ICWA children. The entire programme was moderated by Ms. Mee-nakshi Mishra, Coordinator, SRISHTI Environment Club. The whole event took place under the meticulous supervision of Dr. Ameeta Jaiswal, President, PWC Alumni Association, Mrs. Shobha Srivastava, Vice President, Eco Task Force.



On 26th July, 2025, an Interactive Programme was organized at Kanya Madhya Vidyalaya, Raj Bhawan Anchal Gardanibagh, Patna under the guidance of our respected Principal

Dr Sister M. Rashmi A.C., and Dr. Ameeta Jaiswal, President PWC Alumni Association

Ms. Manisha Kumari, Psychological Counsellor Department of Psychology and Ms. Simran Sinha, Assistant Professor, Political Science, with four of the volunteers from PG and UG from Patna Women's College, conducted the Interactive Interpersonal Skills Workshop.

It aimed to bring emotional awareness, and social skills among school students. The workshop engaged students of class 6 to 8 in which three activities were conducted - Compliment Web, Team tower challenge and Human Bingo. These activities focused on developing key life skills such as empathy, cooperation,

communication. These foundational life skills are just as important as academics and it creates positive school environment. Through the session, students practiced giving and receiving compliments, worked together to build structures in teams, and learnt to communicate.



Carol ICWA in collaboration with Patna Women's College Alumni Association (PWCAA) organised an Awareness Programme for the children on 15.09.2025. The programme aimed to aware children about "Building Relationships" through the understanding of Good Touch and Bad Touch. The pro-



gramme was organised under the leadership of Principal, Dr. Sister M. Maria Rashmi A.C., and Dr. Sister Celine Crasta A.C, Convener, ICWA with the guidance of Dr. Ameeta Jaiswal, President, Alumni Association.

Dr. Nupur Sinha, HOD, Psychology and Ms. Manisha Kumari, Psychological Counsellor addressed the children. First, the concept of building relationships and good touch-bad touch was explained to the children. Then, the children were given a sheet with the picture of humans to mark places of good touch and bad touch by pasting green and red bindis - green bindi for good touch and red bindis for bad touch. Through this activity, their knowledge was assessed. Then, a discussion session was held to enhance their understanding about it. Intervention strategies were also discussed with them.

Everyone took a pledge - not to do anything improper and not let anyone do away with it.

Extension Services

On 13th October 2025, PWCAA organized a Diwali Milan with the Inter College Women's Association (ICWA) students, who are tutored by the students at Patna Women's College.

Dr. Veena Singh, Head, Department of Burns and Plastic Surgery, AIIMS, Patna and Alumni of Patna Women's College spoke to the children about the precautions to be taken while burning the crackers and how to take care of Diwali burns. The programme started with a welcome address by Dr. Manjula Suhila, Asst. Prof, Department of Hindi. Prof. Ameeta Jaiswal, President, PWCAA gave Diwali message and greetings. ICWA students were given Diyas and sweets by the members of PWCAA.

The whole programme was supervised by Prof. Ameeta Jaiswal, President, Alumni Association, Dr.

Sister Celine Crasta A.C., Coordinator ICWA and Head, Dept. of History and Dr. Priyanka, Secretary Alumni Association.



On 16th October, 2025, an Interactive Programme under the guidance of the Principal,

Dr. Sister M. Rashmi A.C., Dr. Ameeta Jaiswal, President Alumni Association and Dr. Priyanka, Secre-



tary, PWCAA with the students at Kanya Madhya Vidyalaya, Raj Bhawan, Gardanibagh, Patna was organized by PWCAA

The programme was led by Dr. Veena Singh, Director, Department of Burns and Plastic Surgery, AIIMS, Patna, Alumni of Patna Women's College accompanied by Ms. Richa Priya, Assistant Professor, Department of Philosophy, Patna Women's College and three of the Undergraduate Students who volunteered in conducting awareness programme regarding Safety and Precaution related to Firecrackers in Diwali. The purpose of this program was to educate students of Class - 6th to 8th, to make them aware about the dangerous effects of crackers if not used cautiously, and to guide them on how to use them safely during celebrations.

WE PWC Gender Cell of Patna Women's College (Autonomous) Patna University successfully concluded the International Women's Day celebrations with a grand Valedictory Ceremony on March 8, 2025. The event, themed "Gender Justice, highlighted the institution's commitment to fostering an inclusive society where individuals of all genders enjoy equal

rights and opportunities. The SAHAS Award Ceremony was also organised by the Patna Women's College Alumni Association, as part of Ojaswini 2025 where individuals who have contributed significantly to the society and the upliftment of the marginalized groups were honoured.

