



SANT HIRDARAM GIRLS COLLEGE, BHOPAL

Monthly Report
July 2022

Saturday, 2nd July, 2022

Nutrition Seminar in Marriott Hotel, Bhopal



- A one-day seminar “Pulses: Sustainable Super foods” was organized by Indian Dietetics Association of India, MP Chapter, in collaboration with USA Dry Pea & Lentil Council, on 2nd July, 2022, in hotel Courtyard Marriott.
- The seminar aimed to educate Nutrition students, Dietitians, Healthcare Professionals, Chefs, and industry professionals about the importance of including pulses in a diet, how quality pulses provide the right nutrition, and the relevance of a plant-based diet. Understanding the importance of the event, SHGC accepted the partnership as co-organizer along with All India Pulses and Millers association and NETPROFAN.
- Principal Dr Dalima Parwani was invited as the chief guest in the program. In her speech she emphasized on the importance of food in human life and its spiritual aspect in Indian mythology. She stated that mahamritunjay Mantra itself is an indication for nutrition and emphasizes on increasing vitality for a healthy and spiritual life.
- Our more than 40 students of UG and PG attended this seminar and get benefited. Head of the department Prof Vibha Khare was a panelist in a panel discussion organized on this occasion. Students of SHGC marked their presence in the program with their enthusiastic ideas and recipe sharing.

Thursday, 7th July, 2022

Faculty Development Program

- On 7th July 2022, Thursday, in the pious presence of Rev. Siddh Bhouji, a Faculty Development Program was organized in Sant Hirdaram Girls College, Bhopal. The aim of organizing this program was to commence the journey of teachers and provide an opportunity to bond with their colleagues.
- Dr Dalima Parwani, Principal heartily welcomed everyone by initiating her speech to convey the importance of moral values in life and explained how self – retrospection is required.
- Shri Hero Gyanchandani, Director, SHGC said that faculty members are the lifeline of the institution and they are directly responsible for the development and growth of the Nation. He also briefed that one should always strive to be self -reliant and up to date.

Rev. Siddh Bhouji, in his address urged the faculty members to give respect and shared his views on the role and importance of politeness, religion and human values in student development. He enquired about the human psychology and it's correlation with human nature. He also emphasized on the food taken and highlighted on the three aspects of food viz. delicious, digestive and dietary. He further elucidated the role of teachers in disseminating the students regarding the upgradation and effectiveness in life. He stressed the faculty members to motivate the students to learn four qualities in their life: leave proud away for a beautiful life, patience is a virtue which everyone should possess, remain practical and skillful in dealing with people and lastly speak softly as it is the key to success.

He emphasized that over reaction should be avoided during panic situations. He also focused on health as a valuable asset. He concluded by giving the message that Mercy is the Root of Religion.



