



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 Progress
Report**

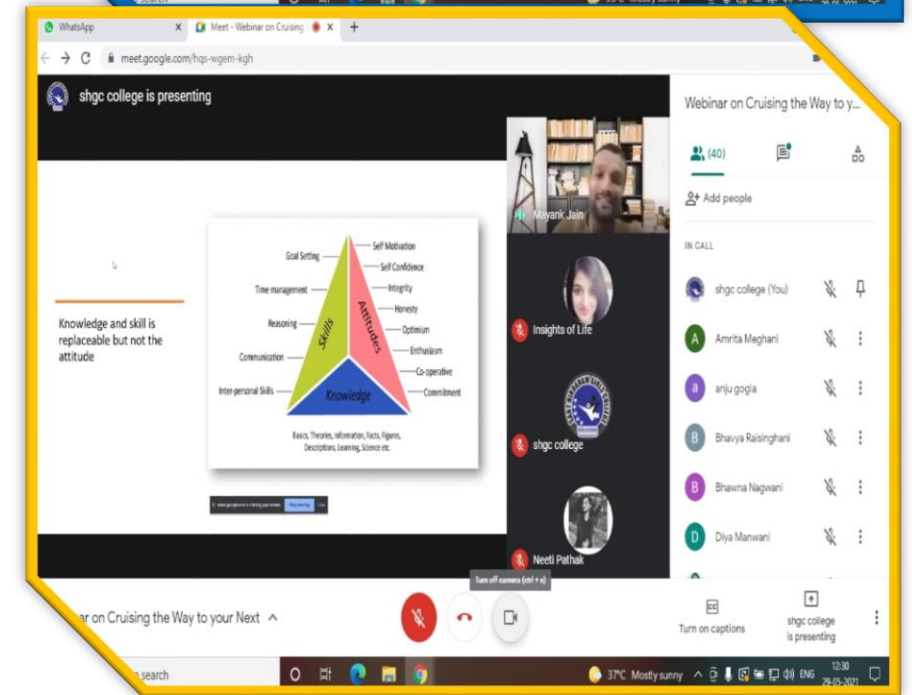
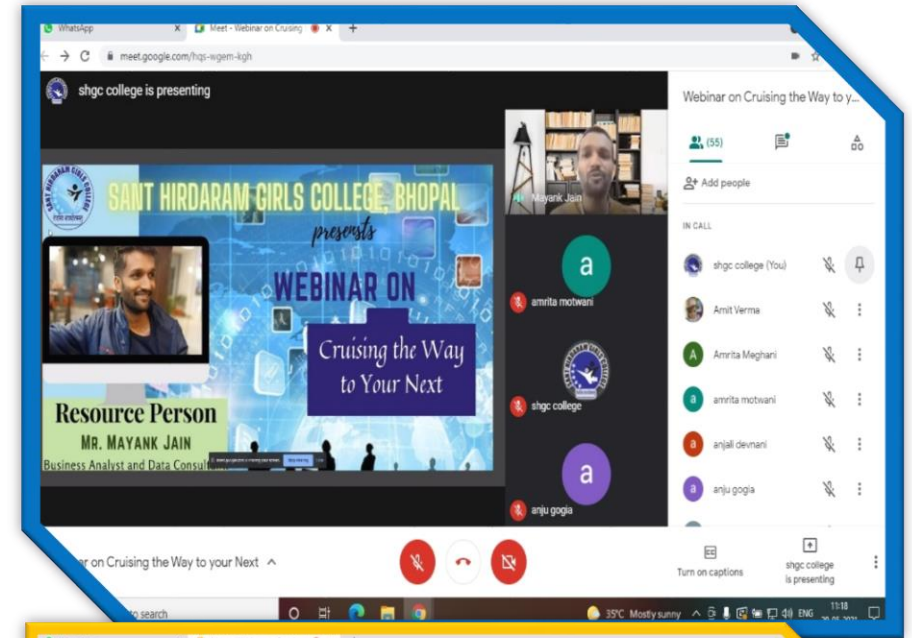
June 2021

Webinar on Cruising the way to your Next

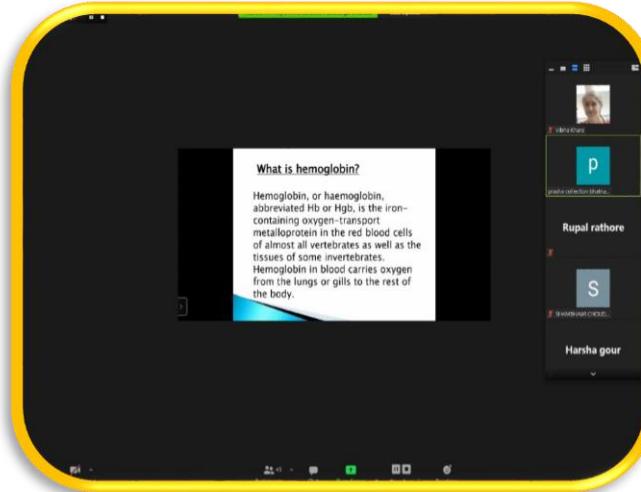
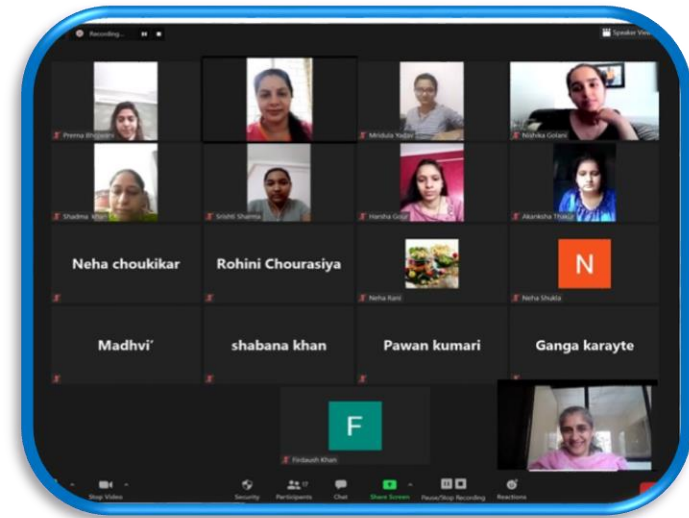
On 2nd June, Wednesday, A Webinar on **Cruising the way to your Next** was organized by Sant Hirdaram Girls College, Bhopal. The Keynote Speaker was Mr. Mayank Jain, Business Analyst and Data Consultant.