This year the awardees were Father Dr. Prakash Louis S.J., Director, XISR and Bihar Migrant Hub; Mrs. Usha Jha, President, Bihar Mahila Udyog

Sangh; and Ms. Rani Tiwari, Transgender Activist, Garima Grih. The programme commenced with a melodious song signifying women's strength. Afterwards, a thought-provoking thematic dance on gender biases was performed and then the Sahas awardees were felicitated. Father Dr. Prakash Louis S.J. emphasized on education's role in challenging norms

for true equality. Ms. Usha Jha mentioned financial independence as crucial for women's empowerment. Ms. Rani Tiwari advocated for broader inclusivity, emphasizing equal opportunities for all. Then the winners of various events were presented with the awards and certificates. Then, the screening of the Oscar-nominated movie 'Anuja', showcasing child labour, education, and the struggle to survive in poverty captivated the audience.



PWC Shining Stars



Dr Asha Singh
Former PG Head, Economics
Batch 1967-1969
Department of Economics



Justice Anjana Prakash
Senior Advocate, Supreme Court
Former Judge, Patna High Court
Batch 1972-1974
Department of English



Prof Mangla Rani
Head PG, Patna University
Batch 1978-1982
Department of Hindi



Prof. (Dr.) Ameeta Jaiswal
PG Head, Patna University
Batch 1980-1982
Department of Philosophy



Prof Shalini
Registrar, Patna University
Batch 1983-1985
Department of Sanskrit



Ms Sonal Jha
Actor
Batch 1986-1991
Department of History



Ms Madhumalti Ghosh
IAS
Commissioner Income Tax
Kolkata, West Bengal
Batch 1992-1995
Department of Geography



Ms Sushma Prasad
Associate Editor
The Indian Express, New Delhi
Batch 1998-2001
Department of CEMS



Ms Ritika Raj
Singer
Batch 2017-2020
Department of AMM

Fond Reminiscence Of A Nostalgic Alumna

As I entered the iron gates of the Patna Women's College during the Alumni Meet of 2024, I was pleasantly greeted by the huge banner welcoming me to the august institution. Engulfed within the warmth of welcome and a sense of belonging that it exuded, my chest heaved with pride and joy.

Nostalgia is but a rosy retrospection – a feeling of pleasure and longing for the good old days. As the car drove around the drive encircling the lily pond, with white, red, and pink lilies shining therein, I wondered about the brilliance of the persons who had planned it out in such a way. Not to mention the exotic rose garden, which had the choicest variety of roses with hues of yellow, red, and white. One cannot proceed to pen down memories without reference to the magnificence of the beautiful silver grey building that is the Patna Women's College.

As a child when I was driven the College to see my Nani, I was always fascinated by its beauty and grandeur and had inwardly wished to visit it. This dream of mine was finally realised after the Senior Cambridge as I ventured inside the premises to put in my admission form. I remember clearly the day I walked into the campus along with my mother (also a proud alumna), to the Principal's office, the dignity of the institution could be felt in every movement therein, be it the office staff, or the faculty and its students. I was introduced by my mother to the Principal, Sister Lucille, who welcomed me to the institution. I remember her lovely silky voice, soft and musical yet meaning business. I have fond memories of meeting Mother Theodosia, who had been Principal at the time my mother was a student.

I was admitted in the Intermediate (Science) Department and soon after, I joined the English (Honour) cohort at the bachelor's level. This stint at the college was the best period of my entire student life. The Department of English was headed by Sister Carol (my guide and mentor) and had a galaxy of enlightened and unparalleled faculty members like Mrs. Sharda Sinha, Mrs. Menaka Mukherjee, Prof. Sudha Sinha, and of course, our beloved Dr. Muniba Sami. Classes were joyful and educative, and full of fun and frolic.

An Ode to Patna Women's College

In the heart of Patna, where the Ganges flows,
Stands a gem in bloom, where ambition grows.
Patna Women's College, proud and grand,
With dreams etched deep in every strand.
Its arches whisper tales of grace,
Of scholars bold who found their place.
The ivy climbs old walls with pride,
Where knowledge walks at every stride.
Mornings hum with books and cheer,
Footsteps echo far and near.
Under neem and gulmohar shade,
Thoughts like rivers softly cascade.
Uniforms crisp, heads held high,

I remember Sister Carol to have successive periods, punctuated by her violin recitals and with us singing along merrily. Abruptly, we would be brought back to our academic pursuits, and that is how we enjoyed every lesson.

