

# A REPORT ON SEMINAR ON AWARENESS OF PLASTIC FREE CAMPUS

Sant Hari Dass College of Higher Education organized an awareness program on "Say no to plastic" on 18<sup>th</sup> Sept 2023 The campaign was carried out in association

with Local Development Committee in nearby community



The objective of the campaign was to create awareness about the hazards of polythene bags. The campaign was named 'Say No to Plastic bag" with the tag line ''SAY NO TO PLASTIC ".

Banners bearing this tag line were

displayed at various places in the locality. The Students of BBA and B.Ed Programme designed some poster to create awareness and tried to educate the community how the polyethylene begs and plastics are hazardous. These are biodegradable and could choke the sewers. They could also spoil the fertility of the soil. Shopkeepers in the locality were requested to not to give polythene as a carrybags to the customers.



# SEMINAR ON COUNSELING REGARDING GENDER EQUITY

The IQAC Cell of Sant Hari Dass College of Higher Education organized a counseling session on Gender Equity on 03/10/2023. The Fraternity of SHDCHE is always sensitive to promote Gender Equity in the organization. It was a proud moment for SHDCHE to invite Dr. S.P. Singh, Deputy Controller of Examination (Retd) from SCERT to counsel, guide and promote more about the Gender Equity. The programme started with the welcoming of the guest by Principal Sir, Dr. Jai Bhagwan Vyas. He focused that Education is the most powerful weapon to promote Gender Equity.

Dr. S.P. Singh explained the importance of gender equity and how in social progress men, women, transgender face gender stereotypes and prejudices from preschool to adult education and in job profiles also, which creates significant impact in their Educational choices and career paths. Especially in an educational organization teachers play an important role in promoting gender equity.

n educational institute should provide budgets, policies, plans and counselors to promote gender equity. He further focused on institutional arrangements, management structure and social norms to privilege gender equity and also explained the challenges, disadvantages and outcomes of gender biasness. He explained various ways to modify the processes and education system to support Gender equity both inside and outside the organization.



# A REPORT ON SEMINAR ON IMPORTANCE OF MICRO GREEN IN OUR HEALTHY LIFE

Micro greens are the first leaves that grow from the seeds of herbs, vegetables, or flowers. They



are harvested within 14 days of seed germination. Micro greens are found to be 40 times more nutritious than mature vegetables. They are said to be profitable crops and can be grown in a little space.

The Sant Hari Dass College of Higher Education organised awareness drive on MICRO GREEN on27th Oct 2023. In this programme Dr. Jai Bhagwan, Principal SHDCHE addressed to students and shared the benefits of micro green. He also shared the some of the best plants to grow as micro greens are: Tomatoes, Basil, Mint, Sunflowers, Radishes, Potatoes, Spinach the nutritional benefits of each type of microgreen

depend on the plant. Micro greens may contain 4 to 40 times the nutrients of mature plant leaves.

"Vegetables are already high in vitamins, but the minerals and phytochemicals in micro greens offer even more nutritional value and many of the nutrients in micro greens act as antioxidants, with the power to prevent cell damage." Dr. Neelam soni Director SHDCHE shared the benefits of Micro green that it reduces the risk of anemia, protect Vision, prevent cancer, lower the risk of the heart disease, and improve thinking and reasoning, and helps to manage type diabetes.



# A REPORT ON AWEARNESS SEMINAR ON HYGEINE AND SANITATION



SHDCHE has organized "Health Awareness Programme" for the students of B.Ed, BBA and the staff members of the college, as to give awareness on healthy body makes a man healthy on 16th Feb 2023 at the college campus.

The teams of the two experts Doctors, Dr. Prateek Sehrawat and Dr. Mayura Baliyan have conducted the programme.

Dr. Jai Bhagwan Vyas Principal, SHDCHE has inaugurated the session and shared his

views on good health and awareness. Further Dr. Neelam Soni, the Director of the College also highlighted on the importance of good health.

