

SANT HIRDARAM GIRLS COLLEGE, BHOPAL



10.1 – Number of Camps conducted by NSS and other organized bodies for community activities.

Reports of the event organized, 2024-25

- Thursday, 11th July, 2024
- SHGC Celebrates World Population Day



11th July 2024 – In a unique celebration of World Population Day, Sant Hirdaram Girls College, Bhopal, showcased its commitment to sustainability and creativity by organizing an Eco-friendly Recycled DIY Projects Competition. This event was a joint effort by the National Service Scheme (NSS), the Entrepreneurship Cell (E-Cell), and the Institution's Innovation Council (IIC). Also, an Intra-collegiate Poetry, Story and Essay Writing Competitions on the topic Effects of Population growth on Communities, Environment and Personal Lives was organized.

The competition aimed to foster an awareness of sustainability among students while encouraging innovative and practical applications of recycled materials. Participants enthusiastically engaged in various categories including upcycled furniture, recycled fabric crafts, glass bottle decorations, cardboard crafts, compost bins, tin can projects, nature-inspired crafts, and bottle cap magnets, among many others.

The event was graced by the presence of Dr. Dalima Parwani, the Principal of Sant Hirdaram Girls College, who congratulated all the participants for their creativity and dedication. She further remarked that this competition not only highlights the importance of recycling and sustainability but also demonstrates the remarkable creativity and ingenuity of the students. Their efforts are a testament to the positive impact young minds can have on our environment.

The winners of the DIY competition were honored with certificates in recognition of their outstanding contributions. Yusra Khan stood I, Zainab Baig II and Mahira in III position.

The winners of the Essay competitions were Priyanshi Sharma I Prize, Anshika Panthi II Prize and Ananya Nair III Prize. In Short Story Writing Competition Ms. Aadrika Dubey won the Prize and in Poetry Writing Competition Zikra Faheen I Prize and Maseera Khan II Prize.

- **Tuesday, 16th July, 2024**
- **Plantation Drive Held at SHGC**



On Tuesday, July 16th, 2024, the Nature's Club of Sant Hirdaram Girls College, Bhopal, in collaboration with the NSS Unit and the Literary Committee, organized a Plantation Drive in celebration of Ek Ped Maa Ke Naam campaign. The drive was themed Let's Participate to Make This World Greener, emphasizing the importance of environmental stewardship.

The primary aim of this initiative was to encourage community participation in efforts to enhance environmental sustainability and to promote a greener world. Principal Dr. Dalima Parwani emphasized the importance of long-term commitment to environmental stewardship by urging students to not only plant saplings but also to nurture and care for them throughout their three-year tenure at the college. She highlighted that this continuous care would ensure the growth and survival of the plants, thereby contributing to a greener and healthier campus environment. Additionally, an online Quiz Competition was held in conjunction with the event organized by the UGC. The results of this competition are scheduled to be announced on August 31st, 2024.

This initiative not only underscored the college's commitment to environmental causes but also provided an educational platform for students to engage actively in ecological preservation.

- **Sunday & Monday, 21st & 22nd July, 2024**
- **Two Days Guru Poornima Celebrated**



On Sunday and Monday, 21st and 22nd July 2024, the NSS unit, the Students Union and the Literary Committee of Sant Hirdaram Girls College celebrated Guru Poornima with great zeal and fervor. The objective behind celebrating Guru Poornima was to acknowledge and honor the invaluable contributions of teachers and mentors in shaping the lives of students.

The day 1 marked the inspiring speech by Ms. Princi Pahlwani and the poetry recital by Ms. Kanak Vishnoi. Followed by a session on Guru, Grace and Gratitude by Dr. Madhuri Singhal, Prof of Chemistry in Govt. M. V. M. and a teacher of Art of Living. She explained the meaning of 3G's in life. She also highlighted the various aspects of chanting and meditation.

Day 2 commenced with a captivating skit on The Importance of Gurus in life which was performed by the newly admitted first-year students. The skit highlighted the profound impact that teachers have on their students' lives and underscored the importance of expressing gratitude towards them.

An Essay Writing Competition was also organized on the topic The Gurukul System in Ancient Times and its Impact on Indian Culture. Students participated in this competition with full zeal and fervor. A speech by Ms. Masira Khan was also delivered on the occasion.

Dr. Dalima Parwani, the esteemed Principal of the college, addressed the gathering and highlighted the significance of gurus in life. She emphasized the pivotal role that teachers play in nurturing and guiding students, and how their wisdom and knowledge shape the future. She further underscored that our mother is our first guru and that we should always heed her advice and never disregard her words. She also noted that anyone can be a guru, including students, because we learn a great deal from them.

- **Wednesday, 28th August, 2024**
- **Second Orientation Program of NSS Organized**



Bhopal, 28th August 2024, The NSS Unit of Sant Hirdaram Girls College, Bhopal, successfully conducted its Second Orientation Program on Wednesday for the newly admitted NSS volunteers. The event aimed to familiarize the fresh batch with the objectives, activities, and significance of the National Service Scheme (NSS).

The program was graced by Dr. Manjula Vishwas, Program Officer at Sarojini Naidu Govt. Girls Autonomous College, Bhopal, who served as the Resource Person. In her insightful address, Dr. Vishwas illuminated various facets of NSS, emphasizing its role in holistic student development and fostering a sense of social responsibility.

Dr. Dalima Parwani, the Principal, underscored the importance of NSS in shaping well-rounded individuals and motivated the students to actively engage in community service. She further elaborated on the commitment of the institution to nurturing socially conscious citizens and encouraged the volunteers to uphold the values of the NSS.

The event was further enlivened by a cultural performance, showcasing the vibrant talent and enthusiasm of the students. The captivating performances added a festive touch to the orientation, making it a memorable experience for all attendees.

Sant Hirdaram Girls College remains dedicated to promoting social welfare through its active NSS Unit, ensuring that its students emerge as socially responsible leaders of tomorrow.

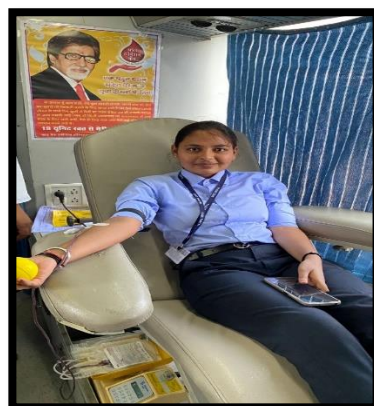
- **Saturday, 09th, September, 2024**
- **Awareness Program on HIV AIDS**



The National Service Scheme (NSS) unit of Sant Hirdaram Girls' College (SHGC) successfully organized an HIV/AIDS Awareness Program to educate and sensitize students and staff about the prevention, treatment, and social implications of HIV/AIDS. The event was held on the college premises and witnessed active participation from students and faculty.

The program began with an inaugural address by the NSS Program Officer, who emphasized the need for awareness and understanding of HIV/AIDS to eliminate stigma and promote healthy practices.

