



SANT HIRDARAM GIRLS COLLEGE, BHOPAL

(Approved by Govt. of M.P., Recognized by NCTE & UGC under section 2 (f) & 12 (b) of UGC Act 1956 and Affiliated to Barkatullah University, Bhopal)

(Run by Shaheed Hemu Kalani Educational Society)

Sant Hirdaram Nagar, Bhopal

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Monthly Report August 2021



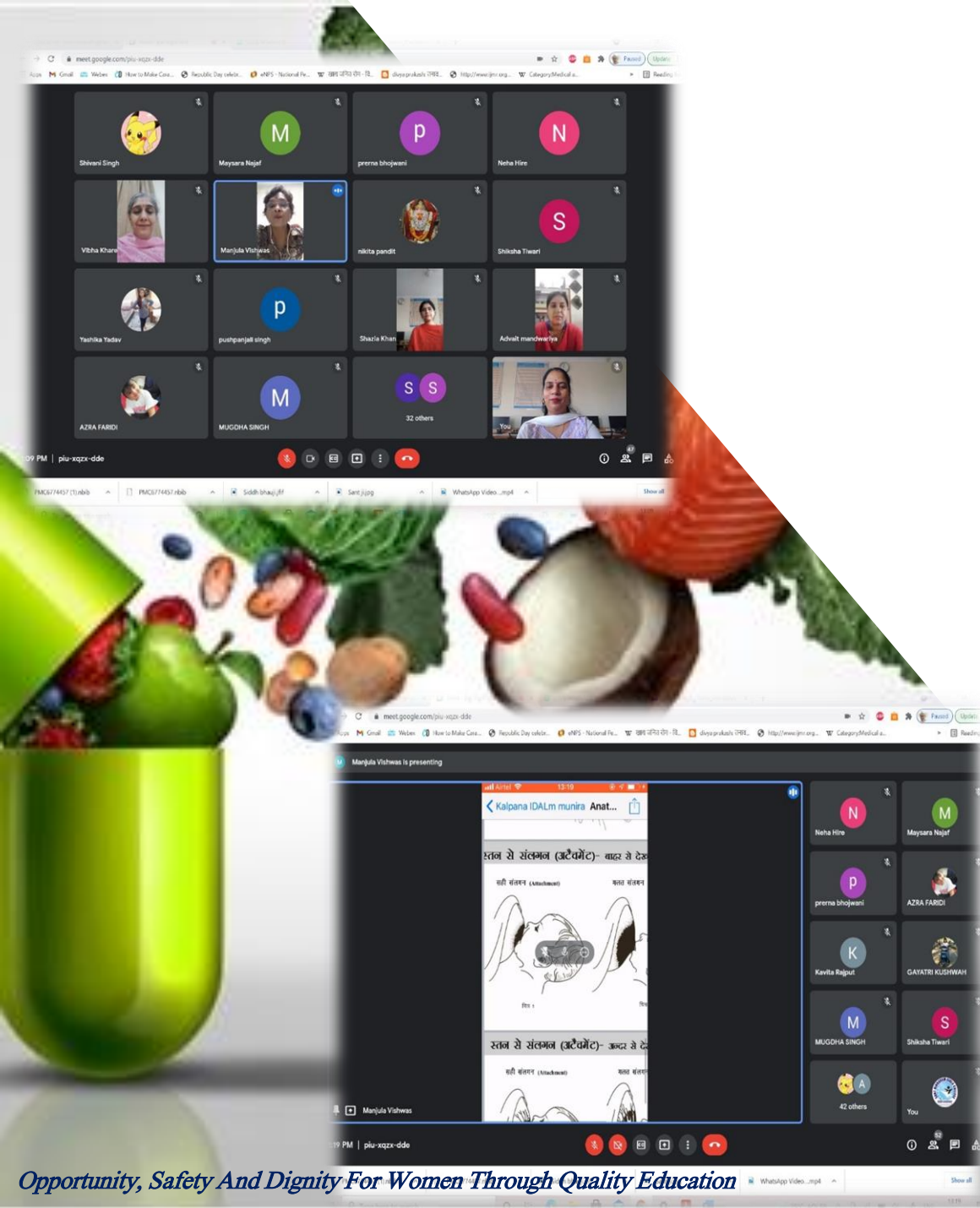
Monday, 9th August, 2021

Web Talk on World Breastfeeding Week

On 9th August, 2021, Monday, a web talk was organized by Clinical Nutrition and Dietetics Department on the topic World Breastfeeding Week which is celebrated every year from 1st to 7th August across the world. It is a global campaign to raise awareness & galvanize action on themes related to breast feeding.