Dr. Prateek and Dr. Mayura, the experts of the programme have given detailed awareness on the session.The whole programme has been very informative and beneficial for everybody present there. In the end of the session, vote of thanks has been given by Ms Rinky Kohli to the experts for sparing valuable time with us.





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# REPORT

# ON

# SEMINAR ON INDIAN KNOWLEDGE SYSTEM

Date: 2 March 2024

Venue: Sant Hari Dass College of Higher Education

## Guest Speaker: Dr.Dhananraj Joshi, Vice Chancellor of Delhi Teacher University, Government of NCT Delhi

#### **Introduction:**

Sant Hari Dass College of Higher Education organized a thoughtprovoking seminar on Indian Knowledge System, featuring Dr.Dhananraj Joshi, Vice Chancellor of Delhi Teacher University. The event aimed to enlighten students about the rich heritage of Indian education and its contemporary relevance.



### Key Points Discussed:

- 1 **Journey in Education:** Dr. Joshi shared insights from his personal journey in the field of education, highlighting the challenges and triumphs he encountered along the way.
- 2 **Role of Teachers:** Emphasizing the pivotal role of teachers in shaping society, Dr. Joshi elucidated on the responsibilities and impact of educators in molding young minds.
- 3 **Importance of Teaching Profession:** Dr. Joshi underscored the significance of the teaching profession in nation-building and fostering a culture of learning and growth.





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4 Indian History and Cultural Concepts: Delving into Indian history, Dr. Joshi explored

key concepts from epics like Ramayana and Mahabharata, illustrating their relevance in contemporary society.

5 **Parental Pressure and Student Mental Health:** Addressing prevalent issues, Dr. Joshi discussed the pressures faced by students from parents and society, while also shedding light on mental health challenges and coping mechanisms.



### **Interactive Session:**

The event concluded with an interactive Q&A session, where students had the opportunity to pose questions to Dr. Joshi, fostering a dynamic exchange of ideas.

### **Conclusion:**

The seminar on the Indian knowledge system, led by Dr.Dhananraj Joshi, proved to be an enlightening and enriching experience for students. It not only provided valuable insights into the education landscape but also instilled motivation and guidance to navigate challenges effectively.





Nangloi - Najafgarh Rd, Ram Nagar, Baprola, Delhi, 110043, India

Latitude 28.6345483°	Longitude 77.0042864°	
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# SEMINAR ON "POWER AND WATER CONSERVATION

A one-day Seminar on "POWER AND WATER CONSERVATION" was organized by Sant Hari Dass College of Higher Education on 30<sup>th</sup> April, 2024. The keynote address was given by Dr. Madhu Shrivastwa. She provided an insightful view into the problem of depleted water resources and the urgent need to take corrective measures. Dr Rajesh Arora Sr. Manager Delhi Transco Ltd. took the session on power conservation. Dr Rrajesh Arora has shared many TIPS TO CONSERV POWER by ppt presentation

 Turn off lights: Turn off lights when you leave a room, and use task lighting to focus light where it's needed. 2. Use energy-efficient light bulbs: Compact fluorescent lamps (CFLs) and LED bulbs are more efficient than incandescent bulbs and can save up to 75% and 80% on lighting costs, respectively. 3. Use automatic devices: Use sensors, timers, and dimmers to automatically turn lights on and off. 4.Unplug electronics: Unplug electronics when you're not using them, or use a power strip with a switch to turn them off all at once. 5. Use sleep or hibernate mode: Set your computer to sleep or hibernate mode after a period of inactivity. 6.Wash clothes at a cooler temperature: Wash clothes in a full load at a cooler temperature to save water and electricity. 7. Set your water heater to a lower temperature: Set your water heater to no more than 120°F to conserve energy and save money. Etc..The seminar ended with a vote of thanks by Dr. Joni Hooda Assistant Professor, SHDCHE.