- **Saturday, 21st September, 2024**
- **Blood Donation Drive on 119th Avtaran Divas of Sant Shiromani Hirdaram Sahib Ji was Celebrated**



On 21st 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 In-charge. 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, 24th September, 2024**
- **NSS Day Observed**



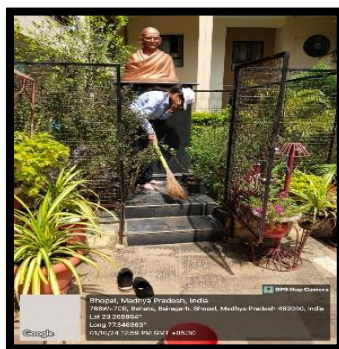
Sant Hirdaram Girls College, Bhopal, observed NSS Day on Tuesday, 24th September 2024, with enthusiasm, under the theme "Swachhata Hi Seva," a campaign running from 17th September to 2nd October. The event aimed to reinforce the importance of cleanliness and community service in line with the national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

- **16th September- 2nd October, 2024**
- **Cleanliness Drive**



On 1st October, 2024, Tuesday, a powerful initiative to raise awareness about cleanliness and health, the NSS Unit of Sant Hirdaram Girls College, Bhopal, organized a Nukkad Natak (street play) in the bustling main market of Hirdaram Nagar, Bhopal. The performance was based on the theme "Swachh Bharat, Swasth Bharat" as part of the nationwide cleanliness drive "Swachhata Hi Seva, Swachhata Hi Sanskar."

The volunteers who performed in the Nukkad Natak were Aashka Singh Raghuvanshi, Anu Ahirwar, Liza Nayak, Vanshika Hotwani, Kanika Daswani, Yashasvi Yadav, Princi Verma, Payal Jawariya, Rahmeen, Mahira, Subhana Inam Khan, Neelu Prajapati, and Khushi Sharma.

- Tuesday, 15th October, 2024
- SHGC Hosts Session on Social Media's Impact on Mental Health, Organized by Women's Cell and NSS



On 15.10.24, a session on the Role of Social Media in Mental Health was conducted at Sant Hirdaram Girls College, Bhopal, organized by the Woman Cell and National Service Scheme (NSS). The keynote speaker for the session was Dr. Sameeksha Sahu, Assistant Professor at Gandhi Medical College, Bhopal. The session aimed to shed light on the impact of social media on mental health, its merits and demerits, and how to maintain a healthy balance in its usage.

The event commenced with a warm welcome address by Dr. Dalima Parwani, Principal of Sant Hirdaram Girls College. She emphasized the relevance of addressing the topic of mental health in today's digital age, where social media plays a dominant role in shaping the lives of young students.

Dr. Sameeksha Sahu, the esteemed resource person, took center stage and began her presentation by sharing key statistics on the usage of social media and its connection to mental health. She discussed the merits and demerits of social media platforms, acknowledging how these platforms can serve as tools for knowledge, connectivity, and creative expression, but also how they pose significant challenges to mental well-being if used improperly. After her presentation, Dr. Sameeksha Sahu engaged with the students during a Q&A session, addressing their queries on handling social media addiction, managing mental health in a digitally-driven world, and coping with the pressures of social comparison. Her thoughtful and practical answers were well received by the audience.

Mr. Hero Gyanchandani, Director of the institution, was present at the session and addressed the students with words of encouragement. He appreciated Dr. Sameeksha's expertise and urged the students to draw inspiration from her knowledge and personality.

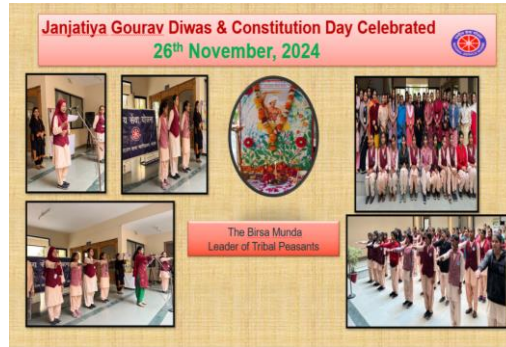
The session was formally concluded with a vote of thanks by Prof. Vibha Khare, Convenor of the Woman Cell and Program Officer of NSS. She expressed her gratitude to Dr. Sameeksha Sahu for her enlightening presentation and thanked the Principal, Director, and all attendees for their support and participation. Prof. Khare acknowledged the contributions of the organizing teams and encouraged the students to implement the strategies discussed during the session in their daily lives.

- 18th September -02nd October, 2024
- Swachhta Pakhwada (Cleanliness Drive) by NSS



Sant Hirdaram Girls College actively participated in the Swachhta Pakhwada from 18th September to 2nd October 2024, in alignment with the Swachh Bharat Mission. A variety of engaging activities were organized to raise awareness about cleanliness and hygiene. The event commenced with a Rangoli competition on 18th September, where students created eco-friendly designs symbolizing cleanliness. On 19th September, a poster competition was held, with students depicting themes related to sanitation and waste management. The Essay writing competition on 20th September allowed students to express their thoughts on the significance of cleanliness in daily life. A rally was organized on 23rd September to spread awareness about waste segregation and maintaining clean surroundings, followed by a Nukkad Natak (street play) on 27th September, which engaged the local community through skits on cleanliness and hygiene. On 28th September, students produced short videos promoting cleanliness, which were shared on social media to extend the reach of the message. These activities successfully engaged both students and the community, fostering a sense of responsibility towards maintaining cleanliness. Overall, the Swachhta Pakhwada at the college was a resounding success, reinforcing the importance of a clean environment and contributing to the broader mission of Swachh Bharat.

- 26st, November, 2024
Birsa Munda Jayanti & Constitution Day



Birsa Munda Jayanti was celebrated at Sant Hirdaram Girls College on November 26, 2024, by NSS volunteers. The event likely included various activities such as speeches, cultural performances, and discussions highlighting the life, achievements, and legacy of Birsa Munda. He is remembered as a tribal leader and freedom fighter who played a pivotal role in India's independence struggle, especially advocating for the rights of tribal communities.

- Saturday, 30th November, 2024
- Women Safety Awareness Program Organized Under "Hum Honge Kamyab" Pakhwada by NSS Unit



The National Service Scheme (NSS) Unit of Sant Hirdaram Girls College organized a special awareness program under the "Hum Honge Kamyab" pakhwada on 30th Nov, 2024. The event was conducted in collaboration with the Women and Child Development Department, aimed to raise awareness and prevent gender-based violence among students.

The program witnessed the presence of distinguished guests, Joint Secretary, Women and Child Development, Mrs. Naqui Jahan Qureshi including Mr. Sunil Solanki, District Program Officer, Women and Child Development Department; Mr. Mridul Malviya, Project Officer; Mrs. Prarthana Mishra, Subject Expert; Ms. Priyvanda, Sub-Inspector, Sant Hirdaram Nagar Police Station; current counsellor Mr. Rajesh Hingorani; senior counselor Mrs. Ritu Patwa; local complaint committee member Mrs. Bhavana Tripathi; and former counsellor Mrs. Sandhya Pradhan, along with a large gathering of students and faculty members.

Dr. Dalima Parwani, Principal of the college, emphasized the increasing cases of gender-based violence and highlighted the role of education and awareness in addressing the issue, which formed the basis for organizing this event.

On this occasion, under the esteemed presence of Joint Director of Women and Child Development Department, Mrs. Naqee Jahan Qureshi, Mr. Sunil Solanki elaborated on the global perspective of gender-based violence. He emphasized that neglecting half of the world's population is unacceptable and stressed the need to change the prevailing double standards in society. He urged students to set their boundaries firmly to ensure their autonomy. He also introduced the 1098 helpline for assistance under the Juvenile Justice Act. The Counsellor, Mr. Rajesh Hingorani, highlighted education as a powerful tool for curbing crimes and encouraged students to work diligently toward building a bright future.

The first speaker, Mrs. Prarthana Mishra, shed light on the legal, social, and psychological aspects of violence against women and children. The second speaker, Mrs. Bhavana Tripathi, discussed the POSH Act, financial independence, social pressures, hostile work environments, local complaint committees, and other related topics. She also elaborated on effective measures for gender equality and women's safety. Short films illustrating the impacts of gender-based violence and strategies to combat it were also presented.

