



CRITERION III
RESEARCH, INNOVATIONS AND EXTENSION
SESSION
2019-20 to 2023-24



SSR

Key Indicator

3.6

Metrics

3.6.1

**GOVT. M. H. COLLEGE OF HOME SCIENCE
AND SCIENCE FOR WOMEN
JABALPUR (M.P.)**



OFFICE OF THE PRINCIPAL

GOVT. M.H. COLLEGE OF HOME SCIENCE AND SCIENCE FOR
WOMEN JABALPUR (M.P)

NAAC Accredited "B+"

A College With Potential for Excellence by UGC

Tel No. 0761-4005716, 2407326

Fax No. 0761-4005716

Website : www.gmhcollege.nic.in

Email : principal@gmhcollege.nic.in

Date : 27/08/2024

DECLARATION BY THE HEAD OF INSTITUTION

I certify that the data included in this Self-Study Report (SSR) are true to the best of my knowledge. This SSR is prepared by the institution after internal discussion and no part thereof has been outsourced.

Dr. Nandita Sarkar

PRINCIPAL

Govt. M.H. College of Home Science and
Government M.H. College of Home
Science and Science for Women
Jabalpur (M.P.)

<http://www.gmhcollege.nic.in/>

Govt. M.H. College of Home science and science for women Jabalpur
Clothing and Textile department
Extension Activities
Session - 2023-24, 2022-23, 2021-22, 2020-21, 2019-20

S.no	Name of the Activity	Organizing unit/Agency/Co laborating agency	Name of the Scheme	Year of Activity	Number of students participated in such activities	Outcomes	Beneficiary
1	Demonstration of Surface Ornamentation Techniques	Extension outreach program Collaboration with middle school Natwara, NSS and Aanganwadi, village NatwaraJabalpur	Community work	2023-24	49	<ul style="list-style-type: none"> The students learned various techniques of textile decoration and surface ornamentation of textiles. The student learned Block printing, vegetable printing technique. 	71
2	Online Quiz "World Embroidery Day"	Awareness program for Embroidery	"World Embroidery Day"	2023-24	141	<ul style="list-style-type: none"> The students and people get knowledge and information about different types of traditional embroideries of India. 	141
3	Online Quiz "Handloom Saree of Madhya Pradesh"	Awareness program for National Handloom Day	"National Handloom Day"	2023-24	123	<ul style="list-style-type: none"> The students and people get knowledge and information about different types of Handloom sarees of Madhya Pradesh 	123
4	Online Quiz on	Awareness program for Tribal art of Madhya Pradesh	"Tribal folk arts of Madhya Pradesh – Gond Art"	2023-24	92	<ul style="list-style-type: none"> The students get information about the specialty the famous Gond art of the tribal community of Madhya Pradesh. 	92
5	Online Quiz on	Awareness program for Indian culture and festivals	"Festivals of Bharat"	2023-24	48	<ul style="list-style-type: none"> Students get information about various festivals celebrated in India. 	48
6	Online Quiz on	Awareness of Indian clothing brands	"Clothing Brands"	2023-24	25	<ul style="list-style-type: none"> The students got information about the brands related to clothes in India and the characteristics of different types of brands. 	25
7	Online Quiz on	Awareness of Indian Traditional jewellery	"Traditional Jewellery of India"	2023-24	54	<ul style="list-style-type: none"> Students got information about various jewelry of India. 	54
8	Online Quiz on "Bharat ka Gaurav Tiranga"	Proud our Nation	"Republic day"	2023-24	45	<ul style="list-style-type: none"> Students received important facts and information related to the national flag and Tiranga. 	45
9	Online Quiz On	Awareness about Removal	"Stain Removal"	2023-24	64	<ul style="list-style-type: none"> Students learned various methods and techniques to 	64

						remove stains and spots from fabric.	
10	Online Quiz on	Awareness about Indian Festival Holi	“Holi Fest”	2023-24	103	<ul style="list-style-type: none"> Students got information related to Holi festival 	103
11	“PowerPoint presentation of different types of worldwide embroidery”	Extension outreach program	“Word embroidery day”	2022-23	11	<ul style="list-style-type: none"> The students get knowledge about the different type’s worldwide embroidery. The students learned about the techniques of worldwide embroidery. 	70
12	Two days National Workshop “Best out of waste with glory of kutch embroidery”	Collaboration with Dr. Shristi Purvar expert designer & artist center of fashion design and technology university of Allahabad)	Recycle the waste textiles	2022-23	45	<ul style="list-style-type: none"> The students learned about the effective use of waste textile. The students get new ideas for uses of kutch embroidery to decorate waste textile materials. The students get knowledge about the creating different types of Handicraft items and selling skill. 	62
13	One week Workshop on “Art and Textiles”	Community outreach program (Bhedaghat Jabalpur)	Textile Tourism and Opportunity	2022-23	40	<ul style="list-style-type: none"> The students learned about the promote textile items on tourist places. The students learned about the effective product promotion techniques. 	55
14	Lecture “Environment protection from Textile & Clothing waste” (“Awareness program on save environment by green initiatives” 5 R’s of waste management”)	Environment protection	Green initiative	2022-23	30	<ul style="list-style-type: none"> The students learned about the recycling and upcycling the textile. The student learned about the uses of eco-friendly textiles. The students learned about the textile waste management. 	51
15	Paper Bag’s making	Community work	Independence Day	2022-23	19	<ul style="list-style-type: none"> The students learned about the plastic free environment. 	20
16	Lecture on “Green laundry practice”	Environment protection Dr. Ratna Sharma Professor of Clothing and Textile Maharani Lakshmbai Girls College Bhopal.	Green initiative	2022-23	15	<ul style="list-style-type: none"> The students learned about the eco-friendly laundry techniques. The students learned about the use of eco-friendly detergent. 	60
17	Gender Sensitization awareness program	Gender equity	International Women’s Day	2021-22	25	<ul style="list-style-type: none"> The students learned the gender equality. 	40
18	T-shirt painting Competition	Proud our Nation	Independence Day	2021-22	28	<ul style="list-style-type: none"> The students learned the textile decoration with tri 	35

						colour national flag to proud our nation.	
19	T-shirt painting Competition	Collaboration with Madhya Pradesh tiger foundation society Jabalpur	Tiger protection program	2021-22	8	<ul style="list-style-type: none"> The students get awareness about the save animal. The students learned about the Tiger protection program. 	8
20	Two days' Workshop on "Bandhani Techniques and Colour Strokes on fabric"	Collaboration with Pidilight Jabalpur Ms. Rakhi Sahasrabuddhe and Ms. Shradha Pathak	Surface Ornamentation Techniques	2021-22	70	<ul style="list-style-type: none"> The students learned the different types of techniques of Bandhani from fabric colours. The students learned the different types of fabric painting techniques. The students learned about the different types of fabric painting strokes. 	70
21	Different types of texture making	Collaboration with Ashoka Houl school Jabalpur	Educational visit	2021-22	10	<ul style="list-style-type: none"> The students learned the different types of texture making process. The students learned about the effective use of textures for project, file and cover page. The students learned about the textile decoration through different textures. 	35
22	Online Quiz "Handloom textiles"	Awareness program for Handloom textiles	"National Handloom Day"	2021-22	91	<ul style="list-style-type: none"> People get knowledge about Handloom textiles Handloom textiles promotion. 	91
23	Online Quiz "Khadi the freedom fabric"	Awareness program for Khadi fabric	"Gandhi Jayanti"	2021-22	117	<ul style="list-style-type: none"> People get knowledge about the Khadi fabric. Khadi fabric promotion. 	117
24	Online Quiz "Protective textiles a means of healthy living"	Awareness program about Covid-19	Covid19 Awareness	2020-21	498	<ul style="list-style-type: none"> The students get aware covid19 daisies and corona virus. The students get knowledge about effective use of mask and PPE kit to prevention from covid-19 Daisies. 	498
25	Mask making "Covid 19 kaal me seva evamswarojgaar keavsar"	Community work	Covid19 Awareness	2020-21	9	<ul style="list-style-type: none"> The students learned the mask making techniques. The students get aware covid19 daisies and corona virus. The students get knowledge about effective use of mask to prevention from covid-19 Daisies. Student distributed mask to people for spread awareness against corona virus and saves the life. 	55
26	Poster Making "Bhartiya Sanskrati ka Parichay"	Promotion of Indian culture	Spared Indian Culture	2020-21	8	<ul style="list-style-type: none"> The students learned about the different types of Indian culture. 	8

27	Poster Making “Manipuri Costume and culture”	Promotion of Indian culture	“Ek Bharat Shreshth Bharat”	2020-21	25	<ul style="list-style-type: none"> • The students get knowledge about Manipuri costume. • The students learned the unity in diversity of India. 	25
28	“Rakhi Making with use of textiles”	Self- employment generation	Rakshaband han	2019-20	15	<ul style="list-style-type: none"> • The students learned about making textile Rakhi. • The students learned about the production of textile item to self-employment generation. 	20
29	Manipur and Nagaland Costume Draping and demonstration	Indian costume promotion	Ek Bharat Shresth Bharat	2019-20	15	<ul style="list-style-type: none"> • The students get knowledge about Manipur and Nagaland costume draping method. • The students learned the unity in diversity of India. 	35
30	Divisional level Career fair	Divisional	Creer opportunitie s and self- employment generation	2019-20	32	<ul style="list-style-type: none"> • The students get knowledge about different types of career opportunities in fashion industry. • The students get knowledge about the self-employment generation techniques. 	32
31	Save our river Narmada Awareness Walk (Costume demonstration of Indian goddess)	Community outreach program	Narmada Gou kumbh	2019-20	30	<ul style="list-style-type: none"> • The students learned about the Indian culture. • The students learned about the costumes of Indian goddess. 	65



Picture 1
Community work
Demonstration of Surface Ornamentation Techniques



Picture 2
Online quiz on "World Embroidery Day"



