



SHDCHE



SANT HARI DASS COLLEGE OF HIGHER EDUCATION

(RECOGNIZED BY NCTE, GOVT. OF INDIA, APPROVED BY DHE, GOVT. OF NCT OF DELHI, & AFFILIATED TO GGSIP University, DELHI)

A REPORT ON WEBINAR ON SELF-CARE AND WELL BEING OF WOMEN

Date: 31.08.2021

Sant Hari Dass College of Higher Education in association with Sashakt Bharat Nirman Educational and welfare Foundation (NGO) organized a webinar on self – care and well being of women on 31st August 2021 for the students of BBA and B.Ed.

The Principal Sir, Dr. Jai Bhagwan Vyas has inaugurated the session and highlighted his vision on Self-Care and well being in this pandemic environment. He said that several organizations and researchers take a health-oriented approach when defining self-care. The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” Several organizations and researchers take a health-oriented approach when defining self-care. The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”

It was a very beneficial and knowledgeable session for the students.

Jai Bhagwan
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A REPORT ON WORKSHOP ON DISASTER MANAGEMENT

Date: 15.09.2021

SHDCHE has organized a workshop on “Disaster Management” on 15th September 2021 for the students of B.Ed and BBA. Dr. Jai Bhagwan, the Principal of the college inaugurated the session and gave his views on the topic. He said that a disaster is a destructive event that occurs suddenly and involves loss of life and property.

Disasters can be of two types, natural and man-made. Earthquakes, volcanic activity, tsunamis, floods, cyclones, landslides, avalanches and droughts are natural disasters and man has no control over them.

The man-made disasters are triggered by human beings. Some of the man-made disasters are: bomb explosions, terrorism, war or civil war, leakage of poisonous chemicals etc. Disaster Management refers to the measures taken for the safety and protection of life and property from natural or man-made disasters.

This means being prepared for disasters, fighting disasters effectively, ensuring the safety of life during disasters and helping in rebuilding society after the disaster.

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A REPORT ON WEBINAR ON IMPORTANCE OF SKILLS IMPROVEMENT FOR EDUCATION AND CAREER SUCCESS

Date: 29.10.2021

SHDCHE has organized a webinar on “Importance of Skills Improvement for Education and Career Success” 29th October 2021.

Dr. Jai Bhagwan, the Principal of the college inaugurated the session and highlighted his vision on the topic.

Ms Rinki Kohli, Assistant Professor of the College has also given his views for skill improvement and career success.

This session included the participation of B.Ed and BBA students and faculties.

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REPORT WORKSHOP ON “HEALTH AND HYGIENE” (17JULY2021)

‘Health is Wealth’, an old proverb is true for all of us. If one is healthy then one can contribute their best in achieving their goals which will lead one to prosperity. Hygiene is one of the factors that contribute towards better health. Hence, it is important to understand, especially in this given pandemic situation, about health and hygiene.

In order to create awareness, Sant Hari Dass College of Higher Education in association with Sashakt Bharat Nirman Educational and welfare Foundation (NGO) organized a workshop (virtual) on **Health and Hygiene** on 17 July (Saturday) for all staff Members. This session was aimed to highlight the importance of maintaining good personal hygiene and to illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in the society.

Dr. Prateek & Dr. Mayura was the resource person conducted this virtual Health and Hygiene session. Presentations on physical health, mental health and healthy habits were made and explained in the session.

The session aims to demonstrate the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in a society. Personal hygiene is important for many reasons, for instance, to have a better personality, a good health, for social reasons and for psychological issues.

Good hygiene perpetuates a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, mental, and health problems. Certain habits like **washing hands** before meals, **bathing**, **brushing teeth** and **cutting nails** should be practiced from early age. These are considered as personal habits. Apart from these all, we have to be careful about our surroundings too. Since we live in a society, it’s our duty to take care of our environment.

She explained that good personal hygiene is as simple as hand washing which can reduce the plethora of illnesses, infections, and disorders in the pandemic situation. In a social situation a



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clean and tidy appearance can boost one's confidence and reflects a positive image of that individual to others tidiness must be the first and foremost responsibility of everyone. We have to be sincere about following certain manners and etiquette strongly related to hygiene. Acts as littering in public places or spitting on the road should be strictly prohibited. She also shared some important Cleaning and hygiene tips to protect against COVID-19 like

- **Personal hygiene**

Simple hygiene measures can help protect your family's health and everyone else's.

- **Don't touch your face**

Avoid touching your eyes, nose and mouth.

- **Don't cough or sneeze into your hands**

Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.

- **Keep your distance**

Maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

- **washes your hands**

Make sure to wash hands after you blow your nose, sneeze into a tissue, use the restroom, when you leave and return to your home, before preparing or eating food, applying make-up, handling contact lenses etc.