During the interactive Q&A session, students actively posed questions and engaged in discussions with the experts. The third speaker, Mrs. Ritu Patwa, stressed the need for collective efforts to empower women and protect their rights. Sub-Inspector Ms. Priymvada encouraged students to become self-reliant and discussed cybercrimes, blackmailing, and the positive use of technology.

The program concluded with a vote of thanks by NSS Program Officers, Prof. Vibha Khare and Dr. Meena Barse. They expressed gratitude to all participants and reiterated the college's commitment to bringing about positive societal changes and promoting respect and equality for women through the "Hum Honge Kamyab" Pakhwada.

- **2nd, December, 2024**
- **Human Chain on HIV AIDS by NSS Volunteer**



On Date 02/12/2024, NSS (National Service Scheme) volunteers came together to raise awareness about HIV/AIDS by organizing a human chain. This event aimed to educate the public, reduce stigma, and promote preventive measures for HIV/AIDS. The human chain, formed by passionate volunteers, was held at college campus, where participants joined hands to send a powerful message of solidarity and support for those affected by HIV/AIDS.

21st December, 2024

World Meditation Day organizes by NSS



On the occasion of World Meditation Day, observed annually on May 21st, the NSS unit organized an event to promote the mental and physical benefits of meditation. The event aimed to raise awareness about meditation's role in reducing stress, improving focus, and promoting emotional well-being. The event featured a session with a guest speaker, a renowned meditation expert, who discussed various techniques and their scientific benefits. A guided meditation session was also held, allowing participants to experience mindfulness practices firsthand. In addition, attendees were introduced to yoga and breathing exercises that complement meditation. The event saw enthusiastic participation from students, faculty, and community members. Positive feedback highlighted the event's impact in encouraging participants to adopt meditation as part of their daily routine. Overall, the event successfully raised awareness about the importance of mental well-being and the role meditation plays in improving health and emotional resilience.

24th December, 2024

Joy of Giving , Street Play on Cleanliness Drive at Goudgram Mugaliya Hatt.





Sant Hirdaram Girls College, under the aegis of its NSS (National Service Scheme) unit, organized the *Joy of Giving* initiative and a *Street Play on Cleanliness* at Goudgram Mugaliya Hatt as part of their commitment to social responsibility and spreading awareness about cleanliness and sanitation.

The *Joy of Giving* event, held on 24/12/2024, NSS volunteers of SHGC, distributed essential items such as clothes, food, and hygiene kits to underprivileged members of the community. The initiative aimed to not only provide material support but also to foster a spirit of compassion and social responsibility among students. It was an effort to encourage the volunteers to connect with the community and understand the value of giving back.

In addition to the *Joy of Giving*, a *Street Play on Cleanliness* was performed on [insert date] at Goudgram Mugaliya Hatt. The play, organized by the NSS volunteers, focused on spreading awareness about the importance of cleanliness and hygiene. Through skits and dialogues, the volunteers portrayed real-life scenarios, emphasizing the need for proper waste management, the significance of clean surroundings, and the impact of cleanliness on health and well-being. The street play received positive feedback from the local community, who were engaged by the impactful performances and messages.

Both activities were a huge success, contributing significantly to raising awareness about sanitation while fostering a sense of empathy and community spirit. The NSS volunteers demonstrated their commitment to social causes, creating an environment of active participation and responsibility towards societal well-being. These initiatives reflect the college's ongoing efforts to promote social values and contribute to the larger goals of the Swachh Bharat Mission.

Reports of the event organized, 2023-24

- **Tuesday, 11th July, 2023**
- **World Population Day Observed**



On 11th July 2023, Tuesday NSS unit of Sant Hirdaram Girls College, Bhopal observed World Population Day to disseminate awareness and educate the individuals regarding the challenges and consequences associated with global population growth. The theme of this year is Unleashing the power of gender equality: Uplifting the voices of women and girls to unlock our World's infinite possibilities.

Dr. Dalima Parwani, Principal said that World Population Day is observed to curb the threat posing on our healthy society and provides a better and sustainable future for the upcoming generations.

A volunteer of NSS Ms. Memoona Khan of BSc II year, Clinical Nutrition and Dietetics, highlighted on the importance of observing World Population Day. She further added that the observance of this day always aims to promote understanding and encourage collective efforts in handling the impacts of population growth.

- **Thursday, 13th July, 2023**
- **Plantation Drive Organized**



On 13th July 2023, Thursday, NSS unit and Nature Club at Sant Hirdaram Girls College, Bhopal had organized a Plantation Drive with the objective of creating awareness among

students about the importance of environmental protection and education them about the significance of healthy environment. The event was graced by esteemed guests including Dr. Dalima Parwani, Principal, SHGC, Ms. Shweta Keswani, Director, Dreams Global, Mr. Jayesh Kumar, Founder & Chief, People's Person, Swaraj Ashram, NSS PO's, NSS volunteers and Faculty members.

Dr. Dalima Parwani, the Principal encouraged the volunteers to adopt the practice of a sapling on their important dates like birthdays and anniversaries to contribute towards making the earth a better place to live in.

- **Tuesday, 18th July, 2023**
- **Books Donation Drive and Essay Writing Competition organized**



On 18th July 2023, Tuesday, P.N. Panicker Foundation in collaboration with the Govt. of Kerala under the aegis Higher Education Institutions had emphasized that an awareness program should be organized in each institution to promote the reading skills. Literary Committee, NSS Unit and Central Library of Sant Hirdaram Girls College, Bhopal had jointly organized Books Donation Drive and Essay Writing Competition on the topic Reading and Development to celebrate the joy of reading and inculcate the habit of reading and writing skills. Dr. Dalima Parwani, the Principal said that to honour the Father of the Library Movement in Kerala, the Late Shri P.N. Panicker, the Reading Day/Month 2023 is being celebrated. She further added that the students must immerse in a culture of reading & writing, should involve themselves in engaging activities and champion the Read and Grow initiative.

The New Education Policy 2020 has laid emphasis on Reading as a key skill for Foundational Literacy and Numeracy (FLN) and in this regard the students are encouraged in reading. An Essay Writing Competition was organized for students and more than 50 students participated. The result are as follows - Ms. Hina Mariyam bagged First Prize, Ms. Shreya Chopra bagged Second Prize, Ms. Kashish Soni bagged Third Prize and Ms. Kritika Panjwani bagged Consolation Prize.

Another activity Books Donation Drive was organized and a generous number of books that varied among age groups were donated by faculty members and students.

- **Thursday, 27th July, 2023**
- **Orientation Program of NSS**



On Thursday, 27th July 2023, NSS unit of Sant Hirdaram Girls College, Bhopal had organized Second Orientation Program with the objective of developing the personality and character of students through voluntary community service. The Keynote Speaker Ms. Durga Mishra, Core Member, Open Unit of Barkatullah University, Dr. Dalima Parwani, Principal, SHGC, NSS Program Officers, NSS Volunteers, Faculty members and students were some of eminent personalities who graced the occasion.

Dr. Dalima Parwani, the Principal said that NSS is vital in the students' life as it teaches them discipline, positive attitude, self-confidence, patience and consistency. She urged them to dream big and get big in their lives. She further asked them to keep smiling throughout the day so that they could enjoy their life.

Ms. Durga Mishra oriented the students regarding the benefits of joining NSS. The first and foremost is that it grooms a person into an excellent personality and secondly it helps them in acquiring leadership qualities and democratic attitude. She further highlighted the importance of selfless service by quoting life examples. She explained the volunteers that we learn rejection and assimilation in life.

- **Tuesday, 1st August, 2023**
- **World Breastfeeding Week Observed**



On 1st August 2023, Tuesday, NSS & Department of Clinical Nutrition, in association with IAPEN had organized World Breastfeeding Week in Sant Hirdaram Girls College, Bhopal. The objective behind organizing the week is to disseminate awareness which aims to inform, anchor, and galvanize action and numerous benefits of breastfeeding. The theme of this year's World Breastfeeding Week is "enabling breastfeeding – making a change for working parents".