The Main aim of conducting this Webinar was to help students to assess themselves and to understand their area of interest to choose a career.

The speaker Mr. Mayank Jain enforced that choosing a career is one of the most important decisions you will make in life. It's about so much more than deciding what you will do to make a living. As students, we need to think what career are we going to choose as early as possible. Choosing a career path can help you set professional goals and develop a strategy for getting where you want to be. A correct choice of career may lead to success, happiness and prosperity, while a wrong and late one may lead to failure and lifelong frustration. The fruits of wrong and late decisions are numerous and bitter. To avoid these, one should try to choose one's career as early as possible, preferably at the high school stage, according to one's aptitude and resources.



Webinar on Haemoglobin Metabolism



Thursday, 3rd June, 2021

On 3rd June, Thursday, A Webinar on **Haemoglobin Metabolism** was organized by Department of Clinical Nutrition & Dietetics of Sant Hirdaram Girls College, Bhopal. The Department was established in the year 2006 since then the students of our institution are getting merit positions in Barkatullah University. The students are highly placed which is the added feather in the cap of the Department. heeynote Speaker was Ms. Harsha Bhatnagar who is the registered dietitian.

She explained that haemoglobin, abbreviated Hb, is the iron-containing oxygen transport metalloprotein in the RBC of almost all vertebrates. Haemoglobin in blood carries oxygen from the lungs to the rest of the body. There it releases the oxygen to permit aerobic respiration to provide energy to power the functions of the organism in the process called metabolism. She further elaborated that a healthy individual has 12 to 20 grams of haemoglobin in every 100 ml of blood. She briefly explained about the common causes of low haemoglobin which include loss of blood, nutritional deficiency, bone marrow problems, chemotherapy, kidney failure or abnormal haemoglobin.

Prof. Vibha Khare, HOD, Clinical Nutrition & Dietetics explained that in this pandemic when people are fighting with hypoxia (lack of oxygen) understanding of haemoglobin metabolism will increase their insight on this issue. In her address she told that the 6 students of Clinical Nutrition & Dietetics Department served in a village to eradicate SAM (Severe Acute Malnutrition) in collaboration with Kunjal Welfare Society.

Webinar on Mental Well-being: Acceptance and Commitment

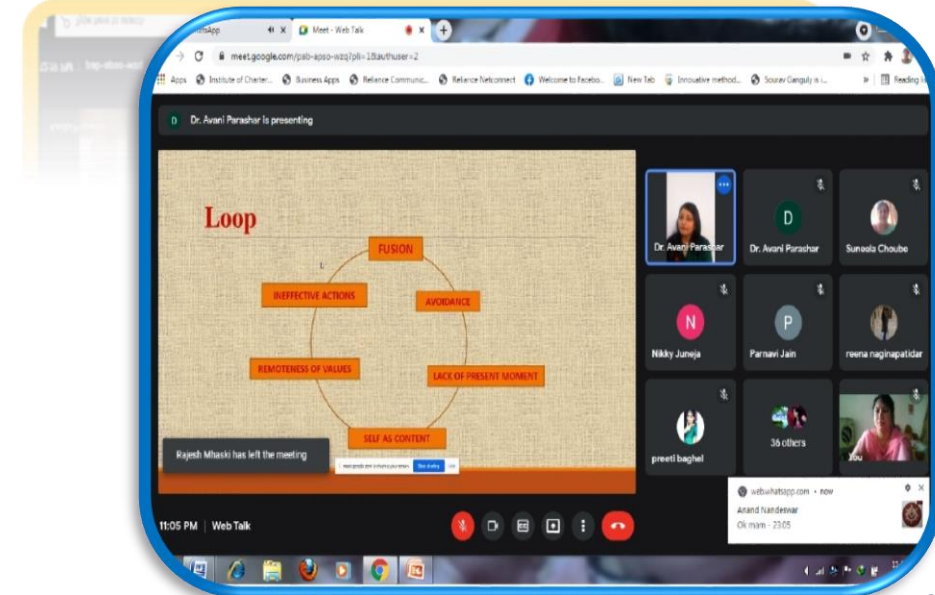
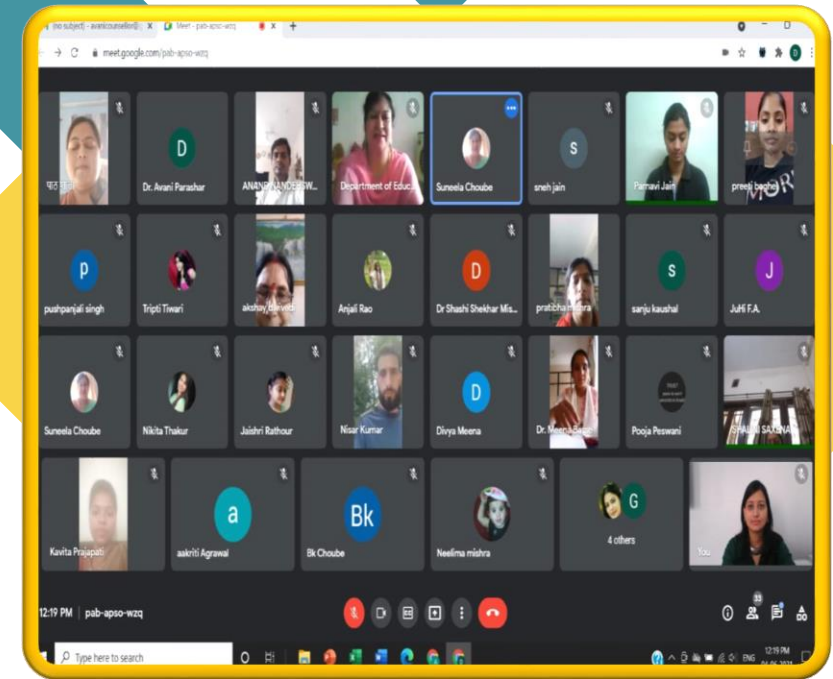
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A Web talk on Mental Well-being: Acceptance and Commitment was organized by Department of Education, Sant Hirdaram Girls College, Bhopal. The Keynote Speaker was Dr. Avani Parashar, Psychologist and Counsellor, DMS RIE, Bhopal. The aim of organizing the web talk was to improve mental health and emotional well-being of the students and to further help them in reducing stress.