Merriment is a part of college life, and we remained satisfied, in this regard. Students of English Honours had an advantage over their counterparts in other subjects, who had to go to Patna College for their Honours classes. Thus, we had more time to enjoy in the canteen and exchange notes and play games. The canteen was our little paradise, with Dilip Bhai servicing us with chai and samosas, the latter of which came with an orange coloured chutney, memories of which I carry till this day.

Each time that my car drives past the Patna Women's College, I fondly and longingly gaze at this silver grey fortress of women's education in Bihar, which has had an enviable legacy of providing high quality education which has helped many girls scale great heights in their own right. The contribution of the Patna Women's College to the history of women education in Bihar surpasses that of any other educational institution. This institution made the privilege of higher education accessible to girls, without any arbitrary distinctions. On a personal level, the institution inculcated in me qualities of honesty and integrity coupled with hard work and

perseverance, for which my gratitude is boundless. I owe my professional career to the qualities I imbibed at Patna Women's College.

It is heartening to see that the College continues to extend opportunities of education to aspirational young women from across the length and breadth of Bihar. A great deal of commendation and respect is owed to our present cohort of sisters and members of the faculty, who continue to fly the flag of the Patna Women's College ever so high.

I wish them my very best.

A Proud and Grateful Alumna,

Justice Anjana Mishra
Former Judge, Patna High Court

Eyes fixed firm on dreams that fly.
From arts to science, commerce too,
It shapes the soul in all we do.
Laughter rings through hostel halls,
Hope is written on these walls.
In every heart, a spark ignites—
A will to scale the highest heights.
O College dear, our guiding star,
You've made us strong for who we are.
With roots so deep and vision wide
We walk the world with quiet pride.

Tahmeena Adeeb
B.A Political Science (Honours) (2017-2020) M.A
Political Science (2020-2022)

The Great Walk for the Class of 1975

What is the “Great Walk,” you might ask? It is the journey one takes back to one’s alma mater, heart skipping with joy and a smile lighting the face—no hops, skips, or jumps for us—after fifty years. For us fifty happy ladies, all proud students of Patna Women’s College, it was a unique opportunity to witness, absorb, and relish the transformation of the place that had once been our home. The changes within ourselves paled in comparison to the remarkable transformation that had taken place before our eyes.

When the Class of 1975 initially began planning the Golden Jubilee Reunion in May 2025, reactions were mixed. Some could hardly believe there would be an opportunity to meet after fifty years; some were no longer with us, having left for a higher realm; some were grappling with health challenges; and many were unsure if they could make the journey alone to the college they had once cherished. Yet, against all odds, we managed to gather fifty ladies for the fifty years that had passed since we left in 1975.

We were all “empty nesters,” as the saying goes, our children grown and our once-bustling lives quieter. The silence, however, was about to be broken. Enter Reconnect-2025, the eagerly awaited event set for October 30th and 31st. Days were counted, family and friends notified, homes readied for our absence, hair appointments booked, and facials scheduled. Finally, the ladies arrived!

On the evening of October 30th, the euphoria of seeing each other after half a century was palpable. As the hotel hall filled with squeals of delight and animated chatter, it seemed as if the years had melted away. We were once again the dreamy-eyed, young girls of our college days. Among us was our esteemed English professor, Ms. Muniba Sami, who was astonished to see her once-quiet students transformed into confident, accomplished women, each carrying the story of her achievements in her presence.

The thread that bound us all was, and always will be,

Patna Women’s College—the beautiful years spent there, the memories etched in our hearts.

The next day, as planned, we visited our alma mater and were greeted with a grand welcome. Never in our wildest dreams had we imagined PWC would transform so magnificently! The main building, majestic as ever, captured our attention just as it had fifty years ago—the site where we had spent so much of our student life. Our visit began with a group photo in front of Veronica Hall, taken alongside the Principal. The warm reception, personally organized by Principal Sister Rashmi A.C., left us truly overwhelmed. We felt honored to be considered ambassadors of the college.