On the occasion Dr. Dalima Parwani, Principal said that to remove the barriers of breastfeeding, we can all become a change catalyst and be part of the movement to help support a mother. She further added that we as ambassadors should play a vital role in protection, promotion and support of breastfeeding and its related issues.

The subject experts, Ms. Harsha Bhatnagar and Ms. Payal Parihar emphasized on providing congenial environment that would help women to breastfeed in the community and the workplace. They also highlighted the diet which should be given to the mother during this period. The mothers should intake diet rich in protein, carbohydrates and moderate fat should be added. Intake of water at regular intervals is crucial for these women.

All the students took a pledge that they will create such an environment around them that new mothers get a safe and dignified place where they can give their babies their first food.

The students of Clinical Nutrition and all the NSS volunteers participated in this program. The program was successfully conducted by Sameen Fatima, student of Food & Nutrition Department.

- **Tuesday, 8th August, 2023**
- **Plantation drive under the aegis of Meri Mati Mera Desh**



On Tuesday, 8th August 2023, NSS unit of Sant Hirdaram Girls College, Bhopal had organized a Plantation Drive under the aegis of Meri Maati Mera Desh in the village Bhauri to honour the martyred brave heart men and women of the country. An Amrit Vatika has been created in Government Sardar Vallabh Bhai Patel Higher Secondary School, Bhauri, Bhopal. The objective behind this effort was to make people realize their duties and motivate them to value freedom while remembering the sacrifices of the freedom fighters for the nation.

On the occasion Mrs. Ratna Wadhvani, Principal, Government Sardar Vallabh Bhai Patel Higher Secondary School, Bhauri, Bhopal, NSS Program Officers Prof. Vibha Khare, Dr. Meena Barse, Prof. Deepika Saxena, NSS Volunteers and students in great numbers graced with their presence in the venue. Around 75 saplings were planted of local species during the drive. The students were briefed about the importance of plantation and motivated to take very good care of the Nature Earth.

- **Wednesday, 9th August, 2023**
- **Students of SHGC Participated in Voters Awareness Rally**



मतदाता रैली में कॉलेज की छात्राएं शामिल



संत नगर। जिला प्रशासन द्वारा मतदाता जागरूकता अभियान के संबंध में कलेक्ट्रेट, पुराना सचिवालय परिसर से कमला पार्क तक रैली आयोजित की गई। इसमें संत हिरदाराम गर्ल्स कॉलेज की राष्ट्रीय सेवा योजना इकाई के स्वयं सेवक, एनसीसी कैडेट्स, प्रभारी रितु मालवीय, बड़ी संख्या में छात्राएं भाग लिया।

On Wednesday, 9th August 2023, NSS volunteers, NCC Cadets and students of Sant Hirdaram Girls College, Bhopal participated in Voters Awareness Rally organized by District Administration, Bhopal. The Rally commenced from District Collectorate Office, Old Secretariat Premises and concluded at Kamla Park. Ms. Ritu Malviya, Sports Officer commanded the team of students during the Rally. It is imperative for every voter to exercise their franchise in every election as part of their democratic duty.

- **Tuesday, 14th August, 2023**
- **Speech Comotion by NSS**



The NSS unit of SHGC, organized a Speech Competition on 14th August 2023 to celebrate the spirit of patriotism and leadership. The event was conducted in the college auditorium and witnessed enthusiastic participation from students across various disciplines.

The theme of the competition was "India's Progress Through 75 Years of Independence", in alignment with the Azadi Ka Amrit Mahotsav celebrations. The participants delivered thought-provoking speeches that highlighted the nation's journey, achievements, and challenges in various sectors such as education, economy, technology, and social reforms.

The event began with a welcome address by the NSS Program Officer, who emphasized the importance of such events in fostering critical thinking and public speaking skills. A panel of esteemed judges, comprising faculty members from the English and Social Sciences departments, evaluated the participants based on content, delivery, language proficiency, and overall impact.

- **Tuesday, 15th August, 2023**
- **Independence Day Celebrated**



On Tuesday, 15th August 2023, Independence Day was celebrated with great zeal and enthusiasm at Sant Hirdaram Girls College, Bhopal. Chief Guest Col. N. Parwani, The Guest of Honour Shri Rajendra Ahuja, Shri Hero Gyanchandani, Vice President, SHKES, Shri Thawar Varlani, Dr. Meenu Tahilyani, Incharge Principal, Dr. Ashish Thakur, Director, SHIM, Faculty Members and students in huge numbers graced the occasion.

Shri Rajendra Ahuja shared his deep sense of gratitude towards the Management for inviting him and giving him the opportunity to be a part of this great occasion.

Chief Guest, Col. N. Parwani commenced his speech by calling the girls as Veerangana who in present scenario should be mentally, physically and emotionally strong. He further said that the Nation is most important and the National Flag of India is the sign of proud, unity and integrity. He elaborated the Flag Code of India which is a set of laws, practices and conventions that are applied to the display of the National Flag of India. He quoted the example of our Prime Minister Shri Narendra Modi and displayed various vital signs to be remembered during hoisting and saluting the flag. The students shared their feelings on the occasion in the form of speech and poetry.

- **Saturday, 19th August, 2023**
- **International Youth Day Celebrated**



On Saturday, 19th August 2023, NSS Unit, Red Ribbon Club and Literary Committee celebrated various activities on International Youth Day. The theme for all the activities was creating awareness for HIV -Aids. The objective behind marking this day was to disseminate awareness, commemorate those who lost their lives and celebrate victories such as increased access to treatment and prevention services.

One of the activities which was organized during this was Reel Making where students made reels and uploaded on the social media. Another activity was a Guest Lecture which was delivered by a student Ms. Memoona Khan of BSc II year. Lastly a Speech Competition was also organized on the topic **Marching towards 2030 – Conquer HIV**. In this competition Ms. Usha Malviya stood first, Ms. Taniya Patil stood second and Ms. Vinita Bhagchandani stood third.

Prof. Vibha Khare, NSS Program Officer said that the youth of India is making tremendous contributions towards community development, in protection of environment and diseases and volunteering on various social issues. College Management congratulated the NSS unit, Red Ribbon Club and Literary Committee and extended best wishes for future endeavours.

- **Tuesday, 22nd August, 2023**
- **Mein Hun Abhimanyu Campaign organized**



On 22nd August, 2023, Tuesday, Sant Hirdaram Girls College campus witnessed Mein Hun Abhimanyu Campaign initiated by Bairagarh Police, District Bhopal. The objective behind organizing this campaign is to combat crimes against women and create a safe environment for them in society. The team led by Ms. Laxmi, Assistant Sub Inspector, Mr. Manish, Head Constable, Mr. Shravan, Constable and Mr. Arjun, Constable, faculty members and students in huge numbers were present during the campaign.

Mr. Manish encouraged the students to establish a safe, respectful and positive atmosphere for women. He further added that women should remain self-aware and try to make others aware as well. He also elaborated about various frauds prevalent in the society like cyber-crime, property fraud and other crimes related to women. He urged the students to not share their Aadhar numbers and OTP with anyone.

- Saturday, 9th September, 2023
- National Nutrition Week Celebrated



National Nutrition Week witnessed various activities organized by the Food and Nutrition Department. This year's theme was "Healthy Food: Empowering All." On September 1, the week began with street plays, dance performances, and ad-making. On September 2, nutritional counseling for school students was conducted, along with free hemoglobin tests provided by National Health Care Bhopal.