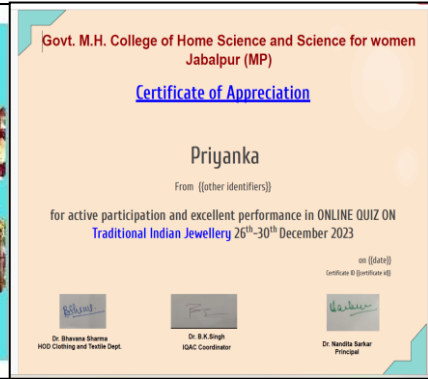
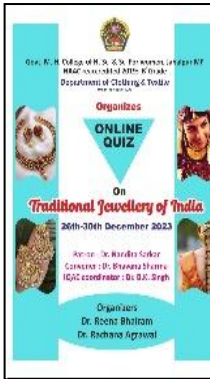
Picture 3
Online quiz on "National Handloom Day"



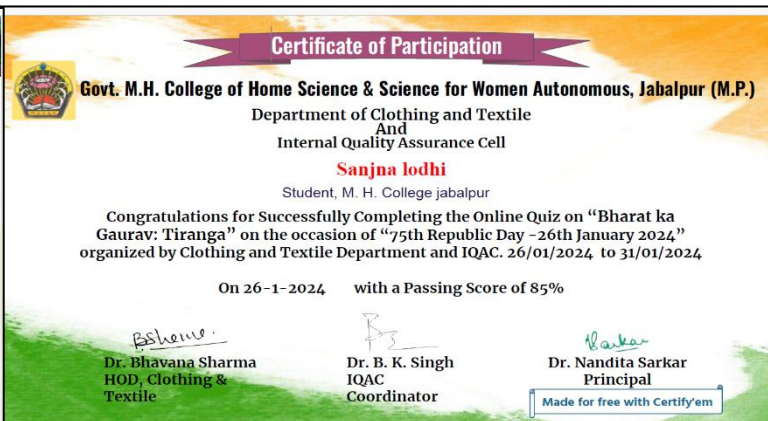
Picture 5
Online Quiz on "Festivals of Bharat"



Picture 6
Online Quiz "Clothing Brands"



Picture 7
Online quiz "Traditional Jewellery of India"



Picture 8
Online Quiz on "Bharat ka Gaurav Tiranga"



Picture 9
 Online Quiz on "Stain removal"



Picture 10
 Online Quiz on Holi Fest



Picture 11
 "Word embroidery day"
 "PowerPoint presentation of different types of worldwide embroidery"



Picture 12

Two days National Workshop “Best out of waste with glory of kutch embroidery”

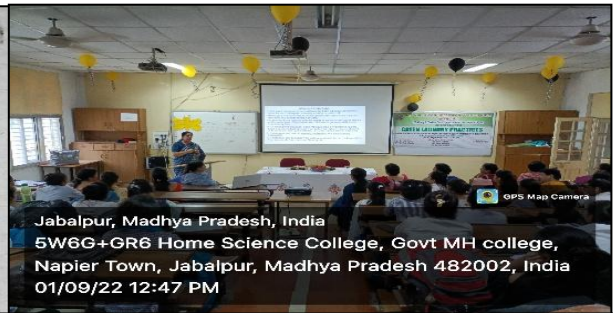


Picture 13

Community outreach program(Bhedaghat Jabalpur)



Picture 14
Green Initiative
Lecture "Environment protection from Textile & Clothing waste"



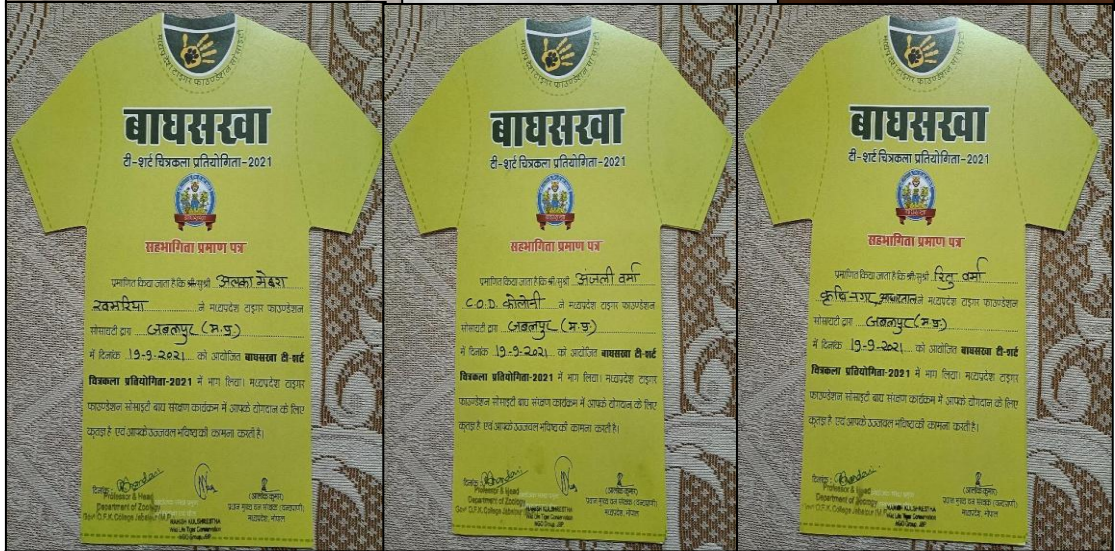
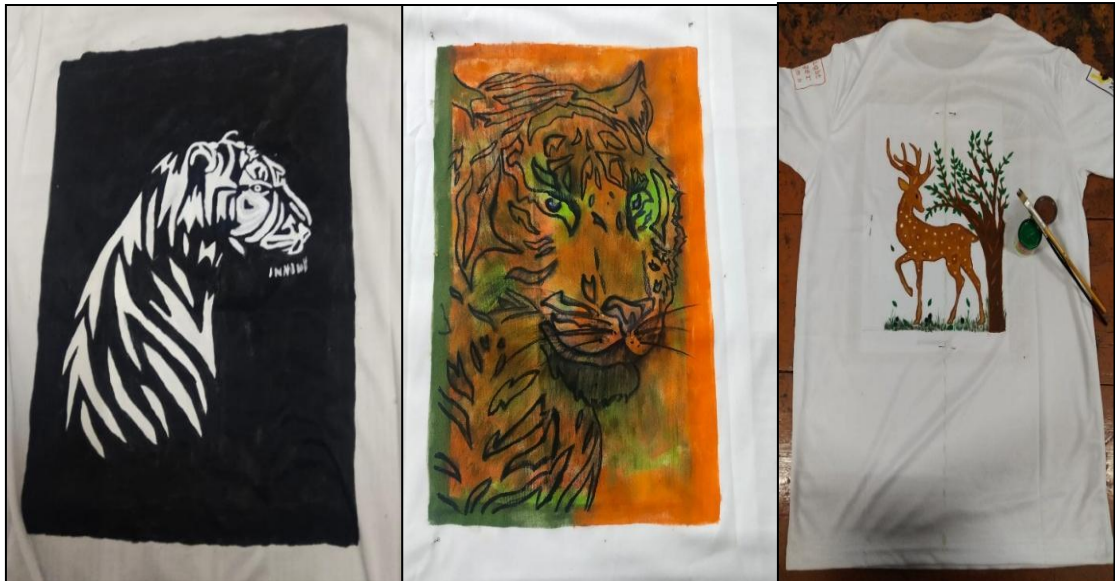
Picture 16
Green initiative
Lecture on "Green laundry practice"



Picture 17
Gender Sensitization awareness program
International/Women's Day



Picture 18
T-shirt painting Competition
Independence Day



Picture 19
Tiger protection program, T-shirt painting Competition



Picture 20

Two days' Workshop on "Bandhani Techniques and Colour Strokes on fabric"



Jabalpur, Madhya Pradesh, भारत
 5W6G+GR6 Govt MH college, Napier Town, Jabalpur, Madhya Pradesh 482002, भारत
 Lat 23.16122°
 Long 79.926273°
 07/04/22 12:09 PM

Picture 21

Different types of texture making
 Educational visit



Picture 25
"Mask Making"



Picture 26
Poster Making
"Bhartiya Sanskrati ka Parichay"



Picture 29
Manipur and Nagaland Costume Draping and demonstration



Picture 30
Divisional level Career fair, Creer opportunities and self-employment generation



Picture 31
Save our river Narmada Awareness Walk (Costume demonstration of Indian goddess)

**Govt. M.H. College for Home Science and Science for Women
Jabalpur**

**Dept. of Zoology & Biotechnology
COMMUNITY WORK**

Name of the activity	Organizing unit/agency/collaborating agency	Name of the Scheme	Year of activity	Number of students participated in such activities	Beneficiary
Swachhta pakhwada- video and slogan making(online) on corona	APKO	Awareness	12.07.20	30	Students and teachers and their families
Distribution of refreshment in Gurukul, Jabalpur and interaction with students	Govt. M.H. College, Jabalpur	Social service	15.10.20	60	Students of Gurukul
Lecture on COVID-19 (ONLINE-Google meet)	NIRTH Jabalpur & Dept. of zoology Govt. M.H. College	PCR Techniques and its application in c Covid diagnosis of corona virus	09.11.20	51 students 10 teachers	Students of PG
AIDS Day celebration	Zoology Department Govt. M.H. College	Awareness about AIDS And to discuss facts, myths, preventive measure	01.12.20	276 STUDENTS 10 TEACHERS	STUDENTS AND TEACHERS OF COLLEGE
Donation of clothes to Gurukul Sewa bharti NGO Jabalpur	Zoology Department Govt. M.H. College	Social service	13.07.21	01 teacher	Girls of Gurukul
Vccines for COVID - 19	Zoology Department Govt. M.H. College	Health awareness lecture	07.10.21	134	STUDENTS AND TEACHERS OF Various College
awareness activity - Nukkad natak about self defence	Zoology Department Govt. M.H. College	Positive attitude towards women and self defence through karate	09.02.22	160 students 04 teachers	Labour, students and staff
Blind school- field visit Blind school,NEAR Bhawartal garden Jabalpur	Zoology Department	Awareness campaign about water born disease, good touch bad touch and Refreshment distribution	23.01.23	12	Students,teachers. of blind school and college