Friday, 8th July, 2022

Orientation Program

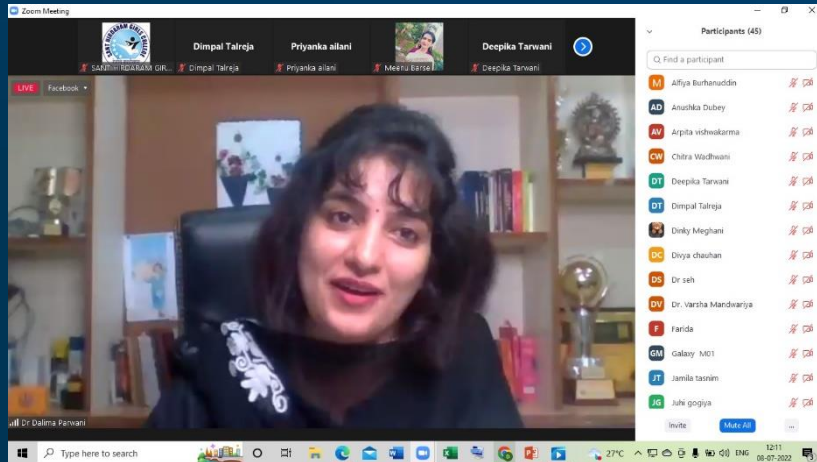
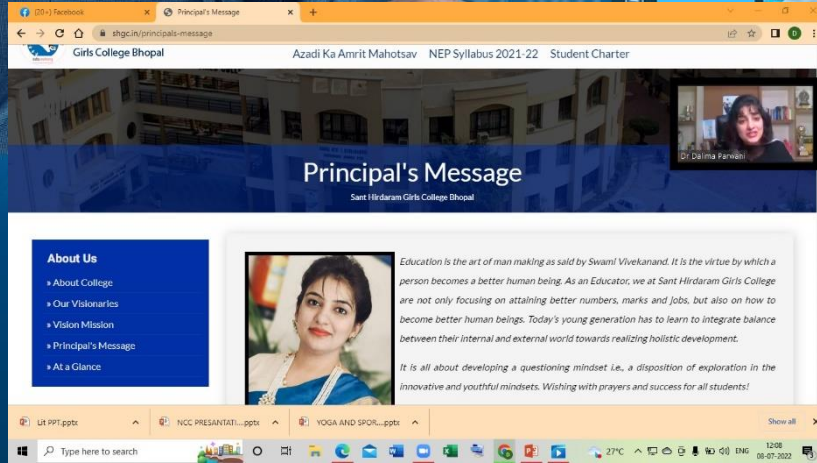
On 8th July 2022, Friday, Sant Hirdaram Girls College organized Two Days Orientation Programme for new students. The objective behind this programme was to bridge the gap between the students and faculty members and to give the overview of the complete realm of college life from academics to social, cultural and literary activities.

Dr. Dalima Parwani, Principal in her welcome address shared her views that happiness lies in the achievement and thrill of creative effort. She added that in the stipulated time the students should focus on their overall development and success which would eventually come through happiness.

Shri Hero Gyanchandani, Director said that this orientation programme assures the students to prepare for a successful career with clear vision about what lies ahead and what can be achieved at the end of the courses.

The Orientation programme was well designed as all the streams highlighted their courses and all the functional units like Cultural and Literary Committee, NSS, NCC, Sports, Training and Placement Cell, Web portal and social media, Anti Ragging cell, Tutor Guardian Scheme, Scholarship Cell, E-Cell and Incubation Centre, the Central Library of the institute also focused on their achievements, role and purpose through Power Point Presentation.

The new comers highly appreciated the Orientation programme as it was very valuable and informative giving an insight into the students' expectations.



Monday to Wednesday, 11th to 13th July, 2022

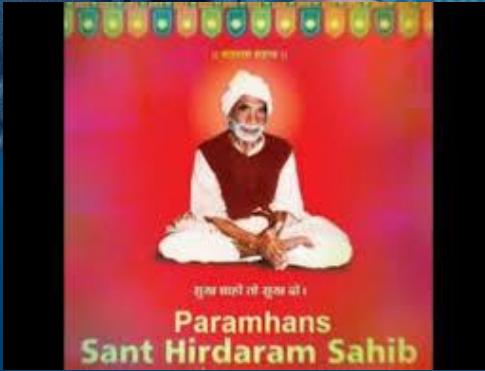
Three Days Camp on Holistic Wellness through Raw and Natural Food Materials

- A three days camp on "Holistic Wellness Through Raw and Natural Food Materials" was organized by Sant Hirdaram yoga and nature cure hospital, Sant Hirdaram Nagar, Bhopal. SHGC became an active part of this event and get benefited by naturopathic ideas of raw food by "Ms. Dharti Ben" from Ahmedabad who is a prominent speaker of Naturopathy and Yoga. She is the promoter of a Special diet "New Diet System (NDS)" of Mr. B.B. Chouhan. She encouraged the participants to adopt NDS to become healthy and active for the service of society. She focused on the spirituality generated by food intake. Eating raw vegetables and increase immunity was her basic motto. She explained the importance of raw vegetables in increasing most of the enzymes, vitamins and minerals needed for good health. Dr. Gulab Tewani, a registered naturopathist, saw the query of the students related to raw food, vegetables, seeds, fruits and promoted wellness through this program. All the staff members were there along with the Principal Dr. Dalima Parwani. The camp gave so many new ideas for adopting healthy life style.