Following aspects were covered in the Web talk:

- Internal Struggles
- Values Vs Goals
- Identify your Values
- Happiness
- FRAMES and FUSIONS
- From FEAR to DARE
- Committed Actions
- “Observing Self”
- Actions

The overall session was very thought provoking, informative & provided the participants with enormous knowledge on various aspects of Mental Well-Being. The department of education extends deep sense of gratitude to all the higher authorities for their guidance and cooperation.



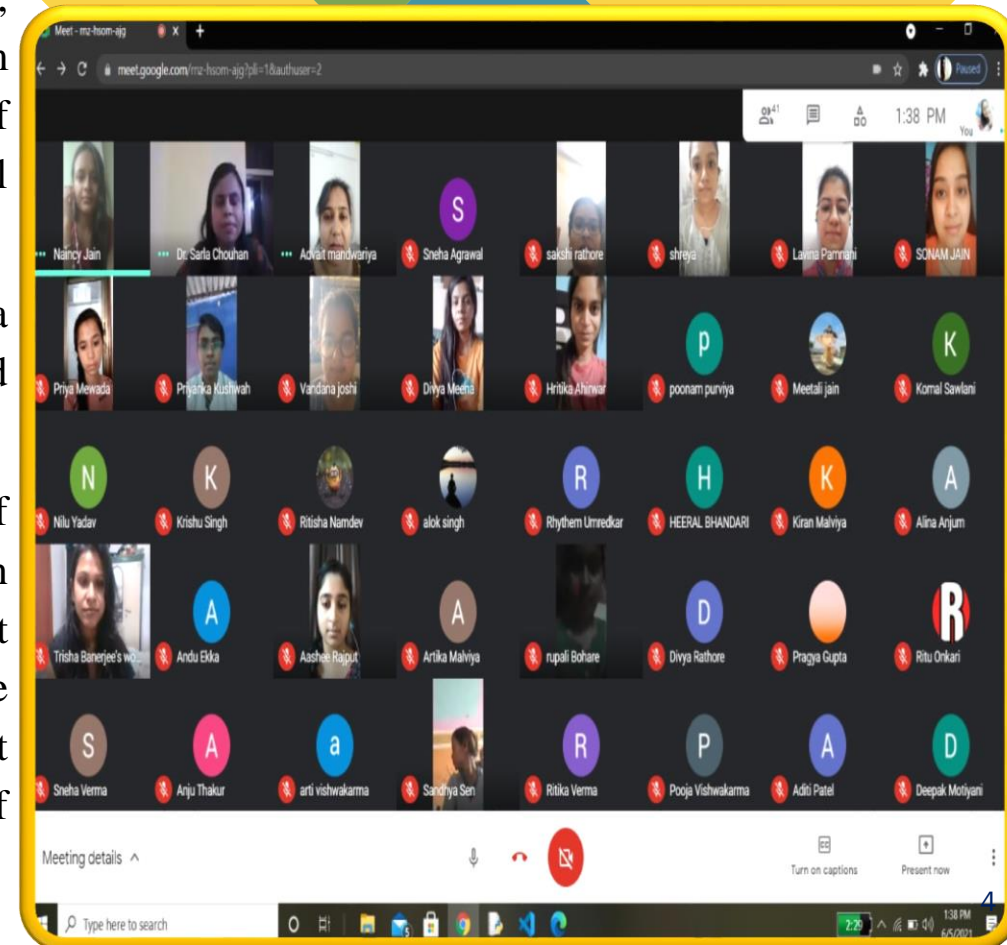
Webinar on Application of Differential Equation in Real World Life

Saturday, 5th June, 2021

On 5th June, Saturday, A Web talk on Application of Differential Equation in Real World Life was organized by Department of Mathematics, Sant Hirdaram Girls College, Bhopal. The Keynote Speaker was Dr. Sarla Chouhan, Assistant Professor, Department of Applied Mathematics & Computational Science, Shri Govindram Seksaria Institute of Technology and Science (S.G.S.I.T.S.) Indore. The main aim of conducting this web talk was to give the knowledge of students to how differential equation is impactful in our daily life.

Dr Dalima Parwani in her welcome address said that differential equations have a remarkable ability to predict the world around us. She further added that they are used in a wide variety of disciplines from physics, biology to engineering.

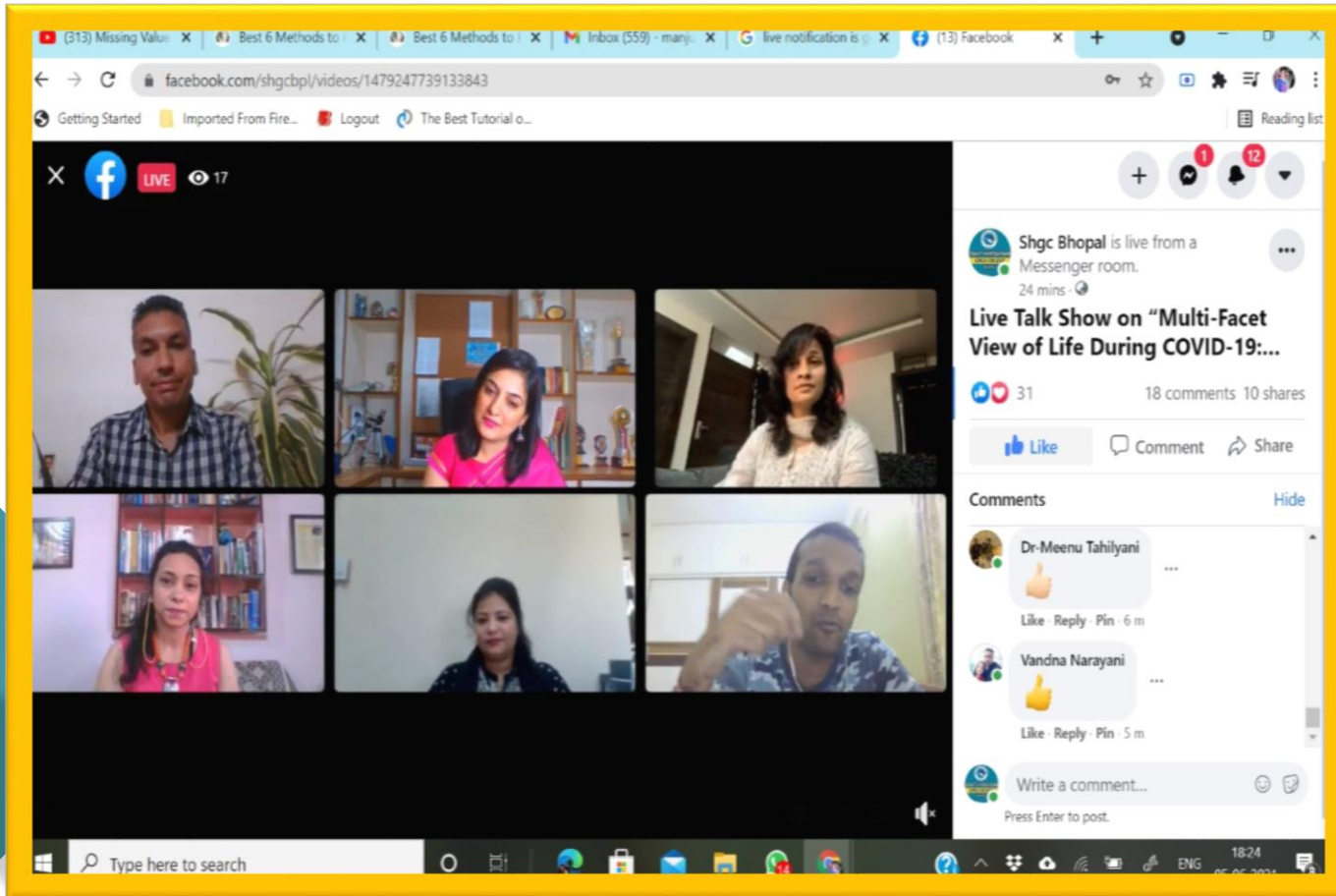
The subject expert Dr. Sarla Chouhan highlighted some daily life examples of differential equation like Population Growth, Radioactive Decay, Radiocarbon Dating, Electric Circuit, Orthogonal Trajectories etc. She also explained that differential equation was useful in many branches other than Mathematics like Physics, Chemistry, Computer Science, Biology and Economics. She explained that differential equations are used in medicine for modelling cancer growth or spread of the disease.