Social work Activity- distribution of Biscuit & Stationary Rajkumari Bai Bal Niketan Jabalpur	Zoology Department Govt. M.H. College	Life awareness program	7/7/23	1 4 teacher 04student	STUDENTS AND TEACHERS OF Bal nikanetan
Community work in Gram Sihoda Bhedaghat Jabalpur	Zoology Department	Social Service Nukkad Natak	13/9/23	4 teacher 20 students	STUDENTS AND village people
Community Work Activity distribution of Sudama Thali Medical college Jabalpur	Zoology Department	AIDS day celebration and food distribution to needy person	1/12/23	16 teachers	Needy person of medical hospital
Sudama thali distribution by Dr. Sadhana Kesharwani Medical college, Jabalpur	Zoology Department	Distribution of free food to patient and their family ,needy people in medical college, Jabalpur	28.03.24	01	Needy person of medical hospital
Sudama thali distribution by Dr. Sadhana Kesharwani in Victoria Hospital, Jabalpur	Zoology Department	Distribution of free food	08.04.24	01	Needy person

MEDICAL COLLEGE, JABALPUR





Rajkumari Bai Kala Niketan, Jabalpur



गवर्नमेंट होमसाइंस कॉलेज ऑनलाइन इस्तेमाल का समय निर्धारित



गवर्नमेंट होमसाइंस कॉलेज में प्राणी शास्त्र विभाग में सेंटर फॉर साइड्स थीम पर शिविर लगाया गया। प्रोफेसर सहित छात्रों की जांच की गई, वहीं वीडियो के निर्धारित समय के लिए मोबाइल का इस्तेमाल किया गया। प्राचार्य डॉ. नंदिता सरकार, विभागाध्यक्ष डॉ. रश्मि सिंगरोरे, डॉ. नीतू सोनी, कीर्तिराज ठाकुर मौजूद थे।



Photo 01 and Photo 02

पंजीयन क्र : 04/14/01/14540/12

संघवी सेवा समिति जबलपुर
33, अंजुमन, अंधेरदेव, जबलपुर
फोन : 0761-2650102,9424365265

क्रमांक : 1873 दिनांक :
दानदाता श्री/श्रीमति : *Dr. S. Kesharwani* से
सुदामायाली हेतु राशि रुपये (शब्दों में) : *Govt M.H. College Jabalpur*
एवं सामग्री का दान :

नगद	<i>Rs 5000/=00</i>
सामग्री	
योग	

सधन्यवाद सहयोगार्थ प्राप्त हुए।
हस्ताक्षर प्राप्तकर्ता

Photo 03

पंजीयन क्र : 04/14/01/14540/12

संघवी सेवा समिति जबलपुर
33, अंजुमन, अंधेरदेव, जबलपुर
फोन : 0761-2650102,9424365265

क्रमांक : 1864 दिनांक :
दानदाता श्री/श्रीमति : *Department of Zoology & Biotechnology* से
Govt. M.H. College of H. Sc. & Science
Jabalpur (M.P.)
सुदामायाली हेतु राशि रुपये (शब्दों में) : *Three thousand fifty one*
एवं सामग्री का दान : *भोजन (Cash Payment for Food)*

नगद	<i>Rs 3051</i>
सामग्री	<i>-</i>
योग	<i>Rs 3051/=00</i>

सधन्यवाद सहयोगार्थ प्राप्त हुए।
हस्ताक्षर प्राप्तकर्ता

Photo 04

#AKAM 13.9.23

Community work at Gram Sihoda
Jabalpur MP,.



Photo 05

Community -Extension work, Online competition, Awareness Program about Plastic Pollution Organized today..07.07.23



Photo 06



Photo 07

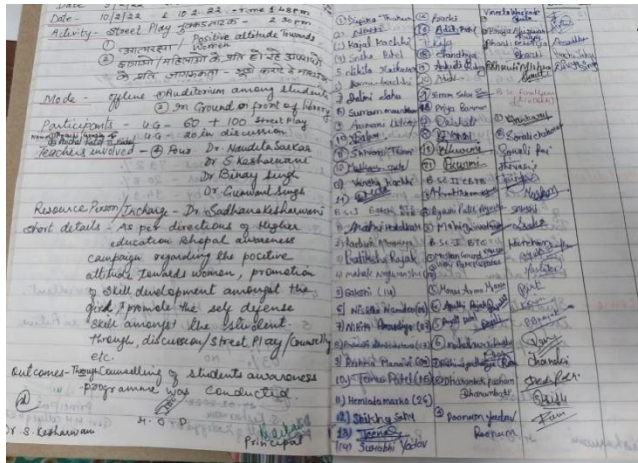


Photo 08

20 21 - 22

उद्घाटन सत्र कार्यक्रम - सलीम काली क्लब
प्रतिभा-रत्न एवं सामाजिक विभाग

आज दिनांक 7.10.2021 को विभागीय क्लब का उद्घाटन सत्र प्रातः 11:00 बजे प्राचार्य डा. नदिना अग्रवाल के संरक्षण, डा. संपाजित विभागाध्यक्ष के मार्गदर्शन एवं डॉ. साधना देशरानी एवं समस्त प्राध्यापकों के सहयोग व उपस्थिति में आयोजित किया गया।

शुभ्री बिल्ला खोनी, कामोपेपटी मैनेजर फाइजर (Pfizer Inc. USA) मुख्य वक्ता रही जिन्होंने Vaccines for Covid 19 पर अत्यन्त प्रभावी मानविक व्याख्यान गुगल मीट के माध्यम से आनलाइन दिया। उन्होंने कोविड 19 के निर्माण एवं संशोधन प्रोटोकॉल का विस्तृत वर्णन छात्रों के हित में प्रस्तुत किया। डा. तिलोत्तमा चौधरी ने कार्यक्रम संचालन किया। तत्पश्चात् छात्रों को उनके मेरिट के अनुसार क्लब के पदाधिकारी के रूप में उपयुक्त हितवादी गड व छात्रों को सलीम अली जी के बारे में, क्लब के उद्देश्य व छात्रों के कर्तव्य की जानकारी प्रेषित की गयी। पदाधिकारी निम्नानुसार रहे -

Oath Taking

अध्यक्ष - प्रियाशु तिवारी	MSC III Sem - <i>Prasanna</i>
उपाध्यक्ष - आरती माकी	MSC III Sem - <i>Arati</i>
सचिव - सुश्रुत कौर	MSC I st sem - <i>Mukta</i> 78%
सहसचिव - मीतापती भावी	MSC I st sem - <i>Shruti</i> 74%

Photo 09

Community Work - July 2021

No. _____
Date: _____

Date - 13.7.2021

Activity - Community & extension

Mode - offline

Participants - Nil - Students not available

Teachers - 01 - Dr. S. Kesharwani

Aim - Donation of Dress material (suit) and Saree on the occasion of marriage of girl registered in Gaurukul - Sewa Bharti, Vijay nagar, Jabalpur (M.P)

Outcome/Impact - To serve for social cause to needy person.

(Signature)

Incharge *(Signature)* 20/7/21
H.O.D

Principal.

Photo 10



Photo 11

Activity - III 20-21
 Date: 11.07.2020
 Activity - Inauguration of Salim Ali Club
 @ Lecture of Dr. Pooja Bhatti on COVID-19
 (CRIMINAL MODE) - govt. meet
 Topic - PCR, Techniques and its application
 in covid diagnosis of corona virus and
 in other field (Bha - Biology seminar)
 Students participated - 51
 Teachers participated - 10
 Nominated Students - for conduction of activities
 Miss Richa Shastri - President
 Normata Sahu - Vice President
 Poonam Patel - Secretary
 Deepika Thakur - Joint Secretary
 Teachers Present -
 1. Dr. R. S. Bhandari
 2. Dr. S. K. Kashwanani
 3. Dr. H. Mishra
 4. Dr. Ajay Shukla
 5. Dr. Vanita Jain
 6. Dr. Sushil Kumar
 7. Manjiv Shastri
 8. Dr. Vinay Chandra
 9. Mr. G. P. Soni
 10. Chitra Marani
 Incharge
 H.O.D.
 Principal

Photo 12

Activity - 2 - Salim Ali Club
 Dept. of Zoology and Biotechnology
 12 July 2020
 Activity - Students + Teachers participation
 @ Slogan and Video making
 Date: 12 July 2020 - Online celebration
 Occasion - COVID-19
 Participants - 50
 Slogan - Slogan written by Dr. Sadhana Kashwanani
 Video Making - (1) Miss Taiyaba - M.Sc. II Sem
 (Participant 1st) (2) Richa Sharma - M.Sc. II Sem
 (3) Ruchi Jaiswal - M.Sc. II Sem
 Topic - CORONA (4) Ajay Patel - M.Sc. II Sem
 Activity - 3
 18 July 2020 - World Listening Day
 Activity - Online interview/discussion about
 above topic w.r.t. Nature and
 animals
 Participant - Dr. S. Kashwanani with Dainik Bhaskar
 JB Pediton
 Dr. S. Kashwanani
 H.O.D.
 Principal

Photo 13

Activity-2 - Salim Ali Club
Department of Zoology and Biotechnology
12 July 2020
Activity - Students + Teachers participation
in Slogan and Video making
Org by (C.C.B) Slogan word limit - 100
Video on YouTube - 1 minute
Date - 12 July 2020 - Online celebration
Occasion - स्वच्छता परवारा 1-14 जुलाई, 2020
Participants - 30
Slogan - Slogan written by Dr. Sadhana Kesharwani
एक अद्विगत रंग कृष्ण का - पाप समूल मिटाता है
जैसे ही आभयान स्वच्छता, बीमारियों से बर्गाता है
खैरो का साथ है जैसे तुमसे, खिलाई साही तुम
आओ --- 1-0-4 --- स्वच लो इससे ।
Video Making - (1) Miss Tatyaba - M.Sc. II Sem
(Participant 10) (2) Richa Sharma - M.Sc II Sem
(3) Ruchi Jaiswal - M.Sc II Sem
Topic - CORONA (4) Ayashi Patel - M.Sc II Sem
Activity-3
18 July 2020 - World Listening Day -
Activity - Online interview/discussion about
above topic w.r'to Nature and
animals.
Participant - Dr. S Kesharwani with Dainik Bhaskar
JBP edition
Dr. S. Kesharwani H.O.D. Anupal