#### SEMINAR ON STRESS MANAGEMNET

On May24th 2024, a stress management workshop was conducted at Sant Hari Dass College of Higher Education. The resource persons was Dr. Rajendra Kumar Soni, Assistant Professor CBPACH, Kheira Dabar. The workshop aimed to provide participants with valuable insights into stress management techniques for both personal and professional life. Workshop Highlights: The stress management workshop was highly informative and engaging, with a variety of activities designed to enhance learning and understanding. Participants actively participated in interactive activities such as creating plays, skits, and balloon activities. These activities helped them grasp the concepts of stress management in a practical and enjoyable manner. Key Learnings: During the workshop, participants learned about different types of stress and effective ways to manage them. Dr. Soni shared valuable insights on identifying stress symptoms and provided practical strategies to cope with stress in personal and professional life. The workshop emphasized the importance of self-care and maintaining a healthy work-life balance. Meditation Session: The workshop concluded with a small meditation session, allowing participants to experience the benefits of relaxation and mindfulness. This session provided them with a practical tool to manage stress on a daily basis. Conclusion: Overall, the stress management workshop conducted resounding success. The participants found the training informative, engaging, and relevant to their lives. The interactive activities, along with the insightful discussions, helped them gain a deeper understanding of stress management techniques. The workshop concluded with a meditation session, leaving the participants with a sense of calm and equipped with practical tools to manage stress effectively.



### WEBINAR

#### ON

### "IMPORTANCE OF VALUE EDUCATION UNDER BHASHA UTSAV"

The Sant Hari Dass College of Higher education organized webinar on "Importance of value education under bhasha utsav" on Nov.8<sup>th</sup> 2024. The webinar on the "Importance of Value Education" was held as a part of the Bhasha Utsav, aimed at promoting cultural and linguistic diversity. The event brought together educators, students, and professionals to discuss the critical role of value education in today's society.

### **Objectives**

- To highlight the significance of value education in personal and societal development.
- To explore the integration of values in educational curricula.
- To foster dialogue among participants about effective teaching methods for instilling values.

The webinar started with key note by Dr. Madhu Shrivastwa Assitant Professor, SHDCHE. The speakers emphasized that value education goes beyond academics, aiming to nurture responsible citizens. The resource person Prof G.P Singh highlighted the Cultural Relevance and the importance of integrating local languages and cultures in value education. he emphasized on how Bhasha Utsav promotes this idea. Participants shared their experiences and challenges in teaching values, fostering a collaborative atmosphere. Examples of successful value education programs from different institutions were shared, illustrating innovative approaches to teaching.

The webinar successfully underscored the necessity of value education in shaping ethical and responsible individuals. It also highlighted the role of cultural festivals like Bhasha Utsav in promoting these ideals. Future initiatives were discussed to continue this important conversation and implement actionable strategies in schools and communities. webinar Increased awareness among participants about the need for value education. Brought the Collaborative ideas on implementing value education in various educational settings. The vote of thanks was proposed by Dr. Joni Hooda.









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### WEBINAR ON HOW TO MAKE INDIA ELECTRICALLY SAFE

The IQAC of Sant Hari Dass College of Higher education organized webinar on "Webinar **On How to Make India Electrically Safe**" May.3<sup>th</sup> 2024.The webinar aimed to address the critical issue of electrical safety in India, given the increasing incidents of electrical hazards. The event gathered experts, policymakers, and safety professionals to discuss strategies for improving electrical safety standards across the country.

## Objectives

- To raise awareness about electrical hazards and safety practices.
- To discuss the implementation of safety regulations and standards.
- To explore innovative solutions for enhancing electrical safety.

Dr. Rajesh Arora, Sr. Manager, Delhi Tranco Ltd. was the resource person of the programme. He Provided insights into current electrical safety challenges in India and the importance of awareness campaigns. And Discussed regulatory frameworks and the role of government in enforcing electrical safety standards.