The theme of this year World Breastfeeding Week is Protect Breastfeeding: A shared responsibility. The Resource Person Dr. Manjula Vishwas, Prof., Department of F&N, Sarojini Naidu PG Girls College, Bhopal said that breast milk is the ideal food for infants. It is safe, clean and acts as the babies' first vaccine, protecting them against many common childhood illnesses. She highlighted on the benefits of breast feeding, the most common benefits are that it helps in boosting the immune system of the infant, lowers the infant mortality rate, childhood leukemia etc.

Dr. Dalima Parwani, Principal said that breast feeding provides every child with best possible start in life. She added that it delivers health, nutritional and emotional benefits to both children and mothers.



Sunday, 15th August, 2021

Independence Day Celebration



On 15th August, 2021, Sunday, Sant Hirdaram Girls College, Bhopal celebrated 75th Independence Day with great zeal and enthusiasm. Our Guest of Honour Col I. N. Parwani ji escorted by NCC Cadets hoisted the flag at 8:00 am. Respected Shri A.C. Sadhwani, Secretary, SHKES, Respected Shri Hero Gyanchandani, Director, SHGC, Dr. Dalima Parwani, Principal, SHGC, Dr. Ashish Thakur, Director, SHIM, Dr. Hemanshu Sharma, Principal, SHNMYS ,faculty members and other dignitaries graced the occasion.

Shri A.C. Sadhwani remembered the struggle, hardships and sacrifices made by Indians to bring our country freedom. He urged the students and fellow men to inspire our younger generation to honour the country's past struggle, redefine our country's glory and keep the spirit of justice and liberty flying high at all times. He encouraged to preach and practice our core values of honesty, peace and co-operation with another.

Col. N. Parwani said that this day reminds us of the pain, of being enslaved, the strength of unity and the sacrifices of our freedom fighters. He further added that the youth of today should value and cherish the freedom we have today. He appealed the students to feel responsibility towards the country and perform their duties sincerely for the growth and development of our country.

College conferred with District Green Champion Award

Monday, 16th August, 2021

Sant Hirdaram Girls College, Bhopal has been conferred with Green Champion Award by Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India for its contribution to Swachhta Education and Practices.

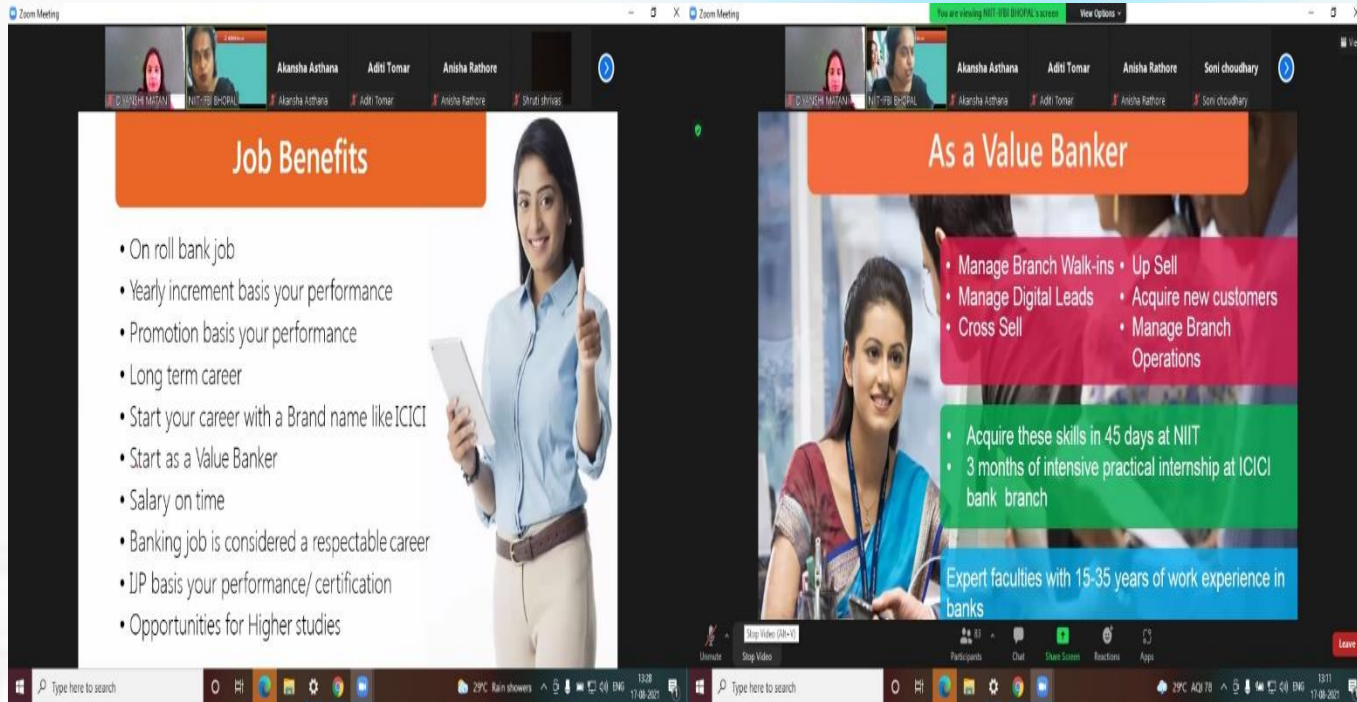
Principal Dr. Dalima Parwani received the award on behalf of Institution from Mr. Avinash Lavania (IAS), Collector and District Magistrate, Bhopal in an event organized by the MGNCRE, Ministry of Education, Govt of India. The event coordinators were Mr. Rajan Bhateja and Ms. Khyati Dhurve from the council.

