

# **SANT HIRDARAM GIRLS COLLEGE, BHOPAL**



## **Monthly Report September 2024**

Wednesday, 4<sup>th</sup> September 2024

## SHGC Celebrates National Nutrition Week with a Focus on Health and Wellness

During National Nutrition Week, Food and Nutrition Department of Sant Hirdaram Girls College organized a series of programs aimed at promoting awareness about the importance of nutrition and healthy living among students and the community. On 4<sup>th</sup> September 2024, Intercollegiate Smoothie Making Competition: A Blend of Creativity and Nutrition.

Dr. Dalima Parwani, the Principal stated that by emphasizing the college's commitment to promoting health and wellness among its students. She further added that National Nutrition Week provides us with an excellent opportunity to educate and empower our students. Understanding the importance of nutrition and adopting healthy habits is essential for their well-being, both now and in the future.

The program of the day was Empowering Young Women: Understanding and Managing PCOD, Dr. Priya Bhav Chittawar, a renowned gynaecologist and fertility expert was the Resource Person who provided her valuable insights on "Empowering Young Women: Understanding and Managing PCOD." Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting women of childbearing age, often leading to irregular menstrual cycles and elevated levels of androgen, a male hormone. Dr. Chittawar's session was designed to educate the students about the disorder and provide them with practical strategies to manage it. She emphasized the critical role of nutrition and exercise in combating PCOD, highlighting how making better food choices and maintaining an active lifestyle can significantly alleviate the symptoms of the condition. The session was highly relevant to National Nutrition Week, as it underlined the connection between diet, exercise, and overall health.

Another program of the day was an Intercollegiate Competition on Smoothie Making, which saw enthusiastic participation from various colleges, including Sant Hirdaram College of Naturopathy and Yogic Sciences, Sant Hirdaram Girls College (SHGC), and the Institute of Hospitality and Hotel Management. The event celebrated the creativity and nutritional knowledge of the students, as they crafted delicious and healthy smoothies

Prof. Archana Sharma, who accompanied the students from MPIHTTS, Bhopal, commended the participants for their innovative recipes and nutritional awareness. The competition was fierce, but in the end, Arya Dwivedi from MPIHTTS secured the First position with her refreshing and nutrient-packed smoothie. Ayesha Khan from SHGC earned the Second position, while Savri Verma, also from SHGC, took the Third spot.

Prof. Vibha Khare, Head of the Department of Food and Nutrition, also shared her valuable perspective during the event. She discussed how balanced nutrition plays a vital role in maintaining hormonal balance and preventing conditions like PCOD.





Thursday, 5<sup>th</sup> September, 2024



## SHGC Observes Dr. Sarvepalli Radhakrishnan's Birthday

On 5<sup>th</sup> September 2024, Sant Hirdaram Girls College, Bhopal, Observes Dr. Sarvepalli Radhakrishnan's Birthday with great enthusiasm and reverence under the aegis of the Literary Committee. The event was organized to acknowledge the invaluable contribution of teachers in shaping the future of students and fostering a culture of lifelong learning.

In her address, Dr. Dalima Parwani the Principal of the College, highlighted the mutual learning relationship between teachers and students, remarking. She further added that Teachers are because of their students; they learn as much from them as they impart. She further emphasized the importance of wholehearted participation in activities, stating that winning or losing is secondary to the spirit of involvement and growth.

The observation was marked by a vibrant showcase of talent, where students paid homage to their teachers through a variety of entertaining performances, including Mimicry, Stand-up Comedy, Songs, and Dances. The event was entirely managed and conducted by the students, reflecting their dedication and appreciation for their mentors.

Additionally, an Intra-collegiate Card Making and Essay Writing Competition was held, drawing enthusiastic participation from a large number of students. The competitions not only provided a platform for creative expression but also encouraged students to reflect on the significant role of teachers in their lives.

In collaboration with the Training and Placement Cell, Vision IAS organized a Quiz and Essay Writing Competition, aimed at enhancing students' awareness and engagement with current affairs and academic challenges. The participation in these events was commendable, with students showcasing their intellectual acumen and writing skills.



