

*Sant Hirdaram Girls College,  
Bhopal*



**Monthly Report March 2023**

Thursday, 2<sup>nd</sup> March, 2023

## Session on Commodity Connect Program



- On 2<sup>nd</sup> March 2023, Mr. Amit Malde, Assistant Vice President, National Commodity and Derivatives Exchange Ltd, Mumbai visited Sant Hirdaram Girls College to interact with the students as a part of the compliance procedure of the Value-added Course "Commodity Connect Program" run by NCDEX.
- The Value-Added Course "Commodity Connect Program" started on 16<sup>th</sup> January 2023 in virtual mode. This Course was organized for the II Year Commerce and Management Students. The duration of the Course was of 30 hours which included 20 hours of online sessions and extra 10 hours of activities such as Power Point Presentations, Field Visits, Assessments, etc. The Resource persons for the online Sessions were Prof. Zenab Rais Khan, Assistant Professor, SHGC, Dr. Abhishek Tripathy, Dean, Commerce and Management, Kalinga University, Dr. Vinod Lakhwani, Associate Professor, Faculty of Management Studies, Marwadi University, Rajkot. The sessions were followed up with practical exposure to the commodities market through an afield visit to Krishi Upaj Mandi Samiti, Karond, Bhopal.
- Mr. Amit had an interactive session with the students where he took feedback on the 30 hours duration Value-added course. And with a very positive note, he appreciated the efforts of the College to provide holistic education to the students and was very satisfied with the compliance of the course on the ground level. He wished the College, the very best for its future endeavors.



Monday, 6<sup>th</sup> March, 2023

## Educational Visit

On 6<sup>th</sup> March 2023, Monday, Department of Chemistry of Sant Hirdaram Girls College, Bhopal had organized an Educational Visit to M.P. Pollution Control Board, Bhopal. The objective behind organizing this educational visit was to provide technical inputs and disseminating awareness regarding the impact of pollution in our lives. PG Chemistry students visited the M.P. Pollution Control Board with Dr. Harsha Premchandani, HOD, Chemistry.

Dr. Dalima Parwani, Principal said that these educational visits are an integral part of their curriculum as they provide real -world exposure and are better for academic performance.

Ms. Sandhya Mokhale, Scientist, Ms. Poonam Choubey, Field Assistant, and Mr. Shubajeet Roy (JRF) were present during the visit and they assisted the students in knowing about the facts and working of instruments. The students came to know about different instruments viz. CHMS Analyzer, ICP/MS, IC, AAS, UV VIS Spectrometer. The students also learnt to figure out what the prescribed air and water quality standards are, how they are violated and how they can be controlled.



Tuesday, 7<sup>th</sup> March, 2023

## Women's Day Celebration



- On 7<sup>th</sup> March 2023, Tuesday, Women's Cell, Sant Hirdaram Old Girls Association (SHOGA), NSS Unit and Literary Committee jointly celebrated Women's Day. The Chief Guest was Ms. Manisha Anand, Academic and Corporate Trainer, Bhopal. Mr. Mridul Malviya, District Project Officer, Ms. Leena, Supervisor, Women & Child Development Department, Bhopal, Dr. Dalima Parwani, Principal, huge number of alumni, Faculties and students graced the occasion. A Panel Discussion was organized on the topic **Sexual Harassment** with the objective to disseminate, raise awareness and sensitize the students regarding sexual harassment, its repercussions, the rights of women and behavior in the society.
- Dr. Dalima Parwani, Principal welcomed the guests, alumni and every one present. She said that whatever happens in life has a reason behind it. Today we are celebrating women's day with Holi and this is because the colours in life are spread by women. She further said that understand the power of yourself, face the challenges in life with courage and celebrate every day as women's day and as women empowerment. She quoted the live example of Spiritual Leaders and said that they possess an aura, positivity and beauty which is necessary for the emotional, physical and spiritual well-being. She laid emphasis on possessing self-confidence.
- Ms. Manisha Anand said that self-empowerment starts with self-care. She also said that self-care is self-love. She explained that your happiness is your own responsibility, remain positive and be grateful and thankful for whatever you have. She also said that students should write gratitude journal every night before going to bed and write five things you have learnt today. When you are grateful, your attitude will become positive. She suggested that one should appreciate in public but criticize in private.
- A Panel Discussion was organized by the Literary Committee on the topics viz. what type of actions are considered as sexual assault, vishakha guidelines, why anti-sexual cell is a necessity, me too campaign and effect of sexual harassment on mental health of victims. The discussion was made between Ms. Princi Pahlwani, Ms. Hiba Mariyam, Ms. Neha Achhara, Ms. Jahnvi Sahibani, Ms. Anushka Dubey, Ms. Nousheen and Ms. Bhumika Panwar. Moderation was done by Ms. Shema Mehfooz.
- Alumni from SHOGA Ms. Neelu Yadav and Ms. Palak Ramani shared their journey and were grateful towards the teachers who transformed and helped them during their journey. The whole program was successfully conducted by Ms. Pragya Gupta, Student President and vote of thanks was proposed by Prof. Vibha Khare, Convener Women Cell.