All the students and faculty members of BBA and B.Ed Programme attended the session. Dr. Arora gave an overview of electrical safety statistics in India was presented, highlighting the urgency of the issue. He described the Key electrical hazards faced by households and industries were outlined, including improper wiring and outdated equipment. During the session Practical safety tips were shared, such as regular inspections, using certified equipment, and the importance of trained electricians. Dr. Arora Emphasized the need for educational programs on electrical safety for both professionals and the general public was emphasized. Participants raised concerns and shared experiences, fostering an engaging discussion on solutions and practices. The webinar war very interactive and informative Enhanced understanding among participants regarding the significance of electrical safety measures in India. It facilitated valuable discussions on the roles of various stakeholders in creating a safer electrical environment. The collective insights gained will serve as a foundation for future initiatives aimed at reducing electrical hazards. The vote of thanks given by Dr. Neelam Soni. Director, SHDCHE.







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# **REPORT**

# <u>On</u>

# **"WEBINAR ON FINANCIAL LITERACY"**

On the 31<sup>st</sup> May 2024, Sant Hari Dass College of Higher Education has organized a webinar on Financial Literacy by SV Wealth Partners, Delhi. The primary aim of the webinar was to foster a deeper understanding of various financial markets and processes among students. The event focused on increasing awareness about the Securities Exchange Board of India (SEBI), the nuances of the stock market, and critical financial concepts essential for making informed investment decisions. Objectives:

- 1. To generate awareness about Security Exchange Board of India (SEBI)
- 2. To educate students regarding primary vs secondary market.
- 3. To educate regarding Trading and Demat account.
- 4. To generate awareness regarding rights of a shareholder.

5. To educate students about the process of investigating and verifying information about a company or investment opportunity.

6. To create awareness regarding Pubic Issue.

7. To familiarize regarding modes of placing orders and contract note. Summary: SV Wealth Partners have been dedicated to advancing financial literacy across all

age groups and diverse sectors including Educational Institutions, Corporate, and PSU's.

The webinar began with an introduction to the Securities Exchange Board of India (SEBI). Students were informed about SEBI's role in regulating securities markets, protecting investor interests, and ensuring a safe trading environment. The session shed light on SEBI's efforts in promoting transparency, preventing fraudulent practices, and maintaining market integrity. The session included a brief explanation of how to open these accounts, their functionalities, and the crucial role they play in buying, selling, and holding financial securities electronically.

One of the critical objectives of the event was to create awareness about shareholders' rights. Students learned about their rights, such as voting rights, the right to receive dividends, and the right to participate in corporate actions like bonus issues and mergers.

The event aimed to empower students by making them aware of their legal rights and responsibilities as shareholders. A crucial part of the event focused on educating students about due diligence when it comes to investments.

The event also focused on familiarizing students with the concept of public issue, including Initial Public Offerings (IPOs) and Follow-on Public Offers (FPOs). Students were guided on how companies raise capital through public issues and how investors can participate in these opportunities.





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# REPORT ON WORKSHOP ON PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS

### Date:21September 2023 Venue: Multipurpose Hall

Sant Hari Dass college of higher education organized a Workshop on the topic "PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS. The main purpose of conducting WORKSHOP on this topic was to acquaint students with use of basic communication skills- Listening, Speaking, Writing and Reading(LSWR)

The resource person for the seminar was Ms. Sapna Yadav and Dr. Madhu Shrivastava; they explained that developing communication skills can help all aspects of one's life, from professional life to social gatherings and everything in between.



The ability to communicate information accurately, clearly and as intended, is a vital life skill and something that should not be overlooked. It's never too late to work on your communication skills and by doing so, you may well find that you improve your quality of life. They also discussed about 7C's of Effective Communication. Activities for development of different communication skills were also performed with the help of students

The session was very interactive, informative and useful. All the students and faculties felt good, lively and informative.





# ISO 9001:2015 Cettied Institution

# "SKILL DEVELOPMENT WORKSHOP ON VEDICMATHS & ABACUS"

Sant Hari Dass College of Higher Education organized a workshop on "Skill Development on

Vedicmaths & Abacus" with Indian Institute of Vedicmaths & Abacus on 25<sup>th</sup> September 2023. Its purpose was to build maximum capabilities among our students. This programme helped students to understand the skills required for their profession. The Institute presenters demonstrate about the both courses:



<u>Abacus Learning: -</u> Abacus learning programme provides significant benefits to students in enhancing the learning skills, photographic memory, visualization skills, increasing speed, higher concentration, attaining accuracy and proficiency in all subjects.