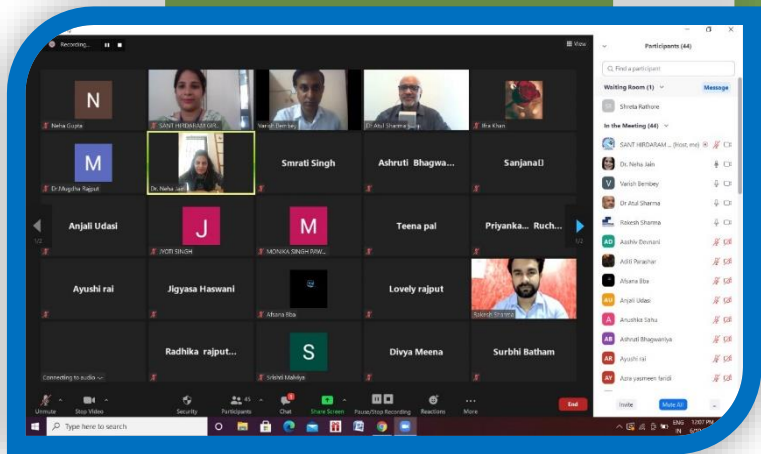
Live Talk Show on Multifaceted View of Life during Covid-19: Experience that Matter

On 5th June, Saturday, A **Live talk show was organized on Multifaceted View of Life during Covid-19: Experience that Matter** in Sant Hirdaram Girls College, Bhopal. The team of experts were Dr. Dalima Parwani, Principal and Life Skill Counselor, Commander Dr. Omprakash Sharma, Commanding Officer, 1 MP Naval Unit, Bhopal and Motivational Speaker, Ms. Deepti Yadav, Fitness Enthusiast and Motivator, CA Charanjeet Malhotra, Director, Finance, Jagran Welfare Society and Spiritual Mentor and Mr. Mayank Jain, Business Analyst and Automation Consultant. The aim of organizing live talk show was to present a holistic approach on the effects of this pandemic as everyone is struggling in the cruel hands of covid-19.

The live open forum started with the welcoming of all the experts by Dr. Dalima Parwani who coordinated and said that the resources are constant, but attitude and energy should be synergized. She further added that students should take maximum benefit out of this time and develop skills to equip their personality. The students must show responsible behavior as they are the future of the country.



Webinar on Relevance of Soft Skills



Thursday, 10th June, 2021

On 10th June, Thursday, Training & Placement Cell of SHGC had organized a Webinar on the topic Relevance of Soft Skills in Sant Hirdaram Girls College, Bhopal. The Expert Speaker was Dr. Atul Sharma, Director Academics, Sunstone Eduversity, Bangalore. The main aim of organizing the Webinar was to develop soft skills in students and to enhance employability and achieving dream job.

Dr. Dalima Parwani, Principal, in her welcome address said that soft skills are personal attributes and necessary for success and career growth. She further added that these skills help in forming good relationships with other people.

The Resource Person Dr. Atul Sharma explained about communication and in focus how to become a fluent English speaker. He discussed various problems students face during communicating, ways to improve fluency and solutions to enhance skill in communicating fluently. He suggested various skills of improving for students. He further said that nobody is our enemy but only our own fear and habits are our enemies. We have to work hard; self-belief and self-confidence are essential to achieve success in speaking fluently. It was an interactive webinar and students clarified their doubts

Faculty Achievement - Presented Research Paper ICDSMLA-2021

An International Conference on Data Science, Machine Learning and Applications-2021 was organized by RNTU, Bhopal in association with IFERP on 10th and 11th June 2021. Ms. Geeta Guwalani and Ms. Manju Devnani, Assistant Professor, Department of Computer Science respectively, presented paper titled “A Cogitation of Image Recognition using Machine Learning and Deep Learning Techniques”.

Received certificate of Active Lifetime Membership of the **Institute for Engineering Research and Publications (IFERP)**.

Membership ID:

Ms. Geeta Guwalani- PM26845973

Ms. Manju Devnani- PM36590128



Two days' Workshop on “Yoga and Meditation: During Covid and After Covid”

Friday & Saturday, 11th & 12th June, 2021

As this month is marked to celebrate International Yoga Day, a two days' (11th-12th June, 2021) Workshop is being organized by Department of Education, SHGC through online mode. The topic of the workshop was 'Yoga and Meditation: During Covid and After Covid'. The Resource Person was Mr. Neelesh Vishwakarma, a renowned Yoga Trainer. The main aim of organizing the Workshop was to create awareness among students regarding importance of Yogic Science and Meditation in this difficult time of pandemic.