On September 3, students donated edible supplies to those in need in their vicinity and shared photos on social media to spread a positive message. September 4 saw students visiting VLCC centers to understand their practices in detail. On September 5, the theme for card making, handicrafts, and jewelry making competitions was "Eat Healthy, Stay Healthy." September 6 featured a Millet Recipe competition.

The outstanding performers in these events were Memoona Khan and her team (Zenab, Sumera, Pratiksha, Khushi, Priya and Kanak) in street plays, Soumya Saxena in card making, Zenab Khan in handicrafts, Himanshi Bhagchandani in jewelry making, and Aiman Fatima in the millet recipe competition. Principal Dr. Dalima Parwani praised the students' enthusiasm, innovation, and hard work, emphasizing the importance of participating in competitions in students' lives. She stated that involvement in competitions goes beyond winning and teaches students teamwork, cooperation, and problem-solving. She also stressed the need for all sections of society to understand nutrition, not just through classroom learning but also through such events. These initiatives help make the subject engaging and accessible.

- Wednesday, 27th September, 2023
- NSS Day Observed



On Wednesday, September 27th, 2023, the National Service Scheme (NSS) unit of Sant Hirdaram Girls College joyously celebrated National Service Scheme Day. On this occasion, NSS volunteers elaborated on the inception and significance of NSS, showcasing various activities that would take place during the NSS camp.

The program commenced with an inspiring speech by NSS Program Officer Prof. Deepika Saxena. She emphasized the importance of selfless service to society and motivated students to actively participate in community service activities.

As part of this event, a blood donation camp was organized in collaboration with the Bhopal Blood Bank. Students donated blood, setting an example for their peers.

- **Friday, 20th October, 2023**
- **Third Orientation Programme of NSS held at SHGC**



On Friday, 20th October 2023, the third orientation program of the National Service Scheme was organized at Sant Hirdaram Girls College, Bhopal. The program was graced by the presence of Dr. Anant Saxena, the coordinator of the University's NSS unit program, and Dr. Rahul Singh Parihar from the Open Unit, Principal Dr. Dalima Parwani and Faculty Members, NSS volunteers and students also in attendance. Through this program, newly admitted students were introduced to the National Service Scheme.

In a compelling address at the third Orientation Program of NSS, Dr. Dalima Parwani, renowned scholar and speaker, eloquently emphasized the essence of leadership with her profound words, "A leader is one who walks alone." Dr. Parwani's welcome speech not only resonated with the audience but also illuminated the significance of the NSS motto, "Not me but you." Her inspiring words motivated students, urging them to embrace leadership and communal responsibility.

The event, graced by distinguished guests including Dr. Rahul Singh Parihar and Dr. Anant Kumar Saxena, was a vibrant amalgamation of knowledge, motivation, and cultural enrichment. Dr. Rahul Singh Parihar emphasized that NSS transcends the boundaries of a room; it is an active engagement that takes place at the grassroots level, in the heart of communities. Dr. Anant Kumar Saxena meticulously elaborated on the functioning and impact of NSS, shedding light on its vital role in societal development.

- **Saturday, 21st October, 2023**
- **SHGC Hosts Vibrant Garba Mahotsav and Meri Maati, Mera Desh Competition**

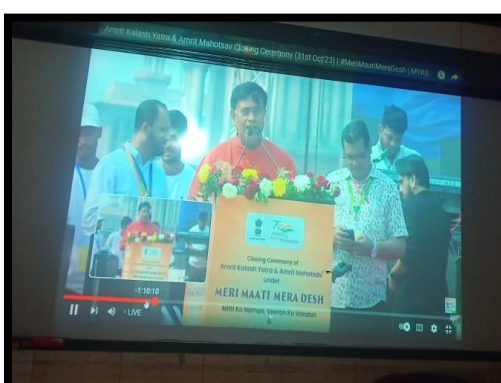


On Saturday, 21st October 2023, the lively and colorful festivities of Navratri came alive at Sant Hirdaram Girls College in collaboration with NSS Unit where the institution hosted a spectacular Garba Mahotsav, Voter Awareness and Meri Maati, Mera Desh competition. The campus was adorned with the spirit of joy and celebration as students gathered in traditional Garba attire, adding a burst of color to the evening. Students pledged to cast their votes following a procession, culminating in a vibrant Garba Mahotsava.

The Garba Mahotsav saw students gracefully swaying to the beats of traditional music, showcasing their talent and enthusiasm in a spirited dance competition. The participants were not only judged on their dance skills but also on the creativity and authenticity of their Garba attire. The result of the Garba Competition was Ms. Himanshi Bhagchandani bagged I Prize, Ms. Hema Bawani bagged II Prize and Ms. Astha Gohar bagged III Prize. In parallel, the NSS unit organized the Meri Maati, Mera Desh competition, inviting students to exhibit their artistic talents by decorating earthen or brass pots from their homes. These pots, adorned with maati, represented the deep connection between individuals and their roots, fostering a symbol of Ek Bharat Shrestha Bharat. The first prize was given to Ms. Divyaanka Tiwari.

Dr. Dalima Parwani, the Principal said that Navratri is the festival of power and it embodies the divine essence of femininity through the nine sacred forms of Goddess Durga. Each form symbolizes distinct virtues, teaching us valuable life lessons. She further added that during the vibrant Garba celebrations, let grace be your attire, and dance with the rhythm of your heart. She also stated that Navratri isn't just a festival; it's a spiritual journey where we adorn ourselves not only with beautiful attire but also with the virtues that echo the essence of the Devi within us.

- **Tuesday, 31st October, 2023**
- **Unity Day Event**



NSS unit of Sant Hirdaram Girls College observed Unity Day, commemorating the indomitable spirit of the legendary freedom fighter, Sardar Vallabhbhai Patel, the Iron Man of India. Faculty members and students unitedly took a solemn pledge to uphold the cherished values of unity, integrity, and brotherhood. NCC Cadets also participated in Run for Unity Marathon to invoke the feeling of peace and harmony among the fellow citizens. On the concluding day of Meri Maati, Mera Desh, the students watched a video of Prime Minister Narendra Modi.

- **Friday, 3rd November 2023**
- **NSS Volunteers of SHGC Spread Warmth and Distributed articles in Aayam Inclusion School**



Bhopal, November 3, 2023, in a heartwarming display of compassion and generosity, the NSS volunteers of Sant Hirdaram Girls College, under the inspiring guidance of Shraddhey Siddh Bhauji, President of SHKES, embarked on a noble mission to make a difference in the lives of others. He always encouraged and motivated the students about the importance of donation and the Joy of Giving.

With the core belief of "Not Me, but You," the volunteers distributed Dates, Blankets, and Books at Aayam Inclusion School in Rati Bad, Bhopal.

Under the able guidance of NSS Program Officers, Prof. Vibha Khare, Dr. Meena Barse, and Prof. Deepika Saxena, the volunteers executed the program with enthusiasm and dedication. Their interaction with the especially abled students at Aayam Inclusion School was marked by empathy and understanding, fostering a sense of belonging and acceptance.

The event not only brought smiles to the faces of the specially-abled students but also provided them with essential items to enhance their quality of life. The volunteers, deeply moved by the experience, showcased various cultural programs, spreading joy, and creating a memorable atmosphere of unity and harmony.

The NSS volunteers of Sant Hirdaram Girls College not only distributed necessities but also imbibed valuable life lessons. Through this initiative, they learned the art of empathy and recognized their responsibility in contributing to a more inclusive society.

- **Saturday, 4th November 2023**
- **Yogathon organized at SHGC**



Sant Hirdaram Girls is well known for its commitment to holistic education, and hosted a Yogathon event on Saturday, November 4, 2023. Under the joint supervision of the NSS unit, NCC and the Sports Committee, this event was a testament to the college's dedication to fostering physical and mental well-being among its students.