<u>Vedic Mathematics: -</u> Vedic Mathematics is comprised of 16 wonderful sutras (math formulas) and 13 sub-sutras. The Vedic Maths presents a new approach to learn mathematics, offering simple, direct, one-line, mental solutions to mathematical problems. Vedic math is the world's fastest mental algebraic mathematics system.

Students were excited after attending the programme on "Skill Development of Vedicmaths & Abacus". Overall this programme was an enriching experience for all the students as it made them aware about the Abacus & Vedicmaths and helped them to solve the problem on the daily basis.







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# **CAREER COUNSELING WORKSHOP**

Sant Hari Dass College of Higher Education organized a career counseling workshop on 29<sup>th</sup> September, 2023 by T.N.I. Institute (New Delhi) for the students of B.Ed & BBA.

The purpose of the workshop was to enable the students to understand the importance of career development. It helped the students to identify the career goals; set the education milestones and derive the clear pathways to achieve it. The career counselors facilitate assessment by identifying an individual's interest, values skills.



self – and

The workshop started with the motivated speech by Principal Sir, Dr. Jai Bhagwan Vyas. He welcomed and introduced guest speaker of the day, Mr. Attar Singh, the renowned career counselor from the organization guided and motivated the students very well. He gave an elaborative introduction about the various opportunities and scope in the field of Education & Management. He further highlighted



that career guidance plays a very important role in the lives of all individuals, as it helps in setting future goals and choose career.

Career guidance is much needed service to those who didn't plan their future and personal career development. Mr. Attar Singh mainly focused on CTET, DSSB, CAT, MAT and all other competitive exams. Approx 200 students have attended the workshop.

At the end

the session, the students cleared their doubts by asking various questions regarding their confusions. The programme ended with the powerful vote by Dr. Joni Hooda. All the students were highly motivated and enlightened. It was a very informative session.



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# WORKSHOP ON COMMUNITY ENGAGEMENT WITH ELDERLY PEOPLE

On 12<sup>th</sup>, January2024 a workshop focused on enhancing community engagement with elderly individuals was organized by students from Sant Hari Dass College of Higher Education. The event aimed to foster connections between students and the elderly, promote understanding, and identify ways to address the unique needs of this demographic.

### Objectives

- To raise awareness about the importance of engaging with the elderly.
- To facilitate intergenerational dialogue and understanding.
- To develop actionable strategies for ongoing community involvement.

### The works shop schedule was as follows

### 1. Welcome and Introduction

- Overview of the workshop's purpose and goals.
- Icebreaker activities to encourage interaction.

### 2. Panel Discussion

• Guest speakers included local community leaders and gerontologists who shared insights on the challenges faced by elderly individuals and the benefits of community engagement.

### 3. Breakout Sessions

- Participants were divided into small groups to discuss specific topics:
  - Mental Health and Well-being: Strategies to combat loneliness and promote social inclusion.
  - **Technology and Elderly:** Teaching tech skills to help elderly individuals connect with family and access services.
  - Volunteering Opportunities: Identifying ways students can volunteer and support local elderly care facilities.

### 4. Feedback and Ideas Sharing

• Each group presented their ideas and suggestions, fostering a collaborative atmosphere.

5. Closing Remarks Summary of key points and encouragement to continue building relationships with the elderly community. The workshop successfully highlighted the importance of community engagement with elderly individuals. By bridging the gap between generations, participants left with a renewed sense of responsibility and enthusiasm for fostering relationships that enhance the quality of life for the elderly in our community. Plans are already underway for follow-up events and initiatives to ensure sustained engagement.

At the end of the workshop vote of thanks by Dr. Jai Bhagwan Principal, SHDCHE. He Thanked to all participants, facilitators, and volunteers who contributed to the success of this workshop. their involvement is invaluable in creating a more inclusive community.