Monday to Friday, 2<sup>nd</sup> to 6<sup>th</sup> September, 2024

## Virtual Research Faculty Development Program attended by Faculty



**Dr. Usha Sharma, Assistant Professor of Commerce attended the Virtual Research Faculty Development Program (FDP) 2024, which took place from 2<sup>nd</sup> to 6<sup>th</sup> September, 2024. This intensive five-day program was an exceptional learning experience, featuring interactive sessions led by renowned academicians and accomplished researchers. The FDP delved into crucial aspects of academic research, including effective research paper writing techniques, mastering Mendeley for citation and reference management, and advanced strategies for publishing in high-impact Scopus-indexed journals.**

**The program offered a comprehensive overview of bibliometric analysis and citation tools, providing invaluable insights that have greatly enhanced the understanding and approach to academic publishing. Participating in this FDP has significantly contributed to advancing research capabilities, equipping me with essential skills to improve the quality and reach of future publications.**



Monday to Saturday, 2<sup>nd</sup> to 7<sup>th</sup> September, 2024

## National Nutrition Week Celebrated



Department of Food and Nutrition of Sant Hirdaram Girls College, Bhopal, celebrated National Nutrition Week from 2<sup>nd</sup> to 7<sup>th</sup> September 2024, with a series of enlightening and engaging programs aimed at promoting health and nutrition awareness among young women.

Dr. Dalima Parwani, the Principal said that such programs conducted during National Nutrition Week aimed to raise awareness about the vital role of nutrition in health and well-being, empowering young women to make informed choices for a healthier future.

The week commenced on 2<sup>nd</sup> September 2024 with a session on "Awareness regarding Tuberculosis & Liver Diseases," led by delegates from Civil Hospital. The informative session, held during the morning assembly, focused on the importance of early detection and preventive measures for these diseases, emphasizing the role of nutrition in maintaining overall health.

On 3<sup>rd</sup> September, 2024, a quiz competition on nutrition was organized in the presence of Ms Naqi Jahan, Joint Director, and Mr. Mridul Malviya, Project Officer, Women & Child Welfare Department, Bhopal. Students actively participated, demonstrating their knowledge of nutrition and dietary practices.



## National Nutrition Week Celebrated



On 4<sup>th</sup> September, 2024 a special program titled Empowering Young Women: Understanding & Managing PCOD, conducted by Dr. Priya Chittawar. The day also featured a Smoothie Making Intercollegiate Competition in the Nutrition Lab, where students showcased their culinary creativity in preparing nutritious and delicious smoothies.

On 5<sup>th</sup> September, 2024, an Entrepreneurship Development and Training Program was conducted at CESP, ICAR on Soy Processing. The program aimed to equip students with practical skills and knowledge in soy-based product development, providing them with insights into the potential of soy as a nutritious and sustainable food source.

The 6<sup>th</sup> September, 2024, was marked by a visit to the Akshaypatra kitchen, where students learned about the large-scale preparation of nutritious meals for underprivileged children, underscoring the importance of food hygiene and balanced nutrition.



Concluding the week, on 7<sup>th</sup> September, 2024 a Workshop on Modak Making was conducted by Dr. Neha Gupta, Head of the Department of Language, SHGC. The workshop combined the cultural significance of the Modak, a traditional Indian sweet, with an emphasis on healthy ingredients and nutritional balance.



Monday, 9<sup>th</sup> September, 2024

## Teachers' Day Felicitation Ceremony held at SHGC Honour Educators



Bhopal, on 9<sup>th</sup> September, 2024, Monday, Sant Hirdaram Girls College and Sant Hirdram Medical College of Naturopathy and Yogic Sciences celebrated Teacher's Day Felicitation Ceremony with great enthusiasm and joy organized by SHKES in the pious presence of Shraddhey Siddh Bhauji, President, Shri Hero Gyanchandani, Vice President, Shri Ghanshyam Bulchandani, Secretary, SHKES, Dr. Dalima Parwani, Principal, SHGC, Dr. Hemanshu Sharma, Principal, SHMCNYS, Shri Gopal Girdhani, Academic Director, Shri Bhagwan Babani, Shri Thawar Varlani, Shri Bhagwan Damani, Shri Manohar Vaswani, Members, SHKES, Faculty Members, Office Staff and Students of both the institutions graced the occasion.