Sister Rashmi guided us through the green rooms behind the stage, a luxury we had never known during our student days, when we had to change in the kindergarten classrooms. Yet, our concerts and dramas had been equally beautifully produced. The autonomous status of PWC, the addition of numerous departments up to postgraduate level, and the new buildings left us awestruck—but our aging legs could carry us only so far! We wished the college nothing but the very best, hoping it reaches even greater heights.

Among the many photographs taken for posterity, one was particularly special. It featured a group of friends (including yours truly) squeezed on two benches under a small mango tree near the basketball court, with the “Golden” ice cream vendor standing nearby. To our delight, the benches had multiplied with the growing student body, and the mango tree, like PWC itself, had spread its branches, grown taller, and become even more welcoming—offering shade, comfort, and keeping safe the secrets of generations of students it had seen over the past fifty years.

Sumana Ghosh

1975 (Psychology Honours)

My heart feels full

This college is not just an institution for me, it is a place that shaped who I am today, personally and professionally.

When I entered PWC as a young student, I was full of dreams but also unsure of where life would take me. Slowly, through everyday experiences, the college taught me something very valuable discipline and self-belief. Whether it was attending morning classes, participating in activities, or simply maintaining sincerity in our work, PWC made discipline feel like a part of life, not a rule to follow. And today, in my profession, where patience, consistency, and emotional balance are important, that discipline supports me every single day.

The Psychology Department was like a home. Our professors were not just teachers they were gentle guides. They didn’t only teach what psychology is, they showed us how it lives in real life. They taught

us to observe, to listen, to understand beyond words, and most importantly, to stay kind. Those lessons became the foundation of my work with people today.

The memories of walking through the campus, sitting in classrooms filled with laughter and thoughtful discussions, and sharing dreams with friends and these remain close to my heart. The friendships we formed there still give strength, joy, and a feeling of belonging. Patna Women’s College gave me confidence, not loud or showy, but the quiet confidence of knowing who I am and what I stand for. It taught me to value empathy, to stay grounded, and to keep growing.

For me, PWC is not just a chapter in life, it is a feeling that stays forever.

Prerna Sneha

**Consultant Clinical Psychologist (RCI) (Patna)
Batch- 2017-2022**

What to Expect When You're A Working MoM

When you are “Working Mom” (a working mother), you can expect to face a unique blend of rewards and challenges as you balance your career, parenting, and personal well-being. The journey involves constant adaptation, prioritization, and self-compassion. Working mothers develop exceptional multitasking abilities, sharpen communication, decision-making, and time management skills, often becoming more focused and efficient at work due to time constraints and family responsibilities.

During my young days, watching my mother balance tasks both house and office with equilibrium was not a big deal. Today, when I am in her shoes, I understand the gravity of a mother who is working both at home and in the office. Endless every day task was handled with ease. The “mom guilt” can be emotionally taxing, but it is a normal part of working motherhood. A good support system is essential for securing reliable childcare. Learning to say “no” and setting clear personal and professional boundaries is crucial. Creating schedules, delegating tasks, using

technology to stay organized, and letting go of perfectionism can help. Accept that you won't be able to do it all every day—and that's okay. Some working moms feel pressure to slow down their careers for family. Open communication with managers and exploring flexible hours or remote work options can help one continue to grow professionally while meeting family obligations. A positive mind set, a healthy relationship, a balanced diet, financial planning, and most importantly, pampering yourself. Being a working mom can sometimes feel overwhelming, but with the right strategies, clear communication, and self-care, it can also be deeply rewarding and empowering.

Ms. Poonam Abraham Lakra
Head, Depart. Of Artificial Intelligence & Machine Learning
Patna Women's College
Batch : 2000-2003

The Rise of Fanfiction Culture: How Readers are becoming Writers in the Digital Age

The digital age has transformed the way we read, write, and share stories. Among the most fascinating outcomes of this transformation is the rise of fanfiction — creative writing produced by readers who expand upon existing books, films, or television series. What was once an informal hobby has grown into a significant literary movement, reflecting how readers are evolving into active creators?

The digital age has been the great enabler of this transformation. Social media platforms and fan communities have created a vibrant ecosystem where ideas are exchanged, collaborations flourish, and feedback is instantaneous. Unlike traditional publishing, which often demands gate keeping and conformity to market trends, online fanfiction offers creative freedom and instant visibility. Fanfiction allows readers to become participants in the storytelling process. By rewriting endings, developing side characters, or imagining alternate universes, they not only engage deeply with existing narratives but also learn essential skills in language, structure, and creative expression. Platforms such as Wattpad, Archive of Our Own (AO3), and FanFiction.net have made this possible by providing accessible spaces where writers can publish their work, receive feedback, and grow within supportive communities.