Wednesday, 15<sup>th</sup> March, 2023



## Faculty Achievement

Prof. Vibha Khare, Head, Department of Food & Nutrition has been invited by Govt. MVM Bhopal on 15<sup>th</sup> March, 2023 as one of the jury members in their Millet Processing competition and Workshop. As we all know year 2023 has been announced as International year of Millet by UN. Prof. Vibha Khare also delivered a lecture on Use of Millet in Everyday Cooking. This competition was organized by Chemistry department NSS & NCC of Govt. MVM Bhopal.

Friday, 17<sup>th</sup> March, 2023

## Cooperative Awareness Program for Youth



On 17<sup>th</sup> March, 2023, Friday, Cooperative Awareness Program for Youth was organized at Sant Hirdaram Girls College, Bhopal in joint collaboration with Institute of Cooperative Management, Bhopal under the aegis of Azadi Ka Amrit Mahotsav. The objective behind organizing this program was to sensitize the students about the recent developments and the new program and schemes available with the newly created Ministry of Cooperation. The chief guest was Dr. Amit Mudgal, ICM, Program Director, Bhopal, Mr. Rajendra Saxena, National Trainer, Ms. Rashmi Golya, Corporate Trainer, Dr. Dalima Parwani, Principal, faculty members and students in huge numbers graced the occasion.

Dr. Dalima Parwani, Principal in her welcome address emphasized that corporate awareness is the need of the hour. Women need to be initiators, digital friendly and skillful. They need to assimilate the knowledge and exhibit the talent through various platforms.

Dr. Amit Mudgal initiated the session with laying importance on women empowerment wherein self-dependency in financial terms and education are of utmost importance for women. He said that cooperative Movement is a 150 year old concept which primarily focuses on social and economic upliftment of the masses. In addition to this he discussed the concept of investment and return with regard to entrepreneurship and Self Help Groups. He wined up the session with “be a job provider and not a not seeker”.



Friday, 17<sup>th</sup> March, 2023

## Sant Hirdaram Girls College Honored by American India Foundation



On 17<sup>th</sup> March, 2023, Friday, American India Foundation (AIF) had organized Stakeholder Engagement Ceremony in joint collaboration with DELL Technologies to felicitate the Stakeholders who provided opportunity for them to conduct skill related workshops. AIF is a non-profit American organization that is devoted to accelerating social and economic change in India. Sant Hirdaram Girls College in collaboration with AIF has conducted Communication Skills Training Workshop to hone the skills of the students.

Dr. Meenu Tahilyani, Convener, T&P Cell was felicitated and honoured on behalf of the Institution in recognition for the participation and collaboration for Future Workspace Skills Training, 2022-23.

Dr. Dalima Parwani, Principal said that collaborating with such organizations always help in accomplishing the workshops at a faster pace and in a more satisfied way. She further added that when people work together towards a common aim, they can each use their experiences & skills to contribute to its success.



Saturday, 18<sup>th</sup> March, 2023



### **Faculty Achievement**

Prof. Vibha Khare, Head Department of Food & Nutrition has been invited by Bansal Hospital Bhopal as one of the jury members in their Recipe contest (for pregnant and lactating women) on 18<sup>th</sup> March, 2023. It was an intercollegiate competition in which all the eminent institutions of Bhopal participated. This competition was organized by Department of Gynecology, Bansal hospital, Bhopal.





Saturday, 18<sup>th</sup> March, 2023

## Student's Achievement

On 18<sup>th</sup> March, 2023, students of B.Sc. of SHGC participated in an intercollegiate competition organized by Department of Gynecology, Bansal hospital, Bhopal. Seven students participated in the recipe competition organized for pregnant and lactating women. They are instructed to bring high protein, calcium and Iron recipe. Ms. Ayesha Khan of B.Sc. I Year of Clinical Nutrition won second prize in the student category. The other two categories were patients and dietitians. All the participants got goody-bag & certificates and the winner got prize.