MOU SIGN
B/W SFRI AND MH COLLEGE JABALPUR

प्रत्यक्ष अप्रत्यक्ष रूप से हर व्यक्ति विज्ञान से जुड़ा है

हीरावती शहडोल। शासकीय होम साइंस कॉलेज में सलीम अली क्लब द्वारा राष्ट्रीय विज्ञान दिवस पर पोस्टर प्रदर्शनी का हुआ आयोजन। आज विज्ञान की खोज और चमत्कारों से हमारी जिंदगी बेहद आसान बन गई है, वहीं भविष्य को और भी अधिक सरल एवं बेहतर बनाने के लिए विज्ञान लगातार नए-नए अविष्कार कर रहे है। 1928 में प्रोफेसर सी.वी. रमन द्वारा उत्कृष्ट वैज्ञानिक खोज रमन प्रभाव की प्रसिद्धि ने भारत को राष्ट्रीय विज्ञान दिवस मनाने का अवसर दिया, इसी तारम्यता को दृष्टिगत करते हुए छात्राओं में विज्ञान के प्रति अलख जगाने हेतु शासकीय होम साइंस कॉलेज के प्राणीशास्त्र एवं जैव तकनीकी विभाग के सलीम अली क्लब द्वारा विभिन्न तथ्यों पर पोस्टर प्रदर्शनी का आयोजन किया गया। महाविद्यालय की प्राचार्य डॉ. नदिता सरकार के मार्गदर्शन एवं विभागाध्यक्ष डॉ. शम्पा जैन के निर्देशन पर सलीम अली क्लब की प्रभारी डॉ. साधना केशवानी द्वारा आयोजन किया गया। विभाग की डॉ. वर्षा,



श्रद्धा खापरे एवं डॉ. अर्जुन शुक्ला के निर्देशन पर छात्राओं ने विभिन्न मानव रोगों पर आधारित पोस्टर बनाया एवं विस्तार से समझाया गया है। जैव तकनीकी की डॉ. तिलोत्तमा, मनीला, अमृता के निर्देशन पर छात्राओं ने आण्विक जीव विज्ञान के विभिन्न पहलुओं पर अपने विचार रखे। आयोजन में लगभग 100 छात्राओं ने हिस्सा लिया जिसमें 30 पोस्टर का चयन प्रदर्शनी हेतु किया गया। महाविद्यालय की प्राचार्य एवं सलीम अली

क्लब द्वारा विजेताओं को प्रशस्ति पत्र देकर सम्मानित किया गया। कार्यक्रम के आयोजन में डॉ. रीता सोलंकी, डॉ. नीतू सोनी, डॉ. नम्रता, डॉ. सूजा, श्रीमती चित्रा मरावी आदि का विशेष सहयोग रहा। विज्ञान का सही और सकारात्मक दिशा में इस्तेमाल करके मनुष्य अपनी सभी समस्याओं को हल कर सकता है। यदि विज्ञान का इस्तेमाल शांतिपूर्ण कार्यों में होता है तो यह अभिशाप नहीं वरदान बन जाएगा। इसमें कोई संदेह नहीं है।





Number of Extension and Outreached Programmes conducted by the Institution through NSS/NCC/Red Cross/ YRC etc. (Including the programmes such as Swachh Bharat, AIDS awareness

Department of Botany and Microbiology

Name of the activity	Organizing unit/agency/collaborating agency	Name of the Scheme	Year of activity	Number of students participated in such activities	Outcome	Beneficiary
Community Extension Work (Victoria Hospital)	Government Victoria Hospital Jabalpur	Sudama Thali (Funded by Faculty members)	2023-24	25	Social work	Patients of Victoria Hospital
Narmada Cleanliness Drive In connection with the celebration of World Environment Day and Water Conservation	Conducted by Department	Swachh Bharat	2023-24	40	Environment Awareness	-
Plantation	Conducted by Department	Ankur Abhiyaan	2023	20	Environment Awareness	-

Community Extension Work (Victoria Hospital)- Photographs



Narmada Cleanliness Drive



Plantation under Ankur Abhiyaan



**NUMBER OF EXTENSION AND OUTREACHED
DEPARTMENT OF CHEMISTRY**

Name of the activity	Organizing unit/agency/collaborating agency	Name of the Scheme	Year of activity	Number of students participated	Number of Beneficiary
Yoga for self and society	In collaboration with ChitaleYog Kendra, Jabalpur	International Yoga Day SDG Goal 3	24/06/2024 to 29/06/2024 2023-24	5	50
Work Shop For Future Generation "Oxygen Corner in Laboratories"	In collaboration With PrakritiMitra Environmental Society &ShubhamMahilaSamity Power Grid Jabalpur	Green initiative SDG Goal 3	29/06/24 2023-24	31	31
Cleanliness drive	Community outreach program Narmada River, GwariGhat, Jabalpur	Cleanliness drive SDG Goal 3, Goal 13	6/06/24 2023-24	17	17
Safe use of plastic- 5 R Principle of waste management	Community outreach programGovt.girlsmiddleschool,Natwara	Green initiative SDG Goal 3	10/02/24 2023-24	32	32
VahanRaily MadanMahal Fort-Heritage Walk		AzadiKaAmritMahotasav - SDG Goal 3	13/08/22 2022-23	45	64
Awareness regarding cleanliness, water and energy conservation. • NukkadNatak • Quiz • Poster Presentation	Community outreach program, Montessori School, Jabalpur	Cleanliness Drive SDG Goal 3	20/12/22 2022-23	27	87
Gender Sensitization awareness program	Department of chemistry Gender Equilty	International Womens Day SDG Goal 5	08/03/22 2022-23	7	46
Cleanliness drive	Collobration with Smart city Jabalpur	Cleanliness drive SDG Goal 3	05/03/22 2021-22	10	43
Gender Sensitization awareness program	Department of chemistry Gender Equilty	International Womens Day SDG Goal 5	08/03/22 2021-22	20	78
National webinar on Empowering Diversity In science Gender Equilty and Economic Empowerment	Department of chemistry Gender Equilty	International Global Women Breakfast SDG Goal 5	09/02/21 2020-21	5	212

Choose to challenge	Department of chemistry Gender Equity	International Womens Day SDG Goal 5	08/03/21 2020-21	25	45
Cleanliness drive	Collobration with Smart city Jabalpur	Cleanliness drive SDG Goal 3	02/10/20 2019-20	10	56
Save our river Narmada Awareness Walk	Community outreach program	Narmada Gou Kumbh SDG Goal 3	28/02/20 2019-20	39	126



Patron

Dr. Nandita Sarkar

Principal

Govt. M H College of Home Science and Science for Women (Auto.), Jabalpur

Convener

Smt. Shubha Sinha

Asstt. Professor, Department of Chemistry

IQAC Coordinator

Dr. B K Singh

Professor, Department of Chemistry

Coordinator

Dr. Jyoti Jain

HOD, Department of Resource Management

Organizing Team

Shri Gunwant Singh

Dr. Manju Gupta

One week wellness program on

“Yoga for self and society”

From 24 June to 29 June, 2024



Resource Person

Dr Rashmi Saxena

Retd. Professor, Chemistry

TIME 3:30 PM

VENUE

FIRST FLOOR

SWAYAM SIDHHA HOSTEL

**Organized by
Department of Chemistry**

&

Department of Resource Management

Under the aegis of IQAC

**Govt. M H College of Home Science and Science for Women (Auto.), Jabalpur
(M.P.)**

One Week Well Ness Program on Yoga for Self & Society
Dated - 24/06/2024 to 29/06/2024
Resource Person – Dr. RashmiSaxena
Venue- SwayamSidhdha Hostel
No. of Participant - 5
Number of Beneficiary-50



Green Initiative- Work Shop for Future Generation “Oxygen Corner in Laboratories”

Dated- 29/06/2024

In colorationwithPrakritiMitra Environmental Society &
ShubhamMahilaSamityPower Grid, Jabalpur

Resource Person – Dr. yatish Jain, Smt. KamleshGupta ,Mrs.GeetaChoubey

No. of Participant – 31



Patron

Dr. Nandita Sarkar

Principal

Govt. M H College of Home Science
and Science for Women (Auto.),
Jabalpur

Convener

Smt. Shubha Sinha

Department of Chemistry

IQAC Coordinator

Dr. B K Singh

Professor, Department of Chemistry

Coordinator

Dr. Jyoti Jain

HOD, Department of Resource

Management

Organizing Team

Dr. Manju Gupta

Subject Expert

Dr. Geeta Choubey



Green initiatives- Workshop for future Generation “Oxygen Corner In Laboratories”

29 June, 2024

11:30 AM



Dr. Yatish Jain

President

Prakriti Mitra Environmental Society,
Jabalpur



Mrs. Kamlesh Gupta

President

Shubham Mahila Samiti,
Jabalpur

Organized by

Department of Chemistry & Department of Resource Management

In collaboration with

Shubham Mahila Samiti & Prakriti Mitra Environmental Society, Jabalpur

Under the aegis of IQAC

Govt. M H College of Home Science and Science for Women (Auto.), Jabalpur (M.P.)



6/06/24 (2023-24)

Cleanliness drive

Community outreach program Narmada River, GwariGhat, Jabalpur

No. of Participants-17

स्वच्छता ही सेवा अभियान, ग्वारीघाट जबलपुर

07.06.2024



GOVT. M.H. COLLEGE OF HOME SCIENCE AND SCIENCE FOR WOMEN, JABALPUR (M.P.)

© Dr. Arjun Shukla

**Community outreach program
GOVT. GIRLS MIDDLE SCHOOL, NATWARA**

**SAFEUSE OF PLASTIC-5 R PRINCIPLE OF WASTE
MANAGEMENT**

Dated: 10/2/2024

32students



13/08/2022 Vahan Railyy Azadi Ka Amrit Mahotasav - Madan Mahal Fort - Heritage Walk



Dated 20 December 2022

Community Work

Students of B.Sc. I (Major Chemistry) along with faculty members organized following events for general awareness regarding cleanliness, water and energy conservation.