From an educational perspective, fanfiction nurtures critical literacy. It encourages readers to analyze texts, question character motivations, and reconstruct narratives through their own interpretations. Many educators now view fanfiction as a bridge between reading and writing — a dynamic tool for improving vocabulary, empathy, and creative confidence.

Importantly, fanfiction also democratizes literature.

It gives voice to individuals who might never have entered the traditional publishing world and promotes inclusivity in storytelling. While some fan works gain mainstream recognition, the true value of this culture lies in its openness — anyone can write, share, and be heard.

In essence, the rise of fanfiction culture illustrates a broader truth of the digital era: readers are no longer passive consumers but active co-creators of meaning. The classroom, the library, and the online forum have merged into one continuous space for imagination and learning.

Ms. Sushmita Chakraborty
Member, Alumni Association (PWCAA)
Coordinator PGDCA, & Assistant Professor,
Department of Computer Applications (MCA)
Intermediate of Arts (1994-1995), PWC
Computer Applications (BCA) Batch: 1996-1999
Patna Women's College



पटना वीमेंस कॉलेज- मेरी मधुर स्मृतियां

तब मेरी आयु करीब बारह वर्ष की थी। सर्द, चाँदनी रात में मैं अपने माता-पिता के साथ पटना के बेली रोड से गुजर रही थी। तभी मेरी दृष्टि श्वेत चाँदनी में नहाई एक आकर्षक इमारत पर पड़ी। जिज्ञासा वश पूछने पर पता चला कि वो 'पटना वीमेंस कॉलेज' है, जो अपनी गौरवशाली परंपरा और विशेषताओं के लिए विख्यात है। उसी क्षण मेरे हृदय में एक सपना जन्मा, काश, मैं भी इस प्रतिष्ठित महाविद्यालय की छात्रा बन पाऊँ।

समय बीता, किस्मत ने करवट ली, मेरा वह सपना साकार होने जा रहा था। अत्यंत उल्लास और रोमांच सहित मैंने इस कॉलेज में प्रवेश लिया। प्रवेश के बाद एक दिन मेरी नज़र एक ऐसी शिक्षिका पर पड़ी जिनका व्यक्तित्व मुझे अत्यंत प्रभावशाली और आकर्षक लगा। उनके चेहरे से झलकती विद्वता ने मेरे मन को छू लिया। मानस पटल पर विचार आया काश, इनकी कक्षा में शिक्षा प्राप्त करने का अवसर मिल सके। यह सपना भी तब साकार हुआ, जब मैंने डॉ. किरण घई को अपनी शिक्षिका के रूप में पाया।

आज भी स्मृतियों में ताज़ा है हमारी तत्कालीन प्रिंसिपल डॉ. सिस्टर एम. लिसेरिया, का अनुशासित और स्नेहमयी रूप, जो सदैव हमारी प्रेरणास्रोत बनी रहीं। बी.ए. हिन्दी (ऑनर्स) की छात्रा के रूप में इस कॉलेज ने मुझे केवल शिक्षित ही नहीं किया, बल्कि मेरे संपूर्ण व्यक्तित्व को गढ़ने में भी महत्वपूर्ण भूमिका निभाई। कॉलेज की कक्षाएँ, हिन्दी विभाग का स्नेहपूर्ण वातावरण, और कैटीन के स्वादिष्ट समोसे, सब कुछ आज भी स्मृतियों में जीवंत है। दोस्तों संग बिताए वे हँसी-खुशी के पल अब भी मन को आनंदित करते हैं।

मेरे लिए यह महाविद्यालय मात्र दीक्षा भूमि नहीं, बल्कि व्यक्तित्व निर्माण की कार्यशाला भी है, जिसने मुझे आत्मविश्वासी, संवेदनशील एवं सजग बनाया। आज भी वर्तमान प्रिंसिपल डा. सिस्टर एम रश्मि, हिन्दी विभाग की विभागाध्यक्ष डा. मंजुला सुशीला समेत समस्त शिक्षिकाओं से वही आत्मीयता और स्नेह प्राप्त होता है।