Dr. Dalima Parwani, Principal, in her welcome address said that Yoga being our tradition coming from generations serves both physical and mental wellbeing. This workshop will surely groom the students along with education and it is the need of the hour.

The Resource Person Mr. Neelesh Vishwakarma said that practicing yoga in our daily routine can help to balance our domains in all dimensions. He further explained that daily exercise and yoga can enhance our life span. Yoga and pranayama must be done regularly and religiously to prevent covid and it will reduce the fear of coping from covid. Speaker added that it will boost immunity, willpower etc. The Session ended with an interaction from the participants. It was an enriching session which will definitely help the students in this difficult time.

Opportunity, Safety And Dignity For Women Through Quality Education



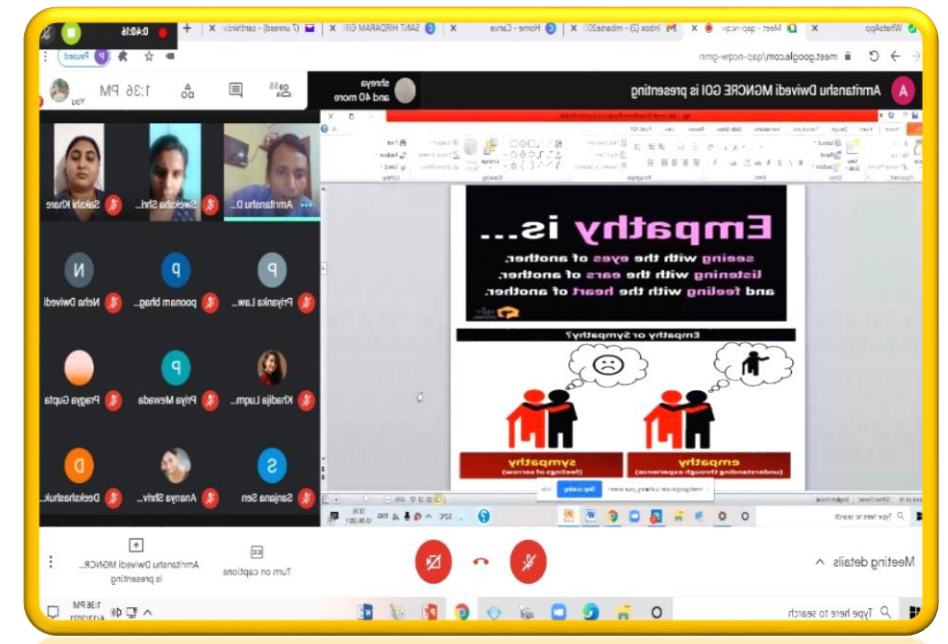
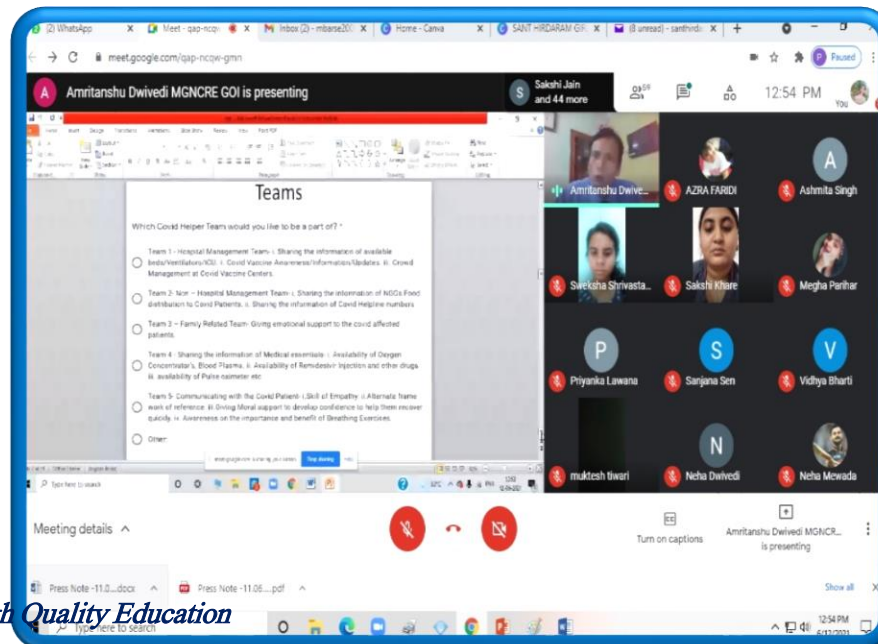
Workshop Organized by NCC & NSS Unit

On 12th June, 2021, Saturday, NCC & NSS Unit of SHGC had jointly organized a workshop on the topic Covid Helpers Skills for students Community: Guidance for Psycho-Social Counselling of Corona Patients. The Keynote Speaker was Dr. Amritanshu Dwivedi, Lecturer and Intern, Mahatma Gandhi National Council of Rural Education, Ministry of Human Resource Development, Govt. of India. The main aim of organizing this workshop was to familiarize the students regarding skills required to assist in guiding and handling patients of Corona and various methods adopted to deal with corona patients.

Dr. Dalima Parwani, Principal, in her welcome address said that in the midst of all the pandemonium and destruction, it is imperative for us as a responsible citizen of the society to focus and reflect deeply upon this human health related crisis and play our role responsibly to avoid and minimize these happenings in future.

Speaker of the workshop Dr. Amritanshu Dwivedi started the session with experience sharing during the last 1.5 year of corona sufferings. The speaker described about 6 teams as Hospital Management Team, Non-Hospital Management Team, Family related Team, Team sharing information of medical essentials and Team communicating with Covid patients. The NSS & NCC Volunteers may join these teams and serve the society. Speaker insisted on social service and said that every living being is dependent on each other and we must help each other in every capacity like physical, mental, economical etc. We can also help Covid patients by informing them about the benefits derived from practicing yoga, pranayama and exercises regularly.

The speaker believed that contributing small efforts will make a big difference. He explained the function of psychological support committee, whose prime objective is to promote psychological well-being of affected people.