In her Welcome address, Dr. Dalima Parwani, the Principal said that Teacher's Day essentially exists because of students. Citing the examples of Abdul Kalam and Sudha Murthy, she said that along with imparting knowledge, a teacher should also have transparency. The energy and knowledge gained through discipline and hard work will remain till the end.

Dr. Hemanshu Sharma, Principal, SHMCNYS said that in this institution, both knowledge and values are taught together. Following the path shown by Shraddhye Siddh Bhauji, both students and teachers are incorporating moral values into their lives.

Dr. Ravi Shankar Bhardwaj, Senior Scientist at MPCST, reflecting on his own journey during a speech on Teacher's Day, shared heartfelt insights on the role of a teacher. He humbly stated, "I still consider myself a student, constantly learning. It is my duty to pass on the knowledge I acquire to society." He emphasized the lifelong learning process, stating that a true teacher is not just an instructor but moulders of minds and spirits. "A teacher instils passion and inner strength," he added, recognizing the profound influence educators have on shaping the future.

He described teaching as one of the noblest professions, with its essence lying in the act of sharing knowledge selflessly.







## Teachers' Day Felicitation Ceremony held at SHGC Honour Educators

**Shraddhey Siddh Bhauji in his inspiring address, emphasized the importance of education for girls, urging them to study diligently for a bright and prosperous future. He correlated the pursuit of knowledge to that of a yogi who gains power through discipline and abstain from laziness.**

**Drawing from the lives of great leaders such as Atal Bihari Vajpayee, Dr. APJ Abdul Kalam, and Lal Bahadur Shastri, he highlighted how dedication and integrity are the foundations of success. "No one can steal education from you," he remarked, underscoring the permanence and value of knowledge. He also stressed that without sincerity and commitment, one cannot truly acquire the wealth of wisdom i.e. Vidhya Dhan. He advised the students to keep a small circle of meaningful friendships and emphasized the importance of self-discipline in life as it is crucial. He encouraged the practice of following a time table to bring order and focus to one's routine. He further added that the students should give Prerna (inspiration) to others urging the students to become beacons of motivation and positivity, not only for themselves but for everyone around them.**

**The release of the college magazine, Yashaswini, was also a highlight of the program. On this occasion, students enthusiastically shared their thoughts and experiences, also some students presented handmade sketches for society members as a token of love, adding a personal touch to the celebration.**

**On this occasion, the management of the Shaheed Hemu Kalani Educational Society honoured the teachers with gifts and bouquets in recognition of their dedication and commitment.**





Monday, 9<sup>th</sup> September, 2024



## Teachers of Sant Hirdaram Girls College Honoured with a Special Award

On 9<sup>th</sup> September 2024, during the Teacher's Felicitation Ceremony jointly organized by Sindhi Mahila Panchayat and Lions Club Bhopal Mannat, Prof. Manju Devnani and Prof. Chitra Wadhvani from Sant Hirdaram Girls College were honoured with a special award for their outstanding academic contributions. The event was organized to appreciate and inspire teachers who have shown dedicated and exemplary contributions in the field of education.

On this occasion, Dr. Dalima Parwani, Principal, expressed her pride in the recognition of both faculty members, stating that this honour reflects their deep commitment to the institution and their hard work in the field of education.

Prof. Manju Devnani and Prof. Chitra Wadhvani, while expressing their gratitude, said that this award has not only filled them with pride but also strengthened their humility and inner energy. It further reinforces their responsibility and dedication towards their teaching work. They extended special thanks to the College Management and Principal for their constant guidance and support.

Tuesday, 10<sup>th</sup> September, 2024

## Teacher's Achievement



**We are delighted to communicate that Dr. Neha Raghuwanshi, Assistant Professor, Department of Commerce, has been awarded Ph.D. on 10<sup>th</sup> September, 2024. This prestigious recognition was conferred by the Honorable Governor of Madhya Pradesh, the Honorable Chief Minister of Madhya Pradesh, and the Minister of Higher Education for the state.**

**This Doctorate Degree stands as a testament to Dr. Neha Raghuwanshi's dedication, significant contributions to the field of commerce, and their commitment to excellence in education and research. The entire institution takes immense pride in this remarkable achievement, which brings great honor to our college.**



# SHGC Celebrates Hindi Diwas with Zeal and Enthusiasm

Saturday, 14<sup>th</sup> September, 2024



On 14<sup>th</sup> September 2024, Saturday, the Language Department of Sant Hirdaram Girls College celebrated Hindi Diwas with great enthusiasm, with the aim to promote the love and pride for the Hindi language, emphasizing its significance as the soul of India's cultural and linguistic heritage.