Wednesday, 13th July, 2022

Guru Poornima



- Guru Poornima was celebrated in SHGC by greeting all the teachers by the Shaheed Hemu Kalani Educational Society. All the teachers greeted Shraddey Siddh Bhauji, Hero Bhauji and Sadhwani Bhauji for their invaluable teachings. A video was made by the students of SHGC to mark the occasion.

Saturday, 16th July, 2022

Youth Mahapanchayat



- On 16th July 2022, Sant Hirdaram Girls College became the Screening Centre for Youth Mahapanchayat under the activity of NSS. The Youth Mahapanchayat is organized every year in memory of Amar Shaheed Chandra Shekhar Azad. Different competitions were organized for screening process and it was enthusiastically attended by different participants from different colleges. The points of screening were subject knowledge, clarity and conduction by students.
- Shri Hero Gyanchandani, Director, SHGC made the moments energetic by his auspicious presence and his speech on Chandra Shekhar Azad as a youngest freedom fighter. Dr. Dalima Parwani, Principal, SHGC motivated the students by expressing life moments of Amar Shaheed Chandra Shekhar Azad. Dr. Sunila Choube, one of the jury members, judged the participants by suggesting new ideas for betterment of speech expressions, The Youth Mahapanchayat was successfully concluded with a vote of thanks by NSS Programme officers.

Monday, 18th July, 2022

NSS Orientation Programme

- On 18th July 2022, Sant Hirdaram Girls College organized orientation programme for new students. It was the first orientation by NSS unit of the college. An interactive session was planned on this day. The programme officers discussed the annual NSS activities in this session. The senior students shared their positive experiences related to the NSS.
- The programme officers emphasized on the future benefits of NSS and motivated the students to join it.



Tuesday, 19th July, 2022

Orientation Program of Bhopal Insurance House



SANT HIRDARAM GIRLS COLLEGE, BHOPAL
DEPARTMENT OF COMMERCE
&
BHOPAL INSURANCE HOUSE
ORGANIZES

ORIENTATION PROGRAM
FOR FIELD WORK

SPECIALLY FOR FIRST
YEAR STUDENTS
Date: 19 July 2022
Time : 11:00 AM Onwards
Venue : Department of Commerce, C/o



- Orientation program was organized by department of commerce in collaboration with Bhopal Insurance House for the newly enrolled students of the first year i.e., for BBA, B.COM (Economics and Computer Application), B.COM. (Honours) on 19th July, 2022. The resource persons were Mr. Mukul Guru and Mr. Dhanesh Chaturvedi. Mr. Dhanesh initiated the session and introduced Bhopal Insurance house their history, mission, vision and objective and its working amongst the students. Further the session was handed over to Mr. Mukul Guru. He discussed various types of insurance that prevail in India like health insurance, life insurance, marine insurance, education insurance, etc.,
- Thereafter, the process of settling the claims in insurance industry was shared with the students in detail. After that he also elaborated on how to fill the survey form and convince people to pick up various policies. How this mechanism can help the students to earn money was also discussed by Mr. Mukul. Detailed discussion regarding project cum field work, its format, guidelines by the University for the Preparation of final report etc. was also a part of orientation program. The session was very informative and beneficial wherein the students realized the importance of field work and how it can lead to practical exposure in life.



Thursday, 21st July, 2022

MoU Signing Ceremony



- Thursday, 21st July 2022, An MoU is signed between Sant Hirdaram Girls College and Global Talent Track. It was signed for establishing a noble centre to conduct skill development programmes and for facilitating placements for students. All the staff members along with the Principal Dr. Dalima Parwani and T & P Head Dr. Meenu Tahilyani were present in the ceremony.



- The MoU was signed by Principal Sant Hirdaram Girls College and Mr. Vedit Chaudhary, Key Account Manager, GTT. Dr. Parwani gave a warm welcome to GTT Head Mr. Chaudhary and honoured him by presenting Shawl and Shripthal. Mr. Vedit Chaudhary highlighted about GTT programmes. Dr. Dalima Parwani addressed the students and explained that the practical training and hands-on experience is the best part of academics and Sant Hirdaram Girls College, in terms of providing practical training with strong concepts is one of the top institutes of the city.