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# A REPORT

ON

# WORKSHOP ON "SAY NO TO DRUGS" SHDCHE

A Workshop on "SAY NO TO DRUGS" had been organized by the "QUALITY BHARAT CELL" of Sant Hari Dass College of Higher education with the very renowned RED CROSS INDIAN SOCIETY (DELHI BRANCH) on 21 February 2024. the main agenda of this workshop was to aware the students of B.Ed about "DRUG KILLS".

The Youth for Quality Bharat Mission (YQBM) is transformative initiative under the Quality Bharat Mission. It focuses on empowering the youth of India, engaging them in the nation's growth story, and encouraging a quality-conscious living. Such initiative was taken by the college to promote awareness about issues related to drugs.





The workshop was started by a brief introduction of the Red Cross Indian Society which was founded by a swiss Man Henry Dunant in 1859. The Indian Red Cross Society came on 20 march 1920 which is headed by The President in the country and Governor in the states. The red cross Indian society have provided many facilities like first aid, held blood donation camps, Anti-drugs workshop and Many nursing homes or birth facilities too. they have took part in many social services like distributing blankets, 40 bedded hospitals and various medical facilities during pandemic.

After the introduction of the Red Cross Indian society, the students were shown an amazing Short film named "twins". the story involved twin girls who were born and brought up in a same family and environment but were totally opposite to each other. One of the twin was focused and have good moral values while other one named Ishanvi was shown to be struggling with stress by family and her peers too, which result in her bad habits like smoking. Ishanvi was struggling from family pressure for not being focused towards her studies and was denied to go for a party at her friends house by her father which made her angry and stressful. Her friends wanted ishanvi to be a cool girl just like them for which they forced her to try drugs. Ishanvi was facing peer pressure which influenced her into bad company. She started using drugs frequently due to which her twin sister found out about drug use and warned her too but ishanvi didn't pay attention and went to her friends party anyway where she was overdosed and her sister came for her help and took her home back, ishanvi was checked by the doctor and provided all the necessary help needed.



This film showed by the Members of red cross society to the student clearly spread an important message for drug abuse and its consequences.

Later the speaker of the event presented a power point presentation to the students about the definition of drugs, addiction, its types and many examples too. it was really helpful for the student to understand the real meaning of drugs and how to stop addiction for anything that disturbs oneself physically, mentally, emotionally etc.

The workshop was concluded by an interactive session of asking question with student and the speaker about drug abuse. the students were provided a feedback form about how the session helped them, what kind of improvement should be done for such sessions. It was really an informative, interactive and enlightened session for all the students as well as teachers of the college.

The workshop ensured youth to focus on quality life and highlights the critical role of quality as a driving force for a nation's development and progress.

At the end all the students and teachers with the members of the RED CROSS INDIAN SOCIETY were gathered for the photographs.







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# REPORT ON WORKSHOP ON CAREER COUNSELLING

Date: 22 February 2024

Venue: college auditorium

Attended By: Students of B. Ed

<u>Profile of the Speakers:</u> Mr. Manish Pandey, Career Advisor with Suraasa, An online platform for teachers to get mentorship.

## **CONTENT OF THE WORKSHOP: -**

A Workshop on "CAREER COUNSELLING FOR TEACHERS" had been organized by Sant Hari Dass College of Higher education for the students of B.Ed named "what's next after B.Ed". The main agenda of this workshop was to aware the students of B.Ed about the career option they can opt after their degree in education internationally.



The workshop was conducted with a very renowned organization "SURAASA". It is the world's first career growth-focused teacher education platform that aims to upskill future and current educators to achieve rewarding career milestones, while successfully engaging 21st Century children in virtual & physical classrooms.

The career Advisor, Mr Manish Pandey from Suraasa guided students of B.Ed about the various opportunities they have after the completion of their degree and how they can apply to the top and the best schools in India and Foreign countries like Dubai, USA, Canada etc. The workshop emphasised on the point that there are various opportunities that are now being availed by the student teachers to upgrade their skills and portfolios to apply in the top schools around the world.