The award is based on various parameters including hygiene, cleanliness, usage of green and renewable energy, waste management, green campus drive, toilet adequacy in the campus, tree planting and community outreach in promoting Swachh Culture besides observing post COVID-19 precautions and maintaining other social distancing norms.

The awards, given to only one institution per district, were announced on the occasion of Earth Day. About 1,000 higher educational institutions participated in the Mahatma Gandhi National Council of Rural Education, 'One District One Green Champion' awards organized by the MGNCRE as per the directive of the Ministry of Education for Contribution to Swachhta Education and Practice under Swachhta Action Plan 2020-2021 which is a Swachha Bharat initiative of the Prime Minister of India. The college has carved out a niche as the Green Champion of the district Bhopal.



Pre-Placement Drive



Placement Drive in association with Sant Hirdaram Girls College, Bhopal



A REWARDING FUTURE WITH ICICI BANK !!

Profiler - Senior Bank Officer

Salary - 2.31 LPA

17th AUG 2021
Time: 12:30pm

Eligibility: All UG(FINAL) & PG (Not Less than 50% from 10th onwards.
DOB: born on/after 1st Jan 1996.



Online Platform: ZOOM App (Link will be provided).

Call: Bilal Khan
Mo.: 9644144489

NIIT IFBI offers comprehensive program to candidates seeking a career in ICICI Bank.

On 17th August, 2021 Tuesday, Training and Placement cell of SHGC and IFBI jointly organized Pre-Placement Drive of ICICI bank for UG and PG final year students. The objective of this drive was to train the students for the placement in banking sector. The resource person was Ms. Tanuja Juneja, Director, NIIT & IFBI Bhopal.

Dr. Dalima Parwani, Principal, SHGC appreciated T&P cell which is incessantly working for the placements of the students. She said that placement drives overviews about the company, its policies, its recruitment process, career growth etc. She added that it is a two-way process where students are encouraged to clarify their doubts or discuss important issues related to their profile.