- NukkadNatak
- Quiz
- Poster Presentation

Montessori School, Jabalpur

No of Participants- 20

No of beneficiary -87



Chief Patron

Dr Smt Leela Bhalavi
Additional Director, Jabalpur
Division Department of Higher
Education, Govt. of M.P.

Patron

Dr. Nandita Sarkar
Principal
Govt. M H College of Home
Science and Science for Women
(Auto.), Jabalpur

Convener

Dr. Kalpana Gupta
HOD, Department of Chemistry

Coordinator

Azadi Ka Amrit Mahotsav
Dr Sadhana Kesharwani

Professor,
Department of Zoology

IQAC Coordinator

Dr. B K Singh
Professor,
Department of Chemistry

International Women's Day

A WORLD WHERE DIFFERENCE IS VALUED AND CELEBRATED

TOGETHER WE CAN FORGE WOMEN'S EQUALITY

IWD2022#BreakTheBias

8 MARCH, 2022

TIME 1:00 PM

Organized by

Curie Club

Department of Chemistry

Under the aegis of IQAC

Govt. M H College of Home Science and Science for
Women (Auto.), Jabalpur (M.P.)

Organizing Team

- Dr. D S Gupta
- Dr. Smt. Kiran Singh
- Miss. Nalini Misra
- Dr. Smt. Mridula Dubey
- Smt. Shubha Sinha
- Dr. Smt. Archana Khare
- Dr. Smt. Manju Gupta
- Dr. Leena Raj

EVENT SCHEDULE

HOST BY PG STUDENTS
TALK, POETRY
QUIZ, RALLY
OATH-
#breakthebias

Extension Activity Awareness Program on Environment

Organized by Curie Club, Department of Chemistry

Govt. M H College of Home Science and Science for Women (Auto.), Jabalpur



DATE	8/3/2022
THEME	<i>Gender Sensitization awareness program</i>
ACTIVITY DETAILS	Awarenessprogram-1.Talkon Theme “break the bias”
PURPOSE	1. Talk 2.Quiz,3.Oath4. Poetry5. Rally It is celebrated to spread awareness among students On thisday,departmentofchemistryorganize a Talk, quiz, poetry and oathwithstudents
OUTCOMES	Toinculcate “break the bias” consciousnessamongthestudents
NUMBER OF FACULTY	35
NUMBER OF STUDENTS	Talk “break the bias” causesandsolutions-78, Oath-78,quiz-78 poetry-5and Rally-54



IWD2022#BreakTheBias



Cleanliness drive in collaboration with Smart city Jabalpur

Date: 5/3/2022



DATE	8/3/2021
THEME OF	<i>Gender Sensitization awareness program</i>
ACTIVIY DETAILS	Awarenessprogram-1.Talkon Theme “Choose to challenge” 2. Talk 2.Quiz,3.Oath
PURPOSE	It is celebrated to spread awareness among students On thisday,departmentof chemistry organize Talk, and oathwithstudents
OUTCOMES	Toinculcate “break the bias” consciousnessamongthestudents
NUMBEROF FACULTY	45







A National Webinar on Empowering Diversity in Science: Gender Equality and Economic Empowerment

TUESDAY, 9 FEBRUARY, 2021

Organized by
Department of Chemistry
Govt. M H College of Home Science and Science for Women
(Auto.), Jabalpur (M.P.)

Sponsored by
MPHEQP: An Initiative of State Project Directorate
Department of Higher Education, Govt. of M.P.

Registration Link - <https://forms.gln/SqaawmXLFURH25Q6>
Meeting Platform: <https://meet.google.com/kei-nias-vjm>
A certificate will be given to all participants who will fill the feedback form

#IUPAC100#GWB2021

About The Eminent Speaker

Dr Shrilakshmi Desiraju
Visiting Faculty Development
Program-Perennials for Life Matters



Dr. Shrilakshmi Desiraju has a Ph.D. in Industrial Chemistry and MBA in marketing communication. She is the Co-founder of 'Global Perennials', a product R&D company. She has extensive knowledge of marketing, B2B services, B2C marketing and B2C marketing with an exceptional career spanning over 12 years in the domain. She is currently in Luckhnow, India, working as a professor in the process of designing, building and running a new business. She has received the '100 Women' award in the year 2018, recipient of 'Women Trail' - Power of 100 award in the year 2019 and more and more award 2019.

Event schedule
Tuesday, 9 February, 2021
Technical Session: 3:00-3:45
Successful Strategy Sharing: 3:45-4:30



Save our mother nature social awareness program Pad Yatra by faculty and PG students of department of Chemistry in collaboration with Nagar Nigam Jabalpur



Cleanliness drive in collobration with Smart city Jabalpur Date: 2/10/2019



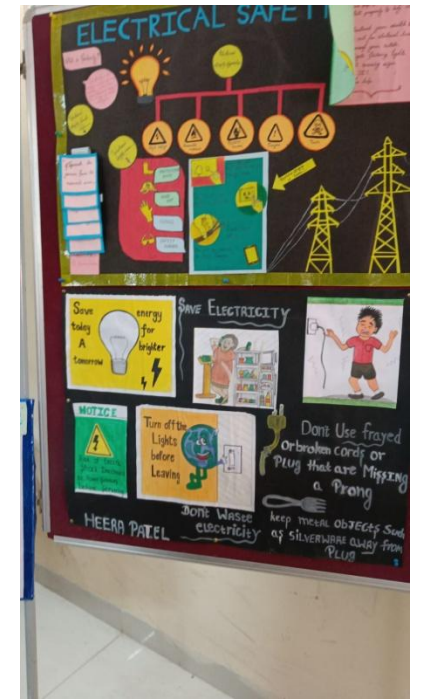
Cleanliness drive in collobration with Smart city Jabalpur Date: 24/10/2019



Govt. M.H. College of Home Science & Science for women (Auto.), Jabalpur (M.P.)

Department of PHYSICS Community Work – 2023-24

Name of the activity	Organizing unit/agency/collaborating agency	Name of the scheme	Year of activity	Number of students participated in such activities	Link
Skin and leprosy awareness camp	Department of PHYSICS & Dr. Akash Jain Clinic	Community Awareness	08/01/2024	158	
Health and hygiene awareness talk	Under energy club	URJA Scheme	13/02/2023	52	
Speech Competition (Save energy save earth)	Under energy club	URJA Scheme	13/03/2023	20	
Poster Competition (Save energy save earth)	Under energy club	URJA Scheme	17/03/2023	22	



Govt. M.H. College of Home science and science for women Jabalpur
Clothing and Textile department
Extension Activities
Session - 2023-24, 2022-23, 2021-22, 2020-21, 2019-20

S. no	Name of the Activity	Organizing unit/Agency/Collaborating agency	Name of the Scheme	Year of Activity	Number of students participated in such activities	Outcomes	Beneficiary
1	Demonstration of Surface Ornamentation Techniques	Extension outreach program Collaboration with middle school Natwara, NSS and Aanganwadi, village Natwara Jabalpur	Community work	2023-24	49	<ul style="list-style-type: none"> The students learned various techniques of textile decoration and surface ornamentation of textiles. The student learned Block printing, vegetable printing technique. 	71
2	Online Quiz "World Embroidery Day"	Awareness program for Embroidery	"World Embroidery Day"	2023-24	141	<ul style="list-style-type: none"> The students and people get knowledge and information about different types of traditional embroideries of India. 	141
3	Online Quiz "Handloom Saree of Madhya Pradesh"	Awareness program for National Handloom Day	"National Handloom Day"	2023-24	123	<ul style="list-style-type: none"> The students and people get knowledge and information about different types of Handloom sarees of Madhya Pradesh 	123
4	Online Quiz on	Awareness program for Tribal art of Madhya Pradesh	"Tribal folk arts of Madhya Pradesh – Gond Art"	2023-24	92	<ul style="list-style-type: none"> The students get information about the specialty the famous Gond art of the tribal community of Madhya Pradesh. 	92
5	Online Quiz on	Awareness program for Indian culture and festivals	"Festivals of Bharat"	2023-24	48	<ul style="list-style-type: none"> Students get information about various festivals celebrated in India. 	48
6	Online Quiz on	Awareness of Indian clothing brands	"Clothing Brands"	2023-24	25	<ul style="list-style-type: none"> The students got information about the brands related to clothes in India and the characteristics of different types of brands. 	25
7	Online Quiz on	Awareness of Indian Traditional jewellery	"Traditional Jewellery of India"	2023-24	54	<ul style="list-style-type: none"> Students got information about various jewelry of India. 	54
8	Online Quiz on "Bharat ka Gaurav Tiranga"	Proud our Nation	"Republic day"	2023-24	45	<ul style="list-style-type: none"> Students received important facts and information related to the national flag and Tiranga. 	45
9	Online Quiz On	Awareness about Removal	"Stain Removal"	2023-24	64	<ul style="list-style-type: none"> Students learned various methods and techniques to 	64