Sunday, 19<sup>th</sup> March, 2023



## Principal & Faculty awarded by Barkatullah University, Bhopal



In the third monthly educational dialogue, Department of Continuing Education & Extension, Barkatullah University, Bhopal organized an Annual Shree Award Distribution Ceremony on 19<sup>th</sup> March, 2023 in association with **SREE**, Society for Research in Education & Extension. The Programme was presided by Hon'ble Dr. Hemant Khandai, Head, Department of Continuing Education & Extension, Barkatullah University, Bhopal in which representatives from all over the state participated.

During the award ceremony, **Dr. Dalima Parwani, Principal, Sant Hirdaram Girls College, Bhopal** has been conferred with the prestigious **Devi Ahilyabai Memorial Award for Women Empowerment** for all her outstanding contributions in the field of Education & Research.

**Dr. Suneela Choube**, Head, Department of Education, Sant Hirdaram Girls College, Bhopal has been bestowed with **"Shiksha Shree Award"** for her contributions in Teacher Education. The institution always strive hard to sow the best seeds of learning and nurture each and every individual to showcase their potentials to the best possible extent.



Tuesday, 21<sup>st</sup> March, 2023

## Motivational Session of Shradhey Siddh Bhauji organized at NSS Camp, SHGC



On 21<sup>st</sup> March, 2023, Tuesday, under the pious presence of Rev Siddh Bhauji, a session was held at the seven days NSS Camp which was organized at the adopted village Mugaliya Haat. The camp was organized with the theme Health, Hygiene and Entrepreneurship. Dr. Dalima Parwani, Principal, Faculty members and volunteers were also present. The program commenced with saraswati vandana and floral welcome of the guests. After this, NSS volunteers sang Lakshya geet, followed by a bhajan by Ms. Pratiksha Shukla. NSS report was shared by Ms. Neha Singh, senior volunteer.

Shradhey Siddh Bhauji interacted with the NSS volunteers and narrated them about the importance of having right kind of friend and companions. “As the company, so is the colour”, Shradhey Bhauji further added that a person is recognized with the quality of friends they have because if one possesses the right kind of friendship then they will definitely learn good things in life and will overcome all the hitches. He laid emphasis on the importance of endurance, active listening and patience as prime life-skills. He also said that if someone points out our mistakes even then we should remain thankful towards them and try to overcome those mistakes so that we can enhance our personality. He insisted on thinking and considering before speaking. Communicating with a soft and humble tone are jewels of a benign human churning them to be respectful and courteous. He urged the students to read more and more books, as books are one’s real friend. Our scriptures have everything that science is proving today, so one should take time to read and recite them.

He motivated the students to not listen to your mind but instead listen to the voice of conscience. To fight against anger, one must try to have control over it as anger is just a habit that can be dominated. Anger triggers the body’s ‘fight or flight’ response. Other emotions that trigger this response include fear, excitement and anxiety. The adrenal glands flood the body with stress hormones, such as adrenaline and cortisol. A student must possess the virtue having pure soul, serving humanity and being kind towards animals and birds. He urged the students to be compassionate towards birds and animals during summers and requested them to keep water and food for them.

He also explained the importance of joint family and the teaching of elders. Due to single nuclear family, the society is falling down and the children are in the state of confusion and indiscipline. Practice what you preach, he encouraged to act like this. He also motivated them to abstain from ego because it is the cause of downfall and decline in life. While praying one must pray for others because only then our own prayers are listened. If our wishes are not fulfilled have perseverance abide to the will of the almighty.

He concluded the session with Santji’s preaching “*Don’t hurt anyone, don’t take anyone’s sigh. Do good if you can, or take your own right.*” Compering and vote of thanks was proposed by Prof Deepika Saxena. The Management appreciated the efforts of NSS unit and extended best wishes for future endeavours.

Friday, 24<sup>th</sup> March, 2023

## Student's Achievement

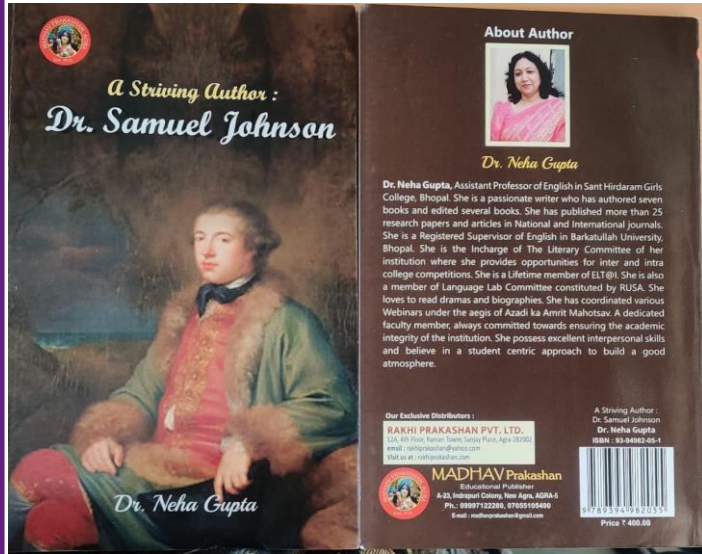
SISTec had organized Sagar Fiesta 2023, in this fest, Sanwad was organized, it is a type of Mock United Nations on 24<sup>th</sup> March, 2023. Ms. Hiba Mariyam of BBA I Year participated. The agenda of this event was “Reviewing the Reservation Policy of India”. She bagged III Prize and was awarded as Special Mention for her outstanding performance.