मुझे गर्व है कि मैं पटना वीमेंस कॉलेज परिवार की सदस्य हूँ — एक ऐसा संस्थान जो केवल शिक्षा ही नहीं देता, बल्कि जीवन के मूल्य, संस्कार और व्यक्तित्व की संपूर्णता भी सिखाता है।

डॉ. रमा कुमारी
हिन्दी विभाग, (1992-95)
पटना वीमेंस कॉलेज।

पटना विमेंस कॉलेज

देखा जब पहली बार दुग्ध- धवल अट्टालिका,
आकर्षित हुए नयन अचानक,
सपना बना ये मेरे मन का
परिणाम आया जब बोर्ड का,
हकीकत बना ये मेरे दिल का
लगा जैसे पंख मिला -
उड़ने का, विचरने का
रोज आते - जाते रंग - बिरंगे
सुमन निहारने का
कुशाग्र बुद्धि से परिपूर्ण
शिक्षिकाओं से मिलने का,
सतरंगे परिधानों से सुसज्जित
बालाओं से मिलने का
सिस्टर से मिले प्यार का
अनुशासन का, उपहार का
इसने ही हमें गढ़ा
कैसे याद न करूँ इस उपकार का

डॉ विनीता कुमारी
पूर्व छात्रा (1990-93)
हिन्दी विभाग

The Castle That Shaped Me

Patna Women's College is not just an institution; it is home to me. My relationship with my alma mater has been a story of two beautiful innings, first as a student and later as a faculty member. I still remember the day I entered this magnificent castle with a heart full of dreams, a little fear, and a spark of potential waiting to be discovered. I never knew then that these three golden years would become the turning point of my life. PWC soon became my happy place where I not only received an education but also learned values, humility, and grace. It gave me endless opportunities to explore my talents and evolve as an individual.

My second inning was even more meaningful. Returning as a faculty member in the Department of Sociology and serving as the Cultural Coordinator, I witnessed the same warmth, love, and trust from mentors who once guided me. My fifteen-year association with PWC has been a living embodiment of its timeless motto "Be Wise." Through the silent grace of PWC, I learned that wisdom is not proclaimed but felt, that true brilliance resides not in intellect, but in the tenderness of compassion and the integrity of conscience. As Aristotle wisely said, "Educating the mind without educating the heart is no education at all." PWC taught me that success without values is empty, and that true wisdom goes beyond knowledge, it is the art of understanding deeply, feeling compassionately, and giving selflessly.

As our principal beautifully reminds us, "Patna Women's College is beyond its infrastructure, it lives within every PWCian." Even miles away, its essence still beats within me. Every lesson, every moment, and every value continues to guide my path. I am because my alma mater made me, shaped by its wisdom, strengthened by its faith, and inspired by its spirit.

Grateful forever, and proudly, always a PWCian.

Dr. Samiksha Sinha
Adjunct Faculty,
Department of Sociology,
SNHU, USA
Batch: 2009-2012

Literary contributions for the next edition of the newsletter can be sent on the email id-

alumni@patnawomenscollege.in

For registration to the Alumni Association and other details. Please Visit-

<https://patnawomenscollege.in/alumni/>

Facing the Storm: World Mental Health Day 2025 and Care in Crises

Mental health refers to one's emotional and psychological well-being. It influences how we think, feel, and handle life's challenges, forming the foundation for balance, and a meaningful and fulfilling life. This matters most during disasters like earthquakes, pandemics, or sudden emergencies. In those tough times, staying calm, understanding what's happening, and reaching out for help can keep our minds steady, and tough.

Every October 10, people around the world mark World Mental Health Day. It is a chance to remember that mental health is as key as physical health. The 2025 theme, "Access to Services – Mental Health in Catastrophes and Emergencies," points out a big problem: we need better mental health help during crises like floods, wars, or outbreaks.

Disasters don't just damage buildings—they hit our feelings hard. People often feel scared, worried, or totally swamped. Families get split up, and support from friends and neighbours breaks down. Many don't get the care they need because of shame, not enough services, or just not knowing where to turn. This hurts the most vulnerable people, like kids, refugees, or those already struggling.

Additionally, studies show support makes a real dif-

ference. One look at how culture and family affect adolescents' loneliness and thoughts of suicide found that those with close families and kind communities handle stress better. This means mental health isn't just about being strong alone—it's about the help we share with each other.