Friday, 22nd July, 2022

Training on “Financial Education for young Citizens – Kona Kona Shiksha Project”

SANT HIRDARAM GIRLS COLLEGE, BHOPAL
DEPARTMENT OF COMMERCE
&
National Institute of Securities Markets jointly (NISM) ORGANIZES
5 Days Online Workshop
on
FINANCIAL EDUCATION FOR YOUNG CITIZENS
Date: 18-23 July 2022
Time : 11:00 AM Onwards REGISTER NOW
https://docs.google.com/forms/d/e/1FAIpQLScI8PDBLUPZJFAS8BVF0HST4SULEYFG0ZQRK3F_0ZULKJL/VIEWFORM?USP=PP_URL

Keynote Speaker

Ms. Shruti Gupta
SEBI AND NISM empanelled
Financial Education Trainer

Friday, 22 July, 2022 The Department of Commerce, Sant Hirdaram Girls College, in collaboration with National Institute of Securities Markets (NISM)-An Educational Initiative of SEBI, Mumbai under the aegis of CSR program of Kotak Securities limited, organized 5 days (10 Hrs.) training programme on “Financial Education for young Citizens – Kona Kona Shiksha Project” for B.Com. (Hon.), B.Com., BBA, M.Com. Final year students from 18 July 2022 till 22 July 2022. The Trainer was Ms. Shruti Gupta.

The objective of this training is to empower students of serving in financial service industry, to create awareness for career opportunities in this field and above all to manage their finances in future.

The Training focused on Financial Markets, investments in stocks, basic knowledge to start investing in securities, do’s and don’ts of investing, awareness regarding fraudulent activities etc. total 103 students registered for the programme. There was a Quiz organize after this training for students.

We have received very positive feedback by the students. Overall, it was a wonderful learning experience for students. The Training was very well received by all the participants.

NiSM An Educational Initiative of SEBI

Financial Goals

- Short Term Goals - Time frame
- Mid-Term Goals - Time frame of
- Long Term Goals - Time frame of above

kotak Securities

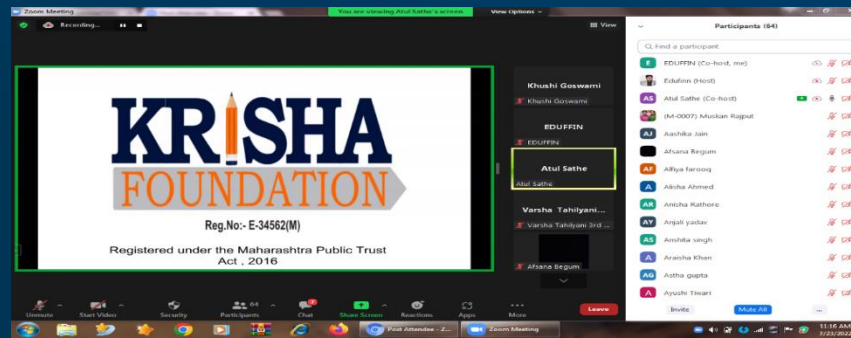
Shiksha

Participants: Shruti Gupta, Surbhi Sahu, Rounak Bichhele, Soumya Masani

Saturday, 23rd July, 2022

One day BSE webinar organized by Krishna Foundation, Mumbai

- On Saturday, 23rd July, 2022 one day BSE webinar organized by Krishna Foundation, Mumbai in association of Department of Commerce, Sant Hirdaram Girls College, Bhopal. It is an Investor Awareness Program (IAP) organized in webinar format for our students which was attended by 64 students. The guest speaker was Mr. Atul Sathe.
- The session highlighted the important aspect of grievance redressal, dos and don'ts, rights and responsibilities and safe usage of digital financial services. It was also interesting that the Resource Person made one participant call the SEBI Complaints Redress System (SCORES) grievance redressal toll free number. This Investor Awareness Program sharing such valuable insights and creating awareness about the basics of stock markets, basics of Mutual funds and SIPs, financial planning and safe investing.
- We have received very positive feedback by the students. Overall, it was a wonderful learning experience for students. The session was very well received by all the participants.