						remove stains and spots from fabric.	
10	Online Quiz on	Awareness about Indian Festival Holi	“Holi Fest”	2023-24	103	<ul style="list-style-type: none"> • Students got information related to Holi festival 	103
11	“PowerPoint presentation of different types of worldwide embroidery”	Extension outreach program	“Word embroidery day”	2022-23	11	<ul style="list-style-type: none"> • The students get knowledge about the different type’s worldwide embroidery. • The students learned about the techniques of worldwide embroidery. 	70
12	Two days National Workshop “Best out of waste with glory of kutch embroidery”	Collaboration with Dr. Shristi Purvar expert designer & artist center of fashion design and technology university of Allahabad)	Recycle the waste textiles	2022-23	45	<ul style="list-style-type: none"> • The students learned about the effective use of waste textile. • The students get new ideas for uses of kutch embroidery to decorate waste textile materials. • The students get knowledge about the creating different types of Handicraft items and selling skill. 	62
13	One week Workshop on “Art and Textiles”	Community outreach program (Bhedaghat Jabalpur)	Textile Tourism and Opportunity	2022-23	40	<ul style="list-style-type: none"> • The students learned about the promote textile items on tourist places. • The students learned about the effective product promotion techniques. 	55
14	Lecture “Environment protection from Textile & Clothing waste” (“Awareness program on save environment by green initiatives” 5 R’s of waste management”)	Environment protection	Green initiative	2022-23	30	<ul style="list-style-type: none"> • The students learned about the recycling and upcycling the textile. • The student learned about the uses of eco-friendly textiles. • The students learned about the textile waste management. 	51
15	Paper Bag’s making	Community work	Independence Day	2022-23	19	<ul style="list-style-type: none"> • The students learned about the plastic free environment. 	20
16	Lecture on “Green laundry practice”	Environment protection Dr. Ratna Sharma Professor of Clothing and Textile Maharani Lakshmibai Girls College Bhopal.	Green initiative	2022-23	15	<ul style="list-style-type: none"> • The students learned about the eco-friendly laundry techniques. • The students learned about the use of eco-friendly detergent. 	60
17	Gender Sensitization	Gender equity	International Women’s Day	2021-22	25	<ul style="list-style-type: none"> • The students learned the gender equality. 	40

	awareness program						
18	T-shirt painting Competition	Proud our Nation	Independence Day	2021-22	28	<ul style="list-style-type: none"> The students learned the textile decoration with tri colour national flag to proud our nation. 	35
19	T-shirt painting Competition	Collaboration with Madhya Pradesh tiger foundation society Jabalpur	Tiger protection program	2021-22	8	<ul style="list-style-type: none"> The students get awareness about the save animal. The students learned about the Tiger protection program. 	8
20	Two days' Workshop on "Bandhani Techniques and Colour Strokes on fabric"	Collaboration with Pidilight Jabalpur Ms. Rakhi Sahasrabuddhe and Ms. Shradha Pathak	Surface Ornamentation Techniques	2021-22	70	<ul style="list-style-type: none"> The students learned the different types of techniques of Bandhani from fabric colours. The students learned the different types of fabric painting techniques. The students learned about the different types of fabric painting strokes. 	70
21	Different types of texture making	Collaboration with Ashoka Houl school Jabalpur	Educational visit	2021-22	10	<ul style="list-style-type: none"> The students learned the different types of texture making process. The students learned about the effective use of textures for project, file and cover page. The students learned about the textile decoration trough different textures. 	35
22	Online Quiz "Handloom textiles"	Awareness program for Handloom textiles	"National Handloom Day"	2021-22	91	<ul style="list-style-type: none"> People get knowledge about Handloom textiles Handloom textiles promotion. 	91
23	Online Quiz "Khadi the freedom fabric"	Awareness program for Khadi fabric	"Gandhi Jayanti"	2021-22	117	<ul style="list-style-type: none"> People get knowledge about the Khadi fabric. Khadi fabric promotion. 	117
24	Online Quiz "Protective textiles a means of healthy living"	Awareness program about Covid-19	Covid19 Awareness	2020-21	498	<ul style="list-style-type: none"> The students get aware covid19 daisies and corona virus. The students get knowledge about effective use of mask and PPE kit to prevention from covid-19 Daisies. 	498
25	Mask making "Covid 19 kaal me seva evam swarojgaar ke avsar"	Community work	Covid19 Awareness	2020-21	9	<ul style="list-style-type: none"> The students learned the mask making techniques. The students get aware covid19 daisies and corona virus. The students get knowledge about effective use of mask to prevention from covid-19 Daisies. 	55

						<ul style="list-style-type: none"> • Student distributed mask to people for spread awareness against corona virus and saves the life. 	
26	Poster Making "Bhartiya Sanskrati ka Parichay"	Promotion of Indian culture	Spared Indian Culture	2020-21	8	<ul style="list-style-type: none"> • The students learned about the different types of Indian culture. 	8
27	Poster Making "Manipuri Costume and culture"	Promotion of Indian culture	"Ek Bharat Shreshth Bharat"	2020-21	25	<ul style="list-style-type: none"> • The students get knowledge about Manipuri costume. • The students learned the unity in diversity of India. 	25
28	"Rakhi Making with use of textiles"	Self-employment generation	Rakshabandhan	2019-20	15	<ul style="list-style-type: none"> • The students learned about making textile Rakhi. • The students learned about the production of textile item to self-employment generation. 	20
29	Manipur and Nagaland Costume Draping and demonstration	Indian costume promotion	Ek Bharat Shreshth Bharat	2019-20	15	<ul style="list-style-type: none"> • The students get knowledge about Manipur and Nagaland costume draping method. • The students learned the unity in diversity of India. 	35
30	Divisional level Career fair	Divisional	Career opportunities and self-employment generation	2019-20	32	<ul style="list-style-type: none"> • The students get knowledge about different types of career opportunities in fashion industry. • The students get knowledge about the self-employment generation techniques. 	32
31	Save our river Narmada Awareness Walk (Costume demonstration of Indian goddess)	Community outreach program	Narmada Gou kumbh	2019-20	30	<ul style="list-style-type: none"> • The students learned about the Indian culture. • The students learned about the costumes of Indian goddess. 	65



Picture 1
Community work
Demonstration of Surface Ornamentation Techniques



Picture 2
Online quiz on "World Embroidery Day"



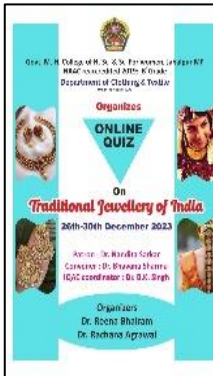
Picture 3
Online quiz on "National Handloom Day"



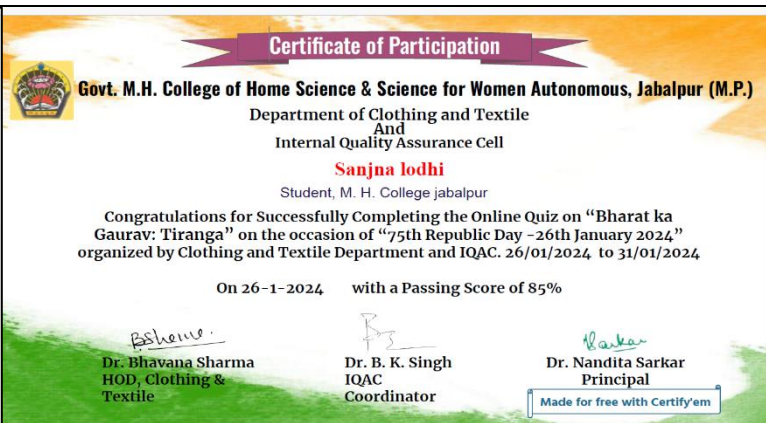
Picture 5
Online Quiz on "Festivals of Bharat"



Picture 6
Online Quiz "Clothing Brands"



Picture 7
Online quiz "Traditional Jewellery of India"



Picture 8
Online Quiz on "Bharat ka Gaurav Tiranga"



Picture 9
 Online Quiz on "Stain removal"



Picture 10
 Online Quiz on Holi Fest



Picture 11
 "Word embroidery day"
 "PowerPoint presentation of different types of worldwide embroidery"



Picture 12
Two days National Workshop “Best out of waste with glory of kutch embroidery”



Picture 13
Community outreach program (Bhedaghat Jabalpur)



Picture 14
Green Initiative
Lecture “Environment protection from Textile & Clothing waste”



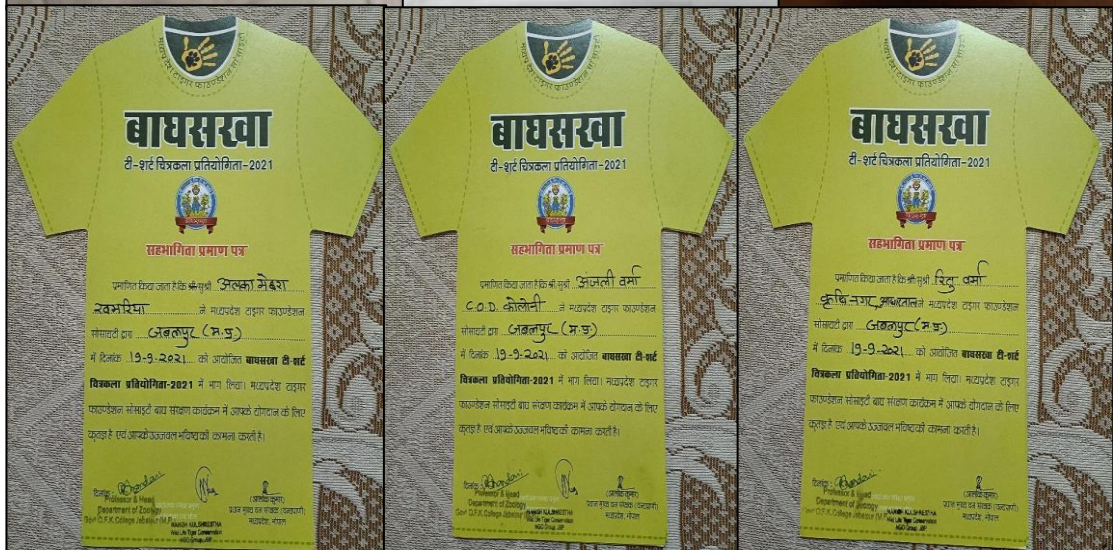
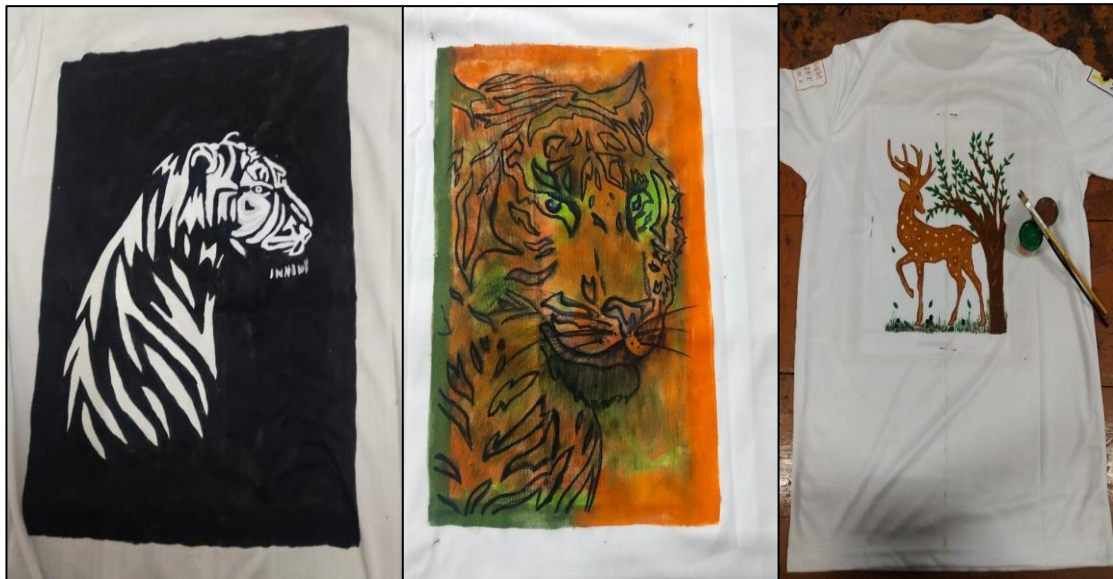
Picture 16
Green initiative
Lecture on “Green laundry practice”