World Mental Health Day 2025 is more than a day—it's a push for change. We can all help: talk openly about mental struggles, check on those who seem down, and fight against stigma. On a bigger scale, leaders and groups should grow services, like adding quick-response teams or online counselling in hard-hit areas. By working together, we build stronger minds and a kinder world where everyone gets support in the toughest moments.

Shruti Narain, Ph.D

**Assistant Professor, Department of Psychology,
Patna University, Patna.**

&

Isha Singh

Clinical Psychologist,

**Sukoon Child and Development Centre, and
Healthy Minds Clinic, Patna.**

Rani's Kitchen : Conservation of Recipes

Food is a basic requirement for life and the evolution of food habits has gone parallel to human evolution. From hunters to gatherers to farmers, humans have changed their food habits which has driven civilisation since time immemorial.

Recipes are an intangible heritage which we as a society have inherited over the generations. In India, food was a part of the Ayurveda system and the oldest references to recipes can be found in the texts of Charaka and Susruta. Food has been revered in India since ancient times and the reverence to food is reflected in our socio-cultural practices of today. Apart from the Ayurvedic texts, an ancient book Manollasa, written during the reign of King Somesvara of Chaulukya dynasty around 1100AD, gives a vivid description of food habits and recipes. Similarly, in the medieval period we get to know of the food habits of the Mughals as mentioned in books like the Ain-i-Akbari and Alwan-e-nemat.

There are references of kitchens in Ramayana and Sita Devi's cooking is mentioned. Although in most cases of the royal kitchens the cooks were men but the kitchens were influenced by the Ranis significantly. The Ranis would add recipes from the region they came from and that would enhance the diversity of the cuisines. The late Rajmata Maharani Gayatri Devi in her book Gourmet's Gateway has given a collection of recipes she got through her friends and relatives.

Rani Chandrakala Devi of Anapur, a small zamindari in Allahabad, brought with her recipes from Bihar. Not only was here kitchen influenced by her native place but it was influenced because of her friends. She was a close friend of the daughter in law of Sir Tej Bahadur Sapru and this friendship resulted in the cooking of Kashmiri dishes in the kitchens of Anapur. She had a special pickle made of mango prepared in Ganga water. Mango

pickle made in Ganga water was carried on pilgrimages and was basically a travelling pickle. The recipe still is being made three generations down the line. A handwritten note of the recipe of mango pickle made with Ganga water. The note was passed on from Rani Chandrakala Devi (in inset) to her granddaughter in law.

In the royal kitchens of Raj Tamkuhi, there were influences from different sources. One of the Ranis who came from Bihar, daughter of Raja of Sheohar, brought with her the recipes of Sheohar Raj. Not only did she bring recipes but also brought alongwith, her favourite mango varieties which were planted in an orchard now called Naya Bagh. In a private conversation with the Balrampur family, one comes to know how the kitchens of Balrampur were influenced by Nepali cuisines as the maharanis came from the Rana family of Nepal. One example is a recipe from the kitchens of Tamkuhi which was introduced in Tamkuhi by Rani Lokeshwari Devi who came from Anapur, Allahabad. This recipe is called gathari (bundle) and is not to be confused with rikwich. The name is so because tender pumpkin leaves are folded and made into a bundle and tied with a jute string. It is then fried on low flame in mustard oil and then put in a curry made in mustard base. This dish was generally eaten with poories and rice.

The influence of women in kitchens of the royal families cannot be undermined. The Ranis brought diversity in the kitchens and the mixing of recipes brought an evolution in the royal kitchens of India. The legacy of the Rani's kitchens should reach all households and then we can rest assured that these recipes will never be lost.