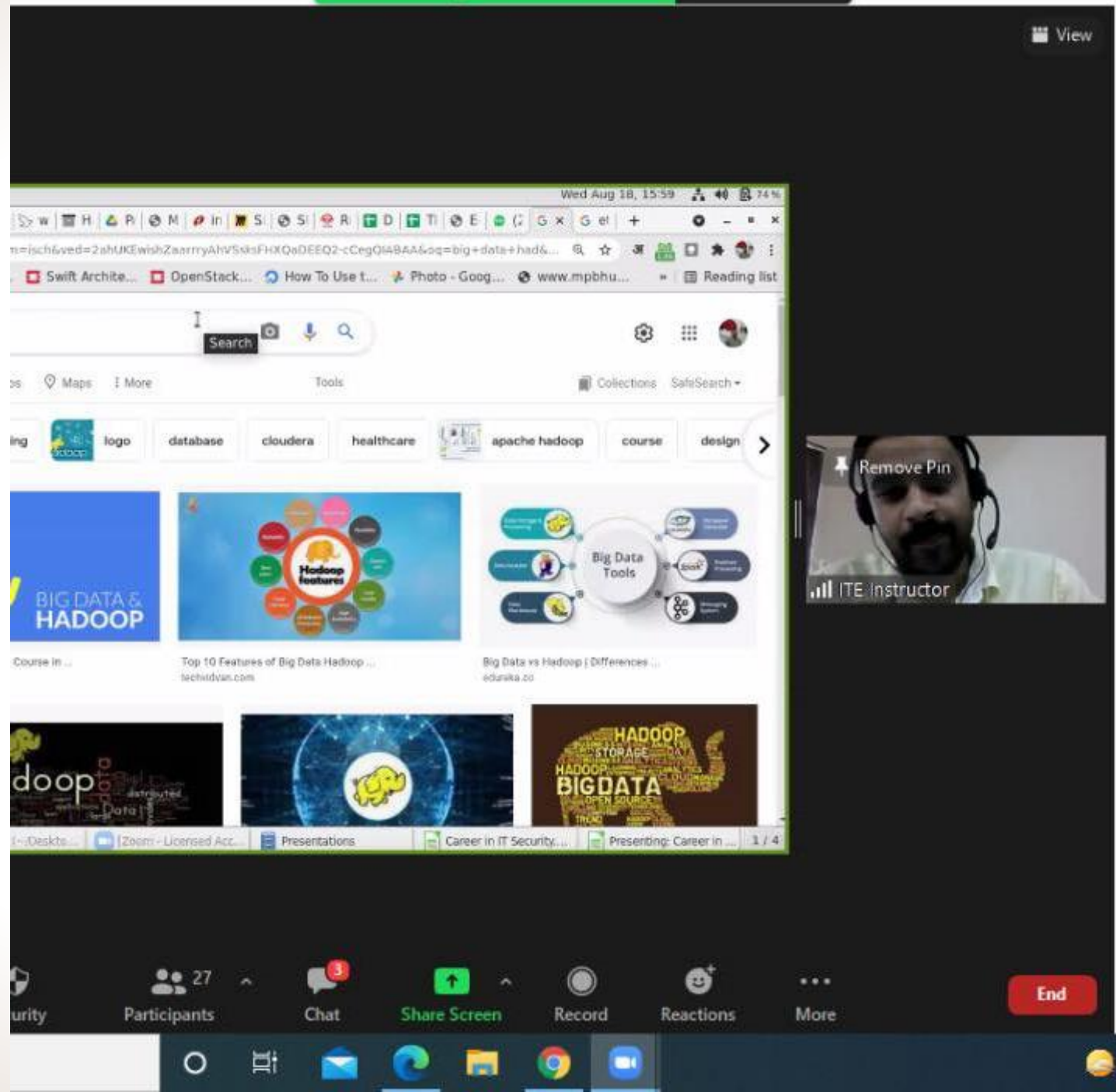
Ms. Tanuja Juneja discussed about the banking sector, the changing face of banking and the current scenario. She highlighted about the future of banking, growth and career in IFBI and its selection process. She gave details about the process of selection and criteria for the post of Senior Bank Officer. The date for final campus drive would be declared soon and the students would be duly informed.

Expert Lecture on Career in IT Security

On 18th August, 2021, Wednesday, Department of Computer Science had organized an expert lecture on the topic “Career in IT Security”. The Resource Person was Mr. Hemraj Singh Chouhan, Corporate Trainer, Institute of Technical Education, Bhopal. The objective of organized the lecture was to train and protect an organization’s digital security by analyzing security policies and protocols.

Dr. Dalima Parwani, Principal said that career in IT Security in today’s future, the most booming and the work environment for cyber professionals is dynamic and exciting with growing opportunities. She further added that it is the best option for the students who love challenges.

Mr. Hemraj Singh Chouhan, the subject expert said that cyber security is a practice of protecting the systems, networks etc. from digital attacks. He further added that inquisitive nature, keen interest in IT Sector and complete training are the prerequisite for having professional career in this field. Through Power Point Presentation he explained about BOSS, Block Chain, Digital Currency etc. which can eradicate corruption. He further explained about security breaches. He highlighted the most common posts in cyber security career which are Network Security Engineer, Cloud Security Engineer, Security Architect, Penetration Tester, Forensics Analyst, Security Trainer etc. Being cyber security professional, the students could work in banking sector, government utilities department, cyber security law etc.