In her address, Dr. Dalima Parwani, the esteemed Principal of the College, highlighted the importance of celebrating Hindi Diwas to foster a deep connection with our roots. She further added that Hindi, as the language of our emotions and values, must be cherished and passed on to future generations. It is not just a medium of communication but a mirror of our rich and diverse culture.

Dr. Neha Gupta, Head of the Language Department, also underlined the importance of Hindi, stating that while English is indeed a global language, Hindi is our mother tongue and holds an irreplaceable place in our hearts. We should be proud to speak it. She further quoted the examples of Mahatma Gandhi and Swami Vivekananda, who despite being well-versed in English, always respected their mother language. She remarked that Swami Vivekananda's speech in Chicago and Gandhiji's promotion of Hindi upon his return from England are powerful reminders of the value these leaders placed on their native language.



The event was marked by a series of engaging and interactive programs, adding vigor to the celebrations. A Hindi Book Exhibition was organized, showcasing a wide array of literary works in Hindi, from classical masterpieces to contemporary writings. Students enthusiastically participated in activities such as Antakshari, and recited mesmerizing Sher-o-Shayari, celebrating the beauty of Hindi literature.

## Student & Faculty Knowledge Sharing Program organized

Wednesday, 18<sup>th</sup> September, 2024



On 18<sup>th</sup> September, 2024, a student knowledge sharing program on "Writing a Winning Resume" was organized at Sant Hirdaram Girls College, Bhopal in collaboration with the Training and Placement Cell and ICFAI Business School, Jaipur. The event aimed to help students create professional, standout resumes to enhance their employability and career prospects. Dr. Rachna Rathore, Dean, of ICFAI Business School, Jaipur, was the subject expert.

Addressing the students, the college Principal, Dr. Dalima Parwani, highlighted that in today's competitive environment, diligent students are likely to have successful futures. She stressed the importance of utilizing student life for skill development and professional training, aligning with the institution's mission to empower students through capacity-building initiatives.

Dr. Rachna Rathore, in her address, discussed key elements of crafting an effective resume, including how to present skills clearly, tailor resumes to specific job roles, and avoid common errors. She also engaged in one-on-one interactions with students, pointing out frequent mistakes made in resume preparation. Additionally, she emphasized the significance of professional networking on platforms like LinkedIn to expand job opportunities.

In conjunction with the student Knowledge Sharing Program, a session on "Digital Assessment Tools and Techniques" was also held as part of the Faculty Knowledge Sharing Program. This session aimed to familiarize faculty members with modern digital assessment tools, preparing them for contemporary educational system.

The speaker highlighted the importance of utilizing various multimedia tools to enhance student learning. These tools include simulation games, feedback mechanisms, and AR/VR labs, which can make learning more interactive and engaging.

Collaborative activities and video presentations were also emphasized as effective methods to foster teamwork and knowledge sharing. Additionally, the use of Learning Management Systems (LMS), polls, and quiz tools was mentioned to provide real-time assessments and feedback for students.

Faculty members actively participated, asking questions about the effective use of these digital tools. The session provided detailed insights into making the assessment process more accurate, efficient, and transparent.





Friday, 20<sup>th</sup> September, 2024



## Certificate Course cum Workshop on Drone Operations Concludes Successfully

The Certificate Committee, IIC, E-Cell, and the Department of Computer Science at Sant Hirdaram Girls College, in collaboration with Broadcast Engineering Consultants India Limited (BECIL), organized a comprehensive 30-day hands-on training cum workshop on Drone Operations. The program aimed to equip students with practical knowledge and expertise in drone operations, regulations, and safety protocols, preparing them for the growing demand in this cutting-edge technology sector.