Shruti Kishore Sahi, Anapur House,

Prayagraj 211001

Batch- 2007-2010, Mass Communication

SCHOLARSHIPS**PWC ALUMNAE SPONSORED MERIT SCHOLARSHIPS**

Sl. No.	Department	Number of Sponsors	Name of Sponsors
1.	English	1	Ms Manjari Jaruhar, IPS (Rtd.)
2.	CEMS	1	Rashmi Jain, M/o Neerja Jain, Alumna
3.	Botany	1	Late Shweta Utkarsh
4.	Physics	1	Dr. Aprajita Krishna, Registrar, BRABU
5.	Psychology and Sports	1	Ms Namrata Singh
6.	Hindi	1	Vineeta Prasad, Amrita Prasad and Leena Prasad D/o Late Smt. Malti Sharan, Lecturer in Hindi at PWC
7.	Economics	1	Mrs. Manorma Singh
8.	Economics	1	Dr. Asha Singh Retd. P.G. Head , Economics, P.U.
9.	Philosophy	1	Dr. Ameeta Jaiswal, HoD, Department of Philosophy, Patna Women's College
10.	History	1	Dr. Ratna Chowdhary, Professor and HoD Retd., Department of Philosophy, P.U.
11.	Psychology	1	Dr. Mrs. Meena Kishore, Retd. HoD, Department of Psychology
12.	Best in Social Science	1	Alumnae of 1970 Batch
13.	Chemistry	1	Alumnae of 2013 Batch
14.	BCA	1	Mrs. Manisha Pd. HoD of BCA, PWC D/o Late Prabha Lata Prasad
15.	B.Ed.	1	Rashmi Kumari and Ranjan Michael
16.	Sociology and M.A. Home Sc.	2	Alumni Association of Patna Women's College
17.	M.A. in Psychology	1	Dr. Ratna Chowdhary, Professor and HoD Retd. Dept. of Philosophy, Patna University
18.	M.A. in Political Science	1	Alumnae of 2012 Batch
19.	M.A. in Political Science	1	Alumnae of 2014 Batch
20.	M.A. in Social Work	1	Dr. Shubham Shree, Medical Officer, Social Service, IGIMS
21.	M.Sc. in Zoology	1	Alumnae of 2016 Batch
22.	M.Sc. in Physics	1	Alumnae of 2017 Batch

Golden Jubilee Alumni Meet of Batch-1975

An emotional reunion of memories, milestones, and moments that shaped generations.

Patna Women's College marked a glorious milestone as the Golden Jubilee Alumni Meet of the class of 1975 was celebrated with great enthusiasm and nostalgia in the Veronica Auditorium. The event commenced at 11:00 a.m. and brought together the proud alumnae of the 1975 batch, who reunited with their alma mater after five decades.

The celebration began with a heartwarming photography session of the batch of 1975 alongside the Principal, Dr. Sister M. Rashmi A.C., capturing smiles that reflected both fond memories and timeless bonds. The alumnae were given a warm welcome with roses, setting a graceful tone for the day.

Inside the auditorium, the event opened with a soul-



among the alumnae, filling the hall with laughter, applause, and teary-eyed smiles as they relived their cherished moments on campus. As a gesture of gratitude, the Alumni Association felicitated the Sister Principal with a shawl. In return, Principal Dr. Sister M. Rashmi A.C. presented souvenirs and college handbooks to the alumnae, symbolizing the college's enduring bond with its former students.

The Premier of the batch 1975 shared her heartfelt reflections on stage, expressing pride in the college's legacy and emotional gratitude for the institution that shaped her journey. The Vice Premier too spoke warmly about her college experiences and commended Patna Women's College for its unwavering dedication to women's education in Bihar. In a spe-



ful musical welcome, filling the air with emotion and warmth. Prof. Amrita Jaiswal, President of the PWC Alumni Association, addressed the gathering and extended her heartfelt welcome. She reminisced about her college days and shared how Patna Women's College had played a pivotal role in shaping her personal and professional journey.

The Principal Dr. Sister M. Rashmi A.C., in her address, welcomed the alumnae with a heartfelt speech.



cial segment, the sport secretaries of batch-1975 were honoured with a trophy, celebrating their contribution as one of the most remarkable sports teams in the college history.

The event concluded on a joyous note, with Sister Principal inviting several alumnae to share their personal anecdotes and experiences. The auditorium resonated with laughter, gratitude, and an overwhelming sense of belonging.

Following the ceremony, the alumnae were given a guided tour of the college campus and Veronica Auditorium, witnessing the institution's remarkable growth and progress.

The Golden Jubilee celebration not only rekindled the bond between the college and its alumnae but also stood as a testament to the timeless spirit of Patna Women's College a legacy of excellence, empowerment, and enduring sisterhood.



She spoke about the college's evolution over the past 50 years, highlighting its academic advancements, infrastructural growth, and continued commitment to women's empowerment.

A special video presentation followed, showcasing the transformation of the college from its classic charm to its modern infrastructure, including glimpses of the newly built Veronica Auditorium and Mary Angeles block. The video evoked a wave of nostalgia

Golden Jubilee Alumni Meet of Batch-1975





**HAPPY
NEW
YEAR
2026**

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