Web Talk on Dhaara 370 – Past, Present & Future

संत हिरदाराम कन्या कॉलेज में 'अनुच्छेद 370 भूत, वर्तमान व भविष्य' पर हुआ व्याख्यान

बैरागढ़। संत हिरदाराम कन्या महाविद्यालय, भोपाल में छात्र संघ इकाई एवं मध्यप्रदेश प्रेस क्लब के संयुक्त तत्वावधान में अनुच्छेद



370 भूत, वर्तमान तथा भविष्य विषय पर एक वर्चुअल व्याख्यान का आयोजन किया गया।

दस अठसर पर मख्य वक्ता के रूप में प्रेम प्रकाश मीणा

On 19th August, 2021, Thursday, Student Union of Sant Hirdaram Girls College in collaboration with MP Press Club had organized a web talk on the topic Dhaara 370 – Past, Present & Future. The Resource Person was Shri Prem Prakash Meena, IAS/AIR 102, CSC 2017. Shri Anand Kumar Singh, Writer and Senior Journalist, Shri Ajay Pratap Singh, Joint Secretary, MP Press Club, Dr. Meena Pimpalpure, Chairperson, Sri Sathya Sai College for Women, Bhopal, Shri Gopal Girdhani, Senior Educationist were some of the esteemed guest who graced the occasion.

Dr. Dalima Parwani, Principal extended a warm welcome to the speaker and thanked him for his commendable efforts and talks. She added that the youth of every country must be fully aware regarding its constitution as they play a vital role in its growth. It was a moment of proud for every Indian when Tricolor was hoisted for the first time in the state of Jammu & Kashmir.

The expert Shri Prem Prakash Meena imparted important information regarding Article 370 and 35A. He said that Article 35A stems out from Article 370 and was introduced through a Presidential Order in 1954, which empowers the Jammu & Kashmir legislature to define the permanent residents of the state and their special rights and privileges. In 2019 the Lok Sabha passed the bill of removing the special status for J&K in India's Constitution. Special status was withdrawn and two Union Territories were found, one Leh & Laddakh and other Jammu & Kashmir. A process of demographic change has begun and progress over the coming decades in future will be witnessed.

There was a Questionnaire Session at the end the number of students asked questions. The student who asked the best question would be awarded with prize by Madhya Pradesh Press Club.

Saturday, 21st August, 2021

Vraksh-Rakshabandhan & Tree Plantation



On 21st August, 2021, Saturday, with the blessings of Paramhas Sant Shiromani Hirdaram Sahib Ji and motivation of Rev. Siddh Bhauji, Student Union in collaboration with NCC Unit initiated Vraksh-Rakshabandhan. The main objective of celebrating this was to save plants, trees and protect environment.

Dr. Dalima Parwani, Principal said that trees are our best friends as they clean the air we breathe. They play a crucial role in making the earth a better place to live in. It is a fact that the people who live near the trees are healthier, fit and happier. She added that if you cut a tree, you kill a life. If you save a tree, you save a life. If you plant a tree, you plant a life.

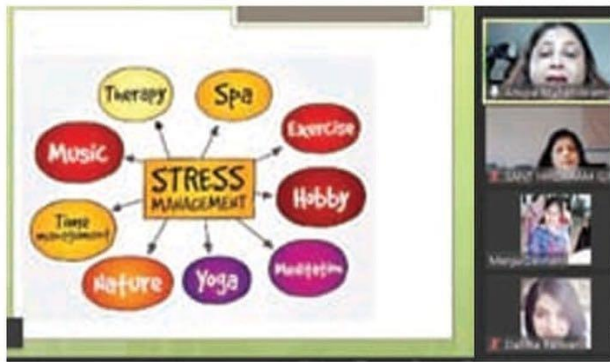
Dr. Chandra Paliwal, Dean Science faculty conducted the program and said that trees are important to us in many ways. By saving plants we are doing favor to ourselves as our life is dependent on them. We must plant more trees and make the environment pollution free.

Vraksh-Rakshabandhan was celebrated by plantation and tying Rakhi to symbolize the life cycle of plants with humans. The Pledge was taken by Principal, Faculty members and NCC students of the college to protect the trees. On the occasion plantation of plants like ixora, thuja, hibiscus, garden Ficus and trees of Ashoka, Mango, Banana and many other plants of herbal and medicinal values was done by all.