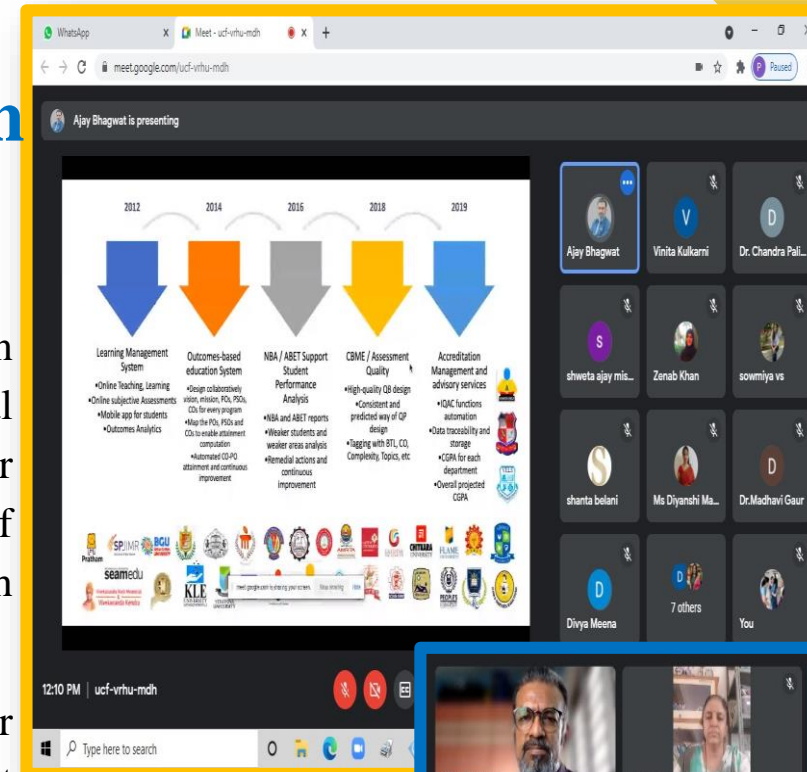


Webinar organized on Demonstration of NAAC Accreditation Management System

A Webinar on the topic “Demonstration of NAAC Accreditation Management System” on 16th June, 2021, Wednesday by the Internal Quality Assurance Cell, SHGC. The Keynote Speaker for the webinar was Mr. Ajay Bhagwat, Director, Inpods, India. The main aim of organizing this Webinar was to equipped faculty members with technology and management of data for NAAC Accreditation.

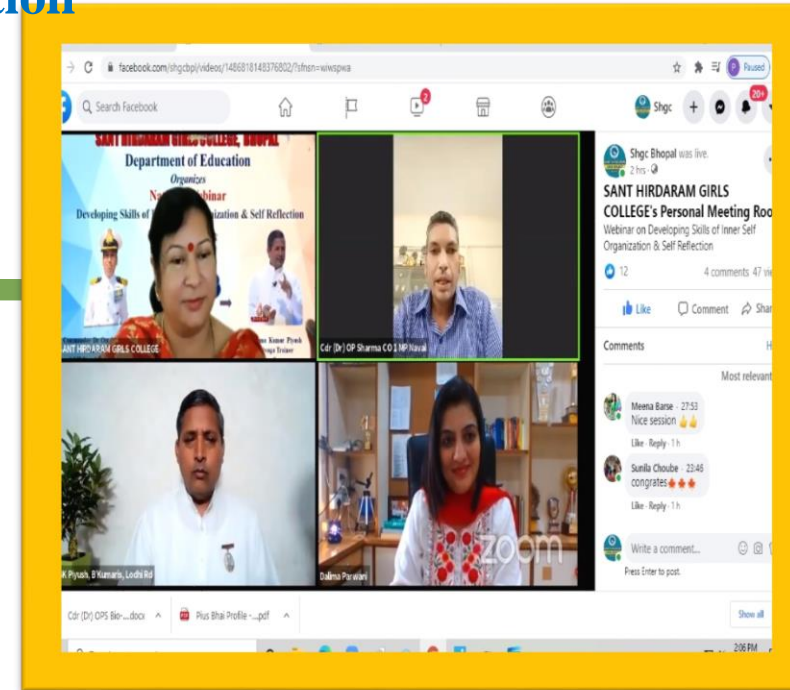
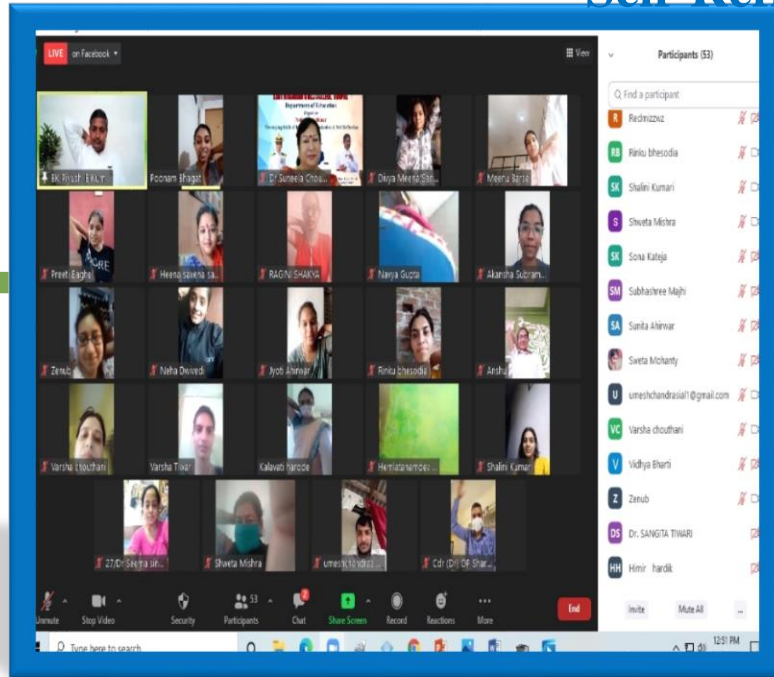
Dr. Dalima Parwani, Principal, SHGC addressed the session with her welcome note expressing the relevance of this topic in the present scenario to upgrade the knowledge of the faculty members. This will not only benefit the institution but also welfare the faculty and students.

Mr. Ajay Bhagwat explained about NAAC accreditation which helps the higher learning institutes to know its strengths, opportunities, and weaknesses through an informed review process. The speaker impressively conveyed the usage of technology in this pandemic while work from home and online work is a necessity.