Monday, 27<sup>th</sup> March, 2023

## Book Published by Dr. Neha Gupta of SHGC



On 27<sup>th</sup> March 2023, Monday, a book was authored and published by Dr. Neha Gupta, Head, Department of English, Sant Hirdaram Girls College, Bhopal, titled **A Striving Author: Dr. Samuel Johnson** which is a part of curriculum for the students who are studying English Literature. She had authored seven books and this is the eighth one. She is a passionate & dedicated writer and this is her augmentation towards academia. Dr. Samuel Johnson has made remarkable contributions as a poet, playwright, essayist, moralist, biographer and eminent critic and the students studying this portion of literature will find the text helpful. The book is published by Madhav Prakashan, Agra.

Dr. Dalima Parwani, Principal said that the institution always provide support and encouragement for research and publication. She congratulated Dr. Neha Gupta for her new book and extended best wishes to empower herself and meet the challenges to the pinnacle of success.

Wednesday, 29<sup>th</sup> March, 2023

## Awareness Programme on Defense Examinations by Defense Personals from all the three Wings

On 29<sup>th</sup> March 2023, Wednesday, in the pious presence of Shradhhey Siddh Bhauji an awareness program on defense examinations was organized at SHGC Bhopal. Shri Hero Gyanchandani, Vice president SHKES, Director SHGC, Col. Narayan Parwani Ex-Army Officer, Capt. Vaishnav A.S Chauhan, Commander Rahul Bagul, Commander Aftab Ahmed Khan from NAVY, Brigadier Arupendu Gupta, SM, Col. Santosh Kumar, Lt Col. M.K. Singh, Lt. Col. K. D Singh and Lt Col. Reddy from ARMY, Air Commander Anuj Gupta(VSM), Wing Commander A.K Saraswat, Wing Commander D.K.Yadav, Corporal Vikrant Kumar from Air Force, Dr Dalima Parwani, Principal SHGC, Dr Ashish Thakur, Director SHIM, Faculty members and students in huge numbers graced the occasion.

The objective behind organizing this awareness program was to outreach career opportunities in armed forces as these have always been fostering a promising career option for young people.

Shradhhey Siddh Bhauji in his message said that loving the country like a soldier and contributing towards the progress of the nation is the need of the hour.

The officers of three armed forces suggested that defense aspirants desirous of joining any of the wing of armed forces are provided with several entry scheme based on their academic profile and the commission they are opting for viz. permanent and short commission. Regarding Agniveer they informed about UPSC- CDS, NDA, CDSE, and NCC Direct entry, INET, AFCAT and AFMC.

Videos on Naari Shakti, Song of Navy and a video on Army was also projected for the students.

Air Commander Anuj Gupta while motivating the students summarized the session by delivering that time is precious, don't waste it. Always make a plan and execute it, make an alternative plan, find solutions to problems, pick up any sport of your choice and take care of your physical fitness, develop a hobby and enhance knowledge. He urged the students to have minimal dependency on others. He quoted the example of Chinese Sun Tzu which means reaching before time for war. He presumed that by 2050 India would be one among top nations. He guided the students to be inquisitive and enjoy life.



March, 2023



## **Barkatullah University Examinations – MBA, B.Ed. & M. Com.**

The Barkatullah University Final Examinations of MBA, B.Ed. and M.Com. were conducted in the shifts 11:00 am to 02:00 pm and 03:00 pm to 06:00 pm in the month of March. Dr. Madhavi Gaur and Dr. Meena Barse were the Centre Superintendent and Assistant Centre Superintendent respectively for the day shift. Similarly, Dr. Harsha Premchandani and Dr. Geeta Guwalani were the Centre Superintendent and Assistant Centre Superintendent respectively for the evening shift. Around 1200 students were catered in both the shifts.



# Thank You



[santhirdaramgirlscollege@yahoo.com](mailto:santhirdaramgirlscollege@yahoo.com)



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