International Webinar on “Time & Stress Management during Pandemic Covid-19”

संत हिरदाराम कन्या महाविद्यालय में तनाव और समय प्रबंधन पर हुआ वेबिनार

बैरागढ़। संत हिरदाराम कन्या महाविद्यालय में छात्रसंघ इकाई द्वारा कोविड-19 की समयावधि में तनाव और समय प्रबंधन विषय



पर अंतर्राष्ट्रीय वेबिनार का आयोजित किया गया। इसमें मुख्य वक्ता के रूप में अनूपा एम. सहनिदेशक, शिक्षा एवं प्रशासनिक विभाग, श्रीलंका थी। इस

अवसर पर महाविद्यालय की प्राचार्य डॉ. डालिमा पारवानी ने कहा कि समय एवं तनाव प्रबंधन आज की आवश्यकता है। कोविड 19 ने सम्पूर्ण विश्व की गतिविधियों के साथ मानव मन तथा मस्तिष्क को भी प्रभावित किया है। यह वेबिनार सभी के लिए उपयोगी सिद्ध होगा। मुख्य वक्ता अनूपा एम. ने कहा कि जीवन में सफलता के दो मुख्य सत्र हैं समय तथा तनाव प्रबंधन। इसके लिए सकारात्मक

On 21st August 2021, Saturday, Student Union of Sant Hirdaram Girls College had organized an International Webinar on “Time & Stress Management during Pandemic”. The resource person was Mrs. Anupa M. Deputy Director, Sri Lanka Education Administrative Services, Ministry of Education, Sri Lanka. The main objective of organizing the webinar was to disseminate awareness among students regarding techniques to minimize stress and manage time effectively.

Dr. Dalima Parwani, Principal, Sant Hirdaram Girls College extended a warm welcome to the speaker and said that students are undergoing through stress situations caused by pandemic. They are perplexed, confused, waiting in their houses to see a wonderful situation ahead. She further added that this anxiety and stress should be taken care of.

The Resource Person Ms. Anupa M. said that today everyone is living with high levels of stress, putting our entire well being at risk. It is hampering our ability to think clearly, even function effectively and enjoy our lives. She added that stress should be administered by performing meditation, exercise and managing time. One must apply tips for building relationships. Everyone must take out time for fun and relaxation by watching movies, listening to songs, playing games, dancing, and reading. She highlighted to focus on breathing exercises which would surely help in reducing stress in life that hinders our efficiency and lessens our ability to live a healthy and happy life.

डिस्ट्रीब्यूटेड कम्प्यूटिंग विषय पर व्याख्यान का आयोजन

छात्राओं को कम्प्यूटर वितरण प्रणाली समझाई

लोकदेश संवाददाता ■ हिरदाराम नगर संत हिरदाराम कन्या महाविद्यालय में डिस्ट्रीब्यूटेड कम्प्यूटिंग विषय पर विशेष व्याख्यान का आयोजन किया गया, जिसमें कंचन आसवानी, नेतृत्व अभियंता, आर्केसियम हैदराबाद मुख्य वक्ता थीं। व्याख्यान का उद्देश्य छात्राओं को कम्प्यूटर वितरण प्रणाली कार्य को समझाना था।

व्याख्यान की शुरुआत महाविद्यालय की प्राचार्य डॉ डालिमा पारवानी ने की, उन्होंने कहा कि वर्तमान समय संचार क्रांति का है। इंटरनेट कम्प्यूटिंग वितरण तथा इसके अधिकाधिक उपयोग के बारे में सभी

को जानकारी होना आवश्यक है। मुख्य वक्ता कंचन आसवानी ने कहा कि संचार के क्षेत्र में यह प्रणाली उपकरणों का एकीकरण एवं प्रबंधन करने में सहायता करती है। वितरित कम्प्यूटिंग एक बहुत व्यापक तकनीक है इसमें कई मशीनों को एक साथ जोड़कर अधिक गणन शक्ति, स्मृति और सर्वाधिक उपयोगी बनाया जाता है।

संक्षिप्त इतिहास बताते हुए आपने कहा कि यह एक प्रकार का विकेंद्रीकरण है, जिसमें अलग-अलग कम्प्यूटर एक परिपथ में जुड़े होते हैं इससे जो सूचना हमें सांझा करनी हो उसमें आसानी हो जाती है। क्लाईंट सर्वर, लूजली कपलड, टाइटली कपलड, मल्टी प्रोसेसर सिस्टम, मोनोलिथ एप्लीकेशन एवं इनकी लाभ-हानि को विस्तार से बताया।