The workshop was conducted under the expert guidance of Mr. Abhishek Sharma, Trainer at BECIL, who served as the Master Trainer throughout the program. The course covered various aspects of drone technology, including flight dynamics, hardware components, software integration, and the legal framework surrounding drone operations in India.

Dr. Dalima Parwani, Principal emphasized the importance of integrating new technologies into academic learning. She remarked that the introduction of this course aligns with our mission to provide students with the necessary skills and knowledge to thrive in the fast-evolving technology landscape. Drones have diverse applications, from agriculture to disaster management, and we are proud to see our students gain hands-on experience in this field.

The course culminated with an examination and a live drone flying demonstration, allowing students to showcase their newly acquired skills. Participants expressed enthusiasm for the valuable insights gained and were eager to apply their knowledge in future projects and research.





Saturday, 21<sup>st</sup> September, 2024

## 119<sup>th</sup> Avtaran Divas of Sant Shiromani Hirdaram Sahib Ji was Celebrated



On 21<sup>st</sup> September 2024, the 119th Avtaran Divas of Brahmalin Sant Shiromani Hirdaram Sahib Ji, who is the epitome of human service and philanthropy, was celebrated with great enthusiasm in Sant Hirdaram Girls College, Bhopal. Its main objective was to reawaken the message of love, compassion and selfless service given by him and to inspire the students.

The program started with garlanding and lighting of lamps in front of the picture of Sant Ji. After this, about 15 girl students participated in the blood donation camp under the leadership of National Service Scheme Officer Prof. Vibha Khare, Dr. Neha Raghuwanshi and Student Union Incharge. In the series of the program, a havan was organized in which all the teachers, non-teaching staff and all the girl students including the Principal of the college offered oblations in the spirit of world peace and human welfare.

On this occasion, the Principal of the college Dr. Dalima Parwani while addressing the students said that Sant ji devoted his entire life for social welfare and charity. It is the duty of all of us to imbibe the message of love, compassion and selfless service given by him. Sant Ji's thoughts teach us that service to humanity is the greatest worship, and this thought will always inspire us. The program concluded with the distribution of Prasad.





Tuesday, 24<sup>th</sup> September, 2024

## NSS Day Observed



Sant Hirdaram Girls College, Bhopal, observed NSS Day on Tuesday, 24<sup>th</sup> September 2024, with enthusiasm, under the theme "Swachhata Hi Seva," a campaign running from 17<sup>th</sup> September to 2<sup>nd</sup> October. The event aimed to reinforce the importance of cleanliness and community service in line with the national Swachh Bharat initiative.

A series of activities marked the day, including an awareness rally to promote the message of a clean and green India. In her welcome address, Principal Dr. Dalima Parwani emphasized that the ethos of the NSS aligns closely with the institution's vision of social responsibility and nation-building.

Dr. Anant Saxena co Ordinator BU NSS Unit and Dr. Rahul Singh Parihar, Co Ordinator Open Unit, in their messages, reiterated the importance of NSS Day, celebrated annually to inspire selfless service among students. They urged the participants to embrace this year's theme, "Swachhata Hi Seva," with dedication, ensuring that their contributions toward cleanliness drive tangible, long-term change.

NSS Program Officer Dr. Meena Barse reoriented the students, reminding them to diligently document their efforts, as these records would prove valuable in their personal and professional journeys. The event concluded with a vote of thanks by NSS Program Officer Prof. Vibha Khare, who acknowledged the collective efforts of the students and staff in making the day a success.



Friday, 27<sup>th</sup> September, 2024

## Certification Program held at Sant Hirdaram Girls College



Training and Placement Cell of Sant Hirdaram Girls College, Bhopal organized Certification Program on LinkedIn for Professional Efficiency on 27<sup>th</sup> September 2024 for UG Third Year and PG Students. The Resource Person was Ms. Meenakshi Kumari, Senior Associate Manager, CSR Skills, IBM Skillsbuild CSRBOX.

The program aimed at empowering students with essential skills to enhance their LinkedIn presence and boost professional opportunities. The session, led by Ms. Meenakshi Kumari, focused on the critical aspects of utilizing LinkedIn effectively for career advancement.