Saturday, 23rd July, 2022

Capacity Building Program

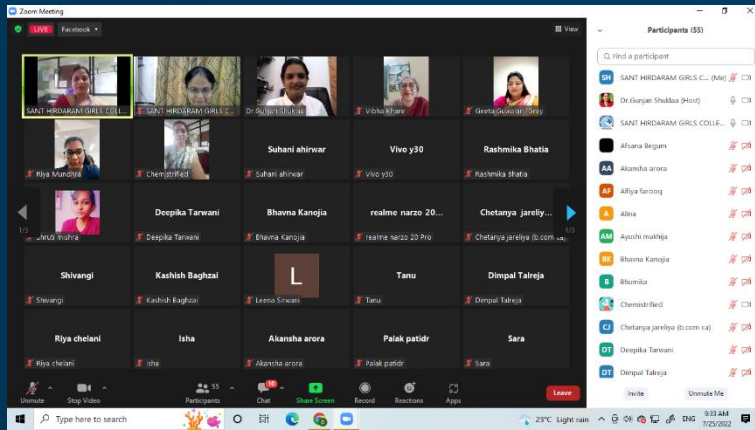
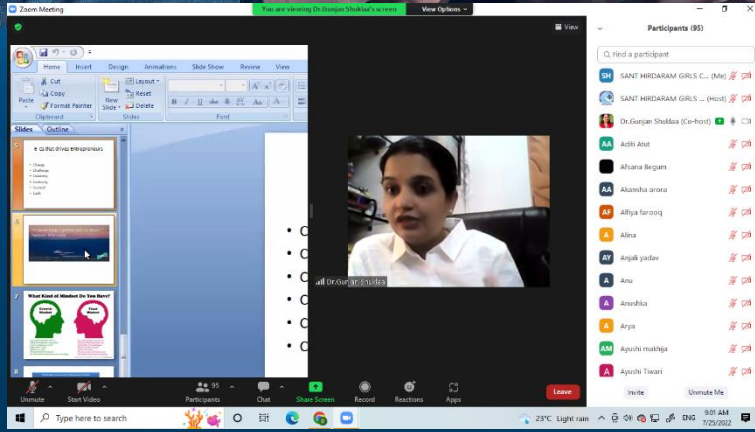


- On 23rd July 2022, Education Department, Sant Hirdaram Girls College organised a capacity building programme in association with Department of Continuing Education & Extension, Barkatullah University, Bhopal. The theme of this programme was ‘Transforming Classrooms: Engaging students today and tomorrow’. The invited expert of this programme was Dr. Hemant Khandai, Head of the Department, Continuing Education, Barkatullah, University Bhopal.
- The programme began with the views of Dr. Dalima Parwani, Principal, SHGC. She gave her view on the selected theme and suggested that our classroom education should be changed technologically but it should attain solvation through Vedic Policy. We should use modern tools of classroom teaching for propagating the knowledge and use it for social changes through Vedic Observance and Vedic sense for purity of life.
- Dr. Hemant Khandai highlighted the change in the universal phenomena for satisfying young mind’s thrust of learning. He also emphasized on transforming classrooms according to changing aptitude and needs of the students according to time. Dr. Khandai stated in his lecture that flexibility capability, change in technology, change in employability is the need of society. It is a continuous part of human education without which student can’t face the changing scenario.

Monday, 25th July, 2022

Entrepreneurship Lecture

- On 25th July 2022, Monday Entrepreneurship Cell and Incubation Centre organized an orientation session on “Building Entrepreneurial Mindset.” The key speaker of session was Dr. Gunjan Shukla, HOD & Associate Professor, School of Management and Director IQAC, Renaissance University, Indore.
- Dr. Gunjan Shukla, highlighted the six key features including all the qualities of successful entrepreneurs and the way by which they cultivate the entrepreneurial mindset. She explained the importance of critical thinking, flexibility, adoptability and the communication skills with collaboration as focal points for an entrepreneur. She emphasized on opportunity recognition, risk taking tendency and leadership quality for being a successful entrepreneur. She also mentioned about Tejaswini Fair organized by E-Cell and Incubation Centre during Rakhi Season to showcase the students’ talent and providing them an entrepreneurial platform.
- Dr. Dalima Parwani, Principal, SHGC addressed the students in this session. She mentioned some necessary qualities for good entrepreneur as the ability to take initiative, adopt the change, find creative solutions and risk-taking tendencies.
- With this session the students were overwhelmed to learn & practice entrepreneur skills as a prominent career opportunity.