The session also focused on how it would be the best way for the fresher teachers to earn well and know their competency. The workshop was really interactive in which the advisor asked alot of questions and welcomed

alot of doubts of the students about their career scope



The advisor also presented a PPT in which they involved some eligibility criteria, certificates, licensing, portfolios and various skills enhancement programs to help the student teachers to upgrade in their CV/RESUME for school interview both in india and outside the country.

The organisation also offered some courses such as "MASTERS IN EDUCATION, pgCTL (DIPLOMA IN EDUCATION) AND SPEAK ENGLISH LIKE INTERNATIONAL TEACHERS". they also offered a good opportunity for the students to have a chance for an interview with best schools principals across the world.

The session was undoubtedly interactive, informative and enlightening for both the students and even the teachers. The workshop ended by students asking their queries.





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### SHORT TERM PROGRAM ON WOMEN EMPOWERMENT

The Sant Hari Dass College of Higher Education hosted a short-term value-added program during February to March 2024 focused on women empowerment. The curriculum of the program was designed and implemented. This initiative aimed to equip college students with knowledge, skills, and resources to advocate for gender equality and empower women in their communities. the programme aims to raise awareness about women's rights and gender issues, to provide practical skills for personal and professional development. And to encourage active participation in advocacy for women's empowerment. the resource person for this value added programme was Dr. Neelam Soni Director, SHDCHE. Participants were engaged in interactive lecture which included

- Leadership Development: Techniques to enhance leadership skills and build confidence.
- **Career Advancement:** Strategies for navigating the workplace and overcoming gender-related challenges.
- Self-Defense Training: Basic self-defense techniques to promote personal safety and empowerment.

Stories of successful women from various fields have been covered along with their journeys, challenges, and the importance of mentorship. Participants brainstormed and developed action plans for initiatives that promote women empowerment on campus and in the community. The programme **Enhanced Awareness:** Participants gained a deeper understanding of gender issues and the significance of women empowerment. **Skill Development:** Attendees reported improved leadership skills and confidence in advocating for gender equality. and **Initiative Development:** Several action plans emerged, including plans for mentorship programs, workshops, and community outreach projects.

#### Conclusion

The short-term program on women empowerment was a significant success, fostering an environment of learning and advocacy among college students. Participants left motivated to take action and contribute positively to gender equality initiatives within their communities. after successful completion of the programme students were assessed with some question answer sessions and it was further evaluated by Dr. Soni. All the participants were awarded with the certificates.





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# SHORT TERM PROGRAM ON ART EDUCATION

Date: Feb –March 2024 Location: New Delhi Organized by: Sant Hari Dass College of Higher Education Participants: College students

Sant Hari Dass College of Higher Education conducted a short program During the Feb to march 2024 focused on art education aimed at enhancing the creative skills and artistic understanding of college students. The program sought to provide practical experiences and insights into various art forms, fostering a deeper appreciation for art.

## Objectives

- To introduce students to diverse artistic techniques and mediums.
- To encourage creative expression and critical thinking through art.
- To provide opportunities for collaboration and networking within the arts community.

Hands-on sessions taken by Dr. Mamta and guest artists, including:

- 1. Painting Techniques: Exploring acrylics, watercolors, and mixed media.
- 2. Digital Art: Introduction to digital tools and software for creating art.
- 3. Sculpture and 3D Art: Techniques in working with clay, found objects, and other materials.

A local artist shared their journey, discussing the importance of creativity and the impact of art on society. Participants collaborated on a group art project, applying skills learned in the workshops. The project was designed to encourage teamwork and creativity.

- Exhibition and Reflection A mini-exhibition showcased the group project and individual works created during the program. Participants reflected on their experiences and insights gained. Skill Enhancement: Students reported improved skills in various art forms and increased confidence in their artistic abilities.
- Creative Collaboration: The group project fostered teamwork and inspired innovative ideas through collaboration.
- **Increased Engagement:** Many participants expressed a newfound interest in pursuing art as a hobby or career path.



The short program on art education was a valuable experience for college students, providing them with practical skills, exposure to various artistic expressions, and an understanding of the importance of creativity in personal and professional life. After sacksful completion all the certificates distributed to all the participants.