National Webinar on Developing Skills of Inner-Self Organizations and Self-Reflection

Thursday, 17th June, 2021



On 17th June, 2021, Thursday, National webinar on developing skills of inner self organizations and self-reflection was organized by the Department of Education. The Chief speaker was Bramh Kumar Piyush, Rajyog Trainer and Motivational Speaker. The aim of organizing this webinar was to develop skills in the students regarding self-organization and self-reflection.

Dr. Dalima Parwani, Principal in her welcome address emphasized on the importance of knowing oneself as we are the reservoirs full of positivity, knowledge and experience. We must have a positive attitude and passion towards our work and with Gods will we would be able to serve the humanity in a better way.

Dr. Om Prakash Sharma, Commanding Officer, 1 MP Naval Unit, NCC Bhopal gave a brief note on the chief speaker and added that every one's dream is to become knowledgeable, powerful and success full in life. We must know about our own potential and should have a dialogue with one self. In order to achieve success in life we must deliver our task with 100% dedication and commitment.

The chief speaker laid emphasis on the importance of knowing one self, he said that we must be able to manage our time to achieve maximum benefit. He stressed on the concept of early rising up and performing meditation on regular basis. Through meditation we can increase our will power self-confidence, harmony in relationships and it is a way to talk to God. Speaker further aided that every human being is unique. We must be focused on the present situation. Our first and last thought of the day must be positive. We must take a pledge to make our home and institution 'Anger free zone', 'Tension free zone' and always a 'Smiling Zone'.

Faculty Achievement - Presented Research Paper ICCICA-21

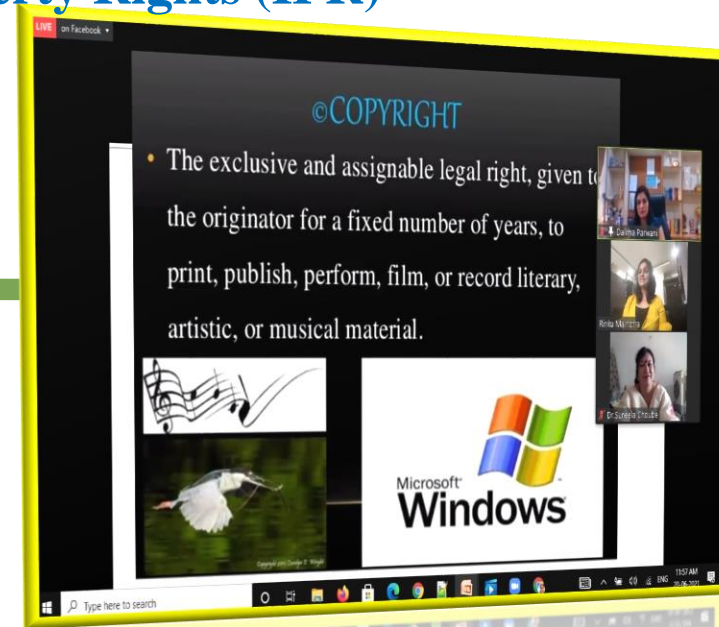
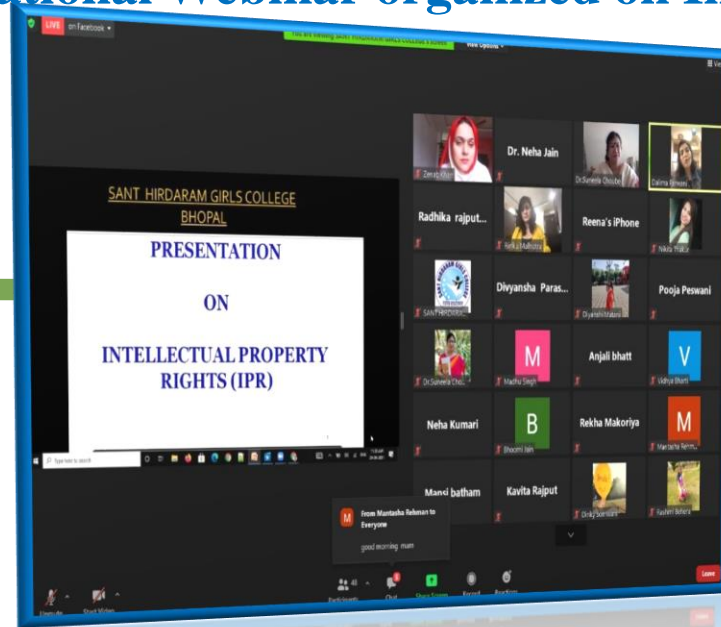
Friday & Saturday, 18th & 19th June, 2021

Scopus Indexed - International Conference on Computational Intelligence and Computing Applications-21 was organized by G H Rasoni College of Engineering, Nagpur, technically supported by AIP in association with GHR Lab and Research Center on 18th and 19th June, 2021.

Ms. Geeta Guwalani, Assistant Professor, Department of Computer Science, presented paper entitled “**Sentiment Analysis using Convolution Network**”.



National Webinar organized on Intellectual Property Rights (IPR)



On 20th June, 2021, Sunday, Internal Quality Assurance Cell, SHGC had organized a National Webinar on the topic Intellectual Property Rights (IPR). The Keynote Speaker was CA Charanjeet Malhotra, Director Finance, Emerald Ministrations Pvt. Ltd. The main aim of organizing this Webinar was to create awareness among faculty members and students to protect their creations and innovations.

Dr. Dalima Parwani, Principal, in her welcome address expressed that our students must have vital information regarding patents as it is essential in today's world where innovations led startups count every second.

Subject Expert CA Charanjeet Malhotra impressively conveyed the importance and various kinds of Intellectual Property Rights. She gave students the knowledge of patents and intellectual property rights and guided them regarding drafting the patents and what actually can be patented.

The contents covered by her were basics forms of IPR, Copy Rights, Trade Marks and Patents by giving various real-life examples. She elaborated on various brands and gave knowledge about contents which can be patented and contents which can not be patented as per rules. She talked about the terminology used in IPR.

The webinar concluded by question and answer session which gave a chance to young students to clear of their doubts regarding innovations and its protections.