Dr. Dalima Parwani delivered an inspiring message about the manifold benefits of yoga practice. She highlighted yoga's transformative power in leading a stress-free life, achieving mental peace, enhancing concentration, combating body fatigue, maintaining a disease-free body, and managing body weight effectively. In her address, she emphasized the rejuvenating effects of Surya Namaskar (Sun Salutation), which invigorates the body and mind, infusing participants' lives with renewed energy.

The Yogathon witnessed enthusiastic participation from NSS volunteers, students, teachers, and members of the Sports Committee. The event featured a diverse array of yoga postures, showcasing the versatility and inclusivity of this ancient practice. Participants engaged in 25 sets of Surya Namaskar, symbolizing their commitment to physical fitness and mental well-being. This event was not merely a celebration of yoga but also a testament to the institution's dedication to the United Nations Sustainable Development Goals (SDGs). Aligned with the District Eco-SDG Challenge 2023 and the Apex SDG initiative, the college demonstrated its commitment to creating a sustainable future by encouraging the active participation.

- **Wednesday, 8th November 2023**
- **Various Competitions were organized to mark Voters Awareness**



Sant Hirdaram Girls College organized various programs under the sweep campaign for voter awareness on Wednesday, November 8, 2023. The NSS unit of Sant Hirdaram Girls College conducted these programs to ensure maximum utilization of voting rights for establishing a healthy democracy in the Madhya Pradesh Legislative Assembly elections, 2023.

The program commenced with a voter awareness rally, inaugurated by Dr. Dalima Parwani, the Principal of the college, who also actively participated in the rally. The rally was attended by the three program officials Prof. Vibha Khare, Dr. Meena Barse, and Prof. Deepika Saxena, Mrs. Jyoti Singh, the Sports Officer, all the teachers, college volunteers, NCC cadets, and many students.

Dr. Dalima Parwani, the Principal of the college, urged everyone to vote, emphasizing the importance of exercising their voting rights, and encouraged them to vote in the upcoming elections on November 17, 2023.

Other events included a Face Painting Competition held in the first category, where the first place was secured by Ms. Anushree Namdev, BCA I Year. In the second category, a Rangoli-Making Competition took place, and first place was secured by Ms. Suhani Jain BCA I Year, second place by Ms. Vanshika Jain BBA I Year, and third place by Ms. Poonam Sahu BBA I Year. In the third category, a Mehndi Competition was organized, and the first place was secured by Ms. Maheen Naem, B.Sc I Year, and the second place by Ms. Pinky Kushwaha, BCA III Year and the third place by Ms. Neha M.Com. III Sem. Another Competition Tattoo Making Ms. Archi Jain of BCA I Year stood first.

With a 100% voter turnout, students inspired everyone to vote by chanting slogans that uplifted Bhopal's pride during the rally. Through Rangoli, Tattoo, Mehndi and Face Painting Competitions, students demonstrated the importance of voting.

- **Wednesday, 22nd November 2023**
- **SHGC Champions Sustainable Living with "Biography of Polythene" Program**



Bhopal, November 22, 2023 — in alignment with Sustainable Development Goal (SDG) activities, the National Service Scheme (NSS) unit and National Cadet Corps (NCC) at Sant Hirdaram Girls College collaborated to present the impactful program "Biography of Polythene" from November 8th to November 20th, 2023.

The primary objective of this initiative was to instill awareness and promote sustainable practices by unravelling the life story of polythene and its environmental impacts.

Throughout the program duration, a series of activities unfolded under the visionary guidance of Dr. Meena Barse, NSS Program Officer, and were skillfully coordinated by NCC Cadet Chetanya Jareliya and NSS Volunteer Anushka Sharma.

One of the notable activities included the distribution of paper and cloth bags, emphasizing the perils of single-use plastic and encouraging the adoption of eco-friendly alternatives. A spirited rally engaging students served as a powerful means to broadcast the message of responsible waste management.

Adding a theatrical flair to the cause, a street play was performed, creatively portraying the life cycle of polythene and the detrimental effects of its unchecked usage on the environment. This artistic expression aimed to resonate with the audience and prompt reflection on individual responsibilities towards a greener future.

Dr. Dalima Parwani, the Principal of Sant Hirdaram Girls College, extended her heartfelt congratulations to the dedicated NCC and NSS teams. She commended their commitment to fostering environmental awareness and underscored the significance of such initiatives in shaping conscientious and responsible citizens.

As the program ended, the collective efforts of the college community left an indelible mark on promoting sustainable living and aligning with global goals for a cleaner, healthier planet.

- **Saturday, 25th November 2023**
- **Various Programs organized on Jan Jatiya Gaurav Diwas and Constitution Day**



On Saturday, November 25, 2023, various programs were organized at Sant Hirdaram Girls College, Bhopal to commemorate Jan Jatiya Gaurav Diwas and Constitution Day. The National Service Scheme Unit of the college aimed to highlight the invaluable contributions of freedom fighters from the tribal community and promote constitutional values among students. The event was attended by the college Principal, Dr. Dalima Parwani, program coordinator, faculty members, and many students.

The program commenced with the garlanding of the statue of Birsa Munda, a tribal hero, symbolizing the start of the event. Dr. Dalima Parwani emphasized the struggles and sacrifices of Birsa Munda, inspiring countless Indians. She stated that organizing Jan Jatiya Gaurav Diwas annually is crucial for preserving cultural heritage and promoting Indian values, including national pride and courage.

During the event, a student, Ms. Hiba Mariyam spoke about the inspiring struggles of Birsa Munda, shedding light on his life. Professor Deepika Saxena, the Program Coordinator, expressed thoughts on the Indian Constitution and its special features, encouraging everyone to uphold their commitment to constitutional values. A pivotal moment of the event was the oath-taking ceremony, where both students and faculty members pledged allegiance to the principles enshrined in the Indian Constitution, reinforcing their dedication to upholding these values in their daily lives.

▪ **Friday, 1st December 2023**

Face Painting Competition organized on the occasion of World AIDS Day.



In the district-level Face Painting Competition organized on the occasion of World AIDS Day on December 1, 2023, at NSS Unit of Barkatullah University in joint association of NSS unit of Sant Hirdaram Girls College. Ms. Anushree Namdev, a student SHGC, secured the first prize at district level Face Painting Competition. The event included various competitions and awareness programs held for all colleges/Red Ribbon Clubs in Bhopal district.

Winners of the college-level poster and slogan competition were also felicitated, with Miss Usha Malviya securing the First position, Ms. Muskan Khan Second and Ms. Pratiksha Shukla Third in the poster competition. Ms. Sneha Prajapati secured First position, Ms. Tatheer Fatima secured second position and Ms. Yashika Lalwani bagged Third prize in the slogan competition.

The college's Red Ribbon unit actively participated in the event, showcasing posters and slogans created by the winners. A rally and human chain were organized to raise awareness about AIDS, pledging to eliminate it from India by 2030.

Another significant event took place on December 2, 2023, organized by the National Service Scheme Unit in joint collaboration with the National Cadet Corps (NCC). It involved a walking challenge of 10,000 steps in 90 minutes, guided by Mrs. Jyoti Singh, Sports Officer. This event aimed to ensure the participation of higher education institutions in the District Eco-SDG Challenge 2023

- **Monday, 11th December 2023**
- **SHGC's IIC Hosts Live Telecast of Prime Minister Narendra Modi's Visionary Initiative: Viksit Bharat@2047: Voice of India**

Bhopal, December 11, 2023 - In a momentous event, Sant Hirdaram Girls College's Institution Innovation Council orchestrated a live telecast of Prime Minister Narendra Modi's groundbreaking initiative, Viksit Bharat@2047: Voice of India. The event aimed to actively engage the younger generation in shaping the nation's future by contributing to the formulation of comprehensive plans, priorities, and goals.