Thursday, 28th July, 2022

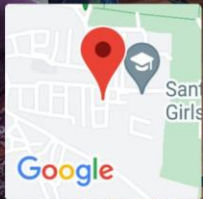
One day Workshop organized on Making Organic Soap



- Department of Chemistry, Sant Hirdaram Girls College organized one day workshop on making organic soap and eco -bag on 28.07.2022.
- The purpose of the program was to develop entrepreneurship among students and to preserve the environment. This session was very informative and useful as per the present scenario.

Friday, 29th July, 2022

Creating a Bond of Love: Rakhi Making Workshop



Bhopal, Madhya Pradesh, India

BHO-303, Behata, Bairagarh, Bhopal, Madhya Pradesh

462030, India

Lat 23.26615°

Long 77.345165°

29/07/22 11:23 AM

As the festival of Raksha Bandhan is at the door step, the youngsters are gripped in the feel of celebration. A rakhi and jewellery fabricating workshop was organised by Sant Hirdaram Girls College, Bhopal on 29th June, 2022. The workshop was organized by the Entrepreneurship and Incubation Cell, in which the Art Therapist and Counsellor Mrs. Hinishka Shivnani trained students to make Rakhi from pearl, silk and kundan, eco-friendly material and more.

Art is a diverse range of human activities in creating visual, artworks, expressing the author's imaginative or technical skill, intended to be appreciated for their beauty or emotional power. Art is a best form of expression to showcase any kind of feelings, love or even a mood of a person.

To celebrate the essence of brother-sister bond, this workshop focused on creatively enhancing the Rakhi and Jewellery making skills of the artists and readers. The students enthusiastically participated in the workshop and learned to make beautiful and different art forms for the upcoming Tejaswani Fair in the college.

Principal, Dr Dalima Parwani said that a workshop of Rakhi and Jewellery making for students was organized on so that the girls can embellish their brother's wrists with handmade Rakhi and Jewellery for themselves in this Raksha Bandhan.

The students participated in this workshop enthusiastically and told that the handmade Rakhis in this workshop will bind their brothers on this Raksha Bandhan. They further said that this initiative is been carried out so that people can put forward their creativity with a personal touch.

Saturday, 29th July, 2022

Workshop Organized on Snackyfying Millets



- On 30th July 2022, Saturday Clinical Nutrition Department of Sant Hirdaram Girls College in association with NSI Bhopal Chapter had organized a Workshop on Snackyfying Millets for students, scholars and faculties with the intention of disseminating awareness regarding millets and millet- based foods as an attempt to reach out to the masses.
- Prof Vibha Khare, Head, Department of Food & Nutrition briefed about the workshop and the benefits and nutritional values of millets. The workshop started with the lecture of the Keynote Speaker Ms. Sarah Altamash Hussain, Research Fellow, FH, Munster University, Germany. She enlightened about the different certificate courses offered for the students of Food & Nutrition Department by Munster University.
- Dr Dalima Parwani, Principal said that when global warming is a scary reality, the conservation of water is the need of the hour and millets require very less water to grow. She further added that millets are the best option in the sedentary lifestyles because they are rich in nutritional content.
- The Resource Person Ms Jenisha Devnani, cooking expert and ex-student of SHGC, practically demonstrated many varieties of millets and explained that chefs around the world have been experimenting different types of millets and recipes. She gave tips to easily include millets in the daily diet.

Saturday, 29th July, 2022

RECREATIONAL SATURDAY



- Department of Commerce organized Recreational Saturday on 30.7.22 for first year Students of B Com, BBA, BSc. & BCA. In this recreational activity students have performed their talents like singing dance poetry, acting etc. Students were very excited for this event, 60 students have participated and shown their talent through this platform. We have felicitated three best performers, Ms. Sushmita Kumari BSc I Year, Ms.Kashish Soni BCA I year and Ms. Jhanvi Sahibani BBA I Year. Through this activity cultural, theater and literary committee has selected talented students in concerned area for upcoming events.