Tuesday, 24th August, 2021

Expert Lecture on Distributed Computing

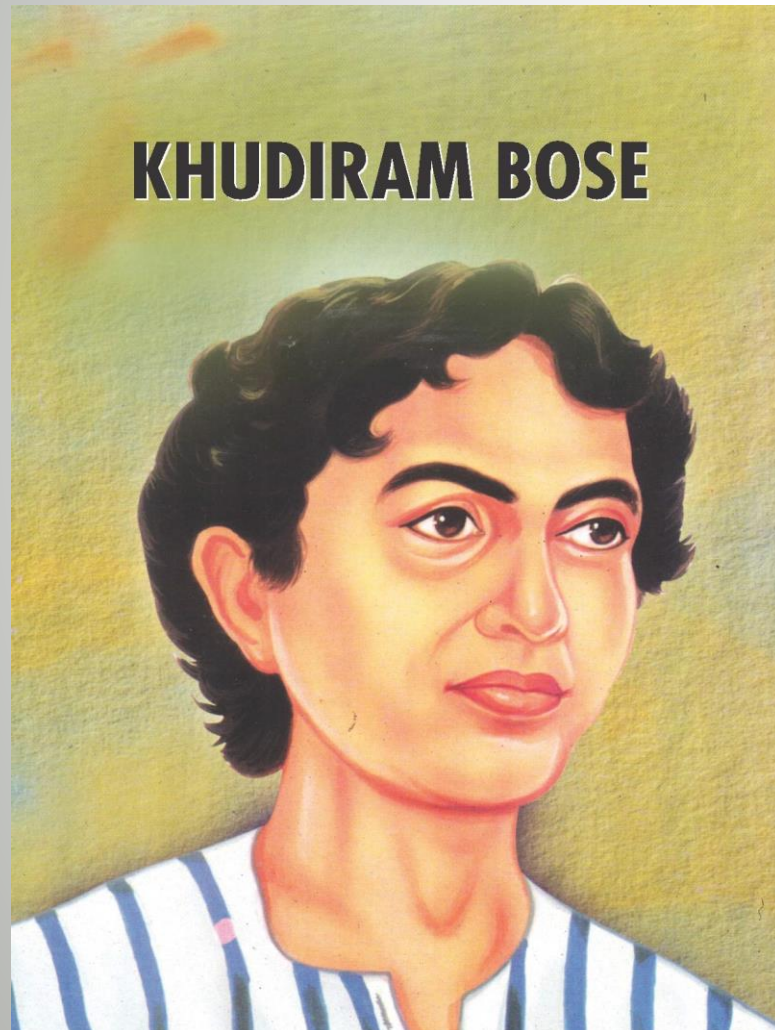
On 24th August 2021, Tuesday, Department of Computer Science had organized an expert lecture on Distributed Computing in Sant Hirdaram Girls College. The Resource Person was Ms. Kanchan Aswani, Lead Engineer at Arcesium, Hyderabad. The main objective of the

expert lecture was to disseminate & facilitate knowledge quick and better access to data and information.

Dr. Dalima Parwani, Principal said that today distributed computing plays an important role as it ensures fault tolerance and enables resource accessibility in the event if one of the components fails.

The subject expert Ms. Kanchan Aswani focused on the technique of linking together multiple computer server over a network into a cluster, to share data and to coordinate processing power. She further added that distributed computing offers advantages in scalability, performance, resilience, and cost-effectiveness. She explained in detail about tightly coupled systems and loosely coupled systems, the advantages and disadvantages of distributed computing, consistency, and availability patterns etc.

Webinar on “Freedom Fighter Khudiram Bose”



On 25 th August 2021, Wednesday, a Webinar was organized by the Language Department on the topic Freedom Fighter Khudiram Bose. The resource person was Dr. Hansa Vyas, Professor, Department of History, Govt. Narma da College, Hoshangabad. The main objective of organizing the webinar was to spread awareness about the people who inspired and motivated to fight injustice and sacrificed their lives for independence.

Dr. Dalima Parwani, Principal extended a warm welcome to the speaker and said that today’s youth must take inspiration from Khudiram Bose who sacrificed his life for freedom of our nation. Bose was a real patriot and an unsung hero of our revolution of freedom. She further added that youth must contribute to the growth of nation by imbibing qualities of honesty, transparency and passion. Subject expert Dr. Hansa Vyas said that a young political activist from Bengal, was not only one of the most prominent figures in India’s fight for freedom from British rule, but also the youngest revolutionary that the Indian Independence movement had witnessed. She added that apart from possessing the spirit of a fighter, Khudiram Bose was also known for his leadership qualities and his services to the society. He was arrested for distributing Vande Matram pamphlets against British Raj. He was a revolutionary who has hung on 11 th August, 1908. Dr. Vyas urged the students to fight from inner self. She quoted the words of Khudiram Bose “Can there be a disease worse than slavery?”