Prime Minister Modi, in his impactful discourse, passionately urged the youth of the country to become architects of change and lend their innovative ideas to the collective vision of making India a developed nation by 2047. Emphasizing the pivotal role of youth, he underscored the importance of their participation in diverse facets of development, ranging from economic growth and social progress to environmental sustainability and good governance.

The Institution Innovation Council of Sant Hirdaram Girls College takes pride in fostering an environment that encourages dialogue, collaboration, and active participation in national development initiatives. By hosting the live telecast of Viksit Bharat@2047, the council aligns itself with the Prime Minister's vision of inclusivity, where the vibrant voices of the youth contribute significantly to the nation's journey towards progress.

- **Friday, 12th January 2024**
- **National Youth Day Observed**



Sant Hirdaram Girls College marked National Youth Day on January 12, 2024, with a series of diverse programs. The National Service Scheme Unit, in collaboration with the National Cadet Corps, E-Cell, and the Institution Innovation Council, orchestrated various activities to commemorate Swami Vivekananda's birth anniversary, aiming to inspire students with his life and teachings. The College Principal, Dr. Dalima Parwani, Program Officers, NCC Caretaker, faculty members and students attended the event.

Dr. Dalima Parwani expressed joy, emphasizing that celebrating Swami Vivekananda's birthday as National Youth Day is dedicated to spreading his vision, principles, thoughts, and ideals. The event also highlighted the importance of maintaining health and fitness through Surya Namaskar.

Ms. Sakshi Israni, a student, provided insights into Swami Vivekananda's personality and contributions. Dr. Chandra Paliwal, the Dean of Science, guided participants in performing Surya Namaskar. Students had the opportunity to witness the direct broadcast of the 27th edition of the National Youth Festival.

- **Wednesday, 17th January 2024**
- **Cleanliness Drive & Union Minister Shri Dharmendra Pradhan Inspires Youth Participation in Democracy**



On January 17, 2024, Union Minister Shri Dharmendra Pradhan took center stage at the national drive for Honorable Prime Minister Modi's NAMO NAVMATDATA SAMMELAN, a transformative initiative aimed at engaging citizens in the democratic process.

In an impactful address, Shri Dharmendra Pradhan passionately spoke to students across the nation, emphasizing the profound impact of their votes. He underscored, "Your vote counts. Each vote is an essential drop in the tidal wave of change for a Viksit Bharat."

The presence of our diligent students at this significant event symbolizes their commitment to active citizenship and their eagerness to contribute to the democratic fabric of the nation. SHGC is dedicated to shaping future leaders through education that not only imparts knowledge but also instills a sense of civic responsibility. The institution is proud to have students who actively participate in events promoting democratic values.

- **Friday, 26th January 2024**
- **Republic Day Celebrated**



On Tuesday, 26th January 2024, Republic Day was celebrated at Sant Hirdaram Girls College, Bhopal with great zeal and enthusiasm. Chief Guest Dr. Durgesh Khemchandani, Dr. Poonam Khemchandani, Shri Hero Gyanchandani, Vice President, Shri K.L. Ramnani, Joint Secretary,

SHKES, Dr. Dalima Parwani, Principal, SHGC, Dr. Hemanshu Sharma, Principal, SHMCNYS, Faculty Members and students in huge numbers graced the occasion.

Shri K.L. Ramnani extended heartfelt greetings and said that we should be a beacon of rights and responsibilities. He further added that nature itself imparts invaluable lessons on the essence of righteous behavior.

Chief Guest, Dr. Durgesh Khemchandani emphasized service, inspiration, duty and guidance as essential principles to uphold in life for achieving success. He further added that Shaheed Hemu Kalani Educational Society is an ideal for learning sewa and Guru Shishya Parampara.

Dr. Poonam Khemchandani, on the occasion said that we must choose the path of unity, inclusivity and progress so as to navigate the challenges of life and create a society where every individual thrives to become the best of themselves.

Dr. Dalima Parwani, the Principal congratulated each and every one present and said that the spirit of patriotism inspires us to contribute towards the progress and prosperity of our great country. The students shared their feelings on the occasion in the form of speech and poetry.

- **Friday & Saturday, 9th & 10th February 2024**
- **Annual Sports Meet organized**



A two-day Annual Sports Meet was organized at Sant Hirdaram Girls College on February 9th and 10th, 2024, with the primary objective of imparting the significance of sports to students and promoting physical well-being. The event witnessed the presence of Shri Hero Gyanchandani, Vice President, Shaheed Hemu Kalani Educational Society, Dr. Dalima Parwani, Principal of the College, Sports Officer Mrs. Jyoti Singh, Prof. Sonia Sharma, Prof. Diyanshi Matani, along with members of the sports committee, faculty, and a large number of students. Various sports such as volleyball, rope skipping, badminton, javelin throw, shot put, kabaddi, kho-kho, three-leg race, brick race, tag of war, and more were organized as part of the event. The inauguration of the sports meet was marked by the lighting of the torch.

Shri Hero Gyanchandani congratulated everyone and emphasized the importance of sports in life, stating that it fosters leadership and management skills. He highlighted that sports events teach us that the success and achievements in our lives are contributions from others. Sports, being a team effort, teaches us coordination and collaboration.

Dr. Dalima Parwani expressed the necessity for women to maintain physical well-being and emphasized that sports contribute to overall health. She encouraged incorporating sports into professional and personal life, learning to balance and participating in competitions. She urged everyone not to limit themselves and to embrace the abundant opportunities within.

All the winners were honored with medals and certificates

- **Wednesday, 14th February 2024**
- **Basant Panchami Celebrated**



On Wednesday, February 14, 2024, Sant Hirdaram Girls College had organized the celebration of the Basant Panchami festival in collaboration with the Central Library and National Service Scheme. The event included worship and homage to the Goddess Saraswati of knowledge, art, and wisdom. The occasion featured group songs and presentations related to Basant Panchami by the enthusiastic students. The Principal and all the Faculty members offered prayers to Goddess Saraswati, and the program concluded with the distribution of prasada. The main guests at the event were Prof. Sara Hasan, Associate Professor of Integrative Health Coach from Germany, and Dr. Heike Englert, Department and Eco-Trophology Facility Management, Germany.

Dr. Dalima Parwani, the Principal addressed the students, emphasizing that Goddess Saraswati bestows knowledge, education, and art upon us. She highlighted that with the blessings of Saraswati, one can attain knowledge and prosperity. Basant Panchami signifies a new beginning, instilling a sense of enthusiasm. She encouraged the students to recognize their inner capabilities and consistently strive to excel.

- **Friday, 1st March, 2024**
- **Seven Days NSS Camp Inaugurated**



The seven-day camp is being organized by the NSS Unit of Sant Hirdaram Girls College commenced on March 1, 2024, till March 7, 2024, at adopted village Mughaliya Hatt. The

inaugural session witnessed the presence of the College Principal, Dr. Dalima Parwani, the program officer of NSS, Prof. Vibha Khare, Dr. Meena Barse, Prof. Deepika Saxena, and a large number of NSS volunteers. The aim of this special camp, focusing on health, sanitation, and personal well-being, is to instill a sense of social service and public awareness in the NSS volunteers according to the goals of NSS.

Dr. Dalima Parwani, the College Principal, expressed that, like previous years, this year too, all the NSS volunteers will be contributing in fulfilling India's development resolutions. She emphasized that the camp would bring positive changes in their lives, urging them to implement the knowledge gained within the framework of NSS in their lifestyles while residing in the village under the umbrella of NSS.