If using a hand sanitizer ensures that it contains at least 60 per cent alcohol, ensure coverage on all parts of the hands and rub hands together for 20-30 seconds until hands feel dry. If hands are visibly dirty, always wash hands with soap and water.

Participants were keen to learn more about personal hygiene and came up with a volley of questions at the end of the session. This session was a reinforcement to maintain and enhance good hygiene habits and contribute to the wellness of society.

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A REPORT ON SUCCESS BUILDING WORKSHOP

Date: 25.11.2021

SHDCHE has organized a Success building workshop on “SAS Training” on 25th November 2021 for the students of B.Ed & BBA.

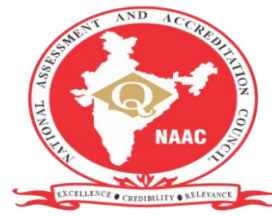
The resource person Mr. Sandeep Wadhera explained and guided the students on different personality development skills. The whole day workshop has been done by the team.

All the students have learned to develop their personality and other behavioral skills for overall development. They enjoyed the workshop.

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REPORT ON WEBINAR ON SKILL DEVELOPMENT

Date: 14.02.2022

Avodha Edutech Pvt Ltd has conducted a webinar on “Skill Development” in collaboration with the Training and Placement Cell of SHDCHE on 14th February 2022 for the students of B.Ed and BBA.

Dr. Neelam Soni, the Director of the college started the session with inaugural speech and highlighted the key features of the session.

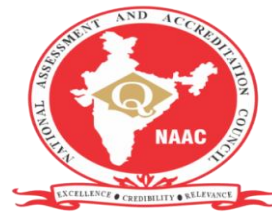
The resource person, Mr. Gulabshah emphasize on different skill development programme and e-learning for tools in the session. He also focused on different Internships and Placement Programmes & Skill.

The Completion certificates were provided by Avodha Edutech. It has been indeed a very beneficial and goal oriented session for the students seeking for placement. Ms. Rinki Kohli concluded the session.

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A REPORT ON ONLINE WORKSHOP ON HOW PANDEMIC HAS CHANGED INTERESTING

Dated: 19.02.2022

BONDS INDIA organized an online workshop in collaboration with SHDCHE on 19th February 2022 on the topic “How Pandemic has Changed Interesting” for the students of B.Ed and BBA. The workshop has been started by introductory session about the company Bond India by Ms. Alisha. Dr. Jai Bhagwan Vyas, Principal of the college has been given the inaugural speech about the topic.

Ms. Rinky Kohli has given the introductory session about the college and the management. After then workshop has been started with great enthusiasm by the key note speaker.

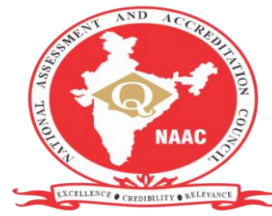
Mr. Ankit Gupta the resource person emphasized on successful investing, financial counseling's and planning while pandemic. He also explained about current market scenario, tax planning, wealth generation etc. He focused on strategies to preserve capital, force growth, regular source of income. He also highlighted the basic of fixed income securities and importance of balanced portfolio and also secondary source of income.

It has been really a very knowledgeable, beneficial and investment guiding workshop. At last vote of thanks has been given by Ms. Sonali Chawla, Assistant Professor of the college.

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A REPORT ON ONLINE CONERENCE ON ENTREPRENEURSHIP EDUCATION AND CAPACITY BUILDING (AZADI KA AMRIT MAHOTSAV)

Date:-22.07.2022

The most purpose full conference was organized by the SHDCHE on the eve of Azadi Ka Amrit Mahotsav on 22nd of July. The Conference was very important for the futuristic purposes as the topic was Entrepreneurship education and Capacity Building. There were more than 16 delegates who participated in this webinar and discussed about the most intensive topic Entrepreneurship Mindset and its objectives in education.

Dr. Neelam Soni, Director of the college delivered welcome speech. The discussion was very enlightening and productive. All participants participated with great zeal and enthusiasm.

The sub themes of conference were Entrepreneurial Intention Motivation and Behavior, Government Initiatives on Entrepreneur Development, Start up and Innovation Policy, Capacity Building for Entrepreneurial Development and Entrepreneurship in the MSME sector.

The conference started at sharp 12:30 PM thereafter technical session was started onwards. Total 16 people were presented. At the end of the technical session, question and answer session were put up.

After that Dr. Madhu Shrivastava concluded the conference. She said that if we have a vision to change the quality and adaptability of education, we should promote entrepreneur mindset among the student.

At the end of the conference Mr. Jai Parskash, Assistant Professor gave vote of thanks to principal Sir, Director Mam, all delegates and scholars and the entire organizing team as well, who participated in the conference to present their ideas among us and to make this program successful. Overall it was a very good experience for each and every one of this conference.

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