International Yoga Day Celebration

On 21st June, 2021, Monday, International Yoga Day organized on 21st June, 2021 by NCC & NSS Units jointly. On this occasion Prof. Vibha Khare, Yoga Expert was present who elaborated on the importance of Yoga & Meditation. Following all the protocols of Covid-19 all the college staff performed various Yoga & Meditating Exercises in social distancing at the Botanical Garden. Some of the popular Yoga Asanas were Pawanmuktasana, Taadasana, Kapaalbhati, Anulom Vilom etc. performed by the college staff.

Dr. Dalima Parwani, Principal, in her welcome address said that in the present scenario in order to be stress free one must compulsorily perform Yoga every day. She appealed that maximum no. of students along with their parents must take benefit of this Vaccination Campaign.



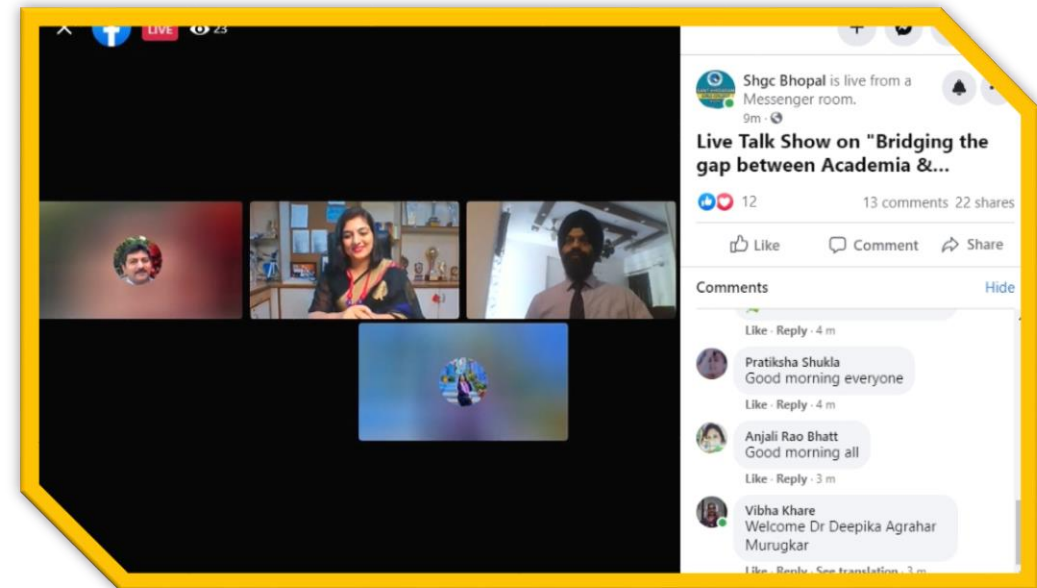
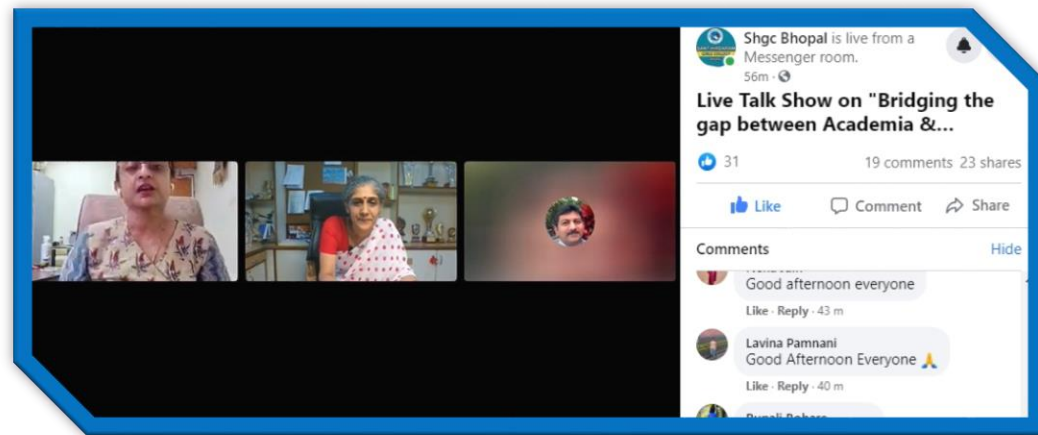
Vaccination Campaign



From 21st to 23rd June, 2021, Monday to Wednesday, Vaccination Campaign is being organized in college campus from 8:00 am to 6:00 pm. The aim of organizing the Vaccination Drive is to help speedy vaccination process of students & their parents. The arrangements are done to provide vaccine to persons above 18 years of age. For vaccination persons must bring their Aadhar Card or any other ID Card like Voter Id, Driving License along with them. All the protocols of Covid-19 are being taken care off in the entire campus.

Dr. Dalima Parwani, Principal, in her welcome address said that vaccination is a must as we are going through this acute pandemic crisis. It is the only measure which everyone can take as a precaution and contribute as a responsible citizen of the country.

Live talk show on Bridging the Qualification Gap Between Academia and Industry



On 24th June, Thursday, A **Live talk show was organized on Bridging the Qualification Gap Between Academia and Industry** in Sant Hirdaram Girls College, Bhopal. The team of experts were Dr. Dalima Parwani, Principal and Life Skill Counselor, Mr. Dipender Singh, Corporate Leadership Coach, Capt. Tarun Jawa, Senior Commander GoAir, Mr. Sandeep Gupta, Vice President, Workforce Management, Microland, Bangalore, Mr. Ashwini Kumar Rao, Senior Director, HR, Sutherland, Dr. Dipika Agrahar Murugkar, Principal Scientist, APPD, ICAR-CIAE. The aim of organizing the live talk show was to understand the causes of gap in between education sector and industry; and efforts needed to bridge this gap.

The live open forum started with the welcoming of all the experts by Dr. Dalima Parwani who coordinated and said that the country is witnessing growth of education sector however Indian industry is not convinced about the job readiness of the graduates. There is a need to understand the requirements of industry and ways to fulfill the same by the education sector by building partnerships between the industry and academia.

The discussion started with questions posed by host and answers given by experts. The conclusion of the discussion was that there is a requirement of skill-based education where the students must understand the importance of soft skills like time management, critical thinking and decision making. The experts were of the view that online education has become need of the hour along with attributes of finishing school. The student should be trained like “FOUJI” with physical and mental strength. Corporate sector requires to know about the benefits and profits of industry which is sometimes lacking in freshers. Interpersonal relationships are very important for personal as well as professional life. Technology in addition with subject knowledge and positive attitude will surely bridge the gap between academia and industry



Thank you



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