International Webinar on “Nutrition Requirements for Young Women”

Friday, 27th August, 2021

The screenshot shows a Zoom webinar interface. The main window displays a slide titled "NUTRIENTS THE GUIDE TO MACROS". The slide content is as follows:

- Type of Nutrients**
- MACRONUTRIENTS**
- CARBOHYDRATES**
 - CARBOHYDRATES are sugar or polymer of sugar such as starch, that can be hydrolysed to simple sugar by enzymes.
 - CARBOHYDRATES are the basic energy currency of our body.
- PROTEINS**
 - Proteins are nitrogenous compounds, required for the structure, function, and regulation of the body's cells, tissues, and organs. Thus they are called as Body building nutrient.
- FATS**
 - Fats are substances that help the body use some vitamins and keep the skin healthy; they are also the main way the body stores energy.

The participant grid shows the following names:

SNIGDHA SHUKLA	SANT HIRDARAM GIRLS ...	SANT HIRDARAM GIRL...
Akansha Asthana	Shweta A. Mishra	AZRA FARIDI
Sameen Fatima	Palak lalwani	Babita Goswami
Urvashi Kadare	Sakshi Hotwani	Rashida Khuzema
Alfiza Baig(CN)	Sk Rabiya	Aarushi Garg
Dr.Mugdha Rajput	Neha hire	Gayatri mewada

On 27th August 2021, Friday, an International Webinar on **Nutrition Requirements for Young Women**” was organized by Student Union of Sant Hirdaram Girls College, Bhopal. The resource person was Dietitian Snigdha Sharma Shukla from Dubai. The main objective of organizing the webinar was to spread awareness regarding Nutritional requirements among young students.

Dr. Dalima Parwani, Principal laid stress on the importance of Healthy eating habits and nutritional needs in young females. She added that by eating well at every stage of life, we can control cravings, increase immunity, manage our weight, boost our levels of energy & look and feel our best every time. Speaker Dietitian Snigdha Sharma Shukla said that students must be able to identify the characteristics of malnutrition as feeling tiredness, depression, deficiency of Iron. One must have a balanced intake of food consisting of carbohydrates, proteins and fats in proper proportions.

A balanced diet helps us to control our weight, prevent illness, keep ourselves energized and boosts our immune system. Speaker added that we must have plenty of water, food rich in iron, calcium & protein. She emphasized on the importance of performing regular exercise, no skipping of meals having a plate full of colourful home made fresh food along with fruits and vegetables.

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "How IoT works?" with a lightbulb icon. The slide content is as follows:

1	2	3	4
Sensors	Connectivity	Data Processing	User Interface
Collecting data	Sending data to cloud	Making data useful	Delivering information to user

On the right side of the Zoom window, there is a list of participants (27) and a chat window. The chat window shows a message from "SANT HIRDARAM GIRLS C..." to "Everyone": "A very hearty good afternoon to one and all 🙏".

Expert Lecture on Internet of Things

On 30th August, 2021, Monday, Department of Computer Science had organized an Expert Lecture on Internet of Things (IoT). The Keynote Speaker was Ms. Abhilasha Sharma, Networking Consultant Engineer, CISCO. The main objective of organizing the lecture was to sensitize the students about the growing network of Internet of Things which is changing our world rapidly, by sharing information and interacting with the world.

Dr. Dalima Parwani, Principal welcomed the expert and said that IoT do most of the work without human intervention, although people can interact with the help of devices. She added that IoT can make use of artificial intelligence and machine learning to aid in making data collecting processes easier and dynamic.

The Subject Expert Ms. Abhilasha Sharma introduced IoT by appraising about Kelvin Ashton who coined the term first time. She explained in detail about its working process, the multiple technology that is used, real time analytics, commodity sensors and embedded systems. She added that by means of low-cost computing, better quality of life, increased efficiency and productivity of businesses etc. IoT is most synonymous with products pertaining to the concept of the smart home and IoT can also be used in healthcare systems. She highlighted on the growing job opportunities in this field like Cloud Software Developer, IoT Infrastructure Architect, IoT Systems Administrator, Test Engineer and many more.

THANK YOU!!!



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www.shgc.in

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