Prof. Vibha Khare, the Program Officer of NSS, provided information about the seven-day camp, stating that it would include project work, intellectual discussions, evening activities, and cultural programs. The activities would involve subject-specific discussions by experts, dialogue sessions, training, village contact and survey work, parade drills, sports, yoga, and meditation.

- **Friday to Thursday, 1st to 7th March, 2024**
- **Seven Days NSS Camp Concluded**



Sant Hirdaram Girls College in Bhopal organized a Seven-Day National Service Scheme (NSS) Camp from March 1st to March 7th at adopted village Mugaliya Haat near Prerana Kiran Higher Secondary School. Addressing the Concluding ceremony, Shri Hero Gyanchandani, Chairman of Sant Hirdaram Group and Director of Shaheed Hemu Kalani Educational Society, expressed that there is a parallel between Sant Ji's vision and the goals of NSS. He also said that it is a means to foster service spirit among students.

The main objective of the NSS is to provide young students with experiential learning in developing their personalities through community service. The ideal statement of the NSS is "Not Me but you," emphasizing the welfare of others before oneself. Sant Shiromani Hirdaram Ji Sahib's guidance and the continuous efforts of Sant Hirdaram Girls College, under the leadership of their successor revered Siddh Bhau Ji, reflect this spirit.

In alignment with this philosophy, the Seven-Day NSS Camp aims to make students understand rural environments and create awareness among them about various government

schemes and urban settings. Currently, through NSS, all beneficial government schemes are being extended to rural and marginalized communities. The goal is also to contribute to making India tuberculosis and hepatitis-free through the incessant efforts in higher education through NSS.

In this context, students of Sant Hirdaram Girls College actively engaged with the rural community during the seven-day camp, spreading awareness about the Nikshay Yojana and free treatment for hepatitis in government hospitals. Also, during village visit, every villager was effectively educated about the essential nature of the voting process for democracy.

Various intellectual sessions were conducted during the camp, including a discussion on "Energy Conservation and Energy Production from Non-Conventional Energy Sources" by Shri Amit Khare, Joint Director of the Central Electricity Regulatory Commission. He not only provided information about consumer rights but also made rural communities aware of these rights. Shri Khare explained in detail the government system for resolving complaints related to monopoly industries.

Prof. Babita Goswami from the Department of Nutrition discussed the importance of food in a healthy lifestyle. Shri Anil Khare, an invited guest from Jeevan Jyoti Charitable Trust, taught students to make bags from jeans and seed balls. These activities are crucial for environmental conservation. Members of the organization, Ms. Kavita Jain, Ms. Megha Thatte, and Ms. Sarita Sharma, motivated students, with the latter encouraging them for organ donation.

- **Friday, 22nd March, 2024**
- **NSS Advisory Committee Meeting**



On 22nd March, 2024, the NSS unit of Sant Hirdaram Girls College, Bhopal, convened an Advisory Committee Meeting with esteemed attendees including Shraddey Siddh Bhauji, President of SHKES, Dr. Anant Kumar Saxena, Coordinator of NSS at Barkatullah University, Bhopal, Shri Rahul Singh Parihar, Program Officer of the Open Unit at Barkatullah University, Bhopal, Dr. Dalima Parwani, Principal of SHGC, Prof. Vibha Khare, Dr. Meena Barse, and Prof. Deepika Saxena, Program Officers of SHGC, along with NSS volunteers Ms. Yashika Paryani and Ms. Anushree Namdeo.

The agenda for the meeting encompassed discussions on conducting the B Certificate exam, providing information about the core group, promoting zero balance saving accounts, outlining

plans for the upcoming session, and presenting the achievements of the 2023-24 session, including the conducted camp.

The session commenced with a comprehensive PowerPoint Presentation by Prof. Vibha Khare, highlighting the achievements and endeavors of the NSS unit at SHGC.

In his address, Shraddey Siddh Bhauji emphasized the importance of serving others, stating that true value lies in one's willingness to contribute to the welfare of society. He emphasized the intrinsic satisfaction and happiness derived from acts of service.

Dr. Anant Saxena underscored the role of NSS in fostering teaching and learning, emphasizing the significance of leadership in personality development. He highlighted leadership as a pivotal aspect for nurturing well-rounded individuals.

Shri Rahul Singh Parihar emphasized the importance of incorporating statistics into presentations and suggested the establishment of an NSS Vatika within the college premises to enhance the personality of volunteers. He proposed that the core team of NSS should ensure the implementation of at least one activity per month and encouraged leaders and volunteers to serve as brand ambassadors. The meeting concluded with a vote of thanks delivered by Prof. Vibha Khare, expressing gratitude to all attendees for their valuable contributions and insights.

- **Tuesday, 9th April, 2024**
- **Empowering Democracy: SHGC'S SWEEP Initiative Drives Voter Awareness**



The National Service Scheme Unit of Sant Hirdaram Girls College embarked on a dynamic campaign aimed at fostering voter awareness and civic responsibility from April 1st to April 6th, 2024, under the banner of the SWEEP initiative. Led by the dedicated efforts of Program Officer, Prof. Deepika Saxena, the initiative witnessed an unwavering commitment to democracy as she urged others to cast their vote in the upcoming elections.

Echoing this sentiment, Program Officer Prof. Vibha Khare reiterated the paramount importance of active participation in the electoral process to the student body. Dr. Meena Barse, the Program Officer alongside esteemed College Principal Dr. Dalima Parwani and other distinguished guests, further championed the cause of voter awareness, extending their outreach to neighboring communities and collaborative institutions.

Embracing the ethos of "Leave all work aside - vote first," the campaign resonated across the region, as selfless volunteers organized vibrant voter awareness rallies in nearby colonies.

Their impassioned plea, "100% voting - will enhance the pride of Bhopal," reverberated through the streets, instilling a sense of duty and pride among residents. Innovatively, the importance of voting was also brought to life through captivating street plays in the bustling local market of the adopted village Mugalia Haat. Here, the volunteers showcased a Nukkad Natak, compelling individuals to recognize the significance of their valuable votes.

Additionally, a spirited slogan competition on voter awareness served as a platform for the enthusiastic participation of college volunteers. The triumphant champions, Ms. Usha Malviya, Ms. Aditi Saini, and Ms. Tatheer Fatima, not only showcased their creative prowess but also symbolized the collective commitment towards a more engaged and informed electorate.

<https://www.instagram.com/reel/C5dNxJ-MSxs/?igsh=MWY2b3YzaGMxYTAwNQ==>

- **Monday, 29th April, 2024**
- **Multimedia Quiz Organized**



Sant Hirdaram Girls College organized the Voter Number One Multimedia Quiz under the Voter Awareness Campaign as part of the SVEEP initiative by the District Administration. The main objective behind organizing this activity was to disseminate awareness among the young voters and increase their participation in voting. The program was attended by SVEEP Coordinator Dr. Ravikant Thakur, SVEEP team member Mr. Mohan Malviya, and the team of MY FM. College Principal Dr. Dalima Parwani, Program Officers Prof. Vibha Khare, Dr. Meena Barse, Prof. Deepika Saxena, and a large number of students were present during the occasion. College Principal Dr. Dalima Parwani, in her welcome address, stated the importance of voter awareness and participation in the upcoming session. She urged everyone to ensure their significant participation in the voting process. She further added that the youth represent India and therefore vote and inspire others to vote. Utilize your valuable vote without fail. Coordinator of the SVEEP program, Dr. Ravikant Thakur, stated that a true patriot is one whose finger bears the mark of voting. It is essential for the youth to be aware of their responsibilities. They should grab opportunities and face challenges. He effectively conducted a multimedia quiz in various 6 phases and also explained important information.