During the program, Ms. Kumari emphasized the importance of knowing oneself first to craft an impactful LinkedIn profile. She provided valuable guidance on understanding LinkedIn's features, strategically searching for jobs, and following relevant organizations to stay updated with industry trends. The session covered essential topics such as leveraging LinkedIn for student success, identifying areas of improvement, and ensuring profiles reflect one's strengths.

The students were advised on the do's and don'ts of LinkedIn, including filling out the summary section carefully, highlighting their unique selling points (USPs), and verifying organizations to avoid fake job listings. The Copycat strategy was introduced, helping students align their skills with the job profiles offered by different companies.





Saturday, 28<sup>th</sup> September, 2024

## SHGC Student Excels in National Painting Competition



Sant Hirdaram Girls College, Bhopal, proudly announces that Ms. Anushree Namdev, a BCA II Year student, has achieved outstanding success by securing the First Prize in the National-level Painting Competition held as part of the prestigious Tooryanaad Fest, organized by MANIT, Bhopal. The event, held in the first week of September 2024, attracted talented participants from across the country.

Ms. Anushree Namdev's winning artwork was based on the theme 'Viksit Bharat', reflecting a vision of a progressive and developed India. Her creative expression and skillful portrayal of this inspiring theme were lauded by the judges, leading to her well-deserved victory. The results of the competition were declared on 27<sup>th</sup> September 2024.

Dr. Dalima Parwani, Principal of Sant Hirdaram Girls College, extended her heartfelt congratulations to Anushree Namdev for bringing laurels to the institution. She emphasized that achievements like these inspire the entire student body and contribute to the college's mission of fostering creativity and excellence in diverse fields.

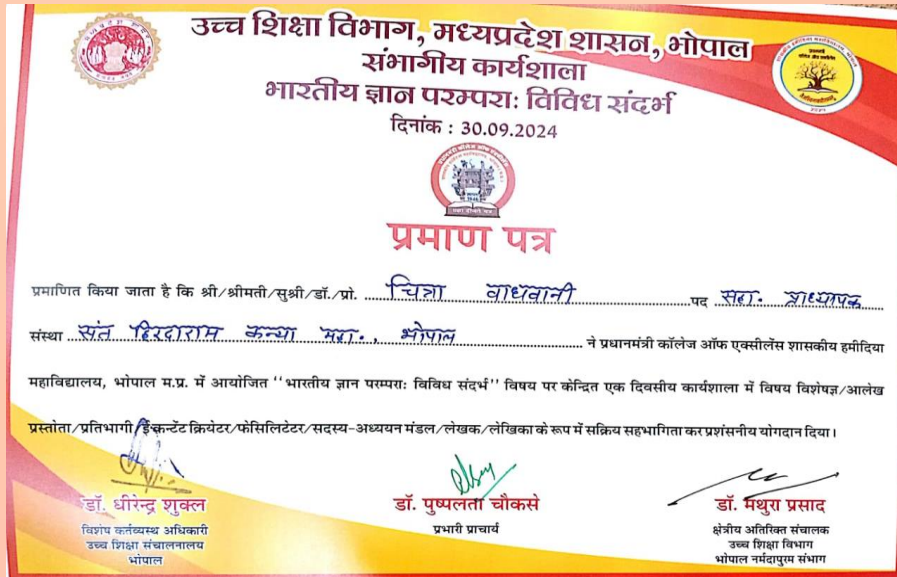
Monday, 30<sup>th</sup> September, 2024



## Workshop attended by Faculty Members

Two esteemed faculty members from the Department of Commerce, Prof. Chitra Wadhvani and Dr. Neha Raghuwanshi, participated in a one-day workshop on Bhartiya Gyan Parampara held on September 30<sup>th</sup>, 2024. The workshop, chaired by the Honorable Minister of Higher Education, Madhya Pradesh, was hosted at Pradhan Mantri College of Excellence, Government Hamidia College, Bhopal.

This prestigious event delved into the vast Indian knowledge tradition, highlighting its relevance and integration into contemporary education. Both faculty members engaged actively in thought-provoking discussions and interactive sessions, which provided profound insights. Their participation is expected to significantly contribute to enriching the curriculum at Sant Hirdaram Girls College, further aligning it with the principles of holistic and value-based education rooted in India's rich heritage.





# Thank You



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