Picture 17
Gender Sensitization awareness program
International Women's Day



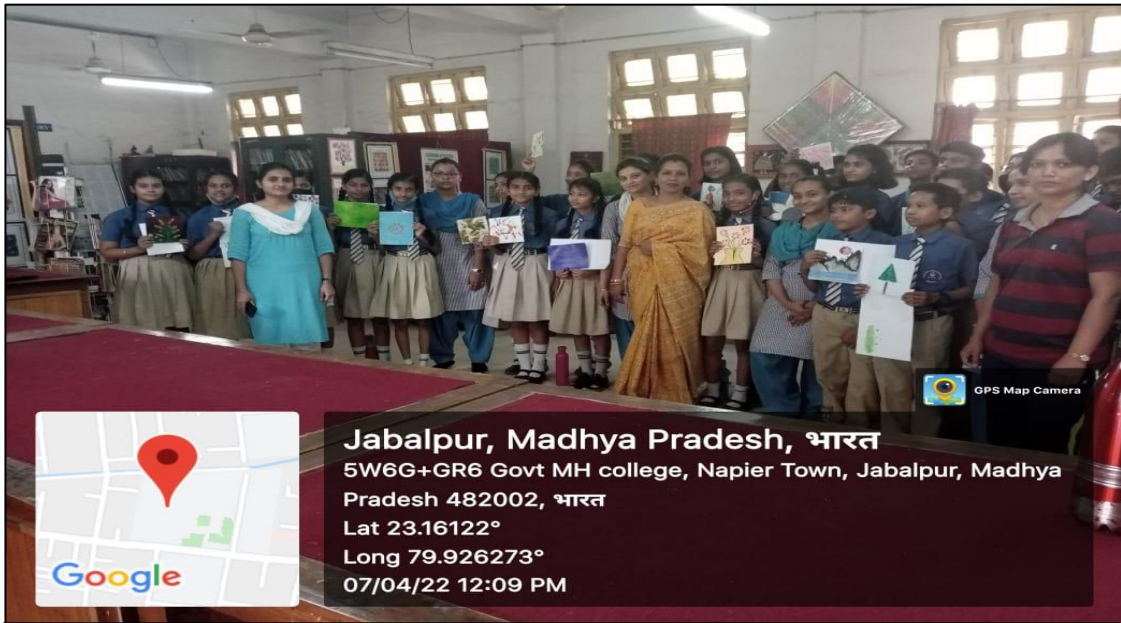
Picture 18
T-shirt painting Competition
Independence Day



Picture 19
Tiger protection program, T-shirt painting Competition



Picture 20
Two days' Workshop on "Bandhani Techniques and Colour Strokes on fabric"



Picture 21
Different types of texture making
Educational visit



Picture 25
"Mask Making"



Picture 26
Poster Making
"Bhartiya Sanskrati ka Parichay"



Picture 29
Manipur and Nagaland Costume Draping and demonstration



Picture 30
Divisional level Career fair, Creer opportunities and self-employment generation



Picture 31
Save our river Narmada Awareness Walk (Costume demonstration of Indian goddess)

Detail of Extension Activity
Session - 2019-2024
Department of Human Development

S.No.	Name of Extension Activity	Content	No. of Participant	Date	Place
1	Exhibition & Slogan	Environment Conservation	Student - 45 Teacher - 15 Parent - 20 Total - 80	16.7.2019	Department of Human Development
2	Community Awareness Programme	Old Age day	Student - 45 Teacher - 04	01.10.2019	College Campus
3	Community Awareness Programme	Electoral literacy Awareness	150	25.01.2020	College Auditorium
4	Visit Old Age Home		Student - 03 Old Person - 60	03.02.2020	Old Age Home Tilwara Road Jabalpur
5	Visit	Drug-de Addiction Centre	Student - 03 Faculty - 02 Person - 20	04.02.2020	Navjyoti de-Addiction Centre Gwarighat Jabalpur
6	Workshop	Mask Making	Student - 51 Members - 06	12.11.2021	M.H. College Room No. 130
7	Clanliness Compagin	Cleanliness Work	Student - 17 Faculty - 07	05.03.2022	College Campus
8	Faculty Development Programme	Various Extension Activity	1st day Student - 50 Villagers - 150 Faculty - 03 2nd day Student - 45 Villagers - 44 Faculty - 04 3rd day Members - 04 Villagers - 47 Faculty - 03 4th day Student - 30 Faculty - 04 5th day Faculty - 10 Villagers - 135 Student - 150	12.03.2022 16.03.2022	Adopted Village Natwara

9	Case Study Method Visit, observation, lecture & guidance	Study of disable person through case study performance	Student - 13 Faculty - 01	30.03.2022	Disabled National Carrier Service Centre Napier Town, Jabalpur
10	Educational Visit	Study of Physically & Mentally retded	Student - 13	05.04.2022 06.04.2022	Vihan Rehabilitation Centre, Napier Town, Jabalpur
11	Visit	Sign language Day (way of expression)	Student - 10 Faculty - 02	23.09.2022	Vihan Rehabilitation Centre, Napier Town, Jabalpur
12	Educational Visit	Disable Person Observation	Student - 05 Member -09 Faculty - 01	03.03.2023	National Carrier Service Centre, Napier Town, Jabalpur
13	Educational Visit & Awareness Programme	Observation of Physically & Mentally retarded Childrens	Student -06 Faculty - 02 Members - 04	09.10.2023	Vihan Rehabilitation Centre, Napier Town, Jabalpur
14	Educational Visit & Community Awareness	Observation of disable Person	Student - 06 Faculty - 03 members - 02	27.10.2023	National Carrier Service Centre, Napier Town, Jabalpur

Activity	
Outcomes	
Event Name	Awareness Programme
Schedule	11-07-2023
Timing	12:00 p.m.
Nature of the event	World population day-Poster Presentation
Purpose of the event	
Objectives	World Population Day which seeks to focus attention on the urgency and importance of population issues.
Out Comes	1.Unleash the power of gender equaliy. 2.Elevating the voices of women and girls to unlock the world infinite potential

जनसंख्या वृद्धि विचारणीय तथ्य पोस्टर प्रदर्शनी



अटल प्रगति सिटी रिपोर्टर
 हरी मेहरा 98275 71605

शास मो.ह. गृहविज्ञान एवं विज्ञान महिला महाविद्यालय के मानव विकास विभाग द्वारा जनसंख्या दिवस के उपलक्ष्य में पोस्टर प्रदर्शनी का आयोजन किया गया। संयुक्त राष्ट्र संघ द्वारा इस वर्ष जनसंख्या दिवस की थीम लैंगिक समानता की शक्ति को उजागर करना हमारी दुनिया की अनंत संभावनाओं को अनलॉक करने। के लिए महिलाओं और लड़कियों की आवाज को उपर उठाना- विषय पर केन्द्रित रही। प्रदर्शनी को महाविद्यालय परिसर में आने वाले आगन्तुक छात्राओं कर्मचारियों एवं प्राध्यापकों ने देखा एवं स या संपूर्ण गतिविधि प्राचार्य डॉ नदिता सरकार विभागाध्यक्ष डॉ आमा तिवारी एवं कार्यक्रम प्रभारी डॉ अर्चना गुप्ता एवं समस्त विभागीय सदस्यों के सहयोग से सफलतापूर्वक संपन्न हुई।



विश्व जनसंख्या दिवस [11 जुलाई 2023]

Event Name	Awareness Programme
Schedule	1-08-2023 to 07-08-23 Date-04-08-23
Timing	12:00 p.m.
Nature of the event	Breast Feeding Week -Guest Lecture
Purpose of the event	World Breastfeeding Week, celebrated every year from 1 to 7 of August, is a global campaign coordinated by the World Alliance for Breastfeeding Action (WABA) to raise awareness and galvanize action on themes related to breastfeeding.
Objectives	Increase public acceptance of breastfeeding, increase public awareness of the health risks associated with no.t breastfeeding, and promote behavioral change that results in increased rates of breastfeeding initiation and duration
Out Comes	1.Students will be able to understand about breast feeding. . 2. Students will be able to know about importance of breast feeding.



Govt.M.H.College of Home Science and Science for women Jabalpur

Department of Human Development Organizes


WORLD BREASTFEEDING WEEK GUEST LECTURE AND AWARENESS PROGRAMME

DATE-04 AUGUST 2023
TIME- 1:30 PM


VAUUE-ROOM NO. 221


Dr. Nandita Sarkar
Principal




Subject Expert
Dr. Manik Pansy
Senior Gynecologist




Subject expert
Dr. Deepthi Gupta



Head of the Department
Dr. Abha Tiwari



Dr. Archana Gupta
Activity incharge



Mrs. Madhuri Khandelkar
Activity incharge

Staff members Department of Human Development-

- 1.Dr. Geeta Shukla
- 2.Dr. Madhulika Shrivastava
- 3.Dr. Manisha Arya
- 4.Mrs. Shruti Singh

नईदुनिया
जबलपुर, शनिवार 05 अगस्त, 2023

शासकीय मोहनलाल हरगोविंद दस गृह विज्ञान एवं विज्ञान महिला महाविद्यालय में आयोजन

स्तनपान का शिशु त मां के लिए महत्व समझाया

शासकीय मोहनलाल हरगोविंद दस गृह विज्ञान एवं विज्ञान महिला महाविद्यालय में विश्व स्तनपान सप्ताह के अंतर्गत मानव विकास विभाग ने जागरूकता कार्यक्रम का आयोजन किया। वरिष्ठ स्त्री रोग विशेषज्ञ डा. मानिक पंसे, डा. दीप्ति गुप्ता ने स्तनपान का शिशु एवं मां के लिए महत्व समझाया। स्तनपान से किन-किन बीमारियों से बचा जा सकता है। साथ ही नवजात शिशु के प्रारंभिक जीवन में एक हजार दिवस का क्या महत्व है, स्तनपान के दौरान किस तरह की सावधानियां रखनी चाहिए, प्रसूती को कौन सा पौष्टिक भोजन लेना चाहिए आदि की जानकारी दी गई। साथ ही स्तनपान करने वाली माता के लिए पौष्टिक भोजन के लिए प्रदर्शनी का आयोजन किया गया। जिसमें स्तनपान के महत्व को प्रदर्शित करते हुए स्ट्रोगन प्रदर्शनी का आयोजन किया था। कार्यक्रम का आयोजन महाविद्यालय प्राचार्य डा. नंदिता सरकार के संरक्षण व मानव विकास विभाग की विभागाध्यक्ष डा. नंदिता सरकार के निदेशन में किया गया। इस अवसर विभाग की डा. गीता शुक्ला, डा. मधुलिका श्रीवास्तव, डा. मनीषा अर्य, श्रुति सिंह का सहयोग रहा।




विश्व स्तनपान सप्ताह पर जागरूकता कार्यक्रम आयोजित

जबलपुर। शासकीय मोहनलाल हरगोविंद दस गृह विज्ञान एवं विज्ञान महिला महाविद्यालय में 4 अगस्त 2023 को विश्व स्तनपान सप्ताह के अंतर्गत मानव विकास विभाग द्वारा एक जागरूकता कार्यक्रम आयोजित किया गया जिसमें विश्व विद्यालय के अर्थ में महिला की रोग विशेषज्ञ डॉक्टर मानिक पंसे एवं वरिष्ठ स्त्री रोग विशेषज्ञ डॉक्टर दीप्ति गुप्ता ने स्तनपान के महत्व पर प्रारंभिक कार्यक्रम में भाग लिया। कार्यक्रम में महाविद्यालय के प्राचार्य एवं मानव विकास विभाग की विभागाध्यक्ष डा. नंदिता सरकार के निदेशन में आयोजित कार्यक्रम का आयोजन किया गया। इस अवसर विभाग की डा. गीता शुक्ला, डा. मधुलिका श्रीवास्तव, डा. मनीषा अर्य, श्रुति सिंह का सहयोग रहा।



कार्यक्रम में विश्व की डॉ. गीता शुक्ला, डॉ. मधुलिका श्रीवास्तव, डॉ. मनीषा अर्य एवं श्रुति सिंह का सहयोग रहा।

जैन सोशल ग्रुप का स्थापना दिवस आज

जबलपुर। दि. 05 अगस्त को 18 वीं स्थापना दिवस समारोह 06 अगस्त रविवार को सुबह 11 बजे से 03 बजे तक शहीद स्मारक प्रसाद में आयोजित जैन सोशल ग्रुप के स्थापना दिवस समारोह का आयोजन किया गया है। संस्थाध्यक्ष अशोक अशोक जैन, प्राचार्य जैन, वरिष्ठ शिक्षक जैन, कोषाध्यक्ष प्रफुल्ल गौतम जैन ने हुए के सभी सदस्यों से उपस्थिति का आग्रह किया है।

Event Name	Educational Visit
Schedule	31-10-23
Timing	02:00 p.m.
Nature of the event	Educational Visit -Student Intraction
Purpose of the event	The purpose of student-to-student interaction is the basis of social relationships students have further on. They help students understand the importance of respect in a group, different opinions, group work, leadership
Objectives	To observe the departmental activities and get information about the activities by the trainee girls of Montessori School. More students learn more material when they work together, cooperatively, talking through the material with each other and making sure that all group members understand, than when students compete with one another or work alone, individualistically.
Out Comes	Learning Outcome of student Interaction teacher competence and learning infrastructure. are important in the learning process.



Event Name	Free Dental Check up
Schedule	22-11-2023 to 23-11-23
Timing	12:00 p.m.
Nature of the event	Free Dental Check up- Awareness and Counselling
Purpose of the event	To organize social activity and spread awareness about dental diseases
Objectives	The free oral health check-up programme was conducted to create an awareness about oral health care and its overall benefits to general health.
Out Comes	Total 51 students and employee were undergone checkup. Basic treatments like partial cleaning, simple removal of teeth, simple fillings and scaling were carried out at camp



Event Name	Health Awareness Programme
Schedule	05-01-24
Timing	12:30 p.m.
Nature of the event	Breast Feeding Week -Guest Lecture
Purpose of the event	The purpose was to sensitize students about the need of preventing diseases and promotion of health by practicing personal and environmental hygienic
Objectives	Health awareness programs objective to promote and protect students' physical, social, emotional, and mental well-being by supporting food and nutrition as well as worksite health promotion activities and community involvement programs.
Out Comes	Health education is important because it allows students the opportunity to know how to take care of themselves. It also helps students to help others by informing them of ways to better.

Govt. M.H.College of Home Science and Science for women Jabalpur
 Department of Human Development
Organizes
 Health Awareness Programme for Adolescence Girls


 Principal
 Govt. M.H. College
 Jabalpur


 Subject Expert
 Dr. Anuradha Daang
 Director of Suvidha Hospital


 Convener
 Dr. Archana Gupta
 Professor Dept. of H.D.

Organizers
 1. Dr. Manisha Arya
 2. Mrs. Shruti Singh
 3. Mrs. Madhuri Khandelkar

Date - 05-01-2024
 Time - 01:00 P.M.
 Venue - room no.123

Department of Human Development



P • होमसाइंस कॉलेज

संतुलित आहार है सेहत का आधार



जबलपुर, होमसाइंस कॉलेज में छात्राओं के लिए पीसीओएस (पोलीसिस्टिक ओवरी सिंड्रोम) व्याख्यान हुआ। डॉ. अनुराधा डांग ने सिंड्रोम के लक्षणों एवं उपचार के बताया और कहा कि हार्मोनल बदलाव में डाइट

कितनी मायने रखती है। जीवनशैली में अनियमितता के कारण मोटापा और हार्ट से संबंधित बीमारी होती है। प्राचार्य डॉ. नंदिता सरकार, प्रो. अर्चना गुप्ता, डॉ. मनीषा आर्य, माधुरी रामटेके, श्रुति सिंह मौजूद रहीं।

संज्ञक लेखन पर कृपया ध्यान दें।

होमसाइंस कॉलेज में मानव विकास विभाग का आयोजन

होमसाइंस कॉलेज में मानव विकास विभाग ने पीसीओएस (पोलीसिस्टिक ओवरी सिंड्रोम) एवं व्यक्तिगत स्वच्छता पर कार्यक्रम का आयोजन किया था। जिसमें डा. अनुराधा डांग ने पीसीओएस के लक्षणों एवं उपचार पर चर्चा की। उन्होंने जल्दबाजी से कि हार्मोनल एवं खानपान दिनचर्या, जीवनशैली में अनियमितता के फलस्वरूप सिंड्रोम का खतम में कठोरता से निवारण एवं महिलाओं में देखा जा रहा है। डॉ. अर्चना, प्रो. अर्चना, डॉ. मनीषा आर्य, माधुरी रामटेके, श्रुति सिंह आदि का सहभाग रहा।

पोलीसिस्टिक ओवरी सिंड्रोम के लक्षण व उपचार पर की चर्चा

परिष्कार हो सकते हैं। कार्यक्रम में महविद्यालय की छात्राएं एवं महिला अध्यापक अतिथि शिक्षण उपस्थित हुईं। कार्यक्रम का सरल अर्थव्यवस्था के कारण डा. नंदिता सरकार के मार्गदर्शन एवं डा. अर्चना गुप्ता के निर्देशन में किया गया। कार्यक्रम को सफल बनाने में डा. मनीषा आर्य, माधुरी रामटेके, श्रुति सिंह आदि का सहभाग रहा।



Event Name	Educational Visit -Natwara
Schedule	10-02-24
Timing	02:00 p.m.
Nature of the event	Community Awareness Programme- SWOT analysisand BetiBachao Beti Padhao.
Purpose of the event	SWOT analysis allows students to gain deep insights into their strengths, weaknesses, opportunities, and threats. By identifying their strengths, students can leverage them to their advantage. Recognizing weaknesses helps them address areas that require improvement.
Objectives	SWOT analysis for students, they need to define their objective and list their strengths, weaknesses, opportunities, and threats. objective should be something you want to achieve or improve as a student, such as getting better grades or learning a new skill.
Out Comes	Students will be able to - understand the SWOT framework use the SWOT framework to analyse a business case study or a workplace situation make concise, formal notes from a case study text



Event Name	Water Conservation Day
Schedule	22-03-24
Timing	02:30 p.m.
Nature of the event	Community Awareness Programme
Purpose of the event	Aware students to save water and give them knowledge about proper use of water.
Objectives	It aims to raise awareness about the importance of freshwater and its sustainable management.
Out Comes	1. Students realise it's time to save water for better future 2.They know different ways to save water

